











SUNY-Fredonia/Earth Education International  
 Costa Rica Study Tour: Tropical Biology & Conservation  
 19 May – 3 June, 2014

| Monday, 19 May: Arrival  |  |                           |
|---|--|---------------------------|
| Time  | Activity/Topic   | Location                  |
| <1:00pm   | Arrival (no later than approximately 1pm)  | Alajuela                  |
| 2:00pm  | Meet at designated location at airport & load luggage                            | Alajuela                  |
| 2:30pm  | Depart airport   | Alajuela                  |
| 3:00pm  | Arrival at hotel (check-in)  | Hotel El Sesteo, San José |
| 4:00pm  | <u>Discussion</u> --Course Introductions, itinerary, safety, Q&A (M. Karian/EEI) | Hotel El Sesteo, San José |
| 6:30pm  | Welcome Dinner (on your own)   | Casona Típica, San José   |
| 8:30pm  | Return to hotel  | Hotel El Sesteo, San José |



-- Designated Field Site: Hotel El Sesteo --

| Tuesday, 20 May: San José Area    |  |                                 |
|---|--|---------------------------------|
| Time  | Activity/Topic   | Location                        |
| 7:30am  | Breakfast (provided)   | Hotel El Sesteo, San José       |
| 8:15am  | Load bus & depart hotel  | Hotel El Sesteo, San José       |
| 9:00am  | <u>Visit</u> --INBIO Park: Biological Diversity in Costa Rica                    | National Biodiversity Institute |
| 11:00am   | <u>Discussion</u> --Course Introductions, itinerary, safety, Q&A (M. Karian/EEI) | National Biodiversity Institute |
| 12:30pm   | Lunch (on your own, USD cash OK, except \$100's)                                 | National Biodiversity Institute |
| 1:30pm  | Depart INBIO (& banking stop if necessary)                                       | San José                        |
| 2:30pm  | <u>Visit</u> --Central San José  | San José                        |
| 4:30pm  | Return to hotel  | Hotel El Sesteo, San José       |
| 6:30pm  | Dinner (on your own)   | Casona Típica, San José         |

-- Designated Field Site: Hotel El Sesteo --




| Wednesday, 21 May: Poás/San Ramón       |  |   |
|--|--|---|
| Time   | Activity/Topic   | Location                                    |
| 7:30am   | Breakfast (provided)   | Hotel El Sesteo, San José                   |
| 8:15am   | Load bus & depart hotel (check-out, large bags to SR)  | Hotel El Sesteo, San José                   |
| 10:00am  | <u>Visit/Hike</u> --Poás (Volcano) National Park--Montane Cloud Forest, 2800mts.                           | Poás National Park                          |
| 12:00pm  | Depart Poás & lunch enroute (on your own)  | El Recreo                                   |
| 1:00pm   | Depart lunch stop  | El Recreo                                   |
| 3:00pm   | Arrive San Ramón & hotel check-in  | Hotel San Ramón                             |
| 3:30pm   | Depart hotel (walking)   | Hotel San Ramón                             |
| 4:00pm   | <u>Presentation</u> --SINAC: National System of Conservation Areas (Victor Julio Quiros/MINAET, San Ramón) | Universidad de San José<br>San Ramón Campus |
| 5:30pm   | Return to hotel & open time  | Hotel San Ramón                             |
| 6:30pm   | Dinner (on your own)   | San Ramón                                   |

-- Designated Field Site: Town of San Ramon --

| Thursday, 22 May: La Guaria de San Ramón/Univ. of Costa Rica   |                         |                 |
|--|-------------------------|-----------------|
| Time   | Activity/Topic          | Location        |
| 7:30am   | Breakfast (provided)    | Hotel San Ramón |
| 8:15am   | Load bus & depart hotel | Hotel San Ramón |




|         |   |   |
|---------|---|---|
| 9:00am  | <u>Presentation &amp; Visit</u> --Sustainable Agriculture: Organic/Bird-Friendly Coffee Production at Finca Patriana (Gary Stenlund/Patriana) | Finca Patriana, San Ramón                         |
| 11:30am | Depart Finca Patriana   | Finca Patriana, San Ramón                         |
| 12:00pm | Lunch (on your own)   | San Ramón   |
| 1:30pm  | <u>Visit</u> --University of Costa Rica: Biology laboratory & demonstration forest (Staff/UCR)  | University of Costa Rica, Western Regional Campus |
| 3:00pm  | <u>Presentation</u> --Environment & Conservation in Costa Rica (M. Karian/EEI)  | University of Costa Rica, Western Regional Campus |
| 4:30pm  | Return to hotel & open time   | Hotel San Ramón                                   |
| 6:30pm  | Dinner (on your own)  | San Ramón   |

-- Designated Field Site: Town of San Ramon --




| Friday, 23 May: San Ramón/Alberto Brenes Biological Reserve    |  |                                    |
|---|--|------------------------------------|
| Time  | Activity/Topic   | Location                           |
| 7:30am  | Breakfast (provided)   | Hotel San Ramón                    |
| 8:15am  | Load bus & depart hotel (check-out)  | Hotel San Ramón                    |
| 10:00am   | Arrive at drop-off point   | Los Lagos                          |
| 10:30am   | Rustic transport (or muddy hike) into reserve  | Los Lagos                          |
| 11:30am   | Arrive at field station & early lunch (provided)   | A. Brenes Biological Field Station |
| 12:00pm   | <u>Introductory Hike</u> (Staff/UCR & Jon Titus/SUNY)  | A. Brenes Biological Field Station |
| 2:30pm  | Return to field station  | A. Brenes Biological Field Station |
| 3:00pm  | <u>Visit</u> --Micro Hydro plant (M. Karian/EEI)   | A. Brenes Biological Field Station |
| 3:30pm  | <u>Presentation</u> --Alberto Brenes Biological Reserve: Pre-Montane Rain Forest, 800mts. (Ronald Sanchez/UCR) | A. Brenes Biological Field Station |
| 4:30pm  | <u>Presentation</u> --Introduction to Deep Ecology (M. Karian/EEI)   | A. Brenes Biological Field Station |
| 5:30pm  | <u>Field Activity Preparations</u> (& define sub-groups)   | A. Brenes Biological Field Station |
| 6:30pm  | Dinner (provided)  | A. Brenes Biological Field Station |
| 7:30pm  | <u>Presentation</u> --Sustainable Development & Ecological Footprints (M. Karian/EEI)                          | A. Brenes Biological Field Station |
| 9:00pm  | <u>Night Field Activity</u> --Insect collection/Night exploration  | A. Brenes Biological Field Station |

*NOTE: Be prepared for hiking in very wet and muddy conditions at the Biological Reserve. Bedding is provided at the station in bunk beds, but conditions are rustic (e.g., cold showers).*






-- Designated Field Site: Field Station --

| Saturday, 24 May: Alberto Brenes Biological Reserve    |   |                                    |
|---|---|------------------------------------|
| Time  | Activity/Topic  | Location                           |
| 7:30am  | Breakfast (provided)  | A. Brenes Biological Field Station |
| 8:15am  | <u>Field Activities</u> --TBA (e.g., Birding--Ronald/UCR; Aquatic Insects--Manuel/MINAE)          | A. Brenes Biological Field Station |
| 11:30pm   | Early lunch (provided)  | A. Brenes Biological Field Station |
| 12:00pm   | <u>Optional Waterfall Hike</u>  | A. Brenes Biological Field Station |
| 3:00pm  | Return to field station   | A. Brenes Biological Field Station |
| 3:30pm  | <u>Field Activities</u> --TBA (e.g., Tropical Plants--J. Titus/SUNY; Deep Ecology--M. Karian/EEI) | A. Brenes Biological Field Station |
| 6:30pm  | Dinner (provided)   | A. Brenes Biological Field Station |
| 7:30pm  | <u>Discussion</u> --Sustainable Living (M. Karian/EEI)  | A. Brenes Biological Field Station |
| 8:30pm  | Volunteer service planning/preparations   | A. Brenes Biological Field Station |
| 9:00pm  | <u>Extra Night Field Activity Time (Optional)</u>   | A. Brenes Biological Field Station |





-- Designated Field Site: Field Station --

| Sunday, 25 May: Alberto Brenes Biological Reserve/La Fortuna    |  |                                    |
|--|--|------------------------------------|
| Time   | Activity/Topic   | Location                           |
| 7:30am   | Breakfast (provided)                                     | A. Brenes Biological Field Station |
| 8:15am   | <u>Volunteer Service</u> : A. Brenes Biological Reserve  | A. Brenes Biological Field Station |
| 11:00am  | Return to station  | A. Brenes Biological Field Station |
| 11:30am  | Early lunch (provided)                                   | A. Brenes Biological Field Station |
| 12:00pm  | Departure preparations                                   | A. Brenes Biological Field Station |
| 12:30pm  | Depart field station (rustic transportation or hike out) | A. Brenes Biological Field Station |
| 3:00pm   | Depart drop-off point for La Fortuna                     | Los Lagos                          |
| 4:30pm   | Arrive hotel & settle-in (check-in)                      | La Catarata Ec lodge, Fortuna      |
| 6:30pm   | Dinner at hotel (on your own)                            | La Catarata Ec lodge, Fortuna      |


-- Designated Field Site: La Catarata Ec lodge --

| Monday, 26 May: La Fortuna      |   |                               |
|---|---|-------------------------------|
| Time  | Activity/Topic  | Location                      |
| 7:30am  | Breakfast (provided)  | La Catarata Ec lodge, Fortuna |
| 8:15am  | Depart hotel (walking)  | La Catarata Ec lodge, Fortuna |
| 9:00am  | <u>Visit</u> --Community Sustainable Development: Cottage Industry Medicinal Agriculture (Cristina Berrocal/GEMA) | La Fortuna                    |
| 12:00pm   | Return to hotel & lunch (on your own)   | La Catarata Ec lodge, Fortuna |
| 1:00pm  | Preparations for afternoon hike   | La Catarata Ec lodge, Fortuna |
| 1:30pm  | Depart hotel  | La Catarata Ec lodge, Fortuna |
| 2:00pm  | <u>Hike</u> --Hanging Bridges: Tropical rain forest, 400mts. (Bring rain gear & flashlight)                       | Hanging Bridges/Arenal        |
| 4:00pm  | Finish hike   | Hanging Bridges/Arenal        |
| 4:30pm  | <u>Meeting</u> --Group check-in   | Hanging Bridges/Arenal        |
| 5:30pm  | Volcano/lava viewing (si Dios quiere!)  | Hanging Bridges/Arenal        |
| 6:30pm  | Dinner at Hanging Bridges Reserve (on your own)   | Hanging Bridges/Arenal        |
| 8:00pm  | Return to hotel   | La Catarata Ec lodge, Fortuna |
| 8:30pm  | Volunteer service planning/preparations   | La Catarata Ec lodge, Fortuna |

-- Designated Field Site: La Catarata Ec lodge --




| Tuesday, 27 May: La Fortuna     |  |                               |
|--|--|-------------------------------|
| Time   | Activity/Topic   | Location                      |
| 5:30am   | <u>Optional Volunteer Service</u> --Farm/Medicinal Plants  | La Fortuna                    |
| 7:30am   | Breakfast (provided)   | La Catarata Ec lodge, Fortuna |
| 8:15am   | <u>Volunteer Service</u> --Pro-Env. Assoc. for Sustainable Development (community plaza cleanup, etc.) | La Catarata Ec lodge, Fortuna |
| 11:00am  | Return to hotel  | La Catarata Ec lodge, Fortuna |
| 12:00pm  | Lunch (on your own)  | La Catarata Ec lodge, Fortuna |
| 1:30pm   | <u>Optional Visit</u> --Hot Springs (on your own)  | La Fortuna                    |
| 6:30pm   | Dinner in town (on your own)   | La Fortuna                    |
| 8:00pm   | Return to hotel  | La Catarata Ec lodge, Fortuna |

-- Designated Field Site: La Catarata Ec lodge --




| Wednesday, 28 May: La Fortuna/San Ramón  |  |                               |
|---|--|-------------------------------|
| Time  | Activity/Topic   | Location                      |
| 7:30am  | Breakfast (provided)   | La Catarata Ec lodge, Fortuna |
| 8:15am  | <u>Presentation</u> --Albergue La Catarata: A Community Ecotourism Project (Inez Vargas/La Catarata) | La Catarata Ec lodge, Fortuna |
| 9:30am  | <u>Presentation</u> --Solar Cooking in Action (M. Karian/EEI)  | La Catarata Ec lodge, Fortuna |
| 10:00am   | <u>Visit</u> --Paca Breeding Project (M. Karian/EEI)   | La Catarata Ec lodge, Fortuna |
| 10:30am   | Depart hotel (check-out)   | La Catarata Ec lodge, Fortuna |

|         |   |                                |
|---------|---|--------------------------------|
| 11:00am | <u>Tentative Visit</u> --Rural Family Farm (if owner available) | San Francisco de Peñas Blancas |
| 12:00pm | Lunch (on your own)   | La Tigra                       |
| 1:30pm  | Depart La Tigra   | La Tigra                       |
| 3:30pm  | Arrive San Ramón (check-in)                                     | Hotel San Ramón                |
| 6:30pm  | Dinner (on your own)  | San Ramón                      |





-- Designated Field Site: Town of San Ramon --

| Thursday, 29 May: Palmares    |   |                       |
|---|---|-----------------------|
| Time  | Activity/Topic  | Location              |
| 7:30am  | Breakfast (provided)  | Hotel San Ramón       |
| 8:15am  | Load bus & depart hotel   | Hotel San Ramón       |
| 9:00am  | <u>Welcome/Presentation</u> --Madre Verde Watershed Conservation Reserve (Arelis Chaverria/Madre Verde)   | Madre Verde, Palmares |
| 10:00am   | <u>Hike</u> --Madre Verde Reserve & Montes del Aguacate Biological Corridor: Pre-montane moist forest, 1,300mts. (Arelis Chaverria/Madre Verde) | Madre Verde, Palmares |
| 11:30am   | Return to Environmental Education Center  | Madre Verde, Palmares |
| 12:00pm   | Lunch (provided)  | Madre Verde, Palmares |
| 1:00pm  | <u>Volunteer Service</u> --Madre Verde Reserve  | Madre Verde, Palmares |
| 3:00pm  | <u>Activity</u> --Reforestation at Madre Verde  | Madre Verde, Palmares |
| 4:00pm  | Depart Madre Verde  | Madre Verde, Palmares |
| 4:30pm  | Arrive San Ramón  | Hotel San Ramón       |
| 6:30pm  | Dinner (on your own)  | San Ramón             |

-- Designated Field Site: Town of San Ramon --

| Friday, 30 May: Barranca/Caldera    |   |                                   |
|---|---|-----------------------------------|
| Time  | Activity/Topic  | Location                          |
| 7:30am  | Breakfast (provided)  | Hotel San Ramón                   |
| 8:15am  | Load bus & depart hotel   | Hotel San Ramón                   |
| 9:30am  | <u>Hike</u> --Parque Aventura Tropical dry forest, 100mts. (or optional canopy tour on your own, \$20 each) | Parque Aventura, Barranca         |
| 11:00am   | Open time at the Rio Barranca (bring/wear swimsuit)   | Parque Aventura, Barranca         |
| 11:30am   | Depart Parque Aventura  | Parque Aventura, Barranca         |
| 12:00am   | Arrive Caldera & lunch (on your own)  | Restaurante Mar Azul, Caldera     |
| 1:30am  | <u>Visit</u> --Mangrove Ecology (Jon Titus/SUNY)  | Caldera                           |
| 2:30pm  | Depart Caldera  | Caldera                           |
| 4:30pm  | Arrive Esterillos (check-in)  | Hotel La Sirena, Playa Esterillos |
| 6:30pm  | Dinner (on your own)  | Playa Esterillos                  |
| 9:00pm  | <u>Tentative Night Field Activity</u> --Inter-Tidal Ecology (tide-dependent, bring flashlights & suits)     | Playa Esterillos                  |

-- Designated Field Site: Town of Esterillos --

| Saturday, 31 May: Manuel Antonio     |   |                                   |
|---|---|-----------------------------------|
| Time  | Activity/Topic  | Location                          |
| 7:30am  | Breakfast (provided)  | Hotel La Sirena, Playa Esterillos |
| 8:15am  | Load bus & depart hotel   | Hotel La Sirena, Playa Esterillos |
| 10:00am   | Arrive Manuel Antonio & walk into park  | Manuel Antonio National Park      |
| 10:30am   | <u>Visit &amp; Presentation</u> --Government & Community Conservation in Manuel Antonio National Park: Tropical moist forest, 0mts. (Javier Herrera/MINAET) | Manuel Antonio National Park      |
| 12:00pm   | Pack lunch at the beach (on your own)   | Manuel Antonio National Park      |
| 1:30pm  | <u>Optional Hike</u> (on your own) or beach time  | Manuel Antonio National Park      |
| 4:00pm  | Exit Manuel Antonio National Park & open time   | Manuel Antonio                    |

|        |                            |                                   |
|--------|----------------------------|-----------------------------------|
| 5:30pm | Early dinner (on your own) | Manuel Antonio                    |
| 7:00pm | Depart Manuel Antonio      | Manuel Antonio.                   |
| 8:30pm | Arrive back at hotel       | Hotel La Sirena, Playa Esterillos |

-- Designated Field Site: Town of Esterillos --

| Sunday, 1 June: Esterillos ☀ |   |                                   |
|------------------------------|---|-----------------------------------|
| Time                         | Activity/Topic  | Location                          |
| 7:30am                       | Breakfast (provided)  | Hotel La Sirena, Playa Esterillos |
| 8:15am                       | Open time   | Playa Esterillos                  |
| 12:00pm                      | Lunch (on your own)   | Playa Esterillos                  |
| 1:30pm                       | <u>Tentative Field Activity--Inter-Tidal Ecology</u> (tide-dependent, bring mask/snorkel & suits) | Playa Esterillos                  |
| 4:00pm                       | Return to hotel   | Hotel La Sirena, Playa Esterillos |
| 6:30pm                       | Dinner (on your own)  | Playa Esterillos                  |
| 8:00pm                       | Return to hotel   | Hotel La Sirena, Playa Esterillos |

-- Designated Field Site: Town of Esterillos --

| Monday, 2 June: Esterillos/San Ramón 📅 |  |                                   |
|--|--|-----------------------------------|
| Time                                   | Activity/Topic   | Location                          |
| 7:30am                                 | Breakfast (provided)   | Hotel La Sirena, Playa Esterillos |
| 8:15am                                 | <u>Discussion--Debrief session: Summary &amp; evaluation</u> | Hotel La Sirena, Playa Esterillos |
| 10:30am                                | Preparations for departure                                   | Hotel La Sirena, Playa Esterillos |
| 11:00am                                | Depart Esterillos (check-out)                                | Hotel La Sirena, Playa Esterillos |
| 12:00pm                                | Lunch/snack stop enroute (on your own)                       | Steve & Lisa's Restaurante        |
| 1:30pm                                 | Depart lunch stop  | Steve & Lisa's Restaurante        |
| 3:30pm                                 | Arrive San Ramón & hotel check-in                            | Hotel San Ramón                   |
| 6:30pm                                 | Dinner (on your own)   | San Ramón                         |

-- Designated Field Site: Town of San Ramon --

| Tuesday, 3 June: Departure 📅 |  |                 |
|------------------------------|--|-----------------|
| Time                         | Activity/Topic                                       | Location        |
| 8:30am                       | Load luggage on bus                                  | Hotel San Ramón |
| 9:00am                       | Depart hotel (check-out)                             | Hotel San Ramón |
| 10:00am                      | Airport drop-off (NOTE: Required \$28 departure tax) | Alajuela        |
| 1:00pm                       | Departure (no earlier than approximately 1pm)        | Alajuela        |

#### ICON KEY

| Typical Weather    | Necessary Gear                 | Other                 |
|--------------------|--------------------------------|-----------------------|
| Rain/Wet: 🌧        | Enclosed Shoes: 👟              | Change of Lodging: 📅  |
| Sun/Heat: ☀        | Food/Snacks: 🍌                 | Time-Sensitive Day: ⌚ |
| Cold Conditions: ❄ | Night Activity (flashlight): 🌙 | Safety Alert: ☠       |

NOTE: Always recommended: Repellent, drinking water, sunscreen/hat, notebook, Spanish dictionary