





SUNY-Fredonia/Earth Education International  
 Costa Rica Study Tour: Tropical Biology & Conservation  
 May 18 – June 2, 2009







**\*\*REVISED DRAFT\*\***

Monday, May 18: Arrival 		
Time	Activity/Topic	Location
8:18pm	Arrival (Continental Flight #1796 via Newark)	Alajuela
9:00pm	Meet at designated location at airport & load luggage	Alajuela
9:30pm	Depart airport	Alajuela
10:00pm	Arrival at hotel (check-in)	Hotel El Sesteo, San José



-- Designated Field Site: Hotel El Sesteo --

Tuesday, May 19: 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>Video</u> --Diversity in the Tropics: An Introduction	National Biodiversity Institute
9:30am	<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, May 20: Poás/San Ramón      		
Time	Activity/Topic	Location
7:30am	Breakfast (provided)	Hotel El Sesteo, San José
8:15am	Load bus & depart hotel (check-out)	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> --Environment & Conservation in Costa Rica (M. Karian/EEI)	Universidad de San José 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, May 21: La Guaria de San Ramon  		
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	Return to hotel	San Ramón
2:00pm	<u>Presentation</u> --SINAC: National System of Conservation Areas (Victor Julio Quiros/MINAET, San Ramón)	University of San José, San Ramón Campus
3:30pm	<u>Visit</u> --University of Costa Rica: Biology laboratory & demonstration forest (Staff/UCR)	University of Costa Rica, Western Regional Campus
5:00pm	Return to hotel & open time	Hotel San Ramón
6:30pm	Dinner (on your own)	San Ramón

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


Friday, May 22: 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, May 23: Alberto Brenes Biological Reserve 		
Time	Activity/Topic	Location
7:30am	Breakfast (provided)	A. Brenes Biological Field Station
8:15am	<u>Field Activity</u> --TBA (e.g., Birding, Ronald Sanchez/UCR)	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 Activity A</u> --Tropical Plants (J.Titus/SUNY) <u>Field Activity B</u> --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</u> (Optional)	A. Brenes Biological Field Station

-- Designated Field Site: Field Station --





Sunday, May 24: 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, May 25: 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, May 26: 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, May 27: 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, May 28: 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, May 29: 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, May 30: 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, May 31: 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, June 1: 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, June 2: Departure 📅		
Time	Activity/Topic	Location
4:30am	Load luggage on bus	Hotel San Ramón
4:45am	Depart hotel (check-out)	Hotel San Ramón
5:45am	Airport drop-off (NOTE: Required \$26 departure tax)	Alajuela
8:00am	Departure (Continental Flight #1797 via Newark)	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

#### EMERGENCY CONTACT NUMBERS

NOTE: All numbers preceded by 011+506 from the U.S.A.

**Earth Education International Director** (Miguel Karian, Cell): 8812-7766

**Hotel El Sesteo** (San José): 2296-1805

**Hotel San Ramón** (San Ramón): 2447-2042

**A. Brenes Biological Field Station** (San Ramón): 2200-5757

**La Catarata Ecolodge** (La Fortuna): 2479-9522, 2479-9612

**Hotel La Sirena** (Esterillos): 2778-8020