

# Catholic University of America/Earth Education International

## Costa Rica Spring Break Eco-Tour

February 28–March 7, 2009

Saturday, February 28: Arrival		
Time	Activity/Topic	Location
	Arrival	Alajuela
3:00pm	Depart airport	Alajuela
4:00pm	Arrival San Ramón & hotel check-in	Hotel La Posada, San Ramón
5:00pm	Depart hotel	Hotel La Posada, San Ramón
5:30pm	<u>Discussion</u> --Introductions, itinerary, safety, Q&A (Miguel Karian/EEI)	Mi Rancho Restaurant, Los Ángeles, San Ramón
6:30pm	Welcome dinner (provided)	Mi Rancho Restaurant, Los Ángeles, San Ramón
Sunday, March 1: Palmares		
Time	Activity/Topic	Location
7:00am	Breakfast (provided)	Hotel La Posada, San Ramón
8:30am	Depart hotel (leave bags packed for departure)	Hotel La Posada, San Ramón
9:00am	<u>Welcome/Presentation</u> --Madre Verde Watershed Conservation Reserve (William Garcia/Madre Verde)	Madre Verde, Palmares
10:00am	<u>Hike</u> --Madre Verde Reserve & Montes del Aguacate Biological Corridor: Tropical pre-montane moist forest, 1,300mts. (William Garcia/Madre Verde) (Group A & B)	Madre Verde, Palmares
11:30am	Return to Environmental Education Center	Madre Verde, Palmares
12:00pm	Lunch (provided)	Madre Verde, Palmares
1:00pm	Return to hotel & check-out (bags may be left behind)	Hotel La Posada, San Ramón
2:00pm	Depart San Ramón	Hotel La Posada, San Ramón
5:00pm	Arrive Fortuna & hotel check-in	La Catarata Eco-Lodge, Fortuna
6:30pm	Dinner (on your own)	La Fortuna
8:30pm	Return to hotel	La Catarata Eco-Lodge, Fortuna
Monday, March 2: La Fortuna Area		
Time	Activity/Topic	Location
7:00am	Breakfast (provided)	La Catarata Eco-Lodge, Fortuna
Group A		Group B
8:30am /	<u>Presentation</u> --Albergue La Catarata: A Community Ecotourism Project (R. Bonilla/La Catarata)	8:15am / Depart hotel
9:30am /	Depart hotel	8:30am / <u>Visit</u> --Community Sustainable Development: Cottage Industry Medicinal Agriculture (Cristina Berrocal/GEMA)
10:00am /	<u>Visit</u> --Community Sustainable Development: Cottage Industry Medicinal Agriculture (Cristina Berrocal/GEMA)	10:00 / Return to hotel
11:30am /	Return to hotel	10:30am / <u>Presentation</u> --Albergue La Catarata: A Community Ecotourism Project (R. Bonilla/La Catarata)
12:00pm	Lunch (provided)	La Catarata Eco-Lodge, Fortuna
1:30pm	Preparations for afternoon/evening hike	La Catarata Eco-Lodge, Fortuna

2:30pm	Depart hotel (NOTE: Bring rain gear, flashlight with extra batteries, repellent & snacks for into the evening)	La Catarata Eco-Lodge, Fortuna
3:30pm	<u>Short Hike</u> --Arenal National Park & Costa Rica's Most Active Volcano (Group A & B)	Arenal National Park
6:00pm	Night viewing of volcano (if we are lucky!)	Arenal National Park
7:00pm	Short night hike back to bus & return to hotel	Arenal National Park
8:00pm	Late dinner (on your own)	La Fortuna
9:30pm	Return to hotel	La Catarata Eco-Lodge, Fortuna

#### Tuesday, March 3: La Fortuna Area

Time	Activity/Topic	Location
7:00am	Breakfast (provided)	La Catarata Eco-Lodge, Fortuna
8:30am	Depart hotel	La Catarata Eco-Lodge, Fortuna
9:30am	<u>Hike</u> --Hanging Bridges: A Private Rainforest Reserve Case Study (Group A & B)	Puentes Colgantes, Fortuna
12:00pm	Lunch (on your own)	Puentes Colgantes, Fortuna
2:00pm	Depart Hanging Bridges	Puentes Colgantes, Fortuna
3:00pm	<u>Optional Activity</u> --Hot springs visit (extra cost on your own) or open time	Baldy Hot Springs/La Catarata
5:30pm	Return to hotel	La Catarata Eco-Lodge, Fortuna
6:30pm	Dinner (on your own)	La Fortuna
8:30pm	Return to hotel	La Catarata Eco-Lodge, Fortuna

#### Wednesday, March 4: San Ramón

Time	Activity/Topic	Location
8:30am	Late breakfast (provided)	La Catarata Eco-Lodge, Fortuna
10:00am	Departure preparations & final open time (at lodge or in-town for final shopping time)	La Catarata Eco-Lodge, Fortuna
11:30am	Depart hotel (check-out)	La Catarata Eco-Lodge, Fortuna
12:00pm	Lunch (on your own)	La Fortuna
1:30pm	Depart La Fortuna	La Fortuna
4:30pm	Arrive San Ramón & hotel (re-)check-in	Hotel La Posada, San Ramón
5:00pm	Personal preparations for following days (on your own)	San Ramón
6:30pm	Dinner (on your own)	San Ramón

#### Thursday, March 5: Orotina

Time	Activity/Topic	Location
7:00am	Breakfast (provided)	Hotel La Posada, San Ramón
8:30am	Depart hotel	Hotel La Posada, San Ramón
10:30am	<u>Presentations &amp; Visit</u> --Turu Ba Ri Tropical Park: Rural farm, bromeliad garden, cactus garden (Turu Ba Ri staff) (Group A & B)	Turu Ba Ri Tropical Park
12:00pm	Lunch (provided)	Turu Ba Ri Tropical Park
1:00pm	<u>Presentations &amp; Visit (cont.)</u> --Turu Ba Ri Tropical Park: Butterfly garden, iguana park, orchid garden (Turu Ba Ri staff) (Group A & B)	Turu Ba Ri Tropical Park
2:30pm	<u>Optional Activity</u> --Canopy tour or other (extra cost on your own) or open time	Turu Ba Ri Tropical Park
3:30pm	Depart Orotina	Turu Ba Ri Tropical Park
5:30pm	Arrive San Ramón	Hotel La Posada, San Ramón
6:30pm	Dinner (on your own)	San Ramón

**Friday, March 6: Puntarenas/Isla Tortuga**

Time	Activity/Topic	Location
6:00am	Breakfast (provided) <b>(NOTE EARLY BREAKFAST)</b>	Hotel La Posada, San Ramón
7:30am	Departure hotel <b>(NOTE EARLY DEPARTURE)</b>	Hotel La Posada, San Ramón
8:45am	Arrive Puntarenas	Puntarenas
Group A (Optional Isla Tortuga tour) NOTE: Extra cost on your own, deposit required		Group B (Day at beach in Puntarenas) -No extra cost-
9:00am /	Depart Puntarenas (BY BOAT)	9:00am / Drop Isla Tortuga group at dock
10:45am /	Arrive Isla Tortuga & open time or optional activities*	9:15am / Open time all day at the beach or exploring/shopping in Puntarenas
12:00pm /	Lunch at the beach (provided)	(NOTE: Lunch on your own)
1:00pm /	<i>*Optional Activities--Kayaking, snorkeling, canopy tour, etc. (extra cost, NOT included in tour) or open time</i>	5:30pm / Meet with Group A after arrival back in Puntarenas
3:30pm /	Depart Isla Tortuga (BY BOAT)	
5:15pm /	Arrive Puntarenas & meet with Group B	
6:30pm	Dinner (on your own)	Puntarenas
8:00pm	Depart Puntarenas for San Ramón	Puntarenas
9:30pm	Arrive San Ramón	Hotel La Posada, San Ramón

**Saturday, March 7: Departure**

Time	Activity/Topic	Location
7:00am	Breakfast (provided)	Hotel La Posada, San Ramón
8:30am	Final departure time	Hotel La Posada, San Ramón
10:30am	Depart hotel (check-out)	Hotel La Posada, San Ramón
11:30pm	Airport drop-off (NOTE: Required \$26 departure tax)	Alajuela
2:30pm	Flight departs	Alajuela