

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 | | |
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| 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 |

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| 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 & 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 & 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 |
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| 6:00am | Breakfast (provided) (NOTE EARLY BREAKFAST) | Hotel La Posada, San Ramón |
| 7:30am | Departure hotel (NOTE EARLY DEPARTURE) | 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 / | *Optional Activities--Kayaking, snorkeling, canopy tour, etc. (extra cost, NOT included in tour) or open time | 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 |