

GLOBAL EXCHANGE REALITY TOURS

Sample Itinerary for Costa Rica: Ecotourism and Sustainability on the Caribbean Coast

DAY 1

- Arrivals and check-in at Casa Yoses hostel.
- Orientation meeting.
- Welcome dinner. Meet with researcher on Afro-Caribbean culture, who also compiles and interprets Calypsonian music.

DAY 2

- Morning: Breakfast and depart for Biological Reserve "La Selva" in Sarapiquí, Heredia.
- Guided hike through the Reserve. Learn about one of the 4 most important areas in the world for research on tropical forest, home to over 500 species of birds, 100 mammal species, and numerous species of trees and plants.
- Lunch at "La Selva" and leave for La Pavona, Siquirres.
- Afternoon: Get on the boat to Tortuguero.
- Check-in to hotel.
- Meeting to talk about agenda for tomorrow.
- Dinner.

DAY 3: Tortuguero - Puerto Limón

- Morning: Breakfast. Tour of canals and hike.
- Afternoon: Return to La Pavona and continue on to Puerto Limón.
- Arrive in Puerto Limón. Check-in to Hotel Acon.

DAY 4: Puerto Limón – Casa Calatecas

- Morning: Breakfast and tour around Puerto Limón, the country's main port. Limón is Costa Rica's main harbor, but is also its most neglected province. La Uvita island, 20 minutes offshore is where Columbus first set foot in 1502. Limón is also home most of Costa Rica's population of African descent, brought from Jamaica to build the railroad.
- Afternoon: Lunch and leave for Carbón.

- Check-in at Casa Calateas in Talamanca, nestled in the tropical forest just 15 minutes away from the main beaches. Casa Calateas is a good example of the effort some Costa Rican peasants are making to deal with the impact of globalization, which rescuing the jungle for future generations.
- Meeting to reflect on the day's activities and discuss tomorrow's itinerary.
- Dinner at Puerto Viejo.

DAY 5: Casa Calatecas

- Morning: Breakfast. Hike along the main beaches. Start at Cahuita National Park and end in Puerto Vargas National Park. Carry water and snacks. If weather does not allow for the hike, enjoy a shorter bike ride in the rain to Puerto Viejo.
- Lunch at Puerto Viejo.
- Afternoon: Meeting with community leaders.
- Return to Casa Calateas.
- Dinner and cultural encounter with Calypsonian musicians.

DAY 6: Punta Mona

- Morning: Breakfast. Check-out and head to Manzanillo to meet with Costa Rican Adventures tour guide. Hike through Gandoca-Manzanillo Wildlife Refuge.
- Afternoon: Visit Punta Mona Center of Sustainable Living and Education. Learn about sustainable living, medicinal and edible uses of trees, plants and fruit. Swim, relax, gather local fruits.
- Stay overnight at the Punta Mona Center.

DAY 7: Punta Mona

- Morning/Afternoon: Organic farm tour and permaculture workshop at Punta Mona.
- Second overnight at Punta Mona Center.

DAY 8

- Morning: Leave Punta Mona by boat. Look for dolphins along the way.
- Afternoon: Hike through Kekoldi Indigenous Reserve. Learn about Bribri customs, cosmology and struggle to maintain their culture.

- Spend the night at La Dehesa B&B in San Joaquin de Flores, Heredia, near the airport.

DAY 9

- Morning: Breakfast and transport participants to airport for departure.

***** *This is sample itinerary. Activities are subject to change.* *****