



Appalachian State University, a recent addition to our University Programs..
Next trip will be January 1st – 10, 2015.

Costa Rica January 2-11, 2014

- Jan 2 Fly to San Jose. Arrival time will be 2:30 p.m. You will be met at the airport by your professional/naturalist Bilingual guide Rolando Delgado. Drive for one hour or so and stop in San Ramon for a snack and bathroom break.
Drive to Finca Luna Nueva
This drive is about 3 hours from the airport.
Finca Luna Nueva
“Finca Luna Nueva Lodge is a sustainable rainforest eco-lodge hotel, offering an intimate experience of primary rainforest together with a certified organic biodynamic farm.
Walk through well-groomed rain forest trails on our guided farm tours and hikes, eat gourmet meals prepared from our fresh organic garden produce, and witness the majesty of the Arenal Volcano.”
<http://fincalunanuevalodge.com/>
Dinner at Finca Luna Nueva.
Soltis Center Night Tour.
Overnight at Finca Luna Nueva.
- Jan 3 Morning tour Finca Luna Nueva.
Presentation by Steven the owner.
Your private guide will give a presentation on any topic desired.
Lunch at Finca Luna Nueva.
Afternoon Visit to Arenal Volcano National park or similar.
Sight seeing in La Fortuna. Rolando can talk about how it was developed and how it has changed. (Only town with all locally owned and operated hotels/restaurants.)
Afternoon at Baldi Hot Springs.
“Baldi Hot Springs Resort Hotel & Spa is a family oriented resort located at the Arenal Volcano feet in La Fortuna, San Carlos, Costa Rica. The first stage with 32-room, deluxe resort features, its 25 Natural Mineral Pure Water Pools , with 12 different temperatures, exuberant waterfalls and tropical gardens have made of this location a reachable dream of countless comfort”. <http://baldicostarica.com/>
Dinner at Baldi Hot Springs.
Overnight at Finca Luna Nueva.

Travel to La Fortuna (about 30 minutes).

To take a Canopy Trip with horseback riding

“If you like horses this is the best tour for you, ride for 45 minutes or go seated in a tractor cart to the arrival point. Then, we will find the observation deck where one of guides will talk about the tropical ecosystems at the same time we have a small walk. But it is not all the tour, the exciting starts here, we start the zip line course on cables located on top of trees offering you the experience of crossing canyons, waterfalls and of course the majestic Arenal Volcano. Arenal Mundo Ventura is one of the safest canopy tour operators in Costa Rica with highly trained guides and quality equipment.”

Lunch at Finca Luna Nueva.

Afternoon at the Farm. LNT presentations immediately following lunch, followed by free time.

Option: Rolando can come up with some ideas to coordinate, such as birding.

Dinner at Finca Luna Nueva.

Evening dancing at local Dance Club.

Overnight at Finca Luna Nueva.

Overnight at Finca Luna Nueva

Jan 5

Travel to La Quinta after enjoying breakfast at Luna Nueva
Leave at 10 a.m.

“La Quinta is an eco-lodge nationally certified by the Costa Rican Tourists Board with its Certification for Sustainable Tourism (CST). La Quinta has 5 Leaves level, being 5 Leaves the maximum qualification. The CST is a comprehensive program that categorizes and certifies each tourism company to the degree they comply with the model of sustainable tourism. La Quinta strives to have little, to no negative impact on its immediate environment. “

<http://www.hotellaquintasarapiqui.com/>

Lunch at La Quinta Hotel

Afternoon: Pineapple Plantation Tour.

Tour through the pineapple crops and learn all about this delicious fruit.

We will learn about the history and importance of this product in Costa Rica. Students will be able to taste pineapple in many forms.

Dinner at La Quinta Hotel.

LNT presentations after dinner.

Overnight at La Quinta Hotel.

All meals included at La Quinta Hotel

Jan 6

Breakfast at La Quinta.

Tour of La Quinta with Hotel Owner.

The group will have the pleasure of meeting with the owner of this popular eco-lodge. We will learn about the planning and development of the lodge. In addition, we will take a private tour of the grounds and have a lesson in the butterfly garden, as well as the tropical organic farm.

Lunch at the Hotel

Lunch at La Quinta.

White Water Rafting on the Sarapiquí River.

“This tour begins in the community known as La Virgen de Sarapiquí, one of the most important communities of the area. This tour takes us through a beautiful part of the river filled with exciting white water rapids and beautiful ponds, all surrounded by a wonderful natural scenery” <http://www.sarapiqui.com/ing/tour.php?st=11>

Dinner at La Quinta.

LNT presentations after dinner.

Overnight at La Quinta Hotel.

Jan 7

Cocoa Plantation Tour

Hike through the lush forest along the Sarapiquí River. We will enter the cocoa plantation and have a detailed lesson on the history and importance of this product in Costa Rica. Students will be able to participate in this experiential lesson by assisting in the making of real chocolate, in many forms, as well as tasting it. This tour is both educational and adventurous.

Lunch at La Quinta.

Possible guest lecture by Park Ranger Ronald (friend of Rosie) to talk about the Costa Rica park system.

LNT presentations also in afternoon.

Dinner at La Quinta.

Overnight at La Quinta.

Jan 8

Travel Manuel Antonio Beach

Depart to Manuel Antonio after breakfast. Drive Halfway

Espiritu Santo Coffe Tour

<http://www.espiritusantocoffeetour.com/>

Lunch en route (TBD).

Dinner at Mono Azul

LNT presentations after dinner.

Possible dancing at local club.

Overnight at Mono Azul Hotel

Jan 9

Visit to Manuel Antonio National Park with your private bilingual guide.

Open day to enjoy the beach and town of Manuel Antonio.

Lunch at Mono Azul Hotel.

Sunset Catamaran tour with early dinner and snorkeling equipment.

<http://www.iguanatours.com/catamaran-tour/catamaran-tour.html>

Overnight at Mono Azul hotel

Jan. 10

Early afternoon departure to San Jose.

iCt early morning early after

b later presentation

c morning on their way

Fairwell dinner at Hotel Aeropuerto.

Overnight at Hotel Aeropuerto.



Jan 11



Open morning.
Possible guest speaker from Costa Rica Department of Tourism (ICT) in San José (recruited by Stephanie).
Attend an interesting talk about different trends in tourism, areas of importance, and learn many important details of the tourism infrastructure in Costa Rica
Possible LNT presentations.
Lunch at Hotel Aeropuerto.
Transfer provided by Hotel Aeropuerto.
Fly back home.
Transfer provided by Hotel Aeropuerto.

Tour package Includes:

- *All lodging.
- *All meals are included.
- *All Land transfers.
- *Professional naturalist/bilingual guide for the whole trip.
- *All tours described in the itinerary.
- *Exit Tax
- *The services of our tour operator in Costa Rica, Viajes Colibri.