

PUNTARENAS, COSTA RICA

Arrive: 1000 Saturday, 5 December

Onboard: 1800 Wednesday, 9 December



Brief Overview: Located on a narrow peninsula in the gulf of Nicoya, Puntarenas is a popular destination for city dwellers as it is the closest coastal town to the Costa Rican capital city of San Jose. One of the most important fishing ports in the country and popular for ecotourism, Puntarenas also serves as the capital of Puntarenas province, the largest province in Costa Rica. The province stretches along the country's Pacific Coast and features many picturesque beaches, inlets, rainforests, national parks, and reserves. Puntarenas also presents many opportunities for adventure and exploration of some of Costa Rica's most exquisite sceneries, full of spectacular flora and fauna. Canopy zip-line? Jungle water slide? Mud baths? Canyoning? Whitewater rafting? All of that and more are available through the wide variety of Field Programs offered. Voyagers will have the opportunity to

visit the largest (**Arenal**) or most active (**Poas**) volcanos on both day and overnight field programs. Or engage in some environmental service reforestation programs in the jungle or along the beach. The SAS EXCLUSIVE Turtle Conservation Research program will bring



voyagers as close as possible to these amazing creatures to work alongside full-time researchers on a three-day overnight program.



Highlights:

Cultural highlights:

DAY 1: COS 100-101 Puntarenas Market & Marine Museum

Day 3: COS 118-301 Festival of Light Preparation (San Jose)

Nature & the Outdoors:

Day 1: COS 102-101 Vista Los Suenos Canopy Tour

Day 3 COS 111-301 Cloud Forest & Poas Volcano

Day 5: COS 104-201 Floating on the Corobici River

Action/Adventure:

Day 1: COS 300-101 Arenal Volcano & Canyoning Adventure

Day 1: COS 303-101 Jungle Tent Camp & Whitewater Rafting Adventure

Day 3: COS 117-301 Surfing Lessons at Jaco Beach

Impact Opportunity:

Day 2: COS 116-201 Costa Verdes Reforestation @ Hermosa Beach

Day 2: COS 302-201 Turtle Conservation Research

Day 3: COS 304-301 San Jose, Poas Zip & Service

TERMS AND CONDITIONS: In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

Day 1: Saturday, 5 December

IMPORTANT: If you are registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course:

COURSE #	FACULTY	DAY 1 - Saturday, 5 December
ANTH 1010 503	Professor Eve Danziger	Introduction to Anthropology (Section 3)
EVSC 2050 101	Professor Ed Sobey	Introduction to Oceanography
PSYC 2559 501	Professor Thomas Suddendorf	Evolutionary Psychology (Section 1)

COS 100-101

PUNTARENAS MARKET & MARINE MUSEUM



This walking overview of Puntarenas will give you an idea of where you can go and what you can do during your time here. The primary industry in Puntarenas is fishing.

Visiting the Parque Marino del Pacífico you will find animals in outdoor exhibition under the care of the Rescue Program, such as crocodiles, ground turtles, sea turtles, pelicans, and others. Also, you will have the opportunity of watching 22 fish tanks with different samples of sea animals, among them puffers, anemones, crabs, sea stars, frog fish, clown fish, nurse shark, etc.

Mercado central is the largest market of the city of Puntarenas. The market contains a complex of narrow alleys with several shops, stalls, and cheap restaurants called sodas. A range of meats, fish, fruits, vegetables, coffees, and other products are for sale including, herbal remedies, flowers, cooked meals, and local handcrafts.

STANDARD PRICE		Early Booking
Adult	\$29	\$28
Child	\$15	\$14
TIME		
	Date	Time
Depart	December 5	1015
Return	December 5	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> Local market Marine park 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		



COS 102-101

VISTA LOS SUENOS CANOPY TOUR (GROUP A)

Half-Day



If walking through a tropical forest seems exciting, then imagine the experience of traveling on cables through the top of it. The tropical forest is one of the most complex ecosystems on Earth with more species of flora and fauna than any other place on the planet. The richest part of the forest is the canopy, as most plants, including orchids and

ferns, climb on the trees to receive more sunlight. Cross the forest on the cables and platforms suspended from the trees to explore the tropical and dry tropical ecosystems with their different climates and different species of birds, plants and animals not seen anywhere else on earth. At the end of your adventure enjoy a delicious buffet of tropical fruits.

STANDARD PRICE		Early Booking
Adult	\$85	\$81
Child	\$43	\$41
TIME		
	Date	Time
Depart	December 5	1230
Return	December 5	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Vista los sueños Canopy Tropical and the dry Tropical ecosystems 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 45		

Please Note: Participants will be asked to sign a waiver on site.

COS 115-101

BIKING TOUR AND COUNTRYSIDE

Half-Day



For those who love to work out and to explore nature at the same time, this soft mountain bike ride is the perfect chance. This adventure will let you experience, the best views of the flora and fauna of Costa Rica.

You don't need to worry about anything while on this exciting ride. First, all

the necessary biking equipment will be provided to you; also, a guide will be taking care of you at all times to ensure your safety and orientation. Finally, support vehicles will be close to the group to assist if needed.

You will start riding your bike on a flat, partially paved road to the intersection of Baja Mar. On the way, you will enjoy beautiful landscapes surrounded by cattle ranches as well as a small wetland area in which you will see some water birds, such as egrets and herons. After a short uphill push, you will get to some rolling hills and a moderate downhill roll.

During the ride, you will have the chance to stop, see and photograph all the flora and fauna that surrounds the area, or get any explanation from the tour guides.

The adventure finishes at a private property. At this point you will rest to recover your energy with a delicious buffet of fresh tropical fruits, and then you will be transferred back to the ship by motor coach.

STANDARD PRICE		Early Booking
Adult	\$93	\$89
Child	\$47	\$45
TIME		
	Date	Time
Depart	December 5	1230
Return	December 5	1745
HIGHLIGHTS		
<ul style="list-style-type: none"> Bike ride 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 18		

COS 121-103

EVENING SOCCER GAME WITH LOCALS

EVENING



SASers REPRESENT.
Join some local players for a local favorite – soccer! Throw on your favorite jersey (SAS t-shirt) and head out to the pitch for a casual game against our tour operator & friends. Afterwards, hang out with your new acquaintances and get

to know a Tico.

STANDARD PRICE		Early Booking
Adult	\$16	\$15
Child	\$16	\$15
TIME		
	Date	Time
Depart	December 5	1800
Return	December 5	2020
HIGHLIGHTS		
<ul style="list-style-type: none"> • Soccer • Local fun 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 150		

Please Note: The price of the trip covers the pitch rental, lighting, a referee and transportation. Participants should all wear the same color “uniform” for this friendly match.

(A similar basketball game in Cuba was a highlight of the FA14 voyage!)

COS 300-101

ARENAL VOLCANO & CANYONING ADVENTURE

3DAYS/2NIGHTS



This adrenaline pumping eco-adventure combines the thrill of 15 suspended bridges with a canyoning experience and balances these high-adventure activities with a relaxing soak in the Tabacón Hot Springs, all in the shadows of the mystical Arenal Volcano.

Hanging Bridges: A 3 km trail through the rainforest that allows you to take in nature’s beauty at its most pristine state. With 15 bridges from 5 to 100 meters long, one of them located at a height of 45 meters, you will get a 360° view of the tropical rainforest, and if the weather is on your side, you will see the most amazing views of Arenal volcano.

Hot Springs: Surrounded by impressive, well-manicured tropical gardens you will able to enjoy the striking view of Arenal Volcano, and relax for the rest of the afternoon. Dinner will be served later on, which will give you the opportunity to enjoy a delicious meal while admiring the volcanic crater.

Pure Trek Canyoning: You will ride to a gushing waterfall where you will begin your adventures. Climbing up a 20-foot wall and reach a zip line to the Monkey drop, then rappel down the cable into unspoiled canyons, rich with tropical vegetation. Four of the rappels are along waterfalls; the fifth is down a dry rock face. Guides will see to it that you are safe and have as much fun as possible. Your outdoor

STANDARD PRICE		Early Booking
Adult	\$522	\$497
Child	\$261	\$248
TIME		
	Date	Time
Depart	December 5	1030
Return	December 7	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Arenal Volcano • Hanging Bridges • Hot Springs • Canyoning Adventure 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		



adventure will be guided by professionally trained canyoneers and rock climbers and with state of the art safety equipment which is inspected daily.

No previous experience is necessary to go on this program, only the desire for pure, unfiltered excitement. A typical Costa Rican meal is provided after the morning tours and upon arrival for the afternoon tour.

Packing List: Lightweight clothing that dries easily. You will get wet! **Lightweight shoes, hiking sandals, or lightweight boots.** Towel. Swimsuit.



Plan on bringing dry clothes to change into after the tour is done. It is ok to bring cameras but make sure that they can either get wet or have a waterproof case to protect them. A photographer will accompany your group on the tour and a disc with photos of your tour will be available for purchase at end of tour.

Day 1: (L,D)

- -Private Guided Transfer from Puntarenas to Arenal area (Approx. 3 ½ hrs).
- - (BOX LUNCH FROM SHIP)
- -Guided Visit to the Arenal Hanging Bridges
- -Visit Tabacón Hot Springs (Dinner included)
- -Overnight in Lomas Del Volcan.

Day 2: (B,L,D)

- Breakfast at the hotel
- -Private guided transfer from Arenal back to the ship in Puntarenas.
- Lunch on own.

Day 3: (B)

- Breakfast at the hotel
- -Adventure Tour. Pure Trek Canyoning. (Lunch included).
- -Dinner at the hotel.
- -Overnight at Lomas del Volcan

This program is the summation of central Costa Rica: tent camping, canopy tour, whitewater rafting and reforestation volunteering! Sleep surrounded by nature with 4% of the world's biodiversity just on the other side of your canvas tent and screen "windows" at the Hacienda Pozo Azul Tent suites.



Reforestation Project Rio Peje Costa Rica made a decision parallel to the establishment of The National Park System 20 years ago of reversing the trend of deforestation

of its territory. Regarding species for the tropical rain forest regions, most of the research has been done at the well-known La Selva, The Organization of Tropical Studies biological station right next to Rio Peje. A selection of about 5 species has been chosen as the best species to be used for commercial plantations in the tropical humid areas. Get your hands dirty volunteering with this group for a couple of hours.



Pozo Azul Canopy Tour
With a total of 12 cables and 17 platforms, 7 of which are built on trees between 60 and 90 feet high. Your unique experience will take you through a canyon where you start from the edge at the ground and after several tree and ground platforms you end at a landing platform on the ground crossing the canyon 2 or 3 times. Hacienda Pozo Azul offers a combination of first class equipment, trained guides, stringent safety

procedures, and an extraordinary location to assure an unforgettable pleasant and extremely safe experience.



White Water Rafting on Sarapiquí River

This tour leaves at the Hacienda's put-in and runs 13 Km. to Chilamate, with an average gradient of 1.2%. No previous experience is required.

The tour:

- Fitting life vests and safety helmets, safety instructions at our private put-in followed by practice paddling and assigning individual positions on the boat. Two hours long, 13 Km run on class II and III rapids on the scenic Sarapiquí River.
- All boats used are Top brands 14 feet, used with 4 or 6 passengers depending on river conditions. Safety kayaks always in number related to number of boats on the tour.
- Energizing fresh local fruits by the river at a swimming spot.

Please Note: Participants will be asked to sign a waiver on site.

Minimum Age: 9 years old.

Day 1: (L,D)

- Private Guided Transfer from Puntarenas to Sarapiquí. (Approx. 4 ½ hrs).
- Lunch included in Hacienda Pozo Azul Tent Camp.
- Regular Canopy Tour
- Dinner & Overnight in Hacienda Pozo Azul Tent Camp.

Day 2: (B,L,D)

- Breakfast at the hotel
- AM. Reforestation project in Hacienda Pozo Azul.
- Lunch included.
- PM. Regular White Water Rafting Tour
- Dinner & Overnight in Hacienda Pozo Azul Tent Camp.

Day 3: (B,L)

- Breakfast at the hotel
- Private guided Transfer from Sarapiquí to Puntarenas, returning to the ship.

STANDARD PRICE		Early Booking
Adult	\$590	\$562
Child	\$295	\$281
TIME		
	Date	Time
Depart	December 5	1030
Return	December 7	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Jungle Tent camping • Whitewater Rafting • Canopy Tour • Reforestation 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		

Day 2: Sunday, 6 December

IMPORTANT: If you are registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course:

COURSE #	FACULTY	DAY 2 - Sunday, 6 December
PSYC 2559 502	Professor Thomas Suddendorf	Evolutionary Psychology (Section 2)

COS 203-201 & 202

KAYAK & BEACH ADVENTURE

2DAYS/1NIGHT



Travel 2.5 hours south of Puntarenas to the beautiful, crescent, white-sand Espadilla Beach of the Manuel Antonio National Park area. Here participants will experience the natural beauty and wildlife in the park and share in a cool kayak adventure through the mangrove rivers and “tunnels” of Damas Island – a great place to see some monkeys! Day 2 gives participants the option of either a Surf Lesson (section 201) or Horseback Riding (section 202).

Section 201: Surf Lesson on Day 2 (10 pax limit)

A private lesson consists of our personalized service, your instructor will explain one on one and step by step the art of learning how to surf. Includes transportation round trip, all the equipment (surfboard, rash guard, leash, wax), fruits and drinks and your own instructor. 3 hours of instructions.

Section 202: Horseback Riding on Day 2 (12 pax limit)

Had enough of the water? Explore the National Park area on horseback instead. There is a strict limit to the number of participants based on the number of horses available. Long pants and closed-toe shoes **REQUIRED**.

Please Note: Participants will be asked to sign a waiver on site.

Day 1:

- Private Guided Transfer from Puntarenas to Manuel Antonio (Approx. 2 hrs, 30 minutes).
- Visit the Manuel Antonio National Park.
- Sea Kayak Tour
- Lunch & Dinner on own
- Overnight in El Faro Beach Hotel.

Day 2: (B)

- Breakfast at the hotel
- Surf Lessons at Manuel Antonio or Horseback riding instead.
- Lunch & Dinner on own.
- Private guided transfer from Manuel Antonio to Puntarenas.

STANDARD PRICE		Early Booking
Adult	\$394	\$375
Child	\$197	\$187
TIME		
	Date	Time
Depart	December 6	0900
Return	December 7	1900
HIGHLIGHTS		
<ul style="list-style-type: none"> • White faced monkeys • Kayak through mangroves • Beach time • Choice of horses or surf 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 22		



Please NOTE: Minimum age 8 years.



Enjoy the perfect blend of adventure, relaxation and inspiration integrating the harmony of nature and the charm of a rustic culture of Guanacaste farm, situated next to the rainforest. Participants

will be amazed at the extent of sustainable projects at the farm, including a cow-milking facility, soap/cosmetic laboratory, compost maker and anaerobic digester – where methane gas is used to cook. This is an example of how to treat residual waters and resources (erroneously called wastes) that permit us to save money and take care of the planet.



A full day of adrenaline adventure in the rain forest will treat participants to an exhilarating Canopy zip-line or Hanging Bridges experience; a dip in Natural hot springs (MUD!) of Rincon de la Vieja, which can be visited by horseback or tractor; the Salitral Waterfall; and the renown ¼ mile-long Jungle Water slide in the mountain of the Costa Rican tropical forest. In the midst of your adventure, stop for a delicious buffet lunch featuring the best of the Costa Rican local and organic products at a typical ranch that operates sustainably.

STANDARD PRICE		Early Booking
Adult	\$495	\$472
Child	\$248	\$236
TIME		
	Date	Time
Depart	December 6	0900
Return	December 8	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Jungle water slide • Canopy zip-line or hanging bridges • Horseback transfer to mud baths • Sustainable farming principles • Organic meals 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		



This experience combines the best of Costa Rican entrepreneurship, adventure and sustainable living.

Day 1: (L,D)

- Private Guided Transfer from Puntarenas to Liberia, Guanacaste (Approx. 3 ½ hrs).
- Lunch included in Buena Vista Lodge
- Regular Sustainable Organic Tour
- Dinner & Overnight in Buena Vista Lodge.

Day 2: (B,L,D)

- Breakfast at the hotel
- Full Day Mega Combo Tour including jungle water slide, horseback transfer, mud baths, canopy zip-line OR hanging bridges
- Lunch & Dinner included.
- Overnight in Buena Vista Lodge.

Day 3: (B)

- Breakfast at the hotel
- Private guided Transfer from Buena Vista Lodge to Puntarenas.



Spend 3 days working alongside full-time Sea Turtle researchers at Ostional beach, an important nesting beach for three of the world's seven species of sea turtles. Do your part to help save these rapidly declining species. According to the World Conservation Union (IUCN) Red List, two of the three (Eastern Pacific leatherback and Green Sea turtles) are currently in danger of extinction. There is clearly an urgent need of conservation to safe guard these populations, however without data that provides knowledge of their biology it is difficult to frame appropriate management strategies. It is hoped that long term monitoring will yield data on nesting females and their nests to enable the formulation of management alternatives that can be put into practice at this beach.

Participants do not need any prior experience working with sea turtles as full training will be provided upon arrival to the project site. We appreciate people who use their initiative, are problem solvers, look to be useful in their spare time, and are interested in getting to know the community, understanding what community life is like, and what the community is trying to achieve without compromising their values.

Please Note: This is a strenuous trip. Participants should have a positive attitude, a good level of fitness, the ability to withstand a hot, humid climate and sleep deprivation, and an ability to walk long distances on soft sand at night. **Participants must be 18+ years of age.**

Accommodation

Participants will stay in the homes of local families (at least 2 participants per family) during their stay on the project. The accommodations are within the community of Ostional, which is located right in front of the nesting beach. Typical homes in the community are small and basic (but comfortable), normally consisting of two or three bedrooms, a kitchen, living room and bathroom. Do not expect to have hot running water in the kitchen or bathroom (including the shower). However, do keep in mind that the climate will be hot and humid, so a cool shower will usually be welcome!

Please note that the local families speak **little or no English**, so a Spanish dictionary and a little practice will be very helpful. Every effort you make to communicate with locals in Spanish, no matter how few words you can speak, or how poor your grammar may be, will be greatly appreciated by your hosts. Costa Rican people are incredibly warm, friendly and generous. You may be surprised at how far a little effort on your part will go!

Your host family will prepare all meals. Please let us know ahead of time if you have special dietary needs.

We are unable to provide a daily itinerary, however over the 3 days, activities will include SOME of the following:

(It is important to note that students should be flexible as the specific activities are weather and turtle dependent)

- Night beach patrols (to collect data, tag them, counting eggs)
- Assisting in the collection of biometric data from nesting turtles & hatchlings
- Assisting in the relocation of nests
- Day/night hatchery duties.
- Nest monitoring
- Hatchling liberation
- Beach clean up (to remove debris that impedes hatchlings)
- Construction of a beach hatchery

STANDARD PRICE		Early Booking
Adult	\$495	\$472
Child	n/a	n/a
TIME		
	Date	Time
Depart	December 6	0900
Return	December 8	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Family homestay • Sea Turtle Research • Hands-on conservation work 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 25		



Mandatory Packing List:

- Lightweight quick dry **black long-sleeved shirt and pants**, for patrolling at night. *Sea turtles are photosensitive and can be easily disturbed by lights or light colours. Some animals are very sensitive and will abort nesting and return to the water if disturbed. For this reason only dark clothing can be worn on patrols. The project will be selling dark long-sleeve shirts (with the project logo and a Leatherback image on the back), to support the project and carry on our research.*
- **Flashlight/headlight** with RED LED filter – usually the cheapest ones feature exactly that.
- **Closed-toed** shoes that can get wet (cros, aqua shoes, old sneakers or walking boots, etc.)



This program is specifically designed for big-hearted voyagers with a **basic level of the Spanish language**. Among all the natural resources Costa Rica has, its people are the most precious. Participants in this program will have the opportunity to meet some of these special folks and spend 2 days volunteering at the Santiago Crespo Elderly People Center, which is located in San Jose and operated

under the supervision of the Costa Rican Ministry of Culture. Participants will spend between 4-6 hours at the Center for 2 consecutive days where they will help the residents (70-90 years) with handicrafts, cooking, sewing, read newspapers or stories, participate in dancing, singing, playing chess or other games and group activities. There will be a lunch break during the day and free-time in San Jose in the evenings.

STANDARD PRICE		Early Booking
Adult	\$471	\$449
Child	\$236	\$224
TIME		
	Date	Time
Depart	December 6	0900
Return	December 8	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Canopy Tour at Poas Volcano • Personal Engagement & volunteering with elderly • San Jose • Spanish Language practice 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 25		

On your way to San Jose on Day 1, participants will spend the **entire day at Poas Volcano National Park & cloud forest**, culminating with the **Colinas del Poas Canopy Tour**. Poás Volcano is considered the largest active crater in the world, with frequent, geyser-like eruptions. This entertaining zip-lining tour will help you add some excitement to your day, all with strict safety and quality standards. The adventure through the canopy takes between 1.5 and 2 hours to complete. You will fly through the cloud forest by means of 14 cables, which are part of a system of 24 platforms and 12 trails that allows for the observation of the immense biodiversity of the area. It is certified by the Costa Rican Board of Tourism (ICT) as a touristic adventure that adheres to the highest quality and safety standards. First-class equipment and the services of professional guides are included in this tour. To close the canopy tour, the last line is a 600-meter cable (over 1,960 ft). You will most definitely enjoy your experience!



Packing List: Walking shoes, raincoat, light jacket and camera, small little gifts for residents, money for dinner in San Jose on Day 2.

Requirements for Volunteers:

- Basic Spanish level
- Patience and Tolerance.
- To be independent, have initiative, ready to do many different things
- Respect the rules of the Institution
- Dress moderately (no shorts, no open shirts, don't show your tattoos)
- Ready and able to work with elderly people and organize activities for them.
- To be respectful of the Catholic background of the project.

COS 304-301

SAN JOS, POAS ZIP & SERVICE

OVERNIGHT



Day 1: (L,D)

- Private Guided Transfer from Puntarenas to San Jose hotel (Approx. 30 minutes).
- Visit on the way to the Poas Volcano National Park and Colinas del Poas Zip Line Tour.
- Lunch included in local restaurant
- Dinner included in Magnolia Restaurant at the hotel.
- Overnight in Sleep Inn Hotel.

Day 2: (B,L)

- Breakfast at the hotel
- Visit the social project Santiago Crespo Elderly People Centre in Alajuela. (Work for 6 hours approx.). Find below the project description.
- Lunch included.
- Dinner on own.
- Overnight at Sleep Inn Hotel

Day 3: (B,L)

- Breakfast at the hotel
- Visit the social project Santiago Crespo Elderly People Centre in Alajuela. (Work for 6 hours approx.). Find below the project description.
- Lunch included.
- Private guided transfer from San Jose to board the ship in Puntarenas.

COS 116-201

IMPACT: COSTAVERDES REFORESTATION @ HERMOSA BEACH

FULL DAY



Travel 45 minutes south to Playa Hermosa to engage in a reforestation activity that can include tree planting, tree marking and/or mulching. During the activity there will be several members of the Costas Verdes team including biologists, our Fundraising and Public Relations Director (if people are curious of how we get funding and interact with the community) and other local volunteers. We will be responding any other questions people have in the process.

Each participant will plant a tree and symbolically adopt it. Participants will be able to put up a sign with its name and a code. Afterwards, every four months, a picture of the tree will be sent to each person with a newsletter of our latest accomplishments. **Please NOTE:**

The cost of this program covers an escort, transportation and lunch. A donation of \$30 per person will be made by the SAS FUND. |

STANDARD PRICE		Early Booking
Adult	\$48	\$46
Child	\$24	\$23
TIME		
	Date	Time
Depart	December 6	0700
Return	December 6	1530
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tree planting and care • Get your hands dirty! • Learn about a successful NGO • Local Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 45		



COS 105-201

TARCOLES RIVER: A WILDLIFE GALLERY

HALF-DAY

This adventure takes place in Costa Rica’s Pacific coast, along the estuary of the Guasalillo and the Tarcoles River near Carara National Park. Guacalillo is noted for its mangrove forests with four different species found in this area: tea, black, red, and white mangrove. The mangroves



provide a great habitat for many endemic birds like the cuckoo, hummingbirds, vireo, Panama flycatchers and many herons and egrets. The Tarcoles River mouth is considered one of the richest sites for sea birds and shorebirds, specifically during their migration period between October and April. The river shores also house one of the largest

colonies of crocodiles. You may also spot iguanas, Jesus Christ lizards, ducks, spoon bill, and storks along the riverbank. This journey will help you learn about the importance of mangroves and why they must be preserved. To help save many living species.

STANDARD PRICE		Early Booking
Adult	\$59	\$56
Child	\$29	\$28
TIME		
	Date	Time
Depart	December 6	0830
Return	December 6	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> • 2 hour Boat Ride • Mangrove Forest and Abundant Wildlife • Tropical Fruit Snack 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 150		

COS 122-201

DAY TRIP TO TURTLE ISLAND

FULL DAY



In the Gulf of Nicoya, there is a heavenly archipelago of several islands with lush natural beauty and a sanctuary that is home to seabirds, white sandy beaches, and the flora and fauna of our Central Pacific region. Tortuga Island is located in this beautiful archipelago. Situated 12

nautical miles from Puntarenas, Tortuga Island (called by local indigenous people “Tolinga”) has an area of 120 hectares and is maintained as a protected forest, which has been awarded the Ecological Blue Flag for more than five years. This distinction is awarded to beaches in our country that have pollution-free waters. Due to its geographical features, Tortuga Island’s waters are clear turquoise, which are optimal for swimming.

STANDARD PRICE		Early Booking
Adult	\$120	\$110
Child	\$60	\$55
TIME		
	Date	Time
Depart	December 6	0800
Return	December 6	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Beautiful Beach • Variety of activities at the beach 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY:30		

- Specialized bilingual guide throughout the journey,
- sailing the Gulf of Nicoya for an hour and 30 minutes, seeing beautiful landscapes.
- We will serve: tropical fruits, fish ceviche, natural drinks, farewell cocktail and snacks.
- Live music: Enjoy the entertainment provided by our live musicians; those who are more adventurous can accompany them on your favorite song.
- Professional entertainment throughout the tour.
- **Lunch on the Island:**
 - **Appetizers:** Two delicious cold salads with dressings.
 - **Main Course:** Fillet of fish and chicken, both cooked on the grill, each with their respective sauces, vegetarian rice and sautéed vegetables.
 - **Dessert:** Be surprised by the creativity of our chef, and accompany your dessert with a tasty coffee from Costa Rica.

Day 3: Monday, 7 December

COS 111-301

CLOUD FOREST & POAS VOLCANO

FULL DAY



One of the most renowned parks in Costa Rica, the Poás National Park, is one of the few

cloud forests accessible from the Pacific Coast during a one-day visit.

Surrounded by lush cloud forest is the crater of the Poás Volcano. On a clear day, it is possible to peer into the volcano's crater and see geysers of steam and smoke, rising from the bubbling depths. As the volcano is in a cloud forest region, visibility of the crater is subject to cloud influence.



After a visit to the park, continue through spectacular scenery, which brings to mind the fields and pastures in the Swiss Alps. It is this region that gave Costa Rica its nickname "The Switzerland of Central America". Before lunch, a short stop will be made in Grecia to admire the unusual metal Church of the Lady of Mercy. Enjoy lunch in Sarchi at Farbrica de Carretas. Where the famous painted carts are made. Your return journey to the ship takes you past sugarcane and coffee plantations that were once the main trade of Costa Rica.

Please Note: the bus ride is 2.5 hours each way; there will be a comfort stop provided. Due to the high incidence of rain in this area, guests are instructed to bring rain gear.

STANDARD PRICE		Early Booking
Adult	\$81	\$77
Child	\$40	\$39
TIME		
	Date	Time
Depart	December 7	0800
Return	December 7	1615
HIGHLIGHTS		
<ul style="list-style-type: none"> • Poas Volcano • Lunch • Oxcart Factory 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 150		

COS 117-301

SURFING LESSONS AT JACO BEACH

HALF DAY



If you are serious about learning to surf or you want to improve your surfing skill, Jaco Beach is the place for you. If you are a beginner or an advanced surfer, we can teach you the basics or teach you new tricks and techniques. Having the right surf instructor makes all the difference in your success.

This beginner's surf lesson is a two hour long surf trip. We introduce surfing fundamentals, etiquette, safety, wave dynamics, paddling skills, surfboard positioning, maneuvering, proper stand-up and riding techniques.

Please Note: Participants will be asked to sign in waiver on-site.

STANDARD PRICE		Early Booking
Adult	\$124	\$118
Child	\$62	\$59
TIME		
	Date	Time
Depart	December 7	0730
Return	December 7	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Surf Lessons • Stop at Tarcoles River to spot Crocodiles • Shopping Stop 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		

COS 118-301

FESTIVAL OF LIGHT PREPARATION in SAN JOSE

FULL DAY



Costa Rica, like many other countries around the world, has its own unique and special way to celebrate holidays. The Festival of Lights officially begins the Christmas season, and is one of the most awaited events of the year (held the second Saturday evening of December -- Dec. 11, 2015 in San Jose). The festival includes a parade

complete with floats, street dancers and marching bands. Final preparations for this event will be underway. As part of your tour, visit a workshop where some of the parade floats are made and witness first-hand the labor that goes into this. Every good holiday has some special culinary tradition and this is no exception. The local tradition includes special tamales wrapped in banana leaves, which participants will have the pleasure of learning about and sampling. Additionally, participants will have some free time in San Jose to explore on their own.

STANDARD PRICE		Early Booking
Adult	\$74	\$69
Child	\$37	\$35
TIME		
	Date	Time
Depart	December 7	0800
Return	December 7	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • San Jose City Tour • Parade Float Preparations • San Jose parade route • Special Festival of Light Tamales 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 150		

Day 4: Tuesday, 8 December

COS 119-401

A WALK IN THE CLOUDS

HALF DAY



Not quite 2 hour drive from Puntarenas, discover the richness of the cloud forest while you walk along beautiful trails and the most amazing shapes of green vegetation appear before your eyes. The tour starts with a short downhill walk that will lead into an open hummingbird garden. After this beautiful experience, you will arrive to

the first of four suspended bridges that cover over half a mile above the ground of the cloud forest. Each of these bridges stretch between 95 and 253 feet and up to 126 feet above the ground.

Along the way, your naturalist guide will point out the most outstanding features of this misty forest, showing you several species of birds, butterflies and small mammals that inhabit the area. A visit to a nearby butterfly farm is also part of this experience. Species like the Blue Morpho, caligo and the monarch are only some of the amazing butterflies you will be able to observe. To finish this tour, you will be able to taste some delicious 'agua dulce' (a traditional drink) and hand-made corn tortillas filled with local products that will be waiting for you at the restaurant to warm you up. During the return trip to the ship a stop will be made at El Jardín, where you can browse around their souvenir shop or admire their beautiful manicured garden.

STANDARD PRICE		Early Booking
Adult	\$71	\$68
Child	\$36	\$34
TIME		
	Date	Time
Depart	December 8	0800
Return	December 8	1345
HIGHLIGHTS		
<ul style="list-style-type: none"> • Cloud Forest • Butterfly garden • Typical Costa Rican snack 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 50		

COS 123-401

STAND UP PADDLE BOARD LESSONS

FULL DAY



Stand Up Paddle boarding (or SUP) is the fastest growing water sport in the world for good reason – it’s incredibly fun and easy to learn. Lead by our team of instructors, the friendliest and most experienced in the Central Costa Rica Region, without exception. We’ll provide you with a

stand up paddleboard, paddle, and the patient, friendly and professional instruction that will have you loving the sport in no time.

The class will paddle the waters of the Herradura Beach; We will cover all the basics you need: proper stance, paddling technique, turning and more.

Not only is SUP a great time, it’s also an excellent core workout.

STANDARD PRICE		Early Booking
Adult	\$145	\$135
Child	\$73	\$68
TIME		
	Date	Time
Depart	December 8	0730
Return	December 8	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Paddle Board • Stop at Tarcoles River to spot Crocodiles 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 50		

Day 4: Wednesday, 9 December

IMPORTANT: If you are registered in one of the following courses, you have a field lab on this day. Do not make any other travel plans as this is a designated class day in port for your course:

COURSE #	FACULTY	LAST DAY- Wednesday, 9 December
PLCP	Professor Donna Lefebvre	Introduction to Comparative Politics
SEMS 2500 102	Professor Lois Shepard	Global Business Ethics

COS 102-501

VISTA LOS SUENOS CANOPY TOUR (GROUP B)

Half-Day

Experience the tropical forest from 100 feet above the ground on this zipline tour. The tropical forest is one the most complex ecosystems on Earth, more species of flora and fauna inhabit in this type of forest than in any other on the planet. The richest part of the forest is the canopy, as most plants, including orchids and ferns, climb on the trees to receive more sunlight.

Cross an exuberant primary forest on platforms suspended on the treetops discovering the unique comparison of two different ecosystems, the Tropical and the Dry Tropical eco-systems, two different climates and many singular species of birds and animals not available anywhere else.



At the end of your adventure enjoy a delicious buffet of tropical fruits. Please note: This tour is only recommended for those people who are able to participate in moderately strenuous activities and high adventure programs. Guests who suffer vertigo should not participate on this tour. Comfortable light clothing is recommended. Weight limit is approximately 260 pounds. Waiver required

STANDARD PRICE		Early Booking
Adult	\$85	\$81
Child	\$43	\$41
TIME		
	Date	Time
Depart	December 9	0830
Return	December 9	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Vista los Suenos Canopy • Tropical and the Dry Tropical eco-systems 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 45		



Although by no means a hard core adventure, this trip down the Corobici River offers the opportunity to enjoy nature at its best and to negotiate some swift waters here and there. Starting as a swift and strong river at its origin in the mountains, the Corobici becomes a docile giant when it reaches the low flood plains of the pacific coast. It is here where you will put in your rafts to begin an interesting journey. Along the way, the river winds among dense jungle, secondary forests and from time to time near pastures and fields. As this section of the river has no more than class one and two

rapids, it is the ideal excursion for beginners or for those who do not want the more strenuous white water rafting experience.

STANDARD PRICE		Early Booking
Adult	\$85	\$79
Child	\$43	\$40
TIME		
	Date	Time
Depart	December 9	0900
Return	December 9	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Corobici River • Countryside and scenic drive • Class I, II rapids 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 45		

Please Note: This is only recommended for participants who are able to engage in moderately strenuous activity. Children under 6 years not permitted. Participants will be asked to sign a waiver onsite.