

PUNTARENAS, COSTA RICA

Arrive: 0800 Friday, 9 December
Onboard: 1530 Tuesday, 13 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 IMPACT: 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 2: COS 125-201 San Jose & Festival of Lights

Day 3: COS 305-301 La Yeguita Festival - Nicoya

Nature & the Outdoors:

Day 1/5: COS 102-102/502 Vista Los Sueños Canopy Tour

Day 2: COS 113-201 Macaw Sanctuary & Puntarenas Sightseeing

Day 5: COS 111-501 Cloud Forest & Poas Volcano

Day 5: COS 104-501 Floating on the Corobici River

Action/Adventure:

Day 2: COS 301-201 Guancaste Mega Eco Adventure

Day 2: COS 203-201 Kayak & Surf Adventure

Day 2: COS 303-201 Jungle Tent Camping & Rafting

Day 2: COS 300-201 Arenal Volcano & Canyoning Adventure

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

IMPACT Opportunity:

Day 2: COS 302-201 Turtle Conservation Research

Day 3: COS 124-301 Sustainable Coffee Farm

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: Friday, 9 December

IMPORTANT: If you are registered in one of the following courses, you have a Field Class 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 - Friday, 9 December
NR 130	Professor Susan Bolton	Global Environmental Systems
HIST 470	Professor Adrian Howkins	World Environmental History, 1500-Present
ECON/POLS 332	Professor Dan Jacoby	International Political Economy
HDFS 201	Professor Luis Diego Vega	Perspectives in Gerontology

COS 100-101

PUNTARENAS MARKET & MARINE MUSEUM

HALF-DAY



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.

"I enjoyed it" –Judy, Fall 2015 Faculty

STANDARD PRICE		Early Booking
Adult	\$47	\$45
Child	\$24	\$23
TIME		
	Date	Time
Depart	December 9	1015
Return	December 9	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Marine Museum • Largest market in Puntarenas 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 46		





Experience the tropical forest from 100 feet above the ground on this **adrenaline-filled zip line tour**. The tropical forest is one of the most complex ecosystems on Earth; more species of flora and fauna inhabit this type of forest than any other on the planet! The richest part of the forest is the canopy, as most

plants, including orchids and ferns, climb up the trees to receive more sunlight.

STANDARD PRICE		Early Booking
Adult	\$85	\$81
Child	\$42	\$40
TIME		
	Date	Time
Depart	December 9	1230
Return	December 9	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Vista los Sueños Canopy Tropical and Dry Tropical eco-systems 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 46		

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 species of birds and animals found nowhere else.

At the end of your adventure enjoy a **delicious buffet of tropical fruits**.

Please note: Weight limit is approximately 260 pounds. Participants will be asked to sign a waiver on sight. 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.

“The whole experience was incredible! I felt very safe and secure, but still had a crazy fun time! Wildly adventurous and memories for life.” –Kelsey, Fall 2015 Voyager

“One of the best programs I’ve been on! Zip lining through the rainforest was spectacular!!!” –Alexis, Fall 2015 Voyager



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

STANDARD PRICE		Early Booking
Adult	\$93	\$89
Child	\$47	\$45
TIME		
	Date	Time
Depart	December 9	1230
Return	December 9	1745
HIGHLIGHTS		
<ul style="list-style-type: none"> Bike ride through Costa Rica’s unique flora and fauna 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 18		

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 reach 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 receive information from the tour guides.

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

Please note: Remember to bring an extra change of clothing (should you choose to freshen up) and a water bottle.

Day 2: Saturday, 10 December

IMPORTANT: If you are registered in one of the following courses, you have a Field Class 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 - Friday, 9 December
NRRT 320	Professor Eduard Huijbens	International Issues in Recreation & Tourism



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.**

Accommodations

Participants will stay with local families (at least 2 participants per family) during their time 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!

STANDARD PRICE		Early Booking
Adult	\$524	\$499
Child	n/a	n/a
TIME		
	Date	Time
Depart	December 10	0800
Return	December 12	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Family homestay • Sea Turtle Research • Hands-on conservation work 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 25		



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

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 (crocs, aqua shoes, old sneakers or walking boots, etc.)



Check out this video on [Creative Conservation](#) from Fall 2015!

“If somebody asked me for an example of how Semester at Sea changed me, I would talk about this program. It has impacted me on so many levels and influenced my perspectives not only on wildlife conservation, but also on life in general.” - Alina, Fall 2015 Voyager

“This was the most amazing experience I have ever had in my entire life... We were faced with sustainability, cultural, ecological, [and] social issues that we were able to reflect on and bring back with us to share with others SASers in the last days of the voyage and to bring with us back home to the US. Absolutely incredible” - Natalie, Fall 2015 Voyager

“This program will be a highlight of my life. Seeing 71,000 turtles lay their eggs, learning about the conservation of sea turtles and being welcomed into a traditional Costa Rican community was an experience like no other. I didn’t know this was a dream of mine but I know I will dream about it for many years to come.” - Hannah, Fall 2015 Voyager



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 mountains of the Costa Rican tropical forest. In the midst of your adventure, stop for a delicious buffet lunch featuring the best of Costa Rican local and organic products at a typical ranch that operates sustainably.

STANDARD PRICE		Early Booking
Adult	\$502	\$478
Child	\$251	\$239
TIME		
	Date	Time
Depart	December 10	0800
Return	December 12	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.

“It was the perfect combination of adventure and relaxation. The lodge is a wonderful place to explore, and everything was so close by.” –Layne, Fall 2015 Voyager

“LOTS of activities! Life begins at the end of your comfort zone and this program was a perfect example of that” – Kat, Fall 2015 Voyager

“One of the best experiences! The lodge is gorgeous and conveniently offers all the activities we got to do, it was a blast!” - Alyssa, Fall 2015 Voyager

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.



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!

Start off your second day with a **surf lesson**. 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 3 hours of instruction.

Please note: Minimum age 8 years. Bring bathing suits, athletic clothing, SUNSCREEN, hat, and bug spray. Participants will be asked to sign a waiver on site

“I really enjoyed this field program! We were able to see a lot of cool things in a short amount of time.” –Mackenzie, Fall 2015 Voyager

“Beautiful scenery, amazing surf instructors, everything perfectly timed and enjoyable” –Antonia, Fall 2015 Staff

Day 1:

- Private Guided Transfer from Puntarenas to Manuel Antonio (Approx. 2.5 hrs)
- 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
- Lunch & Dinner on own
- Private guided transfer from Manuel Antonio to Puntarenas

STANDARD PRICE		Early Booking
Adult	\$413	\$393
Child	\$206	\$197
TIME		
	Date	Time
Depart	December 10	0800
Return	December 11	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • White faced monkeys • Kayak through mangroves • Beach time 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 22		





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 tropical humid areas. Get your hands dirty volunteering with this group for a couple of hours.

STANDARD PRICE		Early Booking
Adult	\$598	\$569
Child	\$299	\$285
TIME		
	Date	Time
Depart	December 10	0800
Return	December 12	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Jungle Tent camping • Whitewater Rafting • Canopy Tour • Reforestation 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		



Pozo Azul Canopy Tour

This canopy tour has 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 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.

- Includes fitted life vests and safety helmets, safety instructions followed by practice paddling and assigning individual positions on the boat.
- Two hour 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 passenger depending on river conditions. Number of safety kayaks always relative to number of boats on the tour
- All boats used are Top brands - 14 feet - used with 4 or 6 passengers depending on river conditions. Number of safety kayaks always relative to number of boats on the tour



Please Note: Minimum age of 9 years old. Participants will be asked to sign a waiver on site.

“I LOVED it. It was so much fun. My favorite field program yet. Perfect balance of free time and planned time.” – Emali, Fall 2015 Voyager

“Awesome. Attained a true feel of what I dreamed Costa Rica to be” –Rob, Fall 2015 Voyager

“Great trip—everything was amazing - from accommodations, to food, to activities!” –Jordan, Fall 2015 Voyager

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



Upon entrance to the sanctuary, let the **scarlet macaws** announce your arrival! Their brilliant red plumage will be a stunning and colorful focal point for your photographs. As you stroll through the grounds of the sanctuary, the

macaws and their neighbors fly freely about, providing you ample opportunity to behold these breath-taking beauties. Wander through the gardens which are as peaceful as they are picturesque, and discover the many other breeds of birds that live here.

Return to Puntarenas and complete your adventure with an **overview of this charming, lively town**. Puntarenas, which means "Sandy Point" in Spanish, is the capital and main city in the province of Puntarenas. This oddly-shaped region is a peninsula that joins the gulf between the ocean and an estuary. This narrow spit has only five avenues and has long been a popular place for Costa Ricans to spend a day by the seaside. Along the south side and facing the Nicoya Gulf is the **Tourists' Boulevard**, a broad sidewalk with gracefully ornamented stone benches, food kiosks, restaurants, a playground, and souvenir stalls.

Please note: Wear good walking shoes, light clothing, and a hat. Bring insect repellent and a bottled-water from the ship.

STANDARD PRICE		Early Booking
Adult	\$86	\$82
Child	\$43	\$41
TIME		
	Date	Time
Depart	December 10	0830
Return	December 10	1245
HIGHLIGHTS		
<ul style="list-style-type: none"> • Macaw Sanctuary 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 50		



Costa Rica, like many other countries around the world, has its own unique and special way to celebrate holidays. The Festival de la Luz, (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 in San Jose). The festival includes a nighttime parade complete with elaborate illuminated floats, street dancers, equestrian groups, bands and, of course, fireworks.

Depart from the port of Puntarenas early in the morning. On the drive to San Jose, your guide will educate participants on the history, traditions and dos and don'ts of what to expect of the Festival. As part of the program, visit the staging area where some of the parade floats are made and witness first-hand the labor that goes into this spectacle. 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. Participants will have some free time in San Jose to explore on their own.

Due to the late night activities, participants will spend the night in central San Jose and transfer back to the ship the next day. In San José, participants will

- Visit representatives of the Tourism council to discuss celebration activities
- Visit the staging area to see community groups putting finishing touches on their floats
- Enjoy a special lunch of holiday tamales and traditional holiday foods
- Have free time in the area of the celebration to explore local kiosks, etc.
- View the parade/celebration
- Overnight at hotel right in front of the Paseo Colon, where the Festival takes place every year.
- Relaxed morning with late breakfast
- Transfer to ship approx. 11am

STANDARD PRICE		Early Booking
Adult	\$185	\$179
Child	\$ 99	\$89
TIME		
	Date	Time
Depart	December 10	0930
Return	December 11	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour of San Jose • Holiday lunch • Overnight in San Jose • Festival of Lights! 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 40		



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. If the weather is on your side, you will see the most amazing views of Arenal volcano.

STANDARD PRICE		Early Booking
Adult	\$566	\$539
Child	\$283	\$270
TIME		
	Date	Time
Depart	December 10	1030
Return	December 12	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Arenal Volcano • Hanging Bridges • Hot Springs • Canyoning Adventure 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		

Hot Springs: Surrounded by impressive, well-manicured tropical gardens you will be 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. Climb 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 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, 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 fine 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 will be available for purchase at the end of tour.

“An amazing trip with a perfect mix of adventure and relaxation!” - Taylor, Fall 2015 Voyager

“If you want an adventure this is the field program for you! I loved every part of this program! Wish I could do it again!” - Jordan, Fall 2015 Voyager

“Nothing compares to rappelling down a waterfall” - Bobbie, Fall 2015 Voyager



Day 1: (D)

- Private guided transfer from Puntarenas to Arenal area (Approx. 3 ½ hrs.)
- Free time for lunch at La Fortuna downtown
- Guided Visit to the Arenal Hanging Bridges
- Visit Tabacón Hot Springs (Dinner included)
- Overnight at Arenal Paraiso Resort & Spa

Day 3: (B)

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

Day 2: (B,L,D)

- Breakfast at the hotel
- Adventure Tour, Pure Trek Canyoning. (Lunch included)
- Dinner at the hotel
- Overnight at Arenal Paraiso Resort & Spa

Day 3: Sunday, 11 December

COS 124-301

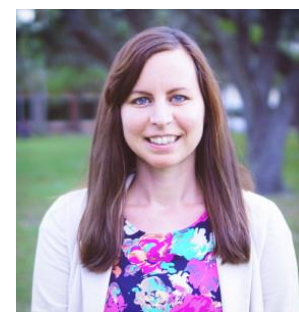
IMPACT: SUSTAINABLE COFFEE FARM WITH ERIN TRAUTH

FULL-DAY



Join Writing Center Director, **Erin Trauth** to learn about sustainable farming at the **Life Monte Verde Farm**, 2.5 hour drive from the ship, just

outside of Santa Elena. Students will have the opportunity to tour the farm and learn about coffee and sustainability and the coffee harvesting & processing cycle. Groups will be able to plant seeds and work in the organic garden, experience a moment of silence in the forest, and enjoy the swings while **visiting the Guaba Tree!** Groups will then have **lunch at the farm** and have a couple hours of **free time in Santa Elena** before meeting for dinner. It's a LONG day, but totally worthwhile.



This program was designed by the Fall 2015 IMPACT Scholars!! Read about it in [Planting Sustainability with IMPACT in Costa Rica](#).

STANDARD PRICE		Early Booking
Adult	\$110	\$105
Child	\$55	\$53
TIME		
	Date	Time
Depart	December 11	0630
Return	December 11	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> Sustainable fun on the farm! Swinging on the Guaba Tree 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 46		

COS 117-301

SURFING LESSONS AT JACO BEACH

FULL-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. 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, and proper stand-up and riding techniques.

Please note: Remember your swim suit, towels, extra water, sunblock, and some

extra spending money if you would like to have a professional picture taken. Participants will be asked to sign a waiver on-site.

STANDARD PRICE		Early Booking
Adult	\$127	\$121
Child	\$63	\$60
TIME		
	Date	Time
Depart	December 11	0730
Return	December 11	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		

"Shaka Bruh! This program was so fun and actually really a great learning experience. I never surfed a day in my life before this and I left the beach able to hold my own in the waves. The instructors eased you into it and didn't stop helping you until you got it. I'd recommend this to anyone and everyone!" - Kenyon, Fall 2015 Voyager

"I had a great time! It was so much fun and the instructors were great teachers" -Maria, Fall 2015 Voyager



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.

- 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.

"A fun day trip to a beautiful island with many activities! The water was warm and there were so many fun things to do! This is something that would have been difficult to organize without SAS, and was definitely worth it." - Molly, Fall 2015 Voyager

"A must do while in Costa Rica!" - Renee, Fall 2015 Voyager

STANDARD PRICE		Early Booking
Adult	\$120	\$110
Child	\$60	\$55
TIME		
	Date	Time
Depart	December 11	0800
Return	December 11	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Beautiful Beach • Variety of activities at the beach 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 40		

Join us on a three-day adventure and experience a canopy tour, La Yeguita festival in Nicoya, and the beautiful Tamarindo Beach. Begin your journey with an afternoon of leisure on the beautiful Tamarindo Beach. After enjoying the Beach and staying the night in the Tamarindo Diria Beach Resort, you will travel to see the Nicoyan Peninsula. Experience the **Christmastime festival** of “*La Yeguita*”; held annually on the Nicoya Peninsula of Costa Rica. This celebration combines traditional native beliefs and Roman Catholic customs. Following the festival, travel to the incredible **Canopy Pura Aventura**.

Once in the canopy, you will experience the magnificent views of peaceful farms and stunning visions of the Pacific Ocean. As you zip line through the forest, observe the diverse wildlife of the area. Monkeys and birds are plentiful but deer and puma also share this natural habitat.

STANDARD PRICE		Early Booking
Adult	\$601	\$573
Child	\$301	\$286
TIME		
	Date	Time
Depart	December 11	0800
Return	December 13	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> Tamarindo Beach La Fiesta de la Yeguita in Nicoya Pura Adventure Canopy Tour 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 26		

Day 1: (D)

- Private Guided Transfer from Puntarenas to Tamarindo Beach
- Lunch on Own
- Afternoon at leisure to enjoy Tamarindo Beach
- Dinner & Overnight at Tamarindo Diria Beach Resort

Day 2: (B)

- Breakfast at the Hotel
- Half Day visit to Nicoya, La Fiesta de la Yeguita
- Lunch on own
- Half Day Pura Aventura Canopy Tour
- Dinner on Own
- Overnight at Tamarindo Diria Beach Resort

Day 3: (B)

- Breakfast at the hotel
- Private Guided Transfer from Tamarindo back to the ship in Puntarenas
- Lunch on own

Day 4: Monday, 12 December



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. This program will be led 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 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!

“Loved being in the water” –David, Fall 2015 Faculty

STANDARD PRICE		Early Booking
Adult	\$145	\$135
Child	\$73	\$68
TIME		
	Date	Time
Depart	December 12	0730
Return	December 12	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> Paddle Board Stop at Tarcoles River to spot Crocodiles 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		

COS 119-401

A WALK IN THE CLOUDS

HALF-DAY



Not quite a 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, 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. 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.

"I loved walking through the forest, looking at birds, and the rain made it more fun." –Kenia, Fall 2015 Voyager
"The hummingbird viewing was amazing" –Dan, Fall 2015 Trip Leader

"The [program] was relaxed and casual, very scenic and enjoyable" –Justin, Fall 2015 Voyager

STANDARD PRICE		Early Booking
Adult	\$71	\$68
Child	\$36	\$34
TIME		
	Date	Time
Depart	December 12	0800
Return	December 12	1345
HIGHLIGHTS		
<ul style="list-style-type: none"> • Cloud Forest • Butterfly garden • Typical Costa Rican snack 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 50		

COS 122-401

DAY TRIP TO TURTLE ISLAND (GROUP B)

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.

- Specialized bilingual guide throughout the journey,
- Sailing the Gulf of Nicoya for an hour and 30 minutes, seeing beautiful landscapes.

STANDARD PRICE		Early Booking
Adult	\$120	\$110
Child	\$60	\$55
TIME		
	Date	Time
Depart	December 12	0800
Return	December 12	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Beautiful Beach • Variety of activities at the beach 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 40		

- We will serve: tropical fruits, fish ceviche, natural drinks, farewell non-alcoholic 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.

“It was great to have free time (a lot of it) in such a pretty place” –Dennis, Fall 2015 Trip Leader

“This has been one of the greatest field programs I have ever done! The ferry ride was incredible, the food and drinks were amazing, and our guides/crew were the best so far this voyage...Anyone and everyone who likes the sun and swimming in warm water should definitely take advantage of this field program!” –Kelsey, Fall 2015 Voyager



Travel via coach approximately 90 minutes to the campus in San Jose. Mix and mingle with Costa Rican students at the home campus of Semester at Sea professor **Diego Vega**. **This program is not YET officially confirmed**, but it is anticipated to include a campus tour, a brief cultural presentation and lunch at your own expense before returning to the ship. Back on your home campus, it’s your turn to be the host and provide a ship tour and continue the exchange onboard.

IF YOU ARE INTERESTED IN THIS PROGRAM, Please complete the [Expression of Interest form](#)

STANDARD PRICE		Early Booking
Adult	~\$40	~\$40
Child	~\$40	~\$40
TIME		
	Date	Time
Depart	December 12	0930
Return	December 12	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit the campus of Universidad Latina • Mix & mingle with “Tico” students • Lunch on your own with students 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 30		

Day 5: Tuesday, 13 December

COS 111-501

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 coverage. After a visit to the park, continue through spectacular scenery, which brings to mind the fields and pastures of 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**. 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.

"My favorite part was learning the history of ox carts and visiting the volcano" –Aria, Fall 2015 Voyager

"Loved the food and nature" –Pakinam, Fall 2015 Voyager

STANDARD PRICE		Early Booking
Adult	\$81	\$77
Child	\$40	\$39
TIME		
	Date	Time
Depart	December 13	0645
Return	December 13	1515
HIGHLIGHTS		
<ul style="list-style-type: none"> • Poas Volcano • Lunch • Oxcart Factory 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 138		

COS 104-501

FLOATING ON THE COROBICI RIVER

FULL-DAY



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 launch 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 13	0700
Return	December 13	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Corobici River • Countryside and scenic drive • Class I, II rapids 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 46		

Please Note: This is only recommended for participants who are able to engage in moderately strenuous activity. Children under 6 years not permitted.

"The program was very relaxing, saw a lot of monkeys, iguanas, and crocodiles" –Katie, Fall 2015 Voyager

"The restaurant was excellent! Really enjoyed the rapids on the water flowing by. Enjoyed the raft float, too." – Peggy, Fall 2015 Voyager



Experience the tropical forest from 100 feet above the ground on this **adrenaline-filled zip line tour**. The tropical forest is one of the most complex ecosystems on Earth, more species of flora and fauna inhabit this type of forest than any other on the planet. The richest part of the forest

is the canopy, as most plants, including orchids and ferns, climb up 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 species of birds and animals found nowhere else.

At the end of your adventure enjoy a **delicious buffet of tropical fruits**.

Please note: Weight limit is approximately 260 pounds. Participants will be asked to sign a waiver on sight. 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.

"This field program was unbelievably fun!! We got to zip line to 14 different platforms at various speeds. Everyone had an amazing time!" –Shardé, Fall 2015 Trip Leader

"It was really cool to see the rainforest from a new perspective" –Alanna, Fall 2015 Voyager

STANDARD PRICE		Early Booking
Adult	\$85	\$81
Child	\$42	\$40
TIME		
	Date	Time
Depart	December 13	0800
Return	December 13	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> Vista los Sueños Canopy Tropical and Dry Tropical eco-systems 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 46		