Your itinerary overview

**NRES in Costa Rica**

The following itinerary is a working document and is subject to change (revised 10/4/2018).

<table>
<thead>
<tr>
<th>July 22</th>
<th>Departure</th>
<th><strong>Welcome to Costa Rica!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Students depart on individually booked flights to San Jose International Airport.</td>
<td></td>
</tr>
<tr>
<td><strong>Meals Included:</strong></td>
<td>Welcome to San José! Costa Rica’s capital city is the hub of a nation that charms its visitors with lush landscapes, easy living, and friendly people. Explore its neoclassical architecture as well as its bustling commercial district, and be sure to taste some gallo pinto (fried rice and black beans) as you dig in to La Pura Vida!</td>
<td></td>
</tr>
<tr>
<td><strong>Heredia Accommodations:</strong></td>
<td>Transportation from the airport to the hotel will be arranged based on the most common arrival time of all students.</td>
<td></td>
</tr>
<tr>
<td>Hotel Cibeles (1 of 1)</td>
<td>For students arriving during the most common arrival time: Meet the ISA on-site staff and board your private coach at the airport. Check in to your hotel.</td>
<td></td>
</tr>
<tr>
<td><strong>Transportation:</strong></td>
<td>Meet in the hotel meeting space for a brief Health and Safety Orientation.</td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td>Continue with the on-site staff to a Welcome Dinner at Restaurant Leno y Carbon.</td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td>Return to the accommodations for a free evening.</td>
<td></td>
</tr>
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<table>
<thead>
<tr>
<th>July 23</th>
<th>CATIE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td>Meet your ISA onsite staff and board coach to travel to CATIE!</td>
</tr>
<tr>
<td><strong>Meals Included:</strong></td>
<td>CATIE Activities-Botanical Gardens with fruits taste of fruits of the season and La Ruta del Cacao.</td>
</tr>
<tr>
<td>Breakfast (to-go)</td>
<td>Enjoy lunch as a group during the visit.</td>
</tr>
<tr>
<td>Lunch</td>
<td>After the visit, board the coach for travel to Mirador Los Quetzales.</td>
</tr>
<tr>
<td>Dinner</td>
<td>Upon arrival, check in to the accommodations and meet for a group dinner.</td>
</tr>
<tr>
<td><strong>San Jose Accommodations:</strong></td>
<td></td>
</tr>
<tr>
<td>Mirador Los Quetzales (1 of 1)</td>
<td></td>
</tr>
<tr>
<td><strong>Transportation:</strong></td>
<td></td>
</tr>
<tr>
<td>Coach</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>July 24</th>
<th>Heredia Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday</strong></td>
<td>Meet ISA on-site staff and board your private coach.</td>
</tr>
<tr>
<td><strong>Meals Included:</strong></td>
<td>Coffee Farm Visit</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Mirador Quetzales Forest</td>
</tr>
<tr>
<td><strong>Heredia Accommodations:</strong></td>
<td>Return to the accommodations for breakfast before checking out of the hotel.</td>
</tr>
<tr>
<td>Hotel Cibeles (1 of 1)</td>
<td><strong>High-Elevation Paramo Forest</strong></td>
</tr>
<tr>
<td><strong>Transportation:</strong></td>
<td>Break provided for lunch on your own.</td>
</tr>
<tr>
<td>Coach</td>
<td>After lunch, continue to your next visit.</td>
</tr>
<tr>
<td><strong>Sustainable Energy – Guest Lecture</strong></td>
<td>Sourced by WorldStrides ISA</td>
</tr>
<tr>
<td><strong>Sustained Energy – Guest Lecture</strong></td>
<td>After visit, check in to your hotel. Enjoy a free evening with dinner on own.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>July 25</th>
<th>Tortuguero Activites</th>
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<tbody>
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</tbody>
</table>
### Thursday
- Meet ISA on-site staff to check out of the hotel and board coach.
- Stop at La Ceiba for breakfast.
- Travel by boat from Pavona to Tortuguero.
- Arrival at Hotel Aninga and enjoy a group lunch before checking in to accommodations.
- Visit the Tortuguero Village on foot.
- In the afternoon, meet for activities with the course directors.
- Return to the hotel for a group dinner before departing on foot to the cultural activity.

**Transportation:**
- Coach
- Boat
- Walking

**Tortuguero Accommodations:**
- Hotel Aninga (1 of 2)

**July 26**

### Tortuguero Activities
- After breakfast, meet ISA on-site staff and board coach.
- **Tortuguero National Park Canal Tour**
- Break provided for lunch at Hotel Aninga.
- **Guided Tour at Jaguar Trail**
- In the afternoon, meet for activities with the course directors.
- Return to your hotel for dinner. Enjoy a free evening.

**Transportation:**
- Boat
- Coach

**Tortuguero Accommodations:**
- Hotel Aninga (2 of 2)

### July 27

### Travel to La Selva
- Meet ISA on-site staff after breakfast and board coach to travel to the boat dock.
- Travel by boat from Tortuguero to Pavona
- Break provided for lunch at La Ceiba. Depart for La Selva and stop at the pharmacy and supermarket.
- Check in to accommodations at the Biological Station.
- In the evening, meet for activities with the course directors.
- Return to your accommodations. Enjoy a free evening.

**Transportation:**
- Coach
- Boat

**La Selva Accommodations:**
- Biological Station (1 of 3)

### July 28

### La Selva Activities
- Meet ISA on-site staff after breakfast to meet with the naturalists.
- **Guided Hike - La Selva**
- Break provided for group lunch.
- In the afternoon, meet for activities with the course directors.
- Return to your hotel for dinner and an evening at your leisure.

**Transportation:**
- Walk/Hike

**La Selva Accommodations:**
- Biological Station (2 of 3)
July 29

**La Selva Activities**

- After breakfast, meet for activities with the course directors.
- Break provided for group lunch.
- In the afternoon, meet for the guest lecture.

**La Selva Biological Station – Guest Lecture**

*Source by WorldStrides ISA*

- Return to your hotel for dinner and an evening at your leisure.

**July 30

Travel to Arenal**

**Tuesday**

- Meet ISA on-site staff after breakfast and check out of the accommodations before boarding the coach.

**Dole Banana Tour**

- Depart for La Fortuna.
- Break provided for lunch on your own.
- Visit Arenal National Park with course instructors.
- Check in to accommodations and meet for a group dinner.

**July 31

Travel to Monteverde**

**Wednesday**

- Meet ISA on-site staff after breakfast and check out of the accommodations before boarding the coach.
- Break provided for lunch on your own.
- Upon arrival check into accommodations.
- In the evening, meet for activities with the course directors.
- Return to your hotel for dinner and an evening at your leisure.

**August 1

Monteverde Activities**

**Thursday**

- Meet ISA on-site staff after breakfast to meet with the naturalists.

**Guided Hike – Monteverde Rainforest**

- Break provided for group lunch.

**Tropical Science Center Presentation**

**Guided Night Hike**

- Return to your hotel for dinner and an evening at your leisure.

**August 2

Travel to Cañas**

**Friday**

- Meet ISA on-site staff after breakfast and check out of the accommodations before boarding the coach.
Breakfast
Lunch

Coffee Farm (lunch included)

- Continue to Guanacaste.
- Check in to accommodations.
- In the evening, meet for activities with the course directors.
- Return to your hotel for dinner on your own and an evening at your leisure.

Transportation:
Coach

August 3  Palo Verde Activities
Saturday

Meals Included:
Breakfast
Lunch

Palo Verde National Park Hike

Cañas Accommodations:
Hotel La Pacifica (1 of 3)

Palo Verde OTS Staff – Guest Lecture
Sourced by WorldStrides ISA

- Walk to Dock of Palo Verde.

Transportation:
Walking
Boat

Mangrove Tour

- Break provided for group lunch at Rancho Humo.
- In the evening, meet for activities with the course directors.
- Return to your hotel for an evening at your leisure.

August 4  Biological Reserve | Farewell Dinner
Sunday

Meals Included:
Breakfast
Dinner

Lomas Barbudal Biological Reseerve

Cañas Accommodations:
Hotel La Pacifica (2 of 3)

- Break provided for lunch on your own.
- In the evening, meet for activities with the course directors.
- Return to your hotel for the Farewell Dinner.

Transportation:
Coach

August 5  Return Home
Monday

- Check out of the hotel after breakfast.
- Transportation from the hotel to the Daniel Oduber Quirós International Airport (LIR) will be arranged at the most common departure time for all students.
- For students departing during the most common departure time: Meet your ISA on-site staff to load luggage and transfer by coach to the airport for your return flight home.
- Students will depart on flights home, booked individually.

Program Ends

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