

PROGRAM TO COSTA RICA
FIT4EARTH





Day 1 Home / Costa Rica - Hotel Park Inn (D)

Arrival to Juan Santamaría International Airport.
Meet and greet inside the airport premises. Private transfer to Hotel Park Inn.
Check-in at hotel in standard rooms.
Welcome orientation dinner.
Overnight at hotel.



Approximate timings:

- International Airport-Hotel: 25 minutes.



Day 2 Poás Volcano / Arenal - Arenal Manoa (B,L,D)

Breakfast at hotel.
In the morning transfer to visit Poás Volcano and Waterfall Gardens.
Afterwards continue to Arenal.
Arrival to the hotel and check-in.
Dinner and overnight at hotel.



Approximate timings:

- Hotel - Poás Volcano: 1 hour.
- Poás Volcano visit: 1½ hour.
- Poás - Waterfall Gardens: 45 minutes.
- Visit of Waterfall Gardens: 2 hours.
- Waterfall Gardens - Arenal: 2 hours.



Day 3 Arenal - Arenal Manoa (B,L,D)



Breakfast at lodge.
Transfer to Sky Adventures for the Sky Tram and Sky Trek tour.
Lunch at Chill Out Restaurant.
Transfer back to the hotel and time to relax.
In the evening transfer to Ecotermales to enjoy the hot springs.
Dinner and transfer back to the hotel.
Overnight at hotel.



Approximate timings:

- Hotel - Sky Adventures: 30 minutes
- Sky Adventures Tour: 2 ½ hours.
- Hotel - Ecotermales Hot Springs: 10 minutes.
- Ecotermales: 2 hours.

Day 4

Arenal / Fit4Earth - Fit4Earth - UGACR (B,L,D)

Travel to Monteverde around Arenal Lake to experience the Clean Energy Route and witness different ways to address climate change. In the afternoon continue to University of Georgia Campus UGACR. Upon arrival welcome and check-in. Orientation dinner and overnight at the campus. Optional night hike.



Approximate timings:

- Hotel – Arenal Lake: 15 minutes.
- Lake crossing: 45 minutes.
- Lake – Trapiche: 1½ hours.
- Tour at El Trapiche: 2 hours.
- Trapiche – UGACR: 35 minutes.
- Night hike after dinner: 1 hour.



Day 5

Fit4Earth
Fit4Earth - UGACR (B,L,D)

Breakfast
Morning workshop
Lunch
Afternoon workshop or service learning
Dinner
Optional night hike



Approximate timings:

- Morning workshop: 4 hours
- Afternoon workshop: 4 hours
- Night hike after dinner: 1 hour.

Day 6

Fit4Earth
Fit4Earth - UGACR (B,L,D)

Breakfast
Morning workshop
Lunch
Afternoon workshop
Dinner
Optional night hike



Approximate timings:

- Morning workshop: 4 hours
- Afternoon workshop: 4 hours
- Night hike after dinner: 1 hour.



Fit4Earth - Fit4Earth - UGACR (B,L,D)

- Breakfast
- Morning workshop or service learning
- Lunch
- Afternoon workshop
- Dinner
- Optional night hike



Approximate timings:

- ▶ Morning workshop: 4 hours
- ▶ Afternoon workshop: 4 hours
- ▶ Night hike after dinner: 1 hour



Fit4Earth - Mid Pacific - Punta Leona (B,L,D)



- Breakfast at campus.
- Wrap up and mid-morning transfer to the coast.
- Upon arrival lunch and check-in at hotel.
- Free time to enjoy the hotel premises.
- Dinner and overnight at hotel.



Approximate timings:

- ▶ UGACR - Punta Leona: 3 hours.



Mid Pacific Punta Leona (B,L,D)

- Day free to enjoy the hotel facilities.
- All meals at hotel.
- Overnight at hotel.



Mid Pacific/Home (B)

- Breakfast at Hotel.
- Transfer to San José's International Airport to take the flight back home.
- END of services**



Approximate timings:

- Hotel - Juan Santamaría International Airport: 2 hours

Prices are per person based in double occupancy*

From 20 and up USD \$ 2,290.00

*At UGACR accommodations are in triple or quadruple bungalows



Notes

- ▶ Prices are based on a private departure with minimums ranging from 20 up to 30 participants attending the same program. If number of people or logistics are modified the price will be re quoted.
- ▶ All services and prices subject to vacancy at the moment of booking and confirmation.
- ▶ Prices can change without notice due to governmental changes on taxes.
- ▶ Entrance fee at Waterfall Gardens.
- ▶ 2 nights at Arenal Manoa Hotel.
- ▶ Sky Tram & Sky Trek Tour.
- ▶ Entrance fee to Ecotermale Hot Springs.
- ▶ 4 nights at UGACR Campus.
- ▶ 3 day workshop at UGACR.
- ▶ 2 nights at Punta Leona.

Includes:

- ▶ Meet and greet at Juan Santamaría International Airport.
- ▶ All ground transportation in an air conditioned vehicle according to the program detailed above.
- ▶ Bilingual naturalist guide during the entire program.
- ▶ 2 Tour Leaders in single occupancy.
- ▶ 1 night at Hotel Park Inn.
- ▶ All meals from dinner on Day 1 to Breakfast on Day 10.
- ▶ Entrance fee to Poás Volcano National Park.
- ▶ Guide and driver expenses.
- ▶ All taxes.
- ▶ Horizontes assistance 24/7.
- ▶ All tips at hotels for porters, maids, and all local staff.

Not included:

- ▶ International flight to Costa Rica.
- ▶ Laundry.
- ▶ Telephone calls.
- ▶ Tips for full time driver and guide.
- ▶ Any service not specified in the program.

Descriptions

► Hotel Park Inn

Park Inn San José is in the capital city of Costa Rica, in a quiet part of the city close to downtown, the International Airport and touristic attractions, a great location for leisure and executive guests. Spacious and tastefully appointed guest rooms offer nice amenities, comfortable king- or queen size orthopedic mattresses for ultimate comfort that can be complemented with in-room dining service. The restaurant is modern and upbeat, guests can choose from a wide range of simple, creative and delicious items that showcase an authentic culinary experience and a selection of true classics. The vibrant pool and gym provide excellent chances to stay in shape while enjoying this time of vacation and relaxation. The hotel is close to business centers, nearby museums and beautiful national parks for a glimpse into the natural beauty of the country, moreover, there are restaurants, bars and modern shopping areas only minutes away.



► Poás Volcano National Park

Featuring one of the widest craters in the world, Poás Volcano National Park showcases a desolate landscape of multi-coloured rock, ash and fumaroles rising from the depths of turquoise coloured Crater Lake. Access to the crater is a 15 minute walk from the park's restaurant and gift shop, from which visitors can also explore an easily negotiable trail leading through dwarf cloud forest to Lake Botos—an ancient crater now surrounded by the lush vegetation.



► La Paz Waterfall Gardens

At La Paz, visitors have the unique opportunity to reach out and touch the impressive and mesmerizing cascades of magnificent waterfalls flowing through rain and cloud forest. A series of observation decks built on the cliffs of the verdant canyon are perfect places to take memorable photos or simply sit back and feel the falls' refreshing mist. The park has beautifully maintained low-impact trails that wind through the largest butterfly observatory in the world and past a fascinating garden teeming with curious hummingbirds. From there, the trail continues, dipping and curving along the banks of a pristine river and past the falls.



Descriptions

► Arenal Manoa

La Fortuna has an elevation of 350 feet above sea level and is best known as the base from which to explore the magnificent Arenal Volcano and national park nearby. The active volcano has made it a famous place in Costa Rica and La Fortuna travel has become a highlight of many a vacation. Throughout the years the growth of this Arenal town, La Fortuna, has become a destination for family vacations. La Fortuna hotels, lake, canopy tours, hot springs, natural reserves and much more awaits you for a lot of enjoyment. La Fortuna is just a 3 ½ hour ride from San Jose on a pleasantly paved road. You can also drive to the Arenal area from Monteverde and other Guanacaste areas. Both roads offer a rough ride but are still splendid with the landscape of vast pasturelands.



► SkyTram

The Sky Tram was specially designed and built by Doppelmayr (Austria), it's an aerial tram with 6 cabins offering visitors a stunning and incomparable view of the Arenal Lake and Volcano. The tours starts with a 1,2 kilometer long ascent to the observation platform, located at 1050 meters and you will have much time observing the far-reaching rain forest, the peaceful lake, and the majestic volcano Arenal.



► Sky Trek (zipline)

We use prestigious Petzi brand harnesses; they are comfortable and adjustable at the waist and legs. All of our facilities were built and are supervised under strict safety measures. The Sky Trek pulleys were specially designed in hardened steel with two handles. They support 5.000 kilograms. The Sky Trek (allowed for children from 8 years and up) is a system of 11 cables that allows you to observe the rain forest and its landscape from many different views and positions while offering total security of its modern technology. The trek has 4.5 miles of cables ranging from 99 to 660 feet in length and 66 to 660 feet above ground. It is also comprised of several walking trails through the forest. Altogether, the Sky Trek tour takes approximately 2 hours and 50 minutes.



► Ecotermals

The Ecotermals Hot Springs is an exclusive retreat for those looking for a relaxing respite in natural springs heated by Arenal Volcano. Family owned and operated, the springs are surrounded by tropical foliage and set near an authentic ranch house complete with Costa Rican curiosities, such as a coffee grinder (pilon) and farming equipment. The four pools are landscaped with large, smooth river rock taken from the area and are large enough to offer plenty of room to spread out and find a private corner to relax among peaceful environs. The hot springs are not open to the public and offer wheelchair access.



Descriptions

► The Clean Energy Route

92% of the installed capacity for production of energy is from clean sources: hydro, Eolic, geothermal, solar and biomass. In fact, Costa Rica is the only country in the world where you can find all of these types of energy in a 10-mile radius, and of course the setting is on the base of the volcanoes of Guanacaste, thus combining technology and tremendous beauty. Taking a ride on rural roads, while your guide explains the benefits of Wind, Hydroelectric Power and Geothermal Energy, turns into a very enjoyable learning experience. It is also an opportunity to witness efficient use of water, and the very clever transfer of water from where it is abundant, in the Atlantic region, to the dry Pacific.



► UGACR CAMPUS

Fit4Earth accommodates students on the campus of the University of Georgia in Costa Rica located in the mountains of San Luis de Monteverde. It has 62 hectares of private reserve including 50 hectares of forest and about 4 kilometers of trails, ideal for research and recreational walks. The physical plant is clean, pleasant and sustainable and environmental impacts generated by visits mitigated. It is a dry campus. It is ideal to learn how to care for the forest, the environment and live in harmony with nature while preserving much of what modern life offers. It has the certificate of excellence that is the hallmark of maximum satisfaction. Academic facilities include classrooms, laboratories, public library and cafeteria. Students stay in 16 rooms divided in 4 bungalows on the main campus. Each bungalow room has a private bathroom with hot water and 2 bunkbeds, desks, chairs and security safe. Off the main campus are 12 cabins, each with a private bathroom, small refrigerator, coffee maker and security safe. Each one has a balcony and forest view. Bed linen, towels and cleaning services are provided.



► Punta Leona

Located just 90 minutes from San Jose, you can treat yourself to rest and relaxation on some of the finest beaches in Costa Rica. At Punta Leona you will find yourself surrounded by tropical Costa Rican rainforest. Take a walk along our pristine white sand and gold sand beaches, while looking out into the deep blue waters of the Pacific. You will be swept away by the natural beauty found in our private rain forest, amidst which our beach resort is located. Selvamar rooms are charming separate unit rooms with two double beds, private bathroom, hot water, air-conditioning, color cable TV, telephone, mini-fridge and safety box. Surrounded by lush tropical rain forest. Located at a 5-10 minute walk or 2 minute internal shuttle bus ride from our gold sand

