



Program:  
**COSTA RICA**  
Rainforests and Communities

By Shirley Campbell / PDLSS Travel 7 Days of Education and Adventure

San Jose City arrival Wyndham Herradura - Sarapiquí, Chocolate Tour in Chilamate - Arenal Volcano Region, Hot Spring pools, Mistico Park Hanging Bridges, EL Jauri - El Dos de Tilarán, Santa Elena Cloud Forest Reserve

**ALL OF THIS AND EVEN MORE!**

Departures: June 21st – 28th ,2025. / August 9th – 16th ,2025.





# Places to visit





## Welcome to San José Day 1: Arrival Day and Welcoming



**This program is designed to have a high impact on the education of future leaders, engaging with the cultural, ecological, sustainability, and productivity aspects of Costa Rica as a global leader in wellbeing. It emphasizes sustainable development and the socio-economic eco-rural activities of a nation that generates clean revenue for communities through eco-tourism.**

### **Day 1: Arrival Day and Welcome**

**Airport: Juan Santamaría (SJO)** - Upon arrival, our representative will welcome you at the airport and provide transfer to our first hotel in San José (located outside of downtown), the Wyndham Herradura or a similar property.

**Dinner will be on your own this evening.**



Discover San José

# Day 1





## Central Volcanic Range

### Morning day 2: - Costa Rica Orientation and First Excursions



**Breakfast & Luggage Loading:** Meet in the lobby, and join the team as we load luggage before heading to the conference room for the **General Trip Orientation Meeting**.

**Costa Rica Induction & Travel Orientation:** Get familiar with the trip details, meet your fellow travelers, and prepare for the adventure ahead with your Trip Leader.

**Journey Begins Overland Across the Central Volcanic Range:** Start the adventure with a scenic drive through Costa Rica's geography and landscapes, discussing tropical rainforest succession and land use.

**Costa Rican History & Identity:** Learn about the country's history and the blending of farming lands and cultural identity.

**Scenic Stop at Braulio Carrillo National Park:** Continue the journey through the park, appreciating its natural beauty and biodiversity.

**Visit to the Solis Family Property (Frog's Heaven):** Interaction with Local Guides: Explore a protected forest oasis in the heart of farming land, focusing on amphibians, reptiles, and unique ecosystems.

**Costa Rican Cooking Experience:** Learn to prepare and cook traditional Costa Rican dishes, followed by a family-style lunch featuring local specialties.



## Central Volcanic Range

Afternoon day 2: - Arrive at  
La Quinta de Sarapiquí



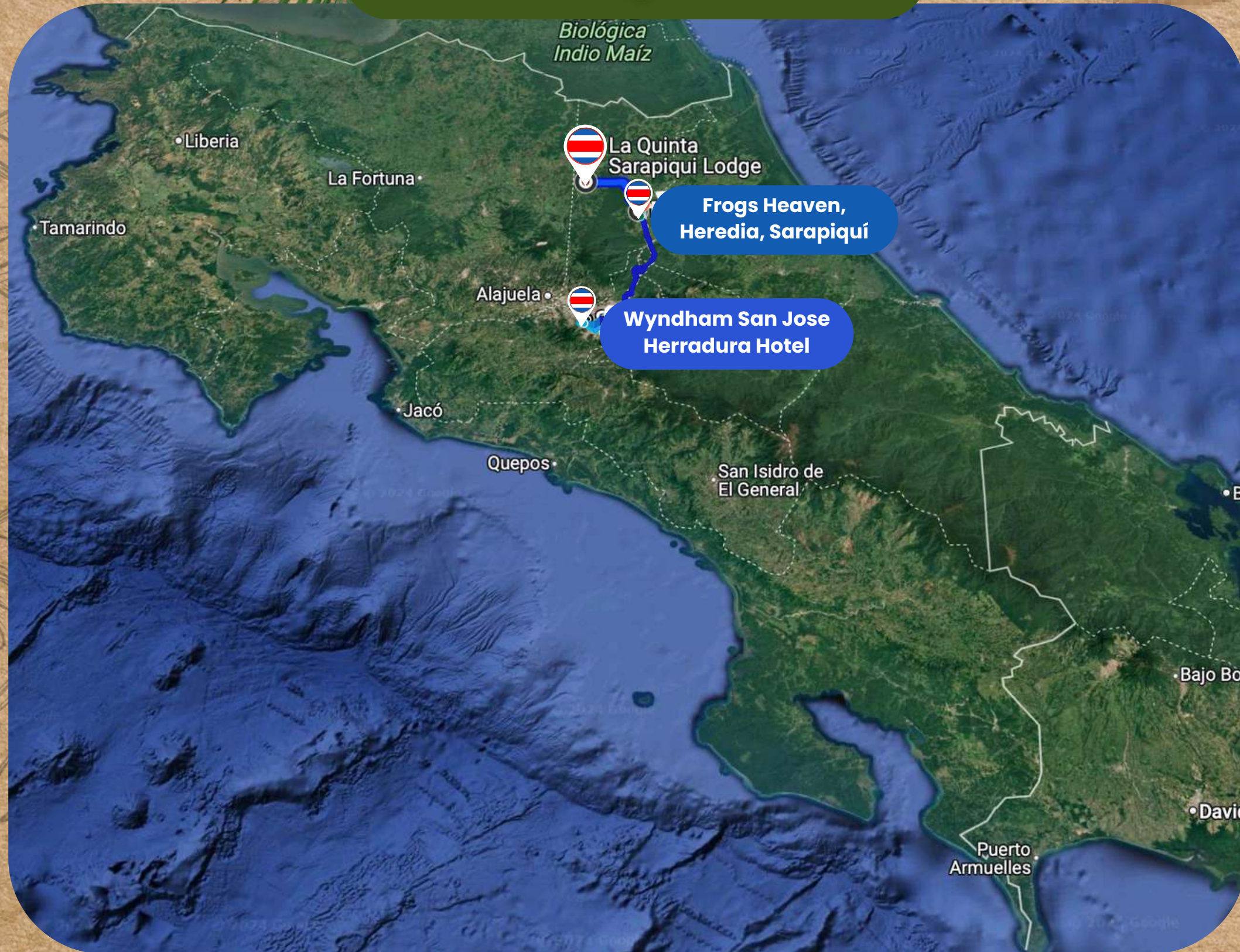
**Afternoon at the Lodge:** Relax and explore the lodge grounds, enjoy the swimming pool, or take a walk on the trails.

**Evening Lecture: "Life Zones and Ecosystem Dynamics":**  
Gain insights into Costa Rica's biodiversity, exploring its diverse life zones—ranging from lush rainforests to high-altitude páramo— and how these zones contribute to the country's status as a biodiversity hotspot.

**Dinner at La Quinta's Restaurant:** Enjoy a delicious dinner at the lodge's restaurant, rounding off the day with local flavors and good company.



# Day 2





# Central Volcanic Range

## Day 2





Costa Rican immersion  
Morning day 3: Highlights  
of Sarapiquí Region.



**Sarapiquí Conservation Learning Center:** Spend a transformative day at the Sarapiquí Conservation Learning Center, blending education, community empowerment, and conservation.

Participate in interactive workshops led by local experts, focusing on topics like rainforest ecology, wildlife conservation, and sustainable practices. Engage in hands-on activities, such as crafting with recycled materials, planting native species, or learning about sustainable farming.

**Traditional Costa Rican Lunch:** Enjoy a locally sourced lunch with typical dishes like Gallo pinto, plantains, and fresh tropical fruit, while engaging with the community in an open, welcoming atmosphere.



Costa Rican immersion  
Afternoon day 3:  
Community Engagement



**Take part in various community activities, including:**

- **Language Exchange:** Practice Spanish while helping locals with their English.
- **Cultural Crafts and Cooking:** Learn to create traditional crafts or cook a local dish.
- **Youth Education Programs:** Assist with literacy and environmental education for local children.

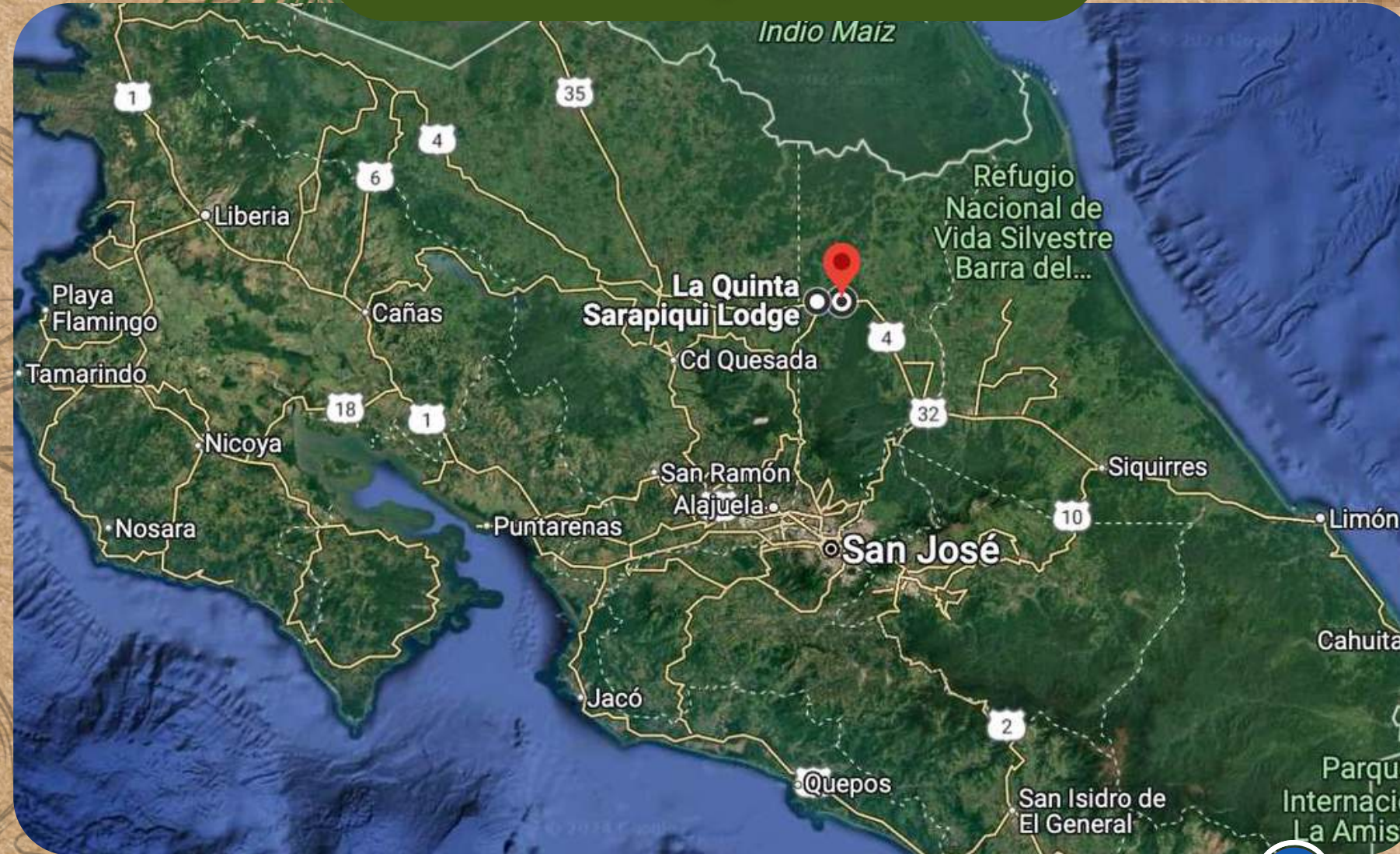
**Evening Reflection:** Enjoy a peaceful walk through nearby trails, reflecting on the day's experiences. Gather for a group discussion to share insights and deepen connections with fellow participants.

**Return to La Quinta de Sarapiquí:** After a fulfilling day, return to the hotel for the evening.

**Dinner at the Hotel:** End the day with a relaxing dinner at the hotel.



# Day 3





# Costa Rican immersion

## Day 3





## Chilamate de Sarapiquí

### Part 1 day 4: A morning full of Flavor



**Costa Rica's Best Chocolate Tour in Chilamate de Sarapiquí:** Experience an immersive chocolate tour in the rainforest of Chilamate de Sarapiquí. Start with a walk through a cacao plantation, where you'll learn about cacao's growth cycle, its relationship with the rainforest, and sustainable farming practices. Spot wildlife like toucans and monkeys along the way.

**Unveiling the History of Cacao:** At the eco-center, dive into the cultural history of cacao, discovering its sacred significance to indigenous tribes and its evolution into modern chocolate. Enjoy storytelling with visuals and artifacts.

**Hands-On Chocolate Making:** Participate in a bean-to-bar experience, including harvesting cacao pods, fermenting, drying, roasting, and grinding the beans. Create your own chocolate blend by adding sugar, cinnamon, and other ingredients.

**Chocolate Tasting:** Savor your handcrafted chocolate along with a curated tasting of artisanal chocolates, paired with tropical fruits, local coffee, or traditional cacao drinks for a full sensory experience.

**Sustainability and Community Impact:** Learn about the eco-friendly practices and community empowerment efforts, with a focus on preserving the rainforest and supporting local farmers.

**Local Lunch at Family Restaurant:** Enjoy a traditional Costa Rican lunch made with locally sourced ingredients from the region.



## Arenal Volcano Region

### Part 2 day 4: A Relaxing Afternoon



**Departure to Arenal Volcano Region:** After lunch, check out from La Quinta de Sarapiquí and drive approximately 1 hour to the Arenal Volcano region.

**Thermal Mineral Volcanic Hot Spring Pools:** Relax in the natural hot spring pools, heated by the Arenal Volcano. The mineral-rich waters are a form of hydrotherapy, offering therapeutic benefits for overall wellness. Pools range in temperatures from 35°C/95°F to 41°C/104°F and include hydromassage features for muscle relaxation.

**Lodging at Los Lagos or Similar: Check-in and enjoy the evening at your hotel.** Los Lagos is a luxurious oasis located near the Arenal Volcano, offering breathtaking views and an exceptional experience. This eco-friendly resort features spacious accommodations equipped with modern amenities, ensuring a comfortable and relaxing stay.

**Lecture: “The Activity of a Colossus - Volcanology and Geology”:** Learn about the geology of the Arenal Volcano and its volcanic activity, including the forces behind its eruptions and the ongoing geological processes that shape the region.

**Dinner Included at Los Lagos:** Enjoy dinner at the hotel’s restaurant.

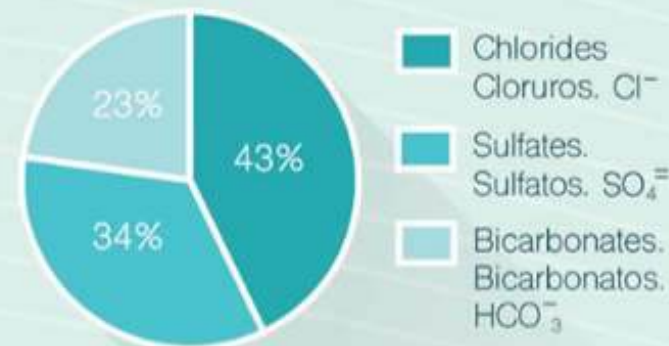


# Day 4

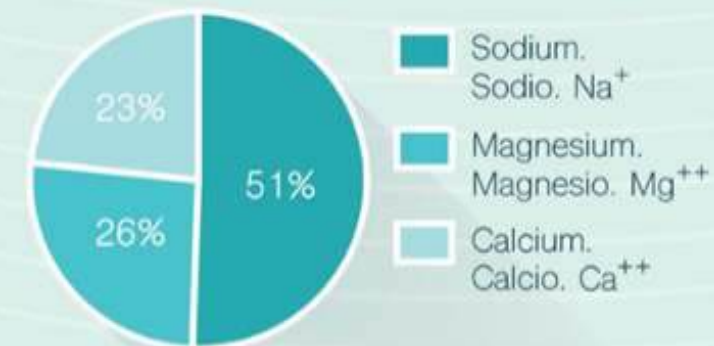
## WATER TYPE & BENEFITS

### TIPO DE AGUA & BENEFICIOS

Hyperthermal water of mild mineralization with sodium chloride, magnesium and sulfates.  
Agua Clorurado-Sódica Hipertermal, sulfatada y magnésica de mineralización media.



Anion content (%mg/L)  
Contenido de Aniones



Cation content (%mg/L)  
Contenido de Cationes

Sodium Chloride  
Cloruro de Sodio



Sodium Chloride works as a pain reliever and helps skin conditions such as dermatitis.

El cloruro de sodio alivia el dolor y ayuda a tratar condiciones de piel como la dermatitis.

Magnesium  
Magnesio



Magnesium is a natural vasodilator, protective element against kidney stones, has an anti-inflammatory effect among mucosae in the gastrointestinal tract.

El magnesio es un vasodilatador natural, protege contra las piedras en los riñones y posee un efecto antiinflamatorio sobre la mucosa del tracto gastrointestinal.

Sulfates  
Sulfatos



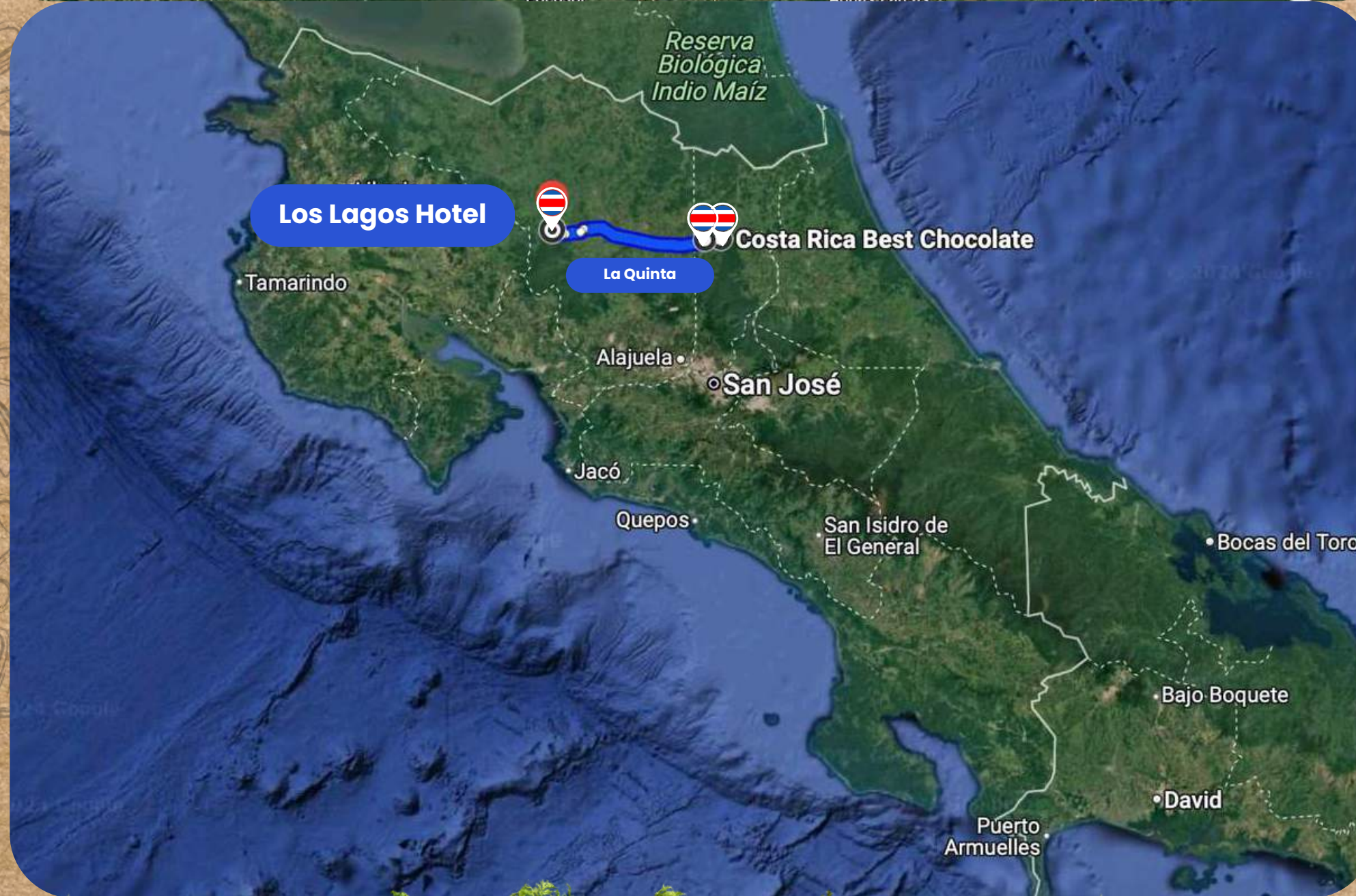
When sulfate water is applied on skin, can soothe itching and eczema symptoms.

El agua sulfatada aplicada sobre la piel, puede aliviar el prurito y síntomas de eczema.



# Day 4

Los Lagos Hotel





Arenal Volcano Region

Day 4





## Mistico Park Hanging Bridges

### Day 5: View Nature from a Monkeys Eye



**Visit to Mistico Park Hanging Bridges:** Experience Costa Rica's tropical rainforest through a 3.2-kilometer (2-mile) trail, crossing 16 bridges, including 6 hanging bridges suspended at varying heights. The walk offers stunning views of Arenal Volcano, the Tilarán Mountain Range, and Lake Arenal, along with opportunities to spot wildlife like monkeys, toucans, and sloths, while admiring the diverse flora such as ceiba trees and orchids.

**Lunch at Mistico Park:** Enjoy lunch at Mistico Park, surrounded by the natural beauty of the rainforest.

**Drive to El Jauri and Visit to Arenal Vida Campesina:** Arrive at Arenal Vida Campesina, a family-run farm focusing on sustainable agriculture and eco-tourism. Take a guided farm tour to learn about organic farming practices, where you can participate in activities like harvesting cassava, planting vegetables, and grinding sugarcane.

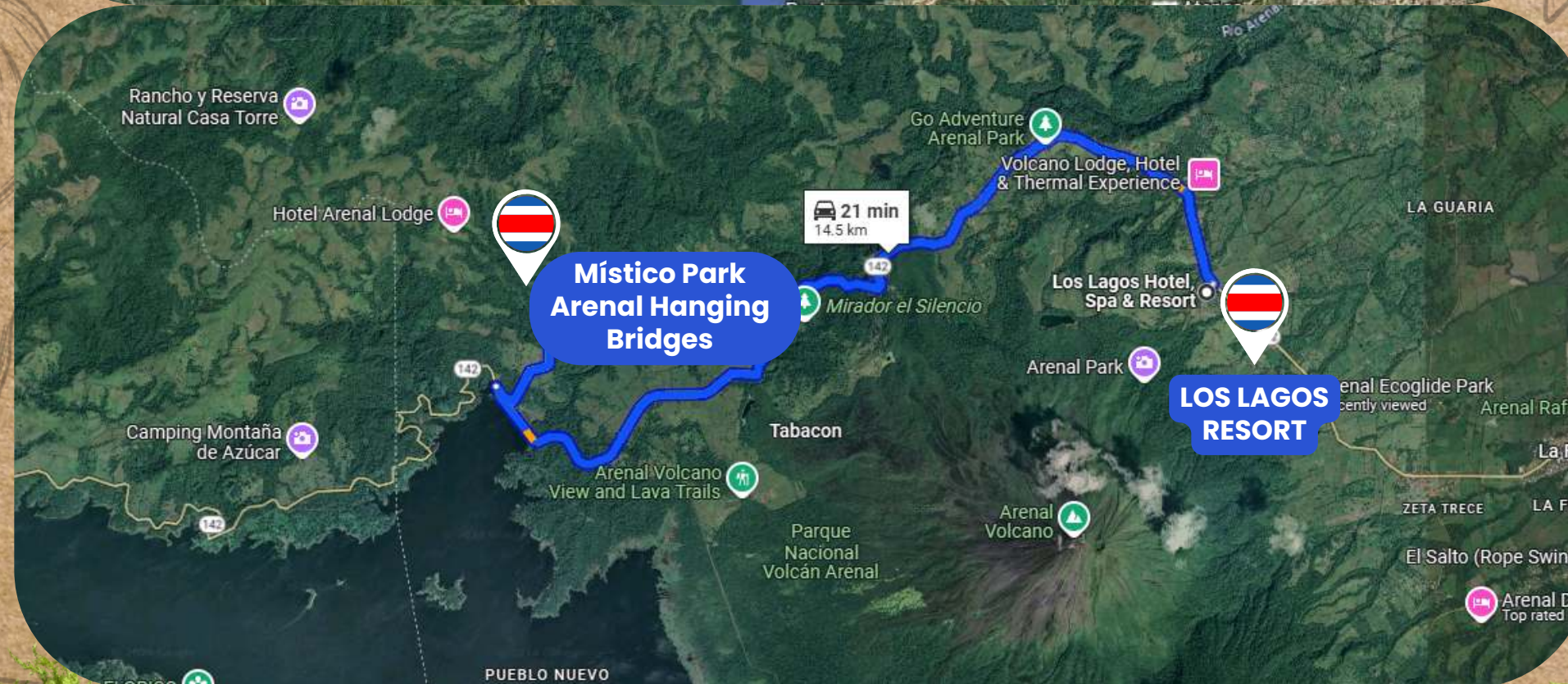
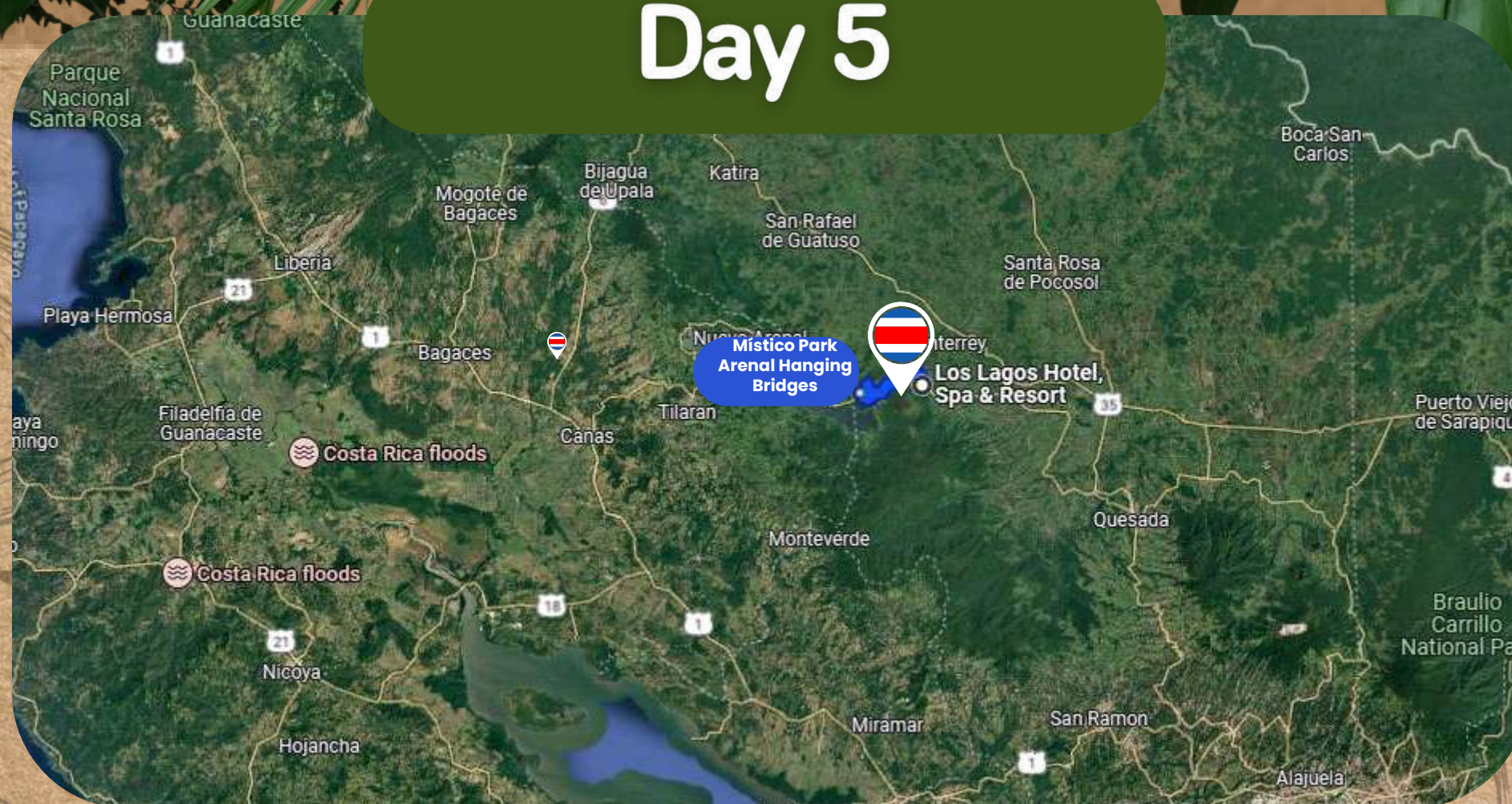
**Cultural Immersion at Vida Campesina:** Engage in traditional Costa Rican activities, including cooking demonstrations of dishes like gallo pinto and homemade tortillas, coffee tasting, and sugarcane juice extraction.

**Farm-to-Table Lunch:** Enjoy a traditional Costa Rican lunch made with fresh, organic ingredients from the farm, featuring rice and beans, grilled vegetables, handmade tortillas, and natural tropical juices.

**Sustainability and Community Engagement:** Learn about the farm's sustainability efforts, zero-waste philosophy, and its support for local farmers and artisans, contributing to the preservation of Costa Rican rural traditions.



# Day 5





Arenal

# Day 5





## Monteverde

### Day 6: FROM THE RAINFOREST VOLCANIC LAND TO THE CLOUDFOREST

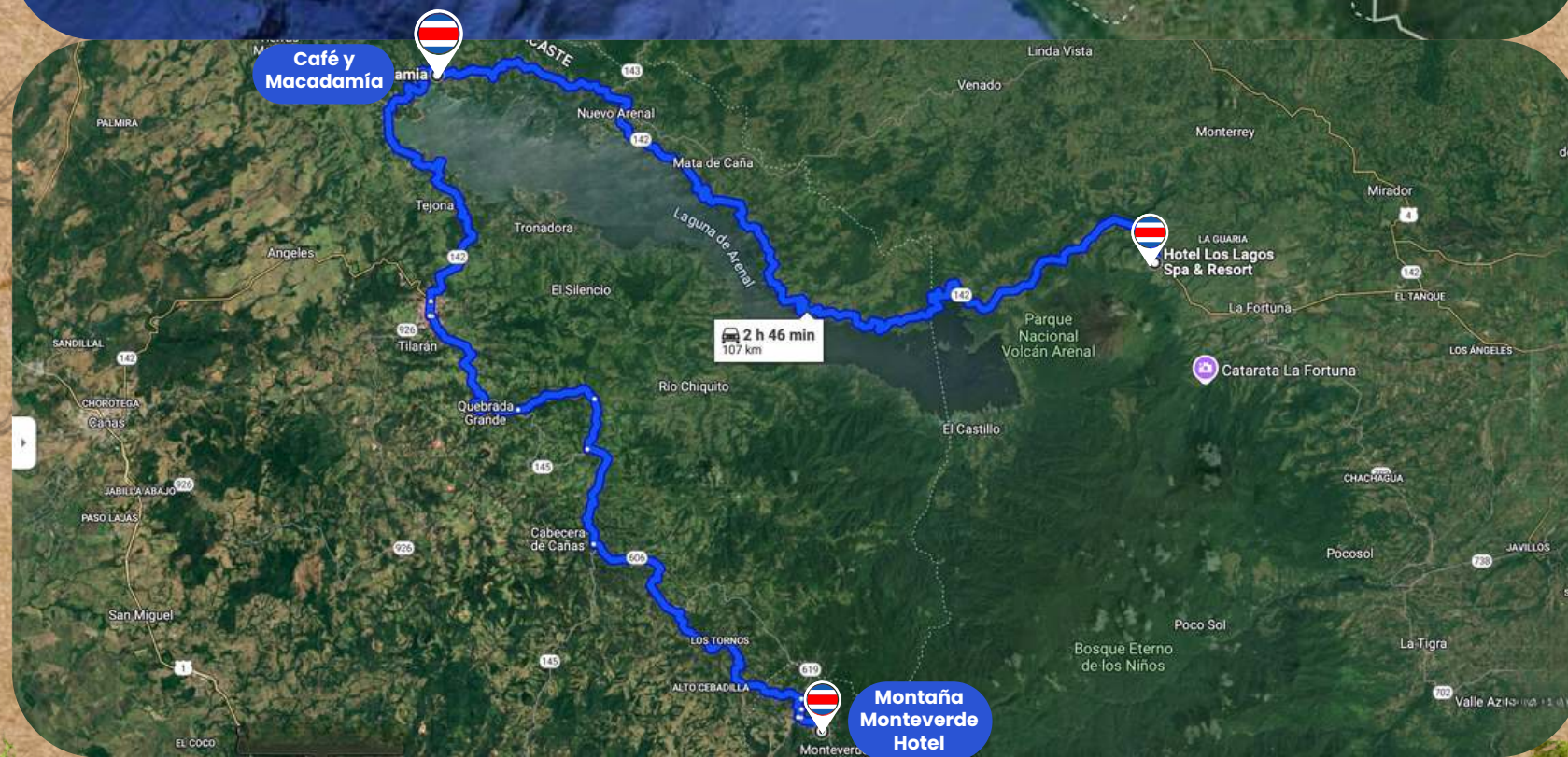
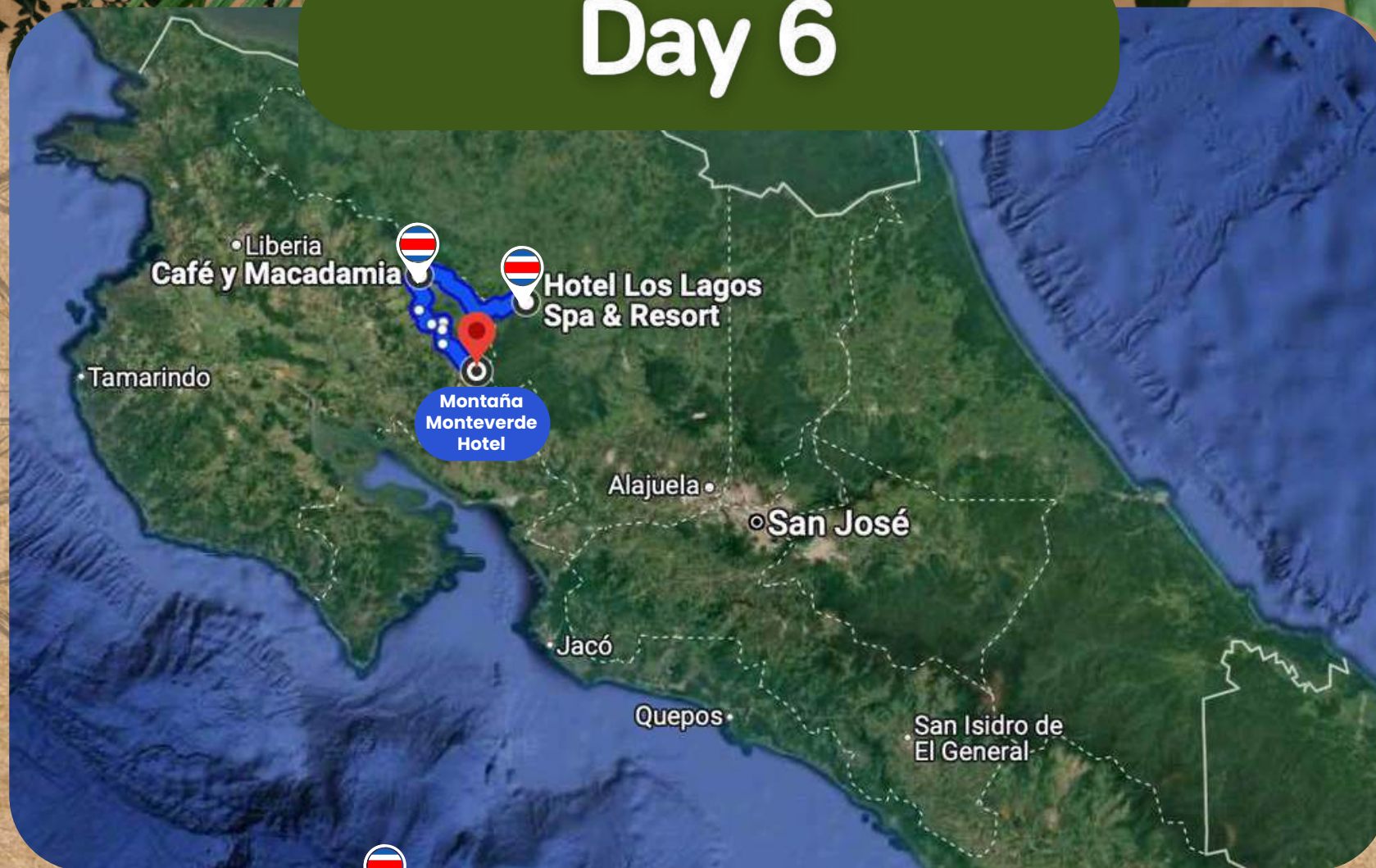


#### Scenic Drive Around Arenal Lake:

- Begin your day with a scenic drive around Arenal Lake, offering stunning views of the lake, surrounding hills, and Arenal Volcano. Enjoy wildlife spotting and peaceful landscapes along the way.
- **First Stop Café & Macadamia:** Savor Costa Rican coffee and macadamia-based treats at Café & Macadamia while enjoying breathtaking views of the lake.
- **Second Stop El Trapiche:** Visit El Trapiche, a traditional sugar mill in El Dos de Tilarán, where you'll learn about sugarcane processing and enjoy a home-cooked lunch.
- **Arrival at Hotel Montaña in Monteverde:** After arriving in Monteverde, enjoy free time for relaxation before an educational lecture.
- **Lecture: "Quakers in Costa Rica":** A lecture on the history of the Quaker community in Costa Rica, focusing on their role in the region's development, conservation efforts, and the founding of the Monteverde Cloud Forest Reserve.
- **Dinner:** Enjoy dinner at the hotel.



# Day 6





Monteverde

Day 6





## Central Valley of Costa Rica

### Day 7: Driving from the Highlands to the Central Valley



**Check Out and Nature Encounter:** Pack up and join the trip leader for a final nature experience in Costa Rica.

**Santa Elena Monteverde Walk:** Hike in the Santa Elena Cloud Forest Reserve, a less crowded alternative to the Monteverde Reserve, known for its lush greenery, moss-covered trees, and misty atmosphere. The hike offers viewpoints and opportunities to spot wildlife like howler monkeys, toucans, and the quetzal.

**Lunch in Santa Elena Town:** Enjoy a meal in the charming town of Santa Elena.

**Drive to San José:** Depart for a 2.5-hour drive to Santa Bárbara de Heredia.

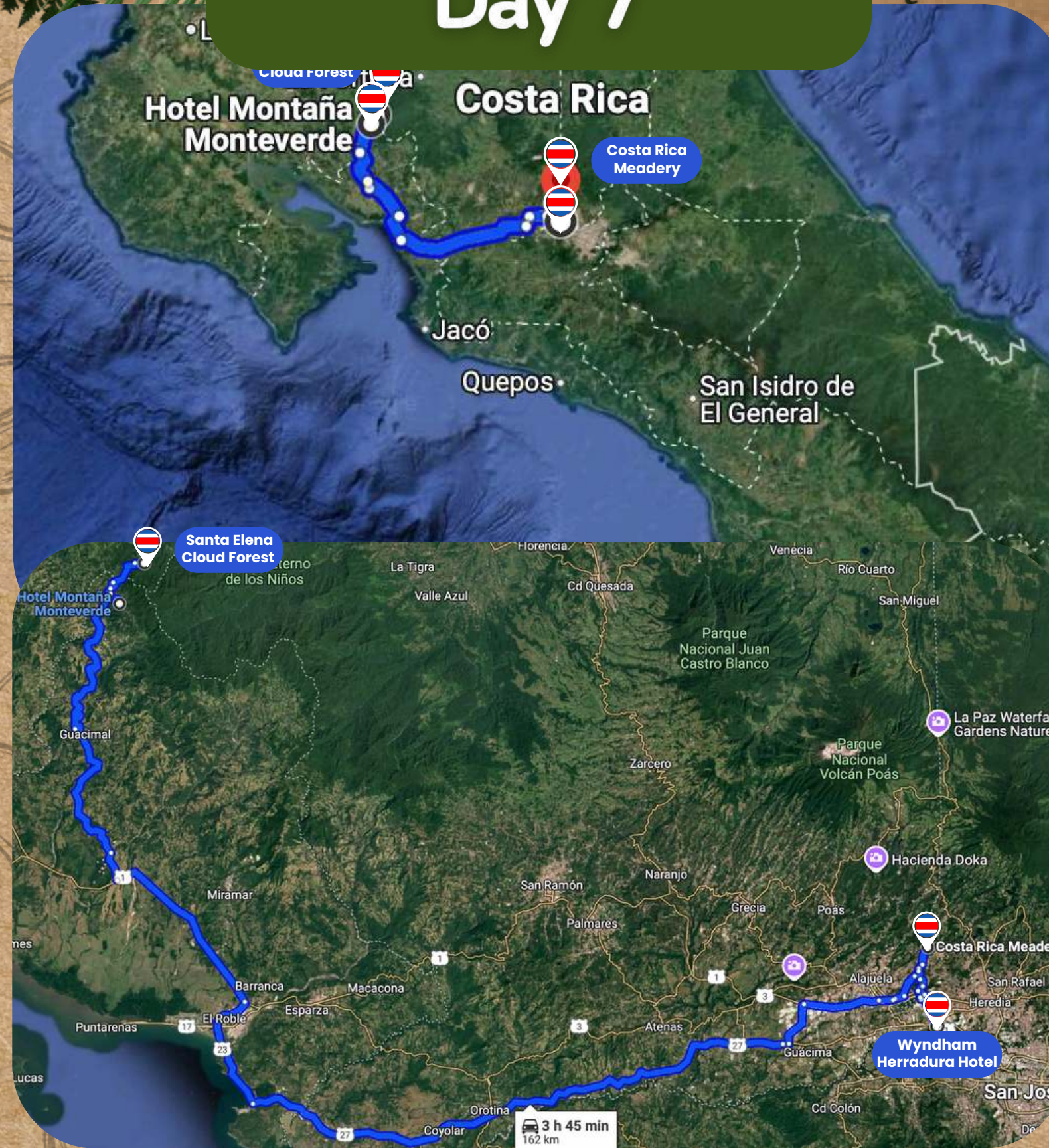
**Visit to Costa Rica Meadery:** Learn about mead-making at Costa Rica Meadery, where local honey and tropical ingredients are used to craft honey wines. Enjoy a gourmet dinner with locally sourced ingredients and mead pairings.

**Lodging at Wyndham Herradura Hotel:** Check in and prepare for the farewell dinner.

**Farewell Dinner at Hotel:** Enjoy a final meal, say goodbye to the tour leader and driver, and reflect on your Costa Rican adventure.



# Day 7





Central Valley of Costa Rica

Day 7





Costa Rica  
**Farewell and Happy  
Travels!**



Join us for an unforgettable day high above the trees in Costa Rica's stunning rainforest!

As your adventure in Costa Rica comes to an end, we hope you've made wonderful memories exploring its beauty and culture with your family. Thank you for letting us be a part of your journey. Safe travels, and remember: the world is full of adventures waiting for you. Pura Vida!



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SHIRLEY CAMPBELL



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