



SAMPLE ITINERARY FOR Citrus College Biology in Costa Rica, J Term, 2024 *Sunday, January 14 - Monday, February 5, 2024*

The following itinerary is just a suggestion as to the order of events and cannot be confirmed at this stage. After discussion with the faculty this can be rearranged.

Mon, Jan 15 **ARRIVAL, SAN JOSE**

AM Arrive in San José (SJO) airport, meet AIFS representatives and transfer to hotel
PM Orientation followed by sightseeing tour.
Free evening

Tues, Jan 16 **LA SELVA, B, L, D**

AM Breakfast - Doka Coffee Plantation
PM Poás Volcano (short hike)
 La Paz Waterfall - Lunch
 Soda y Mirador Cinchona
 Arrive La Selva, free Evening

Wed, Jan 17 **LA SELVA, B, L, D**

AM Lecture – Nat Hist of La Selva & Carbono Project Workshop
 Lunch
PM Lecture: BIO 145
 Dinner and free evening

Thurs, Jan 18 **LA SELVA, B, L, D**

AM Breakfast
 Sarapiquí River Boat Ride
PM Lecture: BIO 45
 Dinner followed by a Night Hike

Fri, Jan 19 **LA SELVA, B, L, D**

AM Breakfast
 Morning Hike
PM Lunch
 Lecture: BIO 145
 Dinner and free evening

Sat, Jan 20 **LA SELVA, B, L, D**

AM Breakfast
 Optional morning hike (not included in the fee)
PM Lunch
 Afternoon Free
 Dinner and Night Hike

- Sun, Jan 21** **SOLTIS CENTER, B, L, D**
 AM Breakfast
 Transfer from La Selva to Soltis Centre
 Soltis Introduction
 PM Lunch
 PM Dinner and Night Hike
- Mon, Jan 22** **SOLTIS CENTER, B, L, D**
 AM Breakfast
 Local Waterfall Hike
 PM Lunch followed by a Tropical Fruits Class
 Lecture: BIO 145
 Dinner and free evening
- Tues, Jan 23** **SOLTIS CENTER, B, L, D**
 AM Breakfast
 Horseback ride to La Fortuna Waterfall
 PM Lunch followed by Lecture: BIO 145
 EVE Dinner and Night Hike
- Wed, Jan 24** **SOLTIS CENTER, B, L, D**
 AM Breakfast
 Arenal Volcano Hike
 Lunch
 PM Lecture: BIO 145
 Dinner and free evening
- Thurs, Jan 25** **SOLTIS CENTER, B, L**
 AM Breakfast and morning Hike
 PM Visit Baldi Hot Springs with lunch
 Free evening
- Fri, Jan 26** **MONTEVERDE, B, L, D**
 AM Breakfast
 Transfer to Monteverde La Estación Biológica
 Intro to Monteverde La Estación Biológica
 Lunch
 PM Free afternoon
 Dinner and free evening
- Sat, Jan 27** **MONTEVERDE, B, L, D**
 AM Breakfast
 Monteverde Cloud Forest Bio Preserve
 Lunch
 PM Free afternoon
 Eve Dinner followed by Night Hike

Sun, Jan 28 **MONTVERDE, B, L, D**

AM Breakfast
 Sky Adventures Monteverde Park – Ziplining
 Lunch
PM Lecture: BIO 145
 Dinner and free evening

Mon, Jan 29 **MONTEVERDE, B, L, D**

AM Breakfast followed by Morning Hike
PM Lecture: BIO 145
Eve Dinner followed by Night Hike

Tues, Jan 30 **PALO VERDE AREA, B, L, D**

AM Breakfast
 Transfer to Palo Verde Biological Station – Intro to Palo Verde
PM Lunch and afternoon Hike
 Dinner and free evening

Wed, Jan 31 **HACIENDA BARU LODGE, B, L, D**

AM Breakfast
 Transfer from Palo Verde to Hacienda Barú Lodge
AM Jungle Crocodile Safari – Tarcoles River
PM Lunch followed by Parque Nacional Carara Hike
 Dinner and free evening

Thurs, Feb 1 **HACIENDA BARU LODGE, B, L, D**

AM Breakfast
 Hacienda Baru Introduction
 Lunch
PM Lecture: Bio 145
 Dinner and a Night Hike

Fri, Feb 2 **HACIENDA BARU LODGE, B, D**

AM Breakfast
 Manuel Antonio – Beach Day
 Lunch (not included)
PM Farewell dinner

Sat, Feb 3 **HACIENDA BARU LODGE, B, L, D**

AM Breakfast
 Transfer from Hacienda Baru Lodge to San Jose
 Crocodile Bridge
 Free time for lunch (not included)
PM Check into hotel for the evening
 Free evening

Sun, Feb 4 **SAN JOSE**

End of Program – transfer to SJO airport for departing flight(s)

- Two night hikes with guide
- A local waterfall hike
- A tropical fruits class
- Horseback ride to Fortuna Waterfall
- A hike at Arenal Volcano Waterfall
- A visit to Baldi Hot Springs

Monteverde La Estación Biológica

- Monteverde La Estacion Biological introduction lecture
- A visit to Monteverde Cloud Forest Bio Reserve
- Two night hikes with guide
- Ziplining
- A morning hike with guide

Palo Verde

- Introduction to Palo Verde Biological Station
- A hike with guide

Hacienda Barú Lodge

- Crocodile Safari
- Hike in Carara National Park including entrance
- Introduction to Hacienda Baru Lodge
- A night hike with guide
- A visit to Manuel Antonio Beach

Should any of the above visits be unavailable, they will be replaced with a suitable alternative, in liaison with the College faculty.