

**ITHACA COLLEGE**  
**SUSTAINABLE TOURISM - COSTA RICA FIELD STUDY TRIP**

Trip Leader: Professor Linda Heyne

January 3 to 17, 2025

DATE	HOTEL / LODGING	PRIMARY DAY ACTIVITY
Day 1 Friday, January 3	Hotel Aeropuerto Alajuela <a href="http://www.airporthotelcr.com">www.airporthotelcr.com</a>	Arrive in San José, Costa Rica Transfer from the Airport to the hotel Orientation with Professor Heyne and your Costa Rica Field Coordinator Welcome dinner
Day 2 Saturday, January 4	ASOPROLA Community Lodge – La Amistad <a href="http://www.actuarcostarica.com">www.actuarcostarica.com</a>	Travel south, up to Talamanca Mountain Range (11.000 feet elevation). Short walk to learn about the Paramo Ecosystem Lunch in San Isidro Continue to La Amistad International Park & Biosphere Reserve Arrive and setting at the community lodge <i>Presentation: Rural Tourism and Conservation: The ASOPROLA Experience</i>
Day 3 Sunday, January 5	ASOPROLA Community Lodge – La Amistad <a href="http://www.actuarcostarica.com">www.actuarcostarica.com</a>	Guided Nature hike in La Amistad International Park & Biosphere Reserve Box Lunch Guided walk in Altamira Community to learn about productive activities, coffee, and chocolate and La Oruga Restaurant
Day 4 Monday, January 6	Danta Corcovado Lodge Osa Peninsula <a href="http://www.dantalodge.com">www.dantalodge.com</a>	Travel to Osa Peninsula in the South Pacific Coast on the buffer Lunch in Danta Lodge <i>Presentation: Goose with Golden Eggs, Introduction to Danta Lodge Sustainable Tourism Vision with Merlyn Oviedo, owner, and founder.</i>
Day 5 Tuesday, January 7	Danta Corcovado Lodge Osa Peninsula <a href="http://www.dantalodge.com">www.dantalodge.com</a>	Day tour to Los Patos trail for hike about 4 miles, in the incredible rainforest of Corcovado National Park Box Lunch Afternoon to enjoy the grounds <i>Presentation: Costa Rica's Protected Areas by Naturalist Guide</i>

DATE	HOTEL / LODGING	PRIMARY DAY ACTIVITY
Day 6 Wednesday, January 8	Danta Corcovado Lodge Osa Peninsula <a href="http://www.dantalodge.com">www.dantalodge.com</a>	Guided Tour to Kobo Chocolate Farm, to learn about Chocolate and sustainable agriculture in the tropics. Lunch at the local community Learn about the Blue Flag Program with the local organization in Playa Blanca Night walk in Danta Reserve with your local guide
Day 7 Thursday, January 9	Danta Corcovado Lodge Osa Peninsula <a href="http://www.dantalodge.com">www.dantalodge.com</a>	Kayak tour to learn about Mangrove Forest in the shores of the Golfo Dulce Lunch in Danta Lodge Nature-guided walk in Danta Lodge Nature Reserve to the observation tower Night walk in Danta Reserve with your local guide
Day 8 Friday, January 10	La Cusinga Lodge Ballena Marine NP <a href="http://www.lacusingalodge.com">www.lacusingalodge.com</a>	Travel to Ballena Marine National Park in the mid Pacific Coast Lunch in La Cusinga Lodge Time to enjoy the pool and the grounds <i>Presentation: La Cusinga sustainable vision and Marine Conservation; talk by La Cusinga owner and founder. Visit to La Cusinga Museum</i>
Day 9 Saturday, January 11	La Cusinga Lodge Ballena Marine NP <a href="http://www.lacusingalodge.com">www.lacusingalodge.com</a>	Hike down Playa Arco beach for a relaxing time surrendering to nature Lunch in La Cusinga Nature-guided hike to La Cusinga Nature Reserve Giant Tree Trail and river
Day 10 Sunday, January 12	Monteverde Cloud Forest Reserve <a href="http://www.estacionbiologica.com">www.estacionbiologica.com</a>	Travel along the Pacific Coast Way to see another type of tourism development River Boat Birding Tour in Tarcoles River to look for wildlife in the estuary Lunch on a local restaurant Continue north to Monteverde Cloud Forest Reserve
Day 11 Tuesday, January 13	Monteverde Cloud Forest Reserve <a href="http://www.estacionbiologica.com">www.estacionbiologica.com</a>	Guided Nature Walk at the Monteverde Cloud Forest Reserve Lunch in Santa Elena Time to explore the area of Monteverde, coffee shops, art galleries and much more

DATE	HOTEL / LODGING	PRIMARY DAY ACTIVITY
Day 12 Wednesday, January 14	Monteverde Cloud Forest Reserve <a href="http://www.estacionbiologica.com">www.estacionbiologica.com</a>	<b>Half-day of service</b> work focus on reforestation with the Monteverde Institute Lunch at the Women's Cooperative <b>Half-day of service</b> work focus on reforestation with the Monteverde Institute Presentation; the history of Quakers in Monteverde by Mr. Rockwell's wife
Day 13 Thursday, January 15	Monteverde Cloud Forest Reserve <a href="http://www.estacionbiologica.com">www.estacionbiologica.com</a>	Nature Walk at the Sky Trek Hanging Bridges, adventure tourism in Costa Rica Lunch at the station Guided Walk at the Biological Station Reserve
Day 14 Friday, January 16	Hotel Aeropuerto Alajuela <a href="http://www.airporthotelcr.com">www.airporthotelcr.com</a>	Travel to San José and the Central Valley Lunch Coffee Experience at Doka State on the foothill of Poas Volcano National Park Farewell dinner at the hotel
Day 15 Saturday, January 17	Transfer to the Airport	Breakfast Transfer to the International Airport to travel back to the USA

Note: Most evenings will include a group discussion with Ithaca College professors.