

Journalism

Costa Rica-Nicaragua

May 2008

Monday, May 19th. Arrival- A representative of Carlson Wagonlit will meet you at the airport.

Box lunch (1 sandwich or mixed salad, 1 soft drink, 1 bottle of water, 1 fruit, 1 dessert)

City tour & Shopping (4 hours)

Tour description:

Starting on the East side of San Jose, the first thing we will see is Democracy Plaza and the National Museum, the Courts, Los Yoses, San Pedro Mall, Hispanidad Fountain and the Rodrigo Facio Campus of the University of Costa Rica.

After we have seen the capital's main attractions, our first stop will be the impressive National Museum and the beautiful National Theater (Opera House) where we will have a guided visit through these cultural gems.

After our visit, the tour continues thru the western section of San Jose: La Sabana Metropolitan Park, Costa Rican Contemporary Art Museum or the first International Airport in Costa Rica, the National Gymnasium, the Comptroller's office, residential area Rohrmoser, Nunciatura, Nobel Peace prize winner Oscar Arias Sanchez's home, Rohrmoser Boulevard and Pavas section.

At the end of the tour, you will have the opportunity of visiting a couple of interesting shopping places where you will be able to buy a souvenir of your visit to San Jose.

We recommend: Camera

Very important: Gold museum close at 04:00 pm and Opera House close at 05:00 pm

7:00 Dinner at Tin Jo (included) www.tinjo.com

Overnight at **Hotel El Rodeo** <http://www.elrodeohotel.com/>

(3 triple rooms with two double beds, one single)

Hotel Description:

From the Juan Santamaría International Airport, and in the heart of the lasted, bustling business and commercial district, Santa Ana/San Antonio de Belen, and only 15 minutes away from downtown San José. El Rodeo seeks to replace the cold, impersonal ambiance that usually characterizes larger hotel chains, with Costa Rican charming warmth, plus exceptional service in a natural and peaceful environment with beautiful hardwood floors and furnishings (7 elegant Suites and 22 spacious Superior Rooms). All of them are equipped with cable TV, air conditioning, direct telephone, alarm clock, ample bathrooms with hot water and bathtub, hair dryer, coffee maker and safe deposit box. Suites additionally have a small living room, mini-bar, iron and ironing board.

Our facilities are set in tropical gardens and include a swimming pool and Jacuzzi, with views of the spectacular Poás and Barva volcanoes. Our Tennis court is complimentary for our guests, and additionally we have events facilities for up to 400 people, a charming cafeteria and the renown restaurant "El Rodeo Steakhouse", a Costa Rican favourite and without a doubt the best in its class for over 25 years.

Room Service, airport transfers, tour desk services, money exchange, laundry service and free wireless Internet connection are also available. A full Costa Rican breakfast buffet is served every day at the Grand Café our exclusive Cafeteria, and is included in your rate

Tuesday, May 20th

7:00 Breakfast at Hotel El Rodeo (included)

8:30 Táctica Corporativa www.tacticacorporativa.com.

Contact: Ilse Rodriguez Morera tel: 524-3070 (Account Executive for Carlson Wagonlitt)

10:30 La Nación.
Contact: Armando Mayorga 247-4076

11:30 Doka Coffee Tour (includes lunch)

Tour duration: 01 hour

The main objective of the Coffee Tour is to educate and inform tourists about the process that growing coffee involves. The tour takes you throughout our Doka estate and watermill. Your tour guides are very knowledgeable and full of information that will make the tour a special learning experience. You will hear about the history of the coffee farm, its owners, its geographic location, the traditional coffee growing methods, and also the coffee brewing tradition of 'chorrear'. The tour takes you to Almacigo, your first stop, where the process of growing and producing fine coffee is covered from planting the seed to picking the ripened coffee berries.



7:00 Dinner on your own-available taxis at the hotel (Katty Pierre-comes along)
Overnight at El Rodeo

Wednesday, May 21st.

7:00 Breakfast at Hotel El Rodeo (included)
8:00 Pickup at hotel
8:30-10:00 Canal 7- Ruth Chavez rchavez@teletica.com tel: 232-2222
10:00-12:00 CANATUR- Carol Uriza tel: 273-6930, 396-3180
12:30 Lunch en route (on your own)
ICT
3:00 a 5:00 JBQ-Priscilla Alvarez palvarez@jotabequ.com tel: 284-9800
7:00 Juan Antonio Cordero. Realidad Económica Costarricense.
8:00 Dinner at Hotel El Rodeo (included)

Overnight at Hotel El Rodeo

Thursday, May 22nd.

8:00 Breakfast at Hotel El Rodeo (included)
9:00 Pickup for Guapiles
10:30 Arrive at EARTH. Welcome and meeting with the representatives.

Description:

EARTH is a private, international, non-profit university offering an education in agricultural sciences and natural resources in order to contribute to sustainable development in the humid tropics.

The University was created in 1990. One hundred new students from Latin America, Spain, and Uganda enter its Bachelor Degree program each year.

The EARTH educational model is based on four pillars: social commitment, environmental awareness, an entrepreneurial mentality, and the development of human values.

EARTH is a private non-profit University that admits Latin American students from rural areas of the Humid Tropics.



12:30 Lunch (included)

2:30 Organic tour (duration of the tour 1 hour aprox.)

Tour duration: 01 hour approximately

A space that was born from student initiative incorporates four integrated systems: agricultural production, organic compost production, animal production; like buffalo, pigs, goats, and a native forest area where you can find banana and cocoa plants

6:30 Dinner at EARTH

Overnight at Earth Lodge <http://www.earth.ac.cr>

3 triple rooms + 1 single room

Friday, May 23rd.

8:00 Breakfast at EARTH Lodge (included)

9:00 Pick up for Banana tour (1 hour tour)

(Plantation, Banana Packing Plant and Paper Plant). Our banana farms are managed under the politics of sustainable production and the value of human resources. Besides the banana plantations, one can see the complete process of the fruit harvest, transporting, washing sinks and packaging. If you decide to visit us, the days for viewing the process are Monday, Thursday and Friday. As a complement to the tour, we also visit the Banana Paper Plant, where one can see the transformation of the banana flower stalk (pinzote) and recycled paper into banana paper.



10:30 Pick up for Ethno-botanical Garden (1 hour tour)

The only one in Central America affiliated with the network of gardens "Hermanos Latinoamericanos" (Latin American Fellowship of Ethno-botanical Gardens). Here you can see a variety of medicinal plants. and you can learn about the use and preparation of these plants. You may recognize some of these medicinal plants since some are commonly used as house or ornamentals plants.

12:30 Lunch at EARTH Lodge (included)

- 2:00 Biodiversity tour (1 hour tour)
Biodiversity Tour:



The forest reserve encompasses 1480 acres of primary and secondary forest. To get there, you must go through the banana plantation. The journey consists of a 1.2 mile hike along the “Escalera de Mono” trail. It’s an experience where all your senses are put to test. One can observe and listen to different types of animals and insects, while perceiving the different aromas and colors that are given off by some native plants of the humid tropics.

- 6:30 Dinner at EARTH Lodge (included)
Overnight at EARTH Lodge

Saturday, May 24th.

- 7:00 Breakfast at EARTH Lodge
8:00 Departure for Tirimbina Rain Forest
10:00 Arrival at La Tirimbina
10:15 Chocolate tour (1 hour)

Discover the wonders behind one of the world’s most tantalizing foods — chocolate!
The Chocolate Tour begins by taking you across TRC’s popular suspension bridge to a former cacao-tree (*Theobroma cacao*) plantation. During the walk, you will be exposed to the natural and cultural history of the cacao tree and, upon reaching the plantation, a TRC guide will reveal the secrets of transforming cacao fruit into chocolate. You’ll see the chocolate-making process first-hand and even have the opportunity to treat your taste buds to organic rainforest chocolate! After the tour, you can visit the TRC gift shop to purchase some organic cacao chocolate bars made by the Asociación de Mujeres Amazilia del Caribe, a group of local women from Pueblo Nuevo de Guácimo. With this tour we hope to rescue our native cacao trees — one of the friendliest crops for the environment — along with the help of our friends from the Asociación de Mujeres Amazilia del Caribe who have seen a way to improve their lives through chocolate.



- 12:00 Lunch at La Tirimbina (included)
2:00 Departure from La Tirimbina
3:30 Arrival to Los Lagos Hotel in La Fortuna de San Carlos
<http://www.hotelloslagos.com/> 3 triple Superior, 1 single Superior room
5:45 Departure to Tabacón Springs
6:00 Arrival to Tabacón Springs



- 7:30 Buffet dinner at Tabacón Resort & Spa (included)
10:00 Overnight at Hotel Los Lagos

Sunday, May 25th.

- 8:00 Breakfast at Hotel Los Lagos (included)
9:00 Pickup to Arenal Hanging Bridges (1 ½ hour tour)



- 12:30 Lunch at Hotel Los Lagos (included)
1:00 Afternoon on your own...optional tours
- 7:00 Dinner on your own
Overnight at Hotel Los Lagos

Monday, May 26th.

- 7:00 Breakfast at Hotel Los Lagos (included)

**** VERY IMPORTANT: PLEASE TELL THE GROUP DON'T FORGET TO BRING HIKING SHOES BECAUSE THIS TOUR INCLUDES A LONG TRAIL**

7:30 Rio Celeste Tour

Mysterious and imposing, in the very bowels of the Tenorio Volcano, manifestations of hidden power transform the union of the Buena Vista and Roble rivers into a sky blue stream, giving birth to one of the most extraordinary phenomenon's of nature: "Light Blue River". Along the river we'll find hot springs, bends of heavenly tranquility and a waterfall of singular beauty, all surrounded by varied flora and fauna. We leave at 7:30 a.m. from La Fortuna. After a typical breakfast in route to Rio Celeste, the tour arrives at the Tenorio Volcano National Park, were begins our 7 k.m hike (approximately 4 hours) through the tropical rain forest. It will arrive to "Los Teñideros" of the Rio Celeste, the site where two streams of crystalline water come together and form the heavenly color blue that gives the river its name. The tour returns through trails, rich with ecological wonders, that lead us to the "OLLAS" -- openings in the earth where we can excavate healing muds, take a mud bath, and a dip in the natural hot springs all while observing the attractions of Tenorio Volcano.

We'll continue our hike through the jungle to seek out the volcano's furnace vents that expel gases of extreme high temperatures. On our decent we will get

to see the spectacular Rio Celeste waterfall whose colour makes it one of a kind.

Our final reward is an exquisite Costa Rican typical lunch at the end of our journey, and after that, the ride back to the hotels in La Fortuna





- 12:30 Picnic lunch (included)
- 5:30 Return to Hotel
- 7:00 Dinner at Hotel Los Lagos (included)
Overnight at the HOTEL LOS LAGOS 03 superior triple rooms with three beds and 01 single

Tuesday, May 27th.

- 7:00 Breakfast at Hotel Los Lagos (included)
- 8:00 Transfer and overnight at Hacienda Guachipelin
<http://www.guachipelin.com/>
Optional tour for the afternoon
Lunch and dinner included at the hotel.

Wednesday, May 28th

- 6:00 Early departure to Peñas Blancas (breakfast/box breakfast)
Visa to Nicaragua included. Immigration taxes are not included you should pay directly to the border with Nicaragua (\$15 per person)
- 7:00 Arrival at Peñas Blancas (visa costs are included)
- 9:00 Departure from Peñas Blancas to Granada
- 11:00 Granada. Check in at Hotel La Alhambra
(3 triple rooms, one single room)

Hotel Alhambra		
Location:	It is located exactly in front of the typical and colorful Granada's Central Park which become in an excellent option for you.	
Description:	All the rooms are equipped with air conditioning, cable service, private bath room, room service and hot water. It is the biggest hotel in the city and is perfect to be used for all kind of travelers.	

- 12:00 Lunch at La Gran Francia Restaurant (included)
Afternoon Granada City tour, Boat Granada Island tour & Masaya Market
- 7:00 El Zaguán Restaurant (included)

Thursday, May 29th.

- 7:00 Breakfast at Hotel La Alhambra (included)
- 8:00 Departure for Managua
- 9:00 Appointment at Radio Corporativa. Gladys Padilla cel: 802-8739
josefamatrixnica@hotmail.com
- 12:00 Lunch at Doña Haydee's Restaurant (included)
Canal 11 Nicaragua tel:
Managua City tour
Dinner on you own in Granada

Friday, May 30th.

- 7:00 Breakfast included at the hotel
- 8:00 San Juan del Sur tour with lunch included at El Timon restaurant at San Juan del Sur.
Beach tour, please don't forget swimsuit, towel, repellent, sunblock and hat.
Dinner on your own in Granada.

Saturday, May 31st.

- 7:00 Breakfast at Hotel La Alhambra
- 8:00 Departure to Costa Rica
Lunch en route (on your own)
Arrival at Punta Leona (3 triple rooms, one single)
Dinner at Punta Leona
Overnight at Hotel Punta Leona

Sunday, June 1st.

- Breakfast at hotel (included)
- Day at leisure at Punta Leona
- Lunch on your own
- Optional tours available.
- Dinner at Hotel Punta Leona (included)
- Overnight at Hotel Punta Leona

Monday, June 2nd.

- Breakfast at hotel (included)
- Return to San José directly to international airport.
- Shuttle to the airport.

TOTAL COST: USD\$1.648.00 Per pax based on a 10 pax group.

PLEASE NOTE VAN AND GUIDE WILL BE AVAILABLE FOR THE GROUP FOR: DINNERS OR LUNCHESES OUT OF THE HOTELS AND FOR TOURS.