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ADVENTURES IN SERVICE

# The Road Less Traveled Costa Rica Rainforest Sample Itinerary

## Saturday



Mid-Day	Pick-up in San Jose
Afternoon	Arrive in El Sur; town tour, settle into cabins
Evening	Welcome dinner, free time

## Sunday

Morning	Breakfast
Mid-Morning	Rainforest Hike
Mid-Day	Lunch, free time
Afternoon	Coffee tasting in salon
Evening	Dinner



## Monday



Morning	Breakfast
Mid-Morning	Work Project
Mid-Day	Lunch; free time
Afternoon	Work Project
Evening	Free time; dinner

## Tuesday

Morning	Breakfast
Mid-Morning	Work Project
Mid-Day	Lunch; free time
Afternoon	Arroz con leche tasting
Evening	Dinner





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### Wednesday



Morning	Breakfast
Mid-Morning	Cow milking, cheese and tortilla making; Work Project
Mid-Day	Lunch; Free time
Afternoon	Work Project; Free time
Evening	Dinner

### Thursday

Morning	Breakfast
Mid-Morning	Work Project
Mid-Day	Lunch; Trapiche Tour
Afternoon	Free time
Evening	Dinner; marshmallow roast



### Friday



Morning	Breakfast
Mid-Morning	Horseback Ride
Mid-Day	Lunch; free time
Afternoon	Tropical nursery tour
Evening	Farewell dinner, karaoke

### Saturday

Morning	Breakfast; depart for San Jose
Mid-Morning	Arrival at airport