



have fun. help people.

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



The Road Less Traveled Costa Rica Rainforest Sample Itinerary

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