

GLOBAL EXCHANGE REALITY TOURS

Sample Itinerary for Costa Rica Delegation

SATURDAY, JUNE 21

Arrival and check in at hotel

- 2:00** Orientation meeting
- 3:00-5:00** Meeting with an expert on Afro-Caribbean culture and the biologist of the Latin American Water Tribunal. With them, we'll explore cultural, social, economic and environmental issues dealing related to the Caribbean region.
- 6:00** Welcoming dinner
- 8:00** Back to hotel

SUNDAY, JUNE 22

- 6:30** Breakfast
- 7:30** Leave for Guácimo, Limón, the capital of the province and a main seaport, also the most neglected province of the country
- 9:00-3:00** Meeting with communities and families whose farming and tourism-related activities are being seriously affected by massive pineapple plantation.
- 3:00** Leave for Caño Blanco to take the boat to Tortuguero, the most important nesting site for the Green Turtle and a refuge for numerous birds and mammals.
- 6:00** Check in at the lodge in the small Tortuguero village.
- 6:30** Dinner (relaxing time to get ready for the turtle tour)
- 10:00** Guided tour to see turtles' arrival (you need rubber boots). This is the beginning of the arrival season. We'll hopefully witness a nearly sublime moment when the handsome Green Turtle drags herself to the beach, digs a nest, lays the eggs and goes back to the sea.

MONDAY, JUNE 23

- 8:00** Breakfast
- 9-11** Guided hike through the National Park
- 12:00** Lunch
- 2:00-4:00** Guided tour through the small village.
- 4:00-6:00** Meeting with a group of activists to talk about their impressions concerning sustainability and the impact of corporate tourism in the area.
- 6:00** Dinner

TUESDAY, JUNE 24

- 5:30-8:30** Row-boat ride through the canals. (Don't forget your camera).
8:00 Breakfast
9:30 Check out. Back to Caño Blanco.
11:00 Lunch
1:00-4:00 Visit to a model pineapple plant with interesting social and sustainable programs.
6:00 Check in at an eco-friendly lodge founded by Costa Rican peasants are making to deal with the impact of globalization while rescuing jungle for the future generations.
7:00 Dinner and meeting with our host at the lodge to talk about communitarian rural tourism

WEDNESDAY, JUNE 25:

- 7:30-8:30** Breakfast
9:00-11:00 Visit a fair-trade association of producers and buyers of organic products, comprised of a group of 71 small-scale organic growers, who have worked together since 1996 to improve the social, economic, and environmental quality of life for their families and communities in Hone Creek, Talamanca.
11:00 Lunch in Cahuita
1:00 Meeting with an ecologist organization to talk about the future of the Indian reservation and coastal areas that face potential tourist development and oil exploration.
4:00-7:00 Cultural activities at Calateas:
-Meeting with a professor, researcher, compiler and interpreter of Calypsonian musical tradition.
-Rondon dinner (traditional Caribbean meal)
-Dance with a Calypso group

THURSDAY, JUNE 26

- 7:00** Breakfast and check out
8:00 Leave for Bribri and Shiroles
9:00-11:00 Meeting with a Bribri Indian Chief and a member of an activist group against oil exploration. We'll learn about Bribri culture and the negative implications of the UPOV law recently approved by the Congress and its direct effect on the indigenous community.
2:00-4:00 Visit a fair trade organic cocoa plantation and processing run by Bribri women .

FRIDAY, JUNE 27

- 6:30-7:00** Breakfast. Carry rubber boots, a raincoat (and your swimsuit just in case...)
7:00 Leave for Bambu, indigenous reserves located in the heart of the humid tropical forest.

9:00-2:00 Canoe journey to Yorkin. Visit an organization of craftswomen who are improving their quality of life through community-based tourism.
3:00 Leave for villas located in a protected wildlife reserve.
4:00 Check-in
7:00 Dinner

SATURDAY, JUNE 28

7:00-8:00 Breakfast.
8:00 Leave for Manzanillo, a town that is the most representative of the black Caribbean in the area. Manzanillo people strive to keep their town “untouched.” We will have time to interact with the town’s residents.
12:00 Lunch
2:00 Meeting with the Association for the development of Manzanillo
6:00 Dinner

SUNDAY, JUNE 29 “Day off”

7:30-8:00 Breakfast
8:00 Leave for Cahuita
5:00 Back to the villas
7:00 Dinner

MONDAY, JUNE 30

7:30 Breakfast
8:00 Check out. Leave for Limón
10:00 Meeting with a social organization in Limón
11:30 Lunch at an old traditional Caribbean restaurant
1:00 Leave for San Jose. If the weather is nice, we will stop here in case you want to get some souvenirs.
6:00 Check-in at hotel
8:00 Farewell dinner

TUESDAY, JUNE 31

7:00-9:00 Breakfast

Departure

This is a sample itinerary. The schedule is subject to change and to weather conditions, particularly in the Caribbean area.