**Phone Numbers:**

Tour Leader: Mauricio Fonseca +1 (506) 7145-9511

Company Office: 1-888-222-5066; [info@evolvetours.com](mailto:info@evolvetours.com)

Emergency Tour Office: 1-888-222-5066 x9

Medical Emergency: 911

**Accommodations: studentkind_accomo**

**El Fauna Hostel**

Av 30, Escazu, San Jose

Tel: +1 (506) 2289-5020

**Rainforest Lodge & Adventure Center**

Brujo

Tel: +1 (506) 7145-9511

**Hotel Kamuk**

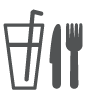
Av Central, Quepos

Tel: +1 (506) 2777-0811

**Fuego del Sol**

Playa Hermosa

Tel: +1 (506) 2643-7171

**Meals: **

All meals in Costa Rica are included in tour cost

Students will have opportunity to buy extra snacks or meals on their own

**Reminders:**

Make sure to pack comfortable clothing and footwear.

**Bring your passport!**

**Meeting spot:** 00:30 AM, Avianca check-in counter, Terminal 4, JFK International Airport

**Flight Status:** <https://www.avianca.com/us/en/your-booking/flight-status/>

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  | | | | |  |
| **FLIGHT** | **DATE** | **DEPARTURE TIME** | | **DEPARTURE CITY** | | **ARRIVAL TIME** | | **ARRIVAL CITY** |
| **Outbound** |  | |  | |  | |  |  |
| AV0671 | 23-Nov-19 | | 03:30 | | New York (JFK) | | 07:28 | San Salvador |
| AV0671 | 23-Nov-19 | | 08:40 | | San Salvador | | 09:55 | San Jose |
| **Return** |  | |  | |  | |  |  |
| AV0670 | 1-Dec-19 | | 16:40 | | San Jose | | 17:59 | San Salvador |
| AV0670 | 1-Dec-19 | | 19:59 | | San Salvador | | 01:30 +1 | New York (JFK) |

**Flight Names**

*\*Please Verify Spelling of Names*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Last Name** | **First and Middle name** | **Ticket Number**  **International Flight** | **G** | **DOB** |
| 1 | Chu | Pei - Ling | 1347463251029 | Female | 29-Nov-2004 |
| 2 | Chan | Chon-Kei | 1347463251027 | Male | 3-Jul-2003 |
| 3 | Chan | Chon-Kuan | 1347463251028 | Male | 3-Jul-2003 |
| 4 | Steiner | Jan Robert | 1347463251040 | Male | 19-Sep-2003 |
| 5 | Feng | Zhuo | 1347463251031 | Male | 3-May-2005 |
| 6 | Guajardo Valdes | Santiago Gerardo | 1347463251033 | Male | 8-Feb-2006 |
| 7 | Le | Minh Quoc Tri | 1347463251036 | Male | 29-Nov-2004 |
| 8 | Ji | Aiping | 1347463251034 | Female | 25-Feb-2005 |
| 9 | Kong | Yihan | 1347463251035 | Male | 10-Aug-2003 |
| 10 | Lee | Hyeonjin | 1347463251037 | Female | 11-Aug-2004 |
| 11 | Neighbors | Alisdair | 1347463251038 | Male | 12-Apr-2004 |
| 12 | Popowitz | Mason | 1347463251039 | Male | 29-Sep-2002 |
| 13 | Van | Thien Thao | 1347463251041 | Female | 17-Dec-2004 |
| 14 | Yan | Chengrui | 1347463251023 | Female | 13-Feb-2004 |
| 15 | Fernandez Lopez | Maximiliano | 1347463251032 | Male | 13-Dec-2003 |
| 16 | Ayala Gonzalez | Jorge Luis | 1347463251025 | Male | 11-Apr-2006 |
| 17 | Dersch | Samuel Logan | 1347463251030 | Male | 20-Nov-2002 |
| 18 | Centeno Herrera | Elena Maria | 1347463251026 | Female | 5-May-2005 |
| 19 | Harnick | Benjamin Maxwell | 1347463251022 | Male | 25-Nov-1983 |
| 20 | Centeno Herrera | Angelica Maria | 2022469491954 | Female | 2-Aug-1975 |

**Airport Protocol**

**Boarding Flight**

1. Monitor the airline website starting the day before to make sure flight is on time
2. Check weather for Home and Connecting city to anticipate any possible flight delays- very important
3. On morning of flight show up early at the check-in counter.
4. Go right to the gate. If travelers go to washroom or get food when inside- they need to be back at the gate 45 minutes before the flight is scheduled to take off.
5. Make sure everyone gets on the flight. Count heads and check names off list.

**Connecting Airport**

1. Before you get off first flight, instruct group to meet outside the plane in the terminal when the flight lands
2. Look on the Departure boards and figure out where the next flight is departing from
3. Walk the group there
4. Set a meeting spot at that departure gate and instruct when to be back

**Second Flight**

1. Fill out the customs form
2. You will be given an immigration card on your flight. Please write the address of your HOTEL ON THE FIRST NIGHT OF THE TRIP, where it asks you where you are staying
3. When you arrive, Line up for customs.
4. Pick up your bags and WAIT for the rest of your group
5. Pass through another security check as a group
6. **WHENEVER PASSING THROUGH CUSTOMS- STAFF SHOULD BE LAST THROUGH TO MAKE SURE EVERYONE GETS THROUGH. SAME APPLIES FOR CHAPERONING RETURN FLIGHTS.**
7. Exit the airport- come right outside. You will see Evolve Tours staff in our shirts

**ITINERARY**

**DAY 1 Saturday November 23, 2019 New York > San Jose**

Fly to San Jose, Costa Rica. Our private bus will transfer us from the airport to our accommodation on the outskirts of San Jose, Costa Rica’s capital city. Here we will spend the night and prepare for our adventure into the rainforest lodge.

**El Fauna Hostel - Av 30, Escazu, San Jose**

**DAY 2 Sunday November 24, 2019 San Jose > Rain Forest Lodge**

After breakfast travel to the Rainforest Lodge, which is situated in the rainforest near the town of San Isidro. The journey to the trailhead to the lodge should take about 4 hours, then we switch to 4x4 vehicles for the last 15 minutes into the lodge. Upon our arrival at the lodge, we will have lunch, unpack and get an orientation tour of the Adventure Center.

After lunch we will learn all about the history of chocolate, then have time to relax by the river and swim, before starting a safety briefing and orientation for the High Element (mostly fitting helmets and harnesses, assigning gear).

After dinner, there will be some time to relax and enjoy the lodge, sharing stories, playing games and preparing for the adventures of tomorrow.

**Rainforest Lodge & Adventure Center**

**DAY 3 Monday November 25, 2019 Rain Forest Lodge**

After an early breakfast, we start our adventure in the rainforest, climbing a giant tree and learning about the three different layers of the forest canopy.

After lunch we will have time to swim in the river and relax before our afternoon activity.

We then dive deep into the world of medicinal plants with Alvino Fonseca who is a trained Shaman of the Cabecar tribe. Alvino has grown up in the forest and used these plants in his healing work for over 2 decades.

Before the day is done, we will learn art of making tortillas, a traditional component of most Costa Rican meals, and which will be enjoyed at dinner tonight.

The final activity for the day, is after dinner, when we head off into the forest to witness the nocturnal habits of the indigenous fauna.

**DAY 4 Tuesday November 26, 2019 Rain Forest Lodge**

Up early for another exciting day at the Adventure Center.

The land where we have spent the last two nights used to be a cattle ranch. Over the years with re-forestation a lot of its natural beauty has come back to life. In the morning we will participate in a tree planting activity, then after lunch we continue exploring the forest on an ecology hike, learning about all the edible plants, and foraging for ingredients for our dinner.

We finish another busy day with an ancient sweat lodge ceremony, cleansing the body, mind and spirit.

After dinner we reflect on our time in the forest with Alvino and his family.

**DAY 5 Wednesday November 27, 2019 Rain Forest Lodge > Manuel Antonio**

Today we will transfer down to Manuel Antonio National Park (about a 3 hour drive). We will meet up with a local guide and participate in a guided tour. The park consists of several private and super secluded beaches with lots of wildlife. We will get to see the biodiversity that Costa Rica offers right in front of our eyes. There are 109 species of mammals, including the three-toed sloth and 184 species of birds, including the toucan. Expect to see monkeys, lizards, and animals you have never even heard of.

In the afternoon we will participate in spice plantation workshop at a locally run farm. We will learn from local community members, about the cultivation and harvesting of spices such as vanilla, cinnamon, black pepper and turmeric. We will tour a traditional sugar mill and get to participate in extracting sugar and making cane juice.

Finish the day with a swim and another delicious meal.

**Hotel Kamuk - Av Central, Quepos**

**DAY 6 Thursday November 28, 2019 Uvita/Manuel Antonio**

Today we will hang ten and catch some waves in the beautiful beaches of Uvita, where we will participate in a surfing lesson.

In the late afternoon we will head out on a catamaran sunset ride. Along the ride we will cruise around the beautiful Manuel Antonio Coast. Our captain and tour guide will point out things of interest, such as birds diving into the water, in search of fish. If we are lucky, we will see some dolphins along the way.

After some time on the water, we will anchor and dip in the water for some snorkeling, followed by a dinner on the boat as the sun sets in the background.

After returning to shore, we will debrief as a group.

**DAY 7 Friday November 29, 2019 Playa Hermosa**

In the morning we will check out and travel up the coast, near the town of Playa Hermosa. Upon our arrival we will participate in a canopy zip line adventure. The program will start with a step by step of all the safety procedures we must follow to enjoy our activity. Following our brief, we will begin soaring through the air via a series of zip lines, including 12 platforms and 10 cables with a total cable distance of 3.5km’s, among them longest cable in the area (2400 ft).

After lunch we will have time to explore Jaco and catch sunset on the beach.

**Fuego del Sol - Playa Hermosa**

**DAY 8 Saturday November 30, 2019 Playa Hermosa > San Jose**

After breakfast we will journey back to the San Jose area, with a stop at the Tarcoles River to see crocodiles. Once in San Jose, we will have time to explore some of the local markets and culture this vibrant city has to offer.

Following lunch, we will head to Alegria Village for an evening farm-to-table dinner in the new mandala garden. We will hike through the hillside of Alegria’s eco-neighborhood down to our farm, where we will enjoy an organic gourmet meal prepared fresh from food grown in the garden all around us. We’ll dine as the sun sets, followed by a bonfire in the greenhouse dome. Taste herbs, greens, and veggies straight from the plant. We will learn how to incorporate permaculture principles into your own life and immerse ourselves in the shared vision for a future we all know is possible.

**El Fauna Hostel - Av 30, Escazu, San Jose**

**DAY 9 Sunday December 1, 2019 San Jose > New York**

After breakfast, we check out of the hotel, then head off to visit the National Museum of Costa Rica, to learn about Costa Rica's geological, colonial, archaeological, religious and modern history.

After lunch we say our Goodbyes, then make our way back to the airport to fly home.

**DAY 10 Monday December 2, 2019 New York**

Arrive home at 1:30am.