Day 1:  Saturday, March 10  
After an early morning flight, arrive into San Jose’s International Airport where we are met by the Costa Rican Adventures crew with whom we will spend the week. We leave the city far behind on our way to the Sarapiqui region. We relax tonight in our jungle lodge to the sounds of the tropics.  
Overnight: La Selva Biological Reserve, Sarapiqui

Day 2:  Sunday, March 11  
After breakfast, spend time exploring the trails of the station, getting to know the wonders of the rain forest by experiencing it first-hand. La Selva Biological Research Station is home to 420 species of birds, 330 species of trees and 120 species of mammals that share their habitat with an international group of scientists and students currently engaged in research about the tropical rain forest. After lunch, we are lead through the trails of La Selva by an experienced local guide. We then drive past miles of banana plantations and through the port city of Limon on the way to the Southern Caribbean coast.  
Overnight: Hotel Yare, Puerto Viejo de Talamanca

Day 3:  Monday, March 12  
Our day begins with a walk through the KekoLdi Indigenous Reserve with our native guide, learning about the culture and customs of the Bribri people. We begin with a visit to the Iguana Farm which has reintroduced over 10,000 green iguanas back into the surrounding forest over the past ten years. A native lunch is served at the community center with many of the ingredients harvested from their understory gardens. Then, on a two-hour hike through secondary rainforest, we learn about the forest from the Bribri perspective, getting to know the plants that have provided food, medicine, clothing, and shelter for thousands of years. Later this afternoon, enjoy the paradise of Punta Uva, one of the most beautiful beaches in Costa Rica, where the rainforest practically pours into the sea.  
Overnight: Hotel Yare, Puerto Viejo de Talamanca

Day 4:  Tuesday, March 13  
This morning we prepare for our overnight adventure at the Punta Mona Center for Sustainable Living and Education. We hike the only path to Punta Mona through the Gandoca-Manzanillo Wildlife Refuge, traveling from the beach path into the jungle, where the diversity of flora and fauna is both beautiful and extensive. A local guide from the neighboring village of Manzanillo will take us through the trail and show off the wonders of his ‘backyard’ while explaining the medicinal, food and other uses of many of the trees, fruits and plants along the way. Our short time at Punta Mona is an exercise in sustainable living, as most food we eat will be harvested from our extensive organic gardens with more than 150 varieties of fruit trees. Our energy comes from solar panels and the buildings are built with wood from nearby fallen trees. After getting settled in the bunkhouse, take a tour of the gardens, and production permitting, harvest some food for tonight’s dinner. Tonight, we have the opportunity to walk the beach in search of nesting leatherback turtles (March - June).  

Alfred State College Itinerary  
March 10-17, 2012
Overnight: Punta Mona Center

Day 5: Wednesday, March 14
This morning we leave Punta Mona by foot and walk along the beach to the small town of Gandoca. From there, transfer to the border town of Sixaola and cross into the neighboring country of Panama. We then take a boat taxi to the Bocas del Toro Islands where we will begin our reef exploration right after lunch, visiting the crystal clear waters of the area.
Overnight: Hotel Bahia, Bocas del Toro, Panama

Day 6: Thursday, March 15
Today explore Red Frog Beach, a white sand beach where we can swim, relax, and catch a glimpse of the diversity of birds in the area. This afternoon we will search for dolphins and manatees offshore before heading back to the mainland. We meet up with our bus on the Costa Rica side, and head to Puerto Viejo for the night, where we rest up for our big day of rafting.
Overnight: Hotel Yare, Puerto Viejo de Talamanca

Day 7: Friday, March 16
Early in the morning, we head to the banks of the Pacuare River for an unforgettable day of white water rafting on class III and IV rapids. This most scenic and famous river slices through primary rainforest and plunges through mountain gorges which drop the most beautiful waterfalls right alongside your raft. We stop on the riverside for an excellent lunch. This evening, return to the capital city of San Jose for a farewell dinner.
Overnight: San Jose Area

Day 8: Saturday, March 17
Before we board the plane, we visit the local market to purchase souvenirs of our Costa Rican Adventure.