

Trip Information			
School	Hingham High School	Dates	February 17th, 2023 - February 24th, 2023
Lead Teacher	Alysia Campbell	Travelers	16 total, 13 students, 3 adults
Emergency #	(434) 973-8431 (866) 211-7399	Tour Guide(s)	Eloy Castro, Gregg Wachtelhausen

Flight Information				
Carrier	Spirit Airlines			
	Flight	Airports	Depart	Arrive
Outbound	Spirit 609	Boston, MA (BOS) - Fort Lauderdale, FL (FLL)	6:10 AM	9:39 AM
	Spirit 335	Fort Lauderdale, FL (FLL) - San Jose, Costa Rica (SJO)	10:40 AM	12:39 PM
Return	Spirit 1310	San Jose, CR (SJO) - Orlando, FL (MCO)	2:50 PM	7:09 PM
	Spirit 432	Orlando, FL (MCO) - Boston, MA (BOS)	8:45 PM	11:43 PM

Hotel Information			
Date	Hotel	Phone #	Address
Feb 17 - Feb 17	Hotel Palma Real	506-229-0506	Calle 50, Ave. 9 Sabana Norte, San José, Costa Rica
Feb 18 - Feb 20	Veragua Rainforest Lodge		, Veragua Rainforest, Costa Rica
Feb 20 - Feb 21	La Quinta Sarapiquí Lodge		Heredia Province, Sarapiquí
Feb 21 - Feb 23	Hotel Kokoro		7 kilometer west from La Fortuna town., La Fortuna, San Carlos
Feb 23 - Feb 24	Hotel Palma Real	506-229-0506	Calle 50, Ave. 9 Sabana Norte, San José, Costa Rica

Trip Itinerary			
Friday, February 17	Saturday, February 18	Sunday, February 19	Monday, February 20
<p>Arrive at airport at least 2 hours before departure</p> <p>6:10 AM - 9:39 AM Flight from Boston, MA (BOS) to Fort Lauderdale, FL (FLL)</p> <p>10:40 AM - 12:39 PM Flight from Fort Lauderdale, FL (FLL) to San Jose, Costa Rica (SJO)</p> <p>1:00 PM Meet your Grand Classroom guides at Baggage Claim</p> <p>Nature hike and lunch at La Chimba</p> <p>Tour the historic city of San</p>	<p>7:00 AM Hotel breakfast</p> <p>8:00 AM Travel to Veragua Rainforest</p> <p>Visit local school (pending accessibility)</p> <p>Meet local students, have lunch, help support teachers, and volunteer community service as needed</p> <p>Lunch at Veragua</p> <p>Guided tour of Veragua Research Center with biologists</p>	<p>7:30 AM Group breakfast</p> <p>Spend the day with resident biologists working on tree frog monitoring project</p> <p>Lunch at Veragua</p> <p>Habitat restoration service project</p> <p>7:00 PM Dinner as a group</p> <p>Night walk recording songs of tree frogs and identifying species for research project</p> <p>Overnight in Veragua Research Dorms</p>	<p>Veragua Rainforest Lodge</p> <p>7:00 AM Breakfast and check out of lodge</p> <p>Depart for the Sarapiquí River</p> <p>10:00 AM Spend your day on a Whitewater rafting adventure down the Sarapiquí River(Class II and III)</p> <p>Riverside lunch</p> <p>Check in and free time at the lodge</p> <p>6:30 PM Make Your Own Empanada dinner as a group</p>

Jose	7:00 PM Dinner and research program orientation	Veragua Rainforest Lodge	La Quinta Sarapiquí Lodge
Check into the Palma Real	Night walk to observe nocturnal insects and mammals of the rainforest		
6:00 PM Welcome dinner as a group	Veragua Rainforest Lodge		
Hotel Palma Real			

Trip Itinerary			
Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
<p>La Quinta Sarapiquí Lodge</p> <p>7:00 AM Breakfast and check out</p> <p>8:00 AM Depart for Fortuna</p> <p>Tour ASIS Wildlife Rescue Center</p> <p>Lunch at the rescue center</p> <p>Depart for hotel</p> <p>Check into hotel and free time in the afternoon</p> <p>Enjoy the hotsprings at Los Lagos</p> <p>7:00 PM Dinner at Los Lagos</p> <p>Hotel Kokoro</p>	<p>7:30 AM Hotel breakfast</p> <p>8:00 AM Depart for Arenal</p> <p>Experience Pure Trek Canyoning</p> <p>Rappel down a waterfall!</p> <p>Lunch as a group</p> <p>Free time exploring Fortuna and shopping in local markets</p> <p>Visit Vida Campesina organic farm and learn about conservation efforts in the region</p> <p>Help harvest and prepare an authentic local dinner</p> <p>Return to Kokoro</p> <p>Hotel Kokoro</p>	<p>Hotel Kokoro</p> <p>7:00 AM Breakfast and check out</p> <p>Morning hikes at the Arenal Volcano National Park</p> <p>Lunch</p> <p>Experience a Zipline Canopy tour</p> <p>Depart for Palma Real</p> <p>Check into hotel</p> <p>6:30 PM Farewell dinner as a group</p> <p>Palma Real</p>	<p>Palma Real</p> <p>7:30 AM Hotel breakfast and check out</p> <p>Morning sightseeing in San Jose (as time permits)</p> <p>Say goodbye to your Grand Classroom guides</p> <p>11:30 AM Arrive at the airport</p> <p>Lunch allotment at the airport</p> <p>2:50 PM - 7:09 PM Flight from San Jose, CR (SJO) to Orlando, FL (MCO)</p> <p>8:45 PM - 11:43 PM Flight from Orlando, FL (MCO) to Boston, MA (BOS)</p> <p>Thanks for traveling with Grand Classroom!</p>