



## Ten-Day Conservation Program Costa Rica

Start the adventure by visiting the Osa Peninsula and work side by side with local researchers on an in-water turtle monitoring program. Spend time with the staff in research boats to catch, study and release sea turtles. Help in the mangroves (habitat rehabilitation).

After such experience, travel to Cerro de la Muerte (3,451 m). Stay one night at a hotel located in the area in order to hike in the cloud forest and have a chance to spot the rare Quetzal (bird) the next date.

Proyecto Asis Wildlife Rescue Center will also be part of the trip. You will visit the facility to know the animals you will help. You will tour around the center in order to learn about the species and will also help accomplish some daily tasks required for the welfare of the species. Stay with local families and learn about the Costa Rican culture (food, jobs and more).

The program includes a full day nearby La Fortuna with activities such as zip lining. A healthy release of adrenaline and an incredible immersion in nature with a moving panoramic view; a walk to the Arenal Volcano with a naturalist guide; and hot springs heated right from the heart of such majestic volcano.

DAY	LODGE   MEALS	ACTIVITY
1	Dinner Hotel near airport	Arrive to San Jose airport (SJO)
2	BLD Delfines del Golfo Hotel	Transfer to the Sea Turtle Project Introduction Sea Turtle Project
3	BLD Delfines del Golfo Hotel	Volunteer at Sea Turtle Project
4	BLD Delfines del Golfo Hotel	Volunteer at Sea Turtle Project
5	BLD Hotel at Cerro de la Muerte	Bird watching tour
6	BLD Homestays	Transfer to Proyecto Asis Introduction with host families Introduction/ tour Proyecto Asis Wildlife Rescue Center
7	BLD Homestays	Zip line Canopy Tour Free time for shopping in La Fortuna town Volcano Hiking with bilingual guide Hot springs
8	BLD Homestays	Volunteer at Proyecto Asis
9	BLD Hotel near airport	Volunteer at Proyecto Asis (morning only) Transfer to hotel near to the airport
10	Breakfast	Transfer to the Airport. Flight

It includes:

Naturalist guide(s)  
Private in-country transportation  
Accommodations  
Meals as outlined  
Activities, entrance fees  
Purified water available on the bus

