Draft itinerary, Biology 499A

Dec. 27:
Arrive San Jose, Costa Rica on various incoming flights
Bus trip to San Ramon (1.5 hours)
Dinner in San Ramon
Overnight at Univ. of Costa Rica branch campus dorms
Pack that evening for our morning departure.
Separate out your gear to store (one bag to leave behind in locked storage; this can be as simple as a sturdy garbage bag) and gear to bring for our 3-day stay in the Biological Reserve near San Ramon. Minimum gear for that trip is one set of field clothes (long pants, shirt, raincoat, rubber boots, sturdy hiking socks, bathing suit), one set of indoor clothes (long pants, shirt, sweater, lightweight footwear), towel, bathroom kit, flashlight, notebook. A pocket umbrella is handy to have.

Dec. 28:
Breakfast in San Ramon
Bus trip to entry road for Reserva Biologica Alberto Manuel Brenes
Hike from however far the bus can get up the road (2-4 hrs hike)
Lunch at the Reserve
Afternoon hike on the trail leading to the waterfall, take a dip at base of waterfall
Dinner
Evening lectures
Optional nightwalk

Dec. 29:
Morning orientation hike on ridge
Afternoon: break up into groups, initiate group research projects
Evening lectures
Light trapping insects
Optional nightwalk

Dec. 30:
Work all day completing group research projects and preparing presentation
Evening student presentations of research projects
Merengue and salsa dance lessons
Pack, clean up the station

Dec. 31:
Breakfast at the Reserve
Hike down to the bus
Reunite with the rest of your gear; change into clean dry clothes
Bus trip to outskirts of San Jose (1.5 hrs)
Work on projects at the hotel; R&R at the pool
... or visit Volcan Poas if the weather is clear
New Year’s Eve dinner and dancing
Jan 1:
Early morning trip to Volcan Poas (if we didn’t go there previous day)
Midday departure for southern Pacific coast
Expect to watch first sunset of the new year from a gorgeous Pacific beach
Dinner in Uvita
Pack that evening for our morning departure to Campanario. Separate your gear to be stored (one bag to leave behind in locked storage; this can be as simple as a sturdy garbage bag) and gear to bring on our 7-day trip to Campanario. Minimum gear for that trip is one set of field clothes (long pants, shirt, rubber boots, sturdy hiking socks, bathingsuit), bathing suit, one set of indoor clothes (shorts, shirt, lightweight footwear), towel, bathroom kit, flashlight, notebook. You’ll want some additional clothing items for these 7 days. We can wash clothes by hand here (bring some small packets of biodegradable laundry soap) and dry them on clothes lines. Bring your snorkeling gear. Hat and sunglasses for very bright conditions are recommended. Sun screen is an absolute must (30-50 spf).

Jan 2:
Breakfast
Meet boats at the dock in Sierpe at about 9am
Boat ride through the mangroves and on to Campanario (2-3 hrs)
Lunch at Campanario
Get situated, meet with Campanario proprietor about rules etc.
Late afternoon swim in the Pacific
Dinner
Evening lectures

Jan 3:
Morning orientation hike
Afternoon: break up into groups, initiate group research projects
Evening lectures
Written reports of first group projects due

Jan 4:
Work all day completing group research projects and preparing presentation
Evening student presentations of research projects
Coral reef ecology lecture

Jan 5:
Morning departure for Isla del Cano
Snorkel on the reefs
Late morning departure from Campanario to Corcovado National Park
Late afternoon return to Campanario
Evening: work on write-up of group projects
Jan 6:
Work all day on independent projects

Jan 7:
Work all day on independent projects

Jan 8:
Work all day on independent projects
Evening small party

Jan 9:
Morning departure to Sierpe
Meet bus; reunite with the rest of your gear
Begin long ride up into the mountains (3-4 hrs)
Lunch in San Isidro
Bus ride to Cerro de al Muerte (8,000-11,000 feet elevation)
Evening: student presentations of independent projects
Written reports of 2nd group projects due
Overnight at high altitude (a cold night – bring small hat and long underwear to sleep in)

Jan 10:
Breakfast in the mountains
Short hike in high elevation forest and paramo habitat (12,000 feet)
Bus ride back to San Jose (2 hrs)
Shop
Check in at Hotel
Written abstracts from independent projects due
Lunch/Dinner (4pm-ish, will serve for both meals)
Last Night Party

Jan 11:
Departures to the airport for people leaving at various times