

HortClub trip to Costa Rica - 2014

Day 1, May 12, 2014

Arrive San Jose

Accommodation - Rincon de San Jose, San Jose

Day 2, May 13, 2014

Drive to Arenal

Finca Launa Neuva farm

Paradise Hot Springs

Accommodation - La Fortuna Hotel, La Fortuna

Day 3, May 14, 2014

Arenal Hanging Bridges

Arenal Vida Campesina Organic farm Accommodation - La Fortuna Hotel, La Fortuna

Day 4, May 15, 2014

Boat ride on Lake Arenal

Drive to Monteverde

El Trapiche Coffee tour

Santamaria Night Walk

Treehouse Café for dinner

Accommodation - Historias Lodge, Monteverde



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Day 5, May 16, 2014

Cloud Forest Curicancha Reserve
Adventure Canopy tour zipline
Accommodation - Historias Lodge,
Monteverde

Day 6, May 17, 2014

Drive to Puerto Viejo
Volcano Paos National Park
Accommodation - Cabinas
Jacaranda, Puerto Viejo

Day 7, May 18, 2014

Punta Mona Permaculture Farm
Beach swim
Accommodation - Cabinas
Jacaranda, Puerto Viejo

Days 8, May 19, 2014

Bribri indigenous tour de plantas
Drive to Alajuela
Accommodation - Buena Vista,
Alajuela

Day 9, May 20, 2014

Fly home to Kentucky



Pura vida - literally pure life. It symbolizes the Costa Rican way of simply enjoying life.



Our guide and group
photographer on the trip
was Edgar Bernes from
La Fortuna, Costa Rica.



Our traveling group.

Nancy

Matt

Sarah

Katie

Dr. Mark
Williams

Jamie



Checking in the first night in San Jose, we go over the travel itinerary.



Getting excited about
Costa Rica.



We ate very well on our trip.

Restaurante Marisqueria



Beans and rice (gallo pinto) were available for most meals.



A typical lunch called casado includes black beans, rice, plantains and salad.



Tortillas are also a Costa Rican staple food.



A typical breakfast includes eggs with rice and beans, tortillas, fresh fruit and it can be spiced up with Lizano chilero hot sauce.



This soup (olla de carne) included beef, potatoes, plantains, cassava (yucca), sweet potato, taro and water squash (chayote).



Ceviche with avocado and tomato toasted bread.
Ceviche is fresh raw fish cured in a citrus juice like lemon or lime.



Katie enjoying her buffet style meal at Soda Viquez in La Fortuna.

A Soda is a small family run restaurant.



My favorite meal was when Alice had the flaming fish dinner, although she was a little stressed about the shrimp with their heads still on.



The groups favorite restaurant was Mirador de la Catarata San Fernando, known as Vera's. It is a roadside soda on the trip from Paos Volcano to Puerto Viejo. The food was great, the waterfall views were wonderful and the hummingbirds buzzed through the restaurant while you eat.



Vera Gonzalez



View San Fernando Waterfall close up and from the restaurant.



The natural fruit drinks were very popular at each meal.



The fruit drinks came either natural or mixed with milk. The favorites were passion fruit, mango, star fruit, and guanabana (*Annona*).

Bebidas naturales / Natural Drinks

Piña	€500
Pineapple	
Chan	€500
Natural seed juice	
Linaza	€500
Linseed	
Tamarindo	€500
Tamarind	
Frutas	€500
Natural fruits juice	
Mango	€500
Mora	€500
Blackberry	
Guanabana	€500
Maracuya	€500
Cas	€500
Té frío	€500
Ice tea	



Batidos / Milk shakes

Cocomal	€800
Chocolate milk shake	
Crema	€800
Vainilla cream milk shake	
Papaya	€800
Papaya milk shake	
Banano	€800
Banana milk shake	

Bebidas calientes / Hot drinks

Café negro	500
Black coffee	
Café con leche	500
Coffee with milk	
Agua dulce	500
Sweet water	
Té	500
Tea	
Chocolate caliente	500
Hot chocolate	



La C...
Ho...

Gracias



For the more adventurous in the group, you could try local favorite drinks made from seeds like chan (*Hyptis*) or linaza (linseed).

Chan	€500
Natural seed juice	
Linaza	€500
Linseed	
Tamarindo	€500
Tamarind	



Chan (*Hyptis*) seeds as a drink.



After ten day of fun, it was time to fly home.

