## 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.

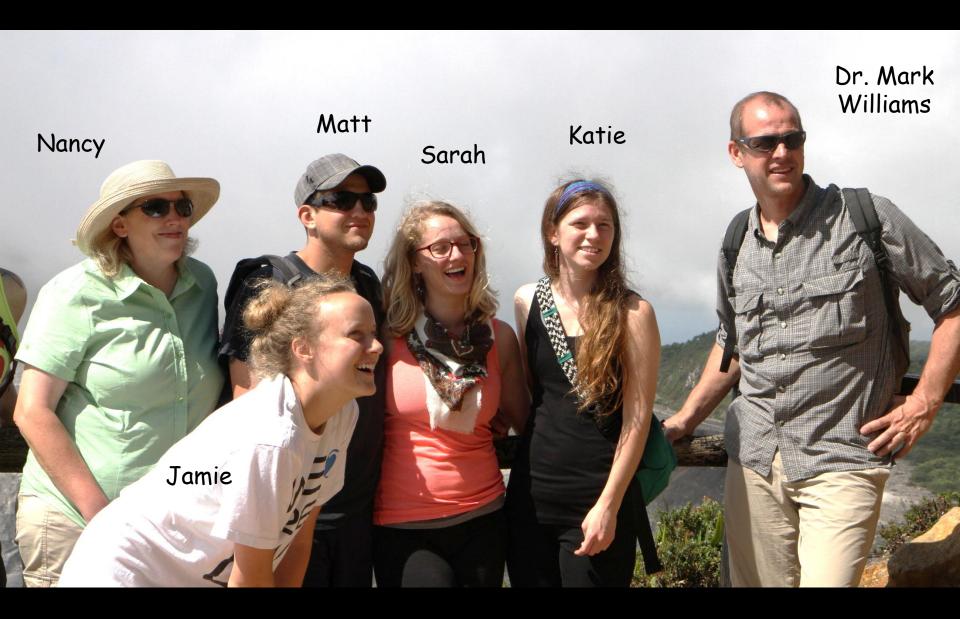


Our guide and group photographer on the trip was Edgar Bernes from La Fortuna, Costa Rica.





# Our traveling group.



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.



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 Veijo. The food was great, the waterfall views were wonderful and the hummingbirds buzzed through the restaurant while you eat.





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).





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





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

