



# Summer Trip Daily Activities

July 31, 2014 - August 9, 2014

## **Day 1 - July 31, 2014**

2:00 pm - Arrival at Liberia Airport  
3:00 pm - Lunch at Matador restaurant on the way to the resort  
4:00 - 5:00 pm - Tour around the resort  
7:30 pm - Dinner

## **Day 2 - August 1, 2014**

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:00 am - 1:30 pm - "Two in One" or "Ecological Forest Expedition" tour  
2:00 pm - Lunch at Borinquen  
3:00 - 6:30pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools  
7:30 pm - Dinner at Borinquen

## **Day 3 - August 2, 2014**

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:00 pm - 1:30 pm - "Las Cumbres Scenic Tour"  
1:00pm - Lunch at Borinquen  
3:00 - 6:30pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools, Aquarobic Class  
7:30 pm - Dinner at Borinquen

## **Day 4 - August 3, 2014**

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:30 am - Breakfast (complimentary)  
9:30 am - Departure to Ocotol Beach  
10:00 - Famous Costa Rican Coffee Tasting  
11:00pm - 3:30 pm - Sunbathing with Yoga on the beach and Aqua Warm -Up with Lunch at Father Rooster Beach Restaurant  
3:30pm - 8:00 pm - Tour around El Coco Main street with Dinner at Seafood Reastaurant  
9:30 pm - Return to Borinquen

## **Day 5 - August 4, 2014**

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:30 am - 5:00 pm - "Rincon de la Vieja - Crater Expedition" with Lunch  
5:00 - 7:00pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools, Aquarobic Class  
8:00 pm - Dinner at Borinquen



# Summer Trip Daily Activities

July 31, 2014 - August 9, 2014

## ***Day 6 - August 5, 2014***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:30 am - Depart to Arenal Observatory Lodge or Liberia International Airport  
2:00 pm - Arrival and check-in at Observatory Lodge  
4:00 pm - Guided Lava Tour  
8:00 pm - Dinner at Observatory Lodge

## ***Day 7 - August 6, 2014***

7:30 am - Guided Morning Walk along the trails of Rain Forest  
10:00 am - Breakfast at Observatory Lodge (complimentary)  
10:30 am - 10:00 pm - All Day Visit of Baldi Hot Springs Resort and Spa with 5 pm Pilates class and Dinner (included)

## ***Day 8 - August 7, 2014***

6:30 am - Breakfast at Observatory Lodge (complimentary)  
7:30 am - 4:30 pm - Naturalistic Cano Negro Wildlife Refuge tour with lunch (included)  
5:00 - 7:00 pm - Spring-fed Swimming pool and Jacuzzi with afternoon Pilates class  
8:00 pm - Dinner at Observatory Lodge Restaurant

## ***Day 9 - August 8, 2014***

7:30 am - Breakfast at Observatory Lodge (complimentary)  
8:00 am - 12:00 pm - Arenal Hanging Bridges Tour with 4 km of hiking trails and 15 bridges  
12:30 pm - Lunch at Observatory Lodge Restaurant  
1:00 pm - 5:00 pm - Safari Penas Viejas River Tour (fruits snacks included)  
7:00 pm - Dinner at Observatory Lodge

## ***Day 10 - August 9, 2014***

7:30 am - Breakfast at Observatory Lodge (complimentary)  
8:30 am - Departure from Observatory Lodge  
12:00 pm - Arrival at Liberia International Airport

***Goodbye, Costa Rica!***