



## Travel Itinerary –Women in Transition Retreat

**October 18 - 25, 2008**

### **October 18**

Fly into San Jose airport

Met at airport by Retreats Costa Rica representative and transfer to hotel

Stay at Hotel Alta (Deluxe Room)

*Stylish boutique hotel with Spanish Colonial architecture overlooking the 'Sun Valley' of Santa Ana. Pool and small gym as well as gourmet restaurant on premises.*

### **October 19 (B,L,D)**

Breakfast at hotel

1 hour Go Wild Workshop - Principles of Business and Life Survival

Mountain hike

Gourmet luncheon

Travel to Arenal via private mini-bus

Dinner in Arenal

Evening – open activity

Stay at Montaña de Fuego (Deluxe Cabin)

*Lovely wooden cabins, hot tubs, pool, walking paths and spa all feature majestic views of Arenal volano.*

### **October 20 (B,L,D)**

Breakfast at hotel

Go Wild Workshop: Building your Adaptability

River Rafting Adventure Rio Toro CLASS III-IV

*An 8 mile adventure down the Rio Toro River*

**What to bring:** *rubber soled shoes that can get wet (tevas, tennis or similar), swimsuit and shorts of a quick-drying material, t-shirt (optional), sun screen, towel, complete change of clothes for after rafting.*

Lunch after rafting

Evening activity – soaking at the luxurious Tabacon Hot Springs **What to bring:** bathing suit (towels provided)

Dinner at Tabacon Hot Springs

Stay at Montaña de Fuego (Deluxe Cabin)

### **October 21 (B,L,D)**

travel@latitudesadventure.com

Tel. (506)-203-7576 Fax (506) 203-0095 Toll free 1-866-735-9115 San Jose, Costa Rica

Mailing Address: #SJO 11156 1601 NW 97<sup>th</sup> Avenue  
PO Box 025331, Miami, Florida 33102-5331



Breakfast at hotel

Don Juan's farm –Take a step back in time and discover the secrets of plant 'makeup', pick your own spices and enjoy farm fresh food with the delightful 'Don Juan'

Transfer to Puerto Viejo via private mini-bus (lunch en route)

Dinner at hotel

Go Wild Workshop: Unleash your Creative Spirit

Stay at Almonds and Corals Deluxe Tent Camp (Junior SuiteTent)

*Located in the heart of the Gandoca Manzanillo Nature Reserve on the shores of the south Caribbean coast, luxury tents are atop platforms. Each tent has a private 'real' bathroom (toilet, sink, shower), electric lamps, hammocks, mosquito netting and fans. Truly unique and magical!*

### **October 22 (B,L,D)**

Breakfast at hotel

Go Wild Workshop: Flying High and Going Wild: Building your Confidence and Self Esteem

Canopy Tour

*Climb high into the jungle canopy. Ride zip lines, repel and walk through nature.*

***What to wear:*** comfortable walking/tennis shoes, loose fitting longer shorts, t-shirt

Lunch at Maxi's on the beach in the fishing village of Manzanillo

\$15

Afternoon – open

Diner at hotel

Evening – open

### **October 23 (B,L,D)**

Early morning dolpin tour – Sail onto the Caribbean Sea to search for dolphin pods and snorkel in the warm waters.

Breakfast at hotel

Go Wild Workshop: Life Balance and Stress Management for A Modern World

Lunch

Afternoon – open

Dinner at hotel

Evening – open

### **October 24 (B,L,D)**

Breakfast at hotel

Morning – open

Sloth Refuge Tour – Take a life lesson from world's slowest animal - the sloth – and learn the importance of taking your time and just 'being'

Transfer to San Jose via private mini-bus

Lunch en route

Final Dinner: Photo Safari, Go Wild Presentations and Certification

Stay at Hotel Alta (Deluxe Room)

### **October 25 (B)**

Breakfast at hotel

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Transfer to San Jose airport  
Flight home

All Inclusive Tuition and Tour including taxes, accommodations, airport transfers,  
in-country transportation, all meals, workshops, coaching, tour guide

Single occupancy **\$3400**

Double occupancy (per person) **\$2800**

\*One on one coaching sessions will also be scheduled during the program.

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