

## Final Cost Rica Trip Itinerary

### **Tuesday, January 15, 2008:**

**10:00 am** Bus departs FSU with Frank “the tank”  
**2:00pm** Training: Dulles Sportsplex  
**5:00pm** Check in at Comfort Inn-Pentagon  
**7:00pm** Dinner at Pentagon City Ruby Tuesdays

### **Wednesday, January 16: Day 1- San Jose Hotel**

**8:25 am** Depart Washington D.C. National Airport  
American Airlines Flight #2187  
**1:55 pm** Arrive San Jose, Costa Rica airport pick up  
by private bus and our Driver Felix  
**3:00 pm** Check in at the hotel for 3-night stay  
**5:00 pm** Training at neighborhood Park  
**6:30 pm** Orientation: learn about Costa Rica &  
preview the tour, meet Shanti and our tour  
guides, Dan and Andres  
**7:00 pm** Welcome dinner at the Hotel Pool Area  
**7:30 pm** Local music & dance presentation

### **Thursday, January 17: Day 2- San Jose Hotel**

**8:00 am** Breakfast  
**9:00-11 am** Team training at “Proyecto Gol” Park  
**12:30 pm** Lunch  
**3:30 pm** GAME vs UCEM Alajuela (2-2)  
**7:30pm** Dinner and Games at local restaurant near  
the US Embassy

### **Friday, January 18: Day 3- San Jose Hotel**

**8:30 am** Breakfast  
**9:00-12pm** Walking Tour of San Jose: Shopping at a  
local market, visits to the Legislative  
Assembly, Central Park, Supreme Court and  
National Theater.  
**1:00 pm** Lunch  
**3:00 pm** GAME vs C.R. U-20 National Team (1-4)  
**8:00 pm** Dinner out across from the Hotel

### **Saturday, January 19: Day 4- Tilajari Hotel**

**8:00 am** Breakfast  
**9:00 am** Depart hotel for San Carlos – 3 hours  
**10-11 am** Shopping in Sarchi – Famous for crafts, ox-  
carts, and hand-painted art  
**12:30 pm** Lunch and Check into Tiliajari Hotel  
**3:30 pm** Team training at Tilajari field  
**5:30 pm** Depart hotel for Baldi Hot Springs near La  
Fortuna and the Arenal Volcano  
**6:30 pm** Dinner and swimming at the Baldi Resort

### **Sunday, January 20: Day 5- Tilajari Hotel**

**8:00 am** Breakfast  
**9am-12:30 pm** “Ecoglide” Rainforest Canopy zip-line tour at  
the foot of the Arenal Volcano  
**1:00pm** Lunch  
**4:30 pm** GAME vs San Carlos (1-0)  
**7:00 pm** Giants/Packers playoff party with Dinner

### **Monday, January 21: Day 6- Jaco Beach Hotel**

**8:00 am** Breakfast  
**9:00 am** Transfer south to Jaco Beach  
**1:00 pm** Lunch and Check in to Best Western-Jaco Beach  
All-inclusive ocean front resort  
**1:00 pm** Lunch  
**2:00 pm** Shopping and beach day along Jaco’s  
main street and Pacific beach  
**7:00 pm** Dinner

### **Tuesday, January 22: Day 7 Jaco Beach Hotel**

**8:00 am** Breakfast  
**9-5:00 pm** Day Trip to Manuel Antonio National Park  
**7:00 pm** Dinner

### **Wednesday, January 23: Day 8 San Jose Hotel**

**9:00 am** Breakfast  
**10:00 am** Depart for San Jose  
**12:00 pm** Check into hotel for 1-night stay  
**12:30 pm** Lunch  
**3:30 pm** GAME vs Sportek Heredia (2-3)  
**7:00 pm** Farewell dinner and presentation at Friday’s

### **Thursday, January 24: Day 9**

**7:30 am** Breakfast  
**8:30am** Visit to children’s day shelter  
**11:00am** Arrive San Jose airport  
**2:05 pm** Depart San Jose, Costa Rica  
**9:55 pm** Arrive Washington D.C. National Airport  
American Airlines Flight #868  
**1:30am** Bus arrives at FSU!