



## Sea Turtles & Marine Biology Program: 10 days / 9 nights

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### **DAY ONE - Arrive in Costa Rica + Transfer to Golfo Dulce**

- Arrive at San Jose International Airport in the late morning
  - Lunch
  - Transfer to Osa Peninsula / Golfo Dulce
  - *Sea Turtle Ocean Survey Talk*
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### **DAY TWO - Sea Turtle Ocean Survey**

- *ALL DAY: Hands on research with Sea Turtles that forms part of ongoing conservation efforts in the Osa Peninsula*
  - Night time Sea Turtle Observation Activity
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### **DAY THREE - Mangrove Forest Project**

- *Volunteer: Mangrove reforestation*
  - Transfer to the *Centro de Investigación de Cetáceos Research Center*
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### **DAY FOUR - Dolphin Research + Frogs**

- *Morning: Dolphin research from a boat at the Centro de Investigación de Cetáceos*
  - Afternoon group presentations on findings
  - *Frog discovery night walk*
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### **DAY FIVE - Playa Tortuga**

- Transfer to *Playa Tortuga Research Center*
  - *Crocodile, Mammal, and Endangered Species Research Presentation*
  - *Playa Tortuga Sea Turtle Activity*
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## **DAY SIX - Community Service**

- *Playa Tortuga Community Service helping to plot research areas, keep the beach clean, or working with local communities*
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## **DAY SEVEN - Manuel Antonio National Park**

- *Swim and Snorkel*
  - *Manuel Antonio NP Hike*
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## **DAY EIGHT - Surf Lessons**

- *Surf Lessons*
  - *Rainmaker Waterfall Hike*
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## **DAY NINE - Zip Line + Transfer to San Jose**

- *Zip Line through the Cloud forest*
  - *Transfer back to San Jose*
  - *Farewell Dinner*
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## **DAY TEN - San Jose + Trip Home**

- *San Jose City + Market Tour*
- *Flight home*