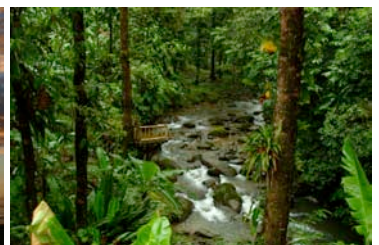




Family Trip

Costa Rica Adventure Trip

07/26/11 – 08/03/11



Destination: Costa Rica, Central America

Dates of travel: 07/26/11 – 08/03/11

Departure Date: 07/26/11 (Sunday)

SJO Return Date: 08/03/11 (Wednesday)

Total # of nights: 8 nights / 9 days

Travel Route



International Flight Itinerary

International Flights with American Airlines (www.aa.com)



Your Itinerary

Carrier	Flight Number	Departing		Arriving		Booking Code	Meals
		City	Date & Time	City	Time		
 AMERICAN AIRLINES	2230	SFO San Francisco	Jul 26, 2011 09:15 AM	DFW Dallas/ Fort Worth	Jul 26, 2011 02:40 PM	Y	Food For Purchase
 AMERICAN AIRLINES	2167	DFW Dallas/ Fort Worth	Jul 26, 2011 04:30 PM	SJO San Jose	Jul 26, 2011 07:30 PM	Y	Dinner
 AMERICAN AIRLINES	2166	SJO San Jose	Aug 03, 2011 09:25 AM	DFW Dallas/ Fort Worth	Aug 03, 2011 02:40 PM	Y	Breakfast
 AMERICAN AIRLINES	449	DFW Dallas/ Fort Worth	Aug 03, 2011 04:55 PM	SFO San Francisco	Aug 03, 2011 06:25 PM	Y	Food For Purchase

Traveling passengers may check in and obtain boarding passes for U.S. domestic electronic tickets within 24 hours of the flight time online at AA.com by using www.aa.com/checkin or at a Self-Service Check-In machine at the airport. Check-in options may be found at www.aa.com/options. For information regarding American Airlines checked baggage policies, please visit www.aa.com/baggageinfo.

Travelers must present a government-issue photo ID with either a boarding pass or a priority verification card at the security screening checkpoint

Please remember flight details are subject to change. In order to check a flight's status, gate, or departure and arrival time, go to www.aa.com and enter the flight information in the Gates and Times search area. In order to receive automatic notifications of flight changes, click on the Flight Status Notifications section on the www.aa.com homepage and enter the required flight and contact information.

Suggested Money to Bring:

* \$200 US Dollars (new/clean/non-ripped small denominations of \$1s, \$5s, 10s & \$20s)
For tips to drivers, house-keepers, tour guides and airport exit fee (Make sure to keep \$52 for your Costa Rica airport exit tax at the airport before you check-in for your flight)

* One or Two Visa or MasterCard ATM/Bank Debit Cards
For withdrawing Costa Rican Colones at ATMs for spending cash, and to charge any additional tours that were not already paid in advance, etc. Your bank will charge a ATM fee (usually \$3-5 US dollars) and the Costa Rica ATM will charge a currency conversion fee, which is about \$1-\$3 depending on how much you withdraw. Most ATM machines in Costa Rica (and they seem to be popping up everywhere now), accept all the main partners, like PLUS, STAR, Interlink, etc., so you shouldn't have a problem using your ATM / Debit Card to withdraw local currency or make charges at places that accept Visa or MasterCard charges.

* Two (2) Visa or MasterCard Credit Cards
If you plan on using your credit cards for most of your in-country expenses, including withdrawing local currency, bring two cards, to have a back-up in case one doesn't work for some reason. You can use a Credit Card for withdrawing Costa Rican Colones at ATMs for spending cash (as long as you have your login code), and to charge any additional tours, hotels or transfers that were not already paid in advance, etc. Same local ATM conversion fees apply, however, most credit card companies have different policies for Cash Advances from Credit Cards, so please check with your credit card company for any fees that may apply.

Exchange Rate

\$1 US Dollar = 500.00 Colones (as of 07/06/11)

Climate/Forecast

Wet Season / Sunshine during the day and light showers in afternoons (70% chance of rain in the rainforest and mountains)

See current weather conditions:

<http://www.timeanddate.com/weather/costa-rica/san-jose>

Suggest doing all your activities in the mornings when the sun is out.

Time Zone

Standard time zone: UTC/GMT -6 hours

1 Hour Ahead of PST Time

See current local time: <http://www.timeanddate.com/worldclock/city.html?n=225>

Contact for MK Connection & Travel Tour Operator in Costa Rica

If you would like to book additional tours while you are in-country, you can contact Karla Campos at MK Connection & Travel, and they will gladly assist you. In addition, in the event that there is a problem or situation with one of the bookings you made through MK Connection & Travel (hotels, transfers and/or tours), please contact Karla Campos or Magaly Mora at MK Connection & Travel (Tour Operator), who will be able to assist you.

MK Connection & Travel

Office #: 506-2430-6841 (Office Hours – 8 am – 5 pm)

Emergencies Only: 8-384-0132 (Karla's mobile) or 8-371-8543 (Magaly's mobile)

Day to Day Travel Itinerary

Travel Itinerary Key

RED COLOR - SPECIAL NOTE (READ CAREFULLY)

BLUE COLOR - SUGGESTED & SCHEDULED ACTIVITIES & TOURS

Destinations/Areas to Visit:

1. San Jose
2. Monteverde
3. Manuel Antonio

Summary of Overnights at Destinations:

07/26 (1 Night): - San Jose (At Ramada Herradura)
07/27 - 07/28 (2 Nights): - Monteverde (At Hotel El Establo)
07/29 - 08/01 (4 Nights): - Manuel Antonio (At Hotel La Mariposa)
08/02 (1 Night): - San Jose (At Ramada Herradura)
08/03: - Travel Day Home

Day 1: Tuesday, July 26th (Fly To Costa Rica)

7:00 am: Check in at SFO for American Airlines Flight #2230
9:15 am: Depart SFO for Dallas
2:40 pm: Arrive in Dallas (layover - plane change)
4:30 pm: Depart for SJO on American Airlines Flight #2167
7:30 pm: Arrive in Costa Rica!
8:00 pm: Private Airport Taxi Transfer to Ramada Herradura Hotel
- See TRANSFER SUMMARY FOR DETAILS
Check into Ramada Herradura - See HOTEL SUMMARY FOR DETAILS
Unwind/Relax at hotel
Suggest Dinner at hotel
Stay 1st night in San Jose

Airport Arrival Instructions: Proceed through Immigration, Baggage Claim and Customs). When you exit the airport, look for your Taxi Driver (Don Mauricio Alpizar - cell phone # 8321-0647), who will have a sign with your name on it "MACKEY FAMILY". He will give you the vouchers for ALL your bookings made through MK Connection and drive you to the Ramada Herradura hotel. He will also be your driver who takes you back to the airport on your last day.

Day 2: Wednesday, July 27th (Transfer to Monteverde)

Breakfast at Hotel (included - buffet style)
8:35 am: Morning Transfer to Monteverde with Interbus Shuttle - See TRANSFER SUMMARY FOR DETAILS
Check into El Establo Hotel in Monteverde
Spend afternoon exploring the town
Spend afternoon walking around Monteverde Village (art galleries, cafes, etc.)
Suggest Dinner at De Lucia's Restaurant (cozy and charming restaurant)
Spend 2nd night in Monteverde

Day 3: Thursday, July 28th

Breakfast at hotel (breakfast included)

7:50 am PICK UP AT HOTEL FOR SCHEDULED ACTIVITY/TOUR: Selvatura Park

- See TOURS SUMMARY FOR DETAILS

Suggest afternoon hiking through Monteverde Cloud Forest National Park (\$10 entrance per person)

Visit the Cheese Factory for their famous & delicious home-made Ice Cream!

Suggest Dinner at Tree House, Flor de Vida or Sofia's (all 3 are local favorites)

Spend 3rd night in Monteverde

Day 4: Friday, July 29th (Transfer to Manuel Antonio)

Breakfast at hotel (breakfast included)

8:15 am: Morning Transfer to Manuel Antonio with Interbus Shuttle – See TRANSFERS SUMMARY FOR DETAILS

Check into La Mariposa Hotel and have lunch at your hotel or nearby

Spend afternoon relaxing at the hotel pool, room or taking an exploratory walk around the hotel grounds or up to the main road

Suggest Dinner at your hotel or on the Barba Roja Restaurant Sunset Deck if the weather is nice

Spend 4th night in Manuel Antonio

Day 5: Saturday, July 30th

Breakfast at hotel (breakfast included)

SUGGESTED ACTIVITY/TOUR: Self-hike through Manuel Antonio National Park and Beaches (\$10 entrance fee) and lunch at La Esquinas Restaurant located near the entrance/exit to the park, and right in front of Manuel Antonio's most popular beach, Playa Espadilla

After lunch, take a walk on the beach and explore Manuel Antonio Village

Hop on the bus and return to your hotel in the afternoon to relax by the pool or on the balcony

Suggest Dinner at MAR LUNA Restaurant

Spend 5th night in Manuel Antonio

Day 6: Sunday, July 31st

Breakfast at hotel (breakfast included)

SUGGESTED ACTIVITY/TOUR: Snorkeling/Catamaran Lunch Tour (with Planet Dolphin)- See <http://www.planetdolphin.com>

Spend afternoon relaxing at the hotel poolside or take the bus and explore Quepos town)

Suggest Dinner at El Avion Restaurant (old CIA Cargo plane converted into a restaurant)

Spend 6th night in Manuel Antonio

Day 7: Monday, August 1st

Breakfast at hotel (breakfast included)

SUGGESTED ACTIVITY/TOUR: Savegre River Rafting Tour (includes lunch) (with Amigos del Rio- See <http://www.amigosdelrio.net> or SCUBA diving tour with Oceans Unlimited - See <http://www.oceansunlimitedcr.com>)

Suggest Dinner at ANACONDA Restaurant located inside Costa Verde Hotel

Spend 7th night in Manuel Antonio

Day 8: Tuesday, August 2nd (Transfer to San Jose)

Breakfast at hotel (breakfast included)

1:35 PM: Transfer to San Jose with Interbus Shuttle - See TRANSFERS SUMMARY FOR DETAILS

Check into Ramada Herradura Hotel

Suggest Dinner at one of the restaurants at the Ramada

Spend 8th night in San Jose

Day 9: Wednesday, August 3rd (Travel Day Home)

Breakfast at hotel (breakfast included)

7:00 am: Transfer to San Jose Airport with Airport Taxi - See TRANSFERS SUMMARY FOR DETAILS

7:30 am: Check in for American Airlines Flight #2166

9:25 am: Depart for Dallas (US hub for plane change to SFO)

2:40 pm: Arrive in Dallas (Immigration & Customs - recheck bags and board plane)

4:55 pm: Depart Dallas for SFO on American Airlines Flight #449

6:25 pm: Arrive in SFO (Home sweet home)!

Suggestion after Flight when you get home:

Drink lots of water, place two drops off Lavender essential oil on your pillow before going to bed, and get a good night's sleep. You will wake up refreshed and restored.

HAVE A PURA VIDA
TRIP TO COSTA RICA!!!

General Information



Costa Rica Flag

Official Language:

Spanish

Online Websites about Costa Rica: History, Travel Info, Safety and Health Issues

Tico Times - Local English Newspaper

<http://www.ticotimes.net>

Costa Rica Public Bus Schedules/Info

http://www.monteverdetours.com/transport/public_bus_schedule.htm

<http://www.nosaratravel.com/BusSchedule.html>

Costa Rica Tourism Board

<http://www.visitcostarica.com>

Wikipedia - Costa Rica

http://en.wikipedia.org/wiki/Costa_Rica

We Love Costa Rica - Travel, Real Estate, and Living in Costa Rica Info

<http://www.welovecostarica.com>

US Department of State - Costa Rica

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1093.html

U.S. Embassy - Emergency Preparedness - Health Issues: Disease

<http://usembassy.or.cr/emergency6.html>

Canada Embassy in Costa Rica - SAFETY AND SECURITY INFO FOR CANADA CITIZENS

<http://geo.international.gc.ca/latin-america/sanjose/>

Tourist Visa Information

<http://geo.international.gc.ca/latin-america/sanjose/visa/visas-05-en.aspx>

Center for Disease Control - National Center for Infectious Diseases

<http://www.cdc.gov/travel/camerica.htm>

World Health Organization

<http://www.who.int/countries/cr/en/>