Cultural Inmersion Retreat in San Jeronimo

⬛ Course Outline

Day 1

- Group pick-up in San Jose (10 am)
- Welcome meeting with guides who will introduce themselves and provide an overview of the retreat.
- Lunch on the way
- Guided tour of the village, important landmarks such as rivers and mountains.
- Afternoon relaxation and group dinner with local cuisine.

Day 2

- Guided tour of a coffee plantation, coffee picking, and learning about the harvesting process.
- Lunch at the farm
- Process of taking coffee to the patio.

Day 3

- Session on roasting techniques and coffee packaging.
- Tasting of local coffees
- Lunch with traditional Costa Rican dishes prepared by local cooks.
- Soccer match.

Day 4

- Morning cooking class to learn how to prepare traditional Costa Rican dishes.
- Visit to a nearby farm or plantation to learn about agricultural practices, citrus harvesting, and packaging.
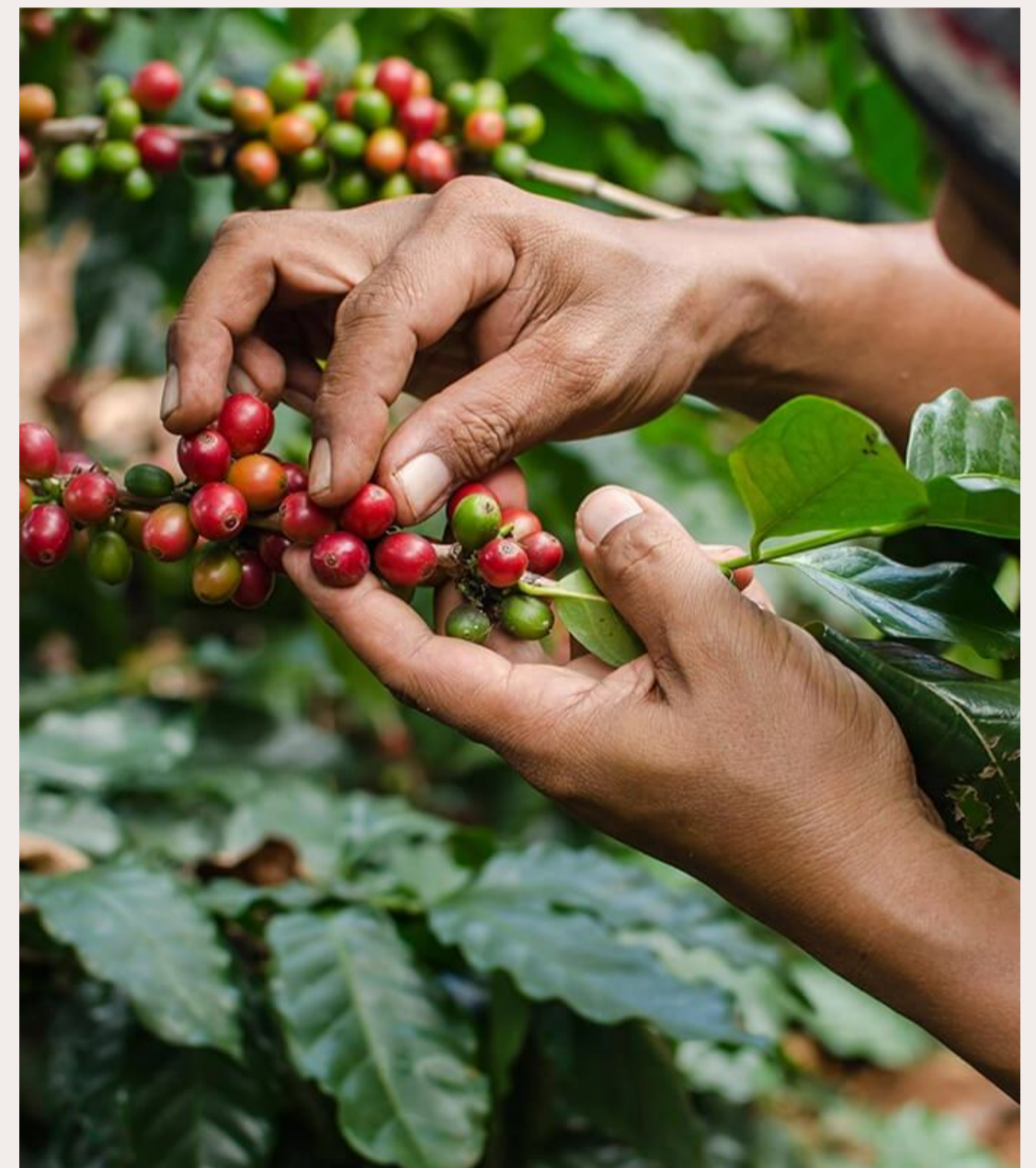
Day 5

- Guided birdwatching hike with outdoor breakfast (6 am)
- Picnic lunch in an outdoor setting.
- Evening group reflection session to share the retreat experiences.

Day 6

- Breakfast at the accommodation.
- Transfer to San José or bus station with assistance. (12 pm)

Live a unique learning experience in Costa Rica

Immerse yourself in the vibrant culture and traditions of San Jerónimo, Costa Rica, with this 6-day retreat led by local guides. Explore the community, visit coffee plantations, and participate in cultural activities. Dive into the culinary scene with cooking classes and gain a deep insight into the rich history of the region through guided tours of natural spaces. This retreat offers a unique opportunity to connect with the heart and soul of Costa Rican culture while enjoying the hospitality of the locals.

COURSE START AND ARRIVAL

Departure from San Jose will be at 10 am. Participants are encouraged to arrive early.

COURSE END AND DEPARTURE

The retreat will conclude around 10 a.m. Departure from San Gerónimo to San José will be at noon.

*Cost includes food, lodging and course instruction.