

Parador Nature Resort & Spa

Punta Quepos, Manuel Antonio, Costa Rica
506 2777-1414

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Included activities:</p> <ul style="list-style-type: none"> • Meals • Tours • Writing • Transfers 		<p>1</p> <p>1:30 p.m. - Arrive at San Jose Airport by 1:30 p.m. at the latest</p> <p>Transfer from San Jose Airport to hotel with driver, bilingual guide</p> <p>Arrive at hotel and settle in</p> <p>5:00 p.m. – 8:00 p.m. Orientation, introductions, and welcome dinner – Parador Sunset Terrace</p>	<p>2</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>8:00 a.m. – noon Manuel Antonio National Park Tour</p> <p>12:30 – 2:00 p.m. Group lunch at Marlin Restaurant</p> <p>3:00 – 6:00 p.m. Writing instruction</p> <p>6:00 p.m. on Dinner/evening on your own</p>	<p>3</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>9:00 a.m. – noon Writing instruction & feedback session at hotel</p> <p>Noon -1:30 p.m. Lunch on your own</p> <p>2:00 – 4:00 p.m. Optional group write-in at hotel</p> <p>5:00 – 8:00 p.m. Dinner at Ronnie's Place</p>	<p>4</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>Day to write or explore on your own</p> <p>Lunch/dinner on your own</p> <p>3:00 – 5:00 p.m. Optional group write-in at hotel</p>	<p>5</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>9:00 – 11:00 a.m. Optional one-on-one coaching sessions with Patricia</p> <p>11:00 a.m. – 1:00 p.m. Feedback session at hotel</p> <p>1:00 – 2:00 p.m. Lunch on your own</p> <p>2:00 – 5:30 p.m. Free time at hotel</p> <p>5:45 – 7:30 p.m. Night walk at private nature reserve</p> <p>7:45 – 8:30 p.m. Light dinner around Espadilla Hotel pool</p>
<p>6</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>9:00 a.m. – 1:00 p.m. Damas Island mangrove tour</p> <p>1:00 – 2:00 p.m. Lunch at Tucane's Restaurant</p> <p>3:00 – 5:00 p.m. Writing instruction & writing time at hotel</p> <p>6:00 p.m. on Dinner/evening on your own</p>	<p>7</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>8:00 – 11:00 a.m. Writing instruction & time at Fraggata Restaurant at hotel</p> <p>11:00 a.m. – noon Optional Dutch-treat lunch at Fraggata</p> <p>1:00 – 5:00 p.m. Free time to write or explore on your own</p> <p>6:00 p.m. – 9:00 p.m. Farewell dinner & author reading</p>	<p>8</p> <p>6:00 – 10:00 a.m. Breakfast at hotel</p> <p>8:00 a.m. Transfer to San Jose Airport</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>