

Table of Contents – Girls En Motion (Costa Rica)

COSTA RICA GENERAL FACTS	2
GROUP FLIGHT SCHEDULE/TICKET INFO	2
RESORT INFORMATION – The Springs Resort & Spa	3
SPRINGS ROOMING DETAILS	3
SPA SERVICES – Springs Resort	3
RESORT INFORMATION – The Westin Golf Resort & Spa	4
WESTIN ROOMING DETAILS	4
COSTA RICA TRAVEL AGENDA	5
WEDNESDAY, May 3 – Arrive Liberia / Transfer to Arenal	5
THURSDAY, May 4 – Sky Adventures: Sky Tram / Sky Walk Tour & La Fortuna Waterfall	5
FRIDAY, May 5 – Water Rafting / Ziplining	5
SATURDAY, May 6 – Transfer from Arenal to Liberia	6
SUNDAY, May 7 – Beach Day / Private Charter Catamaran Cruise	6
MONDAY, May 8 – Time to go home!	6
GROUP TRANSPORTATION DETAILS	7
ADDITIONAL INFO	8
US EMBASSY IN LIBERIA	8
ENROLL IN STEP (Smart Travel Enrollment Program)	8
PARKING OPTIONS/CARPOOL	8
HELPFUL TIPS – AT A GLANCE	8
PACKING CHECK-LIST	8
EMERGENCY CONTACT FORM	9
TRAVEL WAIVER	10

Arenal and Liberia

COSTA RICA

Wednesday, May 3 – Monday, May 8

COSTA RICA GENERAL FACTS

- [General Facts About Costa Rica](#)
- [FAQ's Costa Rica Travel](#)
- [Money & Currency](#): US Dollar and major credit cards (Visa, Master Card, Amex) are widely accepted.

GROUP FLIGHT SCHEDULE/TICKET INFO

Flight Schedule – Southwest Airlines

Depart – Wednesday, May 3

Flight #5 Depart DAL 8:00a Arrive HOU 9:05a
Flight #691 Depart HOU 10:45a Arrive LIR 1:05p

Return – Monday, May 8

Flight #817 Depart DAL 2:00p Arrive HOU 6:35p
Flight #64 Depart HOU 10:00p Arrive DAL 11:00p

Ticketing Info

Southwest Airlines – Record Locator YZJNPV

Passenger Name/Ticket Number

Annie Brown	5268511102892	Lenesha Horner	5268511102884
Brenda Ballard (Russell)	5268511102907	Sharon Johnson	5268511102900
Carolyn Foster	5268511102889	Tangerla Gray	5268511102893
Casaundra Holt	5268511102898	Terri Bell	5268511102894
Cheryl Hill	5268511102886	Tisa Jordan	5268511102896
Dorona Fortner	5268511102891	Trina Hill	5268511102906
Katrina Johnson	5268511102901	Yolanda Crawford-Roach	5268511102895
Krystal Dotson	5268511102888		

Southwest Airlines – Record Locator 6D899U

Passenger Name/ Ticket Number

Alicia Rayford	5268511102899	Leila Mubarak	5268511102902
Danica Williams	5268511102887	Monique Scott	5268511102905
Jennifer Pullum	5268511102903	Nakia Smith	5268511102897
Jennifer Street	5268511102883	Robin Mims	5268511102904
LaRyta Wiggins	5268511102890	Victoria Morgan	5268511102885

Shaniqua Epps: Southwest May 3, Arrive 1:05p / SW #691: HOU to LIR / Record Locator: NG6SDN
May 8, Depart 2:00p / SW #817: LIR to HOU / Record Locator: NG6SDN

Shaneisha Daniel: Delta May 3, Arrive 12:03p / Delta #353: ATL to LIR / Record Locator: GSXFSR
May 8, Depart 12:59p / Delta #356: LIR to ATL / Record Locator: HSLEFO

Flight Schedule – United Airlines

May 3:

6:38a, Flight #570, Dallas to Houston
9:10a, Flight #1512, Houston to Liberia
11:25a – arrival to Liberia

May 8:

12:25p, Flight #1516, Liberia to Houston
7:40p, Flight #1242, Houston to Dallas
8:57p – arrival to Dallas

Name	Record Locator	Name	Record Locator
Kenya Morgan	NJEDXV	Curtesa Farrow	NJT5FY
Valerea Maclin	NJEDXV	Crystal Brown	NJT5FY
LaToya Austin	#PMVJ91 (same flight itinerary to/from Liberia through Houston)		

RESORT INFORMATION – The Springs Resort & Spa

Check in: May 3 - Check out: May 5

[The Springs Resort and Spa at Arenal](#)

La Fortuna, Costa Rica

+506 2401 3300

Joselyn Arroyo: +506 2401 3351

Mobile: +506 6086 9827

SPRINGS ROOMING DETAILS

ROOM TYPE					
1 Penthouse	Shaniqua	Epps	5 3bdrm Prem	Dorona	Fortner
1 Penthouse	Lenesha	Horner	5 3bdrm Prem	Sharla	Donald
1 Penthouse	Sharon	Johnson	5 3bdrm Prem	Monique	Silas
2 Villa	Carolyn	Foster	5 3bdrm Prem	Nakia	Smith
2 Villa	Alicia	Rayford	5 3bdrm Prem	La Ryta	Wiggins
2 Villa	Terri	Bell	6 3bdrm Prem	Jency	Pullum
2 Villa	Danica	Williams	6 3bdrm Prem	Krystal	Dotson
2 Villa	Katrina	Johnson	6 3bdrm Prem	Tangerla	Gray
2 Villa	Trina	Hill	6 3bdrm Prem	Kenya	Morgan
3 2bdrm Aracari	Curtesa	Farrow	6 3bdrm Prem	Leila	Mubarak
3 2bdrm Aracari	Monique	Scott	7 Vista Grand	Jennifer	Street
3 2bdrm Aracari	Marquia	Fenner	7 Vista Grand	Shaneisha	Daniel
3 2bdrm Aracari	Crystal	Brown	8 Family Suite	Tisa	Jordan
4 3bdrm	LaToya	Austin	8 Family Suite	Yolanda	Crawford-Roach
4 3bdrm	Cheryl	Hill	8 Family Suite	Casaundra	Holt
4 3bdrm	Valerea	Maclin	9 2bdrm Jr Suite	Robin	Mims
			9 2bdrm Jr Suite	Victoria	Morgan
			10 2bdrm Jr Suite	Brenda	Ballard (Russell)
			10 2bdrm Jr Suite	Annie	Brown

SPA SERVICES – Springs Resort

Wednesday, 5/3

7:00p: Alicia Rayford and Katrina Johnson

7:15p: Trina Hill

Thursday, 5/4

3:00p: Casaundra Holt

3:00p: Tisa Jordan

5:30p: Shaneisha Daniel

Friday, 5/5

10:00a: Valerea Maclin

10:30a: Shaneisha Daniel

10:30a: Yolanda Crawford

1:00p: Jennifer Street

5:00p: Brenda Ballard

5:00p: Tangerla Gray

7:00p: Sharon Johnson

7:15p: Kenya Morgan

7:15p: Monique Scott

8:00p: Shaniqua Epps

RESORT INFORMATION – The Westin Golf Resort & Spa

Check in: May 6 - Check out: May 8

[The Westin Golf Resort and Spa](#)

Playa Conchal, Costa Rica

+506 2654 3500

Wendy Vasquez: +506 2654 3500

Mobile: +506 6059 4785

Reservation #ROO-12846

WESTIN ROOMING DETAILS

ROOM TYPE							
1	Royal Beach Sgl	Shaniqua	Epps	10	Prem Jr Suite	Alicia	Rayford
2	Prem Jr Suite	Katrina	Johnson	10	Prem Jr Suite	Terri	Bell
2	Prem Jr Suite	Trina	Hill	11	Deluxe Golf	Dorona	Fortner
3	Deluxe Golf	Curtesa	Farrow	11	Deluxe Golf	Monique	Silas
3	Deluxe Golf	Crystal	Brown	12	Deluxe	Sharla	Donald
4	Deluxe Golf	Robin	Mims	12	Deluxe	Nakia	Smith
4	Deluxe Golf	Victoria	Morgan	12	Deluxe	La Ryta	Wiggins
5	Deluxe Golf	Brenda	Ballard (Russell)	13	Deluxe	Jency	Pullum
5	Deluxe Golf	Annie	Brown	13	Deluxe	Krystal	Dotson
6	Deluxe Golf	Monique	Scott	14	Deluxe	Tangerla	Gray
6	Deluxe Golf	Marquia	Fenner	14	Deluxe	Leila	Mubarak
7	Prem Jr Suite	Kenya	Morgan	15	Deluxe Golf	Jennifer	Street
7	Prem Jr Suite	Cheryl	Hill	15	Deluxe Golf	Shaneisha	Daniel
8	Deluxe	Sharon	Johnson	16	Deluxe	Tisa	Jordan
8	Deluxe	Lenesha	Horner	16	Deluxe	Yolanda	Crawford-Roach
9	Prem Jr Suite	Carolyn	Foster	16	Deluxe	Casaundra	Holt
9	Prem Jr Suite	Danica	Williams	17	Royal Beach Sgl	Valerea	Maclin
				18	Royal Beach Sgl	LaToya	Austin

COSTA RICA TRAVEL AGENDA

WEDNESDAY, May 3 – Arrive Liberia / Transfer to Arenal

- 1:05p Arrive Liberia Airport / Xfer from airport to The Springs Resort and Spa
Ride CR | 1.844 RIDE CR (743327) | Reservation #57668
After exiting Costa Rican customs, exit glass doors and search for a driver holding a “Girls En Motion” sign
- 5:30p (4hr travel time) Approximate arrival time to The Springs Resort and Spa at Arenal
- 7:45p Meet in lobby for group dinner (8p reservations at Ginger Sushi – 30ppl)

THURSDAY, May 4 – Sky Adventures: Sky Tram / Sky Walk Tour & La Fortuna Waterfall

- 8:00a Meet in lobby to transfer to Sky Adventures (Depart at 8:15am)
- 9:00a Sky Tram Tour (incl 2 bridges), *approx. 2hrs tour time*
- 10:00a – 1:00p Sky Walk Tour (incl 5 bridges), *approx. 3hrs tour time*
Suggested Attire: Light weight clothes (shorts, capris, or long pants), Tennis shoes or Hiking sandals, Poncho
- 12:00p (Tram/Walk guests) Approximate arrival time back to The Springs Resort
- 3:00p (Tram/Walk/Waterfall guests) Approximate arrival time back to The Springs Resort

Tour Option #1 (24ppl): Alicia, Annie, **Carolyn**, Cheryl, Crystal, Curtesa, **Danica**, Dorona, Jency, Jennifer, **Katrina**, Kenya, LaRyta, **Lenesha**, Marquia, Monique Scott, Monique Silas, **Robin**, Shaniqua, Sharla, Terri, **Trina**, Valerea, Victoria

Sky Tram Only (6ppl): Carolyn, Danica, Katrina, Lenesha, Robin, Trina

**Tour Option #1, you will continue to the La Fortuna Waterfall for ~45 min, and then return to The Springs Resort. Approx. arrival time back to Springs – 3:00p*

Tour Option #2 (6ppl): Brenda, LaToya, Leila, Nakia, Shaneisha, Yolanda

** Tour Option #2, transportation will be provided for you to return to the resort after completion of the Sky Tram/Walk Combo. Approx. arrival time back to Springs – 12:00p*

8:15p – 10:30p Dinner in Fortuna (Depart at 8:30p)

Guest Count (12ppl): Crystal, Curtesa, Jency, Jennifer, Kenya, Marquia, Monique Scott, Shaneisha, Shaniqua, Sharon, Tangie, Victoria

FRIDAY, May 5 – Water Rafting / Ziplining

- 7:45a Meet in lobby to transfer to Water Rafting (Depart at 8:00a)
- 9:00a – 2:00p Water Rafting Tour (lunch incl.)
Suggested Attire: Light weight clothes, Bathing Suit, Towel, Closed in water shoes (no flip flops), repellent/sun block, **extra change of clothes**
- 3:00p – 5:30p Vista Arenal Canopy (Ziplining) + Tarzan Swing Tour
Suggested Attire: Light weight clothes, Tennis/Hiking shoes, jacket/poncho, repellent/sun block
- 3:30p (Rafting only guests) Approximate arrival time back to The Springs Resort
- 6:00p (Rafting/Ziplining guests) Approximate arrival time back to The Springs Resort

Rafting/Zip Combo (16ppl): Alicia, Casaundra, Cheryl, Crystal, Curtesa, Danica, Krystal, LaToya, Lenesha, Marquia, Monique Scott, Nakia, Shaniqua, Sharla, Terri, Tisa

*** Rafting Only (7ppl):** Dorona, Katrina, Kenya, LaRyta, Leila, Tangie, Trina

** Transportation will be provided to Rafting Only guests at completion of tour.*

SATURDAY, May 6 – Transfer from Arenal to Liberia

9:45a Meet in lobby to transfer to The Westin, Playa Conchal/Liberia (Depart at 10:00a)

10:00a – 2:30p Travel time and Sightseeing

Quick 30 min stop at Cortez Waterfall for pictures

3:00p Approximate arrival time to The Westin Golf Resort & Spa

8:00p Group Dinner Reservations

- **French – Cauri (17ppl):** Alicia, Annie, Brenda, Carolyn, Cheryl, Curtesa, Jency, Kenya, LaToya, Marquia, Monique Silas, Robin, Shaniqua, Sharla, Tangie, Valerea, Victoria
- **Latin – Las Candelas (17ppl):** Casaundra, Crystal, Danica, Dorona, Jennifer, Katrina, Krystal, LaRyta, Leneshia, Monique Scott, Nakia, Shaneisha, Sharon, Terri, Tisa, Trina, Yolanda

9:30p – Midnight Tamarindo Nightlife. Location TBD. (Depart at 9:45p)

Guest Count (13ppl): Cheryl, Crystal, Curtesa, Dorona, Jency, Kenya, Leila, Marquia, Monique Scott, Monique Silas, Shaniqua, Sharon, Tangie

SUNDAY, May 7 – Beach Day / Private Charter Catamaran Cruise

9:30a - Noon Souvenir Shopping in Tamarindo. (Depart at 9:40a)

Guest Count (20ppl): Brenda, Casaundra, Cheryl, Crystal, Curtesa, Jency, Jennifer, Kenya, Krystal, Leila, Marquia, Monique Scott, Monique Silas, Shaneisha, Shaniqua, Sharon, Tangie, Tisa, Yolanda, Valerea

Sunset Cruise Meetup Info:

1:30p Meet in lobby to depart for Sunset Cruise (Depart at 1:45p)

2:00p-6:00p Catamaran Sunset Cruise w/Snorkeling

Dress Attire: (optional) All White w/comfortable shoes. No heels, per request of tour operator.

What to wear/pack: Bathing suit, cover up, sunglasses, sunblock, flip flops/flat shoes, snorkel gear (if avail.), waterproof camera (if avail.)

Catamaran (24ppl): Alicia, Annie, Brenda, Carolyn, Cheryl, Crystal, Curtesa, Danica, Dorona, Jency, Kenya, LaRyta, Leneshia, Monique Scott, Monique Silas, Nakia, Robin, Shaniqua, Sharla, Tangie, Terri, Trina, Valerea, Victoria

8:00p Group Dinner Reservations

- **Mediterranean – Manglar (12ppl):** Alicia, Dorona, Jency, Katrina, Kenya, Leila, Monique Silas, Robin, Tangie, Trina, Valerea, Victoria
- **Costa Rican – La Sabana (23ppl):** Annie, Brenda, Carolyn, Casaundra, Cheryl, Crystal, Curtesa, Danica, Jennifer, Krystal, LaRyta, Latoya, Leneshia, Marquia, Monique Scott, Nakia, Shaneisha, Shaniqua, Sharla, Sharon, Terri, Tisa, Yolanda

MONDAY, May 8 – Time to go home!

8:00a (Optional) Westin Breakfast Buffet

Airport Xfers #1 – Guest Count: 6

United Guests - Pick-Up Time (Xfer Company: Xplore Costa Rica | +506 2653 1010 | Toll Free: 1.844 CRTOURS):

9:00a: Meet in hotel lobby to pack van for airport xfer. Depart at 9:15a (10:30a arrival to LIR)
United flight #1516, 12:25p departure Liberia to Houston

Airport Xfers #2 – Guest Count: 29

Southwest Guests Pick-Up Time (Xfer Company: Ride CR | 1.844 RIDE CR (743327)):

10:45a Meet in hotel lobby to pack group vans for airport xfers. Depart at 11:00a (12:15p arrival to LIR)
Southwest flight #817, 2:00p departure Liberia to Houston

GROUP TRANSPORTATION DETAILS

Wednesday, May 3 – Airport Xfers

Liberia to Arenal: Ride CR | Conny Salazar, Reservations | 1.844 RIDE CR (743327) or +506 8305 9393

Reservation #57668, Guest count: 35

Approx arrival time: (4hrs) 5:30p

How to find: Upon exiting customs, exit glass sliding doors and look for driver holding a “Girls En Motion” sign.

Thursday, May 4 – Sky Adventures

Sky Adventures | Hazel Morun, Reservations | +506 2479 4100 | Reservation #R-278993

Springs to Sky Adventures: Arenal Evergreen | Jorleny Perez, Reservations | +506 2479 8712 or +506 2479 9511

Guest count: 30

Springs to Fortuna (Dinner): Arenal Evergreen | Jorleny Perez, Reservations | +506 2479 8712 or +506 2479 9511

Guest count: 12

Friday, May 5 – Water Rafting and Ziplining

Springs to Arenal Rafting/Ziplining: Arenal Evergreen | Jorleny Perez, Reservations | +506 2479 8712 or +506 2479 9511

Guest count: 23

Saturday, May 6 – Springs Resort to Westin Resort / Tamarindo

Springs to Westin: Ride CR | Conny Salazar, Reservations | 1.844 RIDE CR (743327) or +506 8305 9393

** Includes 45min stop at Cortez Waterfall*

Reservation #57667, Guest count: 35

Approx arrival time: (5hrs) 3:30p

Westin to Tamarindo (Nightlife): Xplore Costa Rica | +506 2653 1010 | Toll Free: 1.844 CRTOURS

Guest count: 13

Sunday, May 7 – Tamarindo / Catamaran Cruise

Westin to Tamarindo (Souvenir Shopping): Xplore Costa Rica | +506 2653 1010 | Toll Free: 1.844 CRTOURS

Guest count: 20

Westin to Flamingo Beach via Catamaran:

Panache Sailing Tours | Valentina Peverali | +506 2573 0450 or +506 8495 0039

Guest count: 24

Monday, May 8 – Airport Transfers

Airport Xfers #1 – Guest Count: 6

United Guests: Xfers from The Westin Resort to Liberia Airport:

Xplore Costa Rica | +506 2653 1010 | Toll Free: 1.844 CRTOURS)

Airport Xfers #2 – Guest Count: 29

Southwest Guests: Xfers from The Westin Resort to Liberia Airport:

Ride CR | Conny Salazar, Reservations | 1.844 RIDE CR (743327) or +506 8305 9393

Reservation #61377

ADDITIONAL INFO

US EMBASSY IN LIBERIA

- Home Page: [US Citizen Services](#)
- [Contact Information](#): American Citizen Services Emergency number: +231 (0)77-677-7000, 24 hours a day

ENROLL IN STEP (Smart Travel Enrollment Program)

- Click here to [Enroll in STEP](#)

What is S.T.E.P.

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

Benefits of Enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

PARKING OPTIONS/CARPOOL: For those seeking to carpool, please add this info to the [Meetup](#) event page for Costa Rica. My parking suggestions would be to either use Uber, Lyft, Southwest Airlines [Love Connection](#) Parking at \$6/day, or [Global Airport Parking](#), which offer rates as low as \$5/day. I have personally used Global Airport Parking's services, and enjoy the door to door pick-up. Make sure to read the fine print to verify available service times. [Click Here](#) for a full list of available options for those on the Southwest reservation.

HELPFUL TIPS – AT A GLANCE: To learn more about Costa Rica, visit [General Facts About Costa Rica](#)

- Call your personal bank(s) and/or credit-card companies prior to departure to inform them of your impending travel plans to Costa Rica. This will ensure your bank/credit cards can be used while traveling.
- Add International Calling Plan option to your current phone service for dates of travel, if not already added. Specifically, make sure you have unlimited data and roaming options, as the Wi-Fi is very spotty.
- Make a copy of your passport and keep in your luggage, in case of lost/stolen original
- US Dollar is widely used, but I highly recommend using a credit card (Visa/MasterCard) for all purchases, as this form of payment is insured, and has a lower currency conversion
- Most local stores/flea market and some restaurants accept "Cash Only"
- Costa Rica is 1hr behind. For instance: 8am in Costa Rica is 9am in Dallas
- To call the US from Costa Rica, dial 001 followed by 10 digit number (i.e.: 001-214-123-4567)
- Download free VOIP mobile apps to use to make free international calls and texts over WiFi connection. (i.e. Viber, Skype, Tango, Google Hangouts etc.

PACKING CHECK-LIST: Click here for a thorough [travel packing check-list](#) to print and/or download

- Passport, ID, and Cash
- Photocopy of Passport/ID
- Cellphone/Tablet/Nook
- Chargers/Adapters
- Camera (Waterproof camera or GoPro, if avail)
- Medical Prescriptions
- Mosquito Guard
- Sunscreen
- Water Shoes
- Headphones/Earplugs
- Small purse satchel or fanny pack

TOUR PACKING LIST: Hiking / Water Rafting / Ziplining / Catamaran Cruise

• **Small backpack complete with:**

- | | | |
|-----------------------------|------------------------|----------------------------------|
| ✓ <i>Mosquito repellent</i> | ✓ <i>Towel</i> | ✓ <i>Optional: Snorkel Gear,</i> |
| ✓ <i>Sunscreen</i> | ✓ <i>Bottled Water</i> | <i>Swim Cap, Sun Hat</i> |
| ✓ <i>Sunglasses</i> | ✓ <i>Snacks</i> | |
- *Tennis shoes or Hiking boots*
 - *Poncho or Raincoat*
 - *Water shoes*
 - *Lightweight/Fast-Drying clothing*
 - *Long pants (i.e. Workout pants) or Capris*
 - *Swimsuit and Drying Towel*
 - *All-White Outfit (Swimwear/Cover-Up)*

EMERGENCY CONTACT FORM

TRAVELER INFO

Legal Name of Traveler: _____

Traveler Email: _____

Traveler Contact Number: _____

EMERGENCY CONTACT INFO

Name: _____ Contact Number: _____

Relationship: Spouse Parent Son/Daughter Friend Other _____

Describe any important medical information necessary in case of emergency (i.e. allergies, asthma, etc):

TRAVEL WAIVER

I agree that I am voluntarily participating to attend a trip with Girls En Motion, May 3 – May 8, 2017, to Arenal and Playa Conchal, Costa Rica. I am aware and understand that participation in this trip could involve risk of physical injury, illness, death, property loss or damages I may sustain as a result of my participation; and despite safety precautions, Girls En Motion cannot guarantee safety thereof, as all risks cannot be prevented. As a result, I assume full liability for and agree to indemnify and to hold Girls En Motion, its founder/owner, or representatives, harmless for all claims or damages caused, in whole or in part, by me and any negligent, intentional, or other act or omission on my part. I also hereby consent, give authorization to, and release from liability; trip leaders to secure any emergency medical treatment in event I am unable to, and I agree to be responsible for the costs thereof.

I, hereby release, waive, indemnify, defend, and hold harmless Girls En Motion, its founder/owner, or representatives associated with this vacation, from and against any and all claims, demands, damages, costs, losses and expenses, including but not limited to attorneys' fees, arising out of, or in any way related to participation in this trip with which I will be involved.

By agreeing to this waiver of liability and release, I acknowledge that I have read and understood this document and I fully agree and comprehend all terms and conditions.

Traveler's Name (printed)

Traveler's Name (signed)

Date