



Program Group: Bridgewater State University
04 - 17 January 2013

DAY 1: Friday, 04/01

- 02:20 PM Participants arrive at Managua International Airport Managua American Airlines. Flight No.919 From Miami.
- 03:00 PM Departure to Matagalpa. (Snacks in the van)
- 05:00 PM Accommodation at hostel La buena Onda in Matagalpa
<http://www.labuenaondamatagalpa.com/>
- 05:30 pm Brief orientation to health and safety guidelines, schedule review and introductions by Freddy from Matagalpa Tours and James
- 06:00 PM Meeting with Carlos Ruiz a social and political engaged person with a wide knowledge about Nicaraguan history and its relation with the actual economical situación. Carlos is also active at the “Movimiento Comunal” a social organization that improves the conditions and quality of life of the people in the communities through popular participation.
- Carlos will give an introduction of Nicaragua history and will focus on the history of coffee and its impact in Nicaragua in a social and economical way.
- 08:00 PM Dinner at restaurant El Balcón
<https://www.facebook.com/Elbalconmatagalpa?ref=ts&fref=ts>
- Overnight stay at Hostel La Buena Onda

DAY 2: Saturday, 05/01

- 07:00 AM Breakfast at the hostel La Buena Onda
- 08:00 AM Visit to Castillo del Cacao: Chocolate roasted and processed in a traditional manner, and environmentally conscious business.
<http://www.elcastillodelcacao.com/>
- 10:30 am Meeting at Cecocafen to talk about Fair trade, prices and cooperativism.
<http://coopcoffees.com/what/producers/ceococaen-nicaragua>
- 12:30 M Almuerzo at Las Delicias buffet
- 02:00 pm Brief city tour/orientation in Matagalpa: central park, cathedral, coffee museum, cemetery; site of Benjamin Linder grave (practice tradition of honoring grave by cleaning, laying flowers)
- 04:30 pm Free Time

6:30 PM Dinner in Matagalpa at La Vita e Bella, Italian restaurant.

Overnight stay at Hostel La Buena Onda

DAY 3: Sunday, 06/01

07:00 AM Breakfast at the Hostel La Buena Onda

08:00 AM Departure to visit the Indigenous Community El Chile.
We visit an independent weaver's workshop run by woman who are struggling for fair trade and hike up to the Cerro El Chile hill where we have the best view of the whole area. Afterwards we will have a typical lunch with a local family.

12:30 PM Lunch in the Community el Chile

01:30 PM Transfer (1.5hrs) to the Selva Negra mountain resort

03:00 PM Accommodation at the cabins

04:00 PM Meeting with estate owners Eddy and Mausi Khul who have lived and written the history of coffee in Nicaragua.

05:00 PM Visit the wet mill to observe the coffee pulping process

06.30 PM Dinner in Selva Negra

Overnight Hotel Selva Negra

<http://www.selvanegra.com/>

DAY 4: Monday, 07/01

07:00 AM Breakfast at the hotel Selva Negra

08:00 AM Tour on the farm "La Hamonia" (Selva Negra), see and learn about the diversity of activities on this organic farm and meet with workers and learn about their way of life. (the farm is certified by Rain Forest Alliance)

10:00 AM Hiking in the Cloudforest of the Natural Reserve Cerro El Arenal
2 options: hike nearby Selva Negra and return to the bus for departure at 12md or 3 ½ hours hike to the other side of the reserve where the whole group will meet.

01:30 PM Visit the organic farm of Byron Corrales in Aranjuez and share a typical lunch with the Corrales family.

Learn about the importance of soils, watershed protection and how to get the best organic coffee by producing the perfect mixture of fertilizers. Byron also is active within different movements promoting alternatives for a "healthy" agriculture.

06:00 PM Dinner in Selva Negra

Relax in cabin and BSU Class time with professor
Overnight stay at Hotel Selva Negra

DAY 5: Tuesday, 08/01

06:30 AM Breakfast at the hotel Selva Negra

07:30 AM Depart Selva Negra towards El Cua. This is a beautiful 2 ½ hours drive passing by the city of Jinotega, Apanas lake, many big coffee farms and beautiful landscapes.

10:00 AM Visit the Atder - Ben Linder hydro electric project in El Cua, where we will learn about all the projects currently being developed in many communities and villages; projects that represent the dream of Ben Linder.

12:00 PM Departure to Peñas Blancas nature reserve

01:15 PM Lunch in Peñas Blancas

02:00 PM Arrival to the Cooperative Guardianes del Bosque and accomodation

03:00 PM Hike up to the impresive waterfall La Pavona

06:00 PM Dinner. We will share some time with the representatives of CEN (Center for understanding the nature) to talk about conservation and passion for nature
Overnight stay at the eco-albergue Guardianes del Bosque

DAY 6: Wednesday, 09/01

07:00 AM Breakfast in Peñas Blancas

08:00 AM Departure to Rancho Grande to visit the Cocoa Cooperative “Rios de agua viva”.

12:30 MD Lunch at Rios de Agua Viva Cooperative

01:30 PM Departure to La Dalia

03:00 PM Accommodation and Relax at Posada San Martin in La Dalia

06:00 PM Dinner at Posada San Martin
Overnight stay at La Posada San Martin Hotel

DAY 7: Thursday, 10/01

07:30 AM	Breakfast in La Posada San Martin Hotel
08:30 AM	Visit the Waterfall or the Aquatic Park
12:30 PM	Lunch at Posada San Martín
01:30 PM	Departure to the community La Corona
03:00 PM	Arrival to the community. Welcome meeting and introduction to the community by local families. Distribution of the participants in the farmers' houses.
06:00 PM	Dinner at the homestay
	Overnight stay at the community La Corona

DAY 8: Friday, 11/01

07.00 AM	Breakfast at the homestay
08.30 AM	Visit to the cooperative of organic coffee (know about the Coffee process, Ecotourism project and their cooperative: "Cafe organico")
	Pick coffee and take part in processing
12:00 MD	Lunch in the community
01:00 PM	Make typical food "Nacatamales"
02:00 PM	Visit the waterfall La Corona
04:30 PM	Participate in a cultural activity (children games, el encostalado, juego de chimbombas, popular Nicaragüense music and typical dances)
06:00 PM	Dinner in group (self made nacatamales)
	Overnight stay at La Corona Community

DAY 9: Saturday, 12/01

07:00 AM	Breakfast with the family at the community and time to say goodbye.
08:00AM	Departure trip to Matagalpa
09:00 AM	Meet with a representative of ATC at San José Community
10:30 AM	Visit and tour at Solcafe dry mill with a coffee cupping session

01:00 PM Lunch in Sébaco

02:00 PM Departure trip to León Colonial City

04:30 PM Accommodation at hostel Colibri in Leon

6:00 PM Dinner at Cocinarte Leon

Overnight stay at Hostel Colibri in León
<http://vianica.com/hotels/313/hostal-colibri>

DAY 10: Sunday, 13/01

07:00 AM Breakfast at the hostel Colibri

08:00 AM Visit the La Isla Foundation Community (First we will have an introduction at the offices in León and then we will visit the community in Chichigalpa to have a meeting with the leaders and to share some time with the locals).

12:00 AM Lunch in La Isla Community

01:00 PM Departure to Las Peñitas Beach to spend the rest of the day

07:00 PM Dinner at Sacuanjoche restaurant in León

Overnight stay at Hostel Colibri in León
<http://vianica.com/hotels/313/hostal-colibri>

DAY 11: Monday, 14/01

07:00 AM Breakfast at the hostel Colibri

08:00 AM Meeting at the Polus Center's office

09:00 AM Visit Walking Unidos clinic

10:30 AM Visit to the wheel chair program PLUSAA, a wheelchair factory operated by land-mine victims and other people with disabilities.

12:00 PM Lunch in León at Buffet El Segoviano

01:00 PM Hike up and sand bording adventure at the active Cerro Negro Volcano

05:00 PM Free Time in León

7:00 PM Dinner in León

Overnight stay at Hostel Colibri in León
<http://vianica.com/hotels/313/hostal-colibri>

DAY 12: Tuesday, 15/01

07:00 AM Breakfast at the hostel Colibri

08:00 AM Departure to Masaya and Granada

10:30 MD Visit the active Volcano at National park Volcan Masaya

01:00 PM Lunch in Nindiri at Bucaneros restuarant

02:30 PM Visit to the Masaya handicraft market.

04:00 PM Visit the Catarina viewpoint and time to relax

06:00 PM Accommodation at the Hotel Con Corazon in Granada

7: 00 PM Dinner in Granada at El Zaguan restaurant

Overnight stay at the Hotel Con Corazón
<http://www.hotelconcorazon.com/>

DAY 13: Wednesday, 16/01

08:00 AM Breakfast at the Hotel Con Corazón

10:30 AM City tour in Granada

12:30 PM Lunch in Granada

03:00 PM Boat tour to the Isletas de Granada

04:30 PM Departure to Managua

05:30 PM Accomodation at the hotel Mozonte

07:00 PM Dinner in La Ola Verde in Managua
http://www.olaverdesa.com/index_eng.php
Overnight stay at Hotel Mozonte in Managua
<http://www.hotelmozonte.com/en/>

DAY 14: Thursday, 17/01



08:00 AM	Breakfast at the hotel Mozonte
09:00 AM	Lecture at Casa Ben Linder
10:00 am	Departure to international Airport Managua
11.00 am	Check in at the airport
01.00 pm	Depart Nicaragua

End of the program