



Dig into Puerto Rico's history and cuisine while becoming oriented with the layout of Old San Juan on a guided food tour. Spend the next day exploring the cobble streets, parks, plazas, churches, and forts of this colonial city with some time for lunch and shopping. Spend a day in the countryside connecting with the jibaro (self-subsistence farmers) while providing a helping hand at a coffee plantation, in a traditional countryside kitchen as you prepare your own dinner, trying your hand at trova, and learning how to salsa. Eco-Adventure (Hiking, Ziplining, Rapelling) in El Yunque Rainforest - the only rainforest in the U.S. National Forest System - before heading to the beach for a final sunset.

Day	Area	Highlights
1	Old San Juan	Meet your Program Director at the airport for your flight to Puerto Rico. Check into hotel, unpack, freshen up, and meet in the hotel lobby for a 3-hour food tour that explores the streets and cuisine of Old San Juan. You'll arrive back at the hotel well fed and ready for bed.
2	Old San Juan	Spend the day enjoying Old San Juan's castles, fortresses, churches, museums, plazas, fountains, sculptures, restaurants, shops, and gelaterias. Highlights include Paseo de la Princesa, Raices Fountain, San Juan Gate, Plaza de la Rogativa, Castillo San Felipe del Morro, Plaza de Armas, El Parque de las Palomas, Casa Blanca, San Juan Cathedral, Museo de Las Americas and Castillo de San Cristobal.
3	Coffee Farming Cocina de Campo	Board your private shuttle(s) for an all-day excursion into the countryside where we'll spend the morning learning about coffee production at small coffee plantation before helping the owner with his daily tasks. Enjoy pinchos for lunch before heading to a hillside home for a traditional countryside cooking experience where you'll help prepare your own dinner, learn about trova (a traditional form of storytelling through song) and then salsa, before sitting down to enjoy your meal.
4	El Yunque	Board your private shuttle for an all-day excursion in El Yunque National Forest! We'll be hiking, rappelling, ziplining across the treetops, and taking in the views from Yokahú tower. Relax at Luquillo Beach until sunset.
5	San Juan	Shuttle to the airport. ¡Adiós Puerto Rico!

