

Rural Life & Solidarity

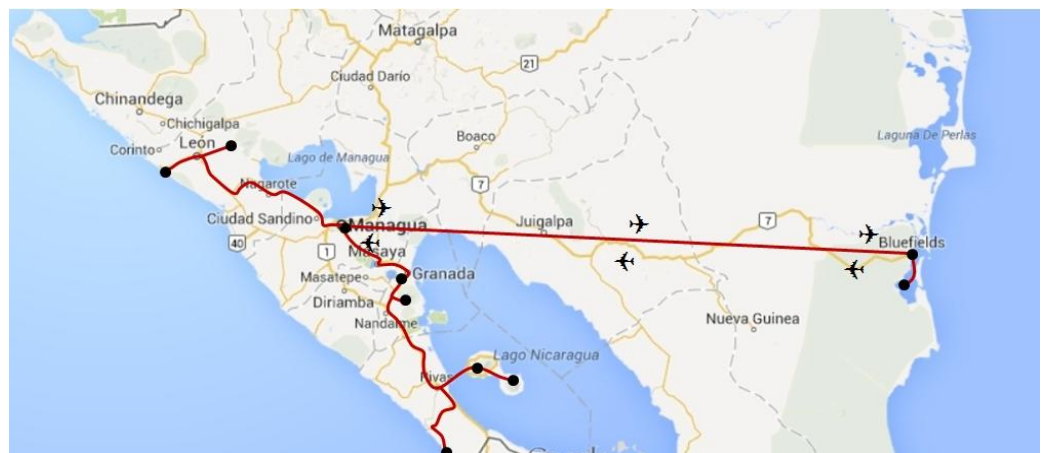


Verified as meeting
Rainforest Alliance
sustainable tourism
requirements

14 Days / 13 Nights - (Ref#LSO-010)

Live an unforgettable experience in a solidarity trip to the Atlantic communities of Nicaragua, help, learn and share with families. Meet the country's most impressive attractions:

Volcanoes, Mountains, Lakes, Colonial Cities and its wonderful people



Summary

A Solidarity around Bluefield's Community, supporting Blue Energy, a NGO improving the living conditions of poor and needy people. Then a soft program of environmental activities is added along the trip: helping to protect and conserve ecosystems and visiting picturesque historic towns, turtles beach, impressive volcanoes, huge lakes, lush green mountains, etc.

Highlights

- **Discover and share Rama ethnic tribe's life in the Atlantic**
- **Participate to the "Blue Energy" sustainable project in Bluefields**
- **Meet farmers community and women's co-operative of Mombacho volcano**
- **Observe sea turtles nesting or hatching on "La Flor" ocean Pacific turtle beach**
- **Participate to eco-protection by cleaning protected creeks of Ostional beaches**

Day to Day Program – ENGLISH VERSION

D1: Arrival in Nicaragua

Reception at airport gates. Transfer to Hotel in Managua. Recommendations from your guide and a welcome cocktail.

Note: night in hotel – Dinner not included – Transfer Time: 0h30

D2: Rama Cay & The Last Rama Indians

Flight to Caribbean coast, to Bluefields, and go in search of the last descendants of the ethnic Rama tribe on Rama Cay Island to discover their life surroundings and begin to interact with them. Participate in some traditional fishing activities, share a few of the women's daily activities in the kitchen, and share some games with the family at evening.

Note: Night in Familiar Hotel – Transfer Time: 0h30. Aerial: 1h10 - Walking: 1h00

D3: Meeting Bluefields: The "Blue Energy" Project

Return to the port of Bluefields, where "Blue Energy" project members await us, to explain their project. Visit of the town and of the project facilities, where they show us its philosophy, history and its daily activities. Visit Pancasan, a model neighborhood pilot project, to discover changes that the organization has made in people's lives.

Note: Night in Familiar Hotel – Transfer: 1h00 - Walking: 3h00

D4: A loving Social Program By Communities of Bluefields

Presentation from the team working on issues to do with energy. Then, visit houses in

a poor neighborhood with volunteers, to understand the problems experienced by local people. Back at BlueEnergy for a explanation of local energy efficiency issue, and introduction to water issues. Help to manufacture a bio-sand water filter.

Note: Night in Hotel – Transfer Time: Terrestrial: 0h00 -

D5: Granada: Eco-Adventure through Colonial Times

Flight to Managua then drive to Granada, visit the provincial historical centre of Granada, on foot and in horse-drawn carriages, finish at "El Cafe de las Sonrisas", an artisanal hammocks workshop and a café run by deaf-mute youths. Boat ride among the "Isletas" archipelago the afternoon, a true labyrinth of water and jungle comprising 300 islands.

*Note: Night in hotel – transfer: aerial: 1h10 - Terrestrial: 1h00 - Walking: 1h00
Boating: 2h00*

D6: Agro-Community Adventure

Visit "La Granadilla" women's co-operative, on a corner of the Mombacho Volcano to discover their agricultural products and taste their handmade soap. Bathe in "Aguas Agrias" crystalline water in the natural reserve. Learn how to make "Rosquillas" in a community of farmers, and walk along pathways between fields and marshes at the foot of Mombacho volcano.

Note: night in hotel – Transfer: 2h15 – Walking: 2h00

D7: Masaya City: Visiting to Artisans workshops and An Active Volcano

Go to San Juan de Oriente to discover pottery art and techniques. Walk to Catarina, famous by its horticulturalists and impressive viewpoints on the Apoyo lagoon and Great Lake Nicaragua. Visit Masaya, colonial city and capital of artisan crafts, and at night, reach the Masaya Volcano National Park pre-Columbian site of human sacrifices, its smoking mega-crater, and walk into a 180m long lava tube.

Note: Night in Hotel – Transfer: 1h10 – Walking: 2h00

D8: Ometepe: Precolumbian Island & Natural Paradise

Departure in ferry to Ometepe Island, UNESCO's Biosphere reserve. Ride to Magdalena farm to discover its organic coffee cooperative and pre-Columbian petroglyphs... Ride and swim down at the end of Santo Domingo beach, and walk along the Piedra Inculta trail to try and see capuchin monkeys or Congos. Homestay-night in a community of local women to share dinner and activities.

Note: Night in Hotel – Transfer: 1h50 – Walking: 2h00

D9: Wine community "La Paloma" & Turtle Beach "La Flor"

Visit of a small wine workshop to learn and try to produce wine, juice and tea of hibiscus flowers with families. Then go back to San Jorge, to take a bus to Ostional beach, for observation of sea turtles during nesting or hatching at night according to the season.

Note: Night in Hotel – Transfer: 2h15 – Ferry: 1h00 – Walking: 2h00

D10: Coastal Ecology Program at the Beach

Walk along the beach at sunrise, observing sea-birds, mangrove creeks and fish-filled creeks, collecting bits of plastic that we find, participating in cleaning and protection of nature. Picnic and go swimming at leisure like the Robinsons! Go to San Juan del Sur

harbour after sunset and overnight at a family-run hotel in the fishing village.

Note: Dinner not included. Night in Hotel – Walking: 4h00

D11: The Fishing Small Town of San Juan del Sur & Leon: Old Colonial City

Visit of San Juan del Sur, walk along its harbour, its quiet streets and through the small covered market. Take the road to the "Pueblos Blancos", originally indigenous villages, and visit an artisan's workshop or a sugar cane mill. Arrive in Leon, quick stroll in the historic centre. Settle in at the hotel and have dinner in town.

Note: Dinner not included. Night in a colonial hotel – Transfer: 4h30 – Walking: 2h00

D12: León: City of Artists & Exciting "Cerro Negro" Climb

Discover the old historical town, markets and museums of Leon during the morning, before having lunch in a typical popular restaurant. After, go to the Cerro Negro volcano to climb its cone and enjoy the sunset and the magnificent view of the valley, before jumping down in volcanic ash. Transfer to Las Peñitas at the ocean's edge for night.

Note: Night in a small hotel at the sea – Transfer: 0h50 – Walking: 2h00

D13: Exploration Through the Mangroves

Explore the small harbour of the fishing village of "Las Penitas." And the "Juan Venado" national park by boat, crossing the mangroves through its narrow channels, observing many species of birds, lizards, alligators and turtles, before exploring the dune, and wade in the coastal water. After lunch at Las Peñitas, go to Masaya for farewell party.

Note: Night in Hotel – Transfer: 2h30 – Walking: 2h00. Dinner not included (it is possible to dine in Granada, located 15 minutes away).

D14: Departure.

INCLUDED: Bilingual guide, Tours, Transport, Accommodation and Food, all included apart from the first meal, all the drinks, tips, and airport tax.

Minimum: 4 people

Rate per person
