

TENTATIVE ITINERARY

Trip overview

On this trip you will learn about the role of women in Puerto Rico, from entrepreneurs to philanthropists and humanitarians. We will experience firsthand the work of Puerto Rican women in areas such as health, education, culture, and business. Also how women and their associations function as a united community to support each other. We will visit some local businesses and foundations in San Juan and a social organization in Loíza, and we will fully immerse ourselves in Puerto Rican culture by discovering some of the most beautiful places on the island. A must-do trip that you will remember forever.

Highlights


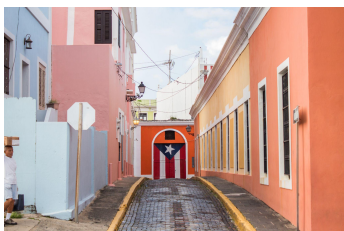

- Learn about the importance of women in Puerto Rico through specialized conferences.
- Visit local businesses run by women and learn about their challenges and future projects.
- Travel to the beautiful cities of Loíza, Ponce, and Adjuntas, and feel like a Puerto Rican.

Day by day

Day 1	Arrive in San Juan, Orientation & Welcome Dinner (D)
	<p>Overnight: San Juan</p> <p>The tour coordinator will welcome you and we will go over the program schedule, emergency procedures and answer any questions. After the orientation, we will go out with our group leader for a walk and explore the area around the hotel. At a local restaurant, we will enjoy a delicious menu.</p>
Day 2	Old San Juan, cooking class, El Morro Castle (B, L, D)
	<p>Overnight: San Juan</p> <p>Breakfast at hotel. We will depart by bus to the town of Cataño, from where you will see the breathtaking view of the Bay of San Juan and El Morro Fort. From Cataño, we will take a ferry to cross the Bay of San Juan where we will enjoy a walking guided tour around San Juan, covering the major points of interest. We will walk to our cooking class, where we will learn how to prepare the famous Puerto Rican dish Mofongo and there we will enjoy our own creation for lunch. After lunch, we will end our day with a visit to the El Morro Castle, the largest fortress built in the New World, where participants will have a guided tour of the castle.</p>



HARINAS 18 41001 Sevilla ♦ (+34) 651499753 ♦ Alandistravel.com

Proposal by: Laura Julia, Sales Director ♦ laura@alandistravel.com - 092022

	At the end of the visit, you'll have the opportunity to return to the hotel or explore the area on your own. After this, welcome dinner and talk by Maria Foundation.
Day 3	Day trip to Loíza Aldea, Taller Salud, Bomba y Plena Workshop (B, L, D)
	<p>Overnight: San Juan</p> <p>We will have breakfast at the hotel, our bus will be waiting for us to take us to Loíza Aldea, an Afro-Caribbean community in the northwest of the island. Here we will visit the village and Taller Salud, a feminist organization dedicated to improving women's access to health care, reducing violence in community settings, and promoting economic development through education and activism. Afterwards we will go to Piñones where we will enjoy a Creole meal in the kioskos. In the afternoon we will enjoy a Bomba y Plena Workshop. At the end of the day, we will return together to the hotel in San Juan. Dinner at restaurant</p>
Day 4	Tereques la Tiendita, Sila M. Calderón Foundation (B, D)
	<p>Overnight: San Juan</p> <p>Breakfast at hotel. After breakfast, we will go to a local business owned by a female entrepreneur, Tereques La Tiendita. The owner will talk to us about how the project came about and the challenges and projects they hope to achieve in the future. Lunch on own. In the afternoon, we will depart for Sila M. Calderón Foundation, a nonprofit, nonpartisan organization that provides training services through economic and community development initiatives and programs. Dinner at restaurant and talk by Proyecto Matria</p>
Day 5	Lecture, Felisa Rincón Foundation & Museum, painting activity (B, D)
	<p>Overnight: San Juan</p> <p>Breakfast at hotel. We will set out with a local expert for a lecture at the Women's Business Center. In this local business run by a woman, we will learn about her experience as a woman entrepreneur and the challenges she faces in the Puerto Rican market. Then, we will depart for Old San Juan to visit the Felisa Rincón Foundation and its museum. It was created in 1985 to perpetuate Doña Felisa's extraordinary contribution to Puerto Rico and in particular to the rights of Puerto Rican women. Her life of service is intended to be a source of inspiration for Puerto Rican youth and to serve as a model of civic responsibility, representing the ideals of an honest, efficient and humanitarian municipal administration. Lunch on own. In the afternoon, you</p>

	will receive a brief tour of the workshop, after which you will choose a medium (clutch, pillow, handbag, canvas, etc.) and an image. you can paint your own interpretation of masterpieces or artistic designs. Dinner at restaurant
Day 6	Overnight trip to Ponce, the Bioluminescent Bay visit (B, L, D)
	<p>Overnight: San Juan</p> <p>In the morning and after enjoying breakfast, we will pick up our belongings and leave for the city of Ponce. After a short walking tour, we will visit the Parque de Bombas (Old Fire Station) to discover this unique and colorful building. Lunch on own. We will continue to the Castillo Serrallés, a castle turned museum with information about the sugar cane industry and its impact on the economy of Puerto Rico. In the late afternoon, we will depart to Lajas, a nearby town, to experience the most exciting activity of the trip: a visit to the Bioluminescent Bay. We will check-in at the hotel in Adjuntas. Dinner at restaurant</p>
Day 7	Day trip to Adjuntas, Casa Pueblo, Return to San Juan (B, L, D)
	<p>Overnight: Adjuntas</p> <p>After breakfast at the hotel, we will depart for a day trip to visit Casa Pueblo in Adjuntas, a town in the center of the island, a community self-management project that is committed to the appreciation and protection of natural, cultural and human resources. The visit includes a guided tour to visit different areas of interest in the place such as their solar energy system, solar cinema, hydroponic system, plant nursery, and butterfly garden. Then, we will have lunch together in Adjuntas and we'll visit the Bosque Escuela La Olimpia, a sustainable project belonging to the Casa Pueblo organization. Then, we will take the bus back to San Juan. Dinner at restaurant</p>
Day 8	Day trip to El Yunque, Luquillo beach, farewell dinner, (B, D)



	<p>Overnight: San Juan</p> <p>Breakfast at hotel. In the morning our private bus will be waiting for us to go to El Yunque National Rainforest, the only tropical rainforest in the national forest system. With nearly 29,000 acres, it is one of the smallest in size, yet one of the most biologically diverse. Come experience the breathtaking scenery, clear mountain rivers, and outdoor recreation through a short hiking adventure. Afterwards, we will take our bus to Luquillo beach where you'll have the opportunity to taste a traditional lunch in its kioskos on your own and enjoy the afternoon at the beach. We will return to the hotel in San Juan in the evening. Finally, we will enjoy our farewell group dinner.</p>
<p>Day 9</p>	<p>End of the program (B)</p>
	<p>Breakfast at the hotel. Transfer to the airport at the indicated time.</p>

**Program activities, schedules, and personnel may change due to local circumstances.
In the event, we will alert you as quickly as possible.*

