

# Work, Stress and Health 2009

November 5-8, 2009

Caribe Hilton Hotel



## ***Greetings from Sunny Puerto Rico!***

Your hosts have arranged for you to take advantage of the best that Puerto Rico has to offer during your stay at the lovely Caribe Hilton Hotel, by preparing a special schedule of optional sight seeing tours and activities, at times specifically designed to best suit your schedule.

You should sign up for the tours and activities of your choice by **Friday, September 25<sup>th</sup>, 2009**. While you will receive no written confirmation in advance of your trip, just check in at the Hospitality Desk upon your arrival and you will be given vouchers for each of the tours and activities that you have signed up for.

Following is a schedule of the tours and activities that will be offered, along with a description of each. Each tour does require a minimum to operate and should that minimum not be reached, you may be asked to try to reschedule a particular tour selection when on site. Naturally, any tour cancelled due to lack of minimums, will be fully refunded, unless it has been rescheduled, however, certain reservations are subject to cancellation penalties. See attached document for cancellation policy.

After you have reviewed the tour descriptions, please complete the attached tour registration form and return it along with your payment to Travel Services, Inc.

## **Tour Descriptions and Pricing**

November 5, 2009 – 10:00am-2:00/3:00pm – Rainforest Tour with Nature Walk - \$51.00

November 6, 2009 – 12:00pm-3:00pm – City Tour of Old and New San Juan - \$47.00

November 7, 2009 – 9:00am-1:00/1:30pm – Combination City/Bacardi Distillery Tour - \$54.00

November 8, 2009 – 9:00am-2:00/3:00pm – Rainforest Tour with La Mina Falls Hike - \$62.00

### ***El Yunque Rainforest Guided Tour with a short nature walk***



Now running in the finals to become one of the New 7 Wonders of the Natural World, El Yunque Rainforest consists of a range of mountains on 28,000 acres. This area receives billions of gallons of rainfall each year and has over 240 varieties of plants and trees. This tropical rainforest boasts a jungle-like atmosphere consisting of giant hardwoods, tropical ferns over 40 feet tall, bamboo groves and miniature orchids. Stops are made at the Visitor Center, La Coca Falls (a great photo opportunity) and Yokahu Tower lookout point. Your driver/guide will accompany you on a low-impact walk/hike on one of El Yunque's beautiful trails for an up-close and in-depth rainforest experience. The low-impact 25-minute walk on the Baño Grande Hiking Trail will allow for a genuine hands-on experience that you will never forget. Be sure to wear closed toe shoes, as the trail may be damp. We'll supply the mineral water for the hike. Transfer time to Rainforest is 1 hour approximately, one-way.

***Price per Person: \$51.00***

### ***City Tour of Old and New San Juan with Shopping Time***

See modern San Juan as you drive in air-conditioned comfort through the areas of Isla Verde, Condado, past Fort San Gerónimo and on into Old San Juan, one of the most beautiful old cities in the New World, and filming location for big-budget movies starring such luminaries as Will Smith, George Clooney, Johnny Depp and Morgan Freeman. Your first stop is for a short visit to Fort San Cristobal, a mainstay of the San Juan fortification system, from which the Spanish successfully defended their city from British and Dutch attacks as well as frequent assaults from various and sundry pirates. Be sure to watch their historical video on the area. In addition, search out the dungeon where there are centuries old graffiti representing images of Spanish galleons drawn on the walls. As you continue your drive through the old city, you'll see the beautiful 17<sup>th</sup> century Spanish ironwork on the restored homes and note the blue-black glazed cobblestones that were brought to San Juan as ballast for the Spanish galleons, and were used to surface the narrow streets of the Old City. In addition, armed with our Map of Old San Juan, you will have time to explore some of the many interesting shops, boutiques and art galleries that have made this historic area their home. Comfortable clothing and walking shoes are recommended. Transfer time to City is 5-10 minutes approximately, one-way.



***Price per Person: \$47.00***

### ***Combination City/Bacardi Distillery Tour***

Your tour first carries you out to the south side of San Juan Harbor, where you will enter the beautifully manicured grounds of the Bacardí Rum Distillery, the world's largest distiller of natural spirits. You'll learn about the company's history, the rum making process in all of its stages, the different kinds of rums available and their characteristics as well as learn how to prepare the first three cocktails ever made with Bacardí: "Cuba Libre", "Daiquiri" and "Mojito Cubano. After video-emailing your friends back home from Bacardí's disco-like room filled with lights and music and featuring the company's advertising and product history, you will enjoy some complimentary rum drinks at the distillery's open-air pavilion. You'll also have a chance to visit the gift shop and purchase Bacardí Rum as well as many other Bacardí products.



From Bacardi the tour continues through portions of new San Juan and on into the beautiful centuries old city of the original San Juan, actually an island connected by bridges to mainland Puerto Rico. You will drive past Fort San Gerónimo and on into Old San Juan where you will visit Fort San Cristobal, a mainstay of the San Juan fortification system that used to surround the entire city. You'll enjoy beautiful 17<sup>th</sup> century Spanish ironwork on the restored homes and note the blue-black glazed cobblestones that were brought to San Juan as ballast for the Spanish galleons, and were used to line the narrow streets of the Old City. In addition, armed with our Map of Old San Juan, you will have some time to explore some of the many interesting shops, boutiques and art galleries that have made this historic area their home. Comfortable clothing and walking shoes are recommended. Transfer to Bacardi is 30 minutes approximately, one-way.

***Price per Person: \$54.00.***

### ***El Yunque Rainforest Guided Tour with La Mina Falls Hike***



Now running in the finals to become one of the New 7 Wonders of the Natural World, El Yunque Rainforest consists of a range of mountains on 28,000 acres. This area receives billions of gallons of rainfall each year and has over 240 varieties of plants and trees. This tropical rainforest boasts a jungle-like atmosphere consisting of giant hardwoods, tropical ferns over 40 feet tall, bamboo groves and miniature orchids. After a stop at the Visitor Center, your driver/guide will accompany you on a high-impact hike through one of El Yunque's beautiful trails for an up-close and in-depth rainforest experience. The 1.5 hour hike (total) will take you to the beautiful La Mina Falls where you will be able to enjoy a dip in fresh spring water and take a break before climbing up again! This allows for a genuine hands-on experience that you will never forget. Be sure to wear closed toe shoes with some traction, as the trail may be damp – no flip-flops! We'll supply the mineral water for the hike. Transfer time to Rainforest is approximately 1 hour, one-way.

***Price per Person: \$62.00.***

# Work, Stress and Health 2009

November 4-9, 2009

Caribe Hilton Hotel

Return Tour form to Travel Services, Inc. with payment by September 25, 2009

Attendee's Name \_\_\_\_\_

Guest Name \_\_\_\_\_

Please check the corresponding tour(s) and total.

DAY	TOUR	TIME	RATE P.P.*	ATTENDEE	GUEST	TOTAL \$ Amount
Thursday, November 5, 2009	**El Yunque Rainforest Tour with Nature Walk	10:00AM	\$51.00			
Friday, November 6, 2009	**City Tour of Old and New San Juan	12:00PM	\$47.00			
Saturday, November 7, 2009	**Combination City/Bacardi Tour	9:00AM	\$54.00			
Sunday, November 8, 2009	**El Yunque Rainforest with extended La Mina Hike	9:00PM	\$62.00			

\*Per person, unless otherwise indicated.

\*\* **Minimum participation is required for each tour.**

If you are paying by check, please mail a copy of the completed tour registration form along with your check to:

**TRAVEL SERVICES, INC. / ATTN: Work, Stress and Health 2009 / P.O. BOX 6186 / SAN JUAN, PR 00914 – 6186.**

We accept checks in US funds drawn on a US banks only.

If you are paying by Credit Card, please complete the following information and fax to:

**787-982-1270.**

TOTAL AMOUNT: \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ (We do not accept AMEX)

CARD NUMBER: \_\_\_\_\_ EXP. DATE \_\_\_\_\_

NAME OF CARD HOLDER \_\_\_\_\_

**SIGNATURE OF CARD HOLDER** \_\_\_\_\_

*Please include a legible photocopy of the front and back of the credit card.*

**Cancellation Penalties:** Cancellations received after 11:59 p.m. September 25, 2009, will be subject to full charge. We reserve the right to cancel a tour if minimums are not met. In this case a full refund will be made. Cancellations must be received in writing via e-mail or fax. Should you decide to cancel your trip, it will be your responsibility to cancel tours and activities directly with Travel Services, Inc. Any tour booked after 11:59 p.m. September 25, 2009 will be considered non-refundable. If you have any questions please feel free to email us at: [mpueyo@destinationpuertorico.com](mailto:mpueyo@destinationpuertorico.com)

**IT IS IMPORTANT THAT YOU CAREFULLY COMPLETE THE FOLLOWING CONTACT INFORMATION:**

NAME: \_\_\_\_\_ Email: \_\_\_\_\_

TEL: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

(end of form)