

Kat's Great Adventures

Costa Rica Coast to Coast Mountain Bicycle Tour 2023
Guided Tour
9 Days / 8 Nights



This great bike tour will give you the opportunity for great rides through rural Costa Rica, the northern Volcanic Range and tropical beaches on our Caribbean and Pacific Coast. Ride at the base of Arenal Volcano, and around Lake Arenal and finish it all with a great seafood dinner on a tropical beach.

Itinerary Day to Day

Day 1: Arrival San Jose International Airport

Upon arrival in Costa Rica at San Jose International Airport one of our bilingual representatives will meet you at main exit airport, he will be holding a sign with your name on it. Once all together, he will take you on a private bus to your hotel in San Jose.



Day 2: Private land transfer San Jose – Puerto Viejo de Limon 3.5 - 4 hours' drive

Today your biking guide will meet you at your hotel and drive you to our hotel located right in front of the beach in Manzanillo. We'll fit bikes this afternoon and enjoy a traditional Costa Rican dinner.

Day 3: Manzanillo – Puerto Limon 70 km + 336 m - 357 m

After a splendid breakfast at our hotel we take the bikes and start our adventure. We will ride along the coast while we will enjoy the beautiful nature of the rain forest combined with breeze of the ocean. After we finish the ride, we will take our transportation and drive to our next hotel in Guapiles.

Day 4: Guapiles – Sarapiquí 68 km + 228 m - 367 m

Today we leave our hotel after breakfast and we will start biking through the small villages in Guapiles, towards Sarapiquí where we will appreciate the different scenery of nature and also we will ride through some banana and pineapple plantations. Once we get to our next destination, we can enjoy the swimming pool, the frogs and butterfly garden they have available for us.

Day 5: Sarapiquí – La Fortuna 86 km + 631 m - 495 m

Today we ride on San Carlos Flat lands, during the ride we will see different agricultures that we produce in this very rich soil like yucca, sugar cane, pineapple, plantain, and some more. In this ride we will make some stops to find wild life, also we will have the chance to stop for great Costa Rican lunch in a homemade food place where can enjoy the beauty of the big green iguanas. This afternoon we will enjoy one of the biggest hot springs in Costa Rica where we will relax our muscles from the long distances bike rides.

Day 6: La Fortuna- Bijagua de Upala 76 km + 1,335 m - 1,379 m

Today we ride the northern shore of Lake Arenal. Using a road through a secondary forest we have great chances of spotting wildlife and enjoying super views of the lake and the volcano. From here we will



take the road away from Lake Arenal into the Northern Guanacaste Volcanic Range. We'll experience a dramatic change of scenery today, as we go from the lush rainforest, to the brownish tropical dry forest on the west.

Day 7: Bijagua de Upala – Volcan Rincon de la Vieja 53 km + 1,143 m - 681 m

Our ride today takes us on quiet rural roads of Guanacaste province, where we can see some of the wind turbines, one of the systems the Costa Rica use to produce clean energy which it's why we are one of the only countries who produce 100% clean energy. At the end of the ride we will start to appreciate the beauty scenery of the Rincon de la Vieja Volcano.



Day 8: Volcan Rincon de la Vieja – Playa Tamarindo 91 km + 517 m - 1,047 m

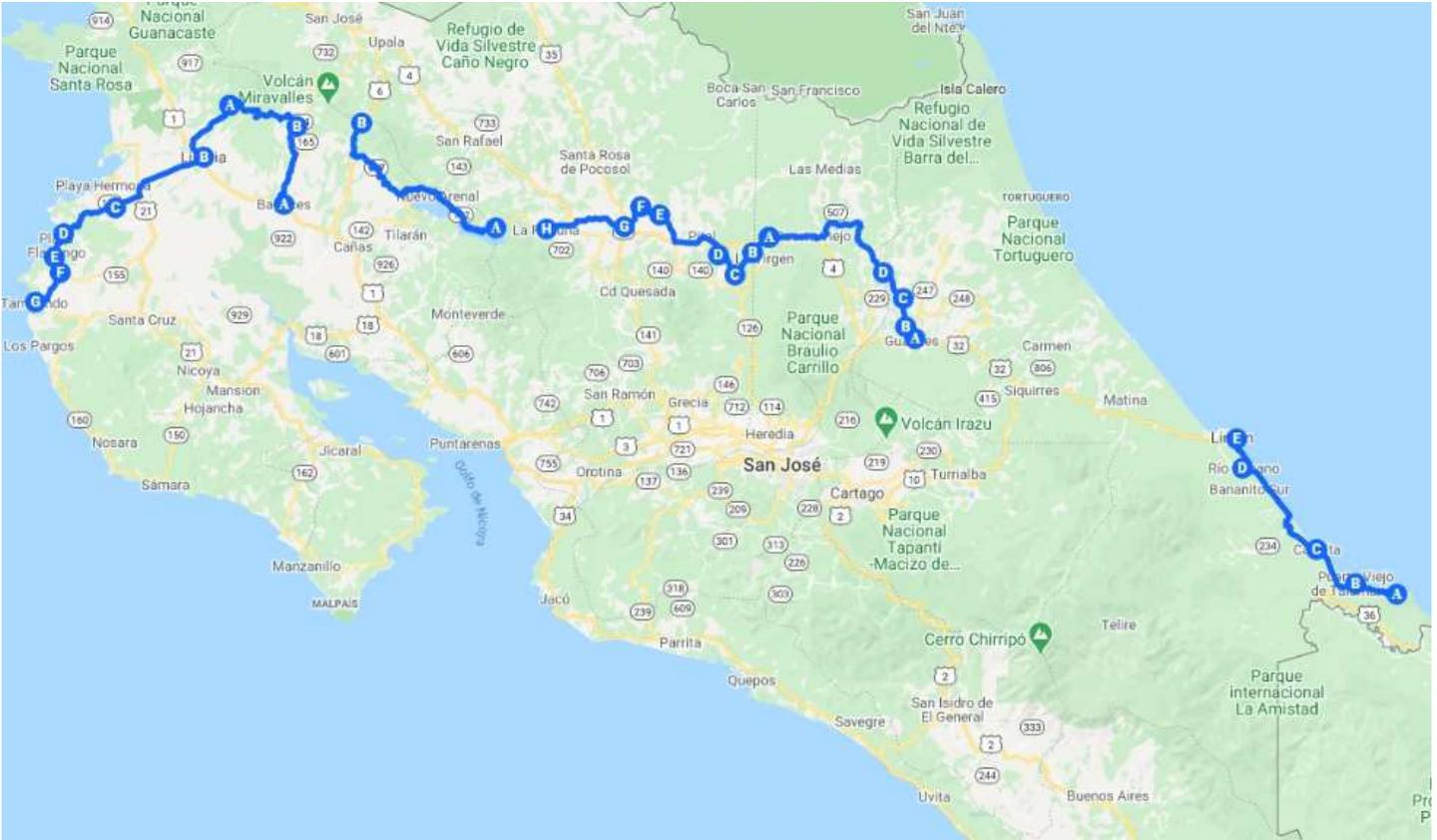
Our final ride takes us from the slopes of the Rincon de la Vieja volcano to the north pacific coast where we will enjoy a great bike ride through some dry forest and we will have some beautiful ocean views while we are getting close to our last destination, Tamarindo beach where we will enjoy the beautiful sunset of the pacific.

Day 9: Departure transfer San Jose or Liberia International Airport

Today we will take you on a private land transfer to San Jose (3.5 - 4 hours' drive) or Liberia International Airport (1.5 hours' drive).



Route



Technical Characteristics:

Route Profile: Hard. Many short hills that are best for experienced riders. Terrain is composed of rural gravel and dirt roads, with some sections on paved secondary roads.

Distance: 445 km

Travel Season: Departures February 2 – November 30, 2023
Not available in December and January due to the rainy season on the Caribbean side

Price per Person

Double Occupancy	\$ 2595.00 USD
Single Supplement	\$ 525.00 USD

*Based on 2 people participating in tour

**Group rates available for this tour. As this is a guided tour, the pricing improves with more people participating. Please ask us for details

Accommodation:

3* hotels and lodges



Included:

- Private arrival transfer from San Jose International Airport and private departure transfer to San Jose International Airport or Liberia International Airport
- 8 nights' accommodation
- Air-conditioned support van with driver, tools and spare parts
- Use of a quality front suspension mountain bikes
- Helmet, gloves, biodegradable water bottles
- Water and hydrating drinks
- Licensed bilingual mountain biking guide
- Hot springs entrance fee
- Meals as indicated (8 x breakfast, 1 x lunch and 3 dinners)

Not Included:

- Airport departure tax (\$29 USD)
- Meals not specified in the itinerary
- Gratuities
- Alcoholic beverages
- Personal equipment
- Extras in hotels (i.e. laundry, phone calls, room service)
- Items not specifically indicated in the itinerary