



NICARAGUA

NAVIGATING NICARAGUA'S VOLCANOES & LAKES BY BIKE, FOOT, ZIP-LINE, SANDBOARD & KAYAK 9-DAYS

The secret is out. The allure of Nicaragua is enticing travellers looking for a true adventure to discover this off the beaten path destination. The country boasts a dazzling landscape of rugged coasts and surf, verdant inland jungles, active and dormant volcanoes, colonial cities, warmly hospitable people and no tourist crowds. Navigate Western Nicaragua by land and water on a 9-day adventure tour that combines exciting activities, awesome landscapes and intriguing culture. Hike up and surf down an active volcano, marvel at boiling mud baths and bat-filled lava tube caves and explore charming colonial towns and local artisan markets. Then kayak on a lake filled with lily pads and freshwater sharks, bike through indigenous settlements on a volcanic island and fly through a coffee farm by zip-line. For those of you who refuse to be tamed, this is the trip of a lifetime!

Day 1

MANAGUA

ARRIVAL

Our Nicaragua tour begins. Upon arrival into Managua International Airport a BikeHike Adventures representative will greet you and transfer you to a comfortable hotel in the city. The remainder of the day is at leisure to explore Nicaragua's bustling capital city. There will be a brief orientation at some point today, but the extensive orientation will be once the whole group is together.

Accommodation: Hotel

Meals: none



Day 2

MANAGUA - LEÓN

CITY TOUR

We begin the journey with a drive to the colonial city of León. Founded in 1524, León is the site of Central America's largest cathedral and is famous for its colonial charm. After some time to explore the city and a typical lunch near the lively central park we get our first taste of volcanic activity with a visit to the boiling mud holes at San Jacinto. We return to our hotel in León in late afternoon and have a free evening to explore.

Accommodation: Hotel

Meals: Breakfast, Lunch



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Day 3

LEÓN - CERRO NEGRO VOLCANO

HIKING & SANDBOARDING

In 1992, Cerro Negro Volcano buried León in ash and sand reminding the city of the uncertainty of living near volcanoes. Its most recent eruption came in 1998. Following breakfast, we drive to the base of the volcano and begin the climb up to the top of Cerro Negro Volcano. There will be a chance to look into the mouth of this active volcano and enjoy the spectacular views before beginning a much quicker and exciting decent. Sitting or standing on sand boards are the quickest way down, but just walking down the sand slopes is also exhilarating. From here we return to León for lunch. The plan for the afternoon is a short drive to the Pacific coast for an afternoon on the beach. Total duration of climbing and sand boarding 4 hours.

Hiking Distance: 500 m / 1,640 ft

Hiking & Sand Boarding Duration: 4 hours

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Day 4

MASAYA VOLCANO NATIONAL PARK - GRANADA

HIKING

A visit to the Masaya Volcano National Park and the surrounding area is our route today as we travel south leaving León and heading to Granada. The park is Nicaragua's first and measures 54 sq km / 34 sq mi. The 5 craters of the volcano and lunar landscape make for a great day of hiking. A large variety of volcanic features abound to be explored, including bat-filled lava tube caves where archaeologists have discovered skeletons from seemingly pre-Colombian sacrifices. The town of Masaya contains markets of "Artesanias"-or locally handcrafted items, ranging from hammocks to rocking chairs to items crafted from clay, stone, glass and pewter, among other things. The day ends in the colonial port city of Granada.

Hiking Duration: 2 hours

Accommodation: Hotel

Meals: Breakfast, Lunch



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Day 5

GRANADA - LAKE NICARAGUA

KAYAKING

At the northern end of Lake Nicaragua hundreds of lava isletas play host to important nesting and roosting sites for thousands of cormorants and other water birds that live on the lake. This morning we kayak through these isletas and enjoy a unique bird watching experience. The Mombacho Volcano shadows these isletas, and this will be our first glimpse of the two volcanoes of Isla Ometepe, rising in the distance. Another evening in Granada allows us to enjoy the colonial atmosphere.

Kayaking Duration: 2 hours

Kayaking Distance: 15 km / 10 mi

Accommodation: Hotel

Meals: Breakfast, Dinner



Day 6

MOMBACHO VOLCANO - ISLA OMETEPE

ZIP-LINING & BIKING

The Cutirre Farm, outside Granada, is a working coffee farm perched high on the slopes of the Mombacho Volcano. There is a canopy tour here, set high in the treetops above the deep green of coffee plants. From the forest canopy we'll have a bird's eye view of the huge ciebas, mountain cedars, and guyabones trees that make up the shade for the plantation below. After receiving an in-depth safety talk and being fitted with harnesses and gloves, the adventure begins. Traveling between platforms along zip lines give us the rare opportunity of viewing the world as the monkeys and birds do. Afterwards we continue south to Isla Ometepe. We have a one-hour ferry ride to the island, and then we mount our bikes for the first time. We ride gritty gravel roads for 25 km / 16 mi, right in between the 2 volcanoes to Santo Domingo, on the east side of the island. This is our resting place for the evening.

Biking Distance: 26 km / 16 mi

Accommodation: Hotel

Meals: Breakfast, Lunch

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Day 7

ISLA OMETEPE

BIKING

Ometepe is the largest island in Lake Nicaragua, and is made up of the two volcanoes Concepcion and Madera and the bridge of lava that connects them. It is ideal for mountain biking and a ride around the volcanoes makes for a challenging day of biking. The route passes through several indigenous settlements and offers great views of the lake and the chance to see monkeys and a variety of birdlife.

Biking Distance: 42 km / 26 mi
Accommodation: Hotel
Meals: Breakfast, Lunch, Dinner



Day 8

MOYOGALPA - GRANADA

BIKING

The final leg of the physical journey begins with a 45 km / 28 mi mountain bike ride to Moyogalpa. Here we board the ferry and return to the mainland. We'll transfer back to Granada for our last night in Nicaragua.

Biking Distance: 45 km / 28 mi
Accommodation: Hotel
Meals: Breakfast, Dinner

Day 9

MANAGUA

DEPARTURE

You'll be transferred to the international Airport in Managua to connect with your return flight home.

Meals: Breakfast

TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, mountain bikes, airport transfers, internal transportation and English-speaking guides.

Not Included

International flights, gratuities, airport departure taxes, meals not included and items of a personal nature.

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