



## COSTA RICA

### COSTA RICA COAST TO COAST BY BIKE, FOOT, KAYAK & RAFT 12-DAYS

The challenge - to traverse from the Pacific to the Caribbean of Costa Rica, solely by muscle power. We bike, hike, kayak and raft in one adventure-filled expedition. From the rocky cliffs and white sand beaches, we pedal and hoof along mountainous roads, pushing across the Continental Divide. We cross the Talamanca Mountain range and pass through rain and cloud forests, coffee plantations and quaint agricultural villages. Finally, we drift peacefully to the Caribbean shores, and celebrate with champagne in the surf. For the physically fit and the insanely energetic, this is the trip of a lifetime!

## Day 1

### SAN JOSE

#### ARRIVAL

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After welcoming you at the San Jose Airport, a BikeHike Adventures Inc. representative will transfer you to a comfortable hotel in the city. The rest of the day is free to explore the cosmopolitan sights of San Jose.

Accommodation: Hotel

Meals: none



## Day 2

### SAN JOSE - MANUEL ANTONIO

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The day starts with a transfer to Quepos, a fishing village on the Pacific coast. You have time to relax, chill out on the beach or visit Manuel Antonio National Park, which is famous for its abundant wildlife. After a few hours of hiking, swimming and exploring the hidden coves of this unique park, we'll meet in the later afternoon to get sized for our bikes and then has the evening to discuss the details of the trip and tend to any necessary prep-work.

Accommodation: Hotel

Meals: Breakfast, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)





### Day 3

#### PACIFIC COAST - NARANJILLO

##### BIKING & HIKING

Today we begin our journey from coast to coast. We awake at the crack of dawn and enjoy a light buffet of fresh fruit, yogurt and coffee. Mountain bikes are our mode of transport as we leave Quepos and climb into the steep mountains and beautiful valleys of the sparsely populated Pacific Coast. In the small town of Esquipulas we have a hearty breakfast, rest up and prepare our packs for the next leg of today's journey. Trading our wheels for hiking boots, we continue by trekking into the cool mountains of Central Costa Rica. We camp overnight in the valley of Naranjillo.

Biking Distance: 20 km / 12 mi.  
 Trekking Distance: 14 km / 9 mi.  
 Ascent: +1,440 m / 4,724 ft.  
 Descent: -825 m / 2,707 ft.  
 Accommodation: Tent  
 Meals: Breakfast, Lunch, Dinner

### Day 4

#### NARANJILLO - SANTA MARIA

##### BIKING & HIKING

The adventure continues by trekking towards the Continental Divide, challenging the infamous "Cemetery Hill" - a strenuous 10 km / 6 mi glute burning climb up a steep, winding pass. We then switch to pedal power and head for the pueblo of San Lorenzo ending in the quaint village of Santa Maria where we refortify with some typical Costa Rican fare and rest up in cozy cabins for the night.

Trekking Distance: 10 km / 6 mi.  
 Biking Distance: 12 km / 8 mi.  
 Ascent: +1,390 m / 4,560 ft.  
 Descent: -445 m / 1,460 ft.  
 Accommodation: Cabin  
 Meals: Breakfast, Lunch, Dinner

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## Day 5

### CONTINENTAL DIVIDE

#### BIKING

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Today we tackle the hardest, steepest climb of our adventure. The challenge before breakfast is mountain biking a 14 km / 9 mi uphill stretch to the Continental Divide, leading us to an altitude of 2,330 m / 7,700 ft, the highest peak of our journey. Following the rule that everything that goes up must come down, the remainder of the day is mountain biking at its best, mostly downhill on rugged dirt paths. We finish the afternoon in the lush and beautiful Orosi Valley where rich pastures and dark green forests of coffee carpet the land. Overnight at a lodge.

Biking Distance: 47 km / 29 mi.

Ascent: +1,290 m / 4,232 ft.

Descent: -1,800 m / 5,905 ft.

Accommodation: Hotel

Meals: Breakfast, Lunch



## Day 6

### TAPANTI

#### BIKING & HIKING

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After breakfast, we mountain bike along a river to the Tapanti National Wildlife Refuge. This is an area of vast rugged terrain covered with dense primary rainforest. Leaving our bikes, we take to the mountains trekking amongst thousands of trees covered with ferns, bromeliads, mosses and other epiphytes. The end of the day finds us on flatter ground, camping near the small settlement of Taus.

Biking Distance: 10 km / 6 mi.

Trekking Distance: 12 km / 8 mi.

Ascent: +680 m / 2,231 ft.

Descent: -1,035 m / 3,396 ft.

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

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## Day 7

### PACUARE RIVER

#### BIKING & RAFTING

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After breakfast we continue mountain biking towards our rafting “put-in” at La Cruz. This is the gateway to the mighty Pacuare River. We'll first have lunch and then embark on a thrilling rafting journey on this exciting river that cuts through pristine rainforest and cascading waterfalls. We'll run through a section of about 30 km / 19 mi of class II-IV rapids. By afternoon we'll arrive at our comfortable and luxurious riverside camp. Nestled between the sounds of the rainforest and the hum of the river, we have the remainder of the day to explore this lush environment looking out for toucans and oropendolas overhead or simply relaxing in a hammock to the sounds of the river.

Biking Distance: 46 km / 29 mi.

Whitewater Rafting Distance: 5 km / 3 mi.

Ascent: +675 m / 2,215 ft.

Descent: -1,150 m / 3,773 ft.

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

## Day 8

### PACUARE RIVER VALLEY

#### HIKING

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Today we spend some quality time in this beautiful location on the banks of the Pacuare River. This area of rainforest is maintained as much as possible in its natural state. The camp is a very comfortable camp with permanent tents on wooden platforms, raised off the ground. There are showers, flush toilets, sinks and a dining area with a gazebo strewn with lots of hammocks. We'll head out today on a hike into the rainforest to some of the nearby waterfalls and swimming holes.

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

## Day 9

### PACUARE RIVER

#### RAFTING

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After breakfast we cast off the shores paddling through gurgling swells that cut through a virgin rainforest and cascading waterfall. We maneuver through the exhilarating rapids through dense rainforest and rugged canyons. Along the way we break on the riverbank and climb through the muddy jungle to a spectacular hidden waterfall with loads of fresh water pools and cascades to play in. We get back in our boats for a little more whitewater before stopping for a picnic lunch on the shore. Our rafting ends near the town of Siquirres at a riverside camp. Dinner tonight is a home cooked gourmet Pacuare feast.

Whitewater Rafting Distance: 23 km / 14 mi.

Whitewater Rafting Duration: 3-5 hours.

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner



## Day 10

### PACUARE RIVER - CAHUITA

#### BIKING & SEA KAYAKING

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THE SWEET TASTE OF SUCCESS!! This morning we jump on our bikes for a short ride through banana plantations to the town of Freeman where we begin the final leg of our coast to coast traverse in kayaks down the Pacuare River. The frothy whitewater mellows to a gentle flow and we paddle our way into the Caribbean lowlands where banana plantations gradually swallow the receding rainforest. At the end of the adventure, we reach the mouth of the Pacuare as it meets the Caribbean Sea, celebrating our passage with bubbly in the surf, while enjoying a well-deserved rest. After some time on the beach we are picked up by a motorboat and transferred to Moin from where we travel by vehicle to Cahuita. Here we stay in a comfortable hotel as we congratulate ourselves on completing the journey from Coast to Coast of Costa Rica!

Biking Distance: 20 km / 12 mi.

Kayaking Distance: 15 km / 9 mi.

Ascent: +75 m / 246 ft.

Descent: -125 m / 410 ft.

Accommodation: Hotel

Meals: Breakfast, Lunch

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## Day 11

### CAHUITA & SAN JOSE

#### FREE DAY

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This morning is free to relax around the hotel or on the beach. After lunch, we journey by vehicle back to San Jose taking time to appreciate the breathtaking views as we pass through Braulio Carrillo National Park.

Accommodation: Hotel

Meals: Breakfast

## Day 12

### SAN JOSE

#### DEPARTURE

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A BikeHike Adventures representative will transfer you to the international airport for your return flight home.  
Meals: Breakfast

#### **NOTE about Ascent/Descent numbers:**

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).

## TRIP INCLUSIONS

### **Trip Includes**

Meals as indicated, all accommodation (twin shared), all internal transportation, Scott mountain bikes (26-29 shift with front suspension and disc brakes), two-person tents, support vehicle, airport transfers and English-speaking guides.

### **Not Included**

International airfare, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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