



## COSTA RICA

### THE COSTA RICA CYCLE CHALLENGE BY BIKE 10-DAYS

If you're looking for a legendary cycling challenge, this is the trip! This trip is one of **our most epic in our now almost 30 year history** and was initially created to celebrate our 20 year milestone. However, it has proved such a fun expedition, we have continued to offer it! The goal: to entirely cross the country of Costa Rica, from the Caribbean to the Pacific, 500 km / 300 miles solely by bike. We ride on banana trails, through rivers, past the active Arenal Volcano, over the Continental Divide and to the splashy surf of the Pacific shores. At the end, we celebrate with bubbly on the beach and reflect on the experiences of our epic adventure.



## Day 1

### SAN JOSE

#### ARRIVAL

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After welcoming you at the San Jose Airport, a BikeHike Adventures 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. Overnight in a comfortable hotel in San Jose.

Accommodation: Hotel

Meals: none



## Day 2

### SAN JOSE - MOIN - FINCA BANANO

#### BIKING

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We rise early and fuel with a typical Costa Rican breakfast of gallo pinto (rice and beans) eggs and locally grown robust coffee. Then we drive to the start of our cycling traverse at Playa Bonito. It's here that we begin our 500 km / 300 mi cycling challenge across Costa Rica from the Caribbean to the Pacific, solely on our own sweat and steam. We start with a really fun and adventurous section along the coast on dirt and paved roads. We then have some legs along hard-packed sand beaches lined with coconut trees and another section along a rocky railway track that is used to transport bananas to the nearby port of Limon. We'll cross a number of trestles with our bikes today that are raised up high above rivers and valleys. We'll cycle through miles of banana plantation where countless communities of labourers process the thousands of hectares of bananas. At times we'll have to make way for them as they manually move massive bunches of bananas hung on pulleys and cables. The day finishes with a feast of dinner and an overnight at a permanent campsite.

Distance: 56 km / 34 mi

Ascent: + 305 m (1000 ft)

Descent: - 290 m (950 ft)

Accommodation: Tent

Meals: Breakfast, Lunch, 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

### FINCA BANANO - GUAPILES

#### BIKING

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Today is filled with adventure and fun. We begin by loading ourselves and our bikes on our rafts and paddling across the Pacuare River. Our goal is to get onto the snaking back routes and into the villages and farmlands, avoiding the busy roads. We'll cycle along banana trails and past the processing plants where bananas are prepared for export by Delmonte and Chiquita. We're deep in the heart of banana territory today and we'll have the chance to visit one of the processing plants to learn the whole procedure of how they're grown and get ready for export. We have a few more adventurous trestle bridges to cross today, hopping from rung to rung with our bikes on our shoulders. We then bike to the Reventazon River, where a local will paddle us and our bikes across this river. We have one last river crossing, by motorboat, over the Parismina River and then we reach our lunch spot. After refueling our engines we're ready for the final push cycling on rocky and paved roads to the town of Guapiles.

Distance: 73 km / 45 mi  
Ascent: + 375 m (1230 ft)  
Descent: - 150 m (492 ft)  
Accommodation: Hotel  
Meals: Breakfast, Lunch

## Day 4

### GUAPILES - PUERTO VIEJO

#### BIKING

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We begin today's ride on a winding paved road heading toward the Sarapiquí River. Today is an easier day than yesterday, on mostly flat, dirt roads with a few paved sections. Sarapiquí is a region of rich diversity, known for tropical foliage and the production of corn, coffee, cocoa, cardamom and heart of palm. There is a chance we'll encounter monkeys swinging from the trees and exotic and colourful birds on this section of the ride. We'll pass a few football fields and might have the chance to see the locals playing one of their national sports. Costa Ricans are very excited about their local team making it to the World Cup.

Distance: 62 km / 38 mi  
Ascent: + 100 m (328 ft)  
Descent: - 305 m (1000 ft)  
Accommodation: Hotel  
Meals: Breakfast, Lunch



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## Day 5

### PUERTO VIEJO - LA FORTUNA

#### BIKING

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Today is our biggest biking day of the trip, and there is plenty of diversity in scenery from fertile farmland to tropical rainforest pulsing with life. We cycle through the San Carlos agricultural region famous for plantations of citrus, papaya, yucca and pineapple. There is a glute-burning hilly section along dirt roads and the rest of the day is along paved roads heading towards the active Arenal Volcano. For those wanting to soothe any sore muscles tonight, there's an option to go to one of the steaming hot springs in La Fortuna. Some of them have services of massage and mud facials.

Distance: 100 km / 62 mi  
Ascent: + 870 m (2854 ft)  
Descent: - 650 m (2132 ft)  
Accommodation: Hotel  
Meals: Breakfast, Lunch

## Day 6

### LA FORTUNA

#### FREE DAY

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After yesterday's long riding day we have a day off to relax, explore the area of La Fortuna and the Arenal Volcano, and rest any aching muscles. There are lots of optional activities available in La Fortuna to partake in, including zip-lining, waterfall rappelling, horseback riding, hiking and standup paddle boarding. Our guide can help you to book any optional activities today.

Accommodation: Hotel  
Meals: Breakfast



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## Day 7

### LA FORTUNA - TILARAN

#### BIKING

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After a day off to rest our buttocks we'll be ready and set to continue our journey across the country. Today's ride is a very hilly, section of paved roads. This is one of the most scenic days of the entire trip. The topography changes from flat, humid and tropical to crisp and mountainous. It's a relatively short day compared to some of our others, so we'll make it to our hotel early enough to really enjoy our surroundings.

Distance: 55 - 68 km / 34 - 42 mi

Ascent: + 1445 m (4740 ft)

Descent: - 1090 m (3576 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

## Day 8

### TILARAN - MIRAVALLS VOLCANO

#### BIKING

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The day begins with a steep climb up and over the Continental Divide, where the road is lined with spinning windmills. Today we'll see a transition in the climate, from humid and tropical to dry and windy but not to worry, we've planned our route according to the prevailing winds so the wind should be at our backs helping to push us up and over the Continental Divide. We'll break at the top for photos and a rest and then begin a scenic downhill section of dirt roads with big wide landscapes of the Guanacaste plains and the Nicoya Peninsula. Guanacaste is the major cattle ranching area of the country and we pass through some of these ranches along the foothills of the Tenorio and Miravalle Volcanoes. Tonight's hotel has naturally heated pools to soothe any aching muscles.

Distance: 52 km / 32 mi

Ascent: + 870 m (2854 ft)

Descent: - 910 m (2985 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

## Day 9

### MIRAVALLS VOLCANO - PLAYA HERMOSA

#### BIKING

We have a challenging hilly morning but then absolutely let loose with a thrilling 20 km/12 mi descent on limestone, all the way to the town of Liberia, in the centre of Guanacaste. This area is very windy, and because of that, has many windmills generating power for the locals. Liberia is one of the largest towns we'll encounter on our journey and is quite different from the smaller communities we've past through until now. We'll break for lunch in town and then complete our crossing to Hermosa Beach on the Pacific coast. The last stretch has a few glute burning climbs, but we end with a fast and thrilling descent all the way to the Pacific Coast. We'll celebrate with bubbly on the beach and then have plenty of time for a swim in the surf. Our hotel is a short walk away. We have the evening free to celebrate and reflect on the experiences of our epic adventure.

Distance: 66 km / 41 mi

Ascent: + 490 m (1607 ft)

Descent: - 1050 m (3445 ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

## Day 10

### PLAYA HERMOSA - LIBERIA

#### DEPARTURE

Today you will be transferred back to the International Airport in Liberia, in time for you to check in for your flight back 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, Trek 4500 and Scott Aspect 29er mountain bikes (all with front suspension and disc brakes), two-person tents, support vehicle, airport transfers and English-speaking guides.

### Not Included

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

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