



CYCLE COSTA RICA

14 days

DAY 1 – ARRIVE IN SAN JOSÉ

Welcome to Costa Rica! Arrive in San José, the country's lively capital, nestled in a fertile valley surrounded by coffee plantations. Meet your tour leader and fellow travellers this evening. If you arrive early, explore the city's colourful neighbourhoods or visit the National Museum to discover Costa Rica's history and culture.

Accommodation: Sleep Inn Hotel or similar

DAY 2 – JOURNEY TO TORTUGUERO NATIONAL PARK

Leave the capital behind and travel through the spectacular Braulio Carrillo National Park towards the Caribbean coast. At La Pavona Pier, board a boat for a scenic journey along jungle-lined waterways to Tortuguero, a region rich in tropical wildlife and lush vegetation. After lunch at your lodge, enjoy a free afternoon to relax, explore the beach or hire a kayak.

Accommodation: Pachira Lodge or similar | **Meals:** Breakfast, Lunch, Dinner

DAY 3 – DISCOVER TORTUGUERO NATIONAL PARK

Explore Tortuguero's remarkable network of canals and waterways on a guided boat trip, keeping watch for crocodiles, tropical fish and abundant birdlife. Afterwards, enjoy a guided walk through the surrounding rainforest, home to sloths, monkeys and countless tropical birds. The afternoon is free to relax or discover more of this beautiful natural environment.

Accommodation: Pachira Lodge or similar | **Meals:** Breakfast, Lunch, Dinner

DAY 4 – CYCLING THROUGH THE COUNTRYSIDE

Return by boat and bus to the mainland, stopping for lunch in Guápiles, the heart of Costa Rica's banana-growing region. Then begin your cycling adventure near Sarapiquí, riding along mostly flat, paved roads through rural farmland and banana plantations. It's a gentle introduction to cycling in Costa Rica before continuing to your hotel.

Cycling: approx 20 km | **Accommodation:** Hotel Suerre or similar | **Meals:** Breakfast, Lunch

DAY 5 – CYCLE TO LA FORTUNA

Today's ride takes you through a picturesque landscape of rolling countryside, cultivated fields and patches of tropical forest. Stop in Muelle, where you may spot some of the enormous iguanas found in the area, before continuing towards La Fortuna. Weather permitting, enjoy spectacular views of Arenal Volcano as you approach town. The afternoon is free to explore, perhaps visiting the impressive La Fortuna Waterfall.

Cycling: approx 28 km | **Accommodation:** Arenal Montechiari or similar | **Meals:** Breakfast

DAY 6 – FREE DAY TO EXPLORE LA FORTUNA

Enjoy a well-earned break from cycling and discover La Fortuna at your own pace. The region offers plenty of opportunities for adventure, including canopy walks, exhilarating zipline experiences and rainforest exploration. Alternatively, unwind in the area's natural hot springs, where volcanic activity heats the mineral-rich waters, surrounded by lush tropical vegetation.

Accommodation: Arenal Montechiari or similar | **Meals:** Breakfast

DAY 7 – CYCLING AROUND LAKE ARENAL

Begin with a short drive to Lake Arenal, then set off cycling along its northern shoreline. Ride through rolling hills, rainforest and open pastureland, enjoying beautiful views of the lake and the impressive Arenal Volcano. This region is rich in wildlife, with hundreds of bird species inhabiting the surrounding protected landscapes. After lunch, continue by vehicle to Tilarán, overlooking the western shores of the lake.

Cycling: approx 27 km, optional extra 17 km | **Accommodation:** Hotel Guadalupe or similar | **Meals:** Breakfast

DAY 8 – GUANACASTE PLAINS & WATERFALL SWIM

Enjoy a scenic ride downhill towards the drier plains of Guanacaste, with sweeping views of the Pacific coastline and the surrounding volcanic ranges. After cycling to Bebedero, transfer to the beautiful Llanos de Cortés Waterfall for a refreshing swim in its natural pool. Continue to Cañas, where the remainder of the afternoon is free to relax.

Cycling: approx 37 km | **Accommodation:** Hacienda La Pacifica or similar | **Meals:** Breakfast

DAY 9 – CYCLING THROUGH THE FOOTHILLS OF MIRAVALLS VOLCANO

Set off early to enjoy cooler temperatures on one of the tour's more challenging rides. Follow gravel roads and quiet rural backroads through the landscapes between the volcanoes and the Tenorio River, surrounded by lush countryside. Finish with a rewarding descent towards Bagaces before transferring to your hotel near Rincón de la Vieja Volcano.

Cycling: approx 27 km | **Accommodation:** Hotel Yoko Termales or similar | **Meals:** Breakfast

DAY 10 – DISCOVER RINCÓN DE LA VIEJA

Spend another day exploring the dramatic volcanic landscapes around Rincón de la Vieja. Enjoy a scenic ride through forested foothills and along the volcano's slopes, returning by vehicle. The area is home to rich tropical forests and wildlife, including howler monkeys and peccaries. If you prefer a more relaxed day, alternatives include hot springs, therapeutic mud baths or a walk along the national park's volcanic trails.

Cycling: approx 35 km | **Accommodation:** Hotel Yoko Termales or similar | **Meals:** Breakfast

DAY 11 – MORNING RIDE & JOURNEY TO MANUEL ANTONIO

Start the day with a morning loop ride through the surrounding countryside before returning to the hotel to freshen up. Then travel towards Costa Rica's Pacific coast, stopping for lunch along the way. At Tárcoles Bridge, look out for the enormous crocodiles often seen basking along the riverbanks. Arrive at Manuel Antonio later in the day, ready to enjoy the coast's beautiful beaches and tropical surroundings.

Cycling: approx 28 km | **Accommodation:** Hotel Manuel Antonio or similar | **Meals:** Breakfast

DAY 12 – DISCOVER MANUEL ANTONIO NATIONAL PARK

Enjoy a free day in one of Costa Rica's most beautiful coastal regions, where golden beaches meet lush rainforest. Explore the national park's forest trails and look for sloths, monkeys, iguanas and colourful tropical birds. Alternatively, make the most of the Pacific coastline with optional activities such as sea kayaking, fishing or canopy walks, or simply relax on the beach.

Accommodation: Hotel Manuel Antonio or similar | **Meals:** Breakfast

DAY 13 – RETURN TO SAN JOSÉ

Enjoy a relaxing morning at the coast before travelling back to San José after lunch. The journey takes you inland towards the capital, with time to stretch your legs and enjoy the changing scenery along the way. Arrive in the city later in the day and spend your final evening enjoying dinner or exploring the lively city centre with your fellow travellers.

Accommodation: Sleep Inn Hotel or similar | **Meals:** Breakfast

DAY 14 – DEPART SAN JOSÉ

Your Costa Rican adventure comes to an end after breakfast. Depart at your leisure, with luggage storage available at the hotel if you have a later flight. Alternatively, extend your stay to discover more of Costa Rica's vibrant culture, beautiful landscapes and welcoming communities.

Meals: Breakfast

2027 Departures

13 Feb
16 Oct
13 Nov
27 Nov

Price

NZ\$9,080 per person twin share
Single on application

Included

- 11 nights comfortable hotel, 2 nights comfortable lodge
- 13 breakfast, 3 lunch, 2 dinner
- Transport - Bus, Bicycle, Boat
- Local Guide + Driver
- Trek 4500 mountain bike
- Support vehicle when cycling

Excluded

- International airfares to/from San Jose
- Airport transfers
- Travel Insurance (compulsory)
- Optional excursions
- Meals not specified in itinerary
- Helmet

Group Size

maximum 14

Cycling information

On this tour we cycle total of 197 km. The terrain is mostly undulating with some flat sections mixed in. Most of the route is on tarmac roads with about 15% on dirt or gravel roads in reasonable condition. The tour starts gently and builds up with moderate graded rides on days 7, 9 and 10 with several uphills. A support vehicle accompanies the rides throughout. The route is leisurely and moderate.

Bike information

Your included bike will be a Trek 4500 mountain bike with either 27 or 20 gears and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour. We provide spare parts and take care of the day-to-day maintenance. All you need to bring is your own helmet.

E-Bikes (Trail Neo 4 or similar) are available for an additional cost of £375 – subject to availability and sell out!

