

# BikeHike Adventures

connecting the world through active travel



## COSTA RICA

THE ULTIMATE ADVENTURE MEDLEY  
BY MOUNTAIN BIKE, RAFT, SEA KAYAK, ZIP-LINE & FOOT  
9-DAYS

For those of you who refuse to be tamed, consider this action-packed adventure. The goal is to traverse across the country on a series of trails, rivers, and backcountry roads. We ride knobby tire mountain bikes through fertile farmland in the lush Central Valley, hike to the base of the rumbling Arenal Volcano, and soak in the Ecotermales Hot Springs with front row seats of red hot lava dripping from the cone. In La Fortuna we traverse through the rainforest canopy, zigzagging across cables safely equipped with harnesses and pulleys. We navigate six person rafts down class 3-4 rapids on the raging Pacuare River and paddle sea kayaks through the ocean surf on the whitesand beaches of the Pacific coast. For the physically fit and the hearty adventurer, this trip will offer the challenge of a lifetime!

Day 1

## **SAN JOSE**

### **ARRIVAL**

A BikeHike Adventures representative will meet you at the Juan Santamaria International airport in San Jose and transfer you to a comfortable hotel in town.

Day 2

## **PACUARE RIVER**

### **WHITEWATER RAFTING**

We begin with a scenic two hour drive along the foothills of the Irazu and Turrialba volcanoes to our whitewater rafting “put-in” on the Pacuare River. Here we kick off for two days of adventure tackling 28 km / 15 mi of class III-IV rapids. The first day on the river is a short paddle day giving us plenty of time to explore this pristine river valley. Tonight we overnight at a luxury riverside campsite with tents mounted on wooden platforms, beautiful manicured gardens, an open-air dining room and kitchen, a wash-room with flush toilets and sinks and lots of hammocks in a gazebo to relax in. There are also some short hikes accessible from the campsite if you still have some energy. **(B,L,D)**



Day 3

## **PACUARE RIVER**

### **WHITEWATER RAFTING**

We have another day of Pacuare adrenaline planned, plunging downstream through a dramatic landscape of rainforest, cascading waterfalls and fertile canyon walls. This section has non-stop rapids that are mightier and faster than yesterdays. We'll stop along the way to do a side hike up to some waterfalls with natural swimming pools. We “take-out” near the town of Siquirres and after a shower we drive to the town of La Fortuna - closest town to the Arenal Volcano. **(B,L)**

Day 4

## **ARENAL VOLCANO**

### **MOUNTAIN BIKING, ZIP-LINING, & HOT SPRINGS**

Up until now we've stayed on terra firma, but it's time to ascend to the rainforest canopy - a thrilling way to view the diversity of a Costa Rican rainforest. Secured in a harness, 30 / 100 ft off the ground, we'll traverse on cables between the trees, viewing the vegetation from the canopy. Afterwards we take to the trails on foot, hiking to a 36 m / 120 ft cascading waterfall. Wading below the powerful rush of water is absolutely thrilling. Late afternoon we jump on bikes, cycling amongst dense tropical forest and a few cattle farms. This route connects the Arenal Dam with

the main entrance to Arenal Volcano National Park. Today there are opportunities to see howler monkeys, coatis and a lot of bird life including keel-billed toucans, snowy egrets and kingfishers. The Arenal Volcano is visible during most of our ride today and is a constant reminder of its active presence because of the frequent rumblings. The day concludes soaking in the Ecotermales Hot Springs, natural springs heated by the volcano. Overnight in a comfortable hotel. **(B)**

*Day 5*

## **SAMARA BEACH**

### **SEA KAYAKING**

Today we depart for the Nicoya Peninsula on the Pacific Coast. Our route is around the picturesque Lake Arenal and down to the cattle grazing plains of Guanacaste. This afternoon we paddle down the Nicoya coast exploring the pristine beaches and rugged rocky points. Keep your eyes peeled along the way as you may spot sea turtles basking in the ocean, flying fish darting through the air, or a glimpse of a playful dolphin. We land our kayaks on the palm fringed white sand beach in time for a cool drink at the Mirador viewpoint. At Playa Samara, the evening is free to play in the surf, walk along the beach, or relax by the hotel pool. **(B,L)**

*Day 6*

## **SAMARA BEACH**

### **MOUNTAIN BIKING**

Don't forget to bring your bathing suit today as we ride along some remote beaches with the opportunity for a dip or two into the ocean. Our cycle route today is 40km/25mi, mostly on coastal dirt roads with some short sections of single track that get us to off the beaten track beaches and into small communities. We have a fun river crossing at Rio Buena Vista and there are great chances to see monkeys and maybe even crocodiles in some of the rivers. It's an easy going full day of exploring. Lunch options include

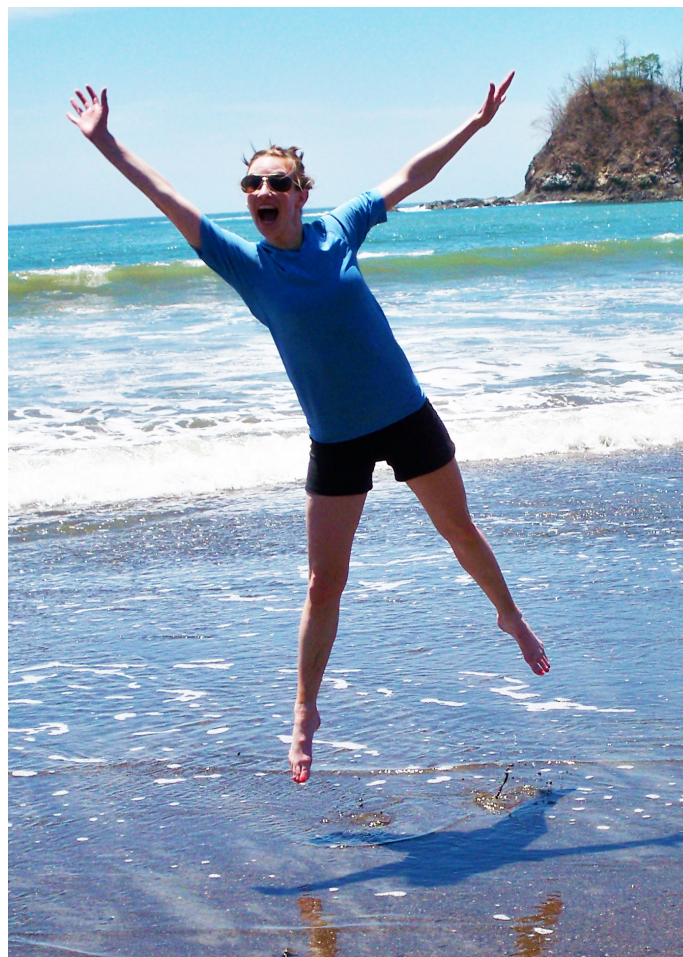
whole fried fish at a small local restaurant on the beach or fill up with fresh fruit bought along the way. We are back at our hotel in Samara in time for a shower and a chance to watch a spectacular sunset on the beach. **(B,L)**

*Day 7*

## **SAMARA BEACH**

### **MOUNTAIN BIKING**

Right after breakfast, we drive to the beaches of Coyote. Here we spend another day exploring this spectacular coastline by knobby tire mountain bikes. An incredible playground of dirt roads, rolling hills, trails and hard-packed sand beaches await us. After our day of biking, we will drive back to our hotel in Samara. (5-7 hours biking) **(B,L,D)**



Day 8

### **SAMARA BEACH - SAN JOSE**

We have a free morning to enjoy the beach and then after lunch, we will begin our drive back to San Jose, the capital of Costa Rica. This evening is a chance to take in the sights and sounds of San Jose. Overnight at a comfortable hotel. **(B)**

Day 9

### **SAN JOSE**

#### **DEPARTURE**

You will be transferred to the airport for your return flight home. **(B)**

#### **TRIP INCLUDES**

All accommodation (twin shared), meals as indicated (B-breakfast, L-lunch, D-dinner), all internal transportation, 24-speed mountain bikes with front suspension, sea kayaks, rafting gear, 2-person tents, airport transfers, and veteran wilderness guides.

#### **NOT INCLUDED**

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

