

Costa Rica Coast To Coast Cycle



Duration: 11 days

Our adventurous coast to coast challenge involves crossing from the Caribbean Coast to the Pacific on the roads and dirt tracks of Costa Rica's hilly interior. En-route we pass lakes, volcanoes, rainforest and tropical plantations with small towns and villages providing plenty of cultural flavour.

Our epic ride starts where Christopher Columbus came ashore on the Caribbean, and takes in over 480km of spectacular scenery and fantastic cycling.

The heat, humidity and hills all add to the challenge – this is an unforgettable and strenuous challenge which is a world away from the norm!

DETAILED ITINERARY

Day 1: Fly London – San Jose

We arrive late afternoon / early evening, transfer to our hotel and relax! Night hotel.

Day 2: San Jose – Limon – Finca Pacuarito

We drive to the Caribbean Coast and, after a group photo, start our epic ride! Heading along the coast, and at points cycling along the actual beach (a fabulous experience!) we enjoy the views of the sea before turning inland and riding through miles of banana plantations, mainly on dirt roads. Passing the communities of workers that process the thousands of hectares of bananas gives us a good insight into daily life here.

We camp at the Finca Pacuarito homestead. Night camp

Drive approx. 3 hours; cycle approx. 56km (4-6 hours)

Day 3: Finca Pacuarito – La Rita

Today we cross the heart of the Caribbean lowlands, a flat but challenging day in the heat, with half our distance on dirt roads. A small ferry crossing of the Pacuare River starts our day; we take three small boat crossings today, allowing us to avoid busy roads.

We then ride towards the bustling town of Siquirres, and continue across the lowlands on a mix of paved and dirt roads to the town to La Rita. Night camp.

Cycle approx. 72km (7-9 hours)

Day 4: La Rita – San Rafael

Our route today takes us through lush vegetation and tropical plantations, giving us a real taste of Costa Rica's natural beauty. We head towards the Sarapiquí River – keep your eyes peeled for monkeys and exotic birds – through landscapes of tropical rainforest, palm trees, and areas growing corn, coffee, cocoa, cardamom and hearts of palm.

We have a chance of a refreshing dip in the river before a picnic lunch, then head for San Rafael on hillier roads taking us into the heart of pineapple country. Night camp.

Cycle approx. 83km (6-8 hours)

Day 5: San Rafael – La Fortuna

We tackle rolling hills in the agricultural region of San Carlos, surrounded by plantations of citrus fruit, papaya, yucca and pineapples. The hills become more challenging as we hit dirt roads through stunning scenery, then we take paved roads towards the town of La Fortuna near the active Arenal Volcano.

Our camp tonight is close to hot springs, perfect for soaking those aching muscles! Night camp.

Cycle approx 72km (5-7 hours)

Day 6: La Fortuna – Tierras Morenas

Another hilly day awaits, as we take in the beautiful landscapes of Lake Arenal, the country's largest lake. The views of the clear water, Arenal's volcanic cone and the surrounding dense vegetation are beautiful, and form a real highlight of our trip. Our day ends with a steep climb up to the town of Tierras Morenas – a tough end to a memorable and rewarding day! Night camp.

Cycle approx 68km (8-10 hours)

Day 7: Tierras Morenas – Miravalles Volcano

As we cross the Continental Divide we are treated to sweeping views over the Guanacaste plains and the Pacific coastline – these vistas will spur us on today! Guanacaste is Costa Rica's main cattle ranching area and often nicknamed the 'wild west' of Costa Rica with its vaqueros, or cowboys. We pass through some of these ranches as we ride dirt roads through the forested foothills of the Tenorio and Miravalle volcanoes. Although Miravalle is now dormant, the area is dotted with signs of volcanic activity. The upper slopes are covered with protected cloudforest, home to a wide range of wildlife. By the end of the day we have left the tropical vegetation behind, for a drier and windier climate, which is great proof of our progress! Night camp.

Cycle approx 42km (5-7 hours)

Day 8: Miravalles Volcano – Hermosa Beach

A hilly morning is rewarded with an incredible 20km off-road descent to colonial Liberia, centre of Guanacaste – this large town is one of the oldest cities in Costa Rica and offers a totally different cultural experience to the small communities we have been passing through. After lunch we pedal our last miles on flat roads to Hermosa Beach on the Pacific Coast, where we have time for a swim in the surf to mark the end of our crossing. After time to freshen up, we gather for a slap-up dinner to celebrate our achievements this week. Night hotel.

Cycle approx 77km (6-8 hours)

Day 9: Hermosa Beach – San Jose

We have time to relax and enjoy the beach before the drive back to San Jose. Night hotel. *(Lunch and Dinner not included)*

Drive approx 4 hours

Day 10: Depart San Jose

Depending on our flight departure time, there may be time to explore before we transfer to the airport. *(Lunch not included if not in-flight)*

Day 11: Arrive UK

WHAT'S INCLUDED

- All transport from London to San Jose return
- All meals except where specified, accommodation and camping equipment
- Discover Adventure leaders/mechanics; doctor with a group of 15 or more participants; local guides, cooks & drivers
- Local support and back-up equipment
- Entrance to Reserves and any sites visited as part of the itinerary
- Bike with front suspension (Trek or equivalent)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Cycle helmet (compulsory)
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax
- Fees for any optional sites, attractions and activities
- Airline taxes: we cap these so that £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | TOUGH (3)



Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 24 Apr 2024, and the challenge is subject to change.