

## COSTA RICA MULTISPORT BIKE TOUR

DISCOVER THE ARENAL VOLCANO, CLOUD FOREST AND  
PACIFIC COAST

Exotic, beautiful and exhilarating, our Costa Rica multisport bike tour features tropical rides with exciting stops along the way. You'll begin your week with a rafting trip down the incredible Rio Balsa. As the week goes on you will discover the ancient secrets of chocolate on a rainforest chocolate tour, enjoy a boat cruise across Lake Arenal, hike and zip line through the Cloud Forest, stroll on white sand beaches and watch a Pacific Ocean sunset from the back of a horse. All this in addition to a variety of rides that get you up close to the Costa Rican countryside. Join us for an unforgettable week in one of the most diverse and picturesque places on Earth.

From  
\$2999

Rider Type  
Recreational

Hotel Style  
Explorer

Duration  
6 days | 5 nights

Start | End  
Alajuela, Costa Rica

Dates  
2021/Feb/Mar

### TRIP WOWS

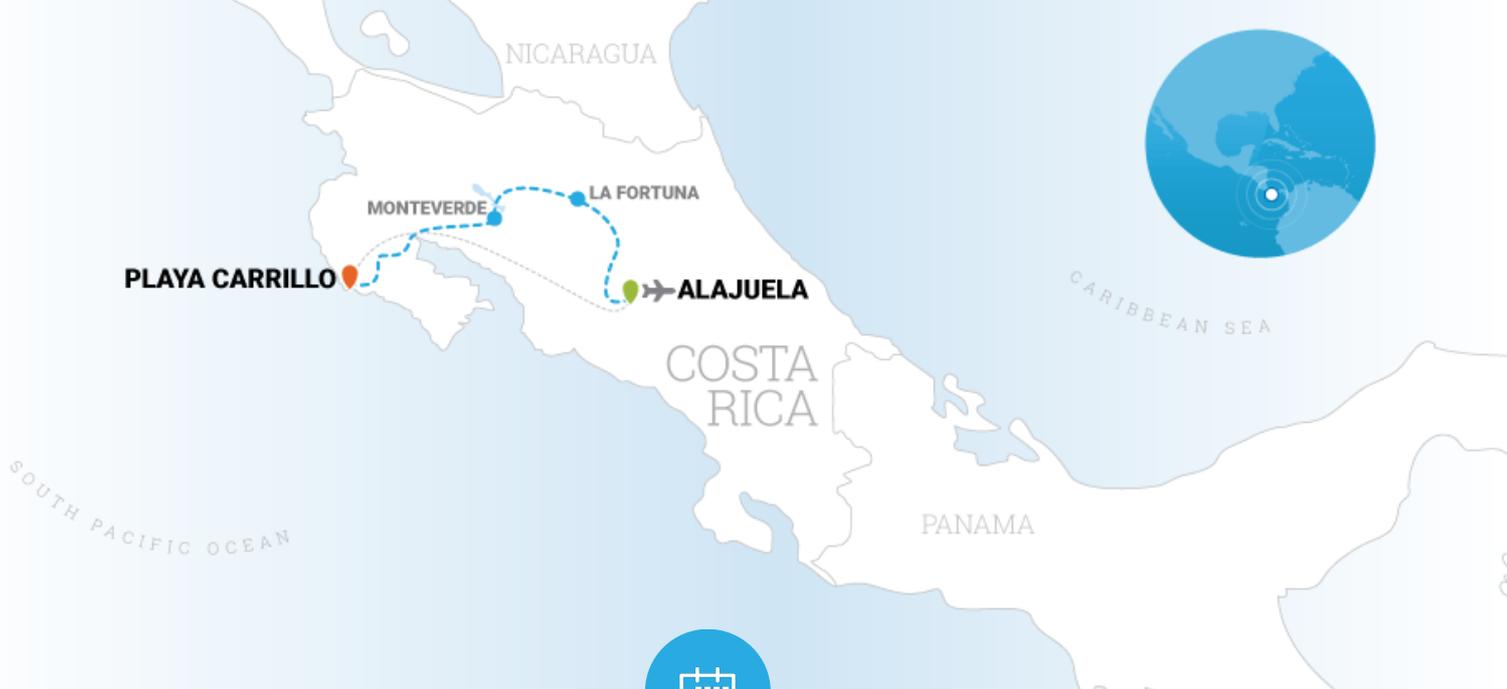
Relax on a boat ride across Lake Arenal with a view of towering Arenal Volcano

Get ready for a thrill as you zip line through the world-renowned cloud forests of Monteverde

Cycle alongside the Pacific Ocean from Playa Carrillo to Playa Sámara and explore palm tree-lined beaches

Horseback ride along the beautiful sands of Playa Carrillo en route to a sunset social hour and dinner

Experience Costa Rican whitewater during a rafting trip down the Rio Balsa, whose waters originate on the Poás Volcano



## DAILY ITINERARY

2021

Day

1

### TODAY'S ACTIVITY:

**Whitewater Rafting on the Rio Balsa**

### DESCRIPTION:

Your Trek Travel guides will meet you at the Hampton Inn & Suites at 8:45 AM on the first day of your trip. You'll transfer one and a half hours to Bajo Rodriguez where, once at the river, you'll meet your unforgettable raft guides, who'll show you the ropes of rafting before putting on the water. Please have your rafting day bag easily accessible, separate from your luggage (non-cotton clothing and water shoes that will stay on your feet); you will have the opportunity to change into your rafting clothes once you arrive at the put-in. There are no dull moments today, as you will experience an exciting variety of Class II and Class III rapids as you pass through a tropical wilderness on a river fed by waters flowing from the Poás Volcano. There will be stops along the way to swim in the river's calmer sections. Afterwards, you'll shuttle to La Fortuna where you will enjoy an authentic Costa Rican lunch at the headquarters of our rafting outfitter. A very brief shuttle then brings you to your hotel, where you can relax in the pool or jacuzzi while taking in stunning views of the Arenal Volcano. Reconvene with your companions for a social hour and dinner as your guides fill you in on the details of the adventures to follow.

### HOTEL:

Casa Luna Hotel & Spa

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Lunch | Social Hour | Dinner

# Day

## TODAY'S RIDE:

### Sonafluca Loop

Approximately 15 miles with 815 feet of climbing

## TODAY'S ACTIVITY:

Rainforest Chocolate Tour

## TODAY'S ACTIVITY:

Lake Arenal Boat Transfer

# 2

## DESCRIPTION:

After breakfast, your Trek Travel guides will fit you to your bike for the week and describe what to expect on today's ride. Then you'll hop on your bike and ride to the small pueblo of Sonafluca, crossing over a few beautiful rivers along the way, while Arenal Volcano looms behind you. After the bike ride, you will have time to shower and change before checking out of the hotel. A visit to Rainforest Chocolate is up next, where you'll take part in a tour to learn about the origin and history of the cacao tree, from the harvesting of the fruit to the drying and grinding of the seed. You will discover the ancient secrets of chocolate and of course, enjoy high-quality organic chocolate followed by a picnic lunch provided by your Trek Travel guides. Then, after a brief shuttle, you will board a private boat and cruise across beautiful Lake Arenal toward your next hotel, nestled high in the Monteverde Cloud Forest. A two hour shuttle follows the boat ride on winding dirt roads into the mountains. Tonight, you'll savor a special dinner at the hotel, admiring views of the distant Gulf of Nicoya from the deck of the Celajes Restaurant.

## HOTEL:

Hotel Belmar

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Breakfast | Lunch | Dinner

# Day

## TODAY'S ACTIVITY:

### Monteverde Cloud Forest Guided Natural History Hike

Approximately 2.5 hours

## TODAY'S ACTIVITY:

### Canopy Tree Zip Line & Tarzan Swing

# 3

## DESCRIPTION:

The sky is the limit today, as you begin your morning with a guided natural history hike in the Monteverde Cloud Forest Biological Reserve. Learn what makes Costa Rica one of the most biologically diverse countries on earth as a local guide leads the way through this unique ecosystem. After the hike, reset and refuel at a lunch spot of your choosing in downtown Santa Elena and take a little time to explore this small mountain town. Then we'll head on to an adrenaline-filled afternoon at one of Costa Rica's longest zip lines, through the beautiful canopy of the Santa Elena Cloud Forest Reserve. This world-famous area is 90% virgin forest and is truly an international treasure. After your zip lining adventure, you'll shuttle back to the hotel, which offers a complimentary yoga class mid-afternoon to guests of the hotel. Tonight, you may dine at your leisure at the hotel in the Celajes Restaurant (the dinner is included in the price of your trip, but you are free to eat at the time of your choosing). For this portion of the trip it is advisable to pack long pants and rain jacket for the daytime activities and a sweater or jacket for the evenings, as the temperatures can be quite cool in the evenings and the weather is often intermittently rainy.

## HOTEL:

Hotel Belmar

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Breakfast | Dinner

# Day

## TODAY'S RIDE:

### Santa Elena to Las Juntas

Approximately 19 miles with 1,190 feet of climbing

# 4

## DESCRIPTION:

After another truly memorable Costa Rican breakfast on the terrace of Hotel Belmar, your destination today is the Pacific coast. The day begins with a bike ride from the hotel to the small town of Las Juntas. You'll take in beautiful views as you ride down from the cloud forest into the Province of Guanacaste. Here you will have lunch before shuttling about 2 hours to your final hotel, the Nammbú Beachfront Bungalows. This fabulous property features an infinity edge pool that overlooks the crescent shape of Playa Carrillo. Take in the views from the pool and spacious deck or walk a few moments to the shore and dig your toes into the palm tree-lined beach or swim in the beautiful Pacific Ocean. This afternoon is yours to relax and unwind. This evening you'll explore the nearby town of Sámara for dinner and your guides will have some recommendations to help you choose the best spot to suit your tastebuds!

## HOTEL:

Nammbú Beachfront Bungalows

[VISIT WEBSITE](#)

## INCLUDED MEALS:

Breakfast | Lunch

# Day

## 5

### TODAY'S RIDE:

#### Playa Carrillo to Broken Boat Beach to Sámara

Approximately 19 miles with 1,310 feet of climbing

### AVID OPTION:

#### Playa Carrillo to Broken Boat Beach Return

Approximately 23 miles with 1,580 feet of climbing

### TODAY'S ACTIVITY:

**Sunset Beach Horseback Ride**

### DESCRIPTION:

Take in another fresh breakfast overlooking the coast and enjoy "gallo pinto," or rice and beans--a Costa Rican breakfast staple which may be one of your favorites by now. Then it's time to board your bike for one last ride. You'll head north through Sámara and onto dirt roads to cross the Rio Buena Vista and out to the coast at Playa Barco Quebrado, or Broken Boat Beach. Turn around here and head back to town for a beachside lunch of your choosing. Spend some time exploring the local shops, stroll along the beach, or ride on back to the hotel. The day is yours to enjoy and explore how you would like. Later this afternoon you'll have the option to get back on the saddle - but this time on horseback - as our guides from Carrillo Tours lead you along Playa Carrillo and Playa Sámara. Ride straight to dinner and admire the sunset while celebrating the last night of your Costa Rican adventure at Gusto Beach Restaurant, the best beachfront restaurant in town.

### HOTEL:

Nammbú Beachfront Bungalows

[VISIT WEBSITE](#)

### INCLUDED MEALS:

Breakfast | Social Hour | Dinner

# Day

## 6

### TODAY'S ACTIVITY:

**Departure**

### DESCRIPTION:

This morning you will have a bit of time to take a walk on the beach or relax by the pool with breakfast one more time. At 9:00am you will check out and begin the shuttle back to Alajuela/San José. This shuttle is all on paved roads but can take from 4 to 5 hours. Your guides will chose a location during the drive to stop for a bathroom break and to pick up a lunch of your choosing. We strongly suggest spending the night near the airport this evening and booking a flight for the following morning. It is very risky to book an evening flight from San José, as traffic and road conditions on the drive back from Playa Carrillo are unpredictable.

### INCLUDED MEALS:

Breakfast

## WHAT'S INCLUDED

### For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

### What's Included

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 3 lunches and 4 dinners
- 2 social hours of drinks and hors d'oeuvres
- Ride a Trek X-Caliber 9 mountain bike
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Each bike is equipped with a flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals
- Cinch sack day bag to keep
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip

### Gear

- Trek X-Caliber 9 mountain bike
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep

- Bontrager helmet and saddle
- Flat pack
- Cinch sack day bag to keep
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *You may bring your own pedals and saddle on the trip. Your guides will install your gear on the first day during your bike fit.*

## THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Getting cash from ATMs can sometimes be a challenge in Costa Rica, so you may consider bringing along cash for this purpose, or using an alternative method such as PayPal or Venmo. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

## What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

# HOTELS



### CASA LUNA HOTEL & SPA

LA FORTUNA, COSTA RICA



What happens when comfort and relaxation combine with natural beauty and global consciousness?

Welcome to a hotel with a higher calling. Casa Luna is an ecological marvel, committed to protecting Mother Nature while providing outstanding amenities. Located at the foot of Cerro Chato, an inactive volcano, the hotel was constructed with reforested wood, contaminate-free paint, roofs of recycled plastic and an energy saving electrical system, which minimizes the footprint without sacrificing comfort. Gardens surround the grounds and the property features a pool and 4 hot tubs in which to relax.



### HOTEL BELMAR

MONTEVERDE, COSTA RICA



Located in Costa Rica's lush Cloud Forest amid the mountaintops of the Monteverde Reserve, Hotel

Belmar offers guests a truly unique experience rich in natural wonder and elegance. Surrounding the two charming chalets that compose the hotel you will find naturally landscaped gardens with luscious native plants, a vegetable and herb garden and a beautiful swan lake complete with sun deck. By day you can rest tired muscles in the hot tub or loosen up in the yoga studio, and by night you can take in expansive views of the sunset over the distant waters of the Gulf of Nicoya from the hotel bar. Perched in the Cloud Forest but enjoying views of the Gulf on the horizon, the Hotel Belmar is situated in a truly privileged location.



### NAMMBÚ BEACHFRONT BUNGALOWS

PLAYA CARRILLO, COSTA RICA

The Nammbú Beachfront Bungalows are a perfect place to land when your trip reaches the Pacific Coast. The rooms here are spacious, comfortable and modern. And the views are ones you will find yourself drifting back to long after your vacation has been tucked away in your memory. Nammbú's infinity edge pool overlooks the crescent arc of Playa Carrillo and it's a fantastic spot to grab a drink from the poolside bar, kick back and take it all in. If you'd rather take a stroll on the beach it's a brief walk down to beautiful Playa Carrillo where you can jump in the ocean or walk to explore the tide pools on the north end of the beach.



## MEETING & DEPARTING

## How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Juan Santamaria International Airport (SJO), which is located in the town of Alajuela.

Taxis are readily available at the airport. Our meeting location, Hampton Inn & Suites, is just under a mile from the airport and offers a free 24-hour airport shuttle if you choose to stay there for the evening. Alternatively, for those arriving early to explore, an hour-long taxi ride takes you to downtown San José and costs around \$20 USD.

## Before: Alajuela, Costa Rica

Downtown Alajuela has a large daily indoor market, where you can find fresh produce and cheeses, a wide range of local products and various food stands with typical Tico foods. For a day tour, we recommend a visit to Poás Volcano National Park, an active volcano whose summit reaches over 8,000 ft. It is a highly visited site, featuring plenty of trails and an extensive center for visitors. There are many guided tours offered, most last around 5 hours and cost between \$100-150 per adult, transportation included. We recommend the following accommodations for your pre-trip hotel:

## After: Playa Guiones, Nosara, Costa Rica

Located about one hour's drive north

## Meeting Time And Location

Your Trek Travel guides will meet you at the Hampton Inn & Suites (Hwy 1 Airport Blvd, Alajuela, Costa Rica 1017) at 8:45 AM on the first day of the trip. You'll transfer one and a half hours to Bajo Rodriguez where, once at the river, you'll meet your unforgettable raft guides, who'll show you the ropes of rafting before putting on the water. Please have your rafting day bag easily accessible, separate from your luggage (please pack non-cotton clothing and water shoes that will stay on your feet to wear while rafting); you will have the opportunity to change into your rafting clothes once you arrive at the put-in.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Casa Luna Hotel & Spa (506-2479-7368), and leave a message with your expected arrival time and contact details.

## Departing Time And Location

On the final morning of your trip the Trek Travel shuttle will depart at 9:00 AM from Nammbú Beachfront Bungalows. From here, you may extend your stay in the Sámara area or return to San José via shuttle. The Trek Travel shuttle back to Alajuela/San José can take from 4 to 5 hours. We strongly suggest spending the night near the airport this evening and booking a flight for the following morning. It is very risky to book an evening flight from San José, as traffic and road conditions on the drive back from Playa Carrillo are unpredictable.

### PURA VIDA HOTEL

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"Pura Vida" or "the pure life" is an existential characteristic of Costa Rican culture, and it's alive and well at this charming hotel. Here, nothing gets between you and the relaxation you crave. Once a coffee plantation, this hotel is now in a lush tropical garden, surrounded by coffee and sugarcane plantations. Enjoy breakfast in the Orchid Restaurant where fresh foods from the nearby market are proudly served by your hosts.

[www.PuraVidaHotel.com](http://www.PuraVidaHotel.com) | ~\$140

### HOTEL BUENA VISTA

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Spanish Colonial charm combines with tropical beauty at Hotel Buena Vista. At 4,200 feet in elevation, it's the only resort that sits atop a mountain and offers 360-degree views of lush tropical forests, coffee plantations, three volcanoes and the city below. When you're done soaking in the views, relax in the heated pool and have a drink at the poolside bar.

[www.HotelBuenaVistaCR.com](http://www.HotelBuenaVistaCR.com) | ~\$175

### XANDARI RESORT AND SPA

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At this remarkable resort, 24 individually designed villas on a 40-acre plantation overlook the Central Valley. The restaurant serves fruit and vegetables from their organic greenhouse, orchard, and gardens. The resort also features a spa with open air treatment spaces with views of the valley.

[www.xandari.com](http://www.xandari.com) | ~\$350

### HARMONY HOTEL

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You'd expect a hotel started by a couple of surfers to be steps from a pristine surf break on Playa Guiones. But what you don't expect is that this glorious, hidden gem - with its hummingbirds and howler monkeys - is committed to sustainability, energy efficiency, and keeping the tropical paradise that surrounds it as perfect as possible. The accommodations have it all, with well-appointed rooms and health-

of Playa Carrillo, Playa Guiones is a gorgeous, four mile stretch of white sand known best for its consistent surf break and beautiful sunsets. Time is counted in tides and rides, not minutes and hours. At low tide you are able to walk the whole bay from north to south. If you head far enough south, you'll find several large tide pools that make for excellent snorkeling and relaxing. Past those tide pools you will come upon Playa Rosada or Pink Beach, which is the area's true gem, an amazing place to spend a few hours before the tide returns. In addition to the natural beauty and simplicity of Guiones, the village has many locally owned shops with handmade items and organic cafes to refuel the body and chat with the locals. We recommend the following accommodations for your post-trip hotel, should you choose to extend your stay in this area:

conscious amenities like yoga, a spa and juice bar. But it's also got ecology in its bones. You'll feel it the moment you set foot inside. Surf's up. And so will be your spirits.

[www.harmonynosara.com](http://www.harmonynosara.com) | ~\$550

#### THE NOMADIC

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This beautiful and relaxing property is another great option for anyone wishing to extend their stay in the Nosara area. These simple yet stylish rooms surround the pool in an inner courtyard. Accommodation options range from King or 2-Queen bedded rooms with their own private courtyard to shared space in The Bunk Room, for those looking for an economical but well-appointed option.

[www.nomadicnosara.com](http://www.nomadicnosara.com) | ~\$275

#### THE GARDENS HOTEL

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This recently renovated property is located just a 5 minute walk from the world-class surfing of Playa Guiones as well as the restaurants, shops and yoga studios that make this community a highly sought-after (yet off the beaten path) destination. Enjoy farm to table dining in the on-site organic restaurant, El Local; swim in the saltwater lap pool; have a beer at the on-site beer garden or simply relax in a hammock in the gardens. This beautiful property offers a place of retreat or a jumping off point to explore all that Nosara has to offer, all while maintaining high standards of sustainability.

[www.nosaragardens.com](http://www.nosaragardens.com) | ~\$250

\* Hotels listed above are local properties we love. We do not have special rates available.



## FAQS

### What Are The Daily Rides Like?

- Rider Type | 2 - Recreational
- Average Daily Mileage | 18
- Terrain | Hilly
- Average Daily Elevation | 1,105 feet
- Total Miles | 53
- Total Elevation | 3,315 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain is mostly non-technical on rough dirt roads with some sections of pavement, with some steep grades. We will ride hardtail mountain bikes on this trip due to the nature of the riding. Although we will always be on roads, these roads sometimes have potholes and some washboard surfaces that make mountain bikes the preferred method of travel. Costa Rica is best suited for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage

### What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. See Included In The Trip Price for more information. Some non-riding options on this trip are:

- Whitewater Rafting on a section of the Rio Balsa
- Rainforest Chocolate Tour
- Boat cruise across Lake Arenal
- Guided Natural History Hike in the Cloud Forest
- Zip line through the Cloud Forest
- Take a yoga class in the studio at Hotel Belmar
- Take a Surfing lesson
- Explore the shops, yoga studios and beaches of the Sámara area
- Sunset Horseback ride

### Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every

or fewer uphill, with a boost in the support vehicle, although Type 1 riders may be intimidated by the rough nature of the roads and should consider this when booking the trip.

guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.