

# Costa Rica Pura Vida Cycling

Trip Code: PVMB

Version: PVMB Costa Rica Pura Vida Cycling



CYCLE



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Cycle from the highlands to the coast across the continental divide
- Enjoy a wildlife safari on the San Carlos River and a rainforest canopy hike at La Fortuna
- Cycle the stunning Pacific coast beaches of the Nicoya Peninsula
- Hike on the crater rim of Volcan Poas with its sulphur-rich lakes and fumaroles

## AT A GLANCE

- 9 days cycling
- 500 kilometres
- Join at San Jose

## ACCOMMODATIONS & MEALS

- 14 Breakfasts
- 9 Lunches
- 3 Dinners
- 8 nights Hotel with swimming pool
- 4 nights Hotel
- 1 nights Tented Lodge
- 1 nights Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Experience the full range of fascinating flora and fauna of Costa Rica's species-rich cloud and mountain rain forests on this breathtaking 2-week cycling adventure. Sandwiched between Nicaragua to the north and Panama to the south and with both Caribbean and Pacific coastlines Costa Rica is a natural paradise and an Eldorado for cyclists. The country's sheer diversity ranges from smoking volcanoes to densely forested mountains, from pristine beaches to turquoise rivers, from dark lowland rainforests to dense cloud forests and vast savannahs.

This exciting bike tour completes a loop through the northern half of the country. From the capital, San Jose, we first visit Poas Volcano and then Rio San Carlos where we have a day's wildlife safari. Cycling on to La Fortuna beside Lake Arenal and in the shadow of Volcan Arenal (1633m), we will enjoy the canopy rainforest Sky Walk and a lava field hike before cycling across the province of Guanacaste to the Pacific coast. From Playa Avellana we cycle on the beach, looking out for nesting turtles, as we head south towards the stunning Nicoya Peninsula with plenty of opportunities to go for a swim. A free day beside the ocean at Playa Organos provides the opportunity to chill before returning to San Jose. Costa Rica's biodiversity is magical - let yourself be woken up early in the morning by the cries of the jungle birds and, after a day of biking, full of discovery, be spoiled in the evening in one of the cozy lodges with lovingly prepared local dishes. Costa Ricans call themselves 'Ticos' and they are happy to show you their country and their laid-back way of life, typified by the national saying - 'Pura Vida'.

## Is this holiday for you?

**ADVENTURE CYCLING.** This tremendous holiday covers around 500 kilometres in 9 days of cycling with an average of almost 1000 metres of ascent each day. Most of the cycling is on quiet, surfaced rural roads, but there are also sections of gravel road and forest track as well as sandy seaside tracks and some sections where it may be possible to cycle on the beach. None of the cycling is technical, but there is a reasonable amount of ascent and descent on most of the days. The support vehicle will shadow the group throughout the trip, although there are some sections where it may not be able to follow directly. Aside from the usual day-ride kit that you would carry on any ride at home, you will not be required to carry any additional equipment - this is adventure mountain biking at its purest. This holiday will provide a fun challenge for regular weekend bikers with reasonable off-road skills. **BIKE HIRE AVAILABLE LOCALLY.**



# Itinerary

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## DAY 1

**Arrive in San Jose. A single group transfer from San Jose Airport is provided.**

Meet at the group hotel in San Jose. A single group transfer from San Jose Airport is provided. Depending on the arrival time, the local guide will provide an initial pre-trip briefing and advise the group about local restaurants for the evening meal (not included). Again, depending on the time of arrival, those who have brought their own bikes should reassemble them today.



**Accommodation**  
Hotel

## DAY 2

**Visit Volcan Poas, crater walk. Then cycle via Poasito and La Paz Waterfall to La Virgen de Sarapiquí.**

After breakfast, the group will set off by bus through coffee plantations, peaceful villages, fern, flower and strawberry fields to Volcan Poas (2708m) which lies within a national park of the same name. A short walk leads to the main crater which, at 1.8 km in diameter, is one of the largest geyser-like craters in the world. From the lookout, there are stunning views of the blue sulfur lake and the clouds of steam and gas rising from the crater. A 30-minute excursion leads to the beautiful blue lagoon of Botos, with opportunities to spot lots of exotic flora and many birds. Returning to the support vehicle at the national park entrance, you will saddle up for the first time and set off cycling. Including more than 3000 metres of descent, this amazing route leads via Poasito and Varablanca to the beautiful, single vertical drop, La Paz Waterfall. You'll then continue downhill through the villages of Cariblanco, San Miguel, Colonia Carvajal and San Ramon to reach the overnight stop at La Virgen de Sarapiquí where the overnight facilities are best described as 'glamping' - very comfortable tented accommodation with real beds, private bathrooms and furnished decks, situated on platforms in the forest.

Meals: **B L**



**Accommodation**  
Tented Lodge



**Ascent**  
1100M



**Descent**  
3400M



**Time**  
6 hrs cycling



**Distance**  
61KM

## DAY 3

## Cycle from Sarapiquí to Boca Tapada.

From the tented accommodation in Sarapiquí, the first kilometres are on a paved road as you head north. Cycling mostly on unpaved roads, through pineapple plantations and rainforest, you'll reach the Golfito suspension bridge and a rendezvous with the support vehicle. The final part of the day's ride leads to the small village of Boca Tapada beside the Rio San Carlos, in the very north of the country close to the border with Nicaragua. Here life runs smoothly and in harmony with nature and the tourist infrastructure is limited to three small, family-run hotels that provide simple accommodation to nature lovers.

Meals: **B L D**

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 <b>Accommodation</b> Hotel	 <b>Ascent</b> 765M	 <b>Descent</b> 955M	 <b>Time</b> 5 hrs cycling	 <b>Distance</b> 60KM
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### DAY 4

## Morning wildlife safari across the Rio San Carlos. Afternoon at leisure.

Today starts with a safari-like tour across the Rio San Carlos with excellent opportunities to spot the local wildlife. An amazing variety of birds can be seen including the endangered great green macaw. There are also many animals to discover on land, such as the vivid green, red and blue poison dart frogs, various species of monkeys and sloths and (with luck) even a tapir. Also memorable are the crocodiles basking in the sun at the water's edge. In the afternoon there's time to relax, perhaps in a hammock on the terrace, listening to the sounds of nature and enjoying a refreshing drink.

Meals: **B D**

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 <b>Accommodation</b> Hotel	 <b>Time</b> 1 - 2 hrs walking
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### DAY 5

## Cycle from Boca Tapada to Boca Arenal.

Saying goodbye to this little corner of paradise today you get back on your bike and take the route via San Marcos and Tabla Grande to Boca Arenal. The northern lowlands are characterized by a wide variety of landscapes. These include pastureland, swamps, primeval forests, rain forests, cloud forests, active volcanoes and a network of rivers. Close to Nicaragua and heading west towards the Pacific Ocean, this is a great day of cycling.

Meals: **B L**

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 <b>Accommodation</b> Hotel with swimming pool	 <b>Ascent</b> 950M	 <b>Descent</b> 900M	 <b>Time</b> 5 hrs cycling
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**Distance**  
53KM

## DAY 6

### Cycle from Boca Arenal to La Fortuna.

Today's bike route takes the group towards La Fortuna, mostly across open terrain dotted with cattle farms. You'll pass through quiet, rural districts such as Buenos Aires and Monterrey, with the perfect cone of Volcan Arenal visible to the west almost from the start of the ride. The biking day ends at the hotel at the foot of the volcano. Undoubtedly beautiful, La Fortuna is one of the most visited destinations in Costa Rica and the tourist infrastructure has developed accordingly with numerous hotels, restaurants, bars, clubs and shops. Although Volcan Arenal has been dormant since 2010, it still has an intriguing presence.

Meals: **B L**



**Accommodation**  
Hotel with swimming pool



**Ascent**  
1240M



**Descent**  
1000M



**Time**  
6 - 7 hrs cycling



**Distance**  
60KM

## DAY 7

### Morning canopy-level Hanging Bridges experience and lava field walk. Afternoon at leisure.

After a reasonably early breakfast, the day starts with a short transfer to a forest reserve that is equipped with canopy level 'hanging bridges' that provide a unique pathway through the treetops. This is a great way to experience the biological wealth of the forests including lots of species of birds as well as monkeys, coatis and sloths. After our time in the trees, we take a walk on ash-covered trails and across a frozen lava flow beneath Volcan Arenal. Up until a few years ago, small eruptions could be observed regularly at Arenal, evidence of which can still be seen in many places. There are also great views today of Lake Arenal and the surrounding rolling hills. Returning to the group's accommodation in La Fortuna, the afternoon is at your disposal.

Meals: **B**



**Accommodation**  
Hotel with swimming pool



**Time**  
3 hrs walking

## DAY 8

### Cycle beside Lake Arenal and then from Rio Chiquito to Bijagua.

The first part of today's ride leads to the dam at the eastern end of Lake Arenal. From here the group will cross the lake by boat to Rio Chiquito and then continue the ride westwards on the south side of the lake via the small settlements of Tronadora and Tierra Morenas. At a junction with the busier road to Bijagua, the bikes will be loaded onto the bus and there will be a short transfer to the group's bungalow style lodge accommodation in Bijagua.

Meals: **B L**






	<b>Accommodation</b> Lodge		<b>Ascent</b> 1230M		<b>Descent</b> 1200M		<b>Time</b> 6 - 7 hrs cycling		<b>Distance</b> 69KM
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## DAY 9

### Cycle from Bijagua to Liberia.

After breakfast at the hotel, there's a short transfer back to the end of yesterday's cycling stage. Then, continuing to cycle westwards across the province of Guanacaste, the transition from rainforest to a rare form of dry tropical forest is quite marked. This forest type is partly deciduous and includes tree species such as Costa Rica's national tree - the Guanacaste tree, as well as a rich assemblage of plants, animals and birds. Today's ride will also show off some of the region's agriculture, including cattle farming and the growing of cotton, sugar cane and rice. Our stage ends today in Liberia, the capital of Costa Rica's 'sabanero' (cowboy) culture.

Meals: **B L**

	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 1200M		<b>Descent</b> 1440M		<b>Time</b> 6 hrs cycling
	<b>Distance</b> 63KM						






## DAY 10

### Transfer to Playa Avellana and from there cycle to Samara.

This morning we transfer out to the Pacific coast and the popular surfing beach of Playa Avellana. Here, it's back on the bikes for the start of the ride southwards, at times on the beautiful beaches of the Nicoya Peninsula. You will pass Ostional Beach, a famous nesting place for several species of turtles including olive ridleys and leatherbacks. With luck the group might experience this spectacle at first hand - the turtles come ashore approximately once a month for 3 to 5 days to lay their eggs. Continuing the ride to Samara, and after checking in at the group's accommodation, there is the chance to take a first dip in the Pacific. Samara is a small village at the foot of a steep hill covered with tropical rainforest. The wide bay is

protected by an offshore reef and the pristine beach is fringed with palm trees.

Meals: **B L**






	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 850M		<b>Descent</b> 850M		<b>Time</b> 5 hrs cycling
	<b>Distance</b> 62KM						

## DAY 11

### Cycle via Nicoya Peninsula beaches from Samara to San Francisco de Coyote.

Today you'll cycle from Samara along the beaches of Carrillo, Islita, San Miguel and Coyote to the small village of San Francisco de Coyote. Striking coastal landscapes and wild bays lined with tropical vegetation are highlights of the day's ride and with a bit of luck there's the chance to see (and hear) howler monkeys lazily hanging out in the trees. It's also usual to spot impressive iguanas sunbathing.

Meals: **B L**




	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 850M		<b>Descent</b> 850M		<b>Time</b> 4 hrs cycling
	<b>Distance</b> 42KM						

## DAY 12

### Cycle from San Francisco de Coyote to the southern tip of the peninsula. Overnight at Playa Organos.

Heading south towards the tip of the Nicoya Peninsula, today's relatively short stage can include cycling on the beach in places - some of the best beaches are at Manzanillo and Playa Hermosa. If there has been a lot of recent rain and the rivers are full, a more inland route may be necessary. At Mal Pais, close to Nicoya's southern tip, the bikes will be stowed away for the last time and there will be a short transfer to a beach hotel at Playa Organos with a great view of Isla Tortuga. There's plenty of time to enjoy the paradise beach surroundings with the cycling now completed.

Meals: **B**

	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 490M		<b>Descent</b> 490M		<b>Time</b> 3 hrs cycling
	<b>Distance</b> 31KM						

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**DAY 13****A free day at the group's beach hotel overlooking Playa Organos.**

Today is free to do whatever you please. The hotel overlooks the long palm-fringed beach and Isla Tortuga byond. There's an infinity pool to relax in and the secluded, completely uncommercialised beach is just a short walk away.

Meals: **B L**

**Accommodation**

Hotel with swimming pool

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**DAY 14****Free morning beside the sea, then transfer to San Jose.**

After a morning at the hotel and another chance to take a stroll on the beach, there will be a short transfer to the ferry port of Paquera. From here you'll take a boat across to Puntarenas, before completing the journey back to San Jose in the bus. The journey between hotels will take around 4 hours. Time to freshen up at the group hotel before heading out for a final group dinner and a time to reflect on your Costa Rican experiences.

Meals: **B D**

**Accommodation**

Hotel

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**DAY 15****Depart San Jose. A group transfer to San Jose Airport is provided.**

Your holiday ends after breakfast at the goup hotel. A group transfer to San Jose Airport is provided.

Meals: **B**

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## Holiday Information



## What's Included

- San Jose Airport group transfer on Day 1 and Day 15
- English-speaking local cycling guide
- Support vehicle and driver
- All services and activities mentioned in the itinerary
- Meals as per the Meal Plan
- Accommodation as detailed in the itinerary

## What's not Included

- Travel Insurance
- Departure Taxes (if applicable)
- Tips for local staff
- Any additional activities/excursions indicated as optional
- Miscellaneous expenses - drinks and souvenirs etc
- Bike hire

## Joining Arrangements & Transfers

The group will meet at the hotel in San Jose.

A single group transfer from / to San Jose Airport is provided. If your flights don't work with the group transfers, independent transfers can be pre-booked through the KE office and taxis are readily available. The journey from airport to hotel takes between 30 and 50 minutes depending on traffic.

Hotel and an emergency number will be provided with your booking confirmation.

## Meal Plan

All breakfasts, 9 lunches and 3 dinners are included in the holiday price. You should budget US\$10 - \$15 per meal for non-included meals.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Costa Rican food is generally flavourful but fairly mild (not too spicy, unless of course you choose to add the local chilli sauce). Breakfasts may include delicious local fruits such as pineapple, watermelon and papaya, as well as bread, eggs and 'gallo pinto' which is the local dish of black beans and rice. Lunch can vary from sandwiches to fish/meat dishes or local tamale (a dish wrapped in banana leaves). Dinners are usually based around beans and rice and will be accompanied by vegetables or fried plantains, with meat or fish. There are western style dishes available too. Dessert is usually a selection of fruits or a small sweet dish such as 'Tres leches' (a dessert made of milk prepared three ways). On the whole the tap water is safe to drink, there are some exceptions to this so please check with your guide on arrival. Fresh fruit drinks are often served with your meals.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

We will spend two nights in San Jose in a central 3 star hotel. All other nights are spent in comfortable 3 and 4 star hotels and resorts, at one of which (in Sarapique) the accommodation is in comfortable 'tents' on platforms in the forest. Some of the hotels have swimming pools.

## Group Leader & Support Staff

An English-speaking local cycling guide will lead the trip. There will also be a support vehicle and driver.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

We estimate that US\$400 should be sufficient to cover your spending requirements including those meals which you will pay for directly, plus tips for your guide and driver(s), airport tax (on departure from San Jose - if applicable) and other incidental expenses such as snacks and alcoholic drinks. US dollars can be used directly to purchase most goods and services in Costa Rica. It is not necessary to purchase local currency (Colones) outside the country. Credit and bank cards can be used to withdraw cash at ATMs in San Jose or at the airport. Credit cards can also be used at most restaurants in San Jose, and are particularly useful for more expensive souvenirs.

## Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

## Bike Hire

Bike hire is available locally for this holiday. Our local agent has 2018 model Scott Scale 970 29er hardtail mountain bikes. These bikes have Shimano components 2x10 gearing and disc brakes. The cost of hiring this model of bike for the duration of the trip, including insurance against accidental damage is US\$455. Our agent can also provide Bosch-powered, Australian manufactured and German-engineered e-bikes made by Ave. The cost of hiring an e-bike for the duration of the trip, including insurance against accidental damage is US\$640. Prices valid Jan 2024 - subject to change. Payment for bike hire must be made directly to our agent on arrival in San Jose in US dollars cash. We must stress that your hire contract will be with our local agent and KE cannot be held responsible for any issues arising from your bike hire. Please note that the hire bikes have flat pedals. If you usually ride clipped-in, you will need to take your own SPD (or similar) shoes and pedals. You might also want to take your own saddle, which will go a long way towards making the hire bike feel like your own bike. You will also need to take your own helmet, which must be worn at all times when riding.

## Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

## Vehicle Support

The group will be accompanied throughout by a support vehicle which will carry the group's baggage and pick up any group members who wish to take a break from cycling at any time. The local cycling leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. There will be regular stops to allow for regrouping and exchange of clothing and refilling of water bottles. The support vehicle may not be able to follow the group for some short sections.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Costa Rica

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

## Currency

The unit of currency in Costa Rica is the Costa Rican colon.



## Preparing for your Holiday

This is a relatively challenging trip and it makes sense that the better conditioned you are the more you will enjoy it. We suggest that you adopt a sensible weekly exercise regime and include some long cycle rides in hilly country to ensure you are physically capable of taking part in this trip. Although cycling is the best activity to prepare you for this holiday, running and swimming are also good for developing aerobic fitness and stamina.

## Climate

Costa Rica lies in the tropics and is generally warm and sunny with average daytime temperatures between 25 and 30°C and nighttime temperatures falling to around 20°C. The driest (and hottest) season is from December to April whilst May to November is known as the 'green season' and is a more pleasant time to visit the country. Late afternoon rainfall is a feature of the May to November season, but the cloud build up is usually short-lived and there is also lots of sunshine. At the high points of the trip, on the crater rim of Volcan Poas for example, temperatures might be as low as 15°C.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Costa Rica. Lonely Planet
- Costa Rica. National Geographic Traveller

## Maps

Costa Rica 1:300,000. Freytag and Berndt

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

## Bike Wear

- Cycling helmet
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bottles or bladder - min. 2 litres water capacity
- Water purification tablets
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof top
- Lightweight waterproof jacket
- Regular biking gloves

- Long-fingered biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

## Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois cream (e.g. Assos/Ozone)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

## Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

## Hydration and Energy Snacks

You should take suitable water bottles or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
 >> [Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in San Jose, Costa Rica. A single transfer is included from / to San Jose Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to San Jose, Costa Rica. The flights will depart from the UK in the morning, arriving the later the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

# Why Choose KE

## Why KE

Simply put, we have the best itinerary. Combining the best of vibrant Costa Rica's northern volcanic heartland, from Poas to Arenal, with an extended stay on the country's palm-fringed Pacific coast, this is a fantastically varied holiday which will appeal to keen cyclists and nature enthusiasts alike.

**Please Note** This document was downloaded on 29/05/2024 and the trip is subject to change