

# COSTA RICA & NICARAGUA



## Highlights

Wonderful accommodation and traditional cuisine complete this unique cycling experience.

## THROUGH THE GREEN PARADISE

Known for its biodiversity, Costa Rica has a flora and fauna that is hard to beat in terms of beauty. A third of its surface area is protected. Lagoons, beaches, coastal landscapes on the Caribbean and the Pacific, dense jungle, evergreen cloud forests and barren volcanic landscapes. Exploring the various national parks by bike and on foot, we discover a world full of exotic birds and butterflies.

### LEVEL

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KM  
337

DURATION  
17 Days  
16 Nights

TRAVEL DATES  
07.03 - 22.03.2026  
28.11 - 13.12.2026

### Day 1

Joint departure from Frankfurt to San José. Arrival in San José and 30-minute transfer to our hotel in the capital of Costa Rica. The gold museum in the city center is home to one of the largest gold collections in the Americas. But the city itself is also a little gem, both historically and architecturally.



### Day 2 Puriscal - Orotina 40 km

On our first bike ride through rather flat terrain, we are introduced to the tropical rainforest. We are surrounded by an incredible blaze of color. There are monkeys, coatis and colorful birds to discover. Puriscal is known for its ceramics and coffee production. These accompany us on the cycle route, as do the miles of fruit tree plantations. Large stalls line the roads, laden with the most beautiful tropical fruits, especially avocados and mangoes.

### Day 3 Florencia - Fortuna 35 km

Today we ride to Florencia and start here on the back roads to La Fortuna. On the way, we gain an insight into the agricultural landscape of this plain, where pretty much everything that grows in Costa Rica can be found: pineapples, yuca, bananas and much more are on offer. In the small town of Fortuna, all eyes are always on the volcano 6.4 km away, which is still active and surprises us from time to time with small eruptions!

### Day 4 Arenal

Costa Rica's largest lake at the foot of the volcano of the same name! We set off to the tropical rainforest for a suspension bridge hike! This is a wonderful hike that involves crossing beautiful valleys over swaying bridges. Giant trees and strangler figs, mountain bamboo, orchids, ferns and lianas, the green jungle thicket shows us all its treasures. In the evening, you can visit one of the thermal baths fed by the hot waters of the Arenal volcano (optional, approx. 40\$). This is a great way to round off an exciting day of relaxation.



### Day 5 Arenal 40 km

A short transfer (approx. 20 minutes) takes us to the dam of Lake Arenal. From here, a unique cycling stage begins, through which we always cycle close to the lake shore, through the rainforest and small settlements until shortly before Tilarán.

### Day 6 Round trip Miravalles Volcano 55 km

From Bagaces, we cycle slowly uphill to the slopes of the imposing Miravalles volcano. The highlight is the volcano itself. Its constantly bubbling, sulphurous thermal springs, the steaming fumaroles and boiling hot mud pools are a spectacle that we can hardly tear ourselves away from.

### Day 7 Rincón de la Vieja

We spend a whole day in the "Rincón de la Vieja" National Park. An amazing volcanic landscape of a special kind surrounds us. It is characterized by gnarled, hard-leaved trees, a rather dry vegetation, interrupted by smacking holes in the ground.

### Day 8 Santa Catalina - Granada 19 km

Today we leave Costa Rica and reach bustling Nicaragua. A long transfer takes us to Santa Catalina, one of the white villages formerly famous for its witch cult, on the slope above the collapse crater of the "Laguna de Apoyo". After enjoying the magnificent view over the lagoon and Lake Nicaragua visible in the distance, we cycle along small roads and dirt tracks to the heart of Granada, to our hotel. Rural life, a lush tropical landscape and the incredible blue of the lagoon characterize this stage. Granada is the oldest colonial city in Central America. Its beautifully renovated old town, palaces, cathedrals and avenues, bars, cafés, horse-drawn carriages and pastel-colored facades welcome us. In the surrounding area, volcanoes watch over the landscape.



## Day 9 Granada hike at Mombacho

With a short transfer (15 min) we bridge the distance to the river of Granada's local mountain - the imposing Mombacho. A truck takes us up to the crater rim, from where various hiking routes start through the intact primary rainforest. Howler monkeys can almost always be seen (and above all heard). Granada itself deserves our attention in the afternoon. We explore its beautiful, colonial ambience in the afternoon hours.



## Day 10 Belen/Rivas - San Juan del Sur 41 km

Rivas is located on the Panamericana, about 4 km from the western shore of Lake Nicaragua, between the border with Costa Rica, near Peñas Blancas in the south (35 km) and the capital Managua in the north (100 km). It acts as an important hub to the coastal town of San Juan del Sur on the Pacific. Transfer to Belen and cycle stage between Lake Nicaragua over the mountain ranges characterized by pastureland to the Pacific. On the way we visit a village school and learn more about living together in this country, which manages without an army. A visit to the colorful market shortly before our arrival at the hotel on the Pacific gives us a further insight into the daily life of the villagers. We cycle to the hotel in San Juan del Sur, which is located directly on one of the most beautiful Pacific beaches in the region.

## Day 11 Isla Ometepe 45 km

Ride to the San Jorge jetty and a one-hour ferry crossing across Lake Nicaragua, the largest inland lake in Latin America. Our easy cycling stage leads to the beaches of Santo Domingo. Ometepe is still very authentic, as tourism is only developing slowly. The two spectacular, towering volcanic cones and the very fertile land, which is characterized by agriculture, are an unforgettable sight.

## Day 12 La Cruz - Junquillal 30 km

We say goodbye to Nicaragua and drive along the Pacific coast back to Costa Rica. Here we follow the impressive coastal landscape of the Pacific and its secluded beaches for several kilometers. Individual farms line the road and, apart from the climb at the end of the stage, it is a wonderfully relaxing cycle tour where we can enjoy the sea air.

## Day 13 Hermosa Beach

A towel, a good book, sunglasses, sun cream and then it's off to the beach: Off to the beach. Hermosa Beach has a golden-colored beach with crystal-clear water. You don't even need diving goggles to see the fish swimming around. We've really earned this day of swimming and relaxation! Have fun!

## Day 14 Poas Vulkan - Tambor 32 km

On the way to the 2,704 m high Poás volcano, we cycle between coffee plantations and vegetable fields. Incredible shades of green surround us and form a fantastic backdrop. The summit of Poás is mysterious. It is always shrouded in clouds and creates an incredibly mystical atmosphere. The waterfalls cascading down from dizzying heights also play their part. Huge butterflies and tiny hummingbirds are waiting to be discovered by us. Keep your camera handy!

## Day 15 San José

The last day has begun. We still have a little time left in San José before the transfer bus takes us to the airport and we have to say goodbye to this natural spectacle.

## Day 16 Departure

Return to Frankfurt. It's time to say goodbye.



### GUIDED BIKE TOUR



### TRAVEL DATES

- 07.03 - 22.03.2026
- 28.11 - 13.12.2026

Minimum of participants: 11 People  
Up to max: 16 People

### INCLUDED SERVICES

- Flight from/to Frankfurt with Lufthansa to San José
- 10 nights in 3-star hotels, mostly with swimming pool
- 5 nights in 4-star hotels mostly with swimming pool in rooms with bath/shower/WC and mostly air conditioning
- Use of swimming pool
- Daily breakfast buffet
- 15 x half board
- Cycling tour guide from FRANCE A VELO
- Local tour guide (English-speaking)
- 1 support vehicle during the entire trip
- All transfers by minibus
- All entrance fees
- Suspension bridge hike through the jungle
- Ascent by truck to Mombacho Crater and hike with hiking guide
- Entrance fees to various national parks
- 27-speed mountain bikes
- Handlebar bag for the bike
- Maps
- Spa and local tax

### TRAVEL PRICE PER PERSON

DZ/DU/WC/VP	4250 €
EZ/DU/WC/VP	4760 €

### BIKE RENTAL

HYBRID BIKE	Included in the price
SURCHARGE E-BIKE	270 €

