

A trip through lush greenery: Costa Rica and Nicaragua

Known for its great wealth of species, Costa Rica awaits you with a beautiful flora and fauna. One third of its area is protected. Lagoons, beaches, coastal landscapes on both the Caribbean and Pacific coasts await you along with dense jungles, rainforests and volcanic landscapes. During the visit of several national parks, by bike or on foot, we discover a rich world of exotic birds and butterflies. This bike tour gives a detailed overview of these two neighbouring countries and offers a deep dive into a sea of colours.

Day 1

Departure from Frankfurt to San Jose (night flight with a stopover in Santa Domingo, duration of flight ~14.5 hours)

Day 2 San José

Arrival in San José and transfer (30 min.) to our hotel in the capital of Costa Rica. The Gold Museum is known for one of the largest collections of gold in America. But the city is also a real jewel of history and architecture.

Day 3 Pusical – Orotina 40 km

Our first bike ride will begin easily with a visit to a rainforest. Here you will discover monkeys, coatis and numerous multicolored birds. Pusical is particularly known for its ceramics and coffee production. Throughout our journey, we will cross many coffee and fruit plantations. There are often markets located on this road, with all kinds of tropical fruits on offer (especially avocados and mangos).

Day 4 Florencia – Fortuna 35 km

Today the bus takes us to Florencia, from there we will cycle along quiet roads to reach La Fortuna. On the way we will come across a magnificent view of the plateau. In the small town of Fortuna, the main attraction is the volcano which is 6.4 km away. It is still active, so who knows, maybe we'll see a little eruption

Day 5 Arenal

The largest lake in Costa Rica is at the foot of the volcano! We go for a hike on the suspension bridges! It is a beautiful hike in the heart of the magical valleys. Gigantic trees, fig-stranglers, mountain bamboo, orchids, ferns, and lianas punctuate your ride. In the evening, visit a thermal bath whose warm waters come from the Arenal volcano with the possibility of bathing there (about \$ 40 optional)

Day 6 Arenal 40 km

A small transfer (about 20 min.) brings us to the lake dam. From here the bike stage begins, always at the waters edge, through the rainforest and small villages, towards Tilaran.

Day 7 Around Miravalles Volcano 55 km

We ride quietly from Bagaces to the slopes of the impressive Miravalles volcano. The volcano itself is the culminating point of the day, with its hot springs and fumaroles. It's an unforgettable show..

Day 8 Rinçon de la Vieja

We spend the entire day in the Rincon de la Vieja National Park. This incredible volcanic landscape is characterized by gnarled trees, very dry vegetation, and natural wells.

Day 9 Santa Catalina – Granada 19km

After a transfer to Santa Catalina, we will visit one of the villages on the flanks of the crater of the Apoyo lagoon known for practicing witchcraft. After enjoying the beautiful view of the lagoon and Lake Nicaragua, we go to the heart of Granada via small roads and dirt tracks, to finally reach our hotel. Throughout this stage, we are fascinated by both the blue of the lagoon and the tropical landscape. Granada, is the oldest city in Central America, with its old restored neighborhoods, palaces, cathedrals, avenues, bistros, and its pastel-colored facades.

Day 10 Granada Walking in Mombacho

After a short 15-minute transfer, we arrive at the foot of Mount Granada, the Mombacho. A truck takes us to the crater from which many hiking trails leave into the rainforest. You may see monkeys (you will almost certainly hear them). Granada with its colonial heritage, should not to be missed this afternoon.

Day 11 Belan/Rivas – San Juan del Sur 41 km

Rivas is on the Panamericana, about 4 km from the west shore of Lake Nicaragua, between the Costa Rican border near Peñas Blancas to the south (35 km) and the capital Managua to the north (100 km). The city is the most important junction towards the coastal city of San Juan del Sur on the coast of the Pacific Ocean. After a transfer to Belen we begin the cycling stage near Lake Nicaragua through the mountain ranges, characterised by pastures. Our destination: the Pacific Ocean. Along the way we visit a village school and discover a little more about the daily life in this country where there is no army. Before arriving at the hotel on the edge of the Pacific Ocean, we cycle past a very colorful market, which gives us a small glimpse of the daily life of the inhabitants. Our hotel in San Juan del Sur is located directly on one of the most beautiful beaches of the Pacific Ocean.

Day 12. Isla Ometepe 45 km

We arrive at the San Jorge pontoon to enjoy crossing the Lake Nicaragua (1 h), the largest inland lake in Latin America. Our relatively easy stage of the day takes us to the beaches of Santo Domingo. In Ometepe, tourism is developing slowly and leaves room for the authentic culture. We will have the opportunity to discover two spectacular volcanoes surrounded by very fertile agricultural land.

Day 13. La Cruz – Junquillal 30 km

We leave Nicaragua and go along the coast to Costa Rica. Here we follow the coastal landscape and quiet beaches for several kilometres. Farms stretch beside the road and aside from the late-stage climb, the bike ride is very relaxing. Enjoy the sea air.

Day 14 Hermosa Beach

A towel, a good book, sunglasses, sunscreen and here we are, ready to relax. Hermosa Beach and its golden sand and clear water. No need for diving goggles to see the fish. Enjoy your rest day.

Day 15 Poas Volcano – Tambor 32 km

On the way to Poas Volcano (2704 m), we drive between coffee and vegetable plantations. The green colour of the lush vegetation dominates and creates a special atmosphere, with the summit of Poas often mysteriously shrouded in mist. The waterfalls falling from a vertiginous height also create a very magical atmosphere. We will discover giant butterflies and tiny hummingbirds. Prepare the camera!

Day 16. San José

The last day has arrived. After a final short passage in San José, the bus takes us to the airport.

Day 17.

We arrive in Frankfurt. It's time to say goodbye and to go home with our heads and cameras filled with unforgettable memories.

Guided tour 17 Days / 16 Nights

Grade: ●●

Mainly asphalted stages, very few roads are non-asphalted. There is always the possibility to climb on the support vehicle

Dates : **04.03. – 20.03.2018**
23.03. – 07.04.2018
28.10. – 13.11.2018
23.03. – 07.04.2019*

Price per person	Euro
Double room Half-board	4.396,00
Simple room Half-board	4.872,00

Minimum of participants: 11 maximum 16

Service included:

- ✓ Flight from/to Frankfurt to San José
- ✓ 10 nights in **3 Stars** Hotels mainly with Swimming pool
- ✓ 5 nights in **4 Stars** Hotels and Pousadas mainly with Swimming pool
- ✓ rooms with private facilities and most of the time with air conditioner
- ✓ Use of the Swimming pool
- ✓ Daily breakfast
- ✓ **15 x Half board**
- ✓ France A Velo guide
- ✓ Tour guide (speaks English)
- ✓ 1 support vehicle during the whole trip
- ✓ **Boat transfer Isla Ometepe**
- ✓ all mentioned transfers with mini-bus
- ✓ all entrance fees
- ✓ **Suspension bridge walk through the primeval forest**
- ✓ **Drive with Truck to Mombacho Crater and walk with hiking guide**
- ✓ **National parks entrance fees**
- ✓ 27-Gang Mountain bikes
- ✓ Handlebar bags for bikes
- ✓ Rout book, maps and information material

A passport, valid 6 months after your return, is compulsory for the entry in Costa Rica and Nicaragua. For both countries, you don't need any specific vaccine. You can find all our advices and suggestions in our "Travel information" that we will be glad to send you.

The best time to travel to Costa Rica and Nicaragua is between October and April.

* Season supplement 90,00 €

Many extraordinary included services!