

A trip through lush greenery: Costa Rica and Nicaragua

Known for its great wealth of species, Costa Rica's beautiful flora and fauna awaits you. One third of its area is protected. Lagoons, beaches, coastal landscapes on both the Caribbean and Pacific sides are a must as well as the dense jungle, rainforests and volcanic landscapes. On our visit to 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 introduces you to a sea of colours.

Day 1 Costa Rica – San José

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

Day 2 San José

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

Day 3 Pusical – Orotina 40 km

Our first bike ride begins easily with a visit to a rainforest. Here you discover monkeys, coatis and numerous multicolored birds. Pusical is known for its ceramics and coffee production. Throughout our journey, we cross many coffee and fruit plantations. There are markets along 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 where 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, we may see a small eruption.

Day 5 Arenal

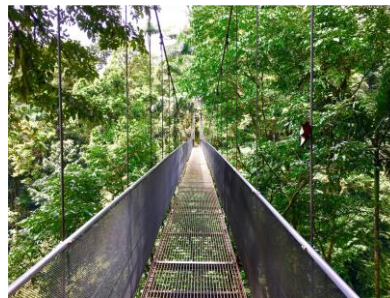
The largest lake in Costa Rica is at the foot of the volcano. We go for a hike over the suspension bridges! It is a beautiful walk in the heart of the magical valleys. See gigantic trees, fig-stranglers, mountain bamboo, orchids, ferns, and lianas. In the evening, visit to a thermal bath whose hot springs come from the Arenal volcano. You can go to the spa center there (about \$40).

Day 6 Arenal 40 km

A short transfer brings us to the lake dam. The bike trip begins here. It follows the water's edge, through the rainforest and small villages, towards Tilaran.

Day 7 Around Miravalles Volcano 55 km

A quiet bike ride from Bagaces to the slopes of the impressive Miravalles volcano which is the culminating point of the day, with its hot springs and fumaroles. It's an unforgettable sight.



Day 8 Rinçon de la Vieja

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

Day 9 Nicaragua Santa Catalina – Granada 19km

After a transfer to Santa Catalina in Nicaragua, we visit one of the villages on the flanks of the crater of the Apoyo lagoon known for "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 reach our hotel. Throughout the day, admire 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 facades.

Day 10 Granada - Walking in Mombacho

After a short 15-minute transfer, we arrive at the foot of Mount Granada, 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.

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

Rivas is on the Panamerican highway, 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 leading to the coastal city of San Juan del Sur on the Pacific Ocean. After a transfer to Belen we cycle near Lake Nicaragua through the mountain ranges and pastures. Our destination is our hotel in San Juan del Sur on one of the most beautiful beaches of the Pacific Ocean.

Along the way we visit a village school and cycle past a very colorful market to discover a little more about the daily life in this country where there is no army.

Day 12. Isla Ometepe 45 km

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

Day 13. Costa Rica -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 along the road and apart from the later 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 of the lush vegetation dominates and creates a special atmosphere, with the summit of Poas often shrouded in mist. The impressive waterfalls are also magical. We 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 camera filled with unforgettable memories.

Guided tour 17 Days / 16 Nights

Grade: ●●

Mainly asphalted roads. You can always climb on the support vehicle

Dates: 14.02. – 02.03.2020
01.03. – 17.03.2020
06.12. – 22.12.2020
12.02. – 28.02.2021*

Price per person	Euro
Double room Half-board	3.550,00
Simple room Half-board	4.040,00

Minimum number of participants: 11, maximum 16

The tour includes:

- ✓ Flight from/to Frankfurt to San José
- ✓ 10 nights in **3-star** Hotels mainly with swimming pools
- ✓ 5 nights in **4-star** Hotels and Poussadas mainly with swimming pool
- ✓ rooms with private facilities and air conditioning
- ✓ 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 to Isla Ometepe**
- ✓ All mentioned transfers with minibus
- ✓ All entrance fees (including National parks)
- ✓ **Suspension bridge walk through the primeval forest**
- ✓ **Truck drive to Mombacho Crater and walk with hiking guide**
- ✓ 27-Gang Mountain bikes
- ✓ Handlebar bags for bikes
- ✓ Route book, maps and information material

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

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

* Season supplement 80,00 €

Many exceptional services included in the price!

