



BikeHike Adventures

connecting the world through active travel

Costa Rica & Panama

Panama	Day 12 - Trans to Airport - Departure Panama
	Day 11 - Canal visit / Bike 10KM - Panama City ride
	Day 10 - Bike 70KM - Santiago to Roble / Trans to Panama
	Day 9 - Trans to Morales / Bike 90KM to Santiago
	Day 8 - Bike 50KM - Cahuita to the border - Trans to David
	Day 7 - Bike 30KM - Raft 20km - Turri to Siquirres - Trans to Cahuita
	Day 6 - Trans to Irazu Volcano/ Bike 48KM - V. Irazu to Turrialba
	Day 5 - Bike 60KM - Tilaran to La Fortuna (South side of Lake Arenal)
	Day 4 - Bike 54KM - Trans to Guayabo / Ride to PanAm Hwy
	Day 3 - Bike 68km - Samara Beach Ride / evening in Samara
	Day 2 - Bike 35KM - Warm up ride / Hojancha to Samara
	Day 1 - Arrival San Jose - Trans to hotel in San Jose

November 21

SAN JOSE

ARRIVAL

Upon arrival into San Jose International Airport, you will be transferred to a comfortable airport hotel. The remainder of the evening is free for everyone to relax and prepare for the grand adventure that begins tomorrow.

November 22

SAMARA

BIKING 35 KM WARMUP RIDE

Our journey begins by heading for the Pacific coast, along the Nicoya Peninsula. Following a 3 hour transfer to the town of Hojancha, we will unload the bikes and get ready for the trip's

first ride. This 35 km ride has a nice mix of gravel and paved roads. There will be some hills along the way and some fabulous flat sections with great views of the Pacific ocean. We'll pass by Playa Carrillo, an excellent beach for body surfing if you feel inspired to cool off in the ocean. We'll then arrive in Samara with just enough time to get cleaned up before heading down to the beach to watch the sunset. **(B,L)**

November 23

SAMARA

BIKING 68 KM

To take advantage of the cooler morning climate, today's ride will have an early start. Today's route is 68 kilometers in length



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with about 4,000 feet of total vertical climbing. We'll start out heading south inland along the Ora River. At the small town of La Soledad, the route turns and we'll begin one of 4 short but steep climbs. At the town of Pueblo Nuevo, we'll turn north and continue along the coast. This section of the route has spectacular views of the Pacific and its rugged coastline. Since 1999, this route has hosted an annual bike race, attracting as many as 2000 riders. We'll finish our ride back in Samara with some time for a refreshing evening dip in the ocean. **(B,L,D)**

November 24

TILARAN

BIKING 54 KM

By now our biking legs should be warmed up and we'll be ready to head to the mountains. First, we'll transfer to the town of Guayabo. There, in the shadows of the Miravalle Volcano, we'll begin the day's ride. The 54 km route is mostly downhill but does have a few hills and more difficult sections along the way. Being so close to the Continental Divide, the area is usually quite windy. As we ride, we'll see countless examples of wind, geothermal and hydrorenewable energy production. The ride finishes at the PanAm Highway where we'll load up our bikes before heading to our hotel overlooking Lake Arenal. **(B,L)**

November 25

LAKE ARENAL

BIKING 60 KM

A highlight of the journey, today's ride follows the spectacular shoreline of Lake Arenal. Several river crossings and some sections of difficult terrain limit this route to the odd 4x4 vehicle, horses and local groups of mountain bikers. The route is quite challenging with constant ups and downs but the vistas of the Arenal Volcano, the lake and its lush surrounding make it worth the effort. At the far end of the lake we ride around the volcano and down to the busy little town of La Fortuna. This evening an optional visit to some hot springs might be just what the doctor ordered after this tough ride. **(B,L)**

November 26

IRAZU & TURRIALBA VOLCANO

BIKING 48 KM

The day begins with an early 4-hour transfer to the top of the Irazu Volcano, Costa Rica's tallest volcano at over 3400 meters. On a very clear day it is possible to see both oceans from the top of this volcano. Following a visit to the edge of the crater, we begin the day's ride down the volcano. The first part of the ride takes us along country roads towards the active Turrialba Volcano where it is likely to see smoke billowing out the top. We ride to the closest viewing point allowed before beginning an exhilarating descent into the town of Turrialba. We ride through the town, across the Reventazon River and UP to a beautiful mountain lodge. **(B,L,D)**

November 27

TURRIALBA

BIKING 30 KM / RAFTING 25 KM

After breakfast we continue riding towards the whitewater rafting "put in" at Trez Equis. The final 5 km down to the river is a fun descent, but don't get too crazy as there is still a long way to go to get to Panama City. At the put in, we leave our bikes



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and load into rafts for an exciting trip down the Pacuare River. The river winds through virgin rainforest, cascading waterfalls and river carved canyons. We maneuver through the exhilarating rapids and in gentler sections you can see into the rainforest at the river's edge. Along the way we take time out for lunch on the shore. At last, in the late afternoon, we take-out at the beginning of the banana plantations and head to the sleepy town of Cahuita on the Caribbean coast. **(B,L)**

November 28

CARIBBEAN COAST

BIKING 50 KM

Today we are off to Panama, the third country of our journey. We start right from the hotel and head for the beach town of Puerto Viejo. Here we slow down the pace to enjoy the vibrant local color along the coast. The area is popular with backpackers and surfers from all over the world. Several kilometers down the coast, we turn inland onto a 10 km dirt road that leads us up and over a small coastal mountain range. The road is challenging, but howler monkeys that inhabit the trees along the route will hopefully be there to cheer us on. At the



end of this section we join the highway for the last 15 km to the border. We cross into Panama, load the bikes and begin our transfer to the city of David. The drive is along the coast and up and over the continental divide is very scenic and will keep us entertained. **(B)**

November 29

DAVID

BIKING 90 KM

We have a one-hour transfer along the Pan American highway to the settlement of Morales. Here we begin the longest ride of the journey. At over 90km in length it is sure to test the groups resolve. We have close to 3300 feet of vertical gain, but the impressive scenery of farming communities and small typical Panamanian villages will help us up the hills. We'll recharge with a relaxing picnic lunch along the way, giving us energy to make it to Santiago. Here we stay at a comfortable hotel and rest up for another big ride the following day. **(B,L)**

November 30

SANTIAGO

BIKING 70 KM

An early start helps us avoid the hot and humid climate of this low-lying area. The 70 km ride is relatively flat on quiet country roads. We pass farmland and ranches that offer an insight into a traditional and rural Panamanian way of life. The ride ends when the route rejoins the Pan American highway where we load up and begin our 3 hour drive to Panama City. We break up the ride with lunch and a swim in the Pacific. **(B,L)**

December 1

PANAMA CITY

CANAL VISIT & CITY RIDE

This morning before our final ride we head to the Miraflores lock, one of the best viewing points on the Panama Canal. We can take time to explore the story of the canal construction in



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the excellent museum and see huge container ships making their way through this major lock separating the Pacific Ocean from the 26m higher Gatun lake in the interior of the Canal zone. From here we head down to the Panama City waterfront on the Pacific for our final ride of the journey. The route is only 10 km long and is entirely on bike paths giving us plenty of opportunity to enjoy the city's impressive skyline and reflect on the journey that we have just completed. We end the ride at Casco Vieja - the historic town from colonial times. **(B,L)**

December 2

PANAMA CITY

Today is the conclusion of your biking adventure. Lucky for you, you still have a few more days of exploring ahead of you. Enjoy. **(B)**



'HELP US HELP THEM'

This is a group of like-minded adventure travel participants involved in supporting, promoting and fund raising for charitable organizations we passionately support!

