



## TOUR ITINERARY

RIDING  
LEVEL

1

Latin America / Costa Rica

# Costa Rica Bike + Adventure Tour

Wildlife, Volcanoes, Beaches, and Rainforests: Pick Your Pleasure for Pura Vida



## TOUR HIGHLIGHTS

- Soar above the Arenal Reserve rainforest by zipline
- Enjoy an abundance of beach time at plenty of Guanacaste's famous *playas*
- Encounter the unique wildlife of the rainforests and tropical Pacific, from howler monkeys to toucans and sea turtles
- Ford the Class III rapids of the Sarapiquí River in Braulio Carrillo National Park
- Bike the still-active Arenal Volcano and into the rich vegetation surrounding Lake Arenal



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
San José, Costa Rica
- 📍 **Pick-Up Location:**  
Grano de Oro or Xandarí hotels
- 🕒 **Pick-Up Time:**  
8:00 am

### Departure Details

- ✈ **Airport City:**  
Nosara, Costa Rica
- 📍 **Drop-Off Location:**  
Nosara Airport
- 🕒 **Drop-Off Time:**  
8:30 am

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

To show you all our favorite parts of Costa Rica, this tour includes multiple 3–4 hour transfers. We like to think of it as an opportunity to see more of the country en route to your next ride.

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers). Moisture-wicking clothing or daypacks are also recommended, but not required.

# TOUR ITINERARY

## Tour By Day

DAY  
1

### Rafting the Sarapiquí River

Prepare yourself for *pura vida*! Meet your guides at your hotel or the Juan Santamaria Airport in San José. We'll transfer towards the Braulio Carrillo National Park with a stop along the way to see how cacao is cultivated and prepared into chocolate. Upon our arrival at Braulio Carrillo, we'll review the essentials during an equipment fitting and safety talk. The adventure begins with a nine-mile rafting trip through one of Costa Rica's most impressive gallery rainforests: paddle through densely vegetated rainforest gorges, glide by cascading waterfalls, and conquer pounding rapids. This afternoon, we'll transfer to Arenal, home to one of Costa Rica's most active volcanoes. Tonight, we toast to the week ahead over dinner.

**Meals:** Lunch / Dinner

**Destinations:** Sarapiquí River, Braulio Carrillo National Park, Arenal Volcano National Park

**Accomplished:** 9 miles / 14 km rafting

**Accommodations:** [Hotel Arenal Kioro](#) or [Nayara Gardens](#)

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DAY  
2

### Ziplining the Arenal Rainforest

This morning we'll explore the area around Arenal on our bikes—keep your eyes out for colorful tanagers, toucans, monkeys, and other tropical fauna as we pedal towards the Caño Negro River. Here, we'll trade our bikes for a hike on the Coladas Trail in Arenal Volcano National Park, reaching the lookout point sculpted by a young trail of lava flow. Afterwards, enjoy lunch with an outstanding view. This afternoon, we'll switch gears again for an adrenaline-filled zipline tour through the rainforest canopy over the Arenal Reserve. Our last stop of the day is our friend Doña Sonia's house for a cooking lesson punctuated by stories about what it's like to live in the orbit of an active volcano.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Arenal Reserve, Coladas Trail

**Accomplished:** 14 miles / 22 km elevation gain: 607 feet / 186 meters; hiking

**Accommodations:** [Hotel Arenal Kioro](#) or [Nayara Gardens](#)

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## TOUR ITINERARY

DAY  
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### Lake Arenal to Nuevo Arenal

Start the day with an early ride towards Lake Arenal Dam, pedaling the rolling hills that lead toward imposing Arenal Lake in the distance. On the other side of the dam, there's an entire world of rainforest toucans, coati, frogs, and sloths. Take a break with a tropical fruit smoothie, then transfer to Cañas for a hearty *casado* lunch of beans, rice, plantains, salad, and grilled meat. After lunch, settle in for a boat safari on the Tempisque River that brings us to the Nicoya Peninsula. The conservation efforts in this area are a point of pride for Costa Rica: the protected flora and wildlife here comprise 6% of the planet's biodiversity in only .03% of the world's land mass. Our boat cruise finishes at the Puente La Amistad bridge, and we'll transfer to our hotel on Nosara Beach—a pristine and picturesque part of Costa Rica's Gold Coast. Dinner tonight is a beautiful meal at our hotel.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Lake Arenal, Tempisque River, Nicoya Peninsula

**Accomplished:** 17 miles / 27 km, elevation gain: 469 feet / 143 meters

**Accommodations:** [Lagarta Lodge](#) or [Villa Caletas](#)

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DAY  
4

### It's a Beautiful Life

After breakfast, we'll begin riding south to Samara Beach. Our route along the North Pacific coast passes cattle ranches, punctuated by the occasional call of howler monkeys. Upon reaching Carrillo Beach we'll discover the beauty of the tropical dry forest, including deciduous vegetation and nature's other innovations for adapting to the dry season. Then, pay a visit to a local family in Guanacaste, the land of cowboys, and learn about their customs—pay close attention, because Guanacaste is one of the world's few "blue zones" where life expectancies are long and centenarians are a dime a dozen. We'll muse over the secret to a long life during lunch at a favorite local restaurant. This afternoon, relax at the hotel pool, head into town to explore, or let our guides arrange an afternoon of sea kayaking or surfing at Samara Beach.

**Meals:** Breakfast / Lunch

**Destinations:** Nosara, Playa Guiones, Barrigona

**Accomplished:** 11 miles / 17 km, elevation gain: 561 feet / 170 meters

**Accommodations:** [Lagarta Lodge](#) or [Villa Caletas](#)

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## TOUR ITINERARY

DAY  
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### Beach Day

Today we'll head to Ostional Beach, a hotspot for olive ridley sea turtles. As a vulnerable species, these turtles are the subject of a local conservation project that we'll learn much more about. Just as its name reflects, Costa Rica is rich in stunning geography—here on the Pacific coast, there are gulfs, peninsulas, bays, and coves aplenty—and as we ride north we'll uncover an inviting new beach around every corner. Quebrada del Barco, Garza, Guiones, Nosara and Playa Pelada: each more heavenly than the next. It's only fair to take advantage of the setting with a beachfront picnic lunch, followed by a mini geology lesson on *tombolos*, the phenomena of natural land bridges that form here. Take some unscheduled time to relax at the beach this afternoon, then bike or transfer back to the hotel. Tonight we reflect on a grounding and restorative week as we share a final farewell dinner.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Nosara Beach, Guiones Beach, Garza Beach, Pelada Beach, Guanacaste

**Accomplished:** 17 miles / 27 km; elevation gain: 1,073 feet / 327 meters

**Accommodations:** [Lagarta Lodge](#) or [Villa Caletas](#)

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DAY  
6

### Adios Costa Rica

Your guides will transfer you to the Nosara Airport after breakfast for a flight back to San José, leaving you with a little piece of *pura vida* in your heart!

**Meals:** Breakfast

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