

The challenge of a lifetime...  
...for the charity of your choice

# Costa Rica coast to coast

# Cycle



**Pedal over 460km from the Pacific to the Caribbean!**



**01244 676 454**



[enquiries@globaladventurechallenges.com](mailto:enquiries@globaladventurechallenges.com)



[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)



**GLOBAL  
ADVENTURE  
CHALLENGES®**

# From the ocean's aquamarine waters to the lush, green of the rainforest

## Your cycle challenge...

Costa Rica provides a stunning backdrop for this awesome challenge and it is no coincidence that it means 'Rich Coast' in Spanish - Mother Nature has endowed the country with a virtual treasure trove of white sand beaches, tropical rainforest and a myriad of rare flora and fauna, spread between the Pacific and Caribbean. This breathtaking and challenging ride which is more than 460km will encompass traditional Costa Rican farmlands, bustling colonial cities, stunning mountain ranges, smouldering volcanoes and tropical Caribbean lowlands.

## Your itinerary...

### Day 1

We depart the UK for our flight to San José. Upon arrival, we are met by our local guides and then we transfer to our hotel to freshen up after the long flight.

Tonight there will be a briefing about our challenge ahead.

### Day 2

#### Transfer to Playa del Coco then cycle to Liberia

Following breakfast, we transfer to our start point on the Pacific Coast – Playa del Coco. The transfer will take approximately 4 hours. Upon arrival, we will have time to enjoy the beach and lunch before jumping in the saddle to commence our Coast to Coast Challenge!

Our challenge starts with a very steep 5km climb away from the coast, followed by a relatively flat 2 hour section to get us warmed up and prepared for our challenge ahead. The route passes through numerous cattle ranching communities as we head inland. Tonight we camp near the colonial city of Liberia - the capital and economic centre of the Guanacaste Province.

**Cycling distance – approx. 38km**

### Day 3

#### Liberia to Miravalle Volcano

Today is arguably our toughest cycling day of the whole challenge, we begin with a 20km ascent towards the foothills of the Santa Maria Volcano, but we are rewarded with some fantastic views along the way.

The rest of our day takes us along undulating gravel roads, with a few more steep climbs until we reach the base of the Miravalle Volcano and our camp for the night close to the Tenorio River.

Keep your eyes peeled for the local wildlife during the next few days - the keen eyed may even spot gentle sloths peacefully dozing in the treetops!

**Cycling distance – approx. 68 km**

### Day 4

#### Miravalle to Arenal Volcano

The theme for today's ride is volcanoes – and we start with another tough climb to the highest point of our challenge (791m) as the route traverses the base of both Miravalle and Tenorio Volcanoes. We are then treated to an incredible vista of Lake Arenal with its volcano in the background. From here the route consists of short steep climbs followed by rolling descents as we make our way along the rugged shore of Lake Arenal.

Our camp is located at the base of Arenal Volcano. From here we will have a good chance to feel and hear the enormous power of a volcanic eruption.

We will have the chance to soothe our aching muscles at a nearby hot spring after a day of tough cycling.

**Cycling distance – approx. 81km**



# rest...

## Day 5 Arenal Volcano to Santa Isabel

Following breakfast at camp, we continue on our epic journey across Costa Rica. Our ride today takes us along the foothills of several volcanoes and mountains of the Central Range – don't worry, although frequent the hills are very manageable!

The majority of our route today is along paved roads through lush agricultural areas and quaint typical Costa Rican villages.

**Cycling distance – approx. 70km**

## Day 6 Santa Isabel to Rita

We begin today's ride with an exhilarating downhill paved section to the town of La Virgen from where we cross the Sarapiquí River for some great sections of dirt roads bordering the river. We are likely to see several groups of monkeys and exotic birds on this section of the route. Sarapiquí, a region of rich diversity, is known for its lush vegetation and production of crops such as coffee, corn, cocoa, cardamom, tropical foliage, bananas, heart of palm and various roots and fruits. The day ends in the community of Rita firmly in the heart of banana country.

**Cycling distance – approx. 74km**

## Day 7 Rita to Finca Pacuarito

The route today is long and some parts are bumpy but there are no hills. The lowlands are carpeted with banana plantations and their countless communities of workers that process the thousands of hectares of bananas. With the majority of the route behind us and the sun at its hottest we stop for a relaxing lunch before making our way to Siquirres, the closest town to our final camp.

**Cycling distance – approx. 80km**

## Day 8 Finca Pacuarito to Boca del Pantano

The home stretch! This last section continues through the Caribbean lowlands mostly on dirt roads, with the final 7km along a railway line which will lead us all the way to the Caribbean coast and the beach area of Boca Del Pantano – our finish line!

There will be time to celebrate our achievement with a dip in the ocean and lunch on the beach before we take the transfer back to San José. This evening we will hold our celebratory dinner and experience the nightlife of San José!

**Cycling distance – approx. 56km**

## Day 9

We take the transfer to San José Airport for our flights back to the UK.

## Day 10 Arrive UK.

*(Please note, this is a complex itinerary and subject to change)*



# Your questions answered...

## Is this trip for me?

ABSOLUTELY! This bike ride is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

## How fit do I need to be?

This cycle ride has been designed to be challenging and we regard it as one of our toughest overseas cycle challenges. But it is achievable by anyone as long as you are prepared and committed to do the necessary training beforehand. Remember, you are cycling more than 460km over 7 consecutive days and in very hot temperatures – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our training weekends - it's a great opportunity for you to meet some of our team and fellow participants!

## Where will we stay?

In San José we will stay in a hotel with twin rooms and en-suite washing facilities. Whilst on the cycling route, we will be camping - 2 cyclists per tent. Camps are much more basic than we are used to in the UK, with limited facilities. Our porters and support team will have camp set up ready for our arrival after each day's cycling. Participants need to bring their own sleeping bags and sleeping mats.

## Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some cycling shorts, a cycling helmet and cycling gloves, you do not need any specialist kit. Participants can bring their own pedals, bar-ends and any other personal cycling equipment they see fit to modify the bikes supplied, although it is not compulsory.

## Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small day pack/bum bag/'camel bak' while cycling, to carry items such as camera, sun-screen etc.

## Food matters...

All meals will be provided, apart from day 1, and will be a mixture of local and western style. Whilst cycling, lunch will be a packed lunch or picnic style prepared by the guides en route. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Costa Rican food is nutritious with plenty of rice, beans, beef, chicken and fish.

## What's included?

Return flights from London to San José, all accommodation - twin share, all meals throughout the itinerary starting with breakfast on day 2 to breakfast on day 9, drinking water for all cycling days, private air-conditioned vehicles for back up, support and transfers, local English speaking cycling guides, local bike hire with spares, Global Adventure Challenges leader from the UK, and a comprehensive Global Adventure Challenges medical kit.

## What's not included?

Airport taxes and fuel surcharge – these are approximately £250 per person, meals on day 1, tips, alcoholic drinks and drinks during meals, personal travel insurance – it is strongly advised to take this through Global Adventure Challenges, international airport departure tax at San José – currently at US \$29 per person.

## Can I stay in Costa Rica after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) as soon as possible. There is a minimum charge of £60 + VAT for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. An air-conditioned vehicle will be in close proximity to the group providing support as and when is needed.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. Our support team will ensure no-one is left alone – remember though, this is not a race!

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested...what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

## Have you got what it takes to pedal over 460km from the Pacific to the Caribbean?

**Register online today!**

[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)

