



cycleventures

bicycle tours since 1972

TRIP ITINERARY
COSTA RICA: RING OF FIRE

CYCLE UP AND DOWN MOUNTAINS AND VOLCANOES IN THIS PEACEFUL TROPICAL PARADISE. 8 NIGHTS, 9 DAYS.

2010 DATES

*Saturday, November 20 to Sunday, November 28, 2010 *private dates also available*

JOINING IN *San Jose, Costa Rica*

LAND COST *\$2325 Canadian*

SINGLE SUPPLEMENT *\$385 Canadian*

INCLUDES

- ❖ Expert leadership
- ❖ Airport pick-up and drop off and full-time van support
- ❖ Resort and 3-star hotel accomodation
- ❖ All meals except 1 dinner and all lunches
- ❖ Maps, detailed Route Description and daily Map Sessions
- ❖ Detailed pre-departure information and trip extention assistance

DOES NOT INCLUDE

- ❖ International airfare to and from San Jose
- ❖ Alcoholic drinks, and lunches
- ❖ Optional tipping to guides
- ❖ Personal travel and medical insurance
- ❖ Your bike and related equipment
- ❖ Airport taxes and excess baggage charges (if any)

ITINERARY

The following is a general outline for the Costa Rica *Ring of Fire* trip.

DAY 1 – NOVEMBER 20: ARRIVE IN SAN JOSE

Cycleventures will meet you at the airport and transfer you and your bike to our resort hotel on a lush mountainside just outside of San Jose. Help will be provided to assemble your bike. Tonight we stay at the La Condesa Hotel:

<http://www.hotellacondesa.com/English/index.html>.

DAY 2 – NOVEMBER 21: CYCLE TO SARAPIQUI, 52 KM

This morning we'll transfer to the Poás Volcano which boasts Costa Rica's biggest crater. From the volcano we ride east and drop down to the Sarapiquí River and up and down a few rolling hills as we make our way to the town of Sarapiquí which sits on the Atlantic side of the country. Stay at La Quinta Inn: <http://www.laquintasarapiqui.com/>.

DAY 3 – NOVEMBER 22: CYCLE TO TURRIALBA. 35 KM

After a 1-hour transfer we start climbing for around 5000 feet to the bustling town of Turrialba. This town sits in a lush valley known as the main sugar cane producing area in the country and surrounded by towering volcanoes and mountains. Our hotel is the beautiful Casa Turire, a luxury country estate in a spectacular setting:

<http://www.hotelcasaturire.com/index-en.html>.

DAY 4 – NOVEMBER 23: CYCLE TO OROSI, 65 KM

We start out with an easy spin across the valley, through town and then begin the 14 km ascent up the massive Volcan Turrialba. After conquering the volcano it's a rolling traverse in a high-mountain landscape then a long descent to the Orosi Valley and the Reventazon River. Definitely soak in the hot thermal pools and maybe even book a massage at our hotel, the Rio Perlas: <http://www.rioperlasspaandresort.com/>.

DAY 5 – NOVEMBER 24: CYCLE THE IRAZU VOLCANO, 50 KM

After a good cup of java or two we start the 25 km climb to the spectacular crater of the Irazu Volcano at 3432 meters, Costa Rica's highest active volcano. Have you climbed Mont Ventoux in Provence? This mountain is similar as you approach it but you'll soon find out that it's even tougher. Tonight we're back at the Rio Perlas:

<http://www.rioperlasspaandresort.com/>.

DAY 6 – NOVEMBER 25: CYCLE TO SAN PABLO DE TURRUBARES, 70 KM

Ready for a challenge? Today's ride takes us across the steepest mountains in the country in the main coffee producing area. From a start at 2000 meters at the Inter-American Highway, the main route north and south in Central America, we head west to the town of San Pablo. Expect several exceptionally steep 10 km climbs along route!

Definitely book a massage this afternoon at our little resort in the jungle, the Hotel Amatierra: <http://www.amatierra.com/>.

DAY 7 – NOVEMBER 26: CYCLE TO PUNTA LEONA ON THE PACIFIC OCEAN

Today's ride is a well-deserved easy day down to the hot and beautiful Pacific Ocean and it's beaches. We start with a 20 km downhill, and then roll to the hotel on flats. Swim in the warm water and watch the sun set while swinging in a hammock with a cold cervaza. Stay at Hotel Punta Leona: <http://www.hotelpuntaleona.com/>.

DAY 8 – NOVEMBER 27: HANG OUT ON THE BEACH, TRANSFER TO SAN JOSE

Sleep in, swim in the pool, swim in the ocean, book a massage, nap in the sun, eat, relax. Later this afternoon we transfer back to San Jose. Tonight we stay at the La Condesa Hotel, outside of San Jose: <http://www.hotellacondesa.com/English/index.html>.

DAY 9 – NOVEMBER 28: TRANSFER TO SAN JOSE AIRPORT, FLY HOME

Your guides will transfer you to the airport for your flight home. Bon voyage!

TOTAL CYCLING DISTANCE: 322 kms / 200 miles

DAILY AVERAGE: 53 km / 32 miles

CYCLING DAYS: 6

EXPLORATORY / OPTIONAL CYCLING DAYS: 1

Van assistance is available for those who wish to shorten the longer days.

DETAILS**ACTIVITY LEVEL**

This trip is rated as a Level III. This trip is hilly with steep climbs and some long climbs. A few of the days might become some of the harder riding days ever! The rewards...are fantastic! As with all Cycleventures' trips, you can always get a ride in the van if you want.

BIKE AND EQUIPMENT

The roads surfaces that we use are surprisingly good. A good touring bike or racing bike is suitable. We recommend that participants use 700 x 23c tires or bigger. For hill-climbing gearing, we recommend with a triple crank (30 front / 29 rear) and with a compact crank (34 front / 29 rear).

LODGING AND FOOD

We'll be staying in three and four star accomodation. We'll always be enjoying delicious meals. Please let us know if you have special diet needs.

CLIMATE

Besides the final day on the Pacific coast, expect the weather to be warm to cool in the mountains. Cool is relative, a light jacket and long sleeve jersey is the most you'll need and it is always very pleasant.

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@cycleventures.com to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@cycleventures.com if you have any questions. We are here to help!

CONTACT US

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