

Costa Rica Coast to Coast

Bike, trek, kayak and raft your way across Costa Rica, on this 10-day traverse taking you from the Caribbean Coast in the east to the Pacific Ocean coastline in the west.



Day 1 - Arrive San Jose [-]

Your Costa Rican guide will meet you at Juan Santamaria International Airport and transfer you to your hotel in San Jose downtown, the Radisson San Jose (or similar).

Evening at leisure.

Day 2 - San Jose to Finca Parcuarito / Preparation Day [B, L, D]

You will be met at the Radisson by your guide and driver after breakfast and begin your journey north to Finca Pacuarito, where you set up camp near the Caribbean Coast to prepare for the start of tomorrow's expedition.

Today is a chance to adjust to the new time zone, check kit and have a full briefing on the coming expedition. Then, in the afternoon, there will be time to prepare the kayaks and the bikes in advance of an early start tomorrow.

Day 3 - Kayak & Bike Caribbean to Finca Pacuarito (10km kayak + 35km cycling) [B, L, D]

After a 6am breakfast you depart for Caño Blanco, approx. 1 hours' drive from the camp at Finca Pacuarito. In Caño Blanco, you transfer a short distance by motor boat to the coast and the mouth of the Pacuare River, where the kayaks will be waiting. After dipping your toes in the Caribbean, the challenge proper commences!

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

Located on the borders of the Talamanca Mountain Range, the Pacuare River is noted for its well-preserved rainforest, as well as for being one of the best spots in the region for kayaking and rafting.



Today will see you kayak 10kms, starting from the Pacuare River mouth, in the Caribbean lowlands, before ending at Freeman. You'll cover a particularly scenic stretch of the Pacuare River, as you paddle along channels flanked by dense rainforest that gradually recedes and gives way to banana plantations and cultivated fields as you approach Freeman.

On reaching Freeman, you'll be met by the support vehicle carrying your bikes and, after lunch and time to change into your biking gear, embark on a 35km ride along a mostly flat route with a few fun river crossings – be prepared to get your feet wet! The journey ends with your return to Finca Pacuarito Camp, where you spend a second night.



Day 4 - Trek Finca Pacuarito Camp to Barbilla Park Station (18km trekking) [B, L, D]

Wake at 7am for breakfast, pack up camp, and then begin your first trekking day, setting off on foot into the forested hills behind Finca Pacuarito. As you climb, you can expect incredible views over the rainforest and to the Turrialba volcano.

This initial rainforest hike is a chance to witness the real Costa Rica and its many varieties of fauna and flora. Costa Rica contains 5% of the world's biodiversity; around 25% of the country's land is in protected national parks, a small section of which you'll discover today.

There will be time to stop during the course of the 18km route to take in the scenery, catch your breath and have a picnic lunch. Expect to arrive at Barbilla Park Station,

where you camp tonight, late this afternoon.

Day 5 - Trek Barbilla to El Nido del Tigre camp (14km trekking) [B, L, D]

An early start, as you continue your hike through the rainforest en route to El Nido del Tigre campsite, approx. 14km from the Barbilla Park Station. This area of rainforest is maintained as much as possible in its natural state, requiring you to navigate your way through dense vegetation.

You can expect to reach El Nido del Tigre Camp, which takes its name from the giant patches of ginger plants that carpet the ground beneath it, in time for a late lunch. From the centre of the camp, clearly-marked trails radiate out into the rainforest, hiding secluded waterfalls and swimming holes.

Day 6 - Trek & Bike El Nido del Tigre via Turrialba Volcano to Orosi Valley (7km trek + 70km bike) [B, L, D]

5am wake up in order to breakfast and leave El Nido del Tigre Camp early this morning. You trek for 7km to reach the biking start point, then begin a 70km bike ride through coffee and sugarcane plantations with fantastic vistas of the Turrialba Volcano. This will be a tough day, but the dramatic views will be stunning enough to take your mind off the often-steep climbs.

The final section of the day's ride is a relatively flat trundle along a quiet and picturesque lakeside road on the run into Orosi, where you spend the evening at the comfortable Tetey Lodge.

Day 7 - Bike & Trek Orosi Valley to Santa Maria de Dota (15 km bike + 4.5km trek + 25.5km bike) [B, L, D]

Today will involve some tough uphill biking and trekking followed by a thrilling downhill ride into Santa Maria.

After a 6am breakfast and 7am start, you shall ride out of Orosi for 15km before dismounting to climb on foot an approx. 70% gradient hill for 4.5km. At the top you will once again meet the bikes ahead of a well-earned downhill ride into Estreya for lunch.



Around 1pm you'll ride out of Estreya and straight into a tough climb of 10.5km, followed by a long and steep ascent of 15km. The day is mountain biking at its best – downhill and uphill on dirt roads and single-track trails. You'll finish this afternoon in the beautiful Santa Maria de Dota, a picturesque town that lies in a green valley surrounded by coffee plantations, forested hills, and distant mountain peaks. It will feel very busy after your time in the rainforest!

You stay tonight at the cosy and rustic Cecilia Cabins.

Day 8 - Bike and Raft anta Maria to the Pacific Coast (50km bike + 10km raft + 15km bike) [B, L, D]

Today's biking route follows a predominantly flat trail through palm oil plantations and agricultural land to reach the village of Rio Naranjo.

In Rio Naranjo, swap your bike for a water raft and embark on a 10km course through Class IV rapids. Between runs, you will witness untouched tropical forest yielding various species of birds, such as the keel-billed toucan, kingfisher and several varieties of hummingbird.



Mid-afternoon, you will leave the river and remount your bike for a final 15km ride into Manuel Antonio. The day ends with a ride on to the beach where you can dip your toes in the Pacific Ocean, completing your coast to coast journey!

This evening you stay at the Hotel El Faro, or similar, in Manuel Antonio. There will be a celebratory dinner to celebrate your achievement. Well done!

Day 9 - Relax! [B]

Today is a free day during which you can visit the many attractions of Manuel Antonio, get a surf lesson, or simply relax with a cocktail on the beach. Please note that lunch and supper are to your own account today.



Day 10 - Fly home or extend [B]

You will be picked up at your hotel and transferred to the airport in San Jose in time for your international flight home.

Please inform us if you wish to extend with more time in Costa Rica – beach or wildlife.

Price Guide:

Our Costa Rica Coast to Coast itinerary is intended for groups, but can be adapted to suit couples and families (see below). The following are indicative prices and may need to be adjusted depending on your preferred travel dates and your precise group requirements. Please [contact us](#) for a personalised quote.

2-3 travellers - £6,289 per person

4-6 travellers - £3,990 per person

7-9 travellers - £3,145 per person

10+ travellers - £2,675 per person

Includes:

- All activities as outlined in itinerary
- All driven transfers
- English-speaking guide to accompany group from day 1 to 8, in addition to assistant support guide (based on group size of 4+)
- 4x4 support vehicle to accompany the group from day 2 to 8
- Mountain bikes with front suspension (Trek 4500)
- Rafting in 7-person (including guide) rafts
- Kayaking in 2-person sea kayaks
- Accommodation and meals as per itinerary (B = Breakfast, L = Lunch, D = Dinner)
- Hotel Taxes
- Return airport transfers

Excludes:

- International flights
- Departure tax (US\$29 per person)
- Bike helmets
- Meals not specified
- Optional tours
- Any expenses of personal nature such as hard/soft drinks, laundry, phone/fax calls, tips etc.
- Tips and gratuities.

Costa Rica Coast to Coast for families

Our Costa Rica Coast to Coast challenge can be adapted to suit families travelling with older children, by removing the road biking sections, shortening some of the treks, and including additional activities. If you would like to discuss such a programme for your family, please get in touch with our team on info@ganeandmarshall.com, or 01822 600 600.