



Costa Rica- Cycling Costa Rica Coast to Coast (2025)

14 Days/ 13 Nights

Group Guided



Cycle stretches of the Pacific coastline and see the highlights of Costa Rica

Take in the variety of Costa Rica by bike, pedalling past rainforest, volcanoes and stunning sections of coastline. From San Jose we cycle south with vast Pacific views to the right and dense forest to the left. Crossing the 3400m Cerro de la Muerte pass into the Orosi Valley we ride past coffee plantations and volcanoes to arrive on the fertile Caribbean plains where banana plantations take over the landscape. We take a break from the saddle to explore the wildlife-rich rivers and waterways of Tortuguero before travelling to La Fortuna, a lovely spot located at the foot of Arenal Volcano.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Day by Day

DAY 1 Start San Jose.

Make your own way to the start hotel this evening.

DAY 2 Ride and transfer to Rio Tarcoles; boat tour; transfer to Playa Bejuco. 20 km

After breakfast, we have a short welcome briefing and spend time adjusting our bikes before riding out on paved roads with very little traffic through small rural communities and a dry tropical forest. This initial stage will finish at Cebadilla, where we transfer approximately 40 minutes for lunch at Casita de Café, high above Atenas. After lunch, we transfer 45 minutes to embark on our private, guided boat tour of the Tárcoles estuary. We hope to see crocodiles, waterbirds and even scarlet macaws. After, we take a roughly 45-minute transfer to our beach hotel at Playa Bejuco. If tide and sand conditions permit, we can fit in more cycling and arrive at the hotel riding on the immense tropical beach. The full tour briefing will take place following dinner at the hotel. **(Extra 10 km for beach ride option) Meals included: breakfast**



DAY 3 Wildlife hike and swim in Manuel Antonio N.P.; to Playa Dominical

Today we start with an early-morning transfer (approximately one hour) to arrive at the renowned Manuel Antonio National Park just as it opens. Our 7am arrival will give the best opportunity for wildlife spotting and allow us to avoid the park at its busiest later in the day. Our extended visit also gives time for a longer walk on the newly renovated and less visited Punta Cathedral trail, as well as a special treat: a swim at the beautiful white-sand beach set within the park, one of Costa Rica's best beaches. Leaving Manuel Antonio behind, we transfer approximately one hour to Playa Dominicalito, where we enjoy a

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late lunch at the fabulous La Parcela restaurant, which offers great meals, spectacular views and plenty of wildlife – don't let the monkeys steal your food! Following lunch, we transfer 15 minutes to our accommodation in the rainforest Meals included: breakfast

DAY Ride to Uvita Waterfall; see stone spheres at Palmar Sur; transfer to Osa Peninsula 60km

Today we cycle south along the coastal road, which includes a few hilly sections near Uvita and Ojochal. Our first destination of the day is Uvita Waterfall for a refreshing dip in the emerald waters; an ideal place to cool off from the heat of the day. Departing Uvita, we transfer to Palmar Sur, where we can observe the famous stone spheres produced by the ancient Boruca indigenous culture of this region and have a look at the remnants of the old United Fruit Company banana operation.

Departing Palmar Sur in the bus, we head to Mirador Mogos for lunch then resume cycling at Rincón on the Osa Peninsula, where we ride a second biking stage to Agua Dulce Beach Resort. Distance covered: 37mi (60km) Ascent: 1,161ft (354m); Descent: 965ft (294m) Meals included: Breakfast

DAY 5 Free day on the Osa Peninsula

Today is free for you to relax and recharge in the gorgeous surroundings of Agua Dulce. It's possible to swim at Playa Pan Dulce, do some kayaking, or for those who wish to cycle, there's a flat gravel/dirt round-trip stage (27mi/43km) out to the southern tip of the Osa Peninsula. Your tour leader can help to book optional activities; most require advance booking and a minimum number of participants. A fantastic option is the sunset kayak tour and if the bioluminescence is occurring, you're in for a spectacular treat!. **Meals included: Breakfast**



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DAY 6 Transfer to Mirador Osa; ride to Chacarita and transfer to Las Cruces Botanical Garden 20km

This morning we take a 45-minute transfer to Mirador Osa (Osa Viewpoint), where we can take in spectacular views over the Golfo Dulce and Osa Peninsula. We then hop on the bikes for a scenic cycle through the hills and rainforest of the Osa Peninsula to Chacarita. Following a bus transfer (1hr 30mins) across the steep mountains surrounding San Vito, we arrive at Las Cruces Biological Station, which is surrounded by the Wilson Botanical Gardens, where we take a guided nature walk in the afternoon.

Distance covered: 14mi (20km) Ascent: 663ft (202m); Descent: 1368ft (411m) Meals included: Breakfast, Lunch, Dinner



DAY 7 Cycle to Paso Real; transfer to San Gerardo de Rivas. 51 km

Back on the saddle we enjoy a fantastic ride from the hilly region near San Vito downhill to Paso Real, far below at the Rio Terraba. En route we pass through an indigenous area where villagers can sometimes be seen in traditional dress. We will stop in Buenos Aires to have lunch before boarding the bus for our transfer (approx. 2-3 hours) to San Gerardo de Rivas. We will pass the first of many pineapple plantations, which has now become Costa Rica's most exported crop. As our hotel tonight is located in the mountains it may be chillier than you expect. Meals included: *breakfast*



DAY 8 Ride to San Isidro de Perez Zeledon; transfer across the Cerro de la Muerte pass; cycle to Orosi. 49 km

This morning we start with a short downhill stage before jumping on the bus for a transfer that will take us over the infamous Cerro de La Muerte. At 3,541 metres above sea level, this is the highest point of the PanAm Highway in all of Central America. On this stretch we will drive through rainforest, up into the cloud forest before we start our descent back down towards the Central Valley. From here we will get back on our bikes for another downhill stage into the Orosi Valley. **Meals included: breakfast**

DAY 9 Ride to Turrialba. 61 km

After breakfast we start cycling from the hotel for perhaps one of the most beautiful cycling stages riding past numerous coffee plantations. With any luck, we will see some farmers using their colourful traditional oxcarts to haul the coffee to nearby processing facilities. Along the way we will stop to look at coffee trees and the tour leader will give an explanation on coffee and its part of the history of Costa Rica. As we continue our ride through the valley, we will ride around a hydroelectric dam before starting a section that involves some climbs. We will arrive at the little town of Tucurrique where we will stop off for lunch. Afterwards we will cycle through lush scenery sugar cane plantations before a short transfer to our hotel for the night. Our mountain lodge this evening has excellent views of the surrounding region, including the coffee growing Orosi Valley and both the Irazu and Turrialba volcanoes. Meals included: *breakfast*

DAY 10 Cycle to the Caribbean side of Costa Rica, Cahuita N.P. hike and transfer to Puerto Viejo. 39 km

After breakfast, we will start cycling a hilly section with incredible views, followed by a fast downhill to the town of Siquirres, where we board the coach and transfer to the Caribbean coast. Depending on our arrival time this afternoon, there may be time to enjoy a guided walk in Cahuita National Park before we transfer (approximately 15 minutes) to Puerto Viejo, a Caribbean town with lively reggae music and culture and spicy cuisine. Meals included: breakfast





DAY 11 Transfer to Guacimo; cycle through banana plantations; transfer to La Pavona for boat trip to Tortuguero. 37km

Today is a very early start as we have a short transfer (approx. 20 mins) to the town of Cahuita for breakfast. Then we continue to the start of our backroads biking stage which takes us through several small towns set within the immense banana plantations of Costa Rica's Caribbean coast. We will have lunch at a banana packing facility and we will get a chance to observe the harvesting and packaging process. Afterwards we transfer (approx. 1 hour) to La Pavona and board a boat which will take us into Tortuguero National Park along the wildlife rich rivers and canals used for transiting in this densely forested area. **Meals included: breakfast lunch dinner**

DAY 12 Boat trip; ride and transfer to La Fortuna near Arenal Volcano. 22km

An early morning boat trip enables us to discover the extraordinary flora and fauna of Tortuguero, passing serenely along the waterways. At this time of day wildlife is usually at its most active and with the help of our expert guide we are likely to encounter monkeys, caiman, iguanas, butterflies and many of the 300+ bird species recorded here. We retrace our route by boat to the dock at Pavon where we will start cycling through banana plantations, stopping for a brief explanation about the importance of these plantations to Costa Rica. Afterwards we have a transfer to just outside Guapiles for an early lunch provided by our Tortuguero lodge. After lunch we head towards La Fortuna and the imposing Arenal volcano. Following a massive explosion in 1968, Arenal was Costa Rica's most active volcano until recently when it entered a resting phase. En route we will take a break to observe the thriving pineapple operations in Costa Rica before continuing on to our hotel, set in the centre of town. This evening there is an included excursion to Volcano Lodge hot springs. **Meals included: breakfast lunch**

DAY 13 Cycle on beautiful Lake Arenal to La Fortuna; transfer to La Garita de Alajuela

Following a short transfer, our final cycling stage starts with a ride through the dense rainforest surrounding beautiful Lake Arenal, with several spots to observe the volcano as we continue back toward La Fortuna. Upon reaching town, there is some free time for souvenir shopping and to enjoy lunch. The last leg of our journey is completed by bus as we transfer (approximately two hours) back to La Garita de Alajuela. Distance covered: 21mi (33km) Ascent: 1,148ft (350m); Descent: 2,129ft (649m) **Meals included: Breakfast**

DAY 14 End La Garita de Alajuela Our trip ends this morning after breakfast. **Meals included: breakfast**

Route



Moderate fitness required. Average daily distance 41 km

- 12 days cycling with full vehicle support
- 97% tarmac, 3% unpaved tracks
- Routes mainly follow quiet roads
- Group normally 4 to 16, plus leader and staff. Min age 16 yrs

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Dates and Prices- double occupancy in Canadian Dollars – all prices subject to confirmation on booking

Date	Price	Single Supplement
Feb 22	\$8360	\$1520
Mar 1	\$8360	\$1520
Mar 29	\$8170	\$1520
July 5	\$8170	\$1520
Aug 9	\$8170	\$1520
Oct 11	\$8265	\$1520
Oct 25	\$8265	\$1520
Nov 1	\$8325	\$1520
Nov 15	\$8325	\$1520

Included

- All breakfasts, 4 lunches, 2 dinners
- All accommodation 13 nights hotel all en suite
- 12 days of cycling
- All transport and listed activities
- Tour/Cycling leader and support team throughout
- Local bike hire

This is a partner tour. For more information, please contact us.

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