



**Nicaragua, Costa Rica - Panama - Cycle Nicaragua, Costa Rica and Panama Bicycle Tour (2025-2026)**

**14 days / 13 nights  
Group Guided**



This adventurous cycle trip takes us on a journey through beautiful Central America. We ride through varied scenery - past volcanoes, cloud forest, rain forest and see the famous Panama Canal. Along our way we visit the volcanic island of Ometepe and the tropical islands of Bocas del Toro for a little relaxation.

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350 TICO Ontario  
Registration No: 50022848



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### Itinerary Day to Day

#### **Day 1: Start in Granada**

Our journey begins in Granada, a colonial architectural gem, situated at the foot of Mombacho volcano on the north-west shore of Lake Nicaragua. Founded in 1524 by the conquistador Hernandez de Cordoba it was the first colonial city founded in Nicaragua. The baroque and renaissance buildings of the old town help to complement this wonderful setting.



#### **Day 2: Cycle by Lake Nicaragua; visit Masaya Volcano N.P. 11 km**

This morning we get used to our bikes on a short cycle from the hotel down to the shores of Lake Nicaragua and on to the Asese Peninsula, covered with lush tropical forest. After returning to our hotel there will be time to explore Granada on foot and some free time for lunch. The city's narrow lanes and historic buildings are ideal to discover on foot. In the afternoon you have the option to spend more free time in charming Granada or drive to the tranquil setting of Masaya Volcano National Park on an optional excursion to Nicaragua's first and largest protected reserve.

The views from Masaya Volcano provide us with a great panorama of the wider setting and we can explore the crater rim by foot. We return to Granada by bus later this afternoon.

#### **Day 3: Cycle on Ometepe Island in Lake Nicaragua 33 - 46 km + 390 m – 780 m**

Leaving Granada behind this morning we drive to the highland white villages, famed locally for their importance in ancient beliefs relating to witchcraft. High up in Catarina village we can enjoy the best views across the spectacular, blue Apoyo Lagoon in the volcanic crater before getting on our bikes for a 20 km ride through the tropical countryside, getting first impressions of villagers' and farmers' lives. Once we reach the Panamericana Highway we continue by bus and drive to the small town San Jorge where we make the one hour ferry crossing to the volcanic island of Ometepe, set in the expansive waters of Lake Nicaragua - the largest freshwater lake in Central America. On arrival we get back on the bikes and ride 1 hour/13 km to our hotel in Charco Verde (or 2 hours/ 26 km if our hotel is located on Santo Domingo beach), always with the imposing Concepcion volcano on our left.



**Day 4: Optional Ride around Maderas Volcano 26 – 80 + 150 m – 150 m km**

Ometepe is made up of two volcanoes which rise up from the waters of Lake Nicaragua - the perfect cone of Concepcion and the slightly smaller Maderas Volcano. Today is left free and your tour leader will explain the different optional excursions open to you which will vary slightly depending if we are staying in Charco Verde or Santo Domingo. You may choose to go off road and cycle a section around Maderas Island until reaching Finca Merida where you have the possibility of sea kayaking. There are plenty of birds and insects to be spotted in the area and en route we see rural Nicaragua at its best, with lush tropical vegetation and small hamlets. Later you might want to cycle to Alta Gracia village where you can relax and swim at the fabulous Ojo de Agua lagoon or you may prefer to cycle to Santo Domingo beach for some rest and relaxation.

**Day 5: Over the border to Costa Rica 13 - 26 km  
+ 330 m – 330 m**

We start the day with a cycle ride back to the ferry port. From Charco Verde this is 13 kilometers and from Santo Domingo this would be 26 km. We then cross back to the mainland by ferry and drive the short distance to the Costa Rican border. After border crossing formalities (which may be extremely slow and require patience!) we drive 3 hours to Tilaran where we spend the night.



**Day 6: Cycle around Arenal Lake and Volcano 46 km + 740 m – 1080 m**

A short 10 minute drive this morning brings us to the starting point for our ride around Arenal Lake; a challenging route that takes in the spectacular backdrop of one of the world's most active volcanoes. Set in an area of national park covering some 9,884 acres, Arenal volcano has been especially active since the massive eruption of 1968. This, along with the impressive manmade Lake Arenal, has helped the area to regenerate through tourism. Since 2010 Arenal's volcanic activity appears to be decreasing. Our challenging ride ends in the rural town of La Fortuna where we spend the next two nights. For those interested it is possible to start earlier today and ride a total of 68 km (total 1390 metres accumulated ascent and 1850 metres descent).





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**Day 7: Free Day in La Fortuna 50 km optional + 350 m – 600 m**

Today is left free for resting or exploring the tropical rainforest in more depth on either a canopy excursion, a visit to the hot springs or a jungle walk across hanging bridges. Alternatively, you may wish to cycle in and around La Fortuna, taking in some of the impressive scenery, agricultural lands, cascading waterfalls and hot springs. This is one of the fertile high plateaux where most of Costa Rica's crops are grown.

**Day 8: Cycle through the stunning Orosi Valley to Turrialba 46 km + 880 m – 1180 m**

We start the day with a four hour drive to the small town of Orosi, set in the impressive Orosi Valley, forged by the meandering course of the powerful Reventazón River. This picturesque valley is the setting for today's ride, as we discover the lush green vistas of what many consider to be some of the country's best landscapes. Our destination is our accommodation located outside Turrialba, amid the central valleys, lush tropical gardens and volcanic peaks of Turrialba Volcano National Park.

**Day 9: Cycle to the Panamanian border. On to Bocas del Toro Idyllic Islands 38 km + 300 m – 300**

Driving up over the nearby mountain ridges this morning we then descend by bus towards the Caribbean coast. In Puerto Viejo we switch from the bus to our bikes and cycle to the border with Panama through a totally different side of Costa Rica; first along the lush, tropical Caribbean coast and later past enormous banana plantations. We then cross the Panamanian border by way of an old railway bridge across which we push our bikes.



Once again the border crossing may be very slow and require patience. We then continue by bus to the port of Almirante, from where we take a boat to the Isla Colon and the small town of Bocas de Toro, our base for exploring the stunning archipelago and the equally spectacular Parque Nacional Marino Isla Bastimentos. The archipelago itself is made up of a number of beautiful forested islands lying in warm Caribbean waters and the laid back beaches and dazzling reefs make this the ideal Caribbean paradise to relax or explore. Today's ride has a 9km dirt section in it.



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**Day 10: Free day on Bocas del Toro. Optional snorkel, boat trip**

Today is left free to enjoy the Caribbean with a number of optional activities that you might like to try. The islands boast stunning beaches and coral reefs and there are opportunities to snorkel or dive the rich waters. You may like to take a boat trip around the archipelago and marine park, or visit one of the unpopulated outlying islands. The bikes will not be available today as they cannot be carried across to the island on the ferry.



**Day 11: Drive over the continental divide and ride on to Santiago 35 km + 880 m – 1820 m**

After taking the short ferry ride back to Almirante we drive south and then upwards over the Continental Divide and the cool Panamanian highlands. We commence today's cycle at Fortuna Lake (1070 metres above sea level) and the route offers us a few ascents and a long downhill before we reach some fabulous natural pools in the forest for a refreshing dip. We continue by bus to the centre of the country and our night stop in Santiago, a busy provincial town and one of the oldest settlements in the country.

**Day 12: Cycle through farmland and ranches. Drive on to Panama City 38 km + 400 m – 450 m** Today's cycle ride begins near Santiago and on the bikes we pass farmland and ranches that offer an insight into a traditional and rural Panamanian way of life. After lunch we drive to Panama City (3 hours), hopefully with time for a swim in the Pacific Ocean before arriving into our final destination. In the evening we can explore the neighbourhood around the hotel - full of good restaurants and street life.

**Day 13: Visit Panama Canal. Coastal bike path in Panama City 7 km**

A short drive out of town takes us to Miraflores lock, one of the best viewing points on the Panama Canal. We can take time to explore the story of the canal construction in the excellent museum and see huge container ships making their way through this major lock separating the Pacific Ocean from the 26m higher Gatun Lake in the interior of the Canal zone. After a short drive back to Panama City we will cycle along the short but impressive new cycle path that follows the coast line from



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the Canal Zone and through Panama Vieja, affording fabulous views of Panama City's impressive skyline. The afternoon is left free for you to take a walk through fantastic Panama Vieja - the historic town from colonial times - and can have our farewell dinner here.

#### **Day 14: Trip ends in Panama City**

The trip ends in Panama City after breakfast.

#### **Route**



#### **Technical Characteristics:**

**Route Profile:** Average. On this trip we cycle 286 km over nine days (an average of 32 km per day) with further optional rides available. The terrain is often undulating to mountainous. 95% of the route is on tarmac roads in reasonably good condition while 5% is ridden on dirt or gravel roads which are rough at times. A support vehicle is available throughout the trip (except on days 3, 4 and 5).

**Total Distance:** 286 km

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**Prices (Per Person) in Canadian Dollars**

Departure Date	Double Occupancy	Single supplement
<b>2025</b>		
Feb 15	\$6590	\$1030
Oct 4	\$6590	\$1030
Nov 1	\$6590	\$1030
<b>2026</b>		
Jan 17	\$6910	\$1070
Feb 28	\$6910	\$1070
Oct 3	\$6910	\$1070
Nov 7	\$6910	\$1070
Nov 21	\$6910	\$1070

***All prices subject to confirmation on booking***

**Accommodation:**

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

**Included:**

- All breakfasts
- All accommodation
- All transport and listed activities
- Tour leader throughout
- Cycling leader and support team
- Local bike rental

**Not Included:**

- Travel insurance
- Airport transfers
- Visas and vaccinations

**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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