



TRIP ITINERARY

COSTA RICA: COOLO RICO

TYPE: XC

NEW TRIP! AN XC JUNGLE EXPEDITION: FROM THE HIGHEST PEAKS TO THE PACIFIC OCEAN, A TRUE ADVENTURE. – 9 DAYS, 8 NIGHTS

TRIP DETAILS

Explore Costa Rica's famous jungles via singletrack that has almost never seen a bike: climb and descend volcanos, see parrots and howler monkeys and ride your bike in some of Costa Rica's most remote areas. Plus, get riding and training trips from Andreas Hestler, one of mountain biking's most celebrated endurance riders.

DATE

Private trips only in 2009

LAND COST

\$2195

Beach Extension (add 5 days, 5 nights)

\$650 Canadian

JOINING IN

San Jose, Costa Rica

WHAT SETS US APART IN COSTA RICA?

Our guides are skilled professionals. They'll fix your bike and tune your bike and introduce you to locals along the way. They are coaches and trained in first aid. They are courteous, helpful and professional.

We know good singletrack. We design our trips with the ultimate riding experience in mind.

We are pioneers in Costa Rica. We built the trails that you'll ride and no one else rides them. That means private, exclusive trails just for you.

We take care of the little things. There is almost nothing that we won't do to make sure that your trip runs smoothly.

ITINERARY

The following is a general outline for the Coolo Rico trip.

DAY 1 – ARRIVE IN SAN JOSE, TRANSFER TO RESORT

Pick up at the airport and transfer to our 4-star hotel with a tasty buffet breakfast and sweeping views of San Jose. Upon arrival we'll set up our bikes and depending on how the group is feeling, maybe we'll go out and sample the Costa Rica nightlife. Most flights from North America arrive in the late evening or early morning (the red eye).

DAY 2 – WARM UP RIDE AROUND HEREDIA MOUNTAINS

Today we will take it easy and go for a warm up ride, in the mountains around Heredia. Heredia is the name of the province where the hotel is located. The ride will be a mix of dirt roads, double track and short pavement climbs with some very fun singletrack in an area that Paulo calls “Little BC”. It will be an easy ride to fine tune bikes and legs, to get ready for what is to come!

DAY 3 – RIDE FROM CARTAGO TO SANTA MARIA DE DOTA

After breakfast and loading all the bikes and gear in the van, we will drive for about an hour and a half to the town of Cartago. From there we will ride to the town of Santa Maria in the Dota Valley, an area known for having one of the best soils on the planet to grow coffee. The ride is up and down with a long double track climb on the first half then on the second half a long singletrack descent with a couple of short hike a bike sections. Estimated time of the ride 3.5 to 4 hours. Tonight we stay in a small home style Inn in the beautiful town of Santa Maria, who has the best food in town.

DAY 4 – RIDE TO PROVIDENCIA

This morning we'll drive for an hour from Santa Maria to San Carlos at 2500 meters from there if it is clear we will see some nice views of the Pacific coast. The ride we will ride is a secret jewel, one of the best XC trails in all of Costa Rica and an old hiking trail used by the founders of Providencia to communicate with the town of Copey (another tiny town in the Dota area). The trail has a bit of everything with ups and downs and some hike-a-bike sections that combined with the altitude can be a little punishing, but the reward is huge: a continuous singletrack descent back to Providencia where a warm and hearty lunch will be waiting for us. Estimated riding time: 4 hours. Tonight, we stay in Santa Maria again.

DAY 5 – RIDE FROM SANTA MARIA TO SAN ISIDRO DE DOTA

In the next 2 days we will ride across the Los Santos Reserve an 80,000-hectare primary forest reservation, to end up in the Pacific Coast in the Manuel Antonio National Park. On the first day we will ride from Santa Maria to the community of San Isidro, taking some very technical trails with epic views on countless waterfalls along the way. This will be a very demanding ride with lots of ups and downs in the most remote area that we will be on the whole trip. We will spend the night in a small hostel in the middle of the mountains, which only can be accessed by horse or hiking. Horses will bring our gear up the final climb to the hostel. Estimated riding time: 5+ hours.

DAY 6 – RIDE FROM SAN ISIDRO TO MANUEL ANTONIO NATIONAL PARK

We will leave our hostel very early in the morning to start riding to Manuel Antonio National Park and hopefully see a nice sunset on the Pacific Ocean by the end of day. The ride will start going down a technical and steep descent followed by 5 mountain passes on a double track road and a long descent to a place called London. From London it's a 15 km flat ride to Quepos, followed by a very steep 3 km paved climb and a 3 km descent to Manuel Antonio National Park. Estimated riding time: 4.5 Hours. We will stay at Hotel Playa Espadilla...on the beach!

DAY 7 – EXPLORE MANUEL ANTONIO NATIONAL PARK

Today is an opportunity to relax: explore the national park, try surfing, take a walk with a biologist...or just sit on the beach and do nothing. Or, you could go for another ride! Again, we'll stay at the Hotel Playa Espadilla.

DAY 8 – RIDE LA PLATANILLA, TRANSFER TO SAN

On our drive back to San Jose (4.5 hours) we'll ride La Platanilla in the town of San Mateo. La Platanilla is a private reserve with some very fun singletrack loops that will be a nice dessert after all the riding we have done over the trip. Then it's back to San Jose where we pack up the bikes and gear up for a celebratory night on the town!

DAY 9 – FLY HOME

Transfer to airport, fly home.

BEACH EXTENSION

New! After riding all week why not hit Costa's world-class beaches for some fun in the sun?

DAY 1 FLY TO THE PACIFIC OCEAN FROM SAN JOSE (DAY 9 OF PURA VIDA TRIP)

Transfer from our San Jose hotel to the domestic airport and board a small twin-prop plane to Tambor where you transfer to the idyllic town of Mal Pais where surfing, chilling out and beach life are all that you need to worry about.

DAY 2 – SURF, CHILL, SWIM, SLEEP, PARTY AND EXPLORE.

DAY 3 – SURF, CHILL, SWIM, SLEEP, PARTY AND EXPLORE.

DAY 4 – SURF, CHILL, SWIM, SLEEP, PARTY AND EXPLORE.

DAY 5 – FLY TO SAN JOSE

After a last swim or surf say good-bye to the ocean and transfer to Tambor where you'll fly back to San Jose and transfer to our San Jose hotel to your waiting bike.

DAY 6 – FLY HOME

WHAT'S INCLUDED IN THE BEACH EXTENSION?

Transfers from San Jose hotel to airport (twice), return flight from San Jose to Tambor (Pacific Ocean), transfers from Tambor airport to Mal Pais and back, 4 nights accommodation in Mal Pais (50 meters from the beach), 1 night at our San Jose hotel and final transfer to airport on departure day.

IMPORTANT NOTE FOR BEACH EXTENSION

Participants will self-guide this portion of their trip and will not have a guide. Big Mountain is not responsible for you. Meals are not included.

DETAILS

SINGLE SUPPLEMENT

Coolo Rico single supplement is \$550 CAD

Beach Extension single supplement is \$175 CAD

GROUP SIZE: 4 MIN - 12 MAXIMUM

WHAT'S INCLUDED?

- Expert leadership and the country's best riding
- Comfortable resort accommodation
- All meals except all lunches
- Airport pick-up and all transportation
- Detailed pre-departure information
- Big Mountain t-shirt

WHAT'S NOT INCLUDED?

International airfare; personal travel and medical insurance; optional tipping to leaders; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; drinks and snacks; entry fees into National Parks or tours. We suggest approx. \$20 USD per day for extras. Average price for a beer is \$1.50 USD.

ACTIVITY LEVEL

The **technical ability** required for the Coolo Rico trip is rated as 'advanced and above.' The trails are generally technical, rooty and steep at times. Advanced to expert handling skills are required. For **fitness level**, participants must be fit and above and able to ride multiple long days in a row. In other words, this trip can be tough at times...but very, very rewarding!

BIKE AND EQUIPMENT

A lightweight dual suspension bike with disk brakes is the ultimate bike for Coolo Rico. A hardtail would also suffice. All participants are required to bring extra brake pads, tubes, patch kit, extra cleats for shoes and any other parts specific to your ride (derailleur hangers, fork and shock parts etc). You'll also need riding shoes that are also good for walking. All participants are required to have their **bikes in excellent working order** before the trip begins.

LODGING

During Coolo Rico, we'll be staying in comfortable 4-star resorts and lodges and a night or two in fairly basic accommodation. We feature lodging that will expose you to the famous Costa Rican lifestyle. Local foods and culture will be celebrated as part of your experience. You'll have plenty of opportunity to practice your Spanish!

CLIMATE

The dry season (summer) is from December to April. This time of the year is usually very hot and dry - however this is not a guarantee that is going hot and sunny at the time! Costa Rica has one of the most diverse climates in the world and being on the tropics means that sometimes a storm can show up for a couple of days. We recommend bringing a variety of clothing – for cool high mountain rain to hot and sunny beach life.

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@ridebig.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.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

QUESTIONS

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

CONTACT US

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