



TRIP ITINERARY
COSTA RICA: COOLO RICO
TYPE: ALL-MOUNTAIN

AN ALL-MOUNTAIN SINGLETRACK JUNGLE EXPEDITION: FROM THE HIGHEST PEAKS TO THE PACIFIC OCEAN, A TRUE ADVENTURE. – 8 DAYS, 7 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.

2010 DATES

Sunday, March 7 to Sunday, March 14, 2010

2010 LAND COST

\$1930 USD

Beach Extension (add 5 days, 5 nights) \$700 USD

SINGLE SUPPLEMENT

Coolo Rico single supplement is \$250 USD

Beach Extension single supplement is \$175 USD

JOINING IN

San Jose, Costa Rica

WHAT SETS US APART IN COSTA RICA?

Our guides are skilled professionals. Former national XC and DH champion, dedicated trail builders and developers, expert mechanics and passionate riders. They are caring, fun, easygoing and helpful. They are fluent in English and Spanish. Our guides treat our travelers like friends, showing visitors both the major highlights and the local treasures.

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. *Itinerary can be customized upon request.*

Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

DAY 1 – ARRIVE IN SAN JOSE, TRANSFER TO RESORT

Pick up at the airport and transfer to our hotel in 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. We ask that you try to arrive into San Jose early in the morning (take the red eye from North America). Tonight we stay at the Hotel Milvia in San Jose: <http://www.novanet.co.cr/milvia/>

DAY 2 – WARM UP RIDE AROUND SAN JOSE

Today we will take it easy and go for a warm up ride in the mountains around San Jose. The ride will be a mix of dirt roads, double track and a few pavement with some fun singletrack sections. It will be a relatively easy ride, with a pretty good climb in between, but a good warm up to fine-tune bikes and legs and get ready for what is to come! Tonight we stay at the Hotel Milvia in San Jose: <http://www.novanet.co.cr/milvia/>

DAY 3 – LEAVE THE CITY TO THE HIGH MOUNTAINS

After breakfast and loading the bikes and gear, we will drive for about an hour and a half to the trailhead and an area known for having one of the best soils on the planet to grow coffee. Today's ride is up and down with a long double track climb and a long singletrack descent with a couple of short hike a bike sections. Estimated time of the ride 3.5 to 4 hours.

DAY 4 – RIDE TO THE COAST

In the next 3 days we will ride across the main primary forest reservation in Pacific side of the country, to end up in the Manuel Antonio National Park at the coast. On the first day we will ride to the community of San Isidro, taking some very technical trails with epic views and 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. Horses will bring our gear up the final climb to the hostel. Estimated riding time: 5+ hours.

DAY 5 – RIDE TO THE COAST

Today we will do a loop around the Hostel, visiting some of the neighboring communities. Most of these communities are only accessed by horse or hiking. The area is surreal. It will be a quite interesting ride we experience the way locals live in the Costarrican backcountry. Again at the end of the day, horses will assist us on our final climb to our hostel. Estimated Riding Time: 4+ hours.

DAY 6 – RIDE TO THE COAST

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 descend followed by 5 mountain passes on a double track road and a long descend to a place called London where we load the bikes and drive for about 20 km on dusty busy road to the Manuel Antonio

National Park. Estimated riding time: 3.5 Hours. We will stay at Hotel Playa Espadilla...on the beach!

DAY 7 – EXPLORE MANUEL ANTONIO NATIONAL PARK OR HIT THE BEACH, TRANSFER TO SAN JOSE.

In the morning you will have a chance to go check out the National Park, or just hang at the beach. Later in the day we will transfer back to San Jose.

DAY 8 – FLY HOME

Transfer to airport, fly home.

OPTIONAL BEACH EXTENSION

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 8 OF COOLO RICO 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.

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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

WHAT'S INCLUDED?

- Expert leadership and the country's best riding
- Comfortable resort accommodation
- All meals except one dinner and all lunches
- Airport pick-up and all transportation
- Detailed pre-departure information and trip extension assistance
- 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. 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 all 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.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

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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