



TRIP ITINERARY
COSTA RICA: PURA VIDA JUNIOR
TRIP TYPE: SHUTTLED DOWNHILL

A SHUTTLED FREERIDE DOWNHILL ADVENTURE IN THE TROPICS
– 7 DAYS, 6 NIGHTS

TRIP DETAILS

Layed back, Costa Rica style... join professional local guides on this trip of a lifetime: 3 and 4-star resort accomodation and big tropical descents on secret, barely ridden trails. Ride. Drink cold beer. Have fun.

2010 DATES

March 20-26, 2010

2010 LAND COST

\$1650 USD

SINGLE SUPPLEMENT

Pura Vida single supplement: \$225 USD

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

JOINING IN

San Jose, Costa Rica

WHAT SETS US APART IN COSTA RICA?

Our guides are skilled professionals. Freeride legend and former national 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 participants like friends, showing you 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 shuttle downhill!

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 Pura Vida Junior trip. Some of the trails are marked X because they are top secret!

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.

Want to stay on after the trip and hit Costa's world-class beaches? Check out our Beach Extension that adds 5 days to your trip.

DAY 1 – ARRIVE IN SAN JOSE, TRANSFER TO RESORT

Pick up at the airport and transfer to our 4-star resort 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.

DAY 2 – RIDE MONTE DE LA CRUZ AND VOLCAN BARVA

After a good gallo pinto (Costa Rican breakfast), we'll head out for a few warm up runs at the Monte de La Cruz trail: a short but technical single track that ends with fast double track. In the afternoon after a quick lunch on the road, we will drive up to the Volcan Barva one of the volcanoes of Central Mountains. From there we will make a half an hour singletrack descent through coffee plantations to our hotel. Again tonight, we stay in San Jose.

DAY 3 – RIDE X TRAIL + DOTA VALLEY

This morning's ride is all time and top secret. You will be happy. In the afternoon we'll ride the Dota Valley – amongst the highest peaks in Costa and famous for having one of the best soils on the planet to grow coffee. Riding in this area means riding deep rain forest, thick jungle with incredible views. Tonight we stay in a quaint small home style Inn in the beautiful town of Santa Maria, with the best food in town.

DAY 4 – RIDE X TRAIL

Today we will leave the town of Dota, heading south in the search of bigger mountains...which we will find. On the next two days we will go down Costa Rica's longest singletrack trails. Fasten your seatbelt! Tonight, we'll stay in a lodge nestled in the high mountains.

DAY 5 – RIDE X TRAIL

Today we will ride Costa Rica's longest DH. This baby is world class.

DAY 6 – RIDE X TRAIL, TRANSFER TO SAN JOSE

This morning we'll ride a sweet descent on the way back to San Jose and pack our bikes. Tonight we're back at our resort digs and celebrate with a night on the town!

DAY 7 – FLY HOME

Transfer to airport, fly home. Or, head to the beach if you're doing the Beach Extension.

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

GROUP SIZE: 12 MAXIMUM

WHAT'S INCLUDED?

- Expert leadership and the country's best riding
- 3 and 4-star 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. We suggest around \$20 USD per day for extras. Average price for a beer is \$1.50 USD.

ACTIVITY LEVEL

The **technical ability** required for the Pura Vida trip is rated as '**advanced and expert.**' This trip is technical! The trails are technical, rooty and steep at times. Advanced to expert handling skills are required. Walking around certain zones is fine too! For **fitness level**, participants must be moderately fit and above.

BIKE AND EQUIPMENT

A freeride or DH bike with disk brakes is the ultimate bike for Pura Vida. This trip is also suitable for a bike with a chain guard (32 ring suggested) - expect to have to push your bike at times for short distances. Also required: full-face helmet, good riding shoes, gloves and clothing for all types of weather. Protective pads are mandatory and full body armour is highly recommended. 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). All participants are required to have their **bikes in excellent working order** before the trip begins

LODGING

During Pura Vida, we'll be staying in very comfortable resorts and lodges. 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) goes from December to April. This time of the year is usually very hot and dry. 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 weather and hot sunny days too.

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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