



COSTA RICA TO NICARAGUA CYCLE



## ITINERARY – OUTLINE FOR BESPOKE TRIPS

This challenge has it all, starting off in the hills of central Costa Rica, we descend to the coast at the Bay of Nicoya which we cross by ferry, we then cycle north alongside the Tempisque river and through the Guanacaste and Santa Rosa National Parks before crossing into Nicaragua. We spend the night on the shores of the massive Lake Nicaragua after a full day on the famous Pan-Americana in the shadow of the Mombacho Volcano. Our final day sees us cycling into Granada, the first colonial city of the America's and one of Nicaragua's most important historical cities dating back to the 1500's.

### D1 DEPART UK

### D2 ARRIVE SAN JOSE

On arrival we transfer to our hotel at the start of the challenge where there will be a bike fitting followed by a welcome meal and a briefing on the challenge ahead.

### D3 OROTINA 90KMS

For our first day cycling we head off west towards the Pacific Ocean to the town of Orotina. After lunch our route becomes far greener and significantly less flat as it snakes its way through the valleys over the hills and into Orotina. It's a great first day's challenge and will leave us exhausted but happy by the end of our cycling day.

### D4 NICOYA 110 KMS

Today we cycle out of town on roads that are a lot easier as we ride through great expanses of open farmland. We reach the coast at Caldera on the gulf of Nicoya and after cycling a few kilometres north to Puntarenas we all board the ferry that will take us to Cabo Blanco. Lunch today is in the early afternoon and we put our heads down for the last long section to Nicoya.

### D5 LIBERIA 80 KMS

From Nicoya we take an incredible road that for the first 30km leads out along the open valley and after climbing to a pass we drop dramatically into the vast flatter expanses below. The afternoon sees us cycling north along the Tempisque river from Santa Cruz through the hot dry towns of Belen, Filadeldia and Palmira and arriving at our accommodation at Liberia.

**D6**

**NICARAGUA**

**115 KMS**

For our longest day we spend the day on the famous Pan Americana. By mid morning we cycle through the Santa Rosa and Guanacaste National Parks before regrouping for a break in La Cruz. We stop for lunch crossing the border into Nicaragua at the town of Penas Blancas and then cycle the last 30km to our town of La Virgen where we collapse after a tough cycling day.

**D7**

**MANAGUA**

**70 KMS**

For our final cycling day we leave early and pass through the large town of Rivas before heading through the lush tropical farmlands to its north. We quickly reach Los Vrejos, Santa Justa and Pica Pica, before we head off from the Pan-Americana at the town of Nandaime. Here Mount Mombacho dominates the skyline and the massive Lake Nicaragua lies just beyond. As we cycle into Granada we are welcomed by our team and the celebrations start early in true central American style. Tonight we have a great meal to mark the end of an incredible challenge.

**D8**

**GRANADA**

This morning we transfer to Granada for a free morning to visit this incredible city. This afternoon we make our way to the airport for our return flight to the UK.

**D9**

**ARRIVE HOME.**



LOGISTICS

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## **COSTS OF CHALLENGE**

From £1805 pp

For groups less than 15 please get in contact

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Expedition Medic

English-speaking local guides

Luggage Transfer

Bike

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

## **NOT INCLUDED**

Alcoholic drinks

Travel insurance

Personal kit

Single supplement

Tips for local guides

Local departure tax

Fuel supplement

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **RATING & FITNESS**

This moderate-tough challenge requires a good level of fitness to cycle the route.

## **ACCOMMODATION**

Accommodation will be in hotels /hostels. All accommodation is on a dorm and twin/triple basis.

## **FOOD**

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be at the accommodation or in a local restaurant.

## **WEATHER**

Expect changeable mountain weather. In general, the weather is moderate with average temperatures of 16-23°C.