



THE GRAVELLER

GRAVEL BIKE TOUR

COSTA RICA



SAN JOSE - ARENAL - GUANACASTE

7TH -13TH MAY 2024

\$2060 per person



Ride

Cycle from the foot of Volcan Arenal to the Guanacaste beaches - the best way to connect with Costa Rica's natural beauty, friendly locals and the pura vida.



Race

Experience a unique gravel race along the scenic Guanacaste coast. What's your challenge? The 200km GRAVEL EPIC or 130km GRAVELITO?



Relax

Enjoy volcanic hot springs, sunsets on the beach and surfing in the Pacific. Relax...Ride...Repeat...

Included:

- 6 nights accommodation (double occupancy)
- bi-lingual guide (English/Spanish)
- daily route support with guide and support vehicle
- private transportation for transfers
- daily breakfast, welcome lunch, sunset drinks & farewell dinner
- snacks and drinks for each ride
- hot springs, yoga session & surfing lesson
- entrance to race

Not included:

- airfare
- bike, helmet etc
- accommodation before and after the trip
- optional activities

Available at an additional cost:

- single occupancy accommodation
- bike and helmet hire
- transfer and accommodation for additional dates

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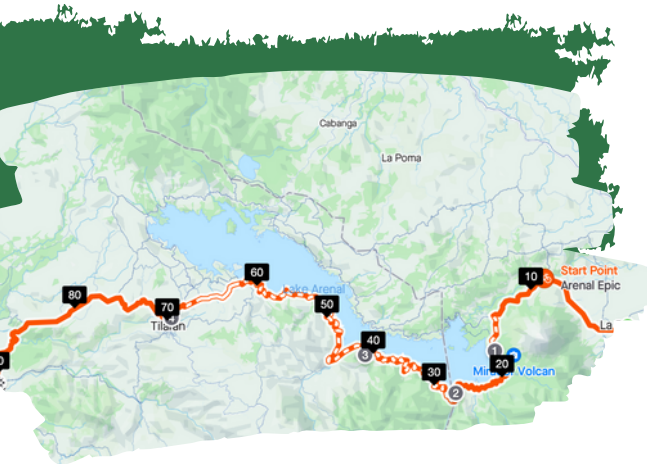
COSTA RICA



Day 1: Tuesday 7th May 2024

SJO - Atenas - La Fortuna

Your Aventuras Costa Rica guide will meet you at SJO airport and from there you will transfer to Atenas for a traditional Costa Rican welcome meal. From here you will jump on your private bus and head to La Fortuna, home of Volcán Arenal, and in the evening, relax and enjoy the natural volcanic hot springs.



Day 2: Wednesday 8th May 2024

La Fortuna - Lake Arenal - Playa Potrero

Time to ride! Cycle around Lago Arenal and enjoy Volcán Arenal from every angle! This scenic route takes you through the lush Costa Rican forests, along the serene lake and over the undulating hills to Cañas. From there you will transfer to Playa Potrero to enjoy the sunsetting over the Pacific Ocean.

Ride details: 90km 1900m elevation gain



Day 3: Thursday 9th May 2024

Playa Potrero

Start the day with a morning yoga session overlooking the ocean and a chilled start to the day. After breakfast, take a stretch out ride down the coast to Tamarindo, enjoy a coffee or pineapple juice and ride back to Playa Potrero for sunset drinks on the beach.

Ride details: 53km 290m elevation gain



Day 4: Friday 10th May 2024

Playa Potrero - Nosara

Time to go to Costa Rica's home of GRAVEL and enjoy the pre-race atmosphere. You will start your transfer to Nosara by bus and then jump off and ride part of tomorrow's race route. On arrival in Nosara, register for the race, hang out with other gravelers and enjoy the Nosara vibe.

Ride details: 50km 650m elevation gain



Day 5: Saturday 11th May 2024

Race Day, Nosara

Participate in Costa Rica's original and best gravel race. Choose your race: GRAVEL EPIC (200km) or GRAVELITO (130km). After the race, enjoy the award ceremony and a post race dip in the ocean.

Ride details: GRAVEL EPIC OR GRAVELITO



Day 6: Sunday 12th May 2024

Nosara - Atenas

You can't visit Nosara without experiencing the surf! Enjoy an early morning surf lesson or, for the experienced surfers, enjoy the waves! Then take your final Costa Rican spin on the way out of Nosara before jumping on the bus to head back to Atenas for the farewell dinner.

Ride details: 23km 180m elevation gain



Day 7: Monday 13th May 2024

Atenas - SJO - home

Your Aventuras Costa Rica guide will be there to say adios as you make your way back home.

