



Lava Tours

info@lava-tours.com

US toll free: 1-888-862-2424

US Fax: 413-410-2583

Costa Rica Office: +506-2281-2458

Beers and Gears - 9 day epic adventure near Poás, Arenal, Miravalles and Tenorio Volcanoes

Experience Costa Rica up close! Explore Costa Rica's northern volcanic range and enchanting blue waters of Tenorio Volcano. This trip combines riding near Poás, Arenal, Miravalles and Tenorio volcanoes with stays in comfortable smaller hotels and visits to quiet rural towns. Over the nine days of the trip you will enjoy epic climbs and fun descents. At the end of most days you will also take advantage of four different hot springs. Best of all, our guides will take good care of you with our seasoned hospitality and cold local brews after each ride.

This trip is rated expert-level. Riding each day is a guaranteed solid 5 hours at a good pace. Although we will have van support, this is not to be expected as the van will not be with the group during the day, only at the beginning and end of the ride. Since riding is self-supported, riders need to be self-sufficient with hydration and snacks. Use of a hydration bladder is expected and required if you want to finish the ride. If you are concerned about fitness and stamina this ride is not for you.

Day 1 - Arrival

We will be meeting at the Bekuo Hostel in the Los Yoses Neighborhood of San José. Depending on your arrival time, you may explore downtown San José or chill out before the group gets together for BBQ that night. We will be getting to know each other and discussing the week's activities. Dinner is included. Lodging is at the Hostal Bekuo (www.hostelbekuo.com) or similar.

No riding today.

Day 2 – Poás Volcano

On your first day of adventure we shuttle to Doka Estate coffee farm where we have a delicious breakfast to fuel up for the ride on pavement up to Poás Volcano National Park. After visiting this active volcano, we ride on dirt and singletrack to Grecia, a small town on the foothills of the volcano. In Grecia we have a late lunch and then shuttle to our quaint nearby lodging at Mimosa B&B (www.mimosa.co.cr).

Ride distance: 33 miles approx.

Day 3 – Fortuna

Today we shuttle to Las Juntas de Abangares near the Continental Divide and from there we ride down to Lake Arenal and then west to Fortuna. This ride has great climbs, awesome views...all through authentic Costa Rican countryside. Once we get to the lake there are awesome scenic views of active and smokin' Arenal Volcano in the distance. Lodging is at Hotel San Bosco (<http://www.hotelsanbosco.com>) or similar. If we make it in time (we better!), we can visit the Ecotermales, a family-run by-appointment-only hot springs.

Ride distance: 45 miles approx.

Day 4 – Lake Arenal

On this yet another epic day we ride from the hostel to Nuevo Arenal on the shores of its namesake lake. On the paved road it is a short 30 miler, but we take the back way...the fun way up and down the mountains north of the lake. We always bring plenty of water, munchies and a buck or two for beers along the way. Lodging is at El Establo, home of GREAT food (<http://www.thestablearenal.com/>).

Ride distance: 55 miles approx.

Day 5 – Tierras Morenas

After an early breakfast we leave the shores of Arenal Lake and head in-land toward Tenorio Volcano. We will ride past world famous Tierras Morenas Wind Farm (a wind energy project that supplies electricity to thousands of Costa Rican homes). Following the volcanic mountain range along doubletrack and dirt roads, we will arrive at our destination near Bagaces and next to Miravalles Volcano. Our hotel has thermal pools and probably the hottest springs that you can have without losing some skin. Did we mention the coldest beer too? Lodging is at Aguas Termales Yoko (www.yokotermals.com) or similar.

Ride distance: 30 miles approx.

Day 6 – Up and around Miravalles V. to Tenorio V.

OK, so today is the best ride that we know in Costa Rica: we leave the hotel and ride around Miravalles Volcano all the way to La Carolina Lodge, our favorite spot inland Costa Rica. First the ride, great climbs, small towns where everyone says hello, waterfalls, flowers, tucans, monkeys...pizza and cold beer for lunch! The best part is the destination, a working ranch that we consider our home away from home. Lodging is at La Carolina (www.lacarolinahotel.com).

Ride distance: 40 miles approx.

Day 7 – La Carolina Lodge at Volcán Tenorio

Today we spend enjoying La Carolina Lodge's rustic luxury and visiting Tenorio Volcano National Park, a short and sweet but tough one-hour ride away. Inside Tenorio you will marvel at Río Celeste with its cobalt blue water, natural hot springs (skinny-dipping optional) and pristine forests. Then we will get pampered with a second night at La Carolina and its wood-fired hot tub.

Ride distance: two 9 miles round trip with plenty of elevation gain. Inside the park a three hour hike.

Day 8 – Cabanga!

Cabanga is actually the name of the town that we ride to in order to get back to Nuevo Arenal for our last day of riding. We leave La Carolina and ride past papaya and pineapple farms to Guatuso and from there it is a tough climb up to the pass that brings us back into Nuevo Arenal. Lodging is at El Establo again.

Ride distance: 36 miles approx.

Day 9 – Shuttle back to Airport

Fun's over. Today we leave early in order to catch mid-day flight back home.

Cost

Cost is \$1499 per person double occupancy.

Supplements and Surcharges

If you do not wish to share a room, the single room supplement is \$450. For groups of less than 4 people there is a surcharge of \$350 per person.

What's Included

This tour includes eight days lodging in mentioned hotels, all meals indicated, entrance to national parks, support shuttle and transfer from and to the airport in a comfortable van, bilingual guide. Beers after the ride. Rental bikes, helmets and gloves available for an additional charge.

What to Bring

In addition to your regular travel gear, we suggest that you bring the following special items:

1. Camelback or other kind of hydration system
2. Cycling clothing
3. Lightweight rain gear to use while riding
4. Medium-weight rain gear to use off the bike.
5. Hiking shoes and sandals
6. Bathing suit
7. Flashlight and extra batteries
8. Sunglasses
9. Hat or visor
10. Personal items (lip balm, sunscreen, bug repellent, medicines, etc.)

Note: For better fit and more comfort, you may also want to bring your own clipless pedals, shoes, gloves and helmet.

How to Book

In order to guarantee tour space and lodging availability we require a \$400 deposit and payment in full at least 30 days prior to departure date. You may book online using PayPal. Alternatively, you may also fill out a credit card charge authorization form that we supply, sign it and email or fax back at 413-410-2583.

Note: Price and departure dates subject to change.

Pre-trip Activities

Costa Rica's capital city, San José, sits in the middle of the Central Valley that is home to approximately a million and a half people. Although Costa Rica is better known for its ecotourism, San José does offer a several noteworthy cultural attractions worth visiting during your short stay in the city.

Museums

Jade Museum (Museo del Jade)

Costa Rica's National Insurance Institute (INS) houses the famous Jade Museum, a collection of hundreds of exquisitely elaborated pre-Columbian jade and ceramic pieces.

Hours of Operation: Monday thru Friday 8:30 - 16:00 (closed on weekends)

Address: Avenida 7, calle 9 y 11. Piso 11 del I.N.S.

Tel.: (506) 287-6034

Gold Museum (Museo del Oro)

The Pre-Columbian Gold Museum has an extraordinary collection of gold objects that reflect the world-view, social structure and gold working techniques of the Pre-Columbian peoples of Costa Rica. The

exhibition showcases the use and function of the pieces, the technology of their fabrication, as well as their relationship to the natural world and the daily lives of these societies. The collection consists of 1600 pieces of Pre-Columbian gold work that date from 500 to 1500 AD.

Hours of Operation: Monday thru Sunday 9:30 a.m. - 4:30 p.m.

Address: Plaza de la Cultura

Tel.: (506) 243-4202

National Museum (Museo Nacional)

Costa Rica's National Museum contains 45,000 pre-Columbian objects, valuable Costa Rican art, historic objects and also National Herbarium with its all-encompassing taxonomic collection of 190,000 plant, 60,000 insects and 10,000 bird samples.

Hours of operation: Tuesday thru Saturday 8.30 a.m. - 16.30 p.m. Sunday 9 a.m. - 16.30 p.m.

Address: Calle 17, Avenidas Central y Segunda

Tel.: (506) 221-4429

National Theatre (Teatro Nacional)

Even as Costa Rica is famous for its natural wonders, the National Theater is a must for visitors interested in the culture and history of this country. The hall is open to the public, including the second-floor foyer. There is also a café inside the theater and continuous exhibitions in its vestibule.

The National Theater can be visited on the corner of Second Avenue and Fifth Street, from 9:00 a.m. to 1:00 p.m., and 2:00 p.m. to 4:45 p.m. The entrance fee is: ₡600 (approximately US\$2.50).

Costa Rican Art Museum: This museum was opened in 1977 and its purpose is to have a permanent display of the work done by Costa Rican artists during the 19th and 20th centuries. The building that houses this museum used to be the Costa Rica International Airport and is located in the Sabana Metropolitan Park. The museum is open from 10:00 am to 5:00 pm, Tuesday through Sunday.

National Gallery of Contemporary Art: this gallery is located on the west side of the National Library, just across from the National Park in downtown San Jose. The gallery opens from 10:00 am to 5:00 pm, Monday through Saturday.

Money Matters

The local currency is the Colón. North American Dollars are widely accepted and ATM networks allow the withdrawal in Colones and Dollars.

Our trips are all-inclusive. However, you may want to bring cash to cover alcoholic beverages, souvenirs and other extras. Please be aware that there is a \$27 airport departure tax. Gratuities for your Lava Tours guides may be given at your discretion. Lava Tours suggests 5-10% of the trip price per individual guest to be divided among your guiding team as a tipping standard. Tips for all restaurants, hotels, local guides and transportation are paid by Lava Tours.

What to do if you miss the meeting time

In the unfortunate event that you arrive late to the meeting point, please contact the office at 281-2458 or 278-2558. If you're unable to reach us please contact our first night's hotel and leave a message there for the guides. You will then be responsible for taking a taxi to the first night's hotel.