



P R E M I O

D M C

C O S T A R I C A

Mountain Bike CHALLENGE

Guanacaste / Zona Norte

10 days / 9 nights



PREMIO
D M C
COSTA RICA

Day 1: Arrival to the Liberia Airport – Transfer to the JW Marriott for your overnight



JW MARRIOTT®
GUANACASTE



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Day 2: San Juanillo - Nosara

The Tour will leave from the JW Marriott hotel towards San Juanillo along the beach, passing over the mangrove bridge, heading towards Playa Negra, Rio Seco, a route on pavement and ballast, with impressive landscapes, perfect for MTB lovers.

At the end of the day to enjoy the hotel.

Overnight: JW Marriott hotel



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|---|-------|
| Level: | |
|  | |
| Aprox. Distance: | 60 Km |

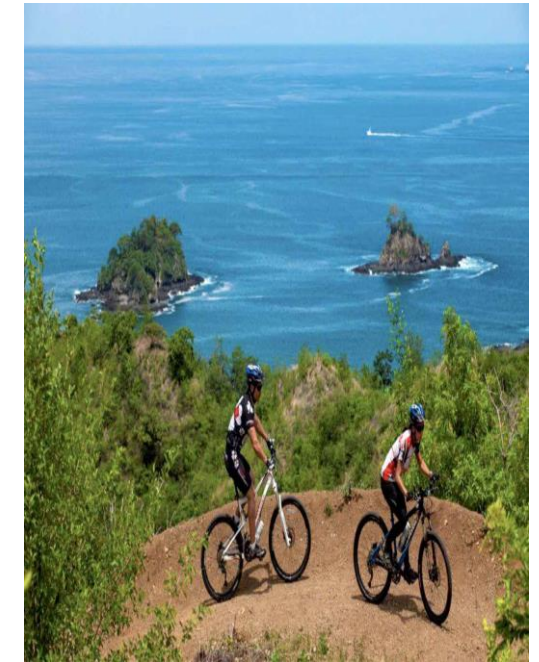


Day 3: Las Catalinas

After a good night rest at the JW Marriott, a demanding route that starts from Playa Potrero towards the Las Catalinas route, with tight curves and guaranteed adventure on the pedals.

Rest of the day to enjoy the hotel.

Overnight: JW Marriott hotel



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| Yellow bar | |
| Nivel: |  |
| Aprox. Distance: | 30 Km |



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Day 4: Mirador de Tempate

Demanding tour that starts in Cartagena heading towards the impressive Tempate Viewpoint, we resume the Route to Sardinal, Nuevo Colon and Playa Potrero.

The tour can be extended depending on the condition of the participants with a climb to El Castillo Viewpoint returning then to Playa Potrero for lunch.

Rest of the day to enjoy the hotel.

Overnight: JW Marriott hotel



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| Level: | |
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| Aprox. Distance: | 50 Km |



Day 5: National Park Palo Verde – Hacienda El Viejo

After making doing your check-out of the JW Marriott hotel, you'll be transported to the National Park of Nicoya. From here you're cycling adventure of the day will begin. Visit to the Palo Verde National Park, where you'll be cycling an approximate 50 km of asphalt and gravel roads. A place that has various floodplain habitats, delimited by rivers and a row of calcareous hills. In addition that day you will enjoy a Boat Tour in the Tempisque River where you can observe crocodiles, monkeys, and different species of birds in their natural habitat. Being on an active sugar plantation you will also get to know more about some of Costa Rica's traditions and culture.

At the end of the day to enjoy the hotel.

Overnight: TBA hotel in Jobo



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| Nivel: |  |
| Aprox. Distance : | 50 Km |



Day 6: El Jobo Adventure

This half day cycling adventure is impressive and classified as an Intermediate Level, which mixes rural roads, beaches and mountains with vegetation and nature, simply unforgettable.

This area is also known as the fishers village, surrounded by national park and small beaches it has a charm like no other.

At the end of the day to enjoy the hotel.

Overnight: TBA hotel in Jobo



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| Level: | |
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| Aprox. distance: | 40 Km |



Day 7: Los Coyotes Waterfalls

Check-out of the hotel.

This day the start of the bike tour is in the Curubandé area, you travel 4 km to the Los Coyotes Waterfall, where you could enjoy the waterfalls for a while and take a refreshing dip. Once back on the bike you'll be doing approx. 13 km to Mirador (Viewpoint) de Cañas Dulces for some fabulous views and picture taking. Continue 2 km to the Cañas Dulces Park, and cross the river to Curubandé.


Lunch will be in the capital city of this province, Liberia, also known as the White City.

After lunch you will be transported to the area of La Fortuna.

At the end of the day to enjoy the hotel.

Overnight: TBA hotel in La Fortuna



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| Level:  | |
| Aprox. distance : | 40 Km |



Day 8: Hike of the National Park 1968 & Hot Springs

Whether hiking through the Lava Flow trail from 1968's eruption, traversing into the rainforest and deep nature or celebrating your special occasion, enjoy a remarkable occasion filled with scenic beauty in our 360° viewpoints of the Arenal Volcano accompanied by the breath-taking Arenal Lake.

The beginning of the trail weaves through the jungle, slowly making your way up to the mountain. The second half allows you to see old lava up close and nature that is finally growing through it.

After your hike, there's no better way to pamper yourself than by soaking in rejuvenating thermal waters direct from a volcano. Letting go of stress and allowing your muscles to relax while resting in the steamy pools is easy.



Day 9: Refugio Caño Negro – La Castilla

For your last day of MTB, we'll end it of with an indescribable route where you and your bicycle become one, in the middle of endless nature.

Caño Negro is off the beaten path, but worth the effort. To visit Caño Negro you bike to Los Chiles load the bicycles in a boat, do a tour of the wetlands and continued the bike ride from Cano Negro village.

At the end of the day to enjoy the hotel.

Overnight: TBA hotel in La Fortuna



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|-------------------|--|
| Level: | |
| Aprox. distance : | |



55 Km



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Day 10: Transfer back to the JW Marriott hotel for the rest of your stay in Costa Rica



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