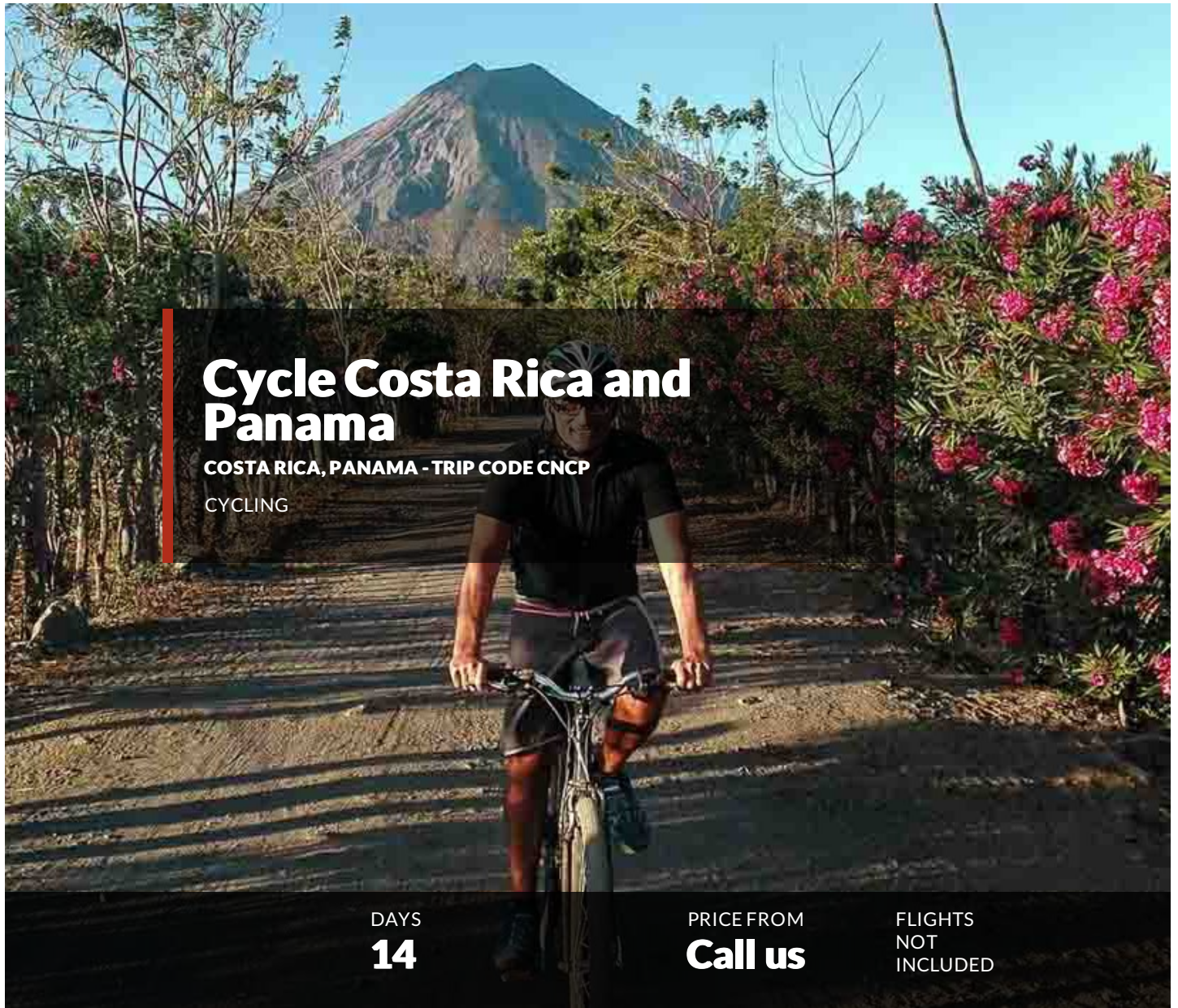


EXPLORE!



Cycle Costa Rica and Panama

COSTA RICA, PANAMA - TRIP CODE CNCP

CYCLING

DAYS
14

PRICE FROM
Call us

FLIGHTS
NOT
INCLUDED

Why book this trip?

This trip takes us cycling through some of the most beautiful scenery in Central America. We ride past volcanoes, through cloud forest and around national parks. We also cycle by lakes and see the famous Panama Canal. En route we visit Samara Beach and the tropical islands of Bocas del Toro for a little relaxation.



INCLUDED MEALS
Breakfast: 13



TRIP STAFF
Explore Tour
Leader / Cycle
guide
Driver(s)



TRANSPORT
Bus
Bicycle
Boat



ACCOMMODATION
11 nights standard
hotel
2 nights premium
hotel



CYCLING GRADE:
Moderate To
Challenging



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts in San Jose

Our journey begins in San José, Costa Rica's capital. Founded in 1738 and set in a fertile valley with coffee and sugar cane plantations, the city is one of the youngest capital's in Central America.



ACCOMMODATION:
La Mar Dulce (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Cycle to Orotina

This morning we start the day with a short walk to see the highlights of San Jose. We then drive west towards the Pacific for around 1.5hrs to reach the start of our first ride from the village of Grifo Alto through the Central Valley of Costa Rica. There will be some time for the bike fitting and to get used to our bikes before commencing the cycle route on undulating terrain past lush vegetation. There are some hills to test our legs but the ride has a downhill bias. Our ride ends at the hotel in the small town of Orotina where we spend the night. Often referred to locally as the 'fruit town', Orotina lies at the foot of Monte del Aguacate and the surrounding agricultural community produces an amazing variety of tropical fruit and veg year round.

Our total cycling distance today is approximately 27 kilometres (approx 510 metres total accumulated ascent and 1360 metres descent)



ACCOMMODATION:
La Mar Dulce (or similar)



Grade: **Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Cycle on Nicoya Peninsula

Leaving Orotina behind after breakfast this morning, we drive to Puntarenas on the Pacific shore to catch a ferry across the Gulf of Nicoya to Playa Naranjo on the Nicoya Peninsula. Our ride starts from here and we cycle an undulating route until the Tempisque river. Finally we drive for slightly more than an hour to the Pacific beach town of Samara where we spend the next two nights. This small beach resort town boasts a beautiful 5 km sweeping beach.

Our total cycling distance today is approximately 57 kilometres (approx 610 metres total accumulated ascent and 550 metres descent)



ACCOMMODATION:

Charco Verde (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Loop ride from Samara Beach

You could choose to relax today or be more active. Today's bike ride is a loop to explore the surrounding area. Optional activities include hiking, paddle boarding, kayaking through the mangrove and on the Ora River or a visit to the Island of Chora with the possibility of snorkelling.

Our total optional cycling distance today is approximately 40 kilometres (approx 525 metres total accumulated ascent and descent)



ACCOMMODATION:
Charco Verde (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Cycle from Miravalles Volcano to the Panamericana

We start the day with a 2.5 hour drive back into the scenic interior to Guayabo on the slopes of Miravalles Volcano. Our ride takes us through lush vegetation and ends when we meet the Panamericana main road that runs through the spine of Central America. Finally we drive to Tilaran where we spend the night. Around 20km of the ride today is on unsurfaced roads.

Our total cycling distance today is approximately 48 kilometres (approx 430 metres total accumulated ascent and 900 metres descent)



ACCOMMODATION:
Hotel Guadalupe (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Cycle around Arenal Lake and Volcano

A short 10 minute drive this morning brings us to the starting point for our ride around Arenal Lake; a challenging route that takes in the spectacular backdrop of one of the world's most active volcanoes. Set in an area of national park covering some 9,884 acres, Arenal volcano has been especially active since the massive eruption of 1968. This, along with the impressive manmade Lake Arenal, has helped the area to regenerate through tourism. Since 2010 Arenal's volcanic activity appears to be decreasing. Our challenging ride ends in the rural town of La Fortuna where we spend the next two nights. For those interested it is possible to start earlier today and ride a total of 68 km (total 1390 metres accumulated ascent and 1850 metres descent).

Our total cycling distance today is approximately 46 kilometres (approx 740 metres total accumulated ascent and 1080 metres descent) with the option to extend the ride.



ACCOMMODATION:
Hotel Arenal Country Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Free Day in La Fortuna

Today is left free for resting or exploring the tropical rainforest in more depth on either a canopy excursion, a visit to the hot springs or a jungle walk across hanging bridges. Alternatively, you may wish to cycle in and around La Fortuna, taking in some of the impressive scenery, agricultural lands, cascading waterfalls and hot springs. This is one of the fertile high plateaux where most of Costa Rica's crops are grown.

Our total cycling distance today is approximately 50 kilometres (optional) (approx 350 metres total accumulated ascent and 600 metres descent)



ACCOMMODATION:
Hotel Arenal Country Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Cycle through the stunning Orosi Valley to Turrialba

We start the day with a four hour drive to the small town of Orosi, set in the impressive Orosi Valley, forged by the meandering course of the powerful Reventazón River. This picturesque valley is the setting for today's ride, as we discover the lush green vistas of what many consider to be some of the country's

best landscapes. Our destination is our accommodation located outside Turrialba, amid the central valleys, lush tropical gardens and volcanic peaks of Turrialba Volcano National Park.

Our total cycling distance today is approximately 46 kilometres (approx 880 metres total accumulated ascent and 1180 metres descent)



ACCOMMODATION:
Turrialtico Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Cycle to the Panamanian border. On to Bocas del Toro idyllic islands

Driving up over the nearby mountain ridges this morning we then descend by bus towards the Caribbean coast. In Puerto Viejo we switch from the bus to our bikes and cycle to the border with Panama through a totally different side of Costa Rica; first along the lush, tropical Caribbean coast and later past enormous banana plantations. We then cross the Panamanian border by way of an old railway bridge across which we push our bikes. Once again the border crossing may be very slow and require patience. We then continue by bus to the port of Almirante, from where we take a boat to the Isla Colon and the small town of Bocas de Toro, our base for exploring the stunning archipelago and the equally spectacular Parque Nacional Marino Isla Bastimentos. The archipelago itself is made up of a number of beautiful forested islands lying in warm Caribbean waters and the laid back beaches and dazzling reefs make this the ideal Caribbean paradise to relax or explore. Today's ride has a 9km dirt section in it.

Our total cycling distance today is approximately 31 kilometres (approx 300 metres total accumulated ascent and descent)



ACCOMMODATION:
Hotel Swans Cay (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Free day on Bocas del Toro. Optional snorkel, boat trip...

Today is left free to enjoy the Caribbean with a number of optional activities that you might like to try. The islands boast stunning beaches and coral reefs and there are opportunities to snorkel or dive the rich waters. You may like to take a boat trip around the archipelago and marine park, or visit one of the unpopulated outlying islands. The bikes will not be available today as they cannot be carried across to the island on the ferry.

No cycling today.



ACCOMMODATION:
Hotel Swans Cay (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Drive over the continental divide and ride on to Santiago

After taking the short ferry ride back to Almirante we drive south and then upwards over the Continental Divide and the cool Panamanian highlands. We commence today's cycle at Fortuna lake (1070 metres above sea level) and the route offers us a few ascents and a long downhill before we reach some fabulous natural pools in the forest for a refreshing dip. We continue by bus to the centre of the country and our night stop in Santiago, a busy provincial town and one of the oldest settlements in the country.

Our total cycling distance today is approximately 35 kilometres (approx 880 metres total accumulated ascent and 1820 metres descent)



ACCOMMODATION:
Hotel Gran David (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Cycle through farmland and ranches. Drive on to Panama City

Today's cycle ride begins near Santiago and on the bikes we pass farmland and ranches that offer an insight into a traditional and rural Panamanian way of life. After lunch we drive to Panama City (3 hours), hopefully with time for a swim in the Pacific Ocean before arriving into our final destination. In the evening we can explore the neighbourhood around the hotel - full of good restaurants and street life.

Our total cycling distance today is approximately 38 kilometres (approx 400 metres total accumulated ascent and 450 metres descent)



ACCOMMODATION:
Hotel Hampton Inn (or similar)



Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



DAY 13 - Visit Panama Canal. Coastal bike path in Panama City

A short drive out of town takes us to Miraflores lock, one of the best viewing points on the Panama Canal. We can take time to explore the story of the canal construction in the excellent museum and see huge container ships making their way through this major lock separating the Pacific Ocean from the 26m higher Gatun lake in the interior of the Canal zone. After a short drive back to Panama City we will cycle along the short but impressive new cycle path that follows the coast line from the Canal Zone and through Panama Vieja, affording fabulous views of Panama City's impressive skyline. The afternoon is left free for you to take a walk through fantastic Panama Vieja - the historic town from colonial times - and can have our farewell dinner here.

Our total cycling distance today is approximately 7 kilometres on the flat.



ACCOMMODATION:
Hotel Hampton Inn (or similar)



Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Trip ends in Panama City

The trip ends in Panama City after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Costa Rica

Climate

Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page. Costa Rica has a tropical climate with high temperature humidity and rainfall. The average temperature is 21°C in the highlands and variable in the lowlands. The rainy season is from May to November and the summer from December to April, but it does still tend to rain, usually in short bursts. Bear in mind that Costa Rica has 12 microclimates and weather can vary significantly in one day.

Time difference to GMT	Plugs	Religion	Language
-6	2 Pin Flat	Christian, Roman Catholic	Spanish

Panama

Climate

Panama has a tropical climate with high temperature and humidity, the average temperature 30°C. The rainy season is from May to November and the summer from December to April. The rainfall is of a tropical nature, falling for 1-2 hours in the afternoon.

Time difference to GMT	Plugs	Religion	Language
-5	2 Pin Flat	Roman Catholic	Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Samara Beach - Half day kayaking USD 50. Paddle boarding USD 50. Hiking - cost depends on numbers

Arenal - Canopy - USD 50; Hanging bridges USD 60 ;Hot springs - USD 35

Bocas del Toro - Excursions include kayaking, snorkelling or dolphin watching, all approx. USD 25

Panama Canal - Museum entrance fee Miraflores lock USD 15

Clothing

Bring your cycling gear including shorts and gloves. Remember weather is changeable in the mountains and it can be cool and wet at higher altitude, and even on some evenings, so bring some warmer clothing too. A raincoat is essential at all times in case of rain. Don't forget your swimming costume.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trip that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Please note that there is a weight restriction of 7kg for hand luggage/daypack for international and internal flights.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. It is a legal requirement in Costa Rica to wear a helmet that meets current safety criteria. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. Panniers are not provided so you may wish to bring a light rucksack to wear whilst cycling. Other items to consider bringing are a sunhat and sun cream, travel plug, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly you should allow USD 40 for tipping.

International Departure Taxes

There are border crossings on this trip - the total cost of border fees will be approx US\$10

Costa Rica

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track

may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£13	£13	£3	£1.3

Foreign Exchange

Local currency

Costa Rican Colon.

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange. USD can be used in some places in Costa Rica. You may wish to take extra cash to cover the cost of optional excursions – please see the budget for your trip section on the trip notes.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Panama

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£7	£10	£3	£0.7

Foreign Exchange

Local currency

Balboa.

Recommended Currency For Exchange

US dollars are legal tender in Panama. Notes should be in good condition, otherwise they might be difficult to use.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are not widely accepted outside Panama City.

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle, Boat

Accommodation notes

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Panama: Citizens from the UK, New Zealand, Australian, US and Canada do not require a visa for a stay up to 30 days. However, on entry you will be required to show that you have either 500USD in cash or a credit card. Please note that upon entering Panama by land from Costa Rica you may be required to present a copy of your return ticket home.

Costa Rica: Citizens from the UK, US, Canada and most EU countries do not require a visa for a stay up to 90 days. Citizen of Australia, New Zealand and the Republic of Ireland do not require a visa for stays up to 30 days.

Nicaragua: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information.(Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:

<http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa

applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Costa Rica

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

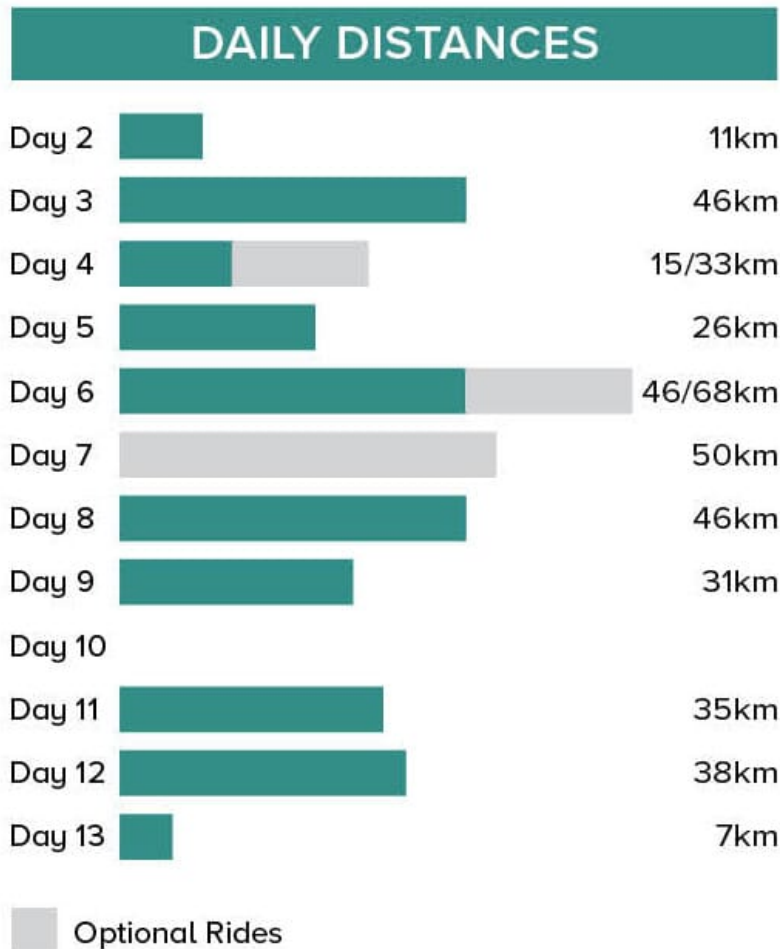
Panama

Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore

recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



General cycling information

On this trip we cycle 375 km over ten days (an average of 38 km per day) with further optional rides available. The terrain is often undulating to mountainous. 95% of the route is on tarmac roads in reasonably good condition while 5% is ridden on dirt or gravel roads which are rough at times. A support vehicle is available throughout the trip (except on days 3, 4 and 5). We have graded the route as moderate to challenging.

Bike included

27 gear mountain bikes with front suspension




Bike information

Your included bike in Costa Rica and Panama will be a 27 gear Trek 4500 mountain bike with front suspension and will be the correct frame size for your height. A 21 gear mountain bike with v-

brakes is used for the Nicaraguan section. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip except on day 10. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

ModerateToChallenging

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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