

FURTHER INFORMATION



COSTA RICA - COAST TO COAST CYCLE

Are you ready for the ultimate adventure, with some tough yet most amazing mountain cycling thrown in? Then the Costa Rica Coast to Coast cycle awaits!

One of the ultimate bike rides for charity... join our team of mountain bikers as we pedal 430km from the Pacific to the Caribbean! Costa Rica provides a stunning backdrop for this awesome charity challenge and it's no coincidence that it means 'Rich Coast' in Spanish. From the ocean's aquamarine waters to the lush green of the rainforest with smouldering volcanoes rising in the landscape, Costa Rica screams adventure and with the exceptional support from our team you are now about to cross this country by bike.

Mother Nature has bestowed on the country a treasure trove of white sand beaches, tropical rainforest and a myriad of rare flora and fauna, spread between the Pacific and the Caribbean. This breathtaking charity bike ride takes in traditional Costa Rican farmlands, bustling colonial cities, stunning mountain ranges and tropical Caribbean lowlands.

“BELIEVE YOU CAN”



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INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



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ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 13.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is approximately 20 participants.

RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



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CHALLENGE HIGHLIGHTS

- Cross the breadth of Costa Rica by bike!
- Explore high mountain passes and lush tropical rainforest.
- Experience both the Pacific and Caribbean coastlines.
- Achieve something incredible and join us as we conquer one of our toughest cycling challenges.

A FEW NOTES ON COSTA RICA

Costa Rica is in Central America, bordered by Nicaragua to the north, Panama to the east and south, the Pacific Ocean to the west and south and the Caribbean Sea to the east. It is famously home to a rich variety of plants and animals. Around 25% of the country's land is designated protected national parks and protected areas and it has successfully managed to reduce deforestation from some of the worst rates in the world between 1973 and 1989, to almost zero by 2005. The Corcovado National Park is internationally renowned among ecologists for its biodiversity (including big cats and tapirs) and visitors can expect to see an abundance of wildlife.

Historically, Costa Rica has generally enjoyed greater peace and more consistent political stability

compared to many of its fellow Latin American nations and like the rest of Central America, Costa Rica never fought for independence from Spain. In 1821, the authorities in Guatemala declared the independence of all of Central America and that date is still celebrated as Independence Day in Costa Rica.

"Pura vida" is the most recognizable phrase attached to Costa Ricans and it reflects their way of life. People walking down the streets or buying food at shops say hello by saying "Pura vida", which means pure or good life. A recommended response to "how are you?" would also be "Pura vida".

Fact File

- **Population:** 4,608,426.
- **Capital city:** San José.
- **Religion:** Christianity is predominant.
- **Language:** Spanish.
- **Time difference to GMT:** -6 hours.

CURRENCY

Local currency is the Colón (plural Colones) ₡, named after Cristóbal Colón (Christopher Columbus). Notes come in 1,000, 5,000 and 10,000 Colones, while coins come in denominations of 5, 10, 20, 25, 50 and 100. Older coins are larger and silver, whilst newer ones are smaller and gold-coloured – this is often a source of confusion for visitors.

You should bring cash in US Dollars to change once you are in Costa Rica but make sure the dollar bills are clean and in good condition or they may be refused. ATMs are available even in the smallest towns. Throughout Costa Rica, you can pay for larger purchases with US Dollars, however, local meals, bus fares and small items should generally be paid for with Colones. The vast majority of Costa Ricans get paid in Colones, and buy and sell in Colones. Carry small bills and coins when visiting villages where change may not be readily available for larger denominations - do not try to buy from street vendors with bills of 5,000 Colones or over.



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CLIMATE, TEMPERATURE & HUMIDITY

As Costa Rica is located between 9° and 10° north of the Equator, the climate is tropical all year round. Costa Rica's seasons are not aligned to four seasons as in the Northern Hemisphere. The year can be split into two periods, the 'summer' or dry season goes from December to April, and the 'winter' or rainy season goes from May to November.

Humidity is a factor to consider on the challenge and is higher on the Caribbean coast than on the Pacific coast. Due to the levels of humidity there can often be thunderstorms and it can be difficult to get kit dry overnight.



TEMPERATURE CHART

Month	Max Temp °C	Min Temp °C	Rain Fall (mm)
Jan	32	18	63
Feb	32	18	102
Mar	32	19	138
Apr	33	20	80
May	33	20	267
Jun	33	20	280
Jul	32	20	181
Aug	32	20	276
Sep	32	20	355
Oct	32	20	330
Nov	32	20	135
Dec	32	19	33

The maximum temperatures stated above are taken in the shade. When you are in direct sunlight it is likely to be and feel significantly hotter.

SNAKES & BUGS

There are many snakes and spiders that inhabit Costa Rica, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



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HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history.**

Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 70 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.
- Courses or boosters usually advised - Tetanus; Hepatitis A.
- Vaccines sometimes advised - Typhoid; Diphtheria.

- There is no risk of Yellow Fever in Costa Rica, however, a Yellow Fever certificate is required if entering from an infected area.
- Malaria is common in certain areas of Costa Rica. Please make sure you have up to date anti-malarial protection.
- Dengue Fever is endemic to Latin America and the Caribbean and can occur throughout the year. There is no vaccine or immunisation to prevent Dengue Fever and you should take the usual precautions to avoid mosquito bites e.g. long sleeves and mosquito repellent with 50% DEET.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available. We also recommend you use a high factor sunscreen and re-apply regularly.

SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Credit card for emergencies – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.



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PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

British nationals do not require a Visa to enter Costa Rica and can stay as visitors for up to 3 months.

If your flights go via the USA then you will need to apply for an ESTA. We will confirm whether an ESTA is needed when we send you your flight details in the run up to the challenge.

If an ESTA is needed it is YOUR responsibility to obtain this. Visitors should register through the ESTA website at <https://esta.cbp.dhs.gov/> and are advised to do so at least 72 hours prior to travel. If you do not have an ESTA you will be refused travel to the USA. The US Customs and Border Protection Department currently charge US\$14 per application for an ESTA (but this is subject to change).

TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore, you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



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FLIGHTS

Flights normally depart and arrive back into the UK in the morning. Your flights will normally have a combined flying time of approximately 14 hours on the outbound leg and 12 hours on the inbound leg and often include two separate flights normally via the USA. So you need to prepare yourself for long journeys at the start and end of the challenge.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at customer.care@globaladventurechallenges.com or call us on 01244 676454.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.

LUGGAGE & KIT

You will need a large soft holdall/rucksack for your main luggage which will be transported by vehicle between our accommodation each day.

We recommend that your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at customer.care@globaladventurechallenges.com or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore, please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.



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ACCOMMODATION

In San José we will be staying in a hotel in twin rooms which have en-suite washing facilities.

Whilst on the cycling route we will be camping – 2 cyclists per tent. Our porters and support team will have camp set up ready for our arrival after each day's cycling.

Please expect camps to be much more basic than those you are used to in the UK. This is because camping is not a common activity in rural areas of Costa Rica. Therefore a bit of ingenuity is needed to find somewhere suitable to stay each night. The sites generally utilise local amenities such as community halls with a fenced, grassy or concrete area to set up tents. Although the sites are very basic with limited facilities you will find a covered area to eat beneath and some electricity points to charge your equipment. Most nights there will be at least one flushable toilet for the group to share and a shower (likely to be a cold water shower) to freshen up under.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo

participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at customer.care@globaladventurechallenges.com if you would like the cost of a single supplement.

TOILET & WASHING FACILITIES

Toilets will be available at our accommodation but it will sometimes be necessary to use 'the great outdoors' during the challenge. Please ensure you carry your own tissues and 'nappy sack' type bags for disposing of them (also useful for dirty socks, rubbish, etc.).

The toilet and washing facilities will be much more basic than what you are used to due to the remote locations of our camps.

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.

TELEPHONE & WI-FI

Costa Rica is a mountainous country and there are remote locations where a mobile phone will not be able to pick up a signal, however, nearly all major towns, villages and popular beach locations will have full cellular access. It is estimated that 75 - 80% of the country has coverage.

Wi-Fi is limited along the route and more information can be found on Wi-Fi availability at the hotels and camps we stop at in the Accommodation Information Document. A Wi-Fi signal may be available at some of the cafés that we stop at whilst cycling. There may also be a Wi-Fi signal on the support bus.

There are limited charging points at camps so make sure you bring the appropriate travel adapter for Costa Rica.



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OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
ESTA - not required if your flights don't go via the USA	\$14 (approx. £11) – this is subject to change
Travel insurance	£63
Spending money	£150 - £200
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach

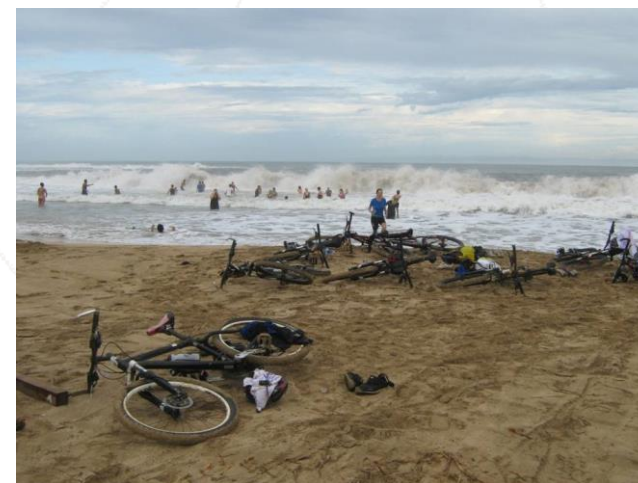
Average costs - Costs vary greatly from town to town, however a rough average for the price of a beer or coffee would be 1,750 Colónes.

How much spending money you will need usually depends on how many presents and souvenirs you wish to bring home!

TIPPING

It is customary to tip the bellhop/porter (US\$1 to US\$2 per service) in hotels. In a nice restaurant, you might leave a small tip to show your appreciation but it is not required.

Tipping your crew is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We recommend around US\$30 from each participant but this does depend on your budget and what you feel is appropriate.



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DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 3 (Extreme).

You will be cycling for a minimum of 8 hours most days for 7 consecutive days and covering 430km in very hot and humid weather.

The terrain will be varied, from paved road to gravel tracks and single track dirt paths with river crossings and plenty of hills.

We would strongly recommend you increase your training preparation for this challenge.

In addition to the above you will also cycle along an in-use railway line but don't expect a Virgin Pendolino to come hurtling towards you, the trains are slow moving cargo trains and are well used to slowing down for locals who use the route!

There are also a number of river crossings on bridges that are narrow and don't have any railings or sides to hold on to, so you need to take this into account if you suffer from vertigo.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse

a booking if we feel unable to accommodate the particular needs of the person(s) concerned.

If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

EXTREME

An 'Extreme' cycle will involve some very long days in the saddle and you will be tackling some significant climbs across varied terrain.

It may also be classed as 'Extreme' due to the weather conditions. The weather can be more unpredictable on these challenges, and the temperature can be very cold, very hot or anywhere in between!

TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardiovascular fitness is essential and it is important that you are fit enough to complete this challenge, therefore prior fitness preparation is a MUST!

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Extreme' and we strongly recommend training for this challenge.

Our training tips include:

- We recommend that you train as much as possible for hills and try and get used to riding on rough rocky terrain, visit a mountain bike centre or forest fire roads. If you haven't experienced a sore bum or aching hands then we think you probably haven't trained for long enough!
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of cycling over consecutive days.
- Work on improving your stamina.



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SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, knowledgeable and experienced local professional guides and bike mechanics.

An air-conditioned vehicle/coach will also provide support to the group.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour Outdoor First Aid qualified.

Medical care in Costa Rica is of a high standard, however only emergency medical treatment is available for visitors without charge.

FOOD, WATER & REFRESHMENT STOPS

All meals will be provided on the challenge from breakfast on Day 2 to breakfast on Day 9. We will have 3 good meals a day and they will be a mixture of local and western style. Costa Rican food is very nutritious with plenty of rice, beans, beef, chicken and fish. All dietary requirements can be catered for so long as we know in advance.

On cycling days, lunch will be at a local café or picnic style prepared by the guides en route.

Local branded snacks are also provided with the opportunity to purchase more along the way at local stores. However, you may wish to bring your own snacks. Tracker bars and fruit sweets such as jelly babies are ideal to give you an extra boost when you find the going tough.

Use bottled water for drinking. Do not drink tap water in Costa Rica unless it has been boiled, filtered or chemically treated. Water will be provided throughout the challenge.

We try to have two water / refreshments stops plus lunch on each cycling day (except Day 2).

TRAFFIC

Traffic drives on the right in Costa Rica. Many roads are in a bad state of repair so, to avoid potholes, drivers will often snake through both the left and right lanes. While this may seem erratic, you quickly become accustomed to it!

Many roads are unpaved and even the paved roads have lots of unpaved sections and washed out or unfinished bridges. Bridges are often only wide enough for one vehicle; one direction usually has priority.



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TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com



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DAY	TRANSFERS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK for San José	Approx. 1 hour transfer from airport to our hotel.	N/A	N/A	<ul style="list-style-type: none"> Dinner tonight isn't included in the cost of the challenge.
Day 2: Playa Coco to Liberia	Approx. 4 hour morning transfer to our cycling start point on the coast.	Tough – due to acclimatisation	Distance cycled: 38km Total ascent: 315km Cycling time: 2-3 hours Ride surface: 80% paved, 20% dirt	<ul style="list-style-type: none"> The transfer is a great opportunity to take in the scenery and get a feel for this beautiful country. Bike fitting when we arrive in Playa Coco. Our cycling challenge begins with a very steep 5km climb away from the coast. You will be instantly glad of the hill training you put in prior to the challenge! Once the first hill has been tackled the slopes are far gentler for the rest of the day. Dinner is cooked on site by our event crew.
Day 3: Liberia to Rio Tenorio	15 minute transfer at the end of the cycle to the campsite.	Extreme – (arguably the toughest day of the challenge)	Distance cycled: 68km Total ascent: 1,200m Cycling time: 9 - 10 hours Ride surface: 20% paved, 80% dirt	<ul style="list-style-type: none"> Very early breakfast to make the most of the daylight hours. We start with a 20km climb on rough unpaved roads but are rewarded with some beautiful views along the way and at the top. After a further 20km, the hills level out and we begin to descend more than ascend on quiet country roads. Lunch is at a local restaurant to experience some local cuisine. The final section of the day consists of more unpaved rocky roads and some steep hill climbs.
Day 4: Rio Tenorio to Arenal Volcano	15 minute transfer at the start of the day.	Extreme	Distance cycled: 81km Total ascent: 1,390m Cycling time: 9 - 10 hours Ride surface: 70% paved, 30% dirt	<ul style="list-style-type: none"> We start the day with another tough climb on unpaved rocky roads. We climb to the top of the continental divide which is the highest point of the trip at a height of 791m. Cycle alongside Lake Arenal with some amazing views of the lake and surrounding mountains. We have lunch at a beautiful spot on the edge of the lake. The final section from the lake is mainly downhill into our camp. Tonight we visit the communal hot springs to shower and soothe our legs! Wi-Fi is available there. Entry to the Hot Springs carries an additional cost of approx. \$23.



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DAY	TRANSFERS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 5: Arenal Volcano to Sarapiquí	N/A	Tough	Distance cycled: 66km Total ascent: 335m Cycling time: 9 - 10 hours Ride surface: 80% paved, 20% dirt	<ul style="list-style-type: none"> Our ride today takes us mainly through flat and paved agricultural areas. We start with a steady descent leading on to flatter sections for the first 30km. We start to climb steadily in the 2nd half of the day but the ascents are nothing like as tough as the last couple of days. The day finishes with some rough, unpaved, undulating sections through pineapple fields. The camp tonight is next to a white water rafting centre.
Day 6: Sarapiquí to Rita	N/A	Challenging	Distance cycled: 53km Total ascent: 210m Cycling time: 8 - 9 hours Ride surface: 30% paved, 70% dirt	<ul style="list-style-type: none"> We start the day on rough unpaved roads, but we soon move onto rolling paved roads, heading mainly downhill through banana plantations. Once we cross the Sarapiquí River we are likely to see several groups of monkeys and exotic birds. The rest of the day is mostly flat with rolling ascents however the off road sections can make it feel like a long day. The day ends in Rita, situated in the heart of banana country.
Day 7: Rita to Finca Pacuarito	N/A	Challenging	Distance cycled: 69km Total ascent: 165m Cycling time: 9 - 10 hours Ride surface: 40% paved, 60% dirt	<ul style="list-style-type: none"> Today is a great day for the adventurous spirit! We start with a paved climb on tarmac roads, which levels out for the first of our many river crossings. Some rivers are crossed by riding through, others require wading and the deeper ones require the assistance of a local ferry boat. The day is completed with an optional 25 minute raft ride straight into camp, however this is time permitting.



COSTA RICA - COAST TO COAST CYCLE



DAY	TRANSFERS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 8: Finca Pacuarito to Playa Moin	Approx. 4 hour, 30 minute afternoon transfer back to our hotel in San José.	Challenging	Distance cycled: 55km Total ascent: 230m Cycling time: 5 hours Ride surface: 30% paved, 70% dirt	<ul style="list-style-type: none"> ▪ The final day of our cycle challenge but don't expect an easy ride - there is no easy way to the coast! ▪ The day involves more river crossings and cycling down an in-use railway line, but don't expect a Virgin Pendolino to come hurtling towards you, the trains are slow moving cargo trains and are well used to slowing up for locals who use the route! ▪ We then ride along sandy trails to complete our challenge with a well-deserved swim in the warm waters of the Caribbean Sea.
Day 9: Depart Costa Rica	45 minutes – 1 hour transfer to airport.	N/A	N/A	<ul style="list-style-type: none"> ▪ Depart San José for our overnight flight to the UK, arriving the following day.
Day 10: Arrive UK	N/A	N/A	N/A	<ul style="list-style-type: none"> ▪ We arrive back into the UK, say our final goodbyes as a group and make our onward journey home.

