



TRIP ITINERARY
COSTA RICA: PURA VIDA DH
TRIP TYPE: DOWNHILL

SMALL GROUP BACKCOUNTRY SHUTTLED DOWNHILL ADVENTURE IN THE TROPICS ON PRIVATE TRAILS.
– 8 DAYS, 7 NIGHTS

TRIP DETAILS

Layed back, Costa Rica style... join professional local guides on this trip of a lifetime: great accomodation and big tropical descents on secret, barely ridden trails. Ride. Drink cold beer. Have fun.

2011 DATES

Sat, Dec 10 to Sat, Dec 17, 2011

2011 - 2012 LAND COST

\$1895.00 USD

2012 DATES

Sat, Jan 8 to Sat, Jan 15, 2012

Sun, Jan 22 to Sun, Jan 29, 2012

Sat, Feb 18 to Sat, Feb 25, 2012

*Sat, Mar 10 to Sat, Mar 17, 2012 *****JOIN Peaks N' Swells Surf Camp after this trip!******

Sat, Apr 14 to Sat, Apr 21, 2012

**custom dates are available, please inquire with us.*

SINGLE SUPPLEMENT: \$330.00 USD

GROUP SIZE: 2 MIN, 4 MAX.

**bigger groups can be accomodated, please inquire with us.*

JOINING IN

San Jose, Costa Rica

WHAT SETS US APART IN COSTA RICA?

Our guides are skilled professionals. Head guide Paulo Valle is a freeride legend and former national DH champion, dedicated trail builder, expert mechanic and passionate rider. He and his team are caring, fun, easygoing and helpful. They are fluent in English and Spanish. Our guides treat our participants like friends, showing you both the major highlights and the local treasures.

We know good singletrack. We design our trips with the ultimate riding experience in mind.

We are pioneers in Costa Rica. Paulo built the trails that you'll ride and no one else rides them. That means private, exclusive shuttle downhill!

We take care of the little things. There is almost nothing that we won't do to make sure that your trip runs smoothly.

ITINERARY

The following is a general outline for the Pura Vida trip. Some of the trails are marked X because they are top secret!

Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.

Want to stay on after the trip and hit Costa's world-class beaches? Check out our Beach Extension that adds 5 days to your trip.

DAY 1 – ARRIVE IN SAN JOSE, TRANSFER TO HOTEL

Guide to meet you at the airport and transfer to our hotel in San Jose. Upon arrival we'll set up our bikes and depending on how the group is feeling, maybe we'll go out and sample the Costa Rica nightlife.

DAY 2 – RIDE MONTE DE LA CRUZ AND VOLCAN BARVA

After a good gallo pinto, Costa Rican breakfast, we'll head out for a few warm up runs at the Monte de La Cruz trail: a short but technical single track that ends with fast double track. In the afternoon after a quick lunch on the road, we will drive up to the Volcan Barva one of the volcanoes of Central Mountains. From there we will make a half an hour singletrack descent through coffee plantations to our hotel. Again tonight, we stay in San Jose.

DAY 3 – RIDE X TRAIL

This morning's ride is all time and top secret. You will be happy. In the afternoon we'll ride the Dota Valley – amongst the highest peaks in Costa and famous for having one of the best soils on the planet to grow coffee. Riding in this area means riding deep rain forest, thick jungle with incredible views. Tonight we stay in a quaint small home style Inn in the beautiful town of Santa Maria, with the best food in town.

DAY 4 – RIDE X TRAIL

Today we will leave the town of Dota, heading south in the search of bigger mountains...which we will find. On the next two days we will go down Costa Rica's longest singletrack trails. Fasten your seatbelt! Tonight, we'll stay in a lodge nestled in the high mountains.

DAY 5 – RIDE TO SAN ISIDRO ("P" TOWN)

Today's descent is a new trail that drops all the way to "P" Town (we will tell you later what the "P" means). This ride is big, remote and epic! Hang on tight. Again tonight we stay at the same lodge as last night.

DAY 6 – RIDE X TRAIL

On Day 7 we will take you on another secret gem... You'll be blow away!!

DAY 7 – RIDE X TRAIL, TRANSFER TO SAN JOSE

This morning we'll ride a sweet descent on the way back to San Jose and pack our bikes. Tonight we're back at our resort digs and celebrate with a night on the town!

DAY 8 – FLY HOME

Transfer to airport, fly home.

DETAILS

WHAT'S INCLUDED?

- Expert leadership and the country's best riding.
- 2-3 star hotel accommodation.
- All meals except one dinner and all lunches.
- Airport pick-up and all transportation.
- Detailed pre-departure information and trip extension assistance.
- Big Mountain t-shirt.

WHAT'S NOT INCLUDED?

International airfare; personal travel and medical insurance; optional tipping to leaders; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; drinks and snacks. We suggest around \$20 USD per day for extras. Average price for a beer is \$1.50 USD.

ACTIVITY LEVEL

The **technical ability** required for the Pura Vida trip is rated as '**advanced and expert.**' The trails are technical! The trails are rooty, steep at times and naturally challenging. Advanced to expert handling skills are required. Please make sure to speak with us to confirm the level required. Walking around certain zones is fine too! For **fitness level**, participants must be moderately fit and above.

BIKE AND EQUIPMENT

A freeride or DH bike with disk brakes is the ultimate bike for Pura Vida. This trip is also suitable for a bike with a chain guard (32 ring suggested) - expect to have to push your bike at times for short distances. Also required: full-face helmet, good riding shoes, gloves and clothing for all types of weather. Protective pads are mandatory and full body armour is highly recommended. All participants are required to bring extra brake pads, tubes, patch kit, extra cleats for shoes and any other parts specific to your ride (derailleur hangers, fork and shock parts etc). All participants are required to have their **bikes in excellent working order** before the trip begins

LODGING

During Pura Vida, we'll be staying in very comfortable resorts and lodges. We feature lodging that will expose you to the famous Costa Rican lifestyle. Local foods and culture will be celebrated as part of your experience. You'll have plenty of opportunity to practice your Spanish!

CLIMATE

The dry season (summer) goes from December to April. This time of the year is usually very hot and dry. Costa Rica has one of the most diverse climates in the world and being on the tropics means that sometimes a storm can show up for a couple of days. We recommend bringing a variety of clothing – for cool high mountain weather and hot sunny days too.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@ridebig.com to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@ridebig.com if you have any questions. We are here to help!

CONTACT US

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