E-BIKE CROSSING COSTA RICA 7 DAYS

Ebike From the Caribbean to the Central Pacific of Costa Rica with amazing Breaktaking Views, Experiences, & Authentic Cultural Experiences in a Full Suspention E-Bikes

EBIKING Costa Rica



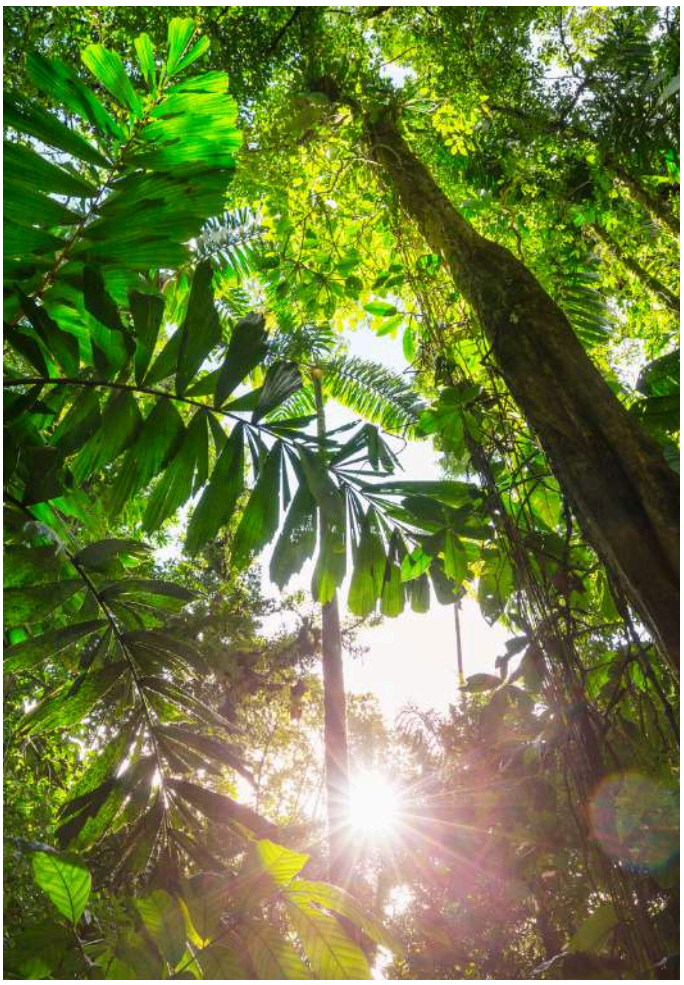
ITINERARY

Arrival Day and Go Into the Forest	Day 1
Caribbean Coast Adventure	Day 2
Conquering the Mountains	Day 3
Downhill Thrills	Day 4
The Talamanca Mountain	Day 5
To the Pacific Coast	Day 6
Relax and Return	Day 7

EBIKING Costa Rica



Embark on an unforgettable Ebike adventure from the heart of Costa Rica to the Caribbean coast and all the way to the Pacific. Ride through lush rainforests, explore vibrant local culture, discover ancient ruins, and conquer majestic mountains with the help of powerful electric bikes. This journey blends adrenaline, nature, and authentic Costa Rican hospitality like no other.





DAY 1

Arrival Day

Upon arrival in Costa Rica's we will drive out of the capital, where you'll have time to rest after your journey. In the evening, we'll gather for our firts group meeting to go over the itinerary and prepare for the adventure ahead.

Hotel Out San Jose Area.
Dinner Incluided

DAY 2 Caribbean Coast Adventure

After breakfast and a quick exploration of the area, we'll start the day riding through beautiful landscapes filled with history, crops, and different types of forests.

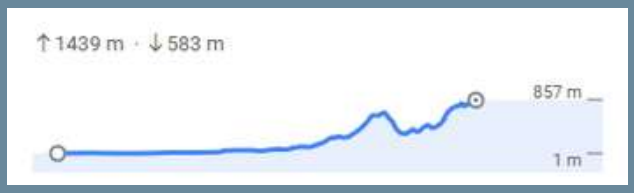
As we reach the Caribbean coast, we'll board a motorboat with our e-bikes and cruise along lush, wildlife-rich natural canals. This scenic ride will take us to the river mouth, where we'll dip our feet in the salty waters of the Caribbean Sea — the official start of our big expedition.

We'll ride through tropical forests, feel the warm and humid air, and learn about banana farming. We'll even stop to visit a banana packing plant and see how bananas from Costa Rica are prepared for export around the world.

The route begins mostly flat, but don't be fooled — the real challenge is the tropical climate. As we head into the mountains, the elevation rises and we'll be rewarded with breathtaking views.

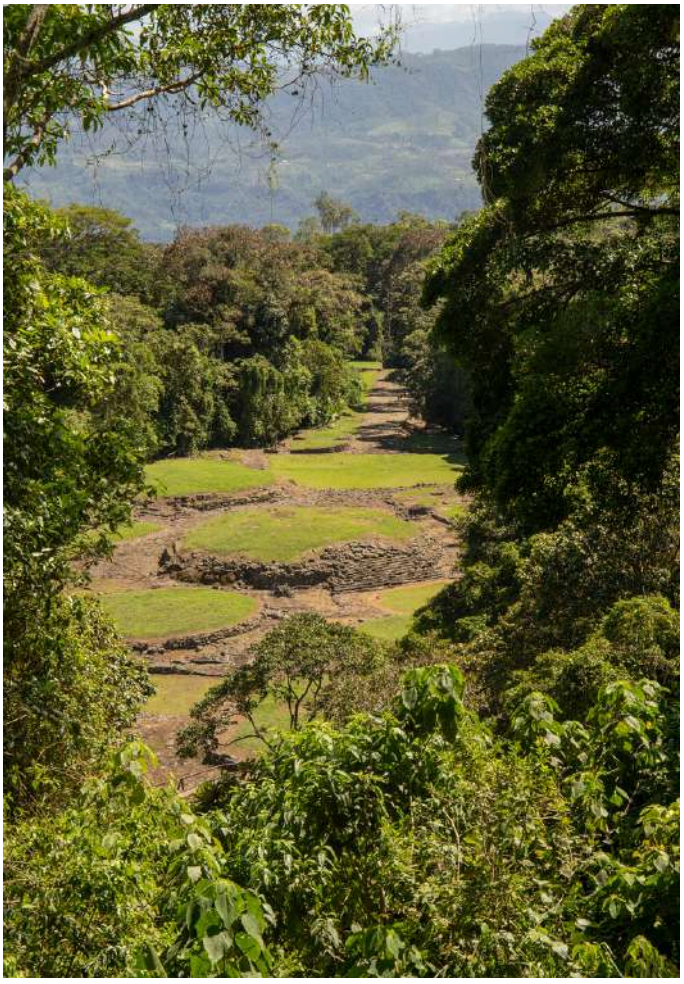
Lodging in Casas Jade, Turrialba
Breakfast, Lunch and Dinner

Aprox. Distance: 60 km / 38 mi
Ride: Flat and Climb
Terrain: Gravel and Pavement (Secondary Roads)









DAY 3

Conquering the Mountains

We'll continue our climb, reaching a maximum altitude of 1,440 meters (4,724 ft). We'll then tackle our first big downhill ride through sugarcane fields, learning about the crop and sampling fresh sugarcane. On the way, we'll stop at a local bike park to ride the trails and sharpen our skills. The day ends with a ride through small towns and old railway paths, arriving at our Lodging.

Lodging In Orosi Valley Area
Breakfast, Lunch and Dinner

Aprox. Distance: 30 km / 20 mi
Ride: Climb Uphill
Terrain: Pavement (Secondary Roads)



DAY 4

Scaling Costa Rica's Tallest Mountain Range

Back into the mountains. We'll enter Costa Rica's highest mountain range, discovering an entirely new type of forest. The high altitude and cool climate will test us, but with the help of our e-bikes, warm-hearted locals, and fresh coffee, we'll push forward. At a certain point, to avoid heavy traffic, we'll use support vehicles to reach our highland hotel for a well-deserved rest.

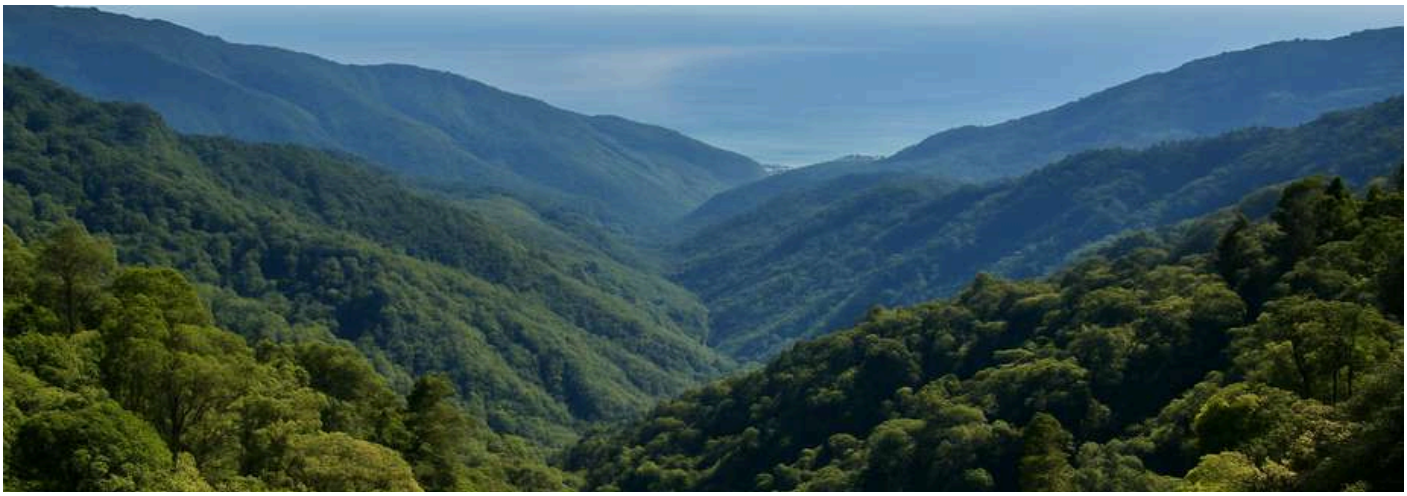




Lodging at Dota Area
Breakfast, Lunch and Dinner

Aprox. Distance: 35 km / 23 mi
Ride: Technical climb
Terrain: Pavement and Gravel (Secondary Roads)





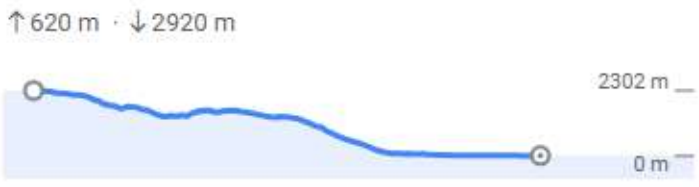


DAY 5 Final Descent to the Pacific Ocean

Today we head to Costa Rica's coffee paradise. Riding through coffee plantations, we'll visit a processing facility for a full tour of the bean-to-cup journey — ending, of course, with a delicious tasting. In the afternoon, we ride toward the Pacific, with more downhill thrills as we make our way to the hot, flat lowlands. We'll pass through endless fields of African palm, learning about this important (and controversial) crop and observing the workers' efforts. The heat will be palpable, but so will the reward: by day's end, we'll reach the Pacific Ocean after crossing the entire country.

Aprox. Distance: 63 km / 40 mi
Ride: Downhills and Flat
Terrain: Pavement and Gravel (Secondary Roads)

Hotel Playa Espadilla or Similar
Breakfast, Lunch and Dinner









DAY 6 Relax and Return

After a morning of relaxation by the ocean, we begin our return journey to the Central Valley and the airport. Though we part ways, we leave filled with unforgettable memories, new friendships, and thousands of photos—until our next adventure!

Hotel near the airport
Breakfast & Lunch Included

What's included:

- *High-end Full Suspention e-bikes*
- *All private ground transportation and transfers*
- *Expert bilingual local guides*
- *Hand-picked accommodations*
- *All meals during the adventure (except arrival/departure days)*
- *Activities: Guayabo Archaeological Monument entrance tickets, Bike Park fees, Coffee Tour, Cooking Lessons, birdwatching, and more.*
- *Full support and safety equipment during all rides*

* Airfares, alcoholic drinks, tips, extra activities not described are not included.

EBIKING Costa Rica

Policies & Guidelines

1. Booking Policy

To guarantee availability and proper preparation, we recommend booking your tour in advance. A $500 per person deposit is required to confirm your reservation, with the remaining balance due at least 30 days prior to the trip start.
Once payment is received, you will receive a confirmation email with tour details.
To secure your booking, payments must be made via **PayPal** to the following account:

info@ebikingcr.com

We accept both full payments and deposits through this method. Once your payment is completed, please send us a confirmation email so we can finalize your reservation.
If you don't have a PayPal account, you can still use a credit or debit card through PayPal's secure platform.

**Hotels are subject of availability until the first deposit is received.

2. Cancellation & Refund Policy

We understand that plans can change. Our cancellation policy is designed to be fair and flexible:

- Cancellations made **45 days** or more before the tour: **Full refund.**
- Cancellations made **20–44 days** before the tour: **50% refund.**
- Cancellations made **20 days or less** before the tour: **No refund.**

If needed, we're happy to reschedule your tour without additional fees (subject to availability). Please contact us as early as possible.

3. Weather & Natural Conditions Policy

Costa Rica's weather is part of the adventure. Our tours operate rain or shine, unless extreme conditions (such as storms, landslides, or official warnings) require a modification or cancellation for safety reasons.
In these rare cases, we will offer rescheduling options or a partial refund, depending on the situation.

Policies & Guidelines

4. Travel Insurance

While we strive to make your experience smooth and unforgettable, **travel insurance is strongly recommended.** It provides peace of mind in case of unexpected changes, delays, medical situations, or personal emergencies.
We kindly ask all guests to ensure their travel insurance is valid for outdoor adventure activities in Costa Rica.

5. Equipment & Gear Use

All our tours include premium electric mountain bikes (Specialized Turbo Levo), helmets, hydration, and a professional guide. Guests are responsible for treating the equipment with care and using it as instructed by our team.
In cases of damage or loss due to misuse, a replacement or repair fee may apply.

6. Liability & Third Parties

Ebiking Costa Rica is not responsible for delays, loss, damage, or accidents caused by third-party services (such as hotels, airlines, or transportation providers). However, we do our best to work only with trusted partners and ensure a seamless journey.

7. Photography & Media Policy

We often take photos and videos during our tours to capture the experience and promote our adventures. If you prefer not to appear in any of our media, just let your guide know before the ride begins.
We respect your privacy and handle all personal data responsibly.

8. Private & Custom Tours

We offer the option of private tours and fully customized adventures for families, groups of friends, or special occasions. Please get in touch for personalized pricing and itineraries.

9. Tipping Etiquette

Tips are not included in the tour price, but are always appreciated as a sign of recognition for your guide's dedication and local knowledge. Of course, tipping is entirely optional and at your discretion.