

OVERVIEW

In addition to our Costa Rica mountain biking trip, we offer two other Costa Rica learning adventures: [surfing](#), and [biking & surfing](#).

Costa Rica is a mountain biker's dream. In addition to having some of the world's most breathtaking and diverse scenery, it's also criss-crossed by a variety of tracks, paths, and cattle trails so that we can experience all the diversity of this land while staying off-road for 90% of our journey.

Our 8 day tour, 60% of which is downhill, will start at the crater of an ancient volcano and will wind its way through cloud forests, traditional farmlands, coffee plantations, dry forests, national parks, and lakeshores until it reaches the magnificent Pacific ocean. In addition to exhilarating mountain biking you'll receive expert instruction from our qualified instructors, enjoy a relaxing soak in a volcanic hot spring, swing from the trees during a canopy tour of Monteverde Cloud Forest, and enjoy lively evenings in our carefully selected restaurants and lodges.

IS IT FOR ME?

Our Costa Rica Mountain Bike Tour is ideal for beginner and intermediate mountain bikers who wish to explore the very best of Costa Rica's magical scenery while also improving their mountain biking skills. The trip provides a great introduction to downhill and single-track riding but does not require any previous mountain biking experience. Van support is available for those who get tired.

HIGHLIGHTS

- * Excellent single track & off-road trails for beginner & intermediate riders
- * Expert instruction & knowledgeable local guides
- * Experience the full spectrum of CR's diverse scenery; rainforests, volcanoes, coffee plantations, deserted beaches
- * Canopy Tour through the Monteverde Cloud Forest

INSTRUCTOR TO GUEST RATIO

1:5

MAX GROUP SIZE

15

ITINERARY**Day 1:**

You'll get your first taste of Costa Rica as soon as you step off your plane at the San Jose International Airport. Nestled high in the Central Valley, the airport faces both the metropolitan city of San Jose and, in the distance, the green volcanic mountain ranges characteristic of this lush countryside. Your Access Trips guide will meet you at the airport, and together, you'll drive through rolling countryside to the foothills of Poas Volcano. After getting to know the other guests over a traditional casado dinner, you'll spend the night at a small country inn with lush tropical gardens, surrounded by coffee and sugar cane plantations.

No riding on this day.

Drive time from airport: 45 mins

Accommodation: Private lodge

Day 2:

Our Costa Rica mountain bike tour officially begins early this morning with a drive to the Continental Divide at 1800 mts of elevation where the biking begins with a downhill route through picturesque pasture lands, cloud forests, and sugar cane plantations. The 38 km ride, which is 75% downhill, includes many long descents and a few short climbs. We'll ride a mixture of double tracks, cattle farm roads and a stretch of gravel road through highland forest. All the while your expert instructor will be providing you with tips, advice and encouragement to help you maximize your mountain biking performance and enjoyment. Accommodations in a working hacienda, cozy cabins with a terrace facing the river.

Distance: 38 km / 24 miles
Off-road: 50%
Climbing: 165 meters
Descending: 1220 meters
Drive time: 45 mins
Accommodation: hotel in working Hacienda

Day 3:

On the third morning of our Costa Rica mountain bike tour we'll ride on the lowlands with many short ups and downs and a few small river crossings. We go through forest, reforestation areas, villages and small farms. Today is a good day to learn proper shifting and the experience of carrying your bike over your shoulder as we'll cross several creeks and venture up a few steep paths. In the afternoon we'll drive to the renowned Arenal Volcano, the most active of Costa Rica's four volcanoes as well as one of the ten most active volcanoes in the world. Against the backdrop of the setting sun, you'll spend an unforgettable couple of hours relaxing your muscles in natural hot springs that are framed by lush ferns and dense jungle. The evening will draw to a close with a traditional dinner of homemade tortillas and a visit to lookout point, where you'll hopefully glimpse the fuming glow of Arenal's hot lava. Tonight we'll stay in a comfortable lodge that offers amazing views of the volcano.

Distance: 36 km / 23 miles
Off-road: 25%
Climbing: 460 meters
Descending: 460 meters
Drive time: 15 mins
Accommodation: Private lodge

Day 4:

Today we'll take a spectacular ride along deserted trails on the southern shore of majestic Lake Arenal (the largest in Costa Rica). We'll start with an easy ride on a wide, hard-packed dirt/gravel road at the foot of Arenal Volcano National Park. After 17 kilometers of long flat stretches and a few short, easy climbs, we'll cross the Cano Negro river (there are no bridges in this remote part of the park so we'll need to wade). From here we'll ride 15-20 kilometres on an abandoned dirt road that's been taken over by vegetation. Crossing 10 different creeks and negotiating several muddy spots, this ride will be quite an adventure, but the terrain is undulating with only short climbs and the views of the lake are spectacular! At the end of the ride we'll reach our first sign of civilization; a small restaurant where we'll enjoy a refreshing soda and some lunch! After lunch, you can either bike the 25 kilometres up to Monteverde Cloud Forest or you can board van for the 'quick' way up. The world-renowned Monteverde Cloud Forest has been likened to a 'green cathedral.' Dense with trees and vines, dripping with ferns and teeming with birds, howler monkeys, butterflies and other wildlife, the Monteverde Cloud Forest is one of Costa Rica's true treasures. Our accommodation for the next two nights is practically integrated into the forest itself. We'll stay in comfortable cabins which offer stunning views of the pristine Monteverde landscape.

Distance: 37 km / 23 miles
Off-road: 50%
Climbing: 350 meters
Descending: 375 meters
Drive time: 5 mins
Accommodation: Cabins

Day 5:

The fifth day of our Costa Rica Mountain Bike tour is a rest day. We'll set our bikes aside and participate in a guided hike through the Cloud Forest while a knowledgeable guide will point out the remarkable flora and fauna of the jungle. The forest itself is a mosaic of vegetation and exotic plant life, and it literally drips with water thanks to the moisture-filled clouds which hover above it. Following a break for lunch, we'll see the forest from a whole different angle courtesy of an exhilarating Canopy Tour. Moving through the treetops on ziplines and suspension bridges, we'll spend an unforgettable afternoon experiencing the forest from a bird's eye view.

No riding this day. 2-4 hrs hiking
Drive time: 10 mins
Accommodation: B&B

Day 6:

The scenery changes yet again for a technical downhill ride, followed by a rapid descent on dirt roads that offer plenty of curves. As we move down in altitude, we'll experience a huge change in climate and scenery - from lush, Costa Rican rain and cloud forests to the dryer land of the Pacific slope. In the afternoon, you'll be able to take advantage of the hotter weather in the beach town of Samara, in the Nicoya Peninsula. The natural cove is surrounded by a flourishing rainforest (Costa Rican rainforests, no matter how often seen, will continue to amaze you for the duration of your stay in the country) and also features an intricate system of coral reefs. If the weather is right, we'll enjoy a spectacular sunset here on the Pacific before enjoying a delicious seafood dinner. Our accommodation for the next two nights is a stylish boutique hotel.

Distance: 38 km / 24 miles

Off-road: 17%

Climbing: 180 meters

Descending: 1460 meters

Drive time: N/A

Accommodation: Local boutique hotel

Day 7:

We've saved one of the most beautiful rides for the end! The rugged, almost deserted stretch of Pacific coast along Guanacaste represents wildlife uninterrupted. Most tourist maps have yet to chart the course you will bike, and there are few hotels to impede the spectacular views. Our loop ride will start inland with a 12 kms ride on small, undulating dirt roads that pass through small farms and dry forest. A 7km downhill will take us to a deserted stretch of coastline from where we'll ride 15kms on hard-packed sand and small dirt roads, following the spectacular ocean all the way and passing tiny villages and very simple houses. The ride includes some fun downhill and some uphill stretches. After a full day of biking, we'll convene to celebrate the end of our Costa Rican mountain bike tour with cold drinks and an abundant seafood dinner.

Distance: 34 km / 21 miles

Off-road: 15%

Climbing: 260 meters

Descending: 260 meters

Drive time: N/A

Accommodation: Local boutique hotel

Day 8:

Our Costa Rica mountain bike tour will conclude with a final breakfast on the coast. Afterward, we'll drive you to San Jose Airport to catch your flight home or you may take a 50 minute flight from Samara/Carillo Airport to San Jose.

Drive time to airport: 4.5 hours

INSTRUCTION

We know there are a multitude of other mountain bike tour companies that you could choose from, but we feel that we are unique because we don't just guide you; we actively teach you using expert instructors, and small, tailored groups. You may think riding a bike is easy, but to really make the most of mountain biking it's essential to know the right skills and techniques. This will enable you to get off the beaten track to enjoy the most spectacular scenery and the most exhilarating riding. Biking through a breathtaking and exotic country like Costa Rica is enjoyable in itself, but you'll find the experience that much more satisfying if you also improve your biking performance and learn new skills during your travels.

OUR COSTA RICA MOUNTAIN BIKE INSTRUCTION PROGRAM**Beginners**

Our beginner program is tailored to guests who have never or very rarely mountain biked before. To read more about this program, please check out our beginners section .

Intermediates

During our 8-day cross-country tour we will teach you every aspect of riding downhill and cross-country trails. The riding is generally not technical, but will cover a huge variety of terrain; single-track, double-track, switchback, downhill, uphill, and will thus give you a chance to develop your all-round mountain biking skills. Our expert instructors will work with you to improve your riding technique and correct any bad habits you may have developed. They'll also encourage you to push your performance, challenge yourself and develop your nerves. Our coaches will provide you will tips, advice and

encouragement and will help you with such skills as climbing, descending, cornering, balance, weight distribution, fluidity, bike control in varying conditions, drop offs, basic front and back wheel lifts, switchbacks and emergency stopping techniques. Instructors will also teach you about bike mechanics, maintenance and repairs. To ensure the protection of the spectacular regions in which bike, we also teach you about responsible trail use.

Advanced

If you're looking to advance your riding, this tour is not really suitable for advanced mountain bikers. If, on the other hand, you're looking for a great way to experience Costa Rica `off the beaten track` and alongside knowledgeable guides, this tour is ideal for you.

WE BASE OUR MOUNTAIN BIKE INSTRUCTION ON THE FOLLOWING POINTS:

* **Individual attention & low coach-to-client ratio:** Most mountain bike tour companies have such high client-to-guide ratios, they cannot afford to give clients the individual attention they deserve. The guide is usually so busy taking care of group logistics that he cannot possibly provide clients with instruction, even if he is an expert mountain biker. In order to ensure clients receive the attention they deserve, we use a much lower client-to-guide ratio than do most mountain bike tour companies. Our client-to-instructor ratio is 5-to-1, whereas most mountain bike tours use a ratio of 10-to-1 or more.

* **Maximum flexibility & All-day coaching:** Although we base our mountain bike instruction on a comprehensive plan, we nevertheless keep it as flexible, relaxed, and tailored to the individual as possible. The atmosphere we create is more one of riding with friends than partaking in a lesson. Our instructors will bike alongside you giving you tips and encouragement and you can choose to use them as little or as much as you like and to push yourself as much as you choose.

* **Highest quality instructors:** We work hard to select the best possible instructors. Our coaches are advanced mountain bikers who have extensive mountain biking experience. Perhaps even more importantly, our instructors are fun, open and easy-going people who love to teach.

* **Bike maintenance & fit:** In addition to helping you improve your mountain bike technique, we also teach you how to repair, maintain and fit your bike.

* **Long-term improvement:** There is so much to learn in order to become a great mountain biker so you may not master all the skills and techniques you desire during your short time with us. One of the goals of our program, therefore, is to give you all the knowledge and advice that you need to be able to continue to learn from us months after you've left us.

* **An unforgettable experience:** although we want you to maximize your mountain bike performance, our most important goal is that you have a fantastic time while traveling with us. For this reason we work hard to create a supportive, relaxed and fun atmosphere and to create an itinerary that is unique and full of variety.

BEGINNERS

Our Costa Rica mountain bike trips are open to mountain bikers of all abilities, including beginners. So long as you have a decent level of fitness, you can learn to mountain bike and you can enjoy our tour (if you do find yourself getting a bit tired, we have support vehicles that you can jump into for a rest). Very few mountain bike tours include comprehensive instruction, and we think this is a pity, especially for beginner riders. Mountain biking is a sport that involves a lot of skills and techniques. To maximize your enjoyment of the sport and to gain the confidence to be able to ride wherever you like, it is essential that you learn the correct techniques and this is the purpose of our beginner mountain bike coaching. If you don't receive the right instruction from the start, it is easy to develop bad habits which will make it very difficult for you to progress later on. We offer a systematic learning program for beginners to ensure that you learn all the skills you need to create a strong foundation for your mountain biking development. Our instructors are experienced in teaching beginners and love introducing new people to the sport. They will teach you at your own pace, in a relaxed and non-intimidating way. After a week with our instructors, you'll not only be amazed by how much you progress, but also by how hooked you'll become on the sport of mountain biking.

Our beginner instruction program

You are free to learn at your own pace and to use our instructors as much or as little as you like. In addition to helping you build confidence, our instructors will work with you to develop all the essential mountain biking skills like climbing, descending, cornering, balance, weight distribution, fluidity, bike control in varying conditions and emergency stopping techniques. They may also work with you to develop some basic technical maneuvers such as front and back wheel lifts

and drop offs. Our instructors will also teach you how to properly fit your bike and how to maintain and repair your bike. Learning such skills will be essential when you return home to bike on your own. To ensure the protection of the spectacular regions in which bike, we also teach you about responsible trail use.

To learn more about our coaching system, please see our [intermediates section](#).

TRAILS

Our Costa Rica mountain biking tour provides everything that is great about crosscountry mountain biking; exhilarating downhills, some satisfying uphill (always with van support in case you get tired), lots of fun curves and undulating terrain, and breathtaking scenery that is constantly changing. It's the ideal terrain for beginner and intermediate mountain bikers to develop their all-round riding skills alongside our expert Access Trips instructors. As with all our trips, we've carefully selected the route for our Costa Rica mountain biking tour so that we can maximize your downhill time and keep you off-road as much as possible. The result is an exciting tour that's 90% off-road, 60% downhill, 25% single-track and is made up of a mixture of narrow forest trails, double-track farm roads, cow's paths, small gravel roads and hard-packed sand trails. The terrain offers some long, exhilarating downhills through jungle, farmlands and coffee plantations and some undulating trails alongside spectacular lake and ocean scenery. Most of the uphill are reasonably short and you can opt out of those that aren't by jumping in the van. We'll ride an average of about 40 kms per day, so anyone with a reasonable level of fitness should be able to cope quite comfortably.

This is a trip for those who are interested in both awesome mountain biking and in experiencing a beautiful and exotic country. If your only passion is for extreme single trail descents, this may not be the trip for you. If, however, you love exhilarating downhill but you are also happy to take on the odd uphill and flat in order to experience breathtaking scenery and a lively culture, you should find our Costa Rica mountain biking trip to be everything you hoped for and more.

ACCOMMODATION

DAY 1: Country Inn
DAY 2: Working Hacienda/Hotel
DAY 3: Private lodge
DAY 4: Cabins
DAY 5: B&B
DAY 6: Local Beachside hotel
DAY 7: Local Beachside hotel
DAY 8: Depart

As with all our tours, we'll accommodate you in quality, locally owned B&Bs, lodges, and boutique hotels so that you can experience the best of the friendly and vibrant local culture. The Costa Rica adventure travel industry has developed its own unique style of accommodation featuring native timbers and local crafts and decor. It's not the usual stylish, 'hip' decor that we offer for many of our tours, but it is cozy and authentic and blends well with the spectacular scenery that surrounds each of our accommodation choices. All of our accommodation offers private bathrooms, comfortable rooms and spectacular views.

You'll experience a wide variety of accommodations during our Costa Rica adventure travel experience, beginning with a comfortable, native timber farm lodge overlooking subtropical rainforest and ending with a luxuriant hotel springing from the center of one of Costa Rica's nicest beach towns. In between, you'll spend your evening in a new accommodation nearly every night, including a 'jungle retreat' with an open-air restaurant and bar, a cozy B&B in the center of a lively village, and a rainforest-integrated lodge buffering a national park. Like the rest of your Costa Rica adventure travel experience, your accommodation will be full of diversity.

FOOD

In addition to honing your mountain biking skills during our Costa Rica adventure tour, you'll have almost as much fun exploring the flavors and cultural richness of Costa Rican cuisine. Costa Rican food is a fusion cuisine and combines elements of culinary traditions from Africa, Italy, France, China, and Spain. You'll have the chance to sample everything from casado dinners (white rice, beans, pork, steak or chicken, and the country's renowned fried plantains) to the Caribbean-influenced curries, to delicious coastal seafood dishes such as ceviche. In Costa Rica, home-style cooking dominates, so no Costa Rica adventure tour would be complete without at least one heaping forkful of the national dish, Gallo Pinto (rice and beans seasoned with coriander, onions and Worcestershire sauce). Vegetarians will be well catered for thanks to an abundance of fresh vegetables and fruits and those who prefer more Western-influenced food

will find that there are generally Western dishes available.

We've carefully selected our favorite restaurants so you can enjoy the best possible food during your eight days with us. Our Costa Rica adventure tour includes all meals except one lunch and one dinner.

DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

TRAVEL INFO

1) ARRIVAL & DEPARTURE INFORMATION

Arrival and Departure Airport: You should fly into and depart from Juan Santamaria International Airport (airport code: SJO) in San Jose, Costa Rica. An alternative to driving back to San Jose on the final day is to take a short (50 min) flight from Samara/Carillo Airport.

Airlines connecting from Samara/Carillo to San Jose are:

Sansa Airlines
(506) 2221 - 9414
www.flysansa.com

Nature Air
Phone: (506) 2220 - 3054
www.natureair.com
(flights are into San Jose/Pavas Airport)

Pickup & Drop-off Information: We provide complimentary airport pick-ups and drop-offs. We will be waiting for you with a sign saying 'Access Trips' as you exit customs at Juan Santamaria Airport. If you would like to be picked up from or dropped off to somewhere other than the airport, please contact us.

Airlines and Checking Equipment: If you intend to bring your own equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

Flights: We do not book flights or insurance for our clients. For recommendations, [click here](#)

2) TRAVEL REQUIREMENTS

Travel Insurance: Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be cancelled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance.

Passports & Visas: All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. Please see below for more details:

Citizens holding valid passports from the following countries are permitted to stay in Costa Rica for 90 days without a visa:

Argentina, Austria, Belgium, Brazil, Canada, Denmark, Finland, France and Germany dependencies, Greece, Holland and dependencies, Hungary, Israel, Italy, Japan, Liechtenstein, Luxembourg, Norway, Panama, Paraguay, Poland, Portugal, Puerto Rico, Romania, South Korea, Spain, Sweden, Switzerland, Trinidad & Tobago, United Kingdom, United States of America, Czech Republic and Uruguay.

Citizens holding valid passports from the following countries are exempt from all visa requirements for stays of 30 days in Costa Rica, though once inside the country, they can apply for extension from the Immigration office, for an

authorized period of stay of 90 days:

Antigua & Barbuda, Australia, Bahamas, Barbados, Belize, Bolivia, Bulgaria, Chile, Dominica, El Salvador, Grenada, Guatemala, Guyana, Honduras, Iceland, Ireland, Jamaica, Kenya, Mexico, New Zealand, Philippines, Russia, Saint Kitts/Nevis, San Marino, St. Lucia, St. Vincent, Singapore, Slovakia, South Africa, Suriname, Taiwan, Turkey, The Vatican, Venezuela, Estonia and Monaco.

Citizens of all countries not listed above are required a visa from a Costa Rican embassy or consulate before traveling.

Age: We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this.

3) HEALTH AND SAFETY

Emergency Contact: If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778

Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 650 521 2662 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

Health requirements: Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1093.html. You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

Fitness requirements: Our Costa Rica mountain bike trip is classed as an easy trip so you do not need any prior mountain biking experience to participate in this trip. Nevertheless, you should have a reasonable level of fitness and be able to bike for up to 6 hours each day. Van support is available for most of the trip so if you find yourself getting tired (especially on an uphill) you will be able to jump in the van for a break.

Safety & Security: To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Costa Rica, please review the safety and security section of the following webpage:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1093.html

4) WHAT TO TAKE

Your Bike: It is always good to use familiar equipment, so if you have your own bike and are willing to bring it with you, we suggest doing so. Please see below for instructions on traveling with your bike. We recommend that your bike have at least front suspension and that it is a quality brand (Giant, Trek, Kona, Cannondale, Scott, Specialized etc). If you bring your own bike it is important that you check it thoroughly to ensure it is in good mechanical order before you depart for your trip. Our team is equipped to make minor repairs but to save you hassles during the journey it is a good idea to check your bike before you arrive. If you are not familiar with bike maintenance, your local bike shop can help you with this.

Things that you should especially look out for are:

* Check wheel rims

- * Check and adjust all wheel spokes.
- * Check and grease all bearings.
- * Check brakes and brake cables.
- * Check gears and gear cables.
- * Check and tighten all nuts and bolts (especially bottom bracket / cranks and peddles).
- * Check chain, quick release clamps, tires, and inner tubes.
- * Check handle bars and bar ends
- * Check freewheel and rear cluster
- * Check seat bracket

Traveling with your bike: In our opinion, the best way to travel with your bike is to partly dismantle it and put it in a cardboard bike box. If you no longer have the box that your bike came in, most bike shops will have surplus bike boxes that they will be happy to give you.

To fit your bike into the box you will need to remove the pedals, the seat, the handlebars and the front tire. You should also deflate your tires and air shocks. In order to protect your bike during the journey, you should purchase some foam pipe insulation from a hardware store and tape it around the bike frame, gear shifters and back derailleur. It's also a good idea to pack your clothes (in plastic bags) around your bike to provide extra padding.

If you are unsure about dismantling your bike, take it to your local bike shop and they can help you with this for a small fee. We recommend that you pack your bike into as small a box as possible because the tight fit will help to protect your bike and will minimize your chance of having problems at the airport.

Most airlines are willing to carry bikes and many will do so without charging you an additional fee. However, airlines have different policies and these policies do change over time so we recommend that you contact the airline before you fly to find out about their bike transportation policy.

Bike Rental: For those who don't own a mountain bike or who would prefer not to bring their own, we have front-suspension Cannondale F400's and Kona Kula Deluxe's with RST shocks available for rent. Please see the optional extras in our booking form for information about our bike rental prices or email us at info@accesstrips.com.

Additional things to bring: To minimize the effort of carrying your bags into your accommodation each evening, we recommend that you pack as lightly as possible.

We suggest that you bring the following items:

Clothing & Equipment

- * your bike (if you decide to bring your own)
- * helmet & gloves (we will supply these, but you can bring your own if you prefer)
- * water bottle or camelback (we will supply water bottles but you may like to bring your own)
- * T-shirts
- * Padded shorts for biking
- * a rain coat (just in case!)
- * cycling shoes
- * walking shoes
- * sandals
- * a sweater for evenings (you're unlikely to get cold, but just in case)
- * toiletries
- * money belt
- * sunscreen
- * sunglasses
- * swimsuit
- * beach towel
- * first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)

Documents & Money

- * Passport (with photocopies)
- * Travel insurance (with photocopies)
- * Airline tickets (with photocopies)
- * Credit and/or debit card and/or travelers cheques and/or cash

* Any entry visas required

Spending Money

* **Meals** - There is only one dinner and one lunch not included in the trip price. You should budget US\$15 for dinner and US\$10 for lunch.

* **Other expenses** - aside from meals, there are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, nightlife and internet cafes.

* **Tipping** - a 10% tip for meals is standard in Costa Rica

5) USEFUL LINKS

Country Information: For additional information about traveling in Costa Rica:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1093.html

<http://www.visitcostarica.com>

Currency Exchange: For the latest currency exchange information: <http://finance.yahoo.com/currency>

6) ABOUT ACCESS TRIPS

Who we are: Access Trips is dedicated to offering a wide range of instructional adventure tours. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our tours are right for you. We coined the term 'instructional adventure tour' to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure tours offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our tours are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional tours encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience (many are professional and competitive athletes) but also for their great personalities and their passion for coaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social experiences in addition to great instructional trips.

Our commitment to our clients: Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite sport, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

Our commitment to others: Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel, sports and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our

travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the company section of our website (<http://www.accesstrips.com/company/mission/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

7) FINAL NOTE

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.

TERMS & CONDITIONS

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!