



Pacific Coast, Lakes, Villages and Volcanoes



Verified as meeting
Rainforest Alliance
sustainable tourism
requirements

12 Days - (Ref# LNI010AS-CYCN3-SEC-C-11N)

Summary

FIT-Individual from 2 to 12 participants - Mountain cycle tourism

Semi-accompanied - Semi-autonomy for luggages.

Country Name: Nicaragua

Product code : LBK-010

Level of difficulty: 2/5

Level of altitude: 2/5

Highlights

- Multiples landscapes and ecosystems: lakes, volcanoes, oceanic beaches, colonial cities and towns.
- Cycling ascents from Ticuantepe to enjoy a breath-taking view of Masaya Volcano.
- Crossing “The white towns” and cristal-clear water in its crater’s lagoon.
- Explore ancient colonial city of Granada and Asese peninsula with its countless islands.
- Stroll along the wildlife refuge Chacocente and an opportunity to be witness of Paslama turtle’s massive nest.

Technical Information

Duration: 12 days

Activities: MTB every day from day2 to day10, 1 Turtle observation, 1 Hike and some walks for visits of artisans, markets or in natural reserves, 1 short horseback ride, 1 city tour for fun. You can switch the horse ride for another activity (canopy tour for exemple)

Environments: Nature and Culture Heritage, Villages, Volcanoes, Crater lagoons, wild beaches, Islands and Rivers

Introduction to Travel

Combining the biking as a sport practice and the permanent intense feeling of discovering amazing surroundings, this journey takes you through the regions of the South Pacific. Through this region of lakes and volcanoes, visiting craters, villages, tropical forest, lake shores, islets archipelago, and colonial cities, you 'll reach the Pacific Coast in one of the 7 places in the world where you can see nesting of "Paslama" marine turtles. After bathing in hot springs, and nice waves of the ocean, you come back to the lake shore. You will ride back to Granada, where you spend your last vacation days in one of the more picturesque colonial city of America. Founded in 1524, the whole city is a colonial architecture jewels, and offers an authentic journey back in time, where the sound of carriages, tiles rooftops, every details of architecture, the rustic workshops or the popular colorful market, as well as the humility of the people, take you through the ages.

By the way, you will have crossed 7 artisans and rural villages, and visited 5 reserves, privates and National Parks (the country has an exceptional landscape and biodiversity through largest parks of Central America).

The country is inhabited by the most friendly population in Central America and the country is rated the second safest country among 18 countries of all Latin America, just after Chili. The country has been recommended as one of 4 best destinations, along the world, to be visited (Third for the New York Times 2013, Fourth for Lonely Planet 2014).

The itinerary, making the twists and turns required, is not made to cross the distance, but, in a spirit of true discovery, to admire all the possible environments and their diversity and meet the people in their surroundings and secular activities.

Day to Day Program – ENGLISH VERSION

D1. Arrival in Nicaragua /--

Flight to Managua, located on the southern shore of Lake Xolotlan. Reception at the airport gates and transfer to Granada for an overnight stay in a hotel. First diner not included.

Note: Night: in colonial hotel in Granada, Cycling: 00, Transfer: private 1h00-50km.

D2: Ticuantepe – Masaya Volcano /Brfst., Din.

After a hearty Nicaraguan breakfast, test out your mountain bikes in Granada, then off on the famous local Nica "chicken bus" to Ticuantepe. Gently trek up to the ancient crater, enjoying views of the valley and pineapple fields. Enjoy a perfect picnic with 360° panoramic views, contemplating Masaya V

olcano; descend through tranquil lunar landscapes to a wild lagoon, biking through ancient lava flows. Then off to Masaya volcano park where the super-strong can bike to the summit. Day+Night visit: Discover the volcanology center, giant crater with its pre-Columbian sacrifice site and inside a "lava tube"; once again at the mega crater, look for red light from lava glowing inside the magma chamber.

Note: Night: in Eco hotel. Cycling: 21.5km-2h30, +370m -300m. Difficulty: 2/5, Transfer: Public Local bus: 1h00. Walking: 0h00, 0km.

D3: Masaya – Catarina – Apoyo crater lagoon /Brfst., Din.

A long, beautiful climb from El Corozo to Niquinohomo, past rare isolated houses, crossing the mythical Pan American and on to «Pueblos Blancos», villages like Catarina with its lime-painted houses, handicrafts and picture-postcard views above Apoyo Lagoon. After having lunch at a viewing point in this protected nature reserve, ride along the crater before descending to the volcano's depths. Relax in the hotel on the doorstep of this lovely blue lake which invites you for a refreshing swim!

Note: Night: in Eco lodge. Cycling distance: 26-36km-6h00, +200 m – 370m. Difficulty: 4/5, Transfer: 0h00. Walking: 0h00.

D4: Apoyo – San Brast – Isletas Granada /Brfst., Din.

Push the bike (take a taxi if tired) up the steep crater, passing Catarina's craft market and breathtaking views over the Apoyo lagoon. Then, along shaded roads and cobbled paths, you reach San Brast: abandoned church and ruined station remind us of a ghost town in the Wild-West in the middle of sugarcane and endless peanut fields. Reach the Asese peninsula, and its 300 "isletas", green labyrinth full of aquatic birds. Picnic on an islet and bathe, taste coconut in a fishermen's family and kayak through this natural haven. Back in Granada have dinner in a local restaurant, reflecting on the tranquility of the isletas and how close you got to the birds.

Note: Night: in colonial hotel. Cycling: 48km-5h30, -470m. Difficulty: 2/5, Transfer: Microbus: 0h20. Walking: 0h00.

J5. Nandaime – Río Escalante – Parque Natural de Chacocente /Brfst., Din.

Bus to Nandaime, set out on a green, very hilly rural route, which later joins a large riverbed, so there are fords to cross, pedaling or pushing bikes in the deepest stretches of water. Pass a forest gallery through the Chacocente-Escalante Nature Reserve, seeing dancing butterflies under the multi-shaded glades. At the National Park, prepare for a night of discovery, dining at a park rangers' camp before going to the beach at night and with luck witnessing a magic spectacle, sea turtles between July and December with help of our local guide.

Note: Night: in Wildlife Refuge. Cycling: 40km-5h30, +280 -430 m. Difficulty: 3/5, Transfer: local bus: 0h50. Walking: 0h00.

D6. Chacocente – El Astillero – Popoyo /Brfst., Din.

Bike along a dirt coastal road to the fishing village "El Astillero", to meet a community group of women who gather plastics from beaches to weave into quality handbags. Walk along the beach to watch the fishermen's activities, then take the coastal route. Swim in natural pools of crystalline thermal waters right in the middle of nature. Deeply relaxed after a few laps, bike through the Salinas to look around the white landscape, and harvest some salt. Arriving at Popoyo beach, rest at your hotel and recover on the beach, maybe surf a little in the divine waves of the Pacific Ocean! Watch the coming and going of surfers and see fishermen emerging from the waves, their nets and boats full of fish.

Note: Night: in near to beach charming hotel. Cycling: 15km, 1h30. Difficulty: 1/5, Transfer: local bus: 0h00.

J7. Popoyo – San Marcos (Belén) – Estancia El Copo Reserve /Brfst., Din.

At the edge of huge lake Cocibolca and across the Isthmus of Rivas, witness the sparse vegetation, cactus and rocks, replaced by tall trees providing a healthy shadow. Cross several peaceful hamlets, where a simple “hi” gesture instantly rewards you with a big smile; ride up hills and down steep dales to San Marcos - Belén. After a healthy, delicious lunch at a local farm (an artisanal honey producer), a gastronomic discovery with local habitants, hit the road towards a breeding farm that develops ecotourism and conservation activities in its wonderful private nature reserve- “El Copo” on the shores of Lake Nicaragua.

Note: Night: in natural reserve lodge. Cycling: 43km, 5h30, + 240 -220 m. Difficulty: 3/5, Transfer: 0h00.

D8. Copo Park Reserve /Brfst., Din.

Spend the day exploring the reserve and its surroundings. Choose between walking along a variety of trails to observe the fauna and lush flora, learning how to produce local products (cuajadas, honey), turning your hand at a skill (eg milking cows). The surroundings are also ideal for cycling, through the reserve’s vast lake plain, especially in the beautiful bay of El Menpo.

Note: Night: in natural reserve lodge. Cycling: (0 to 4 hours depending on the activities chosen).

D9. El Copo– Mecatepe Lagoons – Nicaragua Libre Rural Lodge /Brfst., Din.

Leave early through culture spots and marshland, (using different routes during dry or green season) till you reach the “Lagunas de Mecatepe” nature reserve before lunch. Here is a green paradise enclosing a river that emerges from the ground, at the foot of Mombacho volcano; dip in the crystal clear water with ideal temperature for resting and lounging in the jungle. Finally, cycle ten kilometers to the Nicaragua Libre cooperative where, under the shade of old giant trees, you may reflect on the day you spent in the enchanting landscape.

Note: Night: in lodge, agriculture cooperative. Cycling: 15km, 0h15, + 320m -80 m. Difficulty: 3/5, Transfer: 0h00.

D10: Mombacho Volcano – Granada colonial city /Brfst.

Discover the slopes of Mombacho volcano on horseback. After an hour under high primary forest (you may see momots, trogons and parots), you enter the park, ascending in a 4x4 truck to the ranger’s station. You may walk 2 hours between the peaks that crown the old craters, in an amazing cloud forest with 750 species of plants and spectacular scenic views over Nicaragua. Later, by bike or bus, return to Granada (10km). Explore this Spanish colonial jewel and oldest city (1524) of Central America with a “City Tour For Fun” (biking sightseeing, visits to artisan’s workshops and other more unusual activities!) then wander freely in the old colonial downtown. A beautiful end to this cycling trip. Last diner is not included.

Note: Night: in colonial hotel. Cycling: 10km, 0h30.

D11 y 12:

Transfer to Managua International Airport, assistance with the formalities and return flight to Europe. Meals not included.

INCLUDED:

- A transfer to / from the airport on arrival and departure
- Biking guide and monitoring.

- All the scheduled visits and excursions (not included if mentioned as optional)
- Accommodations, breakfasts and dinners (except dinners on days d1 and d10).
- transport of 1 bag with your personal belongings and access to them on nights of : day1, day4, day7, day8, day10,

NOT INCLUDED:

- Bikes and Insurance
- entry taxes (\$ 13)
- tips
- drinks
- Lunches and first dinner and last dinner (you must provide and sometimes prepare some sandwiches for lunch with your companion guide). Consider \$ 3 for a quick meal on the street, 5 to \$ 8 in a "cafetin" or popular restaurant and \$ 10-20 in a touristic restaurant.

Minimum: 2 people to max 12.

PRICES:

2 persons: US\$ 1.504

3 persons: US\$ 1.287

4 persons: US\$ 1.157

Supplement for a **Required Single Bedroom** : 228 US\$

Rental Bike per 12 days = clic on this link :

<https://www.dropbox.com/sh/s6vwj72u0r05xqt/AAyDgBj-gtl-qMLw9vUPfOEa?dl=0>

TRANSFER MALETAS SUPLEMENTOS / Group supplement for luggages	
Maletas en Masaya en la noche D2 / Have your luggage night day2 in Masaya	35 \$
Maletas en Laguna de Apoyo por la noche D3 / Have your luggage night of day3 in Apoyo	45 \$
Maletas en Popoyo por la noche D6 / Have your luggage night of day6 in Popoyo Beach	75 \$
Maletas en Popoyo por la Madrugada D7 / Have your luggage early Morning of day7 in Popoyo	45 \$
Maletas en Nicaragua Libre por la noche D9 / Have your luggage for night day9 in Nica.Libre	35 \$
Maletas todas las noches / Have your luggages every night, price for the group :	170\$

Your trip

Circuit Specifications and organization

This cycling tour is ideal for nature and discovery lovers, looking for cultural encounters in rural areas, artisans villages and colonial cities.

Spirit of the itinerary: The itinerary is not designed only to connect and cross the distances, but to admire all along the paths, the diversity of environments, in a spirit of discovery, doing the twists and turns required.

Diversity: you bike through Indigenous villages, volcanoes, lagoons, lakes and wild beaches of the mythical Pacific Ocean, then you glide through the dry forests of the Isthmus of Rivas and its vast plain lake. The tour icing on the cake is the rides in the streets and the cultural treasures of Granada, the colonial jewel of Central America.

Rhythm: The itinerary pace, with different stages of difficulties, alternates techniques and relax, passing from the concentration and adrenaline on rough road to pedaling without thinking through varied landscapes. Many baths in natural surroundings, hot springs, or Pacific's waves, almost every day, associated to other discovering and cultural activities, makes you feel like you reach and appreciate the secret soul of the country.

Type of organization: The circuit is defined as a **semi-autonomous** mountain bike tour but you have two options:

1/Semi-autonomous: Your luggage will be transported only a few times during the trip to the hotel where you are staying: only every **2 or 3 days**: you have your bag with you at night for **day1, day4, day7, day8, day10**. You carry on your bike a lightweight backpack for water and a small bag to carry the minimum required for 2 nights and 3 days.

2/ Almost assisted: Your luggage will be transported every time it is possible. You have to pay for these additional services. Each transportation can be ordered separately.

Freedom, you are usually accompanied by a local cycling guide with knowledge of mechanic and life guard certified, he also speaks a little of English, so you move safely through the enchanting southern of Nicaragua. This Nicaraguan companion, will introduce you to the culture and traditions of Nicaragua. However, he will be a discreet travel companion, giving you the freedom and privacy possible. He will be there to guide you on the itinerary, answer your questions, show you some cultural practices and natural wonders, and ensure the proper operation of bicycles. He will accompany you throughout the tour, leaving you during free hours.

Public bus transfers: According to the type of circuit (semi-autonomous), public bus transfers are provided to avoid stretches of crowded roads, the traffic is dangerous and not too interesting, especially along the Pan-American highways and the road to Granada. The other transfers will be made in local buses from Granada or from the Panamerican Highway. Your bikes are placed on the bus roof, a large rack, by the bus assistant.

Physical conditions

This trip includes at least seven days of cycling, sometimes with steep slopes and rough roads. It is therefore necessary to be in good physical conditions to be able to enjoy it fully.

Extension

Extend your trip with three days in Ometepe Island. Two volcanoes, waterfalls, lush vegetation and beaches in this MTB extension, or just walk to enjoy a relaxed and welcoming atmosphere. Consult us.

Accommodation

Varied accommodation and charm. Here is the list of hotels with internet links (or similar, may change due to availability at time of booking): You may need to UPGRADE the hotels, which is only possible for the nights in Masaya and Granada. Ask for a quotation.

Tips

Tips are at the discretion of the client. However, it is customary to give a tip to the guide-mechanic, a key player of your trip. The recommended amount varies depending on the itinerary, group size and duration of stay. During your daily activities (hotels, restaurants, tours, excursion...) the Nicaraguan staff might expect a slight gratification.

Your equipment

Luggage

You must pack all your stuff in two bags: 1 backpack to carry on your bike or a small bike case, plus 1 large travel bag.

1 – Choose a small backpack to carry on your bike: You have 2 solutions:

1.1.-Semi-Autonomous: A hiking backpack with a capacity of 10-15 liters for the transportation of water and your necessary things, for 2 or 3 days. It will be in the cabin during the international flight. You can also choose to fix a strong bike case on your bike.

1.2.-Almost assisted: Take a backpack for only **water pocket**, usually with capacity for only 2 or 4 liters. In this case, you may ask us to organize your bag transportation to have your luggage almost EVERY NIGHT (see price of each additional transportation).

2 - The large travel bag: It must contain the rest of your belongings. You will find it at the hotel every night, days 1-2-4-7-8-10. In baggage during the air travel. Maximum weight is indicated on your ticket.

Our recommendations:

Pack for the flight in your carry-on bag your complete cycling clothing and your most needed belongings (in case of luggage delivery problem) don't leave anything indispensable.

Clothing

- complete MTB clothing, including gloves
- 1 sun hat or cap
- 3 or 4 T-shirts (1 for 2 or 3 days of mountain biking). Preferably t-shirts that covers shoulders with synthetic material, they are quickly to wash and dry.
- 1 sweatshirt or hoodie for the flight and evenings around December.
- 1 lightweight Bermuda to protecting your knees from the sun
- 2 hiking pants, light and comfortable for the cool evenings and nights mosquitoes
- 1 swimsuit
- 1 bath towel, hiking type
- underwear
- Sports Socks (1 pair for 2 days).
- 1 waterproof jacket for the flight and for rain season between June and October.

Footwear

- 1 pair of closed shoes ATV
- Sandals for river crossings and comfort for walking in hot weather and evenings.

For the bikes

- 1 mini-bag to be placed under the seat containing:
 - Required: pump, multi-tool, chain tool, quick-chain collars, collars rislan, some chain links, tube, patches, glue, tire lever, clamp.
 - Optional tire, lock, tubeless valve, cable.
- 1 mini notepad and pen
- 1 GPS compass altimeter
 - 1 Camera
- The itinerary and maps

Bikes and accessories:

BRING: you can bring your helmet or your seat or if you prefer your bike. But we can also provide onsite. Check our prices and models.

Recommended equipment:

- 1 pair of excellent quality sunglasses
- Powerful binoculars for animal observation
- 1 isotherm bottle or a water pocket on the backpack. You can buy a bottle of water and refill it during the trip.
- 1 Headlamp
- 1 small bag (preferably waterproof) to put your money
- Toilet bag: buy preferably biodegradable products
- 1 towel: fast drying, Packtowl types (4 sizes).
- earplugs to reduce noise (optional)
- Toilet paper or handkerchief
- plug adapter (US model)

Personal pharmacy

- Your usual medications
- Vitamin C or multivitamin
- Medication against pain: paracetamol preferably
- Anti-diarrhea (loperamide or Tiorfan...)
- Broad-spectrum antibiotic treatment: provide 8 days of treatment (on prescription)
- Eye drops (dust, blindness) and antibiotic eye cream
- Tablets for purifying water (or strong Micropur Aquatabs type)
- Elastic adhesive tape (Elastoplast type 6 cm wide)
- Band-aids + compresses disinfectant
- Anti-inflammatory ointment
- Treatment for colds and sore throats (pellets)
- High protection sun cream and cream kind Biafine

- Protection against blisters
- Powerful mosquito repellent

Collective pharmacy

A pharmacy provided by the local agency, adapted for your trip; is under the responsibility of your tour guide.

Country and climate

Climate

The best time for this circuit is in the dry and warm tropic region, runs from October 15 to February 28 and then when the rainy season comes back from May 15 until September 10. It avoids the too hot season from March to April and the strong rainy season from September to October. The green season begins in June and ends in November.

Temperatures in Managua oscillate between 21 ° to 31 ° in January to 23 ° to 31 ° in July. 28 ° on average during the dry season (34 ° max) and 25 ° during the wet season. Temperatures are fairly homogeneous throughout the year.

Climate and Regional Information

There are different regional climates. Between the coast and the Pacific plain you can enjoy of a generally warm and dry with two seasons, 6 months of green season and 6 months of dry season. On the other hand, the mountainous areas in North-Central, are more fresh all the year (especially around the month of December), and the south and north Atlantic plains, hot and humid all the year. The humidity increases towards the East.

Meals

- Local dishes consist, basically of rice, red beans, bananas and meat. The typical breakfast is “gallo pinto” (rice and red beans mixed), scrambled eggs and “pico de gallo” (tomatoes + onions). The hotels offer fruit and pancakes.
- The water is drinkable anywhere in the country, especially in cities. But to avoid any risk we advise you to buy a bottle or use micropur pellets. Bring your international bank cards. You can withdraw dollars or Cordobas anywhere. Traveler's checks are not recommended; indeed, if we can sometimes change in banks, it takes considerable time with important commissions fees for banks.

Responsible Tourism

Your local operator is verified and certified by Rainforest Alliance and Travellife, is aware of the problems and dangers that might bring the development of tourism in Nicaragua, is helping local community partners to develop their own sustainable tourism services, educating around sites and protecting against degradation, poaching, etc.