## **BIKING** IN PARADISE





**IN BRIEF** 



## trails making a trip with the world's most healthy, fun and sustainable transportation system: the bicycle. Let our experienced guide show you the secrets of the cross-country mountain bike sport while enjoying the priceless beauty of the region of Nosara. **SCHEDULE** 16:00 - Departure from Lagarta Lodge front desk. The duration is approximately 2 hours.

We will take advantage of the region's rural roads and

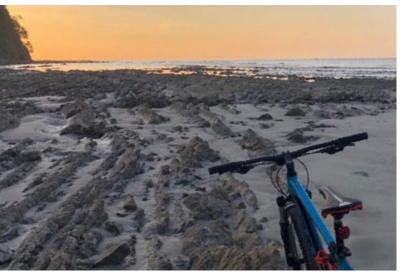
WHAT TO BRING?

- Water bottle.
- Comfortable light clothes.
- Closed shoes.

## **OPTIONALS**

- Camera.
- Hat.
- Sun block.





PRIVATE 1 - 4 people

Ages: 12 and older. Includes: use of bicycle, helmet, guide, and coconut water. Group size: 1 - 4 pax.