





# IN BRIEF









Ages: 12 and older. Includes: use of bicycle, helmet, guide, and coconut water. Group size: 1 - 4 pax. We will take advantage of the region 's rural roads and 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.

## WHAT TO BRING?

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

#### **OPTIONALS**

- Camera.
- Hat.
- Sun block.

## LOCATION

