

# Costa Rica: By bike & e-bike

Costa Rica will enchant you with its tropical flora, exotic animals and hospitable people. Hardly any other country offers such diverse landscapes in such a small area. The Cordillera chain with its lava-spitting volcanoes rises above the humid cloud forest. Wild water rivers, crystal-clear lakes and endless, beautiful sandy beaches lure you to take a refreshing dip. We discover bird paradises in the lowland dry forests and mangroves, encounter howler monkeys and, with a bit of luck, toucans, sloths, frogs and snakes. Of course, we don't miss out on biking: Most of the time we're on dirt roads and adventurous trails. If you are looking for a nature experience from the bike, like to observe rare animal species and love sunsets on tropical beaches, Costa Rica will inspire you.

## Highlights

- Swimming and biking on the Caribbean dream beaches
  - Wildlife in the national parks
  - Reservoir and Arenal Volcano
  - Skywalk in the Monteverde cloud forest
  - Hot springs in the Rincón de la Vieja
- 
- 19 Days/ 20 Nights
  - January to December
  - Moderate

## Difficulty Condition

[More Info](#)

## Travel Program

### [Day 1: Arrival in San Jose](#)

You meet your tour guide and the other tour participants at the airport for check-in and fly together to San Jose. Upon arrival, you will be picked up by the local team and taken to the nearby hotel, where you will toast your first evening together in Costa Rica. Goodbye to Costa Rica!

### Overnight

Hotel

### Meals

B/L/-

### [Day 2: Long downhill to the Caribbean lowlands](#)

The accompanying bus gives you the first few meters of altitude up to the starting point at 2000 meters. This is where the first bike adventure begins: You roll down the northern slopes of the Cordillera Central to the Caribbean lowlands, called "Llanuras". A few tough climbs will make you sweat and show how hilly Costa Rica is.

Bike route: 60 km, 1000 m

altitude difference Overnight stay: Bungalow complex with swimming pool, Sarapiquí

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 3: Off-road in the rainforest**

Today's bike trails lead you through the deep, humid rainforest to the Braulio Carillo National Park, where you can observe various species of monkeys and poison dart frogs. You will visit a local finca, a farm specializing in the production of pineapples and other exotic fruits. Today's accommodation is picturesque on the banks of the Rio Sardinal and even has its own butterfly garden.

Bike route: 30 km, 600 m

ascent Overnight stay: Bungalow complex with swimming pool, Sarapiquí

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 4 - 5: Tortuguero National Park**

The bus takes you to a small port where you can take a boat to Parque Nacional de Tortuguero. Your idyllic lodge is located between the water channels of the national park and the Caribbean Sea. The wonderfully quiet place is embedded in wild nature, far from the hustle and bustle of everyday life and invites you to wind down, relax and enjoy. Tortuguero National Park is home to the most important green sea turtle nesting area in the entire Caribbean. On these two days, you will explore the diverse flora and fauna of this unique natural paradise on foot and by boat with an expert guide.

Activities: Boat excursion, hike

Transfers: Bus 2x 1.5 h

Overnight stay: Beautiful lodge (mostly with swimming pool) in Tortuguero

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

## **Day 6: Bananas, bananas and more bananas**

After returning from the national park you have come to love, you cycle along the old railway line through endless banana plantations to Cahuita, a small, colorful Caribbean village with a lot of Jamaican flair. End the day in the beautiful hotel complex with reggae music or on the nearby picture-postcard sandy beach.

Bike route: 45 km, 200 m

ascent. Accommodation: Hotel (mostly with a swimming pool) not far from the beach in Cahuita

### **Overnight**

Hotel

### **Mountainbiking**

Biking

### **Meals**

B/L/-

## **Day 7: Cahuita National Park**

The Cahuita National Park at the southern end of the Caribbean coast is particularly attractive due to the interaction of rainforest and palm-fringed sandy beaches. A breathtaking hiking trail leads you directly from the village of Cahuita along the sea. With a bit of luck you can see coatis, sloths, snakes, howler and capuchin monkeys, as well as toucans and herons in the wild. Take your swimsuit with you and enjoy a refreshing swim at one of the beautiful beaches in the national park. Then hop on your mountain bike and cycle along the coast out of the national park. A steep ascent to a vantage point reawakens the passion for biking. Head south to Puerto Viejo to your tropical hotel today.

Bike route: 40 km, 400 m

ascent. Accommodation: Hotel (mostly with a swimming pool) not far from the beach in Puerto Viejo

### **Overnight**

Hotel

### **Mountainbiking**

Biking

### **Meals**

B/L/-

## **Day 8: From the Caribbean to the capital**

Depending on what the group and the tour guide decide, you can spend some time on the beach or leave early for San Jose. From there you will start early the following day to travel to the northern part of Costa Rica.

### **Overnight**

Hotel

### **Mountainbiking**

Biking

## **Meals**

B/L/-

### **Day 9: Arenal Volcano**

By bus you go to Zarcero at 1800 meters altitude. This area is also called "Switzerland of Costa Rica". Your bike adventure begins here with a long shot ride. First you drive on an asphalt road, then on a red dirt dirt road through wide green farmland. Back on the asphalt, the side road winds its way through a narrow, winding valley covered in jungle vegetation with many ups and downs. Depending on the time of day and the weather, the bus will take you the last few kilometers to Fortuna, to your spa hotel at the foot of the Arenal volcano (1633 m ).

Bike route: 50 km, 800 m

ascent Overnight stay: good spa hotel or lodge in La Fortuna

## **Overnight**

Hotel

## **Mountainbiking**

Biking

## **Meals**

B/L/-

### **Day 10: Idyllic reservoir**

From the hotel you cycle along the foot of the volcano up to the Arenal reservoir. First you bike through meter-high reed grass and then through lush tropical forest on a natural trail that gets narrower and narrower along the shore and you are amazed by the diverse flora and fauna. It is also important to cross one or the other river! In the afternoon the bus will take you via the "Cordillera de Tilaran" to the area of the impressive Monteverde National Park.

Bike route: 42 km, 600 m

ascent

## **Overnight**

Hotel

## **Mountainbiking**

Biking

## **Meals**

B/L/-

### **Day 11: Skywalk in the cloud forest of Monte Verde**

Here, in the always humid cloud forest regions of Costa Rica, there is a uniquely rich flora. The Skywalk, a network of bridge paths set high in the jungle canopy, offers you many interesting insights into the still intact flora and fauna. The canopy is even more adventurous - if you want, you can try this optional adventure and zoom through the dizzy treetops on a steel cable.

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 12: Single trails at the foot of the volcano**

A long descent with magnificent views over rural Costa Rica and a subsequent bus ride on the famous highway, the Panamericana, brings you to the small town of Liberia in the north of the country. In the afternoon, a special treat awaits the technically experienced bikers. The single trails laid out in the tropical forest at the foot of the Rincón de la Vieja volcano require calf strength and technical skills. For pleasure bikers, a mostly paved road leads up. Our accommodation usually has a pool for enjoyment without further biking.

Bike route: 35/56 km, 350/1000 m ascent.

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 13: Rincón de la Vieja National Park (rest day)**

The Rincón area is full of surprises. Numerous volcanic phenomena such as fumaroles, bubbling mud pools and volcano-heated streams are waiting to be discovered by you. Many animals live in this area: larger ones like raccoons or smaller ones like the bright blue butterflies. Depending on your mood, you can bathe in a waterfall or go on a leisurely, optional Wild West ride in a horse saddle.

**Overnight**

Hotel

**Meals**

B/L/-

**Day 14: Bird paradise Palo Verde**

Today, depending on the accommodation, an adventurous bike tour follows on dirt roads through the wild and romantic hinterland to the Palo Verde biological station, an important feeding area for a large number of waterfowl.

Bike route: 85 km, 850 m ascent

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 15: Boat trip and Pacific beach**

At dawn you glide with a boat right through the awakening bird and animal paradise. With a bit of luck we can also observe iguanas, monkeys, coatis and armadillos in addition to various bird species. The subsequent bike tour across the Nicoya peninsula takes you to the Pacific coast, where you can treat yourself to a refreshing swim.

Bike route: 70 km, 700 m ascent.

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 16: Peninsula de Nicoya**

Some of Costa Rica's most beautiful and pristine beaches dot the south of the Peninsula de Nicoya. Explore this wild, unspoilt area by bike.

Bike route: 40 km, 700 m ascent

**Overnight**

Hotel

**Mountainbiking**

Biking

**Meals**

B/L/-

**Day 17: Biking under palm trees on the sandy beach**

Today you cycle further south on a varied dirt road. Depending on the high and low tide, you can even bike a bit directly on the sand of a dream beach in the direction of Malpais. An attractive natural slope and beautiful trails lead through the lush jungle to the east coast of the Nicoya Peninsula, to the hippie village of Montezuma. You will have fond memories of the challenging ramps - pure bike adventure.

Bike route: 45/77 km, 200/950 m altitude

### **Overnight**

Hotel

### **Mountainbiking**

Biking

### **Meals**

B/L/-

## **Day 18: Transfer to San Jose and return flight**

The bus will take you back to the Central Valley to San Jose Airport. You say goodbye to Costa Rica and fly back to Europe overnight with many impressive experiences.

### **Overnight**

Hotel

### **Meals**

B/L/-

## **Day 19: Arrival in Europe**

**Included meals:** **B**=breakfast; **L**=lunch; **D**=dinner

## **What's Included**

### **Services included in the prices:**

- Flight taxes and fuel surcharges
- Support vehicle and transfers
- 15 nights in a double room in a hotel/lodge
- 2 nights in simple accommodation (possibly shared room)
- breakfast
- 5 lunches and 5 dinners
- Entrance fees and visits according to the programme
- front suspension bike
- German-speaking Bike Adventure Tours tour guide

### **Not included:**

- Meals and beverages not listed
- Tips for local team
- Flight Zurich - San Jose - Zurich
- Transport of your own bike or rental bike
- Cancellation cost and assistance insurance
- Possibly small group surcharge (see AVRB point 3.2)

- possibly ½ single room surcharge (see AVRB point 3.1)

## Would you like to customize this trip?

Build your tailor made trip in South America with our experts.

Our travel experts will help you plan the trip of your dreams. Customizing every aspect of your holidays in South America to your specific preferences.

## [We Provide Satellite Internet access during Treks or Expeditions](#)

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- [Climb Volcano Sajama](#)
- [Climb Cotopaxi & Chimborazo:](#)
- [Climb Volcano Ojos del Salado](#)
- [Visit Torres del Paine](#)
- [Climb Mount Aconcagua](#)
- [Visit Iguazu Falls & Rio](#)
- [Climb Mount Orizaba](#)
- [Visit Rainforests and Volcanoes](#)
- [Climb Volcano Tolima](#)

Accordion #1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

Accordion #2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis,

pulvinar dapibus leo.

## What to Bring

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything related to it is of great attention.

### Equipment Trekking

Hiking backpack for hiking 50 to 60 liters

Light gloves for hiking or (Optional Mittens waterproof)

Medium weight socks

Sleeping bag (-15° to 20°C)

Small daypack for one day hiking 30 liters

Weather-appropriate clothing (think moisture-wicking and layers)

Hiking boots or shoes

Medium weight parka with fibber fill or down

Rain poncho (or rain gear)

Long-sleeved shirts

Fleece or Wool sweater and/or trousers

Lightweight pants

Cotton short-sleeved shirts or t-shirts

Water bottle for hiking or trekking

Strong waterproof duffel bag

Flashlight with spare batteries and bulb

Towel for personal hygiene each participantFirst-aid kit

Regular and long underwear

Knife or multi-tool

Light cap and wool hat

Sunglasses with UV certification, Sun block, lips

The rest of the list Essentials as appropriate for your hike

Grooming and personal hygiene kit

One Hiking Buff per person

[See More](#)

### **[Equipment Mountain](#)**

3 Locking carabiners, we recommended per person

We recommend 2 ice screws for each client

1 Daisy Chain (Life Line) per each person

2 Ice axes (per person) technical, we recommended GRIVEL company

1 ATC descender (Rappel), this is very necessary for technical mountains

2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)

Gloves(Good gloves) for expeditions over 6000meters

Harness for climbing

Sleeping pad / Mattress, we recommend with air or inflatable mattress

Crampons, we recommended GRIVEL company

Walking sticks - Trekking Poles (optional), a pair per person, we recommended GRIVEL company

Down Jacket for expedition

Very important to have personal clothing such as pants and jacket with GOROTEX certification

First aid kit, for high mountains, because we as guides cannot medicate clients

Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things

Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

[See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

→ [If you need to rent mountain equipment click here:](#)

## Prices & Dates

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 MAY 2026 /19 MAY 2026

**\$ 3950**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JUN 2026 / 19 JUN 2026

**\$ 3950**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JUL 2026 / 19 JUL 2026

**\$ 3950**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 AUG 2026 / 19 AUG 2026

**\$ 3950**

[Join Now](#)

- Single Supplement (I want my own room and tent) – \$000 on request.

**Please note:** Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

- » Additional dates available upon request
- » Rates may vary from July 26th to 31th for the national holidays

**Prices (per person):**

<b>1 PAX</b>	<b>2 PAX</b>	<b>4 PAX</b>	<b>6 PAX</b>	<b>8 PAX</b>	<b>10 PAX</b>	<b>12 PAX</b>	<b>14 PAX</b>
7900 USD	3950 USD	3800 USD	3650 USD	3500 USD	3350 USD	3200 USD	3050 USD

**Deposit for reservations:** — USD (- EUR) ✓ Full payment 40 days before. No refund if you cancel less than 30 days!

**Places:** \*Available

**Trip-code:** Number ►CRI-

**Duration:** 16 days

**Participants:** Minimal: 4 Maximal: 12

**Members:** We don't have an open group to join – We can open a new group – [Contact us!](#)

**Country / Location:** Costa Rica

**Mountain Guide:** Eric Albino Lliuya

**Other dates / additional info:** [Contact us!](#)

3% early bird discount when booking 6 months prior to departure 2026

### **Legend Booking-information:**

**EZZ** Single room supplement

On this trip, places are still available.

On this trip, only a few places left.

This trip is sold out / closed.

## **Eric Raul Albino Lliuya**

Expert guide certified by AGOMP

General Sales Manager of Peru Expeditions

- **WhatsApp:** [+51 943 081 066](https://wa.me/51943081066)
- **E-Mail:** [office@peru-expeditions.org](mailto:office@peru-expeditions.org)

[Read more](#)

### **Hans Honold | Certified Mountain and Ski Guide**

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+49073449291440)

[More information](#)

We are a Private Company with a Specialized Peruvian Andean Rescue Team “Socorro Andino Peruano”, offering expert High Mountain Rescue Services. Additionally, we provide satellite internet access during treks or expeditions, ensuring the safety and connectivity of our clients at all times. For more information, feel free to contact us via email or phone

- **Tel:** [+1 \(617\) 459-4200](tel:+16174594200)

[More information](#)

## **Frequently Asked Questions**

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

### **Suggested FAQs**

**[What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?](#)**

**For our mountain climbing trips:** If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above

6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

**Regarding the preparation of children:** Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with them.

**Regarding older people:** It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?](#)**

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc. ) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?](#)**

**Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19.** Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners -Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?](#)**

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[How far in advance should I start training and what kind of training do you suggest?](#)**

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What is the average distance and altitude gain that we will hike each day?**

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **Will there be porters to help to carry group and personal equipment?**

**In our trips, either hiking or mountaineering:** Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

**Who are the porters?** They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **How will accommodation and meals be handled during the trek?**

**About accommodation or meals during the tour:** Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

**If the tour is with camps and trekking:** During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

**If the trip is at altitude or in the mountains:** We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

### [What is the guide-to-client ratio to climb this mountain?](#)

**In mountains above 5000 meters:** A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

**In technical mountains:** In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](#)**

### [What is the best time of the year to climb this mountain?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](#)**

### [Do I have what it takes to succeed on this expedition?](#)

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

### [How can I get to the trailhead/meeting point?](#)

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](#)**

### [What is the best time of the year for this hike?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](#)**

### [What happens in the event of bad weather?](#)

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best

season to have the best views and enjoy the selected trip but sometimes even in good season we can have bad weather, in this case on hiking or treks trips The complications are minimal, but when this happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [Can I join a group?](#)

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

**Why go in a private trip:** For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

## Additional information

**We help in the purchase of air tickets:** we set up convenient flight options with each participant of the trip and book tickets such as international flights and domestic flights in each destination city of the countries that we offer our trips. We recommend you booking international flights tickets well in advance so we can find current flights offer prices from the airlines. In order for us to search for and book your flight, please contact us and we will be happy to help you!. → [More information click here](#)

**About a Satellite Phone or inReach® Messenger - GARMIN:** On each trip we recommend having a satellite phone at your disposal. The possibility of quick contact from anywhere on the mountain will guarantee your safety on the road. In case of need (for example, contact with the family or the travel company), for this service the participants have to request to rent a satellite phone, of course this service has an additional cost, contact us or ask our office for more information. A practical device is to have an inReach® Messenger - GARMIN also helps for any emergency. → [More information click here](#)

**Many of the participants or clients** of our adventures, hikes and expeditions in the mountains are people who sign up alone, but in some of our trips you will be able to find a travel partner companion to join a group. We have many options for you from day tours, short treks, long duration tours, and even the most extreme climbing high mountains on each country or South American continent and other destinations, as like the destinations you can see on our website. The mountains are a great place for rapid integration and a very healthy sport. → [More information click here](#)

**Our mountain guides or tour leaders:** All of our Tour Leaders are multiple conquerors of the peaks they lead the expeditions to. Each of our cultural guides, high mountain guides, mountainbike guides, among others are internationally recognized and certified guides, such as the certifications of **(UIMLA)**

Union of International Mountain Leader Associations & **(IFMGA)** International Federation of Mountain Guides Associations. The mountaineering experience, skills and knowledge of your guides are a priority for us. → [More information click here](#)

## VISA

## CURRENCY

## VACCINATIONS

## FIRST AID KIT

## WHY CHOOSE US?

## JOIN A GROUP

## VISA

### **VISA NEEDED**

Citizens traveling for tourism purposes are exempt from the **visa requirement for up to 90 days**.

The passport must be valid for at least 6 months from the date of return to the country.

There are some countries that have some restrictions on the visa to be able to **visit some countries in the world**, for this important information request us to be able to give you more exact information, since the information changes every year and then to be able to provide you for more accurate updated information, → [contact us!](#)

## CURRENCY

### **CURRENCY EXCHANGE DEPENDING ON WHERE YOU ARE:**

**Local money | \$1 = 000 | EUR 1 = 000** = Let us to know which destination would you like to travel to so we can send you the current information of the day to your → [E-mail](#), or by [WhatsApp](#).

Local currency is exchanged on site. You can change both dollars and euros, the two currencies are the most used. We recommend taking bills of different denominations.

**ATMs are available** in the larger cities. Attention! We avoid dollars from the years 1996-2006 (some series from these years are not accepted at all). It is better to take dollars issued after 2006 to better the most recent of the current year.

## VACCINATIONS

### **VACCINATIONS BEFORE YOU LEAVE**

### **Compulsory vaccinations:**

- They are not required

### **Recommended vaccinations:**

- Hepatitis A and B (3 doses: 0/1/6 months, at least 2 doses administered at least 2 weeks before departure)
- Tetanus
- Diphtheria
- Typhoid fever
- Yellow fever (yellow fever)
- Antimalarial prophylaxis is recommended for traveling in the jungle area

In some destinations that you are going to visit, the information that is on our website may not be updated. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

### **FIRST AID KIT**

#### **TRAVEL FIRST AID KIT**

Everyone should have a personal first aid kit, and in it: medicines against diarrhea and stomach problems (sometimes appearing when the bacterial flora changes), painkillers and medicines for the throat. In addition, good creams with a UV filter or so-called blockers (sun radiation in the mountains is very high).

**ATTENTION!** Due to parasites and bacteria for drinking, we recommend using mineral water in the original bottle and boiled. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

### **WHY CHOOSE US?**

#### **WHO ARE WE AND WHY CHOOSE US?**

We are a travel agency that provides authentic and innovative experiences with a respectful relationship with the socio-cultural customs, the environment and the regulations of the countries we promote. We are characterized by the personalization of our tourist services, with empathy, attitude and professionalism; turning customer dreams into reality and exceeding their expectations. We are "Registered Travel and Tourism Agency". To know more about → [US click here please!](#)

The company Peru Expeditions Tours has the most experience in organizing commercial ascents and complex high-altitude expeditions.

We have the most **experienced and qualified guides** for cultural trip, climbing tours, MTB tours, Ski tours, including famous climbers.

We always give away team **jerseys-T-shirts, buffs, or a cap as a gift**

Good own **personal tents to live in height** and special big tents to dine inside the trekking or mountain.

The highest percentage of **successful ascents.**

We provide the best living and eating conditions. We take into account the peculiarities of nutrition (**you can order a vegetarian menu**).

Free conferences in the office with **own videos material and photographs**

## JOIN A GROUP

### ARE YOU LOOKING FOR A TRAVEL PARTNER?

**Join a group with us:** Trekking, hiking and expeditions. What is your profile? Are you planning to go on a trek or expedition in South America and you are not yet sure about the most suitable offer? If you are looking for a partner, we have the solution. **Peru Expeditions Tours** has some groups that you can join and share your experience with on an unforgettable journey. (» Upcoming Trips / Upcoming Departures / Open groups / Confirmed / Trips Guaranteed 100%) » WHERE **WOULD YOU LIKE TO CLIMB, WALK, HIKE, AND TREK?** For more information please click here! → [JOIN A TRIP WITH US!](#)

## Why Travel with us

### Your Safety is Our Priority

### Expert Guides

### Sustainable Tourism

### Andean Chefs

### Food on the Trail

### Small Groups

- Recommended Tours

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#### [Recommended](#)

#### [Mountain bike Andes to the Caribbean](#) [5](#)

[Huaraz 17 Days/16 Nights](#)  
[Recommended](#)

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#### [Mountainbike and adventure trip](#) [5](#)

[Huaraz 20 Days/19 Nights](#)

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#### [Discover Impressive Cordillera Blanca](#)

[5](#)

[Huaraz 05 Days/04 Nights](#)

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[Lima - Arequipa - Puno - Cusco - Lima](#)

[5](#)

[Huaraz 17 Days/16 Nights](#)

## Reviews

Leave a Reply

**YOU ARE AN ADVENTURE LOVER and you want to experience something **extraordinary and extreme?****

You are an adventure lover and you dream of leaving with a thrill. **Peru Expeditions Tours** is also an option for you. Take advantage of our travel offer that we have for you!

**“We don’t sell tours, we provide memorable lifetime experiences.”**

We are a recognized tour operator **100% peruvian company** that specializes in adventure and traditional tours service.