Costa Rica: Mountainbike

Volcanoes, Pacific and rainforest

Costa Rica enchants with tropical fauna and flora, exoticism and hospitality. Hardly any other country offers a comparable variety of landscapes in such a small area. Majestic cordilleras with their lava-spitting volcanoes rise above the humid cloud forest. Wild water rivers, crystal clear lakes and seemingly endless sandy beaches invite you to swim. Of course, the focus is on biking: Most of the time you are on the slopes and narrow paths and manage up to 1000 meters in altitude in sometimes hot and humid weather. The finale, a fantastic descent from the Irazú volcano, 3432 m, down to sea level in just 2 days. A local English-speaking bike guide will look after you during this MTB round trip, and a rental MTB is available on request.

Thanks to our dedicated local partner, we are fortunate to be able to carry out all your travel activities on site in a CO2-neutral manner. Costa Rica is one of the pioneers when it comes to nature and environmental protection, so it's all the nicer that we can support this with appropriate compensation. An important instrument for this is constant reforestation. Experience and learn on site the crucial role an intact ecosystem and tropical rainforests play in our climate.

Highlights

- Optionally also with the E-MTB
- Dream tour to the Irazú volcano
- Nice hotels and accommodations
- Varied descents
- Volcanoes, Pacific beaches and rainforest
- 4×4 support vehicle for more security
- Mountain bike round trip, 15 days

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- 15 Days/14 Nights
- January to December
- Moderate

Difficulty Condition
More Info

Travel Program

Day 1: Individual arrival

to San José and meeting point at the hotel, optionally at the airport and joint transfer (approx. 45 min.) to the hotel possible (transfer times will be announced approx. 3 weeks before arrival). Your tour guide welcomes you at the hotel and you discuss the program for the coming days and end the evening in a relaxed atmosphere with a drink. We look forward to what awaits us in the coming days.

Overnight
Hotel

Meals
B/L/-

Day 2: Bus ride to Zacero

The day starts early because there are still some organizational things to be settled. You receive your rental bikes and familiarize yourself with the equipment. With the bus and an escort vehicle we first go to Zacero (3 hours driving time), 1800 m, in the Switzerland of Costa Rica, the start of today's stage. Here the bikes are unloaded and final adjustments are made. You now cycle steadily up and down over asphalt roads and red sand roads – partly through jungle-like valleys – finally by shuttle to La Fortuna. Your hotel offers great views of the Arenal Volcano and a pool to refresh and relax after the first day of biking in tropical ambient temperatures.

Hm ↑ approx. 700 distance 40 km

Overnight
Hotel

Meals
B/L/-

Day 3: Monteverde National Park

The Monteverde National Park is the destination of today's stage. The first few kilometers are relatively flat, straight into the park. You approach the magnificent shape of the volcano and one or the other river crossing provides entertaining variety during the stage and demands skill in the saddle. At the Rio Chiquito Abajo you change your mode of transport and take a small boat to the opposite bank of the Arenal reservoir. After a lunch break at the lake, you continue by bus to your beautiful lodge. You now deserve a shower and a cold beer.

Hm ↑↓ approx. 600 distance 40 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 4: The green rainforest

The species-rich rainforest of Costa Rica offers an incomparably diverse flora. A network of paths above the treetops offers unique insights and overviews. If you wish, you can then go on a canopy/flying fox tour (optional, payable on site for approx. USD 60.00), rushing through the treetops at lofty heights, secured on a steel cable. Overnight in the well-known lodge in Monteverde National Park. Hike approx. 2 hours, Canopy/Flyingf-Fox adventure 2.5 hours and worth every minute.

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 5: Ara Lodge and Rincon de la Vieja

After breakfast you start cycling directly at the lodge. If you are lucky, you can see capuchin monkeys and coatis there. The mountain bike ride offers beautiful views of the Gulf of Nicoya. The lunch break is taken at the Ara Lodge. Let yourself be fascinated by the blaze of color of the birds of the same name. A panoramic bus ride takes you via the Panamericana, Costa Rica's most famous highway, to Liberia at the foot of the Rincón de la Vieja. Here you saddle up your bikes again to your accommodation in the National Park of the same name. A cozy hacienda is your accommodation for the next two days.

Route 1:

Hm ↑ approx. 500 Hm ↓ approx. 1850 Distance 40 km

Route 2

Hm ↑ approx. 600 Hm ↓ approx. 200 Distance 20 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 6: National park visit

The national park is explored on foot and by bike. A short ride on the bike provides an overview of this unique nature reserve: Smoking fumaroles and streams heated by the volcano are steaming. Fumaroles are volcanic in origin and are natural sources of steam. Numerous species of butterflies can be observed in a colorful variety. In the afternoon, depending on time and mood, cool off with a waterfall hike or soak in the Rio Negros hot springs. There is a small entrance fee to enter the hot springs, but it is definitely worth it.

Hm ↑↓ approx. 350 distance 15 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 7: Playa Portero and Conchal

The area around Playa Portrero and Conchal is one of the most beautiful beach areas and is the destination of the day's hike. You leave the species-rich nature park and, kilometer by kilometer, you approach the beautiful coast. Palm trees sway in the wind. Your accommodation is right by the sea. The driving distances are not too long today, which gives us enough time to enjoy the coast, the beach and the sea to the fullest, including swimming.

Hm ↑ approx. 1000 Hm ↓ approx. 500 Distance 55 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 8: Along the Monkey Trail, Playa Hermosa - Tamarindo

The Monkey Trail – also jokingly called the "shortcut" between Playa Hermosa and Playa de Flamingo – is one of the highlights of their trip. The narrow, winding mountain pass meanders through the green and dense vegetation of the rainforest. You have to cross one or the other river and enjoy the always beautiful views of the Pacific coast. If the Monkey Trail isn't passable, there is the alternative option of going to Playa Danta via beautiful single trails. At the end of the tour, you will arrive at your beautiful accommodation in Tamarindo, which will again tempt you with a refreshing shower and a wonderful pool.

Hm ↑ approx. 800 Hm ↓ approx. 900 Distance 50 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 9: Pacific Panorama Tour

A Pacific panorama tour by bike is on the program today. From Tamarindo to Samara on the Nicoya peninsula, you pedal on side roads, small paths and sandy tracks – always with the Pacific on your right. If you are lucky you can see monkeys, coatis and armadillos along the way. Your beautiful hotel in Carillo is already waiting for you. Carillo offers a stop at a beach bar there, to experience the sunset and to enjoy the evening with mild temperatures.

Hm ↑↓ approx. 950 distance 65 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 10: Nicoya Peninsula

The south of the Nicoya peninsula boasts the most beautiful and untouched beaches in Costa Rica. Lagoons and wild, unspoilt nature characterize the landscape. By means of quite steep ascents and equally rushing descents, you will drive over many small chains of hills today. The afternoon is free again. What could be better than to use the beautiful coast to visit the beach, to swim and to admire the sunset.

Hm ↑↓ approx. 1100 distance 40 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 11: Beach cruise to Santa Teresa

The start is early because it can quickly get hot directly on the beach during the day. A real highlight of the trip; You drive for miles directly on the beach. The firm and smooth sand allows us to make quick progress. If it gets difficult, you can dodge the little path under the shady palm trees. Crossing the Rio Bongo provides a fresh change. The beach ride takes us to nal Mal Pais. Santa Teresa on the southernmost tip of the peninsula impresses with its enchanting location and has been an insider tip for surfers, dropouts and backpackers for years. Small pubs, souvenir shops and restaurants invite you to stroll around. In St. Teresa there is the possibility of renting small ATV vehicles and taking a trip to Montezuma, for example. (approx.

Hm ↑↓ approx. 300 distance 35 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 12: Transfer day

The bikes are off today. The bus first takes you to the ferry port in Parquero and from there you take the ferry back from the peninsula to the mainland to Punta Arenas. On a winding journey, the bus takes you up

to San José, 1160 m. There you will move into your well-known hotel and look forward to two more days of driving in the beautiful and pristine mountains of Costa Rica.

Overnight
Hotel

Meals
B/L/-

Day 13: Volcano Irazú - breathe air at the heights

The mighty volcano Irazú, 3432 m, and the nearby Turrialba, 3328 m, are the focus of an exciting bike day. With the drive-on aid, it is first motorized on the Irazú. If visibility is good, you will have spectacular views down to the crater of the volcano. After a nice descent you cycle towards the Turrialba and then over “wavy” terrain down into the Orosi Valley. Coffee plantations line the way. Enjoy great coffee right where it grows – on the slopes of Costa Rica’s mountains. Your beautiful accommodation offers unique mountain views – a nice contrast to the beach views of the past few days.

Hm ↑ approx. 450 Hm ↓ approx. 2800 Distance 45 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 14: Downhill Biking - Orosi

One of the most beautiful downhill routes is the culmination of your mountain bike tour through Costa Rica. Along the Panamericana ascent by bus to La Cima at 2300 m. The bikes are unloaded and there follows a beautiful descent through coffee and vegetable plantations to St. Maria de Dota. From here begins a 35 km long and demanding downhill route with small counter climbs. You have the whole day and can calmly master the route, which leads through different vegetation zones down to the Pacific. Spend the last night at the Kayak Lodge in the small village of Damas, near the town of Manuel Antonio. If the return flight on day 15 takes place in the morning, you will spend the night in Alajuela with a short drive to the airport.

Hm ↑ approx. 400 Hm ↓ approx. 800 Distance 70 km

Overnight
Hotel

Mountainbiking
Biking

Meals
B/L/-

Day 15: Transfer to San Jose Airport and individual flight home

Overnight
Hotel

Meals
B/L/-

Day 16: Hello Europe - welcome home!

Today we arrive in our European homeland and should give ourselves some time to settle in and acclimatize.

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

What's Included

Services included in the prices:

- Acclimatization tour
- Local Mountainbike-guide english speaker
- Entrance fees to the National Park
- All meals during the tour in to the trip
- Transportation as tour schedule / Costa Rica
- Two escort vehicles in the bike tour for groups of 8 participants
- Pick up at Lima airport to Hotel and bus station
- Transfer from the Hotel to the airport
- Half board: breakfast and dinner
- 14 x overnight stays in a hotel/lodge in a double room

Not included:

- International flights to San Jose / Costa Rica round trip
- Transportation of the bicycle extra weight or payment flights
- Transfer from the airport for bookings of individual flights with different times of arrival / departure
- Departure tax at the airport in San Jose – Costa Rica
- Travel Accident and health insurance (*Be required to have accident insurance)
- Individual trips and visits outside the program is not mentioned in our program
- Luggage insurance and trip cancellation
- MTB – Mountain bike for each participant, we suggest bringing it from your country
- Meals and alcoholic drinks in restaurants in Lima and Huaraz
- Personal equipment (mountain bike staff, special shoe bike, helmet, jackets, sleeping bag, mattress, Goretex, etc.)
- Tips for our local team

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 hollidays in South America to your specific preferences.

We Provide Satellite Internet access during Treks or Expeditions

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- Visit Machu Picchu
- Inca Trail Trekking
- Sacred Valley Tour Cusco
- Rainbow Mountain Cusco
- Backpacker trips to Cusco
- Choquequirao Trek
- Ausangate Trek to Machu Picchu
- Salkantay Trekking Adventure
- Short Inca Trail to Machu Picchu
- Lares Trek to Machu Picchu
- Vilcabamba Trekking
- Climb Volcano Chachani
- Visit Salar de Uyuni
- Bolivian Highlands
- Climb Huayna Potosi
- Visit Isla del Sol Sun Island
- 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 (-15º to 20ºC)

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 2027 / 15 MAY 2027

$ 3550

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 JUN 2027 / 15 JUN 2027

$ 3550

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 JUL 2027 / 15 JUL 2027

$ 3550

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 AUG 2027/ 15 AUG 2027

$ 3550

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):

1 PAX	2 PAX	4 PAX	6 PAX	8 PAX	10 PAX	12 PAX	14 PAX
7100 USD	3550 USD	3450 USD	3250 USD	3150 USD	3050 USD	2950 USD	2850 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 2027

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
- **E-Mail:** 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

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

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 they.

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**

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**

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**

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**

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**

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 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**

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**

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 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 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 is 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**

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**

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-shits, 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 you 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

Inca Trail to Machu Picchu 5

Perú 07 Days/06 Nights

Choquequirao Trek Adventure 5

Perú 04 Days/03 Nights
Recommended

Rainbow Mountain, Vinicunca 5

Perú Full Day
Recommended

Vilcabamba Trek to Machu Picchu 5

Perú 05 Days/04 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 specialists in adventure and traditional tours service.