

Epic Trails: Discover Mountain Biking Life in Nicaragua

When French sportsman Éric Barone broke the world speed record for bicycle on gravel at Cerro Negro Volcano, it put Nicaragua on the map for mountain biking enthusiasts worldwide. On May 12, 2002, Barone rode 400 metres (1,300 ft) when he hit an impressive 172 kilometers per hour (107 mph) on a prototype bicycle. His achievement attracted others to Nicaragua's stunning volcano routes, and in 2011, Markus Stöckl reached the world record of 164.95 kilometers per hour (102.50 mph) on a serial production bicycle in Nicaragua.

Ometepe Island and San Juan del Sur form the two mountain biking centers in Nicaragua. They're 3.5 and 2.5 hours respectively from the capital city of Managua. Isla Ometepe, formed by two volcanoes rising from Central America's largest freshwater lake, Lake Nicaragua (or its indigenous name, Cocibolca), offers riders incredible terrain with diverse gains, slopes and pitches. The island boasts two extraordinary active volcanoes, dry and wet forests and geological interests like ancient petroglyph sites.

Likewise, the ocean ridge trails above the coastal town of San Juan del Sur takes riders through both lush rainforests and dry forests. Varying terrain lets you experience impressive biodiversity of plants and wildlife in their natural environment, such as exotic birds, iguanas, Howler Monkeys and more. The routes also vary in difficulty for all levels of riders.

Many of the destinations in Nicaragua offer mountain biking and a way to get there. Some even have tour guides. Some of the other trails have no signage, so you have to be ready to ask how to get around or map the route yourself. The bikes are easy to find on the island or at the beach. You can rent them from the tour operators for about \$10 a day in San Juan del Sur. In Ometepe, they range around \$5-\$6 for the day.

TreeCasa Resort's mountain biking trail provides nearly 20 kilometers of varied difficulty and elevation gain through stunning landscape. You'll find ocean view to the west and Lake Nicaragua and Volcan Concepción to the east. Here's a clip of the TreeCasa Resort trail:

<https://www.youtube.com/watch?v=NNU7eKs8tLY>

Located in San Juan del Sur and just under 60km from Ometepe, TreeCasa Resort makes a natural base for your next dual-core Nicaragua mountain biking adventure.