

Explore the “Rich Coast” also known as Costa Rica with La Ruta Adventures. From beaches and tropical rain forests to mountains forged with volcanoes, this diverse landscape will provide you with an once-in-a-lifetime adventure vacation. Our expert guides led by founder and modern day ultra adventurer Roman Urbina will show you the country’s majestic landscape and beautiful wildlife in a way only a few have seen. Choose your own adventure-travel package from the following disciplines: mountain biking, hiking, surfing, running, cross training and active adventures. Discover for yourself why National Geographic magazine calls Costa Rica “the most biodiverse place on this planet” with a full 5 percent of the Earth's species of birds, plants and animals onto just 0.01 percent of the planet's land mass!

Founders:

Roman Urbina native to Costa Rica is one of the worlds most accomplished multisport athletes. He has completed over 100 triathlons (of all distances), 70 marathons, and 20 ultra marathons. He was also the first to swim across the Gulf of Nicoya (a 25km swim). Over 20 years ago Roman set out to follow in the footsteps of Juan de Cavallon and Perefan de Ribera (Spanish Conquerors) by leading a small group of people on mountain bikes tracing the trail the conquerors took in 1560. This ride morphed into what is now called La Ruta De Los Conquistadores, an annual mountain bike race (ranked the toughest in the world). As the creator and director, Roman is celebrating the 20th running of La Ruta this year. Yet for all his accomplishments Roman is one of the nicest and most humble people you may just meet. He once swam 17 miles non-stop in the Pacific to raise public awareness for the endangered leatherback sea tortoises. He is passionate about sharing his experience and “off the beaten path” trails with Costa Rican newcomers. You know that Spanish expression, *mi casa es su casa* (“my house is your house”); with Roman and La Ruta Adventures, it's also *mi pais es su pais* (“my country is your country.”)

Monica McIntyre is an adventurer in her own right. Not only has she competed in women’s field hockey on the international level but she is also a true citizen of Latin America. Born in Costa Rica, she lived in Venezuela, Argentina and Brazil before she ventured off to England where she earned her degree in Hospitality and Institutional Management. She later extended her studies in the US with her focus on hotel management with Hyatt Resorts US. Later she achieved her Masters of Business Administration at Thunderbird with a focus on International Marketing and Business Development. Following her graduation, she established her own business called LatinExplore - servicing travelers to Latin America. She has accomplished this while raising four young children with her husband.

Roman and Monica met in 1997, during the La Ruta de los Conquistadores race. They have now joined forces in bringing adventure to those who love to LIVE!

Why La Ruta Adventures?

The mere thought of planning for an adventure vacation can be staggering. Where to go? What to do? Packing? Logistics? Travel? Lodging? With La Ruta Adventures, we take care of all the planning and details, so you are free to have a great time. Each trip is specially tailored to the needs and requirements of your party. We handle small or large groups. All levels of athleticism and experience are welcomed. Even solo vacationers are encouraged to be part of La Ruta Adventures! Your safety, comfort, and enjoyment are our foremost concern and priority. La Ruta means "The Route or Path" in Spanish. It can also mean journey. And that's the underlying philosophy of La Ruta Adventures -- To allow you to have a remarkable journey and experience.