



1/2-Day Mountain Bike Rides

Las Tierras Altas Ride (Intermediate to Advanced Riders)

From Old Town Outfitters

- Distance: 32 miles (50 km)
- Ascent: 990 feet (310 m)
- Max Gradient: 19%
- Decent: 990 feet
- Start Elev: 5115 feet (1598 m)
- End Elev: 5115 feet
- Max Elev: 6105 feet (1910 m)

US\$52 p/p

OR

From Parramos (with drop-off)

- Distance: 22 miles (35 km)
- Ascent: 355 feet (110 m)
- Max Gradient: 10%
- Decent: 990 feet
- Start Elev: 5760 feet (1800 m)
- End Elev: 5115 feet
- Max Elev: 6105 feet

US\$58 p/p

Las Tierras Altas is a fertile shelf just northwest of Antigua, and home to rich soil where local villagers grow corn, black beans, peas, broccoli, coffee and other regional vegetables. It's the perfect endless cross-country type single track, dirt roads and old jeep tracks on undulating terrain. It's a great ride for varied skill levels - a little bit of everything, without TOO much of anything. This ride includes a visit to the Maximón shrine in San Andrés Itzapa| ***Includes transport to Parramos to begin our ride (~25min).

Start Time: 9:00am or 2:00pm; End Time: 1:00pm or 6:00pm

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