

Contours of a Country: Ecuador			May-Jun 2014		
Date	Start	End	Dist (km)	Climb (m)	Desc (m)
27/05/2014	Peru-Ecuador border	Macará	3.22	60	10
28/05/2014	Macará	El Naranjo	71.79	1,800	1,357
29/05/2014	El Naranjo	Catamayo	79.75	2,072	1,663
30/05/2014	Catamayo	Loja	43.69	1,381	578
01/06/2014	Loja	Zamora	60.90	965	2,119
02/06/2014	Zamora	Gualaquiza	119.76	1,245	1,322
03/06/2014	Gualaquiza	San Juan Bosco	54.11	1,549	1,359
04/06/2014	San Juan Bosco	Santiago de Méndez	84.32	1,635	2,160
05/06/2014	Santiago de Méndez	Macas	75.69	1,224	738
07/06/2014	Macas	Puyo	127.71	1,307	1,349
08/06/2014	Puyo	Baños de Agua Santa	60.20	1,233	453
10/06/2014	Baños de Agua Santa	Latacunga	85.42	1,939	876
11/06/2014	Latacunga	Tigua	49.52	1,386	694
12/06/2014	Tigua	Chugchilán	46.08	1,160	1,408
14/06/2014	Chugchilán	Latacunga	91.65	1,520	1,918
15/06/2014	Latacunga	Quito	96.49	1,187	1,180
16–22/06/14	In & around Quito		58.03	483	483
22/06/2014	Quito	Cayambe	73.58	1,313	1,321
23/06/2014	Cayambe	Ibarra	57.58	478	1,143
25/06/2014	Ibarra	San Gabriel	88.94	1,874	1,150
26/06/2014	San Gabriel	Ecuador-Colombia border	46.70	781	857
			1,475.13	26,592	24,138