

Contours of a Country: Costa Rica			Sept 2014		
Date	Start	End	Dist (km)	Climb (m)	Desc (m)
05/09/2014	Panama-C Rica border	Ciudad Neily	21.73	83	163
06/09/2014	Ciudad Neily	Golfito	38.78	192	242
	Golfito	Puerto Jiménez	Boat (Don Isidro)		
07/09/2014	Puerto Jiménez	Carate	Bus (Colectivo Luís Arias)		
10/09/2014	Carate	Puerto Jiménez	Bus (Colectivo Luís Arias)		
11/09/2014	Puerto Jiménez	Palmar Norte	108.02	981	956
12/09/2014	Palmar Norte	Playa La Colonia, Uvita	41.92	343	357
13/09/2014	Playa La Colonia, Uvita	Quepos	64.53	250	230
15/09/2014	Quepos	Orotina	113.17	802	575
16/09/2014	Orotina	Naranjo	50.78	1,444	700
17/09/2014	Naranjo	La Fortuna de San Carlos	98.27	1,606	2,205
18/09/2014	La Fortuna de San Carlos	8km N of Tilarán	66.01	1,229	957
19/09/2014	8km N of Tilarán	Nicoya	118.66	973	1,467
20/09/2014	Nicoya	Playa Guiones, Nosara	65.14	729	847
21/09/2014	Playa Guiones, Nosara	Nicoya (via Santa Cruz)	91.52	792	672
22/09/2014	Nicoya	Liberia	78.72	249	218
24/09/2014	Liberia	La Cruz	61.35	391	298
25/09/2014	La Cruz to Puerto Soley & back		22.88	369	369
26/09/2014	La Cruz	C Rica-Nicaragua border	18.51	107	305
			1,059.99	10,540	10,561