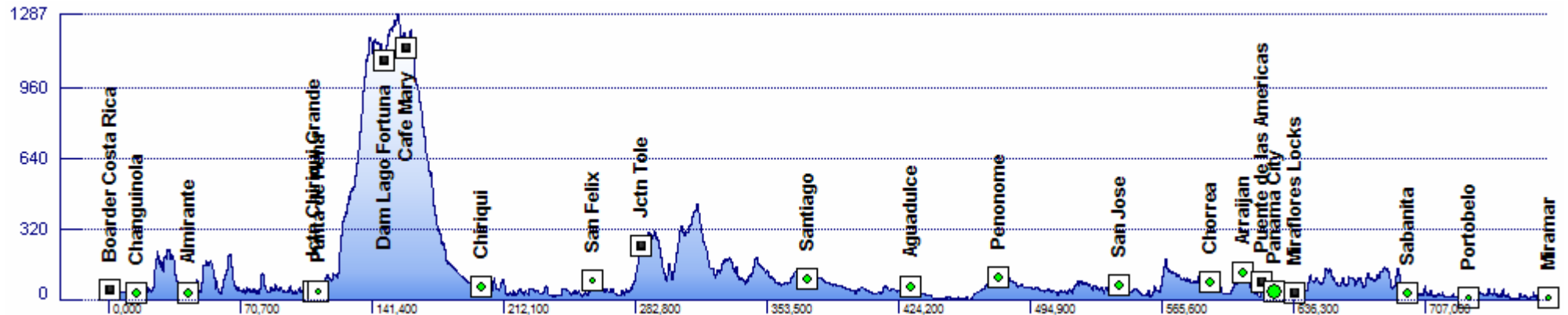


# Elevation Profile - Panama

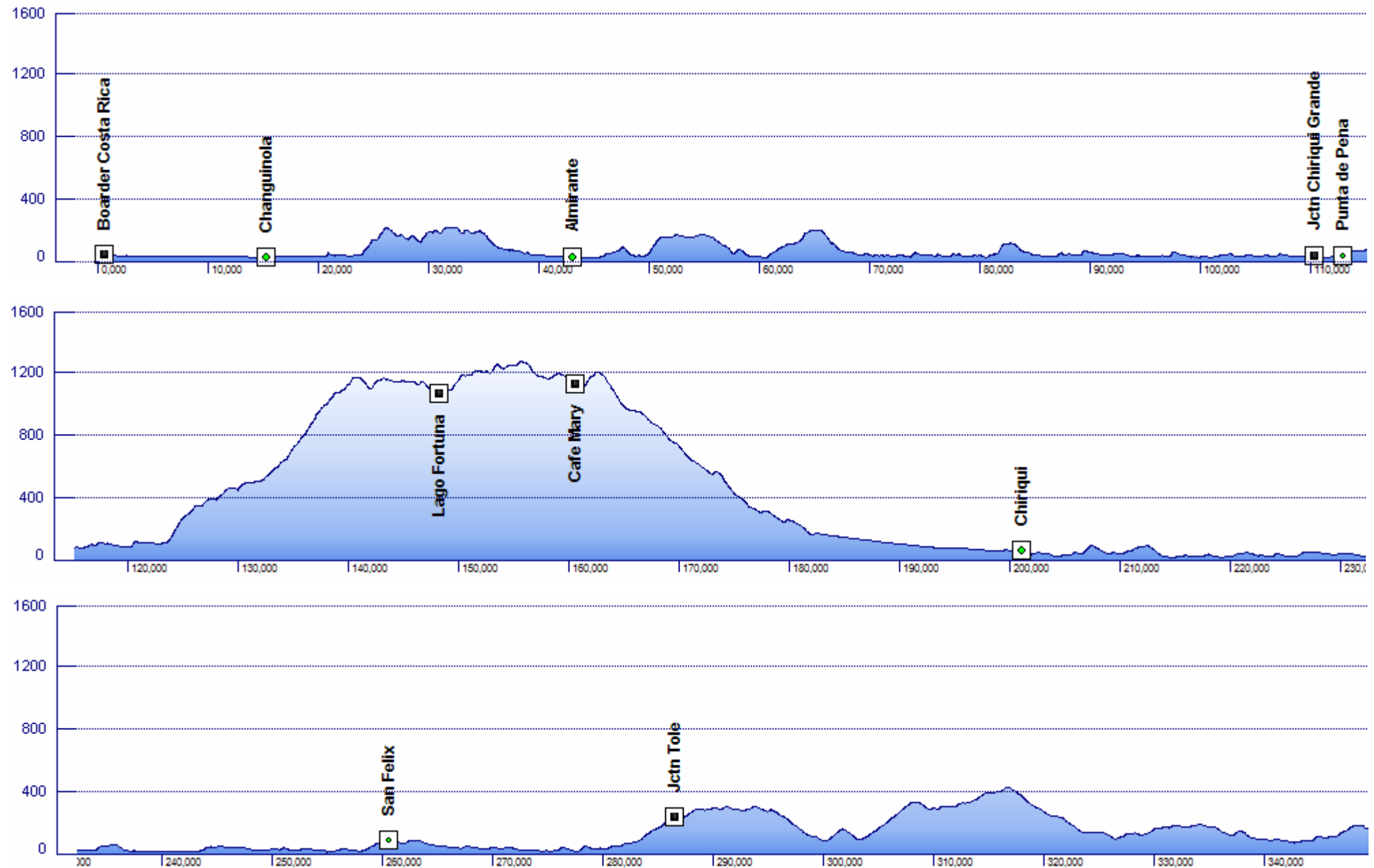
**Route:** Sixaola - Changuinola - Punta de Pena - Chiriqui - Tole - Santiago - Aguadulce - Penonome - La Chorrera  
Panama City - Miraflores Locks - Sabanita - Portobelo - Miramar

**Statistics:** Length: 777 km, av. ascent: 1262 m / 100 km

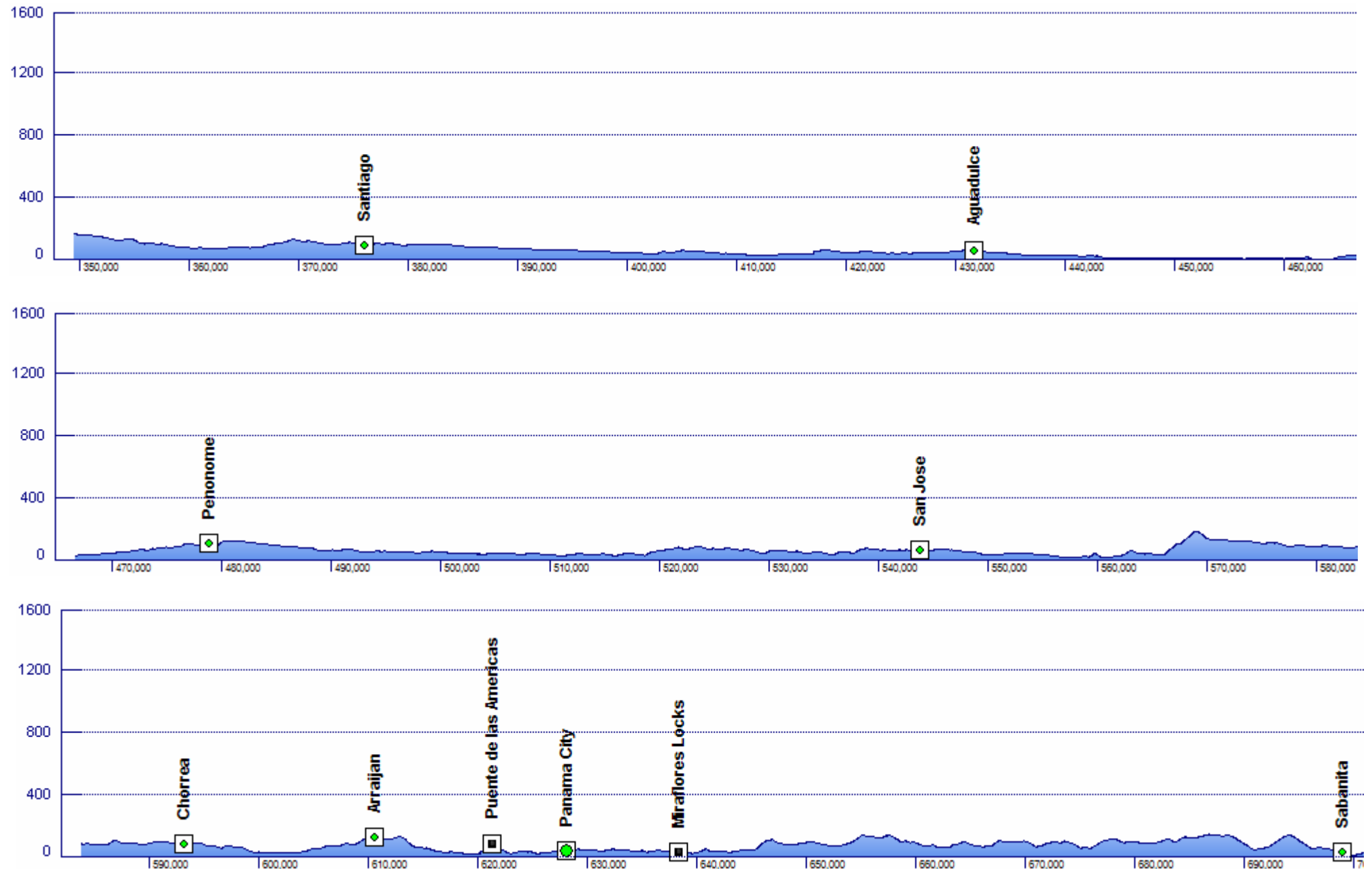
**Comments:** Roads are paved and often with a nice shoulder.  
The Transisthmica from Panama City to Sabanita is narrow and with a lot of traffic.  
Grades in the Caribbean part and the mountains are very steep!



## Elevation Profile - Panama



## Elevation Profile - Panama



## Elevation Profile - Panama

