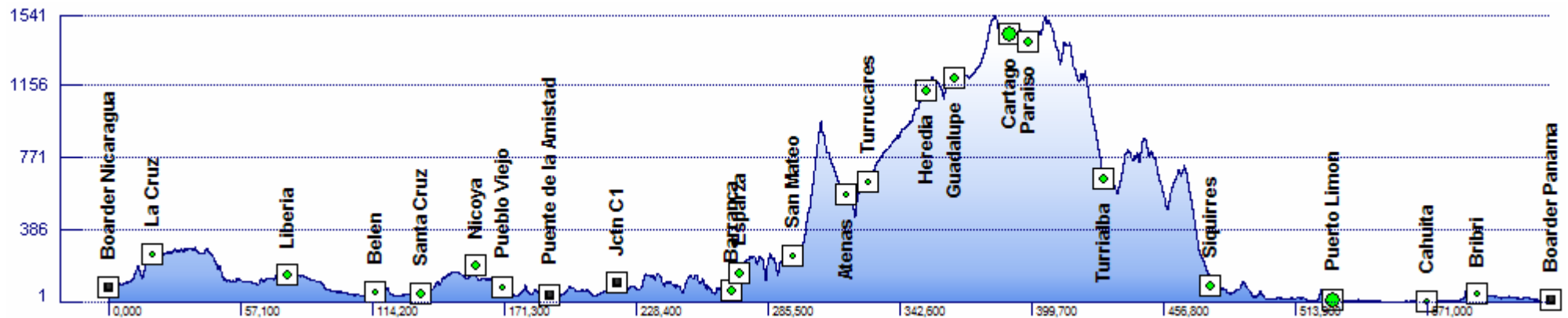


# Elevation Profile - Costa Rica

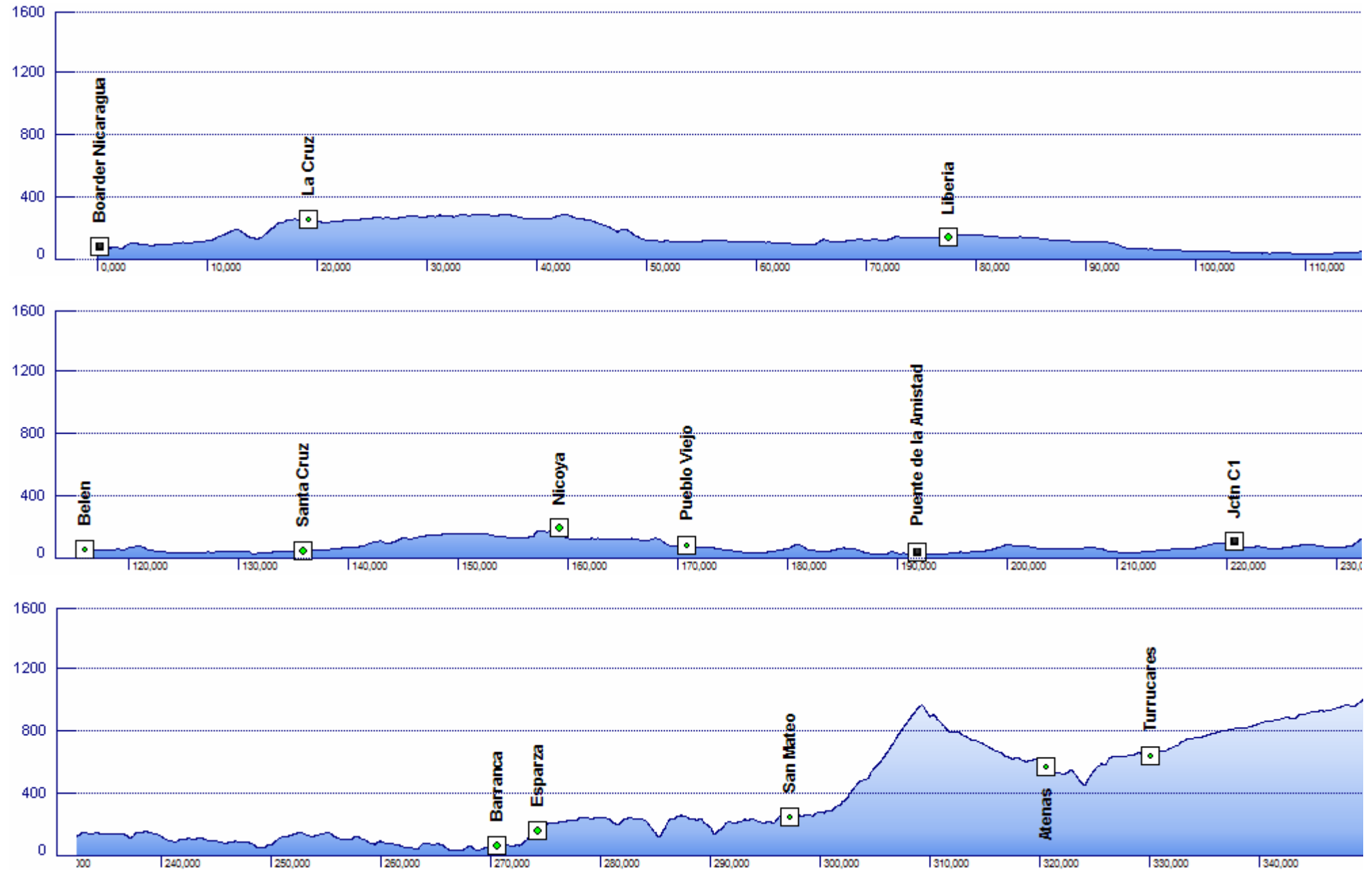
**Route:** Penas Blancas - Liberia - Santa Cruz - Puente de la Amistad - Esparza - San Mateo - Atenas - Heredia - Guadalupe - Cartago

**Statistics:** Length: 628 km, av. ascent: 1275 m / 100 km

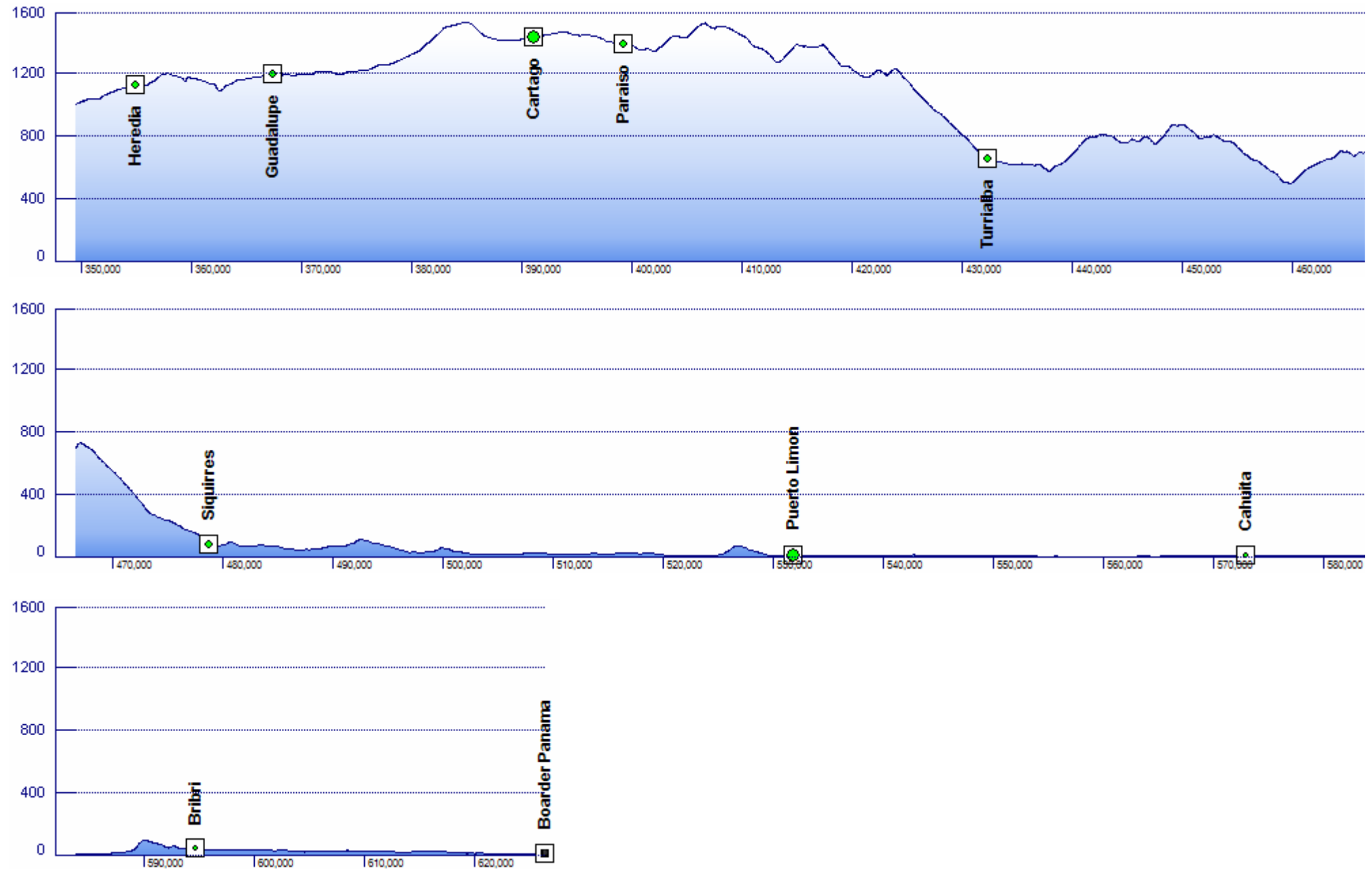
**Comments:** Roads are paved but hardly ever with a shoulder. Together with the heavy traffic cycling is not much fun.



## Elevation Profile - Costa Rica



## Elevation Profile - Costa Rica



## Elevation Profile - Costa Rica

Side trip from Nicoya to Samara:

