

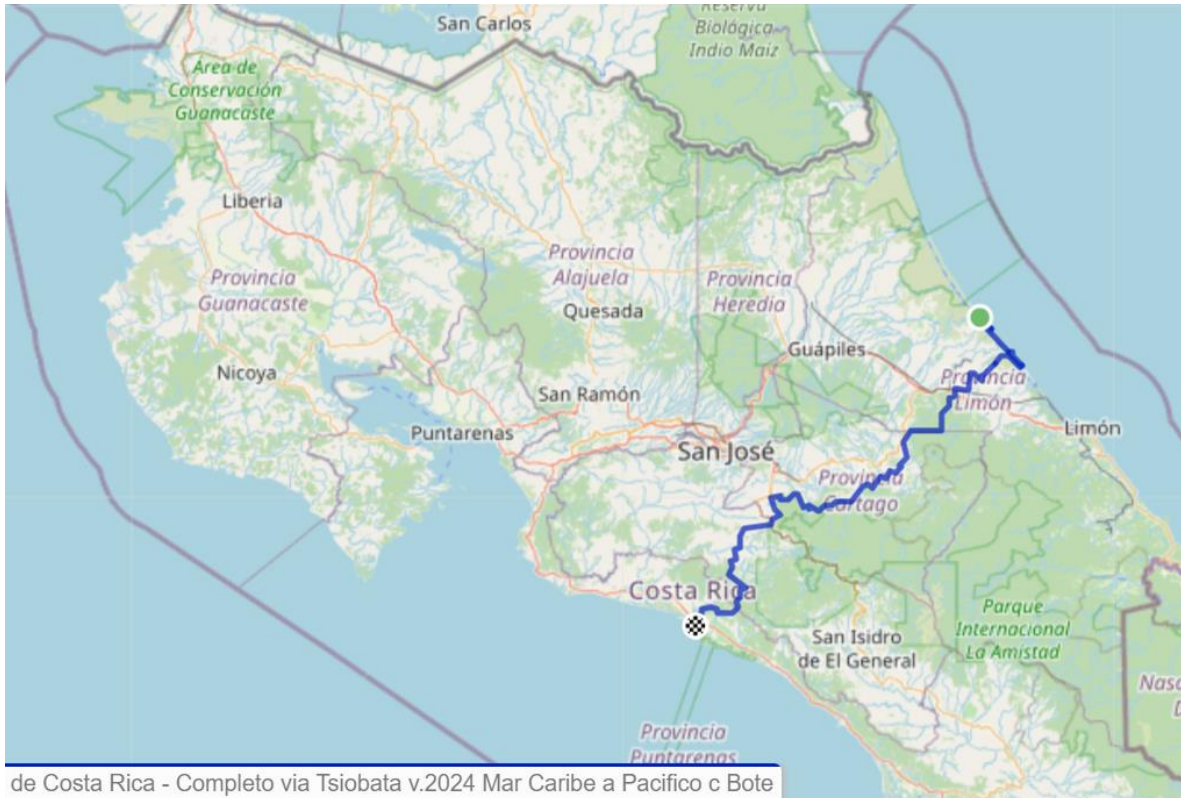
# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

Version 5.0

<https://www.wikiloc.com/hiking-trails/ruta-oficial-completa-el-camino-de-costa-rica-via-tsiobata-mar-caribe-a-pacifico-c-bote-v-424-169266364>



THIS DOCUMENT IS DESIGNED TO MAKE THE WAY FROM COSTA RICA IN THE DIRECTION  
OF **THE CARIBBEAN SEA TO THE PACIFIC OCEAN.**

Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

## El Camino de Costa Rica 2024

### Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

#### Logistics of Arrival to the Caribbean from San Jose:

1. Take the bus from San José to Siquirres – Empresa Caribeños
2. Take the bus from Siquirres to Caño Blanco – Terminal Intercantonal in Siquirres.
3. Take a taxi ferry (marked A on the map below) and ask to take you to Parismina
4. Walk stage 1a Pte 1 – Parismina to Laguna Perlas
5. Take a boat (marked B on the map below, to be coordinated with whoever you sleep in Parismina) that goes to visit Estación Norte Reserva Pacuare (only see milestone and sea and return to boat) and then navigate to Muelle Goshen where you start Stage 1b.
6. As an extra day APART from the usual itinerary you can walk Stage 1a Pte 2 – Optional North Station to South End Pacuare Reserve. To do this the best is to sleep in Pacuare – ask for Julio Knight and you have to coordinate the access to the reserve.



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 1a Pt 1 & 2 – Parismina & **OPTIONAL Pacuare Sand Bank Section**

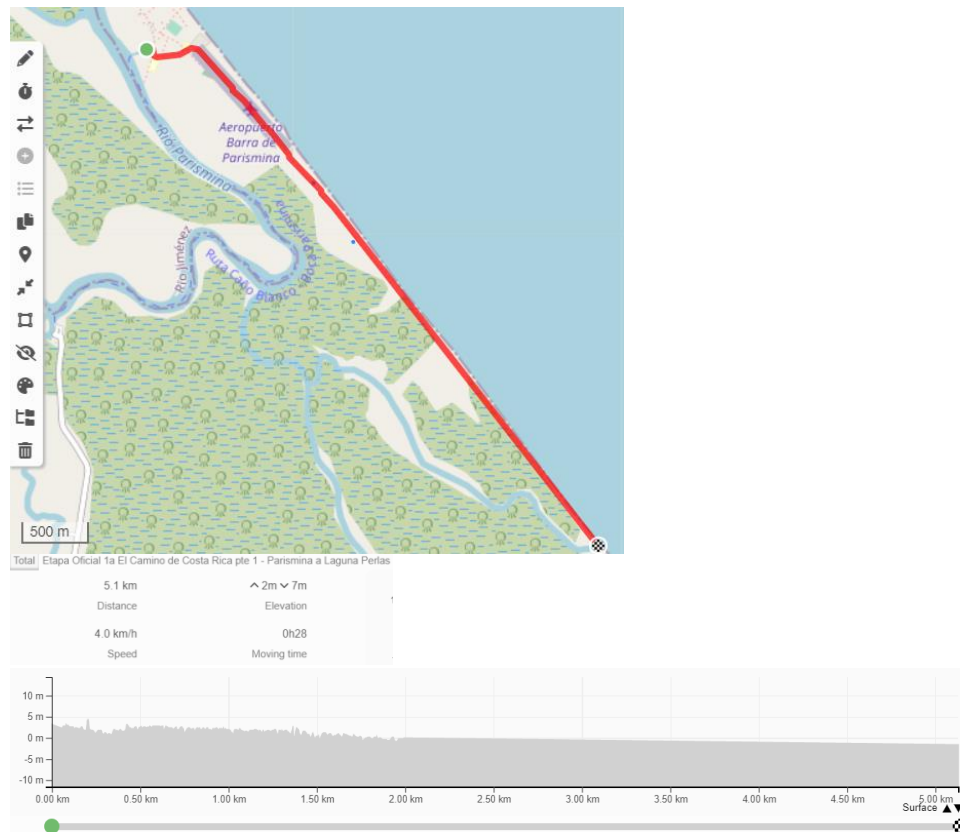
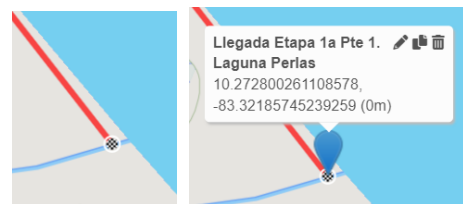
#### Parismina Sandbank

<https://www.wikiloc.com/hiking-trails/etapa-oficial-1a-el-camino-de-costa-rica-pte-1-parismina-a-laguna-perlas-2022-109084494>

#### Start



#### End



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

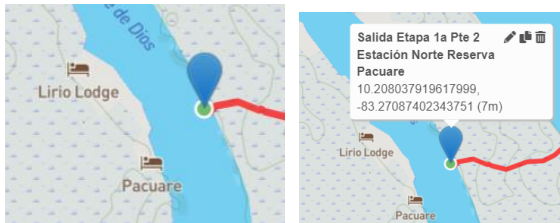
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

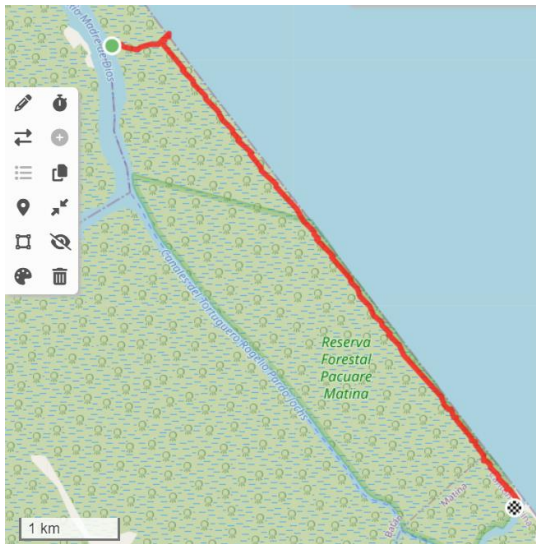
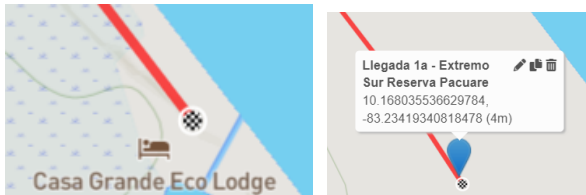
### OPTIONAL Pacuare Sandbank

<https://www.wikiloc.com/hiking-trails/ruta-oficial-el-camino-de-costa-rica-optional-reserva-pacuare-169266525>

#### Start



#### End



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

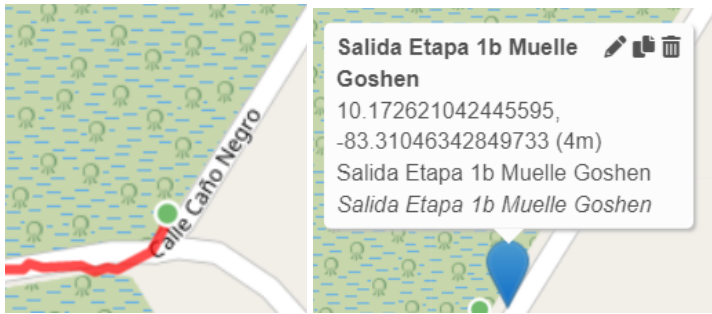
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

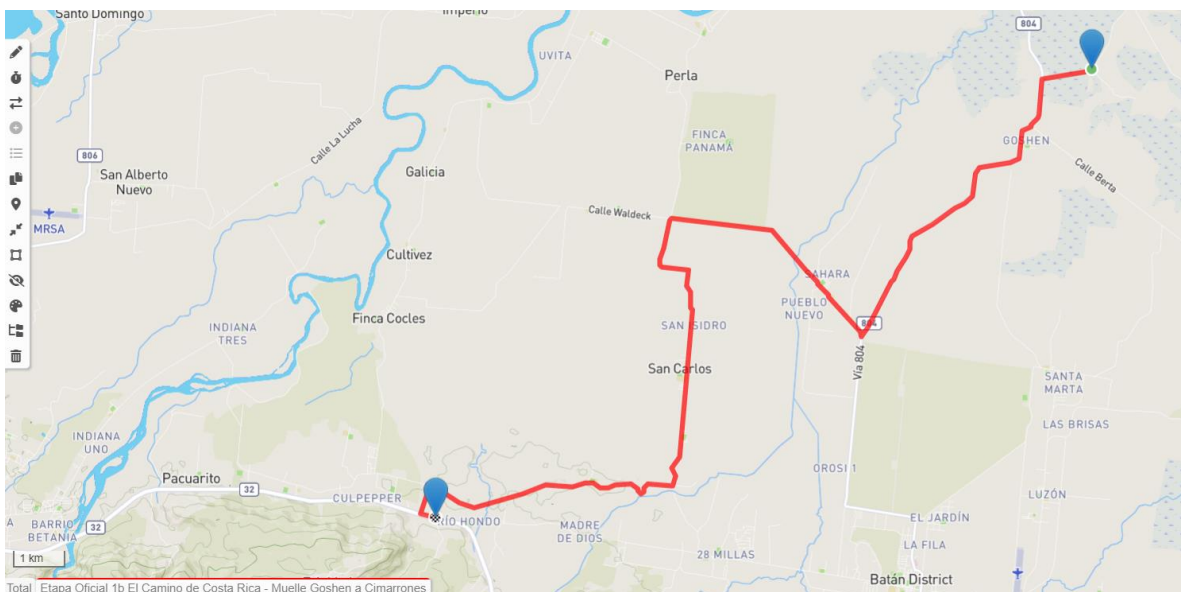
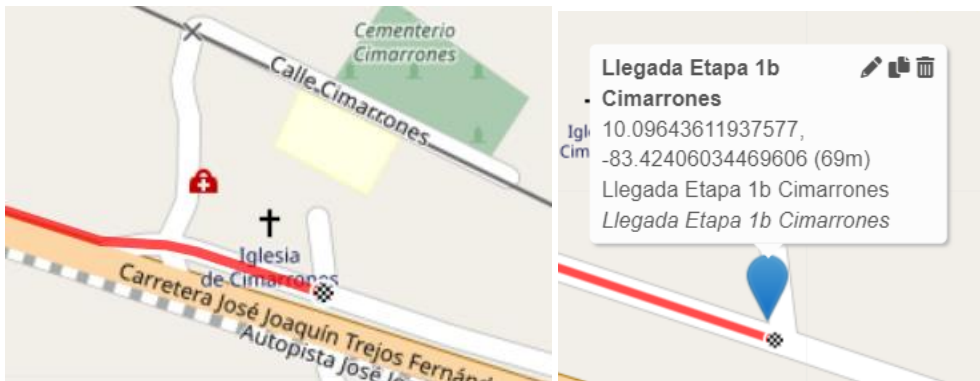
### Leg 1b – Muelle Goshen Pier to Cimarrones

<https://www.wikiloc.com/hiking-trails/etapa-oficial-1b-el-camino-de-costa-rica-muelle-goshen-a-cimarrones-109085356>

Start



End



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

### Direction Caribbean Sea - Pacific

Total Etapa Oficial 1b El Camino de Costa Rica - Muelle Goshen a Cimarrones

24.0 km	^ 134m v 66m
Distance	Elevation
4.8 km/h	4h56
Speed	Moving time



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

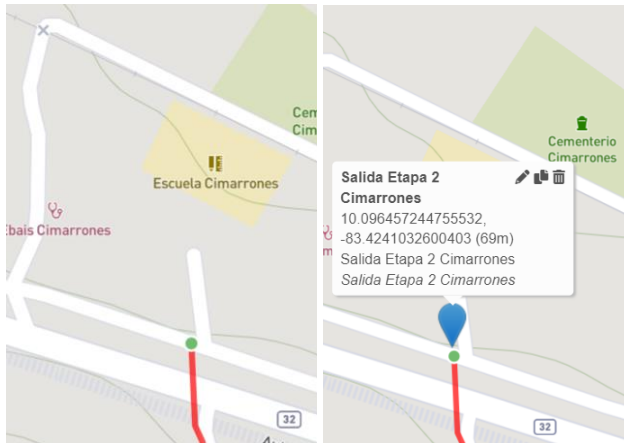
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 2 - Cimarrones to Brisas de Pacuarito

<https://www.wikiloc.com/hiking-trails/etapa-oficial-2-el-camino-de-costa-rica-cimarrones-a-brisas-de-pacuarito-109085490>

Start:



End:



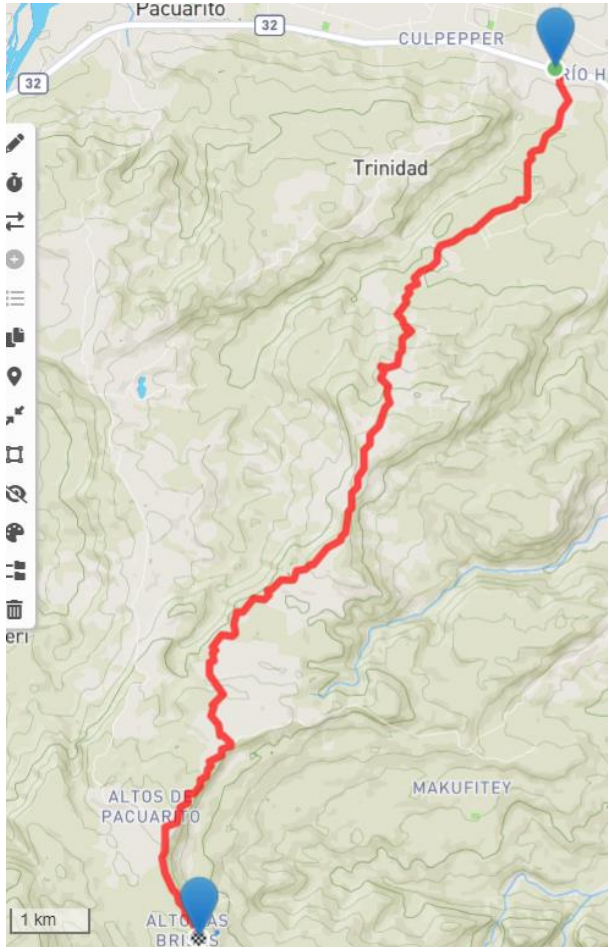
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 2 El Camino de Costa Rica - Cimarrones a Brisas de Pacuarito

15.1 km	^ 743m v 210m	
Distance	Elevation	6
4.1 km/h	3h35	4
Speed	Moving time	2



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

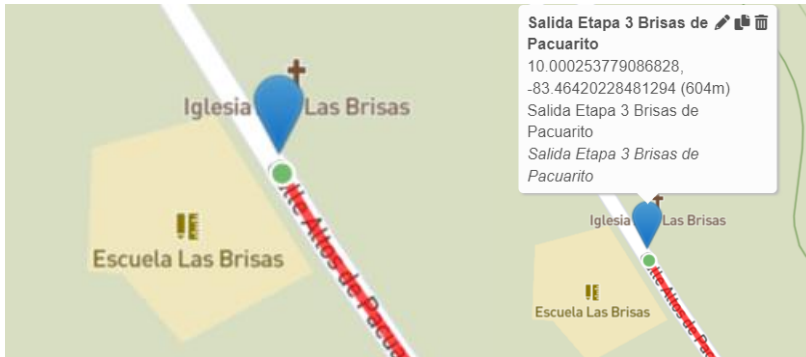
Direction Caribbean Sea - Pacific

### Stage 3 - Brisas de Pacuarito to Tsiöbata

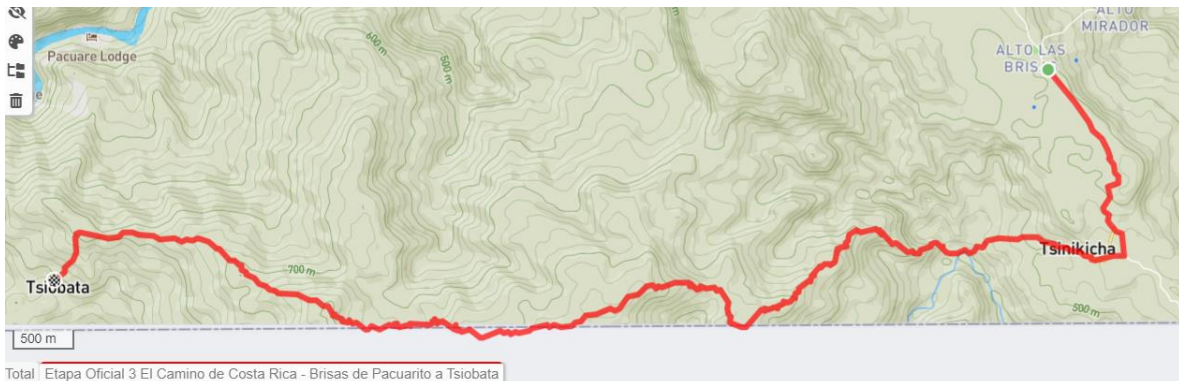
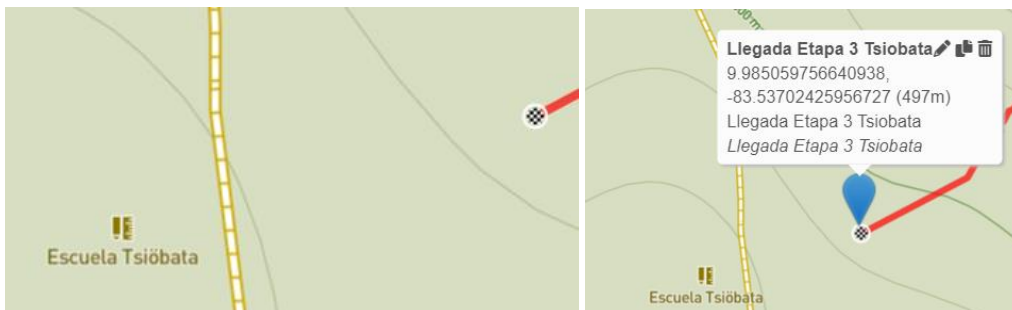
<https://www.wikiloc.com/hiking-trails/etapa-oficial-3-el-camino-de-costa-rica-brisas-de-pacuarito-a-tsiobata-109085766>

**NOTE: YOU MUST COORDINATE WITH INDIGENOUS GUIDES TO PASS THROUGH**

Start



End



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

### Direction Caribbean Sea - Pacific

Total Etapa Oficial 3 El Camino de Costa Rica - Brisas de Pacuarito a Tsiobata

15.1 km ^ 579m v 685m

Distance Elevation

2.6 km/h 5h33

Speed Moving time

Etapa Oficial 3 El Camino de Costa Rica - Brisas de Pacuarito a Tsiobata

15.1 km ^ 579m v 685m

Distance Elevation

2.6 km/h 5h33

Speed Moving time

Distance units Velocity units

Metric Speed



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

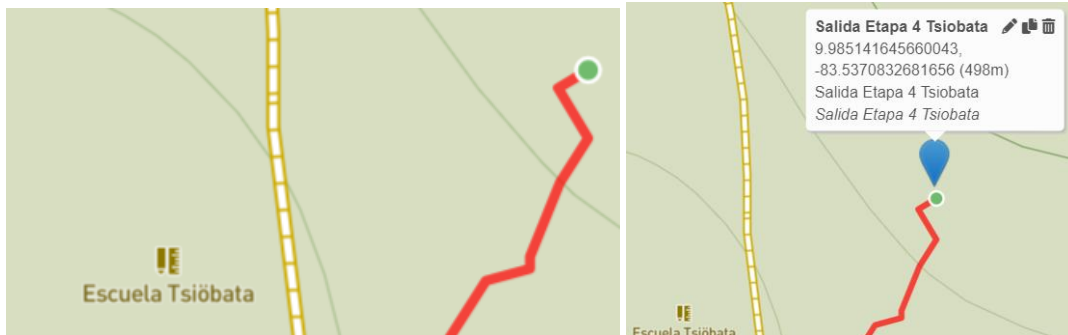
Direction Caribbean Sea - Pacific

### Stage 4 - Tsiöbata to Tres Equis

<https://www.wikiloc.com/hiking-trails/etapa-oficial-4-el-camino-de-costa-rica-tsiobata-a-tres-equis-109086372>

**NOTE: YOU HAVE TO COORDINATE WITH INDIGENOUS GUIDES TO GET TO RIO PACUARE, ASK THEM TO TAKE YOU UP TO PUEBLO TRES EQUIS AS IT PASSES THROUGH A DANGEROUS BULL FARM.**

Start



End



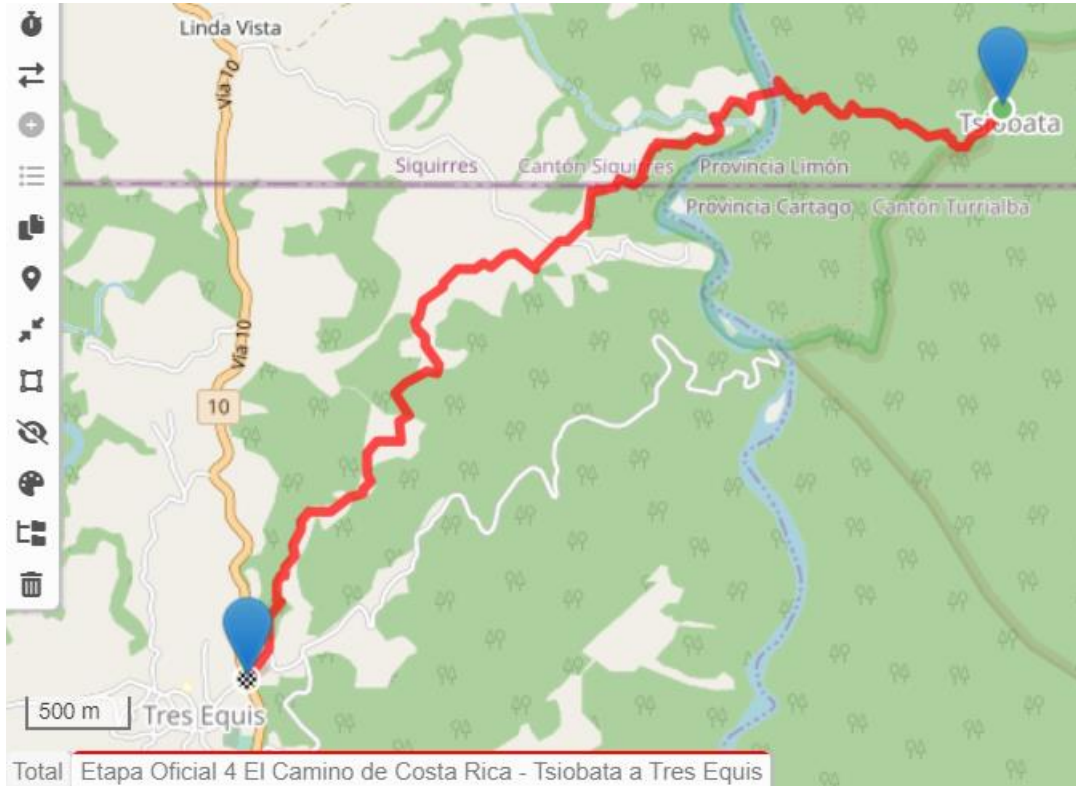
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 4 El Camino de Costa Rica - Tsiobata a Tres Equis

6.8 km	^ 420m v 261m
Distance	Elevation
2.9 km/h	2h19
Speed	Moving time

Total Etapa Oficial 4 El Camino de Costa Rica - Tsiobata a Tres Equis

6.8 km	^ 420m v 261m
Distance	Elevation
2.9 km/h	2h19
Speed	Moving time
Distance units	Velocity units
Metric	Speed



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

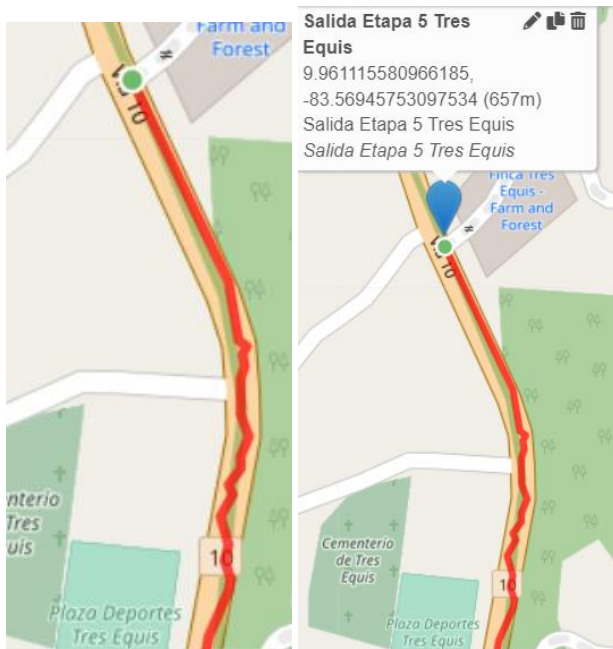
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 5 – Tres Equis to Pacayitas

<https://www.wikiloc.com/hiking-trails/etapa-oficial-5-el-camino-de-costa-rica-tres-equis-a-pacayitas-109086485>

Start



End



Author: David Rodríguez Berrón

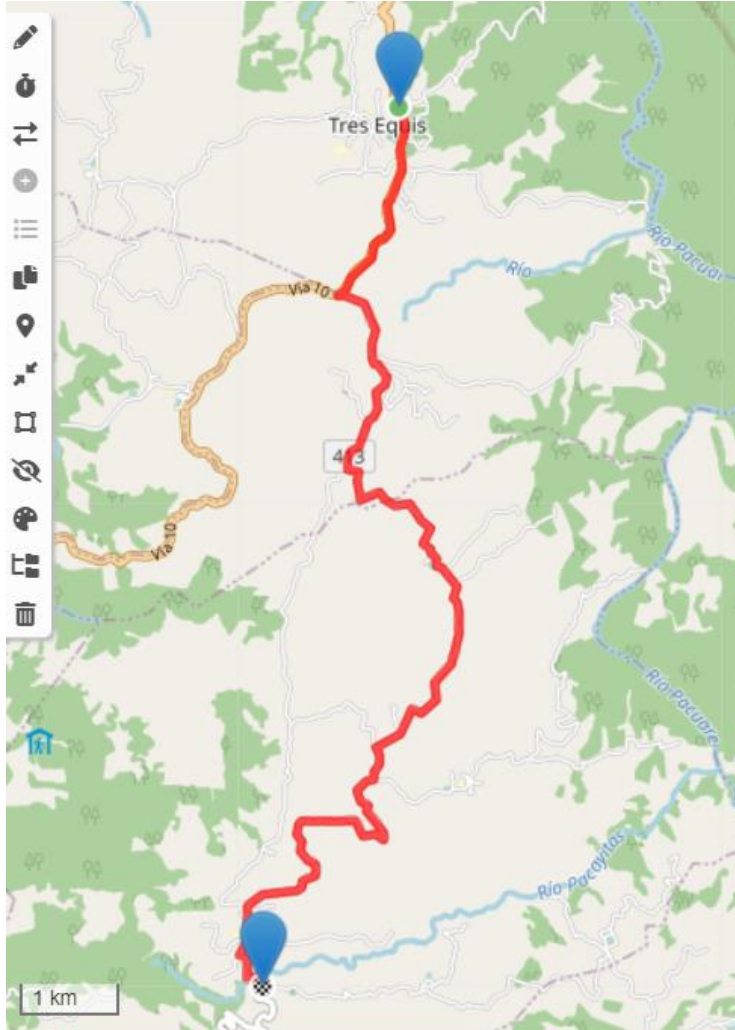
IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

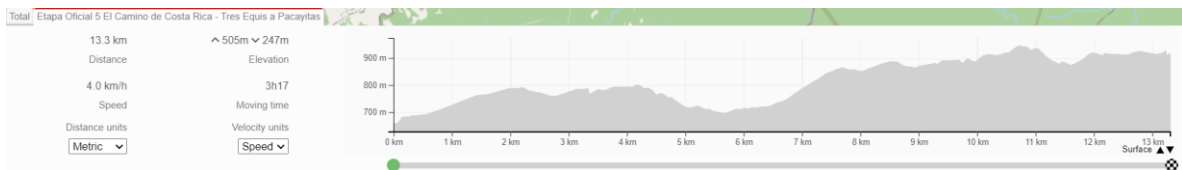
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 5 El Camino de Costa Rica - Tres Equis a Pacayitas

Total	Etapa Oficial 5 El Camino de Costa Rica - Tres Equis a Pacayitas	
	13.3 km	^ 505m v 247m
	Distance	Elevation
	4.0 km/h	3h17
	Speed	Moving time



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

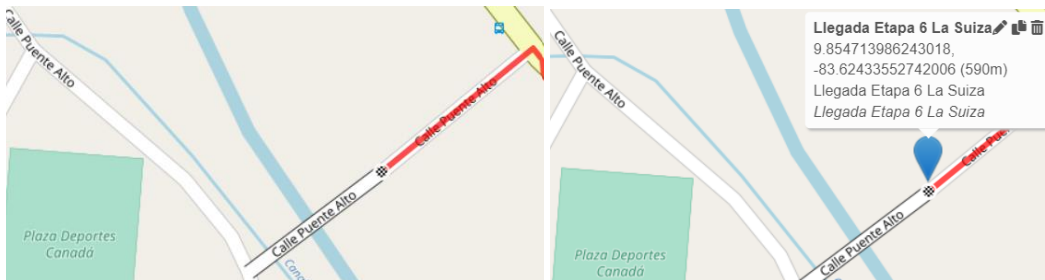
### Stage 6 – Pacayitas to La Suiza

<https://www.wikiloc.com/hiking-trails/etapa-oficial-6-el-camino-de-costa-rica-pacayitas-a-la-suiza-109086735>

Start



End



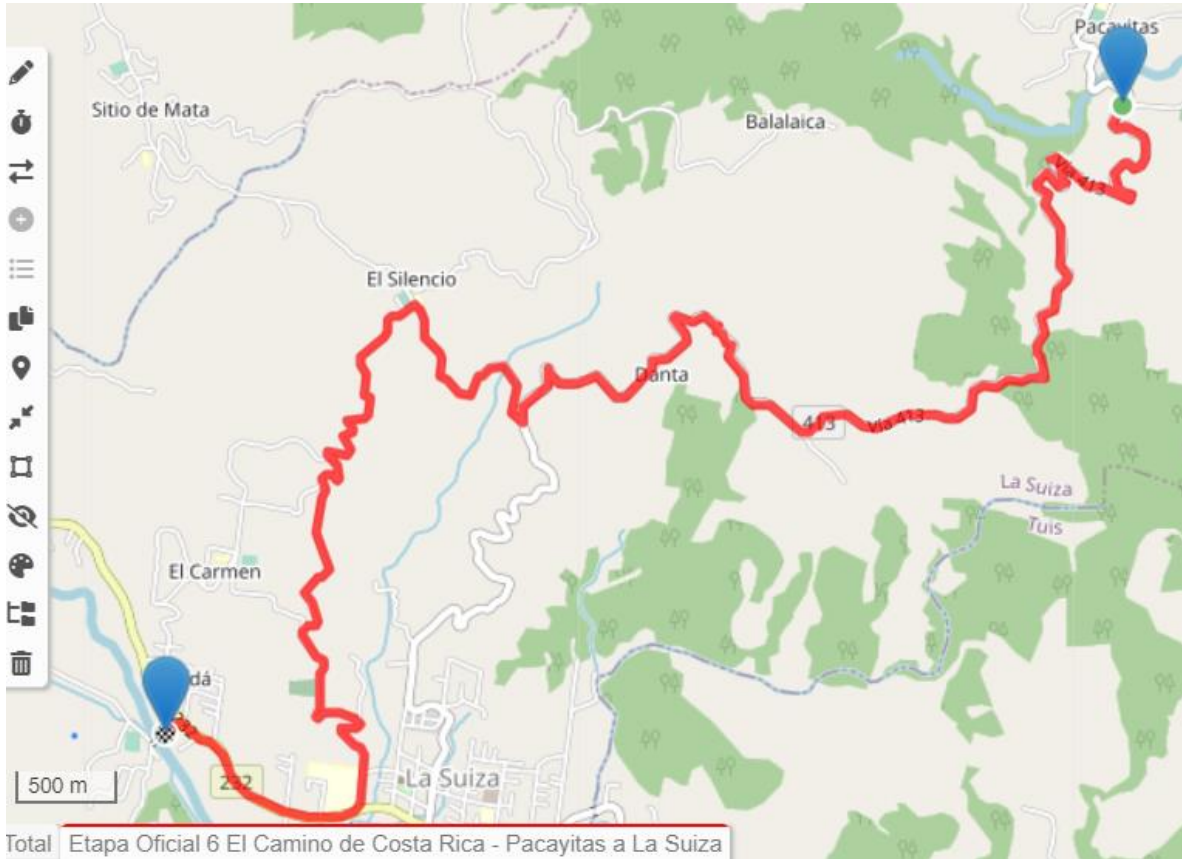
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

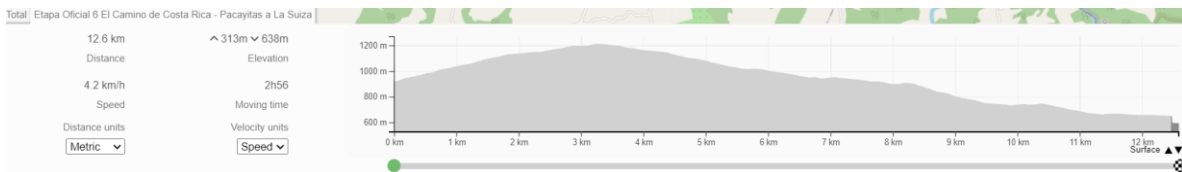
# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total	Etapa Oficial 6 El Camino de Costa Rica - Pacayitas a La Suiza	
	12.6 km	^ 313m v 638m
	Distance	Elevation
	4.2 km/h	2h56
	Speed	Moving time



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

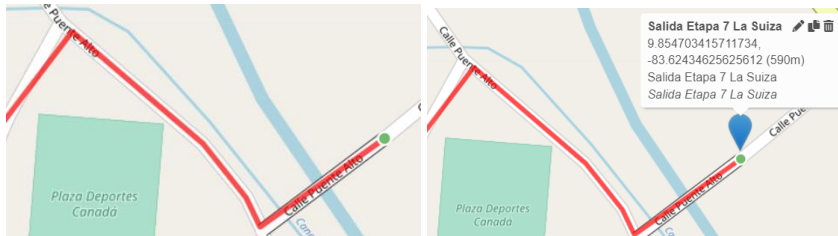
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

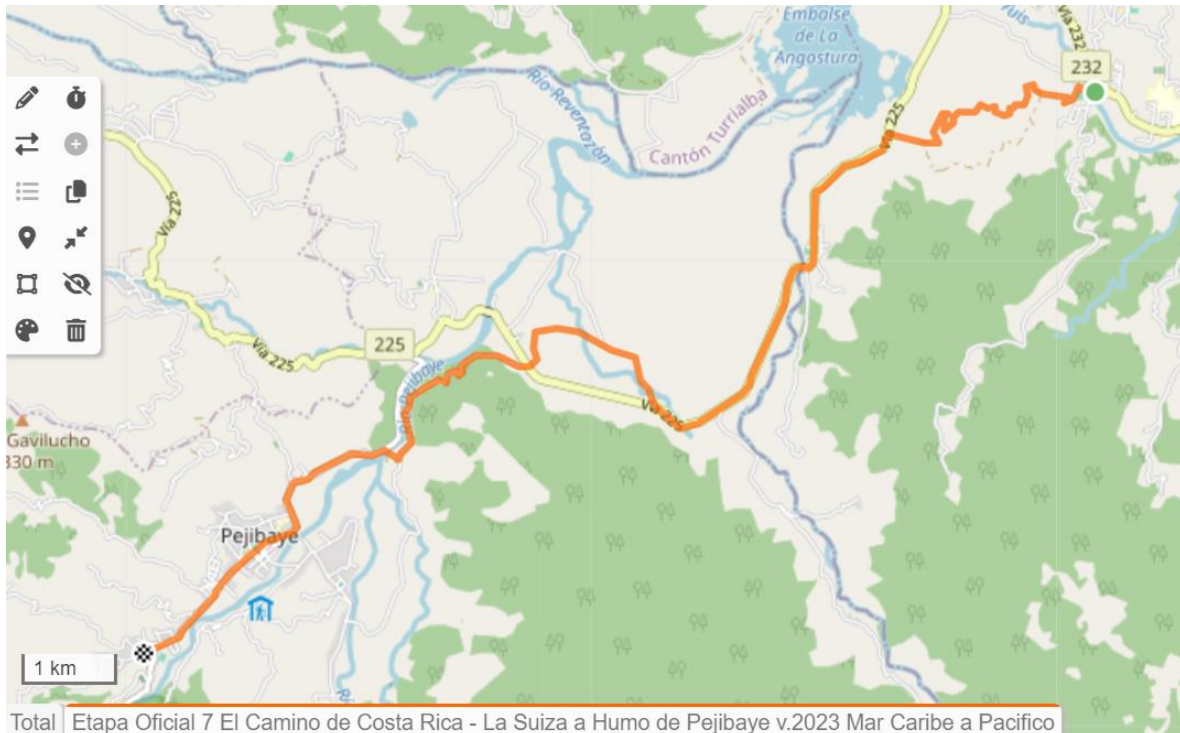
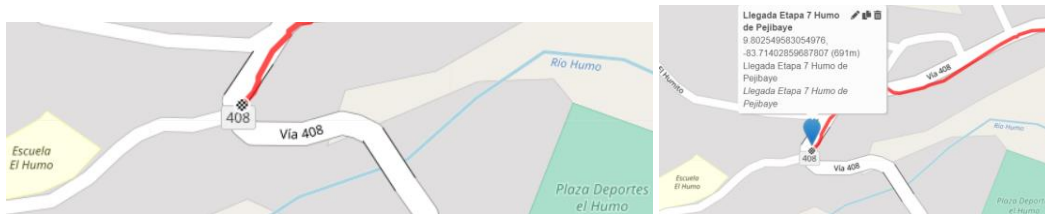
### Stage 7 – La Suiza a Humo de Pejibaye

<https://www.wikiloc.com/hiking-trails/etapa-oficial-7-el-camino-de-costa-rica-la-suiza-a-humo-de-pejibaye-v-2023-mar-caribe-a-pacifico-135570549>

Start



End



Total Etapa Oficial 7 El Camino de Costa Rica - La Suiza a Humo de Pejibaye v.2023 Mar Caribe a Pacifico

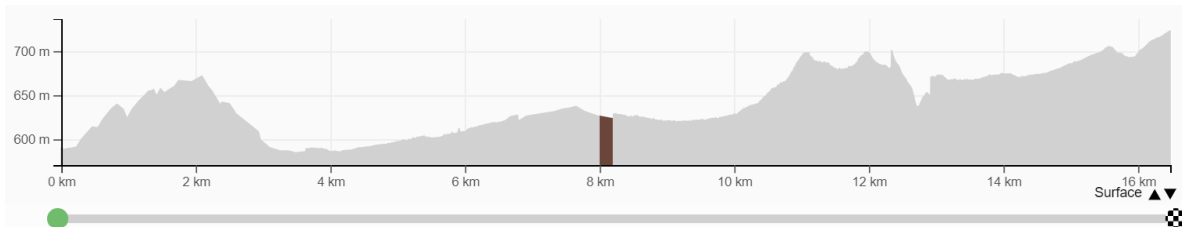
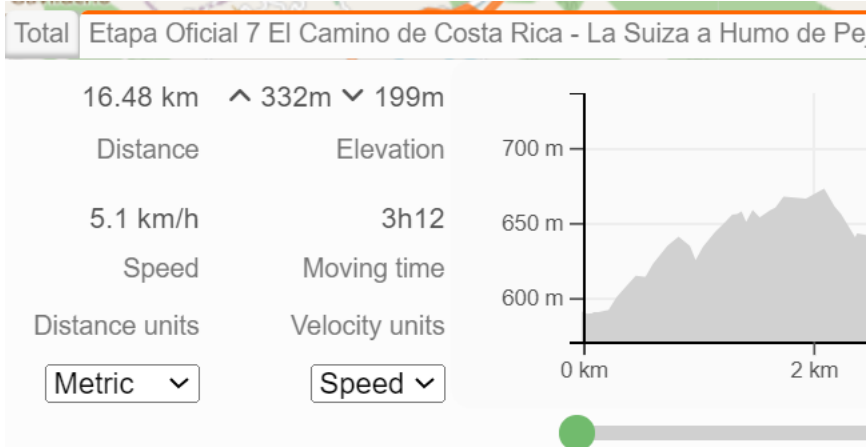
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

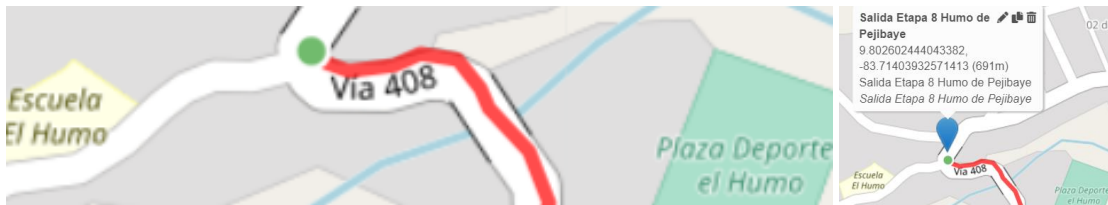
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

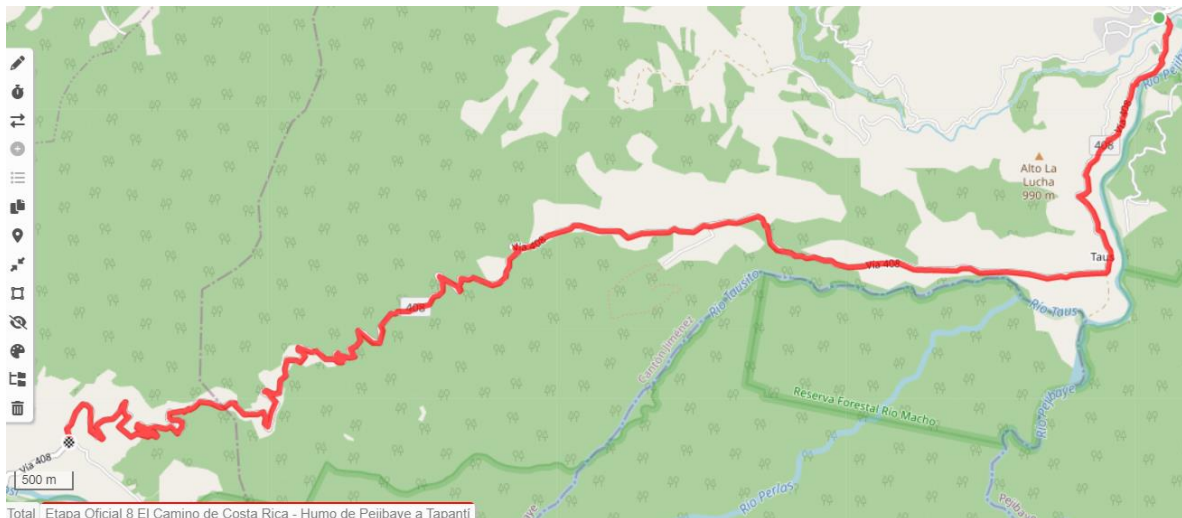
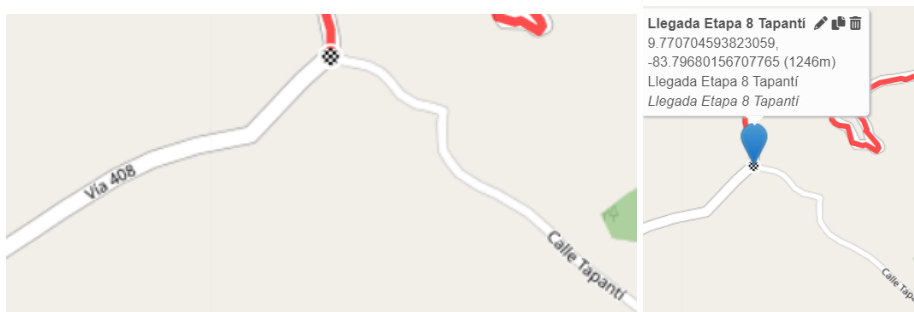
### Stage 8 – Humo de Pejibaye to Tapantí

<https://www.wikiloc.com/hiking-trails/etapa-oficial-8-el-camino-de-costa-rica-humo-de-pejibaye-a-tapanti-109086833>

Start



End



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

Total Etapa Oficial 8 El Camino de Costa Rica - Humo de Pejibaye a Tapanti

16.6 km

^ 986m v 463m

Distance

Elevation

4.2 km/h

3h57

Speed

Moving time

Total Etapa Oficial 8 El Camino de Costa Rica - Humo de Pejibaye a Tapanti

16.6 km

^ 986m v 463m

Distance

Elevation

4.2 km/h

3h57

Speed

Moving time

Distance units

Metric v

Velocity units

Speed v



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

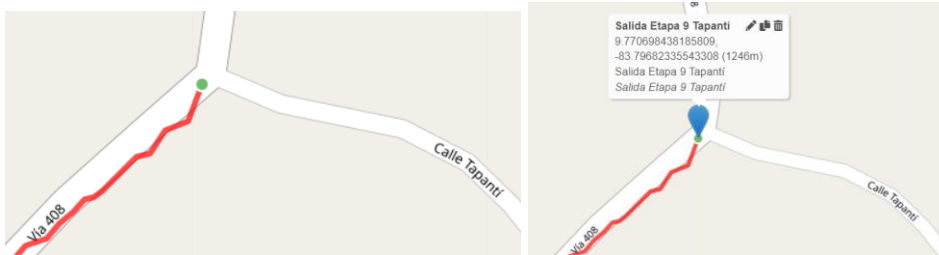
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 9 – Tapantí to Navarro del Muñeco

<https://www.wikiloc.com/hiking-trails/etapa-oficial-9-el-camino-de-costa-rica-tapanti-a-navarro-del-muneco-109086882>

Start



End



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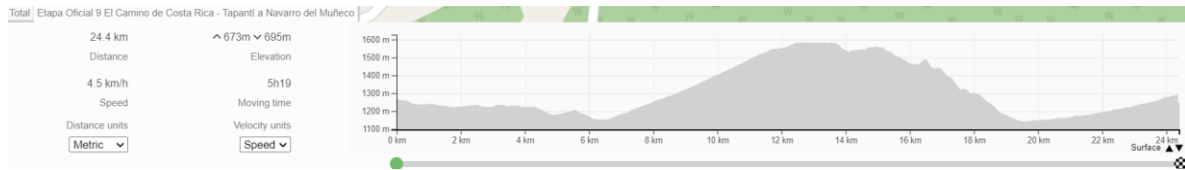
IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

Total	Etapa Oficial 9 El Camino de Costa Rica - Tapantí a Navarro del Muñeco	
24.4 km	^ 673m	v 695m
Distance	Elevation	
4.5 km/h	5h19	
Speed	Moving time	



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

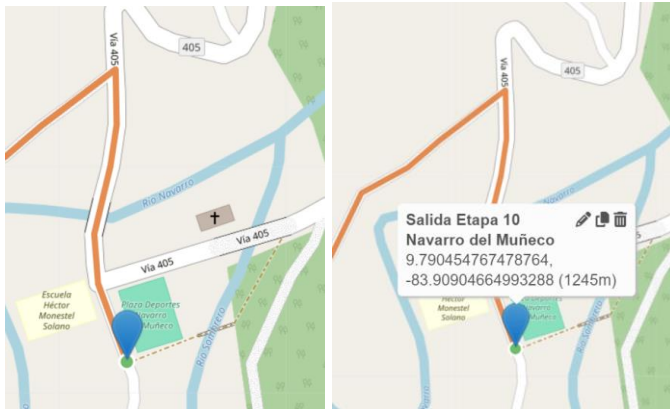
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

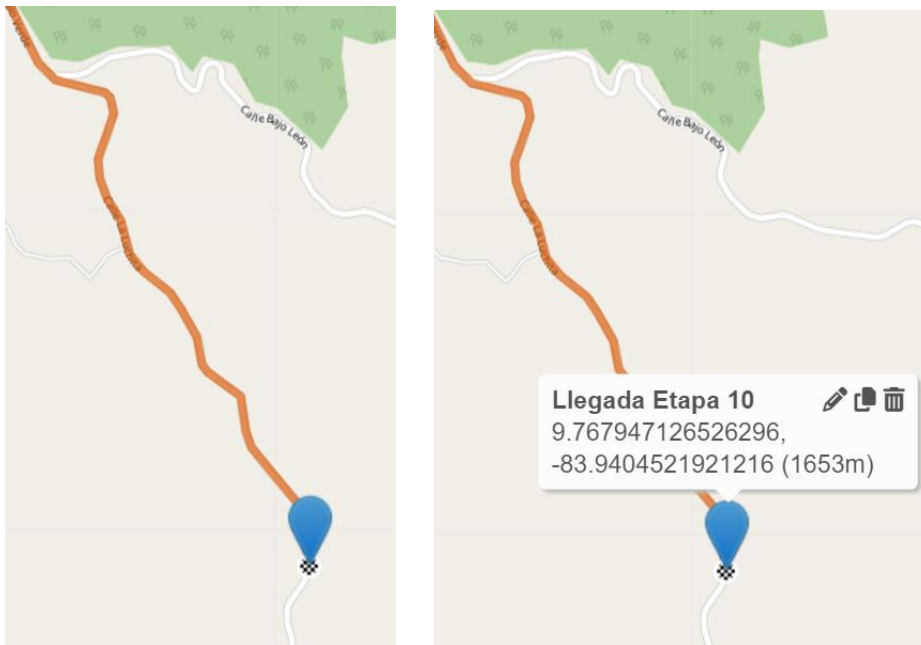
### Stage 10 – Navarro del Muñeco to Palo Verde

<https://www.wikiloc.com/hiking-trails/etapa-oficial-10-v424-el-camino-de-costa-rica-navarro-del-muneco-a-palo-verde-mar-caribe-a-pacifico-168974599>

Start



End:



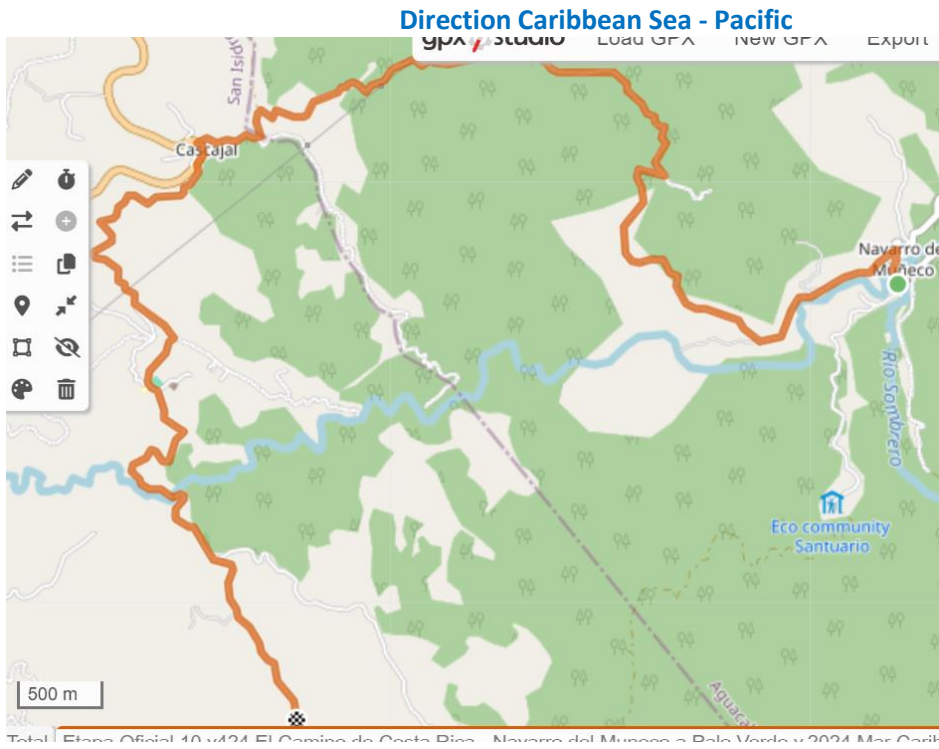
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

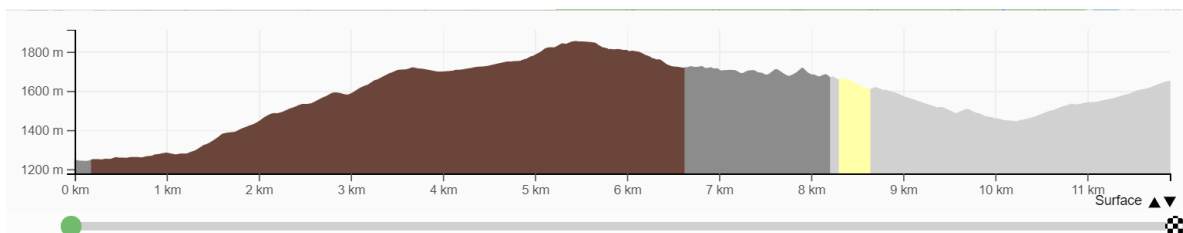


# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage



Total	Etapa Oficial 10 v424 El Camino de	
11.90 km	^ 867m	▼ 466m
Distance	Elevation	
6.0 km/h	1h59	
Speed	Moving time	
Distance units	Velocity units	
Metric ▼	Speed ▼	



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

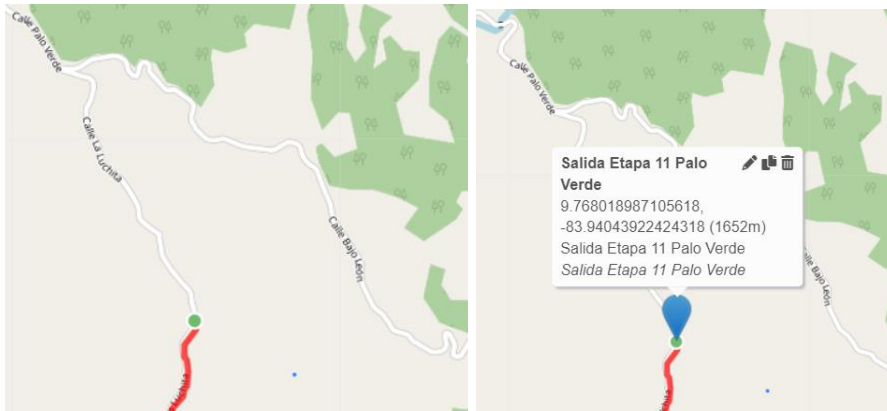
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

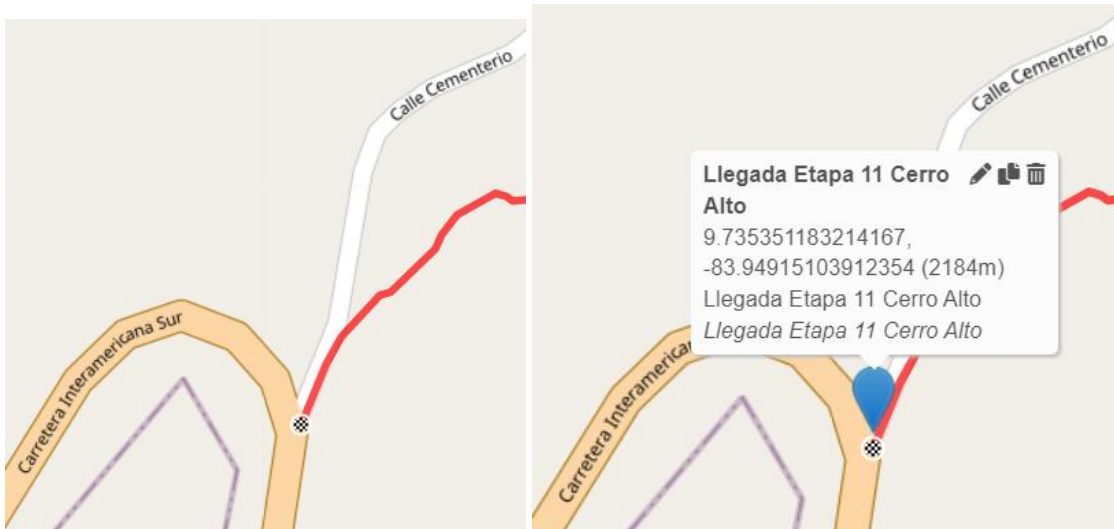
### Stage 11 – Palo Verde to Cerro Alto

<https://www.wikiloc.com/hiking-trails/etapa-oficial-11-el-camino-de-costa-rica-palo-verde-a-cerro-alto-109086973>

Start



End



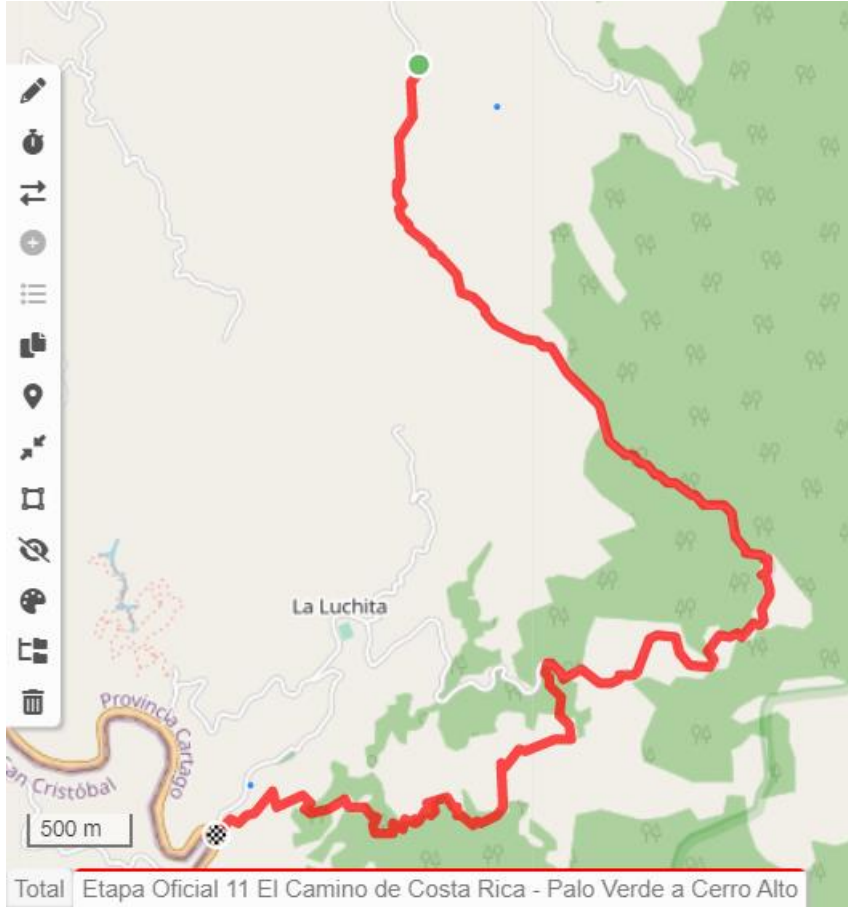
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

## El Camino de Costa Rica 2024

### Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 11 El Camino de Costa Rica - Palo Verde a Cerro Alto

8.9 km

Distance

^ 696m v 159m

Elevation

3.8 km/h

Speed

2h18

Moving time

Distance units

Metric v

Velocity units

Speed v

Total Etapa Oficial 11 El Camino de Costa Rica - Palo Verde a Cerro Alto

8.9 km

Distance

^ 696m v 159m

Elevation

3.8 km/h

Speed

2h18

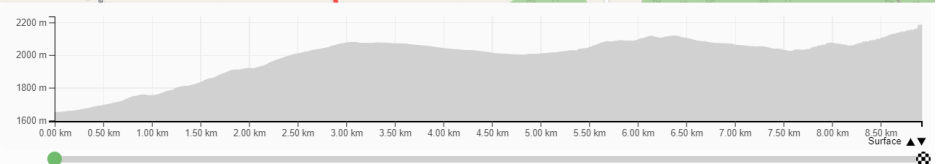
Moving time

Distance units

Metric v

Velocity units

Speed v



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

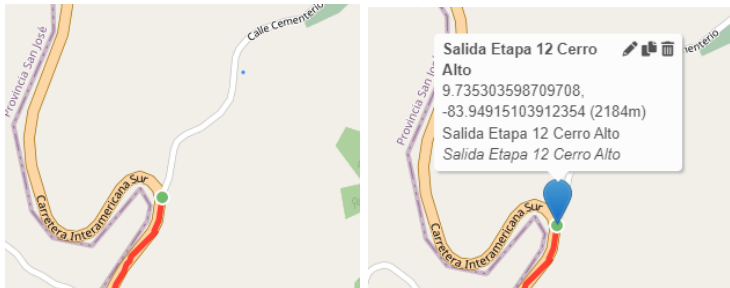
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 12 - Cerro Alto to San Pablo de León Cortés

<https://www.wikiloc.com/hiking-trails/etapa-oficial-12-el-camino-de-costa-rica-cerro-alto-a-san-pablo-de-leon-cortes-109087042>

Start



End



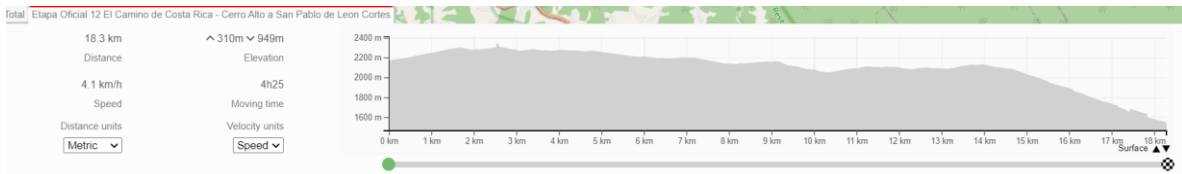
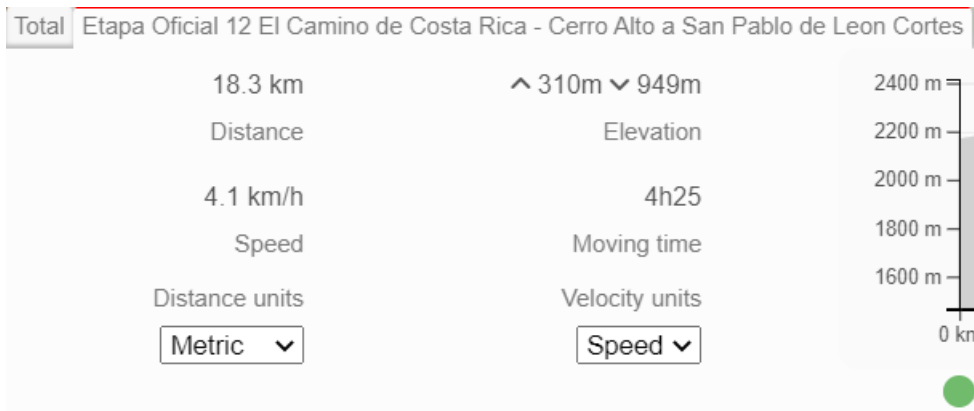
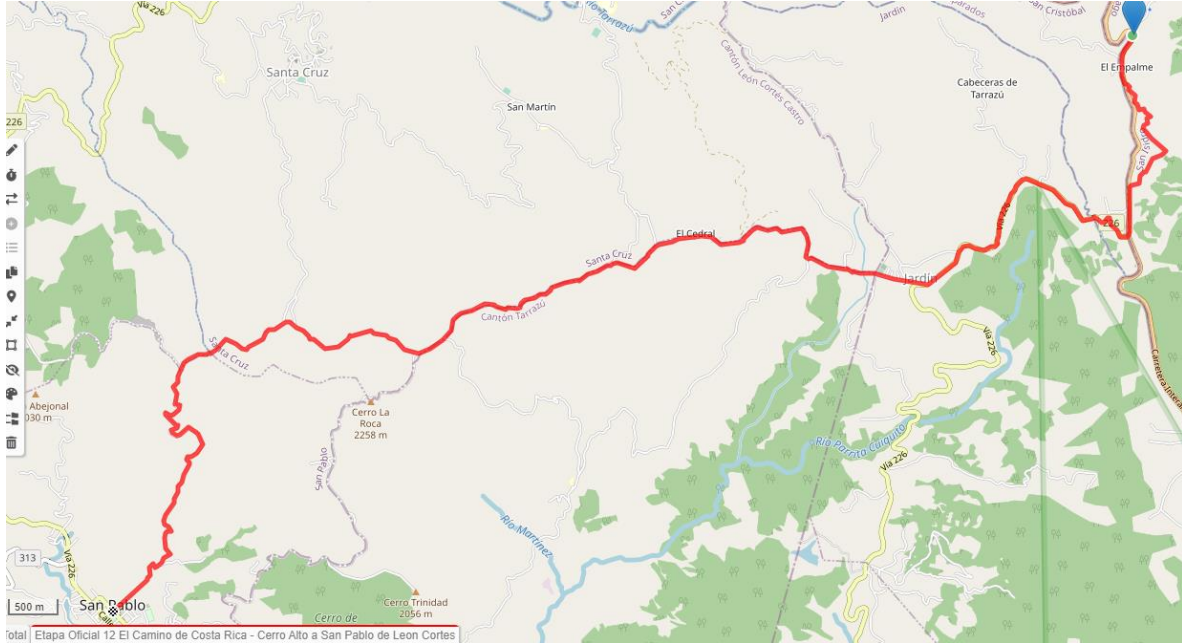
Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

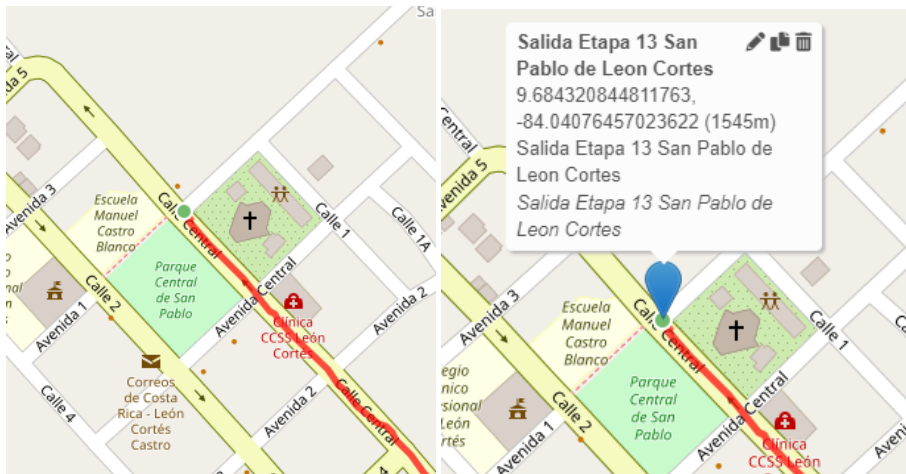
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

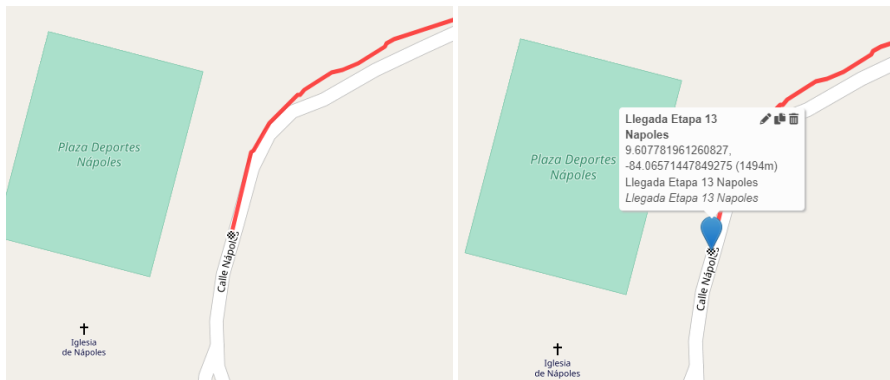
### Stage 13 – San Pablo de Leon Cortés to Napoles

<https://www.wikiloc.com/hiking-trails/etapa-oficial-13-el-camino-de-costa-rica-san-pablo-de-leon-cortes-a-napoles-109087094>

Start



End



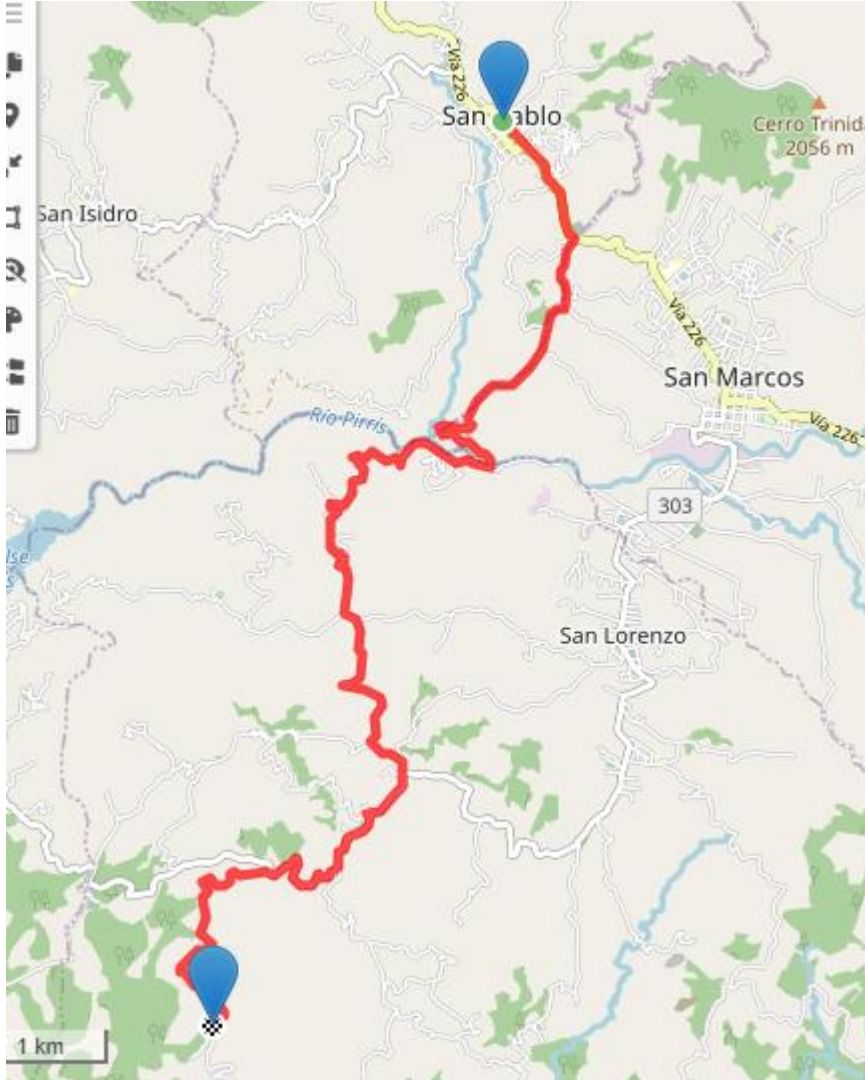
Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

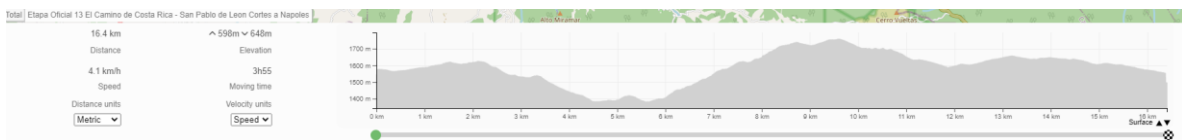
## El Camino de Costa Rica 2024

### Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 13 El Camino de Costa Rica - San Pablo de Leon Cortes a Napoles	
16.4 km	^ 598m v 648m
Distance	Elevation
4.1 km/h	3h55
Speed	Moving time



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

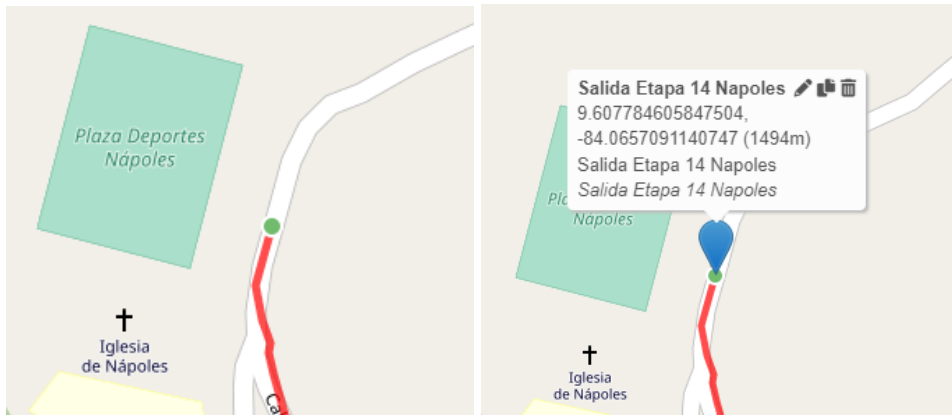
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

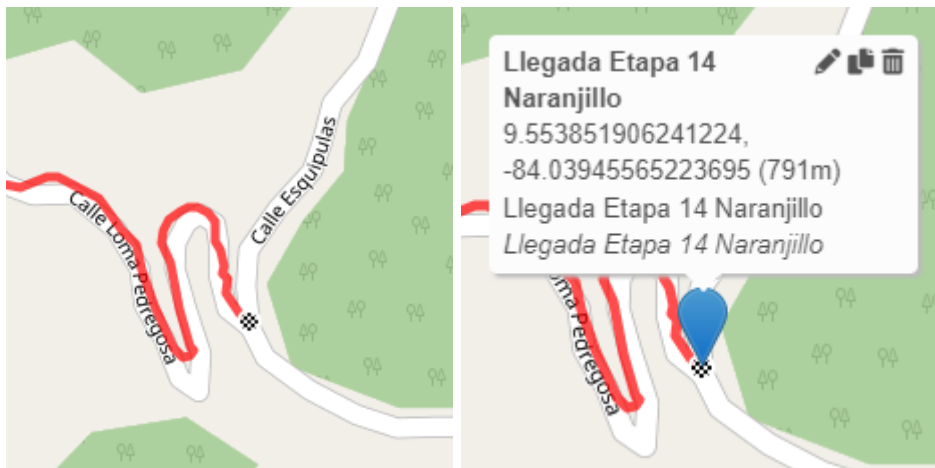
### **Stage 14 – Napoles to Naranjillo**

<https://www.wikiloc.com/hiking-trails/etapa-oficial-14-el-camino-de-costa-rica-napoles-a-naranjillo-109087121>

Start



End



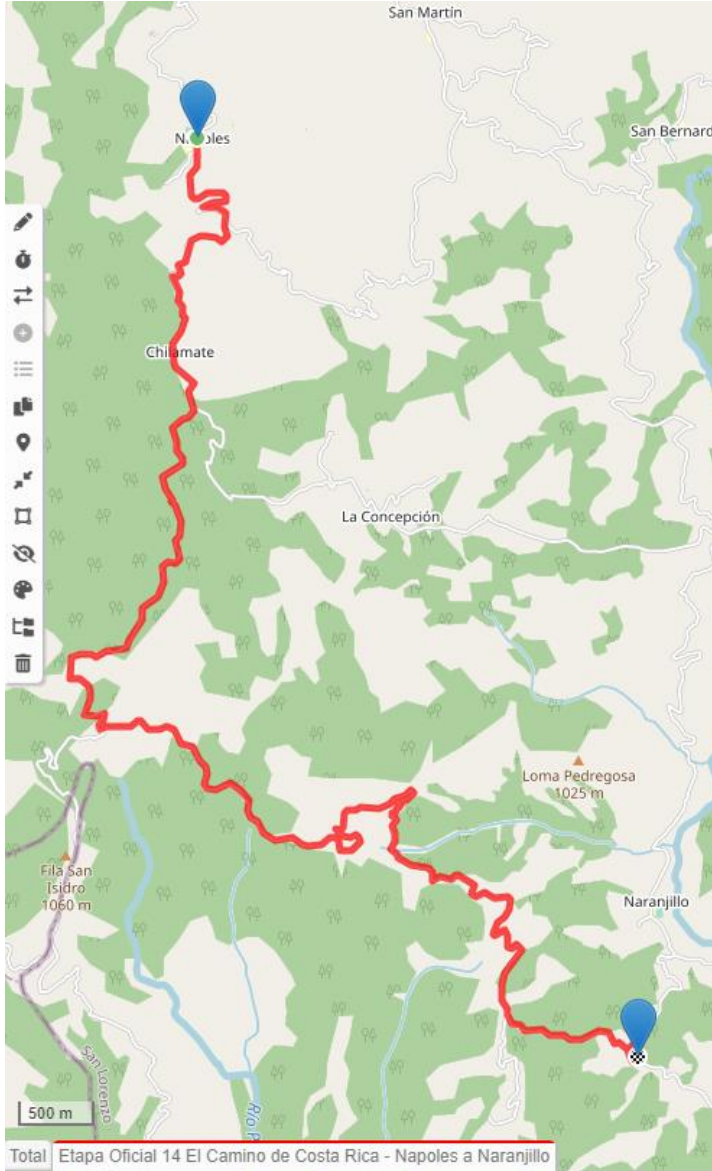
Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

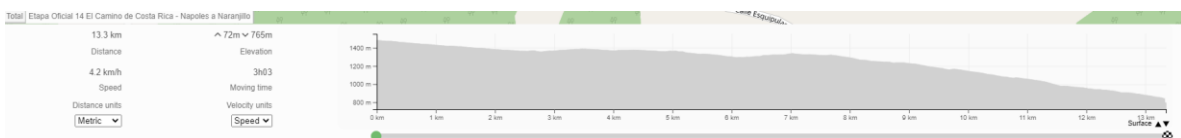
# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total Etapa Oficial 14 El Camino de Costa Rica - Napoles a Naranjillo	
13.3 km	^ 72m v 765m
Distance	Elevation
4.2 km/h	3h03
Speed	Moving time



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

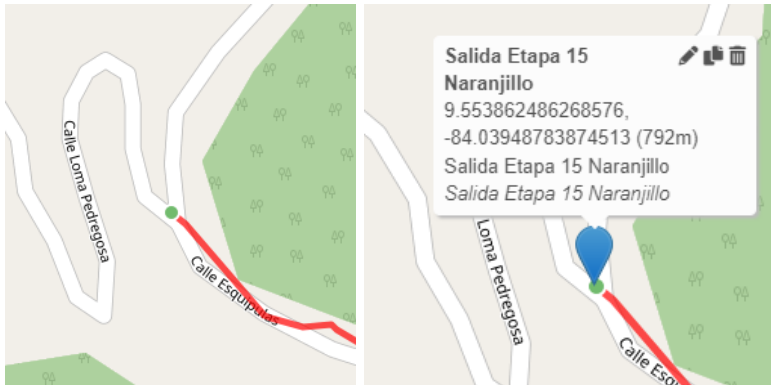
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

### Stage 15 – Naranjillo to Esquipulas

<https://www.wikiloc.com/hiking-trails/etapa-oficial-15-el-camino-de-costa-rica-naranjillo-a-esquipulas-109087211>

Start



End



Author: David Rodríguez Berrón

IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

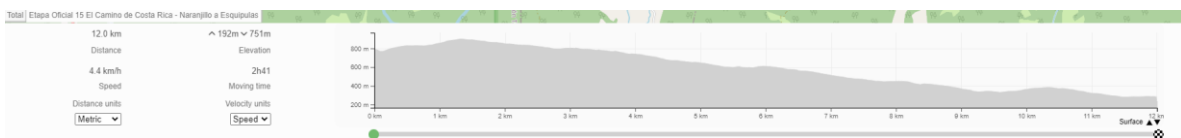
# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



Total	Etapa Oficial 15 El Camino de Costa Rica - Naranjillo a Esquipulas		
	12.0 km	^ 192m v 751m	
	Distance	Elevation	
	4.4 km/h	2h41	
	Speed	Moving time	



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

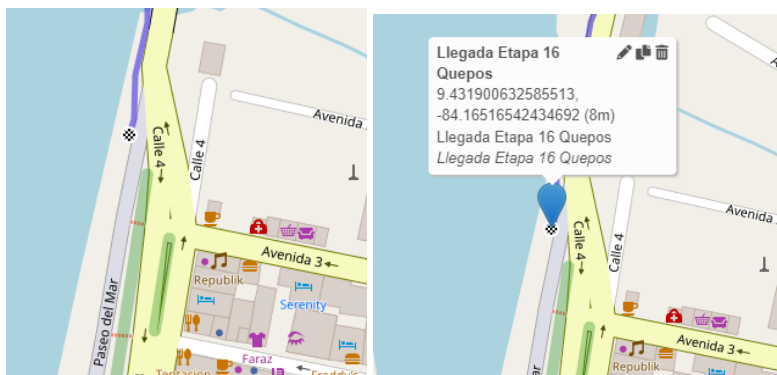
### Stage 16 – Esquipulas to Quepos

<https://www.wikiloc.com/hiking-trails/etapa-oficial-16-el-camino-de-costa-rica-esquipulas-a-quepos-109087259>

Start



End



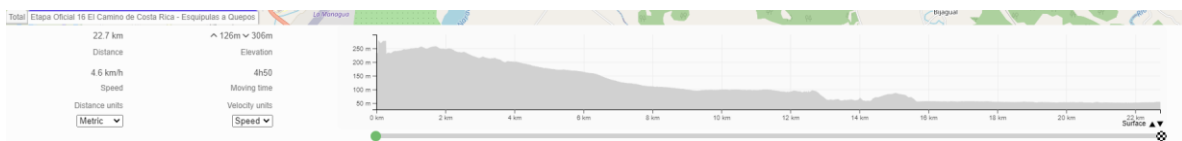
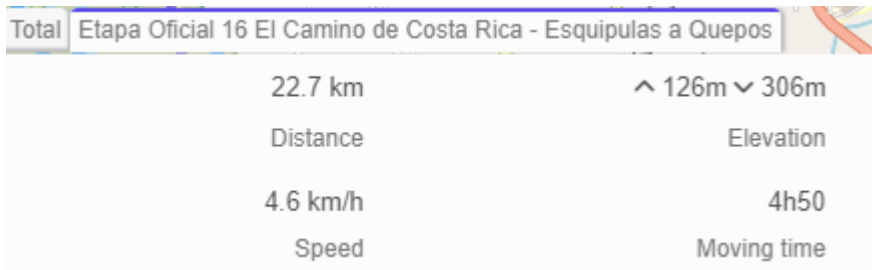
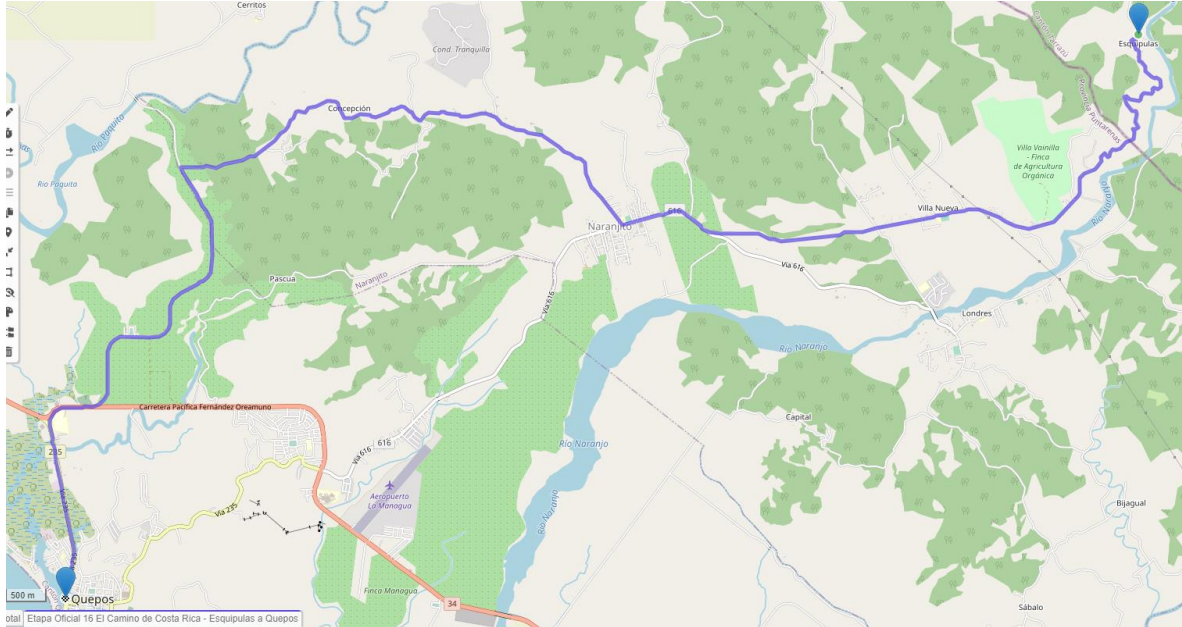
Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific



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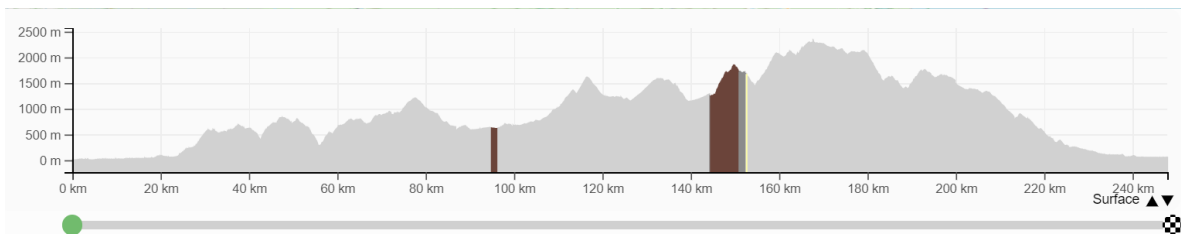
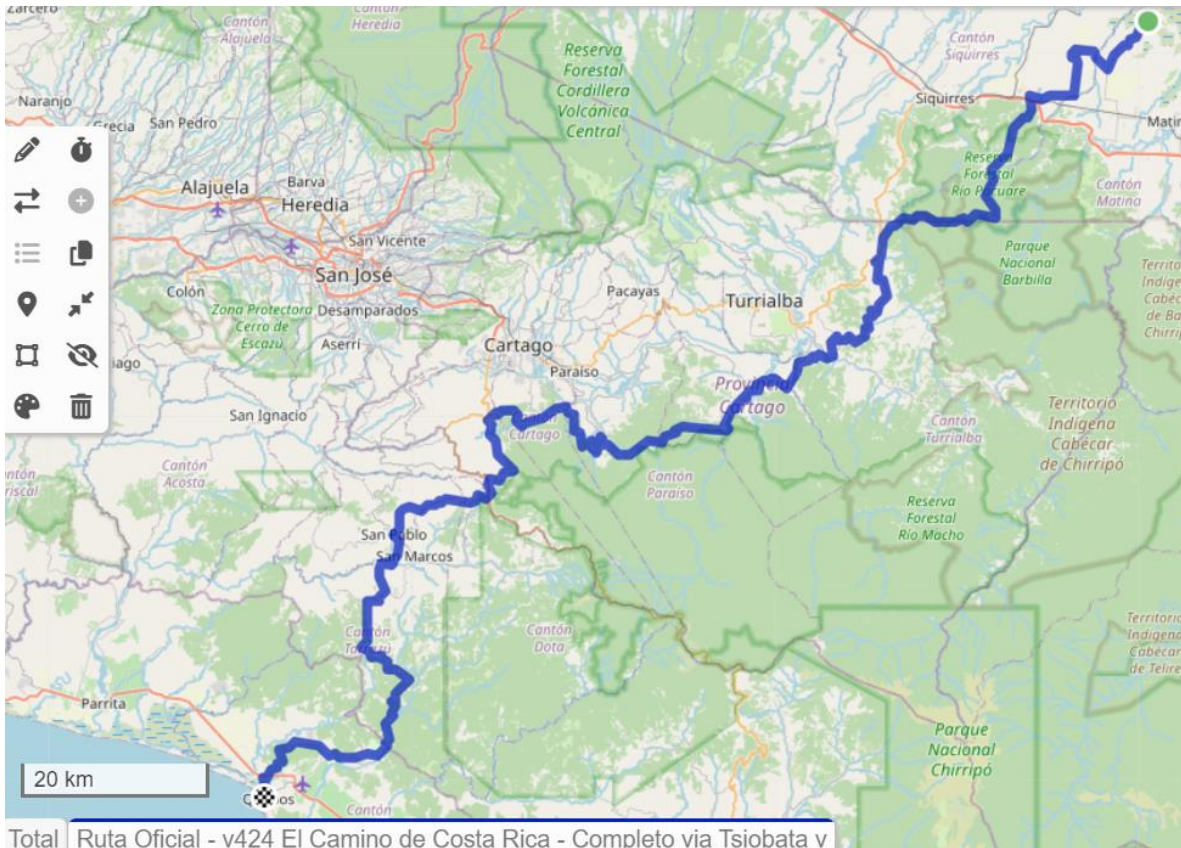
IG @davidaventurasr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

## TOTAL FROM MUELLE GOSHEN TO QUEPOS



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

# El Camino de Costa Rica 2024

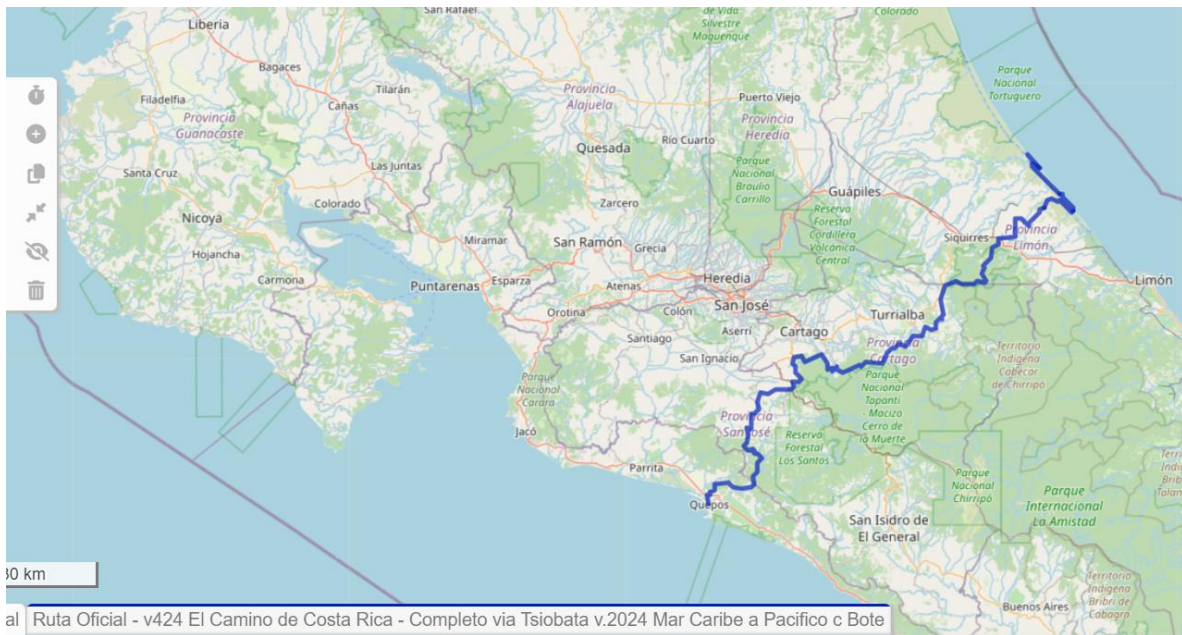
## Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

## TOTAL PARISMINA AND PACUARE SANDBANKS TO QUEPOS

<https://www.wikiloc.com/hiking-trails/ruta-oficial-completa-el-camino-de-costa-rica-via-tsiobata-mar-caribe-a-pacifico-c-bote-v-424-169266364>

**Note:** The map shows everything continuous including the boat navigation sections. Boat sections are around 28 km



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com



## El Camino de Costa Rica 2024

### Altimetry, Start, Route and End of Stage

Direction Caribbean Sea - Pacific

In this next map you can see the land sections of the 2 sandbanks, upper is Parismina and Lower is Pacuare



Total	Ruta Oficial - v424 El Camino de C	
288.99 km	^ 7741m	▼ 7711m
Distance	Elevation	
6.0 km/h	47h43	



Author: David Rodríguez Berrón

IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com

## **El Camino de Costa Rica 2024**

### **Altimetry, Start, Route and End of Stage**

**Direction Caribbean Sea - Pacific**

**Author: David Rodríguez Berrón**

**IG @davidaventurascr FB: David Rodriguez B. whatsapp +50683762532 dberron@hotmail.com**