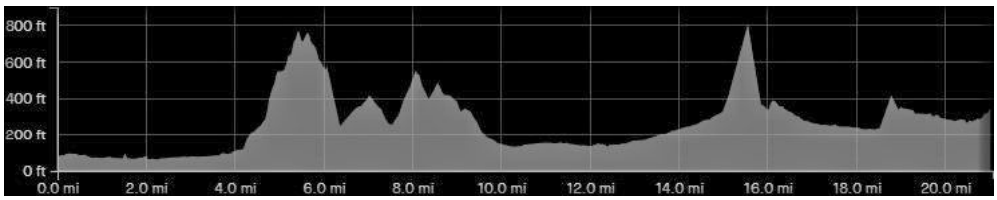
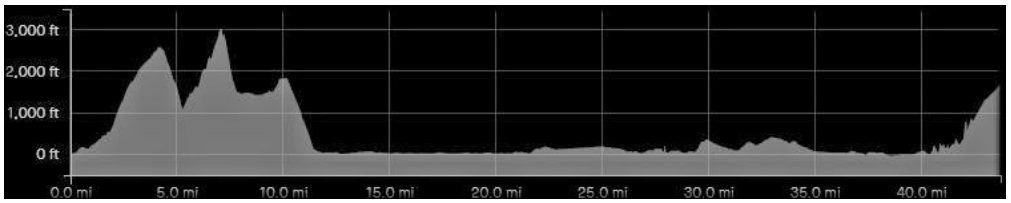
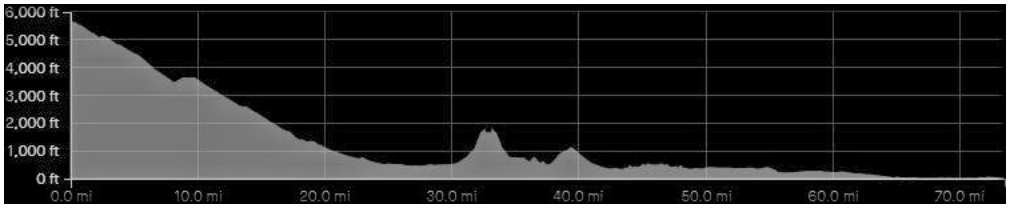
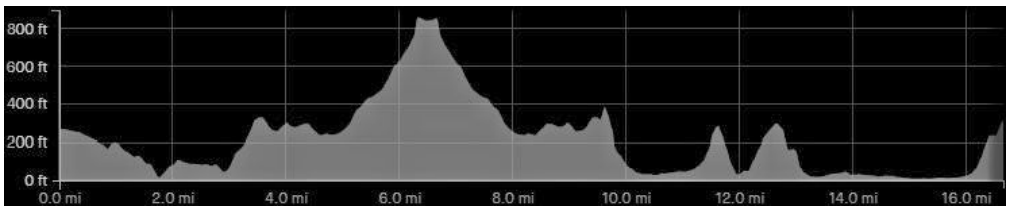
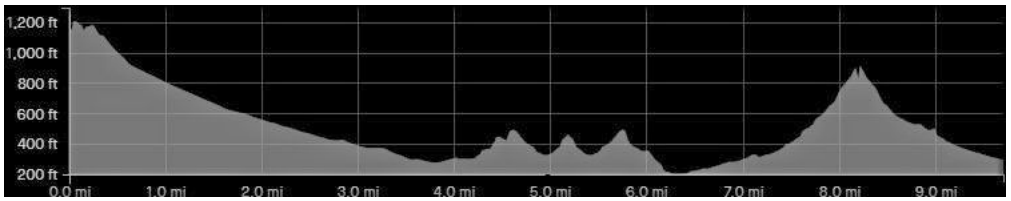
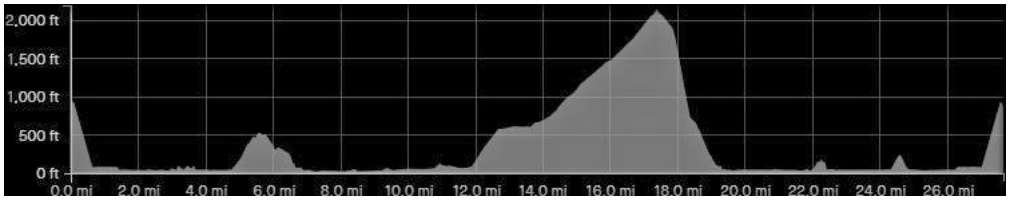
The first thing to notice is the location, Puerto Rico. There is a famous observatory, the Arecibo observatory, which sent a famous message, the Arecibo Message, in 1974. The message is similar in content to the Arecibo message, and if you divide the track length (52 m 41.863 s) by the pulse length (1.74) you get ~1817, a semiprime number whose factors are 79 and 23. Graphing this message like the Arecibo message in a 79x23 Grid gives you the following:

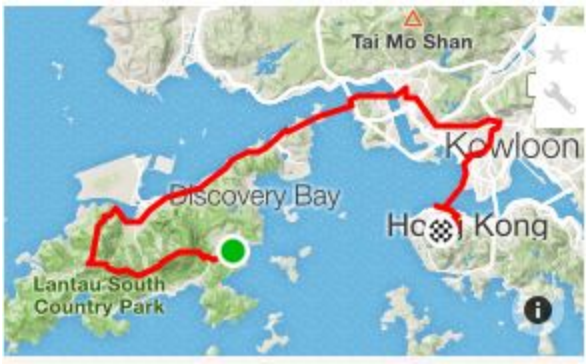
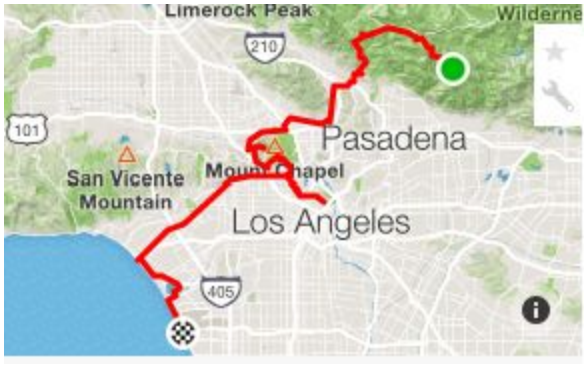
The left column is morse and gives spectrograt, which is close to spectrogram just missing a dash (This one dash would've added 3 minutes). This clues you to do a spectrogram on each of the six unique sounds. Audacity is generally the easiest software for sound analysis. Doing so gives the following images for each city.

Kyoto	
Hong Kong	
Los Angeles	
San Francisco	
Athens	
Rio	

The actual spectrograms are a bit hazier. I used grayscale and a different range to help sharpen them.

These are the elevation maps for a particular cycling route in the corresponding city. Beneath the city name in the graph are numbers which have been encoded according to the rules from the original Arecibo Message. These numbers correspond to ten times the mile marking of a significant landmark. For example, the number 330 below LA corresponds to the Hollywood sign at 33.0 miles. Combining these landmark location with the elevation map help

create the points on the map for a route. If you create this route on Strava or any other software you get the following.

Kyoto	
Hong Kong	
Los Angeles	

San Francisco	
Athens	
Rio	

Which gives you scenda, an Italian word. Anagramming, you get the appropriate answer ASCEND