



La volta
ciclista de
previo a la
Navidad de
Tiquicia

The Roadbook



Content

- ▶ Page 3: Costa Rica - a Country made for cycling
- ▶ Page 4: Rules/Classifications
- ▶ Page 5: Points Distribution
- ▶ Page 6: KOM Distribution
- ▶ Page 7: Bonus Seconds
- ▶ Page 8: Calendar
- ▶ Page 9: Facts
- ▶ Page 10-48: Stages
- ▶ Page 49: Final statement



Costa Rica - a Country made for cycling



- ▶ Costa Rica's history began with indigenous cultures before Spanish colonization in the 16th century. As a remote and rural part of the Spanish empire, it developed small, hardworking communities with a strong sense of independence. After declaring independence from Spain in 1821, Costa Rica became one of Latin America's most stable democracies. In 1948, it abolished its army, choosing instead to invest in education, healthcare, and peace—a decision that shaped its modern identity.
- ▶ Today, Costa Rica is home to about 5 million people and is recognized as a global leader in sustainability. More than 25% of its territory is protected as national parks and reserves, and nearly all of its electricity comes from renewable sources. With universal healthcare, high literacy rates, and thriving ecotourism, the country is admired for combining progress with environmental stewardship. Cycling has also become a national passion: the Vuelta a Costa Rica and countless local races showcase the country's resilience and love for the outdoors.
- ▶ Nowadays Costa Rica is called Tiquicia by people living there, coming from the names „Tico“ (Costa Rican man) and „Tica“ (Costa Rican woman), which they also gave themselves.
- ▶ The Volta de Tiquicia tries to bring its history, Costa Rica nowadays, nature, and cycling together.



Rules / Classifications



- ▶ Per stage there will be 2/3/4 IS (2 at mountain, 3 at hilly and 4 at flat stages)
- ▶ There won't be any IS or KOM during the TT. The last stage will also host no kom, so normally the fight is decided after stage 12.
- ▶ The KOM are categorised based on the decision of the designer. At a harder stage, a climb can be classified a lower category than at an easier stage
- ▶ There will be a total of 4 flat, 4 hilly and 4 mountain stages
- ▶ The classifications will be the normal ones of c4f:
- ▶ GC (the Rider with the lowest time)
- ▶ Points (the Rider with the most points)
- ▶ KOM (the Rider with the most KOM points)
- ▶ Youth GC (the <25 Rider with the lowest time)

Points Distribution



- ▶ The Points Distribution will obviously be the same as the normal c4f tours have:

Place	IS	Flat	Hilly	Mountain	ITT
1	6	30	20	15	10
2	4	25	16	12	8
3	2	21	13	10	7
4		18	12	9	6
5		16	11	8	5
6		15	10	7	4
7		14	9	6	3
8		13	8	5	2
9		12	7	4	1
10		11	6	3	
11		10	5	2	
12		9	4	1	
13		8	3		
14		7	2		
15		6	1		
16		5			
17		4			
18		3			
19		2			
20		1			

KOM Distribution



- The KOM Distribution will obviously be the same as the normal c4f tours have:

Place	HC	1	2	3	4
1	20	15	10	5	3
2	15	10	6	3	2
3	10	6	4	1	1
4	6	4	2		
5	4	2	1		
6	2				

Bonus Seconds

- ▶ The Bonus Seconds Distribution will obviously be the same as the normal c4f Tours have:

Place	Stages except ITT	IS
1	10	3
2	6	2
3	4	1



Calender

Stage	1	2	3	4	5	6	7	8	9	10	11	12	13	
Name	La Cruz - Playa Flamingo	Tamarindo - Jiracal	Isla Venado ITT	Puntarenas - Uvita	Paso Canoas - Rancho Quemada	Conte - Fila Tigre	Cahuita - Tapanti	Estabon - Rancho Tinamu	Cervantes - Col Jesus Maria	Guapiles - Guapiles	Quesada - Finca Margarita	Puerto Viejo - San José	San José - San José	
Length	163	179	21	195	189	160	197	189	195	177	133	167	159	
Classification	Flat	Flat	ITT	Flat	Hilly	Mountain	Hilly	Mountain	Mountain	Hilly	Mountain	Hilly	Flat	
Min tact	154	160	1	186	180	150	186	177	168	168	113	158	150	
Hm	410	1290	180	970	2630	3500	3140	4940	3490	870	3550	3360	780	
Day	1st of December	2nd of december	3rd of December	4th of December	5th of December	6th of December	7th of December	8th of December	9th of December	10th of December	11th of December	12th of december	13th of December	14th of December



Facts

- ▶ The tour has a total of:
- ▶ 2.131 km
- ▶ 29.110 hm
- ▶ 36 IS
- ▶ It lies 100% in Costa Rica
- ▶ 2.103 km of the Tour are on the Costa Rican mainland, the other 28 km are on Isla Venado, a coast near island, where the ITT gets hosted
- ▶ The steepest km is at stage 6 the km 68 with 15%
- ▶ The full name translates into Tiquicia's pre-Christmas cycling tour
- ▶ It will be ridden with 9 riders per team



Stage 1: La Cruz - Playa Flamingo



- ▶ Flat
- ▶ 163 km long, Mintact: 154km
- ▶ 410 hm
- ▶ 4 IS
- ▶ 1 KOM: {4}
- ▶ Last km: 0%
- ▶ Hm after that stage: 1,41% (410/29.110)
- ▶ Km done after that stage: 7,67% (163/2124)
- ▶ We Start with a very flat stage in the north west of Costa Rica, nothing interesting, something for sprinters. The polka dot jersey wearer will be decided at the easy 4th category mountain of the stage. (3km, 1%)

Intermediates

IS

- ▶ Pélon, km 33: -2%



- ▶ Filadelfia, km 93: 0%



- ▶ Santa Cruz, km 116: 1%



- ▶ Villareal, km 147: -1%



KOM

- ▶ Cat. 4: Guadalupe, km 56: 3km, 1%



Towns of the day



La Cruz

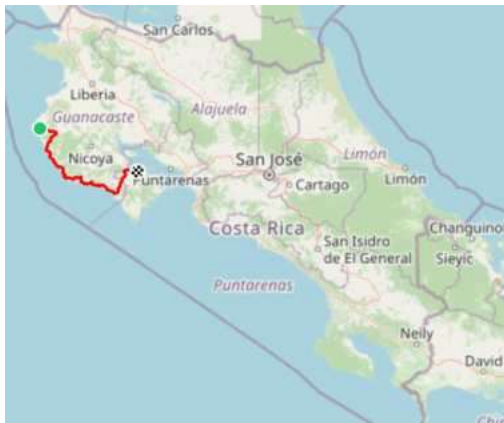
- ▶ La Cruz, in northwestern Guanacaste near the Nicaraguan border, is a quiet gateway to beaches like Playa Rajada and the wild beauty of Santa Rosa National Park. Popular with adventure travelers, it's also a great base for cycling, with scenic coastal roads and rolling hills that showcase both ocean views and rural landscapes. Ideal for those seeking off-the-beaten-path tourism, La Cruz blends nature, culture, and outdoor adventure.

Playa Flamingo

- ▶ Playa Flamingo, on Costa Rica's Gold Coast in Guanacaste, is famous for its white-sand beach, turquoise waters, and luxury resorts. A hotspot for sailing, diving, and sport fishing, it also attracts cyclists who enjoy rides along the scenic coastal roads linking nearby beaches and hills. Combining upscale tourism with outdoor adventure, Playa Flamingo is perfect for travelers seeking both relaxation and activity.



Stage 2: Tamarindo - Jiracal



- ▶ Flat
- ▶ 179 km long, Mintact: 160km
- ▶ 1290 hm
- ▶ 4 IS
- ▶ 2 KOM: {3;4}
- ▶ Last km: 1%
- ▶ Hm after that stage: 5,84% (1700/29.110)
- ▶ Km done after that stage: 16,1% (342/2124)
- ▶ Another flat stage in North West Costa Rica. Today we visit the Nicoya Peninsula. Other than yesterday, there are some Sieb kms (last one 19km before finish (9%)) to narrow down the peleton. There are two koms. A cat. 4 (1 km 10%) and a cat 3. (1 km 9%), which is categorised higher, because it has a 4km 2/3% lead up.

Intermediates



IS

▶ 27 de Abril, km 19: 0%



▶ Marbella, km 45: -4%



▶ Barco Quebrado, km 87: -1%



▶ San Francisco, km 142: 1%



KOM

▶ Cat. 4: Mirado, km 119: 1km, 10%



▶ Cat. 3 Corea, km 161: 1 km, 9%



Towns of the day



Tamarindo

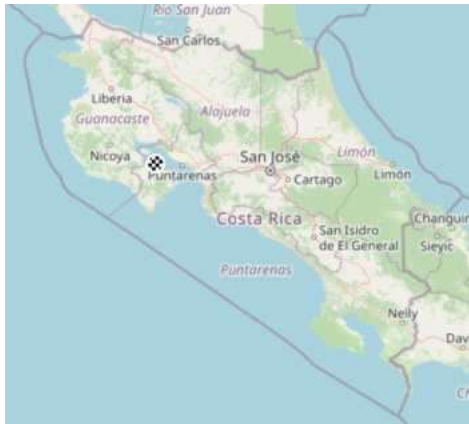
- ▶ Tamarindo, one of Guanacaste's most vibrant beach towns, is known for its lively surf scene, bustling nightlife, and wide range of dining and lodging. Beyond the waves, cyclists enjoy exploring the coastal roads and nearby trails that connect beaches and rural landscapes. With its mix of energy, adventure, and relaxation, Tamarindo is a top destination for travelers seeking both fun and active escapes.

Jiracal

- ▶ Jiracal, on Costa Rica's Pacific coast, is a tranquil destination known for its unspoiled beaches and natural beauty. Perfect for low-key tourism, it offers peaceful escapes, wildlife encounters, and scenic cycling routes along the shoreline and rolling hills. A hidden gem, Jiracal blends coastal charm with outdoor adventure.



Stage 3: Isla Venado Circuit ITT



- ▶ ITT
- ▶ 28 km long, Mintact: 1km
- ▶ 180 hm
- ▶ 0 IS
- ▶ 0 KOM: {}
- ▶ Last km: 0%
- ▶ Hm after that stage: 6,46% (1880/29.110)
- ▶ Km done after that stage: 17,1% (363/2124)
- ▶ The ITT of the Volta de Tiquicia lies on an island (Isla Nevada). We will see a 7km circuit 4 times over the panorama street around the whole island. There are no KOMs.

Intermediates

IS

▶ None

KOM

▶ None

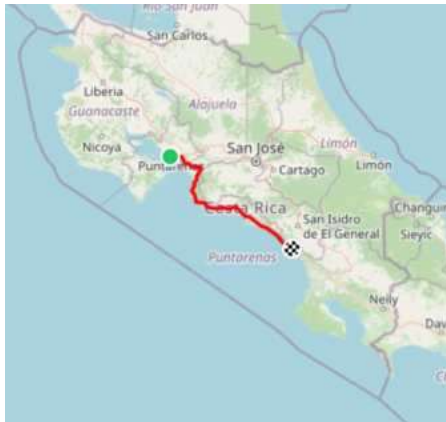


Town of the day

- ▶ Isla Venado, set in the Gulf of Nicoya, is a small island community known for its fishing traditions and calm, scenic beaches. Visitors come for authentic cultural tourism, boat tours, and relaxed coastal life. Cycling around the island's quiet roads is a great way to explore its villages and natural surroundings at an easy pace.



Stage 4: Puntarenas - Uvita



- ▶ Flat
- ▶ 195 km long, Mintact: 186km
- ▶ 970 hm
- ▶ 4 IS
- ▶ 2 KOM: {3;4}
- ▶ Last km: 1%
- ▶ Hm after that stage: 9,79% (2850/29.110)
- ▶ Km done after that stage: 26,3% (558/2124)
- ▶ Another flat stage, which is now in Middle West Costa Rica and not in the north west of the country anymore. The stage pretty much covers the whole west coast of middle Costa Rica. The end is flat. At the start of the race, there are two koms, one of these a *** category 3 mountain.

Intermediates



IS

► Jacó, km 72: 0%



► Loma, km 106: 0%



► Quepos, km 136: 0%



► Savegre, km 163: 0%



KOM

► Cat. 4: Cabadilla, km 30: 7km, 1,6%



► Cat. 3 Villa Caletas, km 62: 3 km, 6,7% ***



Towns of the day

Puntarenas

- ▶ Puntarenas, stretching along the Pacific coast, is a lively port city and gateway to many islands and beaches in the Gulf of Nicoya. Known for its seaside promenade, fresh seafood, and ferry connections, it also offers cycling routes that follow the shoreline and connect to nearby coastal towns. Blending culture, history, and ocean views, Puntarenas is a classic stop for exploring Costa Rica's Pacific coast.

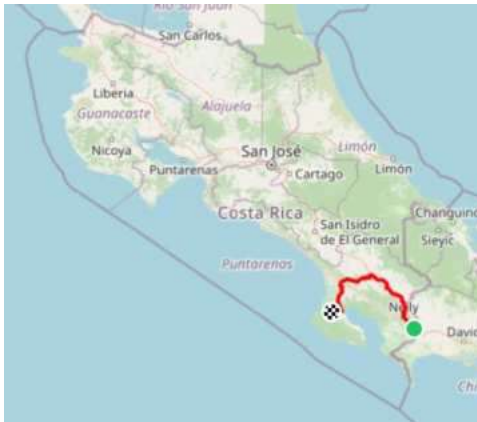


Uvita

- ▶ Uvita, on Costa Rica's southern Pacific coast, is famous for Marino Ballena National Park and its whale-tail shaped beach. It's a hub for eco-tourism, with whale watching, waterfalls, and lush rainforest trails. Cyclists enjoy the coastal and mountain routes that reveal both ocean panoramas and tropical landscapes. Uvita is ideal for travelers seeking nature, adventure, and relaxation in one place.



Stage 5: Paso Canoas - Rancho Quemada



- ▶ Hilly
- ▶ 189 km long, Mintact: 180km
- ▶ 2630 hm
- ▶ 3 IS
- ▶ 4 KOM: {1;3;3;4}
- ▶ Last km: -6%
- ▶ Hm after that stage: 18,8% (5480/29.110)
- ▶ Km done after that stage: 35,2% (747/2124)
- ▶ Stage number 5 brings us to the southwest of Costa Rica. There we will see the first hilly stage and the first category 1 mountain, Short before the end we have a 2km, 9,5% mountain, which will be followed by a 1 and the final -6. Even though, This decision was criticized a lot. The designers didn't change the end. Apart from that the end is flat and the start mountainous.

Intermediates



IS

- ▶ Coloradito, km 10: -1%



- ▶ Curré, km 106: -2%



- ▶ Palma, km 134: 0%



KOM

- ▶ Cat 1: Campo Tres, km 31: 11km, 9%



- ▶ Cat 4: Las Cruces, km 44: 3 km, 4,3%



- ▶ Cat 3: Potreio, km 156: 6 km, 4,7%



- ▶ Cat 3: Don Eloy, km 187: 2km, 9,5%



Towns of the day



Paso Canoas

- ▶ Paso Canoas, on Costa Rica's southern border with Panama, is best known as a bustling shopping town where travelers cross between the two countries. While not a beach spot, it offers cultural tourism with its lively markets and mix of influences. Cyclists often pass through on long-distance routes, using Paso Canoas as a gateway to explore both Costa Rica's southern Pacific and Panama's Chiriquí region.

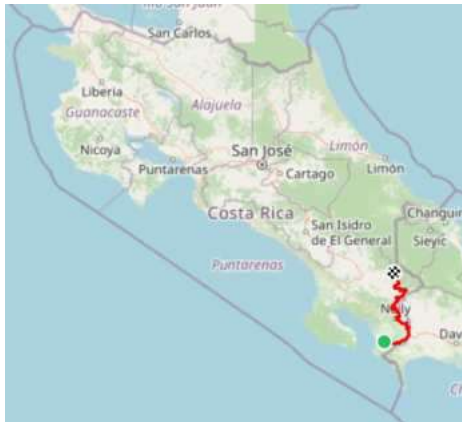


Rancho Quemada

- ▶ Rancho Quemada, a rural community on the Osa Peninsula, is a model for community-based eco-tourism. Visitors can experience local culture through guided hikes, gold-mining history tours, and traditional cooking. For cyclists, the challenging routes through rainforest hills and rivers offer a true off-the-beaten-path adventure. Rancho Quemada is perfect for travelers seeking authentic connections with nature and community life.



Stage 6: Conte - Fila Tigre



- ▶ Mountain
- ▶ 160 km long, Mintact: 150 km
- ▶ 3500 hm
- ▶ 2 IS
- ▶ 4 KOM: {1;2;2;4}
- ▶ Last km: 8%
- ▶ Hm after that stage: 30,8% (8980/29.110)
- ▶ Km done after that stage: 42,7% (907/2124)
- ▶ The first mountain stage of the tour. We have 2 KOMs which are categorised as 2, with one of them being the final climb and a 1, which is the hardest climb of the stage, the last climb is pretty steep and starts around 10km before the finish

Intermediates



IS

- ▶ La Cuesta, km 27: 1%



- ▶ Poma, km 133: -4%



KOM (excl. final cat. 2)

- ▶ Cat. 4: San Antonio, km 56: 2km, 7,5%



- ▶ Cat. 1: Italcancori, km 73: 11km, 9,4%



- ▶ Cat. 2 Agua Buena, km 85: 7km, 6,1%



Towns of the day

Conte

- ▶ Conte, in Costa Rica's southern Pacific region near the Osa Peninsula, is a quiet rural area surrounded by forests, rivers, and farmland. Known for its traditional way of life and proximity to natural reserves, it offers visitors an authentic countryside experience. Cycling through Conte's backroads is a great way to explore its landscapes and connect with local culture off the tourist trail.

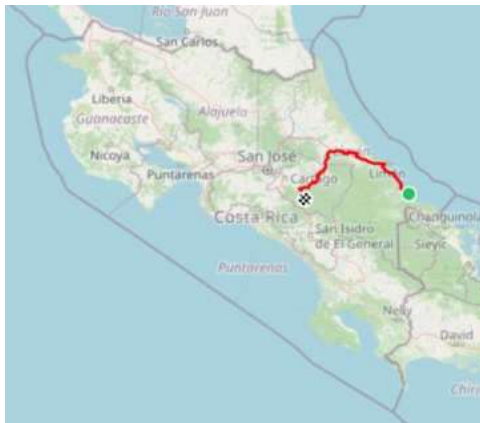


Fila Tigre

- ▶ Fila Tigre, in Costa Rica's southern Pacific zone, is a small mountain community surrounded by rainforest and rich biodiversity. It's an emerging eco-tourism destination, offering birdwatching, hiking, and authentic rural experiences. Cyclists are drawn to its steep, scenic routes that wind through forested hills, making Fila Tigre a rewarding stop for adventurous travelers seeking nature and tranquility.
- ▶ KOM: cat. 2: 6km, 8%



Stage 7: Cahuita - Tapanti



- ▶ Hilly
- ▶ 197 km long, Mintact: 186km
- ▶ 3140 hm
- ▶ 3 IS
- ▶ 4 KOM: {1;2;3;3}
- ▶ Last km: 3%*
- ▶ Hm after that stage: 41,6% (12.120/29.110)
- ▶ Km done after that stage: 52,0% (1104/2124)
- ▶ Another quite mountainous stage, now in East Costa Rica, where we meet the Atlantic Ocean for the first (and last) time. The last 6%+ is 6 km from the finish, the last 3 Kilometers are *. The hilly stage shows another kom, category 1 and 3140 hm. The perfect stage into rest day.

Intermediates



IS

- ▶ Puerto Limon, km 45: -2%



- ▶ Batan, km 84: 0%



- ▶ Pejivalle, km 164, 2%



KOM

- ▶ Cat 2: Guyacán, km 119: 13km, 5%



- ▶ Cat 3: Chitaria, km 133: 7km, 4,9%



- ▶ Cat 1: km 178: 10 km, 8,6%



- ▶ Cat 3: Tapanti, km 194: 9km, 3,7% (average is incl. DH Section)



Towns of the day



Cahuita

- ▶ Cahuita, on Costa Rica's Caribbean coast, is famous for its national park with coral reefs, beaches, and abundant wildlife. The town's Afro-Caribbean culture adds vibrant music, food, and traditions to the experience. With flat coastal roads and scenic routes, cycling is a great way to explore both the park and the laid-back village atmosphere.

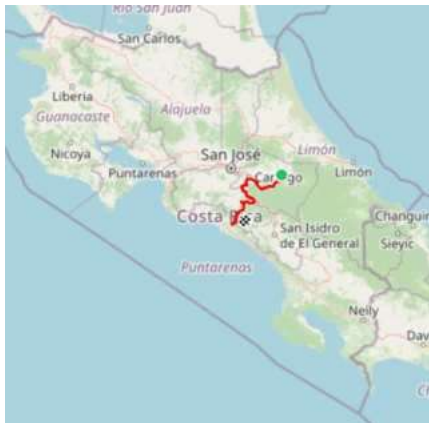


Tapanti

- ▶ Tapantí, located in Costa Rica's central highlands near Orosi, is home to Tapantí National Park, a lush cloud forest filled with rivers, waterfalls, and diverse wildlife. It's a haven for eco-tourism, offering hiking, birdwatching, and cool mountain air. Cyclists enjoy the challenging climbs and winding cobblestone routes that cut through misty valleys, making Tapantí a top spot for nature and adventure lovers.



Stage 8: Eslabon - Rancho Tinamu



- ▶ Mountain
- ▶ 189 km long, Mintact: 154km
- ▶ 4940 hm
- ▶ 2 IS
- ▶ 8 KOM: {HC;1;2;2;2;2;3;3}
- ▶ Last km: 12%
- ▶ Hm after that stage: 58,6% (17.060/29.110)
- ▶ Km done after that stage: 60,9% (1293/2124)
- ▶ On the rest day follows the queen stage. Nearly 5000hm 8 koms and 11 10%+ kms will wait for the riders here in the Center of Costa Rica, South of San José.

Intermediates

IS

- ▶ Oriente, km 22: 0%



- ▶ Casa, km 164: 3%



KOM (excl. final cat. 3)

- ▶ Cat. 2: Sitio Mata, km 6: 5km, 6,8%



- ▶ Cat. 1: Tausito, km 41: 10km, 8,5%



- ▶ Cat. 3 Paraíso, km 61: 5km, 6%



- ▶ Cat. 2 Casa Mata, km 81: 8km, 5,75%



- ▶ HC Canon, km 103: 47km, 3,2% (incl. A lot of DH sections)



- ▶ Cat. 2 El Cedral, km 136: 7km, 4,9% (incl. DH section)



- ▶ Cat. 2 Finca, km 181: 5km, 11,6%



Towns of the day



Eslabon

- ▶ Eslabón, in Costa Rica's southern highlands, is a quiet rural community surrounded by mountains, forests, and small farms. It's a great spot for eco-tourism, offering peaceful scenery, birdwatching, and local culture. Cyclists enjoy its winding mountain roads and panoramic views, making Eslabón an authentic stop for those seeking off-the-beaten-path adventure.

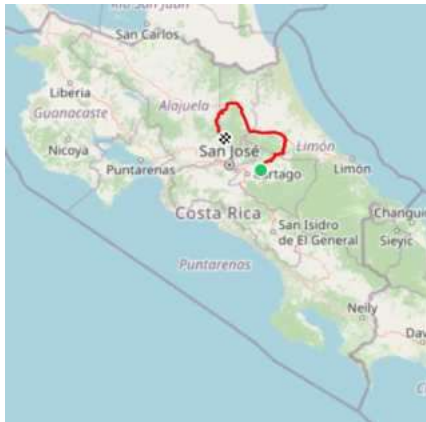
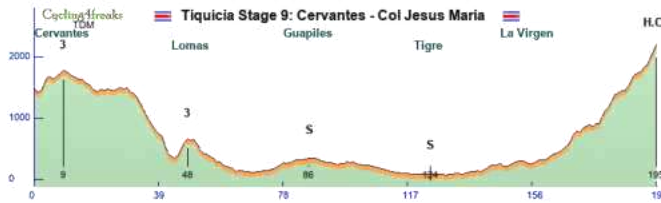


Rancho Tinamu

- ▶ Rancho Tinamú is a hidden corner of Costa Rica where the pace of life slows down. Nestled among green hills and rivers, it offers travelers a chance to connect with rural traditions and enjoy homegrown hospitality. For cyclists, its mix of dirt tracks and gentle roads makes it a rewarding ride through quiet countryside with plenty of natural beauty along the way.
- ▶ KOM: 2km 8% (cat. 3)



Stage 9: Cervantes - Col Jesus Maria



- ▶ Mountain
- ▶ 195 km long, Mintact: 168km
- ▶ 3490 hm
- ▶ 2 IS
- ▶ 1 KOM: {HC;3;3}
- ▶ Last km: 11%
- ▶ Hm after that stage: 70,6% (20.550/29.110)
- ▶ Km done after that stage: 70,1% (1488/2124)
- ▶ On Mountain follows Mountain. The overall flat stage east of capital San José finishes in the hardest mountain of the tour, the Col Jesus Maria which sits in the overall flatland.

Intermediates



IS

- ▶ Guapiles, km 86: 1%



- ▶ Tigre, km 124: 0%



KOM (excl. Final HC)

- ▶ Cat. 3: Cervantes, km 9: 7km, 4,9%



- ▶ Cat. 3: Lomas, km 48: 4km, 8%



Towns of the day



Cervantes

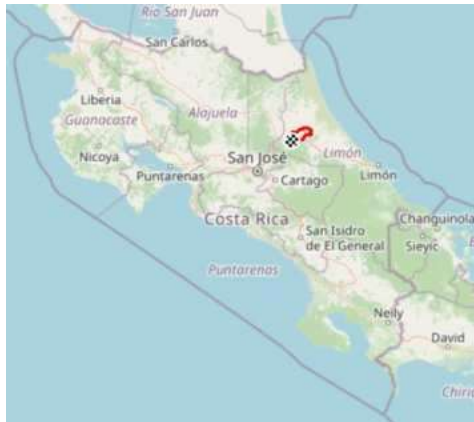
- ▶ Cervantes, in Costa Rica's Orosi Valley, is a charming small town surrounded by coffee plantations, rivers, and mountain views. Travelers stop here for its local markets, traditional food, and easy access to the valley's cultural and natural attractions. Cyclists love the scenic climbs and winding routes through coffee fields, making Cervantes a rewarding blend of culture and adventure.



Col Jesus Maria

- ▶ The Col Jesús María, tucked into the green mountains of Heredia, is a peaceful community surrounded by forests and farmland. It's a place to enjoy fresh mountain air, local traditions, and views stretching across the Central Valley. Cyclists find its winding roads and steep climbs both challenging and scenic, making it a rewarding stop for those exploring Heredia's highlands.
- ▶ KOM: 28km, 5,9% (HC)

Stage 10 Guapiles - Guapiles



- ▶ Hilly
- ▶ 177 km long, Mintact: 168km
- ▶ 870 hm
- ▶ 3 IS
- ▶ 3 KOM: {3;3;3}
- ▶ Last km: 5%
- ▶ Hm after that stage: 73,6% (21.420/29.110)
- ▶ Km done after that stage: 78,4% (1665/2124)
- ▶ The circuit ending and starting in Guapiles is 59kms long and ridden three times. The KOM and 2 of the IS being in Guapiles is going to require some tactical masterclass. It's by far the hilly stage with the lowest amount of hm.

Intermediates



IS

- ▶ Villa Franca, km 28: 0%



- ▶ Guapiles, km 60; 119: -2%

KOM

- ▶ Cat. 3 Guapiles, km 59; 118; 177, 5km 3%

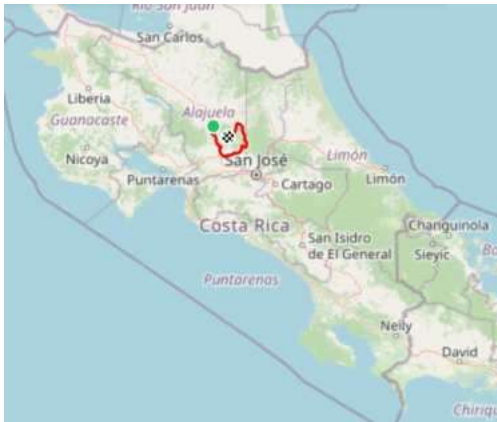


Town of the day

- ▶ Guápiles, the main gateway to Costa Rica's Caribbean lowlands, is surrounded by banana and pineapple plantations as well as rainforest reserves. Travelers often pass through on the way to Tortuguero, but the town itself offers a taste of local life and easy access to nature tours. For cyclists, the flat roads and humid jungle routes provide both challenge and striking scenery.



Stage 11: Quesada-Finca Margarita



- ▶ Mountain
- ▶ 133 km long, Mintact: 113 km
- ▶ 3550 hm
- ▶ 2 IS
- ▶ 4 KOM: {HC;1;1;2}
- ▶ Last km: 1%
- ▶ Hm after that stage: 85,8% (24.970/29.110)
- ▶ Km done after that stage: 84,7% (1798/2124)
- ▶ We move a bit to the west and are now in the north of San José. The stage hosts 3 cat. 1+ koms and is the last mountains stage of the tour. It is (excluding the ITT) the shortest stage with 133km and has some small pavé sections in the end.

Intermediates



IS

- ▶ Grecia, km 49: 4%



- ▶ San Miguel, km 106: -2%



KOM

- ▶ Cat 2: Sucre, km 7: 6km, 6,2%



- ▶ Cat 1: Tapesco, km 20: 11km, 7,5%



- ▶ HC: Poasito, km 74: 18km, 4,7%



- ▶ Cat 1: Rio Segundo, km 130: 17km, 5,2%



Towns of the day

Quesada

- Ciudad Quesada, the lively heart of Costa Rica's northern highlands, is known for its hot springs, dairy traditions, and as a hub for exploring the Arenal and Monteverde regions. The town mixes modern services with a relaxed small-city vibe. Cyclists enjoy the rolling countryside and routes leading into the mountains, where cool air and green landscapes make every ride memorable.



Finca Margarita

- Finca Margarita, nestled in Costa Rica's countryside, offers travelers a glimpse into rural life surrounded by farms, forests, and traditional hospitality. Visitors can enjoy nature walks, birdwatching, and hands-on experiences with local agriculture. Cyclists will find quiet backroads and gentle trails that weave through the finca's landscapes, perfect for a relaxed ride in a serene setting.



Stage 12: Puerto Viejo - San José



- ▶ Hilly
- ▶ 167 km long, Mintact: 158km
- ▶ 3360 hm
- ▶ 3 IS
- ▶ 6 KOM: {HC;1;2;2;3;4}
- ▶ Last km: 0%
- ▶ Hm after that stage: 97,3% (28.330/29.110)
- ▶ Km done after that stage: 92,5% (1965/2124)
- ▶ Hola San José. After leading it up for 3 stages now, the peleton will finish in the capital of Costa Rica. The 6 KOM will guarantee a last minute polka dot jersey fight while the sprinters hope for tomorrow (if they survived until now)

Intermediates



IS

- ▶ Santa Clara, km 32: 1%



- ▶ San José, km 86; 159: 1%



KOM

- ▶ Cat. 2: Las Minas, km 38: 5km, 6,4%



- ▶ HC: Alto Palma, km 65: 22km, 5%



- ▶ Cat. 3: Cartago, km 99: 6km, 4,5%



- ▶ Cat. 1: Casa Mata, km 120: 12km, 4,6%



- ▶ Cat. 4: San Juan, km 138: 3km, 4,7%



- ▶ Cat. 2: Jericó, km 145: 5km, 6,8%



Towns of the day

Puerto Viejo

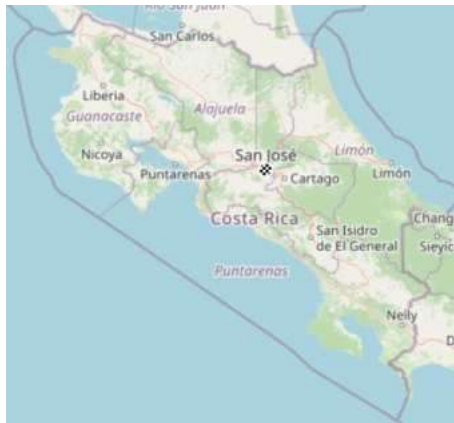
- ▶ Puerto Viejo de Sarapiquí, in Costa Rica's northern lowlands, is a gateway to rainforest adventures and river-based tourism. Known for wildlife watching, rafting, and nature lodges, it offers a mix of excitement and tranquility. Cyclists enjoy exploring its flat, green routes that wind past rivers, farms, and tropical forest, making it ideal for active travelers who love nature.

San José

- ▶ San José, Costa Rica's bustling capital, blends history, culture, and modern life in the heart of the Central Valley. Visitors can explore museums, markets, and lively neighborhoods filled with art and coffee aromas. For cyclists, the city's hilly surroundings offer scenic rides toward the mountains and valleys nearby, combining urban energy with easy access to nature.



Stage 13: San José - San José - Sightseeing



- ▶ Flat
- ▶ 159 km long, Mintact: 150km
- ▶ 780 hm
- ▶ 4 IS
- ▶ 0 KOM: { }
- ▶ Last km: 0%
- ▶ Hm after that stage: 100% (29.110/29.110)
- ▶ Km done after that stage: 100% (2124/2124)
- ▶ The last stage is symbolic -> in our 6 km circuit we will visit the most important landmarks of San José. After 155 kms, the field will ride 2 2km rounds around the Casa presendital making a total of 159 Kilometers, representing the 15.9 as the national day (independence day)

Intermediates

IS

- ▶ Teatro Nacional, km 32; 62; 92; 122, 2%



KOM

- ▶ No KOM



San José

- ▶ These and many more landmarks will be visited



Final Statement

- ▶ After a lot of work, finally I finished this „roadbook“. I did it quite different to how we are supposed to, i guess. But who cares? I tried to do it somewhat realistic to a real tour. That some of the profiles/numbers might be outdated is, because I had to change some stuff during making this presentation, e.g. Making the ITT longer. I still hope that y'all could enjoy reading (y'all probably didn't read most of it) this and I hope for some votes. Maybe I'll be able to grab January Tour or something. I can just hope. I'd also like to thank Beullenscycling which kinda cooperated with me and you will (hopefully) see his December tour soon, which in my opinion is very interesting. I also hope that I somehow were able to bring this beautiful country to some of you and goodbye.