

San Jose, Costa Rica to Panama, Panama (Stage 2)

General Consideration for Central America

- Pedal on the right side of the road.
- Costa Rica only has 3 1/2 million people, Panama about 2,700,000. Everyone is very friendly. Central America provides few choices in roads or facilities that can accommodate our large group. So remember, several days are long (some demanding) and you will be sharing the roads with everybody. So ride well and as far right as possible. Stay alert and ride single file.
- In Panama, we will probably hire police officers to maintain a high presence for our group. We will see how it works. The reason for this is that a National Police Sgt in San Bartolo was key to pulling our camping and food resources together. He suggested we speak with his chief, he called them and we visited their offices. Very nice folks who want to help.
- Most people drink the water in Costa Rica, but not in Panama.
- Latin America often use kisses for greetings. Don't see as many shops closed today as in past because of siesta time. Guess world commerce affects everyone. Expect limited services on weekends.
- The route in Costa Rica is challenging with a several healthy climbs. Pace yourself and use your lower gears.
- Panama's route is much flatter with some rolling terrain. CA 1 (TransAmerican Highway) is in generally excellent condition but is usually narrow with lots of fast traffic.
- Plenty of small shops along most of our route, though some sections get pretty remote. Many will let you use their toilets.
- The Costa Rican Colone is worth Approx 300 to \$1. Panama uses the USD as its currency.
- This area of Central America is much more second world than third.
- Expect lots of bus and truck pollution due to poorly tuned diesel engines. Some honking as well.
- It's the dry season, but one never knows. So, be prepared for rain. Might get fog so use your blinkers.

Day 19 La Paz, Mexico to San Jose, Costa Rica

19-Jan Wed

Kilo Accum San Jose Airport to Hotel

- 0.1 0.0 **RIGHT** onto main road (Hwy 1, CA 1, Central-American Hwy, etc.) from airport at light.
- 0.7 0.7 **BEAR LEFT** as road from right merges. CAUTION crossing traffic. Freeway riding so stay well right.
- 5.8 6.5 Hotel Herradura on right.
- 6.4 12.9 **BEAR RIGHT** just past hospital to leave Hwy 1 for access to turn towards hotel.
- 0.1 13.0 **LEFT** under Hwy 1 at rotary.
- 0.1 13.1 **180° RIGHT TURN** onto surface street to parallel Hwy 1 towards hotel.
- 0.5 13.6 **LEFT** into the Best Western Iruzu Hotel for your first, second and third nights in Costa Rica. Approx ele 1120 mtrs.

13.6 Today's Kilometers

13.6 Total Stage in Kilometers

1876.4 Total Trip Kilometers

- Services: San Jose (5 minutes by cab) has everything, and much of it close to the Best Western Iruzu Hotel. The hotel has a lot of experience in groups and promises a great time.
- Camping: Our hotel is fairly large and has a pool, small gym, a casino and many other amenities. We will be assigning 3 to a room.
- Toilets: In room.
- Showers: In room.
- Dinner: Dinner will be at the hotel from 6:00 to 7:30 tonight and 5:00 to 6:30 pm on Thursday and Friday. Might be a special reception one night.
- Breakfast: Breakfast will be at the hotel from 8:00 to 9:30 am the first 2 days and 6:00 to 7:30 on Saturday.

Day 20 San Jose layover day

20-Jan Thu

Day 21 San Jose layover day

21-Jan Fri

- Tomorrow: Bring plenty of warm clothing for the climb and descent over 12,000 Cerro de La Muerte pass. Since San Jose is at 1120 mtrs and the summit is 3491, it's a 2371 mtr climb. That's about 7600 ft of climbing. Just get an early start and pace yourself. Use your low gears.

Day 22 San Jose to San Isidro (Page 1 of 2)
22-Jan Sat

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

- 0.0 0.0 **RIGHT** from front entrance of the Best Western Iruzu and an **IMMEDIATE RIGHT** onto frontage road just before CA 1.
- 0.4 0.4 **LEFT** to access frontage road and an **IMMEDIATE RIGHT** to access route under CA 1.
- 0.1 0.5 **LEFT** onto frontage road to access CA 1 towards town.
- 0.1 0.6 MERGE with CA 1. CAUTION narrower road in places and faster traffic.
- 2.6 3.2 **LEFT** onto (Paseo Colon-might be unmarked) towards Central at light.
- 4.1 7.3 **RIGHT** onto Lamparas Talia at light. Note Panasonic sign and you just passed a McDonalds.
- 0.1 7.4 **LEFT** to follow route through town.
- 0.7 8.1 STRAIGHT at Cathedral just past Central Park at light.
- 0.2 8.3 National Theater on left.
- 0.7 9.0 STRAIGHT to follow two lane road as two lanes go right. National Museum on left. CAUTION parallel RR Tracks ahead.
- 0.2 9.2 CAUTION RR Tracks and **BEAR RIGHT** to follow route.
- 0.5 9.7 **BEAR RIGHT** as you merge from road from left.
- 1.0 10.7 STRAIGHT onto Hwy 2 towards San Pedro under freeway at rotary.
- 1.5 12.2 Plaza del Sol on left, along with McDonalds.
- 1.1 13.3 Road becomes two-way and crosses a bridge. More 4-lane road ahead.
- 1.0 14.3 STRAIGHT to follow Hwy 2 towards Tres Ríos.
- 5.0 19.3 Tres Rios downtown. Full services.
- 1.8 21.1 STRAIGHT under Hwy 2 (Hwy 1) towards Cartago to access eastbound traffic.
- 0.2 21.3 **BEAR RIGHT** onto Hwy 2.
- 0.1 21.4 Merge with Hwy 2/Hwy 1. CAUTION 4 lanes of fast traffic and a relatively worthless shoulder.
- 5.0 26.4 **BEAR RIGHT** to follow Hwy 2 towards Cartago. Left goes into town.
- 2.6 29.0 STRAIGHT to follow Hwy 2 as Hwy 10 goes left just past the Shell Service Station with food. Better two-lane road ahead.
- 4.1 33.1 STRAIGHT to follow Hwy 2 at Jct Hwy 228. Begin 79.9 km climb. Steady with an occasional short downhill mixed in.
- 12.7 45.8 Small store on left.
- 13.2 59.0 Several stores and other services along route.
- 28.5 87.5 Tapanta Lodge on left. Approx ele 8150 ft.

Continued

Day 22 San Jose to San Isidro (Page 2 of 2)
22-Jan Sat

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

- 6.6 94.1 Cabinas Mirador de Quetzales about 1 km to right. **CHECKPOINT** on driveway. Keep clear of road, tight area. Approx ele 8500 ft. This area and these folks are famous as one of the best Quetzal (national bird of Costa Rica) bird watching areas. The owners are planning a water stop for us. No toilets.
- 6.4 100.5 Restaurant. Enjoy a short and fast descent.
- 12.5 113.0 Summit at 3491 meters (11,171 ft) above sea level. Kilometer Marker 89. CAUTION fast road with plenty of rough surfaces during your 46 km descent. Ride well. Odyssey's only views of the Costa Rican Pacific Ocean are from here.
- 46.0 159.0 ENTER San Isidro area.
- 0.9 159.9 **BEAR RIGHT** towards S Isidro Central. Full services.
- 0.3 160.2 **LEFT** immediately after San Isidro Central Park at light.
- 0.2 160.4 **BEAR RIGHT** to rejoin Hwy 2.
- 5.1 165.5 **LEFT** into the Hotel Del Sur.
- 0.2 165.7 Arrive at camping area.
-
- 165.7 Today's Kilometers
- 179.3 Total Stage Kilometers
- 2042.1 Total Trip Kilometers

- Services: This has been a rough day for many (all?) considering the earned descent you achieved. San Isidro is a large community and should provide an excellent stay. The hotel
- Camping: The Hotel Del Sur has A limited number of rooms but has a soccer field on the premises. We are being allowed to camp there and make use of its Villas for sanitation needs. The hotel has a pool, tennis courts, and a restaurant.
- Toilets: We have rented 9 villas for toilets. The restaurant has toilets as well. You will have access to the villas all night.
- Showers: We have rented 9 villas for showers. The restaurant has toilets as well. You will have access to the villas all night.
- Dinner: Dinner will be from 6:00 to 7:30 pm at the hotel.
- Breakfast: Breakfast will be from 6:00 to 7:30 am at the hotel.
- Tomorrow: Expect some traffic for most of day. Some challenging rolling terrain for the first part and then a climb to San Vito.

Day 23 San Isidro to San Vito

23-Jan Sun

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Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.0	0.0	Exit camping area.
0.2	0.2	LEFT onto CR 2, unless you are planning to purchase a new Toyota. You will find services spread along the route.
2.3	2.5	STRAIGHT to follow CR 2 at turnoff to Palmares.
7.2	9.7	STRAIGHT to follow CR 2 at Jct Hwy 244.
11.0	20.7	CROSS river.
7.3	28.0	CROSS river. More ahead. Road improves dramatically.
23.5	51.5	CROSS major river on a curved bridge. Services.
6.1	57.6	STRAIGHT to follow CR 2 at Jct Hwy 246 to Buenos Aires. Full services. Road is still in excellent shape.
9.3	66.9	ENTER El Brunjo (no sign). Services. CHECKPOINT.
5.3	72.2	Rio Las Cidaridis (sp) waterfall on right.
9.9	82.1	LEFT onto Hwy 237 towards San Vito as CR 2 continues straight. Services near corner. Road is narrower and quieter and rougher. Approx ele 250 ft.
16.5	98.6	Services.
3.8	102.4	Police checkpoint at about 1500 ft. More climbing ahead until we reach about 3200 ft.
25.8	128.2	CROSS Rio Java on one-lane bridge.
0.6	128.8	Enter San Vito area. Full services ahead. Approx ele 990 meters.
0.3	129.1	LEFT at EXXON Service Station.
0.2	129.3	LEFT at stop sign at "T".
0.2	129.5	RIGHT just in front of small park to access stadium.
0.1	129.6	Arrive at check-in at municipal soccer stadium. Approx ele 990 meters.
	129.6	Today's Kilometers
	308.9	Total Stage in Kilometers
	2171.7	Total Trip Kilometers

Services:	San Vito is small but has full services. Dinner is at a local restaurant in town, so you will be able to mingle more.
Camping:	We are fortunate enough to have the municipal government's permission to use their soccer stadium, next to the bullring.
Toilets:	Toilets are a bit of a challenge and the 10 or so are at three different locations. The field has a couple of older toilets and the public hall next to the bullring has two sets of toilets.
Showers:	TK&A showers.
Dinner:	Dinner will be from 5:00 to 6:00 pm for the first group and 6:00 to 7:00 pm for the second. Pizzeria Lilliana is seriously Italian and is located .8 km in the heart of town, .9 km from camp. DIRECTIONS: Straight from stadium, left onto main road, right in front of Joyeria Oro Fina, left up hill at EXXON Station, left at stop sign and restaurant is .1 to left.
Breakfast:	Pedal to breakfast at Pizzeria Lilliana from 6:00 to 8:00 am.
Tomorrow:	110.6 km. Climbing for first 17.2 km of day, then a steep curvy descent to return to CR 2 and head for the border. It's mostly a flat pedal from Ciudad Neily to David. Pedal into Panama and enjoy your fourth country. Expect the border crossing to be a slow process. Don't forget your passport and the entry card you completed when flying into Costa Rica.

Day 24 San Vito to David, Panama
24-Jan Mon

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Emergency #'s:

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Kilo Accum

- 0.0 0.0 Exit camping area. Rough roads in town and some along route as well. Still services scattered along route, but it's a good idea to stock up.
- 0.2 0.2 **LEFT** onto main road at "T".
- 0.2 0.4 **RIGHT** at Joyeria Oro Fina (road we came into town on).
- 0.3 0.7 **LEFT** up hill at EXXON Service Station at yield sign at "T".
- 0.2 0.9 **RIGHT** at stop sign. Restaurant is .1 km to left for breakfast.
- 5.3 6.2 Road flattens out some. Rough downhill ahead. More climbing ahead as well.
- 1.9 8.1 Botanical gardens on right.
- 6.8 14.9 CROSS a narrow bridge.
- 1.7 16.6 STRAIGHT to follow route to Ciudad Neily at turnoff to Cañas Gordas.
- 0.6 17.2 **LEFT** to follow route to Ciudad Neily at bus stop at "T". Much of this road is steep, windy and is likely to have dirt and gravel in places. Ride alert.
- 16.0 33.2 Possible washout.
- 2.7 35.9 Road flattens out after steep descent.
- 1.4 37.3 Narrow bridge as you enter Ciudad Nelly. Full services.
- 0.2 37.5 **BEAR LEFT** to follow route.
- 0.5 38.0 **RIGHT** at stop sign at "T".
- 0.3 38.3 **RIGHT** in front of Centro Odontomendico as road ahead becomes one-way wrong way and an **IMMEDIATE LEFT** to follow route through town.
- 0.1 38.4 **BEAR RIGHT** to MERGE with main road.
- 0.1 38.5 **LEFT** onto CR 2 towards Pasa Canoas at blinking light. CAUTION heavy and fast traffic on CA 2.
- 11.5 50.0 Rough road at stream crossing.
- 6.5 56.5 Enter Paso Canoas. Services. **CHECKPOINT** on right. Be prepared for a rather long process going from window to window as you clear customs and immigration in both countries. Here is probably what will happen: you will need to complete a form and have a 200 Colone Stamp (get from TK&A or street vendor) that will be affixed to passport by an official at Costa Rica window. Then your passport will be stamped. Off 100 yds to the Panama border. Proceed to Entrada window of DPTO Migracion to pickup a slip to take to the Turismo office behind building to get your visa. They complete paperwork and you pay a \$5 fee. Then you will return to the DPTO Migracion window to get passport stamped. Then you will likely be able your pedal off into the distance. Vehicles must have the proper paperwork or it will cost to get the legal work done at the border.
- 0.2 56.7 **Welcome to Panama.**

continued

Day 24 San Vito to David, Panama
24-Jan Mon

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Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.2	56.9	Leave border area. <i>Vehicles need to pass through fumigation spray station.</i>
6.0	62.9	Police checkpoint. Stop unless waved on.
13.1	76.0	Services.
8.8	84.8	Road becomes four-lanes as we pass through La Concepcion. Full services. Some shoulder ahead might be rideable. Services scattered along route.
22.0	106.8	Hospital on left as we enter the outskirts of David. Full services.
2.0	108.8	STRAIGHT at turnoff to McDonalds.
0.5	109.3	STRAIGHT past Interamerican Motors.
0.4	109.7	RIGHT at Mercado Artesanal Restaurant.
0.6	110.3	RIGHT in four blocks or so onto Avenida 6th Oeste (signed on house to left) by truck parking lot towards Lion's Stadium.
0.1	110.4	LEFT in front of Lion's Stadium.
0.1	110.5	RIGHT and an IMMEDIATE RIGHT into Lion's Stadium parking lot.
0.1	110.6	Arrive at check-in.
	110.6	Today's Kilometers
	419.5	Total Stage in Kilometers
	2282.3	Total Trip Kilometers

Services:	Full services and plenty of shops. We are close to everything in David, the third largest town in Panama.
Camping:	The city of David is allowing us to use their fairly new, but modest stadium for indoor and outdoor camping options. Bikes can go in bleachers.
Toilets:	They have several in two different locations in the stadium.
Showers:	The stadium has about 16 showers total.
Dinner:	Walk to dinner at the Gran Hotel Nacional (left and immediate right from parking lot, .6 hotel on right) from 5:30 to 7:00 pm.
Breakfast:	Pedal to breakfast at the Gran Hotel Nacional from 6:30 to 8:00 am.
Tomorrow:	160.4 kms. Rolling terrain on CA 1. Road is good most of time, though narrow and carries quite a bit of traffic. Expect occasional construction.

Day 25 David to San Bartolo

25-Jan Tue

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.0	0.0	Exit camping area.
0.1	0.1	LEFT onto road in front of Lion's Stadium and an IMMEDIATE RIGHT to head for hotel for breakfast.
0.6	0.7	LEFT just before (don't forget to stop for breakfast first) entrance to Gran Hotel Nacional.
0.9	1.6	BEAR LEFT onto main road at stop sign at angled "T".
1.1	2.7	RIGHT onto CA 1 in front of Shell Service Station at light. As you know, a fast road with plenty of cars.
1.8	4.5	Road becomes two-lanes with a shoulder. Some smooth and some rough. Use the shoulder as much as possible...safety first!
0.4	4.9	Police checkpoint.
7.5	12.4	CROSS major river.
2.7	15.1	ENTER Chiriqui. Limited services.
16.4	31.5	Lose shoulder. Ride alert.
13.5	45.0	ENTER San Lorenzo. Fuel.
8.2	53.2	CROSS major river.
10.0	63.2	Enter San Jaun area. CHECKPOINT at Shell Service Station on right.
14.3	77.5	Enter Las Lajas area. Services.
19.1	96.6	Animal control checkpoint.
7.3	103.9	ENTER Tole. Limited services.
1.9	105.8	Services on left.
15.0	120.8	Enter Veraguas Province.
8.0	128.8	STRAIGHT at major road that cuts off towards the coast.
4.2	133.0	STRAIGHT in front of Patrilla de Caminos (police station). Friendly folks.
7.7	140.7	CAUTION very rough short section of road.
10.7	151.4	Small restaurant on left.
8.8	160.2	Large bridge as we enter La Mesa area.
0.1	160.3	RIGHT towards the small restaurant near the San Pablo School.
0.1	160.4	Arrive at restaurant for an interesting night of camping on another modest facility.
	160.4	Today's Kilometers
	579.9	Total Stage in Kilometers
	2442.7	Total Trip Kilometers

Services: Small restaurants with very limited inventory near camp. Great river behind store.

Camping: Talk about remote. This is it.

Toilets: We are bringing in several to augment the school's three.
Showers: TK&A showers.
Dinner: Dinner is being prepared by the school and served from 6:00 to 7:30 pm at camp.
Breakfast: Breakfast is being prepared by the school and served from 6:30 to 8:00 am at camp.
Tomorrow: 139.5 kms. Busy road and rolling terrain. Somewhat flatter than yesterday.

Day 26 San Bartolo to Penonomé

26-Jan Wed

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.0	0.0	Exit school.
0.1	0.1	RIGHT onto CA 1.
6.4	6.5	Services on left.
20.5	27.0	Enter Labeno area. No services.
6.2	33.2	ENTER outskirts of Santiago. Full services.
1.8	35.0	Dairy Queen on right and McPato on left just ahead.
12.3	47.3	Road gains another lane for a bit.
12.9	60.2	ENTER Divisa. Services. CHECKPOINT on right.
10.1	70.3	Police Headquarters on left.
7.0	77.3	Enter El Jagüito area. Services. Rougher road ahead.
14.5	91.8	Enter Aquadulce area and a 4-lane road. Full services. Expect construction. If the new road is not being built, it might be a good place to ride. It is not a through road, however, so you will have to go back and fourth several times.
11.8	103.6	Enter Capellania area. Full services.
13.0	116.6	CROSS major bridge.
9.0	125.6	Enter the El Caño area. Services.
10.7	136.3	ENTER Panonomé. Full services.
0.2	136.5	STRAIGHT at turnoff to aeropuerto.
1.3	137.8	STRAIGHT at the Hotel and EXXON Service Station on left. Road improves.
1.6	139.4	LEFT and an IMMEDIATE RIGHT into soccer field for an excellent night of camping.
0.1	139.5	Arrive at check-in.
	139.5	Today's Kilometers
	719.4	Total Stage in Kilometers
	2582.2	Total Trip Kilometers

Services:	Panonomé is a full service community with lots of services. We are camping about 1.6 km from the action. Stock up before leaving town.
Camping:	We are being hosted by the Educational Cooperative who is allowing us to use their large soccer field for camping.
Toilets:	We are bringing in several toilets for our use.
Showers:	TK&A showers.
Dinner:	Dinner will be at the camp from 5:00 to 6:30 pm prepared by José Luis Gonzales' crew at the Best Texaco Llano Marin restaurant.
Breakfast:	Pedal to breakfast from 6:30 to 8:00 am at Best Texaco Llano Marin restaurant.
Tomorrow:	149.7 kms. Some pretty excellent road with wide shoulders and other roads under construction.

Day 27 Penonomé to Panama City, Panama

(Page 1 of 2)

27-Jan Thu

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

- 0.0 0.0 Exit camping area and an **IMMEDIATE LEFT** to return to CA 1.
- 0.1 0.1 **LEFT** onto CA 1 at stop sign at "T".
- 2.2 2.3 STRAIGHT at Best Texaco Llano Marin Restaurant on right. Don't forget to stop for breakfast.
- 25.5 27.8 Enter Rio Hato area. Full services.
- 5.5 33.3 Somewhere along here we lost our shoulder. Expect construction. Consider using new road if no construction or traffic present.
- 18.2 51.5 Services in a small village.
- 4.0 55.5 Bridge construction and services. Road improves. CAUTION bridges tend to be a little narrow.
- 9.0 64.5 Enter Coronado area.
- 8.5 73.0 Enter Chame area.
- 1.8 74.8 **CHECKPOINT** at small city square if not too congested. Some climbing ahead. Services pick up rest of day.
- 15.0 89.8 Summit of climb. Hope you noticed the limited views of the Pacific on the way up.
- 5.4 95.2 ENTER Villa Carmen. Full services.
- 10.1 105.3 STRAIGHT to follow CA 1 towards Panama as major road goes left. A few kms ahead the shoulder picks up some inconvenient wake-up strips.
- 4.2 109.5 STRAIGHT to exit CA 1 as CA 1 goes left towards Panama City. Exits not marked.
- 0.4 109.9 **LEFT** at top of ramp. CAUTION lower speeds but plenty of congestion.
- 1.9 111.8 **RIGHT** towards Panama City (unmarked) at Reys at stop sign. We are in La Chorrera.
- 1.3 113.1 **LEFT** just before descending a short hill towards Super 99.
- 0.1 113.2 **RIGHT** towards McDonalds at Motores Colpan. Now we are on the main road.
- 4.7 117.9 CROSS small bridge.
- 1.7 119.6 Fancy church with a bubble dome on top.
- 3.3 122.9 Rather large Rey (means king) Shopping Complex. Fairly easily spotted.
- 6.0 128.9 STRAIGHT towards Panama at turnoff to Burunga.
- 1.8 130.7 STRAIGHT onto CA 1 towards Panama. This section sucks. Stay as far right as possible, even though the shoulder quality varies. Fast road with lots of traffic. We are in Arraiján.
- 10.6 141.3 The Great PanAmerican Bridge. Stay well right.
- 1.6 142.9 Panama City end of bridge. Expect construction. Ave de Las Martires street somewhere ahead.
- 2.3 145.2 **BEAR LEFT** to follow route through town.

Day 27 Penonomé to Panama City, Panama (Page 2 of 2)

27-Jan Thu

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.4 145.6 **LEFT** at light at "T". Turnoff to Corredor Sor to right.
0.2 145.8 **RIGHT** in front of Café Palma onto 4-lane one-way road.
1.7 147.5 STRAIGHT at turnoff to Calidonia.
0.9 148.4 **EXIT RIGHT** to leave main road.
0.2 148.6 **RIGHT** at bottom of ramp towards Universidad.
1.0 149.6 Cathedral on right.
0.1 149.7 **LEFT** into Costa del Sol (Tulip Inn).

149.7 Today's Kilometers
869.1 Total Stage in Kilometers
2731.9 Total Trip Kilometers

Services: Panama City has everything including a long and famous canal. We are located in the heart of the financial and shopping districts. There is plenty of action in our local area and cabs are cheap.

Camping: The hotel is a nice property with a conference room, pool and bar. They also have a tour desk that will arrange various activities for those interested. We will house folks three to a room. Bicycles will likely be stored in the basement.

Toilets: In room.

Showers: In room.

Dinner: Dinner will be from 6:00 to 7:30 pm tonight and 5:00 to 6:30 pm tomorrow at the hotel.

Breakfast: Breakfast will be from 8:00 to 9:30 am tomorrow and 6:30 to 8:00 the morning we leave.

Tomorrow: If enough folks are interested (about 100), it might be possible to book a cruise through the Panama Canal for less than \$90 per person. You depart early in the morning and return in the afternoon. It sounds pretty cool. The tour is normally offered only on Saturdays.

Day 28 Panama City layover day

28-Jan Fri

Tomorrow: 22.0 kms in Panama and 18.9 in Chile. Up early to the airport to catch flight to Santiago, Chile.

Day 29 Panama City to airport

29-Jan Sat

Emergency #'s:

Tim Iridium 001.8816.3105.4616; KAS Iridium 001.8816.3105.4398; Sat phone: 001.761.355.5494

Kilo Accum

0.0	0.0	LEFT from the hotel onto street in front of hotel.
0.2	0.2	RIGHT in front of cement monolith (construction building) at stop sign.
0.3	0.5	RIGHT along coast at "T".
0.2	0.7	180° U-TURN to head the other way. The water will be on your right after turn.
0.8	1.5	STRAIGHT up ramp towards San Francisco. I believe we are on Avenida Israel.
0.7	2.2	STRAIGHT at turnoff to San Francisco.
0.2	2.4	BEAR RIGHT to CROSS new toll bridge.
0.3	2.7	Toll booth. Vehicles 65¢. Bikes free. Stay right and wave. Remain well right on freeway.
7.0	9.7	STRAIGHT towards airport at Costa del Este exit.
4.9	14.6	Toll booth. 90¢ for vehicles.
5.1	19.7	EXIT RIGHT towards Aeropuerto. Road loses some quality, but still stay right.
1.7	21.4	BEAR RIGHT towards Aeropuerto.
0.1	21.5	ENTER airport.
0.5	22.0	Arrive at terminal.
	22.0	Today's Kilometers
	891.1	Total Stage in Kilometers
	2753.9	Total Trip Kilometers