Daily distance-elevation profile

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| Day | Hours | Maximum Walking Distance (round trip) | Maximum Elevation | Elevation Gain walking |
| 1  Mar 23 | Bus Airport to Hotel  San Jose, Costa Rica |  | 3,845′ |  |
| 2  Mar 24 | 2-3.5 hours including lunch  La Paz Waterfall Gardens | 2.2 miles | 4,600’ | +/- 150’ |
|  | 1.5 hrs in bus to Sarapiqui | n/a |  |  |
|  | Night walk 2-2.5 hrs | 1.5 miles | 226’ | +/- 100’ |
| 3  Mar 25 | Long walk 3-3.5 hours | 2.5 miles | 226’ | +/-175’ |
| 4 Mar 26 | 1 hr 20 min drive | n/a |  |  |
|  | Hike: 4-5 hrs | 2.8-3.0 miles  Includes steps | Humidity high  Temp 85-90o | +/- 475 Ft |
| 5 Mar 27 | Van 1.5-2 hrs | n/a | 5,000-9,000 ‘ |  |
|  | Hike in Bajos del Toro with guide  for about 4 hours | 4 miles | 5039 feet | +/- 800’ |
| 6  Mar 28 | Hike 2-3 hrs | 2 miles (inc. 400 steps) | 5039’ | +/- 400’ |
|  | Sunset bird walk  1.5-2 hrs | 1 mile | 5039’ | +/- 200’ |
| 7 Mar 29 | Hike with guide all day | 4 miles | 5039’ | +/- 500’ |
| 8 Mar 30 | In van 2-2.5 hrs |  | 3,000-10,000’ |  |
|  | Leisure walk ~ 2 hrs | 1.5 miles | 2000’ | +/-100 |
|  | Wilderness walk 2.5 hours | 2 miles | 2000’ | +/- 200’ |
| 9 Mar 31 | Hike 2.5-3 hrs (morning)  (midday temp 90o) | 2.7 miles | 328 – **1,640’**  Humidity high  Temp 85-90o | +/-100 |
|  | Boat tour 2-2.5 hrs  Private | none | 10 ‘ |  |
| 10 Ap 1 | 1.5-2 hrs in van to San Jose, Costa Rica |  | 3,845′ |  |