STAGE 4, El Humo – San Pablo

Thursday December 1sth, 2026

Field: track
Vegetation: fields, sugar cane plantation, coffee plantations.
Specificity : Various village crossing and road section, Gates in Finca Balalaika (to be open and closed)

Extreme : 37.2 Km, altitude gain + 1360 m. / - 1260 m.

Temperatures measured in 2017: Min 23°, Max 30°.

Km	Cum	Alt	
0,0	**0,0**	**665**	**Starting Line Extreme et Adventure : La Marta N 9°80.84/ O 83°69.56**
0,3	0,3	667	Y junction, turn on the left and cross the bridge (La Marta river).
1,6	1,9	649	Cross the bridge and follow the main track on the left.
3,1	5,0	627	Junction Juray main road : croos the road and take the track forward.
0,2	5,2	626	Y junction, left hand.
0,3	5,5	625	Attention, don't follow little track on the left, take the main track on the right
0,1	5,6	615	Junction, croos the bridge than straight forward.
0,5	6,1	608	Junction, straight forward.
0,5	6,6	615	Junction, turn on the right.
0,4	**7,0**	**623**	**PC01- PR : Entry Cerro Attiro. N 9°82.72 / O 83°66.64**
2,1	9,1	814	Cerro Atirro highest point.
1,1	10,2	612	Y junction, turn on the right.
1,7	11,9	597	Exit from Cerro Attiro : return on the road, turn left and cross the bridge
1,9	**13,8**	**585**	**PC02- PR Entry Finca la Postita. N 9°85.07 / O 83°64.36**
0,4	14,2	590	Y Junction, turn on the right.
0,4	14,6	617	Y junction, turn on the left.
1,1	15,7	774	Finca La Postita highest point.
2,1	17,8	590	Exit from Finca La Postita. Pueblo Nuevo Village. T Junction turn on the right
0,2	18,0	590	Suspended bridge, cross the Tuis river.
0,2	18,2	592	Maind road (Canada-La Suiza), turn left.
0,3	18,5	591	Canada School, turn on the right.
3,8	**22,3**	**895**	**PC03-PR-PS - Finish line Adventure - El Silencio N 9°87.30 / O 83°58.30**
	22,3	895	Turn left hand, straight for 100 m then turn right hand
3,9	26,2	1248	Finca Balalaika highest point.
2,1	28,3	1080	Exit from Finca Balalaika.
1,6	29,9	915	Junction San Vicente, straight forward.
0,4	30,3	915	Junction, turn left hand.
0,3	**30,6**	**895**	**PC04- PR – Pacayitas village - N 9°88.60 / O 83°35.00**
0,3	30,9	908	Junction, turn left hand.
2,5	33,4	970	Junction, straight ahead on the main track.
2,9	36,3	790	T junction, left hand.
0,9	**37,2**	**770**	**Finish line Extreme - San Pablo de Tres Esquis School**
			N 9°93.59 / O 83°57.07

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