



AGENDA TRANSTICA 2019 *

1st day: Wednesday, November 20th, 2019

Arrival of the participants in the evening at San José, Juan Santamaria airport.
Welcome by the members of the organization, transfer to the hotel and check in.
Dinner at your charge.
Night in the hotel.

2nd day: Thursday, November 21st, 2019

Breakfast.
Welcome Briefing
Opening Ceremony and lunch.
Technical, administrative and medical checks.
Evening off, dinner at your charge.
Night in the hotel.

3rd day: Friday, November 22nd, 2019

Transfer San José - Pacific Coast Manuel Antonio, prologue.

Breakfast.
Transfer towards Manuel Antonio (private bus).
Lunch.
Prologue of 6 Km on the beach of Manuel Antonio.
Dinner, night in the hotel.

4th day: Saturday, November 23rd, 2019

Stage 1: Villa Nueva - Santa Maria de Dota

Transfer towards the starting line.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (Rancho).

5th day: Sunday, November 24th 2019

Stage 2: Santa Maria de Dota - Ojo de Agua

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (La Esperanza School).

6th day: Monday, November 25th 2019

Stage 3: La Esperanza - El Humo

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (El Humo community hall).

7th day: Tuesday, November 26th, 2019

Stage 4: El Humo - San Pablo

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac. (San Pablo School)

8th day: Wednesday, November 27th, 2019

Transfer stage, recovery day

Breakfast.
Transfer in bus to bivouac point.
Lunch.
Dinner and night in bivouac or hotel.

9th day: Thursday, November 28th, 2019

Stage 5: Playa Negra - Manzanillo

Breakfast.
2 to 4 points of supply on this stage.
Lunch.
Podium Ceremony and dinner.
Night in the hotel.

10th day: Friday, November 29th, 2019

Transfer back to San José

Breakfast.
Transfer in private bus to San José.
Lunch.
Hotel check in.
Afternoon off.
Closing Cocktail.
Dinner at your charge.
Night in the hotel.

11th day: Saturday, November 30th, 2019

Departure San José - Home country

Breakfast.
Transfer of the participants to the airport, return towards their respective countries.

* This agenda might be modified according to last minute hazards.