



## **AGENDA LA TRANSTICA 2026**

### **Day 1: Thursday, November 26<sup>th</sup>, 2026**

14h : Welcome of the participants at the Hotel Radisson San José.  
15h : Briefing course.  
16h : Check in (double bed room).  
17h : Technical check, interview with the race doctor.  
19h : Diner.

### **Day 2: Friday, November 27<sup>th</sup>, 2026**

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

### **Day 3: Saturday, November 28<sup>th</sup>, 2026**

#### ***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).

### **Day 4: Sunday, November 29<sup>th</sup> 2026**

#### ***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).

### **Day 5: Monday, November 30<sup>th</sup> 2026**

#### ***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).

**Day 6: Tuesday, December 1<sup>st</sup>, 2026**

***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)

**Day 7: Wednesday, December 2<sup>nd</sup>, 2026**

***Transfer stage, recovery day***

Breakfast.

Transfer in bus to bivouac point.

Lunch.

Dinner and night in bivouac/hotel.

**Day 8: Thursday, December 3<sup>rd</sup>, 2026**

***Stage 5: Playa Negra - Manzanillo***

Breakfast.

2 to 4 points of supply on this stage.

Lunch.

Podium Ceremony and dinner.

Night in the hotel.

**Day 9: Friday, December 4<sup>th</sup>, 2026**

***Transfer back to San José***

Breakfast.

Transfer in private bus to San José.

Lunch.

Hotel check in.

Afternoon off.

Dinner at your charge.

Night in the hotel.

**Day 10: Saturday, December 5<sup>th</sup>, 2026**

***Departure San José - Home country***

Breakfast.

Check out

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

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