

## **AGENDA TRANSTICA 2023**

### **1<sup>st</sup> day: Wednesday, November 22<sup>nd</sup>, 2023**

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.

### **2<sup>nd</sup> day: Thursday, November 23<sup>rd</sup>, 2023**

Breakfast.

Welcome Briefing

Opening Ceremony and lunch.

Technical, administrative and medical checks.

Evening off, dinner at your charge.

Night in the hotel.

### **3<sup>rd</sup> day: Friday, November 24<sup>th</sup>, 2023**

**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.

### **4<sup>th</sup> day: Saturday, November 25<sup>th</sup>, 2023**

**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).

### **5<sup>th</sup> day: Sunday, November 26<sup>th</sup> 2023**

**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).

### **6<sup>th</sup> day: Monday, November 27<sup>th</sup> 2023**

**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).

**7<sup>th</sup> day: Tuesday, November 28<sup>th</sup>, 2023**

***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)

**8<sup>th</sup> day: Wednesday, November 29<sup>th</sup>, 2023**

***Transfer stage, recovery day***

Breakfast.

Transfer in bus to bivouac point.

Lunch.

Dinner and night in bivouac/hotel.

**9<sup>th</sup> day: Thursday, November 30<sup>th</sup>, 2023**

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

Breakfast.

2 to 4 points of supply on this stage.

Lunch.

Podium Ceremony and dinner.

Night in the hotel.

**10<sup>th</sup> day: Friday, December 1<sup>st</sup>, 2023**

***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.

**11<sup>th</sup> day: Saturday, December 2<sup>nd</sup>, 2023**

***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.