



AGENDA LA TRANSTICA 2025 *

1st day: Wednesday, December 3rd, 2025

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, December 4th, 2025

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, December 5th, 2025

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, December 6th, 2025

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, December 7th 2025

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, December 8th 2025

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, December 9th, 2025

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, December 10th, 2025

Transfer stage, recovery day

Breakfast.

Transfer in bus to bivouac point.

Lunch.

Dinner and night in bivouac/hotel.

9th day: Thursday, December 11th, 2025

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, December 12th, 2025

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.

11th day: Saturday, December 13th, 2025

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.