



From November 21<sup>st</sup> to December 1<sup>st</sup>, 2012

# Ultra Trail La Transtica COSTA RICA





# OBJECTIVES



## *La Transtica : coast to coast*

250 km from the beach of Manuel Antonio to reach Puerto Viejo de Limon, a true human and sports adventure. The change of scene is total; the runners are plunged into deep Costa Rica far from tourist standards.

The main objective is to introduce the country way of life, "Pura Vida", through a sporting event with humanitarian goals.

We propose you to share an adventure where the surpassing of ourselves but also aid and solidarity will be the soul of the challenge, in the middle of a particularly exceptional natural frame.

This event is also targeting on the exchange of philosophies of life. On one side the competitors will become aware of the importance of the environment, of the nature and of their responsibilities towards it; On the other side, by their participation, they will bring to the local populations the means to develop their country, while keeping the respect of their way of life in symbiosis with the nature.





# THE COUNTRY



## The Costa Rica... Key points



280 km large and 480 km length, surrounded by two oceans, this small country of approximately 51 000 km<sup>2</sup> is 1/10 of France, however seems to contain very whole planet from its diversity of landscapes. The highest point of Costa Rica is the famous «Cerro Chiripo» which culminates at 3818m.



There are more different kinds of butterflies in Costa Rica than on all the African continent.



Costa Rica was discovered by Christopher Colomb in 1502, and will obtain independence from Spain in 1821. Costa Rica abolished the army in 1949 and transferred the entire military budget to education and health..



Costa Rica is an ecological jewel with a third of its territory protected in reserves and national parks. Its 75 natural parks and reserves protect more than a quarter of its territory and shelter more than 12 ecosystems. It has the strongest diversity of animal and vegetable species compared to its surface: 163 species of batrachians, 206 varieties of mammals, 220 sorts of reptiles including 162 varieties of snakes, 857 different kinds of birds and 35 000 species of insects.



1/10 of the birds indexed on planet which means, 857 different varieties of birds including 51 species of hummingbirds, 12 species of parrots and parakeets, the Toucans and the famous Quetzal.



2 species of sloth are sharing the Costa Rican territory. Their nonchalance is due to the fact that they are heating a huge quantity of leaves that they will digest in 18 hours.





# THE COUNTRY



## The Costa Rica... Key points



800 different kinds of ferns, 1400 different sort of orchids and 2000 species of bromeliacees. 13 000 different plants. The country abounds in trees, plants and flowers of all kinds.



A profusion of microclimates allows to produce a spectacular heterogeneous mosaic of very different ecosystems. The wet tropical zone from the Caribbean, the moderate zone of the central valley and the tropical zone of peaceful which allow a discovery of the country all year long. Temperature of the Air: 18 to 32°C, of the water: 27 to 31°C.



Far from the stereotypes of massive tourism Costa Rica has succeed to develop a durable ecotourism for the respect of the environment. The philosophy of the residents is summarized by 2 words : PURA VIDA, literally " pure life " - or art to be in symbiosis with the nature in a cool spirit...The Costa Rican people (the Ticos) will transmit to you its joie de vivre and will offer you its hospitality.



All sports are allowed Costa Rica: fans of trekking, horse riding or sensation sports will be not be in rest. There is a huge number of rivers off which the famous river PACUARE and its rapids classified level 4 and 5.



The capital San José, nested at à 1150 m of altitude, is well known for its climate, recognized as one of the most pleasant in the world. The city center proposes cultural and night activities. Democracy and pacifism. Pre Colombian history. The Costa Rica is socially and sanitary quiet and safe: no vaccine is obligatory and water is drinkable in all the country.



The Pacific Coast offers 1000km of beaches, deserted for the majority of them. The Caribbean Coast offers 300 km of beaches including the famous beach of Tortuguero (world sanctuary for the laying of the marine turtles).



With height volcanoes in activity the Costa Rica is located on the fire belt and one of the countries avant-gardist on the use of non polluting energy as geothermic.



It is an agricultural country whose principal exports are the coffee, the banana, the pineapple and the decorative plants. Another interesting point, you will find in Costa Rica same fruits and vegetables as in France in addition to all the local exotic products. The food and the drink are good. You will enjoy natural fruit juices prepared on demand or Chilean, Spanish, Italian or French wines, and the local beer is excellent.





# HIGHLIGHTS



*On the Transtica route*

## SAN JOSE

The capital of Costa Rica counts a million of residents. It is possible to visit a splendid theatre, replica of the Paris opera, many parks in the shade of majestic trees, the museums of the gold, of the nephrite, (closed on Mondays) and the national Museum.

A very good occasion to immerse into the history of Costa Rica and to discover its collections of pre-Columbian art. Without forgetting a folk passage by the central market and the artisans market which combine food, all types of utensils and souvenirs of the country.

## THE BEACHES OF THE PACIFIC and MANUEL ANTONIO

A long 1000 km coast is drawing the west part of Costa Rica known for its huge beaches. In the north, the dry area with long beaches with palm trees, then from the center to the south, a vegetation more and more luxuriant retrieving ourselves in some of the most beautiful national park of the country including the Manuel Antonio one, biological peninsula, covered by vegetation and bordered by two splendid beaches, from where animals remain easy to observe. This spot will be the starting point of the race from where you will reach in few hours the Central Valley area.





# HIGHLIGHTS



*On the Transtica route*

## THE MOUNTAINS OF THE CENTRAL VALLEY

The mountains of the central valley, with its highest summits where culminates the Mount Chiripo at 3820 m of altitude ; a more fresh climate, a mountain vegetation which differentiate this central area from the rest of the country. Ideal to run among the most beautiful tracks of Central America.

You will run on the mountain side and you will discover its different vegetations which succeed one to another, will cross rivers to camp finally in the deep heart of this cordillera before going down toward the Atlantic coast.

A day of transfer in rafting on Rio Pacuare : sensations guaranteed on this marvelous river classified category III to IV, moderate to difficult. Our excursion on Rio Pacuare will bring you towards one of the most exotic and spectacular rivers of the world. This day across an impenetrable and wild jungle will give you an adventure made of impressive natural beauties and breathtaking rapids.

Declared as one of the best sites in Latin America for its white waters, this wild river will possibly be the last experience of wild sports proposed under tropics. Rio Pacuare is a speed river with violent changes, making it one of the most dynamic rafting spots of Costa Rica.

## THE CARIBBEAN COAST and PUERTO VIEJO DE LIMON

The East border of Costa Rica with its 290 km of coasts of white and black sands and its channels. You will reach the orchard of Costa Rica, known for its big expanses of exotic fruits cultures, notably the bananas.... Its Creole spirit will bewitched you, with its easygoing and homely ambience. At the opposite of Manuel Antonio, you will end the race, after a stage on the beach, in Puerto Viejo de Limon, a small charming seaside village built in Caribbean architecture where comfort is guaranteed, close to Limon, the biggest harbor of the country..





# COUNTRY MAP



Course :     : Trail     : rafting





# THE AGENDA



*For less experienced runners the organization of la Transtica will also propose a second race with shorter distances : EXTREME RACE : around 40 km per stage  
ADVENTURE RACE : around 25 km per Stage.*

## 1<sup>st</sup> day: Thursday November 22<sup>nd</sup>, 2012

## ARRIVAL IN SAN JOSE - COSTA RICA

- Arrival of the participants at Juan Santamaria International Airport the 21<sup>st</sup> evening. Transfer to the hotel in San José.
- Check in and night in the hotel.
- Breakfast
- Press conference and opening ceremony
- Lunch
- Administrative check
- Free Evening
- Night in the Hotel



## 2<sup>nd</sup> day: Friday November 23<sup>rd</sup>, 2012

## SAN JOSE - BEACHES OF THE PACIFIC

### Prologue : 6 km

- Breakfast.
- Transfer towards Manuel Antonio (around 4h30 in private bus).
- Hotel check in.
- Lunch.
- Prologue, 6 kms on the beach.
- Diner
- Night in the hotel.





# THE AGENDA



*Transtica Extreme : TE*  
*Transtica Adventure : TA*

**3<sup>rd</sup> day : Saturday November 24<sup>th</sup>, 2012**

**PAQUITA - LA SELVITA - NAPOLES**

**Stage n° 1 : TE/38 km TA/19 km**

- Breakfast.
- Transfer to the starting line.
- Start of the first stage.
- 3 or 4 checkpoints with supplies on this stage.
- Night in bivouac and catering diner in Santa Maria de Dota.



**4<sup>th</sup> day : Sunday November 25<sup>th</sup>, 2012**

**SANTA MARIA DE DOTA - OJO DE AGUA**

**Stage n° 2 : TE/38,4 km TA/21,1 km**

- Breakfast.
- Transfer to the starting line.
- 4 or 5 checkpoints with supplies on this stage.
- Transfer to the bivouac.
- Night in bivouac and catering diner in La Esperanza.





# THE AGENDA

*Transtica Extrême : TE*  
*Transtica Aventure : TA*



**5<sup>th</sup> day : Monday November 26<sup>th</sup>, 2012**

**Stage n° 3 : TE/42,1 km TA/24,1 km**

- Breakfast.
- 3 or 4 checkpoints with supplies on this stage.
- Night in bivouac and catering diner in El Humo.

**ESPERANZA - EL HUMO**



**6<sup>th</sup> day : Tuesday November 27<sup>th</sup>, 2012**

**Stage n° 4 : TE/41,2 km TA/24,8 km**

- Breakfast.
- Night departure of the participants.
- 4 checkpoints with supplies on this stage.
- Night in bivouac and catering diner in San Pablo.

**EL HUMO - SAN PABLO**





# THE AGENDA

*Transtica Extrême : TE*  
*Transtica Aventure : TA*



**7<sup>th</sup> day : Wednesday November 28<sup>th</sup>, 2012**

**RAFTING - RIO PACUARE**

## Stage Rafting Transfer

- Bivouac breakfast
- Rafting transfer on river Pacuare between Finca La Cruz and Siquieres (around 4h30 including 1 h of lunch brake) if weather conditions allow it.
- Picnic lunch on the river.
- Bus Transfer to the bivouac place
- Diner and night in bivouac.



**8<sup>th</sup> day: Thursday November 29<sup>th</sup>, 2012**

**PLAYA NEGRA - MANZANILLO**

## Stage 5 : TE/29,1 km TA/21,8 km

*This stage is meant to be short to favor an arrival almost grouped in the purpose of creating a more festive ambience*

- Breakfast.
- 2 to 3 checkpoints with supplies on this stage.
- Arrival of La Transtica.
- Podium Ceremony.
- Hotel Check in.
- Diner.





# THE AGENDA



## 9<sup>th</sup> Day: Friday December 30<sup>th</sup>, 2012

## TRANSFERT BACK - SAN JOSE

- Breakfast.
- Transfer to San José in private bus.
- Lunch during the transfer.
- Hotel check in.
- Closing and Awards Ceremony and dinner.
- Night in the Hotel.



## 10<sup>th</sup> day: Saturday December 1<sup>st</sup>, 2012

## SAN JOSE - HOME COUNTRY

- Breakfast in the hotel.
- Transfer to the airport.
- Flight back to respective countries.





# REGISTRATION FEES AND TERMS



Price per person, in TWIN or TRIPLE (3 beds) room

Ultra Trail La Transtica 10 days / 10 nights	Price per person
From November 21 <sup>st</sup> evening to December 1 <sup>st</sup> morning, 2012 (Extreme and Adventure Race)	1 490 €

## THE PRICE INCLUDES

- Accommodations in the hotels and during the bivouacs mentioned in the program.
- Breakfast and dinners during the bivouacs
- Opening ceremony in Manuel Antonio.
- Podium ceremony in Puerto Viejo.
- Closing ceremony in San Jose.
- Descent in rafting of the Rio Pacuare (if weather conditions allow it).
- Picnic during the descent in rafting of the river Pacuare.
- Supply of water, energy drinks, cereals bars, fruits and biscuits.
- All transfers mentioned in the program are in private bus.
- All transfers of the luggage between each stages.
- Framing: Professional guides for the descent of the river Pacuare, race judges (classifications, course, departure/arrival), a team in charge of security, doctors, physiotherapist, first-aid assistants.
- Tee-shirts of the race, awards.
- Access fees to the parks and reserves mentioned in the program.

## THE PRICE DOES NOT INCLUDE

- The Flight ticket.
- Cancellation/luggage insurances.
- Tips in hotels or activities.
- Drinks in the hotels.
- Airport Taxes- (US\$28 to date)

