



AGENDA:

THURSDAY, NOV 10th - WELCOMING

Place: Hotel Holiday Inn

Address: Urb. y Blvd. Santa Elena y Calle Pital Oriente, y Calle Pital Oriente 00000 San Salvador, El Salvador

- **5:30PM.** Medical check-up. For those that need to have their medical certificate signed. Cost: \$25.00 (pay on the spot)
- **6:00PM.** Welcome to La Cordillera Challenge. Stage 1 briefing.
- **7:00PM.** Bib pick up

FRIDAY, NOV 11th – STAGE 1: La Trilogía

- **4:00AM.** Athlete accreditation and luggage reception at the Hotel Holiday Inn
- **5:00AM.** Bus departure from Holiday Inn Hotel to Stage 1 starting point in Los Pinos Vista al Lago, Lago Coatepeque. Estimated travel time: 1h 15 min.
- **6:30AM.** Start Stage 1: La Trilogía
- **11:30AM:** Arriving first runner
- **2:00PM.** Fisiotherapy massages
- **3:30PM.** Closing finish Stage 1
- **6:00PM.** First place acknowledgments
- **6:15PM.** Stage 2 briefing
- **7:00PM.** Dinner

SATURDAY, NOV 12th – STAGE 2: Reto de Las Nubes

- **4:30AM.** Early Breakfast
- **5:15AM.** Hand in luggage and room keys to manager
- **5:30AM.** Bus departure to Stage 2 starting point
- **6:00AM.** Start Stage 2: Reto de Las Nubes
- **11:30AM:** Arriving first runner
- **2:00PM.** Fisiotherapy
- **3:30PM.** Closing finish Stage 2
- **6:00PM.** First place acknowledgments
- **6:15PM.** Stage 3 briefing
- **7:00PM.** Dinner

SUNDAY, NOV 13th – STAGE 3: El Quinto Infierno

- **4:30AM.** Early Breakfast
- **5:00AM.** Hand in luggage and room keys to manager
- **5:30AM.** Start Stage 3: El Quinto Infierno



- **10:45AM:** Arriving first runner
- **2:00PM.** Closing finish Stage 2
- **3:00PM.** First place acknowledgments
- **4:30PM.** Bus departure to San Salvador (Holiday Inn)
- **LUGGAGE:** You can claim it at any time you want once you reach the finish line

PLEASE NOTE:

1. LUNCH: will be served at the request of each runner after each stage race
2. Rooms are shared so we remind you that respect for others is essential
3. Please respect the rules of facilities at each hotel according to the stage
4. Your companions / invitees are welcomed to be at the finish line waiting for you. Any restaurant consumption or use of any additional service will be charged.
5. Runners registered only in individual stages, must arrive at the starting point in time for the start and be picked up at the finish line by their own means.

For more information visit:

Web page: www.lacordillerachallenge.com

Email: trailrunnerselsalvador@gmail.com

Facebook: @LaCordilleraChallenge

Instagram: @LaCordilleraChallenge

WhatsApp contact:

+(503) 7877-1971