



## STAGE 5, Playa Negra - Manzanillo

Thursday December 11<sup>th</sup>, 2025

Adventure : 20,1 Km, altitude gain + 120 m. / - 130 m.

Field: Sand, single track, beach, river crossing and road.

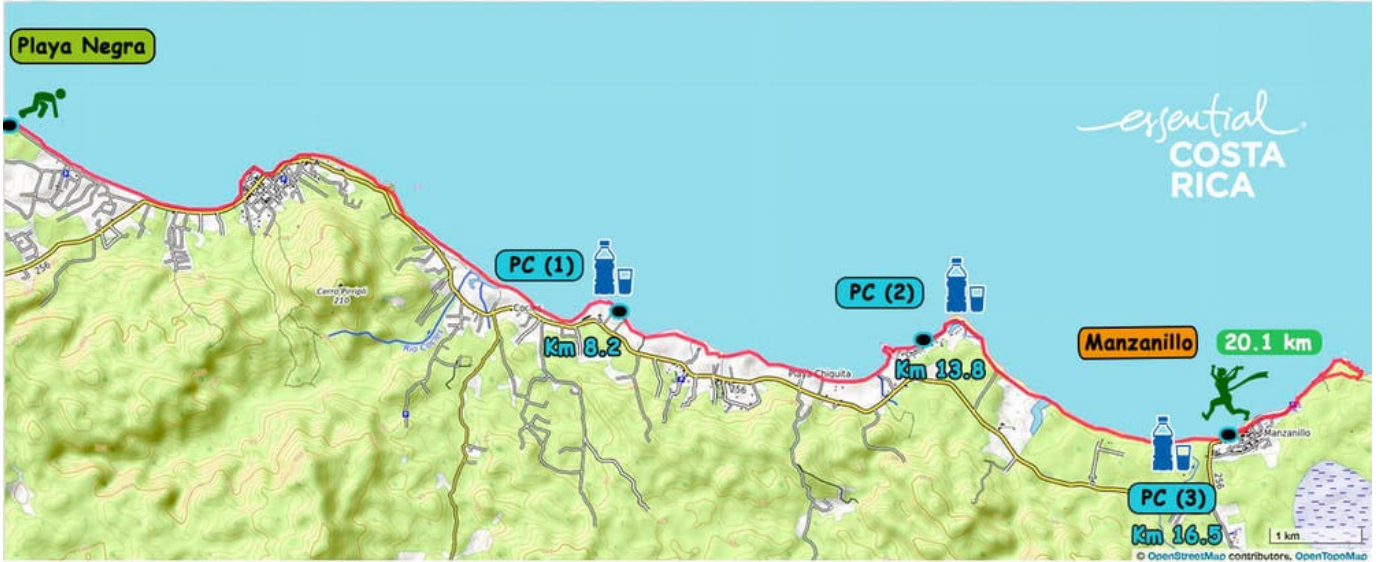
Specificity : Sun, river crossing.

Temperatures measured in 2017: Min 25°, Max 32°.

Km	Cum	Alt	
<b>0,0</b>	<b>0,0</b>	<b>2</b>	<b>Starting line Extreme and Adventure, Playa Negra beach.</b>
2,8	2,8	3	Entry of the village of Puerto Viejo, follow the beach,
0,0	2,8	3	Then take the single track along the coast .
2,4	5,2	8	Playa Coclés, follow the beach
1,0	6,2	1	Rio Coclés, cross the river (if level is to high take the bridge).
1,7	7,9	3	Exit from the beach (little panel " salida ").
<b>0,3</b>	<b>8,2</b>	<b>13</b>	<b>PC01 - PR, Main road, take on the left, follow the road .</b>
1,5	9,7	15	Turn on the left, follow the single track to the beach.
0,3	10,0	8	End of the single track, turn right along the beach.
<b>2,5</b>	<b>12,5</b>	<b>1</b>	<b>PC02 hotel " Arrecife ", follow the beach, right hand .</b>
1,2	13,7	10	Hotel Suerre, Keep on following the beach.
<b>2,8</b>	<b>16,5</b>	<b>2</b>	<b>PC03 - PR - PS Attention ! Refill in water no water supply on PC04.</b>
0,0	16,5	2	<b>Loop for ADVENTURE</b>
0,0	16,5	2	Keep going on the little track along the beach.
0,9	17,4	3	River, cross and follow the track ahead.
0,2	17,6	5	Junction, take the single track on the left along the sea.
1,0	18,6	25	Junction main track, Security Check Point.
0,0	18,6	25	Turn right and follow the main track to return back to PC03.
<b>1,5</b>	<b>20,1</b>	<b>2</b>	<b>PC03, Finish Line ADVENTURE</b>



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**Aventure 20.1 km**

