



3DAHM 2024 Montevideo URUGUAY 3-6 December 2024

# MERCADO DEL PUERTO

3DAHM 2024 DURING-CONGRESS ACTIVITY  
Guided by Magui Tango & Danel Mendez

*Mercado del Puerto* is one of Montevideo’s most iconic spots, founded 1868, it offers a unique gastronomic experience with a traditional ambiance. This vibrant market features *parrillas* (grill restaurants), bars, and shops where you can enjoy Uruguayan specialties like *asado*, grilled meats, and a selection of local wines.

## Wednesday Dec 4

19:30 Meeting Point at Puerta de la Ciudadela, Ciudad Vieja. 30-minute Walking Tour through Ciudad Vieja

20:00 Dinner at Mercado del Puerto

23:00 Return to Hotel



**COST: USD 80** includes dinner and hotel transfer.

**NOT INCLUDED:** Anything not explicitly mentioned in the program is not included.

*3DAHM is a Technical Group of the ISB International Society of Biomechanics*

November 27, 2024

[www.3dahm2024.com](http://www.3dahm2024.com)

[3dahm2024@gmail.com](mailto:3dahm2024@gmail.com)

