



**3DAHM 2024** Montevideo URUGUAY 3-6 December 2024

# PIRIÁPOLIS

3DAHM 2024 POST-CONGRESS ACTIVITY  
Guided by Alejandra Rial & Verónica García

## Saturday Dec 7

8:00 Meet at Regency Golf Hotel

10:00 Arrival Piriápolis. Visit Pittamiglio castle, medieval style building from 1956, summer house of alchemist Humberto Pittamiglio & Piria castle museum

12:30 Lunch

15:00 Visit the natural fauna reserve and hike the Cerro Pan de Azúcar (2 hs, medium/high difficulty)

19:30 Sunset tour of lights from Cerro San Antonio.

21:00 Piriápolis great paella Festival and shopping time. Traditional dishes and live music.

## Sunday Dec 8

10:00 Casapueblo museum. Unique architecture built by Carlos Paez Vilaró in 1958

11:30 Arboretum Lussich walking museum. 192 hectares of native and exotic species.

13:00 Lunch & free beach time

17:30 Return to Regency Golf Hotel, Montevideo



**COST: USD 450** includes two-way transport Montevideo-Piriápolis, transport within Maldonado, one hotel night, two meals, a mountain snack and museum & castle visits.

**NOT INCLUDED:** Food at Paella Festival, 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

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