



3DAHM 2024 Montevideo URUGUAY 3-6 December 2024

# LA TAHONA

3DAHM 2024 PRE-CONGRESS ACTIVITY  
Guided by Magui Tango & Dr. Tartaruga

## Sunday Dec 1

10:00 Depart from Regency Golf Hotel

15:00 Late lunch & enjoy in the open natural pools

17:00 Horseback riding *a lomo del caballo criollo* (like ancient Uruguayan patriots)

20:00 Taste *Cordero a la cruz* for lunch. Regional method of cooking whole lamb tied to a crossover in an open fire for multiple hours. Covered with a traditional marinade

22:30 Star seeing in the dark skies

## Monday Dec 2

08:30 Nordic walking, guided by PhD Leonardo Tartaruga

12:00 Lunch

16:00 Arrival Montevideo



**COST:** USD 350 includes Montevideo-Rocha return transport. 1-night shared room “La Tahona-Sierras de Rocha”, meals, Nordic walking equipment & horse rental.

**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 22, 2024

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

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