

OCEANMAN 2026 WORLD FINAL CHAMPIONSHIP

TRAVEL GUIDE

MICHES, DOMINICAN REPUBLIC



OCEANMAN
WE ARE OPEN WATER SWIMMING



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WELCOME

Welcome to the OCEANMAN World Final in the breathtaking destination of Miches, Dominican Republic — where elite open water swimming meets one of the most spectacular tropical destinations in the Caribbean. This World Final is more than a race. It is a full experience combining sport, nature, culture, adventure, and celebration with athletes from all over the world. Prepare yourself for crystal-clear waters, white sand beaches, unforgettable sunsets, Dominican hospitality, and the unique OCEANMAN atmosphere.

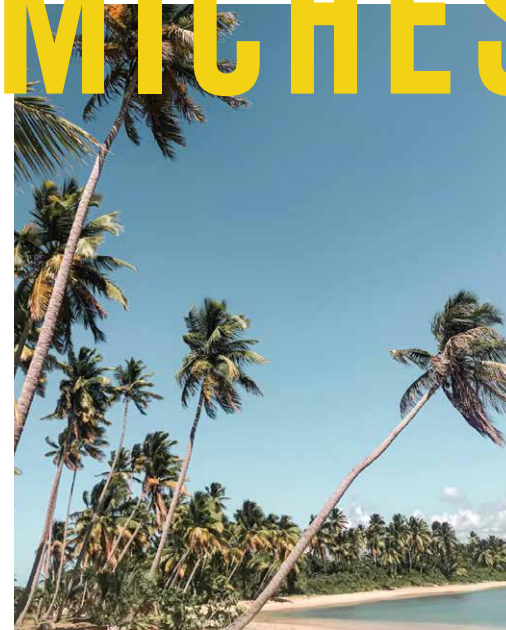




Located in the heart of the Caribbean, the Dominican Republic is internationally recognized for its tropical climate, hospitality, music, beaches, and sports tourism experiences.

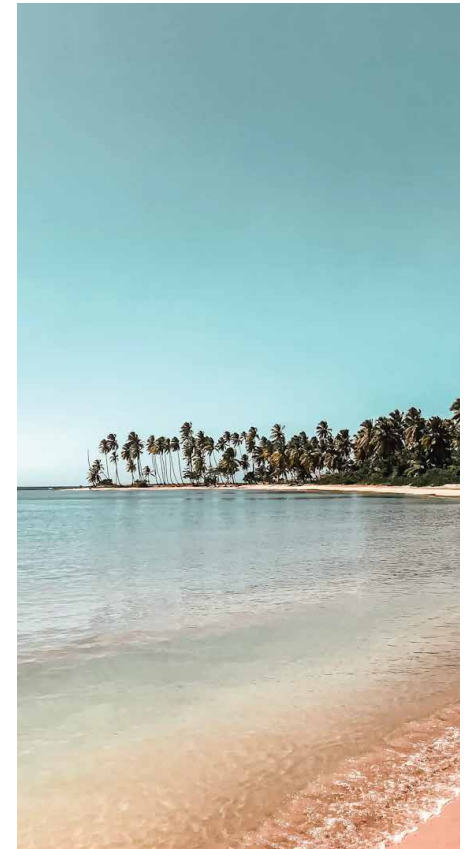
The region of Miches is one of the country's newest luxury and eco-tourism destinations, offering untouched nature, peaceful beaches, and premium resorts surrounded by mountains and tropical forests.

MICHES



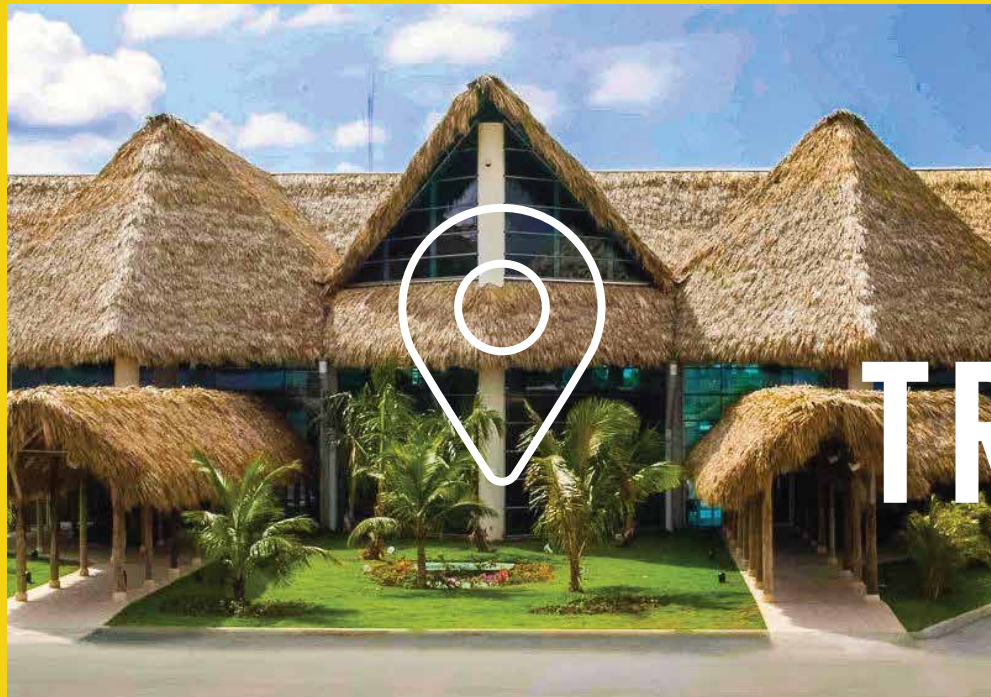
Miches is located on the northeast coast of the Dominican Republic and has rapidly become one of the Caribbean's most exciting emerging destinations.

Miches is the ultimate getaway for athletes, offering calm, warm waters and stunning natural landscapes that are perfect for both training and tranquility. Away from the typical tourist crowds, you can immerse yourself in authentic Dominican culture while enjoying the comfort of luxury beachfront resorts. It's more than just a destination; it's a peaceful haven designed specifically for deep recovery and total relaxation.



RECOMMENDED AIRPORT

The recommended airport for athletes and companions attending the World Final is Punta Cana International Airport (PUJ), which serves as the main international gateway to the area. From the airport, the estimated travel time to Miches is approximately 1 hour and 30 minutes, while Uvero Alto can be reached in about 45 minutes.



Recommended transportation includes private transfers, the official shuttle service, car rental, and shared athlete transport. Book in advance due to high demand during race week, keep some local currency for small expenses, and download offline maps for easier navigation.

TRANSPORTATION OPTIONS

OFFICIAL EVENT WEEK SCHEDULE



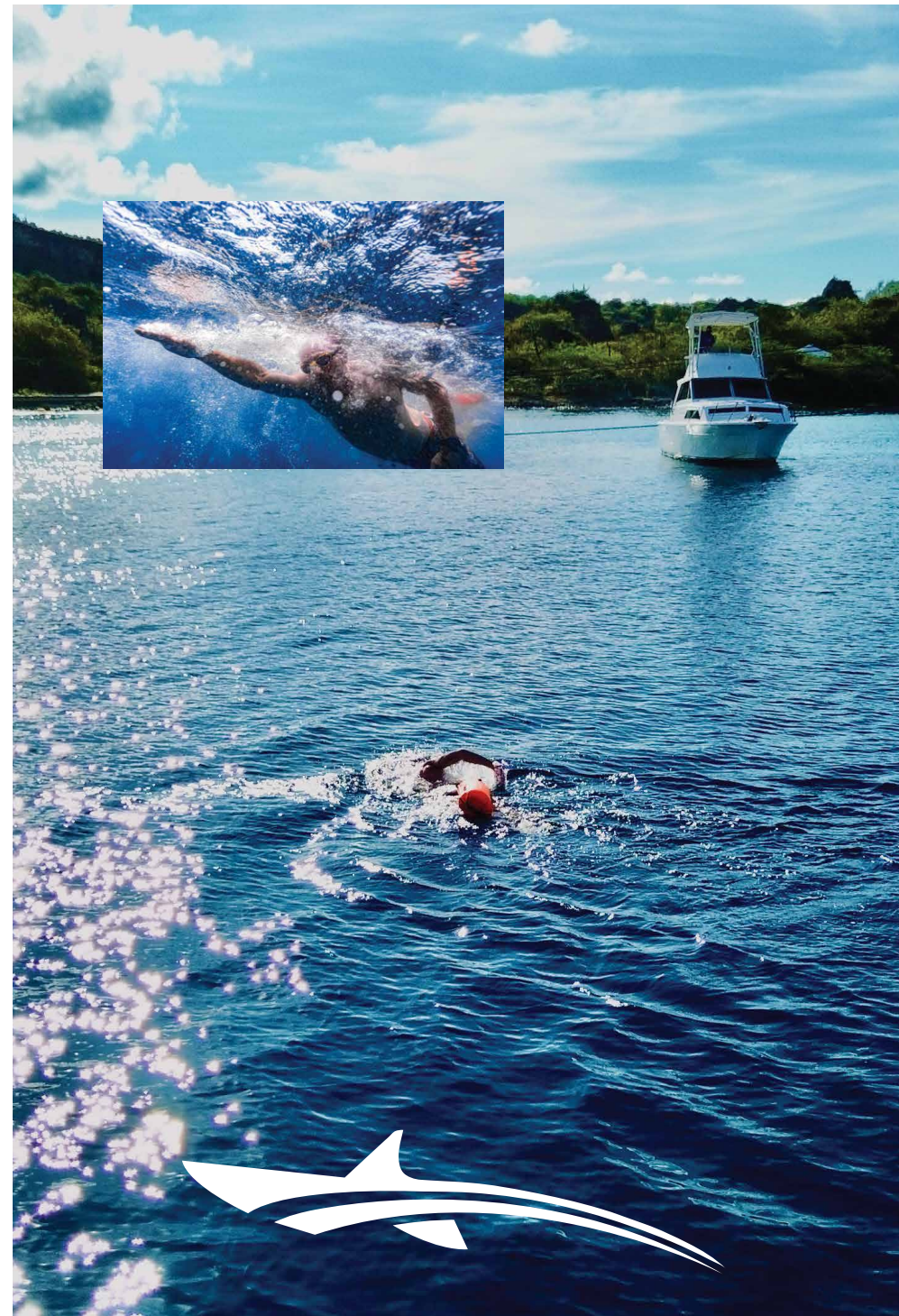
The World Final week is set to be a high-energy blend of elite competition and community celebration, kicking off with athlete registration and a formal Welcome Dinner. Participants will have ample time to prep through official training sessions, course familiarization, and technical meetings, while spectators can explore the expo and sponsor village. The festivities span from a grand opening ceremony and various social gatherings to dedicated kids' activities, all building up to the main race competitions. The week concludes on a high note with the awards ceremony and a final closing celebration. Keep an eye out for the detailed daily timetable, which will be published as we get closer to the starting line.



WEATHER & SEA CONDITIONS



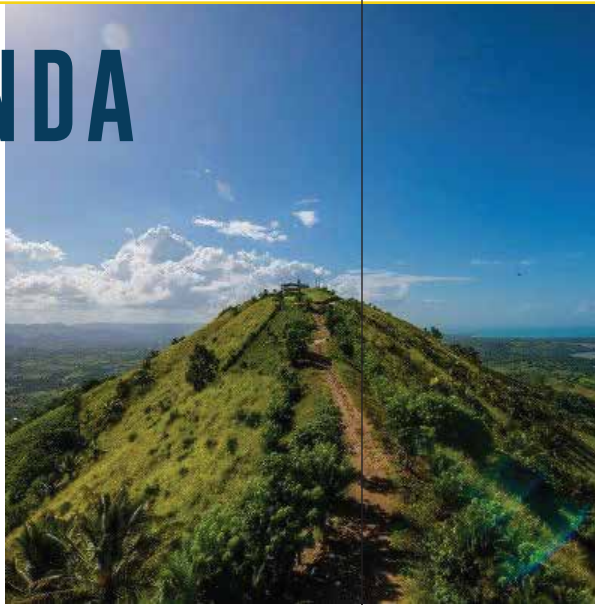
The Dominican Republic offers tropical weather year-round, with expected conditions during event week including air temperatures between 26°C and 32°C, water temperatures around 27°C to 29°C, high humidity, and strong sun exposure. Athletes are advised to stay continuously hydrated, use reef-safe sunscreen, wear sunglasses and hats, avoid excessive sun before race day, and allow 2–3 days to acclimatize before competing.



MONTAÑA REDONDA

Experience 360° views of mountains, lagoons, and the ocean at this iconic destination.

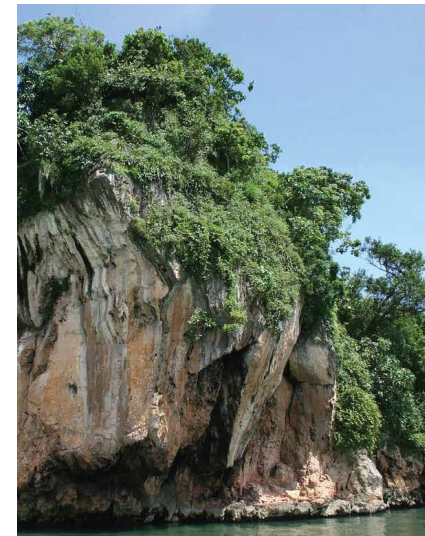
Between the mountain swings, ATV tours, and stunning sunsets, it's the ultimate spot for photography and adventure.



LA MEDIA LUNA



Relax at this natural sandbank, where shallow turquoise waters create the perfect setting for snorkeling, paddleboarding, and boat excursions. It's the ultimate post-race sanctuary to soak away the competition stress—just try not to drift away completely.



LOS HAITISES

Discover one of the Caribbean's most beautiful protected areas, home to mangrove forests, hidden caves, and ancient Taíno art. From exotic wildlife to boat eco-tours, it's a must-see for anyone looking to experience the region's raw natural history.

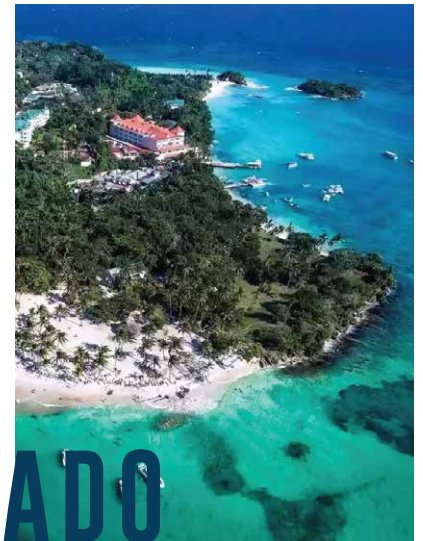
WHAT TO DO IN DOMINICAN REPUBLIC



PLAYA ESMERALDA



With its turquoise waters and untouched scenery, this pristine beach is the ideal spot for swimming, beach walks, and recovery day relaxation. It's the ultimate natural retreat to recharge your batteries.

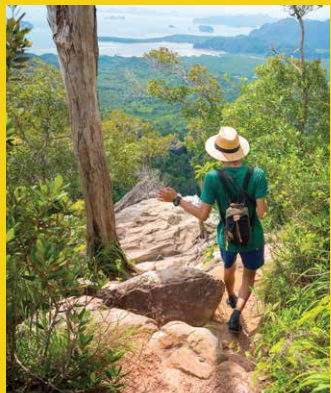


CAYO LEVANTADO

Known as “Bacardi Island,” this famous tropical escape offers the quintessential Caribbean beach experience. It's the perfect destination for day cruises, snorkeling, and luxury relaxation.

WHAT TO DO IN DOMINICAN REPUBLIC

ACTIVITIES FOR ATHLETES & FAMILIES



Hiking through the jungle



Scuba diving in the turquoise waters



Horseback riding in paradise



Buggy and ATV tours



Zipline experiences in the jungle



Catamaran cruises in the Caribbean sea



Whale watching



Deep sea fishing

LIVE DOMINICAN CULTURE

Immersing yourself in the Dominican Culture Experience means embracing a world of exceptionally warm people and vibrant energy. The island's soul is found in the infectious rhythm of Merengue and the intimate sway of Bachata, which set the tempo for daily life. To truly live like a local, indulge in rich Dominican coffee, enjoy a rum tasting, and explore handmade artisan markets. As evening falls, the legendary Caribbean beach nightlife provides the ultimate finale to your tropical journey.

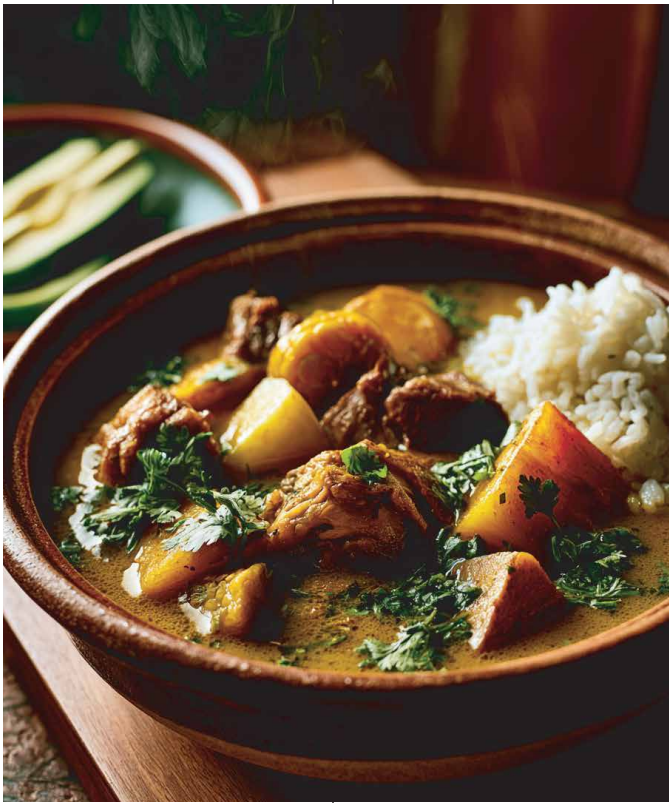


OCEANMAN





Los tres golpes



Sancocho



Fried fish with tostones

DOMINICAN GASTRONOMY

Dominican gastronomy is considered one of the richest cuisines in the Caribbean. Visitors are encouraged to explore traditional foods such as the typical Dominican breakfast known as Los Tres Golpes, which includes mangú, fried cheese, salami, and eggs. Another must-try is Sancocho, a traditional stew made with various meats, vegetables, and local spices. For a classic dish, sample fried fish with tostones, which features fresh Caribbean fish served with crispy fried plantains and lime.



To ensure a seamless experience, athletes should prioritize key logistics before departure. Begin by verifying passport validity and arranging travel insurance to avoid last-minute hurdles. For a convenient stay, book accommodation early via the official Oceanman website to remain close to the action. Finally, reserve airport transfers in advance to guarantee a stress-free transition from the terminal to your destination.

PAYMENTS



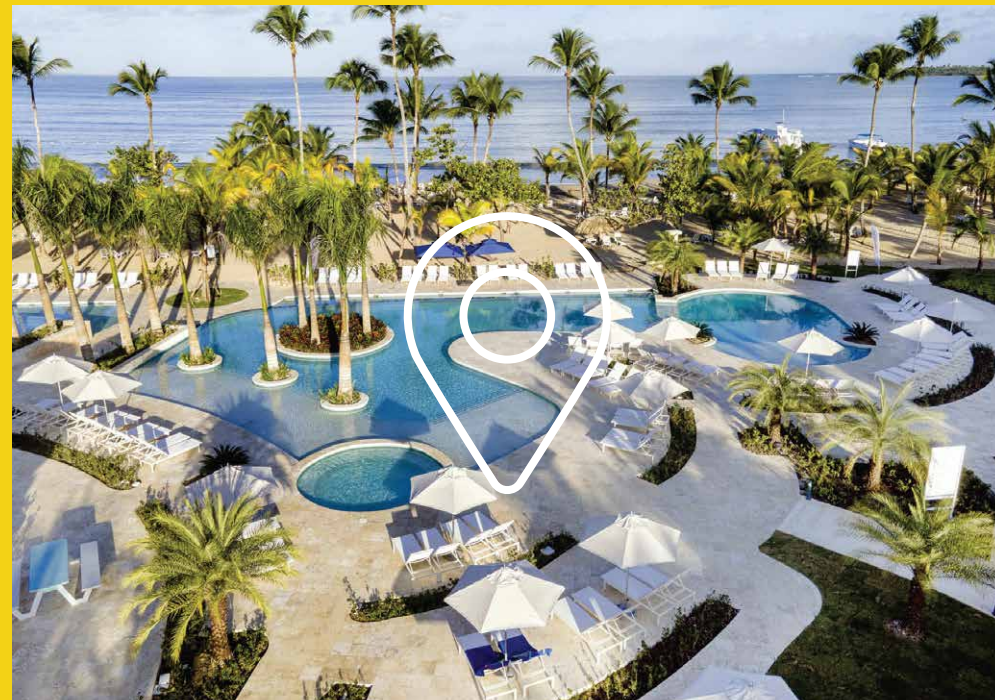
The official local currency is the Dominican Peso (DOP), and it is essential for handling your daily payments and various transactions efficiently.

When visiting the Dominican Republic, it is wise to carry some cash for your daily expenses and smaller purchases. While most major hotels and larger establishments readily accept international credit cards, many smaller local businesses or vendors may not have the technology to process them. Having pesos on hand ensures you can navigate every situation smoothly while enjoying everything the local culture offers.



SAFETY & HEALTH

While the Dominican Republic is generally safe in tourism areas, it is recommended that visitors follow specific health and safety precautions. These include drinking bottled water, using sunscreen frequently, and avoiding isolated areas at night.



Booking your stay through the official event registration platform grants you access to curated partner hotels that prioritize your race-day success. By choosing these official accommodations, you'll benefit from closer proximity to the race venue, athlete-friendly services tailored to your needs, and significantly simplified transportation logistics. Beyond the convenience, staying at a partner hotel allows you to fully immerse yourself in the high-energy OCEANMAN atmosphere, where you can connect with a global community of athletes from around the world.

ACCOMMODATIONS



The OCEANMAN World Final represents a transformative journey that transcends the simple act of crossing the finish line. It is a profound celebration of human connection, offering the chance to share unforgettable moments with a diverse assembly of athletes gathered from all over the world. As you navigate the course, you are invited to look beyond the competition to discover the rich traditions of a new culture and find serenity while swimming through pristine, paradise waters. More than just a test of endurance, it is a definitive rite of passage that welcomes you into the heart of the global OCEANMAN family.

