



USEFUL GENERAL INFORMATION

PASSPORTS IMMIGRATION CUSTOMS

Your Passport must have a six month validity past your arrival date.

Please complete your immigration and customs form no sooner than 30 days prior to arrival at www.enterjamaica.com

Your hotel is: **Bahia Principe Jamaica**. Address: Salt Coppers, Runaway Bay, Jamaica.

NB: Customs law re bicycles: **used** tires need to be sprayed with insecticide by the agriculture department upon arrival at customs but this could delay you for hours. So let's avoid that. Put on new tires on your bicycle (good idea anyway as who needs flats on a vacation) OR make your tires look like they are brand new.

TRAVEL MEDICAL INSURANCE

International medical insurance is mandatory for all participants – cyclists and non cyclists. We highly recommend you buy this immediately, particularly if you have bought a travel insurance that includes trip cancellation. Anyone who fails to present their proof of coverage prior to their arrival, will have their trip cancelled and full cancellation penalties will apply. Information and recommendations re insurance is available at www.cyclejamaica.com/travel-insurance

AIRLINE BIKE POLICY

It is crucial to not only check the airline's luggage size limitations but also to **check that there are no embargos for large pieces during your travel dates**. An embargo can be put in place at any time and overrides the usual baggage policy.

BICYCLE RENTAL

We have limited sizes available so please book early so as to avoid disappointment.

How do I collect my bicycle rental: Please collect your bicycle in our Hospitality Room at the Negril suite, immediately after you arrive in the resort. **You will need to bring your pedals** and you may wish to wear your cycling shoes for the fitting. If you wish to bring your own saddle, we will happily exchange saddles for you.

Each person keeps their bicycle, rented or otherwise, in their room and is responsible for its safekeeping. Do not leave the bicycle anywhere else but in your room. On the last day, return the rental bicycle to the bike room & be sure to collect a return ticket!

FLIGHT TIME CHANGES

Please notify us of any changes to your flight so we can update with our shuttle bus transfer providers and with Club Mobay (if you booked that optional service). If you fail to notify us, then the services will be forfeited as your reservations would be for an incorrect time.

MOBILE PHONE USAGE

Most phones can receive WhatsApp/iMessage and emails via a Wi-Fi connection without any additional charge, but please check with your carrier before you depart. Roaming charges are extremely expensive. To avoid going into roaming mode by mistake, put your phone on airplane mode during your stay. You can also buy a local sim card and plan upon arrival in the airport.

BIKE CASE KEY

TSA has a habit of locking suitcases even if they were checked in unlocked, as they have their own keys. So always bring all your luggage keys with you. Also if you paid for bikesetup please unlock the case before sending to our bike room.



USEFUL GENERAL INFORMATION

WETRAVEL

Our reservations and payments software provider is wetravel.com. You can login to your account using your email address, to access your booking. Here you can add tours or other additional extras to your booking at any time. However, if you add options yourself you will be obliged to pay for them at the time of booking. If however, you would prefer a payment plan or a later payment date, please DM or email our team and we can arrange that for you.

We do not have any access to your payment methods, credit card etc.. So if you need assistance with changes in that regard, please contact Wetravel. directly. via the chat on the right of the [wetravel](http://wetravel.com) page.

JERSEYS

We ask that you wear the suggested Jerseys as per the itinerary. We live in a digital world and want cool photos to share! CycleJamaica official jerseys are usually worn on the last day, giving the picture-perfect opportunity to capture that pose with your medal beside our CycleJamaica backdrop.

Our jerseys are handled exclusively by our partners One Love Cycling in the USA and shipped from there. It's not possible to purchase jerseys in Jamaica. Participants get a discount code which is shared by your club leader. The general discount code is: CycleJamaica. **Please order early to avoid disappointment as sometimes stock in your size could be limited. Visit the site at www.onelovecycling.com.**

CYCLISTS PACKING LIST

Packing tip: Pack your cycling shoes in your hand luggage; so, if your suitcase gets delayed you can ride. It's almost impossible to find shoes here.

- Tubes and spare tires: 2 each
- Spare derailleur hanger is a good idea to bring with you. It's usually inexpensive but it's different for each brand bike so not available for purchase in a bike shop.
- Bring helmet, water bottles, speedometers (and gadget mounts for rental bikes)
- Washing soap
- Your kits, shoes, socks, gloves helmet. Rainjacket if you have one.

Renting a bike? Bring your pedals with you.

LOCAL CURRENCY

There is no need to change your US\$ to Jamaican dollars. US\$ are widely accepted as are credit cards. Carry small notes for tipping in resort or making small purchases in cash, as it's difficult to break down larger bills for smaller notes. In the resort US\$1 notes left at the dining tables or when getting a private dish served up just for you at the buffet grill, are greatly appreciated.

AIRPORT SHUTTLE

- Airport shuttle transportation to the resort is included for ALL participants
- Exit customs, go to Desk 8 Holiday Services (even if you have Club Mobay)
- Driving time: about 75 minutes depending on time of day and traffic.
- Flight Delayed? Don't worry, our airport team automatically monitor all flights and adjusts accordingly. They will be waiting for you at Desk 8.

NB: Shuttle departures are grouped and waiting time can be 5-45 minutes. Bring a snack bar, buy a drink at the bar or relax in Club Mobay (if you purchased it) and chill out. Otherwise you may want to book a private car service.



USEFUL GENERAL INFORMATION

EVENT ARMBANDS

Your Cycle Jamaica armband will be affixed to your wrist upon arrival at the resort.

- Armbands are color coded for cyclist and non-cyclists
- This armband is required to join our rides, private functions or to ride the sag bus
- There will be **strict** monitoring of armbands. **A lost band is \$250 per day.**

BIKE SET-UP REPACK SERVICE

This service is well worth the small fee so that you don't lose any vacation time working on your bike.

- Bicycle case brought to mechanics room by our crew upon arrival in resort.
- Mechanic will send you a Whatsapp when your bike is ready.
- You keep your bicycle with you in your room. We keep your bicycle case.
- On the last day of cycling, return your bicycle with name tag on it, to the Bike room for repacking.
- The repacked bike cases are brought out to the hotel lobby baggage area on Monday morning prior to the first departure. If you are staying extra days, please collect it and take it to your room.

TIP: It's best to mark your seat post height prior travel so that our Mechanic can adjust your seat height according to your preexisting specifications.

NOTE: If you decide after arrival to book the service, the price is over 50% higher as the staff need to work overtime. So please decide and prebook so that our providers can assign enough mechanics.

MECHANICS STATION

Bicycle Yaad are our exclusive providers and located in the Negril Hospitality suite. **Bicycle Pumps** are always available every morning at 5am before riding out- Our guides will pump your wheels **free of charge, at that time.**

Should you need mechanical services please bring your bicycle immediately to the mechanics station right away. Please don't ask them to borrow their tools. They need them for their work.

NB~ There are NO mechanical services available in the morning prior to our ride out (only pumping of tires or changing flats). Please check your bicycle carefully after each day's ride event and bring it during the opening hours for any repairs.

TOURS

We have selected afternoon tours that fit well with our cycling itineraries and show you a bit of Jamaica. Our partner in Jamaica is **Holiday Services**. Tours are booked via the Wetravel login under Optional extras. **See Itinerary for dates and times.**

- You can also send an email or whatsapp message. to reserve your tours. We will set the payment for two weeks prior to arrival. You can cancel these reservations up to 48 hours in advance without penalty. Early reservations help us greatly with planning this event and is greatly appreciated! Please help us!
- **You must book all tours in advance** - you cannot just show up to join a tour.
- Be wary of booking with other unknown operators. We can't help you if you encounter difficulties.
- **Tours with Mud massages** from strangers isn't really a wise thing to do, even if it does look cool on Instagram. You wouldn't do that at home. Need a massage - use a professional. Need products: get them in the store.
- If there are any other tours you wish to do that are **NOT listed**, please WhatsApp message the Holiday Services tour rep OMAR at 876-896-1034 and he will set that up for you, in advance



USEFUL GENERAL INFORMATION

THE RIDE

3 distance route options daily, with three speed levels.

- Sag vehicles are provided for each group. You can put your day bag on the bus.
- You can change groups the morning of each ride once there is availability
- Speed levels mentioned are the speed we ride on the flats, and not the average speed over the distance. Please don't pressure yourself by joining a group that will be too difficult for you. Honestly you don't want to be so exhausted, that you sleep away your afternoons. Relax.... It's a vacation! Chillax!
- **Our cycling guides provide our famous "express" push service.** No one is ever left alone. Our guides will assist with a push when you feel challenged, and we always have a sag bus with the group if you wish to take a break.

STRAVA CHALLENGES: there are 2 challenges for the Long & 2 for the Short routes . Group 4 can participate in one short distance challenge. Full details on separate document TBA

DAY BAG

This is a bag that you can put on the sag bus, where you keep personal items that cannot fit in your jersey pockets, e.g. suntan lotion, spare tire, tube, change of clothes (if case you may want to ride the bus for a while). Some persons bring their cycling shoes in their day bag to the lobby so that they are not walking in them to breakfast. Then they exchange them out before riding out & put the walking shoes in their Day bag at ride out.

You can keep your money, ID and credit card on you in your jersey pocket.

It's important to bring your credit card in case you must deal with a medical emergency, and a keep copy of your travel medical insurance in your phone. You need to pay up front and reclaim later.

REST STOPS

Rest stops are fully stocked with Gatorade, water, snack bars, sandwiches, and fruits etc. We add entertainment for a great vibe!

Friday: We visit a local school and the children will entertain you. Small gifts for primary school children of all ages are accepted or cash donations. You bring them with you on the sag bus and hand them out when you get there, in person to the school principal. Photos and videos allowed. Take as many as you like here.

Sunday: we visit the local craft market : plan to get that last minute shopping in at that time, for souvenirs. You can put your purchases in the sag bus.

STAFF GRATUITIES

In Jamaica, gratuity of 15% is the norm in hospitality.

- There is a recommended collective cash tip for the Cycle Jamaica crew at the end of the trip: \$100-125 per person is the suggestion. Please put your tip in the envelope with your name on it and drop it in the locked tip box provided in our hospitality suite at any time. Cashapp, Zelle and PayPal options will be posted to the group WhatsApp during the event.
- It takes a team of about 50 people to organize the event with the majority working behind the scenes. If you want to give something extra for a guide or staff member, we think spare tires, tubes, speedometers etc, make great gifts. Please work with our system to try to be fair to everyone on our team.



USEFUL GENERAL INFORMATION

AIRPORT SHUTTLE

Airport shuttle return. transportation to the Montego Bay airport is included for ALL participants

- Anticipate leaving the resort approximately 5 hours prior to your flight departure. Time. The actual departure times will be posted to the whatsapp group.
- Driving time: about 75 minutes depending on time of day and traffic.
- We depart on time. If you are late, you are obliged to take a taxi.

NB: Shuttle departures are grouped and so it could mean that you depart the hotel sooner. If you would prefer not to leave at another time, you may want to book a private car service - available via login to our event at wetravel.com

CLUB MOBAY-DEPARTURES

If you booked this optional extra, you would have a confirmation letter. It is your responsibility to check that the flight information and names are correct on the document. What does the service include:

- Access to the Fast Track Departures security lanes
- Club Mobay VIP departure lounge to enjoy unlimited snacks and drinks until your flight boards - including. Alcoholic drinks.



USEFUL HOTEL INFORMATION

ALL-ACCESS LUXURY BAND

All guests who stay in the Grand Bahia, but wish to have access to join their friends staying at the Luxury Bahia, can purchase an all-access luxury band for \$15 per person per day. This option can be purchased via WeTravel under optional extras but must be purchased for the duration of your stay.

HOTEL APP

The Bahia Principe App can be downloaded from the App Store prior to your arrival. Browse through the hotel's activities, restaurants and general information about this active fun resort, so that you can better plan your time.

CHECK-IN

We will post the reservations numbers in the WhatsApp group chat no later than 5 days before your arrival at the resort, so that you can do your pre-check in online.

- Just go to the hotel's website <https://www.bahia-principe.com/en/> and scroll to the top right-hand side you will see CHECKIN ONLINE.
- Click on that link and follow the instructions. You will need to upload your identification so have that on hand.

One of the advantages of checking in early is that it allows you to book the a la carte restaurants. You can also check-in directly at the hotel on arrival.

ELECTRICITY

Cyclists tend to bring a lot of gadgets and then it's difficult to find a way to charge them all at once. We recommend investing in a power strip where the plug to the wall is two pronged but the power strip has 3 prongs (mainly because in many rooms there are only two pronged outlets).

SPA RESERVATIONS

You can make your reservations ahead of time, by email to spabpjam@bahia-principe.com

The spa menu is posted to the group chat. You will be entitled to 10% discount off most. Services, which will automatically be discounted on your bill. This is a benefit for all guests with CycleJamaica.

HOTEL ACTIVITIES

Both resorts have many activities & you'll find the schedule in the BAHIA app and on the notice boards in the resort lobbies. We picked a few activities so our group can meet up to hang out together - even off the bike! **See Itinerary for details.**

Especially Join Our Cycle Jamaica team and other participants during the POOL GAMES which is usually between 1pm-4pm by the Luxury poolside.

A-LA-CARTE RESTAURANTS

Once you have checked in, you can then make reservations online, for the a-la-carte restaurants if you wish. You are entitled to 2 reservations per four-night stay if you stay at the Grand and 4 if you stay at the Luxury. Please note that sometimes your restaurant of choice may not be available.

Our opinion: The buffets are extensive and makes it easier for small groups to hang out together - plus you can eat as much as you want and can go when you want - not be on the clock!