



ITINERARY

Day 1: THURSDAY ARRIVAL

AIRPORT ARRIVAL - MONTEGO BAY

Please complete your immigration and customs form no sooner than 30 days prior at enterjamaica.com. Airport shuttle to the hotel is included for all participants. **Please go to DESK 8, Holiday Services.** If you booked Club MoBay, you still need to stop by the desk before going to the nearby lounge.

HOSPITALITY ROOM - Negril Suite

7:30am-8:30am 10:30am-1:00pm 2:00pm-5:30pm

Customer Service and all things bicycle - rentals, bike setup, mechanics etc

Please don't show up at closing time if you need repairs to your bike. Come early.

Location: Between Grand & Luxury Lobbies to the far right of the theatre, back tour desk room, turn right.

TOURS

Tours depart from both Grand & Luxury Lobbies - early tours for those who arrive Weds.

1:00pm-4:00pm

ATV - BRING DRIVERS LICENSE, MAX 300LBS

1:30pm-3:15pm

GREEN GROTTO CAVES

1:30pm-5:30pm

RAFTING ON MARTHA BRAE- SWIMWEAR OPTIONAL AND TOWEL

1:30pm-6:00pm

BOB MARLEY NINE MILES TOUR

WELCOME MEETING

6:00pm-6:30pm

INFRONT OF THE THEATRE- TOUR DESK AREA

Informative but **short** talk about the event.

HOTEL ACTIVITIES

3:00pm

VOLLEYBALL- BEACH SPORTS AREA

5:00pm

SUNSET YOGA- LUXURY WEDDING GAZEBO GRAND -FOOD MARKET

7:00pm

BOB MARLEY DOCUMENTARY- LUXURY- LOBBY BAR

7:00pm

VIOLIN SOLOIST - GRAND LOBBY TERRACE

9:00pm-10:00pm

MOTOWN REVUE SHOW- BETWEEN GRAND & LUXURY- TROPICANA THEATRE

10:00pm-11:00pm

STEEL BAND - GRAND - LOBBY TERRACE

11:00pm-12:00am

KARAOKE- GRAND - SPORTS BAR

WE ANNOUNCE CHANGES & KEEP IN TOUCH VIA OUR WHATSAPP GROUP CHAT, SO ALWAYS STAY TUNED IN



ITINERARY

Day 2: FRIDAY

RIDE OUT TIMES ARE PUNCTUAL. SORRY BUT WE ARE UNABLE TO WAIT IF YOU ARE LATE.

CYCLIST ACTIVITIES

Wear you Club Jersey or Country jersey e.g. USA, Canada etc

4:30am	BIKE PREPARATION-INFRONT GRAND LOBBY AREA
4:45am-5:15am	BREAKFAST BUFFET- TAKARA RESTAURANT
5:15am-5:45am	CYCLIST PREPARATION & ARMBAND CHECK

• GROUP 1 (Long Route)-40 miles/952ft

5:45am	RIDE OUT - GRAND LOBBY- 0 MILES
6:30am-6:45am	HYDRATION STOP- SHARKIES -10MINS- 16.4 MILES
7:30am-8:00am	REST STOP-RIO BUENO SCHOOL- 30 MILES
8:45am	RETURN TO BAHIA- 40 MILES

• GROUP 2 (Long Route)-40 miles/952 ft

. 5:50AM	RIDE OUT- GRAND LOBBY- 0 MILES
7:00am-7:10am	HYDRATION STOP- SHARKIES -10MINS- 16.4 MILES
7:50am-08:20am	REST STOP-RIO BUENO SCHOOL-30 MILES - GIFTS FOR CHILDREN
9:15am	RETURN TO BAHIA- 40 MILES

• GROUP 3 (Short Route) -20 Miles/476ft

5:45 am	RIDE OUT - GRAND BAHIA - 0 MILES
6:45am - 7:15am	REST STOP-RIO BUENO SCHOOL - 10 MILES- GIFTS FOR CHILDREN
8:15am	RETURN TO BAHIA- 20 MILES

WHEN THERE ARE TWO GROUP 3, 3A DEPARTS FIRST AND 3B DEPARTS 10 MINUTES LATER

- **GROUP 4 - departs with Group 3, ride one way & return on the sag bus. So the group 4 distance is a half of the group 3 distance. Group 4 participants can participate if they wish in the first challenge.**

ALL TIMINGS/DISTANCES ARE APPROXIMATE FOR GUIDANCE ONLY.

IF YOU WANT TO PLAN AN APPOINTMENT LIKE SPA, AFTER THE RIDE, PLEASE ADD AN ADDITIONAL HOUR TO THE RETURN TIME.



ITINERARY

Day 2: FRIDAY continued

HOSPITALITY ROOM - Negril Suite

11:00am-1:00pm 3:00pm-5:00pm

Customer Service and all things bicycle - rentals, bike setup, mechanics etc

Please don't show up at closing time if you need repairs to your bike. Come early.

Location: Between Grand & Luxury Lobbies to the far right of the theatre, back tour desk room, turn right.

HOTEL ACTIVITIES

8:00am

STRETCHING-GRAND-GYM, **CIRCUIT TRAINING** -LUXURY GYM

10:00am

PATOIS LESSONS-GRAND-MAIN POOL DECK - LEARN JAMAICAN DIALECT

10:00am

BIKE TOUR-GRAND-LOBBY & LUXURY-TENNIS COURT- SNEAKERS

10:00am

YOGA- LUXURY WEDDING GAZEBO & GRAND-POOL DECK

11:00am

VOLLEYBALL - BEACH SPORTS AREA

12:00pm-4:30pm

POOL GAMES- GRAND & LUXURY -MAIN POOL AT EACH RESORT

4:00pm-6:00PM

PICKLEBALL-TENNIS COURT

5:00-5:45PM

SUNSET YOGA-GRAND-FOOD MARKET & LUXURY WEDDING GAZEBO

7:00pm

SOLO SINGER-LUXURY-LOBBY TERRACE

9:00pm-10:00pm

TITANIUM SHOW- BETWEEN GRAND & LUXURY-TROPICANA THEATRE

11:00pm

KARAOKE- GRAND -SPORTS BAR

LATENIGHT

DISCO- THE VILLAGE

TOURS

Tours depart from both Grand and Luxury Lobbies

1:00pm-4:00pm

HORSEBACK RIDING- 230LBS MAX

1:00pm-4:00pm

ATV - BRING DRIVERS LICENSE, MAX 300LBS

1:15pm-5:00pm

DUNNS RIVER FALLS BRING SWIMWEAR, TOWEL

1:30pm-3:15pm

GREEN GROTTTO CAVES

MAKE IT AN EARLY NIGHT - TOMORROW IS QUITE CHALLENGING!



ITINERARY

Day 3: SATURDAY

A VERY HILLY DAY WITH TWO CHALLENGES - DON'T BE FOOLED BY THE DISTANCE

CYCLIST ACTIVITIES

Wear any ONE LOVE jersey - we're in the birthplace of ONE LOVE!

4:30am

BIKE PREPARATION-INFRONT GRAND LOBBY AREA

4:45am-5:15AM

BREAKFAST BUFFET- TAKARA RESTAURANT

5:15am-5:40am

CYCLIST PREPARATION & ARMBAND CHECK

• **GROUP 1 (Long Route)-42 miles/2013FT**

5:45am

RIDE OUT - GRAND LOBBY-**0 MILES**

6:30am

STRAVA CHALLENGE -BRACO -11.65 MILES

6:50am-7:10am

HYDRATION STOP-CAREY PARK-**14.87 MILES**

7:50am

ROYALTON TURN AROUND-**22 MILES**

8:30am - 9:00am

REST STOP-CAREY PARK-**28 MILES**

9:15am

STRAVA CHALLENGE -DUNCANS- 29.30 MIILES

10:10am

RETURN TO BAHIA-**42 MILES**

• **GROUP 2 (Long Route)-42 miles/2013FT**

5:50am

RIDE OUT - GRAND LOBBY-**0 MILES**

6:50am

STRAVA CHALLENGE -BRACO -11.65 MILES

7:15am-7:30am

HYDRATION STOP-CAREY PARK-**14.87 MILES**

8:10 am

ROYALTON TURN AROUND-**22 MILES**

8:50Am - 9:20am

REST STOP-CAREY PARK-**28 MILES**

9:35AM

STRAVA CHALLENGE -DUNCANS - 29.30 MIILES

10:35am

RETURN TO BAHIA-**42 MILES**

• **GROUP 3 (Short Route)-30 Miles/1166ft**

6:00 AM

RIDE OUT- GRAND LOBBY-**0 MILES**

6:50

STRAVA CHALLENGE -BRACO -11.65 MILES

7:30am-8:00am

REST STOP-CAREY PARK-**14.87 MILES**

8:10AM

STRAVA CHALLENGE -DUNCANS- 16.45 MIILES

9:30am

RETURN TO BAHIA-**34.5 MILES**

WHEN THERE ARE TWO GROUP 3, 3A DEPARTS FIRST AND 3B DEPARTS 10 MINUTES LATER

- **GROUP 4 - departs with Group 3, ride one way & return on the sag bus. So the group 4 distance is a half of the group 3 distance.**

STRAVA CHALLENGES - SEE SEPARATE SHEET WITH FURTHER DETAILS

IF YOU WANT TO PLAN AN APPOINTMENT LIKE SPA, AFTER THE RIDE, PLEASE ADD AN ADDITIONAL HOUR TO THE RETURN TIME.



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Day 3: SATURDAY continued

HOSPITALITY ROOM - Negril Suite

11:00am-1:00pm 3:00pm-5:00pm

Customer Service and all things bicycle - rentals, bike setup, mechanics etc

Please don't show up at closing time if you need repairs to your bike. Come early.

Location: Between Grand & Luxury Lobbies to the far right of the theatre, back tour desk room, turn right

HOTEL ACTIVITIES

8:00am	STRETCHING -LUXURY- GYM. & YOGA - GRAND -GYM
10:00am	BIKE TOUR -LUXURY -TENNIS COURT & GRAND-FRONT DESK
10:00am	PILATES -LUXURY WEDDING GAZEBO & STRETCHING - GRAND POOL
11:00am	VOLLEYBALL - BEACH SPORTS AREA
12:30pm-4:30pm	POOL GAMES-GRAND & LUXURY - MAIN POOL DECK -BOTH RESORTS
4:30pm - 5:00pm	DANCE LESSON - LUXURY-& GRAND - POOL DECK - BOTH RESORTS
5:00pm-5:45pm	SUNSET YOGA - LUXURY WEDDING GAZEBO & GRAND- FOOD MARKET
8:00pm-10:00pm	ALL WHITE BEACH PARTY- LUXURY & GRAND BEACH-BOTH RESORTS INCLUDING FIRE SHOW AT 8:30 LUXURY AND 9:30PM GRAND,
10:15PM-12am	BEACH DISCO - BOTH BEACHES -PARTY CONTINUES
11:00pm	KARAOKE -GRAND - SPORTS BAR

DON'T MISS THE BEACH DANCE PARTY: SO MUCH FUN! -IT'S OPTIONAL TO WEAR WHITE BUT IT'S FUN WHEN WE ARE ALL IN WHITE

TOURS

Tours depart from both Grand and Luxury Lobbies

1:30pm-6:00pm	CATAMARAN SNORKEL DANCE PARTY CRUISE SWIMWEAR-TOWEL
5:30pm-9:30pm	LUMINOUS LAGOON -SWIMWEAR-TOWEL



ITINERARY

Day 4: SUNDAY

CYCLIST ACTIVITIES

WEAR ANY OFFICIAL Cycle Jamaica Jersey

4:30am

BIKE PREPARATION-INFRONT GRAND LOBBY AREA

4:45am-5:20am

BREAKFAST BUFFET- TAKARA RESTAURANT

5:15am-5:45am

CYCLIST PREPARATION & ARMBAND CHECK

• **GROUP 1 (Long Route)-50miles/1639ft**

5:45am

RIDE OUT - GRAND LOBBY-**0 MILES**

7:00am-7:30am

REST STOP- CRAFT MARKET SHOPPING- **17.5MILES**

9:00am-9:15am

CRAFT MARKET- HYDRATION-STOP**32 MILES**

10:30am

RETURN TO BAHIA-**50 MILES**

• **GROUP 2 (Long Route)-50miles/1639ft**

5:50am

RIDE OUT - GRAND LOBBY-**0 MILES**

7:15am-7:45am

REST STOP- CRAFT MARKET SHOPPING- **17.5MILES**

9:20am-9:35am

CRAFT MARKET- HYDRATION-STOP**32 MILES**

10:40am

RETURN TO BAHIA-**50 MILES**

• **GROUP 3 (Short Route)-35 Miles/1003ft**

6:00AM

RIDE OUT- GRAND LOBBY-**0 MILES**

7:40am-8:10am

REST STOP-CRAFT MARKET SHOPPING-**17.5MILES**

9:30am

RETURN TO BAHIA-**35MILES**

WHEN THERE ARE TWO GROUP 3, 3A DEPARTS FIRST AND 3B DEPARTS 10 MINUTES LATER

- **GROUP 4 - departs with Group 3, ride one way & return on the sag bus. So the group 4 distance is a half of the group 3 distance.**

MEDALS & AWARDS PRESENTATIONS

Location: Village - ride west along the driveway and continue past Grand lobby

Non cyclists are welcome to join in the photo taking as we congratulate our cyclists.

ALL RIDES END AT THE VILLAGE MEDALS ARE PRESENTED IMMEDIATELY ON YOUR RETURN.

STRAVA WINNERS ARE GIVEN THEIR TROPHIES AFTER ALL GROUPS HAVE RETURNED.

STRAVA 1-5TH PLACE FOR EACH CHALLENGE (NOT PER GROUP). SHORT & LONG HAVE SEPARATE AWARDS.

Take your Photo doing Bolt Pose with your Finisher's medal 😊 SEE SEPARATE FLYER FOR MORE INFO!

Every cyclist participant gets a medal.



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Day 4: SUNDAY continued

HOSPITALITY ROOM - Negril Suite

10:30am-1:00pm 3:00pm-5:00pm

Please return your bike rentals or bikes that need repacking, immediately after the ride or after the medal presentation to the bike/hospitality room. GRATUITIES BOX is located here - thank you.

HOTEL ACTIVITIES

8:00am

STEP AEROBICS-LUXURY- STRETCHING - GRAND GYM

10:00am

BIKE TOUR-LUXURY-TENNIS COURT & GRAND-FRONT DESK

10:00am

YOGA-LUXURY WEDDING GAZEBO & GRAND-POOL DECK

11:00am

HORESHOES-LUXURY-BEACH. DARTS- & GRAND-POOL

12:30pm-4:00pm

POOL GAMES-LUXURY & GRAND MAIN POOL - BOTH RESORTS

3:00pm

VOLLEYBALL-LUXURY-BEACH SPORTS AREA

4:00pm

BEACH SOCCER-LUXURY-BEACH SPORTS AREA

4:00pm

DANCE LESSON-LUXURY-POOL DECK

5:00pm-5:45pm

SUNSET YOGA-LUXURY WEDDING GAZEBO & GRAND-FOOD MARKET

11:00pm

KARAOKE-LUXURY-SPORTS BAR

LATENIGHT

DISCO-LUXURY-TROPICANA THEATRE

BGDB PRIVATE FAREWELL DANCE PARTY

8:00pm-10:00pm

CHILL OUT HUT

Access only with your CYCLE JAMAICA armband.

BAR AND MUSIC - Celebration time, Casual.

TOURS

Tours depart from both Grand and Luxury Lobbies

1:00pm-4:00pm

ATV - BRING DRIVERS LICENSE, MAX 300LBS

1:00pm-4:00pm

HORSEBACK RIDING- 230LBS MAX

1:30pm-3:15pm

GREEN GROTTO CAVES

1:30pm-5:30pm

RAFTING ON THE MARTHA BRAE - SWIMWEAR OPTIONAL, TOWEL

1:30pm-6:00pm

BOB MARLEY NINE MILES TOUR

1:30pm-9:30pm

RAFTING +LUMINOUS LAGOON COMBO - SWIMWEAR, TOWELS

IT'S YOUR LAST NIGHT. LET YOUR HAIR DOWN! LET'S PARTY ALL NIGHT LONG!



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Day 5: MONDAY

DEPARTURES

- **Shuttle times are preassigned and will be posted in the WhatsApp group.** If any bus has combined passengers at both resorts, buses first go to the Grand Lobby and then over to the Luxury lobby for pickups.
- You are required to check in 3 hours prior to your flight : these are the rules of MBJAirport. We also allot time for any road delays that could occur (flat tyre, or road block etc) **So anticipate a departure pick up that is about 5 hours prior to your flight departure time as a rough guideline.** **SHUTTLE** Departures are grouped, so departure could be sooner, so if you would prefer to not to perhaps leave sooner, you can **prebook a private transfer** and go when you wish.

Driving time to Montego Bay airport is 75 minutes, but it takes time to load the buses especially with loading so many bike cases, so please be **EARLY**.

- If you are late, you will be obliged to take a taxi at your expense.
- We will NOT hold the bus for you as there are other participants who need to catch their flights.

Staying longer? Want some additional tours?

For those staying on an additional day or two, we have some optional activities you may want to consider and the Holiday Services tour rep can assist you with booking those tours. The Holiday Services tour rep OMAR can be reached by tel/whatsapp/imessage,876-896-1034

Thanks for coming. We appreciate you! One Love!

Storm, Horace, Shaunell, Mary,Rayne and the entire Cycle Jamaica Team:

Cycling Guides, Airport Drivers, Airport teams, Police, EMTs, Ambulance crew, Sag Drivers, Musicians and entertainers at rest stops. It takes a village – full team of 50, to manage and operate this event!

Special thanks to our sponsors: One Love Cycling, Holiday Services & the Jamaica Tourist Board