



# CYCLE PUNTA CANA ITINERARY

## DAY ONE – THURSDAY

### ARRIVAL - PUNTA CANA INTERNATIONAL AIRPORT ( PUJ)

#### Immigration

Please complete your immigration and customs form usually no sooner than 24 hours prior to arrival at <https://eticket.migracion.gob.do/>. It is FREE of charge.

The Tourist Card is already included in your plane ticket at the time of purchase.

**Your hotel is:** Ocean El Faro. Address: Carretera Uvero Alto, Punta Cana 23000.

**Punta Cana VIP arrival airport services:** if you booked this **optional** extra (see General information document) you should already have your letter with instructions. You will be met after disembarking by a Punta Cana VIP agent holding a name sign and taken through immigration fast track, to a small lounge where you will be offered a soft drink or water, whilst your documents are processed, your luggage collected and you are processed through customs, avoiding the often very long queues.

#### Customs in Punta Cana

There is one queue to go through for visitors.

#### Airport Shuttle to the resort

Your shuttle is included in your package!

After you exit Customs, **look for an agent from Liberty Travel with Cycle Jamaica Sign.**

If you prefer not to wait on the shuttle transfer (it can be a wait of 5-45 minutes), you can prebook an upgrade to private car in WeTravel under "Optional Extras."

Driving time to the resort: 45 minutes, depending on the time of day and traffic.

Please get off at the correct lobby depending on the resort booked: El Faro, or El Beso.

Don't worry if you have a flight delay; our airport team automatically monitors all flights and adjusts accordingly. They will be waiting for you.

#### OUR Cycle Punta Cana Registration/Hospitality Suite

Registration, Prepaid bike setup, Bicycle rental fitting, and Pickup

**Location:** *to the right of the lobby El Faro side)*

**Thursday:** 10:00am-5:30pm & 7:30pm-8:30pm **Friday, Saturday, Sunday:** 11am-1pm and 3-5pm

**Bicycle Service Area:** Our service providers provide mechanical services if needed for a nominal fee.

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

**There is NO mechanic service available on ride mornings**, so be sure to check your bike the afternoon prior to each ride. The mechanics do not lend out their tools or pumps: but provide services as needed.

Bicycle Pumps: Our guides will pump your wheels for you, **free of charge** at 5 am before the ride. Not in mechanics room.

#### Welcome Information Meeting

6:00-6:30 pm We start on time. Informative but short talk about the event and answering of any questions. Have a welcome drink and get to greet teammates and make new friends.

**Location:** Theatre , Main Piazza area

**SOLO travelers Meetup:** 7:00pm at the Buffet restaurant

**WE ANNOUNCE CHANGES & KEEP IN TOUCH VIA OUR WHATSAPP GROUP CHAT, so be sure to check it!**

# DAY TWO – FRIDAY

## CYCLIST SCHEDULE

**Jersey to be worn: Your Club jersey or your Country's jersey.**

- 05:00 Bikes brought to the front of the El Beso Lobby. Fill water bottles.
- 05:00-5:45 Breakfast (location TBA)
- 06:00 Put cycling shoes & a helmet on and a “day bag” on your sag bus.
- 06:30 Armband checks. Ride out

**DAY BAG:** This is a bag where you put personal items and leave in the sag bus for items that cannot fit in your jersey pockets. For example, wear your regular shoes each morning and put your cycling shoes in the bag; change shoes before riding out and put your regular shoes in the day bag on the bus. You might want to also bring suntan lotion, spare tube & tire. Bring change of clothes/ tshirt in case you decide to ride the bus for a while.

You can keep your money on you in your jersey pocket and credit cards and, very important, your health insurance information.

**CYCLIST ROUTE OPTIONS:** All timings & distances are approximate – and are for guidance only. Please check our route guide for the Strava and route links ( separate document).

Day 1 - The Warm Up ride		
LONG ROUTE	MEDIUM ROUTE	SHORT ROUTE
37.30 MILES	28.70 MILES	18 MILES
1210 FT	1011 FT	500 FT
REST STOP: MILE 18	REST STOP: :MILE 18	REST STOP: END OF RIDE
		(return by bus)

**REST STOPS** are fully stocked with Gatorade, water, snack bars, sandwiches, fruits, etc.

## HOTEL ACTIVITIES

Both resorts have many more activities all day long, and there are activity boards on each lobby terrace that give the schedule, so be sure to join in. We picked a few of them: Join Our Cycle Jamaica coordinator and other participants for these fun activities

9:00am	Yoga – on the beach
10:00am	Stretching – poolside (Daisy Pool)
11:00am	Crazy games – poolside ( Daisy Pool)
12noon	Aqua Gym – poolside (Beso)
3:00pm	Water games – poolside ( Daisy Pool)
5:00pm	Aerobics – poolside (Daisy Pool)
7:45pm	Super Bingo – Main Square
9:30pm	White night Party - Beach
11:00pm	Disco

## TOURS

Tours depart from both El Faro and El Beso Lobbies. It will pick up first at El Beso lobby and then continue to El Faro lobby.

2:40pm-6:00pm ADVENTURE BUGGY TOUR

2:50pm-4:30pm HORSEBACKRIDING IN THE SEA- BRING TOWELS, CHANGE OF CLOTHES (You get wet)

RETURN TIME FOR TOURS ARE ALWAYS APPROXIMATIONS

**MAKE IT AN EARLY NIGHT – TOMORROW IS QUITE CHALLENGING!**

# DAY THREE – SATURDAY

## CYCLIST SCHEDULE

**Jersey to be worn: One Love Jersey—a celebration of unity.** Purchase here: [www.onelovecycling.com](http://www.onelovecycling.com)

- 05:00 Bikes brought to the front of the El Beso Lobby. Fill water bottles.
- 05:00-5:45 Breakfast (location TBA)
- 06:00 Put cycling shoes & a helmet on and a “day bag” on your sag bus.
- 06:30 Armband checks. Ride out

**CYCLIST ROUTE OPTIONS:** All timings & distances are approximate – and are for guidance only. Please check our route guide for the Strava and route links ( separate document).

Day 2 - The Challenge day		
LONG ROUTE	MEDIUM ROUTE	SHORT ROUTE
44.20 MILES	34.40 MILES	15.40 MILES
2016 FT	1837 FT	850FT
REST STOP: MILE 23.10	REST STOP: MILE 15.40	REST STOP: END OF RIDE
		(return by bus)

## HOTEL ACTIVITIES

Both resorts have many more activities all day long, and there are activity boards on each lobby terrace that give the schedule, so be sure to join in. We picked a few of them: Join Our Cycle Jamaica coordinator and other participants for these fun activities

9:00am	Yoga – on the beach
10:00am	Stretching – poolside ( Daisy Pool)
11:00am	Olympic games – beach
11:30am	Aqua Volleyball– poolside (Beso)
12noon	Aqua Gym – poolside (Beso)
3:00pm	Water games – poolside (Daisy Pool)
4:00pm	Fun FOAM party – Daisy Pool
4:30pm	Dance Class - poolside (El Beso)
5:00pm	Aerobics – poolside
7:45pm	Super Bingo – Main Square
9:30pm	Dominican Showtime – Theatre
10:30pm	Blue Team Action – Main Square
11:00pm	Disco

## TOURS

Tours depart from both El Faro and El Beso Lobbies. It will pick up first at El Beso lobby and then continue to El Faro lobby.

12:45pm - 4:30pm	MARINARIUM TOUR -SWIM WITH THE SHARKS
2:30pm - 5:30pm	COUNTRY TOUR – CIGAR AND MAMAJAUANA MAKING TOUR

RETURN TIME FOR TOURS ARE ALWAYS APPROXIMATIONS

# DAY FOUR – SUNDAY

## CYCLIST SCHEDULE

**Jersey to be worn: Cycle Caribbean—the official jersey. Great for posing with your medals**

- 05:00 Bikes brought to the front of the El Beso Lobby. Fill water bottles.
- 05:00-5:45 Breakfast (location TBA)
- 06:00 Put cycling shoes & a helmet on and a “day bag” on your sag bus.
- 06:30 Armband checks. Ride out

**CYCLIST ROUTE OPTIONS:** All timings & distances are approximate – and are for guidance only. Please check our route guide for the Strava and route links ( separate document).

Day 3 - The Celebration ride		
LONG ROUTE	MEDIUM ROUTE	SHORT ROUTE
48.10 MILES	37.20 MILES	16.50MILES
2117 FT	1598 FT	650FT
REST STOPS: 16.5& 31.90	REST STOP: MILE 16.50	REST STOP: END OF RIDE
		(return by bus)

**BIKE REPACK SERVICES:** Please return your bike to the mechanics room for repacking, immediately as the ride ends.

## MEDALS & AWARDS PRESENTATIONS

- Location: Theatre – Main Piazza area
- Non cyclists are welcome to join in and take photos as we congratulate our cyclists.
- All group rides end at the El Beso lobby.
- Every cyclist participant gets a medal.
- Medals are given on an ongoing basis , so please report to the theatre upon your return .
- Strava Winner podiums are done once all the groups have returned for each category.

## HOTEL ACTIVITIES

Both resorts have many more activities all day long, and there are activity boards on each lobby terrace that give the schedule, so be sure to join in. We picked a few of them: Join Our Cycle Jamaica coordinator and other participants for these fun activities

9:00am	Stretching – poolside ( Beso)
10:00am	Stretching – poolside ( Daisy Pool)
11:00am	Crazy games – poolside (Daisy Pool)
11:30am	Aqua Volleyball– poolside (Beso)
12noon	Aqua Gym – poolside (Beso)
3:00pm	Water Games - (Daisy Pool)
3:30pm	Rehad Party – poolside (Beso)
4:30pm	Dance lesson – poolside (Beso)
5:00pm	Aerobics – poolside (Beso)
7:45pm	Super Bingo – Main Square
8:45pm	Blue Team Action – Main Square
10:30pm	Karaoke Night – Main Square

## TOURS

Tours depart from both El Faro and El Beso Lobbies. It will pick up first at El Beso lobby and then continue to El Faro lobby. The best night out EVER!! Suitable for all ages! No you're not too old!!! Do NOT miss this!!!!

7:00pm-1:30AM COCO BONGO

RETURN TIME FOR TOURS ARE ALWAYS APPROXIMATIONS

## DAY FIVE – MONDAY

### DEPARTURE - PUNTA CANA INTERNATIONAL AIRPORT ( PUJ)

**Shuttle times are preassigned and will be posted in the WhatsApp group.**

You are required to check in 3 hours prior to your flight. Driving time to PUJ is approximately 45 minutes. We also allot time for any road delays that could occur (flat tire, roadblock, etc.). So anticipate a departure pickup that is about 4 hours prior to your flight departure time as a rough guideline. The precise times are posted the evening prior. **Remember that 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.
- There is an option to book a private transfer, if you wish, but it is bookable ONLY in advance, under optional extras on WeTravel.

For those staying an additional day or two, we have some optional activities you may want to consider, and the Liberty Travel tour rep can assist you with booking those tours.

Once the extended stay was booked with Cycle Caribbean at our resort, then we do still provide airport transfers as part of the package.

Thanks for coming. We appreciate you!

One Love!

Your Cycle Caribbean Team

Storm, Horace, Shaunell, Mary, Rayne

Cycling Guides, Airport Drivers, Airport teams, Police, EMTs, Ambulance crew, Sag Drivers, & entertainers at stops.

**It takes a village – full team/staff of 40, to manage and operate this event!**

**TIPS:** the box for the team is in the Hospitality suite. Please remember to put your name on the envelope and drop it in the box. We will post CashApp/ Zelle and other options in the group chat.