

# 3-Day 2-Night Itinerary for the UCI Gran Fondo Hainan - Wanning



## Overview

This itinerary is designed for participants in the UCI Gran Fondo in Wanning, Hainan. It covers a three-day, two-night stay, with Explore Outdoor Expo, Saturday featuring the Individual Time Trial (ITT) and Sunday the main Gran Fondo race.



# Day 1: Friday - Arrival and Preparation

- **Morning**
- **Arrival at Hainkou International AirPort or Sanya Phoenix International Airport**
- Arrive in Hainan, where you'll be greeted by a tour representative. Enjoy a comfortable transfer to your hotel in Wanning (approximately a 1.5-hour drive).
- **Afternoon**
- **Hotel Check-In**
- Check into a cycling-friendly hotel that offers secure bike storage, a workshop for any last-minute adjustments, and a dedicated team for athlete needs.
- **Lunch and Race Packet Pickup**
- After settling in, enjoy a leisurely lunch featuring local Hainanese cuisine.
- Head to the event expo to pick up your race packet, including your bib, timing chip, and race information.
- **Evening**
- **Pre-Race Briefing and Course Overview**
- Attend an official briefing to go over the ITT and main race courses, tips, and race-day instructions.
- **Dinner**
- Enjoy a carb-focused dinner with the group, preparing you for the weekend's races.
- **Early Night**
- Rest up for the Individual Time Trial (ITT) on Saturday.



## Day 2: Saturday - Individual Time Trial (ITT) and Scenic Exploration

- **Morning**
- **Pre-Race Breakfast**
  - Fuel up with a nutritious breakfast at the hotel.
- **Individual Time Trial (ITT)**
  - **Start Time:** Varies based on registration
  - **Location:** Designated course in Wanning
  - Compete in the ITT, testing your pace and endurance on a scenic yet challenging route.
- **Recovery**
  - After the race, return to the hotel to stretch, rehydrate, and enjoy a recovery snack.
- **Afternoon**
- **Lunch and Local Exploration**
  - Enjoy a relaxed lunch.
  - Optional **Guided Tour of Wanning:** Explore local attractions such as Riyue Bay, known for its beautiful beaches, or sample tea at a traditional Hainan tea house.
- **Evening**
- **Group Dinner**
  - A special pasta night to load up on carbs, with options for dietary needs.
- **Race Preparation**
  - Final gear checks and preparations for the main Gran Fondo race on Sunday.
- **Early Rest**
  - Lights out early to ensure ample rest.



# Day 3: Sunday - Gran Fondo Race and Departure

- **Morning**
- **Pre-Race Breakfast**
  - A light but energizing breakfast to get you ready for race day.
- **Gran Fondo Main Race**
- **Start Time:** Early morning
- **Route:** Full course through Wanning and scenic Hainan terrain
- Tackle the main race, cycling through beautiful coastal and countryside scenery, with well-marked checkpoints and hydration stops.
- **Afternoon**
- **Post-Race Celebration**
  - Enjoy post-race festivities, including refreshments, live music, and a medal ceremony.
- **Shower and Relax**
  - Return to the hotel to freshen up and relax.
- **Hotel Checkout and Farewell Lunch**
  - Check out from the hotel, followed by a farewell lunch with the group.
- **Evening**
- **Departure from Hainkou International AirPort or Sanya Phoenix International Airport**
  - Transfer to the airport for your flight home, or stay longer to explore Hainan on your own.

This itinerary combines the excitement of competitive racing with moments to enjoy Hainan's natural beauty and culture, ensuring a memorable Gran Fondo experience!

