

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

This itinerary is designed for participants in the UCI Gran Fondo Hainan, starting on Friday and concluding with departure after the main 120 km Gran Fondo race on Sunday. It combines race preparation, participation in both events, and relaxation.



## Day 1: Friday - Arrival and Orientation

- **Morning**
- **Arrival at Haikou International Airport or Sanya Phoenix International Airport**
- Arrive in Hainan, where a tour representative will greet you and assist with your transfer to the hotel in Wanning (approximately a 1.5-hour drive).
- **Afternoon**
- **Hotel Check-In**
- Check into a cyclist-friendly hotel with secure bike storage and support services for athletes.
- **Lunch**
- Enjoy a light lunch with local Hainan flavors.
- **Race Packet Pickup and Event Expo**
- Head to the race venue to pick up your race packet with your bib, timing chip, and other essentials. Visit the expo for last-minute gear and supplies.
- **Evening**
- **Orientation and Course Briefing**
- Attend a briefing on the Individual Time Trial (ITT) and 120 km Gran Fondo race, covering course details, safety tips, and race protocols.
- **Welcome Dinner**
- Join a group dinner with other participants, featuring a balanced, carb-focused meal to fuel up for the race weekend.
- **Early Night**
- Get a good night's sleep to prepare for Saturday's ITT.



## Day 2: Saturday - Individual Time Trial (ITT) and Preparation for Gran Fondo

- **Morning**
- **Pre-Race Breakfast**
- Start your day with a light, energizing breakfast at the hotel.
- **Individual Time Trial (ITT)**
- **Start Time:** Morning (specific times based on registration)
- **Location:** ITT course in Wanning
- Compete in the ITT, which is a timed, short-distance race designed to test your pacing and power. This serves as a great warm-up for the main event on Sunday.
- **Late Morning**
- **Post-Race Recovery**
- Return to the hotel for stretching, hydration, and a light recovery snack.
- **Afternoon**
- **Lunch and Relaxation**
- Enjoy a nutritious lunch back at the hotel.
- **Optional Massage or Spa Session**
- Unwind with an optional sports massage or spa session to help loosen up muscles in preparation for the 120 km race.
- **Evening**
- **Carb-Loading Dinner**
- Join a pasta dinner with fellow participants, focusing on complex carbs to fuel up for the 120 km Gran Fondo race.
- **Final Race Preparations**
- Check your equipment, set out your gear, and prepare your race-day nutrition.
- **Early Night**
- Get a full night's sleep before the big race on Sunday.



# Day 3: Sunday - 120 km UCI Gran Fondo Main Race and Departure

- **Early Morning**
- **Pre-Race Breakfast**
- Have a nutritious breakfast with carbohydrates and protein to sustain energy.
- **120 km UCI Gran Fondo Main Race**
- **Start Time:** Early morning
- **Route:** This challenging 120 km course takes you through Wanning's beautiful landscapes, including coastal views, rural villages, and lush, rolling hills. Expect a mix of terrain and elevation changes, with hydration and support stations along the way.
- **Late Morning / Early Afternoon**
- **Post-Race Celebration and Awards Ceremony**
- Celebrate your achievement at the finish line with refreshments, entertainment, and an awards ceremony.
- **Return to Hotel for Shower and Packing**
- Head back to the hotel to shower, pack, and check out.
- **Afternoon**
- **Farewell Lunch and Departure**
- Enjoy a farewell lunch with the group, celebrating the race experience.
- Transfer to Sanya Phoenix International Airport for your departure flight, concluding your memorable race weekend in Hainan.



## Optional: Day 4 (Monday) - Extended Stay

If you choose to stay an extra day to relax and explore:

- **Morning**
- **Breakfast and Leisure**
  - Have a leisurely breakfast, then enjoy Wanning at your own pace.
- **Guided Tour Options**
  - Explore local attractions, such as Riyue Bay's beaches, a Hainan tea plantation, or scenic cycling routes.
- **Afternoon and Evening**
- **Lunch and Relaxation**
  - Sample local cuisine at a recommended restaurant, then relax with optional activities such as a beach visit or spa session.
- **Dinner and Departure**
  - Transfer to the airport for departure or continue exploring Hainan on your own.

This itinerary offers the right mix of race preparation, competitive racing, and relaxation, making for an unforgettable UCI Gran Fondo Hainan experience.

