

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

This itinerary is designed for participants in the UCI Gran Fondo Hainan, providing ample time for race preparation, explore outdoor expo, local exploration, and recovery. The schedule covers the Individual Time Trial (ITT) on Saturday and the 120 km main Gran Fondo race on Sunday, with arrival on Thursday and departure on Monday.

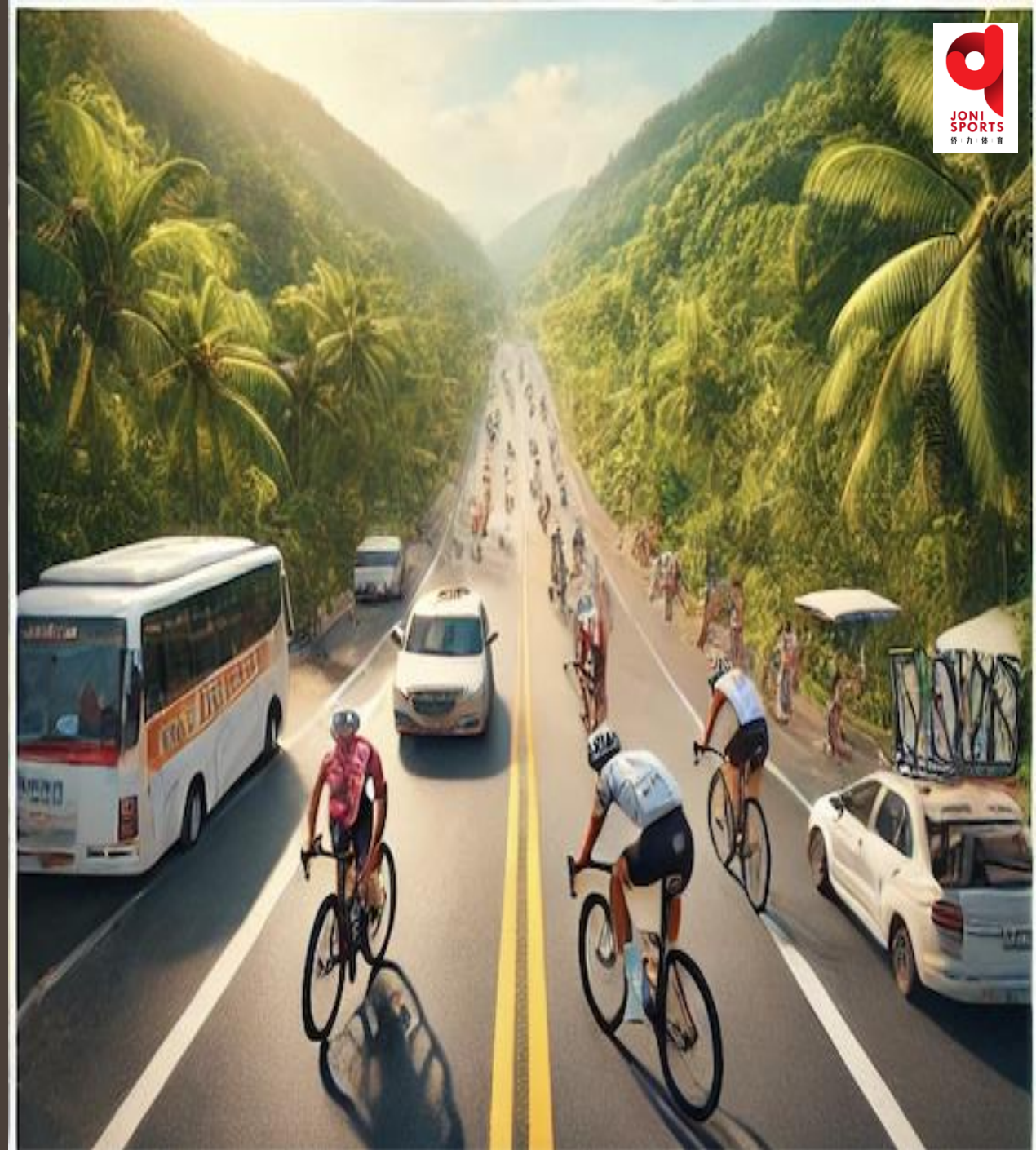
Day 1: Thursday - Arrival and Orientation

- Morning
- Arrival at Haikou International City or Sanya Phoenix International Airport
- Meet your tour representative and transfer to your hotel in Wanning (approx. 1.5-hour drive).
- Afternoon
- Hotel Check-In
- Settle into a cycling-friendly hotel equipped with secure bike storage and support services.
- Lunch
- Enjoy a light lunch featuring local Hainan flavors to recharge after travel.
- Optional Light Ride
- Set up and test your bike with an optional warm-up ride along nearby scenic roads.
- Evening
- Orientation and Course Briefing
- Attend a race briefing covering details for the ITT and the 120 km Gran Fondo course, with information on terrain, elevations, and race-day logistics.
- Welcome Dinner
- Join fellow participants for a welcome dinner, featuring balanced, carb-focused meals.
- Early Night
- Rest up to acclimate and prepare for a full weekend of racing.



Day 2: Friday - Local Exploration and Race Preparation

- **Morning**
- **Breakfast at the Hotel**
- Start with a hearty breakfast before heading out.
- **Race Packet Pickup and Event Expo**
- Collect your race packet, which includes your bib, timing chip, and other essentials. Browse the expo for last-minute gear and supplies.
- **Afternoon**
- **Lunch and Sightseeing**
- Enjoy lunch with other cyclists.
- **Optional Guided Tour:** Discover local highlights, such as Riyue Bay's beautiful beaches, a Hainan tea plantation, or Wanning's scenic coastline.
- **Evening**
- **Carb-Loading Dinner**
- Join a pre-race pasta dinner to build energy reserves for the weekend.
- **Early Rest**
- Go to bed early to ensure plenty of rest before Saturday's ITT.



Day 3: Saturday - Individual Time Trial (ITT) and Recovery



- **Morning**
- **Pre-Race Breakfast**
- Fuel up with a balanced, energizing breakfast.
- **Individual Time Trial (ITT)**
- **Start Time:** Morning (specific times based on registration)
- **Location:** Designated ITT course in Wanning
- Compete in the ITT, testing your speed and precision over a short but challenging course. This serves as a warm-up for Sunday's main event.
- **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 to aid in recovery.
- **Optional Massage or Spa Session**
- Relax with a sports massage or spa session to relieve any muscle tightness in preparation for Sunday's main race.
- **Evening**
- **Carb-Loading Pasta Dinner**
- Join a carb-heavy dinner with fellow riders to fuel up for the 120 km Gran Fondo.
- **Final Race Preparations**
- Prepare all race essentials, including gear and nutrition, for the next day.
- **Early Night**
- Rest early to ensure optimal energy levels for the main race.



Day 4: Sunday - 120 km UCI Gran Fondo Main Race

- **Early Morning**
- **Pre-Race Breakfast**
- Have a light, energizing breakfast focusing on carbohydrates and proteins.
- **120 km UCI Gran Fondo Main Race**
- **Start Time:** Early morning
- **Route:** The 120 km course takes you through Wanning's stunning landscapes, from coastal roads and rural villages to lush hills with moderate elevation. The route includes hydration and support stations, making for a challenging but scenic race experience.
- **Late Morning / Early Afternoon**
- **Post-Race Celebration and Awards Ceremony**
- Celebrate at the finish line with refreshments, music, and the official awards ceremony recognizing top finishers.
- **Return to Hotel for Shower and Recovery**
- Head back to the hotel to shower, relax, and freshen up.
- **Evening**
- **Farewell Dinner and Celebration**
- Gather for a farewell dinner, sharing stories from the weekend and celebrating your achievements with other participants.



Day 5: Monday - Relaxation and Departure

- **Morning**
- **Breakfast and Leisure Time**
- Enjoy a relaxed breakfast.
- **Optional Morning Activity**
- **Leisure Walk or Beach Visit:** Take a final stroll along Riyue Bay or enjoy one last view of the coast.
- **Midday**
- **Hotel Check-Out and Farewell Lunch**
- Check out of the hotel and enjoy a farewell lunch with the group, reminiscing about the race experience.
- **Afternoon**
- **Transfer to Haikou International City or Sanya Phoenix International Airport**
- Depart for the airport for your return flight, leaving Hainan with memories of an exciting and rewarding Gran Fondo weekend.

This 5-day itinerary provides a perfect balance of race prep, competition, local experiences, and relaxation, creating an unforgettable UCI Gran Fondo experience in Wanning, Hainan.

