

# 6 Days 5 Nights Itinerary for the UCI Gran Fondo Hainan - Wanning

This itinerary is designed for participants in the UCI Gran Fondo Hainan, giving plenty of time for travel, preparation, race participation, and local exploration. The itinerary covers an outdoor expo, the Individual Time Trial (ITT) on Saturday, and the 120 km main Gran Fondo race on Sunday, with arrival on Wednesday and departure on Monday.



# Day 1: Wednesday - Arrival and Orientation

- **Morning**
- **Arrival at Sanya Phoenix International Airport**
- Meet your tour representative for transfer to your hotel in Wanning (approx. 1.5-hour drive).
- **Afternoon**
- **Hotel Check-In**
- Settle into a cyclist-friendly hotel equipped with secure bike storage and support services for athletes.
- **Lunch**
- Enjoy a light lunch featuring local Hainan flavors.
- **Bike Setup and Optional Light Ride**
- Set up your bike and go on an optional light ride along nearby scenic roads to shake off any travel stiffness.
- **Evening**
- **Orientation and Course Briefing**
- Attend an official race briefing on the ITT and the 120 km Gran Fondo race, covering course details, terrain, and race-day protocols.
- **Welcome Dinner**
- Join other cyclists for a welcome dinner featuring balanced, carb-focused meals.
- **Early Night**
- Get a good night's rest to adjust and prepare for the race weekend.



# Day 2: Thursday - Exploring the Outdoor Expo and Sightseeing

- **Morning**
- **Breakfast at the Hotel**
- Enjoy a hearty breakfast to start the day.
- **Outdoor Expo and Race Packet Pickup**
- Head to the event venue to collect your race packet, which includes your bib, timing chip, and other essentials.
- Explore the outdoor expo, featuring cycling gear, nutrition products, and other supplies. Browse the latest equipment, meet with vendors, and pick up any last-minute items.
- **Afternoon**
- **Lunch and Local Sightseeing**
- Enjoy lunch with fellow participants.
- **Guided Tour:** Visit highlights around Wanning, such as Riyue Bay's beaches, a local tea plantation, or scenic coastal paths.
- **Evening**
- **Dinner at a Local Restaurant**
- Sample Hainanese cuisine at a local restaurant.
- **Relaxation at the Hotel**
- Return to the hotel for a relaxed evening to unwind and prepare for the coming days.



# Day 3: Friday - Final Preparations and Expo Exploration

- **Morning**
- **Breakfast at the Hotel**
- Start the day with a nourishing breakfast.
- **Visit the Expo and Course Familiarization**
- Take one last trip to the expo for any additional supplies or advice from local vendors.
- Join a course preview walk or briefing session, if available, to get a better feel for Saturday's ITT and Sunday's 120 km course.
- **Afternoon**
- **Lunch and Relaxation**
- Enjoy a light lunch, then relax at the hotel or take a short walk to enjoy the surrounding area.
- **Evening**
- **Pre-Race Carb-Loading Dinner**
- Join a group pasta dinner focused on complex carbs to fuel up for Saturday's ITT.
- **Early Night**



## Day 4: Saturday - Individual Time Trial (ITT) and Recovery

- **Morning**
- **Pre-Race Breakfast**
  - Fuel up with a balanced breakfast.
- **Individual Time Trial (ITT)**
  - **Start Time:** Morning (specific times based on registration)
  - **Location:** ITT course in Wanning
  - Compete in the ITT, a short but intense race to test your speed and pacing, which also serves as a warm-up for Sunday's 120 km main event.
- **Late Morning**
- **Post-Race Recovery**
  - Return to the hotel for stretching, hydration, and a light recovery snack.
- **Afternoon**
- **Lunch and Relaxation**
  - Have a nutritious lunch, then unwind at the hotel.
- **Optional Massage or Spa Session**
  - Rejuvenate with a sports massage or spa treatment to relieve any tension and prepare your muscles for Sunday's main race.
- **Evening**
- **Carb-Loading Dinner for Main Race**
  - Join a carb-heavy dinner with other riders, focused on fueling up for the 120 km Gran Fondo.
- **Final Race Preparations**
  - Set out all race essentials, gear, and nutrition for the next day.
- **Early Night**
  - Rest early to ensure peak energy for Sunday's race.



## Day 5: Sunday - 120 km UCI Gran Fondo Main Race

- **Early Morning**
- **Pre-Race Breakfast**
- Have a light, energizing breakfast with carbohydrates and protein.
- **120 km UCI Gran Fondo Main Race**
- **Start Time:** Early morning
- **Route:** This challenging 120 km course takes riders through Wanning's varied landscapes, from beautiful coastal roads to rural villages and lush hills. Expect moderate elevation changes, with hydration and support stations throughout the route to keep you fueled and hydrated.
- **Late Morning / Early Afternoon**
- **Post-Race Celebration and Awards Ceremony**
- Celebrate at the finish line with refreshments, entertainment, and an awards ceremony to recognize top finishers.
- **Return to Hotel for Shower and Recovery**
- Head back to the hotel to shower, relax, and freshen up after the race.
- **Evening**
- **Farewell Dinner and Celebration**
- Join the group for a farewell dinner, celebrating your achievements and sharing stories from the race weekend with fellow participants.



# Day 6: 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 relax by the coast one last time.
- **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 Sanya Phoenix International Airport**
  - Depart for the airport to catch your return flight, concluding your memorable UCI Gran Fondo weekend in Hainan.

This 6-days 5 nights itinerary offers a balanced schedule of race preparation, competition, expo exploration, and relaxation, creating an unforgettable cycling experience at the UCI Gran Fondo Hainan in Wanning.

