

RIVIERA MAYA 2024

SAFETY INFORMATION

- 1. I will ride single file when a car or truck is behind me.
- 2. I will never ride more than two abreast, in accordance with Georgia law. I will not be a road hog. I will yield to riders trying to pass me.
- 3. I will ride as far to the right as practicable, except when making a left turn or when going straight at a right-turn only lane.
- 4. I will call out "car back" or "car up" to riders in front of me.
- I will call out my intentions to riders immediately behind me: "Slowing," "Stopping," or "Turning." I will use traffic hand signals when appropriate.
- 6. I will point to road hazards and/or call out to riders behind me: Gravel, Hole, Tracks.
- 7. I will call out to riders I am about to pass: On Your Left, or "Good Morning. I will never pass on the right.
- 8. I will wear my helmet at all times while on my bike.
- 9. I will obey all traffic signs and signals. I will not call out "Clear" at stop signs or red lights.
- 10. I will always ride defensively. I will always be aware of other riders, vehicles and pedestrians near me. I will never assume I know what they are going to do.
- 11. I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.
- 12. I will provide immediate adult supervision to my bicycling children under age 16.
- 13. I will not ride before daylight or after dusk unless I have proper lights on my bike, in accordance with Georgia law.
- 14. If I stop for any reason, I will get completely off the road.
- 15. I will not wear headphones while riding my bike.
- 16. I understand I will be ejected from the ride if I violate this Safety Pledge.
- 17. I will obey this SAFETY PLEDGE. If I am riding with minor children (under age 18), I will read it with them, and they will obey it.

SAFETY INFORMATION

BRAG events take place on public right of ways. We ask motor vehicles to share the road, so we must extend the same courtesy. As much as possible we travel on low traffic roads, however we will need to travel on roads with higher traffic volume and hazards from time to time. No road is perfect and every surface presents its challenges. Roads we are traveling on in Mexico may be in worse condition than what you are used to at home. We will be riding on gravel, dirt, roads, paths, etc. Hazzards can appear suddendly and without notice. Exercise your duty of care when riding. Observe road conditions and take appropriate action. If there is a hazard or road you are uncomfortable with please walk your bike or notify SAG who can assist you. Please review the BRAG Safety Pledge you were required to sign to participate in this BRAG event.

YOU MUST STOP AT ALL STOP SIGNS AND RED LIGHTS!! Obey all traffic control devices and exercise caution crossing rail road tracks and road crossings!

TOPE means bump, and trust us they mean BUMP! Be on the lookout for TOPE signs and unmarked topes. Please slow down considerably in order to navigate the topes. Often times they are not painted yellow, unmarked and in the shade.









SAFETY INFORMATION

You are responsible for your own safety - BRAG assists as much as possible in ensuring a safe ride, however you are in control of your ride and safety. Monitor road conditions for hazards. Hazards are always being created and note we can not warn participants of every potential or existing hazard. Cycling can be a dangerous sport - take safety seriously!

You must obey all traffic laws and traffic control devices and yield to motor vehicles.

Wear a helmet and ensure your gear is properly functioning.

Communicate with other cyclists to keep each other safe - please yell when appropriate car back, car up, rider on, rider off, bump, etc. Communicate about hazards such as RR tracks, pot holes, bumps, rumbles, debris in the road, cracks, animals, etc. Do not yell CLEAR as what is clear for you may not be for others.

Visibility - See and be seen, wear bright clothes, reflective clothing and use lights.

Bicycle lanes and shoulders - please use them when possible and safe to do so.

Report dangerous motorists and cyclists.

In the event of rain, the road and road tires can be slick and brakes can slip. Normal conditions may become more hazardous, especially rail road tracks.

In the event of lightning, take appropriate action and exercise caution.

In the event of emergency Mexico's emergency system is 911 as in the US, however notify a staff member as well as response time may vary.

OVERVIEW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Arrival in Cancun & Transfer to Hotel	Van to Port, Ferry to Isla Mujeres	Van to Tikuch to begin our Ceno- te Cycling Tour	Van to Chichen Itza archeologi- cal site. Tour the ruins.	Valladolid city Bike tour of colonial city including a bee farm & Convent	Bicycle Tour of Puerto Morelos Brunch or shop- ping in Puerto Morelos on your own	Free Time
Bike Fitting	Ride around Isla Mujeres. Visit Punta Sur and Punta Norte, an amazing beach.	Bike to Cenotes Xcanahaltun & Mayan Secrets. Cooking Class with Lunch.	Cycle back to Valladolid	Van transfer to Puerto Morelos	Beach hang out with optional Snorkeling on the Reef Return bikes before 5pm	Transfers to Airport
Welcome reception	Return to Cancun Hotel	Van Transfer to Valladolid Hotel Free Time	Dinner at IX CAT IK Tradicional Cocina Maya	Free Time	Enjoy an amazing dinner at Mar- Bella	

SUNDAY

Welcome to the beautiful waters of Cancun! Today you will arrive and we'll pick you up from the airport. When you arrive please proceed to private transfers and we'll pick you up. Look for an EcoColors tour bus.

(Based on flight)	Arrival - Airport Pickups. Please see email on your flights' specific meeting location.		
Check in	Any time After 3:00pm. You may arrive early and enjoy the facilities. The front desk will hold your bags		
4:00 - 6:00pm	Bike fittings in hotel parking lot		
7:30 - 8:30pm	Reception and orientation for the week		



SUNDAY

Cancun is a city in southeast Mexico on the northeast coast of the Yucatán Peninsula in the Mexican state of Quintana Roo. It is a significant tourist destination on the Riviera Maya. Cancún is derived from the Mayan name kàan kun, composed of kàan "snake" and the verb kum ~ kun "to swell, overfill", meaning nest of snakes. Cancún was originally known to its Mayan inhabitants as Nizuc meaning "point of grass". In the years after the Conquest, much of the Mayan population died or left as a result of disease, warfare, piracy, and famines, leaving only small settlements on Isla Mujeres and Cozumel Island.

Today Cancun is recognized throughout the world for its spectacular white sand beaches and its fascinating sea in turquoise blue tones. With unique natural places, Mayan culture, water activities, and adventure. International cuisine, spectacular golf courses, sophisticated spa facilities, exclusive shopping centers, and typical handicraft markets as well as shows, bars, and nightclubs give fame to its incomparable nightlife.

When it comes to food, Cancún offers a culinary experience through the fusion of Mexican and international flavors which are masterfully developed by the best chefs in the world. There are restaurants that have been granted the 5 Diamonds of the AAA and have been recognized by the Michelin Guide.

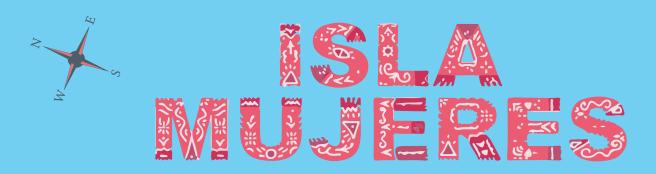


MONDAY

Today we are headed to Isla Mujeres! A beautiful island off the coast of Cancun. Once on the island we'll grab our bikes, and head south to Punta Sur. Punta Sur is a stunning ecological park offering beaches, a lighthouse & large sculptures on a path overlooking the ocean. We'll learn about the island, the ecology, the people, and walk around the beautiful park. From there we'll ride north to Punta Norte, Playa Norte is ranked one of the top 7 beaches in the world! You can enjoy the playa (beach) and have some drinks and or lunch at Guru Beach club or another local resturaunt.

Wear cycling clothes and pack a bathing suit to change into at the Beach Club if you'd like to swim.

8:00am	Depart JW Marriot for the Puerto Juarez in the vans
9:00am	Depart Puerto Juarez via Ultramar Ferry for Isla Mujeres
9:30am	Arrive in Isla Mujeres and pick up bikes and begin to ride to Punta Sur
10:45am	Arrive in Punta Sur and tour the Archelogical site and beautiful park
12:00pm	Depart Punta Sur on Bikes and head to Guru Beach Club and Resturaunt
	Enjoy some drinks and the beach! Eat at the Guru Beach Club or explore some other local options
4:00pm	Depart Isla Mujeres and head to Puerto Juarez
5:15pm	Arrive at the Hotel in Cancun



PUNTA SUR



START/FINISH

START/FINISH

LS LUNCH STOP

ROUTE

MILE MARKER
CITY

Road





(SPEED BUMPS) POT HOLES, CRACKS, GRAVEL, ETC... THIS IS MEXICO!

MONDAY

Isla Mujeres, Spanish for "Island of Women" (formally "Isla de Mujeres") is an island where the Gulf of Mexico and the Caribbean Sea meet, about 13 kilometres (8.1 mi) off the Yucatán Peninsula coast in the State of Quintana Roo, Mexico. It is approximately 7 kilometres (4.3 mi) long and 650 metres (2,130 ft) wide. To the east is the Caribbean Sea with a strong surf and rocky coast, and to the west the skyline of Cancún can be seen across the waters. In the 2010 census, the namesake town on the island had a population of 12,642 inhabitants.[1] The town is the seat of Isla Mujeres Municipality.

In Pre-Columbian times the island was sacred to the Maya goddess of childbirth and medicine, Ixchel. When the Spanish arrived in the 16th century they named it "Isla Mujeres" because of the many images of goddesses. The first information available about Isla Mujeres is from the period between 564–1516 AD, when it was part of the Maya province called Ekab. There were 4 Maya provinces in what is today the State of Quintana Roo. The Maya also exploited the salt that the island produced in the "salinas" (small interior lagoons). The salt was used not only for the preservation of food and medicine but also as a generally accepted currency for commerce of goods along the whole Maya region. The Maya goddess Ixchel had a temple in what is today the Hacienda Mundaca (Mundaca's Plantation House). The island was also a favorite stopping place for pirates in the early 1800s. The shallow lagoon on the mainland side of the island was a good place for sailors to sit out major storms, careen their hulls and trade for salt.

At the southern tip of the island is Punta Sur, home to the ruins of the Temple Ixchel honoring the Mayan goddess of the moon, fertility, and happiness. The Temple Ixchel remains the focal point of the island. The ancient temple once served as a lighthouse for seafarers since it's the highest point in the Yucatan Peninsula. The temple has suffered hurricane damage in the past and has been partially restored. It remains standing today as a modern testament to Mayan culture. No trip to Isla Mujeres is complete without a visit to Punta Sur and the Temple Ixchel.

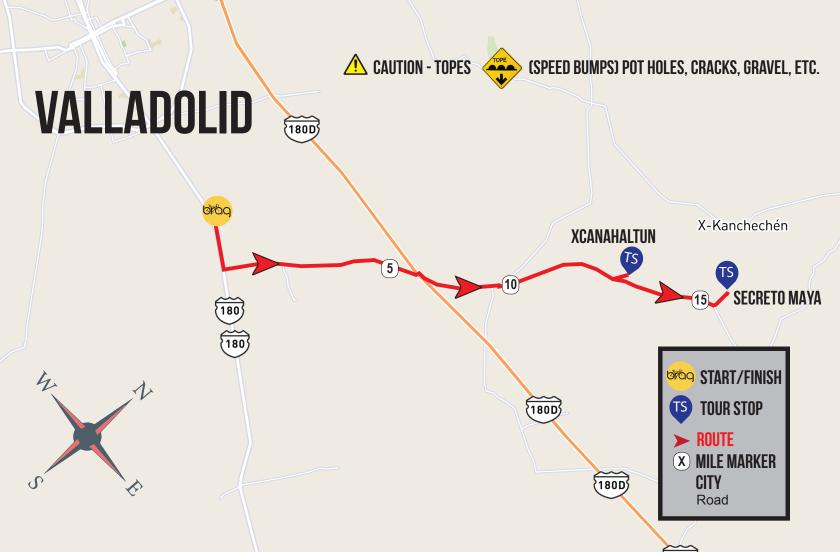
Playa Norte, or as it is otherwise know as North Beach, is one of the most beautiful beaches in Mexico. Playa Norte is characterised by extending in the form of a bay, one kilometre in length. This creates the sensation that we are facing an immense swimming pool of crystal clear waters. On the beach itself, we find all kinds of conveniences: restaurants, beach bars, street vendors, water activities, hammocks and even a restaurant service. Swimming in the sea will also be a delight, as on this type of shallow beach you can walk endlessly in the water.

TUESDAY

Today we are headed to Valladolid. A beautiful colonial city in the Yucatan Interior. On the way, we'll stop in Tikuch where we begin our Cenote tour, visiting Xcanahaltun and Cenote Secreto Maya. We'll also learn to make traditional tortillas and Pibil from local Mayans. While our lunch is cooking we'll enjoy the Cenote! After swimming and eating, we'll take a quick bike ride to another Cenote before riding all the way to our hotel in Valladolid.

Dress in cycling clothes and pack a swimsuit to change into at the Cenotes. You will have access to the bus at each stop if you'd like to pack a small bag to leave on your seat.

7:30am	Depart JW Marriot for Tikuch via bus. Breakfast provided en route.
10:30am	Arrive at Tikuch and begin ride to Xcanahaltun. Explore the Cenote there.
12:30pm	Depart Xcanahaltun for ride to Cenote Secreto
1:00pm	Arrive at Secreto Maya. Participate in Mayan cooking class.
5:30pm	After enjoying our afternoon of eating and swimming, we'll depart for Valladolid via bus.
6:30pm	Arrive at El Mesón del Marqués in Valladolid



TUESDAY

Named after Valladolid, which at the time was the capital of Spain. The name derives from the Arabic expression Ballad Al-Walid, which means "city of Al-Walid", referring to Al-Walid I. The first Valladolid in Yucatán was established by Spanish Conquistador Francisco de Montejo's nephew on May 27, 1543 at some distance from the current town, at a lagoon called Chouac-Ha in the municipality of Tizimín. However, early Spanish settlers complained about the mosquitos and humidity at the original location and petitioned to have the city moved further inland.

On March 24, 1545, Valladolid was relocated to its current location, built atop a Maya town called Zací or Zací-Val, whose buildings were dismantled to reuse the stones to build the Spanish colonial town. The following year the Maya people revolted, but were put down by additional Spanish troops coming from Mérida.

Valladolid is a popular city in which to explore the history and culture of the Yucatán Peninsula. Notable sights include the colonial-era ex-convent and church Convent of San Bernardino de Siena (named after Saint Bernardino of Siena), which was built by Franciscan missionaries between 1552 and 1560 in the Sisal neighborhood. In downtown Valladolid is the Cathedral of San Servacio (named after Saint Servatius), located in the main square of the city. The center of the city's grid-like road structure features a plaza — Parque Principal Francisco Cantón Rosado — surrounded by restaurants and shops. Located close to the heart of the city is the Cenote Zací, a landscaped freshwater cenote or underground sinkhole in which visitors can explore and swim.

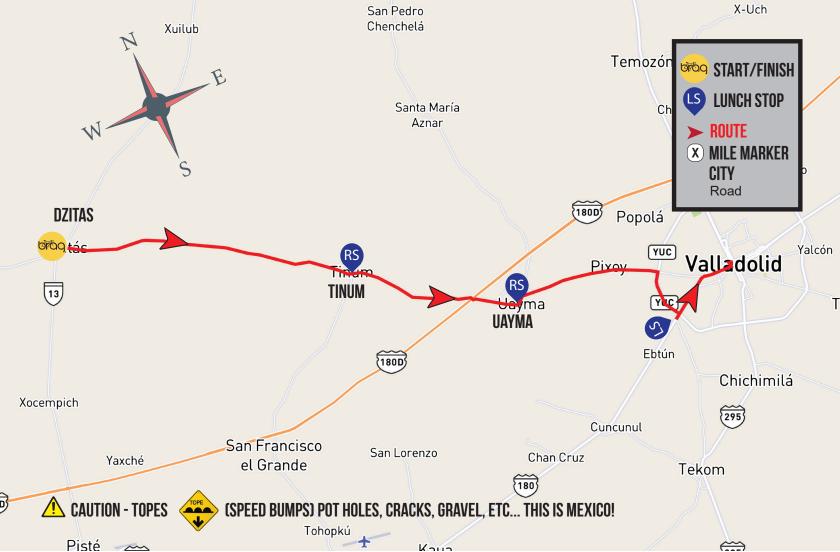
WEDNESDAY

Chichén-Itzá! We're going to learn all about it! Why it's there, who built it and hear some cool bird sounds! After we visit the Archeological site, we'll van to a less busy city to start our bike ride back into Valladolid, stopping along the way for lunch and a Cenote!

Wear cylcing clothing to Chichen Itza or change into bike clothes at Chichen Itza.

7:30am	Depart Valladolid for Chichén-Itzá
8:45am	Arrive at Chichén-Itzá and tour the archelogical site
11:00am	Board the vans for Dzitas
11:45am	Arrive in Dzitas, enjoy a light lunch, and begin ride to Valladolid
3:30pm	Finish Your Ride at the Hotel
7:00pm	Board bus for Dinner at IX CAT IK





WEDNESDAY

Chichén-Itzá was a large city built by the Maya. Chichén-Itzá was one of the largest Maya cities and it was likely to have been one of the mythical great cities, referred to in later Mesoamerican literature. The city may have had the most diverse population in the Maya world, a factor that could have contributed to the variety of architectural styles at the site.

The Maya name "Chichén-Itzá" means "at the mouth of the well of the Itzá." Itzá is the name of an ethnic -lineage group that gained political and economic dominance of the northern peninsula. Chichén-Itzá was a major economic power in the northern Mayan lowlands during its apogee. Chichén-Itzá was able to obtain locally unavailable resources from distant areas, like obsidian from central Mexico and gold from southern Central America. Between AD 900 and 1050 Chichén-Itzá expanded to become a powerful regional capital.

In 1526 Spanish Conquistadors set out to conquer Yucatán. The first campaign in 1527, ended with the establishment of a small fort south of what is today Cancún. Conquistador Montejo returned to Yucatán in 1531 with reinforcements and established his main base on the west coast. He sent his son to conquer the interior of the Yucatán Peninsula. The objective was to go to Chichén-Itzá and establish a capital. The Spanish eventually arrived at Chichén-Itzá. Encountering no resistance, they set about dividing the lands.

The Mayan became more hostile over time and eventually laid siege to the Spanish, cutting off Spanish supply line to the coast and forcing them to barricade themselves among the ruins of the ancient city. The Spanish were forced to abandon Chichén-Itzá in 1534. By 1535 all Spanish had been driven from the area. The Spanish crown later issued a land grant that included Chichén-Itzá and by 1588, Chichén-Itzá was a working cattle ranch.

WEDNESDAY

The easiest and really good food is right at the hotel. If you've never had Mole (from Nahuatl mōlli, meaning "sauce", is a traditional sauce, not the animal), give it a try, it's delicious.

Conato Cultural 1910, the funky and colorful at Conato is not to be missed. You'll also love the modern spins on the local fare. Sit downstairs to be serenaded by live music or on the upper terrace to enjoy the breeze.

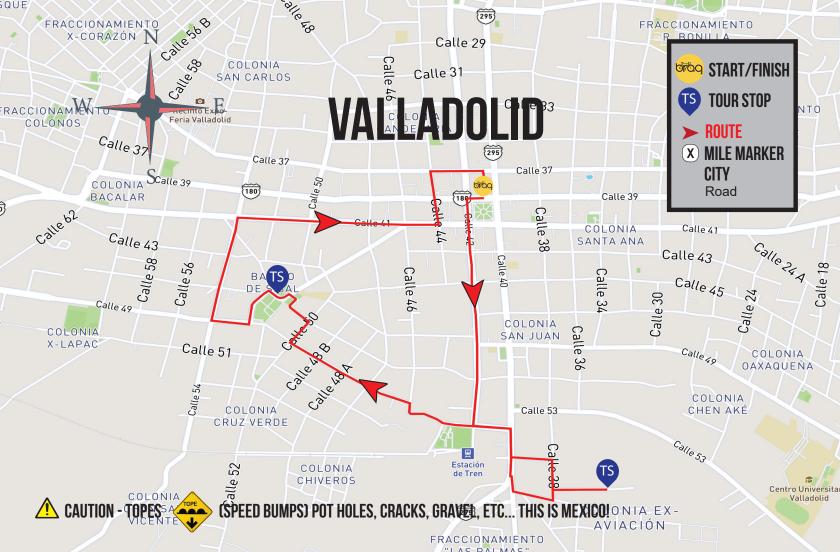
Condesa Cocina-Bar, This upper-level terrace at this bar and restaurant has the best view in town. Come at night and you'll be treated to a view of the cathedral lit up in the background.



THURSDAY

Take a Ride on the Colonial side! Today we'll do a tour of the city starting right outside the hotel in the Square. Here we'll get some background on the city. Then we'll travel to a local bee farm in the city. They have mostly stingless bees so no worries if you're allergic. Next, we'll bike to the convent where we'll learn more about its relationship with the city. After that get showered up, packed up and we'll van to the beach!

8:00am	Meet in the Square to start our City Tour
8:30am	Visit the Bee Farm
10:00am	Visit the Convent
11:00am	Make it back to the Hotel to get showered, packed, and grab a bite nearby before heading to the beach.
1:00pm	Depart for Puerto Morelos.
3:15pm	Arrive at Hotel and relax for the rest of the day.



THURSDAY

Valladolid, Mexico is an incredible hidden gem located deep in Mexico's Yucatan jungle. Vibrant. Authentic. Unique. Valladolid is authentic Mexico at its best. It is named after Valladolid, at the time the capital of Spain. Valladolid was established by Spanish Conquistador Francisco de Montejo's nephew on May 27, 1543, at some distance from the current town, at a lagoon called Chouac-Ha in the municipality of Tizimín. However, early Spanish settlers complained about the mosquitos and humidity at the original location and petitioned to have the city moved further inland. On March 24, 1545, Valladolid was relocated to its current location, built atop a Maya town called Zací or Zací-Val, whose buildings were dismantled to reuse the stones to build the Spanish colonial town. The following year the Mayan people revolted, but were put down by additional Spanish troops coming from Mérida.

Notable sights in Valladilid include a colonial-era ex-convent and church, Convent of San Bernardino de Siena (named after Saint Bernardino of Siena), built by Franciscan missionaries between 1552 and 1560 in the Sisal neighborhood. In downtown Valladolid is Cathedral of San Servacio (named after Saint Servatius), located in the main square of the city. The center of the city's grid-like road structure features a plaza — Parque Principal Francisco Cantón Rosado — surrounded by restaurants and shops. Located close to the heart of the city is Cenote Zací, a landscaped freshwater cenote, or underground sinkhole, where visitors can explore and swim.

Until the beginning of the 20th century, Valladolid was the third largest and most important city of the Yucatán Peninsula, (after Mérida and Campeche). It had a sizable, well-to-do Criollo population. A number of old Spanish style mansions remian in the old city. Valladolid was widely known by its nickname The Sultana of the East.

FRIDAY

Today we'll take it easy with a tour of Puerto Morelos. After the tour, you're free to enjoy the day. You have the option to sign up for a snorkeling tour with EcoColors. The reef off Puerto Morelos, the Mesoamerican Barrier Reef System, is the second largest barrier reef in the world.

9:00am	Meet in front of the hotel for the Puerto Morelas tour
10:00am	Brunch and Shopping Options in Puerto Morelos
2:00pm	Optional Snorkel Tour
5:00pm	Bikes Must Be Returned to Eco Colors
6:00pm	Board Van for a fabulous dinner at Mar-Bella

FRIDAY

Puerto Morelos has historically been the main port between the mainland of Yucatán and the Island of Cozumel, and an automobile ferry used to run from Puerto Morelos to Cozumel. The town is named after Independence leader José María Morelos. Attractions such as the Crococun Crocodile Zoo, the Botanical Garden, a host of cenotes, and the Reef. One hundred meters offshore lies the Puerto Morelos portion of the Mesoamerican Barrier Reef System, designated as a National Marine Park in 1998 due to local environmental activists. Popularly known as the Great Mayan Reef, it is a marine region that stretches over 1,126 kilometres (700 mi) along the coasts of four countries – Mexico, Belize, Guatemala, and Honduras.

Puerto Morelos is divided by a highway and a mangrove swamp into three sections. The section west of the highway is known as "Colonia Joaquin Zetina Gazca." The section on the coast east of the mangrove swamp is "Puerto" or "Antiguo (old) Puerto Morelos." This original coastal fishing village is now a quiet, mixed-use neighborhood of private homes, hotels, condominiums, restaurants, and tourist shops. Both sides of the road offer unique experiences of Mexico. We recommend you eat, explore, and shop on both sides.



FRIDAY

The best breakfast in town and a must is Mangata. The eggs Benedict with bacon and a smoothie is one of the best breakfasts we've had in Mexico.

For dinner, we're headed to Mar-Bella! The view from anywhere in the house is all ocean. Drinks, food, and service is all superb. The ordering is unordinary and offputting for some, but ask your waiter and they'll happily explain how it works. Start with some tostadas, then explore as you wish.

Muelle Once is also a great dinner option. They have great seafood and a unique oyster bar. The views are also 180-degree ocean views.

If you're feeling like exploring, El Sazón Mexicano on the other side of the highway is a great local spot. If you don't speak Spanish, just point and say, "Uno, dos, tres." It works for us every time! No matter what you order, you'll end up with something delicious and tacos are only 3 for a dollar.

If you want to explore even deeper into the other side of town, Coctelería el Sazón Jarocho has some of the best ceviche around. Order and eat there for the freshest experience.

SATURDAY

What a wonderful trip we've had! You got to see and do so much. We truly hope you've enjoyed your experience and garnered a better appreciation for the Riviera Maya.

Today we'll ensure you get a shuttle back to the airport and pick up your rental bikes. Please ensure we have your flight information so we can get you to the airport on time. Depending on your flight time, please feel free to enjoy the beach or Puerto Morelos at your leisure before departing.

A Note About Tipping: Tips are not included with your registration. While tipping is optional in Mexico, it is very much welcome by the people serving you.

A Note About Tipping: Tips are not included with your registration. While tipping is optional in Mexico, it is very much welcome by the people serving you. Our local bike guides, Omar and his assistants, especially would welcome tips of 3-5% at the end of the week.

PRESENTING SPONSOR OF THE BICYCLE RIDE ACROSS GEORGIA



Northside Hospital is committed to the health and wellness of our community. As such, we dedicate ourselves to being a center of excellence in providing high-quality health care. We pledge compassionate support, personal guidance and uncompromising standards to our patients in their journeys toward health of body and mind. To ensure innovative and unsurpassed care for our patients, we are dedicated to maintaining our position as regional leaders in select medical specialties. And to enhance the wellness of our community, we commit ourselves to providing a diverse array of educational and outreach programs.

BASIC SPANISH WORDS

Hello - Hola

Thank you - Gracias

You're welcome - De nada

Please - Por favor

Excuse me - Perdón

Sorry - Lo siento

Good morning - Buenos dias

Good afternoon – Buenas tardes

Good evening – Buenas noches

I don't speak Spanish – No hablo Español

I don't understand - No entiendo

My name is - Me llamo es

Why - Por qué

How - Cómo

Where - Dónde

When - Cuando

What - Qué

Beer - Cerveza

Wine - Vino

Money - Dinero

Change - Cambio

Cash - Efectivo

Credit Card - Tarjeta

Everything is good - Todo bien

I'm allergic - Soy alergica/alergico

Tip - Propina

Help – Ayuda

Help me - Ayudame

Police - Policía

Slow down - Más despacio

I'm lost - Estoy perdido

Where is - Dónde está

Bathroom - Baño

I don't know - No sé

I want - Quiero

I have - Tengo

I need - Necesito

The bill/check - La cuenta

SPANISH CHEAT SHEET

¿Cómo estás? - How are you?

¿De dónde eres? - Where are you from?

¿Erés de aquí? - Are you from here?

¿Que hora es? - What time is it?

¿Cuánto? - How much?

¿Cuántos? - How many?

Una cerveza por favor - A beer please

Otra (cerveza) por favor - Another (beer) please

¿Qué precio tiene? - How much does this cost?

¿Cómo se dice? - How do you say?

¿Cómo te llamas?-What is your name?

¿Habla usted inglés? - Do you speak English?

¿Cómo se dice? - How do you say?

Peso Exchange

\$1 USD = just under \$20 MXN

1 - uno

2 - dos

3 - tres

4 - cuatro

5 - cinco

6 - sies

7 - siete

8 - ocho

9 - nueve

10 - diez

20 - veinte

50 - cincuenta

100 - cien

1000 - mil

