

## Bonaire Cycling Tour

For nature and cycling lovers, Bonaire Wellness Connexions offers a unique bicycle tour which is a lot of fun and is an opportunity to see the wonders of Bonaire from a bicycle.

The trip starts at the town pier where you'll be picked up and taken for a short walk to the premises of the bicycle shop. There, we adjust the bikes according to your height, get you a fitting helmet, a water bottle and give you a briefing on the use of your bike and safety. After the briefing, one of our professional guides will take you south on the bikes and another one will be at the back of the group escorting with a pick up truck.

The ride will continue through a very peaceful mangroves and farming area towards the Donkey Safari Park. We will take a look at the unspoiled nature of the mangroves where flamingos and other tropical birds will be observed.

After riding the mangroves area, we will leisurely ride towards Donkey Beach for a cool down swim. We chose this beautiful spot to make sure you'll experience the absolute best our ocean has to offer. Before getting in the ocean for your cool down experience, we will give you also a short briefing about the beach and safety. After the swim, we prepare ourselves (get dried and change clothes) to get back on the bikes to head back to the bicycle shop where the tour ends.

The whole trip takes approximately 4 hours. You will leisurely follow the guide and there will be intermittent stops along the way to learn about Bonaire's flora, fauna and natural history. There will be some photographic opportunities. The terrain is fully flat and easy to ride through.

**Important Information:** Please notice that some cycling experience and physical condition **is required**. Make sure that you bring your own towel and your swimming suit. Do not bring any unnecessary stuff such as shopping bags or extra personal objects that won't be of any use during a bicycle tour. We recommend a small backpack or Camelbak for this trip. Make sure you come wearing sport shoes. Participant must sign a waiver.

**Location:** Kaminda Lac, Mangroves, Donkey Beach

**Duration/Mileage:** 4 hours, 16 Km (10 Miles)

**Fitness/Technical Ratings:** For anyone who can ride a bike for 16 Km (10 miles)

**Capacity:** Min. 6 – Max. 20

**Price:** USD\$ 55.00 p/p

**Included:** Mountain bike, helmet, water and cold drinks

### **TOUR TIMETABLE:**

Approximate Duration: 4 HOURS

00:00 - 00:15	WALK TO THE BICYCLE SHOP
00:15 - 00:35	BYCICLES ADJUSTMENT, EQUIP YOU WITH THE NECESSARY MATERIALS AND GIVE YOU A BRIEFING
00:35 - 01:45	FOLLOW NATURALIST GUIDE TOWARDS KAMINDA LAC, THERE WILL BE INTERMITTENT STOPS ALONG THE WAY
01:45 - 02:45	VISITING THE MANGROVES AND FLAMINGOS
02:45 - 03:00	FOLLOW GUIDE TOWARDS DONKEY BEACH
03:00 - 04:00	COOL DOWN SWIM, CHANGE CLOTHES, BACK TO THE SHOP