## Rediscover

# The Rail Trail

### WALK | RIDE

#### SUNDAY, MARCH 5TH, 2017

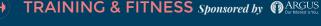
Out here, we're blazing a new trail. Join us as we reimagine, refine and rediscover the Bermuda Rail Trail. Expect a day of fun outdoor activities and excitement, infused with a dash of local culture and history. Locals and visitors welcome. Bring the family. It's going to be a day not to be missed.

#### Meet Up & Move Park Shelly Bay Food & Beverage Vendors 😣 10:00 **EVENT REGISTRATION & SET UP** Bermuda Herbal Tea Products **Bite.bm Food Truck** Kara's Kitchen 10:30 ← CYCLE 4 CHANGE FINISH LINE **OM Juicery** Wild Herbs & Plants of Bermuda **KIDS ZONE WANDERERS** 11:00 **TRIPLE** & FUN CASTLE Warm-up for walkers with trainer **CHALLENGE** Kyle James. Then head out to wander **MINI BEACH** the Rail Trail at 11:30am. Experience DJ RUSTY G **COURSE** a bevy of surprises along the way. **HEALTH CHECK-UPS** 11:30 **EXPLORERS** 📵 PADDLEBOARDS Brought to you by Department of Health Soca-size warm-up for explorers with & KAYAKS trainer Fajr Bashir. Then head out at noon to discover what a modern-day CHAT WITH A (%) Rail Trail has to offer. **NUTRITION CONSULTANT ADVENTURERS** 12:00 Trainer Christine Dailey leads a boot camp warm-up for runners Recharge Lounge and riders who like to go fast. Then head out to slay the Rail Bailey's Bay Cricket Club Trail at 12:30 pm 12:30 **ISLAND MUSIC** One **JERK CHICKEN PIT** & SWIZZLE BAR 1:00 → JUMP 2B FIT **GOMBEYS** SKIP ROPE PERFORMANCE in costume for photos & PARTICIPATION 1:30 2:00 **GOMBEY EVOLUTION** F3/SOCASIZE with Jasmine DeSilva/Geisha Rene Follow Gombeys Bailey's Bay to Francis Patton Schoolyard 2:30 RETREAT TO SHELLY BAY PADDLEBOARDS Back on the Rail Trail to Shelly Bay Park & KAYAKS for more health and wellness experiences 3:00 **BODY COMBAT** with Krista Dyer YOGA **30 MINS SESSIONS** 3:30 3pm Kiddie Yoga | 4pm Beach Yoga | 5pm SUP Yoga (H) TRIPLE CHALLENGE MINI BEACH COURSE 4:00 **BOOTCAMP** with Cervio Cox Look out for delightful surprises as you traverse 4:30 the Trail. Experience them all and reward awaits. 5:00



**HEALTH & WELLNESS** 

WATER ADVENTURE





**EVENT CLOSE/CLEAN UP** 

