

Rediscover The Rail Trail

WALK | RIDE | RUN

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

Bermuda Herbal Tea Products
Bite.bm Food Truck
Kara's Kitchen
OM Juicery
Wild Herbs & Plants of Bermuda

KIDS ZONE & FUN CASTLE

DJ RUSTY G

HEALTH CHECK-UPS
Brought to you by Department of Health

CHAT WITH A
NUTRITION CONSULTANT

Recharge Lounge

Bailey's Bay Cricket Club

WI-FI

One

ISLAND MUSIC
JERK CHICKEN PIT & SWIZZLE BAR

GOMBEYS
in costume for photos

GOMBEY EVOLUTION
Performance & Trail March
Follow Gombey's Bailey's Bay to Francis Patton Schoolyard

RETREAT TO SHELLY BAY
Back on the Rail Trail to Shelly Bay Park for more health and wellness experiences



Look out for delightful surprises as you traverse the Trail. Experience them all and reward awaits.

10:00

EVENT REGISTRATION & SET UP

10:30

↔ CYCLE 4 CHANGE FINISH LINE

11:00

1 WANDERERS
Warm-up for walkers with trainer Kyle James. Then head out to wander the Rail Trail at 11:30am. Experience a bevy of surprises along the way.

↔ TRIPLE CHALLENGE MINI BEACH COURSE

11:30

2 EXPLORERS
Soca-size warm-up for explorers with trainer Fajr Bashir. Then head out at noon to discover what a modern-day Rail Trail has to offer.

🚣 PADDLEBOARDS & KAYAKS

12:00

3 ADVENTURERS
Trainer Christine Dailey leads a boot camp warm-up for runners and riders who like to go fast. Then head out to slay the Rail Trail at 12:30 pm

12:30

↔ JUMP 2B FIT
SKIP ROPE PERFORMANCE & PARTICIPATION

1:30

2:00

↔ F3/SOCASIZE
with Jasmine DeSilva/Geisha Rene

2:30

🚣 PADDLEBOARDS & KAYAKS

3:00

↔ BODY COMBAT
with Krista Dyer

3:30

↔ YOGA
30 MINS SESSIONS
3pm Kiddie Yoga | 4pm Beach Yoga | 5pm SUP Yoga

↔ TRIPLE CHALLENGE MINI BEACH COURSE

4:00

↔ BOOTCAMP
with Cervio Cox

4:30

5:00

EVENT CLOSE/CLEAN UP



WATER ADVENTURE



HEALTH & WELLNESS



TRAINING & FITNESS *Sponsored by* ARGUS



HEALTHY FUEL

Other Partners:
Department of Parks, Hamilton Parish Council,
Friends of the Railway Trail, Bailey's Bay Cricket Club

#RailTrailBDA

BERMUDA
TOURISM AUTHORITY