If you want to exercise, lose weight, give your cardio-vascular system a thorough workout, cycling is the perfect hobby. Imagine, too, the excitement of exploring different sites, meeting new people of all ages and gender and learning about different cultures.

CYCLING IN THE CARIBBEAN

*WHAT TYPE OF CYCLING?*

S T A R T T O D A Y!

Complete the attached clip of call the Caribbean Cycling Association

Telephone: (284) 494 7562

**Mountain Biking**

* Enjoy high speed descents and air jumps over daring obstacles.
* Trail along rough forest paths, rocky roads, steep terrain and lush vegetation.
* Go cross-country, downhill or free ride.

This is a real test of endurance and dexterity.

**Road Cycling**

* Tour residential areas off the beaten track.
* Join a club and take part in competitive circuit racing, fun rides and adventive racing events.
* Travel across country roads, undulating lands and natural vistas.

The whole family can enjoy themselves.

These and other forms of cycling are very popular in the Caribbean – thanks to the varied terrain and conducive climate. The beauty of the landscape is awe-inspiring. Whether you are cycling high above the east coast of Barbados overlooking the panoramic view of the Atlantic Ocean, climbing the steep hill known as the ‘Dark Hole’, or exploring the popular Chaguaramas peninsula, you are bound to feel exhilarated.

**For your Health**: It’s a fantastic workout! You breathe deeper, increase your body temperature, tone and strengthen your muscles and lose weight. The feeling of pleasure and satisfaction will reduce stress and anxiety. Your overall fitness level will improve.

**Socializing**: Spend more time with family and friends. Meet new people and enjoy the environment around you.

REGISTRATION FORM

Name:

Date of Birth:

Address:

Telephone No: