# Bike Caribbean - Personal Fitness Cycling Tour

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| **Location:** St. Lawrence Gap, Barbados  **Language:** English  **Duration:** 2.0 hours | **Magpie Product Code:** EFDSLI  **Company Website:** bikecaribbeantours.com  **Primary Contact:** Bike Caribbean |

**Description Summary:**
Mixing sightseeing with personal training!
We come to your location to begin your 2 hr custom bike ride.
The Personal Fitness Tour is a great choice if you are planning on renting a bike for your trip or just want occasional sessions during your stay.
The sessions are 2 hours and tailor-made to your health goals and riding preferences.
Choose from hybrid, MTB & carbon road bicycles \*book in advance, availability limited.
We suggest an early start time of 6am as this allows us to beat the high sun.
Its a great way to see the island and get a workout in before breakfast!
Randy will custom suit a fitness tour from your hotel for any level fitness.
He competes in both road and offroad cycling events and locally runs skill training sessions to centre around key areas for health gains.
We recommend booking this at the beginning of your stay here in Barbados as it paints a great overall picture of the fitness route options available to your surrounding area
It also give you ideas of which areas to return back to explore more in depth!
Led by Barbados' Cycling Champion & Internationally Accredited Cycling Coach.
Our company has been proudly featured on Bike Channel & The Guardian.

**Description:**
Customers love the combination of working out while seeing the sights of their local area.
We offer a personal and adaptable cycling experience full of effortless barbadian island vibes.
There's nothing like connecting with a cycle guide who loves his country and is passionate about his sport.
CRUISE PASSENGERS can have pick up times adapted to suit the ship schedules.

**Inclusions:**

100% Recyclable Eco Carton

Rider's Choice

Bike

Experienced Cycling Guide/s

Helmet

**Exclusions:**

Gratuities

**Know Before You Book:**

- Duration: 2h

- Mobile tickets accepted

- Instant confirmation

### Locations:

**Pickup:**
none

**Starts Notes:**
Traveler pickup is offered.<br>Designed for our rental customers, we begin the personal fitness tour from their hotel / villa and map a cycling route that can be replicated again if the person wishes to rent a bicycle.<br>Ports:<br>Bridgetown Cruise Port

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing