



CHALLENGE
SIR BANI YAS

3 DAY CYCLE AND RUN TRAINING AND RACE EXPERIENCE

Sir Bani Yas Island, Abu Dhabi

3 – 7 April 2025

ADNEC
مجموعة أدنيك GROUP

 **Abu Dhabi**
Sports Council
مجلس أبوظبي الرياضي

 **ترايثلون الإمارات**
UAE TRIATHLON

"Don't let the Triathletes have all the fun"

Join us for a one-of-a-kind, three-day cycling and running event on Sir Bani Yas Island! This unique training and race experience is the first of its kind on the island.

Gather your teammates, and don't forget to bring your friends and family along to enjoy the exciting entertainment and fun activities planned for everyone.



Cycle and Running Club Offer

- A first of its kind 4-night 3-day sports adventure on Sir Bani Yas Island, Abu Dhabi.
- Cycle and running training and race experience to give your fitness levels a boost, while enjoying the beauty of Sir Bani Yas nature reserve.
- Clubs/Groups who book and pay for 10 or more cruise ship cabins will receive:
 - 1 complimentary Interior Cabin on an all-inclusive basis for 2 adults
 - 2 x complimentary vouchers into any of the community races (*triathlon races excluded*)



Cycle and Running Training and Race Schedule



Day 1 Thursday 3 April

Board ship and enjoy dinner, entertainment, and a good night's sleep while you sail overnight to Sir Bani Yas Island



Day 2 Friday 4 April

- **Cycle training ride** - The routes will be marked and open all day so cyclists can choose the distance.
- **Runner's training routes** - Options to do a road or trail run. The routes will be marked, and runners can distance.



Day 3 Saturday 5 April

- Recovery and Light Runs & Cycles
- Routes Available from 5am to 8am
- *N.B. Head/Bike Torches/Lights are mandatory*



Day 4 Sunday 6th April

Cycle Race Day - Choose between a flat 30km race, or a 60km or 90km hilly cycle race.

Running Race Day - Choose between a 2.5km, 5km or 10km running race.

After a beach lunch and some relaxation, board the ship for an overnight sail back to Abu Dhabi for Monday morning departure.

Sir Bani Yas Island – A truly unique venue



ACCOMMODATION

Terminal Beach can host up to 6000 pax



ACCESSIBILITY

The Island is easily accessible from Abu Dhabi and Dubai for local and international travelers.



INFRASTRUCTURE

Excellent road networks and essential services are already established.



LOCATION

The historical Sir Bani Yas Island:

- A natural island located offshore within the Arabian Gulf.
- One of the largest natural island in the UAE, home to more than 17,000 free-roaming animals.
- The island offers an array of tourism activities and heritage sites to discover and explore.



HEALTH AND SAFETY

Sir Bani Yas Island has existing medical and safety facilities.



AMENITIES

Hospitality, amenities and technical services are in place on Terminal Beach.



SERVICES & CONNECTIVITY

5G connectivity and utilities across the entire island

The Cruise Ship – Your Floating Hotel

Welcome aboard your all-inclusive home away from home for 3 glorious days and 4 exciting nights! Once you board the Cruise Ship in Abu Dhabi, sit back, relax and get ready for an experience to remember with teammates and family!

There is truly something for everyone, from swimming pools and sundecks to catch some sun, numerous restaurants to sample food from around the world, to water slides and inflatable games for the kids and young at heart!





capital360
كابيتال 360
event experiences
لتجارب الفعاليات

ADNEC
مجموعة أدنيك GROUP

Got a question?

For further details please contact info@challenge-sirbaniyas.com