

2019 IRONMAN 70.3上海摆渡车方案



Date 日期	Time 时间	Route 路线	Distance 距离	Time/One Way 单程耗时	Notes 备注	
2019/10/18 Friday周五	10:00am--4:30pm	Xanadu Hotel→Mingzhu Lake Park 桃源水乡酒店→明珠湖公园	8km	15mins	Coach 大巴车	Bus starts every 30 minutes. 每30分钟发车一班。
	10:30am--5:00pm	Mingzhu Lake Park→Xanadu Hotel 明珠湖公园→桃源水乡酒店				
	9:30am--4:00pm	Xinchong Hotel→Mingzhu Lake Park 新崇酒店→明珠湖公园	26km	40mins	Coach 大巴车	Bus starts every 30 minutes. 每30分钟发车一班。
	10:30am--5:00pm	Mingzhu Lake Park→Xinchong Hotel 明珠湖公园→新崇酒店				
2019/10/19 Saturday周六	9:00am-4:30pm	Xanadu Hotel→Mingzhu Lake Park 桃源水乡酒店→明珠湖公园	8km	15mins	City bus (can take bike) 公交车 (可搭乘自行车)	Bus starts every 30 minutes. 每30分钟发车一班。
	9:30am--5:00pm	Mingzhu Lake Park→Xanadu Hotel 明珠湖公园→桃源水乡酒店				
	8:30am--4:00pm	Xinchong Hotel→Mingzhu Lake Park 新崇酒店→明珠湖公园	26km	40mins		Bus starts every 15 minutes. 每15分钟发车一班。
	9:30am--5:00pm	Mingzhu Lake Park→Xinchong Hotel 明珠湖公园→新崇酒店				
2019/10/20 Sunday周日	5:15am--6:30am 运动员优先 Athletes Priority	Xanadu Hotel→Mingzhu Lake Park 桃源水乡酒店→明珠湖公园	8km	15mins	City bus 公交车	Bus starts every 15 minutes. 每15分钟发车一班。
	2:15pm-6:00pm	Mingzhu Lake Park→Xanadu Hotel 明珠湖公园→桃源水乡酒店			City bus (can take bike) 公交车 (可搭乘自行车)	Bus starts every 15 minutes. 每15分钟发车一班。
	5:00am--6:15am 运动员优先 Athletes Priority	Xinchong Hotel→Mingzhu Lake Park 新崇酒店→明珠湖公园	26km	40mins	City bus 公交车	Bus starts every 5 minutes. 每5分钟发车一班。
	2:15pm-6:00pm	Mingzhu Lake Park→Xinchong Hotel 明珠湖公园→新崇酒店				Bus starts every 10 minutes. 每10分钟发车一班。
	5:00pm-7:00pm	Xinchong Hotel→Xanadu Hotel 新崇酒店→桃源水乡酒店	25km	40mins	City bus (can take bike) 公交车 (可搭乘自行车)	Bus starts every 5 minutes. 每5分钟发车一班。
	9:00pm-9:40pm	Xanadu Hotel→Xinchong Hotel 桃源水乡酒店→新崇酒店				
Recommend to take our shuttle on race day because of the traffic control. 比赛日多路段封路，建议使用摆渡车出行。						

