**LOCAL ATTRACTIONS**

**Chankanaab Park Cozumel All inclusive Ultimate package**
Discover the white-sand beaches, magnificent reef, and amusement-park-style attractions of Chankanaab Beach Adventure Park on a tour that includes snorkeling and lunch. The tropical wonderland offers nature walks, crocodile exhibits, and sea lion shows, giving nature lovers and families a chance to get to see wildlife up close. Plus, a sandy beach and playground make the park perfect for children—many other beaches in Cozumel are not kid-friendly.

**Punta Sur Park (Cozumel’s Lighthouse)**
The best known of Cozumel’s lighthouses is Celarain (Faro de Celarain). 18 miles south of the capital of San Miguel. Built in 1901 and recently fully restored with the addition of an interesting maritime museum in the old lighthouse keeper’s home, the lighthouse is perched at the southernmost tip of the island in the nature reserve known as Parque Punta Sur and is worth the visit and the climb of its 134 steps for its wonderful views over the Caribbean Sea. It’s a fun little excursion and perfect for those looking for something that is typically not swamped with the cruise crowds.

**Stand Up Paddle Boards, Kite Surfing and Fishing**
De Lille Sports offer the best Paddleboarding (SUP), kiteboarding, snorkeling, fishing and Mermaidng tours, instruction, equipment rental and sales in Cozumel.

**Enjoy the Dolphin Experiences**
If you’re looking for a fun water-based activity, a top attraction on the island is Dolphin Discovery Cozumel. Situated in Chankanaab National Park, the location itself is stunningly beautiful and, with its reefs, makes for an excellent place to linger and try your hand at some snorkeling or diving. A variety of dolphin experiences are offered, including some with swimming fun as they tow you through the water. Other creatures you’ll meet here include manatees and sea lions. As with the Dolphins, be sure to plan ahead to avoid disappointment.

**Cozumel Snorkeling Tour: Palancar, Columbia and El Cielo Reefs**
Whether you’re an experienced snorkeler or an absolute beginner, fully trained guides let you make the most of Cozumel’s famous reef on this half-day snorkeling tour. Hit three of the island’s hottest snorkeling spots: Palancar Reef, Columbia Reef and Playa el Cielo, known for the starfish that decorate its white sands.

**Cozumel Submarine Expedition**
Submerge yourself in the crystal clear waters of the Caribbean in a state-of-the-art submarine on a submarine excursion from Cozumel. Dive to depths of 100 feet (30 meters) to discover the marine magnificence of the protected park, Chankanaab. Your journey upon the Atlantis Submarine takes you to the heart of Cozumel’s most colorful and captivating coral reef; marvel at troves of tropical fish as your knowledgeable guide provides insightful information on the fauna and flora.

**Catamaran Snorkel to El Cielo and Tortugas Beach Club**
Combine a snorkeling adventure with time at a beach club on this multi-activity tour. Travel by comfortable catamaran along the coast of Cozumel, with stops at two reefs, Palancar and Columbia, and Playa El Cielo, where you can snorkel with colorful starfish. Enjoy music, drinks, seasonal fruit and freshly made ceviche onboard. Afterwards, relax on the beach or play in the inflatable water park at the Tortugas Beach Club.

**Museum of the Island of Cozumel**
In the heart of San Miguel de Cozumel, the excellent Museum of the Island of Cozumel (Museo de la Isla de Cozumel) makes for a fun break from the beach. The museum offers a great deal of information related to the history of the island and its formation millions of years ago to its current status as one of the Caribbean’s most visited tourist destinations.

In addition to its multi-media displays and permanent collections of ancient artifacts, the museum also hosts numerous temporary exhibits, including artwork from both international and local artists. Of particular interest is the exhibit dealing with marine life, as well as a mock-up of the traditional Mayan homes that were once common across the island (there’s also an on-site restaurant).

**Private Jeep Excursion in Cozumel with Lunch and Snorkeling**
Discover the jungle and beaches of Cozumel with just your family and friends on this private self-operated Jeep tour. Follow your guide from a separate vehicle and drive into a national park to learn about the local geology and Maya history. Continue to white-sand beaches for snorkeling and enjoy a delicious lunch.

These are just some of the activities and sites available. Leave the routine tours behind and design your own itinerary to include horseback riding, shopping, more sightseeing and whatever else suits your interests.

**Invisible Boat Snorkeling Adventure in Cozumel**
Admire the underwater wonderland of the Caribbean Sea without getting wet on an invisible boat tour. Unlike traditional glass-bottom boats, this vessel is entirely transparent, to enhance your views of marine life—you’ll also have the chance to swim and snorkel in the water, which is home to a plethora of tropical fish. Plus, you can choose from several start times to suit your schedule.

**ATV Mud Kicking in Cozumel**
Get off road in the Cozumel jungles with this all-terrain vehicle tour. Follow your guide through the jungle to the Jade cenote, where you can take a dip and cool off.

**Discover Scuba Diving**
If you’ve always wanted to learn to scuba dive, Cozumel is a great place to do it. This three-hour private course is ideal for keen beginners who aren’t yet ready to take dive certification. You’ll learn all the skills you need to begin diving safely from your PADI-certified instructor. Even complete an underwater dive to gain experience and confidence.

**SeaTrek Underwater Helmet Diving Experience in Downtown Cozumel**
If you want to snorkel while in Mexico but don’t know how to swim or are looking for a new twist, try this Downtown Cozumel SeaTrek Underwater Helmet Diving Experience. This Cozumel diving experience takes you underwater to check out the ocean floor and its sea life with an astronaut-like helmet. You’ll walk underwater for a unique adventure on the white sand.

**E-Bike City Tour though Cozumel & Taco Tasting Tour**
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**Catamaran Snorkel to El Cielo and Tortugas Beach Club**
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In 1978, 15 men participated in the very first IRONMAN triathlon on the bustling streets of Honolulu, Hawaii. IRONMAN consists of a 2.4 mile swim, a 112-mile bike and a 26.2-mile run, in succession. This event serves as one of the many qualifying events across the globe for the IRONMAN World Championship in Kailua-Kona, Hawaii every October.

The 2023 Mazda IRONMAN Cozumel marks the 15th IRONMAN Cozumel. Over the course of 17,000 hours on Sunday November 19, athletes from all over the world will be racing throughout the community. The routes were chosen to highlight the various areas that we feel fully showcase the unique setting of Cozumel. Having hosted one ITU World Triathlon Championship (2016) and twelve IRONMAN 70.3 Cozumel (2012 – 2023), this charming island knows how to deliver a world-class athletic event while also maintaining a family-friendly environment.

**BEST PLACE TO WATCH THE SWIM** (Point to Point)
The Money Bar Beach Club (in front of The Landmark Resort).

**BEST PLACE TO WATCH THE BIKE** (3 Loops)
Rafael Melgar Ave., Eleven Ave and Thirty Ave.

**BEST PLACE TO WATCH THE RUN** (3 Loops)
Rafael Melgar Ave. (Main Street) and finish line in the Quintana Roo Park. Spectators can see their athlete multiple times throughout the run along the shores of Caribbean Sea.

**CHEER ZONES**
Team Tents are allowed along Rafael Melgar Ave. We also suggest working with one of the several restaurants that flanked the run course.

Approximated time for age groupers to complete the course is between 8:16h and 17:00h after the last age group athlete starts the swim.

**RECOMMENDATIONS**
- Back Pack
- Sun Block
- Sombrero or Cap
- Comfortable Tennis Shoes (No sandals)
- Water or Gatorade
- Cell Phone Portable Power Bank or Cable
- Mosquito Repellent

**RESTAURANTS**
- **ROLANDI’S**
  Av. Rafael E. Melgar 799, Centro, 77600 San Miguel de Cozumel, Q.R.
- **GUIDO’S**
  Av. Rafael E. Melgar 23, Centro, 77600 San Miguel de Cozumel, Q.R.
- **LE CHEF**
  Av Rafael E Melgar 201 entre Calles 4, Calle 6 Nte y, Centro, 77600 San Miguel de Cozumel, Q.R.
- **AZUL MADERA**
  Calle 3 Sur 125, Centro, 77600 San Miguel de Cozumel, Q.R.

**PARKING INFORMATION**
Personal vehicles will not be permitted into The Chankanaab Park. If parked on race courses, your car is subject to be towed. Best option for Spectators are Taxis or rented scooters. There will be free limited transportation for Spectators (Buses) from Chankanaab near bike course mount line (Highway) to Downtown (Finish line) for limited time on race day.

**FINISH LINE**
The Finish Line is located on Quintana Roo Park (Rafael Melgar Ave & 11th Ave)

**TRACK YOUR ATHLETE**
The IRONMAN Track App provides official real-time athlete tracking. Download the app to your phone to track athlete’s times, find them on the interactive map, and share race-day updates on social media.

Emergency contact: 911 / Official Hospital: Costamed Hospital
EVENT SCHEDULE

THURSDAY, NOVEMBER 16th
12:00 PM - 8:00 PM Official Store & EXPO—IRONMAN Cozumel Cozumel Convention Center

FRIDAY, NOVEMBER 17th
09:00 PM - 5:00 PM Official Store & EXPO—IRONMAN Cozumel Cozumel Convention Center

SATURDAY, NOVEMBER 18th
7:00 PM - 8:45 AM Practice Swim (Chip MANDATORY) Chankanaab Park (Swim Course Finish Line Section)
9:00 PM - 4:00 PM Official Store—IRONMAN Cozumel Quintana Roo Park (Finish Line) (Buy & Collect)

SUNDAY, NOVEMBER 19th
7:00 AM Professional Men’s Race Start Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)
7:02 AM Professional Women’s Race Start Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)
7:10 AM Age Groups Rolling Start Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)
11:00 AM - 10:00 PM Official Store—IRONMAN Cozumel Quintana Roo Park (Finish Line) (Buy & Collect)

MONDAY, NOVEMBER 20th
7:00 AM - 3:00 PM IRONMAN Cozumel Official Store (Souvenir and Finisher Items) Quintana Roo Park (Finish Line) (Buy & Collect)
5:30 PM Awards Ceremony Señor Frog’s (Punta Langosta Mall)
SLOT allocation & Roll Down for the 2024 IRONMAN World Championship. Immediately following the Awards Ceremony.
Closing Party Señor Frog’s (Punta Langosta Mall)