

# Your Package Summary



## Your package summary for all our Retreats

### What's included:

- Airport transfers
- Breakfast
- Home baked cakes (daily)
- Evening meal
- Gala dinner (one night)
- All soft drinks, coffee and tea
- Unlimited wine and beer
- Retreats riders stocked fridge
- 6 week training programme
- Guided rides
- On bike nutrition
- Support vehicle on call
- Cycling kit cleaned
- Qualified bike mechanic on site
- Alternative activities arranged if bad weather occurs

**Bike Hire is available at an additional cost - please enquire at the time of booking.**

*and in addition...*

- Our Coached Weekenders Package includes two x lunches

# Your Package Summary



## Our Ultimate Experience Week - Jalon

### What's included:

- Airport transfers
- Breakfast
- Home baked cakes (daily)
- Evening meal
- Gala dinner (one night)
- All soft drinks, coffee and tea
- Unlimited wine and beer
- Retreats riders stocked fridge
- 6 week training programme
- Guided rides
- Support vehicle on call
- On bike nutrition
- Cycling kit cleaned
- Qualified bike mechanic on site
- Alternative activities arranged if bad weather occurs

- High End Bikes
- On site strength and conditioning coach
- Stretch sessions pre and post bike
- Pre-holiday S&C coached app
- 30 min massage
- Rest day boat excursion
- 2 x guest chef nights
- 2 wine tasting evenings

*and in addition...*

# Your Package Summary



## Your package summary for all our Tours

### What's included:

- Accommodation 3\* or above
- Airport transport from local airport at designated time
- Transfer of luggage throughout the tour
- Includes breakfast, lunch and drinks
- Evening meal package is available at an additional cost
- Qualified Guide on the route
- Support vehicle with on bike snacks
- Pre ride nutrition
- Route GPX files
- 6-week training programme prior to your holiday

**Bike Hire is available at an additional cost - please enquire at the time of booking.**

*and in addition...*

- Daily organisation of your baggage to be moved during the Tour

# Your Package Summary



## Your package summary for Hotel Syncrosfera

### What's included:

- Airport transfers
- Bed & Breakfast (half-board)
- Evening Meal
- 6-week training programme prior to your holiday
- Guided rides
- Support vehicle on call
- Cycling kit cleaned
- Qualified bike mechanic on site
- On bike nutrition
- Alternative activities arranged if bad weather occurs

**Bike Hire is available at an additional cost - please enquire at the time of booking.**



# Your Package Summary



## Your package summary Ladies Coached Weekender

### What's included:

- Different ability groups
- Detailed questionnaire so your weekend training is tailored to you
- Accommodation
- Airport transfers from and to Alicante Airport
- Full board including lunch
- Pre ride bike nutrition
- On bike nutrition
- post ride recovery nutrition and food
- Evening meal with 1/2 carafe of wine
- Guided rides with a training focus for example descending skills, climbing skills, riding in a group safely, drafting and so much more.
- Daily education slots
- Off bike training, with strength and conditioning experts, Pilates/mobility specialists
- Fully supported with on call vehicle should you need it.
- Cycling Kit washed
- 30 min sports massage

**Bike Hire is available at an additional cost - please enquire at the time of booking.**