**TG LANZAROTE TRAINING CAMP**

ACCOMMODATION:

4\* Hotel & Spa Costa Calero LANZAROTE

Double room including Half-Board (Superb Breakfast Buffet & Dinner)

Includes all the following:

\* Stretch/pilates and all training.

\* Bike Garage Package (Secure locked racking, energy drinks & food available free for your rides)

\* Daily entrance to the spa gym

\* 1 entrance per person/day to the active pool, sauna & hamam of the Thalasso-Spa Centre

Supplements:

Sea view per person per day                                                       **5.00 €**

All Inclusive per person per day                                                  **18.00 €**

Double room for single use per person per day                      **15.00 €**

FLIGHTS

There are a number of airlines that fly to Lanzarote. The earlier you book your flight usually the cheaper it is but generally a return flight to Lanzarote will range from **£100-175**. Airlines flying to Lanzarote include Easyjet, Monarch and Norwegian. The hotel is a 15 minute Taxi ride from the Airport.

BOOKING YOUR PLACE

7 nights 25 Feb - 4 March 2016 to include accommodation, half board and all training = £745.00

To reserve your place - Pay a deposit of £150 (non-refundable)

Balance payable by December 15th 2015.

If you need further info or to book your place please email me on [tg@tobygarbett.com](mailto:tg@tobygarbett.com)

BIKE HIRE

Lanzarote Bike hire is based within Hotel Costa Calero making it very easy to hire a great Felt or BMC road bike. Alternatively your own bike can be stored for the duration of your stay. To hire please email **Michael Albrecht**  **[info@lanzarotebike.es](mailto:info@lanzarotebike.es)**

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| --- | --- | --- | --- | --- | --- |
| RENT FOR | 1-2 DAYS/PER DAY | 1-5 DAYS/PER DAY | 6 DAYS +ARRIVAL | EXTRA DAY | 13 DAYS + ARRIVAL |
| ALU 105 | 18€ | 16€ | 96€ | 10€ | 166€ |
| ALU ULTEGRA | 20€ | 18€ | 108€ | 11€ | 185€ |
| Carbon 105 | 23€ | 20€ | 120€ | 12€ | 204€ |
| Carbon ULTEGRA | 25€ | 23€ | 132€ | 13€ | 223€ |

TUITION

Wetsuits advisable. Cycling helmets compulsory. 2 water bottles advisable.

LOOK FORWARD TO SEEING YOU IN SUNNY LANZAROTE!

BEST WISHES TOBY

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