

**ATHLETICS TRAINING CAMPS**



The Vila Real de St. António Sports Centre, is a municipal facility in the western Algarve, and is well known as a training site for professional and national teams in a variety of sporting activities. The Sports Centre has all the technical facilities for perfect training. The athletics stadium has an excellent track, very good jumping facilities and outside the stadium there are dedicated facilities for throwers, including the hammer, as well as running trails in the on-site pine forest.

The complex has an indoor gymnasium with Olympic free weights and an indoor training hall for sprinting, hurdling and jumping. There is also a Sports Hall for basketball, handball and 5-a-side football plus 2 grass football pitches and 4 tennis courts. A 50 metre and 25 metre training swimming pool are available to use and are located next to the track facilities for convenience.

**TRAINING FACILITIES:**

8 lanes polytan 400m running track  
4 x Long Jump / Triple Jump runways  
2 x Pole Vault & 2 x High Jump beds  
Hurdles, blocks & implements

**Athletic Training Pass required to use the track & gymnasium**

3 x Javelin runways  
1 x Discus Circle  
1 x Hammer Circle  
3 x Shot Circles  
8.5 km of Pine wood trails  
20 km flat beach to run on  
2.3 km marked cross country loop  
Gym with Olympic free weights

**APARTMENT & HOTEL ACCOMMODATION IN MONTE GORDO**

Our accommodation options in Monte Gordo are within a short walk of the shops, restaurants and beach. Monte Gordo is 2.5km from the track in Vila Real and buses run between the two. Cars and bikes can also be hired or athletes are known to jog the direct path as a warm up or cool down!

**4\* DUNAMAR APARTHOTEL**

The Dunamar's 220 apartments are directly on the beach and close to the resort's shops and bars.

**Studio:** 1 - 2 persons  
Bed / living room with kitchenette & bathroom / WC  
**1 Bedroom Apartment (T1)** 2 - 4 persons  
**2 Bedroom Apartment (T2)** 4 - 6 persons  
**3 Bedroom Apartment (T3)** 6 - 8 persons

1, 2 or 3 bedrooms with a living room with 2 sofa beds, a full kitchen & bathroom / WC, air conditioned, with TV and safes. There is a reception, a bar, restaurant, a health club / indoor and outdoor swimming pool & laundry services.



**Accommodation Prices 7 nights – November to March from: £ 195 per person Self-Catering**  
**Other durations Available April to May from: £ 225 per person Self-Catering**

Bed & Breakfast / Half Board / Full Board available at a supplement upon request

**4\* MONTE GORDO APARTHOTEL & SPA**

This 4-star apartment hotel is situated 500 metres from Monte Gordo Beach. There are a choice of hotel rooms and apartments:

**Single or Double Room**  
**1 Bedroom Apartment (T1)** 2 - 4 persons

Fitted with plasma TVs and cable channels, the modern rooms at Monte Gordo Hotel include floor-to-ceiling windows and contemporary décor. It features a seasonal outdoor pool, a steam room and massage services. Free Wi-Fi is available.



**Accommodation Prices 7 nights – January to May from: £ 165 per person Self-Catering**  
**Other durations Available April (Easter) from: £ 199 per person Self-Catering**

Bed & Breakfast / Half Board / Full Board available at a supplement upon request

**3\* BAIA DE MONTE GORDO**

This Hotel property is a 2 minute walk from the beach. Boasting an outdoor swimming pool. The 3-star hotel has air-conditioned rooms with a private bathroom and free WiFi.

**Single or Double** rooms can be offered  
The hotel has air-conditioned rooms with a private bathroom and free WiFi. Guests can dine in the in-house restaurant, which serves a variety of Portuguese and international dishes. The property has an indoor pool.



**Accommodation Prices 7 nights – Nov to April from: £ 185 per person Bed & Breakfast**  
**Other durations Available April (Easter) from: £ 239 per person Bed & Breakfast**

### Additional Services:

Athletics Training Pass from: **£4** per person for ½ day or **£7** per person for full day  
Return Airport Transfers from: **£15** per person    Bicycle Hire from **£ 2.50** per day

**FLIGHTS ON REQUEST:      Prices from £ 100 - £ 250 + taxes**

We are retail agents for ATOL holders

### HOW TO BOOK

Bookings should be made using our Booking Form. A deposit of £ 75 per person is required for the accommodation and training camp arrangements. Flight deposits vary and for some discounted and scheduled flights the full flight price may be payable at the time of booking.

### TRACK & FIELD TOURS

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