

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 as well as running trails in the 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 3 lane 50 metres training swimming pool is also being built next to the new 8 lanes 25 metres indoor swimming pool that has just recently opened.

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 you could even jog as a warm up or warm 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 pool and outdoor swimming pool & a laundry



Accommodation Prices 7 nights – November to March from: £ 119 per person Self-Catering
Other durations Available April to May from: £ 149 per person Self-Catering

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

4* YELLOW MONTE GORDO BEACH HOTEL

This Iberotel managed hotel has been refurbished and all 300 rooms are spacious as the property was previously an apartment hotel. All rooms have bathroom / WC, air conditioning, satellite TV, a mini-bar and a safe.

The hotel has 2 bars, 2 restaurants, indoor & outdoor pools, a health club, sauna, shops and a games room.

Next to the pine forest running trails.



Accommodation Prices 7 nights - October to May from: £ 215 per person B&B
Other durations Available Half Board / Full Board available at a supplement upon request

3*ALBA APARTHOTEL

The Alba's 103 apartments are 150m from the beach and close to the shops and bars.

Studio: 1 - 2 persons
Bed / living room with kitchenette & bathroom / WC
1 Bedroom Apartment (T1) 2 - 3 persons

1 bedroom with a living room with sofa bed, a full kitchen & bathroom / WC, air conditioned, with TVs. There is a reception, a bar, a laundry and a swimming pool. Breakfast is included and other meals can also be taken in the hotel's restaurant. There is a bar.



Accommodation Prices 7 nights - October to May from: £ 225 per person B&B
Other durations Available Half Board available at a supplement upon request

Additional Services:

Athletics Training Pass from: **£5** pppd Return Airport Transfers from: **£25** 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. Cheques should be made payable to "Track and Field Tours Ltd".

TRACK & FIELD TOURS

www.trackandfield.co.uk

TRACK & FIELD HOUSE 66 FRYERNING LANE

INGATESTONE ESSEX CM4 0NN

Tel: 01277 354377

email: tftours@aol.com