



The L'Alfas del Pi Sports Centre is located on the Costa Blanca 2.5 km from the coastal resort of Albir and 50 km from Alicante. Facilities at the stadium cater for all disciplines, including long throws with a separate discus and hammer throwing area adjacent to the track. Busy roads and limited off road running opportunities mean that this venue is not really suitable for long distance runners. There is a 25 metre pool and sports hall adjacent to the track.

TRACK FACILITIES:	1 x 400m 6 lanes Mondo track High / Long / Triple Jump & Pole Vault Hurdles, Blocks & implements	Shot & Javelin in the stadium Discus & Hammer Training Area outside stadium Weight Training room with Olympic free weights
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APARTHOTEL ACCOMMODATION

ALBIR GARDEN APARTMENTS

Accommodation is based upon one bedroom apartments suitable for 1-3 persons. Each has a twin bedded bedroom, a lounge/diner with a twin sofa bed and a kitchen, and a bathroom. There is a restaurant and bar on site and others in the locality. There are two outdoor swimming pools, an indoor heated pool in the winter, and a small gym. This accommodation is 2.5 km away from the track and, although there is a local bus, we would recommend that clients have a car for the duration of their stay, to be available from Alicante airport: Albir / L'Alfas is 50 km from the airport.



7 Nights Package Price: from: £ 359 per person on Full Board
Half Board and Bed & Breakfast available at a reduction upon request / **Other Durations Available**

Package Prices Include:

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| <ul style="list-style-type: none"> • 7 nights Hotel Accommodation • Full Board each day • Arrival Airport Transfer • Use of Gym, Sauna & Pool • Shuttle Transfers to/from Sports Centre | <ul style="list-style-type: none"> • 2 x Training Sessions Per Day at L'Alfas Sport Centre • Departure Airport Transfers • Mineral water during training sessions |
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FLIGHTS ON REQUEST: Prices from £ 79 - £ 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
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