



The Alfamar is a long established warm weather training venue for track & field athletes and other sports and fitness enthusiasts. The running track is on site and there is a very large gym with machines and free Olympic weights. The resort has been managed by LTI Resorts for the past six years. The 4\* hotel is open throughout the year with rooms on half board basis.

The self-catering villas and studios now known as the Algarve Gardens and are only open from April to October. The combined resort has indoor and outdoor swimming pools, and health club with jacuzzi and sauna as well as other sports facilities as detailed below.

#### SPORTS FACILITIES:

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

4 lanes tartan 400m running track  
6 lane 175m straight  
6 x Long / Triple Jump runways  
1 x Pole Vault bed (2 runways)

1 x High Jump bed  
1 x Discus Circle  
2 x Shot Circles  
1 x Javelin run up

A good choice of measured road routes, off road track & cliff trails and a 4 km long beach  
The resort also has 15 tennis courts, 3 football pitches, horse riding and mountain bike hire

### HOTEL & APARTMENT ACCOMMODATION

#### 4\* ALFA MAR RESORT HOTEL

The 4\*ALFA MAR RESORT hotel has 264 spacious en suite rooms. All the rooms have bathroom / WC plus satellite TV, radio, , direct-dial phone, hair dryer, rental safe, air conditioning, heating, balcony, 220V adapter. There is also a mini-market, a hairdresser and a shop.



**Accommodation Prices 7 nights – November to February from: £ 249 per person B&B\***  
**\*Inclusive of Sports Pass**

**March from: £ 269 per person B&B\***

**April to May from: £ 289 per person B&B\***

Half Board / Full Board available at a supplement upon request / **Other durations available**

#### ALGARVE GARDENS APARTMENTS

Studio apartments and 1 & 2 bedroom villas. Algarve Gardens has its own reception, 2 restaurants and a bar. All the villas and studios have private bathroom facilities and fully equipped kitchens. They also have satellite TV, radio, direct dial telephone, rental safe, heating, balcony or patio and a 220V adapter. The 1bedroom villas (VI) sleep 2-3 persons and the 2 bedroom villas (VII) 4-5 persons

Shops on site include a mini-market, a hairdresser, a boutique and a kiosk. The Alfamar is about 3.5 km from the nearest town of Albufeira to which there is a regular bus service from the bus stop at the entrance to the complex.



**Accommodation Prices 7 nights – October to May from: £ 109 per person Self catering**  
**Bed & Breakfast / Half Board / Full Board available at a supplement upon request / Other durations available**

#### Additional Services:

Athletics Training Pass from: **£9 pppd**  
(Based on staying at Algarve Gardens)

Return Airport Transfers from: **£15 per person**

Car Hire 7 days from: **£69**

**FLIGHTS: 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'.