

15th

**TFT RUNNING TOURS**  
**ALGARVE**  
**Running Challenge**



**4 - 8**  
**November**  
**2020**

The "Algarve Running Challenge" / ARC includes 4 separate races on different running surfaces or you can take part in just the 2 events of the "Algarve Running Weekend" / ARW  
**BEST VALUE AUTUMN RUNNING BREAK – WORLD CLASS TRAINING FACILITIES – ESTABLISHED EVENT**  
**ARC WEEK PACKAGES\* from only £ 339 ARW WEEKEND PACKAGES\* from only £ 199 \* incl. race entries**

All events are held at the premier running & athletic track & gym training facilities of Monte Gordo and Vila Real as used by Team GB and other international teams for Olympic Games & major event preparation. Suitable for all standards of runners in the footsteps of the elite!



**ALGARVE RUNNING CHALLENGE PROGRAMME**

Wed	4	Nov	<b>5 Km Cross Country Handicap</b>
Thu	5	Nov	<b>1 Mile Track Time Trials</b>
Fri	6	Nov	Rest Day / Sightseeing
Sat	7	Nov	<b>3 Km Beach &amp; Trail Loop Relay</b>
Sun	8	Nov	<b>10 Km Guardiana Trail Race</b>

*ARC Presentation BBQ Lunch free for all runners and their friends*



**CHALLENGE AWARDS**

- ◆ ARC awards based upon times and Age Related Time tables for men & women for each race and the 4 race series, so that older runners can compete on equal terms with younger ones
- ◆ Team Running Challenge awards (3 per team)
- ◆ All runners will receive an event T shirt

**OPT 1: 8 Days / 7 Nights Mon 2 Nov – Mon 9 Nov 2020**  
**OPT 2: 7 Days / 6 Nights Tues 3 Nov – Mon 9 Nov 2020**

**OPT 3: 4 Days / 3 Nights Fri 6 Nov – Mon 9 Nov 2020**

**4\* DUNAMAR Aparthotel:** our event HQ located on the beach. The spacious 1, 2 or 3 bedroom apartments are all equipped with a telephone, television, heating / air conditioning, hairdryer, terrace, safety box, kitchen appliances, microwave and toaster. There is a bar, restaurant, internet access, gym, sauna, swimming pool, parking, 24hrs reception, shop. The evening buffet restaurant package supplement offers exceptional value. **Live music entertainment at the hotel.**



**HOTEL PACKAGE PRICES:**

Prices are per person on bed & breakfast basis inclusive of all tour & event services.  
 The excellent evening buffet is only £ 12 per night if you pre-book prior to arrival.

**DUNAMAR HOTEL**  
 On Bed & Breakfast

1 person	1 Bedroom Apartment
2 persons	1 Bedroom Apartment
3 - 6 persons	1, 2 or 3 Bedrooms Apartment

*\* DUNAMAR HOTEL - Evening Dinner Buffet Supplement inclusive of Drinks \**

	<u>OPT 1</u>	<u>OPT 2</u>	<u>OPT 3</u>
1 person	£ 399	£ 359	£ 229
2 persons	£ 319	£ 289	£ 199
3 - 6 persons	£ 299	£ 269	£ 179
<i>* DUNAMAR HOTEL - Evening Dinner Buffet Supplement inclusive of Drinks *</i>	£ 84	£ 72	£ 36

**GROUP DISCOUNTS:** 10 + Persons **£ 10 discount per person** 20 + Persons **£ 20 discount per person** Larger groups on request

**RACE ENTRY FEES:** ARC – all 4 events **£ 40** ARW – Beach & Trail Loop Relay & Guardiana Trail Race **£ 20**

**FLIGHT PRICES:** Fares are subject to change until paid for in full. Prices are per person and include hand luggage and booking fees & taxes. *Other airlines & departure airports available upon request*

Ex Gatwick	Easyjet	from	£ 89
Ex Stansted	Ryanair	from	£ 99
Ex Bristol	Easyjet	from	£ 149
Ex Liverpool	Easyjet	from	£ 129
Ex Manchester	Ryanair	from	£ 119

**AIRPORT TRANSFERS:** Faro Airport to Hotel and return  
 From **£20 - £45** per person depending on the numbers travelling  
 Final transfer prices will depend upon client numbers travelling on each transfer.  
 The price to pay will be confirmed closer to the time of travel

Hold luggage supplements from £ 40 - £ 80 return depending upon routing and carrier

**TOUR DEPOSIT:** **£ 100.00** per person + Full Payment Flights + Insurance **FINAL BALANCE** Fri 4 Sept 2020

**TFT RUNNING TOURS**  
**TRACK & FIELD HOUSE** **66 Fryerning Lane** **INGATESTONE** **ESSEX** **CM4 0NN**  
**TEL: (01277) 354377** **Email: info@trackandfield.co.uk** **www.trackandfield.co.uk**