

READING U. BC

25/3

1/4

BANYOLES
ROWING



IMPORTANT MISCELLANEOUS INFORMATION:

CNB AND LAKE ENTRY:

Monday to Friday: from 6h to 22h.

Saturday: from 7h to 21h.

Sunday/Bank H.: from 8h to 14h.

Sunday/Bank H training after 14 h is available only under a fee, please make sure you enquire in advance.

ACCESS:

The system to gain access to the Club's facilities is controlled by a personal card.

These personal cards will be delivered to you by Agenda staff on your arrival.

LAKE COURSE:

The rules concerning the circulation on the lake can be found displayed on the boathouses and will be reminded by us upon arrival. This rules might change periodically, please read them carefully before starting your training sessions.

LAUNCH:

The training launch has to be used by an officially authorised driver and legal permission might be requested at any time. Keys to the launch will be delivered to you by a member of Agenda.

Medical, Police or Emergencies local phone number:

012

PETROL:

A full tank will be delivered on arrival. The tank has to be returned full. Your team's tank will be kept in a safe locker. An additional tank will also be found in the locker, used to re-fill at nearby petrol station.



USE OF MATERIAL:

The rowing team is to accept responsibility for any damage caused to CNB material and, furthermore, the user will be responsible for the costs of any repair involved. In the event of any damage to material, please contact one of the members of staff as soon as possible.

RESPONSIBILITY:

It is our duty to communicate that there is no first aid, life guard or rescue services on the lake during your camp. Bathing or doing other activities on the lake - other than rowing - is strictly forbidden. If there is anyone swimming or doing similar activities, it is under his or her own responsibility. We also advise you not to leave belongings of value inside the boat houses or changing rooms as Club Natació Banyoles won't take the responsibility in case of loss. Please behave accordingly to the club's rules, respecting the local members' activities and the maintenance and sensible use of all the facilities.

TRAVEL

Numbers travelling:

36

Arrival: 25/3

Flight number: ZB274

Departure: 1/4

Flight number: ZB275

Airport: BCN

By road: 2

By Plane: 34

Pick-up: Terminal 2

Departure Pick-up: 16.00 hrs

BUS COMPANY DETAILS:

Our long-term transport partner is Autocars Solà. All the vehicles' corporate colours are light yellow with orange and brown logo decorations. The bus driver will pick you up at your arrival's terminal holding a sign with your club's name on it. On the return journey, he will be on time in front of your chosen accommodation.



LODGING

15 minute walk to CNB - to the sports complex and rowing center



ALBERG DE BANYOLES

C/ Migdia, 10
17820, Banyoles
Tel. 00 34 972 57 54 54

This fantastic hostel is located just 10 minute walk from the lake and the Club. With eighty-eight beds spread out in different distribution options, l'Alberg de Banyoles has all the facilities you need for you lodging to be comfortable and relaxed. There's a big TV room, leisure room, meeting room, a spacious dining room and kitchen with special Sport Menus.

Distribution

Rooms with WC : 4 x 4 pax + 2 x 6 pax + 1 x 8 pax
Rooms with shared WC : 3 x 6 pax + 2 x 8 pax
18 male + 16 female + 2 male coaches

GPS coordinates
42° 07' 03.20" N
02° 45' 59.03" E



MEALS

MEAL PLAN:

FULL BOARD

FIRST MEAL:

DINNER

SPECIAL REQUESTS

1 Vegetarian

LAST MEAL:

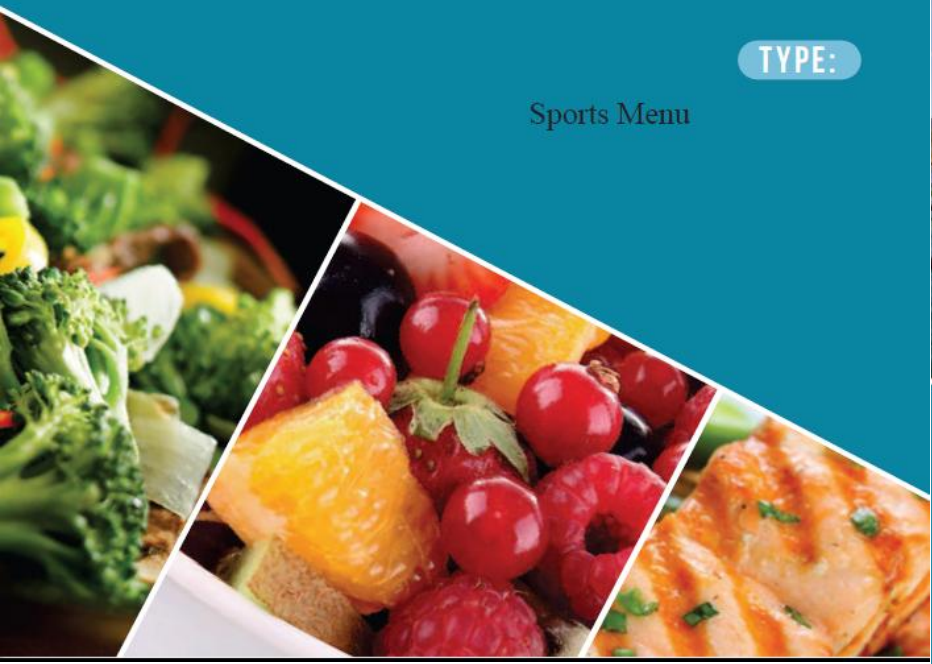
LUNCH

TIMETABLE:

08.45 - 12.30 - 18.00 hrs

TYPE:

Sports Menu



BOATS

DAYS OF RENTAL:



BOATS ON OUTSIDE RACKS:

- 7 x 4X
- 5 x 2X
- 5 x 1X

LAUNCHES

TRAINING LAUNCHES IN BANYOLES:

Every club in Banyoles has to choose a Launch time frame in order to optimize resources and allow every rowing team to be able to train.

The first club to book is the one with time choosing preference.

Your team's time frame assigned is:

ALL DAY USE OF 2 LAUNCHES

Number of launches assigned:

TBC



TIMETABLE PLAN:

TIMETABLE	LAUNCH 1	LAUNCH 2	LAUNCH 3	LAUNCH 4
08:00h to 09:45h	A	A	A	A
10:00h to 11:45h	B	B	B	B
12:00h to 13:45h	C	C	C	C
14:00h to 15:45h	A	A	A	A
16:00h to 17:45h	B	B	B	B
18:00h to 19:45h	C	C	C	C

CNB DRIVING DIRECTIONS



Club Natació Banyoles
Passeig Antoni Gaudí, 3
Telf. 972 57 08 59
17820, Banyoles

GPS coordinates
42° 07' 21.73" N
2° 45' 30.21" E

Driving instructions for Trailers to arrive to the CNB Rowing Club

- 1- As you drive south on motorway AP7 (France's A9 continuation), take Exit 6: Girona Nord.
- 2- Out of the peage/toll take left on C-66 direction Banyoles/Olot.
- 3- Ignore previous Banyoles exits and take the exit Banyoles Nord Estany.
- 4- Follow GIP - 5121 and take right exit at the roundabout you will encounter.
- 5- Go across Banyoles high streets (Carrer de la Llibertat) and follow straight down.
- 6- At the end of Passeig de la Draga turn left and you will soon see the big sliding door to the Rowing Club's boathouses, just by CNB main access, where you will enter your boats.

EXTRA BOOKINGS!

POOL ACCESS:

- Dates:
- Times:
- Lanes:

WEIGHT ROOM ACCESS:

- Dates:
- Times:

GATEKEEPING SERVICES:

- Dates: 27 + 28/3
- Times: TBC

ERGOMETERS:

- Dates:
- Times:



EXTRA BOOKINGS II

MASSAGE AND PHYSIOTHERAPY SERVICES:

- Pax:
- Dates:
- Times:
- Type of service:

TRADITIONAL CATALAN LAST DINNER PARTY:

- Pax:
- Date:
- Time:

EXCURSIONS, VISITS AND TICKETS:

- Details:
- Pax:
- Dates:
- Times:



NOTEPAD

COACHES NOTES AND REMINDERS