



Banyoles
Triathland

Triathlon at its best!



BANYOLES: LAND OF TRIATHLON

Looking for a good training location? Why not choosing the BEST ?

- Located in the centre of the ***Girona*** province, the Lake town of **Banyoles** is considered **one of the most attractive Triathlon camp bases in Europe.**
- The **magnificent cycling conditions**, the splendour of the **Lake or the Costa Brava Open Waters** and the **mild climate and easy access**, make Banyoles an ideal spot for any Triathlon athlete.



BANYOLES: LAND OF TRIATHLON



- Proof of this great set-up are the multiple Triathlon competitions held in Banyoles regularly:
2012 ITU World Cup, 2011 and 2013 ITU Premium European Cups, Spanish Championships...
- Fly from many cities in Europe to the **Girona-Costa Brava Airport, Perpignan's Airport** or even use **Barcelona's International**, all of them within a short drive away.

BEST TRAINING CONDITIONS

- **Lake Open Water Swimming**
- **Costa Brava Beach Open Water Swimming**
- **Heated indoor and outdoor 25 or 50 meter pools**
- **Ideal Cycling conditions for all levels and purposes**
- **Varied and multiple Running routes**
- **Tartan Tracks**
- **Route maps, GPS downloads and general assessment**
- **Power fitness gyms**
- **Pyrenees Ski resorts within easy access**
- **Bike guides and bike set-up specialists**
- **Nutritionists and sports injury or massage therapists**
- **Local coaches**



CYCLING



- Banyoles, in the heart of the **Girona** area, is **one of the top cycling destinations in the world**.
- Famous Triathletes like Sarah Groff (USA), Chris Mc Cormack (AUS) or Erin Densham (AUS) have proved Banyoles conditions as a great camp-base for their season training.
- Our **extensive range of training options** vary from the nearby countryside **circuits around the Lake** or the flatter Costa Brava **Mediterranean scenic routes** to the more challenging **Pyrenees high-level climbs**, all within cycling distance.
- The **roads here are quite and well-maintained**, there is a strong cycling tradition in the area and, amongst all, **the weather is warm and mild** most of the year.

SWIMMING



- We suggest **Open Water swim training in the amazing Banyoles lake**, within natural amazing surroundings and all the facilities needed.
- The Lake Sports Club maintains a Triathlon designated area, with a **special 800 meter buoy lane circuit dedicated exclusively to Triathlon athletes**.
- You can also swim in some of the greatest **Costa Brava beaches within short distance**.
- **25 meter heated indoor or outdoor pool lanes** are available right by the lake.
- **50 meter heated indoor or outdoor pool lanes** are available within easy reach in **Girona**.

RUNNING



- **Local countryside off-road trails** around the Banyoles Lake.
- **Scenic tracks** around the Garrotxa Volcanic area.
- Trail running to **nearby hills and mountains**.
- 400 meter **Track-and-Field** Tartan in Girona or Olot.

ACCOMMODATION OPTIONS - I

There is a wide variety of lodging you can use whilst in Banyoles, here are the main proposals:

HOTEL MIRALLAC



- We have negotiated **Special Triathlon Rates** with this sportsmen friendly and family ran lodge.
- The Mirallac is **located right in front of the Lake**.
- Rooms can have **varied distribution options** and are fully equipped with bathrooms en-suite, TV, heating or a/c and telephone.
- The hotel have its own restaurant which serves tailor-made **sportspeople orientated menus**.
- **Bike-storage available**.

ACCOMMODATION OPTIONS - II

SPORTS RESIDENCES AND HOSTELS



- A **variety of hostels** can be found in this unbeatable location, all of them **near the main training facilities**.
- **Rooms for varied distribution**, with **coach or staff member single or twin rooms** available.
- **Spaces adaptable for Physio treatment**.
- **Meeting and TV rooms** are available.
- **Bike-storage** available.
- **Menus with good local food** and special **attention to Sportspeople diet** needs.

ACCOMMODATION OPTIONS - III

BUNGALOWS IN CAMP-SITE



- Our Bungalows at the Camping El Llac guarantee a **peaceful and relaxed atmosphere** in Banyoles.
- Located right by the Lake, the **new and fully-equipped Bungalows** will make you feel comfortable.
- Each regular unit has: **air conditioning or heating, 3 twin rooms, WC, shower, kitchen and dinning area.**
- On-site facilities include **extra WC and showers, swimming pool, Supermarket, Laundry and BBQ.**
- If you don't want to cook, **Special menus** for Triathletes are also provided at the Camp's restaurant.
- **Bike-storage available.**

ACCOMMODATION OPTIONS - IV

APARTMENTS



- If you are looking for a **more private accommodation alternative**, we can help you find the ideal long-term apartment in Banyoles.
- We will offer **fully equipped properties** with different distribution options, all of them **well located**.
- **Good discounts available for long-term stays.**
- Possible **bike-storage** facilities if required.

ENJOY TRAINING....WE'LL DO THE REST!!!

OUR TAILOR-MADE SERVICES ALSO INCLUDE:

- Access to the sports facilities of your choice
- Co-ordination of transfers and shuttle services for the group
- Personal assistance during the training camps
- Tourist information, day trips and optional activities arrangement
- Emergency back-up and co-ordination of health services
- Equipment rental

KNOWLEDGE AND EXPERIENCE

- Agenda Sports & Elements (est. 1993) provides **knowledge and experience** in sports training camps, welcoming plenty of National Federations, Olympic Teams, prestigious Clubs and Associations.
- **USA, Australia, Great Britain, New Zealand or Canadian Triathlon National Teams** have been working with us successfully, amongst many other clubs and teams from all around the world.
- Our aim is to ensure that **everything required for the training camp is entirely our responsibility** allowing you to put all your concentration into getting results from your stay with us.



CONTACT NOW!

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