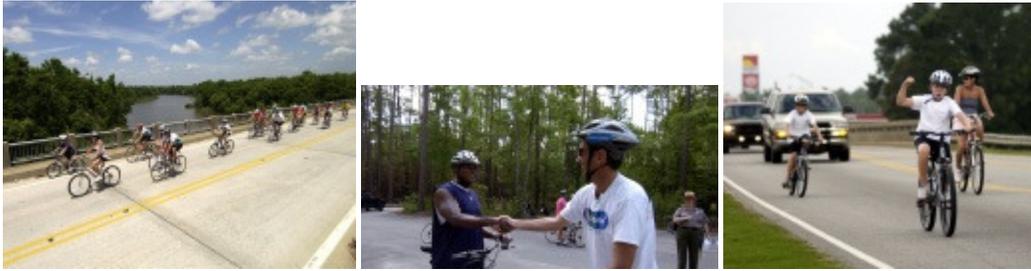


SP0004 CYCLING TRAINING CAMP AT COSTA DEL SOL (English speaking)



Malaga – Cycling Training Camps at the Costa del Sol
Escape winter and get yourself in shape, in the favorable climate and bright sunshine of Spain's southern shores.

It is our goal to make your training vacation a total success and we will be at your service from the day you fly into Malaga to the day you leave.

During your stay you can count on the following services that are included in the **Del POZO Training Vacation Package**.

Hotel Costa Lago, Torremolinos

The modern 4 star hotel, your luxurious home during your training vacation, is situated only 200m from the beach and 1,5 km from the center of Torremolinos, the famous Spanish holiday resort at the Costa del Sol. Fashionable Marbella and Puerto Banus, the marina where the super rich and famous keep their power yachts, are only 30 minutes down the highway. Malaga airport and the city are only minutes away. Cordoba, Granada, Gibraltar, Ronda, Tarifa or Sevilla are in one day bike ride distance.

Hotel accommodation

- Spacious bedroom suites, with two single beds (room partner can be assigned)
- rooms with queen size bed available on request
- fully equipped bathrooms with tub and shower
- air condition, telephone, Sat-TV
- balcony with pool and sea view
- your precious bikes can be kept safely inside the rooms
- 3000m2 pool area
- show cooking, ample and delicious breakfast and dinner buffets



Del POZO Cycling service package

- welcome and fare well at the Malaga Airport, when ever possible the boss does it himself
- transfer airport – hotel Costa Lago – airport
- technical assistance
- daily guided rides
- isotonic drinks and nutrition during the ride
- training in small groups

optional:

- one way long-rides to Cordoba, Granada, Ronda, Tarifa, Sevilla (logistics charge for return ride in the car or bus is not included and will be charged additionally depending on group size)



Del POZO Cycling Logistics

The airconditioned **DELPOZOMOBILE** accommodates 8 passengers. It is used as service vehicle during our long-rides and will take you back to the hotel. The logistics charge for long-rides is not included in the service package and will be calculated depending on the distance as well as on the size of the group. If the group size exceeds 8 pax we will rent additional capacity.

Del POZO Cycling Training

We usually train in blocks of three days, increasing length and intensity of the rides day by day, followed by one day of recovery. If you like climbing, a 100km ride will have on average an incline of 1500m, you will love our terrain. To be on the safe side, and to be able to ride below the aerobic threshold on long climbs, fit your bike with a 12-25 sprocket set.



The Malaga Climate

| | January | February | March | April |
|------------------|---------|----------|---------|---------|
| Highs °C | 15 – 19 | 16 – 20 | 18 – 22 | 19 - 23 |
| Lows °C | 6 - 11 | 7 - 12 | 8 – 13 | 9 - 13 |
| avg. # rain days | 5 | 3 | 3 | 4 |
| avg. # sun hours | 5 | 6 | 7 | 8 |

