

Lanzarote 2012 camp

Lanzarote is situated about 80 miles off the coast of Africa and is the most easterly of the Canary Islands. It is known to be the most popular sporting island of them all. As soon as winter settles in Europe, its mild climatic conditions bring together professional sportsmen and amateur athletes, who can then benefit from the best possible training conditions. It is not unusual to meet professional teams on training camps; HTC-Columbia, Radobank, Saxo-bank, or the French triathlon team have established their habits on the island. The ironman competition is by the way one of the most famous triathlon events in the world, and a major event on the island.

This destination has many assets: Sunny and mild climatic conditions (We advise you to wear short-sleeved jersey and racing short, even in January and February !), small roads with little traffic, routes full of variety, breathtaking volcanic landscapes and a few hours' flight is all it takes for you to reach Lanzarote from France.

- Ocean climate: the island enjoys sunny conditions all year round thanks to its position within the trade wind belt.
- Temperature range: 18°C to 23°C during winter, 20°C to 25°C during summer.

Although the island is extremely popular among European cyclists, it remains little know in France. Eager to explore new horizons, we have chosen Lanzarote to organize our top of the range training camps during the early season.

Living up to our reputation, *Ronan Pensec Travel* shall deliver quality service with professionalism, drive and dedication, in a friendly atmosphere.



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Cycling training program :

This week's program includes about 400 to 500 km of cycling, depending on your wishes and enthusiasm. The purpose of this training is to build endurance for the season to come. The more advanced trainees will be able to benefit from a targeted and adjusted training that will increase their fitness and performance with a view to preparing the first races.

Every morning, you will cycle on roads made of varied relief, where cars are virtually absent. Homogenous groups will be formed, with no more than 10 cyclists per group. High-quality supervision will be provided, worthy of professional teams: qualified and enthusiastic coach, technical assistance from a mechanic, following vehicle, daily feeding stations halfway through the rides.

- D1 : Famara - 60km (38miles), hilly course
- D2 : la Santa, Timanfaya - 90km (56 miles), hilly course
- D3 : Teguise, Haria – 85km (53 miles), mountainous course
- D4 : Rest day or easy ride - 30km (19 miles)
- D5 : South, el Golfo, Playa Blanca – 110km (68 miles), hilly course
- D6 : Miradors de Haria y del Rio – 100km (63 miles), mountainous course

This training will be supervised by Jean-Sébastien Abbal, a former "Elite" racer and graduate from BEESAC and BF3 who now is the physical trainer of a DN1 team. His passion for cycling led him to take it up as a career. He will happily share his knowledge with you.



A few guidelines :

- Cycling clothes: shorts and short-sleeved Jersey. Arm-warmers and wind-proof jacket for those who are more sensitive to cold.
- Very varied terrain throughout the island, the North being the more mountainous, with places such as Haria and del Rio that rise to a height of around 600 meters. The southern part is a treasure trove of hilly landscapes such as the climbs of Fermes and Tabayasco, with grades up to 20%.
- Brackets: mountain brackets recommended.

For those who wish to travel without their bike, possibility to rent on site. Contact us!

How to get back in shape? Massages will be available on request, as well as a full access to the pool complex, with its spa and sauna.



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Accommodation : "Costa Calero" Hotel****



We have chosen the best accommodation possible for you to enjoy this training camp.

Costa Calero hotel offers a full range of high quality services. You will particularly enjoy its luxurious setting and its amazing sea view, as well as its pool complex, which unlimited access is included in our package.

It is located in the village of Puerto Calero, renowned for its yacht harbour, on the southern coast of the island.

You will be staying in a large, elegantly furnished room: balcony or terrace on the sea, equipped bathroom, direct telephone, safe, Satellite TV, AC, etc....

"La Magdalena" or "Oyambre" are two buffet restaurants that offer a wide and varied selection of food. Breakfast and Dinner will be served there. (Local and international food).

As for lunch, you can either choose our « all inclusive » package (flexible meal time according to your training) or choose to eat in any other restaurant.



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Hotel activities for you and your partner

-Free access to the pool complex and sporting facilities of Hotel Costa Calero

Indoors and outdoors heated swimming pools, sauna, Jacuzzi tub, spa, massage jet, steam bath. There is also a fitness area, tennis and volleyball courts, etc...

-Massage, beauty center (additional charges apply)



- Extras (additional charges apply)

Our local guide will share with you his historical and geographical knowledge of the island. 3 excursions are available (minimum of 5 people)

Volcanoes : A half-day hike through the volcanic landscapes of National Park of Timanfaya. Petrified lava flows, craters, vents, unusual rock shapes, lichen and moss form a lunar-like landscape.

La Graciosa : Wednesday is a rest day for cyclists, and an opportunity to spend the day on the neighbouring island of Graciosa. Departure from Orzola Harbour. Regular ferry crossings. Hiking and lunch with a local guide.

El Risco de Famara : A half-day hike through the northern part of the island, with its steep and rough terrain. Discovery of typical villages, local flora and slash & burn farming.

-Other activities (additional charges apply)

Golf course, Diving, Windsurfing, archery, rifle shooting, table tennis, darts and shuffleboard. We'll be more than happy to book these activities for you, or to book a rental car. Please note that the local carnival will cheerfully entertain the island from February 18th to 25th.

Travel dates

From February 18th to 25th 2012, and from February 25th to March 3rd 2012.

Lanzarote camp	18/02 to 25/02	25/02 to 03/03
Cyclist Twin/Double room	660€	660€
Cyclist Single room	760€	760€
Accompanying person	450€	500€
Child 12-16yr	360€	370€
Child 2-12yr	220€	220€
Child 0-02yr	free	free
<i>Option</i>		
All inclusive / day	20€	20€
Bike rental / week	120€	120€
Extra night / Double room	70€	70€
Extra night / Single room	90€	90€

The price includes

- Training supervised by a qualified coach
- Welcoming and transfer from Arrecife airport to your hotel
- Accommodation in hotel Costa Calero****
- Buffet breakfasts and dinners
- Unlimited access to the pool complex and fitness centre.

The price does not include

- Lunches (except in the "all inclusive" package)
- Massages and treatments in the beauty centre
- Excursions and visits, personal expenses.
- Flights and insurance

Access

Book your flight to Arrecife, which is Lanzarote airport. Our team will welcome you there. Our agency can help you with this booking; do not hesitate to contact us.

Ibérica operates flights via Madrid, from numerous European and French towns (Paris, Lyon, Nantes, Marseille, Strasbourg, Toulouse, Montpellier, Londres, Bruxelles)

<http://www.iberia.fr/>

Ryanair operates direct flights from Brussels, London, Frankfurt, Girona

<http://www.ryanair.com/>

Easyjet operates direct flights from London or Madrid

<http://www.easyjet.com/>

Application form

To fill in and send back with a 40% deposit

Ronan Pensec Travel

ZAC Maner Ker Elo

29170 Fouesnant

FRANCE

Tel : 0033 2 98 51 15 96

Lanzarote – Training camp

February 18th to 25th 2012 February 25th to March 3rd 2012

1st participant				
Surname :	First name:.....			
Address :	Town :.....			
Postcode :	Mobile phone number :			
Home phone number :	Email address :.....			
Date of birth : / /	Accommodation : Half-Board / All inclusive			
Cyclist <input type="checkbox"/> Non cyclist <input type="checkbox"/> Room : Double / Single	Bike rental : yes / no			
Extra night from.....to, ienights	Average speed in km/h <25 / 25-28 / 28-31 / >31			
Jersey size : S / M / L / XL				
2nd participant				
Surname :	First name :.....			
Address :	Town :.....			
Postcode :	Mobile phone number :			
Home phone number :	Email address :.....			
Date of birth : / /	Accommodation : Half-Board / All inclusive			
Cyclist <input type="checkbox"/> Non cyclist <input type="checkbox"/> Room : Double / Single	Bike rental : yes / no			
Extra night from.....to, ienights	Average speed in km/h <25 / 25-28 / 28-31 / >31			
Jersey size : S / M / L / XL				
The price includes	The price does not include			
-Training supervised by a qualified coach	- Lunches (except in the "all inclusive" package)			
-Welcoming and transfer from Arrecife airport to your hotel	- Massages and treatments in the beauty centre			
-Accommodation in Hotel Costa Calero****	- Excursions and visits, personal expenses.			
-Buffet breakfasts and dinners	- Flights and insurance			
-unlimited access to the pool complex and fitness				
PRICES	18/02 to 25/02	25/02 to 03/03	QUANTITY	TOTAL
Cyclist Double/Twin room	660€	660€	X
Cyclist Single room	760€	760€	X.....
Accompanying person	450€	500€	X.....
Child 12 – 16yr	360€	370€	X.....
Child 2 – 12yr	220€	220€	X.....
All inclusive / day	20€	20€	X.....
Extra night in double room	70€	70€	X.....
Extra night in single room	90€	90€	X.....
Bike rental	120€	120€	X.....
Total Price=				=
Deposit : 40% to be paid when applying				=
PAYMENT				
DEPOSIT : in order to validate your registration, we kindly ask you to pay a 40% deposit.				
We shall confirm your booking as soon as we receive your application form and payment.				
Outstanding balance: to be fully paid 45 days at the latest before departure.				

I, the undersigned, certify that the information provided in this application form is true and given in good faith and confirm that I have read over and approved the terms and conditions of sales of this contract.

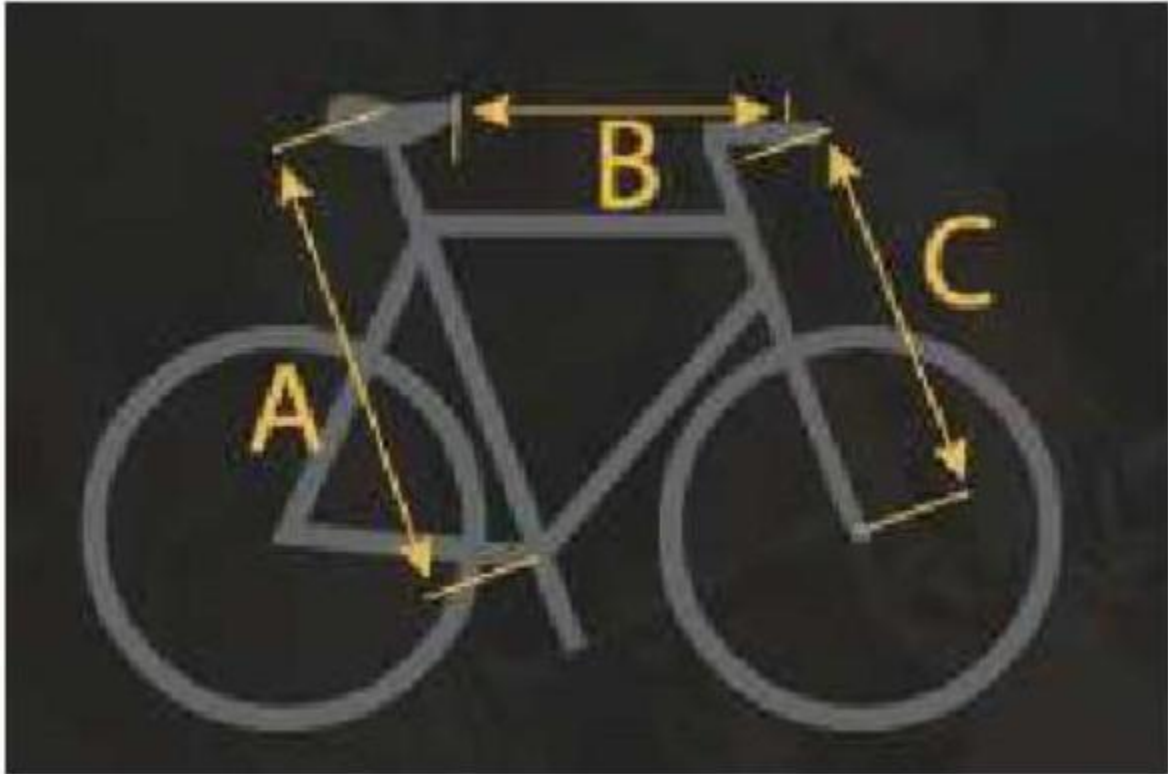
In, On

Signature

Surname :

First name :

Dates :



A (Seat height in cm) :

B (Length seat – handlebar in cm) :

C (Height of the handlebar in cm) :

Frame model and size usually used :



Terms of sales

Liability: We do not own, manage, control or operate any transportation vehicle, hotel, restaurant or other supplier of services. Other independent third parties provide transportation, transfers and accommodations, and certain other services (such as rental bikes etc). Such parties are independent contractors and not employees or agents of Ronan Pensec Travel. All arrangements with such independent contractors are made solely for your convenience and are at the participant's risk. Participants release Ronan Pensec Travel and the operators from and against any claims for loss or damage to baggage or property, or for personal injuries or death, or for any loss from delay arising out of the acts, omissions or negligence of any independent contractors, such as hotels, excursion providers, restaurateurs, transportation providers. Each participant agrees to indemnify *Ronan Pensec Travel* and the operators for all penalties, fines, charges, losses or expenses incurred by virtue of any act, omission or violation of law by the participant. Each participant, or if a minor, his or her parent or guardian, shall be liable to and shall reimburse the operator for all damage to the facilities and its furnishings or equipment, caused by any willful or negligent act or omission on the part of the member. Neither *Ronan Pensec Travel*, nor their agents, servants, or employees assume responsibility for any claim, action, cause of action, injuries, losses or damages arising from the actions of third-party contractors supplying services on the vacation, including but not limited to, reservations, transportation, hotel, food, or sightseeing services, or any other means of transportation, missed connections, lost or stolen items, costs or expenses arising out of injury, accident or death, quarantine, disturbance, government restrictions or regulations, damage, loss or delay of baggage or other property, inconvenience, loss of enjoyment, loss of pay, disappointment, mechanical breakdown, government actions, strike, lockouts, war, terrorism, weather, acts of god, force majeure or other factors or causes beyond our control. In case of a fall during a cycling ride, the participant will be held responsible for the repair and/or replacement of any damaged part of the bike.

Prices, Reservations and Payment: Our prices are in Euros (€). We charge a single supplement to individual travellers who wish to ensure that they have private rooms throughout a trip. To reserve your trip, we require a deposit (for the amount, please refer to the information sheet of the package you registered for). The final payment is due not later than 45 days prior to the beginning of your tour. If the final payment is not received by the first day of your scheduled tour, we will not be in a position to accept the participant on that trip.

Pending reservations: In order for a reservation to be confirmed, the payment of a deposit is required. Unless you proceed to check out and initiate the payment of a deposit, your reservation will not be considered a valid reservation and will not be taken into account by our agency.

Cancellation Policy: If for some reason you have to cancel your trip, the following cancellation penalties will apply:

Up to 120 days prior to trip departure date: 50% of deposit

90-120 days prior to trip departure date: 100% of deposit

Less than 90 days: 100% of total payment is due to *Ronan Pensec Travel*.

If we are able to fill your space, then your total payment will be refunded less 100% deposit.

Should you cancel your reservation you may roll the entire deposit per person into a future trip credit to be used towards a Ronan Pensec Travel equivalent trip the following year after your original trip. This credit can only be rolled over once.

Health: By sending a deposit toward your trip purchase, you certify that you do not have any physical condition or disability that would create a hazard for you or other travellers, and that you have received all appropriate or necessary vaccinations indicated by your proposed trip. Please consult your doctor.

Personal property: The operators reserve the right to refuse to permit any member to bring on the tour any item that the operators deem inappropriate. No animals are permitted. Please note that safekeeping facilities in many hotels may be limited. Members should limit the number of valuable items brought along. Property lost or stolen must be reported immediately to the to a designated *Ronan Pensec Travel* employee prior to leaving the customs area. *Ronan Pensec Travel* cannot be held responsible for lost, damaged or stolen property.

Itinerary or program changes: *Ronan Pensec Travel* reserves the right to withdraw or modify tours, itineraries, programs, sports activities or facilities at anytime without notice and without liability. In the event of force majeure, including but not limited to strikes, lockouts, riots, weather conditions, technical difficulties or for any other reason whatsoever, *Ronan Pensec Travel* and the operators may at anytime and without prior notice, cancel, advance, postpone or deviate from any vacation package and shall not be obliged for any loss whatsoever to any member by reason of such cancellation, advancement, postponement, deviation or substitution.

Program's cancellation: A minimum of participants is required for a tour to be executed. If this number

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cannot be reached, *Ronan Pensec Travel* reserves the right to cancel the tour at any time and to refund the deposits received or to offer its participants the possibility of registering for another available tour.

Refusal of travel: A participant may be asked to leave a facility at any time without refund if (i) the participant is unfit for travel (ii) a risk or danger to himself or herself or (iii) a disturbance or danger to others. In such event, the participant shall not be entitled to any refund, and the member shall be responsible for all lodging, meals, return transportation or other expenses incurred.

Transfers: transfers between airports and facilities are on a group basis, either by coach, van or taxi (at the discretion of the operators). Participants who have arranged their own transportation must transfer at their own expense. Transfers cannot be arranged on a one by one basis and participants may be asked to wait for the next available transfer.

Rental Bikes: Insurance/Liability: Renters are responsible for any damage to the bikes (excluding any minor nicks or scratches). Renters are liable for the replacement cost should the bike be lost or stolen.

Insurance: Participants are responsible for having adequate travel insurance covering accident, personal injury, loss of luggage and cancellation. *Ronan Pensec Travel* is not liable for personal injury, death, damage to property or other loss whether arising from accident, cancellation, delays or any other matter beyond our control.

Medical Certificate: Participation requires to be in good physical condition as well as an intense preparation. The participant will be required to provide a medical certificate from his/her physician stating that he/she is fit and can take part in a cycling competition.

Errors: Although every effort is made to ensure accuracy at the time of printing, *Ronan Pensec Travel* is not responsible for typographical errors or omissions. The information in this brochure supersedes all prior written material. *Ronan Pensec Travel* is not responsible for verbal misquotes.

Claims: The participant agrees that (i) any claims relating to packages are null and void unless made in writing and sent via certified mail, return receipt requested, to Ronan Pensec Travel, ZAC Maner Ker Elo, 29170 Fouesnant-France within 30 days of his/her vacation (ii) Legal proceedings are time barred if not brought within one (1) year after the commencement of his/her vacation; (iii) The laws of the country where *Ronan Pensec Travel* is registered may govern the disposition of your claim and in some cases may limit your recovery and damages.