



# BESPOKE CYCLING CAMPS TO SUIT YOUR CYCLING NEEDS

with

## Natural Ability Performance Coaching

A full week of **ideal cycling** opportunities in the spring sunshine, on the pro teams' favourite training ground. If you love being on your bike, then we can arrange the camp to suit your club's needs; whether you are a novice cyclist, a power charged sprinter, an agile mountain climber or a long-distance mile muncher.

Whoever you are, we'll guarantee you'll learn more about yourself, develop your skills and return home enthused for the season ahead.

Your home for the week, the 4\* Hotel Diamante Beach ([www.diamantebeach.com](http://www.diamantebeach.com)), provides a superb base, offering top-class facilities including briefing rooms, secure bike storage, a wellness/spa centre and indoor gym. Your breakfast and evening meals are also taken care of – accommodation is on a half-board basis and all dietary requirements can be catered for. With great facilities and being only 200m from the beach and shops partners will have a great time too.

This is cycling country and every day will bring new rides and challenges, whatever your level of experience and confidence. We can arrange the camp to suit your needs, whether you want to arrange your own routes or need guides, or you may want a fully coached and guided week, the choice is yours.

### COST

**£480 per person (sharing a twin room)**

[To Find Out More](#)

Contact: Brian Butler 07831 831273 ✉ [brian@natural-ability.co.uk](mailto:brian@natural-ability.co.uk)  
Annie Butler 07759 208309 ✉ [annie@natural-ability.co.uk](mailto:annie@natural-ability.co.uk)

Visit our website: [www.natural-ability.co.uk](http://www.natural-ability.co.uk)

### Example Itinerary

**Day 1:** Arrive at Alicante and transfer to Calpe. Shake down run or swim. Build bikes. Initial briefing.

**Day 2:** Bike 35 or 50 km, Moraira. Easy..

**Day 3:** Bike 60 or 90 km, Jalon Valley. Moderate..

**Day 4:** Bike 65 or 120 km. Port de Toudon, Hard.

**Day 5:** Bike 60 km. Col de Rates Time Trial challenge.

**Day 6:** Bike 70 or 120 km. Gallinera Valley. Moderate.

**Day 7:** Bike 60 or 80 km. Bernia, Moderate.

**Day 8:** Early easy ride. Depart after breakfast for airport.



### What's Included

- Transport, you & bike, to/from Alicante airport
- 7 nights', 4-star half board accommodation (on shared room basis)
- Use of the wellness spa
- Guided rides
- Coaching from BTF accredited coaches

### What's Not Included

- Flights
- Travel / Bike Insurance
- Bike Hire