



Special Offers WINTER 2008 / 2009

Offer A)

Single- Cycling-Holidays

... are welcomed as our guests and form the majority of our groups You can book a single room or you can save the single room surcharge and book a half of a double room. In this case we will help to find another person of the same sex to share the room with you.

Under our guests you can find a lot of people with the same interests, who are sociable and open-minded. Therefore it's not a problem to get to know each other very soon. Furthermore there are a lot of activities like dining with the group, welcome-cocktail or trips to a Tapa Bar etc.



The tours together are the main activities. Falling in love is not impossible. Everyone could join the activities that she or he wants. Who wants to have his privacy and calmness finds enough opportunities as well.



Offer B)

Pilates & Bike

Pilates is an exercise programme that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Road cycle drivers especially, lament back and neck problems. Their legs are well trained, but their upper part of the body is often neglected. Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles, which are important to help alleviate and prevent back pain.



ROADBIKE TRAINING CAMP 2008 / 2009

Tired of struggling on the exercise machine at home? Get ready for the season 2009! With a plenty of tours with different distances and levels the training camp is a highlight before the official start of the season. There is something for everybody: For the „Sundowner & Starter“ with placid 40 km and 540 m in altitude or for the already trained bikers with 150 km und 3.200 m in altitude "through the tears valley“.

Dates &	23.11. – 30.11.2008	EUR 549,00
Price per Person:	03.01. – 10.01.2009	EUR 549,00
	18.01. – 25.01.2009	EUR 549,00
	22.03. – 29.03.2009	EUR 549,00
	29.03. – 05.04.2009	EUR 549,00

single supplement per week EUR 149,00

Extension of the stay is possible!

ATTENTION! The flight is NOT included – but we would like to help you with the booking!

We offer:

- 7 nights in the 4-Star Bike & Relaxhotel San Agustín in double rooms
- half-board, rich buffet for athletes
- bike-room and repairing service
- picnic & water for the tours
- maps and information for tours
- personal consultation from the director of sports
- 5 guided roadbike tours
- welcome package
- room market: we are searching for a room-partner – for single travellers - *depends on the availability*



on request:

Airport-transfer with bike	
Price per Person	EUR 45,00
Rent package for a roadbike (per week per person)	EUR 119,00
Price per day (at least 3 days)	EUR 20,00



Offers A) and B):

Dates &	23.11. – 30.11.2008	EUR 549,00
Price per person:	03.01. – 10.01.2009	EUR 549,00
	18.01. – 25.01.2009	EUR 549,00
	22.03. – 29.03.2009	EUR 549,00
	29.03. – 05.04.2009	EUR 549,00

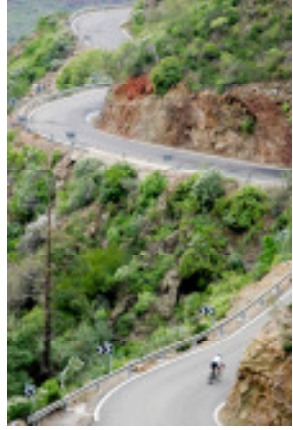
single supplement per week EUR 149,00

Extension of the stay is possible!

Leistungen:

- 7 nights in the 4-Star Bike & Relaxhotel San Agustin in double rooms
http://nyx.at/canary/show_bericht.php?ber_id=405&fpid=316

- half-board, rich buffet for athletes
- bike-room and repairing service
- picnic & water for the tours
- maps and information for tours
- personal consultation from the director of sports
- 3 guided tours
- 3 Pilates beginner-courses / 3 wellness-programmes (Yoga / Thalasso) optional
- transfer from/to the airport
- welcome package
- Share a:room we are searching for a room-partner – for single travellers – depending on availability



on request:

Rent package for a roadbike per week per person	EUR 119,00
price per day (at least 3 days)	EUR 20,00

ATTENTION! The flight is NOT included – but we would like to help you with the booking!!

reservation:

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Homepage: www.canary-bike.com