



Triathlon in Senigallia

04 Settembre - 11 Settembre

HOLIDAY and SPORT IN MARCHE - ITALY

- **Day 1**

Arrival at the hotel and check in private rooms - Meeting with representatives of Senigallia Municipality and Regione Marche - Dinner and overnight in the hotel

- **Day 2**

Breakfast at the hotel - Swimming training in the sea in Senigallia – Relax on the beach – Lunch at the hotel – In the afternoon running training on the velvet sand - Dinner and overnight at the hotel – In the evening time for a walk along the street of the beautiful town of Senigallia, one of the the most famous resorts in Le Marche

• Day 3

Breakfast at the hotel - Cycling training following the cycle path that starts from Senigallia to Riccione - Lunch at the hotel - In the afternoon swimming training in the sea - Relax on the beach - Dinner and overnight at the hotel – Evening visit to the Rotonda of Senigallia: a wonderful building inside the sea

• Day 4

Breakfast at the hotel – Running training on the hills around Senigallia - Lunch at the hotel - In the afternoon muscle recovery on the beach - Dinner and overnight at the hotel – Time at leisure in the evening

• Day 5

Breakfast at the hotel - Cycling training on Marche's hills through the villages of Sant'Angelo - Morro d' Alba - San Marcello - Jesi - Montecarotto - Serra de ' Conti - Senigallia with slopes that touch the 19% and a distance of approximately 60 km - Lunch at the hotel - In the afternoon swimming training in the sea - Dinner and overnight at the hotel - Time at leisure in the evening

• Day 6

Breakfast at the hotel – Running training in the beach of Senigallia - Lunch in the hotel - In the afternoon muscle recovery on the beach - Dinner and overnight at the hotel - Time at leisure in the evening

• Day 7

Breakfast at the hotel - Simulation of a race starting from the Rotonda in Senigallia: Swimming in the sea for 1,500 mt - change area in front of the Rotonda and a bike ride for 40 km through the villages of Sant'Angelo - Morro d' Alba - San Marcello - Ostra - Senigallia with 19 % slope – Return to the Rotonda and change for a 10 km running along the running lane in Senigallia - Arrival at the Rotonda - Lunch with typical local products and wine tasting – Relax on the beach - Dinner and overnight

• Day 8

Breakfast at the hotel - Return to place of origin

Price per person in double room: 450,00 €

(this programme can be organized in other periods from 1st September to 30th May) Minimum number 20 paying persons)

Single room supplement: € 20.00 per person per night

THE PRICE INCLUDES: Full board in a 3 * hotel in Senigallia - Minivan available for the group for the whole week with a maximum of 1,500 km - Wine tasting and local products - Entrance fees to the swimming pool of Senigallia in case of bad weather - health Insurance - beach umbrellas and sunbeds on the beach

THE PRICE DOES NOT INCLUDE: technical equipment (bikes , shoes , helmets , etc ...) - extras - tips and anything not explicitly written in the programme **SWIMMING:** We can organize training on the beach and in the swimming pool too in case of bad weather. **RUNNING:** Running training could be organized in the beach of Senigallia (it is a very compact surface near the You can do strength-training on dry sand that is very soft and useful for strength exercises. You can have running training also on the road along the running lane near the sea promenade of Senigallia or running through hills that lie just 2 km from the beach and where you can enjoy a breathtaking view.

BIKE: Cycle training can be carried out on different paths: through the cycle path that connects Senigallia with Riccione, it is about a 100 km round trip. If you want to cycle along more difficult circuits you can follow this itinerary: Senigallia - Sant'Angelo - Morro d'Alba - San Marcello - Jesi - Montecarotto - Serra de ' Conti - Senigallia. This route can be done in both directions and there are climbs of 19%. The length is about 60 km. It's possible to make a shorter circuit removing Montecarotto and Serra de' Conti or extending the circuit going to

9 SEATS MINIVAN AVAILABLE: we provide a small Mercedes Vito van with 9 seats that can be filled with bikes, technical material and other useful items for repairs, or useful for transfers to Senigallia or to follow the athletes during

training

Il Tour Operator Esitur da' la possibilità di richiedere salite lungo il percorso del viaggio. Gli orari e i punti di carico definitivi saranno scelti e comunicati prima della partenza del viaggio. Per eventuale richiesta di punti di carico che non si trovano lungo il percorso, possiamo organizzare trasferimenti privati non compresi nella quota di partecipazione.