



TRIATHLON HOLIDAYS IN CHAMONIX

Triathlon is the **fastest growing sport** in the UK, and for very good reason! Easily available, accessible to anyone, and one of the best way of achieving **all round fitness** – fast. Not only are the 3 disciplines of swimming, cycling and running easy to do, anywhere, contrary to popular belief, Triathlon is a sport that can be practiced at **any degree of fitness**. And what better way to get fit, hone and tone your bod, and enjoy the satisfaction and sense of achievement at participating in one of the most **sociable sports** around.

From **first timers** to **serious tri geeks**, Chamonix really is the perfect place to train. On our doorstep is Lake Passy (700m of open water swimming, surrounded by flat terrain perfect for training rides and runs). Then there are the hills! Long mountain passes to build up **endurance**, and a huge network of trails to build up your stamina on foot. There's the benefits of training at **altitude**, the advantage of spending a dedicated week concentrating on training and improving (with or without the help of our team of tri experts). Not to mention some of the most **impressive and beautiful scenery** in the world!

At Adventure Base, we're **passionate** about triathlon and are here to help you enjoy the best training trip imaginable. Either choose an independent trip and stay in one of our **'tri suitable'** self catered properties, and opt in or out of our extra services such as **vehicle support**, post training massages, and in house catering. Or enjoy one of our dedicated triathlon weeks and come and join a crew of like minded lycra clad enthusiasts, for a week of **supported tri training**. Our dedicated weeks include some of the best swimming, running and cycling around, and are timed so you have the option of finishing your stay with one of the nearby triathlons ... Alpe d'Huez or Aix les Bains.

Whether you're **training hard** or looking to enjoy a more **leisurely triathlon training holiday**, we're here to help. Our team of experts are on hand to help you make the most of your training, from helping you design a personal work out programme, to core strength training, post exercise massage or physiotherapy, through to healthy meals at the end of the day.

Here at Adventure Base we specialise in providing **totally flexible breaks**. All our chalets are geared towards triathlon weeks, with plenty of storage space for all the necessary equipment. We can provide you with all the information you need to get the most out of your holiday. In addition we can add on any **extras** that might just perfect the week, such as **support driving**, in house **catering**, maybe a full body sports **massage** ...

PRICES & DATES:

Accommodation: Chalet or Apartment accommodation, starting from just €20 pp / night. See <http://www.adventurebase.com/sun/accommodation>

Dates: Any – from mid May to end Sept. Any number of nights.

Support driving: Half day 120€, full day 200€ (including up to 5 bikes)

Airport transfers: €60 pp return to Geneva

Catering: <http://www.adventurebase.com/snow/services/catered>

