

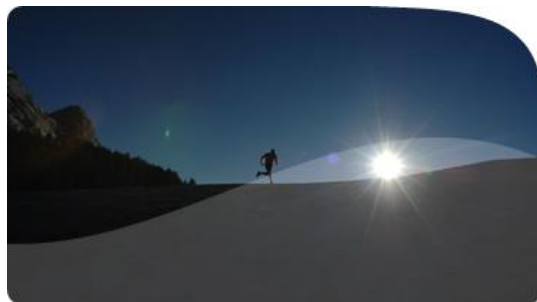


ADVENTURE BASE

SPECIALIST TRIATHLON HOLIDAYS IN CHAMONIX

Adventure Base run specialised, all inclusive, triathlon training holidays for anyone keen to immerse themselves in the world of swim, bike, run - in one of the most impressive mountain settings in the world. Staying in one of our Chamonix centre chalets, you're in the perfect spot to explore some of the most perfect tri training terrain around – from Lake Passy's idyllic open water swimming to the network of flat roads, steep cols and mile upon mile of beautiful mountain paths for biking and running. Train hard, then relax and enjoy being looked after by our team – in our stunning chalet, complete with good food, great company, and even a hot tub to soak your aches and pains!

These week long breaks or long weekends are ideal for getting you fit and focused on your tri skills. However much experience you already have, there is no doubt that a holiday training around Chamonix will jump start your season. Our team of dedicated fitness experts and physios are on hand to help you optimize performance – and help you relax at the end of the day!



SUMMER IN CHAMONIX

Chamonix in summer is undeniably, mind-blowingly, dramatically, stunning. Bordering France, Italy and Switzerland, Chamonix is truly unique - located deep in the valley, surrounded by some of Europe's most spectacular peaks and some of the most impressive alpine roads, lakes and trails – the perfect playground for the triathlon disciplines of swimming, biking and running. Prepare to fall in love! Ask anyone who lives here, Chamonix in summer is truly magic - the world's best adventure sports playground.

We don't need to sell it. If you get it, you'll really get it. You'll be back year after year. And if you don't, well, there's some pretty good shopping in town ... As well as a truly cosmopolitan, busy vibe, some fantastic bars, the best range of top quality International and fusion food in the Alps. And only an hour's drive from Geneva.

At Adventure Base, Chamonix is our home, and we love it. If you have a question, just ask! If we haven't done it, tried it, or know the answer, we know someone who does.

Adventure Base – Choose Your Own Adventure

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TRIATHLON TRAINING:

The price of your holiday includes **full minibus training support for 5 days**. Options include swimming, biking and running around Lake Passy, local cols such as Columbiere or St Bernard for biking, and trail running anywhere in the valley. Our team of keen tri enthusiasts will help you plan the perfect week, **according to your desires and abilities**. Make the most of optional extras such as sessions with our popular physio, core strength or yoga classes, or a full biomechanical assessment, to help boost your performance. Thursday will normally be a rest day to allow your body to recuperate and to give you a chance to **explore Chamonix** as a town. There are plenty alternative activities to do in the summer in Chamonix, from taking in the stunning views from the Aiguille de Midi to trying your hand at rock climbing.

FOOD:

Deliciously Easy catering: The package includes **full catering** to fuel the triathlon furnace. We aim to provide **healthy, energising food** to help you train. Breakfasts include fresh pastries and bread from the local bakery, juices, yogurts, eggs etc. We send you off for the day with a **packed lunch**, and welcome you back with a **filling three course dinner**.

TRANSPORT:

The price of the package also includes a return **transfer to and from Geneva** airport. Once in resort you, your feet, and bike will take over the responsibility of transport! Having said that, the chalet is located close to local bars, restaurants and shops, and there is a train and bus stop within easy reach.



ACCOMMODATION:

The base camp for this week is a luxury Chalet in the village of Les Bossons. **Chalet Maverick** is perfect for a triathlon training base camp, with plenty of storage room. The garden allows ample room for performing the necessary tweaks and maintenance on your machinery and the **sauna** and outdoor **hot tub** are the perfect locations for a post training debrief. Chalet Maverick is equipped with **TV, DVD, Wifi and Playstation** and is located within easy reach of Chamonix centre. A 6 minute bus, or an 8 min cycle, will bring you into the heart of the bustling town of Chamonix.

PRICE: €675 (euros) pp for 1 week, €475 (euros) pp for Thurs - Mon
Includes fully catered chalet accommodation, 5 days' driving support (3 for weekends), and return transport to and from Geneva to Chamonix.

DATES 2010: 7-14 June, 28 June – 4 July (Annecy Triathlon), 23-30 August (Mont Blanc Passy Triathlon), 6-13 September (Aix les Bains Tri)
If these dates don't work with your holiday plans, just let us know – we'll do our best to be flexible!

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