

SPRING 2017 - PYRENEES MULTI-ACTIVITY FITNESS WEEKEND!

Friday

- 10:40 – Flight departs London-Stansted
- 13:40 – Flight arrives at Lourdes,
- 14:30 – Transport leaves for Chateau
- 15:30 – Arrive at Chateau
- 15:30-16:30 - Welcome brief/packed lunch on arrival/guests shown to rooms
- 16:30-18:30 - Recce/tour of the area on mountain bikes
- 19:30 - Transport leaves for Laruns (local town) for dinner & drinks
- 20:00-22:30 - Dinner at Hotel D'Ossau

Saturday

- 07:00-08:30 - Boot Camp session, followed by cool-down/stretch in swimming pool
- 08:30-09:30 - Breakfast served in pool house/pick up packed lunches
- 10:00 - Transport leaves for rock climbing
- 10:30-14:30 - Guided rock climbing at crags in Arudy (alt activity also available)
- 15:00 - Transport departs for Chateau
- 15:30-16:30 - Free time
- 16:30-18:30 - 5km run (for all levels), core session + fun team games
- 19:30 - Transport leaves for local town for dinner and drinks
- 20:00-22:30 - Dinner at Le Youkoulele

Sunday

- 07:00-08:30 - 10km trail run OR HIIT session on field
- 08:30-09:30 - Breakfast served in pool house/pick up packed lunches
- 10:00 - Depart for lake
- 10:15-14:30 - Guided kayaking
- 14:30 - Transport departs for river crossing
- 15:00-18:00 - River crossing race
- 18:00 - Transport departs for Chateau
- 19:30 - Guests outside for drinks and bonfire
- 20:00 - Barbecue/Buffer served at Chateau

Monday

- 09:00 - Breakfast
- 10:00-13:00 - Rounders followed by water polo
- 13:00-14:00 - Packed lunches
- 14:00 - Transport depart Chateau for Lourdes airport
- 15:00 - Guests check in at airport