

SomersetCycling.com

Vet Camp

11th Nov – 15th Nov 2010

Training Camp Algarve, Portugal.

Email: info@somersetcycling.com

Riding Schedule

Day 1. Algarve Triangle: 75k, Arrive at Faro Mid Morning, meet & greet other riders, load bikes into transport then off we go to the village of Almadena, 55mins from airport, once we arrive at the village, settle into accommodation and bike build up, I suggest a light lunch before the warm up ride, we can eat within the village. Around about 2.30pm head off for the warm up ride, this will take around 2hrs 45min, coffee stop back in village. -----

Day 2. Aljezure / Cape St Vincent Circuit:137k, Meet in the village square at 10am, once all riders are present, off we go, head to village of Bensafrim, then north to Aljezure, 1st Cat climb awaits, around 9k long, then through the open country side towards Maria Vinagre, sweep down deep into the valley and back to Aljezure, coffee stop. Then head south to Bordeira, making our way to the coast, Sagres, then into Cape St Vincent, stunning views, then head east along the coast into Sagres, quick coffee stop before heading east back towards the village, this will take us around 5 hrs+, with some demanding climbs and very fast descents. -----

Day 3. Skirting Monchique: 135k, Meet in village square at 10am, head out the back of the village towards Bensafrim, cut through towards Lagos, and up in the direction of Portimoe, we will have to cycle in single file on the main road for about 15 / 20 mins. Turn off left into the valleys and hills, its not long before we start climbing, we are now on the outskirts of Monchique Mountains, head towards Casais where we turn left towards Marmollette. Its not long before there is a very fast mountain down hill, please test yourself and the bike, but on the same hand be very alert, the decent is around 9k long. We then head towards Aljezure where we will stop for coffee, then onto Praia Castilejo on the west coast, its then a nice climb out and back towards the village. This should take us around 4hrs 30mins, again, some demanding climbs, but some rewarding descents. -----

Day 4. Monchique Mountains: 120k, Again meet in the village at 10am, out towards bensafrim and cut into the forest and country side skirting the Monchiques, (some of the views of Monchique are simply stunning) there will be some long climbs around 9% before we get to Monchique. Heading towards Casais, we turn left and start our ascent into Monchique, once we arrive into the town, it's a sharp left for the remainder of the climb, this climb can be rewarding & emotional to allot of people, please make of it what you will, be that a relaxed climb, or a challenge with others, we will all meet at the summit for coffee and a light lunch, and not forgetting a few hand shakes on what we have just achieved. We then have the longest descent of the tour, 22k towards Portimoe, then heading west along the main road towards Lagos, out from Lagos back down to the village, and finally, rest the legs. We will have covered a total distance of around 465 kilometers with some major climbs, some awesome descents, & some stunning views, not forgetting the smooth rolling roads, and last but not least, made some new friends. -----

Day 5. Return home, load bikes into transport and return to the airport at Faro.

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Riders Details Form

Email: info@somersetcycling.com

This training camp is Strictly Veteran Category Only 40 years and above, male and female.
Please delete the applicable Yes or No & return via email.

Name:-

Address:-

Tel:-

Age:-

Gender:-

Please answer the following questions as accurate as possible.

Are you in good general health within yourself ? Yes No

Are you able to cycle up to 140k, with coffee stops ? Yes No

Are you able to maintain cycle speed of approx 28 / 30 KPH average ? Yes No

Are you able to ride within a group environment ? Yes No

Are you a member of any road cycling club ? Yes No

Are you able to cover a distance of 470k over 4 days ? Yes No

Are you prepared to share a Villa with other riders ? Yes No

The above information is for us to understand a little about you and your abilities as so it does not hinder your riding or the riding of others. This is not a training camp for racing, but more for putting miles into legs, all standard riding etiquette must be followed. It is your responsibility to provide your own travel insurance / cycle insurance, and to maintain your own bike to a good working order, any spares must be carried by yourself, example, tubes, pump, co2 cartridges, levers, repair kits, the usual gear.

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Camp Information Sheet.

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All training Camps Are Fully Guided By Three Riders & a support car, We Do Not Give You Maps & Route Cards Expecting You To Make Your Own Way, Not Only Do We Want You With Us On

Our Camps, We'd like To Show You A Bit Of Portugal Too.

About The Training Camp. The camp is veteran category only, 40years+ this is because we believe that it gives all riders almost an equal ability in riding, we also feel that the riders will feel more relaxed and have more in common with each other within the group. This will show out on the road, and when socializing on the evenings with each other. The camp is designed to give all riders the same level of opportunity, hence why the routes have been hand picked by fellow Portuguese riders & myself. There will be something for all, flats, climbs, descents, and technical descents, rolling road, & mountain climbs. The camp is more about achieving the goals, covering the miles, and ofcourse, not forgetting the social aspect of things. On the second evening, there will be a draw, all names will go into the hat, and the name that is picked, will win a free place on the next camp (flights included) Our aim is to continue to build & improve Vet Camp as so all veteran cyclists can enjoy a well structured, designed, & sociable cycling camp.

Location The Location is Almadena, Algarve, south west Portugal, we are 7kilometers west of Lagos. Almadena is a small friendly village with local restaurants & cafes. It sits just on the edge of the Algarvian National Park, and only a stones throw from local beaches and small coastal towns. There is a regular bus service every half hour to Luz & Lagos. There is also a small mini market within the village and a cash point, so pretty much all is to hand.

Accommodation The accommodation will be private Villas based on 4 /5 riders sharing a Villa, the Villas are 3 / 4 bedrooms, all with own pool, & out door BBQ area. We believe that a strong bond will be established by people sharing with each other, and reinforces what the camp is about. The group normally has evening dinner at around 7 o clock within the village, again this gives us a great opportunity to talk about the day, and also to get to know one and other.

Prices & Booking The price is 299.00 pounds, flights & meals excluded, a 100.00 pound deposit is payable upon making a booking, the balance can be paid in full or installments, all payments must be fully paid 6 weeks before the camp, to book, make a request via email, we will hold your place for 5 days, we will confirm this via an email, once you have booked your flight, you must then confirm this with us, your booking will then go live. You will need to book an am flight into Faro, most flights are morning arrival.

Availability The November camp is limited for 12 places, it is on a first come first served basis. It is open to male and female; any couples will automatically be allocated the double room within the Villa.

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Check List

Your bike will do for starters.

Spare tubes, patches, pump, we will supply Co2 cartridges. (included in price)

Energy gels, powder drinks, we will also supply a range of energy products (included in price)

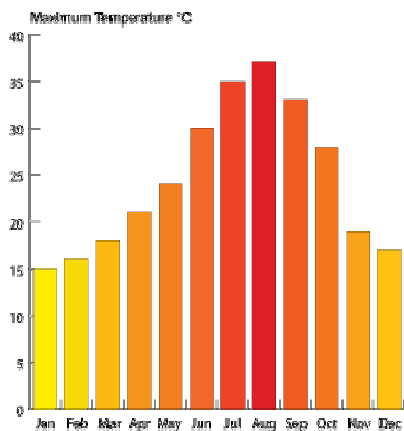
Basic tool kit, spare chain link.

Helmet, all riders must wear a helmet

Water Proof Jacket (just in case) but very unlikely.

And a good set of legs.

Please note that the support car will also carry tubes, folding tyres, spare drinks & food, & first aid kit. Should any rider need the assistance of the support car, it will be on hand on all routes. Should any rider for some reason not be able to complete any one of the routes, he / she can join the support car, however, the car will stay periodically with the riders throughout the route.



These are average monthly temperatures for the Algarve, however, I have cycled lots in 20+ degrees in November, its great cycling weather.

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