

Andalucian Cycling Experience

Passionate about pedalling, Bonkers about bikes, Mad about mountains

Tri-athlon & Winter Training Camps in Andalucia Southern Spain

Group 1 sample itinerary

Saturday	Transfer to Montecorto. Build bikes & optional quick spin.
Sunday	60k ride
Monday	70k ride
Tuesday	80k ride
Wednesday	Rest Day
Thursday	80k ride
Friday	TT Las Palomas
Saturday	Transfer to airport

Group 2 sample itinerary

Saturday	Transfer to Montecorto. Build bikes & optional quick spin.
Sunday	80k ride
Monday	95k ride
Tuesday	110k ride
Wednesday	Rest Day
Thursday	110k ride
Friday	TT Las Palomas
Saturday	Transfer to airport

Group 3 sample itinerary

Saturday	Transfer to Montecorto. Build bikes & optional quick spin.
Sunday	90k ride
Monday	110k ride
Tuesday	160k ride
Wednesday	Rest Day
Thursday	160k ride
Friday	TT Las Palomas
Saturday	Transfer to airport

