

# Andalucian Cycling Experience

Passionate about pedalling, Bonkers about bikes, Mad about mountains

## Autumn Cycling Holidays in Spain

Well what a month September turned out to be! Packed with great riding, great people and great weather. We've been out mountain biking, ran a white village tour, had several groups of leisure riders and last but no means least we've also had a great couple of weeks on our road bikes. The summer temperatures have faded away and as the temperatures have fallen my average ride speed has increased, with my best ride for a long time last week 136km at and average of 29.5kmph and 1700m of climbing.



I know for many people their riding season is coming to an end as Autumn settles in and the weather becomes more unsettled. Not so in Andalucia!! We still have sunshine and blue skies and riding in shorts and t-shirts, applying plenty of suntan lotion and enjoying daily temperatures of around 25 degrees! Perfect riding conditions I think you'll all agree!

If you are already dreaming of warmer cycling conditions, well dream no more, they are here waiting for you in southern Spain.

Just book a trip, jump on a plane and feel the sun upon your face in sunny southern Spain.

So what's coming up

23rd - 30th October. We have some roadies out and have a few spaces left for a week of road cycling.

23rd - 30th October. We also have availability for families wanting to get away during half term.

30th October - 6th November. We have some roadies out and have a few spaces left for a week of road cycling.

30th October - 6th November. We also have availability for leisure riders and/or mountain bikers this week.

13th - 20th November. We are running a mountain bike skills training week and have places left. If you are new to mountain biking and want to fine tune your bike handling skills and riding techniques, this is the trip for you.



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## Winter Training Camps 2011

Having watched the Vuelta Espana last month and recently had a few good rides in on my road bike I find myself thinking about and looking forward to next years Winter Training Camps.

The Training Camps start on 8th January with the first camp being based at a 3 Star Hotel on a full board basis with plenty of riding to get those early base miles into the legs, shed those Christmas Turkey pounds you may of gained and giving you an early boost to your training plan.

The package includes  
Accommodation  
Full English and continental breakfast  
Post ride high carb lunch  
3 course evening meal  
Andalucian Cycling Experience cycling jersey and water bottles  
Airport transfers from/to Malaga airport  
Guided riding  
Secure bike storage.



The price for the week is 625 Euros per person, based on two people sharing a room.

All the other Winter Training Camps are based in Montecorto on a self catering basis in one of our townhouses or villas

The cost of your training camp in Montecorto depends on the size of your group. The more riders you bring the cheaper your winter training camp becomes. Groups of up to 4 riders will have their own townhouse accommodation to share in Montecorto.

Size of Group	Euros	Pounds Sterling
1 rider	385	350
2 riders	355 per person	325 per person
3 riders	325 per person	295 per person
4 or more riders	295 per person	270 per person

Places are already filling up, so please reserve your place on the training camp you want as soon as possible.



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We look forward to riding with you all very soon.

The kilometers continue to clock up I have now ridden 8,759km with 155,304 meters of climbing.

As ever keep the wheels turning, enjoy your riding and be Passionate about Pedalling, Bonkers about Bikes and Mad about Mountains.

Wish you were here,

Best Wishes

Ashley & Claire

