



Hotel

The Hotel / Center is located 70 km from the city of Porto, in the famous Douro Valley, world heritage, with a micro climate that allows odd temperatures.

Its landscape highlights three main aspects: the uniqueness of the territory, the natural relationship of wine culture with olive and almond trees and diversity of local architecture

The Hotel has also available the following services: bicycles, pedal possibility of hiking and other activities such as rafting, canyoning, paint-ball..

Location/ How to reach to the Training Center

This Center is located 70km East of Porto, the easiest way to visit Porto is to take the train. The train station is located 1km away.

Here you have the link to the strain network:

<http://www.cp.pt/cp/displayPage.do?vgnextoid=87cbd5abe2a74010VgnVCM1000007b01a8c0RCRD&lang=en>

The nearest village is Cinfães 8 km west; there you can find all the amenities such as pharmacy, supermarket and other shops.

As nearby attractions you can find some of the most famous wine farms for the Port wine; find historic hiking trails and even rafting descents.

GPS coordinates

Latitude: 41° 5' 24" N

Longitude: 8° 4' 42" W

Resort

Rooms

The rooms are cleaned and towels changed everyday.

Still we would like to recommend the following rules, in order to keep the comfort and style typical of this Hotel:

- . do not dry clothes in the balcony or in any other place outside your room
- . use the drying items in the restrooms or the laundry service
- . do not move furniture
- . do not take the towels from the room to the gym or for other purposes
- . if there is some technical problem in the room don't try to fix it, just call maintenance.

**Meals**

The meals are served in a buffet style.

The schedules are:

Breakfast: 08:00 – 10:30

Lunch: 12:30 – 15:00

Dinner: 19:30 – 20:00

Extras

All the extras, Phone, Bar, Internet, Laundry, etc, must be guaranteed with a credit card. The data of the card must be left in the reception.

Phone

All the rooms have phone that allow internal and external calls, to enable the external calls mode, dial reception and ask for allowance. The price is 0,40 Euros per impulse, if you any doubts in calling or prices call reception.

Internet

There is WIFI free Access area in the ground floor. There is also Wireless LAN coverage in all the hotel provided by Vodafone. Special rates for athletes are € 28,00 for 7 days (24 hours per day).

Common Areas

The hotel has a TV room in the ground floor, where there is a WIFI Internet connection, near the TV room there is also a Bar, where you can drink and eat snacks.

As common areas it is used by normal guests so we kindly request you to respect other guests. It's forbidden to use these areas to do heating exercises. Please use the gyms or the outside áreas.

Laundry

The hotel has a drying service especially for athletes placed in the warehouse near the reception. Athletes also have a very special price for cleaning and laundry service.

Gym

The gyms are located in the first floor near room 102 and 108.

The use of the gyms can be conditioned by schedules when many teams stay in the hotel. Ask your manager for your training hours or check the Schedule at the Gym door.

The use of towel is compulsory.

The use of the gyms are at your own risk.

Running

There are some roads where you can run from the hotel; some parts of these tracks can be in road sections so make sure you use some reflecting clothes.

Swimming

There is a 25 mt swimming pool, 6 km from the hotel, to book contact reception.



Training

Paddling

The river is called Douro and it's the second biggest river in Portugal, it's born in Spain and meets the sea in Porto.

This section is between 2 dams is 45 km long. From the hotel going West (opposite to the bridge) there are 5 km to the dam, going East (direction bridge) there are 40 km.

There is also a small river just as you exit the hotel to your left this section is only 1,5 km long (3 Km Lap) and is where you can find the 1000 mt course, the buoys are placed every 100 mt. See the map below to see some marks for distance (one way):

MAPA

Nelo is lending kayaks to the teams training here. They will be stored close to the dam (as well as the motor boat). We kindly appreciate that you treat the boats as your own. If there is any problem with the boat, please contact Nelo immediately.

Motor boat

We have 2 motorboats in this hotel.

The motorboats should be used:

- 1 According to the instructions in the boat
- 2 Respecting the other teams on the water
- 3 Not as speed boats or for any other purpose than following athletes on the water.

When there is more than one user per boat in the Center, they should agree a timetable and/or distribution of the boats.

Transfers

A minimum of 100 nights is required to access the free transfer.

If you don't reach the required nights and if you want, we can manage the booking, but you have to ensure the payment.

Prices:

Hotel - airport - Hotel

- . **Taxi:**90€ - from Porto
- . **Mini van 9 seats:** 90€ - from Porto



Payment of the stay

The payment should be done before or during your stay.

Nelo Survey

After your stay the hotel will ask you to fill a satisfaction survey. We would like to know your opinion to be always improving our services and for that we need your help.