

# 2019 ITU World Champs

Pontevedra (Spain)



# SIERRA

SPORTS & TOURS

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## BACKGROUND

From 27 April to 4 May 2019 the region of Galicia in northwestern Spain will host World Championship races for the following events; Sprint Duathlon, Standard Duathlon, Cross Triathlon, Aquathlon, Aquabike and Long Distance Triathlon.

Sierra Sports & Tours is pleased to offer packages for duathletes, triathletes and supporters attending the 2019 ITU Multisport World Championships. The races have been spread across two distinct tour packages, however, we will do our best to accommodate any special individual travel needs:

- **Package 1:** 23 – 29 April 2019: Sprint Duathlon & Standard Duathlon
- **Package 2:** 29 April – 5 May 2019: Aquathlon, Aquabike & LD Triathlon

**Note:** *The Cross Triathlon is scheduled for 10 July 2018 so Package 1 with additional nights and special airport transfer can be organised (see herein).*

Pontevedra will be our eighth campaign looking after athletes as they prepare for World Championship races in Europe; 2012 in Vitoria Gasteiz (Spain), 2013 in Belfort (France), 2014 in Pontevedra (Spain), 2015 in Motala (Sweden), 2015 in Zell am See (Austria), 2016 in Aviles (Spain) & 2017 in Rotterdam (Holland). Our base is in Spain so we are looking forward to returning to Pontevedra after a successful campaign with Triathlon Australia Age Group representatives in 2014!

The Sierra Sports & Tours team is equipped with guides who live, race and train in Europe and are skilled in bike mechanics. During the build-up to the race we will guide you around the race course and provide organised taper training sessions. Our support van will also be on-hand to assist with all airport transfers, transition zone bike drop-offs/pick-ups, local excursions, final race planning errands and race day services.

All the best with your **2019 ITU World Triathlon Championship** race planning!!

## TOUR SUMMARY

Item	Details
Dates	6 night packages from 23 April – 5 May 2019
Transfers	Santiago de Compostela (Galicia, Spain)
Accommodation	Combarro/Poio, Pontevedra
Meals	All breakfasts
	Food & drink during training sessions
	2 dinners included
Taper Training	Includes pre-race course reconnaissance
Transport	Support van/s (bike training sessions & excursions)
Guides	English & Spanish speaking guides & bike mechanic
Excursions	Sanxenxo & Castro de Santa Tegra

Prices in Euro (€) – payments can be made in \$AUD

Tour Options	Package 1	Package 2
Dates	23 – 29 April 2019 6 nights / 7 days	29 April – 5 May 2019 6 nights / 7 days
Events	Sprint & Standard Duathlon	Aquathlon, Aquabike & LD Triathlon
Competitor (single share)	1850 €	1850 €
Competitor (twin share)	1600 €	1600 €
Supporter (twin share)	1300 €	1300 €

<b>Extras:</b>	- Special Airport Transfers:	<b>100 € per person</b>
	- Additional Accommodation:	<b>125 € / night (double)</b>
	- Carbon Road Bike Hire:	<b>50€ / day</b>
	- Massage/Physiotherapy:	<b>To be confirmed</b>

## TOUR DISCOUNTS

**Package 2:** 100 Euro Discount when combined with Package 1

## SPRINT & STANDARD DUATHLON

### PACKAGE 1 - ITINERARY

#### DAY ONE - Tue 23 April 2019 – Santiago de Compostela

You will be collected from Santiago de Compostela Airport (Galicia, Spain) at approximately 12:00 noon. There will be a 1hr van transfer to our tour hotel on the outskirts of Pontevedra. The tour hotel has been selected for its close proximity to the ITU race venue, Pontevedra township and its excellent cycling routes along the coastline between Pontevedra and Sanxenxo. During the afternoon there will be time for our guides to give a tour briefing and organise a light run session for those who are interested. Our bike mechanic will also be on-hand to assist with your bike builds. If you need any special parts we can visit our favourite bike shop in Poio. During the evening everyone will enjoy a tour welcome dinner.

**Please note:** *If you fly into Madrid before the above tour start date we will be available to transport bike boxes to Pontevedra. On Monday 22 April 2019 we can collect bike boxes from Madrid Atocha Train Station at 10:00am. It is a 7hr van transfer from Madrid to Pontevedra which you are welcome to join us on but for comfort we recommend catching a train or flight. A direct train takes about 5hr from Madrid to Santiago de Compostela and costs around 50 Euro.*

#### DAY TWO – Wed 24 April 2019 – Duathlon Course Familiarisation

There will be additional time in the morning for further bike build assistance if required. The training session today will double as course reconnaissance for the upcoming duathlon races. Starting with the 20km bike course lap and run off the bike. The run session will be on the 5km race circuit through the medieval old town. In the evening there will be the chance to visit nearby Sanxenxo which is one of Galicia's finest coastal towns and dinner along the beach front will be a real highlight!

## SPRINT & STANDARD DUATHLON

### PACKAGE 1 – ITINERARY(con` t)

#### **DAY THREE – Thur 25 April 2019 – Ride to Castro de Santa Trega**

Taper training, a historic excursion and cycling an important section from Stage 2 of the 2013 La Vuelta pro cycling race all come together today. To kick things off though some running drills along the Baiona harbour will get you warmed up. We will then co-ordinate a ride following the Atlantic coastline out to Castro de Santa Trega which is an interesting 1<sup>st</sup> Century archaeological site. The panoramic views over the River Miño which separates Spain from Portugal will provide lasting memories.

#### **DAY FOUR – Fri 26 April 2019 – ITU Worlds Opening Ceremony**

Race day is fast approaching for all Sprint Distance Duathletes! The Sierra guides will be available this morning for a final run / bike transition session. During the late afternoon our guides will be available to help all Sprint Distance Duathletes with any last minute bike fine tuning and transition logistics. With many races occurring during the week the ITU organisers might want your bike check-in on the morning of the event (to be confirmed). Our guides will also join you all at the Opening Ceremony. Did you know in Galicia there are strong Celtic traditions so don't be surprised to see many kilts and bagpipes on display!

#### **DAY FIVE – Sat 27 April 2019 – Sprint Duathlon – Race Day!**

Our guides will co-ordinate race venue transfers based on the different age group start times. If we need to organise a special early breakfast with the hotel we will also do so. Standard Distance Duathletes may wish to accompany us to watch some of the Sprint race action live! If the Sprint Duathlon race concludes your ITU involvement then all that remains now is to celebrate your world championship achievements in style!

## SPRINT & STANDARD DUATHLON

### PACKAGE 1 – ITINERARY(con`t)

#### **DAY SIX – Sun 28 April 2019 – Standard Duathlon – Race Day!**

Our guides will co-ordinate race venue transfers based on the different age group start times. If we need to organise a special early breakfast with the hotel we will also do so. For all duathlon competitors moving on tomorrow our bike mechanic will also be on-hand to assist with any post race bike break-downs. In the evening we will be available to assist with transfers to and from the medal ceremony and closing ceremony.

#### **DAY SEVEN – Mon 29 April 2019 – Farewells: Santiago de Compostela**

After breakfast we will be ready to transfer you to Santiago de Compostela Airport (Galicia, Spain). (Departing 9:00am / Estimated Arrival 10:30am). Please let us know your flight schedules or post tour travel plans as soon as possible. This will conclude our tour services. Congratulations & we look forward to seeing you all competing again on the world stage soon!

**Note:** Cross Triathletes please let us know your preferred travel dates/plans and we can look at preparing a special itinerary which incorporates parts of Packages 1 & 2.

## PHOTO GALLERY



## AQUATHLON, AQUABIKE & LD TRIATHLON

### PACKAGE 2 - ITINERARY

#### **DAY ONE – Mon 29 April 2019 – Santiago de Compostela**

You will be collected from Santiago de Compostela Airport (Galicia, Spain) at approximately 12:00 noon. There will be a 1hr van transfer to our tour hotel on the outskirts of Pontevedra. The tour hotel has been selected for its close proximity to the ITU race venue and its excellent access to the mountains immediately to the north of Pontevedra where the long distance racing will be contested. During the afternoon there will be time for our guides to give a tour briefing and organise a light run session for those who are interested. Our bike mechanic will also be on-hand to assist with your bike builds. If you need any special parts we can visit our favourite bike shop in Poio. During the evening everyone will enjoy a tour welcome dinner.

#### **DAY TWO – Tuesday 30 April 2019 – Cross Triathlon – Race Day!**

Cross Triathlon: Our guides will co-ordinate race venue transfers based on the different age group start times.

All other athletes will have additional time in the morning for further bike build assistance if required. The morning training session today will involve a swim on the Aquathlon/Aquabike/LD course. We are still waiting for official race course maps but mid-morning will be dedicated to riding key sections of the Aquabike and LD Triathlon (Km 60-120) race routes.

#### **DAY THREE – Wed 1 May 2019 – LD Triathlon Reconnaissance**

This morning you will be back on the bikes and Km 0-60 of the LD Triathlon course is on offer. During the afternoon our guides will be available to help all Aquathlon athletes with any last minute planning for Race Day tomorrow. There will also be time for a run on the race circuit through the Pontevedra old town.



## AQUATHLON, AQUABIKE & LD TRIATHLON

### PACKAGE 2 – ITINERARY (con't)

#### **DAY FOUR – Thursday 2 May 2019 – Aquathlon – Race Day!**

Aquathlon: Our guides will co-ordinate race venue transfers based on the different age group start times.

Race day is fast approaching for all Aquabike & LD Triathlon athletes! We will liaise with all athletes to make sure they receive the required training experience. It could be some more bike reconnaissance out on the course or even a 40km ride out to the O Grove peninsula.

#### **DAY FIVE – Friday 3 May 2019 – Pontevedra**

The Sierra guides will be available this morning for a final swim / bike / run transition session. During the late afternoon our guides will be available to help all athletes with any last minute bike fine tuning and transition logistics. With two major races occurring tomorrow the ITU organisers might want your bike check-in on the morning of the event (TBC).

#### **DAY SIX – Sat 4 May 2019 – Aquabike & LD Triathlon – Race Day!**

Our guides will co-ordinate race venue transfers based on the different age group start times. If we need to organise a special early breakfast with the hotel we will also do so. Following your race our bike mechanic will be on-hand to assist with any bike break-downs and we will also be ready for all the Closing Ceremony transfers.

#### **DAY SEVEN – Sun 5 May 2019 – Farewells: Santiago de Compostela**

We will leave the hotel at 9:00am and transfer you directly to Santiago de Compostela Airport (ETA - 10:30am). Please let us know your post tour travel plans as soon as possible. This will conclude our tour services. Congratulations & we look forward to seeing you all again in the not too distant future!