

Spa Calendar

Camp 1: Friday 3 to Monday 6 February

Camp 2: Friday 2 to Monday 5 March

MESASTILA

MAGELANG, CENTRAL JAVA

Endurance Training - cycling & triathlon camps

The perfect endurance training escape - Ride the hills around four volcanoes and run in a stunning natural jungle environment. These three night programs are planned to help athletes ramp up their cycling fitness! The camps are also phased to compliment "peaking" for both the Sri Lanka and Singapore 70.3 Half Ironman competitions.

Designed to magnify your bike fitness, with some epic hills and strong sessions; includes run and swim options*. MesaStila is a wellness retreat, so non-training partners are welcome and can also enjoy spa treatments, healthy eating, cleansing programs and leisurely fitness activities, whilst taking time to relax and rejuvenate.

* Triathletes are welcome – cyclists note that all swim/run sessions are optional

Spa Travel Inclusions:

- Return airport / retreat transfers
- 3 Nights accommodation in a Villa
- Daily Breakfast, Lunch & Dinner
- Pre-training snacks
- Daily post-training massage
- Daily hammam steam session
- Post-training stretch class
- Spa Travel wallet & documentation



Itinerary:

Five sessions of endurance training over a three night stay:

- Friday: arrival with relaxing run or swim; with a massage and Hammam steam session
- Saturday: 3-4 hour hill ride with 10-12km brick run on a hilly course
- Sunday: 5 to 6-hour epic hill ride up and around four volcanoes / optional afternoon swim**
- Monday: pre-departure core conditioning class

** All swimming is done in short 15m pool – using a swim tether to allow constant swimming – tips on technique will be provided.

Cost:

Villa

Single

\$1369

Double

\$1882 (\$941 per person)

\$ indicates approximate costing in Australian Dollars and is based on per person. Package is subject to seasonal or currency price increases. Extended and single package costings are available on application. All packages are non-refundable, subject to availability and conditions apply. Valid 2012.

Price Guide:

\$1,000 - 2,000

\$\$\$2,001 - 3,000

\$\$\$\$3,001 - 4,000

\$\$\$\$\$4,001 - 5,000

\$\$\$\$\$ 5,001+

Facilitator:

Led by Bryan Hoare: ten time Ironman athlete and IM – Hawaii finisher, A-grade cyclist (Australia), ultra-endurance athlete and masters-degree, qualified exercise and nutrition specialist.

Discover more on [MesaStila >](#)

Travel Request:

For Advice, Guidance and Reservations contact your preferred travel agent or Spa Travel T: 03-5254 1411

Email: [Spa Travel Reservations](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are quoted in Australian dollars and are subject to change. Other prices for different room types, duration of stay or number of persons is all available on application. Spa Travel or Travel With A Difference is no way responsible for any unforeseen operations of airlines, hotelier, tour operator or retreat facilitator. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit www.SpaTravel.com.au and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1.4% visa, mastercard and 3% Amex. Travelling overseas visit www.smarttraveller.gov.au for country security information or to register you being abroad. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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