

#boutiquebikecamp

#swissexperience

#velogasmicsummer \

VELOGASMIC #openwater

- ✓ <u>4\* hotel direct lake front on Luzern lake</u> (CH)
- ✓ Half board on double room or double single use
- √ 90min. daily SPA
- ✓ Coffee corner, fruit corner and minibar
- Lido daily access with towels
- ✓ Gym daily access
- ✓ Parking with e-charger

- SPIROTIGER sessions
- TECHNOGYM MYCYCLING warm up
- Leaded Openwater swim daily sessions
- 5 leaded bike trips
- **Event night**
- Professional post ride yoga stretching
- BEMER magnetoterapy sessions













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From Sun 25.07 to Thur 29.07 (4 nights)

## **BIKE CAMP PROGRAM**

- ✓ Arrival in Brunnen on Sun 25<sup>th</sup> July morning, test bike trip, check-in
- ✓ **Monday** 26<sup>th</sup> − 95km, +1300mt
- **✓ Tuesday** 27<sup>th</sup> − 130km, +1600mt
- ✓ Wednsday 28<sup>th</sup> 110km, +1200mt
- ✓ **Thursday** 29<sup>th</sup> 75km 400mt+



