



SWIMMING TRAINING CAMPS *in Costa Brava*



Training Camps
Costa Brava
Pirineu de Girona



www.trainingcamps.costabrava.org

CONTACT US HERE



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Costa Brava

There are few places in the world home to so many scenic treasures, charming villages, and cultural attractions as this corner of the Mediterranean

The 200 km of coastline that stretch from Portbou to Blanes are 200 km of unforgettable sensations, where Nature, Culture and Gastronomy play a crucial role

Girona Costa Brava is the favourite sports tourism destination for amateur and professional sportspeople due to its warm climate, great sporting environment, facilities and highly specialised services.

Get ready for your challenges and improve your sports performance at a top destination. Book your swimming and triathlon training camp on the Costa Brava!

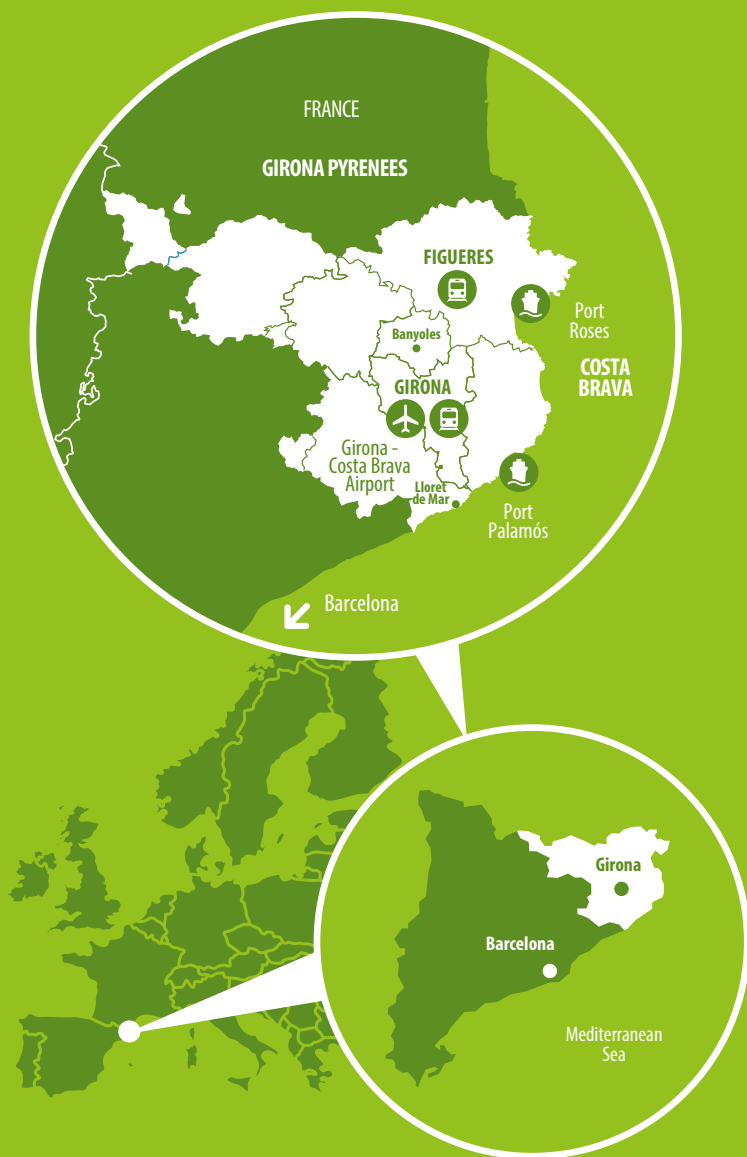
*Train well,
recover better*

Contact us!

trainingcamps@costabrava.org
trainingcamps.costabrava.org

 **Costa Brava Training Camps**

How to get there





COSTA BRAVA SWIMMING CAMPS

THERE ARE

**HIGH-SPEED
RAILWAY STATIONS**



IN GIRONA
AND FIGUERES

GIRONA - MADRID

3 hr 24 min

GIRONA - BARCELONA

38 min

GIRONA - PARIS

5 hr 44 min

**GIRONA
AIRPORT**

1 h



**BARCELONA
AIRPORT**



MEDITERRANEAN DIET
LOCAL, **HEALTHY FOOD**



Go from the **MOUNTAINS** to the
**MEDITERRANEAN
SEA** In a single
training session



**OUTDOOR
SPORTS** **8 NATURAL
PARKS**



**300 DAYS OF
SUN** PER YEAR

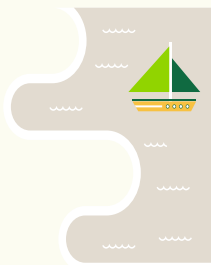
THE MILD CLIMATE
IN SPRING, AUTUMN
AND WINTER
IS **IDEAL FOR**
**TRAINING
OUTDOORS**



OVER **300,000**
HOTEL BEDS



**200 KM OF
COASTLINE**
WITH
**FANTASTIC
BEACHES**



**16 CONVENTION
CENTRES**



**EXCELLENT VALUE
FOR MONEY**



FACILITIES FOR

TRAINING WELL,
accommodation and facilities for
RECOVERING
EVEN BETTER





Olympic Size
Swimming
Pools

Girona

dte@ajgirona.cat
www.girona.cat/dte

Girona has now become an ideal destination for practising sports. Every year, the city is chosen by numerous professional teams and sportspeople, enticed by the charm of the surrounding territory, the quality of the sports infrastructures, and the range of accommodation options and tourist services suitable for their requirements.

Girona is a certified Sports Tourism Destination in the "MultiSports" category, which includes running, cycling (road and ATB), swimming, athletics, and tennis.

The award positions Girona as a tourism destination that meets the requirements of sportspersons looking for a suitable place to train and to improve their physical and technical performance.



GEiEG Olympic Pool

C. Esport, 16 · 17007 Girona
+34 620 462 855 · + 34 972 201 047
comercial@geieg.cat · www.geieg.cat

The GEiEG is a Girona entity where you can practice and develop some twenty disciplines as well as sporting, cultural, social and leisure activities.

In our facilities, we host pre-season stays or pre-game routines of teams from other clubs, associations and entities, an experience that is being carried out with highly satisfactory results.

We have 265,000 m² of sports facilities distributed in three centres in the city of Girona.

At Sant Ponç you will find 2 swimming pools (25m and 50m Olympic size).

Technical specifications

Size	50 x 21 meters
Depth	2.1
Number of lanes	8. Widht 2.50 m
Heating	Heated and with a retractable roof
Chlorination system	Salt water chlorination system

Facility's other services

- Fitness Room
- Tennis
- Paddle
- Squash courts
- Five-a-side football field



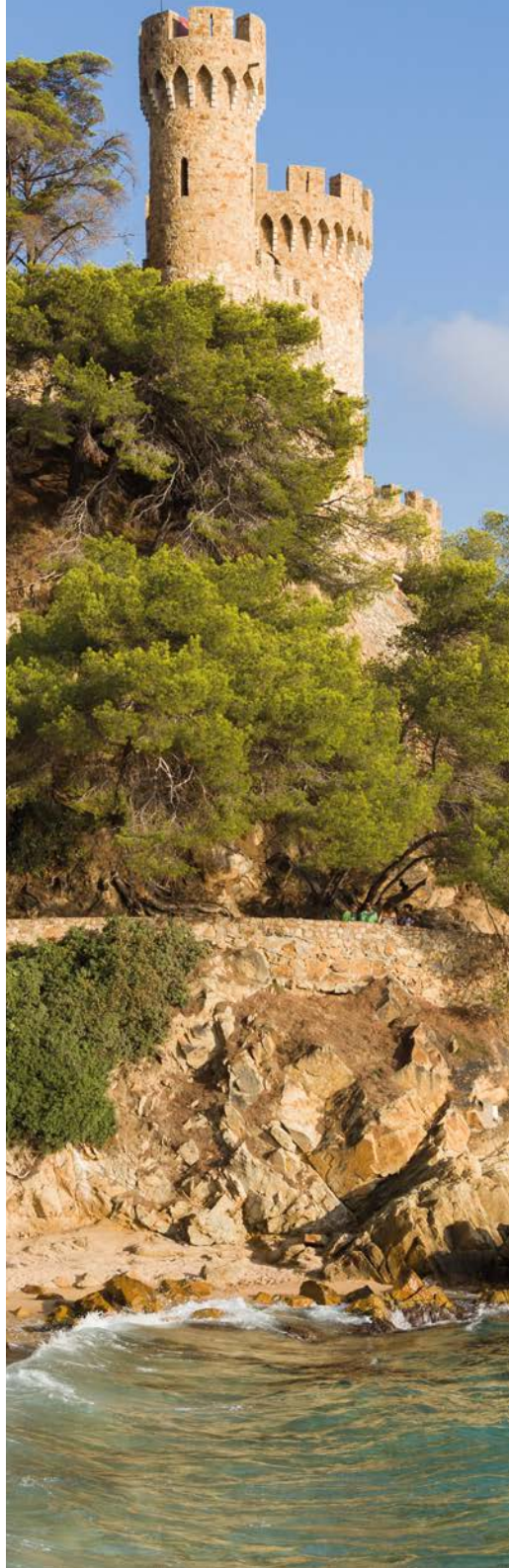
Lloret de Mar

turisme@lloret.org
www.lloretdemar.org

Lloret de Mar is recognised as a multi-sports destination thanks to its high quality, multidisciplinary sports offering concentrated in a single sports zone in the town centre, surrounded by the hotel and shopping district and located just 800 metres from the beach.

Sport is all around you in Lloret de Mar.

All sorts of sports are catered for, including football, basketball, athletics, handball, roller hockey and cycling, among many others.



Lloret Olympic Pool

Tel. +34 972 364 384

piscina@lloret.cat

www.piscinalloret.cat

The Olympic swimming pool can accommodate almost all sports water (Swimming, synchronised swimming, water polo, triathlon) for competitions and training for sports stays.

The Olympic pool is located in the area surrounded by a wide range of accommodation and leisure and sports of Lloret de Mar, in the heart of the population and only 800m from the beach.

One of its advantages is the possibility of all movements on foot, in a way that saves time and unnecessary costs, making the sports stay the true protagonist.

It also boasts a fitness room where perform cardiovascular and muscle training in fixed stations and free weight, two activities rooms and an indoor cycling room. The facility aims to offer a global service so that athletes can maintain their workout routines during their stay.

Technical specifications

Size	50 x 25 meters
Depth	min. 2m and max. 3m with mobile floor and mobile glass of 9m
Number of lanes	10 lanes. Width 2.50 m
Heating	yes
Chlorination system	Salt water chlorination system

Facility's other services

- 2 individual dressing rooms
- 4 changing rooms for groups
- 430 m stations Matrix cardiovascular, muscle and free weight fitness room ·
- 3 activities halls
- 1 functional training and indoor cycling room of 130m2
- Fully-accessible facility for persons of reduced mobility





25m
Swimming
Pools

Roses

Roses Swimming Pool

Mas Oliva, 39, 17480 Roses

Tel. +34 972 459 760

piscina@piscinaroses.cat · www.piscinaroses.cat

Roses swimming pool is a comfortable, bright and modern sports complex that offers a series of spaces for practicing high-level sports activities, including swimming, triathlon, rescue and lifeguard training and synchronised swimming.

The facilities are located within the municipality's sports zone, just a few minutes' walk from the town centre and beach. Roses has a wide range of accommodation, making it an excellent choice for organising training camps. Roses' spectacular landscapes, cultural, leisure and gastronomic attractions, added to the high quality of its sports facilities, make it an outstanding destination for sports tourism

Technical specifications

Size	25 m x 16.6 m
Depth	2.25 m
Number of lanes	8
Heating	Yes
Chlorination system	Salted water chlorination

Facility's other services

- SPA and sauna
- Fitness room
- Spining room
- Gym box
- Bar
- Changing rooms for groups
- Lockers



Palafrugell

Palafrugell Swimming Pool

Carrer Ample, 107, 17200 Palafrugell

Tel. +34 972 30 35 37

piscina@palafrugell.net · esportspalafrugell.cat

It has stands with a capacity for about 100 people, a vending machine area with drinks, tables and chairs, and a magnificent terrace with beautiful views of the surroundings of Palafrugell.

Technical specifications

Size	25 m x 16.6 m
Depth	1.80 m – 2.20 m – 1.80 m
Number of lanes	8, 9 or 10
Heating	No (28°C +/- 1°C)
Chlorination system	Salted water chlorination

Facility's other services

- Fitness room
- Musculation room
- Sauna
- Spining room
- Steam bath
- Hydromassage
- Showers
- Vending machines





Inland
Open Water

Banyoles

Club Natació Banyoles

Tel. +34 972 57 08 59 · info@cnbanyoles.cat

Banyoles Lake is also an ideal training area for swimming. The lake now has a swimming training lane in the lake which goes from Club Natació Banyoles to the lakeside Tourist Office, with a length of 500 metres.

The permanent lane of the lake is a space enabled in the lake ONLY FOR FEDERATIONS (swimming, open water or triathlon), marked with yellow buoys, intended for swimming training. Its price is €3 for non-members and gives the right to use this space and the showers exclusively. It is 500 meters long from the Banyoles Swimming Club to the tourism office.

Access to the swimming lane is via Club Natació Banyoles' installations, with an entrance fee of €2.50 payable for swimmers.



“ In Banyoles, I get great pleasure from being able to train for swimming in the best way possible, with two 25-metre swimming pools at Club Natació Banyoles and above all in the open-water lane there is in the lake. This is a great luxury for all sports lovers and a way of enjoying this paradise.

”

Marcel Zamora

Triathlete. 5-time winner of Ironman Nice and 4-time winner of Embrunman



Open Water Banyoles

Passeig Antoni Gaudi, 3, 17820 Banyoles

Tel. +34 972 570 859

info@cnbanyoles.cat · cnbanyoles.cat

Conditions:

- Swimming in the lake may be practiced regularly throughout the year.
- Monday to Sunday from 7:00 a.m. to 9:00 p.m., and on Sundays from 9:00 a.m. to 1:00 p.m. (except in July and August, when it will be open until 9:00 p.m.).
- Any rowing, canoeing, or triathlon competition will make swimming in the lake impossible without exception.

Technical specifications

Size	1 km
Swimming seasons	March to October
Type of water	Lake

Facility's other services

- Bar Restaurant
- Fitness room
- Weight room





Sea Open
Water



Lloret de mar

Route Lloret - Fenals

17310 Lloret de Mar, Girona

Tel. + 34 972 365 788

central-turisme@lloret.cat · lloretdemar.org/

There is no lifeguard on duty. Swim at your own risk. Under-18s must be accompanied by an adult. Check sea conditions.

- Hydrate before swimming.
- Apply sun protection.
- Wear goggles, a brightly coloured swim cap, a swim buoy and neoprene.
- Respect the activities of other users.
- Respect the sea: avoid touching or picking up marine life. In case of an accident, call 112.

Technical specifications

Size	1,3 km
Swimming seasons	March to October
Maximum Width	200 m beach - 50 m rocks
Duration	20-33 min
Water temperature	14-25 °C
Water salinity	36-38 g/l
Seabed terrain	Rocks – sand – posidonia
Prevailing winds	From the southeast
Users	Swimmers and snorkelers
Difficulty	Medium



Fenals - Santa Cristina

17310 Lloret de Mar, Girona

Tel. + 34 972 365 788

central-turisme@lloret.cat · lloretdemar.org/

There is no lifeguard on duty. Swim at your own risk. Under-18s must be accompanied by an adult. Check sea conditions.

- Hydrate before swimming.
- Apply sun protection.
- Wear goggles, a brightly coloured swim cap, a swim buoy and neoprene.
- Respect the activities of other users.
- Respect the sea: avoid touching or picking up marine life. In case of an accident, call 112.

Technical specifications	
Size	1,2 km
Swimming seasons	March to October
Maximum Width	200 m
Duration	18-30 min
Water temperature	14-25 °C
Water salinity	36-38 g/l
Seabed terrain	Rocks – sand – posidonia
Prevailing winds	From the southeast
Users	Swimmers and snorkelers
Aquatic Environment	Sea
Difficulty	Medium



Roses

Route Palangrers - Canyelles Petites

Av. de Rhode, 77. 17480 Roses

Tel. +34 972 25 73 31

administracionsports@roses.cat · turisme@roses.cat

Camí de Ronda parallel to the swimming lane with excellent views of the sea and swimmers

Biodiversity and seabed features

The seabed of the Costa Brava is unique thanks to the extraordinary biodiversity of its waters and the possibility of observing underwater flora and fauna.

The rocky or sandy bottom and the oceanic Posidonia meadows are the main environments that we can find in the itineraries proposed in the Roses swimming lane.

As for fauna, we can usually find fish such as salps, castanets, breams, variadas, damsels, scorpionfish or moray eels. We also find a wide variety of invertebrates such as starfish, sea urchins, sea cucumbers, sponges, crabs or octopuses.

Technical specifications

Length	1,8 km
Maximum Width	200 m beach - 50 m rocks
Water temperature	14-25 °C
Water salinity	36-38 g/l
Seabed terrain	Rocks – sand
Prevailing winds	Predominantly northerly component
Swimming seasons	May to September
Duration	27 - 45 minutes
Users	Swimmers and snorkelers
Difficulty	Medium



Palafrugell

Route Calella - Llafranc

Av. Generalitat, 22 · 17200 Palafrugell

Tel. +34 972 30 02 28

ajuntament@palafrugell.cat · turisme@palafrugell.cat

The Palafrugell Waterway, which runs from Calella de Palafrugell to Llafranc, was inaugurated on June 18, 2013. It was the first marine route, a pioneer in the history of the country and Western Europe. The promoters were the Calella de Palafrugell and Llafranc Neighborhood Associations, the Palafrugell Athletic Club and the Palafrugell City Council.

This natural, totally sustainable sports facility is marked by buoys that make it completely safe. It is a genuine coastal path that, over a length of 1 kilometre, connects the coastal towns of Calella de Palafrugell and Llafranc.

The Carril offers an exceptional and peaceful perspective of a unique aquatic ecosystem within a world-class tourist destination. Its route is parallel to the land-based coastal path. It is signposted from June to October, and its difficulty is low. It can take between 15 and 25 minutes to complete the route swimming at a good pace.

Technical specifications

Length	1 km
Route	From Canadell to Llafranc Beach
Town	Calella de Palafrugell and Llafranc
Swimming seasons	June to October
Duration	15 to 25 minutes
Difficulty	Low



Route Tamariu - Aigua Xelida

Carrer Cervantes, 16 · 17200 Palafrugell
Tel. +34 972 613 100
ajuntament@palafrugell.cat · palafrugell.cat

The Palafrugell Water Trail, which runs from Tamariu to Aigua Xelida, is a natural, totally sustainable sports facility, which is marked by buoys that make it completely safe.

It is an authentic coastal path that, over a length of 1.2 kilometers, connects the coastal town of Tamariu with the cove of Aigua Xelida.

The Carril offers an exceptional perspective of a unique aquatic ecosystem within a world-class tourist destination. Its route runs parallel to the land-based coastal path. It is signposted from June to October, and its difficulty is medium. It can take between 18 and 30 minutes to complete the route swimming at a good pace.

Technical specifications	
Length	1,2 km
Route	From the cove of Aigua Dolça to the cove of Aigua Xelida
Town	Tamariu
Swimming seasons	June to October
Duration	18 to 30 minutes
Difficulty	Medium





Open Water
Events

Radikal Ocean

October

📍 Llafranc, Costa Brava
✉ hola@radikalswim.com

☎ Tel. +34 639 869 789
www.radikalswim.com

The Radikal Ocean52 is one of the most iconic open water swimming events on the Costa Brava. Held every October between Calella de Palafrugell and Llafranc, it brings together hundreds of swimmers from all over the world to enjoy a weekend of sport, sea and community.

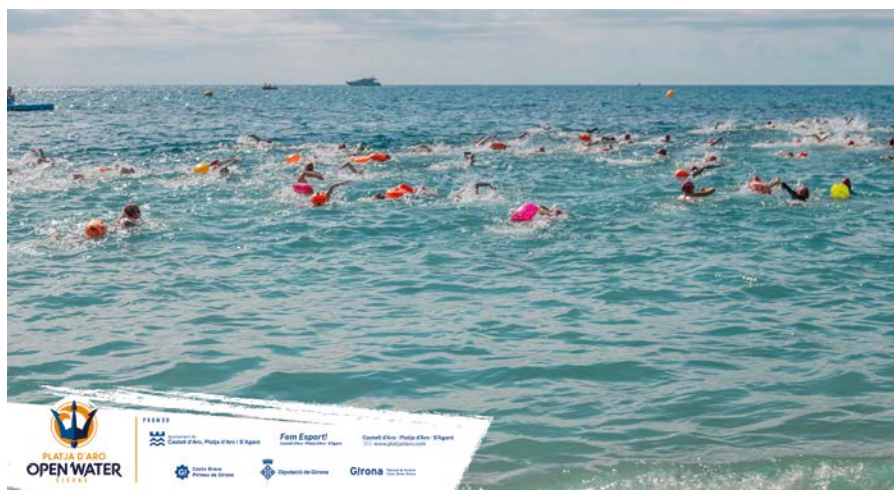
Organised by Radikal Swim, the event offers several distances – from the 7.0 km Radikal, which connects the two coves, to the 3.5 km Radikal and other shorter or relay formats designed for

all levels. Beyond the competition, Radikal Ocean52 is a celebration of the Mediterranean lifestyle and ocean sustainability, supported by Ocean52, a brand committed to protecting 52% of the planet covered by the sea.

Participants experience the crystal-clear waters and stunning rocky coastline of the Costa Brava, combining sport and nature in a truly unique setting.



Imatges: Margot Bosch i Radikal Ocean



Imatges: Margot Bosch i Radika Ocean

Platja d'Aro Open Water

August



Platja d'Aro, Costa Brava

✉ eventos@topotime.cat

www.platjadaroopenwater.com

The Platja d'Aro Open Water is a popular open water swimming event that takes place every June along the scenic coastline of Platja d'Aro, in the heart of the Costa Brava. The event welcomes both amateur and experienced swimmers to enjoy a safe, friendly, and festive day at sea.

Several distances are offered – typically ranging from 1.5 km to 5 km – allowing participants to choose the challenge that best fits their level.

The route passes through crystal-clear waters framed by rocky coves and golden sandy beaches, offering a spectacular view of the Mediterranean coastline.

Beyond the race itself, the event promotes healthy living, ocean respect, and community spirit, making it one of the highlights of the open water swimming calendar on the Costa Brava.

Incoming travel agencies

They can organize transfers to the airport, recommend the best coffee stops, choose the best routes for your training schedules. The professionals at our incoming travel

agencies harness their local knowledge to manage each of the aspects that will help you reach the maximum benefit from your training camp.

Agenda Sports

Pg Generalitat 21 · 17820 Banyoles
Tel. +34 972 580 639

info@agendasports.com
www.agendasports.com

Agenda is a leading incoming sports agency in Spain, hosting swimming visitors all year round from all over the world.

Our sporting references include the Cambridge University Boat Club, the New Zealand Triathlon National Team, the Russian Kayak/Canoe Federation, the Australian Swimming team, CSKA Moscow, Water Polo,

the GB Adaptive Rowing Paralympic Team or the Kazakhstan National Football Team, amongst many others.

Agenda works with a reliable network of providers, and deals either directly with the teams or in close collaboration with top European tour operators.

SportContact

Av. Les Alegries, 14 · 17310 Lloret de Mar
Tel. +34 972 363 111

ana@sportcontact.org
www.sportcontact.org

SportContact is an incoming agency specialized in organizing holidays and taking the reservation in all Spain for foreign travel agencies. We work with different type of groups: adults , seniors, students and sports groups. Under the brand of Sport Contact

International we organize tournaments and sportive stages with international teams and Spanish clubs.

Evenia Travel Services

C. Senyora de Rossell, 33 · 17310 Lloret de Mar
Tel. +34 972 364 781

etalbot@evenia.travel
www.evenia.travel

Evenia Travel Services is an incoming Tour Operator with over 40 years of experience in the sports sector. We offer a whole range of services for both individuals and groups. As pioneers in sports tourism in the area we cover all sports in all Spain, Andorra and south of France, arranging hotel accommodation, transfers, training camps, stages and sports facilities (gyms, football pitches, swimming pools, tennis, basketball and handball courts, athletics tracks...).

Besides working with all of the Hotels in Spain we have also our own Hotel Chain: Evenia Hotels.

We create a relaxed, friendly atmosphere for sporting activities in which athletes from all over the world can interact with each other and improve their skills. We also organise training camps, courses and anything else that athletes ask us for. We offer numerous bespoke package options for all types of athletes to suit their level and budget.

Iberia Sports

Carrasco i Formiguera 18 08173. St.
Cugat del Vallès

Tel. +34 615 590 875
info@iberiasports.com · www.iberiasports.com

Iberia Sports is a tour operator based in Catalonia with an important role in the world of sports travel. Our experienced team enables to guarantee a success of any type of sport event. We are proud of our extensive network which allows us to offer the most exclusive event. Our multilingual team is looking forward to consult you.

Accommodation, transfers, excursions, lunches, dinners, training facilities, friendly matches, referees, tournaments, culture, school and study trips and nightlife are parts of the services we offer.

Accommodation

Specialized lodging for sports tourism, which will promote your recovery to ensure you can safely pick up your training the next day. All our facilities are prepared to accommodate groups and to attend and adapt to the special needs of athletes.

Icons key



Physio Room



Late Check Out



Meeting Room



Spa and Sauna



Equipment Storage Space



Swimming Pool



Laundry Service



Gym



Specially Adapted Cuisine



Safe bicycle storage

Aparthotel Costa Encantada



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17310 · Lloret de Mar
+34 972 368 310
costaencantada@marsolhotels.com
www.marsolhotels.com

Guitarth Hotels 3*/4*



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17310 · Lloret de Mar
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mrenzella@guitarthotels.com
www.guitarthotels.com

Hotel Samba 3*



C. Francesc Cambó, 10
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+34 972 365 650
samba@sambahotels.com
www.sambahotels.com

Hotel Surfmar 4*



C. Ramon Casas, 9
17310 · Lloret de Mar
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surfmar@sambahotels.com
www.sambahotels.com

Hotel Carlemany 4*



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Hotel Ciutat de Girona 4*



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www.hotelciutatdegirona.com

Camping Internacional de Calonge 4*



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info@intercalonge.com
www.intercalonge.com

Camping Lloret Blau



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info@campinglloretblau.com
www.campinglloretblau.com

Hotel l'Azure 4*



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www.lazure-hotel.com

Hotel Barcarola Van der Valk 4*



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www.hotelbarcarola.es

Guitart Hotels 3*/4*



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17310 · Lloret de Mar
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mrenzella@guitarthotels.com
www.guitarthotels.com

Hotel Carlemany 4*



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+34 972 214 994
carlemany@carlemany.es
www.hotelcarlemanygirona.com

Hotel Palau de Bellavista Girona by URH 4*



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info.pbellavista@urh-hoteliers.com
www.urhbellavistagironahotel.com

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Prestige Hotels



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prestigewelcome@prestigehotels.com
www.prestigehotels.com

Hotel Surfmar 4*



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Aparthotel Costa Encantada

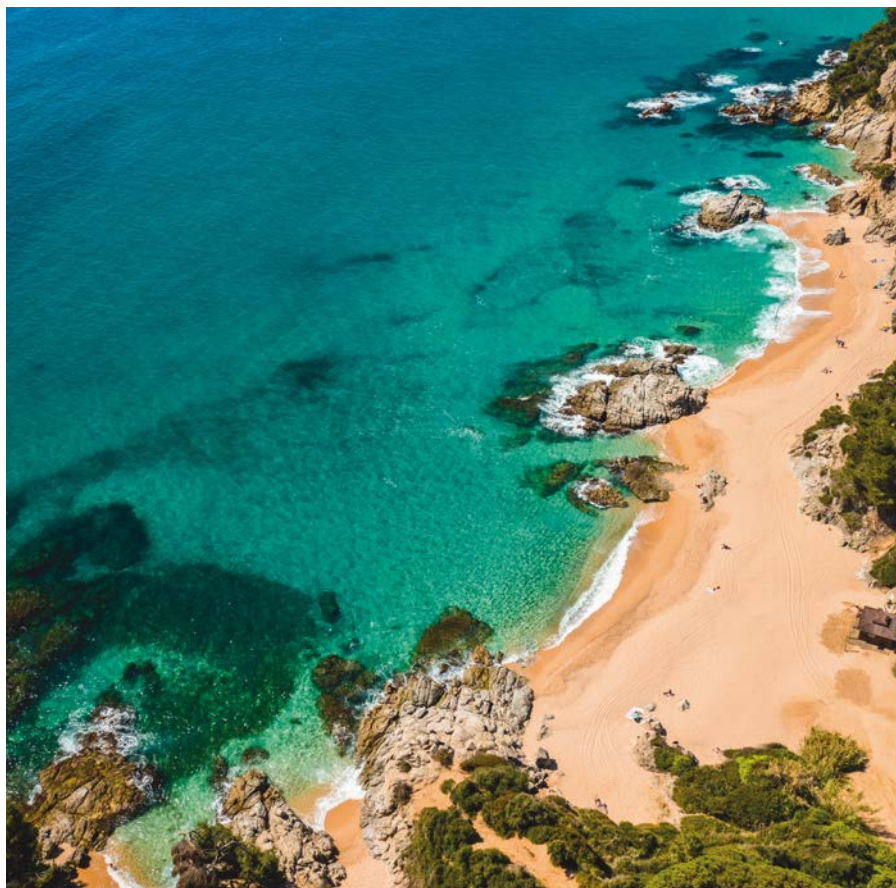


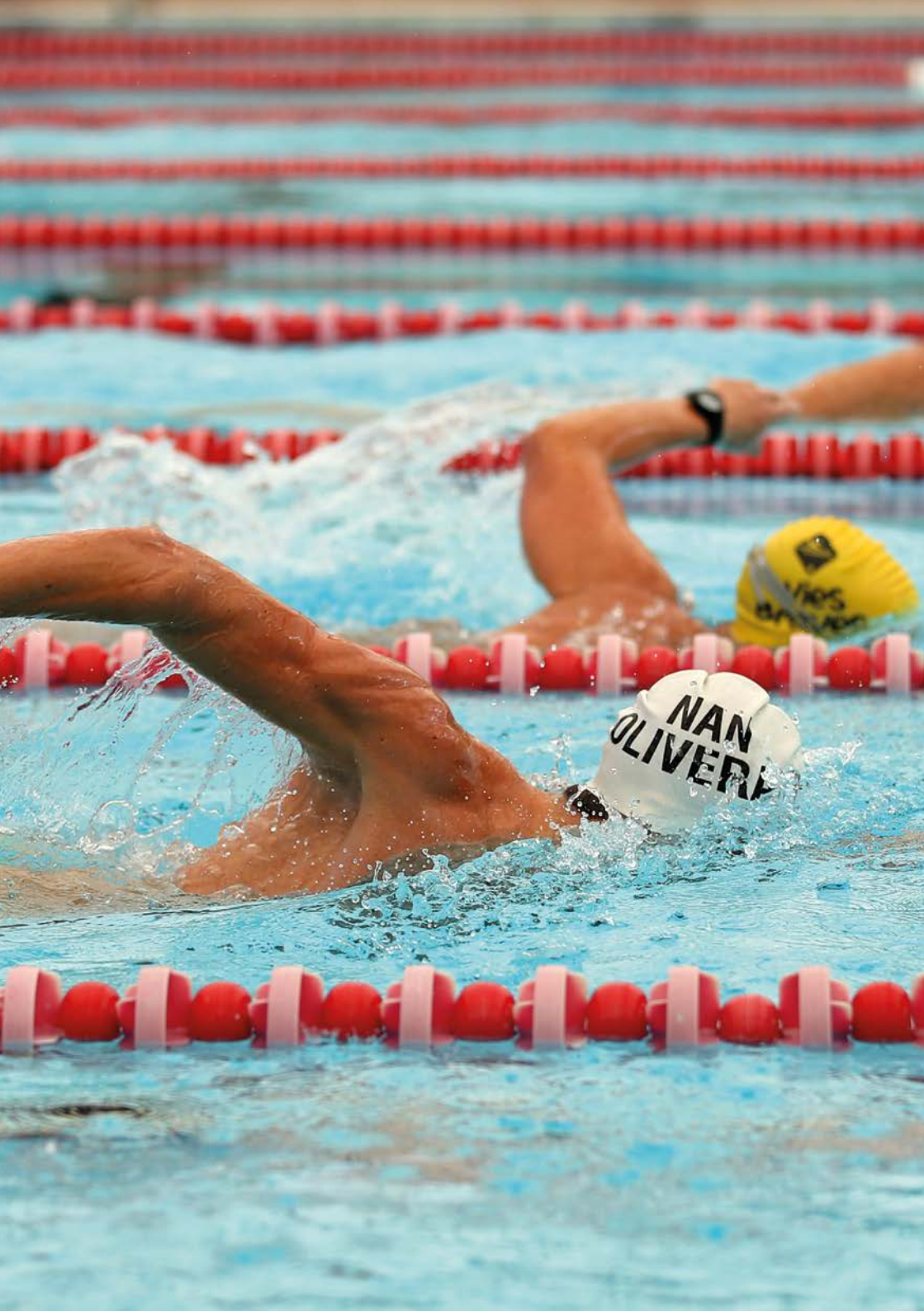
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costaencantada@marsolhotels.com
www.marsolhotels.com

Càmping Banyoles - El Llac



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+34 972 570 305
info@campingllac.com
www.campingllac.com





About us

Costa Brava Girona Tourist Board is a public entity whose mission is to promote tourism in the territory. The Board structures promotions, marketing and sales support in a segmented manner through the Product Clubs. The Board developed and manages the Sports Tourism Marketing Club.

The clubs are voluntary groups of business owners and public entities interested in managing, promoting and marketing similar tourist products; therefore, they have common interests, needs and concerns.

The main philosophy of the Product Clubs created by the Costa Brava Girona Tourist Board is based on cooperation and collaboration between its public and private members under a common brand with the aim, on the one hand, of increasing the quality and competitiveness of the product and the tourist destination, and, on the other, improving sales.

G!rona Patronat de Turisme
Costa Brava Girona

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Training Camps
Costa Brava
Pirineu de Girona

For more
information

www.trainingcamps.costabrava.org

www.costabrava.org



Diputació de Girona



Costa Brava
Pirineu de Girona

