

RUNNING4YOU

RUNNING CAMP – TRENINO, ITALY

Date: Thursday 26th June 2014 - Sunday 29th June 2014

Location: Garni Hotel Lago Nembia, San Lorenzo in Banale (TN), Italy

Take part in our Running Camp in the stunning surroundings of Nembia Lake in San Lorenzo in Banale, close to Trento, Italy.

An opportunity for runners of all levels to join us in the beautiful WWF protected countryside, for 4 days of running training, seminars and relaxation..



RUNNING CAMP: ACCOMMODATION, TRAINING, SEMINARS & WORKSHOPS:

- ✓ 3 nights/4 days in the Hotel Garni Lago Nembia on a half board basis (based on 2 sharing)*.
- ✓ Daily group training sessions along the trails and cycle paths
- ✓ Workshops and seminars on running technique, motivation, and training methods.
- ✓ Running4you technical t-shirt
- ✓ Discount on Running4you Personal Training or Marathon Packages.

*Note: Prices are per person based on 2 people sharing a room. A few single rooms are available at an additional cost. You are welcome to bring friends and family along even if they do not participate in the running activities, please contact us with details so that we can make the necessary arrangements.

Excluded:

- Flights to/from Verona airport.
- Travel insurance
- Additional drinks, meals and snacks (the accommodation is provided on a half or full board basis)
- Airport transfer.

PROGRAM**Thursday 26th June**

Late afternoon/evening: Arrival of participants. Running Camp presentation and dinner.

Friday 27th June

Morning: warm up, Fartlek session, followed by exercises to improve running technique.

Afternoon: Seminar – The distance runner's diet and a look at the different energy systems.

Saturday 28th June

Morning: mobility exercises, warm up and long slow run along the beautiful banks of lake Nembia and Lake Molveno.

Afternoon: Seminar – Planning a balanced training program and open Q&A session.

Sunday 29th June

Morning: warm up, group panoramic run.

Lunch.

End of the Running Camp.

Note: The program may be subject to slight changes or modifications.

ACCOMMODATION: Hotel Garni Lago Nembia

The Garni Lago Nembia is situated on the banks of the little Lake Nembia, at the edge of the Adamello Brenta Nature Park, approximately 2km from the village of San Lorenzo in Banale, 1km from Lake Molveno and 12km from the Terme di Comano (Comano Thermal Baths)

Hotel guests have free access to the Wellness Center (15.30-19.00) which includes Turkish bath, sauna, multi-sensory showers, and a relaxation area. The solarium and jacuzzi are available for a small charge. The hotel will launder technical kit belonging to Running Camp participants free of charge.

You may choose between full or half board accommodation.

The hotel offers all guests a free Trentino Guest Card – see benefits below.

See the photo gallery [here](#).



HOW TO BOOK YOUR PLACE:

Write to us at info@running4you.org and we'll send you the relevant booking form. We'll ask you for an initial deposit to hold your place and register your race number (if relevant), with the balance to be paid at least 6 weeks prior to departure.

COSTS:

Accommodation Type	Runners (per person)	Non-Runners (per person)
Full Board (Double/Twin)	£305	£176
Half Board (Double/Twin)	£265	£136

ABOUT TRENTINO:

Lake Nembia

Lake Nembia is a small basin of water a kilometre south of the bigger Lake Molveno, at the foot of the marvellous Brenta Dolomites. It was formed 3-4000 years ago following a large landslide. The WWF Oasis, a natural paradise, is situated between the two lakes and covers more than 2 hectares.

Lake Molveno

Described as 'a precious pearl within an even more precious treasure chest' by Italian novelist Antonio Fogazzaro, Molveno is the second largest lake in the region, with a maximum depth of 123m. Known for its clear waters, stunning nature and the "Forts of Napoleon" - the remains of fortifications built by the Austrians in the early nineteenth century to oppose Napoleon's troops.

On the Northern bank lies Molveno, with its rolling green lawns and small beaches, popular with tourists.

HOW TO GET THERE:

The closest airport is Verona (Catulla).

Public Transport from Verona airport:

There is a shuttle bus every 20 minutes from the airport to Verona train station.

From there you can take the train to Trento. A few metres from Trento train station you will find the Bus & Coach station. There are direct buses from Trento to San Lorenzo in Banale, but at some hours of the day it will be necessary to change at Ponte Arche, before going onto San Lorenzo in Banale. (Bus numbers 201 and 208). The bus stop directly outside the hotel is called LAGO NEMBIA. You can view the bus timetable [here](#).

Note: You can travel by bus free of charge with the Trentino Guest Card, which is available to hotel guests free of charge. (See further info below).

Car Hire:

You may hire a car directly at Verona airport. We can help you to arrange this and to plan your route to San Lorenzo in Banale.

The Trentino Guest Card:

The Trentino Guest Card is available free of charge to all guests of the Garni Lago Nembia, and offers numerous advantages and discounts on services offered in the entire region, including:

- Castle Stenico
- Pile Dwelling-Museum in Fiavé
- Free entrance to the “Case del Parco” in Stenico and San Lorenzo
- Free tasting of the thermal water in Comano
- Free public transport in Trentino
- Free BiciBus Dolomiti di Brenta

In the Comano Spa area:

- Castle of Arco
- Castel Beseno
- MART in Rovereto
- Buonconsiglio castle in Trento
- MUSE: the new science museum in Trento
- Castle Thun and Canyon Rio Sass in Val di Non
- All Info point of the Natural Park Adamello Brenta
- Pile Dwelling-Museum in Ledro
- Breg Adventure Park in Breguzzo
- Ethnographic track Rio Caino in Val del Chiese
- Spormaggiore Animal refuge park

The Trentino Guest Card is valid for one adult and one child up to 12 years. Please contact us if you would like us to arrange for the Trentino Card to be issued and sent to you in advance of your trip.