

Laranja Tours



improve
your performance

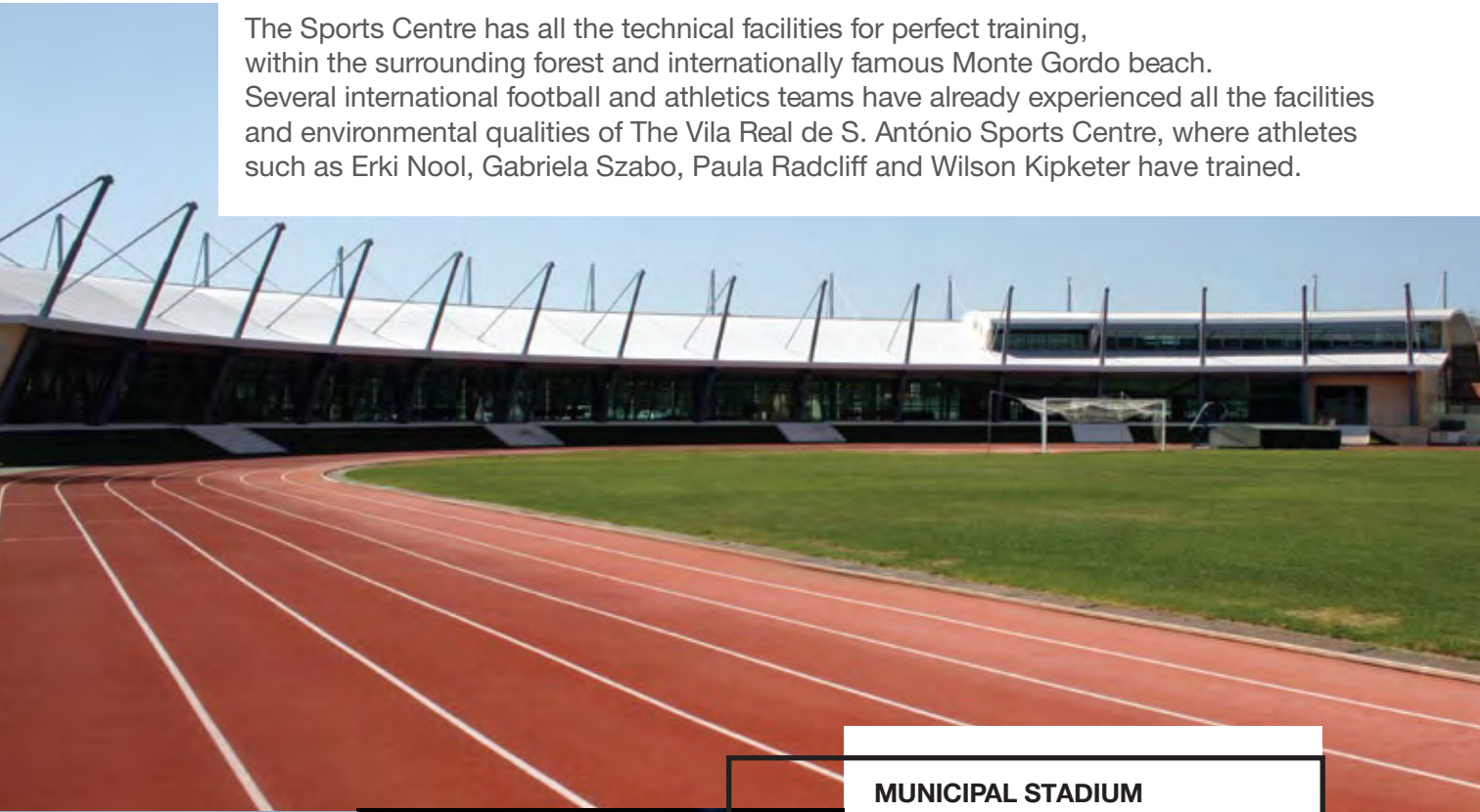
Qualified High Trainings / Good Environment / Beach
Accredited Training Centre / Forest Track Cross

\ Portugal
Algarve Sport Centres

VILA REAL DE SANTO ANTÓNIO SPORTS CENTRE

The [Vila Real de Santo António Sports Centre](#), in the Eastern Algarve, is well-known as a training site for professional and national teams in a variety of sporting activities.

The Sports Centre has all the technical facilities for perfect training, within the surrounding forest and internationally famous Monte Gordo beach. Several international football and athletics teams have already experienced all the facilities and environmental qualities of The Vila Real de S. António Sports Centre, where athletes such as Erki Nool, Gabriela Szabo, Paula Radcliff and Wilson Kipketer have trained.



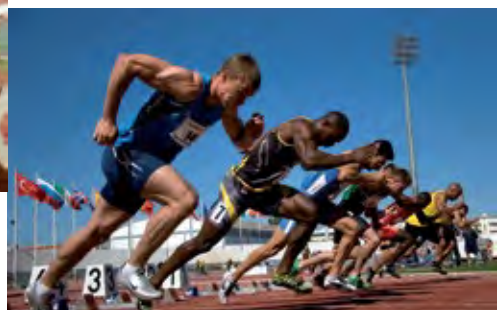
MUNICIPAL STADIUM

LAWN FOOTBALL PITCH (104x67m)

SYNTHETIC POLYATAN TRACK
400m one lap. 8 lanes
4 sand - pits for long and triple jump
2 pits for high jump
2 pits for pole vault
2 pits for javelin
1 pit for shot put
1 pit for hammer and discus
Water jump for obstacle care

2 GIMNASIUM - Synthetic Flooring (40x15m)

MEDICAL CENTER
BAR
PRESS ROOM



Certifications

Olympic Training Centre
Official Training Centre
Training Centre

Olympic Committee Of Portugal
Euro 2004

Accredited by IAAF (International Association of Athletics Federations)

Specialities: Hammer, Javelin, Discus, Shot Put, Middle/Long Distance/Cross Country

INDOOR ATHLETICS TRAINING HALL

4 lanes with 80m
Pit for Long and Triple Jump
Pit for High Jump
Pit for Pole Vault
Pit for Shot Put and Discus
Pit for javelin
Weight Lifting Room
Audiovisual Room
Meeting Room
Laboratory with equipment for Evaluation and Monitoring of Training
Medical Cabinet
Physiotherapy Room
Bar / Living Room



MUNICIPAL STADIUM ANNEX

2 LAWN FOOTBALL PITCHES (100x65m)
1 pit for discus
3 pits for javelin

1 ARTIFICIAL TURF FOOTBALL PITCH (126x70m)

LAWN THROWING AREA
WHIT PIT FOR (hammer and discus)
AND LAWN AREA FOR ARCHERY (100x60m)
THROWING AREA FOR SHOT PUT - 5 PITS

CROSS - COUNTRY TRACK WITH 2.300m

FITNESS

MUNICIPAL SPORTS HALL 40x20m

Fully equipped for Handball, Basketball, Volleyball, Indoor Football, Judo, Taekwondo, Gymnastics, Table Tennis, Badminton

3 MULTIPURPOSE FIELDS 44x22m

Equipped for Basketball, Handball, Five a side Football and Skating
4 TENNIS COURTS + 2 PADDLE

NATURAL ENVIRONMENTAL CONDITIONS

Trails on the wood with 12.500m
Beach with 20 Km long, 100m large in the down tide
Wood pines with 25 ha



Cross training route



Monte Gordo beach

_International Cups held in Vila Real de Santo António Sports Centre

UEFA International U16 & WU16 Development Tournament 2014, 2015
 Iberman Triathlon Media Distancia 2014, 2015
 World Schools Championships – Orienteering 2013
 European Champion Clubs Cup 2014 – Athletics
 Guadiana Cup – Youth Football Tournament
 Monte Gordo Bay Beach Race 2014, 2015



TENNIS CLUB VILA REAL DE SANTO ANTÓNIO

- 5 Tennis Clay Courts
- 4 Tennis Courts in fast surface (green set type)
- 3 Padel fields with synthetic grass floor and concrete walls



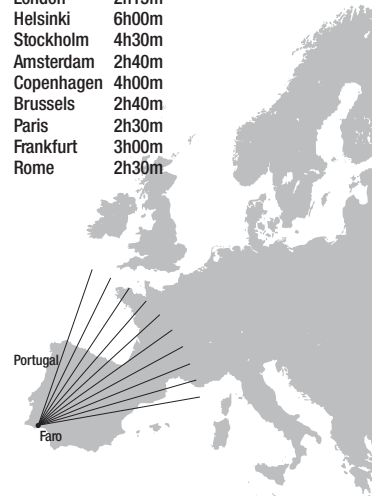
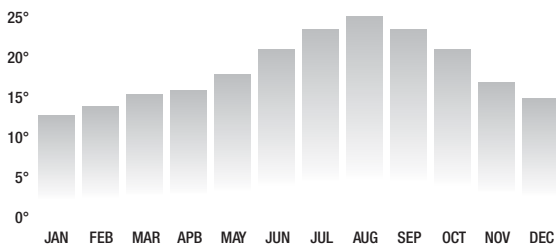
INDOOR SWIMMING POOLS

25m Swimming Pool
 Area: 412,50m²
 Width: 16,50m
 Deep: 2,00 - 2,20m
 Lanes: 8

50m Swimming Pool
 Area: 400m²
 Width: 8m
 Deep: 2,00 - 2,20m
 Lanes: 3

Dublin	2h45m
London	2h15m
Helsinki	6h00m
Stockholm	4h30m
Amsterdam	2h40m
Copenhagen	4h00m
Brussels	2h40m
Paris	2h30m
Frankfurt	3h00m
Rome	2h30m

Average air temperature (Celsius)



ALFAMAR BEACH & SPORT RESORT ****

FACILITIES & EQUIPMENTS

The Alfamar Beach & Sport Resort is set directly on the endless sandy beach of Praia da Falesia, surrounded by pine trees.

The complex includes a seven storey main building and a sport centre.

The hotel is located 35km from the Faro airport, 13km from Albufeira and 242km from the Seville airport. The 264 rooms and suites have a private bathroom, satellite TV with radio, direct dial telephone, hairdryer, air-conditioning, heating and a furnished balcony.

3 grass football fields, track and field athletics, multipurpose fields with tartan running track (4 tracks and 6 tracks, 100m sprint), high-jumping and weight-putting installations, discus corner, two indoor tennis courts, 13 outdoor tennis courts (7 sand & 6 all weather courts), fitness room/gym with professional equipment, snooker, a 9-hole golf course (2.5km away) and 5 x 18-hole golf courses (20 km away).

One swimming pool, one childrens pool and one heated indoor pool (heated from Nov./April) with jacuzzi, sauna, massage. There are 2 conference rooms, the Algarve (315 square metres) with a capacity of up to 175 persons in classroom style and 250 in theatre style and the Alfamar (90 square metres) with a capacity of up to 50 persons classroom style and 70 in theatre style.



ESTÁDIO MUNICIPAL DE QUARTEIRA/VILAMOURA



8-lane track with pre-fabricated synthetic surface with 400m each lap.
2 lanes for long and triple jump.
4 sandpits for long and triple jump.
1 pit for high jump.
1 pit for pole vault.
1 discus and hammer throwing area.
2 pits for javelin.
1 pit for shot put.
1 Football Pitch.
Water jump for steeplechase races.
1 Gymnasium.

Situated on the border between Quarteira and Vilamoura, Quarteira Municipal Stadium is the ideal place for a tourist-sports use, given its location and the surrounding environment infrastructure.

With a natural lawn of 103 x 64m, this infrastructure enables the realization of any national or international game character, there to watch the games here Mundialito Women's Football, National Junior Teams, Football Tournaments and Training games of senior teams of Clubs City.

In turn, the existence of an Athletics Track (synthetic or tartan – 400 meters from perimeter), provides, in addition to the performance of official evidence, that many foreign athletes, from Olympic level for leisure, look increasingly the Parish of Quarteira holiday for training.

With light, a bench with a capacity of 600 seats, four changing rooms for teams and two referees, a Medical Centre, Physiotherapy Room, Sauna, Gym and a support bar, the Municipal Stadium in Quarteira is emerging as one of the best County sports facilities.

Laranja Tours



energy
inspired
by
nature

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Laranja Tours was chosen to manage the final training of the UK Athletics Olympic and Paralympic team in the Algarve as they prepare for London 2012.

