



GIRONA • SPAIN

A QUINTA DO LAGO RESORT





Camiral is placed in 540 hectares of Mediterranean forest and located just one hour from Barcelona and 25 minutes from Costa Brava, with many national and international road, rail and air connections and just 20 minutes from the historic town of Girona.

LOCATION



RESORT MAP

- 138 rooms at the 5-star Hotel Camiral
- 50 rooms at the 4-star Hotel LAVIDA
- 8 meeting rooms at Hotel Camiral, plus 2 additional spaces at the Clubhouse
- A wide selection of dining venues and private event spaces across the resort
- Extensive outdoor areas ideal for team-building activities
- 5 on-site F&B outlets
- Two highly acclaimed 18-hole golf courses: Stadium Course and Tour Course
- Sports facilities including 2 tennis courts, 2 padel courts, 5 km and 10 km running circuits and mountain biking trails
- Football and rugby training facilities, ideal for professional teams and training camps
- Wellness Centre offering innovative treatments, retreats, immersive wellness programmes, and a dedicated yoga and Pilates studio
- Open year-round



TRAINING CAMPS

Amateur & Professional Teams



TRAINING GROUND AND FACILITIES

Enjoy training at one of our 2.5 training pitches; 1.5 Desso hybrid Grassmaster pitch 148 x 68m together with a natural grass pitch 105x72m. Our pitches are maintained daily and kept optimal for your training needs. Training ground team during all the trainings.

We also offer a profesional pitchside gym completely private for the team, with air conditioning and heater options.

The gym marquee includes treatment zone with 3 massage benches, analist zone, wifi and private toilets.















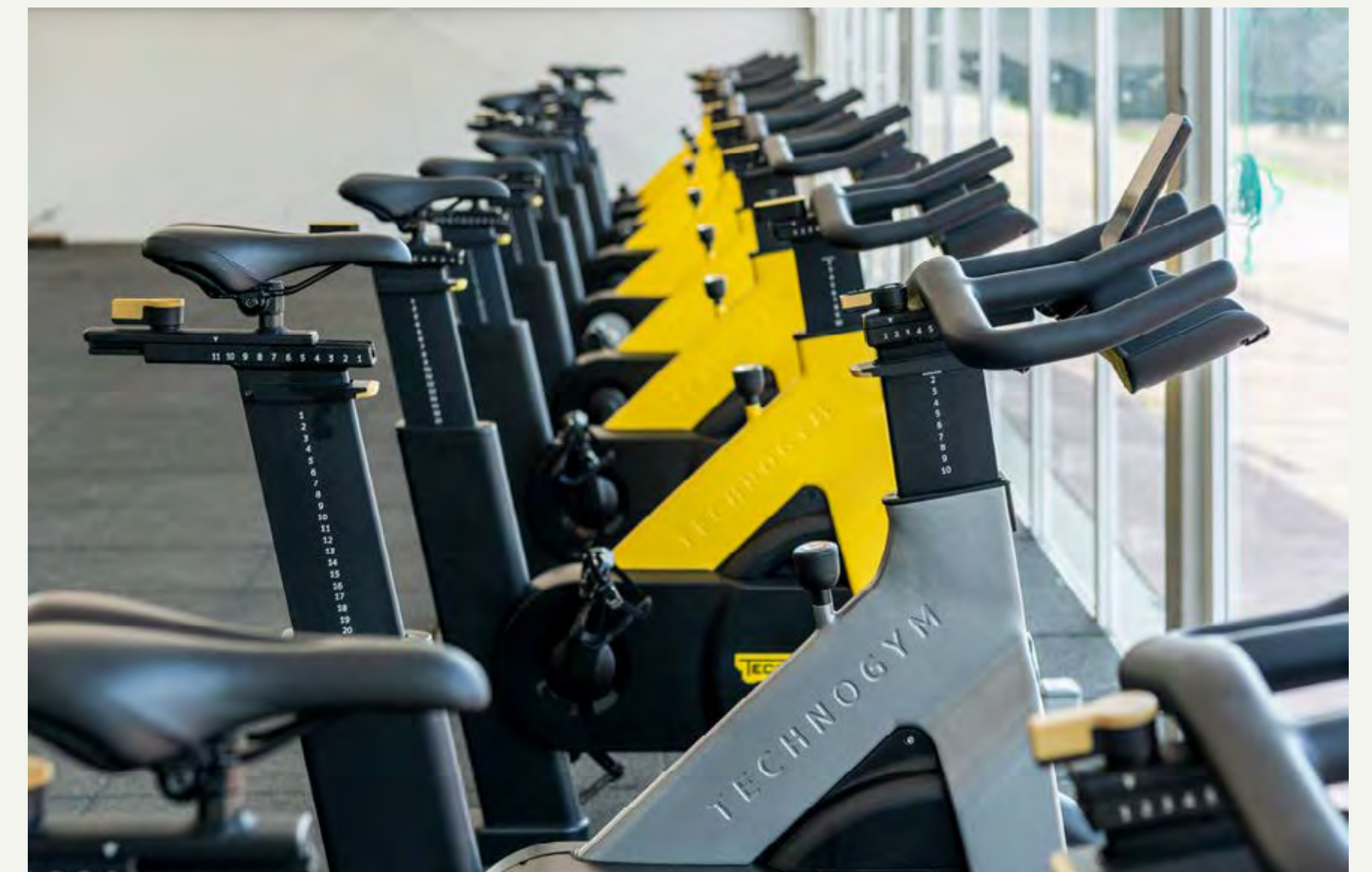


PROFESIONAL GYM

Innovative Technogym gym with cardio, stretch and functional movement areas as well as a free weights section.

Technogym equipment

- Olympic half rack
- Adjustable bench
- Pure strength linear leg press
- Pure strength leg extension
- Pure strength standing leg curl
- Cable tower
- Multipower
- Group cycle ride (11 bikes)



SPECIAL PACKAGE

- Accommodation in 5* Hotel - LHW
- Full Board (Breakfast, Lunch & Dinner) – Snack option available
- Laundry service
- F&B private room
- Team meeting room

Added values (not included in packages)

- Extra meeting rooms for kit room, coaches or other needs
- Upgrades for coach
- Sleeping study for profesional athletes
- 2,5 Football pitches (Hybrid Desso grassmaster pitch & natural Grass pitch)



HOTEL CAMIRAL 5*

With 138 rooms and suites, generous space will give you the privacy you need. With contemporary architecture and luxury amenities, this Leading Hotels of the World property will feel like a home away from home.



FINE HOTELS + RESORTS®

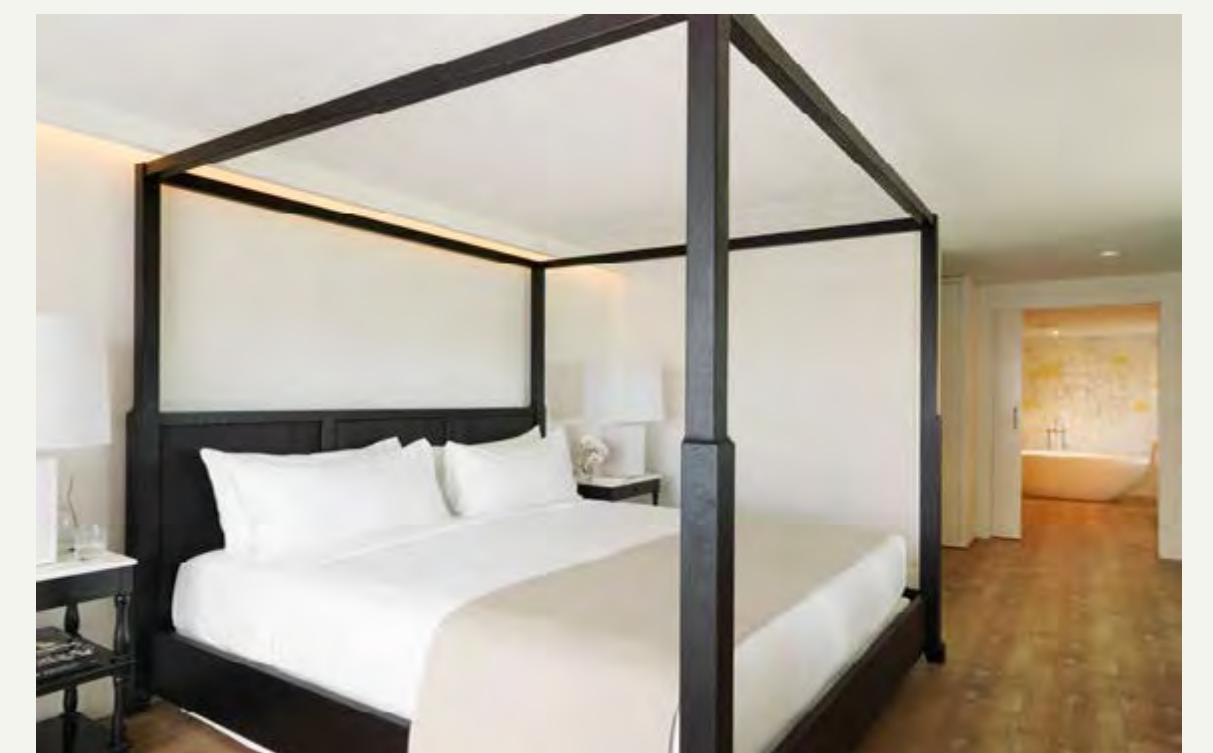
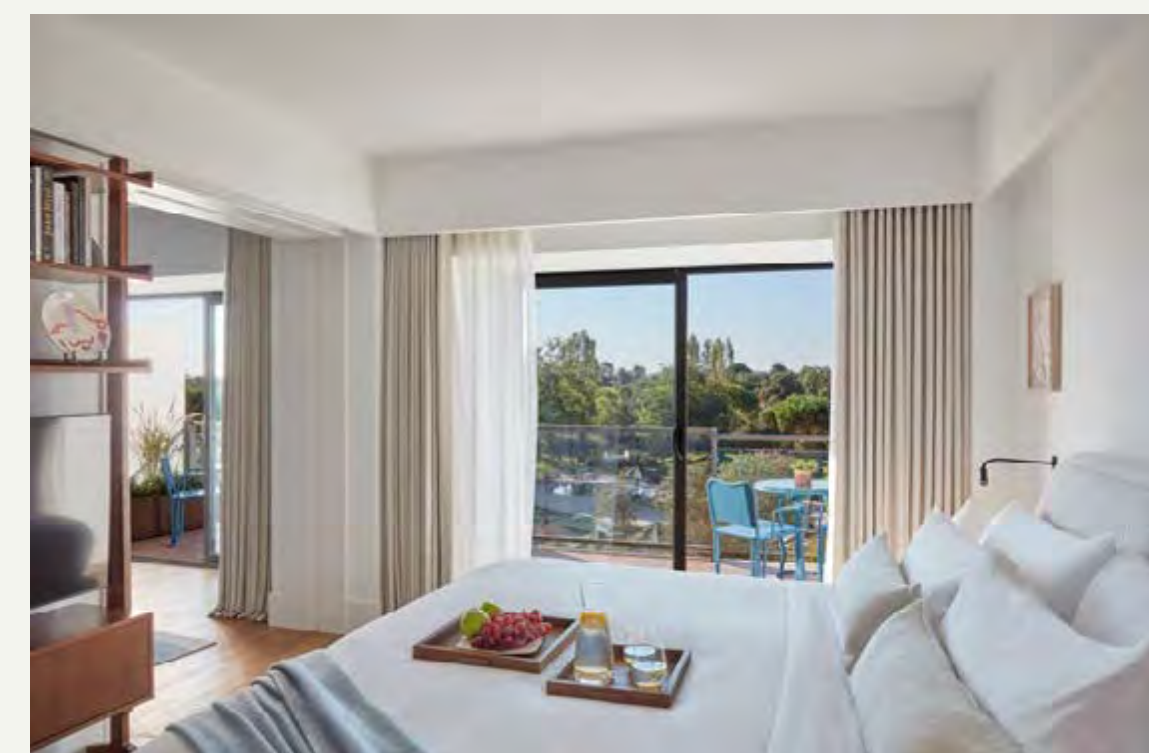
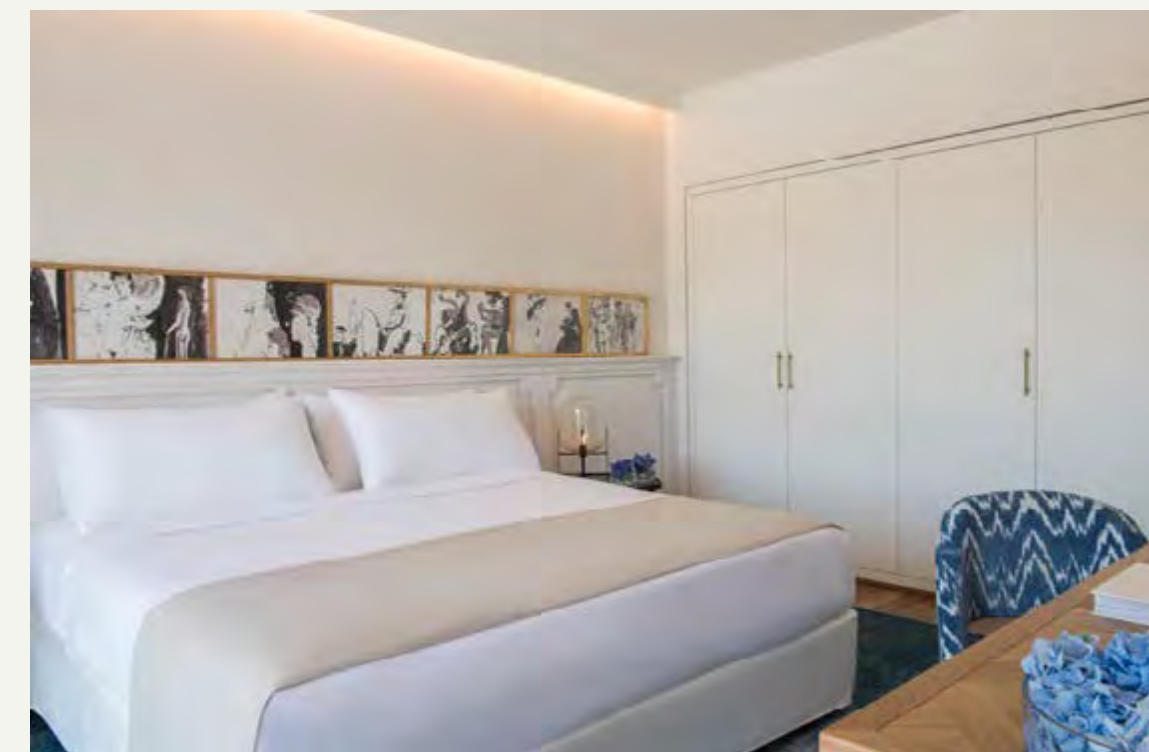


HOTEL CAMIRAL 5*

There are different rooms categories: Standard Rooms (55), Superior Rooms (67), Junior Suites (4), Duplex Suites (4), Camiral Suites (7) and Presidential Suite (1) (same order in the pictures at the right).

The division per floor is the following:

- **Floor 0:** 14 Superior King + 2 Junior Suites
- **Floor 1:** 11 Standard Twin + 11 Standard King + 1 Superior Twin + 13 Superior King + 1 Junior Suite + 7 Camiral Suites + 1 Presidential Suite
- **Floor 2:** 10 Standard Twin + 8 Standard King + 13 Superior Twin + 13 Superior King + 1 Junior suite + 4 Duplex Suites
- **Floor 3:** 12 Standard twin + 3 triple rooms (Standard King) + 10 Superior Twin + 3 Superior King



WELLNESS CENTRE

At the Wellness Centre we pride ourselves on a truly holistic sports programme. This includes our state-of-the-art technology-led treatments. These include Cryotherapy, Oxygen Chamber Therapy and Photo Bio Modulation. We also offer a host of more traditional treatments, from sports massages to relaxing hot stone treatments.

Pack promo

Tech's session (Cryotherapy, Photobiomodulation, Hiperbaric Chamber, Pressotherapy) + Thermal Pavillion acces 30 minutes: €30 per person

Thermal Pavillion water facilities privatization:

Maximum 10 pax per hour
Within Wellness Centre opening hours (10am to 8pm): €540/hour
Outside of Wellness Centre opening hours: €650/hour

Cabin rental: €50/hour

Privatization yoga studio: €365/hour

Privatization Wellness Centre:
(water facilities + treatments):
€1.600/hour



PRIVATE ROOMS

We know how important it is to have private space for you and your team. From coaching sessions to talking tactics, we have ample space available.

Private dinning room is also one of the most important spaces so we include this one in our main pacakge.

Our adaptable spaces are also great for one-on-one meetings and physio spaces. We have plenty of extra meeting rooms which you can use for whatever need you may have, like:

- Massage rooms
- Kit rooms
- Meeting rooms: coaching sessions
- Meeting rooms: team meetings
- Meeting rooms: tactical meetings



GASTRONOMY

In our resort you can find the following restaurants:

- Bella's Restaurant at LAVIDA hotel 4* (Italian cuisine)
- Origin Restaurant at Hotel Camiral 5*, fine dining and gastronomic cuisine.
- Camiral Bistro at Hotel Camiral 5*, sharing vibes and Catalan cuisine.
- Lounge Bar at Hotel Camiral 5*, main bar at the hotel and a list of tapas and informal food options.
- The Club Café at our Clubhouse where you can find a great variety of options for all our meals.

In addition to five different dining options - where chefs can adapt menus to your needs - your team will be appointed a private kitchen, so teams are able to bring along nutritionists and chefs. Our kitchens are fully equipped with anything you need.



Enjoy the privacy of our gated community with a 24/7 private security team. Camiral is nestled in a safe environment, giving you the security you need at all times.



GATED COMMUNITY,
PRIVACY & SECURITY



CAMIRAL

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