Triathlon & Leisure Retreat

10-17 April 2027 | Rosamar, Costa Brava | 7 nights

A small-group training week in a private villa, with a 25-metre outdoor pool, indoor gym and the sea a short walk away. Come solo or with a friend, with private and shared rooms available.

Your week, together

Cycling and swimming are at the heart of the proposed programme: coastal rides, routes through the hills, pool technique and planned open-water sessions. Short runs, bike-to-run sessions, strength and mobility complement the training, with time for a paella workshop and relaxing at the villa.

Allow around 3-5 hours of sport per full training day, with a lighter recovery day. The programme is adapted to the group's experience and goals. Arrival and departure days remain flexible; there is no fixed daily timetable.

Gerald hosts the group

Gerald Victoriano is the owner of Rosamaravilla and will host and accompany the group throughout the week. He knows the area from years spent in Rosamar and shares his experience of training and racing.

Selected sessions with a qualified Level III triathlon coach are being arranged. The exact coached sessions, hours and activities will be confirmed before you book.

Rooms & prices

Shared twin room	**Private room**
€1,295 per person	€1,695 per person

A private room is for one person. Bathrooms are shared. Twin beds and room-sharing arrangements are confirmed before booking. The planned group is 6-8 athletes, depending on bookings and room arrangements.

What is included?

Stay & meals

Seven nights at Rosamaravilla, with use of the private pool, gym and bike storage. Bed linen, bathroom towels and final cleaning are included in the camp price.

Daily breakfast, lunch or a packed lunch, and five shared dinners. One dinner includes a hands-on paella workshop with Gerald. Two dinners out are at your own expense. Tell us about dietary requirements before booking.

Training & guidance

The proposed programme includes five riding days, regular swim sessions and two planned open-water sessions. Routes and GPX files are provided. Short runs, bike-to-run sessions, strength and mobility round out the week. Gerald hosts the group; the selected Level III coach sessions are confirmed before booking.

Arrange separately

Travel, airport transfers, bike hire, sports nutrition, insurance, tourist tax and the two dinners out are not included. Additional one-to-one coaching is subject to availability and a separate quote.

Tourist tax currently applies from age 17 for a maximum of seven nights per continuous stay. The published Catalan rate for holiday homes outside Barcelona is €2.50 per person per night from 1 April 2027. Applicable tourist tax is listed separately in your booking summary.

Practical details

The private pool is 25 x 2.75 metres, 1.50 metres deep and unheated. Bring a wetsuit and a visible swimming buoy. Open-water locations and sessions depend on sea conditions, temperature and the group's level; the final arrangements are confirmed beforehand.

This week suits recreational triathletes with an existing training base who are comfortable riding in a group and training on consecutive days. You do not have to be fast. Tell us about your experience and goals so we can check whether the week is a good fit.

Interested?

Send your preferred room, number of participants and training experience to **info@rosamaravilla.com**, or use the enquiry form on **rosamaravilla.com/tri-camp-april-2027/**. An enquiry does not confirm a booking. We confirm the final programme, inclusions, availability and booking conditions before you commit.