



# HIGH ALTITUDE TRAINING



## CLARENS

IS SITUATED 6207 FEET ABOVE SEA LEVEL MAKING IT THE PERFECT ALTITUDE FOR HIGH ALTITUDE TRAINING.



## DID YOU KNOW?



FAMOUS ATHLETES, LIKE THE SWIMMER MICHAEL PHELPS, SPENT TIME DOING HIGH ALTITUDE TRAINING TO INCREASE HIS PERFORMANCE.



NAVY SEALS HAVE LONG USED HIGH ALTITUDE TRAINING TO GAIN AN ADVANTAGE OVER RIVALS.



WHEN ATHLETES RETURN TO SEA LEVEL AFTER TRAINING AT HIGH ALTITUDES, THEY FEEL STRONGER AND MORE POWERFUL. THIS IS DUE TO THE INCREASE IN RED BLOOD CELLS.



## BENEFITS



INCREASED LUNG CAPACITY



INCREASED LACTIC ACID



INCREASE HEMOGLOBIN MASS AND RED BLOOD CELL VOLUME



MUSCLES ARE MORE EFFICIENT AT EXTRACTING OXYGEN FROM BLOOD.



## WITHIN WALKING DISTANCE FROM THE HOTEL



HIKING TRAILS



MOUNTAIN BIKE TRAILS



TRAIL RUNNING TRAILS

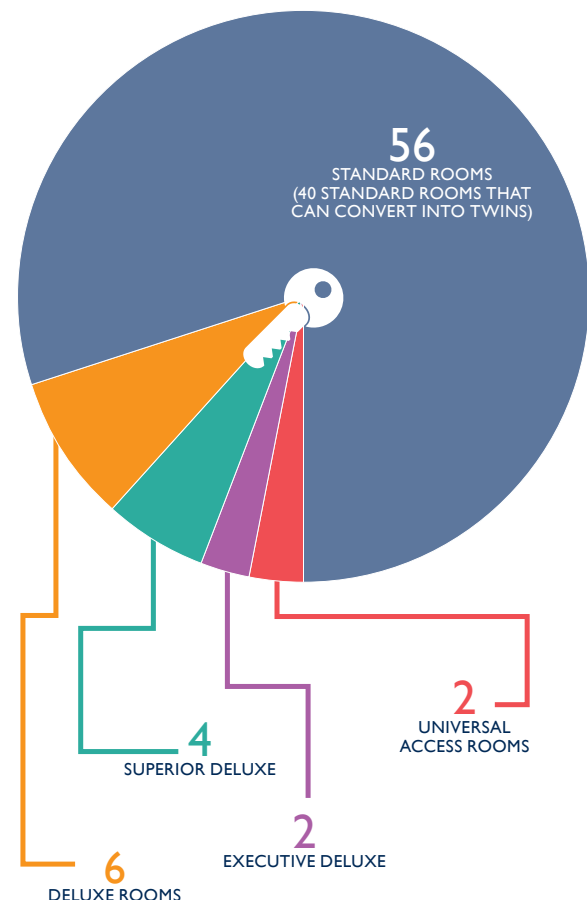
## WINDY ROADS

THAT OFFER UP HILL TRAINING FOR CYCLISTS AS WELL AS RUNNERS



## ROOMS

**70** MODERN, UPMARKET BEDROOMS



## IN-ROOM FACILITIES

- FREE WiFi
- 500MB PER DAY / PER ROOM
- EXECUTIVE WORK DESK
- TEA & COFFEE MAKING-FACILITIES
- UNIVERSAL PLUGS
- FLAT SCREEN TV & DSTV
- LAPTOP-FRIENDLY SAFE
- 1600W HAIRDRYER
- KING-SIZE BED

## IN-ROOM FACILITIES

- 24 HOUR SECURITY
- 24 HOUR RECEPTION
- 18 HOUR ROOM SERVICE
- BUSINESS CENTRE
- FREE PARKING