



ASOCIACION TURISMO Y SALUD
COSTA DEL SOL

TREKKING, EXERCISE & HEALTH



**PRACTICE TREKKING, OVER 60 AND
UNDER THE SUN...
IS GOOD, AND...
...WE WILL TAKE CARE OF
YOUR HEALTH**

TREKKING, EXERCISE AND HEALTH

From October to June – 8 /15 /22 days – Half/Full Pension



Including: Training 5 days/week previous to Trekking

- + Healthywalking, 5 Sessions/week
- + Technogym, 5 Sessions/week
- + Aquagym, 5 Sessions/week

**+ 1 or 2 Trekking Routes/week (3 hours each)
with License Monitor**

When you are over 60 years you think that to do Trekking, climb Mountains or ford rivers it is almost impossible. Now we train you before to do it with the exercise and food you need it. Around the Costa del Sol we have spectacular Mountains and Rivers, that you could visit with the company of the Sun all the time. But you need to be in an appropriate fitness condition. Our Professionals will help you during five/ten days to get ready for your Saturday or Sunday trip, up to you.

BOOKING

