

Umbria

Football Training Camps - Italy



Umbria is one of the smallest Italian regions. It borders with Tuscany, Marches and Latium. Due to its landscape Umbria is called the green hearth of Italy. The vegetation, the hills, its green valleys, and its coloured meadows offers visitors an unforgettable sights.

The Umbrian climate can satisfy every demand. The climate in Umbria could be described as either Continental or Mediterranean - as it is generally warm and dry in summer and mildly cold in winter. None of the weather conditions are too extreme for a training camp at any point of the year.

For this wonderful Italian region we can offer:

- **3 or 4 stars hotels** on a top of a hill, far away from the noise and stress. This is in an ideal location to focus on reaching top physical condition, build team spirit and prepare for the challenges ahead for your team.
- **Single, double and three bedded rooms** are available. All rooms are comes with parquet floor, modern furniture, mini bar, air conditioning system and free wi-fi.
- **Full board.** Menu's especially created for sportsmen
- **Exclusive use of football pitch** with natural grass (100 m from the hotel)
- **Gym facilities** including an outdoor swimming pool and five-a-side pitch
- **Changing room** with showers, massages area and locker to store your belongings
- **Water and fruit** delivered directly to the training field (once or twice a day, upon request of the team)
- **Laundry service** for sportswear (t-shirt, shorts, and socks) – twice a day at the end of every training session
- **Friendly games** against local teams
- **Highly qualified local football coach** for training session
- **Wellness centre** use (sauna, Turkish bath, Jacuzzi, multi-sensory shower)

- **Local Transport**
- **Transfer** to/from Airport
- **Excursion** in Umbria

● **Evening entertainment** in a Piano bar

The training camps and tailor-made itineraries can be organised for anyone, pub teams to semi professional teams. Youth teams or veterans.

Sample itinerary

Day 1 Arrival in Umbria - Settle in to the hotel, welcome dinner.

Day 2 Breakfast at hotel - training session - excursion to the hinterland with guide

Day 3 Breakfast in hotel – Light training session - match against a local team

Day 4: Breakfast and leaving

Shorter (= lower cost) itineraries available on request

Please Note: this is just a sample itinerary. The training camp will be tailor-made according to your requirements.

Attend a local sporting or concert event

Combine your training camp with watching a game in the Serie, going to a concert or attending any other event in one of Italy's big cities nearby.

Rome and Florence are both approximately an hour away. We can arrange for your team to watch a live game at the Olympic Stadium when AS Roma or Lazio are playing at home, Fiorentina at Stadio Artemio Franchi or perhaps one of the big artists are in town for a concert.

Check out the sporting and concert events coming up in these two cities:

All Events in Rome

<http://www.nickes.com/en/2.0/Search.aspx?cityID=75>

All Events in Florence

<http://www.nickes.com/en/2.0/Search.aspx?cityID=783>



We will arrange tickets and transport to / from the stadium. S

Flights

Perugia (Sant'Egidio) is the nearest airport, which you can fly to from London Stansted with a low budget airline.

Airports in Florence and Rome are approximately an hour away. Nickes.Com will be happy to assist your team with the flight booking, or you can make your own travel arrangements.

You can find the best flight deals from your nearest airport
<http://www.nickes.com/EN/2.0/KayakWidget.aspx>

Prices

Prices from: £195 (per person)

Includes:

Full board

Football pitch and equipment use

Friendly game

Guided city / village tour (half day)

(Flights not included in price above)

To Book

Send in your booking request via
http://www.nickes.com/en/2.0/order_group.aspx

We will call you within 24 hours (sometimes longer over the weekend) to discuss your request. After that we will contact our local agent at the destination and together with them create a tailor-made package for you. Your team will receive the quote within 1 – 3 working days.



Or send an email to uksales@nickes.com for further information about this package.

Please Note

The quotation is complete free of charge.

Everything offered above is subject to change and availability until you receive the official quote from us.