

TENNIS HOLIDAY

SPAIN





Mas Solà Resort Girona



Mas Solà is a wonderful, sunny sports retreat set in acres of grounds between the sea and the mountains in the stunning environment of Santa Coloma de Farners, near Girona.

The modern complex built for comfort boasts 78 rooms, surrounded by extensive, well tended grounds, which feature pools, sports facilities, gardens, spa and an exclusive restaurant housed in a 16th century Catalan farmhouse.



**SIMON
KONOV**

**ALEX
SLABINSKY**

Alex

- Former British No.4 & Wimbledon Competitor
- 10 years on the ATP Tour - World Ranked No.266 ATP
- Master Performance Coach

Simon

- 10 years experience in coaching club & pro level players
- Senior Performance Coach
- Expert in player development and technical analysis



TRAINING & MATCHPLAY

5 days of fun packed tennis sessions

4 hours of tennis per day

Improve your technique, footwork and fitness

Mental and Tactical Training

Test your skills in matchplay in our holiday tournament



VIDEO ANALYSIS

On-court technical video analysis included

Choose what to review (serve/groundstrokes/volley/footwork)

Fix your biggest tennis problems instantly

THE FACILITIES

- SPA
- GYM
- RESTAURANT
- 3 SWIMMING POOLS
- 7-A-SIDE FOOTBALL PITCH
- 12 TENNIS COURTS + 4 PADEL COURTS



THE ROOMS



OTHER ACTIVITIES

GOLF



The GOLF PGA CATALUNYA is located 6 km from Mas Solà, featuring top-level international golf facilities.

TREKKING



There is a wide choice of trails of varying length and difficulty both for biking and trekking, including the renowned 10 hermitages trail, which will test expert hikers.

CULTURE



If culture is more your thing, then there are numerous places nearby including the Dali Museum in Figueres, the historic centre of Girona with its Cathedral and Jewish quarter, as well as the magnificent medieval town of Besalú.

CYCLING



Bikes are available for guests to soak up the atmosphere and get to know the surroundings.

BEACHES



Finally, the wonderful Costa Brava beaches are nearby with one of the best, Tossa de Mar, just 35 minutes away

THE LOCATION



The complex is situated in the municipality of Santa Coloma de Farners, capital of the region of La Selva, in the province of Girona.

Santa Coloma is a quiet city of 13,000 people, situated at the foot of "Les Guilleries" mountain range and boasts beautiful landscapes as well as popular mountain biking and hiking routes.

Only moments away from the sun & beach destinations such as Platja d'Aro or Tossa de Mar.

Approximately 90km from Barcelona and only 20km from Girona, a city of unquestionable cultural interest (Game of Thrones).



DAILY SCHEDULE

4 hrs of tennis a day

07:30 - 08:30 Breakfast

08:30 - 10:30 Training

10:30 - 11:30 Break

11:30 - 13:30 Training

13:30 - 14:30 Lunch

14:30 - 19:30 Free Time *

19:30 - 21:00 Dinner **



ITINERARY AND PRICE

FULLBOARD

All meals included at the hotel restaurant and includes water and soft drinks.

LIMITED TO 8 PLAYERS ONLY

This fantastic inclusive package *** priced at:

\$4997 PER PERSON

+ Bring a non-playing partner along for only \$1497



If you wish to arrive earlier or to extend your trip we have rooms available upon request

* Free Time - Players can enjoy the superb facilities of the hotel, visit the town and beach or play a round of golf.

** Dinner - A Spanish restaurant will be booked for the whole group (Attendance optional).

*** Inclusive Package - Excludes Flights.