

Want to join Lynwood in France for a lovely week of training and sight seeing?



Want to stay in an original 19th Century Beach home?

*July 17th through July 31st :
In Dinard (Brittany)*

*6 to 12 day training: including beach and
track running, weights, swimming, cycling*



*\$1,000 a week per person
Forfait includes:*

- 6 Day Lodging in Original 19th Century Beach home*
- 6 Day Breakfasts and Dinners*
- 6 day Personal Training including bike rental and access to training facilities*
- Sight seeing of the beautiful historical "Bretagne"*

(Special Family or couple discounts : \$800 a week per person, Kids stay for Free!)



For more information please contact Lynwood at (323) 428 3006
or email wfathletics@gmail.com

The Location:

Dinard, across the estuary, was a favourite haunt of the English aristocracy in the 19th century, establishing a tennis and a golf club for their amusement.

The old stylish villas give the town a touch of class and extravagance, earning the name "Nice of the North".

The sandy beaches are ideal for children and there are some good walks around the bay, with stunning views, Weekly market days are Thursdays and Saturdays.

Access:

*By plane: directly from London Stansted Airport (Ryanair.com) (Big planes, very cheap!)
50 mns flight to Dinard Airport*

By train: High Speed Train TGV from Paris direct to St Malo station (2h45mns)

I will pick you up from St Malo Train station only 10 mns drive to Dinard (voyages-snef.com)



Sight Seeing:

Paris less than 3 hours by direct Train

Brittany coast: one of France's most rugged regions, Brittany is a fascinating mix of spectacular coastline, ancient towns, magical islands and inland woods. A Celtic duchy for more than one thousand years before its annexation to France in 1532, it is a land rich in culture, tradition and history.

Mt St Michel: is only 36 miles away (about 45 mns drive)

St Malo (10 mns drive): Built in granite rock in the English Channel, the bathing resort of Saint Malo is known for its castle, the cathedral of Saint Vincent, and its 14th century ramparts which overlook the sea. Saint Malo is the birthplace of famous French writer and statesman, Chateaubriand

