

Come along for the ride!

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Inspiring you to release the athlete within!

Casuarina Training Camp

What?

A three day climbing camp for intermediate to advanced riders

When?

Saturday 4 to Monday 6 October 2008

Where?

In the scenic mountains on the border of North New South Wales and southern Queensland

How much?

We can customise your requirements for the camp.

Non riders are welcome.

Includes

- Qualified coach and support crew
- 3 nights' 4-5 star accommodation at a Casuarina Beach resort
- Healthy, fresh meals for breakfast, lunch and dinner
- Presentation dinner and party



QSM Racing
Queensland Sports Management

www.cadencecycling.com.au

Contact: tel 07 3255 0671 email to nick@cadencecycling.com.au

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The base for this camp is Casuarian Beach in northern New South Wales, a stone's throw away from Salt, The Golden Door Day Spa and Mount Warning.

Wollumbin, or Mount Warning, the focal point of World-Heritage Listed Wollumbin National Park, is one of the most impressive natural features on the North Coast. From the summit you can see north to Queensland, including a distant view of the Glass House Mountains and a clear view of the Gold Coast skyline.

To the east on a good day stretches the endless blue water of the Pacific Ocean, blending with blue skies on the horizon. The Cape Byron lighthouse is just a blip in the distance and Julian Rocks off Byron Bay can be seen jutting out of the sea.

To the south, villages, dams, rivers and mountains make up the landscape, the endless coastline drawing a line between the fertile land and adjacent sea; while to the west, mountain peaks reach intermittently into the skyline, the valleys revealing a glimpse of the Great Dividing Range in the distance.

The distances for the camp will vary from 100-150 km each day and will include regrouping on all the major climbs for the day and a back-up support vehicle and mechanic.

We highly recommend that your bicycle be equipped with a 12-25 cassette for this camp.

The weather during this time of year ranges from 15-25 degrees. Be sure to come prepared for all weather conditions.

Now taking reservations!
 Limited places available.
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