

*Groups or individuals looking for the perfect sailing venue! And all around wind and waves conditions.
Together with World Class Coaching from youth to olympic sailing.*

www.vianasailing.com



Get to know better Viana do Castelo, where our SailBase is located in Portugal

https://www.youtube.com/watch?v=dVBua1S_LhY

Is a small city in the North of Portugal full of historical buildings and Nature related tourism, amazing for sailors to focus on their work and for parents to enjoy a nice and cultural stay.

Get to know better our SailBase

<http://josecamposphotography.com/sailing-center/>

Equiped with all a sailor needs to perform, the building was made to have Olympians training for their goals, equiped with gym, briefing rooms, restaurant and looker rooms.

Get to know better VianaSailing

www.vianasailing.com or go to our Facebook page @vianasailingperformance

Our goal is to Improve our Sailors Skills and help them to reach their goals!

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Sailing Sessions Schedules:

- **Morning sessions:** 9:30h to 12:30h
- **Afternoon sessions:** 13:30h to 16:30h

Gym:

All our sailors love to spend some quality time in the gym, with the best equipment for all type of work and an amazing view over to the river.

A hightech gym, opened in 2017 is brand new and offers all a sailor needs to his specific and non specific fitness preparation.

Price/day: 10€

Restaurant/food place:

The place where our athletes eat is the Sports Center Restaurant, ready to serve them with healthy and good portion meals so they keep up the demanding physical training of every day.

<https://www.facebook.com/Maraberto-1498334973800443/>

This is the restaurant on the SailBase. VianaSailing team will be in charge of advising you with the best restaurants and with the transportation associated with it.

Price per meal: 12€

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Airport and Airport Transfers

About the Airport Transfers we can deal with your pick up/dropping you from the Airport to the SailBase. We use the Airport in Oporto, Portugal a very easy and high-tech airport, just 30 minutes away from our Sailing Center.

Price: 25 euros (pick up and drop off)

Physiotherapy sessions

Perfect way to recover from a windy day out on the water, have a hot shower and then enjoy a session with our physio and feel brand new for the next day.

Price per session: 25 euros

Rib and Charter boats

We have a fleet of 3 Ribs VSR and more than 12 dinghy sailing boats. We provide services in the almost all the sailing classes...
Some examples: Laser, Optimist, Melges14, i-Fly, 420

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Accommodation:

VianaSailing Guest House (house in the heart of the city, made for teams when they come for camps or for a group of sailors that want to save a bit more and be always around the SailBase, comfortable, close to the sailbase, very simple. Beside the rooms it has a living room, bathroom and kitchen for your use while sailing with us.

Premium Package - Hotel do Parque - <http://www.hoteldoparque.com/hotel-overview.html> (nice hotel close to the center of the city with an outdoor swimming pool, very modern and comfortable rooms and a good breakfast included, 5 minutes walking distance from the center of the city, the transportation to the sailing center is made by our team and it takes 5 minutes by car)

Gold Package - FeelViana - <http://www.hotelfeelviana.com/pt> (by far the best choice, and the recommendation of VianaSailing for someone that wants to enjoy their sailing camp and explore the city and the nature, FeelViana is a nature related hotel, you can see by their website that they have amazing conditions in the rooms, restaurant and common areas, beside

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Location

Centro de Vela Zona Portuária, 363, Viana do Castelo

Coordenadas GPS

41°41'34"N

8°49'36"W

