



TorreMirona

Golf & Spa Resort

SPORT CENTER: Professional Football Teams

Welcome to your stage:

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“We have enjoyed perfect training conditions. We are very pleased with the place, the treat and the temperature which have all been very favourable for the training and team motivation”

*Eusebio Sacristán
FC Barcelona B coach
July 2011*



“For us the climate and the temperature are important and during our stay in December this has been perfect. A part from this, the football pitch, the food and the staff have been excellent.”

*Viktor Goncharenko
FC BATE Borisov coach
December 2011*



“Personally I think this is an idyllic place, great football pitch and the attention of the staff of the hotel has been fantastic”

*Raül Agné
Girona FC coach
August 2011*





**Idyllic and tranquil surroundings
for training and team motivation.**

The Resort

TorreMirona Golf & Spa Resort, is a sports and leisure complex, situated in Navata-Figuera (Girona-Catalonia-Spain), situated between the foothills of the Pyrenees and the Mediterranean (Costa Brava), offering stunning views over the surrounding countryside. In the resort you will find hotels, restaurants, an 18 holes championship golf course, a residential park and a spa, health and beauty centre with lots of different sport facilities.

With regular visits from many clubs including **FC Barcelona**, **Villareal CF**, **RCD Espanyol**, **FC Girona**, **Halmstads BK** a first division Swedish team, **Olympique de Marseille** and **FC BATE Borisov**, a club from Belorussia which has been playing the Champions League against Madrid and Barça, **Qatar Sports Club** from the Qatar Stars League, the women's team Dutch first division **ADO Den Haag** and **FC Grünweiss Piesteritz** from Germany.

Privacy and safety are guaranteed during your stay with our 24h vigilance and security service and the micro-climate of the area make the resort an idyllic place for football training throughout the year in the best conditions .

Without doubt the ideal place for the maximum concentration for your club.





The best installations for
the most demanding elite
training camps.

The football pitch

An international and regulation sized football pitch (105 x 70 meters), adaptable to individual club needs. The natural grass, automatic sprinklers and excellent drainage are maintained daily throughout the year in perfect conditions by our greenkeepers. The training area offers a jogging area and a space for physical training in complete privacy.

TorreMirona offers the opportunity to organize friendly matches with other teams at all levels including Barça, RCD Espanyol, FC Girona or Figueres.

The teams can work out in this tranquil and private area located at only 150 meters from the Hotel where the players and the coaches are staying.

-
- official sized football pitch (105 x 70 meters)
 - maintained the whole year to the highest standard
 - jogging area
 - organization of friendly matches
 - 24h security service
 - communication and press department





Peace and tranquility, keys factors for a good preparation, to face the competition with guaranteed success.

TorreMirona Hotel Relais****

A peaceful environment is basic for the realisation of a training camp in its best conditions. Situated directly on the golf course, the TorreMirona Hotel Relais, with its 48 double rooms, offers every possible comfort with spacious areas where to relax or to just enjoy the views.

To guarantee privacy during the stay, we can offer the clubs one of the two floors exclusively for their use.



Another option for accommodation are the 70 well appointed suites in Vila Birdie, equipped with all the services of a 5-star hotel.

Together with the medical team and nutritionist, our chef can design special menus suitable to all clubs nutritional needs during the stay.

-
- comfort and tranquility
 - privacy and security
 - dietary menus



In TorreMirona Hotel Relais the coaches and the players can enjoy other important aspects related to a training camp as massage rooms, meeting facilities with private conference rooms for instructional training, with overhead projector, flat screen TV, DVD player and flipcharts, equipment storage, possibilities to organize a press meetings, organization of transfers, etc.

- massage rooms
- private conference rooms for instructional training
- private dining room
- swimming pool with barbeque
- organization of transfers



Well-being, the perfect complement
for body and soul.

TorreMirona Sport & Spa

An excellent leisure centre of 3.500m², dedicated to sports, relaxation and recuperation. Swimming pools, jacuzzis, hydro massage pool, Turkish bath, fitness area, spa, massage therapy, tennis, etc. Without doubt an ideal space for players and coaches to complete the preparation or just enjoy.

- swimming pools
- jacuzzis
- saunas
- fitness area
- massages
- physiotherapy
- tennis
- paddle
- basketball



The ideal environment for both players and coaches, in a privileged surroundings.

Costa Brava, Pyrenees, Empordà area, Girona...

In TorreMirona, we are only 5 minutes away from Figueres (Girona), the place where the surrealist painter Salvador Dalí, has been born and where you can find the world famous museum, one of the most visited in Spain and which has been called after the artist.

We are also close to the beautiful beaches of the Costa Brava, the surrealist village Cadaqués and the medieval village Besalú.

Situated at the foothills of the Pyrenees, in privileged area, with a stable and sunny climate with agreeable temperatures the whole year around.

Close to shopping areas in Figueres, Empuriabrava and Gerona, where you can enjoy a nice day shopping or trying culinary excellence of the Catalan cuisine with star chefs and fine wines.

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- Costa Brava / Pyrenees
 - Dalí Museum
 - shopping malls
 - star chefs and fine wine in Catalonia
 - sun the whole year around



Contact and location

TorreMirona Golf & Spa Resort Sport Center – Professional Football Teams

Tel. (+34) 972 56 67 00 / (+34) 972 56 68 00
Ctra. N-260, Km 46
17744 Navata (Girona) / Catalonia-Spain

We are very close to the principal airports and train stations in Girona and Barcelona:

Girona - 35 km / Barcelona - 140 km
France - 25 km / TGV station - 5 km
Girona-Costa Brava airport - 40 km

We enjoy agreeables temperatures all the year round:

January: 10,6-16,2 °C / February: 11,5-17,5 °C
March: 13,6-18,9 °C / April : 15,3-20,5 °C
May: 19,2-23,5 °C / June: 21,1-26,3 °C
July: 20,9-26,4 °C / August: 22,2-28,2 °C
September: 19,9-24,7 °C / October: 17,9-21,9 °C
November: 14,8-18,9 °C / December: 11,8-15,0 °C





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