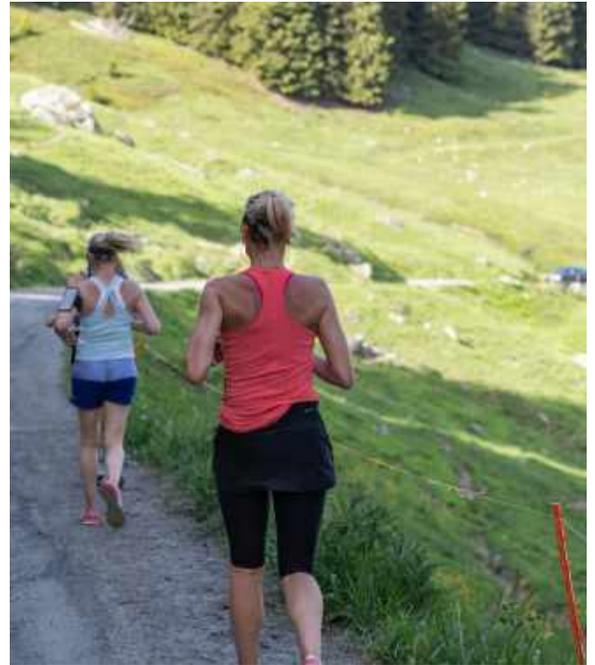


# No.14 Verbier

**Mountain Beach Fitness Retreat 21st - 24th June 2020**

Arrive Sunday afternoon, depart Wednesday morning.



Our luxury health and fitness retreat offers you a unique and exhilarating experience. An opportunity to escape your usual routine and focus on your health and fitness, in a magnificent location.

The benefits of training at altitude are unequivocal. Our tailor made performance programme allows you to propel your fitness, taking your training up to the next level, sleep at 1500m and train up to 2800m.

Whether you climb famous peaks on the bike or trail run, or both, you will be blessed with some of the most spectacular scenery the Swiss Alps has to offer.

The head chef at No.14, in conjunction with Mountain Beach Fitness Retreats, has created a delicious fresh menu designed to optimise recovery. This high protein nutritious menu will nourish tired limbs and give your body

exactly what it needs to take your training to the next level.

After a hard day in challenging terrain, unwind with a sunset yoga session and enjoy fresh, nutritious cuisine while you contemplate how far you have come.

Why Verbier? Perched high up in the Swiss Alps, Verbier's south facing aspect gives it an advantageous number of days of sunshine throughout the year. Verbier offers the perfect environment for high altitude training, sitting at around 1,500 metres with some of our guided hikes and yoga locations taking you up to 2,800 metres. This quintessential alpine village is a haven for Freeride skiers and 'uber luxe' chalet living., as well as being the ultimate playground for fitness enthusiasts with a myriad of activities on offer.

## Mountain Beach Fitness Retreat at No.14 Verbier

Arrive in Verbier on Sunday, mid afternoon and the retreat will begin with a 2 hour introduction and training session. The next 2 full days will include a combination of the following and can be tailored to your specific requirements:

- High altitude training
- Mountain top HIIT and yoga
- Guided hikes and trail runs
- Par Cours Vita circuits through the forest
- Outdoor gym boxersize
- Optional alpine cycling (bike rental costs not included)
- Assisted stretching and core strength work



## No.14 Verbier

"No.14 Verbier manages to be a chalet, a hotel and a home all at once, mixing contemporary design with sleek interior lines. To stay in No.14 is to draw a lucky number, a sacred number." Paris Match

No.14 has thirteen stylish en suite bedrooms and interiors which have been beautifully designed with bespoke furniture hand made in London.

Outside there are two cedar hot-tubs. One is a huge tub on the expansive south facing terrace, from where you can admire the stunning views. The other is a private hot tub for two on the balcony of the chalet's master bedroom. The main terrace also has a BBQ and fire pit, sun loungers and relaxation area.

All rooms have super king size beds (which can also be twins) and ensuite bathrooms. The 2 suites have sofa beds which can be made up if requested. All rooms are fully equipped with Bamford toiletries, hairdryers, smart TV's and Sonos.



### Chalet Facilities

- 10-metre indoor swimming pool
- Spa with hammam, cold plunge pool and Jacuzzi
- 2 Bamford Spa treatment rooms
- 2 outdoor cedar hot tubs
- Home cinema room with Wii, X-Box and other games
- Wifi and Sky TV
- Large south-facing terrace
- Fully stocked bar and extensive wine cellar
- A fantastic team of dedicated staff
- Chefs (with 1\* and 2\* Michelin restaurant experience)



## Prices:

21st - 24th June 2020

Twin room per person	£990
Single occupancy	£1,190
Suites per person	£1,290
Suites single occupancy	£1,590

### The price includes the following:

- Bespoke Mountain Beach Fitness programme.
- Breakfast, healthy lunch and light evening dinner each day.

