

DOMINA CORAL BAY

Sharm el Sheikh 12-19 & 19-26 January 2025

WEEK PROGRAMME

Monday - Domina Coral Bay Course test: running training on the 5k course, gym session & after-run recovery relaxation

Tuesday - Training session at Ras Muhammad National Park & Magic Lake tour. Departure from the main beach (which has huts to guarantee some shade, toilets, barbecue area). The training is planned on loops of 6-11-19 km on dirt roads.

Wednesday - Excursion to Mount Sinai (2,285 m asl) from the Monastery of St. Catherine (1,585 m asl).

Running ascent (alone or in groups). Estimated walking time 2.5 hours. Running WBT 35'17" (by Riccardo Scalet – November 2020)

Thursday - Domina Coral Bay free course test

Friday - Domina Coral Bay 5km RACE in the morning

Saturday - Domina Coral Bay 10km RACE and price giving ceremony, closing ceremony and final party.

Sunday- Departure

DOMINA CORAL BAY

Domina Coral Bay is the hosting location of Domina Running Experience and offers a luxurious retreat along the stunning Red Sea coast. The resort blends elegant accommodations, world-class amenities, and a vibrant atmosphere. Guests can indulge in fine dining, relax on pristine beaches, and explore the rich marine life through diving and snorkelling adventures. With its lush gardens, multiple swimming pools, and a range of entertainment options, Domina Coral Bay provides a perfect blend of relaxation and excitement for travellers seeking an unforgettable getaway.



RAS MUHAMMAD NATIONAL PARK

Ras Muhammad, located at the southern tip of the Sinai Peninsula in Sharm El Sheikh, is a renowned national park celebrated for its untouched natural beauty. This protected area boasts crystal-clear waters, vibrant coral reefs, and a rich diversity of marine life, making it a paradise. The park's terrestrial landscape is equally impressive, featuring dramatic desert scenery, unique geological formations, and the enchanting Magic Lake.

MOUNT SINAL

Mount Sinai, located in the Sinai Peninsula of Egypt, is a site of profound historical and spiritual significance. Revered in Christianity, Islam, and Judaism, it is traditionally identified as the mountain where Moses received the Ten Commandments. Rising to 2,285 meters, Mount Sinai offers breathtaking panoramic views of the surrounding desert landscape. At sunrise, the mountain's peak provides a particularly stunning vista, making it a must-visit destination for both pilgrims and adventure seekers alike.





OFFER & BOOKING

(deadline 30 October 2024)

RUNNER'S PACKAGE

<u>5 days / 4 nights **570€**</u> (*flight and transfer airport / hotel /airport are not included*) half board package in double room + Ras Mohammed + St. Katherine - Mt. Sinai + 2 competitions.

Partner* **240**€ | Extra night **60**€ per person | Single room surcharge **30**€ per night All - Inclusive package **17**€ per person per night | Insurance Multigaranzia **20**€.

FLIGHT (from Milano Malpensa) + HOTEL

8 days / 7 nights **820€**

half board package in double room + Ras Mohammed + St. Katherine - Mt. Sinai.

+ 2 competitions + insurance Multigaranzia + transfer airport/hotel/airport.

Partner **690€**. | Extra night **60€** per person. | Single room surcharge **30€** per night. All - Inclusive package **17€** per person per night.

FLIGHT (from Milano Malpensa) + HOTEL

15 days / 14 nights 1310€

half board package in double room + Ras Mohammed + St. Katherine - Mt. Sinai + 2 competitions

+ insurance Multigaranzia + transfer airport/hotel/airport.

Partner* 1180€. | Extra night 60€ per person. | Single room surcharge 30€ per night.

All - Inclusive package 17€ per person per night.

(Entry visa is not included, to be paid directly at the airport).

*Partner is a trip companion which will not take part in the running races and excursions.

UPGRADE PACKAGES

- GOLD PACKAGE 190€ per person:

2 dinners c/o The Beach Luxury Club, Cleopatra Show and access to the gym.

PLATINUM PACKAGE 340€ per person:

Aquamarine Beach Deluxe accommodation, à la carte restaurant and gold package included all week.

BOOKING

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