



# Tobias Angerer Cross-country Camp 2019

powered by König Ludwig Lauf  
Ettal, Ammergauer Alpen Nature Park



Date: 06-8 December 2019

Venue and accommodation: Ettal, Klosterhotel „Ludwig der Bayer“\*\*\*\*, 4-star national category

<https://www.ludwig-der-bayer.de>

## Services included:

- \* **2x nights in double or single room** according to your registration to include internet, telephone, bathroom, toilet, bathrobe, towel for sauna, flatscreen TV, some rooms might have a balcony
- \* **2x half board** to include a rich breakfast in buffet-style; 2x dinner, buffet-style or 4-course;
- \* **1x ‚sportive‘** (quick) 2-course lunch on Saturday
- \* **Free-of-charge** usage of **Wellness-Oasis** (Sauna, Steambath, Tepidarium), **indoor pool, whirlpool** with massage function
- \* **2x evening program** at the hotel to include a motivational presentation by Tobias Angerer, a waxing seminar provided by Toko, video analysis of the training sessions, and socializing
- \* **‚Ski Testing Package‘** for the duration of the Camp every participant gets the chance to test current Classic or Freestyle Ski provided by ATOMIC.
- \* **König Ludwig Lauf 2020 Ambassador Package** consisting of
  - ADIDAS-cross-country dress
  - Pair of ROECKL-cross country-gloves
  - Waxing package by ToKo
  - Bioenergetic tea by BIOTEAQUE Sports
  - Viessmann Wool Cap
  - Shopping voucher by Sporthaus Schuster
  - Starting Voucher for Koenig-Ludwig-Lauf 2020

## Price for Tobias Angerer Cross-Country Camp powered by Koenig-Ludwig-Lauf:

€ 799,-	per person in single room
€ 749,-	per person in double-room
€ 930,-	double-room, but only one person attending the Camp, second person accompanying for lodging and half-board, no Camp, no Ambassador package

## Local community tourist tax

€1,- per person and night to be paid upon check-in at the hotel

## Not included

Car parking outside the hotel area, if necessary

Meals, drinks, entrance fee, guided tours that are not listed above.

## **Outline Program:**

### **Friday, Dec 6, 2019**

By lunchtime arrival in Ettal in own responsibility  
Check-in Klosterhotel 'Ludwig der Bayer'\*\*\*\*  
Afternoon getting to know each other and first training session (2.5 hrs)  
Dinner at the hotel followed by presentation and socialising  
Night at the hotel

### **Saturday, Dec 7, 2019**

Breakfast at the hotel  
A.M. second training session (2.5 hrs)  
Quick lunch at the hotel  
P.M. third session (2.5 hrs)  
Dinner at the hotel followed by waxing seminar and video analysis of the training  
Night at the hotel

### **Sunday, Dec 8, 2019**

Breakfast at the hotel  
A.M. fourth training session (2.5 hrs)  
End of T.A. C3 and individual departure

(The outline program might change due to organisational requirements.)

### **Please note the alternate dates**

13-15 Dec 2019  
20-22 Dec 2019

**Contact and booking:** König Ludwig Lauf e.V.  
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