

Ceroc Med Fest in Calpe, Spain - 7 nights

****ROOMS IN THE MAIN HOTEL ARE NOW FULLY BOOKED. WE CAN OFFER THE HOTEL'S ADJACENT APARTMENTS WITH SHARED FACILITIES. PLEASE CALL US FOR DETAILS****

PASSENGERS TRAVELLING TO BIRMINGHAM OR EAST MIDLANDS AIRPORT PLEASE NOTE THAT DUE TO THE POPE'S VISIT THE A38 WILL BE CLOSED FROM 5am UNTIL 5pm ON SUNDAY. PLEASE ALLOW PLENTY OF TIME FOR YOUR JOURNEY.

Sun, Sand, Sea and Ceroc! The Ceroc Mediterranean Festival 2010 takes the nationwide Ceroc community to Calpe, Spain for a non-stop dance explosion in the sun offering you fantastic, high energy workshops and unforgettable parties at night. There will be competitions, great dance shows, pool parties and more. Your holiday, workshops and parties take place in the elegant four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa and a choice of restaurants and bars.

Dates and Prices	19 September to 26 September - £598.00
------------------	--

Unique Features	Sun, Sand, Sea and Ceroc! The Ceroc Med Festival is your opportunity to mix sandy beaches, warm sun, a great break away with high energy Ceroc workshops and Freestyle sessions at night.
-----------------	---

Your Holiday	The Ceroc Mediterranean Festival takes the nationwide Ceroc community to Calpe in Spain's Alicante province for a non-stop dance explosion in the sun offering you fantastic, high energy workshops and unforgettable parties at night. There will be competitions, great dance shows, pool parties and more. Your holiday, workshops and parties take place in the elegant four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa and a choice of restaurants and bars.
--------------	---

What's Included	<ul style="list-style-type: none"> All inclusive pass to the seven night Ceroc Mediterranean Festival including non-stop workshops and fantastic Ceroc parties, pool parties, competitions and more. Return flight London / Alicante Return Shuttle Transfer from Alicante Airport. 7 nights half board accommodation at the four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa and a choice of restaurants and bars. Bilingual Dance Holidays Tour Host on hand Time to relax and enjoy the beach, pool, local sights Welcome Drink & Orientation Pack on arrival
-----------------	--

Your Destination, includes sightseeing	<p>Located on the central Eastern coastline, Spain's Costa Blanca is a popular destination for tourists who arrive every summer to take advantage of the warm climate, sun-drenched beaches, laid-back lifestyle and lively evening culture. Calpe is situated approximately 60km from Alicante airport. With around 13.000 inhabitants, this unassuming former fishing village has become a popular resort. A distinguishing feature of the town is the "Penon de Ifach", an imposing rock which rises from the sea and creates a unique landscape for this coastal resort.</p>
--	--

Calpe's two main beaches, the Cantal Roig and the Playa Arenal, are renowned for their long stretches of fine sand and clear waters, perfect for swimming and also popular with surfers. Protection from the wind by surrounding mountains means that the town's beaches generally remain warm and the sea calm.

The port comes alive in the afternoon as the daily catch makes its way inland and diners are invited to sample the fresh local seafood for dinner in one of the many restaurants surrounding the harbour. As well as a good choice of restaurants serving local specialities (the Valencian Paella is a must-try!), there is a good selection of international dining choices including Argentinian, Italian and other European cuisine. Calpe boasts some fantastic bars and clubs playing a wide range of live music including Flamenco bars and karaoke pubs which remain open until the early hours of the morning. For a wilder evening, Benidorm is just 20 minutes by bus.

Shopping in Calpe offers the usual traditional local handicrafts such as wickerwork, ceramics and leather goods, as well as a wide assortment of souvenirs jewellery and trinkets.

Climate and weather

Weather:

Calpe is located on the Costa Blanca on Spain's Mediterranean coast and the climate is always mild and nearly always mild and sunny.

Average temperatures:

January 10C

February	13C
March	13C
April	14C
June	21C
July	25C
August	25C
September	22C
October	18C
November	16C
December	12C

Your Accommodation AR Diamante Beach Spa (old) - Hotel***** (Half Board) (Included)

The AR Diamante Beach Spa is located on the Levante beach in the town of Calpe, a stunning location on the Costa Blanca in Spain's Alicante province. The hotel's unique style is characterised by its spectacular glass facade that lends an impressive source of natural illumination to the carefully designed interior.

There are no less than three outdoor pools, surrounded by attractive terraces dotted with palm trees and just a few steps from the seashore. The locally-renowned, modern Spa is one of the best on the Costa Blanca and has an additional indoor pool with water features as well as Turkish baths, sauna and an array of treatments. It has been totally renovated and opened to the public again in May 2013. There is also a gym and access to a nearby golf course.

Dining options include two a la carte restaurants serving local and international cuisine, a buffet restaurant, cafeteria and piano bar.

All 283 double rooms are attractively decorated and have large balconies, air conditioning, safe, wi-fi internet connection and private facilities and hairdryer. Note that there are no tea and coffee making facilities in the hotel.

In addition to the hotel rooms, we also have an exclusive arrangement with the AR Diamante Beach to use their attractive and spacious apartments (the Ambar Beach Apartments). Apartments are furnished to a high standard and offer one or two bedrooms, a large living area, balcony, kitchen facilities and bathroom (the two bedroom apartments have two bathrooms), as well as daily room service. Adjacent to the hotel and with their own pool, guests at the apartments can also use all of the hotel facilities. An ideal choice for families or groups of friends.

Classes and Workshops

Dance workshops: An Explosion of dance workshops! The Ceroc Mediterranean Festival offers nonstop Ceroc workshops. These workshops will not only give you precious time with the top Ceroc teachers in the UK who will entertain you with their humour, personality and excellent teaching technique, but also will give you the opportunity to take different modules such as: Styling, Lifts, Drops and Seducers, Dirty Dancing, Fancy Footwork, Close Moves, Stops Breaks and Pauses. This is a unique opportunity to widen your Ceroc repertoire, gain confidence within your dancing and dance as much as you want.

Venue of classes: All the workshops will conveniently take place within the hotel.

Daily Itinerary

Sample Itinerary

This is a provisional itinerary aiming to give you an idea of what your holiday will look like. There will be some elements which will change:

DAY 1

During the day - Arrival to Alicante Airport and transfer to hotel

Evening - Overview of the week; Dinner included; Welcome Drink and Ceroc Med Festival Freestyle Night.

DAY 2

During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach.

Later afternoon - Pool party with games around the hotel pool.

Evening - Dinner included; Ceroc Med Festival Freestyle Night.

DAY 3

During the day - Pick and mix Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach.

Lunchtime - (OP) Sunbathing, barbeque lunch and dancing on the beach at beach restaurant just by the hotel.

Evening - Dinner included; Ceroc Med Festival Freestyle Night with Jack & Jill Competition.

DAY 4
Morning - Free time to sunbathe on the beach or around the pool.
Lunch included
Afternoon and evening - (OP) Excursion evening trip to Alicante for shopping and Ceroc Freestyle later on at an Alicante dance venue.

DAY 5
During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach.
Later afternoon - Pool party with games around the hotel pool.
Evening - Dinner included; Ceroc Med Festival Freestyle Night.

DAY 6
During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach.
Later afternoon - Pool party with games around the hotel pool.
Evening - Dinner included; Ceroc Med Festival Freestyle Night.Cabaret night!

DAY 7
During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach.
Later afternoon - Pool party with games around the hotel pool.
Evening - Dinner included; Ceroc Med Festival Freestyle Night. Last night Dance Party with dance showcase by your Ceroc teaching team. Plus the 'Ceroc Med Festival 2010 Awards' (prizes given for Sexiest Dancer, Best Talker, Coolest Dips etc).

DAY 8
Transfer to Alicante Airport

Nightlife The Ceroc Med Festival offers you fantastic nights of Ceroc Freestyle. In addition to dancing to the music given to you by Ceroc UK's top djs, these Freestyle Nights will include fun nights of competitions, cabaret night and a showcase by the teachers on the last night. The last night will also see the 'Ceroc Med Festival 2006 Awards' where prizes will be given to the Sexiest dancer, Coolest move etc.

Your Teachers Teaching the Ceroc Med Festival workshops and dancing with you in the Ceroc Med Festival Freestyle Nights will be the top names in Ceroc teaching from the UK. The teaching team are chosen not just for their great teaching technique but also for their charisma, sense of humour and fun.

Debbie Attwood

Her relaxed, fun and clear teaching style will always leave you with some great moves and a smile on your face.

Some of the most popular DJs from Ceroc have been chosen to take part this year including Rob Ambridge and Ian Oxo.

Maja Kocanova

The fabulous Maja will be mixing a unique cocktail of hot rhythms, inspiring technique, sweeping footwork and plenty of dance attitude. With a background in Latin Ballroom, Tap dancing and Eastern European dancing, Maja offers her own unique and sassy latin Ceroc style.

DJs

Food and Meals Cuisine: Calpe offers a choice of modern and traditional Spanish restaurants with freshly caught seafood a speciality. International cuisine, including Italian and Chinese, are also available.

Optional Extras What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form. These are the optional extras that we anticipate running – actual details and prices will be confirmed on arrival. Some may require minimum numbers.

Afternoon and Evening trip to Alicante:

Single Room Supplements, Upgrades and Budget Options	Option 1 - Included		
	AR Diamante Beach Spa (old) - Hotel***** Half Board - (19/09/2010 to 26/09/2010 - 7 nights)		
	1 Twin room (Single occupation) Half Board (Per Room)		112.00 GBP
	2 room apartment for 4 pax Half Board (Per Room)		Included
	Junior Suite Half Board (Per Room)		910.00 GBP
	Twin Room Half Board (Per Room)		Included

Flights and Transfers Flights : This holiday includes a return flight from London to Alicante. If you wish to fly from another regional airport we can source your flight for you, however flight supplements may apply.

Alternatively you can source your own flights.

NB Its important that your holiday is confirmed to you by us before you buy your flights.

Which airport? The nearest airport to Calpe is Alicante. From Alicante it takes approximately one hour by bus.

Airport Coach Transfer: We will be offering shuttle transfers from Alicante Airport.

Making you own way to the hotel for ground only package Making Your Own Way to Your Hotel in Alicante: You can easily reach your hotel by taking one of the following routes:

1) Taxi from Alicante Airport: Take a taxi for approximately

3) Public Transport from Alicante Airport:

What to Expect in terms of Organisation On Arrival: You will receive a detailed itinerary and details of any optional extras. We also include information on the local sights, recommended restaurants and other helpful tips.

Tour Host: Over the week you will have a tour host who will be available to help you with any questions that you may have. They are present from the pickup at the airport until you go home, and also actively participate in the social events. Whilst it should be noted that tour hosts cannot be present at every moment (as they sometimes must prepare other activities for your holiday), their role is to facilitate as much as possible that you have an unforgettable holiday. They normally go to bed at around 1'o clock in the morning and you should continue to enjoy your evening.

Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the Week where your tour host will tell you about all details of your holiday. At the Overview of the Week you can buy your optional extras (see below). Also at the start of the week, Dance Holidays will invite you to be our guest to a drink.

Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. We will point out those times when it is sensible to take a taxi.

Free time: We encourage you to explore the local area and make use of the excellent hotel facilities. This can be done when you please around the activities and dance classes that we have organized for you. Your tour host will be on hand for any queries you may have about the local area.

Before Your Go Books on Spain: It may be worth your while reading up on your destination before you go. Penelope Casas writes beautifully on Spain, such as "The Blue Guide" or "The Foods and Wines of Spain." Ian Gibson's "The Fire in the Blood" is one of the most fascinating insights into Spanish Culture.

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras.

Three course meal including drinks in the centre of town: 20-25 euros

An evening of tapas and drinks: 12 euros

Rum and coke: 5 euros

Beer: 2 euros

Coffee: 1.50 euros

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the workshop/socials.

Insurance, Visa and Passport Requirements: Refer to the brochure for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain.

Travel Documents: You receive these 10 days prior to departure. We also confirm the address and phone number of the hotel and the emergency contact numbers.

Essential equipment and clothing to bring

What to wear for Ceroc workshops and freestyle nights: We recommend that you bring shoes with a leather sole for the dance classes and the evenings. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes. We expect the Freestyle Nights to be quite dressy so bring some glam gear with you for the evenings!

Useful Things to Bring:

Swimming costume
Suntan lotion
Beach gear
Camera
Summer clothing for day and light jacket for evenings

At Your Destination

Banks and Money: The easiest way to buy obtain euros is by using a credit card at the cashpoints which are located at five minutes walking distance from the hotel. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank.

Tipping is generally not that common in Spain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.

We feel our tour hosts work hard to give you an exceptional holiday and sometimes you may find that they add some special touches which are beyond the call of duty. If you agree with us, you might wish to show your appreciation by way of a tip. You can do this by putting money in an envelope on your own or by getting together with other guests. This evidently is entirely at your discretion.

Making friends with the Locals and people not on the holiday: The dance classes and dance evening events in the hotel at night are exclusive to Dance Holidays clients. Generally, we discourage people who are not on the holiday from joining our activities and we ask for your discretion in this respect. By all means, outside of the itinerary, do mix with other holidaymakers staying in the hotel.
