

Salsa in the Canary Islands - 7 nights

What could be better than escaping to a sunny island getaway in the dead of winter? Warm rays of sun, soft sand beneath your toes, crystal water waves crashing on the beach and Salsa pulsating through your veins! This Salsa holiday will catapult you out of the dismal grey winter months into a rocking new 2005!

Dates and Prices	21 February to 28 February - £599.00
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Your Holiday	Your holiday includes fantastic nights out Salsa-ing in hot clubs, tapas bar-hopping, delicious meals in carefully chosen restaurants with wonderful food and fantastic views, sunset cocktails, cultural tours and sightseeing, and great social occasions and nights out which can last all night long if you want them to.
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What's Included	7 Nights Bed & Breakfast accomodation at the four star Hotel Concorde 10 hours dance tuition Club Dance Holidays Tour Host Welcome Drink and Orientation Pack on arrival
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What previous Customers Have Said about this Holiday	'Muy muy muy excelente. Beautiful Salseros and host.' 'Of the 4 Dance Holidays I have been on, all of them have been very good, this has been the best. 7 days of clubbing, sun and good company.' 'Great time, loads of laughter with good company. Fantastic!' 'Improved my Salsa! Amazing holiday! Given the freedom to do our own thing as well!'
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Your Destination, includes sightseeing	Las Palmas is the principal city of Gran Canaria, one of the largest of the Canary Islands. Located at 28 degrees latitude, the Canary Islands are a small group of islands about 70 miles off the coast of Morocco, North Africa. They are a region of Spain. The city has been compared in the past to Havana, Cuba with its crumbling Spanish colonial buildings, the waterfront fortresses, a huge harbour, a mix of nationalities (in Las Palmas you can find Chinese, Indians, Africans and Cubans) and the all-night latin nightlife. There is a flamboyant edge to the street-life in Las Palmas which does not suit the traditional tourist. Indeed, Las Palmas is a long way geographically and spiritually from the tourist filled Playa del Inglés. We make the most of the intrinsic nature of Las Palmas as an upbeat, exciting and musical city.
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The Sights: Your holiday in Las Palmas is an opportunity to get a tan in February. Throughout the week, you can laze on the golden sands of the beach, Playa Las Canteras. The Port in Las Palmas has an abundance of seafood restaurants and cafés to take leisurely lunches. The Old Town is about 10 minutes away by taxi and contains some of the historic sights, the Cathedral and the Casa Colon. Those of you looking for a bit of adventure will find a paradise in Gran Canaria. The interior of Gran Canaria is breathtaking – cool high mountains covered in thick forests, dense subtropical vegetation and genuine deserts. Don't miss the impressive, romantic sand dunes of Masapalomas.

The Beach: Las Canteras, right next to the hotel, is one of the best available anywhere. There is a reef which calms the waves making bathing a pleasure. The water and sand are both clean. There are beach bars, restaurants, and cafés where you can eat lunch and dinner.

Climate and weather	Weather: How about enjoying some early sunshine? The climate of Las Palmas is almost perpetual spring / summer.
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Your Accommodation	Concorde - Hotel***** (Bed & Breakfast) (Included) Hotel Concorde***** is an excellent four star hotel right in the heart of Las Palmas. It is next to the lovely Las Canteras beach (where you can sunbathe, swim and eat at the numerous restaurants along the promenade) and is a ten minute walk to the dance studio and is close to bars and clubs. The hotel has the added bonus of its own rooftop swimming pool and solarium. It offers a buffet breakfast. All rooms have en-suite facilities with phone, television, air conditioning, mini-bar, safety box and tea and coffee-making facilities. Towels for the pool and beach are provided on request at the reception desk. Wheelchair access.
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Classes and Workshops	Your Salsa course is ten hours long (lessons are 2 hours a day). In most cases, the dance classes will take place within the Hotel Concorde in a spacious room with air conditioning.
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Daily Itinerary	<u>Sample Itinerary</u> This is a provisional itinerary, and any of the listed activities are only a suggestion.
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(OP) indicates an optional extra for which a charge will be made in advance.

DAY 1

- | Arrival and transfer to hotel
- | Afternoon Suggestions: Wander around the city centre getting a feel for Las Palmas. Lunch at any of the restaurants along the beach 'Playa de las Canteras'.
- | Evening - Overview of the week; Tapas and drinks; Welcome drink and salsa-ing all night!

DAY 2

- | Morning - Salsa lessons
- | Afternoon Suggestion - Lunch and free time in Las Palmas beach.
- | Evening - (OP) Enjoy a French cuisine dinner at an elegant restaurant situated in the Old Town, followed by all night Salsa-ing!

DAY 3

- | Morning - Salsa lessons. Ladies Styling class (optional extra).
- | Afternoon Suggestion - Lunch and free time in Las Palmas beach.
- | Evening - (OP) Enjoy an excellent Argentinean dinner at a cosy restaurant, followed by all night Salsa-ing!

DAY 4

- | All day - (OP) Take a day-trip excursion to the interior of the island
- | Evening - Tapas and drinks followed by all night Salsa-ing!

DAY 5

- | Morning - Salsa lessons
- | Afternoon Suggestion - Enjoy a seafood lunch at the end of the bay with great view of sea!
- | Evening - Tapas and drinks followed by all night Salsa-ing!

DAY 6

- | Morning - Salsa lessons
- | Afternoon - Lunch and free time in Las Palmas beach! Sightseeing suggestion: Las Palmas Old Quarter
- | Evening - (OP) Enjoy an excellent Spanish dinner at a local well-known restaurant, followed by all night Salsa-ing!

DAY 7

- | Morning - Salsa lessons
- | Afternoon - Lunch and free time in Las Palmas beach! Alternative suggestion: Shopping
- | Evening - Tapas and drinks followed by all night Salsa-ing!

DAY 8

- | Transfer to Airport

Nightlife

There is a small but lively Salsa scene in Gran Canaria. Las Palmas is often compared to Havana and the Salsa scene definitely has a Cuban feel to it. All the Salsa bars and clubs are within walking distance of each other, the hotel and the beach. This is a great opportunity to mix with the locals!! Entrance to these clubs is usually free. Some nights entrance may cost about 10€.

Your Teachers

Anja Rother has been enveloped in the world of dance from a young age. Before discovering her true love of Latin dance and Salsa, her dance training was in ballet. Since her introduction to Salsa in 1996 she has travelled all over the world taking classes with the best Salsa teachers of all different styles, from Cuban to LA, from 'Salsa on two' to 'show style'. Anja herself has taught Salsa since 1999. Her speciality is Ladies Styling and Footwork. She has performed in several dance troupes and Salsa congresses (including the LA Salsa Congress). We are sure you will enjoy her varied repertoire, delightful style and excellent teaching method.

Food and Meals Breakfast is included in your holiday. Lunch and Dinner are not.

Lunch: It is the custom in Spain for lunch to be the main meal of the day, taken at 2 or 3 pm. We may arrange to meet informally so that whilst the meal is not paid for in advance you have the opportunity to eat together as a group.

Tapas/dinner in the evening: Tapas is the typical way of eating in the evening. We will visit the bars/restaurants that the locals frequent. In many tapas bars you don't sit down, you stand at the bar and order according to your appetite and budget. The pace of life is slower and more relaxed here so take your time and enjoy the real Spain. Alternatively we may go for a more formal sit-down dinner which will be offered as an optional extra.

Vegetarianism is not a very mature concept in Spain. A lot of Spaniards, especially bar and restaurant owners, don't understand non-meat eaters. However contrary to popular belief there are some real treats for vegetarians - Mediterranean vegetables, and the bread & olive oil are of excellent quality. If you are a vegetarian we will give you some more tips on arrival.

The food and water is just as well regulated in Spain as back home. However some people are upset by the change in diet. This can be minimised by ordering carefully.

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.

Social Dinners: Eating together on a dance holiday is a convivial and entertaining way to eat and an important part of any holiday. We recommend it and we know from experience that those people who join in the meals have a more enjoyable holiday. Here are the lunches and dinners we anticipate running: a cosy Spanish cuisine lunch, a french cuisine dinner at an elegant restaurant in the Old Town and an excellent Argentinian dinner. (£42 for the three)

Daytrip excursion: A trip to the interior of the island (includes lunch.) (£18)

Single Room Supplements, Upgrades and Budget Options Option 1 (4 star included) - Included

Concorde - Hotel**** Bed & Breakfast - (21/02/2005 to 28/02/2005 - 7 nights)

Extra Nights	
Family Room (Per Room)	86 GBP per night
Family Room with cots (Per Room)	86 GBP per night
Suite (Per Room)	160 GBP per night
Triple Room (Per Room)	120 GBP per night
Twin Room (Based on 2 sharing)	86 GBP per night
Twin Room (Single Occp.) (Based on 1 sharing)	65 GBP per night

Flights and Transfers

Making you own way to the hotel for ground only package Making Your Own Way to Las Palmas: For those whose flights don't coincide with our Airport coach transfer, we suggest that you get a taxi to your hotel. It takes about 30 minutes and costs approximately 30 euros.

What to Expect in terms of Organisation On Arrival: You will receive a detailed itinerary, annotated map and details of any optional extras. We also include information on the local sights, recommended restaurants, and other helpful tips. Independence: We believe our guests do not like to be over-organised. We give you details of the organised social and dancing activities, and allow you to decide if and when you want to turn up. You are fully independent on these holidays

Club Dance Holidays Host: Your holiday tour host is there to make your holiday as enjoyable as possible. Club Dance Holidays Tour Hosts are a cut above your typical Holiday Rep with a lightness of touch that enables you to get the best out of your holiday without being in the least bit interfering. We make sure you get the best out of the destination even though you are there for a relatively short time and we do this through our local knowledge and our knowledge of dance. Club Dance Holidays Tour Hosts normally offer much more of themselves than you would expect

including making sure your nights are sociable and fun often well into the small hours if that is your whim. During the daytime the level of participation and presence of Club Dance Holidays tour hosts varies according to the nature of each holiday and its destination.

Getting around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. On arrival you will be provided with the addresses of all the venues. Taxis are cheap and plentiful and allow you to visit the best of the city with the minimum of fuss. The metro is also easy to use.

Before Your Go

Books on Gran Canaria and Spain: It may be worth your while reading up on your destination before you go. Penelope Casas writes beautifully about Spain in "The Blue Guide" or "The Foods and Wines of Spain". Ian Gibson's "The Fire in the Blood" provides fascinating insights into Spanish Culture. Lonely Planet -- Guide to Canary Islands.

Budgeting for your holiday: To help you do your own budget calculations, we have provided some general price guidelines. 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: 18-20 euros

An evening of tapas and drinks: 10 euros

Taxi across town: 4 euros

Rum and coke in a nightclub: 5 euros

Beer in a bar/cafe: 1.50 euros

Coffee in a bar/cafe: 1.50 euros

Entrance to a monument or museum: 5 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 dance classes.

Insurance, Visa and Passport Requirements: In brief, insurance is a condition of booking. You must check with your local embassy regarding Visa and passport requirements. British nationals need a full passport to travel to Spain.

Joining Instructions: You receive these approximately five days prior to your departure. They will include your flight ticket or electronic ticket confirmation, details of the address and phone number of the hotel, transfer details, and emergency contact numbers.

Essential equipment and clothing to bring

What to wear for Salsa dancing: We recommend that you bring shoes with a leather sole for the dance classes. It may be wise to also bring shoes with a rubber sole as the floors in the evenings may be somewhat "fast". Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes. The Barcelona Salsa clubs are quite informal - it is common for both men and women to wear jeans. Most of them do not allow shorts or trainers.

Useful Things to Bring

Camera

Shoes suitable for spending a long time walking around the streets

Summer clothing for the day and a light jacket for the evenings

Swimming costume, suntan lotion and beach gear.

At Your Destination

Banks and Money: The easiest way to obtain euros is by using a credit or debit card at a cash point. You will need to know your PIN. 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.

People Joining in that are not on the Holiday: Unfortunately we cannot allow people not booked on our Dance Holiday to join in on any of the organised activities and we ask for your discretion in this respect. However we can offer a flight exclusive package for people already present at the holiday destination, thus enabling them to stay with the group and join in all activities and lessons. Please see www.clubdanceholidays.com or contact our UK Reservations Team (+44 870 286 6000) for details.
