# Ceroc Medfest

The now legendary Ceroc Medfest 2021 takes the nationwide Ceroc community again to Calpe, Spain for a non-stop dance explosion in the sun, offering fantastic, high energy workshops and unforgettable parties during the day and at night.

*SINGLE TRAVELLING LADIES*  BOOKINGS NOW ON A WAITING LIST - this is to keep the gender balance in place

## Dates and Prices

12 September to 19 September - £789.00

## Unique Features

The now legendary Ceroc Mediterranean Festival 2021 takes the nationwide Ceroc community to Calpe. Spain for a non-stop dance explosion in the sun, offering fantastic, high energy Workshops and unforgettable parties during the day and at night. Our largest annual Event, MedFest now sees about 700 revellers descend on the sun-drenched beaches of Spain´s Costa Blanca for a jam-packed week of dancing with some of the UK`s best loved Ceroc teachers.

Ceroc MedFest takes place in the elegant four star Hotel AR Diamante Beach, situated on Levante Beach and with three swimming pools, fitness centre, spa, a choice of restaurants and bars and two fantastic dance venues.
We include airport arrival and departure transfers in Alicante when you book your own flight, providing you arrive between 9am and 5pm on the start day of the holiday and depart on the end day of the holiday.

There are 5 places you can stay at Medfest. The main hotel and where all the dancing takes place is the Hotel AR Diamante Beach & Spa. As this trip has grown into the biggest European Ceroc dance holiday we have had to take over additional accommodation to satisfy over 700 people.

Basic holiday price based on accommodation at the Hotel Galetamar*** with each other option coming with an upgrade supplement.

Hotel Galetamar*** - £789
Hotel Roca Esmeralda*** - £799
Ambar Beach Apartments - £839
Esmeralda Suites Apartments - £839
Hotel AR Diamante Beach**** - £859

Single Occupancy Supplement (One person in a room) - £154 / £140 (3star Hotels)
Price per person based on: 2 People sharing a twin room, return flight from London Gatwick plus transfers from Alicante airport to Calpe. The no-flight discount is £160 per person.

## Your Holiday

## What's Included

- An Full  Dance pass to the seven night Ceroc Mediterranean Festival
- Daily classes and workshops with the Ceroc team
- Pool parties most days
- a fantastic Beach Party
- Freestyle dancing every night
- Fancy dress farewell party
- Optional group excursions
- Return flights from Gatwick (other airports available at a supplement. See flights and transfers for more information)
- Return shuttle transfer from Alicante Airport
- 7 nights' half board
- A bilingual Club Dance Holidays tour host
- Time to relax and enjoy the beach, pool, local sights
- Welcome drink & orientation pack on arrival
- Book your own flight and get £160 off

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| | NB: Price is based on twin-share accommodation. The supplement for a single room is £140 per person in Hotel Galetamar and Hotel Esmeralda, £154 in the Apartments and Hotel Diamante; alternatively we can arrange a room share for you. |
| What previous Customers Have Said about this Holiday | "Wow what an amazing time!!!!!!!!!!!!!"<br><br>"I have once again thoroughly enjoyed the week of ceroc in Calpe and have already booked for next year. BIG THANK YOU TO ALL!!!"<br><br>"I danced my socks off. And then danced some more!"<br><br>"Fabulous choice of classes and workshops with a good balance of time to relax and enjoy the hotel and nearby beach"<br><br>"Your tour host in Calpe deserves a gold medal, she was brilliant. Always around and nothing was to much for her. I don''t know how she does it"<br><br>"I'm still re-living an amazing week, two weeks later. I have post-Med Fest blues!"<br><br>"Hotel and organisation were first class" |
| Is this holiday for me? | Yes! This is THE sunshine dance event of the year, one of the biggest and best dance holidays dance holidays in the world. Not only will you learn new moves you will make friends, soak up the sunshine and enjoy some epic freestyle dance nights with the Ceroc team.<br><br>We do recommend that you're not a complete beginner to Ceroc to really get the most out of this holiday. Take a few lessons before September, catch the bug, meet some like-minded Ceroc friends and come and join us in the sunshine.<br><br>As well as a jam-packed schedule of classes and workshops plus pool parties and epic freestyles every night there is time to relax and enjoy the hotel facilities, the lovely beach nearby and the local sights. |
| Your Destination, includes sightseeing | 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.<br><br>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.<br><br>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.<br><br>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:<br>Calpe is located on the Costa Blanca on Spain's Mediterranean coast and the climate is always mild and sunny. Average temperature in September: 22ºC -25ºC |
| Your Accommodation | Esmeralda Suites - Apartment (Half Board) (Upgrade)<br><br>Roca Esmeralda - Hotel*** (Half Board) (Upgrade)<br><br>The Hotel AR Roca Esmeralda & Spa *** has 88 double rooms and 124 double rooms with salon, which are ideal for families. |

All rooms are equipped with a full en-suite bathroom with a hairdryer, air-conditioning and heating, ambience music, a safety deposit box, telephone, satellite TV, a fridge and balconies with a sea view.

The Hotel AR Roca Esmeralda & Spa *** offers a wide range of services and facilities which will satisfy all your holiday, business or special celebration requirements. Enter in the Esmeralda Fitness Club & Spa to discover an Oasis of Wellbeing and enjoy the benefits of Hydrotherapy and the Beauty and Health treatments offered.

Diamante Beach - Hotel**** (Half Board) (Upgrade)

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 opned 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.

Ambar Beach - Apartment (Half Board) (Upgrade)

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 Diamante Beach 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: Med Fest offers a full schedule of dance workshops, with at least five hours to choose from each day. 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 including: 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.

All of our Ceroc events are gender balanced. We believe that gender balancing is an important feature of Ceroc events as it ensures maximum enjoyment for everyone. By nature, Ceroc requires a male lead and to create a successful event it is important for both men and women to have equal workshop and freestyle opportunities.

We strive to ensure a successful gender balance by creating appropriate promotions where necessary.

The Learning Experience

Ceroc Med Fest is suitable for dancers of all abilities but we do recommend, for maximum enjoyment, that you have some experience before joining the holiday.

There is a full schedule of dance workshops, with at least five hours to choose from each day and different modules include: 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.

The Ceroc UK teachers aim is to ensure that everyone gets something out of the classes; even the most advanced dancers will be stretched and will return from the week away with new additions to their repertoire. What's more, the teaching team inject a fantastic sense of fun into all the classes and workshops.

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 - Arrive at Alicante Airport and transfer to the AR Diamante Beach and Spa
Evening - Overview of the week; Welcome drink and Ceroc Med Fest freestyle night

DAY 2

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| | During the day - Pick and mix Ceroc Med FestI dance workshops and/or sunbathing around the hotel pool or on the beach<br>Late afternoon - Pool party with games around the hotel pool<br>Evening - Ceroc Med Fest freestyle night<br><br>DAY 3<br>During the day - Pick and mix Ceroc Med Festi dance workshops and/or sunbathing around the hotel pool or on the beach<br>Lunchtime - Pool party with games around the hotel pool<br><br>Evening - Ceroc Med Fest freestyle night<br><br>DAY 4<br>Free day to relax by the pool or on the beach, or go on one of the excursions (optional extra), or enjoy an afternoon pool party with the team.<br>Evening - Ceroc Med Fest freestyle night<br><br>DAY 5<br>During the day - Pick and mix Ceroc Med Fest dance workshops and/or sunbathing around the hotel pool or on the beach<br>Late afternoon - Pool party with games around the hotel pool<br>Evening - Ceroc Med Fest freestyle night<br><br>DAY 6<br>During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach<br>Lunch included<br>late afternoon - Beach Party<br><br>DAY 7<br>During the day - Pick and mix Ceroc Med Festival dance workshops and/or sunbathing around the hotel pool or on the beach<br>Later afternoon - Pool party with games around the hotel pool<br>Evening - Ceroc Med Fest freestyle night. Farewell dance party with showcase by your Ceroc teaching team. Plus the 'Ceroc Med Festival 2017 Awards' (prizes given for Sexiest Dancer, Best Talker, Coolest Dips etc). FANCY DRESS THEME NIGHT TO BE ANNOUNCED SOON.<br><br>DAY 8<br>Check out and transfer to Alicante Airport or, if you have a later return flight leave your bags with reception and continue to enjoy the hotel facilities. |
| Nightlife | The Ceroc Med Fest includes seven fabulous freestyle nights and often the party continues into the early hours.<br><br>In addition to dancing and music from Ceroc UK's top DJs, our freestyle nights include fun competitions, cabaret, fancy dress (theme TBC) and a showcase by the teachers on the last night. The last night will also host the 'Ceroc Med Festival Awards' where prizes will be given to the Sexiest dancer, Coolest mover etc.<br><br>The Ceroc UK team are fantastic party hosts and they will ensure you have some unforgettable nights in Calpe. |
| 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. Among the teachers and DJs for 2018 will be:<br><br>TBC - will be announced soon |
| Food and Meals | Cuisne: 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 these extras at the welcome meeting at the beginning of your holiday. We will ask you to pre book but pay in cash on the first day of the holiday. The optional extras will be announced soon |
| Single Room Supplements, Upgrades and Budget | Option 1 - Upgrade<br>Diamante Beach - Hotel**** Half Board - (12/09/2021 to 19/09/2021 - 7 nights) |

Options

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|---|---|
| Double Room (1 Person) | 154.00 GBP |
| Double Room (Based on 2 sharing) | Included |
| Twin Room (Per Room) | Included |
| Twin/Double Room (Single occupation) (Per Room) | 154.00 GBP |

Extra Nights

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| Double Room (Based on 1 sharing) | 90 GBP per night |
| Double Room (Based on 2 sharing) | 120 GBP per night |
| Junior Suite (Per Room) | 250 GBP per night |
| Twin Room (Per Room) | 120 GBP per night |
| Twin/Double Room (Single occupation) (Per Room) | 90 GBP per night |

Option 2 - Upgrade

Ambar Beach - Apartment Half Board - (12/09/2021 to 19/09/2021 - 7 nights)

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| Dbl Room Apartment for 1 pax (Per Room) | 154.00 GBP |
| Dbl Room Apartment for 2 pax (Per Room) | Included |
| Penthouse apartment for 6 pax (Per Room) | Included |

Extra Nights

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| 2 room apartment for 2 pax (Per Room) | 180 GBP per night |
| 2 room apartment for 3 pax (Per Room) | 210 GBP per night |
| 2 room apartment for 4 pax (Per Room) | 240 GBP per night |
| Dbl Room Apartment for 1 pax (Per Room) | 90 GBP per night |
| Dbl Room Apartment for 2 pax (Per Room) | 120 GBP per night |
| Penthouse apartment for 6 pax (Per Room) | 360 GBP per night |

Option 3 - Upgrade

Roca Esmeralda - Hotel*** Half Board - (12/09/2021 to 19/09/2021 - 7 nights)

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| Triple room with livingroom (Per Room) | Included |
| Twin for single occupancy (Per Room) | 140.00 GBP |
| Twin Room (Per Room) | Included |

Extra Nights

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| Triple room with livingroom (Per Room) | 155 GBP per night |
| Twin for single occupancy (Per Room) | 83 GBP per night |
| Twin Room (Per Room) | 106 GBP per night |

Option 4 - Upgrade

Esmeralda Suites - Apartment Half Board - (12/09/2021 to 19/09/2021 - 7 nights)

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| 1 Dbl and 1 Twin Room Apartment for 2 pax (Per Room) | 308.00 GBP |
| 1 Dbl and 1 Twin Room Apartment for 3 pax (Per Room) | 154.00 GBP |
| 1 Dbl and 1 Twin Room Apartment for 4 pax (Per Room) | Included |
| 1 Double Room Apartment for 1 pax (Per Room) | 154.00 GBP |
| 1 Double room apartment for 2 pax (Per Room) | Included |

Extra Nights

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|---|---|
| 1 Dbl and 1 Twin Room Apartment for 2 pax (Per Room) | 180 GBP per night |
| 1 Dbl and 1 Twin Room Apartment for 3 pax (Per Room) | 210 GBP per night |
| 1 Dbl and 1 Twin Room Apartment for 4 pax (Per Room) | 240 GBP per night |
| 1 Double Room Apartment for 1 pax (Per Room) | 90 GBP per night |
| 1 Double room apartment for 2 pax (Per Room) | 120 GBP per night |

Option 5 - Included

Galetamar - Hotel*** Half Board - (12/09/2021 to 19/09/2021 - 7 nights)

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| Triple (Per Room) | Included |
| Twin (1 Person) | 140.00 GBP |
| Twin (Based on 2 sharing) | Included |
| Twin Room (Single Occupancy) (Per Room) | 140.00 GBP |

Extra Nights

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|---|---|
| Bungalow (Per Room) | 190 GBP per night |
| Triple (Per Room) | 155 GBP per night |
| Twin (Based on 1 sharing) | 83 GBP per night |
| Twin (Based on 2 sharing) | 106 GBP per night |
| Twin Room (Single Occupancy) (Per Room) | 83 GBP per night |

**Flights and Transfers**

Flights are included from London Gatwick on the holiday days. Other airports and flying out of holiday dates are available at a supplement. Supplements are subject to change including for London Gatwick. Contact us for the latest information.

If you buy your own flight we can offer you a discount of £160 per person.

We provide shuttle transfers from Alicante airport when we book your flight (on the standard holiday dates). We also include airport transfers in Alicante when you book your own flight, providing you arrive on the start day of the holiday and depart on the end day of the holiday.

In order to guarantee a place on our airport transfer (which operates on the standard holiday dates) you must provide us with your flight times.

Which airport? The nearest airport to Calpe is Alicante. From Alicante it takes approximately 1 hour by bus.

**Making you own way to the hotel for ground only package**

If you buy your own flight we can offer you a discount of £160 per person.

We provide shuttle transfers from Alicante airport when we book your flight (on the standard holiday dates). We also include airport transfers in Alicante when you book your own flight, providing you arrive between 9am and 5pm on the start day of the holiday and depart on the end day of the holiday.

If you are arriving on a different day you can easily reach your hotel by taking one of the following routes:

1) Taxi from Alicante Airport: Take a taxi for approximately €115

3) Public Transport from Alicante Airport: You can take a direct bus from Alicante airport to Benidorm bus station. You will then need to change for a bus to Calpe. The entire journey takes around 3 hours, including waiting time.

Contact us for further information: 0207 099 4816

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| What to Expect in terms of Organisation | On Arrival: You will receive a detailed itinerary and details of any optional extras.<br><br>Tour Host: Over the week, Anja will be your tour host and she will be available to help you with any questions that you may have. She will be present from the check in until you go home, and also actively participate in the social events. Whilst it should be noted that she cannot be present at every moment (as she sometimes must prepare other activities for your holiday), her role is to facilitate as much as possible that you have an unforgettable holiday.<br><br>Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the week where your tour hosts will tell you about all details of your holiday. At the Overview of the week you can buy your optional extras. Also at the start of the week, Dance Holidays will invite you to be our guest to a drink.<br><br>Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary.<br><br>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.<br><br>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.<br>Three course meal including drinks in the centre of town: 20-25 euros<br>An evening of tapas and drinks: 15 euros<br>Rum and coke: 5-8 euros<br>Beer: 2-3 euros<br>Coffee: 2 euros<br><br>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. |
| 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!<br><br>Useful Things to Bring:<br>Swimming costume<br>Suntan lotion<br>Beach gear<br>Camera<br>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.<br><br>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.<br><br>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.<br><br>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 Club Dance Holidays clients. |