



CYCLING
OUR NETWORK OF EXCELLENCE
GIVES US OPPORTUNITIES TO CREATE SOLUTIONS SINCE 2007

OUR BASE



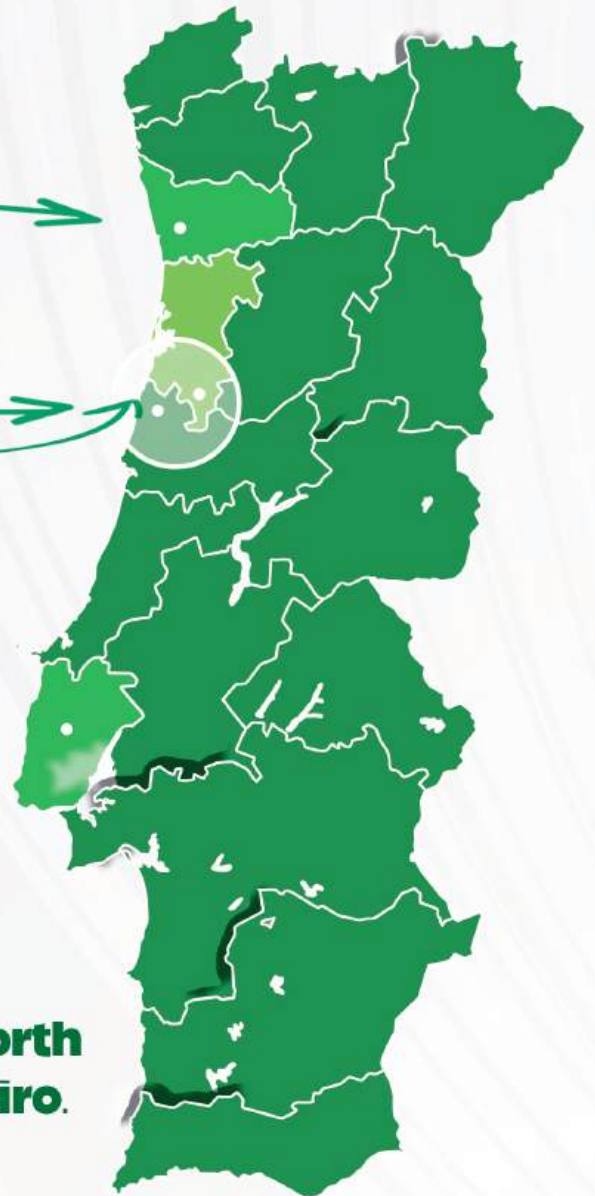
Located in Aveiro | Anadia, the central region of Portugal.

Porto

Aveiro



Lisbon



**Located in the City of Anadia,
90km south-east of Porto, 25km north
of Coimbra and 28km south of Aveiro.**

**Many foreign and national teams
have used the complex to prepare for
their competitions.**

**Anadia boasts a number of world class sporting facilities
suitable for a wide variety of sports.
These facilities includes an Olympic Velodrome, Gymnastics
Training Centre, Basketball Courts, Football Pitches,
a swimming pool, tennis courts, an Olympic BMX Track and
many more.**

WHERE WE ARE



Countries

Brazil, China, India, Luxembourg, Macau, Malta, Portugal, Qatar, Saudi Arabia and Singapore.

Worldwide Network

Olympic Committee | Federations | Clubs | Agents | Institutes

Angola, Australia, Austria, Azerbaijan, Belgium, Brazil, Canada, Chile, China, Danmark, Egypt, England, France, Greece, Holland, Hungary, India, Ireland, Kuwait, Kyrgyzstan, Luxembourg, Macau, Malta, New Zeland, Norway, Pakistan, Poland, Portugal, Qatar, Saudi Arabia, Scotland, Singapore, Spain, Sweden, Uzbekistan and Wales.

SUNLIVE ACCOMMODATION



- Single, Double & Triple Rooms
- Meeting/Video Analysis Rooms
- Free Wifi



- Swimming Pool
- Gym
- Sauna



- Restaurant
- Bar
- Balcony



**Rua Narciso da Marça, 3780-101 Sangalhos
Anadia | Portugal**

ACCOMMODATION PARTNERS



UP Pateira Hotel



Grande Hotel de Luso



Hotel Paraíso



Hotel Termas da Curia



Residencial Estância



In Gold Hotel & Spa

ANADIA OLYMPIC FACILITIES

EUROPEAN SATELLITE CENTRE OF THE UCI

Anadia has a long and rich tradition in the cycling industry in Portugal, which is home to historic bicycle manufacturers. With Sunlive's Partnership it became a continental centre of excellence with Sunlive's innovative projects and major investments.

OLYMPIC FACILITIES



Since 4th of July 2019, Anadia is officially a Satellite Centre of the UCI, the first and only one in Europe. Collaborating with the Portuguese Cycling Federation, a continental hub for athletes and teams from all over the world.

Join Sunlive Cycling for a new cycling experience!

www.cycling.sunlive.pt

Track Cycling

Built in 2009 and designed by Peter Junek, the velodrome offers a 250 meters indoor wooden track made of Finnish pine. The velodrome hosts events such UEC competitions and international federations.



BMX TRACK

The outdoor BMX track was built by Clark & Kent [London 2012] it fulfils all UCI requirements.

With starting hills of 8 and 5 meters high, it is perfect for beginner to professional riders, either for training camp or national races.



XCO TRACK

The outdoor XCO track offers mixed technical conditions and many circuit options.

It is located in the midst of a natural forest environment, it is an amazing playground for all-level mountain bikers.



FITNESS CENTRE

Aware of your specific needs, specially in terms of weight training, Sunlive's partners in Anadia offer the best fitness equipment.

At the Velodrome and at Sunlive's Hotel [Estalagem de Sangalhos] you will have access to all main materials to workout.

Mechanic | Parts Assistance

Sunlive has local partnerships that can provide mechanical assistance, spare parts, there are many suppliers in the area.

SPORTS CLINIC

Sunlive partners offer specific healthcare services to athletes, from massage to rehabilitation.

If you will come with a physiotherapist within your staff, a massage table and all necessary equipment can be provided upon request.

Since 2009, Sunlive Group hosts Olympic, World and National champions from many sports (gymnastics, basketball, football, judo, etc.).

Sunlive will always fulfil your requirements to ensure that you enjoy your experience in Anadia.

THE CENTRE OF PORTUGAL

PERFECT OPTION FOR A BASE OR TRAINING CAMP

If you are looking for a training camp with great conditions or a base camp for your next stay in Europe, the Centre of Portugal offers you the best solution all season long with Olympic facilities and Sunlive expertise. Here are some reasons why:

BEST QUALITY-PRICE SERVICES

High-quality training conditions with customizable attention to guarantee your satisfaction.

Skill's Improvement and leisure moments to make your experience and accommodation memorable, in a familiar environment.

INTERNATIONAL AIRPORT ONLY 1 HOUR AWAY

Porto International Airport is 1 hour drive from Anadia. You can fly in direct flights at reasonable prices to all over Europe. Within half-day, you could travel from anywhere in the continent with no jet lag and enjoy our high quality services.

If you are coming from or flying to another continent, there are direct flights between Porto and New York, Toronto, Rio de Janeiro, Doha and many other flight connections to choose. Lisbon is 2 hours from Anadia!

PROGRAMMES FOR CYCLING ENTHUSIASTS

The Portuguese Cycling Federation works closely with the UEC and the UCI hosting competitions.

Sunlive organizes with international experts, Track, BMX and XCO events to help athletes and coaches to improve their skills.

Please contact us for more information.

ANADIA CYCLING ACADEMY

[ACA] is an innovative initiative that aims to promote cycling as a sport and lifestyle for all ages.

[ACA] is specialized in training athletes from beginners to cycling champions, responding to local and national needs in the municipality of Anadia, recognized" as the Portuguese cycling capital and a UCI Satellite Centre. Through Anadia's excellent infrastructure and natural conditions, the academy maximizes the use of the region's resources, guaranteeing a complete and specialized training.



TFP TRAINING FROM PRO

[TFP] is a unique training camp designed to prepare you for high performance, with the support of cycling high performance experts!

LECTURES about:

Nutrition, Biomechanics, 3 types of Training Activation, Speed improvement, Improvement of the Glycolytic Metabolic Pathway Techniques and Sleeping Habits.

GYM Workout

Road Cycling Training

Training at Cycling Facilities

Strengthening, Biomechanical and Massage sessions



AeroEdge

It is a Project that combines aerodynamic performance testing and premium cycling experiences.

Our Mission is to deliver exceptional performance-driven experiences through advanced aerodynamic testing, biomechanics analysis, thermal control strategies, and coaching workshops.

Key Offerings

AeroEdge Hour Record

A elite-level session combining thermal regulation, personalized pacing strategies, and full aerodynamic performance data analysis.

AeroEdge Aero Pack – Camp

Premium performance camp including aerodynamic testing, biomechanical evaluation, accommodation, transfers and coaching.

Outdoor Aero Testing

Real-world testing for athletes preparing for road events or triathlons, providing insight into variable outdoor conditions.



PARACYCLING WORLD PREMIERE

The Paracycling World Premiere is an unique camp for all levels: beginners and competitors, specially designed to prepare for the challenges of the road and track

Offers an Elite Program with:

- **Intensive and personalized trainings adapted to the demands of the high level.**
- **Sessions adapted to the world championship events [road race, time trial]**
- **In-depth technical analysis to refine your performance.**
- **Specific work sessions on power, endurance and recovery**
- **Evaluation and optimization of your position on the bike for maximum efficiency.**
- **Support of experienced coaches, accustomed to major international competitions.**



GREAT WEATHER ALL YEAR LONG

The weather is warmer and sunnier in southern Europe. Whenever you come, you will enjoy training outdoors. With an oceanic influence, the temperatures are pleasant in summer [around 25–35°C] and mild in winter [around 10–15°C].

Before your season starts, between your competition stages in Europe or for your races in Portugal, you will always be welcome in Anadia. Sunlive offers the best Cycling Training | Competitions conditions!

JOIN US!

CUSTOMIZABLE PACKAGE

FOCUSING ON TRAINING AND PERFORMING



TRAINING :

We can book the tracks for your daily training. To complete your program, we work with the best gyms. They have high quality material and can host large groups.



COMPETITION :

Thanks to our partnership with the Portuguese Cycling Federation, you will be able to have competitions and events that will provide you with the races that you need.



HEALTH CARE :

At our partner clinic or directly at the hotel, you can enjoy massages and all the attention you need to relax. We also work with sports doctors, physiotherapists and clinics.



MATERIAL & MECHANICAL :

We know it's hard and expensive to bring all your equipment by plane, that's why we can help you with bikes, spare parts and mechanics thanks to the FPC and our partners.

ACCOMMODATION :

Hotel Estalagem de Sangalhos^{*}, offers the perfect solution for a nice stay in Anadia for both athletes and staff. If requested, other special lodging options can be arranged.**

FOOD & BEVERAGE :

The Restaurant offers a healthy and good quality gastronomy in all meals, breakfast, lunch and dinner. The schedule and meals are specially adapted to the requirements.

TRANSPORTATION :

There is a great fleet of vehicles and assistance with your transfers. The cars, minibuses, buses, will fit all your needs, for your training or your leisure, the service is always adapted accordingly to all your requirements, even a cycling truck!

TOURISM AND LEISURE :

To discover Portuguese treasures during your camp, you knocked at the right door. There are plenty of cultural, natural and sport activities to enjoy.

OPTIONS :

Build your program with Sunlive so you will make sure that you will get the services that you are looking for.

Sunlive is always creative and resourceful!

SUNLIVE CYCLING

Every year, Sunlive hosts many federations, teams and athletes from all over the world, all disciplines and all levels.

The goal is to offer a familiar environment, where the main focus is cycling performance and to provide a smooth experience.

INCLUDED IN THE PACKAGE:

- ✓ **Olympic facilities for your training with daily shuttles according to your planning**
- ✓ **Accommodation in spacious room with private bathroom at Estalagem de Sangalhos*****
- ✓ **Full board (breakfast, lunch and dinner) with a diversity of delicious dishes at our restaurant**
- ✓ **Free access to swimming pool, meeting room and hotel amenities**
- ✓ **Transfers from and to Porto Airport**

For additional services please contact us for more information, like prices and availability.

Sunlive always finds a solution to all your requirements and Sunlive's caring team is at your disposal during your stay to adapt your programme and meet your needs.

SUNLIVE CYCLING TEAM



TESTIMONIALS

A beautiful sunshine really nice in early season, top area close to the sea and the mountains offering all conditions and lots of scenic roads with few cars. Perfect for my training! Moreover, Sunlive team really welcomed me well, I was treated like a king.



FRANÇOIS PERVIS

Olympic medallist, 7x World Champion, 2x World Record

Anadia cycling facilities offer great conditions for both professional and amateur riders. With now the BMX and XCO tracks, it's perfect to bring a whole team together. Of course, Estalagem de Sangalhos is like home for us, we come back as often as we can. Thank you for making every camp so amazing!



KOEN BEECKMAN

**Cycling Vlaanderen
Coordinator**

**Merci à toi équipe pour toute
l'attention apportée!
Sunlive nous marque déjà.
A très bientôt.
Obrigado!**



**Vincent Pelluard y
Mariana Pajón**

**2 Olympic Gold and 1 Silver
Medals 2012, 2016 and 2020**

**Thank you for the warm welcome,
your kindness and your availability
on a daily basis. We were treated
and spoiled like kings from the
beginning to the end. I hope that
we will return very soon to your
establishment to enjoy all the
benefits one again.**



FRANCK DURIVEAU

Canada Sprint head coach

**For my 2 weeks camp in Portugal
I stayed at Sunlive Hotel.
The Staff was absolutely amazing,
the food was amazing and everything
was absolutely perfect.
I am very excited to be a new athlete
for the Sunlive Group.**



Kelsey Mitchell

**Canadian Track Cyclist
Olympic Gold Medalist**

CONTACTS

**For more information or to book your training camp,
please contact us**

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CEO of Sunlive Group since 2007, Lucas is an essential personality of Portuguese sports. Having succeeded in various businesses, he has a global network, he will help all your international projects to grow.

OUR PARTNERS



**FEDERAÇÃO
PORTUGUESA
DE CICLISMO**



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GROUP

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