

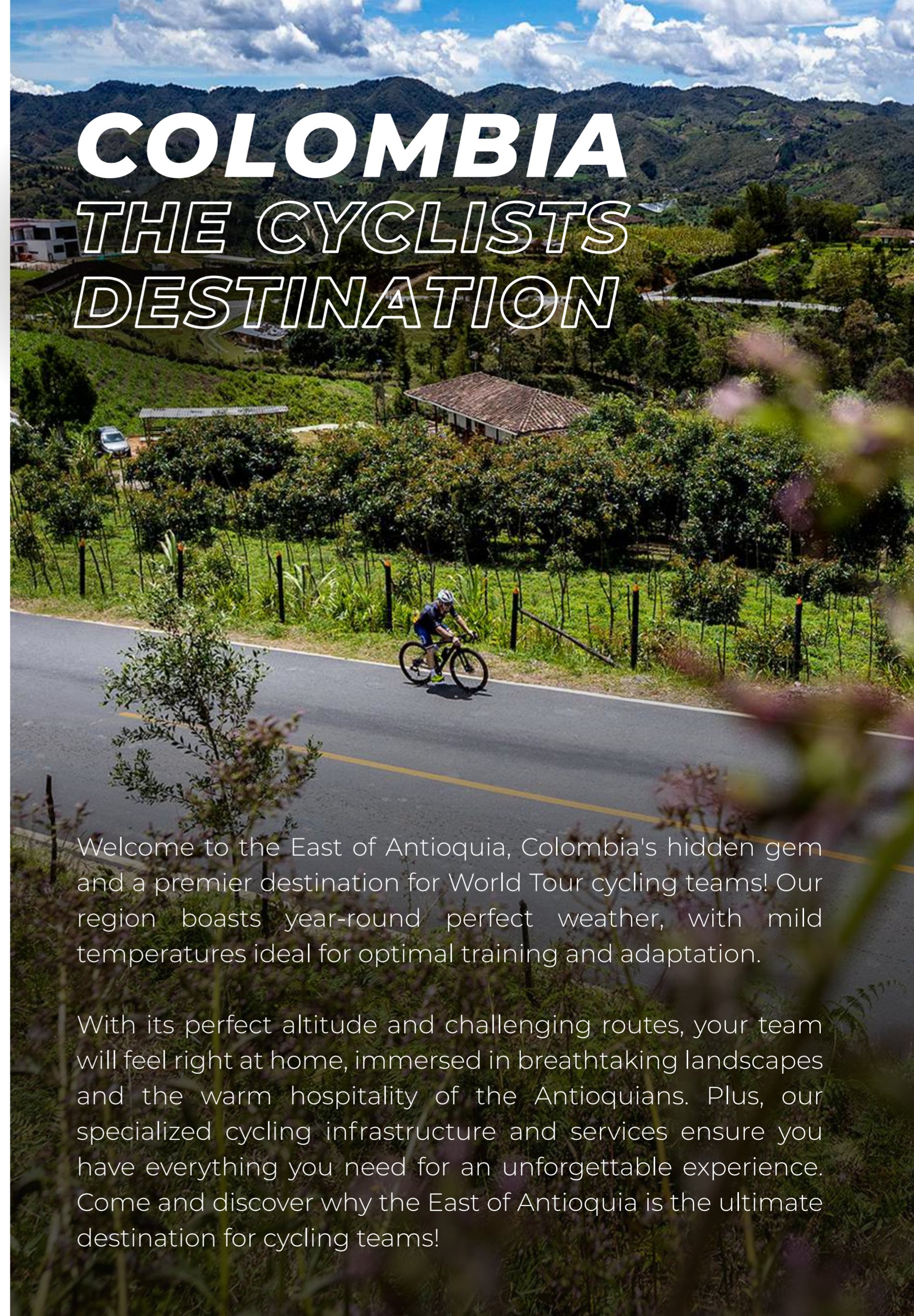
**MOVICH**  
*cycling*

**DISCOVER COLOMBIA:  
A WORLD CLASS  
TRAINING HUB**



**CYCLING PRO TEAMS**  
Rionegro

*Explore & Travel*



# COLOMBIA THE CYCLISTS DESTINATION

## MOVICH CYCLING

Experience the perfect environment to elevate your professional cycling team's performance at Movich Cycling! Our exclusive hotel is specifically designed to meet the needs of athletes, offering high-end accommodations, personalized nutrition, logistical support, and specialized bike care.

Enjoy rooms tailored for optimal rest, comprehensive assistance from our expert team, and a restaurant dedicated to supporting your training and competition goals.

At Movich Cycling, you'll find the ideal home away from home to prepare for peak performance with every pedal stroke. Trust us to help you achieve your next great victory on the road!

Welcome to the East of Antioquia, Colombia's hidden gem and a premier destination for World Tour cycling teams! Our region boasts year-round perfect weather, with mild temperatures ideal for optimal training and adaptation.

With its perfect altitude and challenging routes, your team will feel right at home, immersed in breathtaking landscapes and the warm hospitality of the Antioquians. Plus, our specialized cycling infrastructure and services ensure you have everything you need for an unforgettable experience. Come and discover why the East of Antioquia is the ultimate destination for cycling teams!



## MEDELLÍN AND THE EAST OF ANTIOQUIA:

The East of Antioquia features excellent roads that traverse mountain passes and rolling terrain, making them ideal for high-intensity cycling training. Notable climbs such as Alto de las Palmas, Alto de la Unión, and Alto del Escobero offer challenging ascents and technical descents. The varied terrain and changing slopes provide a constant challenge, allowing cyclists to improve their endurance and technique.



# MOVICH CYCLING PACKAGE INCLUSIONS:



## HOTELS

High end, comfortable and adequately located hotels.



## BREAKFAST

Enjoy a full buffet or à-la-carte breakfasts which are included with your stay.



## LAUNDRY

Complimentary laundry services, 3 pieces per day, for your cycling kit, everyday



## BIKE CLEANING SERVICE

Leave the mess to us - find your bike clean and ready to go for each ride.



## SAFE BIKE STORAGE

Dedicated rooms for bike storage, with all the safety and implements for proper care.



## EXCLUSIVE VIP LOUNGE

Find comfortable seating, snacks, and TV services for a pleasant relaxed stay after a long day using our Air Relax compression boots.



## SPA AND SCHEDULED MASSAGES

Give your body a rest after a strenuous cycling journey on our first class spa.



## RIDE CAPTAIN

Specially trained personnel to prepare, lead, and support the group at all times.



## SWAG WAGON

Support van, motorbike, or vehicles with the group along the road.



## CONCIERGE ON ROAD

Personnel to help you with your special needs and supplies delivery.



## CHEF'S INPUT

We allow the team's chef to take part in the hotel's kitchen to control the secure handling of all meals.



## SNACKS AND HIDRATION ON ROAD

Hydrating drinks, soft-drinks, as well as snacks.



## LOCAL FLAVOR SAMPLERS

Stop by in restaurants during your routes to give yourself a treat of local gastronomic samplers worth trying.



## MECHANICAL SUPPORT

Experienced bike mechanics personnel in case of required assistance on road.



## SECURITY

If needed, police escort can be requested

**RIDE** OPTIONS

GET THE MOST  
OUT OF  
COLOMBIA'S  
TOPOGRAPHY

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## **Welcome to Medellín**

route options to get the most out of colombia's topography

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## **VUELTA ORIENTE**

Embark on an epic bicycle journey through eastern Antioquia!

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## **VUELTA AL MARRANO**

Get ready to conquer every mountain pass

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## **SAN CARLOS**

A unique challenge for professional cyclists

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## **VUELTA AL SUR**

Get ready to conquer every kilometer

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## **SANTO DOMINGO**

Challenging elite route

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## **SONSON**

Push past your limits and conquer the roads of eastern Antioquia

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## **TUNEL DE LA QUIEBRA**

Pedal with determination and achieve your goals

# CUSTOMIZED TRAINING ROUTE DESIGN



*Our experts will create personalized routes for your team to experience the best landscapes and challenges that the East of Antioquia has to offer, including climbs, valleys, and plains.*

## VUELTA ORIENTE

DISTANCE

**172 km**

ASCENT

**3.000 m**



**CLIMB:** Alto de la unión

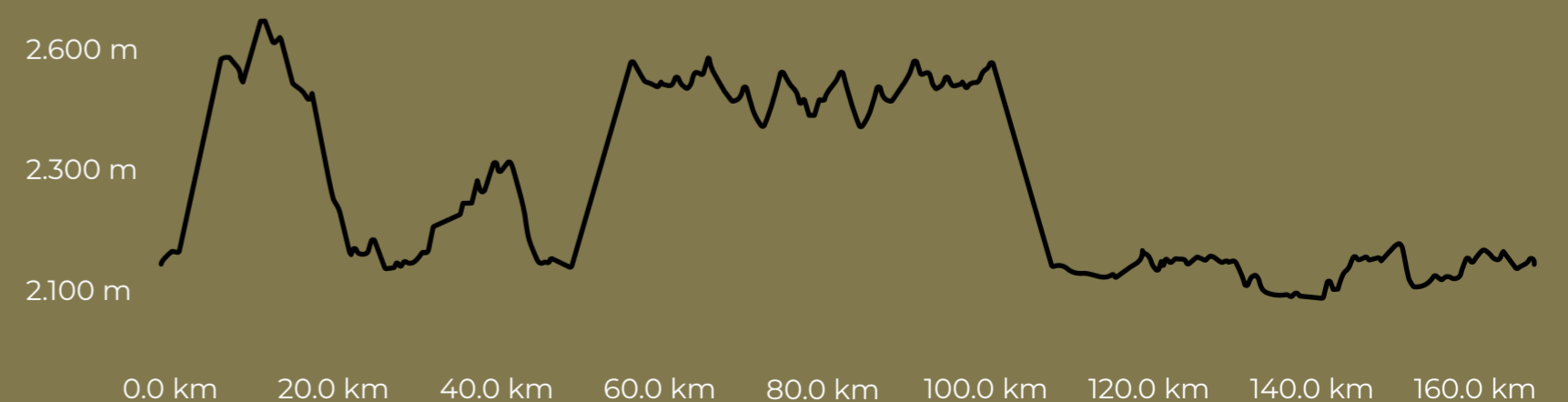
**AV. GRADE:** 5%

**DISTANCE:** 7,3 km.

**CATEGORY:** 3

**ELEVATION:** 369 mt.

**DIFFICULTY:** Hard



# SAN CARLOS

DISTANCE

**216 km**

ASCENT

**4.132 m**



**CLIMB:** Granada

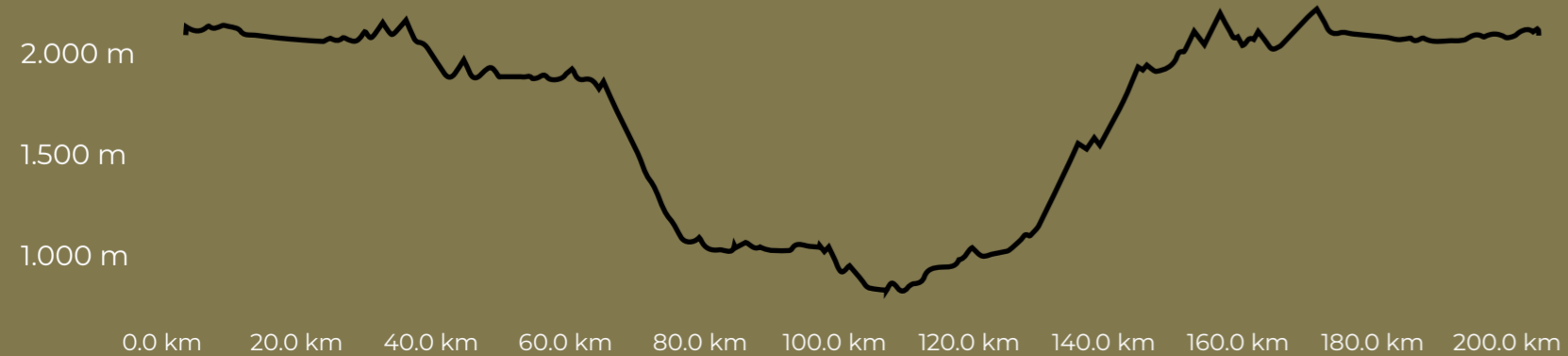
**DISTANCE:** 36 km.

**ELEVATION:** 1260 mt.

**AV. GRADE:** 3,5%

**CATEGORY:** 1

**DIFFICULTY:** Hard



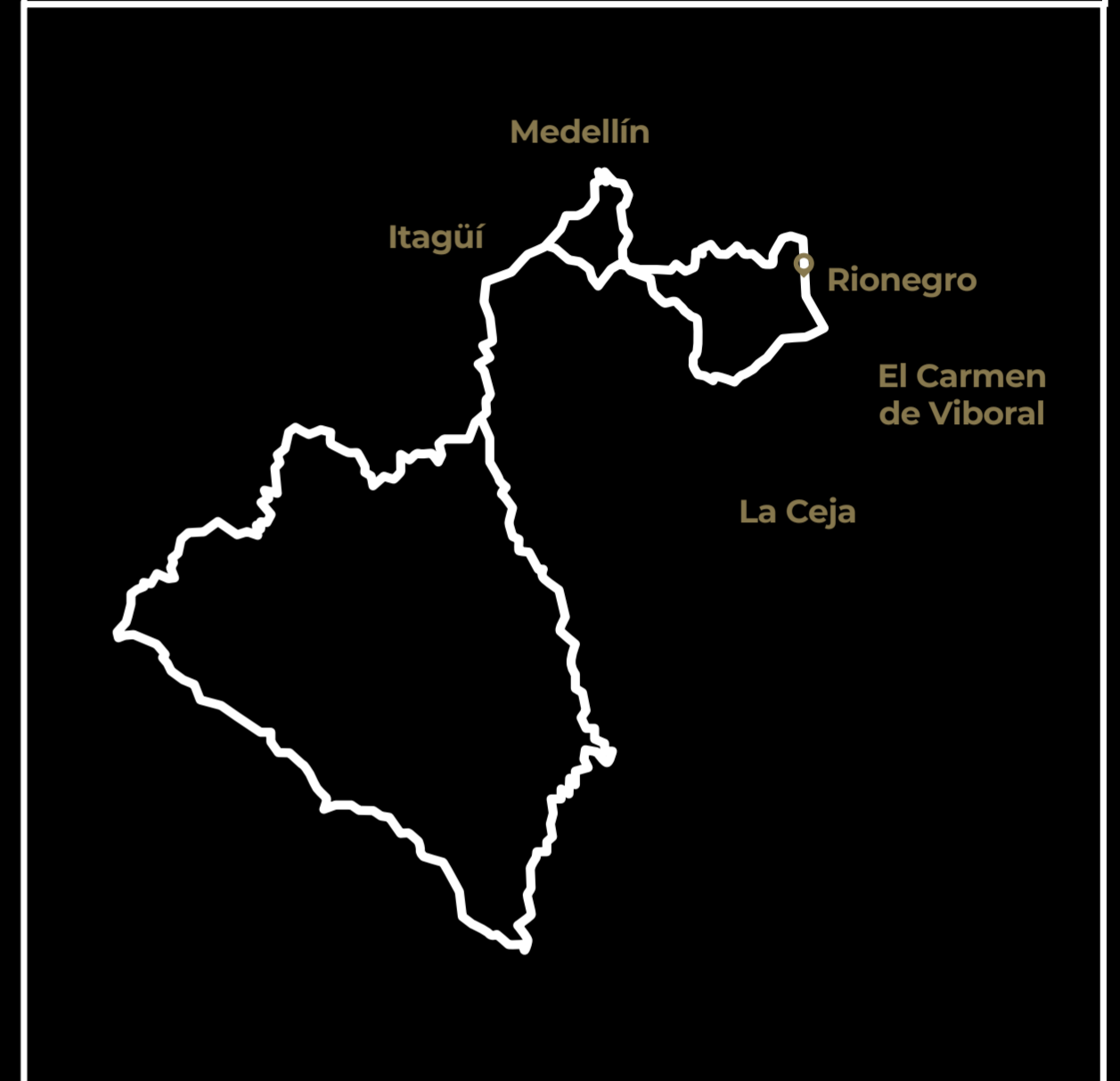
# VUELTA AL SUR

DISTANCE

**253 km**

ASCENT

**5.700 m**



**CLIMB:** Alto de minas

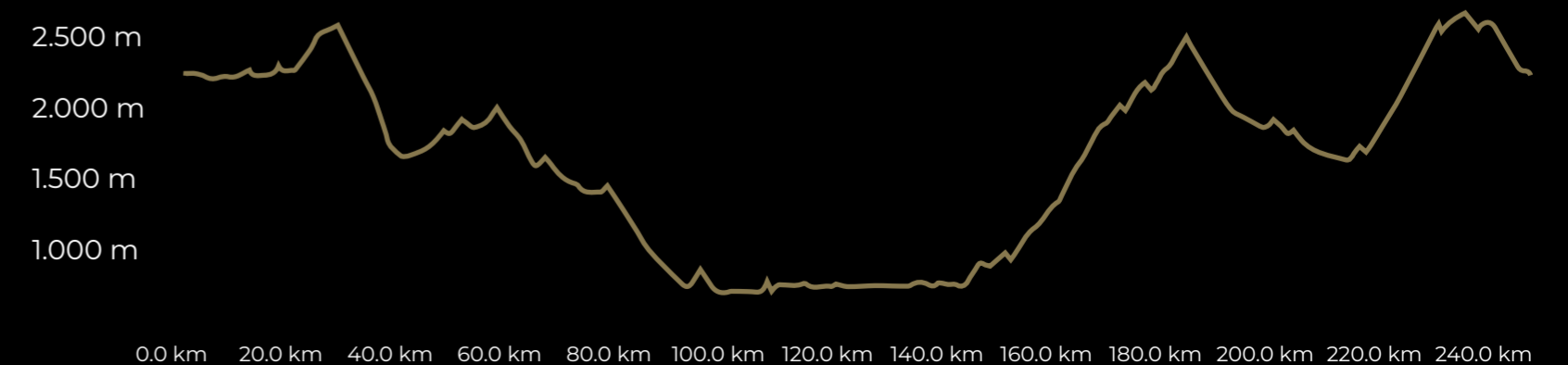
**DISTANCE:** 42 km.

**ELEVATION:** 1800 mt.

**AV. GRADE:** 4%

**CATEGORY:** 1

**DIFFICULTY:** Hard



# ELEVATE YOUR TEAM'S PERFORMANCE



## VUELTA AL MARRRANO

DISTANCE  
**221 km**

ASCENT  
**5.000 m**



**CLIMB:** La China

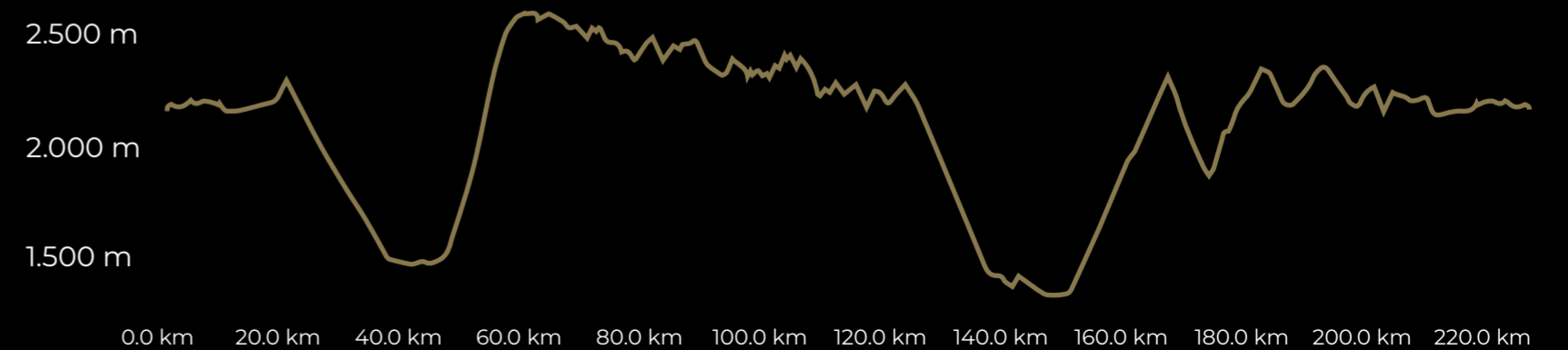
**AV. GRADE:** 10%

**DISTANCE:** 9 km.

**CATEGORY:** 1

**ELEVATION:** 910 mt.

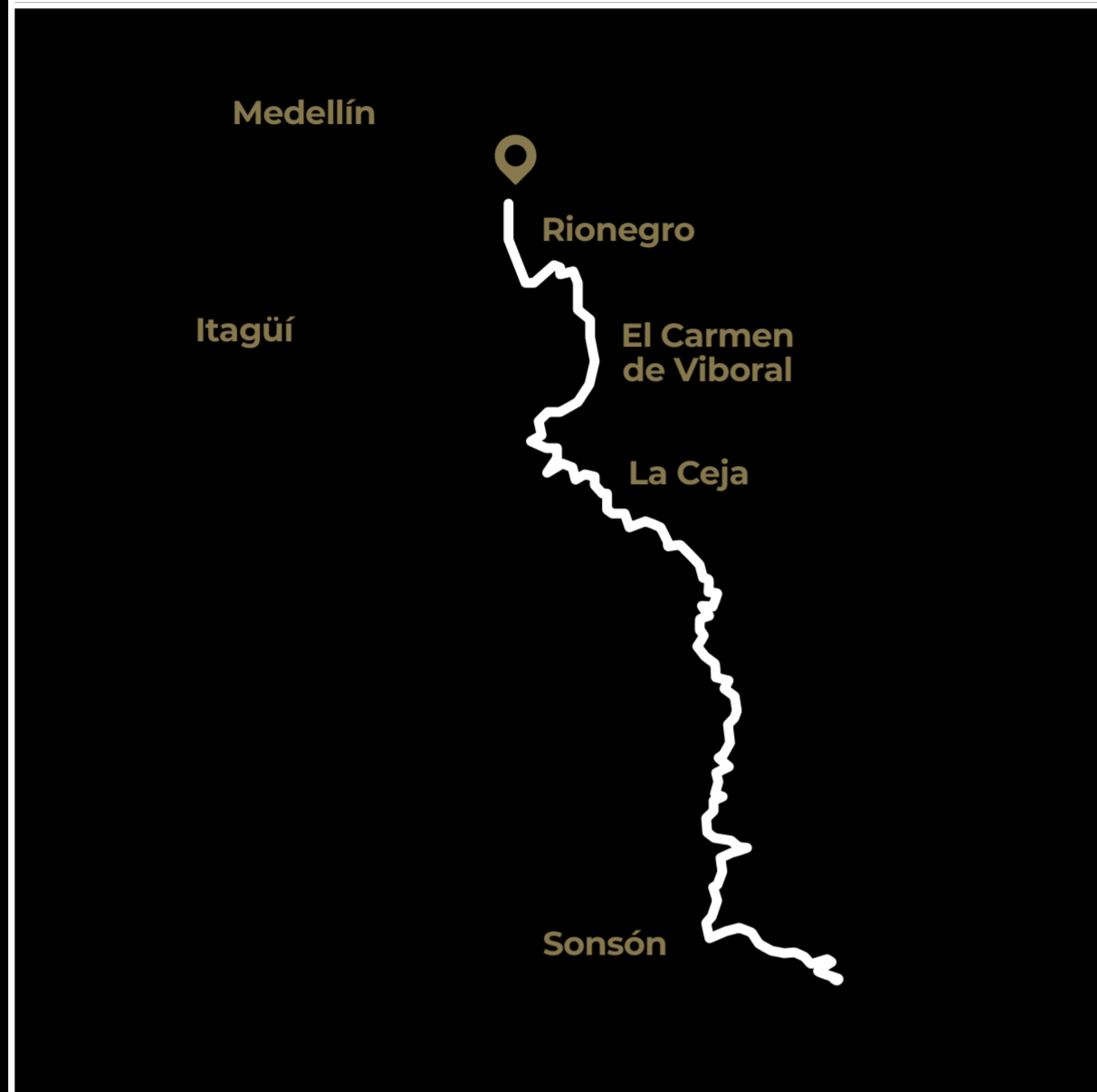
**DIFFICULTY:** Hard



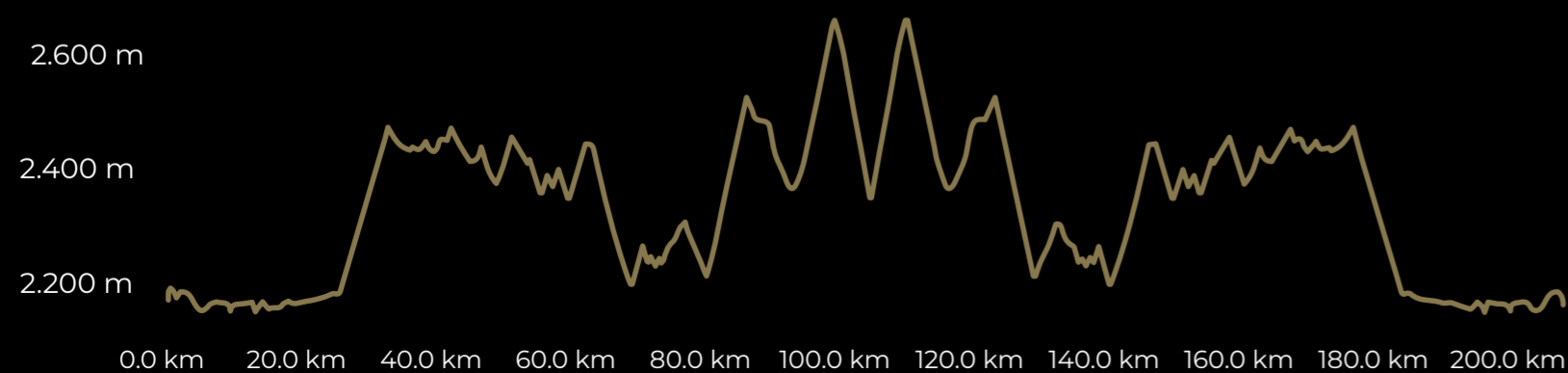


# SONSON

DISTANCE | ASCENT  
**212 km** | **4.200 m**

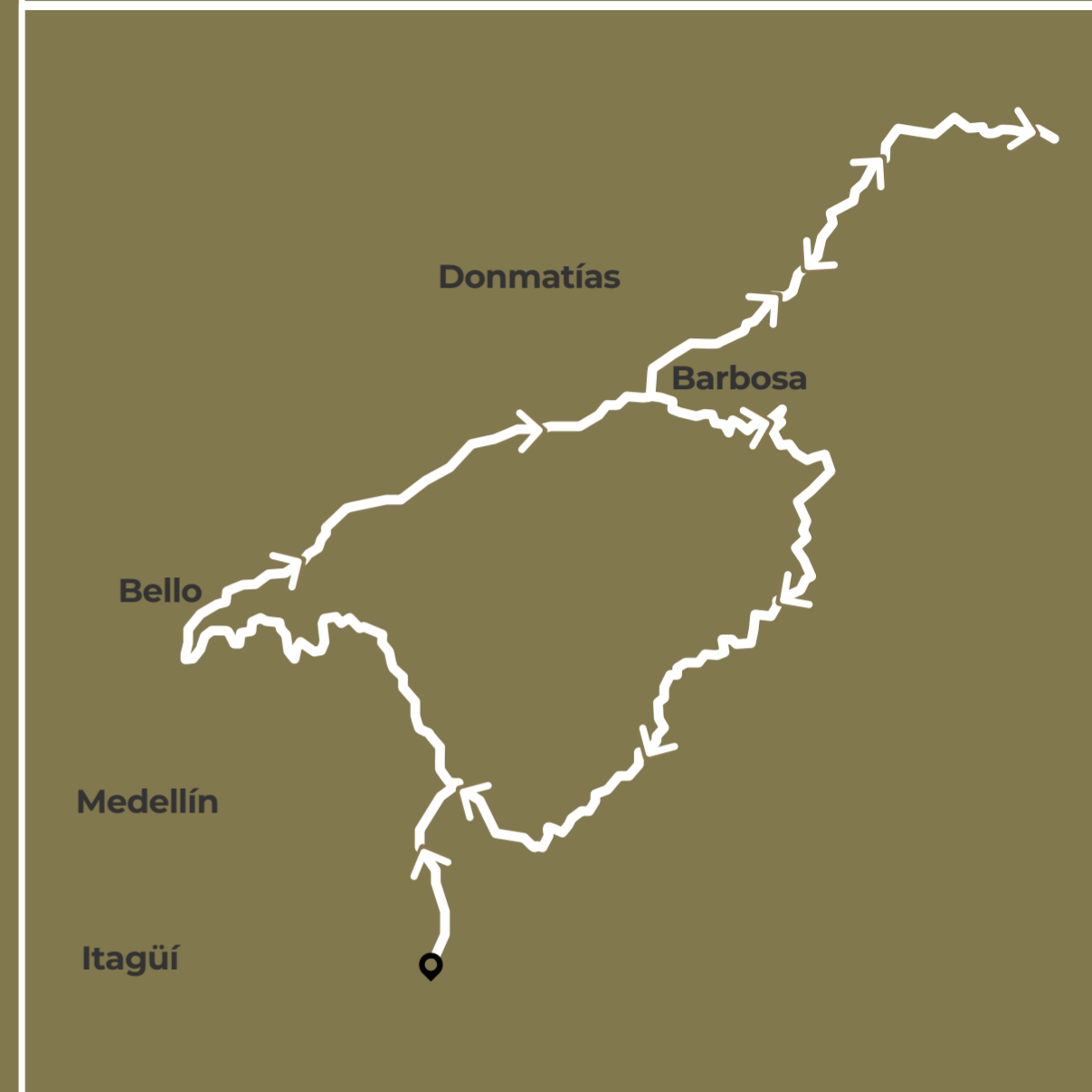


**CLIMB:** Alto de Tasajo **AV. GRADE:** 6%  
**DISTANCE:** 6 km. **CATEGORY:** 2  
**ELEVATION:** 400 mt. **DIFFICULTY:** Hard

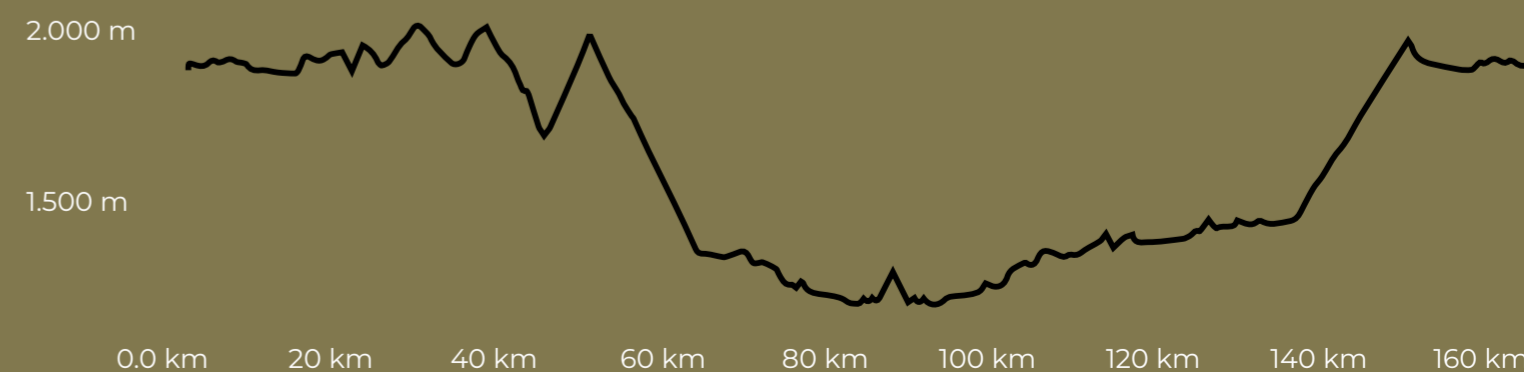


# TUNEL DE LA QUIEBRA

DISTANCE | ASCENT  
**198 km** | **3.600 m**



**CLIMB:** Alto de la Virgen **AV. GRADE:** 5%  
**DISTANCE:** 16 km **CATEGORY:** 2  
**ELEVATION:** 794 m **DIFFICULTY:** Hard





**EXCELLENT  
TRAINING  
ROUTES  
TAILORED TO  
THE NEEDS  
AND DEMANDS  
OF YOUR TEAM  
AND COACHES**

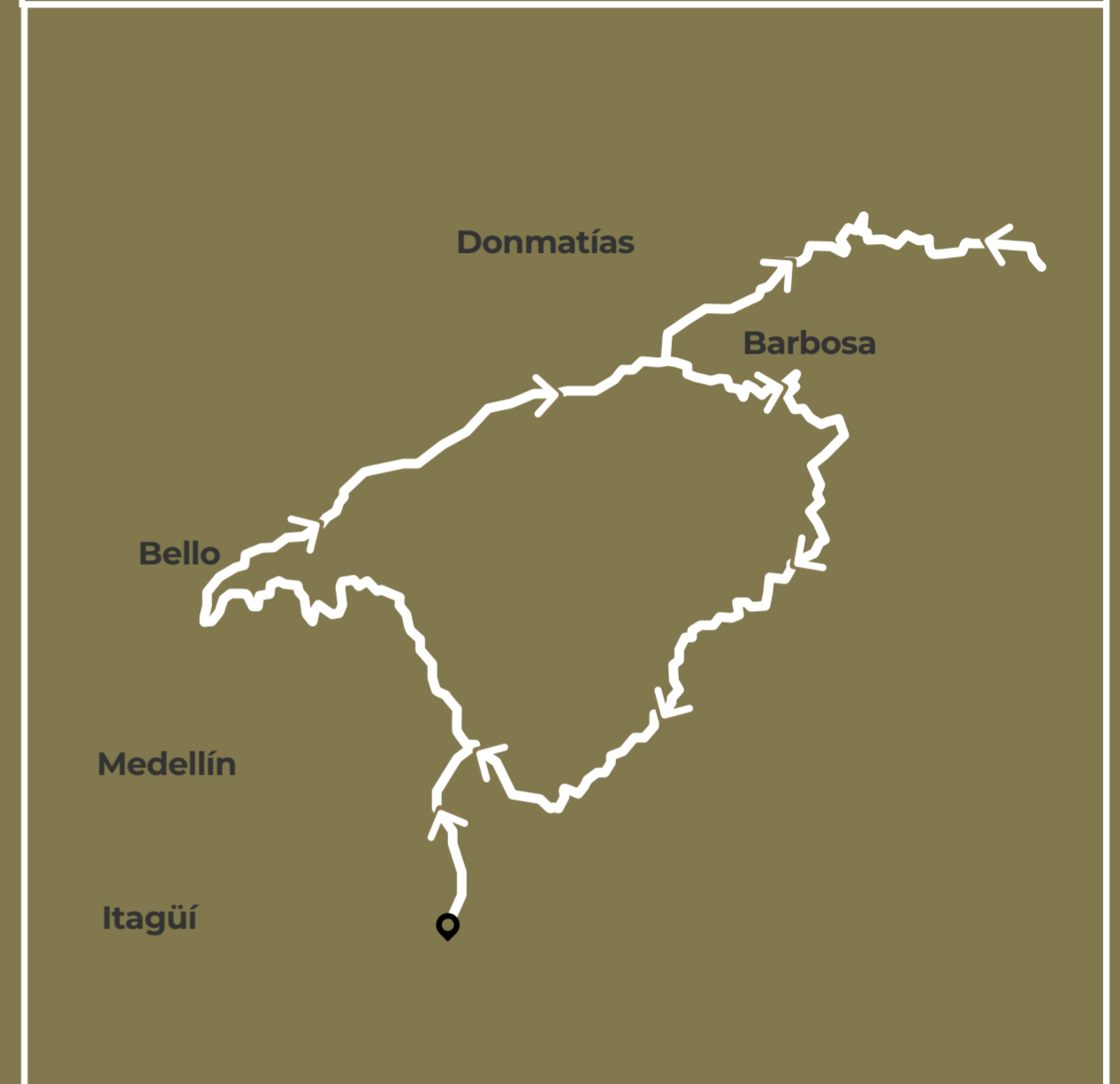
SANTO DOMINGO

DISTANCE

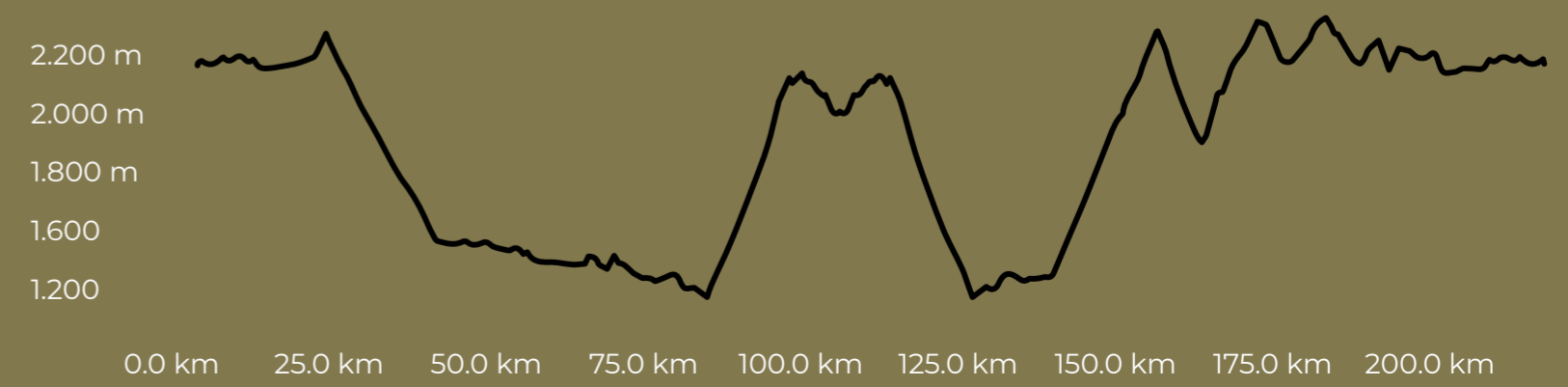
**204 km**

ASCENT

**4.260 m**



**CLIMB:** Alto de la raya **AV. GRADE:** 6%  
**DISTANCE:** 16 km. **CATEGORY:** 1  
**ELEVATION:** 1000 mt. **DIFFICULTY:** Hard



# **MOVICH CYCLING**

## **ADDITIONAL FEATURES**

### ***Exclusive sports recovery and spa room***

Enjoy a variety of treatments and services aimed at relieving stress and muscle fatigue, improving circulation, and accelerating the recovery process. After an intense day of training, our spa is the perfect place to relax and recharge.

### ***Cycling Workshop***

Our workshop features the tools and expertise required to keep your bikes in top shape. Our experienced technicians are here to provide repairs and adjustments tailored to your individual needs.

### ***Experienced Logistics Team***

Our logistics team will handle all the details, from transportation to route organization and activities, allowing you to focus on what truly matters: your training.





"I really enjoyed training in the East of Antioquia. The routes are varied and challenging, and the hotel is comfortable and well-equipped."

## **Fausto Masnada**

*Italian Professional Cyclist*

"The experience is very good, the weather and the place is beautiful. The roads are great for training, the Movich Hotel is a cycling hotel and they support us, and are very polite. It's very nice to be here"

## **Peter Sagan**

*Slovak professional road bicycle racer*

"At Movich you feel like a family. All the support, the hotel and the weather is amazing"

## **Sepp Kuss**

*American Professional Cyclist*



# HOTEL MOVICH LAS LOMAS

MEDELLÍN - RIONEGRO

A hotel widely known between amateur and profesional cyclists that come along to ride in the East of Antioquia.

With an average of 2,200m (7,200ft) above sea level, the hotel location is perfect for daily rides and climbs that start and end at this hotel.

5 minute away from José María Córdova airport, Movich las lomas is an ideal place for socialand corporate events as well as to enjoy the best rest.



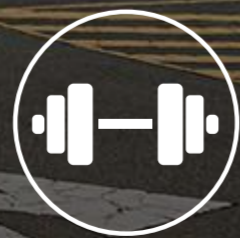
RESTAURANTS



SWIMMING  
POOL



KÚA SPA



GYM



OUTDOOR  
ACTIVITIES



KUA  
Spa



**ENJOY OUR FIRST  
CLASS SPA  
AFTER RIDING**

Kua Spa is an experience that maximizes wellness, inspired by a three-step ritual: Detoxification, Relaxation, Re-energization.

We look for the being to rebalance, harmonizing body, mind, and spirit using the 4 elements of nature.





MOVICH  
*cycling*

**BOOK YOUR PLACE IN THIS HIGH-PERFORMANCE  
CYCLING PARADISE!**

For more information please contact  
[info@exploreandtravel.com](mailto:info@exploreandtravel.com)

*Explore & Travel*