

# VALENTIN

HOTEL GROUP

## SANCTI PETRI, MECCA OF WELLNESS TOURISM

One more year Valentin Sancti Petri serves as a base of operations to host the Women's Health and Men's Health sports campuses.

From September 28 until today, October 19, more than 500 German men and women will have visited this corner of Cadiz to relax and get in shape.



*The program of the sports camps held at Valentin Sancti Petri combines sports activities, relaxation and mental and physical health coaching sessions.*

October 19, 2023. When in 2012 Valentin Sancti Petri & Convention Centre (Cádiz) hosted the first Men's Health sports campus, nothing foretold that it would become an event with as much impact as it has now.

Twelve years have gone by and nowadays it is held for three consecutive weeks, also covering the female public with the Women's Health sporting event, which in this edition has surpassed the male public in attendance.

Figures that show how Cadiz, and especially Sancti Petri, is consolidating as a very sought after destination for lovers of sports tourism and wellness.

### **Action-packed days of action and meditation:**

The enormous beauty of the Barrosa Beach, which stretches for more than 8 kilometers; the privileged climate of the Cadiz autumn; the high quality of the hotel facilities in the area, as in this case the emblematic hotel Valentin Sancti Petri; and the fact of having the largest Convention Center in the province of Cadiz; facilitate the realization of numerous sports activities, relaxation and, as a novelty in recent years, coaching sessions in mental and physical health.

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Thus, during these 3 weeks, more than 500 Germans from different German cities such as Berlin, Hamburg, Leipzig, Frankfurt, Dusseldorf and Stuttgart, have enjoyed marathon days combining crossfit, body combat, fitness, body balance, aquafitness and beach volleyball classes with stretching, yoga, pilates, gong baths and meditation sessions, among many other proposals.

Given the very similar profile of the participants, all of them lovers of healthy living, the organizers have highlighted the benefits that this type of event also generates in terms of social relations, and as a great professional networking.



According to Miguel Angel Mayol, director of Valentin Sancti Petri, "this type of sporting events are very positive for Cadiz, both for the quality of this type of tourism, which is very respectful of the environment, and for its ability to extend the season well into autumn.

As far as we are concerned, he concludes, "we are very pleased to have become your hotel of reference, since our offer of 549 rooms; the fact of having the largest Convention Center in the province of Cadiz; the more than 25,000 square meters of gardens we have; our excellent gastronomy; and our privileged location in front of the sea, fits perfectly to your needs".

### **About Valentin Hotel Group:**

Valentin Hotel Group is a hotel chain founded in Mallorca in 1967 by the Codolá Bonet family. Since the opening of its first establishment (the Pensión Paguera), the group has expanded to a total of 13 hotels located in Mallorca (5), Menorca (2), Cadiz (1), Mexico (1) and Cuba (4).

### **For more information:**

#### **PR Agency MCG Comunicación**

Mónica Cerdá

Mobile: +34.649.87.89.87/ E mail: [mcgcomunicacion@gmail.com](mailto:mcgcomunicacion@gmail.com)