

MTN FIT™ PERFORMANCE ALTITUDE TRAINING

AL HAJAR MOUNTAINS
OMAN

 **krystalline**

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100% GRIT, GUTS & GLORY THE MTN FIT™ WAY



MTN FIT™ High Altitude Performance Training

We know time is your most precious resource, so we've built MTN FIT™ – a completely unique 12-day performance training program conducted at high altitude for unprecedented results. Our high-octane adventure is staged at the award-winning Alila Jabal Akhdar at 2000m amongst the Al Hajar mountains, the highest point in the Arabian peninsula.

Training and sleeping at altitude is well-documented to dramatically enhance both training and recovery. Our MTN FIT™ High Altitude Performance Training Program allows you to realise your physical potential by delivering optimal physical conditioning, boosting your natural EPO (Erythropoietin) production and increasing your VO_2 max.

Our team of internationally certified professionals have a long history of delivering outdoor experiences in the Himalayas. We accept just 8 guests per expedition to keep your experience private and customised.

You'll enjoy the finest international cuisine at Alila's award-winning restaurants, with organic supplements and snacks to keep your energy levels high. There are endless options for unwinding after training, whether it's an outdoor yoga session, luxurious treatments at the spa, or indulgent cocktails at sunset.

To experience Oman's stunning natural environment, try the famous Via Ferrata trek, go rock-climbing in caves or swim in fresh water oasis. Immerse yourself in Omani culture by learning to cook a traditional barbecue, visiting the Nizwa Souk and taking in an oud musical performance.

MTN FIT™ Program Price

Duration	USD		BHD	
	(Twin)	(Single)	(Twin)	(Single)
12 days	4,490	6,560	1,730	2,530
8 days	3,730	4,990	1,440	1,920
5 days	2,620	3,350	985	1,275
4 days	2,160	2,720	820	1,030

Program Inclusions

Leisure and wellbeing

- » Experienced international mountain guide and host
- » Mobilisation sessions, including dynamic stretching and yoga

Fitness

- » Internationally certified master trainers
- » All personal training sessions
- » All cutting edge fitness equipment
- » Daily monitoring and body composition analysis
- » Organic high quality supplements

Stay

- » Accommodation at the 5* Alila Jabal Akhdar in Oman
- » Gourmet breakfasts and dinners at the Juniper Restaurant
- » Welcome refreshments
- » Return airport transfers from Muscat International Airport

Secure your trip with a deposit

50% deposit is required to secure your place

Payment terms & conditions, refund policy

- » A 50% deposit is required to reserve your place. For your convenience, we accept PayPal or direct bank transfers into our HSBC bank account.
- » All deposits are non-refundable if cancelled within 60 days of your arrival (except if the trip has been cancelled).
- » For cancellations 60 days prior your trip, your deposit is 50% refundable.
- » Full payment is due 30 days prior to your arrival date. We will consider that you have cancelled your seat if we do not receive the balance payment 30 days prior to your arrival date. Your deposit will be forfeited at this point in time.
- » Your deposit will be fully refunded if there is insufficient enrolment of the selected trip.

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