



ISLAND HOPPING

Maui, Kauai or Oahu... each of the Hawaiian Islands has its very own charm. We offer you trips to your liking to one or more of the islands. Just let us know what you would like to do. Please notice that we don't offer any transfers on these islands therefore we strongly recommend that you rent a car which you will receive at the airport.

RENTAL CARS

If you would like to explore the island by car or you just love the comfort of not being dependent on transfers or buses we recommend that you book a rental car as soon as possible. We offer several competitively priced rental cars – from 'Economy Class' to 'Minivan'.

TERM OF LEASE	Economy Class Chevrolet Aveo	Mid Size Pontiac G6	Cabrio Chrysler Sebring	Minivan Chevrolet Uplander
WEEK	210,- €	230,- €	360,- €	350,- €
DAY	40,- €	45,- €	65,- €	60,- €

Including: Collision damage waiver 'full', extended protection, unlimited miles, one full tank of fuel for free, additional drivers (25 or older) and all taxes, fees and surcharges.

You can pay with creditcards. We accept:



OCEAN AND SPORTS

Accommodation and
service during your stay
From 599,- €



October 10th, 2009



REGISTRATION

Book online: www.oceanandsports.com or send us an e-mail to info@oceanandsports.com.

You can also give us a call on +49-89-5203174-21 or send a fax to +49-89-5203174-20.

...WITH OCEAN AND SPORTS AND DANIEL KEZELE.

ELLOS CONFÍAN EN NOSOTROS



Eneko Llanos
2nd IM Hawaii 2008
1st IM Lanzarote 2007



Michael Göhner
2nd IM South Africa 2009
2nd IM Frankfurt 2007

YOUR TRIP TO THE
IRONMAN WORLD CHAMPIONSHIPS
HAWAII 2009
KAILUA-KONA, HAWAII





ALOHA

October, 10th, Tam, Pier, Kailua-Kona... The cannon for the Ironman Hawaii 2009 goes off and once again the world's best pro and age group triathletes race for the title of 'Ironman World Champion 2009'. Hawaii with its lava fields, volcanoes, crystal clear ocean and white beaches has unique scenery for this event.

Ocean and Sports organizes your trip to the Ironman Hawaii.

With more than 10 years of experience in professional guiding and servicing of athletes and their accompanying persons prior to, during and after the race we are happy to offer you once again our knowhow and experience. Choose from 6 different hotels/resorts with lots of accommodation options and benefit from our Kona-service with useful and valuable tips combined with insider knowhow about country and people which lets you race at your best.



OUR SERVICES

PICK ONE OF THE FOLLOWING PACKAGES:

ALL INCLUSIVE – don't worry about anything:

- Airport transfer to/from Kailua-Kona
- Accommodation in Kailua-Kona
- Guided tour on the race course
- Training session offers:
 - Daily transfers to the pier for swim training
 - Several guided bike tours on the original Ironman course including an inspection of the whole course: transfer by bus to Hawai and cycling back (about 90kms), with aid station
 - Run training on the Ironman course
- Transfers to the official Ironman events as shown in the official event programme
- Transfer for your companions to the race course during Ironman
- Leisure time activities / trips
 - Sunset at Mauna Kea – highest mountain on Hawaii (about 4.200m)
 - Volcano – live experience (or an experience of life) of flowing lava
 - Visit the Hilton-Hotel in Waikoloa – stunning
 - Sightseeing: coffee plantations and factory in Kona
 - Hapuna-Beach – Body surfing
 - Trekking through Waipio Valley – new this year!
 - Snorkeling
- Travel guidance and service in Kona

BUILD YOUR OWN – choose from our trips and

activities, services and training sessions whatever you like and pay only for what you actually use (See page 7 for information and combine as you like).

Included in the package are:

- Airport transfer to/from Kailua-Kona
- Accommodation in Kailua-Kona
- Transfers to the official Ironman events as shown in the official event programme
- Travel guidance and service in Kona

FLIGHTS

Flights are not included in our packages. Depending on outbound and return flights (dates and airport) prices for flights to Kona vary. We are happy to offer you flights on your request or just book flights to Kona by yourself and we take care of everything else as soon as you arrive at Kona airport... (In case you choose 'all inclusive').





ACCOMMODATION

All of our accommodation is directly located on Alii-Drive where you run the first 16kms on race day. We offer 2 hotels close to the city centre of Kailua-Kona and several resorts with 1- and 2-bedroom apartments with fully equipped kitchen, living room, 1 or 2 bathrooms, balcony, washing machine and dryer. You will also find pools and hot tubs in each complex.

The only real beach in Kailua-Kona is White Sands Beach, about 6kms from the Pier. The Ocean and Sports headquarters are located there (at White Sands Village).

We offer daily transfers: starting at White Sands Village making our way to the Pier and the shops via all our resorts.



KONA BAY HOTEL

Simple hotel directly located in the centre of Kailua-Kona. It's only a 3-minute walk to the Pier. You can share a room with someone else even if you're travelling alone. Triple and quad-occupancy can only be booked by relatives, family and friends.



ROYAL KONA RESORT

Perfect location at Kailua bay, directly located at the ocean and close to the city centre. Each of the large rooms has 2 beds, bathroom, refrigerator and balcony. Choose between garden and ocean view! Occupancy options are as at Kona Bay Hotel.



KONA REEF

If you want to stay in Kona but don't want to miss the convenience and advantages of an apartment (living room, kitchen) Kona Reef with its perfect location is your best choice! Directly located at the ocean, all of our comfortable 1-bedroom apartments are oceanfront.



KONA ISLE

You will be staying at a nice, green resort with direct access to the ocean. The 1-bedroom apartments are comfortable, well equipped and spacious. And it is only about 2.5kms to the Pier.



KONA BALI KAI

The apartments of this ocean side resort are all ocean front with 180° ocean view. You can watch Kailua-Kona's best surfers from your balcony. The spacious 2-bedroom apartments are well equipped. It is about 4kms to the Pier.



WHITE SANDS VILLAGE

If you want to refresh in the ocean before breakfast or watch the sunset from the beach, this is what you were looking for! The large and well equipped 2-bedroom apartment resort is directly located at White Sands Beach.





OUR GROUP ON THE TOP OF MAUNA KEA



PRICE LIST

Prices are based on an 8 nights stay.

ALL INCLUSIVE

ACCOMMODATION	Quad-occupancy	Additional night	Triple-occupancy	Additional night	Double-occupancy	Additional night	Single-occupancy	Additional night
KONA BAY HOTEL	745,- €	35,- €	745,- €	45,- €	845,- €	55,- €	1395,- €	110,- €
HOTEL ROYAL KONA RESORT GARDENVIEW	945,- €	50,- €	995,- €	55,- €	1095,- €	65,- €	1595,- €	135,- €
HOTEL ROYAL KONA RESORT OCEANVIEW	995,- €	55,- €	1045,- €	65,- €	1145,- €	80,- €	1795,- €	155,- €
KONA REEF OCEAN FRONT	945,- €	55,- €	1095,- €	70,- €	1349,- €	105,- €	2145,- €	205,- €
KONA ISLE	795,- €	35,- €	895,- €	45,- €	1045,- €	70,- €	1545,- €	140,- €
BALI KAI	995,- €	60,- €	1145,- €	80,- €	1445,- €	110,- €	-	-
WHITE SANDS VILLAGE	995,- €	50,- €	1045,- €	65,- €	1245,- €	95,- €	-	-

BUILD YOUR OWN

ACCOMMODATION	Quad-occupancy	Additional night	Triple-occupancy	Additional night	Double-occupancy	Additional night	Single-occupancy	Additional night
KONA BAY HOTEL	599,- €	35,- €	699,- €	45,- €	799,- €	55,- €	1249,- €	110,- €
HOTEL ROYAL KONA RESORT GARDENVIEW	799,- €	50,- €	849,- €	55,- €	949,- €	65,- €	1499,- €	135,- €
HOTEL ROYAL KONA RESORT OCEANVIEW	849,- €	55,- €	899,- €	65,- €	999,- €	80,- €	1649,- €	155,- €
KONA REEF OCEAN FRONT	799,- €	55,- €	949,- €	70,- €	1199,- €	105,- €	1999,- €	205,- €
KONA ISLE	649,- €	35,- €	749,- €	45,- €	899,- €	70,- €	1399,- €	140,- €
BALI KAI	849,- €	60,- €	999,- €	80,- €	1299,- €	110,- €	-	-
WHITE SANDS VILLAGE	749,- €	50,- €	899,- €	65,- €	1099,- €	95,- €	-	-

ADDITIONAL OFFERS

TRIPS	Prices	TRAINING SESSIONS	Prices	TRANSFERS	Prices
Mauna Kea – Mon 12.10.09	55,- €	Guided bike tours on the race course	10,- €	Transfers to the Pier	25,- €
Volcanoes National Park – Wed 07.10.09	45,- €	Original race course bike leg with transfer to Hawi	30,- €	Transfer of accompanying persons to the race course	20,- €
Waipio-Valley – Tues 13.10.09	40,- €	Hawi - Energy Lab, about 75kms, brick session bike-run, transfers and food – Thur 01.10.09	35,- €		
Coffee plantations and factory, Swimming at Kealahou Bay – Wed 30.09.09	20,- €	Entire training session program (Bike tours, transfers to pier, run sessions on the IM course, race course exploration with transfer to Hawi)	70,- €		
Hapuna-Beach – Body surfing and visit of Hilton Hotel – Tues 06.10.09	20,- €				



OCCUPANCY OPTIONS

The 1-bedroom apartments are equipped with an additional sofa bed. Triple and quad occupancy can only be booked by relatives, family and friends.

The large 2-bedroom apartments have 2 bathrooms and are ideal for athletes travelling by themselves and couples who want to share an apartment with like-minded people or just want to save money. Just send a request prior to your

