

Get a healthy gateway this Summer

Derby Hotels Collection makes it easy for you to keep a healthy lifestyle even when you are on holiday. Hotel Urban 5* GL in Madrid gives you plenty of options for the healthy day ahead, with yoga classes in the morning, jogging routes around the Spanish capital throughout the day and evening detox cocktails at the rooftop & swimming pool at *La Terraza del Urban* and a luxurious room, **all from £291 for 2 people.**

URBAN

5*GL HOTEL

Morning: **Yoga in the Sky**

Mind and body equilibrium with a fabulous view.

The popular Spanish yoga expert Marta Nieto creates a series of tips & tricks, exercises and yoga poses in a personalised 60 min class.

Need to know:

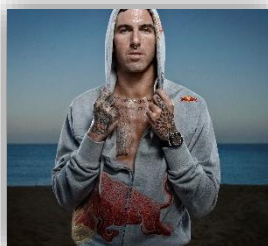
*Tues & Thurs – 09:00 to 10:00



Afternoon: **Routes for Runners**

A different way to get to know Madrid

The award winning triathlete Josef Ajram has designed routes for beginners and experienced runners through emblematic areas of the city like *Parque del Retiro* (largest green area in Madrid) or *La Casa de Campo* (one of the biggest parks in the city).



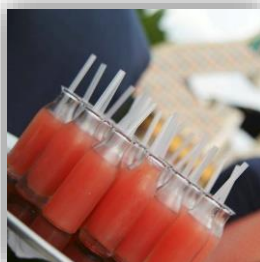
Need to know:

*Maps available on Derby Hotel's Facebook: <http://on.fb.me/Yj15Ev>

Evening: **Detox Cocktails & Soft Drinks**

Your relaxing treat at *La Terraza del Urban*

Anti-stress, Anti-ageing, Happiness, Invigorating or Energetic are some of the natural cocktails and juices at *La Terraza del Urban*. All of them specially made to finish off your day the best and healthiest way possible.



Need to know:

*Only available during the Summer season

From £291 pn for 2 people, including:

- Double Superior Room
- Welcome drink upon arrival
- In-room welcome set with a bottle of wine
- Daily mineral water in your room
- Healthy Breakfast Buffet
- Yoga in the Sky
- Routes for Runners
- *Anti-stress* cocktail at *La Terraza del Urban*

