



**T/AERU**

**tae·ru** [tæɾuβ] verb, japanese

1. to endure, to bear

2. to withstand, to resist, to stand

3. to have the ability, to be worthy



Tæru is a place where enjoyment and endurance merge. It's a unique setting, tailored to the needs of every athlete. Retreat to the stunning Belgian Ardennes to work out and push your limits, but also to relax and recover.

# WORKOUT

Working out has never been this exciting.  
At Tæru, you will have everything you need within arm's reach.

## **ROAD CYCLING**

The Tæru surroundings are more than just beautiful: they are ideally suited for all your cycling training. We have created several interesting routes which we'd love to share with you.

## **MOUNTAINBIKE ROUTES**

Whether you are into steep climbs or forest recovery rides: we've got you covered. And we'll hook you up with a GPX, too.

## **RUNNING & TRAIL TRACKS**

You will find ideal running and trail tracks right near the Tæru site. Stay on low-traffic roads, or run on safe off-road trails in the most beautiful forest locations.

## **CYCLO-CROSS TRACK**

Our on-site, modular cyclo-cross track has been designed by Adrie Van der Poel and Sven Vanthourenhout. Extending for about one kilometer, it goes up and down a steep hill, and includes a 150-steps stair, several technical descents and a sandbox.

## **SWIMMING POOL**

Triathlon fanatics will be thrilled to hear that we're building the one thing that we found missing from every other accommodation: you'll have access to a private 25-meter indoor swimming pool from April 2023 onwards.

## **INDOOR CYCLING**

Our indoor facilities have room to train on rollers or a cycling trainer.

## **FITNESS**

You will also have a state-of-the art indoor fitness facility at your disposal.

## **HEATED ROOM**

In our main sports hall, we have a large heated training room where you can do group activities, yoga, core stability, stretching and more.

# ENDURE

Even for seasoned professionals, Tæru can be a challenge.  
We take your workout to a new level.

## **HYPoxic ROOMS**

In the new gîte, we have 9 double rooms equipped with individual controls to simulate sleeping at altitude.

## **ALTITUDE TRAINING**

Our indoor sports hall has a hypoxic training room that can be used to simulate training on altitude.

## **ALTITUDE RELAXATION ROOM**

A place where you can relax, watch a movie or enjoy your massage at altitude.

## **ICE BATH**

The ideal way to kickstart your recovery process after an intense workout.

## **TOUR DE TÆRU**

Accept the challenge and enter our specially designed Tour de Tæru. Tackle the 7 stages in a week, or go for 3 stages on weekends.

## **BIKE STORAGE**

Don't worry about your bike and focus on the job. We have a fully equipped and secure bike storage space for your peace of mind.

## **BIKE CARE**

Whether you like to clean your trusted companion after every ride or bring a team of seasoned mechanics to the party, at Tæru we've got what you need, namely: a bike wash station, a bike workbench and sufficient indoor and outdoor space to work on your bikes.

# RELAX

After a hard day's work, Tæru also offers relaxation. Rest, get energised and do it again!

## PROFESSIONAL KITCHEN

We have a brand-new fully equipped kitchen that is especially designed for cooking for large groups. You'll also have access to a separate storage room with industrial fridges, a large oven, two gas stoves, a dishwasher, ...

## DINING AREA

In the same open space as our kitchen, we have a spacious yet cosy dining area for 43 people. There's also a relaxation corner with media facilities such as a beamer, so you can have team meetings or watch the race after dinner as a team.

## LOUNGE

Only one flight of stairs away from our dining area, you will find a lounge with a television, comfortable sofas and a selection of books to get energised and inspired after a day of training.

## MASSAGE

We always provide 4 professional massage tables in our heated group room for you to use. A physiotherapist can be arranged for you if you want.

## SPORTS BAR

A section of our sports hall is reserved for a special bar to hang out before or after training. Darts, table football and cold (recovery) beers: check.

## MINDFULNESS

You will find mindfulness corners and seating areas all over the Tæru site, where you can take in the tranquility of nature.

## HIKING TRAILS

Whether you're in for a recovery walk or a full day of hiking: we can provide you with routes to discover the beautiful surroundings of Tæru by foot.



### GÎTE 3

sleeps 5 people in 2 bedrooms with single beds and 1 bathroom

### GÎTE 2

sleeps 20 people in 6 bedrooms with single beds and 4 bathrooms

### PLAYGROUND

### GÎTE 1

brand-new, ecologically renovated building. Opening in 2023. Sleeps 18 people in 9 bedrooms with 2 single beds and a bathroom each. Kitchen, dining area and relaxation room.

### TERRACE

### PRIVATE ROAD

### PRIVATE PARKING

for 30 vehicles

### MEADOW

can be used for outside activities or to enjoy some peace and quiet

### SPORTS HALL

including 25m pool, altitude room, bike storage and maintenance, sports bar, heated room and indoor training facility

### CYCLOCROSS TRACK

modular private training track with staircase, sand-box and technical descents

### COVERED PARKING

suited for buses and campers

# SURROUNDINGS

The Tæru staff has been coming to Blier (Erezée) for triathlon training weekends since 2016. This enchanting place in the heart of the Ardennes offers a unique mix of forests and fields. Moreover, Blier is the ideal starting point for trips to numerous well-known neighboring cities and villages, such as:

LOCATION	DISTANCE TO TÆRU
Barvaux	11 km
Hotton	11 km
Durbuy	15 km
La Roche-en-Ardenne	19 km
Baraque de Fraiture	19 km
Marche-en-Famenne	23 km
Houffalize	32 km
Vielsalm	34 km





# BOOKING

Book now.  
Take the first step.

Thanks for your interest in Tæru. Our minimum capacity is 18 adults and our maximum is 43. The minimum stay is 2 days. You can stay as long as you want. We can sleep 18 people in altitude rooms. Read more about the 3 main formulas or our platinum offer.

Get your individual price quote: [dirk@taeru.be](mailto:dirk@taeru.be)

## BRONZE

Your team of 20 can stay in the original gîte on our domain.  
6 rooms sleep 20 adults.

starts at

€350/day

- ✓ access to all facilities on the domain (altitude chambers not included)
- ✓ room for 20 adults
- ✓ you share the domain with others
- ✓ You will stay in the original gîte with 6 sleeping rooms

## SILVER

Your team of 18 can stay in the most modern gîte on our domain. Each room sleeps 2 adults.

starts at

€600/day

- ✓ access to all facilities on the domain (altitude chambers not included)
- ✓ altitude chambers on request
- ✓ room for 18 adults
- ✓ you share the domain with others

## GOLD

Your team of 43 can stay on our entire domain, spread across the various buildings.

starts at

€950/day

- ✓ access to all facilities on the domain
- ✓ altitude chambers on request
- ✓ room for 43 adults
- ✓ exclusive use of the domain

# BOOKING

Book now.  
Take the first step.

## PRIVATE OR SHARED

If you book **more than 3 months in advance**, and if the gîtes are still available, you can rent the entire Tæru site for maximum privacy.

If you book **less than 3 months in advance**, you will be renting a part of the Tæru accommodation and sharing the sports hall as well as the terrain with our other guests. If the gîtes are still available, you can rent the entire Tæru site for maximum privacy.

## CONDITIONS

Check-in: from 5 PM. Check-out: at 12 AM.

Minimum number of nights: 2.

You only pay for the nights you spend at Tæru. In other words: you don't have to pay for your departure day.

## PAYMENT

The advance payment consists of 40% of the total amount, to be paid within 5 working days after the reservation has been made (otherwise your reservation will be canceled). The remaining 60% of the total amount must be paid 8 weeks before the arrival date at the latest. The deposit must be made before the date of arrival. It will be returned within 14 days after your departure date (if no deficiencies were found at check out).



**SEE YOU SOON AT TÆRU**

**TÆRU**

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