



T.S.R VIDAR

HILVARENBEEK, NETHERLANDS

ROWING AND TRAINING FACILITIES

ROWING SINCE 1961

Are you looking for an amazing destination where you can train to reach your goals in rowing?

Vidar is an extensive, quiet and excellent training location where rowers enjoy professional training in order to compete at the highest level. Vidar has been used in the past by clubs in preparation of various international regattas in Europe, as well as the Olympic games.

Vidar is a dutch rowing association located in Hilvarenbeek, just outside Tilburg. To get to Vidar, the driving is only:

30

minutes

from Eindhoven Airport

85

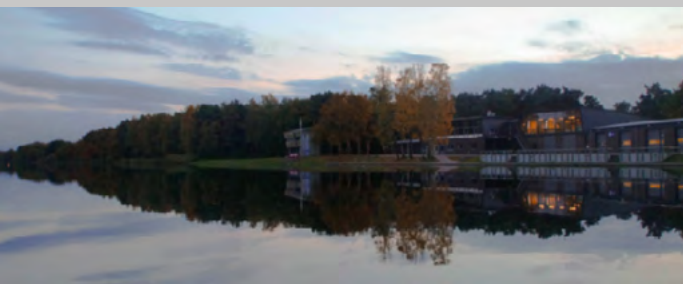
minutes

from Schiphol Amsterdam Airport

65

minutes

from Rotterdam The Hague Airport



ROWING

Vidar now offers international crews the opportunity to use the compound for training camps. The building is located adjacent to the rowing course and the track is therefore directly accessible from Vidar. We have access to an official **2 kilometers (1.24 mile)** rowing course where up to five boats can row alongside one another. Furthermore, crews can row **uninterrupted for up to 15 kilometres.**

There are hardly any cargo vessels and as a result of the trees alongside the course, there is little to no wind affecting the smoothness of the water. Furthermore, motorboats can be rented at Vidar and there is a cycling track parallel to the whole canal, which makes it easier to observe and coach the crews.

Because of the conditions mentioned above, the location has been given a **B-status by the NOC-NSF** (The Dutch Olympic Committee) which guarantees a high quality training location.



ACCOMODATION AND OTHER FACILITIES

In between the training sessions, places are available to relax and recover, or even to study or work when necessary in the study places. We offer meal plans for breakfast, lunch and dinner. In order to facilitate training sessions, Vidar is able to assist with time measurement for training sessions and trials on demand. Another important feature of Vidar is the extensive boat house, where it is possible for visiting clubs to store their boats indoors.

For accomodation, there are several options close to Vidar. The most frequently chosen option is a [bungalow park](#), located about 400 metres (=0.25 miles) from Vidar. Here, per bungalow up to 6 athletes can stay the night. The bungalow park is also suited for large groups. These bungalows are located right next to the rowing course, therefore no car is required.

NEED HELP?

We can help to find the right accommodation near Vidar, and we can set up a quotation that is specified to all the wishes and desires of your crew. The prices for these accommodations depend on the period you would like to come and vary by the number of people. Please contact us for the availability and the prices.

THE GYM

Another key element of our facilities is the gym, where we have **13 rowing machines** next to one another, and additionally it is possible to make use of our other equipment for strength training.

More specifically, the **following equipment** is available at Vidar:



6 Spinning bikes



Adjustable benches



1 Wattbike Olympic competition bars



Dumbbell set (1-30 kg)



Assorted competition bumpers (1.25-25 kg)



Crossmaxx pylo box



Deadlift platform and collars



Aerobic mats



4 Full power racks suitable for squatting, bench pressing and pullups

We provide **professional quality** that aligns with our reputation of having the number one location for training camps in the Netherlands. For any other special desires or a request for more information, please do not hesitate to contact us and send an email to trainingcamps@tsrvidar.nl.





INTERESTED?

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