

## Welcome to Barcelona International Sailing Center

### BISC GENERAL INFORMATION

- **Parc Forum Opening Hours:** 7:00 - 22:00 h.  
Out of this opening hours you should access to Bisc through the security gate (cars entrance).
- **Reception Schedule:** Monday to Friday from 9:00 to 18:00 h.  
Saturday, Sunday and Holidays from 10.00h to 18.00h
- **Sport Residence Ph.:** 93.356.05.48
- **FRONT DESK Ph.:** 648 959 569 (when Bisc Offices are closed)
- **Taxi Ph.:** 93.213.41.31
- **Free Wi-Fi:** BISC / barcelonasailing

### SPORT RESIDENCE GENERAL INFORMATION

- **Check in:** from 14:00h
- **Check out:** before 10.00 AM.
- **Dining Hall's Opening Hours:** Breakfast: 8:00 - 9:30 h. Lunch: 12:30 - 15:00 h. Dinner: 19:30 - 21:30 h.  
*A ticket for each meal/day will be handed at the check in. You will have to present it at the restaurant to the cashier. If you lose your ticket, you will have to purchase a new one at the reception.*
- **Access card:** a 10€ deposit in cash(refundable when returning the key upon departure )

### HOW TO ARRIVE AT BARCELONA INTERNATIONAL SAILING CENTER



#### RONDA LITORAL DIRECCIÓ

"RONDA LITORAL" STREET ADDRESS --> "BESOS":

1. Take Ronda Litoral (B-10) and take Exit 24 (Rambla Prim / Diagonal Mar).
2. Stay on your right and continue along the Passeig Marítim de la Mar Bella.
3. Take the first right.
4. At the end of the street, you will see a security gate. Tell the guard you are going to the Barcelona Sailing Hostel.
5. Continue until you reach the Barcelona Sailing Hostel parking area.

"RONDA LITORAL" STREET ADDRESS --> "LLOBREGAT"

1. On Ronda Litoral (B-10), follow the signs to Pg Garcia Faria. Exit 24.
2. Once you are on Pg Garcia Faria, follow the signs to Besos Ronda Litoral until you get to Passeig Marítim de la Mar Bella.
3. Stay to the right and continue along the Passeig Marítim de la Mar Bella.
4. Take the first right.
5. At the end of the street, you will see a security gate. Tell the guard you are going to the Barcelona Sailing Hostel.
6. Continue until you reach the Barcelona Sailing Hostel parking area.

#### WALKING OR PUBLIC TRANSPORT:

Public transportation nearby:

Metro: L4 El Maresme | Forum. / Railway: Forum. / Bus: H16 Diagonal Mar. / 7 Av. Diagonal - Pl Llevant. / 141 Av. Diagonal - Pl Llevant

### **SPORTS RESIDENCE:**

- **Bedding and towels:** Included.  
On the 4th day of your stay, you will be given the option to get new bedding set. The used set will be handed out to the cleaning staff between 10:00 am and 2:00 pm, and you will be provided with a new one.  
Fresh towels should be requested to the cleaning staff between 10:00 am and 2:00 pm.
- **Cleaning service:**  
There will be a daily cleaning maintenance from 10:00 am to 2:00 pm. Any extra service should be requested to the staff.  
In order to provide a daily service, **all personal material and clothing should be placed in wardrobes or organized on the bed.**

### **SPORTS FACILITIES INFORMATION AND RULES:**

- **Gym Opening Hours:** 7:00 - 22:00 h.  
The equipment must be used for the designed activity only, and it must be returned to the same assigned place for storage. The use of a hand towel is mandatory. Minors under 18 years old will only be allowed in under the supervision of a coach.
- **Drying Room:**  
Only water sports 'clothing and gear is allowed in the area. Clothing must be in hangers. All material not belonging to water activities and or left on the ground will be taken daily.
- **Changing Rooms:**  
Clothing and sport` gear must be kept in the designed areas. Water Sports material in the drying area, and sports material and personal belongings inside the daily use lockers.  
All clothing and material misplaced will be taken daily.