



ALMA-TAU

SPORTS AND RECREATION COMPLEX

ALMA-TAU SPORTS AND RECREATION COMPLEX



Is located in Akbasta village, Tolebi District, Turkestan Region, Republic of Kazakhstan.



The complex is situated in an ecologically pristine area, at an elevation of 883 meters above sea level, at the foot of the Kazigurt mountain range.






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THE SPORTS COMPLEX CONSISTS OF FIVE HALLS WITH A TOTAL AREA OF OVER 5183 SQUARE METERS.

There are two large halls with a combined area of 2166 square meters.

These spacious halls are equipped with all the necessary equipment and designed for team sports such as volleyball, basketball, handball, badminton, and mini-football.

Additionally, the halls are suitable for competitions and sparring sessions in boxing, freestyle and Greco-Roman wrestling, sambo, karate, judo, taekwondo, fencing, table tennis, and artistic gymnastics.

The halls are equipped with 8 sets of wrestling Olympic mats, 8 sets of wrestling Olympic tatami mats, and 4 sets of tatami (doyang). There are also 32 boxing mannequins for wrestlers.



THE THIRD SPECIALIZED HALL, COVERING AN AREA OF 300 SQUARE METERS, IS DESIGNED FOR WEIGHTLIFTING TRAINING.

The hall is equipped with modern training equipment, mirrors, 16 stationary platforms, and a special floor covering that meets international standards.



**! THE HALL CAN ACCOMMODATE UP TO
30 ATHLETES TRAINING SIMULTANEOUSLY.**

THE FOURTH SPECIALIZED HALL HAS A TOTAL AREA OF 1429 SQUARE METERS (LENGTH: 56.7M, WIDTH: 25.2M, HEIGHT: 4.5M) AND IS EQUIPPED WITH SPORTSART FITNESS EQUIPMENT FOR ALL MUSCLE GROUPS

IT INCLUDES A CARDIO ZONE:

- Treadmills
- Stationary bikes
- Air bikes
- Rowing machines



As well as functional and strength training zones, equipment for free weight exercises, a training octagon, stretching area, and myofascial release zone.

THE TOTAL AREA OF THE FIFTH HALL IS 1429 SQUARE METERS (LENGTH: 56.7M, WIDTH: 25.2M, HEIGHT: 6M). THIS HALL IS SPECIALLY DESIGNED FOR BOXING TRAINING



It features 2 rings on podiums and 50 boxing bags.

THE ENTIRE COMPLEX HAS A TOTAL OF:

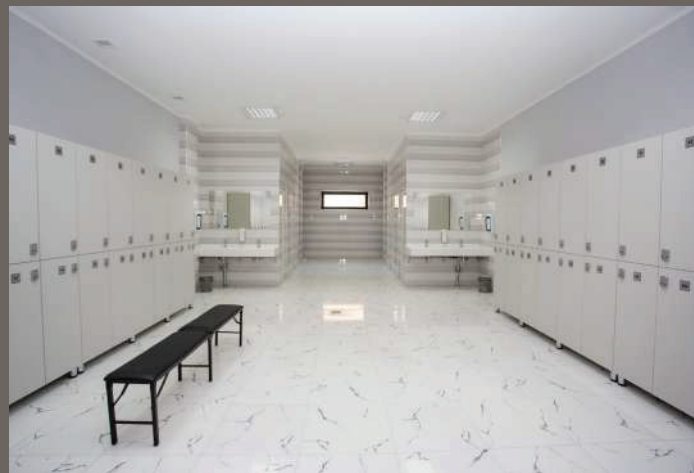
- 6 boxing rings
- 4 training rings
- 2 rings on podiums
- And 105 boxing bags



THE SPORTS COMPLEX PROVIDES 72 SHOWER CABINS AND 443 CHANGING ROOMS.

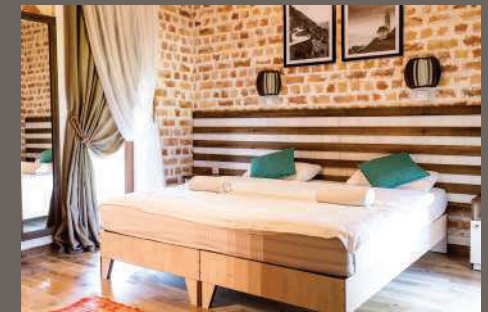
All the premises are equipped with professional climate control systems and underfloor heating.

There is also a conference hall with 100 seating places, a medical center staffed with a doctor, massage rooms with professional masseurs, and a self-service laundry.



THE HOTEL COMPLEX OFFERS 117 ROOMS WITH A TOTAL OF 234 BEDS

THE HOTEL IS CLASSIFIED AS A 4-STAR ACCOMMODATION FACILITY



Additionally, there are comfortable individual housing units for 126 people and a hotel for 58 people located on the premises.

The total area of the complex is 24 hectares, capable of accommodating up to 400 athletes simultaneously.

THERE IS A DINING HALL OFFERING BALANCED MEALS FOR ATHLETES IN BUFFET STYLE, WITH UP TO 400 SEATS.



Additionally, there are two restaurants providing individual dining options.



FOR RECREATIONAL PURPOSES, THERE ARE FINNISH AND TURKISH SAUNAS.

The complex also features two adult pools and one children's pool.



WHY CHOOSE OUR COMPLEX?



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National teams appreciate the peaceful and comfortable accommodation in our comfortable rooms.



The training conditions meet global standards.



The diverse menu offers buffet-style meals made from environmentally friendly products (we collaborate with local farmers).



Our region enjoys over 300 sunny days and a mild winter.

And most importantly, the remoteness from the city allows complete focus on training and recovery without distractions.

WE HAVE HOSTED TRAINING CAMPS:

for the national boxing teams of the Republic of Kazakhstan, Australia, Georgia, the Philippines, Armenia, and Tajikistan. We have also hosted youth teams (U20) for weightlifting, Greco-Roman wrestling, boxing (boys and girls), and judo





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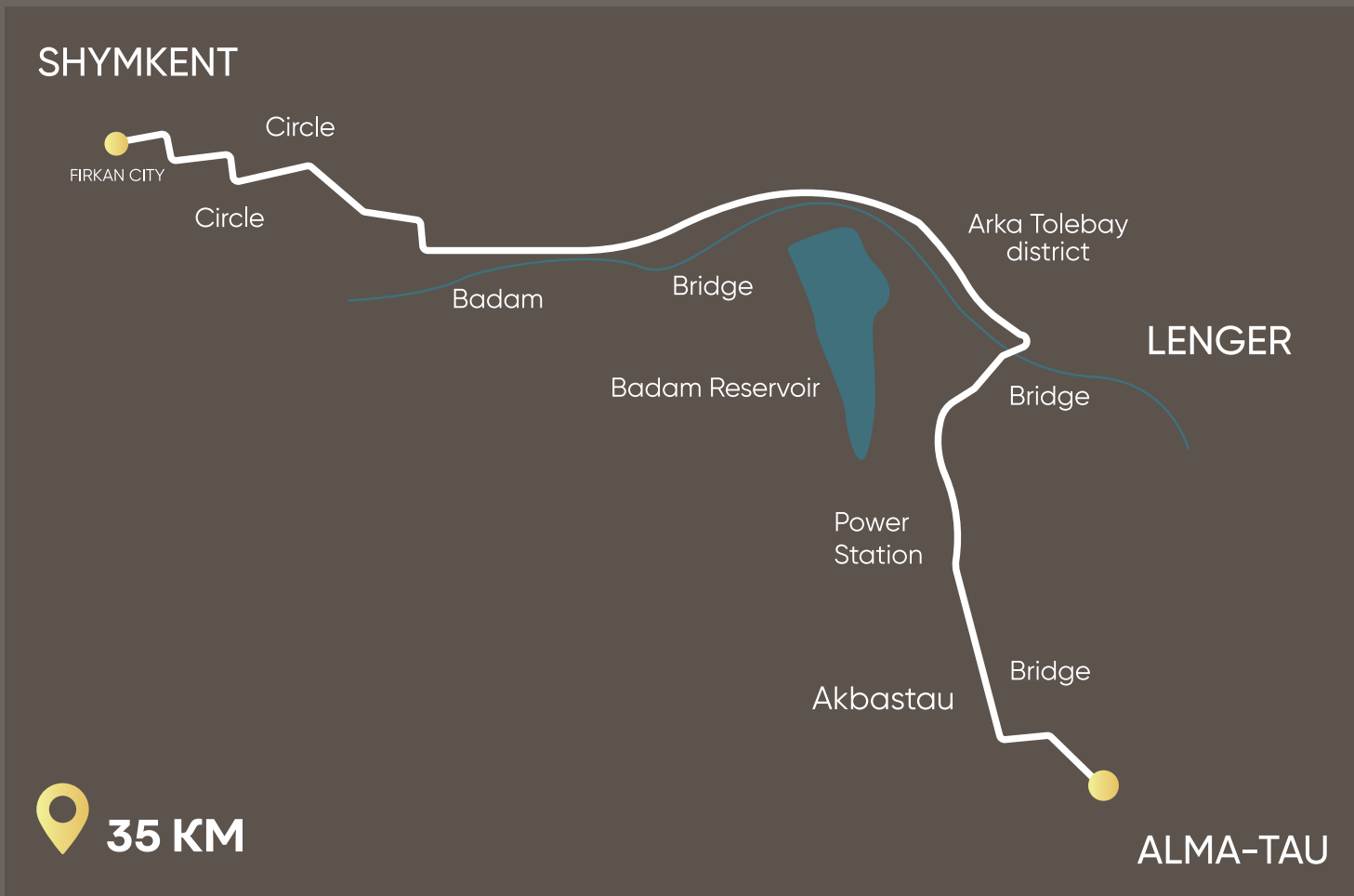
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