

PROGRAM BOOK

Mallorca 312



INTRODUCTION

Mallorca is a fantastic island for cycling. The favorable climate, beautiful and varied cycling routes, the scenic villages and the beautiful Tramuntana mountains tempt many cyclists to come to Mallorca. This island is the ideal place for your training camp, cycling holiday or to participate in an event!

The Mallorca 312 is such an event that needs to be on your bucket list. 312 km and 5050 meters in one day: that's a great challenge!

The good organization and a relaxed, friendly atmosphere characterizes this event. It is not a race, but a cyclo sporty one in which the team starts together and in which some people cycle faster. However, you mainly challenge yourself.

There are 8.000 cycling enthusiasts from all (European) regions every year. A varied field of participants of experienced "touring cyclists", amateurs and former professionals.

In 2020 the Mallorca 312 will take place on Saturday, April 25th!

In addition to the mythical route of 312 km, there are also two alternative routes, namely: 225 km and 3973 altimeters, as well as 167 km and 2475 altimeters. As a participant in this package, we assume that you are going for the 312 km route!

In collaboration with bike coaches Martin Lukasse, owner QlaQwork and Linda Dijkman, we offer a unique and fully arranged package from Monday, April 20th, to Monday, April 27th. A maximum of 14 participants can enter.

Are you going to be there?

Ed Claassens

Owner Bike Villas Mallorca



MALLORCA 312

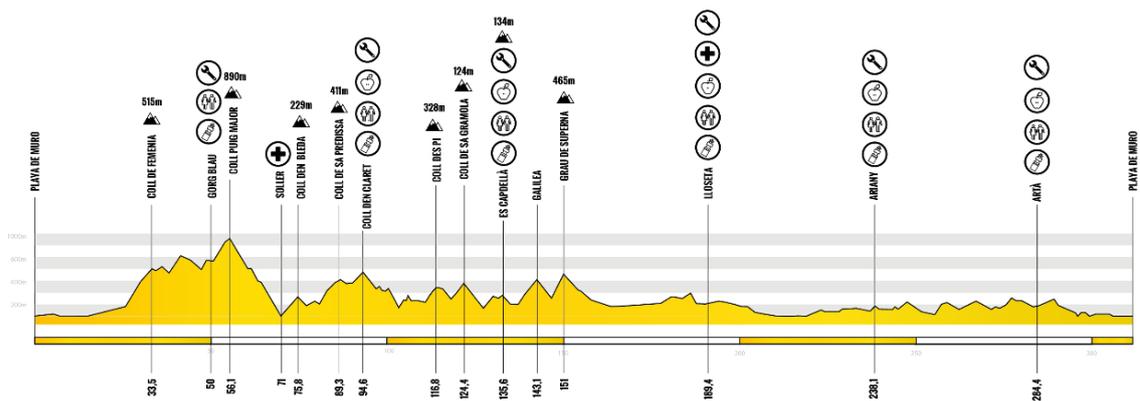
The Mallorca 312 will take place in 2020 on Saturday, April 25th. The start is at 7 a.m. in Playa de Muro, which is located in the north of the island. You must have completed 312 km and 5050 meters at the same location by 9 p.m. at the latest.

You cross the beautiful Tramuntana Mountains from North to South and then cycle through scenic villages at the foot of the same mountains, and then back to the north. Via the somewhat "flatter" countryside, you finally cycle along the northern coastal strip to the finish.

In addition to the mythical route of 312 km, there are also two alternative routes, namely: 225 km and 3973 altimeters, as well as 167 km and 2475 altimeters.

A maximum of 8.000 heroes can participate in the Mallorca 312.

You can find more information here: <http://www.mallorca312.com/>



PROGRAM

We offer the Mallorca 312 package from Monday, April 20th, to Monday, April 27th, 2019 (8 days / 7 nights). Monday, April 20th, is the day you will arrive (after 4 p.m.). Your departure day will be on Monday, April 27th (before 10 a.m.).

The package is entirely devoted to the Mallorca 312. Not only the week itself, but also in the months prior, we offer the possibility to follow a training program with personal guidance and coaching, so that you can take on this challenge in a fit and fresh way.

The weekly program has been put together in such a way that you can optimally prepare for the big day. During the bike rides in the days prior to Saturday, you will be accompanied by an experienced Mallorca 312 rider. You will be provided with tips and tricks about the 312 route, the food, the mindset, the bicycle maintenance, etc. During these preparation trips, we use a follow-on car so that sports food, sports drinks and extra sets of clothing and material are available to you at all times.

After breakfast, we will start the day with a Yoga/Core session, so that we can start the bike ride with warmed up muscles and in a relaxed way.

Every evening before dinner, there will be a (short) briefing about the past day and the next day. On Tuesday night, we will extensively discuss everything about the Mallorca 312. On Wednesday and Thursday evening, two workshops are planned, a workshop Mindfulness and Mindset Shifts "Plan your course" and a workshop Sports Nutrition.

There will be the possibility to make use of sports care the entire week. If there are any medical issues, a physiotherapist will be available to call. The costs for physiotherapy are not included in the package!

On Saturday, we will set up our own supply station in Alaró (home of Bike Villas Mallorca). You then will be just passed half of the 312 km. So, you have the option to prepare your own sports nutrition and extra clothing.

On Sundays, we will enjoy the beautiful city of Palma or visit the beach. We end the week with a BBQ and we will enjoy the big Mallorca quiz together!

With Bike Villas Mallorca, we strive for the right balance between enjoying together and sweating together. This is completely in line with the philosophy of the Mallorca 312!

Sweat together, enjoy together!

DAILY SCHEDULE

MO	--:--	Checking in and getting to know each other
	--:--	Dinner (optional)
	--:--	Explanation of the weekly programme
TUE	8:30-9.30	Breakfast
	11.00-17.00	Preparing bicycles Relaxed bike ride over a part of the course including lunch.
	19:00	Daily briefing Dinner Briefing Mallorca 312
WED	8:30-9.30	Breakfast
	11.00-17.00	Cycle tour on a part of the route including Mallorcan lunch
	19:00	Daily briefing Dinner Mindfulness and Mindset Shifts Workshop "Set your course"
THURS	8:30-9.30	Breakfast
	9.30-17.00	Relaxed bike ride over a part of the course including lunch.
	19:00	Daily briefing Diner Workshop Sports Nutrition
FRI	8:30-9.30	Breakfast
	9.30-17.00	Check in at Mallorca 312 and taste the atmosphere at the start/finish location including lunch in Alcudia. Relaxing in and around the house
	19:00	Daily briefing Diner
SAT	5:00	Breakfast and departure to Alcudia
	7.00-21.00	Mallorca 312
	22:00	Dinner
SUN	9:00-10.00	Breakfast
	10.00-17.00	Relaxing in and around the house Visit Palma or beach (afternoon)
	19:00	BBQ
MO	8:00-9.00	Breakfast
	10.00	Departure

YOUR STAY

You will stay in villa Son Flora. Son Flora is located in Alaró. This is an authentic mallorquins village, located at the foot of the Tramuntana Mountains. You can still find the distinctive friendly atmosphere of the countryside here. It is very suitable as a base for beautiful cycling and walking tours. In the village, there are several nice restaurants at the pleasant village square. Palma and the airport are approximately 30 (car) minutes away from the villa.

Son Flora has 7 bedrooms, 3 bathrooms, 2 kitchens and 2 living rooms. There's a variety of different facilities, such as a private swimming pool, an outside BBQ area, Wi-Fi, air conditioning, a smart TV, secure bicycle storage, the possibility to maintain your bike and a washing machine. The outdoor area is spacious with different outdoor terraces and they will all offer you beautiful views of the Tramuntana Mountains.

You can find more information and photos at www.bikevillasmallorca.com



COSTS

The participation fee for this unique Mallorca 312 package is **895,00 euro per person**.

This will get you the following:

- ✓ 7 nights stay in villa son Flora
- ✓ Breakfast, lunch, dinner and drinks (average use)
- ✓ A traditional Majorcan lunch during the cycling trip on Wednesday
- ✓ Guidance during the bicycle tours by a bicycle trainer and a following car
- ✓ Your own supply stop on Saturday
- ✓ Sports food and sports drinks
- ✓ Briefing Mallorca 312 by an experienced expert
- ✓ Mindfulness and Mindset Shifts Workshop "Plan your course" and a Workshop Nutrition and Yoga/Core exercises.
- ✓ Transfer from the airport to the Son Flora villa and vice versa on Monday and Monday
- ✓ Transfer to the start and finish location in Alcudia and vice versa on Friday and Saturday
- ✓ Transfer to the Son Flora villa to Palma/beach and vice versa on Sunday
- ✓ Sports care at home all week
- ✓ Payment of the local tourist tax and VAT
- ✓ Original Bike Villas Mallorca cycling outfit



The following is not included in the participant contribution of the package:

- ✓ Start ticket Mallorca 312
- ✓ Bike rental (optional to book)
- ✓ Plane ticket
- ✓ Travel and cancellation insurance
- ✓ Dinner on the day you arrive (optional to book)
- ✓ Personal expenses

For 2020, it is unfortunately no longer possible to include the start ticket for the Mallorca 312 in the package. You must register yourself via <http://www.mallorca312.com/Start>. Registration is open from October 8st, 2019! Be quick, because the starting tickets are sold out quickly...

SIGN UP

You can register by sending an email to info@bikevillasmallorca.com. Make sure you state your name, address, date of birth and telephone number in the email. You can also register as a group, of course. This is also possible by email if you include the requested information per group member.

TERMS AND CONDITIONS

- ✓ You can register until November 1st, 2019 at the latest, or until the maximum number of participants has been reached.
- ✓ A maximum of 14 participants can enter.
- ✓ When registering, 50% of the amount must be paid within 1 week. You will pay the remaining 50% 2 weeks before the start of the package at the latest.
- ✓ You participate at your own risk.
- ✓ Cancellation policy:
 - cancel up to 20 days after booking, free of charge
 - from 21st day to 4 months before the trip: 25%
 - from 4 to 3 months before the trip: 40%
 - from 3 to 2 months before the trip: 60%
 - from 2 to 2 weeks before the trip: 40%
 - within 2 weeks until the trip: 100%
- ✓ The participant's contribution will not be fully or partially reimbursement during the arrangement due to circumstances beyond our control.

