

GOLDEN ADVENTURES

Majorca Spain Cycling Trip

~Spring training rides for the serious cyclist ... and casual cruises for the not-so-serious riders ~

Trip #1: April 15-23, 2012

Trip #2: April 22-30, 2012

(8 nights lodging / 7days of riding)

Note: Your departing flight will arrive the following day (i.e. depart on the 14th, arrive Majorca on the 15th).

ABOUT MAJORCA

This fabulous island offers a variety of Mediterranean landscapes. From a gently rolling hills and fertile inland countryside, sandy beaches, impressive sea cliffs, subtropical woodlands to the massive limestone mountain range to the west. **It's ideal terrain for cycling.** And not only will you enjoy this breathtaking landscape, you will appreciate extremely low automotive traffic and perfect road conditions.



ABOUT THE TRAINING RIDES

We have routes planned that include mountains, rolling hills, big climbs and flat terrain. This is the typical schedule ~ mileage & intensity can and will be adjusted based on the group's cycling ability:

Day 1:	Moderate to light day
Day 2:	Long/hilly day with one major climb
Day 3:	Long mountainous day
Day 4:	Recovery/rest day (or optional easy ride)
Day 5:	Harder/faster/shorter day
Day 6:	Longer day but relatively easy
Day 7:	Long/hilly day with one major climb

Note:

Cycling each day is at your own discretion. For a break off the saddle, we offer an optional hike day mid-week.



On this trip, you'll get:

- Coaching advice and support throughout your stay
- Group leaders for all abilities with every ride
- A sports massage therapist available daily (additional fee)

Each group will have no more than 20 riders. Group leaders are included in your rides to cater to all abilities. We set off as a group, and we return as a group. We make sure you are in the correct group and stay together.

Each group has a different pace:

Group 1:	Elite racing cyclists. Hard pace: 23-24 mph avg.
Group 2a:	Above average Club racing cyclist. Moderate to hard pace: 20-21 mph avg.
Group 2b:	Average club racing cyclists and club rider. Moderate pace: 18-20 mph avg.
Group 3a:	Recreational cyclist. Steady pace: 15-17 mph avg.
Group 3b:	Just-for-Fun cyclists. Slower pace: below 15 mph avg. Cruiser bikes.

The group leaders have a good knowledge of Majorca and the rides are flexible from mountains to rolling terrain/flat. There will be a rider's brief the night before each ride so the group leaders know how their riders are feeling so they can amend the ride if needed or divert the ride if the forecast is not as good as planned.

There's a support vehicle on the long rides, carrying extra water and providing mechanical assistance.

LODGING

Hotel Pollensia Park
Majorca, Spain



- Hotel has wireless internet
- Your choice of one or two beds
- All rooms have balconies and sea views

FLIGHTS

Everyone is responsible for booking their own flights. Once your trip reservation has been received, we'll send you a recommended flight itinerary and a discount code for purchasing your flights on American Airlines.

You should budget approximately \$1000-\$1200 for your round trip flight (or use your A/A miles).

We'll arrange for an airport shuttle to transfer you to the hotel (additional cost).

BIKE OPTIONS

You can check your packed bike on the flight. The cost for taking your bike is approximately **\$100 each way**.

Rent a bike in Spain (preferred method):

Pro Cycle Hire (<http://www.procyclehire.com>) is the recommended bike shop for renting. For their top-of-the-line road bike, it's approximately **\$200 for the week**.

Whatever you decide to do, we will help with the arrangements.

OUR GUIDES



Having cycled extensively in Europe, **Karen & Keith Hester** are excited to travel with us to Majorca to assist with trip logistics and coordinate with the local training coaches.

"We choose the island of Majorca because it's one of the main places the pro cycling teams train in their off-season and for its beautiful beaches, mountain terrain and countryside."

Keith Hester is on the Dallas Mirage Cycling Team and is a part-time employee of Richardson Bike Mart. His wife, Karen, is an avid traveler in Asia & Europe for work & pleasure and cycles when home in the U.S.

Karen & Keith thought it was important to not only offer challenging rides for the hard core riders, they wanted to offer a group ride for the not-so-serious cyclist as well. This trip will accommodate all levels with a route guide for every group.

"We hope you can join us!"

PRICE

\$790 (double occupancy)

\$870 (single occupancy)

For additional nights, add \$80 per night (double)/\$90 (single).

The price includes: 7 coach-led training rides, 8 nights lodging (double occupancy), all breakfasts, all dinners & all taxes.

What you pay for in addition to trip price:

Flights, bike transport or rental, airport shuttle, lunches and dinner (if eaten outside of the hotel).

PAYMENT

A **\$150 non-refundable deposit is due to Golden Adventures at the time you book your trip.** Once your reservation is received, you'll receive a confirmation e-mail with payment instructions.

The final payment will be due **no later than February 15, 2012.**

Note: The above prices are based on today's pound exchange rate. If the exchange rate fluctuates significantly before the trip, the price may need to be adjusted slightly.

RESERVATIONS

To reserve your spot, use this link:

https://www.goldenadventures.com/register_spain_cycling_trip_2012.php