

SICC Training Camp

Majorca 14-21 Mar 2019



Flight Details

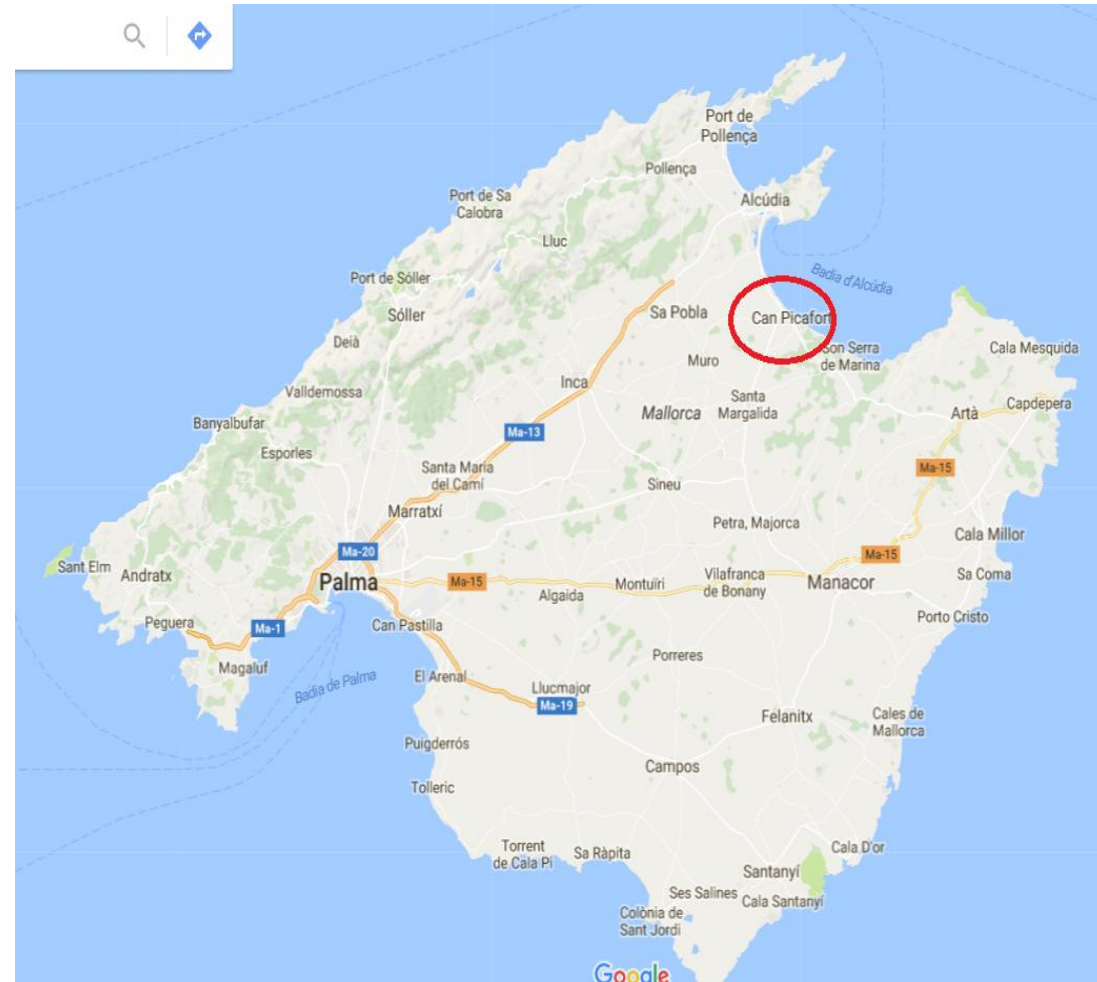
- Depart Thur 14 Mar 19
- Flight FR9339 Ryanair
- Depart BRU Charleroi 19:50
- Arrive PMI Palma, Majorca 22:00

- Return Thur 21 Mar 19
- Flight FR9338 Ryanair
- Depart PMI Palma, Majorca 17:00
- Arrive BRU Charleroi 19:25
- Return 'Standard' price as of 22 Oct = €73 includes 'one small cabin bag' only.
- Return 'Plus' price as of 22 Oct = €143 includes; Priority Boarding, 2 x cabin bags, reserved standard seat and 20kg checked baggage.
- Bicycles will need to be booked as Sporting Goods. Cost is €120 return.
- NOTE: Only Priority Customers Can Bring Two Free Carry-On Bags.
- Non-Priority Customers can only bring one free (small) carry on bag.

Hotel Details



- Hotel & Spa Ferrer Janeiro - location Can Picafort
- Half Board Accommodation (Breakfast & Evening Meal)
- Double Room (single Occupancy) €359 inc. taxes
- Double Room €550 inc. taxes
- Double Room Pool View €588 inc. taxes
- 5 rooms available Ferrer Concord
- Double Room (single Occupancy) €417 + City Taxes
- Still socialise and eat @Ferrer Janeiro
- Hotel Facilities include:
 - Free WIFI
 - 2 x washing machines & dryers. Tokens available from reception
 - Hotel has free Spa facilities (Jacuzzi pool, sauna, steam room etc)
 - 2 outdoor pools
 - Fully stocked bar



Airport Transfers

- SICC organised transfer to and from Charleroi airport courtesy of SHAPE BSG Class II Activities (TBC).
- Group transfer arranged from PMI Airport to Hotel and return to PMI.
- Approximate prices are €30 return or €45 return with your own bicycle*.
- Hotel is located 1 hours drive from PMI.

* = Potential funding of transfer for SICC members by the club.

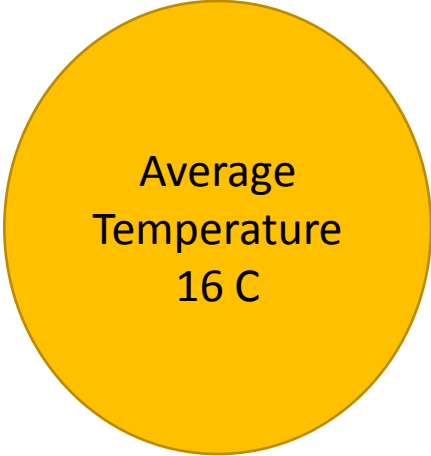
Bicycle Hire

- Bicycles can be hired from next to the hotel.
- SICCC benefits from group booking discount of 10-15%
- Good level of bicycles available; carbon, compact gears.
- Bicycles are stored at the hiring shop
- €15 storage charge for hire bikes and own bikes.
- 24 hour access to the bicycle store
- Energy drinks included in the package
- Bring your own pedals and bottles
- Bring your own saddle if you prefer
- More information regarding hire bicycles to be provided to those renting



Ride Details

- Daily rides (weather dependent) Focus on endurance (long and steady)
- 2-3 groups to cater for YOUR ability
- Mixture of terrain with flat rides or long climbs (5-8K)
- Generally better weather than Belgium
- Total distance Group B 2018 = 687KM
- Average daily distance Group B 2018 = 98KM
- Average daily ride time Group B 2018 = 4 hours 6 mins
- Average daily speed Group B 2018 = 24.6KPH
- Average daily elevation Group B 2018 = 1011 Mtrs
- Maximum Distance Group B 2018 = 129KM
- Maximum Elevation in a single ride = 2190 Mtrs



Average
Temperature
16 C

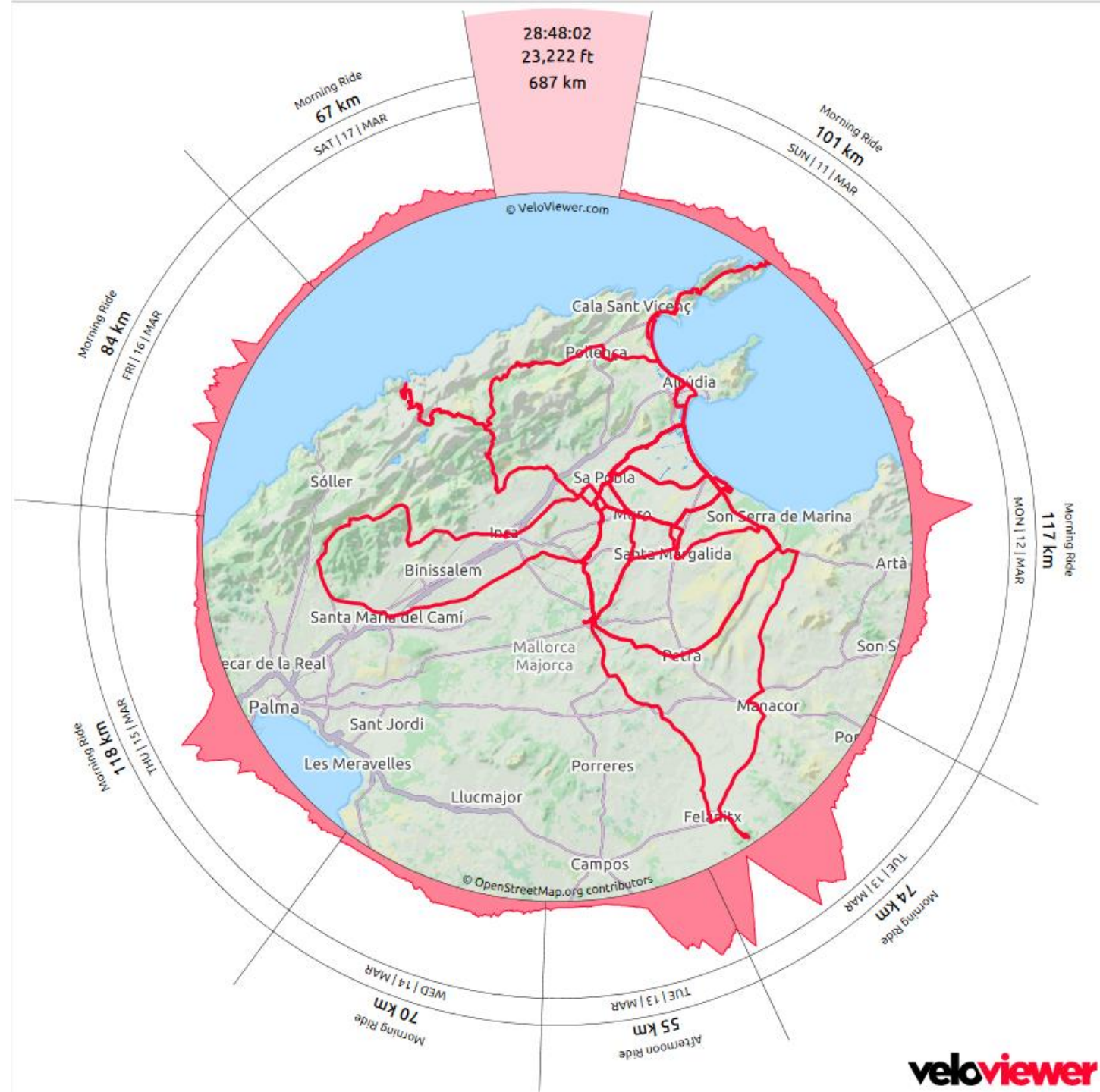
Group A Statistics

- Total distance Group A 2018 = 779.5KM (+92.5KM)
- Average daily distance Group A 2018 = 111KM (+13KM)
- Average daily ride time Group A 2018 = 4 hours 22 mins (+16 mins)
- Average daily speed Group A 2018 = 25.59KPH +(0.9 KPH)
- Average daily elevation Group A 2018 = 1300 Mtrs (+286 Mtrs)
- Maximum Distance Group A 2018 = 154KM (+26 KMs)
- Maximum Elevation in a single ride = 2190 Mtrs (the same)
- 4 Days in the Mountains
- 1 Recovery Ride Day
- 1 Acclimatisation Ride (bike checks/leg checks)

2018 Routes Group B

4 Mountain Days;
Sant Salvador 5K @7%
Coll d'Orient 5.1K @5%
Col de sa Batalla 7.9K @5%
Sa Calobra 10.3K @6.5%
Cap Formentor 17K @2.9%

2 Easy Days



**DEADLINE FOR BOOKING IS
31 JANUARY 2019*.**

**BOOKING FORMS MUST BE
RECEIVED BY THIS DATE.**

* = Subject to room availability. Highly likely that all rooms will be booked before end of 2018.

GENERAL INFO

- Rides normally depart at 0930.
- Ride times, routes and any changes posted on WhatsApp
- Free pasta available from 1600-1700 in Ferrer Concord hotel
- Everyone has to pay 15E fee for bike garage to Dieter.
- Breakfast and evening meals are buffet style
- Group allocations to be decided by Majorca Ride Captains before departure to Majorca



WhatsApp Group = Majorca 2019.
To join send your request to +32 491 720992