

# Cycle Conference

Monday 20th April -  
Friday 24th April

**Zafiro Palace Alcudia, Majorca**

# 2020







# Cycle Conference 2020

The Cycle Conference is back by overwhelming demand for 2020. If you haven't yet joined us for this event, make sure you get the date in your diary as you missed an incredible event. 100% of all delegates who attended want to return for the next conference!

The amazing event, includes 3 full days and an optional morning ride of cycling with the incredible guides of Mallorca Cycling lead by Adam Moore; 2018 winner of the Mallorca 167.

We will be returning to the fantastic 5 star Zafiro Palace Hotel in Alcudia located on the north of the island. This hotel is excellently located with great cycle routes on the doorstep, beautiful beaches and Alcudia old town to explore. The hotel itself has over 12 swimming pools, spa and fantastic dining.

This year we are offering people the option to join one of 4 cycle groups, allowing cyclists of all abilities the chance to get on a bike. You are welcome to bring your own bike or hire a bike from the hire company located at the hotel. You will be supported during the day by the Events Team who will be on hand to offer you refreshments and encouragement along the way. We will briefly take you off the road for the chance to gain CPD at our excellent clinical conference.

This amazing experience is open to all members and their partners/spouses. Partners can of course join the cycling, or if they would prefer, can enjoy the facilities of the hotel including swimming pools, yoga classes and the spa.



For more information speak to the Events Team on 01962 828026 or email [Cycle@denplan.co.uk](mailto:Cycle@denplan.co.uk)





# The Cycling

For our conference we have teamed up with Mallorca Cycling lead by Adam Moore, winner of the Majorca 167. They have over 16 years of experience creating bespoke cycle routes in Majorca.

**To maximise your cycling experience, Mallorca Cycling have created six bespoke routes for our Conference.**

## Monday

You will have plenty of time on arrival day to pick up your hire bike or assemble your own bike and enjoy a self guided cycle around the Alcudia area, making sure everything is in working order.

On your return to the hotel, if you do need any adjustments or have any bike related issues, our cycle hire team located in the hotel will take a look to ensure everything is perfect for the days ahead\*.

On Monday evening, Mallorca Cycling will join us for the welcome meeting where they will provide information about the island, details of routes and nutrition advice, as well as answer all the questions you have about the next couple of days.



\*Please note if you do not hire a bike via the bike hire company there will be a charge for any bike maintenance on your own bike.

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**mallorca  
cycling**



# The Cycling

## Tuesday, Wednesday and Thursday

On each day you can choose from 3 routes  
(mileage is approximate):

### The Red Group - 80 miles - 17mph.

This group will be for those cyclists who do a lot of regular cycling and are most experienced. Taking in very steep climbs and descents.

### The Amber Group - 60 miles - 15mph

This group will be for cyclists who have a good level of cycle ability. There will be some climbs and very good descents but the distance per day will be shorter than the red group.

### The Green Group - 40 miles - 12/13mph

This group is the shorter of the 3 but still a challenging route for those just getting into cycling.

### Leisure Group - 10 - 20 miles - \*New for 2020\*

This group is for people who are beginners or haven't ridden in a while or just want to enjoy a more relaxed cycle.

Some days there will be a 20 mile loop with lunch out of the hotel and on other days there will be two 10 mile loops one in the morning and afternoon from the hotel so it is your choice how far you choose to cycle.

**Included in all groups is a well deserved sit down lunch and that all important morning coffee stop!**



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### **Friday - Your Choice**

On Friday you can decide what you would like to do. You can have another day of free cycling or you can join us for an early morning Lighthouse trip and brunch.

The Lighthouse cycle is one of the best on the island, however with the cars and traffic, it can get very busy in the day. Experience the Lighthouse route like you have never done before - however prepare for an early start!

Suitable for the Red, Amber and Green routes start times to be confirmed nearer the time.

**This route will not be suitable for the Leisure Group**

We will be cycling to the Lighthouse and enjoying the view and back in Port de Pollenca by mid morning where you will be rewarded for your early start with breakfast in 1912 cafe on the beach front.

**There is a small additional charge for this trip of £15 per person.**







3 hours  
verifiable  
CPD

# The Conference

As this is a Cycle Conference, we do also have to take you off the road to attend CPD lectures. GDC registered delegates will be able to claim up to 3 hours of verifiable CPD.

The lectures will take place on Tuesday, Wednesday and Thursday

## Lectures

### IRMER Update

This lecture will provide an update on the Ionising Radiation Regulations (IRR) and Ionising Radiation (Medical Exposure) Regulations (IRMER).

### Shade Selection in Aesthetic Dentistry

This lecture will provide a practical guide to shade selection equipment and techniques for aesthetic restorative procedures.

### Watch Out for Burnout

This lecture will provide an overview of the growing international problem of burnout in dentistry.

For aims, objectives and learning outcomes please visit the website and the cycle hub.



### Dr Louis Mackenzie

Louis Mackenzie is a GDP working in Birmingham and is a clinical lecturer at the University of Birmingham School of dentistry and at King's college London. He delivers postgraduate lectures nationally and internationally on direct and indirect restorative techniques and minimally invasive dentistry and runs a series of popular hands-on courses. He is a member of Dental Update's editorial board, is academic lead of Birmingham University's MSc in Restorative dentistry and is the head of clinical training at Denplan.

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# The Hotel

## Zafiro Palace Alcudia

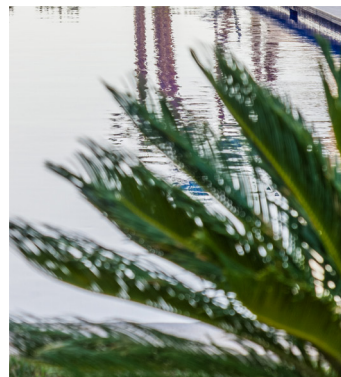
The Hotel Zafiro Palace is a newly built 5 star hotel offering incredible luxury and service in its oasis of tranquillity. In an unrivalled location, in one of the oldest towns in Majorca, not only is it just 40 minutes from Palma Airport, it is also in one of the best areas of the island for cycling.

The hotel is stylish, modern and charming with many pools, a large solarium and a spa. It has a large range of activities for all residents to take part in which include aqua aerobics and yoga. There are also many bars for a refreshing drink, a coffee shop, basketball court and even a mini golf course.

We have booked all cyclists into the beautiful junior suite accommodation for the duration of the conference. These amazing luxurious rooms will ensure you to relax and unwind after a day of cycling and lectures.



For more information speak to the Events Team on 01962 828026 or email [Cycle@denplan.co.uk](mailto:Cycle@denplan.co.uk)







# Other Activities

If you would like to bring your partner to the conference and they would prefer not to spend their time on two wheels, there are still plenty of activities in the hotel and the surrounding area to keep them entertained.



### The Hotel

The hotel has an incredible range of activities to keep you busy from swimming pools, the spa and a large activity programme.



### The Beach

Just 300 metres from the hotel are the sandy beaches of Alcudia which means you're only a short distance away from relaxing on a sun lounger under a parasol. The beach starts directly opposite the hotel, so why not take a walk along the beach so you can admire the stunning views of the mountains, sea and sand.



### Fancy a run?

If you love running, follow the blue path running route from the beach which will take you along the coast. You can admire the beautiful scenery and even have a go on the outside gym.



### The Harbour

Next to the beach is the harbour and with so many boats docked it is definitely worth a visit. Stroll up the road to a fantastic view point of the local area. There are also a few shops and cafés for you to relax in and watch the world go by.



### Alcudia Old Town

An amazing place to visit and only a 20 minute walk from the hotel. You'll be transported back in time as you walk through these beautiful small streets bustling with shops and cafés. Visit the 17th century church, the old gates and follow the walls the whole way around the town. Definitely a spot to pick up some souvenirs for friends and family back home.



### Golf Course

If you fancy a round of golf while you're away, the number one golf course on the island, Alcanada Golf Club is only a nine minute drive from the hotel. With its amazing greens and fairways it is definitely worth a visit. If you do decide you would like a round it is advised you book in advance as it can get fully booked quickly.



For more information speak to the Events Team on 01962 828026 or email [Cycle@denplan.co.uk](mailto:Cycle@denplan.co.uk)



# The Programme

## Monday 20th April

- |       |   |       |                   |
|-------|---|-------|-------------------|
| 09:00 | Conference<br>Registration opens<br>and hire bikes<br>available | 15:00 | Check into hotel  |
|       |   | 18:00 | Welcome drinks    |
|       |   | 18:30 | Introductory talk |
|       |   | 19:30 | Buffet dinner     |



## Tuesday 21st April

- |       |                                 |       |            |
|-------|---------------------------------|-------|------------|
| 07:00 | Breakfast                       | 18:00 | Conference |
| 09:00 | Cycle begins                    | 19:30 | BBQ        |
| 16:00 | Cyclists return to<br>the hotel |       |            |



## Wednesday 22nd April

- |       |                                 |       |               |
|-------|---------------------------------|-------|---------------|
| 07:00 | Breakfast                       | 18:30 | Conference    |
| 09:00 | Cycle begins                    | 19:30 | Buffet dinner |
| 16:00 | Cyclists return to<br>the hotel |       |               |



## Thursday 23rd April

- |       |                                 |       |   |
|-------|---------------------------------|-------|---|
| 07:00 | Breakfast                       | 17:00 | Conference  |
| 09:00 | Cycle begins                    | 19:00 | Pre dinner drinks<br>followed by formal<br>dinner |
| 16:00 | Cyclists return to<br>the hotel |       |   |



## Friday 24th April

- |       |  |  |  |
|-------|--|--|--|
| 07:00 | Breakfast                                |  |  |
| 12:00 | Check out of hotel and depart at leisure |  |  |
| 17:00 | Return hired bikes                       |  |  |

Please note timings are subject to change.

For more information speak to the Events Team  
on 01962 828026 or email [cycle@denplan.co.uk](mailto:cycle@denplan.co.uk)







# Conference Rates

Rates	Costs per person*
Cyclist and non-cyclists sharing a twin or double room	£650
Two cyclists sharing a twin room or double room	£700
One cyclist in a double room	£875

## All rates include:

- Four nights bed and breakfast accommodation at the 5 star Hotel Zafiro Palace on Tuesday, Wednesday and Thursday
- Luxury junior suite accommodation and amenities
- Breakfast on Tuesday, Wednesday, Thursday and Friday
- Lunch on Tuesday, Wednesday and Thursday
- Dinner with drinks on Monday, Tuesday, Wednesday and Thursday

## And for cyclists:

- Three full days of cycling with expert guides and refreshments
- Water bottles
- Lectures, notepads and pens
- Conference Programme on Wednesday and Thursday with 3 hours CPD
- Cycle jersey



\*All costs exclude VAT

For more information speak to the Events Team on 01962 828026 or email [Cycle@denplan.co.uk](mailto:Cycle@denplan.co.uk)





# Conference Extras

## Friday Lighthouse trip

If you would like to join us for the early morning Lighthouse trip the cost will be £15pp which will cover the guides and brunch.

## Additional nights accommodation

We can arrange additional nights accommodation if you would like to extend your stay. These costs will be added to your room and will need to be paid for on departure.

- Single Occupancy Rooms €168 euros + tax
- Double Occupancy Rooms €221 euros + tax

## Upgrading your room

We can also arrange for an upgrade on your room. These costs will be added to your room and will need to be paid for on departure.

- Junior Suite to a Junior Swim Up Room - €80 per night
- Junior Suite to a Junior Penthouse Suite - €100 per night

## 312 Weekend

The weekend after the conference is the Majorca 312. We have negotiated rates with Majorca Cycling who can offer you this fabulous package:

- 3 more nights at the hotel on Friday, Saturday and Sunday
- Breakfast on Saturday, Sunday and Monday
- Dinner on Friday, Saturday and Sunday in the market restaurant
- Entry to the sportive
- Transfer back to the airport

312 Weekend package is £565. If you would like to book please contact Adam directly on [adam@mallorcacycling.co.uk](mailto:adam@mallorcacycling.co.uk).

Please note bookings are subject to availability. As this additional extra is not booked via Denplan part of Simplyhealth we are not responsible for any part of your booking or experience in relation to this trip.

## Additional clothing

As per last year, we will order you all a cycle jersey through Mallorca Cycling who also provide the Morvelo Bassco Racing Team with their clothing. If you would like any additional clothing they can provide:

- Bib shorts £60
- Gilets £45





# The Bikes

## Bike hire

This year we are hiring bikes with the bike hire company located at the hotel. The costs are located in the table below, hire is from Monday 20th - Friday 24th April

Type of bike	Cost exc VAT
Di2 Carbon	£135
Carbon with disc brakes	£120
Carbon	£100
Alum	£90
E Bike	£130

## Important points

- All prices quoted above exclude VAT.
- The bike will be hired for you for all five days of the conference.
- If you would like to reserve a bike this must be done at the time of booking your place on the conference, however your bike is not confirmed until confirmed by the events team. As all bikes are subject to availability.
- On booking your bike we will require your height and inner leg measurement to ensure we reserve the correct bike for you
- Unfortunately anyone under 164cm will need to hire an aluminum bike as the carbon bikes will not fit the cyclist frame. Please note you will need to bring your own helmet and pedals with you.

## Bringing your own bike

You can always bring and transfer your own bike to the hotel. Only hybrid or road bikes will be suitable for these events. All bikes will be stored in a secure locked garage at the hotel.

## Please note

If you choose to bring your own bike, the bike hire company located within the hotel are happy to do any maintenance on your bike if required. However these charges you will have to settle directly with the hire company when the maintenance is completed. This is not a free service.

For more information speak to the Events Team on 01962 828026 or email [Cycle@denplan.co.uk](mailto:Cycle@denplan.co.uk)







# Flights and Transfers

Flights and transfers are not included within the conference cost so please book and make your own arrangement getting to the hotel.

You will be flying into Palma Airport which is just 40 minutes from the hotel.

Taxi transfer costs approx 100 euros.



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# To Book

To book your place to join us at the Cycle Conference in Majorca in April 2020, please visit: [www.denplan.co.uk/cycleconference](http://www.denplan.co.uk/cycleconference)

## Booking Terms and Conditions

- This conference is designed for member dentists and their spouse/partners.
- This event is subject to availability, numbers are strictly limited and are on a first come first serve basis.
- As places are strictly limited, no provisional bookings can be accepted. Payment can be taken by monthly report or you can pay by credit card.
- If you, the conference attendee, wish to cancel your place(s) then the following charges will apply:
  - 100% of the delegate rate will be charged if cancelled less than 90 days before departure.
  - 50% of the delegate rate will be charge if cancelled less than 180 days before departure.
  - If we cancel the conference for any reason, your payment will be returned less a 10% administration charge.
- Denplan part of Simplyhealth reserve the right to refuse any booking, for any reason.

For full terms and conditions please visit:  
[www.Denplan.co.uk/eventsterms](http://www.Denplan.co.uk/eventsterms)



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*Cycle*  
CONFERENCE