

# Simplyhealth Professionals Cycle Conference

Monday 29th April - Friday 3rd May  
Zafiro Palace Alcudia, Majorca



2019





# Back for 2019

## Simplyhealth Professionals Cycle Conference

The Cycle Conference is back by overwhelming demand for 2019. If you missed it in 2018, 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!

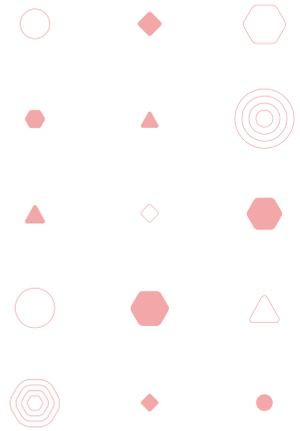
The event has been extended to 5 days, including 3 full days of cycling with the incredible guides of Mallorca Cycling lead by Adam Moore; 2018 winner of the Mallorca 167.

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 3 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 is 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 15 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.

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



**mallorca  
cycling**

Pedal power!



# The Cycling

## Tuesday, Wednesday and Thursday

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

 **Red Group** - 80 miles

 **Amber Group** - 65 miles

 **Green Group** - 40 miles

**The Red Group** will be for those cyclists who do a lot of regular cycling. Taking in very steep climbs and descents you will be cycling over 80 miles per day with fewer breaks and shorter lunch stops. This group will experience most of the island with longer routes creating a challenge for even the most experience cyclists taking in the famous Sa Calobra.

**The Amber 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. There will also be a longer lunch stop each day.

**The Green Group** is the more relaxed cycle group taking in 40 miles a day on flatter, shorter route. There will be time to enjoy the views of Majorca, take photos and have a great lunch.

Whichever group you choose, you will start at 9am. Tuesday you will get back by 6pm and Wednesday and Thursday you will be back slightly earlier for the Conference.

If you're unsure which group to choose please contact [cycle@denplan.co.uk](mailto:cycle@denplan.co.uk) with your individual requirements.

## Friday

This is another day of free cycling. Cycle some of the routes you have done previously or cycle and explore Alcudia. There are plenty of places to visit so you wont be disappointed.

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





*Work hard...  
...play hard!*

# 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 2.5 hours of verifiable CPD.

The lectures will take place on Wednesday and Thursday.

A full description of both lectures will be available on the website shortly.

## Henry Clover - Director of Dental Policy

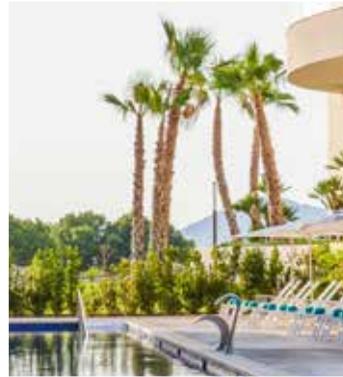
Henry is a former general dental practitioner who converted his own practice to private practice in 1993. With his experience as a member dentist, he joined the Professional Support Services department on a part-time basis in 1998 and full-time in 1999, with responsibility for professional support and member services. Henry is now Simplyhealth Professionals Chief Dental Officer, overseeing dental advice to the whole company and links with professional bodies, as well as being a member of the Simplyhealth Professionals Leadership Team, supporting our continuing ethos of 'By Dentists, for Dentists'.



**2.5 hours  
verifiable  
CPD**

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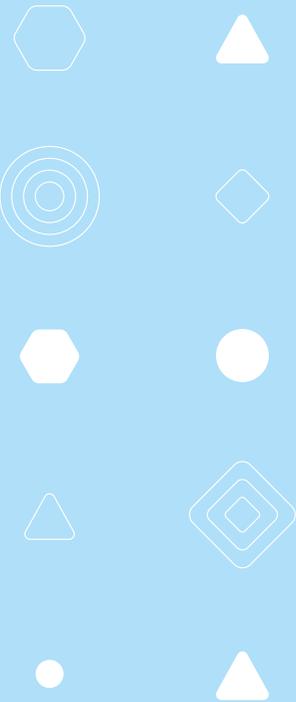
# The Hotel

## Zafiro Palace Alcudia

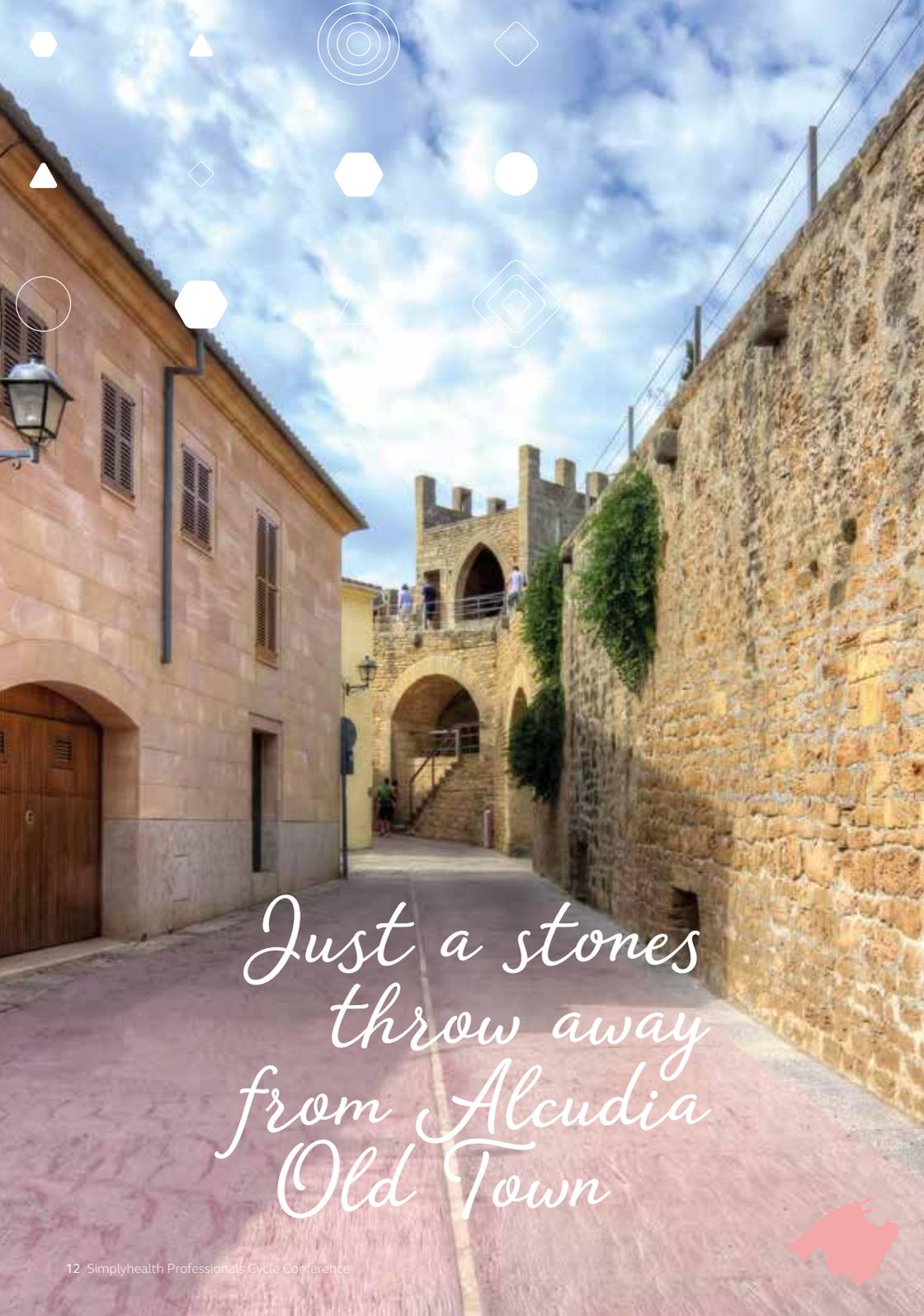
The Hotel Zafiro Palace is a newly built 5 star hotel offering incredible luxury and service in its oasis of tranquillity. In an unrivalled location, in one of the oldest towns in Majorca, not only is it just 40 minutes from Palma Airport, it is also in one of the best areas of the island for cycling.

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)



Just a stones  
throw away  
from Alcudia  
Old Town

## 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 29th April

- 09:00 Hire bikes available
- 15:00 Check into hotel
- 18:00 Welcome drinks
- 18:30 Introductory talk
- 19:30 Buffet dinner



## Tuesday 30th April

- 07:00 Breakfast
- 09:00 Cycle begins
- 18:00 Cyclists return to the hotel
- 19:30 BBQ



## Wednesday 1st May

- 07:00 Breakfast
- 09:00 Cycle begins
- 16:00 Cyclists return to the hotel
- 18:30 Conference
- 19:45 Buffet dinner



## Thursday 2nd May

- 07:00 Breakfast
- 09:00 Cycle begins
- 16:00 Cyclists return to the hotel
- 16:45 Conference
- 19:00 Pre dinner drinks
- 19:30 Formal Dinner



## Friday 3rd May

- 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)





*the scenery is  
breathtaking!*

# 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
- Dinner with drinks on Monday, Tuesday, Wednesday and Thursday
- Lunch on Tuesday, Wednesday and Thursday

## And for cyclists:

- Three full days of cycling with expert guides and refreshments
- Conference Programme on Wednesday and Thursday with 2.5 hours CPD
- Cycle Jersey

## Additional nights:

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.

The prices will vary slightly with the exchange rate and you will pay for these additional rooms on departure.

The approximate costs are as follows:

Additional Room in April	Cost
Single Occupancy	£150
Double Occupancy	£180
Additional Room in May	
Single Occupancy	£155
Double Occupancy	£185

\*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)





*the open road...  
...just perfect!*

# 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 29th April to Friday 3rd May.

Type of Bike	Cost exc. VAT.
Carbon - with disc brakes	£105
Carbon	£100
Aluminum	£85

## 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.
- On booking your bike we will require a few details (such as your height, seat height, bar drop, reach and inner length measurement) to make sure we hire the correct bike for you.
- Unfortunately anyone under 160cm will need to hire an aluminum bike as the carbon bikes will not fit the cyclist frame.

## 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)



*Where the fun begins!*

## 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.



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

Don't wait  
... book your  
place now



## To Book

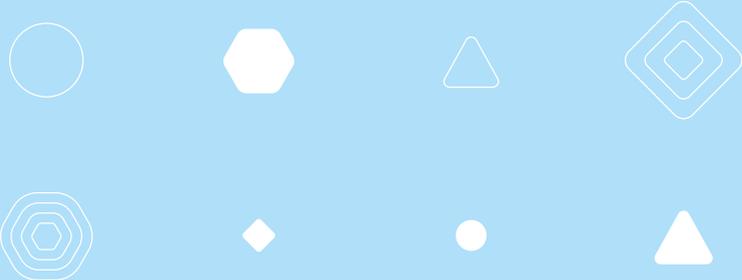
To book your place to join us at the Cycle Conference in Majorca in April 2019, please visit: [www.denplan.co.uk/cycleconference](http://www.denplan.co.uk/cycleconference)

### 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.
- Simplyhealth Professionals 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)





# Cycle CONFERENCE



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