

2018

Simplyhealth Professionals Cycle Conference

Tuesday 17th April – Friday 20th April
Zafiro Palace Alcudia, Majorca

Denplan
from



Simplyhealth
Professionals



New for 2018

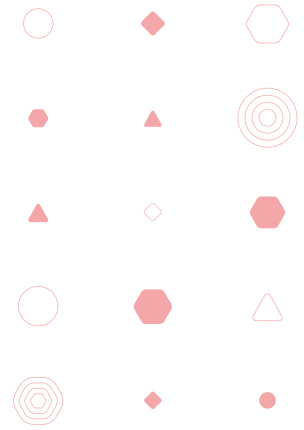
Simplyhealth Professionals Cycle Conference

We are delighted that the very first Simplyhealth Professionals Cycle Conference will take place in the beautiful Spanish Island of Majorca. Home of the famous 321 Cycle Race, Majorca is the perfect place for a cyclist of any ability to visit.

Just 40 minutes from Palma Airport, you will be staying in the beautiful 5 star Hotel Zafiro Palace in Puerto de Alcudia.

Each day you will get out on your bike to cycle the island under the guidance of a trained local guide to truly maximise your experience. There will be two options for you; a tougher route which will take in steep climbs and a longer distance to challenge even the most experienced cyclist or, if you would prefer a more relaxing cycle, we are offering a flatter route for you to take in the views and scenery of this beautiful island.

This is amazing experience for cyclists of any ability and 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 Events@denplan.co.uk



the scenery is breathtaking!

The Cycling

For our conference we have teamed up with Mallorca Cycling who are cyclists that have 15 years experience creating bespoke cycle routes in Majorca. With these experienced guides, as well as the Simplyhealth Professionals Team on hand to offer encouragement, you are guaranteed to have an amazing time.

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

On Tuesday there will be a group two hour warm up ride to get you used to your bike (if hired) and to warm up those legs. On your return to the hotel, if you do need any adjustments or have any bike related issues, our on hand cycling team will take a look to ensure everything is perfect for the days ahead.



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living the dream!



The Cycling

The team from Mallorca Cycling will be joining us on Tuesday evening. They will give a welcome talk to provide information about the island, details of routes, nutrition advice as well as answer all the questions you have about the next couple of days.

On the Wednesday and Thursday there will be two routes to choose from each day. If you're unsure which group to choose please contact KathrynJ@denplan.co.uk with your individual requirements

The Green Route (easier) will be approximately 60 miles of cycling per day with some climbs and descents but mainly a more flatter route with stops to admire some amazing scenery.

The Red Route (hard) will be for those cyclists who do a lot of cycling. Taking in very steep climbs and descents you will be cycling over 100 miles per day with fewer breaks. This group will also experience cycling the very famous Sa Calobra!

Whichever group you choose, you will start at 9am. There will be a stop for lunch and a chance to refuel and refresh, before arriving back to the hotel at 3pm.

On Friday we have arranged a final cheeky two hour group cycle before its time to pack, check out and head to the airport.



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2.5 hours
verifiable
CPD

Work hard...
...play hard!

Dr Catherine Rutland – Head of Professional Support Services

As Head of Professional Support Services at Simplyhealth Professionals, Dr Catherine Rutland leads the team that provides assistance to member dentists; helping to support them with all aspects of running their practices successfully, with particular focus on providing advice and support during clinical disputes and times of professional risk.

After qualifying as a dentist from Leeds University in 1992 and doing a year as a House Officer, Catherine worked as a Senior House Officer in Newcastle before settling

into general dental practice. Catherine joined Denplan part-time in 2010 and was promoted to her current position in 2016. She has been joint partner at Broadway Lifesmiles Dental Practice in Thatcham for the last 19 years, and completed a Masters in Medical Ethics and Law from King's College London in 2013. She is also a certified member of the Institute of Risk Management and recently completed a Level 7 Certificate in Leadership Mentoring and Coaching.



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 delivered by Catherine Rutland.

Lectures

How to avoid punctures on the road to the successful practice of the future, Parts I and II.

Part I

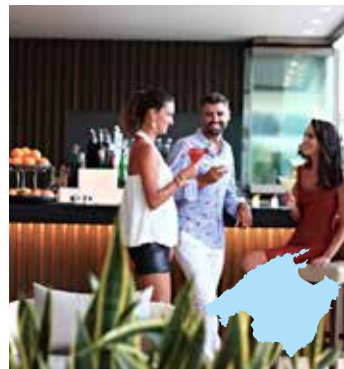
With constantly changing legislation and regulation and an increase in patient expectations how do we anticipate what the future will hold and keep up with any changes?

Part II

With ever improving technology to help us clinically, how do we make sure that we are protected if something goes wrong and make sure the future remains bright?



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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 also 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.



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*Just a stone's
throw away
from Alcudia
Old Town*

Partner 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, following 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.



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Cycling Paradise!

The Programme

Tuesday 17th April

- 15:00 Check in to hotel
- 16:00 Warm up ride
- 18:00 Return to the hotel
- 19:15 Welcome drinks
- 19:30 Introductory talk
- 20:00 Buffet dinner



Wednesday 18th April

- 07:00 Breakfast
- 09:00 Cycle begins
Lunch
- 15:00 Cyclists return to the hotel
- 18:00 Conference
- 19:30 BBQ



Thursday 19th April

- 07:00 Breakfast
- 09:00 Cycle begins
- 17:30 Conference
- 20:00 Pre-dinner drink on the terrace
- 20:30 Formal dinner



Friday 20th April

- 07:00 Breakfast
- 08:00 Cheeky last cycle
- 10:00 Return to the hotel
- 12:00 Check out
Depart at leisure



Please note timings are subject to change.

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Conference Rates

Rates	Costs per person*
Cyclists and non-cyclists sharing a room	£450
Two cyclists sharing a twin room	£495
Two cyclists sharing a double room	£495
One cyclist in a double room	£675

All rates include:

- Three 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 Tuesday, Wednesday and Thursday
- Lunch on Wednesday and Thursday

And for cyclists

- Four days 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.



*All costs exclude VAT

If you would like to make additional arrangements please email KathrynJ@denplan.co.uk with your individual requirements.





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

The Bikes

Bike Hire

We can arrange for bikes to be ordered and brought to the hotel. You can choose to hire your bike from one of the three categories.

Club £30 Carbon frame Shimano 105 group set, NWB (Spanish brand)

Pro £35 Carbon frame Shimano 105 / Ultegra group set, Giant

Elite £40 Carbon frame Ultegra di2, Cube

Important Points

- All prices quoted above are per day and exclude VAT.
- The bike will automatically be hired on your behalf for all four days of the conference unless you inform us otherwise.
- If you would like to reserve a bike this must be done at the time of booking your place on the conference.
- Bikes can be hired for more than four days if booked in advance. Please email KathrynJ@denplan.co.uk to make your individual arrangements.

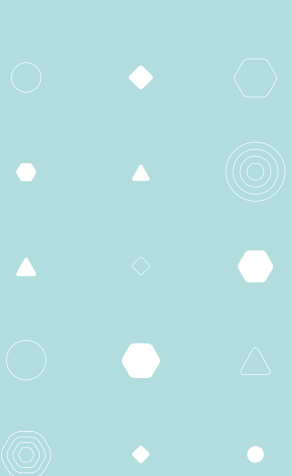
Arranging your own Bike Hire

If you would prefer, you can arrange your bike hire with a local company and arrange for it to be delivered and picked up directly at the hotel.

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.

For more information speak to the Events Team on 01962 828026 or email Events@denplan.co.uk





Where the fun begins!

Flights

As flights and transfers are not included in the conference costs, we have looked at some possible options to maximise your time at the conference.

Flights departing on Tuesday 17th April

Airport	Airline	Depart	Arrive
Belfast	Easy Jet	20:45	00:35+1
Birmingham	Jet 2	07:30	11:00
Edinburgh	Easy Jet	10:25	14:25
London Gatwick	Easy Jet	09:05	12:40
Manchester	Ryan Air	09:00	12:40

Belfast

There is currently only one direct flight from Belfast on Tuesday 17th April. If you decide to come on the Monday we can arrange discounted accommodation for the Monday evening at the hotel however this would be an additional charge to the conference cost. Please email KathrynJ@denplan.co.uk with your individual requirements.

All conference delegates are responsible for their own travel arrangements and associated costs. These flights are correct at the time of producing this brochure and are subject to change.



For more information speak to the Events Team on 01962 828026 or email Events@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 2018, please visit:
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



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Denplan |  Simplyhealth
from Professionals

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