



MALLORCACYCLINGHOLIDAYS.ES

# MALLORCA cycling holidays

THANK YOU FOR BOOKING WITH US

# INFO PACK





TAKE A READ OF OUR INFO PACK AND GET  
READY FOR YOUR NEXT ADVENTURE...



## BRINGING YOUR BIKE OR HIRING ONE

You must have a road bike with drop handlebars, road tyres/wheels and be using clip in pedals.

If bringing your own bike we recommend a service before travelling. Check brake pads and tyres to make sure they are in good condition. If hiring we suggest bringing your own saddle and pedals. We have a fleet of Basso Bikes and are available to pick up from our on site service centre [HIRE A BIKE](#)

Low gearing is recommended because of the terrain you will be tackling. A compact (50/34) or a mid compact (52/36) with a 11/28 or 11/30 cassette will be a good choice.

### *Top tip:*

Don't leave it till the night before to check your bike. Always a good idea to check your bike after a service and make sure everything is in good working order.



# PACKING CHECKLIST

## CYCLE CLOTHING

cycling jerseys  
arm warmers  
leg warmers  
bib shorts  
gilet  
short fingered gloves  
packable rain jacket

*check out our sister company if  
something is missing from this list*



[GENCOCICLISMO.COM](http://GENCOCICLISMO.COM)

## DON'T FORGET

bike kit  
helmet  
water bottles x2  
cycling computer  
saddle bag  
cycling shoes  
pedals  
hand-pump  
spare inner tubes  
tyre levers  
multi tool  
sunglasses

## GENERAL & USEFUL

spare brake pads  
rear derailleur  
spare chain link  
torque wrench  
baby wipes  
chain lube  
insect repellent  
bite/sting cream  
pre and post riding creams  
sun lotion





## TRAINING TIPS BEFORE THE TRIP

Mallorca can provide some challenging terrain. It's important to have done some training before arriving.

We recommend your ride at least three to five 50 mile rides before your trip. Try to include in your routes some good climbs to strengthen the legs ready for some strenuous physical activity and mountain accents. If you have booked to join a group we recommend you practise riding in with some friends or link up with your local cycling club.

### *top tip:*

If you need help with a training plan drop us an email and we can recommend a coach.



## YOUR NUTRITION

1. General rule of thumb is to drink 500ml to 750ml of fluid every hour.
2. In hot conditions we recommend adding electrolyte tablet to your drinks to help replace vital lost minerals when sweating.
3. Energy gels are always good to keep in the rear of your jersey. They make for a great quick fix if you need a sugar hit for some extra energy.

### *top tip:*

Eat little and often to keep the energy levels consistent. High carb snacks will work best.



# MALLORECA

## cycling holidays

### 7 + 1 RULES OF THE ROAD

1. Please respect the highway code.
2. Never cycle more than two abreast.
3. Double check at roundabouts, the Spanish don't like using indicators.
4. Do not cycle dangerously which may cause an accident or harm to others.
5. Please refrain from taking photos when in the middle of the group.
6. Please take extra care on the descends.
7. Helmet must be worn at all times. No helmet no ride.

#### *top tip:*

Descend at your own pace, there is no rush when going down, enjoy the scenery.

## IMPORTANT STUFF... TAKE NOTE

ALL CUSTOMERS MUST FILL IN A HEALTH WAIVER PRIOR TO PARTICIPATING IN GROUP RIDES.

PLEASE HAVE YOUR OWN PERSONAL TRAVEL INSURANCE AND ALWAYS CARRY SOME CASH, BANK CARD AND YOUR IDENTIFICATION WITH YOU IN CASE OF AN EMERGENCY.

PLEASE INFORM YOUR RIDER LEADER OF ANY MEDICAL CONDITIONS, ALLERGIES OR SIMILAR.

WE RECOMMEND TO DOWNLOAD THE IMS MEDICAL APP FOR ANY ACCIDENTS .

**EMERGENCY AMBULANCE SERVICE: 061**

*YOUR INSURANCE... We recommend:*

**WWW.YELLOWJERSEY.CO.UK**

*WHY DO YOU NEED SPECIALIST BIKE INSURANCE?*

THE SIMPLE ANSWER IS THAT HOME INSURANCE COVER IS LIKELY TO BE INADEQUATE. BICYCLE INSURANCE COVERS YOUR EQUIPMENT WHEN RIDING, RACING OR TRAINING WORLDWIDE, BIKE TRAVEL INSURANCE FITS THE NEEDS OF THE CYCLISTS WITHOUT SACRIFICING ANY ASPECT OF NORMAL TRAVEL INSURANCE COVER.

ENJOY AND HAVE A GREAT TRIP

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