

# Self-Guided Cycling on Mallorca

Trip Code: SGMC

Version:



CYCLE



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Cycle a varied circuit around the stunning island of Mallorca
- Ride along stunning coasts and discover sleepy rural inland villages
- Feast your eyes on the magnificent Tramuntana mountain range
- Swim in the inviting turquoise waters of C'an Picafort

## AT A GLANCE

- Self-Guided
- 6 days cycling and sightseeing
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- Saturday departures
- GPS travel app
- Join at / End in Palma de Mallorca

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Mallorca is certainly the seducer of the Balearics for cyclists and hikers alike. With sunshine almost all year round, hidden coves, turquoise waters, breath-taking mountains, and miles upon miles of quiet roads just waiting to be explored. We have designed this one week self-guided cycling holiday so you can experience some of our favourite spots on the island. Starting in Playa de Palma you will first cycle along the southern coast, taking in the history of the island and the enchanting botanical gardens of Ses Salines, before following the east coast to Cuevas del Drach to discover the island's fascinating geology. Heading north you can delight in the quieter beaches and fantastic views across Alcudia Bay. The second part of your adventure provides an insight into island life away from the tourist resorts as you escaping to the centre of the island to enjoy the slower pace of rural life here, surrounded by orange plantations and olive groves as you pedal through the awe-inspiring Tramuntana Mountains.

You will spend 3 days touring the beautiful bustling coast, staying in a selection of fantastic 4-star hotels on a bed and breakfast basis, before retreating to the hinterland to unwind in the tranquillity of our finca-style hotel for two nights, also on a bed and breakfast basis so you can enjoy the nearby traditional restaurants in the evenings. As your week draws to a close you will cycle back to the beaches of Playa de Palma for one last dip in the inviting ocean and to explore the island's capital, Palma.

## Is this holiday for you?

This trip is ideal if you are looking for a week of challenging cycling in the warmth of the Mediterranean sun. Cycling an average of 50-60km per day on quiet roads, rural tracks, and cycle paths, you will ride through traditional villages, beneath stunning peaks, and along rugged coastlines. We have designed this trip specifically to give you the opportunity to experience all aspects of your destination - to enjoy the many cafes and facilities of the popular tourist resorts, relax in hidden coves away from the hustle and bustle, and find solitude in the centre of the island amongst the impressive Tramuntana Mountains. Staying in 4-star accommodation along the way means you have all the comforts and conveniences to really relax and unwind after a busy day of exploring.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Mallorca guide book
- Luggage transfers
- 21 gear bike hire
- Bike accessories hire (pannier, handlebar bag, milometer, bike lock, pump, repair kit, inner tube)
- Welcome briefing
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Bike helmet
- Travel to /from Playa de Palma
- Local transfers
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

This trip starts and ends at Palma de Mallorca. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Palma de Mallorca Airport, which is well-served with many departures from UK regional airports.

If you are flying to Palma de Mallorca Airport you can travel via public transport (bus) to Playa de Palma - the journey takes approximately 45 minutes - or take the airport shuttle bus direct to Playa de Palma. For more information please visit [www.tib.org](http://www.tib.org).

Alternatively you may wish to take a taxi for approximately €20.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the opportunity to enjoy dining in one of the local restaurants. We have also included a typical light lunch on Day 4.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

This trip is on bed and breakfast basis, allowing you to sample the local delicacies of the area. We have also included a typical Mallorcan light lunch on day 4 of your trip so you can enjoy more of the local delights.

As in most Mediterranean countries, Mallorcan cuisine includes a delicious array of locally grown fresh vegetables, fruits, olives, and nuts. Food on the island is simple, clean, and tasty. Breakfast tends to be continental, consisting of fruits, fresh breads and pastries including the popular ensaimada - a sweet coiled pastry filled with anything from custard to fruit, or even sliced sobrasada sausage.

Along your route you can enjoy a picnic with a view, or sample the local tapas in a nearby cafe. Our tip: if you would like a mixture of different tapas, then just ask for a tapas variadas! As you would expect, seafood is a popular ingredient on the island, with a favourite dish being caldereta de llagosta, a pleasant stew made with lobsters caught between Mallorca and Menorca. Other popular dishes include hearty rice soups, and pork loin in a yummy Mallorcan sauce. Vegetarians are well catered for on the island, with vegetables in abundance. A particularly tasty dish is tumbet, which is similar to ratatouille.

## Accommodation

We have hand-picked a great selection of 4-star hotels for you on this trip, all chosen for their great locations, hospitality, and amenities. Each hotel offers comfortable bedrooms, and lovely communal areas including a restaurant and bar. All offer a great buffet breakfast to fuel you ahead of your rides, and some also have a pool area to help you cool off after a day in the saddle.

We have included two nights in a more traditional finca-style hotel in the centre of the island to give you the opportunity to immerse yourself in the 'real Mallorca', away from the hustle and bustle of the coast.

We can arrange additional nights' accommodation in Playa de Palma before or after your trip if you would like to explore this fabulous island a little more - please speak to one of our Sales Team for more information.

## Bike Hire

Standard hybrid bikes come with 21 gears, and all bikes come equipped with a pannier and handlebar bag for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube.

The bikes provided for this trip come in two different frame types - unisex bike frame or male bike frame. Unisex bike frames are provided for passengers up to a height of 185cm, and male bike frames are provided for those above 185cm. If you would prefer a specific bike frame, e.g. a male bike frame, please request this from our Sales Team.

You also have the option of upgrading to "Bike Plus" hire on this trip for a supplement of £70. The Bike Plus option provides a slightly sportier sitting posture and comes with upgraded items such as 27 gears, hydraulic brakes, and a front suspension fork. This is a great option for those looking for a slightly comfier ride without upgrading to an e-bike.

Please note that it is a legal requirement to wear a helmet in Spain. We strongly recommend that you bring your own helmet with you for the best comfort, however you can order a helmet in advance to collect in Antequera before you begin cycling for an additional €40. Please contact our Sales Team to reserve this in advance of travel.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

E-bikes are also available at a supplement of £255. We are also able to arrange tandem bikes, children's bikes, trailers, and child seats. Please ask our Sales Team for details.

## Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday at an additional supplement of £255. Just request this upgrade option from our Sales Team at the time of booking.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are riding.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.



## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for regular leisure cyclists as the routes do contain some slightly hillier terrain. You should be comfortable with cycling 40-60 km a day on rural roads, side roads and cycle paths. It is always sensible to get some additional exercise before going on an active holiday and we advise you to dust off your bike and head out on a few rides before your holiday. After all, the fitter you are the more enjoyable your cycling will be.

## Climate

Mallorca is the largest of the Balearic Islands and has a typical Mediterranean climate, with mild winters and hot summers. It makes the perfect spring or autumn getaway, when temperatures are around 20 - 30 degrees centigrade and you can enjoy a welcome breeze coming off the sea, or the slightly cooler air amongst the inland mountains, as you pedal along. Although there are plenty of sunshine hours in spring, remember to pack extra layers for the evenings as they can get quite cool. Autumn is slightly cooler than spring and has fewer hours of sunshine as the days get shorter, however there is still plenty of time to be out cycling and taking advantage of these slightly quieter months. In summer the islands become extremely hot with temperatures reaching 35 degrees centigrade and more, and winters are mild often with periods of strong winds and rain, particularly in the mountains.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Snowball Oranges by Peter Kerr
- One Mallorcan Summer by Peter Kerr

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen

- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

This trip is available for departures on Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

## Why Choose KE

### Why KE?

On this adventure we've combined the beautiful coastal destinations Mallorca is famed for with a taste of the contrasts of its rural interior, ensuring you get the true Mallorcan experience. We have included bike hire in the cost of your trip so you can relax knowing it is all taken care of for you. E-bike upgrades are available - please contact our Sales Team for more information. We have also included an authentic Mallorcan lunch at one of our favourite restaurants in the beautiful town at Petra.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change