



MALLORCA 4-DAY RIDE CAMP BIKE TOUR

MEDITERRANEAN CYCLING MECCA

Find out why Mallorca is a true cyclist's paradise where the pros go in the off-season to build their cycling form. Our Mallorca Ride Camp captures the essence of a true cyclist's paradise. The hotel, a restored manor house, sits upon 370 acres of incredibly beautiful, unspoiled Mallorcan countryside. From handcrafted meals using only the freshest ingredients, to a health and fitness spa ideal for cyclists, it's the choice destination to ride a bike this year, and the top destination for pro cyclists in the early months of the year. See teams such as Trek-Segafredo, Team Sky, Lotto Soudal, or Cyclocross god, Sven Nys, the list goes on! Oh, did we mention the weather is almost sure to be better than home? With sun-drenched Mediterranean days and temperatures above 60 degrees, you can shed those winter layers. Here, you'll get a rider's-eye view of the Tramuntana mountains, fertile valleys, and tranquil turquoise waters as you ride picturesque training roads such as Sa Calobra and Puig Major. We've kept the classic rides, and added some new gems to explore, so there's no excuse not to visit. Please note: Our 4-day ride options below are based on the longer 7-day Ride Camp. Option 1-4 is standard on the Sunday start, and Option 4-7 is standard on the Wednesday start. These are subject to change based on inclement weather and road closures. [Book your trip with confidence »](#)

From
Prices Coming Soon

Rider Type
Avid

Hotel Style
Explorer

Duration
4 days | 3 nights

Start | End
Campanet, Mallorca,
Spain

Dates
Dates Coming Soon

[Learn more about your Perfect Day in Mallorca»](#)



TRIP WOWS

Enjoy warm hospitality and tapas while the sun sets over the Mediterranean

Discover the rich history, culture and traditions of the Balearic Islands

Ride along the ancient coastal Moorish villages of Deià and Valldemossa

Taste the unique flavors presented by the "Mar y Montana," Sea and Mountain in your delectable meals

Descend alongside Sa Calobra, the second-deepest gorge in Europe, and easily one of the most magnificent roads to ride your bike



DAILY ITINERARY

SUNDAY START

Day

1

TODAY'S SELF-GUIDED RIDE:

Choose from one of our self-guided ride options to explore the island

Approximately 30 miles with 1,060 feet of climbing

DESCRIPTION:

You'll be assigned to your bike for the week and receive important information about the daily schedule and ride options. Take on the Alcudia Loop, a perfect ride to start the week. You'll be riding out of the Hotel through the countryside, just under the mountains towards the sea. In Alcudia you can choose to take the avid option that brings you to a small cape and will give you a nice little climb to test the bike and the legs for the week. You'll return through the flatland towards Sa Pobla and back to the hotel where you can check in to your room before joining the group for dinner and discussing the fun days ahead.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Dinner

Day

TODAY'S RIDE:

Col d'Orient Loop

Approximately 56 miles with 3,360 feet of climbing

SHORT OPTION:

Alaro Loop

Approximately 41 miles with 1,965 feet of climbing

AVID OPTION:

Col d'Orient Avid

Approximately 65 miles with 4,600 feet of climbing

2

DESCRIPTION:

This is the moment you've been waiting for—the first big day in Mallorca. Spectacular views accompany you as you ride the Tramuntana mountains over the Col d'Orient and through the charming towns of Alaro and Bunyola where you can make a pit stop at our favorite café for a traditional cortado and soak in the atmosphere. Today is the perfect blend of hills and views, so make sure you stop for some photos along the way.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch

Day

TODAY'S RIDE:

Sa Calobra

Approximately 49 miles with 6,250 feet of climbing

AVID OPTION:

Sa Calobra Avid

Approximately 80 miles with 9,275 feet of climbing

3

DESCRIPTION:

Today, Mallorca isn't kidding around. It's a big day in the mountains as we ride over the twisting and beautiful Col de Soller, up Puig Major and down alongside the second deepest gorge in Europe, Sa Calobra. It's easily one of the most picturesque roads in Europe and one of the best 12 miles you'll ever ride. Don't forget your camera, because you may never see another road like it!

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

TODAY'S SELF-GUIDED RIDE:

Choose from rides such as the Alcudia Loop, Llubí Loop, Can Picafort, or Arta

Approximately 15-55 miles with 900-3,000 feet of climbing

4

DESCRIPTION:

It's time to discover the island on your own. Your Trek Travel guides will be available to provide you route cards and guidance as you select a favorite route, or choose to explore the countryside of Mallorca, through the many almond orchards and farm land. Choose to visit the castle of Arta, or ride into Alcudia for a café stop along the sea.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch

WEDNESDAY START

Day

1

TODAY'S SELF-GUIDED RIDE:

Choose from rides such as the **Alcudia Loop, Llubi Loop, Can Picafort, or Arta**

Approximately 15-55 miles with 900-3,000 feet of climbing

DESCRIPTION:

For guests joining us for the 4-day Camp starting today, you'll become acquainted with your guides, get familiarized and fit to your Trek bike with electronic shifting, and warm up on a short, self-guided ride to spin out your travels. Your Trek Travel guides will be available to provide you route cards and guidance as you select a favorite route, or choose to explore the countryside of Mallorca, through the many almond orchards and farm land. Choose to visit the castle of Arta, or ride into Alcudia for a café stop along the sea. *Please note this four-day trip joins guests on Day 4 of their seven-day itinerary.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Dinner

Day

2

TODAY'S RIDE:

Deia Loop

Approximately 71 miles with 7,000 feet of climbing

DESCRIPTION:

Incredible ocean views greet you once more as you climb up, over, and alongside the Tramuntana coastline, passing ancient stone cities and rugged cliffs. We'll ride by some of the winter homes of pro cyclists before a cruise back to the hotel through the flats of the center of the island.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch

Day

3

TODAY'S RIDE:

Lluc/Cap de Formentor

Approximately 65 miles with 6,375 feet of climbing

SHORT OPTION:

Cap de Formentor

Approximately 52 miles with 5,700 feet of climbing

DESCRIPTION:

Today we meander to the northernmost point of the island, through Pollenca and out along the Formentor Peninsula. Along the way you'll experience some of the most rugged and natural landscapes with spectacular cliff views and vivid turquoise Mediterranean water on your way to the lighthouse. You'll feel the burn in your legs as you churn the gears through the miles today, but the imagery is worth every pedal stroke.

HOTEL:

Monnaber Nou Eco Hotel and Spa

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

4

TODAY'S SELF-GUIDED RIDE:

Choose from rides such as the **Alcudia Loop, Llubi Loop, Can Picafort, or Arta**

Approximately 15-55 miles with 900-3,000 feet of climbing

DESCRIPTION:

It's sadly time to say goodbye to your Mallorcan adventure. Be sure to put in one last fantastic ride with one of our many self-guided ride options. Today is a good day for a short spin along the central plains of Mallorca, or take a short jaunt up into the mountains one last time.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Three nights of accommodation at handpicked hotels
- Experienced guides to provide local knowledge, support, and camaraderie
- A mix of self-guided and guided rides with our support van
- Daily breakfast, three lunches and three dinners
- Dinners are included at the hotel
- Lunch is included daily except on meeting day, and in most cases will be on the road. Sandwiches in Mallorca are typically a bocadillo which is a baguette, choice of meat, and cheese with a drizzle of olive oil.
- Ride a Trek Domane SL 7 disc
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel water bottles to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- Entrance fees for all activities, private tours and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



MONNABER NOU ECO HOTEL AND SPA

CAMPANET, MALLORCA

This unique property sits on nearly 400 acres of land with the

spectacular Tramuntana Mountain range as its backdrop. With a spectacular outdoor pool, an onsite restaurant with mouthwatering cuisine, and an on-site spa, Monnaber is your perfect oasis for a week of cycling, and relaxation. This hotel's rural location is situated 3km from the village, most guests find it is easiest to rent a car at the airport to arrive at the hotel where you will meet your guides.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly in to Palma de Mallorca (PMI).

You can find connections to this airport from many major European cities, although Barcelona, Spain is the closest (a 45-minute flight) and a great place to visit before and after your trip. A good website to visit for flights within Europe is www.SkyScanner.net or contact guestservices@trektravel.com to learn about our in-house travel agent services. There are multiple ways to transfer to the Monnaber Hotel from the Palma Airport. Car rentals are available and preferred by most at the Palma de Mallorca airport for general transportation around the island, as our hotel is somewhat remote, or alternatively, taxis are plentiful and operate 24 hours a day from within Palma and from the airport, for approximately 60 euros. You may consult the Palma airport website – www.Aena-Aeropuertos.es for more transportation information. Trek Travel recommends Union Bus reservas@unionbus.es, Tel. 971 432 891, for taxi service to the hotel.

Meeting Time And Location

Your Trek Travel staff will meet you at the Monnaber Nou Eco Hotel (Possessió Monnaber Nou, 07310 Campanet) between 1:00 PM-2:00 PM on the first day of the trip. Consider renting a car to the meeting location and your first hotel upon your arrival at the Palma de Mallorca airport as our hotel is somewhat remote. This is preferred by most guests for general transportation around the island. Upon meeting your guides and getting checked into the hotel, we will ensure you have a great fit to your new bike for the week and give you a few pointers before you head off on a self-guided warm up ride.

If you will be late for the meeting time, or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our hotel, Monnaber Nou Eco Hotel (+34 971 877 176), and leave a message with your expected arrival time and contact details. You may take a taxi to Monnaber Nou Eco Hotel in Campanet, for approximately 60 euros.

Departing Time And Location

You will say farewell to your guides at 11:30 AM at the hotel. Please be sure to book transportation to your departure airport prior to the end of your trip.

The use of your Trek Travel bike ends at 11:30 AM on day of departure, and in some cases, may be needed for another guest arriving that day. Extensions may be available upon request but cannot be guaranteed before your trip begins.

VILLA EMILIA

Before: Barcelona, Spain

The Catalonian capital of Barcelona boasts a beautiful coastline, a great diversity of culture, leisure and shopping, creative, innovative

Opened in 1994, Hotel Arts Barcelona has a unique location on the seafront in the city's Olympic Village area. It's the tallest building in Barcelona, with contemporary interiors and a showcase of a 20th century collection of specially commissioned works of Catalan and Spanish artists.

www.hotelvillaemilia.com/default-en.html | ~\$200

gastronomy, and an avant-garde spirit. Be sure to check out some of the fantastic architecture and art of Antonio Gaudi, such as Sagrada Familia or Parc Guell. The Gothic quarter is the heart of Barcelona's old town, with narrow cobblestone streets on which Picasso and Miró lived long ago. Las Ramblas is a long tree-lined shoppers' paradise that leads to the sea. Be sure not to miss the fascinating Boqueria market as well. We recommend the following accommodations for your pre-trip hotel:

After: Palma, Mallorca

Mallorca – the older, more mature sibling of the party focused Balearic Islands. Of course, you'll be able to find a great bar or nightclub in Palma, but that's not all this great island has to offer. With its idyllic turquoise Mediterranean waters, warm golden cliffs and secluded beach coves, hiking trails through the Tramuntana Mountains, and vast plains of Almond groves, orange groves, Olives, and vineyards, you'll surely be able to entertain yourself for a few days surrounding your Trek Travel Ride Camp. We recommend the following accommodations for your post-trip hotel:

CASA CAMPER

A 19th century building converted into a cozy 25-room hotel. In the multicultural neighborhood of El Raval, just a few steps from the famous La Boqueria market, Casa Camper is the perfect location to indulge in Barcelona's vibrant nightlife. You can do this actively by using one of the Casa Camper's bicycles, or by enjoying the spectacular view across the city from the rooftop terrace.

www.CasaCamper.com | ~\$350

B HOTEL

An innovative minimalist hotel fusing modern design with state of the art technology. Roof terrace has magnificent panoramic views of the city. Close to many major tourist attractions and enjoys excellent connections with the airport and metro system.

www.B-Hotel.com | ~\$210

HOTEL JAIME III

Hotel Jaime III is an art centric hotel, located in the heart of the city near the popular shopping area and the old town of Palma. The hotel is also just meters away from the Contemporary Museum of Art "Es Baluard". You'll have easy access to plenty of shopping, exploring, dining, and more, with a modern, comfortable place to rest your head at the end of the day.

www.hmjaimeiii.com | ~\$140

BOUTIQUE HOTEL POSADA TERRA SANTA

This boutique hotel is a symbol of elegance, comfort, design and the latest technology on the island, truly exceptional among hotels in Palma de Mallorca. Wellness area, heated pool, chill-out rooftop, fitness center, library, highly-acclaimed restaurant and 26 exclusive rooms designed to make each visitor feel like a guest of honor.

www.posadaterrasanta.com/en/ | ~\$250

CONVENT DE LA MISSIO

Surrounded by landscaped courtyards and narrow streets of the old town of Palma, the Convent de la Missio is a former seventeenth century Monastery turned exclusive hotel. Beautiful, distinguished, and accented with art, you'll enjoy the tranquility and harmony this space provides.

www.conventdelamissio.com/ | ~\$300

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take

- Rider Type | 4 - Avid
- Average Daily Mileage | 58
- Terrain | Hilly
- Average Daily Elevation | 4,480 feet
- Total Miles | 230
- Total Elevation | 17,935 feet

Averages and totals are calculated from our "Avid Ride" options.

The terrain is consistently rolling, with quiet, narrow, and winding roads, very little of it is flat. Although the ascents are not exceptionally steep, they are often upwards of 3 miles long and there are multiple climbs each day. Mallorca Ride Camps are best suited for our Type 4 Riders. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

the afternoon off, or travel companions who want to spend little or no time in the saddle. Non-riders are welcome on a Ride Camp trip if they are staying in the same room with a riding guest. The riding guest will be required to pay the single supplement fee for a private room and a meal package (\$350 for 7 day trips and \$200 for 4 day trips) for the non-rider to dine with the group. Please contact a trip consultant for details and to book a non-riding companion. Some of these activities have additional costs and can be arranged through the hotel's concierge. Some non-riding options on this trip are:

- Savor local flavor and tradition on local winery tours
- Hike in the dramatic Tramuntana mountains
- Swim in the crystal blue Mediterranean
- Golf
- Explore medieval villages of the Tramuntana coast

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.