



THE CYCLING HOUSE

CAMPS 2014



MALLORCA, SPAIN



This camp is all-inclusive; great accommodations, amazing food, fully guided rides and most of all the other TCH services. Mallorca is a rugged and gorgeous island in the Mediterranean Sea and it has been a cycling getaway for over 50 years. The climate is phenomenal and the roadways are made for a bicycle. Add one of the strongest bike cultures in the world, and you get a cycling paradise that is almost impossible to match, and even harder to imagine.



RIDES



RIDE NOTES

The first day will be around 50k followed by 2 longer days (3-4.5 hours), a short recovery spin day on Thursday and then we'll end camp with 2 longer days. The topography in Mallorca is very rugged and the Serra de Tramuntana mountain range offers some very challenging climbs with breathtaking views. Some of these options make for very long days in the saddle but our shuttle options help shorten these rides to more manageable distance. In general, most of the climbs on the island are 5 – 8k long with the longest climb being 13k and averaging 8%. The majority of the island offers rolling and flat terrain is great for training. The Cycling House is based in the rolling flat part of the island with great views of the Serra de Tramuntana mountain range. The options right out the door of The Cycling House are well traveled but the local cyclist on some great routes.

DIFFICULTY OVERVIEW

- Average Daily Ride: 60 miles
- Longest Ride: 85 miles (6500' elevation change)
- Average Climb: 3-5 miles
- Longest Climb: 8 miles (8%incline)



THE HOUSE



The Cycling House Mallorca is located in the beautiful Northern part of the island. Our villa is in the countryside with mountain views and access to the best riding in Mallorca. The villa comes with all of the modern amenities that you've come to expect from The Cycling House with a fun and comfortable Spanish mediterranean flare.

INSIDE

- Large Bedrooms/Bathrooms
- Outside terraces and patios
- Swimming Pool
- Laundry
- Wifi

CAMP STAFF



Name: Owen Gue
Hometown: Missoula, MT
Title: President, The Cycling House
Sports: Road riding, Cyclocross, Mountain Biking, Surfing, Ping Pong
Credentials: Owen is co-founder of The Cycling House and has guided road and mountain bike rides for the past 9 years. He is certified in CPR. He raced road bikes at the elite level from the ages of 19-22 but now just rides for the love of it.
Favorite Mallorca Ride: Formentor
Favorite Race: Rolling Thunder Cyclocross race



Name: Brendan Halpin
Hometown: Whitefish, MT
Title: Cycling House Lead Guide, Professional Triathlete, Coach
Sports: Triathlon, Mountain Bicycling, Trail Running, Surfing
Credentials: Brendan has been guiding for The Cycling House since 2007 and is a Wilderness First Responder (WFR). Along with guiding for TCH he has raced triathlon professionally since 2009.
Favorite Mallorca Ride: Sa Callobra
Favorite Race: Wildflower Triathlon Festival



Name: Ken Whelpdale
Hometown: Mallorca, Spain
Title: Lead Guide, Travel Logistics
Sports: Cycling
Credentials: 2008 and 2012 Olympic Cycling Team Manager for USA Cycling, Team Mechanic for Saturn German National Team & Gerolsteiner Pro Team. Ken has worked at Le Tour de France, Paris Roubaix, and numerous World Championship events.
Favorite Mallorca Ride: Soller
Favorite Race: Mallorcean Regional Championships



FOOD

Providing tasty, high quality food to our riders is one of the most important parts of what we do. We love food and have put together a menu that we believe is a great mix of fresh ingredients to keep us training hard and feeling good.

We accommodate all dietary restrictions/preferences. All meals are at TCH are prepared by our in house chef. All meals are a set menu with a variety of green leafy veggies, quality protein, etc.



REGISTRATION / ESSENTIALS

- Rate: \$2795 (per rider/ double occupancy)
- Reserve your spot in our Mallorca camp by calling (406)-219-1318 or visiting thecyclinghouse.com
- Fly into Palma, Mallorca. Airport code: PMI
- Bringing your own bike is great but if flying with your bike is too expensive or not worth the hassle we will be renting high end road bikes for this camp. We offer the Carbon Framed, Shimano Ultegra equipped for 150 Euro/week. Upgrades are available at request.
- This is an International trip so arriving a day or two early is always a good option. We'll help you with setting up a place to stay before camp starts.
- Staying a few extra days in Mallorca is encouraged and we can help you with setting up accommodations, bike rentals (if necessary), and anything else you need for the remainder of your trip.



THE CYCLING HOUSE
THE ULTIMATE TRAINING EXPERIENCE

CONNECT WITH US



VISIT OUR SITE AND STORE

www.THECYCLINGHOUSE.com

store.THECYCLINGHOUSE.com

OR CALL FOR MORE INFORMATION

(406) 219-1318

