

SERENA
CYCLING
STAGE

25 - 29 October 2021



FINCA
SERENA

MALLORCA

SYNOPSIS

HEALTH & SPORT SCIENCE



SERENA CYCLING STAGE



PEDAL POWER WITH US!

Over the course of these four days, Finca Serena transforms into a gathering place for cyclists and lovers of the sport, in a stage that shares the best of the island by bike. This stage is designed to discover the best of the island by bicycle: The Lighthouse of Formentor, the Sierra de Tramuntana, the Sanctuary of Cura, Sa Calo-

bra ... all guided by expert local guides. Synapse Andorra - physical trainers who help great athletes achieve their goals - will guide the peloton, give assistance on the road and be there at all times for anything else you might need.

THE GLORY OF THE SIERRA DE TRAMUNTANA

Route 1

Distance: 90 km • Positive slope: 1.730 m



Imagine cycling little-used roads across clifftops with incredible sea views while surrounded by lush vegetation and picture-perfect architecture. The Sierra de Tramuntana is a UNESCO World Heritage site and riding it is one of the most beautiful experiences in Europe, guaranteed to get under your skin. About 350,000 cyclists visit Mallorca every year to discover its unique landscapes, magical light, abundance of cultural heritage, and an infrastructure that makes it easy to enjoy this sport we love so much.

The first day on the **Serena Cycling Stage** is designed to help you connect with the group, taking an accessible route without too many hard mountain climbs, but from here we'll enter the Sierra de Tramuntana proper. We'll be transferred from the hotel

to Santa María de Camí by van, one of the most popular villages among cyclists, from which we'll have 30 minutes warm-up before our first ascent: the Coll de Sóller. This classic pass is a pleasant 5km with a medium gradient of 5%, giving wonderful views of Palma from the top. Afterwards, we'll gradually descend to Sóller, making the most of this magical moment as we pedal high above the sea through the jaw-droppingly beautiful villages of Deià, Valldemossa, Banyalbufar and Estellencs, before finishing up in the Puerto de Andratx, a peaceful end to a perfect day. Prepare all your senses for the first day of the Serena Cycling Stage, which marks the start of this incredible adventure together.



Altimetrías relacionadas: Serra de Tramuntana



THE MOST BEAUTIFUL LIGHTHOUSE IN THE WORLD

Route 2

Distance: 117 km • Positive gradient: 1.910 m



Back in the days of postcards, this was the most sold view in Mallorca. Because the Formentor Lighthouse encompasses it all. On this route we'll start at Can Picafort and cycle across easy-going terrain in the direction of Alcudia and on to Puerto de Pollensa, where we'll begin our ascent to the first viewpoint: El Colomer. After a rapid descent we'll cruise through an area of rich vegetation, before cycling up to some of the most breathtaking views imaginable. The Formentor lighthouse is a jewel. Enjoy it. But don't get too relaxed - the second day of the **Serena Cycling Stage** is demanding and we've still got many kilometres to cover. Directly from Pollensa the route flattens out to the base of Coll de

Femenia (7.6km at a 5.5% medium gradient), a classic, but fairly demanding ascent where we'll need to work as a real team: no one will be left behind.

Once at the top of the pass we'll fill our water bottles, eat and head back to the hotel enjoying a relaxed descent through the municipalities of Caimari, Selva and Inca, the second biggest city on the island. Heading back to the hotel along serene, secondary roads gives you the time to contemplate this magical day of cycling before hitting the pool, or a massage in the Spa? Yes please!



Altimetrías relacionadas: [Faro de Formentor](#)



PUSH YOUR LIMITS AT THE CURA SANCTUARY

Route 3

Distance: 92 km • Positive gradient: 750 m

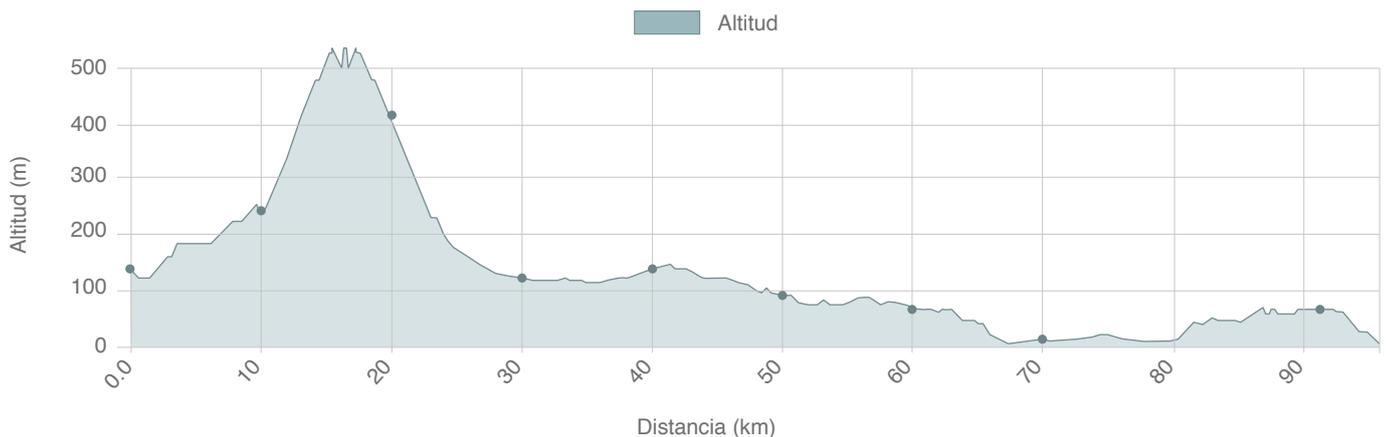


Halfway through the **Serena Cycling Stage** and it's a good time to test your strength, because we know that in every cycling group there are some great climbers. We'll start with a gentle warm-up from the hotel before a chrono-climb into one of the most popular passes in the centre of the island: the Cura Sanctuary. It is not an especially difficult climb at 4.5km at a 5% average slope, and you'll get to enjoy panoramic views of the whole island from the top, as well as the time to appreciate some flat terrain. We'll

cruise from here through the municipality of Lluçmajor, before a fast pedal to the sea at Cabo Blaca and Cala Pi in the direction of Sa Ràpita, a small fishing village famous for its paella restaurants. The route finishes at the Cap de Salines Lighthouse, an enclave with a special energy where you can take some spectacular photos before getting in the van and returning to Finca Serena. Another day to remember.



Altimetrías relacionadas: [Santuario de Cura](#)



YOU HAVEN'T DONE MALLORCA IF YOU HAVEN'T CLIMBED SA CALOBRA

Route 4

Distance: 75 km • Positive gradient: 1.940 m



When you come to a dead-end street, it is usual not to enter it because you already know what awaits: you have to turn around and come back again. So, for the last day of **Serena Cycling Stage**, we've prepared an unforgettable route filled with rewards. We simply ask you for courage and strength because the effort will be worth it.

Starting in Inca, we'll head up to Lluc through the Coll de Sa Battalla - 7.8km at a 5% average slope - take a moment to catch our breath, then continue our ascent to the Coll dels Reis at the top of Sa Calobra. And from here, we'll begin our descent along one of the most legendarily beautiful roads in the world, full of horseshoe bends and rapid downhill rides, with the sapphire blue of the sea as our backdrop. A pure, adrenalin-filled 10km at 7.1% gradient,

with no exits to stop the flow.

Supporting one another as a team will remain paramount, because there is still a long road ahead. Crossing land that is home to the reservoirs that supply water to the entire island, and is the natural habitat of Mallorca's native goat species, the silence prepares us for another important moment: our descent from Puig Major - 14km at 6% gradient - the longest and most fun of the trip. At the bottom, we'll regroup and pedal gently towards Puerto de Sóller, our final stop on this training camp.

Over the course of this four days you will have seen most of Mallorca, ridden its most mythical passes, and discovered so many beautiful, secret corners - the island where you and your bicycle will always be welcome.



Altimetrías relacionadas: Sa Calobra



I N C L U D E D

- Accommodation in a double room for 4 nights
- Welcome drink
- Welcome pack
- Training Camp official equipment
- Full-board meals based on seasonal and local products. A balanced, largely vegetarian menu (adaptable for vegan, celiac and other food intolerances). Non-alcoholic drinks included with meals.
- Provisioning and permanent attention
- Mechanical inspection of bicycles.
- Interaction with Training Camp hosts
- One Pilates class
- Nutrition workshop
- Smoothies workshop
- One massage to accelerate recovery.
- Access to Único Spa (Sauna, Hammam, heated pool and fitness room by Technogym).

NOT INCLUDED:

- Shipping of Bicycles.

P R I C E

Doble Deluxe	2.342 EUR (double occupancy) 3.000 EUR (single occupancy)
Suite Garden	2.672 EUR (double occupancy) 3.662 EUR (single occupancy)

Price per person. VAT included
Environmental taxes not included

P R O G R A M M E

DAY 1:

- Check In
- Welcome cocktail
- Dinner

DAY 2:

- Breakfast
- Departure: Serra de Tramuntana
- Lunch at the hotel
- Pilates session
- Dinner

DAY 3:

- Breakfast
- Departure: Fomentor Lighthouse
- Lunch enroute
- Smoothie workshop
- Nutrition workshop
- Dinner

DAY 4:

- Breakfast
- Departure: Cura Sanctuary and Ses Salines Lighthouse
- Lunch at the hotel
- Data analysis meeting
- Dinner and surprise event

DAY 5:

- Breakfast
- Departure: Sa Calobra
- Lunch at the hotel
- Closure of stage
- Check out

FINCA SERENA



Finca Serena occupies more than 40 hectares of pristine Mediterranean countryside, where nature roams free offering expansive views over vineyards, olive groves and fields of lavender. Situated in the centre of the island, it is a perfect base for cycling enthusiasts offering easy access to the island's best routes, as well

as a sensational spa, completely integrated into its environment with unbeatable views; dinners under the stars on a terrace filled with century-old olive trees; a restaurant featuring produce from our own gardens and rooms where you can feel completely at home.

ABOUT SYNAPSE



These days, when we talk about performance in the cycling world, we talk about Synapse: a company that is revolutionizing the market. Beyond the physical fitness of the athletes themselves - which include many

World Tour peloton riders, motorcycling world champions and other celebrities, in addition to hundreds of amateurs – the key to what makes Synapse what it is, can be summed up in one word: passion.

SYNAPSE EXPERIENCES



In a business where the health and happiness of sportsmen and women is of top priority, it is little wonder that something magical emerges at their events. Their training camps offer affordable sporting challenges full of world-class learning opportunities and social spor-

ting experiences. You'll ride through mythical landscapes where perfectly timed refreshments are calculated to the millimetre, and support services and activities are designed to ensure you get the best from every moment, enhanced by people at the top of their game.



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