

Cycling in Tenerife

Mount Teide

Trip Code: TT



“ Quite simply the first port of call for any cycling or activity holiday. The passion for the job, customer care and sense of humour are the stand out reasons why my friends and I will always go back **Dave Wilson, 2014** ”

 Total 5 days

 Hotel

 Difficulty: 

 Cycling 4 days

 Spain

 November - February

Overview

Tenerife is fast becoming the premier destination for winter cycling. Traffic free roads, warm temperatures all year round, Alpine-like climbs, mind-bending descents and finishing every day with a cold beer by the pool - cycling doesn't get much better than this! Over the four cycling days, you'll climb the infamous volcano Mount Teide a total of three times, each with a thrilling descent to end each day.

You'll be based in the resort town of Los Cristianos throughout this trip, so you can unpack, relax and focus on the sublime riding that this unique island has on offer. With just under 250 miles and nearly 37,000 feet of ascent over four days, you'll have plenty of hours in the saddle in undoubtedly one of the finest cycling destinations in the world.

Highlights

- Climbing the iconic volcano of Mount Teide, the highest point in Spain
- Feeling the sun on your back as you explore this incredible island by bike
- Riding roads on which numerous professional cycling teams train during winter
- Pedalling through Teide National Park, a UNESCO Heritage Site
- Pristine sandy beaches and turquoise sea
- Delightful food and drink from this unique region

Detailed Itinerary

Day 1: Arrive Tenerife, transfer to Hotel & Vilaflor ride (35 miles & 5300ft ascent)

Upon arrival at the airport you will be met by your More Adventure leaders who will transfer you to your hotel. After freshening up, a bite to eat and a trip brief, it's time to get the bikes out! The first route is shortest of the trip in order to allow your legs to find their groove. There's still climbing involved however, as we head to the small town of Vilaflor which is situated 4900ft above sea level. After taking time to rest and refuel, it's time for the twisty descent back to the coast.

Day 2: Mount Teide Northern Ascent (82 miles & 12,000ft ascent)

A long and tough day. We start by transferring a few miles up the coast to tackle Mount Teide from its northern flanks. The first 20 miles are fairly flat although the terrain soon heads skywards as the next 20 miles are all climbing. Topping out at around 7700ft, the terrain is very different from a few hours ago, a lunar landscape with the volcanic cone of Mount Teide towering above. The effects of altitude here are noticeable and the air thinner. "Whats goes up must come down" is a very apt saying here in Tenerife and another long twisty ascent through pine forests awaits.



Day 3: Mount Teide Ascent via El Medano (71 miles & 10,500ft ascent)

Today we start from the beach at El Medano, famous for its many wind and kite surfers.

The climb today is a continuous and unbroken 23 miles and 7100ft of ascent. After a short descent we climb gradually to the small group of cafes and bars where we'll take on some well deserved food and drink. Heading back the way we came, we soon fork off and descend back towards our hotel.

Day 4: Mount Teide Ascent via Chio (58 miles & 9000 ft ascent)

A slightly shorter day today as we climb the mountain from its western side. We cycle west through Costa Adeje towards the small town of Chio where the roads open up and a long gradual climb awaits. From the top of the climb...you've guessed it...our amazing descent is a fitting finale to four days of epic cycling on this fantastic island. After a final celebratory meal, you can finally let loose knowing our time cycling has come to an end, and there won't be any climbing of Mount Teide the following day!

Day 5: Free day & fly home

Today is yours to do as you please - relax, shop or hit the beach - the choice is yours (you could even go for a cycle!). You will then be transferred to the airport to catch your flight home and the trip comes to an end.



Included

- Cycle leader/s
- Support driver/bicycle mechanic
- 4 x night's hotel accommodation
- 4 x breakfasts
- Airport transfers
- Snacks on ride days
- GPX files of the route (if requested)

Not Included

- Bicycle and helmet (top quality carbon bikes can be hired for a very reasonable price)
- Flights
- Lunches, Evening meals and drinks
- Optional excursions
- European Health Card (www.ehic.org.uk/Internet/home.do)
- Insurance

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.



Trip Notes

Trip suitability

This is a tough four days cycling and you will need to prepare to be climbing for extended periods each day. There are significant climbs throughout this trip so you will need to have plenty of climbing experience if you're going to enjoy this fantastic trip.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will definitely run.

You must prepare before coming on the trip, anything cardiovascular will help in addition to of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required.

You will need to get some hill practice in!

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here:

www.moreadventure.co.uk/cycling-grades

Flights

You will need to purchase return flights to Tenerife South (Reina Sofia). Two good websites to find flights are Skyscanner.net and Kayak.co.uk.

Numerous airlines offer flights to Tenerife South airport from airports throughout the UK for between £160 and £250 including your bicycle. You will be met by the More Adventure team at Tenerife South airport who will offer assistance in unpacking and rebuilding your bicycles.

Please only book flights once the trip has been confirmed.

Weather & Climate

Tenerife has a sub-tropical climate with plenty of sunshine and warm/hot temperatures (20°C's -high 30°C's) for most of the year. It is essential however that you are prepared for colder temperatures as mornings can be a little chilly. You will also be riding over high mountain passes and on high roads, here the weather can be very changeable and nothing like the weather on the valley floor. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.



Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Lunches cost between £8 and £12, and evening meals tend to cost between £12 and £16. You will also need to budget for any drinks and snacks. You will need Euros to spend in Tenerife.

Accommodation

Accommodation for this trip is a good quality, comfortable hotel with hot water showers, excellent amenities and swimming pool.

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be eaten at local cafes but the More Adventure team will also provide some snacks on riding days. We advise however that you bring any cycling-specific energy bars/powders/gels if require these for your trip.

Evening meals and drinks are not included in the price but you will have the opportunity to eat as a group at a local pub/restaurant or in the hotel. Approximate costs per evening meal £12-£16.

Equipment

We recommend road bicycles for this trip, please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price so you have two options - either bring your own bike on the flight or hire once you arrive. Excellent quality carbon bikes are available to hire in Tenerife at very reasonable prices, so contact us for current prices at info@moreadventure.co.uk.

If you decide to bring your own bicycle, it is essential that it is in good working order and please bring at least four spare inner tubes. Your cycle leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.



Clothing

It is crucial to be prepared for the weather as the trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Ensure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Luggage

We recommend you limit your luggage to one suitcase/large holdall and one daysack, the latter will need to qualify as hand luggage on your flight.

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

