

TRIP ITINERARY · CYCLING · TENERIFE, CANARY ISLANDS

CYCLING TENERIFE
MOUNT TEIDE

Five days of winter sun and big climbs: Mount Teide from three sides, including Europe's longest continuous climb.

5 days	4	246 miles	Hotels	★★★★☆	October – May (winter sun)
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Tenerife is the premier destination for winter cycling: quiet roads, warm temperatures all year, Alpine-length climbs, epic descents and a cold drink by the pool every evening.

Cycle through the "island of the eternal spring" with the impressive Mount Teide (3718m/12198ft) as the unmistakable centerpiece of the island. Tenerife also boasts the longest ascent in the whole of Europe – at 23 miles of riding, you'll ascend over 6890ft! With over 25 ways to climb Mount Teide, there is always a new way to experience the mountain. Unlike the UK, the climbs are generally fairly gradual, meaning you can get into a nice rhythm and work on your cycling tans! The gradients average at between 5% and 10% so they're not like the lung busters of Scotland or the Lakes, but perfect for working on endurance. You'll also be cycling at high altitude (in Tenerife you can cycle for hours at over 6562ft). This is a great way of taking your training to the next level and be a step ahead of your cycling peers at home. After your airport pickup, you will be transferred to our base hotel in the resort of Los Cristianos which is a few minutes from the beach. Here you will be briefed by your More Adventure leaders who will waste no time in getting the trip underway and you out cycling on some of the finest roads in Europe. Each ride is fully guided and supported by a cycle leader and fully kitted out support vehicle. The rides are not compulsory, so if you would like a rest day on the beach, you are more than welcome!

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Climbing Mount Teide from three different sides
- ✓ Riding through the lunar landscape of Teide National Park
- ✓ Europe's longest continuous climb, from El Médano
- ✓ Pine forests around Vilaflor, one of Spain's highest villages
- ✓ Epic descents back to the coast
- ✓ Winter sun and a pool at the end of every day

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-tenerife-mount-teide/

DAY BY DAY

DETAILED ITINERARY

1

35 MILES (56 KM) · 5,300 FT | OVERNIGHT: LOS CRISTIANOS | AIRPORT TRANSFER

DAY 1: ARRIVE TENERIFE, TRANSFER TO HOTEL & VILAFLOR RIDE

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.

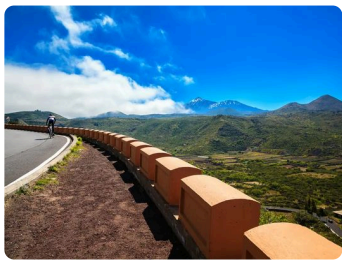


2

82 MILES (132 KM) · 12,000 FT | OVERNIGHT: LOS CRISTIANOS | NORTHERN ASCENT

DAY 2: MOUNT TEIDE NORTHERN 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" "Whats goes up must come down" is a very apt saying here in Tenerife and another long twisty ascent through pine forests awaits.



3

71 MILES (114 KM) · 10,500 FT | OVERNIGHT: LOS CRISTIANOS | EUROPE'S LONGEST CLIMB

DAY 3: MOUNT TEIDE ASCENT VIA EL MEDANO

Today we start from the beach at El Medano, famous for it 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.



4

58 MILES (93 KM) · 9,000 FT | OVERNIGHT: LOS CRISTIANOS

DAY 4: MOUNT TEIDE ASCENT VIA CHIO

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!



5

FREE DAY & FLY HOME | AIRPORT TRANSFER

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.



THE ROUTE

RIDES FROM LOS CRISTIANOS



Day 1 · Los Cristianos → Vilaflor	35 miles
Day 2 · Puerto de la Cruz → Mount Teide	82 miles
Day 3 · El Médano → Mount Teide	71 miles
Day 4 · Chío → Mount Teide	58 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader(s)
- ✓ Support driver
- ✓ 4 x night's hotel accommodation
- ✓ 4 x breakfasts
- ✓ Airport transfers
- ✓ Snacks on ride days
- ✓ Bicycle mechanic
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

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
- × UK GHIC or EHIC health card
- × Insurance

Single room: +£160, added when you book.

Bike hire: Top-quality carbon road bikes can be hired locally; ask us for a quote.

Non-cycling partner: Welcome on a hotel-only booking.

GOOD TO KNOW

TRIP NOTES

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

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This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.