

Road cycling Tenerife 2019



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Guided road cycling Tenerife 2019

From October until April

Check all Cycling tours in Spain here: [ALL CYCLING TOURS IN SPAIN](#)

Only need a bike for Tenerife? Check: [BIKERENTALS TENERIFE - CANARY ISLANDS](#)

Guided road cycling Tenerife 2019 tour on road bike

Cycle on Tenerife island and experience all the mountains & volcanos of this beautiful Canary Island. You will experience the beauties of Tenerife whilst riding your bike. These cycling rides on Tenerife island features many highlights like the climb to "El Teide" through the rugged landscapes of Tenerife National Park. The peak lies 2300 meters above sea level. Tenerife is by far the most interesting island on the Canary Islands. Combine cycling with great panoramic views, sunshiny beaches and beautiful mountain ranges! You will ride through tiny villages with always the Atlantic Ocean in the vicinity of the track!

Immerse a beautiful cycling Tour on Tenerife island

- Cycle and experience the beautiful Canary Island of Tenerife!

- Good weather conditions all year round (min 15°C – max 30°C)
- Superior Training Terrain with climbs to El Teide 2,350 m
- Bike Friendly Roads, almost non-existent traffic, smooth mountain roads
- Tackle Mount Teide the highest mountain in Spain and the third largest volcano in the world
- Tenerife national Park and World Heritage Site Parque Nacional del Teide
- Stunning landscapes with black Volcanic peaks and old colonial architecture.

Choose between 2 packages

Package 1. From € 289

- 7 days bike rental (carbon bike BH Quartz) check other models here - [TENERIFE BIKE HIRE](#)
- Upgrade SYNAPSE Disc Ultegra or Women Disc Ultegra (€345)
- Upgrade Specialized Roubaix Comp Disc (€359)
- Upgrade Cannondale Super Six Evo Dura Ace (€ 436)
- Upgrade Cannondale SystemSix Carbon Dura Ace Disc (€ 436)
- 5 guided rides (see itinerary)
- Nutrition package
- Free water bottle and t-shirt
- Support Team
- Mechanical service
- Cost & Book for more info

Package 2. From € 189

- 5 days bike rental (carbon bike BH Quartz)
- Upgrade SYNAPSE Disc Ultegra or Women Disc Ultegra (€ 234)
- Upgrade Specialized Roubaix Comp Disc (€ 244)
- Upgrade Cannondale Super Six Evo Dura Ace (€ 299)
- Upgrade Cannondale SystemSix Carbon Dura Ace Disc (€ 299)
- 3 guided rides (see itinerary)
- Nutrition package
- Free water bottle and t -shirt
- Support Team
- Mechanical service
- Route description

Itinerary

Monday

Los Gigantes 54 km Uphill 1290 - Downhill 1920

Shuttle from the shop to tour starting point (to avoid heavy traffic zones). Los Gigantes Valley. Train your climbing and downhill skills on smooth and gentle winding roads with great views. A nice 3 km drop towards the Los Gigantes valley will be the start for a great day out on the bike.

The climb from Tamaimo to Arguayo (today's highest point, 1100m) offers a regular gradient that is ideal for steady pace training. Later we cross the Terra Negra region: these black volcanic rocks are the remains of numerous volcanic eruptions. The ride back towards the bike centre is a gentle warm down for another awesome ride.

Tuesday

Teide West 75 km Uphill 1120 - Downhill 2490

Shuttle from the shop to tour starting point (to avoid heavy traffic zones). Los Paleos view point at 1450 mtr. is the start for this "must do" ride towards the colossal Mount Teide. From here - on clear days - you can see the island of La Gomera, El Hierro and La Palma. Pure cycling fun that begins with a 15 km non-stop ascent with an average gradient between 4-7%. From El Retamar, at 2.100 m height, there is a delightful 35 km downhill. This ride offers you the experience to climb a Giant, passing the most volcanic sceneries Tenerife has to offer.

Wednesday

Carretera Vieja 94 km Uphill 2240 - Downhill 2240

East Coast "Carretera Vieja" Ride along the carretera TF-28: another pro's favourite ride due to its rolling hills. The day begins with a 40 minute transfer shuttle to the start in Güímar Valley. The carretera TF-28 was the first road that connected Santa Cruz de Tenerife with the southern part of the Island. Nowadays it has become a popular training route for a lot of pro teams due to its rolling hills. You continue at a cruising altitude between 400-900 meters and pass through authentic local villages. The southern coast line, and this entire route, is simply spectacular.

Thursday

Masca Ridge 79km Uphill 2015 - Downhill 2880

A 30 minute transfer shuttle will take you to the start in Santiago Del Teide at 900 m height. The reward after a short but demanding climb is a breathtaking view over the Masca Valley. From there is a relaxing downhill on winding road and brings you towards the starting point of the legendary Banana farm climb. Once back in Guia de Isora it's warm down on rolling hills till the bike centre.

Friday

Teide South 45 km Uphill 950 - Downhill 1520

Shuttle from the shop to tour starting point (to avoid heavy traffic zones). This is the ideal introduction to see if you're fit for the main climb towards Mount Teide. The start from Granadilla will take you over a 15 km non-stop climb, from 700 m to 1500 m of altitude. The descent to your end point is pure joy and a great way to finish up a memorable day out on the bike. Once confirmed you're up to take the challenge - climbing Mount Teide

Saturday

No Rides

Sunday

Costa Adeje 41 km Uphill 940 - Downhill 960

This is not the hardest ride in Tenerife but it's optimal to enjoy the best scenery and terrain. Half way you will tackle a nice and steady climb over 5 km. This ride is a cycle from and back to the Bike center.

Airport

- Tenerife's main airport is Reina Sofia in Sante Cruz de Tenerife and the most important hub to all destinations in Tenerife. There are many regular flights to/ from Europe. The airport is 60 kilometres southwest of the capital Santa Cruz and 16 kilometres east of Playa de Las Americas.
- In the north part of the island there is a small airport, Los Rodeos. Domestic flights leave to/from other Canary Islands and to the Spanish mainland.

Bus

- Four bus routes connect you direct to the most popular tourist resorts. Line 40 goes to Puerto de la Cruz, line 341 to Santa Cruz, lines 487 and 470 to Playa de Las Americas and line 464 to Granadilla.

Booking Information

Add your start date (its also your first bike hire day)

Extra Information

For a booking we need the following details:

- Name and sure name
- Gender Male-Female
- The exact hire period 7 days or 5 days and which rides 5 rides or 3 rides (choose from the Itinerary)
- How tall are you?
- Weight
- Saddle height (if possible)
- Hotel address on Tenerife – not necessary
- One mobile number

Included

- Standard 105 Carbon BH Quartz road bike (upgrade see tab not included)
- Nutrition package
- Free water bottle and t -shirt
- Support Team
- Mechanical service
- Route description

Not Included

- Drinks
- Lunches
- Dinners
- Hotels

Bike upgrade 7 days - 5 Tours

- Upgrade SYNAPSE Disc Ultegra or Women Disc Ultegra (€345)
- Upgrade Specialized Roubaix Comp Disc (€359)
- Upgrade Cannondale Super Six Evo Dura Ace (€ 436)
- Upgrade Cannondale SystemSix Carbon Dura Ace Disc (€ 436)

Bike Upgrade 5 days - 3 tours

- Upgrade SYNAPSE Disc Ultegra or Women Disc Ultegra (€ 234)
- Upgrade Specialized Roubaix Comp Disc (€ 244)
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