

## Gran Canaria road cycling Tour 2019



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**Guided Gran Canaria road cycling Tour 2019. From October until April**  
Check all cycling tours in Spain here: [ALL CYCLING TOURS IN SPAIN](#)

Only need a bike for Gran Canaria? Check: [Bike rentals Gran Canaria](#)

### Guided Gran Canaria road cycling Tour 2019 on road bike

Cycle Gran Canaria and immerse this beautiful Canary Island! Together with the fellow partners on Gran Canaria you will cycle to the most spectacular places on Gran Canaria. Bike the mountains of Gran Canaria with its steep climbs and dramatic terrains. You will experience the beauties of Gran Canaria whilst riding your bike. The rides features many highlights ( just check the literary). Gran Canaria is the most interesting island on the Canary Islands because of the great panoramic views, sunshiny beaches and beautiful mountain ranges! You will cycle also through tiny villages with always the Atlantic Ocean in the vicinity of the track.

The rides are especially relevant because it's designed for the cyclist who likes to pedal challenging routes. Furthermore you will cycle all the top class places on Gran Canaria. All the road bikes are premium - high-end models from the best brands available, including BH, Cannondale, Specialized, and Pinarello. They're all current models with premium components. Every bike is serviced by pro mechanics before every rental. Finally combine cycling with the beautiful landscape of Gran Canaria and enjoy fitness with the qualities of life in "stunning Gran Canaria".

## Choose between 2 packages

### Package 1. From € 229

- 7 days bike rental (carbon bike BH Quartz) Check all bike models here: [GRAN CANARIA BIKE HIRE](#)
- Cannondale Supersix Evo S €264
- Synapse Disc & Women Disc € 285 - Supersix Evo Disc Di2 € 285
- Tarmac Disc €278
- Specialized Roubaix Comp Disc (€299)
- Cannondale Synapse Carbon Disc Di2 (€327)
- Pinarello Ultegra Disc Di2 - Supersix Evo Dura Ace - Cannondale SystemSix Carbon Dura Ace €376
- 5 guided rides (see itinerary)
- Nutrition package
- Free water bottle and t -shirt
- Support Team
- Mechanical service
- Route description

### Package 2. From € 159

- 5 days bike rental (carbon bike BH Quartz )
- Upgrade
- Cannondale Supersix Evo €189
- Synapse Disc & Women Disc € 204 - Supersix Evo Disc Di2 € 209
- Specialized Roubaix Comp Disc €214
- Cannondale Synapse Carbon Disc Di2 € 234
- Pinarello Ultegra Disc Di2 € 269 Supersix Evo Dura Ace € 269 Cannondale SystemSix Carbon Dura Ace € 269
- 3 guided rides (see itinerary)
- Nutrition package
- Free water bottle and t -shirt
- Support Team M
- Mechanical service
- Route description

## Itinerary

Monday

Soria 70km Uphill 1170 - Downhill 1170

All starts are from the bike center in Playa del Ingles. Fairly easy warm-up the first 26 kilometers, out to Arguineguín on the rolling coast road and then very gently up to Cercado de Espinos. Save your energy, because from here on it's up into the heavens. The local "Alpe d'Huez" with 5,1 km with an average 8% to Soria is the islands most popular climb. After the top, there is a wonderful restaurant which serves mango juice, toast or wonderful cinnamon-

laced bread. Return home the same way.

## Tuesday

Temisas - Fataga 85km Uphill 1750 - Downhill 1750

You head northeast along the coast catching the early morning sunshine. At Sardina, go inland and quickly enter the wild rolling valleys. You'll be climbing in a nice steady gear, because there's lots more climbing to come, up through the most inspiring rugged landscapes, via Temisas up to Santa Lucia for a deserved break. There's a final challenge though, another 300m up to San Bartolomé before you descend to Fataga and back to bike station,

## Wednesday

Pico East 101 km Uphill 2550- Downhill 2550

No cyclist coming to Gran Canaria can leave without doing the summit tour, a straight start from 20m to 1950m with only 45km in between. Heading straight up through Fataga, San Bartolomé and then to Cruz Grande at 1247m. A short flat section to rest, before a right turn at Ayacata, then it's some serious climbing all the way to the top. Bring your camera and get that summit picture, before descending via Ingenio to the east coast with the famous tailwind back to Playa del Inglés.

## Thursday

Monte Leon - Cercado de Espino 75km Uphill 1100 - Downhill 1100

You ride up the Ayagaures valley followed by a short climb up to the Pedro de González pass at 490m. Spectacular views before continuing down to complete the loop. In Maspalomas again, you continue to the rolling coast road before heading inland to Cercado de Espino where you can try some homemade juice and cake. After your lunch stop, you go back down the Soria-valley and complete the ride with some nice views of the Atlantic Ocean.

## Friday

Fataga - Santa Lucia 67 km Uphill 1330 - Downhill 1330

Routes such as these make Gran Canaria a serious road cycling destination with an outstanding reputation! This tour has both long and short climbs, interspersed with both fast-paced and winding descents, as well as some long straights to practice your big rings speeds. All with the help of the famous east coast tailwinds in the last section to take you home to Playa del Inglés. This is the route to come back to Gran Canaria for again and again!

## Saturday

Tauro 95 km Uphill 2090 - Downhill 2090

Fairly easy warm-up the first 26 kilometers, then we first climb our local "Alpe d'Huez" with 5,1 km of an average 8% to Soria before heading further up a steep road. After the top, we descend

down to Mogán for a quick coffee and chat. Once slightly recuperated it's time to head back up the beautiful Taurposso or "Serenity" climb again. The view is worth sharing so be sure to grab a photo. Return down Soria and home along the coast road.

Sunday

Mogan - Valley of The Tears 87 km Uphill 2450 - Downhill 2750

The iconic "Valley of The Tears" will leave you breathless – in several ways. After a 40 min shuttle, you start tackling two small climbs before descending on new tarmac. After stocking up on food and drinks in La Aldea, you climb up through the Valley of The Tears and up to the very steep road that leads to Ayacata in the center of the island.

### **Airport**

- Gran Canaria main airport is Gando airport or Las Palmas airport (LPA) and the most important hub to the Canary islands . There are many regular flights to/ from Europe

### **Busses**

- There are regular bus rides between the airport and most of the resorts on the island. A bus ride to Playa del Ingles takes about half an hour. The popular seaside resorts of San Augustin, Playa del Inglés and Maspalomas are accessible by bus. The buses 1, 5 and 36 run between Gran Canaria Airport and the most important places in southern Gran Canaria. The buses of Global have the most frequent timetable

### **Booking Information**

***Add your start date ( it is 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 Gran Canaria – 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

- Shuttle Surcharge Sunday € 15
- Cannondale Supersix Evo S €264
- Synapse Disc & Women Disc € 285 - Supersix Evo Disc Di2 € 285
- Tarmac Disc €278
- Specialized Roubaix Comp Disc (€299
- Cannondale Synapse Carbon Disc Di2 (€327
- Pinarello Ultegra Disc Di2 - Supersix Evo Dura Ace - Cannondale SystemSix Carbon Dura Ace €376

### **Bike Upgrade 5 days - 3 tours**

- Cannondale Supersix Evo €189
- Synapse Disc & Women Disc € 204 - Supersix Evo Disc Di2 € 209
- Specialized Roubaix Comp Disc €214
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