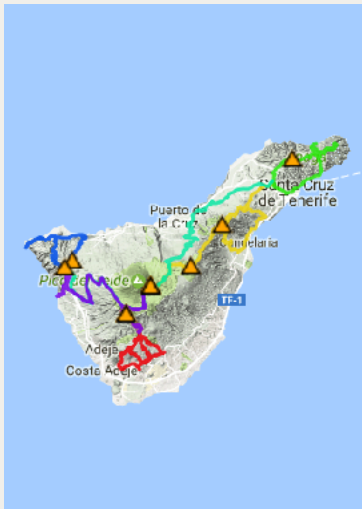


# Tour of Tenerife & El Teide

Catch the winter sun in in the ‘land of the pros’, exploring its beautiful and varied landscape ranging from mountains and coast to the otherworldly crater of El Teide.

## Summary

**WHERE:** Tenerife  
**DISTANCE:** to suit you  
**TIME :** 6 cycling days  
**PRICE :** see website  
**DATES:** Feb/Mar



## Highlights

Fully supported holiday  
- join us for some winter sun, sea views and the Marmot holiday feel!

Flexible itinerary to suit all levels of riding

Climb Mount Teide from sea to summit

Beautiful routes showcasing the entire island



## Tour of Tenerife & El Teide

This road cycling itinerary has been carefully crafted to give you the opportunity to cycle the most scenic roads on Tenerife, the largest of Spain’s Canary Islands. Our ingeniously linked routes take in all the most beautiful climbs on the island and take you into each ‘corner’ to explore.

We start off gently to allow you to acclimatise and build up your strength (this is winter after all and you might be a little less fit than usual!). Each day there are optional extras, increasing the possible daily ascent to an average of 2617m, making this holiday also suitable for those looking to push themselves and take on our Challenge routes.

Regardless of whether you opt for the Classic or Challenge route (or a few days of either!), this week is definitely a 'holiday' and riding on the quiet roads through the stunning mountain scenery and along the coastal roads is a joy. The views are far reaching and dramatic and the sense of achievement as you summit these climbs really is something.

Seasoned Marmoteers will notice the absence of our cherished Marmot vans, as due to local regulations we are unable to bring them to the island! All transfers, although organised by us, will be done by local companies and we will hire support vehicles locally for our guides to support you in the usual Marmot way.

This is a great holiday for cyclists new to the mountains (along with our Pyrenean Classic Cols trips in our main season). We offer Classic Cols type holidays in many destinations, please check our [website](#) for details.

# Itinerary

## Day 0 - Travel Out

Included transfers from Tenerife's Southern Airport to the start hotel, nestled in the mountain hamlet of Vilaflor (45min). Assemble your bikes and depending on your arrival time, go for an exploratory spin. A welcome briefing and a great dinner will follow.

## Day 1: Classic Climbs of the South

The south of Tenerife welcomes tourists from all over the world to its all inclusive beach hotels during the winter season. We are very pleased that many don't know of the beauty of the surrounding hills so leave the stunning roads and barrancos to us!

Head off on a wonderful warm-up to your week of cycling and a chance to see the best of the dry, volcanic south of the island. The viewpoint 'Mirador de la Centinela' ('pirate lookout') with its almost 360-degree view gives you your bearings as you descend towards the south coast, stopping short of suburban Tenerife to head up your climb for today: the **TF21 to Vilaflor**.

This spectacular bit of road meanders its way up the side of the volcano through a series of vertical cuttings that have been hewn out of the solidified volcanic ash. After lunch in Vilaflor you have the tricky decision of whether to relax on the hotel terrace with a beer or to head back out on the bike for some more sunshine km!

### Classic route

[47km with 1100m ascent]

### Challenge route

[74km with 1900m ascent]

## Day 2: Las Cañadas del Teide to La Laguna

From Vilaflor at 1400m the sunken crater of El Teide (Las Cañadas) is within reach. The imposing Pico del Teide with its summit at over 3700m (the highest point in Spain) looms above you but fortunately for us cyclists, the tarmac road rises just to **Tabonal Negro** at 2342m!

From the high point, head along the NE ridge of the island; there's a bit more climbing, followed by an awe-inspiring descent through pine forests on the road of La Esperanza before arriving in La Laguna, a UNESCO World Heritage town full of

historical architecture and first capital of the Canaries. For those in need, the **Hotel Laguna Nivaria** has a small pool and sauna as well as a massage service (to be booked in advance).

As always on a Classic Cols holiday, there are options for more time on the bike and the Challenge route takes in the slightly bizarre Pyramids of Güímar (although only dating back to the 19th century, they are the centre of various myths around masonic symbolism) before climbing back up to the rib of the island from its challenging eastern flanks to **Cuatro Tiempos**.

### Classic route: Tabonal Negro

[81km with 1600m ascent]

### Challenge route: Tabonal Negro + Cuatro

Tiempos [139km with 3300m ascent]

## Day 3: The Rugged Coastline and Mountains of Anaga

The northeast peninsula of Tenerife is fabulously under-developed: the coastline along which you will be cycling is wild and deserted (everyone else is in a resort on the South coast!) and the mountainous interior, above 600m, is carpeted in lush rainforest. The Anaga mountains are a UNESCO recognised Biosphere Reserve with hugely diverse flora and fauna. Pause to think, as you cycle them, that these roads are built on rock 7 - 9 million years old!

Our routes take you along the coast today to the beautiful fishing village of San Andres before heading inland and up 600m over 10.7km, to El Biladero. You are at a crossroads here in more ways than one - do you stick to the Classic route, taking on the **Pico del Inglés**, or do you tarry a little longer to first explore this area further by taking the remote mountain road to Chamorga, then throwing in a spectacular descent to Taganana & the coastal village of Benijo where the cafes have incredible views? It's all too tempting and to be honest, every option is a winner!

### Classic route: Pico del Inglés

[53km with 1250m ascent]

### Challenge route: Chamorga + Benijo + Pico del

Inglés [89km with 2700m ascent]



## Day 4: North of the Island to Santiago del Teide

Today we take on El Teide from its most challenging, northern side via a beautiful 38km (22km for the Classic route) climb through lush forests and with great views. Whilst the Challenge riders start by heading across the historic northern coast of Tenerife, we offer lifts for the Classic and Harder routes to get straight to the climb of the day. It's well worth stopping off at the café in El Portillo on the crater rim, which commands stunning views of the summit of El Teide (3718m).

After an otherworldly experience cycling through the moonscape which is the crater, you enjoy a wonderfully long 30km descent before a smaller (340m) climb back up to the hotel. We finish the day in Santiago del Teide at the welcoming **Hotel La Casona del Patio** with its museum of local agriculture and daily tea ceremony in the cosy atrium room (or opt for a cool beer, if you prefer!)

**Classic route:** Tabonal Negro from Mirador de Matanzos [72km with 1500m ascent]

**Harder route:** Tabonal Negro from La Orotava [86km with 2380m ascent]

**Challenge route:** North to West coastline + Tabonal Negro from the North [118km with 2900m ascent]

## Day 5: Mascá & the Mountains of Teno

The northwestern peninsula boasts some spectacular mountain scenery and, not surprisingly, is another national park. You enter into the heart of the Teno mountains, one of the 3 volcanic areas that form Tenerife, where the remote and rugged beauty is appreciated by walkers and cyclists alike.

After a small climb to start the day, enjoy a descent to the wild seaside hamlet of Garachico on a series of tight switch-backs carved out of a lava flow! Cycle along to Buenavista del Norte on the coast, where those on the Challenge route can choose the worthwhile and very picturesque 'there and back' detour to the lighthouse in Punta del Teno, on the most western point of the island.

This gives the cyclists on the Classic route a head start for the main climbing of the day, heading up

into the heart of the Teno mountains. Pass through El Palmar before you head onwards to the isolated hamlet of Mascá, on 'roller-coaster' roads that hug the rugged cliffs.

Despite the rides being relatively short today, the gradients of the road yet to be conquered, the **Mirador de Cherfe** (1048m), ensure a suitable element of challenge to the day!

**Classic route:** Puerto de Erjos + Mirador de Cherfe [59km with 1750m ascent]

**Challenge route:** Punta del Teno + Mirador de Cherfe [77km with 2150m ascent]

## Day 6: Sea to Summit Teide Challenge

It is entirely appropriate that the focus of your last day is Mount Teide. The TF-38 from Chío to the high point of Teide's crater, **Tabonal Negro** (2324m), is a challenging but steady ride with kind gradients, smooth tarmac and beautiful views.

If you are a purist, you will need to follow the Challenge route today, descending first to Puerto de Santiago, so you have the opportunity of cycling up Teide from sea to summit with an additional 1000m of climbing.

At the summit we highly recommend having a cool drink on the terrace of the Parador hotel and taking a moment to bask in your achievement. This amazingly situated hotel welcomes pro teams from around the world for their winter training, so you may even get to do a bit of pro-spotting!

All that remains then is to enjoy the fabulous descent back to your hotel in Vilaflor, where you started out 6 days ago.

**Classic route:** Tabonal Negro [55km with 1650m ascent]

**Challenge route:** Tabonal Negro [95km with 2650m ascent]

## Day 7 - Travel Back

We offer included transfers from Vilaflor back to Tenerife's Southern Airport - read on for more detail about your travel options.



## Start & End

Hotel Alta Montaña: 1 Camino Morro Elcano, 38613 Vilaflor, Santa Cruz de Tenerife, Spain (Tel. +34 922 709 995)

## Travel

### Finding flights

We recommend using a comparison tool such as [www.skyscanner.net](http://www.skyscanner.net) when searching for direct or indirect flights from various airports/regions/countries. It can be helpful if you search for one-way flights, giving results of all direct routes available, eg. 'UK to Tenerife South'. Search results may change as airlines release their schedules for the following year at varying times.

If you are flying long haul, we recommend arriving a day early in order to get over any jet lag before you start cycling. We can generally only offer an airport transfer on the start/finish days of the itinerary but can certainly arrange a taxi transfer for you (payable direct to your driver) on other days.

If you are travelling in a group of 6 or more and are unable to join the group airport transfers, we may be able to organise a private transfer for you. Please contact us to discuss.

### Under your own steam...

If you are going to meet us at the start hotel or are leaving independently at the end of your trip to go on elsewhere, please let us know so we can plan accordingly; we may also be able to help you with your travel plans, so do get in touch if you need assistance.

### Foreign Travel Advice

For the latest travel advice from the Foreign, Commonwealth & Development Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

## Airport Transfers

Marmot Tours offer airport transfers at designated times from the most convenient airport for the start of your trip. Transfers are timed to fit in with as many flights from as many regional airports as possible.

The transfer time from/back to **Tenerife South airport (TFS)** is about 45 minutes.

Pick-up: We offer regular transfers on the arrival day between 11am - 6pm (about every 2 hrs).

Drop off: We drop off regularly between 9am - 4pm (about every 2 hrs) on the departure day.

If your flight times are outside of those hours, please contact us prior to booking to discuss: [cycle@marmot-tours.co.uk](mailto:cycle@marmot-tours.co.uk)

If you arrive earlier than the transfer time then you will need to wait at the airport for your pick up. If flights are delayed then transfers may also be delayed. If flights are significantly delayed or cancelled then you may need to take a taxi to the start hotel and make a claim on your insurance or to your airline.

You will find our most up to date transfer times on the **Holiday Details** page on the Link (once you've made your booking).

## Navigation

The Marmot Tours App provides you with maps, altitude profiles, general information and safety notes, as well as detailed directions of where to go (via RWGPS). Your holiday will be available to view on the App from 7 days before and until 7 days after your holiday.

Our guides will also aim to be at those 'easy to miss' junctions and you will see the van and guides regularly.

Additionally, we provide you with GPS files in .fit and .tcx formats for your navigation devices. They will be available on The Link a week or so before the start of your holiday.

The files can be downloaded onto most units, including Garmin and Wahoo and in their most basic form provide a purple line to follow. With the more recent units you will also receive a set of visual instructions as you approach a turning. Our GPS tracks take you from hotel to hotel.

If using a Garmin, please ensure you download the base map of the country you're visiting before you go as this helps greatly with your navigation.

## Am I too fit?

We have designed our Classic Cols style holidays to be accessible to a wide range of riding ability. Having a quick peek at each day's stats for the Challenge route should reassure you that even if you are a very fit and experienced road cyclist, there will be plenty to entertain you on this holiday.

With our daily route options you have the opportunity to cycle all day, every day, making yourself very tired indeed! If you opt for our Challenge route each day then you are looking at 592km with 15600m of ascent during your week, perfect for some serious winter training.

What is so nice about this range of holidays is that you can come along with people who are either less or more experienced than you and you can each get out of it what you want by choosing the daily route for you.

## Am I fit Enough?

It is normal (and only right) that you should consider whether or not you are fit enough for a cycling holiday in the mountains.

We have created our Classic Cols range of holidays in order to open up the world of road cycling in the mountains to couples and mixed ability groups where you each have slightly different aims in terms of distance and ascent.

Our Classic Route in Tenerife is an achievable goal for regular cyclists, even if you are new to climbing and descending in the mountains, as the gradients are generally gentle.

Our vehicles and guides are on hand to support you on your holiday and can offer advice and moral support.

Our goal at Marmot Tours is to create an ambience of non-competitive cycling with no pressure to 'keep up' with anyone else. It is about achieving your own individual goals and having a fabulous time doing it.

## Pacing and Training

As with all sports holidays, the fitter you are, the more you can relax and enjoy the stunning route.

It can be difficult finding extended climbs for training in the UK, but generally, if you can build up your comfort on the bike (ideally on consecutive days) and your stamina and cardio vascular fitness overall, then you will really benefit when it comes to the holiday itself.

As well as training before the holiday, pacing yourself will go a long way towards you achieving your goals. The joy of a group holiday is that you are likely to find someone to cycle at a similar speed to you, so you don't need to try and keep up with your partner/friend/room mate. The quickest way to injure yourself or burn out is to cycle faster than you feel comfortable going.

We can't emphasise enough that this is your holiday and so, if you need a lift up the hill for whatever reason, your guides will be happy to help.



## Strava

Many cyclists nowadays are using apps like Strava and Garmin Connect to track their progress, training and to compare themselves to their peers.

These apps make for great training tools and interesting post-ride analysis but there are obvious risks associated with competitive cycling styles, pushing yourself beyond your usual tolerance and focusing on live feed information whilst on the bike.

We therefore ask our clients to avoid such 'Live Segment' features when cycling on a Marmot Tours holiday, especially descending, and to **focus on the road at all times**.

## Gearing/Bikes

Mainly, climbs are not particularly steep (compared to a lot of hills in the UK) but they do go on for a very long time. It is best to make sure that your bike will be suitable for your level of strength/fitness.

Most people 'get away with' a compact (smallest ring on front having 34 teeth), fitted with a 30 or 32 cassette on the rear. It is possible to fit your bike with larger cassettes, using a rear hanger extender, like the WolfTooth RoadLink.

If this all sounds too complicated then it is easy to hire a bike locally. Please check our Bike Hire section on page 8 for more information. We will assist with the pick-up and drop-off of the hire bikes, so just let us know if you are hiring a bike with our local partner.

## Guiding

Supporting you on your holiday will be two of our experienced, approachable, knowledgeable and fun guides. Despite being passionate about cycling, both guides will be in support vehicles as this holiday is all about you and your needs. Between them they will have knowledge of the area and the language and be skilled at bike mechanics.

Having two vehicles per group (regardless of the number of bookings up to a group size of around 22) is what allows us to offer you freedom to cycle at your own pace and a level of independence on this holiday. One van stays on the Classic route and one van covers the Challenge route. Due to the distances involved, those cyclists doing the full challenge route may need to be more independent than the less experienced cyclists on the Classic Route. Our guides are experts at advising you on the routes, where you can expect to see the van and what you might need with you.

In the event that you need help for a mechanical (for example) one of the vans will be able to quickly get to you with tool kits, spare back wheels and even a spare bike. We hope you won't need us for anything serious but being prepared for all eventualities is what we do exceptionally well.

You can expect to see a support van with water, snacks and your personal day bag 2 - 4 times a day, so you don't need to carry much on your bike, unless the weather is exceptional!

**"Just coming down to earth now after an unforgettable week of amazing scenery and new friendships made". R Bill**

## Group Dynamics

Your group will be any number up to around 22 riders. This number works really well - it's big enough for you to find others to cycle with at your pace, but not so huge as to feel impersonal! We get lots of clients booking alone and lots of small groups of friends. If you think you can get a group of around 20 people together then we can offer you a custom departure date.

We love that we get a really big variety in terms of cycling experience... from club cyclists, people training for other events, those raising money for charity, ex-pro cyclists to people who are relatively new to cycling who like to try something new on holiday.

## Accommodation

We stay in just three comfortable hotels with en-suite facilities. The hotels have been selected for their excellent location, their ambience and their customer service towards cyclists. You will be sharing a twin room with another client (of the same gender) unless you book a single room for a supplement (contact [cycle@marmot-tours.co.uk](mailto:cycle@marmot-tours.co.uk) for availability). Each hotel has a garage/locked room to ensure that your trusty steed has a comfortable night too. Some of the hotels have either a pool and/or spa facilities.

## Food

### Breakfast

No surprise that this is the crucial meal of the day. Expect continental style breakfasts with cheese & meats for your protein kick start. Breakfast in Spain is generally from 8:30am, so we don't leave the hotel till around 09:30.

### Lunches

You know what you like to eat when you are riding and it is not likely to be the same as what the others in your group will want to eat. We don't include lunches so there are no enforced group stops. We strongly advise that you stop for proper food at lunchtime. Each day we recommend a suitable place serving cyclist friendly food which is great for you, and the locals appreciate your custom. We will be sure to have a van there for your midday faff! Bear in mind that this is Spain, so lunches are generally served from 2pm.

## Snacks

Your support van aka snack-shack will be well stocked with a variety of local, tasty delectables: Salty crisps, bars, cakes, fresh fruit (bananas obviously!), nuts & sweets are the staples. We suggest you bring your own favourite energy powders/gels/bars with you as these will not be easily available en route.

## Dinner

We eat as a group in the evening - either in the hotel or at a nearby restaurant. Expect three courses (and generous portions) which are tailored to the needs of cyclists. Dinner will be served at around 20:00-20:30 (this is Spanish culture, so you may want to bring some recovery bars, etc. to keep you going until then). Wine at dinner or up to 2 beers or 2 soft drinks are included, however, coffees are not.

## Special diets

Please note your special dietary requirements on the booking form or contact us. Our hotels can cater for most dietary needs and allergies if we know well in advance. Please note that we request that you stick to your dietary preference for the entire trip, as it is very complicated for the hotels (and guides) if an individual is vegetarian for some meals and not for others.

## What's Included?

- 6 days supported riding
- Airport transfers on arrival and departure days at specified times
- Access to Marmot App with daily holiday info, directions, maps and GPS files
- 7 nights half board accommodation and table wine during dinner (up to half a bottle per person), or up to 2 beers or 2 soft drinks
- 2 experienced and enthusiastic guides, driving locally sourced support vehicles, offering nutritional, moral, mechanical and first aid support, plus snacks & water

## Insurance

Holiday insurance is **essential** for all Marmot Tours holidays and anyone without insurance is not able to take part in the trip. Please arrange your insurance cover at the time of booking, as this will ensure that you are covered if you incur an injury during training and are unable to go on your holiday. We have a very high cancellation rate so are unable to deviate from our [cancellation policy](#).

Your insurance needs to cover you for non-competitive road cycling (cycle touring) at altitude with the following fairly standard inclusions:

- Medical Expenses
- Repatriation

Some clients also like to ensure they have the following optional items:

- Cancellation cover
- Loss or damage to their bike

Once you have arranged your insurance, please add the relevant details to the **Before you go...** section of your holiday on [The Link](#). Unlike your passport and emergency contact details, you will need to add insurance details for every trip you are taking.

This ensures we have the most up to date information and are able to assist you in case you have an accident on your holiday.



## Bike Hire

Bike hire in the Canaries is a little different to our other holidays as we are unable to bring our vans, and therefore our fleet along on the trip.

However, there is a great alternative at a great price! For this trip you are able to book your bike hire directly with Free Motion Tenerife (<https://www.free-motion.com/>), who have various types of bike available depending on your requirements, including e-bikes!

Please note that if you're hiring an e-bike you may travel a lot faster than the general group. We recommend you bring a small backpack for provisions to enable you to be independent from our support, if you wish. Our support is geared towards the cyclists on pedal bikes.

To book, head over to [Free Motion's website](#), then select Tenerife (they operate in Gran Canaria too) and the type of bike you want to hire.

Check in date: your arrival day (26/02/25)  
 Check out date: last day of riding (04/03/25)  
 Pick up place: Los Cristianos, Tenerife

Once booked they will send you a link, which you have to click to confirm your booking.

Please let us know that you've booked your bike with Free Motion.

Payment: get in touch with Free Motion 2-3 weeks before the start of your holiday to sort out online payment and signing of contract. You will need to provide them with:

- your reservation number
- photo of your passport
- information of the person picking up the bike (ie Marmot Tours Guide)

Please note that the brakes are set up in the EU format, with your left hand operating the front brake. This cannot be changed.



## Financial Protection

Marmot Tours are members of ABTA, the Association of British Travel Agents.

ABTA and ABTA members help holidaymakers to get the most from their travel and assist them when things do not go according to plan.

As part of our membership contract we are obliged to maintain a high standard of service to you by ABTA's Code of Conduct.

- In line with our ABTA membership (no Y6184), we hold an insurance policy that gives you full financial protection for all funds you pay us for your holiday
- We have full Tour Operators Professional and Public Liability Insurance with specialist brokers Campbell Irvine
- We carry out risk assessments on all of our holidays to ensure we have thought through every detail
- We employ staff with the correct experience and skills to ensure you have a safe and fun trip, and have a thorough training programme each season.

For further information about ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, please contact ABTA, 30 Park St, London, SE1 9EQ (Tel 0203 117 0500).

## How to Book

1. Email [cycle@marmot-tours.co.uk](mailto:cycle@marmot-tours.co.uk) to check availability for your preferred departure date and single room, if that is your preference.
2. Bag your spot with a provisional booking for a week or so while you get planning.
3. If you are planning on hiring a bike, please check availability with [Free Motion](#) before making your booking.
4. Log on to or register with our online booking system, The Link ([link.marmot-tours.co.uk](http://link.marmot-tours.co.uk)), to make your holiday booking.
5. Receive a confirmation email and pay the £400 deposit by BACS or by card online.
6. Confirmed single room supplements are being added manually to your balance invoices, so may take a day or two to appear.
7. We'll post regular holiday information and updates on the Link (you'll receive an email notification).
8. You can meet your fellow holiday makers via The Link Forum and share training / travel plans etc.

