

# Self-Guided Cycling on Lanzarote

Trip Code: SGLB

Version:



CYCLE



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Choose from a choice of rides to create your perfect balance of pedalling and sightseeing
- Cycle through the Valley of 1000 Palms to the picture perfect village of Haria
- Discover the life's work of Cesar Manrique: El Jardin de Cactus, Los Jameos del Agua and El Mirador del Rio
- Ride through the lunar landscapes of Parque Nacional de Timanfaya

## AT A GLANCE

- Self-Guided
- 6 days cycling & sightseeing
- Choice of routes
- Bike hire included
- Join at Costa Teguisse

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Be seduced by Lanzarote as it charms you with its smooth tarmac and rewards you with breath taking vistas towards the archipelago and tantalises you with deliciously fresh cuisine. Your week on the island will take you on a discovery of its unique fusion of culture, fire and utterly extraordinary geology all perfectly married together by the environmental visionary, Cesar Manrique.

Staying in a welcoming selection of 3\* and 4\* hotels on the coast with inviting swimming pools, and an intimate casa in Haria, we have ensured you can unwind after a day in the saddle whether it's with a dip in the pool or relaxing in the bar. Your routes will take you off the beaten track and away from the coast to discover the magnificent ancient capital of Teguisse, through the stunning Valley of 1000 Palms to experience the authentic town of Haria, and transport you to another world as you cycle through the Parc Nacional de Timanfaya. And the best bit is we have specially designed this trip with flexibility in mind so you can choose to cycle hard, or enjoy a shorter route and soak up all Lanzarote has to offer including its uniquely grown wine!

## Is this holiday for you?

This trip is ideal for anyone who loves to cycle on quiet roads with deliciously smooth tarmac, have plenty of flexibility in their itinerary and fantastic facilities to unwind after a day in the saddle. With a choice of rides most days you can tailor your holiday to suit you, whether you want to relax, soak up the dramatic scenery and enjoy the fantastic produce Lanzarote has to offer, or cycle hard each day. Rides vary from 29-63km with between 300 and 800m ascent so you will have plenty to choose from. Plus, spending 2 nights in both Teguisse and Playa Blanca allows you the option to enjoy a rest day by the pool or a spot of sightseeing.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Bike hire
- City taxes
- Self-guided information pack containing your map and route notes
- Luggage transfers

### What's not Included

- Travel insurance
- Travel to/ from Costa Teguisse
- Public buses and taxis
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

### Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using a signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

This trip starts and ends at your hotel in Costa Teguisse. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Arrecife with many departures from regional UK airports.

If you are arriving into Arrecife Airport (Lanzarote Airport) you can take the public bus to Costa Teguisse. The buses run every 50 minutes and the journey requires one change at Intercambiador Playa Del Reductro taking approximately 1 hour. Alternatively, you may wish to take a taxi transfer from the airport. This option takes approximately 15 minutes.

It is also possible to arrive into Arrecife via ferry from Cadiz, mainland Spain. From here you can take the public bus to Costa Teguisse.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Cuisine in the Canaries is filled with tradition and fresh local produce, with recipes being handed down through generations. It is these traditions which have formed the delicious mix of cuisine which blends its Spanish roots with African and South American influences. A staple on any menu is the tasty Papas Arrugadas; small locally grown potatoes which are boiled in extremely salty water giving the skins a somewhat wrinkly appearance served with the traditional Mojo sauce (and every restaurant claims to have its own secret recipe). As you would expect from an island, seafood features heavily in the Canarian diet, from Puntillas de Calamar (fried baby squid) to Pescado a la Plancha (fish of the day simply grilled and incredibly tasty). More surprisingly however, is the island's fantastic goat's cheeses, some of which have won international awards, and the island's selection of great wines to accompany your meal.

## Accommodation

We have designed this trip with comfort in mind, after all, we all want some comfort and relaxation after a day in the saddle. You will be staying in a great selection of 4\* hotels and resorts, plus a welcoming traditional Canarian casa in Haria where you can enjoy the warm hospitality of Lola and Juan. All accommodations offer comfortable ensuite bedrooms, great communal areas and offer a great breakfast buffet to fuel your rides each day. Some of your accommodations will also include swimming pools, perfect for cooling off after a busy day exploring.

It is possible to arrange additional nights accommodation in Costa Teguisse before or after your trip if you would prefer to explore this fabulous island a little more. Please refer to the dates and prices tab for further details or speak to one of our sales team.

## Bike Hire

Bikes on this trip are touring bikes with 30 speeds and all come equipped with a pannier and rear luggage rack for your daily essentials. We include a helmet with your bike on this trip but we strongly recommend you bring your own helmet for the best comfort.

We also recommend packing a gel seat for extra comfort, or a pair of padded cycling shorts, whilst there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

For those wishing for a sportier positioning on the bike it is possible to upgrade to a road bike on this trip for an additional supplement of £40. E-bikes are also available at an additional supplement of £175. Please ask our sales team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20kg and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are riding.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. We have designed this trip with flexibility in mind with a choice of shorter or longer rides on most day. However, you should at least be comfortable cycling 35 to 50km and up to 600m of ascent a day on quiet roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your holiday more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

## Climate

The islands of the Canaries are a year-round holiday destination with what is often described as eternal spring conditions with temperatures ranging between 16 C in the winter to 25 C in the summer.

Lanzarote has its own micro-climate with the north being slightly windier and cloudier whilst the south is drier and warmer with approximately 2,500 hours of annual sunshine, while central Lanzarote has a moderate and stable climate. It is this fantastic environment which has made Lanzarote such a popular holiday destination, not just for those looking for sun, sea and sand, but for walking and cycling too. Not only that, but due to the vast amount of sun the island is home to over 600 plant species.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Lanzarote Marco Polo Pocket Guide

The Wind off the Small Isles - Mary Stewart

Sandwiches in the Sun: The Extraordinary Truth about Life on a Spanish Island - Chris Herman

Lanzarote & Fuerteventura Pocket Guide - Berlitz Pocket Guides

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer



- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

Please note our 'from price' listed is based on 4 persons in twin or double rooms, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## Why KE?

With a choice of rides most days this is the perfect winter cycling fix in the sun, and with some of our favourite accommodations along the way you can relax at the end of each day. Plus we have included your hire bike in the cost of this trip and e-bikes are available too.

**Please Note** This document was downloaded on 22/07/2024 and the trip is subject to change