

Bike routes

Routes around Lanzarote for beginner, intermediate and advanced level cyclists



Route list

Beginner Distance

Tinajo	14,3 km
Soo to Tiagua	21 km
La Vegueta	25,5 km

Intermediate

Florida Trip	40 km
Famara	46,6 km
Conil Trip	50,3 km
Uga	53 km
Montaña Blanca	56,3 km
Cesar Manrique	64,4 km

Advanced

El Golfo	67,5 km
El Mojon	76,6 km
El Golfo - Femés	82 km
El Golfo - Playa Blanca	89 km
IRONMAN 70.3 Lanzarote Course	90.1 km
Tabayesco	95,1 km
Orzola	110 km
Mirador Del Rio	111 km
Mirador Del Rio	118,7 km
Long Ride	155 km
Yaiza - Uga - Ozola	156 km
IRONMAN Lanzarote Course	180.2 km

Road descriptions



Dual carriageway



Cabildo road



Main road



Local road

10 Tips:

1. Always wear a bike helmet
2. Ride on the right side of the road
3. Don't litter!
4. Always carry enough water with you
5. Remember suncream as the sun can be very strong
6. Take a mobile phone with you in case of emergency
7. Remember Personal Identity Card
8. Group cycling - No more than two side by side!
9. It's forbidden to ride a bike inside the Club La Santa Resort
10. Remember to take a pump and spare Inner Tubes (these can be hired)

Important telephone numbers

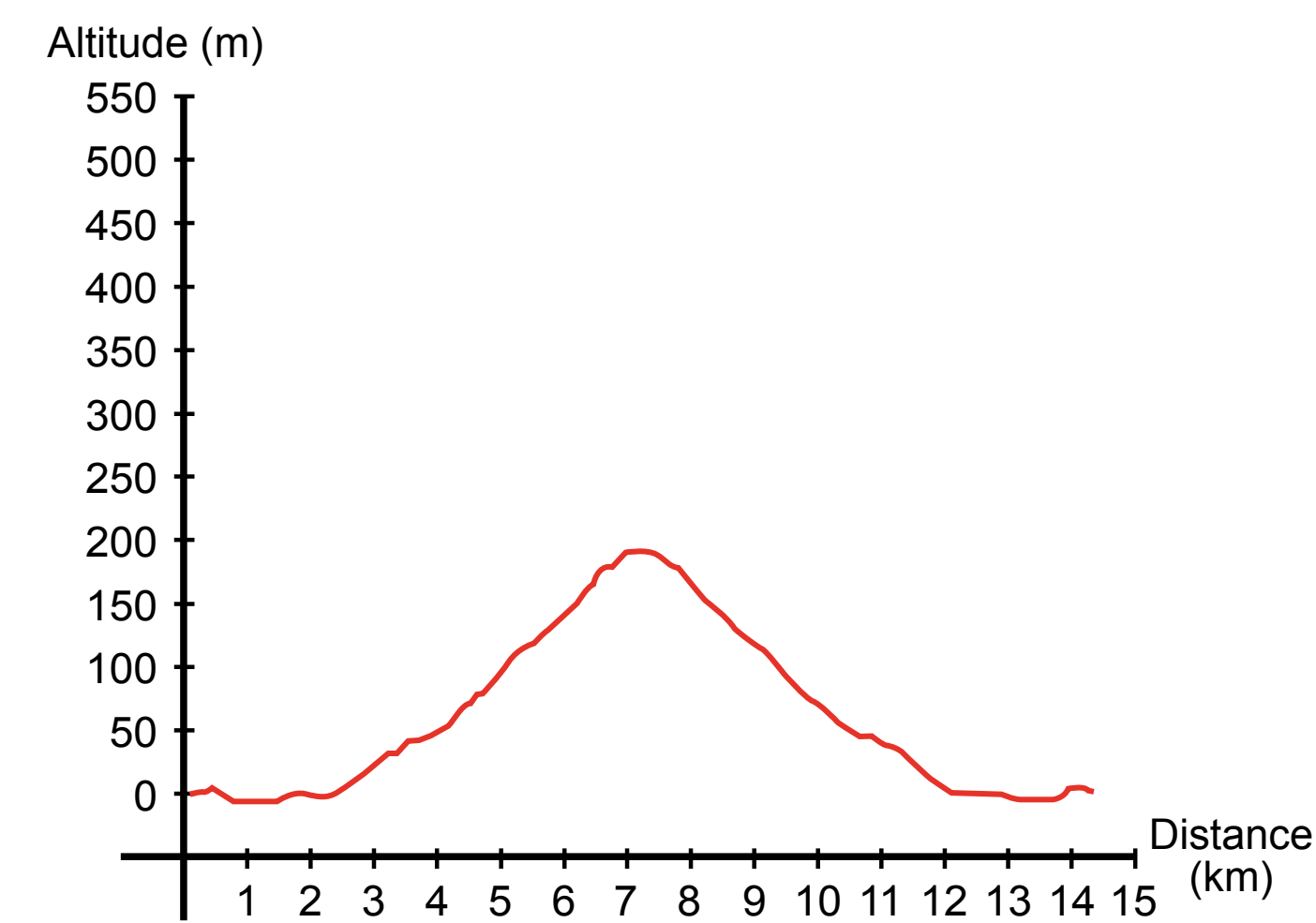
- . Club La Santa Reception: +34 928 599 999
- . Club La Santa Guide department: +34 928 599 995 - 4431 or 4430
- . Club La Santa Bike Center: +34 928 599 995 - 4416
- . Tinajo Police station: +34 928 840 729
- . San Bartolomé Police station: +34 928 520 711
- . Emergency: 112



Tinajo - Distance: 14,3 km

Level: Beginner Total climbing: 190 m

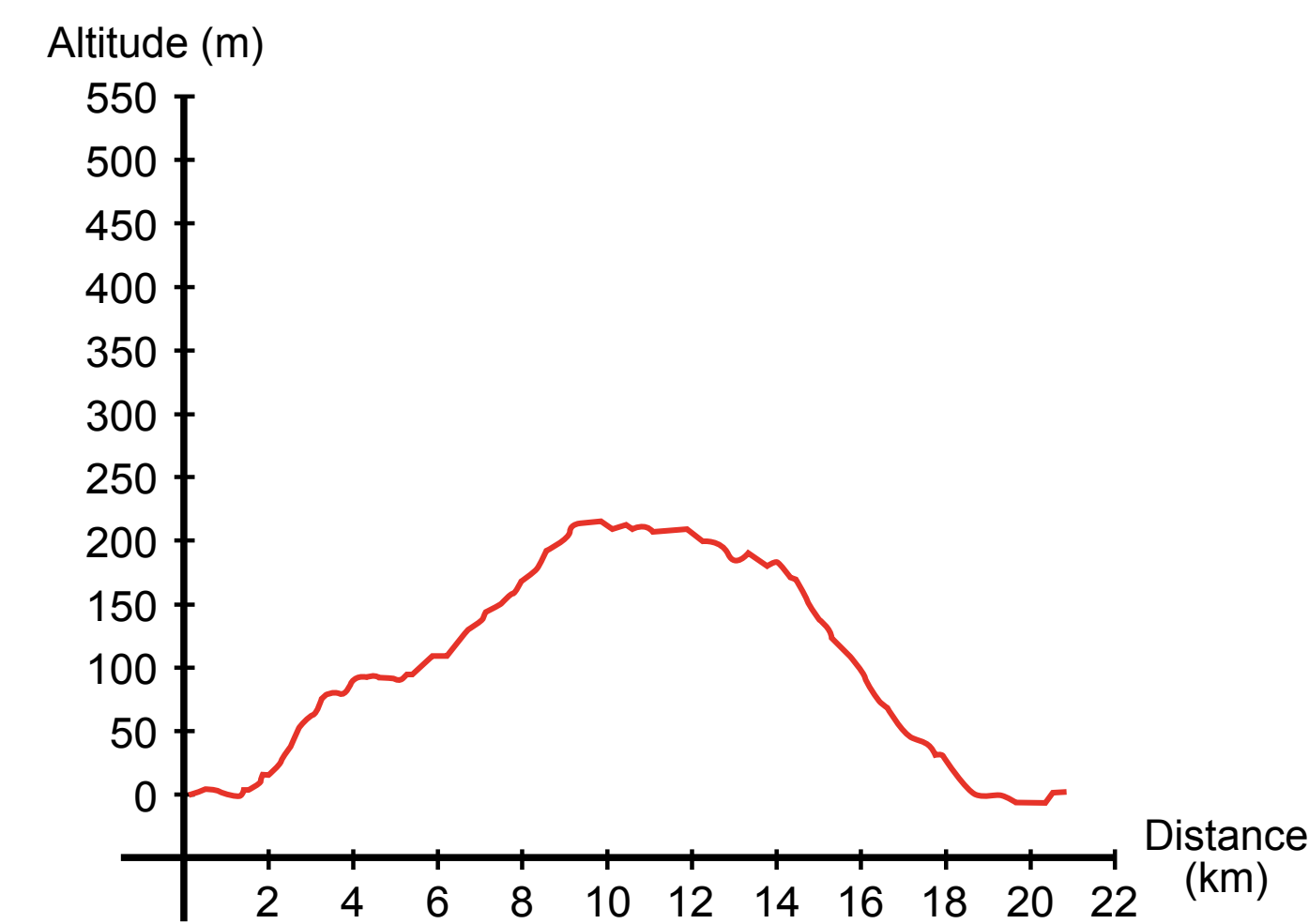
Takes you to the round about in the nearby village, Tinajo, which is also the longest village on the island. This is also the bike course for the Mini-triathlon and Duathlon.



Soo to Tiagua - Distance: 22 km

Level: Beginner Total climbing: 220 m

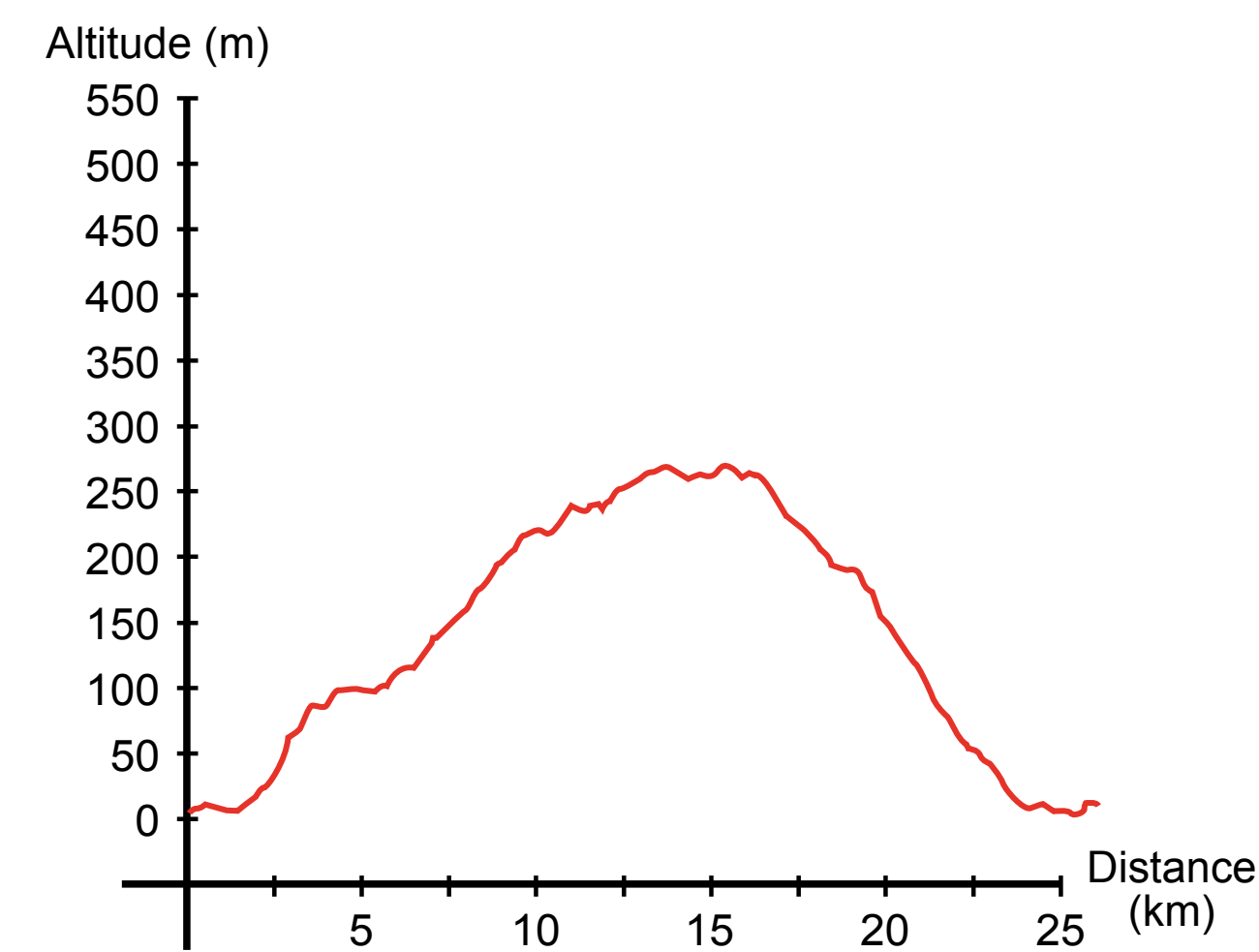
Takes you through Soo to Tiagua and from there to Tinajo via the Palm tree road, where you can expect cross wind.



La Vegueta - Distance: 25,5 km

Level: Beginner Total climbing: 285 m

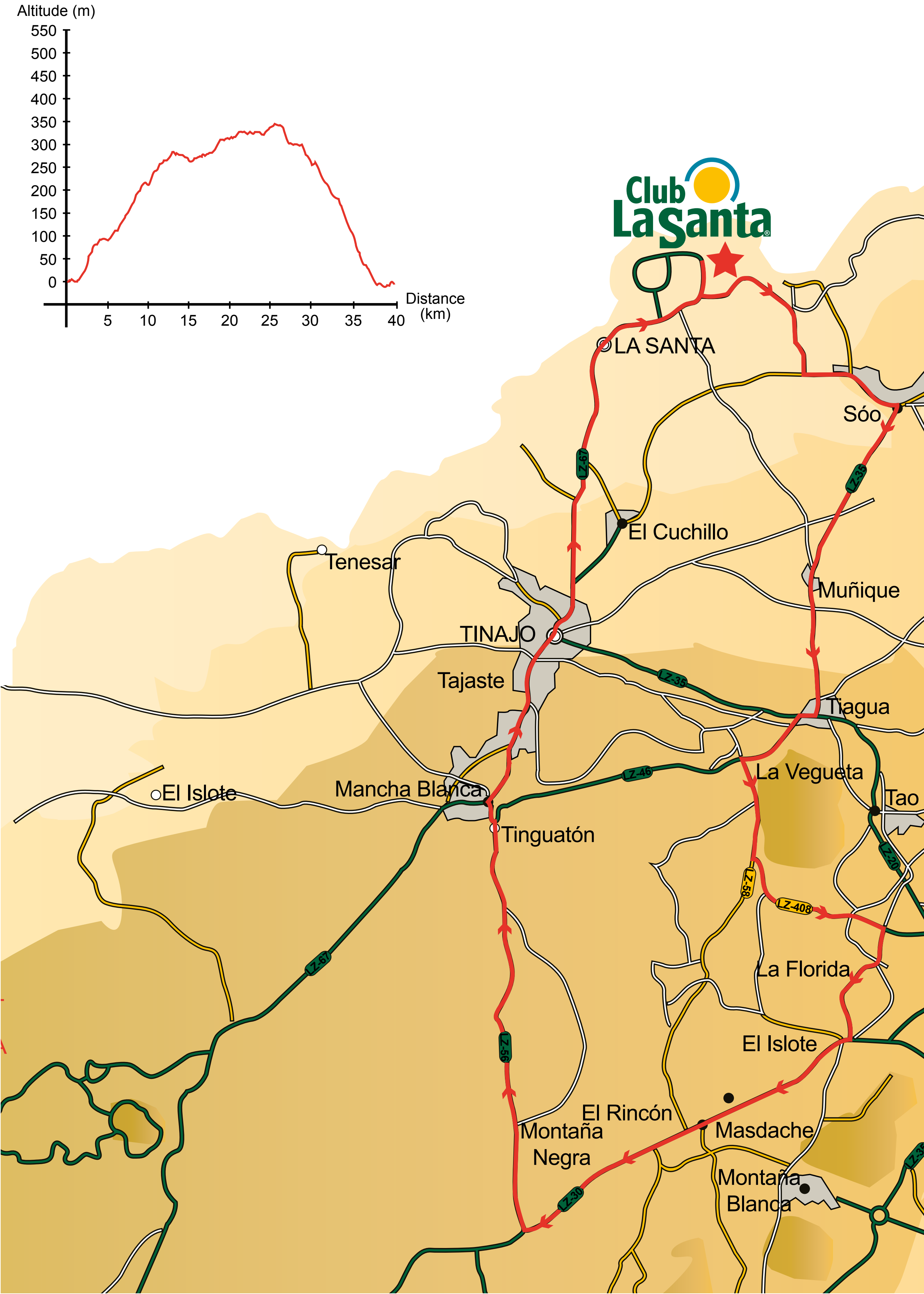
Again you go to Tiagua via Soo, but cross the Palm tree road and go to La Vegueta. You continue to Mancha Blanca and pass by the very famous “Los Dolores” church.



Florida Trip - Distance: 40 km

Level: Intermediate Total climbing: 385 m

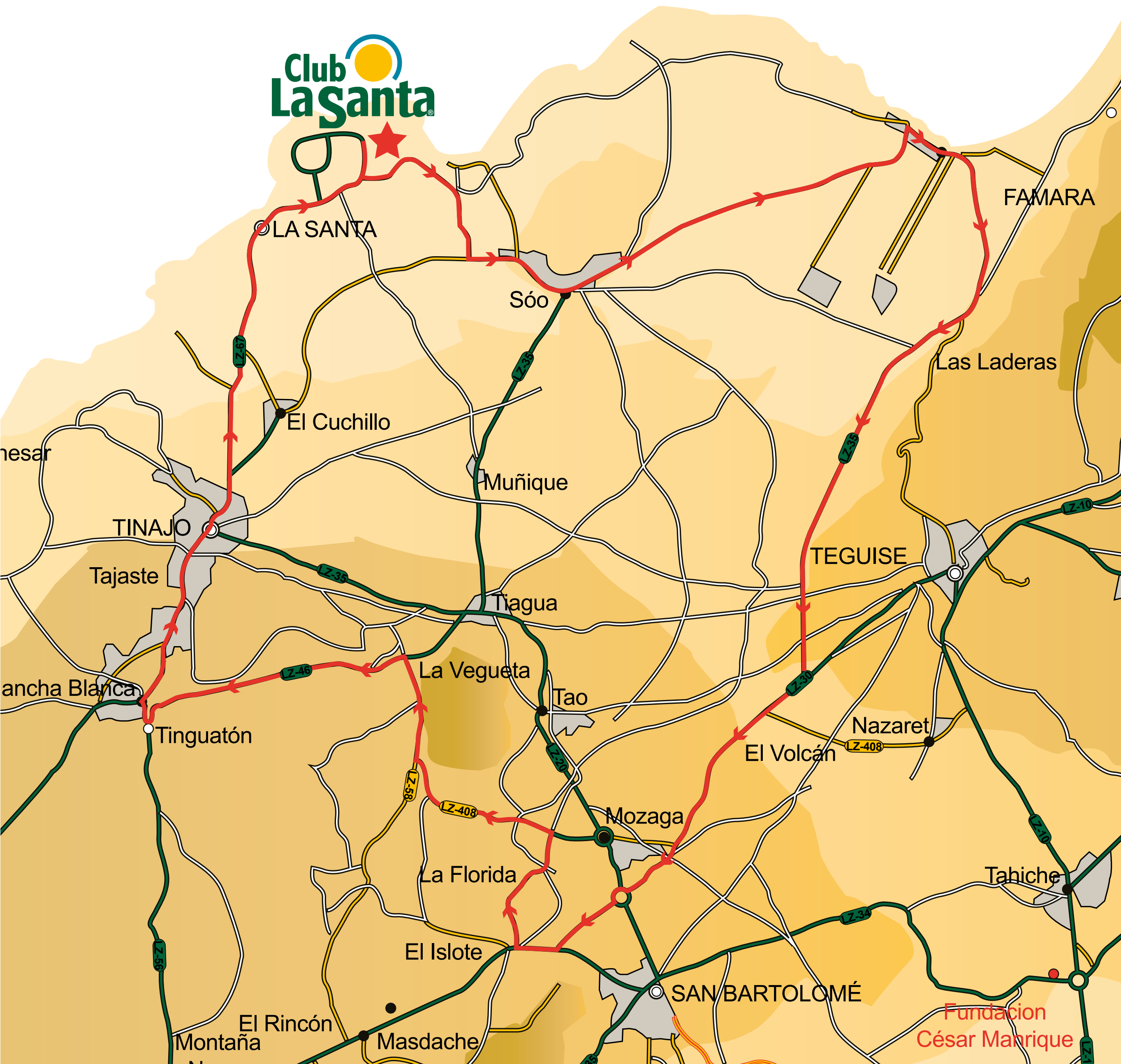
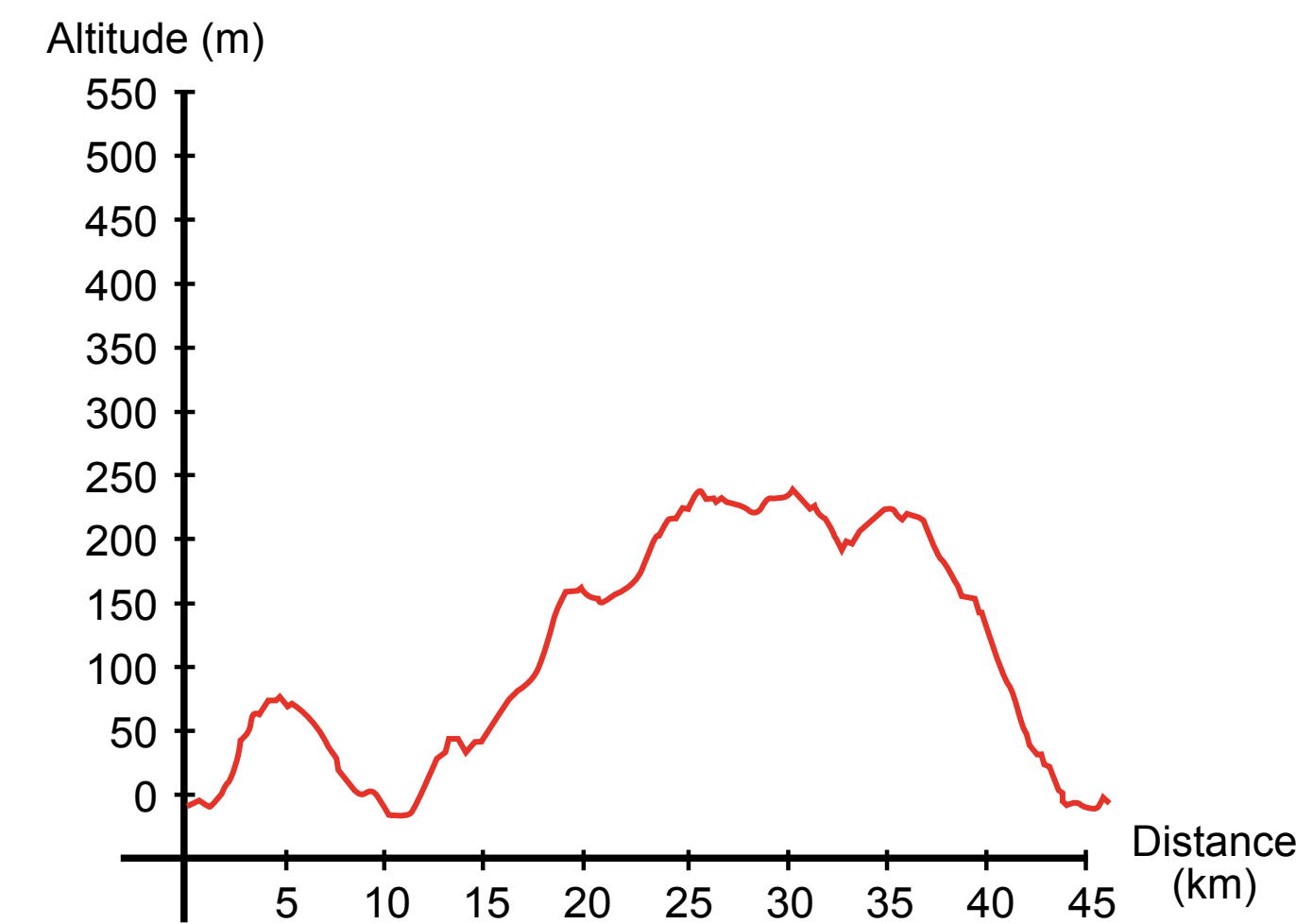
Via Tiagua you go to La Florida and turn into the wine district, El Grifo. The grapes are being harvested around August/September, so outside this period you will be lucky to see grapes on the plants. On the first big road you turn right and go via Mancha Blanca and Tinajo home.



Famara - Distance: 46,6 km

Level: Intermediate Total climbing: 470 m

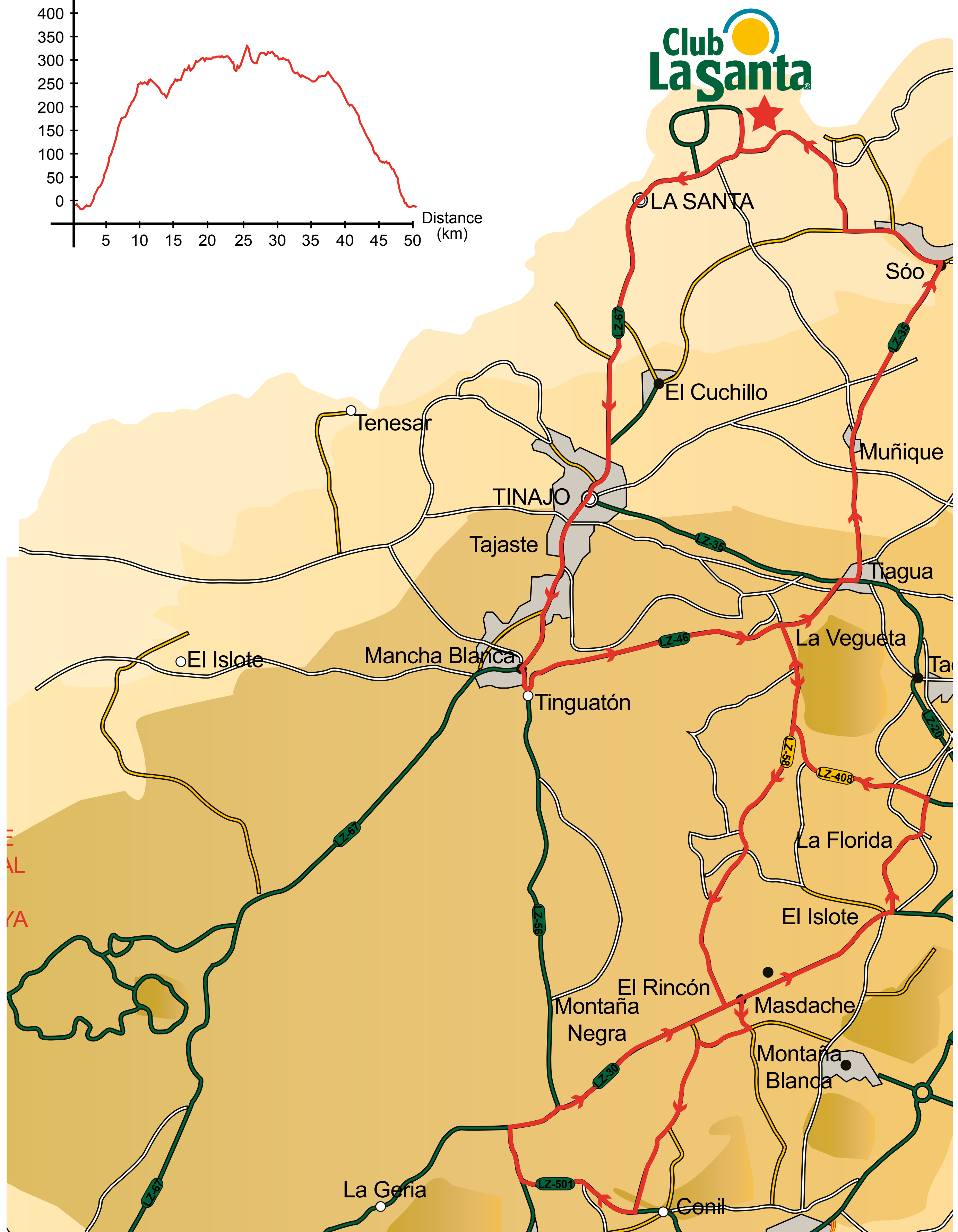
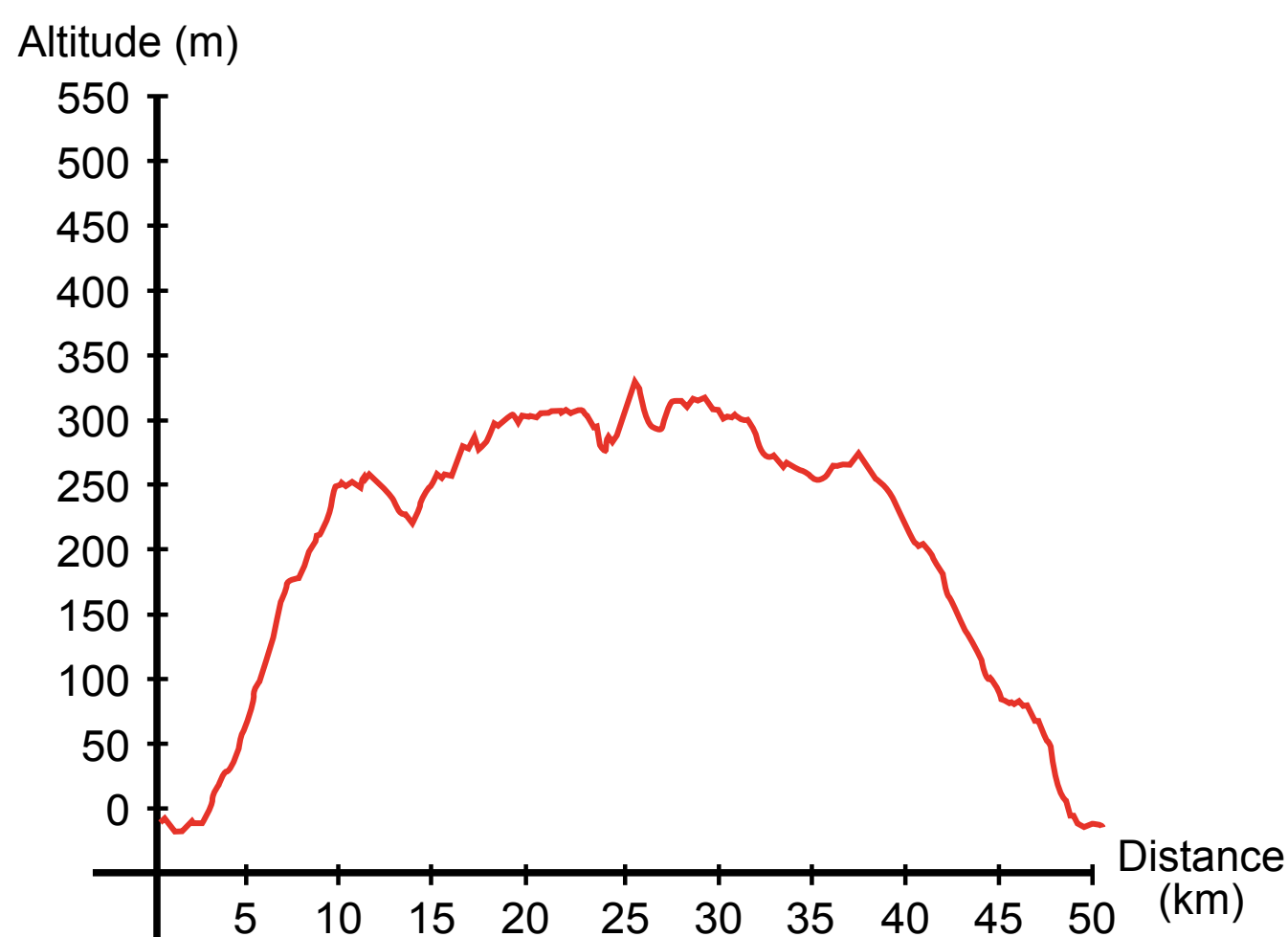
The beach of Famara with the cliffs in the background gives a breathtaking view. From Famara you go through La Florida and Mancha Blanca. You can expect head wind most of the way back.



Conil Trip - Distance: 50,3 km

Level: Intermediate Total climbing: 480 m

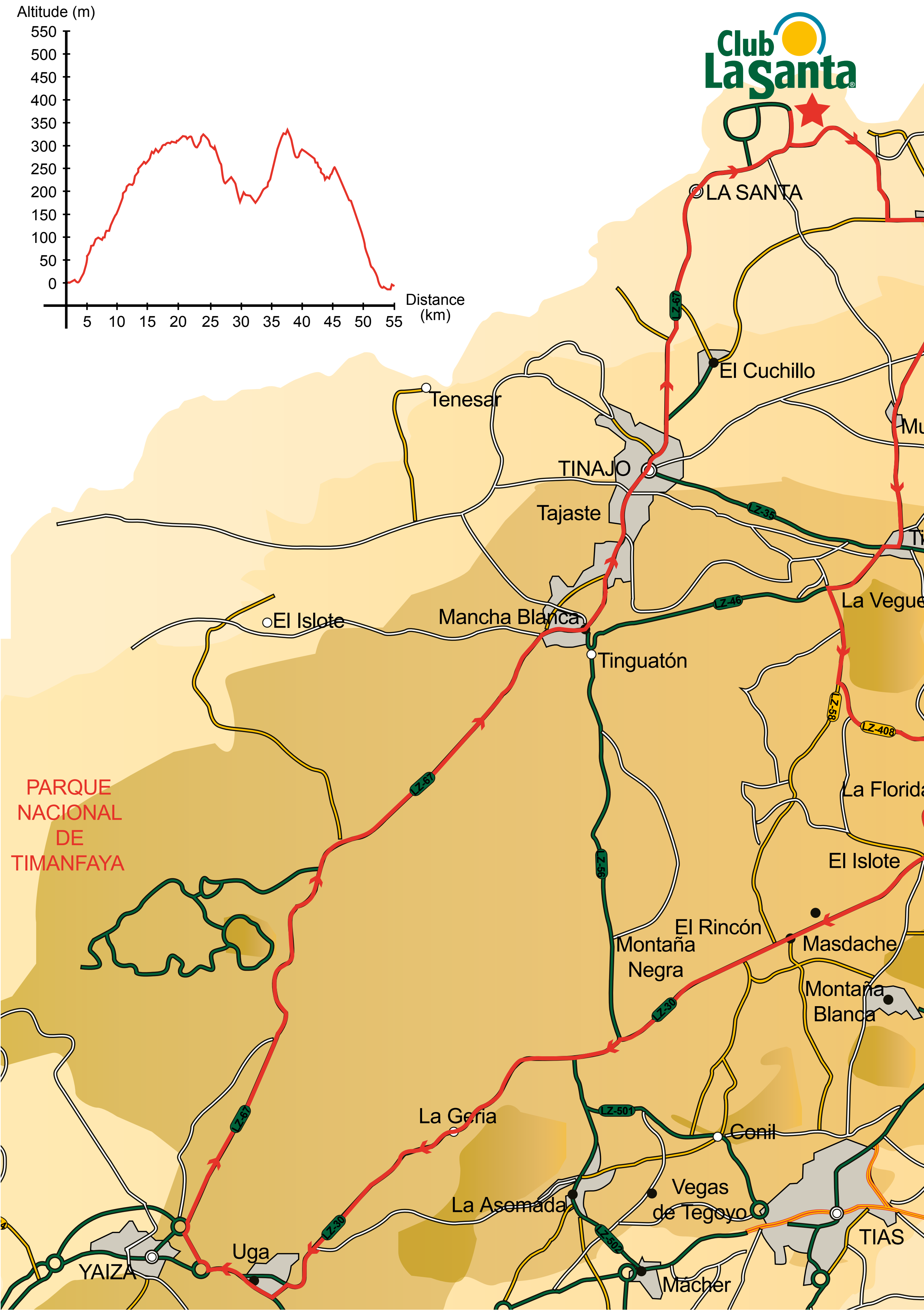
You go via Tinajo and La Vegueta to Conil and go through a small part of the biggest wine district on the island, La Geria before you enter the wine district El Grifo. Go home via La Florida, Tiagua and Soo.



Uga - Distance: 53 km

Level: Intermediate Total climbing: 700 m

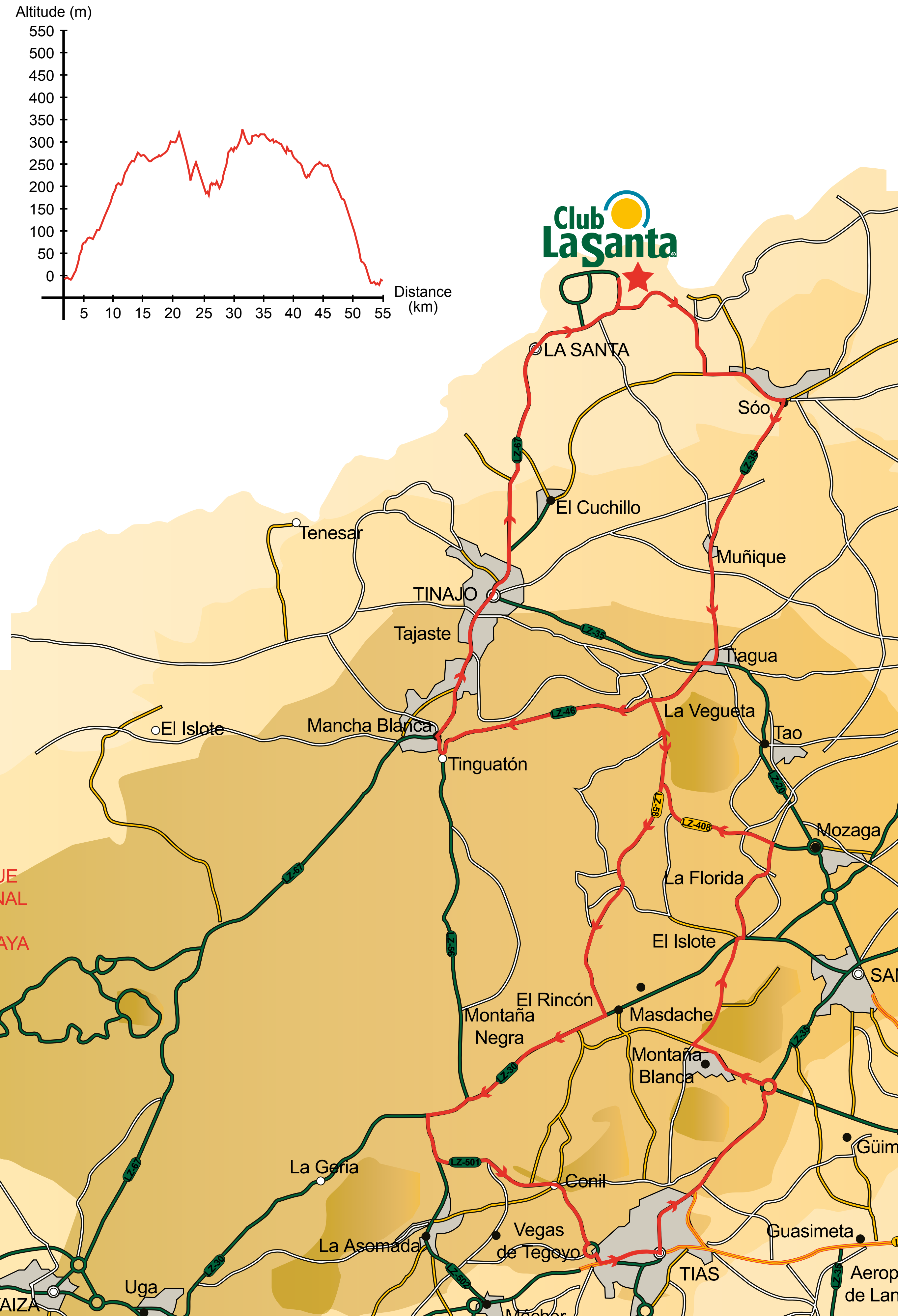
You go to the biggest wine district La Geria via La Florida and go to Uga, home town on the island for the camels. From there you enter the most spectacular part of the island, the Firemountains. You will pass by the camels on your way up the highest volcano in the National Parque, Timanfaya.



Montaña Blanca - Distance: 56,3 km

Level: Intermediate Total climbing: 660 m

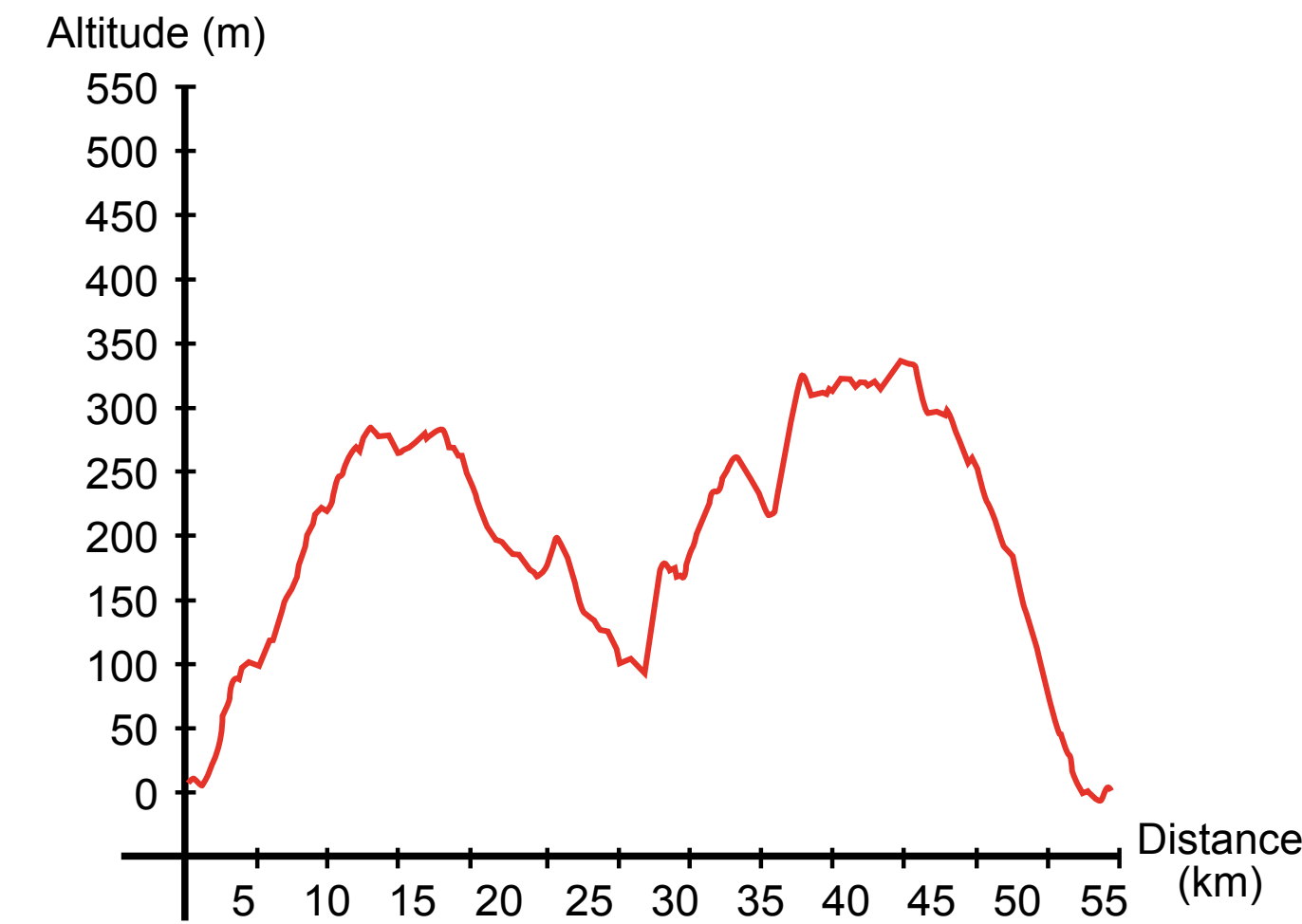
Via Tiagua you go to La Vegueta and continue to Conil and Tias. From Tias you go up Montaña Blanca and home via La Florida and Mancha Blanca. You can expect head wind on the way back.



Cesar Manrique - Distance: 64,4 km

Level: Intermediate Total climbing: 650 m

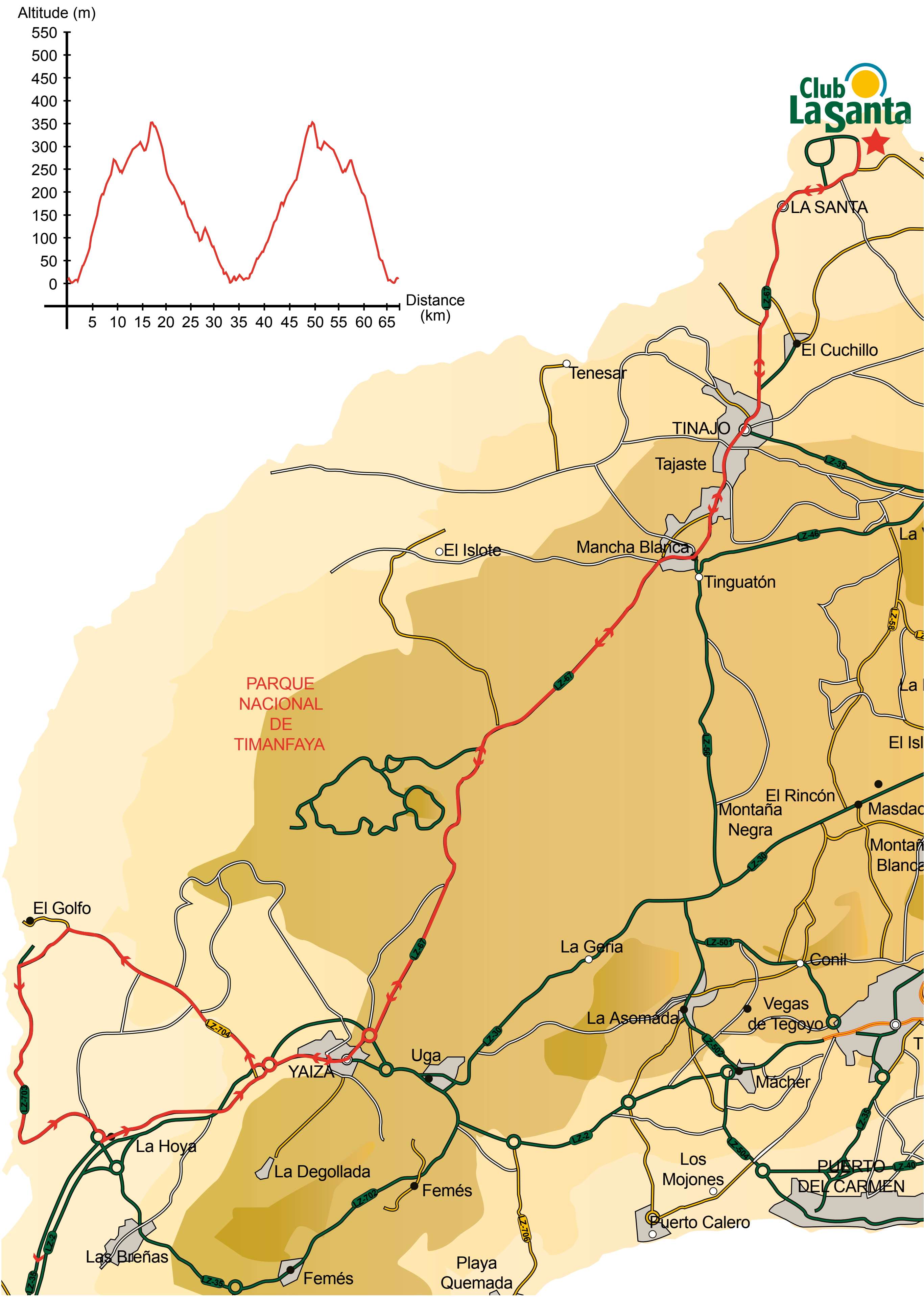
Go to La Florida and turn to the center of the island, Monumento al Campesino. From there you go to Nazaret and continue to Tahiche, where you will pass by Fundación Cesar Manrique, the artist’s former home, which today has been turned into a museum. From there you pass by the Garbage Mountain (the name speaks for itself) and go home through San Bartelome, then the village Montaña Blanca and Mancha Blanca. Expect head wind most of the time.



El Golfo - Distance: 67,5 km

Level: Advanced Total climbing: 835 m

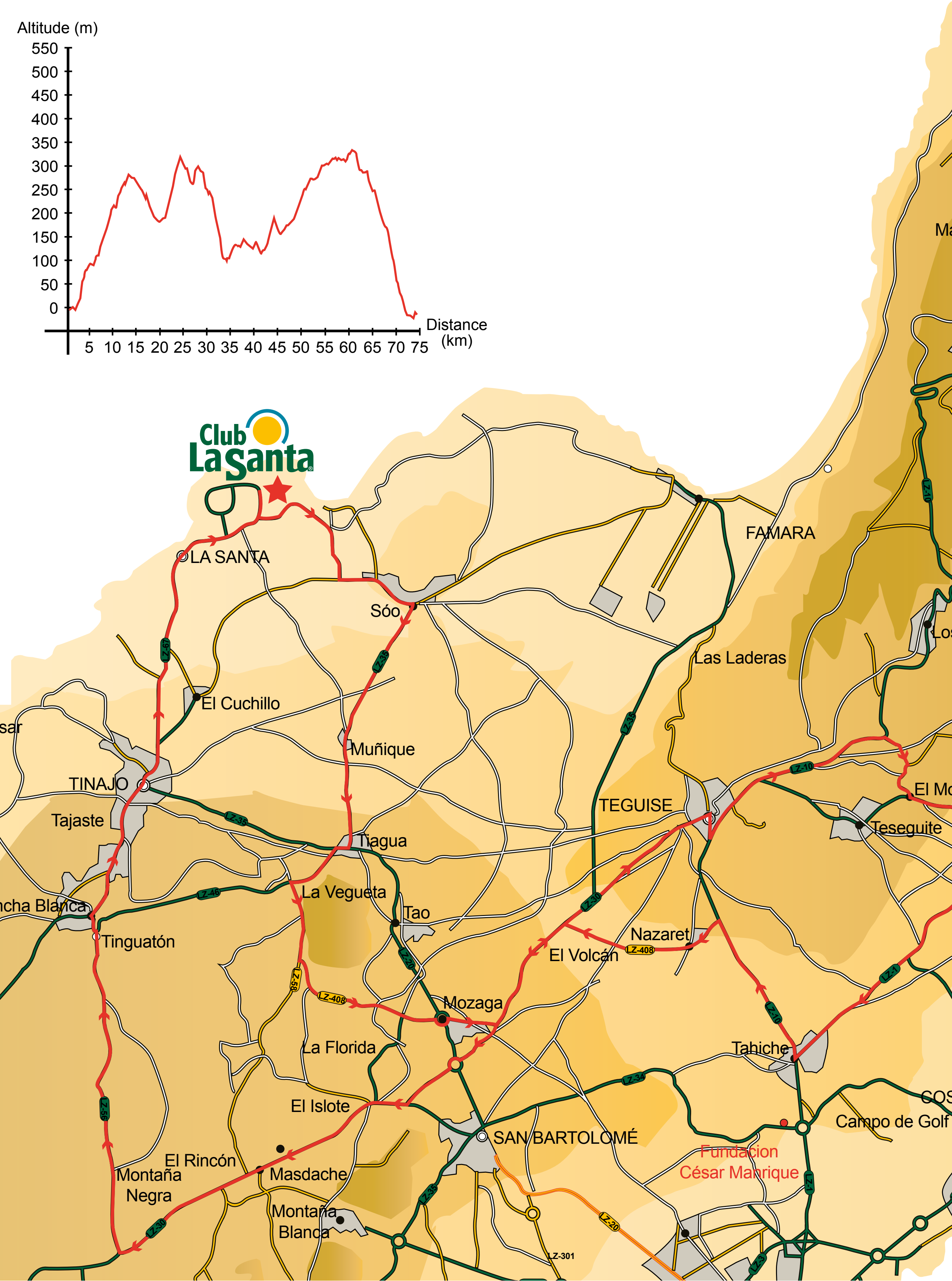
Via the Firemountains you will continue to Yaiza and El Golfo, which is both a village and a crater of a volcano, which have been engulfed by the sea. You make a loop and pass by the salt mines – one of the biggest in Europe, go back the same way from Yaiza. You can expect head wind on the way back.



El Mojon - Distance: 76,6 km

Level: Advanced Total climbing: 775 m

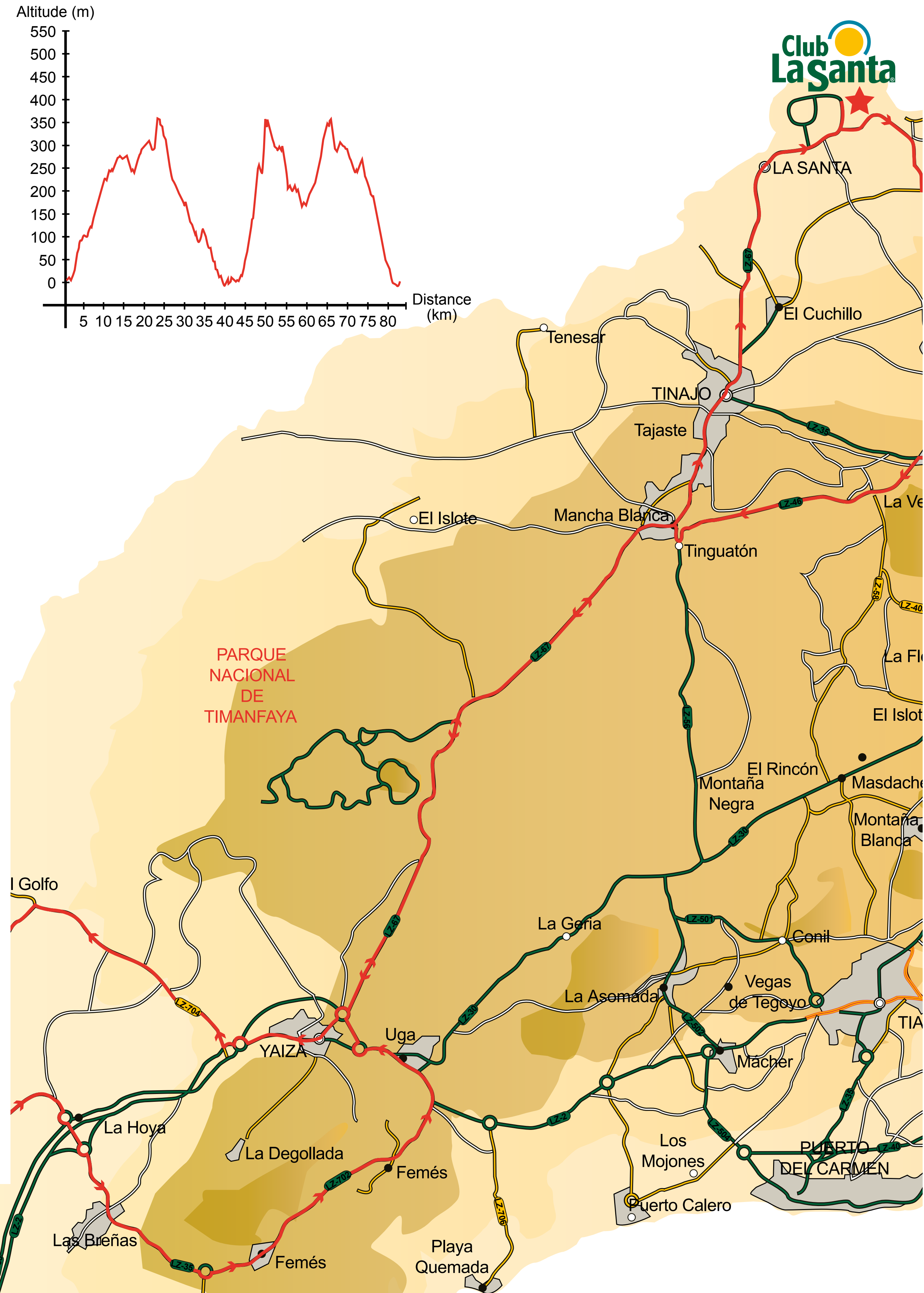
Go to Teguisse, the former capital on of the island. Every Sunday there is a big market, where people come from all over the island. On the top of the mountain, you can see the castle, Santa Barbara, which was built in 16th century. Continue towards the north and go to El Mojon. After the village you turn right and go to Tahiche. Go home via Nazaret, Mancha Blanca and Tinajo. Expect head wind on the way home towards Mancha Blanca.



El Golfo - Femés - Distance: 82 km

Level: Advanced Total climbing: 1180 m

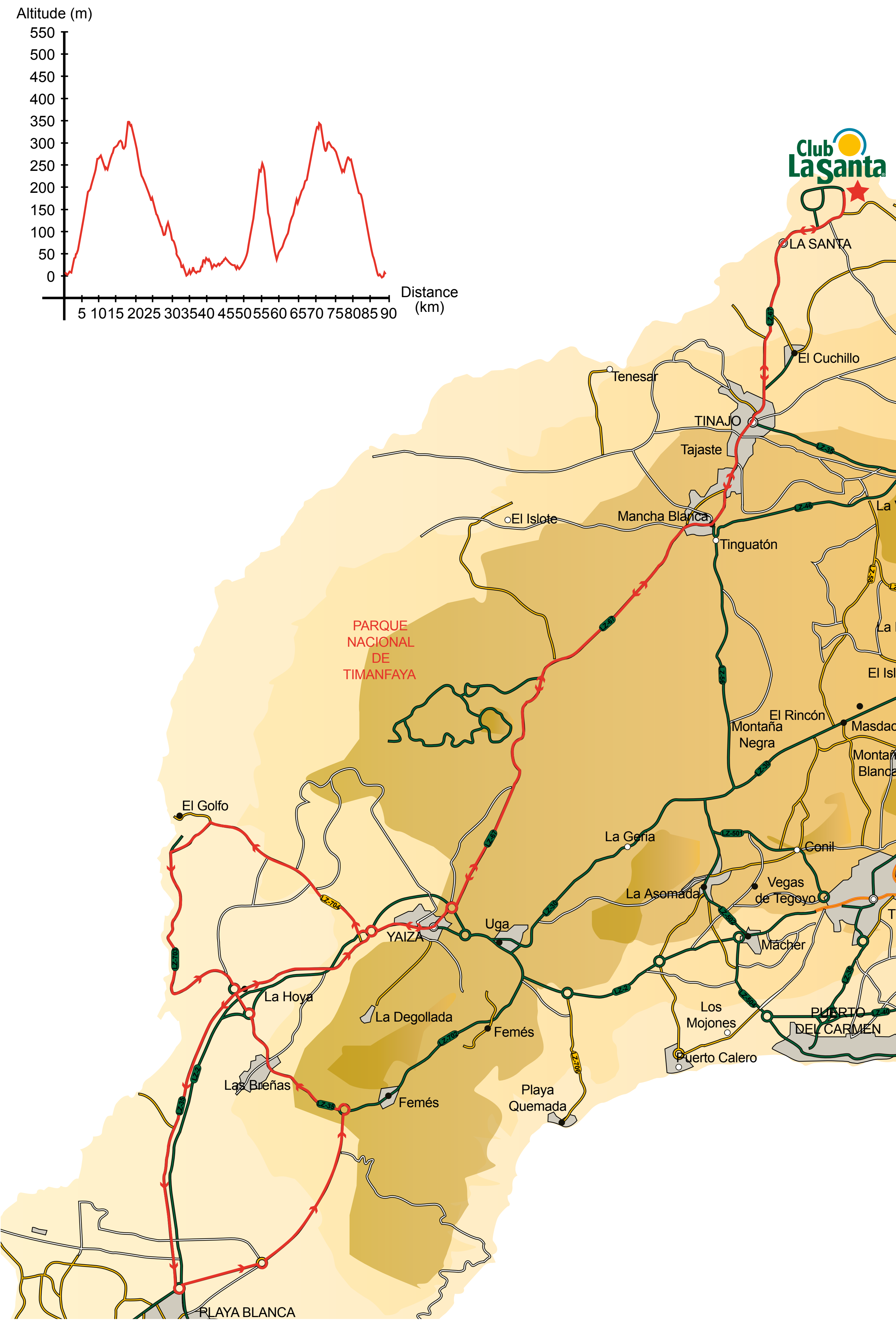
Go though the Firemountains to Yaiza and El Golfo. Continue after the Salt mines towards Femés the steepest climb on the island. It's around 5 K and the last kilometer is about 20 % steep. From Femés you go back the same way, but go down the road straight from Tinajo to Club La Santa.



El Golfo - Playa Blanca - Distance: 89 km

Level: Advanced Total climbing: 1090 m

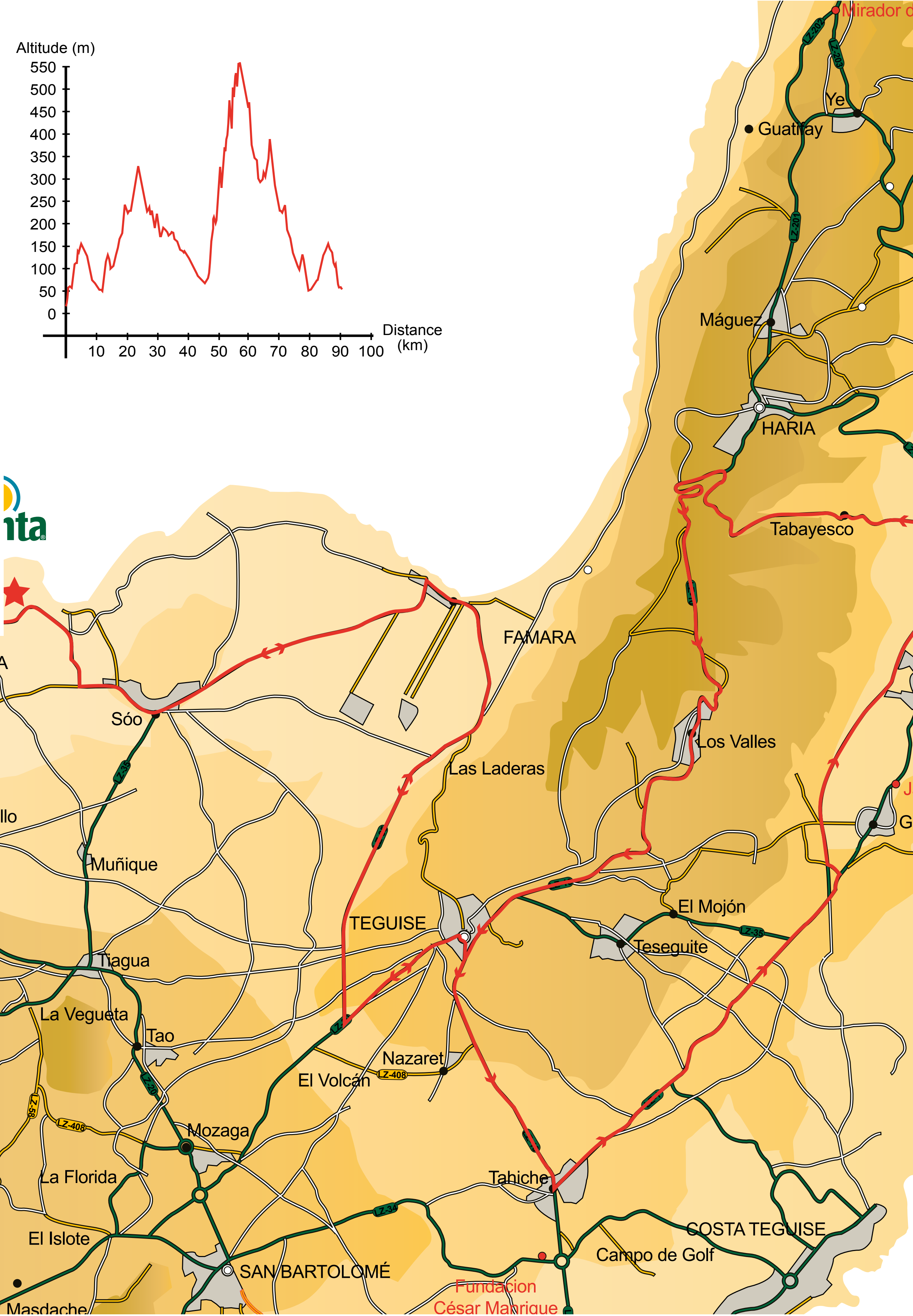
Go to El Golfo via the Firemountains. Continue down south to Playa Blanca. The 2 islands you can see are Fuerteventura and Los Lobos. From Playa Blanca there are daily ferries to Fuerteventura. You can expect head wind home.



IRONMAN 70.3 Lanzarote Course - Distance: 90,1 km

Level: Advanced Total climbing: 1768 m

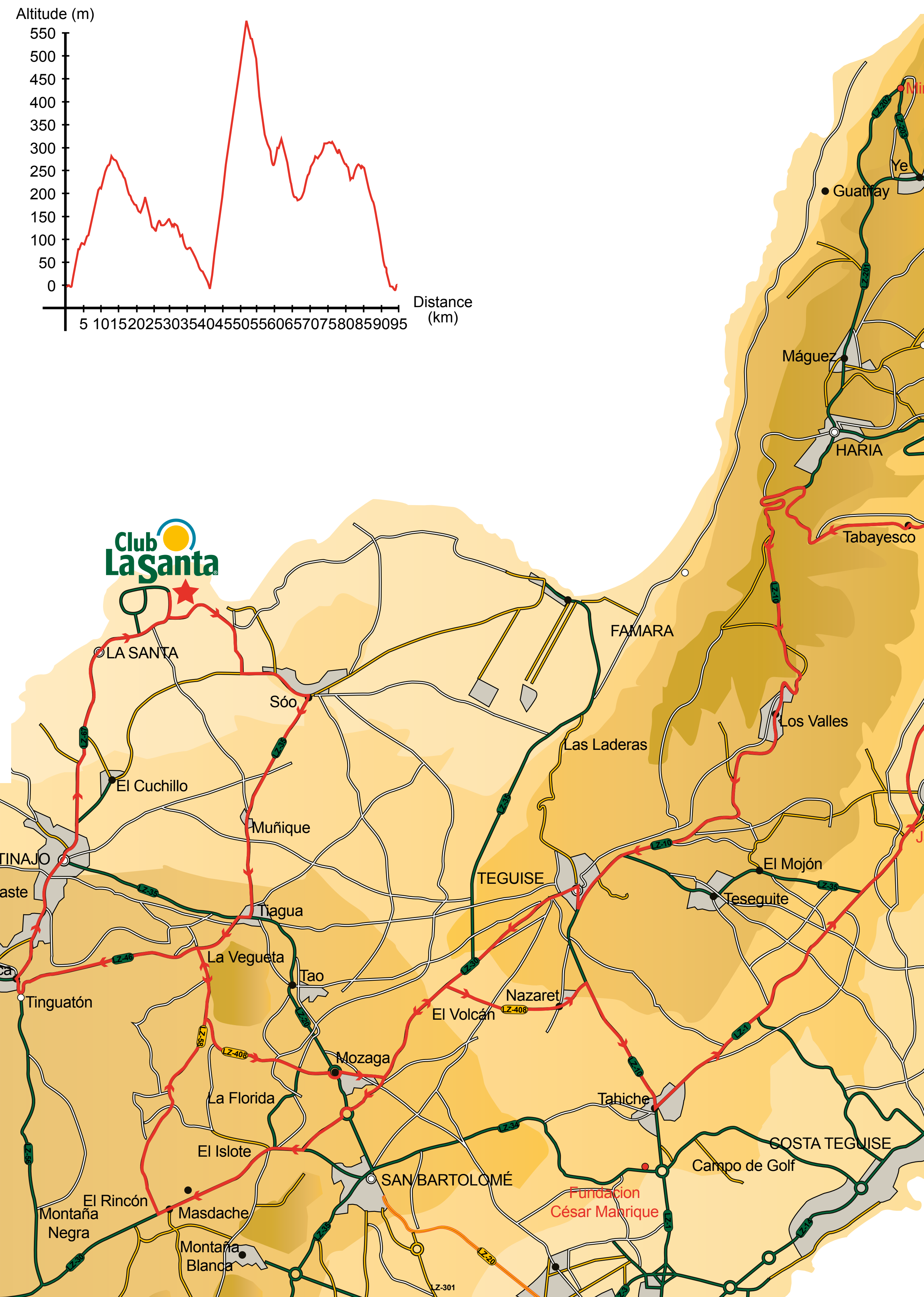
The official IRONMAN 70.3 bike route will take you around the north part of the island, with a stunning climb of 550m from 44,3 km to 56,1 km and beautiful views along the way.



Tabayesco - Distance: 95,1 km

Level: Advanced Total climbing: 1170 m

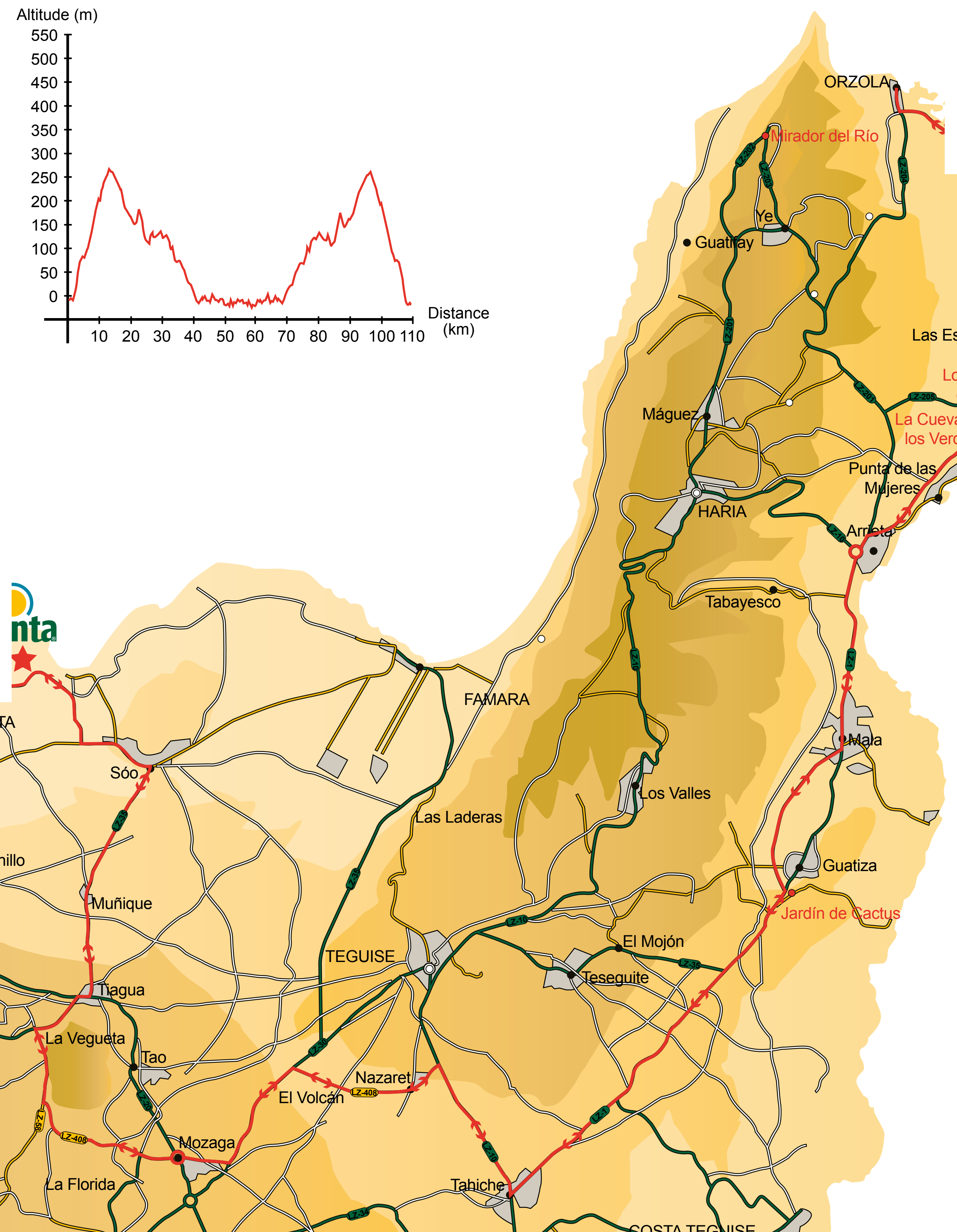
Go to Nazaret via Tiagua and La Florida and continue to Guatiza. Just before Arrieta you turn left and go up Tabayesco. It's around 10 K steady climb and on the last part, you will have the view of the Valley of the 1000 Palm trees. The way back goes via Teguisse and Mancha Blanca (mostly downhill).



Orzola - Distance: 110 km

Level: Advanced Total climbing: 825 m

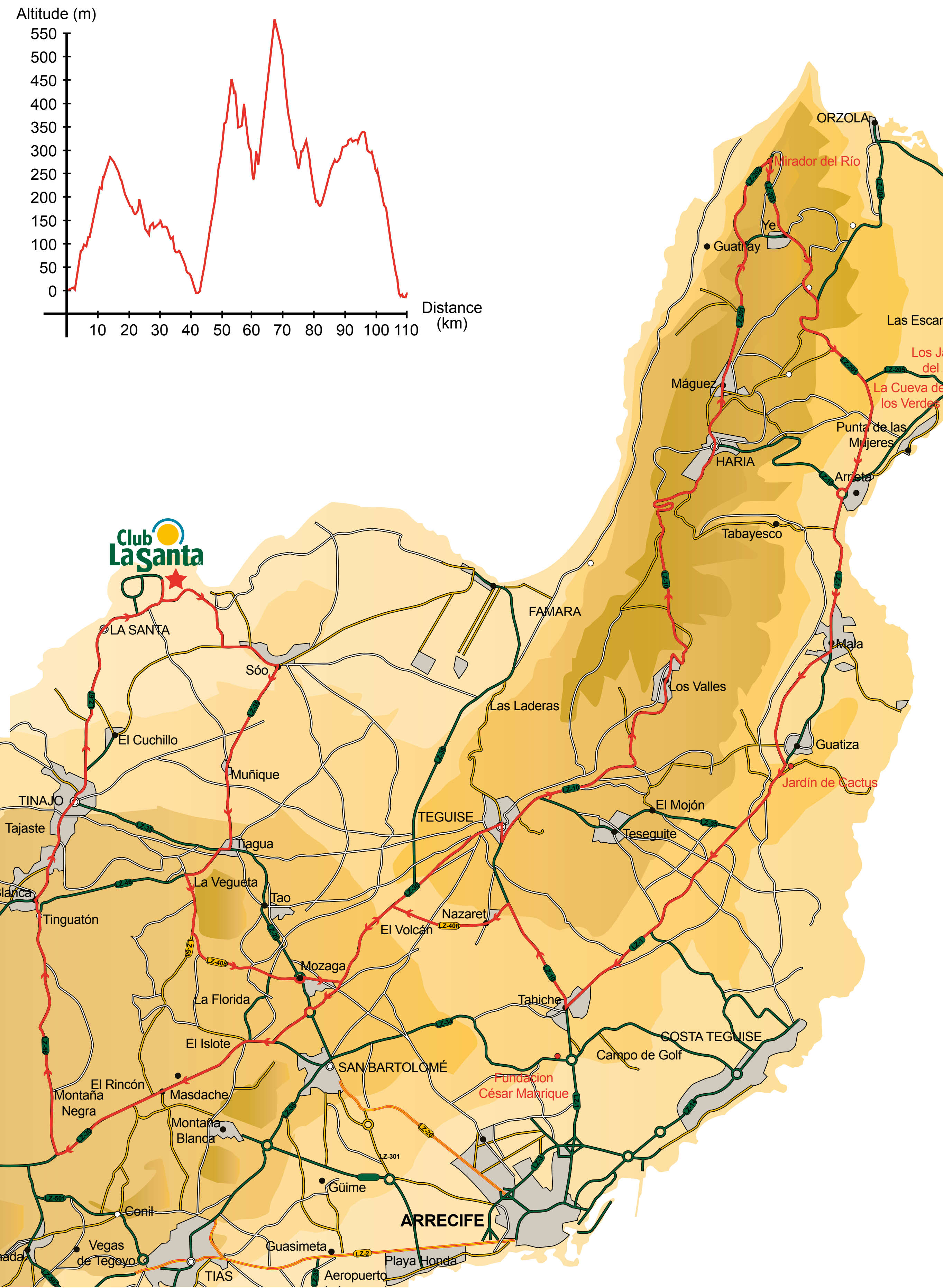
From Club La Santa you go to Soo and continue to Nazaret, where you turn onto the big road, which will lead you all the way to the north. Just after the roundabout in Arrieta you turn right and go on a small road to Orzola, from where you can go to the island of La Graciosa. It's a rather flat route, but you can expect head wind on most of the way out. Of course that means tale wind on the way back.



Mirador Del Rio - Distance: 111 km

Level: Advanced Total climbing: 1495 m

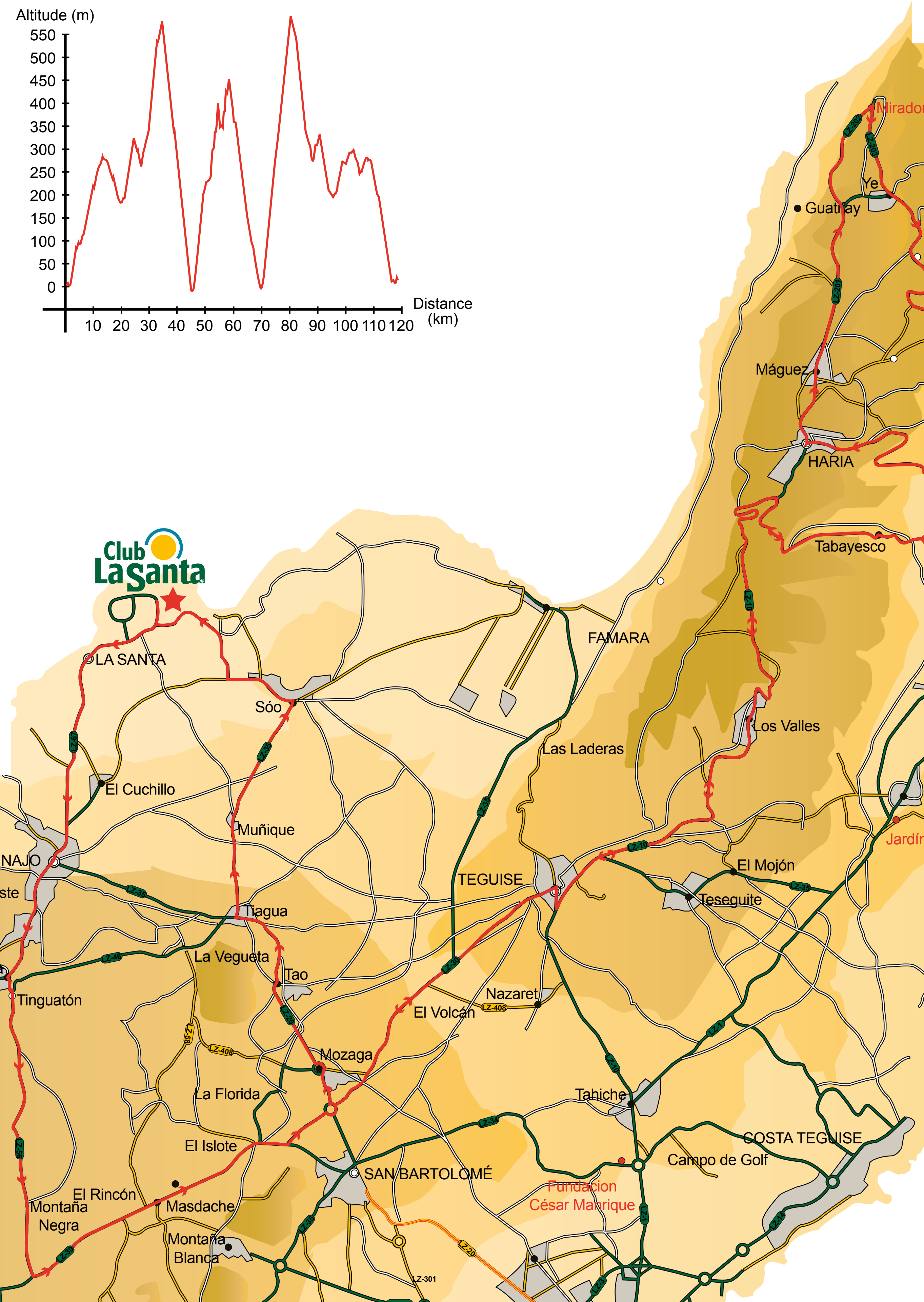
This trip will take you to Teguisse, the former capital of the island. You will climb to the top of the valley of the 1000 palm trees. After Haria you continue to Mirador del Río, the most northern part of the island. On your way up you will see a beautiful view over the island of La Graciosa. On the way home its mostly down hill and flat. This trip can be very hard, as it can be very windy.



Mirador del Rio - Distance: 118,7 km

Level: Advanced Total climbing: 1995 m

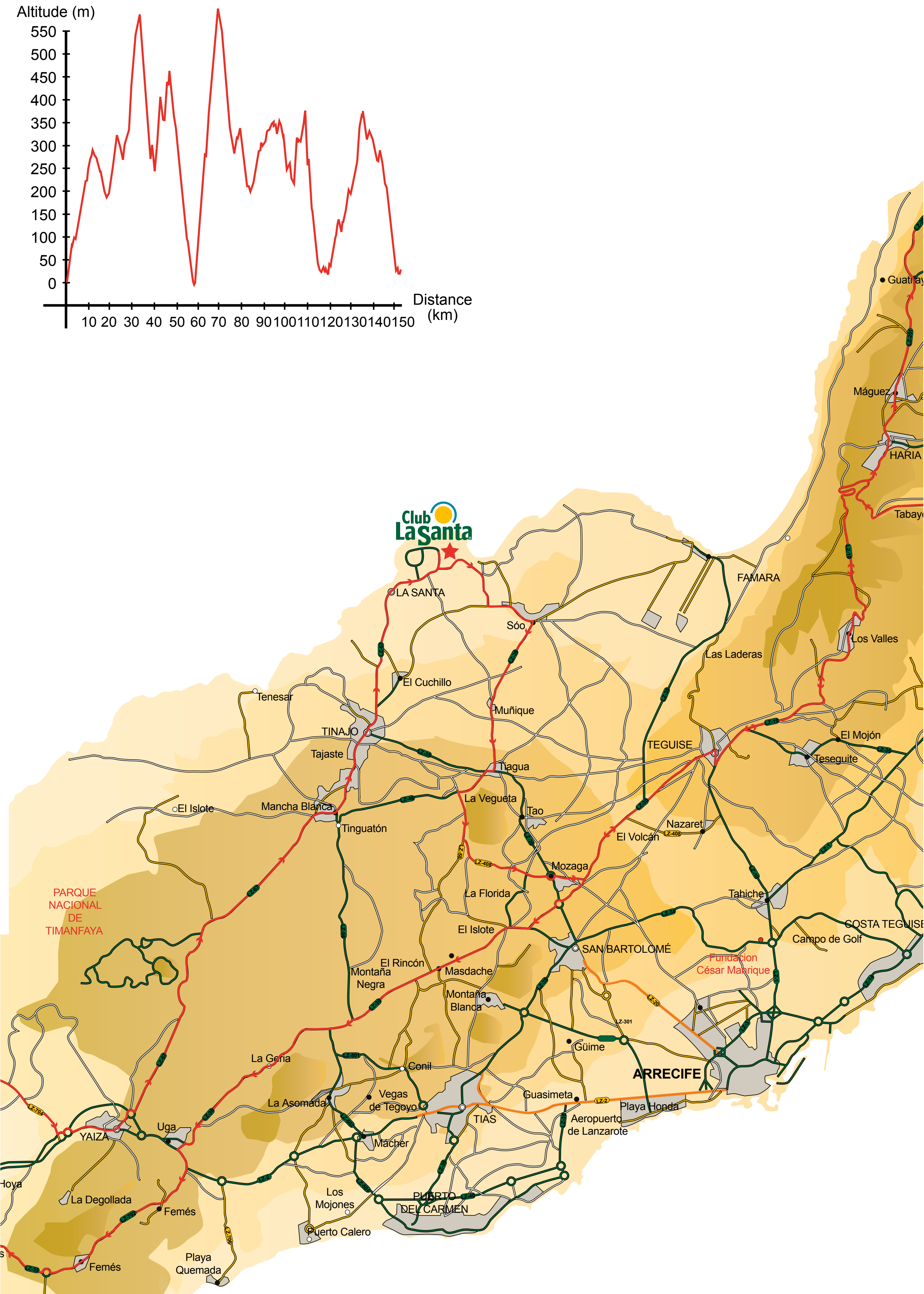
Go towards Haria via Tinguatón and Teguisse, the former capital of the Island. On this ride you will get a lot of climbs. Both on your way back to haria and Mirador del Rio and on your way back to Club La Santa, where you go up the legendary Tabayesco.



Long Ride - Distance: 155 km

Level: Advanced Total climbing: 2440 m

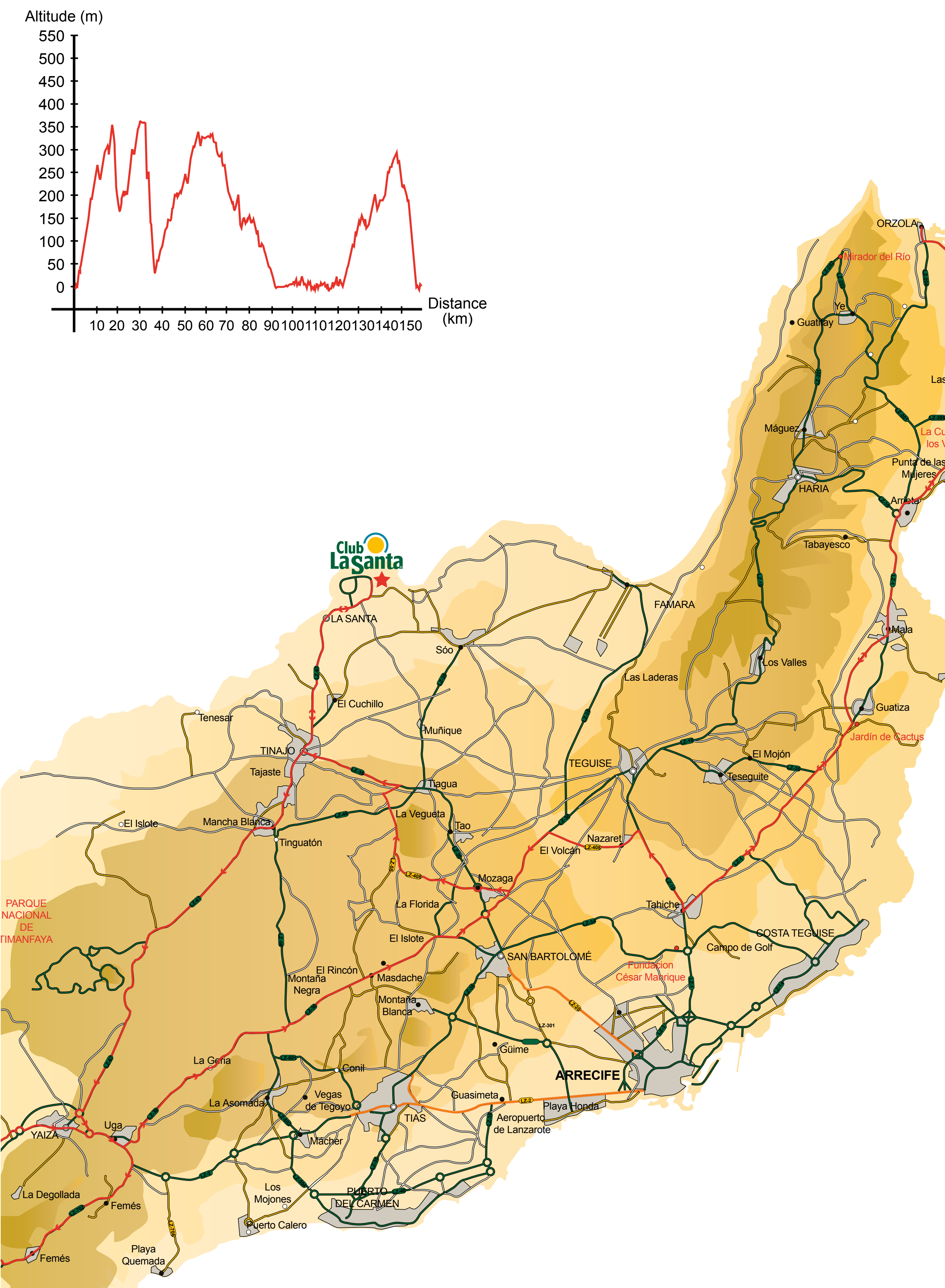
You get to see more or less all of the Island on this ride, most certainly all of the climbs. You ride through Haria, Mirador del Rio, Tabayesco, the backside of Femes and the firemountains on the way back to Club La Santa.



Yaiza - Uga - Orzola - Distance: 156 km

Level: Advanced Total climbing: 1640 m

Go to Yaiza via the Firemountains, at the bottom you will climb up to Femés through the easier side. Then you will head up to Ozola via Uga (the wine district) and towards Arieta. The route is flat and you can expect some tale wind most of the way back.



IRONMAN Lanzarote Course - Distance: 180.2 km

Level: Advanced Total climbing: 2551 m

Starting from Puerto Del Carmen this is the bike route from the IRONMAN Lanzarote, one of the toughest IRONMAN routes in the world. It takes you all over the island, so you get to see the beautiful north, a wine district, El Golfo and the Firemountains.

