Club La Santa

Sports performance

Swim·Bike·Run



# CLUB LA SANTA INTERNATIONAL BIKE WEEK NOVEMBER 2027 (WEEK 2)

## Welcome meeting: Friday 12th of November at 16:00h IN TIMANFAYA CONFERENCE CENTRE ROOM

For more information send an email to:
groups@clublasanta.com




# Programme

## Friday 12/11

09.30 Bike centre - Soo - Tiagua- La Vegueta- La Florida -Conil- Tinguatón - Mancha Blanca - Soo

16.00 Welcome meeting – Timanfaya North conference centre

## Saturday 13/11

09.30 Briefing: Bike centre

Famara - Monumento - Yaiza - Fire Mountain - Tinajo - La Santa

## Sunday 14/11

09.30 Briefing: Bike Centre 2 hrs ride – Bike Centre - Tinajo - Tinguatón - Conil - Tías - San Bartolomé - La Vegueta - Soo - La Santa

16.00 Core and mobility with HL - TBC

## Monday 15/11

09.00 Briefing:



## Tuesday 16/11

09.30 Briefing: Bike Centre
Recovery ride – Soo – Tiagua – Mancha Blanca – Tenesar – Tinajo - La Santa

15.00 Nutrition talk – Timanfaya conference room with Emma Gibbins – 60mins

## Wednesday 17/11

09.30 Briefing:Bike centre
Soo - Famara - Nazaret - Teseguite - Guatiza - El Mojón - Los Valles - Monumento - La Florida - La Vegueta - Mancha Blanca - La Santa

19.30 Dinner – El Lago Restaurant included for camp participants – Extra places available by request latest Monday !!

## Thursday 18/11

09.30 Briefing:Bike centre
Tinajo-Tinguaton -Uga-Yaiza - Fire Mountains-Tinajo