



SENIORS BIKE WEEK SEPTEMBER 2025

Friday 05/10/2025 until
Thursday 11/10/2025

Welcome meeting Friday
05/10/2025 in
TIMANFAYA CONFERENCE ROOM

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



Programme

Friday 05/10

10.00 Briefing - Bike centre – 90 min ride

16.00 Welcome meeting - Timanfaya conference room

Saturday 06/10

09:30 Briefing: 2 – 3 hrs ride – Bike centre

Soo-Famara –Teguisse- Tesequite-Guatiza-New climb-El mojon
Teguisse-Mozaga-Soo

17.00 Stretch and Relax with GT – Book on the Club La Santa app

Sunday 07/10

09.30 Briefing: – 2 hrs ride – Bike centre

Tinajo-Fake fire-uga-Yiza-El golfo Loop- Yiza –Fire Mountain-Club
La Santa app

Monday 08/10

09.00 Briefing: LONG RIDE 3-4hrs – Bike centre – Accompanying car with
refreshments ..

Soo-La vegueta -Teguisse - El Mojon – Tabayesco – Teguisse -
Famara - Soo



Tuesday 09/10

09.30 Briefing: - 90min recovery ride - Bike centre

Soo- La vagueta-La Florida-Conil-Fake Fire-Macha Blanca-Soo

17.00 Stretch and Relax with GT – Book on the Club La Santa app

Wednesday 10/10

09.30 Briefing:- 3hrs Puerto Calero – Bike centre

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

Thursday 11/10

09.30 Briefing: Bike centre 90min – ride