

Trail Camp at Club La Santa 2024

Friday 12 Jan

- On arrival Welcome to Club La Santa
- 16.30 - 17.45 Introduction to the week programme and a short trail run along the coast.
👉 *Main reception (map: 56)*

18.30 - 20.00 Dinner

Saturday 13 jan

7.30 - 8.30 Breakfast

09.00 - 10.30 Introduction run: get to know the terrain - we run from Club La Santa to La Santa town and to the top of a small volcano crater nearby, before heading back again.
👉 *TBA*

14.30 - 15.30 Flexibility for runners session
👉 *TBA*

18.30 - 20.00 Dinner

20.00 - 21.00 Presentation or movie
👉 *TBA*

Sunday 14 Jan

7.30 - 8.30 Breakfast

9.00 - 14.30 Full day trip: "To the summit and back to the sea". We go by bicycle from Club La Santa to Famara beach where we park the bicycles. From the beach we run to the highest point of Lanzarote (Peñas del Chache, 670 m.a.s.l.), enjoy the views and head back to the beach. Before cycling back we make a stop at a shop in Caleta de Famara where we can buy something to drink and a snack (bring Euro in cash).

🚲 12 km + 🏃 14 km+ 🚲 12 km

👉 *Bike Center (map: 8)*

- 18.30 - 20.00 Dinner
- 20.00 - 21.30 Social night
👉 TBA

Monday 15 Jan

- 7.30 - 8.30 Breakfast
- All day Free: there are no trail camp activities this day - but plenty of other Club La Santa activities for you to join
- 18.30 - 20.00 Dinner

Tuesday 16 Jan

- 7.30 - 8.30 Breakfast
- 8.30 - 13.45 "Trail along the mountain rim"



We drive to the Northern tip of Lanzarote and run on a trail up to the mountain ridge. On the ridge we will enjoy spectacular views of the sea and nearby island Isla Graciosa.

We will end in the cosy village of Haría. Bring cash for coffee and a light meal.

🏃 13 km

👉 Main reception 🚌 8:30

👉 Haría 🚌 13.00

- 15:45 – 17:00 Strength and flexibility with foamroller session
👉 TBA

- 18.30 - 20.00 Dinner

Wednesday 17 Jan

- 7.30 - 8.30 Breakfast
- 08.30 - 14.30 Running on lava West of Mancha Blanca. We go by bicycle to Mancha Blanca, run through the lava fields and up around the rim of a volcano

crater. Bring extra clothes, water and a snack.



🚲 12 km + 🏃 10 km + 🚲 14 km

👉 *Bike Center (map: 8)*

18.30 - 20.00 Dinner

Thursday 18 Jan

7.30 - 8.30 Breakfast

8.30 -13.30 Starting from the village Femés we run up to the top of a mountain rim and enjoy great views of Southern Lanzarote. After a stop at the top Pico Nago we continue down to the sea and eventually head back to Femés.

Bring a drinking cup for a surprise along the trail. We end at a café in Femés (bring cash for coffee / soft drinks).

🏃 7 - 14 km

👉 *Main reception 🚌*

👉 *Femés 🚌 12.45*

16.15 - 17.45 Sports tournament for fun - feel free to dress up in a costume, there will be a prize for best / funniest outfit at the dinner.

👉 *TBA*

19.00 - 20.30 Social dinner (not included in price)

👉 *La Plaza restaurant (map: 45)*

Friday 19 Jan

7.30 - 8.30 Breakfast

Before noon Departure

Get Active

- 1 5-A-Side
- 2 Aquatic Office
- 3 Athletics Stadium
- 4 Barpark
- 5 Basketball Court
- 6 Battle Ropes
- 7 Beach Volley
- 8 Bike Centre & Bike Workshop
- 9 Body Bike Room
- 10 Bouldering Room
- 11 Boxing Ring
- 12 CrossFit Area
- 13 Dance Studio
- 14 Dive Centre
- 15 Fitness Centre
- 16 Football Pitch
- 17 Golf Chipping & Driving Range
- 18 Golf Putting Green
- 19 Golf Training Centre
- 20 Laguna (aerobics)
- 21 Mini Golf Course
- 22 North Hall
- 23 North Pool 50m
- 24 Petanque
- 25 Padel Courts
- 26 Running Track
- 27 Slack Lines
- 28 South Hall
- 29 South Pool 50m
- 30 Sports Booking & Guides
- 31 Sport Performance Studio
- 32 Squash Courts
- 33 Table Tennis
- 34 Tennis Courts
- 35 The Lawn



- 36 TRX®
- 37 Volcano
- 38 Watersport Centre

Relax

- 39 CLS Arena Disco
- 40 El Lago Restaurant
- 41 Green Bar
- 42 Hopscotch & Twister
- 43 Kids Play Park
- 44 Kids Pool
- 45 La Plaza Restaurant

- 46 Leisure Pool
 - 47 Open Air Chess
 - 48 Play Time
 - 49 Pool Bar
 - 50 Restaurant Atlántico
 - 51 Sports Café
 - 52 The Square (Live Shows)
 - 53 Wellness Centre
 - 54 Treatment rooms (Wellness)
- Services**
- 55 ATM Cash Machine

- 56 Bus Stop
- 57 Business Conference Centre (South)
- 58 Changing Rooms
- 59 Club La Santa Shop
- 60 Conference Centre (North)
- 61 Conference Room Jameos
- 62 Doctor/ AZ Sport Clinic
- 63 Events Office
- 64 Groups
- 65 Hairdresser
- 66 ITSO Lounge

- 67 ITSO Office
- 68 Laundry
- 69 Self service laundrette
- 70 Luggage
- 71 Osteo 43 Clinic
- 72 Photo Shop
- 73 Rent-a-car
- 74 Sally Walker (Goodlife)
- 75 Sports Shop
- 76 Supermarket
- 77 Taxi Rank

FREE Guest Wi-Fi: CLS Guest
 We operate a no smoking policy (ask for designated areas)
 Please respect silence between 24:00-07:00 and keep noise to a minimum during the day
 In an emergency contact reception: 9/ 4109/ 41110/+34 928 59 99 99

- Information**
- Dining
 - Beverages
 - Parking
 - Parking - Reduced Mobility
 - WC
 - WC (Limited opening hours)
 - WC - Reduced Mobility
 - WC - Reduced Mobility (Limited opening hours)
 - Defibrillator
 - First Aid Kit
 - Leisure Pool/Beach/Wellness
 - Access Reduced Mobility