



Program: Trail Camp at Club La Santa 2020

Friday

- On arrival Welcome to Club La Santa
- 16.00 Short run and introduction to the week programme
 ⇒ *Main reception*
- 18.30 - 20.00 Dinner at restaurant Atlantico

Saturday

- 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 vulcano crater nearby, before heading back again.
 ⇒ *Main reception*
- 11.00 - 12.15 Try different types of Salomon trail running shoes
- 14.30 - 15.30 Stretch and relax foamroller session
 ⇒ *TBA*
- 18.30 - 20.00 Dinner
- 20.00 - 22.00 Presentation: choose the right trail running gear
 ⇒ *TBA*

Sunday

- 7.30 - 8.30 Breakfast
- 09.00 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 buy lunch at a cafe in Famara (not included).

🚲 12 km + 🏃 10 km+ 🚲 12 km

👉 *Bike Center*

18.30 - 20.00 Dinner

Monday

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

7.30 - 8.30 Breakfast

9.00 - 13.15 "Trail along the mountain rim"



We run along the rim of the Northern Lanzarote mountain ridge. This is the most hilly part of the island. Along the way we will enjoy spectacular views of the sea and nearby island Isla Graciosa. We start at the lookout Mirador del Rio and finish at a cafe in the friendly town Maguez.

Bring cash for coffee and a light meal.

🏃 10 km

👉 *Main reception* 🚌

👉 *Maguez* 🚌 12.30

18.30 - 20.00 Dinner

20.00 Social night



Wednesday

- 7.30 - 8.30 Breakfast
- 08.30 - 14.30 Running in 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.
🚲 10 km + 🏃 8 - 15 km + 🚲 10 km
👉 *Bike Center*
- 18.30 - 20.00 Dinner
- 20:00 - 21.30 Presentation
👉 *TBA*

Thursday

- 7.30 - 8.30 Breakfast
- 8.30 -13.30 From the village Femés we run up to the top of the Vulcano mountain Altalaya de Femés and continue along a trail with great views of Southern Lanzarote.
We end at a café in Femés (bring cash for coffee / soft drinks).
🏃 7 - 14 km
👉 *Main reception* 🚌
👉 *Femés* 🚌 12.45
- 16.30 - 17.30 Stand up paddle and yoga
👉 *Water Sports Centre*
- 19.00 - 20.30 Social dinner at Restaurant La Plaza (not included in price)

Friday

- 7.30 - 8.30 Breakfast



Before noon

Departure