

Tenerife



Tenerife Top Training (T3)

- Triathlon and Swim Training Camps, Bike Packages, flexible booking and various specials
- Year round heated 25m and 50m pools (26° C)
- Training base of the Commerzbank Triathlon Team
- High-tech Flume Channel, unique in Europe
- Open-Water training all year round
- Gym equipped with Kettler Machines and panoramic view
- Great variation of running tracks and bike tours up to 2,300MASH
- Running at Europe's longest beach promenade (16 km)
- Garmin rental GPS
- High quality Cucuma rental bikes
- Weather security (340 sunny days per year)
- Location where the DVD "Swim faster" was recorded
- Triathlon head coach: Holger Lüning



www.tenerife-top-training.com

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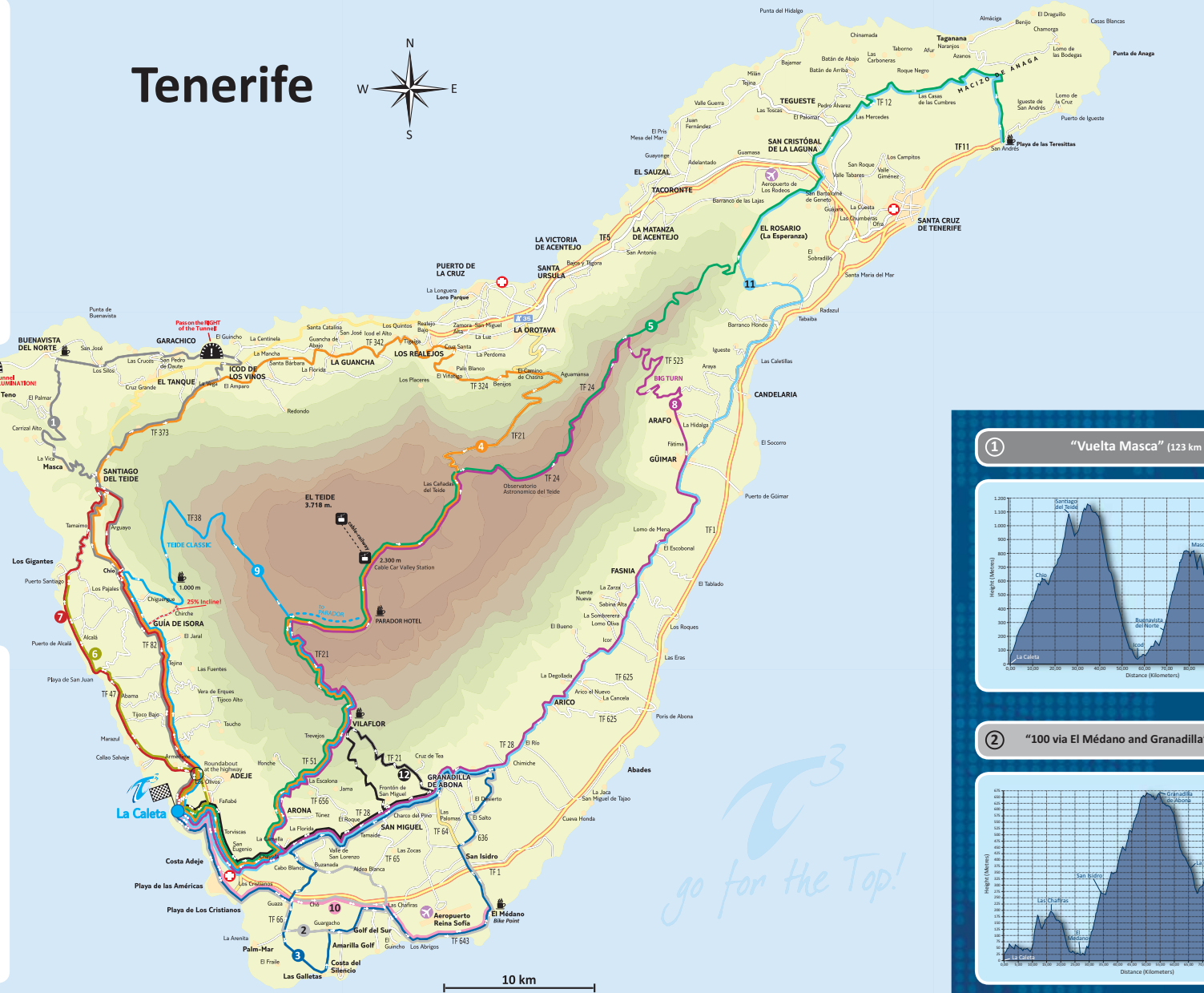
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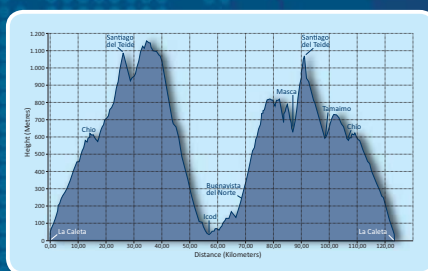
Tenerife Top Training



- 1 "Vuelta Masca" (123 km - 3,050 TC)
- 2 "100 via El Médano and Granadilla" (101 km - 1,100 TC)
- 3 "Granadilla-Tour" (90 km - 1,325 TC)
- 4 "Big turn via north flank" (170 km - 4,050 TC)
- 5 "Long Way up" (143 km - 3,340 TC)
- 6 "Warm up tour to the giants" (47 km - 720 TC)
- 7 "Santiago 1,000 - getting in touch with the mountains" (64 km - 1,550 TC)
- 8 "Teide Loop" (183 km - 3,650 TC)
- 9 "Teide Classic" (93 km - 2,550 TC)
- 10 "To surfer's paradise" (56 km - 700 TC)
- 11 "Island crossing via east flank" (137 km - 1,990 TC)
- 12 "Climbing passage to Vilaflor" (77 km - 1,450 TC)

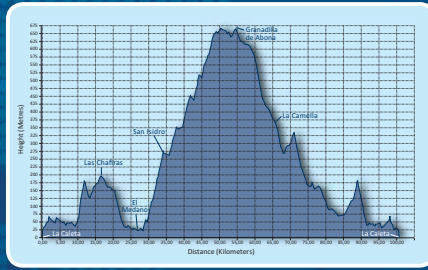
The KM and TC numbers can vary slightly according to the type of GPS.

1 "Vuelta Masca" (123 km - 3,050 TC)



On Lance Armstrong's track. We follow the continuous climb to Chio (TF-82) and from there to Santiago del Teide passing through Arguayo (TF-375 - there's a short stronger climb). Shortly after the descent to Icod turn right IN FRONT OF the white house (TF-373)! Head down to the coast to TF-42. It is recommended to have a coffee break at the market place of Buenavista del Norte. Then head uphill to Masca (TF-436). Organize your strength well: The last climb from Masca partially has a climb of 22%. Then from Santiago via Tamaimo (TF-82) back to La Caleta.

2 "100 via El Médano and Granadilla" (101 km - 1,100 TC)



Exit to Los Cristianos and below the highway (TF-655) to Guaza and Las Chafiras. There head down to the coast (TF-65) to Los Abrigos and El Médano (TF-643 coffee break at the beach promenade). Then uphill to San Isidro (TF-64) and via some calm streets to chimiche (TF-636) and Granadilla. From there downhill via the highly located coast road TF-28 with impressive views to the sea.

go for the Top!



Important phone-numbers and addresses

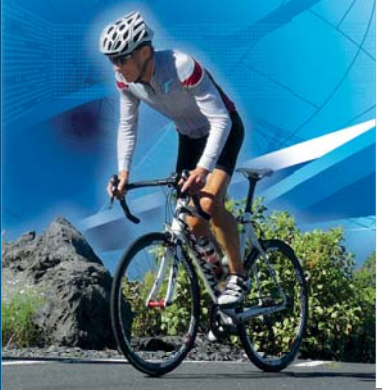
Tenerife Top Training (T3)
 38679 La Caleta de Adeje, Tenerife
 Phone: +34 922 78 27 55

Hotel Jardín Caleta
 Avenida las Gaviotas N° 32
 38670 La Caleta, Adeje, Tenerife
 Phone: +34 922 78 27 55

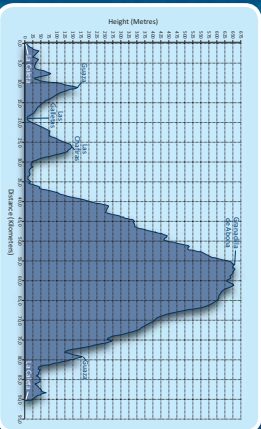
Bike Point El Medano
 Calle Villa de la Ortava 10
 38612 El Medano, Tenerife
 Phone: +34 922 17 62 73

HOSPITEN SUR
 Playa de Las Americas
 38660 Arona, Tenerife
 Phone: +34 922 75 00 22

24 h. free phone: 900 200 143
 SOS: 112

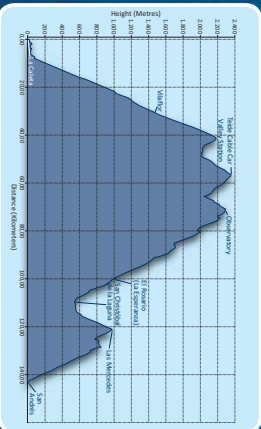


3 "Granadilla Tour" (90 km - 1,325 TC)



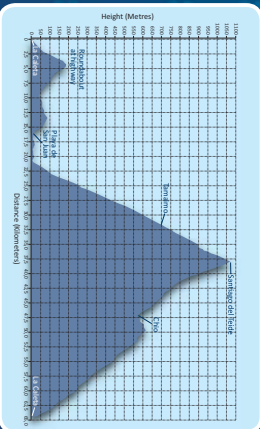
Similar to tour 2, but with less TC. After Guaa head down to La Galetas (TF-66). Then head uphill back to the highway and there to Los Abigos. Below the airport you pass one of the longest natural sandy beaches to El Medano. From there it's a continuous climb while the traffic becomes notably less. Via the highly located coast road TF-28 head back to La Caleta.

5 "Long Way up" (one-way) (483 km - 3,940 TC)



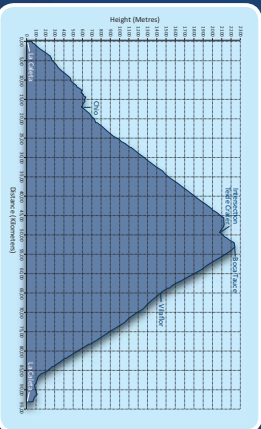
Extraordinary and quite impressive tour! Via Arona (TF-28 and TF-51) uphill to Vilaflor (fill up your drinking bottles) and to the crater area of the Teide. Passing through the crater to the junction to Laguna (TF-24) the observatory is a good point of reference. After having passed it head downhill for a long time, passing the Espinama forest (TF-24) and to La Laguna. From there to Las Mercedes (TF-12) into the Anaga mountains. The latter is accompanied by fascinating streets and far views to the descent down to San Andrés.

7 "Santiago 1,000 - getting in touch with the mountains" (64 km - 1,550 TC)



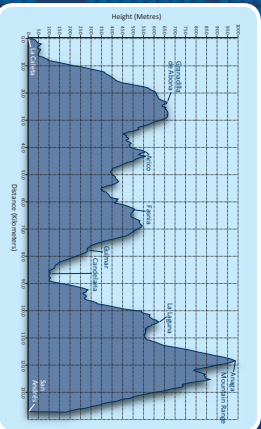
Like in tour 6, at the beginning, bike is restrained to the roundabout at the highway. Then to Los Gigantes and at the end of the coast road turn right to Ramano (TF-454) and Santiago del Teide. Up to 1,000 m with a short sightseeing tour and a break at the village. Then via a small pass (TF-379) and a rapid descent to Atapuyo and Chio. Following the very steep road downwards to Guadalebon and La Caleta.

9 "Teide Classic" (93 km - 2,550 TC)



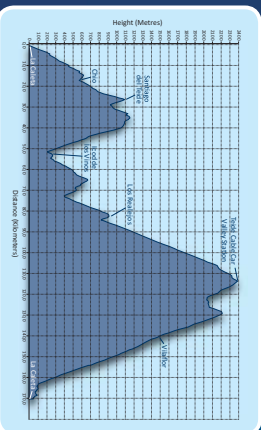
This tour is most **Always ride clockwise!** It is recommended to start restaurant on the first ascent in the observatory area at Guadalebon. After about 10 km turn right in the first climb to the Teide (TF-38). At about 1,000 m at the Rancho de later at Bar Estrella you should refill your liquid resources! After another 50 km of continuous climb you reach the center. There you can either have a short ride in the crater area (about 7 km to Hotel Pandoro) or head directly down to Vilaflor (TF-31) and the south coast.

11 "Island crossing Via east flank" (One-way) (137 km - 1,990 TC)



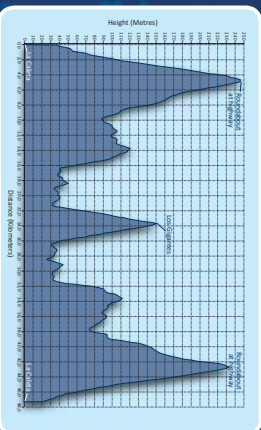
A long day with numerous experiences. Uphill to Granadilla, Playa Cañon and Cañadillo. At km 96 take TF-65 to the former capital La Laguna. There take TF-12 to Las Mercedes and the Anaga mountains. Continue the fascinating streets (always TF-12) with impressive views to both sides of the coastline and head down to San Andrés. It's best to draw the day to a close at the Playa Las Teresitas, situated 1 km north of San Andrés (turn left at the roundabout).

4 "Big turn via north flank" (170 km - 4,050 TC)



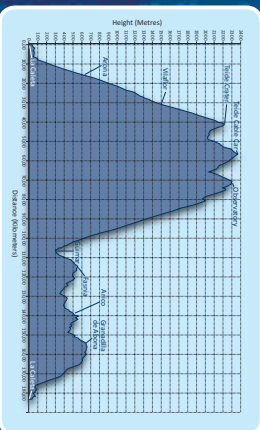
Today's motor: Get up early, you should count with about 10 hours including breaks for this tour. Head up to Santiago del Teide following the tracks of tour 1. In good head for La Galetas (TF-50) and later TF-342) and Los Rodeigos – with a wonderful view to the coast. From Cruz Santa (TF-356) up to the slopes of the Teide at 2,350 m. Pass through the crater area to Vilaflor (TF-51) and with a lavish descent back to the south coast.

6 "Warm up tour to the giants" (47 km - 720 TC)



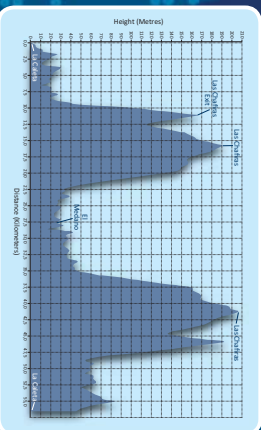
The first blowers up to the roundabout at the highway come with a climb of more than 200m and should be treated like a coffee tour. Take the 5th exit at the roundabout and then head to Amelnhe calling the coast road (TF-47). Follow this wavy road to a crossing, about 24 km. There head down 500 m to the pit-born (Calle con hielo) with a wonderful view of the steep coast of Los Gigantes. Then you can either head down to Puerto del Santiago or take the same way back to La Caleta.

8 "Teide Loop" (183 km - 3,650 TC)



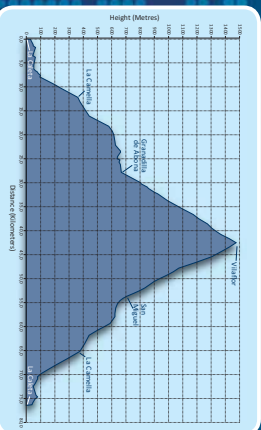
The roman distance! It is recommended to start this tour early. Via Arona (TF-51) and Vilaflor (fill up your drinking bottles) to the Teide crater area at 2,300 m. An impressive ride through the lava rocks with a last climb to the observatory and then downwards through the Espinama forest (TF-24). Turn to right (TF-24) to Ardo and Giltane (TF-525). From there follow the way and back to the coast road TF-28 back to the south coast.

10 "To surfer's paradise" (56 km - 700 TC)



Wonderful tour with smooth waves and various possibilities to combine with other tours. Via Los Cristianos at the side of the highway (TF-655) to Las Charcas. There turn right to Los Abigos (TF-65) and follow the coastline to the surfer paradise El Medano. It might be quite windy there. At the beach promenade of El Medano there are plenty of nice coffee houses to have a break and watch the tricks of the surfers. Our little partner shop "Bike Point" makes you to stop with a discount of 10%.

12 "Climbing passage to Vilaflor" (76 km - 1,450 TC)



Inspiring the easy and unvarnished in terms as a training area. Not without any reason. Here you can train your climbing qualities, follow great streets and enjoy the nature. Via Granadilla (TF-28) uphill to Vilaflor (TF-21) situated at 1,400 m. From there take the road to the south coast straight up to the steep ascent – back to Granadilla. Then turn right to San Miguel (TF-563). There the TF-28 guides you back to the south coast. If you want to prolong the tour head for Las Galetas when you are at Valle de San Lorenzo.