

Time:	7h 30'
Distance:	~ 70km / 730HM
Difficulty:	●●●○○
Endurance:	●●●●●

## **Guided e-bike tour „Timanfaya - La Geria" (full day tour)**

We cycle from Costa Teguisse up to the old capital of Teguisse and on to San Bartolome (about 20km) There we stop for a drink/coffee in the Monumento al Campesino, designed by Cesar Manrique, before heading off on the route to Timanfaya.

In the seemingly endless lava fields of the Timanfaya National Park, we will make several photo stops and our guide will give us information about the development of this bizarre landscape. As a highlight we will have the opportunity to go into a volcano.



We then follow the route through the unique wine growing region of La Geria, where we stop at a bodega and have some "tapas".

Following this break we will drop down to Puerto del Carmen - from here we begin our return to Costa Teguisse. We will cycle along the beautiful beach promenade, which passes the airport and follows the beaches of Playa Honda, Las Conchas, El Cable and onto Arrecife.

Although there are often headwinds on the return trip the Beach promenade has no significant inclines. There is only the last short climb by the Port of Arrecife before

coming back into Costa Teguisse.

This tour can be taken on the day of your choice.

The start is at 10.00am in Costa Teguisse.

Minimum number of participants: 2 persons.

The duration of this tour is dependant on those taking part. We will set a pace that is manageable for all who are cycling. Participants of this tour should have a medium level of fitness.

There is a less strenuous version of the same tour on the Teguisse-Timanfaya-La Geria tour.

Net time on the bike is usually about 5 hours.

The guide on this tour will provide you with entertaining information about the geological features of Lanzarote.

### **You should bring the following with you:**

- ✓ Sunscreen (lotion, sunglasses)
- ✓ ¾ l bottle of drinking water (minimum)
- ✓ adequate clothing and a light jacket - if it is windy

**Price:** 75€ (groups of three or more receive a 15% discount)<sup>1</sup>

**Contact & booking:** Angel Fernández Blasco: +34 685 148 888

<sup>1</sup> Optional consumption not included