

Canary Islands on four islands bigs

Tenerife flights

January 14-21 C rain: 16 mm 3 rainy days

Mon, 14 January 2019 12:25 17:05 Ft28,190

1-4 days

Tenerife three days stay

495 - Las Cañadas 2380 m second name El Teide#, Boca de Tauce+ start place El Médano 7m , 28.04171 / -16.54352 , 2373m , 53.4 km 4.4-11.3 % ,

Energy p. 2149 12-13 h cycling!

From Cristianos to El Médano **to Las Cañadas back to Cristianos 120 km !** from four directions possible to climb las Canadas

496 - Pico del Inglés 992m San Andrés 19m 28.50314 / -16.19301 , 973m , 22.8 km , 00000,4.3-10.7 % Energy points 839 3 h cycling,

Tenerife - **La Palma** ferry

19:00 TENERIFE (Los Cristianos) 21:55 LA PALMA (S.C. de La Palma) 175 min 100-165€

13:00 LA PALMA (S.C. de La Palma) 15:30 TENERIFE (Los Cristianos)

three days for this island

5th- 8th day La Palma island

498 - Roque de los Muchachos 2400 m **Miranda (Santa Cruz de la Plama)** 8m 28.688370 / -17.759620 , 2392m ,41.7 km ,5.7-8.3 % Energy points 2004 8-9 h cycling

499 - Cumbrecita 1287 m , **Santa Cruz de la Palma** 10m , 28.68058 / -17.76772 , 1277m ,27.5 km , 4.6-12.1 % , Energy points 1218 4-5 h cycling

one day for la Gomera island

9th day La Gomera island San Sebastian de la Gomera ferry from **Los Cristianos**

120 minutes 90 km one way return ticket with bicycle 100-150€

07:30 LA GOMERA (S.S. de La Gomera) 08:20 TENERIFE (**Los Cristianos**)

last one 17:30 LA GOMERA (S.S. de La Gomera) 18:20 TENERIFE (Los Cristianos)
70-100 € one way

500 - Garajonay 1487 m **San Sebastian de la Gomera** 4m

28.089570 / -17.111590 , 1483m , 25.,8 km , 5.7 -16 % Energy points 1326

road-bike 0->22 km **MTB 22->23,2 km0**

10th 12th day one-two days !

06:00 TENERIFE (S.C. de Tenerife) 07:20 GRAN CANARIA (Agaete) 100-140€

last return: 100-140€

20:00 TENERIFE (S.C. de Tenerife) 21:20 GRAN CANARIA (Agaete)

Gran Canaria (La Palmas) island

497 - Pozo de las Nieves ,1930 m **Telde** 120m ,27,99231 / -15,42369

1810m , 26.7 km . 6.8-16.8 % Energy points 1602 8 h cycling + 60 km 4 h cycling
from Las Palmas ferry and back from 8 a.m to 7:30 p.m. is possible ?

return flight:

Wed, 30 January 2019 20:45 02:55 Ft28,190

http://www.holiday-weather.com/gran_canaria/averages/april/

totally 9-11 days stay 6 bigs,0

budget : 450-600 € only for ferries!