

**Canary Islands** on four islands 6 bigs(climbs) of bigcycling.eu

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

**Budapest-Tenerife flight Mon, 14 January 2019** 12:25 17:05 to  
Reina Sofia airport Ft28,190

**Jan. 15<sup>th</sup>** cycling ,climbing >>

**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! And downhill ride to Santa Cruz de Tenerife

Jan. 15<sup>th</sup>, 16<sup>th</sup> **Pensión Milema** Simón Bolivar, 3, Santa Cruz de Tenerife,  
38007, Spain

+34 922 22 58 79 43€ two nights stay

**Jan.16th**

**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,

**Jan. 17<sup>th</sup>**

**Jan 18<sup>th</sup>** Tenerife - **La Palma** ferry

From Santa Cruz de Tenerife to Los Cristianos 75 km 5 h cycling starting before 7  
a.m.

12:00 TENERIFE (**Los Cristianos**) 15:05 LA PALMA (Santa Cruz de La Palma) 62 €

booking #1582.344.406 PIN code 6038 **Casabuelo** Ctra. Gral. San Antonio 213 60€ Jan15th.

38711 Breña Baja +34 676 86 28 84 GPS coordinates N 028° 39.016, W 17° 46.013

**Jan 19th on La Palma island**

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

**Jan.20th**

**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

**Jan. 21st**

Ferry 12:30>14:30 >> San Sebastian de **la Gomera** 63€

**Jan.22nd**

**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 km**

Vallehermoso *Los Órganos* (= orgonák)

**Jan. 23<sup>rd</sup>**

**Ferry from LA GOMERA (S.S. de La Gomera) 07:30 >> TENERIFE (Los Cristianos) >>> change /transfer Gran Canaria island port: Las Palmas de Gran Canaria 11:50 80€**

**Jan. 24<sup>th</sup>**

**Gran Canaria island (Las Palmas de Gran Canaria)**

**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 to Tenerife

Jan.26th

Ferry to Tenerife "Island of Eternal Spring" (Isla de la Eterna Primavera)

return flight from Tenerife Sur (Reina Sofia airport):

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

6 bigs

budget : 450-600 € only for ferries!