

VOLCANO BIKE - TOURS 2019

Monday	Gran Valley I Mountainbike 32 Km // 500 hm // 2-3 H Level: Technic 4/10 // Fitness 4/10 Street 30% / Offroad 50% / Trail 20 %	Easy-Tour 25 Km // 0 hm // 5-6 H Level: Technic 1/10 // Fitness 2/10 Street 100%
Tuesday (Shuttle Service)	Mal Nombre I Mountainbike 35 Km // 800 hm // 4-5 H Level: Technic 9/10 // Fitness 9/10 Street 10% / Offroad 60% / Trail 30 %	El Cardon I Roadbike 45 Km // 750 hm // 2-3 H Level: Technic 3/10 // Fitness 5/10
Wednesday	Cofete I Mountainbike 45 Km // 850 hm // 4-5 H Level: Technic 7/10 // Fitness 7/10 Street 20% / Offroad 60% / Trail 20 %	Easy-Tour 5 Km // 0 hm // 5-6 H Level: Technic 1/10 // Fitness 2/10 Street 100%
Thursday (Shuttle Service)	Gran Valley I Mountainbike 32 Km // 500 hm // 2-3 H Level: Technic 4/10 // Fitness 4/10 Street 30% / Offroad 50% / Trail 20 %	Enduro Loop I Mountainbike 35 Km // 800 hm // 5-6 H Level: Technic 10/10 // Fitness 10/10 Street 10% / Offroad 60% / Trail 30 %
Friday (Shuttle Service)	Mirador I Mountainbike 32 Km // 500 hm // 3-4 H Level: Technic 4/10 // Fitness 4/10 Street 30% / Offroad 50% / Trail 20 %	Betancuria I Roadbike 80 Km // 1300 hm // 4-5 H Level: Technic 6/10 // Fitness 9/10
Saturday	Fatbike I Mountainbike 33 Km // 600 hm // 3-4 H Level: Technic 7/10 // Fitness 8/10 Street 20% / Offroad 60% / Trail 20 %	Privat Tour Roadbike or MTB any level // any distance
Sunday	Las Hermosas I Mountainbike 40 Km // 700 hm // 3-4 H Level: Technic 4/10 // Fitness 7/10 Street 20% / Offroad 60% / Trail 20 %	Pajara I Roadbike 75 Km // 1200 hm // 3-4 H Level: Technic 5/10 // Fitness 8/10
Shuttle Service (Tue, Thu, Fri)	Pick up Times: Aldiana 09:20 Esquinzo Mercadona 09:30 Barlovento 09:50 we bring you to Tuineje till Antigua Back: Costa Calma / Volcano Bike Station 14:00 Esquinzo / Aldiana	Prices: Aldiana / Esquinzo - Costa Calma Rented Bike 5€ - own Bike 10€ Aldiana / Esquinzo - Antigua: Rented Bike 15€ - own Bike 25€ Costa Calma - Antigua: Rented Bike 10€ - own. Bike 20€

Gran Valley, Las Hermosas & El Cardon:	€ 49,-	max. 8 Pax
Pájara, Cofete, Mal Nombre, Fatbike & Easy Tour:	€ 59,-	max. 5 Pax
Betancuria & Mirador:	€ 69,-	max. 5 Pax
Enduro Loop:	€ 85,-	max. 4 Pax
+ E-Bike, Carbon or Fully:	+ € 10,-	
+ E-Fully or Enduro:	+ € 15,-	

All Tours incl. Hotel-Pick up, Bike, Water & Banana