



Canary-Bike.com

THE CANARIAN CYCLING PORTAL



**winter 2007 / 2008**  
**programme Canary-Bike.com**

**09.9. 4-Triathlon-Arinaga**

**16.9. RTF San Mateo**

**22.9. Olimpico Maspalomas**

**14.10. RTF SUR – Santa Lucia**

Bike tour with the Gran Canaria Cycling Federation  
Meeting point: Las Palmas, Obelisco

**21.-28.10 Bike, Body & Soul**

Are you misbalanced? Then come and reload your energy reserves in the southern sun. We will help you to unwind and to harmonise body and soul. Enjoy Pilates, an exercise programme that helps to keep the body balanced. In particular, Pilates exercises teach awareness of breath and alignment of the spine. Stretch your body with yoga and relax with a Shiatsu or Pantai Luar massage. *incl. hotelpackage*

**29.10.-4.11. MTB-Camp with Regina Marunde, former German National Team rider**  
– **Introduction in Osteopathie**

Are you looking for a way to release stress on your own and to relax? In this case craniosacral self therapy is ideal for you. Easy exercises which can be done in the comfort of your home and which enhance relaxation, regeneration and deep sleep. Craniosacral self therapy is based on gentle touch to effect broad physical and energetic relaxation. It focuses on the craniosacral rhythm of flowing brain and spinal cord liquid. With a bit of practice you can sustainably strengthen your immune system. *incl. hotelpackage*

**18.11. RTF –Montaña Alta LPA**

Tourist bike ride with Gran Canaria Cycling Federation  
Meeting point: Las Palmas, Obelisco

**24.11. 24 h MTB Race in Las Palmas**

**02.-09.12. *Vuelta Maspalomas***

The “Vuelta Cicloturística Maspalomas” takes place between the 2nd and 12th of December, traversing the island of Gran Canaria. The daily stages are between 60 and 100 kilometres long and can – depending on the fitness level – also be done as single day rides. On December 7<sup>th</sup>, the ‘relax’ day, those who never get tired can compete in a hill climb competition up to Pico de las Nieves (1.940 m). *incl. hotelpackage*

**09.-16.12. *Single week***

Singles and single raising parents are welcome and form the biggest part of the group. You can book a single room or you can save the single room surcharge and book half a double room. Bike tours and many group activities. *incl. hotelpackage*

**09.-16.12. *Singletrail- and Freeride week with AtlanticCycling***

We shuttle 4 times up to the highest point of the island – the Pico de las Nieves (1.949 m) and start in different directions.

At the 5<sup>th</sup> day – we make a trip with 2 shuttles. In addition to the beautiful harbour place Puerto Mogán, located in the west, you will also get to know the capital of the island Las Palmas in the north. *incl. hotelpackage*

**06.-13.1. *Roadcycling with AtlanticCycling***

Gran Canaria offers everything what allows to hit the heart higher of an ambitious racing cycle driver - small routes of serpentine, varied landscapes and good possibilities to do break.

During our training week (5 varied constitutive tours with the road bike) we ride all the different regions of the island.

The team of Philipp Foltz, ex road-professional, will lead you during this week. Falk Putzke, his colleague, still takes active part in races.

Philipp and Falk are specialists of Gran Canaria because they organized a lot of training camps there. Besides, they have a lot of useful training and technology tips. *incl. hotelpackage*

**20.-27.1. *Pilates & Bike***

Pilates is an exercise programme that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Mountain bikers especially, lament back and neck problems. Their legs are well trained, but their upper part of the body is often neglected. Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles, which are important to help alleviate and prevent back pain. *incl. hotelpackage*

**03.-10.2. *Road & Triathlon Training Camp* *incl. hotelpackage*  
plus guided bike tours, Pilates etc. – if you wish**

**09.2. *Gran Fondo – Cycle Marathon*  
80 km, Maspalomas-St. Bartholomae**

**10.-17.2. *Roadcycling with AtlanticCycling*  
*s. a. description***

**02.-09.3. MTB Training Camp**

With the marathon training camp you prepare yourselves for the 4<sup>th</sup> international Open MTB marathon on Gran Canaria. In different classes and during the common training you get background knowledge on the subjects: training, stretching, balance training, breakdown help, trips and racing tactic, contest preparations and riding technics. You get also basics of for the marathon: go from the long grit curve to the switchback, usefull tips for up- and downhill, braket technics and balance training. *incl. hotelpackage*

**08.3. Marathon Open MTB Gran Canaria**

**09.-16.3. Roadcycling with AtlanticCycling**

s. a. description

**25.3. Triathlon Gran Canaria**

**13.-20.4. Spanish course & pleasure tours**

Spanish for beginners and advanced level. 2 hours per day class (every day life topics). To be combined with the best excursions cycle or biking tours. *incl. hotelpackage*

**29.4. Triathlon Costa Mogan**

**04.-11.5. Transcanarias**

In cooperation with Mammuth Club, Canary-bike.com offers to explore several of the Canary Islands by bike – you will ride through stunning scenery far away from mass tourism.

*All dates you can combine with a hotel package. Including following services:*

- 8 days / 7 accomodations in doble room, per person in the \*\*\*\*-bike & relax- Hotel San Agustin
  - breakfast buffet / dinner
  - Welcome cocktail
  - Bike-passport for the cycle-service-station
  - Maps, routes (incl. GPS)
  - water for the bike-trips
- additional flight and airport shuttle*

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