



## Las Cañadas (Cable car station) (2325m)

Top : 28.254520° -16.626020°





## **Vuelta a Tenerife**

The Vuelta will celebrate its 62<sup>th</sup> birthday in 2017. It is largely unknown on an international scale, because it is a national race. Since 20 years, no winner has emerged in the pro world, that however knows the island very well thanks to the preparation courses. Froome uses to prepare there his victories in the Tour de France.

<http://tenerifebikettraining.com/about-us/why-tenerife/>

Edition 2017 or how to turn gold into lead. Very bad vintage.

[http://www.aytolalaguna.com/detalle\\_evento\\_deporte\\_la\\_laguna.jsp?DS57.PROID=311694](http://www.aytolalaguna.com/detalle_evento_deporte_la_laguna.jsp?DS57.PROID=311694)

### **1<sup>st</sup> stage 1<sup>st</sup> part : Buenavista-El Sauzal (53km)**

The route stays just above the Ocean, on the northern coast. Maxi height at 375m, KOM 3<sup>rd</sup> cat. on the finish line.

### **1<sup>st</sup> stage 2<sup>nd</sup> part : Tejina-Valle de Guerra-Tejina (6km ITT)**

Flat ITT on the TF16-road.

### **2<sup>nd</sup> stage : Parador Nacional del Teide-Basilica Nuestra Señora de Candelaria (126km)**

What a scam! :

start in Las Cañadas at 2135m,

slightly uphill > 2350m,

150m (from 2050 to 2200m) in the Alto del Retamar to ride out of the crater (south side),

100km and 2200m downhill to reach the sealevel,

Very nice mountain stage ... the wrong way.

### **3<sup>rd</sup> stage : Los Silos-La Laguna (63km)**

A KOM2 at 512m (in Sauzal) and that's all.

Edition 2015 : [http://www.aytolalaguna.com/detalle\\_evento.jsp?DS57.PROID=266116](http://www.aytolalaguna.com/detalle_evento.jsp?DS57.PROID=266116)

We can easily admit, that the organizers don't invite young riders to climb the whole thing (2500m in 50km). But giving the whole range a miss is a big joke.

Very interesting counter-example : the 2<sup>nd</sup> stage in 2015 (Taco-Vilaflor - 87km).

Admittedly the finish line was not located in the crater (at 2000m or more), but Vilaflor at 1400m gives however a very significant difficulty.

The stage route didn't use one of the 4 traditional sides, but the ridge road above the east coast. The first part is very long, and the elevation gain very poor (less than 600m in 57km as far as Granadilla de Abona on the C822, via the Mirador de Don Martín), but the profile is very irregular. In Granadilla, the route joins the south side and the last 15km at 5% enable the climbers to show their qualities.

The route of this stage is to be seen on the map page 4.



## Las Cañadas – Portrait

Unlike the Sierra Nevada and the Pico Veleta, the Teide doesn't enable riders to reach the symbolic 3000m line. They'll make do with the cable car station at 2300m. The duathletes can however, with a permit, climb the volcano side.

The crater is accessible from 3 different sides :

South, from El Médano (<http://www.altimetrias.net/aspbk/verPuerto.asp?id=134>)

North-west, from Los Gigantes (<http://www.altimetrias.net/aspbk/verPuerto.asp?id=147>)

North-east, with 2 possibilities, from Puerto de la Cruz (on the north coast) and from Santa Cruz (the capital of the island)

<http://www.altimetrias.net/aspbk/verPuerto.asp?id=135>

<http://www.altimetrias.net/aspbk/verPuerto.asp?id=152>

Altimetrias analyzes very well these 4 sides. We'll bring our personal experience, by describing the south side.

One must be mentally very strong to take this climb as a whole : 3 hours at least for 50km at 5% average. To split the climb into parts is perhaps a better method.

Let's start in the Playa del Médano. It is located near Tenerife South Airport. There can be found a bike shop, where renting a road bike is possible.

The so many kitesurfers reveal that the place is open to the winds. Very interesting information for the first part of the climb.



El Médano seen from the Punta Roja (170m)

The first waypoint can be the passage over the highway, just before San Isidro. It's a regular 3,5km and 170m climb. A good 5% on a road that can be busy in the rush hour and/or during the tourist season.



Between El Médano and San Isidro



Through San Isidro

2<sup>nd</sup> target : Granadilla de Abona (650m). 470m elevation gain, that means 7km at 6,5% average : 5,0 6,5 8,0 7,3 6,8 6,9 6,8.

Notable : the crossing of San Isidro, hillside unsheltered from the wind and sun, higher % (1 full km at 8%).

At the junction in Granadilla, we leave the TF64 behind, turning left. This is the place where the 2nd stage of the Vuelta a Tenerife 2015 joins our route (see page 3).



Before Granadilla, long straight line under the sun



Just before Granadilla



Junction in Granadilla – To Vilaflor

3<sup>rd</sup> step : Vilaflor (1450m), the finish line of the 2<sup>nd</sup> stage. The section is the same : 13,5km and 830m elevation gain as far as the junction before the highest village on the island.

The atmosphere is different. After Granadilla, mountain landscapes substitute more and more the coastal hillside.

6,4 6,2 5,0 5,0 4,9 / 5,2 6,3 6,8 6,4 4,9 / 4,6 3,8 5,5 on 1500m.

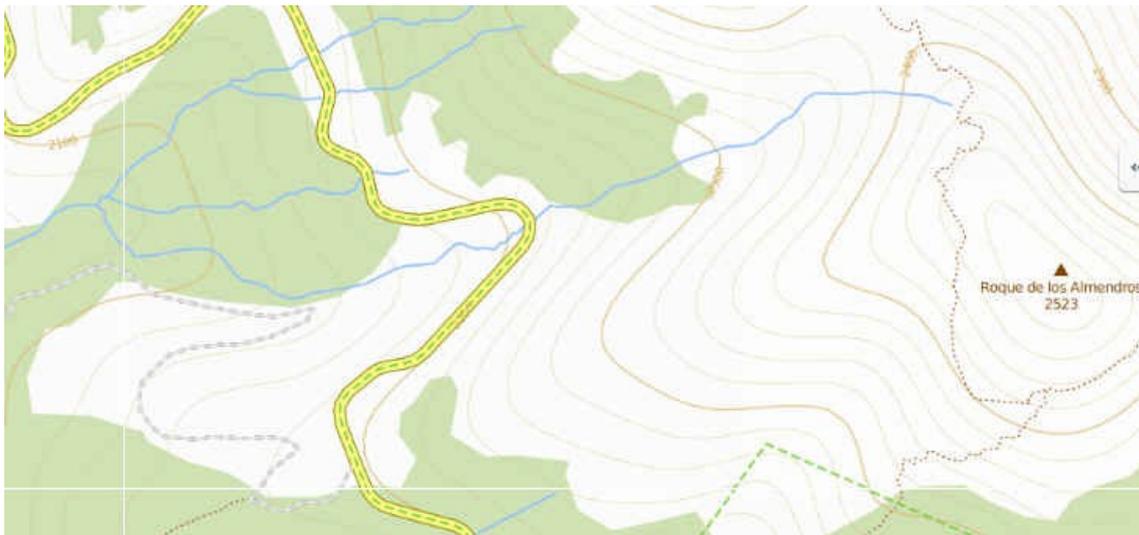
This section is strategic : it leads to the half of the climb (in km). But it's also tricky, as the asphalt is smooth and the % not so important. The temptation is great to push harder. Exhilarating, but very dangerous, because this climb is a war of attrition. Don't overestimate your strength.



Vilaflor

4<sup>th</sup> stage : El Retamar

The board shows « 2100m » at the entrance in the National Park. On the maps and Openrunner we'll find 2200m. It's a key place, the door to another world. The climb pauses momentarily after 36 uphill km, just a few hm before the descent in the crater.



Before that, we have to go out of Vilaflor, thanks to a few hairpins, and to penetrate into a pine forest. 815m in 12km, a few substantial km at 7%, a climb in the climb : 7,0 5,4 7,2 7,1 9,0 / 6,7 5,6 7,3 7,3 7,0 / 6,2 6,0.



Changing sky in the Alto de Retamar

5<sup>th</sup> stage : descent into the crater and crossing (Las Cañadas)

We reach it after a short descent (160m in 2km). The first significant place is called Boca del Tauce. The board mentions 1980m, the topographic maps 2040m. The Boca is the crossroads, where our road joins the north-west side, coming from Los Gigantes. Just before, there is an ethnographic museum.

From here, 4 flat km to appreciate the Far West landscape, Monument Valley is not too far. Redskins can appear from everywhere anytime and attack the stagecoach.



El Rematar and the Sombrero in the background



The Pico del Teide seen from the Boca del Tauce junction



End of the flat section and beginning of the last uphill part

6<sup>th</sup> stage : last uphill part

After a 6km relaxing break, we have to go to work again : 6km and 285m in the same lunar landscape. The straight lines hurt after 45km climbing. However, a delight to the eyes : 3,4 6,1 4,1 3,1 5,6 6,2.





Cañada Blanca – the top is in sight

7<sup>th</sup> and last stage : the cable car station

500m at 11% to reach the bottom of the Teide. It hurts, even visually. In the tourist season, this last section is a huge car park, like at North Cape. Back to the civilization.



The last 500m at 11%



Car park near the top



From the top – field of volcanic rocks

Links to in car cams :

NE side (Puerto de la Cruz) : [https://www.youtube.com/watch?v=-q6SXEx\\_E4](https://www.youtube.com/watch?v=-q6SXEx_E4)  
Cable way at 1h03 + Descent down to Vilaflor

South side from Vilaflor (junction at 2.11) :  
[https://www.youtube.com/watch?v=AJWOgVX\\_dBs](https://www.youtube.com/watch?v=AJWOgVX_dBs)