



# Ful-on Tri

# Lanzarote 2025

# LANZAROTE AND CLUB LA SANTA

We are really excited to be returning to Club La Santa in Lanzarote for our 2025 early training holiday. CLS is synonymous with Triathlon training and was our destination of choice for many many years. Their world class facilities, great rides and ride friendly motorists means that you will undoubtedly encounter more of tri compatriots, both age grouper and pros alike.

Does this mean we aren't going back to Portugal? Absolutely not! After a couple of successful years (for which a huge thank you goes out to Sophie Kirk for making it a success) we would like to explore a rotation between locations and possibly add more (like Calpe or Girona), suggestions welcome.

## DATES AND COST ESTIMATE

Our early training holiday will run from Saturday 1st February 2025 to Saturday 8th of February 2025. We have selected these dates for a few reasons.

1. Being further South we should have nicer weather.
2. CLS offers a discount for this week.
3. Rooms booked prior to the end of April 2024 receive an early bird discount
4. It shouldn't clash with any XC events.

Our current cost estimate is as follows;

<b>Expense type</b>	<b>Cost (estimate)</b>	<b>Notes</b>
Accommodation - CLS	£516	Based on current booking of 10 (3 share) rooms. If we can firm up demand for an additional 5 rooms then we will get another 10% discount. During April 24 only.
Daily food and last night	£310	Half board is available at £32.5 per day. Personally I feel that is a bit expensive plus it limits your options of where to eat and to eat with the group.
Bike Rental	£90 (EUR98)	Example rental done 05/04/2024 Cannondale Super Six Evo EUR98
Flights	x	Time dependent ideally <£150

# BENEFITS!

## Why?

February is the perfect time to sharpen the point of your base block, before starting your build block and heading into the English summer race season.

## Escape!

Nothing like escaping to sunnier climates and break up the cold and wet Winter.

## Facilities.

Club La Santa offers amazing world class facilities that are not only limited to triathlon.

We will make good use of their 3 x 50m crystal clear outdoor pools with 2 hours booked every day you can come do the club session first or your own session after... or both.

At least one track session, and the option of doing daily trail runs off the bike before soaking your legs in the ice water of the leisure pool.

Here is a comprehensive list of the CLS facilities and participants have been known to head further afield to go surfing or horse riding.



# FAQS

## **What is the level of fitness I need to be at?**

There is no pre-determined level of fitness we just require you to be comfortable on your bike! We design our training holidays for all members, regardless of fitness level.

## **What is the weather like in Lanzarote?**

Averages; temp 21c, rain 1.7cm (whole month), winds 10 to 25 KMH

## **Are the rides guided or can I do my own thing?**

We will have ride leaders for various paces just as we do at home. But equally feel free to plan your own additional rides if you love the bike that much 😊

## **How many people will be in the group?**

There will be a maximum of 8 people in each bike group. In the normal pace group formats we have at home.

## **Do I have to train everyday?**

No not at all, it's your holiday so do as little or as much as you like! Let someone know if you aren't coming so we know not to wait for you 😊. In fact we don't expect you to do everything, that would be a lot.

## **There are activities before breakfast what should I eat?**

We suggest having a cereal bar or similar before early morning swims.

## **When do I have lunch?**

Generally we will be out on the bike so we will stop for food. Or stock up on snacks for your room or visit a local cafe on return from training. Make sure to bring food and electrolyte for the bike rides!



# VENUE & FACILITIES



## Get Active

- 1 5-A-Side
- 2 Aquatic Office
- 3 Athletics Stadium
- 4 Barpark
- 5 Basketball Court
- 6 Battle Ropes
- 7 Beach Volley
- 8 Bike Centre & Bike Workshop
- 9 Body Bike Room
- 10 Bouldering Room
- 11 Boxing Ring
- 12 CrossFit Area
- 13 Dance Studio
- 14 Dive Centre
- 15 Fitness Centre
- 16 Football Pitch
- 17 Golf Chipping & Driving Range
- 18 Golf Putting Green
- 19 Golf Training Centre
- 20 Laguna (Aerobics)
- 21 Mini Golf Course
- 22 North Hall
- 23 North Pool 50m
- 24 Petanque
- 25 Padel Courts

- 26 Running Track
- 27 Slack Lines
- 28 South Hall
- 29 South Pool 50m
- 30 Sports Booking & Guides
- 31 Squash Courts
- 32 Table Tennis
- 33 Tennis Courts
- 34 The Lawn
- 35 TRX®
- 36 Volcano
- 37 Watersport Centre

## Relax

- 38 CLS Arena Disco
- 39 Clugo Restaurant
- 40 Green Bar
- 41 Hopscotch & Twister
- 42 Kids Play Park
- 43 Kids Pool
- 44 La Plaza Restaurant
- 45 Leisure Pool
- 46 Open Air Chess
- 47 Play Time
- 48 Pool Bar
- 49 Restaurant Atlántico
- 50 Sports Café

- 51 The Square (Live Shows)
- 52 Wellness Centre
- 53 Treatment rooms (Wellness)

## Services

- 54 ATM Cash Machine
- 55 Bus Stop
- 56 Business Conference Centre (South)
- 57 Changing Rooms
- 58 Club La Salsa Shop
- 59 Conference Centre (North)
- 60 Conference Room Jameos
- 61 Doctor/ AZ Sport Clinic
- 62 Events Office
- 63 Groups
- 64 Hairdresser
- 65 ITSO Lounge
- 66 ITSO Office
- 67 Laundry
- 68 Self service laundrette
- 69 Luggage
- 70 Osteo 43 Clinic
- 71 Photo Shop
- 72 Rent-a-car

- 73 Sally Walker (Goodlife)
- 74 Sports Shop
- 75 Supermarket
- 76 Taxi Rank

- Information
- Dining
- Beverages
- Parking
- Parking - Reduced Mobility
- WC
- WC (Limited opening hours)
- WC - Reduced Mobility
- WC - Reduced Mobility (Limited opening hours)
- Cafeteria
- First Aid Kit

# AERIAL VIEW



# GYM



# VENUE & FACILITIES

- Rooms have a small kitchen for making breakfast or dinners. Consider bringing your own coffee making things!
- Lunches either on rides or at the multiple restaurants on site.
- CLS has a launderette, but hand washing also works.
- There is a supermarket on site or in La Santa village which is the more cost effective option.
- The bike rental is on site but booked separately.
- On the last night we normally go to a restaurant and the night club on site (if it is open).



# PRELIMINARY ITINERARY

Day	Activities	Distance	Info
Saturday	Arrive		Swim lanes 17:00 - 19:00
Sunday	Intro ride to Jonny Bakes	65/110km	Swim lanes 07:00 - 09:00
Monday	Fire Mountain / El Gulfo	65/110km	Swim lanes 07:00 - 09:00
Tuesday	Mirador Del Rio	110/160km	Swim lanes 07:00 - 09:00
Wednesday	Long Run day and fun day	Run 10/21km	Swim lanes 07:00 - 09:00
Thursday	Tabayesco ride	80/110km	Swim lanes 07:00 - 09:00
Friday	Track / Brick day		Swim lanes 07:00 - 09:00
Saturday	Departure		Swim lanes 07:00 - 09:00



# MIRADOR DEL RIO

Embark on a picturesque cycling journey from Club La Santa to Mirador Del Rio in Lanzarote, an experience that seamlessly blends physical exertion with breathtaking natural beauty. Starting from Club La Santa, situated on the northwest coast of the island, cyclists pedal through winding roads that snake through the arid yet captivating landscapes of Lanzarote. As riders venture further, they are treated to panoramic views of rugged volcanic terrain juxtaposed against the azure expanse of the Atlantic Ocean.

The highlight of the journey culminates at Mirador Del Rio, a striking viewpoint perched atop towering cliffs overlooking the strait of La Graciosa. As cyclists reach their destination, they are greeted by a sweeping vista that encompasses the tranquil waters below and the distant silhouette of neighboring islands. The challenging yet rewarding ride not only offers cyclists an opportunity to immerse themselves in the island's natural wonders but also serves as a testament to the enduring allure of Lanzarote's rugged landscapes.



# TABAYESCO

The pinnacle of the ride lies in the ascent to Tabayesco, a challenging climb renowned among cyclists for its demanding gradients and hairpin turns. Here, the time trial element adds an extra layer of intensity, as riders push themselves to the limit in a test of speed and endurance. As cyclists conquer each hairpin bend, they are rewarded with sweeping views of the surrounding countryside and the sparkling waters of the ocean below.

The Tabayesco ride, offers cyclists an unforgettable experience that combines physical exertion with the unparalleled beauty of Lanzarote's landscapes.



# FIRE MOUNTAIN

Embark on a captivating cycling journey from Club La Santa to Fire Mountain and El Golfo, traversing the rugged terrain of Lanzarote while immersing yourself in its unique volcanic landscapes. Cyclists pedal along winding roads that wind through ancient lava fields and showcase the island's dramatic geological features. As riders make their way towards Fire Mountain, they are greeted by the imposing presence of volcanic peaks that punctuate the horizon, offering a glimpse into the island's tumultuous past.

Arriving at Fire Mountain, cyclists are treated to awe-inspiring views of the volcanic landscape, with craggy peaks and lunar-like terrain stretching as far as the eye can see. After soaking in the mesmerizing vistas, riders descend towards El Golfo, a charming coastal village nestled along the shoreline.

Reaching El Golfo, cyclists are greeted by the sight of the emerald-green lagoon contrasting against the black volcanic sands, creating a striking visual spectacle. With its blend of natural wonders and coastal charm, the cycle ride from Club La Santa to Fire Mountain and El Golfo offers cyclists a truly unforgettable exploration of Lanzarote's diverse landscapes and cultural heritage.

