



7 Hills CC Travel

Itinerary

Gran Canaria 22nd March - 29th March 2020



From Sea to Summit.

There are many reasons that Gran Canaria is the off-season base for so many of the Pro-Peloton riders, not least the remarkable climate, the volcanic origin of Pico de las Nieves at 1,949m above sea level, legendary climbs and world famous Strava segments.

The 7 Hills CC Gran Canaria Training Camp will piece together celebrated routes from previous trips undertakings and celebrated top Strava segments.

Based in Maspalomas in a 12 bed villa a short distance from the main restaurants, we will be taking in both remote inland climbs and stunning coastal roads across the southern regions of the island. The famous Orangeman Climb, Soria Valley, Pico de las Nieves and infamous Valley of the Tears there is something for everyone and then more...



Package Details:

Dates:

Sunday 22nd March to Sunday 29th March 2020

Total Price:

The total price per person for this 7-day trip is: £550.00 excluding supplements

What is Included in the Price?

7 Hills CC Travel prices include airport transfers in Gran Canaria, Bike Box transfers in the UK from Sheffield, flights inclusive of 1 x hold bag (supplement cost £60) and 1 x bike box (supplement cost £70) and the villa accommodation

What's not Included in the Price?

Bike box rental, food and drinks, bike hire, bike spares, UK airport transfers and airport parking

Bicycles:

Are not provided, it is highly recommended that you take your pride and joy on the trip, bike rental is available from the following but we would recommend you book well in advance if you don't want to ride a dog all week

<https://www.free-motion.com/gran-canaria/rental/bike/select/roadbike/winter/>

Typical prices Cannondale System Six £29 per day

Total Costs:

Payment is non-refundable for the full trip price, you can sell your place to another 7 Hills CC full member only and we can change the name of the passenger up to two weeks before the trip

Paying the initial deposit of £200.00 confirms your reservation for the full trip including the full balance of payments in line with the payment plan below

Paying the Balance:

09/11/2019 initial deposit date for the sum of £200.00

Also at this deposit you must include your bike and hold luggage if required at an additional £70 & £60 respectively

10/01/2020 second payment date for the sum of £200.00

01/03/2020 final payment date for the sum of £150.00

All payments are to be made through the following page:

<https://www.7hills.cc/events/>



Trip Itinerary 2020:

Total Distance 758km
Total Elevation Gain 19,142m

Trip History 2019:

Total Distance 836km
Total Elevation 17,846m

Day 1:

Arrival Day and Shake Down Ride - Monte Leon -& El Tablero climbs

Sunday 22nd March

Distance - 62km

Climbing - 1,637m

Ride Link - <https://www.strava.com/routes/22146836>

Featured Segments:

Ayagaures Climb 3.81km 5.6% 215m- <https://veloviewer.com/segment/2830733>

GC-604 from El Tablero 14.63km 4.8% 701m <https://veloviewer.com/segments/2947669>

Day itinerary, all itineraries are subject to weather forecast on the day:

Saturday night 5pm - 7pm all the bike boxes and suitcases can be dropped off at my house for transportation by van to the airport

Address: 60 Lyndhurst Road, Sheffield, S11 9BJ

The following morning, everyone will travel up in prior arranged transport and meet at Leeds Bradford Airport at 08:00 to collect your luggage from the van. The flight departs at 09:30 and you need 1.5 / 2 hours spare. Generally all travellers group together and car share to LBA and share the airport parking between the groups

We land at 14:15 and jump on the pre booked coach for drop off at the villa

Villa Address:

Avenida del Oasis, 17 Number 17-B, San Bartolomé de Tirajana, Canarias 35100, Spain

We allocate rooms based on the fart-o-meter rating, buddy up and assemble the bikes and aim to head out for our shakedown ride around 16:30 for approximately 2h 30m ride. This will give you a chance to adjust and check your bike before we head into the high mountains. It is recommended to take small lights for this ride as they may be needed on the route back to base

When we arrive back there is a small supermarket across the road for a few provisions and a meal out in the evening. Usually meals are divided up equally between the group on a fair and equal basis with a budget of £25 per head is a good number to aim for



Day 2:

Soria - Ayacata - San Bartolome - A Great Introduction

Monday 23rd March

Distance - 92km

Climbing - 2,381m

Ride Link - <https://www.strava.com/routes/22225057>

Featured Segments:

Soria Climb, Official 5.6km 8% 410m

<https://veloviewer.com/segments/4580190>

GC-605 Climb from Soria Junction 14.61km 3% 438m finishing at 1,324m elevation

<https://veloviewer.com/segments/22058333>

Day itinerary:

To make cafe stops much easier we usually all chip in to the kitty £20 each and pay as a group when we stop

We aim to be on the road for 09:30am depart

We head out on the rolling coastal road travelling west

33km Soria for a papaya juice after the tough climb

53km Ayacata for lunch after one of the most scenic roads on the island

65km San Bartolome for a coffee and chocolate octopus

80km GC-60 Viewpoint - group photo 7 Hills CC style

This intermediate day is a further introduction to acclimatize to the heat and altitude whilst covering some of the most iconic climbs and roads on the island

Don't forget your sunblock, I can highly recommend P20 50+ for a single morning application that usually lasts me the full day, its available usually in the airport airside in duty free but difficult to find in GC

After the ride and jacuzzi we will aim to do a full supermarket taxi run to stock up for the week

We then usually chill to some tunes on the airplay speaker or take a walk down to the gin bar for a few followed by a meal out



Day 3:

San Bartolome - Ayacata - Pico de las Nieves - Tejada - Soria - TT Valley

Tuesday 24th March

Distance - 131km

Climbing - 3,658m

Ride Link - <https://www.strava.com/routes/22225960>

Featured Segments:

Mirador de Fataga 6.33km 6% 379m

<https://veloviewer.com/segments/1252319>

Camel Park - San Bartolome view Point 8.73km 6.3% 548m

<https://veloviewer.com/segments/854717>

Ayacata > Pico de las Nieves 11.38km 5.4% 616m (all above 1,300m)

<https://veloviewer.com/segments/2662267>

GC-60 Tejada (Bridge) to View Point 8.95km 4.3% 387m

<https://veloviewer.com/segments/632360>

Day itinerary:

Aiming to be on the road for 09:30am

This is the first of the big days, a great introduction to the summit of the island and views over to Tenerefe

28km San Bartolome by climbing the GC-60 for a coffee break

We continue to climb on the GC-60 to 40km at Ayacata

We take a sharp right on the GC-600 to 51km Pico de las Nieves finishing at 1,935m the summit of the island

We descend the GC-150 to 65km Tejada - Restaurant El Labrador for a late lunch

After lunch we climb the GC-60 and finally descend to 78km Ayacata junction

We hang a right and take the GC-605 decent to 98km Soria for a papaya juice

After a refuel we take the descent of Soria and hit the TT valley for the 7 hills cc team time trial back to base

A full day out with Pico as the highlight and lunch in Tejada, this is not to be missed



Day 4:

Mogan - Orangeman - Ayacata - Santa Lucia - Coast Road TT

Wednesday 25th March

Distance - 111.5km

Climbing - 2,542m

Ride Links - <https://www.strava.com/routes/22226555> Route 4a 18.5km 316m
(leave your strava on to see if you can KOM the ferry)

<https://www.strava.com/routes/22226817> Route 4b 93km 2,226m

Featured Segments:

Serenity Climb Jct to Jct 8.56km 6.5% 553m

<https://veloviewer.com/segments/2976759>

GC-605 Climb from Soria Junction 14.61km 3% 438m finishing at 1,324m elevation

<https://veloviewer.com/segments/22058333>

Day itinerary:

Aiming to be on the road for 09:30am

Today we ride along the infamous GC-500 coast road to Puerto Rico for a short ferry ride to Playa de Morgan at 18.5km route 4a

We take the GC-200 north to Mogan for coffee at 9km of route 4b

After a short stop we start the climb of Serenity on the GC-200 to Ayacata at 35km

We take the fast descent on the GC-60 through San Bartolome then switch to the GC-65 and on to Santa Lucia for lunch at 54km

We continue on the amazing descent of the GC-65 until we reach the coast road

We hit the GC-500 and head west for more 7 hills cc team time trial action back to base.

This is an intermediate day to shake out the legs and prepare for the queen stage tomorrow



Day 5:

Mogan - San Nicolas - Valley of the Tears - Ayacata - Soria

Thursday 26th March

Distance - 145km

Climbing - 4,009m

Ride Link - <https://www.strava.com/routes/22227174>

Featured Segments:

Soria Climb, Official 5.6km 8% 410m

<https://veloviewer.com/segments/4580190>

(Las Casas de Venegueras) to San Nicolas viewpoint 9.08km 3.9% 358m

<https://veloviewer.com/segments/3580235>

El Assarador 22.13km 5.8% 1,289m (the full road bottom to top)

<https://veloviewer.com/segments/7101252>

Valley of the Tears - Official - Road start to View point 10.59km 9.1% 961m (the steep bit)

<https://veloviewer.com/segments/633165>

Valley of tears - The Wall 1.41km 13.6% 191m (the beyond steep bit!!!)

<https://veloviewer.com/segments/1165909>

Day itinerary:

Aiming to be on the road for 09:30am

We take the coast road west to TT valley and make the climb to Soria

Over the top and descend the Serenity climb to the GC-200 at 43km

We make the amazing climb and descent of the GC-200 to San Nicolas for lunch at 65km

We charge the batteries and fill the bidons, we head east on the GC-210 and climb The Valley of the Tears to 78km until we hit The Wall!!!

We make the short sharp climb then regroup at the top of the wall then press on until we top out at 90km and 1,350m elevation

We descend the GC-65 and make a right at Ayacata and descend to Soria for a well earned papaya juice at 113km

After a short break we descend Soria and hit the TT valley again for 7 hills cc time trial, east back along the coast road and back to base

The big one, the day for the climbers with lunch in San Nicolas before we tackle the brutal ascent of the Valley of the Tears



Day 6:

Aguimes - Santa Lucia - San Bartolome - Arteara - View Point

Friday 27th March

Distance - 92km

Climbing - 1,961m

Ride Link - <https://www.strava.com/routes/22227511>

Featured Segments:

Temisas Climb-1 10.34km 4.8% 496m

<https://veloviewer.com/segments/8623112>

CLIMB TO VIEWPOINT - FROM FATAGA TOWARDS MASPALOMAS 1.32km 6.8% 131m

<https://veloviewer.com/segments/3560223>

Day itinerary:

Aiming to be on the road for 09:30am

We take the windy coast road east to Aguimes where we hit the GC-550

After a long and winding road we descend into Santa Lucia for lunch at 58km

We make the climb to San Bartolome and head south onto the GC-60 for the descent to Arteara

We make the short sharp climb to the view point and then descend back to base

An intermediate day to shake out the legs with the GC-550 loop and lunch in Santa Lucia

Option to extend this ride and take in the climb to Ayacata for all those who are in need of some more elevation



Day 7:

Soria - Ayacata - Pico de las Nieves - Aguimes

Saturday 28th March

Distance - 125.1km

Climbing - 2,954m

Ride Link - <https://www.strava.com/routes/22480061>

Featured Segments:

Soria Climb, Official 5.6km 8% 410m

<https://veloviewer.com/segments/4580190>

GC-605 Climb from Soria Junction 14.61km 3% 438m finishing at 1,324m elevation

<https://veloviewer.com/segments/22058333>

Ayacata > Pico de las Nieves 11.38km 5.4% 616m (all above 1,300m)

<https://veloviewer.com/segments/2662267>

Day itinerary:

Aiming to be on the road for 09:30am

We take the coast road west to the climb of Soria for the final blast of the trip, we head to the cafe at Soria for a quick papaya juice then climb the steep ramps over to the GC-605 and Orangeman

We tackle the long scenic road to Ayacata then head left on to the GC-600 and climb all the way to the summit of the island. A quick rest at Pico de las Nieves at the 66km mark to take in the final view

We head east on the GC-130 for the bone shaker descent to the GC-120, then it's one of the best roller coaster descents on the island where we head into Aguimes for lunch

Lunch will be at Bar / Cafe El Populacho for the best Mojito potatoes on the Island.

Then for the final fenarlie of the trip with the typical 7 Hills CC Chaingang through and off on the GC-500 back to base for the big night out Tapas Bar & Pacha style...



Day 8:
Travel Day
Sunday 29th March

Demob and climb on the coach around 13:00 for the airport run and flight at 16:15

Arrive in Leeds Bradford Airport at 20:55 for luggage back to the van and finally onward home in your car share groups, that for all who made it to the airport and not locked up in the local spanish police station

The following Monday 30th March luggage and bike boxes can be collected from my house between 18:00 - 21:00 so please allow for the extra day hire of the bike box if you need the transfer, any issues then please contact me directly

Key Information:

Transportation & Logistics:

Bike box and hold luggage transfer UK side

I have arranged for a large van to take all of the hold luggage in one drop both outbound and inbound to save on logistics which is included within the trip price

You will need to drop off all hold luggage at my house the night before between 5pm and 7pm if at all possible, if not then contact me directly

Airport Parking

<https://www.leedsbradfordairport.co.uk/parking>

Please arrange your parking and look to car share to save on costs

Ensure you check the weather report as it can be really slow in poor weather to LBA

Leeds Bradford Airport

Maximum luggage amounts

1 x hold bag 22.99kg

1 x bike box 32.99kg

1 x hand luggage 10kg

This has been arranged for all but you must pay a supplement for the bike and hold luggage at £70 & £60 respectively return

Please weigh your luggage accurately as they will not allow any extra weight



There is a digital luggage scale you can use when dropping off the bike boxes as it must be correct or they will make you tip it at the check in desk

Outbound flights

Leeds Bradford Airport 09:30 Depart Sunday 22nd March 2020
Flight Number LS477

Inbound flights

16:15 to Leeds Bradford landing at 20:55 Sunday 29th March 2020
Flight Number LS478

Conclusion of the Trip

Our last day of riding is Saturday 28th March 2020, where we fully pack the bikes and prepare for early departure, we hold a final night meal and party which usually gets very messy so please don't try packing the following day!

While in Gran Canaria

Travel Insurance

We recommend taking full travel insurance including specific cycling cover including your pride and joy

Remain Contactable

Have roaming function on your phone switched on so that the phone can be used in case of emergency

Electricity & Electricals

110v 2 pin adaptor plugs are required

Wifi & Laundry

Wifi available FOC, laundry there is a small washing machine, you will need a mesh bag to put your laundry in the machine together with other members, no bag, your last and the washer is very small

Emergency Contacts

Paul Forster - 07971 809584
Dave Joyce - 07590 317211
Andrew Newby - 07817 897037

Climate, Equipment & Clothing

In Gran Canaria in March it can be very warm, with a very high UV index in the mountains. Full sun protection is recommended



At night it can be chilly, casual clothing and hoodies / bubble jackets recommended. Afternoon thunderstorms can be present, temperatures of around 5 degrees, foggy and rainy on the summit is not unheard of. Don't get caught out for 3 hours in a speed suit like I did. Arm warmers and gillet is recommended and available on the 7HCC online store.

On the bike & Equipment

I will have a good quality track pump, digital torque wrench and a set of tools for use. You will need a small set of lights for ride 1, GPS and 2 x water bottles is highly recommended along with your chosen electrolyte drinks and plenty of gels, don't forget your puncture kits and well worth having a new set of tyres for the trip.

Finally Training...

This trip is masked as a training camp 7 Hills CC style, if you want the full trip experience, all the km's and elevation then you are in for one hell of a tough but rewarding week. Do not be put off no matter what fitness you arrive at as every day the rides have been planned so you can bale at the cafe's or take an easier day sat in the wheels.

There will always be a couple of members going full gas on any given day, equally there is always a few who have blown a gasket the previous day and are taking it chilled on the climbs.

At all times we regroup at the top of all the key climbs and always at all junctions, you will not be left to fend for yourself at anytime unless you want to peel off early.

As a matter of course, in 2019 I mainly trained for the trip from January putting in 100+ miles per week to ensure I had a good base fitness, February increased the mileage to 150+ then nearer the trip 200+ most at Z2 and Z3 with not too much high intensity to avoid burn out early season. An easy week consisting of a couple of Z2 rides, 40 miles each or so is recommended to ensure you are recovered and prepared for the week. Others just hit the turbo for a few months to make sure they were prepared for the trip.

If you have any niggles then get a bike fit well before the trip, don't be a plum and change your set up, bike, best shoes etc just before you go or you might come to regret it.

Ensure you check your bike over fully with a quality service, check your bike box packing skills is essential to avoid any unexpected damage.

This trip is a trip to remember, it was one of the best trips I have had a pleasure to share with good friends with many lasting memories forever !!!

Catch you all soon !!! Up the Hills GC Style