Cycling The Land of Volcanoes

Trip Code: SGLB

Version:

CYCLE	SELF-GUIDED	4 MODERATE



HIGHLIGHTS

- Choose from a selection of rides to create your own perfect balance of pedalling and sightseeing
- Cycle through The Valley of a Thousand Palms to the picture-perfect village of Haria
- Discover the legacy of Cesar Manrique, where art and nature are one: El Jardin de Cactus, Los Jameos del Agua, and El Mirador del Rio
- Ride through the lunar landscapes of Timanfaya National Park

- Drift through the unusual wine country of La Geria then sample a glass of the local wine with delicious fresh local food in the evening

AT A GLANCE

- 6 days cycling & sightseeing
- Standard bike hire included
- Daily departures
- Join at / End in Arrecife

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Feel captivated as you cycle Lanzarote's smooth tarmac, fully immersed in landscapes bursting with colourful and textural contrasts, with one breathtaking vista after another. Nature and art merge into something very special on this volcanic island that emanates from beneath the Atlantic Ocean, and at the end of each day's adventures you'll be tantalised by deliciously fresh cuisine. During your week on the island you will discover its unique fusion of culture, fire, and extraordinary geology - including how these were brought together creatively by the world-renowned local environmental visionary and artist, Cesar Manrique.

Staying in a selection of welcoming 3-star and 4-star hotels on the coast with inviting swimming pools, and an intimate casa in Haria, you can unwind after a day in the saddle with a dip in the pool, or by relaxing in the bar - maybe you'll find time to do both! Your routes will take you off the beaten track and away from the coast to discover the impressive ancient capital of Teguise, through the alluring Valley of a Thousand Palms to experience the authentic town of Haria, and will transport you to another world as you cycle through Timanfaya National Park. We have designed this trip with plenty of flexibility in mind so you can choose to cycle hard, or to enjoy a shorter route, as you soak up all Lanzarote has to offer - including its uniquely grown wine! Remember we also offer E-bike upgrades on all our cycling trips and this might be just what you need to explore the routes on this trip at your own effort and pace - please contact our Sales Team for more information.

Is this holiday for you?

This trip is ideal for anyone who loves to cycle on quiet roads with beautifully smooth tarmac, to have plenty of flexibility in their itinerary, and to enjoy fantastic facilities for unwinding after a day in the saddle. With a choice of rides on most days, you can tailor your holiday to suit you - whether you want to relax, soak up the dramatic scenery, and enjoy the fantastic produce Lanzarote has to offer, or focus on cycling further and harder each day. Ride options vary between around 30 and 70km in length and with between 500m and 900m of ascent, so you have plenty to choose from. Plus, spending 2 nights in or near Teguise and at Playa Blanca allows you the option to enjoy a rest day or two by the pool, or do a spot of sightseeing on foot if you'd prefer. And remember, if you'd like to do all the longest rides and those with the biggest climbs yet would like to ease the effort, then we'd recommend upgrading to an E-bike - just ask our Sales Team for more information.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your route notes
- Lanzarote guide book
- Airport transfers to/from accommodation on arrival/departure days (Costa Teguise & Arrecife)
- Luggage transfers
- Bike hire including helmet
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Costa Teguise
- Travel from Arrecife
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Public buses and taxis
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday is led by a self-guided travel app, which contains the personalised details of your complete holiday itinerary. This includes the GPS-led routes for you to follow on your self-guided cycling tours, as well as attractions, coffee stops and points of interest in the towns along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

Your trip starts and ends at Lanzarote Arrecife Airport, served by many departures from UK regional airports. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you.

If you are arriving into Lanzarote Arrecife Airport, you will be collected by your transfer driver and taken to your hotel in Costa Teguise. As you exit Arrivals, look out for your driver, who will be holding up a sign with orange writing that reads 'First Minute Transfer'.

It is also possible to arrive into Arrecife on the ferry from Cadiz, mainland Spain. From here, the public bus to Costa Teguise takes round 10 minutes. Please see https://www.rome2rio.com for details.

If you are departing from Lanzarote Arrecife Airport on the last day of your itinerary with KE, you will be collected from your hotel in Arrecife by your transfer driver and taken to the airport.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Cuisine in the Canaries is centred on fresh local produce and recipes handed down through the generations, resulting in a mix of delicious flavours that blend their Spanish roots with African and South American influences. Meat and fish are served with the staple of tasty Papas Arrugadas (small locally grown potatoes boiled in extremely salty water, giving their skins a somewhat wrinkly appearance) - and a traditional Mojo sauce. Meat is served with Mojo Rojo - red - made with chillies, oil, garlic, vinegar, and salt; fish is served with Mojo Verde - green - where coriander replaces the chilli. Every restaurant claims to have its own secret Mojo recipe! As you would expect on an island, seafood features heavily in the Canarian diet. You might enjoy Puntillas de Calamar (fried baby squid), Pescado a la Plancha (fish of the day grilled simply, that is incredibly tasty), or exquisite fresh Lapas (limpets, often served in the pan they have been cooked in, with butter and garlic sauce and freshly chopped coriander). In addition and perhaps surprisingly, the island has some fantastic mild slightly salty goat cheeses, some of which have won international awards, plus a selection of lovely local wines.

Tap water from the mains is safe to drink, however it tastes quite different to what many people may be used to because it is produced from desalinated sea water. You might prefer to take a reusable bottle with a filter such as Water-to-Go, which can also be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Accommodation

We have designed this trip with comfort in mind so you can enjoy feeling pampered whilst you relax after a day in the saddle. You will be staying in a selection of great 3-star, 4-star, and 5-star hotels and resorts, and a welcoming traditional Canarian *casa* country inn in Haria where you can take pleasure in the warm hospitality of Lola and Juan. All accommodations offer comfortable en-suite bedrooms, lovely communal areas, and great breakfast buffets to fuel your adventures each day. Some of your accommodations also have swimming pools - perfect for cooling off and soothing your limbs after a busy day exploring.

Accommodation on Day 3 and Day 4 is normally in the village of Teguise. However, hotels here in the centre of the island are small and sometimes availability is limited. In this case, we use other hotels in nearby La Florida and Mozaga, which are around 5km from Teguise. The evening meal will be included on these nights if you are staying in a more remote spot with fewer local dining options. As the base cycle route passes through the village of Teguise, everyone will have the chance to visit the village.

It is possible to arrange additional nights' accommodation in Costa Teguise or Arrecife before or after your trip if you would like to explore this fabulous island a little more. Please contact our Sales Team for more information.

Bike Hire

Standard touring bikes come with 30 gears, and come equipped with a rear luggage rack and pannier for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube.

Please note that it is a legal requirement to wear a helmet in Spain. We include a helmet with your bike on this trip however we strongly recommend you bring your own helmet for the best comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as, whilst there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

For those wishing for a sportier positioning on the bike it is possible to upgrade to a carbon road bike with 22 gears on this trip for a supplement of £45 (please note that road bikes do not come with a rear luggage rack or pannier).

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are available on this holiday at a supplement of £70 for a city-style e-bike (step-through frame with flat handlebars), or of £150 for a road e-bike (unisex road bike frame with crossbar and drop handlebars). Please note that road e-bikes do not come with a rear luggage rack or pannier. Please request your e-bike upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20kg and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are riding.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. We have designed this trip with flexibility in mind with a choice of shorter or longer rides on most day. However, you should at least be comfortable cycling 35 to 50km and up to 600m of ascent a day on quiet roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your holiday more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

Climate

The Canary Islands are perfect for holidays all year round, thanks to what are often described as 'eternal spring conditions' where temperatures range between 16 degrees centigrade in the winter to 25 degrees centigrade in the summer. It tends never to be too hot or too cold, which makes it perfect to explore on foot or by bike.

Lanzarote has its own micro-climate with the north being slightly windier and cloudier, the south being drier and warmer with approximately 2,500 hours of annual sunshine, and the centre having a moderate and stable climate. It is this wonderful balanced, gentle climate that has helped make Lanzarote such a popular holiday destination, as much for those seeking sun, sea, and sand, as for those wanting to walk, cycle, and sightsee. On top of this, thanks to the vast amount of sunshine, the island is home to over 600 plant species, many of which are endemic and have a significant botanical value.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lanzarote Marco Polo Pocket Guide
- The Wind Off the Small Isles - Mary Stewart
- Sandwiches in the Sun: The Extraordinary Truth about Life on a Spanish Island - Chris Herman
- Lanzarote & Fuerteventura Pocket Guide - Berlitz Pocket Guides

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen

- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

With a choice of rides on most days, this is the perfect cycling fix in the sun for spring, autumn, and winter - and with some of our favourite accommodations along the way you can really relax at the end of each day.We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are available.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change