

Lanzarote Trails

Tour Organiser: John Upton

Sunday 29th November to Sunday 06th December 2026

Lanzarote is the perfect winter cycling destination:

- * Little rain
- * Mainly sunny
- * Temperatures in the day rarely going below 20 degrees
- * A wide variety of different terrain, albeit pretty arid.

The roads out there are great - but off-road is even better! The island full of tracks and footpaths just waiting to be discovered: sandy coastline, mountain tracks, expansive lava fields and more.

This is a week-long, fixed-base trip, not all off road, although the majority is. Where we do have to go on the tarmac, I try to limit it to short connecting sections or longer uphill sections (as it makes them easier).

Each day we will head out to a different corner of the island, taking in some of the best views and visiting attractions, both on and off the 'regular' tourist trail.

For further information on what to expect in terms of terrain/surfaces we will ride on, please see the the 'Grades of Holiday' page on the Bikexplore website: <https://bikexplore.co.uk/Articles-of-Interest/About-our-holidays/Grades-of-Holiday>. This holiday has an off-road of Grade 2, with some Grade 3, though these parts are avoidable and/or easily walkable.

Itinerary

Sunday 29th November 2026 Arrival

The accommodation is a 20 minute taxi ride from the airport. Check in is from 3pm, though I won't arrive until after 6pm. We will be staying in a guest house which, assuming we are fully booked, we will be taking over for the week.

- No cycling
- Accommodation: Guesthouse near Mozaga
- Meals: (D)

Monday 30th November 2026 Local Loop

A relatively easy going first day, taking in some of the local surroundings and meandering past some of the volcanoes in the middle of the island. The morning is reasonably flat, ending in a descent to Tinajo for lunch at one of the islands only breweries. The afternoon is shorter, but has a climb of 150m over 4km towards the end, taking us past one of the islands working quarries. Amount of off-road: 80%

- Route distance: 43.0km
- Route altitude gain: 560m
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Tuesday 01st December 2026 North West Coast

Heading north east on bumpy tracks, we go first through the town of Tinajo before dropping down to the seaside. On coastal paths, we then pass through La Santa and past Club La Santa, drawing ever closer to the impressive cliffs above Famara. In the afternoon we head back inland, meandering our way back to the guest house. Percentage off-road: 70%

- Route distance: 49.0km
- Route altitude gain: 630m
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Wednesday 02nd December 2026 North East

Today we explore the oldest and greenest part of the island: the north east. Gradually dropping down to Tinache, we continue to Tabayesco, before an ascent to Haria for lunch. The afternoon starts with another climb up through some hairpin bends to the highest point on the island, with some stunning viewing points. We then drop down the beautiful town of Teguisse before heading home.

Amount of off-road: 80%

- Route distance: 55.0km
- Route altitude gain: 1030m
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Thursday 03rd December 2026 Rest day

If there is interest, I will organise a walk: probably to Caldera Blanca which is, in my opinion, one of the best hikes on the island. There is also the possibility of visiting some local caves. Otherwise, I leave you to your own devices: Timanfaya is not too far away, or

you could take a surf lesson at Famara beach, head to the local micro-brewery, go for wine tasting, or of course you could just laze by the pool..

- No cycling
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Friday 04th December 2026 South West

A couple of kms from the guest house we pick up the Canary Islands long distance footpath (GR131) for around 12km, through La Geria, the main wine growing area on the island. Passing through the town of Uga, we drop down to the seaside village of Playa Quemada for lunch. Heading inland, we will stop off at some interesting canyons on the way home. Percentage off-road: 50%

- Route distance: 44.0km
- Route altitude gain: 910m
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Saturday 05th December 2026 North East Again

Once again heading out through Teguise before picking up a different part of the GR131 path up to the radar station. We then descend to the infamous Lanzarote dam before dropping down further to Mala for lunch. Meandering back we pass through Nazaret and then home. Percentage off-road: 80%

- Route distance: 51.0km
- Route altitude gain: 1050m
- Accommodation: Guesthouse near Mozaga
- Meals: (B, D)

Sunday 06th December 2026 Final Day

There are no plans as such for the last day, other than packing up and vacating rooms by 10am, though it may be possible to stay later, tbc. Taxis to the airport can be easily arranged. If anyone has the whole day still on the island, there may well be the option of an extra day's organised riding, again tbc.

- No cycling
- Accommodation: n/a
- Meals: (B)

Dates and Prices

Cost

- Land only price: £800

Payment Schedule

Deposit to be paid on booking, final payment by 01-Oct-2026

Price includes:

- Breakfasts
- Evening meals

Price does not include:

- Lunch
- Admittance to unplanned attractions
- Alcohol
- Flights
- Taxi/transfer costs
- Bike hire
- Single room supplement - £350 extra

Cancellations

Written Notice Received	Cancellation Charge
Before 01-Oct-2026	£200 (deposit)
01-Oct-2026 and thereafter	Full amount paid

The price of £800 (land only) is based on a minimum number of 4 people taking part in the holiday. If there are insufficient bookings by Thursday 01st October 2026, we will contact you and return all monies paid.

Holiday Information

Grade and Area Covered by the Holiday

As per the Bikexplore 'Grades of holiday' page (<https://bikexplore.co.uk/Articles-of-Interest/About-our-holidays/Grades-of-Holiday>), this holiday is classed as 6 ('Energetic').

The off-road grade is 2, touching on 3 occasionally, though these parts are avoidable and/or walkable.

From our base in the centre of the island, we will explore much of it.



Travel and Communication

The tour starts and finishes at the guest house near the town of Mozaga. Check in is from 3pm. Check out is 11am.

Travel to the start and from the finish is not included in this holiday, though I will find out our arrival and departure times at Lanzarote Airport and facilitate taxi sharing, which is around 20 euros each way.

It is very important that you note that neither your Tour Organiser nor Bikexplore are responsible for you in any way until the appointed time at the designated meeting point. Should you fail to arrive at the appointed time for whatever reason, we will not be responsible for any additional expenses you may incur in order to meet up with the tour group. Before finalising travel arrangements, you should ensure that the tour is definitely going ahead.

Should there be insufficient bookings or pandemic travel restrictions are re-imposed, we reserve the right to cancel the tour at any time. It is therefore recommended that you book fully flexible and refundable transport and accommodation or wait until you have been told the tour will go ahead. In the event of the tour being cancelled we will not be responsible for any losses incurred outside what you pay us.

We will use WhatsApp to communicate details like café stops, meal arrangements, places of interest and any emergencies on route. Ideally everyone will bring a smart phone and be happy to be included in the group. If you are unable to join the WhatsApp group I can only communicate with you in an emergency.

Accommodation

The maximum number of participants will be 10 including the Tour Manager.

We will stay in a guest house maintained to a high standard, near the small town of Mozaga in the centre of the island. It includes a large atrium with seating, most of the rooms being off it. There is a lounge / yoga room leading out to the swimming pool with more seating and an with an outdoor dining area, which is next to the communal kitchen/diner. Note that pool is not heated so can be a little on the cold side at this time of year, but is generally OK.

There are 5 double rooms, some of which are on-suite. Some of these are, or have the option to be twins. Anyone booking single occupancy should note that it may not be en suite.

If enough people would like single occupancy, we may also rent a small apartment on the other site of the (quiet) road which has a double room and double sofa bed.

Rooms will be allocated on a first come, first serve basis. If you are a single person and wish to not share a twin room, please indicate this on the booking form and pay the supplement.

Prices are based on two people sharing a room.



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When booking with a partner, the default position is to supply a double bed. However if you would prefer to sleep in twin beds please tell the Tour Manager and we will do our best to provide this.

Assuming that the tour is fully booked then we will take over the place for the week. Our hosts are really nice and speak fluent English. They live on site and you will no doubt see them around, they may join us for dinner at some point.

There is good WIFI throughout the accommodation.

Meals, Health and Diet

Meals

Breakfast and Dinner are provided. I will get a big supermarket delivery at the start of the holiday to cover these, then top up from a local shop (about a mile away) as required. A limited amount of beer and wine will be supplied, but if/when this runs out, you will be expected to buy your own.

Breakfast

Breakfast will be cereal and/or fruit based. Let me know what you like and (within reason!) I will get it if I can.

Lunch

We'll get lunch on the road. This will be in cafes and bakeries where available, otherwise restaurants. Lunches are not covered in the price of the tour. Please ensure you have access to sufficient monies to cover these.

Dinner

I am planning to have communal dinners, cooked by ourselves. Exceptions to this will be on the first day, when we will likely get takeaway pizza, and one other day when we will go to a local restaurant, both of which are covered in the price of the tour. However, if anyone would like to opt out of this on any (or even all) days, that is fine.

Although I am happy to prepare evening meals, I would appreciate volunteers to help and hopefully take charge on some days.

Snacks and drinks whilst cycling

We will frequently be travelling through rural areas and will stop at cafes during the rides whenever possible, but you should buy and carry sufficient snacks and drink in case of emergencies.

Health

Please remember to pack any medications that you need to take regularly.



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Please check the current Foreign Office advice for Spain: <https://www.gov.uk/foreign-travel-advice/spain/health>

Diet

Check that you have informed the Tour Organiser of any dietary requirements in your Booking Form.

Cycles and Equipment

You are of course welcome to bring your own bike, but personally I always hire as it is convenient and (depending on your choice of bike) cheaper than paying Ryanair. Bike hire is not included in the price of the holiday.

If you do want to hire and you want me to take care of it for you, please select one form <https://www.bikesensations.com/en/lanzarote/our-bicycles/> and let me know what you want. I have used them many times and they are decent bikes, but the main benefit that that they are one of the few bike hire places who will deliver. Personally, I will ride a hardtail MTB: I find them more comfortable, with better handling off-road, not to mention they are cheaper! But by all means take a Gravel bike if you prefer. If you want to use an E-bike, that's completely fine.

If you hire and you want to bring e.g. saddle or peddles, that's fine, though Bike Sensations can provide most pedal types. Personally I will use flats as I like being able to put my foot down fast when off-road!

Helmets are mandatory, bring one or hire as you like.

Every hire bike comes with a pump, tyre levels, a spare tube and a lock. I will have a puncture repair kit and some basic tools. If you do bring any tools, I would recommend ones that you are prepared too lose - I lost my favourite multitool to Customs a year or two back :(

Lights are recommended - it is unlikely we will need them, but better to be safe than sorry.

You will need at least 1 water bottle. Most of the hire bikes (except the E-Bikes) come with 2 cages.

It is recommended that you bring a small bag that can strap on to the bike for e.g. waterproof, snacks etc. However, I will have a big-ish day bag and can likely carry your things, but please agree with me before booking.

If you do hire from Bike Sensations, they provide a fix/pick up service in the event of serious mechanical failure.

Rides, Rest Days and Fitness

The holiday is for 6 days and has 1 rest day.



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It is centre-based with led rides available each day, on 5 days. Having said that, if you wish to take extra day(s) off or just cycle for the morning, that's fine, though you will likely have to navigate yourself back to the guest house.

Most days will aim to leave at 9am after breakfast, to arrive back by 5pm.

I've tried to plot routes that will take us off road most of the time, but there is always a compromise to be made. Off-road will mainly be double track and gravelly, but there will be a fair amount of single track too. Each day has my guestimate of the proportion off-road. Where we do use roads, most of the roads are minor and used by rural/tourist traffic. We may need to use some busier roads at times, but avoid them as much as possible. For sure there will be some hilly in parts! However nothing too steep, but there will be some long climbs.

Most of each cycling day will be spent cycling. People will be expected to ride at their own pace and often in loose groups, at around 8-10 mph on the flat, slower up hills or on bumpy surfaces, usually meeting up at convenient places, such as the top of hills or cafes for lunch and refreshment breaks. You will be notified of those available or recommended refreshment stops each day.

It is expected that you may want to stop for photographs, look at the view or explore, this is okay. You are on holiday.

It is essential to get out on your bike and do some comparable rides before the tour starts.

I try to avoid steep descents - if there are any, I will give warning and there will be the option to walk.

Please note it may not always be possible to follow the itinerary exactly due to road works or weather etc, as things do not always go as planned. In these circumstances, you will be advised of alternative arrangements.

The Tour Organiser will not always be at the front of the group but may be anywhere within it, as circumstances require, so you will need to be aware of the route and likely stopping places each day.

Weather, Clothing and Culture

Firstly, please note that Lanzarote can be windy. Wind speeds of 15 mph or more are not uncommon. This can be annoying if you are fighting against it, uphill at the end of the day.

Lightweight clothing, suitable for a range of temperatures is needed. Warmer clothing (i.e. what you likely be wearing when you leave the UK!) is likely to be needed for the evenings.

A lightweight waterproof jacket should be brought.



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Sun cream, lip balm and sun glasses are recommended along with insect repellent and bite cream. Note that there is a range of toiletries and sun creams in the guest house which you are free to use.

The temperature in November is likely to be between 18 and 23 degrees. Rain is certainly possible, perhaps on one or two days, but if it does come there is unlikely to be much.

The weather can be variable, with a possibility of both heat waves and cold, wet weather, so be prepared for all possibilities including storms - please check the forecast a few days before and pack accordingly!

The best protection from the sun is to cover up. Daytime temperatures are likely to be cooler in the hills - and there should be little or no rain (best to bring a light rain jacket just in case). You may need a windproof/thermal for evenings and for early morning descents from hill stations as it can feel cool.

Culture – please check current Foreign Office advice for Spain:

<https://www.gov.uk/foreign-travel-advice/spain/safety-and-security>

Maps and Guides

A .gpx of each day's route will be provided before the start of the tour.

It is recommended that you have your own means of navigating in case you do need to cycle on your own for any reason. For paper maps, I like this one (other outlets are available):

https://www.amazon.co.uk/Lanzarote-Tour-Trail-Map-6th-dp-1782750878/dp/1782750878/ref=dp_ob_title_bk

Travel Insurance and Vaccinations

For UK nationals traveling abroad, travel insurance is essential. Please check if your insurer has requirements for cyclists eg wearing a helmet.

Current Covid and Influenza vaccinations are recommended for participants of 75 years of age and over and those deemed medically vulnerable.

See <https://www.gov.uk/foreign-travel-advice/spain/health> for vaccine recommendations and health risks.

Passport, Visa and Money

UK citizens must hold a passport that is still valid for at least three months at the end of the tour.

Holders of non-UK passports are advised to check whether they require a visa.

You can visit Spain without a visa for up to 90 days in a 180-day period, for tourism or business.





At the time of writing, it looks like ETIAS won't come in until end 2026: https://travel-europe.europa.eu/etias_en

The local currency is the euro. Please bring enough to cover your bike hire (if hiring from Bike Sensations) + 100 euros for where card payment might not be available.

Note that ATMs can be (in fact, in my experience are always) expensive. I recommend bringing a visa/mastercard and using that whenever possible. Personally I have a Postoffice card that I can top up with euros easily from a phone app.

Tour Organiser Contact Details

John Upton

Email : jupton100@gmail.com

Mobile: To be supplied before the start of the tour.

I have been leading for Bikexplore for the last 3 years.

<https://bikexplore.co.uk/About-us/John-Upton>

