



**IN THE FOOTSTEPS OF THE
TRANSGRANCANARIA**

Canary Islands



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1. Introduction

The Transgran Canaria is one of the most famous competitions in the world calendar of Trail running. The route crosses the island of Gran Canaria through the most beautiful mountain and coast landscapes. The itinerary makes a circle around the island along 262km, has a total elevation gain of 11.000 metres, and the harshness of the race has made it worth of being a classificatory event for the Ultra Trail de Mont Blanc. From 2003 more than 3.700 athletes from 66 different countries have participated in this great reference for the trail running at international level. Some of them as important as Emelie Forsberg, Zigor Iturrieta, Lizzy Hawker, Sebastien Chaigneau, Ryan Sandes, Pay Capell, Monica Aguilera...

Palm groves, mountains, gullies, summits, beaches, forests, volcanic formations... We have divided the race in two halves that can be done separated or combine them together. This trip will go from the centre to the south and to the north and will allow us not only to wear out our shoe soles in good part of the settings of the race, but to also combine it with visits to natural sites and must see tourist attractions, like Roque Nublo Natural Monument, Tirajana Caldera, Puerto Mogán and some of the most spectacular beaches of the island. And, of course, we will have time to relax at the beach and to enjoy the unique and delicious local gastronomy...do you fancy it?

2. Basic information

Destination: Gran Canaria. Canary Islands

Activity: Trail running.

Difficulty: ***.

Length: 7 days

Season: All year round.

Minimum-maximum group: 3-10 people.

2.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms
*	Up to 600 m	Up to 16 km
**	Up to 1200 m	Up to 23 km
***	Up to 1400 m	Over. 23 km

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

Type of terrain

* Good conditioned forest tracks and trails

** Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.

*** Bumpy, stone loose tracks, including off trails

3. Programme

3.1 Programme outline

Day 1. Arrival to Gran Canaria.

Day 2. Roque Nublo – Chira reservoir.

Distance 21.76 km Ascent +969 m -1.784 m

Day 3. Chira reservoir – Puerto Mogán

Distance 30.79 km Ascent +949 m -1.822 m

Day 4. Puerto Mogán – San Nicolás

Distance 34.56 km Ascent +1.292 m -1.046 m

Day 5. San Nicolás - Artenara

Distance 30.43 km Ascent +1.665 m -731 m

Day 6. Artenara – Agaete

Distance 22.30 km Ascent +739 m -1.909 m

Day 7. Return flight.

3.2 Detailed programme

Day 1. Arrival to Gran Canaria.

Reception of participants and transfer to the accommodation. Depending on the time of arrival we will include a cultural visit.

Day 2. Roque Nublo – Chira reservoir.

We start running from **Roque Nublo**, the remains of the plug of a great volcano and the most iconic image of the island of **Gran Canaria**. The views are truly astounding from the foot of Roque Nublo, deep ravines and mountain views .

From Roque Nublo we will descend south towards Hoya de la Vieja, where we will take a path that goes below Ayacata to reach Candelilla. We will join a forest track that will take us along impressive volcanic formations and through a wonderful **Canarian pine forest**. We will keep our way down through gullies where we will see the traditional **cave houses** which are still to be found in Gran Canaria. The journey finishes at Chira Reservoir, a nice sight to relax after this first day of running.

Distance 21.76 km Ascent +969 m -1.784 m

Night in Sant Bartolomé de Tirajana.

Day 3. Chira reservoir – Puerto Mogán

The journey starts with a strong descent of 650 m that we will save going through the Barranco de Chira. We will have to pay attention to our steps as there are many big blocks of rocks and it is pathless. We are in one of the oldest parts of the island and the numerous ravines create a landscape of great beauty. From the bottom of the gully we will go up to **Llano de Cortadores** and then we will go across a series of steep ups and downs until we reach the last and gentle slope to **Puerto Mogán**.

Set at the tip of the Mogan Valley, on the foot of a rocky outcrop looking out to sea, Puerto Mogan is based around a pretty yacht-filled marina. The old town is a cluster of quaint, typically Mediterranean houses and whitewashed cottages.

Distance 30.79 km Ascent +949 m -1.822 m

Night in Puerto Mogán.

Day 4. Puerto Mogán – San Nicolás

Today we have ahead of us the longest leg but also one of the most rewarding in a variety of landscapes. We leave Puerto Mogán running NW direction for 9 km to reach **Veneguera Beach**. Now we have a tricky kilometre on the top of the cliff to reach the **Tasarte Beach**. Look out for mangoes as this is the first place mangoes were planted, in the early 19th century, after they were introduced from Cuba by emigrant

Matías Sarmiento. We will go up the gully until we get to the village of Tasarte. From here we just need to get down through the path that goes around Montaña de Hogarzales to reach Artejevez and **San Nicolás**.

Distance 34.56 km Ascent +1.292 m -1.046 m

Night in San Nicolás.

Day 5. San Nicolás – Artenara

Today we will start crossing **Barranco de La Aldea** to start gaining height in the first place through Castañeta and then through Cuesta del Pino. From here we start the long way up running across the green slopes and following well signposted paths that lead to the towering mountains of the centre of the island. The finish line will be in the village of Artenara, which is integrated in the **Tamadaba Natural Park**, a woodland area with great botanical variety and of great scenic interest.

Distance 30.43 km Ascent +1.665 m -731 m

Night in Artenara/ Tejeda

Day 6. Artenara – Agaete

We will get ready for the last push and start running leaving **Artenara** passing by La Virgen de la Cueva. We will go up on the eastern slope of Montaña de Cabrera and we will descend from it on the western slope to reach Lomo de Bajalobo. Now we will face a steep descent to Lugarejos Dam. From here we will climb again around 400 metres through the **Tamadaba Pine Forest**, the natural area of greatest value of the island. From here, our final destination will be awaiting us at the end of the precipitous way down to **Puerto de las Nieves**.

Distance 22.30 km Ascent +739 m -1.909 m

Night in Agaete.

Day 7. Return flight.

4. More information

Price. Consult.

4.1 Included

- Muntania guide and trail runner for the whole trip.
- 6 nights of hotel or B&B with breakfast included.
- Accident insurance.
- Trip management.

4.2 Not included

- Flights (Muntania offers this service for an additional cost of 20€)
- Meals

- Any changes that may occur during the trip due to any incidents (meteorology, etc.) and that involve a higher expenditure than the budget of the client and the guide.

4.3 Packing list

It is important to carry a light backpack, so it is recommended to carry just the essential clothes and equipment. If you do not have all the equipment you can rent it, please consult us.

- Trail running backpack.
- Trail running shoes.
- Technical clothes:
 - Performance socks.
 - Shorts or tights.
 - Thermal t-shirt (base layer). A spare one.
 - Fleece jacket or similar (second layer).
 - Waterproof jacket (third layer).
 - Light gloves.
 - Sun cap.
- Sunglasses.
- Trail running poles (optional).
- Head torch
- Water bottle or camelback
- Sunscreen and SPF lip balm
- Camera

4.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to inform about the meeting point and time along with the guide contact details. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

In case you wish us to handle your plane tickets, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, price and details will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case there is any problem with the checked luggage.

Backpack

It is very important to bring just the essential material and clothing to run at ease. You would not need to take food supplies and clothing can be hand-wash daily.

Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

4.5 Links of interest

- <https://www.transgrancanaria.net/>

4.6 Similar trips

- Trail running in Carros de Fuego. Pyrenees.

4.7 Highlights

- One of the most famous competitions in the world calendar of Trail Running.

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- Spectacular landscapes.
- Very varied scenery.

5. Contact

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