



**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 north to the south 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 Maspalomas, Puerto de las Nieves, Caldera de los Marteles, Teror and Playa del Inglés. 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

Night in Agaete

Day 2. Agaete – Guía

Distance 19.90 km Ascent +820 m -679 m

Night in Gáldar.

Day 3. Guía - Arucas

Distance 20.20 km Ascent +845 m -776 m

Night in Arucas.

Day 4. Arucas – St Brígida

Distance 20.70 km Ascent +1.058 m -199 m

Night in a rural hotel in St Brígida's surroundings.

Day 5. St Brígida – Valsequillo – St Lucía

Distance 28.60 km Ascent +1.855 m -1.559 m

Night in Santa Lucía.

Day 6. St Lucía - Maspalomas

Distance 32.80 km Ascent +817 m -1.600 m

Night in Maspalomas.

Day 7. Return flight.

3.2 Detailed programme

Day 1. Arrival to Gran Canaria.

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

Night in Agaete.

Day 2. Agaete – Guía

We will start this challenging trip in **Puerto de las Nieves**, the island's principal port until the 19th century. The port has a tangible fishing-village feel and the mountainous setting is lovely. The port is well known for its excellent seafood restaurants and fills up with locals on weekends.

The run starts going along the coast passing by Las Moriscas Cave and Juncal beach. From there we will go up to Lomo del Cardenal where we will find the archaeological site of La Botija. Once again, we descend to the coast to Lagarto Beach and before we finish, we must climb 200 m to reach the top of Montaña de Amagro to then descend to **Guía**.

Distance 19.90 km Ascent +820 m -679 m

Night in Gáldar.

Day 3. Guía - Arucas

Today, we will be running mainly along the north coast of the island. From Guía, we will go towards the coast until we reach the Camino Real de Silva or La Cuesta de Silva, this was the Camino Real (Royal Route) that connected Gáldar and Guía with Las Palmas de Gran Canaria. We will go back down again to the coast in San Felipe and after 3 km we will go up following the Camino de Lomo Blanco, running under an architectural jewel of the heritage of Gran Canaria, the aqueduct of Las Canales. We will start now gaining height, crossing a few ravines until we reach the final destination for today, Arucas.

The city centre of **Arucas** was declared a site of historic-artistic interest so it is worth to go for a stroll once we have recovered some energies.

Distance 20.20 km Ascent +845 m -776 m

Night in Arucas.

Day 4. Arucas – St Brígida

Today we will leave the north coast to go into the interior of the island. From Arucas we take a south direction to arrive at the village of **Teror**. In this charming village it is possible to view the typical balconies of the Canary Islands architecture that adorn a large part of the municipality. From Teror we take the path towards Cruz de Tejeda and soon we change to the path leading to El Álamo until we reach El Faro at 820 m high. We go down near Caldera de Pino Santo to reach Barranco de Alonso. Here we can see the **Drago de Hoya Bravo** or **Drago de Pino Santo**. The Drago is situated on a crag and it is about 220 years old. It is considered to be one of the most beautiful dragos of the islands. We won't have long to go through the beautiful landscapes of the **Pino Santo Natural Area** to reach Santa Brígida.

Distance 20.70 km Ascent +1.058 m -199 m

Night in a rural hotel in St Brígida's surroundings.

Day 5. St Brígida – Valsequillo – St Lucía

Today we will continue our way to the south reaching **Valsequillo** after crossing several ravines. From here we carry on running south first through a forest track and later we will follow the Camino de los Alfaques, a path that it is said to have as many turns as days in a year. We will reach Alto del Espigón and then we will descend to the Caldera de los Marteles.

La **Caldera de Los Marteles** is a recent volcanic structure, and is of freatomagmatic origin. With a depth of some 80 m and a diameter of approximately 550 m, it is the result of an explosive eruption in which lava came into contact with the island's aquifer waters. From here it is all downhill through a zigzagging forest track to finally arrive at Santa Lucía.

Distance 28.60 km Ascent +1.855 m -1.559 m

Night in Santa Lucía.

Day 6. St Lucía – Maspalomas

We will use the last of our strength to finally reach the south coast. With the finishing line in mind we will start by descending to Tirajana gully. Once we have crossed it, we will have a long way up to Puntón del Navarro and Pajarcillo, in which summit we will find an almogarén, an ancient religious construction. From here, we will use different gullies and ravines to finally meet the ocean at Las Burras beach. From here **Playa del Inglés**, las Dunas and at the end the **Lighthouse of Maspalomas**. 10 kilometres of sand by the ocean will be more than enough to look back and value what we have achieved in the last few days.

The vast dunes, extending inland from the coast, hosts a plethora of endemic species. A stunning sunset is in store to leave us with the best aftertaste.

Distance 32.80 km Ascent +817 m -1.600 m

Night in Maspalomas.

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 Highlights

- One of the most famous competitions in the world calendar of Trail Running.
- Spectacular landscapes.
- Very varied scenery.

5. Contact

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