



GranFondo Coaching Camp
Gran Canaria and Tenerife
27 Jan – 3 Feb 2023



Welcome!



The Alpine Cols difference:

- A real expertise and focus on one-on-one coaching for performance.
- A community of like-minded people, passionate about cycling and good living!

**BOOK
NOW**

Together with coach **Silas** and our partners **Marcos** and **Alberto** from Tenerife Bike Training, **Marvin** and **Emmanuelle** are looking forward to a wonderful week's cycling with you, having fun while we learn and train together.

The Canary Islands are truly an incredible destination for cycling. The quality of the roads is excellent, and with the amazing El Teide volcano on Tenerife – the highest and longest continuous climb in Europe - and the numerous beautiful valleys leading to the stunning Pico de las Nieves on Gran Canaria, it's not surprising the pro teams continue to do much of their winter training there.

After running this camp just on Tenerife for the past 6 years, we have completely renewed the routes, now including three days on Gran Canaria and changing the rides on Tenerife as well. We have of course kept the workshops and one-on-one coaching sessions with a strong focus on technique to help you improve your performance.

The off-the-bike activities provide a focus for the following day as well as during the later build-up to your key events. There are optional daily massages to help recovery during the camp.

Our goal is that you have a wonderful time and leave us fitter, but also more efficient, with better technique and with a clear picture of what you need to work on in the coming months. More than that, we hope you become friends who will come back again and again - as is already the case for many of you!

Marvin & Emmanuelle



The incredible Mount Teide



Is this coaching camp for you?

YES: if you want to **learn to cycle faster**, especially for events like the **Haute Route**, the **Marmotte** or the **Etape du Tour**.

YES: if you want to **make friends** and **have fun** with **other like-minded people**.

YES: if you want to **experience the authentic charm of the Canary Islands**, well away from the main tourist centres.

NO: *if you are essentially a leisure rider with no particular interest in riding faster.*

NO: *if you prefer the lifestyle associated with large hotels and easy access to bars, nightclubs etc.*

Coaching Camp Highlights

On the bike

- The roads in the Canary Islands are generally in excellent condition and the weather much warmer than elsewhere in Europe in February.
- The rides are appropriate for the time of year, including a mix of both short and long climbs and descents at different gradients.
- The pace is at an easy, base-miles endurance level. Different groups will form so that you ride with people at your own level.
- You can always ride harder if you wish, and the coaches will help you define your own training camp objectives and daily pace.
- The coach to rider ratio is 1:5 or better, ensuring that you will have plenty of one-on-one coaching.
- There is a strong focus on technique with plentiful use of video for analysis and feedback.

Off the bike

- Recovery is the first priority, with a post-ride buffet lunch back at the hotel followed by optional stretching sessions, massage and/or use of electro-stimulation.
- Daily debrief with a coach looking at your ride file and power data.
- Evening sessions on:
 - Climbing powerfully and efficiently
 - Descending fast and safely
 - Using power meter data to improve your performance
 - Training for your target event
 - Eating and drinking for performance
 - Competing at the Haute Route and other mountain sportives
- Time to relax in wonderful, authentic surroundings. Enjoy a coffee and pastry in one of the numerous local cafés.



How fast are the rides?

You may be asking yourself, “*will I be able to keep up with these guys?*” This is a perfectly normal question: nobody wants to be left behind or to feel they are always holding the group back!

The answer is that *so long as you are comfortable riding the daily distances and especially the elevation you will experience on the camp*, you will be fine. This is not a beginners’ camp, but neither is it for Elite athletes. The average age of our guests is ~55, with many in their late 50’s or early 60’s. Typically 30-40% are women.

We use a number of techniques to support riders of different levels:

- The group of ~10 riders typically splits into two or three smaller groups by level.
- Each group is supported by a coach at all times.
- The faster riders will often ride extra distance or do more climbing.
- The faster riders may start later.

[VIDEO](#)

Rest assured that we have long experience of supporting mixed groups in the mountains. We treat everybody the same way, regardless of whether you are the fastest or the slowest.

Everybody climbs at their own pace, and we judge the timings so that the group comes together at the feeding stations and for coffee stops.

If you have any concerns about your ability to fit in, please contact Marvin at info@alpinecols.com

Your coaching team



Silas Cullen

Silas is an ex-international triathlete from New Zealand, where he was also runner-up in the Road Cycling Championships in 2012 and 5th in the UCI Tour of Wellington. He has a degree in Sports Science and has been coaching full-time for over 20 years.

Silas lives near Annecy with his wife and two young children.



Marvin Faure

Marvin started cycling 25 years ago after practicing many other sports, including rugby, sailing, snow-boarding and water-skiing. Competitive by nature he has participated in dozens of mountain sportives and Granfondos. He is qualified as a Level 3 coach by British Cycling.

Marvin lives near Geneva with Emmanuelle. Their two children are now adults.



Emmanuelle Faure

Emmanuelle began her sporting career as a swimmer, where she reached national level in France. She began cycling 20 years ago and has often been on the podium at alpine sportives (winning her category at the Haute Route Alps). She is qualified as a coach by British Cycling.

Emmanuelle lives near Geneva and teaches at the Hotel School in Lausanne (EHL).

Cycling programme

Date	Alpine Cols programme	Timings	Logistics	Major climbs	Distance / vert.
Sat	Arrival day Set up bikes; briefing for the week		Arrive in Gran Canaria ; transfer to Maspalomas	-	N.B. Dist./vert. given for the main group. The fast group may do more.
Sun	Day 1 Coaching focus: descending.	9h 13h-14h	Depart Maspalomas Lunch in Puerto de Mogán Return to Maspalomas by minibus	Soria - Tauro	64km / 1,270m+
Mon	Day 2 Coaching focus: climbing	9h 13h-14h	Depart Maspalomas Return to Maspalomas by minibus from Sardina after lunch (option to ride +20km)	Santa Lucia di Tirajana Temisas Guayadeque	80km / 1,970m+
Tues	Day 3 Coaching focus: pacing	08h30 15h-16h	Depart Maspalomas Lunch en route Arrive in Agaete	Pico de las Nieves	100km / 2,800m+
Wed	Day 4 Coaching focus: riding in a group	8h 13h-14h	Depart Agaete: ferry to Santa Cruz Minibus to Guimar, lunch upon arrival at hotel Senderos di Abona (Granadilla)	Rolling hills	62km / 1,350m+
Thu	Day 5 Coaching focus: nutrition	09h 14h-15h	Depart Granadilla Lunch upon return to the hotel	Vilaflor and the southern slopes of Teide	66km / 1,770m+
Fri	Day 6 Coaching focus: long climbs	09h 14h 16h	Depart Granadilla Paella lunch at the country house of Alberto & Marcos's Mama Return to Granadilla (by minibus)	Up and over Mt Teide from south to north	76km / 2,030m+
Sat	Departure day	tbc	Depart to the airport		

450 km | 11,200m+ | 6-8 major climbs
(More if you wish!)

Saturday: Gran Canaria

Focus: Getting ready

You will be picked up at the airport in Gran Canaria (LPA) and taken to the hotel in Maspalomas*.

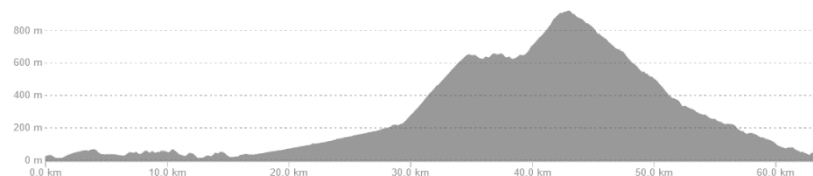
Depending on your arrival time, you may wish to have a late lunch in the town or set up your bike immediately and go for a short check-out ride.

The camp begins with a welcome drink and briefing at 18:30, followed by dinner in the hotel with the coaches and other riders.

** Please let us know if you would like to arrive early and need extra nights at the hotel.*

Sunday: Gran Canaria

Distance: 64km
Elevation: 1,270m+
Ride time: 3-4 hours
Focus: Descending



We begin the week with a warm-up ride on the flat for 15km along the coast before turning inland at Arguineguín and starting a long gentle climb up the Soria valley.

The gradient changes sharply after Las Filipinas, and we gain height rapidly over the next 5km at 7-8%. We will stop for a coffee in Soria, before continuing up another 3.5km to go over the pass at 920m.

The final part of the ride is a 20km descent to Puerto de Mogán. We will hold the **descending clinic** in a perfect set of hairpin bends shortly after the highest point.

Lunch will be in a delightful seafood restaurant in Puerto de Mogán. Due to the collapse of the coast road, the ride will end there and we will return to Maspalomas by minibus.

If anyone is feeling particularly strong, we can ride back with you by the route we came on (adding 59km and 1000m+)

The Alpine Cols descending clinic

Descending is a crucial skill to master if you are going to race in the mountains. Our goal throughout the camp, but especially during the descending clinic on Day 1, is to help you make a big improvement in your ability to descend fast and safely.

The descending clinic takes place on a quiet road where there are six hairpin bends in rapid succession.

Once we get there, each rider will have the opportunity to descend multiple times with a coach following close behind and taking video.

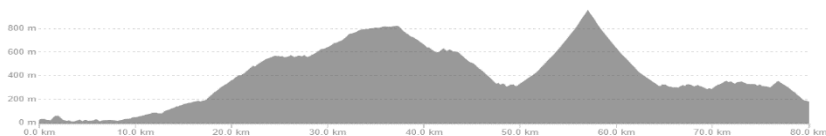
We will provide immediate feedback at the end of each descent, and the videos will allow you to see your own technique and how you improve throughout the week.





Monday: Gran Canaria

Distance: 80km **Elevation:** 1,970m+
Ride time: 4-5 hours **Focus:** Climbing



Monday's route has plenty of options: we can make it shorter, longer or even 2 different routes if needed. The key focus today is improving your climbing skills, on varied gradients.

The first climb is up to Santa Lucia de Tirajana, where we turn right and head to Temisas and a nice descent.

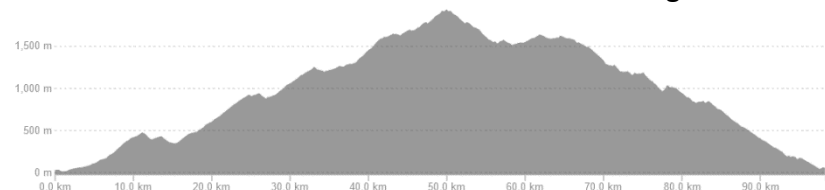
The main climb of the day is the Guayadeque Valley, a lovely dead-end road with almost no traffic and which finishes in a tiny village.

We will have lunch in a charming local restaurant at the top where they serve excellent Canarian food.

After lunch, we cycle mostly downhill until we reach the main roads, at which point we will use the minibus to transfer back to the hotel. If anyone wants to continue, we can also cycle the final 20km.

Tuesday: Gran Canaria

Distance: 100km **Elevation:** 2,800m+
Ride time: 6-7 hours **Focus:** Pacing



This is our final ride on Gran Canaria and the Queen stage of the week. We will cycle right across the island from south to north, reaching the highest point at Pico de las Nieves. The climb is very long, irregular and includes several short descents, but the gradient rarely exceeds 7-8%.

The peak is at 1,949m, after 50km of cycling. Throughout the long climb, we will be paying close attention to your pacing to ensure you stay in the right intensity zone.

If this climb is a bit too long for your current level of fitness, you can cut out the last 4km, or even get a lift in the van for part of the way.

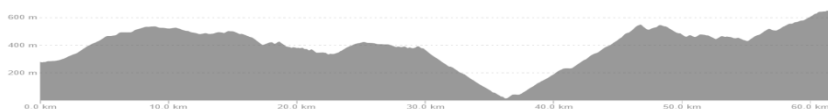
Lunch will be at a local restaurant in the descent.

The new hotel is in Agaete, convenient for the ferry.



Wednesday: Tenerife

Distance: 62km **Elevation:** 1,350m+
Ride time: 4 hours **Focus:** Riding in a group



We begin the day with breakfast during the short crossing from Gran Canaria to Tenerife on the 8am ferry, and should be ready to start riding on Tenerife soon after 10am.

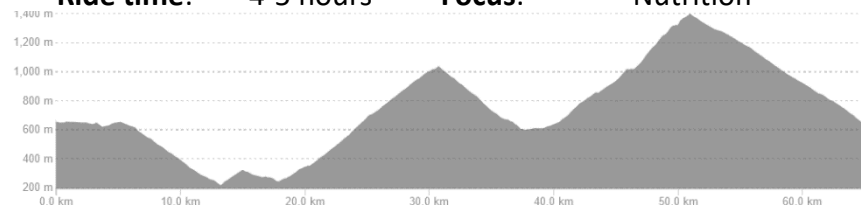
The ride includes about 50km of rolling hills along the stunning TF-28 with its sea views, including an optional 15km excursion down to sea level for a coffee stop. It is easy to add distance if you wish to ride more – or vice versa.

The route is an excellent opportunity to practice group riding and cornering skills and is a huge favourite with all our guests.

Your luggage will be transferred to the hotel in Granadilla and will be ready and waiting for you when you arrive for lunch.

Thursday: Tenerife

Distance: 66km **Elevation:** 1,770m+
Ride time: 4-5 hours **Focus:** Nutrition



Today's ride will showcase the best part of southern Tenerife: the roads leading to Vilaflor (and on up to the Teide volcano).

There are **multiple options to choose** in terms of distance and climbing, and we will split the group in two or even three if necessary to ensure everyone rides the route they want.

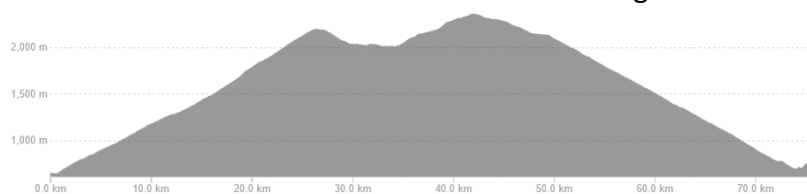
The coaching focus is specifically on nutrition for long rides, as well as putting together all the other skills. There will be plenty of opportunities to practice and get feedback on your climbing, descending and pacing skills.

Lunch will be back at the hotel. If you want to go swimming in the afternoon there's a 25m indoor pool nearby.



Friday: Tenerife

Distance: 76km **Elevation:** 2,030m+
Ride time: 5-6 hours **Focus:** Long climbs



Friday is for many the highlight of the week, as we head to the northern part of the island for a very special home-made Canary Islands Paella at Marcos and Alberto's family house.

But first, there's the little matter of a mountain to climb...

For the strongest riders, this is the chance to do the longest continuous climb in Europe: from sea-level to the lip of the Teide volcano. The total climb is 35km and 2,200m+.

The main group will start climbing directly from the hotel in Granadilla, skipping the first 650m from sea-level.

We will cross the volcano crater and go on to the highest point at 2,350m before descending down the northern side to our final destination.

The return to the hotel will be by minibus.

Saturday: Tenerife

Departure* day! If your flight is late enough, you may be able to fit in an early-morning spin.

For most, though, it will be an opportunity to enjoy a relaxed Canary Islands breakfast in the beautiful Hotel Rural Senderos de Abona before packing up and leaving for the airport.

**If you plan to stay on a few extra days and would like some help with hotels and logistics, please let us know.*

GRANFONDO COACHING CAMP

OFF-THE-BIKE PROGRAMME

Date	Time	Coach's Corner evening sessions
Sat	18h30	Intro, pacing & 1 st descending tips
Sun	18h30	Descending: fast and safe!
Mon	18h30	Climbing, pedalling technique
Tues	18h30	Training for your target event
Wed	18h30	Nutrition for performance
Thu	18h30	Mental strategies for long events
Fri	18h30	Tips for sportives and GranFondos.



Note:

Afternoon stretching sessions and all Coach's Corner evening sessions are led by Alpine Cols coaches. Massages are available by appointment only (expect €30-€40 for 30 minutes).



Stunning Gran Canaria

Photo by Tenerife Bike Training

Your hotels



Don Gregory
Maspalomas
(first three nights)

Senderos de Abona
Granadilla
(last three nights)

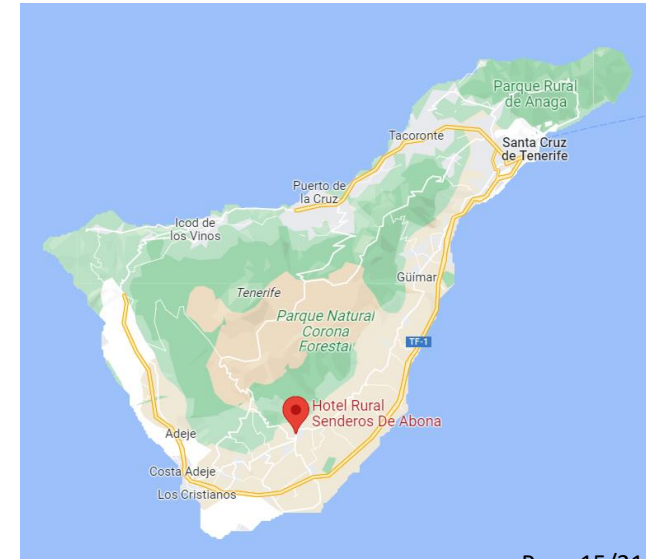
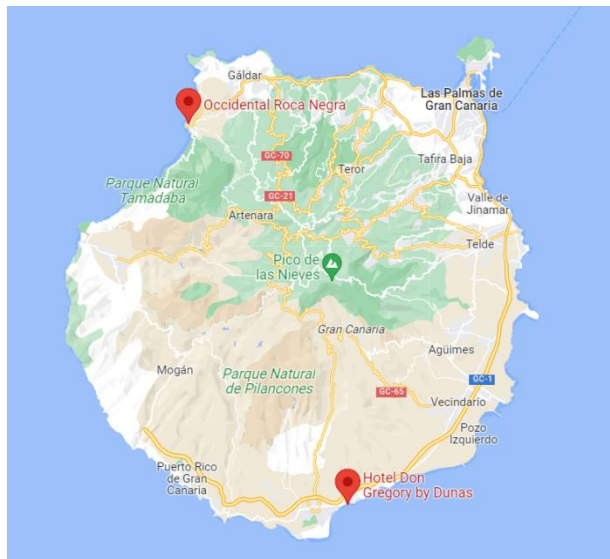


Roca Negra
Agate
(one night)



We will spend one night in the Roca Negra before taking the ferry to Tenerife. It is a tasteful 4*, adults-only hotel on the cliff with outstanding views and great swimming and spa facilities.

Our hotel on Tenerife is as different from the mass-market tourist hotels as possible. The small, family-run **Senderos de Abona**, where we go every year, is full of character, affording us the authentic Canary Islands experience and a warm welcome from the owners.





PACKAGE PRICES

From Sat 27 January to Sat 3 February 2024

- Twin-share: **€2,920**
- Single supplement: **€350**

5% “welcome back” discount for returnees

BOOK
NOW

ADDITIONAL NIGHTS

Please contact us for your personal quote if you would like to stay extra nights on either island.

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers on Gran Canaria and on Tenerife
- Ferry between the two islands
- Accommodation
- Meals (breakfast, lunch and dinner, including drinks with the meal)
- On-the-bike coaching
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Coach’s Corner evening sessions on cycling performance
- Photographs and videos taken during the week (digital copies)

WHAT IS NOT INCLUDED

- Travel to Gran Canaria (LPA) and from Tenerife (TFS)
- Bicycle hire (ask for a quote)
- Minibar or drinks at the hotel bar
- Coffee or snacks during café stops
- Massage (optional extra)

Practical matters

Airport transfers

- You will be met at the airport and taken to the hotel. Please make sure we have your flight details and let us know of any changes or delays.
- We will send you precise details for the pick-up by email. If you don't receive this email please call Marvin on +33 6 61 19 11 72 or Alberto on +34 6 53 39 57 75.

Weather

- The normal weather at this time of year is 20°-23°C at sea level, and mostly sunny. HOWEVER, rain is possible and it may be cooler. It will definitely be cooler on Pico de las Nieves and on Mount Teide where the maximum day temperatures are usually between 0° and 10°C.

Shops, currency and language

- Maspalomas is a large, modern, tourist-centred town on the coast. Granadilla is a delightful small, historic town with plenty of cafés, restaurants and small shops.
- The Canary Islands are part of Spain: the currency is the Euro and the language is Spanish.
- Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.

Staying over

- It would be a pity to arrive at the last minute and leave at the first opportunity: there is so much to see and do on these beautiful islands! If you would like to extend your trip, please let us know and we will suggest some options.



The beauty of Gran Canaria

Photo by Tenerife Bike Training

Tips before travel

Preparing your bike

- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 500km through the mountains so the bike needs a thorough check, including the bottom bracket, the head tube and the wheels as well as the obvious brakes, gears, cables and chain.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.
- Make sure you have appropriate gears. We recommend a compact chainset (50/34) and a cassette suitable for steep climbs (e.g. 11/32 or 11/34).
- The bike should have new tyres.

Travelling with your bike

- If you are new to travelling with your bike, give yourself plenty of time to pack it, preferably the day before travel.
- Follow the instructions of the bike box manufacturer carefully.
- Leave the CO2 cylinders at home (the airline won't accept them).
- Include any special tools required to re-assemble your bike.
- If you need help setting up your bike on arrival we will be happy to assist.

Insurance

Accident & illness

Please note that you must have insurance in place in order to cover the cost of assistance and repatriation in the event of accident or illness. The insurance must provide specific cover for cycling and should cover the following risks:

- medical expenses,
- personal accident,
- personal liability,
- emergency rescue,
- repatriation if you become too ill to travel,
- cancellation or curtailment of your holiday,
- travel delay,
- loss or delay to your baggage,
- loss or theft of personal effects and legal expenses.

If you are based in the UK, we suggest you contact one of the specialist cycling insurance firms.

Please make sure that your cover specifically includes the Canary Islands (part of Spain).

Cancellation

You should also take out cancellation insurance to cover the cost of your cycling holiday should you be forced to cancel for any reason. Cancellation charges will be applied on the following scale:

- | | |
|---|-----------------------------------|
| – More than 8 weeks prior to your holiday start date: | Deposit only |
| – 4-8 weeks prior to your holiday start date: | 50% of the total amount invoiced |
| – Less than 4 weeks prior to your holiday start date: | 100% of the total amount invoiced |

Suggested Kit List

ITEM	CHECK
Bike (unless hiring)	
Spare tyres & inner tubes (2 each)	
Spare brake pads	
Spare derailleur hanger	
Any special tools or spare parts	
Lights (front and back)	
Charger for electronic gears	
Heart rate chest strap	
Cycling computer & charger	
Mobile phone & charger, adaptor	
Cycling helmet	
Water bottles (2)	
Base layer short sleeve	
Base layer long sleeve	
Cycling jerseys short sleeve	
Cycling jerseys long sleeve	
Cycling shorts	
Cycling tights $\frac{3}{4}$ or long	

ITEM	CHECK
Cycling socks	
Cycling cap or balaclava	
Cycling gloves (summer)	
Cycling gloves (long, waterproof)	
Cycling gloves (long, winter)	
Arm warmers and leg warmers	
Warm waterproof jacket	
Lightweight rain jacket	
Windproof jacket	
Cycling sun glasses	
Cycling shoes (with spare cleats)	
Waterproof overshoes	
Chamois cream	
Sun cream	
Personal pharmacy	
Insurance	
Medical certificate	
Day bag (for the van)	



Alpine Cols SAS
631 chemin du Recredo
01220 Divonne-les-Bains, France
Tel (FR): +33 (0)450 200 772
www.alpinecols.com