



GranFondo Coaching Camp  
Tenerife and La Gomera  
31 Jan – 7 Feb 2026





# 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 - it's not surprising the pro teams continue to train here.

After running this camp on Tenerife and on Gran Canaria for the past 8 years, we have completely renewed the design again for 2026 and will be spending 3 days on the fabulous island of La Gomera. This is a true cyclist's paradise with wonderful, quiet roads, a superb hotel and stunning views across to Mt Teide on Tenerife. 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 Etape du Tour 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](mailto: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 5<sup>th</sup> 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	<b>Arrival day</b> Set up bikes; briefing for the week		Arrive on <b>Tenerife</b> ; transfer to hotel Barcelo, Los Abrigos	-	N.B. Dist./vert. given for the main group. The fast group may do more.
Sun	<b>Day 1</b> Coaching focus: descending.	9h 13h-14h	Depart Los Abrigos Return Los Abrigos	Vilaflor	65km   1,600m
Mon	<b>Day 2</b> Coaching focus: climbing	9h 13h-14h	Depart Los Abrigos Return Los Abrigos	TF-28, El Poris, Granadilla	82km   1,800m
Tues	<b>Day 3</b> Coaching focus: pacing	08h30 15h-16h	Depart hotel Ferry to La Gomera Arrive at hotel Jardin Tecina	El Contadero from San Sebastian	65km   1,900m+
Wed	<b>Day 4</b> Coaching focus: long climbs	8h 13h-14h	Depart hotel Jardin Tecina Return to hotel Jardin Tecina	El Contadero from Playa Santiago, then from Vallehermoso (loop)	100km   3,000m+
Thu	<b>Day 5</b> Coaching focus: nutrition	09h 14h-15h	Depart hotel Jardin Tecina Ferry to Tenerife Arrive at hotel Senderos di Abona	El Contadero from Laguna de Garajonay	66km   2,000m+
Fri	<b>Day 6</b> Coaching focus: endurance	09h 14h	Depart hotel Senderos di Abona Paella lunch at the country house of Alberto & Marcos's Mama	Up and over Mt Teide from south to north	76km   2,000m+
Sat	<b>Departure day</b>	tbc	Depart to the airport	-	-

**455 km | 12,300 m+ | 6-8 major climbs**  
**(More if you wish!)**

## Saturday: Tenerife

**Focus:** Getting ready

You will be picked up at the airport in Tenerife (TFS) and taken to the hotel in Los Abrigos\*.

Depending on your arrival time, you may wish to have a late lunch 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.*

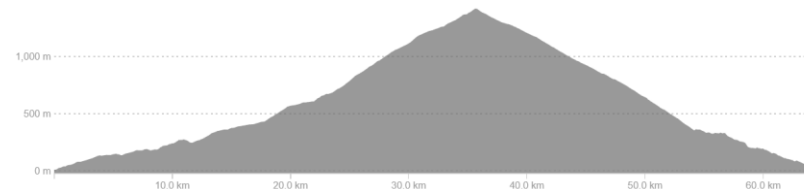
## Sunday: Tenerife

**Distance:** 65km

**Elevation:** 1,600m+

**Ride time:** 4-5 hours

**Focus:** Descending



We begin the week with a climb to the famous village of Vilaflor, the essential focal point for the climb to Teide from the south. The climb is a total of 36km and we gain 1,580m. It is quite irregular over the total distance with some flatter sections and slight descents.

After a stop in a café in Vilaflor we will conduct the descending clinic on a set of hairpin bends on the way to Granadilla. Each rider has the chance to descend multiple times while being videoed and receive immediate feedback on technique.

There are several options to extend this ride if anyone wants to do more.



# 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.

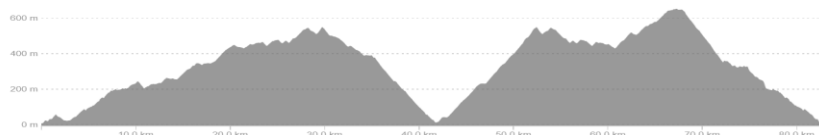
We will provide immediate feedback at the end of each descent, and the videos will allow you to see your own technique and how you improve throughout the week.





## Monday: Tenerife

**Distance:** 82km      **Elevation:** 1,800m+  
**Ride time:** 5-6 hours      **Focus:** Climbing

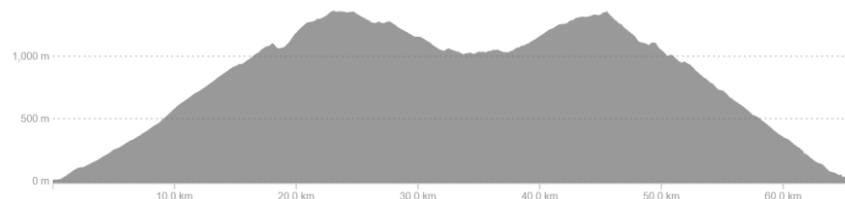


For our second ride we will climb up to the famous TF-28, the balcony road which runs all the way along the SE slopes of Teide from north to south. We take this for 10km or so before descending to Poris for the morning coffee stop at sea level.

The return ride is back up for another 30km along the TF-28 before pour return to the hotel. The day's coaching focus will be on climbing technique, as well as reinforcing the descending lessons from the previous day.

## Tuesday: La Gomera

**Distance:** 65km      **Elevation:** 1,900m+  
**Ride time:** 4-5 hours      **Focus:** Pacing



We will take the 08:30 ferry to La Gomera. The crossing takes 50 minutes, so we should be ready to start the ride soon after 09:30. The climb from the port at San Sebastian to the National Park is 24km, for an altitude gain of 1,400m.

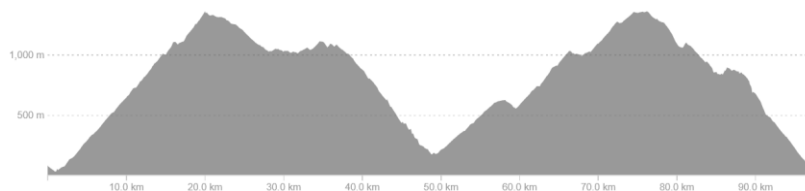
The scenery is simply stunning. Camera phones at the ready! After a well-earned break we will descend across the plateau before a final short climb and then a long descent down the southern slopes of the mountain to our hotel at Playa Santiago.





## Wednesday: La Gomera

**Distance:** 100km      **Elevation:** 3,000m+  
**Ride time:** 6-7 hours      **Focus:** Long climbs



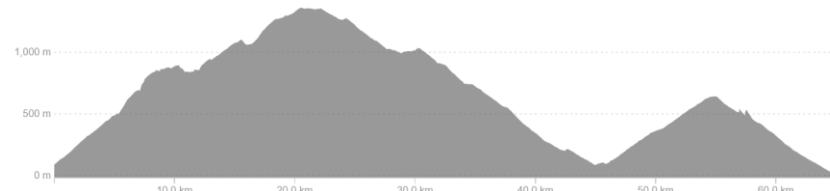
Wednesday is unquestionably the “Queen Stage”, with almost 3,000m of climbing. We start directly from the hotel and climb El Contadero from Playa Santiago. This is a 22km climb at an average of 6.2%, finishing at 1,350m.

Once over the top, there’s a short descent followed by 8km up and down on a plateau at about 1,000m of altitude, before descending almost to sea level at Vallehermoso, in the north of the island.

What comes down must go up! We climb 1,200m back to the top via another route, over 25km. The final descent back to the hotel is a delight.

## Thursday: La Gomera

**Distance:** 65km      **Elevation:** 2,000m+  
**Ride time:** 5 hours      **Focus:** Nutrition



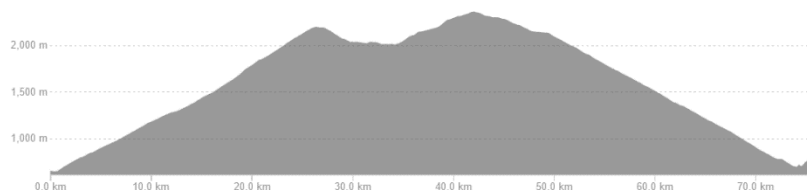
For our final ride on La Gomera we return over the top of the island, following the route descended on Wednesday. This time we go as far as Agulo, in the NE of the island, before turning south and climbing back over the eastern flank of the mountain before descending to San Sebastian. There are fabulous views of the island of Tenerife.

We cross back to Tenerife on one of the afternoon ferries and transfer by minibus (with an option to ride if desired) to our final (and favourite) hotel, the wonderful, quirky Senderos di Abona in Granadilla.



## Friday: Tenerife

**Distance:** 76km      **Elevation:** 2,000m+  
**Ride time:** 5-6 hours      **Focus:** Endurance



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 <sup>st</sup> 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 La Gomera



## Your hotels



**1. Barcelo**  
**Los Abrigos**  
(first three nights)

**3. Senderos de Abona**  
**Granadilla**  
(last two nights)



Our first hotel, on Tenerife, is a modern, 5\* hotel in Los Abrigos, close to the airport. The rooms are very well appointed and the food is excellent. It's close to the beach, and there's are heated swimming pools, a gym and a wellness centre with massages.

Our final 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.

**2. Jardin Tecina**  
**La Gomera**  
(two nights)



Our two nights on La Gomera will be at the Jardin Tecina. This is a delightful 4\* hotel on the cliff with outstanding views and great swimming and spa facilities, much favoured by hikers and nature-lovers looking for a quiet stay.





## PACKAGE PRICES

From Sat 27 January to Sat 3 February 2024

- Twin-share: **€3,160**
- Single supplement: **€375**

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
- 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 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

- Los Abrigos is a small town on the coast, as is Playa Santiago. Granadilla is a delightful 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.





## 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**  
CRANK UP THE POWER 

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