Hike and Bike Highlights of Lanzarote

Trip Code: LZMB

Version:

CYCLE	GUIDED GROUP	LEISURELY 3



HIGHLIGHTS

- **Discounts up to £100 on selected departures.** Learn more here.
- Experience the best of Lanzarote with 3 days of walking and 3 days of cycling
- Stroll through the vineyards of La Geria and taste the native Malvasia wine
- Cycle to the Ermita de las Nieves and the top of the island at Las Penas del Chache
- Hike through the otherworldy volcanic landscape of Timanfaya

- Centre-based at comfortable accommodation in Costa Teguise

AT A GLANCE

- 3 days walking and 3 days cycling
- 120 kilometres cycling
- 50% surfaced road
- 50% gravel tracks
- Max altitude - 671 metres
- Join at Costa Teguise

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The most north-easterly of the popular and sun-kissed Canaries, Lanzarote makes a profound and favourable impression on everyone who visits the island. It's 'different' as the Canary Islands Tourism organisation is quick to point out, with a landscape dominated by volcanoes and lava flows, contorted rocks, white sand beaches, whitewashed houses, surprising palm groves and a unique region of unusual vineyards.

To enable us to fully explore this amazing island we've put together an itinerary that combines 3 days of hiking with 3 days on bikes. Centre-based at comfortable accommodation in Costa Teguise, we'll head out and pick off the highlights, with walks in the volcanic Timanfaya National Park and in the north of the island at Mirador del Rio and also amongst the picturesque vineyards of La Geria. During our 3 days of cycling, we'll also ride on E-Bikes to the top of the island at Las Penas del Chache, take a ferry across to Isla Graciosa for an easy-paced beach and cafe cycle tour and then cycle on E-Bikes from Costa Teguise to the 5-kilometre beach at Famara and back again via an alternative route. These are all half-day activities, or a little longer, and this has allowed us to include visits to several places where the artwork and design of the painter and architect, Cesar Manrique is exhibited. With included visits also to El Golfo in the south of the island and to the historic former island capital of Tequise, as well as plenty of other free time, this is a colourful and comprehensive week of Lanzarote adventure.

Is this holiday for you?

This is a holiday for someone who is as happy going for a bike ride as they are going out for a hike. The 3 walks we have included are not long, no longer than 8 or 9 kilometres and generally on prepared gravel tracks and occasionally slightly rougher terrain. Two of the 3 bike rides are reasonably long at around 50 kilometres, but the E-Bikes we provide will make light work of this and neither ride should take more than 4 or 5 hours. The other day of cycling on Isla Graciosa is shorter and easier on a straightforward track with one short section alongside a beach where you may have to get off and push - a regular mountain bike is provided on this day.

Itinerary

Version:

Holiday Information

What's Included

- An experienced English-speaking cycling guide
- Vehicle transfers as mentioned in the itinerary
- Ferry ticket to/from Isla Graciosa
- Accommodation as described
- Meals as described in the Meal Plan
- Local bike hire

What's not Included

- Travel insurance
- Lanzarote (Arecife) Airport transfers
- Some meals as described in the Meal Plan
- Tips for local staff
- Miscellaneous personal expenses

Joining Arrangements & Transfers

The group will meet at the accommodation in Costa Teguise.

Airport transfers are not included. It is straightforward to take a taxi from the airport to the accommodation.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 6 lunches and 2 dinners are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Breakfasts each day will be continental in style, consisting of tea and coffee, bread, toast, butter, jam, honey and fruit juice. Lunches will be picnic style which we'll carry with us to enjoy during the day, either consisting of sandwiches that we'll make up in the morning after breakfast or a range of picnic items that we'll stop and share between us at a suitable point on the trail. During the evening we will eat in one of the many local restaurants walking distance from our accommodation. The evening meal is a social affair on Lanzarote and during the week we'll sample a range of different restaurants. Some of these will offer a fixed menu of 2 or 3 courses whilst others offer "tapas style" menus. Traditional "tapas" is a great way of sampling different local dishes and as a group we'll order a selection of items that we'll share as a group followed by dessert. Lanzarote produces around 2 million litres of wine and the island has an excellent selection of local wines mainly from the area of La Geria. The most popular grape is Malvasia, originally a honey coloured medium to sweet variety which was highly praised by William Shakespeare! Nowadays the grape produces a variety of quality white, red and rose wines from very sweet to very dry - so something for everyone! Worth sampling is the "ron miel" or local honey run served over ice and don't forget summer Sangria is widely available!

Accommodation

We will stay in two or three bedroomed bungalows / villa style accommodation, each with it's own private terrace and access to a wonderful communal pool. Using this style of accommodation on a centre-based holiday means rooms are more spacious than staying in a hotel.

Located in a quiet residential area of Costa Teguise, each property is light and airy with an open plan living room plus a kitchenette. Having a kitchen area means any local drinks or refreshments purchased during your week can be kept chilled to enjoy at leisure on your terrace, perfect for a pre-dinner aperitif or night-cap!

The bedrooms are not en-suite and there are two bathrooms in each of the bungalows which means that you may have to share.

Every morning breakfast will be laid out self-service style in one of the properties, ensuring a more leisurely start to the day. There are a range of restaurants in Costa Teguise in which to take evening meals.

During the week if you wish to opt out of one of the day walks, you can spend the day relaxing and reading on your terrace whilst enjoying the pool.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available at additional cost.

Group Leader & Support Staff

The trip will be led by an experienced, English-speaking Tour Leader who will cycle with the group. In addition, there will be a transfer vehicle and driver where appropriate.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

We estimate that €200 - €250 should be sufficient to cover all personal expenses, including the 5 evening meals that you will purchase directly (allow €15-€20 per meal), as well as tips for your tour leader. If you are intending to buy souvenirs you should budget accordingly. ATMs are available at the airport and in Costa Teguise.

Bike Hire

Bikes are provided locally within the cost of the holiday. For the 2 rides on the main island, E-Bikes are provided from the bike shop in Costa Teguise. These are likely to be Haibike or Cube mountain bikes designed for off-road use and with 150 millimetres of suspension. They have powerful pedal-assist motors, Shimano components with 12 gears and hydraulic disc brakes. On the day that we travel to Graciosa, a regular mountain bike with front suspension is provided. This can be upgraded to an E-Bike at the bike shop on Graciosa at a cost of €30 payable directly. Bikes are available in a full range of sizes, they are well maintained and fitted with flat pedals. Please provide us with your height when you book, so we can reserve your bike.

Vehicle Support

We do not have full-time vehicle support during this holiday. Some of the roads and trails that we ride are not suitable for vehicles. If there is a mechanical breakdown that the guide cannot sort out, he (or she) will call up assistance. In the case of one or more of the group being unable to continue, the guide will arrange a pick-up.

Baggage Allowance

You should travel with one main item of luggage. Luggage with wheels is useful for this holiday. You should also take a small day pack which you will carry each day when biking or walking.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

This is a not-too-challenging walking and cycling holiday with generally quite short days of 4 to 5 hours activity. However, the more prepared you are for an adventure holiday of this type, the more enjoyable you will find the experience. Regular walking and cycling is the best preparation whilst running or swimming are good for your fitness too.

Climate

The islands of the Canaries are a year-round holiday destination with what is often described as eternal spring conditions with temperatures ranging between 16 in the winter to 25 in the summer. Lanzarote has its own micro-climate with the north being slightly windier and cloudier whilst the south is drier and warmer with approximately 2500 hours of annual sunshine. Central Lanzarote has a moderate and stable climate. Due to its proximity to Africa, Lanzarote is one of the sunniest places on the planet. Due to the sunny climate the island is home to over 600 plant species including scrub, lichens, lavender, bougainvilleas, geraniums, hibiscuses and many species of cacti.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lanzarote Marco Polo Pocket Guide
- The Wind off the Small Isles - Mary Stewart
- Sandwiches in the Sun: The Extrodinary Truth about Life on a Spanish Island - Chris Herman
- Lanzarote & Fuerteventura Pocket Guide - Berlitz Pocket Guides

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

For this holiday you will need normal hiking and cycling clothing for generally warm and dry conditions, including suitable lightweight walking boots or shoes which will also work on the bike. You will also need to take a cycling helmet (which you must wear at all times when on the bike).

Hike and Bike Gear

- Cycling helmet
- Sturdy, lightweight walking boots or shoes
- Cycling shoes or trainers
- Small day pack (or cycle-specific hydration pack – eg. Camelbak or Osprey) - approx. 20 litres
- Padded cycling shorts (lycra or baggy)
- Trekking trousers
- Lightweight waterproof overtrousers
- Baselayer shirts (long sleeved and short sleeved)
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Warm hat
- Sunhat
- Eyewear - sunglasses
- Daypack c. 30 - 35 litres
- Headtorch
- Sun protection (including for lips)
- Water bottles 1 Litre (x2)

- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The Following Items are Optional

- Trekking poles
- Shorts
- Swimwear
- Camera and batteries
- Penknife (for picnic lunches)

Spares and Repairs

You do not need to take any tools or spares. The local guide will take care of any and all issues. Please contact us if you have any questions about your equipment.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method that best suits you. The holiday starts at the group accommodation in Costa Teguise. Transfers are not included.

Why Choose KE

Why KE

Walking and Cycling Experts KE has run worldwide walking and cycling adventures for more than 30 years. But this is the first time that we have combined walking and cycling in this way, more or less equally, within one perfectly formed holiday. Wanting to show off Lanzarote to best advantage, we provide E-Bikes for 2 of the 3 included rides to keep things leisurely.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change