

VUELTA AL TEIDE

BRIEFING

In the following document you will find all the information of interest related to the VI edition of the Tour of Teide - May 6, 2023



7RAID

MODALITIES

MODALITY	KM	UNLEVEL	LOCATION EXIT	LOCATION ARRIVAL	DEPARTURE TIME	ESTIMATED ARRIVAL TIME 1ST PARTICIPANT
Vuelta al Teide	175 Km	4.400 +	Puerto de la Cruz	Puerto de la Cruz	07:00h	12:20h
Media Vuelta al Teide	95 Km	2.200 +	Santiago del Teide	Puerto de la Cruz	10:30h	13:10h

* ALL participants must be in the starting area 1 hour before it in order to check the mandatory material and prepare the starting boxes.

MANDATORY MATERIAL

- Rear light: advisable throughout the journey for safety.
- Mobile on, with battery, balance and the saved emergency number
 - 611 09 74 45.
- Identification plate visible on the front of the bike
- Warm clothing depending on the weather forecast.
- Means to repair punctures, tools...
- Reserve of water and food for 50 km.
- Approved helmet.



VUELTA AL TEIDE





- Puerto de la Cruz- Lago Martiánez
- Cruce TF-312 - carretera las arenas
- Cruce TF-320 - Las Arenas
- Entrada Los Realejos
- Plaza Viera y Clavijo
- Salida Casco Realejos hacia TF-342
- Icod del Alto
- Las Rosas - San Juan de La Rambla
- La Guancha
- Icod - Rotonda salida
- Las Canales (cruce hacia la Vega)
- Cruce Mirador Garachico
- Garachico (Puerto Viejo)
- Los Silos (Plaza de la Luz)
- Buenavista (Cruce hacia el Palmar)
- El Palmar
- Mirador Baracán
- Masca
- Mirador Cherfe
- Santiago del Teide
- Las Manchas
- Arguayo
- Cruce Chio
- Cruce de Chirche
- Restaurante Las Estrellas
- Mirador de los Poleos
- Montaña Samara
- Boca de Tauce
- El Parador
- Telesférico
- El Portillo Alto
- El Portillo
- Ramón Caminero
- Cruce de La Caldera
- Aguamansa
- Cruce Camino Chasna
- La Orotava
- Cruce Cuesta de la Villa
- Cruce bajo autopista TF-5
- Puerto de la Cruz - Lago Martiánez

Next to Lago Martiánez, Puerto de la Cruz



DEPARTURE LOCATION VT



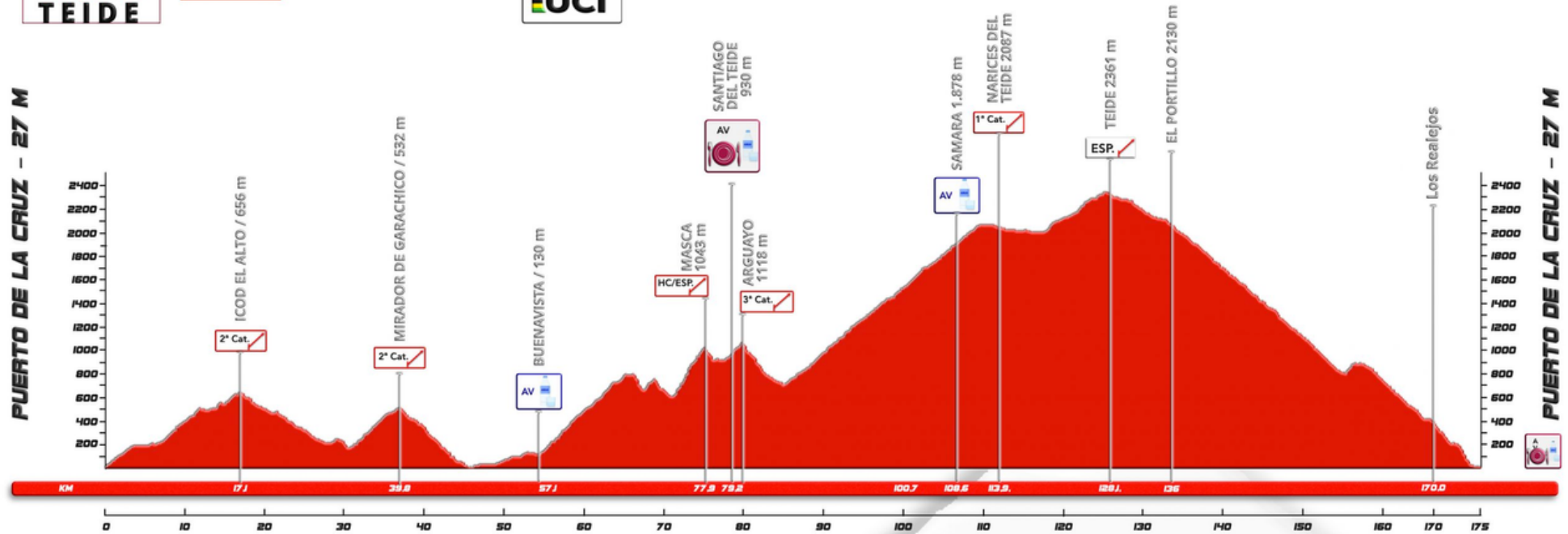
PERFIL

VUELTA AL TEIDE**2023****175 KM****D+4400M**

ALTITUD MÁXIMA 2361m



PUERTO DE LA CRUZ - 27 M



PUERTO DE LA CRUZ - 27 M



PROFILE VT



RUTÓMETRO VUELTA AL TEIDE 06-05-2023

LOCALIZACIÓN					DISTANCIA SALIDA, ALTURA Y TIPO DE VÍA				HORA DE PASO ESTIMADA PARTICIPANTES				AVITUALLAMIENTOS
Lugar	Vía	Municipio	Coordenadas geográficas: grados decimales		Parcial	Total	Altura	Tipo	Primero	V. km/h	Último	V. km/h	
SALIDA PUERTO DE LA CRUZ		Puerto de la Cruz	28.410748°	-16.557852°	0,000	0,000	0	I	7:00		7:03		
Cruce TF-312 - carretera las arenas	TF-312	Puerto de la Cruz	28.410246°	-16.551978°	0,800	0,800	60	I	7:03	16,00	7:06	16,00	
Cruce TF-320- las Arenas	TF-320	Puerto de la Cruz	28.397926°	-16.547617°	2,500	3,300	181	I	7:10	21,42	7:15	16,67	
Entrada Los Realejos	C/ Los Barros	Los Realejos	28.391158°	-16.579253°	3,500	6,800	217	I	7:16	35,00	7:20	42,00	
Plaza Viera y Clavijo	P. Viera y Clavijo	Los Realejos	28.380692°	-16.585678°	2,400	9,200	350	II	7:25	16,00	7:32	12,00	
Salida casco Realejos hacia TF-342	TF-342	Los Realejos	28.378112°	-16.585240°	0,300	9,500	377	I	7:26	18,00	7:33	18,00	
Icod el Alto	TF-342	Los Realejos	28.384092°	-16.611093°	5,700	15,200	562	I	7:38	28,50	7:59	13,15	
Las Rosas- S. Juan de La Rambla	TF-342	S. Juan Rambla	28.375911°	-16.640347°	5,100	20,300	520	II	7:45	43,71	8:11	25,50	
La Guancha (casco urbano)	TF-342	La Guancha	28.374429°	-16.652188°	1,300	21,600	485	II	7:47	39,00	8:12	39,00	
Buen Paso	TF-342	Icod de los Vinos	28.377456°	-16.684789°	4,700	26,300	285	II	7:52	56,40	8:21	31,33	
La Mancha-Empalme la Guancha	TF-342/TF-362	Icod de los Vinos	28.377554°	-16.696935°	1,600	27,900	224	II	7:54	48,00	8:25	24,00	
Entrada a Icod	TF-362	Icod de los Vinos	28.374075°	-16.709014°	1,300	29,200	230	II	7:56	39,00	8:29	19,50	
Icod - Rotonda salida	TF-362/TF-82	Icod de los Vinos	28.370304°	-16.722973°	1,600	30,800	190	II	7:58	48,00	8:33	24,00	
Las Canales (cruce hacia la Vega)	TF-82/TF-373	Icod de los Vinos	28.368087°	-16.734428°	2,800	33,600	357	I	8:05	24,00	8:48	11,20	
Cruce Mirador Garachico	TF-82/TF-421	Garachico	28.361677°	-16.763860°	6,200	39,800	532	I	8:20	24,80	9:18	12,40	
Garachico (Puerto Viejo)	TF-421/TF-42	Garachico	28.371131°	-16.767589°	8,500	48,300	1	II	8:30	51,00	9:35	30,00	
Los Silos (Plaza de la Luz)	TF-42/ C/Olivo	Los Silos	28.365396°	-16.817346°	5,500	53,800	105	IV	8:40	33,00	9:51	20,63	
Buenavista (Cruce hacia el Palmar)	TF-42/TF-436	Buenavista	28.369869°	-16.849825°	3,300	57,100	130	I	8:45	39,60	10:00	22,00	Avit. líquido
El Palmar	TF-436	Buenavista	28.342644°	-16.848677°	6,000	63,100	505	I	9:01	22,50	10:33	10,90	
Mirador Baracán (Puerto)	TF-436	Buenavista	28.327888°	-16.856311°	6,000	69,100	809	I	9:16	24,00	11:02	12,41	
Masca	TF-436	Buenavista	28.305284°	-16.839927°	4,900	74,000	610	II	9:24	36,75	11:17	19,60	
Mirador Cherfe (Puerto Masca)	TF-436	Buenavista	28.299705°	-16.823970°	3,900	77,900	1.043	I	9:43	12,32	11:57	5,85	
Santiago del Teide	TF-436/TF-82	Santiago del Teide	28.297295°	-16.815913°	1,300	79,200	930	I	9:45	39,00	12:00	26,00	Avit. Solido + líquido
Las Manchas	TF-375	Santiago del Teide	28.284452°	-16.801114°	2,200	81,400	1.000	II	9:50	26,40	12:10	13,20	
Arguayo	TF-375	Santiago del Teide	28.271198°	-16.805678°	2,900	84,300	932	I	9:55	34,80	12:18	21,75	
Cruce Chio	TF-375/TF-38	Guía de Isora	28.244066°	-16.798575°	3,400	87,700	714	I	9:59	51,00	12:24	34,00	
Cruce de Chirche	TF-38	Guía de Isora	28.223760°	-16.758739°	5,300	93,000	990	I	10:12	24,46	12:50	12,23	
Restaurante Las Estrellas	TF-38	Guía de Isora	28.229474°	-16.759681°	1,300	94,300	1.075	I	10:15	26,00	12:56	13,00	
Mirador de los Poleos	TF-38	Santiago del Teide	28.271906°	-16.736725°	6,400	100,700	1.440	I	10:32	22,59	13:27	12,38	Avit. líquido
Montaña Samara	TF-38	Guía de Isora	28.266582°	-16.726066°	7,900	108,600	1.878	I	10:53	22,57	14:07	11,85	Avit. líquido
Boca de Tauce	TF-38/TF-21	La Orotava	28.214099°	-16.678679°	7,800	116,400	2.037	II	11:11	26,00	14:41	13,76	
El Parador	TF-21	La Orotava	28.223194°	-16.628528°	8,100	124,500	2.140	I	11:26	32,40	15:21	12,15	
Telesférico	TF-21	La Orotava	28.254632°	-16.622291°	2,300	126,800	2.308	I	11:31	27,60	15:33	11,50	
El Portillo alto	TF-21	La Orotava	28.294889°	-16.565324°	9,200	136,000	2.130	I	11:47	34,50	16:00	20,44	
El Portillo	TF-21	La Orotava	28.306003°	-16.564594°	1,600	137,600	2.035	I	11:50	32,00	16:04	24,00	
Ramón Caminero	TF-21	La Orotava	28.329811°	-16.532424°	8,200	145,800	1.570	I	12:00	49,20	16:22	27,33	
Cruce La Caldera	TF-21	La Orotava	28.359960°	-16.503352°	7,400	153,200	1.120	I	12:08	55,50	16:38	27,75	
Agumansa	TF-21	La Orotava	28.363331°	-16.498922°	2,000	155,200	1.000	I	12:10	60,00	16:42	30,00	
Cruce Camino Chasna	TF-21/TF-326	La Orotava	28.366747°	-16.528386°	2,600	157,800	825	I	12:13	52,00	16:48	26,00	
La Orotava	TF-21	La Orotava	28.388618°	-16.520233°	4,900	162,700	410	I	12:19	49,00	17:00	24,50	
Cruce Cuesta de la Villa	TF-21/TF-217	Santa Úrsula	28.415092°	-16.506131°	3,900	166,600	314	I	12:25	39,00	17:12	19,50	
Cruce bajo Autopista TF-5	TF-31	Los Realejos	28.402784°	-16.515839°	2,400	169,000	225	I	12:28	48,00	17:17	28,80	
LEGADA-PUERTO DE LA CRUZ	Martínez	Puerto de la Cruz	28.418963°	-16.542238°	6,000	175,000	0	I	12:36	45,00	17:30	27,70	Avit. Solido + líquido

Kilómetros totales VT: 175Km.
 Desnivel+: 4,400+
 El Sol sale a las 7:22h y se pone a las 20:44h.

TIPO DE PAVIMENTO VÍA:
 I: Pavimento en buen estado
 II: Pavimento con tramos en estado regular
 III: Pavimento con tramos en mal estado
 IV: Pavimento en mal estado

Tiempos de corte marcados en rojo
 Tiempo estimado del 1º participante: 5:36:00
 Promedio del primer participante: 31,25Km/h.
 Tiempo del último participante 10:30:00
 Promedio del último participante: 16,67Km/h.

Place	cutting time
Buenavista	10:00h
Santiago del Teide	12:00h
El Portillo Alto	16:00h
Puerto de La Cruz (Arrival)	17:30h

CUTTING TIMES VT

Provisioning	KM	START TIME	END TIME	TYPE
Buenavista (Cruce hacia el Palmar)	57,10 Km	08:30h	10:10h	Liquid
Santiago del Teide	79,20 Km	09:30h	12:10h	Solid + Liquid
Mirador de Los Poleos	100,70 Km	10:15h	13:40h	Liquid
Montaña Samara	108,60 Km	10:30h	14:20h	Liquid
Puerto de la Cruz (Goal)	175 Km	13:00h	17:30h	Solid + Liquid

REFRESHMENTS VT

Box 0



Box 1



Box 2



BOX VT

1/2 VUELTA AL TEIDE





- Santiago del Teide
- Las Manchas
- Arguayo
- Cruce Chio
- Cruce de Chirche
- Restaurante Las Estrellas
- Mirador de los Poleos
- Montaña Samara
- Boca de Tauce
- El Parador
- Telesférico
- El Portillo Alto
- El Portillo
- Ramón Caminero
- Cruce de La Caldera
- Aguamansa
- Cruce Camino Chasna
- La Orotava
- Cruce Cuesta de la Villa
- Cruce bajo autopista TF-5
- Puerto de la Cruz - Lago Martiánez

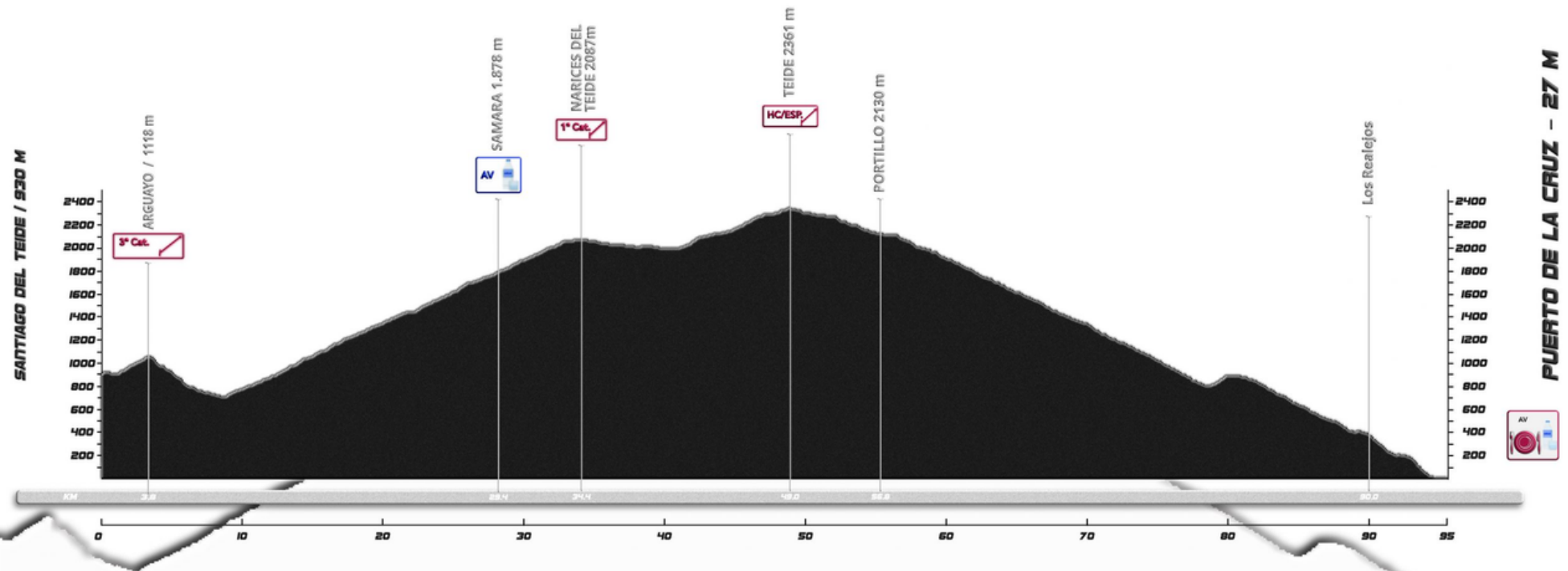
ROUTE 1/2 VT

Square of Santiago del Teide



DEPARTURE LOCATION 1/2 VT —


PERFIL MEDIA VUELTA AL TEIDE 2023

95 KM
D+2000M
ALTITUD MÁXIMA 2361m


PROFILE 1/2 VT

RUTÓMETRO **1/2 VUELTA AL TEIDE** 06-05-2023

LOCALIZACIÓN					DISTANCIA SALIDA, ALTURA Y TIPO DE VÍA				HORA DE PASO ESTIMADA PARTICIPANTES				AVITUALLAMIENTOS
Lugar	Vía	Municipio	Coordenadas geográficas:grados decimales		Parcial	Total	Altura	Tipo	Primero	V. km/h	Último	V. km/h	
SALIDA: SANTIAGO DEL TEIDE	TF-436/TF-82	Santiago del Teide	28.297295°	-16.815913°	0,000	0,000	930	I	10:30		10:30		
Las Manchas	TF-375	Santiago del Teide	28.284452°	-16.801114°	2,100	2,100	1.000	I	10:35	25,20	10:41	11,45	
Arguayo	TF-375	Santiago del Teide	28.271198°	-16.805678°	2,700	4,800	932	I	10:40	32,40	10:51	16,20	
Cruce Chio	Tf-375/TF-38	Guía de Isora	28.244066°	-16.798575°	3,800	8,600	714	I	10:44	57,00	10:58	32,57	
Cruce de Chirche	Tf-38	Guía de Isora	28.223760°	-16.758739°	4,900	13,500	990	I	10:57	22,61	11:23	11,76	
Restaurante Las Estrellas	Tf-38	Guía de Isora	28.229474°	-16.759681°	1,400	14,900	1.075	I	11:00	21,00	11:30	11,99	
Mirador de los Poleos	TF-38	Santiago del Teide	28.271906°	-16.736725°	6,500	21,400	1.440	I	11:17	22,94	12:02	11,14	Avit. líquido
Montaña Samara	TF-38	Guía de Isora	28.266582°	-16.726066°	9,350	30,750	1.878	I	11:42	22,44	12:50	11,68	Avit. líquido
Boca de Tauce	TF-38/TF-21	La Orotava	28.214099°	-16.678679°	6,050	36,800	2.037	I	11:56	25,93	13:20	12,10	
El Parador	TF-21	La Orotava	28.223194°	-16.628528°	6,500	43,300	2.140	I	12:10	27,86	13:55	11,14	
Telesférico	TF-21	La Orotava	28.254632°	-16.622291°	3,700	47,000	2.308	I	12:19	24,67	14:15	11,10	
El Portillo alto	TF-21	La Orotava	28.294889°	-16.565324°	9,200	56,200	2.130	I	12:34	36,80	15:00 -16:00	12,27	
El Portillo	TF-21	La Orotava	28.306003°	-16.564594°	1,700	57,900	2.035	I	13:37	34,00	15:04	25,50	
Ramón Caminero	TF-21	La Orotava	28.329811°	-16.532424°	7,800	65,700	1.570	I	12:45	58,50	15:22	26,00	
Cruce La Caldera	TF-21	La Orotava	28.359960°	-16.503352°	7,900	73,600	1.120	I	12:53	59,25	15:38	29,63	
Aguamansa	TF-21	La Orotava	28.363331°	-16.498922°	2,100	75,700	1.000	I	12:56	42,00	15:42	31,50	
Cruce Camino Chasna	TF-21/TF-326	La Orotava	28.366747°	-16.528386°	2,600	78,300	825	I	12:59	52,00	15:48	26,00	
La Orotava	TF-21	La Orotava	28.388618°	-16.520233°	7,000	85,300	410	I	13:07	52,50	16:00	35,00	
Cruce Cuesta de la Villa	TF-21/TF-217	Santa Úrsula	28.415092°	-16.506131°	4,100	89,400	314	I	13:15	30,75	16:12	20,50	
Cruce bajo Autopista TF-5	TF-31	Los Realejos	28.402784°	-16.515839°	2,200	91,600	225	I	13:20	26,40	16:17	26,40	
LLEGADA-PUERTO DE LA CRUZ	Martianez	Puerto de la Cruz	28.418963°	-16.542238°	3,400	95,000	0	I	13:30	20,40	16:30 -17:30	15,69	Avit. Solido + líquido

Kilómetros totales 1/2 VT: 95Km.
Desnivel+: 2,000+
El Sol sale a las 7:22h y se pone a las 20:44h.

TIPO DE PAVIMENTO VÍA:
I: Pavimento en buen estado
II: Pavimento con tramos en estado regular
III: Pavimento con tramos en mal estado
IV: Pavimento en mal estado

Tiempos de corte marcados en rojo
Tiempo estimado del 1º participante: 3:00:00
Promedio del primer participante: 31,67Km/h.
Tiempo del último participante 6:00:00
Promedio del último participante: 15,83Km/h.

Place	cutting time
El Portillo Alto	16:00h
Puerto de La Cruz (Llegada)	17:30h

CUTTING TIMES 1/2 VT

Provisioning	KM	START TIME	END TIME	TYPE
Mirador de Los Poleos	6,40 Km	11:00h	12:10h	Liquid
Montaña Samara	7,90 Km	11:10h	13:00h	Liquid
Puerto de la Cruz (Goal)	95 Km	13:00h	17:30h	Solid + Liquid

REFRESHMENTS 1/2 VT

WORKSHOPS

Fixed Workshops

Gofis Bicis: Exit VT - Puerto de la Cruz

Aranzazu Bike: Provisioning Santiago del Teide

Workshops en route

Gofis bicis

ProBike Doctor

The labor is the responsibility of the workshops, but the possible spare parts that the participant may need will be paid.

WORKSHOPS

**Gofis
Bicis**

C. la Longuera, 64, 38418 Los Realejos

Carr. Provincial, 69, Local 2, 38390 Sta Úrsula

**Aranzazu
Bike**

**ProBike
Doctor**

Poligono San Jerónimo, C. Ingenios Azucareros, 36, 38312 La Orotava

PARKING AREAS



STREAMING AND TRACKING



Streaming of the event

The event will be broadcast live on Youtube and Facebook.

Links on the website and RR.SS. event officials.

<https://vteide.com/> - @vueltaalteide



Participant tracking

Participants can be tracked during the event through the official website.

<https://vteide.com/>

TRANSPORT

MODALITY	SCHEDULE
MEDIA VUELTA AL TEIDE	08:00h am (Only schedule)
DIRECTION OF TRANSPORT	
Puerto de la Cruz --> Santiago del Teide (Only sense)	

* ALL participants must be at the bus departure area (Av. Familia de Betancourt y Molina, next to Lago Martiáñez) 1 hour before the bus in order to check their place and place the bicycles for transport.

** Transport is in ONE WAY and in a SINGLE SCHEDULE.

Lago Martiáñez



Av. Familia de
Betancourt y Molina

PRICE LIST TO CONSIDER

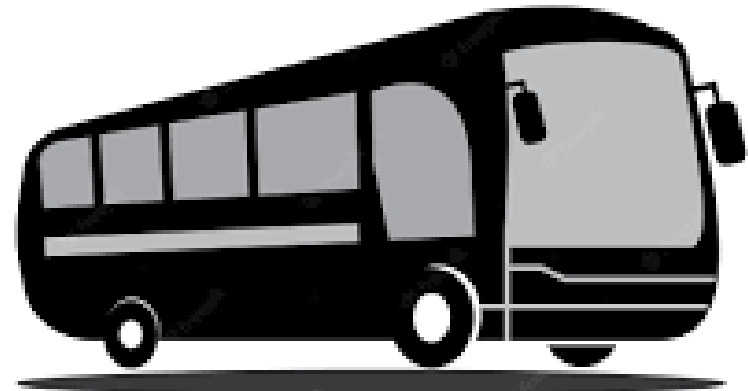
Concept	Price
One day license	10€
Transportation 1/2 Vuelta al Teide (Limited places)	12€

 UNION
CYCLISTE
INTERNATIONALE **2023**  REAL FEDERACION ESPAÑOLA DE CICLISMO

REAL FEDERACION ESPAÑOLA DE CICLISMO
Afiliada a la UNION CICLISTA INTERNACIONAL

Categoría UCI:	Código UCI:
Categoría Nac:	Licencia N°:
Ord. Especial:	Fecha Nacimiento:
Cargo:	Sexo:
Apellidos/Nom:	Dirección/Adresse:
Nombre/PreNom:	
Nac./Nacionalité:	
Equipo UCI:	
Club:	
Equipo RFEC:	
Expedida el:	

Valida hasta el 31 de Diciembre/Valable jusqu'au 31 Decembre



LICENSES



*Triathlon license

*Federal license from
another country

- If you have a license, you must show it in the bib delivery (valid with an image).
- If you do not have it, you must contract the insurance for a day, you can do it in the delivery of numbers.
- If you pick up a partner's bib number, you must show the participant's license if you have it (valid with an image).

Wardrobe - Official Backpack

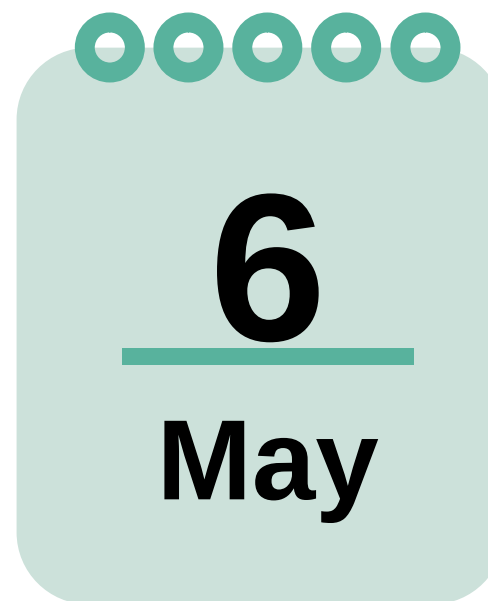
- A backpack can be delivered on the day of the test and will be collected at the end of the test.
- To pick up the backpack you will have to show your ID.
- Only ONE backpack will be collected per participant
- Only the official backpack of the event will be collected
- The backpack will have to have the identification that is provided in the delivery of numbers.



Bib numbers delivery



Puerto de la Cruz



**Exit of each
modality**

Bib numbers delivery



12:00h - 14:30h

16:00h - 21:00h

NO appointment required

Puerto de la Cruz
Next to Lago Martiánez



Bib numbers delivery



Only the number will be delivered up to 30 minutes before the start of each modality.

The rest of the bag will be collected, after arrival, at the cloakroom located in the finish area.

NECESSARY DOCUMENTATION TO WITHDRAW THE NUMBER

- **ID.**
- **Cycling license 2023** (if you do not have it, check that you paid the license for one day €10, if you do not have a license and did not pay the insurance for one day, you must do so at the time of picking up the number).
- **If you are going to pick up a colleague's bib number**, you must present a signed official authorization (available on the web) to have the bib number removed, in addition to attaching a photocopy of the DNI (authorizing and authorized) and license if you have one.
- **If a minor is going to pick up the number**, they must have official authorization (available on the web) from a legal guardian, in addition to being accompanied by them.

NECESSARY DOCUMENTATION TO WITHDRAW THE NUMBER

- ID.
- Cycling license 2023.
- Authorization if you are going to remove the number of a companion.
- Authorization if a minor is going to remove the number.



[Entregar el documento debidamente cumplimentado y firmado por el ciclista inscrito y por la persona autorizada, además de una copia del DNI del participante, cuando vaya a retirar el dorsal]

7RAID 7raid.com
info@7raid.com

 **vteide.com**
info@vueltaalteide.com

INFORMACIÓN BÁSICA SOBRE PROTECCIÓN DE DATOS
 Responsable: Club Deportivo ADARTE 7RAID, Calle Caballero 20, Edificio Teide, P22, 38204, San Cristóbal de La Laguna, Tenerife.
 Legitimación: Tratamiento necesario para la realización de actividades deportivas.
 Finalidad: Gestión de inscripciones, organización de eventos, mantenimiento de bases de datos.
 Derechos: Acceso, rectificación, supresión, limitación y oposición a su tratamiento, así como el ejercicio de los derechos de información y de portabilidad de los datos.
 Información adicional: Puede consultar la Política de Privacidad en www.vteide.com

[Entregar el documento debidamente cumplimentado y firmado por el representante legal, además de una copia del DNI del representante y del menor.]

INFORMACIÓN BÁSICA SOBRE PROTECCIÓN DE DATOS
 Responsable: Club Deportivo ADARTE 7RAID, Calle Caballero 20, Edificio Teide, P22, 38204, San Cristóbal de La Laguna, Tenerife.
 Legitimación: Tratamiento necesario para la realización de actividades deportivas.
 Finalidad: Gestión de inscripciones, organización de eventos, mantenimiento de bases de datos.
 Derechos: Acceso, rectificación, supresión, limitación y oposición a su tratamiento, así como el ejercicio de los derechos de información y de portabilidad de los datos.
 Información adicional: Puede consultar la Política de Privacidad en www.vteide.com

7RAID info@7raid.com

 **vteide.com**
info@vueltaalteide.com

IDENTIFICATION PLATE PLACEMENT

CORRECT placement

- In front of the bike
- Visible
- The chip without contact with anything

INCORRECT PLACEMENT

- Behind the bike
- Without being visible
- The chip stuck to the bike

If the identification plate is not correctly placed, the organization is not responsible for the fact that the participant does not have the passage times or that he does not have photos during the test.

END OF TIMING

The timed end of the test will take place in La Caldera.

Kilometer 153,200 for the Vuelta al Teide

Kilometer 73,600 for the 1/2 Tour of Teide

All participants must pass through the finish line
located in El Puerto de La Cruz.

END OF TIMING

If a participant goes through La Caldera and does not arrive at Puerto de La Cruz, they will be automatically disqualified and will not have their time list during the timed part of the test.

Between the section of La Caldera and Puerto de La Cruz, participants cannot stop, they must maintain their positions and will circulate in ordinary traffic complying with all road safety regulations.

Acknowledgments

MODALITY	FEMALE	MALE
Vuelta al Teide	top 3 overall 1st of each category <ul style="list-style-type: none"> • Junior • Under 23 • Elite • Master 30 • Master 40 • Master 50 • Master 60 	top 3 overall 1st of each category <ul style="list-style-type: none"> • Junior • Under 23 • Elite • Master 30 • Master 40 • Master 50 • Master 60 •
Media Vuelta al Teide	top 3 overall 1st of each category <ul style="list-style-type: none"> • Cadets • Junior • Under 23 • Elite • Master 30 • Master 40 • Master 50 • Master 60 	top 3 overall 1st of each category <ul style="list-style-type: none"> • Cadets • Junior • Under 23 • Elite • Master 30 • Master 40 • Master 50 • Master 60
Premio de la Montaña	1st Classified Mountain Award - Tour of Teide 2nd Classified Mountain Prize - Tour of Teide 3rd Classified Mountain Award - Tour of Teide	1st Classified Mountain Award - Tour of Teide 2nd Classified Mountain Prize - Tour of Teide 3rd Classified Mountain Award - Tour of Teide
Meta Volante - Icod de Los Vinos	1st Classified Flying Goal - Icod de Los Vinos	1st Classified Flying Goal - Icod de Los Vinos

The awards ceremony will begin at 6:00 p.m.

CYCLING CATEGORIES

- **Cadets:** 15 and 16 years. (Except VT)
- **Juniors:** 17 and 18 years old.
- **Sub 23:** from 19 to 22 years old.
- **Elite:** from 23 to 29 years old.
- **Master 30:** from 30 to 39 years old.
- **Master 40:** 40 to 49 years old.
- **Master 50:** from 50 to 59 years old.
- **Master 60:** from 60 to 69 years old.



*If you are 29 years old on the day of the test, but you turn 30 that year, you are in the Master 30 category.

Merchandising

2023



Culotte - 70€



Maillot - 35€



Gloves - 15€



Socks - 10€



ARMWARMER- 10€



backpack - 3€

*Special event price

Merchandising

2022



T-shirt - 10€



Maillot - 25€

VUELTA AL TEIDE
¡ICICLISMO DE ALTURA!



backpack - 2€



drum - 3€

*Special event price

Merchandising



Cap - 8€



Face mask - 1€



T-shirt - 5€



backpack- 1€



Maillot - 25€

Culotte - 50€



*Special event price

Merchandising

2019



T-shirt - 5€



Maillot - 15€

ARMWARMER - 10€

Merchandising

2018



Maillot - 10€



ARMWARMER - 5€

Culotte - 15€



*Special event price

Merchandising

Schedule	Friday May 5	12:00h - 14:30h 16:00h - 21:00h
	Saturday May 6	10:00h - 19:00h
Location	Next to Lago Martiánez, Puerto de la Cruz	
Information	El precio especial de evento solo estará disponible esos días físicamente. Las prendas son limitadas.	

PHOTOGRAPHY

*The Dorsal will contain a "Pica code" in a square

At the end of the trial, go to getpica.com and create your account.

Enter your personal code that you will find on the bib number.

- Look at your photos and if you like them, buy them.



Here you will find
your Pica code

¿Cómo funciona? ¡Es sencillo!
Esto es lo que tienes que hacer.



Entra en **getpica.com**
y crea tu cuenta



posición
del código

AB9...F89

Introduce tu código
impreso cerca del número
de dorsal



Mira tus fotos
y si te gustan adquíralas y
compártelas con tus amigos

Para ver tus fotos, regístrate en Pica en solo unos
sencillos pasos.

getpica.com

* The photos will be uploaded little by little on the page, so it is possible that the first day not all your photos have been uploaded yet. We recommend checking your pica code days after the event.

Data of interest

- If the participant decides to leave, they must notify the organization through the emergency telephone number indicated on the number (611 09 74 45).
- You cannot count on external help, in this case, the participant will be automatically disqualified.
- Help can be provided at the aid stations and between participants, but never from private support vehicles.

Companions

- The companions are requested NOT to access the different points of the route in order to view the test, since they could hinder the roads, affecting the event in which their family or friends participate.
- In the Arrival Zone, next to Lago Martiánez in El Puerto de La Cruz, there will be a screen with the live test.
- They will also be able to follow each participant personally through the link available on the event's official website or from their devices by watching the live stream available on YouTube.

ROAD CONDITIONS

COMPLETE closure in both directions of the road to the passage of cyclists

From	Until	Hours
SALIDA PUERTO DE LA CRUZ TF-312 (PK 2,100)	CRUCE TF - 320 LAS ARENAS (PK 5,000)	From 07:03h to 07:15h
MIRADOR DE GARACHICO TF - 421 (PK 8,058)	PUERTO VIEJO DE GARACHICO (PK 0,000)	From 08:20h to 09:40h
ROTONDA ANTES DEL MIRADOR DE BARACÁN TF - 436 (PK 10,610)	SANTIAGO DEL TEIDE (PK 22,290)	From 08:45h to 12:00h

Closure IN THE DIRECTION OF TRAVEL of the road to the passage of cyclists

From	Until	Hours
CRUCE TF - 320 LAS ARENAS (PK 0,000)	ENTRADA A LOS REALEJOS (PK 4,350)	From 07:10h to 07:20h
ENTRADA A LOS REALEJOS TF - 335 (PK 0,000)	CRUCE AVENIDA TRES DE MAYO (PK 1,350)	From 07:16h to 07:32h
SALIDA DE LOS REALEJOS TF - 342 (PK 0,000)	LA MANCHA - EMPALME DE LA GUANCHA (PK 19,000)	From 07:26h to 07:46h
SALIDA DE ICOD DE LOS VINOS EN DIRECCIÓN AL TANQUE TF - 82 (PK 0,000)	MIRADOR DE GARACHICO (PK 6,500)	From 07:56h to 09:18h

Closure IN THE DIRECTION OF TRAVEL of the road to the passage of cyclists

From	Until	Hours
PUERTO VIEJO DE GARACHICO TF - 42 (PK 6,000)	BUENAVISTA PK (14,790)	From 08:30h to 09:10h
BUENAVISTA TF - 436 (PK 0,000)	ROTONDA ANTES DEL MIRADOR DE BARACÁN (PK 10,610)	From 08:45h to 11:00h
SANTIAGO DEL TEIDE TF - 375 (PK 0,400)	CRUCE DE CHÍO (PK 8,050)	From 09:45h to 12:30h
CRUCE DE CHÍO TF - 38 (PK 28,710)	CRUCE DE BAJADA A CHIRCHE (PK 23,700)	From 09:59h to 11:59h

Closure IN THE DIRECTION OF TRAVEL of the road to the passage of cyclists

From	Until	Hours
RESTAURANTE LAS ESTRELLAS TF - 38 (PK 22,200)	CRUCE DE BOCA TAUCE (PK 0,000)	From 10:15h to 12:15h
CRUCE DE BOCA TAUCE TF - 21 (PK 53,280)	CRUCE DEL PORTILLO (PK 32,100)	From 11:11h to 14:11h
CRUCE DEL PORTILLO TF - 21 (PK 32,100)	CRUCE DE ACCESO A LA Z.R. DE LA CALDERA (PK 16,380)	From 11:50h to 15:20h

Companions

- It is not possible to follow the participants on the roads that the Vuelta al Teide circulates or those surrounding them. If they did, they would be able to:
 - Cause an accident.
 - Obstructing the evacuation routes of the event.
 - Generate a jam that will stop the test.

Help us avoid it and DO NOT take the car on the day of the event to see your relatives during the tour. That the test can continue to be held in this way is everyone's responsibility.

PROGRAM

FRIDAY, MAY 5 - NEXT TO LAGO MARTIÁNEZ, PUERTO DE LA CRUZ

12:00h - 14:30 h

Bib numbers delivery

16:00h - 21:00h

Bib numbers delivery

17:00h y 20:00h

Chat ADN ciclista

18:30h

Chat Kms verdes

PROGRAM

SATURDAY MAY 6

07:00h

Departure Vuelta al Teide

Next to Lago Martiánez, Puerto de la Cruz

07:05h

Loading in trucks and buses

Av. Familia de Betancourt y Molina, junto a Lago Martiánez

08:00h

Departure of buses and trucks

Av. Familia de Betancourt y Molina, junto a Lago Martiánez

10:30h

Departure Media vuelta al Teide

Santiago del Teide

PROGRAM

SATURDAY MAY 6 - Next to Lago Martiáñez, Puerto de la Cruz

12:30h

Arrival of the first participants Vuelta al Teide

13:20h

Arrival of the first participants 1/2 Vuelta al Teide

17:30h

Arrival of last participants

18:00h

Delivery of awards

RECYCLING



See you soon at the **VUELTA AL TEIDE**

If you have any questions, do not hesitate to consult our RRSS and website.



7RAID

Club Deportivo 7Raid