

VUELTA AL TEIDE

BRIEFING

In the following document you will find all the information of interest related to the VII edition of the Vuelta al Teide - May 18, 2024



7RAID

MODALITIES

MODALITY	KM	UNLEVEL	LOCATION EXIT	LOCATION ARRIVAL	DEPARTURE TIME	EXPECTED 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** the start in order to check the mandatory material and prepare the starting boxes.

REQUIRED MATERIAL

- Rear light: advisable throughout the journey for safety.
- Mobile phone on, with battery, balance and emergency number saved
 - 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...
- Water and food reserve for 50Km.
- 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 2024

UCI

175 KM D+4400M

ALTITUD MÁXIMA 2361m



PROFILE VT



RUTÓMETRO VUELTA AL TEIDE 2024

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					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-SJuan 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	
Buena Vista (Cruce hacia el Palmar)	TF-42/TF-436	Buena Vista	28.369869°	-16.849825°	3,300	57,100	130	I	8:45	39,60	10:00	22,00	Avit. líquido
El Palmar	TF-436	Buena Vista	28.342644°	-16.848677°	6,000	63,100	505	I	9:01	22,50	10:33	10,90	
Mirador Baracán (Puerto)	TF-436	Buena Vista	28.327888°	-16.856311°	6,000	69,100	809	I	9:16	24,00	11:02	12,41	
Masca	TF-436	Buena Vista	28.305284°	-16.839927°	4,900	74,000	610	II	9:24	36,75	11:17	19,60	
Mirador Cherfe (Puerto Masca)	TF-436	Buena Vista	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	
Teleférico	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	
Aguamansa	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	
LLEGADA-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.

RUTOMETER VT

Place	Cut-off time
Buenavista (Cruce hacia el Palmar)	10:00h
Santiago del Teide	12:00h
El Portillo Alto	16:00h
Arrival - Puerto de La Cruz	17:30h

CUTTING TIMES VT

Provisioning	KM	START TIME	END TIME	TYPE
Buenvista (Cross to the Palmar)	57 Km	08:45h	10:00h	Liquid
Santiago del Teide	79 Km	09:45h	12:00h	Solid + Liquid
Mirador de Los Poleos	101 Km	10:30h	11:30h	Liquid
Montaña Samara	109Km	10:50h	14:10h	Liquid
Puerto de La Cruz (arrival)	175 Km	12:30h	17:30h	Solid + Liquid

PROVISIONING VT

BOX 0



BOX 1



BOX 2



BOXES 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

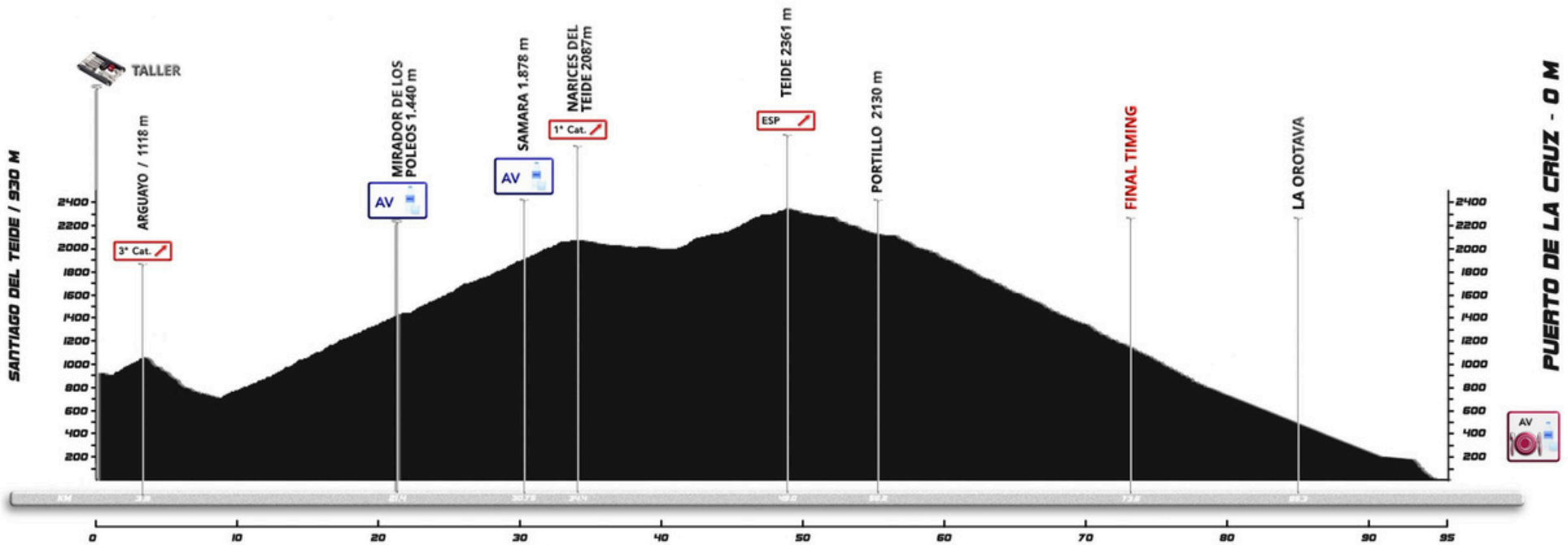


PERFIL MEDIA VUELTA AL TEIDE 2024

95 KM

D+2000M

ALTITUD MÁXIMA 2361m



PROFILE 1/2 VT

RUTÓMETRO MEDIA **VUELTA AL TEIDE 2024**

LOCALIZACIÓN					DISTANCIA SALIDA, ALTURA Y TIPO DE VÍA				HORA DE PASO ESTIMADA PARTICIPANTES A				UALLAMIENTOS
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.

RUTOMETER 1/2 VT

Place	Cut-off time
El Portillo Alto	16:00h
Arrival - Puerto de La Cruz	17:30h

CUTTING TIMES 1/2 VT

Provisioning	KM	START TIME	END TIME	TYPE
Mirador de Los Poleos	21 Km	11:15h	12:00h	Liquid
Montaña Samara	31Km	11:40h	12:50h	Liquid
Puerto de La Cruz (arrival)	95 Km	13:30h	17:30h	Solid + Liquid

PROVISIONING 1/2 VT

- Bicycles can be left from May 17 to 18 at the Santiago del Teide Sports Pavilion.
- Hours: Friday the 17th from 6:00 p.m. until Saturday the 18th at 10:00 a.m.
- The space will have private security.
- You must have the official race number on.
- You will have to provide security with: bib number, first and last name and DNI number for future collection of the bicycle.
- Do not leave objects next to the bicycle (for example, GPS, backpacks, etc.)

WORKSHOPS

Fixed Workshops

Workshop Rubén Velázquez
Salida Vuelta al Teide - Puerto de la Cruz

Workshop Aranzazu
Provisioning Santiago del Teide

Workshops on the road

Workshop Rubén Velázquez

Workshop ProBike Doctor

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

WORKSHOPS

Official store

Location: Pol. Ind. San Jerónimo, C. Ingenios Azucareros, 36,
38312 La Orotava, Santa Cruz de Tenerife.

Monday to Friday hours: 10:00h - 14:00h
15:00h - 19:30h

Contact: 922.109.279 /603.674.605

Assistance in VT: Mobile workshop along the route.



WORKSHOPS

Official store

Location: Carretera Provincial, 69, Local 2, 38390 Santa Úrsula,
Santa Cruz de Tenerife

Monday to Friday hours: 09:30h - 13:00h
16:00h - 20:00h

Contact: 922.337.579



Assistance in VT: Fixed workshop at the Santiago del Teide supply station

WORKSHOPS

Official store

Location: C/ subida al Mayorazgo, 27, Santa Cruz, en el centro de entrenamiento Health Space

Monday to Friday hours: Morning or afternoon shift with prior appointment scheduled through the contact telephone number

Contact: 922.365.088 /607.955.132



Assistance in VT: Fixed workshop at the Vuelta al Teide exit (Puerto de la Cruz) and mobile workshop along the route.

WORKSHOPS

WORKSHOP RUBÉN VELÁZQUEZ CASTRO

For participants, there will be a **20% discount** for a biomechanics for cyclists with Retül movement system.

To benefit from the discount you must **make an appointment** through your contact and **present your bib number** on the day of the appointment.

Contact: 922.365.088 /607.955.132



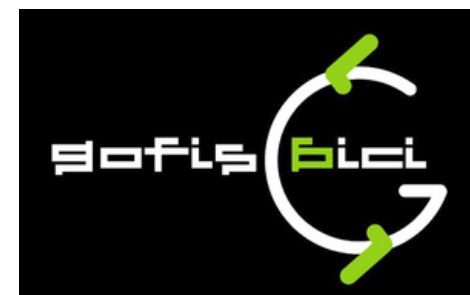
WORKSHOPS

Official store

Location: C. la Longuera, 64, 38418 Los Realejos, Santa Cruz de Tenerife.

Monday to Friday hours: 10:00h - 13:30h
17:00h - 20:30h

Contact: 922.365.088 /607.955.132



PARKING AREAS



Free parking

Vuelta al Teide

Paid parking

Dock esplanade parking

Martíánez Shopping Center

PARKING AREAS



PARKING AREAS

FREE PARKING:

Parking explanada del Muelle: <https://maps.app.goo.gl/uuYjajfsuTXyx2ok9>

Parking Garañona: <https://maps.app.goo.gl/3fVe7B72SpKqjhXa7>

Parking Garoé: <https://maps.app.goo.gl/qDrbpft9fk86mLvc6>

PAID PARKING

Centro Comercial Martiáñez: <https://maps.app.goo.gl/g7svh7EtPMSEjR177>

SHARE CAR

In a clear commitment to promoting sustainable mobility and reducing traffic, from the Vuelta al Teide we invite you to attend the test sharing a car, in this way you will earn a 5% discount in our online store or in future editions.

HOW IS THE PROCCES?

1. Go to the test sharing a car and upload a post or story to Instagram with #VueltaAlTeideVerde, naming our social media account and the person accompanying you.
2. Save the photo and a screenshot of the post or story on your phone.
3. After completing the test, you will receive an email with a survey evaluating the event and, if you have shared a car, you must indicate so and attach the photo of the publication you made.
4. Once you have completed the survey, we will send you a discount code that you can use in the 7Raid store in future tests or when registering for the Vuelta al Teide 2025.

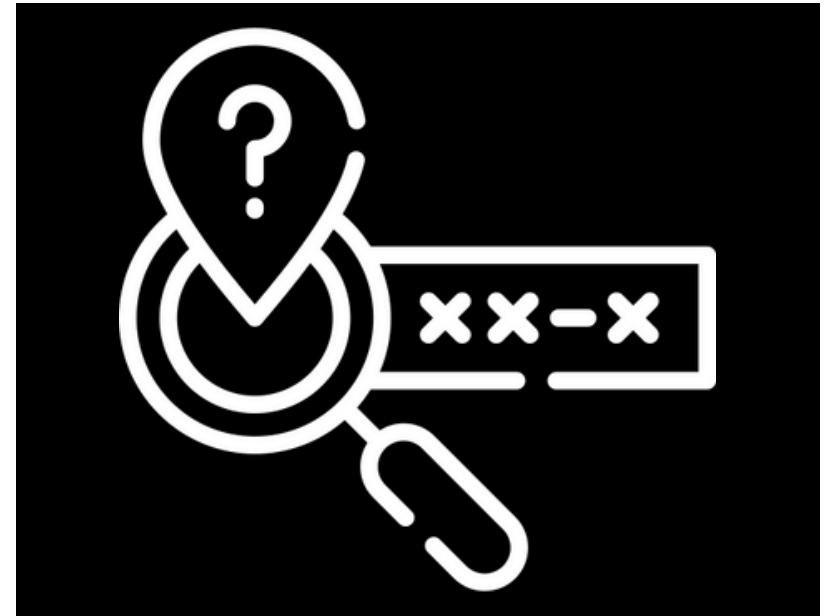
STREAMING AND TRACKING



Test streaming

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
1/2 VUELTA AL TEIDE	08:00h am (Only schedule)
TRANSPORT DIRECTION	
Puerto de la Cruz --> Santiago del Teide (Only direction)	

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

** Transportation is in **ONE DIRECTION** and at a **ONE TIME**.

Lago Martiánez



Av. Familia de
Betancourt y Molina

PRICE LIST TO TAKE INTO ACCOUNT

Concept	Price
License for one day	10€
Transport 1/2 Vuelta al Teide (Limited places)	12€
Registration for the Vuelta al Teide	75€
Registration for the 1/2 Vuelta al Teide	65€

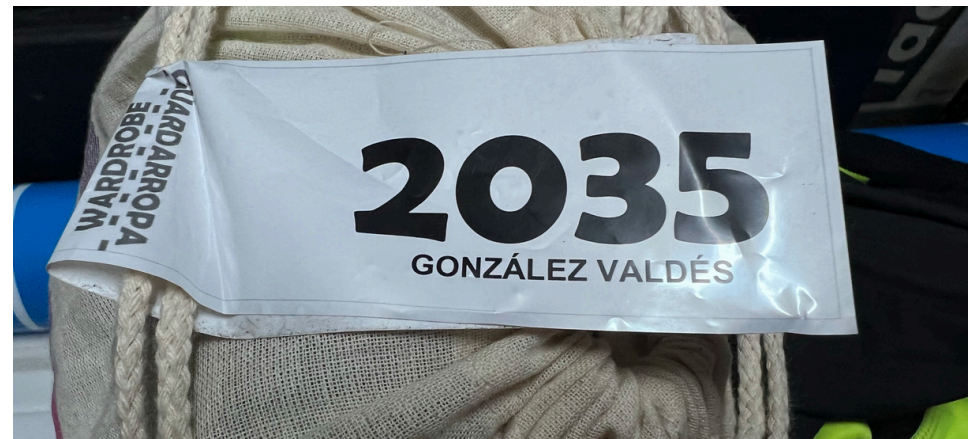
LICENSES



- If you have a license, you must show it when handing out your bibs (valid with an image).
- If you do not have it, you must contract the insurance for one day, you can do so at the delivery of bibs.
- If you pick up a partner's bib number, you must show the participant's license if you have it (valid with an image).

Cloakroom - Official Backpack

- An official backpack can be delivered on the day of the test (at the start of each modality) and will be collected at the end of the test in Puerto de la Cruz - arrival area.
- Only ONE official backpack will be collected per participant.
- Only the official backpack of the event will be collected
- The official backpack must have the identification provided when the bibs are handed out.



Delivery of numbers



Puerto de la Cruz



**Output of each
modality**

Delivery of numbers



12:00h - 14:30h

16:00h - 21:00h

Puerto de la Cruz
Next to Lago Martiáñez



Delivery of numbers



06:00h - 06:30h

Puerto de la Cruz
Next to Lago Martiánez



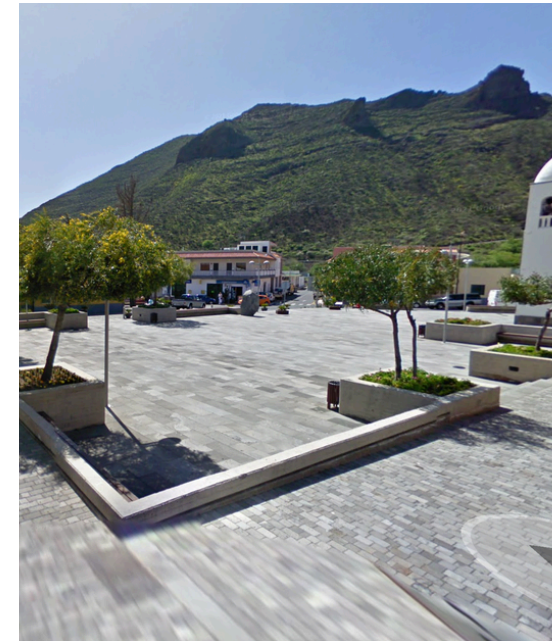
In this delivery of extra numbers, only the number will be delivered.

The rest of the bag can be collected from the cloakroom located in the arrival area.

Delivery of numbers



Square of Santiago del Teide



09:30h - 10:00h

In this delivery of extra numbers, only the number will be delivered.
The rest of the bag can be collected from the cloakroom located in the arrival area.

DOCUMENTATION NECESSARY TO REMOVE THE BIB

- DNI.
- Cycling license 2024 (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 collecting the bib).
- If you are going to pick up a colleague's bib number, you must present signed official authorization (available on the website) for the bib to be picked up, 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 website) from a legal guardian, in addition to being accompanied by them.

DELIVERY OF NUMBERS FRIDAY, MAY 17 - PUERTO DE LA CRUZ

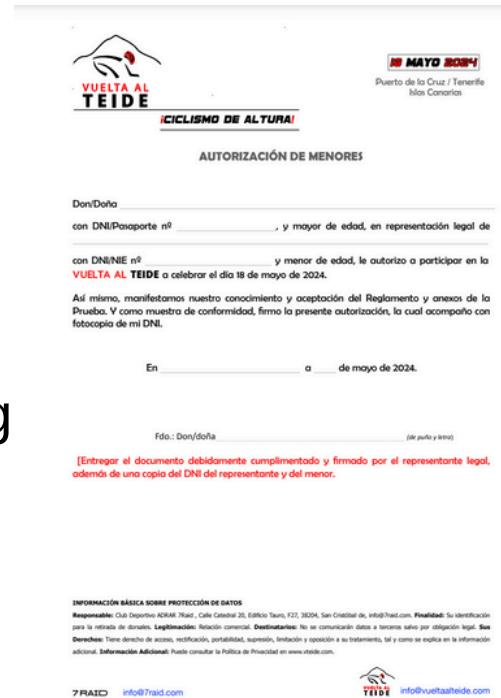
In order to speed up the delivery of numbers, 3 different lines have been established for the withdrawal of numbers. Please access the correct one.

Number delivery lines:

- **INTERNATIONAL:** for all participants from other countries who do not speak Spanish.
- **INCIDENTS:** if you need to hire transportation, a license for one day, you have a failure in registration, etc. or you are going to collect the bib number of a colleague with authorization You must go through this line.
- **DELIVERY OF BIBS:** if you have everything in order, you will go through this line. You must have your ID and license ready (if you have one).

DOCUMENTATION NECESSARY TO REMOVE THE BIB

- DNI.
- Cycling license 2024.
- Authorization if you are going to collect a partner's number.
- Authorization if a minor is going to remove the number.

VUELTA AL TEIDE
CICLISMO DE ALTURA
18 MAYO 2024
 Puerto de la Cruz / Tenerife
 Islas Canarias

AUTORIZACIÓN DE MENORES

Don/doña _____ con DNI/Pasaporte nº _____, y mayor de edad, en representación legal de _____ con DNI/NIE nº _____ y menor de edad, le autorizo a participar en la **VUELTA AL TEIDE** a celebrar el día 18 de mayo de 2024.

Así mismo, manifiestamos nuestro conocimiento y aceptación del Reglamento y anexos de la Prueba. Y como muestra de conformidad, firmo la presente autorización, la cual acompaño con fotocopia de mi DNI.

En _____ a _____ de mayo de 2024.

Fdo.: Don/doña _____ (de padre y otro)

[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 7RAID, Calle Central 25, Edificio Torre, P22, 38204, San Cristóbal de, info@7raid.com. Finalidad: Su identificación para la retirada de dorsales. Legitimación: Relación comercial. Destinatarios: No se comunicará datos a terceros salvo por obligación legal. Sus Derechos: Tiene derecho de acceso, rectificación, portabilidad, supresión, limitación y oposición a su tratamiento, tal y como se explica en la información adicional. Información Adicional: Puede consultar la Política de Privacidad en www.teide.com.

7RAID info@7raid.com



VUELTA AL TEIDE
CICLISMO DE ALTURA
18 MAYO 2024
 Puerto de la Cruz / Tenerife
 Islas Canarias

AUTORIZACIÓN RETIRADA DE DORSAL

Don/doña _____ con DNI/Pasaporte nº _____, inscrita en la **VUELTA AL TEIDE**.

Autoriza a: Don/doña _____ con DNI/Pasaporte nº _____ a retirar en mi nombre el dorsal, la bolsa del ciclista, el chip y todo aquel material necesario para poder participar en la **VUELTA AL TEIDE 2024**, en el lugar habilitado por la Organización para tal fin, entendiendo que se trata de material personal e intransferible, y que no podrá ser utilizado durante la Prueba por otra persona diferente a mí.

En _____ a _____ de mayo de 2024.

Firmado Participante Nombre y apellidos: _____ DNI/Pasaporte: _____ Firma: _____

Firmado por quien retira el Dorsal Nombre y apellidos: _____ DNI/Pasaporte: _____ Firma: _____

[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]

INFORMACIÓN BÁSICA SOBRE PROTECCIÓN DE DATOS
 Responsable: Club Deportivo 7RAID, Calle Central 25, Edificio Torre, P22, 38204, San Cristóbal de, info@7raid.com. Finalidad: Su identificación para la retirada de dorsales. Legitimación: Relación comercial. Destinatarios: No se comunicará datos a terceros salvo por obligación legal. Sus Derechos: Tiene derecho de acceso, rectificación, portabilidad, supresión, limitación y oposición a su tratamiento, tal y como se explica en la información adicional. Información Adicional: Puede consultar la Política de Privacidad en www.teide.com.

7RAID info@7raid.com

PLACEMENT OF IDENTIFICATION PLATE

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
- Bent chip

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

END OF TIMING

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

Kilometer 153,200 for the Tour of Teide

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

All participants must go through the finish arch
located in El Puerto de La Cruz.

END OF TIMING

If a participant passes through La Caldera and does not arrive at Puerto de La Cruz, he will be automatically disqualified and will not have his time report during the timed portion 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.

Recognitions

MODALITY	FEMALE	MALE
Vuelta al Teide	first 3 overall 1st in each category <ul style="list-style-type: none"> • Junior • Sub 23 • Élite • Máster 30 • Máster 40 • Máster 50 • Máster 60 • Máster 70 	first 3 overall 1st in each category <ul style="list-style-type: none"> • Junior • Sub 23 • Élite • Máster 30 • Máster 40 • Máster 50 • Máster 60 • Máster 70
1/2 Vuelta al Teide	first 3 overall 1st in each categoryCadete <ul style="list-style-type: none"> • Junior • Sub 23 • Élite • Máster 30 • Máster 40 • Máster 50 • Máster 60 • Máster 70 	first 3 overall 1st in each category <ul style="list-style-type: none"> • Cadete • Junior • Sub 23 • Élite • Máster 30 • Máster 40 • Máster 50 • Máster 60 • Máster 70

The awards ceremony will begin at 6:30 p.m.

CYCLING CATEGORIES

- Cadets: 15 and 16 years old. (Except VT)
- Juniors: 17 and 18 years old.
- Under 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 and 49 years old.
- Master 50: from 50 to 59 years old.
- Master 60: from 60 to 69 years old.
- Master 70: from 70 to 7 years



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

Merchandising



2024



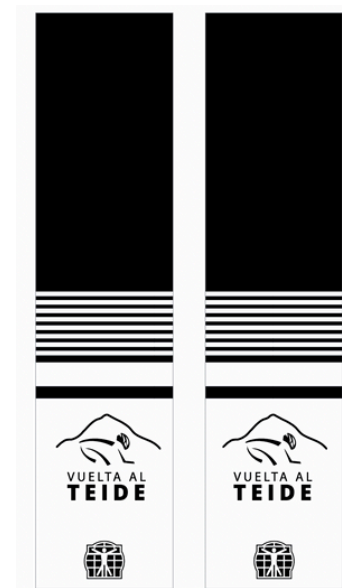
Culotte - 70€



Maillot - 30€



Socks - €15



Sleeves - €15



Gloves - €20



Bag - €5

*Special event price

2023



Maillot - 15€



Socks - €5



Sleeves - €5



Culotte - 50€



Gloves - €10



Backpack -
€1

*Special event price

2022

VUELTA AL TEIDE
¡ICICLISMO DE ALTURA!



T-shirt - €5



Maillot - 10€



Backpack - €1



Drum - €1

*Special event price

2021



Cap - €8



Mask - €1



Backpack - €1



Maillot - 10€

Culotte - 40€



*Special event price

2019

2018



Maillot - 10€

Sleeves - €5



Culotte - 10€



Maillot - 5€

Merchandising

Schedule	Friday, May 17	12:00h - 14:30h 16:00h - 21:00h
	Saturday May 18	11:00h - 18:00h
Location	Next to Lago Martiánez, Puerto de la Cruz	
Information	The special event price will only be available on those days. Garments are limited.	

PHOTOGRAPHY

Your photos of the Vuelta al Teide in high resolution



canaryactionpix.com

Usuario: Vuelta
Key: Teide24

How does it work



Visit
canaryactionpix.com

and enter the section
"downloads"



Choose
your career

enter user
and key



Seeks
your photos

by number of
dorsal or selfie

Data of interest

- If the participant decides to abandon, they must notify the organization through the emergency telephone number indicated on the race 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 refreshment stations and between participants, but never from private support vehicles.

Companions

- Companions are asked NOT to access the different points of the route to view the test, as they will obstruct the roads, affecting the event in which their family or friends participate.
- In the arrival area, next to Lago Martiánez in Puerto de La Cruz, there will be a screen with live images of the test. In addition, there will be activities to pass the time while your loved ones arrive.
- You can also follow the event live through your mobile devices with the link available on the website: <https://vteide.com/>

Companions

You cannot follow the participants on the roads along which the Vuelta al Teide travels or on the roads surrounding them. If they did, they could:

- ➔ Cause an accident.
- ➔ Obstruct the event's evacuation routes.
- ➔ Generate a traffic jam that forces the test to stop.

Help us avoid this and DO NOT take the car on the day of the event to see your loved ones during the tour. That the VT can continue to be celebrated is everyone's responsibility.

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 1+900)	CRUCE TF - 320 LAS ARENAS TF-312 (PK 5+000)	From 07:03h to 07:15h
CRUCE TF - 320 LAS ARENAS TF-320 (PK 0+000)	ENTRADA A LOS REALEJOS TF-320 (PK 4+100)	From 07:10h to 07:20h
ENTRADA A LOS REALEJOS TF-335 (PK 0+000)	CRUCE TRAVESÍA EL PINO TF-335 (PK 2+390)	From 07:16h to 07:32h

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

From	Until	Hours
MIRADOR DE GARACHICO TF-421 (PK 8+580)	PUERTO VIEJO DE GARACHICO TF421 (PK 0+000)	From 08:20h to 09:40 a.m.
ROTONDA ANTES DEL MIRADOR DE BARACÁN TF-436 (PK10+610)	SANTIAGO DEL TEIDE TF-436 (PK 22+290)	From 08:45h to 12:00h
CRUCE DE CHÍO TF-38 (PK 28+230)	CRUCE DE BAJADA A CHIGUERGUE TF-38 (PK 26+150)	From 09:59h to 11:59 a.m.

FRONTWARD closure of the road to cyclists

From	Until	Hours
SALIDA DE LOS REALEJOS TF-342 (PK 0+000)	LA MANCHA - EMPALME DE LA GUANCHA TF-342 (PK 19+000)	From 07:26h to 07:46h
LA MANCHA - EMPALME DE LA GUANCHA TF-362 (PK 0+000)	ROTONDA SALIDA DE ICOD EN DIRECCIÓN EL TANQUE TF-362 (PK 3+000)	From 07:54h to 08:33h
SALIDA DE ICOD DE LOS VINOS EN DIRECCIÓN AL TANQUE TF-82 (PK 0+000)	MIRADOR DE GARACHICO TF-82 (PK 6+500)	From 07:56h to 09:18 a.m.

FRONTWARD closure of the road to cyclists

From	Until	Hours
PUERTO VIEJO DE GARACHICO TF-42 (PK 6+000)	ROTONDA ENTRADA LOS SILOS TF-42 (PK 15+520)	From 08:30h to 09:10 a.m.
ROTONDA SALIDA LOS SILOS TF-42 (PK 16+250)	BUENAVISTA TF-42 (PK 18+950)	From 08:40h to 09:10h
BUENAVISTA TF-436 (PK 0+000)	ROTONDA ANTES DEL MIRADOR DE BARACÁN TF-436 (PK 10+610)	From 08:45h to 11:00h
SANTIAGO DEL TEIDE TF-375 (PK 0+630)	CRUCE DE CHÍO TF-375 (PK 8+050)	From 09:45h to 12:30h

FRONTWARD closure of the road to cyclists

From	Until	Hours
CRUCE DE BAJADA A CHIGURGUE TF-38 (PK 26+150)	CRUCE DE BAJADA A CHIRCHE TF-38 (PK 23+700)	From 09:59h to 12:59h
RESTAURANTE LAS ESTRELLAS TF-38 (PK 22+200)	CRUCE DE BOCA DE TAUCE TF-38 (PK 0+000)	From 10:15h to 14:15h
CRUCE DE BOCA TAUCE TF-21 (PK 53+280)	CRUCE DEL PORTILLO TF-21 (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 TF-21 (PK 16+380)	From 11:50h to 15:20h

PROGRAM

THURSDAY, MAY 16

NEXT TO LAGO MARTIÁNEZ, PUERTO DE LA CRUZ

13:00h - 14:30h

PRESENTATION OF THE VUELTA AL TEIDE

The Presentation of the event will be broadcast live on YouTube.

PROGRAM

FRIDAY, MAY 17 - NEXT TO LAGO MARTIÁNEZ, PUERTO DE LA CRUZ

12:00h - 14:30h

Delivery of numbers

12:00h

Talk “Sustainability and sport”

Broadcast live on YouTube.

12:30h

Talk Rubén Tanco and José Luis Ortoll

Broadcast live on YouTube.

13:30h

Meet and Greet

Broadcast live on YouTube.

16:00h - 21:00h

Delivery of numbers

16:00h - 18:00h

DJ Visac

18:00h - 21:00h

Band “La Calle”

PROGRAM

SATURDAY, MAY 18

06:00h - 06:30h

Delivery of numbers and wardrobe

Next to Lago Martiánez, Puerto de la Cruz

07:00h

EXIT Vuelta al Teide

Next to Lago Martiánez, Puerto de la Cruz

07:05h

Loading on 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

09:30h - 10:00h

Delivery of numbers and wardrobe

Santiago del Teide

10:30h

EXIT 1/2vuelta al Teide

Enlivened by the fanfare of Santiago del Teide

Santiago del Teide

PROGRAM

SATURDAY, MAY 18 - Next to LAGO MARTIÁNEZ, PUERTO DE LA CRUZ

11:00h - 18:00h

Children's playroom

12:00h - 16:00h

DJ Visac performance

12:30h

Arrival of first participants Vuelta al Teide

13:20h

Arrival of first participants 1/2 Vuelta al Teide

17:30h

Arrival of last participants

16:30h - 18:30h

Band Escuela de Calor

18:30h

Award ceremony

PERFORMANCE

ESCUELA DE CALOR

SATURDAY, MAY 18 - Next to Lago Martiánez, Puerto de La Cruz

16:30H



PERFORMANCE

Band "La Calle"

FRIDAY, MAY 17 - Next to Lago Martiánez, Puerto de La Cruz

18:00h - 21:00h



PERFORMANCE

DJ VISAC

FRIDAY, MAY 17- Next to Lago Martiáñez, Puerto de La Cruz

16:00h - 18:00h

SATURDAY, MAY 18 - Next to Lago Martiáñez, Puerto de La Cruz

12:00h - 16:00h



PLAYGROUND

PIM OCIO Y TIEMPO LIBRE

Children's playroom in the Vuelta al Teide - Saturday May 18.

Schedule: 11:00h - 18:00h

Location: Junto a Lago Martiánez, Puerto de la Cruz.

Pim leisure and free time offers fun in an attractive way, so that boys and girls can enjoy its activities regardless of their age (games, face painting, crafts, etc.).

*Free activity for family members of participants.



VIDEOMATÓN 360°

Would you like to have a 360° memory with friends, family, team, bike, or whoever you want?

Don't miss this opportunity and enjoy your most 360° moment of the Tour of Teide!



Once you reach the finish line, you will find the 360° aerial photo booth, where you can take the videos you want, with the people you want!

- Unlimited videos.
- Instant download of the video thanks to a QR.
- Free service.

Schedule: 13:00 - 19:00h

Location: Junto a Lago Martiánez, Puerto de la Cruz

SUSTAINABILITY

THE ORGANIZATION HAS TAKEN THE FOLLOWING MEASURES REGARDING SUSTAINABILITY, FOR WHICH WE NEED YOUR COLLABORATION

CERTIFICATION



At the Adrar 7 Raid Sports Club we are committed to sustainability and are in the process of certification through the Biosphere Sustainable certifying entity.

ENVIRONMENTAL SUSTAINABILITY

Mobility: We enable buses for the 1/2 VTeide, discounts on future editions for people who share a vehicle, parking enabled for PMR and ECO.

Energy: Minimization of generating equipment, use of electric vehicles by the organization, day assembly, and use of equipment certified in energy efficiency.

Water: Enabling water dispensers.

Waste: Penalty for dumping on the route, provision of recycling islands, composting of organic waste, use of beverages in non-individual containers, waste collection equipment, etc.

Supplies: 70% reusable product, 90% from Canarian suppliers, stand from local businesses

SUSTAINABILITY

HELP US SHOW HOW CYCLING IMPROVES OUR ENVIRONMENT

SOCIOECONOMIC SUSTAINABILITY

Local impact: Provision of a stand space with Canarian products for sale, donation of surplus food to a social entity.

Equality: Presence of an association that will inform about how cycling can contribute to the promotion of equality and diversity.

Culture: The event will feature the participation of two local music groups.

Economic fabric: 90% of the test providers are from the Canary Islands and the accommodations and restaurants selected for the organization are those of Puerto de la Cruz.

Dissemination: On Friday, at 12:00 p.m., an informative talk will be offered on how sport contributes to improving sustainable development.

Conciliation: Enabling a children's playroom during the test.

Ecosystem: A percentage of the registration fees will be allocated to a reforestation project after the fires on the island of Tenerife.

MOBILITY

MORE THAN 70% OF THE ENVIRONMENTAL IMPACT OF THE TEST IS PRODUCED BY INDIVIDUAL TRIPS, WE HELP YOU REDUCE IT

Share a vehicle and get a 5% Discount

- 1** Go to the test sharing a car and upload a post or story to Instagram with the #VueltaalteideVerde, naming our social media account and the person accompanying you.
- 2** Save the photo and a screenshot of the post or story on your phone.
- 3** After completing the test, you will receive an email with a survey evaluating the event and, if you have shared a car, you must indicate so and attach the photo of the publication you made.
- 4** Once you have completed the survey, we will send you a discount code that you can use in the 7Raid store in upcoming tests or when registering for the Vuelta al Teide 2025.

MOBILITY

MORE THAN 70% OF THE ENVIRONMENTAL IMPACT OF THE TEST IS PRODUCED BY INDIVIDUAL TRIPS, WE HELP YOU REDUCE IT

Public transportation network - TITSA

- 353 - PUERTO DE LA CRUZ CIRCUIT - REALEJOS - OROTAVA
- 352 - PUERTO DE LA CRUZ CIRCUIT > OROTAVA > REALEJOS
- 354 - ICOD OF WINES -> LINK LOS REALEJOS
- 103 - SANTA CRUZ -> LA LAGUNA -> PUERTO DE LA CRUZ DIRECTA (by El Botánico)
- 102 - SANTA CRUZ -> PUERTO DE LA CRUZ (BY LAS ARENAS)
- 345 - PTO. DE LA CRUZ -> OROTAVA-AGUAMANSA
- 363 - PUERTO DE LA CRUZ -> BUENAVISTA -> BY ICOD DE LOS VINOS
- 390 - PUERTO DE LA CRUZ - ARENAS - LA VERA - LA MONTAÑETA - REALEJOS - LA VERA - ARENAS
- 351 - PUERTO DE LA CRUZ STATION - BOTANIC - LA OROTAVA STATION

More information in www.titsa.com

INSTITUTIONAL SPONSORS



SPONSORS



COLLABORATORS



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

If you have any questions, you can consult our social networks and website.



7RAID