



Spend the winter on Gran Canaria!

Canary-Bike.com offers all-around-carefree packages in the sunny South

Las Palmas (sgh) – Gran Canaria, the volcano island located around 210 kilometres in front of the North-western coast of Africa, is often referred to as miniature continent because of its climatic and geographic diversity and its sophisticated flora and fauna. Gran Canaria's jagged spectacular mountain ranges and an average annual temperature of 23 degrees Celsius make the island a paradise for mountain bikers and the ideal location to overwinter.

Gran Canaria's mountain bike tourism expert and marathon organiser Petra Wonisch has created an array of attractive fall/winter and spring travel packages: the assortment ranges from multi-day bike trips including 'island hopping' and training camps with pro riders to 'bike/wellness' and 'bike/language school' vacations.

Bike, Body & Soul

„For the first time this winter we offer mountain biking in combination with Pilates”, says Petra Wonisch. „Mountain bikers especially, lament back and neck problems. Their legs are well trained, but their upper part of the body is often neglected. Pilates is an exercise program that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles, which are important to help alleviate and prevent back pain.”

Fit for the new season

From January 2007 Gran Canaria heralds the new bike season: together with MTB, Road and Triathlon experts, Canary-Bike.com offers various training camps, the highlight being the MTB training week with pro elite

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riders between March 11th and 18th, 2007 with the UCI Mountain Bike Marathon World Cup as crowning closure.

Another highlight is the VIP tour on Thursday prior to the Marathon. MTB pros lead small groups to Gran Canaria's most beautiful single trails and consult the amateurs with regards to the race. However, the number of participants is limited, so one should reserve a spot in due time.

17/18 March: Marathon Open MTB Gran Canaria and UCI World Cup

Much sooner than expected the hospitable and mountain bike enthusiastic Canarios have been awarded with the presentation of a UCI Mountain Bike World Cup. The latter will take place on the same weekend as the *Marathon Open MTB Gran Canaria*, March 17th through 18th, 2007. „We are delighted that the UCI chose Gran Canaria as a venue. As tourism and logistics partner of Last Lap we will make sure that the World Cup on our island will be a great success”, say Petra Wonisch. “And we will make sure that all amateur mountain bikers who participate in our race will feel as important and as pampered as the pro riders.”

Just like this year, the Marathon Open MTB Gran Canaria 2007 will be the opening race of the Austrian TREK Mountain Bike Challenge and its Bavarian sister series. Participants can chose between three distances: 38 km, 76 km or 101 km. Canary-Bike.com offers complete hotel packages including airport shuttle, welcome cocktail, pasta party, marathon fee, and fiesta (after race party) an.

Team Canary-Bike.com

For many years tourist expert and hotel owner Petra Wonisch has been enhancing mountain bike sport and mountain bike tourism on Gran Canaria. Now the German lady with a Cuban temper and a Spanish soul has founded a mountain bike team that will ride under the flag of Gran Canaria. „We were able to sign the three best Canarios“, explains Petra Wonisch. "Aristides Gonzalez, Fernando Peña and Carmello Ruiz are not

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only Canary Champions. They are also among the top 10 riders in Spain. We want them to represent us at the major events next year. Cube is our team sponsor. Thus the guys will get excellent equipment. And who knows, a few years from now we might see the first mountain biker from Gran Canaria riding among the top of the world.”

Further information:

www.canary-bike.com

Tel:+34-639-781 658 (Petra Wonisch)

Reservierungen: villadelmonte@terra.es

Attachment

Dates fall/winter and spring programme Canary-Bike.com

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Dates fall/ winter and spring programme Canary-Bike.com

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|-----------------|--|--------------------|
| 11-16/10 | <i>Transcanarias with Mammuth Club</i>
In collaboration with the Spanish organiser Mammuth Club, Canary-Bike.com offers to explore several of the Canary Islands by bike – you will ride through stunning scenery far away from mass tourism. | p.p. €889.- |
| 15/10 | <i>RTF SUR – Tirajanas</i>
Bike tour with the Gran Canaria Cycling Federation
Meeting point: Las Palmas, Obelisco | p.p. €10.- |
| 22-29/10 | <i>Bike , Body & Soul</i>
Holistic body training on Gran Canaria. Are you misbalanced? Then come and reload your energy reserves in the Southern sun. We will help you to unwind and to harmonise body and soul. Enjoy Pilates, an exercise program that helps to keep the body balanced. In particular, Pilates exercises teach awareness of breath and alignment of the spine. Stretch your body with Yoga and relax with a Shiatsu or Pantai Luar massage. | p.p. €499.- |
| 28-29/10 | <i>24 h MTB Race in Las Palmas</i>
24 hour race MTB; Colorado LPA | p.p. €20.- |
| 19/11 | <i>RTF –Montaña Alta LPA</i>
Tourist bike ride with Gran Canaria Cycling Federation
Meeting point: Las Palmas, Obelisco | p.p.€10.- |
| 03-10/12 | <i>Vuelta Maspalomas</i>
The „Vuelta Cicloturistica Maspalomas“ takes place between the 3rd and 11 th of December, traversing the island of Gran Canaria. The daily stages are between 60 and 100 kilometres long and can – depending on the fitness level – also be done as single day rides. On December 8 th , the ‘relax’ day, those who never get tired can compete in a hill climb competition up to Pico de las Nieves (1,940 metres). The participation fee for the hill climb (8.12.) is EUR 30, for the Vuelta EUR 100. Complete packages incl. hotel (family room 4 pax), half board and race fee start at EUR 399. | p.p. €399.- |
| 10-17/12 | <i>Single week</i>
Singles and single raising parents are welcome and form the biggest part of the group. You can book a single room or you can save the single room surcharge and book half a double room. Bike tours and many group activities. | p.p. €499.- |

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- 04-11/01** **Road cycle training with Atlantikcycling** p.p. €559.-
5 guided tours with pro riders Philipp Volz and Falk Putzke
- 14-21/01** **MTB Camp with Regina Marunde, former German National Team rider – Introduction in Osteopathie** p.p. €579.-
Are you looking for a way to release stress on your own and to relax? In this case craniosacral self therapy is ideal for you. Easy exercises which can be done in the comfort of your home and which enhance relaxation, regeneration and deep sleep. Craniosacral self therapy is based on gentle touch to effect broad physical and energetic relaxation. It focuses on the craniosacral rhythm of flowing brain and spinal cord liquid. With a bit of practice you can feel in your entire body. It can activate your well-being and sustainably strengthen your immune system.
- 21-28/01** **Pilates & Bike with Alex Gutierrez** p.p. €579.-
Pilates is an exercise program that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Mountain bikers especially, lament back and neck problems. Their legs are well trained, but their upper part of the body is often neglected. Pilates exercises teach awareness of breath and alignment of the spine, and strengthen the deep torso muscles, which are important to help alleviate and prevent back pain.
- 04-11/02** **Road & Triathlon Training Camp** p.p. €559.-
with Ugo Fabbri , IT/ESP/D/E
- 10/2** **Gran Fondo – Cycle Marathon** p.p. €49.-
80 km, Maspalomas-St. Bartholomae
- 11-18/2** **MTB Training Camp I – EXCELLENT IN FORM** p.p. €589.-
GPS & Polar training , introduction & practical application
- 18-25/2** **MTB Triathlon & Road EXCELLENT IN FORM** p.p. €589.-
lactate test, training analysis, workshop bike mechanic, orientation, tour preparation
- 11-18/03** **MTB Training Camp with Elite Riders** p.p. €589.-
5 guided tours, e.g. marathon course, the best single trails with pro riders in small groups, small groups, individual consulting
- 17/03** **Marathon Open MTB Gran Canaria** p.p. €399.-
weekly flat rate, incl. hotel, transfer, in 3-bed rooms Maspalomas- Ayagaures or St. Bartholomae-Maspalomas, 95 or 38 km

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|-----------------|---|--------------------|
| 18-25/03 | <i>Road Cycle Training with Atlantikcycling</i>
5 guided tours with pros Philipp Volz and Falk Putzke | p.p. €589.- |
| 15-22/04 | <i>Spanish Course & Pleasure Tours</i>
Spanish for beginners and advanced learners, 2 hours per day language class (everyday life topics) combined with the best cycle tours | p.p. €499.- |
| 06-13/05 | <i>Transcanarias</i>
In collaboration with the Spanish organiser Mammuth Club, Canary-Bike.com offers to explore several of the Canary Islands by bike – you will ride through stunning scenery far away from mass tourism. | p.p. €889.- |