

CANARY ISLANDS: THE IDEAL SPORTING DESTINATION

* **Exceptional mountain landscapes and geography make the Canary Islands the perfect place to hold leading international sporting events where participants compete with the volcanoes, trade winds and ocean waves which surround the Archipelago**
* **The Islands are renowned as being one of the top destinations for outdoor sports in the international calendar**
* **The Archipelago is an ideal setting for some of the most demanding competitions on the international spring sporting agenda, including The Transvulcania, Ironman and Tenerife Bluetrail**

**London, 20 April 2016 –** The Canary Islands’ natural wonders provide the ideal setting for the most demanding competitions on the international sporting agenda, which will take place on the Archipelago over the coming months. The Canarian mountains provide a scenic yet challenging backdrop, incorporating leafy forests, volcanic terrain and clean island seas.

Drawn by the Atlantic breeze and **“**[***the best climate in the world***](http://www.thebestclimateintheworld.com/)**”** enjoyed in the Archipelago year-round, some of the world’s leading competitors will gather on the Canary Islands over the coming months to face a wide range of land, air and water sports competitions**.** Many of these athletes have competed in international circuits, drawing thousands of participants from around the globe at each event.

Together with the Archipelago’s extensive hotel offering and the quality of its modern facilities and sports equipment, the seven islands, **just over a four-hour flight from Ireland,** are benchmark sports centres to enjoy an energetic break this spring-summer season.

**MAY**

[**22nd International Paragliding Concentration**](http://www.clubguelillas.com/index.html)**, El Hierro**

***“Frontera, the Paragliding Mecca”.*** The southernmost town in Europe will be the new base camp for paragliders between **29 April and 2 May**, when they will meet for the longest-running paragliding competition in Spain. Adventure lovers will take off from the hillsides surrounding El Golfo valley to enjoy a unique view of El Hierro Island.

The challenge includes a precision-landing competition for the world’s best pilots and once again will feature the **Spanish** **National Acrobatic Paragliding Team** and the world’s elite in this sports discipline as recognised by the International Aeronautics Federation.

[**Transvulcania**](http://transvulcania.info)**, La Palma**

***“Ultramarathon on ‘the Pretty Island’“.*** At over 73 kilometres, this mountain race has become a tourist draw on La Palma and the island expects over 700 international participants for the competition on **7 May.** The trail along the **Baston Route** is as tough as it is stunning, with an itinerary that gives participants the feeling they are flying over **Caldera de Taburiente National Park**, leaving behind an astonishing sea of clouds as they **ascend Roque de los Muchachos.** The 2016 event on ‘The Pretty Island’ is expected to attract over 2,500 people for non-competition events as well, such as the **Encuentro de Senderistas** hikers’ meeting, held at the same time as the long-distance races.

La Transvulcania has different courses: **Ultramarathon** (74 kilometres), **Marathon** (45), **Half Marathon** (24) and **Vertical Kilometre** (7.6 kilometres over ground that rises and falls by 1,203 metres). The Transvulcania Ultramarathon has been part of the **Skyrunner World Series** since 2012. It kickstarts the **International Skyrunning Federation (ISF)** circuit and is also included as a qualifier for the **Skyrunner National Series** in the Ultraseries (Ultramarathon) and Vertical (Vertical Kilometre) modes, respectively.

[**Ironman**](http://eu.ironman.com/es-es/triathlon/events/emea/ironman/lanzarote.aspx#axzz3LPMWvSF2)**, Lanzarote**

***“Triathlon Titans”.*** The island of Lanzarote is preparing for the celebration of one of the toughest competitions on the planet: **Ironman** on May 21. Its name speaks to the tough challenge the triathletes face as they test their resistance across nearly four kilometres of open-ocean swimming, 180 kilometres of cycling over uneven land and a demanding marathon that leads them through volcanic landscapes and which offers **40 qualifying spots for the Hawaii World Championship,** only worthy of true “men and women made of iron”.

Playa Grande, at Puerto del Carmen, is **the island’s largest tourism centre** and the setting of the swimming competition which kicks off the race, although the true challenge for the athletes, because of the typically strong winds, comes during the cycling event which takes participants around the island and sees them cover 180 kilometres and a total of 2,551 metres of elevation with stunning views. The triathletes then leave their bikes behind and run 42 kilometres to the southeast of the island, with the endless ocean framing the eagerly-awaited finishing line.

**JUNE**

[**Tenerife Bluetrail**](http://www.tenerifebluetrail.com/?lang=en)**, Tenerife**

***“From sea to sky”.*** Teide National Park is one of the great appeals of this competition, which has the novelty of starting from the beach and rising to an altitude of 3,550 metres at **one of the emblematic volcano summits.** That’s why it’s known as the “highest” race in Spain and is considered by trail running experts as the hardest Ultra Trail on the Islands and **one of the most important in Spain.**

The 97-kilometre Ultra trail is the reference point, although there are three alternative routes for all types of athletes keen to take on the island’s volcanic landscapes in a 43-kilometre **Marathon**, the popular 21-kilometre **Half Marathon** or the eight-kilometre, **Bluetrail Challenge**, which is accessible to athletes with disabilities.

**11 June** will see over 2,300 participants meet in Santa Cruz de Tenerife to run ‘from sea to sky’ and entrants from more than 14 different countries are already training for a *“#Brutal”* edition of this Tenerife Bluetrail, a key event on the international calendar which earns points for the demanding **Ultra-Trail du Mont Blanc (UTMB),** considered the toughest mountain race in the world.

**JULY**

[**PWA World Tour**](https://www.pwaworldtour.com/index.php?id=2114)**, Gran Canaria and Tenerife**

***“Trade winds at full sail”.*** Gran Canaria and Tenerife will this summer host two world windsurfing championship competitions run by the **Professional Windsurfers Association** (PWA). The impressive competition will take place at [**Pozo Izquierdo**](https://www.pwaworldtour.com/index.php?id=38&tx_pwaevent_pi1%5BshowUid%5D=250&cHash=daea2abbb80223c243daca1aed50c9e5),in the southeast of Gran Canaria, a place known around the globe for its optimal windsurfing conditions, from **3 to 9 July**. A southerly is nearly always blowing at El Arenal beach and tends to be strong and constant. The waves can reach nearly three metres, making Pozo Izquierdo the ideal destination for gifted windsurfers keen to display incredible leaps and air acrobatics.

Later in July, the world championship will be held at [**El Médano**](https://www.pwaworldtour.com/index.php?id=38&tx_pwaevent_pi1%5BshowUid%5D=238&cHash=83b3002724192c4fe2837370669d096a) in the south of Tenerife. Trade winds are common at El Médano and act as a magnet for top international windsurfers.

**ENDS**

**About the Canary Islands**

The Canary Islands is the place with [*The best climate in the world*](http://www.thebestclimateintheworld.com/) for enjoying exceptional holidays any time of the year. Seven different and unique islands, perfect for disconnecting from your daily routine, recharging your batteries and returning home feeling physically and mentally refreshed. The [beaches](http://www.hellocanaryislands.com/beaches), [volcanic landscapes](http://www.hellocanaryislands.com/energy-awaits-you), lively and hospitable lifestyle and the possibility of choosing from all sorts of outdoor activities, as well as a wide range of quality accommodation and leisure activities, mean that the majority of visitors repeat the experience more than once.

**About Promotur Turismo de Canarias**

Promotur Turismo de Canarias, an entity attached to the Department of Tourism, Culture and Sport of the Regional Government of the Canary Islands, oversees the promotion of the Canary Islands tourism brand. Created in 2005, the main goal of this public company is to study, promote and market the huge tourist offer the Canarian archipelago affords, in conjunction with the other institutions on the islands related to the tourist sector.

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