

Race from Sea to Sky with the Cajamar Tenerife Bluetrail

Over 2,500 athletes will run from sea level to a height of over 3,550 metres on 10th June



15th May 2017 – [Cajamar Tenerife Bluetrail](#), the island's most popular (and extreme) long-distance mountain race, will take place on Saturday 10th June, marking the seventh year in a row that the island has held the event. The 2,700 athletes from 33 countries participating in this year's race will choose from the following five categories: Ultra (97km), Trail (66km), Marathon (43km), Half Marathon (20km) and the adapted trail Challenge (1.2, 3.5 and 8km).

As Spain's highest and Europe's second highest race, Cajamar Tenerife Bluetrail attracts the best athletes from all over the world every year. A number have already been confirmed for this year's race including Nepali Shange Sherpa (last year's *Ultra* winner), Cristofer Clemente (the winner of the 2016 Ultra Skyrunner World Series), as well as French runner Christelle Bard.

One of the key highlights of Cajamar Tenerife Bluetrail is how varied the landscape is. Throughout the race, the terrain contrasts between the dryness of the south to the green scenery of the north – without forgetting the UNESCO-listed Teide National Park, which is the true hero of the race. Here, daring athletes on the *Ultra* category will reach a height of 3,550 metres – the highest pinnacle of the race itself.

Races adapted to all levels

Ultra: This is the most difficult course, with athletes having to complete 97km in distance and 12,819 metres of accumulated gradient. The athletes will depart from sea level (Los Cristianos) at midnight and will find themselves climbing Mount Teide. Once over the summit, participants will descend the mountain before reaching the finish line in the town of Puerto de la Cruz, in the north of the island. This course must be completed in a maximum of 23 hours.

Trail: This race will cover 66km in distance and will see athletes departing at 6am from Vilaflor (1,387 metres above sea level), before reaching 2,520 metres at its highest point. The race features 7,886 metres of accumulated gradient overall and must be completed in 14 hours.

Marathon: This year will be the third edition of the Marathon trail, which covers 43km and 5,891 metres of accumulated gradient. The starting signal will be at 8am in La Orotava, with athletes having to reach the finish line in Puerto de la Cruz by 6pm.

Half Marathon: This 20km race starts in Los Realejos at 8am. Runners will have four hours to reach the finish line in Puerto de la Cruz. This trail features 2,794 metres of accumulated gradient and a maximum height of 1,092 metres.

Challenge: A selection of courses from the Cajamar Tenerife Bluetrail have been adapted for disabled athletes. There are three available this year: the 1.2km, 3.5km and 8km. As with all the other races, the finish line is in Puerto de la Cruz.

Runners who complete the *Ultra* or *Trail* categories will get four or five points towards next year's Ultra-Trail du Mont-Blanc® (UTMB), as Cajamar Tenerife Bluetrail is one of the approved qualifying races.

-Ends-

About Tenerife

Tenerife is the largest of the Canary Islands and one of the most popular and easily accessible holiday destinations for UK travellers. Guaranteed sunshine, diverse landscapes, idyllic beaches and charming villages make the island an ideal holiday choice all year round, while its vast array of fantastic activities, from year-round whale watching and stargazing on Spain's tallest peak to caving adventures inside Europe's largest lava tubes, ensure that the island's variety of experiences are as unforgettable as its flavours and friendly people.

For further information on Tenerife Bluetrail, please visit: www.tenerifebluetrail.com

For general tourism information on Tenerife, please visit: www.webtenerife.co.uk or follow Tenerife Tourism Corporation online:



/visittenerife



/visit_tenerife



/webtenerifeEn



/visit_tenerife

For media information, please contact Enrique Martín or Cat Cambridge at Hume Whitehead on 0203 375 4050 or email enrique@humewhitehead.co.uk / cat@humewhitehead.co.uk