

## Activate yourself

You can breath in well-being, health, adventure and fun in each corner of Fuerteventura, a marvellous place that invites you to practice sport and enjoy open air activities throughout the year.

Thanks to its generous climate of warm summers and mild winters, more sportsmen choose the island as the perfect destination to practise their hobby or train in their sport.

It is a world renowned place for its perfect and unbeatable conditions for water sports such as surfing, windsurfing, kiteboarding, sailing, scuba diving and fishing, but also the ideal place to practice endless activities in the best surroundings out of the sea.

Enthusiasts of trekking, cycling, quads, motor cross... find unbeatable geographical and meteorological conditions to practice their favourite activities.

Excursions on quads and safari jeeps, going up volcanoes and crossing desert landscapes, convert holidays into authentic adventures.

## Elite installations

The island has hotel and sports facilities that are able to satisfy requirements at all levels with a wide range of sports such as tennis, paddle, golf, athletics, cycling, sailing, trekking...

There are hotel complexes specialising in high performance training for top level professionals, equipped with the latest technology and an excellent customer service with professional instructors.

Centres for groups and complete cycling, handball, beach volleyball, triathlon and swimming teams, among others, who train or prepare themselves for the following season under the best conditions.

## Patronato de Turismo de Fuerteventura

Almirante Lallermund, 1. 35600 Puerto del Rosario

Fuerteventura · Islas Canarias

Tel. +34 928 53 08 44 · Fax. +34928 85 16 95

[info@visitfuerteventura.es](mailto:info@visitfuerteventura.es)



[www.visitfuerteventura.es](http://www.visitfuerteventura.es)



Golf



Cycling



Windsurfing and Kiteboarding Championship



S.U.P.



Walks



## Cycling

Fuerteventura has marvellous areas to ride mountain bikes, not only to ride and enjoy the amazing views whilst in contact with nature, but also for for extremists who are looking for challenges in very difficult downward slopes. Road cyclists also find their ideal habitat here to improve and train their bottom line.

## Trekking

Trekking enthusiasts can find a network of newly opened trails, with 255 kilometres of paths throughout the island, with indescribable contrasts and diversity in its landscape. Strolling along whilst looking at a visual sight of white dunes, deep ravines, black volcanoes and ochre mountains, virgin beaches... the best way to make contact with nature.

## Golf

Three golf courses in excellent and unique surroundings, with views to the sea, dunes and amazing volcanic scenery, where beginners and amateurs can improve and learn their swing, or the more expert players can take the challenge.

## Athletics

Footing and running enthusiasts can experience the paths and trails of Fuerteventura as their exclusive paradise.

The paths go through white sand dunes, volcanic stone paths, with unbeatable panoramic views whilst always breathing in pure and clean air.

## Other sports

Its climate of eternal spring and nearly non-existent rain, its carefully looked after and modern paddle and tennis courts and other activities allow you to play outdoors without having to worry about the weather.

## At the beach

The clean environment, its outrageous beaches and the magical light that shines during 3,000 hours a year invite you to partake in any type of beach activity.

Yoga, Tai Chi and Pilates in the morning with the spectacular dawn, beach volley ball in the afternoon to make the most of the hours of sunshine, badminton and football barefoot on the sand...

## Centre for international events

The splendid climate that reigns over the island throughout the year, together with a virgin and rugged nature and first class modern facilities, convert Fuerteventura into an epicentre of a great number of international level events.

As well as the prestigious World Windsurfing and Kiteboarding Championship that has been held for the past 26 years in the south of the island, there are events designed for lovers of cycling, such as the Fudenas race, that crosses the island from north to south, or for hikers and walkers, such as the Dunas de Corralejo Half Marathon, that covers the sand dunes in the north of the island, or the Jable Pájara - Playas de Jandía Raid, whose participants go on a pilgrimage over the superb beaches and landscapes of Jandía Natural Park. A wide cross section of events with a common denominator: the perfect combination of enjoying nature and practicing sport.

