

IRONMAN Lanzarote is one of the longest-standing races in Europe. A Unesco biosphere reserve, Lanzarote is a captivating island with 300 volcanic cones. There are tropical beaches, interesting sights, and a plethora of restaurants and hotels. The landscape is starkly beautiful, reminiscent of the black lava fields of Kona, intermixed with tropical beachside scenes. Over the past few years, marked walking trails and rural accommodation options have increased. The island's major sights have been aesthetically developed by the late César Manrique, a Lanzarote native and artist.

On race day, the event's two-lap swim course takes place at Playa Grande, Puerto del Carmen, the main tourist place of the island. The bike course is well known for challenging athletes with strong winds, and leads athletes around the island with over 2551 meters of climbing. Participants will enjoy amazing views and will have lots of support from volunteers along the way. Finally, the run course leads competitors along the flat sea front of Puerto del Carmen, leading up to Arrecife and back (1st-lap) and then to Matagorda and back (2nd-lap). Athletes will enjoy beautiful views of the ocean under the intense Lanzarote sun, while feeling the impressive support of thousands of spectators lining the streets.

*IRONMAN Lanzarote offers 40 qualifying slots to the IRONMAN World Championship in Kailua-Kona, Hawaii.*

<http://eu.ironman.com/triathlon/events/emea/ironman/lanzarote.aspx#axzz5QyM8qnCq>