

# CYCLING ON THE COSTA DEL SOL?

**BOOK  
ONLINE!**  
fast-monkey.com



**BIKE RENTAL  
& TOURS**

# **FASTMONKEY**

**BIKE RENTAL  
COSTA DEL SOL**

# A NEW PLACE TO ENJOY CYCLING

The "Costa del Sol" good weather allows any outdoor activity to be enjoyed whatever the season. It has an average of 300 days of sun a year and it rains an average of 50 days a year. In general, the summer season lasts eight months, from April to November, however during the four remaining months the temperatures often reach 20°. It makes the "Costa del Sol" the Cycling paradise, with stunning roads and beautiful climbs and full of roads to explore.

## ROAD TOURS

### Depart from FMK

- |                            |                          |
|----------------------------|--------------------------|
| 1. Along The Costa del Sol | 7. Guaro - Monda         |
| 2. Coín                    | 8. Mijas Loop + Antennas |
| 3. Álora                   | 9. Juanar                |
| 4. Las 3 Cruces            | 10. El Chorro            |
| 5. Puerto de León          | 11. The Antennas         |
| 6. Almogía                 | 12. Marbella             |

## MTB/ENDURO TOURS

### Depart from FMK

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1. Airport               | 4. Torremolinos Singletracks          |
| 2. Lobo + Jarapalos Loop | 5. Bike Park (Cable car not included) |
| 3. Jarapalo              |                                       |

Tours operate with a minimum of 5 people. Minimum Age 16 Years.  
CABLE CAR: 1 Day Pass 30€ / 1 Use Ticket 12€ / 1 Week Pass 60€

### Pricing

Depart FMK: 20€ p.p

### Inclusions

1 Energy Bar  
Previous ride briefing with advices about the routes

### Exclusions

Bike Rental, Helmet, Pedals & Protections

### Basic Level

Min. 1500 Km per year

### Sport Level

Optimal >4000 Km per year

Please bring Cycling Clothes , Bike Shoes , sun protection, ID and money.  
We reserve the right to adapt the tours to the weather conditions  
or group ability level.





# ROAD CYCLING WEEK COSTA DEL SOL

5 Guided Routes departing from Fast Monkey.  
7 Days Carbon Road Bike Rental - ORBEA ORCA M30 50/34 Compact 11-32  
Upgrade to Orca M20 Ultegra available  
5 Energy Bars. 2 Water Bottles + 1 FMK T-Shirt  
Previous Ride Briefing with advices about the routes.

from €279.00



# MTB CYCLING WEEK COSTA DEL SOL

5 Guided Routes departing from Fast Monkey.  
7 Days MTB Bike Rental .  
5 Energy Bars. 1 Water Bottle + 1 FMK T-Shirt  
Previous Ride Briefing with advices about the routes.

from €209.00

# ROAD RIDING TOURS

## TOURS SPORT AND BASIC

### 1 ALONG THE COSTA DEL SOL

Sport: 97 Km / 300m

Its a long Flat ride along the "Costa del Sol". We will Cross: Málaga, thru the seaside and we will continue East direction to Rincon de La Victoria and Torre del Mar. A Beautiful ride along the seaside of Málaga. We will return to FMK same way.

### 2 COÍN

Sport: 70 Km / 1140m

We depart from FMK direction to Torremolinos, then we will head North to Churriana, then we will take West thru a really nice countryside road between olive trees towards Alhaurin el Grande and then to the village of Coín. Then we will start the first climb of today: "The Pescadores" Climb, after while we will descent heading to FMK thru Benalmadena Pueblo with a nice Seaview.

### 3 ÁLORA

Sport: 88 Km / 1000m Basic: 70 Km / 795m

This time we take a different direction, we will go thru the Valley of the Guadalhorce River, across the Old Villages inside the province of Málaga. It's an Up and Down Ride till Alora. Keep some energy after Pizarra cause you will taste one the the "La Vuelta Ports" a Cat4 Port to Alora with 5.6% average. We come back to FMK same way.

### 4 LAS 3 CRUCES

Sport: 67 Km / 1000m

This is gonna be a "short" but though ride with one of the most spectaculars climb in the Area. We ride thru Alhaurin direction to Cartama, then we will start this stunning climb. an 8,8km Cat2 Port with a 6% avg of elevation gain. We come back same way to FMK.

### 5 PUERTO DE LEÓN

Sport: 81 Km / 1600m

This time We are facing one of the most reversed climbs by the Malaga cycling lovers. We depart from FMK west direction to Málaga and we will continue along the searoad. Just at the Harbour we will take left and we will start the climb just behind the Cathedral. It's a 16km High Climb Category Port with an avg of 5,5%. After the peak we will downhill thru The village of Olias and we will come back the same way back to FMK.

### 6 ALMOGÍA

Sport: 84 Km / 1200m

We depart from FMK west direction to "Puerto de la Torre" then we will start climbing the A-7075. After a few ups and downs we will start the Almogía climb, 7,2km with an average 5% of elevation gain. We come back thru the "los nuñez" ramp 0,7km with a crazy 12,8%. After a nice downhill with incredible views we will come back to FMK thru Campanillas, Cartama, Churriana and Torremolinos. This route can be done reverse, the climb will be harder.

### 7 GUARO - MONDA

Sport: 89 Km / 1600m

We depart from FMK direction to Torremolinos, then we will head North to Churriana, then we will take West thru a really nice countryside road between olive trees towards Alhaurin el Grande and then to the village of Coín. After Coín we will start with a sustained 9.5 km Climb till Guaro, then a fast downhill to Monda. Then we will start the second climb of today: "The Pescadores" Climb, afterwards we will descent heading to FMK thru Benalmadena Pueblo with a nice Seaview.

### 8 MIJAS LOOP + ANTENNAS

Sport: 65 Km / 1600m Basic: 55 Km / 800m

For this ride we will take a loop around the Mijas Mountains. We depart from FMK direction to Torremolinos, then we will head North to Churriana, then we will take West allways along the mountainside towards Alhaurin. Then we will start the first climb of today: "The Pescadores" Climb, afterwards we will take a small break at Mijas before heading Straight up to the Biggest Road Climb of this mountains: The Antennas Climb: a 5km Climb with 10% avg. Don't forget your camera; Then we will come back in a nice downhill road to FMK.

# ROAD RIDING TOURS

## TOURS SPORT AND BASIC

### 9 EL JUANAR

Sport: 101 Km / 2000m

This is a serious ride. We start from FMK with the first Climb to Mijas thru Benalmadena Pueblo, then after a nice downhill with stunning seaviews we will head to Monda. the climb will start just a few Km before and it wont stop till the end of the "El Juanar" Climb, a 5km Cat3 Port. We come back same way thru Alhaurin el Grande and back to FMK.

### 10 EL CHORRO

Sport: 135 Km / 2000m

This is gonna be an exigent and long ride, thru the Valley of "Guadalhorce" to the "El Chorro" Dam and his "King's Path", crossing Pizarra and Alora. We will come back to FMK the Same way.

### 11 THE ANTENNAS

Sport: 42 Km / 1400m Basic: 35 Km / 1300m

No Cyclist can leave the Costa del Sol without trying to Crown the toughest climb around the Málaga mountains. We will depart from FMK head to Fuengirola and then we will immediatley start a 13Km HC Climb, the most difficult Km will be the last 5km with an avg of 9,8% ascent.

### 12 MARBELLA

Sport: 123 Km / 2800m

The route begins in FMK, and we take the northwest direction looking forward the climb of Mijas, daring before the old town of Benalmádena. We continue our route heading towards the town of Coin, where before arriving, we will take the road to the beautiful town of Monda. We take the South direction, towards the town of Ojén, which opens the door to the city of Marbella with a exceptional descent. Once in Marbella, we continue on west direction, towards our final destination, Puerto Banús, We will return to Fast Monkey for the same route in reverse.

# MTB RIDING TOURS

## DEPART FROM FMK

### 1 AIRPORT

Sport: 34 Km / 500m

An easy Loop around the Airport. We will ride thru the promenade till Málaga and we will follow the river up the the Airport, then we will come back thru some singletracks to Torremolinos and then FMK.

### 2 LOBO+JARAPALO

Sport: 45 Km / 1900m

It is a harder versión of the "Jarapalos" Ride. We will face the killer "Carramolo" Mountain before an amazing downhill to Alhaurin, the route is the same as the previous one.

### 3 JARAPALO

Sport: 45 Km / 1300m

Today we will face one of the classics on the Mijas Mountains. We will head to Torremolinos and Churriana with some nice singletracks, then after some Asfalt along Alhaurin we will start the "Jarapalos Climb" a 4,8Km Climb with 8% elevation average. We will descent to Mijas and then we will do a nice Singletrack Downhill to the Sea Level before come back to FMK.

### 4 TORREMOLINOS SINGLETRACKS

Sport: 27 Km / 735m

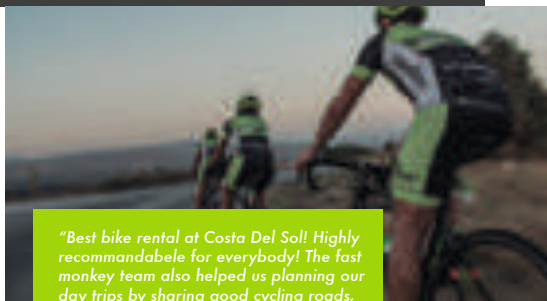
This track is not very long but its technical. You will enjoy some of singletracks, downhills and a XC circuit around the area of Torremolinos

# MTB RIDING TOURS

DEPART FROM FMK

## 5 BIKE PARK

Enjoy the Benalmadena Enduro Bike Park. Take the Cable Car up to the top of the Calamorro mountain and test the different descents, paths and singletracks around the the area (Up to 6 routes to choose).



*"Best bike rental at Costa Del Sol! Highly recommendable for everybody! The fast monkey team also helped us planning our day trips by sharing good cycling roads, maps included."*  
Ian, Ireland

# RENTAL BIKES

## ROAD BIKES

ALL ROUND



### ORBEA ORCA M30

Carbon Frame  
All Round  
Groupset Shimano 105 Compact  
Mavic Aksium Wheels

#### RENTAL PRICE Rental price per day

1 Day	29€	2-5 Days	26€
6-12 Days	24€	13+ Days	21€

RACING



### ORBEA ORCA M20

Carbon Frame  
All Round  
Groupset Shimano Ultegra  
Mavic Aksium heels

#### RENTAL PRICE Rental price per day

1 Day	35€	2-5 Days	31€
6-12 Days	29€	13+ Days	26€

## MTB BIKES

29" / 27"



### ORBEA MX50

Aluminium Frame  
Groupset Shimano Altus  
SR Suntour XCT 100mm  
29" (M,L,XL) 27"(S) Wheels

#### RENTAL PRICE per day

1 Day	17€	2-5 Days	15€
6-12 Days	14€	13+ Days	12€

29" / 27"



### ORBEA ALMA H-50

Aluminium Racing Frame  
Groupset Shimano SLX/Deore  
Rockshox 30 Silver 100mm  
29" (M,L,XL) 27"(S) Wheels

#### RENTAL PRICE per day

1 Day	22€	2-5 Days	19€
6-12 Days	18€	13+ Days	16€



# RENTAL BIKES

## MTB BIKES

29"



### ORBEA ALMA M50

Carbon Frame  
Groupset Shimano SLX  
RockShox Reba RL 100  
29er Wheels

#### RENTAL PRICE Rental price per day

1 Day	<b>28€</b>	2-5 Days	<b>25€</b>
6-12 Days	<b>23€</b>	13+ Days	<b>20€</b>

24" KIDS



### ORBEA MX-24 DIRT

Aluminium Frame  
Groupset Shimano Altus  
24er Wheels

#### RENTAL PRICE Rental price per day

1 Day	<b>15€</b>	2-5 Days	<b>13€</b>
6-12 Days	<b>12€</b>	13+ Days	<b>11€</b>

## ENDURO / ALL MOUNTAIN BIKE

27.5"



### ORBEA OCCAM AM H50

Aluminium Frame  
Groupset Shimano Altus  
Full Susp 140+200mm  
27.5" Wheels

#### RENTAL PRICE Rental price per day

1 Day	<b>39€</b>	2-5 Days	<b>34€</b>
6-12 Days	<b>32€</b>	13+ Days	<b>28€</b>

## CITY BIKES



### ORBEA DIEM 20

Groupset Shimano Nexus 18t  
Shimano T4000 V-Brake

#### RENTAL PRICE Rental price per day

1 Day	<b>12€</b>	2-5 Days	<b>11€</b>
6-12 Days	<b>10€</b>	13+ Days	<b>9€</b>

## E-BIKES



### ORBEA WILD FS H30

Groupset Shimano XT  
RockShox 35 Gold RL 160mm  
BOSCH Performance CX Cruise 25kmh

#### RENTAL PRICE Rental price per day

1 Day	<b>69€</b>	2-5 Days	<b>62€</b>
6-12 Days	<b>59€</b>	13+ Days	<b>57€</b>



#### RENTAL PRICE Rental price per day

1 Day	<b>34€</b>	2-5 Days	<b>30€</b>
6-12 Days	<b>28€</b>	13+ Days	<b>25€</b>

### ORBEA OPTIMA ASPHALT 20

Groupset Shimano Nexus  
BOSCH Active Plus 25 kmh

#### RENTAL PRICE Rental price per day

1 Day	<b>45€</b>	2-5 Days	<b>41€</b>
6-12 Days	<b>39€</b>	13+ Days	<b>36€</b>

### ORBEA KERAM 15

Groupset Shimano Deore  
BOSCH Active Plus 25 kmh



**HOME  
DELIVERY**



**SITUATION**



HOTEL SIROCCO

HOTEL TRITÓN

PUERTO MARINA

MAC PUERTO MARINA

HOTEL PEZ ESPADA



**BENALMÁDENA**

Avda. Antonio Machado, 42, 29630, Benalmádena, Málaga  
**+34 952 005 886 / +34 626 005 213**

**BOOKINGS AND  
INFORMATION**

[bookings@fast-monkey.com](mailto:bookings@fast-monkey.com) / [www.fast-monkey.com](http://www.fast-monkey.com)

