

2 DAYS PACE

ROAD

600 km 14.000 m+

≈ Orzola ≈

05:00 Sunday

|

110 km | 1.700m+



1.LZ

5h 30min day ride ☀

Lanzarote

20.0 km/h avg. speed

≈ Playa Blanca ≈

10:30 Sunday

FERRY

11:00 departure

Armas

35 min duration



45 min boarding - roll off

≈ Corralejo ≈

11:50 Sunday

|

135 km | 2.150m+

2.FV

6h 10min day ride ☀

Fuerteventura

21.9 km/h avg. speed



- Morro Jable -

12h Sunday night stop

≈ Morro Jable ≈

06:00 Monday

FERRY

06:30 departure

Fred Olsen

120 min duration



45 min boarding - roll off

≈ Las Palmas ≈

08:45 Monday

|

115 km | 3.200m+

3.GC

6h 45min day ride ☀

Gran Canaria

17.0 km/h avg. speed

≈ Agaete ≈

15:30 Monday

FERRY

16:00 departure

Fred Olsen

80 min duration



45 min boarding - roll off

≈ Santa Cruz ≈

17:35 Monday

|

145 km | 3.650m+

4.TF

7h 40min day ride ☀

Tenerife

18.9 km/h avg. speed



- La Laguna -

12h Monday night stop

≈ Los Cristianos ≈

13:15 Tuesday

FERRY

13:45 departure

Armas

60 min duration



45 min boarding - roll off

≈ San Sebastian ≈

15:00 Tuesday

|

100 km | 3.100m+

5.LG

5h 00min night ride ☾

La Gomera

20.0 km/h avg. speed

≈ San Sebastian ≈

20:00 Tuesday

ROAD

63h Total Time

31h 05min Riding Time

19.6 km/h avg. speed

24h 00min Stop time

4h 55min Ferry Time