

3 DAYS PACE

ROAD

600 km 14.000 m+

≈ Orzola ≈

05:00 Sunday

|

110 km | 1.700m+

1 ☀

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

8h 10min day ride ☀

Fuerteventura

16.5 km/h avg. speed

1 ☾

- Morro Jable -

10h 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+

2 ☀

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

|

2 ☾

- La Laguna -

10h Monday night stop

|

145 km | 3.650m+

3 ☀

4.TF

10h 25min day ride ☀

Tenerife

13.9 km/h avg. speed

≈ Los Cristianos ≈

14:00 Tuesday

FERRY

14:30 departure

Armas

60 min duration

⚓

45 min boarding - roll off

≈ San Sebastian ≈

15:45 Tuesday

|

100 km | 3.100m+

5.LG

4h 15min sunset ride ☀ ☾

La Gomera

23.5 km/h avg. speed

≈ San Sebastian ≈

20:00 Tuesday

ROAD

63h Total Time

35h 05min Riding Time

18.2 km/h avg. speed

20h 00min Stop time

4h 55min Ferry Time

- RETURN FERRY -

La Gomera, San Seb

11:30 Wednesday

Tenerife, Los Cristianos

12:30 Wednesday