

4 DAYS PACE

GRAVEL

700 km 16.000 m+

≈ Orzola ≈

22:00 Saturday

|

110 km | 2.000m+

1 ☾

1.LZ

9h 30min night ride ☾

Lanzarote

11.6 km/h avg. speed

≈ Playa Blanca ≈

07:30 Sunday

FERRY

08:00 departure

Armas

35 min duration

⚓

45 min boarding - roll off

≈ Corralejo ≈

08:50 Sunday

|

160 km | 2.300m+

1 ☀

2.FV

13h 10min day ride ☀

Fuerteventura

12.2 km/h avg. speed

2 ☾

- Morro Jable -

8h 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

|

140 km | 3.950m+

2 ☀

3.GC

10h 45min day ride ☀

Gran Canaria

13.0 km/h avg. speed

≈ Agaete ≈

19:30 Monday

FERRY

20:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

21:35 Monday

|

3 ☾

- La Esperanza -

8h Monday night stop

|

170 km | 4.600m+

3 ☀

4.TF

11h 25min day ride ☀

Tenerife

14.9 km/h avg. speed

≈ Los Cristianos ≈

17:00 Tuesday

FERRY

17:30 departure

Armas

165 min duration

⚓

45 min boarding - roll off

≈ Valverde ≈

20:30 Tuesday

4 ☾

- Valverde -

8h Tuesday night stop

|

105 km | 3.400m+

4 ☀

5.EH

9h 30min day ride ☀

El Hierro

11.1 km/h avg. speed

≈ Valverde ≈

14:00 Wednesday

GRAVEL

64h Total Time

54h 20min Riding Time

12.5 km/h avg. speed

24h 00min Stop time

6h 40min Ferry Time

- RETURN FERRY -

from El Hierro, Valverde

14:30 Wednesday

to Tenerife, Los Cristianos

17:15 Wednesday