

# 4 DAYS PACE

**ROAD**

600 km 14.000 m+

≈ Orzola ≈

05:00 Sunday

|

110 km | 1.700m+

**1.LZ**

15h 00min day ride ☀

Lanzarote

7.3 km/h avg. speed

1 ☾

- Playa Blanca -

12h Sunday night stop

≈ Playa Blanca ≈

08:00 Monday

**FERRY**

08:30 departure

Fred Olsen

25 min duration

⚓

45 min boarding - roll off

≈ Corralejo ≈

09:10 Monday

|

135 km | 2.150m+

**2.FV**

8h 50min day ride ☀

Fuerteventura

15.3 km/h avg. speed

2 ☾

- Morro Jable -

12h Monday night stop

≈ Morro Jable ≈

06:00 Tuesday

**FERRY**

06:30 departure

Fred Olsen

120 min duration

⚓

45 min boarding - roll off

≈ Las Palmas ≈

08:45 Tuesday

|

115 km | 3.200m+

**3.GC**

10h 45min day ride ☀

Gran Canaria

10.7 km/h avg. speed

3 ☾

- Agaete -

12h Tuesday night stop

≈ Agaete ≈

07:30 Wednesday

**FERRY**

08:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

09:35 Wednesday

|

145 km | 3.650m+

**4.TF**

10h 40min day ride ☀

Tenerife

13.6 km/h avg. speed

4 ☾

- Los Cristianos -

12h Wednesday night stop

≈ Los Cristianos ≈

08:15 Thursday

**FERRY**

08:45 departure

Armas

60 min duration

⚓

45 min boarding - roll off

≈ San Sebastian ≈

10:00 Thursday

|

100 km | 3.100m+

**5.LG**

7h 00min night ride ☾

La Gomera

14.3 km/h avg. speed

≈ San Sebastian ≈

17:00 Thursday

**ROAD**

108h Total Time

52h 15min Riding Time

12.2 km/h avg. speed

48h 00min Stop time

4h 45min Ferry Time