

5 DAYS PACE

TRAIL

800 km 20.000 m+

≈ Orzola ≈

22:00 Saturday

|

120 km | 2.450m+

1 ☾

1.LZ

11h 30min night ride ☾

Lanzarote

10.4 km/h avg. speed

≈ Playa Blanca ≈

09:30 Sunday

FERRY

10:00 departure

Fred Olsen

25 min duration

⚓

45 min boarding - roll off

≈ Corralejo ≈

10:40 Sunday

|

160 km | 2.600m+

2.FV

11h 20min day ride ☀

Fuerteventura

14.1 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+

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

|

170 km | 4.600m+

4.TF

12h 55min day ride ☀

Tenerife

13.2 km/h avg. speed

3 ☾

- La Esperanza -

8h Monday night stop

≈ Los Cristianos ≈

18:30 Tuesday

FERRY

19:00 departure

Fred Olsen

185 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

22:20 Tuesday

|

190 km | 6.450m+

5.LP

19h 40min day ride ☀

La Palma

9.7 km/h avg. speed

4 ☾

- Santa Cruz -

8h Tuesday night stop

5 ☾

- Tijarafe -

8h Wednesday night stop

≈ Santa Cruz ≈

10:00 Thursday

TRAIL

108h Total Time

66h 10min Riding Time

12.1 km/h avg. speed

32h 00min Stop time

6h 50min Ferry Time

- RETURN FERRY -

from La Palma, Santa Cruz

17:00 Thursday

to Tenerife, Los Cristianos

20:05 Thursday