

6 DAYS PACE

GRAVEL

700 km 16.000 m+

≈ Orzola ≈

22:00 Saturday

1 ☾

- Haria -

10h Saturday night stop

|

110 km | 2.000m+

1 ☀

1.LZ

12h 30min day ride ☀

Lanzarote

8.8 km/h avg. speed

2 ☾

- Playa Blanca -

10h Sunday night stop

≈ Playa Blanca ≈

06:30 Monday

FERRY

07:00 departure

Armas

35 min duration

⚓

45 min boarding - roll off

≈ Corralejo ≈

07:50 Monday

|

160 km | 2.300m+

2 ☀

2.FV

12h 10min day ride ☀

Fuerteventura

13.2 km/h avg. speed

3 ☾

- Morro Jable -

10h 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

|

140 km | 3.950m+

3 ☀

3.GC

18h 45min day ride ☀

Gran Canaria

7.5 km/h avg. speed

4 ☾

- Tejeda -

10h Tuesday night stop

4 ☀

|

≈ Agaete ≈

13:30 Wednesday

FERRY

14:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

15:35 Wednesday

|

5 ☾

- La Esperanza -

10h Wednesday night stop

|

170 km | 4.600m+

5 ☀

4.TF

15h 25min day ride ☀

Tenerife

11.0 km/h avg. speed

≈ Los Cristianos ≈

17:00 Thursday

FERRY

17:30 departure

Armas

165 min duration

⚓

45 min boarding - roll off

≈ Valverde ≈

20:30 Thursday

6 ☾

- Valverde -

10h Thursday night stop

|

105 km | 3.400m+

6 ☀

5.EH

9h 30min day ride ☀

El Hierro

11.1 km/h avg. speed

≈ Valverde ≈

16:00 Friday

GRAVEL

114h Total Time

68h 20min Riding Time

10.3 km/h avg. speed

40h 00min Stop time

6h 40min Ferry Time

- RETURN FERRY -

El Hierro, Valverde

15:30 Sunday

Tenerife, Los Cristianos

18:15 Sunday