

# 7 DAYS PACE

## TRAIL

800 km 20.000 m+

≈ Orzola ≈

22:00 Saturday

|

120 km | 2.450m+

### 1.LZ

12h 30min ride

Lanzarote

9.6 km/h avg. speed

1 ☹

- Haria -

10h Saturday night stop

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 | 2.600m+

### 2.FV

13h 10min ride

Fuerteventura

12.2 km/h avg. speed

3 ☹

- Morro Jable -

10h Monday night stop

≈ Morro Jable ≈

07:00 Tuesday

#### FERRY

07:30 departure

Fred Olsen

120 min duration

⚓

45 min boarding - roll off

≈ Las Palmas ≈

09:45 Tuesday

|

140 km | 3.950m+

### 3.GC

17h 45min ride

Gran Canaria

7.9 km/h avg. speed

4 ☹

- Tejeda -

10h Tuesday night stop

≈ Agaete ≈

13:30 Wednesday

#### FERRY

14:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

15:35 Wednesday

|

170 km | 4.600m+

### 4.TF

16h 55min ride

Tenerife

10.0 km/h avg. speed

5 ☹

- La Esperanza -

10h Wednesday night stop

≈ Los Cristianos ≈

18:30 Thursday

#### FERRY

19:00 departure

Fred Olsen

185 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

22:20 Thursday

|

190 km | 6.450m+

### 5.LP

19h 40min ride

La Palma

9.7 km/h avg. speed

6 ☹

- Santa Cruz -

10h Thursday night stop

7 ☹

- Tijarafe -

10h Friday night stop

≈ Santa Cruz ≈

14:00 Saturday

## TRAIL

160h Total Time

80h 00min Riding Time

9.9 km/h avg. speed

70h 00min Stop time

7h 00min Ferry Time

#### - RETURN FERRY -

from La Palma, Santa Cruz

17:00 Saturday

to Tenerife, Los Cristianos

20:05 Saturday