

AUDAX PACE

TRAIL

800 km 20.000 m+

≈ Orzola ≈

22:00 Saturday

|

120 km | 2.450m+

1 ☾

1.LZ

9h 30min night ride ☾

Lanzarote

12.6 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 | 2.600m+

☀

2.FV

8h 40min day ride ☀

Fuerteventura

18.5 km/h avg. speed

≈ Morro Jable ≈

17:30 Sunday

FERRY

18:00 departure

Armas

170 min duration

⚓

45 min boarding - roll off

≈ Las Palmas ≈

21:05 Sunday

|

140 km | 3.950m+

2 ☾

3.GC

8h 25min night ride ☾

Gran Canaria

16.6 km/h avg. speed

≈ Agaete ≈

05:30 Monday

FERRY

06:00 departure

Fred Olsen

80 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

07:35 Monday

|

170 km | 4.600m+

☀

4.TF

10h 55min day ride ☀

Tenerife

15.6 km/h avg. speed

≈ Los Cristianos ≈

18:30 Monday

FERRY

19:00 departure

Fred Olsen

185 min duration

⚓

45 min boarding - roll off

≈ Santa Cruz ≈

22:20 Monday

|

190 km | 6.450m+

3 ☾

5.LP

13h 40min night + day ride ☾ ☀

La Palma

13.9 km/h avg. speed

☀

≈ Santa Cruz ≈

12:00 Tuesday

TRAIL

62h Total Time

51h 10min Riding Time

15.4 km/h avg. speed

7h 50min Ferry Time

- RETURN FERRY -

from La Palma, Santa Cruz

17:00 Tuesday

to Tenerife, Los Cristianos

20:05 Tuesday