

NON-STOP SCENARIO

TRAIL	800 km 20.000 m+	GRAVEL	700 km 16.000 m+	ROAD	600 km 14.000 m+
Orzola	06:00 Sunday	Orzola	15:00 Saturday	START	06:00 Sunday
	120 km 2.450m+		110 km 2.000m+		110 km 1.700m+
1.LZ	10h 45min ☀	1.LZ	15h 45min ☾	1.LZ	4h 45min ☀
Lanzarote	11.2 km/h avg. speed	Lanzarote	7.0 km/h avg. speed	Lanzarote	23.2 km/h avg. speed
Playa Blanca	16:45 Sunday	Playa Blanca	06:45 Sunday	Playa Blanca	10:45 Sunday
FERRY	17:00 departure	FERRY	07:00 departure	FERRY	11:00 departure
Fred Olsen	25 min duration	Armas	35 min duration	Armas	35 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Corralejo	17:40 Sunday	Corralejo	07:50 Sunday	Corralejo	11:50 Sunday
	160 km 2.600m+		160 km 2.300m+		135 km 2.150m+
2.FV	12h 35min ☾	2.FV	9h 55min ☀	2.FV	5h 55min ☀
Fuerteventura	12.7 km/h avg. speed	Fuerteventura	16.1 km/h avg. speed	Fuerteventura	22.8 km/h avg. speed
Morro Jable	06:15 Monday	Morro Jable	17:45 Sunday	Morro Jable	17:45 Sunday
FERRY	06:30 departure	FERRY	18:00 departure	FERRY	18:00 departure
Fred Olsen	120 min duration	Armas	170 min duration	Armas	170 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Las Palmas	08:45 Monday	Las Palmas	21:05 Sunday	Las Palmas	21:05 Sunday
	140 km 3.950m+		145 km 3.900m+		115 km 3.200m+
3.GC	9h 00min ☀	3.GC	8h 40min ☾	3.GC	8h 40min ☾
Gran Canaria	15.6 km/h avg. speed	Gran Canaria	16.7 km/h avg. speed	Gran Canaria	13.3 km/h avg. speed
Agate	17:45 Monday	Agate	05:45 Monday	Agate	05:45 Monday
FERRY	18:00 departure	FERRY	06:00 departure	FERRY	06:00 departure
Fred Olsen	80 min duration	Fred Olsen	80 min duration	Fred Olsen	80 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	19:35 Monday	Santa Cruz	07:35 Monday	Santa Cruz	07:35 Monday
de tenerife	170 km 4.600m+	de tenerife	170 km 4.600m+	de tenerife	145 km 3.650m+
4.TF	12h 40min ☾	4.TF	9h 40min ☀	4.TF	8h 10min ☀
Tenerife	13.4 km/h avg. speed	Tenerife	17.6 km/h avg. speed	Tenerife	17.8 km/h avg. speed
Los Cristianos	08:15 Tuesday	Los Cristianos	17:15 Monday	Los Cristianos	15:45 Monday
FERRY	08:30 departure	FERRY	17:30 departure	FERRY	16:00 departure
Fred Olsen	185 min duration	Armas	165 min duration	Fred Olsen	50 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	11:50 Tuesday	Puerto de la Estaca	20:30 Monday	San Sebastián	17:05 Monday
de La Palma	190 km 6.450m+		105 km 3.400m+		100 km 3.100m+
5.LP	11h 10min ☀	5.EH	5h 30min ☾	5.LG	4h 55min ☾
La Palma	17.0 km/h avg. speed	El Hierro	19.1 km/h avg. speed	La Gomera	20.3 km/h avg. speed
- FINSH -	23:00 Tuesday	- FINSH -	02:00 Tuesday	- FINSH -	22:00 Monday
TRAIL	65h Total Time	GRAVEL	59h Total Time	ROAD	40h Total Time
	56h 10min Riding Time		49h 30min Riding Time		32h 25min Riding Time
	14.0 km/h avg. speed		15.3 km/h avg. speed		19.5 km/h avg. speed
	6h 50min Ferry Time		7h 30min Ferry Time		5h 35min Ferry Time

STOP SCENARIO

TRAIL	800 km 20.000 m+	GRAVEL	700 km 16.000 m+	ROAD	600 km 14.000 m+
Orzola	06:00 Sunday	Orzola	15:00 Saturday	START	06:00 Sunday
	120 km 2.450m+		110 km 2.000m+		110 km 1.700m+
1.LZ	10h 45min ☀	1.LZ	10h 45min ☾	1.LZ	3h 45min ☀
Lanzarote	11.2 km/h avg. speed	Lanzarote	10.2 km/h avg. speed	Lanzarote	29.3 km/h avg. speed
	1h Stop		5h Sleep Playa Blanca		0h Stop
Playa Blanca	17:45 Sunday	Playa Blanca	06:45 Sunday	Playa Blanca	09:45 Sunday
FERRY	18:00 departure	FERRY	07:00 departure	FERRY	10:00 departure
Fred Olsen	25 min duration	Armas	35 min duration	Fred Olsen	25 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Corralejo	18:40 Sunday	Corralejo	07:50 Sunday	Corralejo	10:40 Sunday
	160 km 2.600m+		160 km 2.300m+		135 km 2.150m+
2.FV	9h 35min ☾	2.FV	8h 55min ☀	2.FV	7h 05min ☀
Fuerteventura	16.7 km/h avg. speed	Fuerteventura	17.9 km/h avg. speed	Fuerteventura	19.1 km/h avg. speed
	2h Stop		1h Stop		0h Stop
Morro Jable	06:15 Monday	Morro Jable	17:45 Sunday	Morro Jable	17:45 Sunday
FERRY	06:30 departure	FERRY	18:00 departure	FERRY	18:00 departure
Fred Olsen	120 min duration	Armas	170 min duration	Armas	170 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Las Palmas	08:45 Monday	Las Palmas	21:05 Sunday	Las Palmas	21:05 Sunday
	140 km 3.950m+		145 km 3.900m+		115 km 3.200m+
3.GC	9h 00min ☀	3.GC	10h 40min ☀	3.GC	8h 40min ☀
Gran Canaria	15.6 km/h avg. speed	Gran Canaria	13.6 km/h avg. speed	Gran Canaria	13.3 km/h avg. speed
	2h Stop	☾	12h Sleep Ingenio	☾	12h Sleep Telde
Agate	19:45 Monday	Agate	19:45 Monday	Agate	17:45 Monday
FERRY	20:00 departure	FERRY	20:00 departure	FERRY	18:00 departure
Fred Olsen	80 min duration	Fred Olsen	80 min duration	Fred Olsen	80 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	21:35 Monday	Santa Cruz	21:35 Monday	Santa Cruz	19:35 Monday
de tenerife	170 km 4.600m+	de tenerife	170 km 4.600m+	de tenerife	145 km 3.650m+
4.TF	11h 10min ☀	4.TF	10h 40min ☀	4.TF	8h 10min ☀
Tenerife	15.2 km/h avg. speed	Tenerife	15.9 km/h avg. speed	Tenerife	17.8 km/h avg. speed
☾	10h Sleep Laguna	☾	9h Sleep Esperanza	☾	12h Sleep Esperanza
Los Cristianos	18:45 Tuesday	Los Cristianos	17:15 Tuesday	Los Cristianos	15:45 Tuesday
FERRY	19:00 departure	FERRY	17:30 departure	FERRY	16:00 departure
Fred Olsen	185 min duration	Armas	165 min duration	Fred Olsen	50 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	22:20 Tuesday	Puerto de la Estaca	20:30 Tuesday	San Sebastián	17:05 Tuesday
de La Palma	190 km 6.450m+		105 km 3.400m+		100 km 3.100m+
5.LP	12h 40min ☀	5.EH	6h 30min ☾	5.LG	4h 55min ☾
La Palma	15.0 km/h avg. speed	El Hierro	16.2 km/h avg. speed	La Gomera	20.3 km/h avg. speed
☾	12h Sleep St Cruz		0h Stop		0h Stop Sleep
- FINSH -	23:00 Wednesday	- FINSH -	03:00 Wednesday	- FINSH -	22:00 Tuesday
TRAIL	89h Total Time	GRAVEL	84h Total Time	ROAD	64h Total Time
	53h 10min Riding Time		47h 30min Riding Time		32h 35min Riding Time
	14.7 km/h avg. speed		14.8 km/h avg. speed		20.0 km/h avg. speed
	6h 50min Ferry Time		7h 30min Ferry Time		5h 25min Ferry Time
	27h 00min Stop Sleep Time		27h 00min Stop Sleep Time		24h 00min Stop Sleep Time

STOP MORE SCENARIO

TRAIL	800 km 20.000 m+	GRAVEL	700 km 16.000 m+	ROAD	600 km 14.000 m+
Orzola	06:00 Sunday	Orzola	15:00 Saturday	START	06:00 Sunday
	120 km 2.450m+		110 km 2.000m+		110 km 1.700m+
1.LZ	12h 45min ☀	1.LZ	7h 45min ☀	1.LZ	4h 45min ☀
Lanzarote	9.4 km/h avg. speed	Lanzarote	14.2 km/h avg. speed	Lanzarote	23.2 km/h avg. speed
⌂	12h Sleep Playa Blanca	⌂	10h Sleep Playa Blanca		0h Stop
Playa Blanca	06:45 Monday	Playa Blanca	08:45 Sunday	Playa Blanca	10:45 Sunday
FERRY	07:00 departure	FERRY	09:00 departure	FERRY	11:00 departure
Armas	35 min duration	Armas	35 min duration	Armas	35 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Corralejo	07:50 Monday	Corralejo	09:50 Sunday	Corralejo	11:50 Sunday
	160 km 2.600m+		160 km 2.300m+		135 km 2.150m+
2.FV	10h 25min ☀	2.FV	10h 25min ☀	2.FV	6h 25min ☀
Fuerteventura	15.4 km/h avg. speed	Fuerteventura	15.4 km/h avg. speed	Fuerteventura	21.0 km/h avg. speed
⌂	12h Sleep Morro Jable	⌂	10h Sleep Morro Jable	⌂	12h Sleep Morro Jable
Morro Jable	06:15 Tuesday	Morro Jable	06:15 Monday	Morro Jable	06:15 Monday
FERRY	06:30 departure	FERRY	06:30 departure	FERRY	06:30 departure
Fred Olsen	120 min duration	Fred Olsen	120 min duration	Fred Olsen	120 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Las Palmas	08:45 Tuesday	Las Palmas	08:45 Monday	Las Palmas	08:45 Monday
	140 km 3.950m+		145 km 3.900m+		115 km 3.200m+
3.GC	17h 00min ☀	3.GC	17h 00min ☀	3.GC	17h 00min ☀
Gran Canaria	8.2 km/h avg. speed	Gran Canaria	8.5 km/h avg. speed	Gran Canaria	6.8 km/h avg. speed
⌂	12h Sleep Tejada	⌂	12h Sleep Tejada		12h Sleep Tejada
Agate	13:45 Wednesday	Agate	13:45 Tuesday	Agate	13:45 Tuesday
FERRY	14:00 departure	FERRY	14:00 departure	FERRY	14:00 departure
Fred Olsen	80 min duration	Fred Olsen	80 min duration	Fred Olsen	80 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	15:35 Wednesday	Santa Cruz	15:35 Tuesday	Santa Cruz	15:35 Tuesday
de tenerife	170 km 4.600m+	de tenerife	170 km 4.600m+	de tenerife	145 km 3.650m+
4.TF	15h 10min ☀	4.TF	13h 40min ☀	4.TF	12h 10min ☀
Tenerife	11.2 km/h avg. speed	Tenerife	12.4 km/h avg. speed	Tenerife	11.9 km/h avg. speed
⌂	12h Sleep La Esperanza	⌂	12h Sleep La Esperanza	⌂	12h Sleep La Laguna
Los Cristianos	18:45 Thursday	Los Cristianos	17:15 Wednesday	Los Cristianos	15:45 Wednesday
FERRY	19:00 departure	FERRY	17:30 departure	FERRY	16:00 departure
Fred Olsen	185 min duration	Armas	165 min duration	Fred Olsen	50 min duration
	30 min boarding - roll off		30 min boarding - roll off		30 min boarding - roll off
Santa Cruz	22:20 Thursday	Puerto de la Estaca	20:30 Wednesday	San Sebastián	17:05 Wednesday
de La Palma	190 km 6.450m+		105 km 3.400m+		100 km 3.100m+
5.LP	16h 40min ☀	5.EH	6h 30min ☀	5.LG	7h 55min ☀
La Palma	11.4 km/h avg. speed	El Hierro	16.2 km/h avg. speed	La Gomera	12.6 km/h avg. speed
⌂	24h Sleep St Cruz Tjarafa	⌂	10h Sleep Valverde	⌂	12h Sleep San Sebastián
- FINSH -	15:00 Saturday	- FINSH -	13:00 Thursday	- FINSH -	13:00 Thursday
TRAIL	153h Total Time	GRAVEL	142h Total Time	ROAD	103h Total Time
	72h 00min Riding Time		55h 20min Riding Time		48h 15min Riding Time
	11.1 km/h avg. speed		13.3 km/h avg. speed		15.1 km/h avg. speed
	7h 00min Ferry Time		6h 40min Ferry Time		4h 45min Ferry Time
	72h 00min Stop Sleep Time		54h 00min Stop Sleep Time		48h 00min Stop Sleep Time