

Stage 1

FARO DE MASPALOMAS - BARRANCO DE FATAGA - NECRÓPOLIS DE ARTEARA - PALMERAL DE ARTEARA



17,1KM AROUND













PALMERAL DE ARTEARA - FATAGA - TUNTE

URBAN TRAIL 30% FOREST TRACK 60% HIGHWAY 10%



10,4KM AROUND











Stage 3 TUNTE - LA PLATA - VENTANA DEL NUBLO - GARAÑÓN - CRUZ DE TEJEDA



15,1KM AROUND













URBAN TRAIL 30% FOREST TRACK 20% HIGHWAY 50%

20,4KM AROUND 0







Caldera de Bandama

09:00-14:20h

DEPARTURE NORTH

DEPARTURE NORTH 08:15-15:00h

DEPARTURE SOUTH 09:00-14:50h

DEPARTURE NORTH 06:45-18:00h

DEPARTURE SOUTH 07:15-18:00h

DEPARTURE NORTH

DEPARTURE SOUTH

07:00-17:50h

06:45-18:30h

DEPARTURE SOUTH

08:30-15:00h



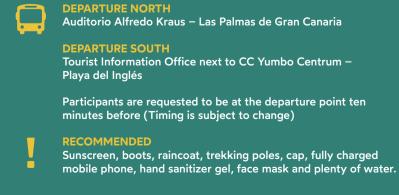


6,7KM AROUND











Duration

Cumulative

elevation loss





Difficulty



