	A	B	C	D	E	F	G	H	I	J
1	Date	Day N°	Hotel	Activity/Route	Kms	Max Alt	Total Gain	Max Gradient	Usual Riding Time	
2	20th	Day 1	Villa Conde	Arrive Bike Set Up						
3	21th	Day 2	Villa Conde	Ayaguares	37	480	500	14%	2.5 hrs	
4	22nd	Day 3	Villa Conde	Soria Vuelta	60	651	750	12%	3.0hrs	
5	23rd	Day 4	Las Tirajanas	St Lucia Risco	45	1150	1484	20%	4.0 hrs	
6	24th	Day 5	Las Tirajanas	Tejeda Circuit	46	1721	803	20%	4.5 hrs	
7	25th	Day 6	Las Tirajanas	Artenara Pino de Galder	64	1639	1700	18%	5.5 hrs	
8	26th	Day 7	Dunas Las Canteras	Teror Las Palmas	80	1951	1200	21%	3.0 hrs	
9	27th	Day 8	Dunas Las Canteras	City Bike Tour	14	20	20	1%	0.4 hrs	
10	28th	Day 9		Depart						
11										
12										
13										