

APPENDIX A
Route summary table

	Start/Finish	Distance	Time	Ascent	Descent	Page
Stage 1	Port d'Andratx to Sant Elm	8.5km (5¼ miles)	3hr	370m (1215ft)	370m (1215ft)	38
Stage 2	Sant Elm to Ses Fontanelles	12km (7½ miles)	4hr	520m (1705ft)	240m (790ft)	45
Stage 3	Ses Fontanelles to Estellencs	13km (8 miles)	4hr	600m (1970ft)	730m (2395ft)	53
Stage 4	Estellencs to Esporles	14km (8¾ miles)	4hr 30min	660m (2165ft)	620m (2035ft)	61
Stage 5	Esporles to Valldemossa	9.5km (6 miles)	3hr 30min	650m (2130ft)	440m (1445ft)	70
Stage 6	Valldemossa to Deià	13.5km (8½ miles)	4hr 30min	580m (1900ft)	870m (2855ft)	78
Stage 7	Deià to Sóller	13 or 16km (8 or 10 miles)	4hr or 5hr	320 or 420m (1050 or 1380ft)	470 or 570m (1540 or 1870ft)	87
Stage 8	Sóller to TossalVerds	18 or 20.5km (11¼ or 12¾ miles)	6hr or 6hr 30min	1000 or 1180m (3280 or 3870ft)	500 or 680m (1640 or 2230ft)	97
Stage 9	Tossals Verds to Lluc	14km (8¾ miles)	6hr	830m (2725ft)	870m (2855ft)	111
Stage 10	Lluc to Pollença	19.5km (12 miles)	6hr	330m (1080ft)	760m (2495ft)	120
Stage 10 extn	Pollença to Puig Maria (return)	5.5km (3½ miles)	2hr	275m (900ft)	275m (900ft)	130
Total (excluding Stage 10 extn)		140.5km (87.5miles)		6140m (20,140ft)	6150m (20,185ft)	

Start/Finish	Distance	Time	Ascent	Descent	Page
Alternative starts and finishes					
Alternative start A	11.5km (7 miles) s'Arracó to Ses Fontanelles	3hr 30min	440m (1445ft)	230m (755ft)	134
Alternative start B	16km (10 miles) es Capdellà to Estellencs	5hr	580m (1900ft)	560m (1840ft)	140
Alternative start C	18.5km (11½ miles) Calvià to Estellencs	6hr	840m (2755ft)	810m (2660ft)	149
Alternative finish D	17km (10½ miles) Sóller to Cala Tuent	5hr	700m (2300ft)	730m (2395ft)	160
Alternative finish E	9.5 to 18km (6 to 11 miles) Tossals Verds to Alaró or Orient	3hr to 6hr	120 to 690m (395 to 2265ft)	420 to 750m (1380 to 2460ft)	170
Alternative finish F	9km (5½ miles) Lluc to Caimari via GR222	2hr 15min	210m (690ft)	520m (1705ft)	179