

Leg	ETA	Distance N. Miles
London – Falmouth (Pursuit1)	Sunday 31 July	350
Falmouth – La Coruña	Sunday 7 August	430
La Coruña – Porto	Sunday 14 August	145
Porto – Lisbon	Saturday 20 August	150
Lisbon – Arrecife (Lanzarote)	Thursday 25 August	630
Option 1: Lanzarote layover*	1 – 26 September	
Option 2: Canaries Odyssey	4 – 25 September	
Lanzarote – Morro Jable (Fuerteventura)	Sunday 4 September	70
Morro Jable – Las Palmas (Gran Canaria)	Wednesday 7 September	60
Las Palmas – Santa Cruz de Tenerife	Sunday 11 September	55
Tenerife – San Sebastian (La Gomera)	Thursday 15 September	75
La Gomera – Santa Cruz de La Palma	Monday 19 September	55
La Palma – Puerto de la Estaca (El Hierro)	Saturday 25 September	50
El Hierro – Dakar (Senegal)	Wednesday 28 September	790
Lanzarote – Dakar	Tuesday 27 September	880
[Cruise2 Senegal/Saloum River Delta**]		
Dakar – Banjul (Gambia) (Pursuit)	8-12 October	100
[Cruise Gambia River**]		
Banjul – Palmera (Sal – Cape Verde)	Saturday 22 October	430
[Cruise Cape Verde Islands]		
Mindelo (São Vicente – Cape Verde) – Bridgetown (Barbados)	Thursday 10 November	2020
<b>Total Sailing</b>		<b>6290</b>

\* *Lanzarote layover: Participants who prefer to either spend longer in Lanzarote to prepare the boat for the continuation of the voyage, or leave their boat and return home, may forego the three week cruise among the Canary Islands and join the African leg starting from Lanzarote on 27 September.*

\*\* *Subject to safety considerations*

<sup>1</sup> *Pursuit: boats start on their own and not in a group.*

<sup>2</sup> *Cruise: Participants explore the area on their own.*

**SOURCE: Cornell Sailing Events 2016**