



Walk! Lanzarote

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THE WALKS

1	Coastal Promenade - Puerto Del Carmen to Arrecife	23
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2	Coastal Discovery	25
	2/3 walker, 3½ hours, 16km, ascents & descents 100 metres, 3 refreshments (linear & return)	
3	Costa Teguisse Promenade Circular	28
	2 walker, 2-2½ hours, 12km, ascents & descents 60 metres, 3 refreshments (circular)	
4	Sunday Market Special - Camino el Charco	32
	3 walker, 2½ hours, 12½km, ascents 70 metres, descents 350 metres, 0 refreshments (linear)	
5	Montaña Corona	36
	3 walker, 2 hours, 5½km, ascents & descents 220 metres, vertigo risk, 0 refreshments (circular)	
6	Arrieta - Los Cocoteros - Costa Teguisse NEW	39
	4 walker, 5 hours, 20km, ascents & descents 350 metres, 3 refreshments (linear)	
7	Montaña Blanca NEW	45
	4 walker, 2 hours, 7km, ascents & descents 450 metres, 2 refreshments (circular)	

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|-----------|---|-----------|
| 8 | Montaña Roja
3 walker, 1 hour, 3km, ascents & descents 150 metres,
0 refreshments (circular) | 48 |
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3 walker, 1½ hours, 6km, ascents & descents 100 metres,
4 refreshments (linear & return) | 50 |
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3 walker, 3½ hours, 14km, ascents 100 metres
descents 50 metres, 0 refreshments (linear) | 52 |
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1 walker, ¾ hour, 2½ km, ascents & descents 30 metres,
4 refreshments (circular) | 56 |
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descents 120 metres, 5 refreshments (linear) | 60 |
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5 refreshments (circular) | 64 |
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3 refreshments (circular) | 67 |
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vertigo risk, 0 refreshments (circular) | 79 |
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metres, vertigo risk, 4 refreshments (linear) | 83 |

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4 walker, 2½ hours, 7km, ascents & descents 350 metres, 0 refreshments (linear & return)
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- 30 Uga - La Geria Circular 110**
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