

# Distance and gain of altitude stages 2024

<b>Adventure 2024</b>			
	<b>(Km)</b>	<b>D + (m)</b>	<b>D - (m)</b>
Prologue	6	30	-30
Stage 1: Naranjillo - Sta Maria de Dota	23,0	1 820	-990
Stage 2 : Rio Blanco - La Esperanza	23,8	1 540	-1 360
Stage 3 : La Esperanza - Purisil	26,2	1 210	-2 450
Stage 4 : El Humo - El Silencio	22,3	940	-710
Stage 5 : Playa Negra - Manzanillo	20,1	270	-260
<b>TOTAL</b>	<b>121,4</b>	<b>5 810</b>	<b>-5 800</b>