

# Distance and gain of altitude stages 2024

<b>Extreme 2024</b>			
	<b>(Km)</b>	<b>D + (m)</b>	<b>D - (m)</b>
Prologue	6	30	-30
Stage 1 : Villa Nueva - Santa Maria de Dota	38,2	2 860	-1 450
Stage 2 : Santa Maria de Dota - La Esperanza	37,6	2 460	-1 980
Stage 3 : La Esperanza - El Humo	45,7	1 900	-3 360
Stage 4 : El Humo - San Pablo	37,2	1 540	-1 420
Stage 5 : Playa Negra - Manzanillo	27,8	480	-470
<b>TOTAL</b>	<b>192,5</b>	<b>9 270</b>	<b>-8 710</b>

No time fuse on the adventure race, one time fuse on stage 3 for the Extreme, Km 28,6 as to be reached within 6 hours  
Distances and gain of altitude may change if we are facing last minutes issues (weather, road cut or security)