

Riding Log for Morocco

day	date	from	to	distance km	climbing m up	travelling hr:min	moving hr:min	average km/hour	cumulative km	notes
TOTALS				2,000.3	15,184	165:55	57:24			
1	16 Apr 2013	Airport	Agadir	32.5	27				32.5	
2	17 Apr 2013	Agadir	Takat	56.3	235	06:35			88.8	
3	18 Apr 2013	Takat		82.7	402	06:07			171.6	
4	19 Apr 2013	Tiznit		82.4	648	06:44			254.0	
5	20 Apr 2013	Sidi Ifni		31.0	361	02:07			285.0	Rest day: short ride
6	21 Apr 2013	Mirleft		80.5	910	07:20			365.6	
7	22 Apr 2013	near Tighme (wild)		52.8	1296	07:16			418.3	subtracted 20km & 500m^
8	23 Apr 2013	Tafraoute	Tafraoute	30.9	484	02:41			449.2	no gear
9	24 Apr 2013	Tafraoute	Tafraoute	48.9	541	02:57			498.1	no gear
10	25 Apr 2013	Tafraoute	Tafraoute	100.4	1632	12:27	06:50	14.7	598.5	no gear to Ait Mansour
11	26 Apr 2013	Tafraoute		31.9	281	04:18	02:14	15.0	630.4	
12	27 Apr 2013	near Madao (wild)		108.2	488	09:43	06:30	16.6	738.6	
13	28 Apr 2013	Ait Meloull		21.7	141	04:52	01:54	11.4	760.3	Bike Repair
14	29 Apr 2013	Agadir		92.6	1214	12:40	07:52	11.8	852.9	
15	30 Apr 2013	Imssouane		0.0					852.9	Rest day too windy to ride
16	1 May 2013	Imssouane		103.6	1096	12:41	07:03	14.7	956.5	
17	2 May 2013	Essaouira		35.3	350	06:37	03:02	11.6	991.8	
18	3 May 2013	Ounagha/Ounara		104.1	515	09:08	06:07	17.0	1,095.9	
19	4 May 2013	Chichaoua	Marrakesh	88.0	282	07:34	05:01	17.5	1,183.9	
20	5 May 2013	Rest day		3.0	11	00:25	00:11	16.8	1,186.9	Rest day at campground
21	6 May 2013	Marrakesh camp	City	34.5	189	07:36	02:58	11.6	1,221.4	
22	7 May 2013	Marrakesh camp	Asni	43.0	741	06:00	03:05	13.9	1,264.4	
23	8 May 2013	Imlil	Refuge	0.0					1,264.4	hike
24	9 May 2013	Refuge Toubkal >	Armed	0.0					1,264.4	hike
25	10 May 2013	Imlil	Asni	0.0					1,264.4	hike
26	11 May 2013	Asni	Marrakesh c	41.5	74	03:30	01:50	22.6	1,305.9	38° temp
27	12 May 2013	Marrakesh camp	train to Rabat	19.5	21	02:15			1,325.4	
28	13 May 2013	Rabat		0.0					1,325.4	Rest day in Rabat
29	14 May 2013	Rabat	Sidi Yahya du Rh	90.7	385	08:57			1,416.1	
30	15 May 2013	Sidi Yahya du Rh (wild)	Volubilis	87.0	585	08:42			1,503.1	
31	16 May 2013	Volubilis	Meknes	32.6	577	06:43	02:47		1,535.7	
32	17 May 2013	Meknes	Meknes	11.0					1,546.7	
33	18 May 2013	Meknes	Fez	63.1					1,609.8	
34	19 May 2013	Fez	Fez	35.4					1,645.2	
35	20 May 2013	Fez	Chefchaouen	12.8					1,658.0	
36	21 May 2013	Chefchaouen	Chefchaouen	0.0					1,658.0	
37	22 May 2013	Chefchaouen	Martil	76.2	511.0				1,734.2	
38	23 May 2013	Martil	Martil	0.0					1,734.2	
39	24 May 2013	Martil	Ceuta, Spanish	56.2					1,790.4	to border 1777km
40	25 May 2013	Ceuta, Spanish	La Linea	53.9	341.0				1,844.3	ferry and visited Gibraltar
41	26 May 2013	La Linea, SPAIN	Marbella camp	81.5	332.0				1,925.8	
42	27 May 2013	Marbella, SPAIN	Marbella	64.6	433.0				1,990.4	To Benalmadena Costa & back
43	28 May 2013	Marbella camp, SPAIN	Marbella car hire	9.9	81.0				2,000.3	