

| LAS PALMAS (10) | | | | | | | | | |
|-----------------|---------------|-----------------------------------------------|-------------------------|---------|----------|----------|---------|--------|-----|
| | Isla | Nombre | Vertiente | Altitud | Desnivel | Longitud | % medio | % max. | APM |
| LP01 | Gran Canaria | Hoya de la Vieja | San Nicolás/Carrizal | 1405 | 1370 | 24,00 | 5,70 | 19 | 419 |
| LP02 | Lanzarote | Peñas del Chache | Arrieta | 631 | 613 | 12,00 | 5,10 | 13 | - |
| | | | Tabayesco | 631 | 617 | 11,27 | 5,47 | 13 | - |
| LP03 | Gran Canaria | Guayadeque | Agüimes | 982 | 942 | 15,90 | 5,93 | 18 | 240 |
| LP04 | Gran Canaria | Cruz de Tejeda | Arucas | 1520 | 1498 | 26,90 | 5,70 | 19 | 343 |
| | | | Santa Brígida | 1520 | | | | | |
| | | | Ayala | 1520 | | | | | |
| | | | Tamaraceite | 1520 | | | | | |
| LP05 | Gran Canaria | Taidía | Cruce de la Sardina | 1135 | 1075 | 28,40 | 3,79 | 17 | 210 |
| LP06 | Gran Canaria | Pico de las Nieves | Carrizal | 1940 | 1937 | 28,80 | 6,73 | 21 | 481 |
| | | | Telde/Lomo Magullo | 1940 | | | | | |
| | | | Telde/Vega de San Mateo | 1940 | | | | | |
| | | | Ayacata | 1940 | 600 | 11,70 | 5,13 | 12 | 139 |
| | | | Tejeda | 1940 | 860 | 14,40 | 5,97 | 12 | 239 |
| LP07 | Gran Canaria | Los Moriscos | Sta. María de Guía | 1625 | 1442 | 23,50 | 6,10 | 18 | 413 |
| | | | Hoya Pineda | 1625 | 1425 | 29,30 | 4,86 | - | - |
| LP08 | Gran Canaria | Cruz de San Antonio | Mogán | 968 | 928 | 19,50 | 4,75 | 15 | 160 |
| | | | Barranquillo Andrés | 968 | 743 | 11,20 | 6,63 | 16 | - |
| LP09 | Fuerteventura | Mirador de Morro Velosa (antes de Betancuria) | Tuineje | 675 | 453 | 28,10 | 1,60 | 12 | 139 |
| | | | Llanos de la Concepción | 675 | 446 | 7,64 | 5,83 | - | - |
| | | | Antigua | 675 | 392 | 7,37 | 5,31 | - | - |
| LP10 | Gran Canaria | Pinar de Tamadaba | San Nicolás/Acusa | 1303 | 1230 | 30,06 | 4,10 | 17 | 236 |