

# AI-03223 100 Miles Leyte Gravel Cycling Route

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Calculate the distance from Merida, Isabel, Palompon, Matag-ub, Kananga , Ormoc , back to Merida in miles. I'm planning a gravel cycling trip.

**Total loop distance: ~113 miles (182 km)** for the route Merida → Isabel → Palompon → Matag-ub → Kananga → Ormoc → back to Merida.

## Segment Distances

Here's the breakdown of each leg, converted to miles:

Route	Distance (km)	Distance (miles)
Merida → Isabel	28.3 km	<b>17.6 mi</b> <a href="#">bing.com</a>
Isabel → Palompon	19.4 km	<b>12.1 mi</b> <a href="#">bing.com</a>
Palompon → Matag-ub	24 km	<b>14.9 mi</b> <a href="#">YouTube</a>
Matag-ub → Kananga	~20 km	<b>12.4 mi</b> <a href="#">ViaMichelin</a>
Kananga → Ormoc	37.5 km	<b>23.3 mi</b> <a href="#">bing.com</a>
Ormoc → Merida	50.6 km	<b>31.4 mi</b> <a href="#">bing.com</a>

**Total: ~182 km / 113 miles**

## Cycling Notes

- **Elevation & terrain:** Expect rolling climbs, especially between Palompon → Matag-ub and Kananga → Ormoc. Gravel sections may vary in quality, so tire choice matters.

- **Resupply points:** Palompon and Ormoc are the best towns for food, water, and mechanical support. Isabel and Kananga have sari-sari stores but fewer options.
- **Loop character:** This is a **coastal-to-inland loop**—you'll start near the coast (Merida/Isabel/Palompon), climb inland through Matag-ub and Kananga, then descend toward Ormoc before returning.
- **Ride time estimate:** At a steady gravel touring pace (~12 mph), expect **9–10 hours of saddle time**, not including breaks.

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Would you like me to **map out elevation gain estimates** for this loop? That way you'll know how much climbing to expect on your gravel setup.

**Estimated elevation gain for your Merida → Isabel → Palompon → Matag-ub → Kananga → Ormoc → Merida gravel loop is ~5,500–6,000 ft (1,675–1,830 m).**

This makes it a moderately challenging ride, especially with gravel surfaces and long saddle hours.

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## Elevation Insights

Based on cycling route data from Leyte (including the Palompon cycle route and Ormoc highland approaches) [AllTrails](#) [bikingphilippines.com](#) [AllTrails](#):

- **Merida → Isabel (17.6 mi / 28 km)**  
Mostly coastal, minimal climbing. Expect rolling terrain with <500 ft gain.
- **Isabel → Palompon (12.1 mi / 19 km)**  
Flat coastal stretch, <300 ft gain. Good warm-up section.
- **Palompon → Matag-ub (14.9 mi / 24 km)**  
Inland climb toward Mount Magsanga foothills. Elevation gain ~1,200–1,500 ft. Gravel sections likely here.
- **Matag-ub → Kananga (12.4 mi / 20 km)**  
Rolling inland roads, ~800–1,000 ft gain.
- **Kananga → Ormoc (23.3 mi / 37 km)**

This is the **biggest climb**: gradual ascent then descent into Ormoc Valley. Expect ~2,000 ft gain.

- **Ormoc → Merida (31.4 mi / 50 km)**

Long coastal return, rolling but steady. ~1,000 ft gain spread out.

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## Ride Character

- **Total distance:** ~113 miles (182 km)
  - **Elevation gain:** ~5,500–6,000 ft (1,675–1,830 m)
  - **Difficulty:** Endurance-focused, with two major climbing sections (Palompon → Matag-ub and Kananga → Ormoc).
  - **Surface:** Mix of paved and gravel. Inland climbs may have rougher patches.
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## Strategy for Gravel Setup

- **Tires:** 38–42 mm gravel tires recommended for comfort and traction.
  - **Gearing:** Compact crank or wide cassette (34T or 36T low gear) for climbs.
  - **Fueling:** Plan resupply in Palompon and Ormoc; carry extra hydration for inland climbs.
  - **Pacing:** Treat the Kananga → Ormoc climb as the decisive section—save energy for it.
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Would you like me to **plot an elevation profile chart** of the loop so you can visualize where the climbs stack up? That would give you a clear picture of effort distribution across the route.

Here's an approximate cycling-trip distance (road) for your route: Merida → Isabel → Palompon → Matag-ob → Kananga → Ormoc → back to Merida.

## Approximate route & distance summary

- Merida → Palompon: ~ 28.4 miles
- Palompon → Isabel: ~ 9.4 miles

- Isabel → Matag-ob (via Kananga/Ormoc route): part of a longer stretch of ~ 50.3 miles (see below)
- Matag-ob → Kananga: ~ 9.3 miles (15 km)
- Kananga → Ormoc: ~ 13.7 miles (22 km)
- Ormoc → Merida: ~ 17.4 miles (28 km)

If you add those legs up (and approximate Isabel→Matag-ob as ~ 50 miles, since the cited 81 km includes detours via Ormoc, Kananga):

Total Round-Trip  $\approx 28.4 + 9.4 + 50 + 9.3 + 13.7 + 17.4 \approx 128.2$  miles

## Key caveats & assumptions

- The 50-mile estimate for the Isabel → Matag-ob leg includes detours because there isn't a neat direct link — the route involves passing through Ormoc City and Kananga.
- Real cycling distance may grow beyond 128 mi if there are local detours, side roads, elevation changes, or if you ride within towns rather than taking the most direct roads.
- Road condition, terrain (hills, climbs), and traffic will affect actual effort and time more than just distance — especially in Leyte's interior.

## Recommendation / What to check before you go

1. Use a mapping tool (e.g. Google Maps, OpenStreetMap) with “cycling” mode to plot the exact route — that will give a more accurate km/mile + elevation profile.
2. Double-check road conditions between Palompon → Isabel → Matag-ob; some segments may be more rural and less ideal for long-distance cycling.
3. Factor in rest stops, water, weather, and transport to backup or bail-out points (towns, buses) — especially on longer rural sections.

If you like — I can plot 3 possible cycling-route maps for this round trip with elevation, estimated time, and total km/miles.

That way you get a more detailed plan instead of just approximate straight-line sums.