

ITINERARY TIMETABLE

KM			STAGE 19		TIMETABLE			
To be run	Run	Caravan			36kph	34kph	32kph	
HAUTES-ALPES (05)								
			EMBRUN	NEUTRALISED START	10:20	12:20	12:20	12:20
144.6	0	D944 H	EMBRUN	OFFICIAL START	10:30	12:30	12:30	12:30
140.2	4.4		CHÂTEAUROUX-LES-ALPES (D944 H-N2094-VC-N2094-VC-D5)		10:38	12:35	12:36	12:36
137.1	7.5		Crossroad D944 H-N94		10:44	12:39	12:40	12:40
132.9	11.7	N94	SAINT-CLÉMENT-SUR-DURANCE (N94-D38)		10:52	12:44	12:45	12:46
128.1	16.5	D38	Crossroad D38-D37		11:01	12:50	12:51	12:52
126.8	17.8		Cross level n°43		11:03	12:52	12:53	12:54
126.8	17.8	D37	EYGLIERS Gare (D37-N94)		11:03	12:52	12:53	12:54
125.6	19	N94	Crossroad N94-D902 A		11:06	12:53	12:54	12:55
125.1	19.5	D902 A	Le Villard		11:06	12:54	12:55	12:56
123.5	21.1		GUILLESTRE		11:09	12:56	12:57	12:58
123.4	21.2		GUILLESTRE (D902 A-VC-D902 A-D902)		11:10	12:56	12:57	12:58
111.5	33.1	D902	Saint-Marcellin (VARS)		11:32	13:21	13:24	13:28
109.7	34.9		Sainte-Marie (VARS)		11:35	13:26	13:29	13:33
107.8	36.8		VARS		11:39	13:30	13:34	13:39
104.4	40.2		Refuge Napoléon (VARS)		11:45	13:38	13:43	13:48
ALPES-DE-HAUTE-PROVENCE (04)								
102	42.6		Col de Vars (2,109m)		11:50	13:44	13:49	13:55
94.5	50.1		SAINT-PAUL-SUR-UBAYE		12:04	13:52	13:57	14:03
88	56.6		Les Gleizolles		12:16	13:59	14:05	14:11
87.5	57.1		Crossroad D902-D900		12:17	14:00	14:05	14:12
86.2	58.4	D900	LA CONDAMINE-CHÂTELARD		12:19	14:01	14:07	14:14
81.9	62.7		JAUSIERS		12:29	14:08	14:14	14:21
81	63.6		JAUSIERS (D900-VC)		13:12	15:03	15:14	15:27
58.2	86.4	VC	Col de la Bonette Restefond (SAINT-DALMAS-LE-SELVAGE)					
ALPES-MARITIMES (06)								
57.1	87.5	M2205	Cime de la Bonette (2,802m)		13:14	15:06	15:17	15:31
49.4	95.2	D64	Le Camp des Fourches (SAINT-DALMAS-LE-SELVAGE)		13:28	15:14	15:25	15:39
35.9	108.7		Crossroad D64-M2205		13:54	15:28	15:40	15:54
32.1	112.5	M2205	SAINT-ÉTIENNE-DE-TINÉE		14:01	15:31	15:44	15:58
26	118.6		Le Bourguet		14:12	15:39	15:51	16:06
17.6	127		ISOLA (M2205-M97-VC-M97)		14:28	15:49	16:02	16:17
0.5	144.1	M97	Isola 2000 (M97-VC)		15:00	16:27	16:43	17:02
0	144.6	VC	ISOLA 2000 (2,024m)		15:01	16:28	16:44	17:03

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
3.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

HC km 42.6 - Col de Vars

Climb of 18.8km at 5.7%

HC km 87.5 - Cime de la Bonette

Climb of 22.9km at 6.9%

1 km 144.6 - Isola 2000

Climb of 16.1km at 7.1%

RELAIS-ÉTAPE

Parking

381, cours Guy Seradour

05560 Vars

Km 38.9

ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route). Leave Avenue du Lac in the direction of the Orres roundabout and then head towards and past Savines-le-Lac on the N94, continuing on the D942 and N85 to Tallard. Continue on the A51 towards Sisteron. Leave the A51 at junction 21 and continue on the N85, D17, D907, N85, N202, D4202, D6202, M2205 towards Isola.

Entry point onto the race route:

crossroads of the M2025 and M97, 16km from the finish line

Total distance: 261km

RESTRICTIONS ON THE CARAVAN

Km 79 at 108 - Parc naturel du Mercantour

Interruption of distribution of publicity materials and use of PAs

Km 87.5 - Cime de la Bonette

Narrow road with steep sections

Diversion for long and wide vehicles and for unauthorised vehicles at km 64

RESTRICTION ON ALL VEHICLES THAT AREN'T PART OF RACE CONVOY

Km 87.5 - Cime de la Bonette

Narrow road with steep sections

Diversion for all vehicles that aren't part of the race convoy via the Col de la Bonette at km 86.5