

ITINERARY TIMETABLE

KM			STAGE 20		TIMETABLE			
To be run	Run	Caravan			39kph	37kph	35kph	
ALPES-MARITIMES (06)								
			NICE	NEUTRALISED START	11:35	13:35	13:35	13:35
132.8	0	M2204 B	NICE	OFFICIAL START	11:55	13:55	13:55	13:55
131.4	1.4		LA TRINITÉ (M2204 B - D2204 B)		11:57	13:57	13:57	13:57
128.5	4.3	D2204 B	DRAP (crossroads D2204 B - D2204)		12:02	14:00	14:00	14:01
127.1	5.7	D2204	Pont De Peille		12:03	14:01	14:01	14:01
126.2	6.6		La Pointe de Blausasc (BLAUSASC)		12:05	14:02	14:02	14:02
118.6	14.2		L'ESCARÈNE		12:19	14:12	14:13	14:14
108.1	24.7		Col de Braus (1,002m)	2	12:37	14:36	14:38	14:41
96.9	35.9		SOSPEL (D2204-D2566)		12:56	14:49	14:52	14:56
92.7	40.1	D2566	Le Piaon		13:04	14:56	14:59	15:03
87.4	45.4		Notre Dame de la Menour		13:13	15:07	15:12	15:17
85	47.8		MOULINET		13:17	15:13	15:17	15:23
73	59.8		Col de Turini (1,607m)	1	13:37	15:38	15:45	15:53
72.9	59.9		Crossroad D2566-M70		13:38	15:39	15:45	15:53
61.5	71.3	M70	LA BOLLÈNE-VÉSUBIE (M70-M170-M70)		13:57	15:50	15:57	16:06
57.9	74.9		Crossroad M70-M2565		14:03	15:54	16:01	16:10
57.2	75.6	M2565	Gordolon		14:05	15:55	16:02	16:11
56.4	76.4		Crossroad M2565-M69		14:06	15:56	16:03	16:12
55.8	77	M69	ROQUEBILLIÈRE (M69-M2565)		14:07	15:57	16:04	16:13
46.3	86.5	M2565	SAINT-MARTIN-VÉSUBIE		14:23	16:09	16:17	16:26
45	87.8		SAINT-MARTIN-VESUBIE	5	14:26	16:11	16:19	16:28
37.4	95.4		VALDEBLORE		14:38	16:22	16:31	16:41
36.9	95.9		Col de la Colmiane (1,500m)	1	14:39	16:23	16:32	16:42
35.2	97.6		Saint-Dalmas		14:42	16:24	16:33	16:43
31.1	101.7		La Roche		14:49	16:28	16:37	16:47
29.9	102.9		La Bolline		14:51	16:29	16:38	16:48
20.5	112.3		Crossroad M2565-M2205		15:07	16:37	16:47	16:57
16.7	116.1	M2205	SAINT-SAUVEUR-SUR-TINÉE		15:14	16:41	16:50	17:01
16	116.8		Crossroad M2205-M30		15:15	16:41	16:51	17:01
6.1	126.7	M30	ROUBION		15:32	17:04	17:15	17:28
2.8	130		Le Villars		15:38	17:11	17:23	17:37
0	132.8		COL DE LA COUILLOLE (1,678m)	1	15:43	17:18	17:30	17:44

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
11.9km

CATEGORISED CLIMBS AND SUMMIT FINISHES

2 km 24.7 - Col de Braus
Climb of 10km at 6.6%

1 km 59.8 - Col de Turini
Climb of 20.7km at 5.7%

1 km 95.9 - Col de la Colmiane
Climb of 7.5km at 7.1%

1 km 132.8 - Col de la Couillole
Climb of 15.7km at 7.1%

RELAIS-ÉTAPE

Col de la Colmiane
Parking route de la Vésubie
06420 Valdeblore
Km 95.9

ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route). Leave Boulevard Stalingrad via the Deloye tunnel (height limit of 2.40m) or via Boulevard Lech Walesa. Continue on Boulevard de Riquier, Boulevard de l'Armée des Alpes, Boulevard Saint-Roch, Boulevard Virgil Barel, Boulevard Pierre Semard, Pont Michel, Route de Turin and Pont Garigliano to reach junction 55 of the A8. Head towards Cannes, then leave the A8 at junction 52 and continue on the M6202, then the D6202, D4202, D902, D2202 and the D28. At Beuil, follow the arrows towards the different parking zones at the assembly point.

Total distance: 121km

RESTRICTION ON THE CARAVAN

Km 132.7 - Col de la Couillole
Narrow road with steep sections
Diversion for long and wide vehicles at km 112.2