

ITINERARY TIMETABLE

KM		STAGE 14		TIMETABLE			
To be run	Run			Caravan	37kph	35kph	33kph
PYRÉNÉES-ATLANTIQUES (64)							
		VC	PAU 	10:00	12:00	12:00	12:00
			JURANÇON				
			PAU (VC-D37)				
		D37	Cross level n°27				
			GELOS				
			MAZÈRES-LEZONS (D37-D802)				
182.6	0	D802	PAU 	10:15	12:15	12:15	12:15
181.6	1		BIZANOS (near)	10:16	12:16	12:16	12:16
181.3	1.3		Tunnel de Bizanos	10:17	12:17	12:17	12:17
180.6	2		Crossroads D802-D938	10:18	12:18	12:18	12:18
179.5	3.1	D938	IDRON (near)	10:19	12:19	12:19	12:19
177.8	4.8		MEILLON (near)	10:22	12:21	12:22	12:22
175.4	7.2		ASSAT (near)	10:26	12:25	12:25	12:26
173.1	9.5		BORDES (near)	10:29	12:28	12:28	12:29
170.6	12		BOEIL-BEZING (near)	10:33	12:31	12:32	12:33
166.9	15.7		MIREPEIX (near)	10:38	12:36	12:37	12:38
165.4	17.2		COARRAZE	10:40	12:38	12:39	12:40
161.8	20.8		IGON (near) (D938-D937)	10:45	12:43	12:44	12:45
159.7	22.9	D937	LESTELLE-BÉTHARRAM	10:48	12:46	12:47	12:48
158.1	24.5		MONTAUT	10:51	12:48	12:49	12:51
HAUTES-PYRÉNÉES (65)							
155.3	27.3		Cross level n°192	10:55	12:51	12:53	12:55
154.5	28.1		SAINT-PÉ-DE-BIGORRE	10:56	12:52	12:54	12:56
149.7	32.9		PEYROUSE	11:03	12:59	13:01	13:03
146	36.6		Crossroads D937-D13	11:09	13:04	13:06	13:09
145.9	36.7	D13	Cross level n°182	11:09	13:04	13:06	13:09
145	37.6		LOURDES (D13-VC-D921 B)	11:10	13:05	13:07	13:10
138	44.6	D921 B	L'Asticotière (VIGER)	11:20	13:14	13:17	13:20
135.2	47.4		AGOS-VIDALOS	11:24	13:18	13:21	13:24
133.2	49.4		AYZAC-OST	11:27	13:21	13:24	13:27
131.1	51.5		ARGELÈS-GAZOST	11:30	13:24	13:27	13:30
129	53.6		LAU-BALAGNAS (D921 B-D921)	11:33	13:26	13:30	13:33
127	55.6	D921	La Plaine (SAINT-SAVIN)	11:36	13:29	13:33	13:36
126.5	56.1		ADAST	11:37	13:30	13:33	13:37
125.1	57.5		PIERREFITTE-NESTALAS	11:39	13:32	13:35	13:39
124	58.6		SOULOM	11:41	13:33	13:37	13:41
123	59.6		VILLELONGUE (near)	11:42	13:34	13:38	13:42
116.6	66		Pont de la Reine Hortense (CHÈZE)	11:52	13:43	13:47	13:52
116	66.6		Larise (SALIGOS)	11:52	13:44	13:48	13:52
113.1	69.5		ESQUIÈZE-SÈRE (entry)	11:57	13:48	13:52	13:57
112.5	70.1		ESQUIÈZE-SÈRE 	11:57	13:48	13:53	13:57
112.1	70.5		LUZ-SAINT-SAUVEUR (D921-D918)	11:58	13:49	13:53	13:58
111.6	71	D918	ESTERRE	11:59	13:50	13:54	13:59
110.1	72.5		Lonquere-Glarets (VIELLA)	12:04	13:54	13:59	14:04
108.2	74.4		BETPOUEY (near)	12:10	13:59	14:04	14:10

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
7.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 89.5 - Col du Tourmalet**
Souvenir Jacques Goddet
Climb of 19km at 7.4%

 **km 119.3 - Col d'Aspin**
Climb of 5km at 7.6%

 **km 150.1 - Col de Peyresourde**
Climb of 7.1km at 7.8%

  **km 182.6 - Luchon-Superbagnères**
Climb of 12.4km at 7.3%

RELAIS-ÉTAPE

Parking Tournaboup
1017, route du Tourmalet
65120 Barèges
Km 77

ROUTE FOR NON-RACE VEHICLES

Exit directly from the parking areas for non-race vehicles (don't take the neutralised race route). Take Boulevard Barbanègre, Avenue Edouard VII, Rue de Batsalle, Avenue du Général de Gaulle, Avenue du Général Leclerc, Yitzhak Rabin roundabout, Boulevard du Commandant René Mouchotte (Bizanos), Route de Tarbes (Idron) and then the D817 towards Tarbes. At Soumoulou, take the A64 (junction 11) towards Tarbes and then Toulouse. Leave the A64 at junction 17 "Montréjeau" and head towards Luchon-Bagnères-de-Luchon via the A645, N125, D825 and then the D125. At Bagnères-de-Luchon, follow the arrows to the various parking areas at the assembly point from the crossroads of Rue Clément Ader and Boulevard Charles de Gaulle.

No entry point onto the race route (except for team buses)

Total distance: 135km

RESTRICTION ON THE CARAVAN

Km 0.5 of the neutralised route - Pau, Oscar bridge

Passage beneath low bridge (3.85m)
Diversion for vehicles above 3.85m in height at the access to the start

Km 165.1 - Final ascent of Luchon-Superbagnères

Diversion for the entire caravan at km 165.1 (Bagnères-de-Luchon), 17.5km from the finish line



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Toberun	Run			Caravan	37kph	35kph	33kph
105.6	77		BARÈGES	12:17	14:05	14:11	14:17
101.6	81		Tournaboup (BARÈGES, SERS)	12:29	14:15	14:22	14:29
97.7	84.9		Super Barèges	12:41	14:25	14:33	14:41
93.1	89.5		Col du Tourmalet (2,115m) Souvenir Jacques Goddet 	12:55	14:36	14:45	14:55
89.7	92.9		La Mongie (BAGNÈRES-DE-BIGORRE)	12:59	14:40	14:49	14:59
82.8	99.8		Artigues (CAMPAN)	13:08	14:48	14:57	15:08
81.1	101.5		Gripp (CAMPAN)	13:10	14:50	14:59	15:10
80.1	102.5		Cabadur (CAMPAN)	13:11	14:51	15:00	15:11
78.7	103.9		Pas de la Barane (CAMPAN)	13:12	14:53	15:02	15:12
78.2	104.4		Las Basses (CAMPAN)	13:13	14:53	15:02	15:13
77.9	104.7		Les Bulanettes (CAMPAN)	13:13	14:53	15:03	15:13
76.3	106.3		Sainte-Marie-de-Campan (CAMPAN)	13:15	14:55	15:05	15:15
75.8	106.8		Les Artigaux (CAMPAN)	13:16	14:56	15:05	15:16
74.4	108.2		Mariouse Daban (CAMPAN)	13:19	14:58	15:08	15:19
72.9	109.7		La Séoubé (CAMPAN)	13:21	15:01	15:10	15:21
69.7	112.9		Payolle (CAMPAN)	13:27	15:06	15:16	15:27
68.4	114.2		L'Espiadet (CAMPAN)	13:29	15:08	15:18	15:29
63.3	119.3		Col d'Aspin (1,489m) 	13:44	15:20	15:31	15:44
53.4	129.2		Le Plagnou (ASPIN-AURE)	13:56	15:31	15:43	15:56
51.5	131.1		ARREAU (D918-D929-D618)	13:59	15:34	15:45	15:59
47.8	134.8	D618	La Prade (CAZAUX-DEBAT)	14:06	15:40	15:52	16:06
46.2	136.4		BORDÈRES-LOURON	14:09	15:43	15:55	16:09
42.3	140.3		AVAJAN	14:17	15:50	16:03	16:17
40.9	141.7		Anéran (CAZAUX-FRÉCHET-ANÉRAN-CAMORS)	14:20	15:52	16:05	16:20
39.4	143.2		Escadaoux (ESTARVIELLE)	14:23	15:55	16:08	16:23
37.7	144.9		LOUDERVIELLE	14:28	15:59	16:12	16:28
36.7	145.9		MONT (near)	14:30	16:01	16:15	16:30
35.1	147.5		La Sapinière	14:35	16:05	16:19	16:35
32.5	150.1		Col de Peyresourde (1,569m) 	14:42	16:11	16:25	16:42
HAUTE-GARONNE (31)							
26.8	155.8		GARIN	14:49	16:18	16:33	16:49
25.3	157.3		CAZEAUX-DE-LARBOUST	14:51	16:20	16:35	16:51
25.1	157.5		CASTILLON-DE-LARBOUST	14:52	16:20	16:35	16:52
24.4	158.2		SAINT-AVENTIN	14:53	16:21	16:36	16:53
22.3	160.3		TRÉBONS-DE-LUCHON (near)	14:56	16:24	16:39	16:56
20.1	162.5		Payssas (near) (CAZARILH-LASPÈNES)	14:59	16:27	16:41	16:59
19.5	163.1		BAGNÈRES-DE-LUCHON (D618-VC-D125)	14:59	16:27	16:42	16:59
13.1	169.5		Ravi (D125-D46)		16:36	16:51	17:08
12.4	170.2	D46	Pont de Ravi		16:36	16:51	17:09
9.1	170.2		L'Ourson		16:45	17:00	17:19
4.8	177.8		La Carrière		16:56	17:11	17:31
1.5	181.1		Superbagnères (entry)		17:04	17:20	17:40
0	182.6		LUCHON-SUPERBAGNÈRES (1,804m)  		17:07	17:24	17:44

182.6KM

LUCHON-SUPERBAGNÈRES

PAU

SATURDAY 19 JULY

STAGE 14

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