

ITINERARY TIMETABLE

KM		STAGE 18		TIMETABLE				
To be run	Run			Caravan	35kph	33kph	31kph	
ISÈRE (38)								
		D63 C	VIF (D63 C-D63)	NEUTRALISED START	10:10	12:10	12:10	12:10
		D63	SAINT-GEORGES-DE-COMMIERS (D63-D529)					
171.5	0	D529	VIF	OFFICIAL START	10:20	12:20	12:20	12:20
169.7	1.8		CHAMP-SUR-DRAC (D529-D1085 B)		10:23	12:22	12:23	12:23
167	4.5	D1085 B	Basse Jarrie (JARRIE)		10:27	12:26	12:27	12:27
166.6	4.9		Cross level n°14		10:27	12:27	12:27	12:27
166.4	5.1		Bas de Montchaboud (MONTCHABOUD) (D1085 B-N85)		10:28	12:27	12:27	12:28
164.8	6.7	N85	VIZILLE (N85-D1091)		10:30	12:29	12:30	12:30
161.8	9.7	D1091	Le Péage de Vizille		10:35	12:33	12:34	12:35
158.5	13		L'île Falcon (SAINT-BARTHÉLEMY-DE-SÉCHILIENNE) (near)		10:40	12:38	12:39	12:40
157.2	14.3		SÉCHILIENNE (near)		10:42	12:40	12:41	12:42
151.6	19.9		Gavet (LIVET-ET-GAVET)		10:51	12:48	12:49	12:51
150.6	20.9		Les Clavaux (LIVET-ET-GAVET) (near)		10:52	12:49	12:50	12:52
148.6	22.9		Rioupéroux (LIVET-ET-GAVET) (entry)		10:55	12:52	12:53	12:55
147.8	23.7		RIOUPÉROUX		10:56	12:53	12:55	12:56
145.7	25.8		Livet (LIVET-ET-GAVET) (near)		11:00	12:56	12:58	13:00
139	32.5		Rochetaillée (BOURG-D'OISANS) (D1091-D526)		11:10	13:05	13:08	13:10
138	33.5	D526	ALLEMOND		11:11	13:07	13:09	13:11
134.1	37.4		Viaduc de l'Eau d'Olle		11:18	13:12	13:15	13:18
133.2	38.3		Le Roberand (OZ-EN-OISANS)		11:19	13:13	13:16	13:19
131.9	39.6		Le Verney (VAUJANY)		11:21	13:15	13:18	13:21
128	43.5		Articol		11:30	13:23	13:27	13:30
125.4	46.1		Le Rivier-d'Allemond		11:37	13:29	13:33	13:37
115.7	55.8		Barrage de Grand'Maison (VAUJANY)		12:04	13:52	13:57	14:04
SAVOIE (73)								
112.7	58.8	D926	Rieu Claret		12:12	13:58	14:05	14:12
110.4	61.1		Plan du Suel		12:18	14:04	14:11	14:18
109.4	62.1		Crossroads of D926-D927		12:21	14:06	14:13	14:21
109.2	62.3	D927	Col du Glandon (1,924m)	HC	12:21	14:07	14:13	14:21
106.5	65		Sous le Col		12:25	14:10	14:17	14:25
104	67.5		L'Échet		12:28	14:13	14:20	14:28
101.3	70.2		SAINT-COLOMBAN-DES-VILLARDS-La Chal		12:31	14:16	14:23	14:31
100	71.5		Le Chatelet		12:33	14:17	14:25	14:33
99.6	71.9		SAINT-COLOMBAN-DES-VILLARDS		12:33	14:18	14:25	14:33
98.5	73		Villard Martinan		12:35	14:19	14:26	14:35
92.5	79		Le Pied des Voûtes (SAINT-ALBAN DES VILLARDS)		12:42	14:26	14:34	14:42
90.4	81.1		SAINT-ÉTIENNE-DE-CUINES		12:45	14:28	14:36	14:45
87.9	83.6		Les Grands Prés (SAINTE-MARIE-DE-CUINES)		12:48	14:31	14:39	14:48
87.3	84.2		SAINT-AVRE (D927-D213)		12:49	14:32	14:40	14:49
86.7	84.8	D213	LA CHAMBRE		12:50	14:33	14:41	14:50
85.5	86		SAINT-MARTIN-SUR-LA-CHAMBRE		12:53	14:35	14:43	14:53
84.1	87.4		Le Mollard		12:57	14:39	14:47	14:57
82.1	89.4		Maisons Puges		13:02	14:43	14:52	15:02
81	90.5		Montoudras		13:05	14:46	14:55	15:05
79.9	91.6		Colombin		13:09	14:49	14:58	15:09
76.8	94.7		Le Planet		13:17	14:56	15:06	15:17
75.7	95.8		L'Épalud		13:21	14:59	15:09	15:21
75	96.5		SAINT FRANÇOIS LONGCHAMP-Chef-Lieu		13:23	15:00	15:11	15:23
73.1	98.4		Les Longes		13:28	15:05	15:16	15:28
72.3	99.2		SAINT FRANÇOIS LONGCHAMP 1650		13:30	15:07	15:18	15:30
70.9	100.6		Les Pérelles		13:34	15:10	15:21	15:34
66.9	104.6		Col de la Madeleine (2,000m)	HC	13:46	15:20	15:32	15:46
57.8	113.7		Celliers (LA LÉCHÈRE)		13:56	15:30	15:42	15:56
57.1	114.4		Celliers-La Chapelle (LA LÉCHÈRE)		13:57	15:30	15:43	15:57
55.8	115.7		Celliers-La Thuile (LA LÉCHÈRE)		13:59	15:32	15:44	15:59
51.6	119.9		Villard Benoît (LA LÉCHÈRE)		14:04	15:36	15:49	16:04
49.8	121.7		BONNEVAL-TARENTEISE-Villard Soffray (LA LÉCHÈRE)		14:06	15:38	15:51	16:06
41.8	129.7		Notre-Dame-de-Briançon (LA LÉCHÈRE) (D213-D97)		14:15	15:47	16:00	16:15
39.1	132.4	D97	Petit Cœur (LA LÉCHÈRE)		14:19	15:51	16:04	16:19
37.9	133.6		Bellecombe (GRAND-AIGUEBLANCHE) (D97-D97 A-D94)		14:21	15:52	16:06	16:21
35.9	135.6	D94	Aigueblanche (GRAND-AIGUEBLANCHE) (D94-D990-VC)		14:24	15:55	16:09	16:24

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
4.6km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 62.3 - Col du Glandon**
Climb of 21.7km at 5.1%

 **km 104.6 - Col de la Madeleine**
Climb of 19.2km at 7.9%

 **km 171.5 - Courchevel**
Col de la Loze - Souvenir Henri Desgrange
Climb of 26.4km at 6.5%

RELAIS-ÉTAPE

Car park (facing the camp site)
Route des Fonderies Royales
38114 Allemond
Km 33.5

ROUTE FOR NON-RACE VEHICLES

Exit directly from the parking areas for non-race vehicles (don't take the neutralised race route). Going in the opposite direction that was used to access the start, take Boulevard de la Résistance (D63 C) and then Avenue du Général de Gaulle (D8) towards Gua. Turn right on Rue Gustave Guerre. At Place de la Libération, turn left onto Boulevard Faidherbe and stay on the D1075 towards Grenoble. Take the A51 (junction 12) and then the A480 towards Grenoble. Leave the A480 at junction 5a and take the N87 (Grenoble southern ring road - rocade Sud) towards Chambéry-Albertville. Leave the A41 and take the A43 and then the A430 towards Albertville. At Albertville, stay on the N90 towards Moûtiers. At Moûtiers, stay on the N90 towards Bourg-Saint-Maurice. Leave the N90 and take the D990 towards Moûtiers-Hautecour. Stay on Rue de la Sous-préfecture and head towards the town centre (centre-ville).

Entry point onto the race route: Square de la Liberté (crossroads of Square de la Liberté, Avenue de la Gare, Avenue du 8 Mai 1945) at Moûtiers, 33km from the finish line.

Total distance: 160km

RESTRICTION ON THE CARAVAN

Km 166 - Final climb to Courchevel
Col de la Loze

Diversion for the entire caravan at km 166 (Ferme de Pralong), 5.5km from the finish line



ITINERARY TIMETABLE

KM		STAGE 18		TIMETABLE			
Toberun	Run			Caravan	35kph	33kph	31kph
33.7	137.8	VC	MOÛTIERS (VC-D915)	14:27	15:58	16:12	16:27
32	139.5	D915	Salins-les-Thermes (SALINS-FONTAINE)	14:30	16:00	16:14	16:30
30.2	141.3		L'Île Ferlay (near) (LES BELLETOWN)	14:33	16:03	16:17	16:33
28.4	143.1		Crossroads of D915-VC	14:35	16:05	16:19	16:35
27.3	144.2	VC	BRIDES-LES-BAINS (VC-D915)	14:37	16:07	16:21	16:37
25.7	145.8	D915	Vignotan	14:40	16:10	16:24	16:40
24.7	146.8		La Perrière	14:43	16:12	16:26	16:43
22.7	148.8		Le Grand Carrey (D915-D91 A)	14:48	16:17	16:31	16:48
21.9	149.6	D91 A	Le Petit Carrey	14:51	16:19	16:33	16:51
20.8	150.7		Le Fontanil	14:54	16:22	16:36	16:54
19.3	152.2		Saint-Bon-Tarentaise	14:58	16:25	16:40	16:58
17.4	154.1		COURCHEVEL-Le Praz	15:03	16:30	16:45	17:03
15.7	155.8		La Choulière	15:07	16:34	16:49	17:07
14.9	156.6		COURCHEVEL-Village (D91 A-D91 E-D91 A)	15:10	16:36	16:51	17:10
13.4	158.1		COURCHEVEL-Moriond	15:14	16:39	16:55	17:14
9.6	161.9		COURCHEVEL (D91 A-VC)	15:24	16:48	17:04	17:24
5.8	165.7	VC	Ferme de Pralong (Altiport)	15:34	16:58	17:14	17:34
4	167.5		Les Verdons		17:02	17:18	17:39
1.5	170		Stade de Slalom Émile Allais		17:08	17:24	17:46
0.8	170.7		Lac Bleu		17:10	17:26	17:48
0	171.5		COURCHEVEL Col de la Loze (2,304m) <i>Souvenir Henri Desgrange</i> 		17:12	17:28	17:50

PARTICULAR PROFILE

COL DU GLANDON

