

ITINERARY TIMETABLE

KM		STAGE 18		TIMETABLE			
To be run	Run			Caravan	42kph	40kph	38kph
ISÈRE (38)							
		VC	VOIRON (VC-D592)	NEUTRALISED START			
		D592	SAINT-JEAN-DE-MOIRANS		10:10	12:35	12:35
			VOIRON				
			La Patinière				
			MOIRANS (D592-D1092)				
		D1092	VOUREY				
185.2	0		VOIRON	OFFICIAL START	10:25	12:50	12:50
183.9	1.3		TULLINS-FURES (D1092-D45 A-D45)		10:27	12:52	12:52
178.1	7.1	D45	SAINT-QUENTIN-SUR-ISÈRE (D45-D1532)		10:37	12:59	12:59
172.7	12.5	D1532	L'Échaillon		10:47	13:06	13:07
167.9	17.3		VEUREY-VOROIZE (near)		10:55	13:12	13:13
167.3	17.9		Actipole		10:57	13:13	13:14
165.1	20.1		NOYAREY		11:00	13:16	13:17
162.9	22.3		Pra-Paris		11:04	13:18	13:20
161.5	23.7		SASSENAGE (D1532-D531)		11:07	13:20	13:21
157.4	27.8	D531	Les Côtes		11:14	13:28	13:30
155.2	30		Les Grandes Côtes		11:18	13:33	13:35
153.5	31.7		Laliarey le Bas		11:21	13:37	13:39
148.5	36.7		Côte d'Engins (854m)		11:30	13:49	13:51
148.5	36.7		ENGINS		11:30	13:49	13:51
143.7	41.5		L'Olette		11:38	13:54	13:57
142.2	43		LANs-EN-VERCORS (D531-D106)		11:41	13:56	13:59
139.6	45.6	D106	La Chenevarie		11:45	13:59	14:02
135.5	49.7		Les Volants		11:53	14:04	14:07
132.9	52.3		SAINT-NIZIER-DU-MOUCHEROTTE		11:57	14:07	14:11
126.2	59		Pariset (SEYSSINET-PARISSET)		12:09	14:15	14:19
125.1	60.1		La Tour Sans Venin		12:11	14:17	14:20
122.1	63.1		SEYSSINS (D106-D106 D)		12:16	14:20	14:24
117.3	67.9	D106 D	CLAIX (D106 D-D269)		12:25	14:26	14:30
114.6	70.6	D269	CLAIX-Le Pont Rouge (D269-D1075)		12:30	14:30	14:34
113.1	72.1	D1075	VARCES ALLIÈRES ET RISSET		12:32	14:32	14:36
107.1	78.1		VIF (D1075-D63)		12:43	14:39	14:44
103.6	81.6	D63	SAINT-GEORGES-DE-COMMIERS-Gare (D63-D529)		12:49	14:44	14:49
102	83.2	D529	SAINT-GEORGES-DE-COMMIERS		12:52	14:47	14:52
101.1	84.1		Hameau de Saint-Pierre		12:53	14:49	14:54
98.9	86.3		NOTRE-DAME-DE-COMMIERS		12:57	14:53	14:58
94.8	90.4		MONTEYNARD-Les Ripeaux		13:04	15:02	15:08
94.4	90.8		Les Blais (MONTEYNARD)		13:05	15:02	15:09
93.3	91.9		MONTEYNARD-La Ville		13:07	15:05	15:11
93	92.2		Côte de Monteynard (844m)		13:08	15:05	15:12
91.1	94.1		Le Mollard (LA MOTTE-SAINT-MARTIN)		13:11	15:08	15:14
90.3	94.9		Au-Cours (LA MOTTE-SAINT-MARTIN)		13:12	15:09	15:15
88.9	96.3		LA MOTTE-D'AVEILLANS		13:15	15:10	15:17
86.7	98.5		La Festinière (LA MOTTE-D'AVEILLANS)		13:19	15:13	15:20
86.5	98.7		La Festinière (PIERRE-CHÂTEL)		13:19	15:14	15:20
86	99.2		Le Collet (PIERRE-CHÂTEL)		13:20	15:14	15:21
85.3	99.9		Cross level n° 11		13:21	15:15	15:22
84.9	100.3		Le Crey (SUSVILLE)		13:22	15:16	15:22
84	101.2		Les Moutières (SUSVILLE)		13:23	15:17	15:24
83.2	102		Le Villaret (SUSVILLE)		13:25	15:18	15:25
81.9	103.3		SUSVILLE-Nantizon		13:27	15:19	15:27

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

10.6km

COLS, CLIMBS AND SUMMIT FINISHES

 **km 36.7 - Côte d'Engins**

Climb of 11.4km at 5.4%

 **km 92.2 - Côte de Monteynard**

Climb of 9.7km at 5%

 **km 112.8 - Côte des Terrasses**

Climb of 3.4km at 6.6%

 **km 166.2**

Côte de Saint-Léger-les-Mélèzes

Climb of 2.5km at 6.9%

  **km 185.2 - Orcières-Merlette**

Climb of 7.1km at 6.7%

RELAIS-ÉTAPE

Place Napoléon

Route Napoléon - D1085

38970 Corps

Km 129.8

OFF-ROUTE ITINERARY

Exit point at km 6.4 on the neutralized route (crossroads of D1092 and D1085 access ramp at Moirans). Take the D1085 towards Grenoble. At the Parc d'Activités Centr'Alp roundabout, follow the signs for "A48-A49". Take the A48 (junction 11) towards Grenoble. Approaching Grenoble, continue on the A480 and then the A51 towards Sisteron. At Monestier de Clermont (end of the A51), continue on the D1075 towards Gap via the Col de la Croix Haute (low bridges, the first at Saint-Julien-en-Beauchêne has a maximum height of 4.45m, while the second at La Faurie is 4.15m high – the regulatory limit is 4m). Beyond La Faurie, turn left onto the D994B towards Gap. At Veynes, take the D994 towards Gap. Approaching Gap, follow the signs for Gap-Centre (advised route for vehicles over 19t). Heading through Gap, keep following signs for Grenoble. After leaving Gap on the N85, turn right onto the D944 towards Orcières-Merlette via the Col de Manse.

Entry point onto the race route: crossroads of D944 - D114 at Pont de Frappe. (Forest-Saint-Julien), 24km from the finish line

Total distance: 192km

RESTRICTION ON THE CARAVAN

Km 172.7 - Orcières-Merlette

Final climb

Diversion for very large vehicles at km 172.7 (crossroads of D944 - Route de Serre-Eyraud, Les Ricous), 12.5km from the finish line



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Toberun	Run			Caravan	42kph	40kph	38kph
81.2	104		LA MURE (D529-D1085-D1085 F-D1085)	13:28	15:20	15:27	15:36
78.5	106.7	D1085	Le Crozet (SOUSVILLE)	13:33	15:24	15:31	15:40
75.9	109.3		Pont Haut (SOUSVILLE)	13:38	15:27	15:35	15:44
75.1	110.1		Charlaix (SAINT-LAURENT-EN-BEAUMONT)	13:39	15:29	15:36	15:46
73.2	112		Les Terrasses (SAINT-LAURENT-EN-BEAUMONT)	13:43	15:32	15:40	15:50
72.4	112.8		Côte des Terrasses 	13:44	15:34	15:42	15:52
71.6	113.6		Les Égats (SAINT-LAURENT-EN-BEAUMONT)	13:45	15:35	15:43	15:53
69.4	115.8		Les Allauves	13:49	15:38	15:46	15:56
68.9	116.3		LA SALLE-EN-BEAUMONT	13:50	15:38	15:46	15:57
66.9	118.3		Les Marcoux	13:54	15:41	15:49	15:59
64.6	120.6		QUET-EN-BEAUMONT	13:58	15:44	15:52	16:02
60.2	125		Le Cardaire (LES CÔTES-DE-CORPS)	14:06	15:49	15:57	16:08
56.2	129		CORPS (entry)	14:13	15:54	16:03	16:13
56.2	129		CORPS 	14:13	15:54	16:03	16:13
HAUTES-ALPES (05)							
52	133.2	N85	ASPRES-LÈS-CORPS (near)	14:20	15:59	16:08	16:19
51	134.2		Le Motty (ASPRES-LÈS-CORPS, SAINT-FIRMIN)	14:22	16:00	16:09	16:20
49.3	135.9		La Trinité (SAINT-FIRMIN)	14:25	16:02	16:11	16:23
43.4	141.8		Chauffayer (AUBESSAGNE)	14:35	16:09	16:19	16:30
40.1	145.1		La Guinguette (LE NOYER)	14:41	16:13	16:23	16:35
36.6	148.6		Les Basses-Barraques (POLIGNY)	14:47	16:18	16:28	16:40
33.8	151.4		L'Estiquaire (POLIGNY)	14:52	16:21	16:31	16:43
32.3	152.9		LA FARE-EN-CHAMPSAUR-Les Barraques	14:55	16:23	16:33	16:45
30.7	154.5		Bonnette (LA FARE-EN-CHAMPSAUR)	14:58	16:25	16:35	16:47
30.2	155		Brutinel (LAYE)	14:58	16:26	16:36	16:48
29.2	156		Crossroads N85-D14	15:00	16:27	16:37	16:49
28.1	157.1	D14	Le Cros (SAINT-LAURENT-DU-CROS)	15:02	16:28	16:38	16:51
27.1	158.1		SAINT-LAURENT-DU-CROS (near) (D14-D114)	15:04	16:29	16:40	16:52
25.3	159.9	D114	FOREST-SAINT-JULIEN	15:07	16:32	16:42	16:55
23.9	161.3		Pont de Frappe (FOREST-SAINT-JULIEN) (D114-D944)	15:10	16:33	16:44	16:57
22.6	162.6	D944	La Basse Plaine (CHABOTTES)	15:12	16:35	16:45	16:58
21.7	163.5		La Haute Plaine (CHABOTTES) (D944-D113)	15:13	16:36	16:47	16:59
19.1	166.1	D113	SAINT-LÉGER-LES-MÉLÈZES (D113-D13)	15:18	16:41	16:52	17:05
19	166.2		Côte de Saint-Léger-les-Mélèzes 	15:18	16:41	16:52	17:06
17.4	167.8	D13	Les Forests	15:21	16:43	16:54	17:08
16.3	168.9		Les Arieys (SAINT-JEAN-SAINT-NICOLAS)	15:23	16:44	16:55	17:09
15.3	169.9		Pont-du-Fossé (SAINT-JEAN-SAINT-NICOLAS) (D13-D944)	15:25	16:45	16:56	17:10
14.4	170.8	D944	Les Foulons (SAINT-JEAN-SAINT-NICOLAS)	15:26	16:46	16:58	17:11
13.5	171.7		Le Villaret (SAINT-JEAN-SAINT-NICOLAS)	15:28	16:48	16:59	17:12
11.2	174		Pont de Corbières (CHAMPOLÉON)	15:32	16:51	17:02	17:16
10.5	174.7		Les Garnauds (CHAMPOLÉON)	15:33	16:52	17:03	17:17
9.9	175.3		Laye (CHAMPOLÉON)	15:34	16:52	17:04	17:18
7.1	178.1		Bousenayes	15:39	16:56	17:08	17:22
6.2	179		ORCIÈRES (D944-D76)	15:41	16:58	17:10	17:24
2.7	182.5	D76	Les Veyers	15:47	17:06	17:18	17:33
1.5	183.7		Les Plautus	15:49	17:08	17:21	17:36
0.7	184.5		Merlette (D76-VC)	15:51	17:10	17:23	17:38
0	185.2	VC	ORCIÈRES-MERLETTE (1,825m)  	15:52	17:12	17:25	17:40