

ITINERARY TIMETABLE

KM		STAGE 20		TIMETABLE			
To be run	Run			Caravan	36kph	34kph	32kph
ISÈRE (38)							
		VC	LE BOURG D'OISANS (VC-D1091 B-D1091) 	08:55	11:20	11:20	11:20
		D1091	La Paute				
170.9	0		LE BOURG D'OISANS 	09:05	11:30	11:30	11:30
170.1	0.8		Les Sables	09:06	11:31	11:31	11:31
169.5	1.4		Rochetaillée (D1091-D526)	09:08	11:32	11:32	11:32
168.2	2.7	D526	ALLEMOND	09:10	11:33	11:34	11:34
164.3	6.6		Viaduc de l'Eau d'Oille (ALLEMOND)	09:18	11:39	11:39	11:39
163.7	7.2		Le Roberand (OZ-EN-OISANS) (near)	09:19	11:39	11:40	11:40
162.5	8.4		Le Verney (VAUJANY)	09:22	11:41	11:42	11:42
158.5	12.4		Articol (ALLEMOND)	09:30	11:49	11:50	11:51
155.8	15.1		Le Rivier-d'Allevard (ALLEMOND)	09:35	11:55	11:57	11:59
146.1	24.8		Barrage de Grand'Maison (VAUJANY)	09:54	12:17	12:21	12:25
SAVOIE (73)							
143.3	27.6	D926	Rieu Claret (SAINT-COLOMBAN-DES-VILLARDS)	10:00	12:24	12:28	12:33
140.8	30.1		Plan du Suel (SAINT-COLOMBAN-DES-VILLARDS)	10:05	12:30	12:34	12:39
139.8	31.1		Col du Glandon (near)	10:07	12:32	12:37	12:42
137.2	33.7		Col de la Croix de Fer (2,067m) 	10:12	12:38	12:44	12:49
131.9	39		SAINT-SORLIN-D'ARVES	10:23	12:44	12:50	12:56
127.4	43.5		Les Chambons (SAINT-JEAN-D'ARVES)	10:32	12:49	12:55	13:01
124.7	46.2		Entraigues (SAINT-JEAN-D'ARVES) (near)	10:37	12:52	12:58	13:04
122.5	48.4		Viaduc des Sallanches	10:42	12:54	13:01	13:07
121	49.9		Grand Tunnel	10:45	12:56	13:03	13:09
120.4	50.5		Tunnel de Combe Soudan	10:46	12:57	13:03	13:09
119.9	51		Tunnel des Quatre Jarriens - L'Arcellaz	10:47	12:57	13:04	13:10
117.9	53		Charvin (FONTCOUVERTE-LA-TOUSSUIRE)	10:51	12:59	13:06	13:12
117.2	53.7		La Combe Bérard (FONTCOUVERTE-LA-TOUSSUIRE)	10:52	13:00	13:07	13:13
114	56.9		Le Crêt (FONTCOUVERTE-LA-TOUSSUIRE)	10:59	13:04	13:11	13:17
112.9	58		La Bettaz (FONTCOUVERTE-LA-TOUSSUIRE)	11:01	13:05	13:12	13:19
112.3	58.6		Pierre-Pin Dessous	11:02	13:06	13:13	13:19
110.5	60.4		Les Oulles	11:06	13:08	13:15	13:21
109.7	61.2		La Fournache	11:07	13:09	13:16	13:22
109.3	61.6		SAINT-JEAN-DE-MAURIENNE (D926-D110-D906)	11:08	13:09	13:16	13:23
105.6	65.3	D906	Crossroads D906-D1006	11:16	13:14	13:22	13:29
104.4	66.5	D1006	SAINT-JULIEN-MONT-DENIS 	11:18	13:16	13:23	13:30
100.2	70.7		Les Œillettes (SAINT-MARTIN-DE-LA-PORTE) (near)	11:26	13:22	13:30	13:37
95.3	75.6		SAINT-MICHEL-DE-MAURIENNE (D1006-D902)	11:36	13:28	13:37	13:44
94.8	76.1	D902	SAINT-MARTIN-D'ARC	11:37	13:30	13:38	13:46
92.8	78.1		Les Petites Seignères	11:41	13:34	13:43	13:51
92.2	78.7		Les Grandes Seignères	11:42	13:36	13:44	13:53
87.8	83.1		Lavizard d'en Bas	11:51	13:46	13:55	14:04
86.8	84.1		Lavizard Dessus	11:53	13:48	13:58	14:07
83.3	87.6		Col du Télégraphe (1,566m) 	12:00	13:56	14:07	14:17
80.2	90.7		Les Granges	12:06	13:59	14:10	14:20
79.8	91.1		VALLOIRE (D902-VC-D902)	12:07	14:00	14:11	14:21
77.7	93.2		La Borgé	12:11	14:03	14:13	14:24

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
6.7km

COLS, CLIMBS AND SUMMIT FINISHES

HC km 33.7 - Col de la Croix de Fer
Climb of 24km at 5.2%
1 km 87.6 - Col du Télégraphe
Climb of 11.9km at 7.1%
HC km 110.5 - Col du Galibier
Henri Desgrange prize
Climb of 17.7km at 6.9%
HC km 156.5 - Col de Sarenne
Climb of 12.8km at 7.3%

RELAIS-ÉTAPE

Champ de Foire car park
73140 Saint-Michel-de-Maurienne
Km 75

OFF-ROUTE ITINERARY

Exit point at km 1 of the neutralised route (roundabout at Avenue Aristide Briand - D211 junction). Keep straight on the D211 towards Alpe d'Huez.

Entry point onto race route: crossroads of D211-D211F, 3.8km from the finish line
Total distance: 16km

RESTRICTION CARAVAN

Km 143.7 - Col de Sarenne
Narrow road with steep gradients and a sensitive nature area
Diversion for the entire caravan at km 143.7 (crossroads of D1091 - D25, Mizoën), 27.1km from the finish line.

RESTRICTIONS ON ALL UNAUTHORISED VEHICLES

Km 143.7 - Col de Sarenne
Sensitive nature area
Diversion for unauthorised vehicles.
Km 145.5 au km 163.4 - Col de Sarenne
Sensitive nature area
No parking at the roadside.



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KM		STAGE 20		TIMETABLE			
Toberun	Run			Caravan	36kph	34kph	32kph
75.8	95.1		Les Verneys	12:15	14:07	14:18	14:29
74.8	96.1		Hameau de la Rivine	12:17	14:09	14:21	14:32
72.8	98.1		Hameau de Bonnenuit	12:21	14:14	14:26	14:37
68.8	102.1		Plan Lachat	12:29	14:23	14:36	14:48
64.8	106.1		Les Granges	12:37	14:32	14:46	14:59
61.4	109.5		Crossroads D902-D902 B	12:44	14:40	14:54	15:08
60.4	110.5	D902 B	Col du Galibier (2,642m) - Souvenir Henri Desgrange HC	12:46	14:43	14:57	15:11
HAUTES-ALPES (05)							
59.5	111.4		Crossroads D902 B-D902	12:48	14:44	14:58	15:12
51.9	119	D902	Col du Lautaret (LE MONÉTIER-LES-BAINS) (D902-D1091)	13:03	14:52	15:07	15:21
45	125.9	D1091	VILLAR-D'ARÈNE	13:17	15:00	15:15	15:30
43.3	127.6		Tunnel des Ardoisières	13:20	15:02	15:17	15:32
41.9	129		Tunnel du Serre du Coin	13:23	15:03	15:18	15:33
41.5	129.4		LA GRAVE-LA MEIJE	13:24	15:04	15:19	15:34
39.1	131.8		Les Fréaux (LA GRAVE)	13:28	15:07	15:21	15:37
36.5	134.4		Tunnel du Grand Clot	13:34	15:10	15:24	15:40
ISÈRE (38)							
28.4	142.5		Grand Tunnel du Chambon	13:50	15:19	15:34	15:50
27.2	143.7		Crossroads D1091-D25	13:52	15:20	15:35	15:51
26.5	144.4	D25	MIZOËN		15:22	15:37	15:53
23.7	147.2		Crossroads D25-D25 A		15:29	15:44	16:01
22.9	148	D25 A	Clavans-le-Bas (CLAVANS-EN-HAUT-OISANS)		15:30	15:46	16:03
21.5	149.4		Clavans-le-Haut (CLAVANS-EN-HAUT-OISANS) (D25A-VC)		15:34	15:50	16:07
18.6	152.3	VC	Le Perron (CLAVANS-EN-HAUT-OISANS)		15:41	15:57	16:16
14.4	156.5		Col de Sarenne (1,999m) HC		15:51	16:08	16:28
6.9	164		ALPE D'HUEZ (VC-D211 F)		15:59	16:17	16:37
3.8	167.1	D211 F	Crossroads D211 F-D211		16:03	16:21	16:40
2.9	168	D211	ALPE D'HUEZ (D211-VC) (entry)		16:05	16:23	16:42
0	170.9	VC	ALPE D'HUEZ		16:11	16:29	16:50