

ITINERARY TIMETABLE

KM		STAGE ④		TIMETABLE			
To be run	Run			Caravan	46kph	44kph	42kph
AUDE (11)							
		VC	CARCASSONNE	NEUTRALISED START	10:45	13:10	13:10
			La Cité				
			Crossroads VC-D6161				
		D6161	Crossroads D6161-D6113				
		D6113	TRÈBES (D6113-D3)				
181.9	0		CARCASSONNE	OFFICIAL START	11:00	13:25	13:25
180.2	1.7		FONTIÈS D'AUDE		11:03	13:27	13:27
177.3	4.6		Col de Bouc		11:07	13:30	13:31
175.9	6		MONZE		11:10	13:32	13:33
173.6	8.3		Carbonac		11:13	13:35	13:36
171.2	10.7		Pradelles-en-Val (VAL-DE-DAGNE)		11:17	13:38	13:39
164.5	17.4		La Bedosse (near) (SERVIÈS-EN-VAL)		11:28	13:46	13:47
162.6	19.3		Villemagne		11:31	13:48	13:50
155.6	26.3		Moulin de Boysede		11:43	13:56	13:58
154.4	27.5		LAGRASSE		11:44	13:58	13:59
150.9	31		Crossroads D3-D23		11:50	14:02	14:05
148.8	33.1	D23	Forodonos (SAINT-PIERRE-DES-CHAMPS)		11:54	14:05	14:08
145.3	36.6		Crossroads D23-D613		11:59	14:09	14:11
143.3	38.6	D613	Bouttes (TALAIRAN)		12:03	14:11	14:15
141.6	40.3		Col de Villeroige		12:05	14:13	14:17
140.3	41.6		VILLEROUGE-TERMENÈS		12:07	14:15	14:19
138.5	43.4		Col de la Tranchée		12:10	14:17	14:22
137.7	44.2		FÉLINES TERMENÈS		12:12	14:18	14:23
133.7	48.2		Col de Bedos	4	12:18	14:25	14:31
131.3	50.6		LAROQUE DE FA		12:22	14:28	14:34
128.5	53.4		Col des Fourches		12:27	14:31	14:37
127.6	54.3		MOUTHOMET		12:28	14:32	14:38
123.8	58.1		Le Pont d'Orbieu (LANET)		12:34	14:36	14:43
120.7	61.2		ALBIÈRES (near)		12:39	14:42	14:49
117	64.9		Col du Paradis	3	12:45	14:48	14:57
111.1	70.8		ARQUES		12:55	14:56	15:04
108.6	73.3		La Parade		12:59	14:59	15:08
108.1	73.8		Pébrières (PEYROLLES)		13:00	14:59	15:08
107.4	74.5		Les Pontils (PEYROLLES)		13:01	15:00	15:09
105.8	76.1		SERRES		13:03	15:02	15:11
104.6	77.3		Pachevan (near) (CASSAIGNES)		13:05	15:03	15:13
101.4	80.5		COUSTAUSSA (near)		13:11	15:07	15:17
99.9	82		COUIZA (D613-D118)		13:13	15:09	15:19
96.5	85.4		ESPÉRAZA		13:18	15:13	15:23
95.6	86.3	D118	La Roquette		13:20	15:14	15:25
95.1	86.8		Campagne-les-Bains		13:21	15:15	15:25
94.9	87		CAMPAGNE SUR AUDE		13:21	15:15	15:26
90.3	91.6		QUILLAN (entry) (D118-D117)		13:28	15:20	15:31
88.5	93.4		QUILLAN	5	13:31	15:23	15:34
85.1	96.8		GINOLES (near)		13:37	15:29	15:41
82.7	99.2		Col du Portel (near) (D117-D59)		13:41	15:33	15:46
81.6	100.3	D59	Crossroads D59-D613		13:43	15:35	15:48
77.8	104.1	D613	COUDONS		13:49	15:42	15:56
77	104.9		Col de Coudons (883m)	2	13:50	15:44	15:58
73.5	108.4		Lapeyre (BELVIS)		13:56	15:48	16:02
65.9	116		ESPEZEL		14:08	15:57	16:12
63.9	118	D829	ROQUEFEUIL (near) (D613-D29)		14:11	15:59	16:15
61.6	120.3	D29	Hameau de Larémassadou		14:15	16:02	16:18
ARIÈGE (09)							
56.5	125.4	D16	Col de la Croix des Morts		14:23	16:08	16:25
49.7	132.2		BÉLESTA (D16-D9)		14:34	16:17	16:33
48.4	133.5	D9	Fontaine de Fontestorbes		14:36	16:18	16:35
47.6	134.3		La Barraque		14:38	16:19	16:36
46.7	135.2		FOUGAX-ET-BARRINEUF		14:39	16:20	16:38
44	137.9		Plaine Saint-Nicolas		14:44	16:24	16:42
40.2	141.7		Serrelongue (near) (BÉNAIX)		14:50	16:30	16:49
37	144.9		MONTÉGUR		14:55	16:37	16:56
35.2	146.7		Col de Montségur (1,059m)	2	14:58	16:41	17:01
31	150.9		MONTFERRIER		15:05	16:46	17:06
28.8	153.1		VILLENEUVE-D'OLMES		15:08	16:48	17:09
26.7	155.2		Les Chaubets (D9-D117)		15:12	16:51	17:12
25.9	156	D117	LAVELANET (D117-VC-D10)		15:13	16:52	17:13
21.6	160.3	D10	RAISSAC		15:20	16:57	17:19
19.1	162.8		Tanière		15:24	17:00	17:22
17.5	164.4		ILHAT (near)		15:27	17:02	17:24
17.2	164.7		Rapy (D10-D1)		15:27	17:02	17:24
15.4	166.5		Le Carol (ROQUEFORT-LES-CASCADES)		15:30	17:04	17:27
12.5	169.4		Le Pradet (ROQUEFORT-LES-CASCADES)		15:35	17:08	17:30
8.7	173.2		Le Sabarthès (L'HERM)		15:41	17:12	17:35
5	176.9		Le Général (ARABAUX)		15:47	17:17	17:40
3.8	178.1		Le Barbié (ARABAUX)		15:49	17:18	17:42
2.1	179.8		FOIX (D1-D919-D117) (entry)		15:51	17:20	17:44
0	181.9	D117	FOIX		15:55	17:23	17:47

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

8.8km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 Km 48.2 Col de Bedos

Climb of 3.3km at 4.4%

3 Km 64.9 - Col du Paradis

Climb of 5.8km at 4.1%

2 Km 104.9 - Col de Coudons

Climb of 10.7km at 5.5%

2 Km 146.7 - Col de Montségur

Climb of 6.9km at 6.6%

RELAIS-ÉTAPE

Parking area of the Maison du Temps Libre

21, avenue du 8Mai

09300 Villeneuve-d'Olmes

Km 154.3

OFF-ROUTE ITINERARY

Exit point after 6.2km on the neutralised route (crossroads of D6113-access road to the A61).

Take the A61 (junction 24 to Carcassonne Est) towards Toulouse. Leave the A61 and take the A66 towards Foix. Keep in the same direction on the N20. Leave the N20 at exit 10 and take the D919 towards Foix.

Entry point onto race route: crossroads of Avenue du Général Leclerc (D919)-Avenue Georges Clemenceau-Cours Irénée Cros (D919), 1km from the finish line.

Total distance: 138km

RESTRICTIONS ON THE CARAVAN

Km 138.5 to 147.5 - Col de Montségur

Sensitive nature area

Use of public address systems prohibited

Km 141.7 to 142.9 - Col de Montségur

Sensitive nature area

Distribution of marketing materials prohibited