

ITINERARY TIMETABLE

KM		STAGE ⑥				TIMETABLE			
To be run	Run					Caravan	40kph	38kph	36kph
PYRÉNÉES-ATLANTIQUES (64)									
		VC	PAU	NEUTRALISED START		10:00	12:25	12:25	12:25
			JURANÇON						
			PAU (VC-D37)						
		D37	Cross level n° 3			10:11	12:36	12:36	12:36
			GELoS						
			MAZÈRES-LEZONS (D37-D802)						
186.2	0	D802	PAU	OFFICIAL START	Km 0	10:15	12:40	12:40	12:40
185.3	0.9		BIZANOS (near)			10:17	12:41	12:41	12:41
185.1	1.1		Tunnel de Franqueville			10:17	12:42	12:42	12:42
184.2	2		Crossroads D802-D938			10:19	12:43	12:43	12:43
183.2	3	D938	IDRON (near)			10:21	12:44	12:45	12:45
181.4	4.8		MEILLON (near)			10:24	12:47	12:47	12:48
179	7.2		ASSAT (near)			10:28	12:51	12:51	12:52
176.7	9.5		BORDES (near)			10:33	12:54	12:55	12:56
174.2	12		BOEIL-BEZING (near)			10:37	12:58	12:59	13:00
170.6	15.6		MIREPEIX (near)			10:44	13:03	13:05	13:06
169	17.2		COARRAZE			10:47	13:06	13:07	13:09
165.4	20.8		IGON (near) (D938-D937)			10:54	13:11	13:13	13:15
163.3	22.9	D937	LESTELLE-BÉTHARRAM			10:58	13:14	13:16	13:18
161.7	24.5		MONTAUT			11:01	13:17	13:19	13:21
HAUTES-PYRÉNÉES (65)									
159.1	27.1		Cross level n° 192			11:06	13:21	13:23	13:25
158.1	28.1		SAINT-PÉ-DE-BIGORRE			11:08	13:22	13:24	13:27
153.3	32.9		PEYROUSE			11:17	13:29	13:32	13:35
149.6	36.6		Crossroads D937-D13			11:24	13:35	13:38	13:41
149.5	36.7	D13	Cross level n° 182			11:24	13:35	13:38	13:41
148.7	37.5		LOURDES (D13-VC-D937)			11:25	13:36	13:39	13:42
141.9	44.3	D937	LÉZIGNAN (near)			11:38	13:46	13:50	13:54
141.4	44.8		ARCIZAC-EZ-ANGLES			11:39	13:47	13:51	13:55
139	47.2		ESCOUBÈS-POUTS			11:43	13:51	13:54	13:59
137.3	48.9		Le Hameau (ORINCLES)			11:47	13:53	13:57	14:01
135.3	50.9		LOUCRUP			11:50	13:57	14:01	14:06
135.3	50.9		Côte de Loucrup	4		11:50	13:57	14:01	14:06
132.1	54.1		MONTGAILLARD			11:56	14:01	14:05	14:10
131.3	54.9		Crossroads D937-D935			11:58	14:02	14:06	14:11
130.4	55.8	D935	TRÉBONS			12:00	14:03	14:08	14:13
128.2	58		POUZAC (entry)			12:04	14:06	14:11	14:16
127.1	59.1		POUZAC	5		12:06	14:07	14:12	14:17
126.1	60.1		BAGNÈRES-DE-BIGORRE (D935-VC-D935-D938)			12:08	14:09	14:13	14:19
122.4	63.8	D938	Quartier Haut de la Côte			12:15	14:13	14:18	14:24
120.7	65.5		La Coume (near) (MÉRILHEU)			12:18	14:16	14:21	14:26
118.8	67.4		CIEUTAT			12:21	14:18	14:23	14:29
112.3	73.9		Abbaye de l'Escaladieu (BONNEMAZON)			12:34	14:26	14:32	14:38
111.9	74.3		L'Escaladieu (MAUVEZIN)			12:34	14:27	14:32	14:38
109.1	77.1		MAUVEZIN			12:39	14:32	14:38	14:44
108.9	77.3		Côte de Mauvezin	3		12:40	14:32	14:38	14:45

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

7.7km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 Km 50.9 - Côte de Loucrup

Climb of 1.9km at 7.1%

3 Km 77.3 - Côte de Mauvezin

Climb of 3km at 6.8%

1 Km 118.1 - Col d'Aspin

Climb of 12km at 6.5%

HC Km 147.8- Col du Tourmalet

Souvenir Jacques Goddet

Climb of 17.1km at 7.3%

2 Km 186.2 - Gavarnie-Gèdre

Climb of 18.7km at 3.7%

RELAIS-ÉTAPE

Place du Vivier

65410 Sarrancolin

Km 99

OFF-ROUTE ITINERARY

Leave directly from the off-route parking area (don't go onto the stage route at the start). Take Boulevard Barbanègre, Avenue Édouard VII, Rue de Batsalle, Avenue du Général de Gaulle, Avenue Norman Prince, the Allées Morlaats roundabout, Boulevard du Corps Franc Pommiès et du 49e Régiment d'Infanterie, Yitzhak Rabin roundabout, Boulevard du Commandant René Mouchotte, Route de Tarbes (Idron) then the D817 towards the A64-Tarbes. At Nousty, take the A64 (junction 11 Pau-Est-Soumoulou) towards Tarbes. Leave the A64 exit 12 to Tarbes-Centre. At the Morane Saulnier roundabout, take the N21 towards Lourdes. At Lourdes, take the D821 towards Argelès-Gazost. At Argelès-Gazost, continue on the D100, the D913 then the D921 towards Luz-Saint-Sauveur.

Entry point onto race route: crossroads of D921-D928 at Luz-Saint-Sauveur, 19.5km from the finish line

Total distance: 103km

RESTRICTIONS ON THE CARAVAN

Km 0.5 of the neutralised route -

Pau, Pont Oscar

Passage beneath low bridge

Diversion for vehicles over 3.85m in height from the start area

Km 166.7 - Gavarnie-Gèdre

Final climb

Diversion for very large vehicles at km 166.7 (crossroads of Avenue de Saint-Sauveur - Rue du Pont de Luz, Luz Saint-Sauveur), 19.5km from the finish line.



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Toberun	Run			Caravan	40kph	38kph	36kph
106.4	79.8		CAPVERN	12:45	14:36	14:42	14:48
101.1	85.1		Avezac-Gare (D938-D929 A) (AVEZAC-PRAT-LAHITTE)	12:54	14:43	14:49	14:56
100.7	85.5		Cross level	12:55	14:43	14:50	14:57
94.4	91.8	D929 A	Crossroads D929 A-D929	13:07	14:52	14:58	15:06
93.9	92.3	D929	HÊCHES	13:08	14:52	14:59	15:07
91.3	94.9		Rebouc	13:13	14:56	15:03	15:10
88.2	98		SARRANCOLIN	13:19	15:00	15:07	15:15
86.4	99.8		Beyrède (BEYRÈDE-JUMET-CAMOUS)	13:22	15:02	15:10	15:18
85.1	101.1		Escalère (BEYRÈDE-JUMET-CAMOUS)	13:24	15:04	15:11	15:20
80.2	106		ARREAU (D929-D918)	13:34	15:11	15:18	15:27
78.1	108.1	D918	Le Plagnou (near) (ASPIN-AURE)	13:38	15:15	15:23	15:32
68.1	118.1		Col d'Aspin (1,489m) 	13:56	15:37	15:47	15:58
63.3	122.9		Payolle (CAMPAN)	14:05	15:43	15:53	16:04
59.6	126.6		La Séoubé (CAMPAN)	14:12	15:47	15:57	16:09
58.5	127.7		Hountmelouse (CAMPAN)	14:14	15:49	15:59	16:10
57.8	128.4		Mariouse Daban (CAMPAN)	14:16	15:49	16:00	16:11
56.9	129.3		Trassouet (CAMPAN)	14:17	15:50	16:01	16:12
56	130.2		Sainte-Marie-de-Campan (CAMPAN)	14:19	15:52	16:02	16:13
55.1	131.1		Les Bulanettes (CAMPAN)	14:21	15:53	16:03	16:14
53.6	132.6		Las Basses (CAMPAN)	14:24	15:56	16:06	16:18
53.3	132.9		Pas de la Barane (CAMPAN)	14:24	15:57	16:07	16:19
51.4	134.8		Gripp (CAMPAN)	14:28	16:01	16:12	16:24
48.9	137.3		Artigues (CAMPAN)	14:32	16:06	16:18	16:31
43	143.2		La Mongie	14:43	16:19	16:32	16:46
38.4	147.8		Col du Tourmalet (2,115m) - Souvenir Jacques Goddet 	14:52	16:30	16:43	16:58
33.8	152.4		Super Barèges	15:01	16:35	16:48	17:03
30.2	156		Tournaboup (BARÈGES, SERS)	15:07	16:38	16:52	17:07
27.5	158.7		BARÈGES	15:13	16:41	16:55	17:10
23.3	162.9		BETPOUEY (near)	15:20	16:46	16:59	17:15
21.8	164.4		Lonquere Garets (VIELLA)	15:23	16:47	17:01	17:17
20.6	165.6		ESTERRE	15:25	16:48	17:02	17:18
19.8	166.4		LUZ-SAINT-SAUVEUR (D918-D921)	15:27	16:49	17:03	17:19
15.2	171	D921	Sia	15:36	16:58	17:12	17:29
12.7	173.5		Pragnères	15:40	17:03	17:18	17:35
8.9	177.3		Gèdre	15:47	17:11	17:26	17:44
6.1	180.1		Biroulet	15:53	17:17	17:33	17:51
4.7	181.5		Chaos de Coumély	15:55	17:19	17:36	17:54
3.6	182.6		Couret	15:57	17:22	17:38	17:57
0.6	185.6		Gavarnie (D921-D128) (entry)	16:03	17:28	17:45	18:04
0	186.2	D128	GAVARNIE-GÈDRE (1,380m)  	16:04	17:29	17:46	18:05