

ITINERARY TIMETABLE

Km

KILOMETRES		STAGE 1				TIMETABLE			
To be run	Run			Caravan	45 kph	43 kph	41 kph		
VENDÉE (85)									
		VC	NOIRMOUTIER-EN-LÎLE (VC-D5-D96)	NEUTRALISED START	09:00	11:00	11:00	11:00	
		D96	L'ÉPINE (near) (D96-D38)						
201	0	D38	NOIRMOUTIER-EN-LÎLE	RACE START	09:10	11:10	11:10	11:10	
198.5	2.5		LA GUÉRINIÈRE (near)		09:13	11:13	11:13	11:13	
194.5	6.5		BARBÂTRE (near)		09:19	11:19	11:19	11:19	
186.5	14.5		Pont de Noirmoutier		09:31	11:29	11:30	11:31	
183.5	17.5		LA BARRE-DE-MONTS (near)		09:35	11:33	11:34	11:35	
178	23		NOTRE-DAME-DE-MONTS		09:43	11:40	11:42	11:43	
171	30		SAINT-JEAN-DE-MONTS (D38-D51-D38 B-D38-D123)		09:53	11:49	11:51	11:53	
161	40	D123	Les Becs		10:08	12:03	12:06	12:08	
159.5	41.5		Les Mouettes		10:10	12:05	12:07	12:10	
157	44		Carrefour D123-VC		10:14	12:08	12:11	12:14	
154	47	VC	SAINT-HILAIRE-DE-RIEZ (VC-D38)		10:18	12:12	12:15	12:18	
152.5	48.5		Cross level n°20		10:20	12:14	12:17	12:20	
150.5	50.5	D38	SAINT-GILLES-CROIX-DE-VIE		10:24	12:17	12:20	12:24	
144.5	56.5		GIVRAND		10:32	12:25	12:28	12:32	
142	59		La Sauzaie		10:36	12:28	12:32	12:36	
140.5	60.5		La Chalonnaire		10:38	12:30	12:34	12:38	
139	62		BRETIGNOLLES-SUR-MER (D38-VC-D38)		10:40	12:32	12:36	12:40	
136	65		Les Dunes		10:45	12:36	12:40	12:45	
135.5	65.5		BREM-SUR-MER (D38-D80)		10:46	12:37	12:41	12:46	
128	73	D80	OLONNE-SUR-MER (D80-D87)		10:56	12:47	12:51	12:56	
123.5	77.5	D87	L'Aubraie		11:03	12:53	12:58	13:03	
122	79		LES SABLES-D'OLONNE (D87-VC)		11:05	12:55	13:00	13:05	
120	81	VC	Cross level n°1		11:08	12:58	13:03	13:08	
117	84		LE CHÂTEAU-D'OLONNE (VC-D2949)		11:13	13:02	13:07	13:13	
112.5	88.5	D2949	Carrefour D2949-D949		11:19	13:08	13:13	13:19	
108.5	92.5	D949	Carrefour D949-D2949		11:25	13:13	13:19	13:25	
107.5	93.5	D2949	TALMONT-SAINT-HILAIRE (D2949-VC-D108-D21)		11:27	13:15	13:20	13:27	
99.5	101.5	D21	JARD-SUR-MER		11:38	13:25	13:31	13:38	
97	104		SAINT-VINCENT-SUR-JARD		11:42	13:28	13:35	13:42	
95.5	105.5		SAINT-VINCENT-SUR-JARD		11:44	13:30	13:37	13:44	
94	107		La Raisinière		11:46	13:32	13:39	13:46	
92	109		LONGEVILLE-SUR-MER (D21-D105)		11:49	13:35	13:41	13:49	
90	111	D105	Le Rocher		11:52	13:37	13:44	13:52	
87	114		Les Conches		11:57	13:42	13:49	13:57	
84	117		La Terrière (near) (D105-D105 BIS)		12:01	13:46	13:53	14:01	
81.5	119.5	D105 BIS	LA TRANCHE-SUR-MER (D105 BIS-VC-D46) (entry)		12:04	13:49	13:56	14:04	
81.5	119.5		LA TRANCHE-SUR-MER		12:05	13:49	13:57	14:05	
71.5	129.5	D46	L'AIGUILLON-SUR-MER (near)		12:19	14:03	14:11	14:19	
68.5	132.5		Carrefour D46-D746		12:23	14:06	14:14	14:23	
66	135	D746	SAINT-MICHEL-EN-L'HERM		12:27	14:09	14:18	14:27	
60.5	140.5		Le Vignaud		12:35	14:17	14:26	14:35	
58.5	142.5		TRIAIZE (D746-D25)		12:38	14:20	14:28	14:38	
53	148	D25	CHAMPAGNÉ-LES-MARAIS		12:46	14:27	14:36	14:46	
49	152		PUYRAVAULT		12:52	14:33	14:42	14:52	
47.5	153.5		SAINTE-RADÉGONDE-DES-NOYERS		12:54	14:34	14:44	14:54	
43	158		Carrefour D25-D137		13:01	14:41	14:50	15:01	
42	159	D137	CHAILLÉ-LES-MARAIS (D137-D30-D25)		13:02	14:41	14:51	15:02	
40	161	D25	Le Pas des Vaches		13:05	14:45	14:55	15:05	
37.5	163.5		VOUILLÉ-LES-MARAIS		13:09	14:48	14:58	15:09	
35	166		LA TAILLÉE		13:12	14:51	15:01	15:12	
33	168		LE GUÉ-DE-VELLUIRE		13:15	14:53	15:04	15:15	
30	171		Cross level n°118		13:20	14:58	15:08	15:20	
28	173		Côte de Vix		13:23	15:00	15:11	15:23	
27	174		VIX		13:24	15:02	15:12	15:24	
23.5	177.5		Le Port Vieux		13:29	15:06	15:17	15:29	
20.5	180.5		Rubbish collection zone		13:34	15:10	15:21	15:34	
20	181		Le Pont de la Route		13:34	15:11	15:22	15:34	
19.5	181.5		MAILLÉ		13:35	15:12	15:23	15:35	
18	183		La Croix de Maillé (D25-D15)		13:38	15:14	15:25	15:38	
17.5	183.5	D15	La Belle Alouette		13:38	15:14	15:25	15:38	
14	187		MAILLEZAIS (D15-VC-D23) (entry)		13:43	15:19	15:31	15:43	
13.5	187.5		MAILLEZAIS		13:44	15:20	15:31	15:44	
11	190	D23	SAINT-PIERRE-LE-VIEUX		13:48	15:23	15:35	15:48	
9.5	191.5		Le Peux		13:50	15:25	15:37	15:50	
9	192		Souil		13:51	15:26	15:38	15:51	
6	195		Puy Sec (SAINT-MARTIN-DE-FRAIGNEAU)		13:55	15:30	15:42	15:55	
2	199		FONTENAY-LE-COMTE (D23-VC) (entry)		14:00	15:35	15:47	16:00	
0	201	VC	FONTENAY-LE-COMTE		14:04	15:38	15:50	16:04	

DISTANCE FROM NEUTRALISED TO OFFICIAL START

5.3 km

CATEGORISED CLIMBS

4 Km 173 - Côte de Vix
Climb of 700m at 4.2%

RELAIS-ÉTAPE

Parking de la Grière
Rond-point des Anciens Combattants
85360 La Tranche-sur-Mer
Km 119.5

ROUTE FOR NON-RACE VEHICLES

Exit point from the race route is after 17.5km (D38-D38 C roundabout at La Barre-de-Monts). Travel the opposite way by which the start was accessed as far as Challans, via La Barre-de-Monts, D38 C, route de Saint-Jean-de-Monts, chemin de la Francinière, la route des Marais, Pont Angelier, L'Aurière, D103, Saint-Urbain, D59, Le Perrier, D753. Approaching Challans, head towards La Roche-sur-Yon on the D205 (rocade nord de Challans – Challans' northern ring road) then the D948 via Aizenay (rocade). At La Roche-sur-Yon, take the D160 (rocade nord – ring road north) then the D948 towards La Rochelle-Niort. At Bournezeau, take the A83 towards Niort (junction 6). Leave the A83 at junction 8, Fontenay-le-Comte Centre. Head towards Fontenay-le-Comte on the D938 TER. Coming into Fontenay-le-Comte, continue on avenue du Président François Mitterrand.

Entry point on to the race route: avenue du Président François Mitterrand-boulevard des Champs Marot roundabout, 1.2km from the finish line.

Total distance: 160km