

# ITINERARY TIMETABLE

Km

KILOMETRES			TIMETABLE			
To be run	Run		Caravan	42 kph	38 kph	36 kph

## STAGE 16

AUDE (11)							
	VC		NEUTRALISED START	09:30	11:30	11:30	11:30
218	0	D119	CARCASSONNE	RACE START	09:40	11:40	11:40
209.5	8.5		L'Auberge (ARZENS)		09:52	11:51	11:51
205.5	12.5		MONTREAL		09:58	11:56	11:57
200.5	17.5		LA FORCE		10:05	12:02	12:03
193.5	24.5		FANJEAUX (D119-D102)		10:16	12:12	12:14
193	25		Côte de Fanjeaux	4	10:17	12:13	12:15
175.5	42.5	D102	Carrefour D102-D625		10:43	12:36	12:40
175	43	D625	PLAIGNE (near) (D625-D25)		10:44	12:37	12:41
167.5	50.5	D25	BELPECH (D25-D102)		10:54	12:46	12:51
166	52	D102	Marty		10:57	12:48	12:53
ARIÈGE (09)							
158	60	D11	La Bardaille (LE CARLARET)		11:09	12:59	13:04
155.5	62.5		Georges		11:12	13:02	13:08
152	66		PAMIERIS (D11-D624-VC-D10)		11:18	13:07	13:13
151	67		Cross level n°54		11:19	13:08	13:15
146	72	D10	Côte de Pamiers	4	11:28	13:16	13:23
143	75		Sainte-Camelle (SAINT-VICTOR-ROUZAUD)		11:33	13:20	13:27
141.5	76.5		Carrefour D10-D119		11:36	13:22	13:30
138	80	D119	Gouzes (MADIÈRE)		11:42	13:27	13:36
132	86		PAILHÈS		11:52	13:36	13:45
124.5	93.5		SABARAT		12:04	13:47	13:57
120.5	97.5		Castagnès		12:11	13:53	14:03
119.5	98.5		LE MAS-D'AZIL		12:13	13:55	14:05
117.5	100.5		Grotte du Mas-d'Azil		12:15	13:57	14:08
116	102		Mauray		12:18	13:59	14:10
115.5	102.5		Rieubach (D119-D15)		12:19	14:01	14:11
114	104	D15	Le Saret (D15-D119)		12:21	14:02	14:13
112.5	105.5	D119	Peyruc		12:24	14:05	14:16
111.5	106.5		CLERMONT		12:26	14:06	14:18
110.5	107.5		La Grausse		12:27	14:08	14:19
107.5	110.5		Lafont (LESCURE)	5	12:32	14:12	14:23
103	115		La Baure (LESCURE) (D119-D117)		12:40	14:19	14:31
96	122	D117	SAINT-GIRONS (D117-VC-D618) (entry)		12:52	14:29	14:42
94	124		SAINT-GIRONS	5	12:55	14:32	14:45
88.5	129.5	D618	MOULIS		13:04	14:40	14:54
87	131		Luzenac		13:07	14:42	14:56
86	132		Arguilla		13:08	14:44	14:58
85.5	132.5		La Forge		13:09	14:44	14:59
85	133		ENGOMER		13:10	14:45	14:59
80.5	137.5		AUDRESSEIN		13:17	14:51	15:06
78	140		ARGEIN		13:22	14:55	15:10
76	142		AUCAZEIN		13:25	14:58	15:13
75.5	142.5		ILLARTEIN		13:26	14:59	15:15
73	145		Augistrou		13:30	15:02	15:18
72.5	145.5		ORGIBET		13:30	15:03	15:19
70.5	147.5		AUGIREIN (near)		13:34	15:06	15:22
68.5	149.5		SAINT-LARY		13:38	15:10	15:26
HAUTE-GARONNE (31)							
65	153		PORTET-D'ASPET		13:46	15:16	15:33
62.5	155.5		Col de Portet-d'Aspet (1 069 m)	2	13:53	15:22	15:40
58.5	159.5		Stèle Fabio Casartelli		13:58	15:26	15:44
58	160		Pont de l'Oule (D618-D85)		13:58	15:27	15:45
56	162	D85	Couledoux-Le Lacus		14:02	15:30	15:48
54	164		Carrefour D85-D44		14:06	15:33	15:52
53	165	D44	Ger de Boutx		14:08	15:35	15:54
51.5	166.5		Soulan		14:13	15:39	15:58
47	171		Col de Menté (1 349 m)	7	14:26	15:51	16:11
41	177		La Chapelle		14:33	15:57	16:17
40.5	177.5		BOUTX		14:34	15:57	16:18
38	180		LEZ (near)		14:36	16:00	16:20
37.5	180.5		SAINT-BÉAT (D44-N125)		14:37	16:00	16:21
35	183	N125	ARLOS		14:40	16:03	16:24
32	186		FOS (near)		14:45	16:08	16:29
ESPAGNE							
PROVINCE DE LÉRIDA							
25.5	192.5	N230	PONTAUT		14:54	16:16	16:37
23.5	194.5		LES		14:57	16:18	16:40
19.5	198.5		BOSSÒST (N230-N141)		15:03	16:24	16:46
18	200	N141	Rubbish collection zone	5	15:06	16:27	16:49
10	208		Col du Portillon (1 292 m)	7	15:28	16:44	17:09
FRANCE							
HAUTE-GARONNE (31)							
2.5	215.5	D618	SAINT-MAMET (D618-D618 A)		15:36	16:51	17:16
0.5	217.5	D618 A	BAGNÈRES-DE-LUCHON (D618 A-D125) (entry)		15:38	16:53	17:19
0	218	D125	BAGNÈRES-DE-LUCHON	8	15:40	16:54	17:20

### DISTANCE FROM NEUTRALISED TO OFFICIAL START

6.4km

### CATEGORISED CLIMBS

4 Km 25 - Côte de Fanjeaux

Climb of 2.4km at 4.9%

4 Km 72 - Côte de Pamiers

Climb of 2.3km at 5.8%

2 Km 155.5

Col de Portet-d'Aspet

Climb of 5.4km at 7.1%

7 Km 171 - Col de Menté

Climb of 6.9km at 8.1%

7 Km 208 - Col du Portillon

Climb of 8.3km at 7.1%

### RELAIS-ÉTAPE

Avenue Maréchal Foch

09200 Saint-Girons

Km 125

### ROUTE FOR NON-RACE VEHICLES

Exit point after 600m on the neutralised route (square Gambetta). Take avenue Arthur Mullet, the Pont Neuf, avenue du Général Leclerc and then the D6113 to join the A61 at junction 24 (Carcassonne-Est). Take the A61 towards Toulouse. Approaching Toulouse, head towards Tarbes on the A620 and then the A64. Leave the A64 at junction 17 (Montréjeau) and head towards Luchon on the A645, the N125, the D825 and then the D125. Coming into Bagnères-de-Luchon, there is direct access into the various parking areas from the D125 (follow the arrows). Only team vehicles will be able to continue on the D618, avenue Maréchal Foch, avenue Carnot, allées d'Étigny, avenue Paul Bonnemaïson and then cours des Quinconces.

**Entry point on to the race route (teams only):** Crossroads of cours des Quinconces and allée des Bains, 500m from the finish line.

**Total distance:** 240km

### RESTRICTION FOR THE CARAVAN

**Km 100.5 - Grotte du Mas-d'Azil**

Use of PA systems is prohibited when passing through the grotto