

ITINERARY TIMETABLE

Km

KILOMETRES		TIMETABLE					
To be run	Run	STAGE 19		Caravan	38 kph	36 kph	34 kph

HAUTES-PYRÉNÉES (65)								
	VC							
			LOURDES (VC-D937)	NEUTRALISED START	10:05	12:05	12:05	12:05
200.5	0	D937	LOURDES	RACE START	10:15	12:15	12:15	12:15
200	0.5		ARCIZAC-EZ-ANGLES		10:16	12:16	12:16	12:16
197.5	3		ESCOUBÈS-POUTS		10:19	12:18	12:19	12:19
195.5	5		Le Hameau (ORINCLES)		10:22	12:21	12:21	12:22
193.5	7		LOUCRUP		10:24	12:24	12:24	12:24
193.5	7		Côte de Loucrup	4	10:24	12:24	12:24	12:24
190.5	10		MONTGAILLARD (D937-D935)		10:29	12:28	12:28	12:29
189	11.5	D935	TRÉBONS		10:31	12:30	12:31	12:31
186.5	14		POUZAC		10:35	12:33	12:34	12:35
184.5	16		BAGNÈRES-DE-BIGORRE (D935-VC-D935-D938)		10:37	12:35	12:36	12:37
180.5	20	D938	Haut de la Côte		10:43	12:41	12:42	12:43
179	21.5		La Coume (MÉRILHEU)		10:46	12:43	12:44	12:46
177	23.5		CIEUTAT		10:48	12:45	12:47	12:48
170.5	30		Abbaye d'Escaladieu (BONNEMAZON)		10:57	12:54	12:55	12:57
170	30.5		MAUVEZIN (D938-D14)		10:58	12:54	12:56	12:58
168	32.5	D14	La Ribère		11:01	12:57	12:59	13:01
167.5	33		GOURGUE (D14-D81)		11:02	12:58	13:00	13:02
163.5	37	D81	CAPVERN-LES-BAINS (D81-D938)		11:08	13:03	13:05	13:08
160.5	40		Côte de Capvern-les-Bains	4	11:12	13:07	13:09	13:12
155.5	45	D938	Avezac-Gare (D938-D929 A)		11:19	13:14	13:16	13:19
155	45.5		Cross level n°125.5		11:20	13:14	13:17	13:20
154	46.5	D929 A	Cross level		11:21	13:15	13:18	13:21
148.5	52		Carrefour D929 A-D929		11:29	13:22	13:25	13:29
148	52.5	D929	HÈCHES		11:29	13:23	13:26	13:29
145.5	55		Rebouc		11:33	13:27	13:30	13:33
142.5	58		SARRANCOLIN (entry)		11:38	13:31	13:34	13:38
141	59.5		SARRANCOLIN	5	11:40	13:33	13:36	13:40
140.5	60		BEYRÈDE-JUMET		11:40	13:33	13:36	13:40
139.5	61		Escalère		11:42	13:35	13:38	13:42
134.5	66		ARREAU (D929-D918)		11:49	13:41	13:45	13:49
122	78.5	D918	Col d'Aspin (1 490 m)	7	12:24	14:11	14:16	14:24
117.5	83		Payolle (CAMPAN)		12:30	14:17	14:22	14:30
113.5	87		La Séoube (CAMPAN)		12:35	14:21	14:27	14:35
112	88.5		Mariouse Daban (CAMPAN)		12:37	14:23	14:29	14:37
111	89.5		Les Artiguoux (CAMPAN)		12:38	14:24	14:30	14:38
110	90.5		Sainte-Marie-de-Campan (CAMPAN)		12:39	14:25	14:31	14:39
108	92.5		Las Basses (CAMPAN)		12:42	14:28	14:34	14:42
107.5	93		Pas de la Barane (CAMPAN)		12:45	14:31	14:37	14:45
107	93.5		Pas de la Barane (CAMPAN)	8	12:46	14:31	14:37	14:46
106.5	94		Cabadur (CAMPAN)		12:47	14:32	14:39	14:47
105.5	95	VC	Gripp (CAMPAN)		12:51	14:35	14:42	14:51
103	97.5		Artigues (CAMPAN)		12:58	14:41	14:48	14:58
97	103.5	D918	La Mongie		13:15	14:55	15:04	15:15
92.5	108		Col du Tourmalet (2 115 m) Souvenir Jacques Goddet	HC	13:28	15:06	15:16	15:28
88	112.5		Super-Barèges		13:33	15:11	15:21	15:33
84	116.5		Tournaboup		13:37	15:15	15:25	15:37
81.5	119		BARÈGES		13:40	15:18	15:28	15:40
76	124.5		Lonqueres-Glarets (VIELLA)		13:47	15:24	15:34	15:47
74.5	126		ESTERRE		13:48	15:26	15:35	15:48
74	126.5		LUZ-SAINT-SAUVEUR (D918-D921)		13:49	15:26	15:36	15:49
73.5	127	D921	ESQUIÈZE-SÈRE		13:50	15:27	15:37	15:50
71	129.5		Larise (SALIGOS)		13:53	15:30	15:40	15:53

DISTANCE FROM NEUTRALISED TO OFFICIAL START

5.5km

CATEGORISED CLIMBS

4 Km 7 - Côte de Loucrup

Climb of 1.8km at 7.2%

4 Km 40

Côte de Capvern-les-Bains

Climb of 3.4km at 5.1%

7 Km 78.5 - Col d'Aspin

Climb of 12km at 6.5%

HC Km 108 - Col du Tourmalet

Souvenir Jacques Goddet

Climb of 17.1km at 7.3%

2 Km 159.5 - Col des Bordières

Climb of 8.6km at 5.8%

HC Km 180.5 - Col d'Aubisque

Climb of 16.6km at 4.9%

RELAIS-ÉTAPE

Place de la Fête

65260 Soulom

Km 138.5

ROUTE FOR NON-RACE VEHICLES

Leave from the hors course (off-route) parking area (don't go on to the race route). Going in the opposite direction by which access was gained to the start area, follow boulevard de la Grotte, place Jeanne d'Arc, rue de Pau, route de Pau and then the D13. Continue on the D937 and then the D938 towards Pau. Approaching Pau, take the D802 (rocade sud – southern ring road) towards Zaragoza.

At Jurançon, continue in this direction on the N134. At Gan (rond-point Sud), head towards Laruns-Vallée d'Ossau on the D934 via Louvie-Juzon. Approaching Laruns, go right to reach rue Bourget on the way into the town centre.

Entry point on to the race route:

place de la Mairie, 1 800m from the finish line.

Total distance: 80km

RESTRICTIONS FOR THE CARAVAN

Défilé neutralisé - Lourdes





The caravan will bypass the sanctuary via Boulevard Père Rémi Sempé in the start area

Km 199.5 - Laruns

Narrow section of road on the exit road from the race route. Diversion 800m before the finish line for vehicles more than 3.2m in height and 2.50m in width

FURTHER ITINERARY TIMETABLE ON PAGE 210



KILOMETRES				TIMETABLE			
To be run	Run	STAGE 19		Caravan	38 kph	36 kph	34 kph
62	138.5		SOULOM	14:09	15:44	15:55	16:09
61.5	139		PIERREFITTE-NESTALAS	14:10	15:46	15:56	16:10
60	140.5		ADAST	14:12	15:48	15:58	16:12
58	142.5		LAU-BALAGNAS	14:16	15:51	16:02	16:16
56.5	144		ARGELES-GAZOST (D921-D918)	14:19	15:54	16:05	16:19
53	147.5	D918	ARRAS-EN-LAVEDAN (D918-D103)	14:25	15:59	16:11	16:25
49.5	151	D103	Carrefour D103-D13	14:31	16:04	16:16	16:31
48	152.5	D13	Carrefour D13-D103	14:36	16:08	16:20	16:36
47	153.5	D103	La Badette (BUN)	14:39	16:11	16:23	16:39
44.5	156		ESTAING (D103-D603)	14:46	16:17	16:30	16:46
41	159.5	D603	Col des Bordères (1 156 m) 	14:55	16:24	16:38	16:55
38.5	162		Arrens (ARRENS-MARSOUS) (D603-D105-D918)	14:59	16:28	16:41	16:59
30	170.5	D918	Val d'Azun (ARRENS-MARSOUS)	15:13	16:40	16:54	17:13
29.5	171		Col du Soulor (ARBÉOST)	15:20	16:46	17:01	17:20
29.5	171		Rubbish collection zone 	15:20	16:46	17:01	17:20
PYRÉNÉES-ATLANTIQUES (64)							
20	180.5		Col d'Aubisque (1 709 m) 	15:46	17:08	17:25	17:46
16	184.5		Gourette	15:51	17:12	17:30	17:51
8	192.5		EAUX-BONNES	16:02	17:22	17:40	18:02
3.5	197		Carrefour D918-D934	16:07	17:27	17:45	18:07
3.5	197	D934	LARUNS	16:07	17:28	17:45	18:07
1	199.5		Carrefour D934-D240 E	16:10	17:31	17:48	18:10
0.5	200	D240 E	BÉOST (near) (D240 E-D240)	16:11	17:31	17:48	18:11
0	200.5	D240	LARUNS 	16:11	17:32	17:49	18:11