

ITINERARY TIMETABLE

Km

KILOMETRES		TIMETABLE					
To be run	Run	STAGE 6		Caravan	46 kph	44 kph	42 kph

FINISTÈRE (29)								
		VC	BREST	NEUTRALISED START	11:05	13:05	13:05	13:05
			Cross level: tramway		11:07	13:07	13:07	13:07
			GOUESNOU (VC-D67-D13)					
181	0	D13	BREST	RACE START	11:25	13:25	13:25	13:25
176	5		BOURG-BLANC (D13-VC-D38)		11:32	13:31	13:32	13:32
170	11	D38	PLOUVIEN		11:40	13:39	13:39	13:40
168	13		Saint-Jean Balanant		11:44	13:42	13:43	13:44
165	16		LOC-BRÉVALAIRE		11:48	13:46	13:47	13:48
162.5	18.5		Keralan (LANARVILY) (D38-D28)		11:51	13:49	13:50	13:51
162	19	D28	Penmarc'h (KERNILIS)		11:52	13:50	13:51	13:52
158.5	22.5		LE FOLGOËT (D28-D32)		11:56	13:54	13:55	13:56
156.5	24.5	D32	LESNEVEN (near) (D32-D770)		12:00	13:57	13:58	14:00
155	26	D770	PLOUDANIEL (D770-VC)		12:02	13:59	14:00	14:02
146	35	VC	PLOUNÉVENTER (VC-D29-VC)		12:15	14:11	14:13	14:15
139.5	41.5		Moulin de Brézal (SAINT-SERVAIS) (VC-D712)		12:24	14:19	14:21	14:24
138.5	42.5	D712	Kerfaven (LA ROCHE-AURICE) (D712-VC)		12:25	14:20	14:22	14:25
137	44	VC	Côte de Ploudiry		12:27	14:22	14:25	14:27
134.5	46.5		PLOUDIRY		12:31	14:25	14:28	14:31
130	51		Carrefour VC-D764		12:38	14:31	14:34	14:38
127	54	D764	SIZUN (D764-VC)		12:42	14:35	14:38	14:42
118.5	62.5	VC	Carrefour VC-D764		12:54	14:46	14:50	14:54
117.5	63.5	D764	Ty Douar (COMMUNA)		12:56	14:48	14:51	14:56
115.5	65.5		Carrefour D764-D11		12:58	14:50	14:54	14:58
113	68	D11	Carrefour D11-D785		13:02	14:53	14:57	15:02
112.5	68.5	D785	Côte de Roc'h Trévél		13:03	14:54	14:58	15:03
109	72		Col du Trévél (PLOUNÉOUR-MÉNEZ) (D785-D764)		13:08	14:59	15:03	15:08
105	76	D764	LA FEUILLÉE (D764-VC-D764)		13:13	15:04	15:08	15:13
100.5	80.5		Carrefour D764-VC		13:20	15:10	15:15	15:20
95	86	VC	HUELGOAT (VC-D769 A)		13:27	15:17	15:22	15:27
91	90	D769 A	La Coudraie (LOCMARIA-BERRIEN) (D769 A-D769)		13:33	15:22	15:27	15:33
86	95	D769	POULLAOUEN		13:40	15:28	15:34	15:40
84	97		POULLAOUEN (D769-VC-D769)		13:43	15:31	15:37	15:43
79	102		Carrefour D769-VC		13:51	15:38	15:44	15:51
77.5	103.5	VC	PLOUNÉVÉZEL (VC-D54)		13:53	15:40	15:46	15:53
75	106	D54	CARHAIX-PLOUGUER (D54-VC-D264)		13:56	15:43	15:49	15:56
CÔTES-D'ARMOR (22)								
70	111	D2164	La Limite		14:03	15:49	15:56	16:03
69	112		LE MOUSTOIR (D2164-VC)		14:05	15:51	15:58	16:05
64	117	VC	Kerogiuou (near) (VC-D11)		14:12	15:57	16:04	16:12
62.5	118.5	D11	MAËL-CARHAIX (D11-D23)		14:14	15:59	16:06	16:14
58.5	122.5	D23	Quilliou Gueguen		14:19	16:04	16:11	16:19
55	126		Kerberry (KERGRIST-MOËLOU) (D23-VC)		14:25	16:09	16:17	16:25
52	129	VC	ROSTRENN (VC-D31-D790-D31-VC-N164-D2164)		14:29	16:13	16:20	16:29
46.5	134.5	D2164	PLOUGUERNÉVEL (entry)		14:37	16:20	16:28	16:37
46	135		PLOUGUERNÉVEL		14:37	16:21	16:29	16:37
41	140		GOUAREC		14:45	16:27	16:36	16:45
35	146		Bon Repos (BON-REPOS-SUR-BLAVET) (D2164-D44)		14:53	16:35	16:44	16:53
34.5	146.5	D44	Abbaye de Bon Repos (BON-REPOS-SUR-BLAVET)		14:54	16:36	16:44	16:54
MORBIHAN (56)								
32.5	148.5	D15 A	La Forge Neuve (SAINTE-BRIGITTE) (D15 A-D15 B)		14:57	16:39	16:47	16:57
29	152	D15 B	Carrefour D15 B-C2		15:02	16:43	16:52	17:02
24	157	C2	SAINT-AIGNAN (C2-VC-D31)		15:09	16:49	16:59	17:09
23.5	157.5	D31	Le Touldren (D31-D35)		15:10	16:50	17:00	17:10
CÔTES-D'ARMOR (22)								
21	160	D35	Rubbish collection zone		15:13	16:53	17:03	17:13
20	161		Mûr-de-Bretagne (D35-D767)		15:14	16:54	17:04	17:14
19	162	D767	Entry on the final circuit		15:16	16:56	17:06	17:16
16	165		Mûr-de-Bretagne		15:20	17:00	17:10	17:20
16	165		1 st finish line crossing		15:20	17:00	17:10	17:20
13	168		SAINT-MAYEUX		15:25	17:04	17:14	17:25
12.5	168.5		SAINT-MAYEUX (D767-D76-D69)		15:25	17:04	17:14	17:25
9.5	171.5	D69	SAINT-GILLES-VIEUX-MARCHÉ (D69-D63)		15:30	17:08	17:19	17:30
4	177	D63	Carrefour D63-C4			17:15	17:26	17:37
4	177	C4	Mûr-de-Bretagne (C4-VC-D767)			17:16	17:26	17:38
0	181	D767	MÛR-DE-BRETAGNE		17:21	17:31	17:43	17:43

DISTANCE FROM NEUTRALISED TO OFFICIAL START

10km

CATEGORISED CLIMBS

3 Km 44 - Côte de Ploudiry

Climb of 1.5km at 7%

4 Km 68.5 - Côte de Roc'h Trévél

Climb of 2.5km at 3.5%

3 Km 165 - Mûr-de-Bretagne

Climb of 2km at 6.9%

3 Km 181 - Mûr-de-Bretagne

Climb of 2km at 6.9%

RELAIS-ÉTAPE

14, rue de la Gare

22530 Mûr-de-Bretagne

Km 161

ROUTE FOR NON-RACE VEHICLES

Leave from the hors course (off-route) parking area (don't go on to the race route). Join the N165 heading towards Châteaulin (via the D165, in the opposite direction to which the start area was accessed). At Châteaulin, leave the N165 (junction 60) and take the N164 towards Rennes.

At Rostrenen, leave the N164 and take the D790 towards Saint-Brieuc, via Plounévez-Quintin. At Saint-Nicolas-du-Pélem, take the D5 towards Gouarec, via Sainte-Tréphine.

At the Gouarec-Est interchange, pick up the N164 towards Rennes once again.

Entry point on to the race route:

The crossroads of the N164 and D767 at Mûr-de-Bretagne, 2km from the finish line.

Total distance: 145km

RESTRICTION FOR THE CARAVAN

Km 42.5 - Kerfaven

Low bridge (max. 3.10m)