

# ITINERARY TIMETABLE

KM		STAGE 1				TIMETABLE			
To be run	Run				Caravan	44 kph	42 kph	40 kph	
<b>ALPES-MARITIMES (06)</b>									
		VC	NICE	NEUTRALISED START	14:15	14:00	14:00	14:00	
			Rimiez (NICE, FALICON)						
<b>156</b>	<b>0</b>		NICE	RACE START	<b>14:30</b>	<b>14:15</b>	<b>14:15</b>	<b>14:15</b>	
155.5	0.5		Aire Saint-Michel (NICE, FALICON) (VC-M114)				14:31	14:15	14:15
154	2	M114	La Séréna (NICE, FALICON) (M114-M14)				14:33	14:17	14:17
148	8	M14	ASPREMONT				14:43	14:26	14:27
145	11		Crossroad M14-M614					14:29	14:30
144	12	M614	CASTAGNIERS					14:31	14:32
141.5	14.5		Le Burguet					14:34	14:35
139.5	16.5		Les Moulins (M614-M6202)					14:37	14:38
136	20	M6202	Pont de la Manda (COLOMARS) (M6202-M2210)				14:42	14:43	14:45
<b>135.5</b>	<b>20.5</b>	<b>M2210</b>	<b>Cross level</b>					<b>14:42</b>	<b>14:44</b>
135.5	20.5		CARROS (M2210-M6210-M6202 BIS)				14:43	14:44	14:46
126.5	29.5	M6202 BIS	Les Baraques (M6202 BIS-M6202)				14:55	14:57	14:59
122.5	33.5	M6202	NICE (entry) - Promenade des Anglais (M6202-VC)				15:00	15:02	15:05
116.5	39.5	VC	NICE - 1 <sup>st</sup> finish line crossing					15:09	15:11
<b>107.5</b>	<b>48.5</b>		<b>Côte de Rimiez</b>					<b>15:21</b>	<b>15:24</b>
107	49		Aire Saint-Michel (NICE, FALICON) (VC-M114)				15:22	15:25	15:28
105.5	50.5	M114	La Séréna (M114-M14)				15:23	15:27	15:30
99.5	56.5	M14	ASPREMONT				15:32	15:36	15:40
96.5	59.5		Crossroad M14-M614				15:36	15:39	15:44
95.5	60.5	M614	CASTAGNIERS				15:37	15:41	15:45
93	63		Le Burguet				15:41	15:45	15:49
91	65		Les Moulins (M614-M6202)				15:43	15:47	15:52
87.5	68.5	M6202	Pont de la Manda (COLOMARS) (M6202-M2210)				15:48	15:53	15:58
<b>87</b>	<b>69</b>	<b>M2210</b>	<b>Cross level</b>					<b>15:49</b>	<b>15:53</b>
86.5	69.5		CARROS (M2210-M6210-M6202 BIS)				15:49	15:54	15:59
78	78	M6202 BIS	Les Baraques (M6202 BIS-M6202)				16:01	16:06	16:12
74	82	M6202	NICE (entry) - Promenade des Anglais (M6202-VC)				16:06	16:12	16:17
<b>68</b>	<b>88</b>	<b>VC</b>	<b>NICE - 2<sup>nd</sup> finish line crossing</b>					<b>16:15</b>	<b>16:20</b>
<b>59</b>	<b>97</b>		<b>Côte de Rimiez</b>					<b>16:27</b>	<b>16:34</b>
58	98		Aire Saint-Michel (NICE, FALICON) (VC-M114)				16:28	16:34	16:41
57	99	M114	La Séréna (M114-M14)				16:30	16:36	16:43
51	105	M14	ASPREMONT (M14-M719)				16:38	16:45	16:52
46.5	109.5	M719	TOURRETTE-LEVENS (M719-M19)				14:52	16:44	16:51
43.5	112.5	M19	Plan d'Ariou				14:58	16:48	16:55
42	114		Saint-Martin				15:01	16:50	16:57
41	115		Laval				15:03	16:51	16:59
39.5	116.5		Sainte-Claire				15:06	16:54	17:01
38	118		LEVENS (M19-M20)				15:09	16:56	17:03
31.5	124.5	M20	LA ROQUETTE-SUR-VAR				15:22	17:05	17:13
27.5	128.5		SAINT-MARTIN-DU-VAR (M20-M220-M6202)				15:30	17:10	17:18
23.5	132.5	M6202	La Plaine (SAINT-BLAISE) (near)				15:38	17:15	17:24
22.5	133.5		Les Moulins				15:40 à 16:00	17:17	17:25
19.5	136.5		Pont de la Manda (COLOMARS) (M6202-M2210)				16:06	17:21	17:30
<b>19</b>	<b>137</b>	<b>M2210</b>	<b>Cross level</b>					<b>16:07</b>	<b>17:21</b>
18.5	137.5		CARROS (M2210-M6210-M6202 BIS)				16:09	17:22	17:31
10	146	M6202 BIS	Les Baraques (M6202 BIS-M6202)				16:18	17:34	17:43
6	150	M6202	NICE (entry) - Promenade des Anglais (M6202-VC)				16:30	17:39	17:49
<b>0</b>	<b>156</b>	<b>VC</b>	<b>NICE</b>				<b>16:40</b>	<b>17:47</b>	<b>17:58</b>

## DISTANCE FROM NEUTRALISED TO OFFICIAL START

8.2km

## CATEGORISED CLIMBS

- Km 48.5 - Côte de Rimiez**  
Climb of 5.8km at 5.1%
- Km 97 - Côte de Rimiez**  
Climb of 5.8km at 5.1%

## RELAIS-ÉTAPE

Plate-forme  
Les Moulins  
15, route de Castagniers  
06670 Castagniers  
**Km 16.5**

## ROUTE FOR NON-RACE VEHICLES

No route for non-race vehicles