

ITINERARY TIMETABLE

KM		STAGE 16				TIMETABLE			
To be run	Run				Caravan	40 kph	38 kph	36 kph	
ISÈRE (38)									
		VC	LA TOUR-DU-PIN (VC-D1516)		11:20	13:05	13:05	13:05	
		D1516	SAINT-CLAIR-DE-LA-TOUR (D1516-D2)						
		D2	SAINT-DIDIER-DE-LA-TOUR (D2-D1006-VC)						
			Cross level n°38/59		11:33	13:18	13:18	13:18	
164	0	VC	LA TOUR-DU-PIN		11:35	13:20	13:20	13:20	
161.5	2.5		Marlieu (SAINTE-BLANDINE, MONTAGNIEU) (VC-C2-D17)		11:38	13:23	13:23	13:23	
160	4	D17	MONTAGNIEU		11:41	13:25	13:25	13:26	
158	6		Tribouillon (CHÉLIEU) (near)		11:44	13:28	13:28	13:29	
154.5	9.5		Panissage (VAL-DE-VIRIEU) (D17)		11:49	13:33	13:33	13:34	
154.5	9.5		Cross level n°51		11:49	13:33	13:33	13:34	
154	10		Virieu (VAL-DE-VIRIEU) (D17)		11:50	13:33	13:34	13:35	
151.5	12.5		Planchartier (VAL-DE-VIRIEU)		11:55	13:38	13:39	13:40	
151.5	12.5		Côte de Virieu		11:56	13:38	13:39	13:41	
148	16		Le Pin (VILLAGES DU LAC DE PALADRU)		12:01	13:43	13:44	13:46	
146.5	17.5		Crossroad D17-D50		12:03	13:45	13:47	13:48	
145.5	18.5	D50	Lac de Paladru		12:05	13:47	13:48	13:50	
145	19		CHARAVINES		12:05	13:47	13:49	13:50	
142	22		Le Guillermet		12:10	13:52	13:53	13:55	
138.5	25.5		La Ravnighouse (SAINT-BLAISE-DU-BUIS) (D50-D50 B-D520)		12:16	13:57	13:59	14:01	
137	27	D520	LA MURETTE		12:18	13:59	14:01	14:03	
134	30		L'Agnelas		12:22	14:02	14:05	14:07	
133	31		VOIRON (D520-D1075-D520)		12:24	14:04	14:06	14:09	
128.5	35.5		Le Pilet (COUBLEVIE)		12:31	14:10	14:13	14:16	
125.5	38.5		SAINT-ÉTIENNE-DE-CROSSEY		12:36	14:15	14:18	14:21	
122	42		Gorges de Crossey		12:40	14:19	14:22	14:25	
119.5	44.5		SAINT-JOSEPH-DE-RIVIÈRE		12:45	14:23	14:26	14:30	
119.5	44.5		SAINT-JOSEPH-DE-RIVIÈRE		12:45	14:23	14:26	14:30	
117	47		La Guillotière		12:48	14:26	14:30	14:33	
116.5	47.5		SAINT-LAURENT-DU-PONT (D520-D520 B)		12:49	14:27	14:30	14:34	
113.5	50.5	D520 B	Tunnel de Fourvoirie		12:54	14:31	14:35	14:39	
113	51		La Perelle		12:55	14:32	14:36	14:40	
109	55		Tunnel de la Molière		13:01	14:37	14:41	14:46	
106	58		SAINT-PIERRE-DE-CHARTREUSE-La Diat (D520 B-D512)		13:05	14:42	14:46	14:50	
104	60	D512	Martinière		13:10	14:46	14:50	14:55	
97.5	66.5		Col de Porte (1 326 m)		13:28	15:01	15:06	15:13	
95	69		Col de Palaquit (SARCENAS)		13:30	15:03	15:09	15:15	
94	70		LE SAPPEY EN CHARTREUSE		13:31	15:04	15:10	15:16	
86.5	77.5		CORENC (D512-VC-D512 A)		13:41	15:13	15:19	15:26	
83.5	80.5	D512 A	MEYLAN (D512 A-D1090)		13:44	15:16	15:22	15:29	
82	82	D1090	MONTBONNOT-SAINT-MARTIN (D1090-D11)		13:46	15:18	15:24	15:31	
77	87	D11	DOMÈNE		13:53	15:24	15:31	15:38	
71	93		REVEL		14:08	15:37	15:44	15:53	
69.5	94.5		Côte de Revel (752 m)		14:13	15:41	15:49	15:58	
69.5	94.5		Les Faures (D11-D280)		14:13	15:41	15:49	15:58	
69	95	D280	Les Guimets		14:13	15:42	15:49	15:58	

DISTANCE FROM NEUTRALISED TO OFFICIAL START

6.4km

CATEGORISED CLIMBS

- Km 12.5 - Côte de Virieu**
Climb of 2.3 km at 6.8 %
- Km 66.5 - Col de Porte**
Climb of 7.4 km at 6.8 %
- Km 94.5 - Côte de Revel**
Climb of 6 km at 8 %
- Km 143.5 - Montée de Saint-Nizier-du-Moucherotte**
Climb of 11.1 km at 6.5 %
- Km 164 - VILLARD-DE-LANS Côte 2000**
Climb of 2.2 km at 6.5 %

RELAIS-ÉTAPE

Place de l'Église
38700 Le Sappey en Chartreuse
Km 70

ROUTE FOR

NON-RACE VEHICLES

Exit via the hors course parking area (don't go onto the race route). Travelling in the opposite direction used to access the start take the Route de Lyon (D1006) and then the Route de la Bourbre (D1) towards the A43. Take the A43 (junction 9) and then the A48 towards Grenoble. Leave the A48 at junction 14 "Saint Égrève". Take the D105 F and then the D1532 towards Villard de Lans. At Sassenage, take the D531 towards Villard de Lans via Engins.

Entry point onto the race route:

Crossroads of the D531 and D106 (rond-point de Jaume) at Lans en Vercors, 11.5km from the finish line.

Total distance: 95km

RESTRICTIONS

ON THE CARAVAN

Km 164 - Villard-de-Lans (Finish)
Detour for the whole caravan 150m before the finish line



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To be run	Run			Caravan	40 kph	38 kph	36 kph
66	98		Croix de Pinet	14:17	15:45	15:53	16:02
63.5	100.5		Pinet d'Uriage	14:19	15:48	15:55	16:04
62.5	101.5		Le Penet	14:21	15:49	15:56	16:06
61.5	102.5		Saint-Nizier-d'Uriage	14:22	15:50	15:58	16:07
61	103		Le Rossin	14:23	15:51	15:58	16:08
60	104		SAINT-MARTIN-D'URIAGE	14:24	15:52	16:00	16:09
57.5	106.5		Uriage-les-Bains (SAINT-MARTIN-D'URIAGE, VAULNAVEYS-LE-HAUT) (D280-D524-D5 E)	14:27	15:55	16:02	16:12
52.5	111.5	D5 E	Brié (BRIÉ-ET-ANGONNES) (D5 E-D5)	14:34	16:01	16:09	16:19
48	116	D5	VIZILLE (D5-N85)	14:41	16:07	16:15	16:26
43	121	N85	Basse Jarie (JARRIE) (near)	14:48	16:14	16:23	16:33
43	121		Les Isles de Champagner (CHAMPAGNIER) (N85-D1085 A)	14:49	16:14	16:23	16:34
40.5	123.5	D1085 A	LE PONT-DE-CLAIX (D1085 A-D1075)	14:52	16:18	16:27	16:37
38.5	125.5	D1075	CLAIX-Le Pont Rouge (D1075-VC-D269)	14:55	16:20	16:29	16:40
37	127	D269	CLAIX (D269-D106 D)	14:58	16:22	16:32	16:43
33	131	D106 D	SEYSSINS (D106 D-VC-D106)	15:03	16:28	16:37	16:48
30	134	D106	Le Haut Seyssins	15:10	16:33	16:43	16:55
28.5	135.5		La Tour sans Venin (SEYSSINET-PARISSET)	15:14	16:37	16:47	16:59
28	136		Pariset (SEYSSINET-PARISSET)	15:16	16:38	16:48	17:01
23	141		Les Michalons	15:29	16:50	17:01	17:14
21	143		SAINT-NIZIER-DU-MOUCHEROTTE	15:34	16:54	17:05	17:19
20.5	143.5		Montée de Saint-Nizier-du-Moucherotte (1 169 m)  	15:36	16:55	17:07	17:21
18.5	145.5		Les Volants	15:38	16:58	17:09	17:23
15.5	148.5		Croix Lichou	15:43	17:02	17:14	17:28
14.5	149.5		La Chenevarie	15:44	17:03	17:15	17:29
13.5	150.5		LANS-EN-VERCORS (D106-D531)	15:46	17:04	17:17	17:31
10	154	D531	Les Eymards	15:51	17:09	17:21	17:36
9	155		Bouilly	15:52	17:10	17:22	17:37
8	156		La Côte	15:53	17:11	17:24	17:38
6	158		Les Geymonds	15:56	17:14	17:26	17:41
5	159		VILLARD-DE-LANS (near) (D531-D215 A)	15:57	17:15	17:27	17:42
5	159	D215 A	La Molière (D215 A-D531)	15:58	17:15	17:28	17:43
4.5	159.5	D531	Crossroad D531-D215 A	15:58	17:16	17:28	17:43
3.5	160.5	D215 A	L'Essarton (D215 A-D215)	15:59	17:17	17:30	17:44
2.5	161.5	D215	La Balmette (D215-D215 B)	16:01	17:18	17:31	17:46
1.5	162.5	D215 B	Les Guillets	16:03	17:20	17:33	17:48
1	163		Le Balcon de Villard (D215 B-VC)	16:05	17:22	17:35	17:50
0	164	VC	VILLARD-DE-LANS - Côte 2000  	16:07	17:23	17:36	17:52