

ITINERARY TIMETABLE

KM		STAGE 18				TIMETABLE			
To be run	Run				Caravan	37 kph	35 kph	33 kph	
SAVOIE (73)									
		VC	MÉRIBEL (VC-D90)	NEUTRALISED START	10:20	12:05	12:05	12:05	
		D90	Mussillon						
			Nantgerel						
			LES ALLUES						
			BRIDES-LES-BAINS (near) (D90-D915)						
		D915	Salins-les-Thermes (SALINS-FONTAINE)						
			MOÛTIERS (D915-N90)						
175	0	N90	MÉRIBEL	RACE START	10:45	12:30	12:30	12:30	
173	2		Pomblière (near)		10:48	12:33	12:33	12:33	
170.5	4.5		SAINT-MARCEL (near)		10:52	12:37	12:37	12:37	
169.5	5.5		Tunnel du Siaix		10:54	12:38	12:38	12:39	
168	7		Viaduc de Montgirod		10:56	12:41	12:41	12:41	
166.5	8.5		Viaduc de Centron		10:59	12:43	12:43	12:44	
164	11		Villette (AIME-LA-PLAGNE) (near)		11:03	12:47	12:47	12:48	
162	13		Aime (AIME-LA-PLAGNE) (entry) (N90-D990-N90)		11:06	12:49	12:50	12:51	
161	14	D990	Aime		11:08	12:51	12:52	12:53	
157	18	N90	Le Gothard (LA PLAGNE TARENTEAISE)		11:15	12:58	12:58	13:00	
155.5	19.5		Bellentre (LA PLAGNE TARENTEAISE) (near)		11:17	12:59	13:00	13:02	
150	25		BOURG-SAINT-AURICE-LES ARCS (N90-D1090-D902)		11:27	13:08	13:09	13:12	
146.5	28.5	D902	La Grange		11:33	13:14	13:15	13:18	
146.5	28.5		Le Châtelard		11:34	13:15	13:16	13:19	
143	32		Bonneval-les-Bains		11:44	13:23	13:26	13:29	
141.5	33.5		Les Glinettes		11:49	13:28	13:30	13:34	
137.5	37.5		Crêt Bettex		12:01	13:37	13:40	13:46	
136	39		Pont Saint-Antoine		12:04	13:40	13:44	13:49	
129	46		Cormet de Roselend (1 968 m) (D902-D925)		12:27	13:59	14:04	14:12	
120.5	54.5	D925	Col du Méraillet		12:37	14:08	14:14	14:22	
111	64		Crossroad D925-VC		12:50	14:20	14:26	14:35	
110.5	64.5	VC	Les Cernix		12:51	14:21	14:27	14:36	
107.5	67.5		Côte de la route des Villes		12:59	14:28	14:34	14:44	
104.5	70.5		Crossroad VC-D70		13:02	14:31	14:38	14:47	
104	71	D70	Les Curtilllets		13:03	14:32	14:38	14:48	
103	72		Les Outards		13:04	14:33	14:39	14:49	
102	73		Crossroad D70-D925		13:06	14:34	14:41	14:51	
101.5	73.5	D925	BEAUFORT		13:06	14:35	14:41	14:51	
98.5	76.5		Crossroad D925-D218 B		13:11	14:39	14:46	14:56	
98.5	76.5	D218 B	La Pierre		13:12	14:40	14:46	14:57	
94.5	80.5		Champtardy (VILLARD-SUR-DORON)		13:22	14:48	14:56	15:07	
90.5	84.5		HAUTELUCE (near)		13:35	14:59	15:07	15:20	
87	88		Nantailly		13:44	15:07	15:16	15:29	
85.5	89.5		Les Saisies (entry)		13:49	15:11	15:20	15:34	
84	91		Col des Saisies (1 650 m)		13:53	15:14	15:24	15:38	
78	97		Les Frasses		14:00	15:21	15:31	15:45	
76	99		Le Mont Rond		14:02	15:23	15:33	15:47	
74	101		Le Cheloup		14:04	15:25	15:35	15:49	
73	102		NOTRE-DAME-DE-BELLECOMBE		14:05	15:26	15:36	15:50	
71	104		Crossroad D218 B-D218 C		14:08	15:28	15:38	15:53	
69	106	D218 C	FLUMET (D218 C-D909)		14:10	15:30	15:40	15:55	
65.5	109.5	D909	Les Glières		14:16	15:35	15:46	16:01	
63.5	111.5		LA GIETTAZ		14:21	15:39	15:50	16:06	
57.5	117.5		Col des Aravis (1 487 m)		14:37	15:54	16:06	16:22	
HAUTE-SAVOIE (74)									
53.5	121.5		La Praise		14:42	15:58	16:10	16:27	
51.5	123.5		LA CLUSAZ		14:44	16:00	16:12	16:29	

DISTANCE FROM NEUTRALISED TO OFFICIAL START

21.5km

CATEGORISED CLIMBS

1 Km 46 - Cormet de Roselend

Climb of 18.6km at 6.1%

3 Km 67.5 - Côte de la route des Villes

Climb of 3.2km at 6.6%

2 Km 91 - Col des Saisies

Climb of 14.6km at 6.4%

1 Km 117.5 - Col des Aravis

Climb of 6.7km at 7%

HC Km 143.5

B Montée du plateau des Glières

Climb of 6km at 11.2%

RELAIS-ÉTAPE

Col des Saisies

73620 Hauteluce

Km 91

ROUTE FOR

NON-RACE VEHICLES

Exit point after 21km on the neutralised course (Carrefour de l'Europe, at junction of the D915 and N90 at Albertville). Take N90 towards Albertville. At Albertville, continue on the N90, the A430 and then the A43 towards Chambéry. At Chambéry, pick up the N201. Take the A41 towards Annecy and Geneva. After Annecy, at Cruseilles, take the A410 towards Milan, Chamonix and Annemasse. Leave the A410 at junction 19. Head towards La Roche sur Foron-Centre on the D2 A and then follow Avenue de la Libération. In La Roche sur Foron, go left on Rue Adhémar Fabri and then right on Rue du Faucigny to reach Place de Stockach.

Follow the arrows towards the different parking zones in the finish area (there's no entry point onto the race route).

Total distance: 175km

RESTRICTIONS


ON THE CARAVAN

Km 143.5 - Plateau des Glières

Memorial site - Narrow and twisting climb with steep gradients

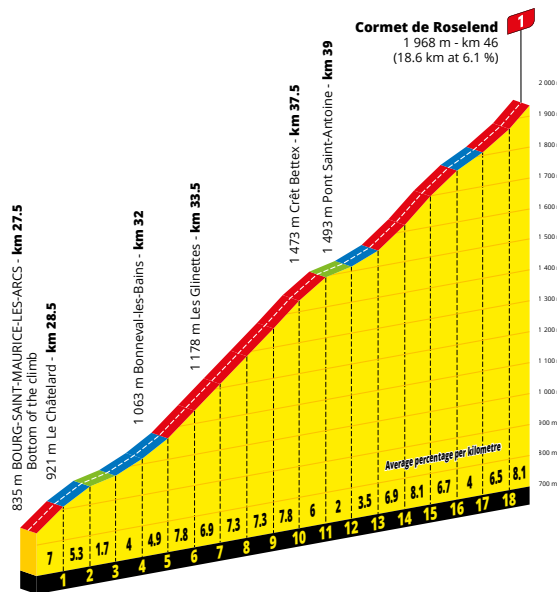
Detour for the whole caravan at km 128 (Saint Jean de Sixt)

ITINERARY TIMETABLE

KM		STAGE 18		TIMETABLE			
To be run	Run			Caravan	37 kph	35 kph	33 kph
47.5	127.5		SAINT-JEAN-DE-SIXT (D909-D4)	14:49	16:04	16:16	16:34
46	129	D4	Crossroad D4-D12		16:06	16:18	16:35
42.5	132.5	D12	Entremont (GLIÈRES-VAL-DE-BORNE)		16:10	16:22	16:40
40	135		La Ville (GLIÈRES-VAL-DE-BORNE)		16:12	16:25	16:43
38.5	136.5		Crossroad D12-VC		16:14	16:27	16:45
37.5	137.5	VC	L'Essert (GLIÈRES-VAL-DE-BORNE)		16:15	16:28	16:46
31.5	143.5		Montée du plateau des Glières (1 390 m)  		16:31	16:46	17:05
31.5	143.5		Secteur empierré du plateau des Glières		16:31	16:46	17:05
29.5	145.5		Col des Glières - Fin de secteur empierré (VC-D55)		16:33	16:48	17:08
29.5	145.5	D55	Mémorial du plateau des Glières		16:34	16:48	17:08
19	156		Usillon		16:47	17:02	17:23
17	158		Sales (FILLIÈRE)		16:50	17:05	17:26
16	159		Thorens-Glières (FILLIÈRE) (D55-D5-D2)	15:42	16:51	17:07	17:27
14.5	160.5	D2	La Colanche (FILLIÈRE)	15:45	16:53	17:09	17:30
12.5	162.5		Pont de la Zone (FILLIÈRE)	15:47	16:56	17:12	17:32
10	165		Col des Fleuries (FILLIÈRE)	15:51	16:59	17:15	17:36
8	167		Les Crys	15:54	17:02	17:18	17:39
6.5	168.5		Les Fleuries	15:56	17:04	17:20	17:41
4	171		LA ROCHE-SUR-FORON (entry) (D2-VC)	15:59	17:07	17:23	17:44
2.5	172.5		Cross level N° 75	16:01	17:09	17:25	17:46
2.5	172.5		Cross level N° 1	16:02	17:09	17:25	17:47
0,5	174,5	VC	Le Quarre (AMANCY) (VC-D1203)	16:04	17:11	17:27	17:49
0	175	D1203	LA ROCHE-SUR-FORON 	16:05	17:12	17:28	17:50

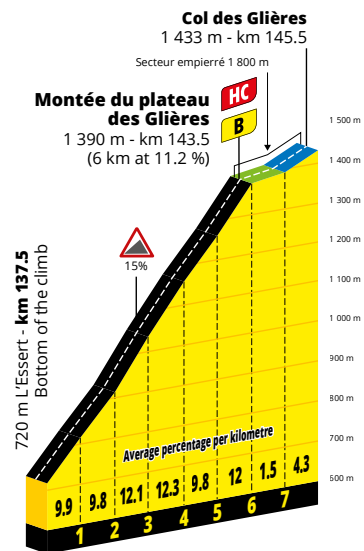
PARTICULAR PROFILES

CORMET DE ROSELEND



-  From 0 to 2.9%
-  From 3 to 5.9%
-  From 6 to 8.9%

MONTÉE DU PLATEAU DES GLIÈRES



-  From 0 to 2.9%
-  From 3 to 5.9%
-  From 9%

