





# ITINERARY TIMETABLE

KM		STAGE 3		TIMETABLE			
To be run	Run			Caravan	42 kph	40 kph	38 kph
<b>ALPES-MARITIMES (06)</b>							
		VC	NICE (VC-M6202) 	10:25	12:10	12:10	12:10
		M6202	Les Baraques (M6202-M6202 BIS)				
<b>198</b>	<b>0</b>	M6202 BIS	NICE 	<b>10:35</b>	<b>12:20</b>	<b>12:20</b>	<b>12:20</b>
192.5	5.5		La Tourre (near) (M6202 BIS-M6210)	10:43	12:28	12:28	12:28
191	7	M6210	CARROS (M6210-M2210)	10:46	12:30	12:30	12:31
187.5	10.5	M2210	GATTIÈRES	10:51	12:35	12:36	12:36
184.5	13.5		SAINT-JEANNET	10:56	12:39	12:40	12:41
178	20		VENCE (M2210-M2210 A-M2210)	11:06	12:48	12:50	12:51
172	26	D2210	TOURRETTES-SUR-LOUP	11:15	12:56	12:58	13:00
163.5	34.5		Pont du Loup (TOURRETTES-SUR-LOUP, GOURDON)	11:29	13:09	13:11	13:14
161	37		LE BAR-SUR-LOUP	11:33	13:13	13:15	13:18
157	41		Pré du Lac (CHÂTEAUNEUF-GRASSE) (D2210-D2085)	11:39	13:18	13:21	13:24
157	41	D2085	Magagnosc	11:40	13:19	13:21	13:25
153.5	44.5		GRASSE (D2085-VC-D6085)	11:45	13:23	13:26	13:30
<b>143</b>	<b>55</b>	<b>D6085</b>	<b>Col du Pilon</b> 	<b>12:01</b>	<b>13:38</b>	<b>13:42</b>	<b>13:46</b>
142	56		SAINT-VALLIER-DE-THIEY	12:03	13:40	13:44	13:48
<b>134.5</b>	<b>63.5</b>		<b>Col de la Faye</b> 	<b>12:15</b>	<b>13:51</b>	<b>13:55</b>	<b>14:00</b>
132	66		Pont de Nans	12:19	13:54	13:59	14:04
127	71		Les Amphons	12:27	14:01	14:06	14:12
124	74		ESCRAGNOLLES	12:31	14:05	14:11	14:16
117.5	80.5		Col de Valferrière (SÉRANON)	12:42	14:15	14:21	14:27
115	83		La Clue (SÉRANON)	12:46	14:18	14:24	14:31
110	88		La Villaute (SÉRANON)	12:54	14:26	14:32	14:39
<b>VAR (83)</b>							
107.5	90.5		Le Logis du Pin (LA MARTRE)	12:57	14:29	14:35	14:42
<b>ALPES-MARITIMES (06)</b>							
107.5	90.5		Le Logis du Pin (SÉRANON)	12:58	14:29	14:36	14:43
<b>ALPES-DE-HAUTE-PROVENCE (04)</b>							
105	93	D4085	Le Mousteirot (PEYROULES)	13:01	14:32	14:39	14:46
<b>VAR (83)</b>							
<b>ALPES-DE-HAUTE-PROVENCE (04)</b>							
100	98		La Bâtie (PEYROULES) (near)	13:10	14:40	14:47	14:55
98	100		Col de Luens	13:12	14:42	14:50	14:57
95	103		LA GARDE	13:18	14:47	14:54	15:03
90	108		CASTELLANE (D4085-VC-D4085)	13:26	14:54	15:02	15:11
81	117		Sionne	13:40	15:07	15:15	15:25
<b>80.5</b>	<b>117.5</b>		<b>Col des Lèques</b> 	<b>13:40</b>	<b>15:08</b>	<b>15:16</b>	<b>15:25</b>
77.5	120.5		Clue de Taulanne (SENEZ)	13:45	15:12	15:21	15:30
74	124		La Tuilière (SENEZ)	13:51	15:17	15:26	15:36
65.5	132.5		BARRÈME (D4085-N85)	14:04	15:29	15:38	15:49
<b>65.5</b>	<b>132.5</b>		<b>Cross level n°713 bis</b>	<b>14:04</b>	<b>15:29</b>	<b>15:39</b>	<b>15:49</b>
59	139	N85	Norante (CHAUDON-NORANTE)	14:14	15:38	15:48	15:59
<b>53.5</b>	<b>144.5</b>		<b>Cross level n°30</b>	<b>14:23</b>	<b>15:46</b>	<b>15:56</b>	<b>16:08</b>
53	145		Chabrières (BEYNES)	14:23	15:47	15:57	16:08
52	146		Tunnel de la Clue de Chabrières (BEYNES)	14:25	15:48	15:59	16:10

## DISTANCE FROM NEUTRALISED TO OFFICIAL START

4.6km

## CATEGORISED CLIMBS

-  **Km 55 - Col du Pilon**  
Climb of 8.4km at 5.1%
-  **Km 63.5 - Col de la Faye**  
Climb of 5.3km at 4.8%
-  **Km 117.5 - Col des Lèques**  
Climb of 6.9km at 5.4%
-  **Km 152.5 - Col de l'Orme**  
Climb of 2.7km at 5%

## RELAIS-ÉTAPE

Parking, Boulevard de la Liberté,  
04160 Château Arnoux Saint Auban  
**Km 185**

## ROUTE FOR

### NON-RACE VEHICLES

Exit point after 1.2km on the neutralised route on the M6202 (Boulevard du Mercantour). Go right on the A8 towards Antibes. Continue on the A8 in the direction of Marseille. At Aix en Provence, leave the A8 and take the N296 towards Gap. Continue on the A51 towards Gap. Leave the A51 at junction 22 "Sisteron Centre". Continue towards Sisteron Centre on the D4.




### Entry point onto the race route:

Roundabout of the D4-D4085, 2km from the finish line.

**Total distance:** 275km



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KM		STAGE 3		TIMETABLE			
To be run	Run			Caravan	42 kph	40 kph	38 kph
<b>51.5</b>	<b>146.5</b>		<b>Cross level n°697</b>	<b>14:26</b>	<b>15:49</b>	<b>15:59</b>	<b>16:11</b>
47.5	150.5		CHÂTEAUREDON	14:32	15:54	16:05	16:17
<b>45.5</b>	<b>152.5</b>		<b>Col de l'Orme</b> 	<b>14:36</b>	<b>15:58</b>	<b>16:09</b>	<b>16:21</b>
39	159		DIGNE-LES-BAINS (N85-VC-N85) (entry)	14:46	16:07	16:18	16:31
<b>37.5</b>	<b>160.5</b>		<b>DIGNE-LES-BAINS</b> 	<b>14:48</b>	<b>16:09</b>	<b>16:20</b>	<b>16:33</b>
29	169		Le Grillet (AIGLUN)	15:02	16:21	16:33	16:47
27	171		MALLEMOISSON	15:04	16:24	16:36	16:49
22	176		Beauveset (MIRABEAU)	15:13	16:31	16:44	16:58
19	179		MALIJAI	15:17	16:35	16:48	17:02
14	184		L'ESCALE (near)	15:25	16:43	16:56	17:10
13	185		CHÂTEAU-ARNOUX-SAINT-AUBAN	15:27	16:44	16:57	17:12
7.5	190.5		Crossroad N85-D4085	15:35	16:51	17:05	17:20
7	191	D4085	AUBIGNOSC (near)	15:36	16:52	17:06	17:21
6	192		PEIPIN (near)	15:38	16:54	17:08	17:23
4	194		Les Bons Enfants	15:41	16:57	17:11	17:26
2.5	195.5		SISTERON (entry)	15:43	16:59	17:13	17:28
<b>0</b>	<b>198</b>		<b>SISTERON</b> 	<b>15:48</b>	<b>17:03</b>	<b>17:17</b>	<b>17:33</b>