

ITINERARY TIMETABLE

KM		STAGE 7		TIMETABLE			
To be run	Run			Caravan	45 kph	43 kph	41 kph
AVEYRON (12)							
		VC	MILLAU (VC-D992)	11:40	13:25	13:25	13:25
			Cross level n°69				
		D992	CREISSELS				
168	0		MILLAU	11:50	13:35	13:35	13:35
166.5	1.5		Viaduc de Millau (sous)	11:52	13:37	13:37	13:37
163	5		SAINT-GEORGES-DE-LUZENÇON (D992-D73)	11:57	13:41	13:41	13:42
162	6		Cross level n°59	11:58	13:43	13:43	13:43
159	9	D73	Côte de Luzençon	12:03	13:47	13:47	13:48
154.5	13.5		SAINT-ROME-DE-TARN (near) (D73-D993)	12:10	13:53	13:54	13:55
142	26	D993	SAINT-AFFRIQUE (D993-D999)	12:27	14:09	14:11	14:12
137.5	30.5	D999	VABRES-L'ABBAYE	12:34	14:15	14:17	14:19
129.5	38.5		Moulin Neuf (MONTLAUR)	12:46	14:26	14:28	14:31
125	43		Saint-Pierre de Rebourguil (REBOURGUIL)	12:52	14:32	14:34	14:37
121	47		La Trivalle (COMBRET)	12:58	14:37	14:40	14:43
118	50		La Bessède (COMBRET)	13:03	14:41	14:44	14:48
114	54		La Joncasse	13:08	14:46	14:50	14:53
113	55		Saint-Étienne	13:10	14:48	14:52	14:55
111	57		SAINT-SERNIN-SUR-RANCE (D999-D33) (entry)	13:13	14:50	14:54	14:58
110	58		SAINT-SERNIN-SUR-RANCE	13:14	14:52	14:55	14:59
106	62	D33	POUSTHOMY	13:20	14:57	15:01	15:05
102.5	65.5		Le Meynis (LAVAL-ROQUECEZIÈRE)	13:25	15:02	15:06	15:10
97.5	70.5		Crossroad D33-D607	13:33	15:09	15:13	15:18
97	71	D607	La Peyrade (LAVAL-ROQUECEZIÈRE)	13:33	15:09	15:14	15:18
94.5	73.5		Col de Peyronnenc (D607-D89)	13:37	15:13	15:17	15:22
TARN (81)							
87.5	80.5	D89	La Combe du Roule (VIANE)	13:47	15:22	15:27	15:32
87	81		Plantéry (LE MASNAU-MASSUGUIÉS)	13:48	15:23	15:28	15:33
81.5	86.5		La Quintaine (LACAZE) (D89-D81)	13:56	15:30	15:35	15:41
81.5	86.5	D81	La Roubinesque (LACAZE)	13:57	15:30	15:36	15:42
80.5	87.5		Crossroad D81-D89	13:58	15:31	15:37	15:43
76.5	91.5	D89	Crossroad D89-D57	14:03	15:36	15:42	15:48
74.5	93.5		SAINT-PIERRE-DE-TRIVISY (D57-D53-D59)	14:07	15:39	15:45	15:52
70.5	97.5	D59	Côte de Paulhe	14:13	15:45	15:51	15:58
69.5	98.5		Paulhe	14:14	15:46	15:52	15:59
61.5	106.5		MONTREDON-LABESSONNIÉ (D59-VC-D89)	14:26	15:57	16:03	16:11
49.5	118.5	D89	ROQUECOURBE	14:43	16:12	16:20	16:28
44	124		Les Salvages (BURLATS) (D89-D4)	14:51	16:20	16:28	16:36
43.5	124.5	D4	CASTRES (D4-D622-VC-D112)	14:52	16:21	16:28	16:37
33	135	D112	Les Farguettes	15:07	16:35	16:43	16:52
31	137		L'Issartade (FRÉJEVILLE)	15:10	16:37	16:46	16:55
25.5	142.5		VIELMUR-SUR-AGOUT	15:18	16:45	16:53	17:03
22	146		Cross level n°82	15:23	16:49	16:58	17:08
22	146		GUITALENS-L'ALBARÈDE	15:23	16:49	16:59	17:08
16	152		SAINT PAUL CAP DE JOUX	15:32	16:57	17:07	17:17
13	155		La Boissière (TEYSSODE)	15:36	17:01	17:11	17:21
9.5	158.5		Lardenquié (VITERBE)	15:42	17:06	17:16	17:27
3	165		Plaine de Bories	15:51	17:15	17:25	17:36
1.5	166.5		LAVAU (entry)	15:53	17:17	17:27	17:38
0	168		LAVAU	15:56	17:19	17:29	17:41

DISTANCE FROM NEUTRALISED TO OFFICIAL START

5.5km

CATEGORISED CLIMBS

Km 9 - Côte de Luzençon

Climb of 562m at 6.1%

Km 73.5 - Col de Peyronnenc

Climb of 879m at 3.9%

Km 97.5 - Côte de Paulhe

Climb of 591m at 7%

RELAIS-ÉTAPE

Place de la Résistance
81220 Saint Paul Cap de Joux
Km 152

ROUTE FOR NON-RACE VEHICLES

Leave via the off-course (hors course) parking (don't go onto the course). Go in the opposite direction used to access the start area to join the D911 heading for Rodez-A75. At the Les Bergers roundabout (giving access to junction 45 on the A75), stay on the D911 towards Saint Bazély. Stay with the D911 towards Cahors-Albi via Pont de Salars. At La Primaube, head towards Albi on the D888 then the N88 (via Baraqueville). At Albi, take the N88 and then the A68 towards Toulouse. Leave the A68 at junction 6 "Saint Sulpice". Head for Lavaur on the D630. At Lavaur, head towards "Centre Ville" on Avenue Charles de Gaulle (D112), then follow the arrows to reach the parking areas at the finish.

Total distance: 185km