

ITINERARY TIMETABLE

KM		STAGE 9				TIMETABLE			
To be run	Run				Caravan	42 kph	40 kph	38 kph	
PYRÉNÉES-ATLANTIQUES (64)									
		VC	PAU		10:30	12:15	12:15	12:15	
			JURANÇON (VC-D802)						
153	0	D802	PAU		10:50	12:35	12:35	12:35	
150.5	2.5		LAROIN		10:53	12:38	12:38	12:38	
149	4		ARTIGUELOUVE (D802-D804-D146)		10:55	12:40	12:40	12:40	
143.5	9.5	D146	Côte d'Artiguelouve		11:03	12:49	12:50	12:48	
141	12		Lamasouère (AUBERTIN) (near)		11:06	12:51	12:52	12:51	
140.5	12.5		LACOMMANDE (D146-D34)		11:07	12:52	12:53	12:52	
138.5	14.5	D34	Quartier Cabirou (MONEIN)		11:09	12:55	12:56	12:54	
133.5	19.5		LASSEUBE (D34-D24)		11:16	13:01	13:02	13:01	
127	26	D24	ESTIALESCQ (near)		11:26	13:10	13:11	13:11	
123	30		GOËS		11:31	13:14	13:16	13:16	
122	31		OLORON SAINTE MARIE (D24-D6-VC-D24-D919)		11:33	13:16	13:18	13:18	
117	36	D919	Saint-Pée-d'en-Haut		11:40	13:23	13:25	13:25	
112	41		Féas (ANCE-FÉAS) (D919)		11:47	13:29	13:31	13:32	
110.5	42.5		Ance (ANCE-FÉAS)		11:49	13:31	13:34	13:34	
108.5	44.5		Serreuilhe		11:52	13:33	13:36	13:37	
106.5	46.5		ARAMITS (D919-D918)		11:55	13:36	13:39	13:40	
103	50	D918	LANNE-EN-BARÉTOUS (D918-VC-D918)		12:00	13:41	13:44	13:45	
101.5	51.5		Crossroad D918-D632		12:02	13:43	13:46	13:47	
84.5	68.5	D632	Station d'Issarbe		12:40	14:16	14:21	14:25	
84	69		Col de la Hourcère (1 440 m)		12:42	14:17	14:23	14:27	
79	74		Col de Suscousse (SAINTE-ENGRÂCE) (D632-D113)		12:47	14:22	14:28	14:32	
75	78	D113	Col de Soudet (D113-D132)		12:57	14:31	14:37	14:42	
60.5	92.5	D132	La Mouline		13:13	14:46	14:53	14:58	
54.5	98.5		ARETTE (D132-VC-D918) (entry)		13:23	14:54	15:02	15:08	
54	99		ARETTE		13:23	14:54	15:02	15:08	
51.5	101.5	D918	Lachègue		13:27	14:58	15:06	15:12	
48	105		Crossroad D918-D241		13:32	15:03	15:10	15:17	
42	111	D241	LOURDIOS-ICHÈRE		13:41	15:11	15:19	15:26	
37.5	115.5		Col d'Ichère		13:52	15:20	15:29	15:37	
32.5	120.5		Crossroad D241-N134		13:58	15:26	15:35	15:43	
31	122	N134	SARRANCE (N134-D238)		14:00	15:28	15:37	15:45	
27.5	125.5	D238	ESCOT (D238-D294)		14:05	15:32	15:42	15:50	
21.5	131.5	D294	Le Moulin de Barescou		14:20	15:45	15:55	16:05	
18	135		Col de Marie Blanque (1 035 m) 		14:30	15:53	16:05	16:15	
13	140		Le Benou		14:36	15:59	16:11	16:21	
11	142		BILHÈRES-EN-OSSAU		14:39	16:02	16:14	16:24	
8	145		BIELLE (D294-D2934 B)		14:43	16:05	16:17	16:28	
4.5	148.5	D934 B	Crossroad D934 B-VC		14:47	16:09	16:21	16:32	
4	149	VC	GÈRE-BÉLESTEN		14:48	16:09	16:21	16:33	
3	150		Labayle (VC-D934)		14:49	16:11	16:23	16:34	
0	153	D934	LARUNS		14:53	16:15	16:27	16:38	

DISTANCE FROM NEUTRALISED TO OFFICIAL START

9.4km

CATEGORISED CLIMBS

Km 9.5 - Côte d'Artiguelouve

Climb of 2.3km at 4.5%

Km 69 - Col de la Hourcère

Climb of 11.1km at 8.8%

Km 78 - Col de Soudet

Climb of 3.8km at 8.5%

Km 115.5 - Col d'Ichère

Climb of 4.2km at 7%

Km 135 - Col de Marie Blanque

Climb of 7.7km at 8.6%

RELAIS-ÉTAPE

Plaine sportive de Saint-Pée,

64400 Oloron-Sainte-Marie

Km 31

ROUTE FOR

NON-RACE VEHICLES

Exit from the hors course parking area (don't go onto the race route).

Take Avenue du Général Poeymirau

then Avenue de Barèges towards

Bizanos. At Bizanos, continue along

Place Gambetta, Rue Georges

Clemenceau, Avenue Albert 1^{er} and then

the D100 E to join the D802 (Rocade

Sud de Pau) heading for Zaragoza.

At Jurançon, continue towards

Zaragoza on the N134. At Gan (Sud de

Gan roundabout), leave the N134 and

head towards Laruns on the D934 via

Rébénacq and then Louvie Juzon.

Entry point onto the race route:

D934-D2934 B - VC roundabout (near

Gère Belesten), 5km from the finish line.

Total distance: 45km

RESTRICTIONS

ON THE CARAVAN

Km 0.5 (of the neutralised course) -

Pau, pont Oscar

Passage under a low bridge (3.85m).

Detour before this at the start line

Km 105.5 to 110.5 (Lourdios-Ichère)

Km 122 (Sarrance) at 124

Sensitive natural areas

No PA use