


ITINERARY TIMETABLE


KM		STAGE 5			TIMETABLE			
To be run	Run			Caravan	41kph	39kph	37kph	
PYRÉNÉES-ATLANTIQUES (64)								
		VC	PAU (VC-D802)		11:05	13:05	13:05	13:05
162.7	0	D802	PAU		11:25	13:25	13:25	13:25
161.1	1.6		LAROIN (D802-D803-D217)		11:28	13:27	13:27	13:27
158.8	3.9	D217	Hameau de la Forge (SAINT-FAUST)		11:31	13:30	13:30	13:30
154.5	8.2		Vallée de Las Hies (JURANÇON)		11:38	13:35	13:36	13:36
151.5	11.2		Crossroad D217-D24		11:43	13:39	13:40	13:41
149.4	13.3	D24	Haut de Bauch (GAN, LASSEUBE)		11:47	13:42	13:43	13:44
146.6	16.1		Brana		11:51	13:46	13:46	13:47
144.7	18		LASSEUBE (D24-D34-D24)		11:54	13:48	13:49	13:50
137.8	24.9		ESTIALESCQ (near)		12:05	13:57	13:58	14:00
134	28.7		GOËS		12:11	14:02	14:03	14:05
132.4	30.3		OLORON-SAINTE-MARIE (D24-D6-VC-D24-D919)		12:14	14:04	14:05	14:07
127.7	35	D919	Saint-Pée-de-Haut (OLORON-SAINTE-MARIE)		12:22	14:10	14:12	14:14
122.9	39.8		Féas (ANCE FÉAS)		12:29	14:16	14:18	14:20
121.1	41.6		Ance (ANCE FÉAS)		12:32	14:18	14:20	14:23
117.4	45.3		ARAMITS		12:38	14:23	14:25	14:28
115.4	47.3		Crossroad D919-D918		12:42	14:25	14:28	14:31
113.9	48.8	D918	LANNE-EN-BARÉTOUS		12:44	14:27	14:30	14:33
113.9	48.8	D918	LANNE-EN-BARÉTOUS		12:44	14:27	14:30	14:33
108.1	54.6		MONTORY		12:54	14:35	14:38	14:41
104.5	58.2		Tardets (TARDETS-SORHOLUS) (D918-D26)		12:59	14:39	14:42	14:46
102.3	60.4	D26	Laguinge (LICHANS-SUNHAR)		13:03	14:42	14:46	14:49
99.4	63.3		Licq (LICQ-ATHÉREY)		13:08	14:46	14:49	14:53
97	65.7		Crossroad D26-D113		13:11	14:49	14:52	14:57
93.2	69.5	D113	Quartier Arria		13:18	14:54	14:58	15:02
91.8	70.9		SAINTE-ENGRÂCE-CASERNES		13:20	14:55	15:00	15:04
89.9	72.8		Gorges de Kakuetta (near)		13:23	14:58	15:03	15:07
87.4	75.3		SAINTE-ENGRÂCE-Bourg-Quartier Calla		13:27	15:05	15:10	15:16
86.7	76		Quartier Senta		13:28	15:07	15:12	15:18
81.7	81		Plateau d'Iratzordoky		13:36	15:21	15:27	15:35
79	83.7		Col de Suscouse		13:41	15:28	15:35	15:44
75.2	87.5		Crossroad D113-D132		13:47	15:39	15:47	15:56
75.2	87.5		Col de Soudet (1,540m)		13:47	15:39	15:47	15:56
60.8	101.9	D132	La Mouline		14:10	15:52	16:01	16:11
54.5	108.2		ARETTE (D132-VC-D918)		14:20	16:00	16:09	16:19
51.9	110.8	D918	Lachègue		14:25	16:04	16:13	16:24
48.4	114.3		Crossroad D918-D241		14:30	16:09	16:19	16:30
42.5	120.2	D241	LOURDIOS-ICHÈRE		14:40	16:19	16:29	16:40
37.9	124.8		Col d'Ichère		14:47	16:29	16:40	16:52
32.8	129.9		Crossroad D241-N134		14:56	16:35	16:46	16:59
31.3	131.4	N134	SARRANCE		14:58	16:37	16:48	17:01
28.2	134.5		Crossroad N134-D238		15:03	16:40	16:51	17:04
28.1	134.6	D238	ESCOT (D238-D294)		15:03	16:40	16:52	17:05
22.1	140.6	D294	Moulin de Barescou		15:13	16:53	17:05	17:19
18.5	144.2		Col de Marie Blanque (1,035m)	 	15:19	17:02	17:15	17:30
13.3	149.4		Le Benou		15:27	17:07	17:21	17:36
7.3	155.4		Crossroad D294-D2934 B		15:37	17:13	17:27	17:43
7.3	155.4	D2934 B	BIELLE		15:37	17:14	17:27	17:43
4.9	157.8		Monplaisir (GÈRE-BÉLESTEN) (D2934 B-VC)		15:41	17:16	17:30	17:46
4.6	158.1	VC	Bourg de Bélesten (GÈRE-BÉLESTEN)		15:41	17:16	17:30	17:46
3.4	159.3		Crossroad VC-D934		15:43	17:18	17:31	17:47
0	162.7	D934	LARUNS		15:49	17:21	17:35	17:51

DISTANCE FROM NEUTRALISED TO OFFICIAL START

9.1km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 87.5 - Col de Soudet**
Climb of 15.2km at 7.2%

 **km 124.8 - Col d'Ichère**
Climb of 4.2km at 7%

 **km 144.2 - Col de Marie Blanque**
 Climb of 7.7km at 8.6%

RELAIS-ÉTAPE

Car park of the Plaine sportive de Saint-Pée
64440 Oloron-Sainte-Marie
Km 30.3

ROUTE FOR NON-RACE VEHICLES

Leave from the off-course (hors course) parking zone. Take Rue du Maquis de Béarn, Rue Bayard and Rue de Liège then enter the neutralised route on Avenue de la Résistance and Boulevard d'Alsace-Lorraine. At the crossroads with Rue Bordeu (after 1.2km on the neutralised route), continue straight on Boulevard d'Alsace-Lorraine, Rue de Batsalle, Avenue Edouard VII, Avenue du Général Poeymirau, Avenue de Barèges, Bizanos, Rue Georges Clemenceau, Avenue Albert 1^{er}, D802 (ring road) then the N134 towards Laruns. Coming from the N134, taken the D934 (to Gan) and continue on the D934 until the entry point onto the race route.

Entry point onto the race route:
Crossroads of D934 and D2934 B, 5km from the finish line.

Total distance: 41km