

# ITINERARY TIMETABLE

KM		STAGE 5			TIMETABLE			
To be run	Run			Caravan	41kph	39kph	37kph	
<b>PYRÉNÉES-ATLANTIQUES (64)</b>								
		VC	PAU (VC-D802)		11:05	13:05	13:05	13:05
<b>162.7</b>	<b>0</b>	<b>D802</b>	<b>PAU</b>		<b>11:25</b>	<b>13:25</b>	<b>13:25</b>	<b>13:25</b>
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
<b>113.9</b>	<b>48.8</b>	<b>D918</b>	<b>LANNE-EN-BARÉTOUS</b>		<b>12:44</b>	<b>14:27</b>	<b>14:30</b>	<b>14:33</b>
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 Kakueta (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 Suscousse		13:41	15:28	15:35	15:44
75.2	87.5		Crossroad D113-D132		13:47	15:39	15:47	15:56
<b>75.2</b>	<b>87.5</b>		<b>Col de Soudet (1,540m)</b>		<b>13:47</b>	<b>15:39</b>	<b>15:47</b>	<b>15:56</b>
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
<b>37.9</b>	<b>124.8</b>		<b>Col d'Ichère</b>		<b>14:47</b>	<b>16:29</b>	<b>16:40</b>	<b>16:52</b>
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
<b>18.5</b>	<b>144.2</b>		<b>Col de Marie Blanque (1,035m)</b>		<b>15:19</b>	<b>17:02</b>	<b>17:15</b>	<b>17:30</b>
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
<b>0</b>	<b>162.7</b>	<b>D934</b>	<b>LARUNS</b>		<b>15:49</b>	<b>17:21</b>	<b>17:35</b>	<b>17:51</b>

## 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<sup>er</sup>, 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