


# ITINERARY TIMETABLE

KM		STAGE 17		TIMETABLE			
To be run	Run			Caravan	36kph	34kph	32kph
<b>HAUTE-SAVOIE (74)</b>							
		<b>D902</b>	<b>SAINT-GERVAIS MONT-BLANC</b> 	<b>10:20</b>	<b>12:20</b>	<b>12:20</b>	<b>12:20</b>
			Crossroad D902-D909				
<b>165.7</b>	<b>0</b>	<b>D909</b>	<b>SAINT-GERVAIS MONT-BLANC</b> 	<b>10:30</b>	<b>12:30</b>	<b>12:30</b>	<b>12:30</b>
163.8	1.9		Gemoëns (COMBLOUX)	10:33	12:32	12:32	12:32
162.8	2.9		Crossroad D909-D1212	10:35	12:33	12:34	12:34
161.2	4.5	D1212	DEMI-QUARTIER	10:38	12:35	12:36	12:36
160.8	4.9		MEGÈVE	10:39	12:36	12:36	12:36
155.8	9.9		PRAZ-SUR-ARLY	10:48	12:42	12:42	12:43
<b>SAVOIE (73)</b>							
152.3	13.4		Panloup (FLUMET)	10:55	12:46	12:47	12:47
151.5	14.2		Le Curtillet (FLUMET)	10:57	12:47	12:48	12:49
150.7	15		La Fressette (FLUMET) (D1212-D218 B)	10:58	12:48	12:49	12:49
148.6	17.1	D218 B	NOTRE-DAME-DE-BELLECOMBE	11:02	12:53	12:54	12:55
147.6	18.1		Le Tovet	11:04	12:55	12:57	12:58
145.7	20		Les Favrays	11:07	13:00	13:02	13:04
145.3	20.4		Le Mont-Rond	11:08	13:01	13:03	13:05
143.2	22.5		Les Frasses	11:12	13:06	13:08	13:11
<b>137.3</b>	<b>28.4</b>		<b>Col des Saisies (1,650m)</b> 	<b>11:23</b>	<b>13:20</b>	<b>13:24</b>	<b>13:28</b>
137.3	28.4		Les Saisies (HAUTELUCE)	11:23	13:20	13:24	13:28
133.6	32.1		Nantailly (HAUTELUCE)	11:30	13:23	13:27	13:31
125.9	39.8		Champtardy (VILLARD-SUR-DORON)	11:44	13:30	13:34	13:39
122.8	42.9		La Pierre	11:50	13:33	13:37	13:42
121.9	43.8		Crossroad D218 B-D925	11:52	13:34	13:38	13:42
120.1	45.6	D925	BEAUFORT	11:55	13:36	13:40	13:45
<b>119.7</b>	<b>46</b>		<b>BEAUFORT</b> 	<b>11:56</b>	<b>13:37</b>	<b>13:41</b>	<b>13:45</b>
115.2	50.5		La Têtaz	12:05	13:47	13:52	13:58
112.9	52.8		Beaubois	12:09	13:53	13:58	14:05
107	58.7		Col du Méraillet	12:20	14:07	14:14	14:22
105.3	60.4		Belvédère du Lac de Roselend	12:23	14:12	14:19	14:28
101.8	63.9		Plan de la Lai	12:30	14:21	14:29	14:38
<b>99</b>	<b>66.7</b>		<b>Cormet de Roselend (1,968m) (D925-D902)</b> 	<b>12:35</b>	<b>14:27</b>	<b>14:36</b>	<b>14:46</b>
84.9	80.8	D902	Bonneval-les-Bains	13:01	14:40	14:49	15:00
82	83.7		Le Châtelard	13:07	14:43	14:52	15:03
81.1	84.6		La Grange	13:08	14:43	14:53	15:03
80.8	84.9		La Côte	13:09	14:44	14:53	15:04
80.2	85.5		BOURG-SAINT-MAURICE LES ARCS (D902-D1090-N90)	13:10	14:44	14:53	15:04
74.9	90.8	N90	Bonconseil (LA PLAGNE TARENTAISE)	13:20	14:51	15:00	15:11
72.1	93.6		Bellentre (LA PLAGNE TARENTAISE)	13:25	14:54	15:04	15:15
71	94.7		Le Gothard (LA PLAGNE TARENTAISE)	13:34	15:01	15:11	15:22
67.3	98.4		Aime (AIME-LA-PLAGNE) (N90-D990-D220)	13:37	15:03	15:13	15:24
65.8	99.9	D220	Crossroad D220-D88	13:37	15:03	15:13	15:24
65.7	100	D88	Bonnegarde (LA PLAGNE TARENTAISE)	13:48	15:11	15:21	15:33
60	105.7		Longefoy (AIME-LA-PLAGNE)	13:48	15:11	15:21	15:33
<b>60</b>	<b>105.7</b>		<b>Côte de Longefoy (1,174m)</b> 	<b>13:48</b>	<b>15:11</b>	<b>15:21</b>	<b>15:33</b>
55.3	110.4		NOTRE-DAME-DU-PRÉ	13:57	15:16	15:27	15:39
55.1	110.6		Col du Tra	13:57	15:16	15:27	15:39
50.5	115.2		Montmagny (near)	14:06	15:21	15:32	15:45
46	119.7		Les Plaines (D88-N90)	14:14	15:26	15:37	15:50
45	120.7	N90	Pomblière (SAINT-MARCEL) (near)	14:16	15:28	15:39	15:51
40.6	125.1		MOÛTIERS (N90-D915)	14:25	15:33	15:44	15:57
40.2	125.5	D915	Salins-les-Thermes (SALINS-FONTAINE)	14:25	15:33	15:44	15:58
35.6	130.1		BRIDES-LES-BAINS	14:34	15:39	15:50	16:04
33.9	131.8		Vignotan	14:37	15:42	15:54	16:07
32.9	132.8		La Perrière	14:39	15:45	15:57	16:10

## DISTANCE FROM NEUTRALISED TO OFFICIAL START



3.5km

## CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 28.4 - Col des Saisies**  
Climb of 13.4km at 5.1%

 **km 66.7 - Cormet de Roselend**  
Climb of 19.9km at 6%

 **km 105.7 - Côte de Longefoy**  
Climb of 6.6km at 7.5%

 **km 159.1 - Col de la Loze**  
 **Souvenir Henri Desgrange**  
Climb of 28.1km at 6%

## RELAIS-ÉTAPE

Car park as you enter the ski station  
73120 Courchevel  
**Km 143**

## ROUTE FOR NON-RACE VEHICLES

Exit point after 14.9km on the race route (crossroads of D1212 and D218 B). Continue straight on the D1212 towards Albertville. Approaching Albertville, take the N90 towards Moûtiers. Enter the race route at the N90, D915, D89 roundabout. After 15km, at Courchevel-Le Praz, leave the race route, going left on the D91. At Courchevel 1850, turn left on Rue de la Croisette, Rue de l'Église, Rue de Bellecôte, Rue de Nougentil and then the Rue de l'altiport.

### Entry point onto the race route:

Crossroads of Route du Col de la Loze and Route de l'altiport

**Total distance:** 78km

## RESTRICTION ON THE CARAVAN

### Km 159 - Col de la Loze

Narrow and steep road. Diversion for large vehicles at km 140.5



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KM		STAGE 17		TIMETABLE			
To be run	Run			Caravan	36kph	34kph	32kph
30.9	134.8		Le Grand Carrey (D915-D91 A)	14:43	15:50	16:03	16:17
29.2	136.5	D91 A	Le Fontanil	14:46	15:55	16:08	16:23
27.4	138.3		Saint-Bon-Tarentaise	14:49	15:59	16:13	16:29
25.2	140.5		COURCHEVEL-Le Praz (D91 A-D98)	14:53	16:06	16:20	16:36
24	141.7	D98	Le Tal	14:56	16:09	16:23	16:40
23.1	142.6		La Tania	14:57	16:11	16:26	16:43
21	144.7		Creux Loup (LES ALLUES)	15:01	16:17	16:32	16:50
20	145.7		Le Plantin (LES ALLUES)	15:03	16:20	16:36	16:54
19	146.7		Méribel-Village (LES ALLUES)	15:05	16:23	16:38	16:57
17.9	147.8		Crossroad D98-D90	15:07	16:26	16:42	17:01
17.4	148.3	D90	Mussillon (LES ALLUES)	15:08	16:27	16:43	17:02
16.8	148.9		Méribel (LES ALLUES) (D90-VC)	15:09	16:28	16:45	17:04
13.7	152	VC	Rond-point des Pistes (LES ALLUES)	15:15	16:37	16:54	17:15
<b>6.6</b>	<b>159.1</b>		<b>Col de la Loze (2,304m)</b> <b>Souvenir Henri Desgrange</b>	<b>15:28</b>	<b>16:56</b>	<b>17:16</b>	<b>17:38</b>
2.4	163.3		Les Verdon	15:36	17:00	17:20	17:43
0.7	165		Chalets de Pralong	15:39	17:02	17:21	17:44
0.4	165.3		Altiport de Courchevel	15:40	17:02	17:22	17:45
<b>0</b>	<b>165.7</b>		<b>COURCHEVEL</b>	<b>15:41</b>	<b>17:03</b>	<b>17:22</b>	<b>17:45</b>

# PARTICULAR PROFILE

## COL DE LA LOZE - COURCHEVEL

