






ITINERARY TIMETABLE

| KM | | STAGE 5 | | TIMETABLE | | | |
|--------------------|-------|---------|--|-----------|-------|-------|-------|
| To be run | Run | | | Caravan | 47kph | 45kph | 43kph |
| SAVOIE (73) | | | | | | | |
| | | D906 | SAINT-JEAN-DE-MAURIENNE (D906-VC-D906-D1006)  | 11:20 | 13:20 | 13:20 | 13:20 |
| 177.4 | 0 | D1006 | SAINT-JEAN-DE-MAURIENNE  | 11:30 | 13:30 | 13:30 | 13:30 |
| 171.7 | 5.7 | | SAINT-AVRE (near) | 11:38 | 13:37 | 13:38 | 13:38 |
| 148.4 | 29 | | Aiguebelle (VAL-D'ARC) | 12:10 | 14:07 | 14:09 | 14:10 |
| 126.7 | 50.7 | | ARBIN | 12:41 | 14:35 | 14:38 | 14:41 |
| 125.5 | 51.9 | | MONTMÉLIAN | 12:42 | 14:36 | 14:39 | 14:42 |
| 120 | 57.4 | | CHIGNIN | 12:50 | 14:43 | 14:46 | 14:50 |
| 118.2 | 59.2 | | SAINT-JEOIRE-PRIEURÉ | 12:53 | 14:46 | 14:49 | 14:53 |
| 116.3 | 61.1 | | CHALLES-LES-EAUX | 12:55 | 14:48 | 14:51 | 14:55 |
| 112.4 | 65 | | LA RAVOIRE | 13:01 | 14:53 | 14:57 | 15:01 |
| 111.8 | 65.6 | | BARBERAZ | 13:01 | 14:54 | 14:57 | 15:01 |
| 111.1 | 66.3 | | CHAMBÉRY (D1006-VC-D1006) | 13:02 | 14:55 | 14:58 | 15:02 |
| 107.2 | 70.2 | | COGNIN | 13:08 | 15:00 | 15:04 | 15:08 |
| 102.8 | 74.6 | | La Cascade (SAINT-CASSIN) | 13:14 | 15:05 | 15:09 | 15:14 |
| 102.7 | 74.7 | | Cross level n°34 | 13:14 | 15:05 | 15:09 | 15:14 |
| 99.1 | 78.3 | | SAINT-THIBAUD-DE-COUZ | 13:19 | 15:10 | 15:14 | 15:19 |
| 96.9 | 80.5 | | Les Gros Louis | 13:22 | 15:13 | 15:17 | 15:22 |
| 94.7 | 82.7 | | Col de Couz (SAINT-JEAN-DE-COUZ) | 13:25 | 15:15 | 15:20 | 15:25 |
| 87.4 | 90 | | LES ÉCHELLES | 13:35 | 15:25 | 15:30 | 15:35 |
| 85 | 92.4 | | La Vieille Poste | 13:39 | 15:28 | 15:33 | 15:39 |
| 77.9 | 99.5 | | SAINT-BÉRON (D1006-D203) | 13:49 | 15:37 | 15:43 | 15:49 |
| 77 | 100.4 | D203 | Cross level n°23 | 13:50 | 15:38 | 15:44 | 15:50 |
| 74.9 | 102.5 | | LA BRIDOIRE (D203-D921E) | 13:53 | 15:41 | 15:47 | 15:53 |
| 72.8 | 104.6 | D921 E | Côte du Cheval Blanc  | 13:56 | 15:43 | 15:49 | 15:56 |
| 70.5 | 106.9 | | Crossroad D921 E-D921 F | 13:59 | 15:46 | 15:53 | 15:59 |
| 70.2 | 107.2 | D921 F | Crossroad D921 F-D36 | 14:00 | 15:47 | 15:53 | 16:00 |
| 69.5 | 107.9 | D36 | DOMESSIN (D36-D38) | 14:01 | 15:48 | 15:54 | 16:01 |
| 67 | 110.4 | D38 | Crossroad D38-D35 | 14:04 | 15:51 | 15:57 | 16:04 |
| 66.2 | 111.2 | D35 | Les Chaudannes (BELMONT-TRAMONET (D35-D916 A)) | 14:05 | 15:52 | 15:58 | 16:05 |
| 60.5 | 116.9 | D916 A | Saint-Genix-sur-Guiers (SAINT-GENIX-LES-VILLAGES) (D916 A-D1516) | 14:13 | 15:59 | 16:06 | 16:13 |
| ISÈRE (38) | | | | | | | |
| 59.7 | 117.7 | D1516 | Gare de L'Est (SAINT-GENIX-LES-VILLAGES) | 14:14 | 16:00 | 16:07 | 16:14 |
| 59.1 | 118.3 | | AOSTE (D1516-VC-D592) | 14:15 | 16:01 | 16:08 | 16:15 |
| 54.2 | 123.2 | D592 | AOSTE (SAINT-DIDIER)  | 14:22 | 16:07 | 16:14 | 16:22 |
| AIN (01) | | | | | | | |
| 52.4 | 125 | D992 | Crossroad D992-D19 | 14:24 | 16:10 | 16:17 | 16:24 |
| 50.9 | 126.5 | D19 | La Bruyère (BRÉGNIER-CORDON) | 14:26 | 16:11 | 16:19 | 16:26 |
| 43.2 | 134.2 | | Saint-Benoît (GROSLÉE-SAINT-BENOIT) | 14:37 | 16:21 | 16:29 | 16:37 |
| 39.8 | 137.6 | | Le Port de Groslée (GROSLÉE-SAINT-BENOIT) | 14:42 | 16:26 | 16:33 | 16:42 |
| 37.7 | 139.7 | | Crossroad D19-D79 | 14:45 | 16:28 | 16:36 | 16:45 |
| 34.7 | 142.7 | D79 | LHUIS (D79-VC) | 14:49 | 16:32 | 16:40 | 16:49 |
| 34.6 | 142.8 | | Côte de Lhuis  | 14:49 | 16:32 | 16:40 | 16:49 |
| 27.9 | 149.5 | VC | Vézizieu (BRIORD) (VC-D79) | 14:59 | 16:41 | 16:49 | 16:59 |
| 25.6 | 151.8 | D79 | Les Granges (MONTAGNIEU) (D79-D19) | 15:02 | 16:44 | 16:52 | 17:02 |
| 24.1 | 153.3 | D19 | SERRIÈRES-DE-BRIORD | 15:04 | 16:46 | 16:54 | 17:04 |
| 19.1 | 158.3 | | VILLEBOIS | 15:11 | 16:52 | 17:01 | 17:11 |
| 17.7 | 159.7 | | SAULT-BRÉNAZ (D19-D122-D52N) | 15:13 | 16:54 | 17:03 | 17:13 |
| ISÈRE (38) | | | | | | | |
| 16.4 | 161 | D52 N | Crossroad D52 N-D1075 | 15:15 | 16:55 | 17:05 | 17:15 |
| 12.5 | 164.9 | D1075 | VERTRIEU | 15:20 | 17:00 | 17:10 | 17:20 |
| AIN (01) | | | | | | | |
| 10.4 | 167 | | Crossroad D1075-D20 | 15:23 | 17:03 | 17:13 | 17:23 |
| 2.8 | 174.6 | D20 | Crossroad D20-D124 | 15:34 | 17:13 | 17:23 | 17:34 |
| 2.3 | 175.1 | D124 | Crossroad D124-D77 | 15:34 | 17:13 | 17:23 | 17:34 |
| 0 | 177.4 | D77 | SAINT-VULBAS  | 15:37 | 17:16 | 17:26 | 17:37 |

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
4.6km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 104.6 - Côte du Cheval Blanc**
Climb of 1.5km at 4.3%

 **km 142.8 - Côte de Lhuis**
Climb of 3km at 4.8%

RELAIS-ÉTAPE

Parking 178
Route de Belley
38490 Aoste
Km 120.2

ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route). Leave Rue Henri Falcoz via Place du Général Ferrié, Rue Germain Sommeiller, the Cizeron bridge, Aluminium roundabout, the D77 and D1006 to reach junction 27 on the A43 towards Chambéry. At Chambéry, continue on the N201 and then rejoin the A43 at La Verpillière. Leave the A43 and take the A432 towards Paris and then the A42 towards Strasbourg. Leave the A42 at junction 7 (Pérourges) and continue on the D124.

Entry point onto the race route: Crossroads of the D124, D77 and D124, 2.5km from the finish line

Total distance: 198km