

ITINERARY TIMETABLE

KM		STAGE 6			TIMETABLE			
Toberun	Run				Caravan	39kph	37kph	35kph
FRANCE								
LOIRE (42)								
		VC	MONTBRISON (VC-D5-D496-VC-D5)	NEUTRALISED START	11:35	13:35	13:35	13:35
			SAVIGNEUX (VC-D5-VC-D5-VC-D496-D5)					
153.4	0	D5	MONTBRISON	OFFICIAL START	12:30	13:45	13:45	13:45
152.5	0.9		Les Alliés (SAINT-THOMAS-LA-GARDE)		12:32	13:46	13:46	13:47
150.7	2.7		SAINT-GEORGES-HAUTE-VILLE (D5-D107)		12:35	13:49	13:49	13:50
149.3	4.1	D107	SAINT-ROMAIN-LE-PUY (D107-D3107-D95)		12:37	13:51	13:52	13:52
145.4	8	D95	SURY-LE-COMTAL (près de)		12:44	13:57	13:58	13:59
141.9	11.5		SAINT-MARCELLIN-EN-FOREZ (D95-D102-D498)		12:50	14:03	14:04	14:05
137.1	16.3	D498	Crossroads D498-D105		12:58	14:10	14:11	14:13
135.5	17.9	D105	La Gare		13:01	14:12	14:14	14:16
133.4	20		PÉRIGNEUX (D105-D32-D105)		13:04	14:16	14:17	14:19
133.2	20.2		Côte de Périgueux	4	13:05	14:16	14:18	14:20
128.1	25.3		Antouilleux (SAINT-AURICE-EN-GOURGOIS)		13:13	14:24	14:26	14:28
126.8	26.6		Côte de la Prunerie	4	13:16	14:26	14:28	14:31
125.6	27.8	M105	SAINT-AURICE-EN-GOURGOIS (M105-M3)		13:18	14:28	14:30	14:33
119.5	33.9	M3	Cursieux (CALOIRE)		13:28	14:37	14:40	14:43
117.6	35.8		Crossroads M3-M108		13:31	14:40	14:43	14:46
115.2	38.2	M108	SAINT-PAUL-EN-CORNILLON		13:35	14:44	14:47	14:50
HAUTE-LOIRE (43)								
112.7	40.7		AUREC-SUR-LOIRE	11	13:40	14:48	14:51	14:55
111.5	41.9	D46	AUREC-SUR-LOIRE (D46-D45-VC)		13:42	14:49	14:53	14:57
107.1	46.3	VC	Côte d'Aurec	3	13:49	14:56	15:00	15:04
105.2	48.2		LA CHAPELLE-D'AUREC (VC-D471)		13:53	14:59	15:03	15:08
101.5	51.9	D471	Crossroads D471-D12		13:59	15:05	15:09	15:14
98.6	54.8	D12	LA SÉAUVE-SUR-SEMÈNE (D12-D500)		14:04	15:09	15:14	15:19
92.5	60.9	D500	SAINT-PAL-DE-MONS		14:14	15:19	15:24	15:29
89.9	63.5		FLAMINGES (SAINT-PAL-DE-MONS)	5	14:19	15:23	15:28	15:34
85.4	68		Côte de Praneuf	4	14:26	15:29	15:35	15:41
83.1	70.3		MONTFAUCON-EN-VELAY (D500-D105)		14:30	15:33	15:39	15:45
81.3	72.1	D105	MONTFAUCON-EN-VELAY	11	14:33	15:36	15:42	15:48
75.1	78.3		Crossroads D105-D23		14:44	15:45	15:52	15:59
ARDÈCHE (07)								
72.2	81.2	D112	Crossroads D112-D18		14:49	15:50	15:57	16:04
72.1	81.3	D18	Crossroads D18-D112		14:49	15:50	15:57	16:04
70.7	82.7	D112	Crossroads D112-D112 A		14:52	15:52	15:59	16:07
70.1	83.3	D112 A	SAINT-ANDRÉ-EN-VIVARAIS (D112 A-D9)		14:53	15:53	16:00	16:08
67.3	86.1	D9	Crossroads D9-D314		14:58	15:57	16:05	16:13
60.6	92.8	D314	ROCHEPAULE (D314-D214)		15:09	16:08	16:15	16:24
47.9	105.5	D214	LALOUVESC (D214-D532)		15:31	16:27	16:36	16:46
47.8	105.6		Col de Lalouvesc (1 099 m)	2	15:31	16:27	16:36	16:46
42.5	110.9	D532	Col Robert Marchand (PAILHARÈS)		15:40	16:35	16:45	16:55
34.7	118.7		SAINT-FÉLICIEN (D532-D273-VC-D234)		15:53	16:47	16:57	17:08
29.2	124.2	D234	BOZAS	11	16:03	16:56	17:06	17:18
28.5	124.9		Crossroads D234-D578		16:04	16:57	17:08	17:19
23.4	130	D578	Crossroads D578-D209		16:13	17:05	17:16	17:28
19.4	134	D209	BOUCIEU-LE-ROI		16:20	17:11	17:22	17:35
15.9	137.5		Côte de Boucieu-le-Roi (D209-D534)	3	16:26	17:16	17:28	17:41
14.5	138.9	D534	Waste Zone	11	16:28	17:19	17:30	17:43
10.1	143.3		Crossroads D534-D238 B		16:36	17:25	17:37	17:51
9.5	143.9	D238 B	SAINT-BARTHÉLEMY-LE-PLAIN (near) (D238 B-D238)		16:37	17:26	17:38	17:52

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 Km 20.2 - Côte de Périgueux
Climb of 1.4km at 6.2%

4 Km 26.6 - Côte de la Prunerie
Climb of 2.9km at 4.9%

3 Km 46.3 - Côte d'Aurec
Climb of 3.3km at 6.1%

4 Km 68 - Côte de Praneuf
Climb of 1.2km at 6.5%

2 Km 105.6 - Col de Lalouvesc
Climb of 8.6km at 5%

3 Km 137.5 - Côte de Boucieu-le-Roi
Climb of 3.8km at 5.7%

ROUTE FOR NON-RACE VEHICLES

From the parking areas, head in the opposite direction to that used to access the start from the PPO via the D204 and then the D496 towards "A72/St Etienne". At the roundabout, take the second exit (A72) towards "Lyon/St Etienne/Clermont-Ferrand/Thiers/Roanne" and join the A72 heading for "Lyon/St Etienne". After 31km, take the N488 exit towards "A47/Valence/Lyon/St Chamond" and continue on the N88. Stay in the left lane to continue on the A47. After 29km, take the exit towards "A7/Vienne/Valence/Marseille" and join the A7 motorway. Take exit 12 towards "Annonay/Beaurepaire/St Rambert d'Albon/Le Péage de Roussillon". At the roundabout, take the second exit onto "La Prat/D1082". Keep following the D1082. After Pont des Sablons and entering the Ardèche region, take the 5th exit at the roundabout on the D86/Quai Jules Roche towards Tournon-sur-Rhône. Continue on the D36 for 33km, passing through Andance, Sarras, Arras-sur-Rhône and then St-Jean-de-Muzols. Leaving St-Jean-de-Muzols, continue straight ahead to the entry point onto the race route.

Entry point onto the race route:
crossroads/roundabout of the D532 (Route de Lamastre) and D86 (Avenue Maréchal Foch), 650m from the finish line.

Total distance: 150km