

# ITINÉRAIRE HORAIRE



| KILOMÈTRES  |          | ÉTAPE 4 |                                                                                    |               | HORAIRES |         |         |
|-------------|----------|---------|------------------------------------------------------------------------------------|---------------|----------|---------|---------|
| À parcourir | Parcours |         |                                                                                    |               | 41 km/h  | 39 km/h | 37 km/h |
| AIN (01)    |          |         |                                                                                    |               |          |         |         |
|             |          | VC      | CHAZEY-SUR-AIN (VC-D62-D40)                                                        | Départ fictif | 11:35    | 11:35   | 11:35   |
|             |          | D40     | SAINTE-JULIE                                                                       |               |          |         |         |
| 181.0       | 0.0      |         | CHAZEY-SUR-AIN                                                                     | Départ réel ▶ | 11:50    | 11:50   | 11:50   |
| 178.0       | 3.0      |         | Posafol (LAGNIEU) / Terre-pleins centraux                                          | ⚠             | 11:54    | 11:54   | 11:54   |
| 177.0       | 4.0      |         | Carrefour D40-D40 A                                                                |               | 11:55    | 11:56   | 11:56   |
| 175.5       | 5.5      | D40 A   | Carrefour D40 A-D20                                                                |               | 11:57    | 11:58   | 11:58   |
| 175.5       | 5.5      | D20     | Carrefour D20-D40 A                                                                |               | 11:58    | 11:58   | 11:58   |
| 174.0       | 7.0      | D40 A   | SAINT-SORLIN-EN-BUGEY (D40 A-D122) / Terre-pleins centraux + ralentisseurs         | ⚠             | 12:00    | 12:00   | 12:01   |
| 171.0       | 10.0     | D122    | SAULT-BRÉNAZ (D122-D19)                                                            |               | 12:04    | 12:05   | 12:06   |
| 167.5       | 13.5     | D19     | VILLEBOIS / Ralentisseurs                                                          | ⚠             | 12:09    | 12:10   | 12:11   |
| 163.0       | 18.0     |         | SERRIÈRES-DE-BRIORD                                                                |               | 12:16    | 12:17   | 12:19   |
| 161.5       | 19.5     |         | Les Granges (MONTAGNIEU)                                                           |               | 12:18    | 12:20   | 12:22   |
| 159.5       | 21.5     |         | Sur Plaine (BRIORD)                                                                |               | 12:21    | 12:22   | 12:24   |
| 157.5       | 23.5     |         | Fléviu (BRIORD)                                                                    |               | 12:24    | 12:26   | 12:28   |
| 153.0       | 28.0     |         | Rix (LHUIS)                                                                        |               | 12:31    | 12:33   | 12:35   |
| 149.0       | 32.0     |         | Le Port de Groslée (GROSLÉE-SAINT-BENOÎT)                                          |               | 12:36    | 12:39   | 12:41   |
| 145.5       | 35.5     |         | Saint-Benoît (GROSLÉE-SAINT-BENOÎT)                                                |               | 12:42    | 12:44   | 12:47   |
| 137.0       | 44.0     |         | La Bruyère (BRÉGNIER-CORDON)                                                       |               | 12:54    | 12:57   | 13:01   |
| 135.5       | 45.5     |         | Carrefour D19-D592                                                                 |               | 12:57    | 13:00   | 13:04   |
| ISÈRE (38)  |          |         |                                                                                    |               |          |         |         |
| 134.0       | 47.0     | D592    | Saint-Didier (D592-D40-D592)                                                       |               | 12:58    | 13:02   | 13:06   |
| 131.0       | 50.0     |         | AOSTE (D592-D1516-D592)                                                            |               | 13:03    | 13:07   | 13:11   |
| 129.0       | 52.0     |         | CHIMILIN                                                                           |               | 13:06    | 13:09   | 13:14   |
| 128.0       | 53.0     |         | Les Ternes                                                                         |               | 13:07    | 13:11   | 13:15   |
| 126.5       | 54.5     |         | La Libarde (LES ABRETS-EN-DAUPHINÉ)                                                |               | 13:09    | 13:13   | 13:18   |
| 125.0       | 56.0     |         | LES ABRETS EN DAUPHINÉ (D592-D1075)                                                |               | 13:12    | 13:16   | 13:20   |
| 123.0       | 58.0     | D1075   | CHARANCIEU                                                                         |               | 13:15    | 13:19   | 13:24   |
| 121.0       | 60.0     |         | La Bâtie-Divisin (LES ABRETS EN DAUPHINÉ) (D1075-D50)                              |               | 13:17    | 13:22   | 13:27   |
| 117.5       | 63.5     | D50     | Saint-Pierre-de-Paladru                                                            |               | 13:23    | 13:28   | 13:33   |
| 115.5       | 65.5     |         | PALADRU / Ralentisseurs prononcés                                                  | ⚠             | 13:25    | 13:30   | 13:35   |
| 111.5       | 69.5     |         | Vers-Ars (LE PIN)                                                                  |               | 13:31    | 13:36   | 13:42   |
| 110.5       | 70.5     |         | Carrefour D50-D17                                                                  |               | 13:33    | 13:38   | 13:44   |
| 104.5       | 76.5     | D17     | Carrefour D17-D520                                                                 |               | 13:42    | 13:48   | 13:54   |
| 101.5       | 79.5     | D520    | Carrefour D520-D73                                                                 |               | 13:46    | 13:52   | 13:58   |
| 98.5        | 82.5     | D73     | LE GRAND-LEMPES (D73-VC-D73)                                                       |               | 13:50    | 13:57   | 14:04   |
| 95.5        | 85.5     |         | BÉVENAIS (près)                                                                    |               | 13:54    | 14:01   | 14:08   |
| 93.5        | 87.5     |         | LA FRETTE (D73-D1085-D154)                                                         |               | 13:58    | 14:05   | 14:12   |
| 92.0        | 89.0     |         | LA FRETTE                                                                          | 🚰 🗑           | 14:00    | 14:07   | 14:14   |
| 86.5        | 94.5     | D154    | SAINT-ÉTIENNE-DE-SAINT-GEOIRS (D154-D519 C-D518) / Terre-plein central dans virage | ⚠             | 14:08    | 14:15   | 14:23   |
| 84.5        | 96.5     | D518    | Le Matais (près)                                                                   |               | 14:11    | 14:18   | 14:26   |
| 84.0        | 97.0     |         | Cours (SAINT-GEOIRS)                                                               |               | 14:12    | 14:19   | 14:27   |
| 79.0        | 102.0    |         | Col de Toutes Aures                                                                | 4             | 14:19    | 14:27   | 14:35   |
| 74.5        | 106.5    |         | CHASSELAY                                                                          |               | 14:25    | 14:33   | 14:42   |
| 71.0        | 110.0    |         | VARACIEUX / Ralentisseurs + rétrécissement                                         | ⚠             | 14:30    | 14:39   | 14:48   |
| 64.5        | 116.5    |         | SAINT-VÉRAND                                                                       |               | 14:40    | 14:49   | 14:58   |
| 62.5        | 118.5    |         | SAINT-MARCELLIN (D518-D71 K-D518)                                                  |               | 14:43    | 14:52   | 15:02   |
| 56.0        | 125.0    |         | Carrefour D518-D31                                                                 |               | 14:52    | 15:02   | 15:12   |
| 55.5        | 125.5    | D31     | Carrefour D31-D1532                                                                |               | 14:53    | 15:03   | 15:13   |
| 55.5        | 125.5    | D1532   | Carrefour D1532-D31                                                                |               | 14:54    | 15:03   | 15:13   |
| 53.0        | 128.0    | D31     | SAINT-PIERRE-DE-CHÉRENNES                                                          |               | 14:57    | 15:06   | 15:17   |
| 51.5        | 129.5    |         | La Combe                                                                           |               | 14:59    | 15:09   | 15:19   |
| 47.5        | 133.5    |         | Le Guillon                                                                         |               | 15:05    | 15:15   | 15:26   |
| 45.0        | 136.0    |         | LE FAZ                                                                             |               | 15:09    | 15:19   | 15:30   |
| 45.0        | 136.0    |         | Carrefour D31-VC                                                                   |               | 15:09    | 15:19   | 15:30   |
| 37.5        | 143.5    | VC      | Col du Mont Noir                                                                   | HC            | 15:19    | 15:30   | 15:42   |
| 33.0        | 148.0    |         | Carrefour VC-D35 / Virage serré à droite en bas de descente                        | ⚠             | 15:27    | 15:38   | 15:50   |
| 33.0        | 148.0    | D35     | Col de Romeyère                                                                    |               | 15:27    | 15:38   | 15:50   |
| 27.5        | 153.5    |         | RENCUREL                                                                           |               | 15:34    | 15:46   | 15:58   |
| 24.5        | 156.5    |         | La Balme de Rencurel (près)                                                        |               | 15:38    | 15:50   | 16:03   |
| 24.5        | 156.5    |         | Carrefour D35-D531                                                                 |               | 15:38    | 15:50   | 16:03   |
| 24.5        | 156.5    |         | Zone de collecte                                                                   | 🗑             | 15:38    | 15:50   | 16:03   |
| 22.0        | 159.0    | D531    | Gorges de la Bourne                                                                |               | 15:42    | 15:54   | 16:07   |
| 17.5        | 163.5    |         | Les Jarrands (VILLARD-DE-LANS)                                                     |               | 15:49    | 16:01   | 16:15   |
| 13.5        | 167.5    |         | Les Geymonds (VILLARD-DE-LANS)                                                     |               | 15:55    | 16:08   | 16:22   |
| 12.0        | 169.0    | VC      | Les Bonnets (VILLARD-DE-LANS)                                                      |               | 15:57    | 16:10   | 16:24   |
| 12.0        | 169.0    |         | Ville Vieille (VILLARD-DE-LANS)                                                    |               | 15:57    | 16:10   | 16:24   |
| 10.0        | 171.0    |         | Les Girards (VILLARD-DE-LANS)                                                      |               | 16:00    | 16:12   | 16:27   |
| 9.0         | 172.0    |         | Les Hérauds                                                                        |               | 16:01    | 16:14   | 16:28   |
| 8.5         | 172.5    |         | Les Françons                                                                       |               | 16:02    | 16:15   | 16:29   |
| 7.0         | 174.0    |         | Le Peuil (VC-D106-D106 I)                                                          |               | 16:04    | 16:17   | 16:32   |
| 2.0         | 179.0    | D106.I  | Les Barnets                                                                        |               | 16:12    | 16:25   | 16:40   |
| 0.0         | 181.0    |         | LANS-EN-VERCORS                                                                    | 2 🚰 🗑         | 16:14    | 16:28   | 16:43   |

Dénivelé positif ▶ 3 395 mètres