

ROAD BOOK 4KVDA

Site	Point of interest	Time check	Food and beverage point		Bags point & showers	STOP (maximum time)	Equipment	Elevation (asl)	Km distance	Accumulated Km	Faster pace in	faster pace out	Time check IN	Time check OUT	Delay time (h)	AVG Km/h
Cogne	START	CHRONO	***		***			1.531	0,00	0,00	09:00	09:00	08:00 Sat 3Sept	09:00 Sat 3Sept	0	***
Valnontey								1.667	2,8	2,8	09.30 S					
Rifugio Vittorio Sella	Refuge		Food/beverage	A+B				2.585	5,3	8,1	10.30 S					
Col Loson	Col							3.296	4,6	12,7	11.30 S					
Valsavarenche Dégioz		CHRONO	Food/Beverage	A+B+C+D+E				1.654	11,8	24,5	12.00 S					
Col Entrelor	Col							3.002	13,4	37,9	14.00 S					
Rhemes-Notre-Dame		CHRONO	Food/Beverage	A+B+C+D+E				1.738	6,0	43,9	14.30 S					
Col Fenetre	Col							2.854	4,9	48,8	16.00 S					
Rifugio Chalet Epee	Refuge		Food/Beverage	A+B+C+D+E		2 hours		2.366	3,1	51,9	16.30 S					
Valgrisenche	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	1.662	6,7	58,6	17.00 Sat	17.15 Sat	06:00 Sun 4Sept	08:00 Sun 4Sept	21	2,79
Planaval			Food/Beverage	A+B+C+D+E				1.517	5,9	64,5	18.00 S					
Lac du Fond								2.439	5,5	70,0	18.45 S					
Col de la Crosatie	Col							2.829	1,8	71,8	19.30 S					
Promoud			Food/Beverage	A+B+C+D+E+F+I				2.017	3,0	74,8	20.00 S					
Col Passo alto	Col							2.857	3,7	78,5	21.00 S					
Rifugio Deffeyes	Refuge		Food/Beverage	A+B+C+D+E+H		2 hours	emergency beds	2.500	2,8	81,3	21.30 S					
La Joux								1.613	6,3	87,6	22.00 S					
La Thuile		CHRONO	Food/Beverage	A+B+C+D+E+I				1.458	3,6	91,2	22.15 S					
La Youla			Food/Beverage	A+B+C+D				2.051	6,1	97,3	23.15 S					
Col de l'Arp	Col							2.571	3,4	100,7	00.45 D					
Courmayeur	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	1.224	8,4	109,1	02.15 Sun	03.15 Sun	04:00 Mon 5Sept	06:00 Mon 5Sept	20	2,53
Rifugio Bertone	Refuge		Food/Beverage	A+B+C+D		2 hours		1.940	4,8	113,9	04.15 D					
Rifugio Bonatti	Refuge		Food/Beverage	A+B+C+D		2 hours		2.033	7,6	121,5	05.45 D					
Col Malatra	Col							2.936	5,7	127,2	07.15 D					
Rifugio Frassati	Refuge		Food/Beverage	A+B+C+D+H		2 hours		2.537	2,0	129,2	07.30 D					
Merdeux								1.919	1,6	130,8	08.00 D					
Saint-Rhemy-en-Bosses	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G		2 hours	emergency beds	1.522	7,5	138,3	09.15 D					
Ponteille Desot			Food/Beverage	A+B+C+D				1.830	11,6	149,9	11.15 D					
Col Champillon	Col							2.707	4,1	154,0	12.30 D					
Rifugio Letey	Refuge		Food/Beverage	A+B+C+D		2 hours		2.433	1,2	155,2	12.45 D					
Ollomont	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	1.396	5,0	160,2	13.15 Sun	13.45 Sun	03:00 Tue 6Sept	05:00 Tue 6Sept	21	2,43
Berio Damon								1.942	3,9	164,1	14.30 D					
Col Bruson	Col							2.508	2,6	166,7	16.30 D					
Bruson l'Arp								2.091	3,3	170,0	16.50 D					
Oyace	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+G		2 hours	emergency beds	1.463	2,8	172,8	17.15 D					
Vessonaz (Arp Damon)				A+C				2.207	8,0	180,8	18.45 D					
Col Vessonaz	Col							2.788	2,4	183,2	19.15 D					
Bivacco Rosaire Clermont			Food/Beverage	A+C+D+F+H		2 hours	emergency beds	2.705	0,5	183,7	19.25 D					
Col Chaleby	Col							2.693	2,0	185,7	19.50 D					
Rifugio Cuney	Refuge		Food/Beverage	A+B+C+I		2 hours		2.656	2,8	188,5	20.15 D					
Rifugio Magià	Refuge	CHRONO	Food/Beverage	A+B+C+I		2 hours		2.005	2,8	191,3	20.40 D					
Fenetre de Tzan	Col							2.738	4,7	196,0	22.10 D					
Vareton (Torgnon)			Food/Beverage	A+B+C				2.352	5,0	201,0	23.10 D					
Fenetre d'Ersa	Col							2.293	1,2	202,2	23.30 D					
Rifugio Barmasse	Refuge		Food/Beverage	A+B+C		2 hours		2.175	4,2	206,4	00.40 L					
Cretaz (Valtournenche)	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	1.526	4,3	210,7	01.45 Mon	02.15 Mon	03:00 Wed 7Sept	05:00 Wed 7Sept	22	2,3
Cheneil								2.116	3,3	214,0	03.15 L					
Col des Fontaines	Col							2.695	3,0	217,0	04.15 L					
Col di Nana	Col							2.770	1,5	218,5	04.45 L					
Rifugio Grand Tournalin	Refuge		Food/Beverage	A+C+D+H		2 hours		2.535	1,4	219,9	05.15 L					

Champoluc Ayas	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G		2 hours	emergency beds	1.700	8,0	227,9	06.45 L					
Refuge Vieux Crest	Refuge		Food/Beverage	A+B				1.958	2,5	230,4	07.15 L					
Cunéaz								2.095	1,1	231,5	07.40 L					
Col Pinter	Col							2.776	3,7	235,2	09.10 L					
Rifugio Alpenzu	Refuge		Food/Beverage	A+B+C+D		2 hours		1.788	4,6	239,8	10.15 L					
Gressoney-Saint-Jean	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	1.329	6,1	245,9	11.15 Mon	11.45 Mon	23:00 Wed 7Sept	01:00 Thu 8Sept	18	1,96
Loo			Food/Beverage	A+B				1.860	4,8	250,7	13.15 L					
Col Lasoney	Col							2.370	5,5	256,2	14.45 L					
Niel		CHRONO	Food/Beverage	A+B				1.573	3,3	259,5	15.45 L					
Col della Vecchia	Col		Food/Beverage	A+B+C+D+I				2.184	6,3	265,8	16.45 L					
Crena du Ley								2.311	2,4	268,2	17.30 L					
Lago Chiaro			Food/Beverage	A+B+C+D+I				2.096	1,9	270,1	18.15 L					
Col du Marmontana	Col							2.350	1,1	271,2	19.00 L					
Rifugio Mont Mars	Refuge		Food/Beverage	A+B+C+D+F+G+H		2 hours	emergency beds	2.040	4,4	275,6	20.00 L					
Rifugio Coda	Refuge		Food/Beverage	A+B+C				2.224	9,1	284,7	21.30 L					
Sassa (Etoile du berger)	Refuge	CHRONO	Food/Beverage	A+B+C+D		2 hours		1.305	4,5	289,2	22.15 L					
Tour d'Hereraz								586	6,6	295,8	23.00 L					
Perloz			Food/Beverage	A+B+C+D+E				663	1,0	296,8	23.10 L					
Pont-Saint-Martin								340	3,3	300,1	23.45 L					
Donnas	Base camp	CHRONO	Food/Beverage	A+B+C+D+E+F+G	Bags&showers	long time stop	camp beds	330	2,5	302,6	00.15 Tue	00.45 Tue	01:00 Fri 9Sept	03:00 Fri 9Sept	24	2,36
Bard								390	2,5	305,1	01.15 Ma					
Pontboset			Food/Beverage	A+B+C+D				791	6,8	311,9	03.00 Ma					
Chardonney	Base camp		Food/Beverage	A+B+C+D		2 hours		1.450	8,9	320,8	04.45 Ma					
Rifugio Dondena	Refuge	CHRONO	Food/Beverage	A+B+C+D+F+G		2 hours	emergency beds	2.151	5,5	326,3	06.00 Ma					
Rifugio Miserin	Refuge		Food/Beverage	A+B+C+D+H				2.581	3,7	330,0	07.10 Ma					
Col Fenetre de	Col							2.827	2,0	332,0	07.30 Ma					
Rifugio Sogno	Refuge		Food/Beverage	A+B+C+D+I		2 hours		2.534	2,0	334,0	07.50 Ma					
Goilles								1.830	8,8	342,8	08.40 Ma					
Lillaz								1.651	2,0	344,8	08.50 Ma					
Cogne	FINISH	CHRONO	Food/Beverage	A+B+C+D	Bags&showers			1.531	4,5	349,3	09.15 Tue		20:00 Fri 9Sept	***	17	2,75

# Refuge	19	A-hot and cold drinks
# Col	20	B-dry fruits
# Base camp	10	C-salted food
# Chrono	18	D-sweet food
# Food/Beverage	44	E-fresh fruit
# Bags Point	8	F-hot dish
		G-coffee
		H - vegetable soup
		I - broth