

Points	No	Rav.	Pente	Type de sol	D+ (m.)	D- (m.)	V D+ (m/h)	V D- (m/h)	Alt. (m.)	km	vit. equiv. (km/h)	Pause	Durée entre pauses	Heure arrivée	Heure départ	Temps	Barr. hor.	Av. ou ret.	Jour / nuit
Chamonix	1		▣		0	0	0	0	1035	0	0	-	-	18h30mn0s	18h30mn0s	0s	-		☀
Les Gaillands	2		→	■	0	16	-	65	1019	2.1	8.7	-	-	18h44mn40s	18h44mn40s	14mn40s	-		☀
Les Roches	3		↗	■	90	69	393	295	1040	5.6	8.7	-	-	19h12mn28s	19h12mn28s	42mn28s	-		☀
Les Houches	4	🏔	→	■	33	61	390	293	1012	8	8.6	10mn0s	1h0mn1s	19h30mn1s	19h40mn1s	1h0mn1s	-		☀
La Charme	5		↗	■	808	21	595	217	1799	15.1	8.5	-	-	21h7mn18s	21h7mn18s	2h37mn18s	-		☀
Saint Gervais	6	🏔	↘	■	6	998	209	1078	807	21.2	8.4	15mn0s	2h24mn34s	22h4mn36s	22h19mn36s	3h34mn36s	-		🌙
Les Contamines	7	🏔	↗	■	516	163	413	477	1160	31.1	8.2	15mn0s	1h35mn26s	23h55mn2s	10mn2s	5h25mn2s	45mn0s		🌙
Notre-Dame-de-la-Gorge	8		→	■	60	10	140	128	1210	34.9	8.1	-	-	40mn24s	40mn24s	6h10mn24s	-		🌙
La Balme	9	🏔	↗	■	496	0	546	-	1706	39.1	8	15mn0s	1h24mn50s	1h34mn53s	1h49mn53s	7h4mn53s	2h45mn0s		🌙
Col du Bonhomme	10		↗	■	643	20	573	-	2329	42.8	7.9	-	-	2h57mn15s	2h57mn15s	8h27mn15s	-		🌙
Refuge de la Croix du Bonhomme	11		↗	■	210	26	417	278	2433	44.7	7.8	-	-	3h27mn26s	3h27mn26s	8h57mn26s	-		🌙
Les Chapieux - CCAS	12	🏔	↘	■	0	884	-	1057	1549	50.1	7.7	30mn0s	2h27mn43s	4h17mn36s	4h47mn36s	9h47mn36s	6h15mn0s		🌙
Refuge des Mottets	13		↗	■	355	34	381	331	1870	56.3	7.6	-	-	5h49mn42s	5h49mn42s	11h19mn42s	-		🌙
Col de la Seigne	14		↗	■	646	0	571	-	2516	60.5	7.5	-	-	6h57mn31s	6h57mn31s	12h27mn31s	-		☀
Refuge Elisabetta	15		↘	■	0	366	-	827	2150	63.6	7.4	-	-	7h24mn4s	7h24mn4s	12h54mn4s	-		☀
Lac Combal	16	🏔	↘	■	0	180	-	905	1970	65	7.4	15mn0s	2h48mn23s	7h36mn0s	7h51mn0s	13h6mn0s	10h0mn0s		☀
Arete Mont Favre	17		↘	■	465	0	463	-	2435	69	7.3	-	-	8h51mn19s	8h51mn19s	14h21mn19s	-		☀
Col Checrouit - Maison Vieille	18	🏔	↘	■	25	507	460	825	1953	73.4	7.2	10mn0s	1h40mn28s	9h31mn28s	9h41mn28s	15h1mn28s	-		☀
Courmayeur (Ctré Sports Dolonn)	19	🏔	↘	■	0	763	-	952	1190	77.8	7.1	45mn0s	48mn5s	10h29mn34s	11h14mn34s	15h59mn34s	13h15mn0s		☀
Refuge Bertone	20	🏔	↗	■	814	15	532	378	1989	82.6	7	10mn0s	1h34mn15s	12h48mn49s	12h58mn49s	18h18mn49s	-		☀
Point haut	21		↗	■	186	65	301	239	2082	85.6	6.9	-	-	13h35mn52s	13h35mn52s	19h5mn52s	-		☀
Refuge Bonatti	22	🏔	↗	■	290	268	284	605	2020	90.1	6.8	10mn0s	1h38mn17s	14h37mn7s	14h47mn7s	20h7mn7s	-		☀
Arnuva	23	🏔	↘	■	138	347	210	549	1769	94.4	6.6	15mn0s	55mn43s	15h42mn50s	15h57mn50s	21h12mn50s	18h30mn0s		☀
Refuge Elena	24		↗	■	293	0	431	-	2062	96.8	6.6	-	-	16h38mn40s	16h38mn40s	22h8mn40s	-		☀
Grand Col Ferret	25		↗	■	475	0	524	-	2537	98.9	6.5	-	-	17h33mn3s	17h33mn3s	23h3mn3s	-		☀
La Peule	26		↘	■	0	466	-	779	2071	102.4	6.4	-	-	18h8mn57s	18h8mn57s	23h38mn57s	-		☀
La Fouly	27	🏔	↘	■	30	508	474	515	1593	108.3	6.3	15mn0s	3h14mn8s	19h11mn58s	19h26mn58s	24h41mn58s	23h0mn0s		☀
Traversee couloir Planereuse	28		↘	■	58	251	345	381	1400	113.2	6.2	-	-	20h16mn38s	20h16mn38s	25h46mn38s	-		☀
Praz de Fort	29		↘	■	9	258	62	562	1151	116.6	6.1	-	-	20h52mn52s	20h52mn52s	26h22mn52s	-		☀
Sortie Issert	30		↘	■	5	106	314	331	1050	118.7	6	-	-	21h13mn1s	21h13mn1s	26h43mn1s	-		☀
Champex-Lac	31	🏔	↘	■	461	34	389	778	1477	123	5.9	30mn0s	2h59mn41s	22h26mn39s	22h56mn39s	27h56mn39s	3h0mn0s		🌙
Champex d en Bas	32		↘	■	16	102	71	490	1391	125.4	5.8	-	-	23h22mn38s	23h22mn38s	28h52mn38s	-		🌙
Plan de l Au	33		↗	■	31	92	332	333	1330	127.4	5.8	-	-	23h44mn48s	23h44mn48s	29h14mn48s	-		🌙
Debut montee raide	34		↗	■	330	0	379	-	1660	130	5.7	-	-	37mn4s	37mn4s	30h7mn4s	-		🌙
Bovine	35	🏔	↗	■	327	0	357	-	1987	132.2	5.6	10mn0s	2h35mn21s	1h32mn1s	1h42mn1s	31h2mn1s	-		🌙
Col de la Forclaz	36		↘	■	74	535	330	698	1526	136.8	5.5	-	-	2h41mn27s	2h41mn27s	32h11mn27s	-		🌙
Trient	37	🏔	↘	■	0	226	-	573	1300	138.3	5.4	15mn0s	1h23mn5s	3h5mn6s	3h20mn6s	32h35mn6s	8h0mn0s		🌙
Les Tseppes	38		↗	■	635	3	432	41	1932	141.3	5.3	-	-	4h52mn36s	4h52mn36s	34h22mn36s	-		🌙
Point haut	39		↗	■	143	15	343	268	2060	142.9	5.2	-	-	5h20mn58s	5h20mn58s	34h50mn58s	-		🌙
Frontiere Suisse - France	40		↘	■	10	331	413	666	1739	144.9	5.1	-	-	5h52mn15s	5h52mn15s	35h22mn15s	-		☀
Vallorcine	41	🏔	↘	■	0	479	-	644	1260	147.7	5.1	15mn0s	3h16mn45s	6h36mn52s	6h51mn52s	36h6mn52s	11h15mn0s		☀
Les Montets	42		↗	■	54	0	170	-	1314	149.1	5	-	-	7h10mn57s	7h10mn57s	36h40mn57s	-		☀
La Tete aux Vents	43		↗	■	821	5	332	256	2130	155.2	4.8	-	-	9h40mn35s	9h40mn35s	39h10mn35s	-		☀
La Flegere	44	🏔	↘	■	64	317	247	521	1877	158.6	4.6	10mn0s	3h40mn48s	10h32mn40s	10h42mn40s	40h2mn40s	15h15mn0s		☀
Chamonix	45	🏔	↘	■	0	842	-	471	1035	165.6	4.5	-	-	12h30mn0s	12h30mn0s	42h0mn0s	16h30mn0s		☀