










LA 6D LACS - 2022 - ACCES ACCOMPANYING PERSONS

FRIDAY 29 JULY 2022

UPDATED, 12 february 2022

STAGES	CHECK POINT	Food Station	First Aid / Rescue	Water point	Doctor	Podiatrists / Kir	Altitude	Cumulative distance			Intermediate distance			Fastest runners schedule 2021	Slowest runners schedule 2021	Acces	Informations
								Dist.	D+	D-	Dist.	D+	D-				
PLAGNE BELLECOTE							1923	0	0	0	0	0	0	9H00	9H00		RD 221 upto Plagne Bellecôte
PLAN LEITCHOUMS							2159	4,3	257	22	4,3	257	22				Acces from Plagne Villages - la Fromagerie and rejoin the path to Plan Leitchoums
ARRIVE TELESIEGE LES QUILLIS							2355	5,7	454	22	1,4	147	0				Acces from Plagne Villages - la Fromagerie and rejoin the path to Grande Rochette
ROCHE DE MIO	C1		S1		M		2684	9	798	37	3,2	344	15	9h47	11h07		start cablecar at Plagne Bellecôte - Stop Roche de Mio station 3
COL DE LA CHIAUPE		R1					2490	11,6	801	232	2,5	3	195	9h55	11h31		
TELESIEGE CHALET DE BELLECOTE			S2				2283	12,6	801	441	1	0	209				
LE DEROCHOIR							2031	13,8	801	693	1,2	0	252	10h02	12h11		
LES BAUCHES			S3				1770	16,2	801	952	2,3	0	259				Goto Montchavin then follow les Bauches
PLAN BOIS	C2		S4	E1			1826	21,4	994	1091	5,2	193	139	10h37	13H15		RN 90 upto Macot then Sangot, Take the right turn direction les Tuilles - Plan Bois
L'ARPETTE	C3		S5				2329	24,8	1505	1099	3,4	511	8	11h06	15h01		Start at Belle Plagne by following the path of Carroley
BELLE PLAGNE							2066	27,1	1518	1375	2,3	13	276	11h12			RD 221 upto Belle Plagne (5 min from the start point)
PLAGNE BELLECOTE	C	R	S	E	M	P/K	1923	28,2	1520	1520	1	2	145	11h18	15h36		RD 221 upto Bellecôte
RACE DURATION 2019													2H22'45	6H55'33			
RACE DURATION 2021													2H18'10	6H36'24			

La société d'aménagement de la Plagne is offering you the chance to cheer on the 6000D and 6000D relay runners in pairs on Saturday 30 July 2022 at a preferential rate for the Bellecôte / Roche de Mio cable car and for the 6D Lacs on Friday 29 July 2022 (Bikes not allowed). Tickets will be on sale at the lift ticket offices at 5€. Due to works on the Roche de Mio to Glacier gondola line, it will be closed all summer. Allow 20 minutes for the Roche de Mio gondola.

Free inter-station shuttles between the mountain resorts - For other shuttles, consult the 6000D brochure or ask at the information point in each resort