

LA 6000D EN RELAIS A 2 - 2022 - ACCES ACCOMPANYING PERSONS

SATURDAY 30 JULY 2022

Updated on 22 february 2022

STAGES	Check point	Food station	First Aid / Rescue	Altitude	Cumulative distance			Intermediate distance			Fastest runners schedule 2021	Slowest runners schedule 2021	Acces	Informations
					Dist.	D+	D-	Dist.	D+	D-				
AIME LA PLAGNE				677	0	0	0	0	0	0	5H00	5H00		RD 990, Avenue de Tarentaise à Aime la Plagne
LONGEFOY				1175							5h41	6h13		RN 90 - Dir. Macot la Plagne then bifurcation Longefoy Montalbert -RD88-RN90 Dir. La Plagne - 20 minutes from Aime la Plagne
MONTALBERT				1347	9,4	704	36	9,4	704	36				
DEPART (sommets) PISTE DE BOBSLEIGH	C1			1570	13,6	991	99	4,2	287	63	6h25	7h38		
BIFURCATION ROUTE DES MAIRIERS			S1	1657	15,6	1106	127	1,9	115	28				
PLAGNE AIME 2000				2108										RD 221 - 35 min of ascent - start from Aime la Plagne
PLAGNE CENTRE	C2	R1	S2	1981	21,1	155	250	5,4	449	123	7h05	10H00		RD 221 - 30 min of ascent - start from Aime la Plagne
ARRIVEE TELESIEGE BLANCHETS				2363										Acces from Plagne Villages - la Fromagerie et rejoins le path to la Grande Rochette
ROCHE DE MIO	C3		S3	2693	28	2273	257	6,9	718	7	8h01	10h26		Start cablecar at Plagne Bellecôte - Stop station G3/G4
COL DE LA CHIAUPE (Montée)		R2		2491	30,6	2276	462	2,6	3	205				
GLACIER (Arrivée)	C4		S4	2993	33,1	2777	462	2,4	501	0	8h44	11h44		
PASSAGE DE RELAIS AU GLACIER												12H00		
GLACIER (Départ)				2993	0	0	0	0	0	0	8h44	11h44		
TELESIEGE DE LA TRAVERSEE				3064										
COL DE LA CHIAUPE (Descente)		R2		2491	4,4	78	578	4,4	78	578		13h00		
TELESIEGE CHALET DE BELLECOTE			S5	2283	5,5	78	788	1	0	210				
LE CHALET DU CARROLEY	C5		S6	2045	8,6	134	1082	2,1	56	75	9h22	13h25		Start at Belle Plagne following the path to Lake du Carroley
LAC DU CARROLEY				2175										Start at Belle Plagne following the path to Lake du Carroley
L'ARPETTE	C6		S7	2333	10,4	422	1082	1,7	288	0	9h38	13h58		Start at Belle Plagne following the path to Lake du Carroley
BELLE PLAGNE				2066										RD 221 - 35 min of ascent from Aime la Plagne
PLAGNE BELLECOTE	C7	R3	S8	1922	13,8	428	1499	3,4	6	417	9h51	15h00		RD 221 - 30 min of ascent from Aime la Plagne
PRAZ SALVARD			S9	1519	19,8	487	1961	5,9	59	462				RN 90 - Dir. Macot la Plagne then Direction Sangot, and direction Plan Bois
MONTCHAVIN	C8	R4	S10	1204	23,5	509	2298	3,6	22	337	10h31	16h30		RN 90 upto the bifurcation Montchavin-Les Coches RD 225 then 8 km of ascent
SANGOT				805										RN 90 - Dir. Macot la Plagne then Direction Sangot, 5 minutes from Aime la Plagne
AIME LA PLAGNE	C	R	S	677	34,3	611	2928	10,7	102	630	11h22'56	18h04'08		RD 990, Avenue de Tarentaise à Aime la Plagne
TEAM RACE TIME 2019											6H03'16	13H58'01		
TEAM RACE TIME 2021											6H22'57	13H04'09		

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