


















LA 6000D - 2022 - ROADBOOK 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	Intermediate distance between time barriers	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							5h38	6h27		 RN 90 - Dir. Macot la Plagne puis  Bifurcation Longefoy Montalbert -RD88-RN90  Dir. La Plagne - 20 minutes from Aime la Plagne	
MONTALBERT				1347							5h47	6h51			
DEPART (sommets) PISTE DE BOBSLEIGH	C1			1570	13,6	991	99	13,6	991	99	6h18	8h05			
BIFURCATION ROUTE DES MAIRIERS			S1	1657	15,6	1106	127	1,9	115	28	6h27	8h54			
PLAGNE AIME 2000				2108							6h40	9h02		 RD 221 - 35 min of ascent - start from Aime la Plagne	
PLAGNE CENTRE	C2	R1	S2	1981	21,1	1555	250	5,4	449	123	6h54	10H00	21,1	 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	7h43	10h36		 Start cable car at Plagne Bellecôte - Stop Roche de Mio station G3	
COL DE LA CHIAUPE (Montée)		R2		2491	30,6	2276	462	2,6	3	205	8h11	11h10			
GLACIER	C4		S4	2993	33,1	2777	462	2,4	501	0	8h25	12h23			
COL DE LA CHIAUPE (Descente)		R2		2491	37,6	2855	1039	4,5	78	577	8h45	13h00	16,5		
TELESIEGE CHALET DE BELLECOTE			S5	2283	38,7	2855	1249	1	0	210					
LE CHALET DU CARROLEY	C5		S6	2045	41,8	2911	1543	3,1	56	294	9h07	14h06		 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	43,5	3199	1543	1,7	288	0	9h27	14h37		 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	47	3205	1960	3,4	6	417	9h40	15h00	9,4	 RD 221 - 30 min of ascent from Aime la Plagne	
PRAZ SALVARD			S9	1519	53	3264	3422	5,9	59	462	10h09	16h15			
MONTCHAVIN	C8	R4	S10	1204	56,7	3286	2759	3,6	22	337	10h24	16h30	9,7	 RN 90 upto the bifurcation Montchavin-Les Côches RD 225 then 8 km of ascent	
SANGOT				805							10h55			 RN 90 - Dir. Macot la Plagne then Direction Sangot, 5 minutes from Aime la Plagne	
AIME LA PLAGNE	C	R	S	677	67,4	3400	3400	10,6	114	641	11h12	19h06	10,7	 RD 990, Avenue de Tarentaise à Aime la Plagne	
DURATION OF RACE IN 2019											6H25'27	14H10'26			
DURATION OF 2021											6H12'26	14H06'28			

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