














# LA 6000D - 2023 - ROADBOOK ACCOMPANYING PERSONS

**SATURDAY 29 JULY 2023**

**Updated on the 16 of march 2023**

STAGES	Check point	Food station	First Aid / Rescue	Water point	Altitude	Cumulative distance		Intermediate distance			Fastest runners schedule 2022	Slowest runners schedule 2022	Intermediate distance between time barriers	Acces	Informations	
						Dist.	D+	Dist.	D+	D-						
AIME LA PLAGNE					677	0	0	0	0	0	5H00	5H00			RD 990, Avenue de Tarentaise à Aime la Plagne	
MONTALBERT					1347						5h50	6h47			Bifurcation Longefoy Montalbert -RD88-RN90	
DEPART (sommets) PISTE DE BOBSLEIGH	C1				1570	13,4	991	13,4	991	99	6h18	7h55			Dir. La Plagne - 20 minutes from Aime la Plagne	
BIFURCATION ROUTE DES MAIRIERS			S1		1657	15,4	1106	1,9	115	28	6h27	8h54				
PLAGNE CENTRE	C2	R1	S2		1981	20,8	1555	5,4	449	123	6h56	10H00	20,8		RD 221 - 30 min of ascent - start from Aime la Plagne	
ROCHE DE MIO	C3		S3		2693	28,7	2273	6,9	718	7	7h47	11h43			Access will have to be on foot, as the Belle Plagne to Glacier gondola will not be operating in summer 2023.	
COL DE LA CHIAUPE (Montée)			R2		2491	31,3	2315	2,6	4	205	8h00	11h10				
GLACIER	C4		S4	E1	2993	33,8	2816	2,4	501	0	8h30	13h04				
COL DE LA CHIAUPE (Descente)			R2		2491	38,3	2894	4,5	78	577	8h55	13H00	17,5			
TELESIEGE CHALET DE BELLECOTE			S5		2283	39,4	2894	1	0	210	8h59	13h11				
LE CHALET DU CARROLEY	C5		S6	E2	2045	42,5	2950	3,1	56	294	9h16	14h27			Start at Belle Plagne following the path to Lake du Carroley	
L'ARPETTE	C6		S7		2333	44,3	3238	1,7	288	0	9h35	14h45			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	47,7	3244	3,4	6	417	9h49	15H00	9,4		RD 221 - 30 min of ascent from Aime la Plagne	
PRAZ SALVARD			S9	E3	1519	53,7	3303	9,4	65	879	10h17	16h15				
MONTCHAVIN	C8	R4	S10		1204	57,4	3325	3,6	22	337	10h33	16H30	9,7		RN 90 upto the bifurcation Montchavin-Les Côches 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	E	677	68,2	3426	10,7	101	629	11H20	19H25	10,8		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				
DURATION OF 2022											6H20'58	14H25'19				

The development company of La Plagne informs you that the Belle Plagne to Glacier gondola lift will be closed this summer 2023 for work reasons. The gondola lift is open from Plagne Bellecote to Belle Plagne from 9:00 am to 11:30 pm, 7/7.

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