











LA 6D LACS - 2023 - ACCES ACCOMPANYING PERSONS

FRIDAY 28 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	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					2148	4,3	260	28	4,3	260	28				Acces from Plagne Villages - la Fromagerie and rejoin the path to Plan Leitchoums
ARRIVE TELESIEGE LES QUILLIS					2363	7,4	513	72	3	253	44				Acces from Plagne Villages - la Fromagerie and rejoin the path to Grande Rochette
ROCHE DE MIO	C1		S1		2684	10,2	855	94	2,8	342	22	9h51	11h23		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		R1			2490	12,8	858	289	2,5	3	195	10h03	11h50		
TELESIEGE CHALET DE BELLECOTE			S2		2283	13,8	858	498	1	0	209				
LE DEROCHOIR					2031	15	858	746	1,1	0	248	10h13	12h25		
LES BAUCHES			S3		1770	17,3	858	1009	2,3	0	263				Goto Montchavin then follow les Bauches
PLAN BOIS	C2		S4	E1	1826	22,5	1048	1145	5,1	190	136	10h43	13H15	 	RN 90 upto Macot then Sangot, Take the right turn direction les Tuilles - Plan Bois
L'ARPETTE	C3		S5		2329	26,4	1559	1153	3,4	511	8	11h17	14h49		Start at Belle Plagne by following the path of Carroley
BELLE PLAGNE					2066	28,7	1572	1423	2,2	13	270	11h22			RD 221 upto Belle Plagne (5 min from the start point)
PLAGNE BELLECOTE	C	R	S	E	1923	29,8	1572	1520	1	0	149	11H30	15H23		RD 221 upto Bellecôte
RACE DURATION 2019												2H22'45	6H55'33		
RACE DURATION 2021												2H18'10	6H36'24		
RACE DURATION 2022												2H30'21	6H23'35		

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