

# LA 6000D EN RELAIS A 3 - 2023 - ACCES 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 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
MONTALBERT					1347	9,4			9,4			5h46			bifurcation Longefoy Montalbert -RD88-RN90
DEPART (somet) PISTE DE BOBSLEIGH	C1				1570	13,4	991	99	13,4	991	99	6h15	7h38		Dir. La Plagne - 20 minutes from Aime la Plagne
BIFURCATION ROUTE DES MAIRIERS			S1		1657	15,6	1106	127	1,9	115	28				
PLAGNE CENTRE - PASSAGE RELAIS	C2	R1	S2		1981	20,8	1555	250	5,4	449	123	6h46	10H00		RD 221 - 30 min of ascent - start from Aime la Plagne
ROCHE DE MIO	C3		S3		2693	28,7	2311	296	7,8	756	46	7h33	11h01		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	501	2,6	4	205	8h22			
GLACIER	C4		S4	E1	2993	33,8	2816	501	2,4	501	0		12h26		
COL DE LA CHIAUPE (Descente)		R2			2491	38,3	2894	1078	4,5	78	577		13H00		
TELESIEGE CHALET DE BELLECOTE			S5		2283	39,4	2894	1288	1	0	210				
LE CHALET DU CARROLEY	C5		S6	E2	2045	42,5	2950	1582	3,1	56	294	9h19	13h20		Start at Belle Plagne following the path to Lake du Carroley
L'ARPETTE	C6		S7		2333	49,3	3238	1582	1,7	288	0	9h41	13h54		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 - PASSAGE RELAIS	C7	R3	S8		1922	47,7	3234	1999	3,4	6	417	9h58	15H00		RD 221 - 30 min of ascent from Aime la Plagne
PRAZ SALVARD			S9	E3	1519	53,7	3303	2461	5,9	59	462	10h44			RN 90 - Dir. Macot la Plagne then Direction Sangot, and direction Plan Bois
MONTCHAVIN	C8	R4	S10		1204	57,4	3325	2798	3,6	22	337	10h49	16H30		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	68,24	3426	3427	10,7	101	629	11H45'28	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		
TEAM RACE TIME 2022												6H45'28	13H04'57		

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