

LE 1000 DU SUD - 2021 - ENGLISH

Route proposed by PROVENCE RANDONNEURS, association for bicycle touring

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1000 km ride (randonnée)
Time limit : 100 h (rando) or
unlimited (tour)

Start Place : The 1000 du Sud Base Camp, Les Parties, 3960 ancien chemin
de Salernes 83570 Cotignac

Start Time : Sept. 6, 20:00 or
Sept. 7, 07:00 (your choice)

violet = Photo control places

orange = Navigation requires special attention !

R. = right, L. = left, rbt = roundabout, (...) -> (...) = territorial division, av., allée, bvd, rue, via, strada = streets

France: N = National Road, D = Departmental Road, RF = Forest Road, blue sign = motorway (highway), green sign = direction to a big town, white sign = local direction

Italy: SS = National Road, SP = Provincial Road, blue sign = direction between towns, white sign = direction in urban area, green sign = motorway. In urban area, the city center (centro) is sometimes symbolized by a simple black point surrounded by a circle, on a white background

LOCATION AND INSTRUCTION	Next Road	Leg (km)	Total (km)	Alt (m)
1. Base Camp	lane	0	0	330
Concrete lane ends on local road - L. - straight down to Cotignac	local road	0.5	0.5	329
Ancien Chemin de Salernes ends on D50 - at stop sign L.	D50	3	3.5	230
D50 / D31 - at stop sign L. to Entrecasteaux	D31	7.5	11	152
Entrecasteaux - at exit to Salernes	D31	1	12	159
Salernes (entry, factory Carrelages Alain Vagh) - R. in Ancienne Voie ferrée de Provence (bicycle route Euro Vélo 8)	local road, EV8	5.5	17.5	210
EV8 ends on D2560 (rbt) - 2nd exit Toutes Directions	D2560	2.5	20	
D2560 / D51 (rbt) - L. to Villecroze	D51	0.2	20.2	242
D51 / D560 (rbt) - straight to Villecroze	D51	0.8	21	254
Villecroze (town centre) - L. to Tourtour	D557	3	24	339
D557 / D51 - R. to Tourtour	D51	1	25	376
D51 / D77 (rbt, entry of Tourtour) - straight to Tourtour-Centre (even if signs indicating a pedestrian zone - bicycles can go through)	local road	5	30	606
Tourtour - cross village - at exit (rbt) L. to Ampus	D77	0.5	30.5	630
D77 / D51 - straight to Ampus	D51	1	31.5	671
Domaine Saint-Pierre-de-Tourtour	D51	2	33.5	698
D51 / D49 - straight to Ampus	D49	2.5	36	631
D49 / D2149 - L. to Ampus Centre (green bike sign Gorges du Verdon)	D2149	1	37	621
Ampus (centre) - Toutes Directions - at exit, at stop sign L. to Châteaudouble, Comps	D51	1	38	582
Châteaudouble - stay on D51	D51	8.5	46.5	511
D51 / D955 - L. to Montferrat, Comps s/ A. - after 50 m, at stop sign, straight to Comps s/ A.	D955	2	48.5	432
Montferrat - stay on D955	D955	2	50.5	478
D955 / D19 - to Comps s/ Artuby	D955	4	54.5	654

Canjuers Military Camp - stay on D955	D955	2.5	57	775
Comps-sur-Artuby - after town exit (D955 / D21) L. to Castellane	D955	10	67	896
Jabron - R. to Brenon, Le Bourguet	D52	5	72	760
D52 / D252 - L. to Le Bourguet	D252	3.5	75.5	806
Le Bourguet	D252	2	77.5	845
Var -> Alpes de Haute-Provence	D102	2.5	80	974
Saint-Thyrse (hill summit)	D102	2	82	1051
Castellane (entry, D102 ends on D4085) - at stop sign L. - in town centre follow Saint-André	D4085	6.5	88.5	720
Castellane (exit, rbt D4085 / D955) - to Saint-André-les-Alpes	D955	1	89.5	743
Col de Cheiron	D955	3.5	93	887
Dam of Castillon-Demandolx (road goes on dam)	D955	2	95	881
D955 ends on N202 - at stop sign L. to Saint-André	N202	7	102	924
Saint-André-les-Alpes - at entry (rbt) R. (to Aire Camping-Cars) - straight through town centre - at exit (stop sign) R. to Colmars	D955	7	109	890
La Mure	D955	2.5	111.5	943
Thorame-Haute Gare	D955	8.5	120	1000
D955 / D908 - straight to Colmars	D908	6	126	1106
Colmars-les-Alpes - to Col d'Allos	D908	12	138	1237
Allos	D908	8	146	1425
La Foux-Village	D908	6	152	1720
La Foux-d'Allos	D908	2	154	1792
2. Col d'Allos	D908	6.5	160.5	2247
Les Agneliers	D908	8	168.5	1725
D908 / D109 / local road - straight to Barcelonnette	D908	8	176.5	1205
D908 / D109 - straight to Barcelonnette	D908	1	177.5	1146
D908 / D902 - to Barcelonnette	D902	0.5	178	1140
Barcelonnette (entry) - cross bridge over river Ubaye - straight to Centre-ville (avenue de Nice) - in town, follow one-way street, then bike signs (green letters) "Grand tour Alpi Maritime Mercantour" - at town exit, follow Col de Vars	town centre then D900	2	180	1138
Jausiers	D900	8.5	188.5	1216
La Condamine	D900	5.5	194	1286
Unpaved road begins - R. (up) on Piste de la Sylve (about 500 m after bridge over river Ubaye) - direction to "Col de Larche" indicated on small wooden sign with Mountain Bike arrow	RF	2	196	1309
3. Crossroads on Piste de la Sylve - take the left road to Meyronnes	RF	4	200	1677
Crossroads "Piste de la Sylve 1630 m" - L. (downhill)	RF	1.4	201.4	1630
Left hairpin turn - concrete road (steep downhill)	RF	0.4	201.8	1590
Bridge - after bridge, continue L. (unpaved road)	RF	0.4	202.2	1525
Piste de la Sylve ends on D900 - R. (up)	D900	0.3	202.5	1532
Larche	D900	4.5	207	1680
Col de Larche / Colle Della Maddalena - France -> Italy (Provincia di Cuneo)	SS21	6	213	1997

Argentera	SS21	6.5	219.5	1700
Bersezio	SS21	3.5	223	1600
Pontebernardo	SS21	6.5	229.5	1300
Pietraporzio	SS21	1.5	231	1230
Vinadio - in town centre R. (Via Goletta) to Perdioni	SP337	14	245	900
Forani	SP337	6	251	800
SP337 / road to Demonte - straight to Festiona	SP337	2.5	253.5	750
SP 337 / road to Festiona - straight, stay on SP337	SP337	5	258.5	740
Cimetry of Festiona (Stop sign) - straight on SP337	SP337	0.5	259	730
SP337 / road to Cuneo - straight on SP337 to Tetto Rabas	SP337	4	263	680
SP337 / road to Bedoira - straight (downhill)	SP337	4	267	730
SP337 ends on SS21 - do not take SS21 but R. on side road - then straight on side road (parallel to SS21)	local road	0.5	267.5	700
Piano Quinto (just before Ristorante La Fermata) - L. (traffic light) - cross SS21 to Roccasparvera	SP121	0.5	268	700
Roccasparvera - at stop sign L. in Via Stefano Viale - after 600 m (crossroads) R. to Vignolo	SP121	1	269	650
Colle Bicocca (no pass sign)	SP121	3.5	272.5	641
SP121 ends on SP23 - L. to Cervasca - traffic !	SP23	0.5	273	620
SP23 / Road to Cuneo - L. to Caraglio, Cervasca	SP23	0.5	273.5	620
Vignolo - straight	SP23	0.5	274	
Cervasca - straight	SP23	2	276	580
Bernezzo (rbt La Torretta) - straight to Caraglio	SP23	2	278	
SP23 ends on SP422 - at stop sign L. - traffic !	SP422	1.5	279.5	
Caraglio (centre) - rbt - straight to Busca - at exit R. in Via Vecchia di Busca (small park place at that junction)	SP422, local road	2.5	282	
Local road / SP174 (Stop sign) - straight (Via Paschera s. d.) to Paschera San Defendente	local road	1	283	
Paschera San Defendente - at church (fork) L. (road limited to 10 m wide) - at exit, local road ends on local road - R. (no sign)	local road	1	284	550
Via Ceresa / Via Monastero Tetto Cru (just before hamlet) - L.	local road	1	285	
First junction with paved road - R. Via Casc. Vasetto	local road	1	286	
Castelletto Busca (old station) - straight - after 200 m (bank, water, red bricks church, Stop sign) - R.	local road, SP160	3.5	289.5	
Castelletto (town exit) - L. to Fraz. San Mauro	local road	1	290.5	
Strada di San Mauro / Via Ceresa (after bridge) - R. (up) ! !	local road	0.5	291	
Via Ceresa ends on Via Dronero (Stop) - R. then 1st L. Via Morra San Giovanni	SP24, local road	2	293	
Morra San Giovanni - crossroads (trash bins) - L. (Strada Ponte Sordello) and immediately R. Via Morra San Giovanni	local road	0.5	293.5	
Local road ends on SP46 (Stop sign) - L.	SP46	0.5	294	
Colletta di Rossana (small monument Marco Pantani)	SP46	1.5	295.5	617
SP46 / road to Lemma - straight to Piasco, Venasca, Rossana	SP46	2.5	298	
Rossana (entry) - straight	SP46	0.5	298.5	
Rossana (crossroads after town exit sign) - L. to Venasca, Valle Varaita	SP46	1.5	300	530

Venasca (town centre) - R. to Saluzzo - after bridge over Varaita, at rbt, L. to Brossasco, Sampeyre	SP8	4	304	
SP8 / SP118 - R. to Brondello, Isasca	SP118	1	305	560
Isasca - to Saluzzo	SP180	2	307	
Colletto di Isasca	SP180	3	310	814
4. Madonna Delle Grazie	SP180	2	312	670
Brondello - straight	SP47	2.5	314.5	470
Pagno (exit) - at rbt L. to Castellar - after 100 m R. Via Salalait - at church L.	local road	3.5	318	350
Via Morra ends on SP260 (Stop sign) - L. to Martiniana Po	SP260	3	321	320
Martiniana Po (entry) - at rbt L. to Paesana	SP117	6	327	400
Samfront (entry) - 2 rbt - to Paesana	SP26	5	332	490
Paesana (entry) - at rbt R. to Barge	town centre	5	337	600
Bridge over river Pô - in town centre follow Barge - road ends on SP27 (Stop sign) - R. to Barge	town centre SP27	0.5	337.5	
Colletta di Paesana	SP27	2.5	340	612
Barge - cross town and stay on SP27 - at exit (rbt) L. to Bagnolo P., Pinerolo	SP27	5.5	345.5	380
Bagnolo Piemonte - cross town and stay on SP27 - follow Pinerolo, Bibiana	SP27	4.5	350	
Provincia di Cuneo -> Provincia di Torino	SP27	3	353	
SP27 / SP156 (rbt) - L. to Bibiana Centre (white sign)	SP156	1	354	
Bibiana centre (large square with covered market) - straight	town centre	1	355	
Bibiana (exit) - at rbt straight to Pinerolo	SP157	0.5	355.5	
Ponte Bibiana (bridge over river Pellice) - after bridge (rbt, entry of Bricherasio) R. to Centro - after 700 m (rbt) L. to Bricherasio Centre (white sign)	SP161	0.5	356	
Bricherasio centre - straight, follow Pinerolo (Via Vittorio Emanuele II)	town centre	2	358	
Bricherasio (exit) - straight, take the side road at the left of the rbt (Strada Valdomenica)	local road	1.4	359.4	
50 m after church L. (str. Cioca) - bike road sign, railway crossing sign - after 150 m (fork) R. (do not cross railroad tracks) - str. San Secondo - bike road sign	local road	0.3	359.7	
Str. San Secondo ends on SP164 - L. (exit of Bricherasio, railway crossing)	SP164	0.5	360.2	
San Secondo di Pinerolo - stay on SP164 - follow Pinerolo	SP164	2.8	363	410
!! Exit of San Secondo (crossroads in downhill - gas station) - L. to San Germano, Pomaretto (Via Fossat) !!	SP166	1	364	
Camussi - straight	SP166	1	365	
100 m after passage under viaduct (Miradolo) R. - bridge over river Chisone - after bridge (Stop sign) L. - entry of San Martino	SR23	1.5	366.5	410
Porte	SR23	0.5	367	
SR23 ends on SP23 (rbt) - straight to Sestrière	SP23	2.5	369.5	
Villar Perosa (entry) - at rd- pt R. to Villar Perosa (SP23R runs parallel to SP23 and goes through town centres)	SP23R	1.5	371	480
Pinasca - straight	SP23R	5	376	550
Castelnuevo - SP23R ends on SP23 (rbt) - R. to Sestrière	SP23	2.5	378.5	600

Perosa Argentina	SP23	1	379.5	650
Brandoneugna	SP23	2	381.5	700
Meano	SP23	1.5	383	750
Castel del Bosco	SP23	2	385	800
Roreto	SP23	1.5	386.5	850
Balma	SP23	1	387.5	900
Villaretto	SP23	2	389.5	1000
Mentoulles	SP23	2.5	392	1050
Depot - R. to Colle Delle Finestre, Pracatinat - steep climb !	SP172	1.5	393.5	1090
Pracatinat (two large 1930s buildings, former sanatorium) - straight (SP172 "del colle delle Finestre")	SP172	6	399.5	1670
Hill summit - continue on paved road	SP172	1	400.5	1750
5. Pra Catinat (1785 m) - fountain - unpaved road begins	SP172	1	401.5	1780
Junction with road going down to Pequerel - R. (stay up)	SP172	2.3	403.8	1830
Steep climb on paved road	SP172	1	404.8	1850
Forte Serre Marie - unpaved road again	SP172	0.5	405.3	1890
Unpaved road ends on paved road (Pian dell'Alpe, SP172 / SP173) - R. (up)	SP172	1.5	406.8	1965
6. Colle delle Finestre	SP172	2.5	409.3	2178
Il Colletto - fountain - paved road	SP172	7.7	417	1452
Meana di Susa - follow Susa	SP172	8	425	700
SP172 ends on SP24 (Stop sign) - L. to Susa	SP24	2.5	427.5	
Susa (entry) - at rbt R. to Moncenisio - bridge over river Doire Ripaire - at the end of the street L. to Moncenisio, then straight through town centre to Moncenisio	town centre, SS25	0.5	428	490
Giaglione	SS25	5	433	800
Molaretto	SS25	6	439	1170
SS25 / road to Moncenisio - stay on SS25, to Valico del Moncenisio	SS25	2	441	1310
Bar Cenisio	SS25	1.5	442.5	1450
Italy -> France, Savoie (Plaine de Saint-Nicolas)	D1006	3.5	446	1720
"Gran Scala" (big scale)	D1006	1.5	447.5	1750
Old customs	D1006	2	449.5	1870
Climb summit (no sign)	D1006	2.5	452	2050
7. Milestone Mont Cenis - Les Fontainettes	D1006	2	454	2100
Les Fontainettes	D1006	0.5	454.5	2090
Col du Mont-Cenis	D1006	5	459.5	2081
D1006 / D115 - R. to Lanslevillard, Col de l'Iseran	D115	7.5	467	1518
Lanslevillard - D115 ends on D902 (after bridge over river Arc) - R. to Col de l'Iseran	D902	1.5	468.5	1461
Col de la Madeleine	D902	4	472.5	1746
D902 / D902A - L. to Bessans	D902A	3	475.5	1687
Bessans - straight - at town exit, D902A ends on D902 - L.	D902	1.5	477	1702
Bonneval-sur-Arc	D902	8	485	1808

Pont de la Neige	D902	10.5	495.5	2528
8. Col de l'Iseran	D902	2.5	498	2764
Val d'Isère - Le Fornet	D902	14	512	2000
Val d'Isère - straight	D902	2	514	1850
La Daille	D902	2	516	1798
Tunnel de la Daille - Tunnel du Rossetti	D902	1	517	
La Reculaz - 1 avalanche tunnel	D902	1.5	518.5	1798
Le Villaret-du-Nial - Tunnel du Villaret - Tunnel du Chevril	D902	1	519.5	
Dam of Tignes - straight to Bourg-Saint-Maurice "for vehicles larger than 4,3 m" (blue icon) - ignore signs pointing in the same direction to Val d'Isère, Col de l'Iseran	D902	2	521.5	1800
Tunnel des Brévières	D902	1	522.5	1718
La Thuile	D902	8.5	531	1250
Sainte-Foy-Tarentaise	D902	3	534	1069
Viclaire	D902	3.5	537.5	891
Sééz (rbt D902 / D1090) - straight to Bourg-Saint-Maurice - traffic !	D1090	5	542.5	895
Bourg-Saint-Maurice (entry) - stay on D1090 to Aime, Moutiers (several rbts)	D1090	2	544.5	809
Bourg-Saint-Maurice - before town exit (rbt) R. to Vulmix, Les Chapelles (rue de la Météo)	local road	2.2	546.7	845
Rue de la Météo ends on D86 - straight to Les Chapelles	D86	0.3	547	
Vulmix	D86	2	549	1018
Montgirod (D86 / D86B) - straight	D86	2.5	551.5	1176
D86 / D86B - R. to Valezan	D86	1	552.5	
Picolard	D86	1.5	554	1224
Valezan	D86	2	556	1200
D86 / D86A - R. to Granier	D86A	2	558	1061
Granier - at Mairie R. (hairpin turn) in "Route du Cornet" to Alpage de Plan Pichu, Refuge de la Coire (set of yellow panels in front of painted wall "Four à pain")	D218	4.5	562.5	1247
Park place (fork) - R. to Cornet d'Arêches	local road	2	564.5	1391
Pont des Lanches	local road	1.7	566.2	1484
Laval	local road	1.8	568	1652
Plan Pichu - unpaved road	local road	3.5	571.5	1949
Refuge de la Coire	local road	1.2	572.7	2060
Climb summit (Cross)	local road	0.3	573	2100
9. Cornet d'Arêches	local road	0.4	573.4	2108
Lac des Fées (small lake)	local road	2	575.4	1896
Crossroads - down on paved road	local road	1.1	576.5	1821
Lac de Saint-Guérin (lake)	D218D	4.3	580.8	1560
D218D / Road to Col du Pré - L. to Arêches	D218D	5.4	586.2	1154
Arêches - in town centre to Beaufort	D218A	0.8	587	1032
Beaufort - after bridge over river Doron, L. to Albertville	D925	5.5	592.5	740

Viillard-sur-Doron	D925	4	596.5	705
!!! D925 / local road - L. to Molliessoulaz !!! after 100 m R. to Moulliessoulaz	local road	4.5	601	571
Molliessoulaz - to Les Chappes, Les Croix (do not follow Albertville)	local road	4	605	848
Crossroads (with road to Les Chappes) - straight to Les Croix	local road	4	609	1141
Les Croix	local road	1	610	1208
10. Col des Cyclotouristes - straight to Venthon	local road	3	613	1312
Fort du Mont	D105	2.5	615.5	1063
D105 / road to Venthon - to Albertville	D105	4.5	620	
Albertville (rbt at the end of downhill) - L. (avenue de Tarentaise)	D990	5.5	625.5	350
D990 / D1212A (big crossroads) - L. to Tours-en-Savoie, La Bâthie	D990	1	626.5	337
Tours-en-Savoie	D990	4	630.5	362
La Bâthie	D990	3	633.5	366
D990 / N90 - straight to La Bâthie-Langon - after 100 m straight to La Bâthie-Langon	D990	2.5	636	380
Cevins - D990 / D66A (rbt) - to Rognaix - bridge over road N90 - D66A ends in D66 - bridge over river Isère - follow Rognaix	D66A then D66	1.5	637.5	
Rognaix	D66	0.5	638	390
La Rochette	D66	3.5	641.5	399
D66 / D990 - straight to Col de la Madeleine	D66	1.5	643	
D66 / D213 - R. to Col de la Madeleine	D213	1	644	463
Bonneval-Tarentaise Chef-Lieu (Villard Soffray)	D213	7	651	950
La Thuile	D213	6	657	1193
Celliers	D213	1.5	658.5	1300
Celliers-Dessus	D213	1	659.5	
11. Col de la Madeleine	D213	9	668.5	1993
Les Perelles (Longchamp 1650) - to La Chambre	D213	4	672.5	1664
Saint-François-Longchamp	D213	4	676.5	1390
D213 / D99 - straight to La Chambre	D213	6.5	683	850
St-Martin-sur-la-Chambre	D213	3	686	573
La Chambre - at the end of downhill L. Toutes Directions - then follow St Étienne-de-Cuines	D213	1	687	500
St Avre - straight, ride past Station of St-Avre La Chambre - at exit (rd-tp) follow St Étienne-de-Cuines	D213	1.5	688.5	460
D213 / D927 / D1006 (rbt) - to St Étienne-de-Cuines - bridge over river Arc	D927	0.9	689.4	453
After bridge (rbt Intermarché) R. to St Étienne-de-Cuines	D927	0.1	689.5	
Saint Étienne-de-Cuines (entry, rbt D927 / D927A) - L. to Col du Glandon	D927	0.5	690	453
St Etienne-de-Cuines (town centre) - straight to Col du Glandon	D927	1	691	470
Saint-Colomban-des-Villards	D927	9	700	1100
Alpage de l'Échet	D927	5.5	705.5	1418
Alpage du Sapey	D927	1.5	707	1518
12. Col du Glandon	D927	4	711	1924

D927 / D926 (Chalet du Col) - R. to Allemont	D926	0.2	711.2	1907
Savoie -> Isère	D526	3.8	715	1773
Dam of Grand-Maison	D526	2.5	717.5	1718
Bridge over river Eau d'Olle ! ! 2 km climb ! !	D526	6.7	724.2	1174
Le Rivier d'Allemont	D526	2.3	726.5	1264
Dam of Verney - to Bourg-d'Oisans (road goes on dam) - after dam, down (left hairpin turn)	D526	10	736.5	771
Allemont - straight	D526	1	737.5	720
Bridge over river Romanche (bridge with riveted metal side beams) - immediately after bridge L. on bike path, then straight	Bike path	2.5	740	713
Crossroads on bike path - continue straight on main road (do not follow Bourg-d'Oisans)	Bike path	4	744	
Bike path goes under D1091 (sign "cycliste pied à terre" cyclist dismount) - caution, narrow passage and low roof ! on the other side, bike path ends on D526 - R. (up)	D526	1	745	730
La Palud	D526	4	749	952
Col d'Ornon	D526	7	756	1367
Chantelouve	D526	3.5	759.5	1149
Le Périer	D526	6	765.5	899
Entraigues - in town centre R. to La Mure, Valbonnais	D526	4.5	770	800
Covered bridge of Fayettes	D526	3	773	737
Valbonnais - straight	D526	2	775	785
D526 / D26 - L. to Corps, Gap (bridge over river Bonne)	D526	3	778	670
D526 / D26A (fork) - R. to Malbuisson	D526	1	779	
D526 ends on N85 - R. to Mens	N85	4.5	783.5	608
N85 / D526 (in right hairpin turn) - R. to Mens	D526	2	785.5	738
Bridge of Ponsonnas - immediately after bridge L. to Cordéac	D227	3	788.5	596
Saint-Sébastien - at exit straight to Cordéac	D227	5.5	794	862
D227 ends on D66 - L. to Cordéac	D66	1.5	795.5	900
Châtel-en-Trièves	D66	3	798.5	900
La Croix de la Pigne	D66	6.5	805	906
D66 / D66A (just before town entry sign Les Moras) - R. to Les Payas	D66A	1.5	806.5	913
Les Payas - D66A ends on D537 - R. to Superdévoluy	D537	1.5	808	925
La Posterle	D537	3	811	961
Bridge over river Souloise - to Veynes	D537	4	815	930
Isère -> Hautes-Alpes	D937	0.5	815.5	939
St-Disdier-en-Dévoluy - straight to Veynes	D937	2	817.5	1033
Agnières-en-Dévoluy	D937	6	823.5	1246
D937 / D17 - R. to Veynes	D937	2	825.5	1326
13. Col du Festre	D937	2	827.5	1441
Crossroads D937 / road to Montmaur (on your left) - R., cross small bridge over river Béoux - after bridge L.	local road	11	838.5	929
Local road ends on D994 - R. ! ! traffic ! ! then immediately L. on D320 to Fumeyrer - cross railroad tracks	D994 then D320	3	841.5	850

Les Paroires (Veynes) - straight	D320	1	842.5	836
D320 / D20 - to Barcillonnette, cross bridge - Les Savoyons	D20	0.5	843	832
D20 / D20A - L. to Barcillonnette	D20	4.5	847.5	919
Moulin du Pied de la Poua (fountain)	D20	1	848.5	932
14. Col d'Espréaux	D20	5	853.5	1160
Esparron	D20	4	857.5	968
Barcillonnette - at exit R. to Plan-de-Vitrolles	D20	3	860.5	842
Plan-de-Vitrolles - straight	D20	4.5	865	600
D20 / local road - R. (don't cross the canal) - signs road limited to 70 km/h and 12t	local road	0.5	865.5	578
Local road / D942 (2nd bridge) - L., cross canal, then highway	D942	2.8	868.3	580
D942 / D12 - R. to Monétier-Allemont	D12	0.2	868.5	
Monétier-Allemont - L. in Route de Claret then R. to Claret	D12	0.5	869	571
Hautes-Alpes -> Alpes de Haute-Provence (bridge over river Durance)	D104	0.5	869.5	545
D104 / D4 - R. to Thèze, Sisteron	D4	1	870.5	577
Thèze - straight	D4	7.5	878	572
D4 / D304 - at stop sign L. to Valernes	D304	8	886	498
D304 / D304A - straight to La Motte	D304A	3	889	
D304A ends on D951 - R. - bridge over river Sasse	D951	0.2	889.2	526
Plan de la Baume - straight	D951	4.8	894	523
Sisteron (entry) - at bridge over river Durance, straight (do not cross bridge) to Volonne	D4	3	897	460
Rbt (access to highway) - L. to Volonne	D4	3	900	473
Volonne - at traffic lights straight to Les Mées	D4	9	909	447
L'Escale - D4 ends on N85 - L. to Digne ! ! ! traffic ! !	N85	4	913	434
Malijai - R. in small one-way street (signs Tous commerces, Tour de Fontbelle) - in town centre R. to Les Mées - cross bridge over river Bléone - at rbt 2nd exit to Puimichel	D12	4	917	426
D12 / D8 (fork) - L. to Espinouse	D8	1	918	
D8 / D12 - R. to Espinouse, Bras-d'Asse	D8	5.5	923.5	489
21. Col d'Espinouse	D8	6.5	930	838
Saint-Jeannet	D8	6	936	582
Bras-d'Asse - D8 ends on D907 - L.	D907	3.5	939.5	480
La Bégude - R. to Puimoisson	D953	1	940.5	485
Poteau de Telle (climb summit, D953 / D8) - L. to Puimoisson	D953	4.5	945	735
Puimoisson - straight to Riez	D953	4	949	698
Riez - in town centre, L. in Allée Louis Gardiol, then follow Ste-Croix du Verdon	D953 then D11	6.5	955.5	524
D11 / D111 - stay on D11 to Quinson	D11	6.5	962	647
Quinson - stay on D11 to Montmeyan	D11	14	976	370
Bridge over river Verdon - Alpes de Haute-Provence -> Var	D13	1.5	977.5	365
Montmeyan (entry, rbt D30 / D13) - R. to Tavernes - at next rbt, L. to Cotignac	D13	6	983.5	486

D13 / D71 - L. to Carcès	D13	3	986.5	471
La Bréguière (rbt) - straight to Cotignac	D13	4	990.5	421
D13 / D32 - R. to Cotignac	D13	1	991.5	436
D13 / D560 - cross D560 to Cotignac	D13	4	995.5	399
D13 / D22 - at stop sign R. to Cotignac	D13	4.5	1000	322
Cotignac (rbt in downhill) - L. to Entrecasteaux	D50	2	1002	235
After 500 m L. (up in Ancien Chemin de Salernes - then keep straight - last climb !	local road	0.5	1002.5	230
Ancien Chemin de Salernes 3960 - R. in concrete lane	local road	3	1005.5	329
16. Base Camp	FINISH	0.5	1006	330