

Venerdì
Friday
VendrediSabato
Saturday
SamediDomenica
Sunday
DimancheLunedì
Monday
LundiMartedì
Tuesday
MardiMercoledì
Wednesday
MercrediGiovedì
Thursday
JeudiVenerdì
Friday
VendrediSabato
Saturday
Samedi**D1**
TOR450 START**D2****D3**
TOR330 START**D4****D5**
TOR130 START**D6****D7****D8****D9**
TOR30 START

TOR450 - Tor des Glaciers

Timetable

Location	POI tipology	Altitude	Km	Distance between aid stations (Km)	D+ cumul.	D- cumul.	Estimated passages time		Cut off time
							Faster	Slower	
Courmayeur START		1,224	0.00	0	0	0	D1 20.00	D1 20.00	
Rifugio Maison Vieille	A+R	1,952	5.70	5.7	800	71	D1 20.56	D1 22.00	
Rifugio Elisabetta	A+R	2,197	15.80	10.1	1,530	570	D1 22.26	D2 00.29	
Col Chavanne	W	2,598	19.30		1,982	620			
La Thuile	W	1,444	33.80		2,061	1,814			
Rifugio Deffeyes	A+R	2,500	42.30	26.5	3,157	1,901	D2 02.26	D2 07.30	
Col Planaval	A	3,016	46.80		3,731	1,949			
Baraques du Fond	W	2,330	50.70		3,745	2,641			
Planaval	A	1,577	55.70		3,767	3,436			
Rifugio degli Angeli	A+R	2,916	67.00	25	5,344	3,670	D2 08.03	D2 23.00	
Arp Vieille	W	2,222	70.20		5,367	4,381			
Lago San Grato	W	2,466	76.20		5,771	4,542			
Rifugio Bezzi	A+R	2,284	87.70	20.7	6,269	5,224	D2 11.44	D3 04.48	
Col Barassac Derè	W	3,082	93.10		7,111	5,259			
Rifugio Benevolo	A+R	2,287	98.00	10.3	7,151	6,099	D2 14.25	D3 08.04	
Col Rosset	W	3,025	103.00		8,026	6,237			
Rifugio Savoia - Colle Nivolet	A+R	2,600	108.00	10	8,059	6,758	D2 17.02	D3 10.32	
Pont Valsavarenche	W	1,950	116.00		8,084	7,358			
Rifugio Vittorio Emanuele II	A+R	2,719	121.00	13	8,847	7,363	D2 19.59	D3 14.17	
Rifugio Chabod	A+R	2,710	126.00	5	9,154	7,686	D2 21.37	D3 17.23	
Passage du Grand Neyron	A	3,252	130.00		9,737	7,727			
Col Loson	A	3,299	137.00		10,537	8,474			
Rifugio Sella	A+R	2,579	142.00	16	10,537	9,180	D3 03.57	D4 03.30	
Casolari Herbetet	W	2,441	147.00		10,783	9,577			
Valnontey	W	1,667	156.00		10,821	10,383			
Cogne	Base Vita	1,545	159.00	17	10,844	10,548	D3 07.21	D4 10.01	D4 12.00
Gimillian	W	1,788	162.00		11,124	10,567			
Rifugio Grauson	A+R	2,500	168.00	8	11,884	10,598	D3 11.10	D4 15.16	
Pas des Invergneux	W	2,902	174.00		12,383	10,712			
Fenetre de Champorcher	W	2,826	179.00		12,640	11,049			
Rifugio Miserin	A+R	2,588	181.00	12	12,644	11,295		D4 20.51	
Rifugio Dondena	A+R	2,186	185.00	4	12,640	11,681	D3 13.22	D5 00.21	
Chardonney	W	1,444	190.00		12,681	12,469			
Col Fricolla	W	2,540	200.00		14,008	12,695			
Crest	W	1,148	206.00		14,079	14,172			
Dortoir Retempio	A+R	1,466	209.00	25	14,463	14,225	D3 19.57	D5 04.00	
Col Pousseuil	W	2,110	211.00		15,106	14,235			
Col de Liet	W	2,006	217.00		15,558	14,842			
Rifugio Bonze	A+R	1,859	218.00	9	15,644	15,019	D4 01.12	D5 12.30	
Donnas	Base vita	330	227.00	9	15,792	16,702	D4 03.27	D5 14.18	D5 13.00
Perloz	W	663	232.00		16,451	17,015			
Tour d'Hereraz	W	586	233.00		16,550	17,220			
Sassa	W	1,398	240.00		17,480	17,331			
Col Giassit	W	2,026	243.00		18,165	17,367			
Rifugio Coda	A+R	2,224	247.00	20	18,629	17,608	D4 10.57	D6 01.45	
Rifugio della Barma	A+R	2,040	256.00	9	19,212	18,393	D4 13.58	D6 06.43	
Col du Marmontana	W	2,350	260.00		19,679	18,560			
Lago Chiaro	W	2,096	262.00		19,685	18,822			
Crena du Ley	W	2,311	263.00		20,000	18,926			
Col della Vecchia	W	2,184	266.00		20,165	19,196			
Niel - Dortoir la Gruba	A+R	1,573	272.00	16	20,405	20,078	D4 18.44	D6 16.50	
Colle della Mologna	W	2,364	275.00		21,193	20,079			
Col Lasoney	W	2,385	277.00		21,344	20,177			
Loo	W	2,075	280.00		21,355	20,497			
Gressoney Sport Haus	Base vita	1,329	287.00	15	21,439	21,292	D4 22.56	D6 21.58	D6 22.00

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							Faster	Slower	
Courmayeur START		1,224	0.00	0	0	0	D1 20.00	D1 20.00	
Batt	W	1,750	298.00		21,928	21,404			
Rifugio Sitten	A+R	2,280	301.00	14	22,479	21,420	D5 04.11	D7 7.30	
Colle Bettaforca	W	2,265	303.00		22,866	21,419			
Colle Bettolina Superiore	W	3,100	306.00		23,314	21,438			
Lac Bleu	W	2,206	311.00		23,340	22,344			
Resy - Rifugio Guide di Frachey	A+R	2,078	314.00	13	23,438	22,580	D5 08.31	D7 14.04	
Colle Sup. Cime Bianche	W	2,982	324.00		24,653	22,883			
Hotel Lo Stambecco	A+R	2,810	332.00	18	24,886	23,551	D5 13.33	D7 23.51	
Finestra di Cignana	W	2,449	348.00		25,731	24,514			
Rifugio Perucca Vuillermoz	A+R	2,909	353.00	21	26,331	24,652	D5 19.23	D8 01.30	
Col Valcornière	W	3,074	354.00		26,520	24,668			
Rifugio Prarayer	A+R	2,005	359.00	6	26,589	25,805	D5 23.21	D8 06.58	
Rifugio Crête Sèche	A+R	2,389	374.00	15	27,713	26,545	D6 04.02	D8 13.51	
Col di Mont Gelé	W	3,172	377.00		28,496	26,550			
Biv. Regondi	W	2,597	382.00		28,591	27,225			
Rifugio Champillon	A+R	2,435	396.00	22	29,236	28,034	D6 11.19	D8 16.21	D8 15.30
Col Champillon	W	2,707	397.00		29,523	28,034			
Ponteille Desot	W	1,830	403.00		29,601	28,942			
Plan Puitz	W	2,104	410.00		30,000	29,120			
Hotel Italia - Gran San Bernardo	A+R	2,469	416.00	20	30,585	29,351	D6 16.00	D9 01.00	
Col St. Rhemy	W	2,557	421.00		31,002	29,667			
Col des Ceingles	W	2,809	423.00		31,265	29,676			
Rifugio Frassati	A+R	2,551	425.00	9	31,358	30,030	D6 19.55	D9 07.58	
Col Malatra	A	2,936	427.00		31,750	30,048			
Pas Entre Deux Sauts	A	2,524	432.00		31,963	30,654	D6 21.34	D9 10.53	
Col Sapin	W	2,435	434.00		31,135	30,911			
Tete Tronche	W	2,581	435.00		32,262	30,911			
Monte de la Saxe	A+R	1,977	439.00	14	32,283	31,465	D6 23.10	D9 15.00	
Courmayeur FINISH	Chip control	1,224	443.00	4	32,317	32,301	D6 23.57	D9 16.32	D9 18.00

*POI Tipology: A = Aid station - R = Refreshment point - W = Simple waypoint - Base vita = all services are available