

												Venerdì Friday Vendredi	Sabato Saturday Samedi	Domenica Sunday Dimanche	Lunedì Monday Lundi	Martedì Tuesday Mardi	Mercoledì Wednesday Mercredi	Giovedì Thursday Jeudi	Venerdì Friday Vendredi	Sabato Saturday Samedi
												D1 TOR450 START	D2	D3 TOR330 START	D4	D5 TOR130 START	D6 TOR100 START	D7	D8	D9 TOR30 START
TOR450 - Tor des Glaciers Timetable																				
Location	POI tipology	Altitude	Distance from START (Km)	Distance between aid stations (Km)	D+ from START (m)	D+ from previous point (m)	D- from START (m)	D- from previous point (m)	Estimated passages time		Cut off time									
									Faster	Slower										
Courmayeur START		1,224 m	0.0 Km	0.0 Km	0 m	0 m	0 m	0 m	D1 20.00	D1 20.00										
Rifugio Maison Vieille	A+R	1,963 m	5.9 Km	5.9 Km	804 m	804 m	079 m	079 m	D1 20.54	D1 22.00										
Rifugio Elisabetta	A+R	2,193 m	16.0 Km	10.1 Km	1,553 m	749 m	603 m	524 m	D1 22.19	D2 00.29										
Col de la Seigne	W	2,509 m	19.4 Km		1,882 m	329 m	648 m	045 m												
Col des Chavannes	W	2,595 m	22.8 Km		2,116 m	234 m	792 m	144 m												
La Thuile	W	1,445 m	36.4 Km		2,193 m	077 m	1,992 m	1,200 m												
Rifugio Deffeyes	A+R	2,487 m	45.7 Km	29.8 Km	3,375 m	1,182 m	2,129 m	137 m	D2 02.06	D2 07.30										
Col di Planaval - tratto attrezzato	W	3,012 m	50.3 Km		3,998 m	623 m	2,229 m	100 m												
Albergo Paramont	A+R	1,556 m	59.2 Km	13.4 Km	4,092 m	094 m	3,771 m	1,542 m	D2 07.31	D2 23.00										
Lago San Grato	W	2,468 m	78.0 Km		6,180 m	2,088 m	4,892 m	1,121 m												
Usellières	W	1,789 m	83.9 Km		6,205 m	025 m	5,535 m	643 m												
Rifugio Mario Bezzi	A+R	2,282 m	89.4 Km	30.2 Km	6,724 m	519 m	5,560 m	025 m	D2 10.59	D3 04.48										
Col Barassac Deré	W	3,088 m	94.7 Km		7,584 m	860 m	5,623 m	063 m												
Rifugio Benevolo	A+R	2,287 m	99.6 Km	10.2 Km	7,643 m	059 m	6,463 m	840 m	D2 13.24	D3 08.04										
Col Rosset	W	3,023 m	104.9 Km		8,534 m	891 m	6,629 m	166 m												
Rifugio Savoia - Col Nivolet	A+R	2,537 m	109.5 Km	9.9 Km	8,566 m	032 m	7,142 m	513 m	D2 15.50	D3 10.32										
Pont Valsavarenche	W	1,958 m	117.4 Km		8,635 m	069 m	7,779 m	637 m												
Rifugio Vittorio Emanuele II	A+R	2,720 m	122.5 Km	13.0 Km	9,422 m	787 m	7,809 m	030 m	D2 18.36	D3 14.17										
Rifugio Federico Chabod	A+R	2,710 m	128.1 Km	5.6 Km	9,764 m	342 m	8,161 m	352 m	D2 20.02	D3 17.23										
Passage du Grand Neyron - tratto attrezzato	W	3,218 m	131.9 Km		10,398 m	634 m	8,286 m	125 m												
Col Loson	W	3,297 m	139.0 Km		11,250 m	852 m	9,056 m	770 m												
Rifugio Vittorio Sella	A+R	2,588 m	143.4 Km	15.3 Km	11,277 m	027 m	9,791 m	735 m	D3 00.31	D4 03.30										
Segnavia 18C	W	2,845 m	145.3 Km		11,443 m	166 m	9,798 m	07 m												
Col de la Rousse	W	3,186 m	146.7 Km		11,531 m	088 m	9,811 m	013 m												
Les Ors-Dessus	W	2,028 m	152.0 Km		11,543 m	012 m	10,378 m	567 m												
TOR450 Base Vita 1 - Cogne	Base Vita	1,528 m	155.6 Km	12.2 Km	11,612 m	069 m	10,655 m	277 m	D3 04.42	D4 10.01	D4 12.00									
Gimillan	W	1,809 m	158.4 Km		11,907 m	295 m	10,673 m	018 m												
Rifugio Grauson	A+R	2,519 m	164.6 Km	9.0 Km	12,659 m	752 m	10,715 m	042 m	D3 07.45	D4 15.16										
Pas des Invergneux	W	2,903 m	170.5 Km		13,168 m	509 m	10,842 m	127 m												
Fenetre de Champorcher	W	2,827 m	175.3 Km		13,438 m	270 m	11,189 m	347 m												
Rifugio Miserin	A+R	2,583 m	177.3 Km	12.7 Km	13,442 m	04 m	11,437 m	248 m	D3 09:35	D4 20.51										
Rifugio Dondena	A+R	2,193 m	180.8 Km	3.5 Km	13,447 m	05 m	11,830 m	393 m	D3 10.00	D5 00.21										
Chardonney	W	1,442 m	186.5 Km		13,545 m	098 m	12,646 m	816 m												
Col Della Fricolla	W	2,547 m	196.5 Km		15,012 m	1,467 m	12,992 m	346 m												
Dortoir Retempio	A+R	1,467 m	205.3 Km	24.5 Km	15,628 m	616 m	14,682 m	1,690 m	D3 17.01	D5 04.00										
Col Pousseuil	W	2,104 m	208.0 Km		16,282 m	654 m	14,713 m	031 m												
Col de Liet	W	1,948 m	213.2 Km		16,795 m	513 m	15,362 m	649 m												
Rifugio Alpe Bonze	A+R	1,856 m	214.5 Km	9.3 Km	16,935 m	140 m	15,597 m	235 m	D3 19.36	D5 07.24										
TOR450 Base Vita 2 - Donnas	Base vita	322 m	223.8 Km	9.3 Km	17,138 m	203 m	17,318 m	1,721 m	D3 21.38	D5 10.22	D5 13.00									
Perloz	W	666 m	229.0 Km		17,897 m	759 m	17,741 m	423 m												
Remondin	W	627 m	231.0 Km		18,111 m	214 m	17,998 m	257 m												
Col Giassit	W	2,028 m	239.6 Km		19,697 m	1,586 m	18,214 m	216 m												
Colle Della Lace	W	2,114 m	240.5 Km		19,788 m	091 m	18,219 m	05 m												
Mont Roux - tratto attrezzato	W	2,267 m	241.2 Km		19,948 m	160 m	18,227 m	08 m												
Col Carisey	W	2,128 m	243.0 Km		20,052 m	104 m	18,472 m	245 m												
Rifugio Coda	A+R	2,252 m	243.9 Km	20.0 Km	20,184 m	132 m	18,482 m	010 m	D4 05.42	D5 21.45										
Crest	W	1,915 m	249.3 Km		20,516 m	332 m	19,136 m	654 m												

TOR450 - Tor des Glaciers

Timetable

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

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