



# TOR DES GÉANTS

**330Km**  
**24.000m D+**  
**150h max**

Tor des Géants  
 @TDG\_trail

info@tordesgeants.it  
www.tordesgeants.it

**Endurance Trail**  
11-18 Settembre 2016  
7ª edizione

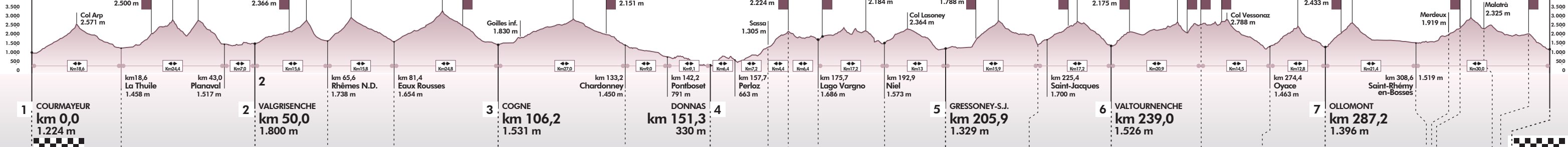


Tourist Office  
www.lovevda.it  
Office régional du tourisme  
Piazza Porta Praetoria, 3  
AOSTA  
Tel. +39.0165.236627  
aosta@turismo.vda.it



**COURMAYEUR**  
km 0,0  
1.224 m

**COURMAYEUR**  
km 338,6  
1.224 m



1	2	3	4	5	6	7												
<b>COURMAYEUR</b> km 0,0 1.224 m	<b>VALGRISENCE</b> km 50,0 1.800 m	<b>COGNE</b> km 106,2 1.531 m	<b>DONNAS</b> km 151,3 330 m	<b>GRESSONEY-S.J.</b> km 205,9 1.329 m	<b>VALTOURNENCHE</b> km 239,0 1.526 m	<b>OLLOMONT</b> km 287,2 1.396 m												
<b>Courmayeur Start</b> Km km 0,0	<b>La Thuile</b> Km km 18,6	<b>Valgrisenche</b> Km km 50,0	<b>Rhêmes N.D.</b> Km km 65,6	<b>Eaux Rousses</b> Km km 81,4	<b>Cogne</b> Km km 106,2	<b>Chardonney</b> Km km 133,2	<b>Donnas</b> Km km 151,3	<b>Sassa</b> Km km 164,9	<b>Lago Vargno</b> Km km 175,7	<b>Niel</b> Km km 192,9	<b>Gressoney Saint-Jean</b> Km km 205,9	<b>Champoluc</b> Km km 221,8	<b>Valtournenche</b> Km km 239,0	<b>Rifugio Cunéy</b> Km km 259,9	<b>Oyace</b> Km km 274,4	<b>Ollomont</b> Km km 287,2	<b>Rifugio Frassati</b> Km km 317,4	<b>Courmayeur FINISH</b> Km km 338,6
	<b>D-1</b> FAST 12:10 <b>D-1</b> SLOW 15:10	<b>D-2</b> IN 05:00 <b>D-2</b> OUT 07:00 <b>D-1</b> FAST 17:10 <b>D-2</b> SLOW 05:00	<b>D-1</b> FAST 19:35 <b>D-1</b> SLOW 14:30	<b>D-2</b> IN 19:30 <b>D-2</b> OUT 22:30 <b>D-2</b> FAST 18:30	<b>D-3</b> IN 04:00 <b>D-3</b> OUT 06:00 <b>D-2</b> FAST 03:00 <b>D-3</b> SLOW 03:00	<b>D-2</b> FAST 07:35 <b>D-2</b> SLOW 16:00	<b>D-4</b> IN 00:00 <b>D-4</b> OUT 02:00 <b>D-2</b> FAST 10:20 <b>D-3</b> SLOW 23:00	<b>D-2</b> FAST 13:40 <b>D-4</b> SLOW 07:00	<b>D-4</b> IN 13:00 <b>D-4</b> FAST 16:20 <b>D-4</b> SLOW 13:00	<b>D-2</b> FAST 19:55 <b>D-4</b> SLOW 19:00	<b>D-4</b> IN 23:00 <b>D-5</b> OUT 01:00 <b>D-2</b> FAST 23:30 <b>D-4</b> SLOW 23:00	<b>D-5</b> OUT 13:00 <b>D-3</b> FAST 04:30 <b>D-5</b> SLOW 13:00	<b>D-5</b> IN 19:00 <b>D-5</b> OUT 21:00 <b>D-3</b> FAST 09:00 <b>D-5</b> SLOW 19:00	<b>D-3</b> FAST 14:54 <b>D-6</b> SLOW 07:40	<b>D-6</b> OUT 13:30 <b>D-6</b> FAST 17:51 <b>D-6</b> SLOW 13:30	<b>D-6</b> IN 17:00 <b>D-6</b> OUT 19:00 <b>D-3</b> FAST 21:32 <b>D-6</b> SLOW 17:00	<b>D-4</b> FAST 04:47 <b>D-7</b> SLOW 09:30	<b>D-7</b> IN 16:00 <b>D-4</b> FAST 08:21 <b>D-7</b> SLOW 16:00
									<b>Rifugio Coda</b> Km km 169,3 - 1/2 TOR <b>D-2</b> FAST 15:07 <b>D-4</b> SLOW 12:15							<b>Saint-Rhémy en-Bosses</b> Km km 308,6 <b>D-4</b> FAST 02:37 <b>D-7</b> SLOW 04:30	<b>Merdeux</b> <b>D-7</b> OUT 08:00	<b>Rifugio Bertone</b> Km km 332,6 <b>D-4</b> FAST 07:48 <b>D-7</b> SLOW 11:00

- D-1** Domenica/Dimanche/Sunday
- D-2** Lunedì/Lundi/Monday
- D-3** Martedì/Mardi/Tuesday
- D-4** Mercoledì/Mercredi/Wednesday
- D-5** Giovedì/Jedi/Thursday
- D-6** Venerdì/Vendredi/Friday
- D-7** Sabato/Samedi/Saturday

**Km** distanza/distance/distance

**barriera oraria**/barrière horaire/time deadline  
entrata/entrée/incoming

**barriera oraria**  
uscita/sortie/exit

**passaggio**/passage/passage  
più veloce/plus rapide/faster

**passaggio**  
più lento/plus lente/slower

**Programma**  
Programme  
Program

**10** Sabato/Samedi/Saturday

**COURMAYEUR**  
FORUM SPORT CENTER

**H 14.00 - 20.00**

**Distribuzione pettorali**  
Remise dossards - Check in

**Deposito sacche**  
Dépôt sacs - Deposit Bags

**Esposizione Sponsor ufficiali**  
Exposition partenaires officiels  
Official partners exposition

**H 20.00**

**Briefing & pasta party!**

**11** Domenica/Dimanche/Sunday

**COURMAYEUR**  
FORUM SPORT CENTER

**H 7.30 - 8.30**

**Distribuzione pettorali**  
Remise dossards - Check in

**H 8.00 - 9.30**

**Deposito sacche**  
Dépôt sacs - Deposit Bags

**COURMAYEUR**  
PIAZZA BROCHEREL - VIALE MONTE BIANCO

**H 9.45**

**Briefing sulla linea di partenza**  
Briefing sur la ligne de départ - Briefing

**H 10.00**

**START**

**14** Mercoledì/Mercredi/Wednesday

**17** Sabato/Samedi/Saturday

**COURMAYEUR**  
FORUM SPORT CENTER

**H 11.00**

**Premiazione**  
Remise des prix  
Prizegiving

**H 10.00 - 13.00**

**Esposizione Sponsor ufficiali**  
Exposition partenaires officiels  
Official partners exposition

**18** Domenica/Dimanche/Sunday

**COURMAYEUR**  
FORUM SPORT CENTER

**H 11.00**

**Premiazione**  
Remise des prix  
Prizegiving

**H 10.00 - 13.00**

**Esposizione Sponsor ufficiali**  
Exposition partenaires officiels  
Official partners exposition



**INFO TOR**  
www.tordesgeants.it