

	D1 TOR450 START	D2	D3 TOR330 START	D4	D5 TOR130 START	D6	D7	D8	D9 TOR30 START
Sett./sept/sept. 2021	10	11	12	13	14	15	16	17	18

TOR450 - Tor des Glaciers 2021

Timetable

(ref. gpx TOR450 2021)

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	866	121	D1 21.06	D1 22.00	
Rifugio Elisabetta	A+R	2,197	15.60	9.9	1579	637	D1 22.30	D2 00.00	
Col Chavanne	W	2,598	19.00		2071	687			
La Thuile	W	1,444	32.70		2292	2,061			
Rifugio Deffeyes	A+R	2,500	42.10	26.5	3430	2,158	D2 03.20	D2 07.30	
Col Planaval	A	3,016	46.60		4075	2,272			
Baraques du Fond	W	2,330	50.70		4119	2,991			
Planaval	A	1,577	55.50		4142	3,800			
Rifugio degli Angeli	A+R	2,916	66.90	25	5976	4,277	D2 09.00	D2 23.00	
Arp Vieille	W	2,222	70.30		6039	5,039			
Lago San Grato	W	2,466	76.20		6529	5,270			
Rifugio Bezzi	A+R	2,284	87.80	20.9	7046	5,997	D2 13.00	D3 06.30	
Col Barassac Derè	W	3,082	93.20		7907	6,040			
Rifugio Benevolo	A+R	2,287	98.20	10.4	7964	6,886	D2 16.42	D3 11.24	
Col Rosset	W	3,025	104.00		8838	7,053			
Rifugio Savoia - Colle Nivolet	A+R	2,600	108.00	9.8	8882	7,567	D2 19.39	D3 14.21	
Pont Valsavarenche	W	1,950	116.00		8984	8,226			
Rifugio Vittorio Emanuele II	A+R	2,719	121.00	13	9767	8,263	D2 22.50	D3 17.50	
Rifugio Chabod	A+R	2,710	127.00	6	10111	8,611	D3 00.20	D3 21.00	
Passage du Grand Neyron	A	3,252	131.00		10682	8,663			
Col Loson	A	3,299	138.00		11517	9,447			
Rifugio Sella	A+R	2,579	142.00	15	11543	10,186	D3 05.30	D4 03.30	
Casolari Herbetet	W	2,441	148.00		11912	10,688			
Valnontey	W	1,667	157.00		12044	11,583			
Cogne	Base Vita	1,545	160.00	18	12107	11,777	D3 09.00	D4 08.00	D4 12.00
Gimillian	W	1,788	162.00		12354	11,795			
Rifugio Grauson	A+R	2,500	168.00	8	12500	11,825	D3 11.45	D4 14.00	
Pas des Invergneux	W	2,902	173.00		13651	11,935			
Fenetre de Champorcher	W	2,826	178.00		13957	12,348			
Rifugio Miserin	A+R	2,588	180.00	12	13955	12,593	D3 14.00	D4 22.30	
Rifugio Dondena	A+R	2,186	183.00	3	13966	12,981	D3 16.50	D4 23.30	
Chardonney	W	1,444	189.00		14077	13,826			
Col Fricolla	W	2,540	199.00		15533	14,126			
Dortoir Crest	W	1,148	206.00		15659	15,737			
Dortoir Retempio	A+R	1,466	208.00	25	16002	15,770	D3 22.45	D5 04.00	
Col Pousseuil	W	2,110	211.00		16706	15,815			
Col de Liet	W	2,006	216.00		17255	16,515			
Rifugio Bonze	A+R	1,859	217.00	9	17432	16,787	D4 04.00	D5 12.30	
Donnas	Base vita	330	226.00	9	17774	18,647	D4 08.23	D5 14.18	D5 13.00
Perloz	W	663	232.00		18516	19,081			
Tour d'Hereraz	W	586	233.00		18604	19,276			
Sassa	W	1,398	239.00		19663	19,504			
Col Giassit	W	2,026	242.00		20337	19,531			
Rifugio Coda	A+R	2,224	246.00	20	20888	19,852	D4 16.25	D6 01.45	
Lago Vagno	W	1,679	253.00		21240	20,773			
Rifugio della Balma	A+R	2,040	255.00	9	21628	20,794	D4 18.30	D6 06.00	
Col du Marmontana	W	2,350	260.00		22192	21,057			
Lago Chiaro	W	2,096	261.00		22200	21,331			
Crena du Ley	W	2,311	262.00		22223	21,458			
Col della Vecchia	W	2,184	265.00		22716	21,738			
Niel - Dortoir la Gruba	A+R	1,573	272.00	17	23114	22,775	D4 23.12	D6 16.50	
Col Lasoney	W	2,385	277.00		24128	22,958			
Loo	W	2,075	280.00		24155	23,287			
Gressoney Sport Haus	Base vita	1,329	287.00	15	24356	24,195	D5 04.14	D6 21.58	D6 22.00
Batt	W	1,750	298.00		25019	24,481			

Rifugio Sitten	A+R	2,280	301.00	14	25584	24,511	D5 08.20	D7 7.30
Colle Bettaforca	W	2,265	303.00		25969	24,511		
Colle Bettolina Superiore	W	3,100	306.00		26434	24,550		
Lac Bleu	W	2,206	311.00		26469	25,466		
Resy - Rifugio Ferraro	A+R	2,078	314.00	13	26622	25,752	D5 15.55	D7 13.30
Colle Sup. Cime Bianche	W	2,982	324.00		27873	26,087		
Plan Maison	W	2,556	333.00		28196	26,850		
Rifugio Duca degli Abruzzi	A+R	2,810	336.00	22	28541	26,958	D5 21.00	D7 23.30
Finestra di Cignana	W	2,449	348.00		29164	27,945		
Rifugio Perucca Vuillermoz	A+R	2,909	352.00	16	29814	20,183	D6 05.20	D8 01.30
Col Valcornière	W	3,074	353.00		30031	29,191		
Rifugio Prarayer	A+R	2,005	359.00	7	30170	29,385	D6 09.50	D8 05.25
Rifugio Crête Sèche	A+R	2,389	374.00	15	31562	30,413	D6 13.45	D8 09.30
Col di Mont Gelé	W	3,172	377.00		32357	30,449		
Biv. Regondi	W	2,597	382.00		32443	31,116		
Rifugio Champillon	A+R	2,435	397.00	23	33404	32,184	D6 19.50	D8 15.00 D8 15.30
Col Champillon	W	2,707	398.00		33684	32,183		
Ponteille Desot	W	1,830	402.00		33727	33,142		
Plan Puitz	W	2,104	410.00		34290	33,401		
Col Barasson Occ.	W	2,626	414.00		34957	33,503		
Hotel Italia - Gran San Bernardo	A+R	2,469	417.00	20	35131	33,860	D7 01.00	D9 01.00
Col St. Rhemy	W	2,557	423.00		35807	34,464		
Col des Ceingles	W	2,809	425.00		36131	34,535		
Rifugio Frassati	A+R	2,551	427.00	10	36216	34,885	D7 04.00	D9 07.58
Col Malatra	A	2,936	430.00		36664	34,947		
Malatrà	W	2,325	434.00		36627	35,599		
Pas Entre Deux Sauts	A	2,524	437.00		36982	35,671		
Col Sapin	W	2,435	439.00		37118	35,888		
Tete Tronche	W	2,581	440.00		37257	35,888		
Monte de la Saxe	A+R	1,977	444.00	17	37284	36,536	D7 09.00	D9 15.00
Courmayeur FINISH	Chip control	1,224	448.00	4	37319	37,309	D7 10.10	D9 16.32 D9 18.00

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