

	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	D7	D8	D9 TOR30 START
Sett./sept/sept. 2022	9	10	11	12	13	14	15	16	17

# TOR450 - Tor des Glaciers 2022

## Timetable

(ref. gpx TOR450 2022)

Location	POI typology	Altitude	Km	Distance between aid stations (Km)	D+ cumul.	D- cumul.	Estimated passages time		Cut off time
							Faster	Slower	
<b>Courmayeur START</b>		<b>1,224</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>D1 20.00</b>	<b>D1 20.00</b>	
Rifugio Maison Vieille	A+R	1,952	5.70	5.7	866	121	D1 21.02	D1 22.00	
Rifugio Elisabetta	A+R	2,197	15.60	9.9	1579	637	D1 22.30	D2 00.29	
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 09.08	
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 14.26	
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 10.32	
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 14.17	
Rifugio Chabod	A+R	2,710	127.00	6	10111	8,611	D3 00.20	D3 17.23	
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			
<b>Cogne</b>	Base Vita	<b>1,545</b>	<b>160.00</b>	<b>18</b>	<b>12107</b>	<b>11,777</b>	<b>D3 09.00</b>	<b>D4 10.01</b>	<b>D4 12.00</b>
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 15.16	
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 20.51	
Rifugio Dondena	A+R	2,186	183.00	3	13966	12,981	D3 16.50	D5 00.21	
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	
<b>Donnas</b>	Base vita	<b>330</b>	<b>226.00</b>	<b>9</b>	<b>17774</b>	<b>18,647</b>	<b>D4 08.23</b>	<b>D5 14.18</b>	<b>D5 13.00</b>
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 06.43	
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			
<b>Gressoney Sport Haus</b>	Base vita	<b>1,329</b>	<b>287.00</b>	<b>15</b>	<b>24356</b>	<b>24,195</b>	<b>D5 04.14</b>	<b>D6 21.58</b>	<b>D6 22.00</b>
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 14.04	
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 23.51	
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 06.58	
Rifugio Crête Sèche	A+R	2,389	374.00	15	31562	30,413	D6 13.45	D8 13.51	
Col di Mont Gelé	W	3,172	377.00		32357	30,449			
Biv. Regondi	W	2,597	382.00		32443	31,116			
<b>Rifugio Champillon</b>	A+R	<b>2,435</b>	<b>397.00</b>	<b>23</b>	<b>33404</b>	<b>32,184</b>	<b>D6 19.50</b>	<b>D8 16.21</b>	<b>D8 15.30</b>
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	D7 06.30	D9 10.53	
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	
<b>Courmayeur FINISH</b>	Chip control	<b>1,224</b>	<b>448.00</b>	<b>4</b>	<b>37319</b>	<b>37,309</b>	<b>D7 10.10</b>	<b>D9 16.32</b>	<b>D9 18.00</b>

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