

TOR450

TOR DES GLACIERS

ROAD BOOK 2024

TOR30
PASSAGE AU MALATRÀ

TOR100
CERVINO-MONTE BIANCO

TOR130
TOT DRET

TOR330
TOR DES GÉANTS®

TOR450
TOR DES GLACIERS

TOR DES GLACIERS 2024

IT ISTRUZIONI PER L'USO DEI RIFUGI

L'organizzazione concorda con i rifugi partner il trattamento gratuito per i corridori: pasto, doccia e posto letto. I corridori sono tenuti a rispettare le regole del rifugio e non arrecare disturbo agli altri fruitori della struttura.

Rifugi partner

Rif. Maison Vieille, Rif. Elisabetta, Rif. Deffeyes, Rif. degli Angeli, Rif. Bezzi, Rif. Benevolo, Rif. Savoia al Nivolet, Rif. Vittorio Emanuele, Rif. Chabod, Rif. Vittorio Sella, Rif. Grauson, Rif. Miserin, Rif. Dondena, Dortoir Retempio, Rif. Bonze, Rif. Coda, Rif. Barma, La Gruba, Ristoro Sitten, Rif. Guide di Frachey, Hotel Stambecco, Rif. Perucca Vuillemoz, Rif. Prarayer, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Biv. Mont de la Saxe.

In rifugio cosa trovi

Doccia, cibo caldo, letto, ricarica batterie, punto di richiesta soccorso, modulo di registrazione del tuo passaggio.

Di giorno

L'organizzazione ha concordato un trattamento base per ogni corridore:

pasto caldo secondo il menù tipico del rifugio, una doccia, un letto, la possibilità di ricaricare le batterie del tuo telefono e gps.

Ogni richiesta fuori da quanto concordato con il rifugio è a tue spese.

I rifugi di montagna sono punto di chiamata soccorso. Se sei in difficoltà o sai che c'è qualcuno in difficoltà, rivolgiti al gestore che può contattare via radio l'organizzazione. Verranno attivati, se necessario, tutti i mezzi di soccorso possibili.

Di notte

Normalmente il rifugio di notte è chiuso. Durante il Tor des Glaciers le porte rimarranno aperte.

Non è detto che il gestore sia sveglio ad accoglierti, ma lascerà a disposizione un thermos di tè caldo e qualche genere di conforto.

Lascerà anche tutte le istruzioni che possono servirti per fare la doccia, dormire e caricare i tuoi dispositivi.

Al tuo risveglio troverai sicuramente una faccia sorridente che ti preparerà una colazione perfetta!

Il rifugio ti accoglie come un normale escursionista.

Devi rispettare le normali regole di comportamento

Non disturbare gli ospiti già presenti nella struttura.

Se richiesto togliti le scarpe.

Rispetta gli orari di cucina e non chiedere di mangiare se questa è chiusa.

Se dormi in rifugio, ricorda di piegare le coperte che hai usato.

In rifugio dovrai anche segnare sul foglio dei passaggi del Tor des Glaciers il tuo numero di pettorale e l'orario del tuo arrivo. Questo servirà ai fini del cronometraggio della corsa.

EN REFUGES OPERATING INSTRUCTIONS

The organisation has arranged for runners to use the sleeping accommodation, subsistence and shower facilities free of charge at partner refuges. Runners must observe the rules of the refuge and not disturb other people using the facilities.

Partner refuges

Rif. Maison Vieille, Rif. Elisabetta, Rif. Deffeyes, Rif. degli Angeli, Rif. Bezzi, Rif. Benevolo, Rif. Savoia al Nivolet, Rif. Vittorio Emanuele, Rif. Chabod, Rif. Vittorio Sella, Rif. Grauson, Rif. Miserin, Rif. Dondena, Dortoir Retempio, Rif. Bonze, Rif. Coda, Rif. Barma, La Gruba, Ristoro Sitten, Rif. Guide di Frachey, Hotel Stambecco, Rif. Perucca Vuillemoz, Rif. Prarayer, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Biv. Mont de la Saxe.

In every refuge you will find

Shower, hot meal, bed, battery charger, distress call point, form to register your passage.

By day

The organisation has arranged for runners a basic treatment:

hot meal from the local menu, a shower, a bed, possibility to charge the batteries of the phone and of the GPS devices.

Every extra request is at your own expense.

Mountain refuges are a distress call point. If you are in trouble, or you know someone in trouble, ask the director of the refuge to call via radio the organisation. If needed, any kind of means of aid will be activated.

By night

Refuges are normally closed by night. During the Tor des Glaciers the doors will stay open.

It is not sure that the director will be awake to welcome you, but he will leave at your disposal some hot tea and some items of convenience.

He will leave for you any kind of instruction to shower, sleep and charge your devices.

At your awakening you will surely find a smiling face that will cook a perfect breakfast for you!

Refuge host you as a normal hiker. You have to follow the basic rules of conduct:

Do not disturb other hosts.

If asked, take the shoes off.

Respect the kitchen opening hours and do not ask to eat if this one is closed.

If you sleep in refuge, remember to fold the blanket you used.

At the refuge you have to sign your passage on the registration form of Tor des Glaciers writing down you bib number and your arrival time. This will be used for the race chrono.

FR MODE D'EMPLOI DES REFUGES

L'organisation s'est mise d'accord avec les refuges partenaires pour un accueil gratuit des coureurs : repas, douche et lit. Les coureurs sont tenus de respecter les règles du refuge et de ne pas déranger les autres utilisateurs des lieux.

Refuges partenaires

Rif. Maison Vieille, Rif. Elisabetta, Rif. Deffeyes, Rif. degli Angeli, Rif. Bezzi, Rif. Benevolo, Rif. Savoia al Nivolet, Rif. Vittorio Emanuele, Rif. Chabod, Rif. Vittorio Sella, Rif. Grauson, Rif. Miserin, Rif. Dondena, Dortoir Retempio, Rif. Bonze, Rif. Coda, Rif. Barma, La Gruba, Ristoro Sitten, Rif. Guide di Frachey, Hotel Stambecco, Rif. Perucca Vuillemoz, Rif. Prarayer, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Biv. Mont de la Saxe.

Dans les refuges il y a :

Douche, nourriture chaude, lit, rechargement des batteries, point de demande de secours, formulaire d'enregistrement du passage.

De jour

L'organisation a convenu un traitement base pour chaque coureur:

nourriture chaude du menù typique du refuge, une douche, un lit, la possibilité de recharger les batteries du téléphone et du GPS.

Toute demande en dehors de ce qui a été convenu avec le refuge est à votre charge.

Les refuges de montagne sont point de appel de secours. Si tu es en difficulté ou tu sais qu'il y a quelqu'un en difficulté, faire référence au gestionnaire qui peut contacter avec la radio l'organisation.

Si nécessaire, les moyens de secours seront activés.

De nuit

Normalement les refuges est fermé pendant la nuit. Pour le Tor des Glaciers les portes resteront ouvertes.

Il n'est pas sûr de trouver le gestionnaire réveillé à t'attendre, mais il va laisser à ta disposition un thermos de the chaud et de la nourriture.

Il va laisser aussi les modes d'emploi pour la douche, pour dormir et pour recharger les batteries.

À ton réveil tu trouveras sûrement un visage souriant qui va te préparer un petit déjeuner parfait!

Le refuge t'accueille comme un escursioniste. Tu dois respecter les règles de conduite:

Ne pas déranger les hôtes présents dans la structure.

Si demandé, enlève les chaussures.

Respecter les horaires de la cuisine et ne pas demander à manger si elle est fermée.

Si tu dors en refuges, rappelle-toi des plier les couvertures que tu as utilisé.

Dans les refuges tu devrais marquer sur le formulaire d'enregistrement des passages du Tor des Glaciers le numero de ton dossard et l'horaire de ton arrivée, qui sera utilisé pour le chronométrage de la course.

TOR450

TOR DES GLACIERS



RICORDATI DI VERIFICARE IL CORRETTO FUNZIONAMENTO DEL TRACKER GPS DURANTE LA GARA.
REMEMBER TO CHECK THE CORRECT FUNCTIONING OF THE GPS TRACKER DURING THE RACE.
N'oubliez pas de vérifier le fonctionnement correct du tracker GPS pendant la course.



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

D2

D3

D4

D5

D6

D7

D8

D9

6

7

8

9

10

11

12

13

14

TOR450
START

TOR330
START

TOR100
START

TOR30
START

Sett./sept./sept.



START Km 0

Km 226 CUT-OFF TIME

CUT-OFF TIME

CUT-OFF TIME

Col Malatrà

FINISH Km 450

COURMAYEUR START
D1 h 20:00 | km 0 | D+0.0m

Rifugio Maison Vieille
1924m | km 5.7 | D+800m

Rifugio Elisabetha
2197m | km 15.80 | D+1.530m

Rifugio De Reyes
2500m | km 42.30 | D+3.157m

Rifugio degli Angeli
2916m | km 67 | D+5.344m

Rifugio Bezzoli
2284m | km 87.70 | D+6.269m

Rifugio Savoia
2600m | km 108.00 | D+8.059m

Rif. Vittorio Emanuele II
2719m | km 121.00 | D+8.847m

Rifugio Chabod
2710m | km 126.00 | D+9.154m

Rifugio Sella
2579m | km 142.00 | D+10.537m

Col di Mont Gélé
3172m | km 137.00 | D+28.496m

Col Valcomière
3074m | km 154.00 | D+26.920m

Hotel Lo Stambocco
2810m | km 132.00 | D+24.886m

Rifugio Guida di Frachey
2078m | km 114.00 | D+23.438m

Rifugio Perucca Vuillemoz
2909m | km 133.00 | D+26.331m

Rifugio Prarover
2005m | km 139.00 | D+26.589m

Rifugio Crête Sèche
2389m | km 134.00 | D+27.713m

Rifugio Champillon
2435m | km 139.00 | D+29.226m

Hotel Italia - GSB
2469m | km 146.00 | D+30.585m

Rifugio Frassati
2551m | km 143.00 | D+31.358m

Col Malatrà
2936m | km 147.00 | D+37.750m

Rifugio Bonze
1859m | km 218.00 | D+15.644m

Rifugio Dondena
2186m | km 185.00 | D+12.640m

Rifugio Miserin
2588m | km 181.00 | D+12.644m

Rifugio Grauson
2500m | km 168.00 | D+11.884m

Cogne - CUT-OFF TIME D4 12.00
1545m | km 153.00 | D+10.844m

Rifugio Grousson
2500m | km 168.00 | D+11.884m

Rifugio Dondena
2186m | km 185.00 | D+12.640m

Dortoir Retempio
1466m | km 209.00 | D+14.633m

Mont de la Saxe
1977m | km 439.00 | D+32.283m

COURMAYEUR FINISH
1224m | km 443.00 | D+32.317m

Donnas - CUT-OFF TIME D5 13.00
330m | km 227.00 | D+15.792m

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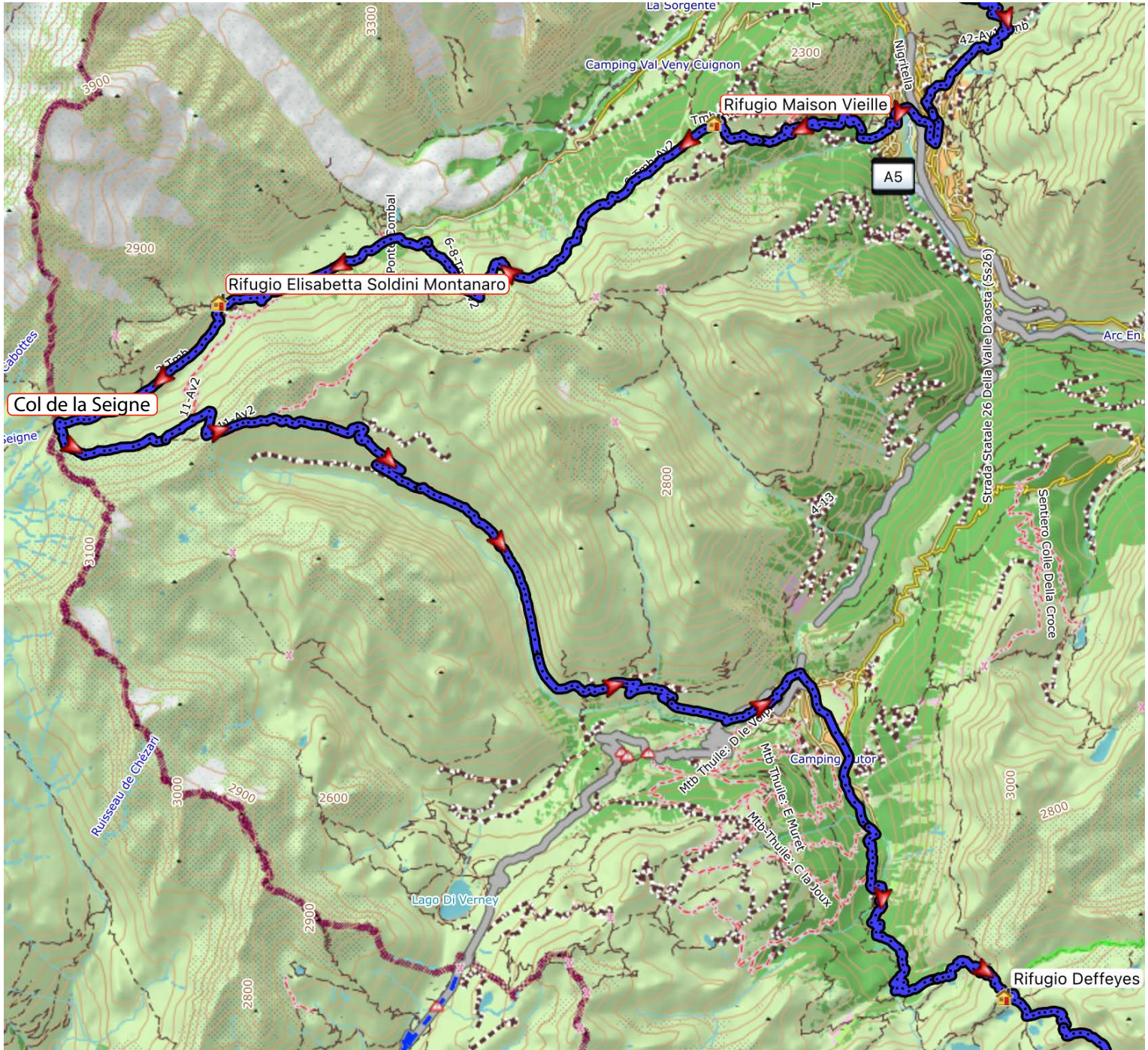
Sett./sept./sept.

Sabato Saturday Samedi	D9	14	TOR30 START
Venerdì Friday Vendredi	D8	13	
Giovedì Thursday Jeudi	D7	12	
Mercoledì Wednesday Mercredi	D6	11	TOR100 START
Martedì Tuesday Mardi	D5	10	TOR130 START
Lunedì Monday Lundi	D4	9	
Domenica Sunday Dimanche	D3	8	TOR330 START
Sabato Saturday Samedi	D2	7	
Venerdì Friday Vendredi	D1	6	TOR450 START

TOR450 - Tor des Glaciers										
Timetable										
Location	POI typology	Altitude	Distance from START (Km)	Distance between aid stations (Km)	D+ from START (m)	D- from START (m)	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 20.54	D1 22.00		
Rifugio Elisabetta	A+R	2,197	15.80	10.1	1,530	570	D1 22.19	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 02.06	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 07.31	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 10.59	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 13.24	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 15.50	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 18.36	D3 14.17		
Rifugio Chabod	A+R	2,710	126.00	5	9,154	7,686	D2 20.02	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 00.31	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 04.42	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 07.45	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 10.00	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 17.01	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	D3 19.36	D5 07.24		
Donnas	Base vita	330	227.00	9	15,792	16,702	D3 21.38	D5 10.22	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 05.42	D5 21.45		
Rifugio della Barma	A+R	2,040	256.00	9	19,212	18,393	D4 08.12	D6 02.56		
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 12.32	D6 14.20		
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 16.34	D6 19.39	D6 22.00	
Batt	W	1,750	298.00		21,928	21,404				
Rifugio Sitten	A+R	2,280	301.00	14	22,479	21,420	D4 20.17	D7 01.30		
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	D4 23.57	D7 09.24		
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 05.33	D7 14.37		
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 11.12	D7 20.44		
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 13.58	D7 23.55		
Rifugio Crête Sèche	A+R	2,389	374.00	15	27,713	26,545	D518.01			
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 02.44	D8 14.53	D8 15.30	
Col Champillon	W	2,707	397.00		29,523	28,034				
Pontaille 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 07.37	D9 00.32		
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 10.17	D9 07.40		
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 11.55	D9 11.40		
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 13.40	D9 14.04		
Courmayeur FINISH	Chip control	1,224	443.00	4	32,317	32,301	D6 14.29	D9 16.43	D9 18.00	

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

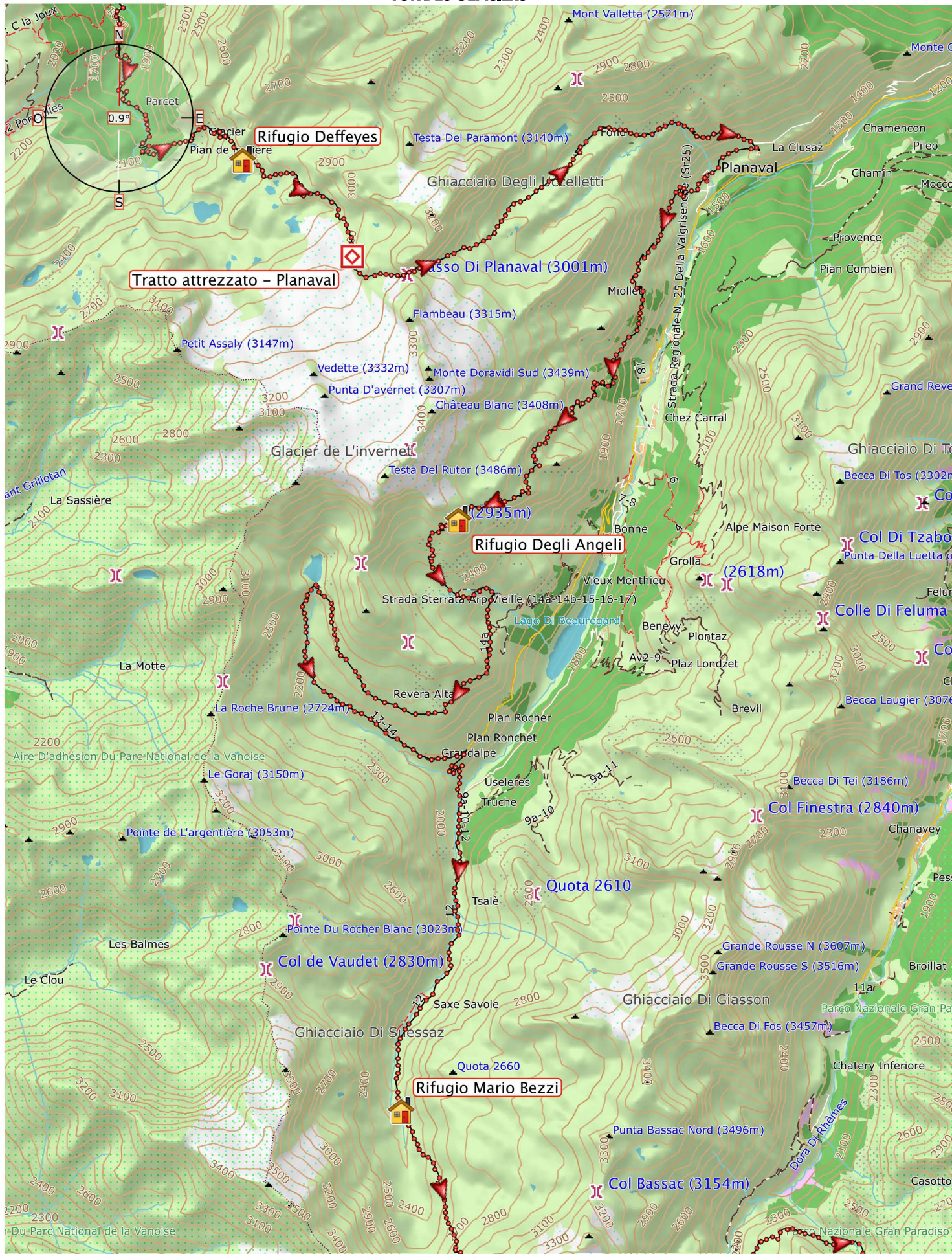
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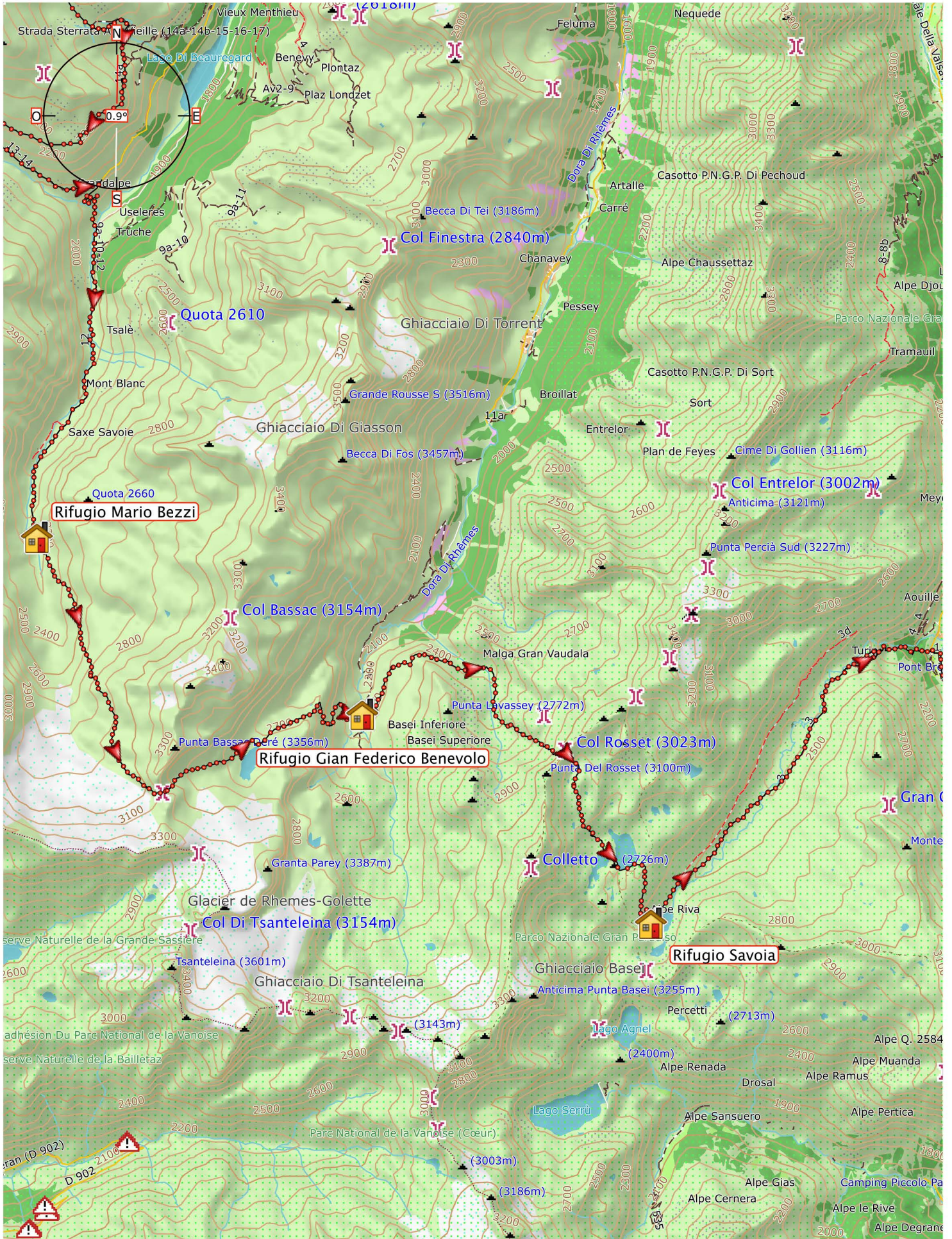


NOTE

RICORDATI DI VERIFICARE IL CORRETTO FUNZIONAMENTO DEL TRACKER GPS DURANTE LA GARA
REMEMBER TO CHECK THE CORRECT FUNCTIONING OF THE GPS TRACKER DURING THE RACE
N'oubliez pas de vérifier le fonctionnement correct du tracker GPS pendant la course

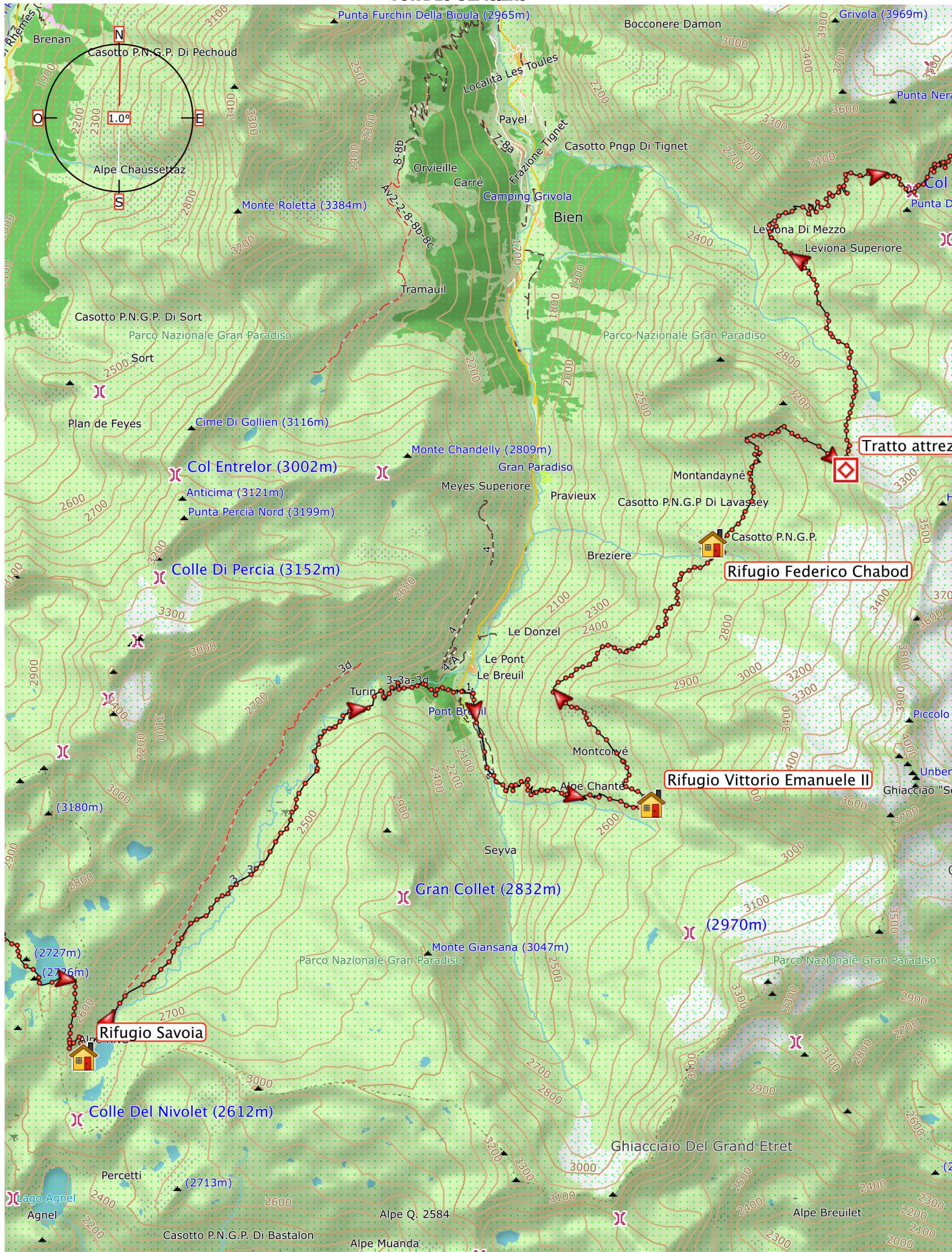






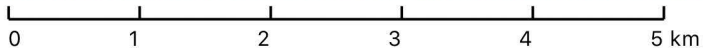
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N'OUBLIEZ PAS DE VÉRIFIER LE FONCTIONNEMENT CORRECT DU TRACKER GPS PENDANT LA COURSE

TOR DES GLACIERS



OpenFietsMap(Alps_29-06-2019)

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(VIEWFINDERPANORAMAS.ORG). Map

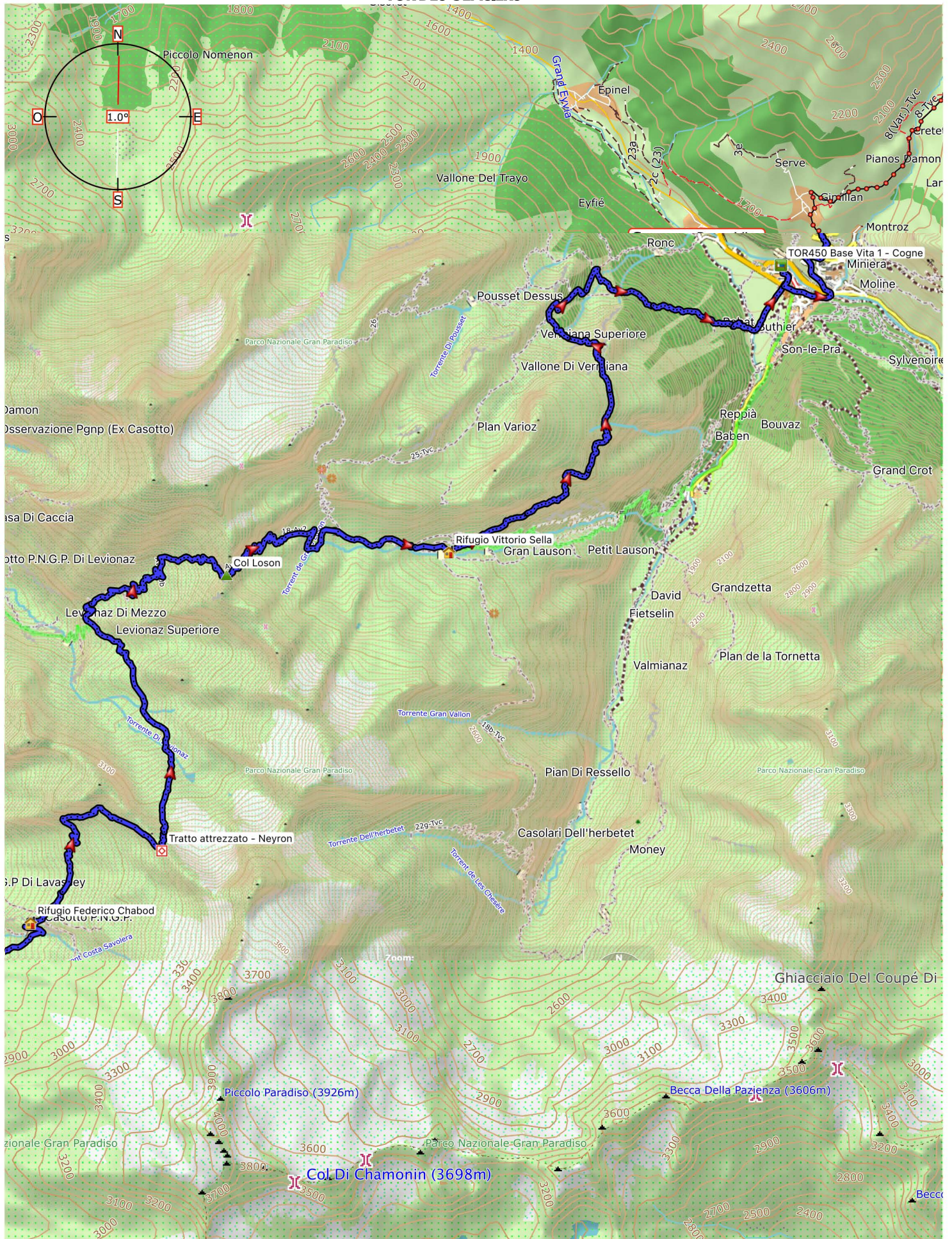


**RICORDATI DI VERIFICARE IL CORRETTO FUNZIONAMENTO
DEL TRACKER GPS DURANTE LA GARA**
**REMEMBER TO CHECK THE CORRECT FUNCTIONING
OF THE GPS TRACKER DURING THE RACE**
**N'oubliez pas de vérifier le fonctionnement correct
du tracker GPS pendant la course**



N45.63894° E7.23561°

TOR DES GLACIERS



OpenFietsMap (Alps_29-06-2019)

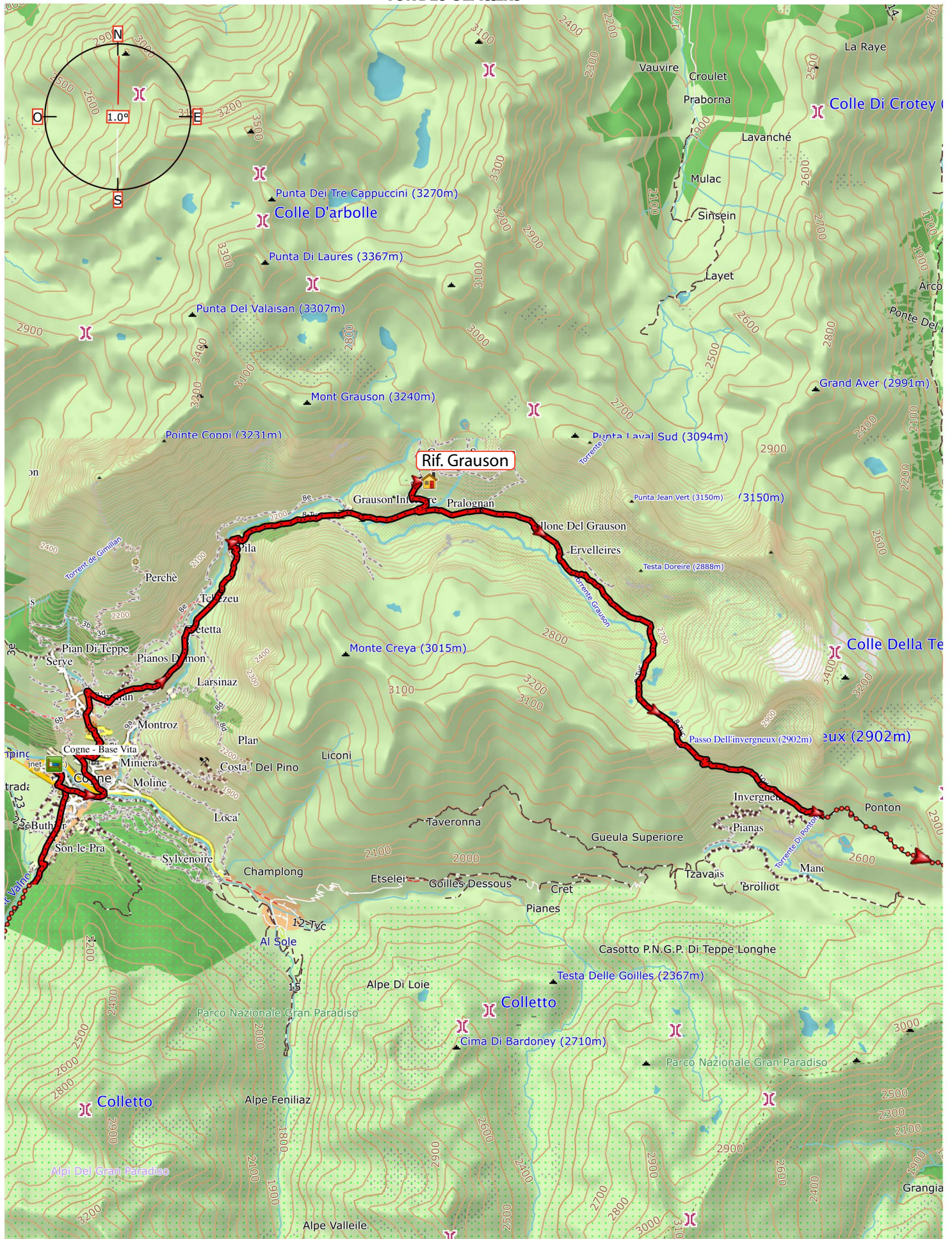
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SRTM/DEM DATA © U.S. GEOLOGICAL
SURVEY AND JONATHAN DE FERRANTI
(VIEWFINDERPANORAMAS.ORG). Map

0 1 2 3 4 5 km N45.50637° E7.37954°



**RICORDATI DI VERIFICARE IL CORRETTO FUNZIONAMENTO
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DU TRACKER GPS PENDANT LA COURSE**

GARMIN



OpenFietsMap(Alps_29-06-2019)

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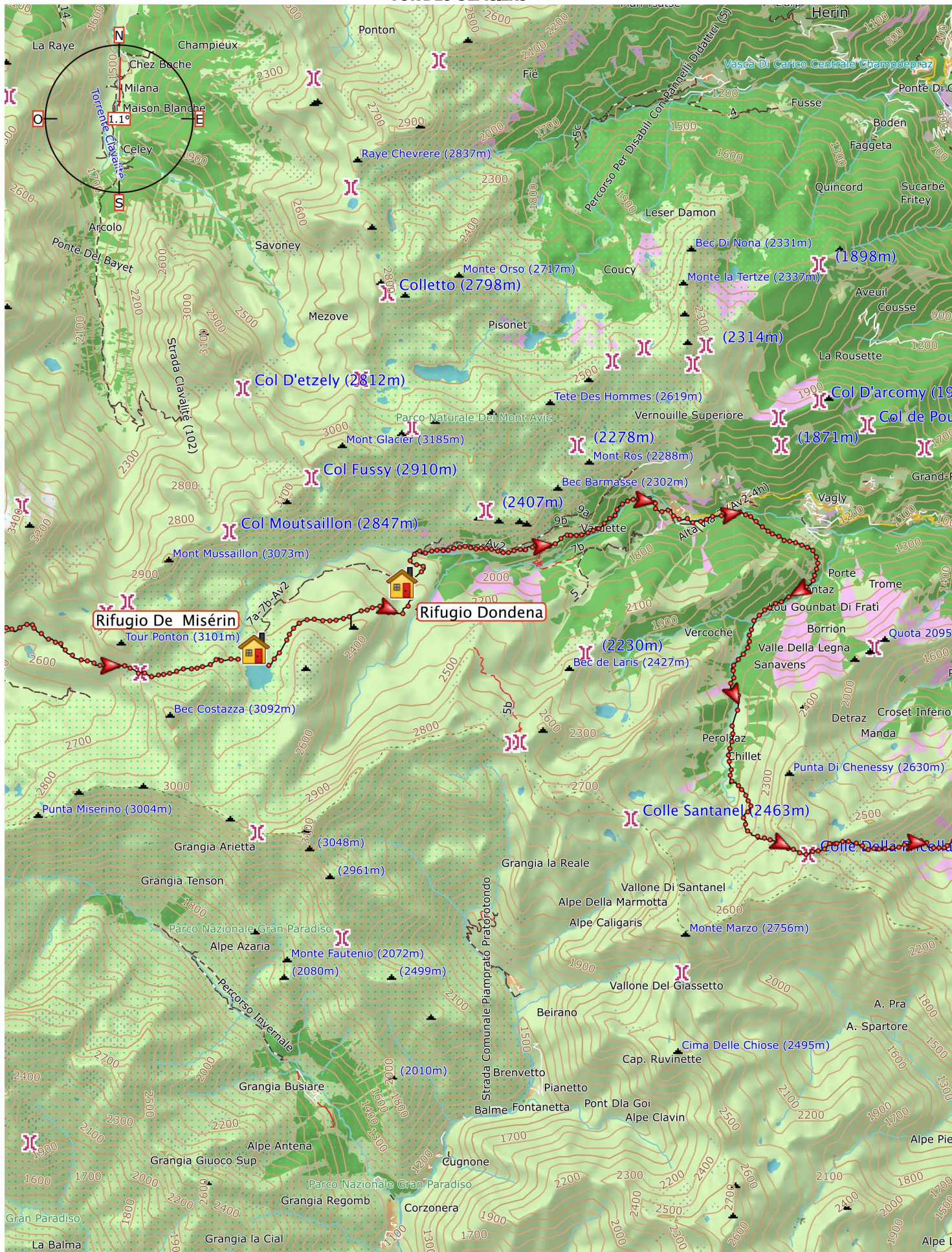
N45.55993° E7.49107°



**RICORDATI DI VERIFICARE IL CORRETTO FUNZIONAMENTO
DEL TRACKER GPS DURANTE LA GARA**
**REMEMBER TO CHECK THE CORRECT FUNCTIONING
OF THE GPS TRACKER DURING THE RACE**
**N'OUBLIEZ PAS DE VÉRIFIER LE FONCTIONNEMENT CORRECT
DU TRACKER GPS PENDANT LA COURSE**

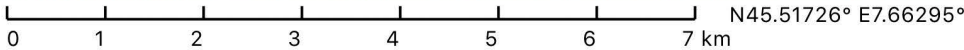


TOR DES GLACIERS



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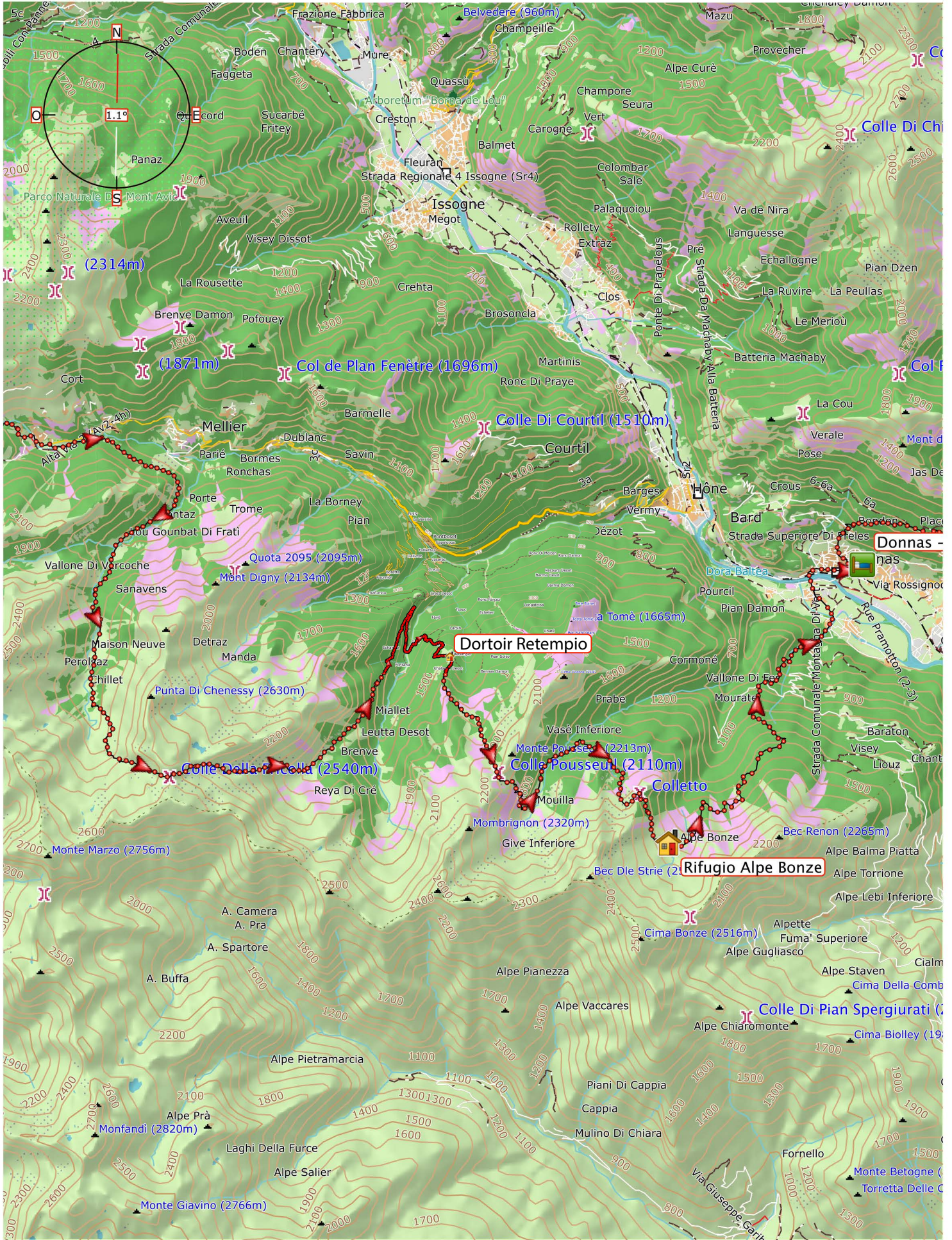
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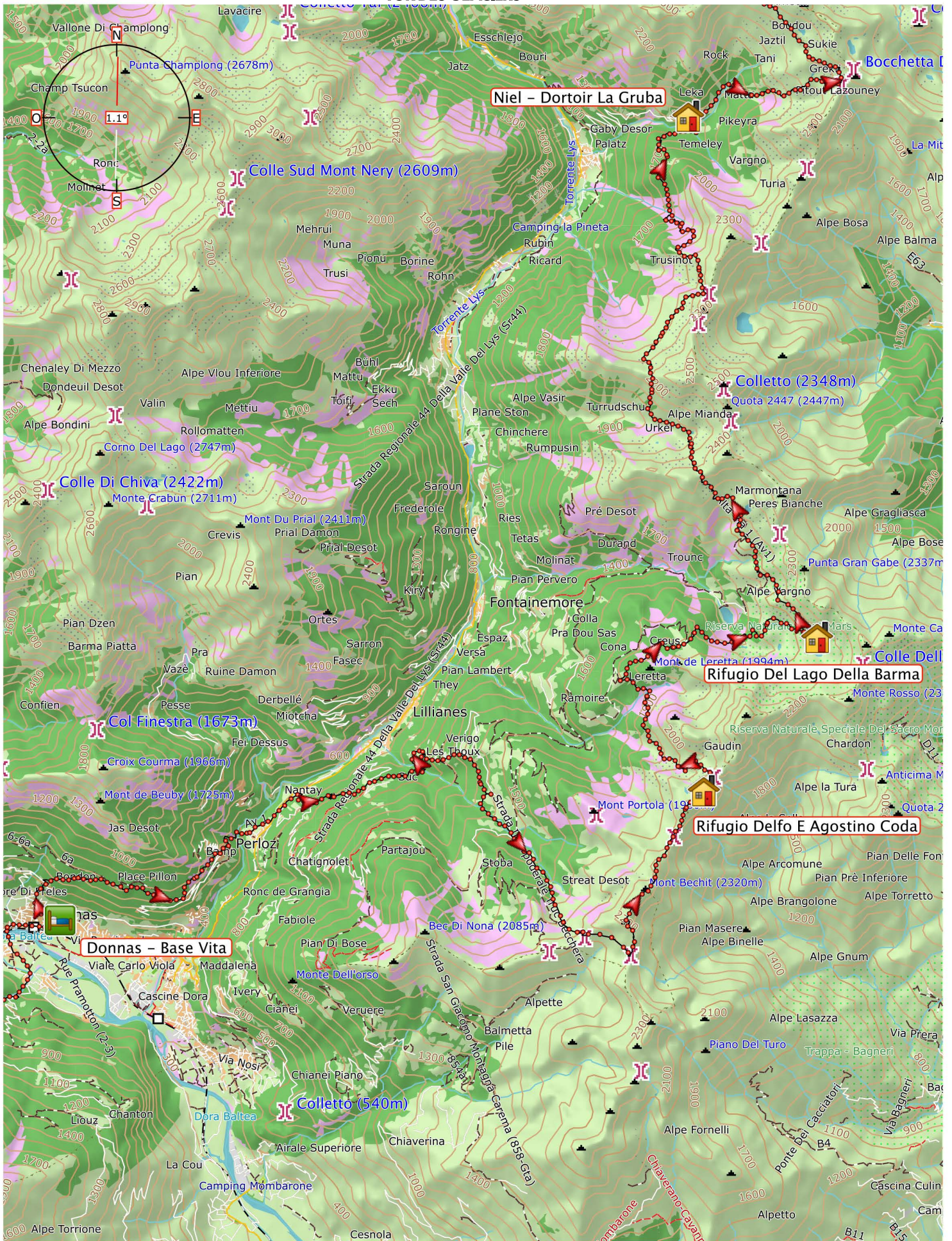
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0 1 2 3 4 5 6 7 km N45.50759° E7.79159°



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OpenFietsMap(Alps_29-06-2019)

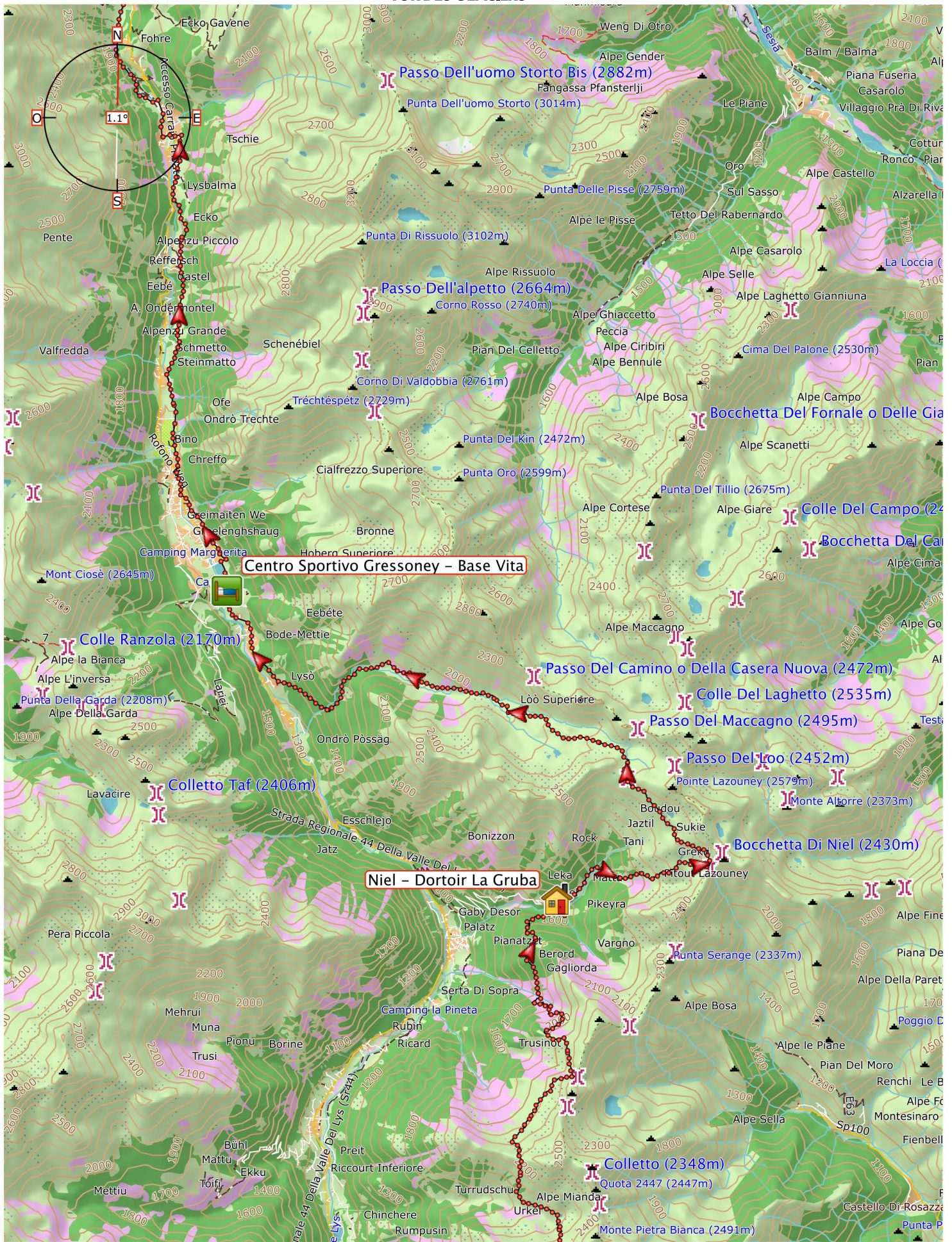
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0 1 2 3 4 5 6 7 km N45.55803° E7.95545°

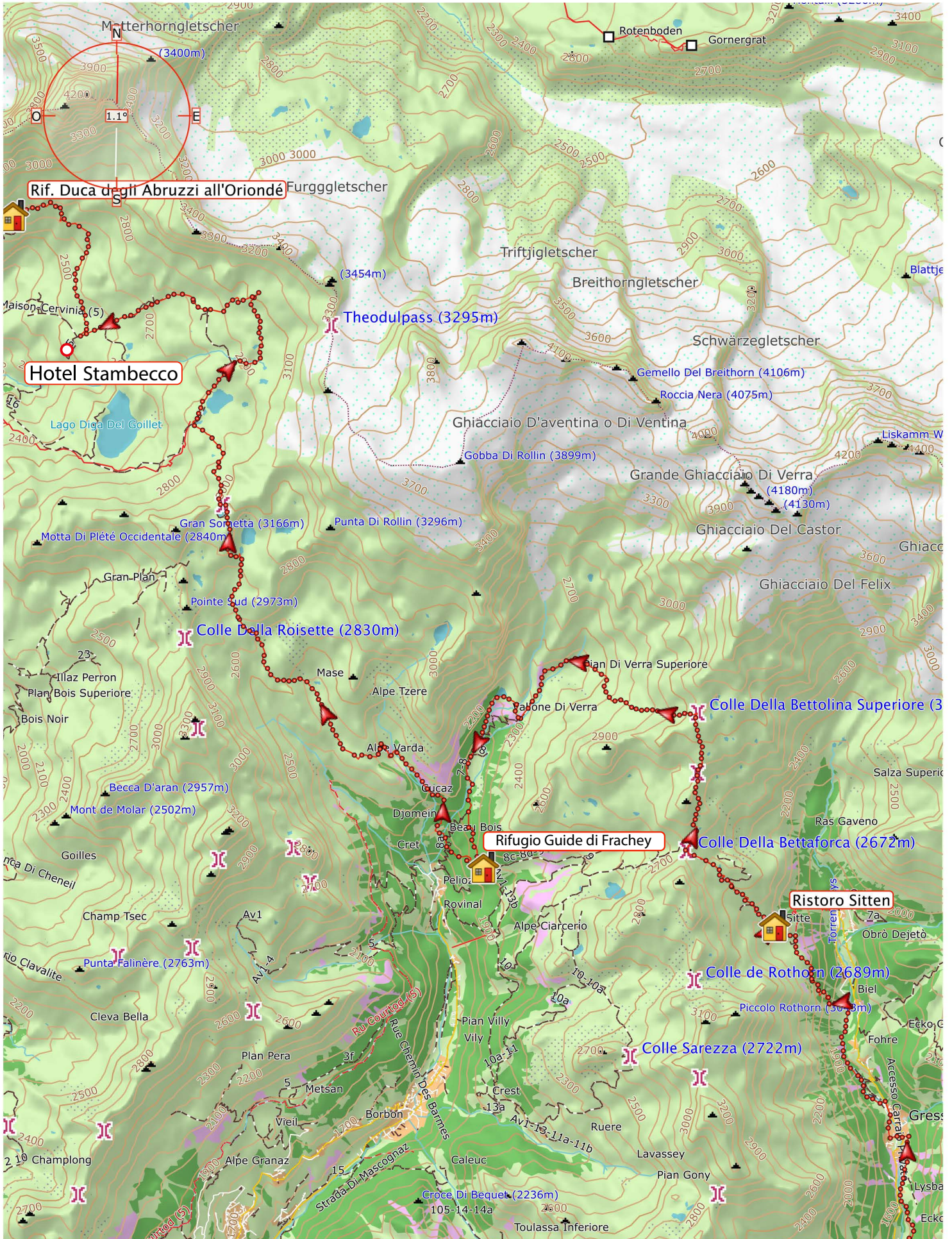


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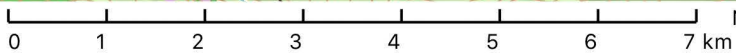


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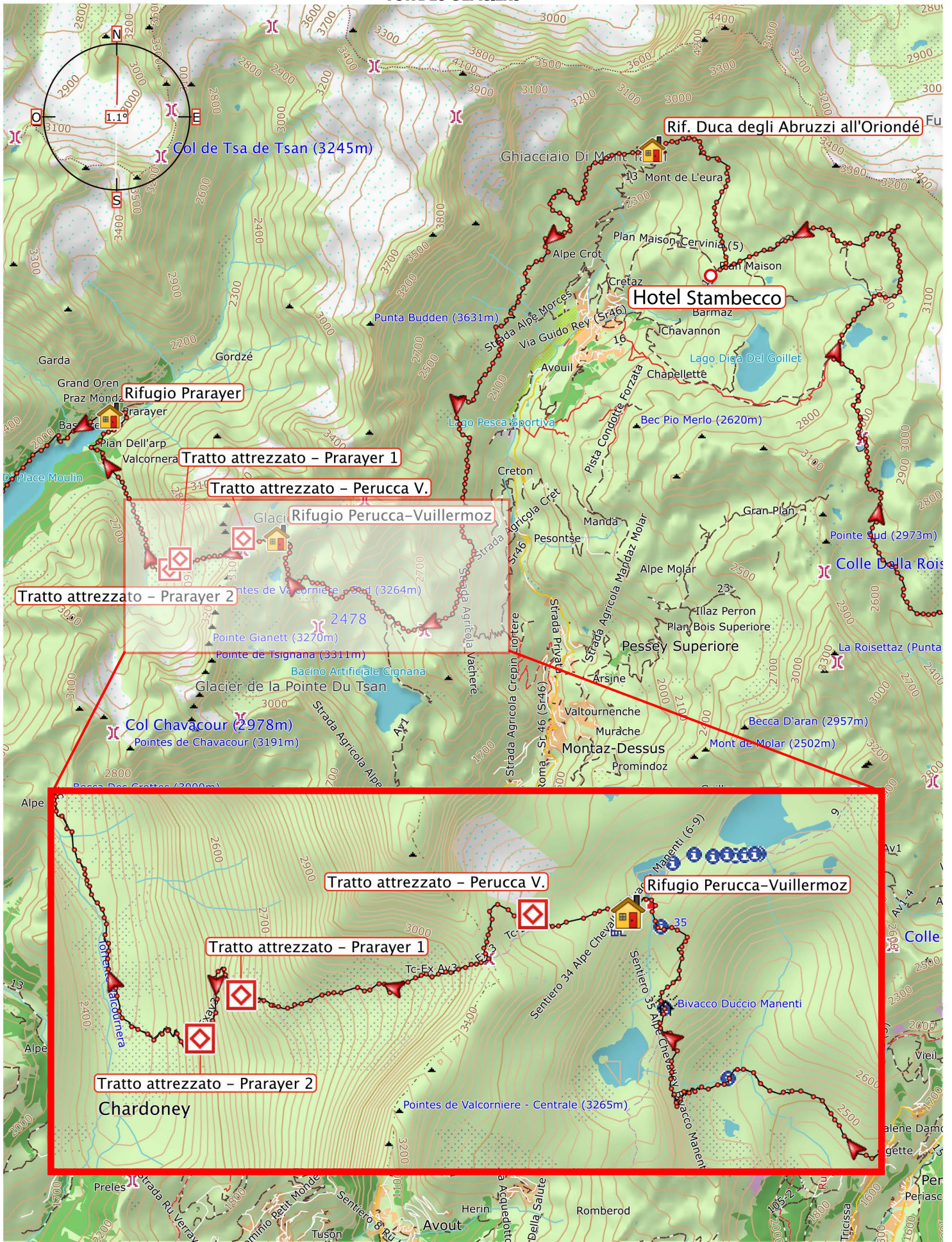


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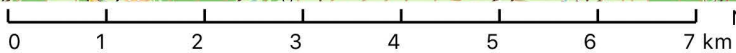


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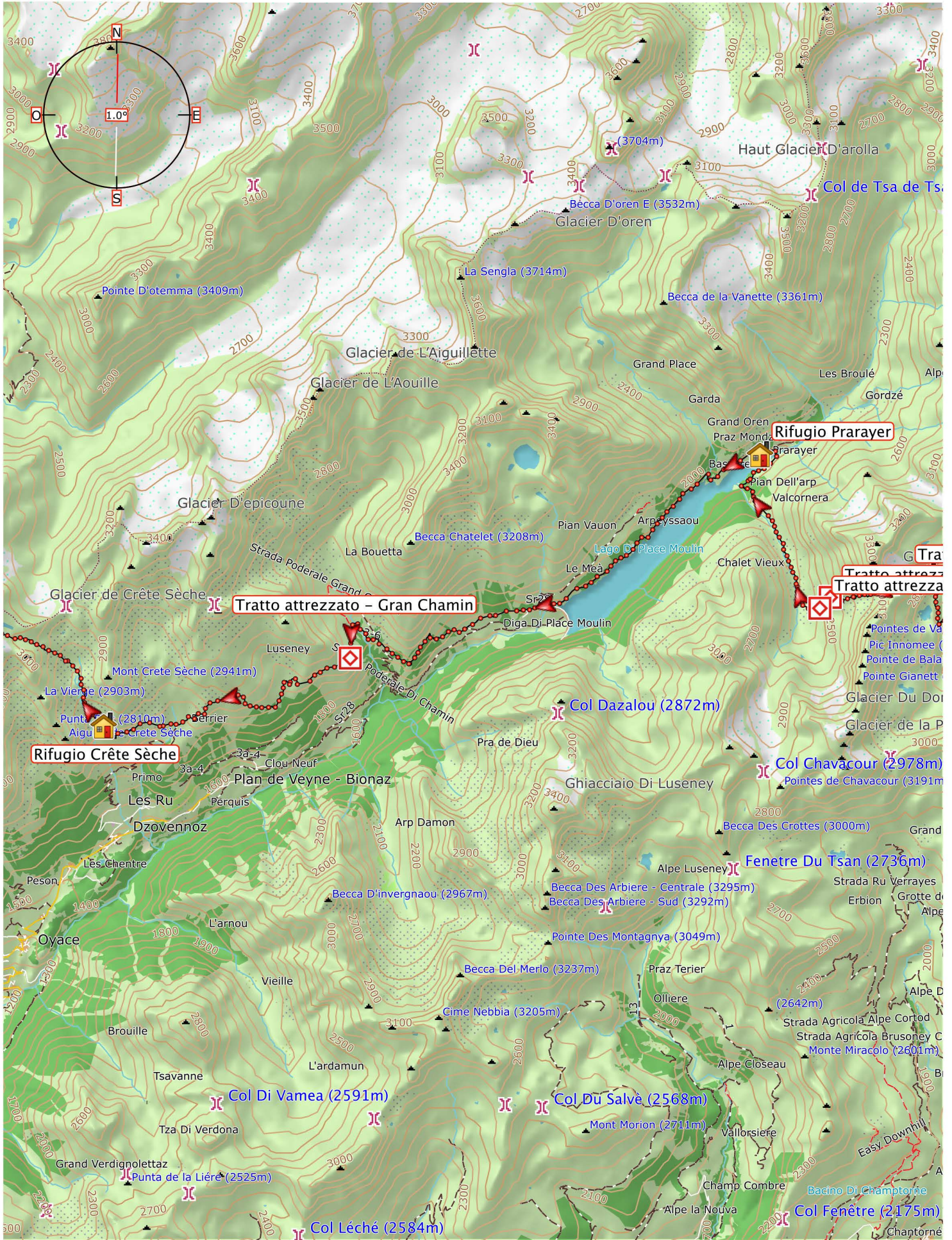


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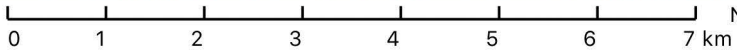


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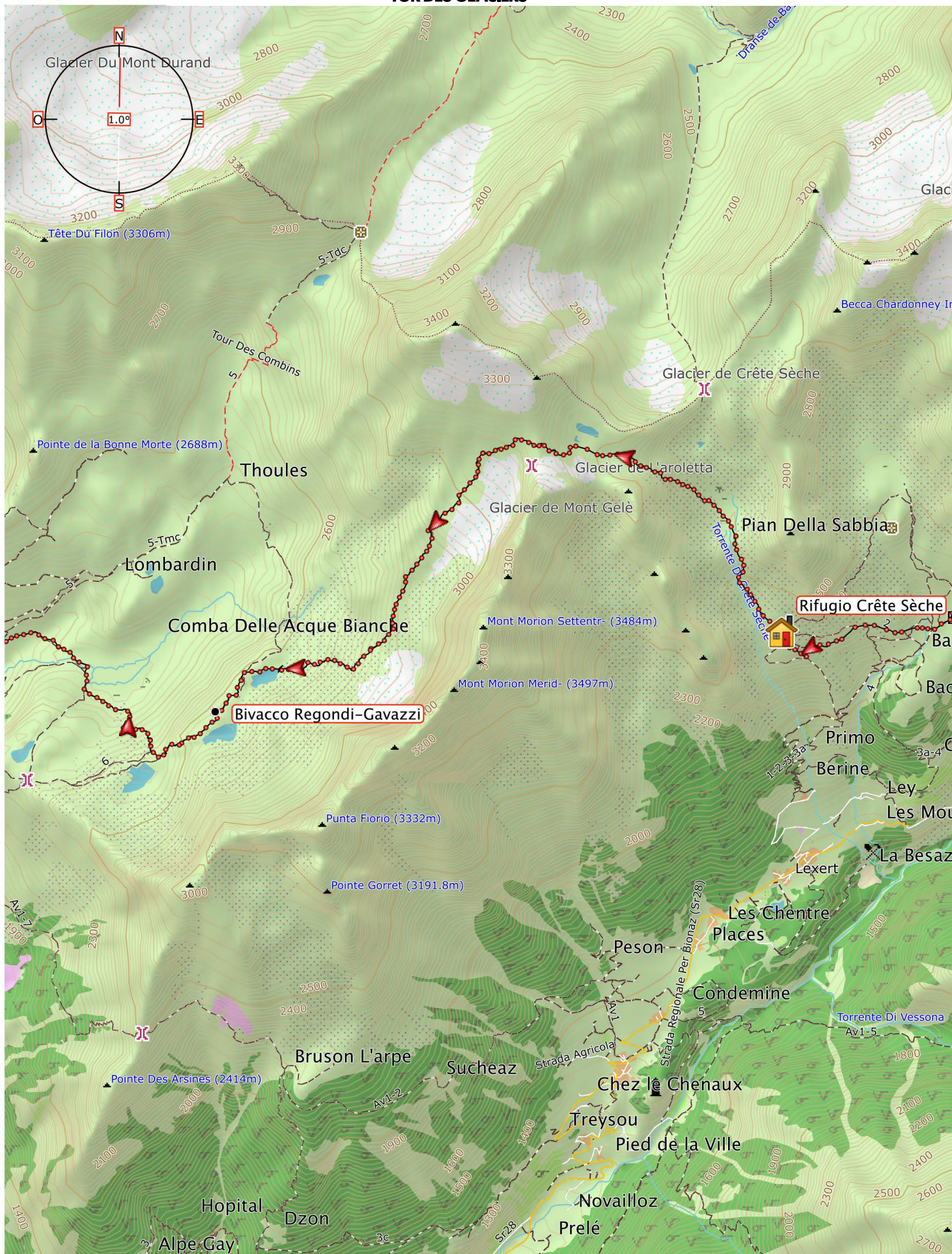


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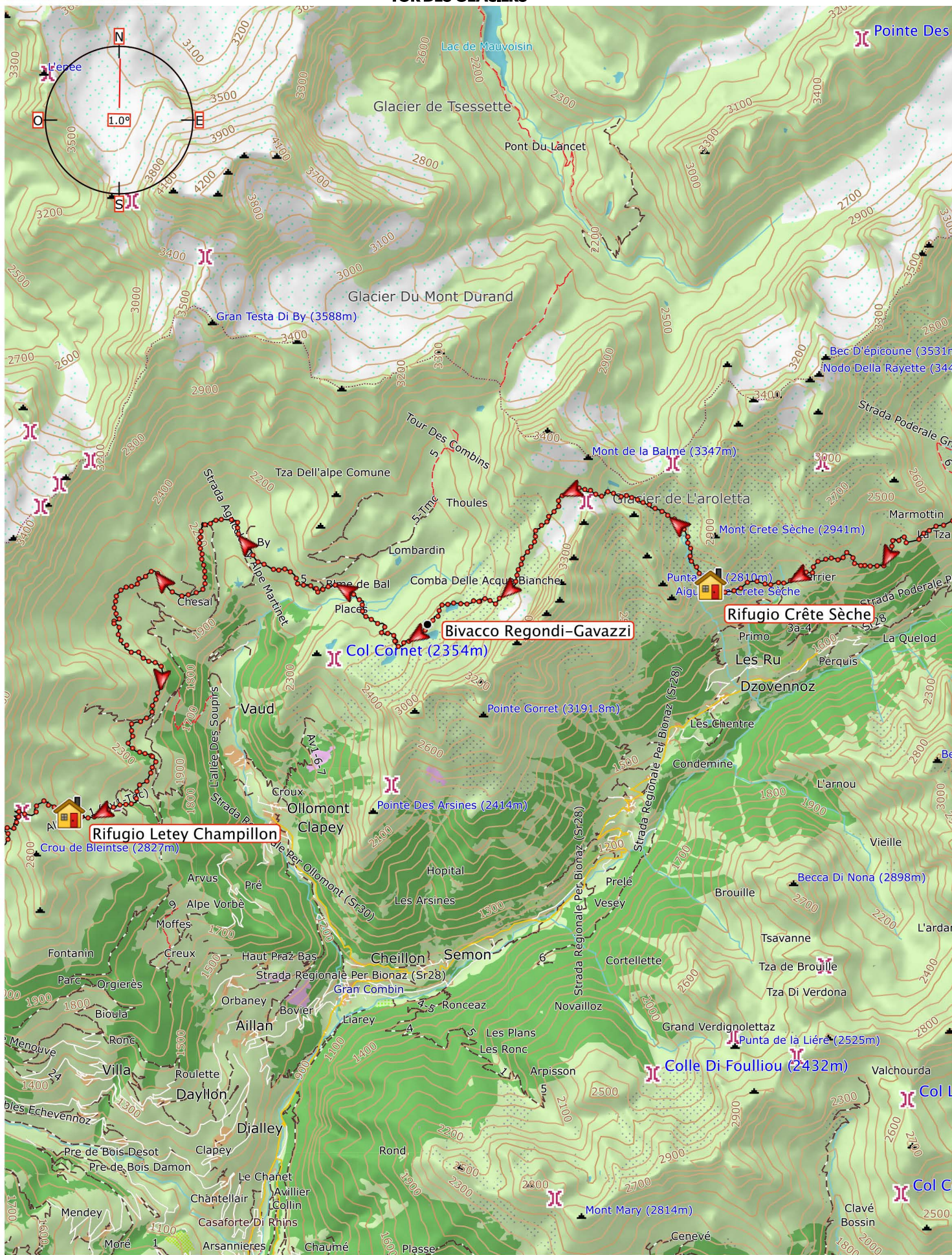
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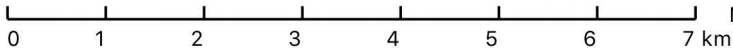


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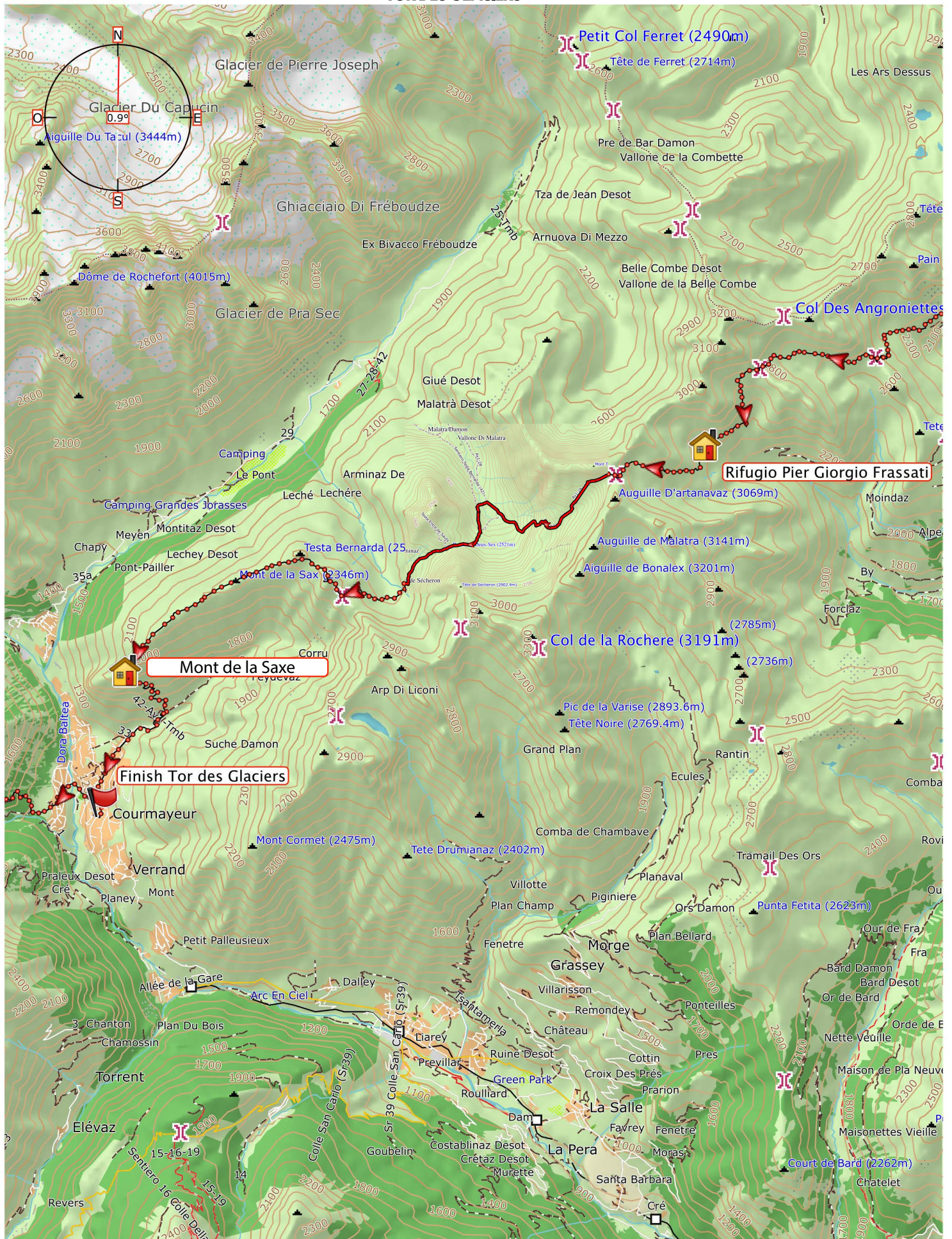
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0 1 2 3 4 5 6 7 km N45.76584° E7.28224°



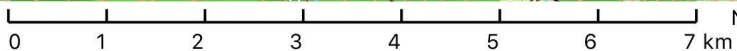
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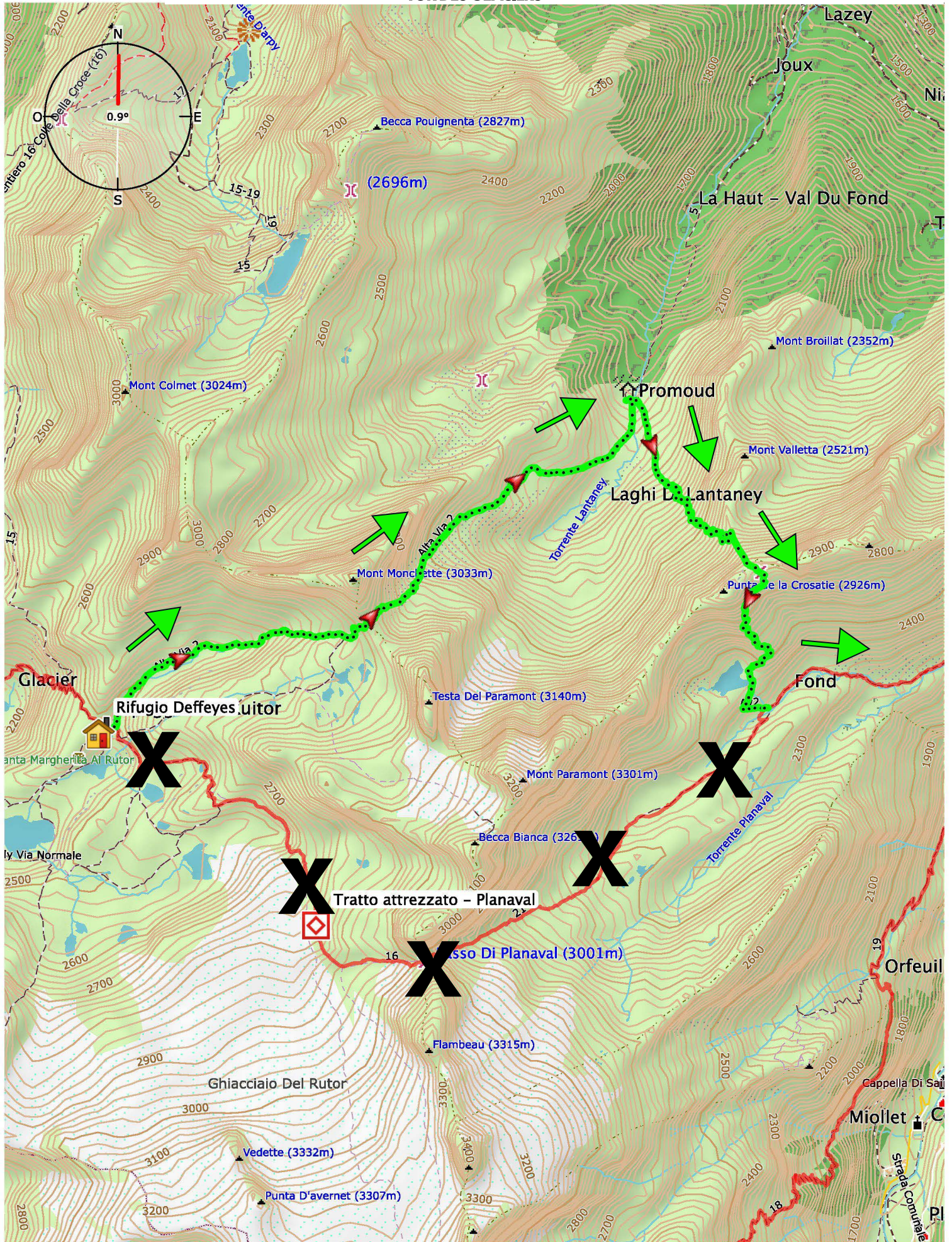
TOR450

TOR DES GLACIERS

**PERCORSI
ALTERNATIVI**

**ALTERNATIVE
ROUTES**

**ITINÉRAIRE
ALTERNATIF**



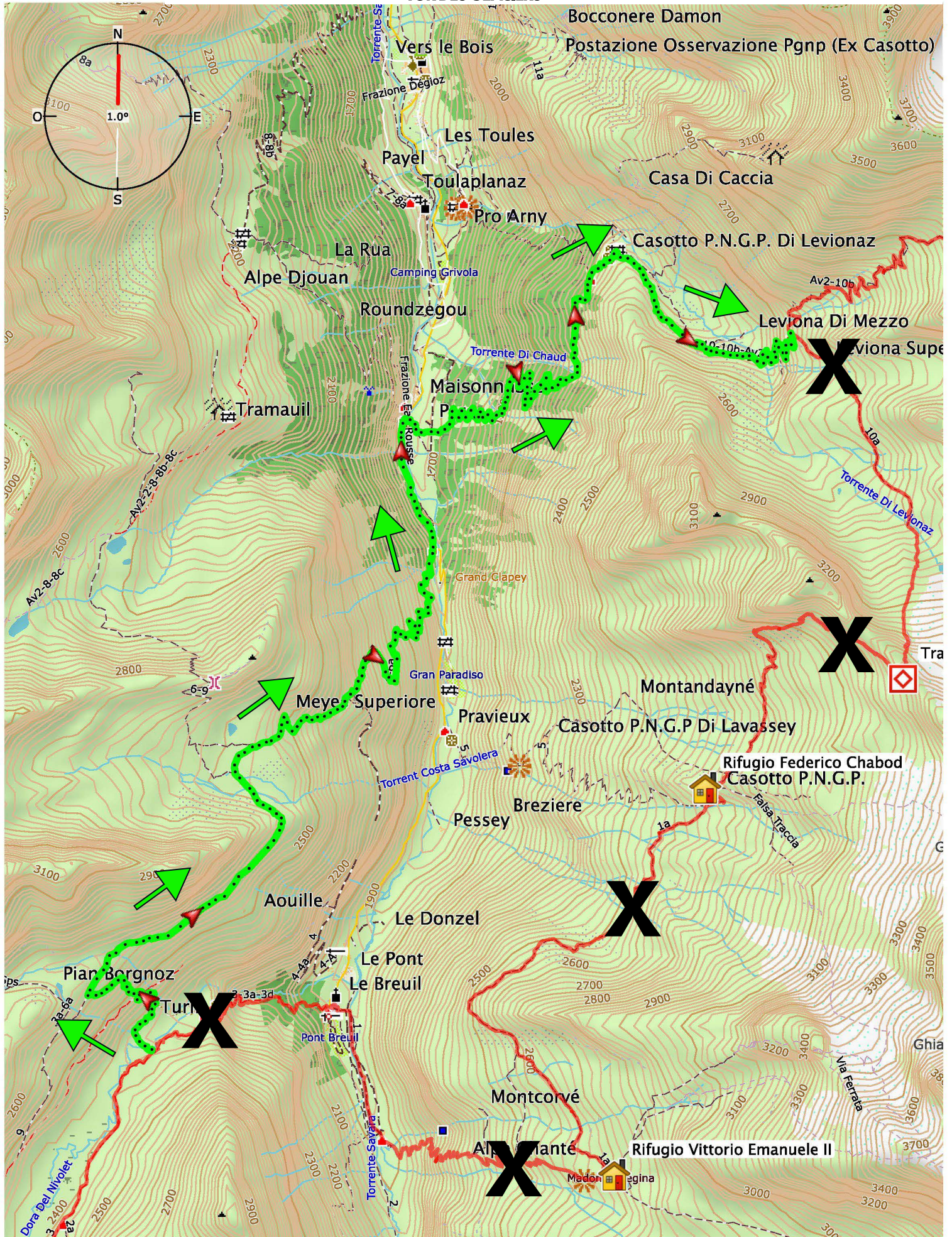
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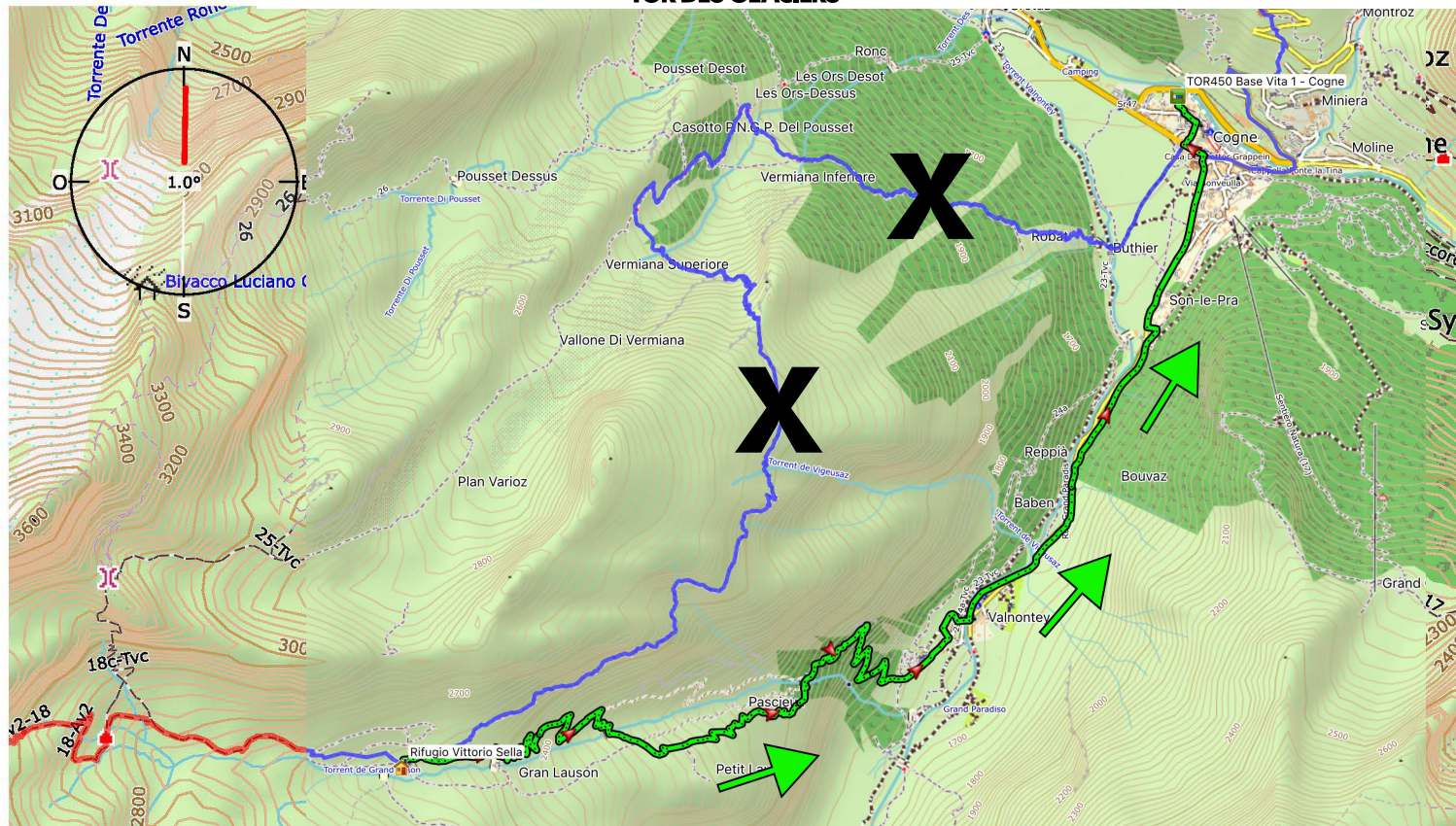
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0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 km N45.63903° E7.07225°

Variante 1 Deffeyes - Lac du Fond

V1





NOTE

