

Venerdì
Friday
Vendredi

D1
TOR450 START

Sabato
Saturday
Samedi

D2

Domenica
Sunday
Dimanche

D3
TOR330 START

Lunedì
Monday
Lundi

D4

Martedì
Tuesday
Mardi

D5
TOR130 START

Mercoledì
Wednesday
Mercredi

D6
TOR100 START

Giovedì
Thursday
Jeudi

D7

Venerdì
Friday
Vendredi

D8

Sabato
Saturday
Samedi

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 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

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 START (m)	Estimated passages time		Cut off time
							Faster	Slower	
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	D5 18.01		
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			
Ponteille 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 Tipology: A = Aid station - R = Refreshment point - W = Simple waypoint - Base vita = all services are available