

TOR450

TOR DES GLACIERS

**ROAD BOOK
2025**



TOR DES GLACIERS 2025

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. 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 Vuillermoz, Ristoro Place Moulin, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Rif. Bertone.

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 passare il bracciale sul dispositivo di cronometraggio elettronico (smartphone). 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. 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 Vuillermoz, Ristoro Place Moulin, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Rif. Bertone.

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 will also need to pass the wristband over the electronic timing device (smartphone). This will be used for race timing purposes.

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. 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 Vuillermoz, Ristoro Place Moulin, Rif. Crête Sèche, Rif. Champillon, Hotel Italia, Rif. Frassati, Rif. Bertone.

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 menu 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 thé 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.

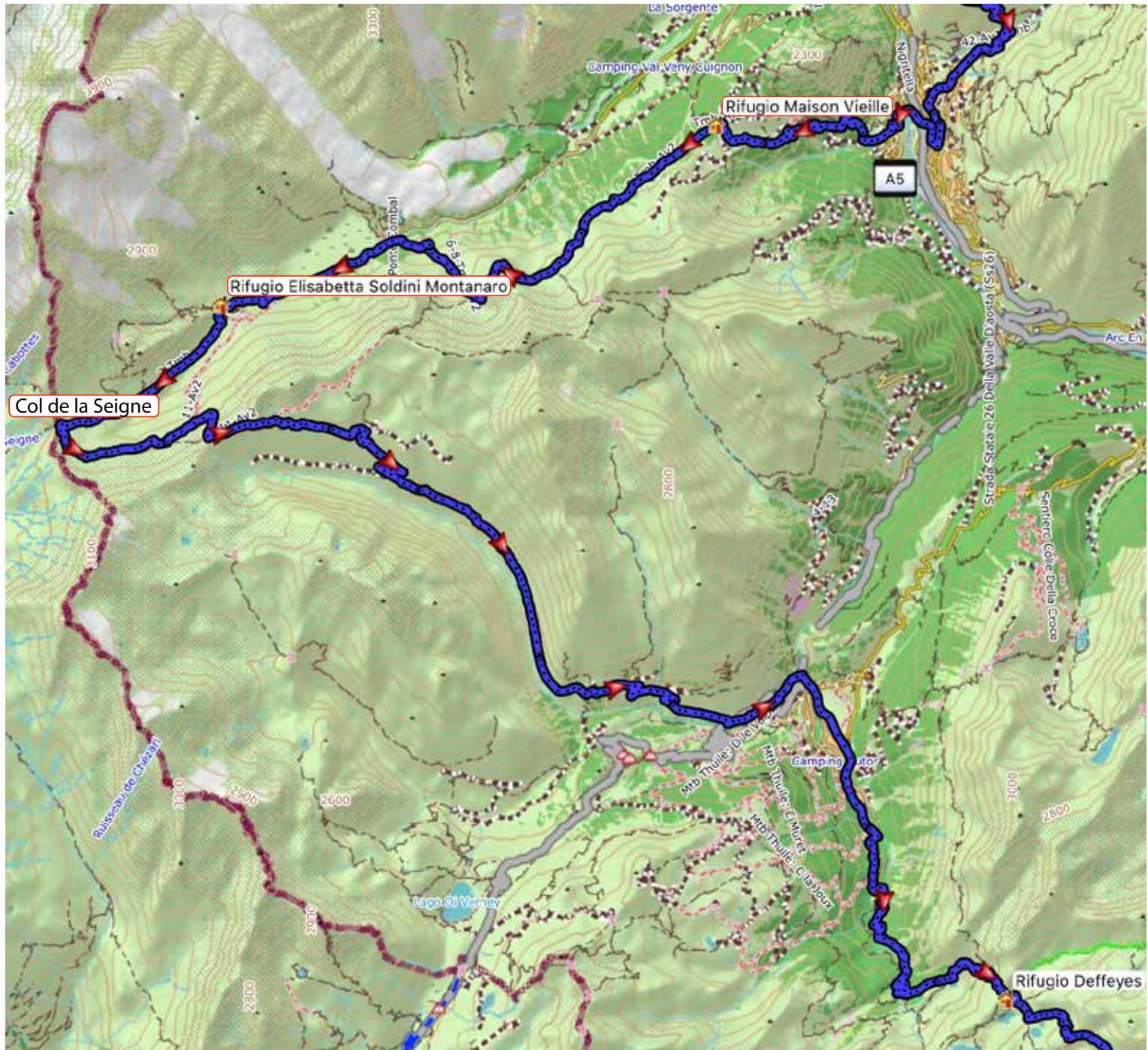
Si demandé, enlève les chaussures.

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.

Au refuge, vous devrez également passer le bracelet sur le dispositif de chronométrage électronique (smartphone). Cela servira aux fins du chronométrage de la course.

TOR DES GLACIERS



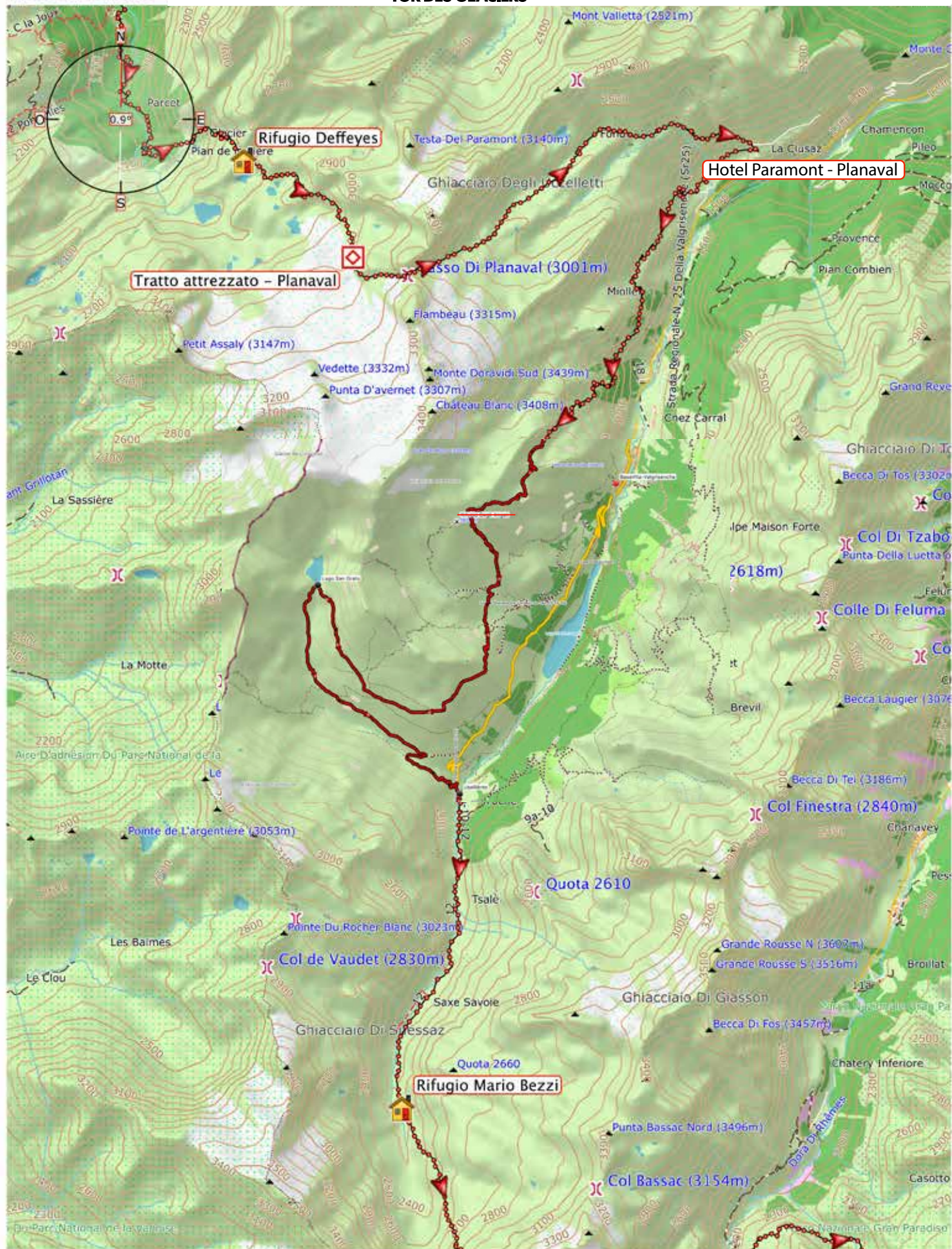
NOTE



**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**

N45.69744° E6.93776°

TOR DES GLACIERS



OpenFietsMap(Alps_29-06-2019)

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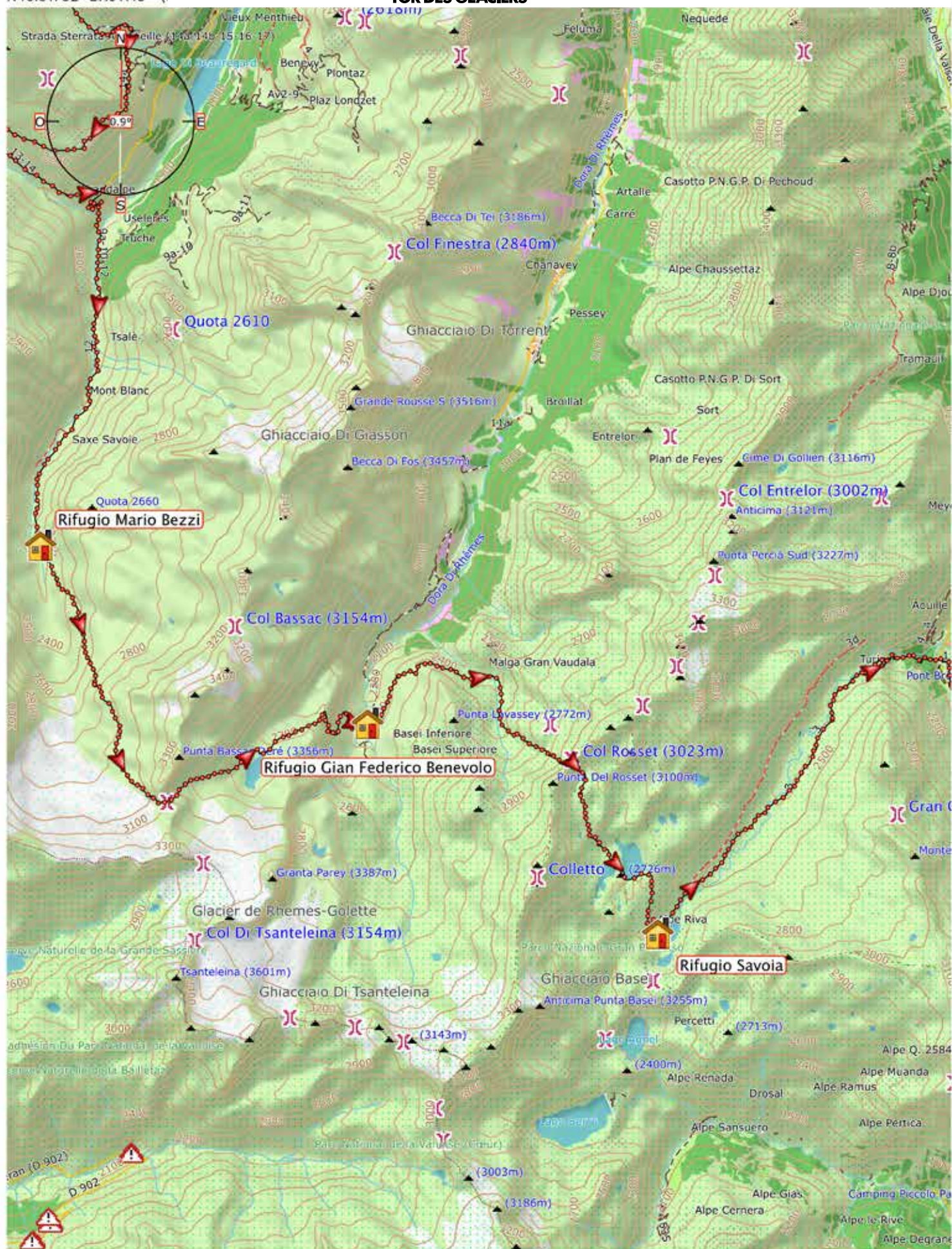


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GARMIN

N45.61732° E7.01115° (I)

TOR DES GLACIERS



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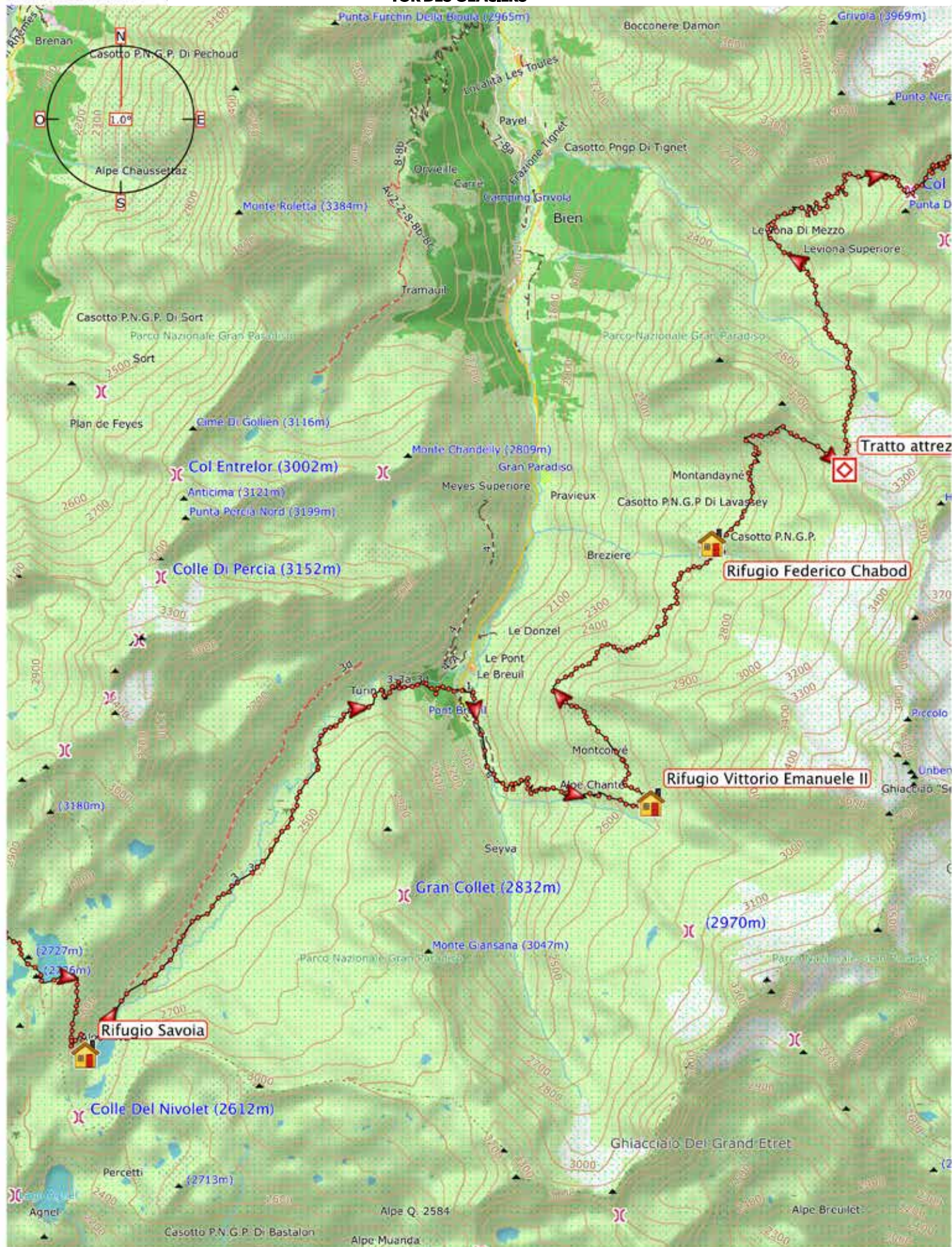


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GARMIN

N45.59759° E7.13147° (

TOR DES GLACIERS



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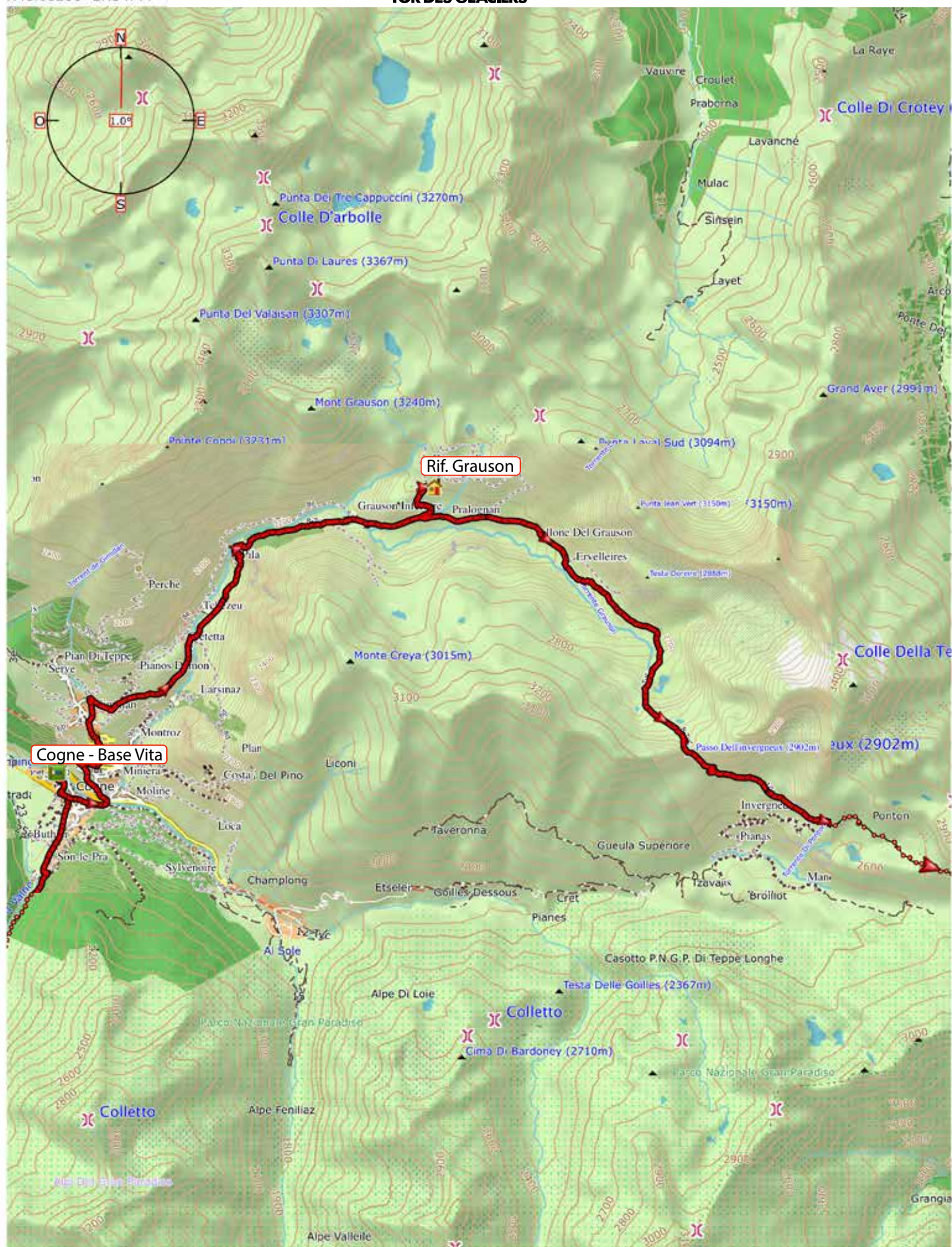
GARMIN

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N45.69250° E7.34714°

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0 1 2 3 4 5 km

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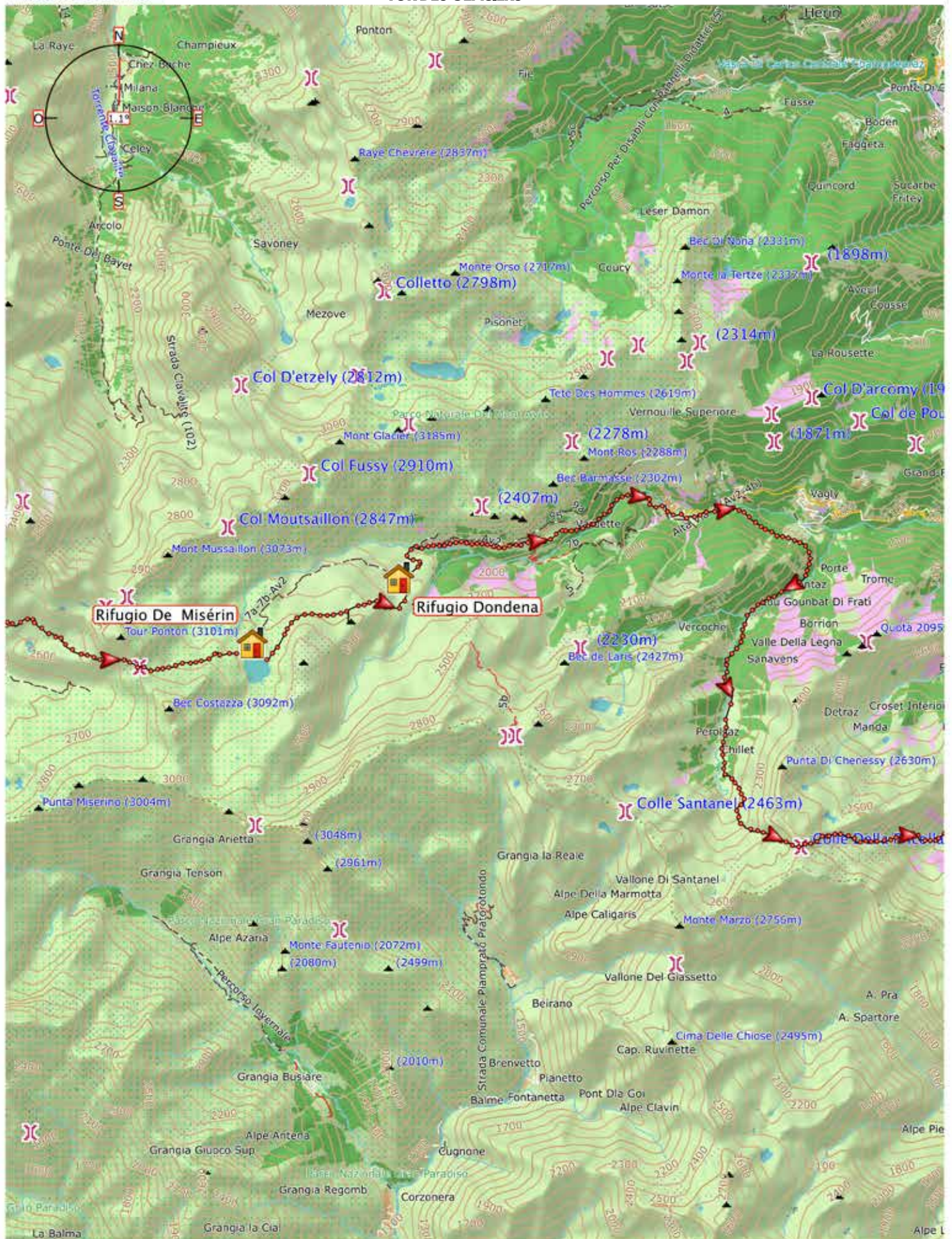


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GARMIN

N45.69391° E7.47103°

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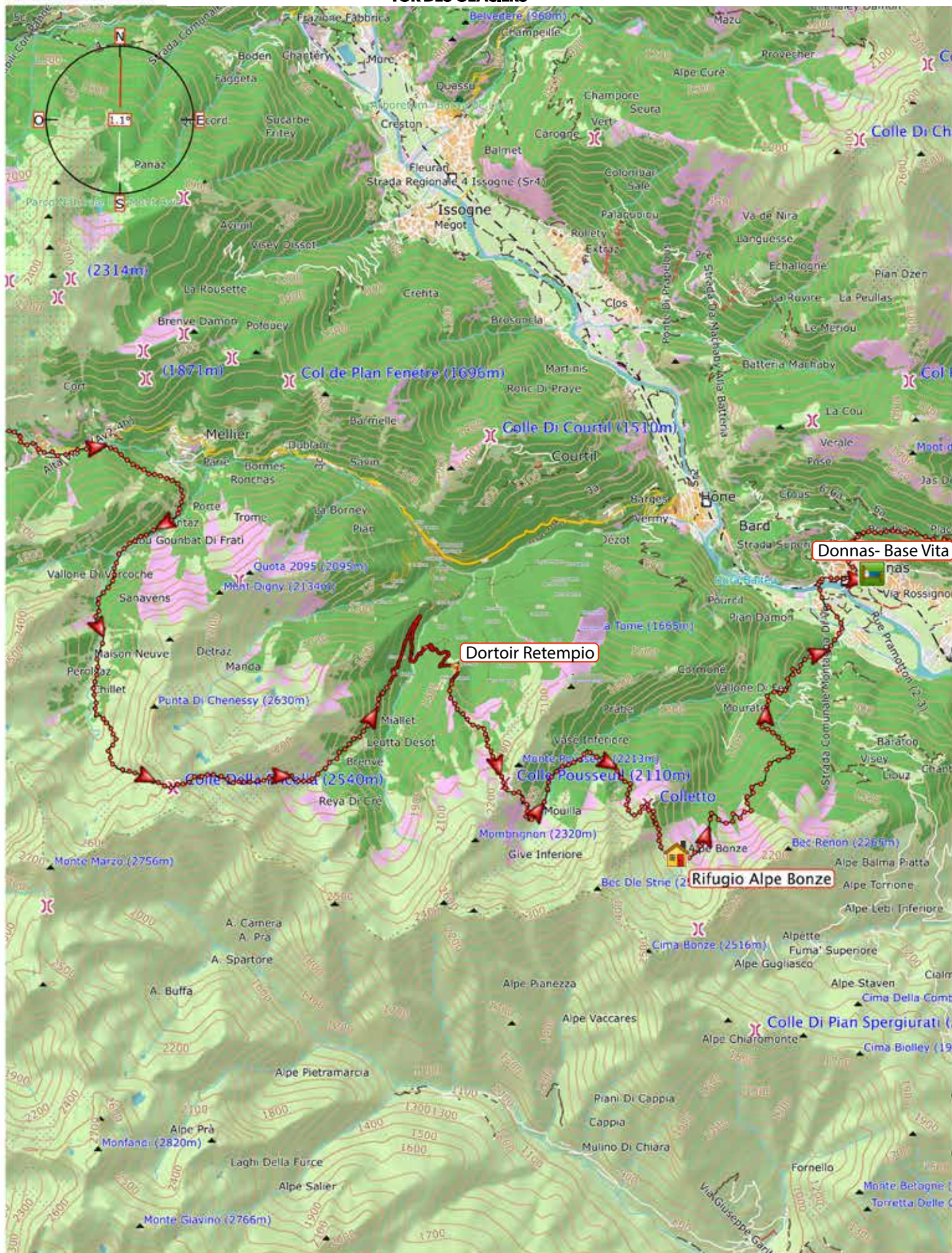


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GARMIN

N45.68435° E7.59967°

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0 1 2 3 4 5 6 7 km

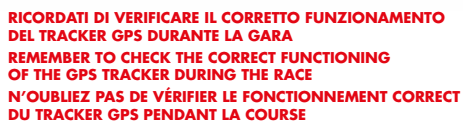
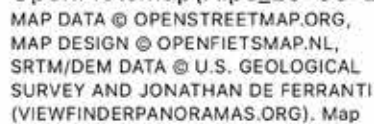
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GARMIN

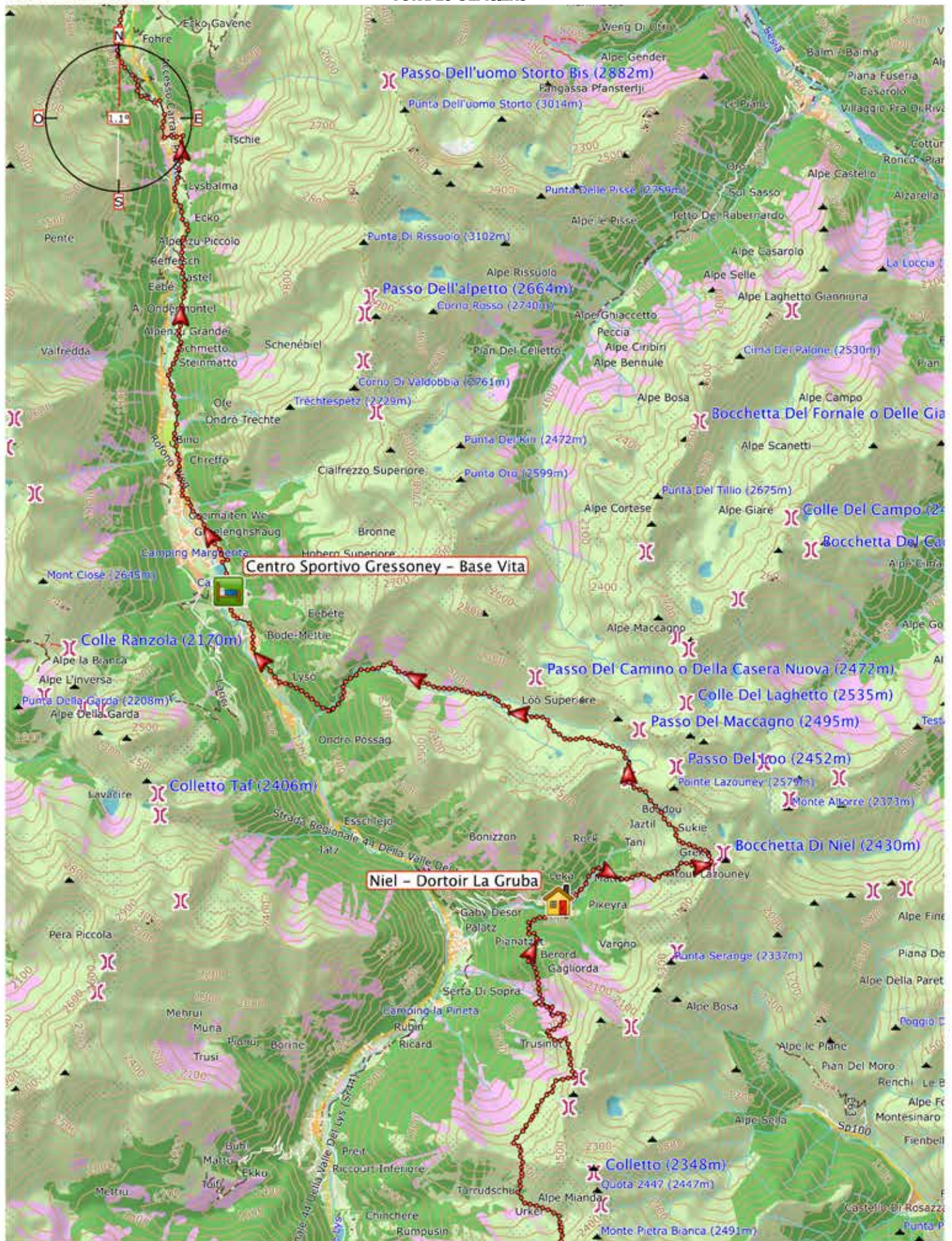
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GARMIN

N45.84642° E7.79043°

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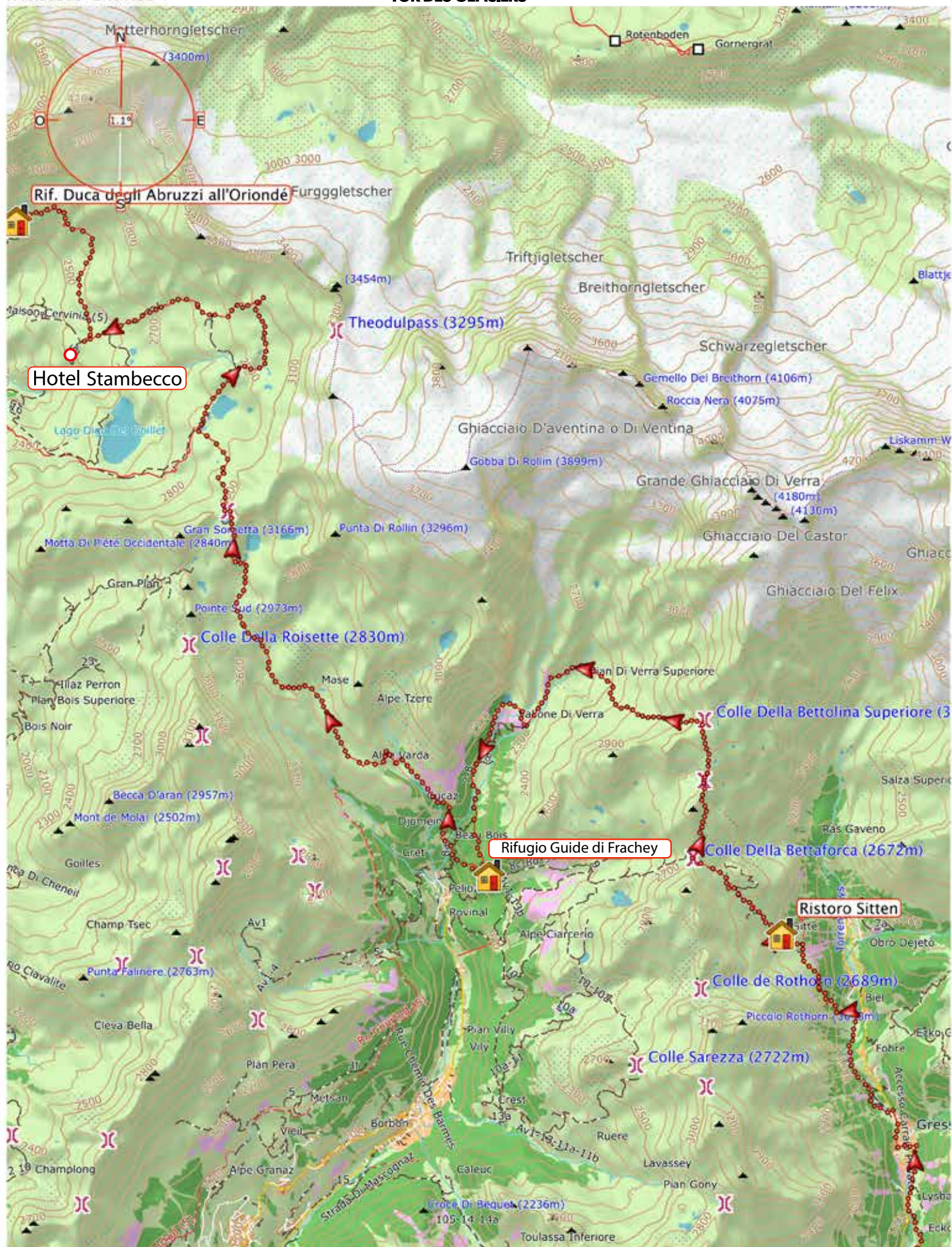


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 OF THE GPS TRACKER DURING THE RACE
 N'oubliez pas de vérifier le fonctionnement correct
 du tracker GPS pendant la course**

GARMIN

N45.98953° E7.64180°

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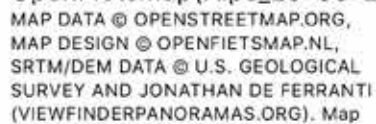
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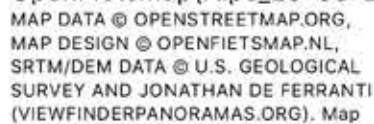
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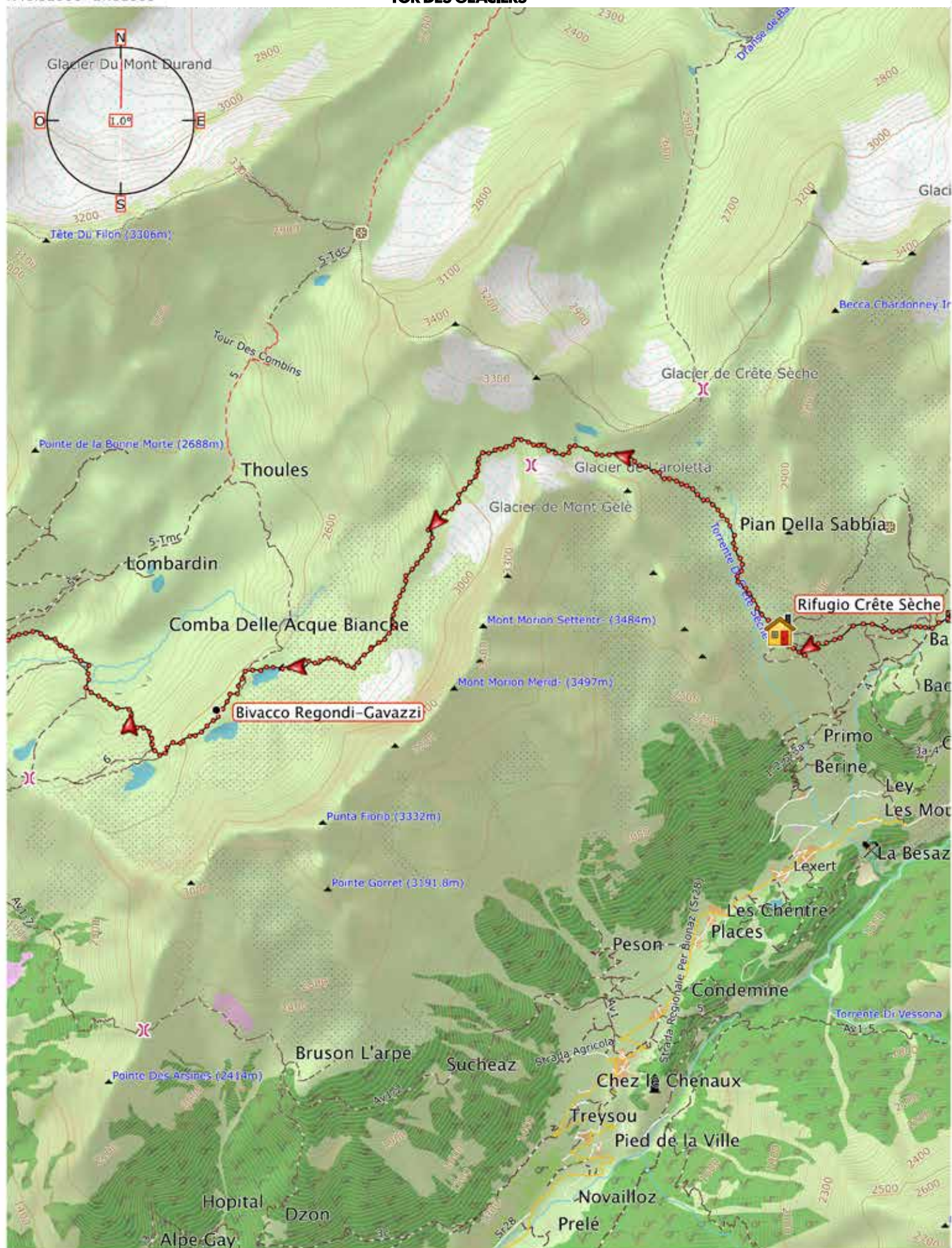


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N45.92666° E7.32030°

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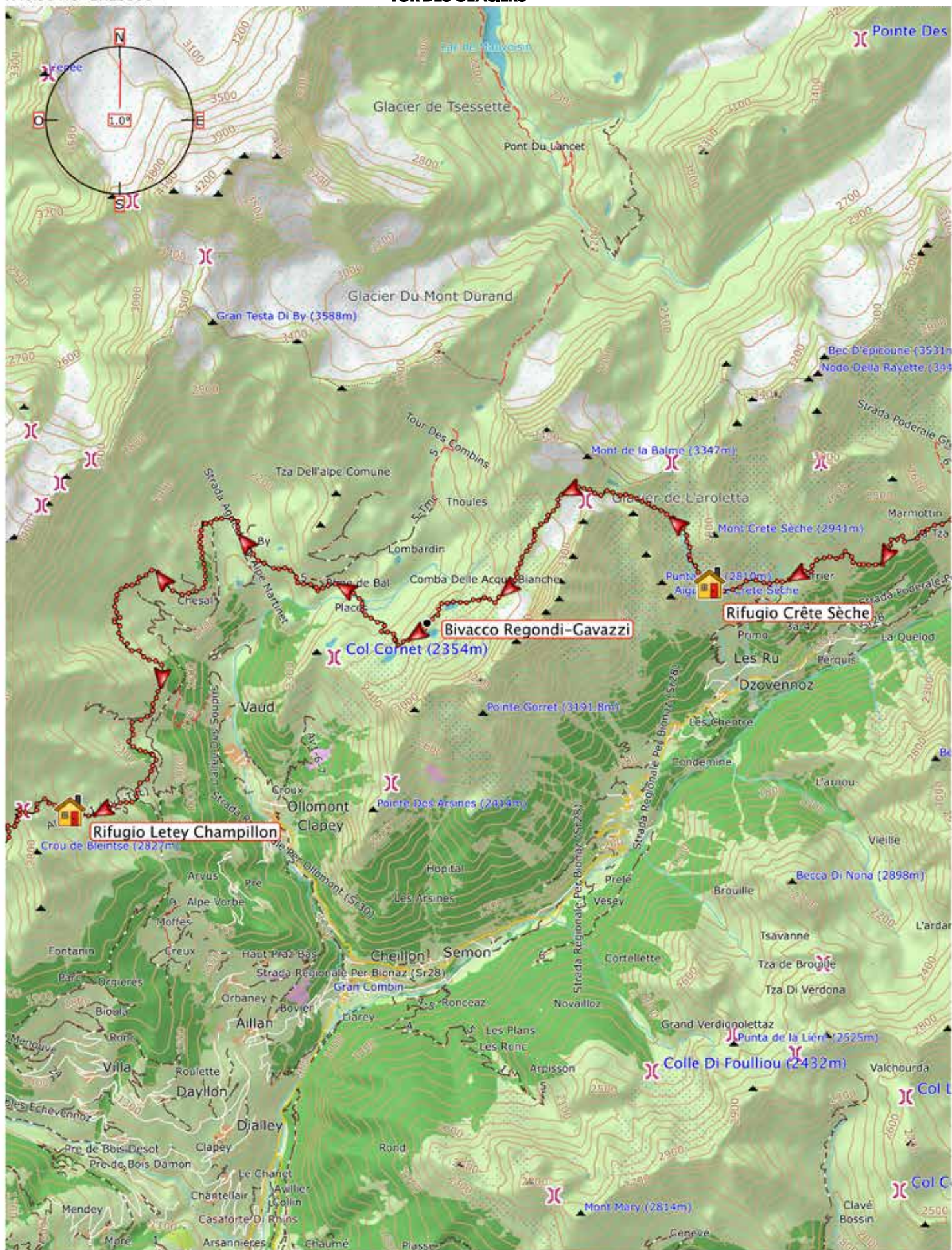


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GARMIN

N45.96419° E7.25606°

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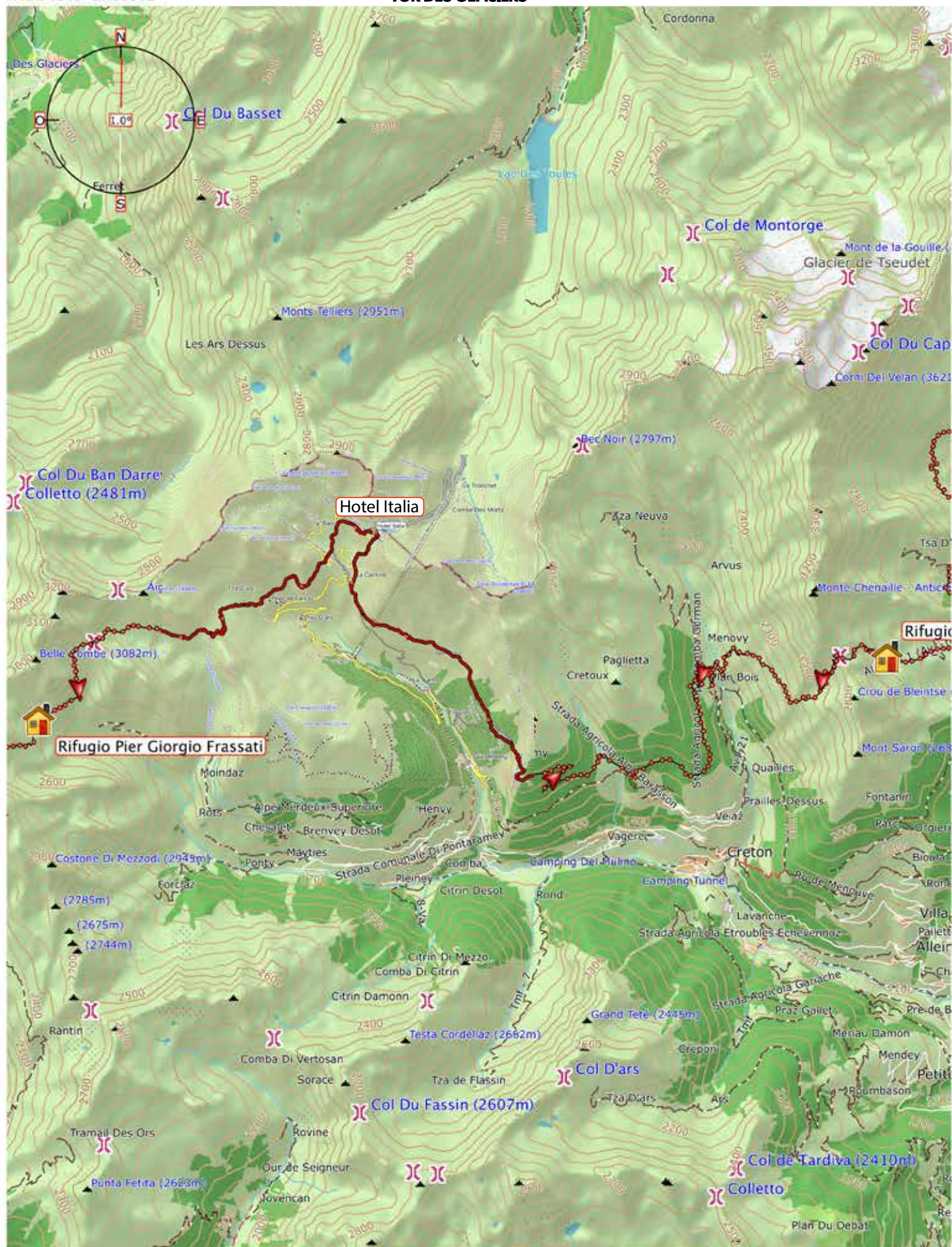
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N45.94249° E7.09032°

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0 1 2 3 4 5 6 7 km

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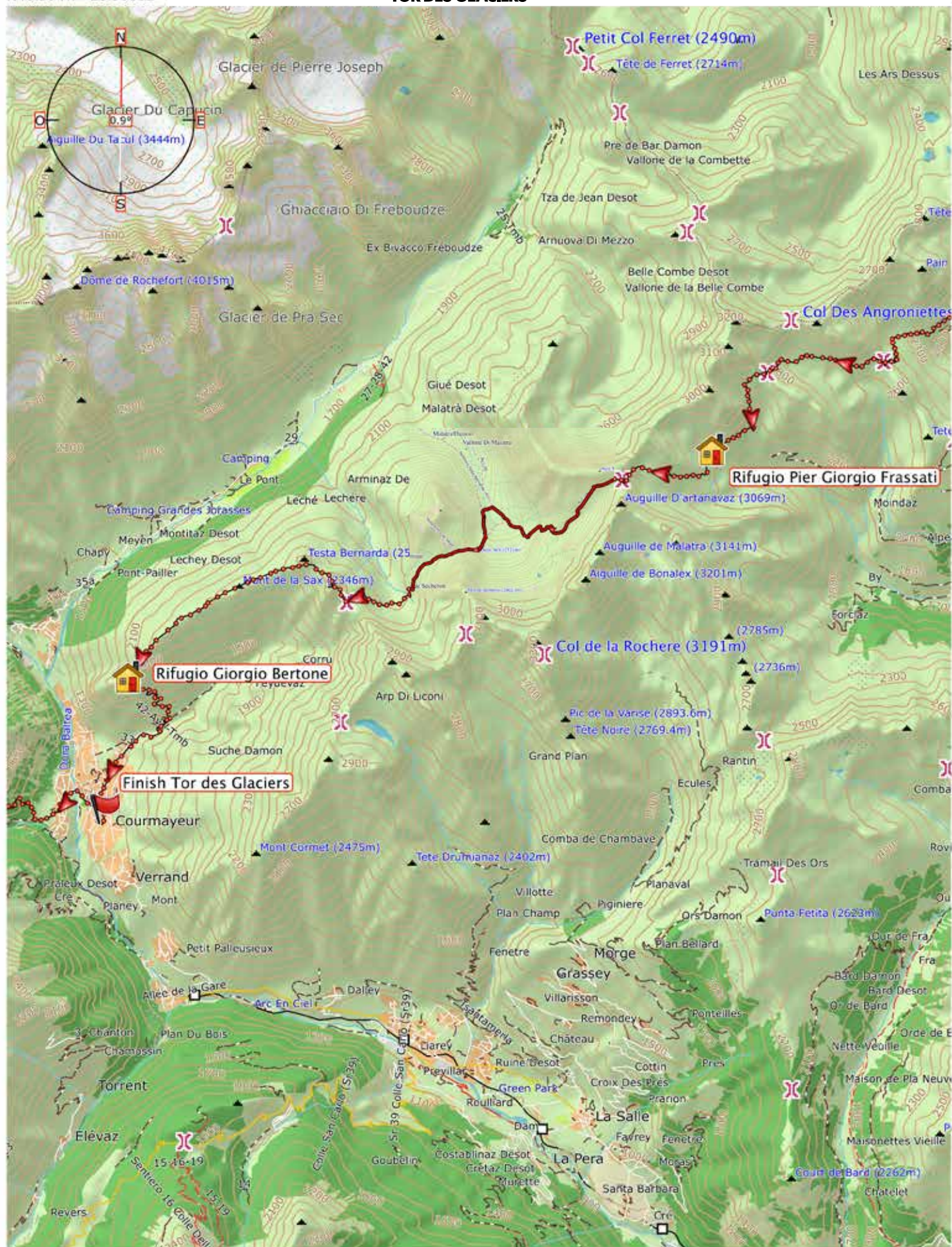
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**N'OUBLIEZ PAS DE VÉRIFIER LE FONCTIONNEMENT CORRECT
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N45.90417° E6.95352°

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0 1 2 3 4 5 6 7 km

N45.72752° E7.14544°



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TOR450

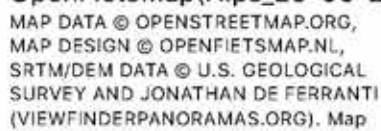
TOR DES GLACIERS

**PERCORSI
ALTERNATIVI**

**ALTERNATIVE
ROUTES**

**ITINÉRAIRE
ALTERNATIF**

TOR DES GLACIERS

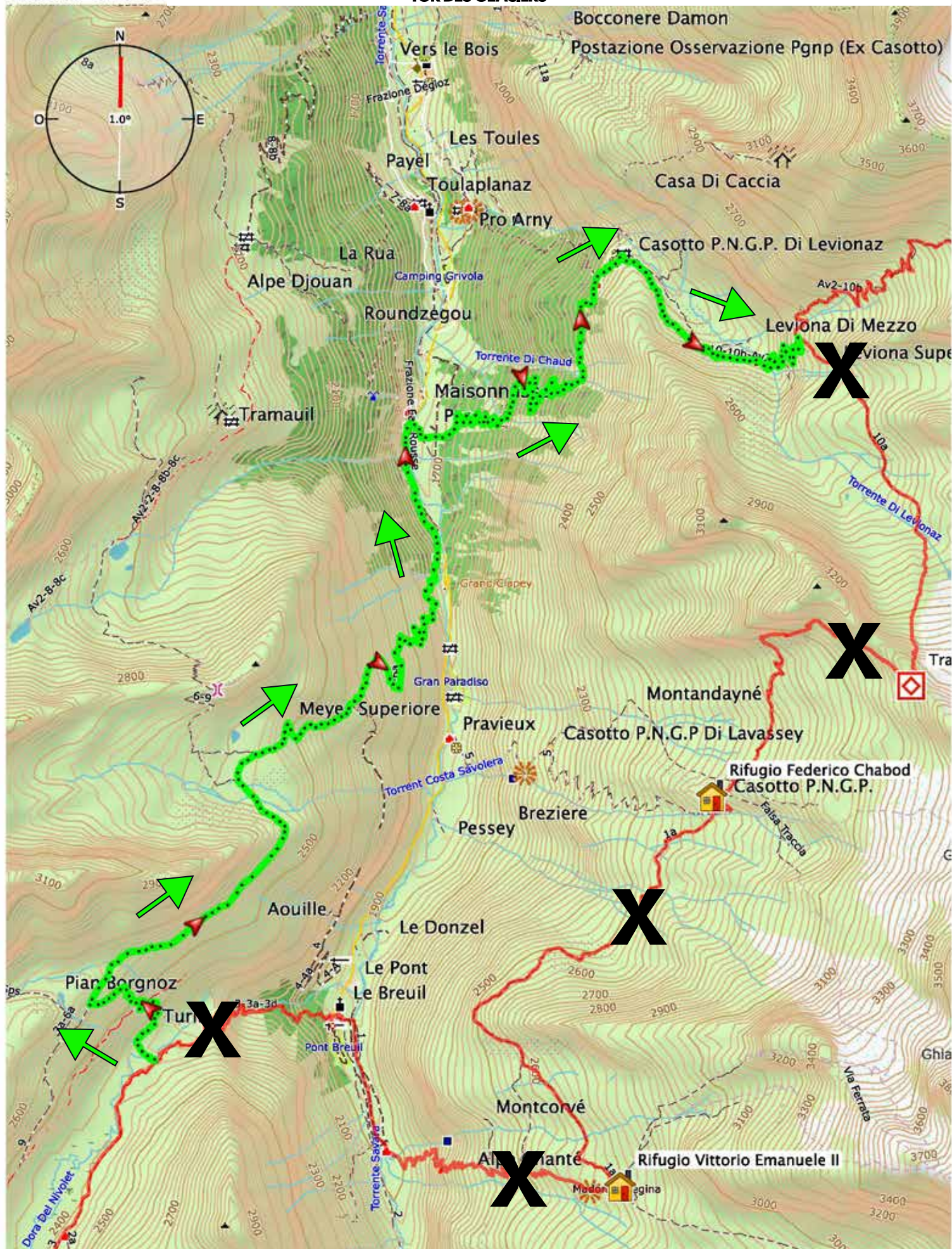


Variante 1 Deffeyes - Lac du Fond

V1

N45.59639° E7.16726°

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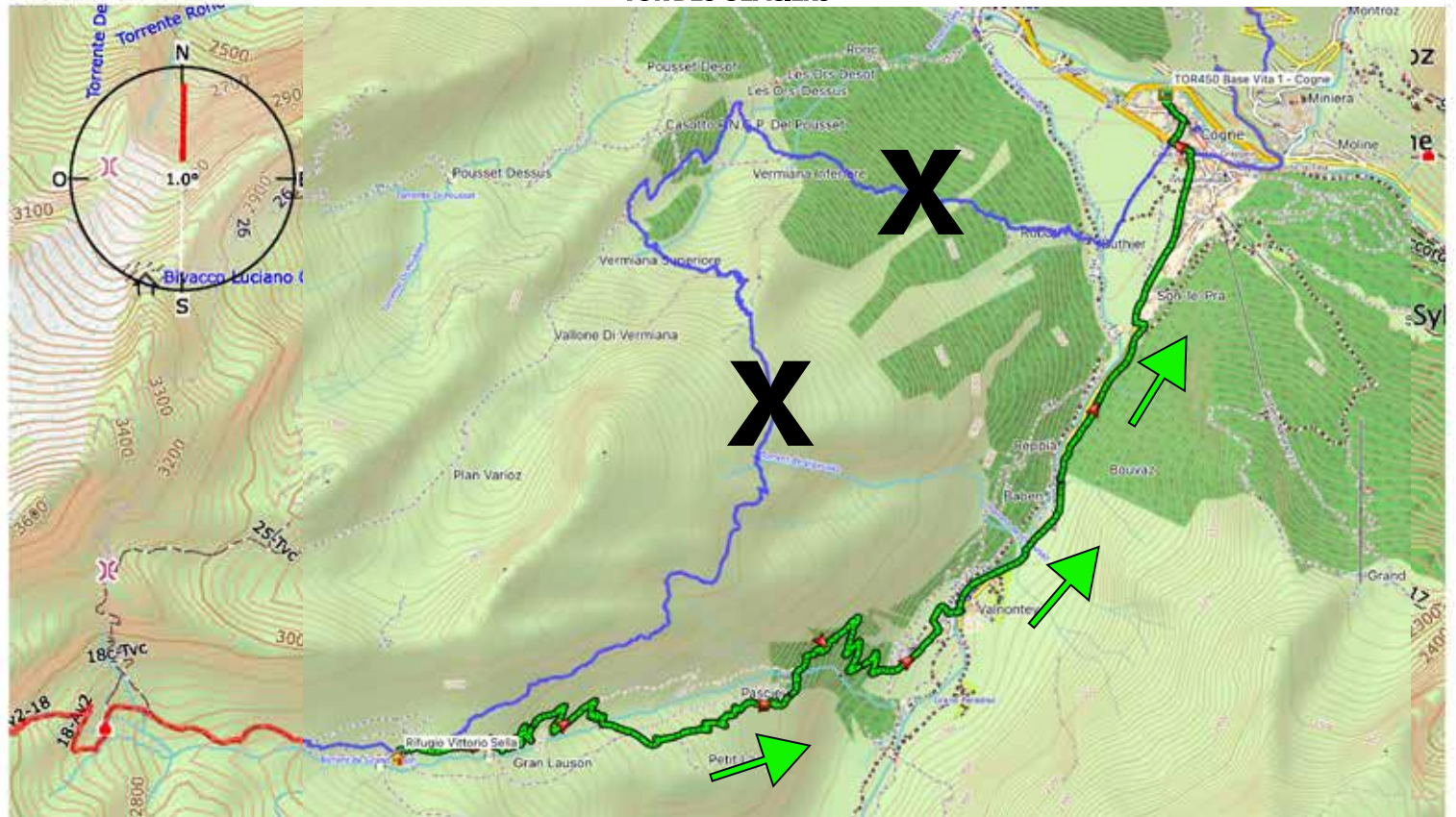
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Variante 2 Savoia - Loson

V2

N45.61529° E7.27715°

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NOTE

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0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 km N45.52691° E7.37311°

Variante 3 Sella - Valnontey

V3

TOR DES GLACIERS



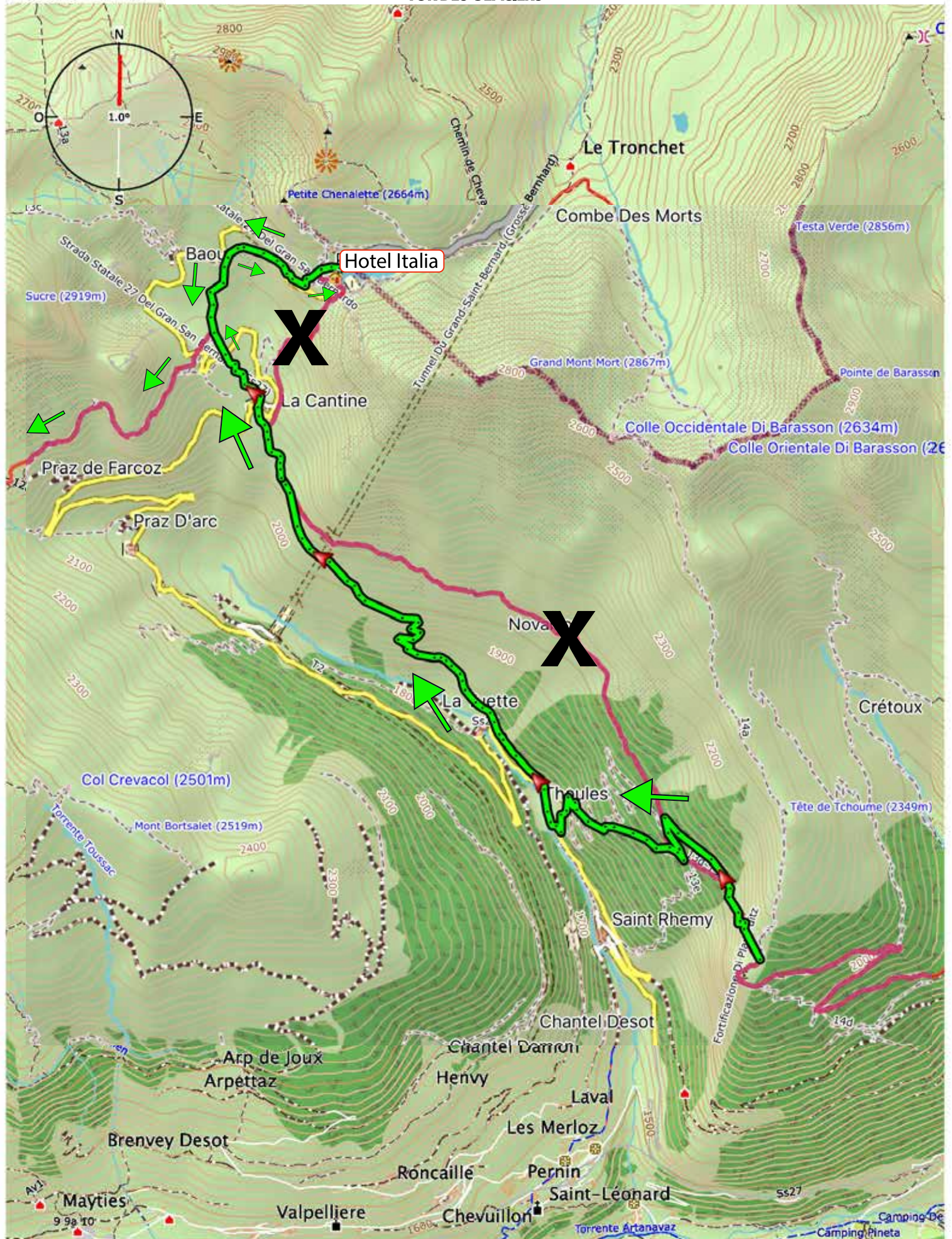
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Variante 4 Crete Seches - Regondi

V4

N45.88180° E7.14151° (

TOR DES GLACIERS



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0 0.5 1.0 1.5 2.0 2.5 km N45.81993° E7.20868°

Variante 5 GS Bernardo

V5

