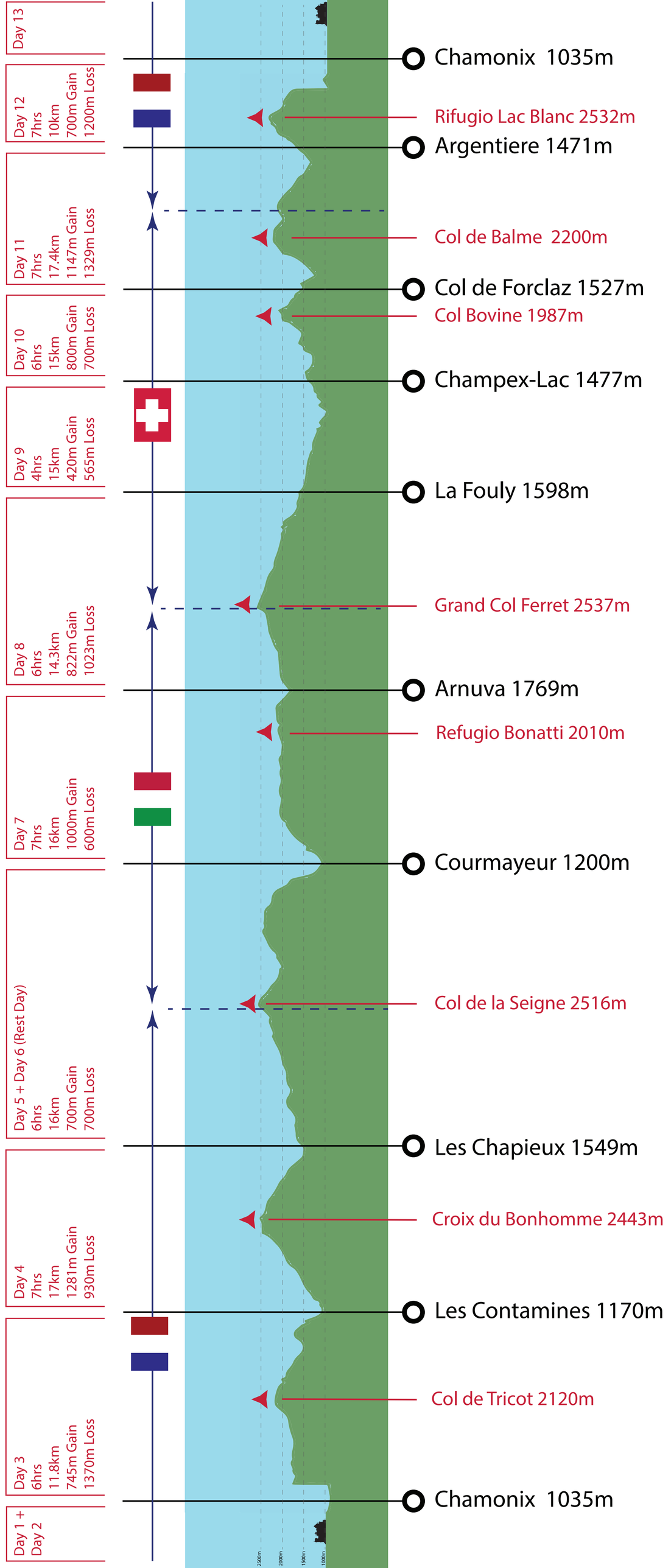
Day 13
Day 12
7hrs
10km
700m Gain
1200m Loss
Day 11
7hrs
17.4km
1147m Gain
1329m Loss
Day 10
6hrs
15km
800m Gain
700m Loss
Day 9
4hrs
15km
420m Gain
565m Loss
Day 8
6hrs
14.3km
822m Gain
1023m Loss
Day 7
7hrs
16km
1000m Gain
600m Loss
Day 5 + Day 6 (Rest Day)
6hrs
16km
700m Gain
700m Loss
Day 4
7hrs
17km
1281m Gain
930m Loss
Day 3
6hrs
11.8km
745m Gain
1370m Loss
Day 1 +
Day 2
Chamonix 1035m
Rifugio Lac Blanc 2532m
Argentiere 1471m
Col de Balme 2200m
Col de Forclaz 1527m
Col Bovine 1987m
Champex-Lac 1477m
La Fouly 1598m
Grand Col Ferret 2537m
Arnuva 1769m
Refugio Bonatti 2010m
Courmayeur 1200m
Col de la Seigne 2516m
Les Chapieux 1549m
Croix du Bonhomme 2443m
Les Contamines 1170m
Col de Tricot 2120m
Chamonix 1035m
2500m
2000m
1500m
1000m