



Cycle Event 2022

	Distance	Ascent	Main climbs	Main climbs	Ascent	Length	Summit	Average
Day 1 (Sunday 17 July) Chamonix to Albertville Route	134.6	2659	1615	Col de la Colombière Col de Croix Fry	1108 507	16.3 10.3	1613 1467	6.8% 4.9%
Day 2 (Monday 18 July) Albertville to St Jean de Maurienne Route	115.4	3402	3,015	Col de la Madeleine Col de Glandon	1,543 1,472	24.5 21.3	1993 1924	6.3% 6.9%
Day 3 (Tuesday 19 July) St Jean de Maurienne to Briancon Route	82.3	2414	1,984	Col de Telegraph Col du Galibier	825 1,159	11.9 17.3	1557 2564	6.9% 6.7%
Day 4 (Wednesday 20 July) Briancon to Barcelonnette Route	99.3	2585	2,232	Col de l'Isard Col de Vars	1,121 1,111	19.0 19.4	2360 2111	5.8% 5.7%
Day 5 (Thursday 21 July) Barcelonnette to St Saver-sur-Tinée Route	100.4	2649	2,070	Col de Cayolle Col de Valberg	1,190 880	29.1 13.2	2326 1673	4.1% 6.7%
Day 6 (Friday 22 July) St Saver-sur-Tinée to Nice Route	135.2	3261	2,484	Col de Saint Martin Col du Turini Col de Castillon	1,018 1,107 359	16.5 15.3 7.0	1500 1607 707	6.2% 7.2% 5.1%
	667.2	16970	13400					