

# VODAFONE EPIC CHALLENGE SERIES

## TRANS-ALP CYCLE

GRENOBLE TO NICE ROUTE INFORMATION

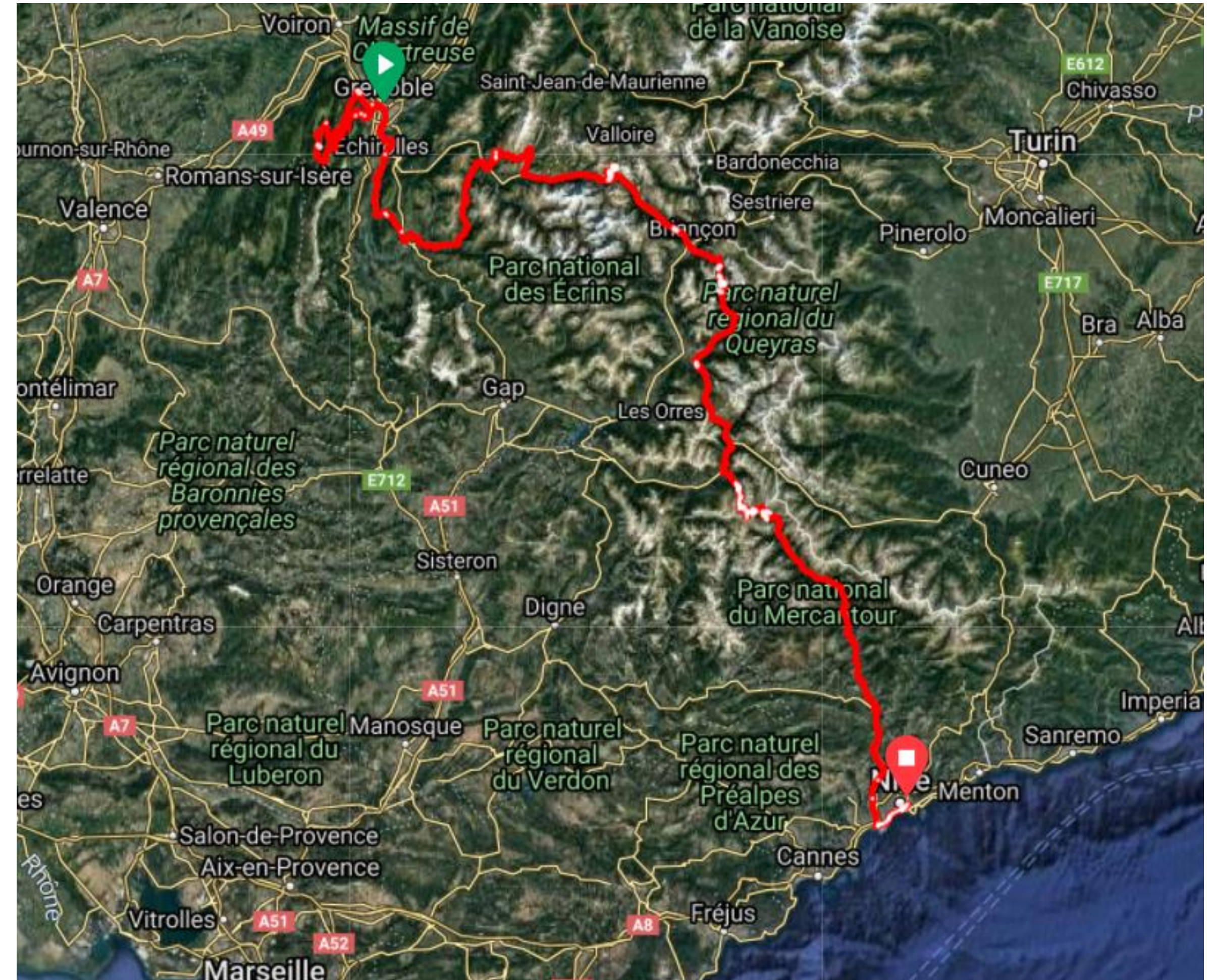




# Route

- ▶ **Grenoble to Nice (w/acclimatisation ride)**
- ▶ 518km
- ▶ 5 day combined route file - <https://ridewithgps.com/routes/38162914> \*

\*For statistics per individual day please see slide 4







**Col de Sarenne: 1,999m**



**Col du Galibier: 2,642m**



**Col d'Izoard: 2,360m**

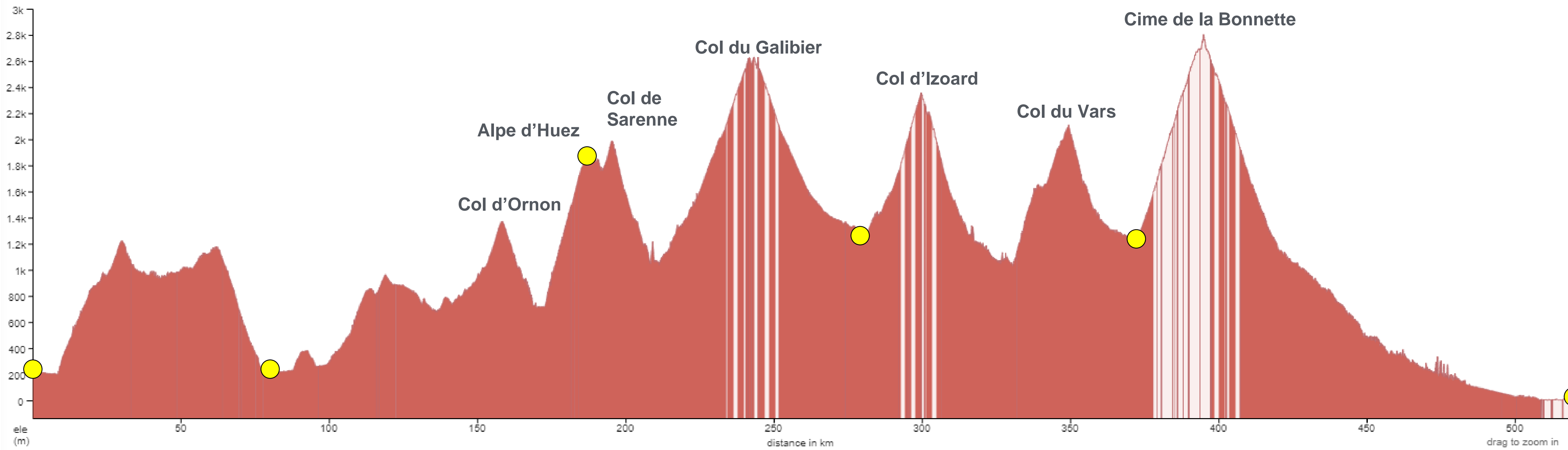


**Cime de la Bonnette: 2,860m**



# The route is breath taking

- Overall
- 518k
  - 12,311m ascent



<b>Grenoble to Grenoble</b> <ul style="list-style-type: none"><li>• 82km</li><li>• 1,818m ascent</li><li>• 1,860m descent</li></ul>	<b>Grenoble - Alpe d'Huez</b> <ul style="list-style-type: none"><li>• 104k</li><li>• 2,983m ascent</li><li>• 404m descent</li></ul>	<b>Alpe d'Huez - Briancon</b> <ul style="list-style-type: none"><li>• 91k</li><li>• 2,265m ascent</li><li>• 3,235m descent</li></ul>	<b>Briancon - Jausier</b> <ul style="list-style-type: none"><li>• 92k</li><li>• 2,745m ascent</li><li>• 2,790m descent</li></ul>	<b>Jausier - Nice</b> <ul style="list-style-type: none"><li>• 145k</li><li>• 2,500m ascent</li><li>• 3,700m descent</li></ul>
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# Further route detail

	Route	Highlights
Day 1	<b>Grenoble to Grenoble</b> <ul style="list-style-type: none"><li>• 82k</li><li>• 1,818m ascent</li><li>• 1,860m descent</li></ul>	Starts in Grenoble, the capital of the Alps for an acclimatisation ride. A steady 20km climb up through the <b>Parc Naturel de Region du Vercors</b> allows for bike checks and practice on steady ascents and hairpin descents before we head South on Day 2.
Day 2	<b>Grenoble - Alpe d'Huez</b> <ul style="list-style-type: none"><li>• 104k</li><li>• 2,983m ascent</li><li>• 404m descent</li></ul>	The route winds its way South through Grenoble and heads towards the <b>Lac De Notre Dame</b> gradually gaining height as the journey starts in earnest with a 22km climb to the ski station at <b>Col d'Ornon</b> (1,371m). Then the route descends for 13k into Bourg D'Oisans, where we start the iconic 15k, 21 bend climb to <b>Alpe D'Huez</b> .
Day 3	<b>Alpe d'Huez - Briancon</b> <ul style="list-style-type: none"><li>• 91k</li><li>• 2,265m ascent</li><li>• 3,235m descent</li></ul>	Dependent on conditions we will either take the Col de Sarenne (1,999m) or we start by descending Alpe D'Huez to bend 17 and then take the <b>Auris Balcony Route</b> to Mizoen which is one of the most famous balcony routes in France. This takes us the back route to the mighty Galibier via the <b>Col Du Lautaret</b> . From here the optional out and back 600m climb to the <b>Col du Galibier</b> (2,685m) starts. Then all that remains is the 30km descent to Briancon. Wrap up warm!
Day 4	<b>Briancon - Jausier</b> <ul style="list-style-type: none"><li>• 92k</li><li>• 2,745m ascent</li><li>• 2,790m descent</li></ul>	The legs will be feeling the cumulative fatigue by now and this shorter, but tough day will need you to dig deep again. The 20km climb of the iconic <b>Col d'Izoard</b> (2,360m) kicks things off followed by a descent through the stunning <b>Gorge De Guil</b> before a final 18km ascent over the <b>Col de Vars</b> (2,111m) and descent to Jausier.
Day 5	<b>Jausier - Nice</b> <ul style="list-style-type: none"><li>• 145k</li><li>• 2,500m ascent</li><li>• 3,700m descent</li></ul>	The last day takes us to the highest point on the ride at the summit of the <b>Cime de La Bonnette</b> (2,860m). You'll really be feeling the altitude during the opening 25km climb, but then the 3,700m of descending will bring you closer and closer to the warm waters of the Med and the end of your epic challenge in <b>Nice</b> .

# Biggest climbs

Day	Climb	Length	Average Gradient	Maximum Gradient
Day 1	Route De Vercors / Route de Villard de Lans	21k	4.6%	16%
Day 2	Unnamed climb from St. Georges De Commiers to La Festiniere	17k	3.5%	20.8%
	Col D'Ornon	21k	5.8%	11.5%
	Alpe D'Huez	13.9k	8.3%	23%
Day 3	Col De Sarenne	3.1K	6.5%	14.6%
	Col du Lautaret	21K	3.8%	16.9%
	Col De la Galibier	30k length (including Col du Lautaret)	5.5%	22%
Day 4	Col D'Lizoard	19k	5.9%	17.5%
	Col De Vars	18.8k	5.8%	17.5%
Day 5	<u>Cime</u> De La Bonnette	23k	6.6%	28%