

**Distance: 112 km**

**Elevation: 3,250 m**

**ETA: 4 to 7 hours**

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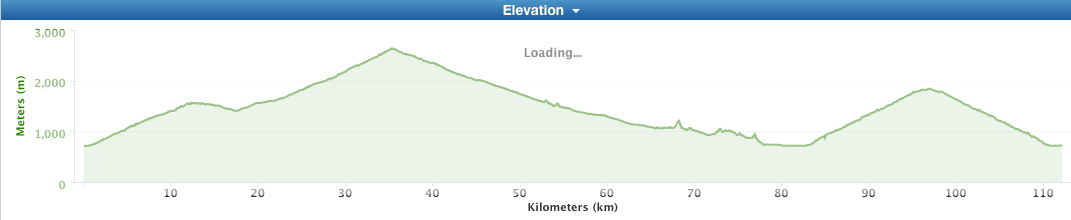
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[LINK TO GARMIN FILE](https://connect.garmin.com/modern/course/13359410)

\* Distances are approximate and can be off by a few kilometers. Watch for road signs.

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| **KM** | **KM TO**  **NEXT** | **TURN** | **ROAD AND COMMENTS** |
| 0 | 0.5 | L | Turn left out of the parking lot on to Rue General Ferrie = D1006 |
| 0.5 | 12 | R | D902 = Rue de Galibier  [Col du Telegraph](https://www.strava.com/segments/616079) begins. 12.1 km, 7% average, 832 m gain |
| 12.5 | 4.8 | - | Top of the Telegraph. There is a café at the top. |

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| **KM** | **KM TO**  **NEXT** | **TURN** | **ROAD AND COMMENTS** | |
| 17.3 | 0.2 | 1st exit | Stay on D902 = Rue des Grandes Alpes.  This is Valloire, the last chance to have an espresso before beginning the Galibier. |      |
| 17.5 | 0.5 | L | Stay on D902 = Rue des Boriots  Becomes Route de Galibier | |
| 18 | 17.6 | - | [Col du Galibier](https://www.strava.com/segments/5211636) begins. 17.6 km, 7% average, 1,200 m gain. | |
| 35.6 | 8.4 | - | Top of Galibier. There is a café at the top.  Continue on D902 through the tunnel – Gamin may tell you otherwise. | |
| 44 | 20 | R | D1091 = Le Lautaret. Towards Les Cours and Bourg d’Oisans | |
| 64 | 18.2 | Stay R | Stay on D1091 through tunnels | |
| 82.2 | 14 | 1st exit | D211  [Alpe d’Huez begins](https://www.strava.com/segments/661401).  14.3 km, 8% average,  1,097 m gain  Stay on D211 and follow Tour de France signs. |      |
| 96.2 | 0.2 | R | Avenue de l’Etendard.  Stay “straight” through first traffic circle to the second traffic circle. |        |

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| **KM** | **KM TO**  **NEXT** | **TURN** | **ROAD AND COMMENTS** | |
| 96.4 | 0.2 | 2nd exit | D211F |      |
| 96.6 | 0.1 | L | Rue du Pic Bayle |      |
| 96.7 | 14.6 | L | D11 = Route du Signal and head down the same way you came up Alp d’Huez |
| 111.3 | 0.9 | 2nd exit | D1091B in to Bourg d’Oisans = Rue Aristide Briand |      |
| 112.2 | 0 | - | End at [La Muzelle](http://lamuzelle.com) Restaurant  43 Avenue de la Republique | |

**ADDITIONAL RESOURCES:**

* Start: [Saint Michel-de-Maurienne](http://www.saint-michel-de-maurienne.com/pages/tourisme/to01.php)
* 17 km: [Valloire](http://www.valloire.net/uk/index-summer.aspx)
* 18 km: Col Collective [Galibier](http://thecolcollective.com/col-collection/col/col-du-galibier)
* 82 km: Col Collective [Alps d’Huez](http://thecolcollective.com/col-collection/col/alpe-dhuez)
* End: [Bourg d’Oisans](http://bourgdoisans.com)