

16 | 19
JULY
2026



GRENOBLE
OUTDOOR AVENTURE



ULTRA
TOUR
DES 4
MASSIFS
Ut4M

2026 ROADBOOK

Ultra tour
des 4
Massifs

Where
the magic
happens

www.ut4m.fr

Welcome to the 14th edition of the Ultra Tour des 4 Massifs, July 16–19, 2026!

We look forward to seeing you on the trails. In the meantime, we're providing this roadbook to help you prepare—whether you're a runner or a support crew member. We've summarized the key information here; for detailed course information, please visit your race's page directly: <https://ut4m.fr/fr/courses/les-12-courses>

If you are unable to download the GPX file for your route reconnaissance, please contact us at info@ut4m.fr: please note that our route may cross private property. We encourage you to check in advance and to respect the trails you use. Always check the conditions before setting out; snowfields may linger, particularly in Belledonne and Taillefer. The entire organizing team has been working since September 2025 to help you explore the four mountain ranges around Grenoble in a warm and friendly atmosphere.

The Ut4M is organized by a 100% volunteer-run association, Grenoble Outdoor Aventure. During the event, we are supported by over 800 volunteers who look after the 4,250 runners spread across the 12 races, the Handi Trail, and the Rando Ut4M.

The Ut4M Team

PLEASE NOTE: In the event of any discrepancies between this roadbook and the website, the website takes precedence

Find the full event program on our website: <https://ut4m.fr/fr/evenement/programme>

SAFETY - MARKINGS

SAFETY: A PRIORITY AND A COMMITMENT

The safety of runners, support staff, and volunteers has always been our top priority. While this aspect of the organization is rarely highlighted, it is crucial for preventing accidents and injuries. That is why the organization works on this issue year-round. Along the entire route, you will find safety stations and contact points, aid stations, and three base camps. Forty mountain professionals support the Ut4M organization to secure the route on the peaks, and 70 rescue specialists make up the team on the lower sections of the route. And since weather conditions can change rapidly in the mountains, eight alternate routes are planned along the entire course to ensure your safety during the events.



MARKING

It consists of “markers” and, when there is a high risk of the markers being removed, biodegradable paint and reflective paint. The “markers” consist of two strips of tape: one fluorescent orange marked “Ut4M,” and the other fluorescent yellow with a vertical reflective stripe. They can be attached to vegetation or bamboo stakes.

EMERGENCY PROCEDURE

If you are involved in an accident or witness an accident:

- 1 – Contact emergency services (Safety Command Center) at the number provided during the briefing and printed on your race bib Or go to the nearest volunteer station (refreshment station, checkpoint, etc.) Or ask another runner to notify emergency services
- 2 – Report your location By phone: last checkpoint, last aid station...By using a whistle if necessary
- 3 – Change your clothes if possible, and cover yourself Use your emergency blanket if necessary: extreme heat = silver side out, extreme cold = gold side out

The mountain emergency number is 112.

RESPECT FOR NATURAL HERITAGE

Every year, Ut4M works to improve measures aimed at minimizing the environmental impact of its races. Trail running takes place in the heart of nature, surrounded by exceptional wildlife, flora, and landscapes.

This environment is fragile; every trail runner has a duty to respect it and help preserve it. We are counting on you to adopt a responsible attitude and share it with those who accompany you.



During your reconnaissance trips, take the time to familiarize yourself with the following along the entire route:

- camping is regulated by each municipality
- motor vehicle traffic is prohibited outside of roads open to traffic
- dogs must not be allowed to roam freely
- herds are present starting in June; please follow the instructions when crossing mountain pastures and behave appropriately (do not shout, do not wave your poles, etc.)
- the environments you are crossing are sensitive; be sure to stay on the trails. Do not take shortcuts, especially on trails most susceptible to erosion during rainy weather. Specific signs are posted in areas deemed most sensitive.

The trails cross through or pass near natural areas with special designations: a nature reserve (the Lac Luitel peat bog), 2 Natura 2000 sites (“Cembraie, grasslands, lakes, and peat bogs of Belledonne, from Chamrousse to Grand Colon,” and “Wetlands of the Chaîne des Hurtières”), an APPB, a sensitive natural area (“Arselle Peat Bog”), and a Natura 2000 site (“Heathlands, peat bogs, and rocky habitats of the Taillefer massif”). Notice to guides: Please do not park in sensitive areas such as wetlands, particularly those located on the Arselle Plateau (off-trail), the ascent to Lac Achard (off-trail), and the Pra Plateau (off-trail).

GRENOBLE BASE CAMP – ACCESS



Halle Clémenceau – Race bib pickup and partner village

- Wednesday, July 15, 2026: 1:00 PM to 8:00 PM at Halle Clémenceau
- Thursday, July 16, 2026: 1:00 PM to 8:00 PM at Halle Clémenceau
- Friday, July 17, 2026: 1:00 PM to 8:00 PM at Halle Clémenceau
- *40 Boulevard Clémenceau, 38000 Grenoble: parking nearby (Halle Clémenceau, Palais des Sports...), public transportation access (M'Réso)*

Décathlon La Tronche – Race Bib Pickup

- Saturday, July 18, 2026: 9:00 AM to 1:00 PM at the store

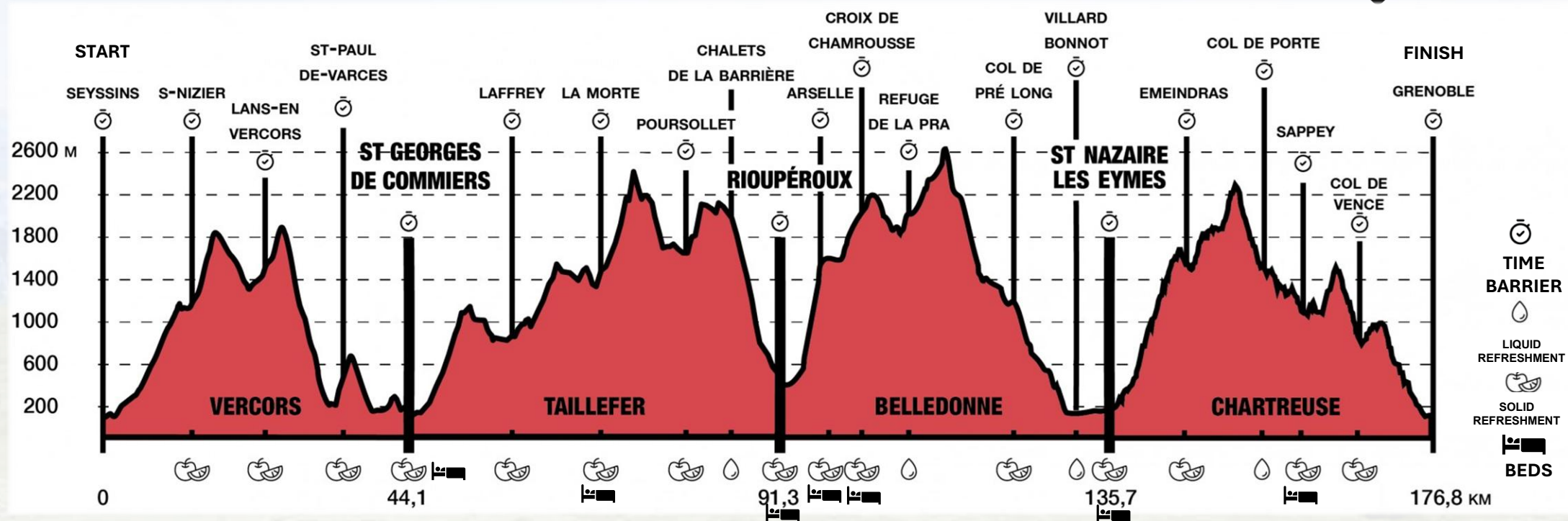
Décathlon La Tronche, 5 avenue du Grand Sablon, 38700 La Tronche, store parking lot, public transportation access (M'Réso), bike parking

Place Victor Hugo:

- Finish line for runners in the 180Xtrem, 180Challenge, 100Master, 80Challenge, 40Chartreuse, and 20Chartreuse races on Saturday, July 18, and Sunday, July 19, 2026
- Events on Saturday, July 18, and Sunday, July 19, 2026

Place Victor Hugo, Grenoble, public transportation access only (M'Réso)

180 XTREM - 175,8 km / 11 590 m



- **Race packet pickup:** Thursday, July 16, 2026, from 1:00 PM to 8:00 PM at Halle Clémenceau
- **Pre-race briefing:** Thursday, July 16, 2026, at 5:00 PM at Halle Clémenceau
- **Start:** Friday, July 17, 2026, at 9:00 AM in Seyssins, François Mitterrand Park (access via M'Réso public transportation)
- **Awards ceremony:** Sunday, July 19, 2026, at 4:00 p.m. at Place Victor Hugo in Grenoble
- **Cutoff time:** Sunday, July 19, 2026, at 7:00 p.m. in Grenoble

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-180-xtrem>



2 bags

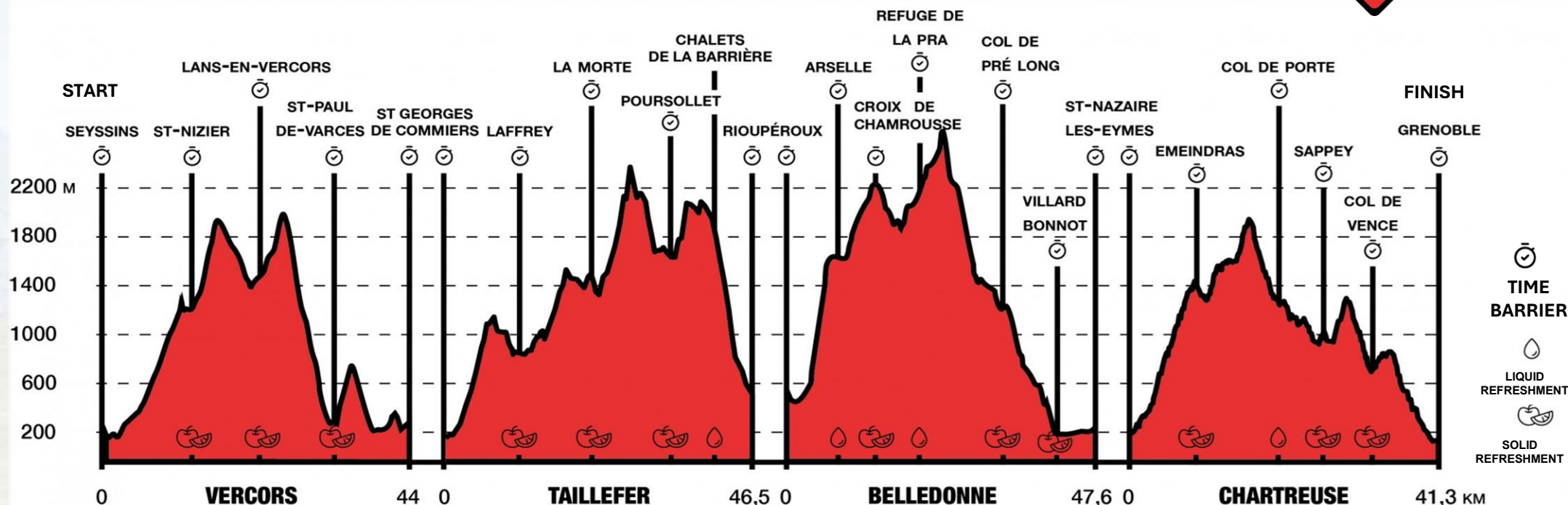
No shuttle service

PLEASE NOTE: NO REFRESHMENTS AT LA PRA, ONLY A WATER STATION (REFUGES ARE FOR GUESTS ONLY)

If you stop at Les Chalets de la Barrière, Emeindras, or La Pra: you must make your own way down

Drinks and meals provided upon arrival in Grenoble upon presentation of your race bib

180 CHALLENGE - 175,8 km / 11 590 m D+



- **Race packet pickup:** Wednesday, July 15, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 15, 2026, at 6:00 PM at the Halle Clémenceau
- **Start:** Thursday, July 16, 2026, at 8:00 AM in Seyssins, François Mitterrand Park (access via M'Réso public transportation) (see Marathons for other start times)
- **Awards ceremony:** Sunday, July 19, 2026, at 4:00 p.m. at Place Victor Hugo in Grenoble
- **Cutoff time:** Sunday, July 19, 2026, at 7:00 p.m. in Grenoble



3 bags

PLEASE NOTE: NO RESUPPLY AT LA PRA, WATER STATION ONLY (SHELTER FOR GUESTS ONLY)

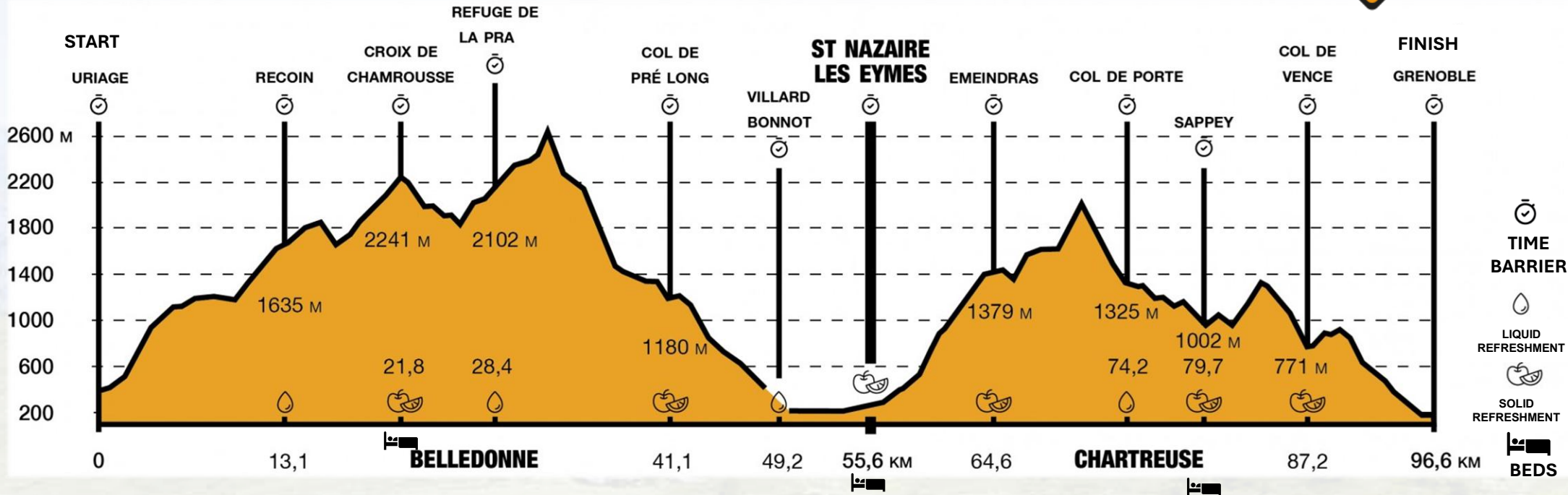
If stopping at Chalets de la Barrière, Emeindras, or La Pra: descend on your own

Shuttle MANDATORY FOR ALL ON DAY 3 (parking prohibited), optional on other days

Drinks and meals provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-180-challenge>

100 MASTER – 96,6 km / 5 860 m D+



- **Race packet pickup:** Friday, July 17, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Friday, July 17, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Saturday, July 18, 2026, at 7:00 a.m. at Parc d'Uriage (please park only in designated spaces)
- **Awards ceremony:** Sunday, July 19, 2026, at 4:00 p.m. at Place Victor Hugo in Grenoble
- **Finish cutoff time:** Sunday, July 19, 2026, at 7:00 p.m. in Grenoble



1 bag

PLEASE NOTE: NO REFUELLING AT LA PRA, ONLY A WATER STATION (SHELTER AVAILABLE ONLY FOR GUESTS)

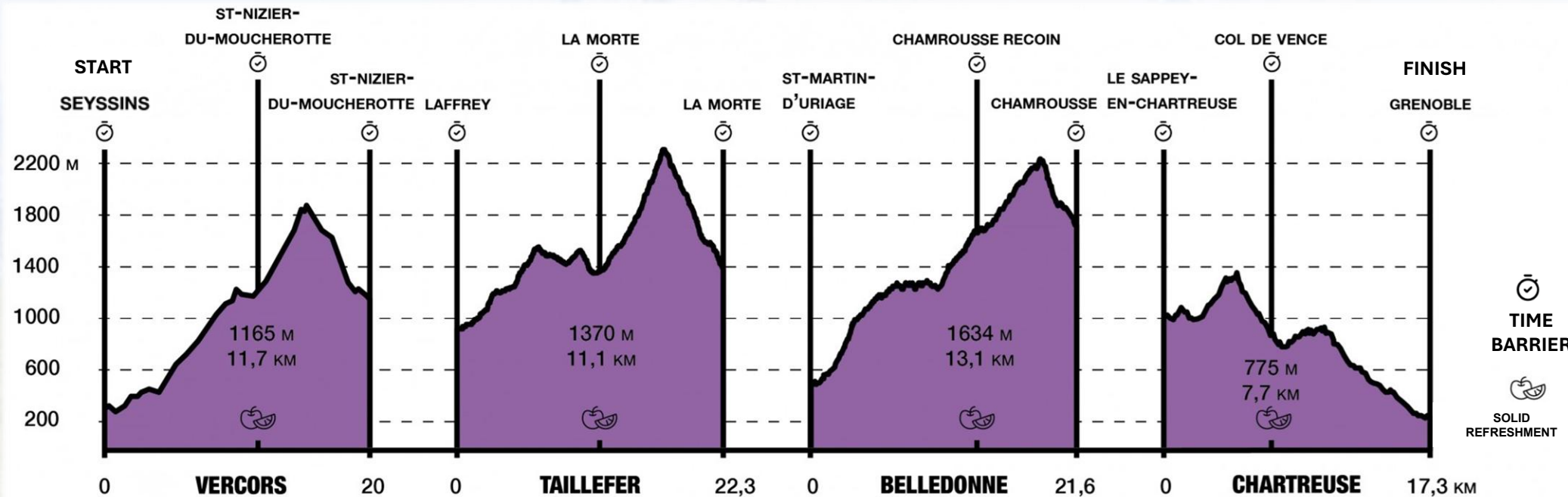
If you stop at Les Chalets de la Barrière, La Pra, or Emeindras: you must make your own way down

Optional shuttle recommended (one-way)

Drinks and meals provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-100-master>

80 CHALLENGE– 81,3 km / 6 118 m D+



- **Race packet pickup:** Wednesday, July 15, 2026, from 1:00 PM to 8:00 PM at Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 15, 2026, at 6:00 PM at Halle Clémenceau
- **Start:** Thursday, July 16, 2026, at 9:00 AM in Seyssins, François Mitterrand Park (access via M'Réso public transportation)
- **Awards ceremony:** Sunday, July 19, 2026, at 11:00 AM at Place Victor Hugo in Grenoble
- **Cutoff time:** Sunday, July 19, 2026, at 4:00 AM in Grenoble

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-80-challenge>

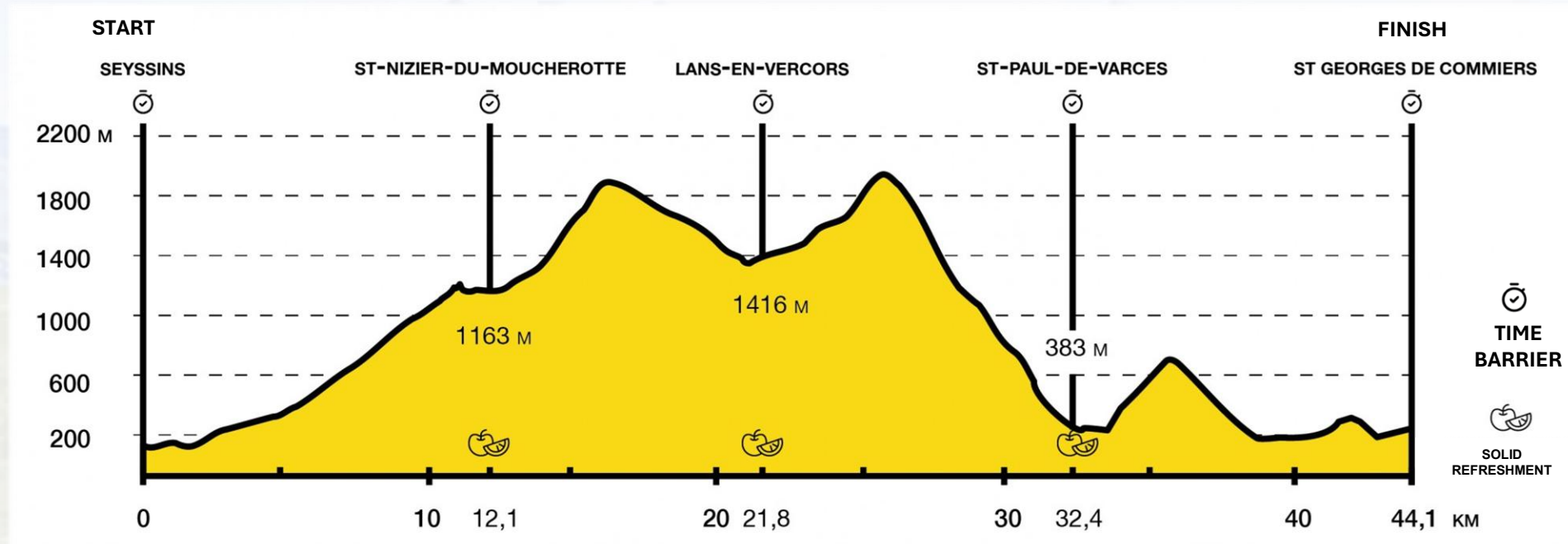


No bag

Optional shuttle recommended

Drinks and meals provided upon arrival in Grenoble upon presentation of your race bib

40 VERCORS – 44,1 km / 2 980 m D+



- **Race packet pickup:** Wednesday, July 15, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 15, 2026, at 6:00 PM at the Halle Clémenceau
- **Start:** Thursday, July 16, 2026, at 8:00 AM in Seyssins, François Mitterrand Park (access via M'Réso public transportation)
- **Awards ceremony:** Thursday, July 16, 2026, at 3 p.m., Saint-Georges-de-Commiers
- **Cutoff time:** Thursday, July 16, 2026, at 8 p.m., Saint-Georges-de-Commiers

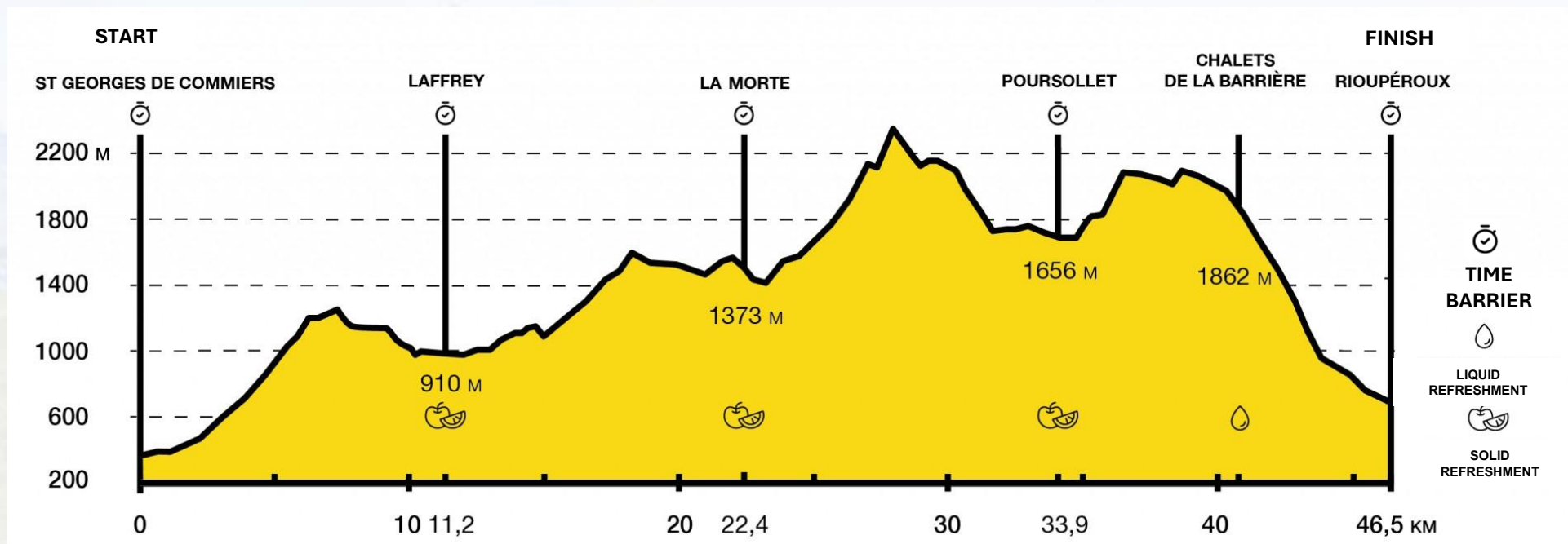
Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-40-vercors>



Optional shuttle (return trip)

Complimentary drink upon arrival with race number

50 TAILLEFER – 46,5 km / 3 219 m D+



- **Race packet pickup:** Wednesday, July 16, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 16, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Thursday, July 17, 2026, at 8:00 AM, Saint-Georges-de-Commiers
- **Awards ceremony:** Thursday, July 17, 2026, at 4 p.m., Rioupéroux
- **Cutoff time:** Thursday, July 17, 2026, at 9 p.m., Rioupéroux



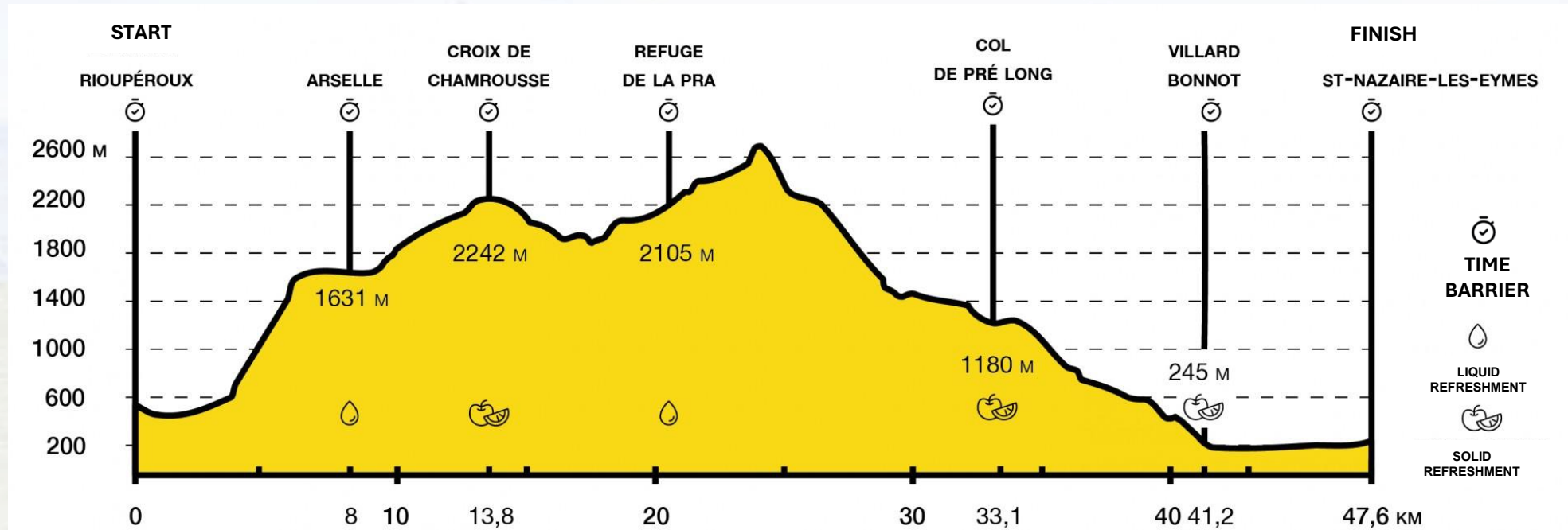
Optional shuttle bus
(round trip)

Complimentary drink upon
arrival with race bib

If stopping at Les Chalets de
la Barrière: make your own
way down

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-50-taillefer>

50 BELLEDONNE – 47,6 km / 2 932 m D+



- **Race packet pickup:** Friday, July 17, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Friday, July 17, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Saturday, July 18, 2026, at 8:00 AM, Rioupéroux (shuttle access required)
- **Awards ceremony:** Saturday, July 18, 2026, at 4:00 p.m., Saint-Nazaire-les-Eymes
- **Cut-off time:** Saturday, July 18, 2026, at 9:20 p.m., Saint-Nazaire-les-Eymes



Shuttle BUS REQUIRED FOR EVERYONE (round trip)

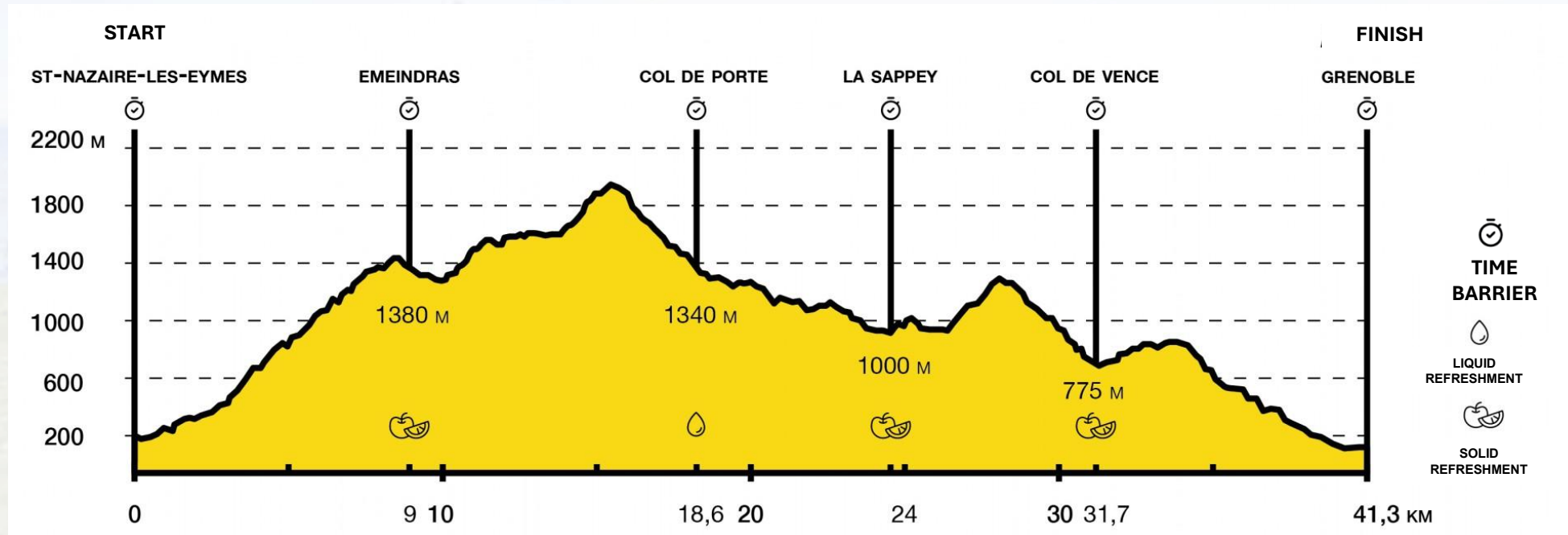
PLEASE NOTE: NO REFRESHMENTS AT LA PRA, ONLY A WATER STATION (REFUGES ARE FOR GUESTS ONLY)

If you stop at La Pra: you must make your own way down

A complimentary drink will be provided upon arrival upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-50-belledonne>

40 CHARTREUSE – 41,3 km / 2 655 m D+



- **Race packet pickup:** Saturday, July 18, 2026, from 9 a.m. to 1 p.m. at Decathlon La Tronche
- **Pre-race briefing:** Saturday, July 18, 2026, at 11 a.m. at Decathlon La Tronche
- **Start:** Sunday, July 19, 2026, at 7 a.m., Saint-Nazaire-les-Eymes
- **Awards ceremony:** Sunday, July 19, 2026, at 7:00 p.m., Place Victor Hugo in Grenoble
- **Cutoff time:** Sunday, July 19, 2026, at 2:00 p.m., Place Victor Hugo in Grenoble



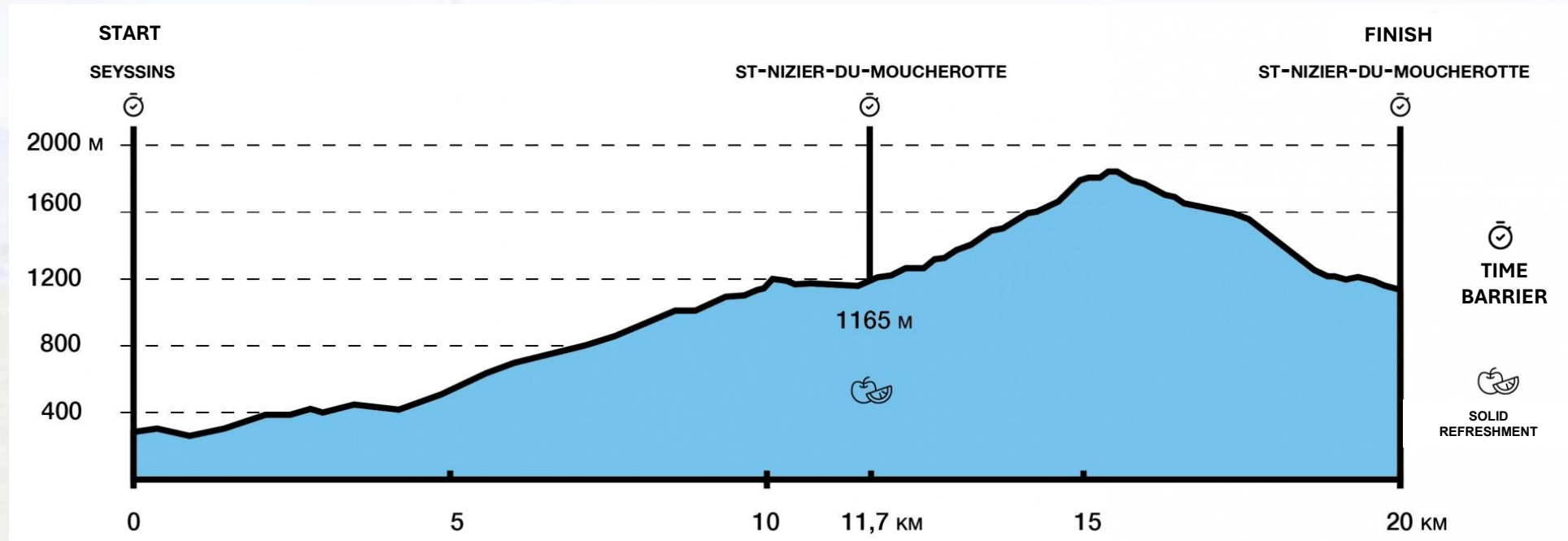
Optional shuttle bus (one-way)

If the bus stops at Emeindras: please make your own way down

A complimentary drink will be provided upon arrival upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-40-chartreuse>

20 VERCORS – 20 km / 1 787 m D+



- **Race packet pickup:** Wednesday, July 15, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 15, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Thursday, July 16, 2026, at 9:00 AM, François Mitterrand Park (public transportation access via M'Réso)
- **Awards ceremony:** Thursday, July 16, 2026, at 1 p.m., St-Nizier-du-Moucherotte
- **Cutoff time:** Thursday, July 16, 2026, at 3 p.m., St-Nizier-du-Moucherotte

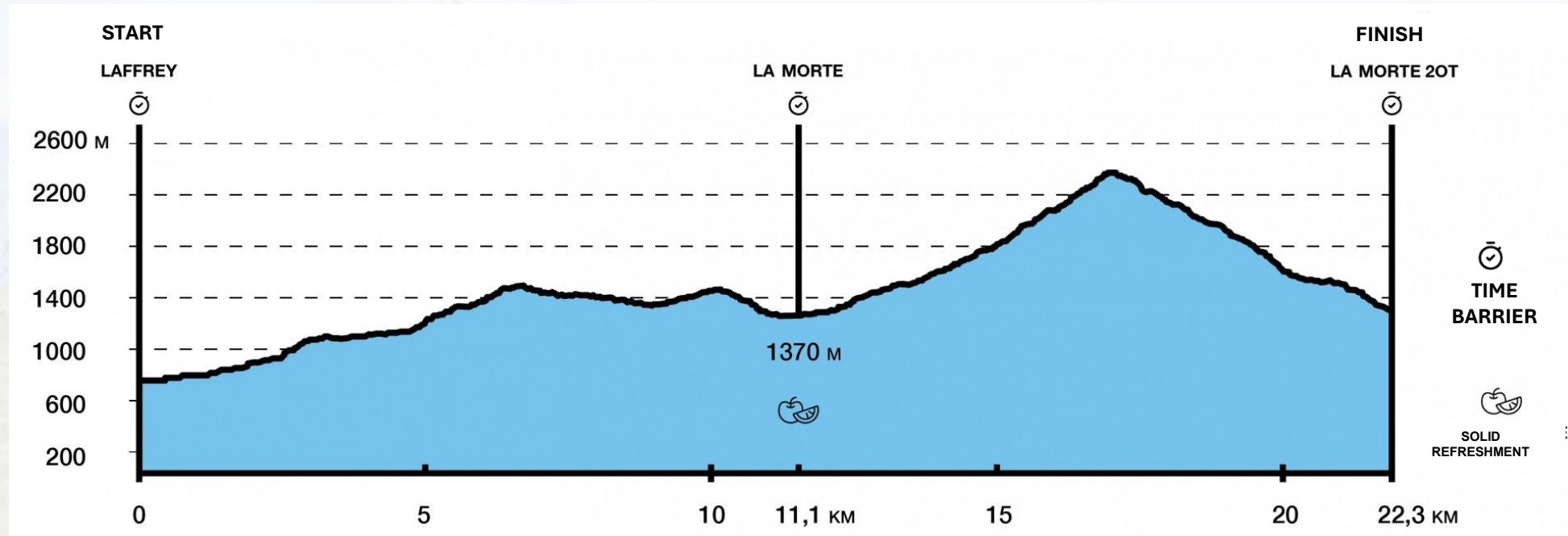


Optional shuttle (return trip) recommended

A drink will be provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-20-vercors>

20 TAILLEFER – 22,3 km / 1 735 m D+



- **Race packet pickup:** Thursday, July 16, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Thursday, July 16, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Friday, July 17, 2026, at 8:20 a.m. (8:00 a.m. for the 80 Challenge), Laffrey
- **Awards ceremony:** Friday, July 17, 2026, at 1:00 p.m., La Morte
- **Cut-off time:** Friday, July 17, 2026, at 2:00 p.m., La Morte

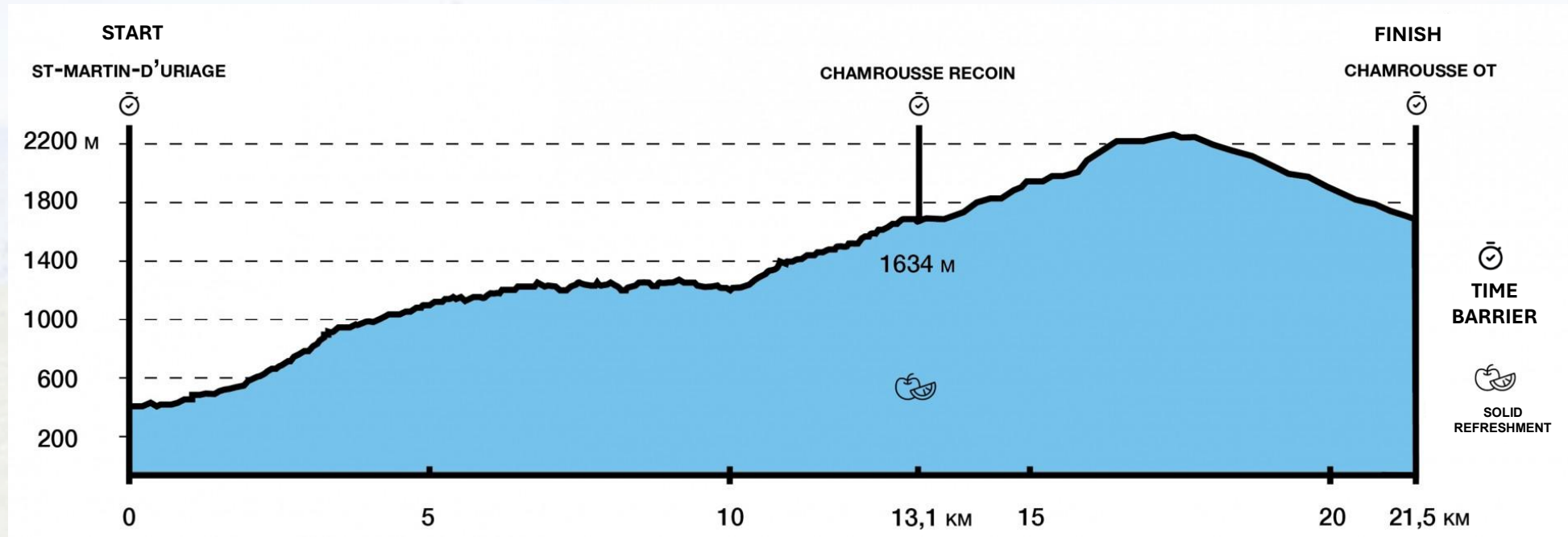


Optional shuttle (round trip) recommended

A drink will be provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-20-taillefer>

20 BELLEDONNE – 21,5 km / 2 017 m D+



- **Race bib pickup:** Friday, July 17, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Friday, July 17, 2026, at 5:00 PM at the Halle Clémenceau
- **Start:** Saturday, July 18, 2026, at 10:00 a.m., Uriage
- **Awards ceremony:** Saturday, July 18, 2026, at 2:00 p.m., Chamrousse
- **Cut-off time:** Saturday, July 18, 2026, at 4:00 p.m., Chamrousse

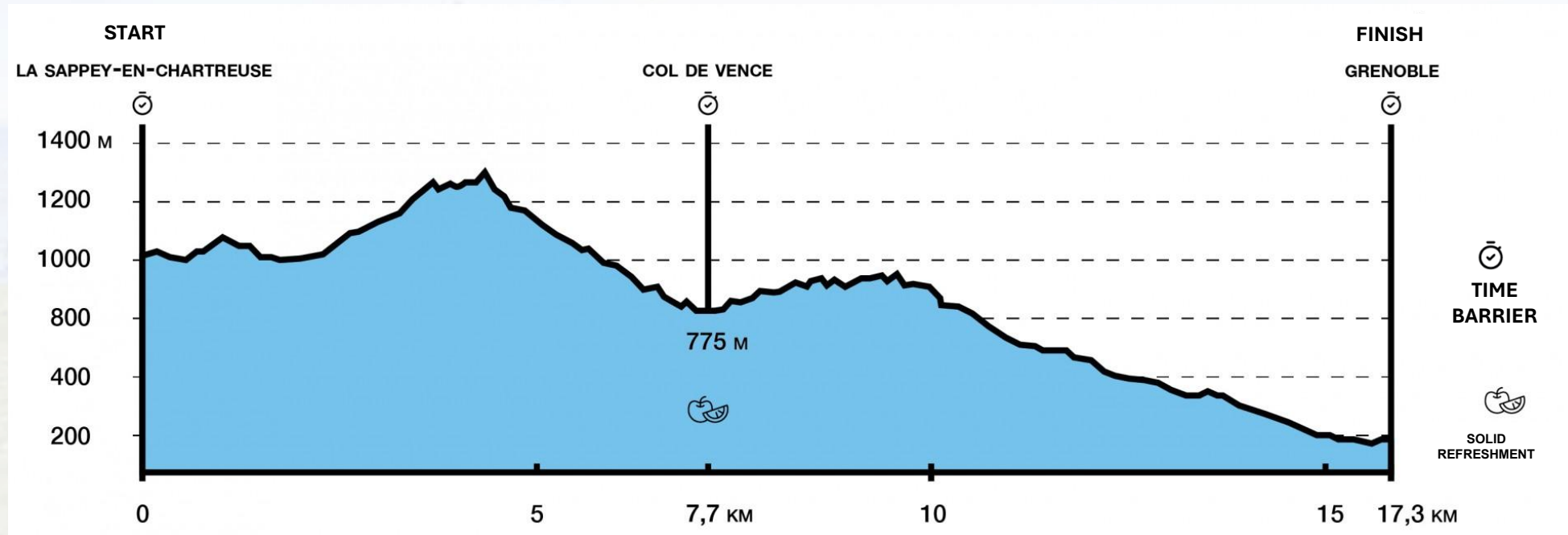


Optional shuttle (round trip) recommended

A drink will be provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-20-belledonne>

20 CHARTREUSE – 17 km / 636 m D+



- **Race packet pickup:** Saturday, July 18, 2026, from 9:00 AM to 1:00 PM at Decathlon La Tronche
- **Pre-race briefing:** Saturday, July 18, 2026, at 11:00 AM at Decathlon La Tronche
- **Start:** Saturday, July 18, 2026, at 10:00 PM, Le-Sappey-en-Chartreuse
- **Awards ceremony:** Sunday, July 19, 2026, at 11:00 AM, Place Victor Hugo in Grenoble
- **Cutoff time:** Sunday, July 19, 2026, at 4:00 AM, Place Victor Hugo in Grenoble

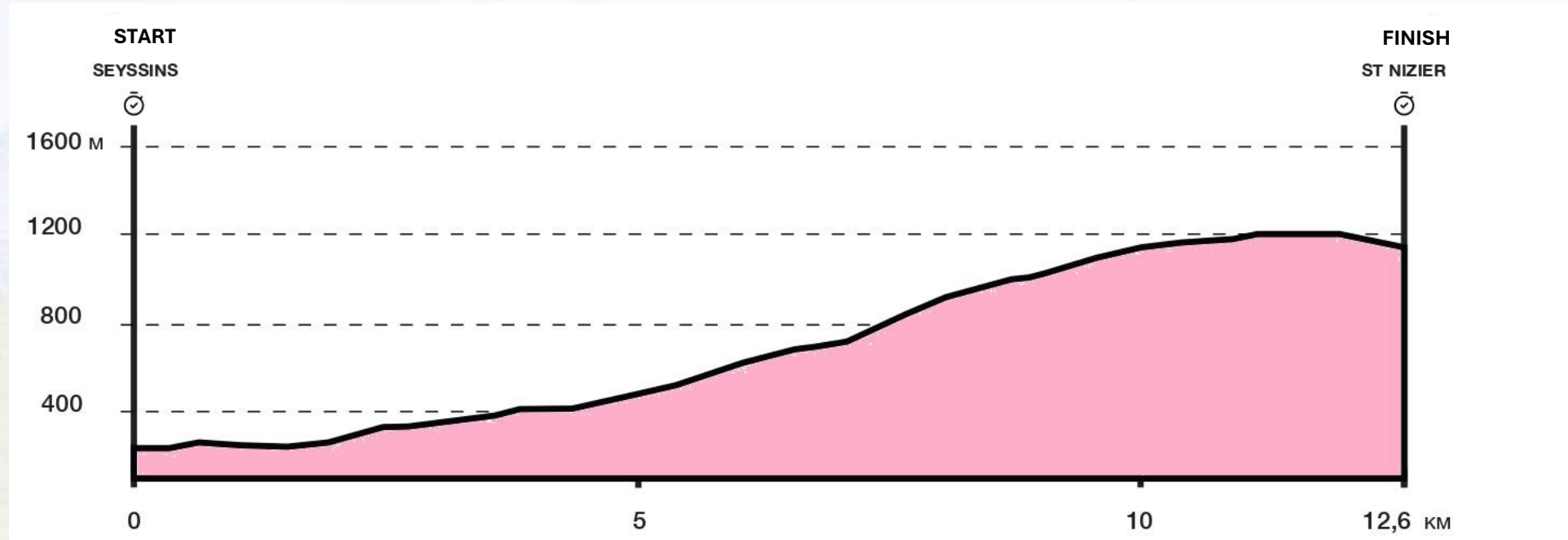


Optional shuttle
(one-way)

A drink will be provided
upon arrival in Grenoble
upon presentation of
your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/les-12-courses/ut4m-20-chartreuse>

EN 10K – 12,6 km / 1 066 m D+



- **Race packet pickup:** Wednesday, July 15, 2026, from 1:00 PM to 8:00 PM at the Halle Clémenceau
- **Pre-race briefing:** Wednesday, July 15, 2026, at 11:00 AM at the Halle Clémenceau
- **Start:** Thursday, July 16, 2026, at 8:50 a.m., François Mitterrand Park (public transportation access via M'Réso)
- **Finish cutoff time:** Thursday, July 16, 2026, at 3:00 p.m., St-Nizier-du-Moucherotte
- No refreshments (only at the finish line)

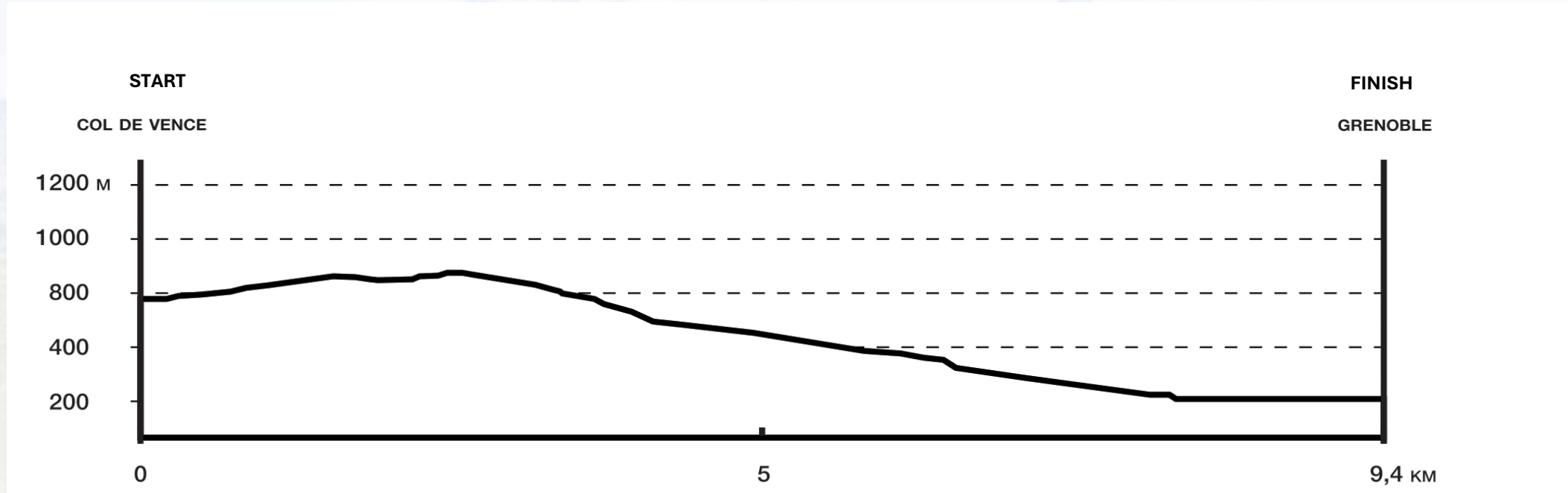


Optional shuttle service (return trip) recommended: Email info@ut4m.fr if you need an accessible shuttle

A drink will be provided upon arrival in Grenoble upon presentation of your race bib

Find all the information about your race: <https://ut4m.fr/fr/courses/en-10k>

Randonnée UT4M – 9,4 km / 167 m D+



- **Race packet pickup:** Saturday, July 18, 2026, from 9 a.m. to 1 p.m. at Decathlon La Tronche
- **Start:** Saturday, July 18, 2026, between 11:30 a.m. and 5:30 p.m., Col de Vence
- **Finish cutoff time:** Saturday, July 18, 2026, at 7:00 p.m., Place Victor Hugo in Grenoble
- No refreshments (only at the finish line)



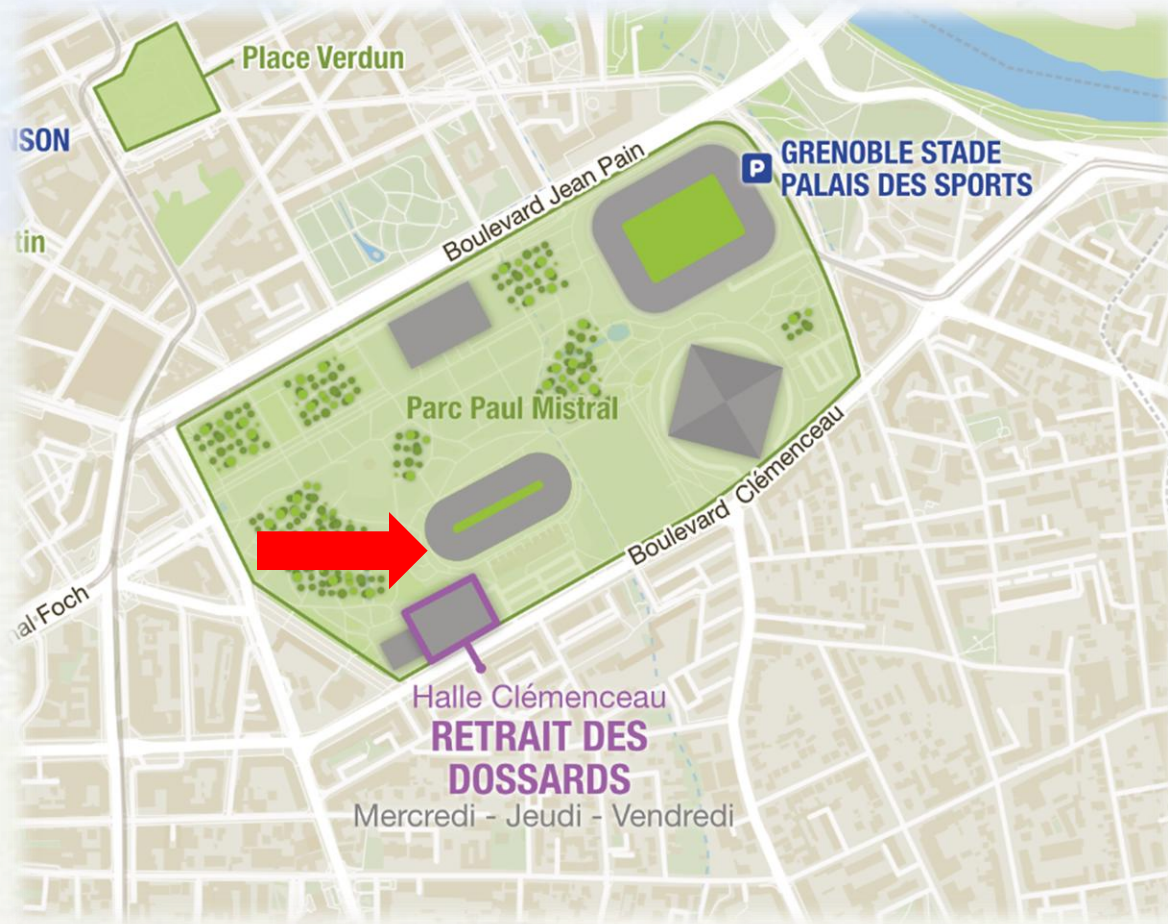
Transportation to Col de Vence included (time slot selected during registration)

Parking at the starting line is **PROHIBITED**

A drink will be provided upon arrival in Grenoble upon presentation of your race bib

SHUTTLES

For runners who have opted for the shuttle service or the transport package, shuttles depart from the roundabout next to the Halle Clémenceau.



- Please be on time; we won't be waiting for you (arrive 15 minutes before departure)
- Non-refundable option
- Schedule available on your race page: <https://ut4m.fr/fr/courses/les-12-courses>
- For return shuttles, runners will also be dropped off at the speed ring next to the Halle Clémenceau. Shuttles depart regularly from the finish line to return to Grenoble.

We are unable to provide shuttles for spectators.

BAGS

Bags are available only for the 180Xtrem, 180 Challenge, 100Master, and marathon, except Ut4M 40 Chartreuse.

Race	To be dropped off on race day at...	Bag 1 to...	Bag 2 to...
180 Xtrem	Seyssins	Riouperoux	Saint-Nazaire-les-Eymes
100 Master	Uriage	Saint-Nazaire-les-Eymes	
180 Challenge		Voir marathons	
40 Vercors	Seyssins	Saint-Georges de Commiers	
50 Taillefer	Saint-Georges de Commiers	Riouperoux	
50 Belledonne	Riouperoux	Saint-Nazaire-les-Eymes	
40 Chartreuse			

The purpose of the support bag is to allow you to have a change of personal belongings upon arrival (or at the support stations).

The bags have a capacity of 30 liters. You are not allowed to put poles in them. You must pick up your support bag at the same time you pick up your race bib. You must drop it off at the starting point of your race(s).

When the aid stations close, the runners' bags will be transported back to Grenoble. Bags must be collected upon presentation of your race bib in the finish area, even if you withdraw from the race.

REQUIRED EQUIPMENT: FINAL LIST ANNOUNCED DURING THE BRIEFING

	Ut4M 180 Xtrem	Ut4M 100 Master
Personal cup	X	X
Contenant type gamelle ou équivalent et couverts	X	X
Minimum water supply of 2 L: The Organizer may decide before the start of the race to reduce the minimum water supply to 1.5 liters instead of 2 liters. Only flasks, water bottles, and hydration packs are permitted. Any other type of container will be refused. Containers must be filled at the start and after each water station.	X	X
Food supply	X	X
Emergency blanket	X	X
Whistle	X	X
Cell phone	X	X
Elastic band	X	X
Waterproof and breathable hooded jacket	X	X
Scarf, cap, or similar item	X	X
Form for ongoing medical treatment (if you are not currently undergoing treatment, you do not need to fill out this form)	X	X
Main light with spare battery or rechargeable battery	X	X
Task light	X	X
Pants or tights	X	X
Warm long-sleeved garment (base layer)	X	X
Regarding waterproof pants: The Organizer may decide before the start of the race to make this item recommended rather than mandatory (typically based on the weather forecast).	X	X
Bonnet: The Organizer may decide before the start of the race to make this item recommended rather than mandatory (typically based on the weather forecast).	X	X
Warm, waterproof gloves: The Organizer may decide before the start of the race to make this equipment recommended rather than mandatory (typically based on the weather forecast).	X	X

REQUIRED EQUIPMENT: FINAL LIST ANNOUNCED DURING THE BRIEFING



	Ut4M 180 Challenge	Ut4M Marathons
Personal cup	X	X
Minimum water supply of 2 L: The Organizer may decide before the start of the race to reduce the minimum water supply to 1.5 liters instead of 2 liters. Only flasks, water bottles, and hydration packs are permitted. Any other type of container will be refused. Containers must be filled at the start and after each water station.	X	X
Food supply	X	X
Emergency blanket	X	X
Whistle	X	X
Cell phone	X	X
Elastic band	X	X
Waterproof and breathable hooded jacket	X	X
Scarf, cap, or similar item	X	X
Form for ongoing medical treatment (if you are not currently undergoing treatment, you do not need to fill out this form)	X	X
Pants or tights: The Organizer may decide before the start of the race to make this item recommended rather than mandatory (typically based on the weather forecast).	X	X
Warm, long-sleeved clothing (base layer): The Organizer may decide before the start of the race to make this item recommended rather than mandatory (typically based on the weather forecast).	X	X

REQUIRED EQUIPMENT: FINAL LIST ANNOUNCED DURING THE BRIEFING



	Ut4M 80 Challenge	Ut4M Half-Marathons and EN 10K
Personal cup	X	X
Minimum water supply of 2 L: The Organizer may decide before the start of the race to reduce the minimum water supply to 1.5 liters instead of 2 liters. Only flasks, water bottles, and hydration packs are permitted. Any other type of container will be refused. Containers must be filled at the start and after each water station.	X	X
Food supply	X	X
Emergency blanket	X	X
Whistle	X	X
Cell phone	X	X
Elastic band	X	X
Waterproof and breathable hooded jacket	X	X
Scarf, cap, or similar item	X	X
Main light with spare battery or rechargeable battery	Only for stage 20 Chartreuse	Only for stage 20 Chartreuse
Form for ongoing medical treatment (if you are not currently undergoing treatment, you do not need to fill out this form)	X	X
Warm long-sleeved garment (base layer)	Only for 20 Chartreuse	Only for 20 Chartreuse

NO EQUIPMENT IS REQUIRED FOR THE HIKE, BUT THE FOLLOWING IS STRONGLY RECOMMENDED: hiking boots, plenty of food and water (no food stations), and clothing appropriate for the weather conditions

ACCOMPANYING WRISTBANDS AND REFRESHMENTS




Ut4M

- A green wristband is provided to runners in the Ut4M 180 Xtrem, Ut4M 100 Master, Ut4M 180 Challenge, Ut4M 80 Challenge, Ut4M 50 Belledonne, and Ut4M 20 Belledonne races.
- It allows one accompanying person to ride the Chamrousse gondola for free to access the Croix de Chamrousse aid station.
- Please note: there are no schedule adjustments for the race. We encourage you to check the website <https://www.chamrousse.com/telecabine-de-la-croix.html> for more information.

Ut4M

- Refreshment stations are reserved exclusively for runners: **supporters are NOT ALLOWED INSIDE the refreshment stations.**
- Elite runners are provided with a gold wristband. This wristband allows one companion to enter the aid stations, thus making an exception.
- **ONLY COMPANIONS WEARING THIS WRISTBAND MAY ENTER THE AID STATIONS.**
- However, support staff may provide refreshments to their runners outside of the official aid stations (in nearby support zones), regardless of whether the runners are elite or not.



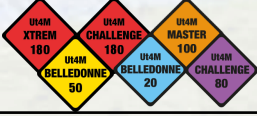

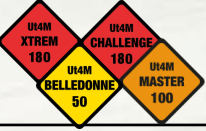
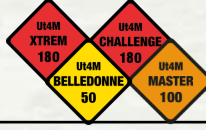
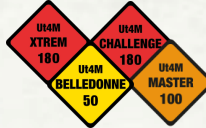
WHERE CAN YOU WATCH THE RUNNERS GO BY?

Relevant race	Points	Address	Details
	SAINT NIZIER DU MOUCHEROTTE	Route des JO de 68 38250 St-Nizier-du-Moucherotte	Parking is required on the cable car road—follow the signs. Do not cross the grazing fields; stay on the roads and paths. Do not park on private property.
	LANS-EN-VERCORS	La Sierre	Large parking lot; follow the on-site signs.
	SAINT-PAUL-DE-VARCES	40 place de l'Église 38760 Saint-Paul-de-Varces	Parking will be prohibited along Route du Vercors between the church and Chemin Neuf. Do not park on private property.
	SAINT-GEORGES-DE COMMIERS	Gymnase des Combettes 38450 Saint-Georges-de-Commiers	Large parking lot; follow the on-site signs.
	LAFFREY	Prairie de la rencontre 38220 Laffrey	Large parking lot; follow the on-site signs.
	LA MORTE	Plaine des Jeux 38350 La Morte	Large parking lot; follow the on-site signs.
	LAC DU POURSOLLET	38220 Livet et Gavet	Please follow the parking instructions carefully, as we are in a sensitive natural area. Accompanying guests and the general public are not permitted to drive to Lac du Poursolet (access is on foot only). The road is very narrow. The parking lot is reserved for event staff and emergency services.
	CHALET DE LA BARRIERE	38220 Livet-et-Gavet	This spot is accessible only on foot: start from the Lake Poursollet parking lot. Approximately 3.5 km and a 300-meter elevation gain.

RESPECT THE PREMISES: FOLLOW THE ON-SITE INSTRUCTIONS.

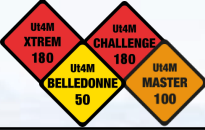
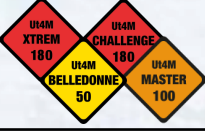
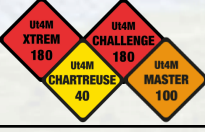
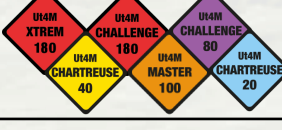


PLEASE NOTE: PARKING IS NOT PERMITTED ON THE RIOUPEROUX/LA SALINIÈRE SITE.

WHERE CAN YOU WATCH THE RUNNERS GO BY?

Relevant Race	Points	Adress	Details
	URIAGE	Allée du Jeune Bayard 38410 Saint-Martin-d'Uriage	The Ut4M 100 Master race starts in Uriage, next to the Casino. Runners complete a short loop before heading up toward Chamrousse. For long-term parking, use the "long-term" parking lot next to the Casino.
	RECOIN	Le Recoïn de Chamrousse 38410 Chamrousse	Below the chairlift (lower station) at Croix de Chamrousse Large parking lot
	PLATEAU DE L'ARSELLE	Parking du plateau de l'Arselle 38410 Chamrousse	Large parking lot
	LA CROIX DE CHAMROUSSE	38410 Chamrousse	This location is accessible only on foot or by cable car from Recoïn (Chamrousse). You will receive one GREEN companion wristband when you pick up your race bibs for the relevant races, which grants you free access.
	REFUGE DE LA PRA	38420 Revel	This spot is accessible only on foot from the Freydières parking lot (a 3-hour hike).
	COL DE PRE LONG	Route de Pré Long, 38190 Saint Mury-Monteymond	Caution: narrow road. Drive to the aid station and turn around there. Do not park before the aid station so as not to block access for emergency services and event staff.
	VILLARD-BONNOT	Musée de la Houille Blanche Maison Aristide Bergès 40 av. des Papeteries 38190 Villard-Bonnot	Museum parking

MERCI DE RESPECTER LES LIEUX : RESPECTER LES CONSIGNES SUR PLACE

WHERE CAN YOU WATCH THE RUNNERS GO BY?

Relevant race	Points	Adress	Details
	SAINT ISMIER	Parking de la Bâtie 38330 Saint-Ismier	Carpool parking lot
	SAINT-NAZAIRE-LES-EYMES	Salle Cartier Millon Chemin de la Mairie 38330 Saint-Nazaire-les-Eymes	Parking is available 2 or 3 kilometers away at park-and-ride facilities (there is no on-site parking; it is reserved primarily for emergency services and event staff).
	COL DE PORTE	Col de Porte	Large parking lot
	LE SAPPEY-EN-CHARTREUSE	Foyer de Ski de Fond Chemin des Charmettes, 38700 Le Sappey-en-Chartreuse	Large parking lot
	LE FORT DU SAINT-EYNARD	Mont Saint Eynard 38700 Le Sappey-en-Chartreuse	The Saint-Eynard Fort offers a stunning view of the Belledonne Mountains, the Grésivaudan Valley, and Grenoble. Mountain road; limited parking at the summit.
	LA BASTILLE	Fort de la Bastille 38000 Grenoble	The Bastille Fort is accessible on foot or by cable car (no discounts). If you're driving, be aware that the road isn't always open and is VERY steep.

PLEASE RESPECT THE VENUE: FOLLOW THE ON-SITE INSTRUCTIONS

WARNING: IT IS STRICTLY PROHIBITED TO ENTER THE CAR AT THE EMEINDRAS REFUELING STATION

WHERE CAN YOU WATCH THE RUNNERS GO BY?

Arrival in Grenoble – Saturday, July 18 & Sunday, July 19, 2026



- Descent from the Bastille to the Pont de Chartreuse
- Route through Grenoble via:
 - Pont Saint-Laurent
 - Place Saint-André
 - Place Grenette
- Arrival at Place Victor Hugo

PLEASE RESPECT THE PREMISES: FOLLOW THE ON-SITE INSTRUCTIONS



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THANK YOU TO OUR PARTNERS





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**HAVE A GREAT RACE,
EVERYONE!**

www.ut4m.fr