

[www.ut4m.fr](http://www.ut4m.fr)

**15 | 18  
JULY  
2021**

# THE ALPS TRAIL WHERE MAGIC HAPPENS

## Roadbook for runners and supporters





# Contents

Welcome to Grenoble .....	3
Presentation of the events .....	4
Safety and marking .....	6
Program .....	7
General map of the course .....	9
Profiles .....	10
Details of the sections .....	14
• Vercors Massif .....	14
• Taillefer Massif .....	18
• Belledonne Massif .....	23
• Massif de la Chartreuse .....	29
Checkpoints and services .....	33
• Ut4M 160 Challenge and Ut4M 40 Series .....	33
• Ut4M 160 Xtrem .....	35
• Ut4M 100 Master .....	36
• Ut4M 80 Challenge and Ut4M 20 Series .....	37
Respect for our natural heritage .....	39
Meeting point for runners .....	40
Starting waves .....	43
Where to meet us .....	46
Where to see the runners .....	47



## Welcome to Grenoble

It is a pleasure to be able to write a few words to you, runners and companions. It means so much to the entire Ut4M organisation!

We are happy and delighted to be able to meet you again this summer in the heart of Grenoble, capital of the Alps. This 2021 edition will have a very special flavour because after this difficult period, we can finally say: Welcome!

For several months now, we have been fine-tuning a colourful edition. We promise that we will do our utmost to offer you a magical moment, a well-deserved reward after a year without competition.

These moments of joy and sharing do not make us forget the current health context. On the contrary. This is why we are thinking about several sanitary scenarios relating to the departures, refreshments, arrivals... Without forgetting all the barrier gestures which are now part of our daily life.

We hope that you feel the same impatience as we do at the idea of finding our courses, in a magical setting and under a magnificent sun!

Now, it's up to you to prepare yourself as well as possible because this new edition will sting your legs! But for your greatest happiness!

The Ut4M team

## Presentation of the events



**172 km for 11330 m of ascent +**

**4 massifs crossed: Vercors, Taillefer, Belledonne and Chartreuse**

**Two ways to participate:** solo in one go (160 Xtrem) or over four days (160 Challenge)



- Departure on Thursday 15 July at 8 am for Ut4M 160 Challenge from Seyssins. See Ut4M40 for the other days.
- Departure on 16 July at 4 pm for Ut4M 160 Xtrem from Seyssins.
- Maximum time: 51 h - Arrival before Sunday 18 July at 7 pm.
- The Ut4M160s use long-distance paths but also more technical paths, with technical trails, with passages in altitude at 2400 meters. The route passes through the 4 life bases: Vif, Rioupéroux, Saint-Nazaire-les-Eymes and Grenoble.



**98,9 km for 5930 m of ascent +**

**2 massifs crossed: Belledonne and Chartreuse**

**Solo**

- Departure on Saturday 17 July at 6 am from Saint-Martin-d'Uriage.
- Maximum time: 37 h - Arrival before Sunday 18 July at 7 pm.
- The Ut4M 100 Master starts from Uriage, to climb to the Arselle plateau. It then follows the same course as the Ut4M160. The route passes through through 2 life bases: Saint-Nazaire-les-Eymes and Grenoble.



**42 km for 2700 to 3400 m of ascent**

**1 massif to choose from: Vercors, Oisans, Belledonne or Chartreuse**

**Solo**

- **Ut4M 40 Vercors**  
37.9 km, 2710 m of ascent, departure Thursday 15 July at 8 am from Seyssins, maximum time: 12 h.
- **Ut4M 40 Taillefer**  
49.3 km, 3420 m ascent, start on Friday 16 July at 7 am from Vif, Maximum time: 13:30.
- **Ut4M 40 Belledonne**  
46 km, 2720 m of ascent, departure on Saturday 17 July at 7 am, from Livet-et-Gavet, maximum time: 13 h.
- **Ut4M 40 Chartreuse**  
42 km, 2700 m of ascent, departure Sunday 18 July at 7 am, from Saint-Nazaire-les-Eymes, maximum time: 12 h.
- **The Ut4M 40 Series** follows the same sections as the Ut4M160.



\* Schedules are subject to change.

We will keep you informed by email via our social networks.



## Presentation of the events (continued)



**20 km for 600 to 1900 m of ascent + approximately  
1 massif to choose from: Vercors, Taillefer, Belledonne or Chartreuse  
Solo**

- **Ut4M 20 Vercors**

19 km, 1720 m of ascent, departure Thursday July 15 at 10 am, from Seyssins, maximum time: 7 hrs.

- **Ut4M 20 Taillefer**

23.5 km, 1620 m ascent, departure Friday 16 July at 9 am, from La Morte, maximum time: 8 hrs.



- **Ut4M 20 Belledonne**

19,8 km, 1920 m of ascent, departure on Saturday 17 July at 10 am, from Rioupéroux Salinière, maximum time: 8 h.



- **Ut4M 20 Chartreuse**

17,2 km, 630 m of ascent, departure Sunday 18 July at 00 h, from Le Sappey en Chartreuse, maximum time: 7 h.

- **The Ut4M 20 Series** follows the same sections as the Ut4M160.



**10 km for 300 m of ascent + approx.  
Solo**

- Departure on Saturday 17 July at 2pm from the base camp in Grenoble
- Maximum time: 2 hours; arrival by Saturday 17 July at 4 pm.
- The Ut4M 10 Trail du Coeur is a semi-urban race, which follows the end of the Ut4M160 Xtrem course.



**Children's races - Solo**

- **Yellow track for 4/5 year olds - 400 m.** Start on Sunday 18 July at 10 am
- **Green track for 6/7 year olds - 800 m.** Start on Sunday 18 July at 10.30 am.
- **Blue track for 8/9 year olds - 1200 m.** Start on Sunday 18 July at 11am.
- **Red track for 10/11 year olds - 1500 m.** Start on Sunday 18 July at 11.30am.
- **Black track for 12/13 year olds - 2100 m.** Start on Sunday 18 July at 12 noon.
- The children's races take place near the Grenoble life base and form a loop.

\* Schedules are subject to change.

We will keep you informed by email via our social networks.

## Safety and marking

### SAFETY, A PRIORITY AND A COMMITMENT

The safety of runners, accompanying persons and volunteers has always been our priority. This aspect of the organisation, which is not often put forward, is nevertheless crucial to avoid tragedies or injuries. This is why the organisation works on this subject all year round.



All along the route, you will find safety posts and safety contact points, refreshment posts and also three life bases.

30 mountain professionals complete the Ut4M organisation to ensure the safety of the route and 40 health professionals make up the safety team. And as the weather changes and evolves

rapidly in the mountains, 8 fallback routes are planned along the course to ensure your safety during the events.

### MARKING

It is made up of "milestones" (made of tape) and, when the risk of being knocked off course seems high, of biodegradable paint and reflective paint.

The "milestones" are made up of two tapes, one fluorescent orange marked Ut4M, the other fluorescent yellow with a vertical reflective strip and a hyper-reflective horizontal strip. They can be hung on vegetation or on bamboo poles.

### RESCUE PROCEDURE

If you are the victim of an accident or witness to an accident:

**1 - Contact the emergency services (safety centre) on +33 (0)6 52 76 35 88**

- Or go to the nearest volunteer point (feed station, checkpoint...)
- Or ask another runner to call for help

**2 - Report your position**

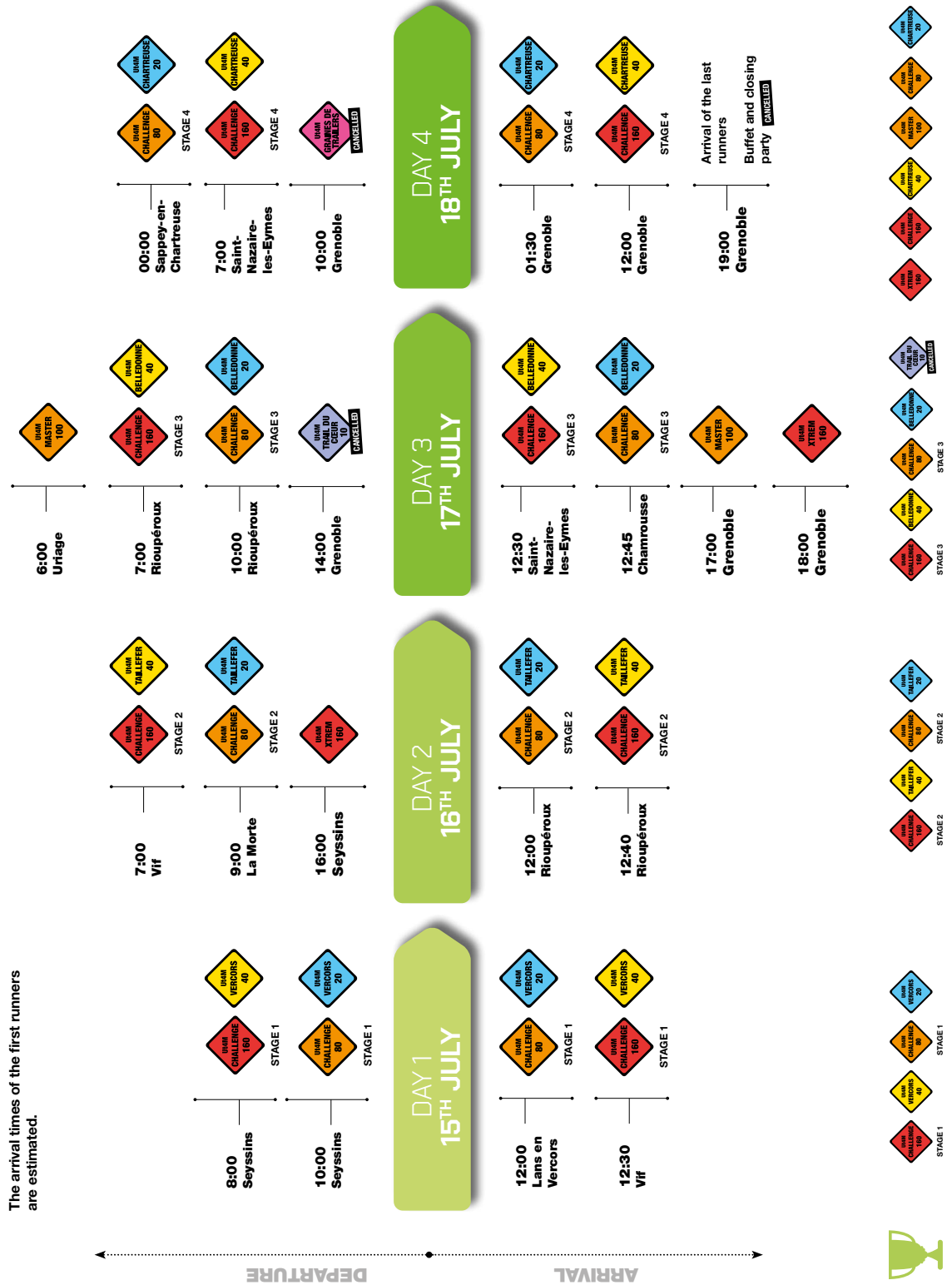
- By telephone: last checkpoint, last feed station, etc.
- By whistle if necessary

**3 - Change your clothes if possible, cover up**

- Use your survival blanket if necessary:  
high heat = silver side out, intense cold = gold side out

**The mountain rescue number is 112.**

# Program







# LA 27<sup>e</sup> BRIGADE D'INFANTERIE DE MONTAGNE

PARTAGE VOS VALEURS

DE COURAGE  
DE SOLIDARITÉ  
D'ENGAGEMENT

BELLE COURSE À CHACUN D'ENTRE VOUS  
SUR LES SENTIERS DES 4 MASSIFS !

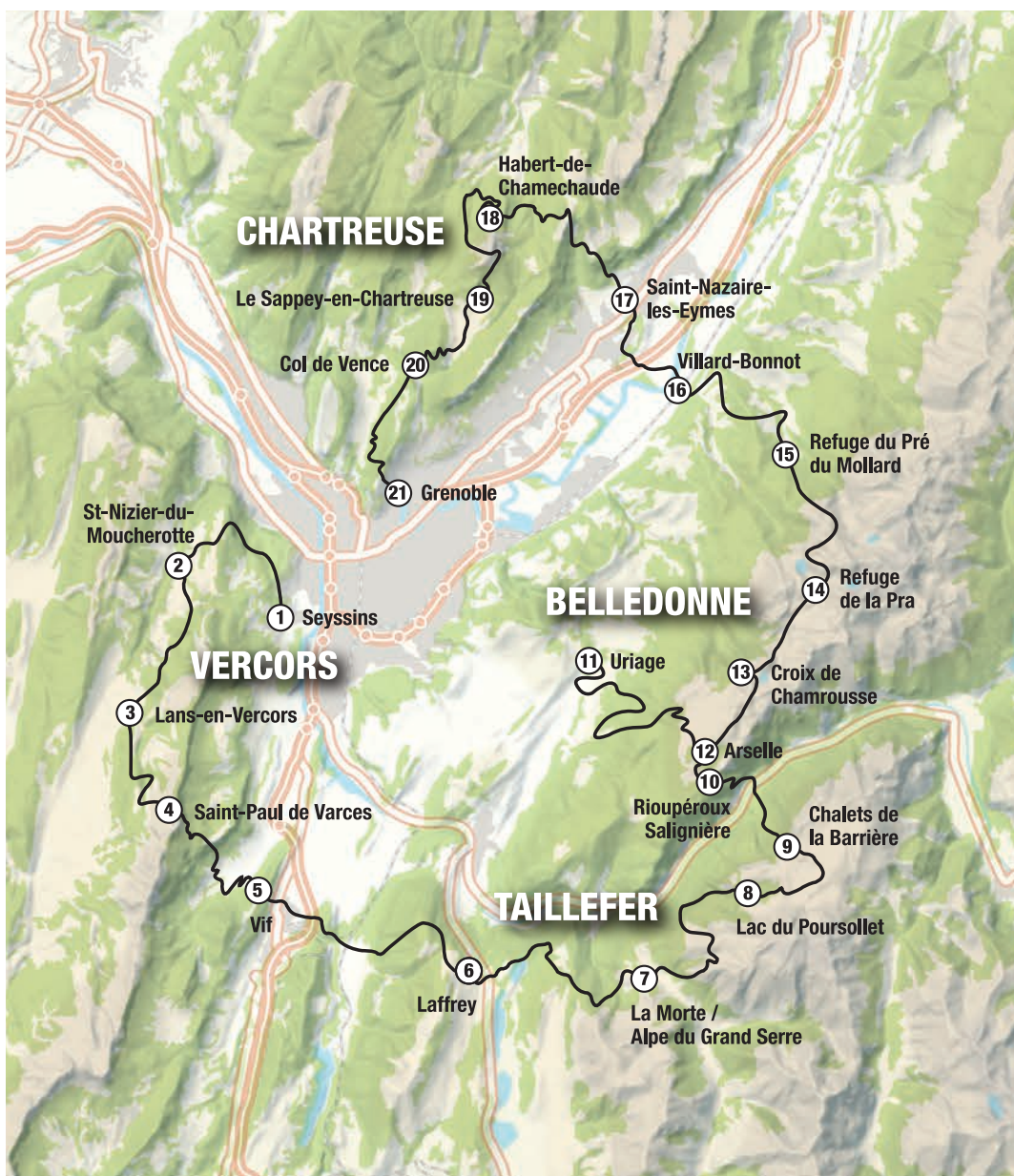
@27BIM





## General map of the course

This general map allows you to see at a glance the complete route for the Ut4M 160 Xtrem and Ut4M 160 Challenge.

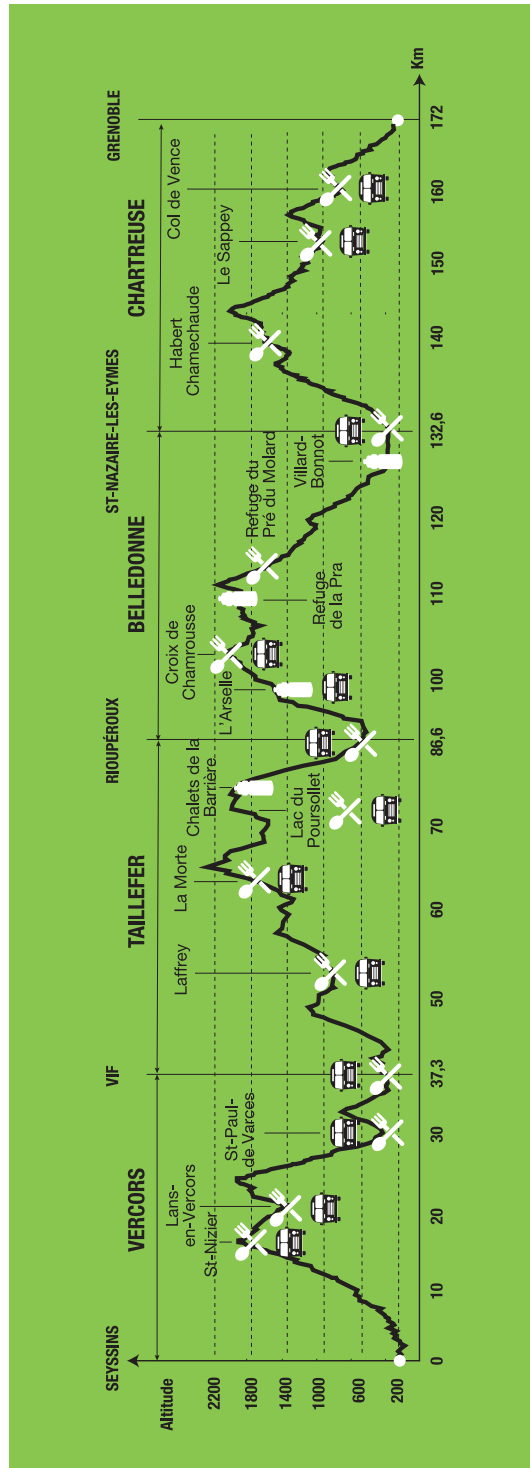




# Profiles

## Ut4M 160 XTREM

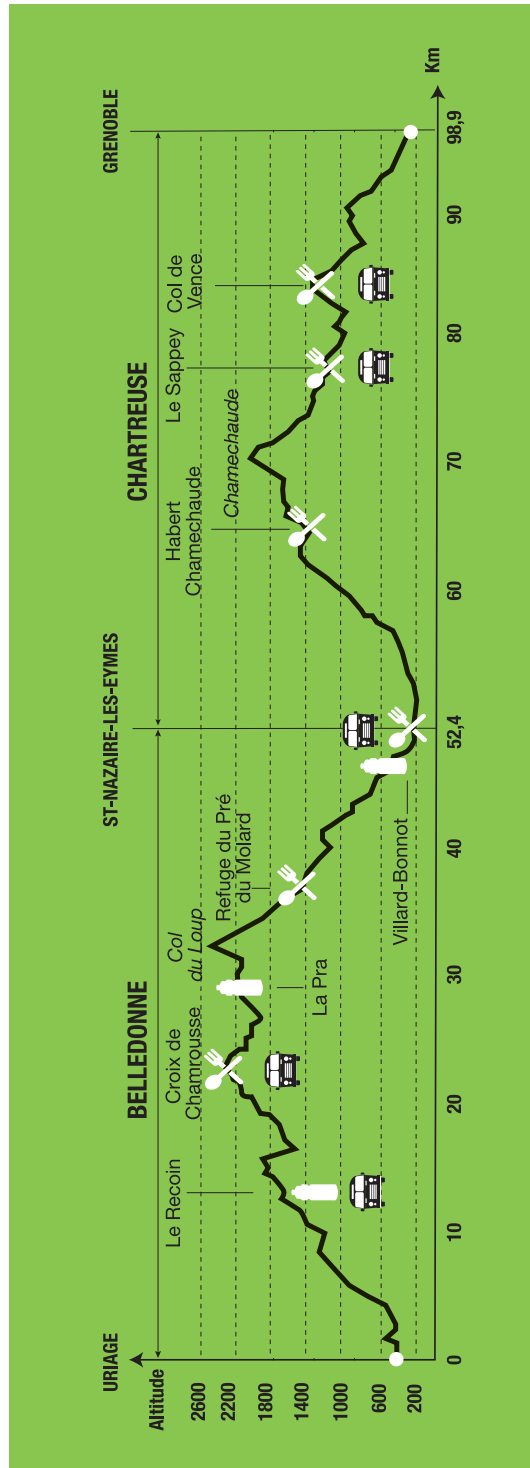
Refer to the sections of the Ut4M 160 challenge for details of the route.



# Profiles

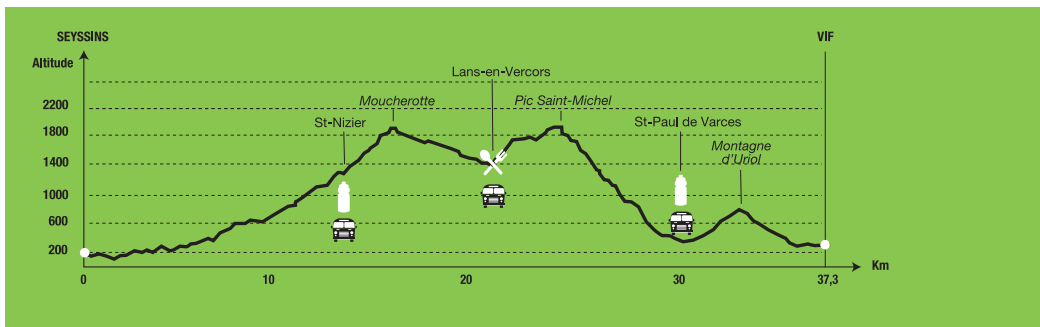
## Ut4M 100 MASTER

Refer to the sections sections of the Ut4M 160 Challenge, Belledonne and Chartreuse massifs for details of the route.

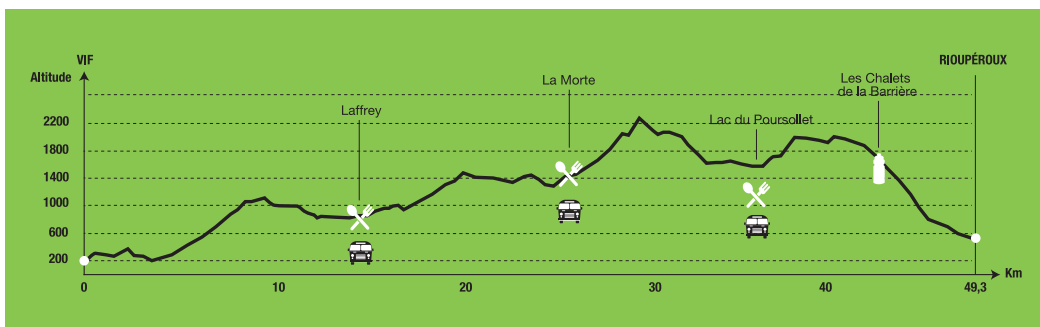


# Profiles

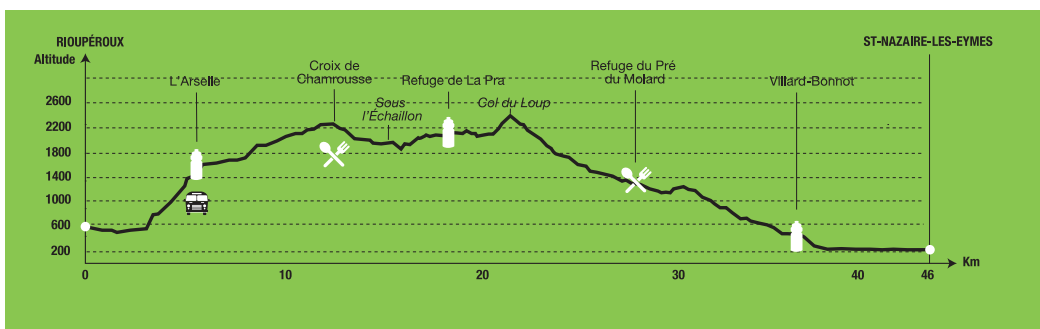
## Ut4M 40 SERIES AND Ut4M 160 CHALLENGE



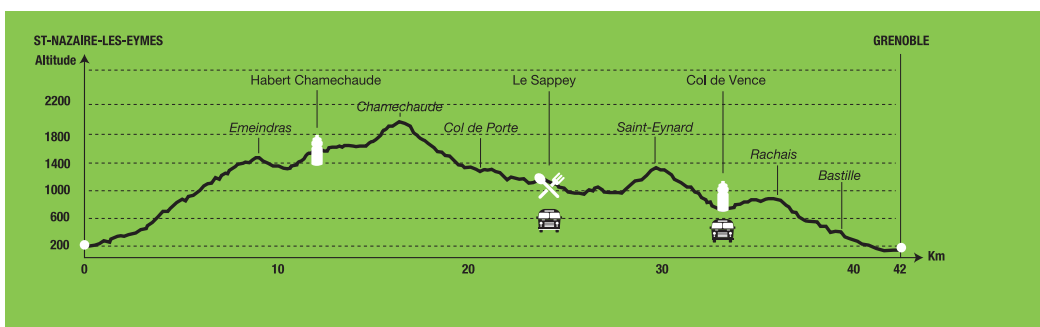
STAGE 1



STAGE 2



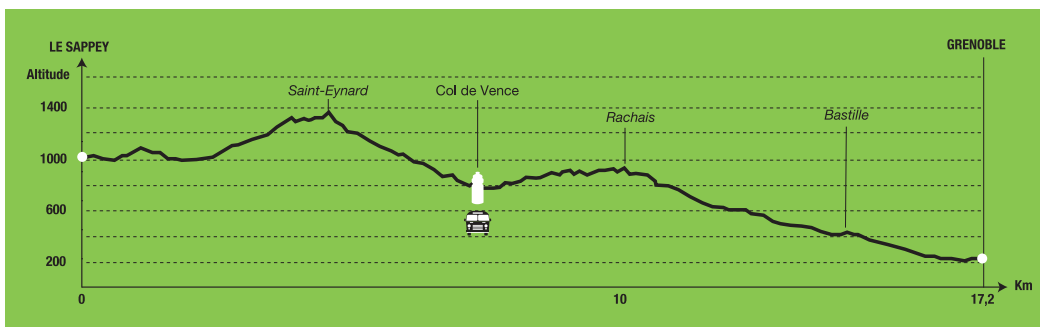
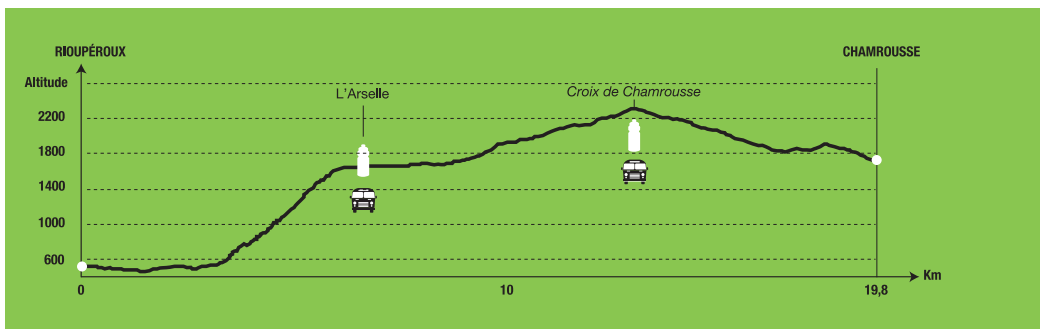
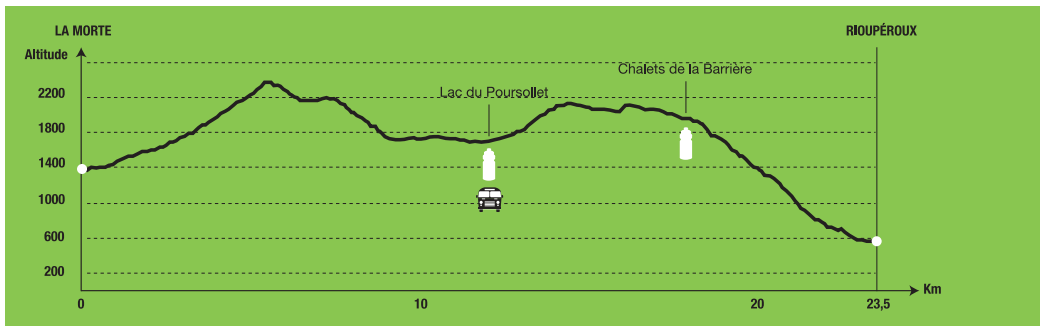
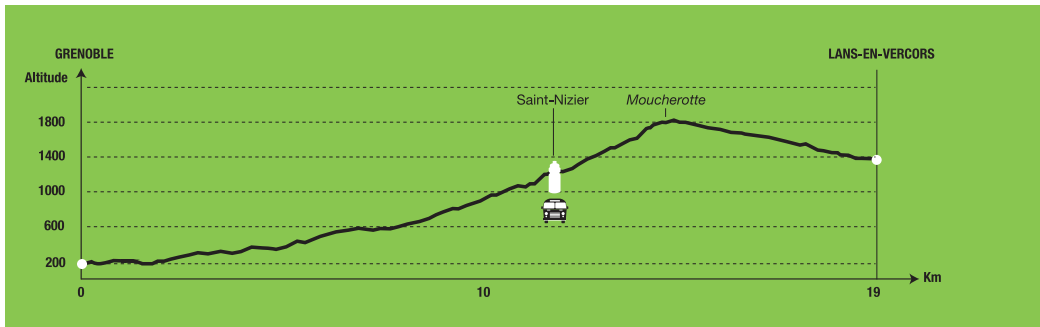
STAGE 3



STAGE 4

# Profiles

## Ut4M 20 SERIES AND Ut4M 80 CHALLENGE



# Details of the sections

## VERCORS MASSIF

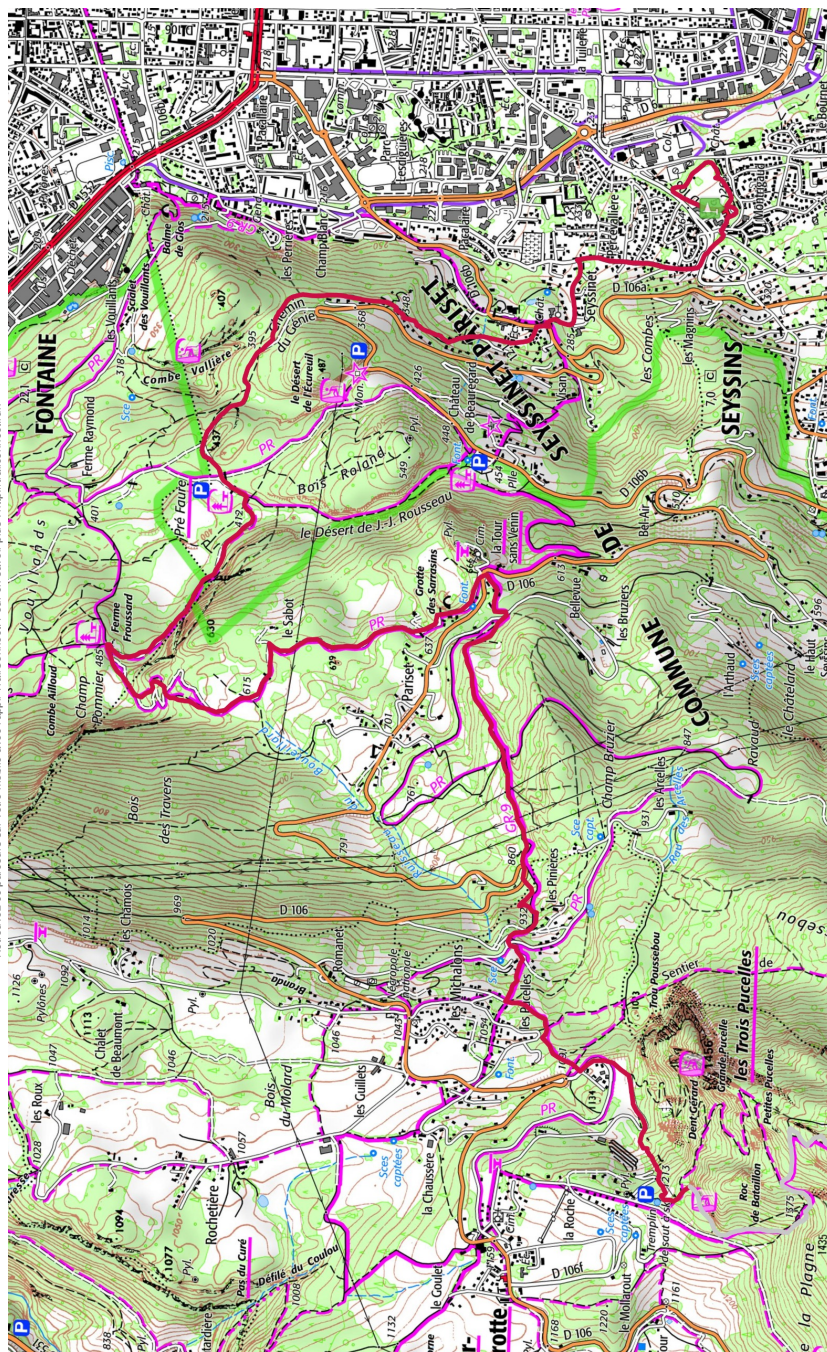
### Section 1 : Seyssins → Saint-Nizier



TRACE DE trail

172 km 11330 m 11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



<https://traceatrail.com> - ©IGN 2021. Utilisation et reproduction limitées à un usage privé.



STAGE 1






## Details of the sections (continued)

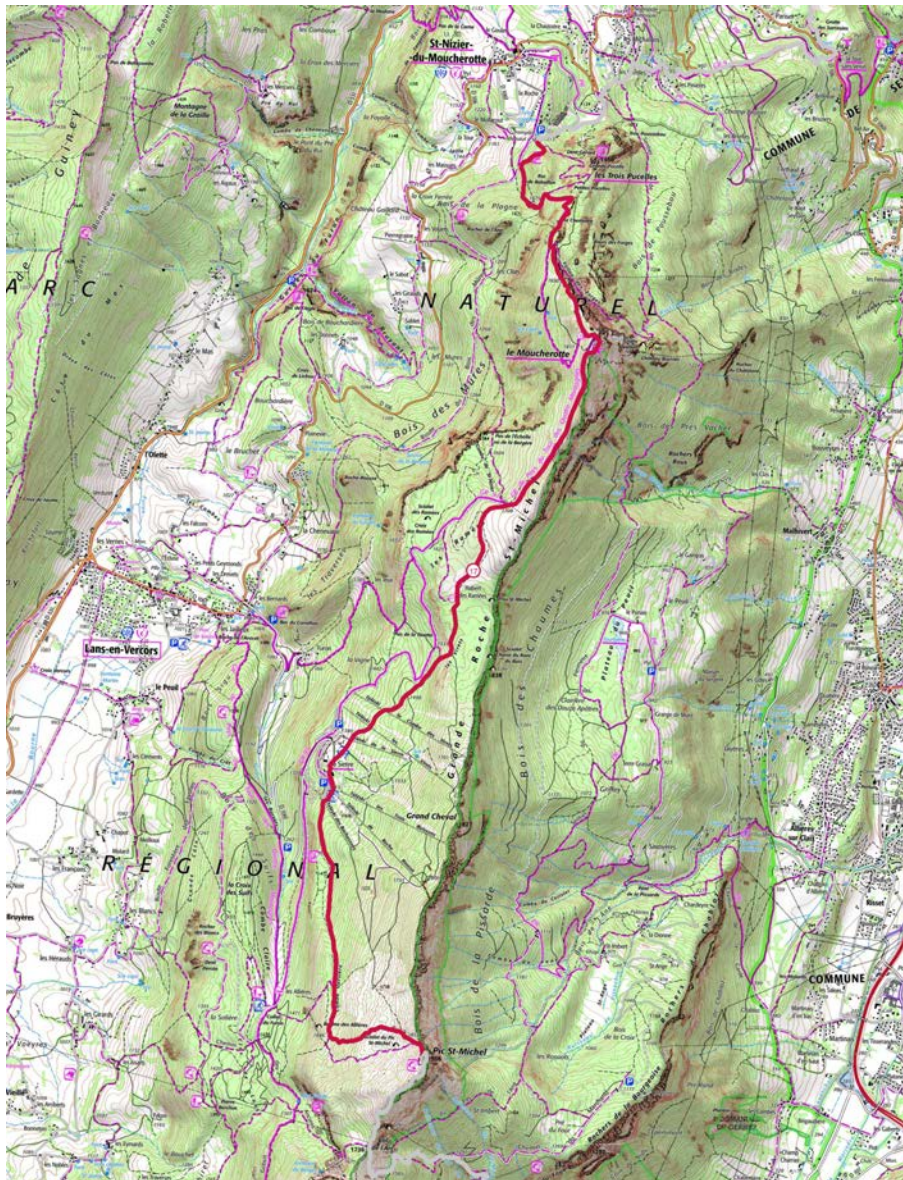
### VERCORS MASSIF

#### Section 2 : Saint-Nizier → Lans-en-Vercors

TRACE  
DE  
trail

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



<https://tracedetail.com> - ©IGN 2021. Utilisation et reproduction limitées à un usage privé.



STAGE 1






# Details of the sections (continued)

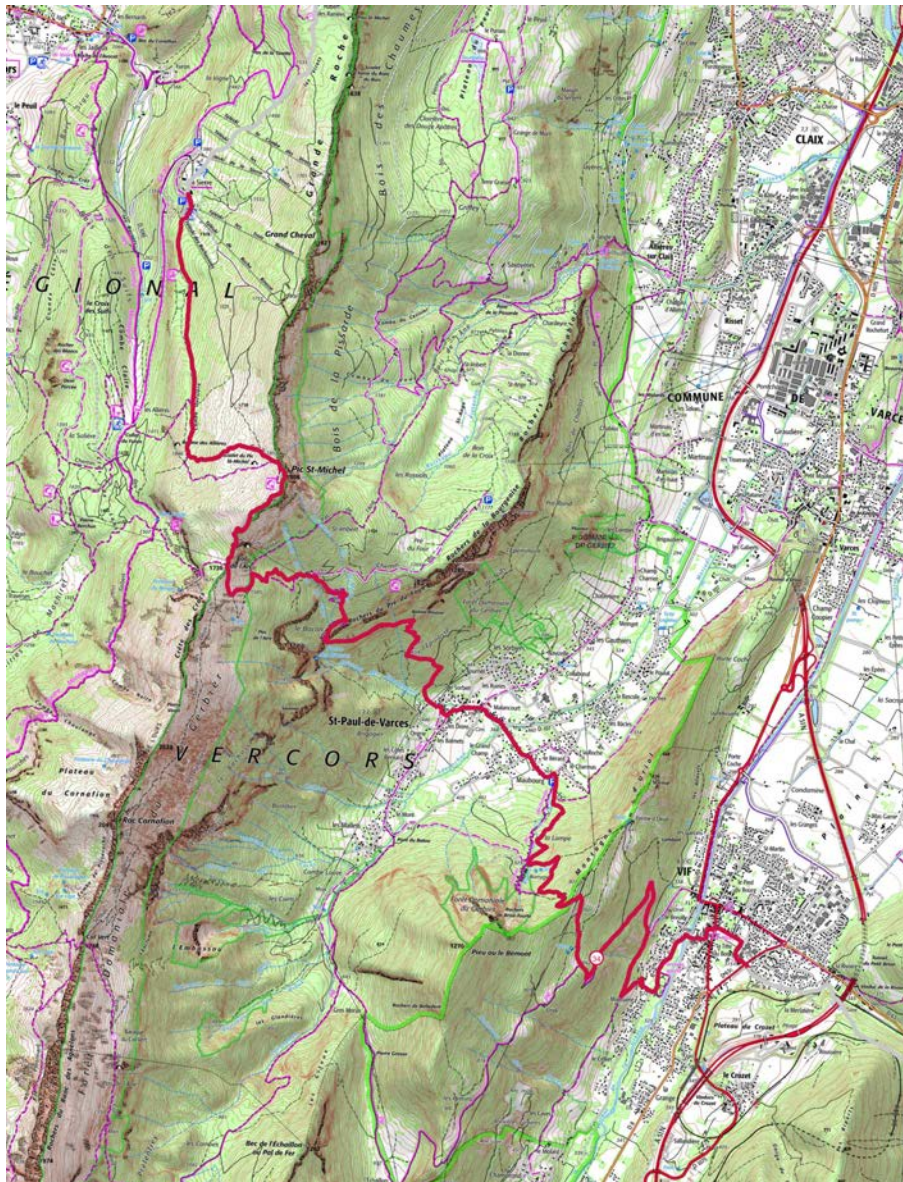
## VERCORS MASSIF

### Section 3 : Lans-en-Vercors → Vif

TRACE  
DE  
trail

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 1





## Details of the sections (continued)

### VERCORS MASSIF

TRACE  
DE  
*trail*

18.8 km  1720 m  560 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



STAGE 1



<https://tracedetail.com> - ©IGN 2021. Utilisation et reproduction limitées à un usage privé.



# Details of the sections (continued)

## TAILLEFER MASSIF

### Section 4 : Vif → Laffrey



172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



<https://traceadrial.com> - ©IGN 2021. Utilisation et reproduction limitées à un usage privé.



STAGE 2



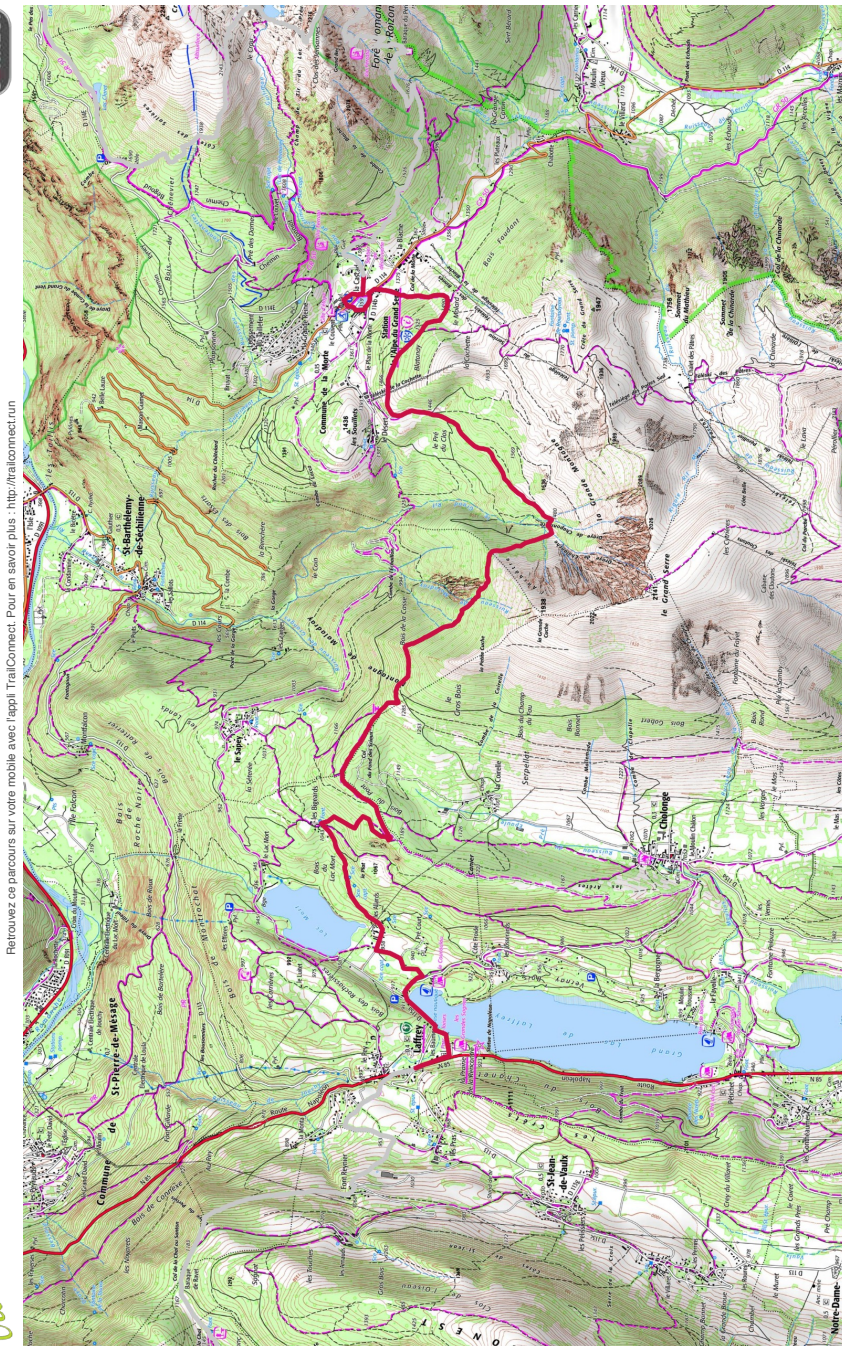
TRACE DE trail



# Details of the sections (continued)

## TAILLEFER MASSIF

### Section 5 : Laffrey → La Morte



TRACE  
DE  
trail

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appi TrailConnect. Pour en savoir plus : <http://trailconnect.run>

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STAGE 2







## Details of the sections (continued)

### TAILLEFER MASSIF

#### Section 6 : La Morte → Lac du Poursollet

TRACE  
DE  
*trail*

172 km  11330 m  11390 m

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STAGE 2





# Details of the sections (continued)

## TAILLEFER MASSIF

### Section 7 : Lac du Poursollet → Chalets de la Barrière → Rioupéroux/La Salinière

TRACE  
DE  
trail

172 km 11330 m 11390 m



Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 2





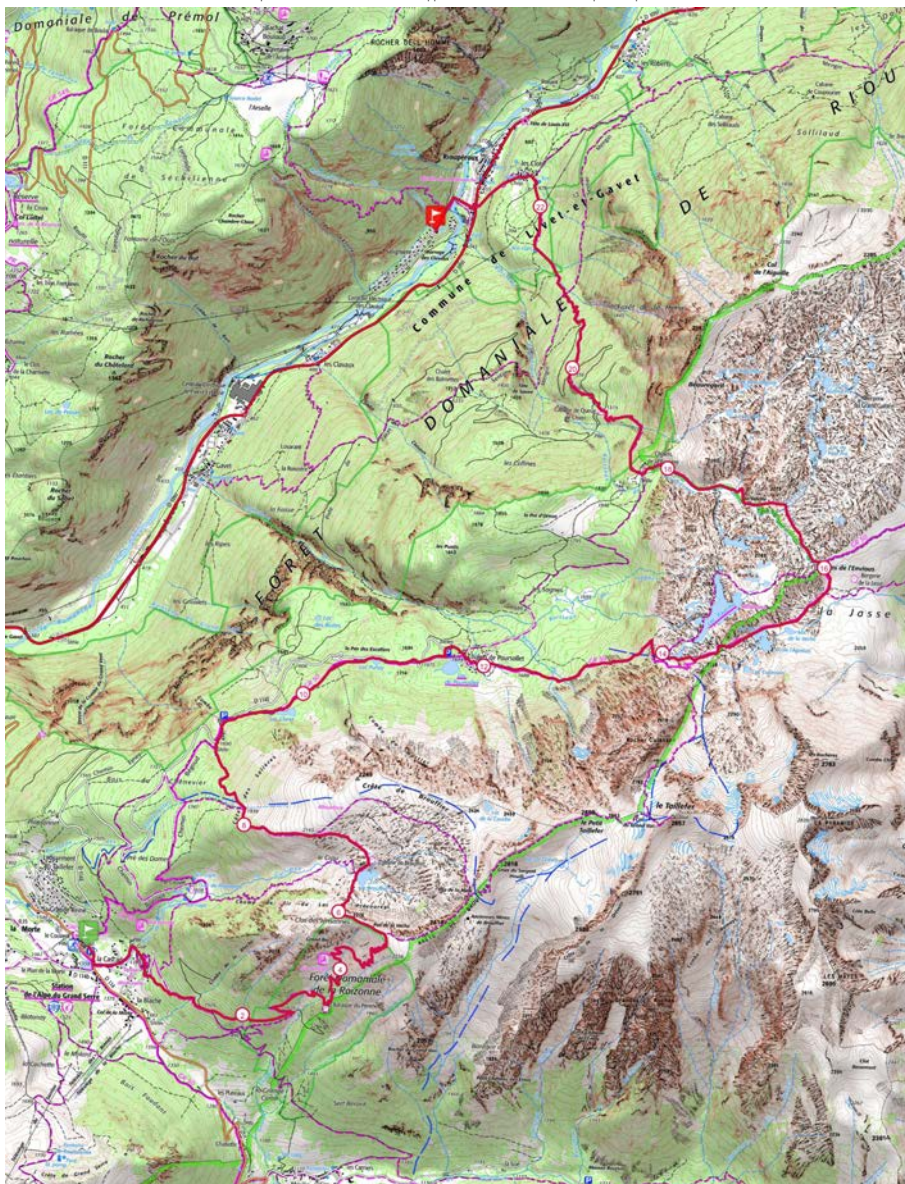
## Details of the sections (continued)

### TAILLEFER MASSIF

TRACE  
DE  
*trail*

23.5 km  1620 m  2430 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 2




# Details of the sections (continued)

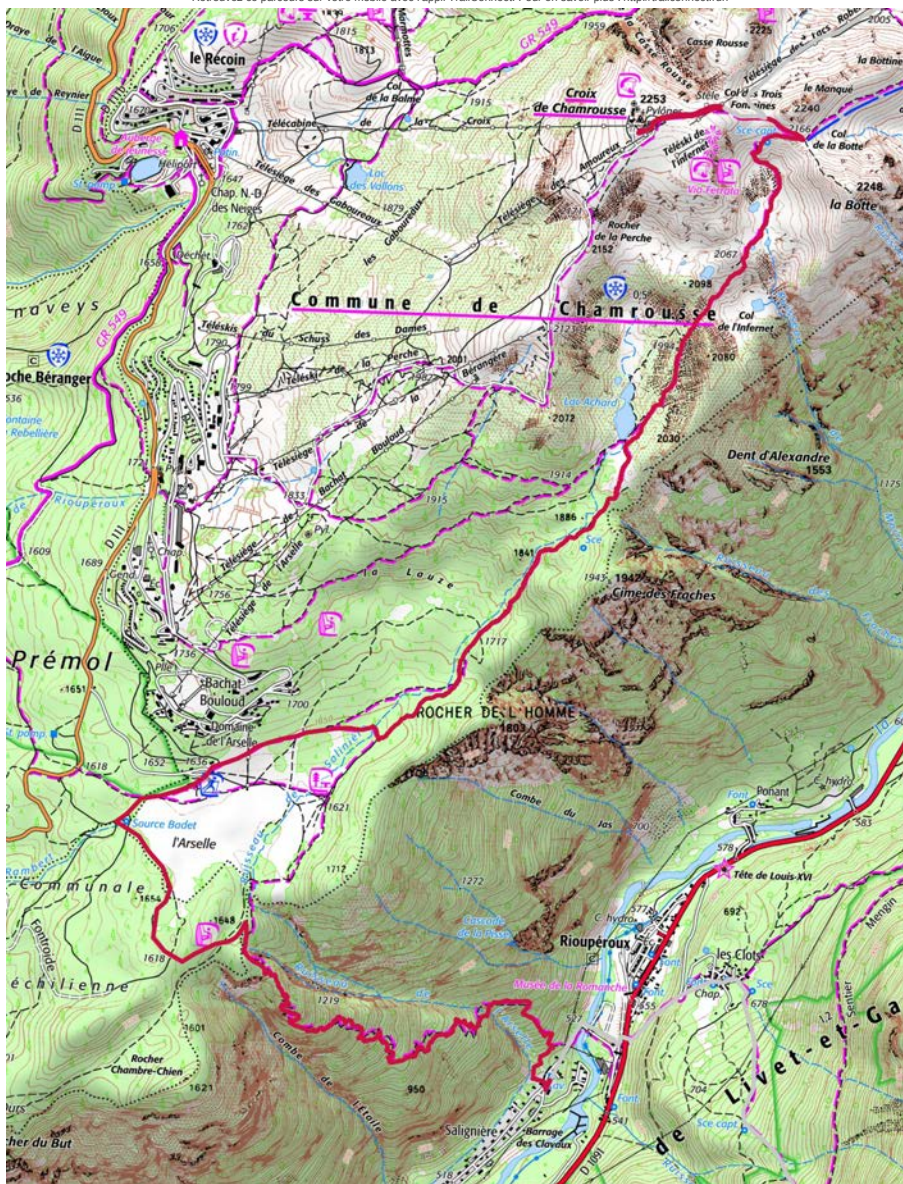
## BELLEDONNE MASSIF

### Section 8 : Rioupéroux/La Salinière → Croix de Chamrousse

TRACE DE trail

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appi TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 3





## Details of the sections (continued)

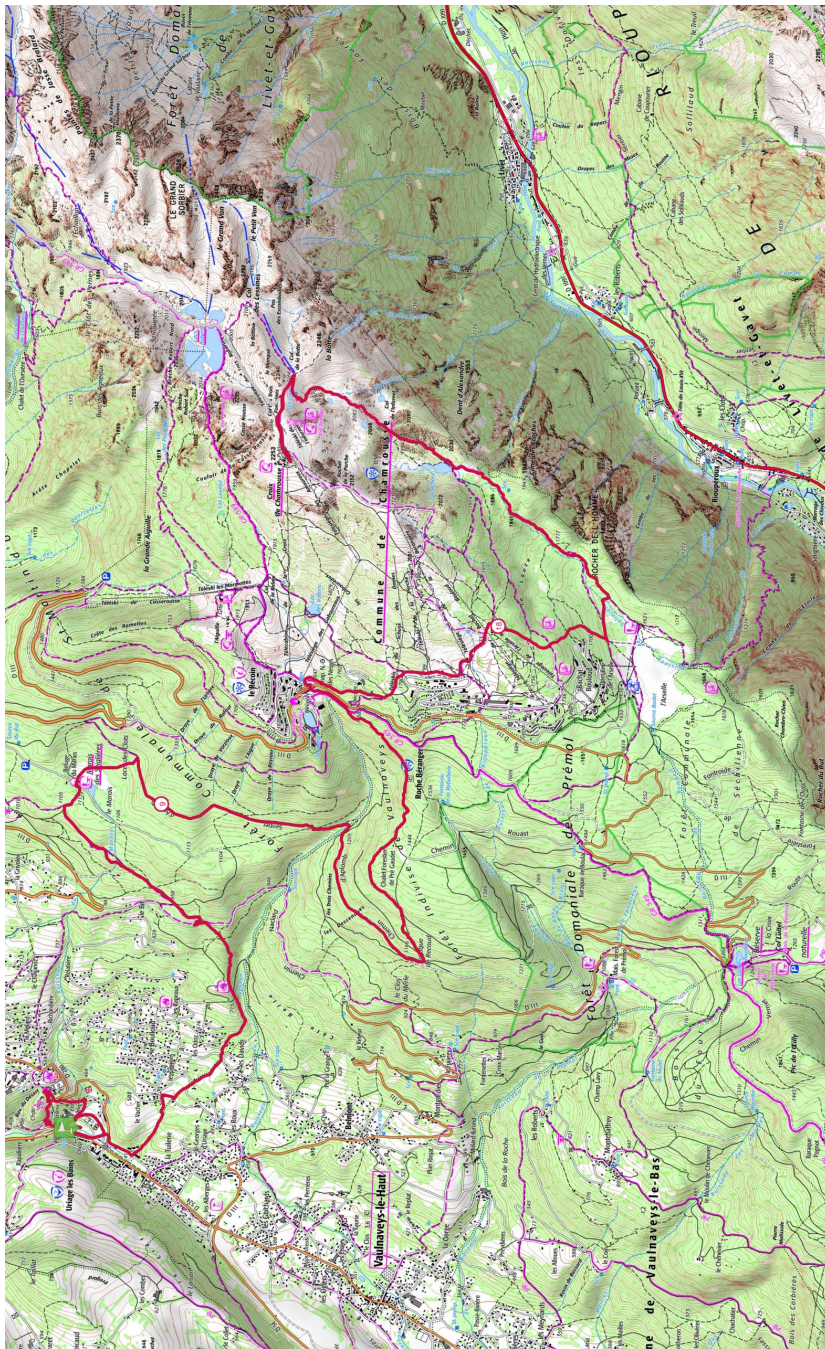
### BELLEDONNE MASSIF

#### Section 8 bis (départ Ut4M Master) : Uriage → Croix de Chamrousse



98.9 km  5930 m  6120 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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TRACE  
DE  
trail



# Details of the sections (continued)

## BELLEDONNE MASSIF

### Section 9 : Croix de Chamrousse → Refuge de la Pra

TRACE DE trail

172 km 11330 m 11390 m

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STAGE 3





# Details of the sections (continued)

## BELLEDONNE MASSIF

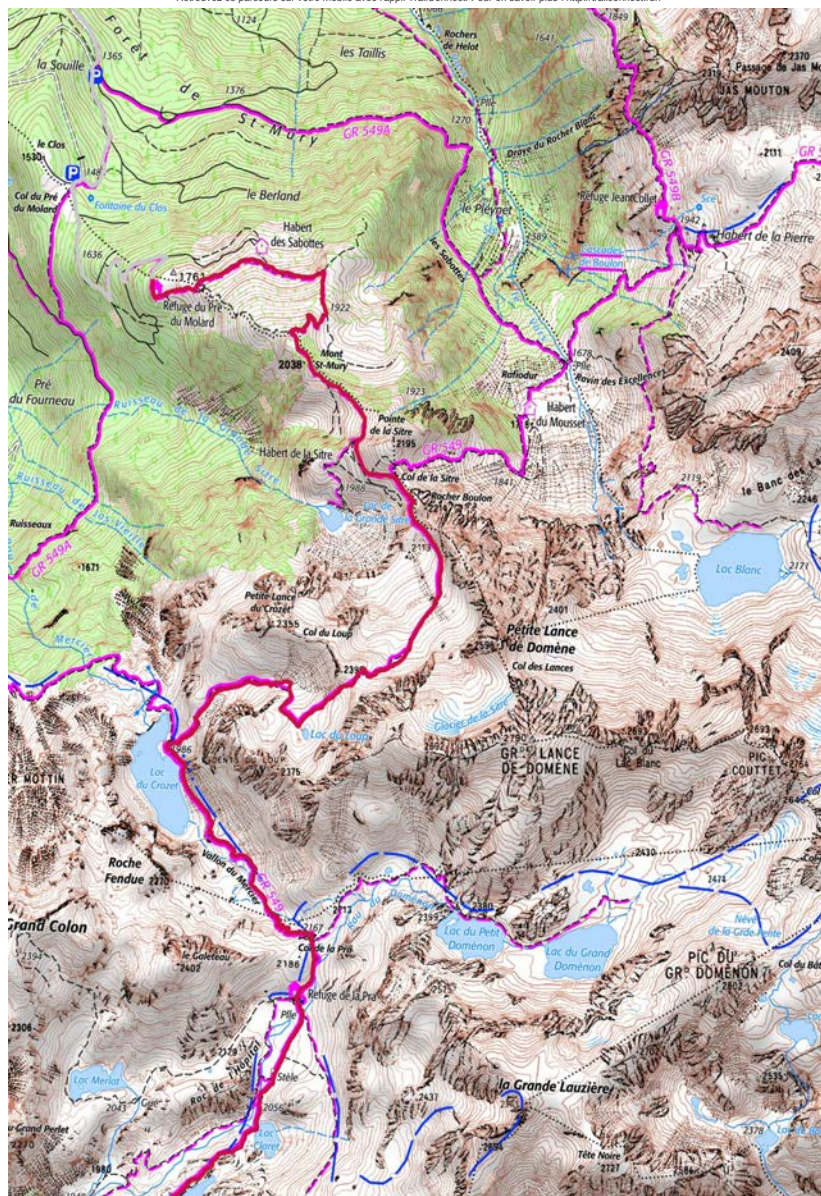
### Section 10 : Refuge de la Pra → Refuge du Pré du Molard

TRACE  
DE  
trail

172 km  11330 m  11390 m



Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 3





## Details of the sections (continued)

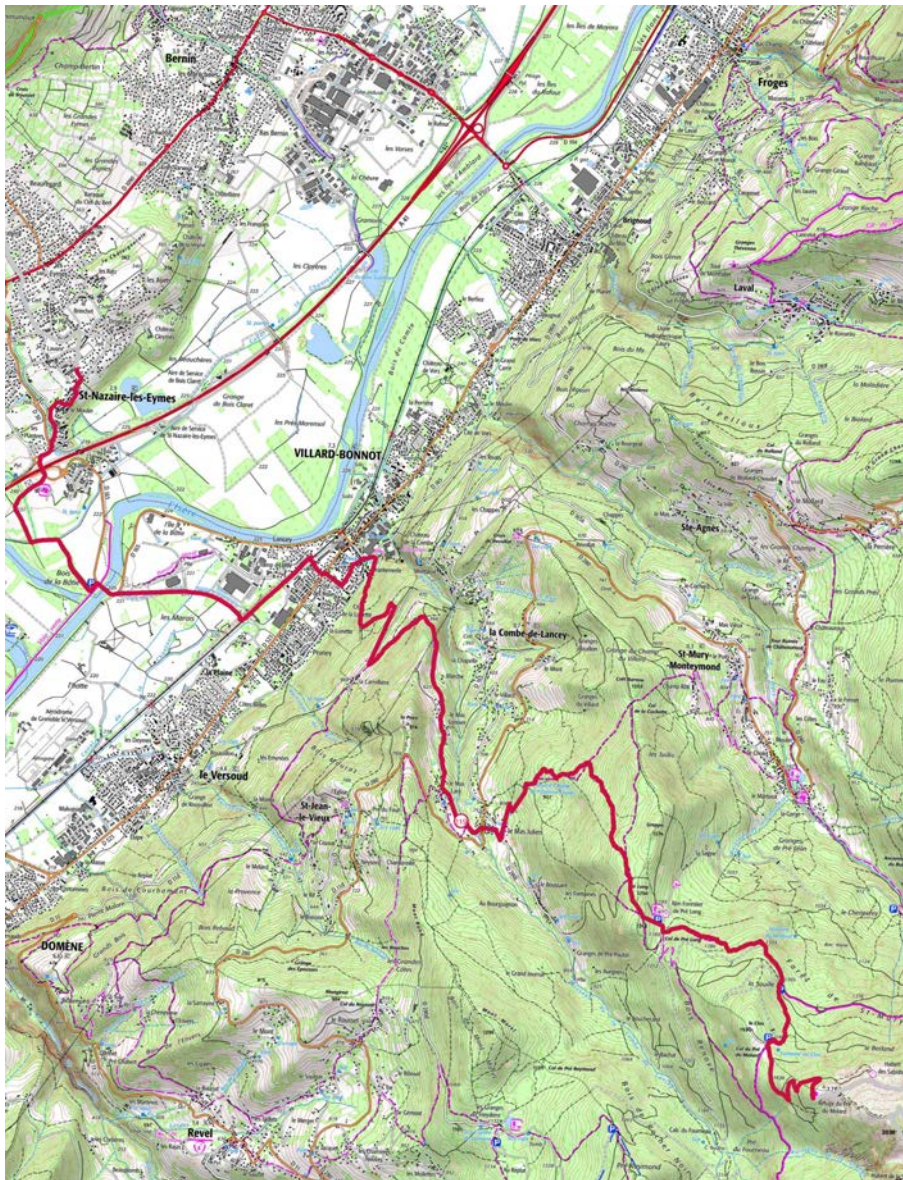
### BELLEDONNE MASSIF

#### Section 11 : Refuge du Pré du Molard → Saint-Nazaire-les-Eymes

TRACE  
DE  
*trail*

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 3





## Details of the sections (continued)

### BELLEDONNE MASSIF

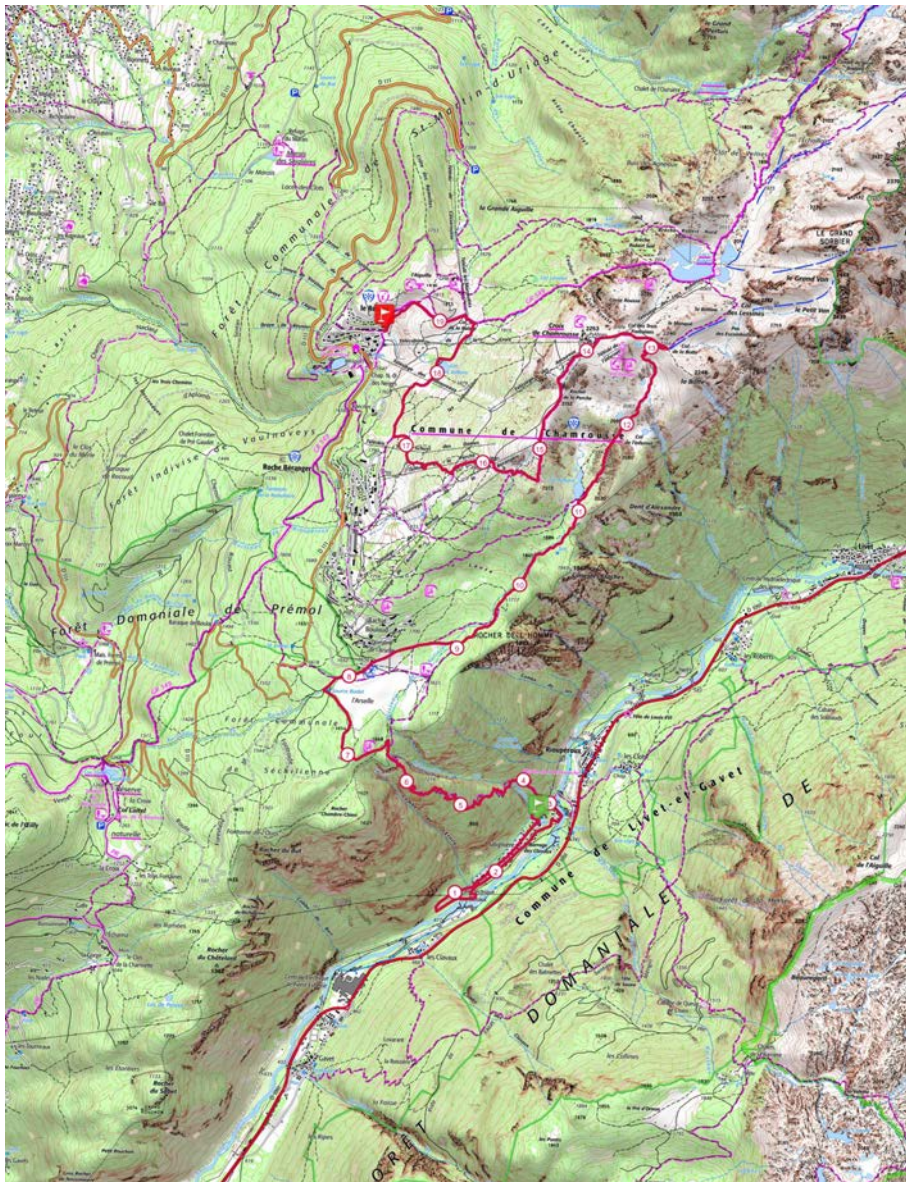
TRACE  
DE  
*trail*

19.8 km  1920 m  790 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



STAGE 3



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# Details of the sections (continued)

## CHARTREUSE MASSIF

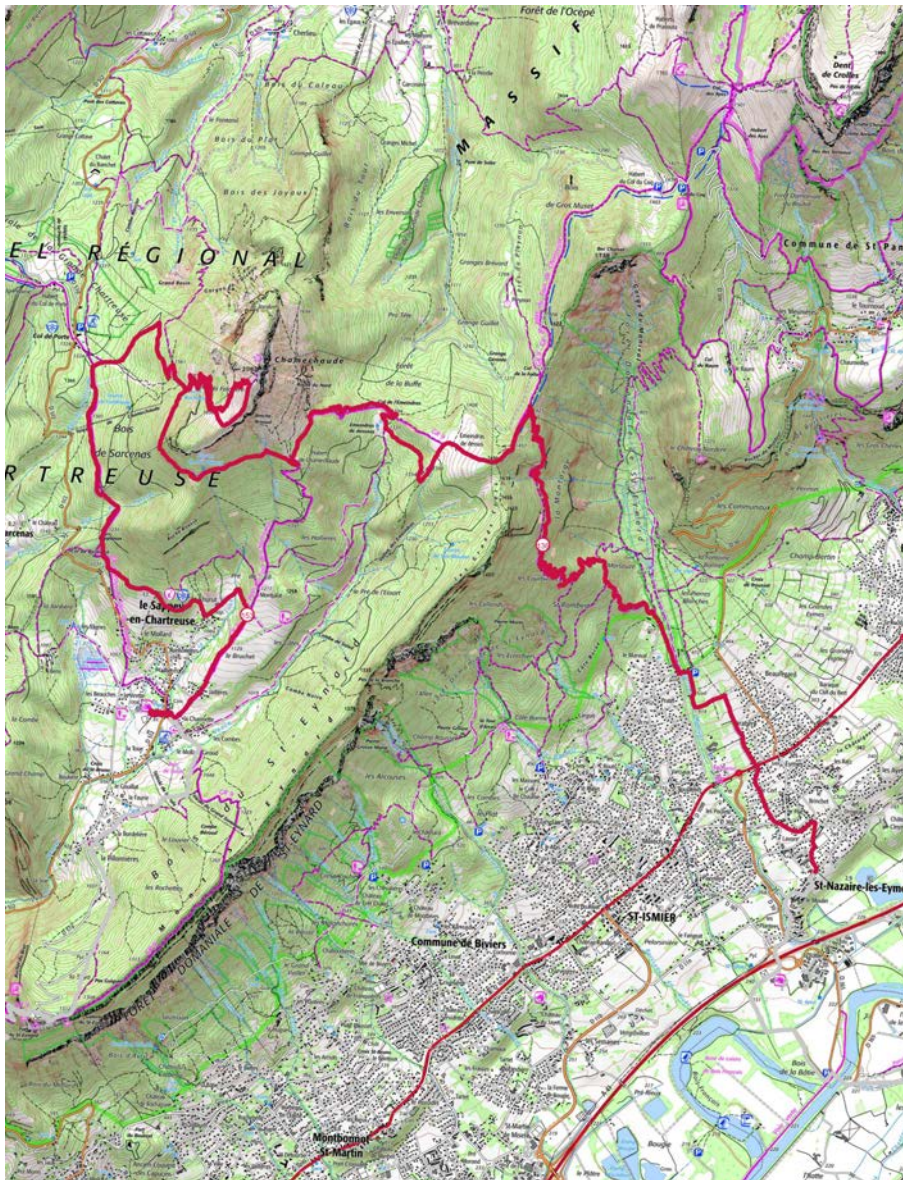
### Section 12 : St-Nazaire-Les-Eymes → Le Sappey-en-Chartreuse

TRACE  
DE  
trail

172 km  11330 m  11390 m



Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 4





## Details of the sections (continued)

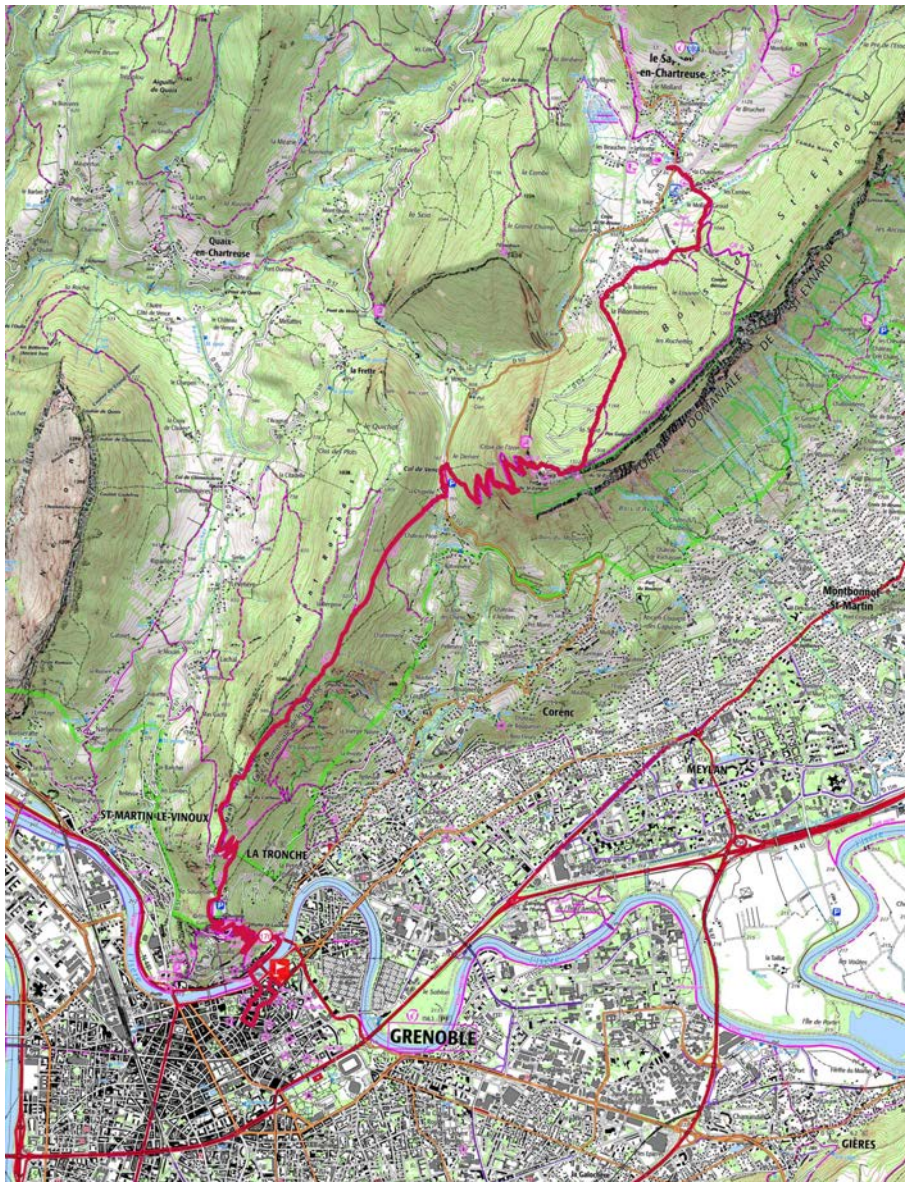
### CHARTREUSE MASSIF

#### Section 13 : Le Sappey-en-Chartreuse → Grenoble

TRACE  
DE  
trail

172 km  11330 m  11390 m

Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 4





# Details of the sections (continued)

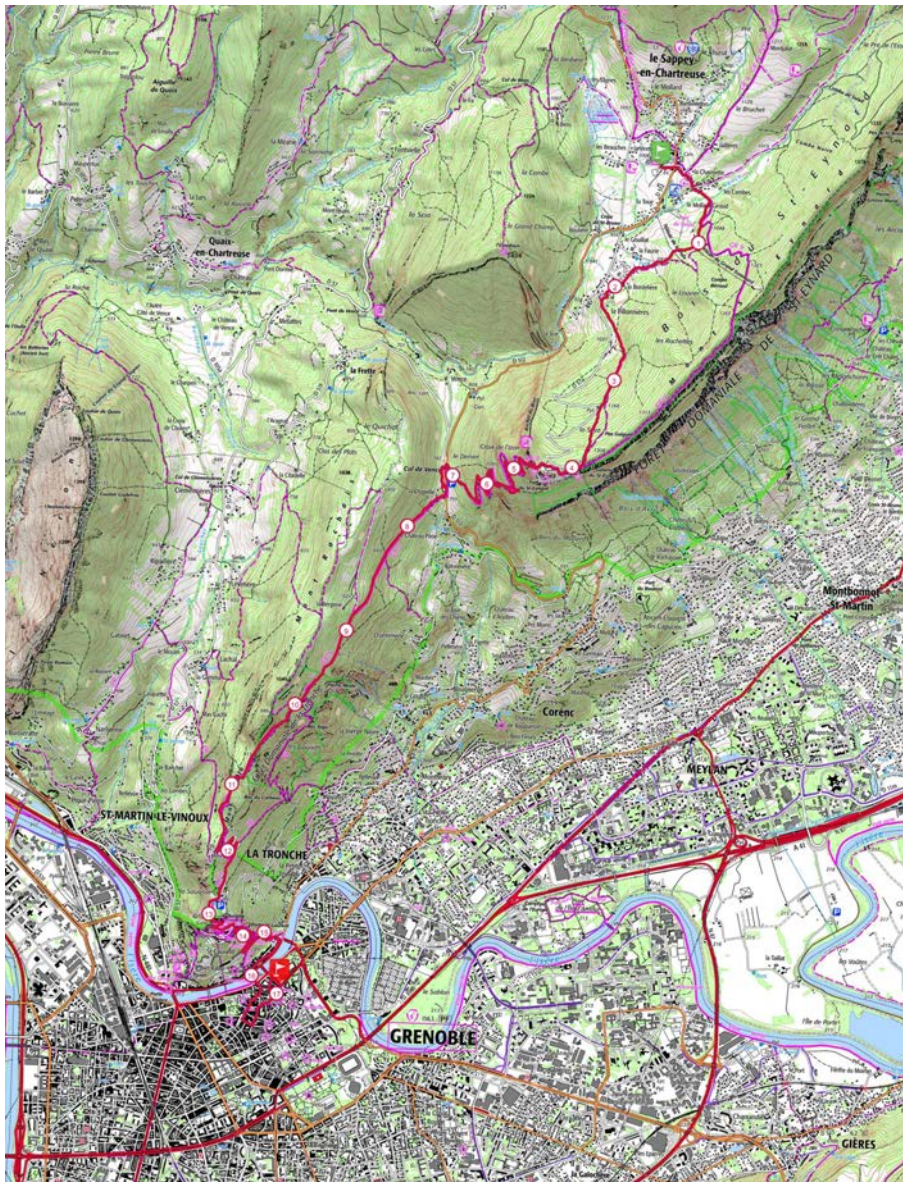
## CHARTREUSE MASSIF

TRACE  
DE  
trail

17.2 km  630 m  1420 m



Retrouvez ce parcours sur votre mobile avec l'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 4





**RAIDLIGHT**



[www.raidlight.com](http://www.raidlight.com)



## Checkpoints and services

### Ut4M 160 Challenge and Ut4M 40 Vercors



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART SEYSSINS</b>	<b>15/07 - 8:00</b>	<b>260</b>	<b>0</b>	<b>0</b>	<b>0</b>	
St-Nizier-du-Moucherotte	15/07 - 12:20	1250	11,4	1070	80	
Lans-en-Vercors	15/07 - 14:40	1410	19,4	1690	540	
Saint-Paul-de-Varces	15/07 - 17:45	390	29,6	2240	2110	
<b>ARRIVÉE VIF</b>	<b>15/07 - 20:00</b>	<b>310</b>	<b>37,9</b>	<b>2670</b>	<b>2620</b>	

### Ut4M 160 Challenge and Ut4M 40 Taillefer



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART VIF (STADE)</b>	<b>16/07 - 7:00</b>	<b>310</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Laffrey	16/07 - 11:15	910	13,5	1040	440	
La Morte	16/07 - 14:00	1370	24,8	1800	740	
Lac du Poursollet	16/07 - 17:45	1650	36,2	2880	1540	
Les Chalets de la Barrière	16/07 - 19:30	1870	42,6	3390	1830	
<b>ARRIVÉE RIOUPÉROUX SALINIÈRE</b>	<b>16/07 - 20:30</b>	<b>550</b>	<b>49,3</b>	<b>3420</b>	<b>3180</b>	



Base of life



Shower



Water point



Refreshment



Rest area



Road crossing



Shuttle repatriation










Rescue

## Checkpoints and services (continued)






### Ut4M 160 Challenge and Ut4M 40 Belledonne



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART RIOUPÉROUX SALINIÈRE</b>	<b>17/07 - 7:00</b>	<b>480</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Arselle	17/07 - 11:30	1640	8,2	1170	80	
Croix de Chamrousse	17/07 - 13:15	2240	13,9	1780	90	
Refuge de la Pra	17/07 - 15:00	2110	20,9	2140	530	
Refuge Pre du Molard	17/07 - 16:45	1735	27,8	2585	1400	
Villard-Bonnot	17/07 - 18:45	250	39,0	2600	2900	
<b>ARRIVÉE ST-NAZAIRE-LES-EYMES</b>	<b>17/07 - 20:00</b>	<b>280</b>	<b>46,0</b>	<b>2650</b>	<b>2920</b>	

### Ut4M 160 Challenge and Ut4M 40 Chartreuse



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART ST-NAZAIRE-LES-EYMES</b>	<b>18/07 - 7:00</b>	<b>280</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Habert de Chamechaude	18/07 - 12:00	1570	11,9	1580	290	
Le Sappey-en-Chartreuse	18/07 - 15:10	1000	25,1	2140	1420	
Col de Vence	18/07 - 17:10	775	32,8	2605	2110	
<b>ARRIVÉE GRENOBLE</b>	<b>18/07 - 19:00</b>	<b>220</b>	<b>42,0</b>	<b>2790</b>	<b>2850</b>	



Base of life



Shower



Water point



Refreshment



Rest area



Road crossing



Shuttle repatriation



Rescue



## Checkpoints and services (continued)

### Ut4M 160 Xtrem



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART SEYSSINS</b>	<b>16/07 - 16:00</b>	<b>260</b>	<b>0</b>	<b>0</b>	<b>0</b>	
St-Nizier-du-Moucherotte	16/07 - 19:20	1250	11,4	1070	80	
Lans-en-Vercors	16/07 - 21:50	1410	19,4	1690	540	
Saint-Paul-de-Varces	17/07 - 0:50	390	29,6	2240	2110	
<b>VIF</b>	<b>17/07 - 2:45</b>	<b>310</b>	<b>37,3</b>	<b>2670</b>	<b>2620</b>	
Laffrey	17/07 - 6:30	910	50,8	3710	3060	
La Morte	17/07 - 9:20	1370	62,1	4470	3360	
Lac du Poursollet	17/07 - 13:15	1650	73,5	5550	4160	
Les Chalets de la Barrière	17/07 - 15:15	1870	79,9	6060	4450	
<b>RIOUPÉROUX LA SALINIÈRE</b>	<b>17/07 - 16:15</b>	<b>550</b>	<b>85,2</b>	<b>6090</b>	<b>5800</b>	
Arselle	17/07 - 19:30	1640	90,2	7190	5810	
Croix de Chamrousse	17/07 - 21:30	2240	95,9	7800	5820	
Refuge de la Pra	17/07 - 23:30	2110	102,9	8160	6260	
Refuge Pre Molard	18/07 - 2:00	1735	109,8	8605	7130	
Villard-Bonnot	18/07 - 5:45	250	121	8620	8630	
<b>ST-NAZAIRE-LES-EYMES</b>	<b>18/07 - 7:45</b>	<b>280</b>	<b>127,4</b>	<b>8670</b>	<b>86570</b>	
Habert de Chamechaude	18/07 - 13:00	1570	139,3	10250	8940	
Le Sappey-en-Chartreuse	18/07 - 14:30	1000	152,5	10810	10070	
Col de Vence	18/07 - 17:00	775	160,2	11275	10760	
<b>ARRIVÉE GRENOBLE</b>	<b>18/07 - 19:00</b>	<b>220</b>	<b>172</b>	<b>11460</b>	<b>11500</b>	



Base of life



Shower



Water point



Refreshment



Rest area



Road crossing



Shuttle repatriation














Rescue

## Checkpoints and services (continued)



### Ut4M 100 Master

Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART URIAGE</b>	<b>17/07 - 6:00</b>	<b>420</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Chamrousse - Recoin	17/07 - 12:15	1610	12,4	1300	110	
Croix de Chamrousse	17/07 - 21:30	2240	20,9	1940	120	
Refuge de la Pra	17/07 - 23:30	2110	27,9	2300	560	
Refuge Pre Molard	18/07 - 2:00	1735	34,8	2745	1430	
Villard-Bonnot	18/07 - 5:45	250	46	2760	2930	
<b>ST-NAZAIRE-LES-EYMES</b>	<b>18/07 - 7:45</b>	<b>280</b>	<b>52,4</b>	<b>2810</b>	<b>2950</b>	
Habert de Chamechaude	18/07 - 13:00	1570	64,3	4390	3240	
Le Sappey-en-Chartreuse	18/07 - 14:30	1000	77,5	4950	4370	
Col de Vence	18/07 - 17:00	775	85,2	5415	5060	
<b>ARRIVÉE GRENOBLE</b>	<b>18/07 - 19:00</b>	<b>220</b>	<b>98,9</b>	<b>5600</b>	<b>5800</b>	



Base of life



Shower



Water point



Refreshment



Rest area



Road crossing



Shuttle repatriation



Rescue



## Checkpoints and services (continued)

### Ut4M 80 Challenge and Ut4M 20 Vercors



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART SEYSSINS</b>	<b>15/07 - 10:00</b>	<b>260</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Saint-Nizier-du-Moucherotte	15/07 - 14:00	1250	11,4	1070	80	
<b>ARRIVÉE LANS EN VERCORS</b>	<b>15/07 - 17:00</b>	<b>1410</b>	<b>19,0</b>	<b>1690</b>	<b>540</b>	

### Ut4M 80 Challenge and Ut4M 20 Taillefer



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART LA MORTE</b>	<b>16/07 - 9:00</b>	<b>1370</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Lac du Poursollet	16/07 - 13:30	1650	11,4	1080	800	
Chalets de la Barrière	16/07 - 15:30	1870	17,8	1590	1090	
<b>ARRIVÉE RIOUPÉROUX SALINIÈRE</b>	<b>16/07 - 17:00</b>	<b>550</b>	<b>23,5</b>	<b>1620</b>	<b>2440</b>	

### Ut4M 80 Challenge and Ut4M 20 Belledonne



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART RIOUPÉROUX SALINIÈRE</b>	<b>17/07 - 10:00</b>	<b>550</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Arselle	17/07 - 14:20	1640	8,2	1170	80	
Croix de Chamrousse	17/07 - 16:30	2240	13,9	1780	90	
<b>ARRIVÉE CHAMROUSSE RECOIN</b>	<b>17/07 - 18:00</b>	<b>1650</b>	<b>19,8</b>	<b>2140</b>	<b>907</b>	

### Ut4M 80 Challenge and Ut4M 20 Chartreuse



Control points	Time barrier	Altitude in m	Distance in km	Cumulative D+	Cumulative D-	Equipment Services
<b>DÉPART LE SAPPEY-EN-CHARTREUSE</b>	<b>18/07 - 00:00</b>	<b>1000</b>	<b>0</b>	<b>0</b>	<b>0</b>	
Col de Vence	18/07 - 3:35	775	7,7	465	690	
<b>ARRIVÉE GRENOBLE</b>	<b>18/07 - 7:00</b>	<b>220</b>	<b>17,2</b>	<b>650</b>	<b>1430</b>	



Base of life



Shower



Water point



Refreshment



Rest area



Road crossing



Shuttle repatriation



Rescue



# DES MINÉRAUX AVANT, PENDANT ET APRÈS L'EFFORT



C'est parce qu'elle apporte naturellement des minéraux, du sodium et des bicarbonates que St-Yorre est l'eau choisie par les trailers pour s'hydrater.

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## Respect for our natural heritage

Every year, Ut4M works to improve measures to limit the impact of the races on the environment. Trail running takes place in the middle of nature, in contact with exceptional fauna, flora and landscapes.

**This environment is fragile, each trailer must respect it and participate in its preservation. We count on you to adopt a responsible attitude and to share it with those who accompany you.**







### **During your reconnaissance along the entire route, take the time to get information:**

- camping is regulated by each commune
- motor vehicles are not allowed to circulate outside roads open to traffic
- dogs must not roam freely
- herds are present from July onwards, please respect the instructions when crossing and adopt a good behaviour (do not shout, do not wave your sticks...).
- The environments you cross are sensitive, please stay on the paths. Do not use shortcuts, especially on the paths that are most susceptible to gullying in wet weather. Specific signs are put up in the sectors considered most sensitive.

The routes cross or pass close to natural areas with a special vocation: a nature reserve (the Lac Luitel peat bog), 2 Natura 2000 sites ("Cembraie, lawns, lakes and peat bogs of Belledonne, from Chamrousse to Grand Colon", and "Wetlands of the Hurtières Range"), an APPB, a sensitive natural area («Tourbière de l'Arselle») and a Natura 2000 site ("Moors, peat bogs and rocky habitats of the Taillefer massif").

**Notice to accompanying persons:** it is requested that they do not park in sensitive areas such as the wetlands, especially on the Arselle plateau (off-piste), the climb to Lake Achard (off-piste) and the Pra plateau (off-piste).

## Meeting point for runners





				
<b>Departure</b>	<b>Fri. 16 July at 16h</b> Seyssins (38180), Parc François Mitterrand	<b>See Ut4M 40 (p 41)</b>	<b>Sat. 17 July at 6h</b> Saint-Martin-d'Uriage (38410), Allée du Jeune Bayard	<b>See Ut4M 20 (p 42)</b>
<b>SAS start opening</b>	Fri. 16 July at 15h30	See Ut4M 40 (p 41)	Sat. 17 July at 5h30	See Ut4M 20 (p 42)
Start in waves of 200 runners every 20 minutes. Your start time will be communicated to you by e-mail and will be displayed at the number collection.				
<b>Briefing</b>	Due to the health situation, the briefing will be broadcasted at 6 pm the day before the race on our networks. We will keep you informed.			
<b>Collection of race numbers Grenoble - Base Camp</b>	Thu. 15 July from 14 h to 20 h and Fri. 16 July from 9h to 12h	Wed. 14 July from 9h to 16h	Fri. 16 July from 14h to 20h	Wed. 14 July from 9h to 16h
<b>Bag drop off</b>	Fri. 16/07 at 15h Seyssins	No	Sat. 17/07 at 5h Uriage	No
<b>Bag collection</b>	Base Camp Grenoble	-	Base Camp Grenoble	-
<b>Pasta Party - Grenoble Base Camp</b>	Information to be announced later.			
<b>Shuttles one way</b>	No shuttle bus, take tram C	See Ut4M 40 (p 41)	Sat. 17/07 at 4h Base Camp Grenoble Stops F1 and Campus	See Ut4M 20 (p 42)
<b>Shuttles return</b>	No			
<b>Podium in Grenoble</b>	Sun. 18 July at 17h	See Ut4M 40 (p 41)	Sun. 18 July at 17h	See Ut4M 20 (p 42)
<b>Recovery area</b>	Due to the health situation, the recovery area is cancelled.			

\* Times are subject to change. Please arrive 15 minutes before the indicated time.

The organisation cannot be held responsible if you are late and do not take the shuttle bus.







## Meeting point for runners (continued)

				
<b>Departure</b>	<b>Thu. 15 July at 8h</b> Seyssins (38180), Parc François Mitterrand	<b>Frid. 16 July at 7h</b> Vif Stade	<b>Sat. 17 July at 7h</b> Livet-et-Gavet (38220), La Salinière, Rue de l'Arselle	<b>Sun. 18 July at 7h</b> Saint-Nazaire-les- Eymes (38330), Salle Cartier Millon, Chemin de la Mairie
<b>SAS start opening</b>	Thu. 15 July at 7h30	Fri. 16 July at 6h30	Sat. 17 July at 6h30	Sun. 18 July at 6h30
Start in waves of 200 runners every 20 minutes. Your start time will be communicated to you by e-mail and will be displayed at the number collection.				
<b>Briefing</b>	Due to the health situation, the briefing will be broadcasted at 6 pm the day before the race on our networks. We will keep you informed.			
<b>Collection of race numbers Grenoble - Base Camp</b>	Wed. 14 July from 16h to 20h	Thu. 15 July from 9h to 14h	Fri. 16 July from 9h to 14h	Sat. 17 July from 9h to 14h
<b>Bag drop off</b>	No	No	No	No
<b>Bag collection</b>	-	-	-	-
<b>Pasta Party - Grenoble Base Camp</b>	Information to be announced later.			
<b>Shuttles one way</b>	No shuttle bus, take tram C	Gières PR 16/07 at 4h45 Stops F1, Campus, Base Camp Grenoble, Catane PR	Gières PR Sat. 17/07 at 4h30 Stops F1, Campus, Base Camp Grenoble, Catane PR	Base Camp Grenoble Sun. 18/07 at 5h Stops F1, Campus
<b>Shuttles return</b>	Vif Thu. 15/07 from 15h30	Rioupérroux Fri. 16/07 from 15h30	St-Nazaire-les-Eymes Sat. 17/07 from 15h30	-
<b>Podium</b>	Vif Thu. 15 July at 15 h	Rioupérroux Fri. 16 July at 15 h	St-Nazaire-les-Eymes Sat. 17 July at 14 h	Grenoble Sun. 18 July at 16 h

\* Times are subject to change. Please arrive 15 minutes before the indicated time.

The organisation cannot be held responsible if you are late and do not take the shuttle bus.

## Meeting point for runners (continued)

				
<b>Departure</b>	<b>Thu. 15 July at 10 h</b> Seyssins (38180), Parc François Mitterrand	<b>Frid. 16 July at 9 h</b> La Morte La Plaine des Jeux	<b>Sat. 17 July at 10 h</b> Livet-et-Gavet (38220), La Salinière, Rue de l'Arselle	<b>Sun. 18 July at 00 h</b> Le Sappey- en- Chartreuse (38700), Foyer de Ski de Fond, Chemin des Charmettes
<b>SAS start opening</b>	Thu. 15 July at 9h30	Fri. 16 July at 8h30	Sat. 17 July at 9h30	Sat. 17 July at 23h30
Start in waves of 200 runners every 20 minutes. Your start time will be communicated to you by e-mail.				
<b>Briefing</b>	Due to the health situation, the briefing will be broadcasted at 6 pm the day before the race on our networks. We will keep you informed.			
<b>Collection of race numbers Grenoble - Base Camp</b>	Wed. 14 July from 16h to 20h	Thu. 15 July from 9h to 14h	Fri. 16 July from 9h to 14h	Sat. 17 July from 9h to 14h
<b>Bag drop off</b>	No	No	No	No
<b>Bag collection</b>	-	-	-	-
<b>Pasta Party - Grenoble Base Camp</b>	Information to be announced later.			
<b>Shuttles one way</b>	No shuttle bus, take tram C	Gières PR Fri. 16 July at 6h30 Stops F1, Campus, Camp de base Grenoble, Catane PR	Gières PR Sat. 17 July at 7h30 Stops F1, Campus, Camp de base Grenoble, Catane PR	Camp de base Grenoble Sat. 17 July at 22 h
<b>Shuttles return</b>	Lans en Vercors Thu. 15 July from 14 h	Rioupéroux Fri. 16 July from 13 h	Recoin (Chamrousse) Sat. 17 July from 14 h	-
<b>Podium</b>	Lans en Vercors Thu. 15 July at 14 h	Rioupéroux Fri. 16 July at 13 h	Recoin (Chamrousse) Sat. 17 July at 14 h	Grenoble Sun. 18 July at 16 h

\* Times are subject to change. Please arrive 15 minutes before the indicated time.

The organisation cannot be held responsible if you are late and do not take the shuttle bus.



## Starting waves

**Thursday 15 July - Seyssins**

Race	Wave	Bibs	Opening SAS	Opening SAS departure	Closure SAS departure	Time of departure
Ut4M 160 Challenge Étape 1_Vercors	1	1001 - 1200	07:30	07:30	07:50	08:00
	2	1201 - 1400	07:50	08:00	08:10	08:20
	3	1401 - 1600	08:10	08:20	08:30	08:40
	4	1601 - 1674	08:30	08:40	08:50	09:00
Ut4M 40 Vercors	1	4001 - 4126	08:30	08:40	08:50	09:00
	2	4127 - 4335	08:50	09:00	09:10	09:20
Ut4M 80 Challenge Étape 1_Vercors	1	3001 - 3200	09:30	09:30	09:50	10:00
	2	3201 - 3400	09:50	10:00	10:10	10:20
	3	3401 - 3500	10:10	10:20	10:30	10:40
Ut4M 20 Vercors	1	8001 - 8103	10:10	10:20	10:30	10:40
	2	8104 - 8300	10:30	10:40	10:50	11:00

**Friday 16 July - Seyssins**

Ut4M 160 Xtrem	1	373 - 573	15:30	15:30	15:50	16:00
	2	173 - 372	15:50	16:00	16:10	16:20
	3	1 - 172	16:10	16:20	16:30	16:40

**Friday 16 July - Vif**

Ut4M 160 Challenge Étape 2_Taillefer	1	1001 - 1200	06:30	06:30	06:50	07:00
	2	1201 - 1400	06:50	07:00	07:10	07:20
	3	1401 - 1600	07:10	07:20	07:30	07:40
	4	1601 - 1674	07:30	07:40	07:50	08:00
Ut4M 40 Taillefer	1	5001 - 5200	07:30	07:40	07:50	08:00
	2	5201 - 5322	07:50	08:00	08:10	08:20

**Friday 16 July - Alpe du Grand Serre**

Ut4M 80 Challenge Étape 2_Taillefer	1	3001 - 3200	08:30	08:30	08:50	09:00
	2	3201 - 3400	08:50	09:00	09:10	09:20
	3	3401 - 3500	09:10	09:20	09:30	09:40
Ut4M 20 Taillefer	1	8501 - 8603	09:10	09:20	09:30	09:40
	2	8604 - 8800	09:30	09:40	09:50	10:00

## Starting waves (continued)

**Saturday 17 July - Rioupéroux-La Salinière**

Race	Wave	Bibs	Opening SAS	Opening SAS departure	Closure SAS departure	Time of departure
Ut4M 160 Challenge Étape 3_Belledonne	1	1001 - 1200	06:30	06:30	06:50	07:00
	2	1201 - 1400	06:50	07:00	07:10	07:20
	3	1401 - 1600	07:10	07:20	07:30	07:40
	4	1601 - 1674	07:30	07:40	07:50	08:00
Ut4M 40 Belledonne	1	6001 - 6126	07:30	07:40	07:50	08:00
	2	6127 - 6327	07:50	08:00	08:10	08:20
	3	6328 - 6503	08:10	08:20	08:30	08:40
Ut4M 80 Challenge Étape 3_Belledonne	1	3001 - 3200	09:30	09:30	09:50	10:00
	2	3201 - 3400	09:50	10:00	10:10	10:20
	3	3401 - 3500	10:10	10:20	10:30	10:40
Ut4M 20 Belledonne	1	9001 - 9103	10:10	10:20	10:30	10:40
	2	9104 - 9300	10:30	10:40	10:50	11:00

**Saturday 17 July - Uriage**

Ut4M 100 Master	1	2001 - 2200	05:30	05:30	05:50	06:00
	2	2201 - 2400	05:50	06:00	06:10	06:20
	3	2401 - 2600	06:10	06:20	06:30	06:40
	4	2601 - 2750	06:30	06:40	06:50	07:00

**Saturday 17 July and Sunday 18 July - Le Sappey-en-Chartreuse**

Ut4M 80 Challenge Étape 4_Chartreuse	1	3001 - 3200	23:30	23:30	23:50	00:00
	2	3201 - 3400	23:50	00:00	00:10	00:20
	3	3401 - 3500	00:10	00:20	00:30	00:40
Ut4M 20 Chartreuse	1	9501 - 9603	00:10	00:20	00:30	00:40
	2	9604 - 8760	00:30	00:40	00:50	01:00

**Sunday 18 July - Saint-Nazaire-les-Eymes**

Ut4M 160 Challenge Étape 4_Chartreuse	1	1001 - 1200	06:30	06:30	06:50	07:00
	2	1201 - 1400	06:50	07:00	07:10	07:20
	3	1401 - 1600	07:10	07:20	07:30	07:40
	4	1601 - 1674	07:30	07:40	07:50	08:00
Ut4M 40 Chartreuse	1	7001 - 7126	07:30	07:40	07:50	08:00
	2	7127 - 7327	07:50	08:00	08:10	08:20
	3	7328 - 7508	08:10	08:20	08:30	08:40





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## Where to meet us

### BASE CAMP - GRENOBLE

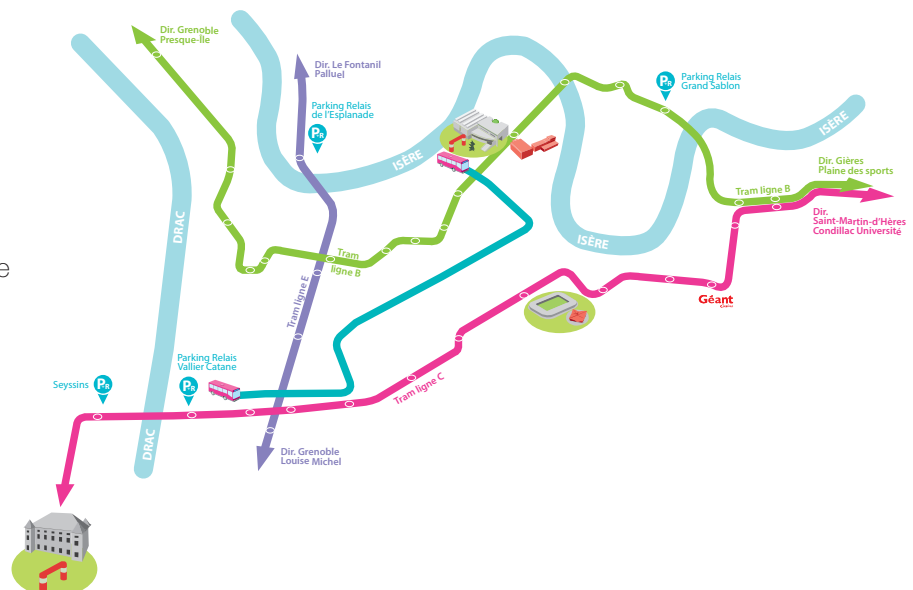
Esplanade François Mitterrand, 5 place de Lavalette, 38000 Grenoble.



### WHERE TO PARK

To park, use the park-and-ride facilities! The SMTC allows you to take public transport free of charge on presentation of your race number!

**All the information on the TAG website:**  
<https://www.tag.fr>





## Where to see the runners

Points	Adress	Specifics
<b>1_SAINTE-NIZIER DU MOUCHEROTTE</b>	Chemin de la Roche 38250 St-Nizier-du-Moucherotte	Parking is only available in the car park in front of the 3 Marmottes restaurant (no parking on the chemin du Belvédère). You can go straight up to arrive on the chemin de la Roche.
<b>2_LANS-EN-VERCORS (Stade de Neige)</b>	La Sierre 38250 Lans-en-Vercors	
<b>3_SAINTE-PAUL-DE-VARCES</b>	40 place de l'Église 38760 Saint-Paul-de-Varces	Parking will be prohibited along the route du Vercors between the church and the chemin Neuf.
<b>4_VIF</b>	Salle Polyvalente Rue du 19 Mars 1962 38450 Vif	No public in the multi-purpose hall. Use the car park on the other side of the Boulevard de la Résistance.
<b>5_LAFFREY</b>	Prairie de la rencontre 38220 Laffrey	
<b>6_LA MORTE</b>	Plaine des Jeux 38350 La Morte	
<b>7_LAC DU POURSOULET</b>	38220 Livet et Gavet	Please observe the parking regulations as we are in a sensitive natural area.
<b>8_CHALETS DE LA BARRIÈRE</b>	38220 Livet-et-Gavet	This point can only be reached on foot: departure from the car park of the Poursollet lake. Approximately 3.5 km and 300 m of ascent.
<b>9_LA SALINIÈRE</b>	Rue de l'Arselle 38220 Livet-et-Gavet	
<b>9 bis_URIAGE*</b>	Allée du Jeune Bayard 38410 Saint-Martin-d'Uriage	The start of the Ut4M 100 Master takes place in Uriage, next to the Casino. The runners make a small loop before heading up to Chamrousse.
<b>9 ter_RECOIN*</b>	Le Recoin de Chamrousse 38410 Chamrousse	
<b>10_LE PLATEAU DE L'ARSELLE</b>	Parking du plateau de l'Arselle 38410 Chamrousse	
<b>11_LA CROIX DE CHAMROUSSE</b>	38410 Chamrousse	This point is only accessible on foot or by cable car from Recoin (Chamrousse). All information on the ski lift: <a href="https://www.chamrousse.com/ouverture/tarif-pieton-telecabine-telesiege.html">https://www.chamrousse.com/ouverture/tarif-pieton-telecabine-telesiege.html</a>

\* Only Master riders

## Où voir passer les coureurs (suite)

Points	Adress	Specifics
<b>12_REFUGE DE LA PRA</b>	38420 Revel	This point is only accessible on foot from the Freydières car park (3 hours' walk).
<b>13_REFUGE DU PRÉ MOLARD</b>	Col du Pré du Molard 38190 La Combe-de-Lancey	Parking is possible at the Pré Long pass (about 1h30) or at the Pré du Molard pass (1h max).
<b>14_VILLARD-BONNOT</b>	Musée de la Houille Blanche Maison Aristide Bergès 40 av. des Papeteries 38190 Villard-Bonnot	The public should stay away from the refreshment area, preferably in the park.
<b>15_SAINTE-ISMIE</b>	Parking de la Bâtie 38330 Saint-Ismier	Very difficult parking. The Department's activities in sensitive natural areas.
<b>16_SAINTE-NAZAIRE-LES-EYMES</b>	Salle Cartier Millon Chemin de la Mairie 38330 Saint-Nazaire-les-Eymes	
<b>17_LE SAPPEY-EN-CHARTREUSE</b>	Foyer de Ski de Fond Chemin des Charmettes, 38700 Le Sappey-en-Chartreuse	
<b>18_LE FORT DU SAINT-EYNARD</b>	Mont Saint Eynard 38700 Le Sappey-en-Chartreuse	Rehabilitated and open to the public, the Saint-Eynard fort offers a beautiful view of the Belledonne massif, the Grésivaudan valley and Grenoble. A permanent exhibition on the life of the garrison at the fort awaits you. And a charming restaurant offers mountain products.
<b>19_LA BASTILLE</b>	Fort de la Bastille 38000 Grenoble	The Bastille Fort is also accessible on foot or by cable car. All information on : <a href="http://www.bastille-grenoble.fr/">http://www.bastille-grenoble.fr/</a> . By car, beware the road is not always open and is VERY steep.





**Ut4M**