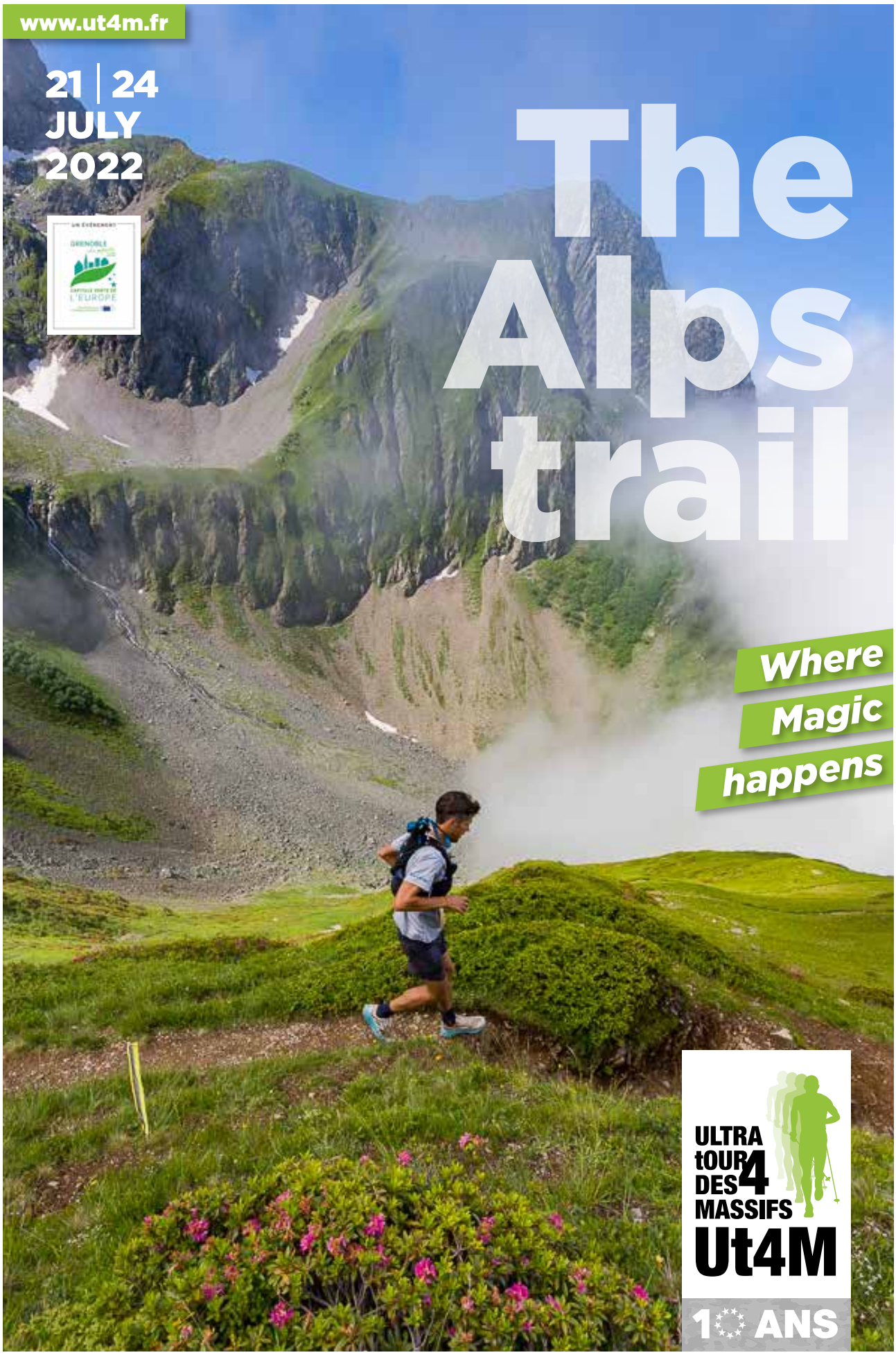
ROADBOOK RUNNERS AND SUPPORTERS



17 June 2022 version

Contents

Welcome to Grenoble 3

Presentation of the events 4

Safety and marking 6

General program 7

General map of the course 9

Profiles 10

Details of the sections 15

- Vercors Massif 15
- Taillefer Massif 20
- Belledonne Massif 26
- Chartreuse Massif 33

Respect for our natural heritage 36

Where to meet us 38

Where to see the runners 39

This document is subject to updating so we advise you to return to the ut4m.fr website to check the date of issue (on the cover).

Welcome to Grenoble

10 years is not a long time. But it represents so much human investment to achieve it! It took convincing to be born, learning and working hard, sometimes fighting against the elements, viruses…
Let's not be afraid of words, we are proud of the work accomplished, especially since it was done by volunteers who wear many hats!

Proud, yes. But not finished!
We still have progress to make, together, organisers and runners, to go further and make the Ut4M an exemplary environmentally responsible trail!
So yes, this requires some efforts. Favouring public transport, respecting protected areas (you're doing it right!), being more precise in sorting waste…

It's time to get ready. For you, it's a question of eating kilometres, for us of doing everything possible to welcome you in the best conditions.

We are happy to see you again. We can't wait to share these explosions of emotions: happiness, frustration, relief, rage…
There is no doubt that the magic will work, that's what Ut4M is all about!

Sportively
The Ut4M team

Presentation of the events

172 km for 12,050 m of ascent and descent
4 massifs crossed: Vercors, Taillefer, Belledonne and Chartreuse

The Ut4M160 uses long-distance paths but also more technical trails, with more technical trails, with passages at altitudes of 2400 metres. The route passes through the 4 life bases: Vif, Rioupéroux, Saint-Nazaire-les-Eymes and Grenoble.

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

- **Ut4M 160 Xtrem**
Start on Friday 22 July at 3pm from Seyssins.
- U**t4M 160 Challenge**
Start of the first stage on Thursday 21 July at 8 am from Seyssins.

95.6 km for 6,170 m of ascent and descent
2 massifs crossed: Belledonne and Chartreuse
Solo

- Departure on Saturday 23 July at 7 am from Saint-Martin-d'Uriage.
- The Ut4M 100 Master starts from Uriage, to climb to the Arselle plateau. It then follows the same route as the Ut4M160. The route passes through 2 life bases: Saint-Nazaire-les-Eymes and Grenoble.

77.9 km for 6,395 m of ascent and descent
4 massifs crossed: Vercors, Taillefer, Belledonne and Chartreuse
Solo

- Departure of the first stage on Thursday 21 July at 9 am from Seyssins.

* Les horaires sont susceptibles d'être modifiés.
Nous vous tiendrons informés par mail via nos réseaux sociaux.

Presentation of the events (continued)

42 km for 2700 to 3400 m of ascent
1 massif to choose from: Vercors, Oisans, Belledonne or Chartreuse
Solo
The Ut4M 40 Series follows the same sections as the Ut4M 160.

- **Ut4M 40 Vercors**
38.2 km, 2830 m of ascent +, departure Thursday 21 July at 8 am from Seyssins,
- **Ut4M 40 Taillefer**
49.6 km, 3580 m ascent +, departure Friday 22 July at 8 am from Vif,

- **Ut4M 40 Belledonne**
46.2 km, 2910 m of ascent +, departure on Saturday 23 July at 8 am,
from Rioupéroux.

- **Ut4M 40 Chartreuse**
41.2 km, 2850 m of ascent +, departure Sunday 24 July at 7 am,
from Saint-Nazaire-les-Eymes.

20 km for 600 to 1900 m of ascent + approximately
1 massif to choose from: Vercors, Taillefer, Belledonne or Chartreuse
Solo
The Ut4M 20 Series follows the same sections as the Ut4M 80.

- **Ut4M 20 Vercors**
18.9 km, 1810 m ascent +, departure Thursday 21 July at 9 am, from Seyssins,
- **Ut4M 20 Taillefer**
22 km, 1810 m ascent +, departure Friday 22 July at 8 am, from Laffrey,

- **Ut4M 20 Belledonne**
20.3 km, 2040 m of ascent +, departure on Saturday 23 July at 10 am, from Uriage,
- **Ut4M 20 Chartreuse**
16.7 km, 735 m of ascent +, departure Sunday 24 July at 00 h,
from Le Sappey en Chartreuse

* Les horaires sont susceptibles d'être modifiés.
Nous vous tiendrons informés par mail via nos réseaux sociaux.

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 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.

MARKINGS

It is made up of «milestones» and, where we feel there is a high risk of being out of position, biodegradable paint and reflective paint. The «milestones» consist of two ribbons, one fluorescent orange marked Ut4M, the other fluorescent yellow with a vertical reflective strip. They can be hung on vegetation or on bamboo poles.

RESCUE PROCEDURE

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

1- Contact the emergency services (safety centre) on the number provided during the briefing

- 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.

General program

The arrival times of the first riders are runners are estimated.

DEPARTURE

ARRIVAL

DAY 1 – 21ST JULY

Departure

- 8:00 Seyssins – UT4M CHALLENGE 160 – STAGE 1
- 8:00 Seyssins – UT4M VERCORS 40
- 10:00 Seyssins – UT4M CHALLENGE 80 – STAGE 1
- 10:00 Seyssins – UT4M VERCORS 20

Arrival

- 12:30 Vif – UT4M CHALLENGE 160 – STAGE 1
- 12:30 Vif – UT4M VERCORS 40
- 12:00 Lans en Vercors – UT4M CHALLENGE 80 – STAGE 1
- 12:00 Lans en Vercors – UT4M VERCORS 20

DAY 2 – 22ND JULY

Departure

- 8:00 Vif – UT4M CHALLENGE 160 – STAGE 2
- 8:00 Vif – UT4M TAILLEFER 40
- 8:00 Laffrey – UT4M CHALLENGE 80 – STAGE 2
- 8:00 Laffrey – UT4M TAILLEFER 20
- 15:00 Seyssins – UT4M XTREM 160

Arrival

- 10:00 La Morte – UT4M CHALLENGE 80 – STAGE 2
- 10:00 La Morte – UT4M TAILLEFER 20
- 13:30 Rioupéroux – UT4M CHALLENGE 160 – STAGE 2
- 13:30 Rioupéroux – UT4M TAILLEFER 40

DAY 3 – 23RD JULY

Departure

- 7:00 Uriage – UT4M MASTER 100
- 8:00 Rioupéroux – UT4M CHALLENGE 160 – STAGE 3
- 8:00 Rioupéroux – UT4M BELLEDONNE 40
- 10:00 Uriage – UT4M CHALLENGE 80 – STAGE 3
- 10:00 Uriage – UT4M BELLEDONNE 20

Arrival

- 12:30 Saint-Nazaire-les-Eymes – UT4M CHALLENGE 160 – STAGE 3
- 12:30 St-Nazaire-les-Eymes – UT4M BELLEDONNE 40
- 12:00 Chamrousse Recoin – UT4M CHALLENGE 80 – STAGE 3
- 12:00 Chamrousse Recoin – UT4M BELLEDONNE 20
- 18:00 Grenoble – UT4M XTREM 160
- 20:00 Grenoble – UT4M MASTER 100

DAY 4 – 24TH JULY

Departure

- 00:00 Sappey-en-Chartreuse – UT4M CHALLENGE 80 – STAGE 4
- 0:00 Sappey-en-Chartreuse – UT4M CHARTREUSE 20
- 7:00 St-Nazaire-les-Eymes – UT4M CHALLENGE 160 – STAGE 4
- 7:00 St-Nazaire-les-Eymes – UT4M CHARTREUSE 40

Arrival

- 1:30 Grenoble – UT4M CHALLENGE 80 – STAGE 4
- 1:30 Grenoble – UT4M CHARTREUSE 20
- 11:30 Grenoble – UT4M CHALLENGE 160 – STAGE 4
- 11:30 Grenoble – UT4M CHARTREUSE 40
- 19:00 Grenoble – Arrival of the last runners

Trophy

- ÉTAPE 1: UT4M CHALLENGE 160, UT4M VERCORS 40, UT4M VERCORS 20
- ÉTAPE 2: UT4M CHALLENGE 160, UT4M TAILLEFER 40, UT4M TAILLEFER 20
- ÉTAPE 3: UT4M CHALLENGE 160, UT4M BELLEDONNE 40, UT4M BELLEDONNE 20
- UT4M XTREM 160, UT4M CHALLENGE 160, UT4M CHARTREUSE 40, UT4M MASTER 100, UT4M CHALLENGE 80, UT4M CHARTREUSE 20

27e BRIGADE D'INFANTERIE DE MONTAGNE

COURAGE

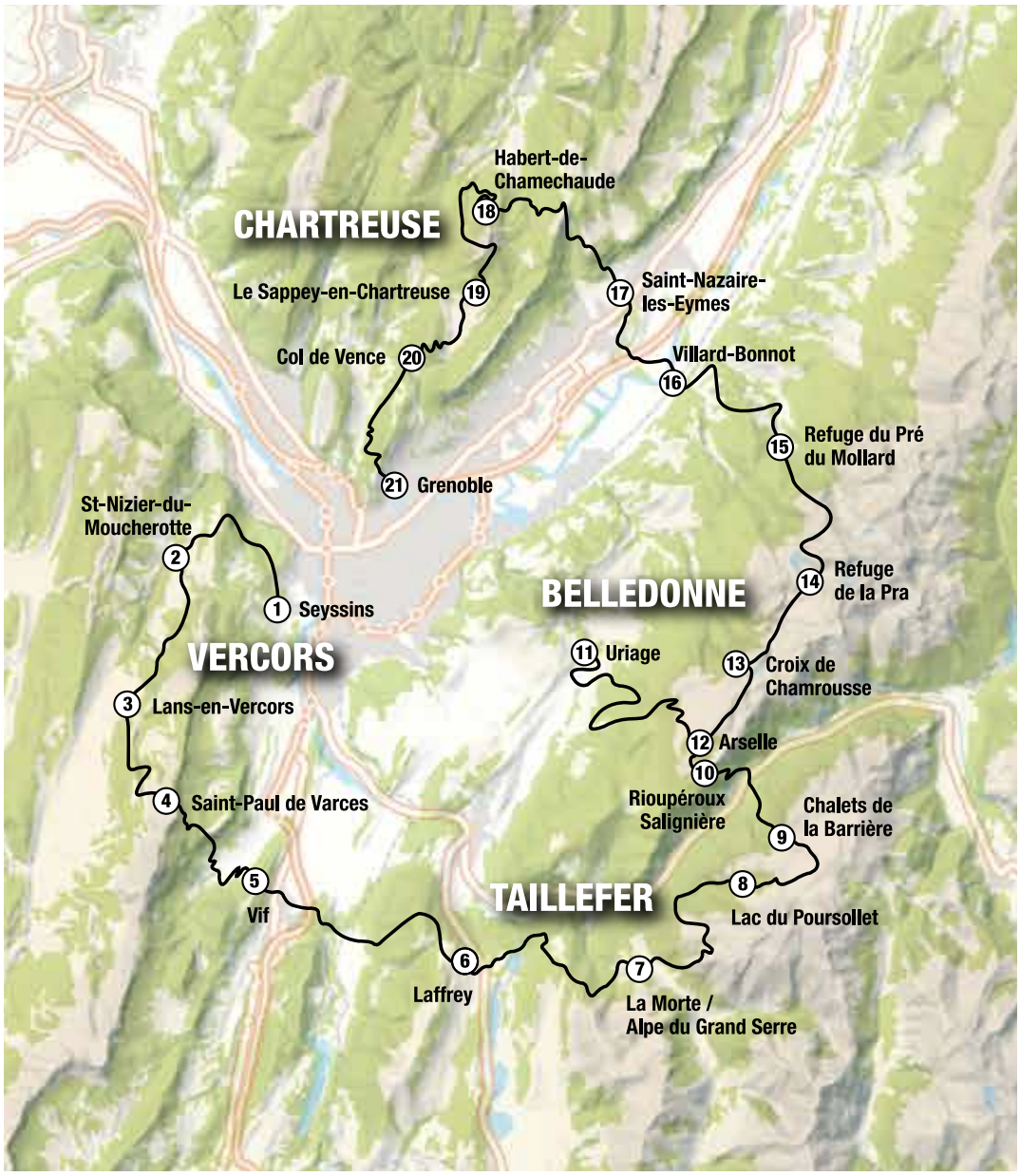
SOLIDARITÉ

ENGAGEMENT

@27BIM

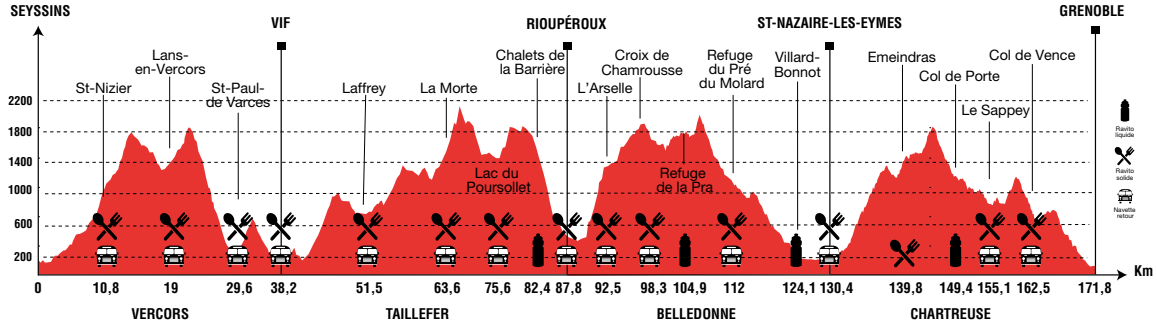
General map of the course

This general map allows you to see at a glance the complete 172 km route (sections 11 to 12 only concern the Ut4M 100 Master).

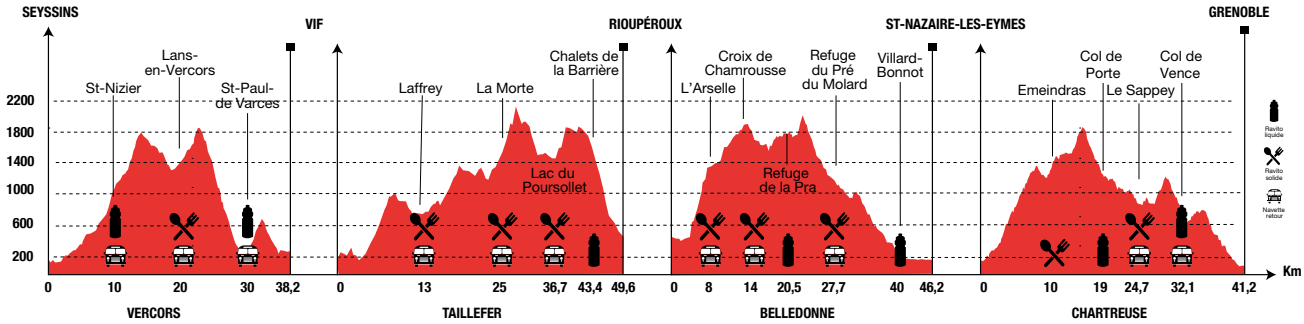


Profiles

Ut4M 160 XTREM

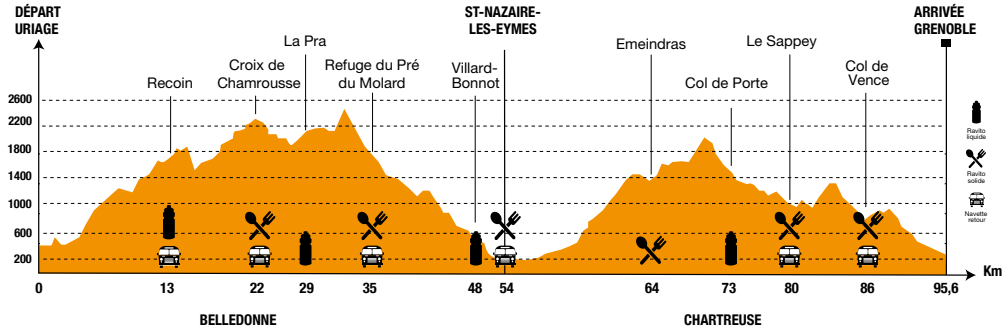


Ut4M 160 CHALLENGE

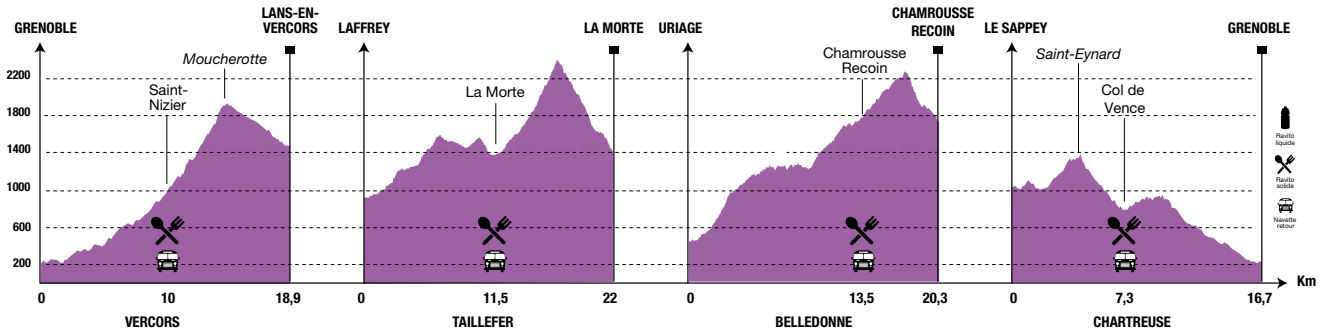


Profiles

Ut4M 100 MASTER

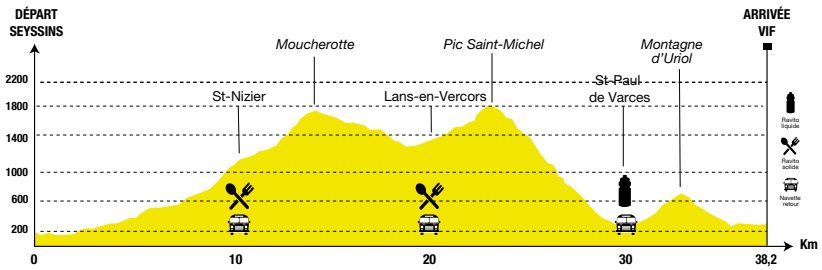


Ut4M 80 CHALLENGE



Profiles

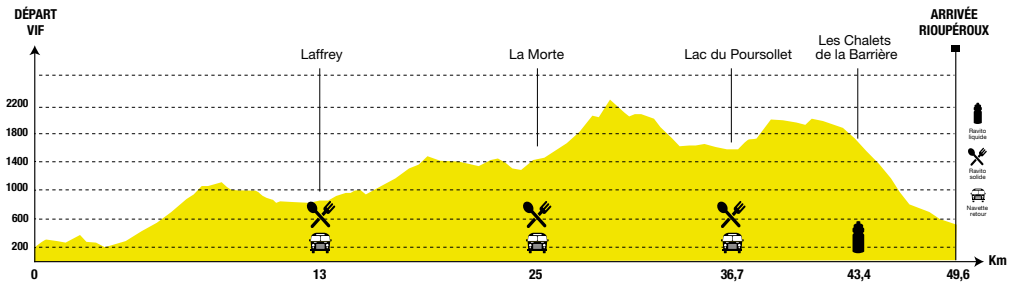
Ut4M 40 SERIES & Ut4M 160 CHALLENGE



Ut4M VERCORS 40

Ut4M CHALLENGE 160

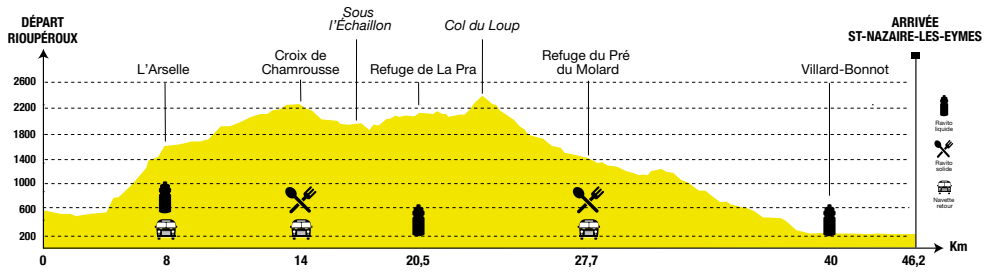
STAGE 1



Ut4M TAILLEFER 40

Ut4M CHALLENGE 160

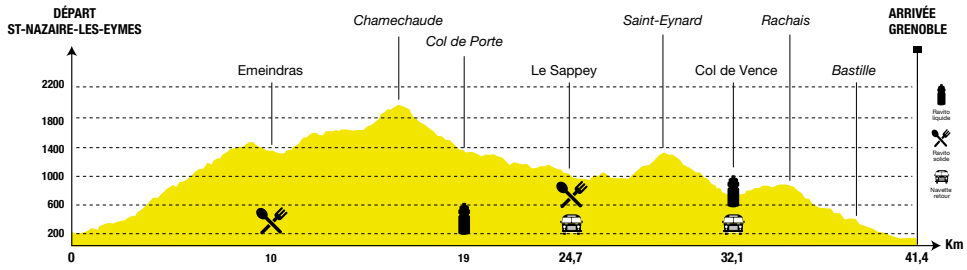
STAGE 2



Ut4M BELLEDONNE 40

Ut4M CHALLENGE 160

STAGE 3



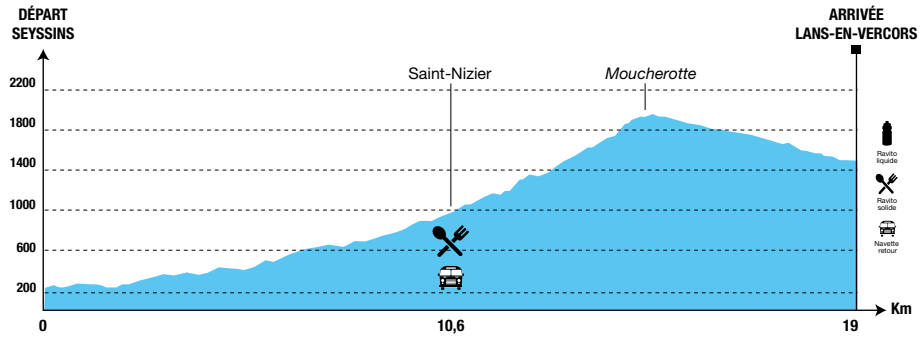
Ut4M CHARTREUSE 40

Ut4M CHALLENGE 160

STAGE 4

Profiles

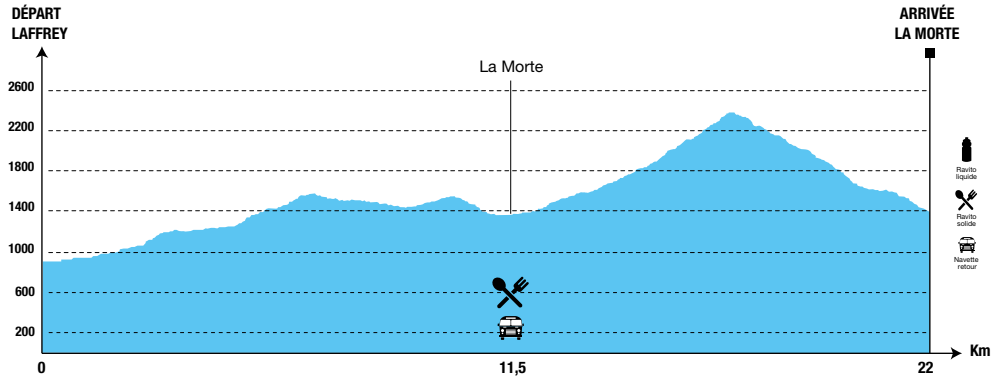
Ut4M 20 SERIES & Ut4M 80 CHALLENGE



Ut4M VERCORS 20

Ut4M CHALLENGE 80

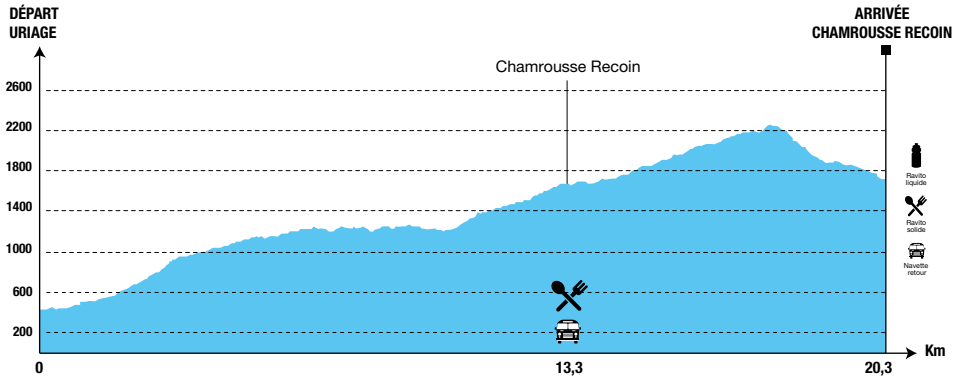
STAGE 1



Ut4M TAILLEFER 20

Ut4M CHALLENGE 80

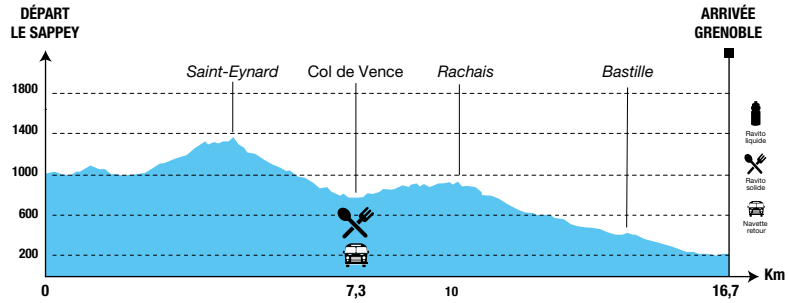
STAGE 2



Ut4M BELLEDONNE 20

Ut4M CHALLENGE 80

STAGE 3



Ut4M CHARTREUSE 20

Ut4M CHALLENGE 80

STAGE 4

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Details of the sections

VERCORS MASSIF

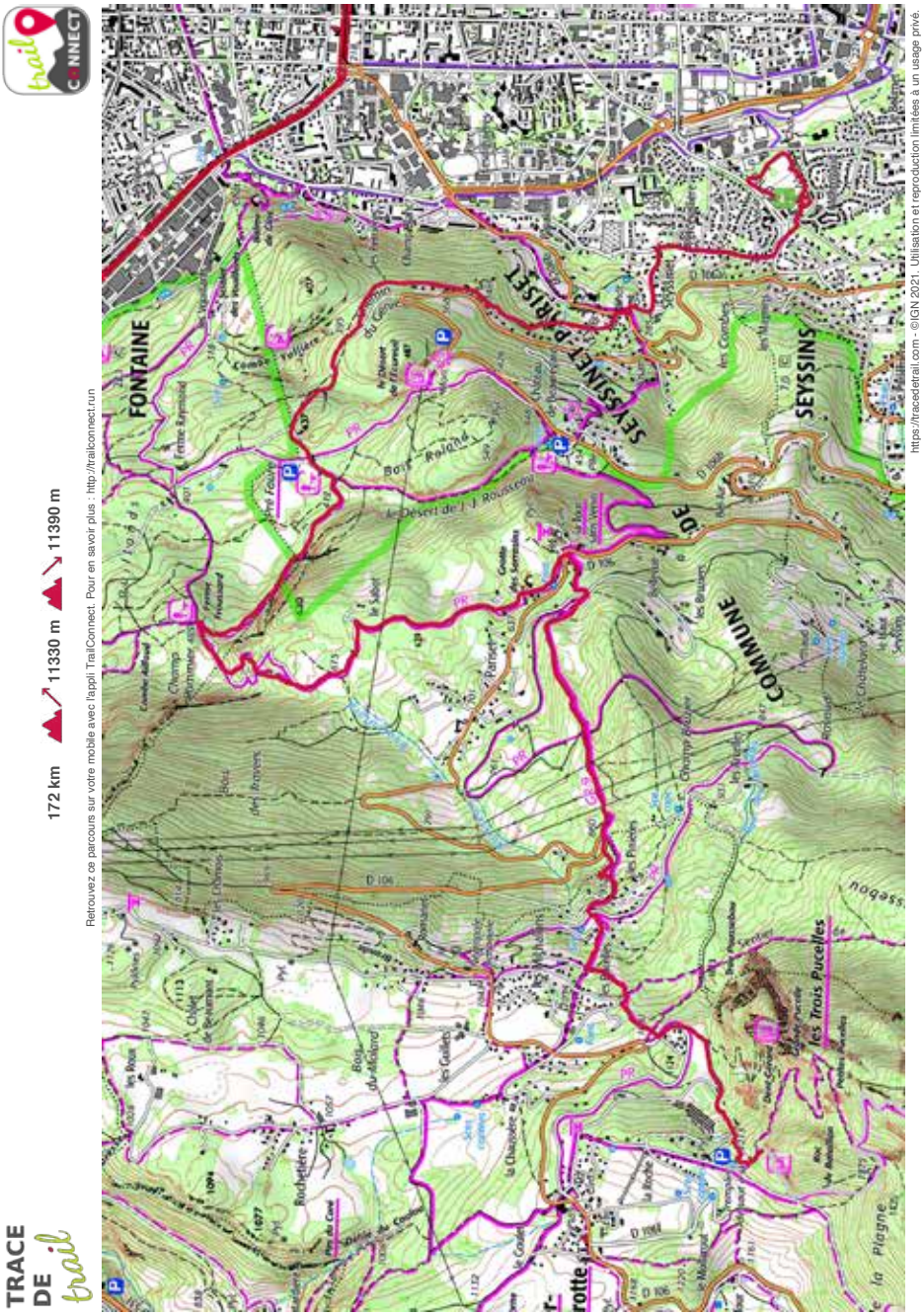
Section 1: Seyssins ➔ Saint-Nizier

Ut4M VERCORS 40

Ut4M CHALLENGE 160

STAGE 1

Ut4M XTREM 160



Details of the sections (continued)

VERCORS MASSIF

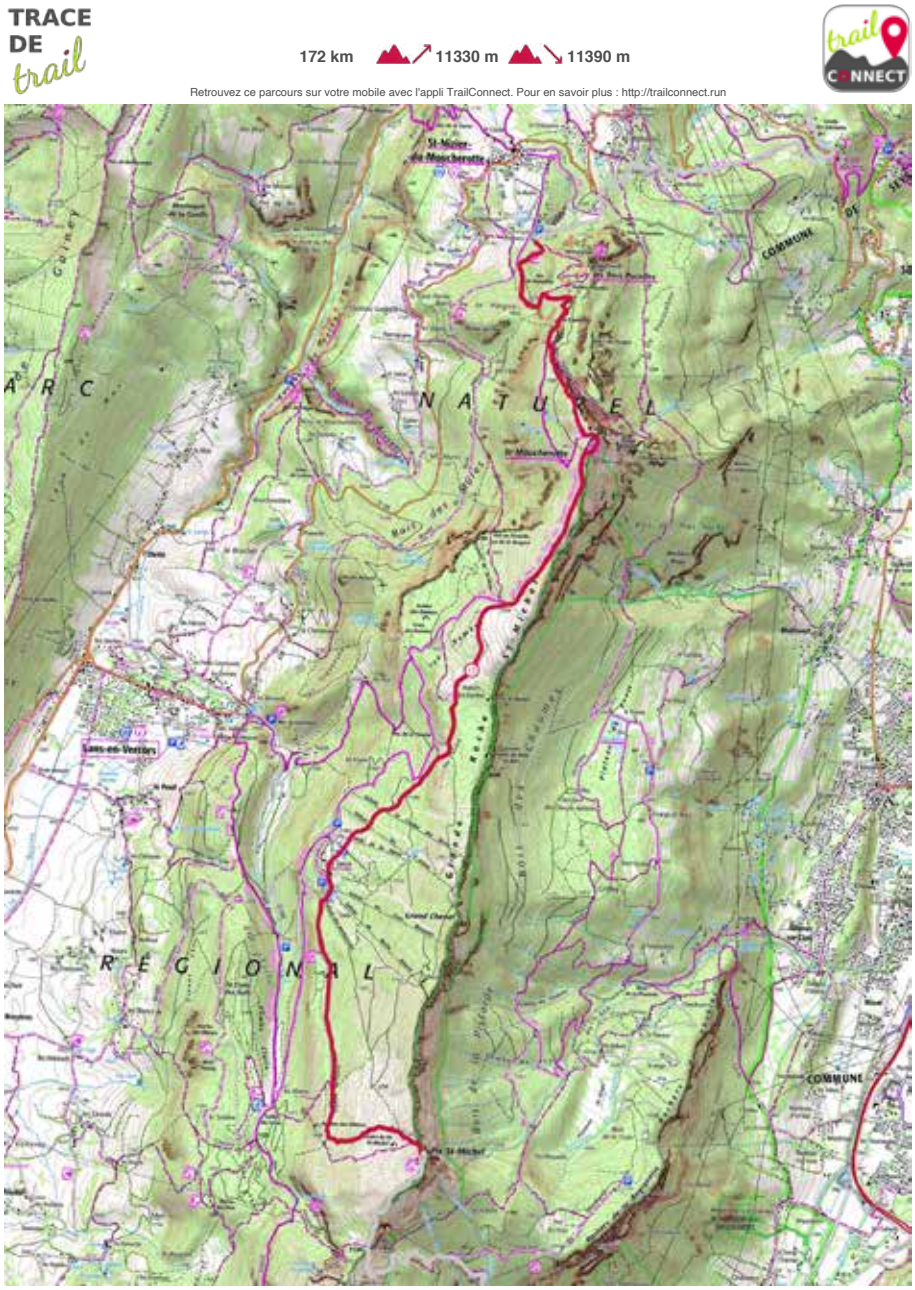
Section 2: Saint-Nizier ➔ Lans-en-Vercors

Ut4M VERCORS 40

Ut4M CHALLENGE 160

STAGE 1

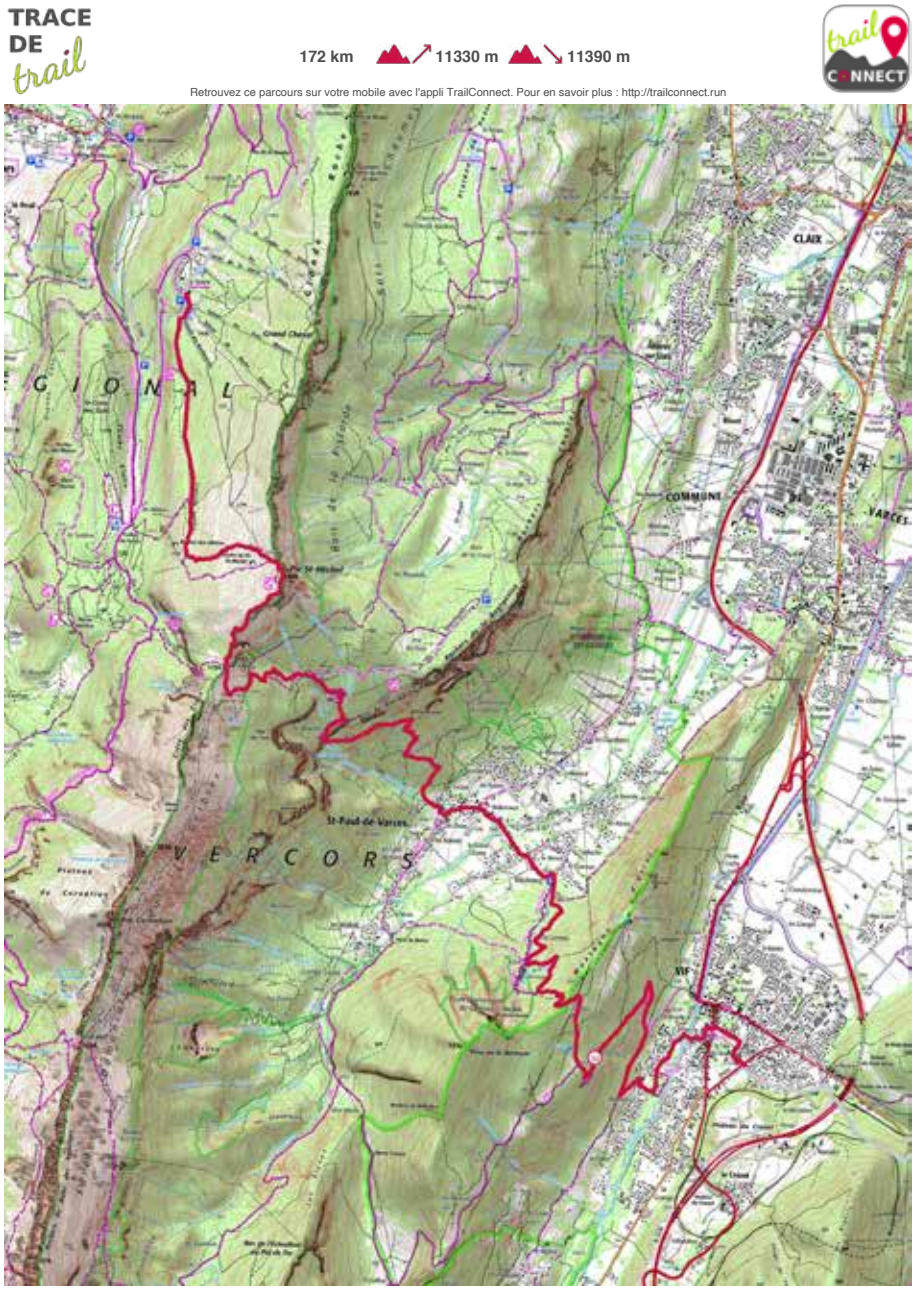
Ut4M XTREM 160



Details of the sections (continued)

VERCORS MASSIF

Section 3: Lans-en-Vercors ➔ Vif



Ut4M VERCORS 40

Ut4M CHALLENGE 160

STAGE 1

Ut4M XTREM 160

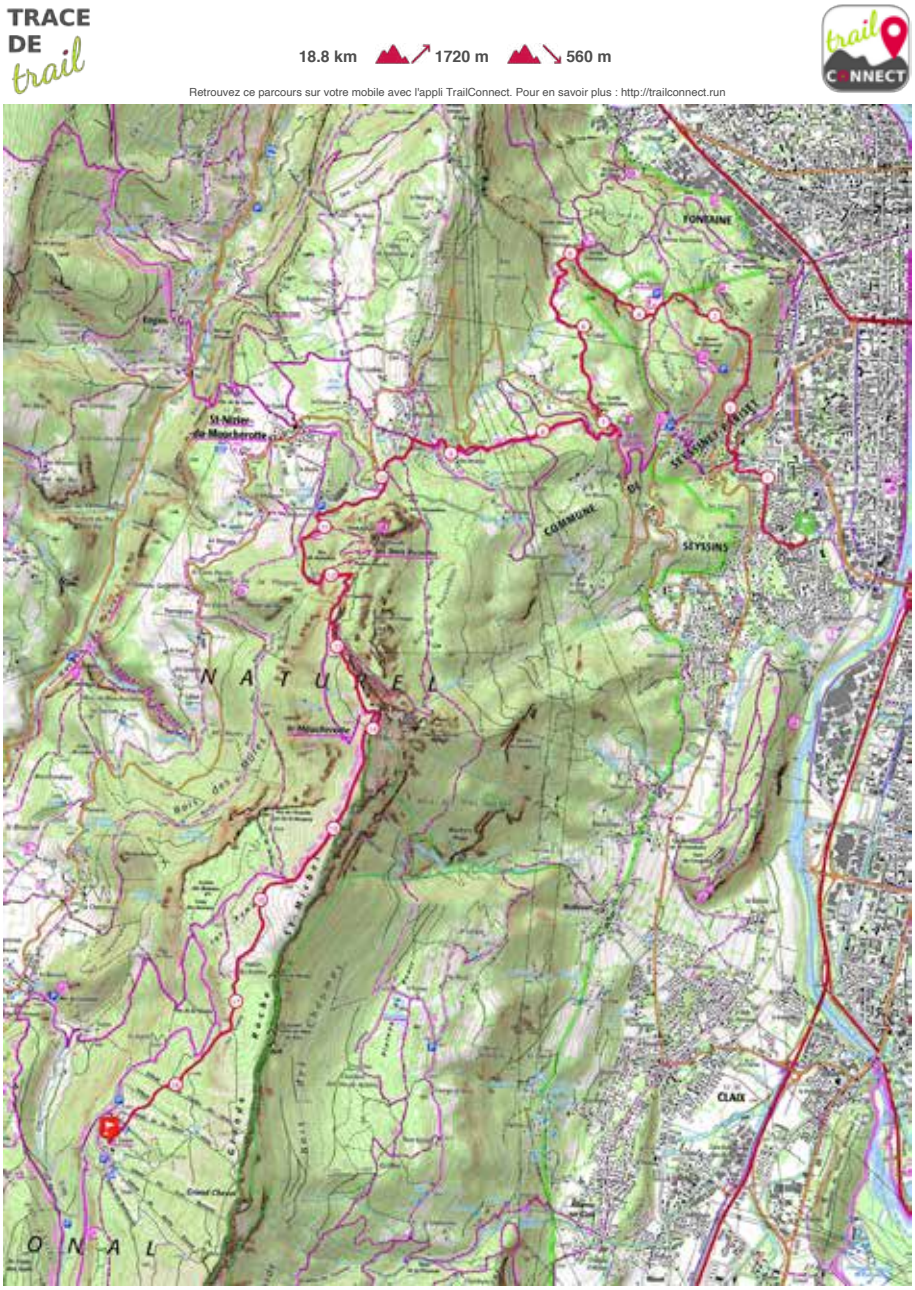
Details of the sections (continued)

VERCORS MASSIF

Ut4M VERCORS 20

Ut4M CHALLENGE 80

STAGE 1



GUIDETTI
PERFORMANCE

FABRIQUÉ
EN FRANCE

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SUR LE MARCHÉ

- **Bâtons pliables et ultralégers**
- **Déploiement en 2 secondes, d'une seule main**
- **Démontables et modulables**

FLASH LOCK
MODULO

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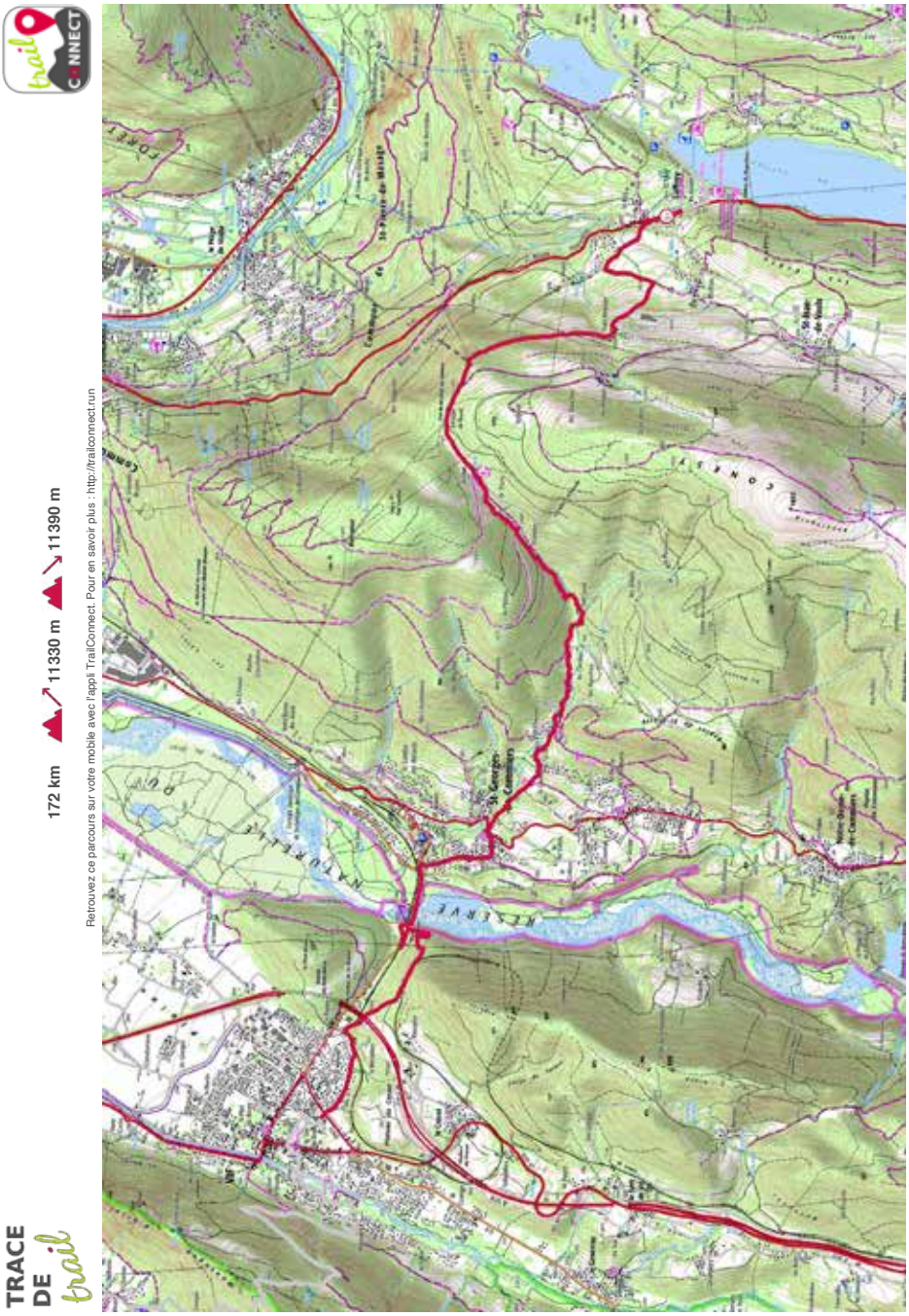
Details of the sections (continued)

TAILLEFER MASSIF

Section 4: Vif ➔ Laffrey



Ut4M TAILLEFER 40

Ut4M CHALLENGE 160

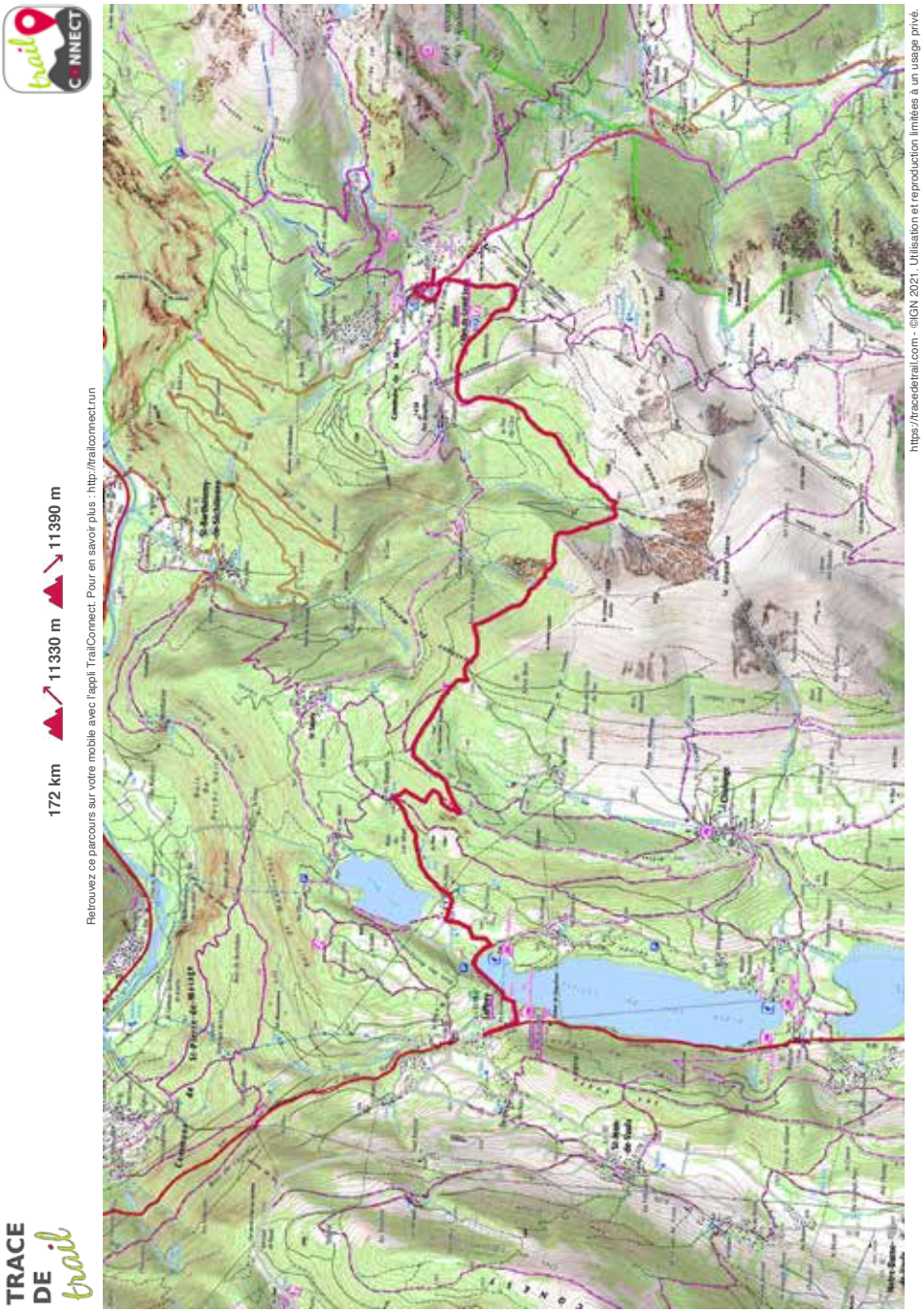
STAGE 2

Ut4M XTREM 160

Details of the sections (continued)

TAILLEFER MASSIF

Section 5: Laffrey ➔ La Morte



Ut4M TAILLEFER 40

Ut4M CHALLENGE 160

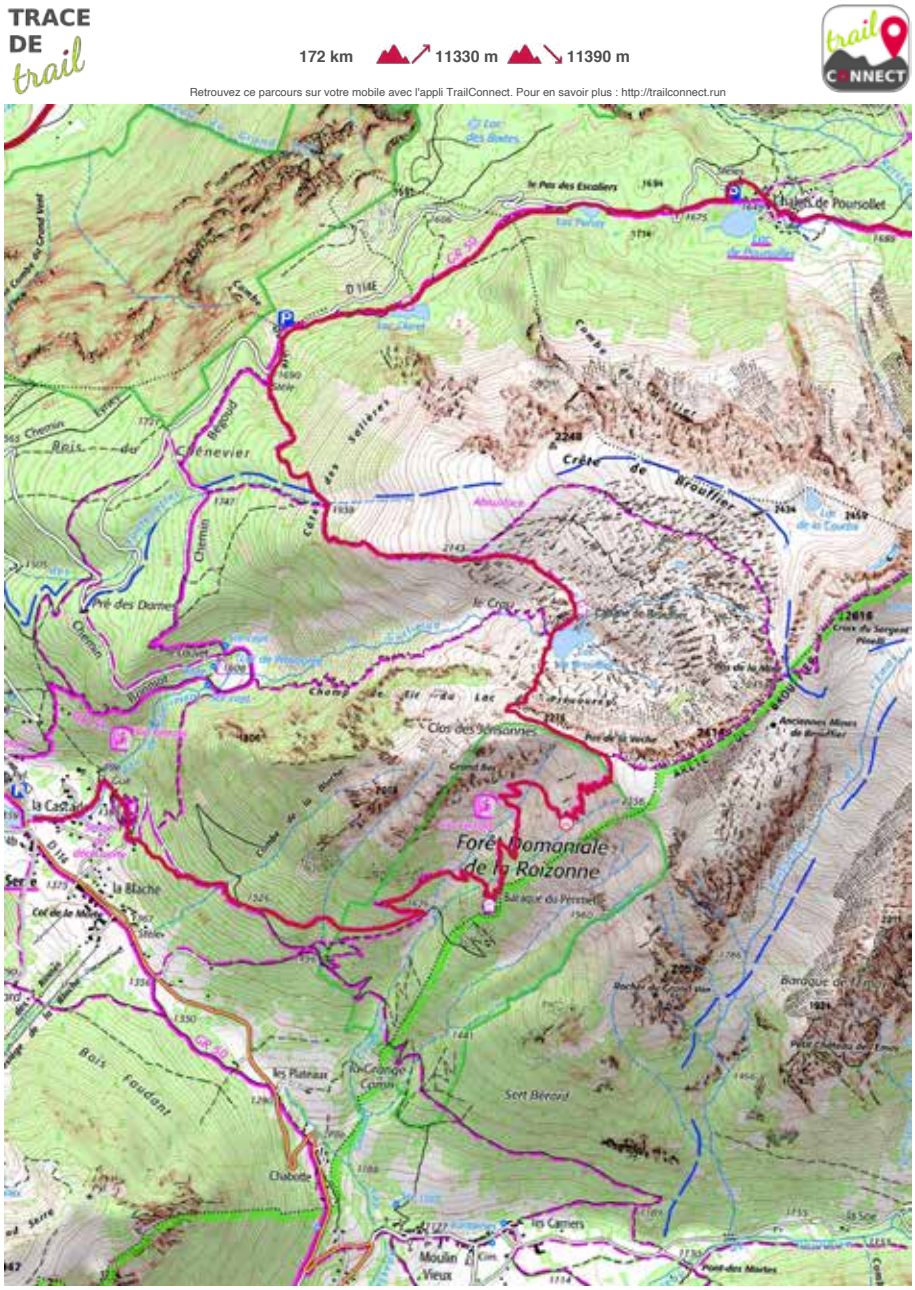
STAGE 2

Ut4M XTREM 160

Details of the sections (continued)

TAILLEFER MASSIF

Section 6: La Morte ➔ Lac du Poursollet



Ut4M TAILLEFER 40

Ut4M CHALLENGE 160

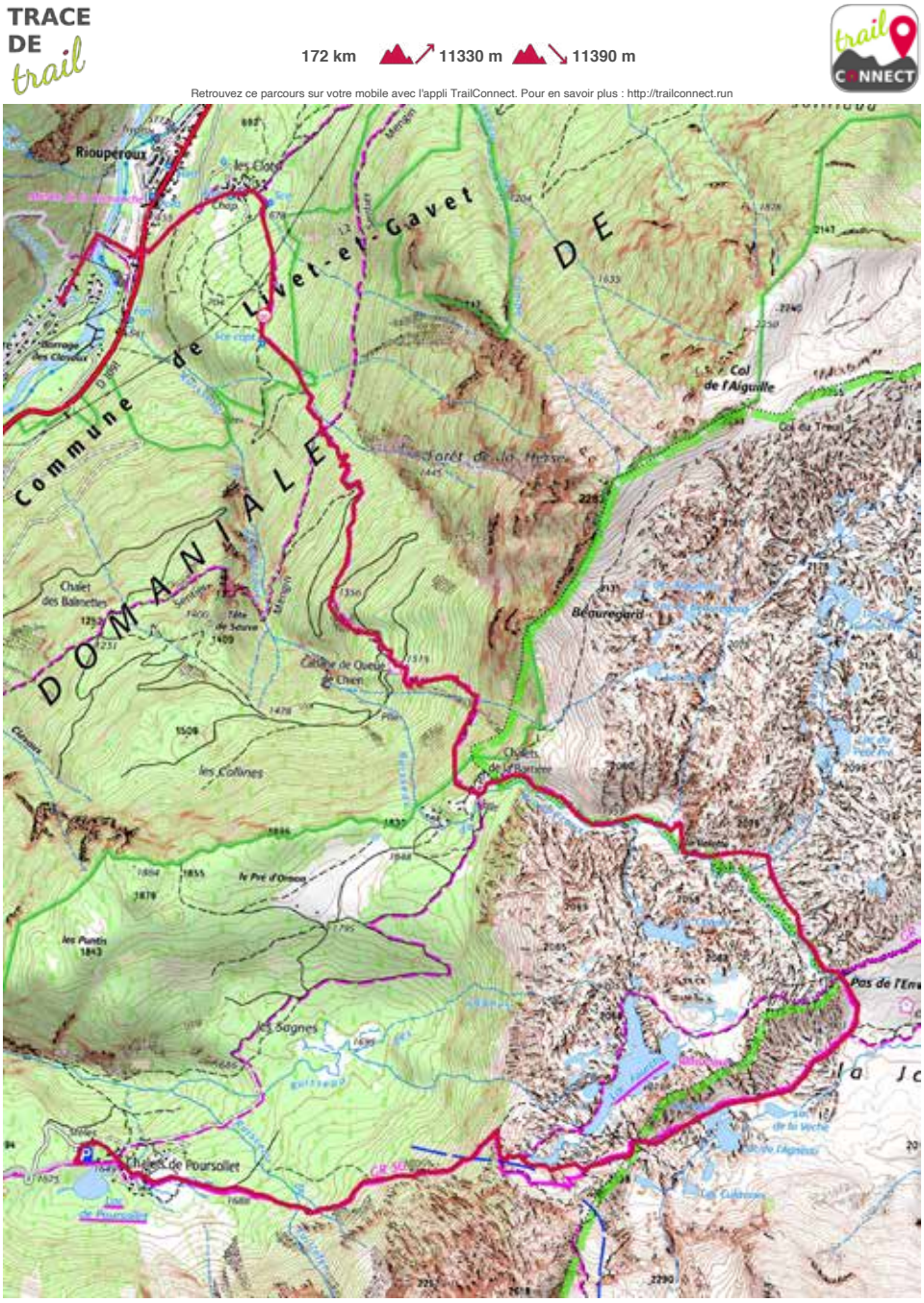
STAGE 2

Ut4M XTREM 160

Details of the sections (continued)

TAILLEFER MASSIF

Section 7: Lac du Poursollet ➔ Chalets de la Barrière –> Rioupéroux/La Salinière



Ut4M TAILLEFER 40

Ut4M CHALLENGE 160

STAGE 2

Ut4M XTREM 160

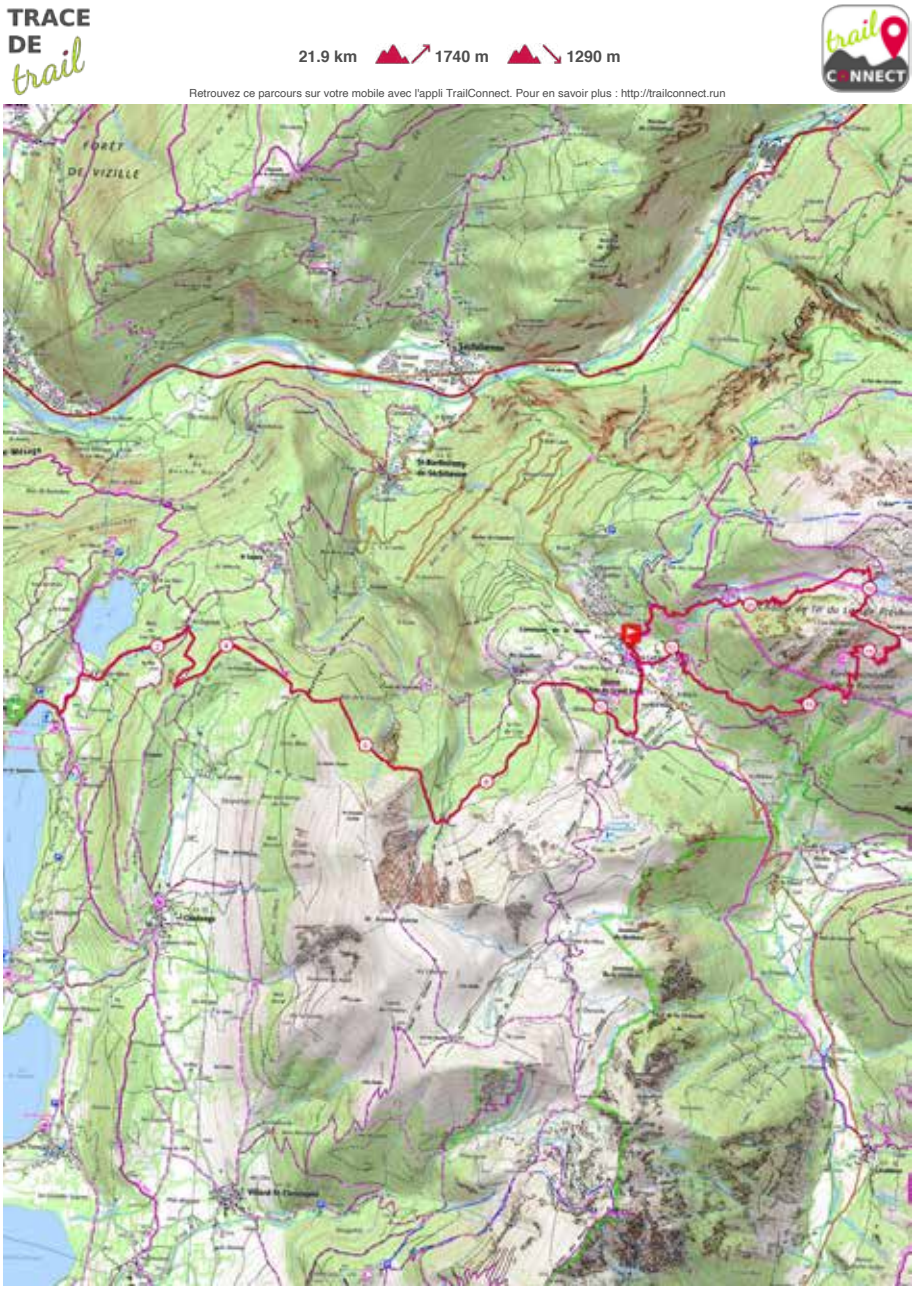
Details of the sections (continued)

TAILLEFER MASSIF

Ut4M TAILLEFER 20

Ut4M CHALLENGE 80

STAGE 2



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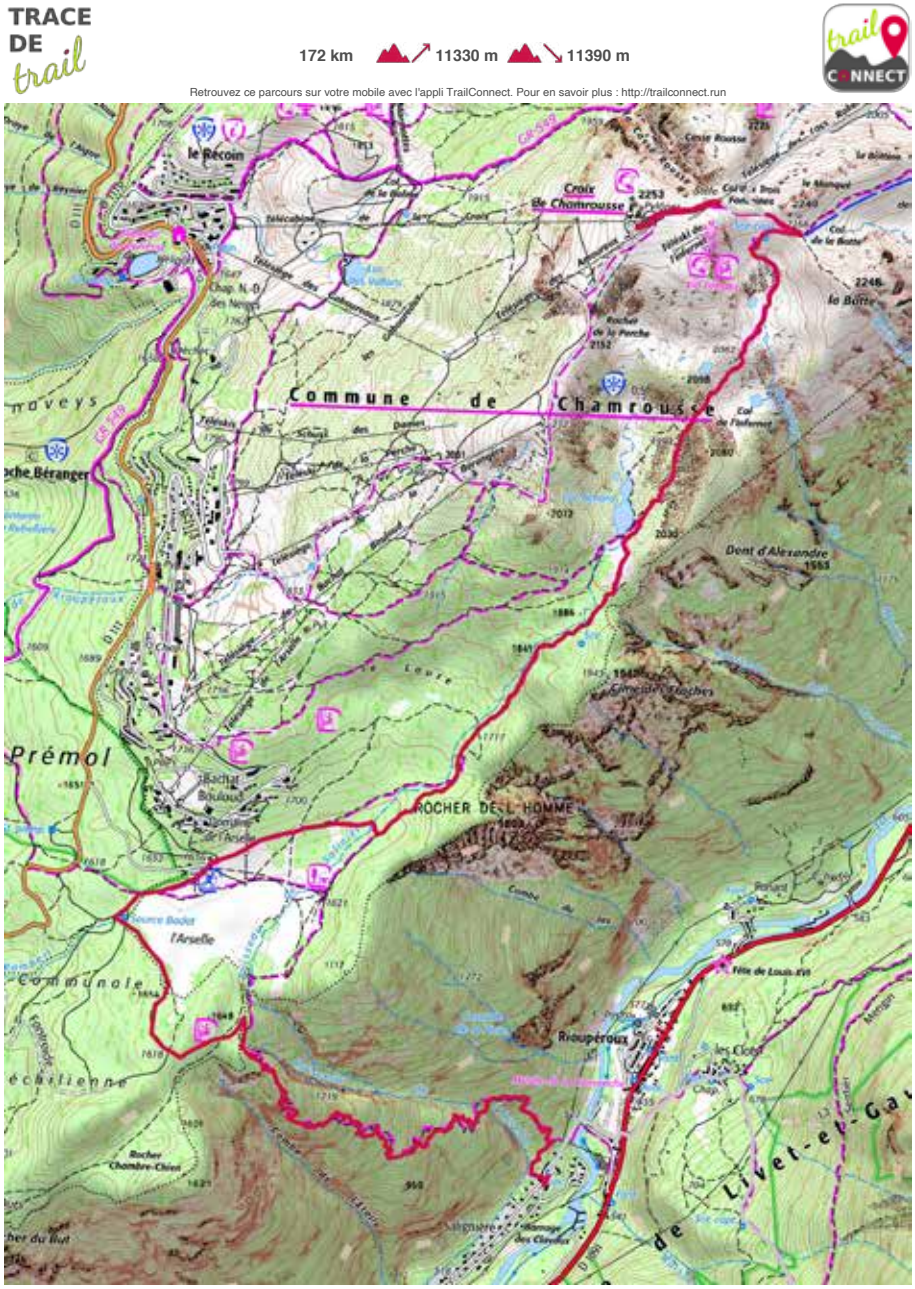
Details of the sections (continued)

BELLEDONNE MASSIF

Section 8: Rioupéroux/La Salinière ➔ Croix de Chamrousse



Ut4M BELLEDONNE 40

Ut4M CHALLENGE 160

STAGE 3

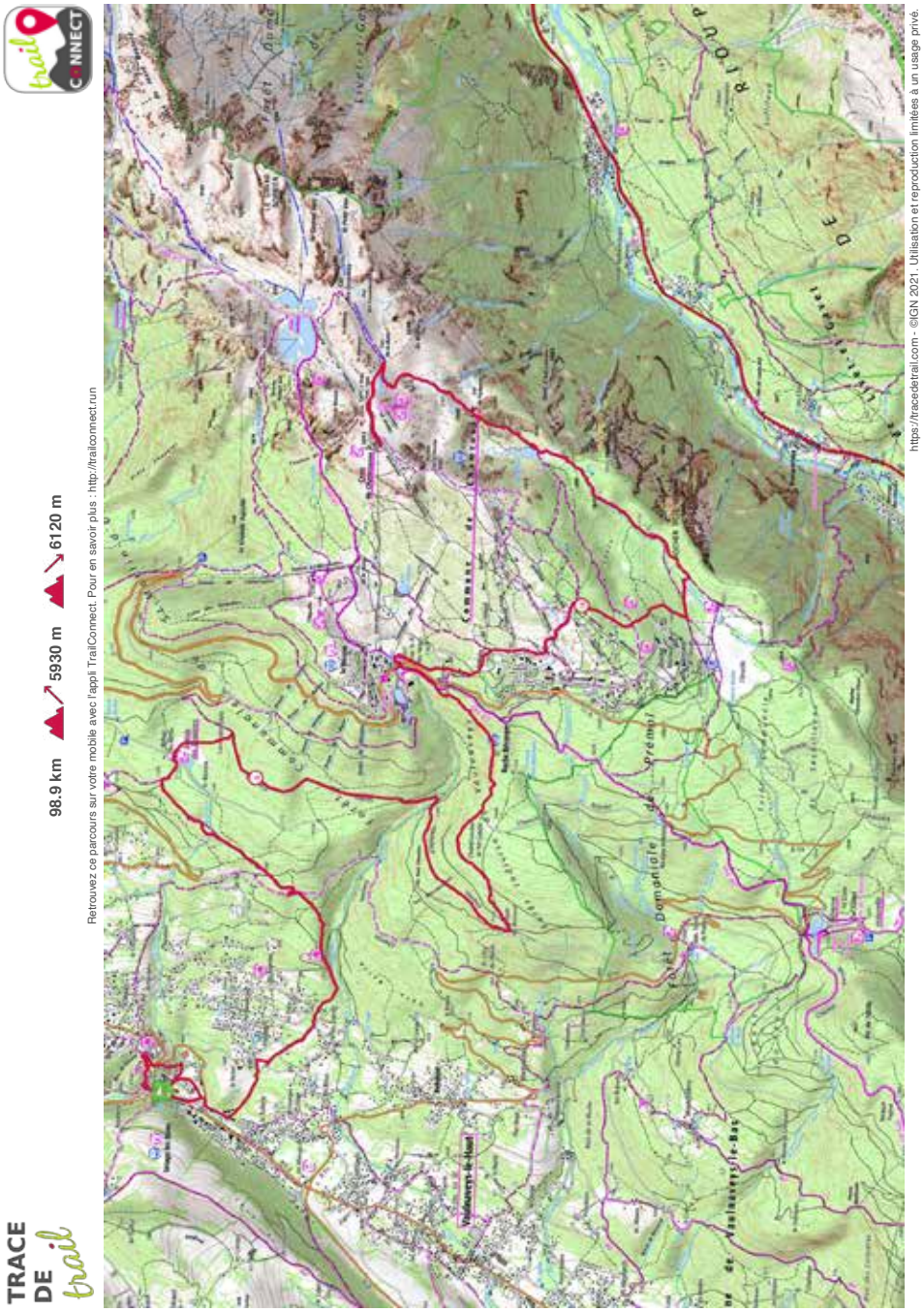
Ut4M XTREM 160

Details of the sections (continued)

BELLEDONNE MASSIF

Section 8 bis (Ut4M Master departure): Uriage ➔ Croix de Chamrousse

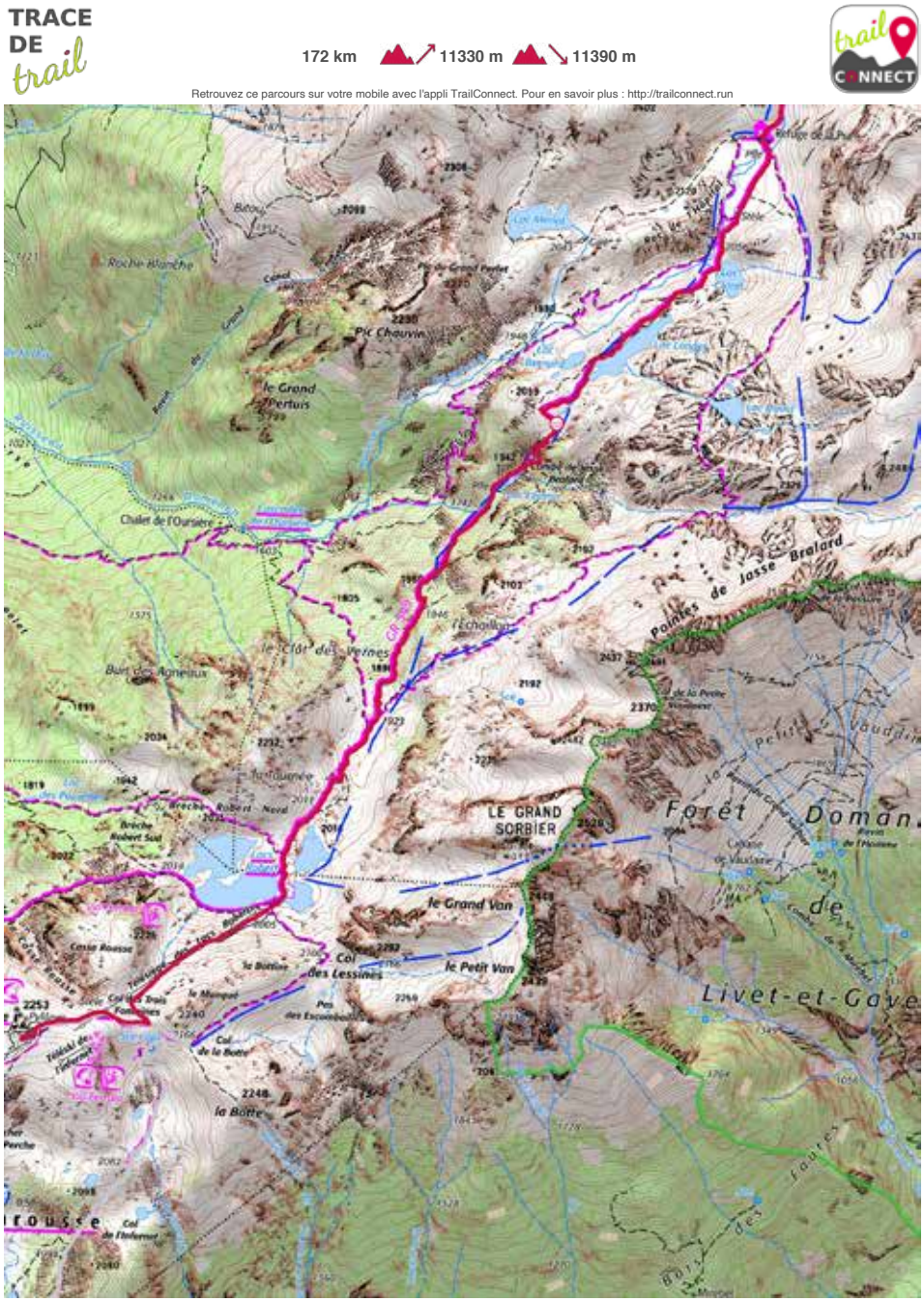
Ut4M MASTER 100



Details of the sections (continued)

BELLEDONNE MASSIF

Section 9: Croix de Chamrousse ➔ Refuge de la Pra



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Ut4M BELLEDONNE 40

Ut4M CHALLENGE 160

STAGE 3

Ut4M XTREM 160

Ut4M MASTER 100

Details of the sections (continued)

BELLEDONNE MASSIF

Section 10: Refuge de la Pra ➔ Refuge du Pré du Molard

Ut4M BELLEDONNE 40

Ut4M CHALLENGE 160

STAGE 3

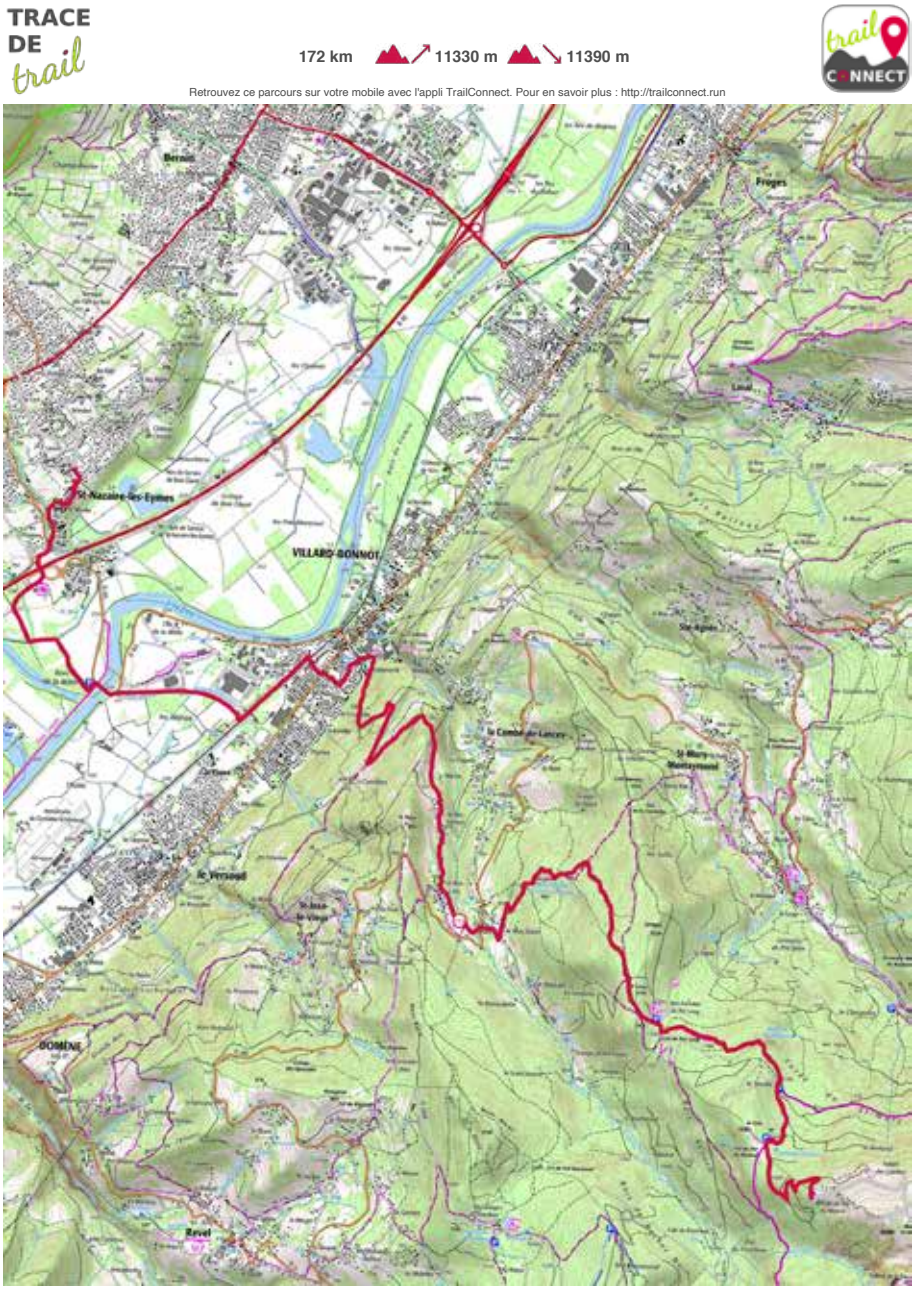
Ut4M XTREM 160

Ut4M MASTER 100

Details of the sections (continued)

BELLEDONNE MASSIF

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



Ut4M BELLEDONNE 40

Ut4M CHALLENGE 160

STAGE 3

Ut4M XTREM 160

Ut4M MASTER 100

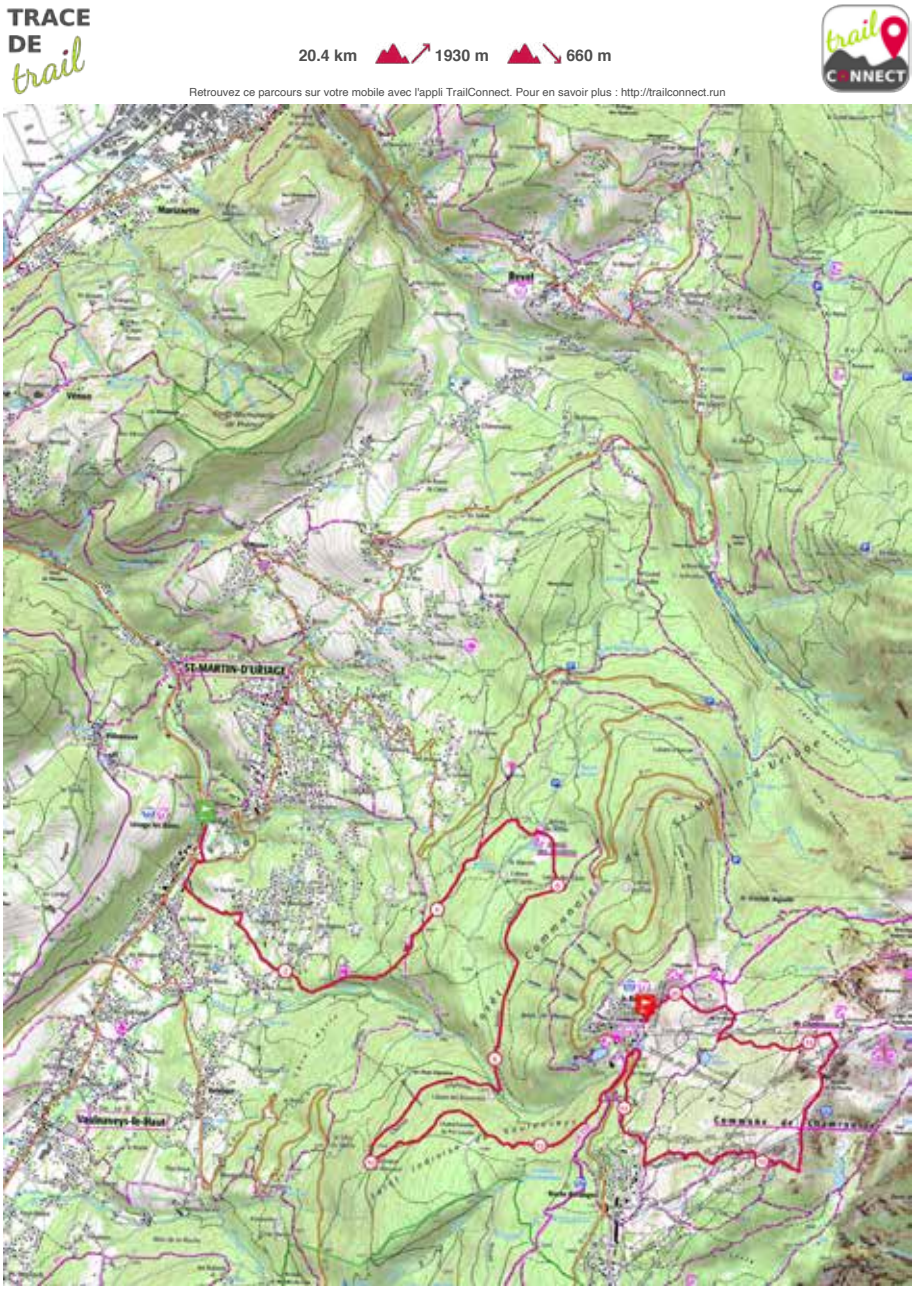
Details of the sections (continued)

BELLEDONNE MASSIF

Ut4M BELLEDONNE 20

Ut4M CHALLENGE 80

STAGE 3



Intersport St-Martin-d'Hères
111 Av. Gabriel Péri,
38400 Saint-Martin d'Hères

Intersport La Mure
ZI des Marais,
38350 La Mure

Intersport St-Égrève
1, rue de la trémouillère
Zone Commerciale CAP 38
38120 Saint-Egrève

Suivez-nous sur les réseaux sociaux !

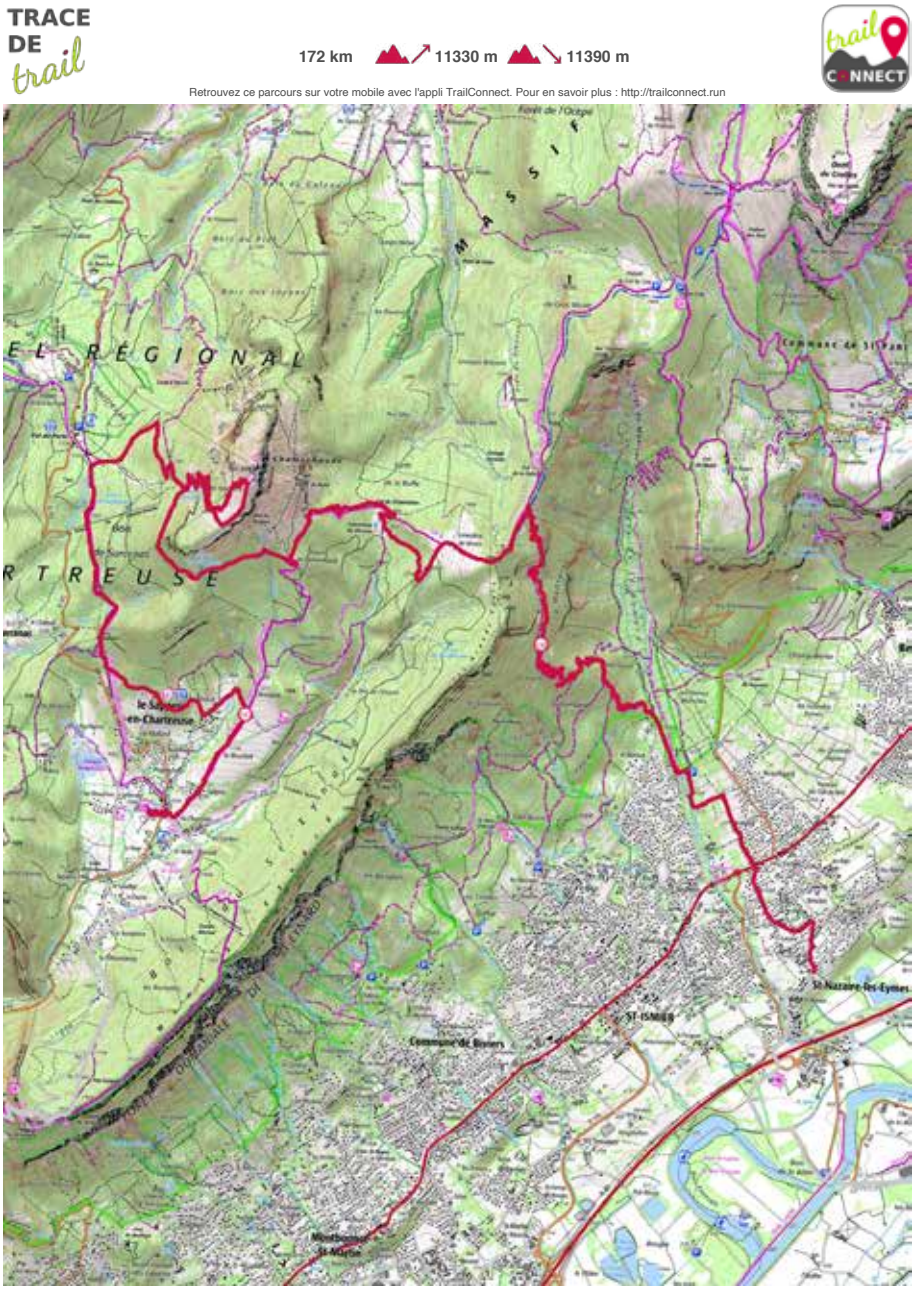
INTERSPORT SAINT MARTIN D'HERES / INTERSPORT LA MURE / INTERSPORT Saint Egreve

intersport_st_martin_dheres

Details of the sections (continued)

CHARTREUSE MASSIF

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



Ut4M CHARTREUSE 40

Ut4M CHALLENGE 160

STAGE 4

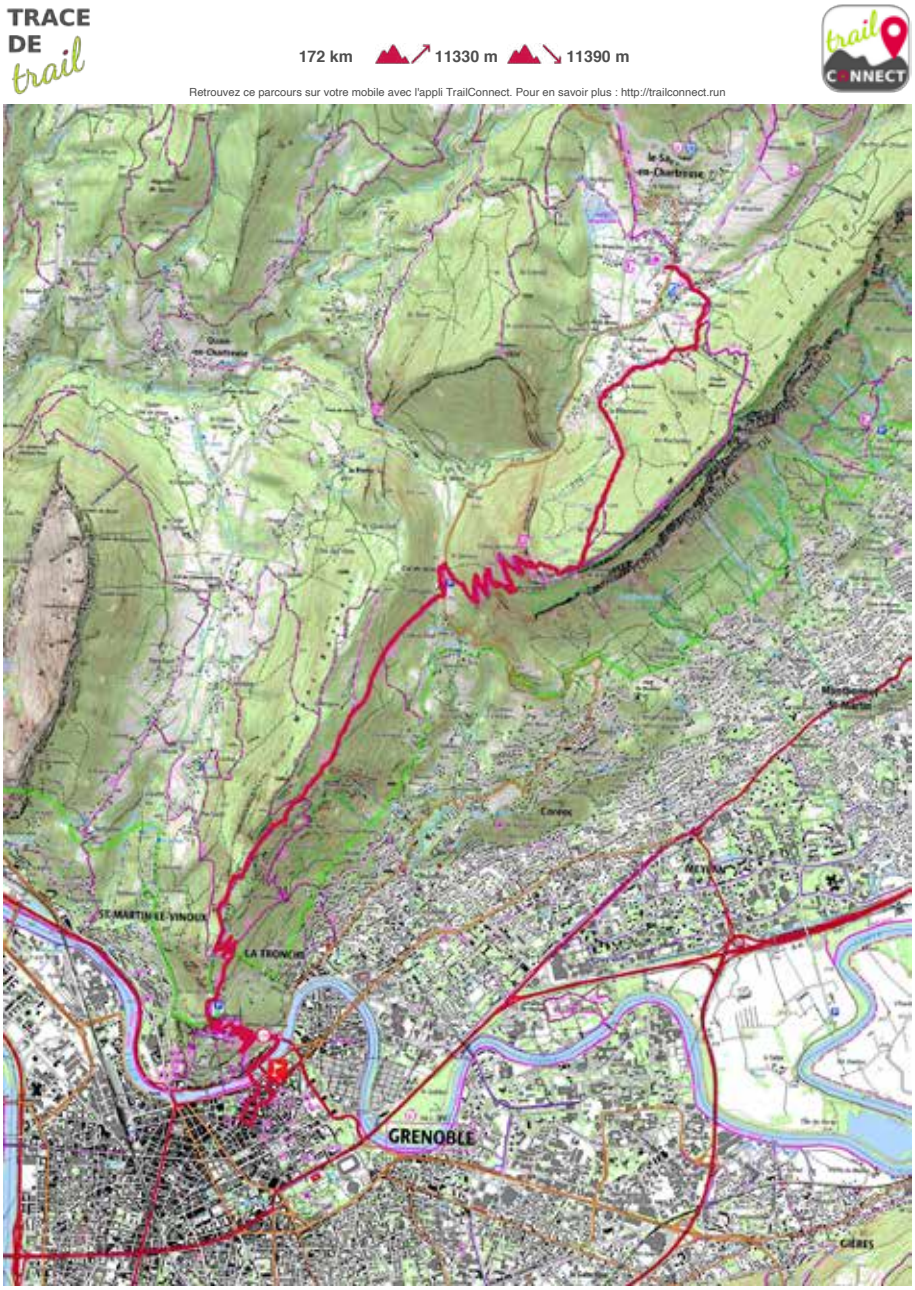
Ut4M XTREM 160

Ut4M MASTER 100

Details of the sections (continued)

CHARTREUSE MASSIF

Section 13: Le Sappey-en-Chartreuse ➔ Grenoble



Ut4M CHARTREUSE 40

Ut4M CHALLENGE 160

STAGE 4

Ut4M XTREM 160

Ut4M MASTER 100

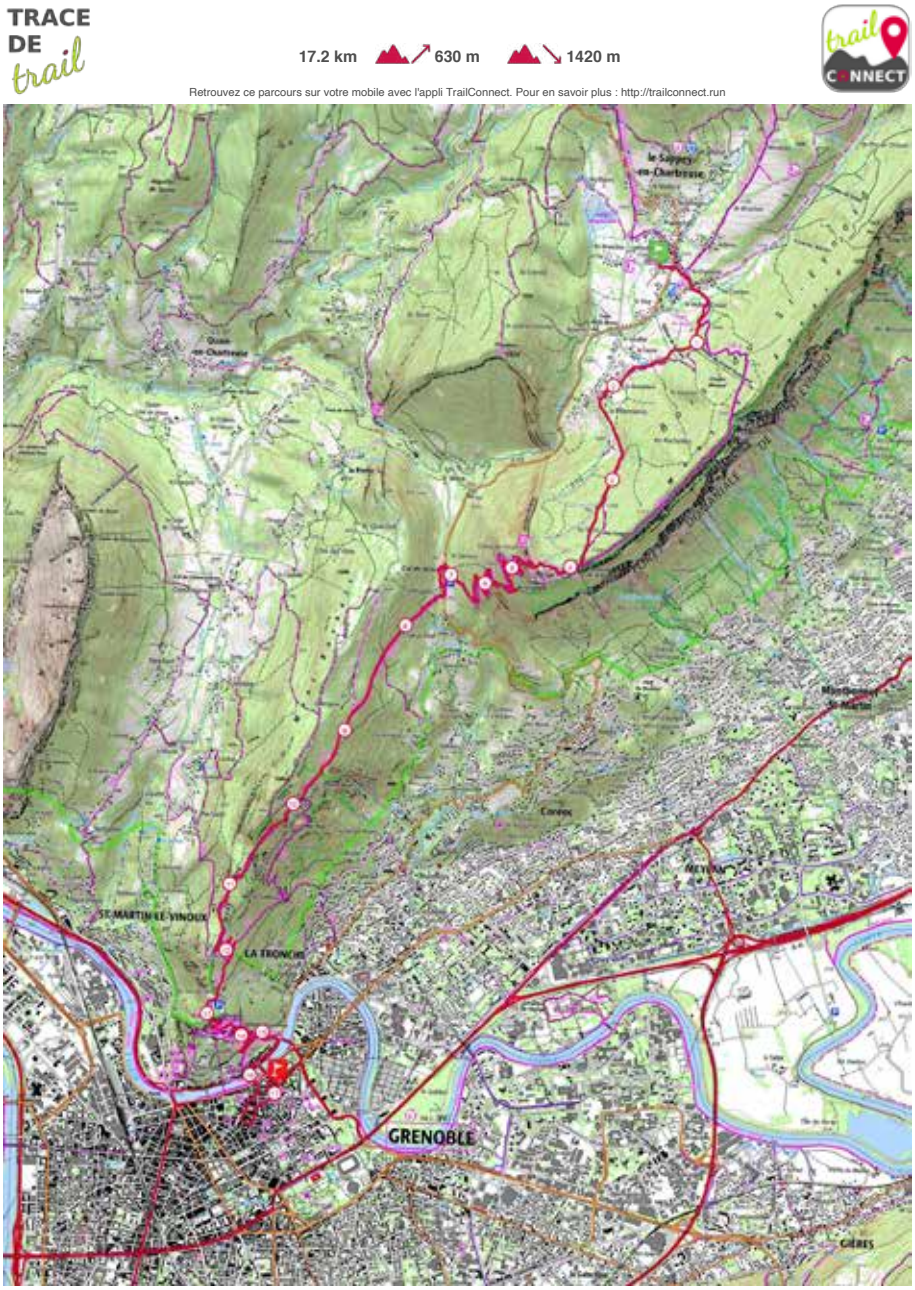
Details of the sections (continued)

CHARTREUSE MASSIF

Ut4M CHARTREUSE 20

Ut4M CHALLENGE 80

STAGE 4



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 June 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

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-trail), the climb to Lake Achard (off-trail) and the Pra plateau (off-trail).

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.

WWW.ST-YORRE.COM – REJOIGNEZ LA COMMUNAUTÉ SUR STYORRERUNNING

Neptune 391751351 RCS Cusset et visuels non contractuels

© DESIGN ACTIV'IMAGES

Where to meet us

NEW BASE CAMP
Place Victor Hugo à Grenoble

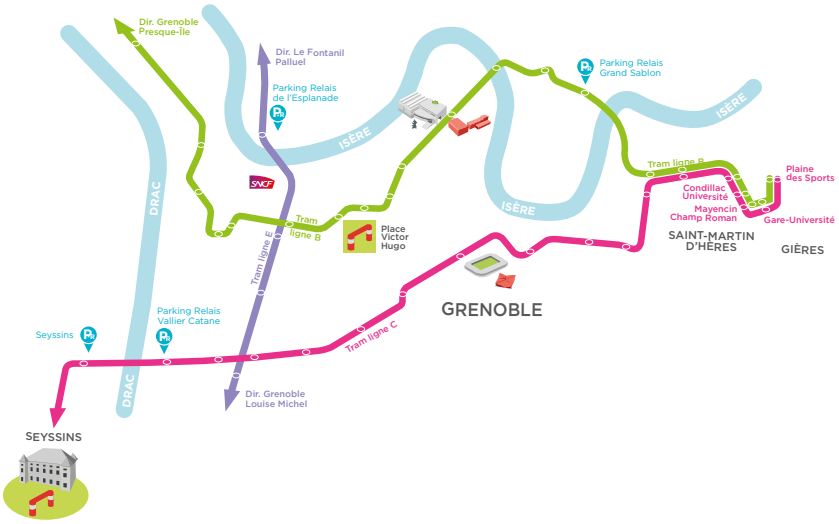
WHERE TO PARK

To park, use the park-and-ride lots!

There are 40 in the Grenoble area, including the one in Catane-Vallier which is free for our runners and volunteers! And the SMMAG* allows you to circulate freely on the MTAG network upon presentation of your race number!

All the info: mobilites-m.fr and https://www.tag.fr

* Mobility syndicate in the Grenoble area



Where to see the runners

Points	Adresse	Spécificités
1_SAINT-NIZIER DU MOUCHEROTTE	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.
2_LANS-EN-VERCORS (Stade de Neige)	La Sierre 38250 Lans-en-Vercors	
3_SAINT-PAUL-DE-VARCES	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.
4_VIF	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.
5_LAFFREY	Prairie de la rencontre 38220 Laffrey	
6_LA MORTE	Plaine des Jeux 38350 La Morte	
7_LAC DU POURSOLLET	38220 Livet et Gavet	Please respect the parking instructions as we are in a sensitive natural area. Accompanying persons and the public cannot access the Poursolet lake by car: a free shuttle bus will be provided from La Morte to the Poursolet lake refreshment station.
8_CHALETS DE LA BARRIÈRE	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.
9_LA SALINIÈRE	Rue de l'Arselle 38220 Livet-et-Gavet	
9 bis_URIAGE*	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.
9 ter_RECOIN*	Le Recoin de Chamrousse 38410 Chamrousse	
10_LE PLATEAU DE L'ARSELLE	Parking du plateau de l'Arselle 38410 Chamrousse	

*** Uniquement coureurs du Master**

Where to see the runners (continued)

Points	Adresse	Spécificités
11_LA CROIX DE CHAMROUSSE	38410 Chamrousse	This point is only accessible on foot or by cable car from Recoin (Chamrousse). All information on the ski lift: https ://www.chamrousse.com/ouverturetarif-pieton-telecabine-telesiege.html
12_REFUGE DE LA PRA	38420 Revel	This point is only accessible on foot from the Freydières car park (3 hours' walk).
13_REFUGE DU PRÉ MOLARD	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).
14_VILLARD-BONNOT	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.
15_SAINT-ISMIER	Parking de la Bâtie 38330 Saint-Ismier	Very difficult parking. The Department's activities in sensitive natural areas.
16_SAINT-NAZAIRE-LES-EYMES	Salle Cartier Millon Chemin de la Mairie 38330 Saint-Nazaire-les-Eymes	
17_LE SAPPEY-EN-CHARTREUSE	Foyer de Ski de Fond Chemin des Charmettes, 38700 Le Sappey-en-Chartreuse	
18_LE FORT DU SAINT-EYNARD	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.
19_LA BASTILLE	Fort de la Bastille 38000 Grenoble	The Fort de la Bastille is accessible on foot or by cable car. For accompanying persons and runners, a special rate is offered by the Grenoble cable car company: 6.10 € instead of 9 € for adults and 5.40 € for children! By car, beware the road is not always open and is VERY steep. All information on : http ://www.bastille-grenoble.fr/

I ♥ Ut4M