

ROADBOOK RUNNERS AND SUPPORTERS

www.ut4m.fr

21 | 24
JULY
2022



The Alps trail

Where
Magic
happens

17 July 2022 version



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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



174,4 km for 12,280 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.

- **Ut4M 160 Challenge**

Start of the first stage on Thursday 21 July at 8 am from Seyssins.



97,9 km for 6,420 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**

48.2 km, 3160 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 estimated.

DEPARTURE				
	DAY 1 21 ST JULY	DAY 2 22 ND JULY	DAY 3 23 RD JULY	DAY 4 24 TH JULY
	8:00 Seyssins STAGE 1	8:00 Vif STAGE 2	7:00 Uriage STAGE 3	00:00 Sappey-en-Chartreuse STAGE 4
	8:00 Seyssins STAGE 1	8:00 Laffrey STAGE 2	8:00 Rioupéroux STAGE 3	0:00 Sappey-en-Chartreuse STAGE 4
	10:00 Seyssins STAGE 1	8:00 Laffrey STAGE 2	10:00 Uriage STAGE 3	7:00 St-Nazaire-les-Eymes STAGE 4
	10:00 Seyssins STAGE 1	15:00 Seyssins STAGE 2	10:00 Uriage STAGE 3	7:00 St-Nazaire-les-Eymes STAGE 4
ARRIVAL				
	DAY 1 21 ST JULY	DAY 2 22 ND JULY	DAY 3 23 RD JULY	DAY 4 24 TH JULY
	12:30 Vif STAGE 1	10:00 La Morte STAGE 2	12:30 Saint-Nazaire-les-Eymes STAGE 3	1:30 Grenoble STAGE 4
	12:30 Vif STAGE 1	10:00 La Morte STAGE 2	12:30 St-Nazaire-les-Eymes STAGE 3	1:30 Grenoble STAGE 4
	12:00 Lans en Vercors STAGE 1	13:30 Rioupéroux STAGE 2	12:00 Chamrousse Recoin STAGE 3	11:30 Grenoble STAGE 4
	12:00 Lans en Vercors STAGE 1	13:30 Rioupéroux STAGE 2	12:00 Chamrousse Recoin STAGE 3	11:30 Grenoble STAGE 4
			18:00 Grenoble STAGE 3	19:00 Grenoble Arrival of the last runners
			20:00 Grenoble STAGE 3	
	 ÉTAPE 1	 ÉTAPE 2	 ÉTAPE 3	 ÉTAPE 4

27^e
BRIGADE
D'INFANTERIE
DE MONTAGNE



COURAGE
SOLIDARITÉ
ENGAGEMENT

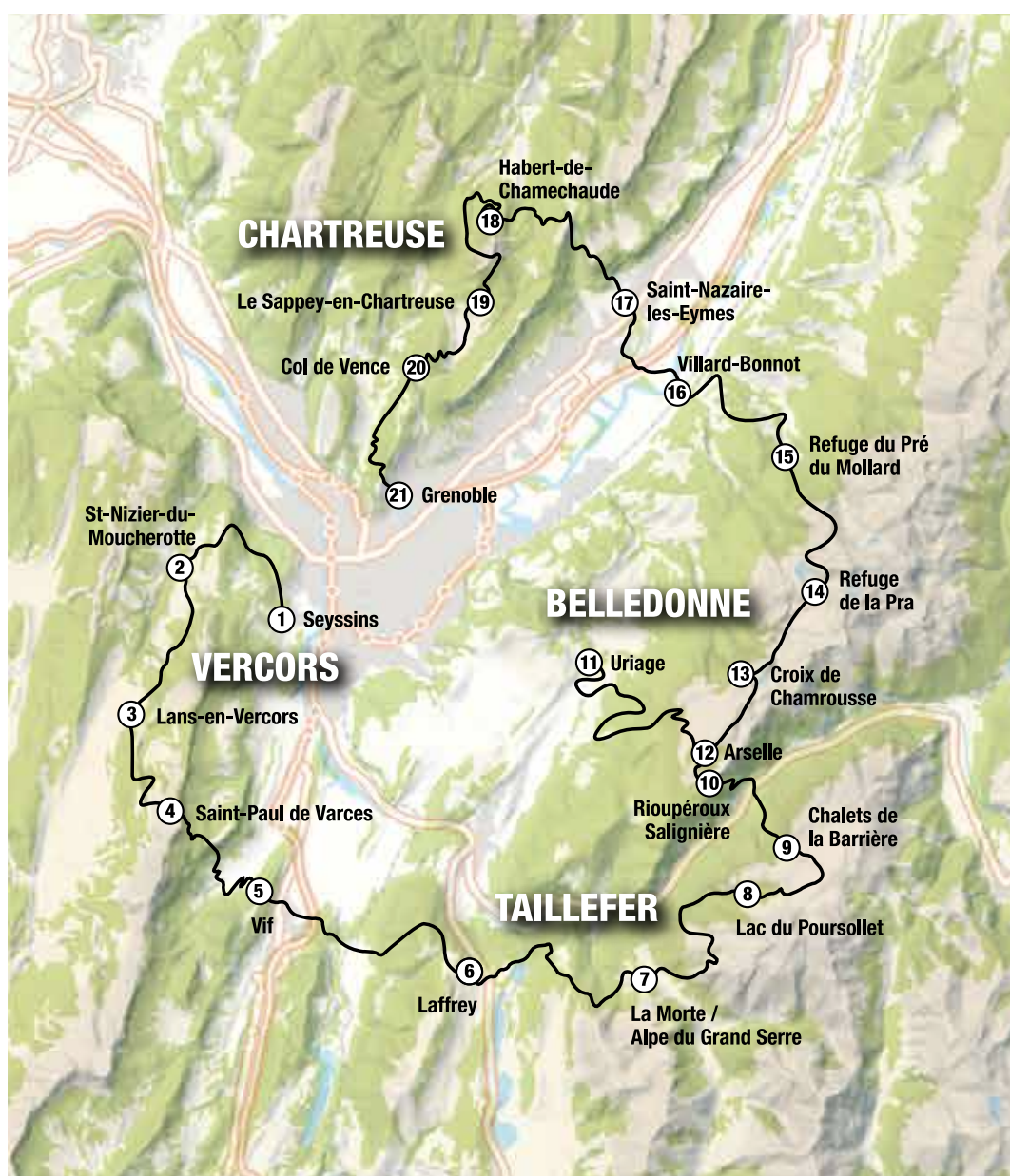


@27BIM



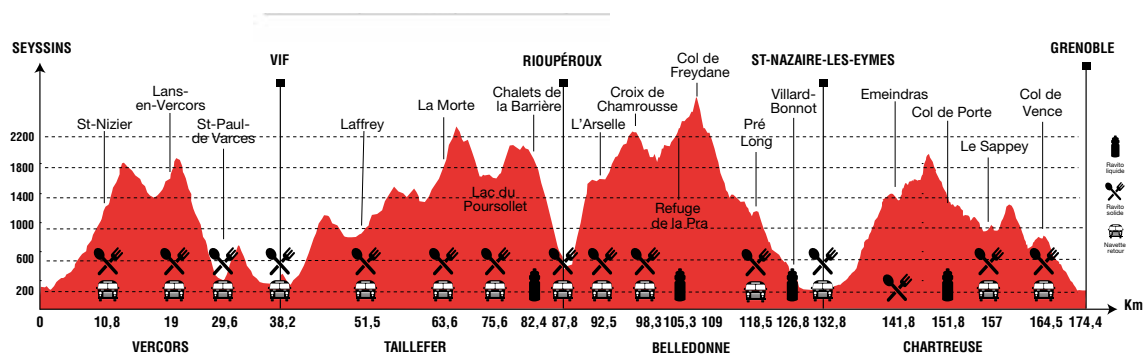
General map of the course

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).

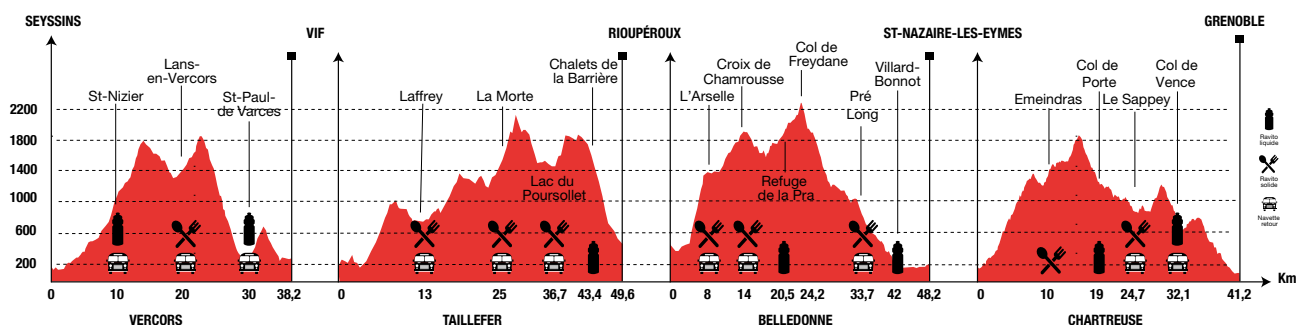


Profiles

Ut4M 160 XTREM

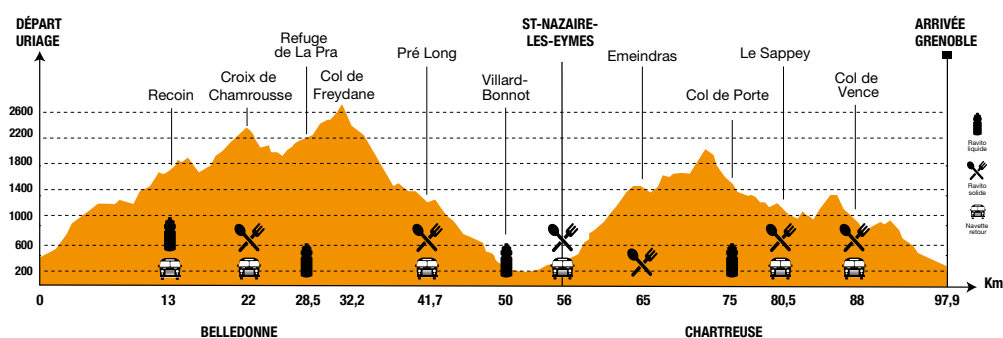


Ut4M 160 CHALLENGE

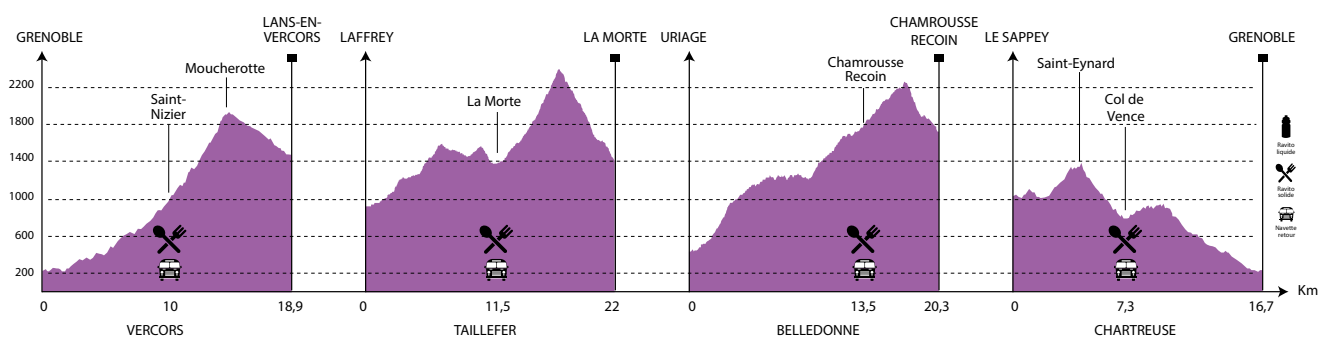


Profiles

Ut4M 100 MASTER

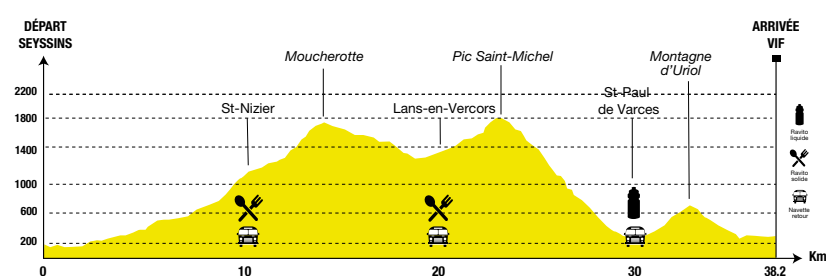


Ut4M 80 CHALLENGE

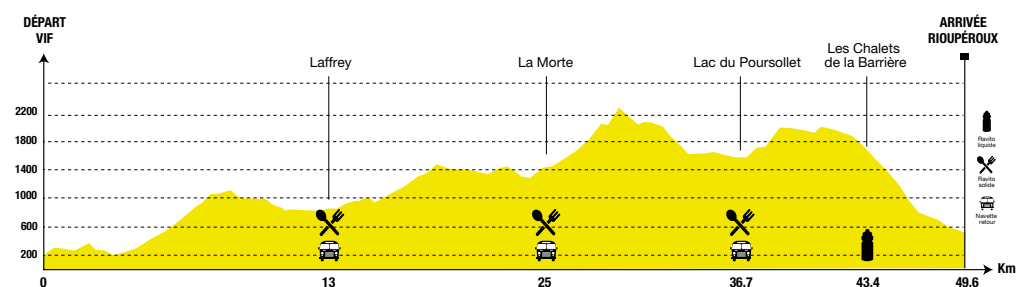


Profiles

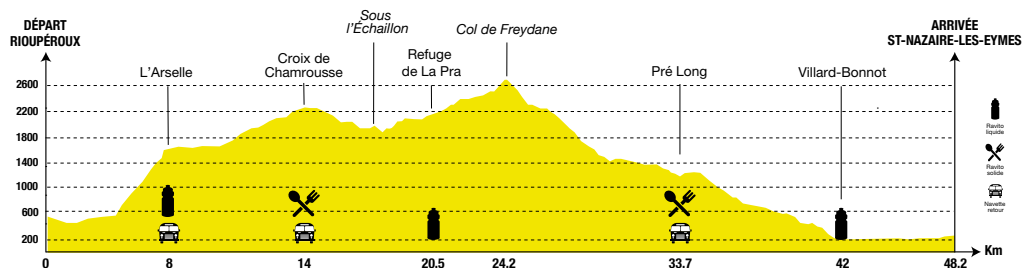
Ut4M 40 SERIES & Ut4M 160 CHALLENGE



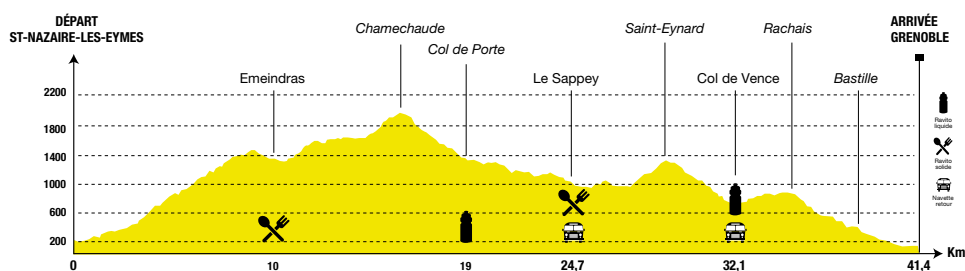
STAGE 1



STAGE 2



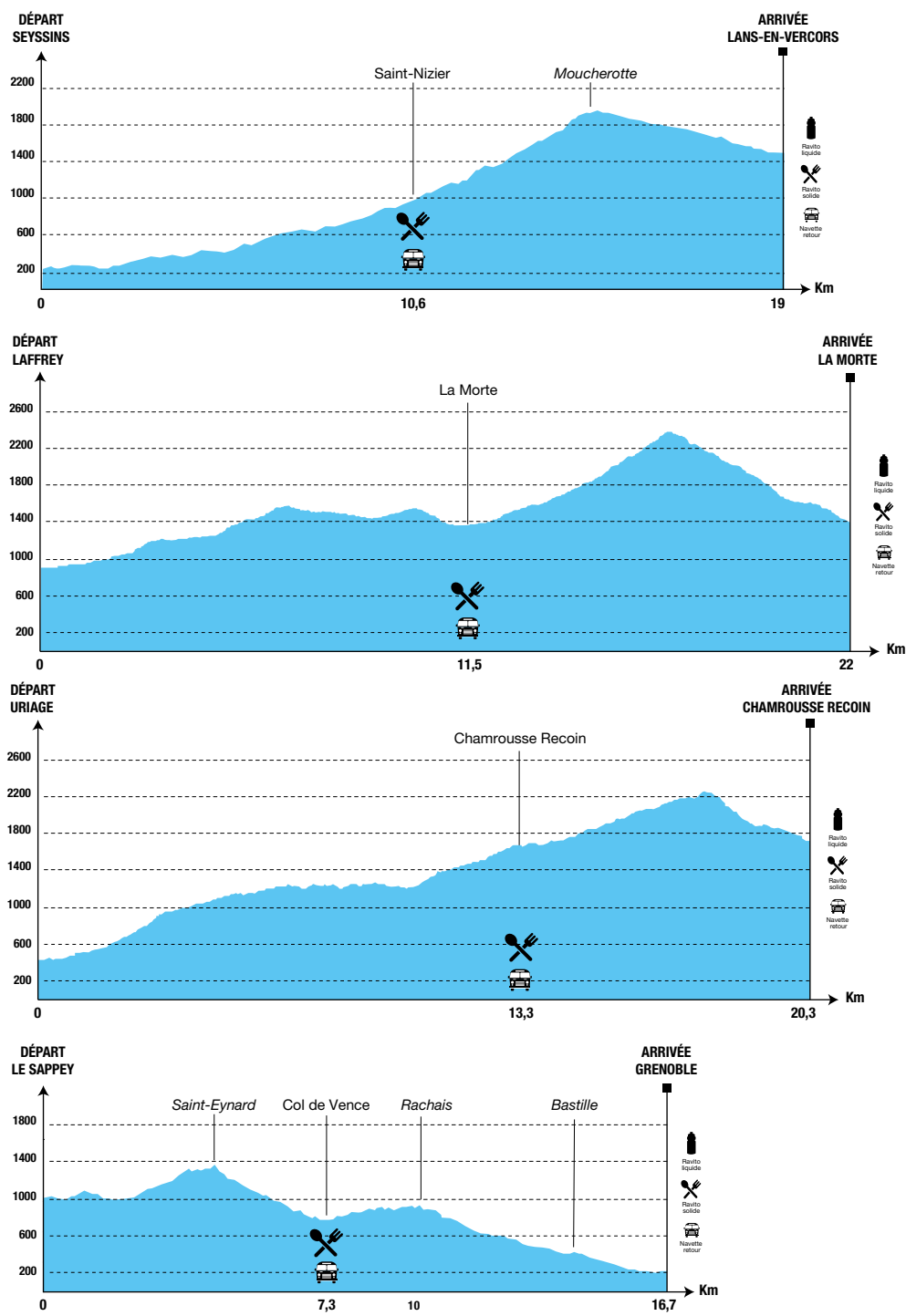
STAGE 3



STAGE 4

Profiles

Ut4M 20 SERIES & Ut4M 80 CHALLENGE



STAGE 1



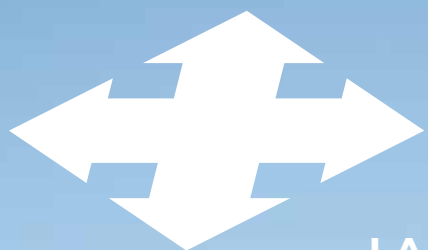
STAGE 2



STAGE 3



STAGE 4



RAIDLIGHT®

LA MARQUE FRANÇAISE SPÉCIALISTE DU TRAIL.



Bandeau
Made in France
20g



Maillot Ripstretch
Made in France
100g



Sac à dos Revolutiv
Made in France
175g



Short Ripstretch
Made in France
95g



Chaussettes Mix
coolmax
2 x 35g



Chaussures
Revolutiv 2.0
2 x 355g



Bâtons de trail
Mixte Compact
Carbon Ultra Evo
2 x 170g



RAIDLIGHT®
PARTENAIRE



Details of the sections

VERCORS MASSIF

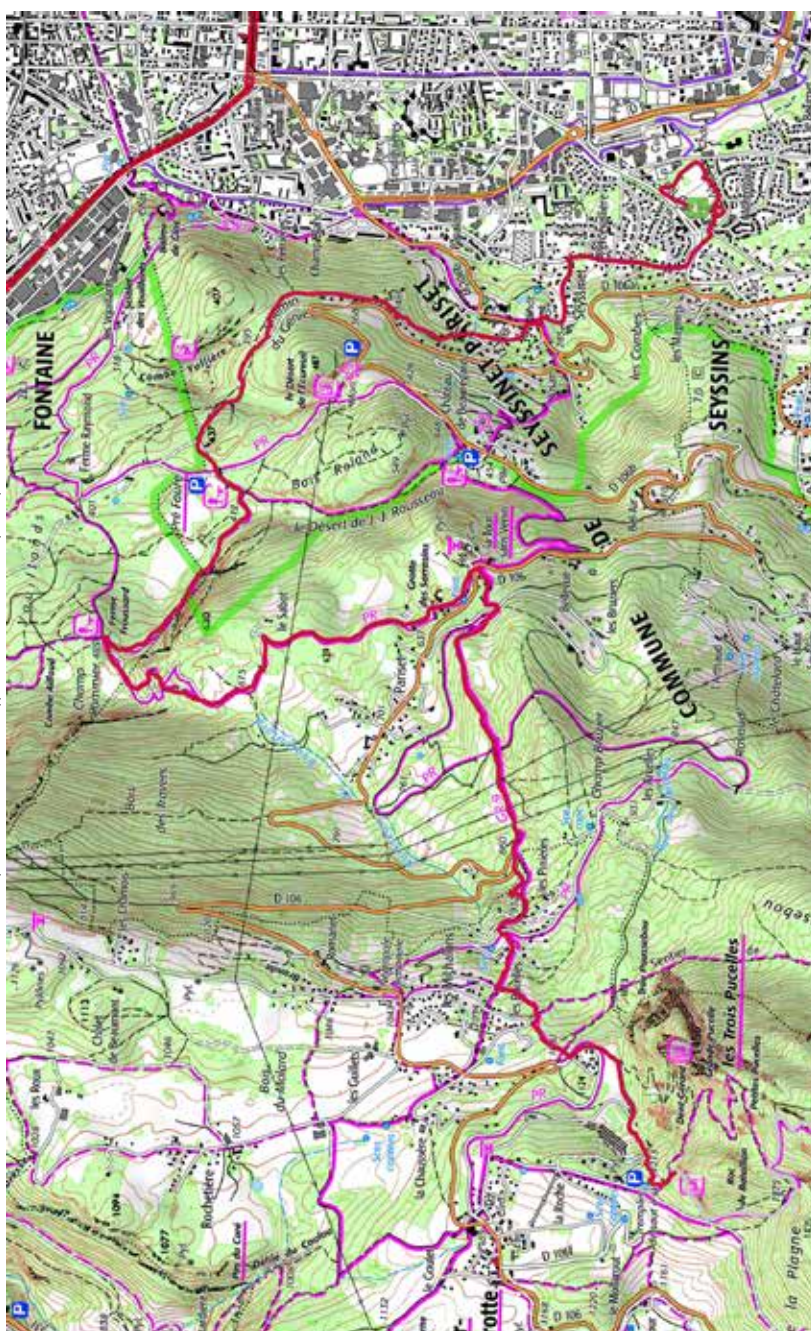
Section 1: Seyssins → Saint-Nizier



172 km
11330 m
11390 m

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

TRACE
DE
trail



STAGE 1



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Details of the sections (continued)

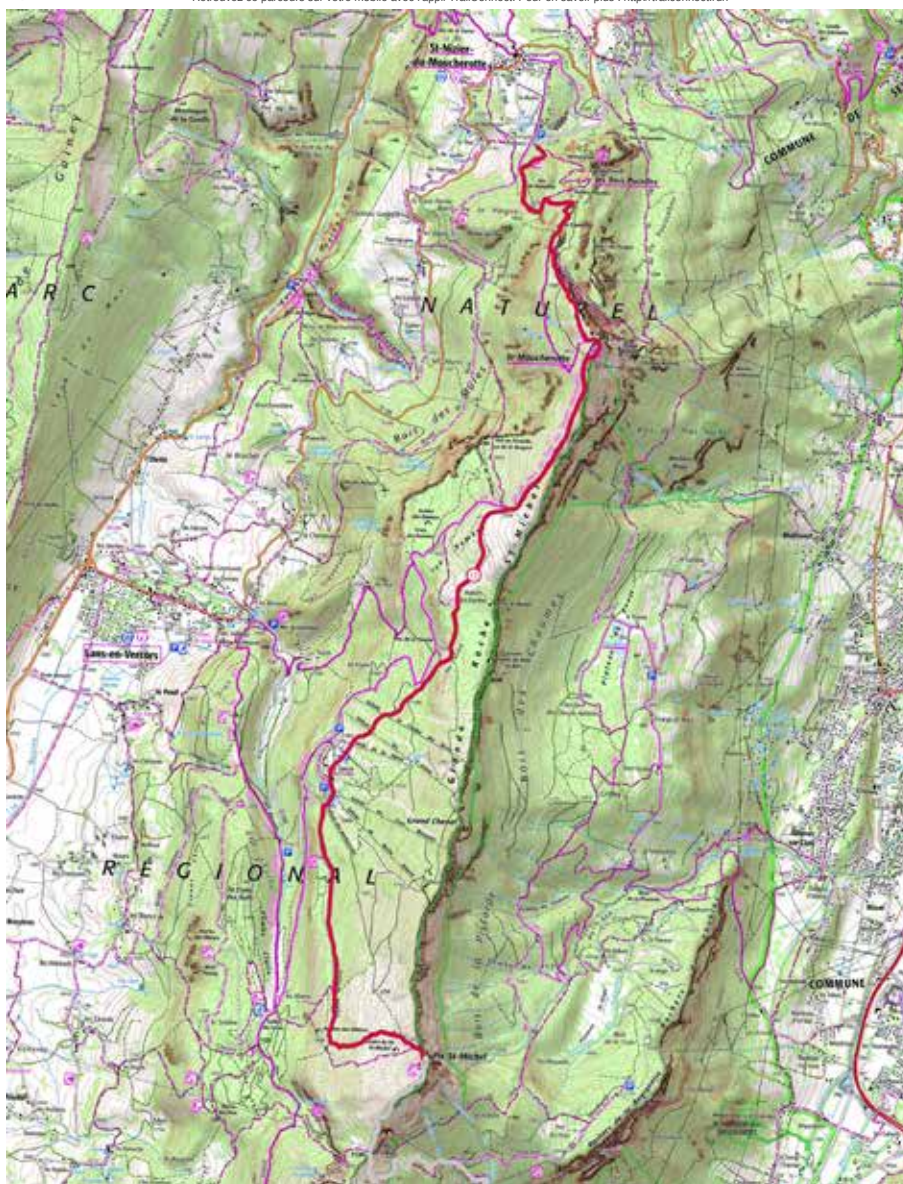
VERCORS MASSIF

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>



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STAGE 1



Details of the sections (continued)

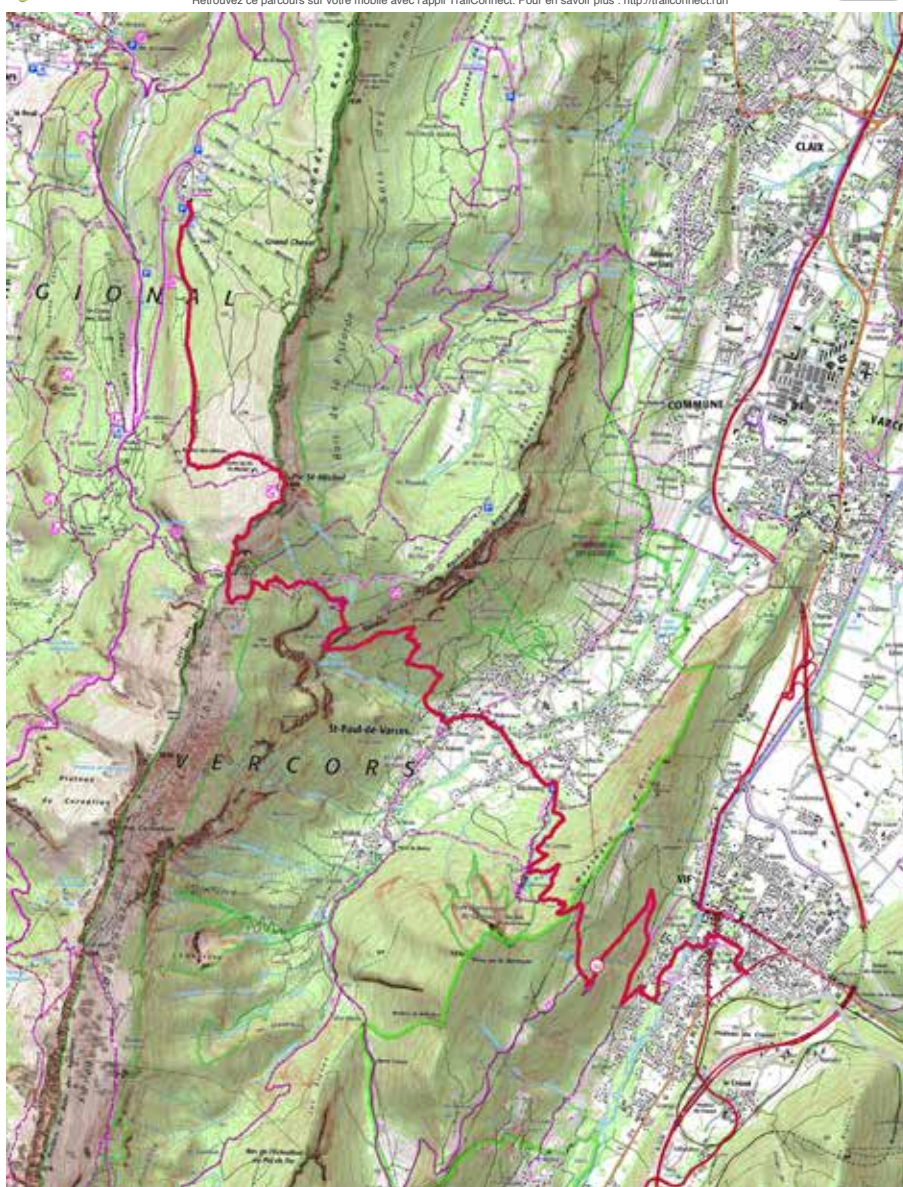
VERCORS MASSIF

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>



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STAGE 1



GUIDETTI
PERFORMANCE



DES BÂTONS DE TRAIL UNIQUES SUR LE MARCHÉ

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



GUIDETTI-SPORT.COM

Details of the sections (continued)

TAILLEFER MASSIF

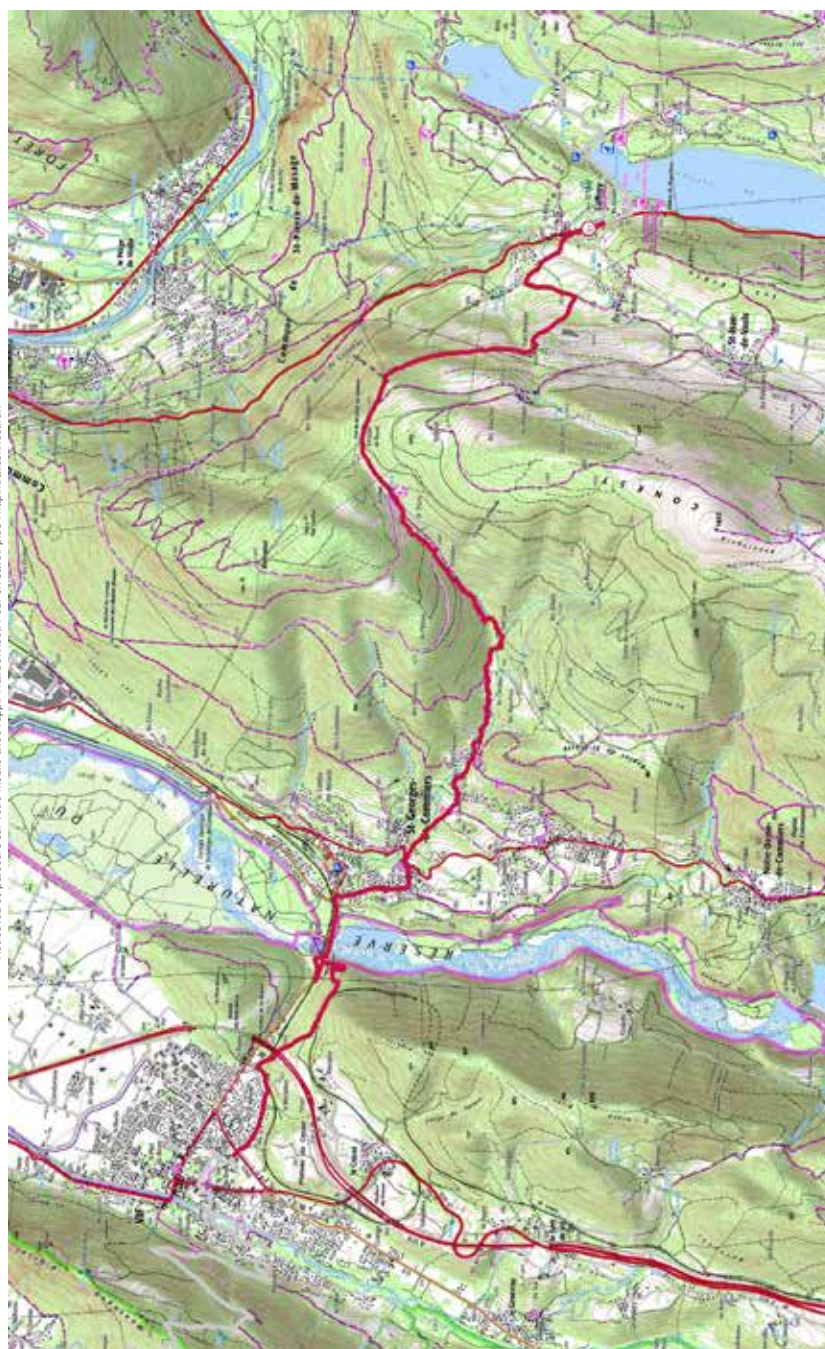
Section 4: Vif → Laffrey



172 km  11330 m  11390 m

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

TRACE
DE
trail



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STAGE 2



Details of the sections (continued)

TAILLEFER MASSIF

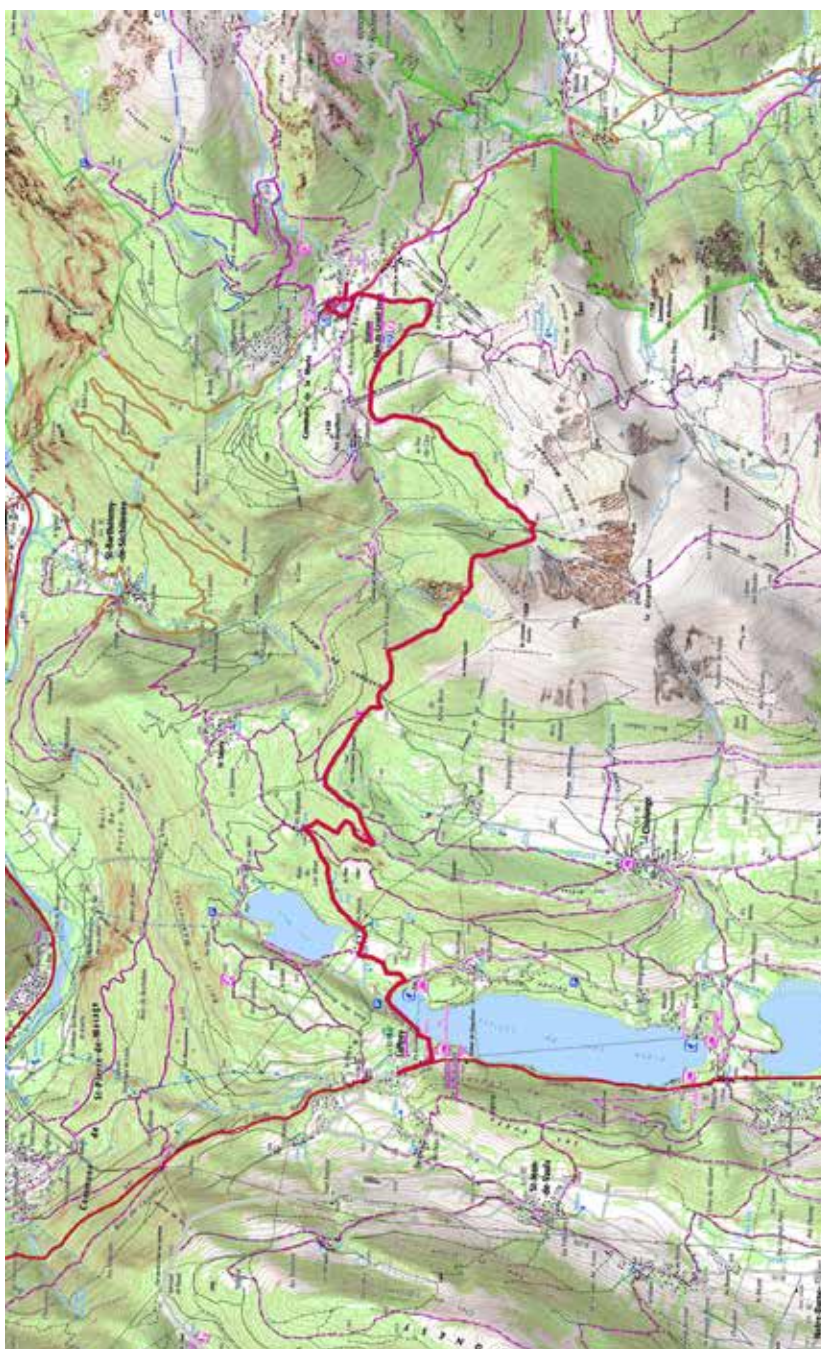
Section 5: Laffrey → La Morte



172 km  11330 m  11390 m

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

TRACE
DE
trail



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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

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

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



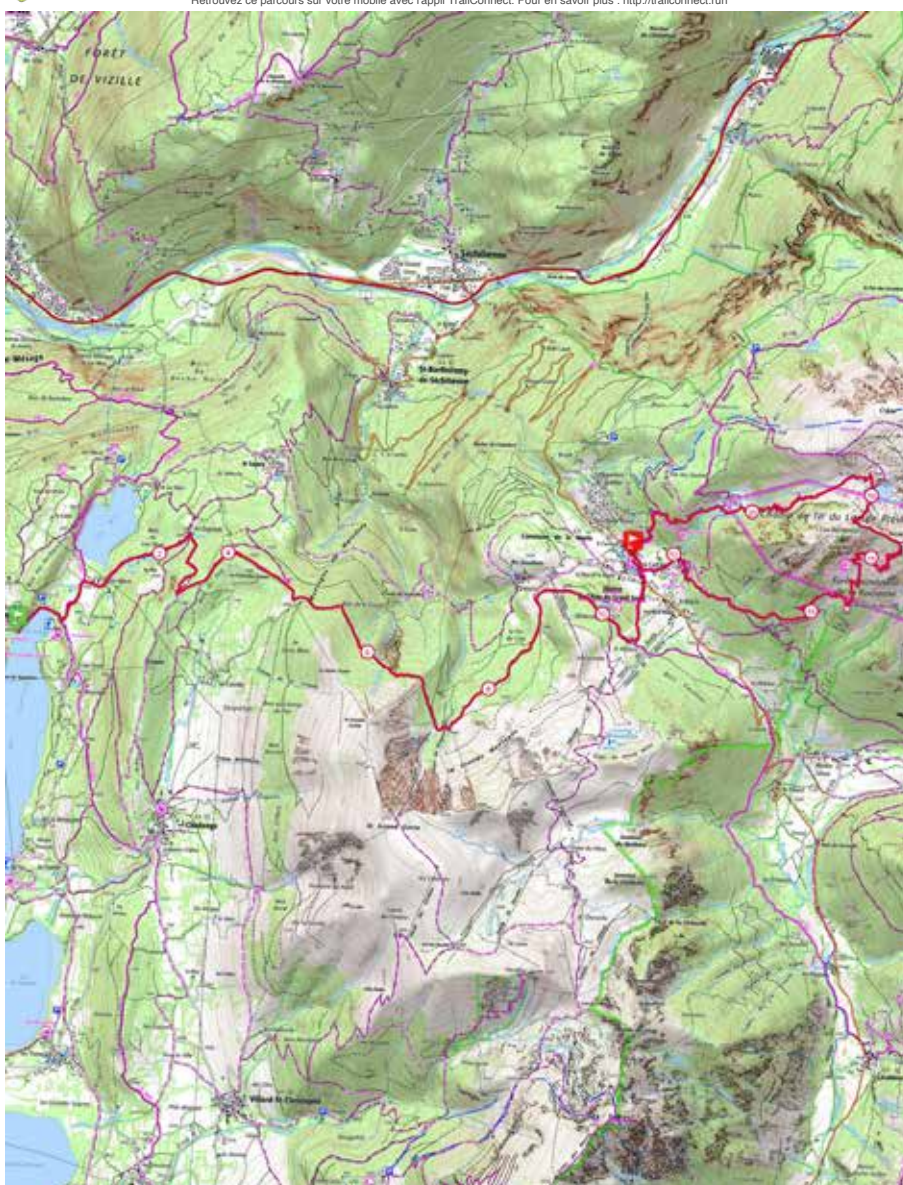
Details of the sections (continued)

TAILLEFER MASSIF

TRACE
DE
trail

21.9 km  1740 m  1290 m

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



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STAGE 2

**AUTHENTIC
NUTRITION**



BOISSONS DE L'EFFORT DU SPORTIF

GOÛT PEU SUCRÉ

FACILE À DIGÉRER

NORME ANTI-DOPAGE

WWW.AUTHENTIC-NUTRITION.COM

Details of the sections (continued)

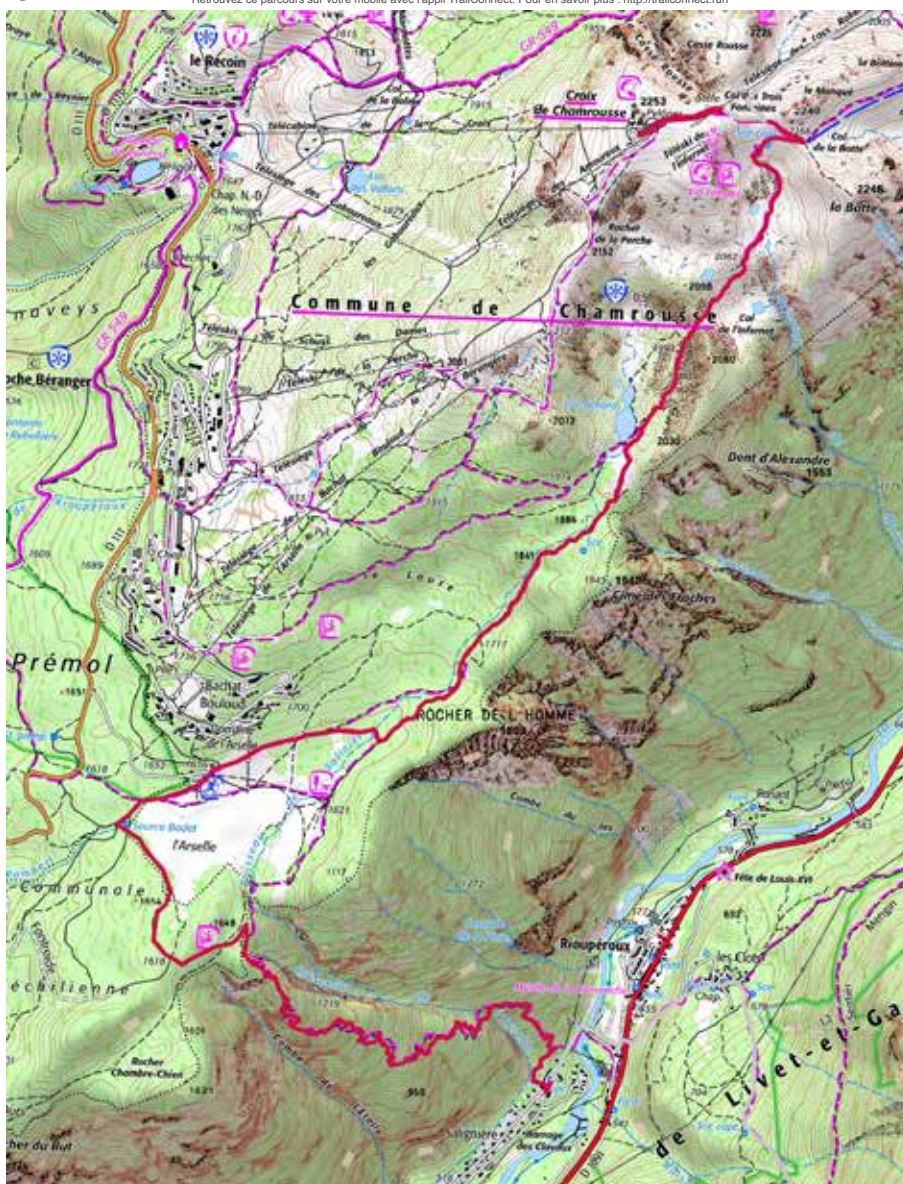
BELLEDONNE MASSIF

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'appli TrailConnect. Pour en savoir plus : <http://trailconnect.run>



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STAGE 3



Details of the sections (continued)

BELLEDONNE MASSIF

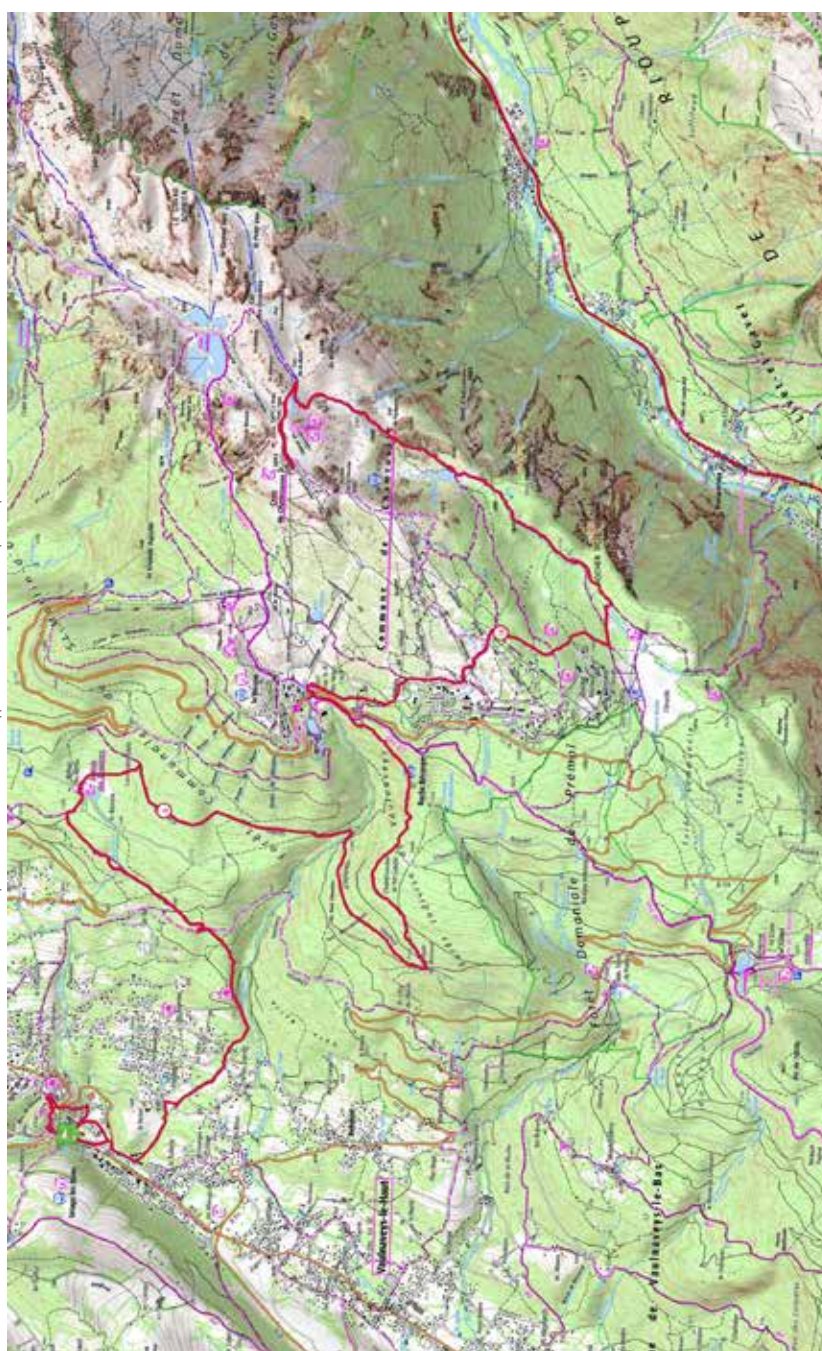
Section 8 bis (Ut4M Master departure): Uriage → Croix de Chamrousse



98.9 km  5930 m  6120 m

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

TRACE
DE
trail



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Details of the sections (continued)

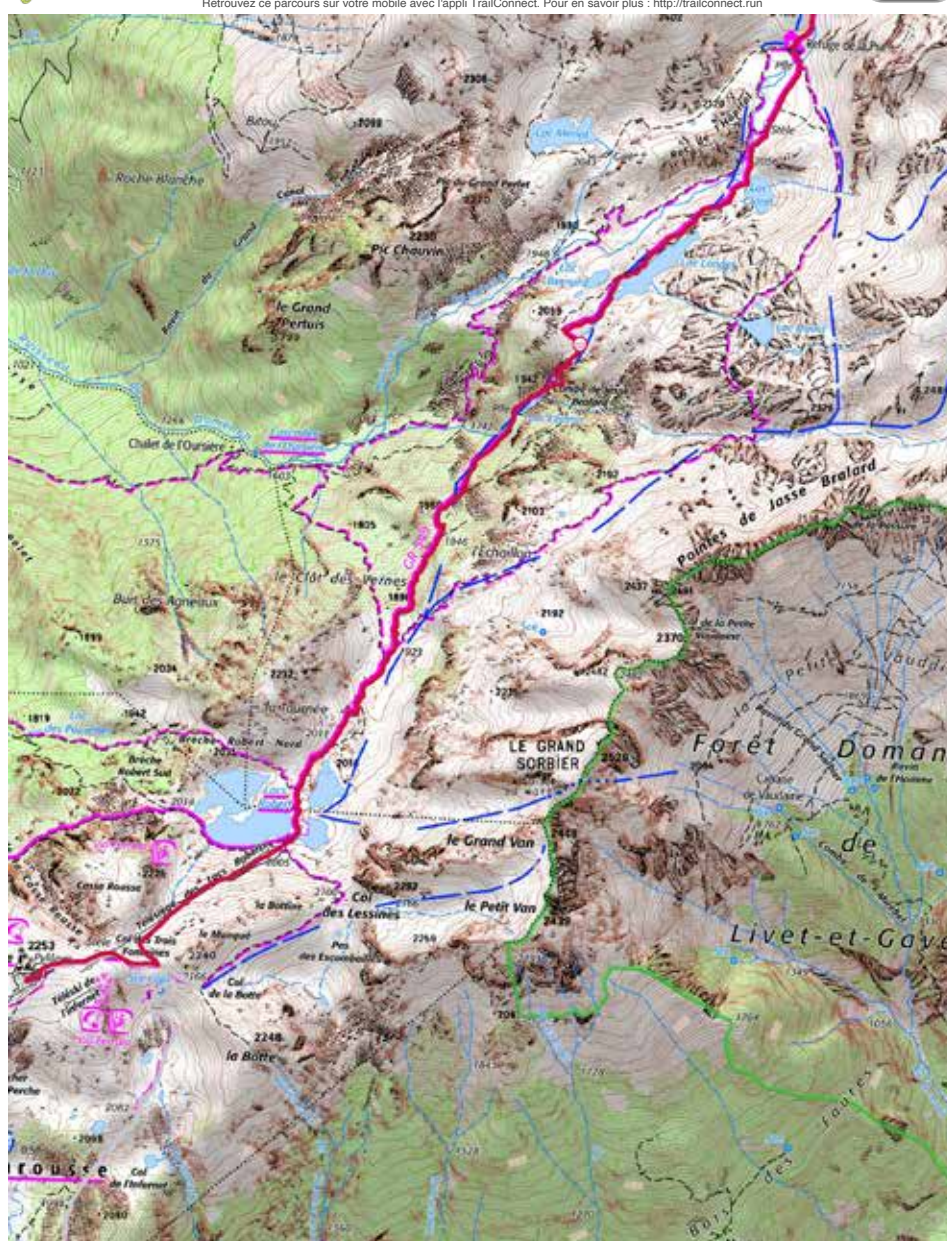
BELLEDONNE MASSIF

Section 9: Croix de Chamrousse → Refuge de la Pra

TRACE
DE
trail

172 km  11330 m  11390 m

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 10: Refuge de la Pra → Pré Long

TRACE
DE
trail

Ultra Tour des 4 Massifs 2022 - Ut4M 160 Xtrem



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)

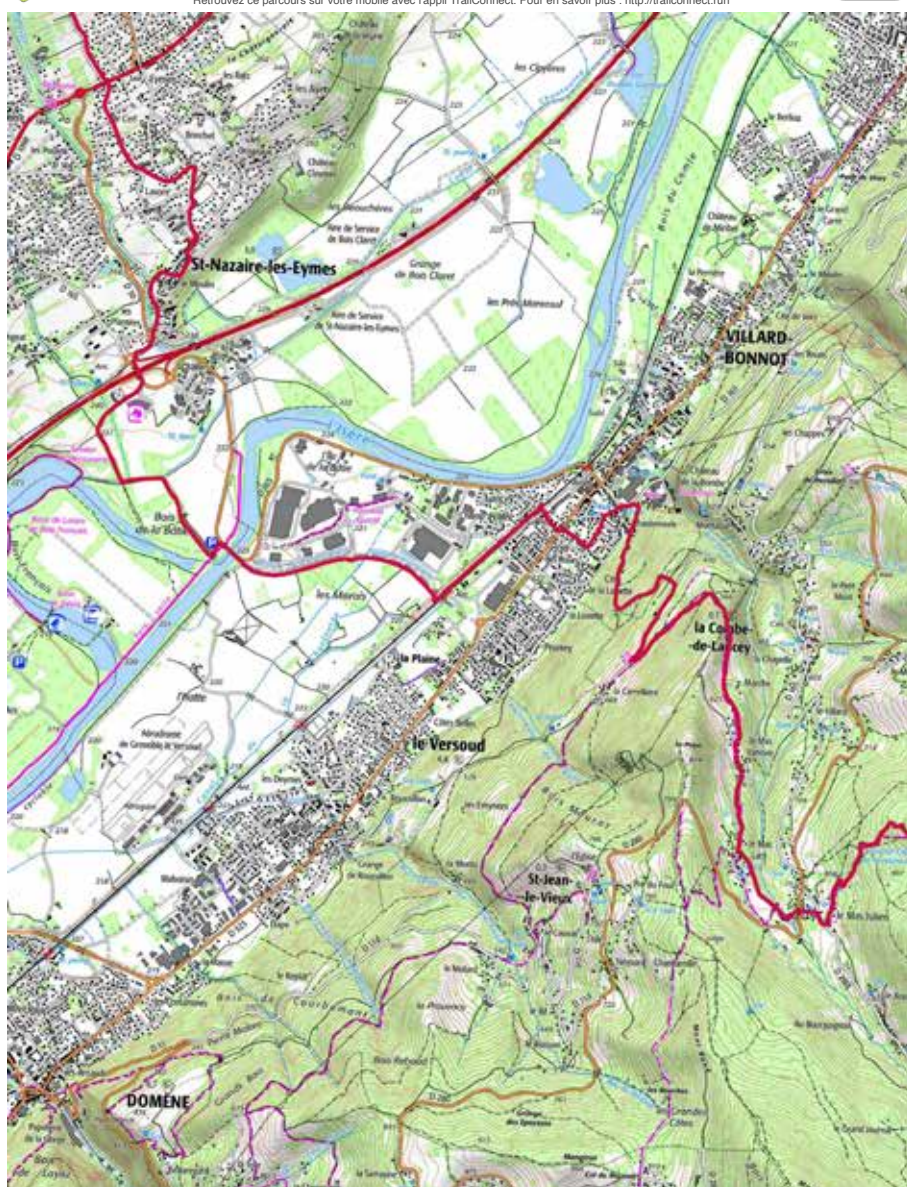
BELLEDONNE MASSIF

Section 11: Pré Long → Saint-Nazaire-les-Eymes

TRACE
DE
trail

174.4 km  12280 m  12340 m

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



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STAGE 3



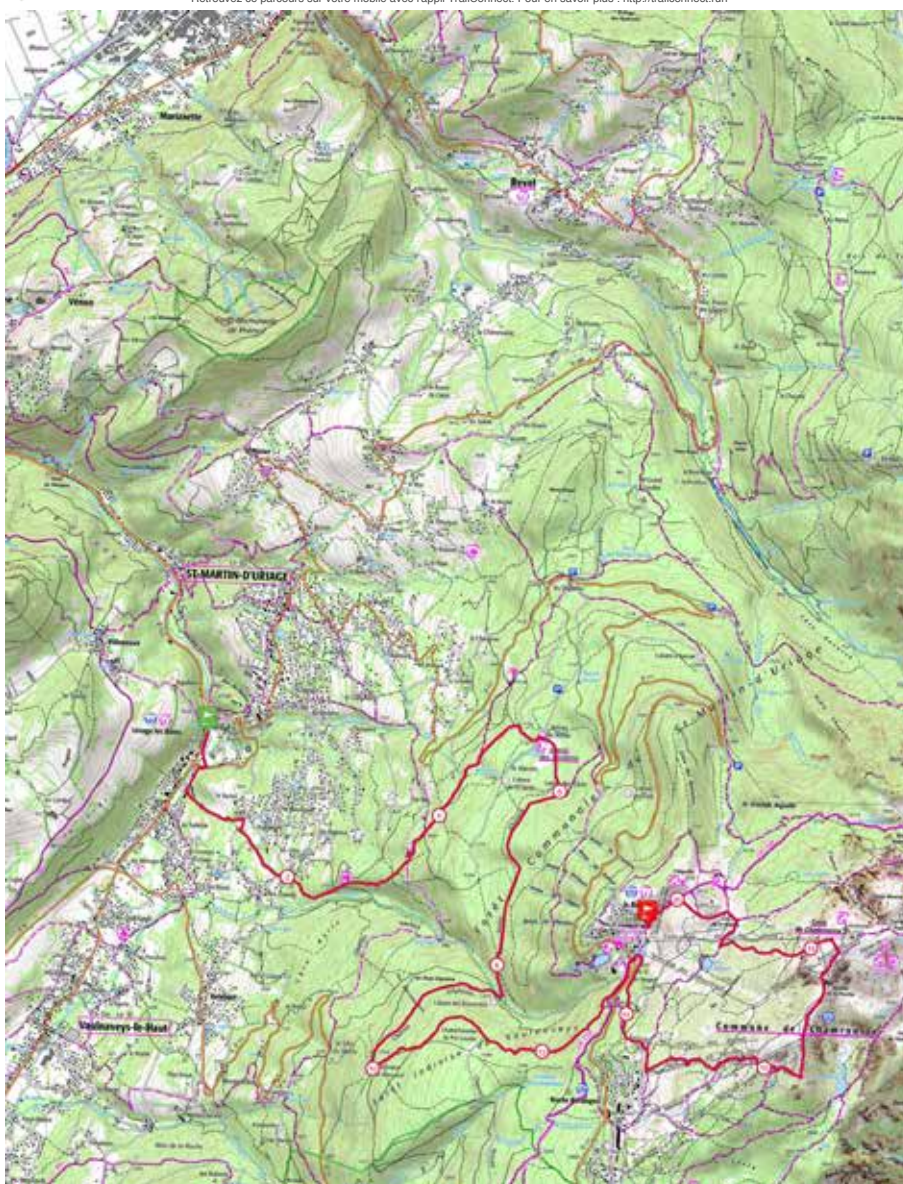
Details of the sections (continued)

BELLEDONNE MASSIF

TRACE
DE
trail

20.4 km  1930 m  660 m

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



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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)

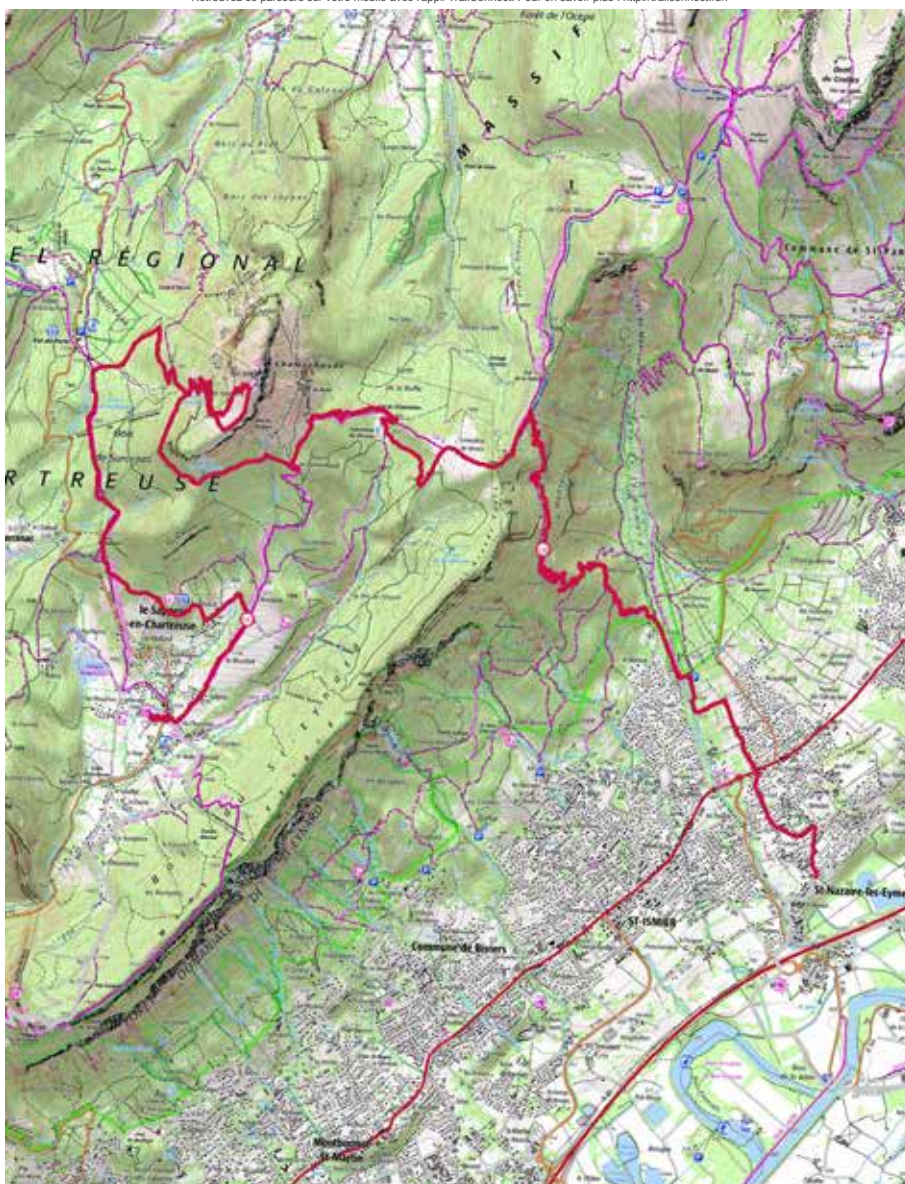
CHARTREUSE MASSIF

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

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)

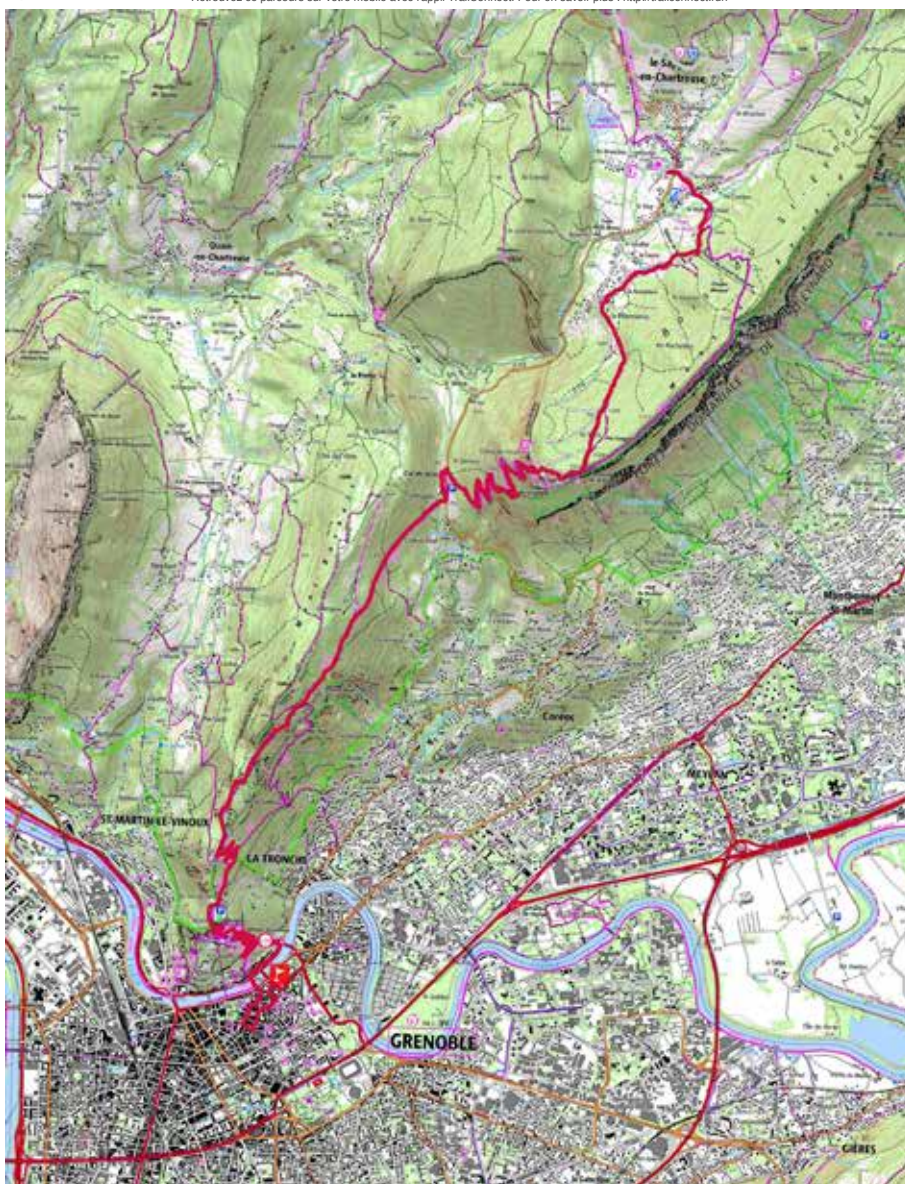
CHARTREUSE MASSIF

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



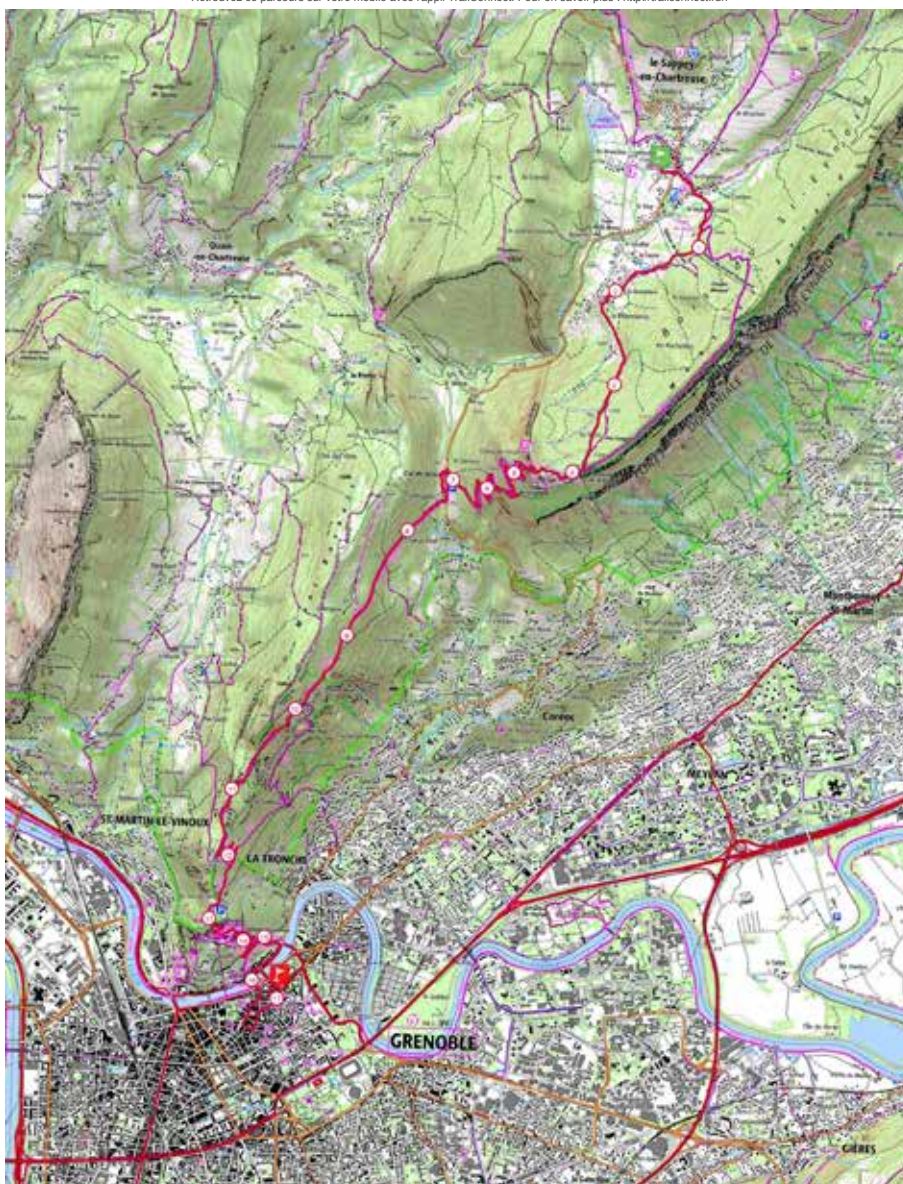
Details of the sections (continued)

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

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 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



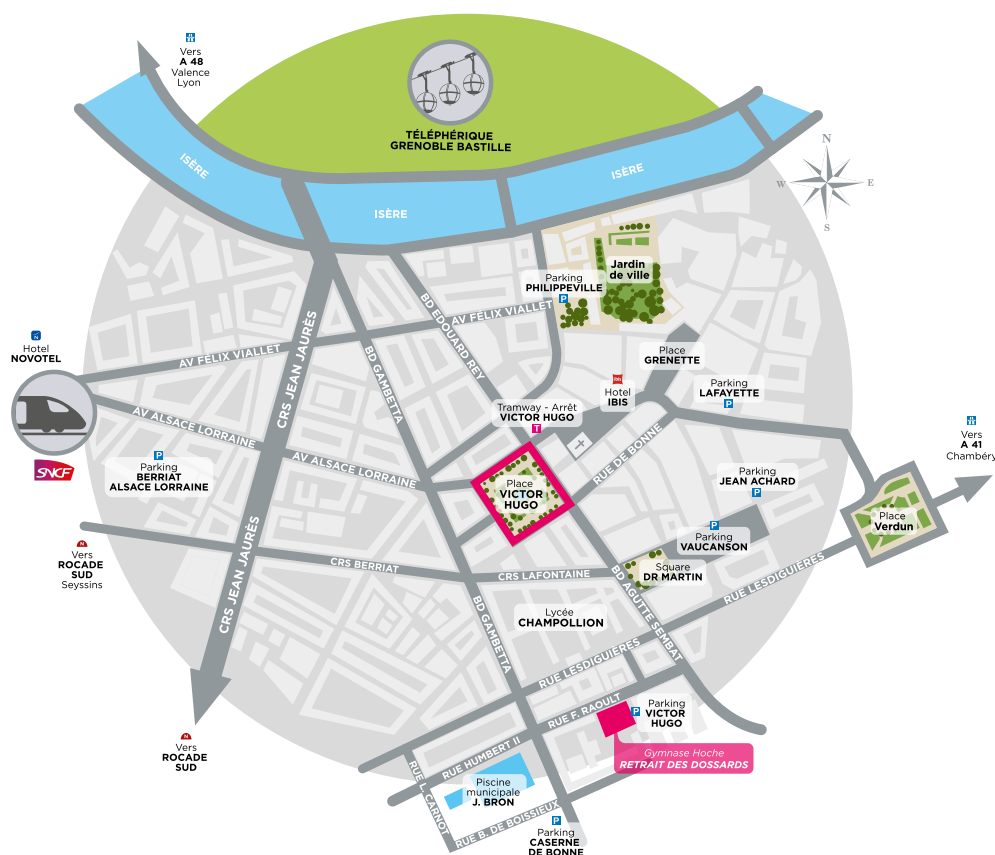
C'est parce qu'elle apporte naturellement des minéraux, du sodium et des bicarbonates que St-Yorre est l'eau choisie par les trailers pour s'hydrater.

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

Where to meet us

NEW BASE CAMP

Place Victor Hugo à Grenoble



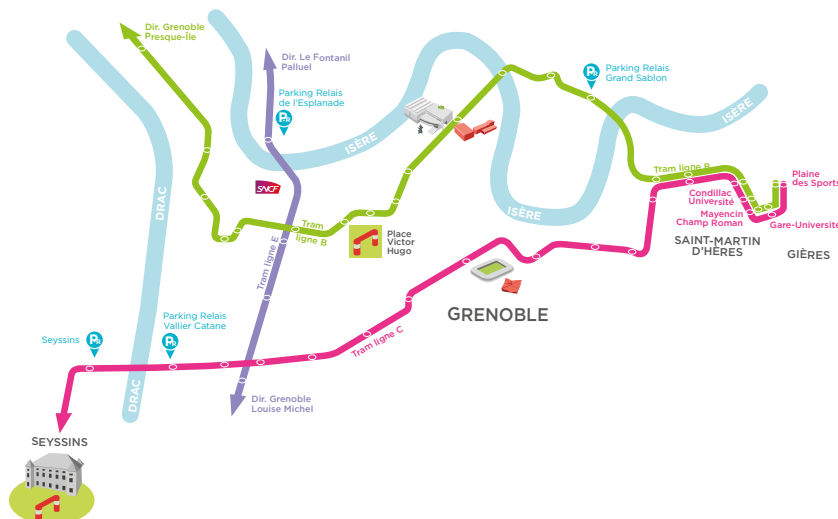
WHERE TO PARK

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](https://www.mobilites-m.fr) and <https://www.tag.fr>

* Mobility syndicate in the Grenoble area



Where to see the runners

Points	Adresse	Spécificités
1_SAINTE-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_SAINTE-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 POURSOULET	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 Poursolelet lake by car.
8_CHALETS DE LA BARRIÈRE	38220 Livet-et-Gavet	This point can only be reached on foot: departure from the car park of the Poursolelet lake. Approximately 3.5 km and 300 m of ascent.
9_LA SALINIÈRE	Rue de l'Arselle 38220 Livet-et-Gavet	
9 bis_URIEGE*	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/ouverture/tarif-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_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.
14_SAINT-ISMIER	Parking de la Bâtie 38330 Saint-Ismier	Very difficult parking. The Department's activities in sensitive natural areas.
15_SAINT-NAZAIRE-LES-EYMES	Salle Cartier Millon Chemin de la Mairie 38330 Saint-Nazaire-les-Eymes	
16_LE SAPPEY-EN-CHARTREUSE	Foyer de Ski de Fond Chemin des Charmettes, 38700 Le Sappey-en-Chartreuse	
17_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.
18_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/

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