

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

18 | 21  
JULY  
2024

# Ultra tour des 4 Massifs

Where  
magic  
happens

## ROADBOOK 2024

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This document is subject to updating so we advise you to return to the [ut4m.fr](https://ut4m.fr) website to check the date of issue.





# The Ultra tour des 4 Massifs

The Ultra Tour des 4 Massifs is back for its 12th edition, from July 18 to 21, 2024, to let you discover the four massifs around Grenoble over 4 days. From 20 to 180 kilometers, the choice is yours: everyone can take part, according to their level and desires.

Ut4M is organized by Grenoble Outdoor Aventure, a 100% volunteer association. We're proud to be able to offer you this high-quality event: every member has been working for a year to ensure that everything is ready on D-day!

Ut4M is more than 800 volunteers taking care of the 4,000 runners over 4 days. It also means 1,900 bananas, 255 kilos of cheese and 42 kilos of peanuts.

The entire organization team welcomes you to Grenoble and its 4 massifs, and wishes you a great race!

We hope this roadbook will help you in your preparation.

The Ut4M team

# Presentation of the events



## 175,6 kilometers, 11 530 ascending elevation

- **4 massifs crossed:** Vercors, Taillefer, Belledonne and Chartreuse
- The Ut4M 180 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, Rioupérour, Saint-Nazaire-les-Eymes and Grenoble.
- **Two ways to participate:** solo in on go (180 Xtrem) or over four days (180 Challenge, stage race)



## 96,8 kilometers, 5890 ascending elevation

- **2 massifs crossed:** Belledonne and Chartreuse
- 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.
- Solo



## 78,6 kilometers, 6 395 ascending elevation

- **4 massifs crossed:** Vercors, Taillefer, Belledonne and Chartreuse
- The Ut4M 80 Challenge follows the same sections as the Ut4M 180.
- Solo, stage race



# Presentation of the events



## Ut4M Marathon : 40 to 50 kilometers, 2500 to 3500 ascending elevation

- **1 massif to choose from:** Vercors, Taillefer, Belledonne and Chartreuse
- The Ut4M Marathon follow the same sections as the Ut4M 180.
  - Ut4M 40 Vercors : 40,9 kilometers, 2840 ascending level
  - Ut4M 50 Taillefer : 51,8 kilometers, 3420, D+ ascending level
  - Ut4M 50 Belledonne : 45,3 kilometers, 2442 D+ ascending level
  - Ut4M 40 Chartreuse : 41,2 kilometers, 2850 D+ ascending level
- Solo



## Ut4M Half-Marathon : 20 kilometers, 600 to 2000 ascending level

- **1 massif to choose from:** Vercors, Taillefer, Belledonne and Chartreuse
- The Ut4M Marathon follow the same sections as the Ut4M 80 Challenge.
  - Ut4M 20 Vercors : 19,9 kilometers, 1770 ascending level
  - Ut4M 20 Taillefer : 22,3 kilometers, 1730 ascending level
  - Ut4M 20 Belledonne : 21,6 kilometers, 2020 ascending level
  - Ut4M 20 Chartreuse : 16,5 kilometers, 600 ascending level
- Solo

# 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. 40 mountain professionals complete the Ut4M organization for the safety of the route on the summits and 70 rescue specialists make up the team on the lower parts of the route. 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» 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 center) 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

## WEDNESDAY, JULY 17



### Bib number collection (Halle Clémenceau)

13:00

- Ut4M 80 Challenge
- Ut4M 180 Challenge
- Ut4M 40 Vercors
- Ut4M 20 Vercors

20:00



## THURSDAY, JULY 18



### Departure Ut4M 180 Challenge (Stage 1) and 40 Vercors

Seyssins (Parc François Mitterrand) 3, 8:00



### Departure Ut4M 80 Challenge (Stage 1) and 20 Vercors

Seyssins (Parc François Mitterrand), 9:00



### Bib number collection (Halle Clémenceau - Grenoble)

13:00

- Ut4M 180 Xtrem
- Ut4M 50 Taillefer
- Ut4M 20 Taillefer

20:00



### Arrival of 1st Ut4M 80 Challenge and 20 Vercors

Saint-Nizier-du-Moucherotte, 11:00



### Arrival of 1st Ut4M 180 Challenge and 40 Vercors

Vif (Salle polyvalente), 12:30



### Podium Ut4M 20 Vercors

Saint-Nizier-du-Moucherotte, 13:00



### Podium Ut4M 40 Vercors

Vif (Salle polyvalente), 15:00





# General program

## FRIDAY, JULY 19



### Departure Ut4M 180 Challenge (Stage 2) and 50 Taillefer

Vif (Salle polyvalente), 8:00



### Departure Ut4M 80 Challenge (Stage 2) and 20 Taillefer

Laffrey, 8:00 fo 80 Challenge, 8:20 for 20 Taillefer



### Departure Ut4M 180 Xtrem

Seyssins (parc François Mitterand), 9:00



### Bib number collection (Halle Clémenceau - Grenoble)

13:00

- Ut4M 100 Master
- Ut4M 50 Belledonne
- Ut4M 20 Belledone

20:00



### Arrival of 1st Ut4M 80 Challenge and 20 Taillefer

La Morte, 10:00



### Arrival of 1st Ut4M 180 Challenge and 50 Taillefer

Rioupérour, 13:30



### Podium Ut4M 20 Taillefer

La Morte, 13:00



### Podium Ut4M 50 Taillefer

Rioupérour, 16:00

## SATURDAY, JULY 20



### Departure Ut4M 100 Master

Uriage,(parc), 7:00



### Departure Ut4M 180 Challenge (Stage 3) and 50 Belledonne

Rioupérour, departing at 8 a.m. in 3 waves



### Departure Ut4M 80 Challenge (Stage 3) and 20 Vercors

Uriage (parc), 10:00



### Bib number collection (Halle Clémenceau - Grenoble)

9:00

- Ut4M 40 Chartreuse
- Ut4M 20 Chartreuse

11:00



### Farmers' market opens on place Victor Hugo, Grenoble : 18:00



### Arrival of 1st Ut4M 80 Challenge and 20 Belledonne

Chamrousse (Recoin), 12:00



### Arrival of 1st Ut4M 180 Challenge and 50 Belledonne

Saint-Nazaire-les-Eymes, 12:30



### Arrival of 1st Ut4M 180 Xtrem

Grenoble , 12:00



### Podium Ut4M 20 Belledonne

Chamrousse (Recoin), 14:00



### Podium Ut4M 50 Belledonne

Saint-Nazaire-les-Eymes, 16:00












### Arrival of 1st Ut4M 100 Master

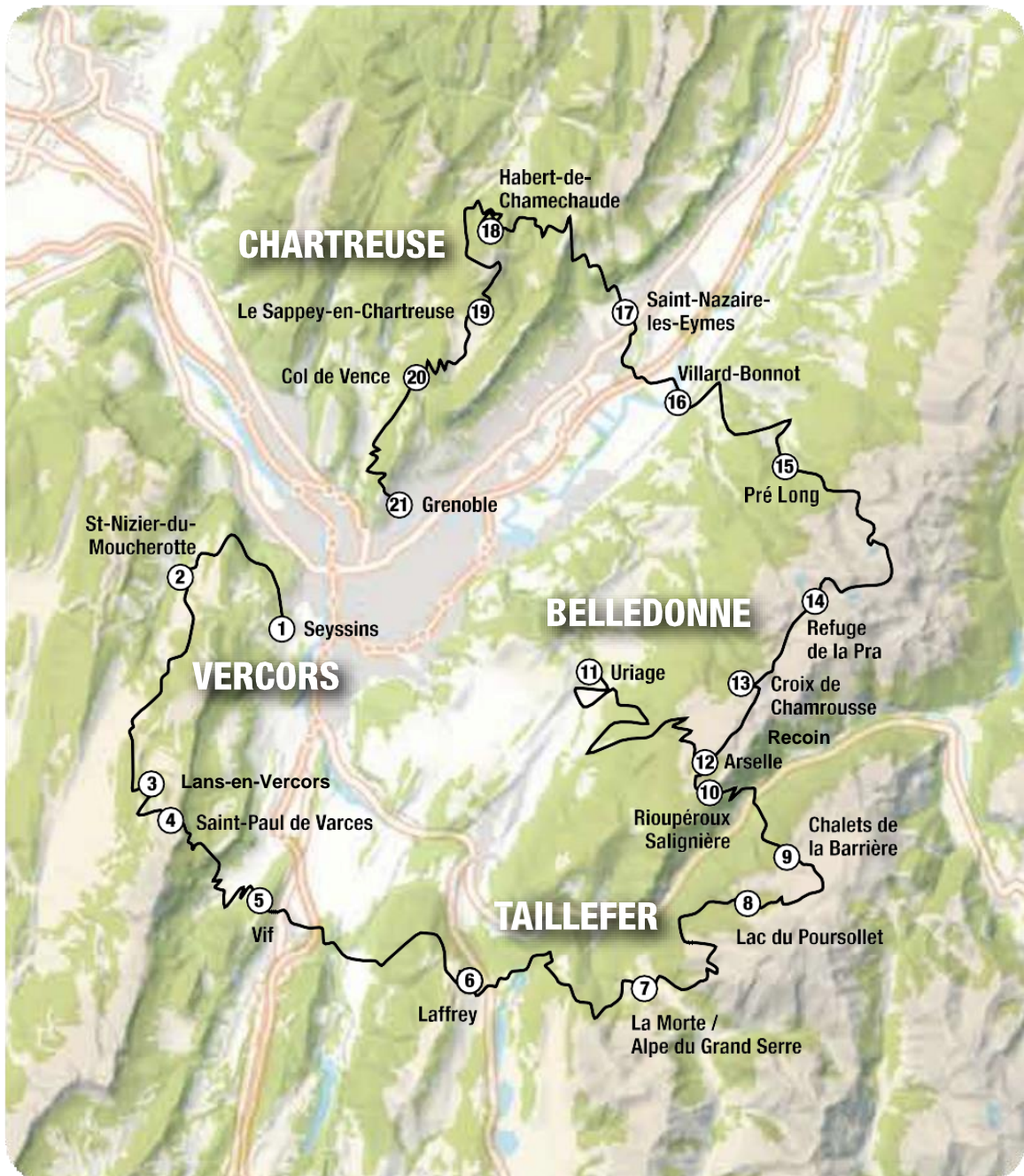
Grenoble, 20:00

# General program

## SUNDAY, JULY 21

-  **Departure Ut4M 80 Challenge (Stage 4) and 20 Chartreuse**  
Le-Sappey-en-Chartreuse, 00:00
  
-  **Departure Ut4M 180 Challenge (Stage 4) and 40 Chartreuse**  
Saint-Nazaire-les-Eymes, 7:00
  
-  **Arrival of 1st Ut4M 80 Challenge and 20 Chartreuse**  
Grenoble, 1:30
  
-  **Arrival of 1st Ut4M 180 Challenge and 40 Chartreuse**  
Grenoble, 11:30
  
-  **Podium Ut4M 20 Chartreuse and Ut4M 80 Challenge**  
Grenoble, 11:00
  
-  **Podium Ut4M 40 Chartreuse**  
Grenoble, 14:00
  
-  **Podium Ut4M 180 Xtrem, Ut4M 180 Challenge, Ut4M 100 Master and Borne challenge**  
Grenoble, 16:00
  
-  **Last finishers**  
Grenoble, 19:00
  
-  **Closing the event**  
Grenoble, 19:00

# General map of the course



Sections 11 to 12 concern only the Ut4M 100 Master and the Ut4M 20 Belledonne (Stage 3 80 Challenge).





**INTERSPORT** s'engage pour un sport plus durable.

Aujourd'hui, il est de notre responsabilité d'agir pour **essayer de réduire l'impact environnemental de nos produits.**

Cet engagement, nous l'appliquons à la fois à nos développements produits et à notre sélection de produits éco-responsable de marques partenaires en répondant à notre **charte d'éco-conception.**

Notre but ? Vous permettre de **vous équiper selon vos besoins** et de **s'engager ensemble pour un sport plus durable.**



### **Intersport St-Martin-d'Hères**

111, av. Gabriel Péri, 38400 Saint-Martin d'Hères

### **Intersport St-Égrève**

1, rue de la Trémouillère 38120 Saint-Egrève

### **Intersport La Mure**

ZI des Marais 38350 La Mure

### **Intersport Grand Place**

CC Grand Place, 38100 Grenoble

### **Intersport Comboire**

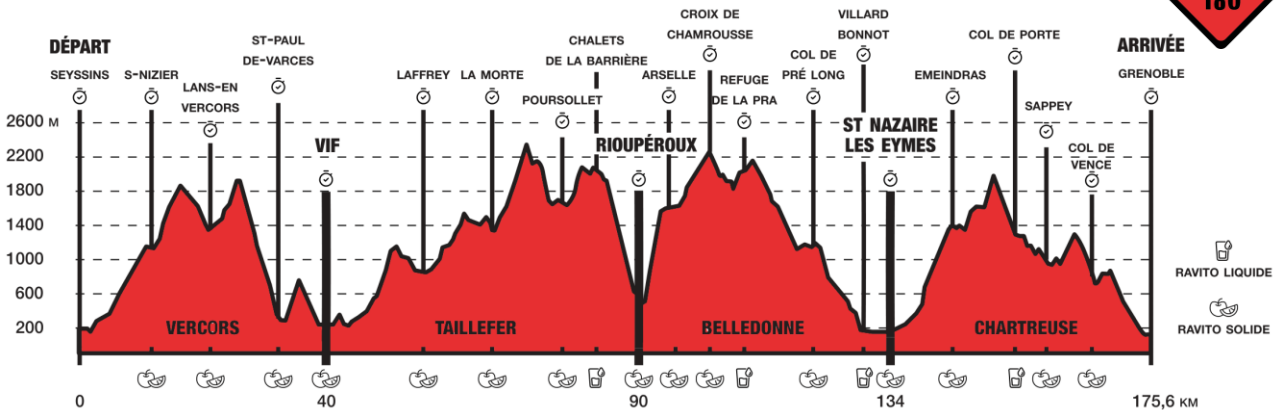
ZI rue de Comboire, 38130 Échirolles

**Suivez notre actualité sur nos réseaux sociaux !**

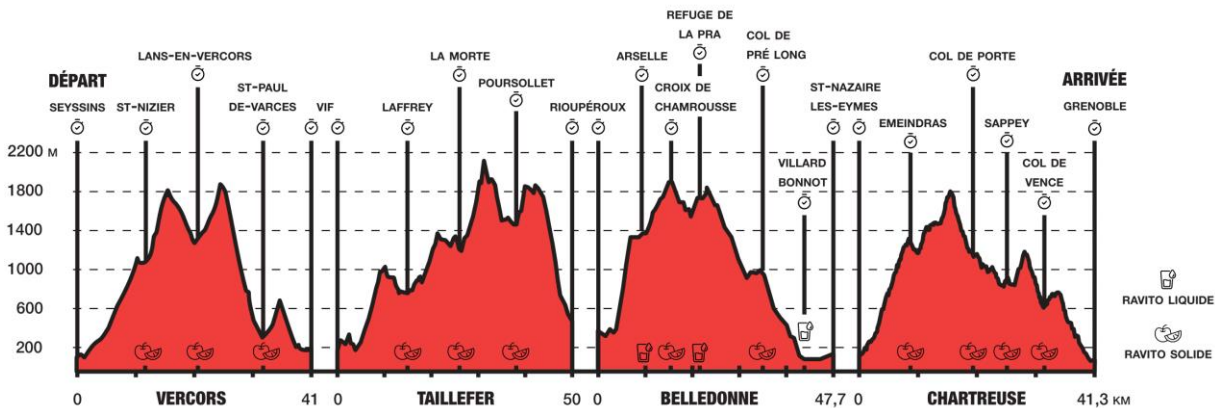


# Profiles

## Ut4M 180 XTREM



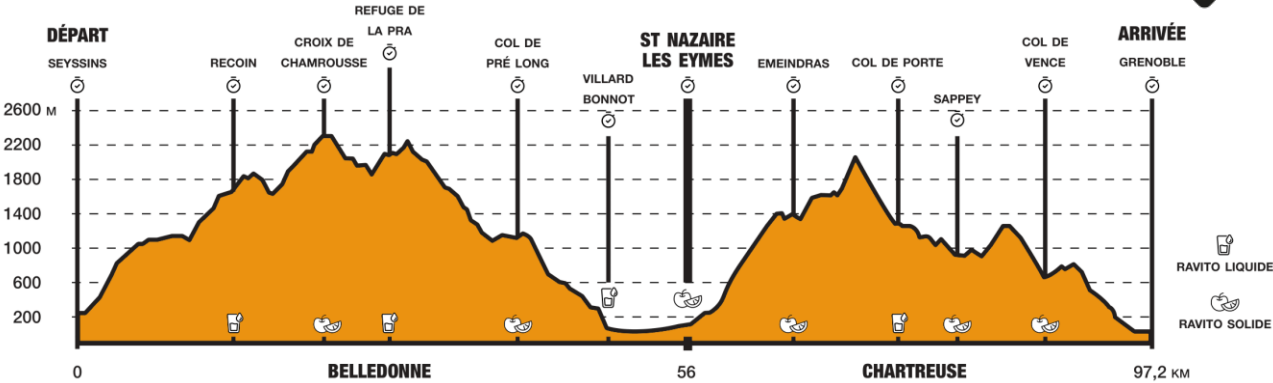
## Ut4M 180 CHALLENGE



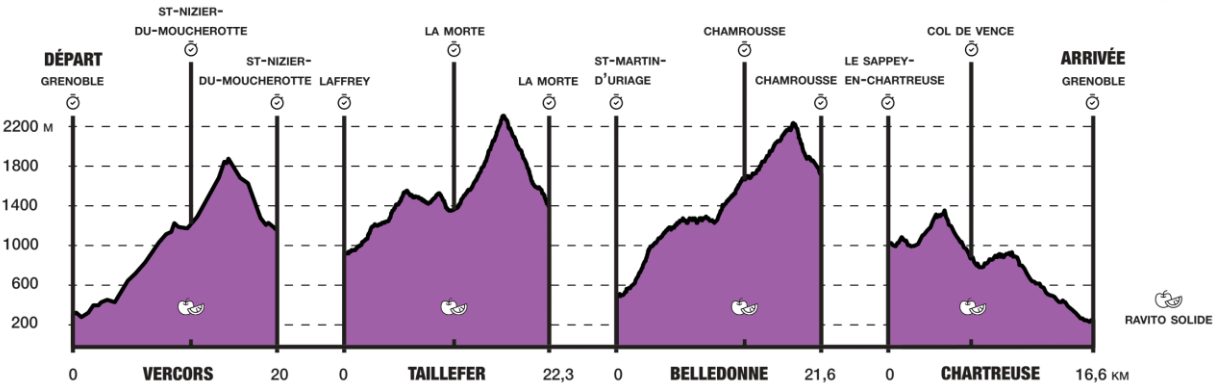


# Profiles

## Ut4M 100 MASTER



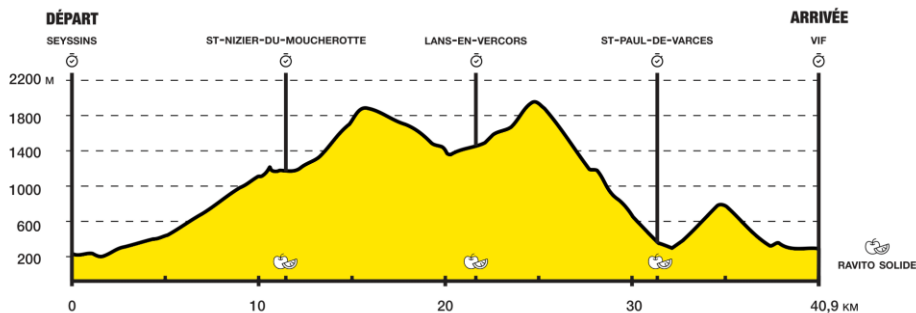
## Ut4M 80 CHALLENGE



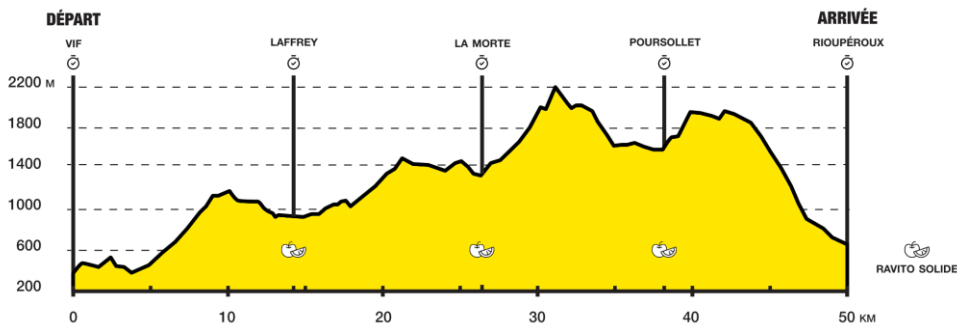


# Profiles

## Ut4M 40 Vercors (Etape 1 180 Challenge)

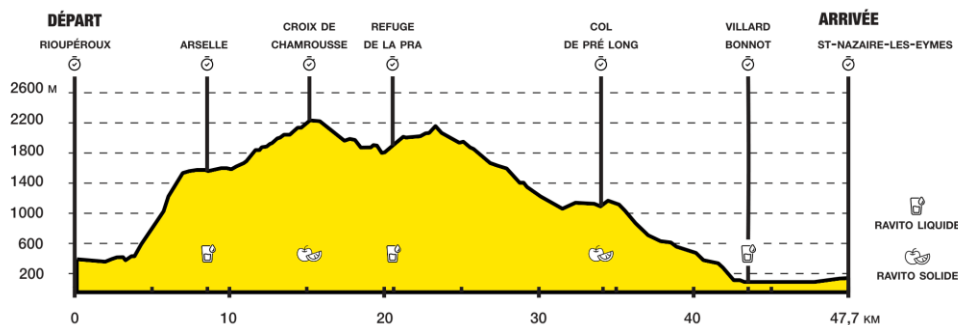


## Ut4M 50 Taillefer (Etape 2 180 Challenge)

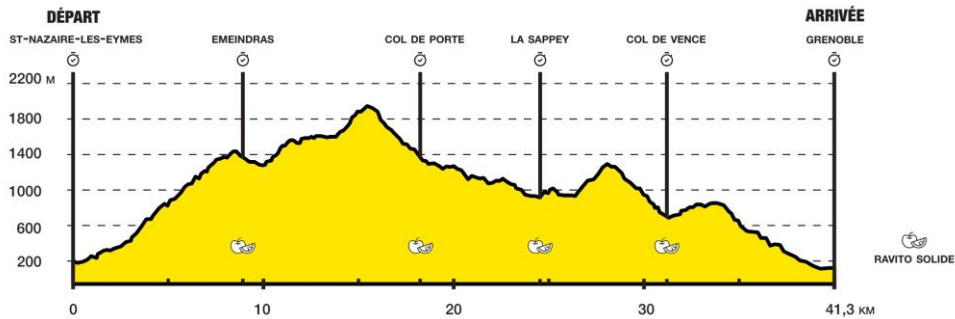


# Profiles

## Ut4M 50 Belledonne (Etape 3 180 Challenge)

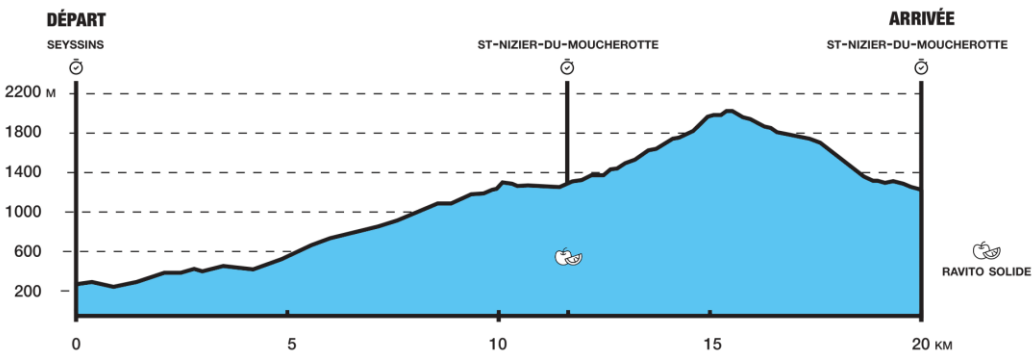


## Ut4M 40 Chartreuse (Etape 4 180 Challenge)

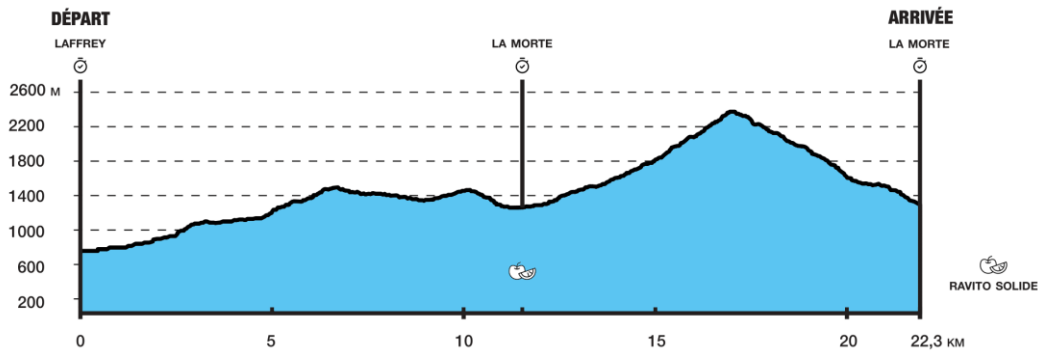


# Profiles

## Ut4M 20 Vercors (Etape 1 80 Challenge)



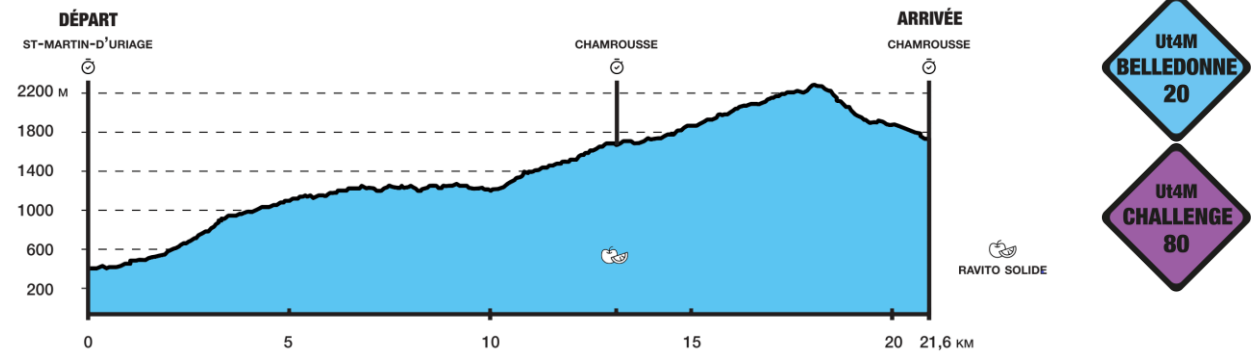
## Ut4M 20 Taillefer (Etape 2 80 Challenge)



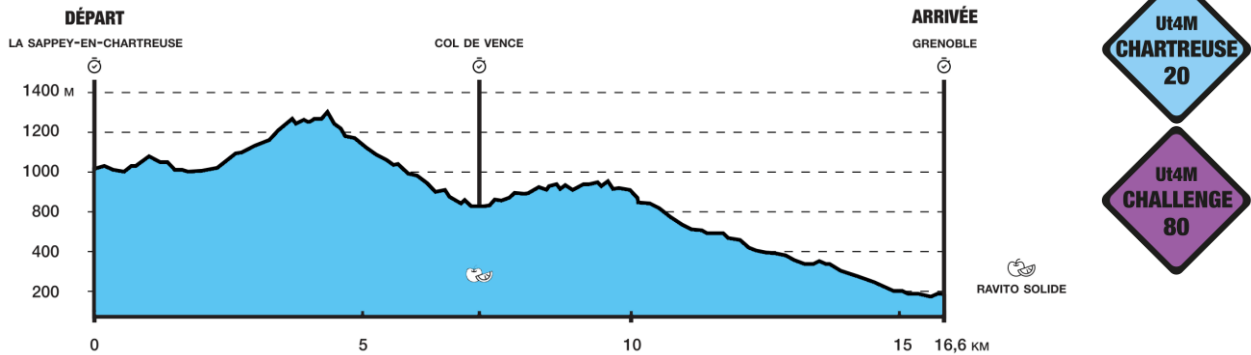


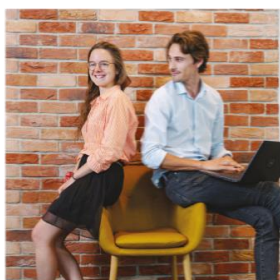
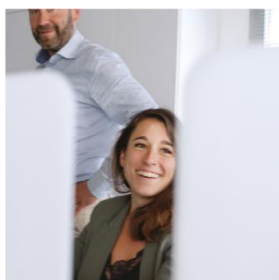
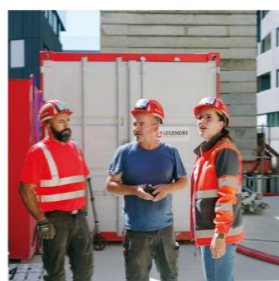
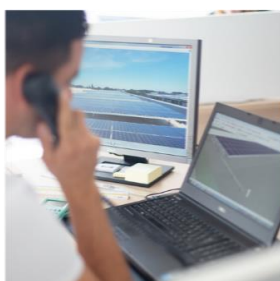
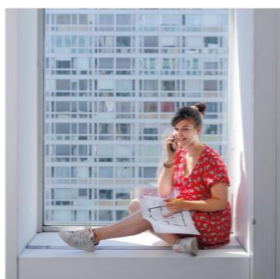
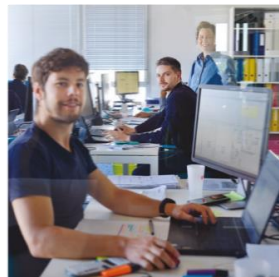
# Profiles

## Ut4M 20 Belledonne (Etape 3 80 Challenge)



## Ut4M 20 Chartreuse (Etape 4 80 Challenge)





**4**  
métiers

**2 300**  
collaborateurs

**960M€**  
de chiffres d'affaires



# Details of the sections

## VERCORS MASSIF – Section 1 : Seyssins > Saint-Nizier

TRACE  
DE  
*trail*



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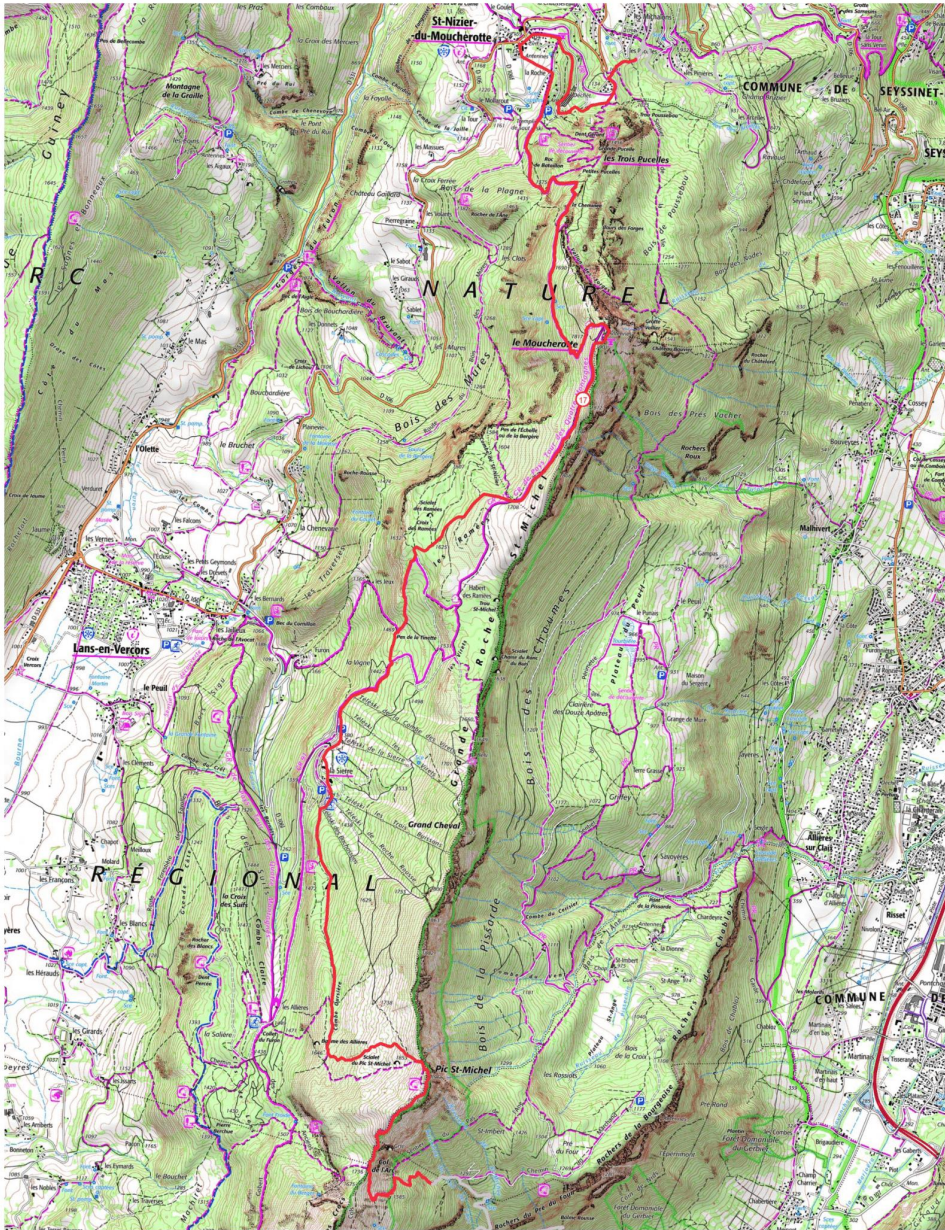
# Details of the sections

## VERCORS MASSIF – Section 2 : Saint-Nizier > Lans-en-Vercors

TRACE  
DE  
*trail*



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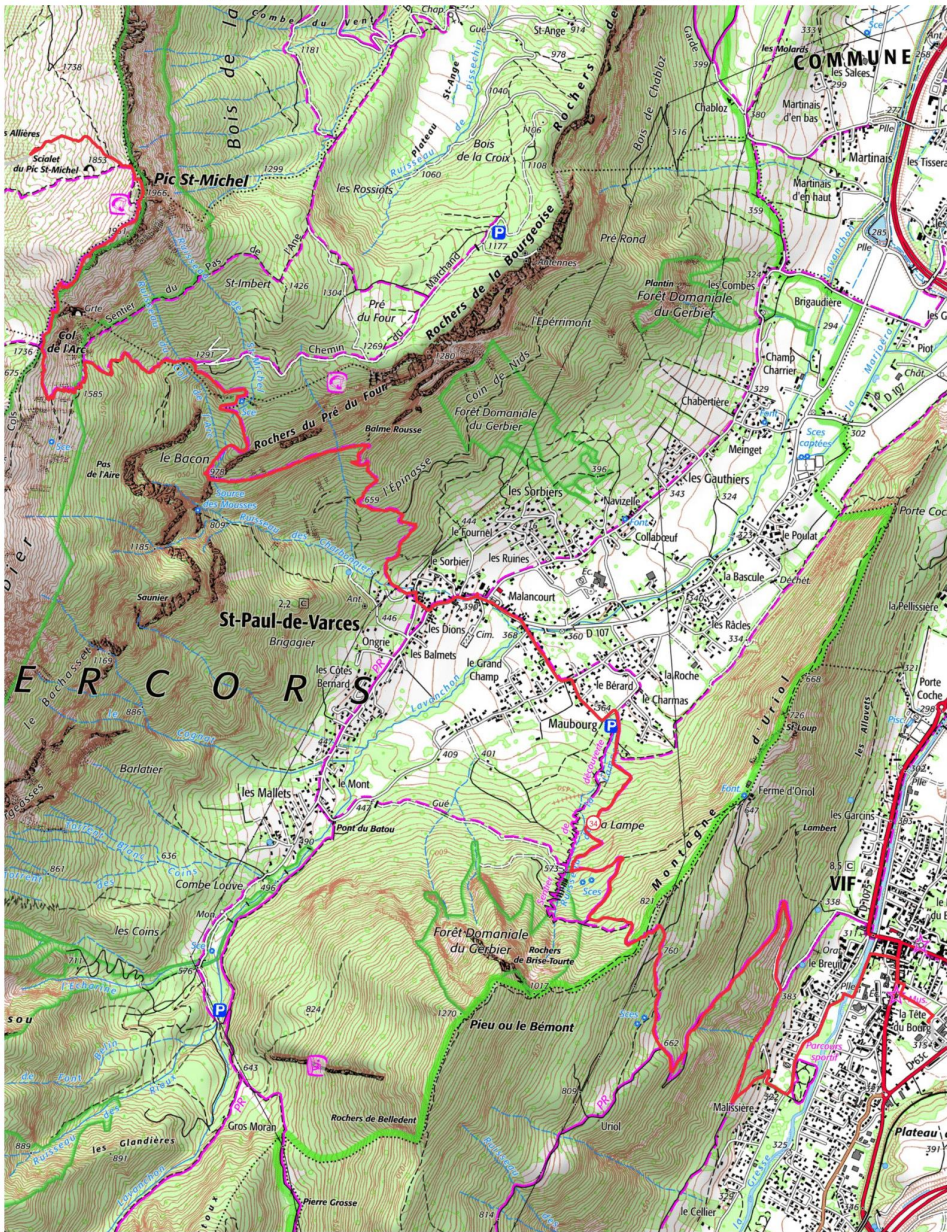
# Details of the sections

## VERCORS MASSIF – Section 3 : Lans-en-Vercors > Saint-Paul-de-Varces > Vif

TRACE  
DE  
trail



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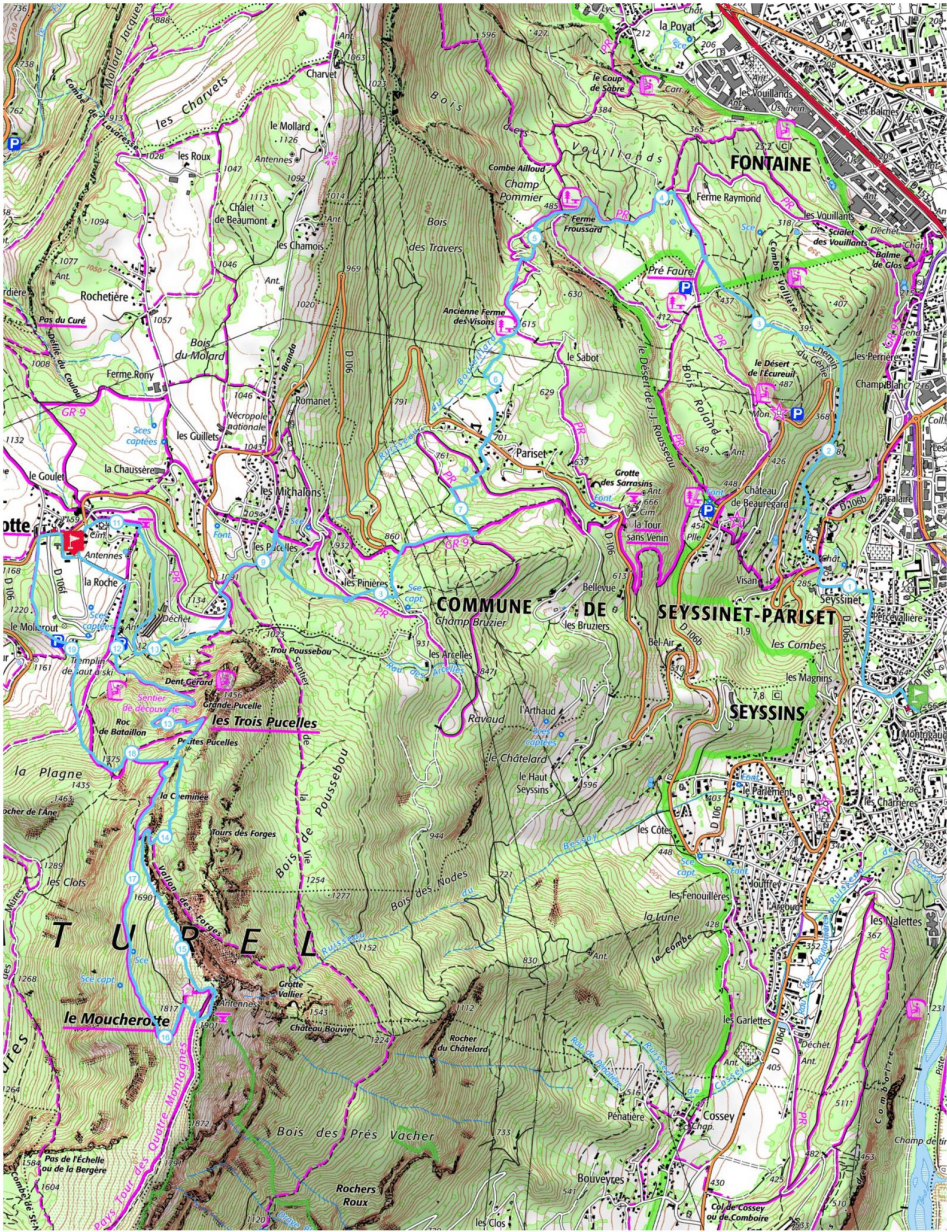
# Details of the sections

## VERCORS MASSIF

TRACE  
DE  
*trail*



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# Details of the sections

## TAILLEFER MASSIF – Section 4: Vif > Laffrey





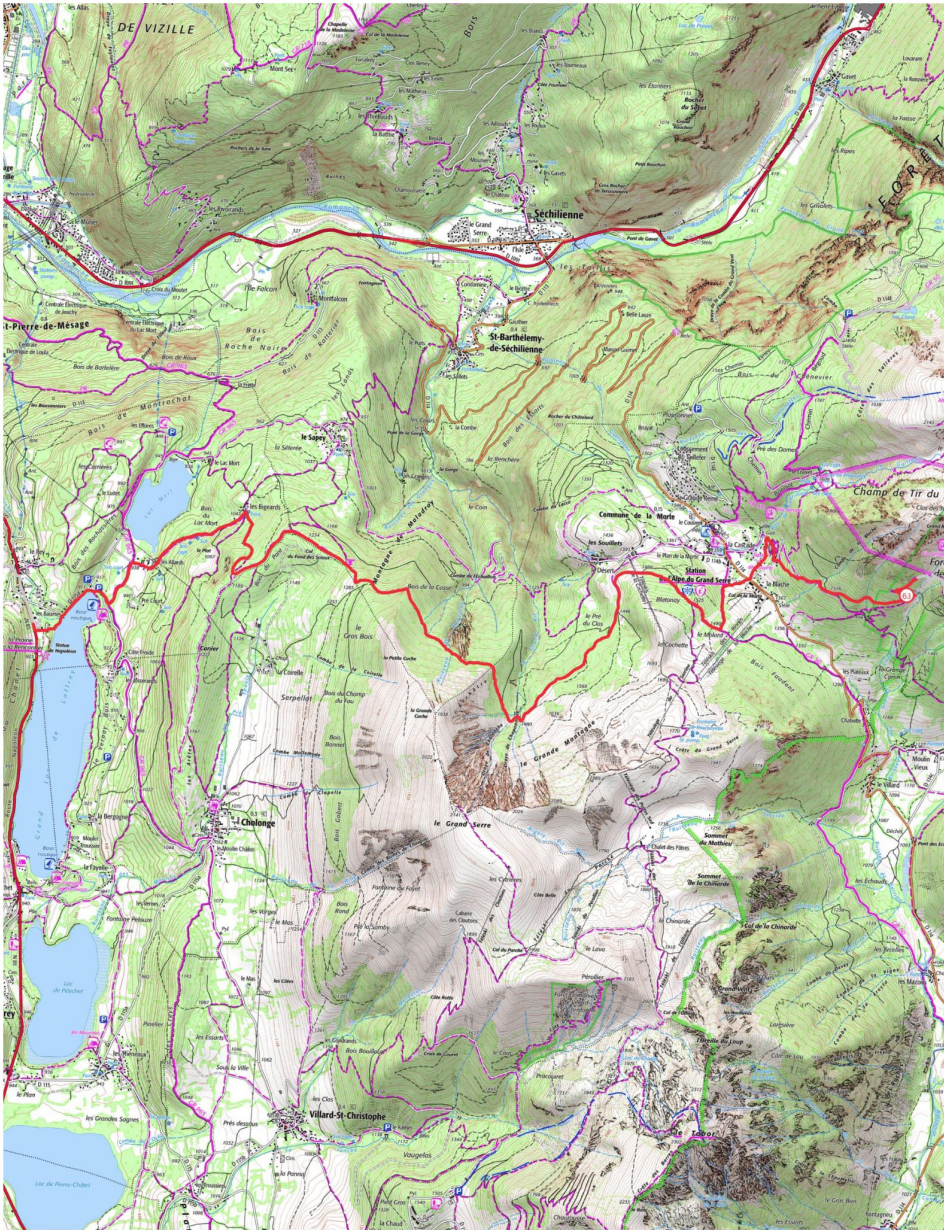
# Details of the sections

## TAILLEFER MASSIF – Section 5 : Laffrey > La Morte

TRACE  
DE  
trail



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# Details of the sections

## TAILLEFER MASSIF – Section 6 : La Morte > Poursollet

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DE  
trail



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# Details of the sections

## TAILLEFER MASSIF – Section 7 : Poursollet > Rioupéroux

TRACE  
DE  
*trail*



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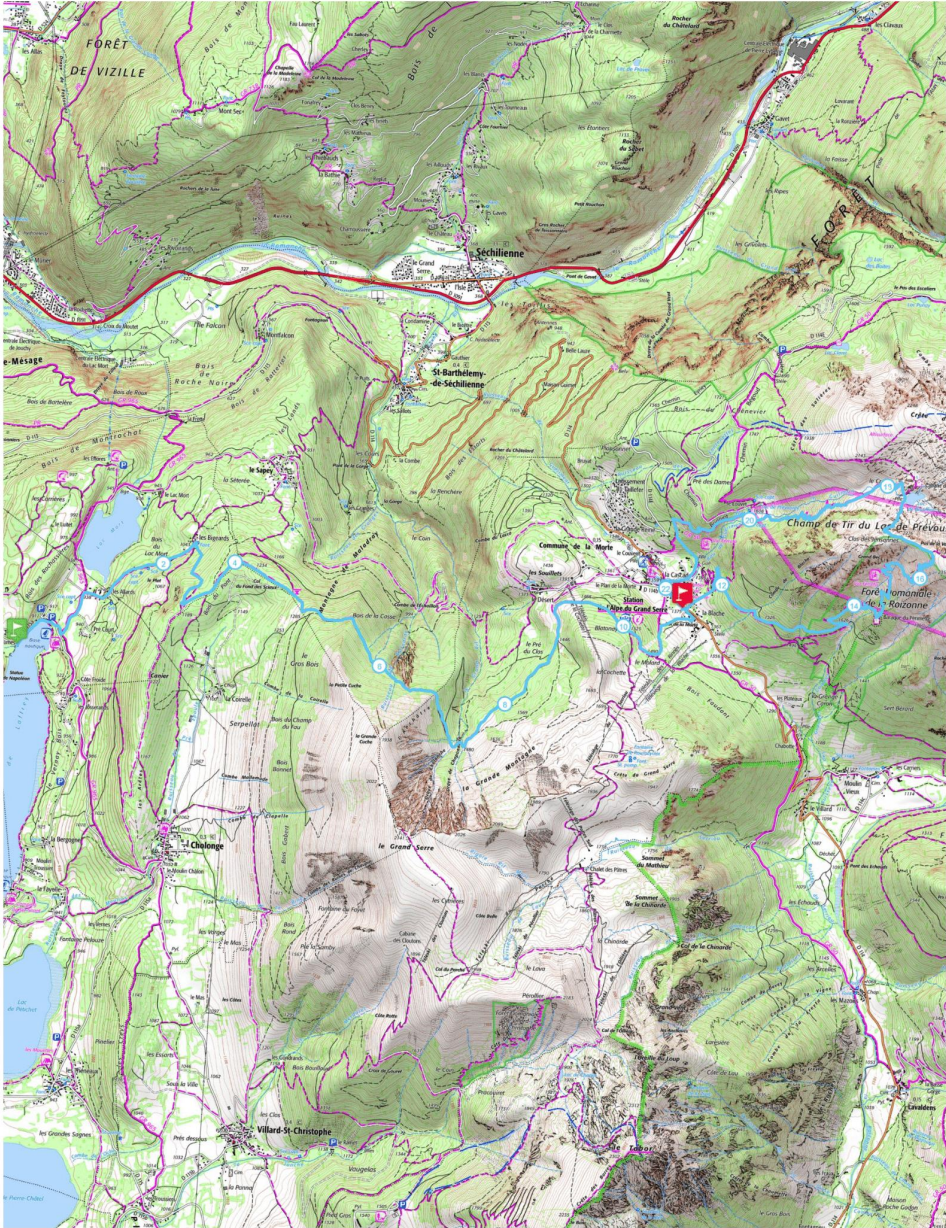
# Details of the sections

## TAILLEFER MASSIF

TRACE  
DE  
*trail*



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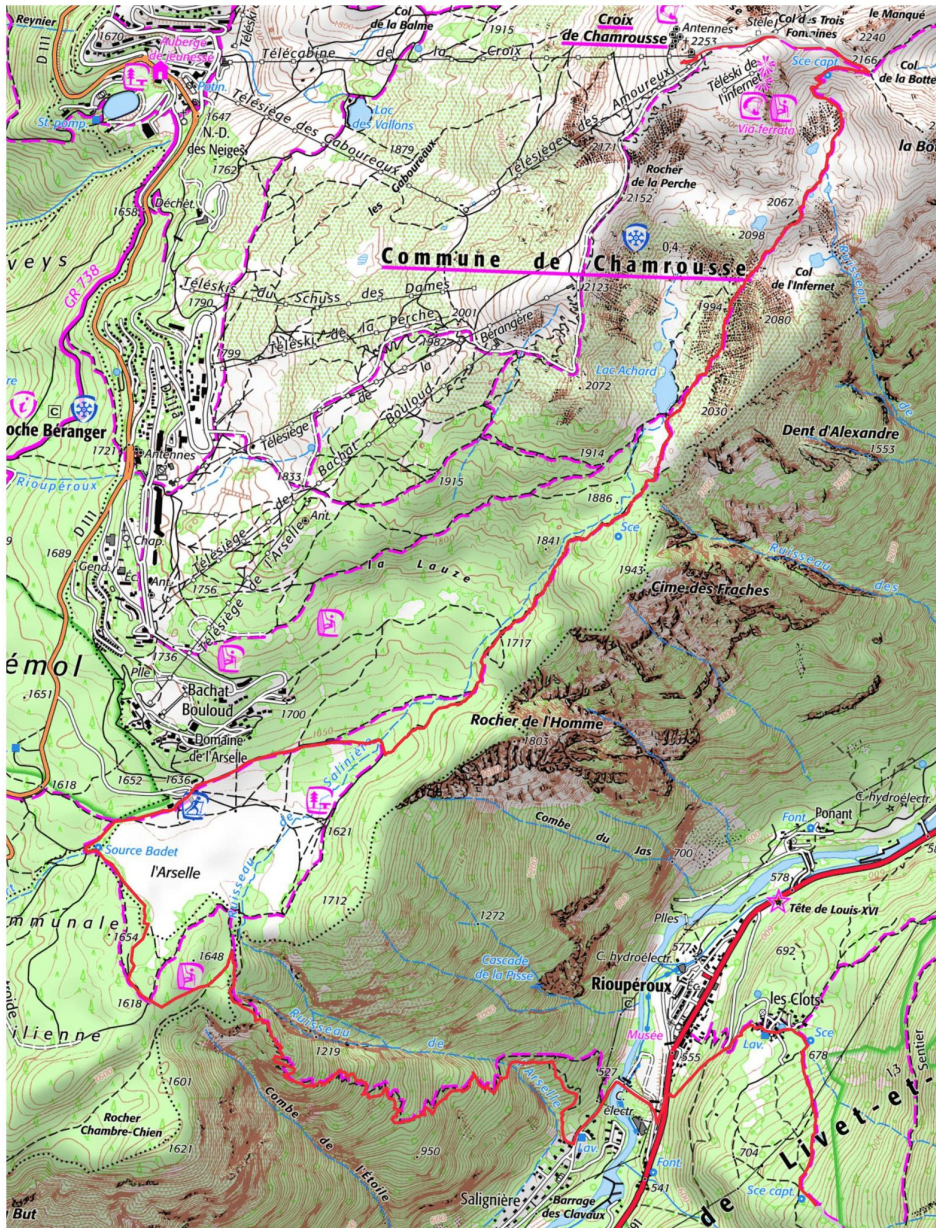
# Details of the sections

## BELLEDONNE MASSIF - Section 8 : Rioupérourx > Chamrousse

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DE  
trail



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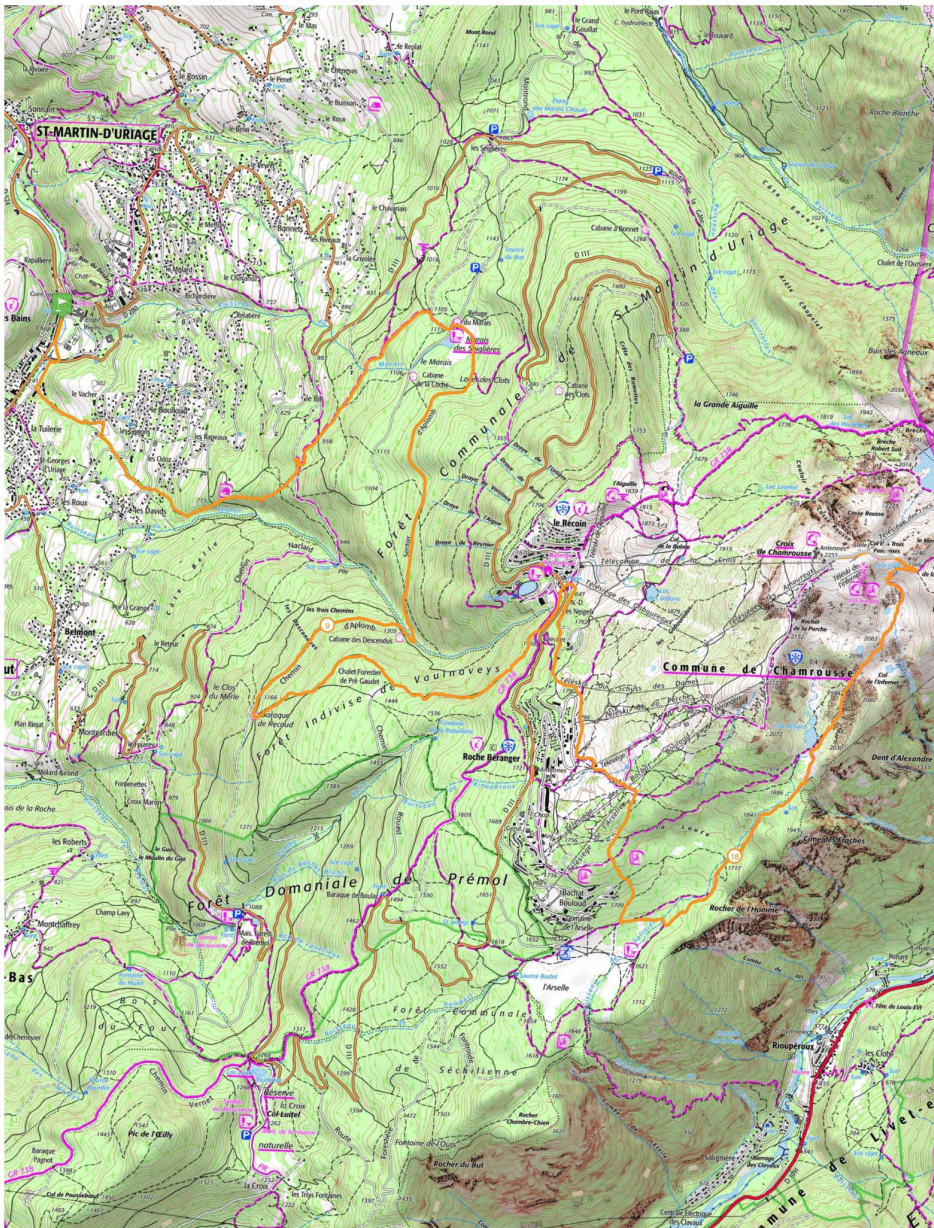
# Details of the sections

## BELLEDONNE MASSIF - Section 8 bis : Uriage > Chamrousse

TRACE  
DE  
*trail*



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# Details of the sections

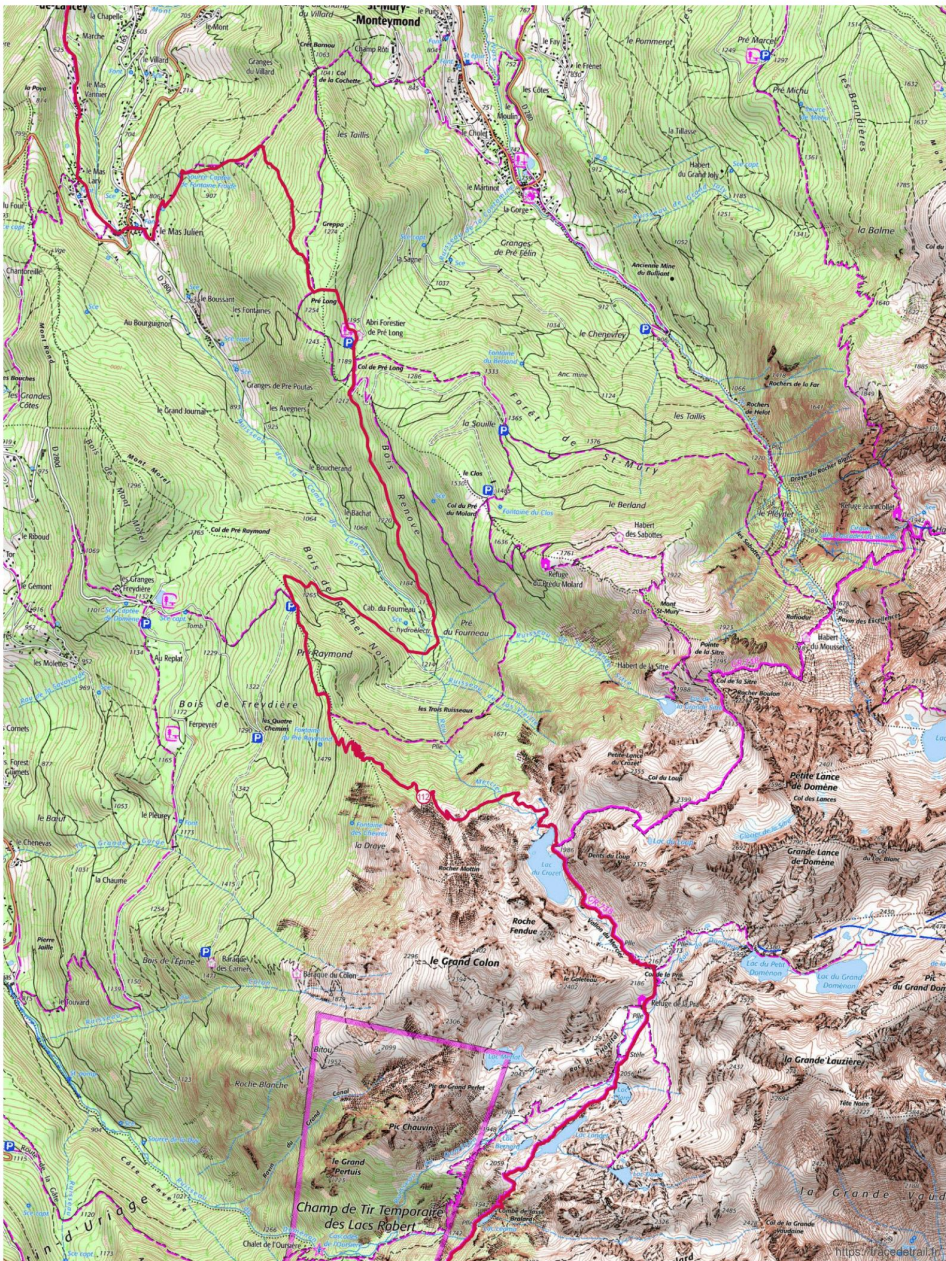
## BELLEDONNE MASSIF - Section 9 : Chamrousse > La Pra





# Details of the sections

## BELLEDONNE MASSIF - Section 10 : La Pra > Pré Long





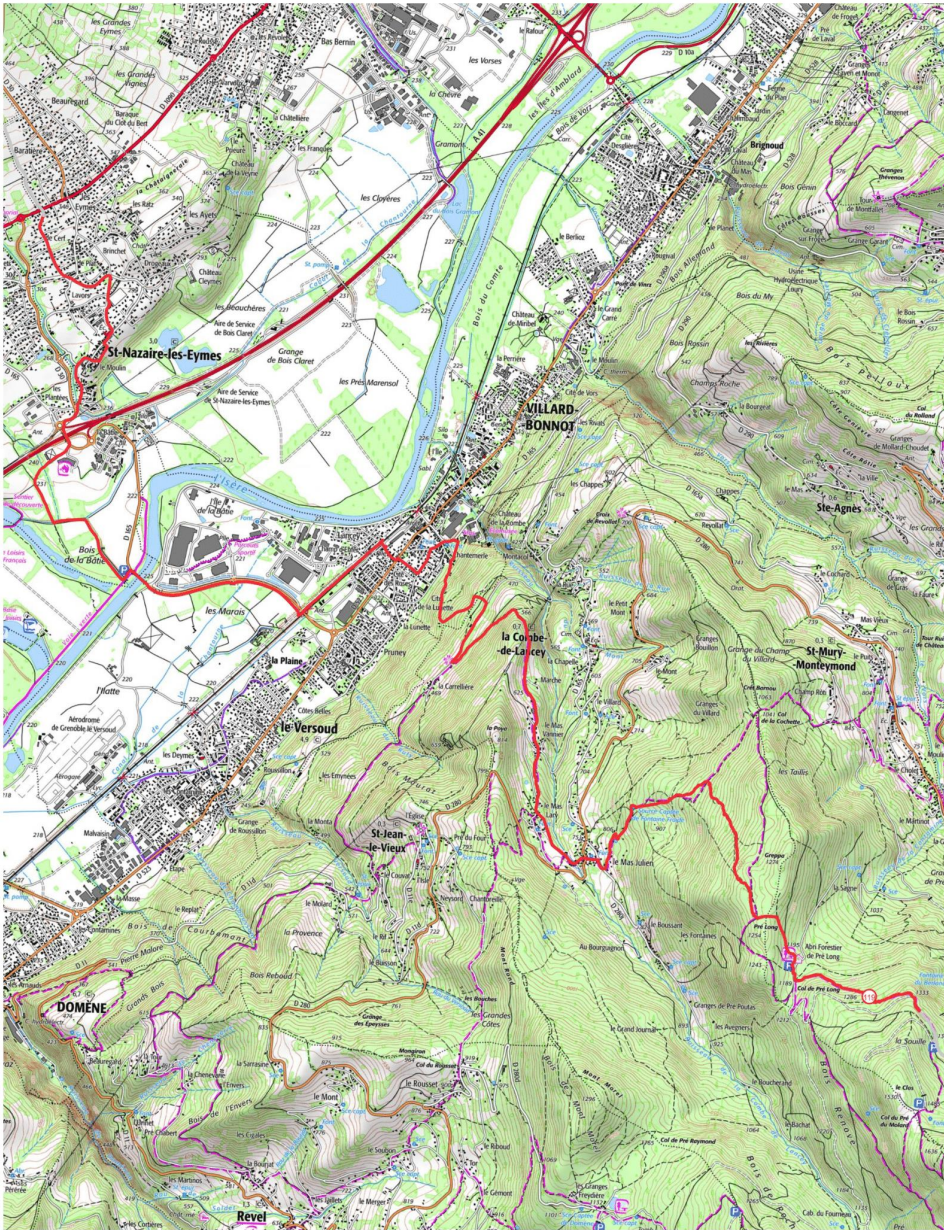
# Details of the sections

## BELLEDONNE MASSIF - Section 11 : Pré Long > Saint-Nazaire

TRACE  
DE  
*trail*



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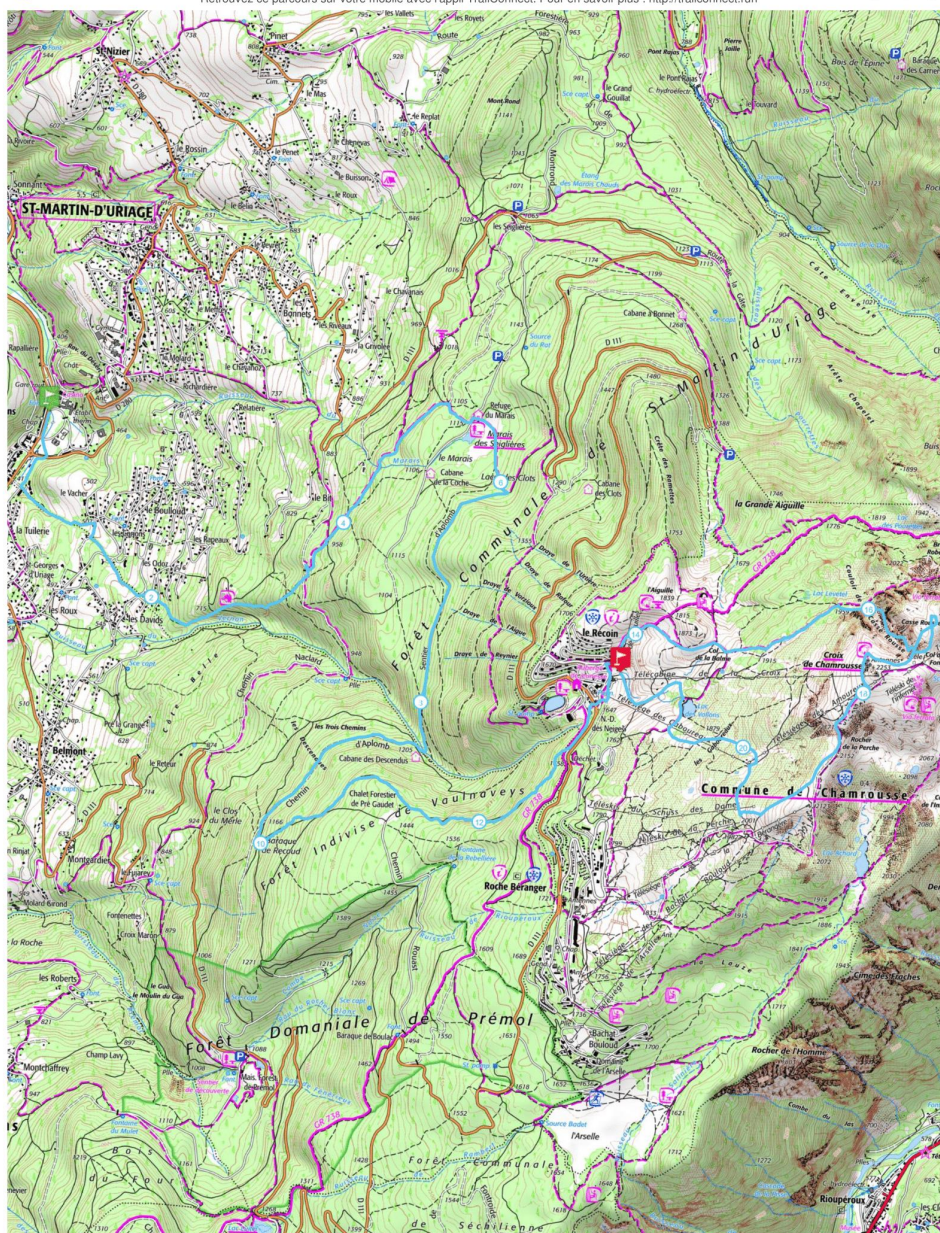
## Details of the sections

## BELLEDONNE MASSIF

**TRACE**  
**DE**  
*trail*



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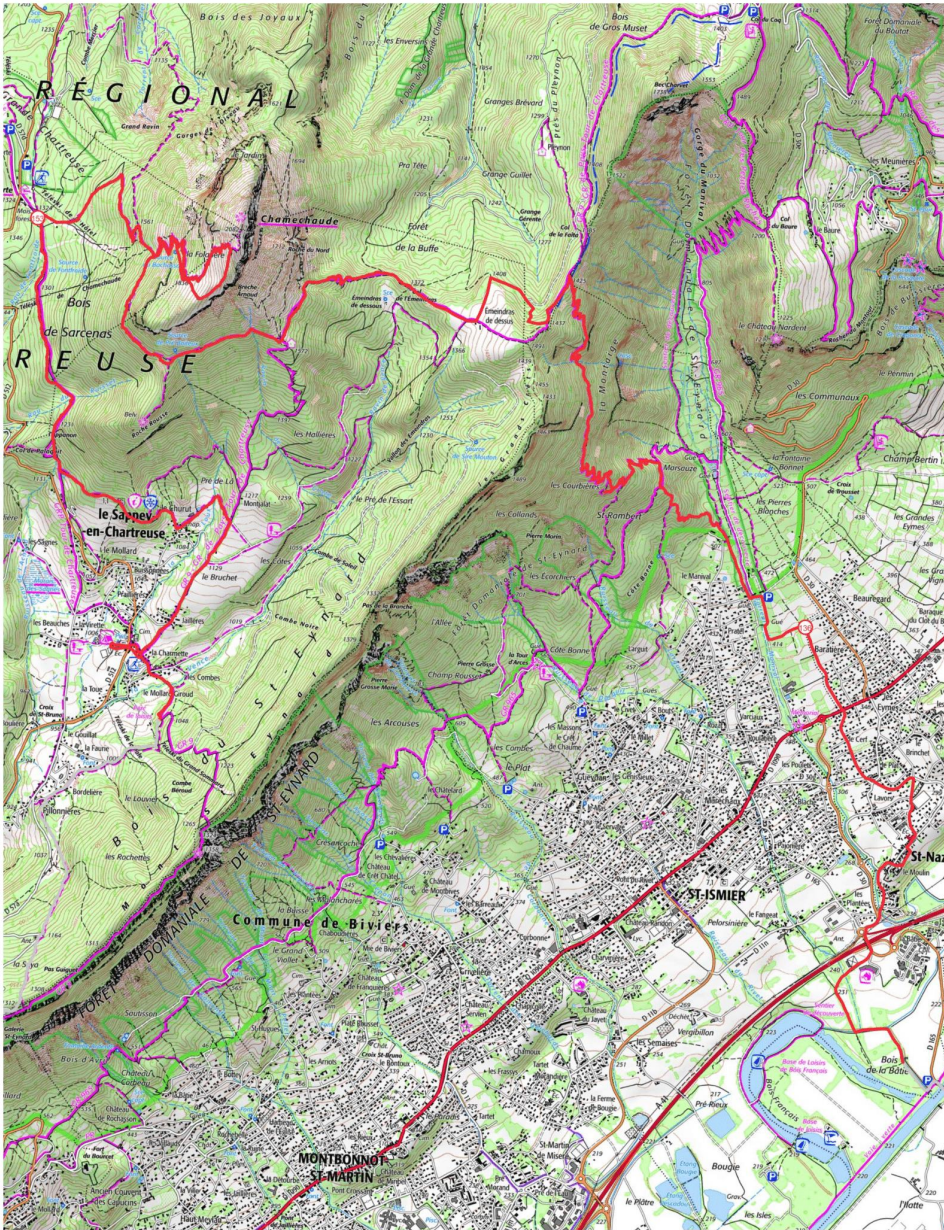
# Details of the sections

## CHARTREUSE MASSIF - Section 12 : Saint-Nazaire > Le Sappey

TRACE  
DE  
trail



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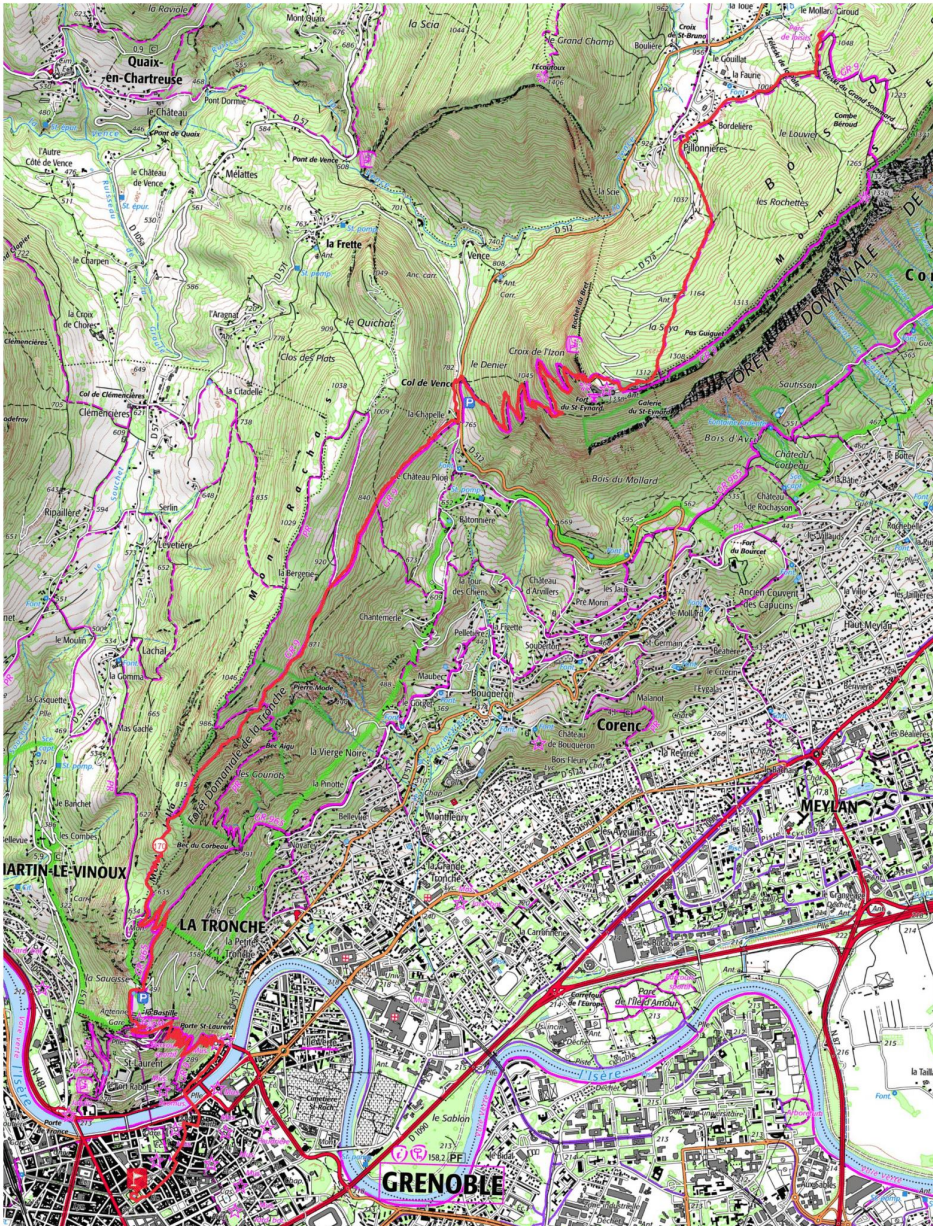
# Details of the sections

## CHARTREUSE MASSIF - Section 13 : Le Sappey > Grenoble

TRACE  
DE  
*trail*



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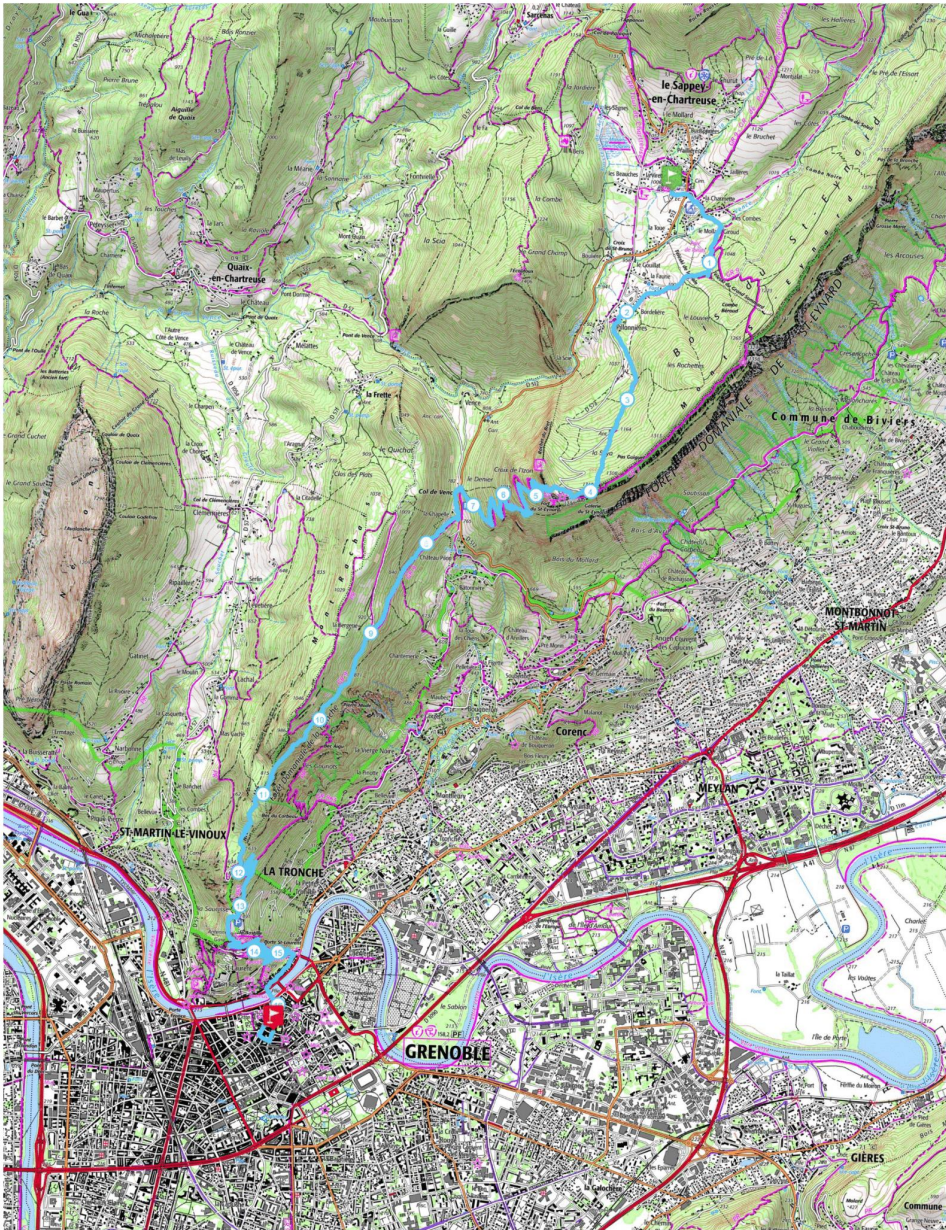
# Details of the sections

## CHARTREUSE MASSIF

TRACE  
DE  
*trail*



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# RAIDLIGHT

## Made in France

### Collection

#### Sac à dos ULTRALIGHT 12L



#### Débardeur AERO ECODRY



#### Short SUBLITECH ECODRY



#### Bâtons ULTRALIGHT CARBON



### Personnalisation

CLUB, ASSOCIATION, ENTREPRISE...  
Personnalisez votre image  
avec une tenue technique fabriquée en France.



**Contactez-nous,** [contact@raidlight.com](mailto:contact@raidlight.com)  
nos designers s'occuperont de la création,  
nos couturiers de la confection  
et pour la course c'est à vous de jouer !



Sacs 3L, 12L & 24L



Débardeurs  
Homme & Femme



Bonnets



Bandeaux



Tours de cou



Maillots  
Homme & Femme



Manchettes



Ceintures



Shorts  
Homme & Femme

**Raidlight, spécialiste français  
de l'équipement de trail depuis 1999**

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# Your recognition in public transit



Bus stop	Bus line	Comments
Departure : SeyssinsAncienne Gare or Seyssinet Village or Tram Seyssins Le Prisme	Line 19 (TAG) Tram C (TAG)	Regular schedules
Finish: Saint-Nizier du Moucherotte, Saint-Nizier Village	Line T65 (Région)	Several buses during the day, less frequent at weekends



Bus stop	Bus line	Comments
Start : Laffrey, Lac de Laffrey	Line T90 or T91 (Région)	Several passages during the day for T90, 2 passages during the day for T91
Finish: La Morte, Le Pont- La-Morte or La Blache-La- Morte	Line T93 (Région), transfer to line T90/T91/T92 (Région) at La Mure- République	Several buses a day for T90 and T92, 2 passages a day for T93 and T91

# Your recognition in public transit



Bus stop	Bus line	Comments
Departure : Uriage, Uriage Gare	Line 23 (TAG), from Gières Gare	Regular schedules
Arrival : Chamrousse, Recoin	Line T87 (Région) or 707 (TAG)	Between 1 and 3 passages per day for T87, 2 passages per day for 707



Bus stop	Bus line	Comments
Start : Le Sappey	Line 62 (TAG)	Several passages during the day, departing from Notre Dame Museum, reservation required on weekends.



# Your recognition in public transit



Bus stop	Bus line	Comments
Departure : SeyssinsAncienne Gare or Seyssinet Village	Line 19 (TAG)	Regular schedules
Finish: Vif, Vif Mairie or Rivalta	Line 25 or 26 (TAG)	Regular schedules



Bus stop	Bus line	Comments
Departure: Vif, Vif Mairie or Rivalta	Line 25 or 26 (TAG)	Regular schedules
Arrival: Rioupéroux, Rioupéroux-Pont or Rioupéroux-Mairie	Line T75 (Region)	Several buses during the day (check final destination)

# Your recognition in public transit



Bus stop	Bus line	Comments
Departure : Rioupérourx, Rioupérourx-Pont or Rioupérourx-Mairie	Line T75 (Region)	Several buses during the day (check the route to make sure the bus leaves from Grenoble)
Arrival: Saint-Nazaire-les-Eymes, Gare-Saint-Nazaire or Les Eymes RD 1090	Line T82 or T85 (Région), then change at La Tronche-Hôpital or Hôpital Michallon or Grand Sablon with Tram B (TAG)	Between 2 and 4 passages per day for T82 and T85, regular schedules for Tram B



Bus stop	Bus line	Comments
Arrival: Saint-Nazaire-les-Eymes, Gare-Saint-Nazaire or Les Eymes RD 1090	La Tronche-Hôpital or Hôpital Michallon or Grand Sablon with Tram B (TAG), then Line T82 or T85 (Région)	Between 2 and 4 passages per day for T82 and T85, regular schedules for Tram B



# VOYAGEZ PLUS VITE EN POLLUANT MOINS

**-95% DE CO<sub>2</sub>**

**EN MOYENNE EN  
FRANCE ET VERS L'EUROPE\***



RENDEZ-VOUS SUR LE SITE ET L'APPLICATION  **snfconnect**,  
EN GARES, BOUTIQUES, AGENCES DE VOYAGES AGRÉÉES SNCF ET PAR TÉLÉPHONE.

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\*Prendre le train à grande vitesse en France et vers l'Europe, c'est réduire de 95% en moyenne le CO<sub>2</sub>e émis pour un trajet équivalent, par la route ou par les airs. Source Base Carbone ADEME 2023 (bilans-ges.ademe.fr) et analyse comparative Carbone 4. Les émissions de gaz à effet de serre (GES) exprimées en CO<sub>2</sub> équivalent (CO<sub>2</sub>e) du TGV sont calculées conformément au guide méthodologique de l'information GES des prestations de transport publié par l'Etat français et certifiées par les Commissaires aux Comptes. Elles sont rapportées au voyageur-kilomètre sur une valeur moyenne pour un trajet longue distance en France, en avion court-courrier et en voiture thermique, électrique longue distance France (contenant 2,2 passagers, taux d'occupation en voiture longue distance France établi par l'ADEME.). TGV INOUI est une marque enregistrée de SNCF Voyageurs. Tous droits de reproduction réservés. SNCF Voyageurs, SA au capital social de 157 789 960 euros, inscrite au RCS de Bobigny sous le numéro 519 037 584 - 4, rue André Campra - CS20012 - 93212 Saint Denis Cedex. LH0424. ROSA PARIS

TGV  
**!nOui**

# 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 (offtrail) and the Pra plateau (off-trail).



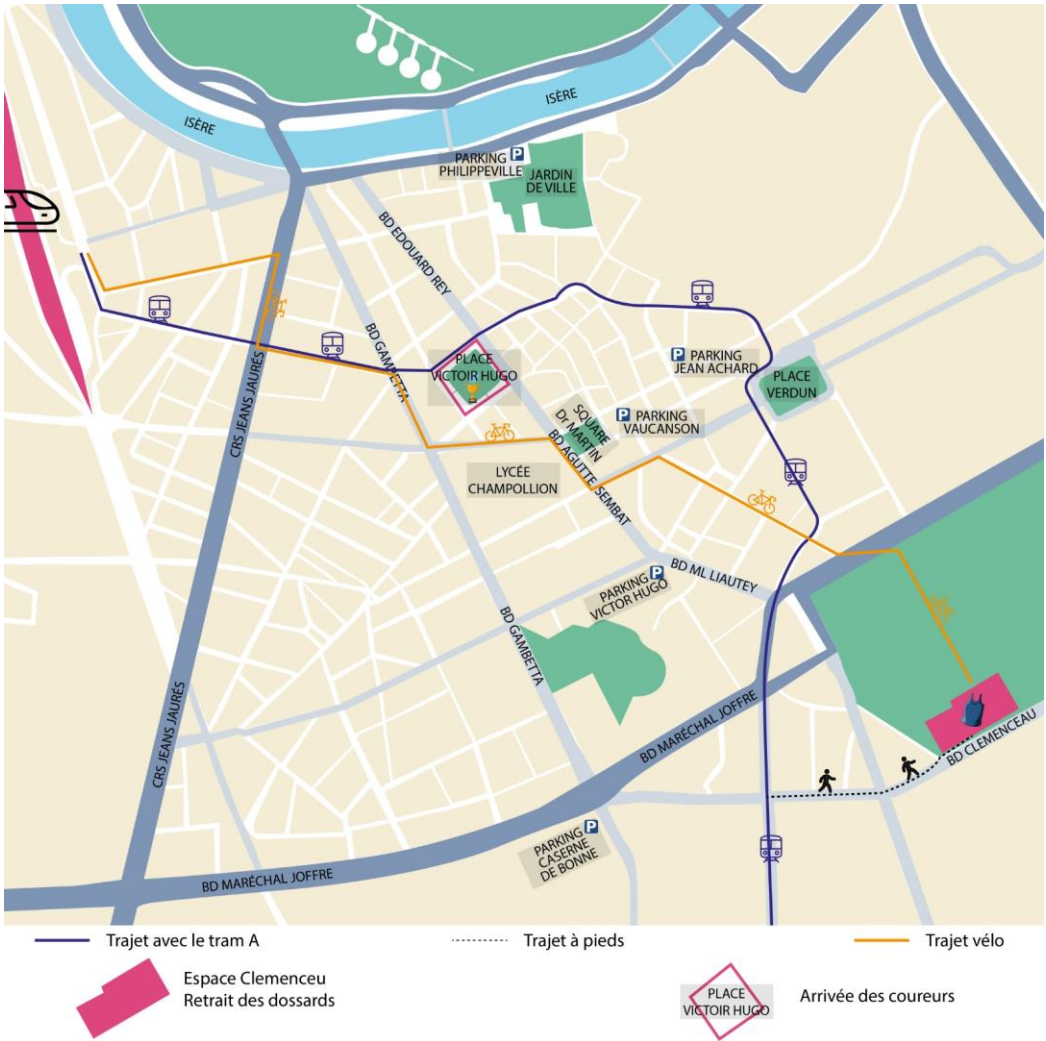
# Where to meet us

## BASE CAMP

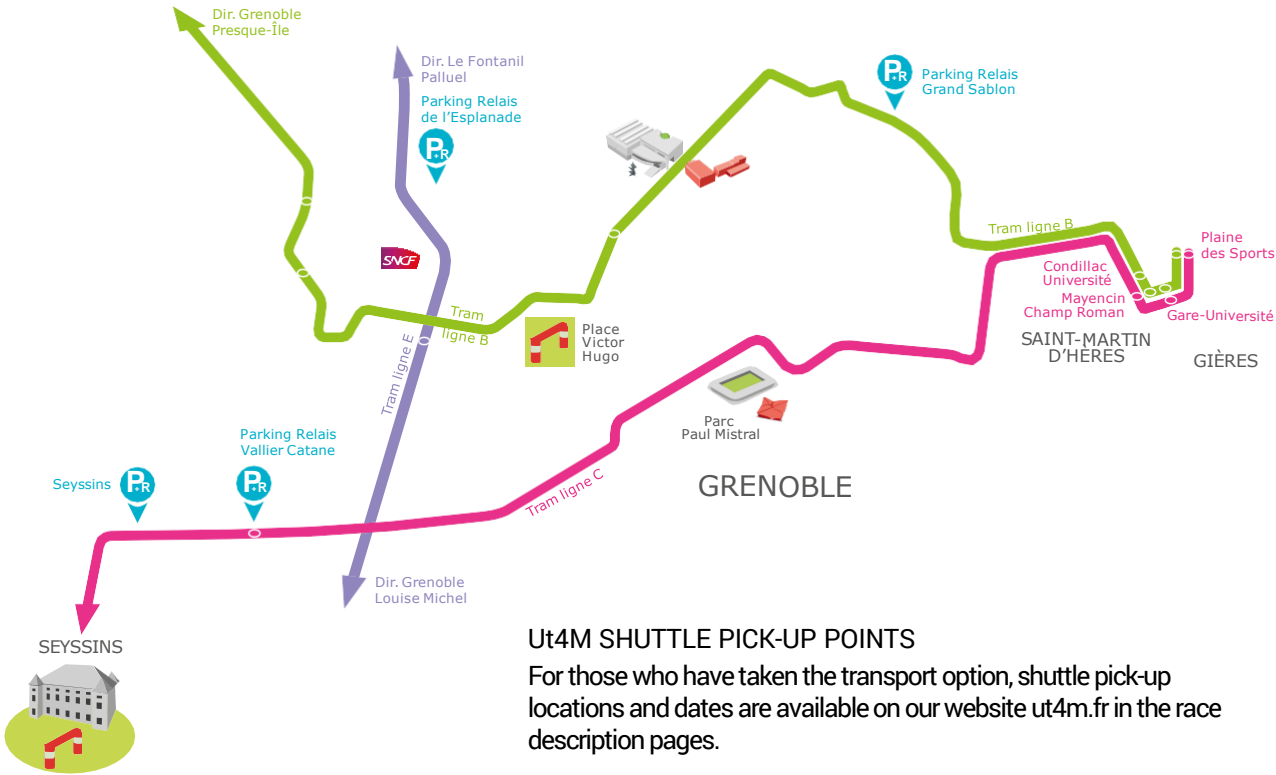
Place Victor Hugo in Grenoble Saturday,  
July 20 and Sunday, July 21

## NUMBER WITHDRAWAL

Halle Clémenceau in Grenoble Wednesday  
July 17 to Saturday July 20



# Where to meet us





# 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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# Where to see the runners

Points	Adress	Comments
SAINT NIZIER DU MOUCHEROTTE	Route des JO de 68 38250 St-Nizier-du-Moucherotte	Mandatory parking on route du télécabine - follow the signs. Do not cross grazing meadows and stay on roads and paths.
LANS-EN-VERCORS	La Sierre	Big parking
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.
VIF	Salle Polyvalente Rue du 19 Mars 1962 38450 Vif	No public in the multi-purpose hall. Use the park-and-ride on the other side of boulevard de lade la Résistance.
LAFFREY	Prairie de la rencontre 38220 Laffrey	
LA MORTE	Plaine des Jeux 38350 La Morte	
LAC DU POURSOLLET	38220 Livet et Gavet	Please respect parking regulations as we are in a sensitive natural area. Accompanying persons and the general public are not allowed to access Lac du Poursolet by car.
CHALET DE LA BARRIERE	38220 Livet-et-Gavet	This point can only be reached on foot: departure from the Lac du Poursolet parking lot. Approx. 3.5 km and 300 m ascent.





# Where to see the runners

Points	Adress	Comments
LA SALINIÈRE	Rue de l'Arselle 38220 Livet-et-Gavet	Caution due to construction work,very limited space: drop-off only for 180Challenge and50Belledonne. Access for 180Xtrem only on presentation of a pass.to be collected at the number pick-up.
URIAGE (100 Master)	Allée du Jeune Bayard 38410 Saint-Martin-d'Uriage	The start of the Ut4M 100 Master takes place in Uriage, nextnext to the Casino. Runners make a short loopbefore heading up towards Chamrousse.
RECOIN (100 Master)	Le Recoin de Chamrousse 38410 Chamrousse	
PLATEAU DE L'ARSELLE	Parking du plateau de l'Arselle 38410 Chamrousse	
LA CROIX DE CHAMROUSSE	38410 Chamrousse	This point can only be reached on foot or by cable carfrom Recoin (Chamrousse). 1 wristband for accompanying persons will be given to you when you collect your number for the races concerned, entitling you to free entry.
REFUGE DE LA PRA	38420 Revel	This point can only be reached on foot from the Freydières parking lot (3-hour walk).



# Where to see the runners

Points	Adress	Comments
COL DE PRE LONG	Route de Pré Long, 38190 Saint Mury-Monteymond	Caution: narrow road. Go to the refreshment point and turn around - Do not park before the refreshment point.
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.
SAINT ISMIER	Parking de la Bâtie 38330 Saint-Ismier	Very difficult parking. Departmental activities in the Espaces NaturelsEspaces Naturels.
SAINT-NAZAIRE-LES-EYMES	Salle Cartier Millon Chemin de la Mairie 38330 Saint-Nazaire-les-Eymes	
COL DE PORTE	Col de porte	Big parking
LE SAPPEY-EN-CHARTREUSE	Foyer de Ski de Fond Chemin des Charmettes, 38700 Le Sappey-en-Chartreuse	
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 magnificent view of the Belledonne massif, the Grésivaudan valley and Grenoble. A permanent exhibition on garrison life at the fort awaits you. And a charming restaurant servingmountain products.
LA BASTILLE	Fort de la Bastille 38000 Grenoble	The Fort de la Bastille is accessible on foot or by cable car. By car, please note that the road is not always open and is VERY steep.



