

www.ut4m.fr

17 | 20
JULY
2025

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 website to check the date of issue.



The Ultra tour des 4 Massifs

The Ultra Tour des 4 Massifs is back for its 13th edition, from July 17 to 20, 2025, 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. There's even a Saturday hike !

New for 2025: the EN 10 K race, open to disabled runners, makes its debut on Fridays on the Taillefer massif!

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 4,250 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



176,8 kilometers, 11 686 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: Saint-Georges-de-Commiers, 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)



96,6 kilometers, 5894 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



81,3 kilometers, 6 118 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, solo

- **1 massif to choose from:** Vercors, Taillefer, Belledonne and Chartreuse
- The Ut4M Marathon follow the same sections as the Ut4M 180.
 - Ut4M 40 Vercors : 44,1 kilometers, 2980 ascending level
 - Ut4M 50 Taillefer : 46,5 kilometers, 3219, D+ ascending level
 - Ut4M 50 Belledonne : 47,6 kilometers, 2894 D+ ascending level
 - Ut4M 40 Chartreuse : 41 kilometers, 2655 D+ ascending level



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

- **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 : 20,6 kilometers, 1787 ascending level
 - Ut4M 20 Taillefer : 22,2 kilometers, 1735 ascending level
 - Ut4M 20 Belledonne : 21,5 kilometers, 1960 ascending level
 - Ut4M 20 Chartreuse : 17 kilometers, 636 ascending level



Ut4M EN 10K: 11.3 kilometers, 767 D+ for disabled runners





Hiking friends, come and enjoy the Ut4M atmosphere at your own pace!

On the final kilometers of the 180Xtrem, come and enjoy a refreshing hike, alongside the runners who will be finishing the big loop. We've taken your feedback for 2024 into account, and we'll be bringing you a 2025 edition that lives up to your expectations!

9.4 km / 167 D+ climb
Saturday July 19th
Starts from 9 a.m. to 1 p.m.

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 and indicated on your bib

- 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 16



Bib number collection (Halle Clémenceau)

13:00

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

20:00

17:00 Conference (Grenoble)

THURSDAY, JULY 17



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
- Ut4M EN 10K

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



Saint-Georges-de-Commiers (Gymnase des Combettes), 12:30



Podium Ut4M 20 Vercors

Saint-Nizier-du-Moucherotte, 13:00



Podium Ut4M 40 Vercors

Saint-Georges-de-Commiers (Gymnase des Combettes), 15:00



General program

FRIDAY, JULY 18



Departure Ut4M 180 Challenge (Stage 2) and 50 Taillefer

Saint-Georges-de-Commiers (Gymnase des Combettes), 8:00



Departure Ut4M EN 10K, Ut4M 80 Challenge (Stage 2) and 20 Taillefer

Laffrey (prairie de la rencotnre), 7:50 EN 10K, 8:00 fo 80 Challenge, 8:20 for 20 Taillefer



Departure Ut4M 180 Xtrem



Seyssins (parc François Mitterand), 9:00

13:00 Bib number collection (Halle Clémenceau Grenoble)

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

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 19



Departure Ut4M 100 Master

Uriage,(parc), 7:00



Departure Ut4M 180 Challenge (Stage 3) and 50 Belledonne

Rioupérour, departing at 8 a.m.



Departure Ut4M 80 Challenge (Stage 3) and 20 Vercors

Uriage (parc), 10:00



Bib number collection (Décathlon La Tronche)

9:00

- Ut4M 40 et 20 Chartreuse
- Ut4M Rando

13:00



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



Departure Ut4M 80 Challenge (Stage 4) and 20 Chartreuse

Le-Sappey-en-Chartreuse, 22:00

General program

SUNDAY, JULY 20



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 and closing event

Grenoble, 19:00

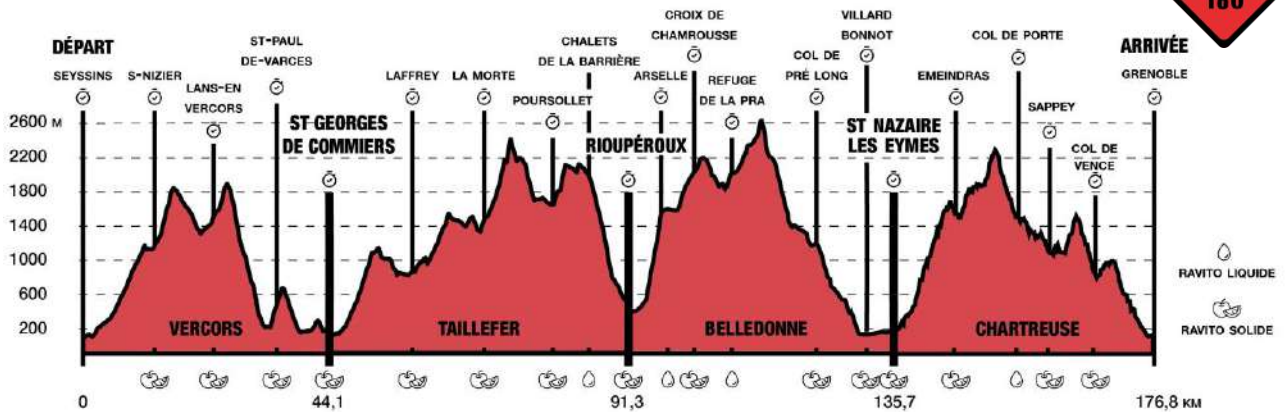


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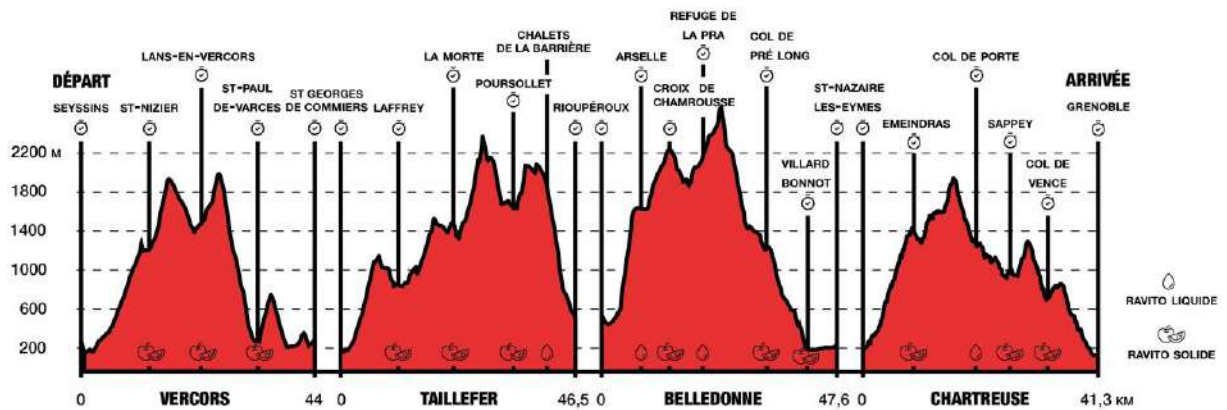
11

Profiles

Ut4M 180 XTREM

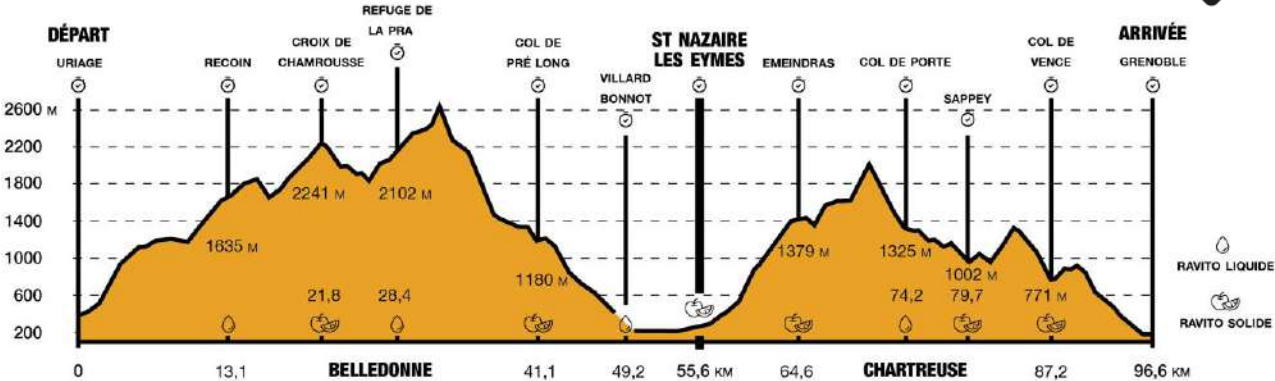


Ut4M 180 CHALLENGE

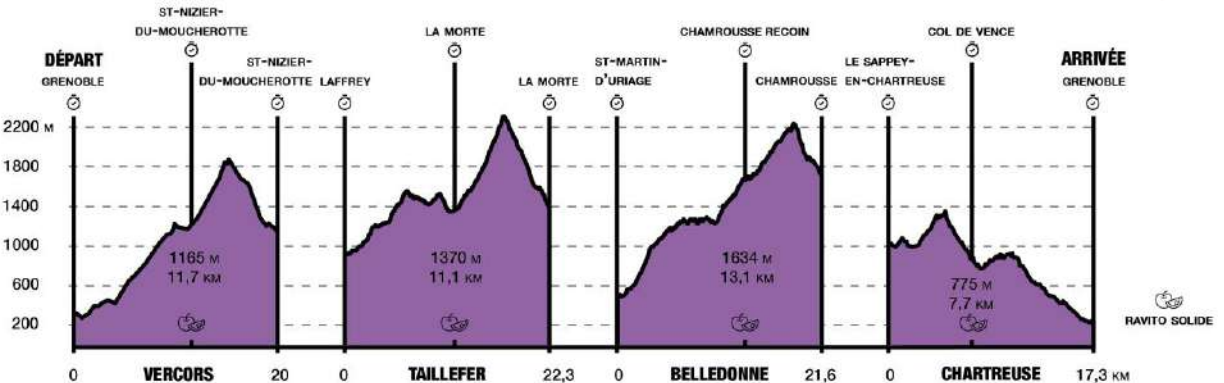


Profiles

Ut4M 100 MASTER

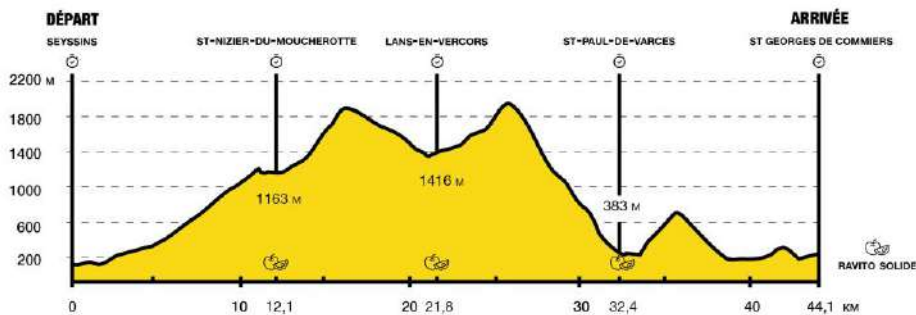


Ut4M 80 CHALLENGE



Profiles

Ut4M 40 Vercors (Stage 1 180 Challenge)



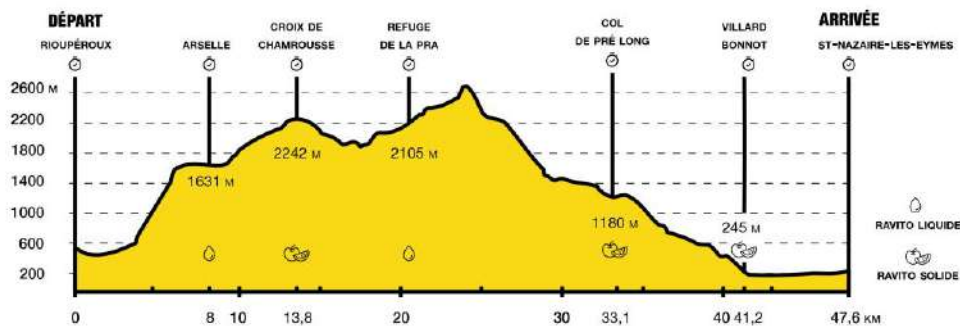
Ut4M 50 Taillefer (Stage 2 180 Challenge)



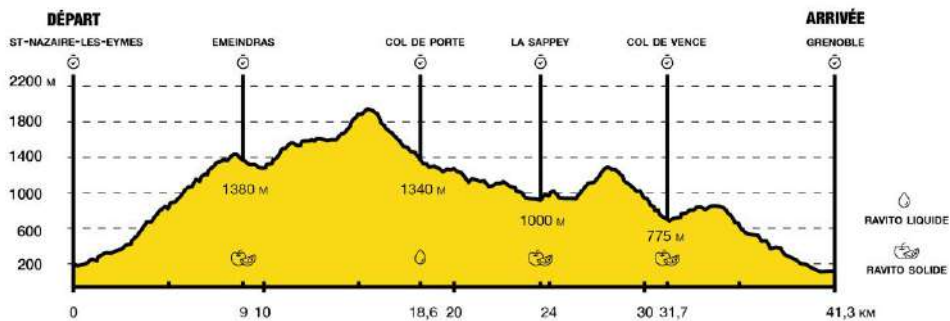
KIPRUN
Ut4M MARATHONS

Profiles

Ut4M 50 Belledonne (Stage 3 180 Challenge)



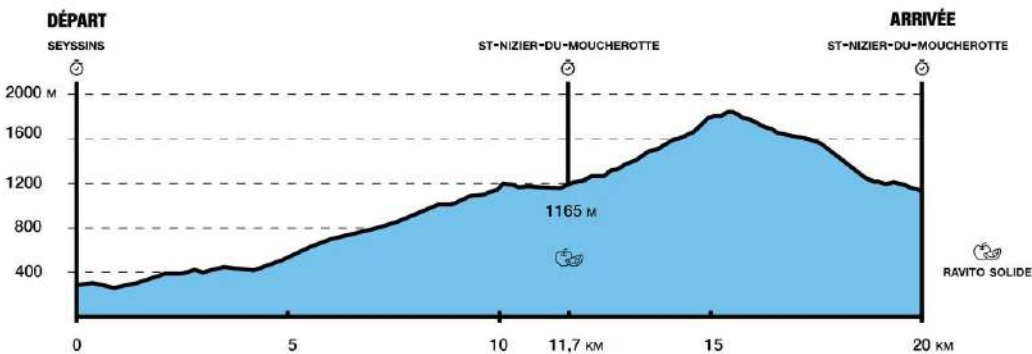
Ut4M 40 Chartreuse (Stage 4 180 Challenge)



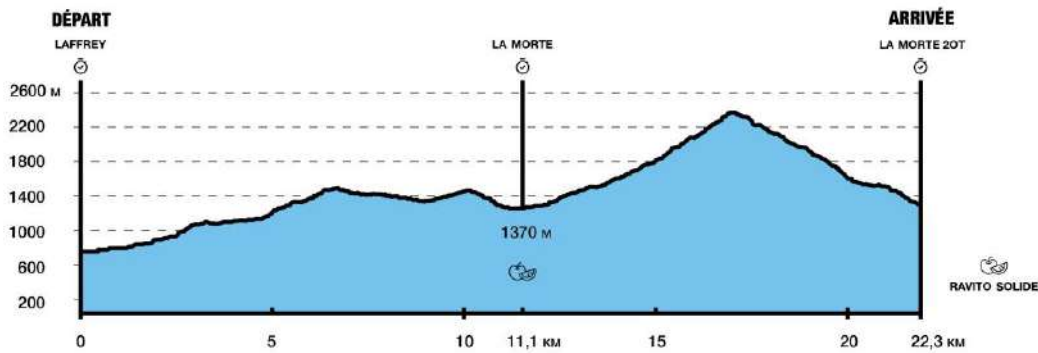
KIPRUN
Ut4M MARATHONS

Profiles

Ut4M 20 Vercors (Stage 1 80 Challenge)

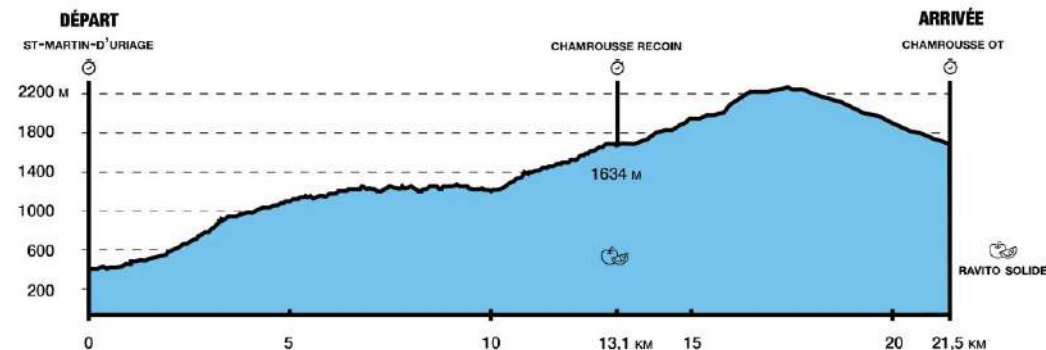


Ut4M 20 Taillefer (Stage 2 80 Challenge)

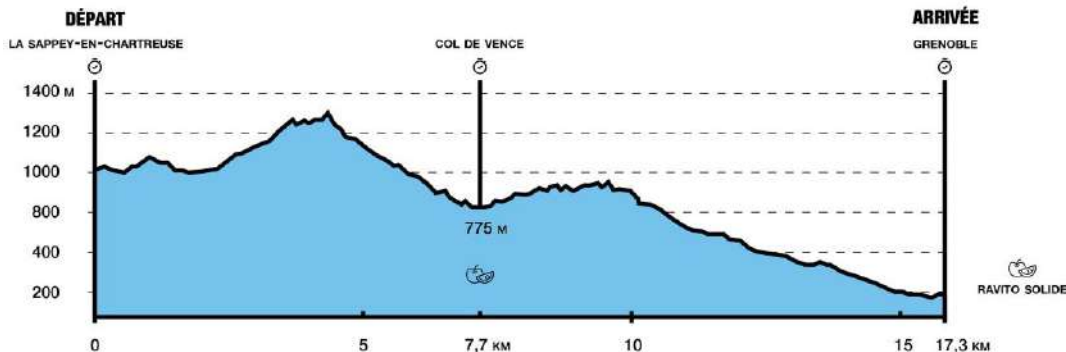


Profiles

Ut4M 20 Belledonne (Stage 3 80 Challenge)

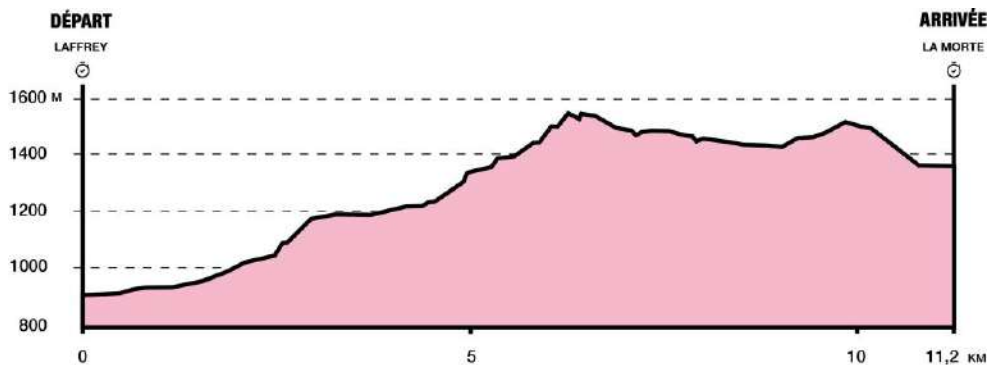


Ut4M 20 Chartreuse (Stage 4 80 Challenge)

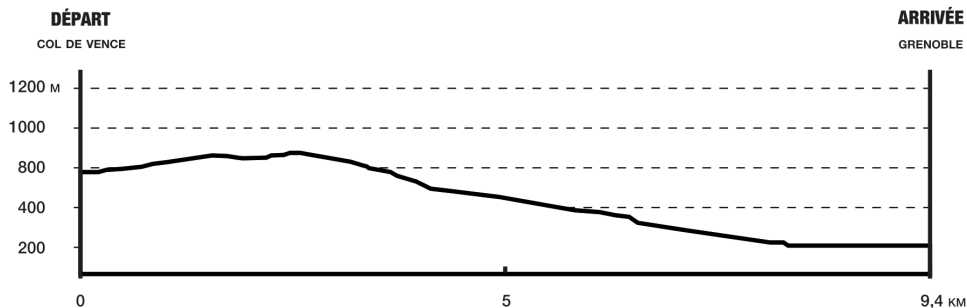


Profiles

Ut4M EN 10K

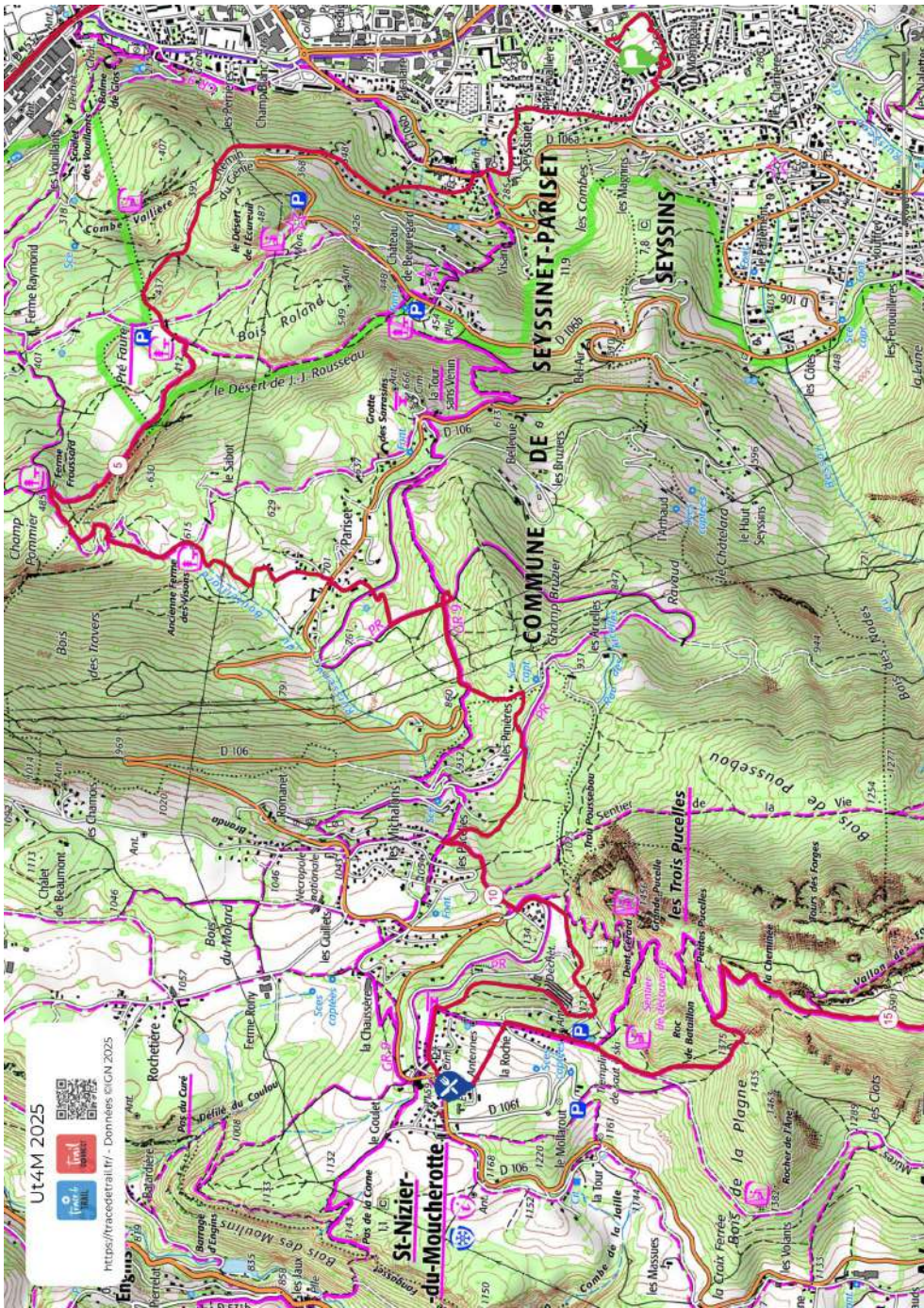


Ut4M Rando



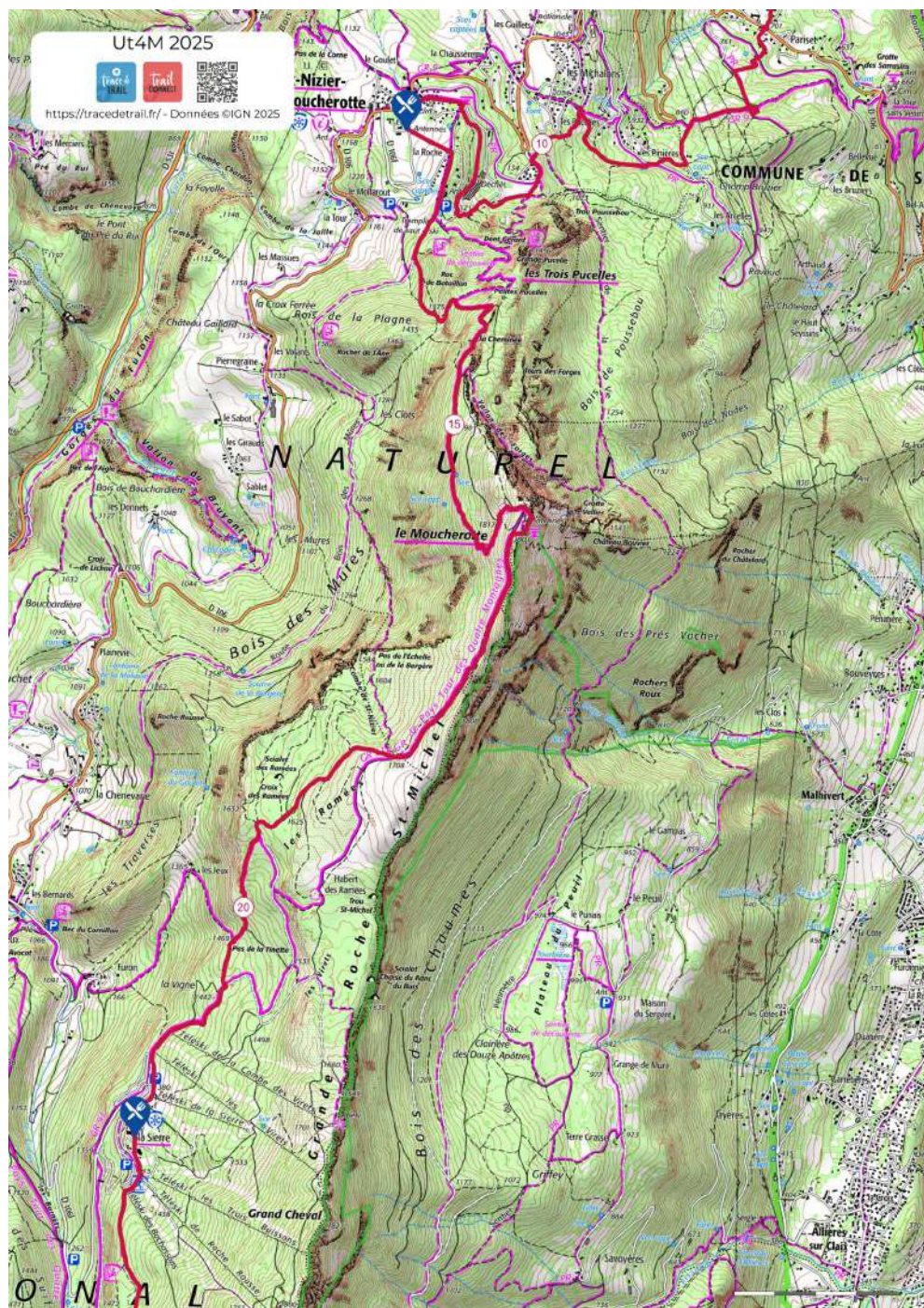
Details of the sections

VERCORS MASSIF – Section 1 : Seyssins > Saint-Nizier



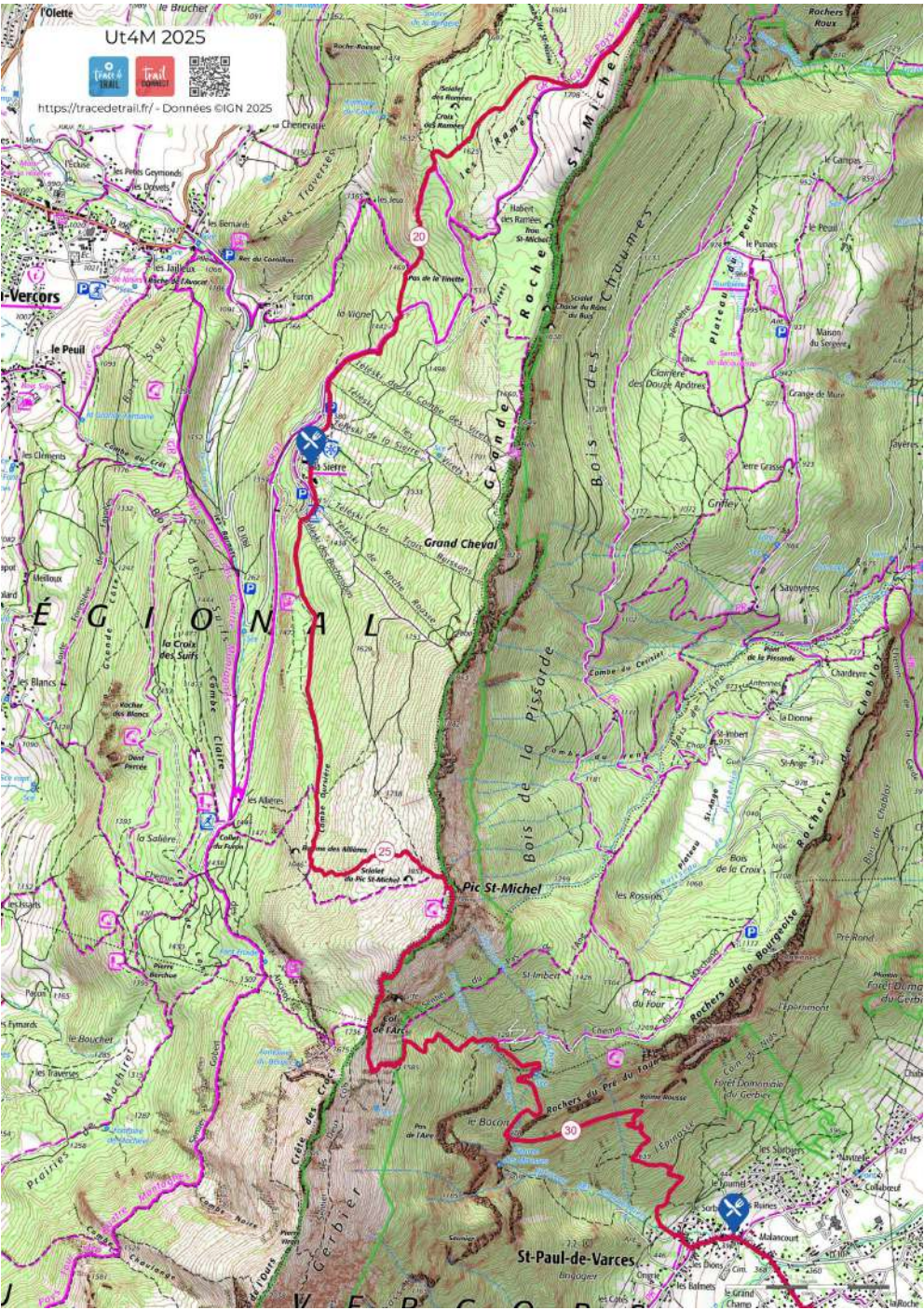
Details of the sections

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



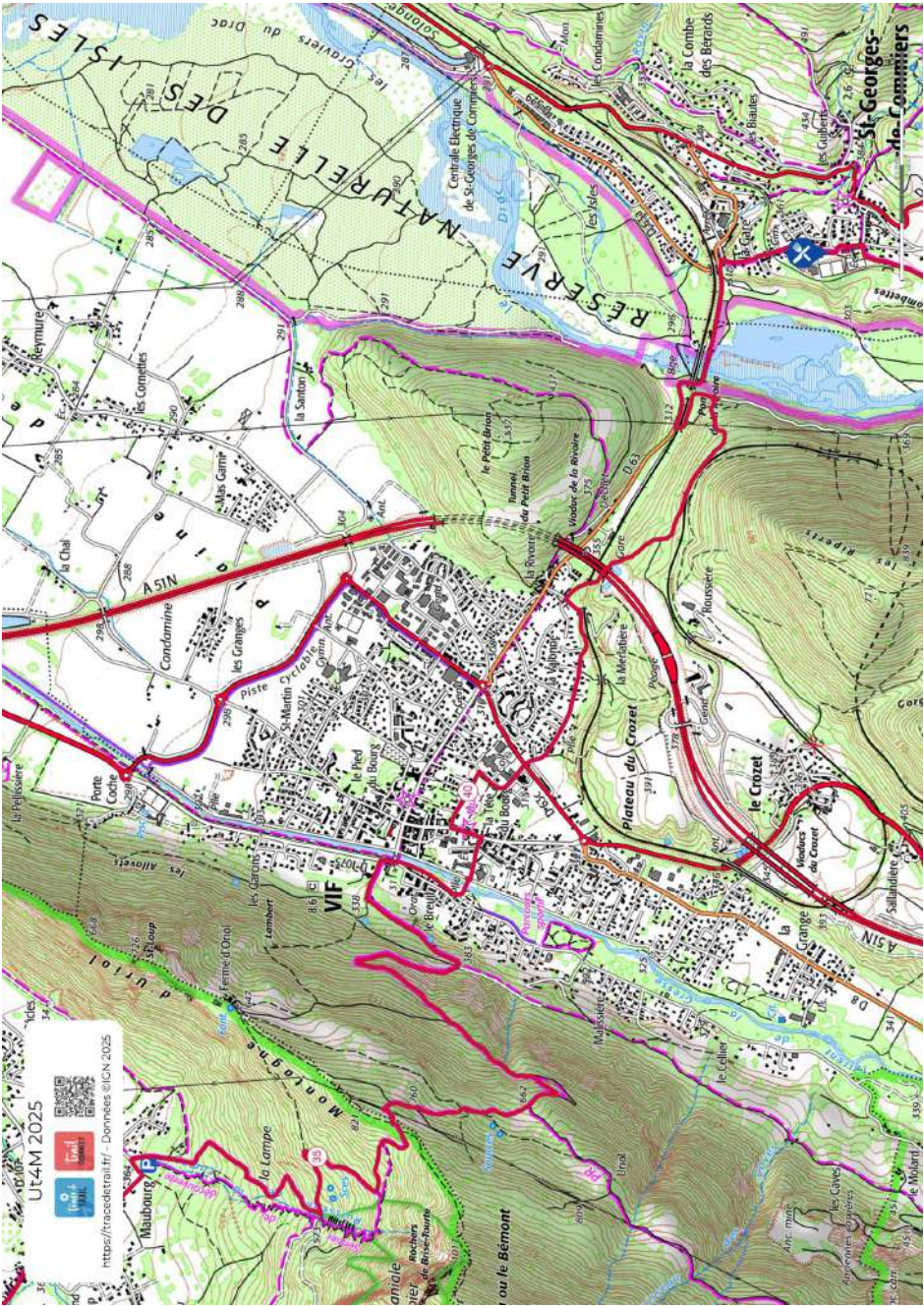
Details of the sections

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



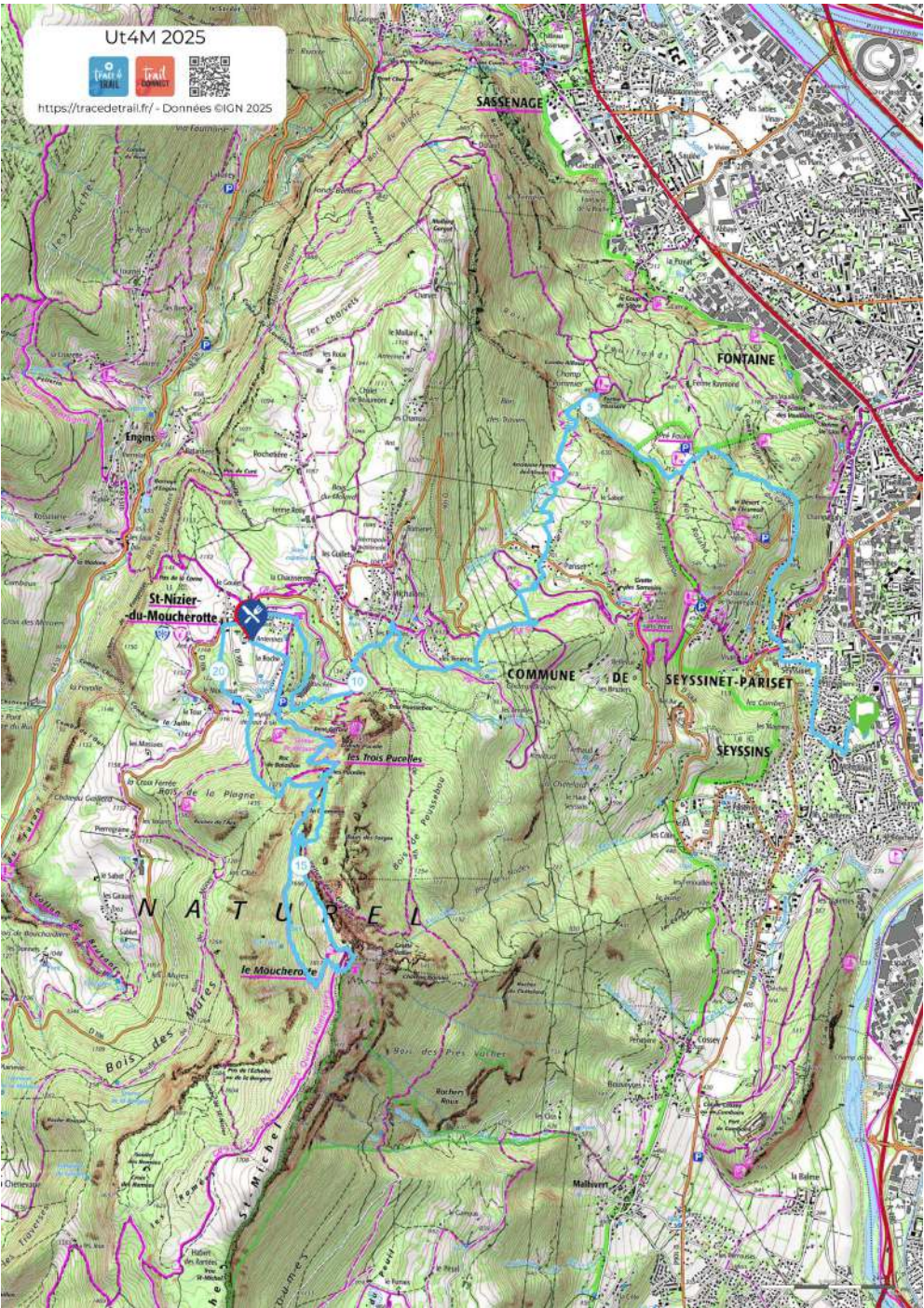
Details of the sections

VERCORS MASSIF – Section 4 : Saint-Paul-de-Varces > Saint-Georges-de-Commiers



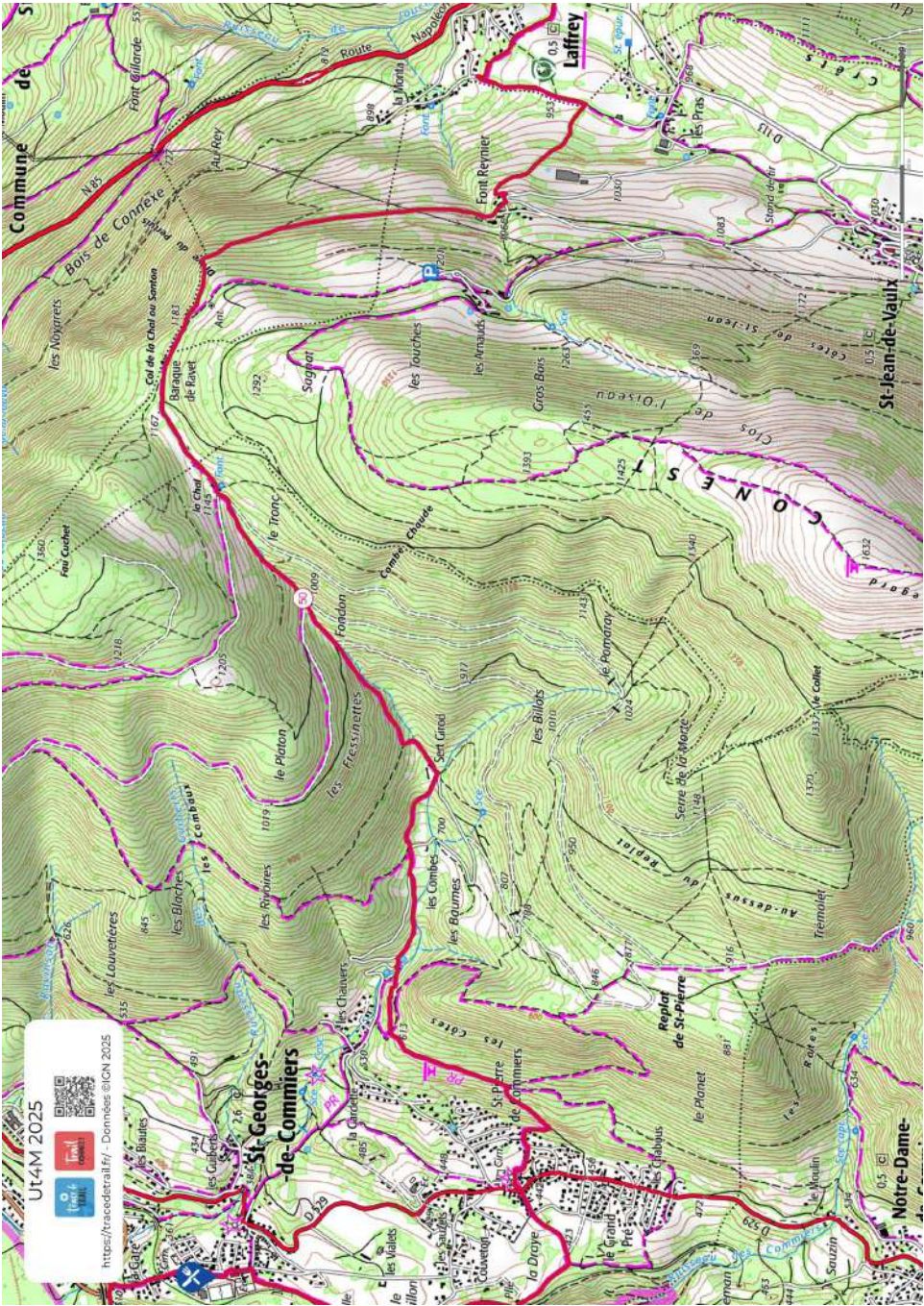
Details of the sections

VERCORS MASSIF



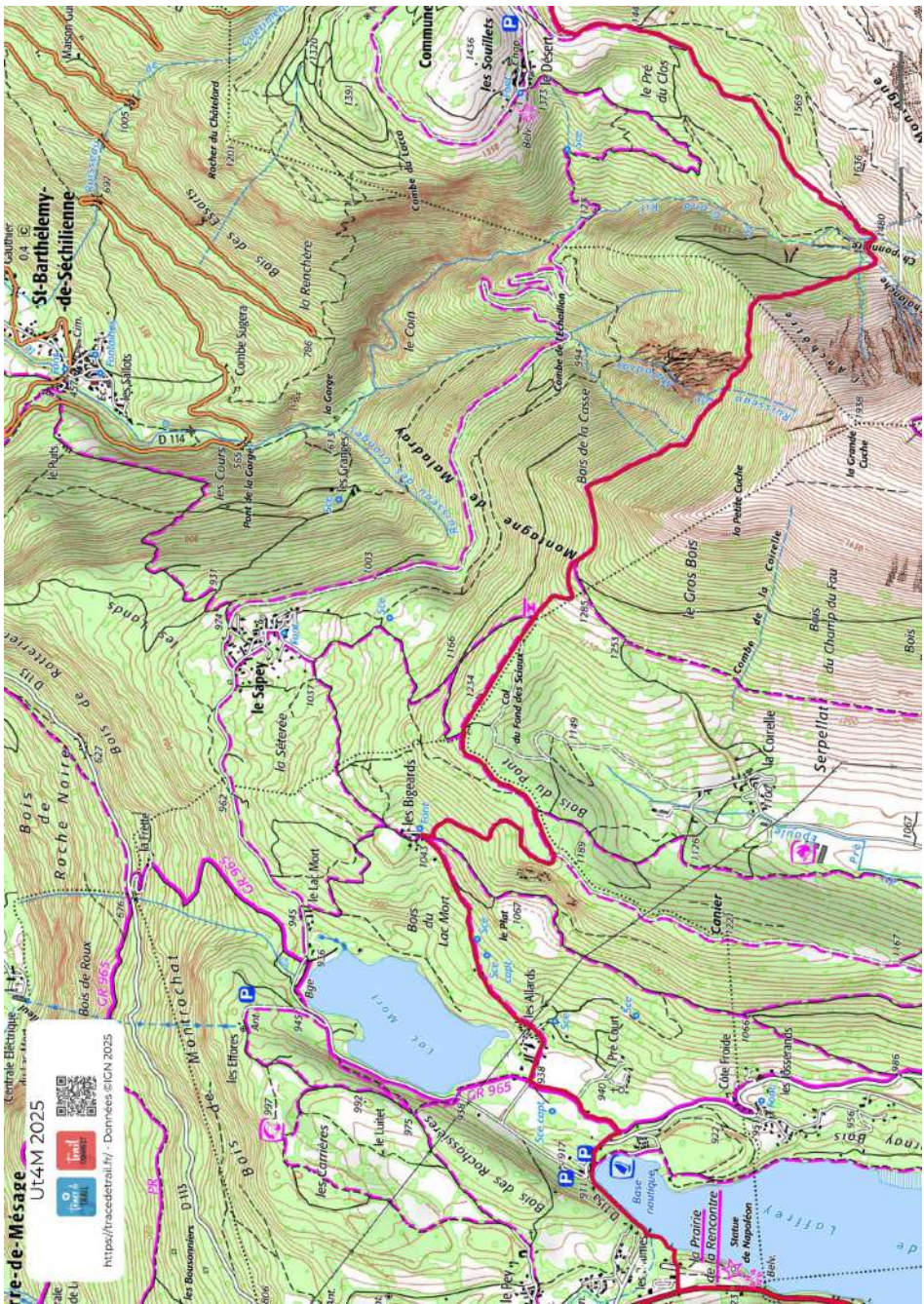
Details of the sections

TAILLEFER MASSIF – Section 5 : Saint-Georges-de-Commiers > Laffrey



Details of the sections

TAILLEFER MASSIF – Section 6 : Laffrey > La Morte



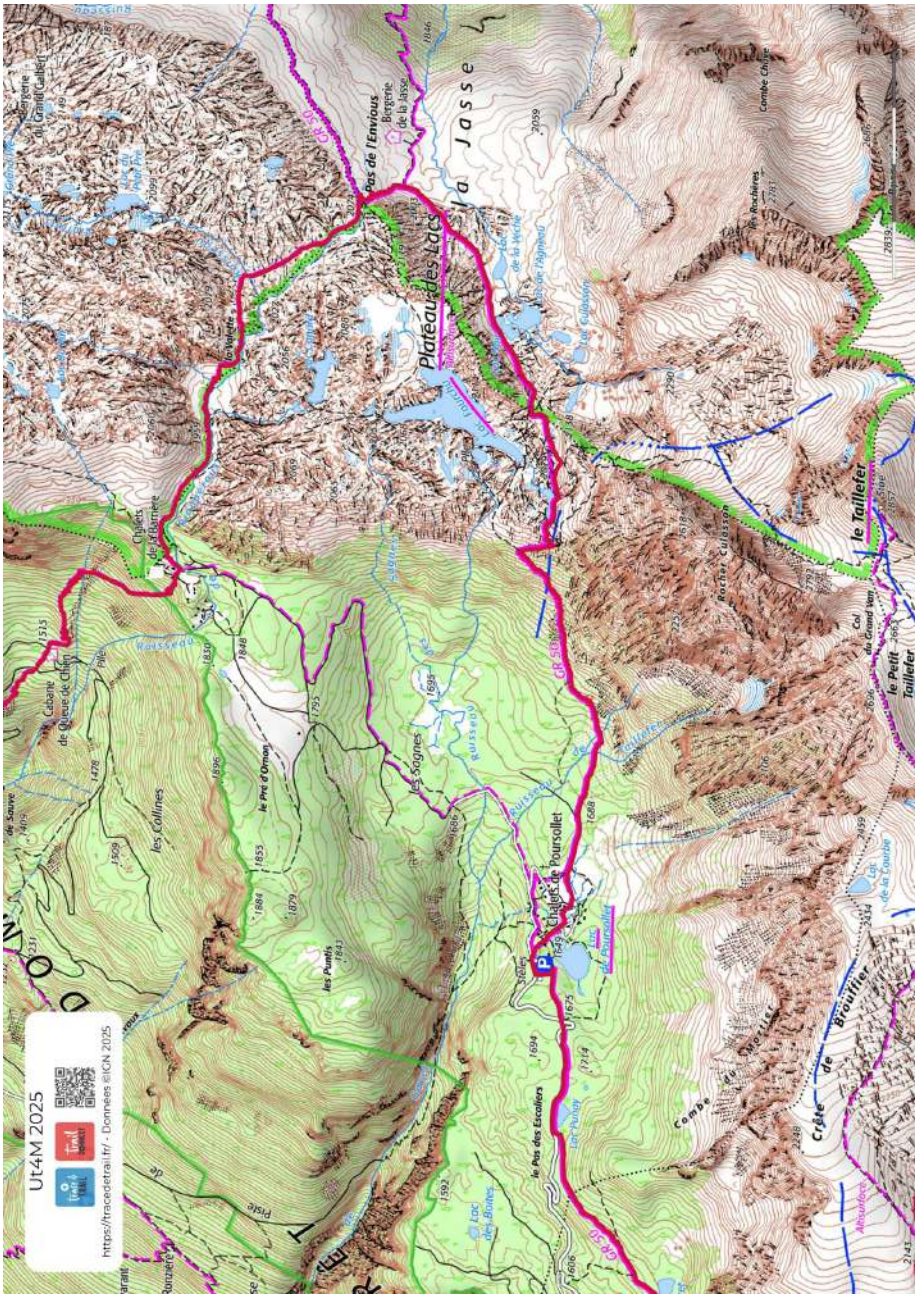
Details of the sections

TAILLEFER MASSIF – Section 7 : La Morte > Poursollet



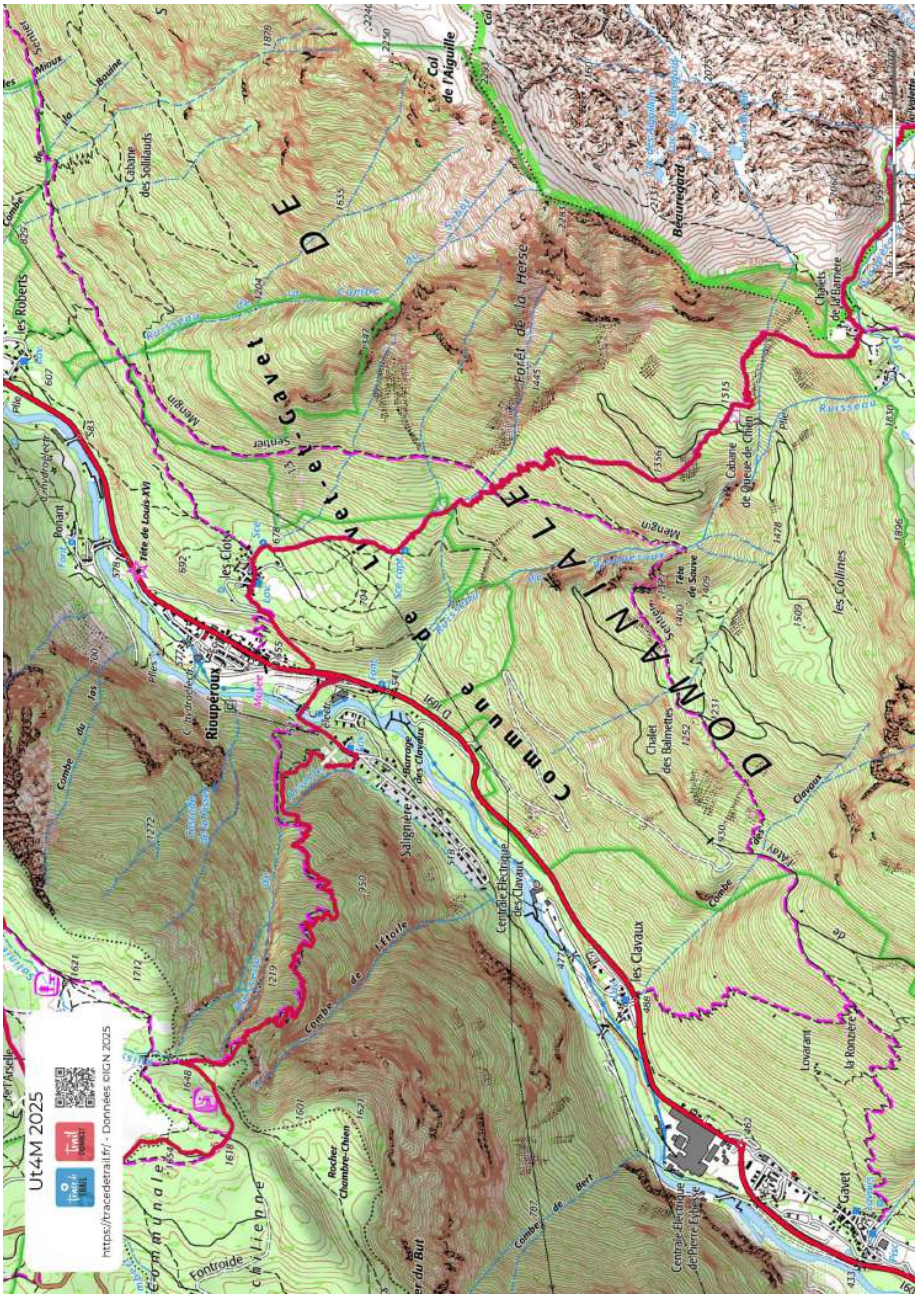
Details of the sections

TAILLEFER MASSIF – Section 8 : Poursollet > Chalets de la Barrière



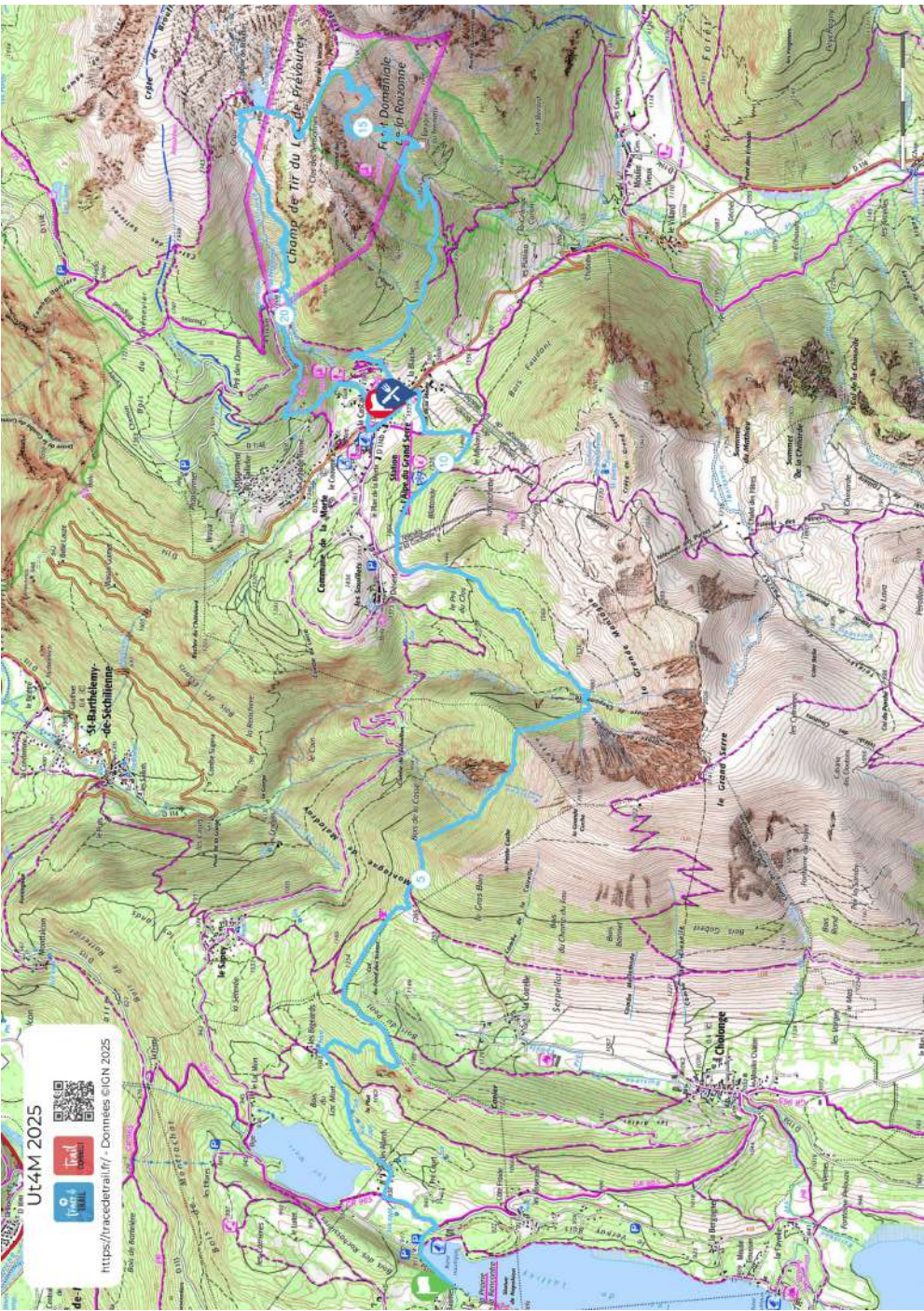
Details of the sections

TAILLEFER MASSIF – Section 9 : Chalets de la Barrière > Rioupérroux



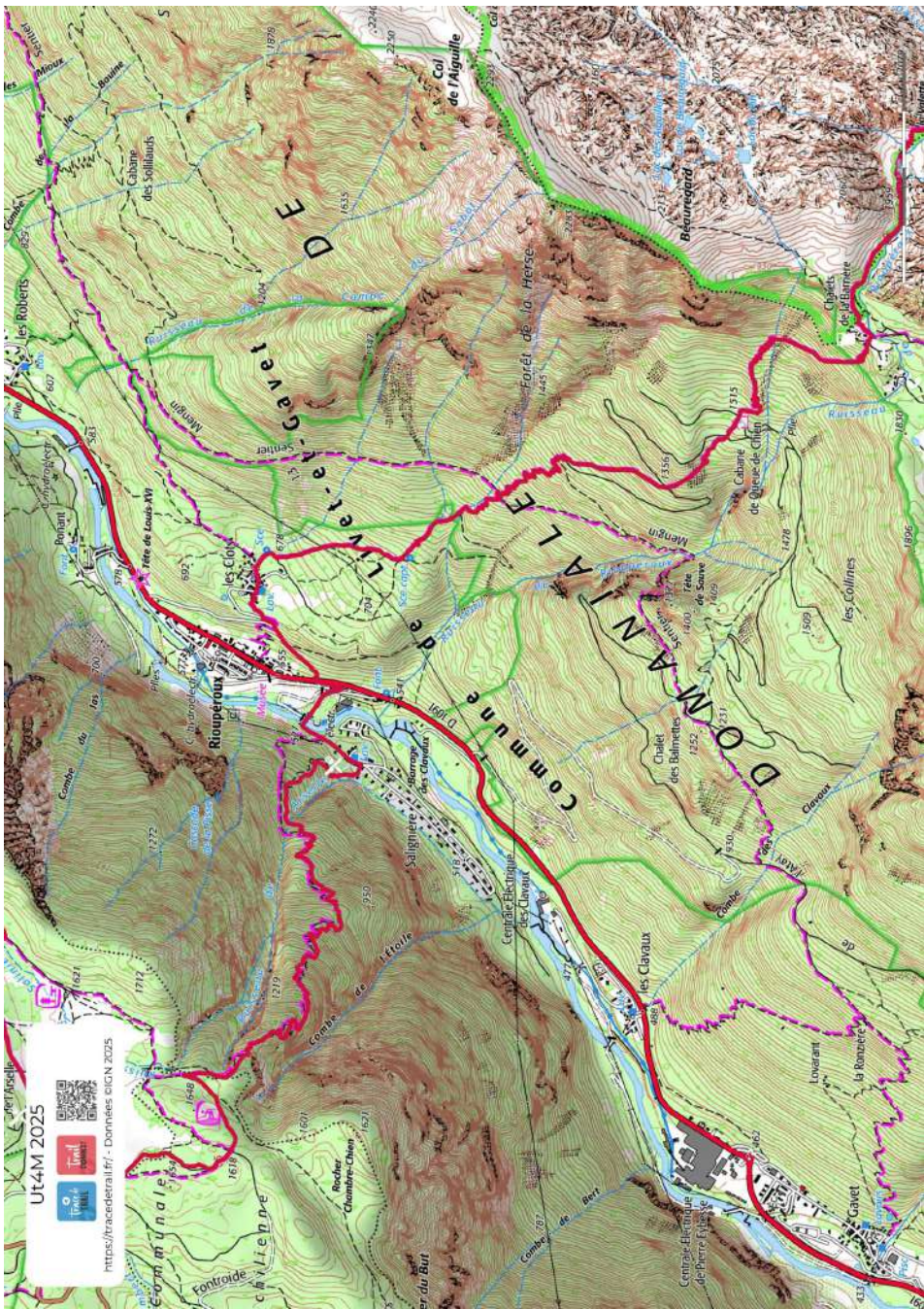
Details of the sections

TAILLEFER MASSIF



Details of the sections

BELLEDONNE MASSIF - Section 10 : Rioupéroux > Chamrousse



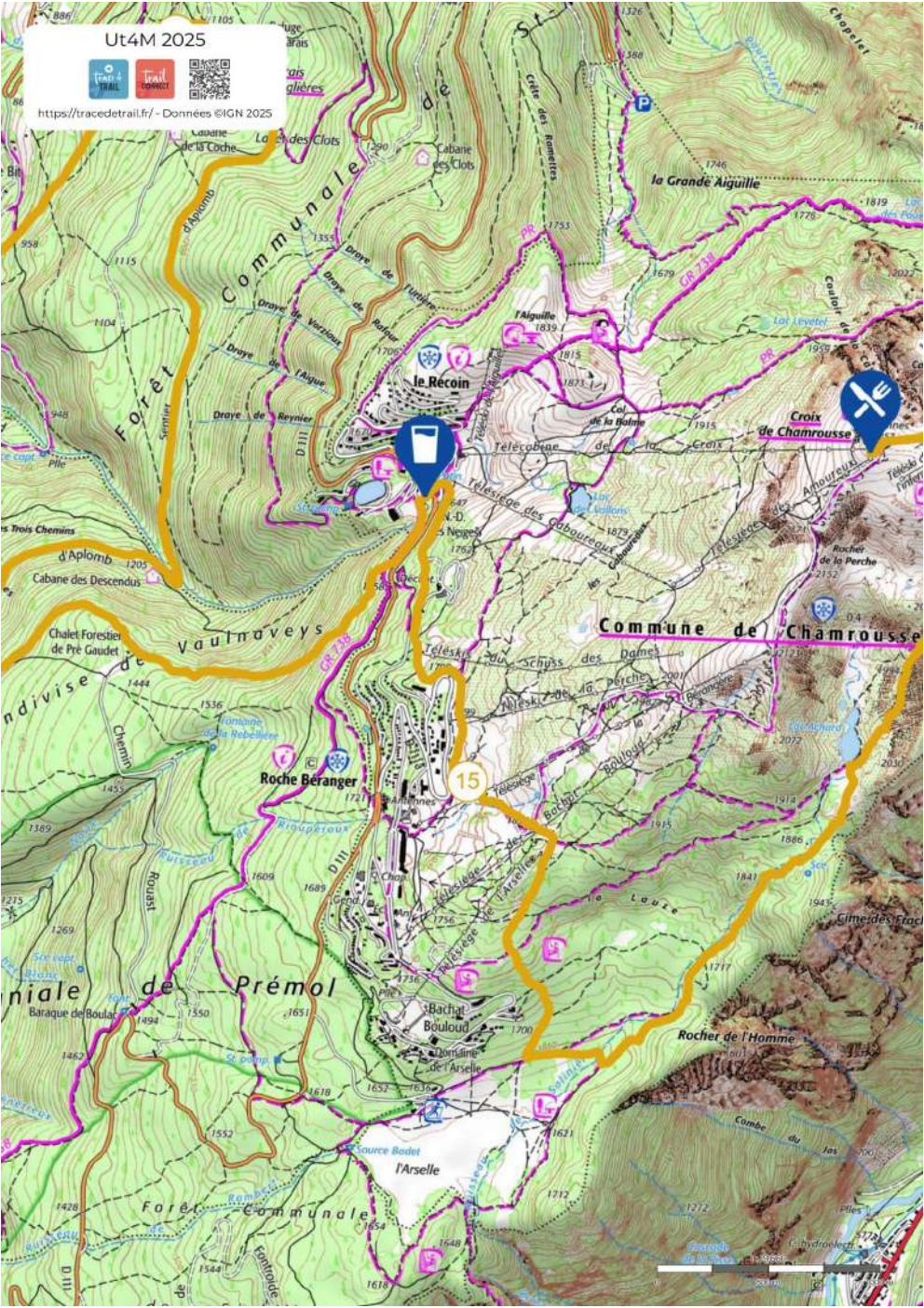
Details of the sections

BELLEDONNE MASSIF - Section 11.1 : Uriage > Chamrousse



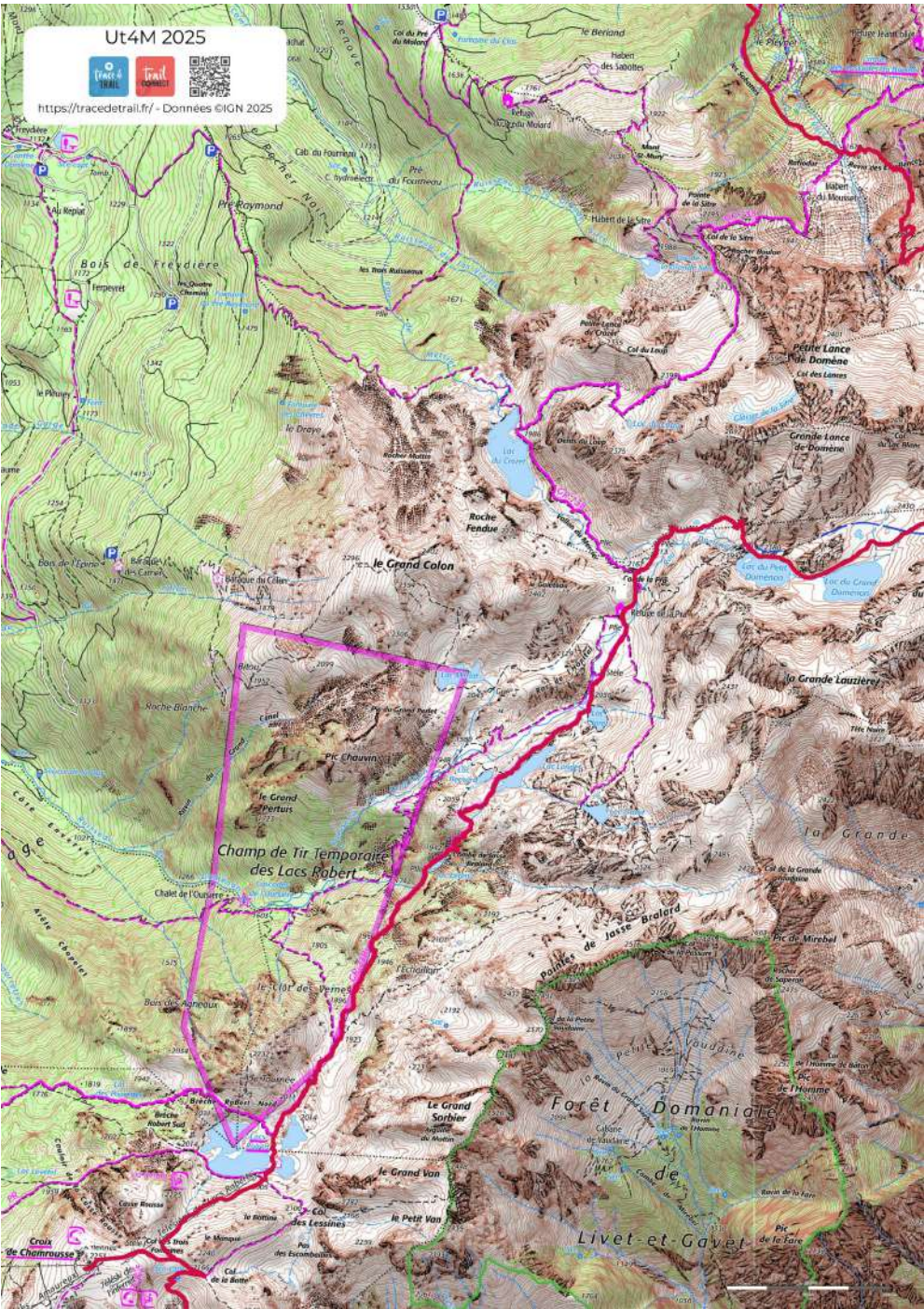
Details of the sections

BELLEDONNE MASSIF - Section 11.12 : Uriage > Chamrousse



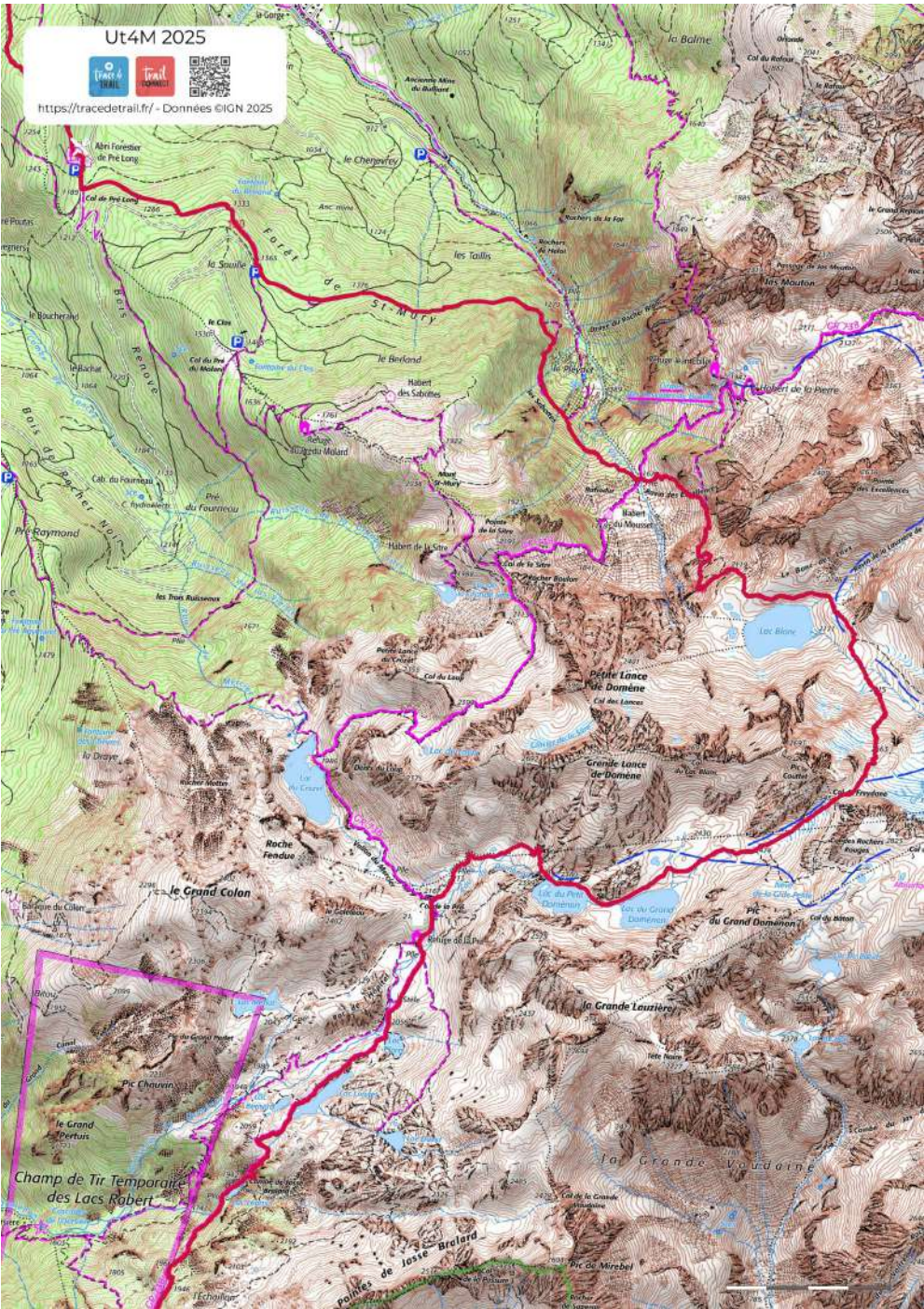
Details of the sections

BELLEDONNE MASSIF - Section 12 : Chamrousse > La Pra



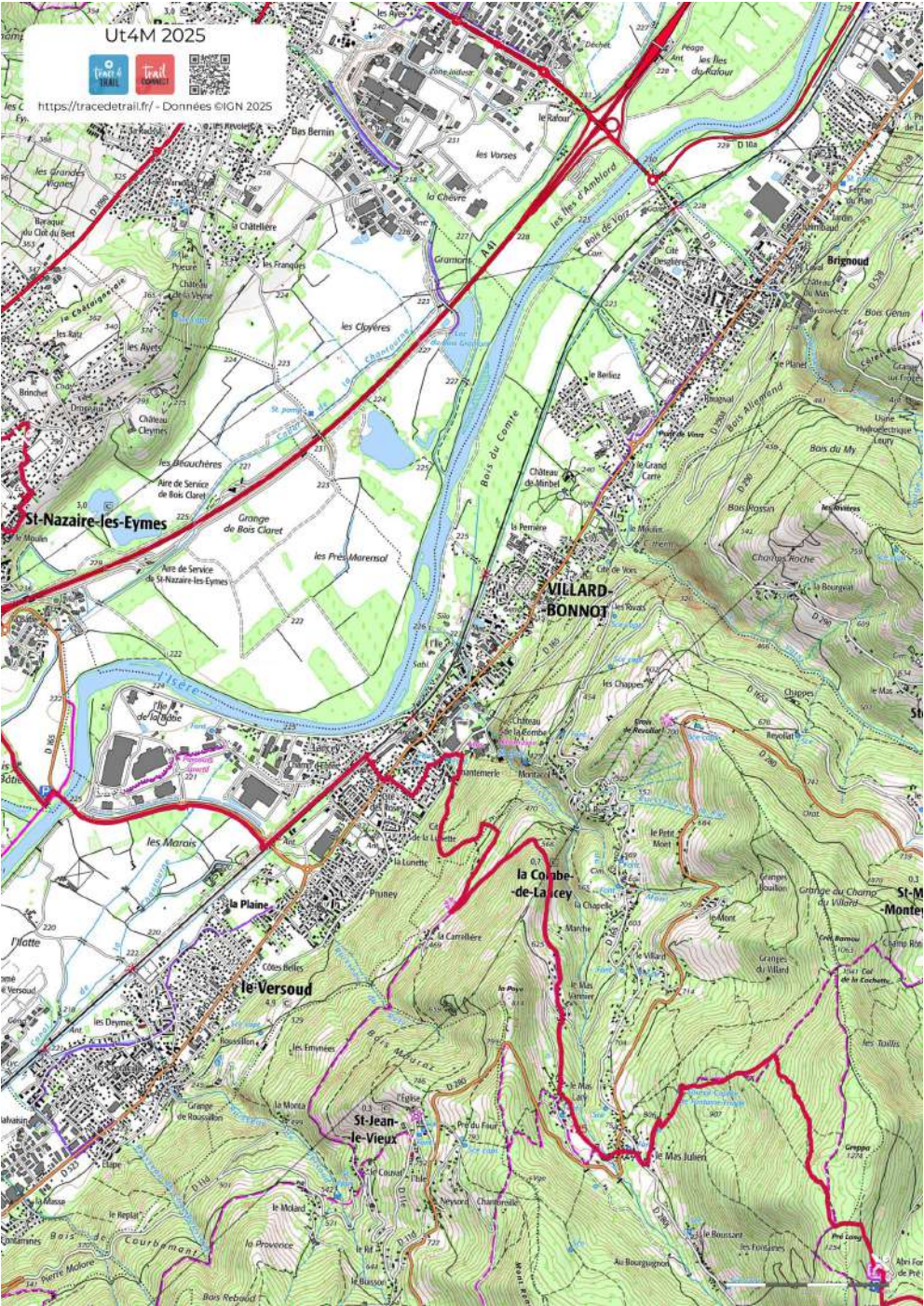
Details of the sections

BELLEDONNE MASSIF - Section 13 : La Pra > Pré Long



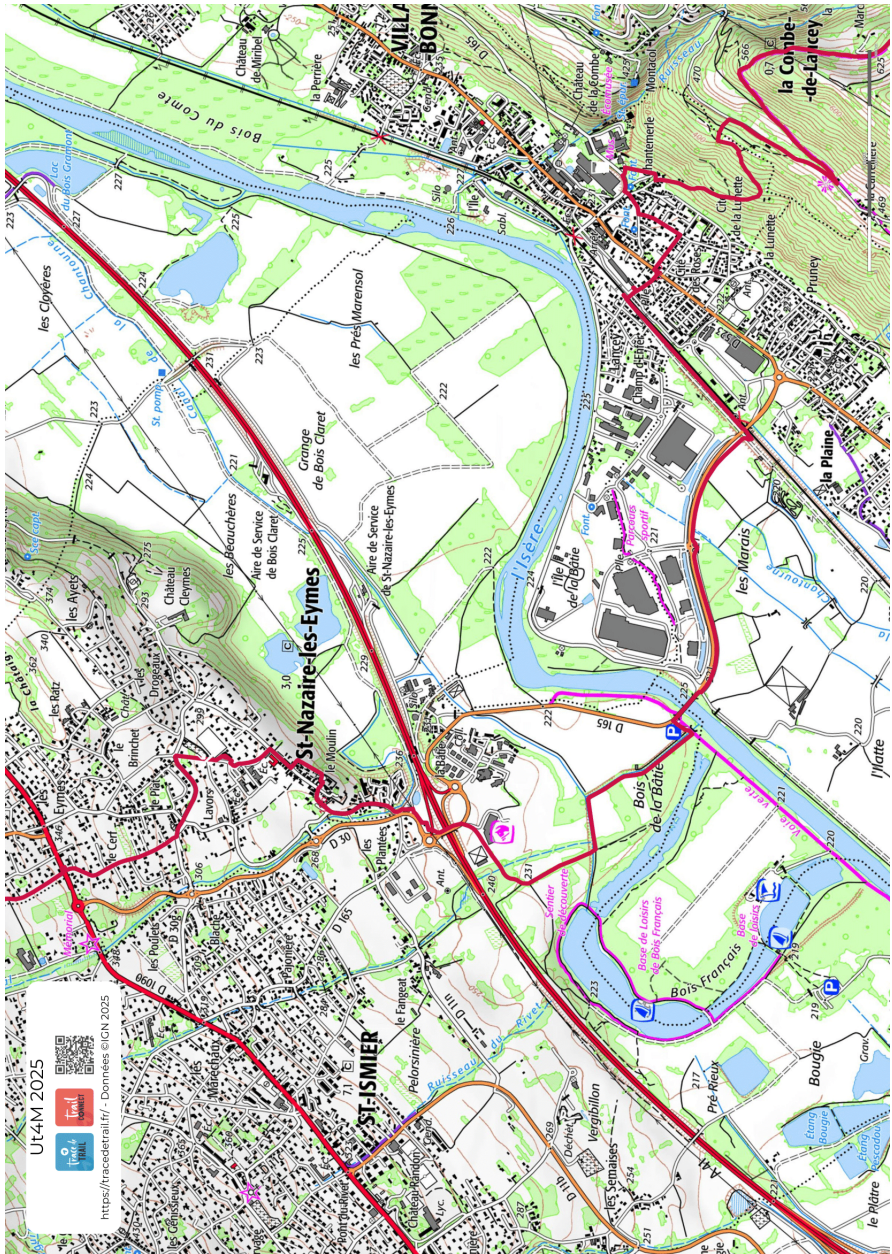
Details of the sections

BELLEDONNE MASSIF - Section 14 : Pré Long > Villard-Bonnot



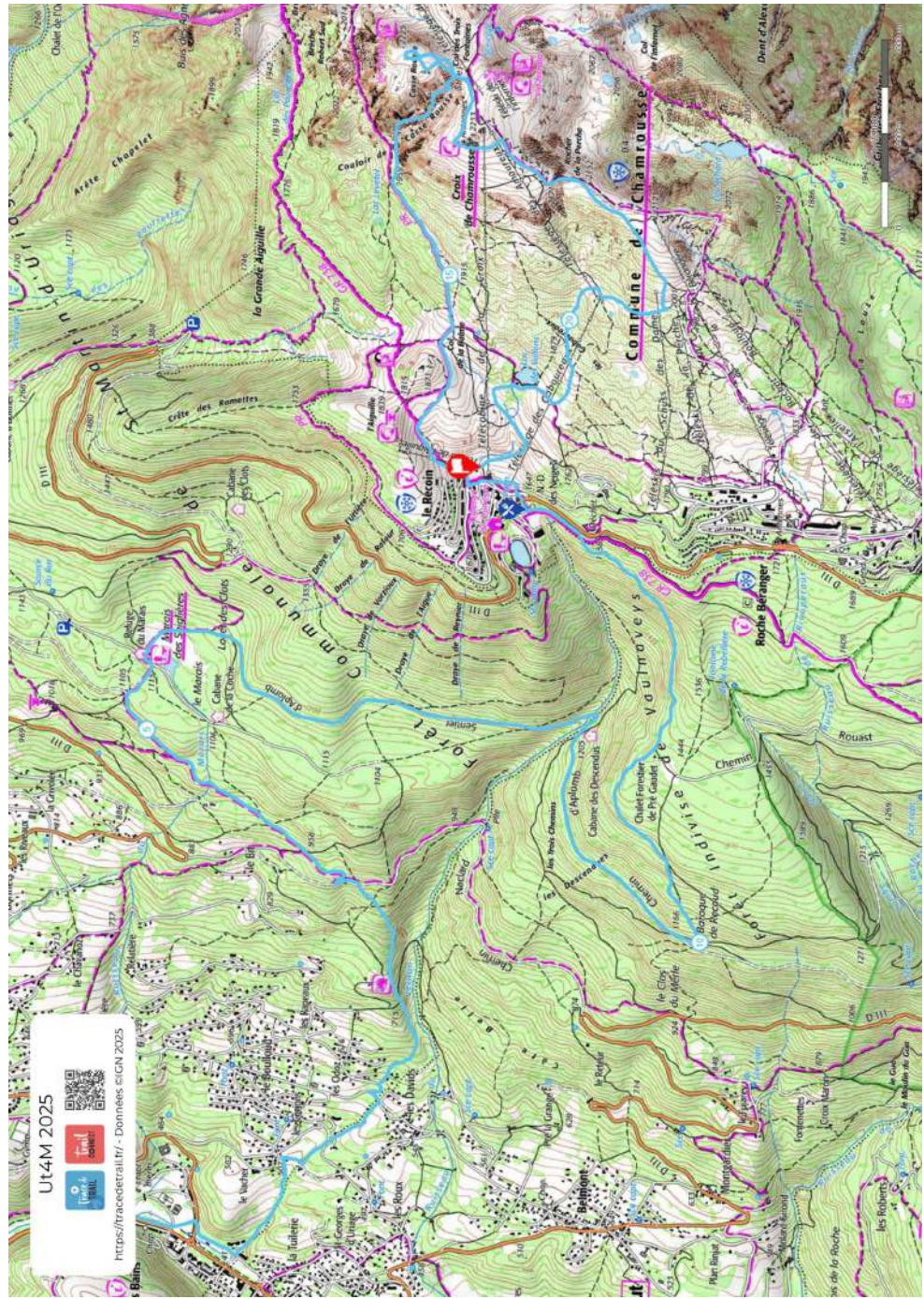
Details of the sections

BELLEDONNE MASSIF - Section 15 : Villard-Bonnot > Saint-Nazaire-les-Eymes



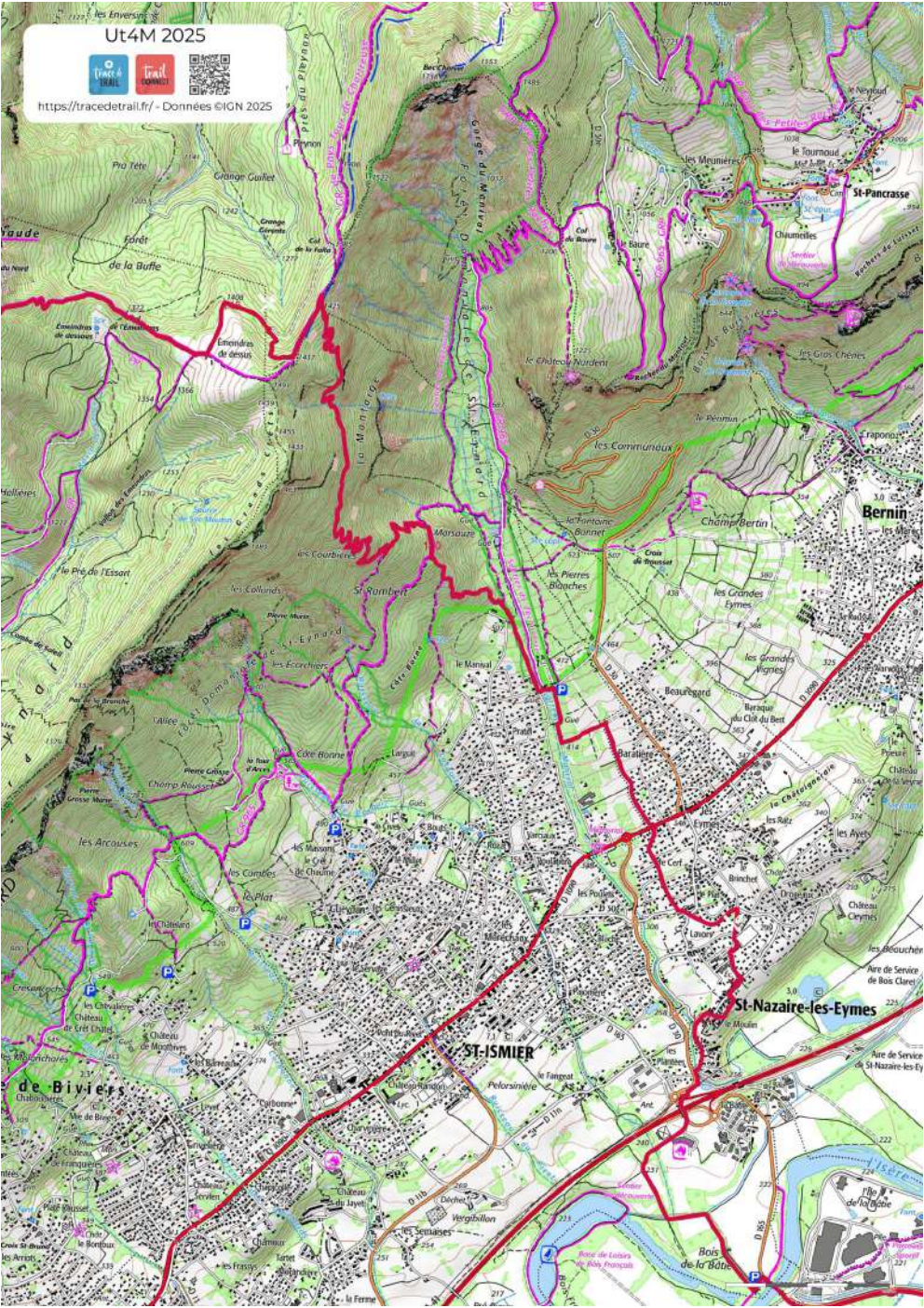
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BELLEDONNE MASSIF



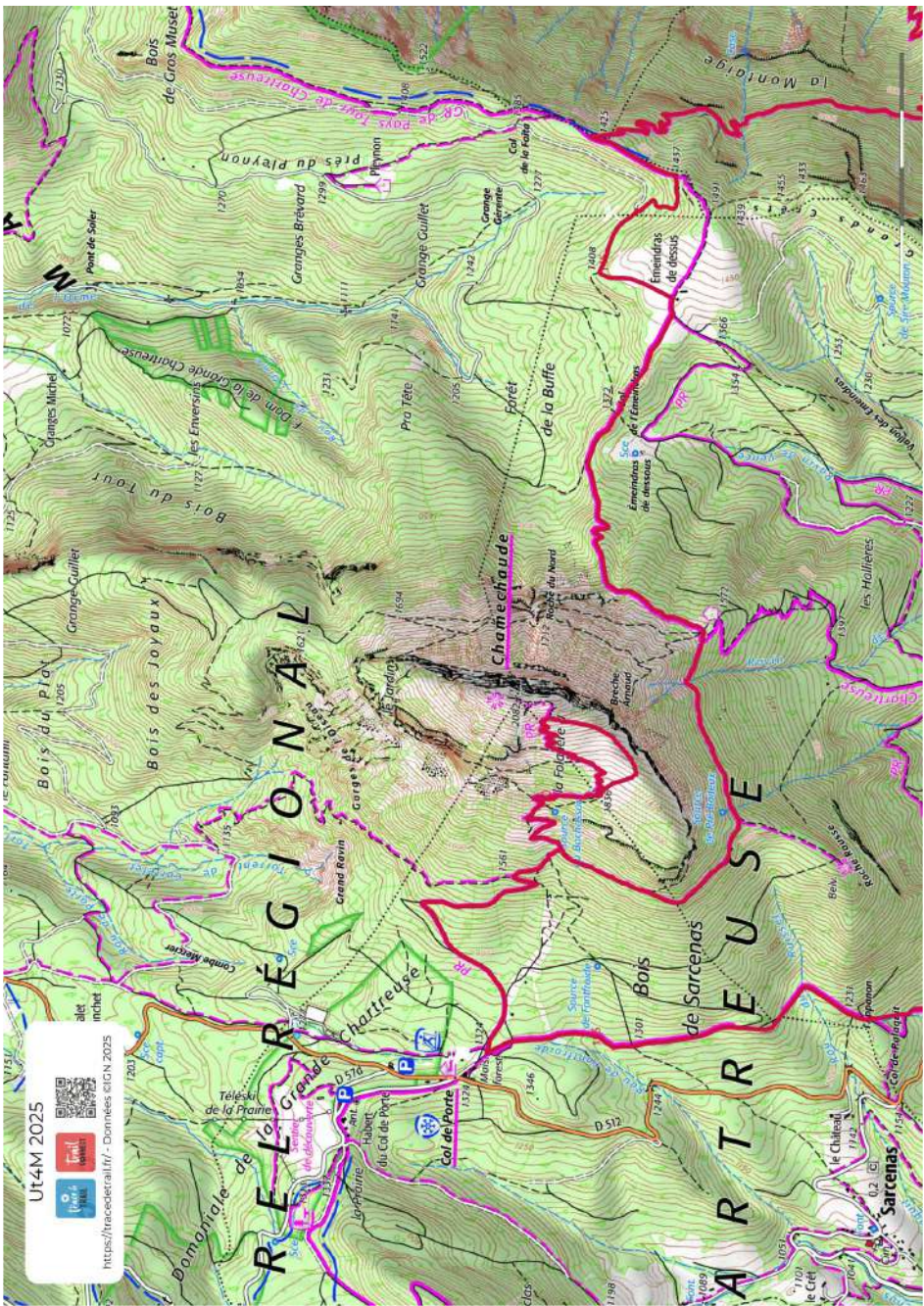
Details of the sections

CHARTREUSE MASSIF - Section 16 : Saint-Nazaire > Emeindras



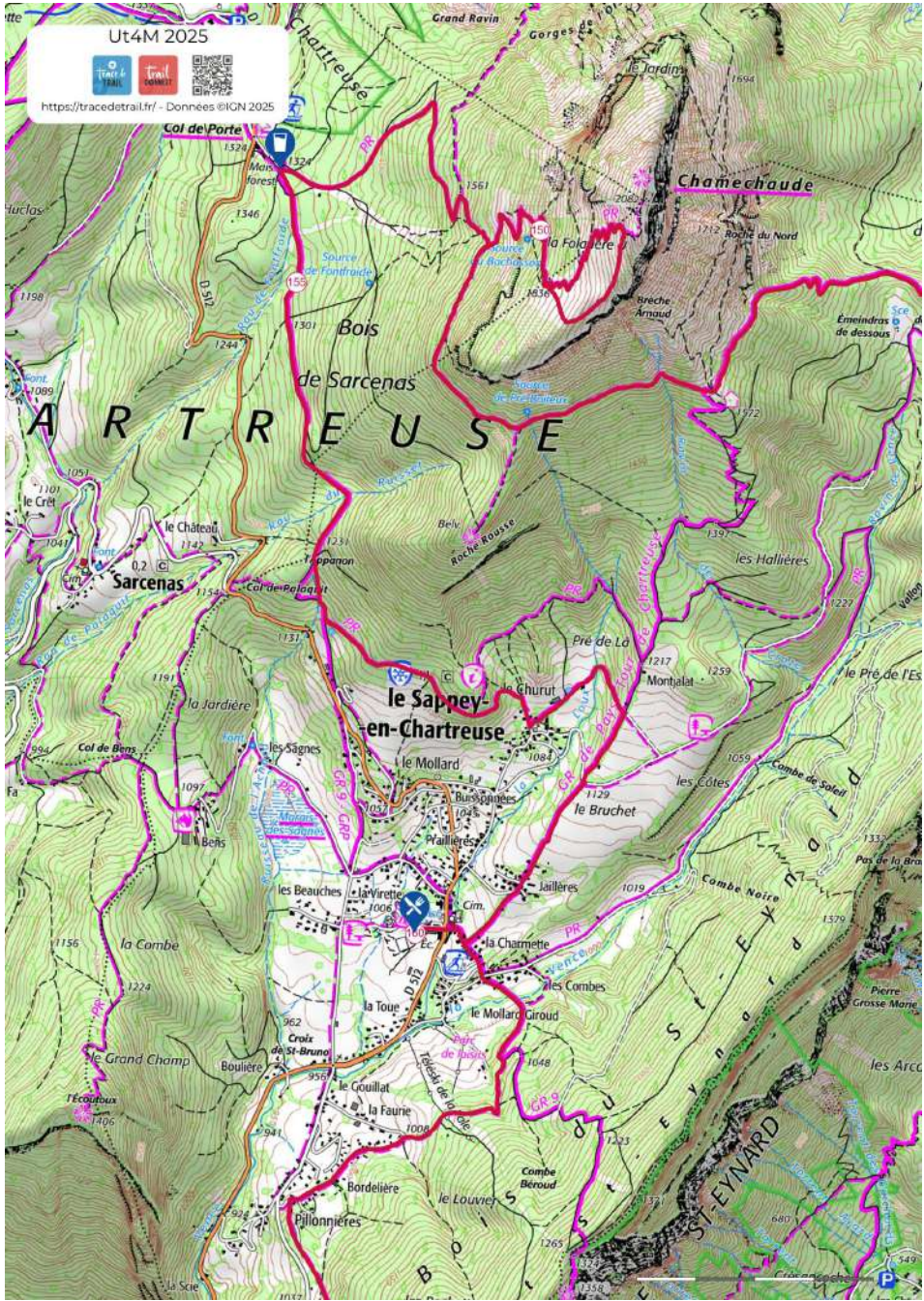
Details of the sections

CHARTREUSE MASSIF - Section 17 : Emeindras > Col de Porte



Details of the sections

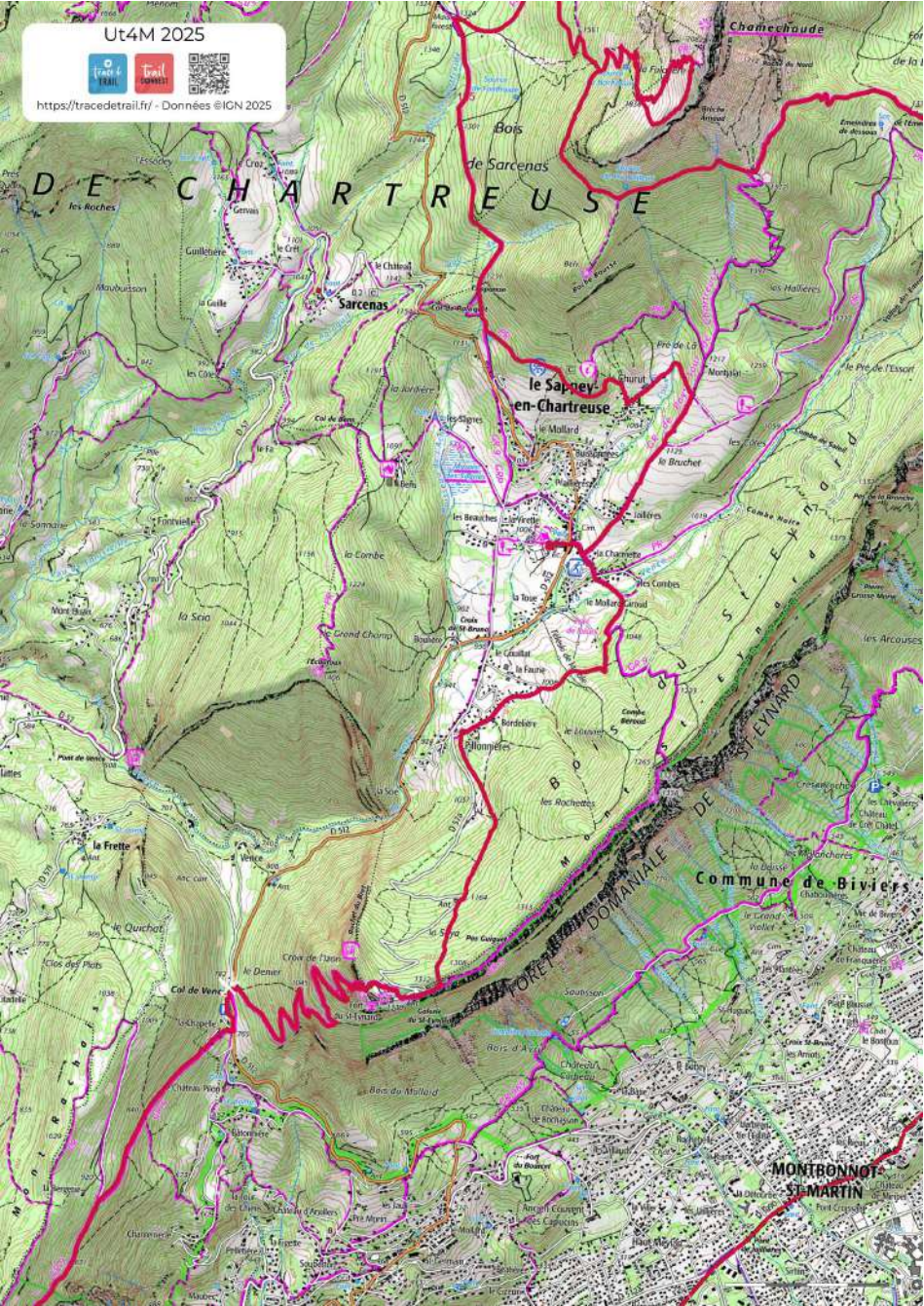
CHARTREUSE MASSIF - Section 17 : Col de Porte > Sappey-en-Chartreuse





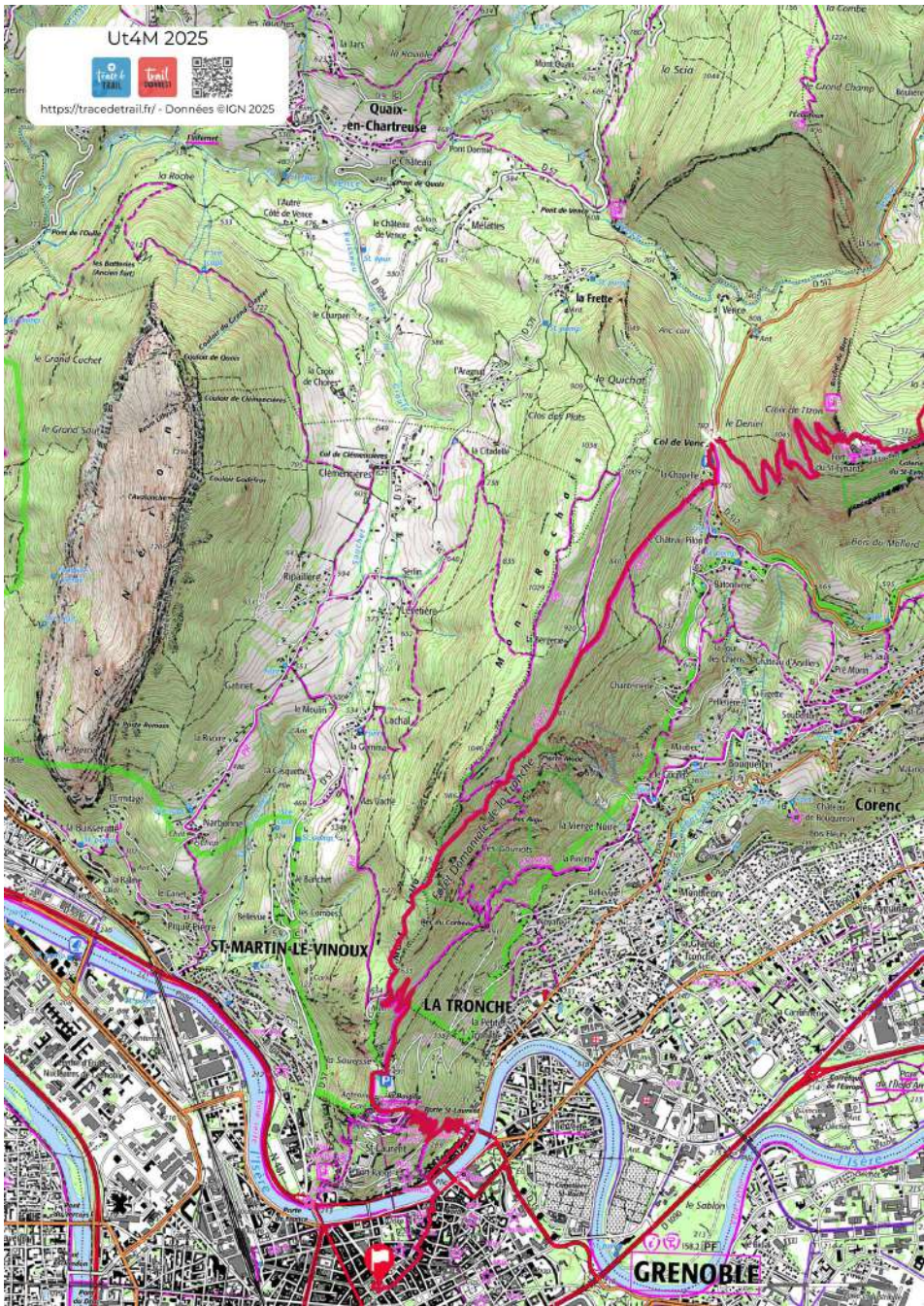
Details of the sections

CHARTREUSE MASSIF - Section 19 : Sappey-en-Chartreuse > Col de Vence



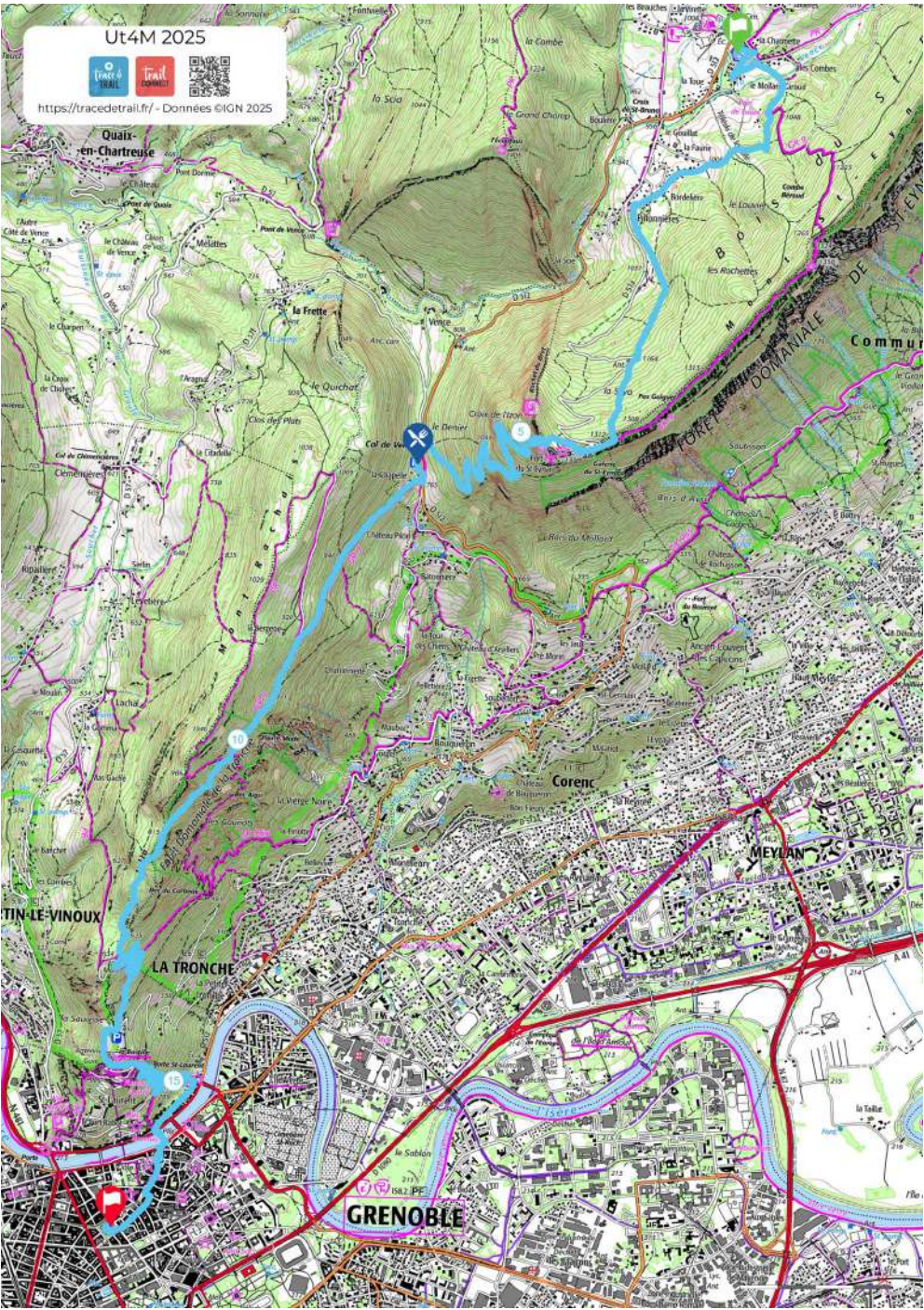
Details of the sections

CHARTREUSE MASSIF - Section 20 : Col de Vence > Grenoble



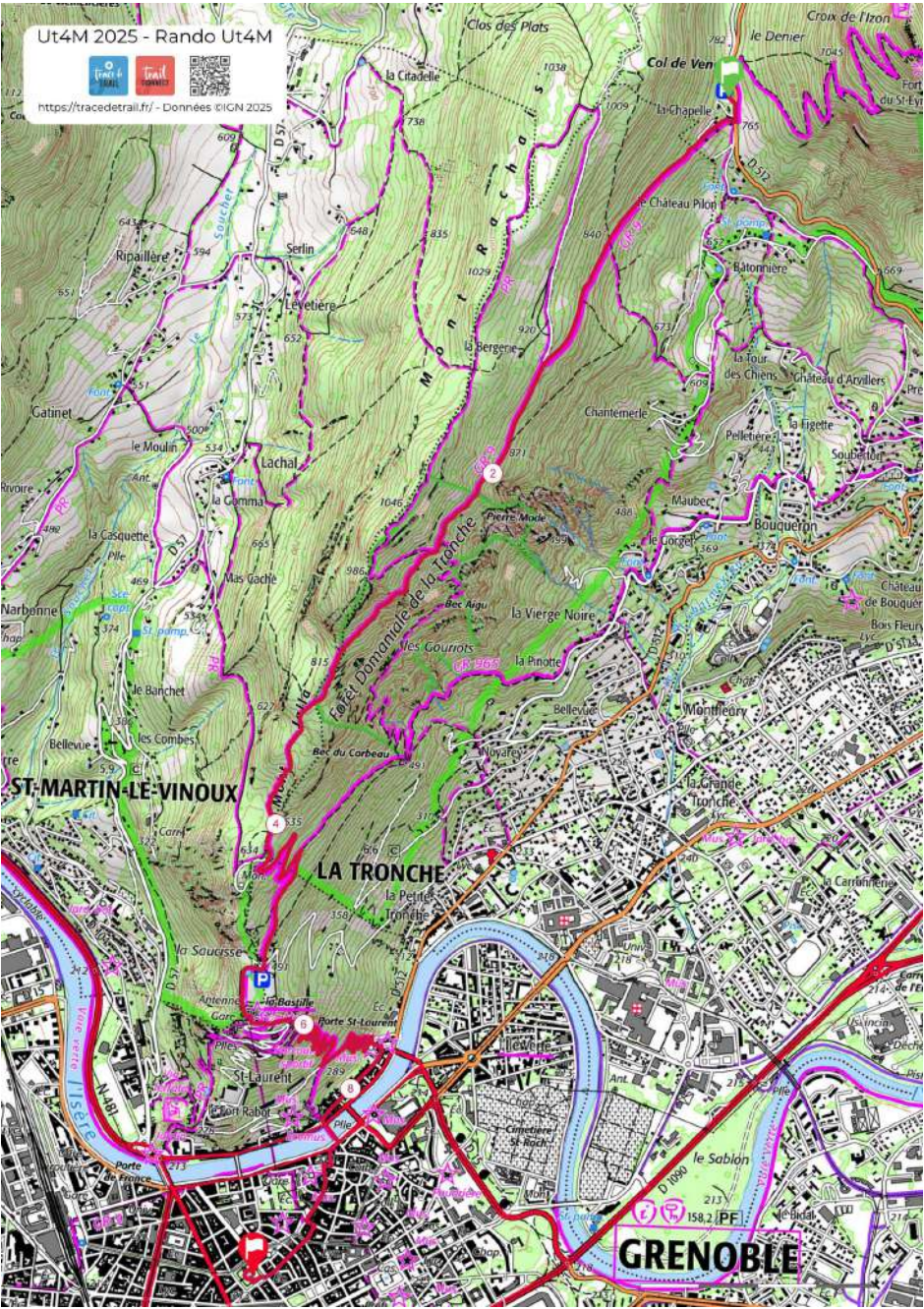
Details of the sections

CHARTREUSE MASSIF



Details of the sections

Rando Ut4M





Your recognition in public transit



Bus stop	Bus line	Comments
Departure : SeyssinsAncienne Gare or Seyssinet Village or Tram Seyssins Le Prisme	Line 19 (M Réso) Tram C (M Réso)	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 (M Réso), from Gières Gare	Regular schedules
Arrival : Chamrousse, Recoin	Line T87 (Région) or 707 (M Réso)	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 (M Réso)	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 (M Réso)	Regular schedules
Finish: Saint-Georges-de- Commiers	Line T92 (Région)	Regular schedules



Bus stop	Bus line	Comments
Departure: Saint-Georges- de-Commiers	Line T92 (Région)	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 : Rioupérroux, Rioupérroux-Pont or Rioupérroux-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 (M Réso)	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 (M Réso), then Line T82 or T85 (Région)	Between 2 and 4 passages per day for T82 and T85, regular schedules for Tram B

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 gully 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 19 and Sunday, July 20

NUMBER WITHDRAWAL

Halle Clémenceau in Grenoble
Wednesday July 16 to Friday July 18
Décathlon La Tronche
Saturday July 19





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.
SAINT-GEORGES-DE-COMMIERS	Gymnase des Combettes 38450 Saint-Georges-de-Commiers	
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 SALINIERE	Rue de l'Arselle 38220 Livet-et-Gavet	Please note that due to roadworks, access by car will be totally impossible this year. The shuttle is compulsory for the 50Belledonne and 180Challenge J3.
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/20 Belledonne)	Le Recoin de Chamrousse 38410 Chamrousse	Under the cable car (departure station) of Croix de 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	Parking 2 or 3 kilometers away, in park-and-ride facilities (no access to on-site parking).
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.

