

**TNI**

Cum	Km	Key	Cue	Next supplies
24.5	24.5	2nd Start	Piazza San Rocco in SAN MAURIZIO CANAVESE.	24.6
24.6	24.6	Supplies	Supermarket on L after Piazza S Rocco - meths, food, etc	14.1
38.7	38.7	Supplies	Larger supermarket to L of J with SP2.	20.2
44	44	Water	Take R at RB, Via Frasca road, then 2R Via Roma. Water taps in Square/Park on R	
58.9	58.9	Supplies	VIU - taps in village. Restaurants/cafes.	40.3
65.5	65.5	Col	Colle Columbaro, 1100m	
69	69	W	Tap at roadside / village	
86.8	86.8	W?	Along road for next 4km	
99.2	99.2	Supplies	CONDOVE. Head L into town if needed.	15.8
115	115	Supplies	BUSSOLENO. Route goes through town.	62.4
119.8	119.8	Col	Colle Finestre, 1750m	
120.2	120.2	W?	At roadside / village	
125	125	W	Fountain at pump station on R along lower wooded slopes. Distance approximate.	
131.8	131.8	W?	Source listed but unknown	
140.2	140.2	? OR 50m	Fort. Take R fork at col, one-way track	
140.5	140.5	W?	Marked at hairpin after col	
155.5	155.5	Supplies	Refuge/Cafe, open in Sept. L down hill from trail, 25m	
156.8	156.8	? OR 100m	Fort. Take L fork , one-way track	
177.4	177.4	Supplies	SESTRIERES. Head L past stadium into town for supplies.	6.6
184	184	Supplies	CHAMPLAS SEGUIN. Small village, restaurants listed.	6.8
190.8	190.8	Supplies	CESANA TORINESE. Restaurants after bridge on Via Roma.	6.3
191.5	191.5	Col	Col Montgenevre, 500m	
194.4	194.4	!! J	Stay L, do not go into main road tunnel on R, use old tunnel on L	
197.1	197.1	Supplies	CLAVIERE. W + S.	2.1
199.2	199.2	Supplies	MONTGENEVRE. Head R into town for W + S.	12.1
210.6	210.6	? OR 50m	Briancon Cathedral. After RB, 1L onto Avenue Vauban.	
211.3	211.3	Supplies	BRIANCON. Via old town, then through main streets. Large town with all supplies, B+Bs, restaurants, supermarkets.	22.3
221.9	221.9	END. Opt	At CERVIERES. Choose option - all tarmac Col Izoard (2_1_Cerv-Izo-VV) or 'Backside of Izoard' with off-road and HAB section (2_2_Cerv-CDP-VV). Both options end at Ville Vieille.	
		W	L over 1st bridge, L a to fountain, nr carpark area looking towards church opposite.	

**TN2**

Cum	Km	Key	Cue	Next supplies
222.1	0.2	W	Over bridge, fountain on L nr carpark area looking towards church opposite. Others in village?	
230.3	8.4	Opt	Option to take track on R leading over bridge onto R / S side of river for short alt off-road section. Parallel to road for 2km, rejoins.	
233.5	11.6	Supplies	LES FONDS. Fountain and Refuge.	25
233.7	11.8	!!	Off-road section starts, inc HAB section followed by singletrack	
250.3	28.4	S	CHATEAU QUEYRAS. Small village, cafe/restaurant.	
250.3	28.4	? OR 50m	Fort Queyras, where route turn R into village street instead go L onto main road then L.	
250.5	28.5	W?	Taps in village	
251.9	30	S	Supermarket on L	
253.1	31.1	S	Restaurant/Cafe	
253.1	31.1	END	End of route file at VILLE VIEILLE	

**TN3**

Cum	Km	Key	Cue	
253.1	0	Col	Col Agnel, 1350m	
258.5	5.5	Supplies	MOLINES EN QUEYRAS. Water, restaurants.	13.2
262.7	9.7	W	Tap/fountain	
271.8	18.7	Supplies	Refuge Agnel	13.2
283.5	30.5	Supplies	CHIANALE. Head R into village for Cafe/restaurants. Old village centre worthy of a visit.	3.7
287.3	34.2	Supplies	PONTECHIANALE. Head R into village for Cafe/restaurants. B+Bs and campground.	6.8
294	41	Supplies	CASTELDELFINO	10.8
304.8	51.8	Supplies	SAMPEYRE. Larger town with all supplies, B+Bs, restaurants. Stock up for climb and 30km+ dirt road.	54.4
305.3	52.3	Col	Col Sampeyre, 1300m	
336.1	83.1	W?	Tap at building on L, if not here then other building in area	
347.1	94	W? OR 100m	Track double-back on L, head N for bar/taps nr church Track double-back on L, head N for bar/taps nr church	
348.4	95.3	W? OR 50m	Track L on hairpin, head N for listed but uncertain water source. Track L on hairpin, head N for listed but uncertain water source	
359.2	106.1	Supplies	DRONERO. Larger town with all supplies, B+Bs, restaurants.	0.6

**TN3 contd**

Cum	Km	Key	Cue	Next supplies
359.8	106.8	Supplies	Supermarket on R	9
368.9	115.8	Supplies	SAN DAMIANO MACRA. Restaurants/Cafes.	72.6
381.8	128.7	W	Source in village BASSURO DI STROPPA	
394.4	141.3	Col	Climb, 1150m. Road eventually turns to dirt and steeper ground, some pushing expected toward the top.	
397.7	144.7	W OR 100m	Source in village CHIALVETTA	
406	152.9	W?	Source at buildings R of trail (refuge?)	
418.9	165.8	? / Opt	Turn L at junction of road to visit the Pantani memorial on Colle del Morti / Colle Fauniera, approx 2.5km easy climbing to remote col. Return same way to Junction. Turn L at junction of road to visit the Pantani memorial on Colle del Morti / Colle Fauniera, approx 2.5km easy climbing to remote col. Return same way to Junction.	
418.9	165.8	!! D	Narrow tarmac descent with blind corners - WITH CAUTION	
431.9	178.9	W?	Taps in small village	
441.5	188.4	Supplies	DEMONTE. Larger town with all supplies, B+Bs, restaurants.	17.3
		!! S OR ~15km	Bike shops in BORGO SAN DALMAZO. Can also be reached from Valdieri and Verante. Dino Bikes and Giordano Cicli. Bike shops in BORGO SAN DALMAZO. Can also be reached from Valdieri and Verante. Dino Bikes and Giordano Cicli.	
446.9	193.9	W?	In FESTIONA, on R just before church.	
447.3	194.2	Col	~500m up to church of Madonna del Colletto	
458.7	205.6	Supplies	VALDIERI. Shops/Cafes/Restaurants.	21
464.4	211.3	Col	~500m on road and gravel	
466.1	213.1	W	Source in village ROASCHIA	
479.7	226.6	Supplies	VERANTE. Town with most supplies, B+Bs, restaurants.	6.5
486.1	233.1	Supplies	LIMONE PIEMONTE. Town with most supplies, B+Bs, restaurants. Stock up if going onto Via Del Sale.	7.3
488.5	235.5	Col	Col Tende, 900m	
491.6	238.5	!! J	Turn off main road on R past hairpin. Do not go into tunnel.	
493.4	240.3	Supplies	PANICE SOPRANA. Chalet/Cafe.	6
499.4	246.3	Supplies	Cafe/restaurant nr Col. Stock up if going onto Via Del Sale.	18.4
500.3	247.3	END. Opt	End of route file at COL TENDE. Choose option - shorter descent of Tende (4_2_Tend-Dalmas) or longer Via Del Sale (4_1_Tend-Turini). Routes rejoin at ST DALMAS DE TENDE.	

**TN4**

Cum	Km	Key	Cue	Next supplies
517.7	17.4	Supplies	Refugio Don Barbera. Take L at J on minor col on France-Italy border, descend. GPX track 'blip' here to indicate.	60
535.8	35.5	!! SH?	Possible shelter point	
541.3	41	W? S? SH?	MONESI DI TRIORA. Small village, possible supplies, shelter.	
552.1	51.8	Opt	MOLINI POOL Option turn off. 37km total. Small shop, restaurants. If taking this additional section do not go through tunnel, bear L / E. Use Molini Pool Opt route file. Rejoins Tende-Col Turini route ~4km past tunnel.	
555.8	55.5	!! J	Optional route rejoins Tende-Col Turini route	
560.3	60	!! SH	Basic shelter point	
577.7	77.4	Supplies	LA BRIQUE. Town with most supplies, B+Bs, restaurants.	3.5
581.3	81	Supplies	ST DALMAS DE TENDE. Town with most supplies, B+Bs, restaurants. Tende descent short route joins here.	7.7
589	88.7	Supplies	FONTAN. Small village. Municipal camp ground, restaurant.	1
590	89.7	Supplies	SAORGE. Take bridge on L in FONTAN. Larger town with most supplies, B+Bs, restaurants.	30.8
590.2	89.8	Col	Climb, 1500m to high hill fort, road and dirt track.	
615.2	114.8	?	Fort de la Forca	
620.8	120.5	END. Supplies	End of route at Col Turini. Restaurant on Col.	74.2

**TN5**

Cum	Km	Key	Cue	
620.8	0	Opt, S	Optional road descent from col on Col Turini rally road to MOULINET, small village with shop + restaurant. Turn R onto D2566 heading E. Picks up route GPS track at 11.2mi / 18.1km. No GPS file given, easy to follow road.	
636.9	16.1	!! J S OR 2km	For MOULINET. At hairpin just past church, take J L. Follow road to small village with shop, restaurant. Leave village on D2566 S to re-join route at 11.2mi / 18.1km.	
640.8	20	?	Notre Dame de la Menour.	
648.9	28.1	S OR 2km	SOSPEL. Larger town with all supplies, B+Bs, restaurants. Stay on D2566 at 28km, into town on D2204. Reverse to re route.	
648.9	28.1	C	Col de Braus, 600m .	
660.3	39.5	W, S?	Cafe at col	
676	55.2	S OR 250m	SAINTE AGNES. Restaurants. Bear L at J / hairpin to head SE into village.	
693.1	72.3	Opt	LA TURBIE. Optional mapped route to NICE airport, away from sea-front until Promenade Des Anglais via Nice old town. Use 'Turbie-Airport Opt' GPX.	
695	74.2		Descending to coast.	
703.9	83.1	END. S	Optional end of route at EZE SUR MER. Restaurants, cafes and a beach. Route to NICE and Promenade des Anglais bike path to airport included, further 12mi / 20km total.	