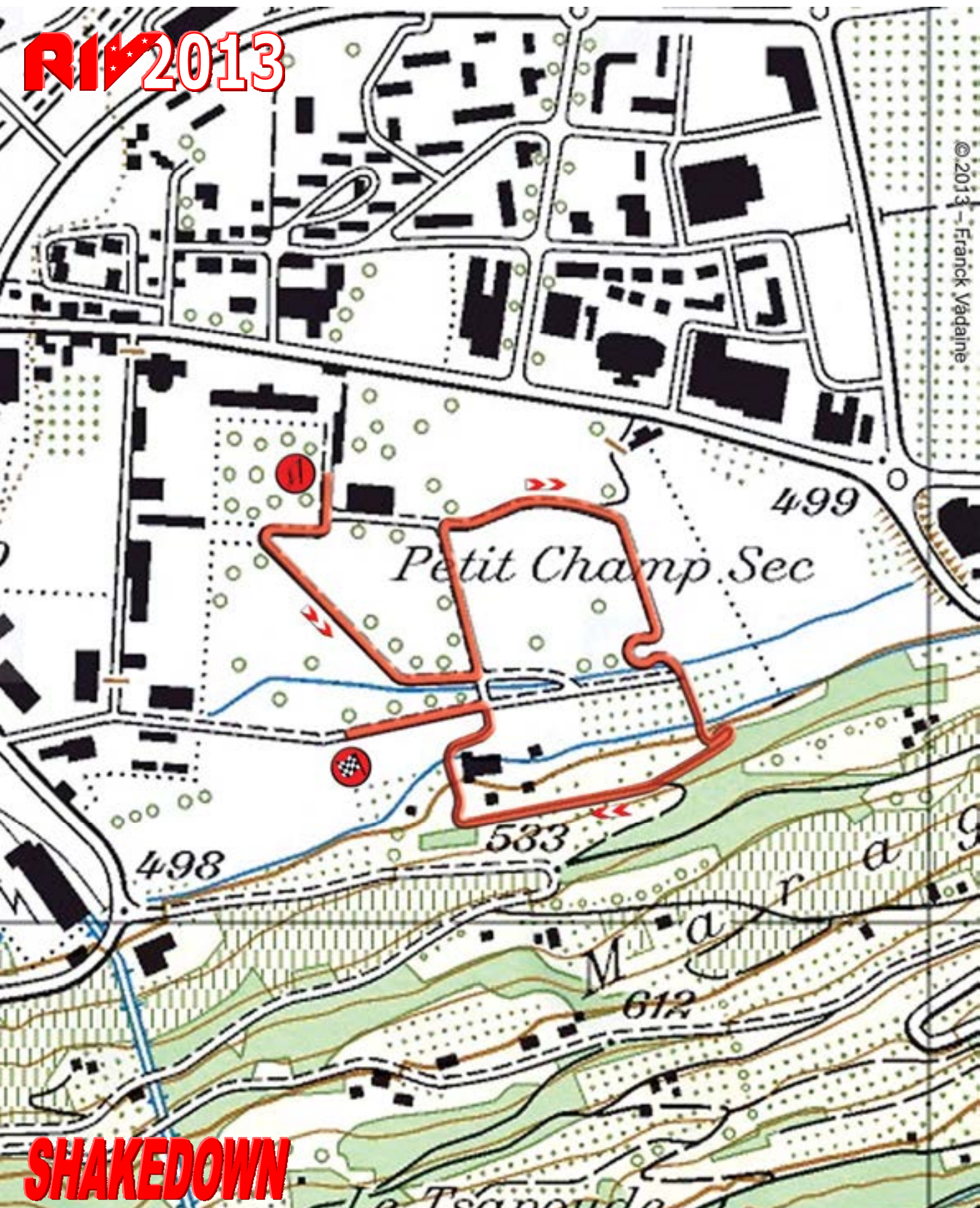


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**SHAKEDOWN**

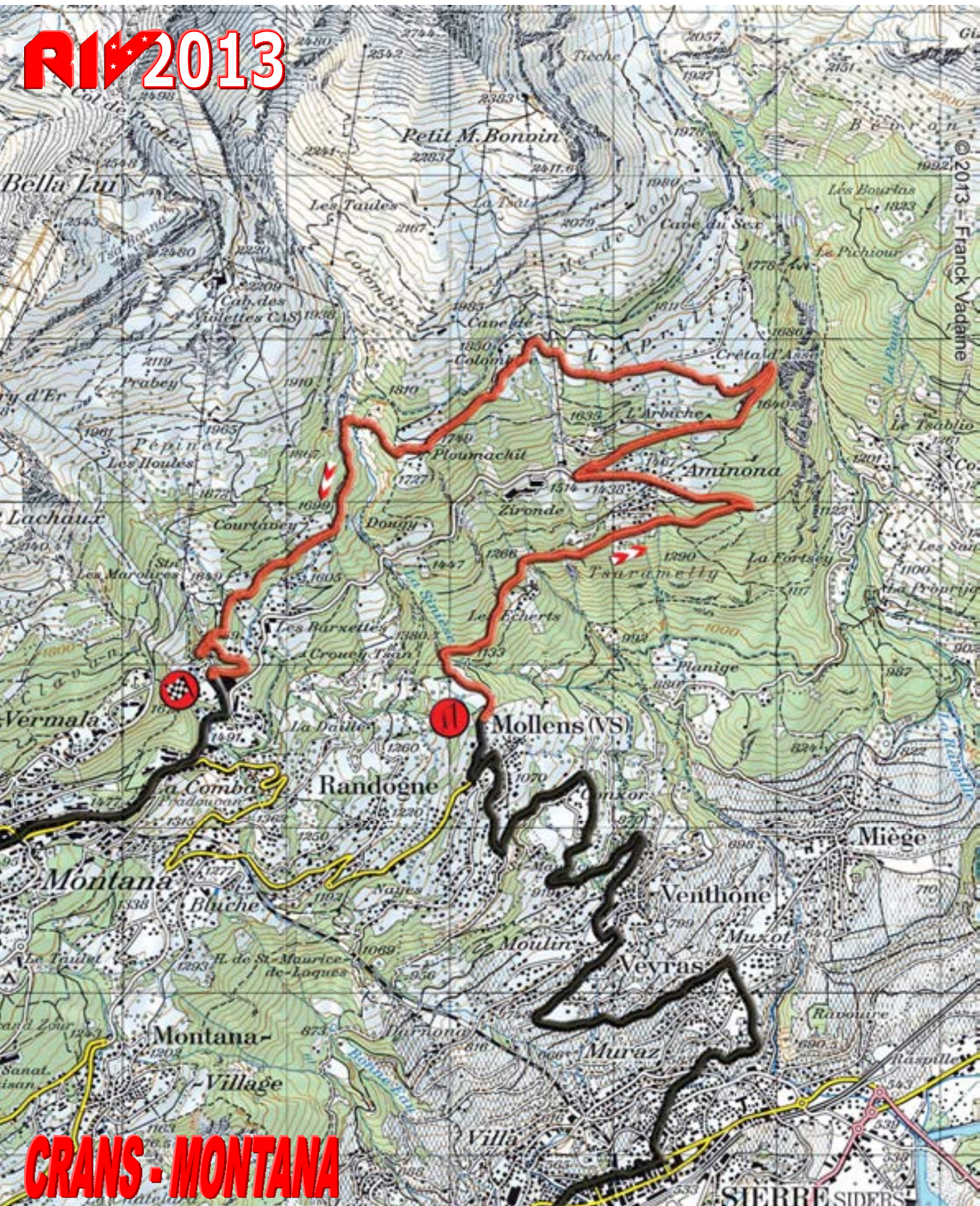
200 m

Casernes de Sion





**RI 2013**



**CRANS - MONTANA**

**ES 1**

1 km

Mollens - Les Violettes





# CRANS - MONTANA

## ES 1

longueur (length) : **11,66 km**

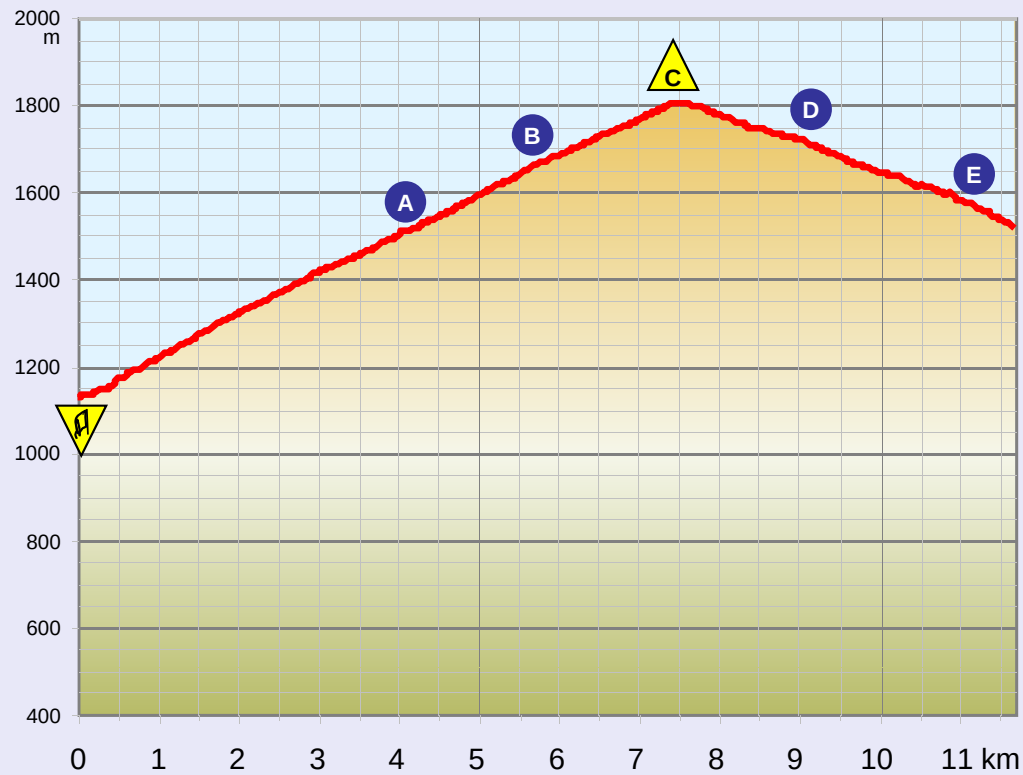
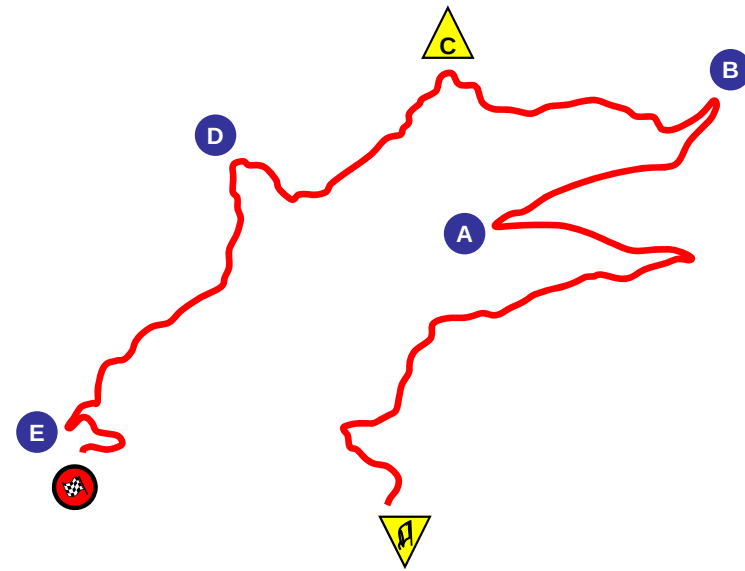
départ (start) : **1129 m**

arrivée (arrival) : **1519 m**

altitude minimale (minimum altitude) : **1129 m**

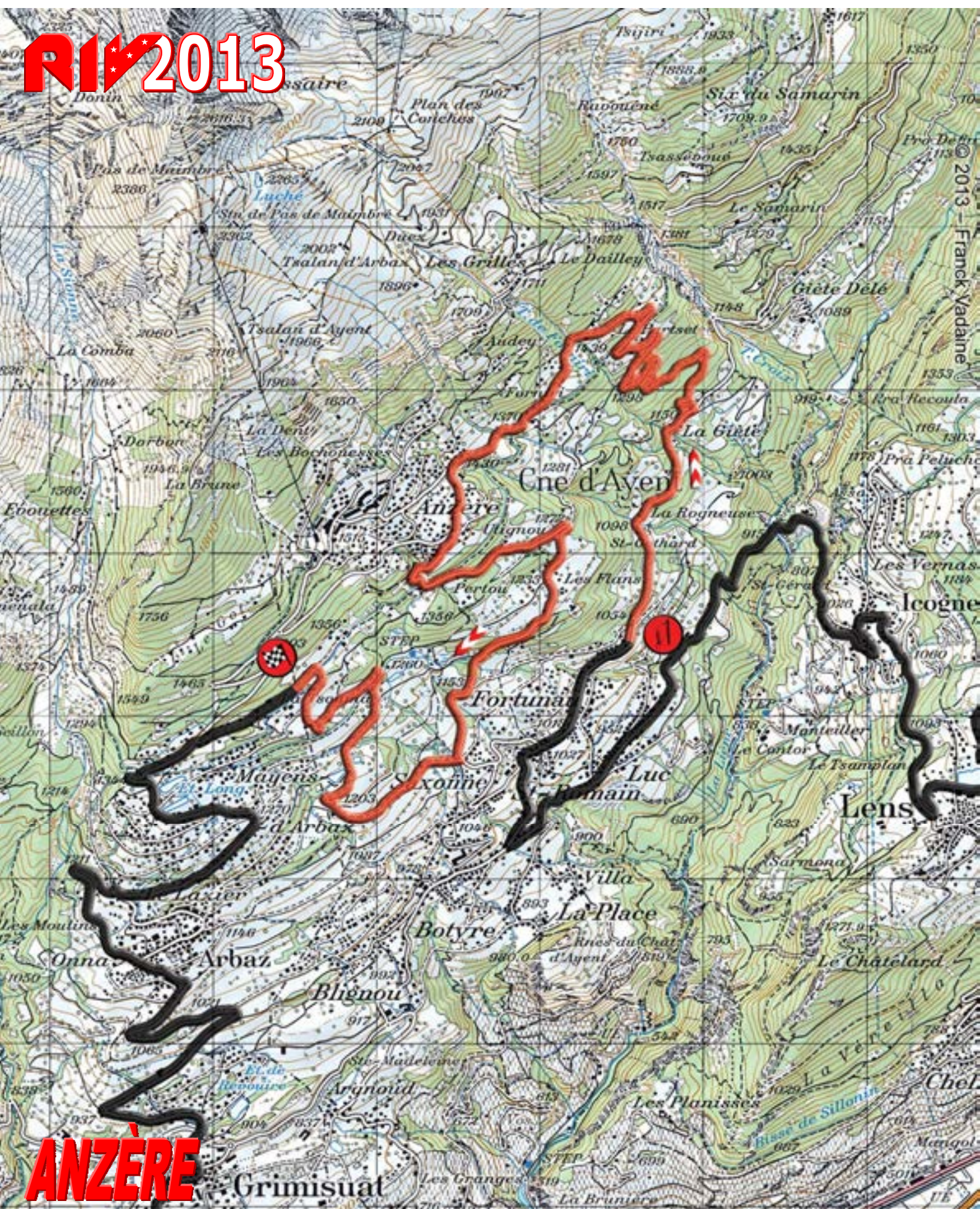
altitude maximale (maximum altitude) : **1803 m**

dénivelé (levelling) : **674 m**





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ANZÈRE

ES 2

1 km

Fortunau - La Tsouma





# ANZÈRE

## ES 2

longueur (length) : **12,96 km**

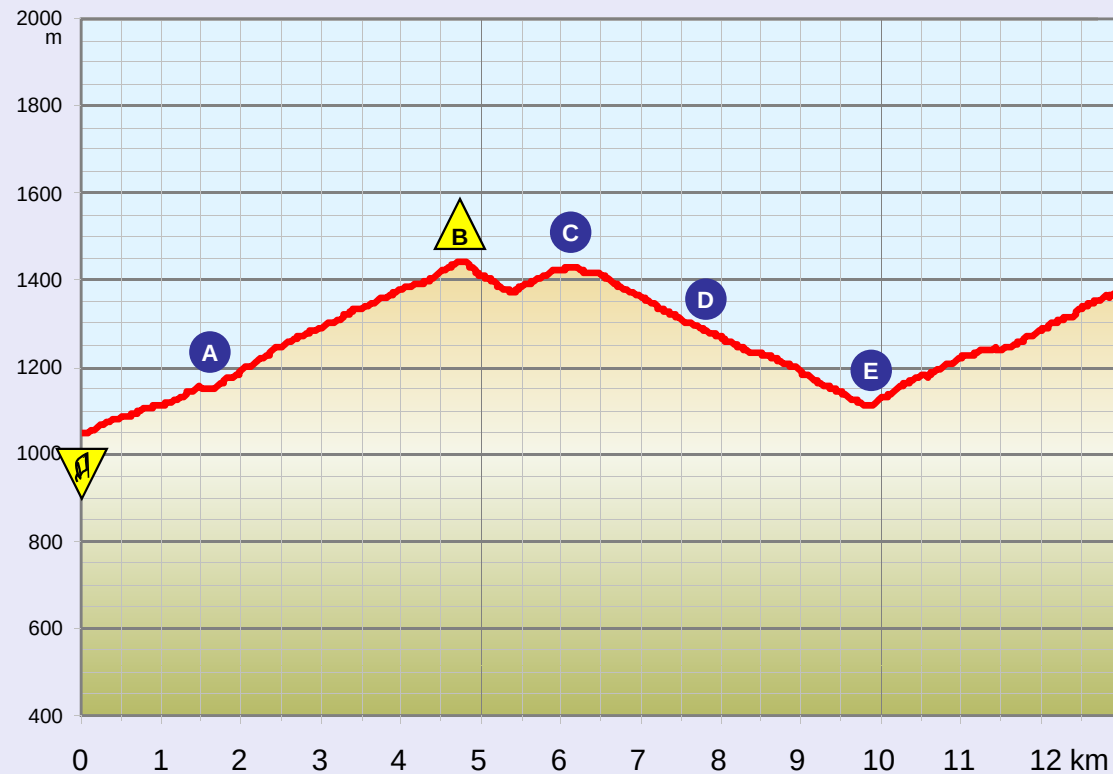
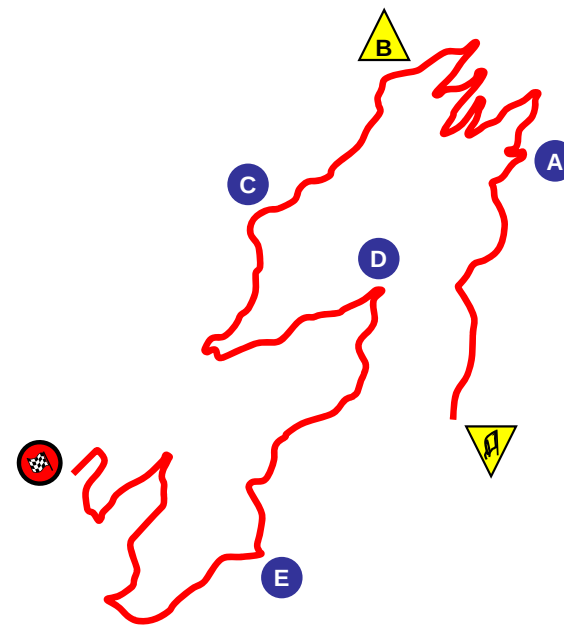
départ (start) : **1047 m**

arrivée (arrival) : **1369 m**

altitude minimale (minimum altitude) : **1047 m**

altitude maximale (maximum altitude) : **1444 m**

dénivelé (levelling) : **397 m**



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**LES CASERNES**

ES 3 - 10

200 m

Casernes de Sion



# CASERNES

## ES 3-10

longueur (length) : **6,18 km**

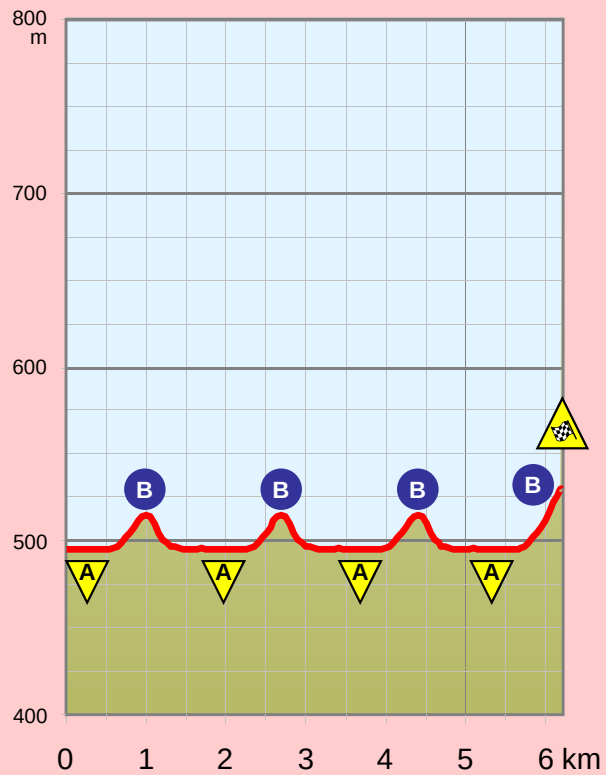
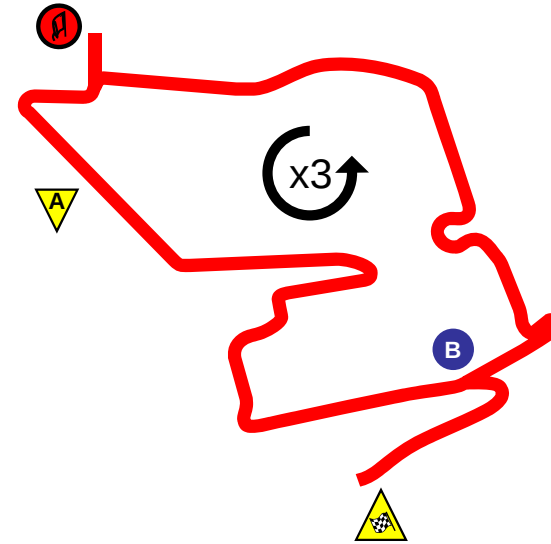
départ (start) : **495 m**

arrivée (arrival) : **538 m**

altitude minimale (minimum altitude) : **494 m**

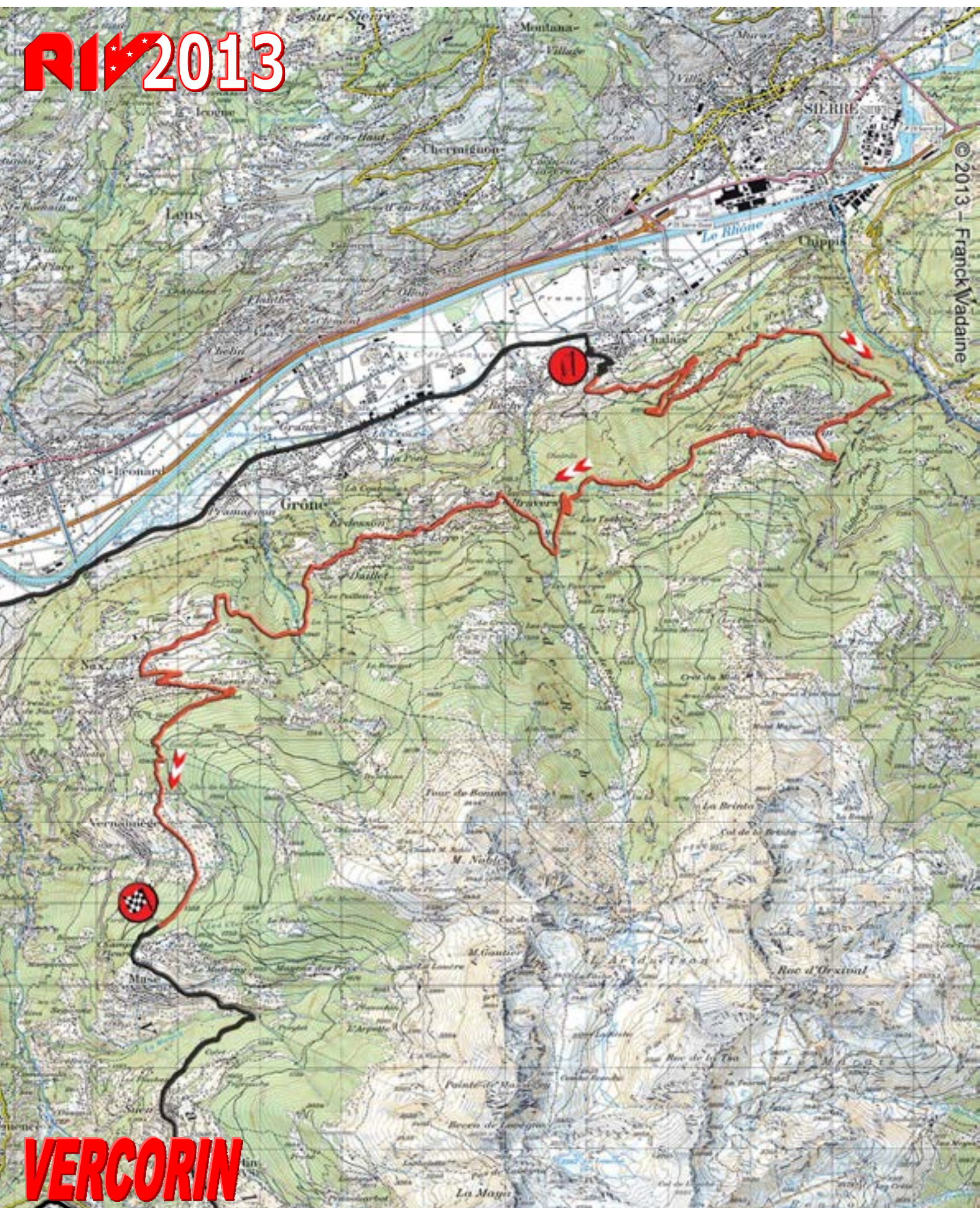
altitude maximale (maximum altitude) : **538 m**

dénivelé (levelling) : **44 m**





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**VERCORIN**

**ES 4-7**

2 km

Chalais - Mase





# VERCORIN

## ES 4-7

longueur (length) : **26,58 km**

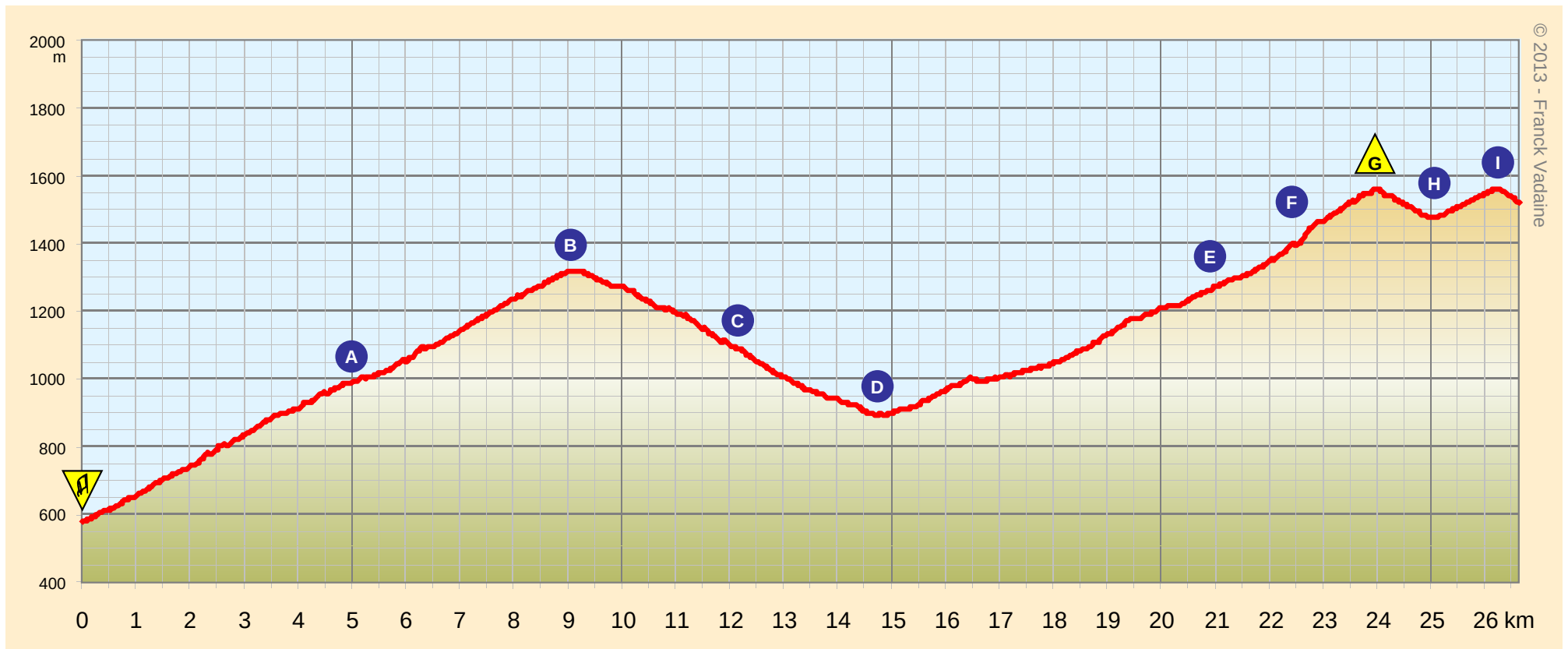
départ (start) : **579 m**

arrivée (arrival) : **1526 m**

altitude minimale (minimum altitude) : **579 m**

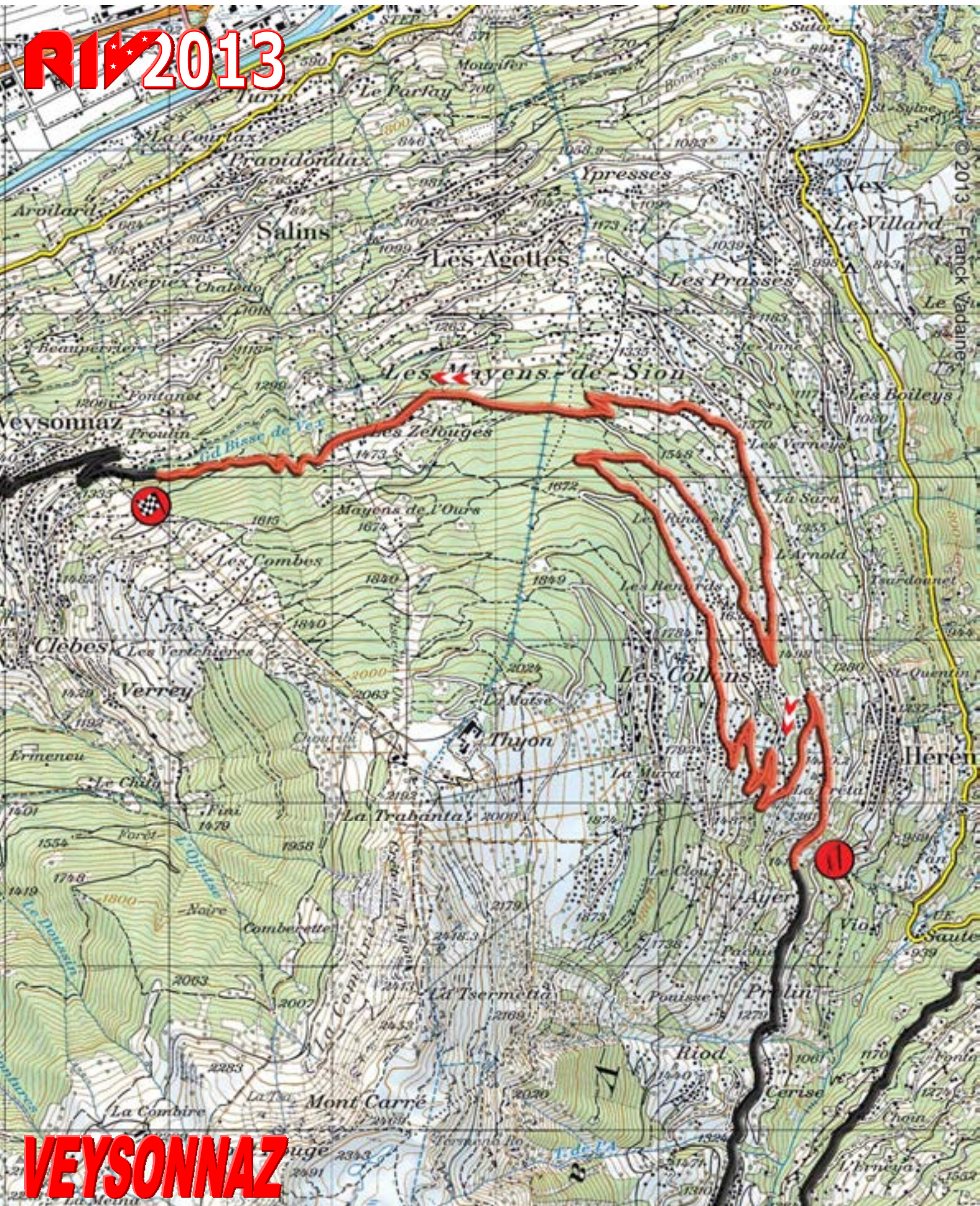
altitude maximale (maximum altitude) : **1562 m**

dénivelé (levelling) : **983 m**





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VEYSONNAZ

ES 5-8

1 km

Ayer - Veysonnaz





# VEYSONNAZ

## ES 5-8

longueur (length) : **13,62 km**

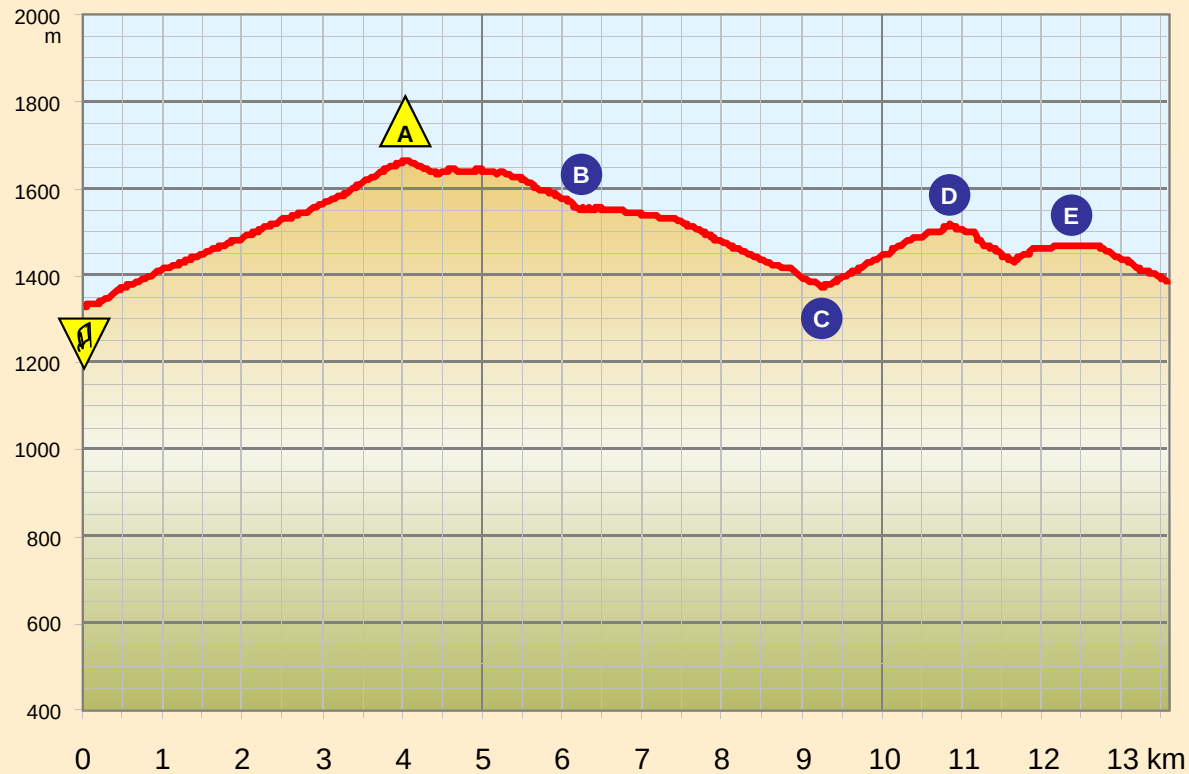
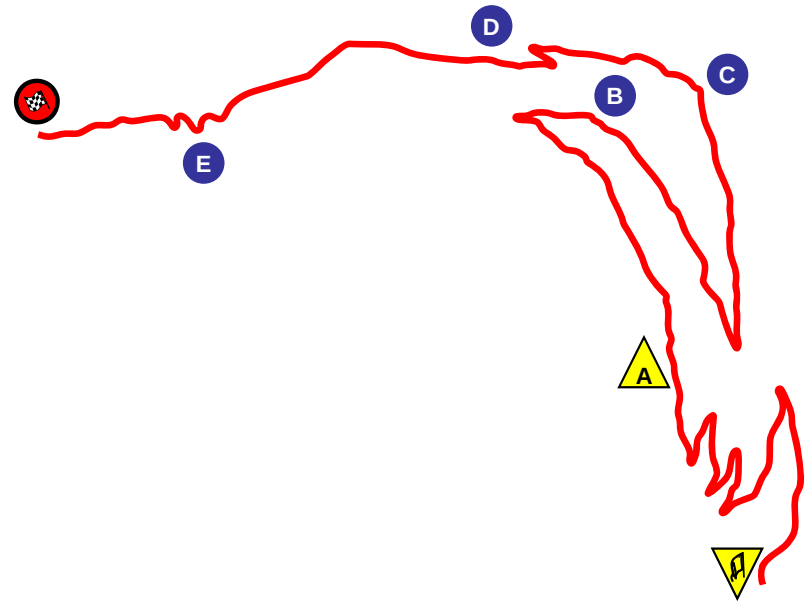
départ (start) : **1329 m**

arrivée (arrival) : **1376 m**

altitude minimale (minimum altitude) : **1329 m**

altitude maximale (maximum altitude) : **1663 m**

dénivelé (levelling) : **334 m**









# NENDAZ

## ES 6-9

longueur (length) : **12,08 km**

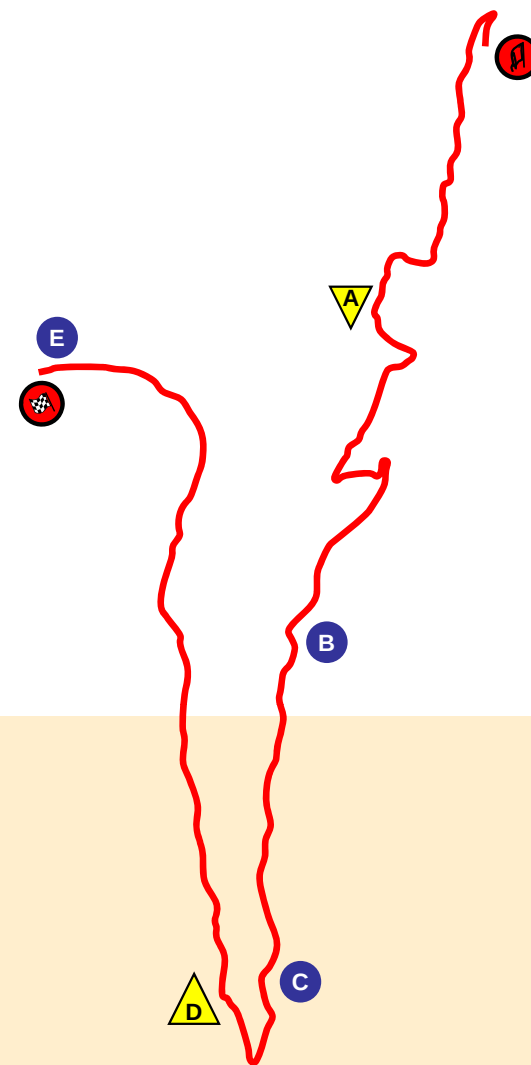
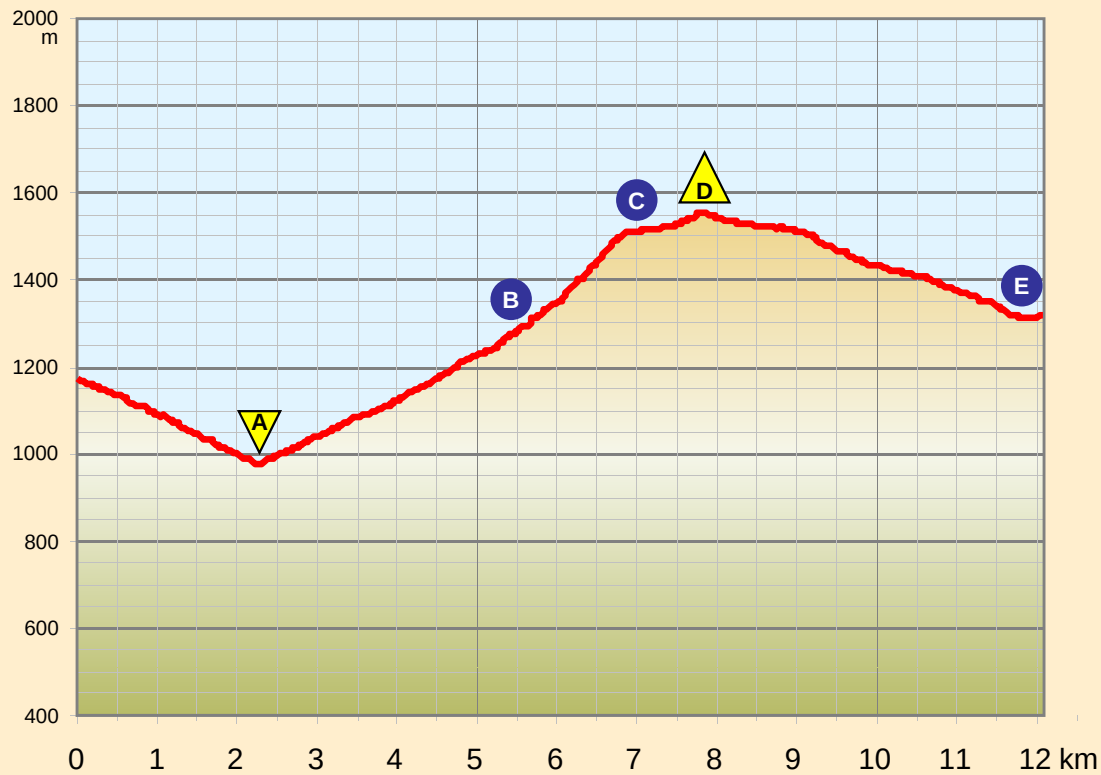
départ (start) : **1170 m**

arrivée (arrival) : **1320 m**

altitude minimale (minimum altitude) : **983 m**

altitude maximale (maximum altitude) : **1551 m**

dénivelé (levelling) : **568 m**





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CHAMPEX

ES 11 - 15

1 km

Les Valettes-Champex





# CHAMPEX

## ES 11-15

longueur (length) : **9,53 km**

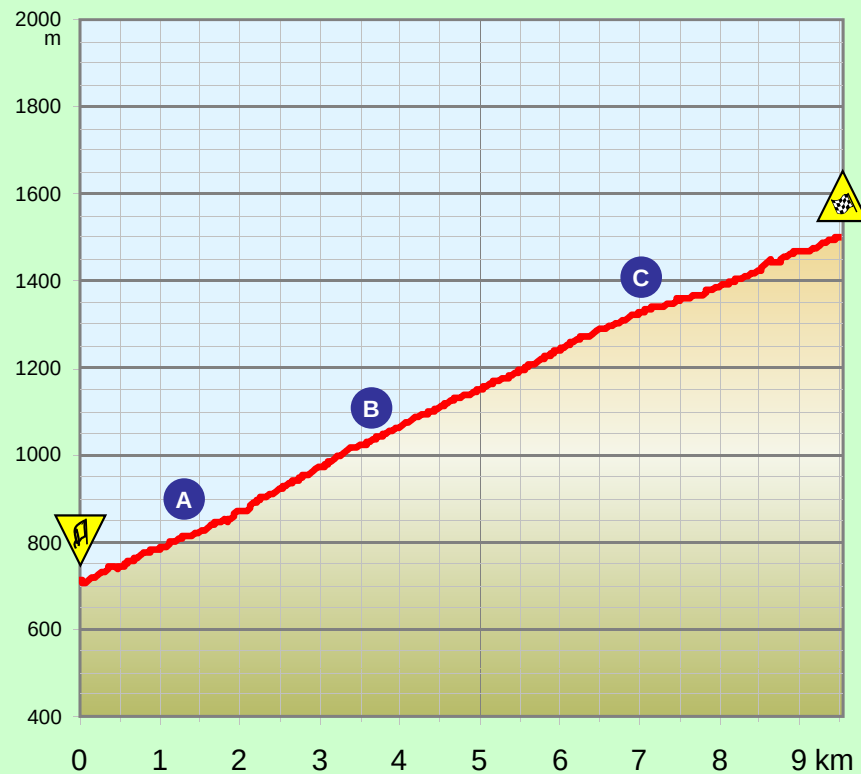
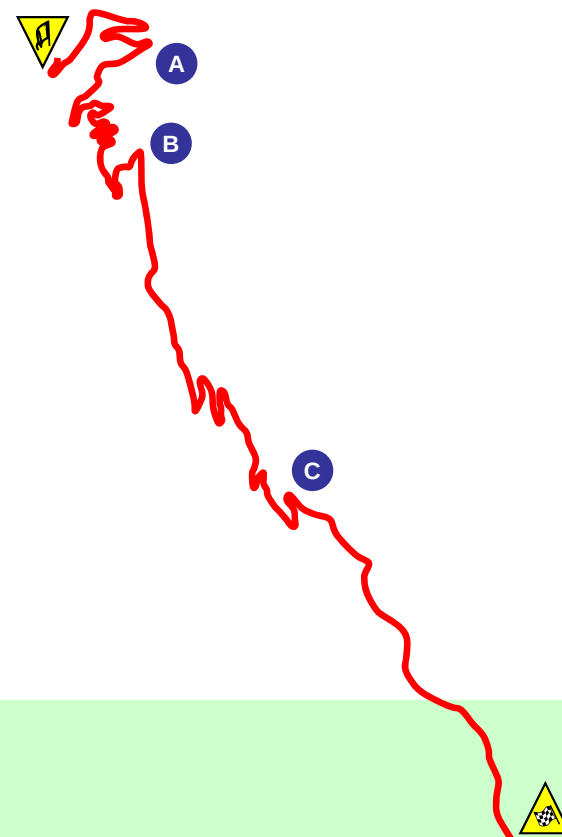
départ (start) : **704 m**

arrivée (arrival) : **1498 m**

altitude minimale (minimum altitude) : **704 m**

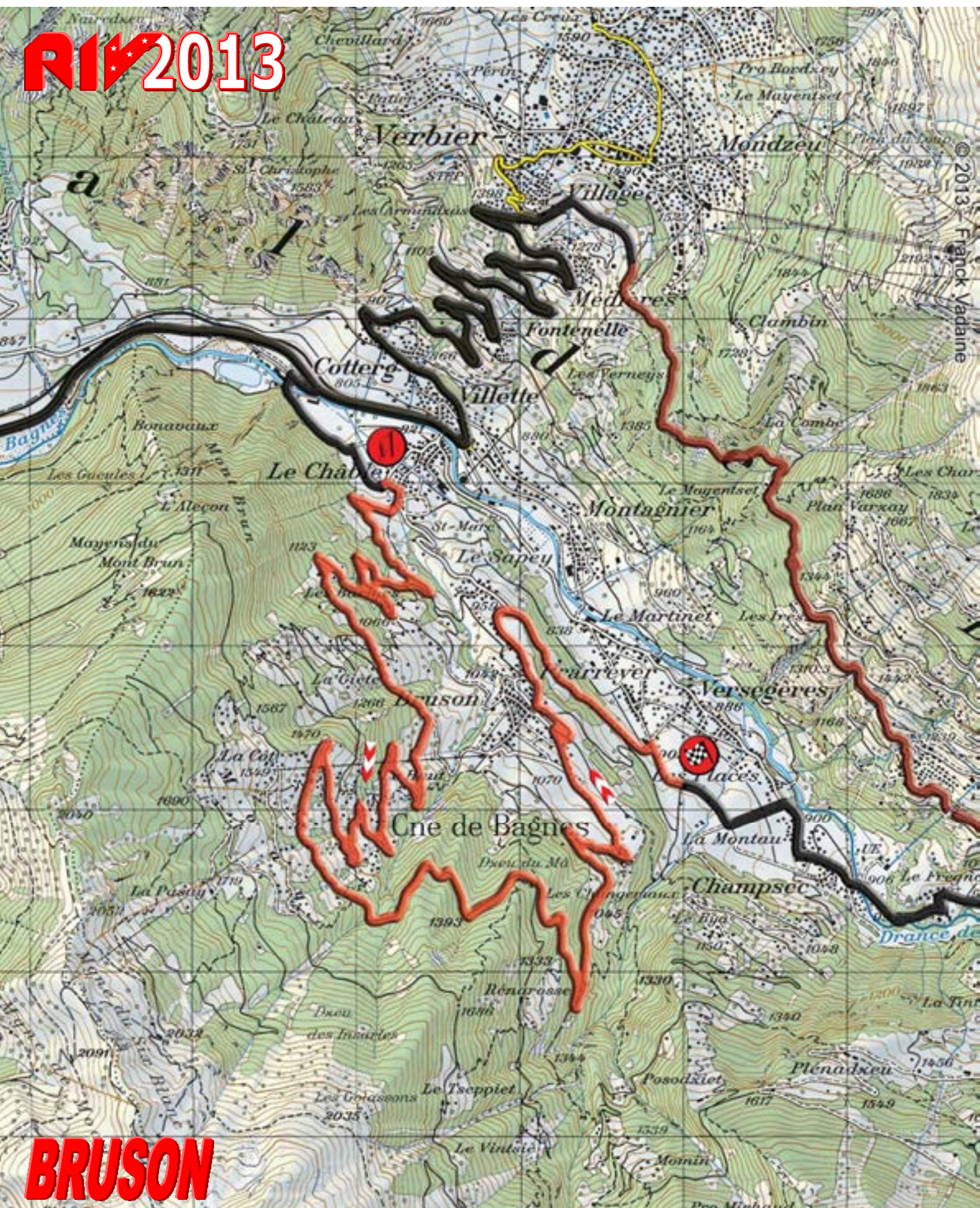
altitude maximale (maximum altitude) : **1498 m**

dénivelé (levelling) : **794 m**





**RI 2013**



**ES 12 - 16**

1 km

Le Châble - Champsec





# BRUSON

## ES 12-16

longueur (length) : **16,96 km**

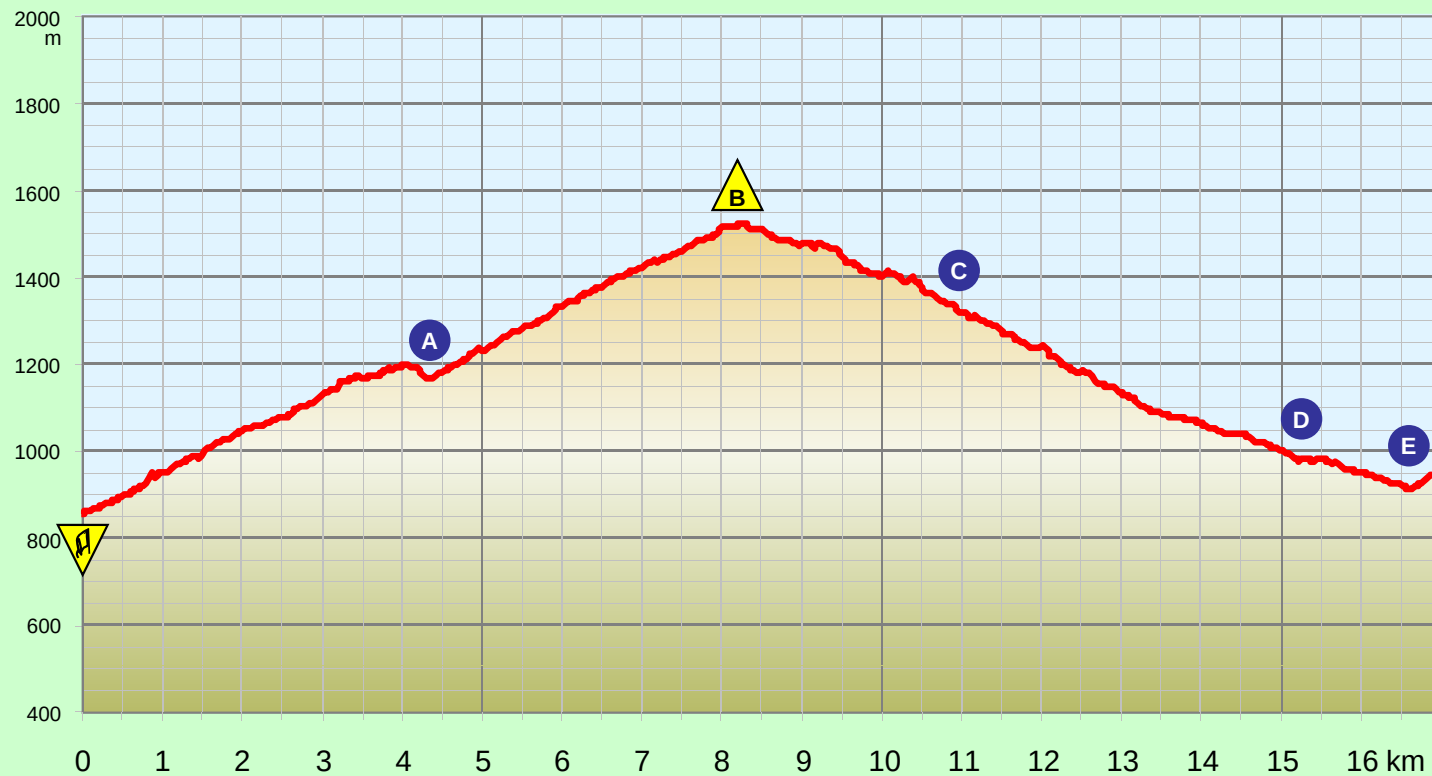
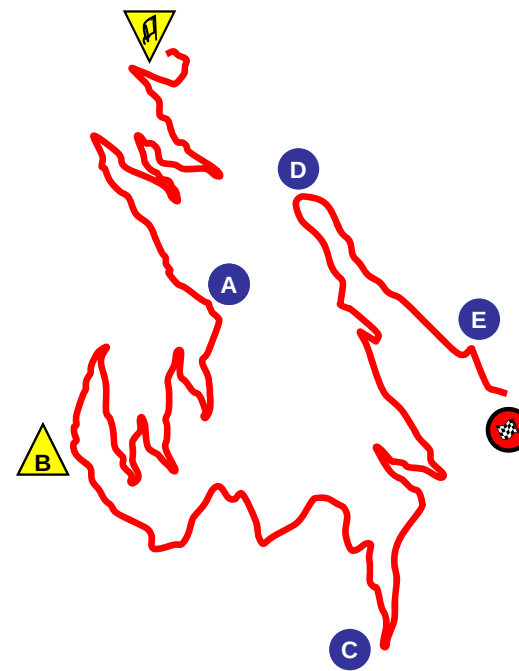
départ (start) : **852 m**

arrivée (arrival) : **936 m**

altitude minimale (minimum altitude) : **852 m**

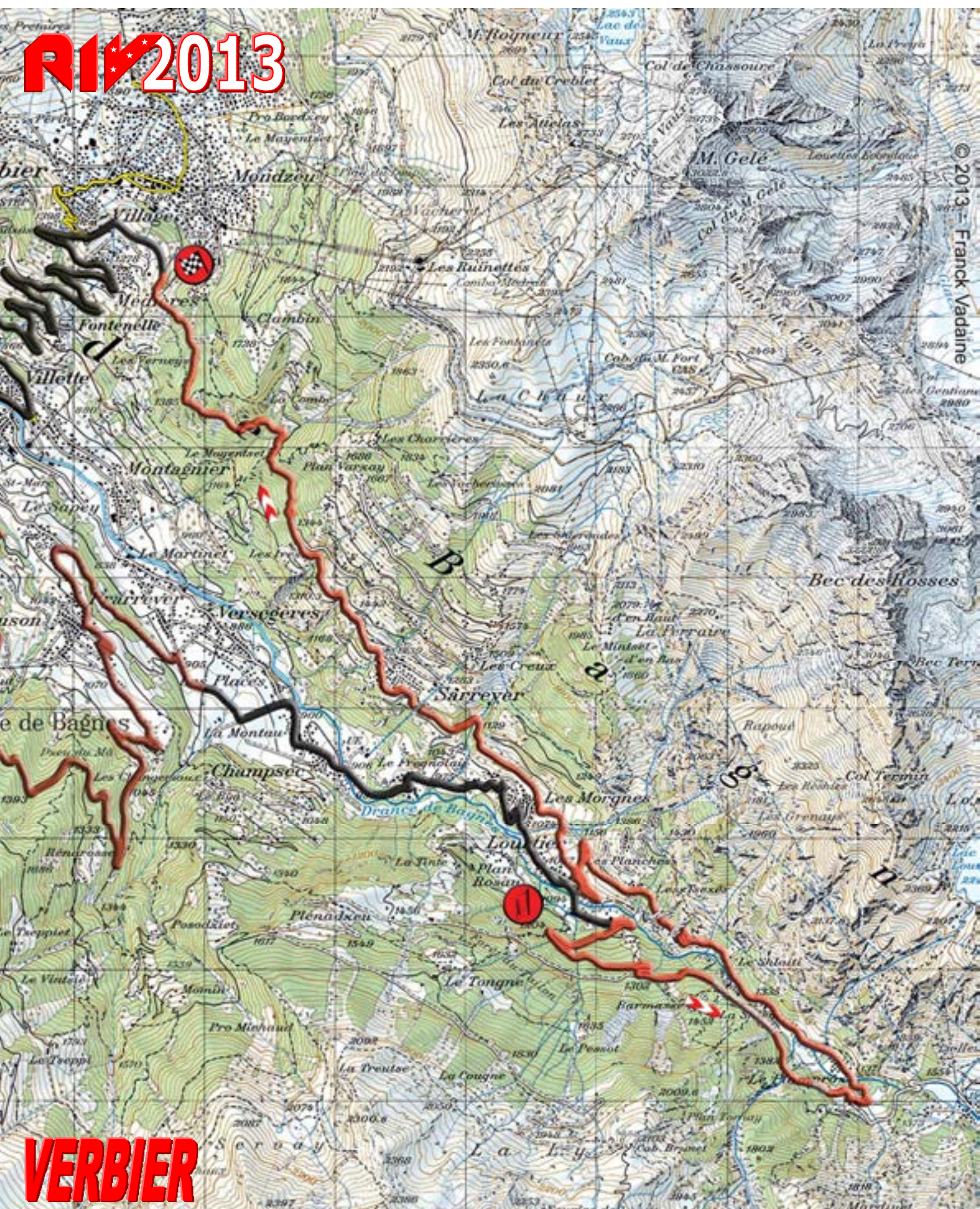
altitude maximale (maximum altitude) : **1512 m**

dénivelé (levelling) : **660 m**





RI 2013



ES 13 - 17

1 km

Lourtier - Verbiere





# VERBIER

## ES 13-17

longueur (length) : **15,52 km**

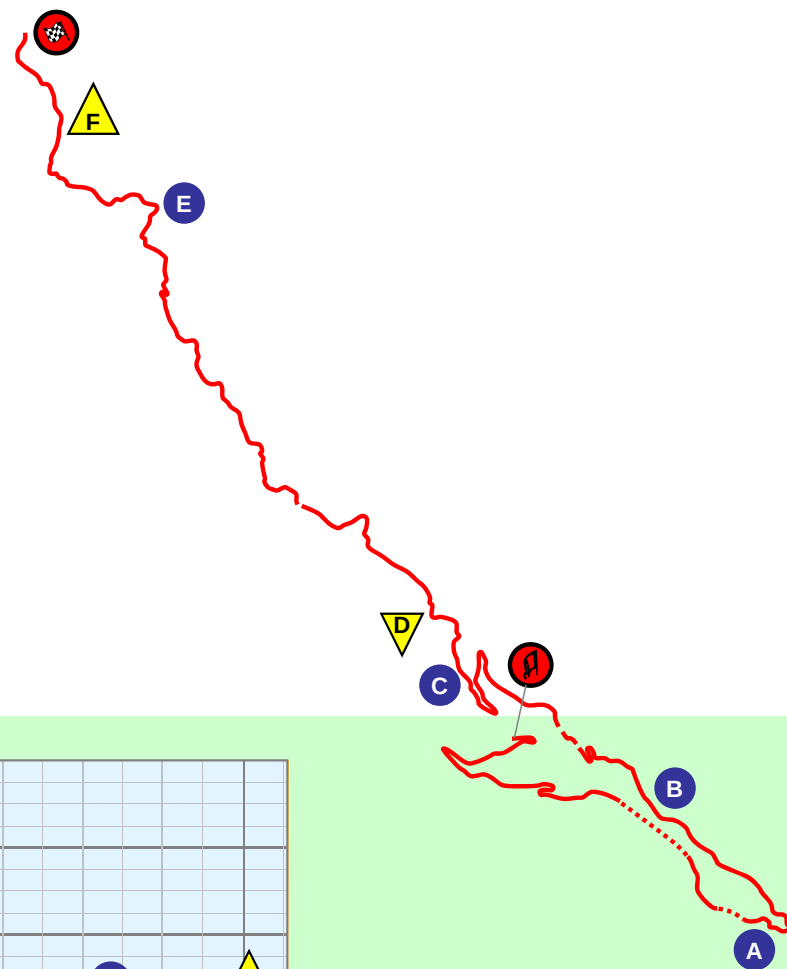
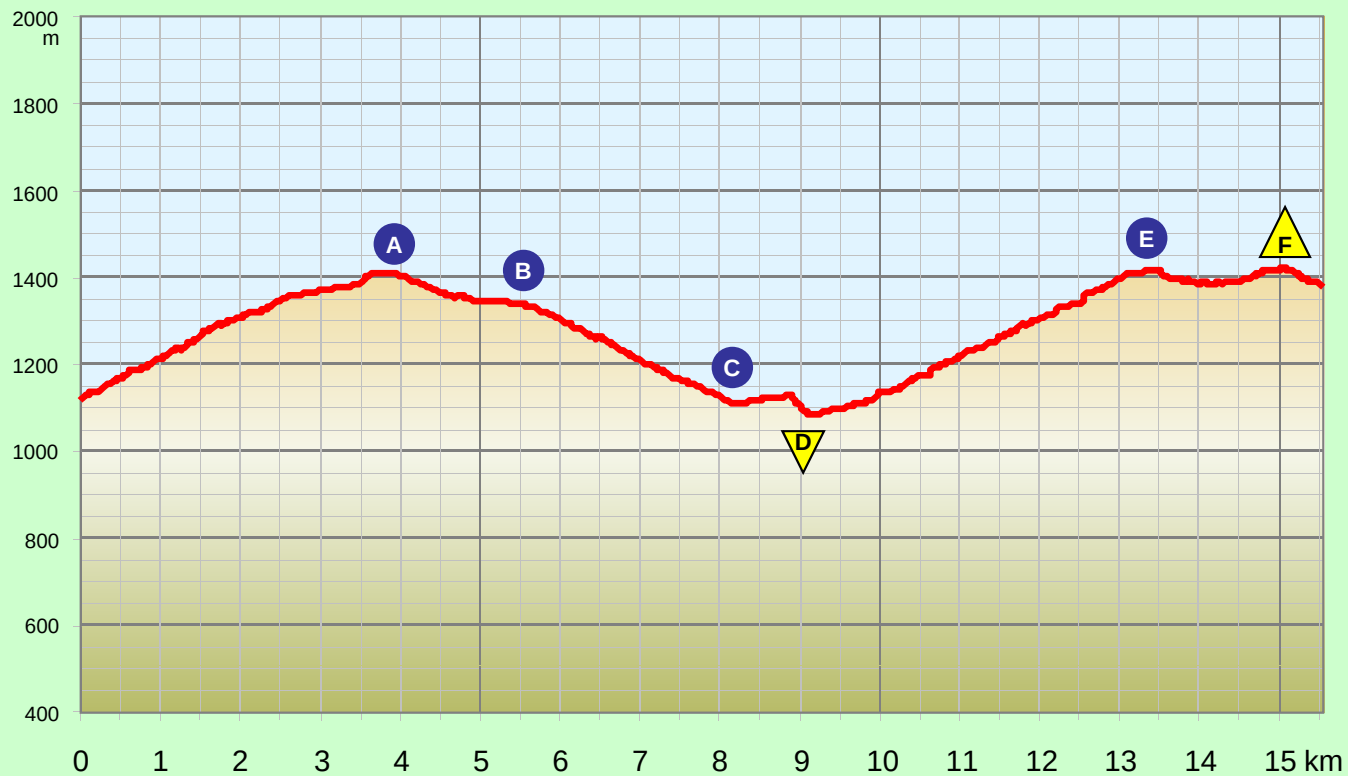
départ (start) : **1120 m**

arrivée (arrival) : **1380 m**

altitude minimale (minimum altitude) : **1083 m**

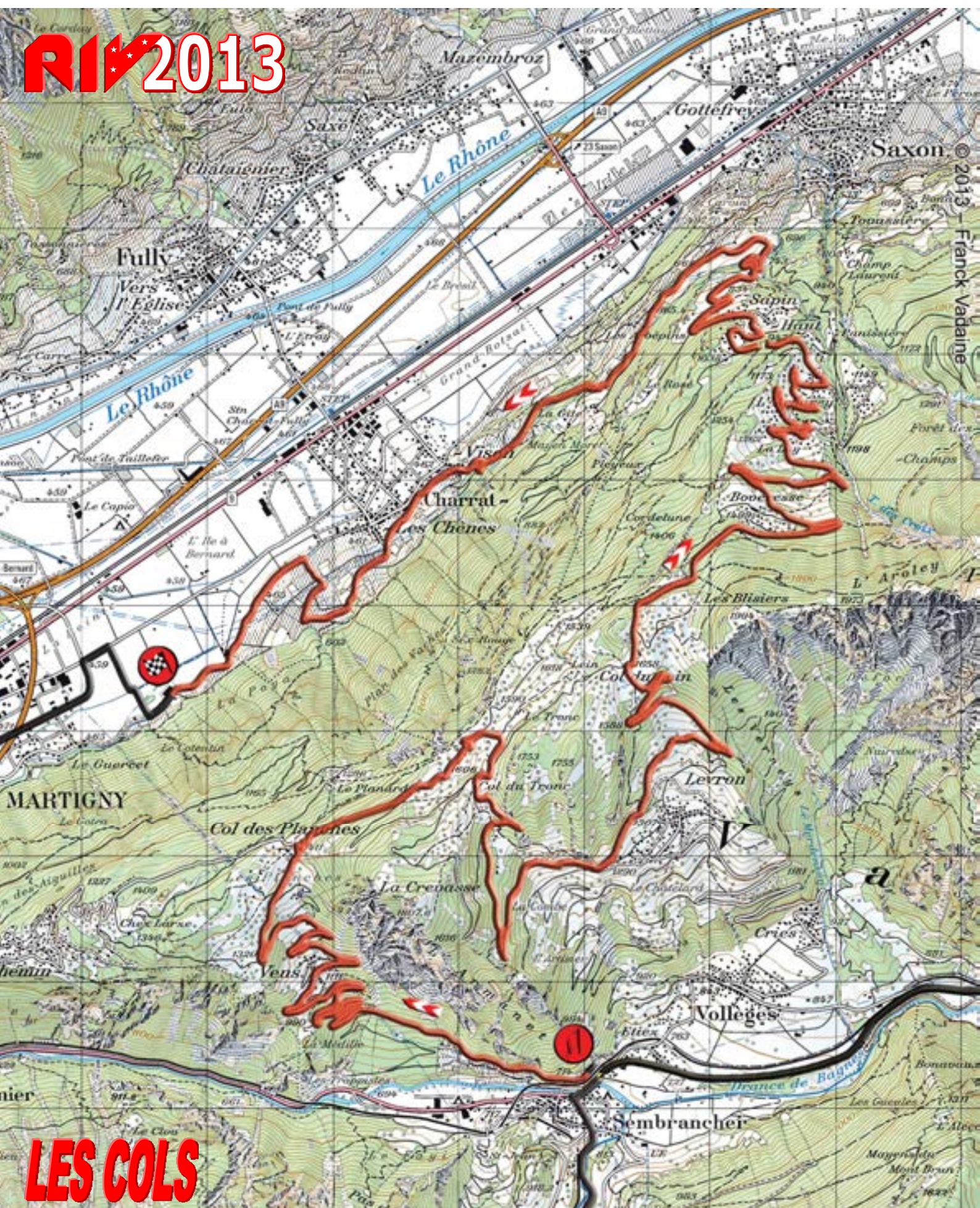
altitude maximale (maximum altitude) : **1418 m**

dénivelé (levelling) : **335 m**





RI 2013



LES COLS

ES 14

1 km

Sembrancher - Le Guercet





# LES COLS

## ES 14

longueur (length) : **37,13 km**

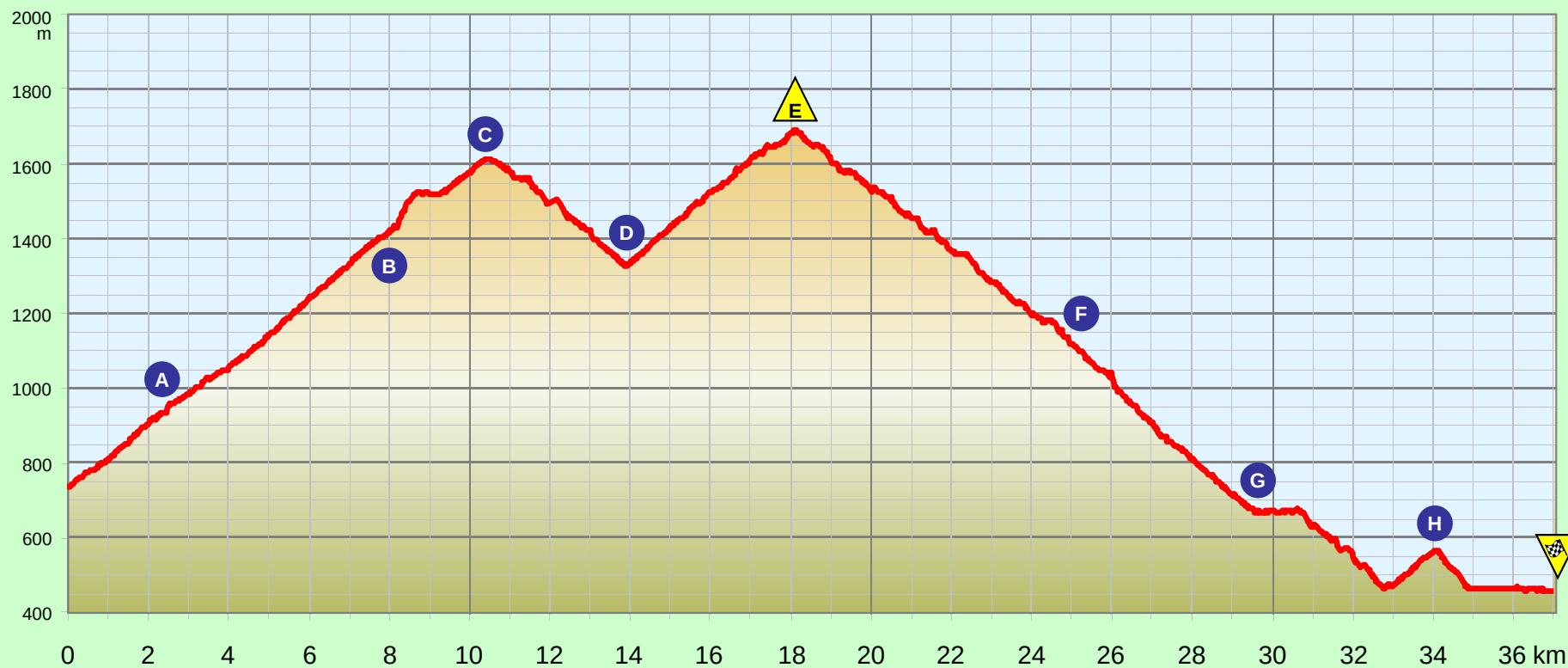
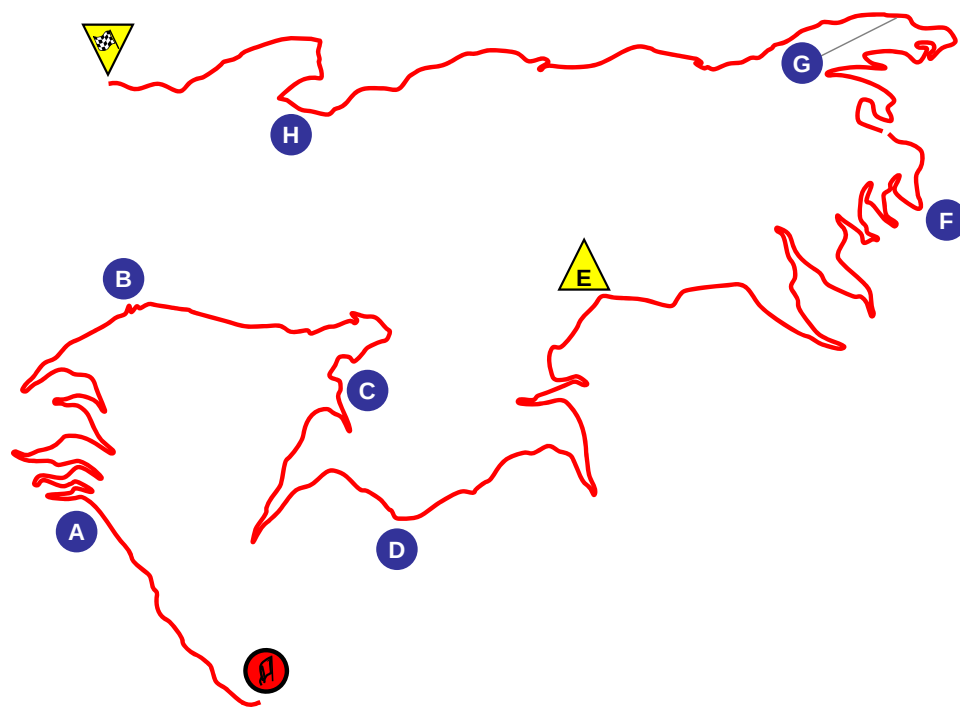
départ (start) : **736 m**

arrivée (arrival) : **459 m**

altitude minimale (minimum altitude) : **459 m**

altitude maximale (maximum altitude) : **1686 m**

dénivelé (levelling) : **1227 m**



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**COL DES PLANCHES**

**ES 18**

1 km

Sembrancher - Arbarey





# COL DES PLANCHES

## ES 18

longueur (length) : **25,15 km**

départ (start) : **736 m**

arrivée (arrival) : **1117 m**

altitude minimale (minimum altitude) : **736 m**

altitude maximale (maximum altitude) : **1686 m**

dénivelé (levelling) : **950 m**

