

BE48 5230 8083 5027.

1. day Züric-AArau-Oensingen /CH) 920 km 10 h driving Vaduz+ 3 h cycling

600 - Malbun 1602m **VADUZ** via Triesenberg 475m 47.12869 / 9.52314 1127m ,13 km 8.7-13.2 % ,Energy points 1037

2.day

>> 10 km 0,25h driving +1,5h cycling

557 - Buchs-Malbun 1411m second name Buchser Berg start place **Buchs** 452m ,47,16555 / 9,47004 , 959m ,10.4 km ,9.2 -17.4 % Energy points 1026

>> 35 km 0,5 h driving +2h cycling

556 - Schrina-Hochrugg 1290m second name Walenstadterberg ,start place **Walenstadt** , 427m 47.12397 / 9.31598 , 865m ,9.1 km 9.5-20.5 % Energy points 1191

>>55 km 1 h driving + 1,5 h cycling

541 - Bachtel 1109m second name Bachtel Orn- ; Bachtelstrasse start place **Hinwill** , 569m 47.30064 / 8.84223 540m , 6 km ,9-17.3 % ,Energy points 551 >>110 km 1,5 h driving +1,5h cycling

539 - Passwang 943m Balsthal 499m start location 47,31606 / 7,69717 , 447m , 10.9 km 4.1-12 % Energy points 362

3. day

>16 km {90} +1 h cycling

538 - Balmberg Passhöhe 1078m , **Welschenrohr** 682m 47,28074 / 7,52769 , 402m , 2.8 km ,14.4-22 % , Energy points 651 >10 km Crémines +2 h cycling

537 - Weissenstein 1284m **Crémines** 618m 47,2825 / 7,44156 ,666m ,8.6 km 7.7-10.8 % ,Energy points 425

55km 1h driving + 3 h cycling

532 - Le Chasseral 1548m second name Col du Chasseral-, Le Chasseral# ,**La Neuveville** 433m ,47,0632 / 7,09133 , 1115m ,13 km ,8.6-13.2 % ,Energy points 940

45km 1 h driving+ 1h cycling

533 - Mont Soleil 1212m **Saint-Imier** 824m 47.15049 / 6.99151 , 388m 5 km 7.8-12.1 % ,Energy points 365

4.day

40km 1 h driving + 1,5h cycling

534 - Noirmont 988m **La Goule** 483m 47.22396 / 6.92602 , 505m 6 km 8.4-15.4 % ,Energy points 568

30 km 1 h driving + 1,5h cycling

535 - Montfaucon 996m **Soubey** 476m 47.3076 / 7.04803 ,520m , 6 km , 8.7-15.4 % ,Energy points 561

15km 0,5 h driving + 1 h cycling

536 - Sur la Croix 789m second name Col de la Croix start place **Sainte-Ursanne** 438m 47,36365 / 7,15261, 351m 4 km 8.8-13.2 % ,Energy points 350

>110 km 2 h driving +2,5h cycling

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225 - Ballon d'Alsace 1178m (North) **Le Thillot** 485m 47.87885 / 6.76556 , 693m 15 km 4.6-9.6 % Energy points 508

5.day

2 h cycling

224 - Ballon de Servance (East!) 1158m ,**Le Thillot** 495m , 47.87878 / 6.76556 ,663m , 14 km 4.7-11.2 % Energy points 449 >22 km 0,5 h driving + 2,5 h cycling

221 - Petit Drumond 1150m , **Urbès** 430m ,47.88254 / 6.9552 , 720m , 11 km , 6.5-13.2 % ,Energy points 601

35 km, 1 h driving 3 h cycling

223 - Grand Ballon 1343m second name Ballon de Guebwiller ,start place **Soultz** 271m 47.88224 / 7.22488 , 1072m , 19 km 5.6-9.6 % Energy points 811

6.day

>45 km 1h driving + 2,5 cycling

220 - Col de la Schlucht 1139m (East!) **Munster** 389m 48.04174 / 7.13236 ,750m , 17.5 km , 4.3-7.6 % ,Energy points 441
15-20 km driving + 1 h cycling

> 33 km 1 h driving+ 1 h cycling

219 - Col de la Grosse Pierre 955m ,**Gérardmer** 675m 48.07034 / 6.87736 , 280m , 8 km , 3.5-8.4 % Energy points 239
>3605 km 1 h driving + 2,5 h cycling

218 - Champ du Feu 1099m start place **Villé** 269m ,48.34426 / 7.30503
830m , 13.4 km , 6.2-10.2 % ,Energy points 666

7. day

125km 2h driving Nancy sightseeing: Place Stanislas ,> 200 km 3 h driving Troyes > 200km
3,5h driving Versailles

8.-9.day

Paris

>400 km 5 h driving

210 - Mont Dol 55 m GPS Location 48,57197 / -1,7691 , **Mont-Dol** 2m , start location
48.56871 / -1.77432 ,53m , 0.9 km , 5.9-18 % Energy points 62 + 0,5 h cycling

60 km 1 h driving to Pléhérel-Plage or 75 km via Saint Malo 1 h sightseeing by bike

209 - Cap Fréhel 70 m GPS Location 48.6832 / -2.31872 **Pléhérel-Plage** D34a 10m ,
48.66252 / -2.34808 ,60m , 3.8 km ,1.6-8 % Energy points 55
55km 1 h driving +1 h cycling

10. day

208 - Mont Bel Air 339m second name Chapelle-du-Mont-Carmel, Moncontour ,start place
Moncontour , 110m start location ,48.36153 / -2.63044 ,229m , 6.3 km , 3.6-14.7 % ,
Energy points 200 80 km 1.5h driving 0,5 h cycling

206 - Ménez-Bré 302m GPS Location 48.57641 / -3.30759 second name:**Chapelle Saint-
Hervé** ,start place **D 31a** 182m , 48.59158 / -3.31303 , 120m , 1.2 km , 10-19 % ,Energy
points 162 55 km 1 h driving + 1 h cycling

201 - Roc Trevezel 351m GPS Location 48.40491 / -3.9082 second name :Roch start place
:**Pleyber-Christ** 130m 48.50498 / -3.87559 , 221m , 12.3 km , 1.8-4.4 % , Energy
points 141 >> 55km 1 h driving , 1 h cycling

202 - Ménez-Hom 330 m GPS Location 48.21971 / -4.23516 second name:Menez-Hom par
la chapelle de Saint-Côme start place: **Châteaulin** via D 887 11m ,48.19765 / -4.09167 ,
319m , 14.2 km ,2.2-7.4 % Energy points 216 60 km 1 h driving + 0,5 h cycling

204 - Montagne Locronan 279 m GPS Location 48,09879 / -4,17962 second name : Rue
de la Troménie start place: **Locronan** 138m 48.09887 / -4.20502 141m , 2.3 km , 6.1-12
% Energy points 123

12 km dring+cycling 1 h

203 - Ménez-Kerque 215 m GPS Location 48.162677 / -4.091309 start place **Chateaulin**
via Rue Notre dame ,7m ,48.191597 / -4.094603 208m , 3.5 km , 5.9-13 % , Energy
points 174 35 km 1 h driving+ cycling

11. day

205 - Roc de Toullaëron 266 m GPS Location 48.164940 / -3.654541 second name Roc de
Toullaëron+ start place **Spézet** ,120m
48.19273 / -3.71205 , 146m , 6 km , 2.4-9 % , Energy points 96
65 km 1 driving + 0,5 h cycling

207 - Mûr-de-Bretagne 292 m GPS Location 48.22821 / -2.99823 second name :Bel Air,
start place: **Mûr-de-Bretagne** 154m 48.19964 / -2.98794 138m , 3.5 km , 3.9-12.7 % ,
Energy points 158

200 km 3 h driving Nantes >> 100 km 1,5h driving >> Angers >>> **Saumur*** Tours,
Amboise** , Blois , **Chambord**** 250 km 3 h driving Orleans >>

12.-13. day

150 km 2h driving Bourges Cathedral of St Etienne of Bourges** UNESCO

Orleans>>Marciges 175 km 2,5 h driving

226 - Butte de Montenoison 414m , **Marciges** 259m 47.224010 / 3.443290 , 155m 2.3 km , 6.7-15.2 % Energy points 159
140 km 3 h driving (eventuell sightseeing in Chartres Notre Dame)

>> 150 km 2 h driving + 2 h cycling

227 - Mont Beuvray 821 m (East!)GPS Location 46,92226 / 4,03619 , **L'Echenault** , 549m 46.93963 / 4.03405 , 8 km ,3,4 -9.9 % Energy points 191

14.day

>>25km 0,5h driving 0,5 h cycling

229 - Signal d'Uchon 678 m (North) GPS Location 46,80636 / 4,26005 **Mesvres** 284m 46.863 / 4.24012 , 394m 8 km ,4.9-20 % ,Energy points 457

>45km 1h driving+ 1h cycling

228 - Mont de Sène 505 m GPS Location 46.92033 / 4.66945 **Dezize-lès-Maranges** ,318m 46.91093 / 4.65644 , 187m 3.1 km ,6 -14 % ,Energy points 169

>45m 1 h driving + 1 h cycling

232 Mont Poupet 772 m **Salins-les-Bains** 383m ,46.94625 / 5.87859 , 389m ,8.2 km 4.7-15.8 % ,Energy points 367

>>120 km , 2 h driving +1 cycling, sightseeing

236 - Fort de Chaudanne 401 m GPS Location 47,22702 / 6,02448,second name Rue de Chaudanne ,**Besançon** 243m 47.23530 / 6.01569

15.day

160m 2 km , 7.9-22 % ,Energy points 203

>65km 1h driving +1,5 h cycling

233 - Grand Taureau 1313m **Pontarlier** ,837m 46.90175 / 6.3598 , 476m 9.7 km ,4.9-9.9 % ,Energy points 332

240km 3,5h driving + 1 h cycling

230 - Butte de Suin 593 m (SW!) GPS Location 46,43346 / 4,47388 **Saint-Bonnet-de-Joux** ,372m 46.469330 / 4.452688 ,221m 5.4 km ,4.1-10.5 % Energy points 179

16.day

234 - Mont Morond 1419m second name Le Morond# start place **Métabief** 964m 46.77373 / 6.35181 ,455m 5.5 km ,8.3-12 % ,Energy points 384

5 km driving +1,5h cycling

235 - Mont d'Or 1415m second name Le Mont d start place **Longevilles-Mont-d'Or**, 892m , 46.75158 / 6.31018 , 523m 5 km 10.5-18.4 % Energy points 604

17.day

237	 Haut-Crêt	S (30-06-2018)
238	 Col de la Faucille	S (30-06-2018)
239	 Cirque des Avalanches	S (30-06-2018)
240	 Signal du Cuiron	S (28-06-2018)
241	 Relais de Planachat	E (23-07-2018)

242	 Col de Saint-Thomas	W (28-06-2018)
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driving back home

