

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

**FR**

**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**

>>290km 3,5h driving + 3h cycling

**530 - Col de l'Aiguillon** 1293m **Yverdon-les-Bains** via Essert-s 435m 46,78948 / 6,62952 , 858m 18.7 km 4.6-13.2 % Energy points 788

>35km 1h driving+1 h cycling

**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**

More destinations on the way back to Hungary >>130 km , 2 h driving + 2,5h cycling

**547 - Gurnigel** 1609m second name Stieren, Selibüelpass,Stierenhütte South of Bern ! start place **Rüti bei Riggisberg** ,825m 46.78111 / 7.45041 ,784m ,9.5 km 8-13.2 % Energy points 786

>>31 km , 1 h driving + 3 h cycling

**562 - Gorneren** 1407m second name Gornerenstrasse, Kiental- start place **Spiez** via Hondrich,Aeschi , 624m start location 46.68979 / 7.66919 942m ,22.7 km , 4.1-18 % , Energy points 693

**18. day**

>> 55 km 1,5 h driving + 3.5 h cycling

**563 - Fafleralp** 1766m second name Lötschental start place **Gampel** 625m 46.31694 / 7.74395 ,1163m 18 km , 6.5-12 % ,Energy points 874

>> 95 km , 2 h driving + 2,5 h cycling

**564 - Axalp** 1535m second name Chüemad+ start place **Brienz** start altitude 566m ,start location 46.73846 / 8.04946 , 969m , 9 km ,10.8-14.4 %  
Energy points 1100

**19.day** driving back home