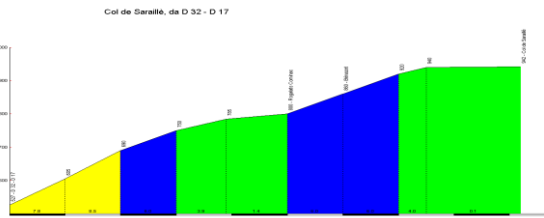
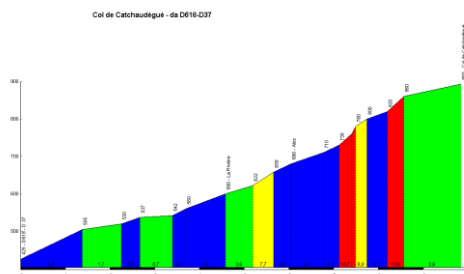
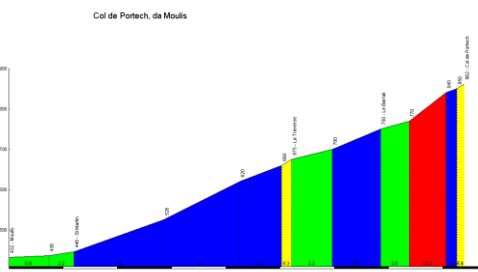
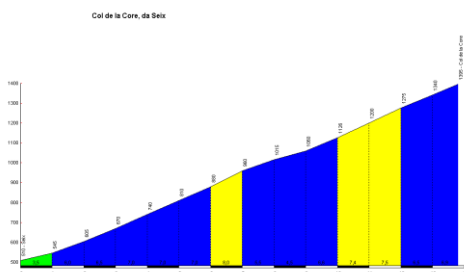


Beschrijving	Afstand	Hoogtemeters	Tijd	Aantal cols
1. Salau – Alos – Col de Catchaudeau – Seix – Salau	55 km	780 m	2 uur	1



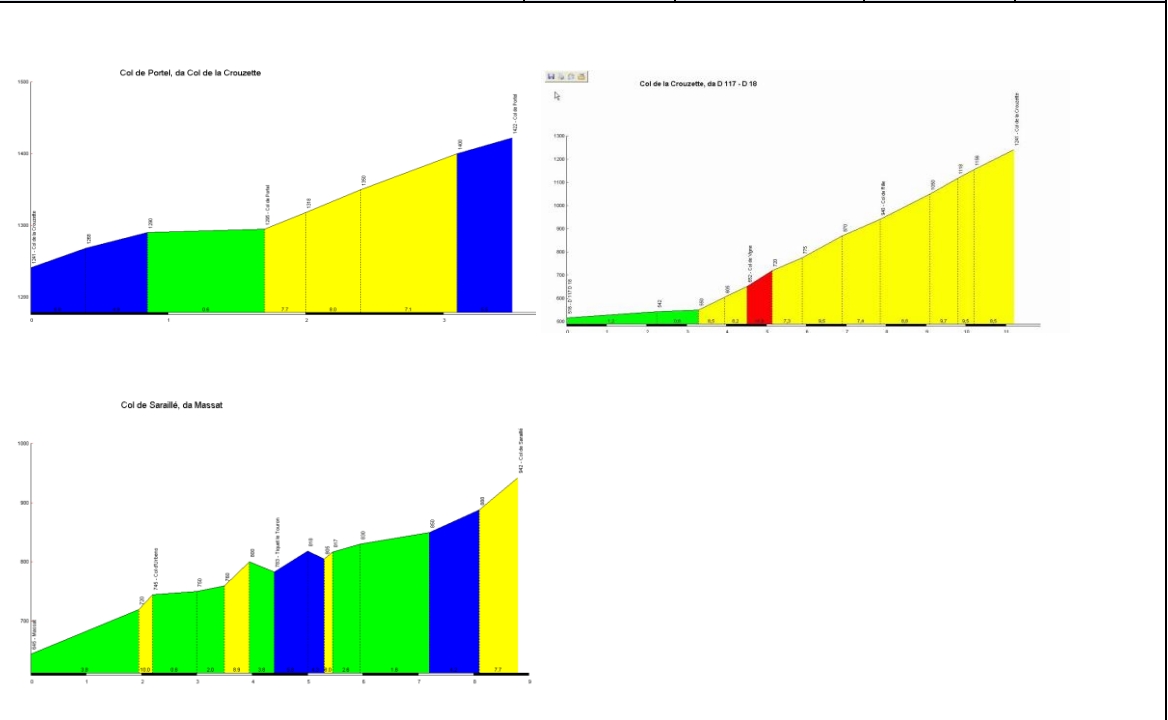
2. Seix – Col de la Core – Castillon-en-Couserans – Moulis – Col de Portech – Alos – Col de Catchaudeau – Seix	56 km	1700 m	3 uur	3
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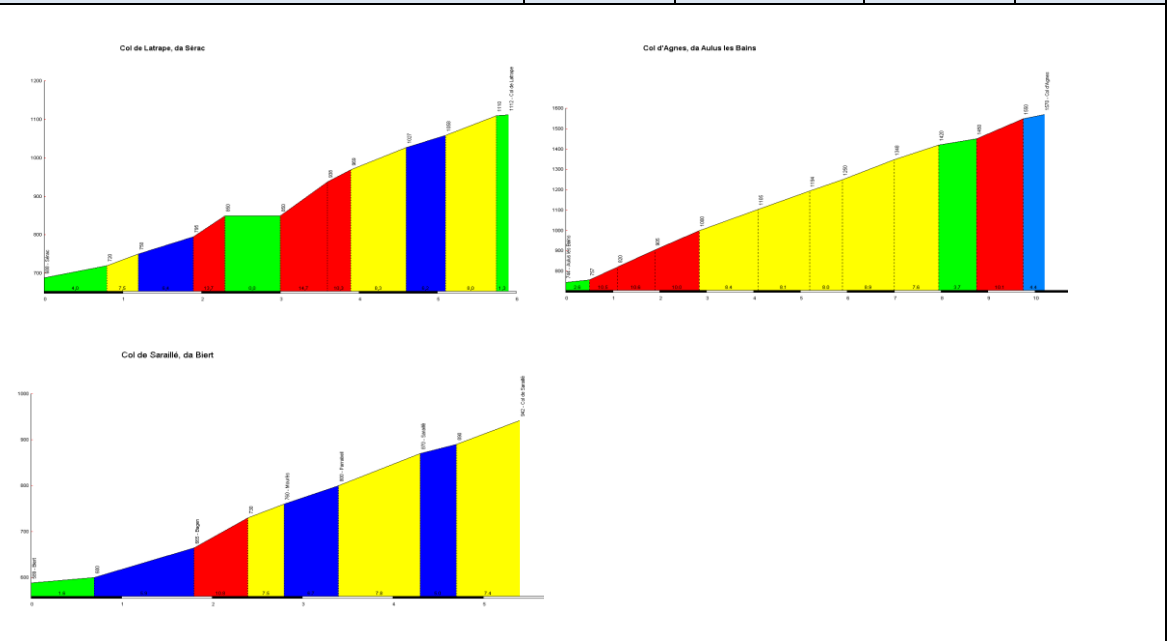
3. Salau – Aulus les Bains – Col de Latrappe – Pont de la Taule – Salau	68 km	930 m	2,5 uur	1
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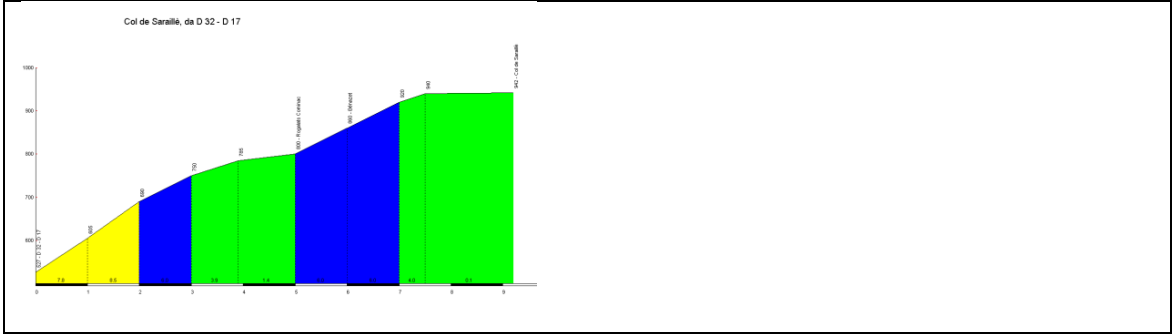
<p>4. Seix – Rivèrenert – Col de Crouzette – Col de Portel – Col des Caugnous - Massat - Col de Sareillé – Seix</p>	70 km	1635 m	3 uur	3
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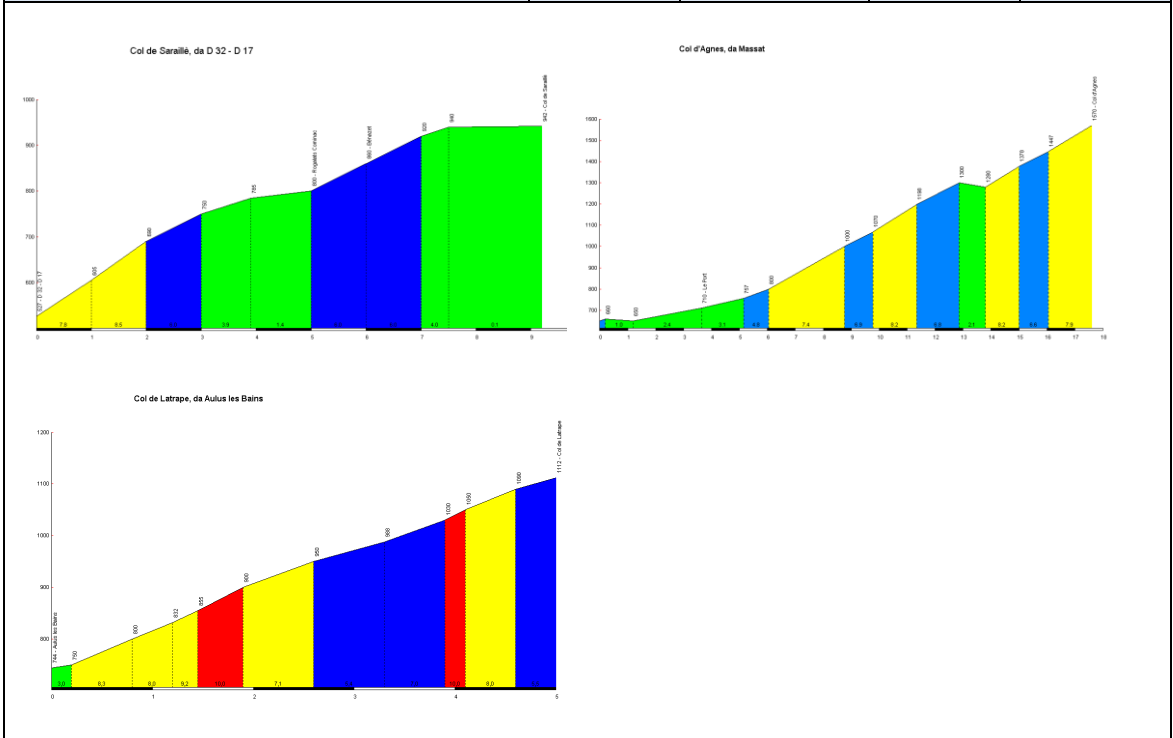
<p>5. Seix – Col de Latrape - Aulus les Bains – Col d’Agnès – Massat – Biert – Col Sareillé – Cominac – Seix</p>	73,5 km	1740 m	3,5 uur	3
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6. Salau – Cominac – Col Sareillé – Massat – Salau	75 km	860 m	2,5 uur	1
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7. Salau – Cominac – Col Sareillé – Massat – Col d'Agnes – Aulus Les Bains – Col de Latrappe – Salau	85 km	2150 m	3,5 uur	3
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11. Saint Girons – Montgauch – Cazavet - Prat Bonrepaux – Mauvezin de Prat – Saleich – Castelbiague – **Col de Larrieu** – Aspet – **Col Portet d’Aspet** – Audressein – Castillons en Couserans – **Col de la Core** – Sentanac d’Oust – **Col de Catchaudégué** – Alos – La Rivière – **Col de Portech** – Lusenac – Saint Girons – Saint Lizier.

125 km

3200 m

5 uur

5

