

N° de circuit	Vallée	Km	Promenade	Orientation	Difficulté	Dénivelée	Km routeyou	Pente maxi routeyou	Pente moy routeyou	Dénivelée routeyou
1		52	40	→	V	394	51,20	7,15%	0,77%	341
2	V	62	40	↑	B	594	62,50	7,35%	0,95%	347
3		44	35	→	B	404	43,90	5,21%	0,92%	393
4		58	45	↓	V	542	57,00	4,81%	0,95%	388
5		50	30	↗	V	342	50,30	5,29%	0,68%	330
6		56	45	↘	V	488	56,70	7,30%	0,86%	438
7	V	66	35	→	V	683	65,00	6,55%	1,05%	521
8		58	40	↗	V	564	57,60	6,43%	0,98%	482
9		58	45	↖	B	541	57,50	4,81%	0,94%	394
10		64	45	↘	B	519	64,10	5,16%	0,81%	407
11		70	50	↗	B	680	69,40	4,85%	0,98%	479
12		74	55	↑	B	701	73,00	6,06%	0,96%	525
13		64	30	→	B	503	63,70	6,43%	0,79%	405
14		76	40	↑	B	824	76,30	6,82%	1,08%	610
15		78	50	↓	B	709	77,90	5,33%	0,91%	604
16		80	55	→	V	662	79,70	4,52%	0,83%	452
17		80	55	↑	B	792	80,80	5,21%	0,98%	559
18		68	65	↘	B	694	68,70	6,43%	1,01%	621
19	V	80	60	↑	R	805	80,50	6,58%	1,00%	487
20		70	50	↑	B	582	69,30	5,89%	0,84%	468
21		74	45	↓	R	662	73,60	7,30%	0,90%	595
22	V	88	55	↗	B	1089	87,10	6,05%	1,25%	915
23		84	55	↖	R	762	84,70	5,89%	0,90%	655
24		82	65	↘	B	738	82,00	6,04%	0,90%	653
25		80	65	→	V	902	80,50	5,97%	1,12%	809
26		54	45	↖	R	614	54,80	8,60%	1,12%	499
27		82	65	↘	R	922	82,30	5,97%	1,12%	809
28		88	55	↑	R	1027	87,80	8,12%	1,17%	854
29		86	60	→	B	810	86,20	9,28%	0,94%	692
30		88	50	↓	R	744	88,60	7,35%	0,84%	589
31		70	55	→	V	548	70,20	4,42%	0,78%	444
32		76	40	↑	B	720	75,00	5,95%	0,96%	625
33		70	50	↑	B	584	69,50	5,43%	0,84%	482
34		64	40	↑	B	509	63,60	4,70%	0,80%	434
35		64	45	→	B	516	63,70	3,05%	0,81%	466
36		72	55	↑	R	598	72,10	4,42%	0,83%	501
37		72	50	↗	R	605	72,00	6,04%	0,84%	522
38		80	50	↓	R	711	79,90	7,30%	0,89%	561

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39		78	55	→	V	592	77,90	6,78%	0,70%	487
40		88	50	↗	R	998	88,30	6,15%	1,02%	720
41	V	78	65	→	B	593	78,00	6,84%	0,76%	520
42	V	86	50	↗	R	961	85,00	10,07%	1,13%	820
43		86	55	→	B	766	85,10	6,84%	0,90%	656
44		76	65	→	B	542	76,30	3,97%	0,71%	486
45		76	50	↘	B	825	75,70	6,98%	1,09%	745
46		84	75	←	R	770	84,60	9,11%	0,91%	673
47		90	65	→	B	1041	89,00	8,33%	1,17%	860
48		84	75	←	B	896	83,00	5,88%	1,08%	792
49		82	65	→	B	930	82,30	7,30%	1,13%	811
50		72	55	←	B	812	71,90	6,16%	1,13%	696
51		80	45	←	B	836	80,40	8,51%	1,04%	732
52		82	60	←	R	822	81,40	5,18%	1,01%	692
53		72	0	↻	B	663	72,90	5,36%	0,91%	570
54		86	60	←	R	1006	86,00	7,85%	1,17%	847
55		78	0	↻	V	717	77,90	5,34%	0,92%	624
56		70	40	←	R	742	69,30	7,15%	1,07%	659
57		74	45	↓	B	715	74,50	11,37%	0,96%	642
58		52	35	↻	V	450	52,30	8,24%	0,86%	407
59		48	35	↻	V	391	48,90	2,96%	0,80%	351
60		54	40	←	V	435	53,00	5,54%	0,82%	370
61		92	70	→	B	695	91,40	6,78%	0,76%	591
62		64	35	→	V	583	63,40	5,53%	0,92%	506
63		58	50	↘	B	555	58,40	7,33%	0,95%	492
64	V	60	50	↑	R	631	60,70	5,94%	1,04%	550
65		64	45	↓	B	596	64,10	4,15%	0,93%	517
66		62	0	↓	V	539	62,70	5,31%	0,86%	470
67		60	35	↻	V	552	60,00	5,82%	0,92%	461
68	V	64	45	↑	B	454	63,00	5,44%	0,72%	389
69	V	62	45	↗	V	572	61,50	5,55%	0,93%	439
70		64	55	→	V	597	64,90	4,16%	0,92%	490
71		58	40	↓	B	529	58,10	6,78%	0,91%	497
72		58	35	↓	B	575	58,70	5,54%	0,98%	486
73		66	45	↑	B	527	65,00	5,89%	0,81%	485
74		66	45	↗	V	456	65,20	4,42%	0,70%	382
75		58	40	←	B	570	58,80	7,61%	0,97%	502
76		60	40	→	R	539	60,60	8,61%	0,89%	434

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77		58	55	→	V	436	57,40	4,89%	0,76%	343
78	V	62	35	↗	V	478	62,90	5,16%	0,76%	407
79		60	55	↗	R	781	59,60	13,54%	1,31%	605
80		62	40	↘	B	603	62,20	7,15%	0,97%	517
81		70	35	←	R	780	69,00	5,07%	1,13%	661
82	V	78	50	↑	R	983	78,60	7,39%	1,25%	780
83	V	86	50	↑	R	1041	85,30	10,68%	1,22%	862
84	V	86	80	↑	R	1009	85,50	5,98%	1,18%	835
85		76	40	↑	B	760	76,80	5,57%	0,99%	658
86		64	55	→	B	480	63,20	4,60%	0,76%	387
87		90	50	↓	R	751	90,50	4,99%	0,83%	604
88		68	60	←	B	748	68,00	8,50%	1,10%	678
89		56	40	↘	V	426	56,10	3,43%	0,76%	365
90		46	35	↗	B	382	45,50	6,02%	0,84%	323
91		52	35	→	V	397	52,20	3,53%	0,76%	358
92		56	55	→	V	483	56,20	10,54%	0,86%	437
93		62	40	↓	B	609	62,10	5,54%	0,98%	518
94		70	65	→	B	536	70,50	4,57%	0,76%	452
95		64	45	↗	V	577	64,10	6,69%	0,90%	510
96	V	66	35	↑	B	489	65,20	5,44%	0,75%	418
97		66	55	→	V	487	65,80	4,76%	0,74%	397
98		62	55	↗	R	749	61,40	7,47%	1,22%	572
99		62	55	↗	B	591	62,90	7,08%	0,94%	502
100	V	64	45	↑	B	559	64,30	6,28%	0,87%	475
101		76	55	↖	B	738	75,30	5,33%	0,98%	607
102		82	65	→	V	693	82,50	4,38%	0,84%	545
103		78	50	↓	B	816	77,00	6,16%	1,06%	720
104	V	82	80	↑	R	1014	82,40	6,94%	1,23%	839
105		82	55	↑	B	654	81,70	4,53%	0,80%	555
106		86	60	→	B	684	85,50	7,15%	0,80%	603
107	V	80	65	→	B	528	80,00	5,95%	0,66%	945
108	V	78	0	↑	R	582	78,70	5,36%	0,74%	459
109		74	45	↓	R	652	73,30	4,99%	0,89%	587
110		76	40	↑	B	728	75,00	5,37%	0,97%	609
111		72	65	→	B	827	72,50	6,55%	1,14%	707
112		66	35	←	R	738	66,50	5,17%	1,11%	631
113		64	45	→	B	475	64,20	7,15%	0,74%	419
114	V	64	35	→	B	556	64,60	7,09%	0,86%	469

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115		66	45	↑	B	527	65,10	5,30%	0,81%	433
116		64	45	↙	B	624	64,30	6,28%	0,97%	538
117		64	50	↘	B	548	63,00	5,15%	0,87%	461
118	V	66	40	↑	R	507	65,90	5,44%	0,77%	432
119		62	40	↗	B	594	62,50	5,54%	0,95%	514
120	V	62	45	↗	R	562	61,10	8,72%	0,92%	434
121		56	40	←	B	527	56,10	7,15%	0,94%	466
122		58	45	↗	R	459	58,80	5,38%	0,78%	393
123		54	45	↑	R	592	54,80	8,55%	1,08%	480
124		54	40	↓	B	538	53,80	5,54%	1,00%	466
125		58	35	↓	R	564	58,70	7,15%	0,96%	478
126		58	45	↗	R	452	58,00	5,37%	0,78%	387
127		48	50	↑	R	613	47,50	6,05%	1,29%	508
128		70	55	→	R	768	70,50	6,15%	1,09%	635
129		66	55	↓	B	794	66,20	6,47%	1,20%	454
130	V	60	50	↓	B	540	59,30	4,97%	0,91%	425
131		66	50	↑	B	575	65,30	6,63%	0,88%	493
132		76	60	←	R	809	76,30	6,92%	1,06%	647
133		0								
134		0								
135		0								
136		0								
137		0								
lo "Jean Dumaine"		130	30	↻	V	1032	129,00	7,16%	0,80%	900