

N° de circuit	Vallée	Km	Promenade	Orientation	Difficulté	Dénivelée	Km routeyou	Pente maxi routeyou	Pente moy routeyou	Dénivelée routeyou
1		51	40	→	V	465	51,10	4,76%	0,91%	467
2	V	64	40	↑	B	608	64,00	7,35%	0,95%	660
3		44	35	→	B	404	43,90	5,21%	0,92%	393
4		57	45	↓	V	566	56,60	4,80%	1,00%	520
5		51	30	↗	V	359	51,30	4,20%	0,70%	368
6		56	45	↘	V	574	56,30	6,00%	1,02%	574
7	V	65	35	→	V	683	65,00	6,55%	1,05%	521
8		58	40	↗	V	566	57,80	6,43%	0,98%	482
9		58	45	↖	B	541	57,50	4,81%	0,94%	394
10		64	45	↘	B	519	64,10	2,80%	0,81%	529
11		69	50	↗	B	680	69,40	4,85%	0,98%	479
12		73	55	↑	B	701	73,00	6,06%	0,96%	525
13		63	30	→	B	570	63,30	4,60%	0,90%	542
14		77	40	↑	B	828	76,70	6,82%	1,08%	610
15		78	50	↓	B	709	77,90	5,33%	0,91%	604
16		80	55	→	V	716	79,60	3,70%	0,90%	690
17		81	55	↑	B	792	80,80	5,21%	0,98%	559
18		67	65	↘	B	691	67,10	6,43%	1,03%	697
19	V	80	60	↑	R	804	80,40	6,58%	1,00%	487
20		69	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	1094	87,50	6,05%	1,25%	915
23		84	55	↖	R	844	84,40	4,80%	1,00%	861
24		82	65	↘	B	738	82,00	6,04%	0,90%	653
25		81	65	→	V	564	80,50	5,50%	0,70%	507
26		55	45	↖	R	659	54,90	5,30%	1,20%	663
27		82	65	↘	R	922	82,30	5,97%	1,12%	809
28		88	55	↑	R	1050	87,50	5,60%	1,20%	1080
29		86	60	→	B	810	86,20	9,28%	0,94%	692
30		89	50	↓	R	744	88,60	7,35%	0,84%	589
31		70	55	→	V	562	70,20	4,80%	0,80%	595
32		75	40	↑	B	720	75,00	5,95%	0,96%	625
33		69	50	↑	B	672	69,30	4,53%	0,97%	674
34		63	40	↑	B	634	63,40	8,00%	1,00%	625
35		63	45	→	B	568	63,10	2,60%	0,90%	544
36		72	55	↑	R	598	72,10	4,42%	0,83%	501

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37		72	50	↗	R	644	71,50	3,70%	0,90%	587
38		80	50	↓	R	876	79,60	6,00%	1,10%	838
39		79	55	→	V	714	79,30	6,30%	0,90%	675
40		87	50	↖	R	1049	87,40	4,60%	1,20%	1018
41	V	78	65	→	B	776	77,60	7,60%	1,00%	771
42	V	85	50	↗	R	961	85,00	10,07%	1,13%	820
43		85	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	826	75,80	6,98%	1,09%	745
46		85	75	←	R	770	84,60	9,11%	0,91%	673
47		89	65	→	B	1157	89,00	8,90%	1,30%	1115
48		83	75	←	B	897	83,10	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		81	60	←	R	822	81,40	5,18%	1,01%	692
53		73	0	↻	B	663	72,90	5,36%	0,91%	570
54		89	60	←	R	1064	88,70	7,80%	1,20%	1081
55		78	0	↻	V	717	77,90	5,34%	0,92%	624
56		69	40	←	R	734	68,60	7,15%	1,07%	659
57		75	45	↓	B	820	74,50	5,30%	1,10%	822
58		52	35	↻	V	450	52,30	8,24%	0,86%	407
59		49	35	↻	V	391	48,90	2,96%	0,80%	351
60		53	40	←	V	435	53,00	5,54%	0,82%	370
61		91	70	→	B	695	91,40	6,78%	0,76%	591
62		63	35	→	V	583	63,40	5,53%	0,92%	506
63		60	50	↘	B	603	60,30	6,40%	1,00%	571
64	V	61	50	↑	R	631	60,70	5,94%	1,04%	550
65		64	45	↓	B	596	64,10	4,15%	0,93%	517
66		64	0	↓	V	549	63,80	5,31%	0,86%	488
67		61	50	↻	V	545	60,50	3,75%	0,90%	545
68	V	63	45	↑	B	454	63,00	5,44%	0,72%	389
69	V	61	45	↗	V	666	60,50	10,00%	1,10%	664
70		65	55	→	V	598	65,00	4,16%	0,92%	490

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71		58	40	↓	B	581	58,10	6,78%	1,00%	567
72		59	35	↓	B	575	58,70	5,54%	0,98%	486
73		65	45	↑	B	527	65,10	5,89%	0,81%	435
74		65	45	↗	V	519	64,90	4,80%	0,80%	507
75		58	40	←	B	562	57,90	7,61%	0,97%	502
76		61	40	→	R	539	60,60	8,61%	0,89%	434
77		57	55	→	V	458	57,30	3,70%	0,80%	471
78	V	64	35	↗	V	639	63,90	5,40%	1,00%	663
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		69	35	←	R	780	69,00	5,07%	1,13%	661
82	V	79	50	↑	R	628	78,50	7,31%	0,80%	539
83	V	85	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	914	76,20	4,90%	1,20%	884
86		63	55	→	B	480	63,20	4,60%	0,76%	387
87		90	50	↓	R	903	90,30	4,50%	1,00%	876
88		68	60	←	B	748	68,00	8,50%	1,10%	661
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		51	35	→	V	406	50,70	2,90%	0,80%	388
92		56	55	→	V	561	56,10	4,40%	1,00%	579
93		62	40	↓	B	609	62,10	5,54%	0,98%	518
94		71	65	→	B	564	70,50	3,40%	0,80%	588
95		64	45	↗	V	577	64,10	6,69%	0,90%	510
96	V	65	50	↑	B	489	65,20	5,44%	0,75%	418
97		66	55	→	V	487	65,80	4,76%	0,74%	397
98		59	55	↗	R	651	59,20	5,40%	1,10%	680
99		63	55	↗	B	688	62,50	5,80%	1,10%	692
100	V	64	45	↑	B	767	63,90	4,70%	1,20%	753
101		75	55	↖	B	738	75,30	5,33%	0,98%	607
102		83	65	→	V	693	82,50	4,38%	0,84%	545
103		77	50	↓	B	816	77,00	6,16%	1,06%	720
104	V	82	80	↑	R	1014	82,40	6,94%	1,23%	839
105		81	55	↑	B	814	81,40	4,60%	1,00%	836
106		86	60	→	B	684	85,50	7,15%	0,80%	603

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107	V	80	65	→	B	560	80,00	5,90%	0,70%	471
108	V	79	0	↑	R	582	78,70	5,36%	0,74%	459
109		73	45	↓	R	806	73,30	4,10%	1,10%	789
110		76	40	↑	B	734	75,70	5,37%	0,97%	607
111		73	65	→	B	827	72,50	6,55%	1,14%	707
112		68	35	←	R	820	68,30	4,20%	1,20%	789
113		64	45	→	B	572	63,60	4,20%	0,90%	546
114	V	65	35	→	B	556	64,60	7,09%	0,86%	469
115		65	45	↑	B	528	65,20	5,30%	0,81%	433
116		64	45	↙	B	624	64,30	6,28%	0,97%	538
117		60	50	↘	B	603	60,30	4,70%	1,00%	612
118	V	66	40	↑	R	507	65,90	5,44%	0,77%	432
119		59	40	↗	B	563	59,30	5,54%	0,95%	514
120	V	60	45	↗	R	556	60,40	8,72%	0,92%	634
121		56	40	←	B	614	55,80	4,90%	1,10%	603
122		56	45	↗	R	563	56,30	3,90%	1,00%	558
123		55	45	↑	R	592	54,80	8,55%	1,08%	480
124		54	40	↓	B	596	54,20	4,80%	1,10%	608
125		59	35	↓	R	646	58,70	6,10%	1,10%	633
126		58	45	↗	R	452	58,00	5,37%	0,78%	387
127		47	50	↑	R	611	47,40	6,05%	1,29%	508
128		71	55	→	R	771	70,70	6,15%	1,09%	857
129		66	55	↓	B	796	66,30	6,50%	1,20%	643
130	V	59	50	↓	B	652	59,30	5,00%	1,10%	662
131		65	50	↑	B	575	65,30	6,63%	0,88%	493
132		77	60	←	R	813	76,70	6,92%	1,06%	647
133		73	?	←	R	798	72,50	5,30%	1,10%	796
134		51	33	↘	V	458	50,90	2,90%	0,90%	449
135		0				0				
136		0				0				
137		0				0				
Jean Dumain		129	30	↻	V	1032	129,00	7,16%	0,80%	900