

ROAD BOOK UTNC 2019 - 135 kilometers

START : Saturday 08th of June 2019 at 04:30 am



MILAGE	Length	Cumuled D+	Description (land/topo/pace/NB)	Arriving	Time Limit
De km 0 A km 6,2	6.20 km	040 m d+	You walk along the seashore on different soils, alternatively pebbles, sand, asphalt and grass. At 5.6km, you leave the the seaside, walking through the neighbourhood of South Mont-Dore. There will be a control at the RP2 crossing.	Control 1 (corniche)	
De km 6,2 A km 10	3.80 km	729 m d+	You start the first climb on a paved road for 400m, then the Mont-Dore ascent will start via the PR track. There will be some steps in the first phase, getting steeper in the second part, alternating with softer slopes, to finish at the altitude of 737m. You are on the dome at the summit of the Mont-Dore (the highest point of the race).	Mont-Dore	
De km 10 A km 16	6.00 km	773 m d+	After a flat part on the dome, you start the downhill on a track for around 800m, then you arrive on a wide and easy way for 4km. Then you cross the RP1, which you follow on its right for 300m before arriving at the 1st Aid Station.	CP 1 Eau du Mt-Dore	
De km 16 A km 18,6	2.00 km	1 235 m d+	You follow the RP1 for 300m, then turn right on a track. This track, on the crest, will make you climb the Pic aux Chèvres (Goats's peak, alt. 508m). Careful, steep climb before arriving at the top !	Goat Peak	
De km 18,6 A km 27,9	9.30 km	1 448 m d+	From the summit, you start going down until the 22nd km, mainly on an easy path. Following, up and down alternate. Be careful at Km25, you have to cross a gully, the rise can be really steep, use the ropes to help yourself ! After 2 creek crossings, you arrive at the Aid Station 2.	CP 2 Mouirange	08/06/2019 11:30 am
De km 27,9 A km 31,1	3.20 km	1 880 m d+	You follow a climb firstly on a path then on a track (very steep at the end) before arriving at a view point "Le Belvédère", where there will be an inspector.	Le Belvédère	
De km 31,1 A km 34,3	8.00 km	1 940 m d+	From the "Belvédère", there is a small track downhill in the forest and a sign will mark the entrance of the "Parc de la Rivière Bleue" (Blue River Park, PPRB). The descent continues on an easy track, mainly on the side of the mountain. It's an easy run. You arrive straight on a path. There will be water available .	junction with Renaissance Mine track	
De km 34,3 A km 39	4.70 km	2 126 m d+	Follow the left uphill track, becoming a soft path. After you pass the old mine "Renaissance", you go down towards "Rivière Blanche" (White River). Be careful, it can be slippery when wet ! At the junction with GRNC1, you take right. Aid Station 3 is near.	PC 3 Muletiers	
De km 39 A km 43,4	4.40 km	2 490 m d+	You run on a flat path crossing a river after around 700m. Here, there is a spectator access (look for "Rivière Blanche" in the PPRB map). Continue in the stairs and you arrive at the start of the track of "the Forest of the Electrics", which is the beginning of the 4th major climb of the race. After 3km uphill, you arrive at a track crossing at the top ("Col du Plateau", alt. 530m)	Plateau Pass	
De km 43,4 A km 48,9	5.50 km	2 785 m d+	You continue on short but technical descent in the forest, then quickly you leave the GRNC1 and the PPRB (there is a sign). Be careful on the next short and technical slope which is very close. Rapidly you arrive on a softer path for 3 km (be aware that there might some slippery slabs). Finally, you're going up again on an old winding track (Corsaire mine). After around 1km, you leave this track to climb on a small way that takes you to the summit (Col Corsaire, alt. 523m, you're back in the PPRB).	Corsair Pass	
De km 48,9 A km 51,4	2.50 km	2 800 m d+	From this col, the downhill weaves on a track quite technical on the top part, getting easier on the lower part, up to Aid Station 4.	CP 4 Bon Secours	08/06/2019 05:30 pm
De km 51,4 A km 53,9	2.50 km	3 089 m d+	Now, you're back on the GRNC1 (going South) heading towards the foot of the 6th major climb of the race. After 2.5 km of uphill, you arrive at Col Timba (alt. 447m).	Timba Pass	
De km 53,9 A km 60,4	6.50 km	3 423 m d+	You go down on a wide but steep way for around 600m, then you enter a track on the side of the mountain, not as steep alternating between stairs and path, on a hard soil which can be slippery (be careful in case of wet weather). At Km57, you arrive at the PPRB house where there will be a check point. Once again you leave the GRNC1, while crossing a river (dry feet !). You join an old track which goes gradually up on a part of the hilly area of Mount Ouenarou. The last 100 m are steep. You arrive at the summit of a peak (alt. 470m, 360° view)	Ouenarou South Summit	
De km 60,4 A km 63,7	3.30 km	3 423 m d+	You leave the summit via a really steep downhill (use the ropes for help and safety), it gets easier as you go down. There can be a few slippery zones, with slight crossfall. After 1km, you find a wide and softer way, taking you to the Aid Station 5.	CP 5 Scout	08/06/2019 08:30 pm
De km 63,7 A km 73,5	9.80 km	3 830 m d+	You will start in a small 200m plain followed by a short hill on your left, after 500m you will pass under the road walking under the bridge in the water, then a small hill. At Km1.5 a short technical downhill to the "We Puci" waterfall. From there you follow the river with an easy run on 5 Km before crossing it (dry feet), then you get to the "Bois du Sud" track where there will be a control point. After "Bois du Sud" camp site you will be on GRNC1 hiking track heading South. A nice climb toward the Aghatis pass (489 m).	Aghatis Pass	
De km 73,5 A km 78,5	5.00 km	3 854 m d+	From the pass an easy downhill. 500m later you will enter "forêt cachée" (hidden forest) following a flat track. You exit the forest on a large path toward a crossing where is Aid Station 1.	CP 6 Pernod	
De km 78,5 A km 82,7	4.20 km	4 022 m d+	Just after Aid Station 1, cross creek Pernod and continue on a winding path through the scrub (ferrous oxide and chromium sand base). After 500m, the path climbs slightly on 2 Km toward Netcha Pass 1.	Netcha Pass	
De km 82,7 A km 88,6	5.90 km	4 048 m d+	Following Netcha Pass, the path goes down on an easy running track. However be carefull of very slippery part on ground slab. At the foot of the descent, you will be crossing a pinus forest, then crossing the RM10 (Carenage Road) and following the Lake River. Not far from the Madeleine waterfall before Aid Station 2 there will be a control.	CP 7 Madeleine	09/06/2019 03:00am
De km 88,6 A km 96	7.40 km	4 524 m d+	After Aid Station 2, you'll cross RM10 and start straight away the ascent alternating steep climbs, soft and boosts on short flats. At Km29.2, you're at a crossing located on a crest, where you'll have to turn left. After a succession of slopes and climbs for 3km, you reach Pine Peak (alt 574m).	Pine Peak	
De km 96 A km 102,6	6.60 km	4 908 m d+	You come down a large and easy path for 2.4km. At Km35.4, you cross the Carenage River (you'll have wet feet !). For around 3.6km, the progress is easy on a mix of paths and tracks up to Aid Station 3.	CP 8 Capture	09/06/2019 06:30 am
De km 102,6 A km 108,9	6.30 km	4908 m d+	You go out of Aid Station 3 by using GRNC1 towards North on a flat track, this part is a 5km progressive climb varying between paths and old tracks. After passing briefly undergrowth, you arrive at the col. (alt. 510m)	Maillot Junction Pass	
De km 108,9 A km 120	11.10 km	5 412 m d+	The downhill is first steep, then softens. It's possible to collect spring water around the Km 45.8. At Km 47.2, at the base of the descent, you use a track for 500m arriving on a small path. This one will go up quite hard for 500m. At the top, you'll walk on the summit line for 500m (easy way). At Km 48.8, you're at "Col Carrière" (there will be some marks). The downhill is on a wide and easy way with variable gradient (can be slippery). There are a few stream crossings. At Km 52.3, you cross river N'Go which is the start of the climb of Touango massif, where the Aid Station 4 waits for you at 4 km (wind turbines zone).	CP 9 Touango	
De km 120 A km 127,6	7.60 km	5 539 m d+	You leave Aid Station 4 on a wide and easy running way. After 2.3 km you enter a summit track that you'll follow for around 60 km. After a short descent, you join a large path for around 400m. You leave this one on your right, for another few hundreds meters, then you start a 1km slow climb on an old track. You're in a mine for a short time, then you go down for 1km on variable slopes which can sometimes be technical (rocks). 600m more on a flat path to arrive at Aid Station 5 (the last one !).	CP 10 Pirogues	09/06/2019 01:30 pm
De km 127,6 A km 135,1	7.50 km	6 000 m d+	At the exit of Aid Station 5, you start straight the last major climb of the race. First, you're on an easy way which becomes steeper at the end, then followed by old winding mine tracks (regular hill). The uphill ends by a short track along the "red soil cuirass" to finally arrive at the 1st wind turbine (alt. 414m). You follow a flat path for approximately 700m on the heights (close to the windmills) then you swoop on a track on your left. It's going down regularly for 1km ; then you follow and cross twice a stream (wet feet !). And one last bump (alt. 50m) to pass, 500m from the Finish line at Plum Park. CONGRATULATIONS !! YOU DID IT !! YOU REACH THE END OF THIS NICE CHALLENGE :)	Finish - PLUM PARC	