

| WEEK 1 | DEPARTURE -> ARRIVAL Internal sections | KMS | ALTITUDES mini --- maxi (masl)* | TOTAL uphill ↑ & downhill ↓ (m)** |
|-------------------------|--|-------------------------------------|--|--|
| D1 | GENEVA -> SEYSSEL Geneva -> La Plaine La Plaine -> Vulbens Vulbens -> Seyssel | 61,9 18,4 15,9 27,6 | 355 --- 435 347 --- 491 258 --- 568 | ↑116 ↓146 ↑224 ↓96 ↑387 ↓507 |
| D2 | SEYSSEL -> BELLEY Seyssel -> Chanaz Chanaz -> Belley | 36,1 21,3 14,8 | 231 --- 361 228 --- 282 | ↑73 ↓199 ↑102 ↓54 |
| D3 | BELLEY -> MONTALIEU-VERCIEU Belley -> Virignin Virignin -> Saint-Victor-de-Morestel Saint-Victor-de-M. -> Montalieu-Vercieu | 74,4 7,2 41,0 26,2 | 222 --- 280 208 --- 282 214 --- 256 | ↑36 ↓64 ↑141 ↓161 ↑136 ↓143 |
| D4 | MONTALIEU-VERCIEU -> LYON Montalieu-Vercieu -> Hières-sur-Amby Hières-sur-Amby -> Jons Jons -> Lyon | 82,4 26,5 28,7 27,2 | 194 --- 231 186 --- 230 167 --- 216 | ↑135 ↓124 ↑116 ↓119 ↑61 ↓96 |
| D5 | GIVORS -> CHANAS Lyon -> Givors by train (21kms, 1h) Givors -> Vienne -> Ampuis Ampuis -> Sablons Sablons -> Chanas | 48,9 18,8 26,9 3,2 | 147 --- 173 136 --- 253 136 --- 144 | ↑67 ↓73 ↑137 ↓155 ↑8 ↓0 |
| D6 | CHANAS -> VALENCE Chanas -> Sablons -> Saint-Vallier Saint-Vallier -> Tournon-sur-Rhône Tournon-sur-Rhône -> Valence | 65,0 22,5 17,7 24,8 | 131 --- 154 120 --- 210 112 --- 133 | ↑44 ↓52 ↑121 ↓126 ↑60 ↓57 |
| D7 | DAY OF REST IN VALENCE | | | |

| WEEK 2 | DEPARTURE -> ARRIVAL Internal sections | KMS | ALTITUDES mini --- maxi (masl)* | TOTAL uphill ↑ & downhill ↓ (m)** |
|-------------------------|---|--|--|--|
| D8 | VALENCE -> MONTE LIMAR Valence -> La Voulte-sur-Rhône La Voulte-sur-Rhône -> Cruas Cruas -> Montélimar | 66,9 24,2 18,5 24,2 | 96 --- 160 80 --- 101 72 --- 87 | ↑94 ↓126 ↑26 ↓43 ↑40 ↓37 |
| D9 | MONTE LIMAR -> ORANGE Montélimar -> Bourg-Saint-Andéol Bourg-Saint-Andéol -> Pont-Saint-Esprit Pont-Saint-Esprit -> Caderousse Caderousse -> Orange | 74,9 25,2 16,2 26,2 7,3 | 54 --- 87 41 --- 57 28 --- 67 30 --- 48 | ↑43 ↓73 ↑23 ↓30 ↑92 ↓109 ↑23 ↓8 |
| D10 | ORANGE -> AVIGNON Orange -> Châteauneuf-du-P. -> Roquemaure Roquemaure -> Avignon | 35,8 19,8 16,0 | 26 --- 115 19 --- 37 | ↑119 ↓135 ↑34 ↓46 |
| D11 | AVIGNON -> ARLES Avignon -> Aramon Aramon -> Beaucaire Beaucaire -> Arles | 58,8 14,0 20,5 24,3 | 15 --- 93 5 --- 18 3 --- 22 | ↑91 ↓106 ↑27 ↓27 ↑24 ↓16 |
| D12 | ARLES -> AIGUES-MORTES Arles -> Saint-Gilles Saint-Gilles -> Gallician Gallician -> Aigues-Mortes | 47,3 18,9 14,9 13,5 | 0 --- 24 1 --- 24 1 --- 5 | ↑30 ↓28 ↑25 ↓47 ↑7 ↓4 |
| D13 | AIGUES-MORTES -> SETE Aigues-Mortes -> Carnon Carnon -> Vic-la-Gardirole Vic-la-Gardirole -> Sète | 58,7 20,3 19,6 18,8 | 1 --- 9 0 --- 14 0 --- 12 | ↑24 ↓24 ↑28 ↓21 ↑11 ↓17 |
| D14 | DAY OF REST IN SÈTE | | | |

*masl = meters above sea level

**m = meters

Above information is valid in both directions : down the river between Geneva and Sète (WEEKS 1 & 2, D1 to D14) as well as up the river between Sète and Geneva (WEEKS 3 & 4, D15 to D28). Just read the table from the bottom to the top.