

WELCOME AROUND MONT-BLANC !

Already the four running of the *The North Face Ultra-Trail Tour du Mont Blanc*! a little new one is going to be born between Courmayeur, Champex and Chamonix...

We wanted a more practical and more friendly document than in previous years. It is therefore communicated to you in the form of two booklets: one very complete, giving all the information necessary to be sure of the Start in the time wanted and in the best possible conditions, the other more succinct, particularly linked to the course, specially printed on waterproof paper, will be the companion which step by step will guide you right along the race.

To put two thousand five hundred participants on the complete tour, more than one thousand between Courmayeur, Champex and Chamonix is no small task! It's a challenge which we taken up thanks to the faultless support from nine sponsor communes, all enthusiastic about nature running and firmly decided to go to the very limit so that our dream becomes reality and beyond its sporting aspect, "your test" becomes a great fraternal fête.

Watch out nevertheless because if the mounting is fascinating in its beauty it can sometimes be cruel. If assistance for a competitor is an absolute duty, do not lose sight of your real capacities. It is not here a question of going beyond your limits but uniquely of exploring them. For that do not allow yourself to be tempted by "supplements" more or less legal which risk taking you too far...Take time to hydrate yourself and to feed yourself, do not stay too long at "the delights" of the bases of Chapieux, Courmayeur and Champex. Keep in mind that weather conditions can deteriorate very quickly and always have with you that which protects you from the cold, from the wind and from the rain.

Very few modifications have been made to the 2005 course, except that the reception post of Champex has been brought...into the village itself.

For those who have undertaken the entire tour, take good note that the entry into the classification will only be made start from La Fouly or at the hundred and second kilometre!

Wherever you may be, make sure not to leave on the ground any rubbish of whatever kind, scrupulously follow the sign-posted itinerary forbidding yourself shortcuts: cutting is not synonymous with gaining time and only has the effect of eroding the earth.

The perpetuation of the *North Face Ultra-Trail* is close to all our hearts. Beyond the financial consequences, this largely depends on its impact on the environment that at worst must be negative and at best must contribute to its conservation in concrete actions and by the adoption of a responsible behaviour as much as by the competitors as by the volunteers collaborating in the success of the event.

To reach this objective, we have undertaken this year in a voluntarist action to devote a substantial budget. We have thus created an "environmental commission" aimed at studying, finding and setting up the best solutions to these problems. Your advice about these topics interests us, so do not hesitate to contact us and share your opinion with us.

We have worked hard in the preparation of this fourth running of the North Face Ultra-Trail. It's with enthusiasm that we are waiting for you at the Start Line on the 25th August alongside more than eight hundred volunteers all concerned that the fête is complete in the sharing, the solidarity, the respect for people and for nature.

9 COMMUNES BROUGHT TOGETHER AROUND MONT-BLANC

PRESIDENCY OF HONOUR

IN A COMMON ETHIC FOR ALL THE PARTICIPANTS

RESPECT FOR PEOPLE :

Respect for self: No cheating, neither before nor during the race.

Respect for others :

- the volunteers who are also taking part for pleasure,
- the other runners : no material help outside the given zones,
- the local population who are welcoming the race.

EXPLORING ONE'S LIMITS AND SELF KNOWLEDGE:

- "the Ultra, is about seeking out resources in one's self which one did not believe existed "
- "the Ultra's about a little pride and a lot of humility "

Forum of the 'Ultrafondus

RESPECT FOR NATURE :

Respect the fauna, the flora, do not throw away anything onto the ground.
Do not "shortcut" and...follow the signposting

SHARING AND SOLIDARITY:

- Each one, be they runner or volunteer, will make a priority of helping any participant in a dangerous situation.

Support of the association "Running for you": the race has also been organised with a humanitarian goal. This invites you to put your own suffering into perspective.

Support for the association "the friends of Children's home".

NO MONETARY REWARDS:

Prizes for all finishers.

P5 PROGRAMME

Thursday, August 24th

- 10h00 - 19h00 in Chamonix : Reception, control of obligatory material and handing out of race numbers

Friday, August 25th

- 9h00- 16h00 in Chamonix : Reception, control of obligatory material and handing out of race numbers *exclusively for the 158 km event.*
- 9h00- 11h00 in Courmayeur : Reception, control of obligatory material and handing out of race numbers *exclusively for the 86 km event*
- 11h30 in Courmayeur : Briefing on start line of the 86km event
- 12h00 in Courmayeur : **Start of The North Face Ultra-Trail Courmayeur-Champex-Chamonix (86km) from the center of Courmayeur**
- 13h00- 18h00 in Chamonix : Pasta Party
- around 16h30 in Champex-lac : 1st passage of the 86 km event
- 18h30 in Chamonix : Briefing sur la ligne de départ du 158 km
- 19h00 in Chamonix : **Start of The North Face Ultra-Trail du tour du Mont-Blanc (158 km) in the center of Chamonix**
- 21h30 in Chamonix : 1^{ère} arrivée du 86 km event

Saturday, August 26th

- around 00h00 in Chapieux : 1st passage of the 158 km even (Bourg Saint Maurice)
- around 3h30 in Courmayeur : 1st passage of the 158 km event
- around 8h00 in La Fouly : 1st passage of the 158 km event
- around 10h00 in Champex-lac : 1st passage of the 158 km event
- 12h00 in Chamonix : Final arrival of the 86 km event
- 12h00 in Chamonix : Prize-giving then draw for the 86 km race

North Face Ultra-Trail Courmayeur-Champex-Chamonix (86km),

- Around 16h00 in Chamonix : 1st arrival of the 158 km event

Sunday, August 27th

- 15h00 in Chamonix : Prize-giving then draw for The North Face Ultra-Trail du tour du Mont-Blanc great fest in the center of Chamonix
- Around 16h00 in Chamonix : Final arrival of the 158 km race, lock of the race
- 19h00 in Chamonix : Closing Buffet

ANIMATIONS

Each commune through which the race passes has organised a fête for everyone : the fête of the tour du Mont-Blanc !

Several concerts and spectacles, giant barbecues, raclette-parties, bonfires and other typical events will take place right along the course.

LES HOUCHES: Musical and festive refreshment

LES CONTAMINES: Ravitaillement musical et festif au Village et veillée savoyarde à LA BALME.

LES CHAPIEUX: Thematic meal for the public, big bonfire, spectacle throughout the night, a video-tent with projection of films and direct transmission of the race underway.

COURMAYEUR: Presentation parties before the course, musical and folkloric Ouverture of the 86km race in the streets pedestrianised by "clowns"; village fête.

LA FOULY: All-night ball from Friday to Saturday "musical raclette" and concert of Alpine horns.

CHAMPEX-LAC: Multiple events in the village

TRIENT: 2 nights of madness with raclette-tasting and musical « party-grills »

VALLORCINE: Events with the Buet orchestra and its Alpine horns

ARGENTIERE: Events and raclette tasting

CHAMONIX: Square of the triangle de l'Amitié (Church) : permanent events from Friday at 4pm until Sunday at 4pm
Place Balmat (Casino): music and surprise from Saturday at 7pm until Sunday at 4.30 pm - concert by the music school

For the spectators loving nature and passion, the medium slope guides from several communes are planning to organise hikes around the course (programmes and prices on www.ultratrailmb.com).

P6 THE SUPPORTERS

- You can share the same meal as the runners at the reception posts with a fixed support team rate of 25 €
- Closing buffet: 10 € (free for children of less than 10 years' old)
- You can also take the organisation's buses (Chamonix-Les Chapieux, Chamonix, Chamonix-Courmayeur and Chamonix-Champex) Price per person and per voyage : 5 € (free for children of less than 10 years' old) or pass at 30 € (See the timetable on page 8)
- You can also take free of charge the Chamonix bus or SNCF train network between Servoz and Vallorcine (see timetable and conditions on page 9)

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WHERE TO STAY?

Have a look on page « accomodation » on www.ultratrailmb.com

WALKS

So that the 2006 ultra-trail is once again a great fête for you all, supporting teams, friends, parents, fervent supports, we are proposing to join you on the 25th and 26th August in outings organised by mountain guides from the **Company of the Guides of Chamonix**.

They will take you along the best points of the course to encourage your runners. They will share with you the many pages of history that have been written about these paths around Mont-Blanc. Their broad knowledge of the geological and the flora and fauna will teach you unexpected aspects of our region.

THE OUNTINGS PROPOSED:

- Col de Voza:

Departure, Friday 25th August at 7.30pm from Chamonix (meeting point in front of the offices of the Company of Guides)

- Col de la Seigne (Italy):

Departure, Saturday 26th August at 2 am from Chamonix (meeting point in front of the offices of the Company of Guides)

- Grand col Ferret -Italy):

Departure, Saturday 26th August at 8am from Chamonix (meeting point in front of the offices of the Company of Guides)

- Les Tseppes(Switzerland):

Departure, Saturday 26th August at 6.30 pm from Chamonix (meeting point in front of the offices of the Company of Guides)

Necessary equipment:

Good walking shoes/ rain clothes or cape/fleece/ snack or energy bars: water (minimum 1 litre) or thermos of hot drinks for the night outings/ forehead lamp (with new batteries)/ identity papers

Information, contacts and prices:

www.ultratrailmb.com or on www.chamonix-guides.com and at the handing-out of race numbers.

P7 IMPORTANT POINTS TO REMEMBER

Each on registering undertakes on their honour to respect the regulations and the ethic.

- The accepted medical certificate (stamped and signed by a doctor; dated not more than a year before the race) must have been sent before the race.
- The organisation has taken out a Civil Responsibility insurance valid for all participants. However the taking out of an advised individual accident insurance remains the responsibility of the runners: For example with the French Athletics Federation or the CAF or any organisation of your choice.

HANDING OUT OF RACE NUMBERS:

- To present all of the obligatory material and to undertake to keep it with one during the entire race.
- Hand in, duly filled in and sign, your declaration of honour attesting to one's preparation and ones medical and physical fitness for taking part in the Ultra-Trail (do not send it in advance)
- The race number is then handed out on presentation of identity papers with photo and attestation of control of the obligatory material..

DURING THE RACE:

- **SCHEDULED BARRIERS:** the time indicated by the scheduled barrier indicates the time after which you can no longer leave to continue the race
- The official doctors have been authorised to take away the race number and put out of the race any competitor unfitted to continue the event.
- Controllers are present along the course and have the authority to make any decision of penalisation or exclusion
- The race number must be completely visible at any moment on the chest or the stomach during the complete duration of the race. This means that it will be permanently positioned on top of any clothing and in no case fixed on the bag.

NB. You will be able to obtain, at the handing out of the race numbers, a flat elastic band enabling you to fix the race number as if on a belt. If you prefer another way, think about it!

- Your race number is the pass which will enable to get to the shuttle services, the refreshment points, the treatment rooms, showers and rest, to your bags... in no case it will be taken away from you; if you retire it is simply deactivated.
- Each one must be in possession of his obligatory material throughout the entire race and accept being controlled at any moment.
- A small specific pouch to take your rubbish will be supplied with your race number. Any runner seen throwing their rubbish on the course will be penalised or disqualified.
- It is imperative to follow the paths as signposted, without making shortcuts. This is necessary for respecting the location.
- The race is **individual** and semi self-sufficient: this means that a runner cannot be accompanied during all or any part of the race by anyone who has not registered and that your accompanying personnel can only help you at the official refreshment posts.
- **Only the runners carrying a race number will have access to the assistance and refreshment points.**
- **Any halt or retirement must be indicated** as rapidly as possible to the closest control point. Any runner in the 158km race stopping as from La Fouly without indicating it immediately will not be classed.
- The rest rooms available at the welcome posts and particularly at Chamonix, are strictly reserved for the repose of the people in the race or having just finished. In no way do they constitute a solution for an overnight stay. The runners having finished the race from Saturday 26 and wishing to remain in the valley of Chamonix until Sunday 27th will have to see to their own lodging. The tourist offices and the info point on the race can inform you.
- Access to the rest and treatment post of Chamonix is strictly limited to barefoot runners (a bag will be handed out to you for your shoes at the entrance)
- Equip yourself with a sum of money in order to be ready for any unplanned situation.

In the case of too unfavourable weather conditions (strong depression with serious amounts of rain and snow on high ground, strong risk of storms...) the start would be postponed by two hours at a maximum, beyond which the race will be cancelled.

P8 TRANSPORT

Organisation Bus

Available for the runners and their support teams

Transport strictly reserved for members of the organisation, for the runners and for their support teams. With overcrowding the runners and the members of the organisation have priority.

Conditions of access:

- **Runners:** Free access on showing the race number (for the runners arriving at the Start of the 86km at Courmayeur and not yet having withdrawn their race number, present your registering receipt.
- **Volunteers and members of the organisation:** free access on presentation of your badge.
- **Support teams:** 7€ per person and per trip to pay at the entrance to the bus (free for children of less than 10 years' old) or unlimited pass from Friday to Sunday: 30€

Chamonix ⇄ Courmayeur (about. 40mn)

Départs Chamonix :

vendredi : 8h - 8h30 - 9h - 9h15 - 9h30 - 9h45 - 10h - 10h15 - 10h30 - 11h / 17h

samedi : 0h - 2h - 4h - 6h - 8h - 9h - 10h - 11h - 11h30 - 12h - 12h30 - 13h - 13h30 - 14h - 16h - 18h - 19h30

Départs Courmayeur :

vendredi : 8h45 - 9h15 - 9h45 - 10h - 10h15 - 10h30 - 10h45 - 11h - 12h30 / 18h30

samedi : 1h - 3h - 5h - 7h - 09h - 10h - 11h - 12h - 12h30 - 13h - 13h30 - 14h - 14h30 - 15h - 17h - 19h - 20h30

Chamonix ⇄ Les Contamines (about 40mn)

Départs de Chamonix, vendredi : 20h15 - 0h30 - 3h30

Départs des Contamines : 23h30-2h30-4h30

Chamonix ➔ Les Chapieux (about 2h20)

Départs de Chamonix, vendredi : 21h (direct) - 22h30 (via les Contamines at 23h30)

Les Chapieux ➔ Courmayeur (about 2h)

Départs des Chapieux, samedi : 3h - 5h30 - 7h

Chamonix ⇄ Champex, via Trient, Vallorcine (about 1h30)

Départs Chamonix :

vendredi : 15h - 16h30 - 22h

samedi : 12h - 14h - 16h - 17h - 18h - 19h - 20h - 21h - 21h30 - 22h - 22h30 - 23h - 0h - 1h

Départs de Champex :

vendredi : 20h - 22h - 0h30

samedi : 16h - 17h - 18h - 19h - 20h - 21h - 22h - 23h - 23h30 - 0h - 0h30 - 1h - 2h - 3h

Champex – La Fouly : navettes régulières gratuites pour tous, vendredi de 16h30 à 20h30 et samedi de 13h à 23h30

REPATRIATION RESERVED EXCLUSIVELY FOR THE RUNNERS

Runners stopping the race at any refreshment point accessible by car will be able to be repatriated to the closest welcome base uniquely on closure of the post.

P9 TRANSPORT

Communal transport free

Vallorcine - Chamonix - Les Houches - Servoz

To protect our environment and to avoid traffic tailbacks, use public transport free of charge !

For a long time, the communes of la Haute Vallée de l'Arve (Vallorcine, les Houches, Servoz and Chamonix Mont-Blanc) have been working to encourage the public to use collective transport: setting up of free circulation on buses and trains in summer and in winter.

In the long term, their aim is to strengthen the activity of the railway for everyone's benefit: bring together the stopping points for tourist sties, for residential areas, increase the frequency of the trains to gradually arrive at every quarter of an hour.

You are a privileged visitor to the land of Mont Blanc and in this way you benefit from the free circulation around the whole of the Chamonix town bus network (with the exception of the night services) and on the SNCF Servox-Vallorcine line.

How to take advantage of this ?

- You have accommodation in one of the communes of the Haute Vallée de l'Arve : your hotelier will give you your staying card, if you just ask, when you arrive. This card will then provide you with free access to public transport during the entire duration of your stay.
- You do not have accommodation: go to the info-point of the race, at the Triangle de l'Amitié Square, to obtain a free transport pass, valid from the 25th to the 27th August.

Timetables: You can consult the timetables at SNCF stations, at the stops of the Chamonix-bus and at the info points of the race.

FREE PARKING

We recommend you to park your vehicle in the car park of **Le Grépon**, situated at the southern entrance to Chamonix.

An access card to the car park, valid from Thursday 24th at 9.30 am until Monday 28th at midday has been offered to our at the special Ultra-trail price of 9 €. It will enable you to enter and come out of this car park as many times as you wish during this period.

To obtain this card: present yourself at the welcome hut of the car park, equipped with your registering receipt sent with the road-book

Campers: you must use this car park where you will find toilets, drains and water. Parking for the night of your camper in any other place is forbidden...

FREE SHUTTLES

The « Mulets ». free minibuses, equipped with catalytic converters and particle filters will enable you from the entry to le Grépon car park to easily get to the welcome post and to freely circulate in Chamonix town centre.

P10 CHAMONIX MONT-BLANC

[3] Parking

At the southern entrance to Chamonix, Le Grépon car park will be free for runners in the North Face Ultra-Trail. The free town shuttles (Le Mulet) are accessible on the car park and run between the town centre and the welcome base.

[2] Runners' village – welcome base :

SPORTS CENTRE - SALLE PIERRE DE COUBERTIN :

From Thursday midday to Friday 6pm: control of obligatory material and handing out of race numbers (on presentation of an identity paper with photo)...

SPONSOR'S VILLAGE

From Friday 7pm to Sunday 4pm: showers - treatment (doctors, physios, chiropodists) rest. Access to the salle Pierre de Coubertin will be in bare feet.

GYMNASSE DE L'ENSA/

- Friday from 4.30 pm to 6.30 pm. Handing in bags which will be transported to Courmayeur and to Champex-lac.
- As of Friday 9pm until Sunday 4.30 pm: Recovery of bags containing the runners' personal effects.

CHAPITEAU:

- From Friday 1pm until Sunday evening: meals for the runners and end of race buffet
- From Friday morning to Sunday 4pm; Start and Finish of all the shuttles.

[1] TOWN CENTER:

PLACE DU TRIANGLE DE L'AMITIÉ [between the Town Hall, the Church and the Tourist Office]:

- from Friday midday to Sunday 7 pm: Start and Finish of the races - Prize-giving.

PLACE BALMAT [In front of the Casino and the Post Office] : Musical and festive events

P11 COURMAYEUR

[2] & [3] Runners' village – welcome base:

DOLONNE'S SPORT CENTER :

- Friday morning from 9am to 11 am (...): Control of obligatory material and handing out of the race numbers (on presentation of identity papers with photo).
- Saturday 3am to 3pm; Welcome base of the 72nd kilometre; refreshment with a hot meal (pasta) - Treatment reserve for those who are continuing the race - possibility of finding one's bag, of rest and of showers - Shuttles for Chamonix.

PARKING :

Free parking for all runners on the Dolonne's Market place (piazzale del mercato di Dolonne), in front of the Sport Center

[1] TOWN CENTER:

PLACE DE LA MAIRIE

Friday 12am : Start of the North Face Ultra-Trail Courmayeur-Champex-Chamonix ®.

PLACE DE L'ANGE ET RUE PIETONNES:

Friday morning and Saturday morning: musical and festive events

CHAMPEX-LAC :

WELCOME BASE :

The welcome base of Champex, is situated just at the entrance to the village (arriving from Orsières), 50 metres before the lake, at the Artillery Fort of Champex-lac.

This Fort is worth a visit! www.proforteresse.ch

P13 MONT-BLANC – 158 KM – 8500m D+

To time your passage, download the Excel page signed Rémi Poisvert, on <http://www.ultratrailmb.com/page.php?page=documents>

Balisage

5000 markers visible both day and night will be placed along the course. They have been given one yellow part in a reflective material bouncing back the light of your forehead lamp. On some more complex points, you will find arrows painted on the ground (in pink biodegradable paint) or made in reflective material. All these signposts will be taken away at the end of the race.

Marking-out

The course has been divided up into 20 parts. Each section has been number on the general map opposite and you will find its detailed description in the following pages :

- The map, to read in the direction of the race (from bottom to top),
- The relief map,
- The description of the course.

What will happen to your rubbish if you leave it on the track ?

Plastic bottles: 100 to 1 000 years

Energy bar wrapping: 100 to 450 years

Batteries : 1 single battery can pollute 10.000 litres of water...

Oxygène is supporting the organisation to help you to respect the environment by supplying each runner with a pouch enable you to store and to easily transport your rubbish between refreshment points.

P16 MAP N°1

Chamonix – lieu-dit Les Eaux Rousses

Distance : 6,7 km

Altitude increase : 154 m

Altitude drop : 191 m

Start from CHAMONIX town centre, at the Triangle de l'Amitié Square, alongside the Town Hall. Take the pedestrian route: at the roundabout go straight along the route de GAILLAND until the climbing school of the same name. Km 2: enter climbing site to the right and take the road parallel to the cliff. Following for 30 to 40 min a road running along the right bank of the ARVE. This is relatively flat despite a few undulations, of which one good one which lasts about 5 min.

P17 MAP N°2

Lieu-dit Les Eaux Rousses – Chalet de Presbert

Distance : 10,9 km

Altitude increase : 758 m

Altitude drop : 485 m

A tarmacked part takes you to Les HOUCHES dam. Cross the dam ; climb LES HOUCHES until the church (1st refreshment). Continue until the cable car of BELLEVUE; turn left 50 m after; start of the climb to the col de VOZA, 650 of altitude climb. The slope which you are going to swallow (in the shape of a cocktail) has been raced down this winter by the best skiers of the Planet in 2 min, and this during the descent of the world cup (KANDAHAR)! After having passed under the ski slope by a little tunnel, a track suitable for road vehicles winding through the forest makes you cross the track 100 metres higher (in altitude) then go right down an asphalt route which climbs for about a kilometre until just below the chair lift of Maisonneuve .To the right of this you take a roadworthy but steep track, which arrives at the summit of this same chair lift. The slope becomes easier and by climbing up to the left, in 15 minutes (or more) you reach the Voza pass (2nd refreshment point).

Go down for a maximum of 10 to 20 minutes on an easy path. After the car park and 300 metres before the hamlet of BIONNASSAY, take a little road left (there are some wooden arrows painted red) ; Following a side crossing and the LES PLACES bridge, go down along the left bank of the valley until CHAMPEL, passing by the chalet of PRESBERT (cf map). The Way is and not too steep.

P18 MAP N°3

Chalet de Presbert – Hameau Le Lay

Distance : 8,9 km

Altitude increase : 333 m

Altitude drop : 431 m

At CHAMPEL, little town perched on its promontory, you do not take the first left which leads to the chalets of MIAGE but further down after, a bend in the road on the left you head for LA VILLETTE (steep descent). At LA VILLETTE, a tarmac section of 550 m following the way of the fountain leads to LA GRUVAZ; At the signpost "Parking 500 m" turn left on a wide and sloping path which passes in front of the old school. Higher, you again get back to the road and go up to the car park, cross the bridge and follow the "route des chalets of MIAGE. After 5 to 10 minutes, you have an old oven on the left of the track, and a farm (N°484) to the right, continue to climb for 100 m until the entrance to the forest, then take a right direction "Les Contamines".

You go down into a forest and a path which becomes steep and you come out at a house where there is a fountain. 100 metres beyond, take a left towards Le CHAMPELET. A little countryside road which slopes gently reminds you that you have done well to come here: you feel good! You will pass a stream and 100 metres afterwards the cabin of Le Petit Poucet (which you will see...not the Petit Poucet which means "Hop o'my Thumb", but the cabin!), you will take a left in the direction of Le CHAMPELET and take that of La FRASSE-Le TRUC on the left. Then, soon enough, the path turns right on the slope, ground roots require that you look carefully where you put your feet. Just afterwards begin a forest crossing along a narrow path. At the signpost "La côte de Plane alt. 1230 m" you go down towards LES CONTAMINES. You find yourself back on a level roadworthy route and between houses. 200 metres further on, you turn left onto the tarmac route until the junction of the "chemin du P'tou" which will lead you to the church where you turn right on the RN for 50 metres until the refreshment in the tourist office. Join the BON NANT waterfall below. Following for 4km ups ream the VAL MONJOIE path that leads to NOTRE DAME DE LA GORGE. Meantime, on this math and after LE LAY, you must follow the Departmental road for 300 m before getting back on the GR 5 on the level of the cross-country skiing foyer.

P19 MAP N°4

Hameau Le Lay – La Balme

Distance : 6,6 km

Altitude increase : 533 m

Altitude drop : 0 m

From there, the good road is still flat for almost 2 km. Now climb back up to the level of the chapel of NOTRE DAME DE LA GORGE on the « Roman way », steep and narrow. 180 metres higher, you cross the Roman bridge. It goes on climbing for some 120 m; follow the main road direction la BALME and the BONHOMME col. Coming out of the forest, a long flat section appears. The track passes in front of the BALME refuge there is a refreshment point .

P20 MAP N°5

La Balme – Chalets de plan Varraro

Distance : 8 km

Altitude increase : 773 m

Altitude drop : 466 m

Soon afterwards, you turn left onto a real mountain path. At the end of 200 metres of altitude increase, you arrive at a shelf for a respite of about 5 minutes, then it goes on up until an ancient tumulus. You are on the PLAN DES DAMES. Continue your good-natured path until the col. Perfect col. Perfect pass, well flared. You fork left. Certainly it's less steep, but the terrain now becomes technical. You are zig-zagging between the rocks which make up the path, dropping down 10 metres here and there on this section. Here comes the CROIX DU BONHOMME with its big cairn. Now you really are starting the descent. Reach the refuge of the col of the CROIX DU BONHOMME; Here comes an altitude drop of 900 metres. The descent winds at first along a furrowed track and crosses several ravines. (Follow the signposting !) As from an altitude of 2100 and soon approaching the chalet de plan VARRARO (cf map), the road improves. Carte n°6

P21 MAP N°6

Chalets de plan Varraro – Les Mottets

Distance : 9,1 km

Altitude increase : 355 m

Altitude drop : 498 m

Then at the chalet of the RAJA you come to a roadworthy route, which you follow for a short distance, to swing to the left again into the meadows by following a path which arrives naturally at Les CHAPIEUX and at the NOVA refuge. From this first haven of comforting or massages, meals and sleep (in the buildings of the CCAS), you'll be able to forget your previous pains, before some 4.5 km of road takes you to LA VILLE DES GLACIERS, at 1,799 m altitude, or 240 metres higher. Some among you will perhaps come across their courageous support teams who have not stopped following for close to two hours in passing through MEGEVE, the Les SAISIES pass and the Cormet de ROSELAND to get to this little corner of paradise at the bottom end of Savoy (commune of BOURGE SAINT-MAURICE). At LA VILLE DES GLACIERS (3 or 4 farms), you turn right and cross the footbridge, which takes you onto the left bank of a little torrent. You follow this torrent along, climbing slightly on a somewhat wide and very pleasant path in the company of numerous resident cows and sheep. Perhaps they will encourage you along! There you have arrived at the refuge des MOTTETS You are on the level of the Les MOTTETS refuge

P22 MAP N°7

Les Mottets – refuge Elisabetta

Distance : 7,3 km

Altitude increase : 646 m

Altitude drop : 316 m

Next new climb of 4 km and 650 m altitude increase, which starts off with a dozen big hairpins. (do not try to shortcut, the path is wide enough if you are planning to overtake !). Then a long crossing up the mountainside, followed by a slight steep climb across the mountain pastures brings you to the la SEIGNE pass. There you are with one foot in France, and the other in Italy. New descent. To take calmly until at a spur where you choose the right path, which becomes a little craggier and a little furrowed, gouged out and stony. Even if the descent appears easy, you must think about conserving your energy so as not to come out unscathed. Still a good kilometre of very agreeable flatness, then you take the 4x4 road which gets to the ELISABETTA refuge from the bottom of the valley. At the first hairpin to the left, the road forges straight ahead (it's technical) into the slope to cut the two other main hairpins and there you are at the first Valdotain refreshment point.

P23 MAP N°8

Refuge Elisabetta – point alt. 2260 m (juste avant le lac Checrouit)

Distance : 7,2 km

Altitude increase : 485 m

Altitude drop : 425 m

You now take the four-wheel drive route, which enables access to the ELISABETTA refuge from the bottom of the valley. To the first lake and to the left, the road follows right (very technical!) on the slope to cut the two other big laces. You get back on the four-wheel drive route, which soon becomes a big straight line. On your left, the remains of lake COMBAL : the marshes into which the glaciers of MIAGE and of the LEE BLANCHE arrive.. In front of you the fantastic southern ride of the Black peak of PEUTEREY, to the left the BROUILLARD ridge and the PEUTEREY ridge, which take you to the summit of MONT-BLANC DE COURMAYEUR

You are about 10 km as the crow flies from the start!). 100 m before the end of the plateau, attack on your right the final climb before COURMAYEUR over about 450 m of altitude change. The track climbs steeply but regularly in Alpine pastures brightened up with a few little larch trees before coming out on the pastures, which the road crosses to arrive at the MONTFAVRE ridge, which marks the end of the climb. A short descent down rather steep ridges leads to a magnificent, undulating balcony which you follow until the mechanical lifts of COURMAYEUR

P24 MAP N°9

Point alt 2260 (just before the lac Checrouit) - Dolonne

Distance : 7,3 km

Altitude increase : 5 m

Altitude drop : 1075 m

The descent increases until the CHECROUIT pass where Giacomo, the local guide, will welcome you refreshments in front of his refuge MAISON VIEILLE. Leaving Maison Vieille, take a roadworthy route to your right for about 200 metres, then turn left onto a twisting path through the prairie. After a passage through the undergrowth, you reach Plan-Checrouit, pass alongside the swimming pool, and on your left, cross the edge of a big field. You then get back to the ski slope which you follow for about 500 m, until a hairpin bend to the right. In the bend, follow a pretty path to your left recently made in the forest. A few twists lower, the path rejoins a roadworthy section which drops gradually down into a big field until the entry to Dolonne, little village situated just opposite Courmayeur. You go right through the typical main road of Dolonne and continue straight on until easily coming across the largest building: the sports centre where our Valdostain friends, the Courmayeur-trailers are waiting for you. Almost half of them in fact! To reach the entrance to the base vie by going above the sports centre and going round to the left of it. At this base alive with welcome a large number of volunteers are waiting for you with an important refreshment (hot meal) and if necessary treatments (doctors, physios, chiros) or a little saving rest but...watch out, there is still some road to cover, and too much comfort could soften you up!...

P25 MAP N°10

Dolonne – La Lèche

Distance : 9,1 km

Altitude increase : 979 m

Altitude drop : 239 m

Coming out of the sports centre, all pepped up, you see, rising up in front of you the mountain of SAXE and its characteristic rocky face which you must climb up.. But do not worry; a path goes round it on the right. For that, you go into COURMAYEUR, On Friday at midday, right in the middle of the village, in front of the town hall, at the site of the Start of the 86km event has taken place, and following a crossing in the pedestrianised streets then following the same route as the 158 km event. Get to the church square in the village centre, then climb back up the valley in the direction of VILLAIR. A narrow route, steep and tarmac climbs up leaving for the moment the molehill to your left. This hillock (on the geological scale) is soon going to keep you busy for a while! But take courage, reminding yourself as you come out of the sports centre and seeing it taunting you, that with a furious spirit that you have told yourself that you will swallow it up in a single gulp! You go along the left bank of the river on a route which has lost its tarmac. By a "left-right", the route passes a bridge and crosses the river, which you follow along to the right. There are a series of waterfalls, certainly artificial but still very pretty. Two hairpins, then you must take a track on the right, signposted "refuge BERTONE". 200 m further on, you go

back to the route to leave it just as soon by climbing the path to the left. From here, and to get some idea, the best ought to take 35 to 40 min to arrive at the refreshments of this refuge where Lorenzino, host of this little corner of Paradise awaits you. From here, little remains for getting to the collar where you will have finish these 800 metres, in total not too steep. To your right you now leave a track, which of course climbs a grassy top to begin a long side-crossing which is simply bellissima! The panorama of the southern side of the MONT-BLANC massif, with in particular the GIANT'S TOOTH then to the right the GRANDES JORASSES. The track continues on towards the East, trampling down a carpet of rhododendrons: you now have the GRAND COL FERRET in front of you as a reference point.

You next arrive among wooden ruins close to flat rocks. Just before, there is a sign marked "31" in yellow. At this level, you turn right and climb to get to the higher and better-marked track. Pass a shelf and continue climbing for about 5 minutes. Again swing around the side and you will see the beautiful torrent of VAL FERRET to your left. You have a view of the magnificent ridges of PRA-SEC and TRONCHEY which drop down from WALKER culminating in the GRANDES JORASSES. More in the line of your progress you will see the alpine pastures of LA LECHE with its flat roof. To these concrete buildings, make a right-left hook to pass above them.

P26MAP N°11

La Lèche - Arnuva

Distance : 7,6 km

Altitude increase : 316 m

Altitude drop : 477 m

Soon after, there is a torrent to ford. Further on, another torrent, but which requires a footbridge, arrives back in the alpine pastures of ARMINA. This footbridge slants a little, but there is no danger. And anyway, as soon as you have crossed, it's a relief! Just before the first chalet (tin roof), before having stepped over a possible electric fence, turn right (flat stone on the ground marked in yellow) by climbing for some 200 metres' distance. You find a better route, which goes down to the left where "VAL FERRET" is indicated on a stone. Here come the final pastures of this magical crossing, this time made up of 4, sheet-metal houses. Pass above then cross a discovery and a few small streams. There is a lot of thick undergrowth, which can even hide the road. It is scarcely marked but you must continue at best to the side. At any rate there is a good landmark with the BONATTI refuge where you can take refreshment and towards which you are heading. Follow the climb above the refuge for about fifty metres until the farm of Malatra. Now take the path to the left which, at the side of the mountain, crosses the torrent and passes above the ruins of Gioé. The path now climbs gently along the side of the mountain for 50 m (in altitude) then returns to a magnificent almost flat balcony. Just before reaching the perpendicularity of Arnuva, it crosses a ravine, then drops about 50 m until a ruin (alt. 2003 m). Turn left, and then take the path that goes directly down to Arnuva (avoid the one which goes off at a crossing in the opposite direction). At his hotel, Egidio welcomes you for refreshments just before climbing the GRAND COL FERRET.

P27 MAP N°12

Arnuva – La Peulaz

Distance : 8,1 km

Altitude increase : 768 m

Altitude drop : 466 m

All that is left, for the moment at least, is to tackle the climb of the GRAND COLD FERRET. That same one which you had picked out from far off about ten hours before, from the SEIGNE pass! Avoiding the stony road, the route immediately goes off to the right to rise up very quick in the meadows and to pass by the ruins of SAGOLAN (1933 m). Visually, you are dominated by the TRIOLET glacier.. Sideways, as a balcony, cutting across 3 ravines then fording a little torrent, you are under the mound sheltering the ELENA refuge. From the refuge, a wide path goes off to the east of the pastures. By short hairpins, it rises up towards the pasture farms, a few of them abandoned. The route turns to the north to take you up to 2,537 m to GRAND COL FERRET. And there you are, with one foot in Italy, and the other in Switzerland! Not far from you, to your left, Mont Dolent dominates, Here is a triple frontier - French-Italian-Swiss, the symbol of your journey. At last in Switzerland! Will I see marmots wrapping up the chocolate? In fact your mind is elsewhere: another descent to get lumbered with. But this one is not too steep, so that's not so bad. On the other hand, it is long, of course! The path runs across the pastures then, by a long crossing progressively reaches the bottom of the valley. But 270 metres (in altitude change) before, you arrive at the chalets of LA PEULAZ (LA PEULE for those who know it well) where you will find the first Swiss refreshment point.

P28 MAP N°13

La Peulaz – Bank opposite of la Seiloz (2 km after la Fouly)

Distance : 7,7 km

Altitude increase : 29 m

Altitude drop : 606 m

By-pass the flag (Swiss, of course) and go down to the left towards the big and beautiful fountain at the bottom. From there, go off down to the right, a path not very well marked at the start and which follows the valley. Very quickly this one dips down and becomes rather steep. Following it, you cross over the roadworthy route several times. You eventually arrive at the bridge, which crosses the "DRANCE" river, which in turn runs through the SWISS VAL FERRET. Turn left to get back onto the tarmac route 400 metres further on, which you will follow for 1 km until the entry to FERRET. STOP at the tarmac! And, happily, you now get back on the path which goes down to the left to the river and which indicates LA FOULY. After the bridge, continue in this direction and 400 metres further on, you cross the MERDENSON torrent. Immediately after the bridge choose the direction TMB to your right (do not take LA LECHERE). You are now going down not far from the river. Now you must hook to the right to go towards a bridge over the DRANCE but, just before this, you turn left to follow the left bank of the river for 800 metres (beehives at the start: bzz!) A bridge leads you over onto the right bank and you follow the route which takes you 850 m further on for refreshments in the pretty little town of LA FOULY. The refreshment site is situated towards the exit of the village. Leaving la Fouly, take the first road to your left, which crosses the river by a little dam. Turn right after the dam and find the "official" track of the TMB. The path is very pleasing and follows the left side of the village for some time. It is mostly downhill but does include a few uphill, never too long. Sometimes flat on a wide path, sometimes narrow and crossing several streams.

P29 MAP N°14

Bank opposite of la Seiloz (2km after la Fouly) - Issert

Distance : 7,8 km

Altitude increase : 54 m

Altitude drop : 493 m

You eventually arrive at a ravine crossing, some 20 metres wide, where you will have a running hand chain. The crossing is not technically difficult because it's wide enough and in good condition. Nevertheless, cross by walking and holding on if possible. In fact the step to your right is somewhat high. Next comes a right fork still "TMB" to follow the pretty forest crest (crest de SALEINA) which then turns to the left and goes down neatly in a straight line until the bottom of the valley. At the foot of the descent, turn left and carefully follow the TMB markers which lead to PRAZ DE FORT (12th refresh). On the main road that you cross, you climb up 40 metres passing a bridge to rejoin to the left a track that goes towards ISSERT. In going back down to ISSERT, go along its side while keeping this hamlet to the left and towards its exit, get back onto the main road.

P30 MAP N°15

Issert – Champex d'en bas

Distance : 7,1 km

Altitude increase : 477 m

Altitude drop : 141 m

Cross the main road and climb back up to your right for just 50 metres before turning. Cross and follow the road for 200 metres before starting the climb up to CHAMPEX. Follow the TMB markings. This climb goes well because it is varied and very pretty. However it'll be an hour before you will be at ease! When you get back on the road which arrives at CHAMPEX, you can easily cut across the hairpins right up to the lakeside. CHAMPEX-LAC, 110th kilometre, 1466 altitude, peaceful bathing station with a calm lake nestling on a pass. Very Swiss! Completely pastoral, most of the chalets are equipped with a mast, at the top of which flaps the Swiss flag. The welcome base waits you until the end of the climb, at the last turn at the entry of Champex-lac. It has been set up in the Fort d'Artillerie dating from World War II, and under the tent put up on the esplanade above the Fort. Léon (artiste in fruit tarts) and Gaston, during the race, are the masters of this place. You can drink, eat...and obviously go off again feeling much brighter, be it at the end of 5 minutes, or 5 hours. The track follows the lake to the right by the road and this rises up until the foot of a chair lift after a hairpin. The road goes down, then you leave it to take a wide route to the left, suitable for motor vehicles, very rolling in flat descent, for about 1 km. Swing to the right and 150 m further go left onto the little tarmac road which one follows for 800 m until CHAMPEX D'EN BAS.

In the field on the left, are those famous Swiss cows (those which take part in bullfighting...of course!)

P31 MAP N°16

Champex d'en bas – Combe des faces

Distance : 9,7 km

Altitude increase : 750 m

Altitude drop : 452 m

At the end of the field, take a left onto the forest track that becomes a road. You are at least beginning to climb up calmly until the PLAN DE L'EAU: farm and halt, where the fountain offers you non-drinkable water! Only to refresh your legs...Pass a gate to go deep into the forest on a flat climbing road which narrows slightly. You are completely dominated on your left by the ARPETTE bell-tower, while in front and to the right by the Bovine pastures. A gate to pass! And Bang! You must again climb up an uneven track that rises straight up into the pastures. With the "vérâtres" (frequently confused with yellow gentians) giving way to rocks and slabs, you cross a torrent at the foot of a waterfall and this continues to climb....500m of altitude for only 1.5 km! The track climbs, abruptly, into the world of larch and spruce trees, brutally arriving at a magnificent prairie of Alpine pastures and reaches, in one long balcony to the right, the BOVINE farms. Phew! The 15th light refreshment! It dominates MARTIGNY and the entire RHÔNE valley; you can even glimpse Lake Geneva (if it's daytime)! 600m further and 60 m higher, there you are at an altitude of 2040m at the PORTALO collar. Pass the gate. In the distance you can pick out the FORCLAZ pass. And at the pastures, you swing around to face a rolling road which goes down to the mountain's side in a forest. On a little shelf in the green pastures - a little marshy - are the GIETTE chalets, after which you continue your descent.

P32 MAP N°17

Combe des faces – Les Esserts

Distance : 10,4 km

Altitude increase : 800 m

Altitude drop : 849 m

On the right, from the other side of the valley, we recognise the route that goes up from MONTIGNY towards the FORCLAZ pass! The cowbells from the farms, which the track hangs over, finally indicate the arrival at the pass. At the pass, you must go along the road for only 20 m before going round a chalet taking a level and very clean road for 600 m (evidently it is only the road which is clean). You head towards the TRIENT glacier. In 2004, the course continues straight on for quite a while...this time a change has been made for you thanks to 1.5 km. Don't miss the right fork, of a technical road which goes off in hairpins towards the CHAMONIX-MARTIGNY road (watch out for traffic!) You arrive at the village of TRIENT without crossing back over the road. In fact you follow it along to the right to go under a little tunnel that takes you directly to the bar-restaurant of Aloize, Madame la Présidente.

Pass in front of the church and get to the refreshments towards the school which you will leave feeling much better. All the more reason for you to tackle one of the steepest slopes of the course! Continue for about 200m on the route until a crossroads and, to the right between two houses, take a path that arrives, 150 m further on, at a roadworthy route. Climb this route for about 200 m and take a path to the right that climbs, in steep twists and turns for 700 m until the beautiful Tseppes chalet, opposite the Trient glacier.

Refreshments are situated just before the chalet. Keep up your spirits and arrive at normal slopes to pass a crest then a mountain-side road which climbs up gently before going down to the pastures of CATOGNE; At the chalets, go down to the right to 2000 m altitude.

Do not cut across the hairpins, as you will degrade a fragile plant covering because you risk missing, at an altitude of 1800, a change in direction, to the left and to the side. Follow this path to leave about 5 min later and arrive at a chalet 20 m below the chair lift platform. Go down a few hairpins until a route that you takes to the left. You cross a barrier (it's the frontier...!). So there you are back in France! You reach Les Esserts and the chair lift station.

Here you are at Les Esserts back in France!

P33 MAP N°18

Les Esserts – Tré le Champ

Distance : 7,7 km

Altitude increase : 221 m

Altitude drop : 471 m

From this shelf, take the roadworthy route which goes down towards Vallorcine for about 1.5 km. Then on your right towards 1450 m of altitude, take the "sentier des carrières" which also goes to Vallorcine. It will choose you because it's like that and one told you so (besides at this moment in the race you are no longer thinking!) Cross the railroad; some lively refreshments from Vallorcine await you 50 m further on. You will still be moving, with a little thought for Dédé, who is certainly still running, and her team ought to give it to you! Coming away from the refreshments, continue until the railway station square, cross the railroad and regain in the open fields along this one (which is now to your right) this track leads naturally to the chemin des Diligences, roadworthy route which once got this name because coaches (or diligences) used to use it between MARTIGNY until CHAMONIX. You go along the village of BUET until the MONTETS pass. Stay on the left of this valley. Just before the pass, you go along the route and follow a bend of the ancient route which ends up at the pass itself. Stay to the left and take the botanical route where you will at your leisure read the names of the superb essences, if you really are ahead. Cross the car park to take the path which dominates the road and takes you uphill. Go along this road for 150 metres and take a wide path which goes to TRE-LE-CHAMP. After this hamlet, take the path which goes down in hairpins to reach ARGENTIERE.

P34 MAP N°19

Tré le Champ – Les Tines

Distance : 6,3 km

Altitude increase : 67 m

Altitude drop : 373 m

Hold on ! The Finish was never closer ! But, like any ending, stay concentrated. After the twists, make a left-right on the road and onwards over a bridge to take a wide road going towards the ARGENTIERE cemetery, which you go round to return to the centre of the village. A few moments of comfort at the last refreshment point of and off you go for the final sprint. For your information, the best of you ought to take 1h 20 min for this final leg. For your information the best took less than one hour for this section in 2005 . Next, go down the main road for several hundred metres and before the bridge under the railway take a right into the road called "petit balcon sud" (this is the 3rd version of the 10 final kilometres) Follow it almost to the end. At each intersection or railway crossing, and in the case where the markers are lacking or you have a doubt, read (lit up by the light of your headlamp) the many panels indicating this general direction. This pebbly track with quite a few spruce roots demands your attention. A quick descent finally a real shelf along the ARVE, and you are the height of Les TINES. On the panel is written "la Corua bridge, alt. 1092. Do not climb 20 metres further in the direction of Sentier des Gardes, but follow the ARVE on the right bank for several hundred metres until the la Ford bridge alt 1084. There indeed you must climb up again to the right but one knows that it's the final one...110 metres of altitude change in all with the first 60 the most arduous.

P35 MAP N°20

Les Tines – Arrivée à Chamonix

Distance : 4,6 km

Altitude increase : 136 m

Altitude drop : 185 m

You cross this going under la FLEGERE cable car, then the ski track. Continue until you come across a wider path which comes from the la FLORIA chalet Continue straight on, direction CHAMONIX and watch out as it's at the next junction of ways that you must abandon...Sorry, that one must only abandoned the "little southern balcony"! So close to the end it would be a pity to give in. So follow CHAMONIX by a wide road until the tarmac road at the bottom of the valley; roundabout 350 m further on; turn left to arrive, 200 m lower down at the route which goes to the centre of CHAMONIX. Only 500 metres in a straight line are left which...the road book cannot help you with any more. It will leave you with your emotions; You can do what you like, but à priori you cannot escape. The clamour of admiring spectators, the release of adrenalin, your friends and family waiting for their heroes, the atmosphere...and above all YOU who have yourself won this combat!

P36 EXTRACTS FROM THE RULES

Deep nature running comes to a great degree from the international track of the Grande Randonnée du Tour du Mont-Blanc (GR TMB), open to any man or woman, of 20 years' old or older. The aim of the race is to complete an entire circuit, i.e. about 158 km and 8600 m altitude increase. Intermediary stops possible after the 72nd km at Courmayeur. Race open for 45 hours for the complete course. Course in semi self-sufficiency.

The North Face Ultra-Trail Courmayeur-Champex-Chamonix : the object if the race is to complete a half tour, about 86km and 4,600 of positive altitude change. Race covered in a maximum of 24 hours.

Matériel obligatoire (controlled before the Start and along the course) a minimum of 1 litre of water, two torches with battery replacements, survival blanket, whistle, food reserves, adhesive elastic band, raincoat sufficient for poor mountain weather, stickers, helmet, identification card.

Very strongly recommended: GSM telephone with the option enabling its use in the three countries, gloves, warm clothing.

Advised : sticks

Safety posts (in particular at each pass) In radio contact with Race Control. Medical team equipped to intervene with any suitable means, present throughout the entire duration of the trial. The official doctors will be authorised to withdraw the race number and to put any competitor out of the race who is unable to continue the trial.

Classification and Allocation

A single general classification for the entire tour, for all those who will have covered at least 72 kilometres depending first instance on the distance covered, then the time realised over this distance. Thus, those who will have reached or gone beyond Courmayeur without arriving at Chamonix will be called "arrivals" and enter the classification. However all those who will have reached Chamonix, even in 45 hours, will be the "finishers" and in the classification will come ahead of those who have stopped their race at a previous stage whatever the time they have taken. No monetary prize will be awarded. Each of the finishers and the arrivals will be awarded something depending on their place in the classification.

The North Face Ultra-trail Courmayeur-Champex-Chamonix : a single general classification for all those who reach Chamonix in the given time of 24 hours. Each runner classed will receive a specific gift.

IMPORTANT INSTRUCTIONS:

To get your race number :

- Ensure in advance that you registering folder is complete.
- Have your obligatory material controlled and sign the undertaking to keep it with you during the entire race.
- Hand into the organisation, at the time of taking your race number, your declaration of honour attesting your medical and physical preparation and suitability to take part in the Ultra-Trail.
- Your race number will be handed out to your on presentation of identity papers.
- For the 86km even, the handing-out of race numbers will be made at Chamonix on Thursday and at Courmayeur (exclusively) on Friday morning.

During the race :

- The organisation reserves the right, in case of a major setback or for security reasons, to offer a fallback course or to stop the trial or to modify the time limits.
- The time limits indicate the hour limit inside which the competitors must leave the control post.
- The official doctors will be authorised to take out of the race any competitor unable to continue the trial.
- The race number must be entirely and permanently visible on the chest of the stomach during the entire race; the name of the sponsors must neither be hidden nor modified. The carrying of the race number on the rucksack is forbidden.
- No accompanying is authorised along the course. Personal assistance is strictly forbidden outside the official refreshment posts. In the case of support noticed on the course, the runner will be disqualified.
- The controllers on the course will be authorised to penalise or disqualify any competitor not respecting the rules (obligatory material, respect for the site, illicit help or accompanying, race number not permanently visible on the front...

Runners' bags :

158 km : Each competitor will receive with their race number, two bags of different colours. One will be transported by the organisation at Courmayeur and the other at Champex. Only the bags provided by the organisation will be transported. Sticks will not be transportable in these bags. If you choose to take sticks, it is for the entire duration of the race!

On arriving at Courmayeur or Champex, each runner will be obliged to take his bag. When he lives the welcome base, he will himself leave his bag at the place planned for this purpose. The bag will then be taken back to Chamonix. The organisation will ensure that the bags of runners who have stopped before Courmayeur or Champex are taken back to Chamonix . (delay in taking back depending on logistical restrictions) Seriously think of keeping toiletry and change of clothes material at Chamonix.

86 km : each competitor will receive with his race number, one bag which he will be able to leave at the Centre des Sports de Dolonne (Courmayeur) before the Start and which will be sent back to Chamonix.

Recuperation of bags at Chamonix : at the welcome base, in the gymnasium of ENSA

P38 THANKS :

More than 800 French, Italian and Swiss volunteers are enabling this race to take place. Inhabitants of the Pays du Mont-Blanc or lovers of this massif arriving specially to take part in the organisation; we are unable to mention every one of you here. Nevertheless, we would like to thank each one of you sincerely; we owe you the success and the quality of this race. All our most heartfelt thanks to the teams of the communes, tourist offices, sporting clubs and professional organisations of the Pays du Mont-Blanc :

P39 AN ECO-RESPONSIBLE EVENT

The North Face Ultra-Trail du tour du Mont-Blanc ®

More than just a simple sporting event, a human adventure based on an ethic that all its actors respect and share.

CONSERVE OUR ENVIRONMENT: the massif of Mont-Blanc, citadel of rock and ice is nevertheless fragile. It must be respected. For this, the organisation is very concerned that the impact of the race be positive and be the occasion for coming to consciousness of the runners, the volunteers and the public. We are asking each one: to use the rubbish bag handed out to them with their race number, to follow the signposted paths and not to make shortcuts, nor to shout, nor to run without a race number (the limited of the number of runners is a necessity). The organisation is running an environmental commission, which has a budget allowing it concrete actions (improvement of the paths...)

SOLIDARITY : The race has been organised to the profit of two humanitarian organisations:

Running for You is an association, which enables each runner taking part in a partnership race to pay several euros, above his registry fee, to the profit of associations combating genetic illnesses.

Your generosity has enabled collecting, this year, more than 9000 €

The action of the **Friends of Children's Home** is situated in Nepal representing numerous abandoned children. It's about giving them treatment, support, food and lodging in a secure family context and assuring them of schooling and then of professional training. A stand in the square of the Start/Finish will enable each of you to meet them.

RESEARCH AND DEVELOPMENT: To improve the transmission of information, we have taken up a technological challenge: to make a high-debit Internet access available at each control point of the tour du Mont-Blanc, including in the heart of the mountains. This system will contribute to the improvement of your safety and the volunteers will be able to follow the race and inform you about your situation or that of your friends at each control point. Thanks to this experiment, the refuges will be able to envisage an access solution to the Internet, until now impossible. Thus they can better manage their reservations and improve the regulation of frequentation during the peak season.

P40 THE PARTNERS/ SPONSORS

The North Face dit oui à l'Ultra-Trail du tour du Mont-Blanc ® ...

It's the unions which gain in strength in the long run. This is the case with The North Face ® and with the 'Ultra-Trail ®. The association is working well...so well that The North Face ® is for the 4th year running, main sponsor of the event.

But what is that makes the The North Face ® for the Ultra-Trail ® run so well? This event simply corresponds to all the points in the philosophy of the brand. It's a fine sporting and human adventure where reaching beyond oneself, friendliness, solidarity, respect for the other are not just vain words. Want more arguments? The North Face Ultra-Trail du tour du Mont-Blanc ® is unique of its kind because, let us not forget, the longest and hardest pedestrian race in Europe and the only event in the world which takes place in three countries (France, Switzerland, Italy). Another reason and not the least one? Behind the 'Ultra-Trail ®, hides a charitable association called RUNNING FOR YOU, towards which each participant pays one euro when registering.

The Ultra-Trail ® will thus fly the colours of The North Face ®. The famous red and white logo will be - main sponsor requirement - everywhere : on the posters, the programmes, the press releases, the banners...As for The North Face ®, clothing they will be the joy of the organisation which will be able to appreciate once again their quality, their technical nature, their performance.

THE NORTH FACE ®. IN SHORT

The North Face, a company in the VF Corp, was created in 1966. The company whose head offices are in San Leandro, California, produces and distributes articles among the most technical and the most avant-garde aimed at rock climbers, mountaineers, and enthusiasts for extreme skiing and explorers in general. In answer to the growing demand for The North Face ®. products for consumers from the Old Continent, the entreprise opened its European base in 1983. The North Face ®. Articles are on sale, today, in the following European Countries Germany, Andorra, Austria, Belgium, Denmark, Spain, Finland, France, Greece, Greenland, Hungary, Ireland, Iceland, Israel, Italy, Latvia, Luxemburg, Norway, Netherlands, Poland, Portugal, Czech Republic, United Kingdom, Russia, Slovenia, Sweden and Switzerland The North Face ®. Clothing, equipment and footwear are available in shops specialised in mountaineering, skiing and hiking, with stockists of top quality sports items in centres specialised in the sale open air equipment and clothing. For more information about The North Face ®., visit the site www.thenorthface.com.

SOLOG : At Solog we are convinced that IT is the source of progress.

Our mission? To help you with an experienced resourcing of IT and with new technologies to improve your performance and to take hold of new business opportunities.

Our three principle skills, advice, engineering/integration and IT managing, enable us to help you from the origins of a project right up until its going into production. Our poles of technical and functional skills will bring you innovation, differentiation and security of relationships.

Working for some 15 years in Paris, Lyon and Geneva, Solog accompanies its main clients throughout the whole world. While our engineers can advise you over the improvement of your performance, they also enjoy taking account of their own sporting performances. For 3 years, we have offered them the chance to succeed in a more personal project: running in the Ultra-Trail ®. This project, built up like an industrial project (analysis, preparation, realisation) calls on the same values of success: enthusiasm, pushing one's limits, altruism, respect for commitment, team spirit. To alternate the solitary state and solidarity towards a runner in difficulty, to rapidly cover infinite spaces while still keeping one's lucidity to admire them, to undergo and then to react for managing the unexpected, to better know oneself and others through difficulty.... This is what enables us to get to know the Ultra-Trail ®.

Motivated by the success of such a trial, Solog has decided to involve itself once again this year with the organisers, by contributing a greater support and by making a twenty-strong team of runners take part.

P 41 CONSEIL GÉNÉRAL HAUTE SAVOIE :

Making the circuit of Mont-Blanc as a way of embracing all the mountain races, which have taken place around it. Like a homage to all these conquests of the useless, but of these races which are also in praise of effort, of going beyond one's limits, of courage. The fourth running of the Ultra-Trail ® in 2006 is therefore the race which brings together the same virtues on a course with mythical twists and turns. You, who are going to run and to endure, do not expect any glory to distinguish you. You have better things waiting to carry you along. In these three countries that you are crossing, it's respect, sharing, solidarity that you are proclaiming. These are summits even more inaccessible than they appear.

The humanitarian goal has this for him to still be unexplored...

Good luck to you all

ESPACE MONT BLANC : The Mont-Blanc massif is, without doubt, an exceptional natural space that must be the object of the most vigilant attention. But the Mont-Blanc massif is not only a landscape! It's a living area, developing, that hits inhabitants respect, maintain and manage for generations. This is why the representatives of the Valais, the two Savoys and the Val d'Aosta have undertaken a collective approach around the notion of the Espace Mont Blanc. And by crossing it, the Ultra-Trail ® enables the communes passed through to remind the greatest number of the attachment they have for it.

SPORTS AKILEINE : The North Face Ultra-Trail du Tour du Mont Blanc Superb and magical challenge but formidable test for the organisms of those taking part. Altitude changes, climbs and above all descents, gravel, roads, paths, pastures, stony tracks, cold, rain or sun will put the feet and the muscles of the runners to a very tough test. SPORTS AKILEINE, leader for 55 years of foot-care and sports physiotherapeutic products is putting all its savoir faire and the very high quality of its products at the service of the 70 physiotherapists and 50 chiropodists spaced out along the course for medical aid but also before the test to best advise the participants in their preparation.

Present since the first running, the challenge is clear for SPORTS AKILEINE : To enable the greatest number to live out this beautiful dream until the Finish. Bet you can do it! SPORTS AKILEINE takes up the challenge!

GARMIN : The GPS for your exploits... 155 Km, 8500 m Altitude ...figures which can make you loose your head, but certainly not your way...For the first time in the history of French trailing, GARMIN has linked itself with the 'Ultra-Trail ® and is offering guiding solutions adapted to this out-of-the-ordinary race.

Concrete on your performance, our GPS will take care of the rest...World leader in satellite-positioning, GARMIN navigators are present on every terrain: road, sea, outdoors...

Discover the new FORERUNNER and FORETREX range, a generation of GPS dedicated to the practise of running and sports rambling. Reliable and effective, they accompany your training and analyse your progress throughout your efforts.

EVIAN : our hydration sponsor!

L'Ultra-Trail du tour du Mont Blanc ® celebrates the sporting and endurance exploit. The level of demand that it asks of its participants requires them to call up their most extreme physical resources: it is at the price of intense muscular effort that the conquerors of Mont-Blanc make the assault of these myths on the sides of Mont-Blanc: a dehydration of 2% deprives them of 20% of their physical capacities; this is why, Evian will be the ideal sponsor for this ascent. In following a development of more than 15 years in a unique site, Evian water has acquired its unique balance in minerals, which makes it a water light in taste, easy to drink in great quantities and recognised as favourable for health by the National Academy of Medicine.

Hydrated before, during and after the effort, the participants will remain at the top of their potential in order not to let victory pass by!

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TMB : The North Face Ultra-Trail of the tour du Mont-Blanc ®, an event enabling three countries to be passed through in a single stage.

To facilitate the communications between France and Italy is an objective of the Mont-Blanc tunnel by encouraging the drawing together of the populations of Haute-Savoie and of the Val d'Aosta

BEST MONT BLANC : Difficult to measure relaxation, just like a dream, but one can still enjoy them! The sporting talent of the participants, amateurs and professionals alike, the warm association of the skills of each, volunteers and organisers alike, the values which define the spirit of this race, all these elements which make this event a real human adventure which perfectly falls into line with the mythical image of Chamonix. A group of luxury hotels and restaurants in Chamonix town centre, partners from the very first moment, we are pleased and proud to be associated with this image.

UFO : "As for your partnership with l'Ultra-Trail ® ? We have become used, along with Catherine and Michel, to calling it "managingship". This is a neologism, which badly describes this heartfelt relationship that we have together, based on mutual trust, respect, and solidarity. Nothing has been written down, or very little, but above all a lot of enthusiasm and, yet again, mutual respect.

As for me, I would move heaven and earth to please Catherine and Michel, in the strict limits of the ethics which we have taken on with Ultrafondus and to which they adhere totally."

Philippe Billard Ultrafondus Magazine.

Ultrafondus is an internet gate : www.ultrafondus.com, 500 visits per day, 70000 pages seen each month. An on-line shop, discussion forum, a gem of an Internet site, a monthly magazine: It's the reference for all those enthusiastic about ultrafond.

CHAM3S : For over 30 years, we have come together to make up, under the label Cham 35, a group of experts in mountain sports, here in Chamonix in the very places where you are practising them. We can thus bring you our advice about a selection of materials and equipment at the performance edge. Our Cham 35 spirit is a will to privilege technicality, reliability and comfort. We apply it with passion in numerous adventure sports. Always on the lookout for innovations, we are everywhere your scouts to help you to live out your dreams and your passions, in particular The North Face Ultra-Trail du tour du Mont-Blanc ® !...

PETZL in the race: the light for night running!

For over thirty years, Petzl has been making forehead torches aimed at all those who practise open air sport. To innovate and to conceive ever more efficient and lighter torches, such are our objectives. After a noteworthy participation in 2004 and 2005, Petzl is renewing its involvement with this now mythical race. Regularly involving itself in the great races through natural terrain (on foot or on skis), the SaintéLyon or the Patrouille des Glaciers, Petzl confirms its wish to light up the lovers of such nighttime efforts. Petzl would thus like to take part with the enthusiasts of running, in hours of adventure, of perseverance and of courage. So that running by night, in the mountains, is always a pleasure!

JULBO : SPONSOR OF EXTREME EFFORTS

Since 1888, Julbo has been developing sunglasses conceived for sports lovers moving about in extreme conditions. By associating itself with the I'ULTRA TRAIL du Mont Blanc for the second consecutive year, Julbo will be supporting the runners and bringing them the maximum protection with ZEBRA glass. This new photo-chromic glass passes from category 2 to 4 based on luminous intensity for an optimum comfort during the entire duration of the trail.

P 43 SUPER U & LE REFUGE PAYOT : Difficult to resist the temptation if it were only a nut sausage, one of the many and mouth-watering products of this rustic context shop, crowded with pork luncheon meats, local cheeses and a wide range of local products. If however you manage to be reasonable while passing in front of the first refuge at Payot, several steps further on will you be the same opposite the second? The mountain air makes such a hole in the stomach, and Alpine honeys are so delicious, and preserves so tasty and fruity alcohols so intoxicating!

REFRESHMENTS MEASURING UP TO THE RACE:

Energy drink supplied **by MAXIM**

And ...

Organic refreshments !

Spiruline Flamant Vert : “the” alimentary complement par excellence ; contained in the bars of the effort, this micro-alga combats notably muscular micro lesions.

Essène Gaïa BREAD germ-grain-based, offers nutritional qualities from optimised cereals with an optimised digestibility.