



 **6:47 h – 15.5 km**



Start

**Parking area**

Les Houches, France



Point 2

**Scenic viewpoint**

Saint-Gervais-les-Bains, France



Point 3

**45.8627917N, 6.7830183E**

45.8627917N, 6.7830183E



Point 4

**Col de Tricot (2120 m)**

Saint-Gervais-les-Bains, France



End

**Auberge du Truc**

Saint-Gervais-les-Bains, France

6:47 h  
**15.5 km**

Day 1 - Les Houches – Les Contamines

Saved in folder **TMB**



**1 route restrictions**

 1 489 m

 788 m

996  
m a.s.l.

2 120  
m a.s.l.

4 km

8 km

12 km