

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage				
						Σt	Σp	bivouac	Day	Week
				001-Villa Thébaïde#	N 43° 29,509' E 6° 29,672'	0	0	0		
				Clermont-L'Hérault	N 43° 37,980' E 003° 26,443'					
				St-Gervais-sur-Mare	N 43° 39,191' E 003° 02,458'					
				Murat-sur-Vèbre	N 43° 41,083' E 002° 51,281'					
				1-Vallée du Tarn (5)						
				Monts de Lacaune, 305						
338	191-F1			002-La Trivalle	N 43° 42,346' E 2° 46,079'	395	395			
				003-La Pierre Plantée	N 43° 42,783' E 2° 43,594'	398	3			
				004-Lacaune	N 43° 42,442' E 2° 41,497'	402	4			
				005-Thioys	N 43° 42,439' E 2° 43,199'	404	2			
305			lundi 16 mai 2022	006-Les Vidals	N 43° 41,848' E 2° 44,342'	407	3			D1
				007-Roc-de-Montalet	N 43° 40,910' E 2° 44,116'	409	2			
				008-Nages	N 43° 40,518' E 2° 46,776'	415	6			
				009-Le Devézole	N 43° 38,248' E 2° 44,982'	420	5			
				010-Villelongue	N 43° 38,036' E 2° 46,073'	423	3			
				011-Murat-sur-Vèbre	N 43° 39,635' E 2° 48,165'	428	5			
				012-Rieu-Montagné-P	N 43° 38,812' E 2° 46,919'	432	4			
				013-Nages	N 43° 40,518' E 2° 46,776'	437	5			
				014-La Trivalle	N 43° 42,346' E 2° 46,079'	442	5			
				015-La Pierre Plantée	N 43° 42,783' E 2° 43,594'	446	4			
				016-Lacaune	N 43° 42,442' E 2° 41,497'	450	4	450		
324	190			017Castres-P	N 43° 36,353' E 2° 14,546'	496	46			
	Sidobre			018-Lafontasse	N 43° 37,463' E 2° 19,531'	504	8			
335	192			019-L'Oustalou	N 43° 37,704' E 2° 23,135'	510	6			
				020-Lac Merle	N 43° 38,716' E 2° 23,369'	514	4			
				021-Chaos de la Resse	N 43° 39,097' E 2° 22,630'	516	2			
			mardi 17 mai 2022	022-Peyro Clabado	N 43° 39,436' E 2° 21,899'	517	1			D2
				023-Lacrouzette	N 43° 39,805' E 2° 20,945'	519	2			
				024-Ricard	N 43° 40,337' E 2° 23,100'	525	6			
				025-Lacrouzette	N 43° 39,805' E 2° 20,945'	530	5			
				026-Saut de la Truite	N 43° 38,943' E 2° 20,266'	534	4			
				027-Burlats	N 43° 38,198' E 2° 19,096'	539	5			
324	190			028-Castres-P	N 43° 37,216' E 2° 15,128'	546	7	96		

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage						
						Σt	Σp	bivouac	Day	Week		
vallée du Thore						029-Mazamet	N 43° 29,406' E 2° 22,595'	573	27			
341	190			030-Saint-Amans-Soult	N 43° 28,617' E 2° 29,381'	584	11					
342	191			031-Le Vintrou	N 43° 31,501' E 2° 27,695'	595	11					
				032-Lac des Saints-Peyres	N 43° 32,521' E 2° 31,225'	610	15					
				033-Pont-de-Larn	N 43° 30,384' E 2° 25,079'	626	16					
341			mercredi 18 mai 2022	034-Mazamet	N 43° 29,406' E 2° 22,595'	630	4				D3	
2-Pays Cathare (1) Le Cabardes												
137												
Montagne Noire, Les eaux captives												
Montagne Noire, Les eaux captives						035-Revel	N 43° 27,517' E 2° 0,274'	670	40			
345	190			036-Les Cammazes W	N 43° 25,982' E 2° 2,943'	675	5					
347	190			037-Durfort-P	N 43° 26,376' E 2° 3,888'	681	6	135				
Haut-Languedoc						038-Pont-Crouzet	N 43° 27,086' E 2° 2,894'	683	2			
345				039-Sorèze	N 43° 27,163' E 2° 3,976'	685	2					
				040-Arfons	N 43° 25,803' E 2° 10,097'	700	15					
				041-Lacombe	N 43° 23,810' E 2° 13,938'	710	10					
				042-Laprade	N 43° 26,585' E 2° 15,524'	719	9					
348			jeudi 19 mai 2022	043-Font Bruno	N 43° 27,623' E 2° 14,693'	722	3					
				044-Massaguel	N 43° 29,537' E 2° 9,669'	737	15				D4	
				045-En Calcat	N 43° 29,726' E 2° 9,124'	739	2					
				046-Mont Alric	N 43° 26,692' E 2° 8,611'	751	12					
346				047-Sorèze	N 43° 27,163' E 2° 3,976'	763	12					
345				048-Revel	N 43° 27,517' E 2° 0,274'	769	6					
2-Pays Cathare (1) Le Cabardes												
125				049-Saissac-W	N 43° 21,554' E 2° 10,146'	790	21	109				
116/119			vendredi 20 mai 2022	050-Carcassonne-P	N 43° 12,383' E 2° 22,006'	821	31				D5	
133				051-Castelnaudary-P	N 43° 18,832' E 1° 56,933'	864	43	74				
3-Toulouse Gers (1)												
Pays du Pastel						052-Obélisque de Riquet	N 43° 21,142' E 1° 49,618'	878	14			
112	189			053-Montferrand-P	N 43° 21,143' E 001° 49,434'	878	0					
	190			084-Saint-Félix-Lauragais	N 43° 26,932' E 1° 53,263'	894	16					
112	190			055-Saint-Julia	N 43° 29,388' E 1° 53,861'	900	6					
			samedi 21 mai 2022	056-Montgey	N 43° 30,713' E 1° 56,006'	904	4				D6	
				057-Aguts	N 43° 31,771' E 1° 55,429'	907	3					
				058-Puylaurens	N 43° 34,322' E 2° 0,767'	918	11					
				059-Magrin	N 43° 37,220' E 1° 55,638'	928	10					
				060-Loubens-Lauragais	N 43° 34,427' E 1° 47,077'	947	19					
				061-Vaux	N 43° 27,380' E 1° 50,188'	963	16					
				062-Montmaur	N 43° 23,601' E 1° 50,632'	974	11	110				

Week-1

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage			
						Σp	bivouac	Day	Week	
			lundi 23 mai 2022	Toulouse-P	N 43° 29,199' E 001° 31,945'					D8/9
			mardi 24 mai 2022	Toulouse-C-north	N 43° 39,352' E 1° 24,935'	0				
1-Vallée du Tarn (6)										
382			mercredi 25 mai 2022	074-Montauban-C	N 44° 0,451' E 1° 20,448'	1110	71	71		D10
				Gorges de l'Aveyron	075-Bruniquel	N 44° 3,319' E 1° 39,872'	1141	31		
399				076-Montricoux	N 44° 4,509' E 1° 37,111'	1148	7			
404				077-Saint-Antonin-Noble-Val	N 44° 9,067' E 1° 45,369'	1165	17			
				078-Penne	N 44° 4,556' E 1° 43,951'	1180	15			
				Cause de Limogne	079-Caylus	N 44° 14,150' E 1° 46,311'	1220	40		
407			jeudi 26 mai 2022	080-Chapelle N.-D.-des-Grâces,	N 44° 15,712' E 1° 46,885'	1225	5			D11
				081-Lacapelle-Livron	N 44° 16,020' E 1° 46,992'	1226	1			
				082-Saint-Projet	N 44° 18,338' E 1° 47,643'	1231	5			
				083-Beauregard	N 44° 20,725' E 1° 47,615'	1237	6			
				084-Dolmen de la Peyre Levade	N 44° 21,021' E 1° 50,766'	1242	5			
				085-Laramière (Cantarel !)	N 44° 21,125' E 1° 52,727'	1245	3	135		
				086-Varaire	N 44° 21,448' E 1° 43,433'	1259	14			
			vendredi 27 mai 2022	087-Bach, Cloup d'Aural	N 44° 21,149' E 1° 41,411'	1262	3			D12
				088-Caylus-P	N 44° 14,016' E 001° 46,335'	1283	21	38		
415			samedi 28 mai 2022	089-Montpezat-de-Quercy*	N 44° 14,153' E 1° 28,895'	1313	30			
				Pays de Serres	090-Lauzerte-P*	N 44° 15,334' E 1° 8,271'	1348	35		
418	173			091-Saint-Amans-de-Pellagal	N 44° 13,652' E 1° 6,582'	1354	6			
				092-Miramont-de-Quercy	N 44° 13,826' E 1° 3,946'	1359	5			
				093-Castelsagrat	N 44° 11,045' E 0° 56,805'	1374	15			
				094-Brassac	N 44° 12,741' E 0° 58,394'	1379	5			
				095-Bourg-de-Visa	N 44° 15,759' E 0° 57,483'	1386	7			D13/14
			dimanche 29 mai 2022	096-Roquecor	N 44° 19,230' E 0° 56,717'	1396	10			
				097-Montaigu-de-Quercy	N 44° 20,481' E 1° 1,084'	1403	7			
				098-Pervillac	N 44° 20,681' E 1° 3,884'	1408	5			
				099-Touffailles	N 44° 16,376' E 1° 3,030'	1418	10			
				100-Lauzerte-P	N 44° 15,255' E 1° 8,206'	1428	10			
392	173			101-Moissac-P**	N 44° 6,004' E 1° 5,114'	1451	23	168		

Week-2

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage		
						Σp	bivouac	Day	Week
4-Aquitaine-8									
502	172		lundi 30 mai 2022	102-Castelculier, Villascopia	N 44° 10,523' E 0° 41,869'	1489	38		
				103-Agen-P*	N 44° 12,122' E 0° 36,802'	1499	10	48	D15
Le Brulhois									
507				104-Chateau d'Estillac	N 44° 9,311' E 0° 33,769'	1508	9		
				105-Aubiac	N 44° 8,540' E 0° 33,647'	1510	2		
				106-Laplume	N 44° 6,641' E 0° 31,939'	1515	5		
				107-Moirax, église	N 44° 8,451' E 0° 36,572'	1525	10		
508	172			108-Layrac, église	N 44° 8,170' E 0° 39,591'	1531	6		
511				109-Nérac, i	N 44° 8,075' E 0° 20,386'	1562	31		
Pays d'Albret									
513			mardi 31 mai 2022	110-Château de Pomarède	N 44° 4,456' E 0° 22,144'	1569	7		
514				111-Moncrabeau	N 44° 2,083' E 0° 22,198'	1575	6		D16
				112-Mézin	N 44° 3,373' E 0° 15,442'	1586	11		
				113-Barbaste	N 44° 10,204' E 0° 17,370'	1602	16		
				114-Lavardac	N 44° 10,637' E 0° 17,748'	1603	1		
				115-Xaintrailles	N 44° 12,361' E 0° 15,516'	1608	5		
				116-Vianne	N 44° 11,873' E 0° 19,358'	1614	6		
512	173			117-Montesquieu	N 44° 12,876' E 0° 26,510'	1628	14		
				118-Montagnac-sur-Auvignon	N 44° 9,647' E 0° 27,596'	1636	8	137	
Val de Garonne									
518				119-Marmande-P**	N 44° 29,920' E 0° 9,625'	1691	55		
				120-Gontaud-de-Nogaret	N 44° 27,309' E 0° 17,688'	1706	15		
				121-Tonneins	N 44° 23,471' E 0° 18,491'	1714	8		
				122-Villeton	N 44° 22,520' E 0° 16,565'	1717	3		
mercredi 1 juin 2022									
				123-Le Mas-d'Agenais	N 44° 24,690' E 0° 13,121'	1725	8		D17
				124-Meilhan-sur-Garonne	N 44° 29,763' E 0° 3,693'	1743	18		
520				125-Couthures-sur-Garonne	N 44° 30,871' E 0° 4,736'	1746	3		
				126-Sainte-Bazeille	N 44° 31,854' E 0° 5,605'	1750	4		
	156			127-Marmande-P**	N 44° 29,920' E 0° 9,625'	1757	7	121	
Bastides & Châteaux									
540				128-Monflanquin-P	N 44° 31,968' E 0° 46,094'	1815	58		
				129-Villereal	N 44° 38,221' E 0° 44,557'	1827	12		
				130-Saint-Avit	N 44° 35,363' E 0° 52,879'	1844	17		
541				131-Saint-Sardos de Laurenque	N 44° 33,939' E 0° 53,368'	1848	4		
jeudi 2 juin 2022									
				132-Gavaudun	N 44° 33,612' E 0° 53,295'	1848	0		D18
				133-Bonaguil	N 44° 32,291' E 1° 0,856'	1867	19		
				134-Fumel	N 44° 29,833' E 0° 58,241'	1875	8		
				135-Monsempron-Libos	N 44° 29,477' E 0° 56,579'	1878	3		
	157			136-Penne-d'Agenais	N 44° 23,300' E 0° 48,883'	1897	19	140	

Week-3

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage		
						Σp	bivouac	Day	Week
Basse Vallée du Lot				137-Villeneuve-sur-Lot	N 44° 24,250' E 0° 42,244'	1908	11		
530				138-Bias	N 44° 24,947' E 0° 40,272'	1912	4		
				139-Casseneuil	N 44° 26,793' E 0° 37,103'	1918	6		
				140-Hauterive	N 44° 25,848' E 0° 34,972'	1925	7		
			vendredi 3 juin 2022	141-Fongrave	N 44° 23,624' E 0° 32,174'	1931	6		D19
				142-Laparade	N 44° 23,270' E 0° 26,809'	1941	10		
				143-Clairac	N 44° 21,625' E 0° 22,547'	1948	7		
				144-Granges-sur-Lot	N 44° 22,640' E 0° 27,920'	1956	8		
				145-Le Temple-sur-Lot	N 44° 22,786' E 0° 31,468'	1961	5		
	157			146-Villeneuve-sur-Lot	N 44° 24,250' E 0° 42,244'	1976	15	79	
Serres du bas Quercy				147-Pujols	N 44° 23,189' E 0° 41,413'	1980	4		
532				148-Grottes de Lastournelles	N 44° 20,501' E 0° 39,440'	1988	8		
				149-Grottes de Fontirou	N 44° 18,938' E 0° 42,725'	1995	7		
			samedi 4 juin 2022	150-Puymirol	N 44° 11,195' E 0° 47,776'	2018	23		D20
				151-Saint-Maurin	N 44° 12,446' E 0° 53,553'	2028	10		
				152-Frespech	N 44° 19,944' E 0° 50,618'	2052	24		
				153-Hautefage-la-Tour	N 44° 19,300' E 0° 47,066'	2059	7		
				154-Villeneuve-sur-Lot	N 44° 24,250' E 0° 42,244'	2074	15	98	
	172		dimanche 5 juin 2022	155-Agen-P**	N 44° 12,122' E 0° 36,802'	2103	29	29	D21

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage			
							Σp	bivouac	Day	Week
4-Aquitaine-1										
			lundi 6 juin 2022	156-Bordeaux-Ibis, 4 dd	N 44° 53,451' W 0° 33,998'	2252	149	149	D22	
96			mardi 7 juin 2022	156-Bordeaux-Ibis, 4 dd					D23	
			mercredi 8 juin 2022	156-Bordeaux-Ibis, 4 dd					D24	
			jeudi 9 juin 2022	156-Bordeaux-Ibis, 4 dd					D25	
01-Côtes de Bordeaux										
130	141			157-Bouliac, Bordeaux	N 44° 48,826' W 0° 31,443'	2267	15			
				158-Langoiran	N 44° 41,957' W 0° 22,904'	2286	19			
				159-Rions	N 44° 39,897' W 0° 21,157'	2292	6			
				160-Cadillac	N 44° 38,221' W 0° 19,229'	2297	5			
			vendredi 10 juin 2022	161-Loupiac	N 44° 37,274' W 0° 17,800'	2302	5			
				162-Château Malromé	N 44° 36,175' W 0° 12,834'	2312	10		D26	
				163-Verdelais	N 44° 35,320' W 0° 14,971'	2316	4			
136				164-Domaine de Malagar	N 44° 34,813' W 0° 14,348'	2318	2			
				165-Saint-Macaire	N 44° 33,917' W 0° 13,580'	2321	3			
				166-Sainte-Croix-du-Mont	N 44° 35,657' W 0° 17,071'	2329	8	77		
02-Graves, Sauternes,										
138				167-Cadaujac	N 44° 45,350' W 0° 31,775'	2365	36			
				168-Portets	N 44° 41,779' W 0° 25,474'	2381	16			
				169-Château de Mongenan	N 44° 41,779' W 0° 25,866'	2381	0			
				170-Château Lagueloup	N 44° 41,870' W 0° 25,378'	2383	2			
				171-Podensac	N 44° 39,045' W 0° 21,271'	2391	8			
				172-Cérons	N 44° 38,106' W 0° 20,010'	2394	3			
				173-Château de La Brède	N 44° 40,748' W 0° 32,663'	2418	24			
			samedi 11 juin 2022	174-Réserve Saucats	N 44° 39,196' W 0° 35,823'	2424	6			
142	142			175-Léognan	N 44° 43,672' W 0° 35,825'	2433	9		D27	
				176-Gradignan	N 44° 45,921' W 0° 37,175'	2438	5			
03-Sauternes & Barsac										
142				177-Barsac	N 44° 36,474' W 0° 19,026'	2477	39			
				178-Budos	N 44° 32,021' W 0° 23,084'	2488	11			
				179-Sauternes	N 44° 31,380' W 0° 20,506'	2494	6			
				180-Château d'Yquem	N 44° 32,511' W 0° 19,349'	2498	4			
				181-Château de Malle	N 44° 33,971' W 0° 17,750'	2502	4			
				182-Barsac	N 44° 36,474' W 0° 19,026'	2508	6	179		

Week-4

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage Σp	bivouac	Day	Week
				183-Gradignan	N 44° 45,921' W 0° 37,175'	2545	37			
				184-D936	N 44° 50,476' W 0° 29,736'	2561	16			
04-Entre Deux Mers				185-Carignan-de-Bordeaux	N 44° 48,787' W 0° 28,500'	2567	6			
145				186-Sadirac	N 44° 46,952' W 0° 24,335'	2576	9			
				187-Créon	N 44° 46,460' W 0° 20,911'	2581	5			
				188-Saint-Gènes-de-Lombaud	N 44° 45,042' W 0° 22,295'	2585	4			
				189-Haux	N 44° 44,141' W 0° 22,298'	2588	3			
				190-La Sauve	N 44° 46,067' W 0° 18,729'	2595	7			
			dimanche 12 juin 2022	191-La Sauve, église	N 44° 46,107' W 0° 18,989'	2596	1			D28
150				192-Castelviel	N 44° 40,028' W 0° 9,256'	2617	21			
				193-Sauveterre-de-Guyenne	N 44° 41,539' W 0° 5,198'	2624	7			
				194-Blasimon	N 44° 45,224' W 0° 4,471'	2633	9			
				195-Pujols	N 44° 48,503' W 0° 1,880'	2641	8			
				196-Église Sainte-Radegonde	N 44° 48,331' E 0° 0,969'	2647	6			
				197-Pujols	N 44° 48,503' W 0° 1,880'	2653	6			
				198-Rauzan	N 44° 46,817' W 0° 7,589'	2664	11			
				199-Daignac	N 44° 47,940' W 0° 14,956'	2675	11			
				200-D936	N 44° 50,476' W 0° 29,736'	2699	24	191		

to La Réole

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage Σp	bivouac	Day	Week
<hr style="border-top: 1px dashed black;"/>										
05-Entre Deux Mers					201-Sauveterre-de-Guyenne	N 44° 41,539' W 0° 5,198'	2740	41		
154					202-La Réole	N 44° 34,897' W 0° 2,514'	2755	15		
					203-Monségur	N 44° 38,997' E 0° 4,819'	2769	14		
					204-Saint-Ferme	N 44° 41,603' E 0° 3,528'	2775	6		
					205-Castelmoron-d'Albret	N 44° 40,796' W 0° 0,685'	2782	7		
					206-Sauveterre-de-Guyenne	N 44° 41,539' W 0° 5,198'	2789	7		
06-Saint Emilion					207-Saint-Émilion	N 44° 53,663' W 0° 9,344'	2816	27		
162					208-Saint-Christophe-des-Bardes	N 44° 53,489' W 0° 7,095'	2820	4		
			lundi 13 juin 2022		209-Saint-Étienne-de-Lisse	N 44° 53,010' W 0° 5,412'	2824	4	D29	
					210-Château Faugères	N 44° 52,736' W 0° 4,757'	2826	2		
					211-St-Hippolyte	N 44° 52,479' W 0° 7,093'	2830	4		
07-Autour Saint Emilion					212-Saint-Émilion	N 44° 53,663' W 0° 9,344'	2835	5		
164					213-Saint-Georges, Montagne	N 44° 55,574' W 0° 7,838'	2840	5		
					214-Montagne	N 44° 55,808' W 0° 7,765'	2841	1		
					215-Petit-Palais-et-Cornemps	N 44° 58,906' W 0° 3,749'	2852	11		
					216-Castillon-la-Bataille	N 44° 51,124' W 0° 2,580'	2870	18		
					217-Saint-Émilion	N 44° 53,663' W 0° 9,344'	2882	12	183	
<hr style="border-top: 1px dashed black;"/>										
08-Fronsac & Pomerol					218-Libourne	N 44° 54,780' W 0° 14,639'	2891	9		
168					219-Fronsac	N 44° 55,406' W 0° 16,221'	2895	4		
170					220-La Riviere	N 44° 56,586' W 0° 19,096'	2900	5		
					221-La Lande-de-Fronsac	N 44° 58,751' W 0° 22,911'	2907	7		
					222-Mouillac	N 45° 0,489' W 0° 21,178'	2912	5		
					223-église St-Ciers-d'Abzac	N 45° 1,886' W 0° 16,472'	2920	8		
					224-Saint-Martin-de-Laye	N 45° 1,945' W 0° 13,765'	2924	4		
			mardi 14 juin 2022		225-Guitres	N 45° 2,399' W 0° 11,259'	2930	6		
					226-Saint-Denis-de-Pile	N 44° 59,662' W 0° 12,344'	2936	6	D30	
					227-Lalande-de-Pomerol	N 44° 57,342' W 0° 12,553'	2941	5		
					228-Libourne	N 44° 54,780' W 0° 14,639'	2948	7		
09-La Corniche Fleurie					229-Blaye	N 45° 7,763' W 0° 39,971'	2994	46		
177					230-Plassac	N 45° 6,125' W 0° 38,737'	2999	5		
					231-Roque-de-Thau	N 45° 4,675' W 0° 38,238'	3002	3		
					232-Le Rigalet	N 45° 3,583' W 0° 37,170'	3004	2		
					233-Bayon-sur-Gironde	N 45° 3,202' W 0° 35,998'	3006	2	124	

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage Σp	bivouac	Day	Week
				234-Château d'Eyquem,	N 45° 2,914' W 0° 35,828'	3007	1			
				235-Pain-de-Sucre	N 45° 2,708' W 0° 35,638'	3008	1			
10-Sud-de-Bourg				236-Bourg	N 45° 2,381' W 0° 33,657'	3012	4			
181				237-Tauriac	N 44° 54,382' w 1° 46,551'	3018	6			
				238-église de Magrigne	N 45° 3,221' W 0° 28,806'	3022	4			
				239-Château du Bouilh	N 45° 0,579' W 0° 27,364'	3029	7			
				240-Saint-André-de-Cubzac	N 45° 0,069' W 0° 26,996'	3032	3			
				241-Cubzac-les-Ponts	N 44° 58,292' W 0° 27,201'	3035	3			
11-Haut-Médoc				242-Gasteboy	N 44° 53,490' W 0° 38,267'	3058	23			
184	140			243-Ludon-Médoc	N 44° 58,051' W 0° 36,521'	3069	11			
				244-Macau	N 45° 0,766' W 0° 36,216'	3075	6			
				245-Labarde	N 45° 1,290' W 0° 38,049'	3078	3			
				246-Margaux-Cantenac	N 45° 2,666' W 0° 40,125'	3083	5			
				247-Château Maucaillou	N 45° 5,120' W 0° 44,724'	3093	10			
				248-Cussac-Fort-Médoc	N 45° 6,588' W 0° 42,302'	3098	5			
			mercredi 15 juin 2022	249-Château Lanessan	N 45° 8,159' W 0° 45,150'	3106	8			
				250-Château-Beychevelle	N 45° 8,653' W 0° 44,055'	3109	3			
				251-Saint-Julien-Beychevelle	N 45° 9,953' W 0° 44,451'	3112	3			D31
				252-Château Lynch-Bages	N 45° 11,469' W 0° 45,285'	3116	4			
				253-Pauillac	N 45° 11,975' W 0° 44,773'	3118	2			
				254-Château Lafitte-Rothschild	N 45° 13,497' W 0° 46,346'	3122	4			
	140			255-Château Cos-d'Estournel	N 45° 13,846' W 0° 46,547'	3124	2			
				256-Saint-Estèphe	N 45° 15,889' W 0° 46,307'	3128	4			
				257-Château-Loudenne	N 45° 19,197' W 0° 47,524'	3137	9			
				258-Château St-Christoly	N 45° 21,325' W 0° 49,535'	3144	7			
				259-Domaine Rollan de By	N 45° 22,410' W 0° 51,967'	3149	5			
				260-Blaignan-Médoc	N 45° 19,432' W 0° 52,492'	3159	10			
				261-Lesparre-Médoc	N 45° 18,450' W 0° 56,592'	3166	7			
				262-Vertheuil	N 45° 15,030' W 0° 50,087'	3178	12			
				263-Saint-Laurent-Médoc	N 45° 9,072' W 0° 49,332'	3190	12			
				264-La Tour Carnet	N 45° 8,873' W 0° 47,615'	3193	3			
				265-Château Fourcas-Hosten	N 45° 4,555' W 0° 47,396'	3205	12			
				266-Moulis-en-Médoc	N 45° 3,547' W 0° 46,252'	3207	2			
	140			267-Castelnau-de-Médoc	N 45° 1,584' W 0° 47,917'	3213	6			
192				268-La Winery Arsac	N 44° 58,979' W 0° 44,680'	3220	7	214		

Week-5

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage					
						Σt	Σp	bivouac	Day	Week	
12-Entre Mer & Estuaire											
200			jeudi 16 juin 2022	269-Queyrac	N 45° 21,752' W 0° 58,612'	3270	50				
				270-Saint-Vivien-de-Médoc	N 45° 25,838' W 1° 2,131'	3280	10				
				271-Jau-Dignac-et-Loirac	N 45° 26,370' W 0° 55,915'	3286	6				
				272-Soulac-sur-Mer	N 45° 30,833' W 1° 7,300'	3293	7				
				273-Le Verdon-sur-Mer**	N 45° 33,356' W 1° 4,433'	3301	8				
				274-Pointe-de-Grave	N 45° 34,023' W 1° 3,942'	3304	3				
				275-Port-Bloc	N 45° 34,000' W 1° 3,783'	3318	14				
				279-Soulac-sur-Mer	N 45° 30,833' W 1° 7,300'	3327	9			D32	
				277-Port-Saint-Vivien	N 45° 27,171' W 1° 1,008'	3339	12				
				278-Saint-Vivien-de-Médoc	N 45° 25,838' W 1° 2,131'	3342	3				
				279-Port-de-Richard	N 45° 25,033' W 0° 55,644'	3353	11				
				280-Port-de-Goulée	N 45° 24,393' W 0° 54,721'	3354	1				
				281-Valeyjac	N 45° 23,751' W 0° 53,740'	3357	3				
				282-Queyrac	N 45° 21,752' W 0° 58,612'	3366	9	146			
13-Lacs, Etang & Océan											
208	140		vendredi 17 juin 2022	283-Hourtin-Plage	N 45° 13,347' W 1° 10,095'	3393	27				
				284-Contaut	N 45° 12,849' W 1° 7,665'	3397	4				
				285-Hourtin-Pot	N 45° 11,122' W 1° 4,855'	3406	9				
				286-Hourtin	N 45° 11,165' W 1° 3,432'	3409	3				
				287-Carcans-Maubuisson	N 45° 4,116' W 1° 8,563'	3429	20			D33	
				288-Carcans-Océan	N 45° 4,958' W 1° 11,214'	3434	5				
				289-Etang-de-Cousteau	N 45° 1,753' W 1° 10,483'	3441	7				
				290-Lacanau-Océan	N 45° 0,102' W 1° 12,120'	3446	5	80			
14-Bassin d'Arcachon											
213	154		samedi 18 juin 2022	291-Cap Ferret	N 44° 39,292' W 1° 15,100'	3499	53				
222				292-L'Herbe	N 44° 41,174' W 1° 14,120'	3504	5				
				293-Arès	N 44° 45,906' W 1° 8,360'	3521	17				
				294-Andernos-les-Bains	N 44° 44,116' W 1° 5,074'	3527	6				
				295-Lanton	N 44° 41,969' W 1° 2,054'	3533	6				
				296-Audenge	N 44° 41,039' W 1° 0,931'	3536	3				
				297-Biganos	N 44° 38,527' W 0° 58,597'	3542	6			D34	
				298-Le Teich	N 44° 38,466' W 1° 1,239'	3549	7				
				299-Gujan-Mestras	N 44° 38,481' W 1° 4,344'	3554	5				
				300-La Teste-de-Buch	N 44° 37,965' W 1° 8,720'	3561	7				
				301-Arcachon**	N 44° 39,813' W 1° 10,119'	3566	5				
				302-Dune-du-Pilat	N 44° 34,407' W 1° 13,308'	3582	16	136			
Gascogne & Adour											
			dimanche 19 juin 2022	303-Château de Roquetaillade**	N 44° 29,556' W 0° 16,180'	3691	109				
248	155			304-Bazas	N 44° 25,886' W 0° 12,613'	3703	12				
250				305-Uzeste	N 44° 26,508' W 0° 19,436'	3713	10			D35	
252				306-Château de Cazeneuve**	N 44° 23,256' W 0° 19,105'	3722	9	140			

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage					
						Σt	Σp	bivouac	Day	Week	
15-Landes de Gascogne											
238	154			307-Belin-Béliez	N 44° 29,605' W 0° 47,577'	3769	47				
				308-Moustey	N 44° 21,602' W 0° 45,698'	3787	18				
				309-Pissos	N 44° 20,400' W 0° 45,129'	3790	3				
				310-Solférino	N 44° 8,724' W 0° 55,172'	3830	40				
241			lundi 20 juin 2022	311-Sabres**	N 44° 8,947' W 0° 44,834'	3844	14				
				312-Garein	N 44° 2,802' W 0° 39,144'	3858	14			D36	
				313-Brocas	N 44° 2,665' W 0° 32,164'	3868	10				
				314-Luxey	N 44° 15,840' W 0° 31,084'	3893	25				
				315-Belhade	N 44° 22,576' W 0° 41,111'	3916	23				
				316-Hostens	N 44° 29,612' W 0° 38,380'	3931	15				
				317-Belin-Béliez	N 44° 29,605' W 0° 47,577'	3945	14	223			
16-Marsan & Armagnac											
254	170			318-Mont-de-Marsan	N 43° 53,551' W 0° 29,947'	4025	80				
256				319-Bascons*	N 43° 50,742' W 0° 26,078'	4035	10				
				320-Villeneuve-de-Marsan	N 43° 53,546' W 0° 18,421'	4049	14				
				321-Château-de-Ravignan	N 43° 52,614' W 0° 16,976'	4053	4				
			mardi 21 juin 2022	322-château Garrau	N 43° 56,494' W 0° 10,553'	4072	19				
				323-N.-D.-des-cyclistes	N 43° 57,320' W 0° 9,722'	4077	5			D37	
				324-Labastide-d'Armagnac*	N 43° 58,163' W 0° 11,137'	4080	3				
				325-Saint-Justin	N 43° 58,898' W 0° 13,851'	4085	5				
				326-Roquefort	N 44° 2,064' W 0° 19,358'	4096	11				
				327-Pouydesseaux	N 43° 57,237' W 0° 20,012'	4106	10				
				328-Mont-de-Marsan	N 43° 53,551' W 0° 29,947'	4124	18	179			
17-Le Tursan											
263	186	**		329-Aire-sur-l'Adour	N 43° 41,834' W 0° 16,120'	4157	33				
				330-Geaune	N 43° 38,450' W 0° 22,675'	4169	12				
		**		331-Pimbo	N 43° 34,499' W 0° 22,527'	4180	11				
			mercredi 22 juin 2022	332-Azacq-Arraziguat	N 43° 32,429' W 0° 24,592'	4187	7				
				3337-Samadet	N 43° 38,390' W 0° 29,244'	4201	14			D38	
				334-Eugénie-les-Bains	N 43° 41,746' W 0° 22,643'	4219	18				
				335-Larrivière-Saint-Savin	N 43° 45,948' W 0° 25,262'	4230	11				
				336-Grenade-sur-l'Adour	N 43° 46,386' W 0° 25,863'	4232	2				
262		**		337-Aire-sur-l'Adour	N 43° 41,834' W 0° 16,120'	4251	19	127			

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage				
						Σt	Σp	bivouac	Day	Week
<hr/>										
18-La Chalosse		**								
268	186			338-Saint-Sever	N 43° 45,575' W 0° 34,445'	4283	32			Week
				339-Hagetmau**	N 43° 39,616' W 0° 36,107'	4296	13			
				340-Brassempouy	N 43° 38,046' W 0° 41,686'	4307	11			
				341-Gaujacq	N 43° 37,969' W 0° 45,570'	4214	-93			
				342-Pomarez	N 43° 37,720' W 0° 49,807'	4321	107			
270			jeudi 23 juin 2022	343-Montfort-en-Chalosse*	N 43° 42,678' W 0° 50,330'	4333	12			
				344-Laurède	N 43° 45,372' W 0° 47,383'	4341	8	D41	D39	
				345-Mugron	N 43° 45,063' W 0° 44,926'	4346	5			
				346-Moulin de Poyaller	N 43° 43,122' W 0° 44,332'	4350	4			
				347-Montaut	N 43° 44,443' W 0° 39,571'	4359	9			
				348-Audignon	N 43° 43,348' W 0° 36,313'	4366	7			
				349-Saint-Sever	N 43° 45,575' W 0° 34,445'	4372	6	121		
273	185			350-Dax**	N 43° 42,516' W 1° 3,117'	4423	51			
19-Pays d'Orthe				351-Peyrehorade	N 43° 32,738' W 1° 5,832'	4445	22			
282			vendredi 24 juin 2022	352-Hastingues	N 43° 32,070' W 1° 8,936'	4455	10			
				353-Aire autoroutière d'Hastingues	N 43° 31,758' W 1° 9,060'	4485	30		D40	
				354-Abbaye d'Arthous**	N 43° 31,641' W 1° 7,285'	4488	3			
				355-Sorde-l'Abbaye	N 43° 31,773' W 1° 3,295'	4495	7			
				356-Peyrehorade	N 43° 32,738' W 1° 5,832'	4499	4	127		
<hr/>										
20-Entre deux courants										
292	168			357-Mimizan	N 44° 12,234' W 1° 14,170'	4600	101			
				358-Contis-plage	N 44° 5,476' W 1° 19,253'	4624	24			
			samedi 25 juin 2022	359-Lévignacq	N 44° 0,262' W 1° 10,066'	4642	18			
				360-Étang de Léon	N 43° 54,158' W 1° 18,645'	4651	9		D41	
				361-Courant de Huchet	N 43° 53,255' W 1° 22,036'	4669	18			
				362-Maa	N 43° 51,809' W 1° 21,415'	4672	3			
				363-Moliets-et-Maa	N 43° 50,942' W 1° 21,543'	4674	2	175		
<hr/>										
21-Pays des étangs										
298	184			364-Vieux-Boucau-les-Bains	N 43° 47,149' W 1° 24,058'	4682	8			
				365-Soustons	N 43° 45,337' W 1° 19,59	4690	8			
			dimanche 26 juin 2022	366-Étang-Blanc	N 43° 42,442' W 1° 22,716'	4700	10		D42	
				367-Étang Noir	N 43° 41,769' W 1° 22,723'	4701	1			
				368-Seignosse-Océan	N 43° 42,402' W 1° 25,964'	4707	6			
298				369-Pont d'Hossegor*	N 43° 39,674' W 1° 25,958'	4714	7	40		

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage Σp	bivouac	Day	Week
22-Côte-Basque & Labourd										
				370-Bayonne-P**	N 43° 29,551' W 1° 28,280'	4741	27			
312				371-Anglet-P?	N 43° 30,320' W 1° 32,088'	4748	7			
332	184			372-Biarritz-C**	N 43° 29,003' W 1° 34,086'	4753	5			
348			lundi 27 juin 2022	373-Saint-Jean-de-Luz**	N 43° 23,286' W 1° 39,798'	4771	18			D43
360				374-Hendaye*	N 43° 22,647' W 1° 44,959'	4780	9			
				375- Col de St Ignace	N 43° 22,647' W 1° 44,959'	4801	21			
La Rhune , 368				376-Maison Ortilloptz*	N 43° 19,382' W 1° 35,312'	4803	2	89		
23-Vallée de la Nivelle										
				377-Ascain*	N 43° 20,685' W 1° 37,239'	4807	4			
370				378-Saint-Pée-sur-Nivelle*	N 43° 21,308' W 1° 33,058'	4816	9			
380				379-Espelette	N 43° 20,527' W 1° 26,726'	4827	11			
384	184			380-Cambo-les-Bains*	N 43° 22,061' W 1° 25,356'	4834	7			
				381-Itxassou	N 43° 19,549' W 1° 24,275'	4841	7			
				382-Pas-de-Rolland	N 43° 19,369' W 1° 24,225'	4842	1			
				383-Artzamendi	N 43° 16,975' W 1° 24,506'	4854	12			
				384-Mont Urzumu	N 43° 20,210' W 1° 25,403'	4870	16			
394				385-La Bastide-Clairence*	N 43° 25,779' W 1° 15,357'	4893	23			
24-le Long-St-Jacques			mardi 28 juin 2022	386-Saint-Palais*	N 43° 19,644' W 1° 1,980'	4921	28			D44
402	185			387-Stèle-de-Gibraltar	N 43° 17,956' W 1° 2,071'	4926	5			
	202			388-Chapelle St-Nicolas Harambels	N 43° 16,338' W 1° 2,897'	4932	6			
				389-Château-Laxague	N 43° 15,171' W 1° 4,980'	4938	6			
				390-Larceveau-Arros-Cibits	N 43° 13,361' W 1° 6,104'	4945	7			
408	202			391-Saint-Jean-Pied-de-Port***	N 43° 9,841' W 1° 14,237'	4959	14			
406				392-Château-Pignon, D428	N 43° 4,650' W 1° 15,542'	4973	14			
				393-Miaxilotako Borda, D 128	N 43° 4,230' W 1° 18,022'	4978	5			
				394-Arnéguy	N 43° 6,524' W 1° 16,921'	4985	7			
406				395-Saint-Jean-Pied-de-Port***	N 43° 9,841' W 1° 14,237'	4994	9	191		
25-Vallée des Aldudes										
				396-Saint-Étienne-de-Baïgorry**	N 43° 10,527' W 1° 20,844'	5005	11			
416	202			397-Banca	N 43° 7,583' W 1° 22,434'	5013	8			
418				398-Aldudes	N 43° 5,746' W 1° 25,549'	5020	7			
				399-Esnazu	N 43° 4,813' W 1° 26,409'	5023	3			
				400-Urepel	N 43° 4,175' W 1° 24,984'	5028	5			
26-Forêt des Arbailles				401-Saint-Just-Ibarre	N 43° 11,657' W 1° 3,383'	5078	50			
??	202			402-Ordarp	N 43° 11,195' W 0° 56,697'	5091	13			
			mercredi 29 juin 2022	403-Aussurucq	N 43° 8,968' W 0° 56,018'	5097	6			D45
				404-Ahusquy	N 43° 5,685' W 1° 1,063'	5111	14			
				405-Col d'Aphanize	N 43° 6,163' W 1° 3,714'	5115	4			
26-Forêt d'Iraty				406-Col de Burdincurutcheta	N 43° 3,746' W 1° 5,282'	5139	24			
				407-Chalets d'Iraty	N 43° 2,189' W 1° 2,090'	5147	8			
27-Route des gorges				408-Larrau****	N 43° 1,125' W 0° 57,343'	5160	13			
422				409-Crevasses d'Holçarté	N 43° 0,125' W 0° 55,565'	5164	4			
				410-Sainte-Engrâce	N 42° 59,815' W 0° 50,907'	5185	21	191		

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage Σp	bivouac	Day	Week
<hr style="border-top: 1px dashed black;"/>										
28-Jurançon				411-Navarrenx*	N 43° 19,335' W 0° 45,660'	5234	49			
465				412-Lucq-de-Béarn	N 43° 17,205' W 0° 39,540'	5245	11			
				413-Monein	N 43° 19,207' W 0° 34,777'	5256	11			
				414-Lacommande	N 43° 16,639' W 0° 30,563'	5265	9			
				415-Lasseube	N 43° 13,478' W 0° 28,926'	5272	7			
29-Vallée de Barétous			jeudi 30 juin 2022	416-Oloron-Sainte-Marie*	N 43° 11,585' W 0° 36,220'	5287	15			D46
471				417-Aramits	N 43° 7,251' W 0° 43,708'	5303	16			
474				418-Lanne-en-Barétous	N 43° 6,776' W 0° 45,408'	5306	3			
				419-Arette	N 43° 5,715' W 0° 42,973'	5310	4			
				420-La Pierre-Saint-Martin	N 42° 58,656' W 0° 44,692'	5334	24			
474				421-Col de la Pierre-Saint-Martin*	N 42° 58,195' W 0° 45,990'	5337	3	152		
<hr style="border-top: 1px dashed black;"/>										
30-Vallée d'Aspe				422-Lurbe-Saint-Christau	N 43° 6,913' W 0° 36,466'	5375	38			
479				423-Escot	N 43° 4,643' W 0° 36,422'	5380	5			
				424-Sarrance	N 43° 3,055' W 0° 36,124'	5384	4			
				425-Lourdios-Ichère*	N 43° 2,989' W 0° 39,854'	5394	10			
				426-Col de Bouézou	N 43° 0,198' W 0° 40,467'	5406	12			
				427-Bedous	N 42° 59,950' W 0° 36,031'	5417	11			
			vendredi 1 juillet 2022	428-Chapelle d'Orcun	N 42° 59,717' W 0° 35,764'	5418	1			D47
				429-Aydius	N 43° 0,111' W 0° 32,503'	5425	7			
				430-Accous**	N 42° 58,656' W 0° 36,387'	5437	12			
				431-Lescun	N 42° 56,044' W 0° 38,103'	5448	11			
				432-Etsaut	N 42° 54,769' W 0° 34,244'	5458	10			
				433-Borce*	N 42° 54,550' W 0° 34,367'	5461	3			
483				434-Col du Somport**	N 42° 47,909' W 0° 31,910'	5478	17	141		
<hr style="border-top: 1px dashed black;"/>										
31-Vallée d'Ossau				435-Laruns-P	N 42° 59,342' W 0° 25,496'	5547	69			
488				436-Eaux Chaudes	N 42° 57,169' W 0° 26,319'	5553	6			
			samedi 2 juillet 2022	437-Gorges du Bitet	N 42° 55,895' W 0° 28,133'	5 559	6			D48
				438-Gabas	N 42° 53,304' W 0° 25,644'	5 567	8			
489				439-Lac de Bioux-Artigues*†	N 42° 52,070' W 0° 27,183'	0	0			
490				440-Col du Portalet	N 42° 48,355' W 0° 25,100'	5 582	15	104		
<hr style="border-top: 1px dashed black;"/>										
490				441-Eaux-Bonnes	N 42° 58,483' W 0° 23,365'	5 615	33			
				442-Aas	N 42° 58,828' W 0° 24,065'	5 616	1			
			dimanche 3 juillet 2022	443-Gourette	N 42° 57,530' W 0° 19,927'	5 626	10			D49
492				444-Col d'Aubisque***	N 42° 58,594' W 0° 20,380'	5 630	4			
				445-Col du Soulor	N 42° 57,633' W 0° 15,667'	5 700	70	118		

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Milage			
						Σt	Σp	bivouac	Day
432			lundi 4 juillet 2022	446-Pau-P***	N 43° 17,513' W 0° 21,881'	5 754	54	54	D50
32-Gave de Pau				447-Gelos	N 43° 17,000' W 0° 22,074'	5 758	4		
430/443				448-Uzos	N 43° 16,159' W 0° 20,641	5 761	3		
				449-N.-D.-de Pietat*	N 43° 12,840' W 0° 18,014'	5 769	8		
				450-Bourdettes	N 43° 11,769' W 0° 16,505'	5 775	6		
				451-Nay	N 43° 10,597' W 0° 15,753'	5 779	4		
				452-Lestelle-Bétharram	N 43° 7,505' W 0° 12,758'	5 790	11		
				453-Coarraze	N 43° 10,185' W 0° 13,866'	5 798	8		
				454-Baudreix	N 43° 12,346' W 0° 15,538'	5 802	4		
			mardi 5 juillet 2022	455-Bordes	N 43° 14,065' W 0° 16,878'	5 806	4		
33-Capital-to-capital				456-Aressy	N 43° 16,680' W 0° 19,750'	5 813	7		D51
430/440				457-Rond-Point Gabriel Delaunay	N 43° 19,136' W 0° 18,435'	5 822	9		
				458-Morlaas	N 43° 20,714' W 0° 15,805'	5 828	6		
				459-Momas	N 43° 26,955' W 0° 26,664'	5 850	22		
				460-Arzacq-Arraziguat	N 43° 32,429' W 0° 24,592'	5 865	15		
				461-Morlanne	N 43° 30,590' W 0° 32,146'	5 879	14		
				462-Arthez-de-Béarn	N 43° 27,323' W 0° 35,954'	5 891	12		
				463-Labastide-Cézéracq	N 43° 22,533' W 0° 32,320'	5 903	12		
442				464-Lescar*/ Pau-P***	N 43° 19,979' W 0° 26,005'	5 915	12	161	
34-Le Vic-Bilh				465-Montaner	N 43° 20,945' W 0° 0,717'	5 963	48		
497				466-Castéra-Loubix***	N 43° 24,130' W 0° 1,995'	5 974	11		
			mercredi 6 juillet 2022	467-Lembeye	N 43° 26,974' W 0° 6,756'	5 986	12		
				468-Arricau-Bordes	N 43° 29,885' W 0° 8,689'	5 993	7		D52
				469-Mascaraàs-Haron	N 43° 32,580' W 0° 13,583'	6 003	10		
				470-Garlin / Pau	N 43° 33,684' W 0° 16,298'	6 010	7		
432				471-Pau-P***	N 43° 17,513' W 0° 21,881'	6 062	52	147	
3-Pyrénées / Toulouse-Gers-3				472-Argelès-Gazost	N 43° 0,302' W 0° 6,065'	6 118	56		
35/36-Vallée d'Arrens				473-Artalens-Souin*	N 42° 58,513' W 0° 2,778'	6 128	10		
213			jeudi 7 juillet 2022	474-Arrens-Marsous	N 42° 57,385' W 0° 12,910'	6 149	21		D53
				475-Chapelle de Pouey-Laün	N 42° 57,033' W 0° 13,044'	6 150	1		
				476-Porte d'Arrens	N 42° 52,978' W 0° 16,238'	6 160	10		
				477-Lac d'Estaing*	N 42° 54,410' W 0° 12,448'	6 181	21	119	

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage			
						Σp	bivouac	Day	Week	
37-Gorge de Luz						478-St-Savin*	6 197	16		
214				479-Chapelle de Piétat*	N 42° 58,918' W 0° 5,536'	6 198	1			
38-Vallée de Cauterets						480-Pierrefitte-Nestalas*	6 200	2		
221/3				481-Cascade de Lutour***	N 42° 57,540' W 0° 4,495'	6 215	15			
				482-La Fruitière	N 42° 52,205' W 0° 6,350'	6 217	2			
			vendredi 8 juillet 2022	483-Cascade de Cerisey	N 42° 51,183' W 0° 5,909'	6 221	4			
224				484-Pont-d'Espagne***	N 42° 51,784' W 0° 7,192'	6 224	3		D54	
				485-Pierrefitte-Nestalas	N 42° 51,093' W 0° 8,212'	6 243	19			
231				486-Luz-Saint-Sauveur	N 42° 57,540' W 0° 4,495'	6 255	12			
235				487-Pont Napoléon	N 42° 52,413' W 0° 0,172'	6 257	2			
				488-Gèdre	N 42° 51,498' W 0° 0,286'	6 267	10			
236				489-Chapelle-de Héas	N 42° 47,184' E 0° 1,148'	6 276	9	95		
39-Luz-Saint-Sauveur						490-Gavarnie	6 290	14		
231/4				491-Luz-Saint-Sauveur	N 42° 43,933' W 0° 0,565'	6 310	20			
40-Vallée de Campan						492-Barèges	6 318	8		
232/6			samedi 9 juillet 2022	493-Pont de la Gaubie	N 42° 53,793' E 0° 3,871'	6 321	3			
237				494-Col du Tourmalet**	N 42° 53,735' E 0° 6,281'	6 335	14		D55	
238				495-Pic du Midi de Bigorre**	N 42° 54,894' E 0° 11,176'	6 336	1			
				496-Cascade du Garet	N 42° 54,602' E 0° 10,780'	6 340	4			
257				497-Campan	N 42° 55,455' E 0° 12,313'	6 354	14	78		
41-Les Baronnies						498-Bagnères-de-Bigorre	6 360	6		
254				499-Pouzac	N 43° 3,906' E 0° 8,946'	6 364	4			
				500-Tournay	N 43° 5,070' E 0° 7,977'	6 381	17			
				501-Capvern	N 43° 11,061' E 0° 14,661'	6 394	13			
				502-Mauvezin*	N 43° 6,143' E 0° 18,849'	6 398	4			
				503-Abbaye de l'Escaladieu	N 43° 7,115' E 0° 16,587'	6 401	3			
				504-Gouffre d'Esparros*	N 43° 6,599' E 0° 15,454'	6 416	15			
				505-Labastide*	N 43° 1,802' E 0° 19,797'	6 422	6			
42/3/4-Vallée d'Aure						506-Arreau	6 439	17		
262			dimanche 10 juillet 2022	507-Ancizan	N 43° 1,993' E 0° 20,813'	6 439	17			
				508-Vielle-Aure	N 42° 54,367' E 0° 21,544'	6 444	5		D56	
				509-Saint-Lary-Soulan	N 42° 52,389' E 0° 20,273'	6 451	7			
246				510-Tramezaïgues	N 42° 49,823' E 0° 19,533'	6 453	2			
				511-Fabian	N 42° 48,950' E 0° 19,215'	6 457	4			
				512-Église des Templiers	N 42° 47,830' E 0° 17,287'	6 463	6			
				513-Aragnouet	N 42° 47,346' E 0° 13,979'	6 467	4			
				514-Fabian	N 42° 46,864' E 0° 11,715'	6 474	7			
				515-Lac de Cap-de-Long	N 42° 47,024' E 0° 9,517'	6 485	11			
				516-Lac d'Orédon	N 42° 47,346' E 0° 13,979'	6 499	14			
					N 42° 49,466' E 0° 8,586'	6 504	5	150		

Week-8

South-West France

Guide Vert	Atlas Michelin	UNESCO	Date	Name	waypoints	Σt	Milage		
						Σp	bivouac	Day	Week
45/6-Vallée-du-Louron									
264				517-Arreau	N 42° 54,367' E 0° 21,544'	6 538	34		
				518-Jézeau*	N 42° 54,079' E 0° 22,850'	6 540	2		
				519-Vielle-Louron*	N 42° 50,042' E 0° 24,181'	6 553	13		
				520-Génos	N 42° 48,647' E 0° 24,255'	6 556	3		
				521-Pont-du-Prat	N 42° 44,649' E 0° 24,546'	6 565	9		
			lundi 11 juillet 2022	522-Estarvielle*	N 42° 49,219' E 0° 24,897'	6 575	10		D57
265				523-Mont*	N 42° 48,956' E 0° 25,675'	6 579	4		
266				524-Col-de-Peyragudes	N 42° 48,055' E 0° 27,757'	6 585	6		
				525-Gouaux-de-Larboust	N 42° 47,653' E 0° 29,311'	6 591	6		
				526-Chapelle Saint-Pé de la Morain	N 42° 48,384' E 0° 30,622'	6 594	3		
305				527-Cazeaux-de-Larboust	N 42° 48,451' E 0° 31,857'	6 596	2	92	
47-Vallée d'Oueil									
304				528-Saint-Aventin*	N 42° 48,409' E 0° 32,886'	6 598	2		
				529-Benque-Dessous-et-Dessus	N 42° 49,083' E 0° 33,070'	6 601	3		
				530-Cirès	N 42° 51,215' E 0° 31,018'	6 609	8		
				531-Port de Balès	N 42° 52,462' E 0° 30,047'	6 617	8		
48-Vallée-du-Lys									
303			mardi 12 juillet 2022	532-Saint-Aventin	N 42° 48,409' E 0° 32,886'	6 634	17		D58
				533-Pont-de-Ravi	N 42° 43,941' E 0° 33,089'	6 645	11		
				534-Cascade d'Enfer	N 42° 43,941' E 0° 33,089'	6 651	6		
				535-Bagnères-de-Luchon	N 42° 47,338' E 0° 35,577'	6 663	12		
				536-Saint-Béat-Lez	N 42° 54,909' E 0° 41,527'	6 683	20		
297	205/F4			537-Fos-Rb1	N 42° 52,006' E 0° 44,890'	6 691	8	95	
							6691	6691	
dimanche 31 juillet 2022				19 jours security days					