

## South-West France

| Guide Vert                   | Atlas Michelin | UNESCO | Date              | Name                                  | waypoints                  | $\Sigma t$                   | Milage     |         |     |           |
|------------------------------|----------------|--------|-------------------|---------------------------------------|----------------------------|------------------------------|------------|---------|-----|-----------|
|                              |                |        |                   |                                       |                            |                              | $\Sigma p$ | bivouac | Day | Week      |
|                              |                |        |                   | <b>QVX worldmap/continents/europe</b> | 001-Villa Th ba de#        | N 43° 29,509' E 6° 29,672'   | 0          | 0       | 0   |           |
|                              |                |        |                   |                                       | Clermont-L'H rault         | N 43° 37,980' E 003° 26,443' |            |         |     |           |
|                              |                |        |                   |                                       | St-Gervais-sur-Mare        | N 43° 39,191' E 003° 02,458' |            |         |     |           |
|                              |                |        |                   |                                       | Murat-sur-V bre            | N 43° 41,083' E 002° 51,281' |            |         |     |           |
|                              |                |        |                   | <b>1-Vall e du Tarn (5)</b>           |                            |                              |            |         |     |           |
| <b>Monts de Lacaune, 305</b> |                |        |                   | 002-La Trivalle                       | N 43° 42,346' E 2° 46,079' | 395                          | 395        |         |     |           |
| 338                          | 191-F1         |        |                   | 003-La Pierre Plant e                 | 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          |         |     | <b>D1</b> |
|                              |                |        |                   | 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 Dev zole                       | 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-V bre                   | N 43° 39,635' E 2° 48,165' | 428                          | 5          |         |     |           |
|                              |                |        |                   | 012-Rieu-Montagn -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 Plant e                 | 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            |        |                   | 017-Castres-P                         | N 43° 36,353' E 2° 14,546' | 496                          | 46         |         |     |           |
|                              | <b>Sidobre</b> |        |                   | 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          |         |     | <b>D2</b> |
|                              |                |        |                   | 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          |         |     |           |
| <b>324</b>                   | 190            |        |                   | 028-Castres-P                         | N 43° 37,216' E 2° 15,128' | 546                          | 7          | 96      |     |           |

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|--|----------------|--------|----------------------|---------------------------|----------------------------|--------------------|------------------------------|---------|-----|------|--------|--|
|  |                |        |                      |                           |                            | $\Sigma t$         | $\Sigma p$                   | bivouac | Day | Week |        |  |
| <b>vallée du Thore</b>                   |                |        |                      |                           |                            | 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   |        |  |
| <b>2-Pays Cathare (1) Le Cabardes</b>    |                |        |                      |                           |                            |                    |                              |         |     |      | Week-1 |  |
| 137                                      |                |        |                      | 035-Revel                 | N 43° 27,517' E 2° 0,274'  | 670                | 40                           |         |     |      |        |  |
| <b>Montagne Noire, Les eaux captives</b> |                |        |                      |                           |                            | 036-Les Cammazes W | N 43° 25,982' E 2° 2,943'    | 675     | 5   |      |        |  |
| 345                                      | 190            |        |                      | 037-Durfort-P             | N 43° 26,376' E 2° 3,888'  | 681                | 6                            | 135     |     |      |        |  |
| 347                                      | 190            |        |                      | 038-Pont-Crouzet          | N 43° 27,086' E 2° 2,894'  | 683                | 2                            |         |     |      |        |  |
| <b>Haut-Languedoc</b>                    |                |        |                      |                           |                            | 039-Sorèze         | N 43° 27,163' E 2° 3,976'    | 685     | 2   |      |        |  |
| 345                                      |                |        |                      | 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                            |         |     |      |        |  |
| <b>2-Pays Cathare (1) Le Cabardes</b>    |                |        |                      |                           |                            | 049-Saissac-W      | N 43° 21,554' E 2° 10,146'   | 790     | 21  | 109  |        |  |
| 125                                      |                |        |                      | 050-Carcassonne-P         | N 43° 12,383' E 2° 22,006' | 821                | 31                           |         |     | D5   |        |  |
| 116/119                                  |                |        | vendredi 20 mai 2022 | 051-Castelnaudary-P       | N 43° 18,832' E 1° 56,933' | 864                | 43                           | 74      |     |      |        |  |
| 133                                      |                |        |                      | 052-Obélisque de Riquet   | N 43° 21,142' E 1° 49,618' | 878                | 14                           |         |     |      |        |  |
| <b>3-Toulouse Gers (1)</b>               |                |        |                      |                           |                            | 053-Montferrand-P  | N 43° 21,143' E 001° 49,434' | 878     | 0   |      |        |  |
| 112                                      | 189            |        |                      | 084-Saint-Félix-Lauragais | N 43° 26,932' E 1° 53,263' | 894                | 16                           |         |     |      |        |  |
|  | 190            |        |                      | 055-Saint-Julia           | N 43° 29,388' E 1° 53,861' | 900                | 6                            |         |     |      |        |  |
| 112                                      | 190            |        | 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     |     |      |        |  |

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|------------|----------------|--------|----------------------|---|------------------------------|------------|------------|---------|-----|------|
|            |                |        |                      |   |                              |            | $\Sigma p$ | bivouac | Day | Week |
|            |                |        |                      | <hr style="border-top: 1px dashed black;"/> |                              |            |            |         |     |      |
|            |                |        |                      | 063-Montferrand-P                           | N 43° 21,143' E 001° 49,434' | 980        | 6          |         |     |      |
| 117/123    | 189            |        | dimanche 22 mai 2022 | 064-Obélisque de Riquet                     | N 43° 21,142' E 1° 49,618'   | 980        | 0          |         |     |      |
|            |                |        |                      | 065- aire de service                        | N 43° 21,296' E 1° 47,741'   | 985        | 5          |         |     |      |
|            |                |        |                      | 066-Avignonet-Lauragais                     | N 43° 22,001' E 1° 47,021'   | 988        | 3          |         |     |      |
|            |                |        |                      | 067-Montgeard                               | N 43° 20,341' E 1° 38,017'   | 1007       | 19         |         |     |      |
|            |                |        |                      | 068-Saint-Rome                              | N 43° 24,910' E 1° 40,469'   | 1021       | 14         |         |     | D7   |
|            |                |        |                      | 069-Négra                                   | N 43° 25,151' E 1° 38,556'   | 1025       | 4          |         |     |      |
|            |                |        |                      | 070-Montesquieu-Lauragais                   | N 43° 25,032' E 1° 37,703'   | 1026       | 1          |         |     |      |
| 120        |                |        |                      | 071-Ayguesvives                             | N 43° 26,295' E 1° 35,771'   | 1030       | 4          |         |     |      |
|            |                |        |                      | 072-Montgiscard                             | N 43° 27,486' E 1° 34,420'   | 1034       | 4          |         |     |      |
| 74         | 189            |        |                      | 073-Toulouse-C-south                        | N 43° 29,199' E 001° 31,945' | 1039       | 5          |         | 65  |      |

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|------------|----------------|--------|----------------------|-----------------------------------|------------------------------|----------------------------|------------|---------|-----|------|--|--|--|--|--|
|            |                |        |                      |                                   |                              | $\Sigma t$                 | $\Sigma p$ | bivouac | Day | Week |  |  |  |  |  |
|            |                |        | lundi 23 mai 2022    | Toulouse-P                        | N 43° 29,199' E 001° 31,945' |                            |            |         |     |      |  |  |  |  |  |
|            |                |        | mardi 24 mai 2022    | Toulouse-C-north                  | N 43° 39,352' E 1° 24,935'   | 0                          |            |         |     |      |  |  |  |  |  |
|            |                |        |                      | <b>1-Vallée du Tarn (6)</b>       |                              |                            |            |         |     |      |  |  |  |  |  |
|            |                |        | mercredi 25 mai 2022 | 074-Montauban-C                   | N 44° 0,451' E 1° 20,448'    | 1110                       | 71         | 71      |     |      |  |  |  |  |  |
|            |                |        |                      | <i>Gorges de l'Aveyron</i>        | 075-Bruniquel                | N 44° 3,319' E 1° 39,872'  | 1141       | 31      |     |      |  |  |  |  |  |
|            |                |        |                      |                                   | 076-Montricoux               | N 44° 4,509' E 1° 37,111'  | 1148       | 7       |     |      |  |  |  |  |  |
|            |                |        |                      |                                   | 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      |     |      |  |  |  |  |  |
|            |                |        |                      | <i>Cause de Limogne</i>           | 079-Caylus                   | N 44° 14,150' E 1° 46,311' | 1220       | 40      |     |      |  |  |  |  |  |
|            |                |        | jeudi 26 mai 2022    | 080-Chapelle N.-D.-des-Grâces,    | N 44° 15,712' E 1° 46,885'   | 1225                       | 5          |         |     |      |  |  |  |  |  |
|            |                |        |                      | 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          |         |     |      |  |  |  |  |  |
|            |                |        |                      | <b>085-Laramière (Cantarel !)</b> | 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          |         |     |      |  |  |  |  |  |
|            |                |        |                      | 088-Caylus-P                      | N 44° 14,016' E 001° 46,335' | 1283                       | 21         | 38      |     |      |  |  |  |  |  |
|            |                |        |                      | 089-Montpezat-de-Quercy*          | N 44° 14,153' E 1° 28,895'   | 1313                       | 30         |         |     |      |  |  |  |  |  |
|            |                |        | samedi 28 mai 2022   | 090-Lauzerte-P*                   | N 44° 15,334' E 1° 8,271'    | 1348                       | 35         |         |     |      |  |  |  |  |  |
|            |                |        |                      | 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          |         |     |      |  |  |  |  |  |
|            |                |        | 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         |         |     |      |  |  |  |  |  |
|            |                |        |                      | 101-Moissac-P**                   | N 44° 6,004' E 1° 5,114'     | 1451                       | 23         | 168     |     |      |  |  |  |  |  |

Week-2

D8/9

D10

D11

D12

D13/14

## South-West France

| Guide Vert                     | Atlas Michelin | UNESCO | Date                 | Name                          | waypoints                  | Σt   | Milage  |     |            |
|--------------------------------|----------------|--------|----------------------|-------------------------------|----------------------------|------|---------|-----|------------|
|                                |                |        |                      |                               |                            | Σp   | bivouac | Day | Week       |
| <b>4-Aquitaine-8</b>           |                |        |                      |                               |                            |      |         |     |            |
| 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  | <b>D15</b> |
| <b>Le Brulhois</b>             |                |        |                      |                               |                            |      |         |     |            |
| 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      |     |            |
| <b>Pays d'Albret</b>           |                |        |                      |                               |                            |      |         |     |            |
| 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       |     | <b>D16</b> |
|                                |                |        |                      |                               |                            |      |         |     |            |
|                                |                |        |                      | 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 |            |
| <b>Val de Garonne</b>          |                |        |                      |                               |                            |      |         |     |            |
| 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       |     |            |
|                                |                |        |                      |                               |                            |      |         |     |            |
|                                |                |        | mercredi 1 juin 2022 | 122-Villeton                  | N 44° 22,520' E 0° 16,565' | 1717 | 3       |     |            |
|                                |                |        |                      |                               |                            |      |         |     |            |
|                                |                |        |                      | 123-Le Mas-d'Agenais          | N 44° 24,690' E 0° 13,121' | 1725 | 8       |     | <b>D17</b> |
|                                |                |        |                      |                               |                            |      |         |     |            |
| 520                            |                |        |                      | 124-Meilhan-sur-Garonne       | N 44° 29,763' E 0° 3,693'  | 1743 | 18      |     |            |
|                                |                |        |                      |                               |                            |      |         |     |            |
|                                |                |        |                      | 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 |            |
| <b>Bastides &amp; Châteaux</b> |                |        |                      |                               |                            |      |         |     |            |
| 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       |     | <b>D18</b> |
|                                |                |        |                      |                               |                            |      |         |     |            |
|                                |                |        |                      | 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       |     |            |
| 536                            | 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                  | $\Sigma t$                 | Milage     |         |     |
|-----------------------------|----------------|--------|----------------------|------------------------------|----------------------------|----------------------------|------------|---------|-----|
|                             |                |        |                      |                              |                            |                            | $\Sigma p$ | bivouac | Day |
| <b>Basse Vallée du Lot</b>  |                |        |                      |                              |                            | 1908                       | 11         |         |     |
| 530                         |                |        | vendredi 3 juin 2022 | 137-Villeneuve-sur-Lot       | N 44° 24,250' E 0° 42,244' | 1912                       | 4          |         |     |
|                             |                |        |                      | 138-Bias                     | N 44° 24,947' E 0° 40,272' | 1918                       | 6          |         |     |
|                             |                |        |                      | 139-Casseneuil               | N 44° 26,793' E 0° 37,103' | 1925                       | 7          |         |     |
|                             |                |        |                      | 140-Hauterive                | N 44° 25,848' E 0° 34,972' | 1931                       | 6          |         |     |
|                             |                |        |                      | 141-Fongrave                 | N 44° 23,624' E 0° 32,174' | 1941                       | 10         |         | D19 |
|                             |                |        |                      | 142-Laparade                 | N 44° 23,270' E 0° 26,809' | 1948                       | 7          |         |     |
|                             |                |        |                      | 143-Clairac                  | N 44° 21,625' E 0° 22,547' | 1956                       | 8          |         |     |
|                             |                |        |                      | 144-Granges-sur-Lot          | N 44° 22,640' E 0° 27,920' | 1961                       | 5          |         |     |
|                             |                |        |                      | 145-Le Temple-sur-Lot        | N 44° 22,786' E 0° 31,468' | 1976                       | 15         | 79      |     |
|                             | 157            |        |                      |                              | 146-Villeneuve-sur-Lot     | N 44° 24,250' E 0° 42,244' | 1980       | 4       |     |
| <b>Serres du bas Quercy</b> |                |        |                      |                              |                            | 1988                       | 8          |         |     |
| 532                         |                |        | samedi 4 juin 2022   | 147-Pujols                   | N 44° 23,189' E 0° 41,413' | 1995                       | 7          |         |     |
|                             |                |        |                      | 148-Grottes de Lastournelles | N 44° 20,501' E 0° 39,440' | 2018                       | 23         |         |     |
|                             |                |        |                      | 149-Grottes de Fontirou      | N 44° 18,938' E 0° 42,725' | 2028                       | 10         |         | D20 |
|                             |                |        |                      | 150-Puymirol                 | N 44° 11,195' E 0° 47,776' | 2052                       | 24         |         |     |
|                             |                |        |                      | 151-Saint-Maurin             | N 44° 12,446' E 0° 53,553' | 2059                       | 7          |         |     |
|                             |                |        |                      | 152-Frespech                 | N 44° 19,944' E 0° 50,618' | 2074                       | 15         | 98      |     |
|                             |                |        |                      | 153-Hautefage-la-Tour        | N 44° 19,300' E 0° 47,066' | 2103                       | 29         | 29      | D21 |
|                             | 172            |        | dimanche 5 juin 2022 | 154-Villeneuve-sur-Lot       | N 44° 24,250' E 0° 42,244' |                            |            |         |     |
|                             |                |        |                      | 155-Agen-P**                 | N 44° 12,122' E 0° 36,802' |                            |            |         |     |

## South-West France

| Guide Vert                       | Atlas Michelin | UNESCO | Date                  | Name                     | waypoints                  | $\Sigma t$ | Milage     |         |            |            |
|----------------------------------|----------------|--------|-----------------------|--------------------------|----------------------------|------------|------------|---------|------------|------------|
|                                  |                |        |                       |                          |                            |            | $\Sigma p$ | bivouac | Day        | Week       |
| <b>4-Aquitaine-1</b>             |                |        |                       |                          |                            |            |            |         |            |            |
|                                  |                |        | lundi 6 juin 2022     | 156-Bordeaux-Ibis, 4 dd  | N 44° 53,451' W 0° 33,998' | 2252       | 149        | 149     | <b>D22</b> |            |
| 96                               |                |        | mardi 7 juin 2022     | 156-Bordeaux-Ibis, 4 dd  |                            |            |            |         | <b>D23</b> |            |
|                                  |                |        | mercredi 8 juin 2022  | 156-Bordeaux-Ibis, 4 dd  |                            |            |            |         | <b>D24</b> |            |
|                                  |                |        | jeudi 9 juin 2022     | 156-Bordeaux-Ibis, 4 dd  |                            |            |            |         | <b>D25</b> |            |
| <b>01-Côtes de Bordeaux</b>      |                |        |                       |                          |                            |            |            |         |            |            |
| 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         |         |            | <b>D26</b> |
|                                  |                |        |                       | 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      |            |            |
| <b>02-Graves, Sauternes,</b>     |                |        |                       |                          |                            |            |            |         |            |            |
| 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            |        |                       | 175-Léognan              | N 44° 43,672' W 0° 35,825' | 2433       | 9          |         |            |            |
| 142                              |                |        |                       | 176-Gradignan            | N 44° 45,921' W 0° 37,175' | 2438       | 5          |         |            | <b>D27</b> |
| <b>03-Sauternes &amp; Barsac</b> |                |        |                       |                          |                            |            |            |         |            |            |
| 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     |            |            |

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## South-West France

| Guide Vert                | Atlas Michelin | UNESCO | Date                  | Name                        | waypoints                  | $\Sigma t$ | Milage<br>$\Sigma p$ | 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                   |         |     |            |
| <b>04-Entre Deux Mers</b> |                |        |                       | 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                    |         |     | <b>D28</b> |
| 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                  | $\Sigma t$ | Milage  |     |      |     |
|---------------------------------|----------------|--------|--------------------|---------------------------------|----------------------------|------------|---------|-----|------|-----|
|                                 |                |        |                    |                                 |                            | $\Sigma p$ | bivouac | Day | Week |     |
| <b>05-Entre Deux Mers</b>       |                |        |                    |                                 |                            |            |         |     |      |     |
| 154                             |                |        |                    | 201-Sauveterre-de-Guyenne       | N 44° 41,539' W 0° 5,198'  | 2740       | 41      |     |      |     |
|                                 |                |        |                    | 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       |     |      |     |
| <b>06-Saint Emilion</b>         |                |        |                    |                                 |                            |            |         |     |      |     |
| 162                             |                |        |                    | 207-Saint-Émilion               | N 44° 53,663' W 0° 9,344'  | 2816       | 27      |     |      |     |
|                                 |                |        | lundi 13 juin 2022 | 208-Saint-Christophe-des-Bardes | N 44° 53,489' W 0° 7,095'  | 2820       | 4       |     |      |     |
|                                 |                |        |                    | 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       |     |      |     |
| <b>07-Autour Saint Emilion</b>  |                |        |                    |                                 |                            |            |         |     |      |     |
| 164                             |                |        |                    | 212-Saint-Émilion               | N 44° 53,663' W 0° 9,344'  | 2835       | 5       |     |      |     |
|                                 |                |        |                    | 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 |      |     |
| <b>08-Fronsac &amp; Pomerol</b> |                |        |                    |                                 |                            |            |         |     |      |     |
| 168                             |                |        |                    | 218-Libourne                    | N 44° 54,780' W 0° 14,639' | 2891       | 9       |     |      |     |
| 170                             |                |        |                    | 219-Fronsac                     | N 44° 55,406' W 0° 16,221' | 2895       | 4       |     |      |     |
|                                 |                |        |                    | 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       |     |      |     |
| <b>09-La Corniche Fleurie</b>   |                |        |                    |                                 |                            |            |         |     |      |     |
| 177                             |                |        |                    | 229-Blaye                       | N 45° 7,763' W 0° 39,971'  | 2994       | 46      |     |      |     |
|                                 |                |        |                    | 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                  | $\Sigma t$ | Milage<br>$\Sigma p$ | 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                    |         |     |      |
| <b>10-Sud-de-Bourg</b> |                |        |                       | 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                    |         |     |      |
| <b>11-Haut-Médoc</b>   |                |        |                       | 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                   |         |     |      |
| to Soulac              |                |        |                       | 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     |     |      |

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## South-West France

| Guide Vert                         | Atlas Michelin | UNESCO | Date                  | Name                           | waypoints                  | Milage     |            |         |     |      |  |
|------------------------------------|----------------|--------|-----------------------|--------------------------------|----------------------------|------------|------------|---------|-----|------|--|
|                                    |                |        |                       |                                |                            | $\Sigma t$ | $\Sigma p$ | bivouac | Day | Week |  |
| <b>12-Entre Mer &amp; Estuaire</b> |                |        |                       |                                |                            |            |            |         |     |      |  |
| 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     |     |      |  |
| <b>13-Lacs, Etang &amp; Océan</b>  |                |        |                       |                                |                            |            |            |         |     |      |  |
| 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      |     |      |  |
| <b>14-Bassin d'Arcachon</b>        |                |        |                       |                                |                            |            |            |         |     |      |  |
| 222                                | 154            |        | samedi 18 juin 2022   | 291-Cap Ferret                 | N 44° 39,292' W 1° 15,100' | 3499       | 53         |         |     |      |  |
| 224                                |                |        |                       | 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          |         |     |      |  |
| 225                                |                |        |                       | 295-Lanton                     | N 44° 41,969' W 1° 2,054'  | 3533       | 6          |         |     |      |  |
|                                    |                |        |                       | 296-Audenge                    | N 44° 41,039' W 1° 0,931'  | 3536       | 3          |         |     | D34  |  |
|                                    |                |        |                       | 297-Biganos                    | N 44° 38,527' W 0° 58,597' | 3542       | 6          |         |     |      |  |
|                                    |                |        |                       | 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          |         |     |      |  |
| 213                                |                |        |                       | 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        |         |     |      |  |
| <b>Gascogne &amp; Adour</b>        |                |        |                       |                                |                            |            |            |         |     |      |  |
| 248                                | 155            |        | dimanche 19 juin 2022 | 303-Château de Roquetaillade** | N 44° 29,556' W 0° 16,180' | 3691       | 109        |         |     |      |  |
| 250                                |                |        |                       | 304-Bazas                      | N 44° 25,886' W 0° 12,613' | 3703       | 12         |         |     | D35  |  |
| 252                                |                |        |                       | 305-Uzeste                     | N 44° 26,508' W 0° 19,436' | 3713       | 10         |         |     |      |  |
|                                    |                |        |                       | 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     |            |         |     |      |     |
|---------------------------------|----------------|--------|-----------------------|----------------------------|----------------------------|------------|------------|---------|-----|------|-----|
|                                 |                |        |                       |                            |                            | $\Sigma t$ | $\Sigma p$ | bivouac | Day | Week |     |
| <b>15-Landes de Gascogne</b>    |                |        |                       |                            |                            |            |            |         |     |      |     |
| 238                             | 154            |        |                       | 307-Belin-Béliet           | 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-Béliet           | N 44° 29,605' W 0° 47,577' | 3945       | 14         | 223     |     |      |     |
| <b>16-Marsan &amp; Armagnac</b> |                |        |                       |                            |                            |            |            |         |     |      |     |
| 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          |         |     |      |     |
|                                 |                |        |                       | 322-château Garrau         | N 43° 56,494' W 0° 10,553' | 4072       | 19         |         |     |      |     |
|                                 |                |        | mardi 21 juin 2022    | 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     |     |      |     |
| <b>17-Le Tursan</b>             |                |        |                       |                            |                            |            |            |         |     |      |     |
| 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-Arzacq-Arraziguët      | 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     |     |      |     |

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| Guide Vert                    | Atlas Michelin | UNESCO | Date                  | Name                               | waypoints                  | Milage     |            |         |     |      |
|-------------------------------|----------------|--------|-----------------------|------------------------------------|----------------------------|------------|------------|---------|-----|------|
|                               |                |        |                       |                                    |                            | $\Sigma t$ | $\Sigma p$ | bivouac | Day | Week |
|                               |                |        |                       |                                    |                            |            |            |         |     |      |
| <b>18-La Chalosse</b>         |                | **     |                       |                                    |                            |            |            |         |     |      |
| 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         |         |     |      |
| <b>19-Pays d'Orthe</b>        |                |        |                       | 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     |     |      |
|                               |                |        |                       |                                    |                            |            |            |         |     |      |
| <b>20-Entre deux courants</b> |                |        |                       |                                    |                            |            |            |         |     |      |
| 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     |     |      |
|                               |                |        |                       |                                    |                            |            |            |         |     |      |
| <b>21-Pays des étangs</b>     |                |        |                       |                                    |                            |            |            |         |     |      |
| 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 |
| <b>22-Côte-Basque &amp; Labourd</b> |                |        |                       | 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      |     |      |
| <b>La Rhune</b> , 368               |                |        |                       | 376-Maison Ortilloptz*            | N 43° 19,382' W 1° 35,312' | 4803 | 2       | 89  |      |
| <b>23-Vallée de la Nivelle</b>      |                |        |                       | 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      |     |      |
| <b>24-le Long-St-Jacques</b>        |                |        | 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 |      |
| <b>25-Vallée des Aldudes</b>        |                |        |                       | 396-Saint-Etienne-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       |     |      |
| <b>26-Forêt des Arbailles</b>       |                |        |                       | 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       |     |      |
| <b>26-Forêt d'Iraty</b>             |                |        |                       | 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       |     |      |
| <b>27-Route des gorges</b>          |                |        |                       | 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 |      |

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| Guide Vert                   | Atlas Michelin | UNESCO | Date                    | Name | waypoints                          | Milage                     |                            |         |     |            |            |
|------------------------------|----------------|--------|-------------------------|------|------------------------------------|----------------------------|----------------------------|---------|-----|------------|------------|
|                              |                |        |                         |      |                                    | $\Sigma t$                 | $\Sigma p$                 | bivouac | Day | Week       |            |
| <b>28-Jurançon</b>           |                |        |                         |      |                                    | 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       |     |            |            |
| <b>29-Vallée de Barétous</b> |                |        |                         |      |                                    | 416-Oloron-Sainte-Marie*   | N 43° 11,585' W 0° 36,220' | 5287    | 15  |            | <b>D46</b> |
| 471                          |                |        | jeudi 30 juin 2022      |      | 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 |            |            |
| <b>30-Vallée d'Aspe</b>      |                |        |                         |      |                                    | 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       |     | <b>D47</b> |            |
|                              |                |        |                         |      | 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 |            |            |
| <b>31-Vallée d'Ossau</b>     |                |        |                         |      |                                    | 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       |     | <b>D48</b> |            |
|                              |                |        |                         |      | 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 Pourtalet               | N 42° 48,355' W 0° 25,100' | 5 582                      | 15      | 104 |            |            |
| 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      |     | <b>D49</b> |            |
| 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 |            |            |

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|-------------------------------------|----------------|--------|-------------------------|---------------------------------|----------------------------|------------|------------|---------|------------|
|                                     |                |        |                         |                                 |                            | $\Sigma t$ | $\Sigma p$ | bivouac | Day        |
| 432                                 |                |        | lundi 4 juillet 2022    | 446-Pau-P***                    | N 43° 17,513' W 0° 21,881' | 5 754      | 54         | 54      | <b>D50</b> |
| <b>32-Gave de Pau</b>               |                |        |                         | 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          |         |            |
| <b>33-Capital-to-capital</b>        |                |        |                         | 456-Aressy                      | N 43° 16,680' W 0° 19,750' | 5 813      | 7          |         | <b>D51</b> |
| 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     |            |
| <b>34-Le Vic-Bilh</b>               |                |        |                         | 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          |         | <b>D52</b> |
|                                     |                |        |                         | 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     |            |
| <b>3-Pyrénées / Toulouse-Gers-3</b> |                |        |                         | 472-Argelès-Gazost              | N 43° 0,302' W 0° 6,065'   | 6 118      | 56         |         |            |
| <b>35/36-Vallée d'Arrens</b>        |                |        |                         | 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         |         | <b>D53</b> |
|                                     |                |        |                         | 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     |            |



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| Guide Vert                    | Atlas Michelin | UNESCO | Date                     | Name                         | waypoints                  | Σt    | Milage<br>Σp | bivouac | Day | Week |
|-------------------------------|----------------|--------|--------------------------|------------------------------|----------------------------|-------|--------------|---------|-----|------|
| <b>37-Gorge de Luz</b>        |                |        |                          | 478-St-Savin*                | N 42° 58,918' W 0° 5,536'  | 6 197 | 16           |         |     |      |
| 214                           |                |        |                          | 479-Chapelle de Piétat*      | N 42° 58,547' W 0° 5,139'  | 6 198 | 1            |         |     |      |
| <b>38-Vallée de Cauterets</b> |                |        |                          | 480-Pierrefitte-Nestalas*    | N 42° 57,540' W 0° 4,495'  | 6 200 | 2            |         |     |      |
| 221/3                         |                |        |                          | 481-Cascade de Lutour***     | N 42° 52,205' W 0° 6,350'  | 6 215 | 15           |         |     |      |
|                               |                |        |                          | 482-La Fruitière             | N 42° 51,183' W 0° 5,909'  | 6 217 | 2            |         |     |      |
|                               |                |        | vendredi 8 juillet 2022  | 483-Cascade de Cerisey       | N 42° 51,784' W 0° 7,192'  | 6 221 | 4            |         |     |      |
| 224                           |                |        |                          | 484-Pont-d'Espagne***        | N 42° 51,093' W 0° 8,212'  | 6 224 | 3            |         |     | D54  |
|                               |                |        |                          | 485-Pierrefitte-Nestalas     | N 42° 57,540' W 0° 4,495'  | 6 243 | 19           |         |     |      |
| 231                           |                |        |                          | 486-Luz-Saint-Sauveur        | N 42° 52,413' W 0° 0,172'  | 6 255 | 12           |         |     |      |
| 235                           |                |        |                          | 487-Pont Napoléon            | N 42° 51,498' W 0° 0,286'  | 6 257 | 2            |         |     |      |
|                               |                |        |                          | 488-Gèdre                    | N 42° 47,184' E 0° 1,148'  | 6 267 | 10           |         |     |      |
| 236                           |                |        |                          | 489-Chapelle-de Héas         | N 42° 45,060' E 0° 5,229'  | 6 276 | 9            | 95      |     |      |
| <b>39-Luz-Saint-Sauveur</b>   |                |        |                          | 490-Gavarnie                 | N 42° 43,933' W 0° 0,565'  | 6 290 | 14           |         |     |      |
| 231/4                         |                |        |                          | 491-Luz-Saint-Sauveur        | N 42° 52,413' W 0° 0,172'  | 6 310 | 20           |         |     |      |
| <b>40-Vallée de Campan</b>    |                |        |                          | 492-Barèges                  | N 42° 53,793' E 0° 3,871'  | 6 318 | 8            |         |     |      |
| 232/6                         |                |        | samedi 9 juillet 2022    | 493-Pont de la Gaubie        | N 42° 53,735' E 0° 6,281'  | 6 321 | 3            |         |     |      |
| 237                           |                |        |                          | 494-Col du Tourmalet**       | N 42° 54,894' E 0° 11,176' | 6 335 | 14           |         |     | D55  |
| 238                           |                |        |                          | 495-Pic du Midi de Bigorre** | N 42° 54,602' E 0° 10,780' | 6 336 | 1            |         |     |      |
|                               |                |        |                          | 496-Cascade du Garet         | N 42° 55,455' E 0° 12,313' | 6 340 | 4            |         |     |      |
| 257                           |                |        |                          | 497-Campan                   | N 43° 1,029' E 0° 10,626'  | 6 354 | 14           | 78      |     |      |
| <b>41-Les Baronnies</b>       |                |        |                          | 498-Bagnères-de-Bigorre      | N 43° 3,906' E 0° 8,946'   | 6 360 | 6            |         |     |      |
| 254                           |                |        |                          | 499-Pouzac                   | N 43° 5,070' E 0° 7,977'   | 6 364 | 4            |         |     |      |
|                               |                |        |                          | 500-Tournay                  | N 43° 11,061' E 0° 14,661' | 6 381 | 17           |         |     |      |
|                               |                |        |                          | 501-Capvern                  | N 43° 6,143' E 0° 18,849'  | 6 394 | 13           |         |     |      |
|                               |                |        |                          | 502-Mauvezin*                | N 43° 7,115' E 0° 16,587'  | 6 398 | 4            |         |     |      |
|                               |                |        |                          | 503-Abbaye de l'Escaladieu   | N 43° 6,599' E 0° 15,454'  | 6 401 | 3            |         |     |      |
|                               |                |        |                          | 504-Gouffre d'Esparros*      | N 43° 1,802' E 0° 19,797'  | 6 416 | 15           |         |     |      |
|                               |                |        |                          | 505-Labastide*               | N 43° 1,993' E 0° 20,813'  | 6 422 | 6            |         |     |      |
| <b>42/3/4-Vallée d'Aure</b>   |                |        |                          | 506-Arreau                   | N 42° 54,367' E 0° 21,544' | 6 439 | 17           |         |     |      |
| 262                           |                |        | dimanche 10 juillet 2022 | 507-Ancizan                  | N 42° 52,389' E 0° 20,273' | 6 444 | 5            |         |     | D56  |
|                               |                |        |                          | 508-Vielle-Aure              | N 42° 49,823' E 0° 19,533' | 6 451 | 7            |         |     |      |
| 246                           |                |        |                          | 509-Saint-Lary-Soulan        | N 42° 48,950' E 0° 19,215' | 6 453 | 2            |         |     |      |
|                               |                |        |                          | 510-Tramezaïgues             | N 42° 47,830' E 0° 17,287' | 6 457 | 4            |         |     |      |
|                               |                |        |                          | 511-Fabian                   | N 42° 47,346' E 0° 13,979' | 6 463 | 6            |         |     |      |
|                               |                |        |                          | 512-Église des Templiers     | N 42° 46,864' E 0° 11,715' | 6 467 | 4            |         |     |      |
|                               |                |        |                          | 513-Aragnouet                | N 42° 47,024' E 0° 9,517'  | 6 474 | 7            |         |     |      |
|                               |                |        |                          | 514-Fabian                   | N 42° 47,346' E 0° 13,979' | 6 485 | 11           |         |     |      |
|                               |                |        |                          | 515-Lac de Cap-de-Long       | N 42° 49,466' E 0° 8,586'  | 6 499 | 14           |         |     |      |
|                               |                |        |                          | 516-Lac d'Orédon             | N 42° 49,590' E 0° 10,141' | 6 504 | 5            | 150     |     |      |

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| Guide Vert                   | Atlas Michelin | UNESCO | Date                     | Name                               | waypoints                  | Σt                 | Milage      |             |      |     |
|------------------------------|----------------|--------|--------------------------|------------------------------------|----------------------------|--------------------|-------------|-------------|------|-----|
|                              |                |        |                          |                                    |                            | Σp                 | bivouac     | Day         | Week |     |
| <b>45/6-Vallée-du-Louron</b> |                |        |                          |                                    |                            | 517-Arreau         | 6 538       | 34          |      |     |
| 264                          |                |        |                          | 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          |      |     |
| <b>47-Vallée d'Oueil</b>     |                |        |                          |                                    |                            | 528-Saint-Aventin* | 6 598       | 2           |      |     |
| 304                          |                |        |                          | 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           |             |      |     |
| <b>48-Vallée-du-Lys</b>      |                |        |                          |                                    |                            | 532-Saint-Aventin  | 6 634       | 17          |      |     |
| 303                          |                |        | mardi 12 juillet 2022    | 533-Pont-de-Ravi                   | N 42° 43,941' E 0° 33,089' | 6 645              | 11          |             |      | D58 |
|                              |                |        |                          | 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' | <b>6 691</b>       | 8           | 95          |      |     |
|                              |                |        |                          |                                    |                            |                    | <b>6691</b> | <b>6691</b> |      |     |
|                              |                |        | dimanche 31 juillet 2022 | 19 jours security days             |                            |                    |             |             |      |     |