

## Feuille de Route GR20 Nord-> Sud

		176,30 Km		92 H 15												+10 929 m	-9 943 m	+20 872 m
N° Etape	Départ	Arrivée	Distance Etape	Distance Totale	Temps Estimé	Date	Heure Départ	Temps Pause	Heure Arrivée	Vitesse	Temps Repos	Altitude Départ	Altitude Arrivée	Dénivelé Net	Dénivelé +	Dénivelé -	Dénivelé Cumulé	
1	CALENZANA	Refuge ORTU DI U PIOBBU	11,58 Km	<b>11,580</b>	06 H 30	mar 17-sept	<b>07 H 00</b>	01 H 00	14 H 30	1,54	15 H 30	+279 m	+1 551 m	+1 272 m	+1 295 m	-50 m	+1 345 m	
2	Refuge ORTU DI U PIOBBU	Refuge de CAROZZU	6,65 Km	<b>18,230</b>	07 H 00	mer 18-sept	<b>06 H 00</b>	01 H 00	14 H 00	0,83	17 H 00	+1 551 m	+1 247 m	-304 m	+670 m	-95 m	+765 m	
3	Refuge de CAROZZU	Refuge ASCU STAGNU	4,22 Km	<b>22,450</b>	06 H 15	jeu 19-sept	<b>07 H 00</b>	01 H 00	14 H 15	0,58	16 H 45	+1 247 m	+1 427 m	+180 m	+790 m	-638 m	+1 428 m	
4	Refuge ASCU STAGNU	Refuge TIGHIETTU	6,33 Km	<b>28,780</b>	06 H 00	ven 20-sept	<b>07 H 00</b>	01 H 00	14 H 00	0,90	19 H 00	+1 427 m	+1 708 m	+281 m	+1 000 m	-790 m	+1 790 m	
5	Refuge TIGHIETTU	Refuge CIUTTULU DI I MORI	6,60 Km	<b>35,380</b>	04 H 00	sam 21-sept	<b>09 H 00</b>	01 H 00	14 H 00	1,32	19 H 00	+1 708 m	+2 003 m	+295 m	+600 m	-80 m	+680 m	
6A	Refuge CIUTTULU DI I MORI	CASTELLU DI VERGIO	7,46 Km	<b>42,840</b>	02 H 20	dim 22-sept	<b>09 H 00</b>	01 H 00	12 H 20	2,24	18 H 40	+2 003 m	+1 413 m	-590 m	+900 m	-1 300 m	+2 200 m	
6B	CASTELLU DI VERGIO	Refuge de MANGANU	15,71 Km	<b>58,550</b>	05 H 40	lun 23-sept	<b>07 H 00</b>	01 H 00	13 H 40	2,36	17 H 20	+1 413 m	+1 591 m	+178 m				
7	Refuge de MANGANU	Refuge de PETRA PIANA	8,79 Km	<b>67,340</b>	06 H 00	mar 24-sept	<b>07 H 00</b>	01 H 00	14 H 00	1,26	17 H 00	+1 591 m	+1 856 m	+265 m	+830 m	-589 m	+1 419 m	
8	Refuge de PETRA PIANA	Refuge de l'ONDA	10,86 Km	<b>78,200</b>	05 H 00	mer 25-sept	<b>07 H 00</b>	01 H 00	13 H 00	1,81	18 H 00	+1 856 m	+1 457 m	-399 m	+490 m	-900 m	+1 390 m	
9	Refuge de l'ONDA	VIZZAVONA	10,27 Km	<b>88,470</b>	06 H 15	jeu 26-sept	<b>07 H 00</b>	01 H 00	14 H 15	1,42	16 H 45	+1 457 m	+904 m	-553 m	+711 m	-1 221 m	+1 932 m	
10	VIZZAVONA	Bergeries de CAPANELLE	14,33 Km	<b>102,800</b>	05 H 15	ven 27-sept	<b>07 H 00</b>	01 H 00	13 H 15	2,29	17 H 45	+904 m	+1 609 m	+705 m	+890 m	-224 m	+1 114 m	
11	Bergeries de CAPANELLE	Refuge de PRATI	17,40 Km	<b>120,200</b>	06 H 15	sam 28-sept	<b>07 H 00</b>	01 H 00	14 H 15	2,40	16 H 45	+1 609 m	+1 830 m	+221 m	+642 m	-408 m	+1 050 m	
12	Refuge de PRATI	Refuge d'USCIOLU	11,10 Km	<b>131,300</b>	05 H 45	dim 29-sept	<b>07 H 00</b>	01 H 00	13 H 45	1,64	15 H 15	+1 830 m	+1 738 m	-92 m	+677 m	-747 m	+1 424 m	
13	Refuge d'USCIOLU	Refuge d'ASINAO	16,50 Km	<b>147,800</b>	08 H 00	lun 30-sept	<b>05 H 00</b>	01 H 00	14 H 00	1,83	16 H 00	+1 738 m	+1 533 m	-205 m	+845 m	-1 065 m	+1 910 m	
14	Refuge d'ASINAO	Refuge de PALIRI	15,20 Km	<b>163,000</b>	07 H 00	mar 01-oct	<b>06 H 00</b>	01 H 00	14 H 00	1,90	17 H 00	+1 533 m	+1 054 m	-479 m	+429 m	-910 m	+1 339 m	
15	Refuge de PALIRI	CONCA	13,30 Km	<b>176,300</b>	05 H 00	mer 02-oct	<b>07 H 00</b>	01 H 00	13 H 00	2,22		+1 054 m	+246 m	-808 m	+160 m	-926 m	+1 086 m	

Minimums  
Maximums

4,22 Km
17,40 Km

02 H 20
08 H 00

+279 m	+246 m	-808 m	+160 m	-1 300 m	+680 m
+2 003 m	+2 003 m	+1 272 m	+1 295 m	-50 m	+2 200 m