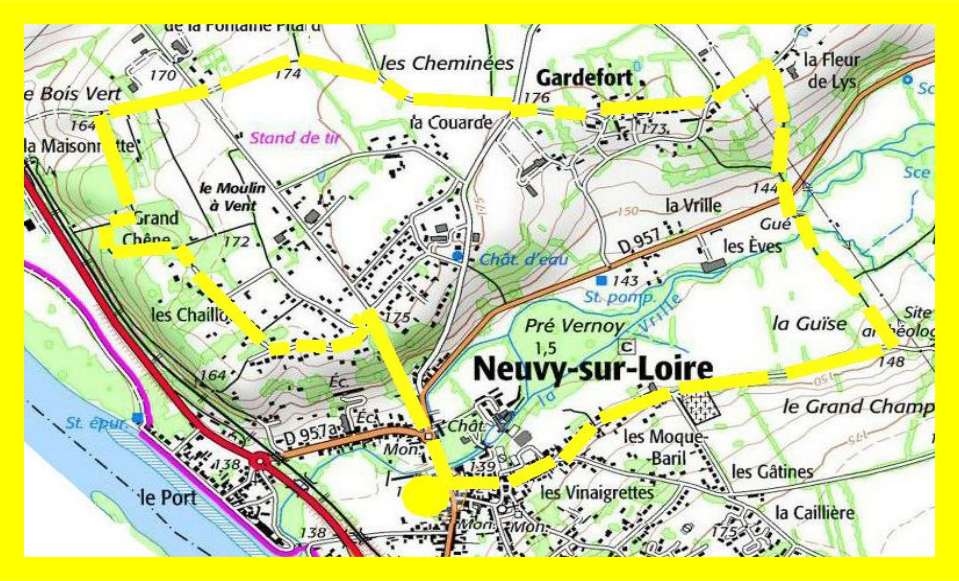

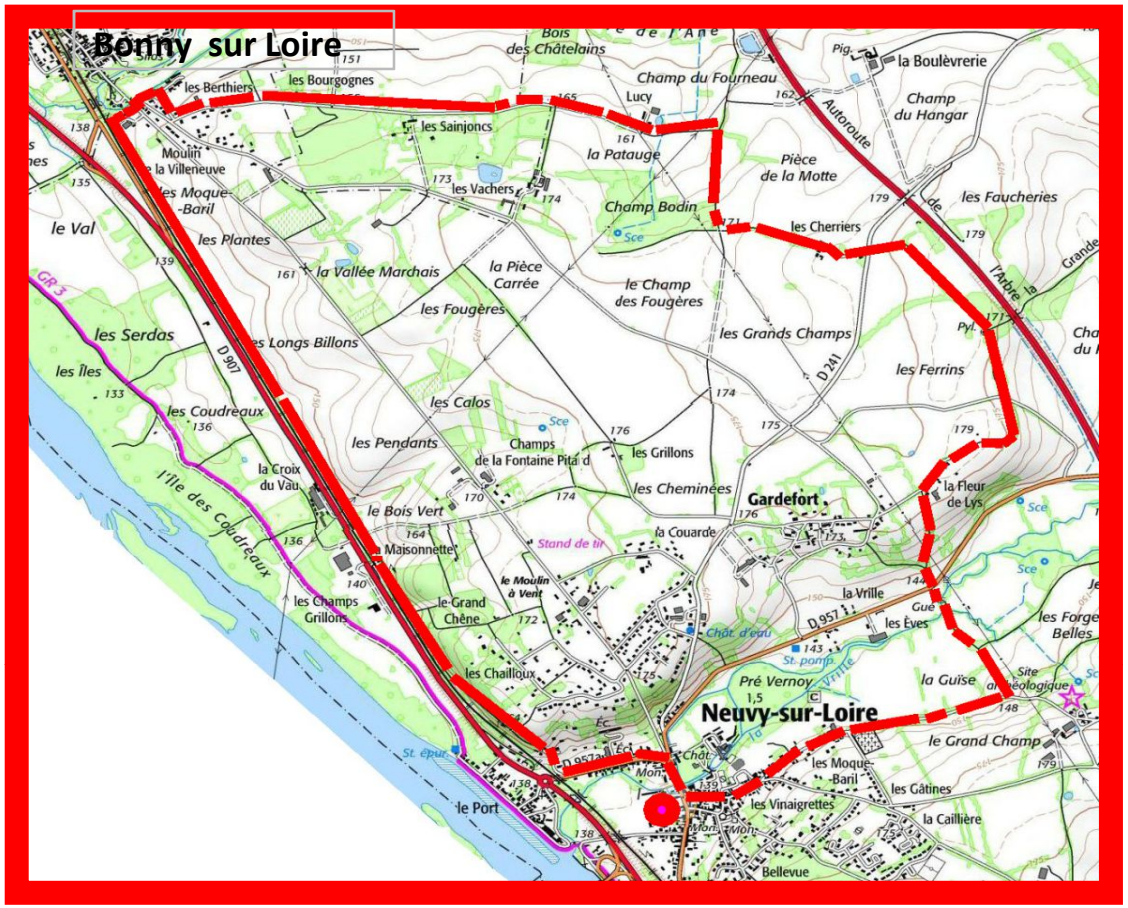

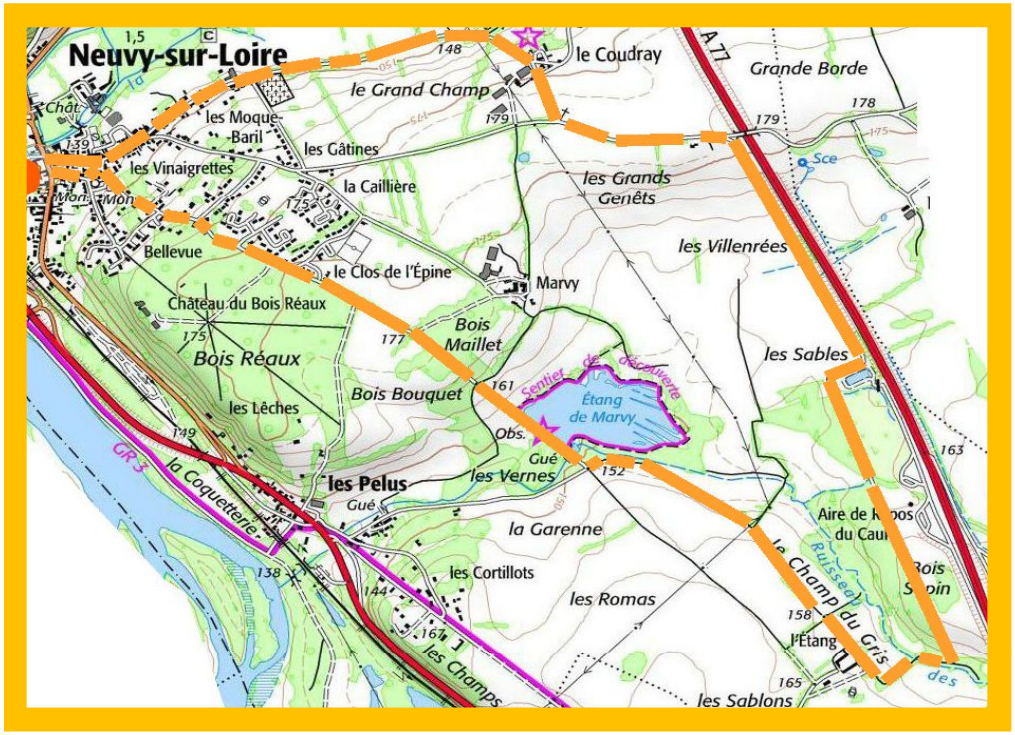

Parcours rouge 12,5 km	3 h
Parcours orange 8 km	1 h 45
Parcours jaune 6,5 km	1 h 30
Parcours vert 9,5 km	2 h (plan au dos)