

NOGENT-le-Roi - Cyclotourisme

" PONTHEVRARD "

Distance : 99.5 kms / dénivélé : xxxm

Réf : C100-SE-57

[Lien openrunner](#)

" St ARNOULT-en-Yvelines "

Distance : 89.5 kms / dénivélé : xxxm

Réf : C090-SE-57

[Lien openrunner](#)

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|--------|--|------|-------------|--------|---|------|-------------|
| | NOGENT-le-Roi – Ancienne gare dir. Epernon par la grande route | 0.0 | | | | | |
| D983 | COULOMBS // Feu tricolore ⇨ ▲▲ (L : 850m / Maxi : 6%) | 1.5 | 1.5 | D983 | COULOMBS // Feu tricolore ⇨ ▲▲ (L : 850m / Maxi : 6%) | 1.5 | 1.5 |
| D4 | EPERNON ↗ en bas de la descente | 11.5 | 13.0 | D4 | EPERNON ↗ en bas de la descente | 11.5 | 13.0 |
| D107 | BECHEREAU ↗ ▲▲ (L : 1.000m / Maxi : 7%) | 5.5 | 18.5 | D107 | BECHEREAU ↗ ▲▲ (L : 1.000m / Maxi : 7%) | 5.5 | 18.5 |
| D80 | GAZERAN ↗ dir. Zoo-de-Sauvage ▲▲ (L : 600m / Maxi : 8%) | 7.0 | 25.5 | D80 | GAZERAN ↗ dir. Zoo-de-Sauvage ▲▲ (L : 600m / Maxi : 8%) | 7.0 | 25.5 |
| D62 | Carrefour C2 ↗ dir. Le Bray | 1.0 | 26.5 | D62 | Carrefour C2 ↗ dir. Le Bray | 1.0 | 26.5 |
| C2 | Rond-Point prendre dir. Greffiers / Sonchamp | 4.0 | 30.5 | C2 | Rond-Point prendre dir. Greffiers / Sonchamp | 4.0 | 30.5 |
| D936 | GREFFIERS ⇨ | 2.0 | 32.5 | D936 | GREFFIERS ⇨ | 2.0 | 32.5 |
| D936 | SONCHAMP ⇨ | 6.0 | 38.5 | D936 | SONCHAMP ⇨ | 6.0 | 38.5 |
| D936 | St ARNOULT-en-Yvelines ↗ dir. Ablis | 4.5 | 43.0 | D936 | St ARNOULT-en-Yvelines ↗ dir. Ablis | 4.5 | 43.0 |
| D988 | Carrefour RF ↗ dir. Ponthévrard | 3.0 | 46.0 | D988 | Carrefour RF ⇨ dir. Ablis | 3.0 | 46.0 |
| | <u>Séparation des circuits</u> | | | | <u>Séparation des circuits</u> | | |
| | PONTHEVRARD ⇨ | 1.0 | 47.0 | D168 | ABLIS // dir. Prunay-en-Yvelines | 7.0 | 53.0 |
| | DENISY ⇨ | 3.0 | 50.0 | | <u>Regroupement des circuits</u> | | |
| | St MESME ↗ dir. Ablis | 2.0 | 52.0 | D168 | PRUNAY-en-Yvelines ↗ | 3.5 | 56.5 |
| D168 | ABLIS // dir. Prunay-en-Yvelines | 11.0 | 63.0 | RF | MARCHAIS-Parfond ⇨ | 1.5 | 58.0 |
| | <u>Regroupement des circuits</u> | | | RF | CERQUEUSE ⇨ | 2.0 | 60.0 |
| D168 | PRUNAY-en-Yvelines ↗ | 3.5 | 66.5 | RF | HAUTE-Maison Car. D32 ↗ dir. Ecrosne / Gallardon | 2.0 | 62.0 |
| RF | MARCHAIS-Parfond ⇨ | 1.5 | 68.0 | D32 | ECROSNES ↗ | 4.0 | 66.0 |
| RF | CERQUEUSE ⇨ | 2.0 | 70.0 | D122 | JONVILLIERS ⇨ ↗ | 2.5 | 68.5 |
| RF | HAUTE-Maison Car. D32 ↗ dir. Ecrosne / Gallardon | 2.0 | 72.0 | D122 | GAS ⇨ | 3.0 | 71.5 |
| D32 | ECROSNES ↗ | 4.0 | 76.0 | D116.6 | HOUX ↗ | 4.0 | 75.5 |
| D122 | JONVILLIERS ⇨ ↗ | 2.5 | 78.5 | D116 | St MAMERT ⇨ | 3.0 | 78.5 |
| D122 | GAS ⇨ | 3.0 | 81.5 | D116 | MAINTENON dir. Nogent-le-Roi par la grande route | 1.0 | 79.5 |
| D116.6 | HOUX ↗ | 4.0 | 85.5 | D983 | NOGENT-le-Roi Maison des associations | 10.0 | 89.5 |
| D116 | St MAMERT ⇨ | 3.0 | 88.5 | | | | |
| D116 | MAINTENON dir. Nogent-le-Roi par la grande route | 1.0 | 89.5 | | | | |
| D983 | NOGENT-le-Roi Maison des associations | 10.0 | 99.5 | | | | |