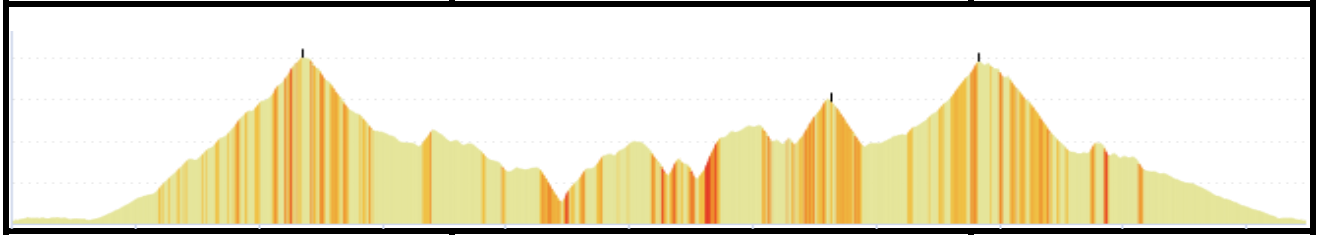
Séjours vélo en Espagne

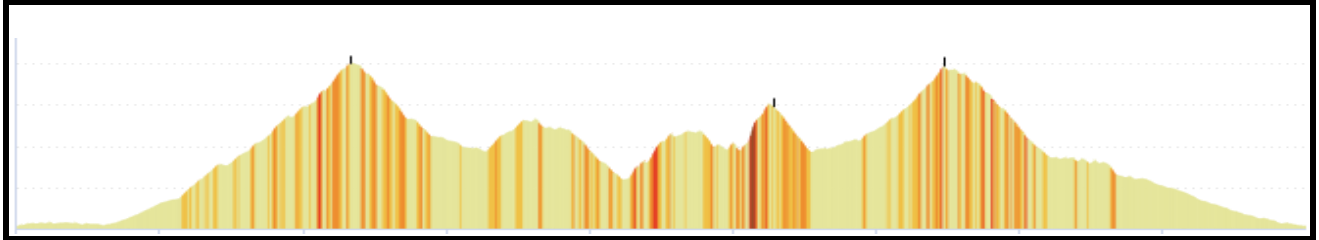
DIMANCHE

Séjours vélo en Espagne

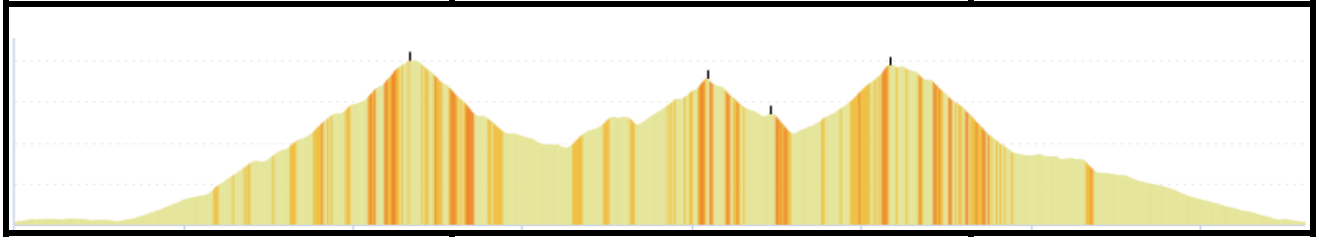
105	**km**	***Dénivellé :***	**1650m**	**3 Cols**
		Pente Max	**12%**	**Altitude max : 560m**



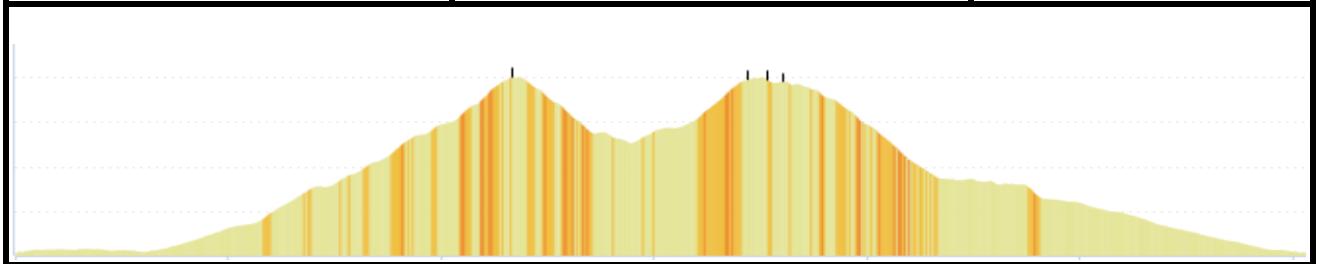
90	**km**	***Dénivellé :***	**1450m**	**3 Cols**
		Pente Max	**12%**	**Altitude max : 560m**



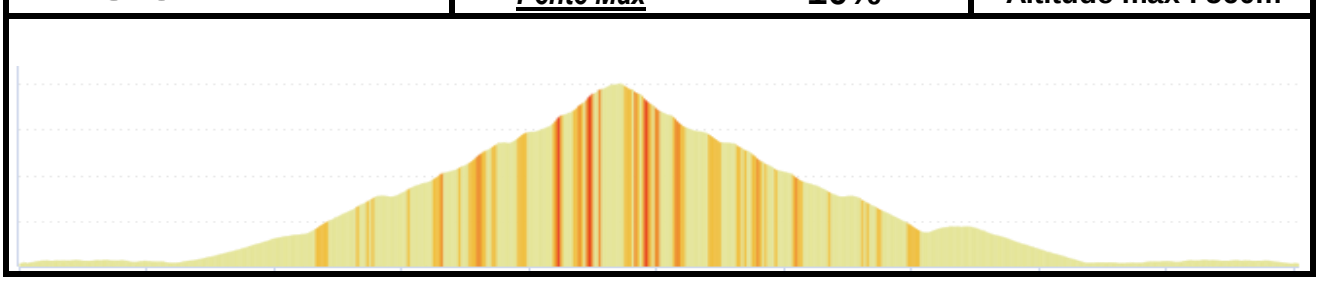
75	**km**	***Dénivellé :***	**1100m**	**3 Cols**
		Pente Max	**10%**	**Altitude max : 560m**



60	**km**	***Dénivellé :***	**800m**	**2 Cols**
		Pente Max	**12%**	**Altitude max : 560m**



50	**km**	***Dénivellé :***	**600m**	**1 Cols**
		Pente Max	**10%**	**Altitude max : 560m**

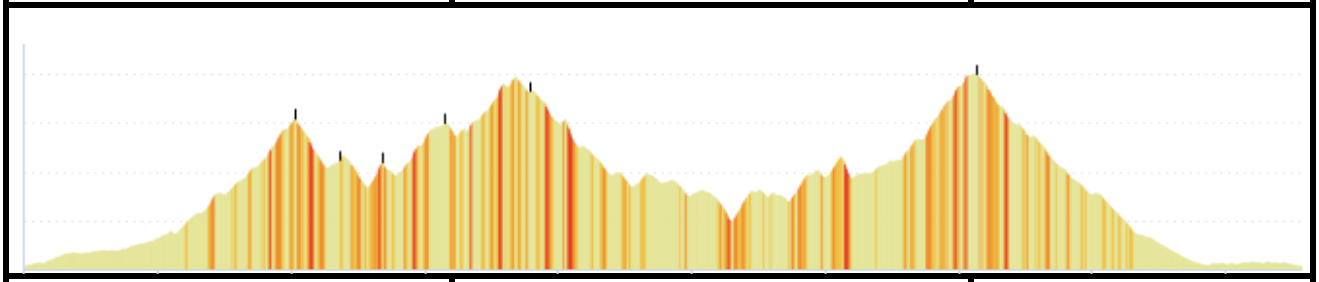


Séjours vélo en Espagne

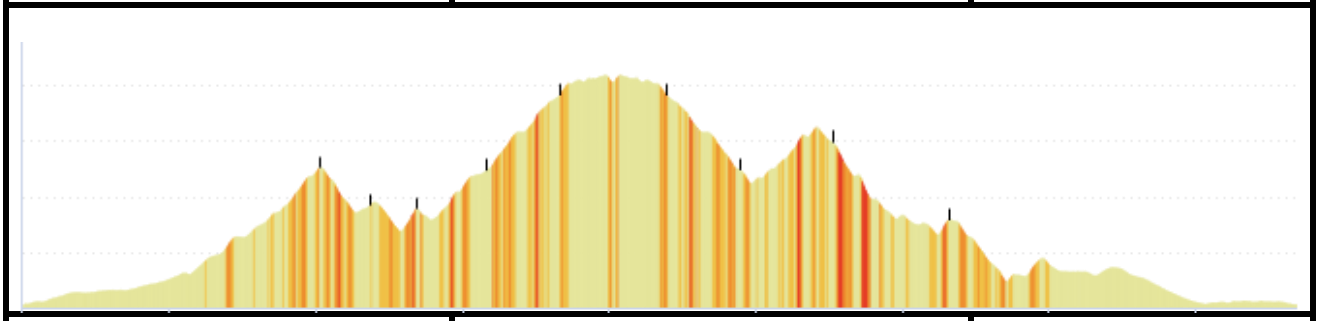
LUNDI

Séjours vélo en Espagne

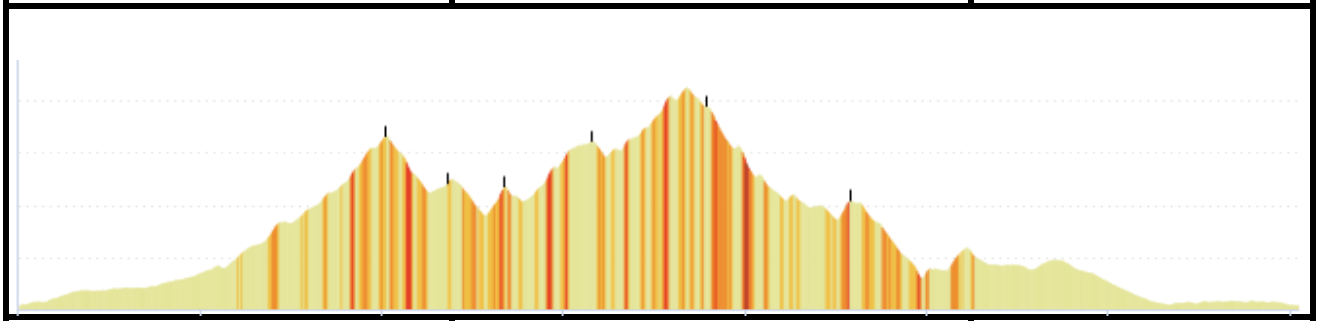
95	**km**	***Dénivellé :***	**1550m**	**4 Cols**
		Pente Max	**12%**	**Altitude max : 540m**



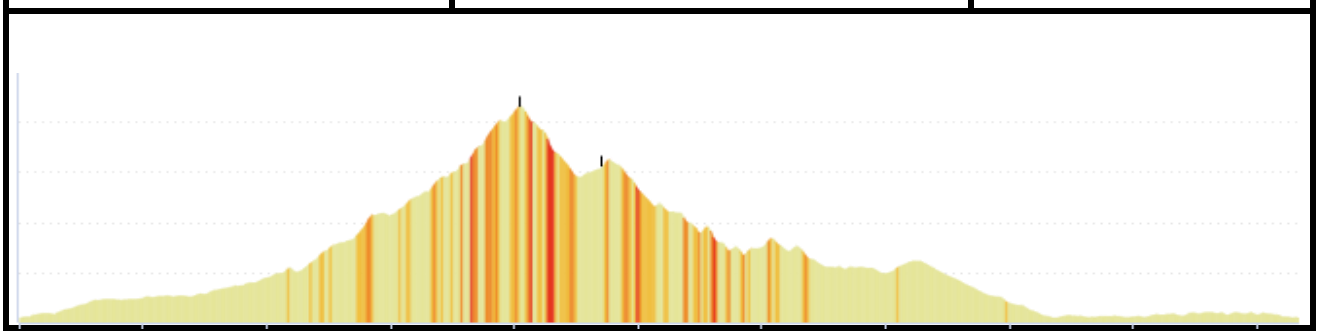
85	**km**	***Dénivellé :***	**1350m**	**4 Cols**
		Pente Max	**12%**	**Altitude max : 690m**



70	**km**	***Dénivellé :***	**1100m**	**3 Cols**
		Pente Max	**12%**	**Altitude max : 540m**



50	**km**	***Dénivellé :***	**600m**	**1 Cols**
		Pente Max	**12%**	**Altitude max : 440m**

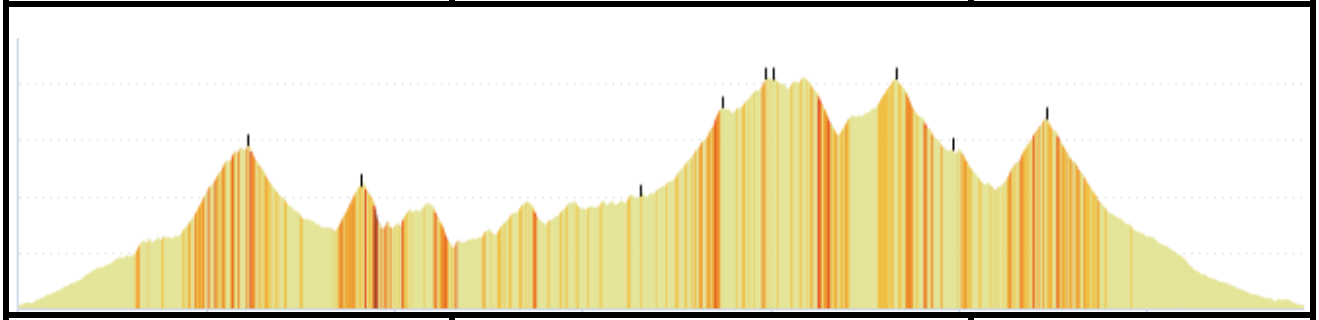


Séjours vélo en Espagne

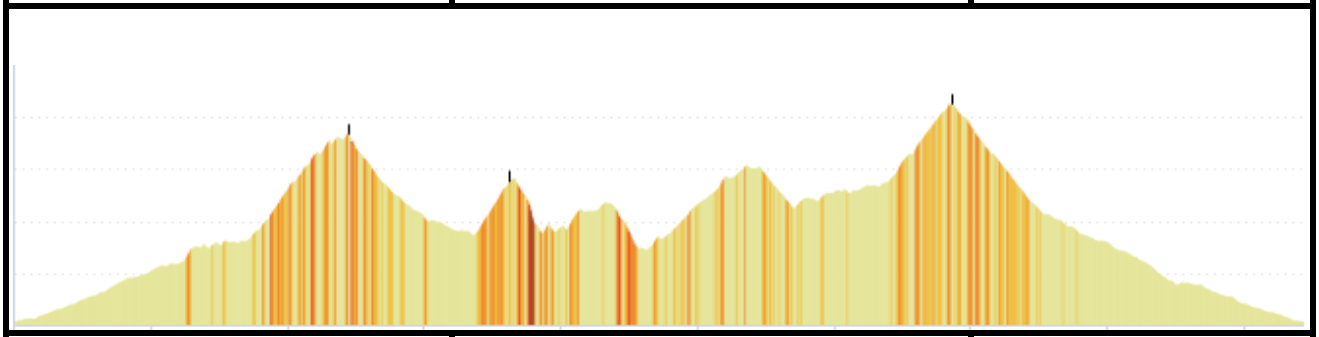
MARDI

Séjours vélo en Espagne

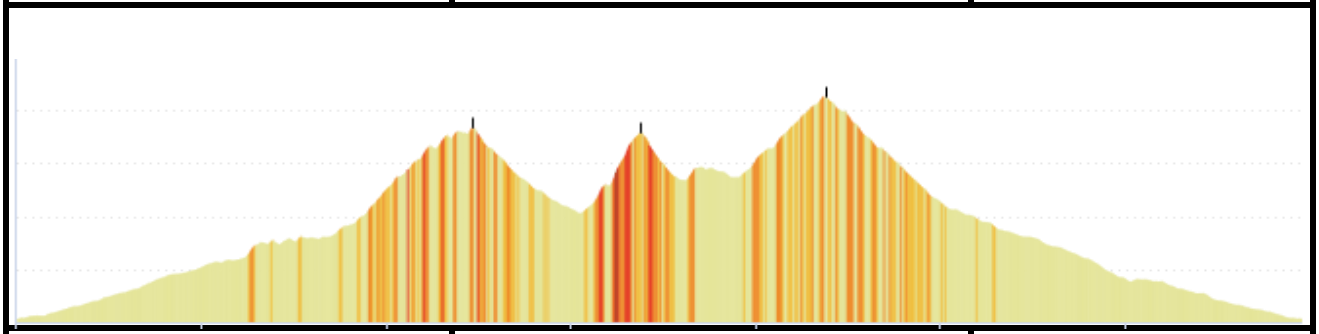
135	**km**	***Dénivellé :***	**2200m**	**5 Cols**
		Pente Max	**12%**	**Altitude max : 760m**



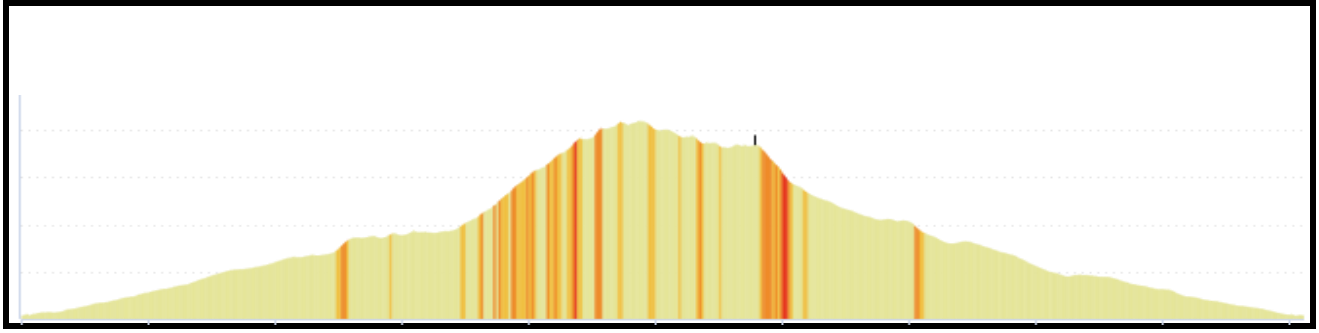
95	**km**	***Dénivellé :***	**1500m**	**3 Cols**
		Pente Max	**10%**	**Altitude max : 640m**



70	**km**	***Dénivellé :***	**1100m**	**3 Cols**
		Pente Max	**14%**	**Altitude max : 640m**



50	**km**	***Dénivellé :***	**600m**	**2 Cols**
		Pente Max	**10%**	**Altitude max : 540m**

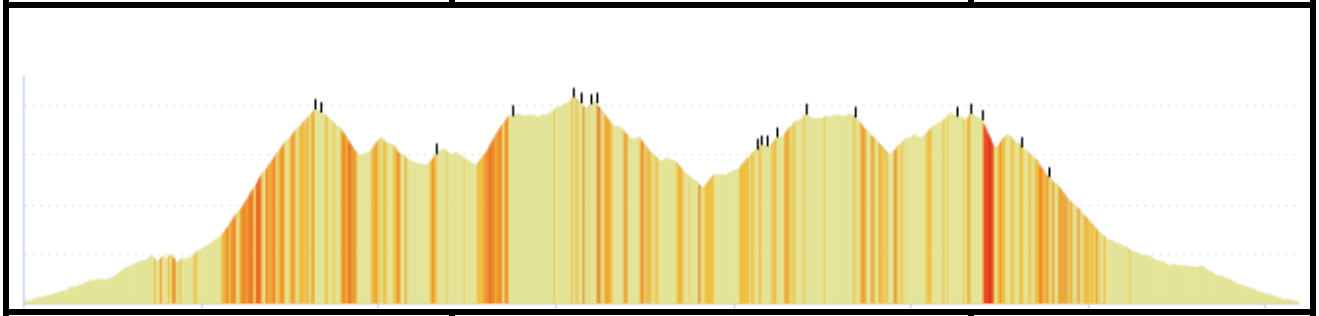


Séjours vélo en Espagne

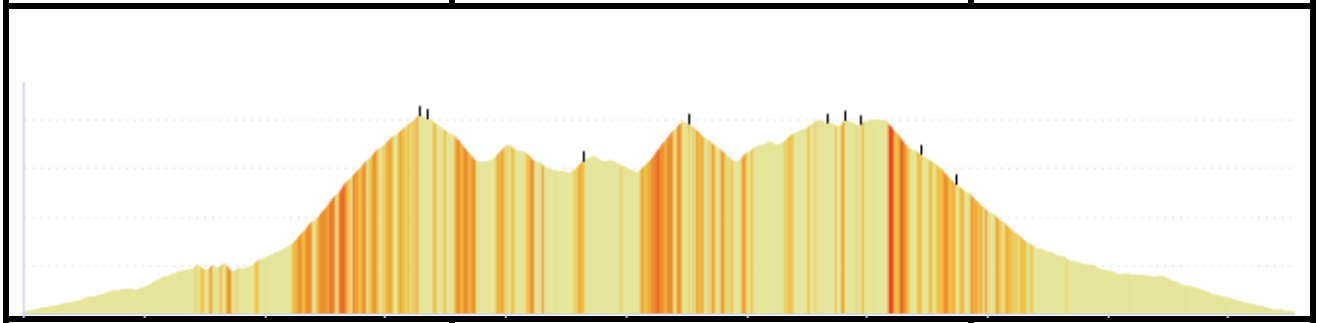
JEUDI

Séjours vélo en Espagne

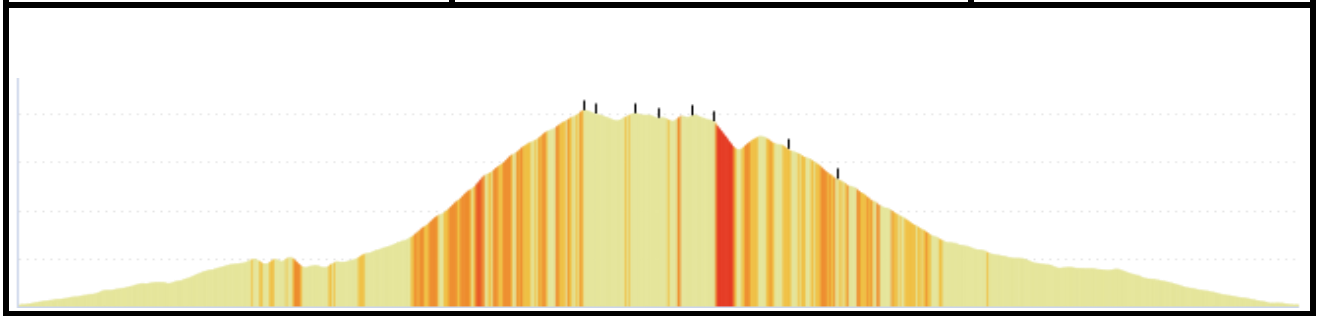
145	**km**	***Dénivellé :***	**2400m**	**4 Cols**
		Pente Max	**12%**	**Altitude max : 1050m**



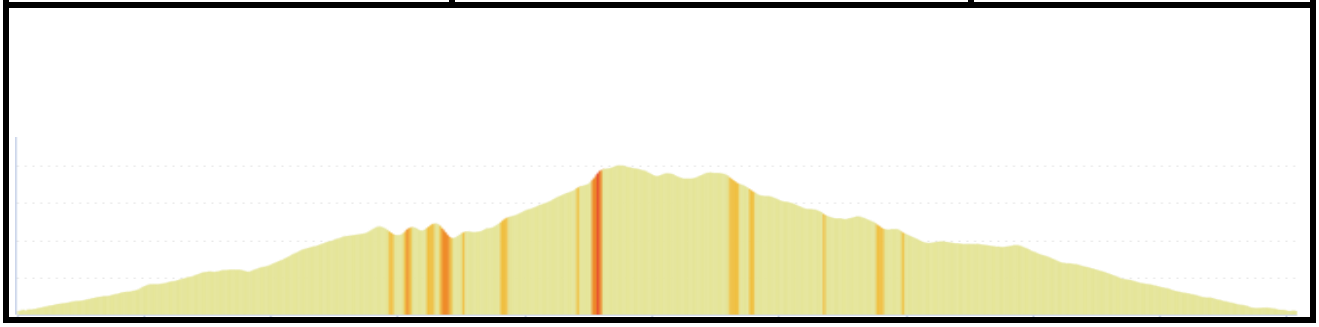
105	**km**	***Dénivellé :***	**1800m**	**3 Cols**
		Pente Max	**12%**	**Altitude max : 1050m**



75	**km**	***Dénivellé :***	**1200m**	**1 Cols**
		Pente Max	**12%**	**Altitude max : 1050m**



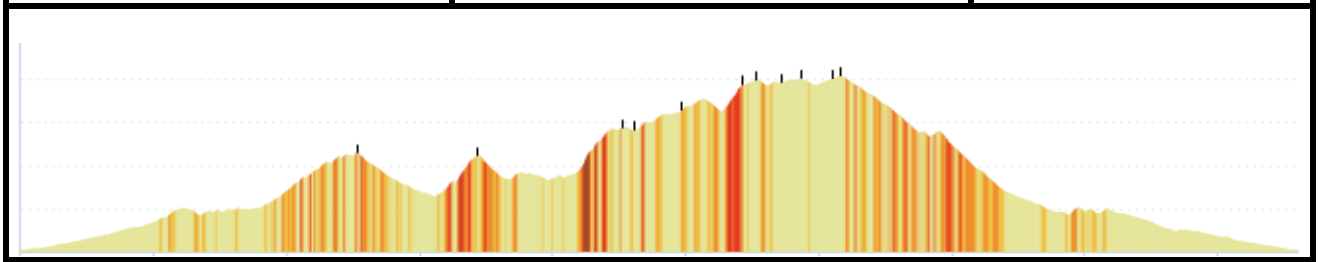
50	**km**	***Dénivellé :***	**500m**	**0 Cols**
		Pente Max	**10%**	**Altitude max : 400m**



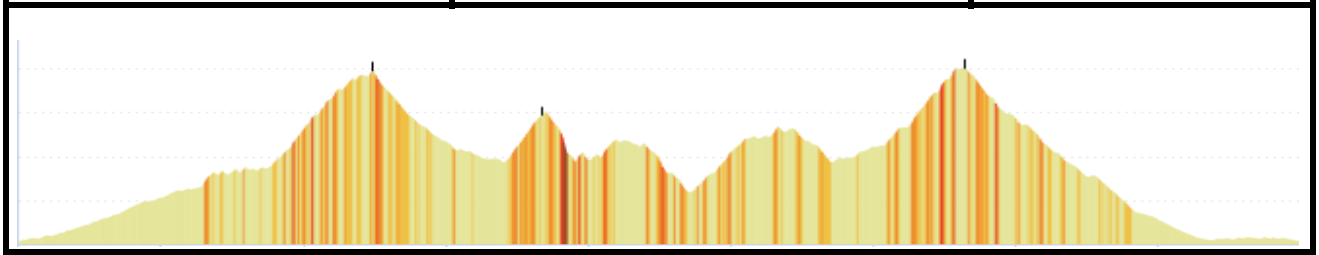
VENDREDI

Séjours vélo en Espagne

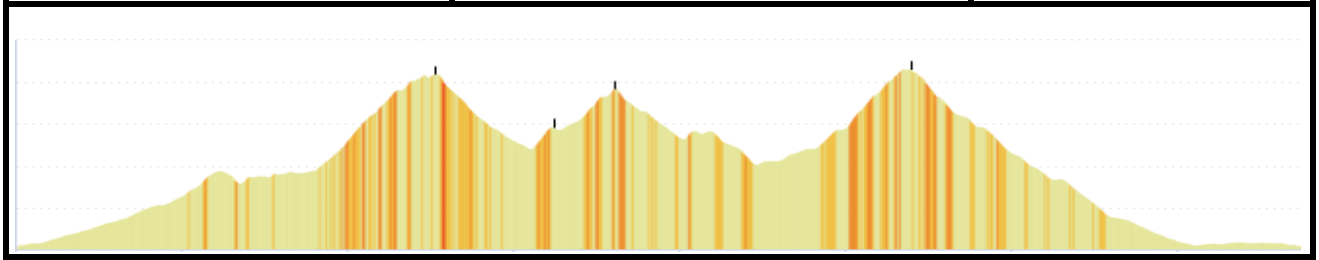
95	**km**	***Dénivellé :***	**1800m**	**4 Cols**
		Pente Max	**14%**	**Altitude max : 960m**



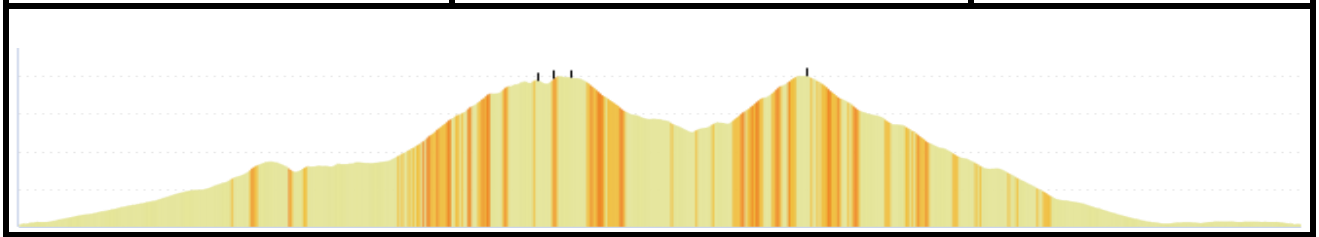
90	**km**	***Dénivellé :***	**1450m**	**3 Cols**
		Pente Max	**10%**	**Altitude max : 560m**



75	**km**	***Dénivellé :***	**1150m**	**3 Cols**
		Pente Max	**10%**	**Altitude max : 560m**



65	**km**	***Dénivellé :***	**850m**	**2 Cols**
		Pente Max	**10%**	**Altitude max : 560m**



55	**km**	***Dénivellé :***	**450m**	**3 Cols**
		Pente Max	**11%**	**Altitude max : 130m**

