

**CAMMINO BALTEO Trekking**

stage number - start / end	Locations / Municipalities crossed	total technical data of each STAGE					recommended period
		length	ascent +	descent -	outward ↓	return ↑	
STAGE 1 - Pont-Saint-Martin – Lillianes	<b>Pont-Saint-Martin</b>	8.177	973	656	4h 00	3h 35	1/03 - 30/11
	Perloz - Tour d'Hereraz - Remondin						
STAGE 2 - Lillianes – Fontainemore	<b>Lillianes</b> - Pillaz - Farettaz	16.661	1.133	1.098	6h 40	6h 25	1/05 - 31/10
	Fontainemore - Lillianes - Chemp - Marine						
STAGE 3 - Fontainemore – Donnas	<b>Perloz</b> - Madonna della Guardia - Bousc Daré	14.641	400	918	4h 50	5h 15	1/03 - 30/11
	Donnas - Albard - Machaby						
STAGE 4 - Donnas - Arnad	<b>Arnad</b> (castle Vallaise) - Isollaz	12.490	1.101	1070	5h 20	5h 00	1/05 - 31/10
	Challand-Saint-Victor - Col d'Arlaz						
STAGE 5 – Arnad – Challand-Saint-Victor	<b>Emarèse</b> (Eresaz) - Moron	12.789	1.144	890	5h 20	5h 05	1/05 - 31/10
	Saint-Vincent - Promiod						
STAGE 6 - Challand-S-V - Saint-Vincent	<b>La Magdeleine</b> - Lod	15.821	873	1.125	5h 15	5h 25	1/04 - 31/10
	Antey-Saint-André - Mazod						
STAGE 7 - Saint-Vincent - La Magdeleine	<b>Torgnon</b> (Mongnod) - Lavesé (Saint-Denis)	14.028	1.370	295	5h 40	4 h 25	1/05 - 31/10
	Plan (Saint-Denis)						
STAGE 8 - La Magdeleine – Verrayes	<b>Verrayes</b> - Blavy (Nus)	19.767	756	1.486	6h 10	6h 45	1/05 - 31/10
	Nus - Povil (Quart)						
STAGE 9 -Verrayes – Nus	<b>Quart</b> (castle)	10.192	208	876	3h 15	3h 35	1/03 - 30/11
	Senin (Saint-Christophe) - Porossan/Neyves (Aosta)						
STAGE 10 - Nus – Roisan	<b>Roisan</b>	18.524	525	204	5h 10	5h 00	1/01 - 31/12
	Gignod						
STAGE 11 - Roisan – Arpuilles	<b>Arpuilles</b> (Aosta) - Pont d'Avisod (Sarre)	13.232	445	319	3h 50	3h 35	1/03 - 30/11
	Ville-Sur-Sarre (Sarre)						
STAGE 12 - Arpuilles - Vetan	<b>Vétan</b> (Saint-Pierre)	14.069	1.081	603	5h 10	4h 40	1/06 - 31/10
	Vens (Saint-Nicolas)						
STAGE 13 - Vetan - La Salle	<b>Vedun</b> (Avisé)	18.848	893	1.568	6h 40	7h 45	1/06 - 31/10
	La Salle - Dailley						
STAGE 14 - La Salle - Avisé	<b>Morgex</b> - Derby - Runaz	20.082	572	821	5h 55	6h 05	1/05 - 31/10
	Avisé						
STAGE 15 - Avisé - Introd	<b>Saint-Nicolas</b>	15.912	1.184	1.179	6h 25	6h 10	1/05 - 31/10
	Leverogne (Arvier) - Les Combes (Introd)						
STAGE 16 - Introd - Villeneuve	<b>Introd</b> - Soressamont - Petit Chevrère - Châtel Argent	20.101	588	793	5h 40	5h 45	1/05 - 31/10
	Rhemes-Saint-Georges						
STAGE 17 - Villeneuve- Aymavilles	<b>Villeneuve</b> - Saint-Roch - Pondel - Ozein	12.294	837	1.000	4h 40	4h 55	1/05 - 31/10
	Aymavilles						
STAGE 18 - Aymavilles - Aosta	<b>Jovençon</b> (Torville)	12.862	453	580	4h 10	4h 00	1/02 - 30/11
	Gressan - Côte de Gargantua						
STAGE 19 - Aosta - Fénis	<b>Charvensod</b> - Pont-Suaz	19.787	387	382	4h 55	5h 30	1/02 - 30/11
	Aosta - Pont-Suaz						
STAGE 20 - Fénis - Châtillon	<b>Charvensod</b>	14.291	368	393	4h 05	4h 00	1/01 - 31/12
	Pollein						
STAGE 21 - Châtillon-Verrès	<b>Brissogne</b>	20.945	648	797	5h 45	6h 05	1/01 - 31/12
	Saint-Marcel						
STAGE 22 - Verrès - Pontboset	<b>Fénis</b> - Rovarey - Crétaz - Le Grangeon	17.188	745	366	5h 05	4h 40	1/03 - 30/11
	Chambave - Chandianaz - Cret de Breil/castle Gamba						
STAGE 23 - Pontboset - Pont-Saint-Martin	<b>Châtillon</b>	13.365	538	1044	4h 10	4h 40	1/03 - 30/11
	Saint-Vincent - Cillian - Chenal - Saint-Germain						
STAGE 23 - Pontboset - Pont-Saint-Martin	<b>Montjovet</b> - Torille (Verrès)	17.188	745	366	5h 05	4h 40	1/03 - 30/11
	Issogne						
STAGE 23 - Pontboset - Pont-Saint-Martin	Verrès (station)	13.365	538	1044	4h 10	4h 40	1/03 - 30/11
	Arnad (church) - Echallod						
STAGE 23 - Pontboset - Pont-Saint-Martin	<b>Hône</b>	13.365	538	1044	4h 10	4h 40	1/03 - 30/11
	Pontboset - Frontière - Fontaney						
STAGE 23 - Pontboset - Pont-Saint-Martin	<b>Hône</b>	13.365	538	1044	4h 10	4h 40	1/03 - 30/11
	Bard						
STAGE 23 - Pontboset - Pont-Saint-Martin	<b>Donnas</b> - Tréby	13.365	538	1044	4h 10	4h 40	1/03 - 30/11
	Pont-Saint-Martin						