

| # | Resort | Lift | Start | Top arrival | rise time | waiting time | open | closes | slope used | descent time |
|----|--------------|--------------------------------|--------------|-------------|-----------|-----------------|-------|--------------|---|--------------|
| | Orelle | 3 Vallées express | 09:00 | 09:45 | 00:15:00 | 00:30:00 | 09:00 | | none | 00:00:30 |
| 0 | Orelle | Rosaël | 09:46 | 09:55 | 00:07:30 | 00:02:00 | 09:20 | 16:10 | Chamois - Eterlous - Rhodos | 00:01:30 |
| | Val Thorens | Moraine | 09:57 | 10:05 | 00:06:48 | 00:02:00 | 09:15 | 16:20 | none | |
| 1 | Val Thorens | Col (closed) | | | 00:07:02 | | 09:30 | 16:10 | Col - Moraine - Cosmojet | 00:10:12 |
| 2 | Val Thorens | Funitel Peclet | 10:16 | 10:25 | 00:07:52 | 00:02:00 | 09:15 | 16:15 | Béranger - Roc | 00:01:08 |
| | Val Thorens | Pionniers | 10:27 | 10:33 | 00:04:28 | 00:02:00 | 09:00 | 16:30 | none | 00:02:32 |
| 3 | Val Thorens | 3 Vallees | 10:36 | 10:42 | 00:04:28 | 00:02:00 | 09:15 | 16:30 | 4 vents - Alpages bas - Bruyeres - Boyes | 00:08:32 |
| 4 | Les Menuires | Sunny express | 10:51 | 10:59 | 00:06:56 | 00:02:00 | 09:10 | 16:30 | Stade des combes - Lac Combes | 00:05:04 |
| 5 | Meribel | Becca | 11:05 | 11:12 | 00:05:40 | 00:02:00 | 09:10 | 16:25 | Alouette - Lac de la chambre | 00:01:20 |
| 6 | Meribel | Mont Vallon | 11:14 | 11:22 | 00:06:09 | 00:02:00 | 09:25 | 16:05 | Combe du Vallon - Ours | 00:11:51 |
| | Meribel | Pas Du Lac 1 | 11:34 | 11:41 | 00:05:05 | 00:02:00 | 09:00 | 16:20 | none | 00:01:00 |
| 7 | Meribel | Pas Du Lac 2 | 11:42 | 11:47 | 00:03:31 | 00:02:00 | 09:00 | 16:20 | Marmottes - Suisses - Altiport - Mur - Prameruel | 00:09:00 |
| 8 | Courchevel | Roc Mugnier | 11:56 | 12:02 | 00:03:52 | 00:02:00 | 09:10 | 16:35 | Grandes Bosses | 00:01:32 |
| | Courchevel | Petites Bosses (closed) | | | 00:02:14 | | 09:00 | 16:25 | | |
| 9 | Courchevel | Aiguille Du Fruit | 12:04 | 12:10 | 00:04:00 | 00:02:00 | 09:05 | 16:35 | Altiport - Alpage - Jardin Alpin - Verdons - Plantrey - Brigues | 00:08:30 |
| 10 | La tania | Foret | 12:18 | 12:25 | 00:04:46 | 00:02:00 | 09:05 | 16:25 | Jockeys - Stade slalom - Moretta Blanche | 00:06:00 |
| 11 | La tania | Tania | 12:31 | 12:38 | 00:06:24 | 00:00:30 | 09:00 | 16:40 | Bouc Blanc | 00:00:50 |
| 12 | Courchevel | Bouc Blanc | 12:39 | 12:46 | 00:05:30 | 00:02:00 | 09:10 | 16:30 | Loze | 00:03:00 |
| | Courchevel | Verdons | 12:49 | 12:57 | 00:06:26 | 00:02:00 | 09:00 | 16:25 | none | 00:00:04 |
| 13 | Courchevel | Saulire | 12:58 | 13:09 | 00:06:00 | 00:05:00 | 09:10 | 16:30 | GoPro Couloir (closed)- Chamois - Geai - Renard - Renardeau | 00:08:00 |
| 14 | Meribel | Dent De Brugin | 13:17 | 13:24 | 00:05:11 | 00:02:00 | 09:05 | 16:35 | Renard - Renardeau - Lapin - Blanchot | 00:06:00 |
| 15 | Meribel | Golf | 13:30 | 13:37 | 00:05:04 | 00:02:00 | 09:00 | 16:30 | Foret - Rond Point - Doron | 00:04:45 |
| 16 | Meribel | Legends | 13:42 | 13:48 | 00:04:35 | 00:02:00 | 09:00 | 16:25 | Gelinotte | 00:01:25 |
| 17 | Meribel | Olympic | 13:50 | 13:56 | 00:04:42 | 00:02:00 | 09:05 | 16:15 | Roc de Fer - Verdet - Biollet | 00:06:00 |
| | St Martin | St Martin 1 | 14:02 | 14:10 | 00:05:25 | 00:02:00 | 09:00 | 16:30 | none | 00:01:30 |
| 18 | St Martin | St Martin Express | 14:11 | 14:20 | 00:06:55 | 00:02:00 | 09:10 | 16:30 | Dahu | 00:02:28 |
| 19 | Meribel | Roc De Tougne | 14:23 | 14:31 | 00:06:00 | 00:02:00 | 09:10 | 16:30 | Teppes - Gros Tougne Bas - Violette - Boulevard Masse | 00:07:00 |
| 20 | Les menuires | Masse 1 | 14:38 | 14:44 | 00:05:21 | 00:01:00 | 09:00 | 16:20 | Longet | 00:01:39 |
| 21 | Les menuires | Masse 2 | 14:46 | 14:54 | 00:06:50 | 00:02:00 | 09:15 | 16:10 | Off-piste skiing itinerary through the Lac du Loup hut | 00:11:10 |
| 22 | Val thorens | Plan De L'Eau | 15:06 | 15:13 | 00:05:59 | 00:02:00 | 09:20 | 16:10 | Boulevard du téléphérique | 00:03:01 |
| 23 | Val thorens | Cime Caron | 15:17 | 15:23 | 00:04:20 | 00:02:00 | 09:30 | 15:45 | Combe de rosaël - Mauriennaise | 00:07:40 |
| | Orelle | Peyron | 15:31 | 15:37 | 00:04:50 | 00:02:00 | 09:20 | 16:10 | Croix d'antide | 00:02:00 |
| 24 | Orelle | Bouchet | 15:39 | 15:51 | 00:09:11 | 00:02:00 | 09:30 | 16:10 | Off-piste skiing itinerary - Pointe Renod | 00:06:59 |
| | Orelle | Peyron (again) | 15:58 | 16:04 | 00:04:50 | 00:02:00 | 09:20 | 16:10 | Croix d'antide | 00:02:00 |
| 25 | Orelle | Bouchet(again) | 16:06 | 16:18 | 00:09:11 | 00:02:00 | 09:30 | 16:10 | Off-piste skiing itinerary - Pointe Renod (again) | 00:06:00 |
| 26 | Orelle | 3 Vallées express | 16:24 | 16:49 | 00:20:00 | 00:05:00 | 09:00 | 16:30 | back to car to go home... | |