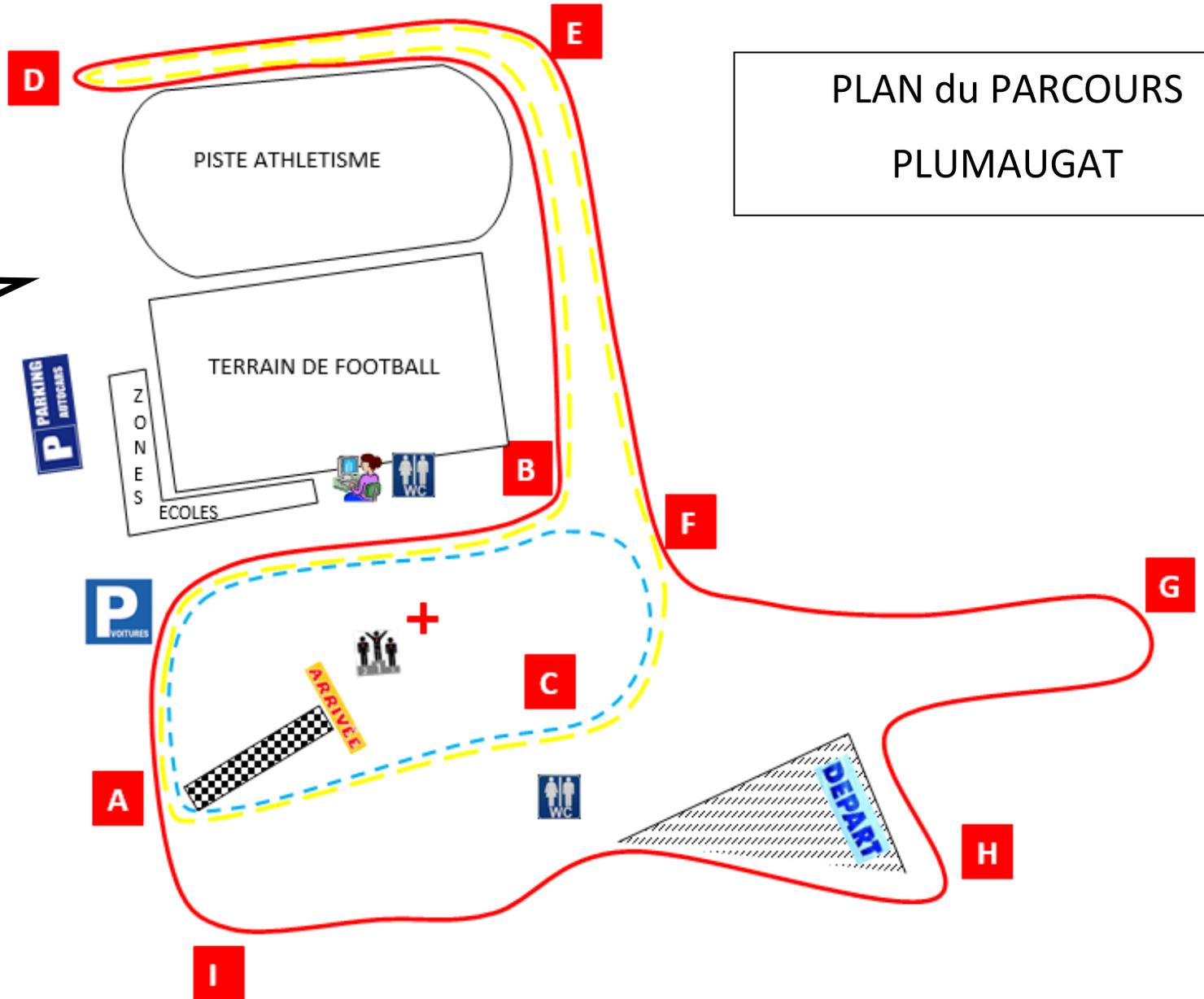


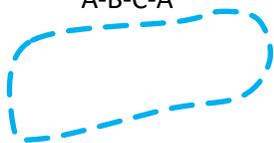
PLAN du PARCOURS PLUMAUGAT

TOUTES LES
BOUCLES
COMMENCENT
ET SE TERMINENT
AU POINT A

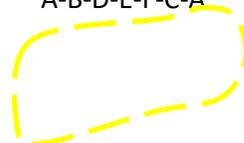


DEPART - POINT A :
290 m

PETITE BOUCLE : 360 m
A-B-C-A



MOYENNE BOUCLE : 830 m
A-B-D-E-F-C-A



GRANDE BOUCLE : 1320 m
A-B-D-E-F-G-H-I-A



POINT A - ARRIVEE :
50 m