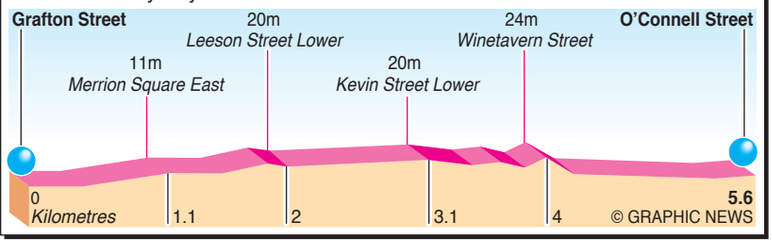
Prologue 5.6km

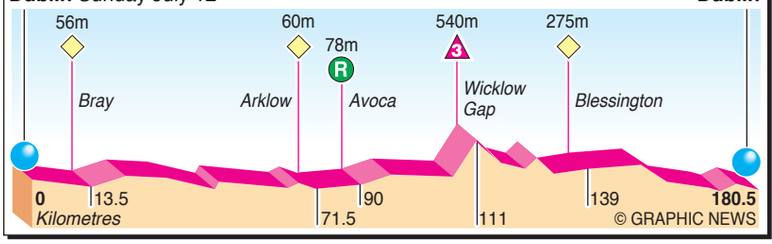
Dublin Saturday July 11



Stage 1 180.5km

Mountain stage · Sprint · Refreshments

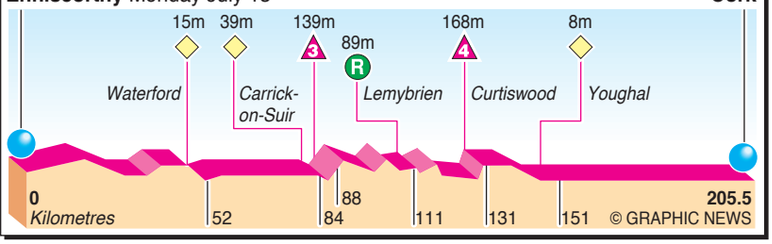
Dublin Sunday July 12 — **Dublin**



Stage 2 205.5km

Mountain stage · Sprint · Refreshments

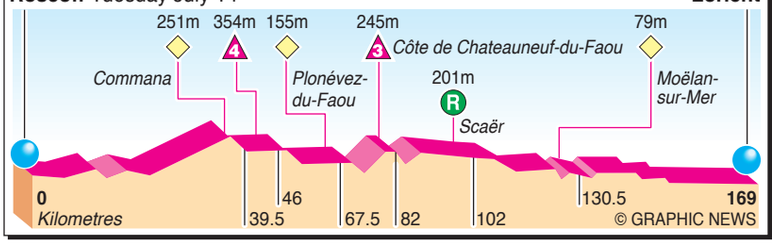
Enniscorthy Monday July 13 — **Cork**



Stage 3 169km

Mountain stage · Sprint · Refreshments

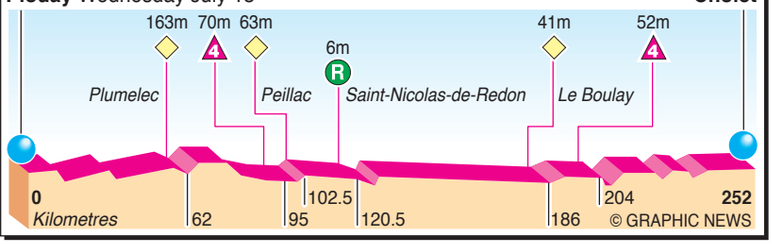
Roscoff Tuesday July 14 — **Lorient**



Stage 4 252km

Mountain stage · Sprint · Refreshments

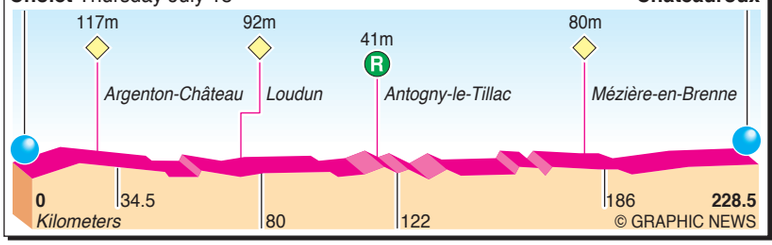
Plouay Wednesday July 15 — **Cholet**



Stage 5 228.5km

Mountain stage · Sprint · Refreshments

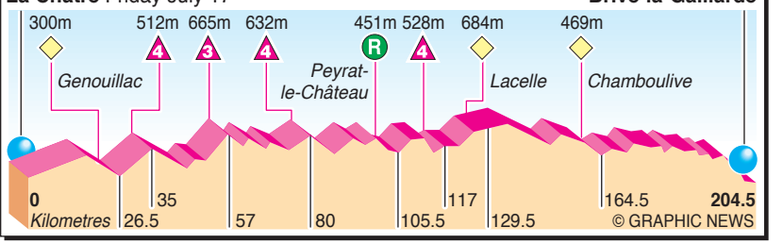
Cholet Thursday July 15 — **Châteauroux**



Stage 6 204.5km

Mountain stage · Sprint · Refreshments

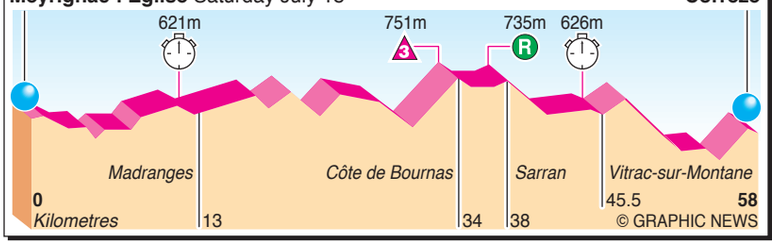
La Châtre Friday July 17 — **Brive-la-Gaillarde**



Stage 7 58km

Mountain stage · Refreshments · Time trial

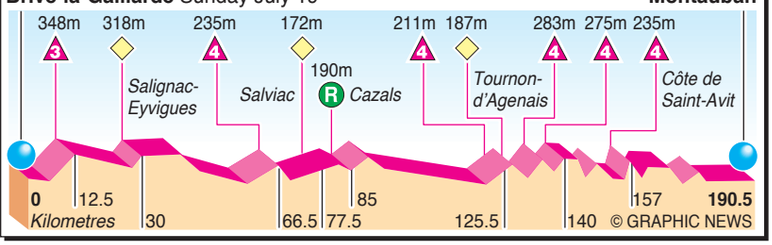
Meyrignac-l'Eglise Saturday July 18 — **Corrèze**



Stage 8 190.5km

Mountain stage · Sprint · Refreshments

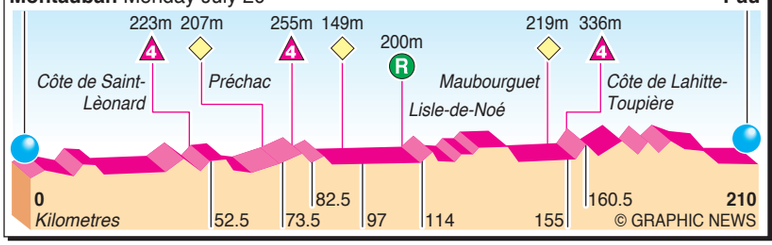
Brive-la-Gaillarde Sunday July 19 — **Montauban**



Stage 9 210km

Mountain stage · Sprint · Refreshments

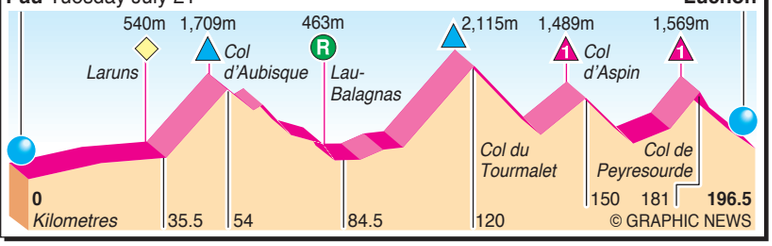
Montauban Monday July 20 — **Pau**



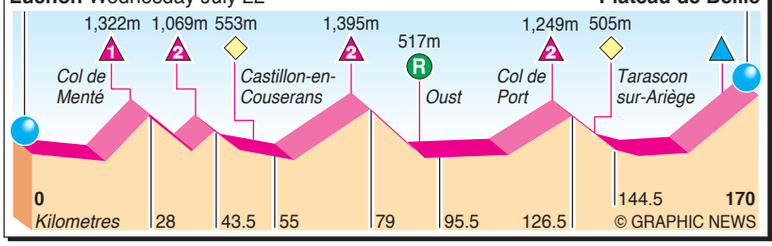
Stage 10 196.5km

Mountain stage/climb · Sprint · Refreshments

Pau Tuesday July 21 — **Luchon**



Stage 11 170km

Mountain stage/climb · Sprint · Refreshments

Luchon Wednesday July 22 — **Plateau de Beille**