

Stage 1

July 2
Distance
188km

-  Sprint
-  Hill climb
-  Refreshment

La Haye
118.5km

Utah Beach,
Sainte-Marie-
du-Mont

Stage 12

Gouville-sur-Mer
94.5km

-  Sprint
-  Hill climb
-  Refreshment

Mont Ventoux

Mont-Saint-W

Source: Tour de France

Stage 19

July 22
Distance
146km

-  Sprint
-  Hill climb
-  Refreshment

Plar

Mol

Montpellier

Source: Tour de France

Col de la Forclaz de
Montmin 42.5km

Saint-Gervais

Mont Blanc

Le Bettex

Stage 21

July 24
Distance
113km

-  Sprint
-  Hill climb
-  Refreshment

Doussard
25.5km

Le M

Chantilly

Côte de l'Ermitage 32.5km

Haut des Champs-Elysées 73.5km

Paris

Source: Tour de France

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