



Tour de France 2025



Stage	Date	Route	Type	Distance
1	Sat, July 5	Lille Métropole → Lille Métropole	Flat	184.9 km
2	Sun, July 6	Lauwin-Planque → Boulogne-sur-Mer	Hilly	209.1 km
3	Mon, July 7	Valenciennes → Dunkerque	Flat	178.3 km
4	Tue, July 8	Amiens Métropole → Rouen	Hilly	174.2 km
5	Wed, July 9	Caen → Caen	ITT	33 km
6	Thu, July 10	Bayeux → Vire Normandie	Hilly	201.5 km
7	Fri, July 11	Saint-Malo → Mûr-de-Bretagne Guerlédan	Hilly	197 km
8	Sat, July 12	Saint-Méen-le-Grand → Laval	Flat	171.4 km
9	Sun, July 13	Chinon → Châteauroux	Flat	174.1 km
10	Mon, July 14	Ennezat → Le Mont-Dore Puy de Sancy	Mountain	165.3 km
Rest 1	Tue, July 15	Toulouse	Rest Day	—
11	Wed, July 16	Toulouse → Toulouse	Flat	156.8 km
12	Thu, July 17	Auch → Hautacam	Mountain	180.6 km
13	Fri, July 18	Loudenvielle → Peyragudes	ITT	10.9 km
14	Sat, July 19	Pau → Luchon-Superbagnères	Mountain	182.6 km
15	Sun, July 20	Muret → Carcassonne	Hilly	169.3 km
Rest 2	Mon, July 21	Montpellier	Rest Day	—
16	Tue, July 22	Montpellier → Mont Ventoux	Mountain	171.5 km
17	Wed, July 23	Bollène → Valence	Flat	160.4 km
18	Thu, July 24	Vif → Courchevel Col de la Loze	Mountain	171.5 km
19	Fri, July 25	Albertville → La Plagne	Mountain	129.9 km
20	Sat, July 26	Nantua → Pontarlier	Hilly	184.2 km
21	Sun, July 27	Mantes-la-Ville → Paris Champs-Élysées	Flat	132.3 km

ITT: Individual time-trial