

Seraing - Cascade de Coo

| Seraing | Dénivelé 1800 M | | Seraing | Dénivelé 1100 M | | Seraing | Dénivelé 480 M | |
|----------------------|------------------------|------------|----------------------|------------------------|-----------|---------------------|-----------------------|-----------|
| Rotheux | | 6 | Rotheux | | 6 | Rotheux | | 6 |
| Berleur | Côte | 11 | Berleur | Côte | 11 | Berleur | Côte | 11 |
| Bagnée | | 14 | Bagnée | | 14 | Bagnée | | 14 |
| Hody | Côte | 17 | Hody | Côte | 17 | Hody | Côte | 17 |
| Anthisnes | Côte | 19 | Anthisnes | Côte | 19 | Anthisnes | | 19 |
| Vien | | 20 | Vien | | 22 | Mont | | 21,5 |
| Fairon | | 25 | Fairon | | 25 | Comblain | | 24,5 |
| Hamoir | | 27 | Hamoir | | 27 | Gilkinet RAV | 8h30/15h30 | 25 |
| Filot | Côte | 30 | Filot | Côte | 30 | Chanxhe | | 28 |
| Ville | | 33 | Ville | | 33 | Pulseur | | 30 |
| My | Côte | 35,5 | My | Côte | 36 | Esneux | | 34 |
| Izier | Côte | 38,5 | Izier | Côte | 39 | Hout-si-Plout | | 37 |
| Burnontige | Côte | 44 | Burnontige | Côte | 44 | Bonsgnée | Côte | 40 |
| Grand-Trixhe | Côte | 45 | Grand-Trixhe | Côte | 45 | Rotheux | Côte | 44 |
| Werbomont RAV | 9h00/13h00 | 47 | Werbomont RAV | 9h00/13h00 | 47 | Seraing | | 50 |
| Neucy | | 52 | Bosson | | 48 | | | |
| Haute Bodeux | Côte | 56 | Houssonloge | | 52 | | | |
| Trois ponts | | 63 | Harzé | Côte | 54 | | | |
| Coo | | 65 | Awans | | 57 | | | |
| La Gleize | | 70 | Chambralles | | 60 | | | |
| Chèrreu | Côte | 73 | Gilkinet RAV | 8h30/15h30 | 66 | | | |
| Rahier | Côte | 76 | Chanxhe | | 69 | | | |
| Xhierfomont | | 80 | Pulseur | | 71 | | | |
| Targnon | | 84 | Esneux | | 75 | | | |
| Lorcé | Côte | 88 | Hout -si-Plout | | 78 | | | |
| Houssonloge | | 93 | Bonsgnée | Côte | 81 | | | |
| Harzé | | 96 | Rotheux | Côte | 85 | | | |
| Awans | | 98 | Seraing | | 91 | | | |
| Chambralles | | 101 | | | | | | |
| Gilkinet RAV | 8h30/15h30 | 106 | | | | | | |
| Chanxhe | | 109 | | | | | | |
| Pulseur | | 111 | | | | | | |
| Esneux | | 115 | | | | | | |
| Hout-si-Plout | | 118 | | | | | | |
| Bonsgnée | Côte | 121 | | | | | | |
| Rotheux | Côte | 125 | | | | | | |
| Seraing | | 131 | | | | | | |