

2026 TOUR DE FRANCE - STAGE & YELLOW JERSEY TRACKER

113th edition - July 4-26 - 21 stages, Barcelona to Paris - fill in each stage winner and the overall (GC) leader



Yellow = overall leader (GC)



Green = points / sprinter



Polka dot = King of the Mountains



White = best young rider (<=25)

ST	DATE	ROUTE	TYPE	STAGE WINNER	YELLOW JERSEY (GC)
1	Sat Jul 4	Barcelona to Barcelona	Team time trial	<u>Visma-Lease a Bike (Vingegaard)</u>	<u>Jonas Vingegaard</u>
2	Sun Jul 5	Tarragona to Barcelona	Hills	<u>Isaac del Toro (UAE)</u>	<u>Jonas Vingegaard</u>
3	Mon Jul 6	Granollers to Les Angles	Mountains	<u>Tadej Pogacar (UAE)</u>	<u>Tadej Pogacar</u>
4	Tue Jul 7	Carcassonne to Foix	Hills	<u>Mads Pedersen (Lidl-Trek)</u>	<u>Torstein Traeen</u>
5	Wed Jul 8	Lannemezan to Pau	Flat	<u>Olav Kooij (Decathlon CMA CGM)</u>	<u>Torstein Traeen</u>
6	Thu Jul 9	Pau to Gavarnie-Gedre	Mountains	<u>Tadej Pogacar (UAE)</u>	<u>Tadej Pogacar</u>
7	Fri Jul 10	Hagetmau to Bordeaux	Flat	<u>Tim Merlier (Soudal Quick-Step)</u>	<u>Tadej Pogacar</u>
8	Sat Jul 11	Perigueux to Bergerac	Flat	<u>Tim Merlier (Soudal Quick-Step)</u>	<u>Tadej Pogacar</u>
9	Sun Jul 12	Malemort to Ussel	Hills	<u>Mathieu van der Poel (Alpecin)</u>	<u>Tadej Pogacar</u>
<i>Mon Jul 13 - Rest day</i>					
10	Tue Jul 14	Aurillac to Le Lioran	Hills	<u>Tadej Pogacar (UAE)</u>	<u>Tadej Pogacar</u>
11	Wed Jul 15	Vichy to Nevers	Flat	<u>Soren Waerenskjold (Uno-X)</u>	<u>Tadej Pogacar</u>
12	Thu Jul 16	Magny-Cours to Chalon-sur-Saone	Flat	<u>Tim Merlier (Soudal Quick-Step)</u>	<u>Tadej Pogacar</u>
13	Fri Jul 17	Dole to Belfort	Hills	<u>Mauro Schmid (Jayco AlUla)</u>	<u>Tadej Pogacar</u>
14	Sat Jul 18	Mulhouse to Le Markstein	Mountains	<u>Tadej Pogacar (UAE)</u>	<u>Tadej Pogacar</u>
15	Sun Jul 19	Champagnole to Plateau de Solaison	Mountains	<u>Remco Evenepoel (Soudal QS)</u>	<u>Tadej Pogacar</u>
<i>Mon Jul 20 - Rest day</i>					
16	Tue Jul 21	Evian-les-Bains to Thonon-les-Bains	Individual time trial	<u>Remco Evenepoel (Red Bull-Bora)</u>	<u>Tadej Pogacar</u>
17	Wed Jul 22	Chambery to Voiron	Flat		
18	Thu Jul 23	Voiron to Orcieres-Merlette	Mountains		
19	Fri Jul 24	Gap to Alpe d'Huez	Mountains		
20	Sat Jul 25	Le Bourg-d'Oisans to Alpe d'Huez	Mountains		
21	Sun Jul 26	Thoiry to Paris (Montmartre finale)	Flat		