

			1989 Tour de France			
Stage	1989	2020	Course	Distance	Type	Link to Video Coverage
P	1 July	27 Jun	Luxembourg City (Luxembourg)	7.8 km (4.8 mi)	Individual time trial	https://www.youtube.com/watch?v=PVTtk3JMqoM
1	2 July	28 Jun	Luxembourg City (Luxembourg)	135.5 km (84.2 mi)	Plain stage	https://www.youtube.com/watch?v=5HS2IM9P_bs&feature=emb_logo
2			Luxembourg City (Luxembourg)	46 km (29 mi)	Team time trial	https://www.youtube.com/watch?v=J_kjL1MFiU&t=23s
3	3 July	29 Jun	Luxembourg City (Luxembourg) to Spa (Belgium)	241 km (150 mi)	Plain stage	https://www.youtube.com/watch?v=o8U3IYoxFOU
4	4 July	30 Jun	Liège (Belgium) to Wasquehal	255 km (158 mi)	Plain stage	https://www.youtube.com/watch?v=ls2kyEicK88
	5 July	1/2	Dinard		Rest day	
5	6 July	July	Dinard to Rennes	73 km (45 mi)	Individual time trial	https://www.youtube.com/watch?v=qXK2nhXammc
6	7 July	3 July	Rennes to Futuroscope	259 km (161 mi)	Plain stage	https://www.youtube.com/watch?v=u6tddPuXK-c
7	8 July	4 July	Poitiers to Bordeaux	258.5 km (160.6 mi)	Plain stage	Stage 7 is combined with stage 8, link below.
8	9 July	5 July	Labastide-d'Armagnac to Pau	157 km (98 mi)	Plain stage	https://www.youtube.com/watch?v=hxqKwyHAXEg
9	10 July	6 July	Pau to Cauterets	147 km (91 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=l8AKWVca1Kw
10	11 July	7 July	Cauterets to Superbagnères	136 km (85 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=s90mepIN3h0
11	12 July	8 July	Luchon to Blagnac	158.5 km (98.5 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=iLBIII9C6U8
12	13 July	9 July	Toulouse to Montpellier	242 km (150 mi)	Plain stage	https://www.youtube.com/watch?v=tBgsgZpbec
13	14 July	10 July	Montpellier to Marseille	179 km (111 mi)	Plain stage	https://www.youtube.com/watch?v=bflTu-M5QvY
14	15 July	11 July	Marseille to Gap	238 km (148 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=T8WwEqIIMTs
15	16 July	12 July	Gap to Orcières-Merlette	39 km (24 mi)	Mountain time trial	https://www.youtube.com/watch?v=3XpT6JpkBil
	17 July	13 July	Orcières-Merlette		Rest day	

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16	18 July	14 July	Gap to Briançon	175 km (109 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=dTQLty4vE-w
17	19 July	15 July	Briançon to Alpe d'Huez	165 km (103 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=wLbSr8VqFkg
18	20 July	16 July	Le Bourg-d'Oisans to Villard-de-Lans	91.5 km (56.9 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=laih4UTqDvk
19	21 July	17 July	Villard-de-Lans to Aix-les-Bains	125 km (78 mi)	Stage with mountain(s)	https://www.youtube.com/watch?v=Wrx-S20xx_w
20	22 July	18 July	Aix-les-Bains to L'Isle-d'Abeau	130 km (81 mi)	Plain stage	https://www.youtube.com/watch?v=pz09LJ-1aZl
21	23 July	19 July	Versailles to Paris (Champs-Élysées)	24.5 km (15.2 mi)	Individual time trial	https://www.youtube.com/watch?v=4eQppccFwGs