

Course overview
Ultra-Trail Harricana
80K



Course overview 80K Ultra-Trail Harricana



Starting line to km 11: Complete aid station Les Draveurs

Difficulty: Easy

Trail condition: The first two kilometers run down SEPAQ road, giving runners the opportunity to position themselves strategically. After the 2nd kilometer, you must continue straight and take SEPAQ's Le Riverain trail. This trail is generally clear and wide enough for passing. It leads towards superb view points of Hautes-Gorges valley before descending along the Malbaie River up to Les Draveurs aid station.

Km 11 to km 17: back to 65 km course

Difficulty: Easy

Trail condition: After passing les Draveurs aid station, runner will follow the park road for a few hundred metres to head right down the SEPAQ's Les Rapides trail. This trail is slightly technical, with very little elevation. Further, it brings runner on the 65km course along La Malbaie River.

Km 17 to km 22: Geai Bleu water station

Difficulty: Easy

Trail condition: Flat, easy and wide. A gravel road leading to the Geai Bleu water station. Geai Bleu is a water station only. Be sure to fill up before the next – very difficult – stretch. Don't forget to eat something, since the next station is not for a long while.

Km 22 to km 37,7 : Complete aid station Coyote

Difficulty: Very difficult

Trail condition: The trail is humid and narrow. You'll follow a creek up 500m E+. You will face mud, bridges, beaver dams and majestic lakes. You are now deep into the dense boreal forest. Be patient, you will be rewarded at the end, at the Coyote aid station.

Description du parcours 80 km Ultra-Trail Harricana



Km 37,7 to km 55: Complete aid station l'Épervier

Difficulty: Easy

Trail condition: This section is split in two. The trail starts out narrow and technical in some places, before opening up onto an easy ATV trail. The second part is technical and narrow segment with no elevation. Keep going, you're almost at the l'Épervier aid station. The last kilometre of this section is on a logging road. L'Épervier is an aid station with accessible cellular signal.

Km 55 to km 62,8: Complete aid station SPLIT

Difficulty: Difficult

Trail condition: Long and narrow. This is the last segment that requires this much concentration and agility. You will climb 200m E+ and then descend. You will complete the technical section with momentum, to finish the last kilometre on an ATV trail. The SPLIT station is 15km away from the finish line.

Km 62,8 to km 70: Complete aid station Montagne Noire

Difficulty: Difficult and easy

Trail condition: ATV trail, narrow at times. This is the last uphill segment of your race heading to Montagne Noire for 3 km. You will see the cellular antennas at the summit – but don't worry – you won't have to climb that high. You are now in a wide trail. The ground here is lichen, pleasant and vast. You will end this section on a gravel road for 2 km.

Km 70 to km 77,6 (finish)

Difficulty: Easy

Trail condition: Descending ATV and forest trail. The trail is wide, but be careful on your way down. After 2 km of trails, you will merge to a motor road. Watch out for vehicles, because you might be tired and lack concentration.

You continue through the rolling mounds of a cross-country skiing trail. This is a humid environment and depending on the rainy season, you will have to dodge or cross through mud. There's the finish line. You are now a UTHC ultra runner.