

*Course overview*  
*Ultra-Trail Harricana*  
**125K**



# Course overview 125K Ultra-Trail Harricana



## **Starting line to 4th km:**

### ***Beginning of the Traversée de Charlevoix***

**Difficulty: Easy**

Trail condition: clear, wide and easy to run

## **4th km to 15th km: Aid station l'Écureuil**

**Difficulty: Very difficult**

Trail condition: The trail is narrow, highly technical, and loops back near the Mont du Lac à l'Empêche and Dufour summits. Exposed to the elements (600m E+).

## **15th km to 26th km: Water station Mont Morios**

**Difficulty: Easy**

Trail condition: Technical descending hiking trail (500m E-). Upon arrival at the base of Mont Morios, you will find a water-only station. Fill up and get ready to climb. You may even need your hands for the next section.

## **26th to 35th km: Complete aid station la Marmotte, support crew meeting point**

**Difficulty: Very difficult**

Trail condition: The trail is narrow, highly technical, and loops back at the summit of Mont Morios. 360° breathtaking views around sunrise.

After the Morios loop, it's time to recharge at Marmotte station. If you have a support crew, they might remind you that if you weren't hit by an energy slump on your way up Morios, you certainly will be on your long climb up La Noyée.

# Course overview 125K Ultra-Trail Harricana



## **35th to 38th km**

### **Difficulty: Easy**

Trail condition: Very wide recovery section. Gravel road with one kilometre of trail. The road is shared with support crews in motor vehicles.

## **38th to 50th km: Complete aid station la Chouette**

### **Difficulty: Difficult**

Trail condition: Narrow and technical hiking trail (650m E+). You will make your way to the summit of La Noyée, a mountain with a profile that resembles a woman floating on water. Way to go, you're now at la Chouette aid station – the farthest and most difficult one to access. It's forbidden to drop out from the race at this station except for major problems. Why not try to push on to the next aid station?

## **50th to 61 km: Complete aid station Sépaq, Drop bag, support crew meeting point**

### **Difficulty: Easy**

Trail condition: Wide and easy section on an ATV trail. The difficult part is that you will be descending constantly. (500m E-) Good news: you're halfway through the race and in a populated area. You are now at the entrance to Hautes-Gorges National Park. This big and lively aid station is where you'll find your drop bag, or perhaps even your support crew, waiting for you. Now is the time to review the first part of your race.

The race is far from over, and you still have to vanquish the Chouinard path in the next section. It will seem very difficult if you are tired, so take the time to recover and set off at an easy walking pace. Don't forget your head lamp!!!

# Course overview 125K Ultra-Trail Harricana



## **60th to 67th km: Water station Geai bleu**

### **Difficulty: Easy**

Trail condition: Flat, easy and wide. Gravel road towards the Geai Bleu water station. Careful! If it's nice out, you'll get a good dose of sun! This is a water station only, so fill up before heading towards a very harsh segment.

## **67th to 83rd km: 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.

You're now at the aid Coyote station. This is the station with the highest dropout rate. Runners are usually tired and can't go on. Yet, what's around the corner is very accessible. The last marathon is easy to run. If you make it past the Coyote station, your chances of finishing this race are extremely good. If you save up some energy until you get to Coyote, you can quicken the pace afterwards if your legs are up for it.

## **83rd to 101 km: Complete aid station 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 Épervier aid station. The last kilometre of this section is on a logging road. Épervier is an aid station with accessible cellular signal.

# Course overview 125K Ultra-Trail Harricana



## **101 to 108 km: Complete aid station SPLIT, support crew meeting point**

### **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. SPLIT station: your support crew and the public can come cheer you here, and you are now in the Mont Grand-Fonds trails. You are now 15 km away from completing your race.

## **108 to 115 km: 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.

## **115 to 123 km (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 have accomplished an extraordinary journey. You are now a UTHC ultra runner. Congratulations!!!