

## 50Km

Starting at Place des Voyageur at the base of the pedestrian village, the group will go up Rue des Ramparts to Place St-Bernard. There, you will proceed back down to reach the multi-use trail over a distance of about 500 meters, leading to a beautiful single-track trail. The next two kilometers wind in and out of the woods towards the Versant Soleil. Once passed the water reservoir of the Versant Soleil, you will find yourself on a 4-wheeler trail called the Nord-Sud Trail up to [Aid Station #1](#), located six kilometers after the start.

At that point you have to climb 1,000 feet. You then proceed for about 200 meters on the same Nord-Sud trail to enter the timber cross-country ski trail, leading back down to the road, therefore descending 1,000 feet. This next section covers 4.5 km to Chemin Duplessis.

A sharp left turn on the road brings you to a small fisherman trail leading you down to the bank of the river. There, you will follow an old beaver trail to reach the pump house Mont-Tremblant uses to make artificial snow in winter. You then climb back up to the road, take a right turn for about 300 meters, re-entering the woods on your right to initiate the four-kilometer water/swamp section that brings you to Aid Station # 2, on the Beauchemin ski trail. This is an observation and gathering spot for spectators, easily accessible via the North Side parking lot.

This is where you will be allowed to have a **drop-off bag**. You can now take a break, change, then keep going. You can choose to pick your camelback now or later, since you will be coming back here. This aid station also presents itself later as Aid Station # 5, once you've climbed the mountain and come back down. As you leave Station #5, it will be mandatory for you to have your hydration system with you, a strategic decision since you will have to climb and descend the entire mountain. If your feet are tender here, they will be destroyed later. A dry pair of socks and running shoes might save the day, since you will NOT come across any other official water section after this one.

### [Aid station # 2 \(Km 14.5\)](#)

### **Cutoff after 3 hours**

**Drop-off bag, 1<sup>st</sup> time:** Your drop-off bag should be considered an extension of your comfort zone. We will provide you with a white garbage bag showing your bib number on it. We will carry it to the aid station and bring it back to the finish line for you. Some use it, some don't. In this race, I think that having some extra food and dry clothes, including a wind breaker, might be a smart choice in case the weather is not so good that day.

**A dedicated spot will be available at the start to leave your bag for us to carry.**

After the aid station, you will go down towards the parking lot and reach the base of the Nord-Sud trail again, heading back towards your first aid station that now serves as [aid station # 3 \(km 19\)](#). You will climb again 1,000 feet to get there. Once you get to this station, you will head up towards the summit of Mont-Tremblant by calling on a “mix” of trails: the Grand Nord trail, the timber/ canyon section, then the Grand Brûlé trail. When you reach the top, you see aid station # 4. This is a VERY rugged and primitive trail, and the canyon section exudes a surreal feeling.

[Aid station # 4](#) **Cut-off after 5 hours**  
**(Km 22.00) and...**

## **OPTION #1: Short course - 27km**

Aid station # 4 will also allow racers to call it quits if they believe for some reason that they have had enough. If so, you will be allowed to go directly to the finish line using the Grand Brûlé trail down the mountain. If you decide to do so at any time before the cut-off, we will nevertheless give you an unofficial time as opposed to a DNF. The reason for this is to encourage racers to sign up for the 50km race, yet still allow them to be timed for a shorter distance if they choose to abort the race.

However, in order to have this option #1 available to you, you will still have to **make the cut-off time of 5 hours after the start.**

Once at the summit, you will descend 2,000 feet back towards aid station # 2, now standing in as aid station #5, by using a string of 4-wheeler and ski trails.

[Aid Station #5:](#) **Mandatory Camelback, water bottle or Fuel Belt (km 26)**  
**Cutoff time 6 hours**

### **Drop-off bag access, 2<sup>nd</sup> time**

As you will be coming back here for a second time prior to climbing the mountain again from another direction, extra fuel and goodies might be smart things to have.

Leaving aid station # 5, you will cross a suspended bridge that we built especially for you so that you don't get your feet wet right after changing... From there, it is a 3.5km climb to [aid station # 6.\( km 29.0\)](#) This is a beautiful trail with a lot of history. As you

progress, you will notice large steel cables bulging out of the earth. Those are the cables used 40 years ago to bring skiers to the North Side summit.

## **Cut-off aid station # 6 – 7 hours after the start**

It will be imperative to fill up on water and food at this aid station as the distance to the next station will be of rugged and steep trails. This is the most critical aid station. **The race actually starts at this point.**

You will then start going downhill, make a turn to the right, then ascend 1,000 feet over the next km or so to the summit of Johansen Peak.

## **Station # 7 Cutoff time 8 hours**

#7 33.5km

#9 45km

## **OPTION #2: Medium course 44Km**

**This option is a tricky one, since you have to continue for either a LONG or a VERY LONG time. This is where you have to decide whether you're fit for the whole 56 km – or only 44 km. If you decide not to do the next section, we will give you an unofficial time for the 44km as you arrive at the finish line.**

**Take note that if you don't feel 100% here, this is the time to call it quits, since from now on, we have no way to get you out. You are now at Km 33.5. you either bail out for 10.5 more or 22.5 more**

**This station will also have a medic authorized to force you on the medium course if he feels that you are a danger to yourself.**

## **Aid station # 8 (Km 41.5)**

## **Cutoff time 9.30 h**

**Aid station # 9 (Km 45.0) – It is not a formal aid station that you will find at this peak. However, a medic will be sitting at the top of the Johansen Peak in case you**

**need him. (Just a hint: don't count on having water or food at the next aid station...)**

At the summit of the Johansen Peak, you will run the ridge line over the next three kilometers. The ride is up and down between 900 and 935 meters. You will generally go downhill to an open area at the top of the Edge Chairlift. From there, you will reenter the woods to run towards the summit (another beautiful section for the next 1.5 km). You can actually see where you are heading from here.

Once you get out of the trail, you will find yourself slightly lower than the actual summit. You will therefore have to climb back up a bit to reach **aid station # 10 (Km 49.5)**. This one is located at the same spot as aid station # 4, at the summit.

From aid station # 10, you will proceed down the mountain towards the village using the Grand Brûlé trail. This is a classic of Mont-Tremblant, with spectacular views and a feast for technical runners. This section is 6.5 km to the bottom.

The finish line is located at Parc Plage, right on the beach of Lake Tremblant, (at **Km 56.0**).