

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 Lac à l'Empêche*

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, departure of pacers

Difficulty: *Very difficult*

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

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.

A little company at last! If you have a pacer on the 125 km, they will meet you at the Marmot aid station and will start their portion of the race with you. Take advantage of their presence for the following night time kilometers. Your pacer will be with you until the aid station at Les Hautes-Gorges.

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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 Parc national des Hautes-Gorges

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 will be located near the reception at the 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.

This is the point to thank your pacer for all the shared kilometers and to salute them; their route ends at the High Gorges, but yours does not!

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.

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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. The next section takes you into the forested hills near the Malbaie River. The Geai Bleu aid station is a few kilometers away. The next section will be more difficult, so conserve your energy.

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.

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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!!!