

Course overview  
Ultra-Trail Harricana  
**42K**





# Course overview 42K Ultra-Trail Harricana



## **Starting line** (*Zec du Lac au sable*) **to 2.6 km: The Coyote refuge**

### **Difficulty: Easy**

Trail condition: The path leads you on a 4WD vehicle trail up to the Le Coyote refuge, where you join up with the Traversée de Charlevoix trail. From there, you will share the path with the athletes from the other distances until you reach Mont Grand-Fonds. The path to the Le Coyote refuge however is only for the 65k and 125k runners.

## **2.6 to 21th 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 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.

## **21th to 28th km: 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.

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## **28th to 35.2th 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. You will end this section on a motor road for 2 km.

## **35.2th km to 42.7th 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 just completed a marathon on the Charlevoix trails. Congratulations!