

Course overview
Ultra-Trail Harricana
80K



Course overview 80K Ultra-Trail Harricana



Starting line to 11th km: Complete aid station Les Draveurs

Difficulty: Easy

For the start, those running the 80km will meet at the service center at the enchanting Hautes-Gorges National Park, surrounded by large rocky cliffs. At the beginning of the course, the athletes take the Riverain trail. This trail is clear and wide enough for passing. It takes runners on rolling trails to beautiful views of the valley of the Hautes-Gorges, before descending along the La Malbaie River. They will then arrive at the 1st aid station of the race, Les Draveurs. There you will cross the Malbaie River on an old lumber crossing dam.

Take advantage of and enjoy this beautiful section, exclusive to 80 km athletes!

11th km to 17th km: 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.

17th km to 22th km : Complete aid Geai Bleu

Difficulty: Easy

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.

22th km to 37,7th 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.

Description du parcours 80 km Ultra-Trail Harricana



37,7 th km to 55th 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.

55th km to 62,8th 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.

62,8th km to 70 th 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 gravel road for 2 km.

70th km to 77,6th 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 are now a UTHC ultra runner.