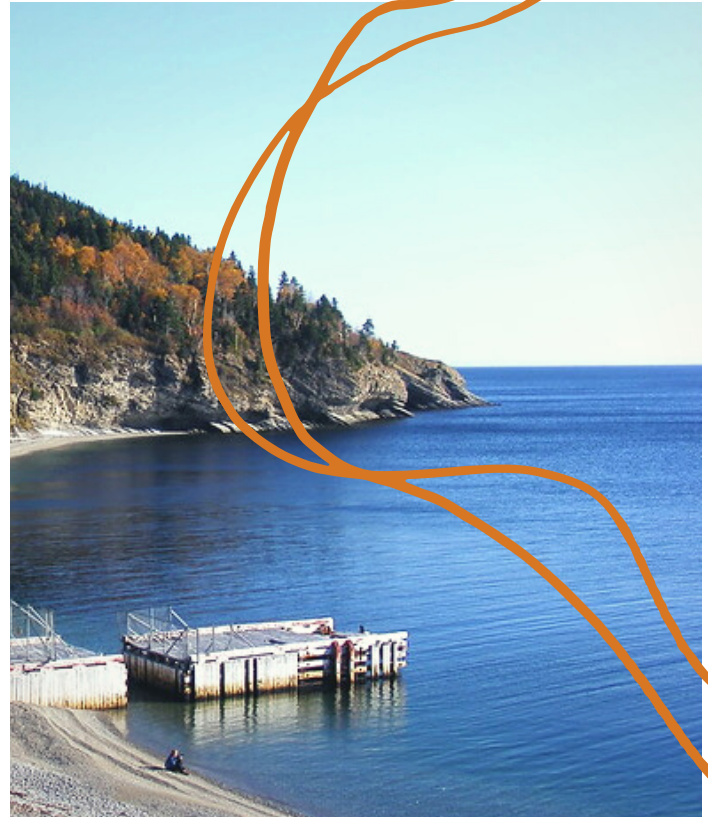


# 2023 ATHLETE'S GUIDE

V1 - SEPTEMBER 19, 2023

ULTRA TRAIL

# FORILLON



# Race director's message

It's a great pleasure to welcome you in Forillon National Park for this first edition of Ultra Trail Forillon Desjardins!

Even though we had to cancel the very first edition in 2022 due to hurricane Fiona, we tried to make the most of it to be able to offer you an even better and improved event!

We planned the courses following Forillon's best features while adding some novelty in comparison with our Ultra Trail du Bout du Monde colleagues' event over the last few years.

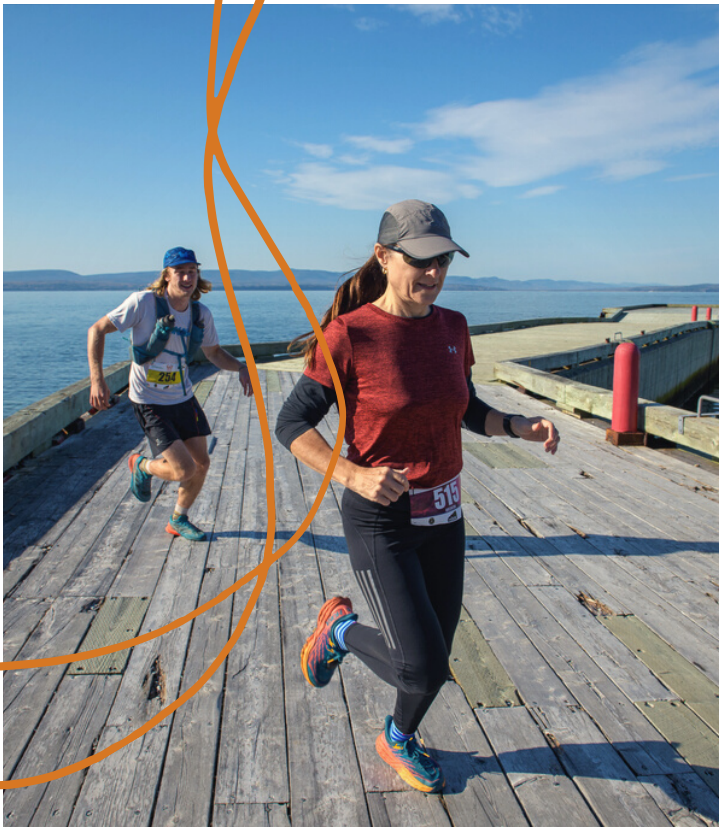
As per usual, we'll try to make you discover new ways of experiencing the Gaspésie region, with challenges for all!

I take this opportunity to greet every new trail runner who will surely enjoy our association with the Pace du Bonheur to complete their first race! We are sure it won't be the last one!!

Our team will be ready to help you achieve your goal!

Enjoy your stay in Gaspésie... it's the last stop before paradise!

**JEAN-FRANCOIS TAPP**  
**RACE DIRECTOR**



# Côte-de-Gaspé – Host Land

## The beginnings...

Gespeg, in Mi'kmaq language, means “the end of the land”. However, Gaspé marks the beginning of western history in North America when Jacques Cartier erected a cross there in 1534. Today, this landmark is known as the Berceau du Canada. Gaspé Bay is protected by the mountains and boats and cruise ships from all over the world visit it. There are three world famous salmon rivers in Gaspé (York, Dartmouth and Saint-Jean) where up to 1 500 fisherman per year fish. There is also a national park in the region – Forillon National Park – that you'll get to discover through the courses!

Even though the Town of Gaspé represents a large part of the MRC's territory, you will mostly discover its rural localities: Petite-Vallée, well-known for its Village en chansons, Cap-Gaspé, Saint-Yvon, Grand-Étang, Anse-à-Valleau and its lighthouse, Rivière-au-Renard, etc.!

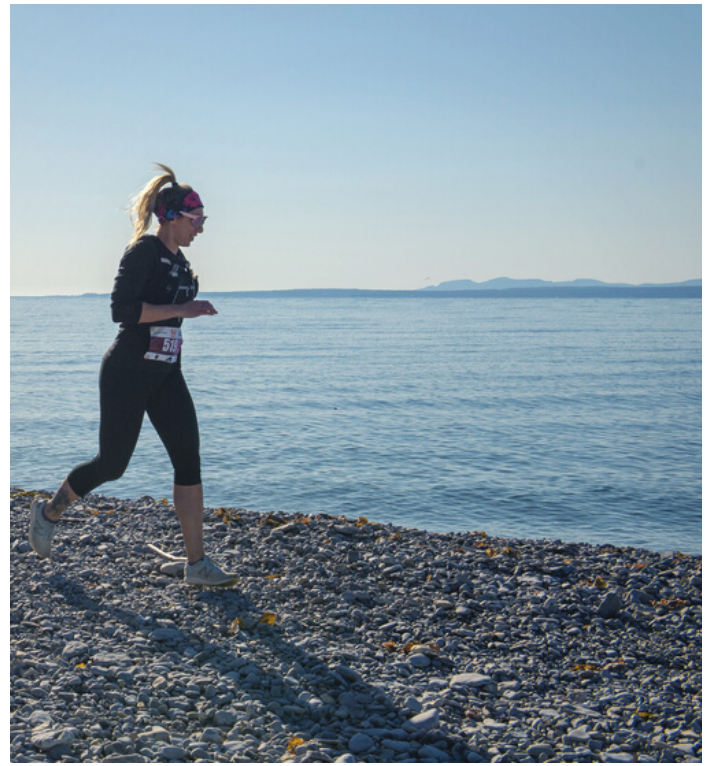
## Forillon National Park

Forillon National Park, located between the sea, the cliffs and the forest, offers a variety of experiences: a peaceful walk on a pebble beach; a jump in time when you walk through the door of the yellow house overlooking the sea; a snorkeling outing to discover colorful fauna and flora; a soundwalk focusing on seabirds' songs, and much more. It's your first time in the park? Go check out the [Visitor's guide](#) .

## CLIMATE

Le climat de la Gaspésie est plutôt hétérogène, particulièrement en bord de mer. Ainsi, soyez prêts à affronter des variations de températures importantes tout au long de la journée et de la nuit. Nous vous recommandons de prévoir un habillement multi-couches!

Consultez la liste du matériel obligatoire plus loin et soyez aussi rigoureux que le climat...



# Everything you need to know!

## Access to Forillon Park

Access rights to Forillon National Park are included in the bib fee. You only have to mention your name and date of birth to get the pass!

Your companions will have to pay the access fees!

## Public Parkings

Athletes will be allowed to park their car near the main site at Maison Dolbel-Roberts and the recreation centre located 3 km from the start

## Restoration

The Town of Gaspé has a lot of establishments offering restaurant services. There's something for every taste and budget. Please note that downtown Gaspé is a 25-minute drive from the main Ultra Trail Forillon site.

A full-service food market is also located in Cap-aux-Os, close to the South Area entrance of Forillon National Park.



## Schedule

Visit our website <https://gaspesia.org/ultratrailforillon/> for the official schedule and its latest updates.

To avoid any confusion, this is the only schedule we will keep updated!

Please note that the schedule is always subject to change, so we invite you to consult the page regularly. You will be notified about major changes via email.

## Bibs pickup

Please refer to your course's section in this guide to know the time and place of your bib pick up.

Each bib gives you a specific credit, redeemable for a gift of your choice at our souvenir shop. We accept cash payments and Interac transfer via cellphone.



## Our trails

Please refer to each course's map by clicking on the visual icons on the event website (mettre le lien) to learn more about our different courses, the aid stations' locations and to download the GPX file.

**ATTENTION: our field markings ALWAYS take precedence over the published GPX file.**

# General map

- 1** Main site, parking, start/finish line – Grande Grave
- 2** Parking and start line – Camping des Appalaches
- 3** Parking and start line – Pointe-à-la-Renommée
- 4** Start line – Petite-Vallée

Distances routières (Km)	Lieux d'intérêt sur les parcours								
	Penouille	Gaspé	Grande-Grave	R-au-R	Fame Point	Grand-Etang	Petite-Vallée		
Lieu d'hébergement:	Rivière-au-Renard	27	30	38	x	26	34	59	
	Grande-Grave	18	38	x	38	64	71	96	
	Gaspé	21	x	38	30	54	62	87	





## Mandatory equipment

Equipment	160	100	TF100	TF50	54	42	24	11	6	2,5	1
<b>Bib visible at the front at all times</b>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>
Minimum 1L water supply	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>				
Water purification tablets or bottle with filter	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>				
Reusable cup or bottle	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>		
Food supply	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>				
Fork or spoon	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>					
Basic first aid kit	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>						
Whistle	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>
Waterproof jacket with hood	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>
Gloves	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>
Warm hat	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>
Survival blanket of minimum 1,40 m x 2 m	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>				
Working headlamp and extra set of batteries	<i>m</i>	<i>m</i>		<i>m</i>	<i>m</i>						
Lighter or matches	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>					
Cellphone	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>				
Cellphone charger and cable	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>	<i>r</i>	<i>r</i>				
Bear bell	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>
Hiking poles	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>	<i>r</i>				
<i>m: mandatory</i>											
<i>r: recommended</i>											

## Interdit

- Earphones, iPods, radios, mp3, etc.
- Pets
- Pacers
- Support teams outside defined areas

## Course markings and signs

White and pink have pride of place on our courses. You'll find pink flags and pink arrows on a white background giving you directions along the course. There are also "X"s signs to indicate wrong ways.

Follow the distance signs matching your bib color.

On public and logging roads, you must keep your left unless otherwise indicated. Respect the Highway Safety Code where it applies. You will have to cross roads at some points, please be careful.



## Dropbags

Dropbags are a privilege reserved for 100 mile and 100 km runners. Your extra bags will be dropped off at the sites designated in the previous table according to the identification you have made!

You are also responsible for picking up your personal belongings at the main site at the end of the day. No shipment will be made by mail for unclaimed items.

### Anti-dropcontainer rule

Please limit your bags or bin of a maximum of 38 litres.

Athletes in other distances must start with all their equipment.



# ITRA National League

The ITRA National League is a fascinating new initiative, open to ALL trail running enthusiasts, created to promote the sport at a national level.

In launching this initiative, ITRA aims to:

- Promote the development of trail running at a national level.
- Create a challenge accessible to all runners based on simple rules.
- Motivate runners to reduce their carbon footprint by running locally.
- Develop services for runners and promoters.

Ultra Trail Forillon is happy to be part of the movement and to allow athletes completing our events to collect points.

To appear in the ITRA National League ranking in Canada, you must complete your eligible UTF event and participate in at least two other recognized events in Canada before December 31, 2023.

More details on the [ITRA](#) website.



## Ultra Trail Forillon

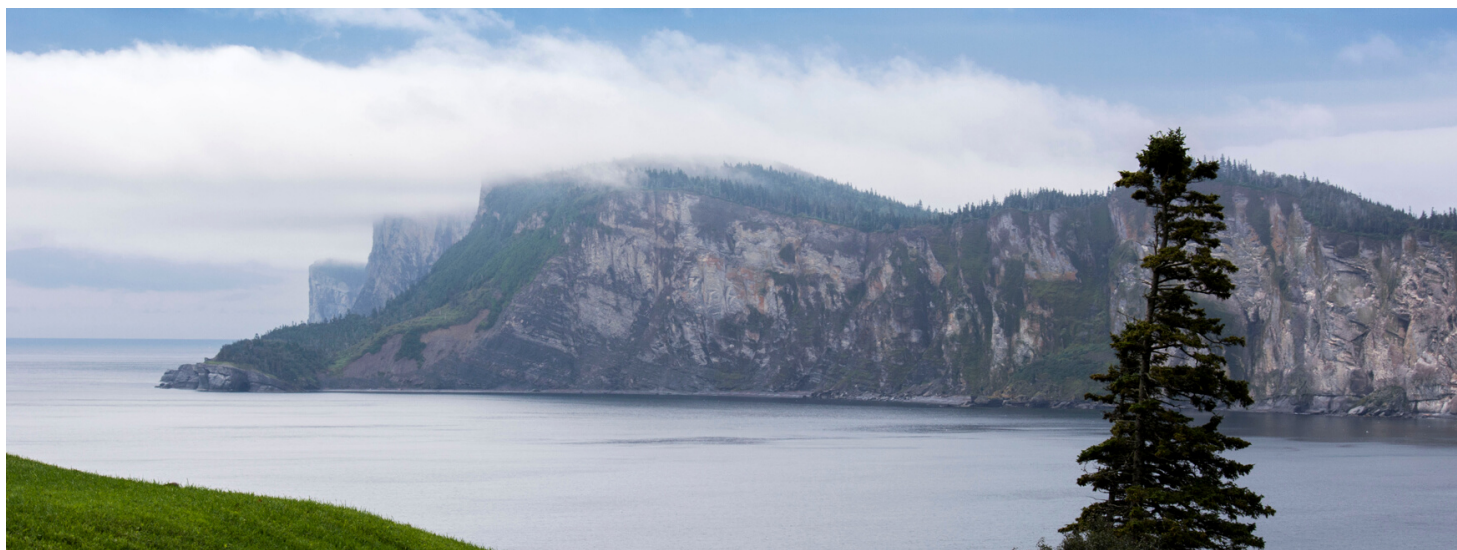
23 - 24 September 2023

Petite-Vallée, CAN



### Races

6 k +286 m iTRA 0	11 k +543 m iTRA 0
24 k +895 m iTRA 1	42 k +1460 m iTRA 2
54 k +1919 m iTRA 2	56 k (TF50) +2024 m iTRA 2
96 k (TF100) +3351 m iTRA 3	108 k +3445 m iTRA 4
159 k +5513 m iTRA 6	



## Crew

100 miles and 100 km athletes can be supported by a crew at each of the designated aid stations. It won't be possible to receive crew assistance anywhere else.

## Timing

The event timing services are provided by our organization. Your times will be posted on our website ([mettre le lien](#)) as soon as we get Internet service at the end of the day: [gaspesia100.com/resultats](http://gaspesia100.com/resultats)

## Bib

Make sure your race number is always clearly visible on the front of your shirt or pants as it is your identity!

It is forbidden to alter your bib size for any reasons. An athlete seen on the course without a visible bib placed on the front of their shirt/pants risks disqualification.

## Dropouts

Athletes forced to stop their race must go to the nearest aid station to confirm their withdrawal and wait for first aid or wait for the arrival of the race closer to confirm their incapacity to reach an aid station and request an evacuation.

It is strictly forbidden and unsportsmanlike to leave the race without notifying an official and can lead to a suspension from other Événements Gaspesia's events.

## Prizes

Every runner who completes the course will be given a wooden souvenir created by craftsman Rabot D. Bois.

Female and male winners of every course will receive a local work of art.

Every podium and every red lantern (last finisher of an ultra distance) will receive an

invitation to take part in the 2024 Ultra Trail Forillon or a credit to subscribe in another Événements Gaspesia's event.

We will also be giving prizes depending on our partnerships.

## Visitors and spectators

Your friends and family will be able to follow your progress at several aid stations along the courses. See the table on the next page to know the aid stations accessible by car.



## Aid stations

You'll find the following services along the courses:

Aid Station	Check point	Crew	Volunteers	Hot meal	First Aid	Dropbags	Visitors	160	100	TF100 #1	TF50 #1	54 km	42 km	24 km	11 km	6 km
Frégate			x		x			13,2		13,2						
Colonie Cloridorme			x		x			21,7		21,7						
Grand-Étang		x	x		x		x	37,2		37,2						
Fame Point*	x	x	x	x	x		x	53,4		53,4						
D'amours			x		x			67,2	13,2		14,2					
Ébalière			x		x			75,3	21,3		21,3					
Camping des Appalaches*	x	x	x	x	x	x	x	85,6	32,2		32,2					
Les Lacs			x		x			100	46,6			14,4				
Portage*	x	x	x	x	x	x	x	105	51,6			17,8	5,8			
Griffon (Self service)	x							114	60,6							
Portage #2*	x	x	x	x	x	x	x	123	69,6							
Laurencelle		x	x		x		x	135	81,6			29,4	17,8			
Cap Bon Ami	x	x	x		x		x	143	89,6			37	25,8	6,7	6,7	2,2
Anse-Blanchette (self service)																5,2
Phare	x		x		x			153	99,6			46,8	35,8	17		
Main Site (Grande-Grave)	x	x	x	x	x		x	160	107			53,9	42,8	24	11	

You will find the following foods at our aid stations:

- Water
- Granola bars
- Krono bars
- Spark Nutrition sports drink
- Fruit 2 by Xact Nutrition
- Brix maple energy gels and waffles
- Fresh fruits (watermelons, bananas)
- Chips
- Grilled cheese
- Hot meals and veggie options
- Chicken broth



## Photos and videos

Photographers and videographers will be on our courses to capture images of you. Some content will be available after the event.

Check out our website and social medias regularly, you might recognize yourself! Also, please be patient as there is a lot of content to sort out!

## Souvenirs

Each bib gives you a specific credit, redeemable for a gift of your choice at our souvenir shop.

Hurry, quantities are limited!

We accept cash payments and Interac transfer via cellphone.

Ask us whatever you like but the answer will always be:  
**gaspesia**

## After Race Snack

A post-race snack for every athlete will be served on the main site on Sunday. We bet you'll be able to sample some of the famous Gaspesian flavours! And why not try a cold beer from our partner Pit Caribou or a kombucha from Vi Kombucha!

## Bénévoles

An event like Ultra Trail Forillon not only call for an impressive number of volunteers but requires an intensive commitment from each and every one of them! You'll see them out and about in vans, on quads, on bikes and even running to ensure the event's success. We invite you to interact respectfully with them and why not throw a little thank you to mask your effort form time to time?

Want to be a superhero too?  
[Sign up here!](#)

## Leave No Trace

We're committed to the Leave No Trace movement. You are therefore required to keep your garbage with you until you reach the aid stations where it can be disposed in the right way.

Please note that no disposable container will be available at the aid stations. You are strongly encouraged to bring your own reusable cup.

Événements Gaspesia's management team reserves the right to disqualify any athlete caught disrespecting the exceptional Gaspesian environment.

## #utforillon

The Ultra Trail Forillon Facebook page and the Gaspesia Race Series Instagram page will be active during the event.



## Moussailons Challenge (kids race)

The Moussailons challenge course (1-2 km) is usually set by the race director on Saturday night!

It offers a pure cross-country course with trails by the sea and in the forest.

Register your kids here: <https://www.runreg.com/utf/>

## Weather

Don't waste your time studying the weather forecast, invest it instead in anticipating every eventuality! In Gaspésie, nature has the last word, and it can be unpredictable!

Remember: there is no such thing as bad weather, only bad clothing and equipment!

It's the foundation of Gaspesian happiness!

## Tides

Interesting data for Saturday runners!

2023-09-22 (ven)

Heure HAE	Niveaux (m)	Niveaux (pi)
01:42	0.6	2
06:57	1.1	3.6
12:32	0.6	2
19:37	1.7	5.6

2023-09-23 (sam)

Heure HAE	Niveaux (m)	Niveaux (pi)
02:56	0.7	2.2
08:01	1	3.3
13:30	0.6	2.1
20:53	1.7	5.6

2023-09-24 (dim)

Heure HAE	Niveaux (m)	Niveaux (pi)
04:21	0.7	2.1
09:38	1	3.2
14:49	0.6	2.1
22:16	1.7	5.7

# Time of passage and Cutoffs

**For your safety, we have established the following passage times and cutoffs:**

## 160 km

Leave Camping des Appalaches (86th km) before 00 h Sunday or the 19th hour of running  
Leave Cap Bon-Ami Aid Station (143rd km) before 12 h 30 Sunday or the 31st hour and a half of running  
Reach finish line before 17 h Sunday or the 36th hour of running

## 100 km

Leave Camping des Appalaches (32nd km) before 19 h Saturday or the 9th hour of running  
Leave Cap Bon-Ami Aid Station (143rd km) before 11 h 30 Sunday or the 25th hour and a half of running  
Reach finish line before 17 h Sunday or the 31st hour of running

## 54 km

Leave Cap Bon-Ami Aid Station before 13 h or the 7th hour and a half of running  
Reach finish line before 17 h or the 11th hour and a half of running

## 42 km

Leave Cap Bon-Ami Aid Station before 12 h 30 or the 5th hour and a half of running  
Reach finish line before 17 h or the 10th hour of running

## TF100 #1, TF50 #1, 24km, 11 km, 6 km, 2,5 km et 1 km



No cutoffs

Change your perception of running from performance to pure bliss. Run free, run for yourself only, run free to be you. What happens between the start line and the finish line is up to you. The important thing here is to cross the finish line PROUD and HAPPY!

# Pace charts

## 160 km

Samedi		05:00:00		Temps/km		00:07:07		00:09:22		00:11:15		00:13:30	
				Prochain ravito -		Premiers coureurs -		Sous 25h		Sous 30h		Sous 36h	
Lieu		KM	KM	Temps	Heure	Temps	Heure	Under 25h	Under 30h	Heure	Under 36h	Heure	Heure
DÉPART	Petite-Vallée	0	13,2	00:00:00	05:00:00	00:00:00	05:00:00	00:00:00	05:00:00	00:00:00	05:00:00	00:00:00	05:00:00
1	Frégate	13,2	8,5	01:33:56	06:33:56	02:03:38	07:03:38	02:28:30	07:28:30	02:58:12	07:58:12	02:58:12	07:58:12
2	Colonie Cloridorme	21,7	15,5	02:34:26	07:34:26	03:23:15	08:23:15	04:04:08	09:04:08	04:52:57	09:52:57	04:52:57	09:52:57
3	Grand-Étang	37,2	16,8	04:24:44	09:24:44	05:48:26	10:48:26	06:58:30	11:58:30	08:22:12	13:22:12	08:22:12	13:22:12
4	Fame Point	54	13,2	06:24:18	11:24:18	08:25:48	13:25:48	10:07:30	15:07:30	12:09:00	17:09:00	12:09:00	17:09:00
5	D'amours	67,2	8,1	07:58:14	12:58:14	10:29:26	15:29:26	12:36:00	17:36:00	15:07:12	20:07:12	15:07:12	20:07:12
Nouveau	Érablière	75,3	10,3	08:55:53	13:55:53	11:45:19	16:45:19	14:07:07	19:07:08	16:56:33	21:56:33	16:56:33	21:56:33
6	Camping des Appalaches	85,6	14,4	10:09:11	15:09:11	13:21:47	18:21:47	16:03:00	21:03:00	19:15:36	00:15:36	19:15:36	00:15:36
7	Les Lacs	100	5	11:51:40	16:51:40	15:36:40	20:36:40	18:45:00	23:45:00	22:30:00	03:30:00	22:30:00	03:30:00
8	Portage	105	9	12:27:15	17:27:15	16:23:30	21:23:30	19:41:15	00:41:15	23:37:30	04:37:30	23:37:30	04:37:30
9	Griffon Point d'Eau	114	9	13:31:18	18:31:18	17:47:48	22:47:48	21:22:30	02:22:30	01:39:00	06:39:00	01:39:00	06:39:00
10	Portage #2	123	12	14:35:21	19:35:21	19:12:06	00:12:06	23:03:45	04:03:45	03:40:30	08:40:30	03:40:30	08:40:30
11	Laurencelle	135	8	16:00:45	21:00:45	21:04:30	02:04:30	01:18:45	06:18:45	06:22:30	11:22:30	06:22:30	11:22:30
12	Cap Bon Ami	143	10	16:57:41	21:57:41	22:19:26	03:19:26	02:48:45	07:48:45	08:10:30	13:10:30	08:10:30	13:10:30

## 100 km

Samedi		10:00:00		Temps/km		00:07:00		00:10:00		00:17:27	
				Prochain ravito -		Premiers coureurs		Milieu peloton -		Derniers coureurs -	
Lieu		KM	KM	Temps	Heure	Temps	Heure	Temps	Heure	Temps	Heure
DÉPART	Fame Point	0	13,2	00:00:00	10:00:00	00:00:00	10:00:00	00:00:00	10:00:00	00:00:00	10:00:00
	D'amours	13,2	8,1	01:32:24	11:32:24	02:12:00	12:12:00	03:50:20	13:50:20	03:50:20	13:50:20
Nouveau	Érablière	21,3	10,3	02:29:06	12:29:06	03:33:00	13:33:00	06:11:41	16:11:41	06:11:41	16:11:41
	Camping des Appalaches	31,6	14,4	03:41:12	13:41:12	05:16:00	15:16:00	09:11:25	19:11:25	09:11:25	19:11:25
	Les Lacs	46	5	05:22:00	15:22:00	07:40:00	17:40:00	13:22:42	23:22:42	13:22:42	23:22:42
	Portage	51	9	05:57:00	15:57:00	08:30:00	18:30:00	14:49:57	00:49:57	14:49:57	00:49:57
	Griffon Point d'Eau	60	9	07:00:00	17:00:00	10:00:00	20:00:00	17:27:00	03:27:00	17:27:00	03:27:00
	Portage #2	69	12	08:03:00	18:03:00	11:30:00	21:30:00	20:04:03	06:04:03	20:04:03	06:04:03
	Laurencelle	81	8	09:27:00	19:27:00	13:30:00	23:30:00	23:33:27	09:33:27	23:33:27	09:33:27
	Cap Bon Ami	89	10	10:23:00	20:23:00	14:50:00	00:50:00	01:53:03	11:53:03	01:53:03	11:53:03
	Phare	99	7	11:33:00	21:33:00	16:30:00	02:30:00	04:47:33	14:47:33	04:47:33	14:47:33

## 54 km

Dimanche		05:30:00		Temps/km		00:06:30		00:10:00		00:12:48	
				Prochain ravito -		Premiers coureurs		Milieu peloton -		Derniers coureurs -	
Lieu		KM	KM	Temps	Heure	Temps	Heure	Temps	Heure	Temps	Heure
DÉPART	Montée Morris	0,0	14,4	00:00:00	05:30:00	00:00:00	05:30:00	00:00:00	05:30:00	00:00:00	05:30:00
	Les Lacs	14,4	5,0	01:33:36	07:03:36	02:24:00	07:54:00	03:04:19	08:34:19	03:04:19	08:34:19
	Du Portage	17,8	11,6	01:55:42	07:25:42	02:58:00	08:28:00	03:47:50	09:17:50	03:47:50	09:17:50
	Montée Laurencelle	29,4	7,6	03:11:06	08:41:06	04:54:00	10:24:00	06:16:19	11:46:19	06:16:19	11:46:19
	Cap Bon Ami	37,0	9,8	04:00:30	09:30:30	06:10:00	11:40:00	07:53:36	13:23:36	07:53:36	13:23:36
	Phare	46,8	7,1	05:04:12	10:34:12	07:48:00	13:18:00	09:59:02	15:29:02	09:59:02	15:29:02
Arrivée	Site Principal	53,9	0,0	05:50:21	11:20:21	08:59:00	14:29:00	11:29:55	16:59:55	11:29:55	16:59:55

## 42 km

Dimanche		07:00:00		Temps/km		00:06:00		00:09:00		00:14:19	
				Prochain ravito -		Premiers coureurs		Milieu peloton -		Derniers coureurs -	
Lieu		KM	KM	Temps	Heure	Temps	Heure	Temps	Heure	Temps	Heure
DÉPART	Penouille	0,0	5,8	06:18:42	07:00:00	00:00:00	07:00:00	00:00:00	07:00:00	00:00:00	07:00:00
	Du Portage	5,8	11,6	00:34:48	07:34:48	00:52:12	07:52:12	01:23:02	08:23:02	01:23:02	08:23:02
	Montée Laurencelle	17,4	7,6	01:44:24	08:44:24	02:36:36	09:36:36	04:09:07	11:09:07	04:09:07	11:09:07
	Cap Bon Ami	25,0	9,8	02:30:00	09:30:00	03:45:00	10:45:00	05:57:55	12:57:55	05:57:55	12:57:55
	Phare	34,8	7,1	03:28:48	10:28:48	05:13:12	12:13:12	08:18:13	15:18:13	08:18:13	15:18:13
Arrivée	Site Principal	41,9	0,0	04:11:24	11:11:24	06:17:06	13:17:06	09:59:52	16:59:52	09:59:52	16:59:52

# Shuttle service

If you need help with transportation to get to your start line, we got you: we offer bus shuttles! Note that it is best to also follow our accommodation recommendations to be sure to catch the shuttle on time.

## 160 km

From **Grande-Grave** to **Petite-Vallée** (100 miles start line)

- Departure on Friday September 22nd at 16 h from Grande-Grave (100 miles runners' parking spot, cars must be parked before 15 h 45)
- Arrival in Petite-Vallée around 18 h

**If you don't have anybody to take care of your car, we recommend getting a camping spot (light camping) in Petite-Vallée or a housing there. Your camping gear will be brought back in time for your finish line crossing! Note that we won't be able to bring back cars to Forillon. Bibs pickup will take place in Petite-Vallée.**

## 100 km

From **Grande-Grave** to **Pointe-à-la-Renommée** (100 km start line)

- Departure on Saturday September 23rd at 8 h from Grande-Grave (100 km runners' parking spot)
- Departure on Saturday September 23rd at 8 h 45 from Camping des Appalaches (TF50 #1 runners' parking spot or 100 km runners' dropout spot)
- Arrival in Pointe-à-la-Renommée around 9 h 25

**Bibs pickup will take place in Pointe-à-la-Renommée.**

## Trans-Forillon 100 - Stage #1

From **Grande-Grave** to **Pointe-à-la-Renommée** (TF100 #1 finish line); then to Petite-Vallée (100 miles and TF100 #1 start lines)

- Departure on Friday September 22nd at 16 h from Grande-Grave (100 miles runners' parking spot, cars must be parked before 15 h 45; or TF100 runners' dropout spot)
- Departure on Friday September 22nd at 17 h from Pointe-à-la-Renommée (TF100 runners' parking spot, cars must be parked before 16 h 45)
- Arrival in Petite-Vallée around 18 h

**If you don't have anybody to take care of your car, we recommend getting a camping spot (light camping) in Petite-Vallée or a housing there. Your camping gear will be brought back in time for your finish line crossing! Note that we won't be able to bring back cars to Forillon. Bibs pickup will take place in Petite-Vallée.**



# Shuttle service...

## Trans-Forillon 50 - Stage #1

From **Rivière-au-Renard** to **Pointe-à-la-Renommée** (TF50 start line)

- Departure on Saturday September 23rd at 8 h 45 from Camping des Appalaches (TF50 #1 runners' parking spot)
- Arrival in Pointe-à-la-Renommée around 9 h 25

**Bibs pickup will take place in Pointe-à-la-Renommée.**

## 54 km

From **Grande-Grave** to **Camping des Appalaches** (54 km start line)

- Departure on Sunday September 24th at 4 h 30 from Grande-Grave

## 42 km & Trans-Forillon 100 Stage #2

From **Grande-Grave** to **Penouille** (42 km and TF100 #2 start lines)

- Departure on Sunday September 24th at 6 h from Grande-Grave



# Accommodation strategies

The Ultra Trail Forillon takes place along more than 200 km of roads and the start lines are located in different places. Here are our accommodation recommendations to help you navigate between the different sites.

## 160 km



If you have someone to drive your vehicle, you can stay pretty much anywhere!

However, we do have some advice:



- Friday night in Petite-Vallée
- Saturday and Sunday in Forillon



- Friday night in Petite-Vallée
- Saturday and Sunday in Forillon or Rivière-au-Renard



If you don't have a driver for your vehicle, book an accommodation in Petite-Vallée and use our shuttle service! You will need to park your vehicle near the main site in Grande-Grave on Friday before 15 h 45. The shuttle leaves for Petite-Vallée at 16 h!

Check out our partner [Évasion Nature Petite-Vallée's website](#) to learn more about camping and housing offers.

We will bring back your personal belongings in time for your finish line main site.

## Trans-Forillon 100



If you have someone to drive your vehicle, you can stay pretty much anywhere!



If you don't have a driver for your vehicle, book an accommodation in Petite-Vallée and use our shuttle service!

You will need to park your vehicle in Pointe-à-la-Renommée on Friday before 16 h 45. The shuttle leaves for Petite-Vallée at 17 h!

## 100 km



If you have someone to drive your vehicle, you can stay pretty much anywhere!

However, we do have some advice:



- Friday night in Rivière-au-Renard
- Saturday and Sunday in Forillon



- Friday night in Rivière-au-Renard
- Saturday and Sunday in Forillon or Rivière-au-Renard



If you don't have a driver for your vehicle, book an accommodation near our main site in Grande-Grave and use our shuttle service on Saturday morning.

Different types of accommodations are available in Forillon National Park, Cap-au-Os and Cap-des-Rosiers. You could also stay in Rivière-au-Renard and Gaspé, but you need to keep in mind that it's a 45-minute drive from our main site and the shuttle departure spot.

## Trans-Forillon 50



If you have someone to drive your vehicle, you can stay pretty much anywhere!

We do however recommend that you book an accommodation in Rivière-au-Renard to be close to the start line of stage #1 in Pointe-à-la-Renommée and to be close to the finish line of stage #1 at Camping des Appalaches.



If you don't have a driver for your vehicle, book an accommodation that will allow you to park your vehicle at Camping des Appalaches on Saturday morning to take the shuttle at 8 h 45 to the start line in Pointe-à-la-Renommée.

## Other courses

Whether you're alone or with friends and family, if you stay in the Gaspé region, you'll be able to get to our start lines or our shuttle departure sites without worries.

# Our partners



Parcs  
Canada

Parks  
Canada



Canada





Parc national  
Forillon

Forillon  
National Park

## Planifiez votre automne à Forillon

Goûtez la vraie saison de la randonnée et les grands espaces moins achalandés.  
Visitez [parcscanada.gc.ca/Forillon](http://parcscanada.gc.ca/Forillon) pour obtenir des informations à jour sur les services offerts.

## Fall into Forillon this autumn - plan ahead!

Enjoy ideal hiking conditions and take in the great outdoors with fewer crowds.  
Visit [parkscanada.gc.ca/Forillon](http://parkscanada.gc.ca/Forillon) for up-to-date information on the services offered.





Auberge Le Caribou & Resto-Pub La Révolte  
 82 boulevard Renard Ouest  
 Rivière-au-Renard, G4X 5P4  
 418-269-3344



A promotional banner for 'ÉVASION NATURE PETITE-VALLÉE'. The background is a scenic view of a river valley with a person on a bicycle in the foreground. The text 'ÉVASION NATURE PETITE-VALLÉE' is centered in white. Below the text are two colored boxes: a yellow one for 'FORFAITS RANDONNÉE PÉDESTRE' and a red one for 'FORFAITS RANDONNÉE À VÉLO'. A circular logo with a mountain and the text 'TRASPÉRIE ADVENTURE' is in the top right corner.

A promotional banner for 'ÉVASION NATURE PETITE-VALLÉE'. The background is a snowy landscape with a person on a snowmobile in the foreground and a sunset over a body of water. The text 'ÉVASION NATURE PETITE-VALLÉE' is centered in white. Below the text are three colored boxes: a red one for 'FORFAITS SKI DE FOND ET RAQUETTE', a blue one for 'FORFAITS MOTONEIGE DE SENTIER', and a teal one for 'FORFAITS MOTONEIGE HORS PISTE'. A circular logo with a mountain and the text 'TRASPÉRIE ADVENTURE' is in the top right corner.



TOURISME  
GASPÉSIE

HÔTEL  PLANTE.COM



*Au coeur  
de Gaspé*

*In the heart  
of Gaspé*



**GASPESIA  
ÉVÉNEMENTS**

[gaspesia.org](http://gaspesia.org)