

2024 ATHLETE'S GUIDE



ULTRA TRAIL

FORILLON



Race director's message

It is with great pleasure that we welcome you to Forillon National Park for the second edition of the Ultra Trail Forillon Desjardins!

While Hurricane Fiona robbed us of our first edition in 2022, we took advantage of 2023 to create a solid first impression!

Once again this year, you will find courses offering the best of Forillon and the Côte-de-Gaspé.

As usual, we will try to show you the Gaspésie from new angles while offering you a challenge that is up to you.

I would like to take this opportunity to welcome all the new trail runners who will take advantage of our association with the Pace du bonheur to complete their first event in the woods! It certainly won't be the last!!

Our entire team will be on hand to help you achieve the best possible success in your challenge! Enjoy your visit to Gaspésie...it's the last outing 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.!

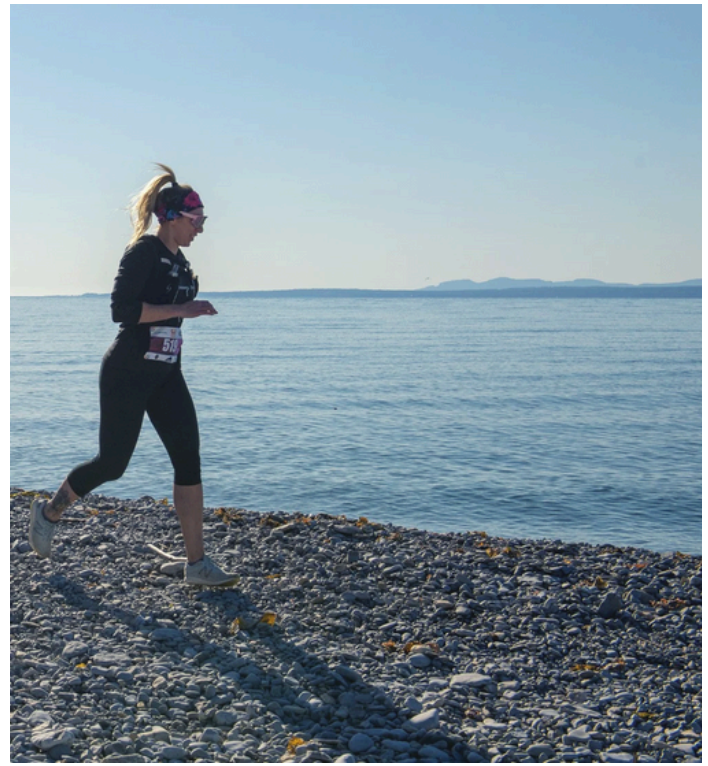
Forillon National Park

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! PLEASE NOTE, this right of access is only valid for the day of your race!!

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 pickup.

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 |
|--|-----|-----|-------|------|----|----|----|----|---|-----|---|
| Bib visible at the front at all times | m | m | m | m | m | m | m | m | m | m | m |
| Minimum 1L water supply | m | m | m | m | m | m | m | | | | |
| Water purification tablets or bottle with filter | m | m | m | m | m | m | m | | | | |
| Reusable cup or bottle | m | m | m | m | m | m | m | m | m | | |
| Food supply | m | m | m | m | m | m | m | | | | |
| Fork or spoon | m | m | m | m | m | m | | | | | |
| Basic first aid kit | m | m | m | m | m | | | | | | |
| Whistle | m | m | m | m | m | m | m | m | m | r | r |
| Waterproof jacket with hood | m | m | m | m | m | m | m | r | r | r | r |
| Gloves | m | m | m | m | m | m | m | r | r | r | r |
| Warm hat | m | m | m | m | m | m | m | r | r | r | r |
| Survival blanket of minimum 1,40 m x 2 m | m | m | m | m | m | m | m | | | | |
| Working headlamp and extra set of batteries | m | m | | m | m | | | | | | |
| Lighter or matches | m | m | m | m | m | r | | | | | |
| Cellphone | m | m | m | m | m | r | r | | | | |
| Cellphone charger and cable | m | m | m | m | m | r | r | | | | |
| Bear bell | r | r | r | r | r | r | r | r | r | r | r |
| Hiking poles | r | r | r | r | r | r | r | | | | |
| | | | | | | | | | | | |
| <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, 2024.

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



| | |
|------------------------------------|-----------------------------------|
| 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 +2024 m iTRA 2 |
| 96 k +3351 m iTRA 3 | 108 k (TF50) +3445 m iTRA 4 |
| 159 k (TF100) +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

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.

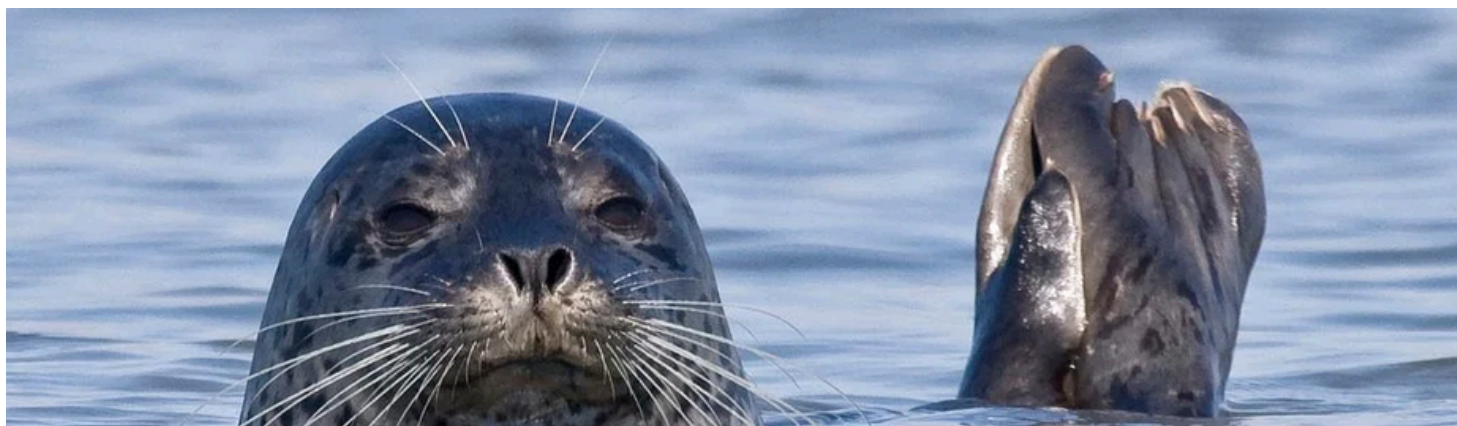
Every podium and every red lantern (last finisher of an ultra distance) will receive an

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.



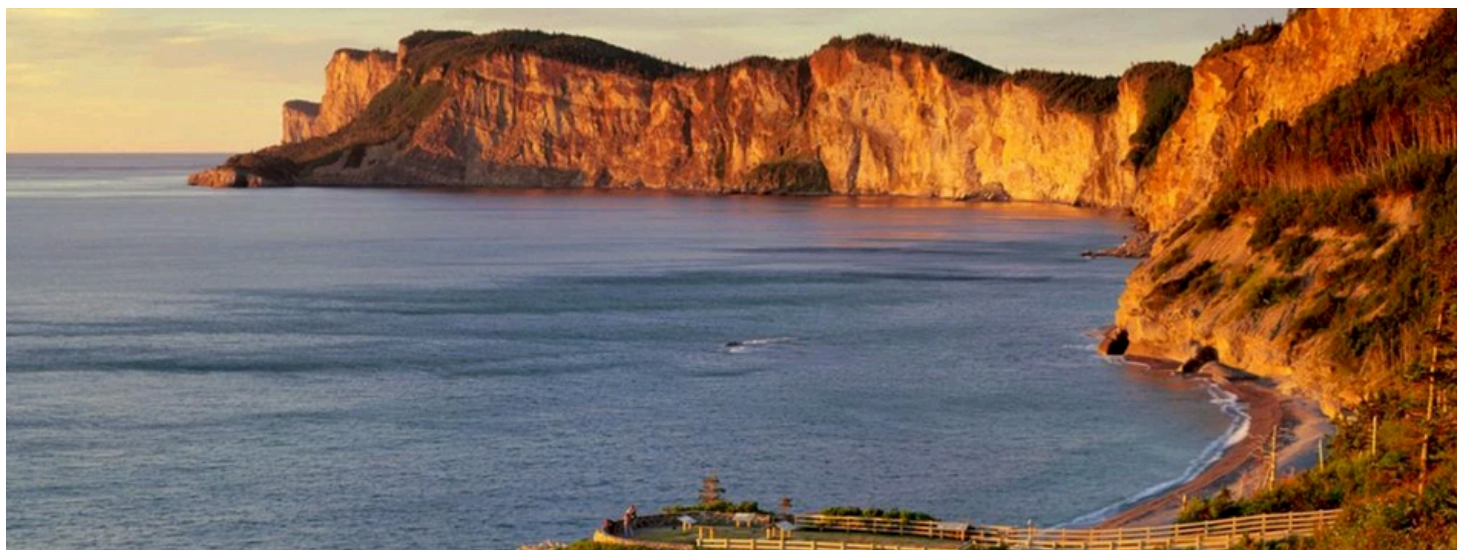
Aid stations

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
- Zenit Nutrition 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 the Ultra Trail Forillon not only requires an impressive number of volunteers, but also demands an intensive commitment from each of them! You will see them with our blue bibs traveling in vans, quads, bikes and even running to ensure the success of the event. We invite you to be as courteous as possible with them!

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!

2024-09-20 (ven)

| Heure HAE | Niveaux (m) | Niveaux (pi) |
|-----------|-------------|--------------|
| 03:57 | 1.9 | 6.1 |
| 09:54 | 0.4 | 1.2 |
| 16:05 | 2 | 6.7 |
| 22:31 | 0.2 | 0.8 |

2024-09-21 (sam)

| Heure HAE | Niveaux (m) | Niveaux (pi) |
|-----------|-------------|--------------|
| 04:39 | 1.7 | 5.6 |
| 10:28 | 0.4 | 1.2 |
| 16:49 | 2 | 6.7 |
| 23:21 | 0.3 | 1 |

2024-09-22 (dim)

| Heure HAE | Niveaux (m) | Niveaux (pi) |
|-----------|-------------|--------------|
| 05:21 | 1.6 | 5.1 |
| 11:05 | 0.4 | 1.4 |
| 17:37 | 2 | 6.6 |

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 | |
|---------|------------------------|----------|----------------------|---------------------|----------|-----------|-----------|----------|-----------|----------|-----------|----------|----------|
| Lieu | | KM | Prochain ravito - KM | Premiers coureurs - | | Sous 25h | | Sous 30h | | Sous 36h | | | |
| | | | | Temps | Heure | Under 25h | Under 30h | Heure | Under 36h | 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 |
| 6 | 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | 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 |
| 13 | 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 |
| 14 | Phare | 153 | 7 | 18:08:51 | 23:08:51 | 23:53:06 | 04:53:06 | 04:41:15 | 09:41:15 | 10:25:30 | 15:25:30 | 10:25:30 | 15:25:30 |
| Arrivée | Grande-Grave | 160 | -160 | 18:58:40 | 23:58:40 | 00:58:40 | 05:58:40 | 06:00:00 | 11:00:00 | 12:00:00 | 17:00:00 | 12:00:00 | 17:00:00 |

100 km

| Samedi | | 10:00:00 | | Temps/km | | 00:07:00 | | 00:10:00 | | 00:17:27 | |
|---------|------------------------|----------|----------------------|---------------------|----------|------------------|----------|---------------------|----------|----------|----------|
| Lieu | | KM | Prochain ravito - KM | Premiers coureurs - | | Milieu peloton - | | Derniers coureurs - | | | |
| | | | | 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 |
| | 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 |
| Arrivée | Grande-Grave | 106 | 0 | 12:22:00 | 22:22:00 | 17:40:00 | 03:40:00 | 06:49:42 | 16:49:42 | 06:49:42 | 16:49:42 |

54 km

| Dimanche | | 05:30:00 | | Temps/km | | 00:06:30 | | 00:10:00 | | 00:12:48 | |
|----------|--------------------|----------|----------------------|---------------------|----------|------------------|----------|---------------------|----------|----------|----------|
| Lieu | | KM | Prochain ravito - KM | Premiers coureurs - | | Milieu peloton - | | Derniers coureurs - | | | |
| | | | | 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 | |
|----------|--------------------|----------|----------------------|---------------------|----------|------------------|----------|---------------------|----------|----------|----------|
| Lieu | | KM | Prochain ravito - KM | Premiers coureurs - | | Milieu peloton - | | Derniers coureurs - | | | |
| | | | | 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 20th 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 21th at 8 h from Grande-Grave (100 km runners' parking spot)
- Departure on Saturday September 21th 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 20th 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 20th 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 21st 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 22th 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 22th 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



Le Parc du Bonheur

iTRA
INTERNATIONAL
TRAIL RUNNING
ASSOCIATION



Canada

Ville de Gaspé

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DE LA CÔTE-DE-GASPÉ

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CAMPING
Appalaches

CAMPING
— DE LA FALAISE —



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 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 for up-to-date information on the services offered.





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 82 boulevard Renard Ouest
 Rivière-au-Renard, G4X 5P4
 418-269-3344





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