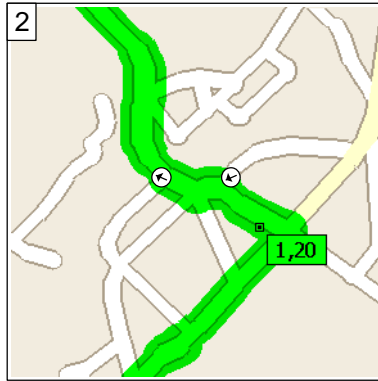


Tour des Pays d'en Haut

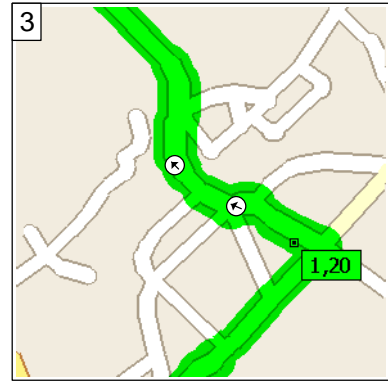
93.4 kilometers; 6 hours, 40 minutes



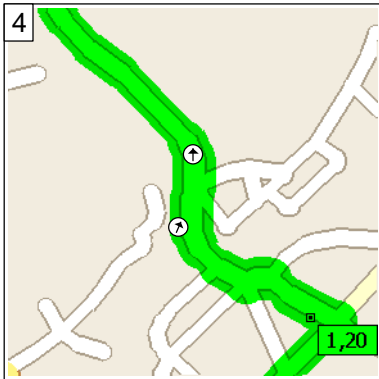
08:00 0.0 km
Depart near Val-David on Local road(s) (West) for 0.2 km



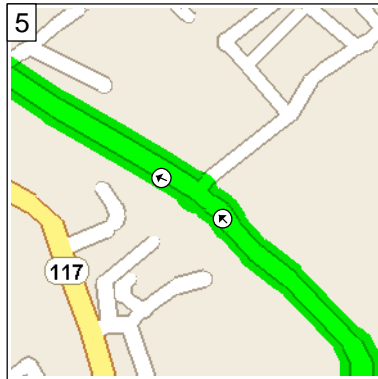
08:00 0.2 km
Bear RIGHT (West) onto Local road(s) for 80 m



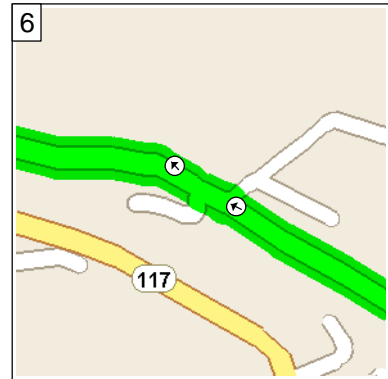
08:01 0.3 km
Bear RIGHT (North-West) onto Local road(s) for 0.2 km



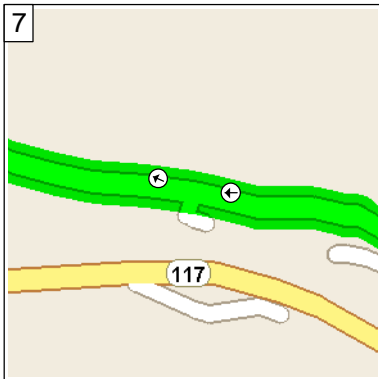
08:01 0.5 km
Bear LEFT (North) onto Local road(s) for 0.7 km



08:04 1.2 km
Bear LEFT (West) onto Local road(s) for 0.6 km



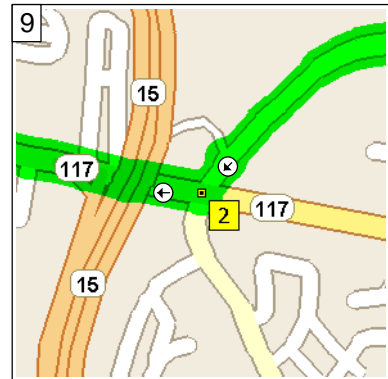
08:06 1.8 km
Bear RIGHT (North-West) onto Local road(s) for 0.6 km



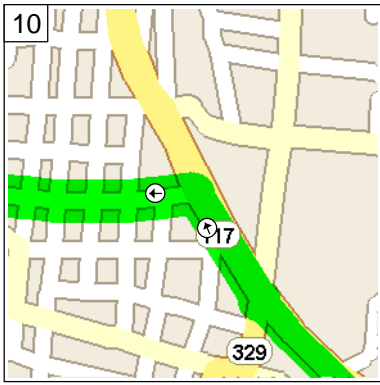
08:08 2.4 km
Bear RIGHT (West) onto Local road(s) for 1.6 km



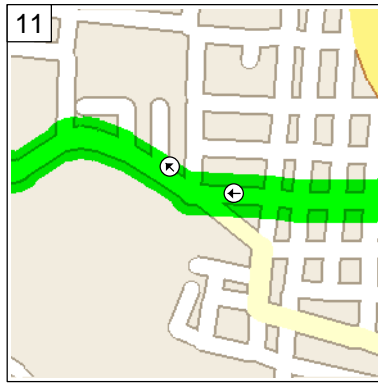
08:14 3.9 km
Bear LEFT (West) onto Local road(s) for 1.4 km



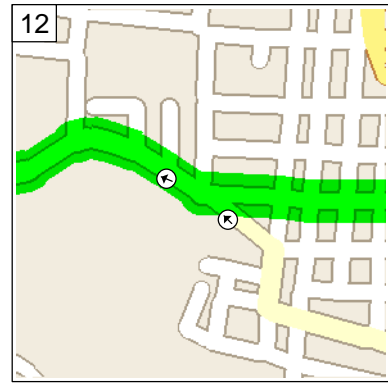
08:19 5.3 km
At HWY-117, Sainte-Agathe-Sud QC, bear RIGHT (West) onto HWY-117 for 1.7 km



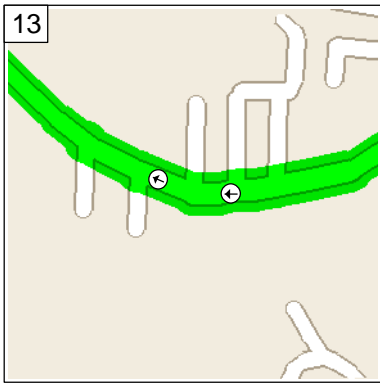
08:25 7.0 km
Turn LEFT (West) onto Local road(s) for 0.6 km



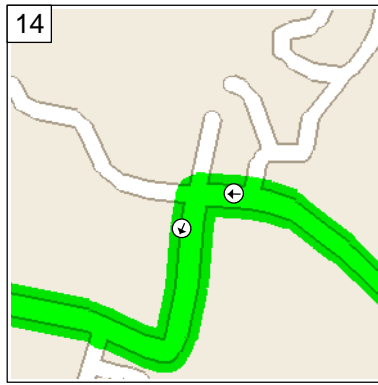
08:28 7.6 km
Bear RIGHT (North-West) onto Local road(s) for 10 m



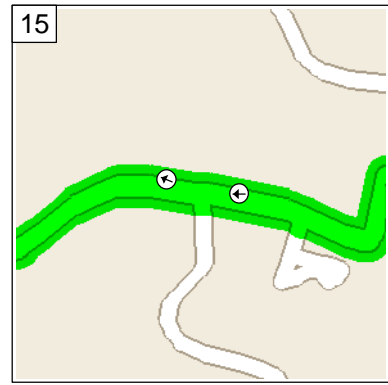
08:28 7.6 km
Bear LEFT (West) onto Local road(s) for 0.9 km



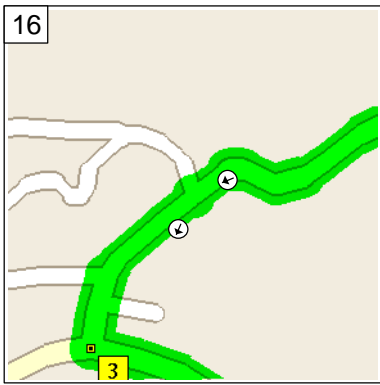
08:32 8.5 km
Bear RIGHT (West) onto Local road(s) for 1.1 km



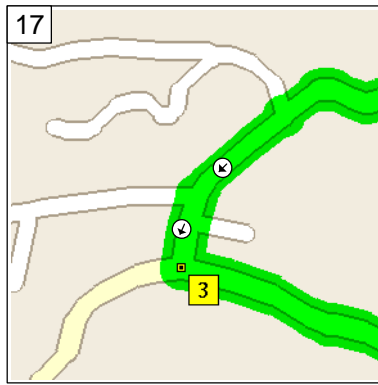
08:35 9.6 km
Turn LEFT (South) onto Local road(s) for 0.8 km



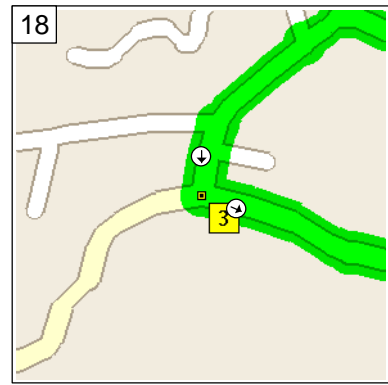
08:39 10.4 km
Bear RIGHT (West) onto Local road(s) for 0.8 km



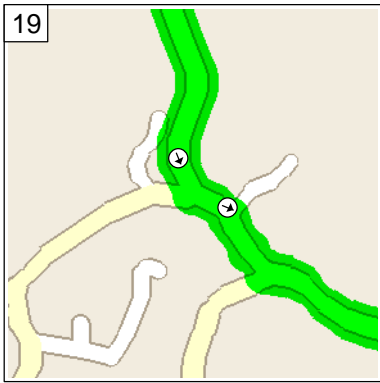
08:42 11.2 km
Bear LEFT (South) onto Local road(s) for 0.3 km



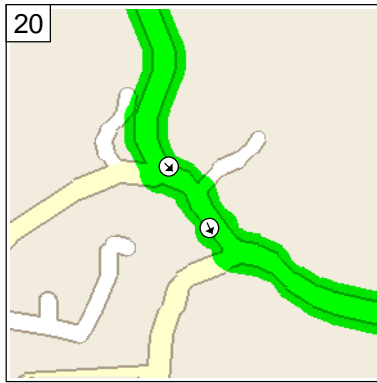
08:43 11.5 km
Bear LEFT (South) onto Local road(s) for 0.2 km



08:44 11.7 km
At near Sainte-Agathe-des-Monts, stay on Local road(s) (East) for 1.6 km



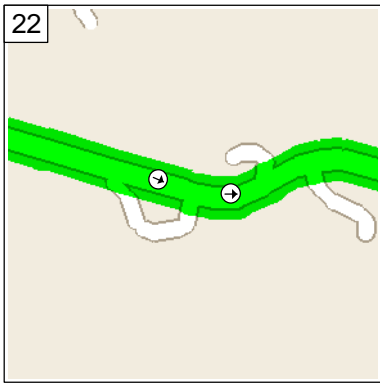
19
08:50 13.3 km
Bear LEFT (East) onto Local road(s) for 0.1 km



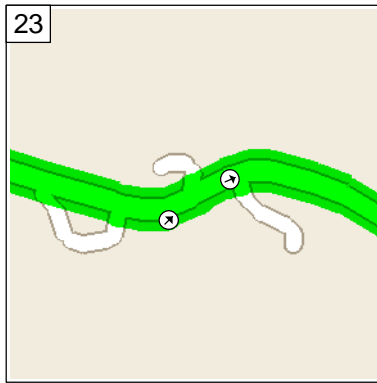
20
08:50 13.4 km
Bear RIGHT (South) onto Local road(s) for 0.2 km



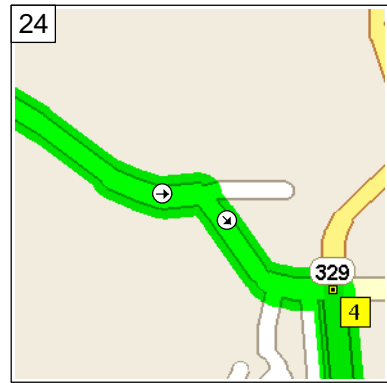
21
08:51 13.6 km
Bear LEFT (East) onto Local road(s) for 0.9 km



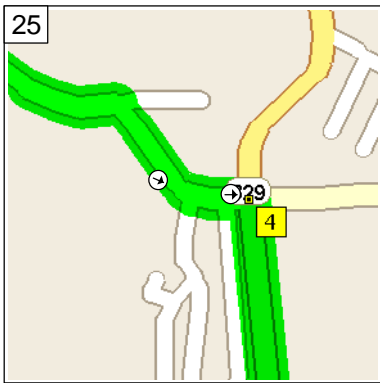
22
08:54 14.5 km
Bear LEFT (East) onto Local road(s) for 0.2 km



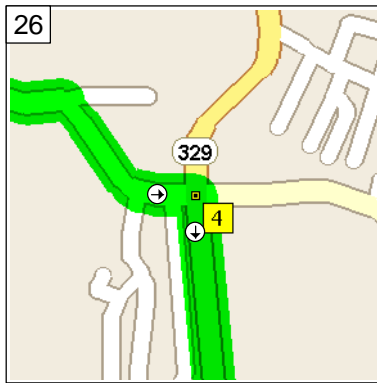
23
08:55 14.7 km
Bear RIGHT (East) onto Local road(s) for 1.0 km



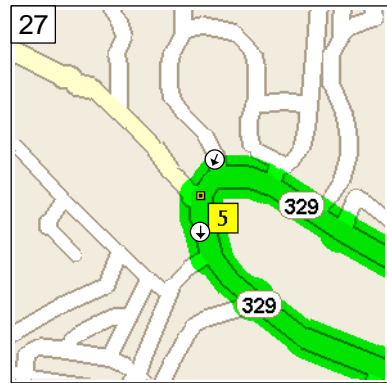
24
08:59 15.7 km
Bear RIGHT (South-East) onto Local road(s) for 0.3 km



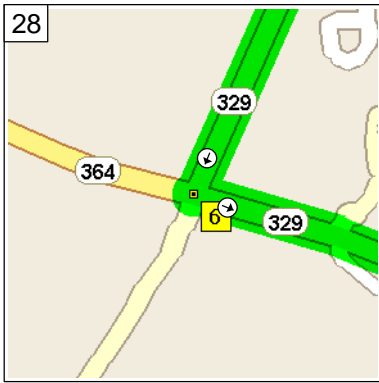
25
09:00 16.0 km
Bear LEFT (East) onto Local road(s) for 0.1 km



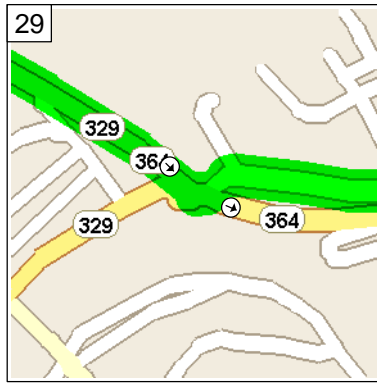
26
09:00 16.2 km
At HWY-329, Sainte-Agathe-des-Monts QC, turn RIGHT (South) onto HWY-329 for 9.7 km



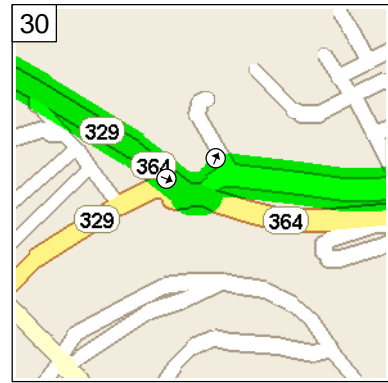
27
09:29 25.9 km
At HWY-329, Saint-Adolphe-D'howard QC, stay on HWY-329 (South) for 13.1 km



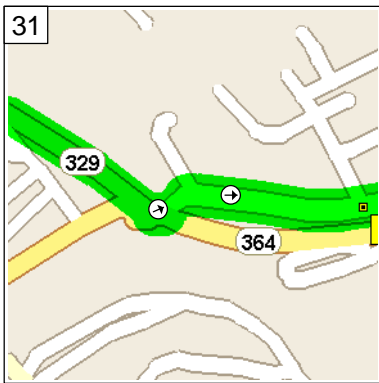
10:09 38.9 km
 At HWY-364, Morin-Heights
 QC, stay on HWY-329
 [HWY-364] (East) for 1.2 km



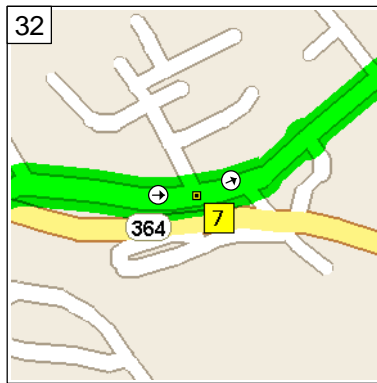
10:12 40.2 km
 Bear LEFT (East) onto
 HWY-364 for 30 m



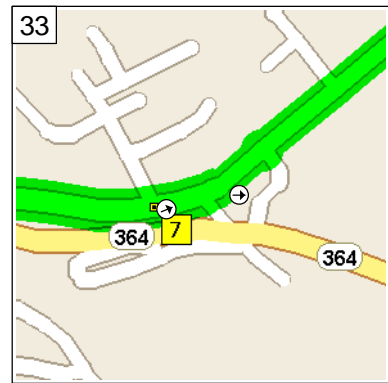
10:13 40.2 km
 Turn LEFT (North) onto Local
 road(s) for 90 m



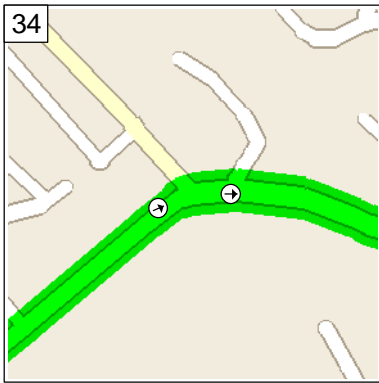
10:13 40.3 km
 Bear RIGHT (East) onto Local
 road(s) for 0.4 km



10:15 40.7 km
 At near
 Saint-Sauveur-des-Monts, stay
 on Local road(s) (East) for 0.1
 km



10:15 40.8 km
 Bear RIGHT (East) onto Local
 road(s) for 1.0 km



10:19 41.8 km
 Bear RIGHT (East) onto Local
 road(s) for 1.3 km



10:24 43.1 km
 Bear LEFT (East) onto Local
 road(s) for 0.2 km



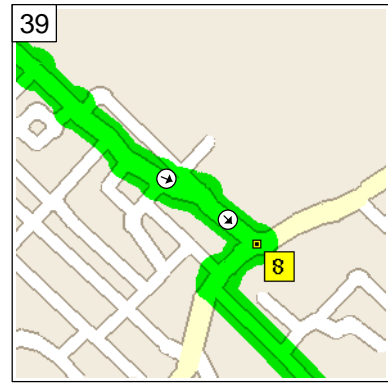
10:25 43.3 km
 Bear LEFT (East) onto Local
 road(s) for 1.5 km



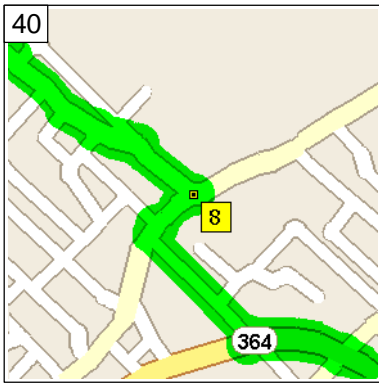
10:30 44.8 km
Bear RIGHT (South-East) onto
Local road(s) for 2.8 km



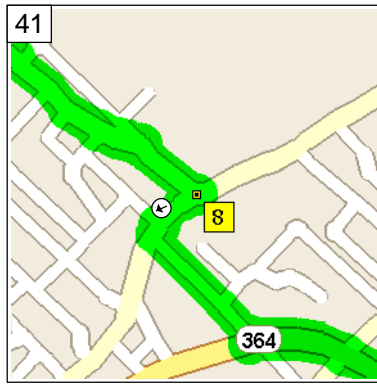
10:40 47.6 km
Bear RIGHT (South-East) onto
Local road(s) for 0.4 km



10:42 48.0 km
Bear RIGHT (South-East) onto
Local road(s) for 0.2 km



10:43 48.2 km
Arrive near
Saint-Sauveur-des-Monts



10:53 48.2 km
Depart near
Saint-Sauveur-des-Monts on
Local road(s) (West) for 0.1 km



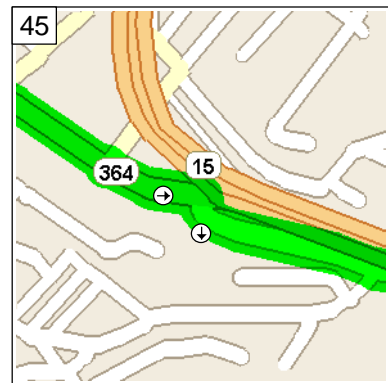
10:53 48.3 km
Bear RIGHT (South-West) onto
Local road(s) for 30 m



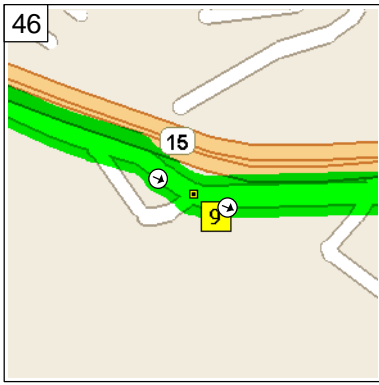
10:53 48.3 km
Turn LEFT (South-East) onto
Local road(s) for 0.4 km



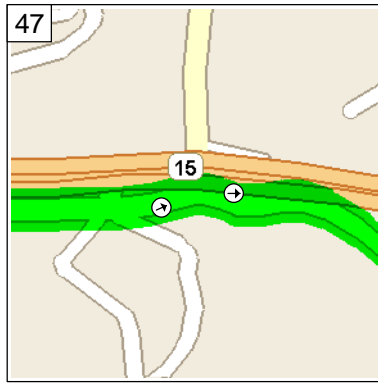
10:56 48.7 km
Turn LEFT (East) onto
HWY-364 for 0.8 km



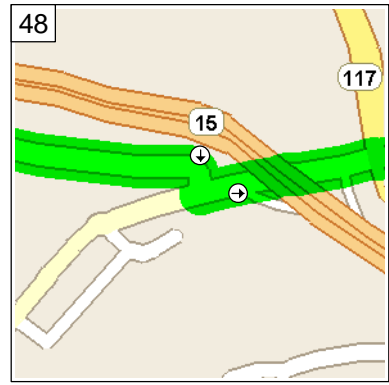
10:59 49.5 km
Turn RIGHT (South) onto Local
road(s) for 1.3 km



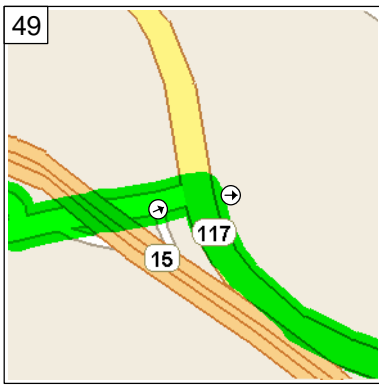
11:03 50.8 km
At near
Saint-Sauveur-des-Monts, stay
on Local road(s) (East) for 0.7
km



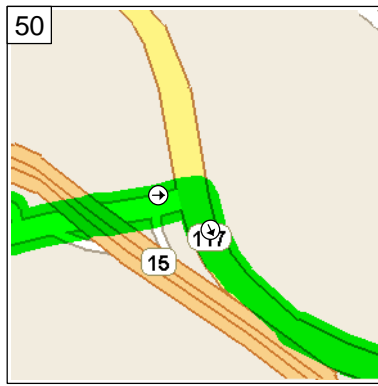
11:06 51.5 km
Bear RIGHT (East) onto Local
road(s) for 1.1 km



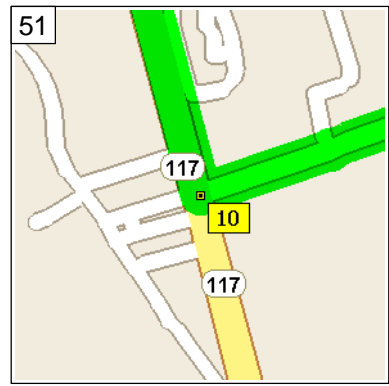
11:10 52.6 km
Turn LEFT (East) onto Local
road(s) for 0.5 km



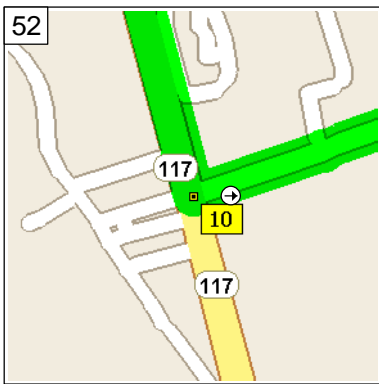
11:12 53.0 km
Bear RIGHT (East) onto Local
road(s) for 20 m



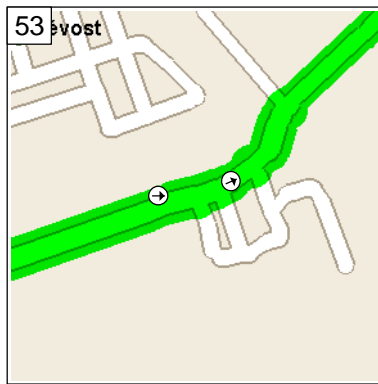
11:12 53.1 km
Turn RIGHT (South) onto
HWY-117 for 3.9 km



11:24 57.0 km
Arrive HWY-117, Prévost QC



12:24 57.0 km
Depart HWY-117, Prévost QC
on Local road(s) (East) for 0.9
km



12:28 57.9 km
Bear LEFT (East) onto Local
road(s) for 0.8 km



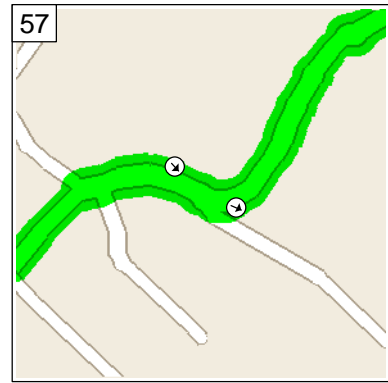
12:30 58.6 km
Bear LEFT (North) onto Local
road(s) for 30 m



55
12:31 58.7 km
Bear LEFT (North) onto Local road(s) for 0.3 km



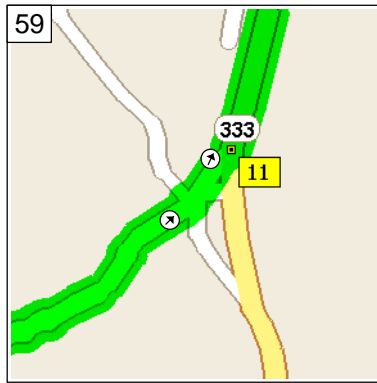
56
12:32 59.0 km
Bear RIGHT (East) onto Local road(s) for 0.3 km



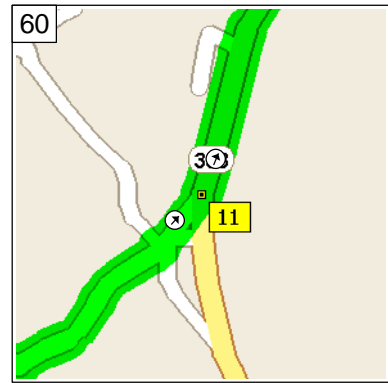
57
12:33 59.3 km
Bear LEFT (East) onto Local road(s) for 1.5 km



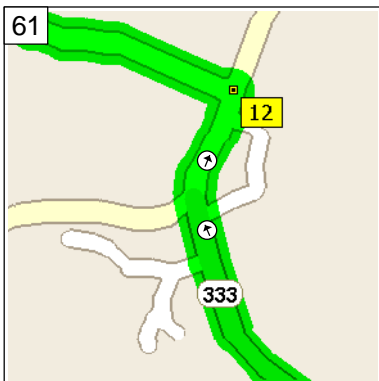
58
12:38 60.8 km
Bear RIGHT (East) onto Local road(s) for 1.9 km



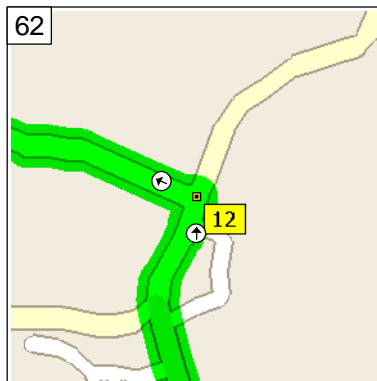
59
12:46 62.6 km
Bear LEFT (North) onto Local road(s) for 0.1 km



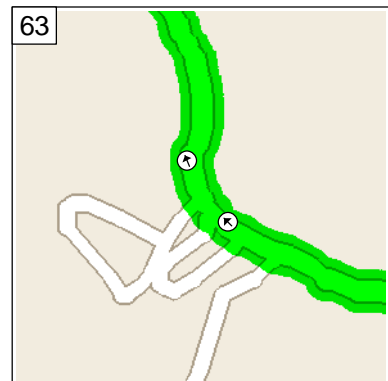
60
12:46 62.8 km
At HWY-333, Saint-Hippolyte QC, bear LEFT (North) onto HWY-333 for 6.2 km



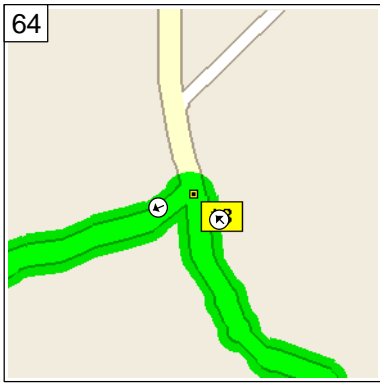
61
13:05 69.0 km
Bear RIGHT (North) onto Local road(s) for 0.3 km



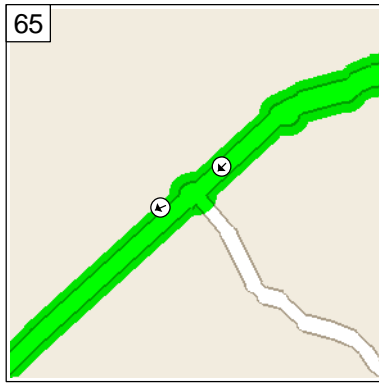
62
13:06 69.3 km
At near Mont-Rolland, stay on Local road(s) (West) for 0.9 km



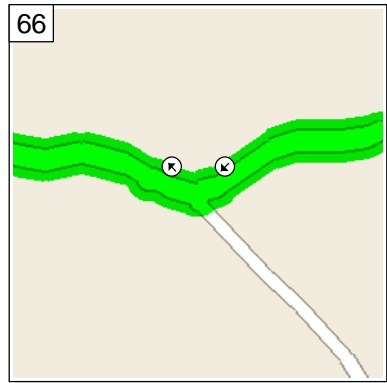
63
13:10 70.2 km
Bear RIGHT (North) onto Local road(s) for 1.7 km



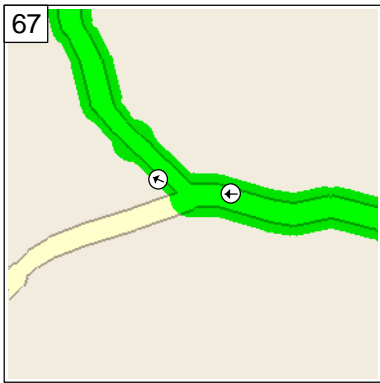
64
13:16 71.9 km
At near Mont-Rolland, stay on Local road(s) (West) for 1.0 km



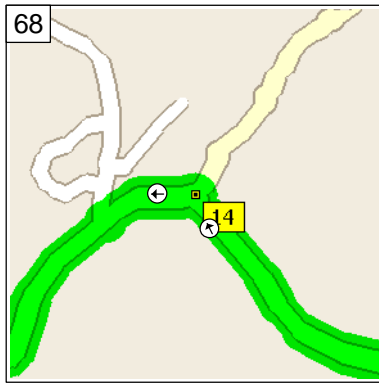
65
13:20 72.9 km
Bear RIGHT (West) onto Local road(s) for 2.2 km



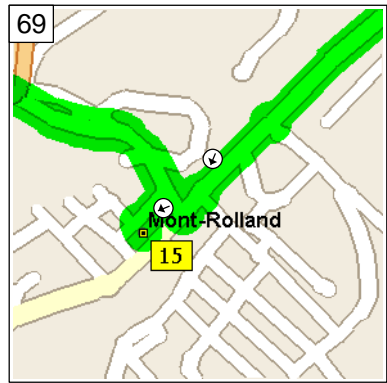
66
13:28 75.1 km
Turn RIGHT (North-West) onto Local road(s) for 0.7 km



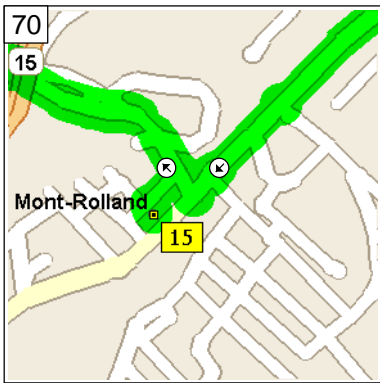
67
13:31 75.8 km
Bear RIGHT (West) onto Local road(s) for 2.0 km



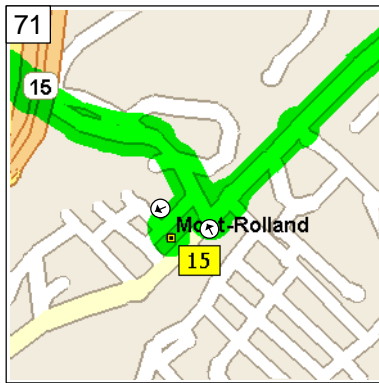
68
13:38 77.8 km
At near Mont-Rolland, stay on Local road(s) (West) for 1.4 km



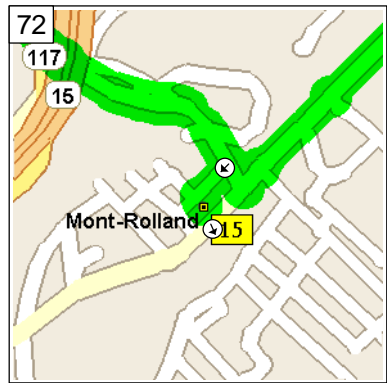
69
13:44 79.3 km
Bear RIGHT (West) onto Local road(s) for 70 m



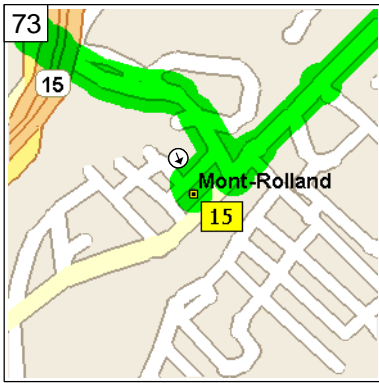
70
13:44 79.3 km
Turn RIGHT (North-West) onto Local road(s) for 70 m



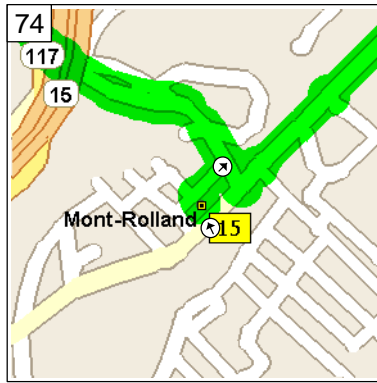
71
13:44 79.4 km
Turn LEFT (West) onto Local road(s) for 0.1 km



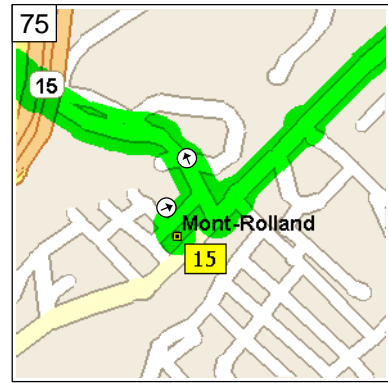
72
13:45 79.5 km
Turn LEFT (South) onto Local road(s) for 30 m



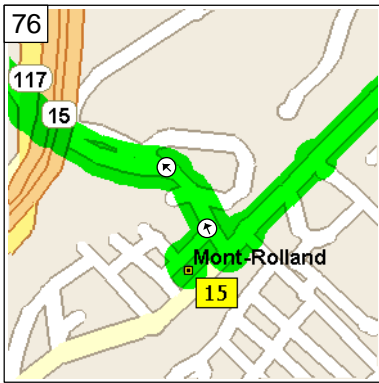
13:45 79.5 km
At Mont-Rolland, return North
on Local road(s) for 30 m



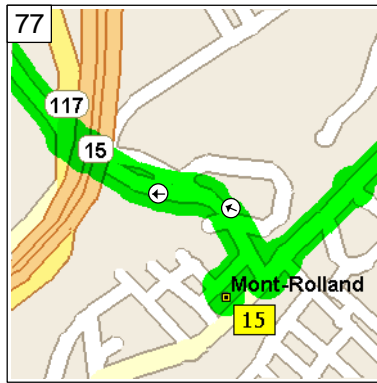
13:46 79.6 km
Turn RIGHT (North-East) onto
Local road(s) for 0.1 km



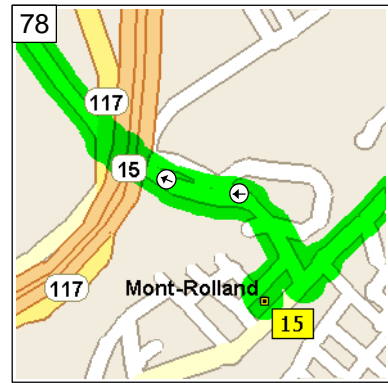
13:46 79.7 km
Turn LEFT (North) onto Local
road(s) for 0.1 km



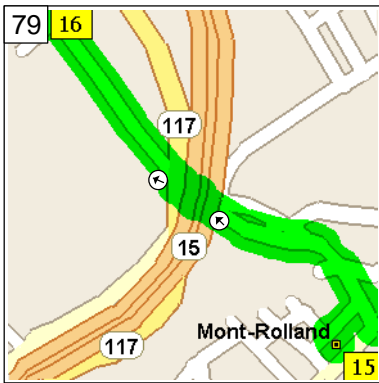
13:47 79.8 km
Bear LEFT (North-West) onto
Local road(s) for 0.1 km



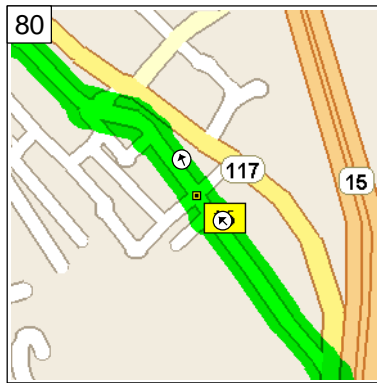
13:47 79.9 km
Bear LEFT (West) onto Local
road(s) for 90 m



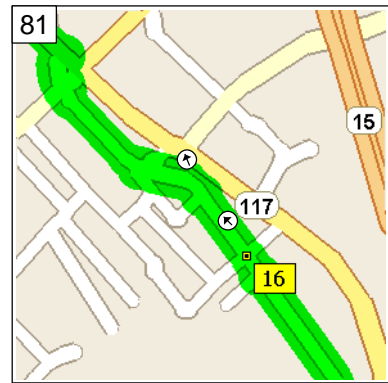
13:48 80.0 km
Bear RIGHT (West) onto Local
road(s) for 0.2 km



13:49 80.2 km
Bear LEFT (West) onto Local
road(s) for 0.6 km



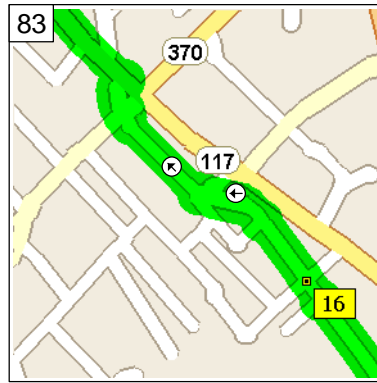
13:52 80.8 km
At near Mont-Rolland, stay on
Local road(s) (North) for 0.2 km



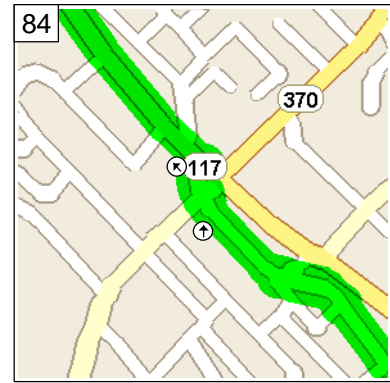
13:53 81.0 km
Bear RIGHT (North) onto Local
road(s) for 0.2 km



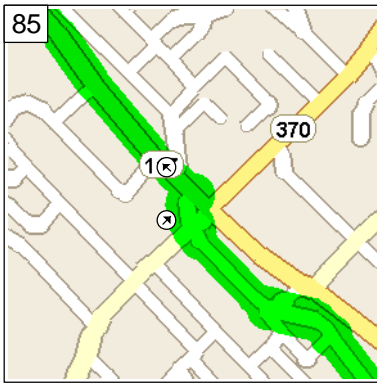
13:54 81.2 km
Bear LEFT (West) onto Local road(s) for 10 m



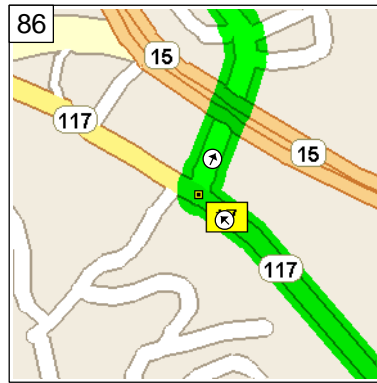
13:54 81.2 km
Bear RIGHT (North-West) onto Local road(s) for 0.3 km



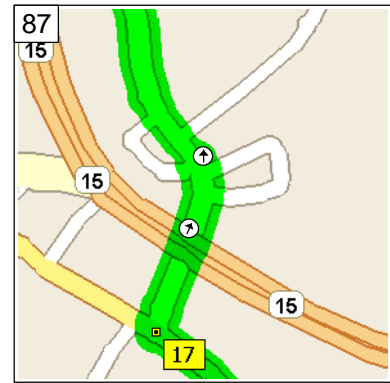
13:55 81.5 km
Bear LEFT (North-West) onto Local road(s) for 80 m



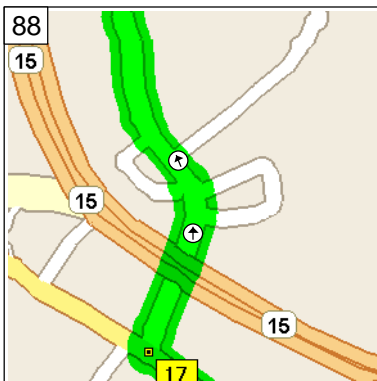
13:56 81.5 km
Turn LEFT (North-West) onto HWY-117 for 1.3 km



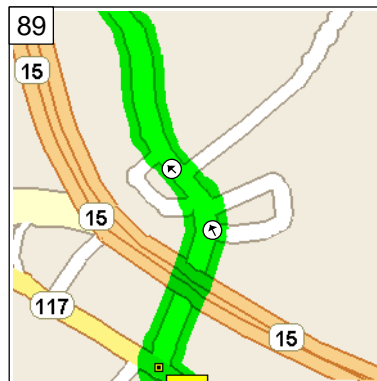
14:00 82.9 km
At HWY-117, Sainte-Adèle QC, turn RIGHT (North) onto Local road(s) for 0.4 km



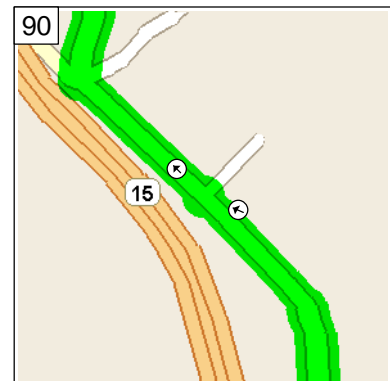
14:01 83.2 km
Bear LEFT (North) onto Local road(s) for 50 m



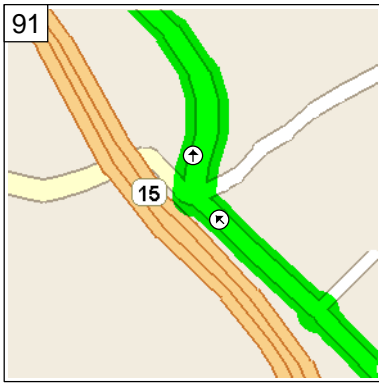
14:02 83.3 km
Bear LEFT (North) onto Local road(s) for 40 m



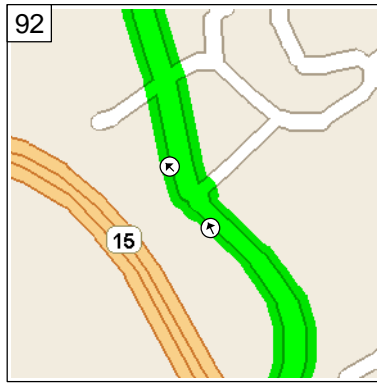
14:02 83.3 km
Bear LEFT (North-West) onto Local road(s) for 0.8 km



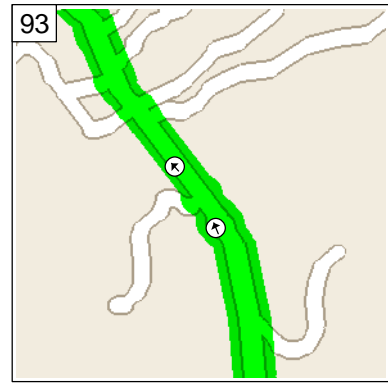
14:05 84.2 km
Bear RIGHT (North-West) onto Local road(s) for 0.4 km



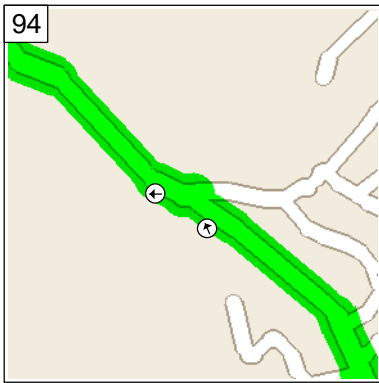
14:07 84.6 km
Bear RIGHT (North) onto Local road(s) for 0.7 km



14:09 85.3 km
Bear LEFT (North-West) onto Local road(s) for 1.3 km



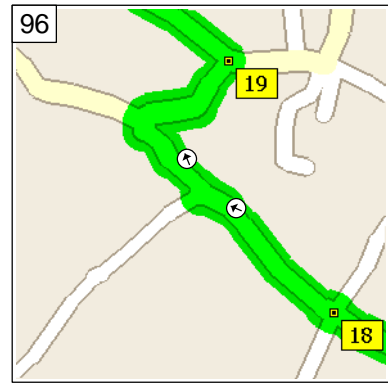
14:14 86.6 km
Bear LEFT (North-West) onto Local road(s) for 1.0 km



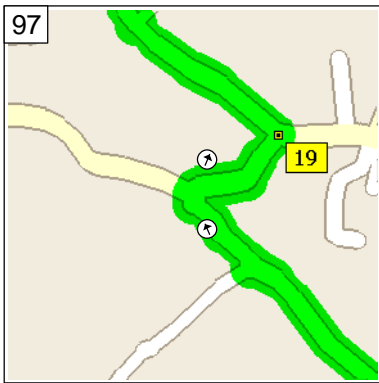
14:18 87.6 km
Turn LEFT (West) onto Local road(s) for 1.1 km



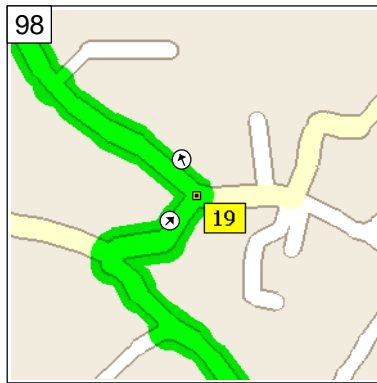
14:22 88.7 km
At near Val-Morin, stay on Local road(s) (West) for 0.5 km



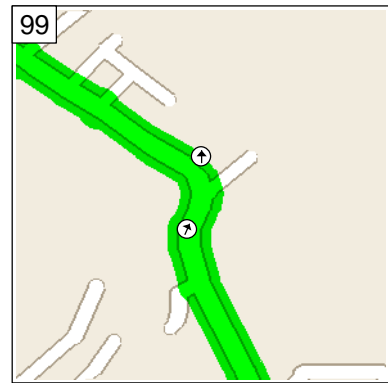
14:23 89.1 km
Bear RIGHT (North) onto Local road(s) for 0.2 km



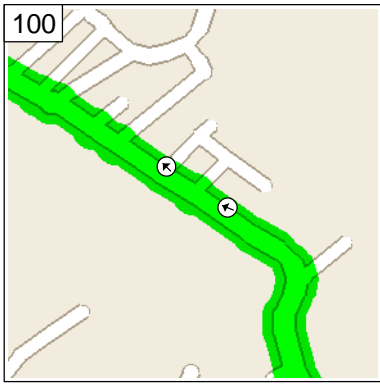
14:24 89.3 km
Bear RIGHT (North) onto Local road(s) for 0.3 km



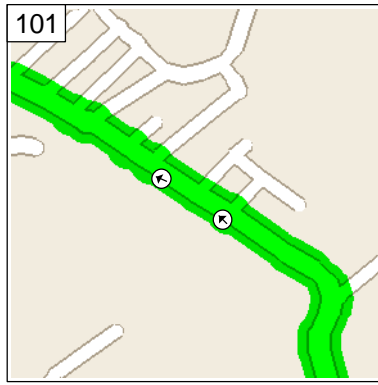
14:25 89.6 km
At near Val-Morin, stay on Local road(s) (North) for 1.1 km



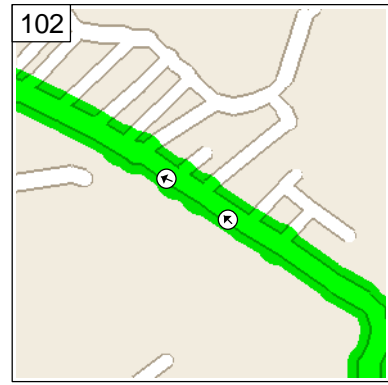
14:29 90.7 km
Bear LEFT (North) onto Local road(s) for 0.3 km



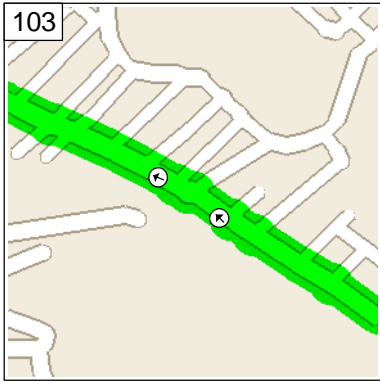
14:31 91.0 km
Bear RIGHT (North-West) onto Local road(s) for 90 m



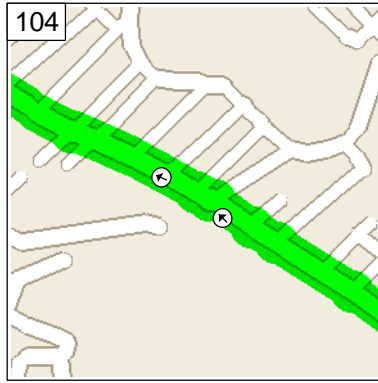
14:31 91.1 km
Bear LEFT (West) onto Local road(s) for 0.1 km



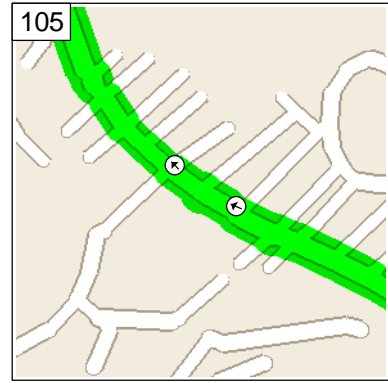
14:32 91.3 km
Bear LEFT (West) onto Local road(s) for 0.2 km



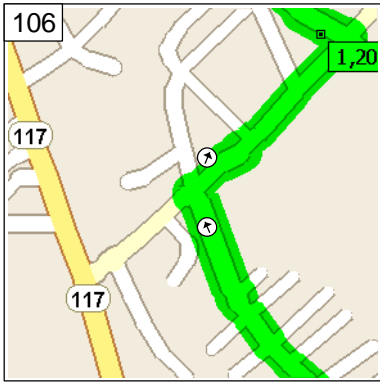
14:32 91.4 km
Bear LEFT (West) onto Local road(s) for 50 m



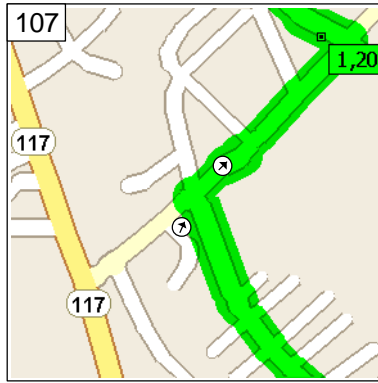
14:32 91.5 km
Bear LEFT (West) onto Local road(s) for 0.6 km



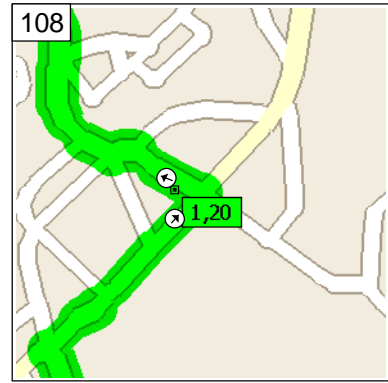
14:35 92.0 km
Bear RIGHT (North-West) onto Local road(s) for 0.7 km



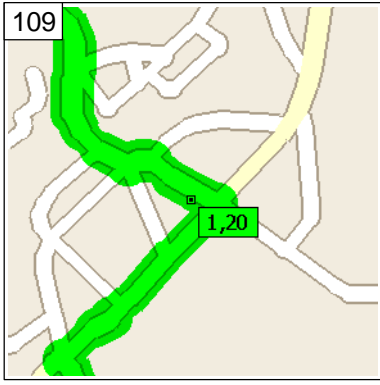
14:37 92.7 km
Bear RIGHT (North) onto Local road(s) for 20 m



14:37 92.8 km
Bear RIGHT (North-East) onto Local road(s) for 0.5 km



14:39 93.3 km
Turn LEFT (West) onto Local road(s) for 70 m



14:40 93.4 km
Arrive near Val-David