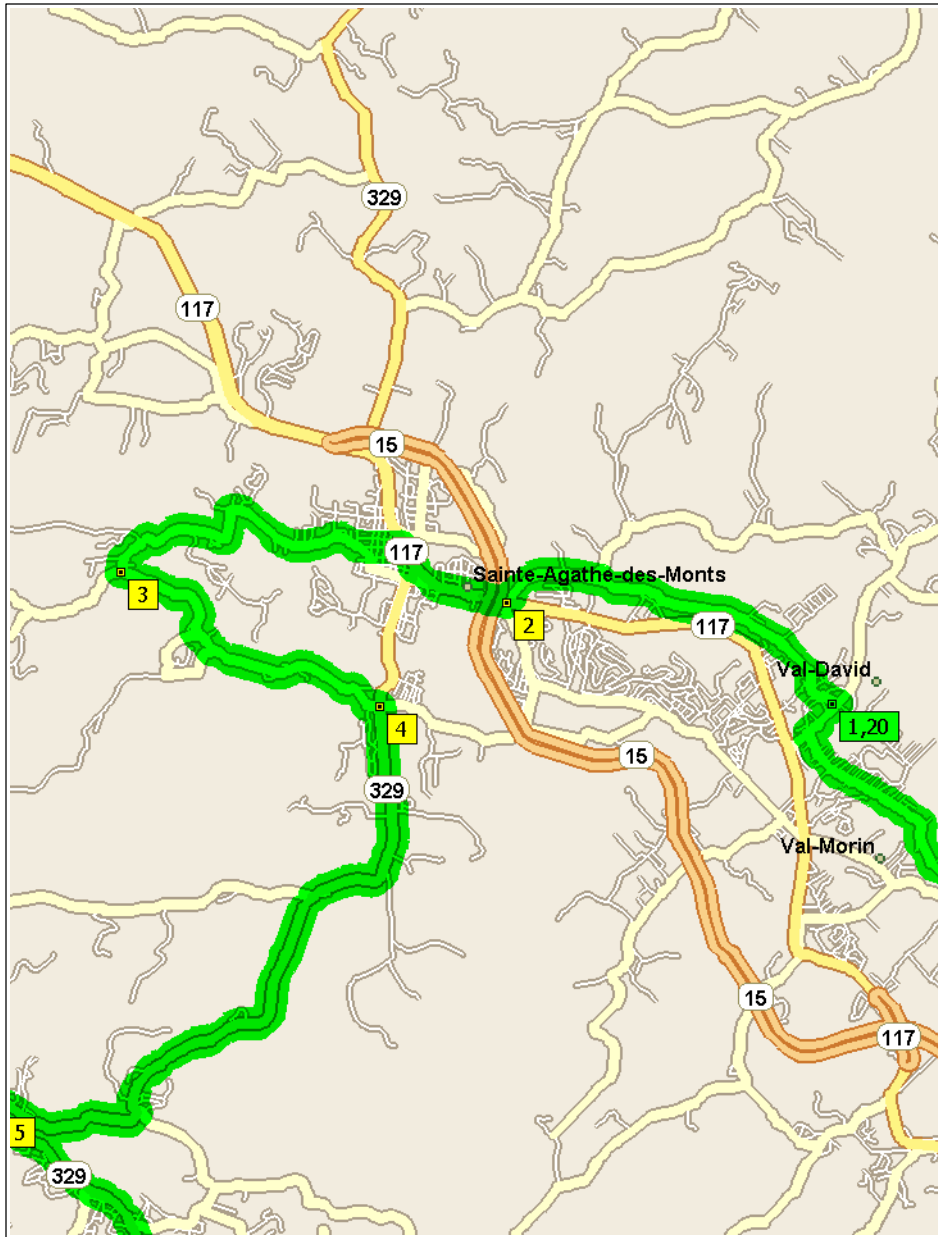


Tour des Pays d'en Haut

93.4 kilometers; 6 hours, 40 minutes



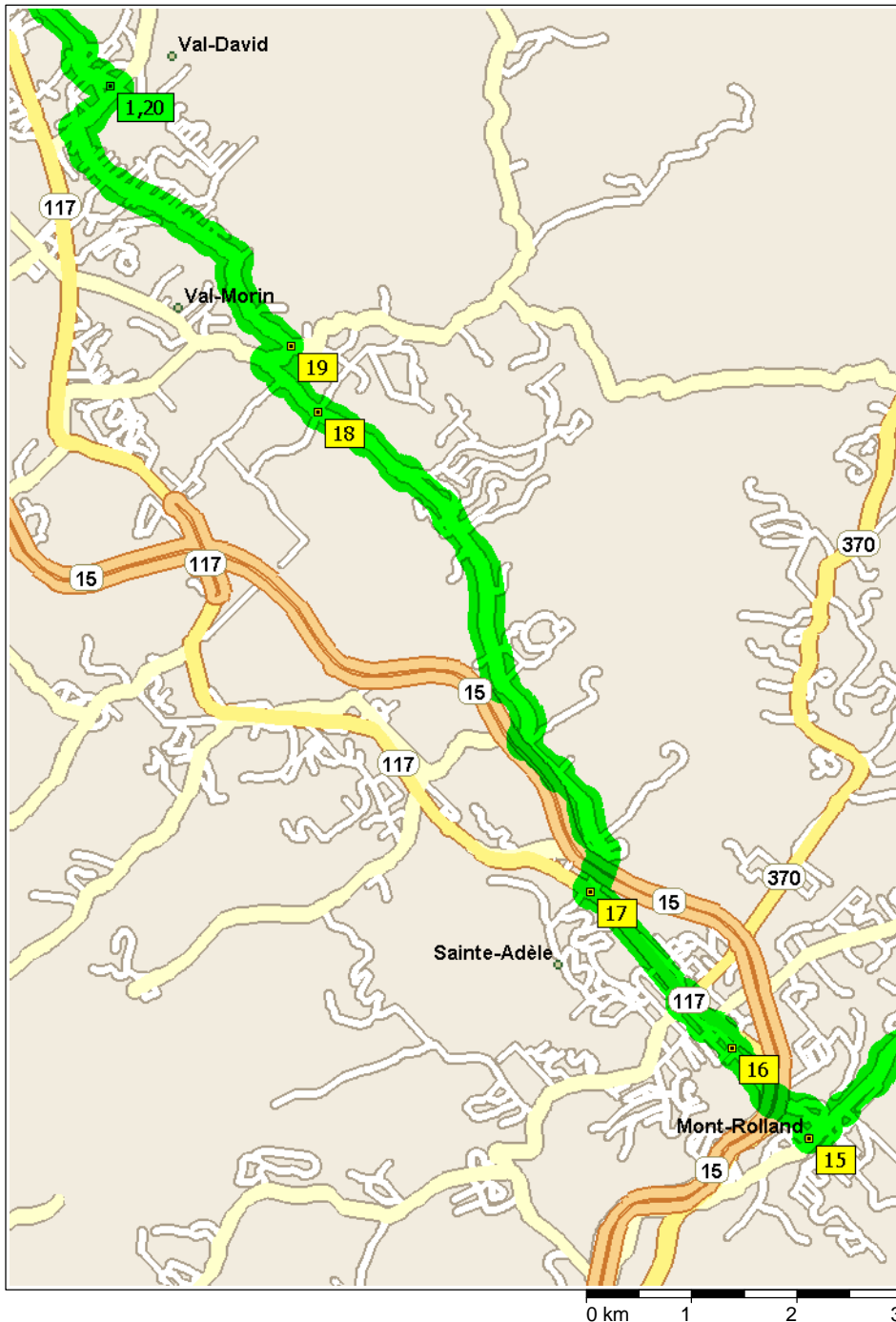
08:00	0.0 km	1 Depart near Val-David on Local road(s) (West) for 0.2 km
08:00	0.2 km	Bear RIGHT (West) onto Local road(s) for 80 m
08:01	0.3 km	Bear RIGHT (North-West) onto Local road(s) for 0.2 km
08:01	0.5 km	Bear LEFT (North) onto Local road(s) for 0.7 km
08:04	1.2 km	Bear LEFT (West) onto Local road(s) 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	2 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	3 At near Sainte-Agathe-des-Monts, stay on Local road(s) (East) for 1.6 km
08:50	13.3 km	Bear LEFT (East) onto Local road(s) for 0.1 km
08:50	13.4 km	Bear RIGHT (South) onto Local road(s) for 0.2 km
08:51	13.6 km	Bear LEFT (East) onto Local road(s) for 0.9 km
08:54	14.5 km	Bear LEFT (East) onto Local road(s) for 0.2 km
08:55	14.7 km	Bear RIGHT (East) onto Local road(s) for 1.0 km
08:59	15.7 km	Bear RIGHT (South-East) onto Local road(s) for 0.3 km
09:00	16.0 km	Bear LEFT (East) onto Local road(s) for 0.1 km



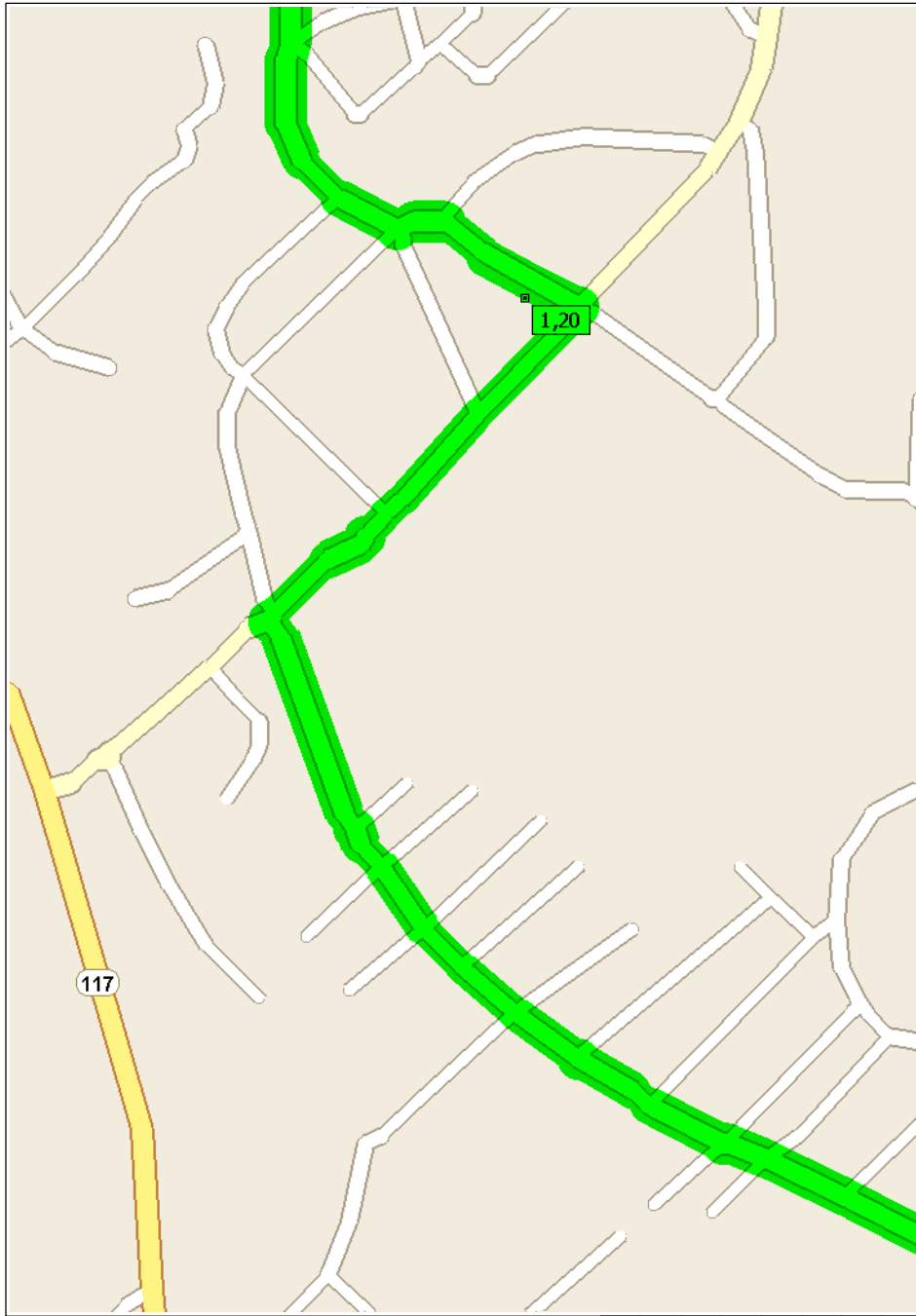
09:00	16.2 km	4	At HWY-329, Sainte-Agathe-des-Monts QC, turn RIGHT (South) onto HWY-329 for 9.7 km
09:29	25.9 km	5	At HWY-329, Saint-Adolphe-D'howard QC, stay on HWY-329 (South) for 13.1 km
10:09	38.9 km	6	At HWY-364, Morin-Heights QC, stay on HWY-329 [HWY-364] (East) for 1.2 km
10:12	40.2 km		Bear LEFT (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	7	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	8	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	9	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	10	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
- 12:31 58.7 km Bear LEFT (North) onto Local road(s) for 0.3 km
- 12:32 59.0 km Bear RIGHT (East) onto Local road(s) for 0.3 km
- 12:33 59.3 km Bear LEFT (East) onto Local road(s) for 1.5 km
- 12:38 60.8 km Bear RIGHT (East) onto Local road(s) for 1.9 km
- 12:46 62.6 km Bear LEFT (North) onto Local road(s) for 0.1 km
- 12:46 62.8 km **11** At HWY-333, Saint-Hippolyte QC, bear LEFT (North) onto HWY-333 for 6.2 km
- 13:05 69.0 km Bear RIGHT (North) onto Local road(s) for 0.3 km
- 13:06 69.3 km **12** At near Mont-Rolland, stay on Local road(s) (West) for 0.9 km
- 13:10 70.2 km Bear RIGHT (North) onto Local road(s) for 1.7 km
- 13:16 71.9 km **13** At near Mont-Rolland, stay on Local road(s) (West) for 1.0 km
- 13:20 72.9 km Bear RIGHT (West) onto Local road(s) for 2.2 km
- 13:28 75.1 km Turn RIGHT (North-West) onto Local road(s) for 0.7 km
- 13:31 75.8 km Bear RIGHT (West) onto Local road(s) for 2.0 km
- 13:38 77.8 km **14** At near Mont-Rolland, stay on Local road(s) (West) for 1.4 km
- 13:44 79.3 km Bear RIGHT (West) onto Local road(s) for 70 m
- 13:44 79.3 km Turn RIGHT (North-West) onto Local road(s) for 70 m
- 13:44 79.4 km Turn LEFT (West) onto Local road(s) for 0.1 km
- 13:45 79.5 km Turn LEFT (South) onto Local road(s) for 30 m
- 13:45 79.5 km **15** 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 **16** 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 **17** 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 **18** 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 **19** 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 20 Arrive near Val-David

0 m 100 200 300 400