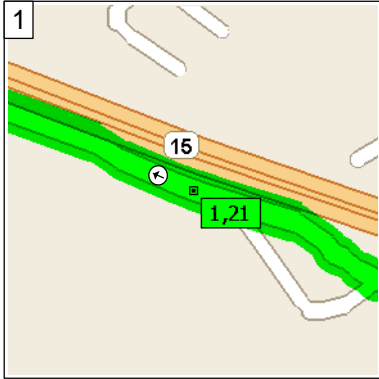
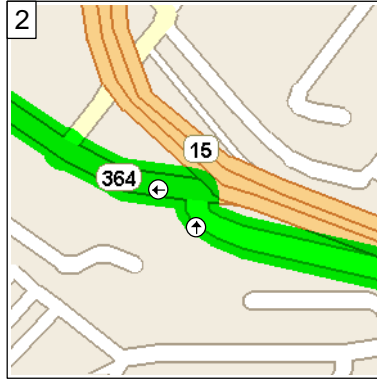


Tour des Pays d'en Haut (INVERSE) départ Mont Avila 94 km

93.4 kilometers; 21 hours, 40 minutes



DAY 1 14:17 0.0 km
 Depart near
 Saint-Sauveur-des-Monts on
 Local road(s) (West) for 0.9 km



14:21 0.9 km
 Turn LEFT (West) onto
 HWY-364 for 0.8 km



14:24 1.8 km
 Turn RIGHT (North) onto Local
 road(s) for 0.4 km



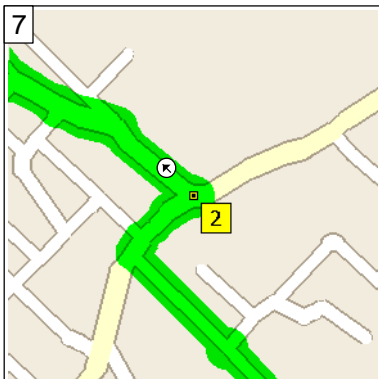
14:26 2.1 km
 Turn RIGHT (North-East) onto
 Local road(s) for 30 m



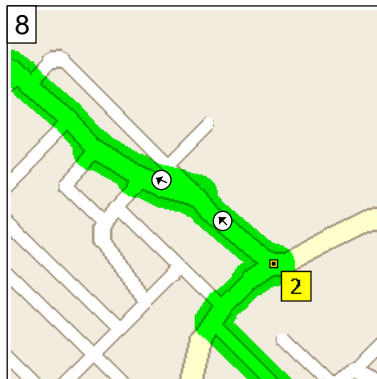
14:26 2.1 km
 Bear LEFT (North) onto Local
 road(s) for 0.1 km



14:26 2.3 km
 Arrive near
 Saint-Sauveur-des-Monts



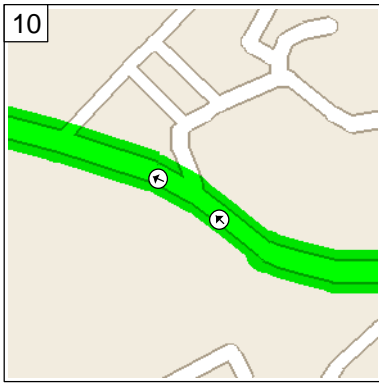
14:36 2.3 km
 Depart near
 Saint-Sauveur-des-Monts on
 Local road(s) (North-West) for
 0.2 km



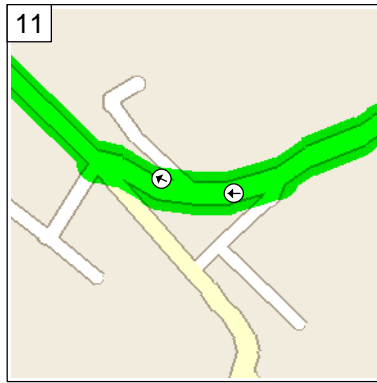
14:37 2.5 km
 Bear LEFT (West) onto Local
 road(s) for 0.4 km



14:38 2.9 km
 Bear LEFT (West) onto Local
 road(s) for 2.8 km



14:49 5.6 km
Bear LEFT (West) onto Local road(s) for 1.5 km



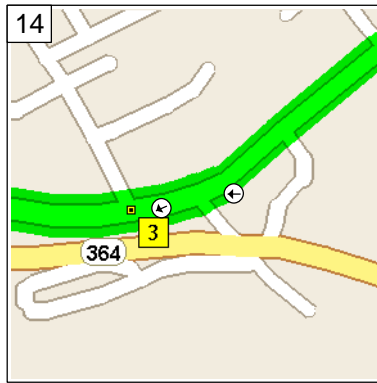
14:54 7.1 km
Bear RIGHT (West) onto Local road(s) for 0.2 km



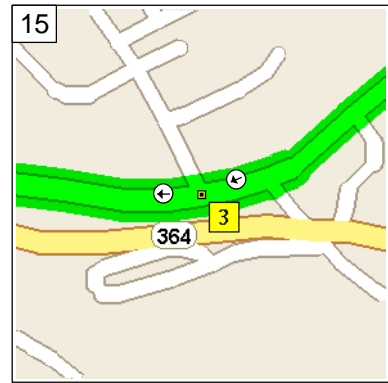
14:55 7.3 km
Bear RIGHT (North-West) onto Local road(s) for 1.3 km



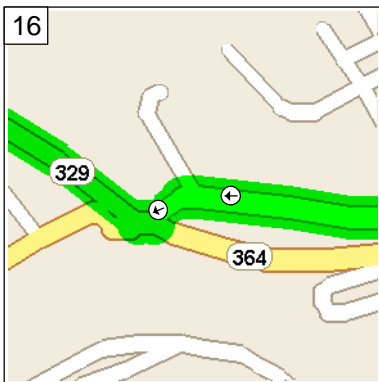
15:00 8.6 km
Bear LEFT (West) onto Local road(s) for 1.0 km



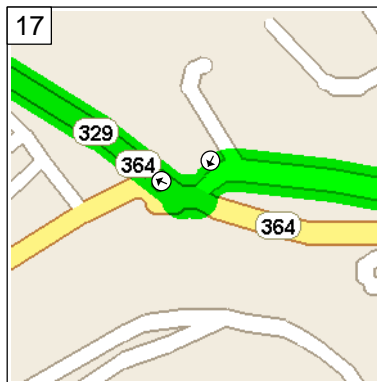
15:04 9.6 km
Bear LEFT (West) onto Local road(s) for 0.1 km



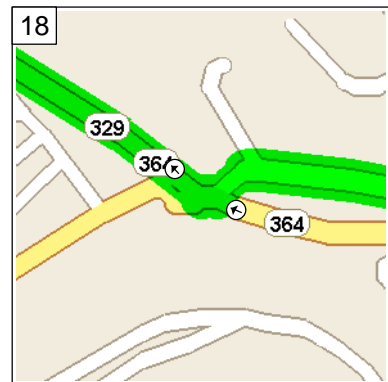
15:04 9.7 km
At near Saint-Sauveur-des-Monts, stay on Local road(s) (West) for 0.4 km



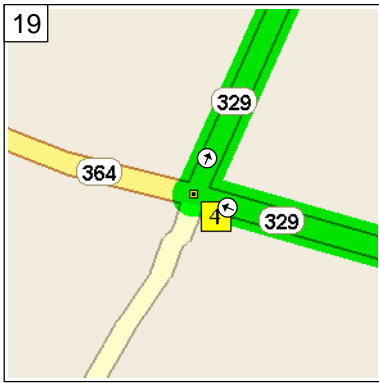
15:06 10.1 km
Bear LEFT (West) onto Local road(s) for 90 m



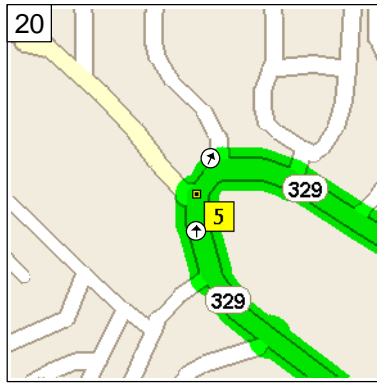
15:07 10.2 km
Turn RIGHT (West) onto HWY-364 for 30 m



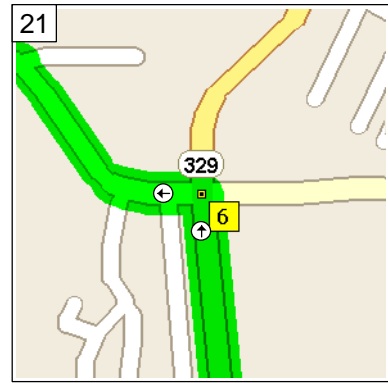
15:07 10.3 km
Bear RIGHT (North-West) onto HWY-329 [HWY-364] for 1.2 km



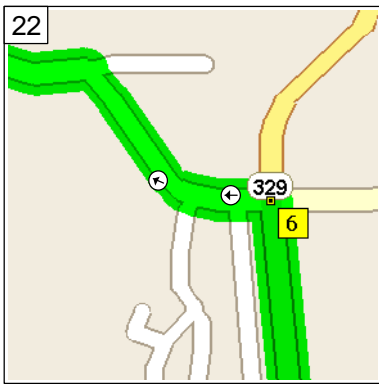
15:10 11.5 km
At HWY-364, Morin-Heights QC, stay on HWY-329 (North) for 13.1 km



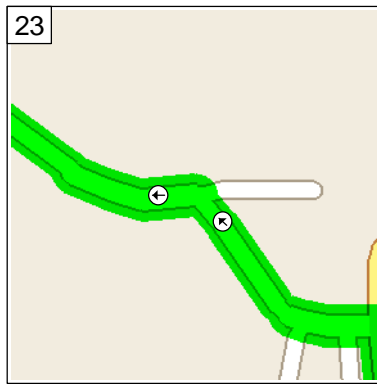
15:50 24.6 km
At HWY-329, Saint-Adolphe-D'howard QC, stay on HWY-329 (North) for 9.7 km



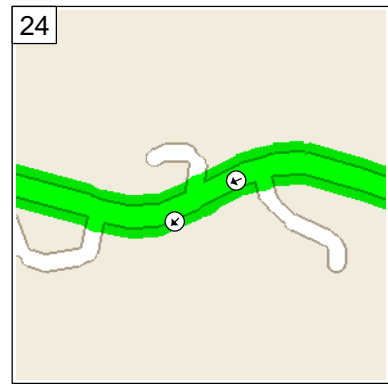
16:19 34.3 km
At HWY-329, Sainte-Agathe-des-Monts QC, turn LEFT (West) onto Local road(s) for 0.1 km



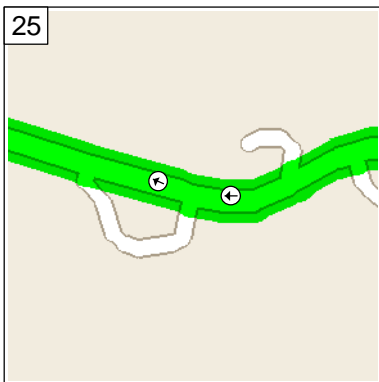
16:19 34.4 km
Bear RIGHT (West) onto Local road(s) for 0.3 km



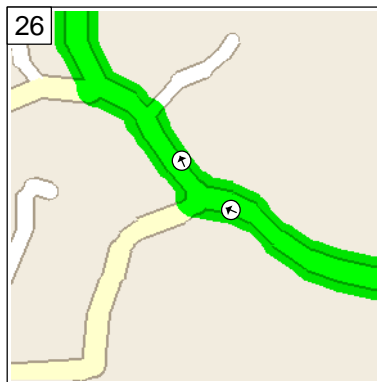
16:20 34.7 km
Bear LEFT (West) onto Local road(s) for 1.0 km



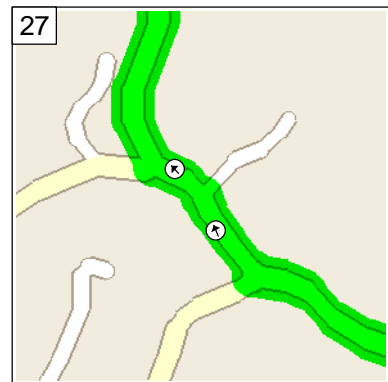
16:24 35.7 km
Bear LEFT (South-West) onto Local road(s) for 0.2 km



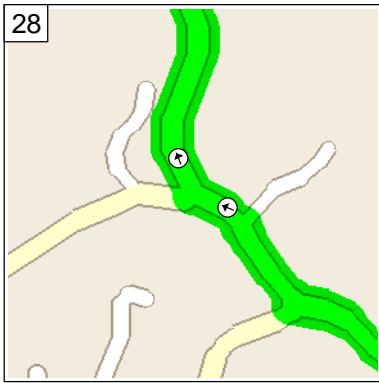
16:25 35.9 km
Bear RIGHT (West) onto Local road(s) for 0.9 km



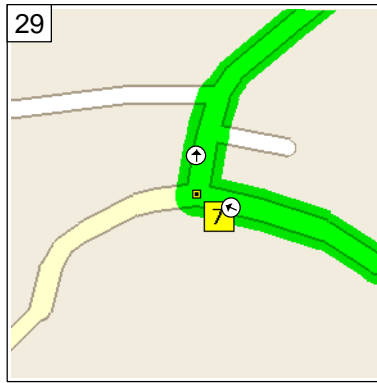
16:28 36.8 km
Bear RIGHT (North) onto Local road(s) for 0.2 km



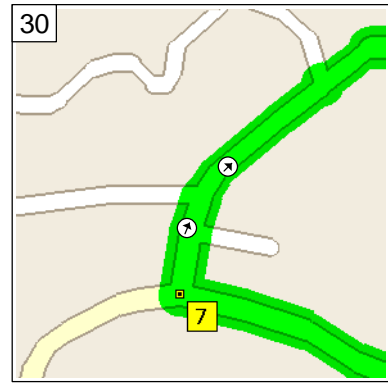
16:29 37.0 km
Bear LEFT (North-West) onto Local road(s) for 0.1 km



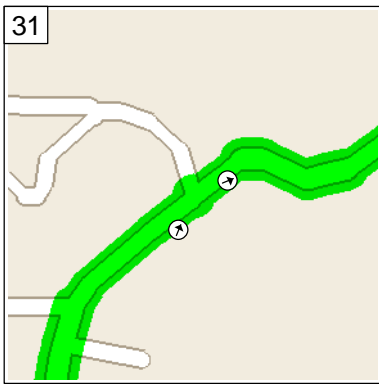
16:29 37.1 km
Bear RIGHT (North) onto Local road(s) for 1.6 km



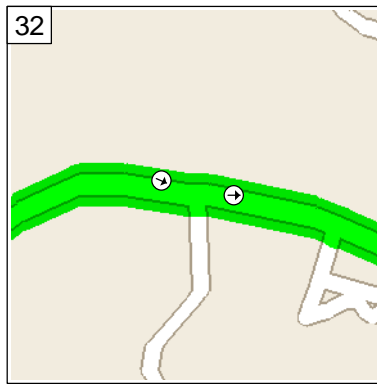
16:35 38.7 km
At near Sainte-Agathe-des-Monts, stay on Local road(s) (North) for 0.2 km



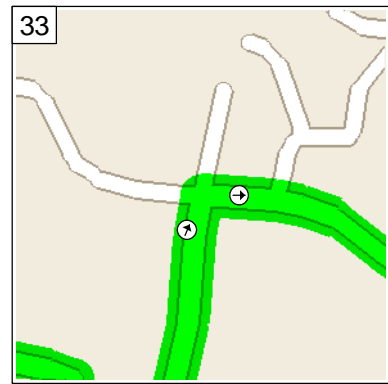
16:36 38.9 km
Bear RIGHT (North-East) onto Local road(s) for 0.3 km



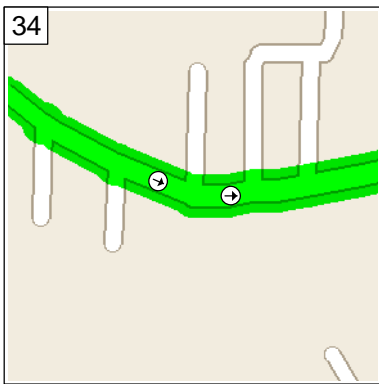
16:37 39.2 km
Bear RIGHT (East) onto Local road(s) for 0.8 km



16:40 40.0 km
Bear LEFT (East) onto Local road(s) for 0.8 km



16:43 40.9 km
Turn RIGHT (East) onto Local road(s) for 1.1 km



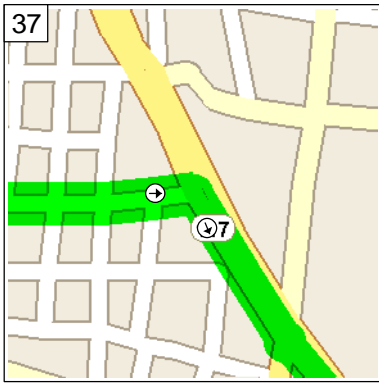
16:47 41.9 km
Bear LEFT (East) onto Local road(s) for 0.9 km



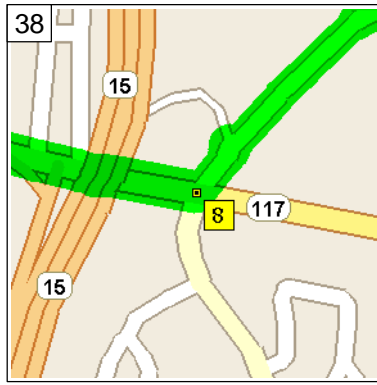
16:51 42.8 km
Bear RIGHT (South-East) onto Local road(s) for 10 m



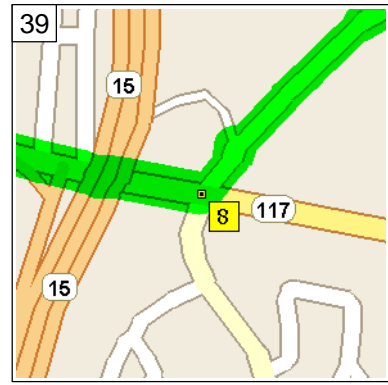
16:51 42.8 km
Bear LEFT (East) onto Local road(s) for 0.6 km



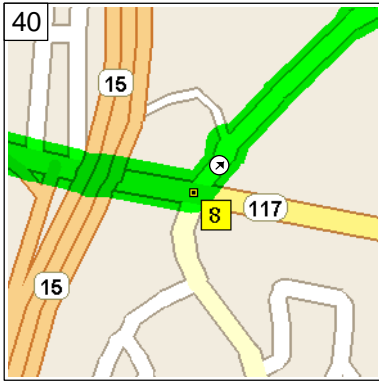
16:54 43.4 km
Turn RIGHT (South) onto HWY-117 for 1.7 km



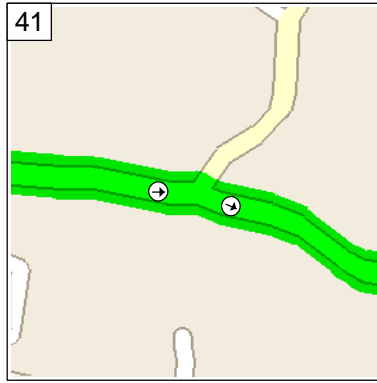
17:00 45.1 km
Arrive HWY-117, Sainte-Agathe-Sud QC



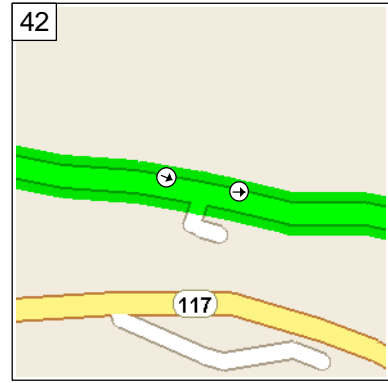
End of day



DAY 2 09:00 45.1 km
Depart HWY-117, Sainte-Agathe-Sud QC on Local road(s) (North-East) for 1.4 km



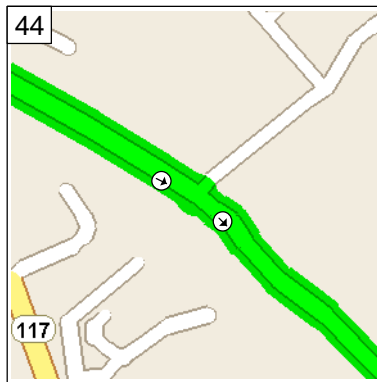
09:05 46.5 km
Bear RIGHT (East) onto Local road(s) for 1.6 km



09:10 48.0 km
Bear LEFT (East) onto Local road(s) for 0.6 km



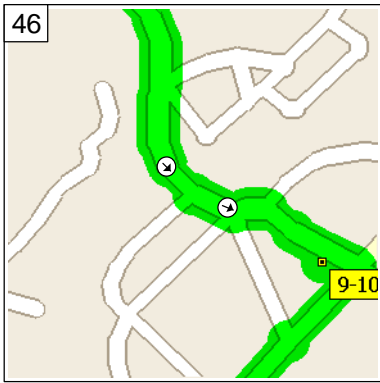
09:12 48.6 km
Bear LEFT (East) onto Local road(s) for 0.6 km



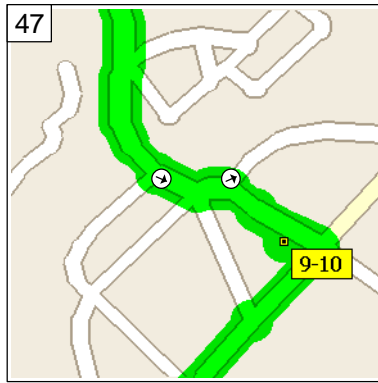
09:15 49.2 km
Bear RIGHT (South-East) onto Local road(s) for 0.7 km



09:17 49.9 km
Bear RIGHT (South) onto Local road(s) for 0.2 km



46
09:18 50.1 km
Bear LEFT (East) onto Local road(s) for 80 m



47
09:19 50.2 km
Bear LEFT (East) onto Local road(s) for 0.2 km



48
09:19 50.4 km
Arrive near Val-David



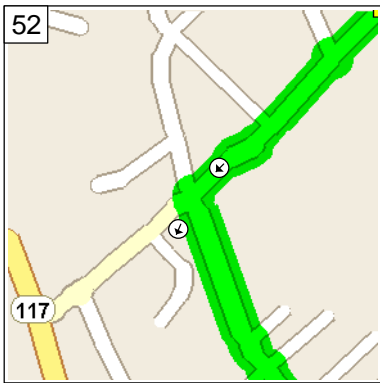
** Warning: Missed 08:00 departure time **



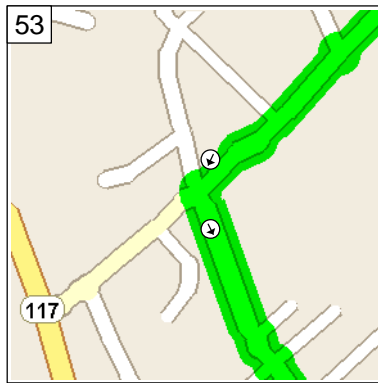
50
09:19 50.4 km
At near Val-David, stay on Local road(s) (East) for 60 m



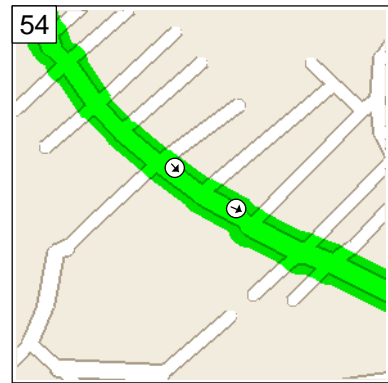
51
09:20 50.5 km
Turn RIGHT (South-West) onto Local road(s) for 0.5 km



52
09:22 51.0 km
Bear LEFT (South) onto Local road(s) for 20 m



53
09:22 51.0 km
Bear LEFT (South) onto Local road(s) for 0.7 km



54
09:24 51.7 km
Bear LEFT (East) onto Local road(s) for 0.6 km



09:26 52.3 km
Bear RIGHT (South-East) onto
Local road(s) for 50 m



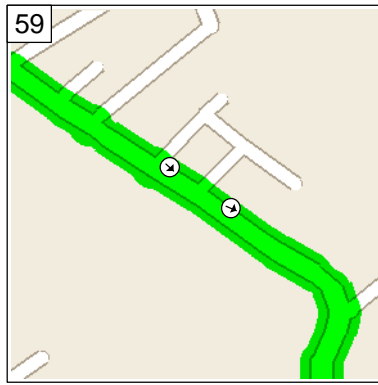
09:27 52.3 km
Bear RIGHT (South-East) onto
Local road(s) for 0.2 km



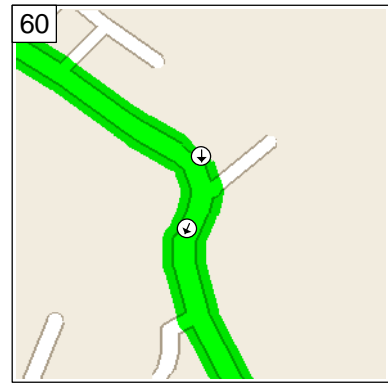
09:27 52.5 km
Bear RIGHT (South-East) onto
Local road(s) for 0.1 km



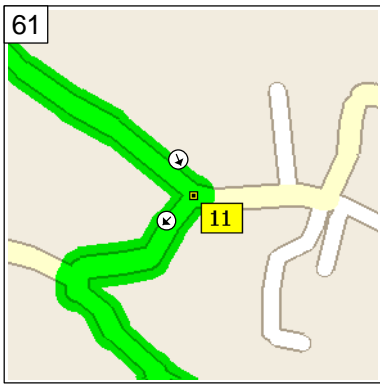
09:28 52.6 km
Bear RIGHT (South-East) onto
Local road(s) for 90 m



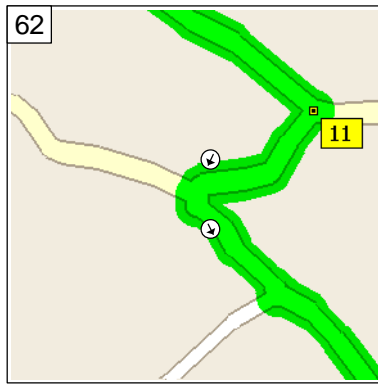
09:28 52.7 km
Bear LEFT (East) onto Local
road(s) for 0.3 km



09:29 53.1 km
Bear RIGHT (South) onto Local
road(s) for 1.1 km



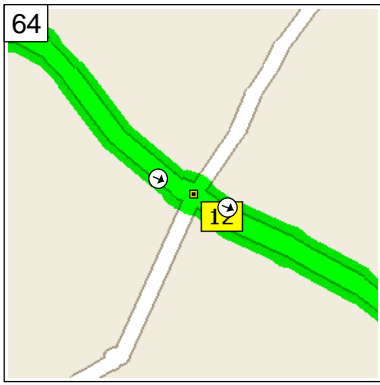
09:33 54.1 km
At near Val-Morin, stay on
Local road(s) (South-West) for
0.3 km



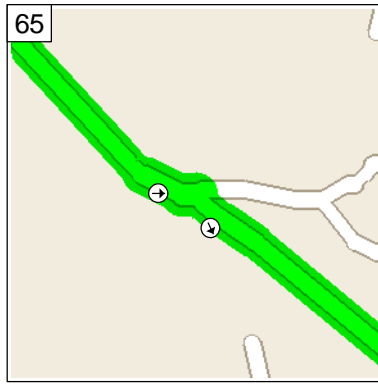
09:35 54.4 km
Bear LEFT (South) onto Local
road(s) for 0.2 km



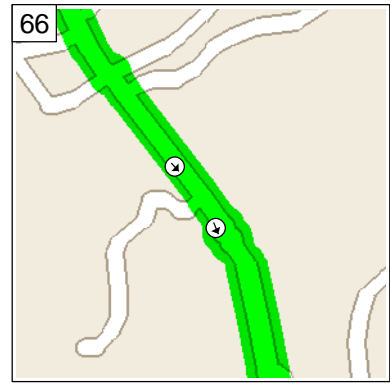
09:35 54.7 km
Bear LEFT (East) onto Local
road(s) for 0.5 km



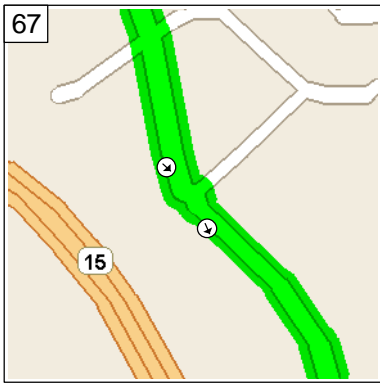
09:37 55.1 km
At near Val-Morin, stay on
Local road(s) (East) for 1.1 km



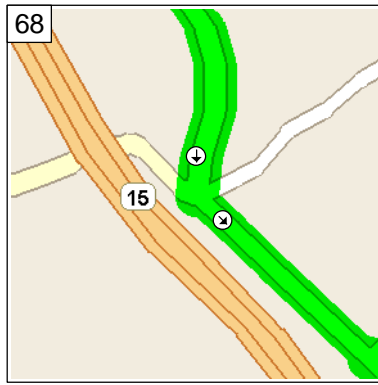
09:41 56.2 km
Turn RIGHT (South) onto Local
road(s) for 1.0 km



09:45 57.2 km
Bear RIGHT (South) onto Local
road(s) for 1.3 km



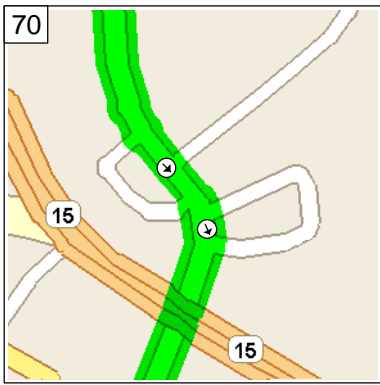
09:50 58.5 km
Bear RIGHT (South) onto Local
road(s) for 0.7 km



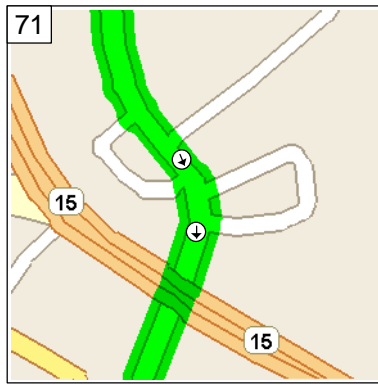
09:52 59.2 km
Bear LEFT (South-East) onto
Local road(s) for 0.4 km



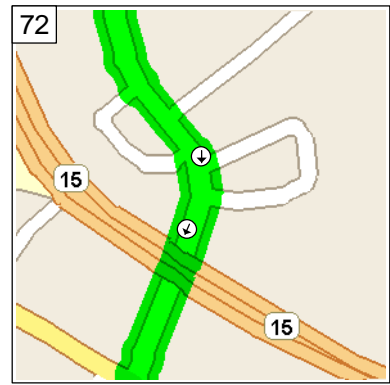
09:54 59.6 km
Bear LEFT (East) onto Local
road(s) for 0.8 km



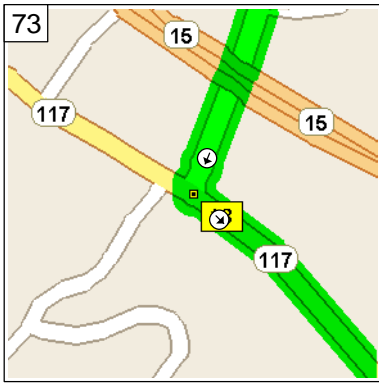
09:57 60.4 km
Bear RIGHT (South) onto Local
road(s) for 40 m



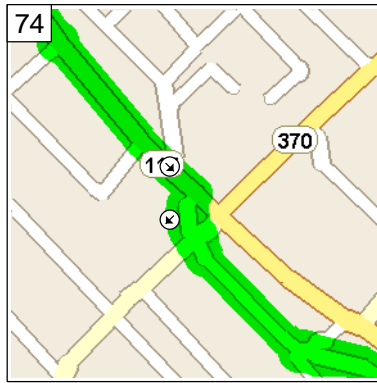
09:57 60.5 km
Bear RIGHT (South) onto Local
road(s) for 50 m



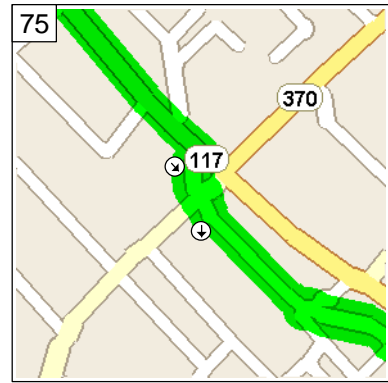
09:57 60.5 km
Bear RIGHT (South) onto Local
road(s) for 0.4 km



09:59 60.9 km
At HWY-117, Sainte-Adèle QC,
turn LEFT (South-East) onto
HWY-117 for 1.3 km



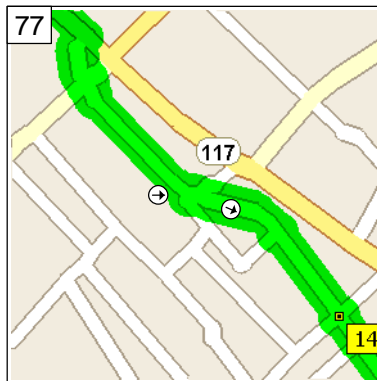
10:03 62.2 km
Turn RIGHT (South-West) onto
Local road(s) for 80 m



10:04 62.3 km
Bear RIGHT (South) onto Local
road(s) for 0.3 km



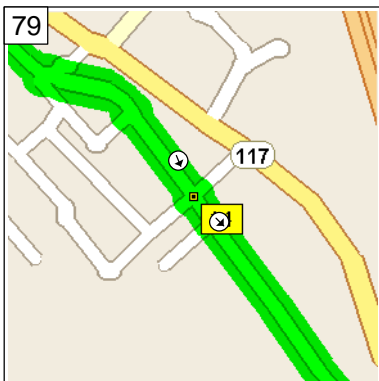
10:05 62.6 km
Bear LEFT (East) onto Local
road(s) for 10 m



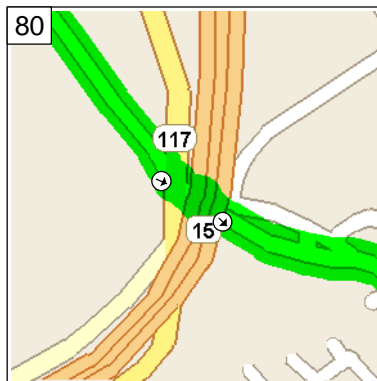
10:05 62.6 km
Bear RIGHT (East) onto Local
road(s) for 0.2 km



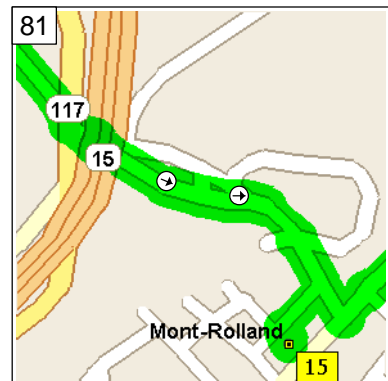
10:06 62.8 km
Bear LEFT (South-East) onto
Local road(s) for 0.2 km



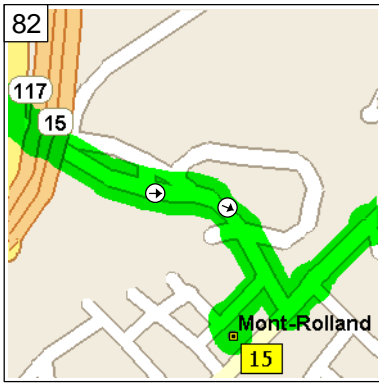
10:07 63.0 km
At near Mont-Rolland, stay on
Local road(s) (South-East) for
0.6 km



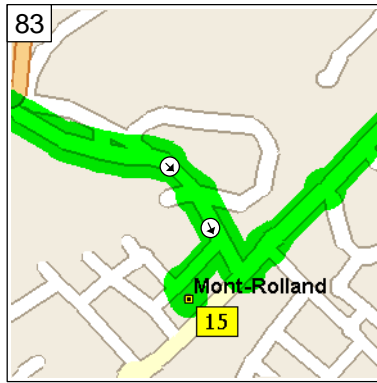
10:10 63.6 km
Bear RIGHT (South-East) onto
Local road(s) for 0.2 km



10:11 63.8 km
Bear LEFT (East) onto Local
road(s) for 90 m



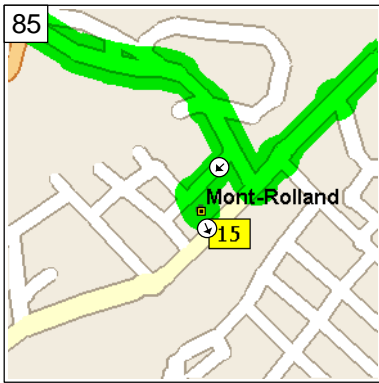
10:12 63.9 km
Bear RIGHT (East) onto Local road(s) for 0.1 km



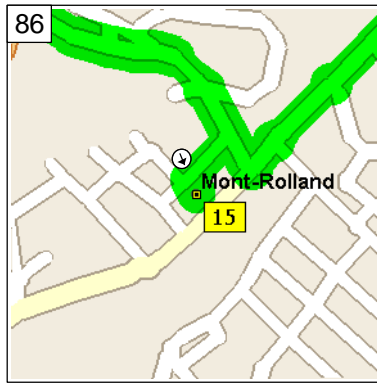
10:12 64.0 km
Bear RIGHT (South) onto Local road(s) for 0.1 km



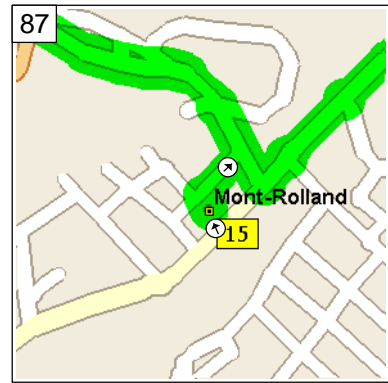
10:13 64.1 km
Turn RIGHT (West) onto Local road(s) for 0.1 km



10:13 64.2 km
Turn LEFT (South) onto Local road(s) for 30 m



10:13 64.2 km
At Mont-Rolland, return North on Local road(s) for 30 m



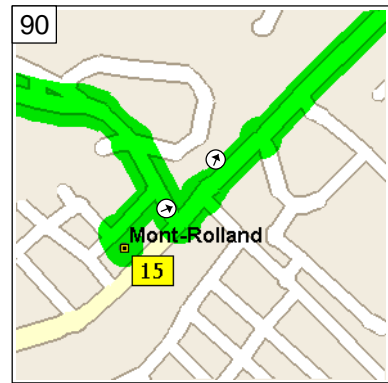
10:14 64.3 km
Turn RIGHT (North-East) onto Local road(s) for 0.1 km



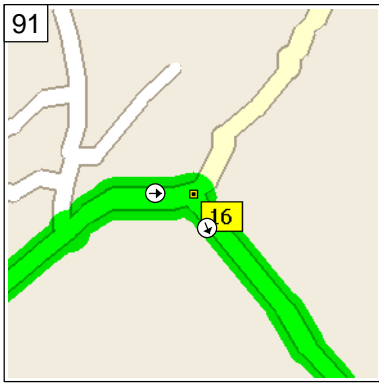
10:14 64.4 km
Turn RIGHT (South) onto Local road(s) for 70 m



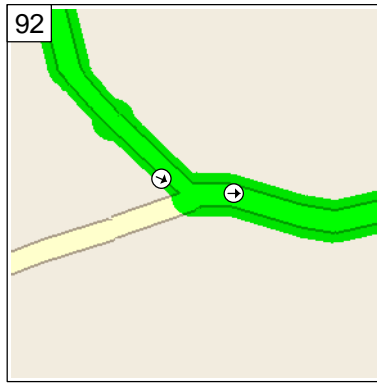
10:15 64.4 km
Turn LEFT (North-East) onto Local road(s) for 70 m



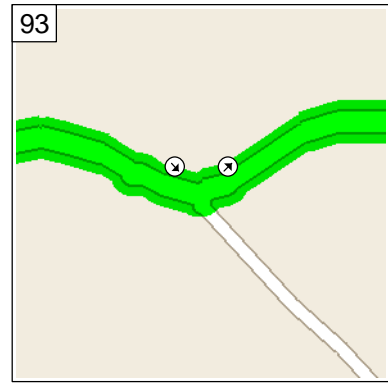
10:15 64.5 km
Bear LEFT (North) onto Local road(s) for 1.4 km



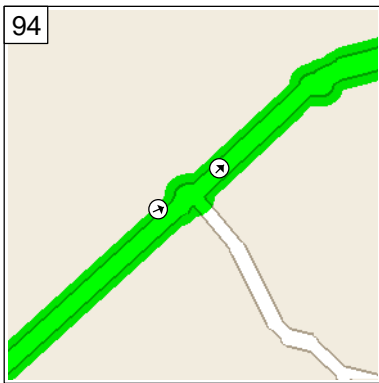
10:20 65.9 km
At near Mont-Rolland, stay on Local road(s) (South) for 2.0 km



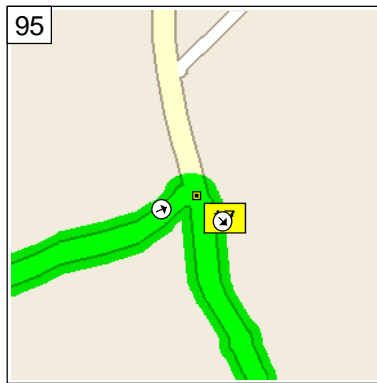
10:28 68.0 km
Bear LEFT (East) onto Local road(s) for 0.7 km



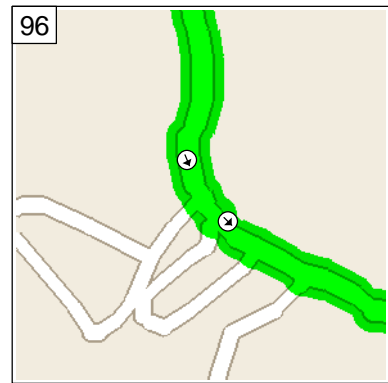
10:31 68.6 km
Turn LEFT (North-East) onto Local road(s) for 2.2 km



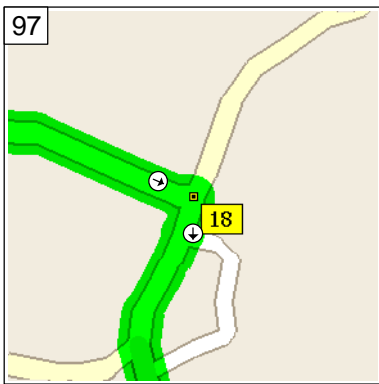
10:39 70.9 km
Bear LEFT (North-East) onto Local road(s) for 1.0 km



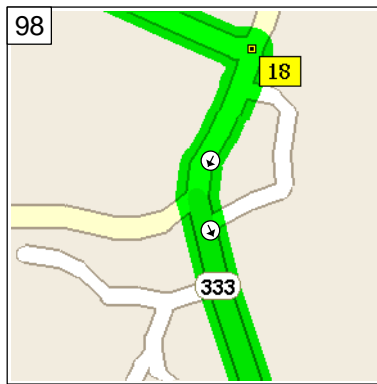
10:43 71.9 km
At near Mont-Rolland, stay on Local road(s) (South-East) for 1.7 km



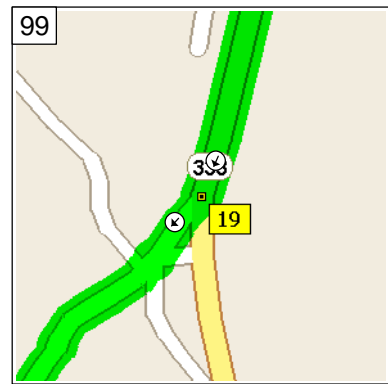
10:49 73.5 km
Bear LEFT (South-East) onto Local road(s) for 0.9 km



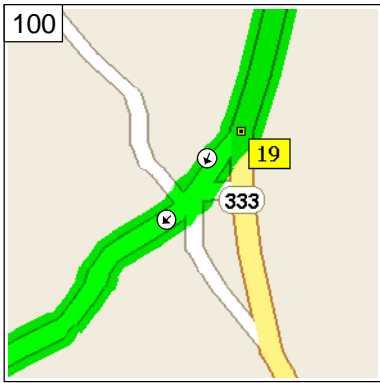
10:52 74.5 km
At near Mont-Rolland, stay on Local road(s) (South) for 0.3 km



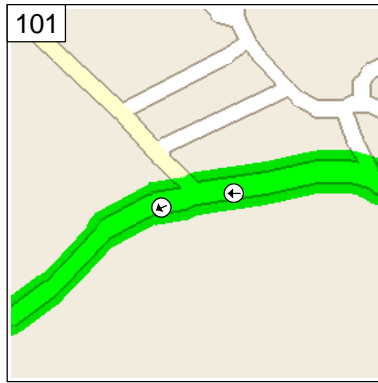
10:54 74.8 km
Bear LEFT (South) onto HWY-333 for 6.2 km



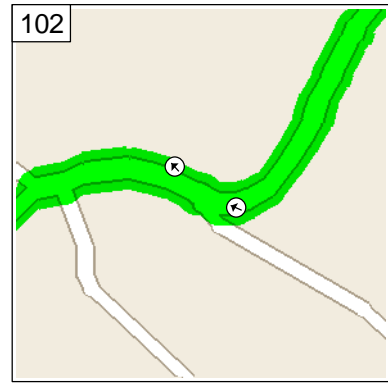
11:13 81.0 km
At HWY-333, Saint-Hippolyte QC, bear RIGHT (South-West) onto Local road(s) for 0.1 km



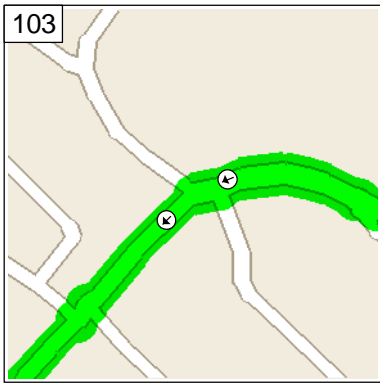
11:13 81.1 km
Bear RIGHT (South-West) onto
Local road(s) for 1.9 km



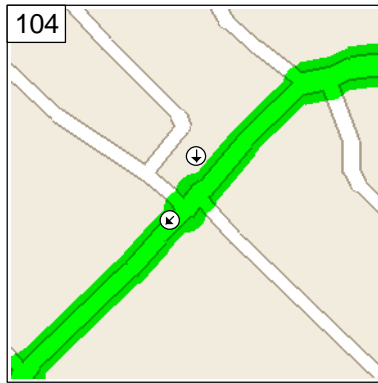
11:20 83.0 km
Bear LEFT (West) onto Local
road(s) for 1.5 km



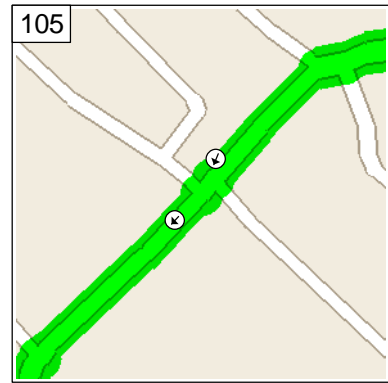
11:26 84.5 km
Bear RIGHT (North-West) onto
Local road(s) for 0.3 km



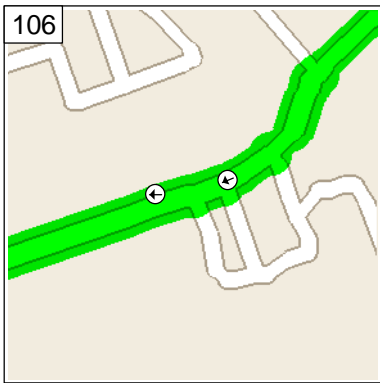
11:27 84.8 km
Bear LEFT (South-West) onto
Local road(s) for 0.3 km



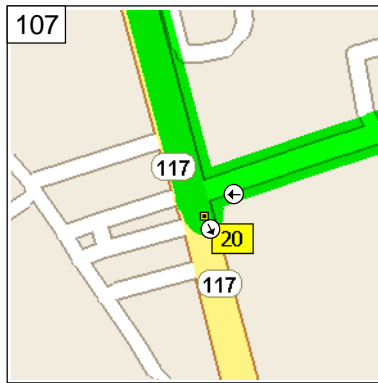
11:28 85.1 km
Bear RIGHT (South-West) onto
Local road(s) for 30 m



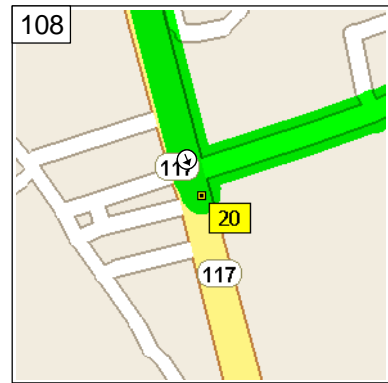
11:28 85.1 km
Bear RIGHT (South-West) onto
Local road(s) for 0.8 km



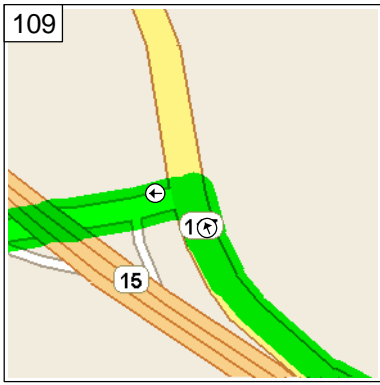
11:31 85.9 km
Bear RIGHT (West) onto Local
road(s) for 0.9 km



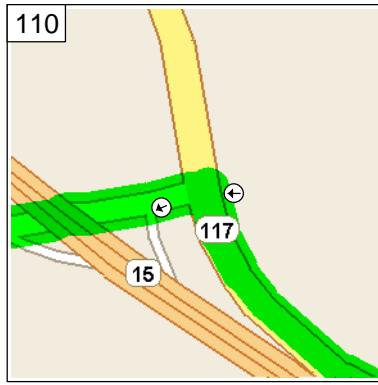
11:35 86.8 km
Turn LEFT (South) onto
HWY-117 for 50 m



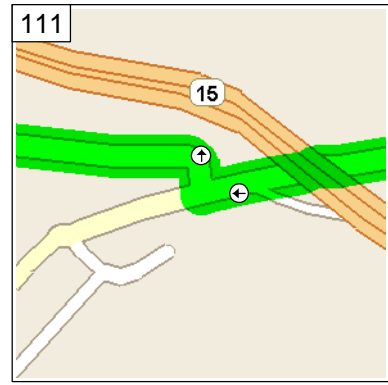
11:35 86.9 km
At near Prévost, stay on
HWY-117 (North) for 3.9 km



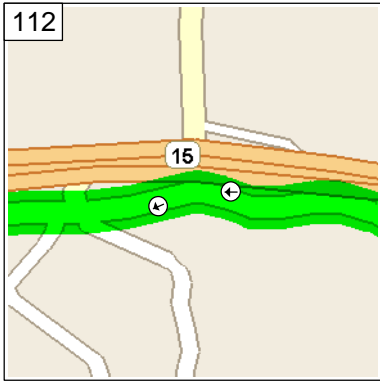
11:48 90.8 km
Turn LEFT (West) onto Local road(s) for 20 m



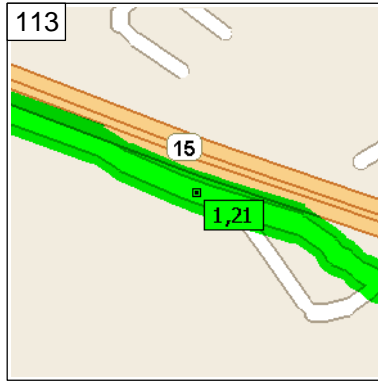
11:48 90.8 km
Bear LEFT (West) onto Local road(s) for 0.5 km



11:49 91.3 km
Turn RIGHT (North) onto Local road(s) for 1.1 km



11:54 92.4 km
Bear LEFT (West) onto Local road(s) for 1.1 km



11:58 93.4 km
Arrive near Saint-Sauveur-des-Monts