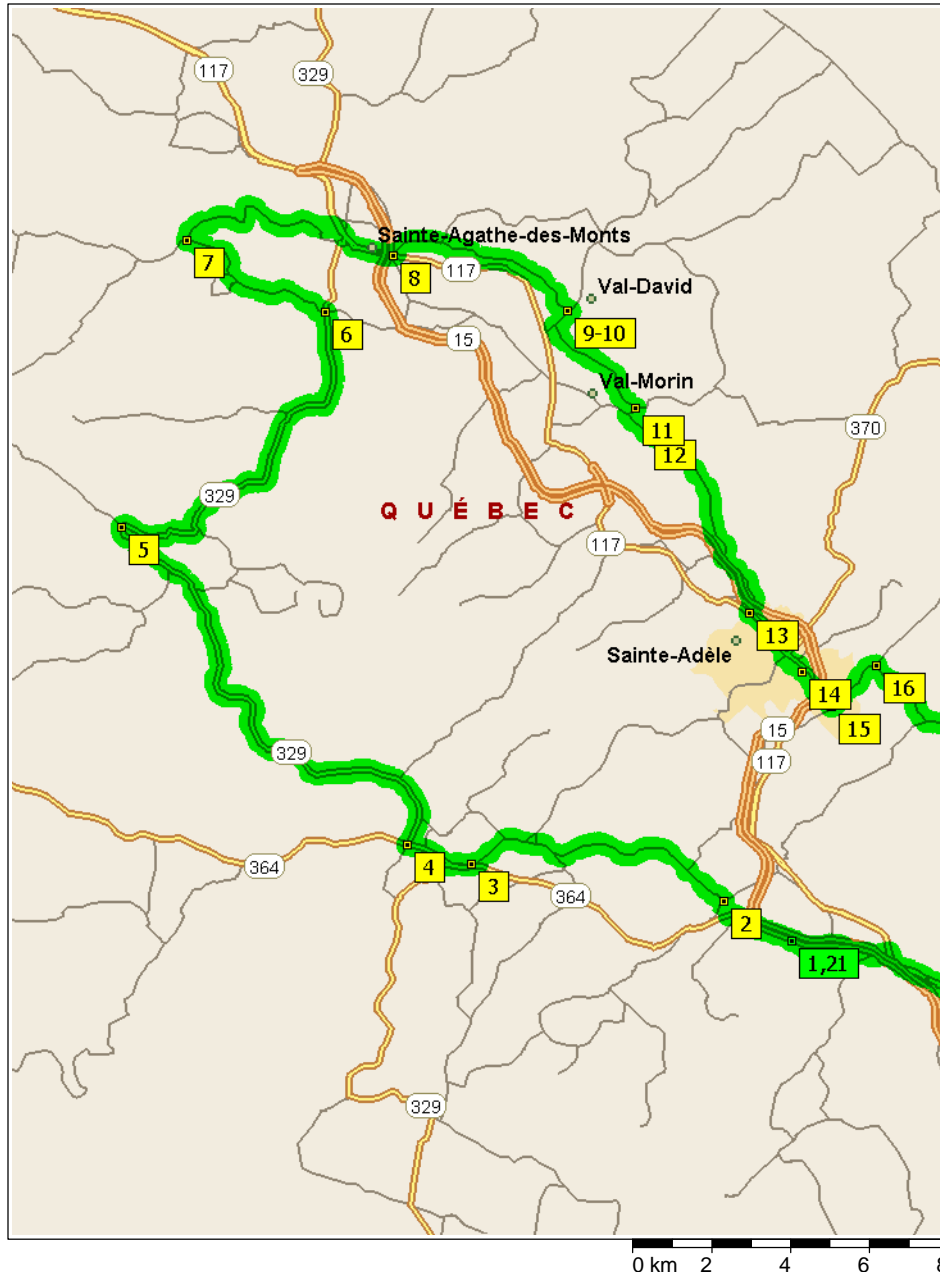


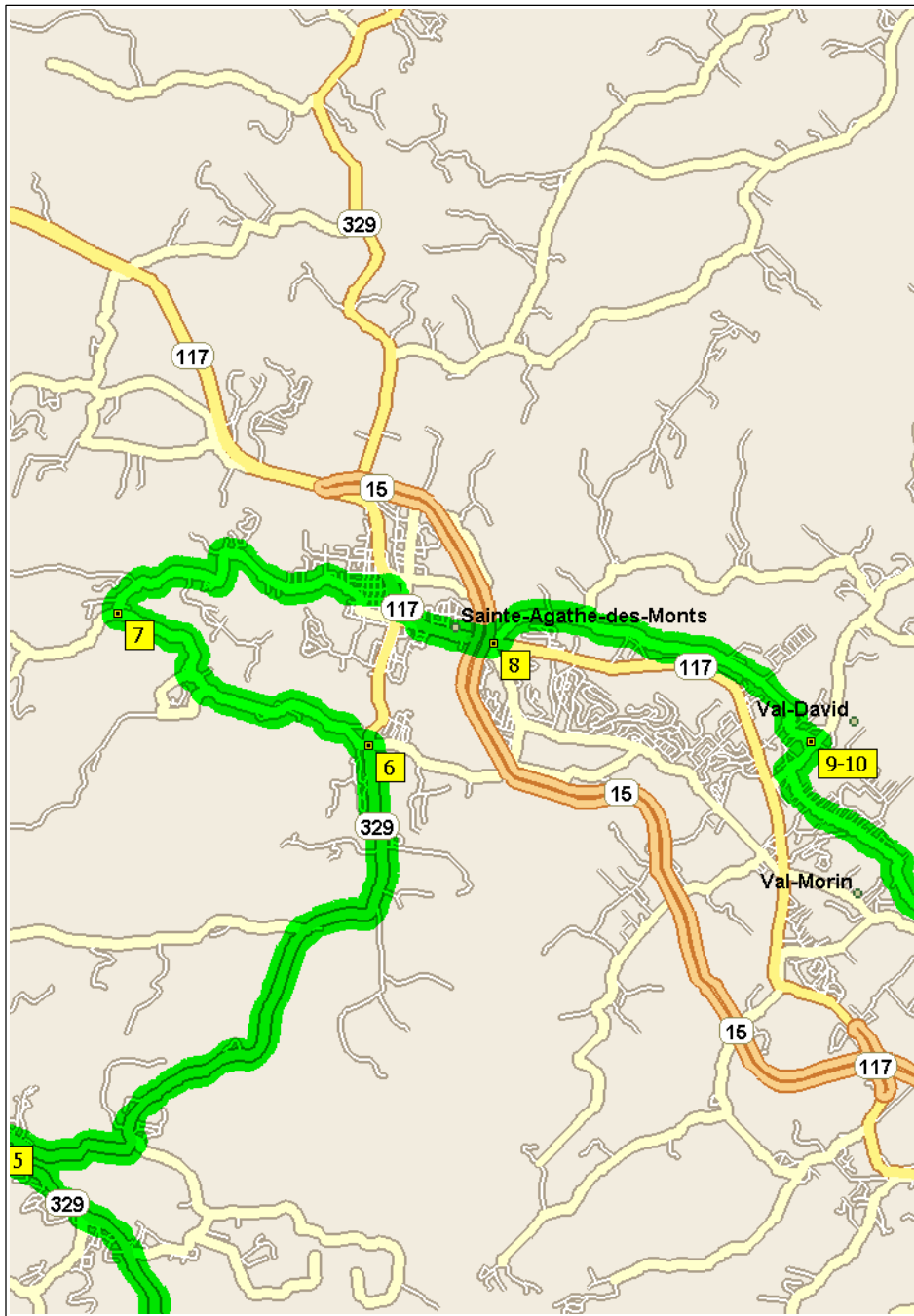
Tour des Pays d'en Haut (INVERSE) départ Mont Avila 94 km

93.4 kilometers; 21 hours, 40 minutes



DAY 1

14:17	0.0 km	1 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	2 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	3 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	4 At HWY-364, Morin-Heights QC, stay on HWY-329 (North) for 13.1 km
15:50	24.6 km	5 At HWY-329, Saint-Adolphe-D'howard QC, stay on HWY-329 (North) for 9.7 km
16:19	34.3 km	6 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

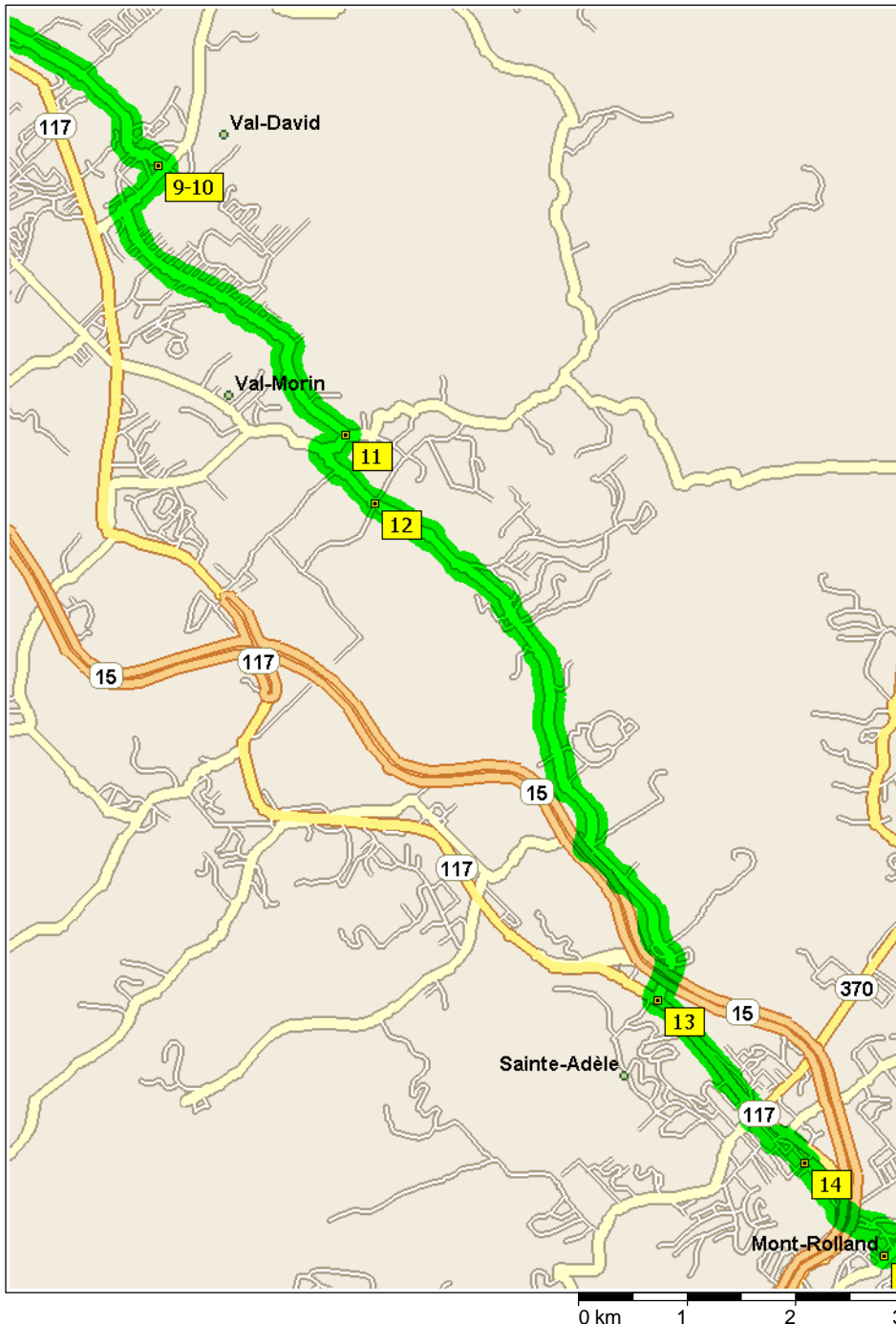


16:20	34.7 km	Bear LEFT (West) onto Local road(s) for 1.0 km
16:24	35.7 km	Bear LEFT (South-West) onto Local road(s) for 0.2 km
16:25	35.9 km	Bear RIGHT (West) onto Local road(s) for 0.9 km
16:28	36.8 km	Bear RIGHT (North) onto Local road(s) for 0.2 km
16:29	37.0 km	Bear LEFT (North-West) onto Local 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	7 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	8 Arrive HWY-117, Sainte-Agathe-Sud QC End of day

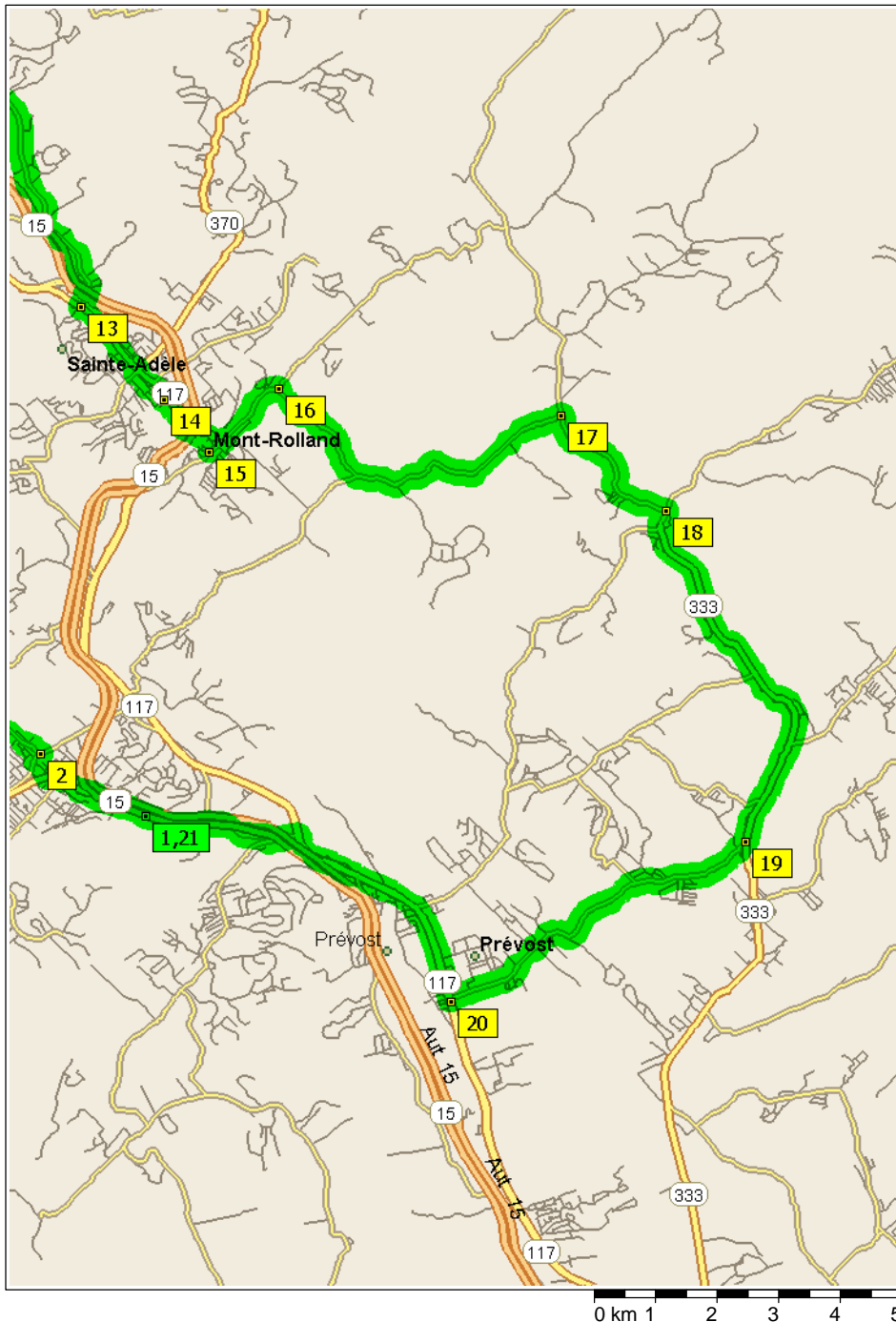
DAY 2

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
09:18	50.1 km	Bear LEFT (East) onto Local road(s) for 80 m
09:19	50.2 km	Bear LEFT (East) onto Local road(s) for 0.2 km
09:19	50.4 km	9 Arrive near Val-David

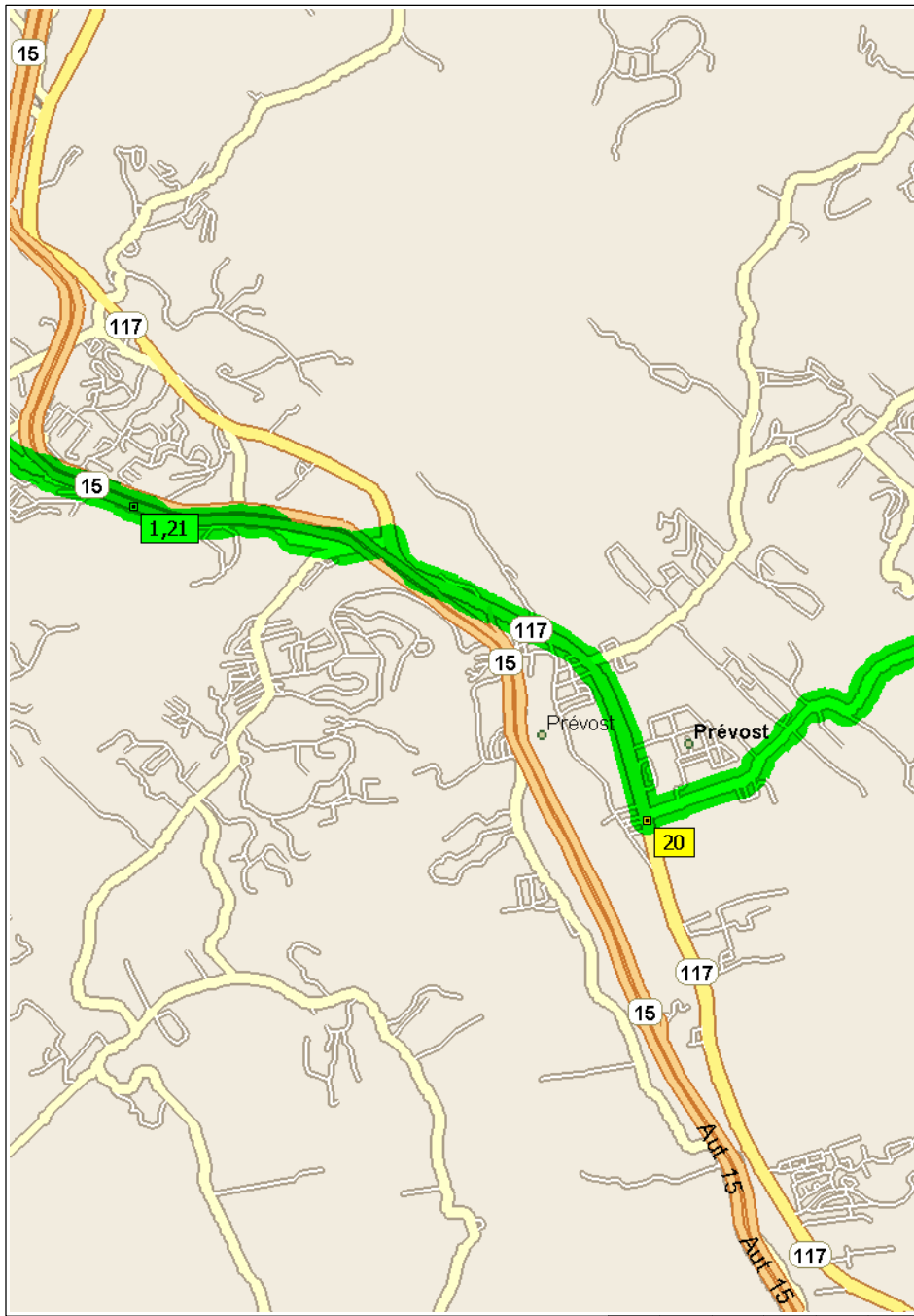
** Warning: Missed 08:00 departure time **



09:19	50.4 km	10 At near Val-David, stay on Local road(s) (East) for 60 m
09:20	50.5 km	Turn RIGHT (South-West) onto Local road(s) for 0.5 km
09:22	51.0 km	Bear LEFT (South) onto Local road(s) for 20 m
09:22	51.0 km	Bear LEFT (South) onto Local road(s) for 0.7 km
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	11 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	12 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	13 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 **14** 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 **15** 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 **16** 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 **17** 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 **18** 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 **19** 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 **20** 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 **21** Arrive near Saint-Sauveur-des-Monts

0 km 1 2 3