



# TREMBLANT



# DUATHLON #2

## Running course information

Mont Onontio Loop (5,5km) + Mont-St-Bernard Loop (5,5km)

The running course offers a good technical challenge, most of the trails are reserved for hikers in summer and snowshoers in winter. You will find steeper slopes, higher steps and varied terrain (rocks, dirt, roots, overhanging and a few wooden bridges which can be slippery in rainy weather). The sprint route is made up of the Mont-Onontio portion only and for the standard you add the Mont-St-Bernard portion ... A great challenge awaits you.

Mont Onontio loop (5,5km)

Mont-St-Bernard loop (5,5km)

Start  
Transition Area  
Finish

From the beach, take the path along the lake to the north (you pass by the small pavilion by the lake. Continue straight on at the intersection to take the path "Les Mèlèzes". This path takes you to the foot of the climb towards Mont-Onontio, watch to the left and start your ascent (C1). Always follow the signs indicating Mont-Onontio, there are a few intersections but everything is very well marked, always continue on the Mont Onontio path. At the end of a descent you will have the option of turning right or left, turn left towards the reception. 100m from there, turn left on the R2-R8 and cross the Grande Allée to continue on the R2-R8. At the "T" turn right and go down to the end, past the crossing of a stream then turn right (C4) then turn left (C5) to follow the signs indicating the R2-R5-R8 (C4). Go up this first technical segment until the junction with the R5 (C6). Turn left on R5. You will cross a wider path (Les Palliers) (C7) to get to the Venerable, which you will take on the right (C8). Go up the Venerable for 1km then locate a small path on the right (C9) leading to the R2 (Mont-St-Bernard). Turn left then follow the R2 until you come back to the bottom completely. You will take a section of trail that you used before. Once back on the flat, continue straight ahead to pass a gravel pit and return to the fields. From there, we will direct you back to the finish line via the Les Mèlèzes trail in the opposite direction to the exit of the transition.