



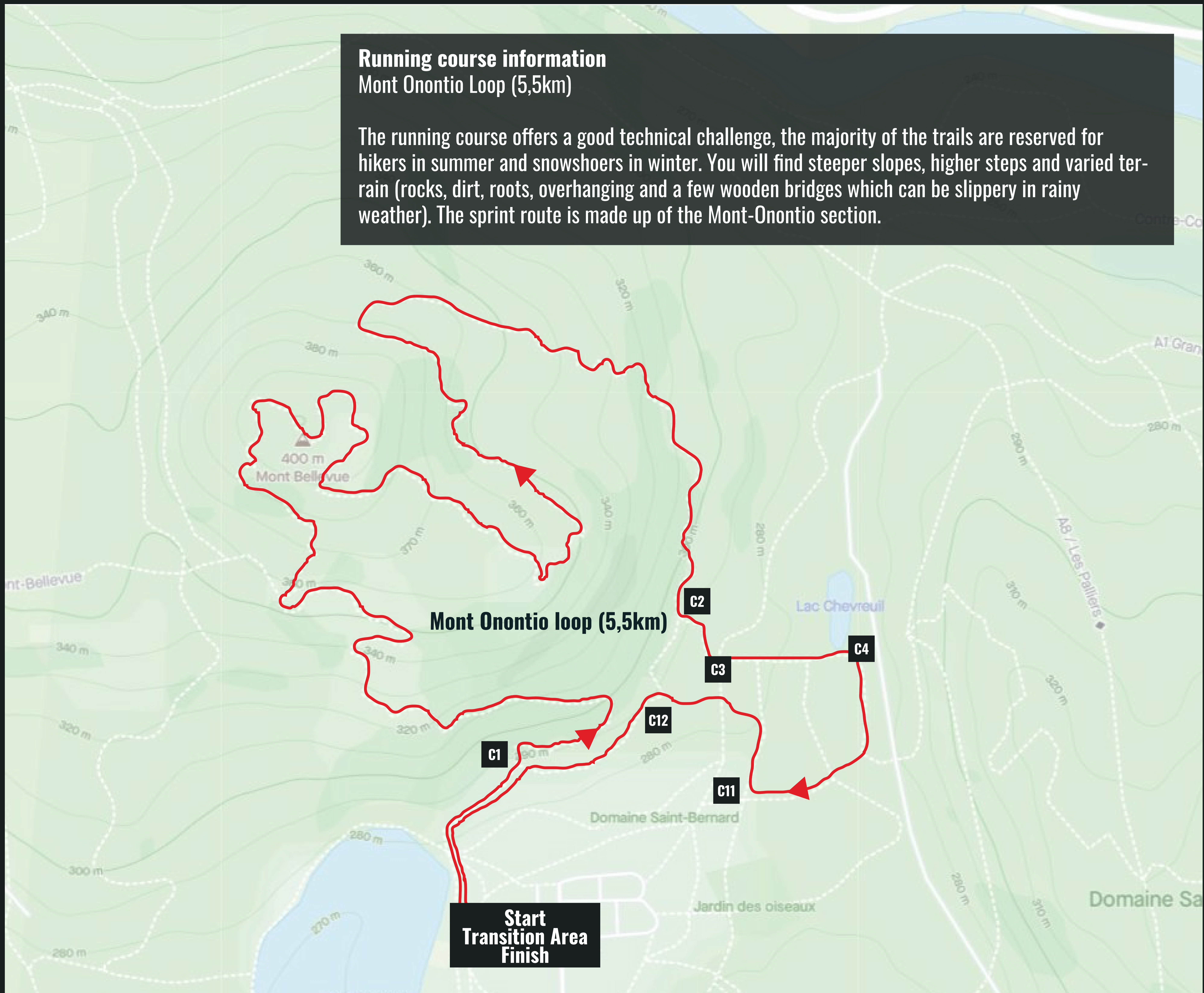
TREMBLANT



Running course information

Mont Onontio Loop (5,5km)

The running course offers a good technical challenge, the majority 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 section.



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 Mélèzes". 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 right (C5) to continue straight ahead and pass a gravel pit and return to the fields. From there, we will direct you back to the finish line via the Les Larch trees in the opposite direction as at the end of the transition.