



### Information on the mountain bike course. (6.8km loop)

The mountain bike course is mostly rolling, but it also contains a few more technical sections in the “single track” style. It has a total length of 6.8 km and will need to be ridden 4 times for the duathlon distance.

From the beach, walk south along the pine forest and take the truck path (V1) along the field to the domain gatehouse. Go between buildings to take the 4x4 trail east and enter the pine forest. At the Grande Allée, turn left (V2). At about 100m, find a small entrance between the trees and join the R4 (single track) follow this path until the bird garden (V3) which you must bypass. Turn right after the Jardin des Oiseaux and take the Les Mélézes path, follow this path until the junction with the R2-R5-R8 (V4), turn left and go up the slope. At the top, turn right onto Grande Allée. After a few downhill bends, turn left (V5) towards the Harfang. This track leads you to the JackRabbit which you take on the left (V6). After a nice long climb, followed by a very rapid descent (beware of the turns are very tight and dangerous) you turn sharply to the left (V7) to return to Lake Raynaud. Facing the lake, turn right and do less than 100m, here, turn right just before the stream (V8) and locate a small bridge that you take to find yourself on the second section of single track, yes it's really technical here ! This trail takes you to the trail that goes around the lake (V9). From there, you are taken back to the transition zone through the pine forest on an improvised and winding course.

**Start  
Transition Area  
Finish**

—— Mountain biking wide trails  
 ..... Mountain biking narrow trails