# 2023 Tour de l'Abitibi

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# *TECHNICAL GUIDE*

## *COURSES DETAILS*

**53$^{th}$ edition**

**July 11th to 16, 2023**

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Version : 2023-05-30

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***Notes***

In order to avoid wasting paper and to facilitate updates to the document, only the details of the courses will be available in paper format.

Please refer to the website : https://tourabitibi.github.io/guide2023/EN for complete technical guide information.

# Schedule

| Date | Event | Start | Finish |
|---|---|---|---|
| Monday<br>July 10th | Team Presentation<br>Challenge Sprint Abitibi | **16h30**<br><br>**17h30**<br>Amos, Cathedral | **17h**<br><br>**19h**<br>Amos, Cathedral |
| Tuesday<br>July 11th<br><br>**Stage 1** | **Road race**<br>Val-d'Or - Amos<br>(via Barraute)<br>Distance : 95.1 km + (4 x 5.4 km) = 116.7 km<br>(3 km controlled start) | **16:45**<br>Val-d'Or, Place Agnico-Eagle | Circuit arrival :<br>**18:58**<br>Finish :<br>**19:28**<br>Amos, Cathedral |
| Wednesday<br>July 12th<br><br>**Stage 2** | **Road race**<br>Rouyn-Noranda - Amos<br>(via Poularies)<br>Distance : 125.6 km<br>(5 km controlled start) | **16:15**<br>Rouyn-Noranda, CEGEP | **19:13**<br>Amos, Cathedral |
| Thursday<br>July 13th (AM)<br><br>**Stage 3 (half-stage)** | Individual Time Trial<br>Amos - Saint-Maurice - Amos<br>Distance : 10.0 km | First start :<br>**09:30**<br>First arrival :<br>**11:40**<br>Amos, Cathedral | Last start : **09:43**<br>Last arrival : **11:53**<br>Amos, Cathedral |
| Thursday<br>July 13th (PM)<br><br>**Stage 4 (half-stage)** | Road race<br>Malartic - Cadillac - Malartic<br>Distance : 57.5 km<br>(2 km controlled start) | **18:15**<br>Malartic, Le Tremplin High School | **19:32**<br>Malartic, Le Tremplin High School |
| Friday<br>July 14th<br><br>**Stage 5** | Road race<br>Senneterre ↺ Senneterre<br>(via Val-d'Or)<br>Distance : 140 km<br>(5 km controlled start) | **14:00**<br>Senneterre,<br>City Hall | **17:22**<br>Senneterre,<br>Mont Bell |
| Saturday<br>July 15th<br><br>**Stage 6** | Road race<br>Amos ↻ Amos<br>(via Rivière-Héva & Preissac )<br>Distance : 115.9 km<br>(3 km controlled start) | **16:30**<br>Amos,<br>Cathedral | **19:12**<br>Amos,<br>Cathedral |
| Sunday<br>July 16th<br><br>**Stage 7** | Road race<br>La Sarre - Amos<br>(via Macamic)<br>Distance : 93.5 km + ( 5 x 5.4 km) = 120.5 km<br>(3 km controlled start) | **14:00**<br>La Sarre, Nicol Auto Arena | Circuit arrival :<br>**16:11**<br>Finish :<br>**16:48**<br>Amos, Cathedral |

## Stage 1 : Val-d'Or - Amos

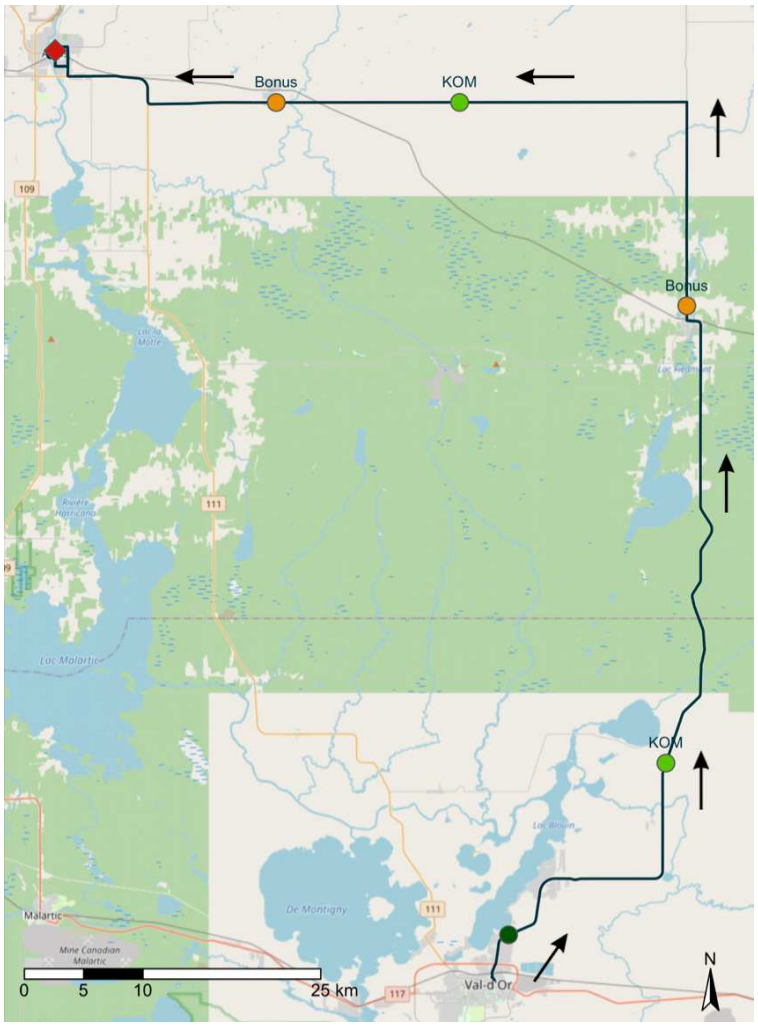
**Tuesday, July 11th, 2023**

**119.7 km**

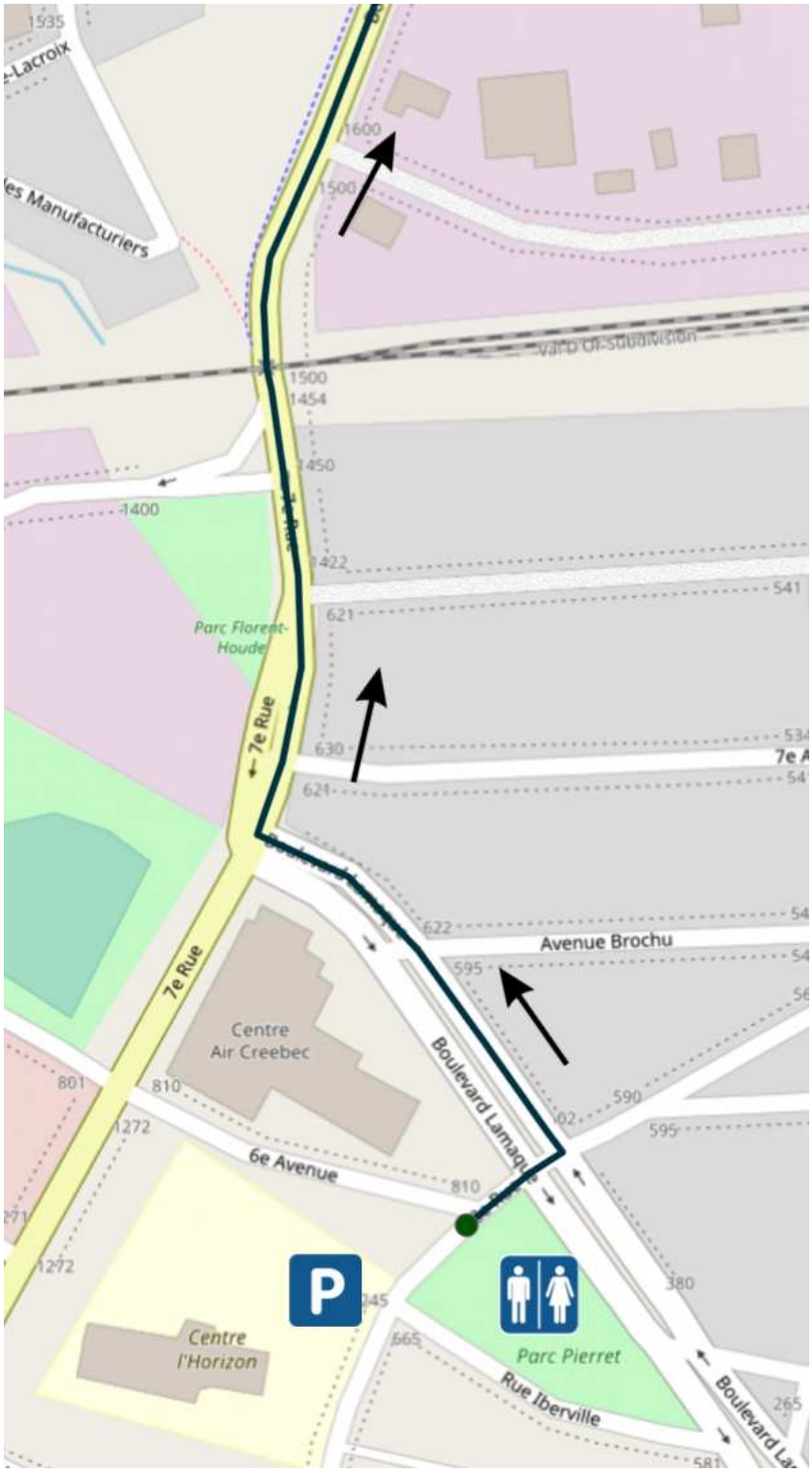
AGNICO EAGLE

| | Time |
|---|---|
| Start | 16:45 |
| Circuit entrance | 18:58 |
| Finish | 19:28 |

## Course

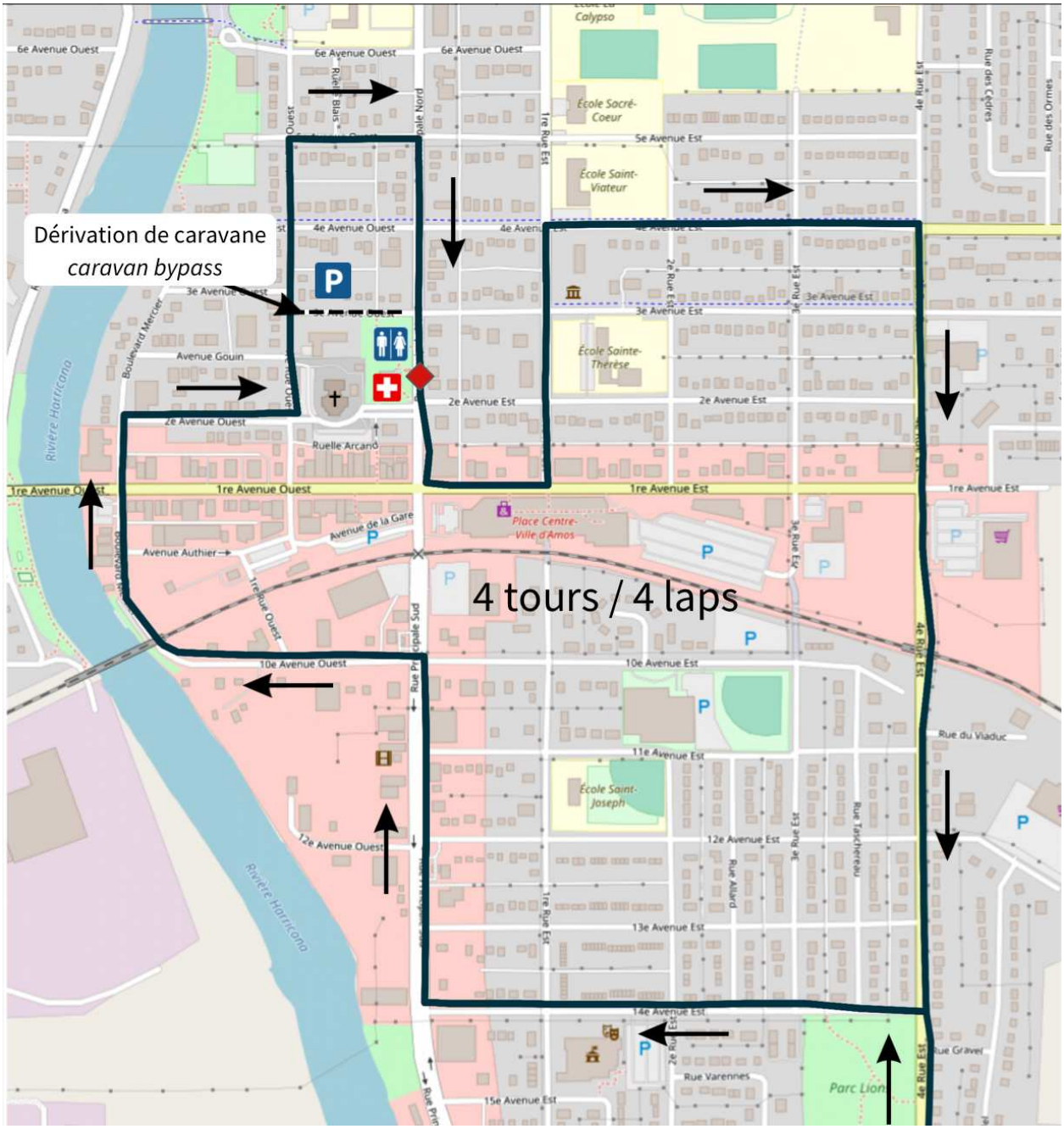


## Start details



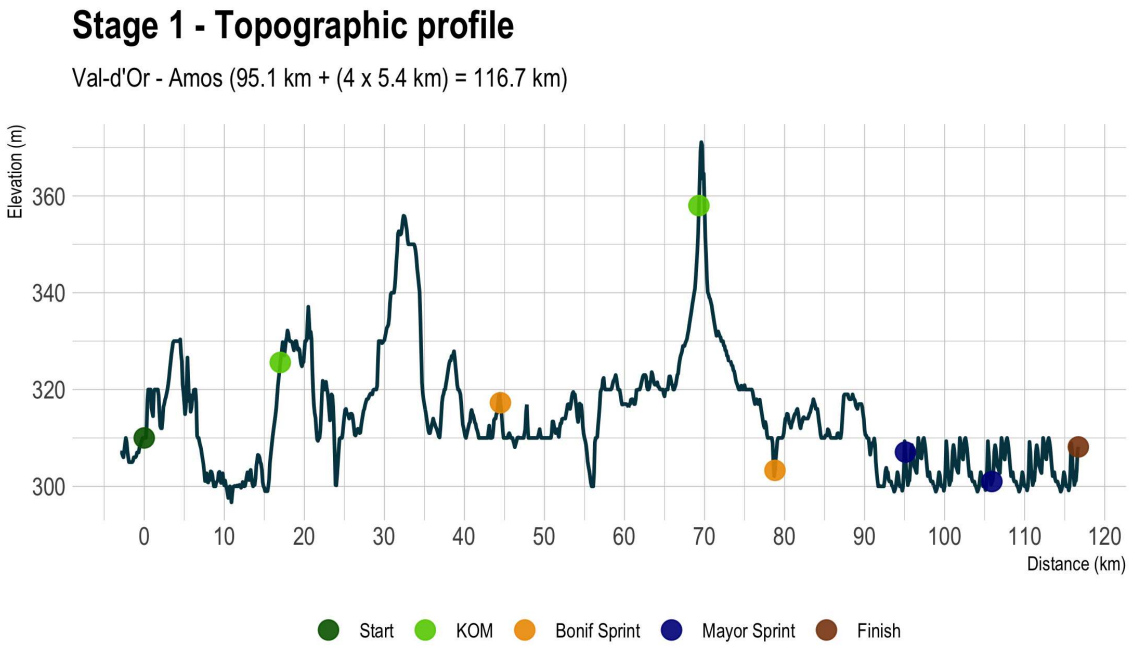

✎ Neutralized start on 3 km

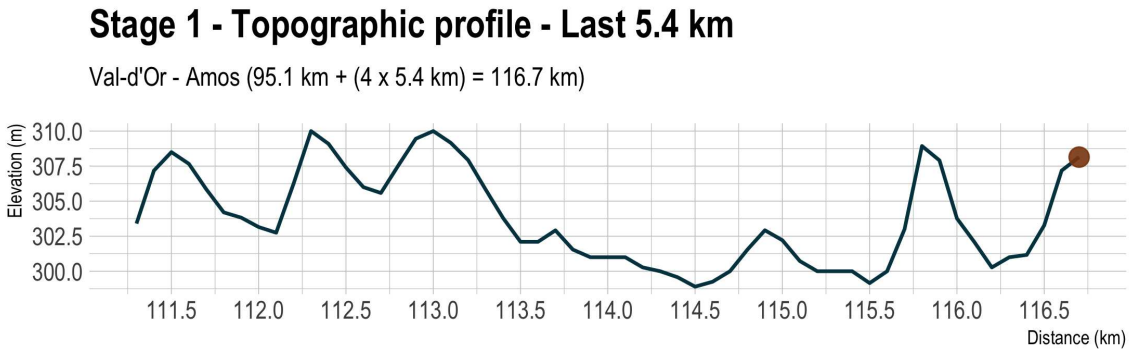
## Finish details




- ✎ 4 full clockwise laps of the 5.4 km finish circuit
- ✎ The entrance to the circuit is located at the intersection of *4e Rue Est* and *14e Avenue Est*

## Elevation


Stage 1 - Topographic profile
Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)
Elevation (m)
360
340
320
300
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 1 - Topographic profile - Last 5.4 km
Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)
Elevation (m)
310.0
307.5
305.0
302.5
300.0
111.5
112.0
112.5
113.0
113.5
114.0
114.5
115.0
115.5
116.0
116.5
Distance (km)

| km | | Course | Val-d'Or - Amos | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **95.1 km + (4 x 5.4 km) = 116.7 km** | **46** | **44** | **42** |
| 119.7 | **-3.0** | ⚐ | Start – Val-d'Or Place Agnico Eagle | 16:45 | 16:45 | 16:45 |
| 119.6 | **-2.9** | ← | Boulevard Lamaque | 16:45 | 16:45 | 16:45 |
| 119.4 | **-2.7** | → | 7e Rue | 16:45 | 16:45 | 16:45 |
| 119.2 | **-2.5** | ⚠ | Railroad crossing | 16:45 | 16:45 | 16:45 |
| 118.7 | **-2.0** | ↺ | Round about (2nd exit, straight) | 16:46 | 16:46 | 16:46 |
| 116.7 | **0.0** | ⚑ | Official start | 16:48 | 16:49 | 16:49 |
| 103.0 | **13.7** | ℹ | City of Val-Senneville | 17:06 | 17:07 | 17:08 |
| 99.7 | **17.0** | 🚴 | KOM Points<br>(Chemin Fortier) | 17:11 | 17:12 | 17:13 |
| 86.7 | **30.0** | ☕ | Feed open | 17:28 | 17:30 | 17:32 |
| 72.2 | **44.5** | ⚑ | Sprint bonification temps et points<br>(1er 2e Rang Ouest, Barraute) | 17:46 | 17:49 | 17:52 |
| 60.8 | **55.9** | ← | Route 386 | 18:01 | 18:05 | 18:09 |
| 47.4 | **69.3** | 🚴 | KOM Points | 18:19 | 18:23 | 18:28 |
| 40.2 | **76.5** | ⚠ | Railroad crossing | 18:28 | 18:33 | 18:38 |
| 38.2 | **78.5** | ℹ | Landrienne | 18:31 | 18:36 | 18:41 |
| 37.9 | **78.8** | ⚑ | Sprint bonification temps et points<br>(rue Trépanier) | 18:31 | 18:36 | 18:41 |
| 36.9 | **79.8** | ℹ | Trash zone | 18:33 | 18:37 | 18:43 |
| 30.6 | **86.1** | → | Ramp toward Route 111 | 18:41 | 18:46 | 18:52 |
| 25.9 | **90.8** | ℹ | Amos | 18:47 | 18:52 | 18:59 |
| 25.2 | **91.5** | ☕ | Feed closed | 18:48 | 18:53 | 19:00 |
| 25.1 | **91.6** | ↺ | Round about (1st exit, right) | 18:48 | 18:54 | 19:00 |
| 24.6 | **92.1** | ← | Circuit finish entrance<br>14e Avenue E. | 18:49 | 18:54 | 19:00 |
| 23.9 | **92.8** | → | Rue Principale S | 18:49 | 18:55 | 19:01 |
| 23.4 | **93.3** | ← | 10e Avenue O | 18:50 | 18:56 | 19:02 |
| 22.7 | **94.0** | → | 2e Avenue E | 18:51 | 18:57 | 19:03 |
| 22.4 | **94.3** | ← | 1re Rue O | 18:51 | 18:57 | 19:04 |
| 22.0 | **94.7** | → | 5e Avenue E | 18:52 | 18:58 | 19:04 |
| 21.9 | **94.8** | → | Rue Principale N | 18:52 | 18:58 | 19:04 |
| 21.6 | **95.1** | $ | Start of 1st lap (4 laps to go)<br>Val-d'Or Mayor's sprint (250$) | 18:52 | 18:58 | 19:05 |
| 21.4 | **95.3** | ← | 1re Ave O | 18:53 | 18:59 | 19:05 |
| 21.2 | **95.5** | ← | 1re Rue E | 18:53 | 18:59 | 19:05 |
| 20.9 | **95.8** | → | 4e Avenue E | 18:53 | 18:59 | 19:06 |
| 20.3 | **96.4** | → | 4e Rue | 18:54 | 19:00 | 19:07 |
| 19.2 | **97.5** | → | 14e Av E | 18:56 | 19:02 | 19:08 |
| 18.5 | **98.2** | → | Rue Principale S | 18:57 | 19:03 | 19:09 |
| 18.1 | **98.6** | ← | 10e Avenue O | 18:57 | 19:03 | 19:10 |
| 17.4 | **99.3** | → | 2e Avenue E | 18:58 | 19:04 | 19:11 |
| 17.1 | **99.6** | ← | 1re Rue O | 18:58 | 19:04 | 19:11 |
| 16.7 | **100.0** | → | 5e Avenue E | 18:59 | 19:05 | 19:12 |
| 16.5 | **100.2** | → | Rue Principale N | 18:59 | 19:05 | 19:12 |
| 16.2 | **100.5** | ↑ | Start of 2nd lap (3 laps to go) | 19:00 | 19:06 | 19:12 |
| 10.8 | **105.9** | $ | Start of 3rd lap (2 laps to go)<br>Val-d'Or Mayor's sprint (250$) | 19:07 | 19:13 | 19:20 |
| 5.4 | **111.3** | | Start of 4th lap (1 lap to go) | 19:14 | 19:20 | 19:28 |
| 1.0 | **115.7** | 🚚 | Caravan bypass<br>Right on 3e avenue | 19:19 | 19:26 | 19:34 |
| **0.0** | **116.7** | ⚑ | **Finish**<br>**Time and points bonus** | **19:21** | **19:28** | **19:36** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

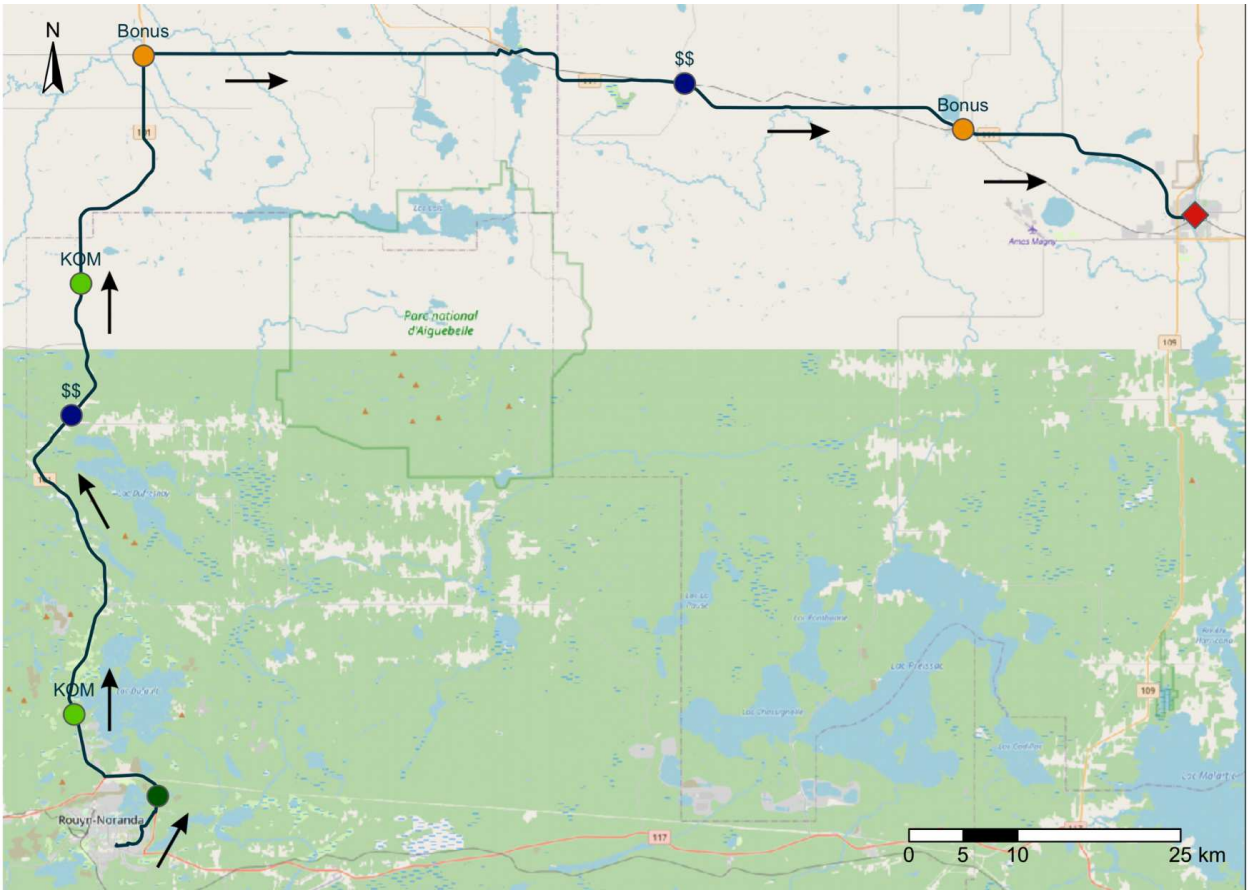
# Stage 2 : Rouyn-Noranda - Amos

**Wednesday, July 12th, 2023**

**130.6 km**

| | Time |
|---|---|
| Start | 16:15 |
| Finish | 19:13 |

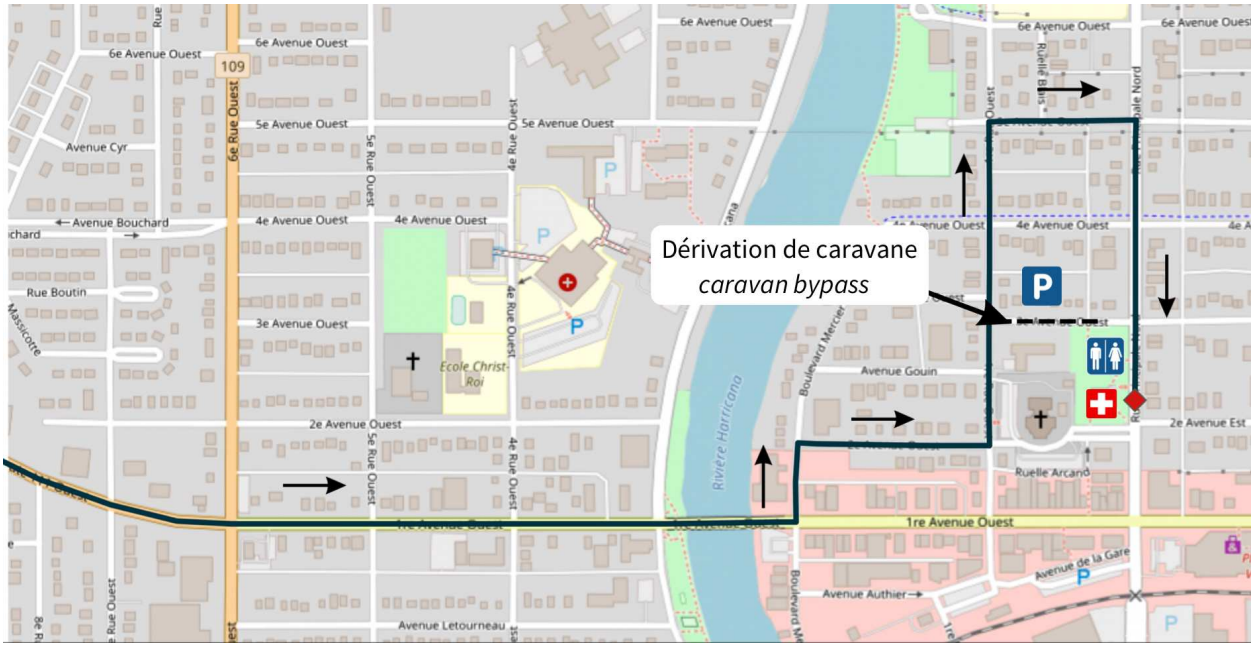
## Course



## Start details

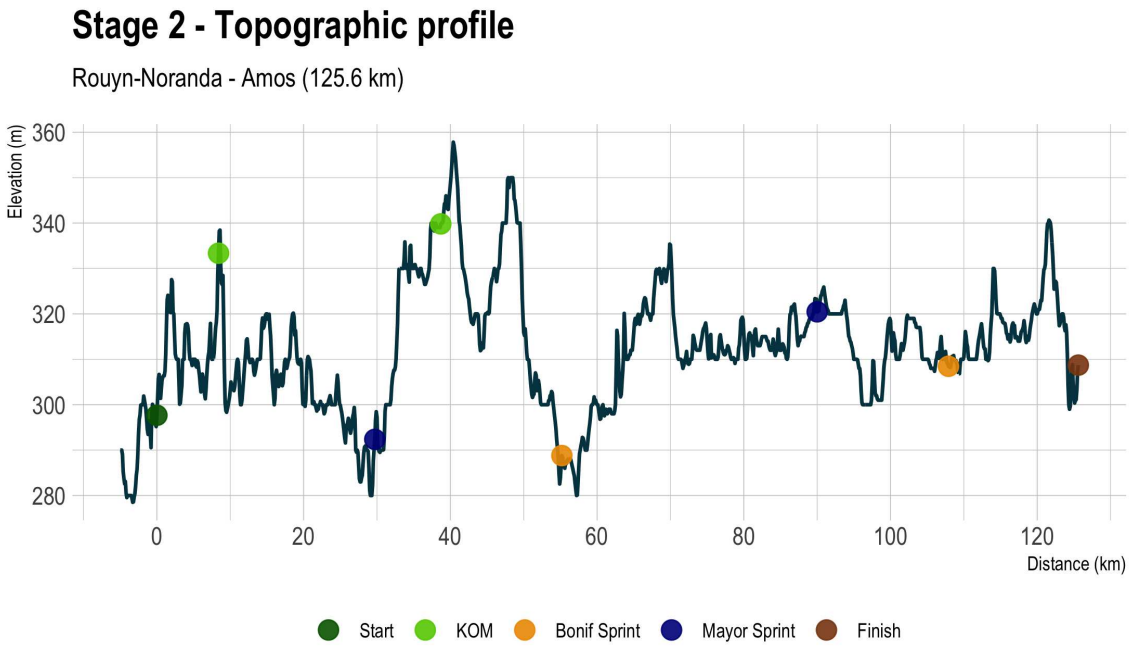
✎ Neutralized start on 5 km

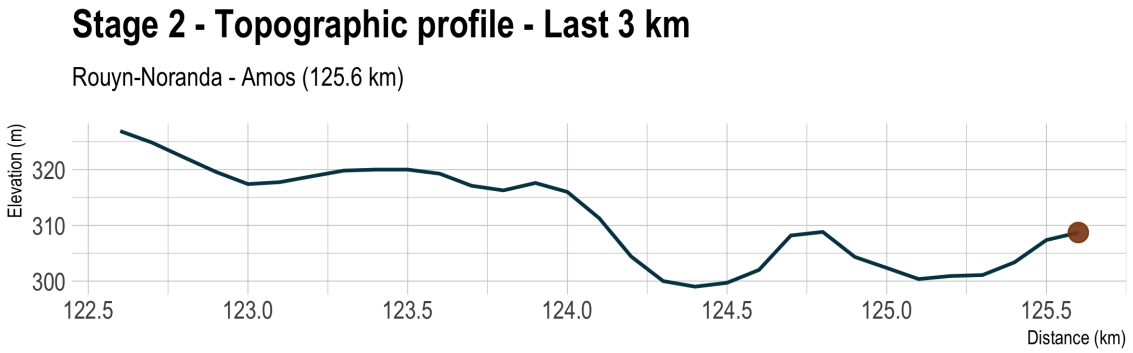
## Finish details




✎ Finish without circuit

## Elevation


Stage 2 - Topographic profile
Rouyn-Noranda - Amos (125.6 km)
Elevation (m)
360
340
320
300
280
0
20
40
60
80
100
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 2 - Topographic profile - Last 3 km
Rouyn-Noranda - Amos (125.6 km)
Elevation (m)
320
310
300
122.5
123.0
123.5
124.0
124.5
125.0
125.5
Distance (km)

| km | | Course | Rouyn-Noranda - Amos | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **125.6 km** | **46** | **44** | **42** |
| 130.6 | **-5.0** | ⚐ | Start – Cegep of Abitibi-Témiscamingue | 16:15 | 16:15 | 16:15 |
| 130.5 | **-4.9** | → | Boulevard du Collège | 16:15 | 16:15 | 16:15 |
| 130.4 | **-4.8** | ← | Rue Tardif | 16:15 | 16:15 | 16:15 |
| 129.8 | **-4.2** | ← | Avenue Laliberté | 16:16 | 16:16 | 16:16 |
| 129.7 | **-4.1** | → | Rue Marie-Victorin | 16:16 | 16:16 | 16:16 |
| 127.9 | **-2.3** | → | Rue Perreault Est | 16:18 | 16:18 | 16:18 |
| 126.6 | **-1.0** | ← | Rte 117 - Bypass route | 16:20 | 16:20 | 16:20 |
| 125.6 | **0.0** | ⚑ | Official start | 16:21 | 16:21 | 16:22 |
| 121.5 | **4.1** | ↺ | Roundabout (use 1st exit) | 16:26 | 16:27 | 16:28 |
| 117.2 | **8.4** | 🚴 | KOM Points<br>(Lac Dufault) | 16:32 | 16:33 | 16:34 |
| 110.5 | **15.1** | ℹ | D'Alembert district | 16:41 | 16:42 | 16:43 |
| 95.9 | **29.7** | $ | Rouyn-Noranda Mayor's sprint<br>$250 (Reneault Parc) | 17:00 | 17:02 | 17:04 |
| 95.6 | **30.0** | ☕ | Feed open | 17:00 | 17:02 | 17:05 |
| 86.9 | **38.7** | 🚴 | KOM Points<br>(Intersection Chemin de l'Esker) | 17:12 | 17:14 | 17:17 |
| 70.5 | **55.1** | ℹ | Municipality of Poularies | 17:33 | 17:36 | 17:40 |
| 70.4 | **55.2** | ⚑ | Bonification Sprint - times and points<br>(Tony Mercier Garage) | 17:33 | 17:37 | 17:41 |
| 70.2 | **55.4** | → | Chemin des Pionniers, route 390 | 17:33 | 17:37 | 17:41 |
| 48.9 | **76.7** | ℹ | Municipality of Taschereau | 18:01 | 18:06 | 18:11 |
| 48.6 | **77.0** | ♻ | Trash zone | 18:01 | 18:06 | 18:12 |
| 47.6 | **78.0** | ← | Rue Principale | 18:03 | 18:08 | 18:13 |
| 47.5 | **78.1** | ⚠ | Railroad crossing | 18:03 | 18:08 | 18:13 |
| 47.4 | **78.2** | → | Route 111 | 18:03 | 18:08 | 18:13 |
| 43.8 | **81.8** | ⚠ | Railroad crossing | 18:08 | 18:13 | 18:19 |
| 36.1 | **89.5** | ℹ | Municipality of Launay | 18:18 | 18:23 | 18:30 |
| 35.6 | **90.0** | $ | Rouyn-Noranda Mayor's sprint<br>$250 (Engoulevent municipal parc) | 18:18 | 18:24 | 18:30 |
| 24.0 | **101.6** | ⚠ | Oblique railroad crossing | 18:34 | 18:40 | 18:47 |
| 22.3 | **103.3** | ℹ | Municipality of Trécesson | 18:36 | 18:42 | 18:49 |
| 20.0 | **105.6** | ☕ | Feed closed | 18:39 | 18:45 | 18:53 |
| 17.7 | **107.9** | ⚑ | Bonification Sprint - times and points<br>(Trécesson rest stop) | 18:42 | 18:48 | 18:56 |
| 3.2 | **122.4** | ℹ | City of Amos | 19:01 | 19:08 | 19:17 |
| 1.2 | **124.4** | ← | Boulevard Mercier | 19:03 | 19:11 | 19:19 |
| 1.1 | **124.5** | → | 2e Avenue Ouest | 19:03 | 19:11 | 19:20 |
| 0.9 | **124.7** | ← | 1re Rue Ouest | 19:04 | 19:11 | 19:20 |
| 0.8 | **124.8** | 🚐 | Caravan bypass<br>Right on 3e avenue | 19:04 | 19:12 | 19:20 |
| 0.5 | **125.1** | → | 5e Avenue Ouest | 19:04 | 19:12 | 19:20 |
| 0.3 | **125.3** | → | Rue Principale Nord | 19:04 | 19:12 | 19:21 |
| **0.0** | **125.6** | ⚑ | **Finish**<br>**Time and points bonus** | **19:05** | **19:13** | **19:21** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

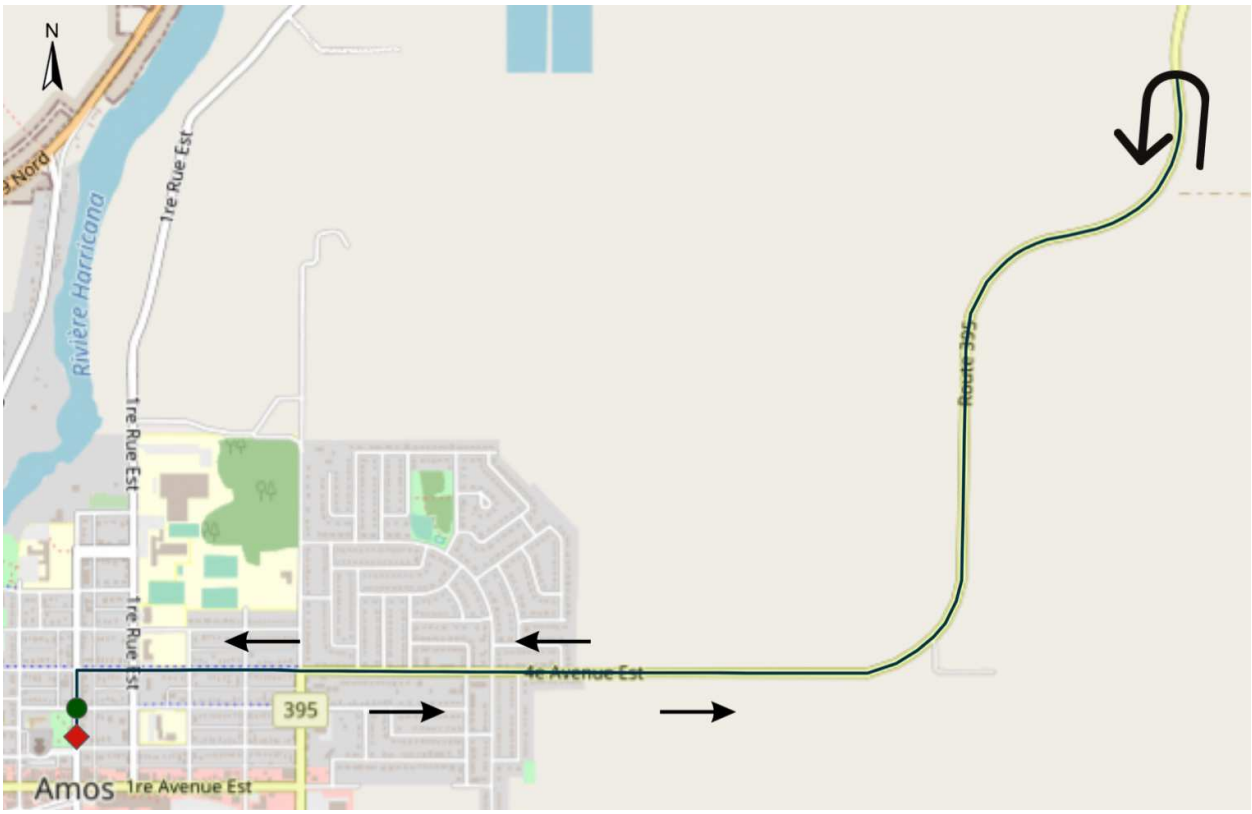
## Stage 3 - ITT

### Thursday, July 13th, 2023

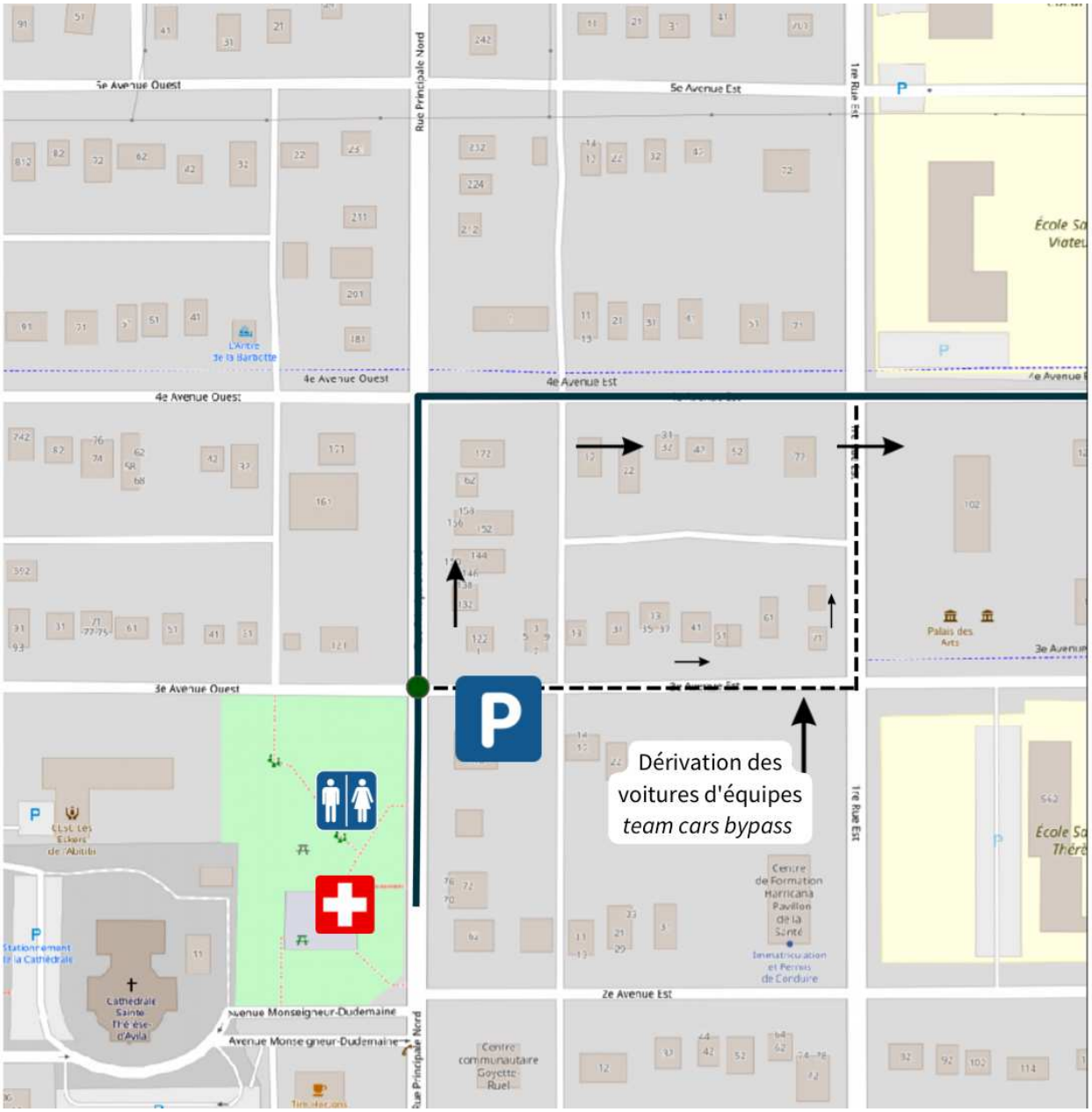
**10 km**

| | Time |
|---|---|
| First start | 09:30 |
| First finish | 09:43 |
| Last start | 11:40 |
| Last finish | 11:53 |

### Course

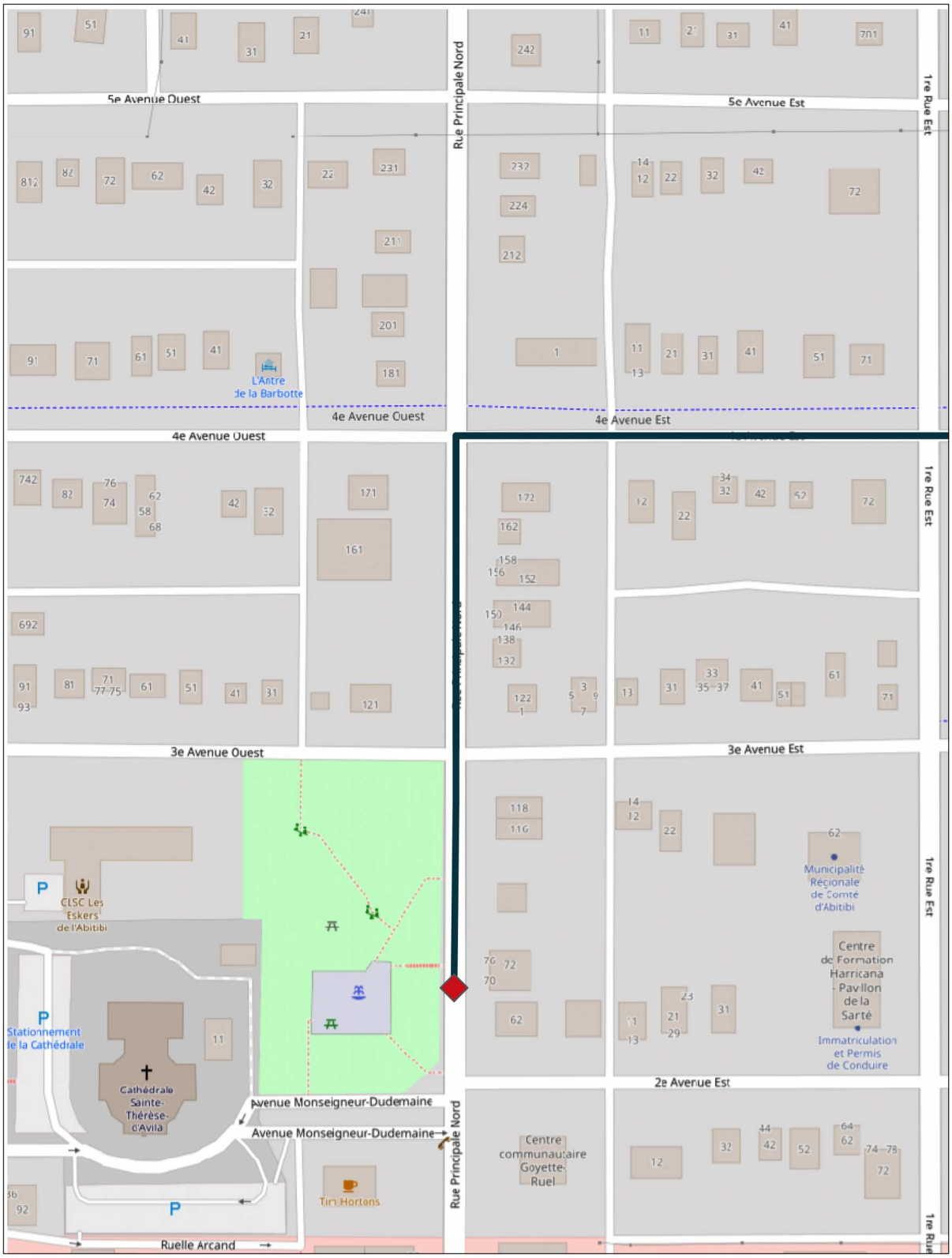


## Start details

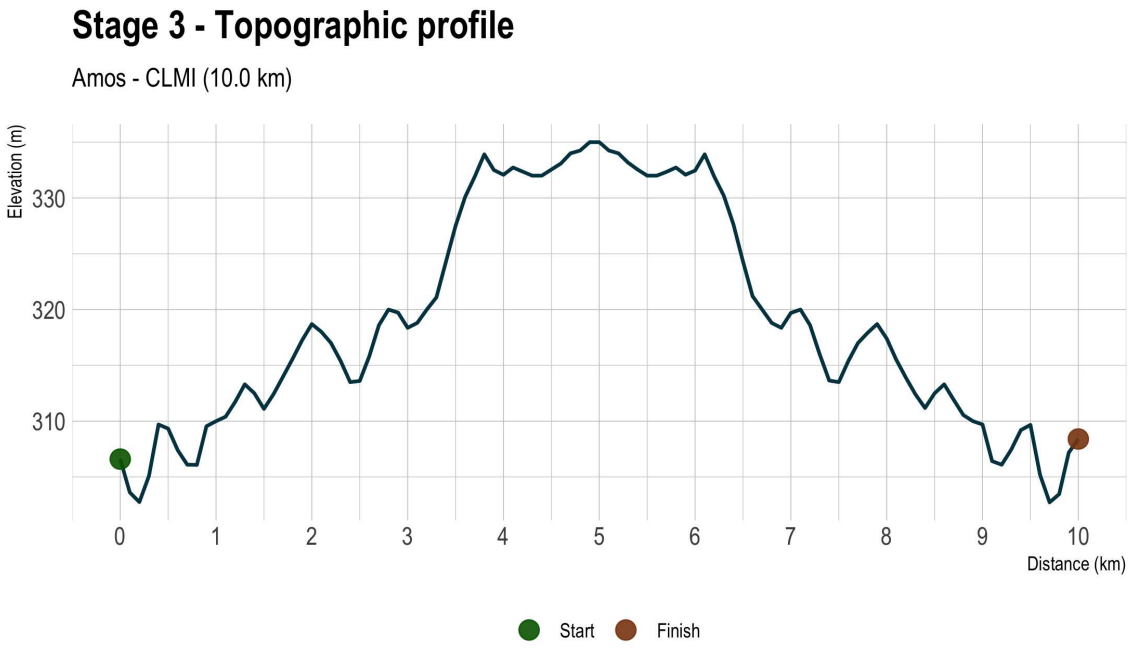


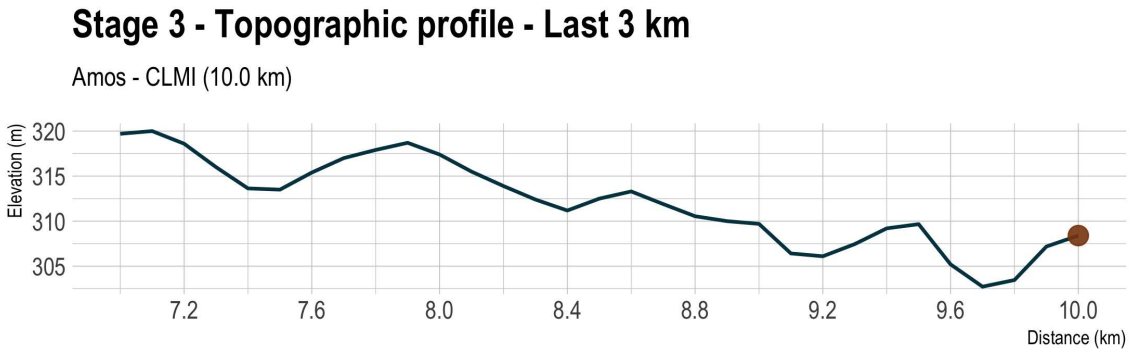

✎ Round-trip time trial : 2 x 5 km
✎ Team car deviation towards 3e ave Est and 1ere Rue Est

## Finish details



## Elevation


Stage 3 - Topographic profile
Amos - CLMI (10.0 km)
Elevation (m)
330
320
310
0
1
2
3
4
5
6
7
8
9
10
Distance (km)
Start
Finish


Stage 3 - Topographic profile - Last 3 km
Amos - CLMI (10.0 km)
Elevation (m)
320
315
310
305
7.2
7.6
8.0
8.4
8.8
9.2
9.6
10.0
Distance (km)

| km | | Course | Amos - CLMI | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **10.0 km** | **48** | **46** | **42** |
| 10.0 | **0.0** | ⚑ | Start - Cathedral | 09:30 | 09:30 | 09:30 |
| 9.9 | **0.1** | → | 4e Avenue Est | 09:30 | 09:30 | 09:30 |
| 5.0 | **5.0** | ↺ | U-turn | 09:36 | 09:36 | 09:37 |
| 0.2 | **9.8** | ← | Rue Principale Nord | 09:42 | 09:42 | 09:44 |
| **0.0** | **10.0** | ⚑ | **Finish** | **09:42** | **09:43** | **09:44** |

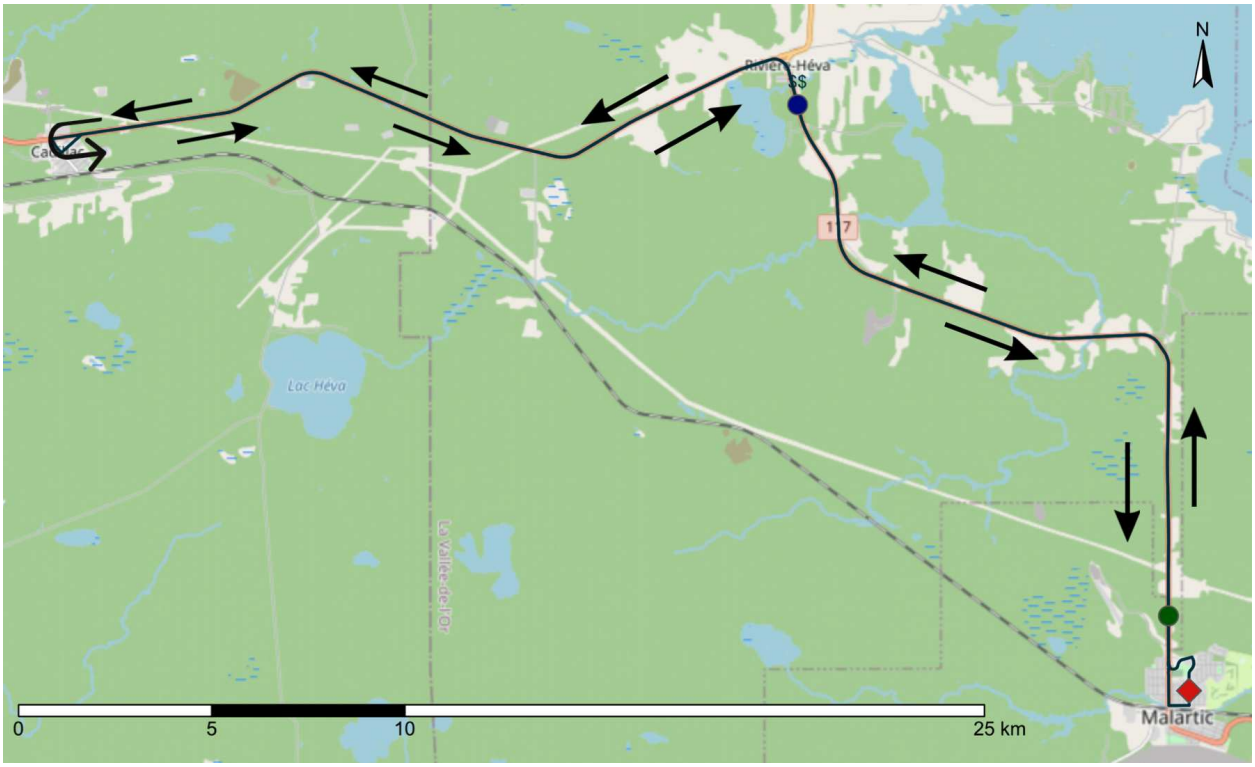
# Stage 4 : Malartic - Malartic

**Thursday, July 13th, 2023**

**59.5 km**

| | Time |
|---|---|
| Start | 18:15 |
| Finish | 19:32 |

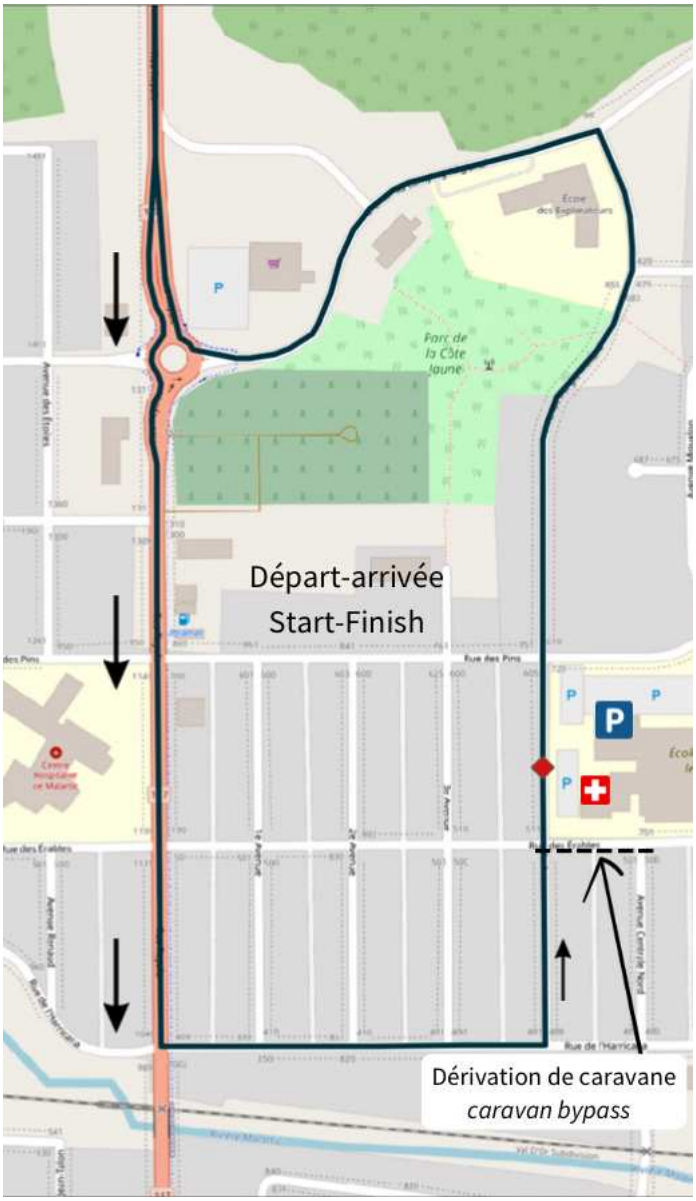
## Course



## Start details

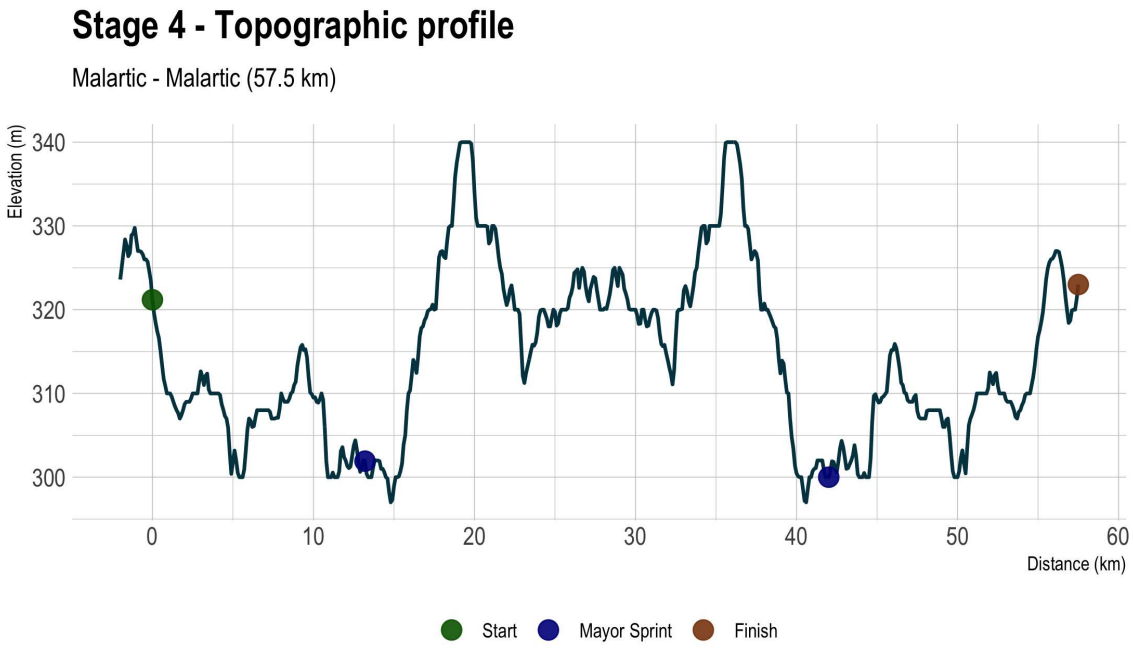
✎ Neutralized start on 2 km

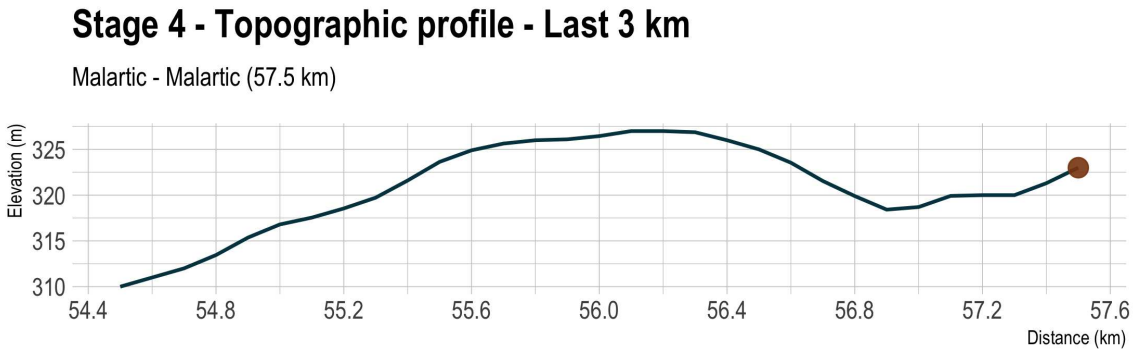
## Finish details




✎ Shower available after the race at the *Centre Michel-Brière* (arena)
✎ Dinner will be served at the *Théâtre Meglab*, near the finish line

## Elevation


Stage 4 - Topographic profile
Malartic - Malartic (57.5 km)
Elevation (m)
340
330
320
310
300
0
10
20
30
40
50
60
Distance (km)
Start
Mayor Sprint
Finish


Stage 4 - Topographic profile - Last 3 km
Malartic - Malartic (57.5 km)
Elevation (m)
325
320
315
310
54.4
54.8
55.2
55.6
56.0
56.4
56.8
57.2
57.6
Distance (km)

| km | | Course | Malartic - Malartic | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **57.5 km** | **49** | **46** | **44** |
| 59.5 | **-2.0** | ⚐ | Start - Meglab Theater | 18:15 | 18:15 | 18:15 |
| 58.9 | **-1.4** | ← | Chemin du Camping-Régional | 18:15 | 18:15 | 18:15 |
| 58.4 | **-0.9** | ↺ | Round about 1st exit, right | 18:16 | 18:16 | 18:16 |
| 57.5 | **0.0** | ⚑ | Official start | 18:17 | 18:17 | 18:17 |
| 44.3 | **13.2** | $ | Malartic Mayor's Sprint - 250$<br>(Road sign « Malartic 15 - Val-d'Or 45 ») | 18:33 | 18:34 | 18:35 |
| 43.9 | **13.6** | ℹ | Rivière-Héva | 18:34 | 18:35 | 18:36 |
| 30.6 | **26.9** | ℹ | Cadillac | 18:50 | 18:52 | 18:54 |
| 30.0 | **27.5** | ← | Rue Principale - Cadillac | 18:51 | 18:53 | 18:55 |
| 29.7 | **27.8** | ← | 2e Avenue Est - Cadillac | 18:51 | 18:53 | 18:55 |
| 29.3 | **28.2** | → | Route 117 S | 18:51 | 18:54 | 18:56 |
| 16.7 | **40.8** | ℹ | Rivière-Héva | 19:07 | 19:10 | 19:13 |
| 15.5 | **42.0** | $ | Malartic Mayor's Sprint - 250$<br>(Road sign « Malartic 15 - Val-d'Or 45 ») | 19:08 | 19:12 | 19:15 |
| 1.4 | **56.1** | ↺ | Round about 2nd exit, straight ahead | 19:26 | 19:30 | 19:34 |
| 0.8 | **56.7** | ← | Rue de l'Harricana | 19:26 | 19:31 | 19:35 |
| 0.3 | **57.2** | ← | 4e Avenue | 19:27 | 19:32 | 19:35 |
| 0.1 | **57.4** | 🚚 | Caravan bypass<br>Right on Rue des Érables | 19:27 | 19:32 | 19:36 |
| **0.0** | **57.5** | ⚑ | **Finish**<br>**Time and points bonus** | **19:27** | **19:32** | **19:36** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

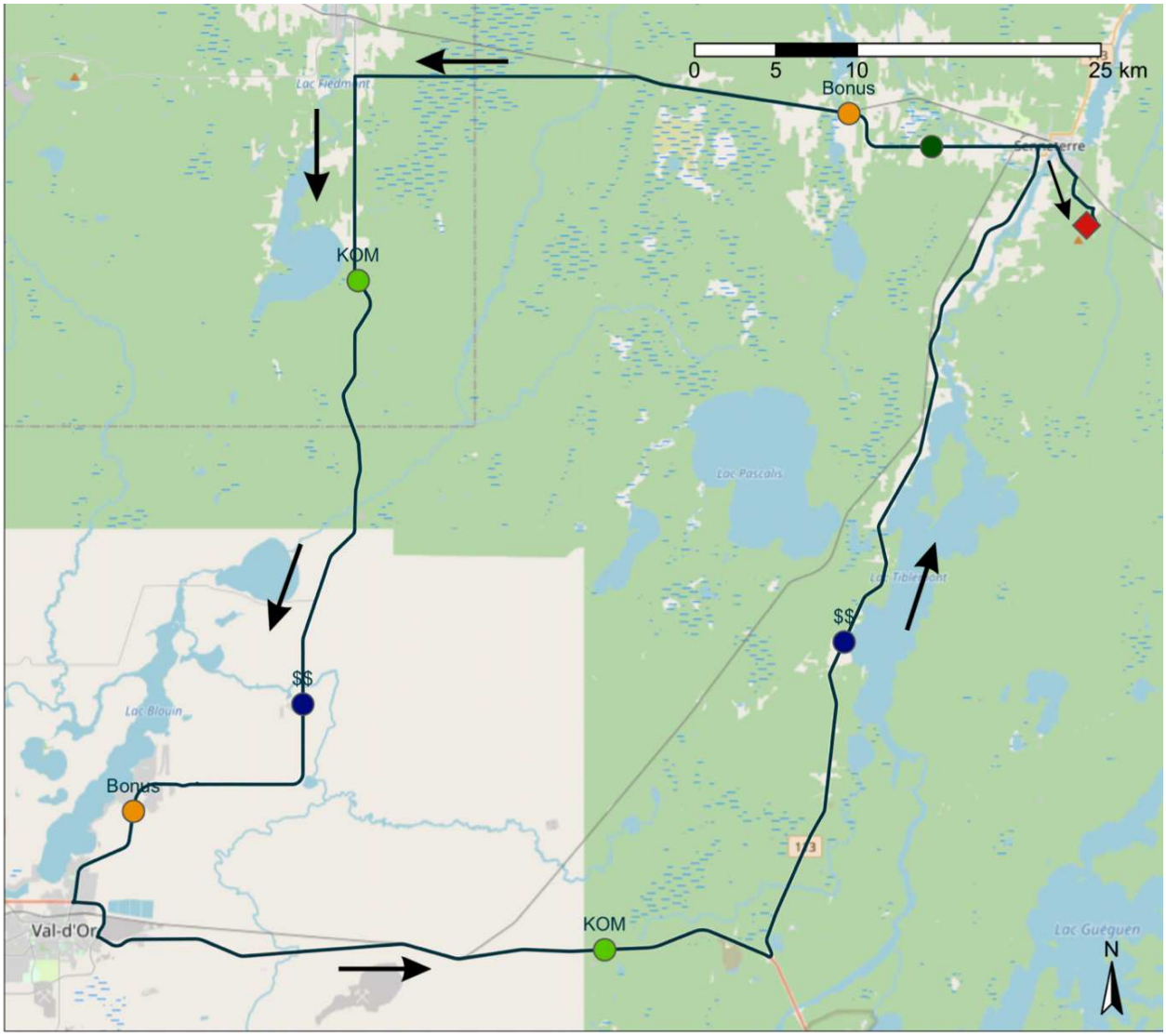
# Stage 5 : Senneterre - VD - Senneterre

## Friday, July 14th, 2023

**145 km**

| | Time |
|---|---|
| Start | 14:00 |
| Finish | 17:22 |

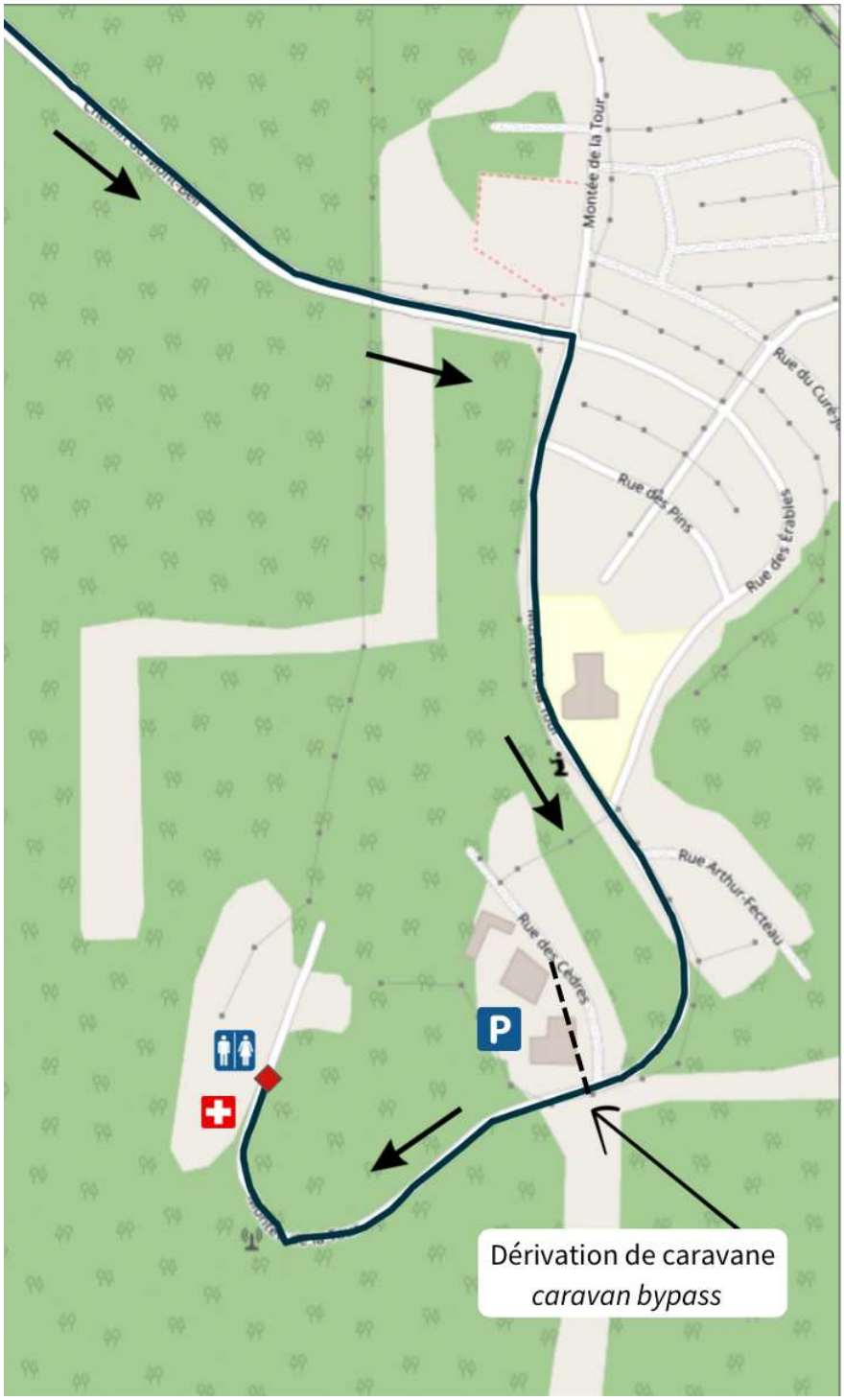
## Course



## Start details

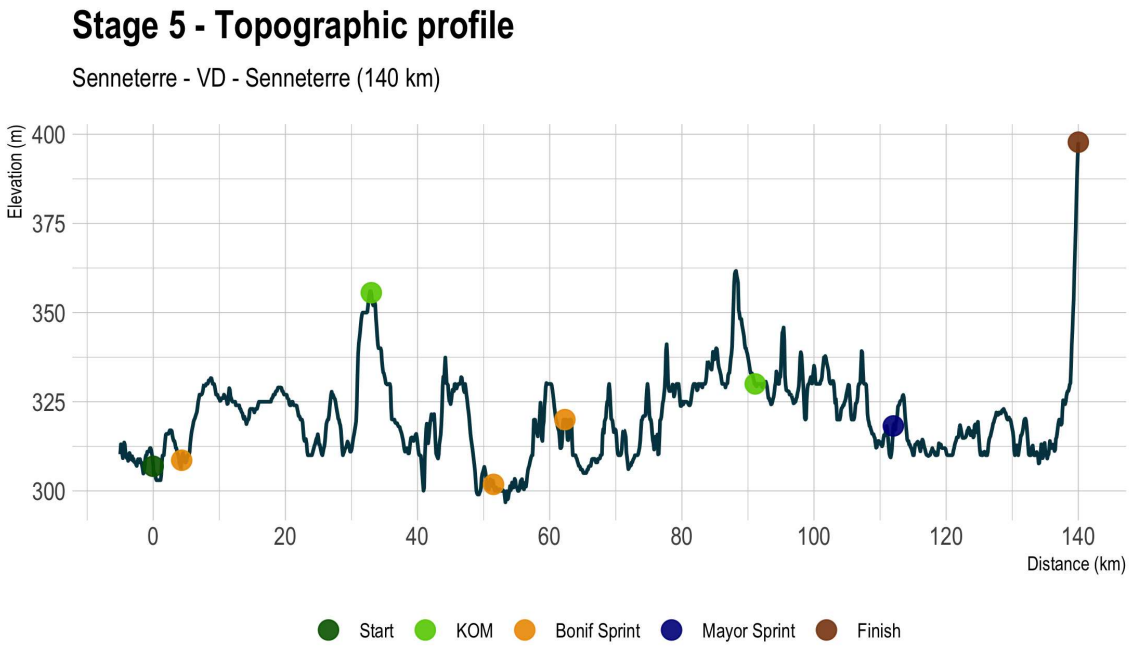
✎ Neutralized start on 5 km

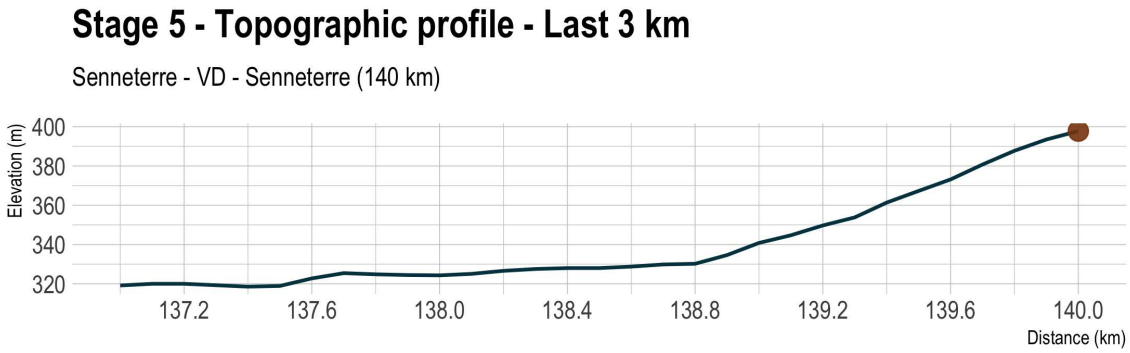
## Finish details




✎ Finish at the summit of Mont Bell
✎ KOM point doubled at the finish line KOM

## Elevation


Stage 5 - Topographic profile
Senneterre - VD - Senneterre (140 km)
Elevation (m)
400
375
350
325
300
0
20
40
60
80
100
120
140
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 5 - Topographic profile - Last 3 km
Senneterre - VD - Senneterre (140 km)
Elevation (m)
400
380
360
340
320
137.2
137.6
138.0
138.4
138.8
139.2
139.6
140.0
Distance (km)

| km | | Course | Senneterre - VD - Senneterre | km/h | | |
|---|---|---|---|---|---|---|
| to go | done | info | 140 km | 45 | 43 | 41 |
| 145.0 | **-5.0** | ⚐ | Start - Senneterre Town Hall | 14:00 | 14:00 | 14:00 |
| 144.3 | **-4.3** | ↑ | Stay on QC-386 O | 14:00 | 14:00 | 14:01 |
| 140.0 | **0.0** | ⚑ | Official Start | 14:06 | 14:06 | 14:07 |
| 136.2 | **3.8** | ℹ | Belcourt | 14:11 | 14:12 | 14:12 |
| 135.7 | **4.3** | ⚑ | Bonification Sprint - times and points<br>(Intersection avenue Goulet) | 14:12 | 14:12 | 14:13 |
| 115.4 | **24.6** | ← | QC-397 S | 14:39 | 14:41 | 14:43 |
| 110.0 | **30.0** | ☕ | Feed open | 14:46 | 14:48 | 14:51 |
| 107.0 | **33.0** | 🚵 | KOM points<br>(Intersection sentier le Kao) | 14:50 | 14:53 | 14:55 |
| 89.2 | **50.8** | ℹ | Val-Senneville | 15:14 | 15:17 | 15:21 |
| 88.5 | **51.5** | ⚑ | Senneterre Mayor's sprint 250$<br>(École St-Isidore) | 15:15 | 15:18 | 15:22 |
| 77.7 | **62.3** | ⚑ | Bonification Sprint - times and points<br>(Intersection rue Alix) | 15:29 | 15:33 | 15:38 |
| 74.0 | **66.0** | ♻ | Trash Zone<br>Orbit Garant area | 15:34 | 15:39 | 15:43 |
| 72.7 | **67.3** | ↺ | At the round about, take the 3rd exit on route Transcanadienne/QC-117 S | 15:36 | 15:40 | 15:45 |
| 72.2 | **67.8** | ⚠ | Rail road | 15:37 | 15:41 | 15:46 |
| 71.1 | **68.9** | ⚠ | Rail road | 15:38 | 15:43 | 15:48 |
| 70.2 | **69.8** | ↺ | At the round about, take the 3rd exit and stay on Route Transcanadienne/QC-117 S | 15:39 | 15:44 | 15:49 |
| 48.9 | **91.1** | 🚵 | KOM Points<br>(Mine Aur Ressource) | 16:08 | 16:14 | 16:20 |
| 41.7 | **98.3** | ← | QC-113 N | 16:17 | 16:24 | 16:31 |
| 28.4 | **111.6** | ℹ | Obaska | 16:35 | 16:42 | 16:50 |
| 28.0 | **112.0** | $ | Senneterre Mayor's sprint 250$<br>(Camping le Huard) | 16:36 | 16:43 | 16:51 |
| 20.0 | **120.0** | ☕ | Feed closed | 16:46 | 16:54 | 17:02 |
| 6.0 | **134.0** | ℹ | Senneterre | 17:05 | 17:13 | 17:23 |
| 5.7 | **134.3** | ↖ | Stay on 6e rue Ouest | 17:05 | 17:14 | 17:23 |
| 5.2 | **134.8** | → | 10e Avenue/QC 386 E | 17:06 | 17:15 | 17:24 |
| 4.5 | **135.5** | → | Rue du Parc | 17:07 | 17:16 | 17:25 |
| 2.9 | **137.1** | → | Chemin du Mont Bell | 17:09 | 17:18 | 17:27 |
| 1.2 | **138.8** | → | Montée de la Tour | 17:11 | 17:20 | 17:30 |
| 0.4 | **139.6** | 🚖 | Caravane by pass to the right<br>Courthouse | 17:12 | 17:21 | 17:31 |
| 0.1 | **139.9** | ↗ | Montée de la tour | 17:13 | 17:22 | 17:32 |
| **0.0** | **140.0** | ⚑ | **Final summit Finish**<br>**Double points KOM**<br>**Time and points bonus** | **17:13** | **17:22** | **17:32** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

KOM - mountain top finish : 10-6-4 points

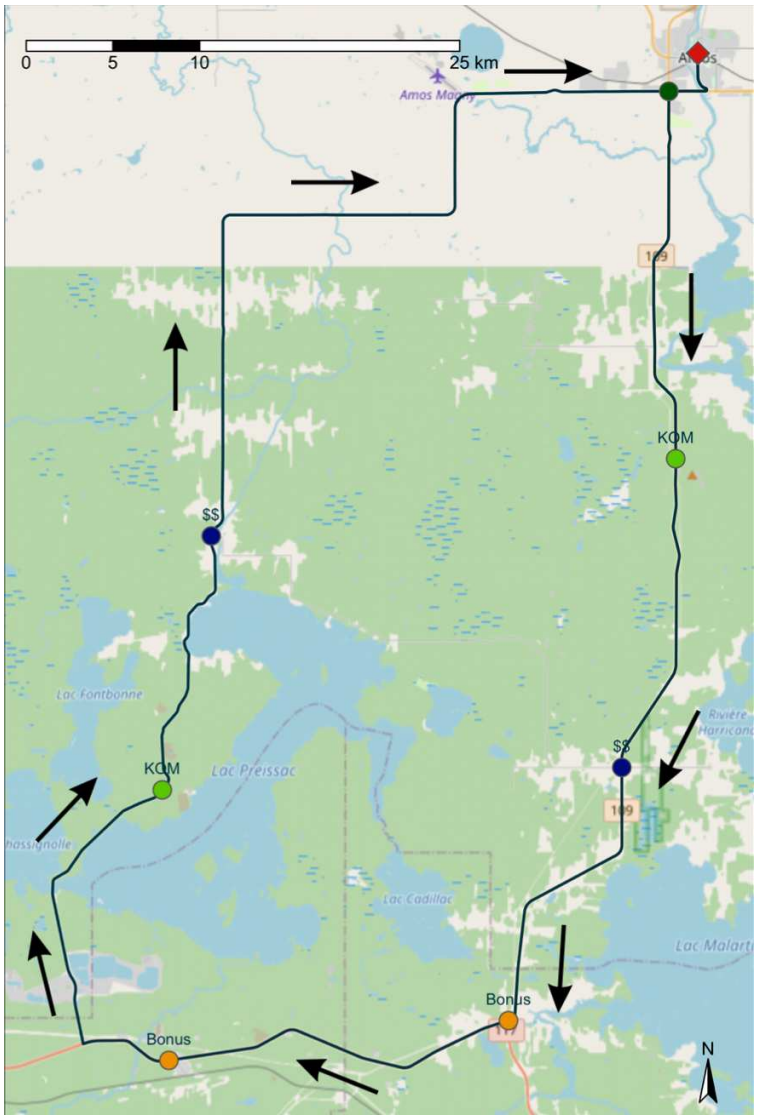
# Stage 6 : Amos -Preissac - RH - Amos

**Saturday, July 15th, 2023**

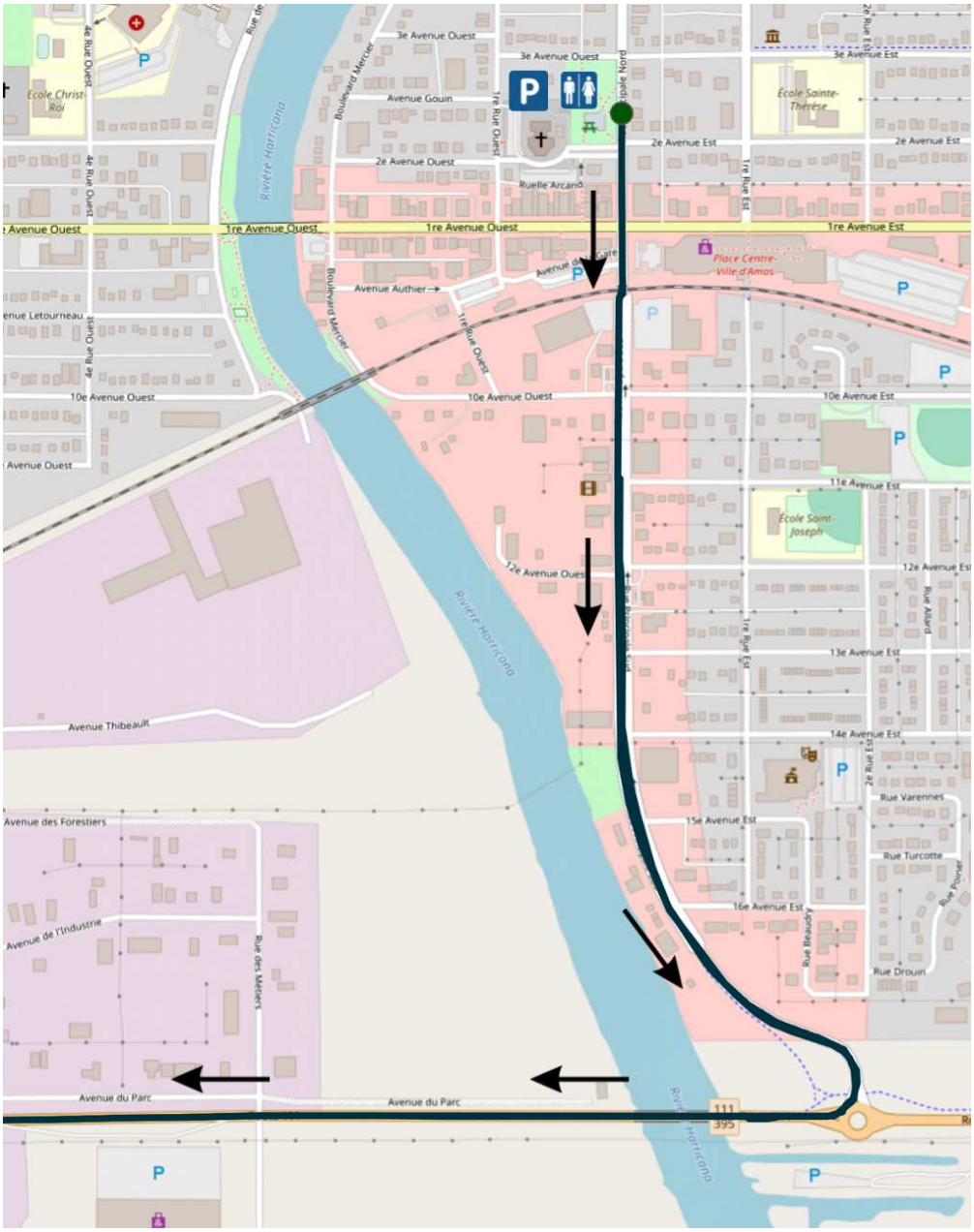
**118.9 km**

| | Time |
|---|---|
| Start | 16:30 |
| Finish | 19:12 |

## Course

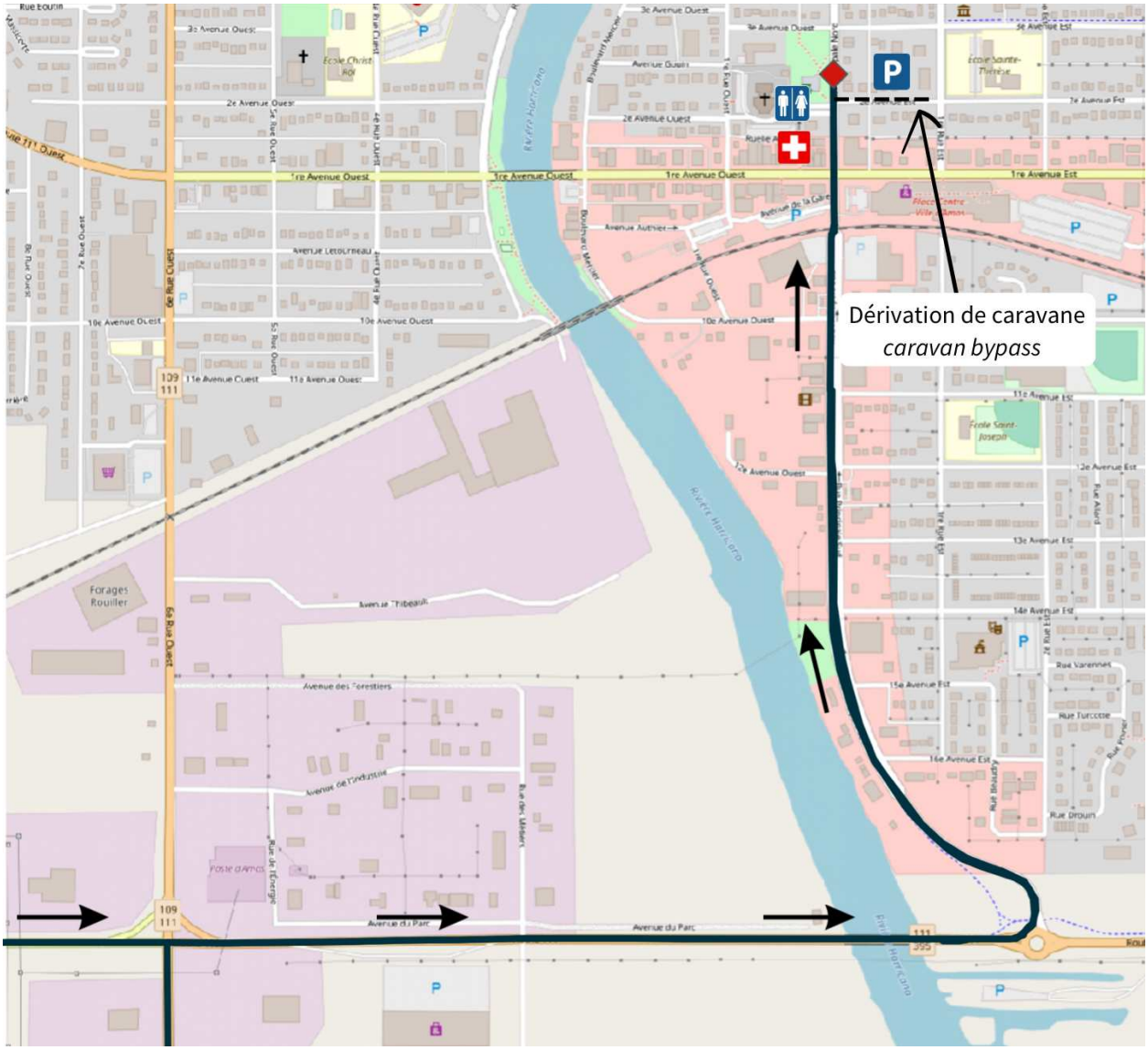


## Start details



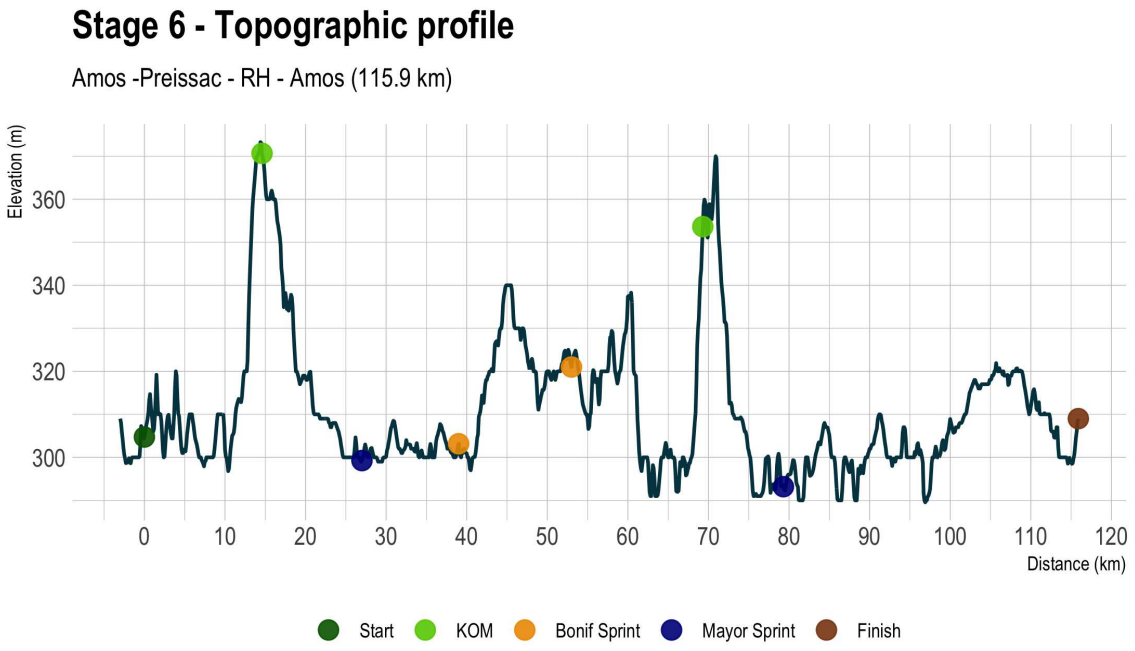

✎ Neutralized start on 3 km

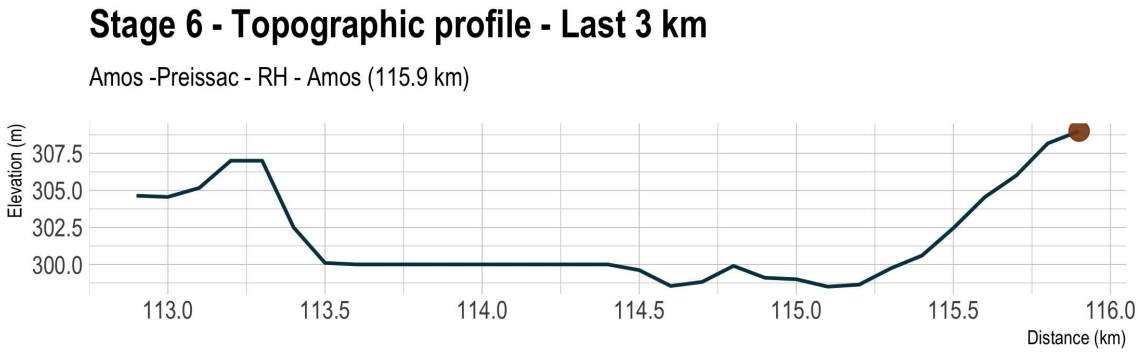
## Finish details




✎ Finish without circuit

## Elevation


Stage 6 - Topographic profile
Amos -Preissac - RH - Amos (115.9 km)
Elevation (m)
360
340
320
300
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 6 - Topographic profile - Last 3 km
Amos -Preissac - RH - Amos (115.9 km)
Elevation (m)
307.5
305.0
302.5
300.0
113.0
113.5
114.0
114.5
115.0
115.5
116.0
Distance (km)

| km | | Course | Amos -Preissac - RH - Amos | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **115.9 km** | **46** | **44** | **42** |
| 118.9 | **-3.0** | ⚐ | Start - Parc de la Cathédrale d'Amos | 16:30 | 16:30 | 16:30 |
| 117.3 | **-1.4** | → | Round about<br>1st exit right on Rte 111 E | 16:32 | 16:32 | 16:32 |
| 115.9 | **0.0** | ⚑ | Official Start | 16:33 | 16:34 | 16:34 |
| 115.9 | **0.0** | ← | Route 109 | 16:33 | 16:34 | 16:34 |
| 106.6 | **9.3** | ℹ | St-Mathieu-d'Harricana | 16:46 | 16:46 | 16:47 |
| 101.3 | **14.6** | ⛰ | KOM Points<br>Côte de St-Mathieu | 16:52 | 16:54 | 16:55 |
| 88.9 | **27.0** | $ | Preissac Mayor's sprint $250<br>Intersection chemin St-Luc | 17:09 | 17:10 | 17:12 |
| 85.9 | **30.0** | ☕ | Feed open | 17:13 | 17:15 | 17:17 |
| 77.2 | **38.7** | ℹ | Rivière-Heva | 17:24 | 17:26 | 17:29 |
| 76.9 | **39.0** | ⚑ | Bonification Sprint - times and points<br>Intersection Rue Principale | 17:24 | 17:27 | 17:30 |
| 76.3 | **39.6** | ⇗ | Route 117 | 17:25 | 17:28 | 17:30 |
| 63.7 | **52.2** | ℹ | Cadillac | 17:42 | 17:45 | 17:48 |
| 62.9 | **53.0** | ⚑ | Bonification Sprint - times and points<br>Rest Area Cadillac | 17:43 | 17:46 | 17:50 |
| 59.4 | **56.5** | → | Route 395 | 17:47 | 17:51 | 17:55 |
| 53.8 | **62.1** | ℹ | Preissac | 17:54 | 17:58 | 18:03 |
| 46.6 | **69.3** | ⛰ | KOM Points<br>Observation tower Preissac | 18:04 | 18:08 | 18:13 |
| 36.6 | **79.3** | $ | Mayor's sprint $250<br>Gas Station Preissac | 18:17 | 18:22 | 18:27 |
| 36.4 | **79.5** | ♻ | Trash zone | 18:17 | 18:22 | 18:27 |
| 20.7 | **95.2** | ℹ | Ste-Gertrude | 18:38 | 18:43 | 18:50 |
| 20.0 | **95.9** | ☕ | Feed closed | 18:39 | 18:44 | 18:51 |
| 3.0 | **112.9** | ↑ | Route 111 | 19:01 | 19:08 | 19:15 |
| 1.6 | **114.3** | ↺ | Round about 1st exit, left | 19:03 | 19:09 | 19:17 |
| 0.3 | **115.6** | ⚠ | Railroad crossing | 19:04 | 19:11 | 19:19 |
| 0.1 | **115.8** | 🚐 | Caravan bypass<br>Right on 2e avenue Est | 19:04 | 19:12 | 19:19 |
| **0.0** | **115.9** | ⚑ | **Finish**<br>**Time and points bonus** | **19:05** | **19:12** | **19:19** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

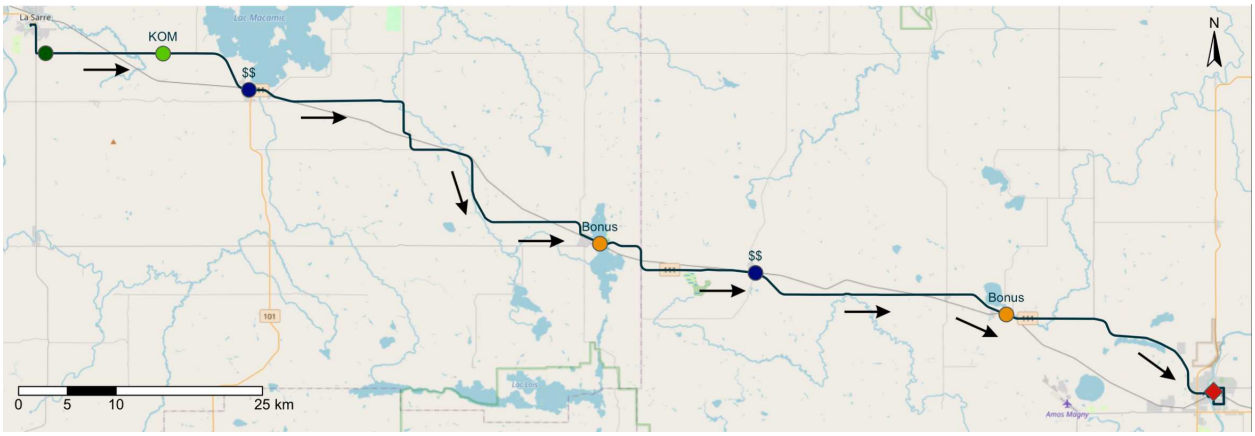
# Stage 7 : La Sarre - Amos

## Sunday, July 16th, 2023

**123.5 km**

| | Time |
|---|---|
| Start | 14:00 |
| Circuit entrance | 16:11 |
| Finish | 16:48 |

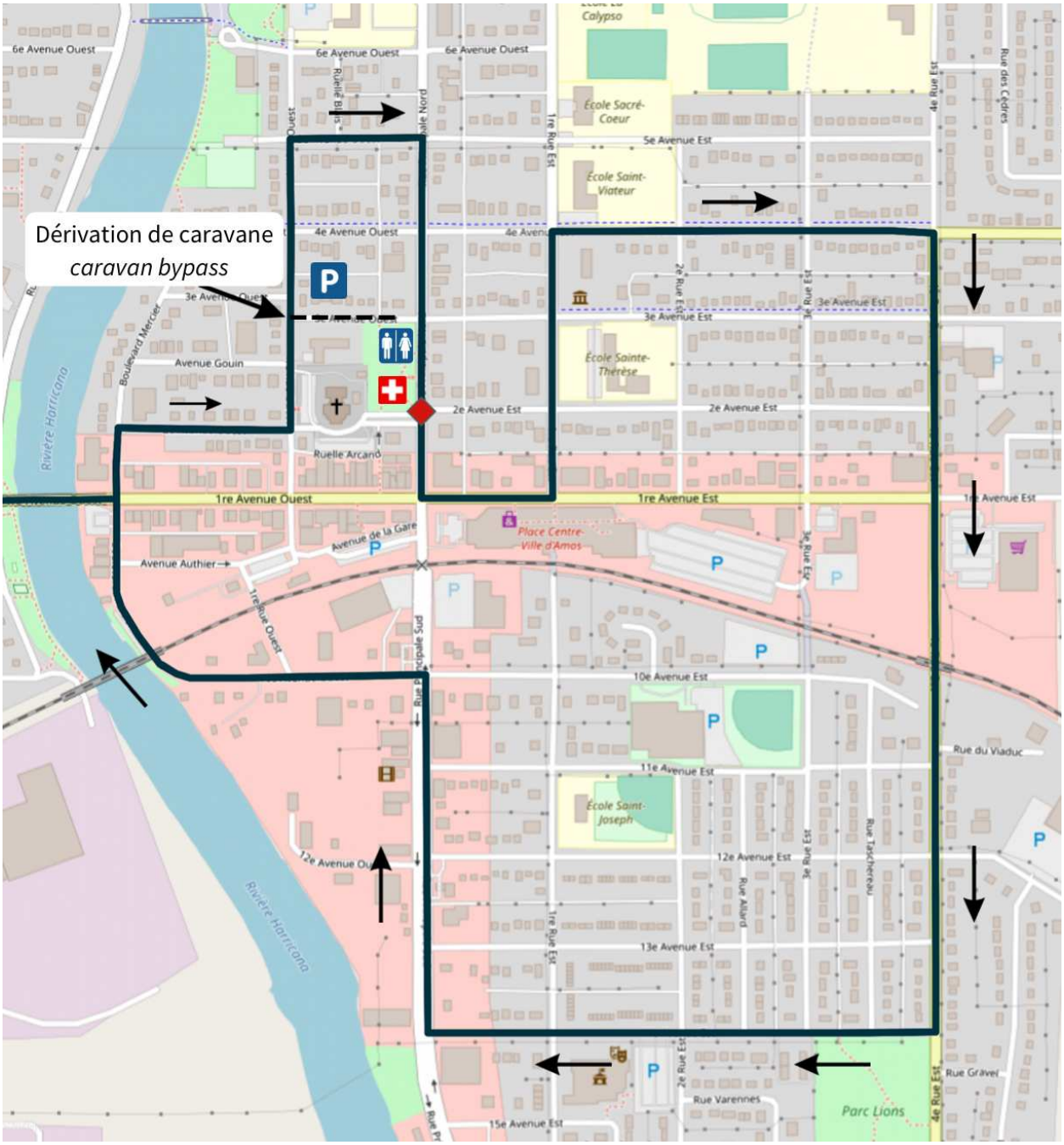
## Course



## Start details

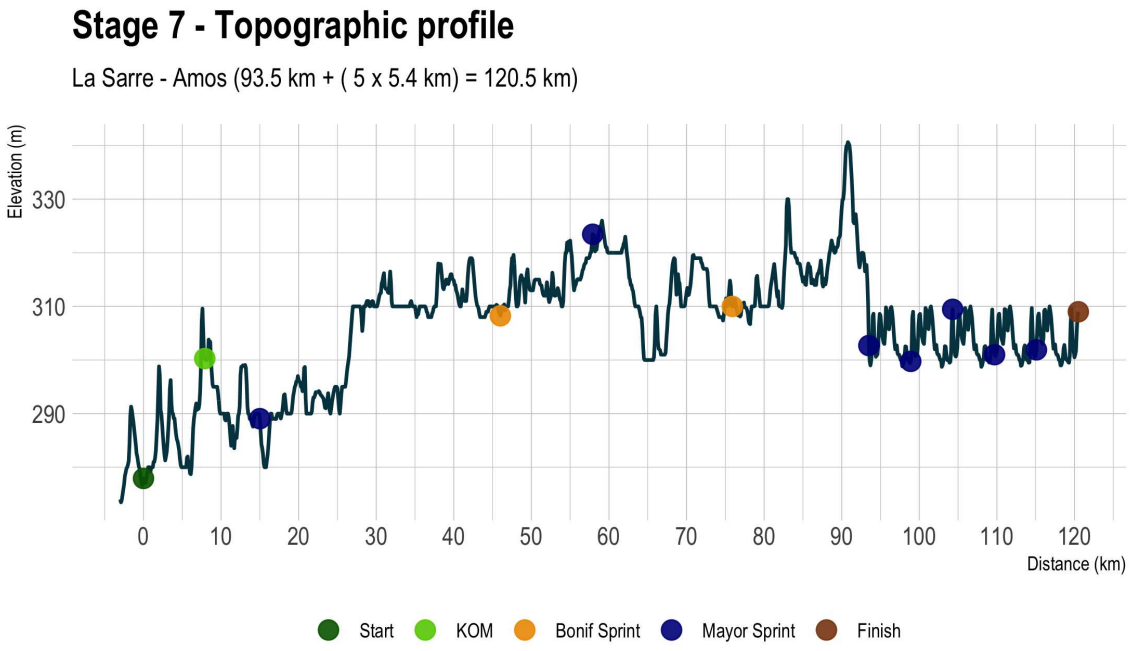
✎ Neutralized start on 3 km

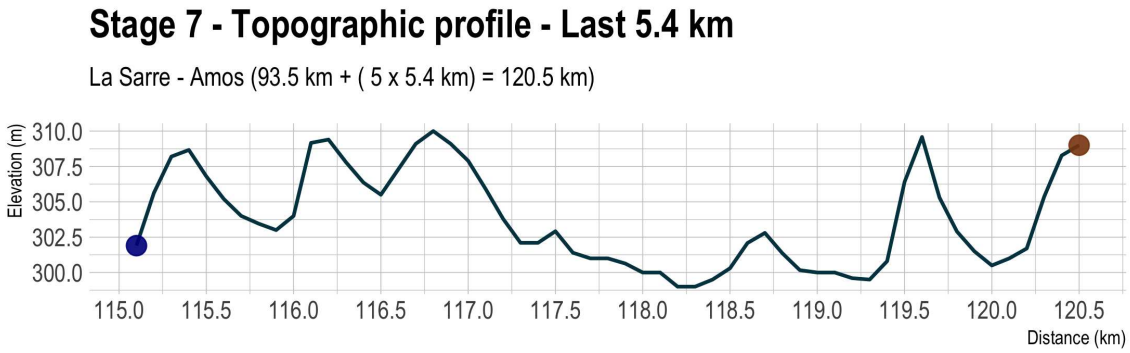
## Finish details




✎ 5 full clockwise laps of the 5.4 km finish circuit
✎ The entrance to the circuit is located at the intersection of *4e Rue Est* and *14e Avenue Est*

## Elevation


Stage 7 - Topographic profile
La Sarre - Amos (93.5 km + ( 5 x 5.4 km) = 120.5 km)
Elevation (m)
330
310
290
0
10
20
30
40
50
60
70
80
90
100
110
120
Distance (km)
Start
KOM
Bonif Sprint
Mayor Sprint
Finish


Stage 7 - Topographic profile - Last 5.4 km
La Sarre - Amos (93.5 km + ( 5 x 5.4 km) = 120.5 km)
Elevation (m)
310.0
307.5
305.0
302.5
300.0
115.0
115.5
116.0
116.5
117.0
117.5
118.0
118.5
119.0
119.5
120.0
120.5
Distance (km)

| km | | Course | La Sarre - Amos | km/h | | |
|---|---|---|---|---|---|---|
| **to go** | **done** | **info** | **93.5 km + ( 5 x 5.4 km) = 120.5 km** | **46** | **44** | **42** |
| 123.5 | **-3.0** | ⚐ | Start - Nicol Auto Arena Parking | 14:00 | 14:00 | 14:00 |
| 123.4 | **-2.9** | ← | Rue Principale | 14:00 | 14:00 | 14:00 |
| 123.4 | **-2.9** | → | 11e Avenue Est | 14:00 | 14:00 | 14:00 |
| 123.1 | **-2.6** | → | Route 111 Est | 14:00 | 14:00 | 14:00 |
| 121.2 | **-0.7** | ← | Ramp toward Rte 111E | 14:03 | 14:03 | 14:03 |
| 120.5 | **0.0** | ⚑ | Official start | 14:03 | 14:04 | 14:04 |
| 116.1 | **4.4** | ⚠ | Railroad crossing | 14:09 | 14:10 | 14:10 |
| 112.6 | **7.9** | ⛰ | KOM Sprint | 14:14 | 14:14 | 14:15 |
| 105.5 | **15.0** | $ | La Sarre Mayor's sprint<br>250$ (Postal Office Macamic) | 14:23 | 14:24 | 14:25 |
| 104.8 | **15.7** | ⚠ | Bridge | 14:24 | 14:25 | 14:26 |
| 95.1 | **25.4** | ⚠ | Bridge - Roadwork - 1 lane only | 14:37 | 14:38 | 14:40 |
| 93.2 | **27.3** | ℹ | Municipality of Authier | 14:39 | 14:41 | 14:43 |
| 92.2 | **28.3** | ⚠ | Railroad crossing | 14:40 | 14:42 | 14:44 |
| 90.5 | **30.0** | ☕ | Feed open | 14:43 | 14:45 | 14:47 |
| 88.3 | **32.2** | ⚠ | Bridge - Roadwork | 14:45 | 14:48 | 14:50 |
| 78.6 | **41.9** | ⚠ | Railroad crossing | 14:58 | 15:01 | 15:04 |
| 76.2 | **44.3** | ℹ | Municipality of Taschereau | 15:01 | 15:04 | 15:07 |
| 74.5 | **46.0** | ⚑ | Bonification sprint - times and points<br>(Rte 111/390 intersections) | 15:03 | 15:06 | 15:10 |
| 74.0 | **46.5** | ⚠ | Bridge | 15:04 | 15:07 | 15:10 |
| 70.8 | **49.7** | ⚠ | Railroad crossing | 15:08 | 15:11 | 15:15 |
| 62.9 | **57.6** | ℹ | Municipality of Launay | 15:19 | 15:22 | 15:26 |
| 62.6 | **57.9** | $ | La Sarre Mayor's sprint<br>250$ (Engoulevent municipal parc) | 15:19 | 15:23 | 15:27 |
| 51.0 | **69.5** | ⚠ | Oblique Railroad crossing | 15:34 | 15:38 | 15:43 |
| 49.3 | **71.2** | ℹ | Municipality of Trécesson | 15:36 | 15:41 | 15:46 |
| 44.6 | **75.9** | ⚑ | Bonification Sprint - time and points<br>(Trécesson rest stop) | 15:42 | 15:47 | 15:52 |
| 28.3 | **92.2** | ← | Circuit finish entrance<br>Boulevard Mercier | 16:04 | 16:09 | 16:16 |
| 28.2 | **92.3** | → | 2e Avenue Ouest | 16:04 | 16:09 | 16:16 |
| 27.9 | **92.6** | ← | 1re Rue Ouest | 16:04 | 16:10 | 16:16 |
| 27.5 | **93.0** | → | 5e Avenue Ouest | 16:05 | 16:10 | 16:17 |
| 27.4 | **93.1** | → | Rue Principale Nord | 16:05 | 16:11 | 16:17 |
| 27.0 | **93.5** | $ | Start of 1st lap (5 laps to go)<br>Amos Mayor's sprint (100$) | 16:05 | 16:11 | 16:17 |
| 26.9 | **93.6** | ← | 1re Avenue Est | 16:06 | 16:11 | 16:18 |
| 26.7 | **93.8** | ← | 1re Rue Est | 16:06 | 16:12 | 16:18 |
| 26.3 | **94.2** | → | 4e Avenue Est | 16:06 | 16:12 | 16:18 |
| 25.8 | **94.7** | → | 4e Rue Est | 16:07 | 16:13 | 16:19 |
| 24.7 | **95.8** | → | 14e Avenue Est | 16:08 | 16:14 | 16:21 |
| 24.0 | **96.5** | → | Rue Principale Sud | 16:09 | 16:15 | 16:22 |
| 23.5 | **97.0** | ← | 10e Avenue Est | 16:10 | 16:16 | 16:22 |
| 22.8 | **97.7** | → | 2e Avenue Ouest | 16:11 | 16:17 | 16:23 |
| 22.6 | **97.9** | ← | 1re Rue Ouest | 16:11 | 16:17 | 16:24 |
| 22.2 | **98.3** | → | 5e Avenue Ouest | 16:12 | 16:18 | 16:24 |
| 22.0 | **98.5** | → | Rue Principale Nord | 16:12 | 16:18 | 16:25 |
| 21.6 | **98.9** | $ | Start of 2nd lap (4 laps to go)<br>Amos Mayor's sprint (100$) | 16:12 | 16:18 | 16:25 |
| 16.2 | **104.3** | ☕ | Feed closed | 16:19 | 16:26 | 16:33 |
| 16.2 | **104.3** | $ | Start of 3rd lap (3 laps to go)<br>Amos Mayor's sprint (100$) | 16:19 | 16:26 | 16:33 |
| 10.8 | **109.7** | $ | Start of 4th lap (2 laps to go)<br>Amos Mayor's sprint (100$) | 16:27 | 16:33 | 16:41 |
| 5.4 | **115.1** | $ | Start of 5th lap (1 lap to go)<br>Amos Mayor's sprint (100$) | 16:34 | 16:41 | 16:48 |
| 1.0 | **119.5** | 🚚 | Caravan bypass<br>Right on 3e avenue | 16:39 | 16:47 | 16:55 |
| **0.0** | **120.5** | ⚑ | **Finish**<br>**Time and points bonus** | **16:41** | **16:48** | **16:56** |

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points