

2023 Tour de l'Abitibi



TECHNICAL GUIDE

COURSES DETAILS

53th edition

July 11th to 16, 2023

Version : 2023-03-18

Contents

Schedule	1
Stage 1 : Val-d'Or - Amos	2
Course	2
Start details	3
Finish details	4
Elevation	5
Stage 2 : Rouyn-Noranda - Amos	7
Course	7
Start details	8
Finish details	8
Elevation	9

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://home.brunogauthier.net/guide/EN> for complete technical guide information.

Schedule

Date	Event	Start	Finish
Monday July 10th	Team Presentation Challenge Sprint Abitibi	17h30 18h30 Amos, Cathedral	18h 20h Amos, Cathedral
Tuesday July 11th	Road race Val-d'Or - Amos (via Barraute) Stage 1 Distance : 95.3 km + (4 x 5.4 km) = 116.9 km (3 km controlled start)	16:45 Val-d'Or, Place Agnico-Eagle	19:28 Amos, Cathedral
Wednesday July 12th	Road race Rouyn-Noranda - Amos (via Aiguebelle) Stage 2 Distance : 131.7 km (5 km controlled start)	16:15 Rouyn-Noranda, CEGEP	Circuit arrival : 19:21 Finish : 19:21 Amos, Cathedral
Thursday July 13th (AM)	Individual Time Trial Amos - Saint-Maurice - Amos Distance : 10.0 km Stage 3 (half-stage)	First start : 09:30 First arrival : 11:40 Amos, Cathedral	Last start : 09:43 Last arrival : 11:53 Amos, Cathedral
Thursday July 13th (PM)	Road race Malartic - Cadillac - Malartic Distance : 57.4 km (2 km controlled start) Stage 4 (half-stage)	18:15 Malartic, Le Tremplin High School	19:32 Malartic, Le Tremplin High School
Friday July 14th	Road race Senneterre & Senneterre (via Val-d'Or) Stage 5 Distance : 140 km (5 km controlled start)	14:00 Senneterre, City Hall	17:22 Senneterre, Mont Bell
Saturday July 15th	Road race Amos & Amos (via Rivière-Héva & Preissac) Stage 6 Distance : 115.9 km (3 km controlled start)	16:30 Amos, Cathedral	19:15 Amos, Cathedral
Sunday July 16th	Road race La Sarre - Amos (via Palmarolle) Stage 7 Distance : 98,6 km + (5 x 5.4 km) = 125.6 km (3 km controlled start)	14:00 La Sarre, Nicol Auto Arena	Circuit arrival : 16:21 Finish : 16:59 Amos, Cathedral

Stage 1 : Val-d'Or - Amos

Tuesday, July 11th, 2023

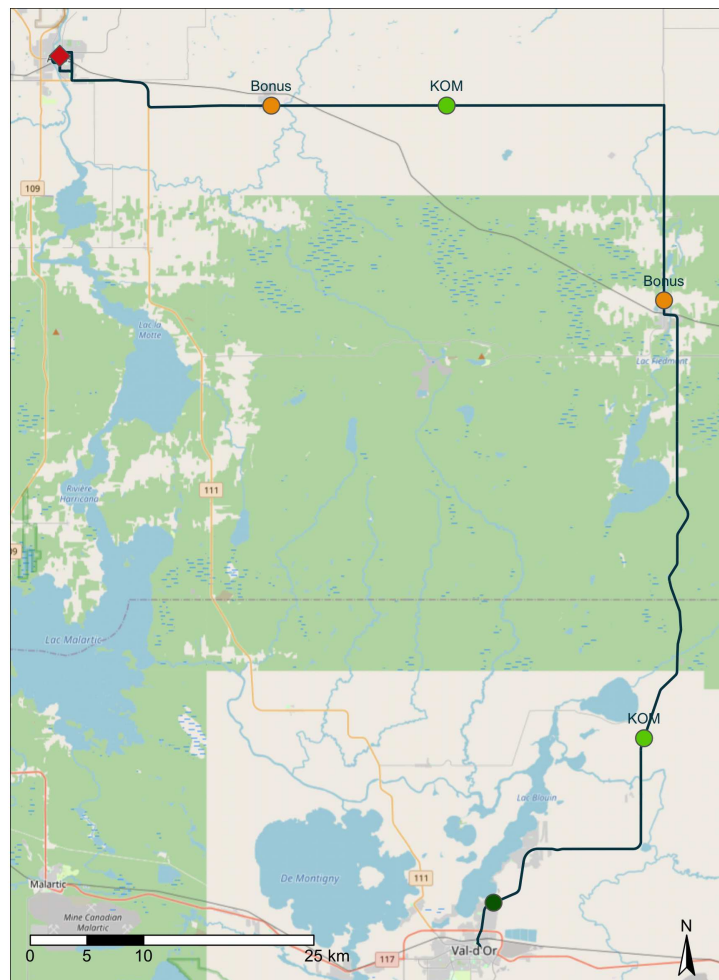
119.9 km



AGNICO EAGLE

	Time
Start	16:45
Circuit entrance	18:59
Finish	19:28

Course

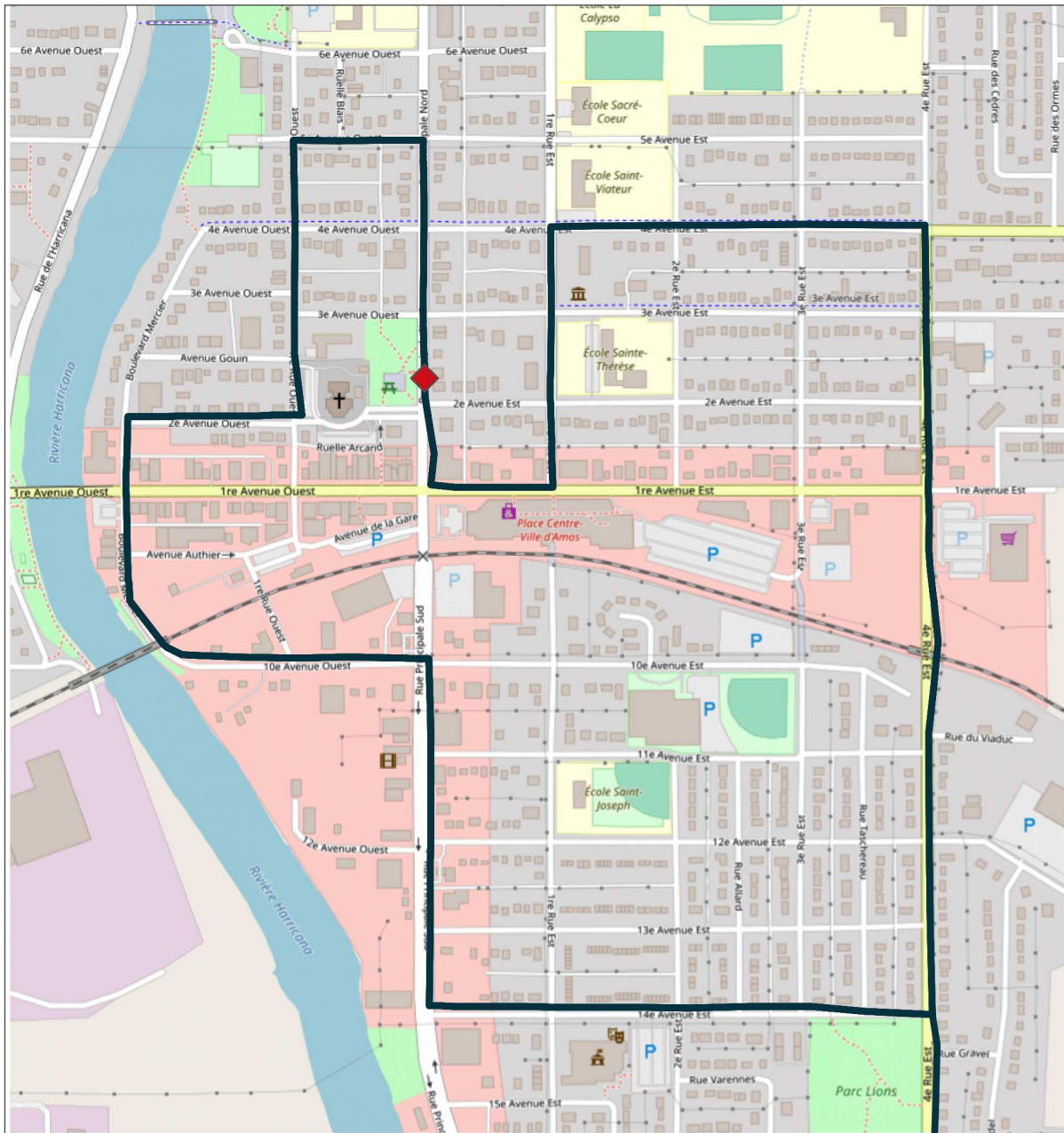


Start details



! Neutralized start on 3 km

Finish details



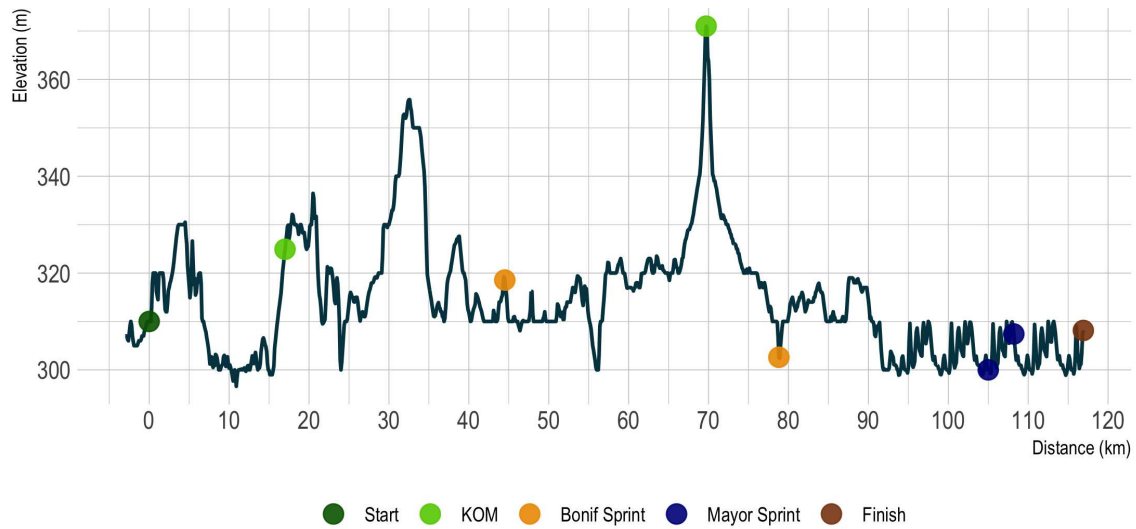
! 4 full laps of the 5.4 km finish circuit

! The entrance to the circuit is located at the intersection of *4e Rue Est* and *14e Avenue Est*

Elevation

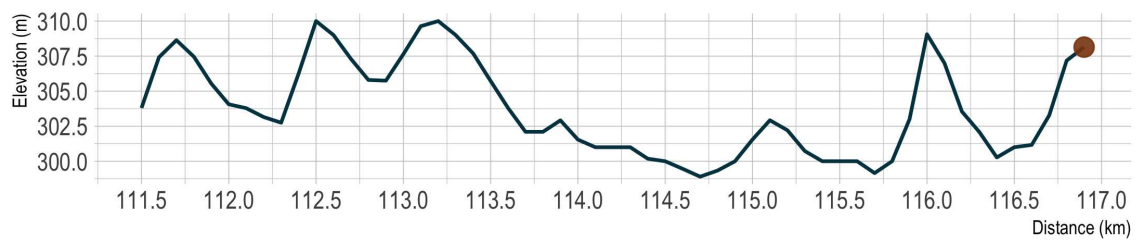
Stage 1 - Topographic profil

Val-d'Or - Amos (95.3 km + (4 x 5.4 km) = 116.9 km)



Stage 1 - Topographic profil - Last 5.4 km

Val-d'Or - Amos (95.3 km + (4 x 5.4 km) = 116.9 km)



km		Course	Val-d'Or - Amos	km/h		
to go	done	info	95.3 km + (4 x 5.4 km) = 116.9 km	46	44	42
119.9	-3.0	⤵	Start - Val-d'Or on the beach	16:45	16:45	16:45
119.6	-2.7	↑	Avenue Larivière/route 117	16:45	16:45	16:45
116.9	0.0		Official start	16:48	16:49	16:49
112.0	4.9	⚠	Oblique railroad crossing	16:55	16:55	16:56
111.9	5.0	i	City of McWatters	16:55	16:55	16:56
107.8	9.1	⚠	Bridge	17:00	17:01	17:02
106.9	10.0		Feed opening	17:01	17:02	17:03
99.9	17.0	🏔	KOM Points (Chemin Bousquet)	17:11	17:12	17:13
95.3	21.6	⚠	Oblique railroad crossing	17:17	17:18	17:20
84.9	32.0	⚠	Bridge	17:30	17:32	17:35
72.5	44.4	i	City of Cadillac	17:46	17:49	17:52
72.4	44.5		Bonus sprint time and points (Chemin Lac Normand)	17:46	17:49	17:52
58.9	58.0	i	City of Rivière-Héva	18:04	18:08	18:12
58.6	58.3	→	Highway 109	18:04	18:08	18:12
58.1	58.8	←	Lac Malartic street	18:05	18:09	18:13
57.1	59.8	⚠	Wooden bridge	18:06	18:10	18:14
47.2	69.7	🏔	KOM - Landrienne's flat	18:19	18:24	18:28
45.5	71.4	↑	Route 117 Sud / Highway 117 south	18:22	18:26	18:31
42.4	74.5	i	Ville de Malartic / City of Malartic	18:26	18:30	18:35
42.1	74.8	⤵	Roundabout (use 2nd exit straight ahead)	18:26	18:31	18:36
38.1	78.8		Bonus sprint time and points (km 544)	18:31	18:36	18:41
21.9	95.0	⚠	Bridge	18:52	18:58	19:05
18.7	98.2	⤵	Highway 117 bypass	18:57	19:03	19:09
18.2	98.7	⚠	Railroad crossing	18:57	19:03	19:10
15.8	101.1	⤵	Roundabout (use 2nd exit straight ahead)	19:00	19:06	19:13
12.4	104.5	⚠	Railroad crossing	19:05	19:11	19:18
12.0	104.9	↑	2e Avenue	19:05	19:12	19:19
11.9	105.0	\$	Mayor's sprint - \$250 (École St-Philippe sur la traverse piétons)	19:05	19:12	19:19
11.7	105.2	→	Rue Wolfe	19:06	19:12	19:19
11.5	105.4	↻	1ere Avenue	19:06	19:12	19:19
10.9	106.0	↑	1ere Rue	19:07	19:13	19:20
10.6	106.3	↑	Avenue Delorimier	19:07	19:14	19:21
10.1	106.8	↑	6e Rue	19:08	19:14	19:21
9.7	107.2	↑	1ere Avenue	19:08	19:15	19:22
9.2	107.7	↑	Rue de l'Ukraine	19:09	19:15	19:23
9.1	107.8	↑	2e Avenue	19:09	19:16	19:23
8.7	108.2	\$	Mayor's sprint - \$250 Start of 2nd lap	19:10	19:16	19:23
5.5	111.4		Start of 3rd lap	19:14	19:21	19:28
1.2	115.7	🏔	Caravan bypass on the right	19:19	19:26	19:34
0.0	116.9		Final Finish 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

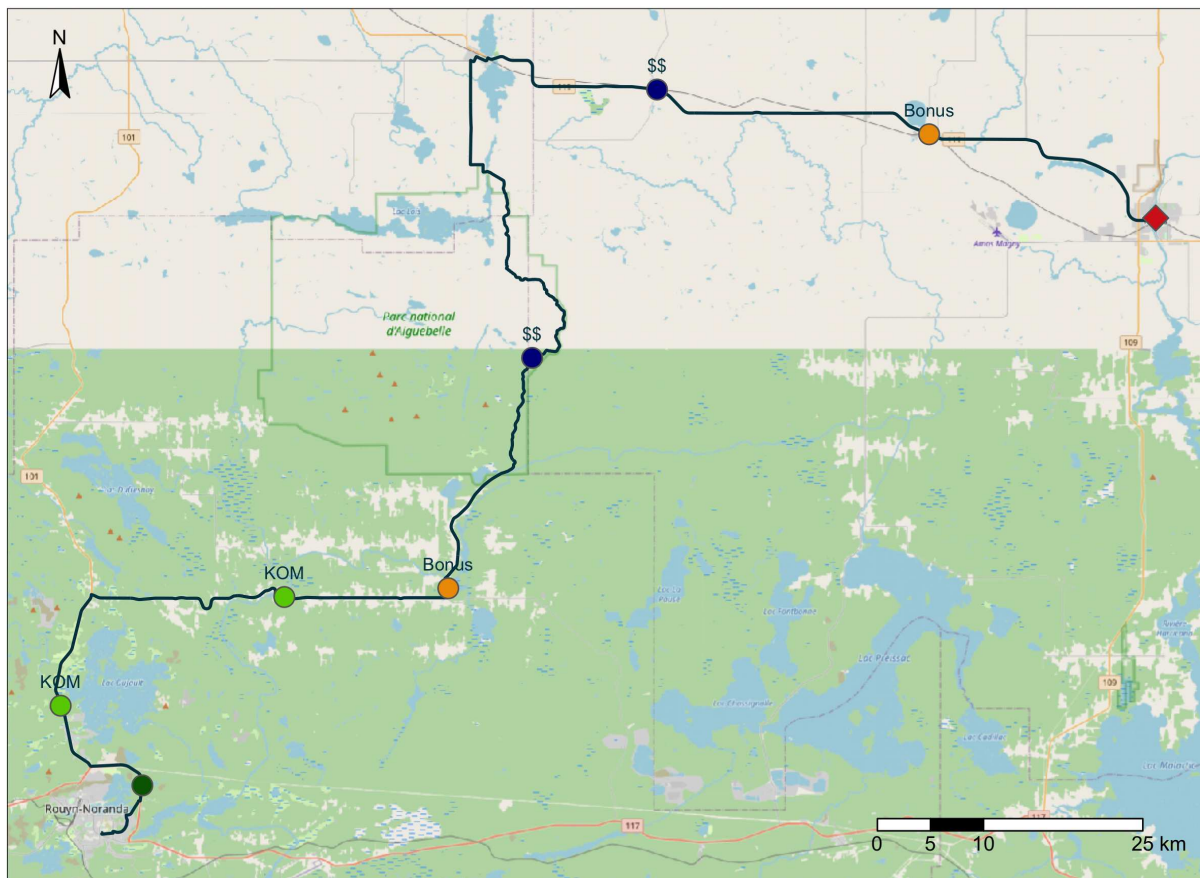
Wednesday, July 12th, 2023

Québec 

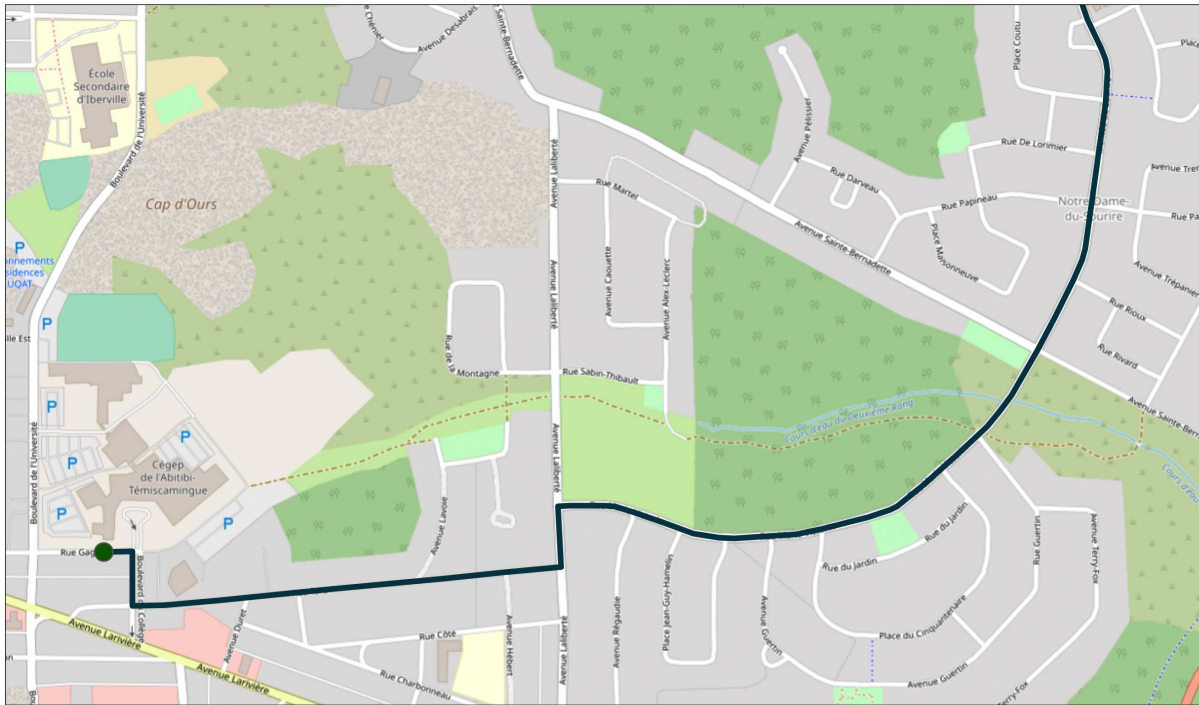
136.7 km

	Time
Start	16:15
Finish	19:21

Course

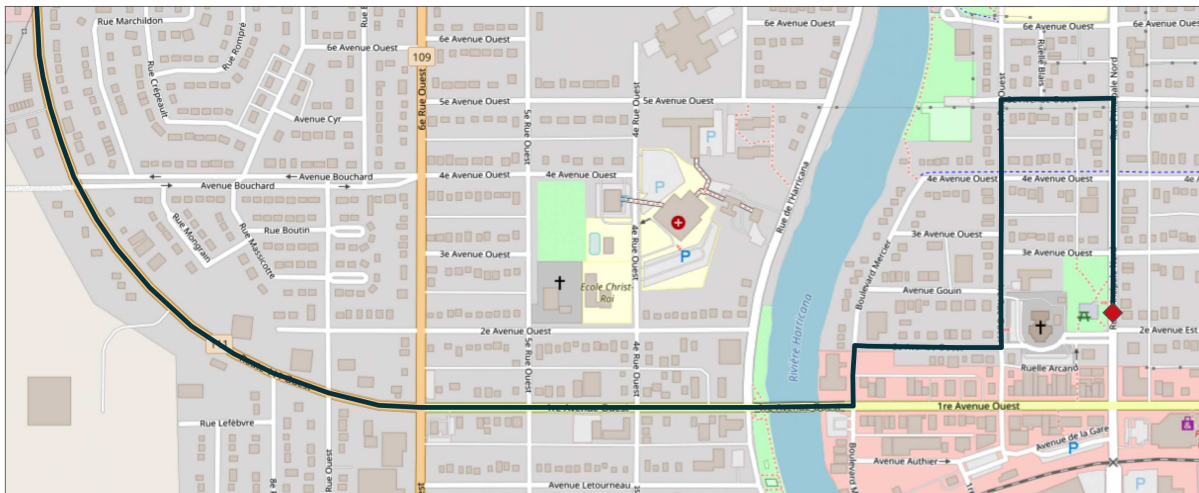


Start details



! Neutralized start on 5 km

Finish details

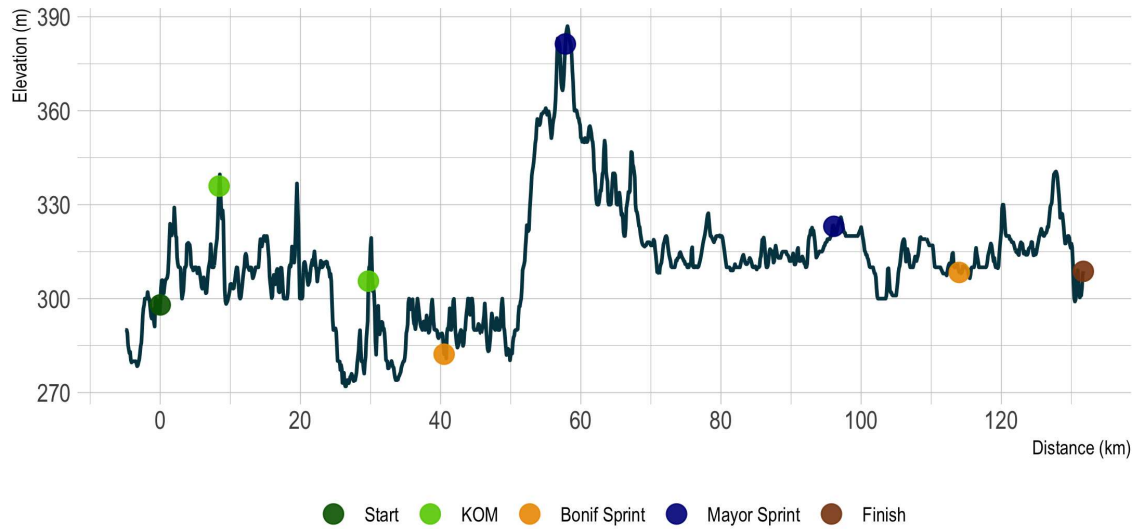


! Finish without circuit

Elevation

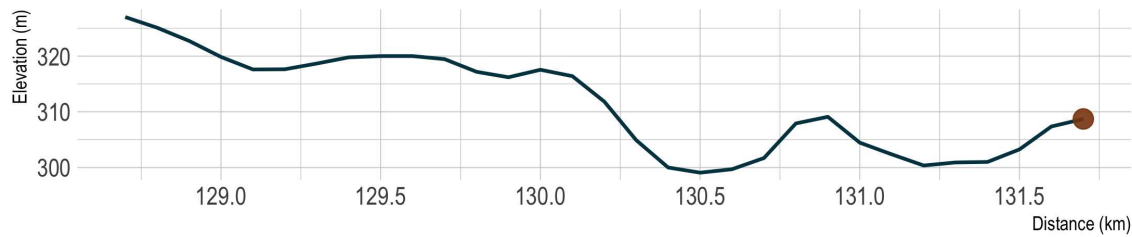
Stage 2 - Topographic profil

Rouyn-Noranda - Amos (131.7 km)



Stage 2 - Topographic profil - Last 3 km

Rouyn-Noranda - Amos (131.7 km)



km		Course	Rouyn-Noranda - Amos	km/h		
to go	done	info	131.7 km	46	44	42
136.7	-5.0	⤵	Start – Cegep	16:15	16:15	16:15
136.4	-4.7	↑	Avenue Larivière/route 117	16:15	16:15	16:15
131.7	0.0		Official start	16:21	16:21	16:22
128.8	2.9	⚠	Oblique railroad crossing	16:25	16:25	16:26
128.7	3.0	i	City of McWatters	16:25	16:25	16:26
124.6	7.1	⚠	Bridge	16:30	16:31	16:32
123.7	8.0	⚠	Oblique railroad crossing	16:31	16:32	16:33
123.3	8.4	⚡	GPM Points (Côte Lac Dufault)	16:32	16:33	16:34
102.0	29.7	⚡	GPM Points (Sortie Clérico)	17:00	17:02	17:04
91.2	40.5		Sprint bonification temps et points (Chemin Lac Normand)	17:14	17:17	17:20
89.3	42.4	i	City of Cadillac	17:16	17:19	17:22
75.7	56.0	i	City of Rivière-Héva	17:34	17:38	17:42
75.4	56.3	→	Highway 109	17:34	17:38	17:42
74.9	56.8	←	Lac Malartic street	17:35	17:39	17:43
73.9	57.8	⚠	Wooden bridge	17:36	17:40	17:44
73.9	57.8	\$	Mayor's sprint - \$250 (mine Lapa)	17:36	17:40	17:44
64.3	67.4	↑	Route 117 Sud / Highway 117 south	17:49	17:53	17:58
59.2	72.5	i	Ville de Malartic / City of Malartic	17:56	18:00	18:05
58.9	72.8	⤵	Roundabout (use 2nd exit straight ahead)	17:56	18:01	18:06
38.7	93.0	⚠	Bridge	18:22	18:28	18:35
35.6	96.1	\$	Mayor's sprint - \$250 (École St-Philippe sur la traverse piétons)	18:26	18:32	18:39
35.5	96.2	⤵	Highway 117 bypass	18:27	18:33	18:39
35.0	96.7	⚠	Railroad crossing	18:27	18:33	18:40
32.6	99.1	⤵	Roundabout (use 2nd exit straight ahead)	18:30	18:36	18:43
17.7	114.0		Sprint bonification temps et points (Halte Trécesson)	18:50	18:57	19:05
16.7	115.0	⚠	Railroad crossing	18:51	18:58	19:06
15.7	116.0	↑	2e Avenue	18:52	19:00	19:07
14.7	117.0	↑	Start of 1st lap	18:54	19:01	19:09
13.7	118.0	→	Rue Wolfe	18:55	19:02	19:10
12.7	119.0	↻	1ere Avenue	18:56	19:04	19:12
11.7	120.0	↑	1ere Rue	18:58	19:05	19:13
10.7	121.0	↑	Avenue Delorimier	18:59	19:06	19:15
9.7	122.0	↑	6e Rue	19:00	19:08	19:16
8.7	123.0	↑	1ere Avenue	19:01	19:09	19:17
7.7	124.0	↑	Rue de l'Ukraine	19:03	19:10	19:19
6.7	125.0	↑	2e Avenue	19:04	19:12	19:20
5.7	126.0	↑	Start of 2nd lap	19:05	19:13	19:22
4.7	127.0		Start of 3rd lap	19:07	19:15	19:23
0.0	131.7		Finish Time and points bonus (10-6-4 sec; 30-24-20-16-12-10-8-6-4-2 pts)	19:13	19:21	19:30

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