



# The Caribous Track

## In the heart of Gaspésie in Québec...

From 1st till September 8<sup>th</sup>, 2011



An adventure 100% in nature with 195 km shared in 3 or 4 steps (at your choice). A vertical drop ( 6 090 m) and food self sufficiency

Marked up file + GPS



The Gaspé is rich in its seascapes and mountains, its valleys and bays full of different coastlines. That's in Gaspésie that we can find the Appalachees, chain of mountains that covers the west of North America. Its peaks (Mount Jacques-Cartier, Mount-Albert) remain among the highest in Eastern Canada. We are going to cross 5 stunning sectors. **The Gaspésie** : it's a peninsula located in south east of Quebec and surrounded by the waters of St Lawrence River in the north, by the Gulf of St Lawrence in the east and by the Chaleurs bay in the south. The name « Gaspésie » comes from the word Gaspé that is a derivative micmaque by « Gespeg » that means « the end of the lands ».



# Prices

Departure of the race: on September 2nd

Sector name	Place of Departure	Place of Arrival	In 3 Steps	In 4 Steps	Vertical Drop	Total
High Gaspésie	Mount St Pierre	Mount Jacques Cartier	42 km	42km	+640 m	42,3 km +640 m
National Parc of theGaspésie	Mount Jacques Cartier	Lake Cascapédia	100 km	50km	+3380m	92,3 km
National Parc of theGaspésie	Lake Cascapédia	Mount Logan		50 km		141,5 km +5020 m
Wildlife Reserve	Mount Logan	Lake Matane	58 km	58 km	+1070 m	195,5 km +6090 m

The price « Europe » includes: 1590 euros + 100 euros after 1st of July

Payable in Canada en dollar CAD : 2150 \$CAD

Payable in Canada en dollar US : 2200 \$USD

- The organization of the Race Day 1 till Day 8
- The contribution for our organization
- transfer Quebec /Gaspésie
- the meals during the transference
- The nights at the bivouacs
- The closing dinner
- One night at the Hotel \*\*\*\* à Matane
- The entrances for the park (Days of Stages).
- The campsites and the camping



The price « Quebec » includes : 1390 Euros + 100 Euros after 1<sup>st</sup> july

Payable in Canada in dollar CAD : 1890 \$CAD

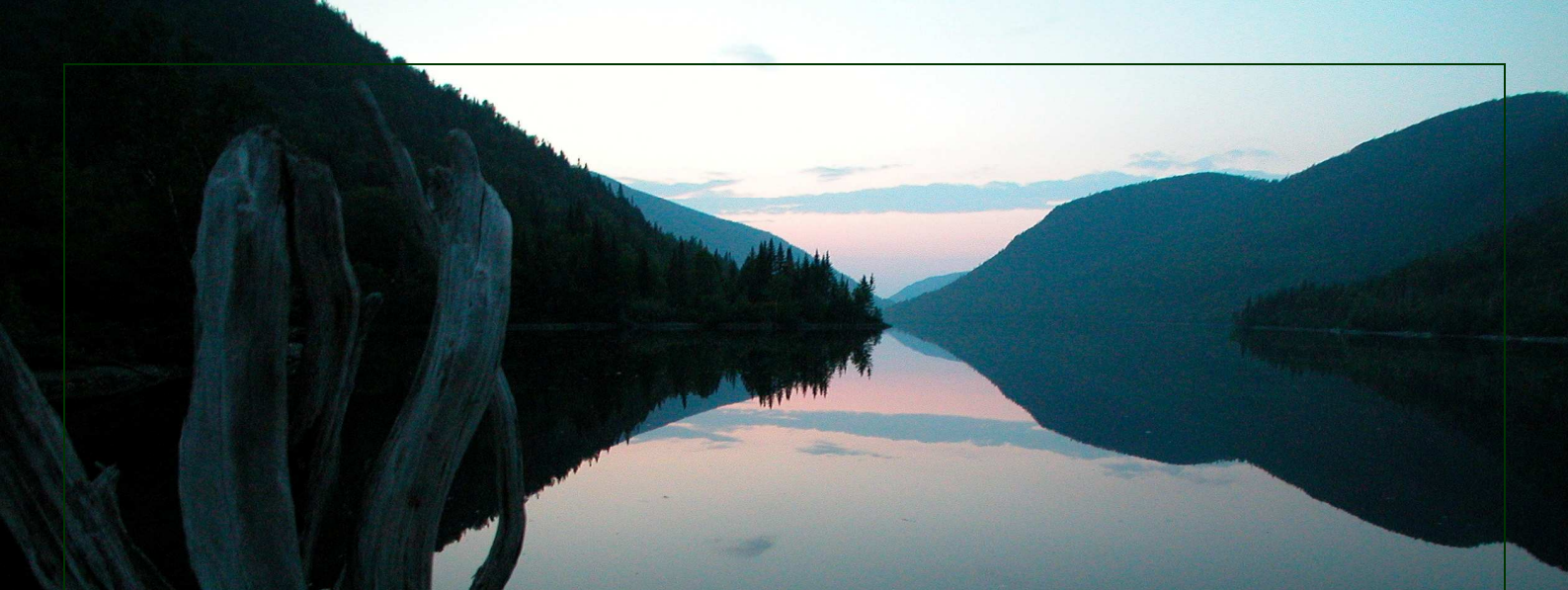
Payable in Canada in dollar US : 1930 \$ USD

- The organization of the Race: Day 1 to Day 5
- The contribution for our association RSO
- The nights at the bivouacs
- The closing dinner diner
- One night at the Hotel \*\*\* à Matane
- The entrances for the park (Days of Stages).
- The campsites and the camping



Rates do not include:

- The Air
- The potential on nights hotel Quebec
- The transfer Montreal / Quebec
- The repatriation insurance
- Drinks and souvenirs
- The cost of bank transfer and credit card



## Program

Meeting point in Quebec from where we will go to the city of Mount St Pierre (Gaspésie)  
We will meet in town all the runners, the Canadians and the foreign runners

Schedule appointments will be confirmed subsequently

### Option 4 Stages

Day	path	Day / month	Departure	Finish
1	Quebec	Wednesday 31 Aout		
Meeting point 31 Gare du Palais /Quebec Basse Ville - Schedule : will be published later				
2	Transport pour Gaspésie	Wednesday 31 August	Gare du Palais	Mount st pierre
3	Day Off à Mount St Pierre	Thursday 1 <sup>er</sup> September	Mount st pierre	Mount st pierre
4	Stage 1 - 42 km	Friday 2 <sup>nd</sup> September	Mount St Pierre	Jacques Cartier
5	Stage 2 - 50 km	Saturday 3 September	Jacques Cartier	Lake Cascapédia
6	Stage 3 - 50 km	Sunday 4 September	Lake Cascapédia	Lake des islands
7	Stage 4 - 58 km	Monday 5 September	Lake des islands	Lake Beauplace
7	Closure at Matane hotel	Monday 5 September		
8	Transport back to Quebec	Tuesday 6 September	Matane	Quebec

The Program can be modified according to the security or to other external events , for instance: the weather

### Option 3 Stages

Day	path	Day / month	Departure	Finish
1	Quebec	Wednesday 31 Aout		
Meeting point 31 August - Gare du Palais /Quebec Basse Ville - - Schedule : will be published later				
2	Transport to Gaspésie	Wednesday 31 August	Quebec	Mount st pierre
3	Day Off à Mount St Pierre	Thursday 1 <sup>er</sup> September	Mount st pierre	Mount st pierre
4	Stage 1 - 42 km	Friday 2 <sup>nd</sup> September	Mount St Pierre	Jacques Cartier
5	Stage 2 - 100 km	Saturday / Sunday	Jacques Cartier	Lake Cascapédia
6	½ day - stand off	Sunday 4 September	Lake Cascapédia	Lake des islands
7	Stage 3 -58 km	Monday 5 September	Lake des islands	Lake Beauplace
7	Closure at Matane hotel	Monday 5 September		
8	Transport to Quebec	Tuesday 6 September	Matane	Quebec

The Program can be modified according to the security or to other external events , for instance: the weather

## Way in details

Points in Km :	Km total walked :	Places :	Photo :
Departure	1st Bivouac night	Village du Mount St Pierre	
		Refuge les Caburons (+400)	
Finish Stage 1	42 km	Mount Jacques Cartier (+660)	
		Lake à René (+1140)	
		Lakes aux américains (+1260)	
		Mount Albert (+ 2060)	
		Sentier des AppaLakehes	
Finish Stage 2	50 km	Mount du Miplace & Mount Ells (+2570)	
		Lake Cascapédia	
Finish Stage 3 / Stage 2 bis	50 or 100	Mount Ernest Ménart & Pic du Brulé (+2770)	
		Intersection Pic de l'Aube (+2970)	
		Mount du Blizzard & Mount Arthur Allen (+ 3170)	
		Refuge Carouge (+3510)	
		Mount des Loups & Mount Dodge (+3760)	
Finish	195 km	Lake des islands/Mount Logan (+3960)	
		Mount Collins (+4040)	
		Rivière Cap Chat	
		Mount Nicol Albert (+4940)	
		Lake Beauplace (+5140)	
		Lake Matane (+5500)	



### The concept of the race:

Our race is a Raid by Stage. It's the 22<sup>nd</sup> realization from RSO in the world but with a different connotation: Like a No Stop race for the 3 stages version This will be one of the hardest races of the world because of its hilly way what made of this race a "Mountain Race". In summary: 100% natural, hard, 6000m D+ , That means: A race like RSO loves to propose you.

- The field: everything is there: single track, dual track, the forests, the lakes, the mountains, large parks, open spaces and the caribous, of course ...



We will be intransigent on the respect for the nature and wildlife, also about the security rules of the parks or the organization members.

- Les Stages: each stage goes out from the bivouac, and the day after, leaves from the same place .They will have 42 to 58 Km with the option of making the 2<sup>nd</sup> and 3<sup>rd</sup> stage together, ie, 100 km. The runners who choose the 3<sup>rd</sup> option will start two hours later. They will have a ½ Day of rest on Sunday (according to their Finish time). All runners leave together for the 4th Stage
- The Check Point: all 12/15 or 20 km, when the terrain allows, you will find a Check Point with water, Coffee, tea and soup). Our organizers will point your time, our doctors and nurses will do a small medical checkup before let you go
- The bivouacs : Each tent will support 2 runners. They will be organized by our copartner , the Sépaq , the park manager.

Self-sufficiency: in the Day Off you will be supposed to show us your calorie card: 6000 calories (4000 on Departure - 2000 on the Lake Cascapédia in a Bag Drop)

A Raid by stage with a no stop race spirit ...



## Required equipment

6000 calories (4000 + 2000) minimum

- A blanket,
- A signal mirror,
- A whistle,
- A headlamp
- The batteries
- A lighter,
- A small first aid kit,
- A roll of Elastoplast,
- A compass,
- A pocket knife,
- 2 Cyalumes,
- 2 Kleenex,
- a hydration system: bag or cans of 1.5 liters minimum.
- jacket and pants are required and will be part of the equipment
- plastic cup

➤ Medical Certificate:

It is part of the registration form and no runner will take the departure without that formality.

➤ The medical staff:

In every Raid we have a French physician and a nurse.

The Medical Staff will be expanded in reason of the runners registered and the length of the event.

□ luggage :

*in the plane* : Take your Camel back with you and go out with your shoes to be sure to find them at the finish. Try to respect the new rules. No hard case ... prefer a soft sport bag:20 kg max. Remember to label your luggage with your name and destination

You are supposed to manage your waste, you'll have available the garbage bags on the PC and in the bivouacs

# Aircraft and ticket plane

A lot of you ask us to stay some days more to enjoy a little bit more but you come from different countries ; That's why we won't manage for you the tickets planes. Even though we are able to help you to find them.

How to buy your tickets:

internet:

- Air Canada : [www.aircanada.com](http://www.aircanada.com)
- Air Transat : [www.airtransat.fr](http://www.airtransat.fr) ( Departure de Paris et province )
- Go Voyages : [www.govoyages.com](http://www.govoyages.com)
- Corsair fly : [www.corsair.fly](http://www.corsair.fly)

We recommend you : [www.illicotravel.com](http://www.illicotravel.com) to choose the dates and the prices

Approximate prices ( 22 mars) to Quebec : 600 euros and 450 euros to Montreal + 60 euros to pay the bus that brings you to "La Gare du Palais" (Bus station) where we are going to meet you

There are more flights to Montreal than to Quebec.

Ushuaia Voyages

You can also get in touch with our partner: quotation and payment terms directly with them.

In any case always take cancellation insurance for your ticket online or at the travel agency, or cover yourself with your credit card.

The self assurances :

It is compulsory to take out an insurance that supports repatriation costs of evacuations and searches. At Europ Assistance, you can find an Ultra Endurance insurance that assures you the individual return (35 euros) and it's valuable for one whole year all around the world

## The organization team :



An experienced team - French -Belgium - Quebec - on the hardest tracks

- Race director
- Marks and orientation team composed of 3 persons
- 2 emergency doctors
- 2 emergency nurses
- A team of 3 persons that will close the track after the latest runners
- Ours locals guides of the Sepac and SIA
- Our partners, the guides of the parks and the organizers of « Vol de Nuit » .
- A team in case of necessary evacuation by helicopters
- In summary, a team of nearly 30 people mobilized for the event.



## Contact RSO :



Amérique du Nord  
Canada - Québec - Gaspésie  
Caribou Track  
La piste des caribous  
195 km  
3/4 étapes  
5500 m D+40



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## Nos partenaires :



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