

Choose the right course to get the most out of your ride!

La Québécoise – Green course +/- 90 km / + 800 m	La Québécoise – Blue course +/-150 km / + 1 500 m
<p>This course is quite pleasant and offers no major difficulties. Recommended for groups who want a friendly ramble or beginner road/touring cyclists looking to benefit from quality guidance. You can gain familiarity riding in a group and experience your first timed ride, all while enjoying what the region of Quebec city has to offer.</p> <p>It's the perfect course for you if you're used to riding around 25 km/h on average and you've got fewer than 1,500 km in your legs so far this year.</p>	<p>This circuit takes riders from the edge of the St Lawrence River to the first slopes of the Jacques Cartier River valley. Rated as hilly and demanding, this course is for riders who aren't afraid of a few leg-breaking climbs.</p> <p>With its distance, in the neighbourhood of 150 km, it's aimed at cyclists with more than 2,500 km on the odometer this season, and who can maintain an average speed around 30 km/h. A great end-of-season challenge!</p>
La Montréalaise – Green course +/- 90 km / + 100 m	La Montréalaise – Blue course +/- 155 km / + 200 m
<p>An appealing ride offering no major difficulties, offering the chance to discover the farmlands of the Montérégie. It's recommended for groups who want a friendly ramble or beginner road/touring cyclists looking to benefit from quality guidance. You can gain familiarity riding in a group and experience your first timed ride.</p> <p>It's the perfect course for you if you're used to riding around 25 km/h on average and you've got fewer than 1,500 km in your legs so far this year.</p>	<p>Along the scenic farmland roads of the <i>Circuit du Paysan</i> (Countryman's Tour) in the Montérégie, the longer course extends from the St. Lawrence River shoreline to the U.S. border. It's demanding owing to its distance, and is for superior-endurance riders who have no problem spending 4 to 6 hours in the saddle.</p> <p>It's an ideal outing and a fine challenge for cyclists who are used to pedaling more than 150 km at a stretch, and who have logged more than 2,500 km this season. If the wind becomes a factor as well, watch out!</p>