OFFICIAL PROGRAM 2025









WORLD**TRAIL**MAJORS

S/LAB ULTRA GLIDE GAME-CHANGING OUTSOLE

The *relieveSPHERE* technology is specifically designed to diffuse pressure and to break down repeated underfoot impact for enhanced, durable comfort.





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Engagés, à vos côtés

Desjardins, fier présentateur du parcours de 15 kilomètres.

Félicitations à tous les participants du Québec Méga Trail ainsi qu'à tous les bénévoles qui feront de l'édition 2025 un véritable succès.

🗘 Desjardins

A WORD FROM THE ORGANIZING COMMITTEE

In Your Skin, In Your Stride

Running a trail is also a journey within. At Québec Mega Trail, every stride is an invitation to return to what truly matters: your breath, your body, your nature.

Running the Québec Mega Trail means honoring the body that carries you—not by pushing it, but by listening to it. To respect yourself is to slow down, to savor, to recognize your strengths and limits.

It's daring to be vulnerable as a path to growth. It's being fully present in every moment.

It's choosing a course that leaves a mark—but never a scar. Not on yourself, and not on the land.

It's running lightly, with an open heart and a deeper awareness.

Running here means being part of something greater. Nature isn't just a backdrop—it's a companion.

On QMT trails, you move through landscapes that are precious, fragile, alive. Every step leaves an imprint—on the path, on the planet, and in memory.

Taking part in Québec Mega Trail means growing together. Thanks to our volunteers, partners, and runners, a whole community comes to life creating an event that celebrates what's living.

A space where performance meets kindness. Where caring for yourself goes hand-in-hand with caring for others—and for the Earth.

This race is a springboard. To go further—inward, and outward.

Run well. Live better.





PRESENTED BY
SALOMON

WORLDTRAILMAJORS

2026 EDITION JULY 2 TO 5 At mont-sainte-anne

ON SALE FROM AUGUST 1^{RST} EARLYBIRD DISCOUNT IN LIMITED QUANTITY ULTRATRAILCANADA.COM

WORDS FROM THE MINISTERS

Quebec, a runner's paradise

The Government of Quebec is pleased to support Quebec Mega Trail's 13th edition, offering top athletes, beginners, families and children the opportunity to surpass themselves through a new or renewed passion! What a great way to promote physical activity and its benefits! This year, the event also hosts the Canadian Trail Running Championships, a source of pride for our region!

Considered one of Canada's finest ultra-trail races in terms of its notoriety, this event positions Quebec as a destination of choice for sporting events. Quebec Mega Trail and the Canadian Trail Running Championships contribute to the economic development of the Charlevoix and Côte-de-Beaupré regions, enrich the quality of life of residents, and attract trail running enthusiasts from all over Quebec, Canada and the world.

Congratulations to the Quebec Mega Trail organization and volunteers for this wonderful achievement. We hope visitors will take advantage of their stay to discover the greater Capitale-Nationale region!

Enjoy the event!



Jonatan Julien Minister responsible for Infrastructure and Minister responsible for the Capitale-Nationale region



Caroline Proulx Minister of Tourism and Minister responsible for the Lanaudière region





SCHEDULE AND RULES

Schedule and rules are subject to change. We ask that you check the website by clicking here:

SCHEDULE

RULES





RACES OF A LIFETIME LES COURSES D'UNE VIE



13TH EDITION





In collaboration with



FRIDAY JULY 4TH

- 4 P.M. : Salomon Shake-out Run
- 7 to 10 P.M. : 135 km Start Ceremony with Cocktail and Outdoor Meal

SATURDAY JULY 5TH

- 9 A.M. : Salomon Coffee Run X Faux Mouvement
- 11 A.M. : Yoga Vinyasa session with Élodie Déry
- 2 P.M. : PCN panel Myths and Reality / Post-Race Recovery

LIVE MUSIC

- 4 P.M. : Show with Samuel Lussier
- 5 P.M. : Show with Rose et David

SUNDAY JULY 6TH

10 A.M. : Yoga Vinyasa session with Élodie Déry



10:30 A.M. : Show with

Pépé et sa guitare





DE BEAUPRÉ

FOOD TRUCKS TO MAKE YOUR MOUTH WATER!

On the menu: salads, cheeseburgers, and tacos plus delicious craft beers from La Souche Microbrewery!

EXHIBITORS' BOOTHS!

- Salomon
- XACT
- PCN Physio
- Icebreaker
- Faux Mouvement
- La Cordée
- COROS
- Multiclinique Parc Santé
- Karibu
- Näak
- Tout.trail
- Clinique santé Mont-Sainte-Anne
- Fenix
- Eye Am soins oculaires
- Et plus encore

Family fun

- Obstacle Course The « Lil' Lumberjack »
- Inflatable games
- Face painting and more









JUNE 14TH AT (9 A.M.) ON THE ROAD TO OMT

Mont-Sainte-Anne

Getting ready for the QMT? Our friends XACT nutrition are back with the "shock day" ON THE WAY TO THE QMT. On the program, three free trail reconnaissance activities with the XACT family and its partners: Discovery of the legendary Mestachibo trail (reserved for QMT-50 participants and above, limited places), Discovery of the 25km with the trail club Le Coureur nordique (limited places), D+ party with tasting of products, DJ and a fiery vibe with the XACT team and its partners. Registration is required!

JULY 4, 2025 (4 P.M.) SALOMON SHAKE-OUT RUN

Salomon Stand

Come stretch your legs with the Salomon team ambassadors before the start of the long distances. This will be an opportunity to discover their new products and shoes, which will be available for trying on. At the end of the race, you are invited to have a beer from La Souche or a non-alcoholic drinks. There will also be some nice surprises!



JULY 4, 2025 (7 P.M.)

QMT 135 START FROM BAIE-SAINT-PAUL

Hôtel & Spa Le Germain Charlevoix

Join the start ceremony of the brand-new QMT 135 alongside the runners, live from the Hôtel Germain Charlevoix. You'll have the opportunity to enjoy the facilities, have a drink with us outside or at Le Bercail restaurant. A takeout menu will also be available outside, for a bite to eat.

An emotional moment you absolutely don't want to miss. The athletes will start at 10 $\rm p.m.!$ Be there!

The QMT-135 is the brand-new premier race and an internationalcaliber sporting event, part of the World Trail Majors.



JULY 5, 2025 (9 A.M.) SALOMON COFFEE-RUN

Salomon Stand

Start the day off right with the Salomon team and its ambassadors, for a muscular morning with a good Faux Mouvement coffee at the end of the race. This will also be an opportunity to try out their new products and shoes.



JULY 5, 2025 (2 P.M.)

MYTHS AND REALITY POST-RACE RECOVERY

7^e ciel room of the Delta Mont-Saint-Anne Hotel (second floor)

Presented by PCN Physio, with Gabrielle Fortin and Patricia Foy, Physiotherapists: Long-distance running: good or bad for our long-term health? Is trail running really better than road running for our bodies? Does your shoe have a real impact on your running performance? Come debunk some of the myths surrounding running at this dynamic conference. With two physiotherapists and runners, you can explore various popular beliefs and answer your questions!

REGISTER

JULY 5 (11 A.M.) AND JULY 6 (10 A.M.) 2025

YOGA SESSIONS WITH ÉLODIE DÉRY

7° ciel room of the Delta Mont-Saint-Anne Hotel (second floor)

ON RESERVATION: You are invited to participate in yoga sessions, accessible to all, at the 7° ciel room of the Delta Mont-Saint-Anne Hotel (second floor).

REGISTER

JULY 5, 2025 (4 P.M.)

SHOW WITH ROSE AND DAVID + SAMUEL LUSSIER

Podium

Live from our stage located on the finish line, enjoy a colorful show with Rose and David, and Samuel Lussier, who will be opening. With his guitar and his gentle madness, Rose and his sidekick David serve up jazzy folk-pop as surprising as a mystery cake. Each song is a feast of humor, audacity, and contagious energy. Under the name The Lost French Guy, Samuel Lussier shares a folk-country inspired by his travels, between the streets of Tennessee and the beaches of the Caribbean. A wind of elsewhere blows in each of his songs.



JULY 6 (10:30 A.M) 2025

FAMILY SHOW PÉPÉ ET SA GUITARE

Podium

Live from our stage located at the finish line, we are honored to welcome the one and only Pépé and his guitar. Pépé has been tasked with entertaining young and old alike just before the start of the 1km Family race, and he has quite a show in store for us!

He will share with you the secret to happiness and take you through the full range of emotions. You'll surely leave with a smile on your face, saying, "That's exactly what I needed."



DON'T MISS OUT At the Finish site

July 4th through 6th, 2024

OBSTACLE COURSE THE « LIL' LUMBERJACK »

The team behind Le Nordais and the Ancestors Challenge offer your little lumberjacks a fun and safe obstacle course experience. Designed for children aged 4 to 13, youngsters will gain in confidence as they complete physical challenges such as running, jumping, climbing and crawling. Older children will also enjoy this course thanks to the variety and size of obstacles it offers. A timed option will also be available on site for children who wish to compare their times with other children their age.

QMT MARKET

Food options include a healthy menu from OUIOUI Buvette forestière, excellent beers from La Souche Microbrewery and other refreshments in the QMT "chill zone". Vendors include Salomon, XACT, PCN Physio, Icebreaker, Faux Mouvement, La Cordée, COROS, Planète Nutrition, Multiclinique Parc Santé, Karibu, Holos, Näak, and more.



FAMILY FUN

Inflatable games, face painting and more will be offered at the finish site to entertain our little athletes in the making.



SITE MAP

QMT

- 1: DÉPARTS / PLATEAU SUPÉRIEUR Upper plateau Starts
- 2: ZONE D'ARRIVÉE / Finish Area3: NAVETTES / Shuttle
- 4: DOSSARDS. BÉNÉVOLES
- Race Bibs and Volunteer Headquarters

BOUFFE ET FAMILLE (FOOD & FAMILY)

- 8: OFFRE ALIMENTAIRE/ Food Options
- 9: JEUX GONFLABLES/ Inflatable Games

11: COURSE À OBSTACLES Obstacle Course LES P'TITS BÛCHERONS

5: DOUCHES / Showers

Waste sorting space

6: ESPACE DE TRI /

7: PREMIERS SOINS / First Aid Station

INFIRMERIE /

Medical Station

12: PUMPTRACK

• FONTAINE D'EAU / Water fountain

EXPOSANTS (EXHIBITOR)

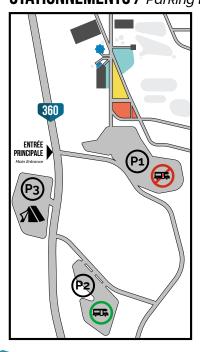
10: MAQUILLAGE / Face painting

• BOUTIQUE QMT	• TOUT.TRAIL	• PCN
• SALOMON	• EYE AM SOINS	• XACT
• MULTI CLINIQUE	OCULAIRES	• NÄAK
PARC SANTÉ	• JULBO	• LA CORDÉE
 FAUX MOUVEMENT 	• COROS	• KARIBU
 CLINIQUE SANTÉ Mont-Sainte-Anne 	• FENIX	

ZONE CHILL (CHILL ZONE)

• BAR

- PODIUM
- STATIONNEMENTS / Parking lot

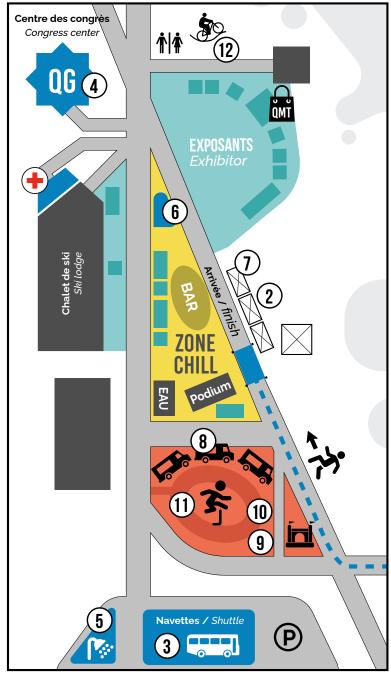


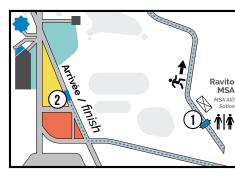
P1 STATIONNEMENT PRINCIPAL AUCUNE VAN OU VR Main parking lot No Van or VR

P2 STATIONNEMENT SECONDAIRE VAN OU VR Secondary parking lot Van or VR allowed

CAMPING QMT QMT Campground







DÉPART ET ARRIVÉES Start and Finish Area

1 DÉPARTS PLATEAU SUPÉRIEUR Upper plateau Starts QMT - 32 - 25 - 15 - 6 - 1

2 ARRIVÉES TOUTES LES COURSES Finish Line – All Races

A FORESTOF OF ELOPS IN SOUCHE



ORDEUS BLACK IPA IMPÉRIALE À L'ÉPINETE ICRTE/ EXTRA-STROND BOR TH ALC/ICL TA

STONEHAM

LOITION

22, 1re Avenue Stoneham, QG, G3C ØK7

LIMOILOU

801, Ch de la Canardière Québec, QC, G1J 2B8



IN SOUCHE





- everythingfenix.com -



FENIX SIGNED ATHLETE

HM65R-T V2.0

one charge for 135 km



HL18R-T V2.0 Lightweight choice



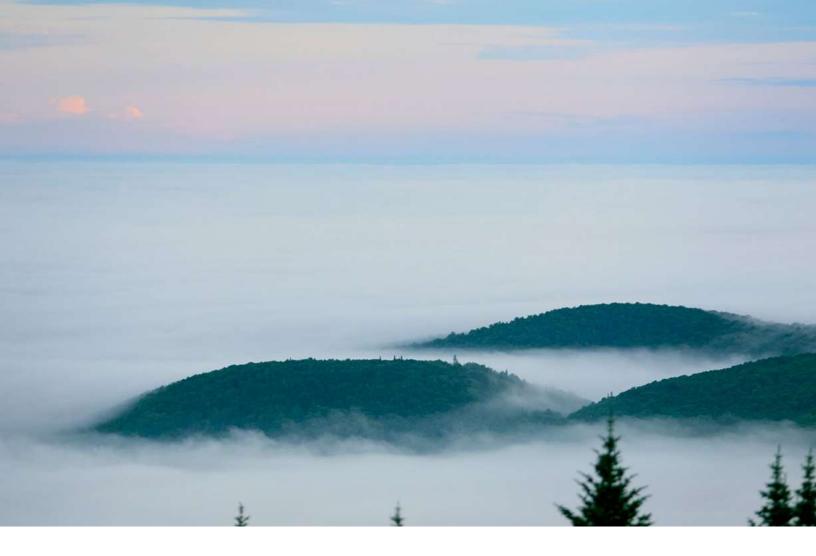
OFFICIAL NUTRITION PARTNER



THE SNACKS YOU NEED. THE REAL FRUITS YOU LOVE.

THE TASTE THAT FURTHER!

X A C T N U T R I T I O N . C O M



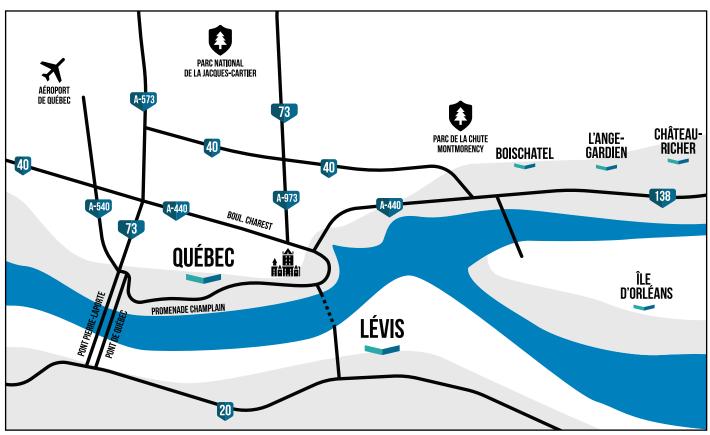
USEFUL INFORMATION FOR TRAVEL COMPANIONS



The Quebec Mega Trail team hopes your stay with us will be as pleasant and practical as possible.

Here are a few addresses not to be missed, as well as useful information about Quebec City, Beaupré and Charlevoix.

QUEBEC CITY



Located just 45 minutes from the race site, Quebec City and its surrounding area offers a ton of fun activities for families, couples and individuals. In summer, Quebec City transforms into a true paradise for outdoor enthusiasts. Its unique setting, nestled between the St. Lawrence River and its numerous green spaces, offers a multitude of sporting activities accessible to all. Runners and hikers can explore the Plains of Abraham, offering varied trails and breathtaking views of the river. Old Quebec, with its steep streets and famous staircases, is an ideal challenge for urban training. Cyclists will enjoy the Coastal Corridor, a bike path along the river and connecting several parks, perfect for a sporty outing. With its blend of history, nature, and outdoor activities, Quebec City is a must-see summer destination for adventure-seekers.





To help you plan your stay in Québec City, here are a few useful addresses and references:

QUOI FAIRE À QUÉBEC

A frequently updated directory of festivals, events, activities, restaurants, and accommodations.

<u>quebec.quoifaire.com</u>

DESTINATION QUÉBEC CITÉ

Québec stands out for its rich history, warm hospitality, vibrant activities, and stunning scenery.

Destination Québec Cité is the official tourism office for the region.

<u>quebec-cite.com</u>

QUÉBEC ANIMÉE

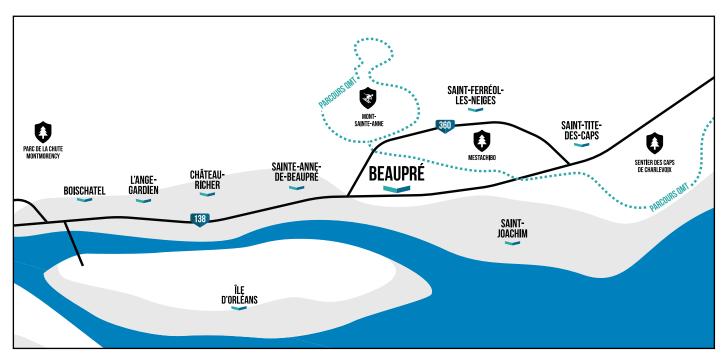
A platform that highlights current events and new activities happening in Québec City.

ville.quebec.qc.ca

For all you need to know about Quebec City



BEAUPRÉ/ MONT-SAINTE-ANNE



There are many activities and cultural attractions to discover along Route 138 East, on your way to the race site from Jean Lesage International Airport. Café Apollo near the Basilique Ste-Anne is a great place to enjoy a delicious coffee. From there, you'll be within walking distance of local shops and the Quai Sainte-Anne, which offers beautiful views of the St. Lawrence River.

The Côte-de-Beaupré is rich in heritage and yields a number of natural attractions to discover. Between the river and the mountains, there are a multitude of outdoor activities in this magnificent region to enjoy.

Near the race site, you'll find a multitude of hiking trails around the magnificent Jean-Larose and Sainte-Anne rivers. Craving a good microbrewery beer? Stop by <u>Brasseurs des Monts</u>, discover the traditional poutines at <u>Shack à Patates</u>, or have a drink at <u>Chez Pat</u>.

HERE ARE A FEW USEFUL ADDRESSES NEAR THE SITE :

Marché du Village market (grocery store, SAQ, and gas station): 3175 Av. Royale, Saint-Ferréol-les-Neiges

IGA Chouinard grocery store : 10505 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

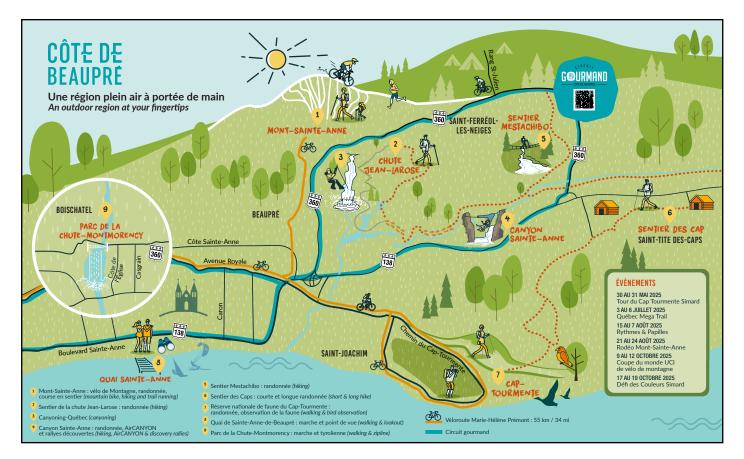
Gas station (Petro-Canada): 250 Bd du Beau Pré, Beaupré, QC G0A 1E0

Horizon Santé Pharmacy : 10974 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

Sainte-Anne-de-Beaupré Hospital: 11000 Rue des Montagnards, Beaupré

Caisse Desjardins ATM : 10974 Bd Sainte-Anne, Sainte-Anne-de-Beaupré

L'Expresse de Beaupré Taxi: 581-909-8294 Web site



Here are a few must-sees, divided into 3 categories.

AGROTOURISM

- <u>Café Apollo</u>
- La ferme Québec-Oies
- <u>Crèmerie Sammy's</u>
- Microbrasserie Brasseur des Monts
- Microbrasserie des Beaux Prés
- <u>La Bio Ferme des Caps</u>
- <u>Shack à Patates</u>
- <u>Chez Pat</u>

OUTDOORS

- Parc de la Chute-Montmorency
- Réserve nationale de la faune du Cap-Tourmente
- <u>Canyoning Sainte-Anne</u>
- Quai de Sainte-Anne-de-Beaupré
- <u>Sentier Mestachibo et sentier des chutes Jean-Larose</u>
- <u>Mont-Sainte-Anne Activités diverses</u>
- <u>Sentier des Caps</u>

FUN FOR ALL THE FAMILY

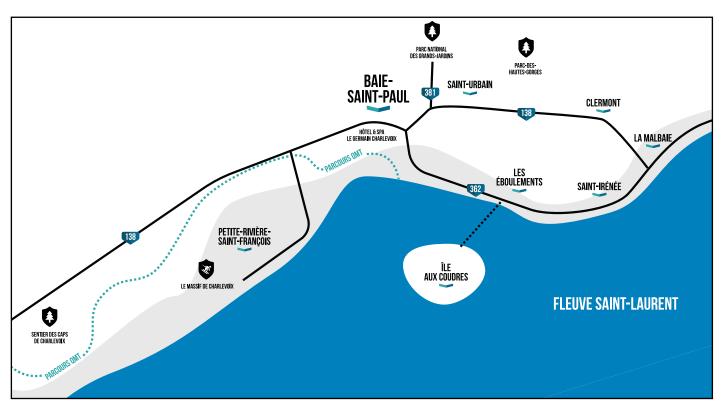
- <u>Cheval & Campagne</u>
- <u>Bohème Bar à Jus Pilates</u>
- Musée de la nature
- Route de la Nouvelle-France
- <u>Auto-cueillette fraises</u>
- <u>Aqua-Parc Mont-Sainte-Anne</u>
- <u>Canyon Sainte-Anne</u>

For all you need to know about Côte-de-Beaupré





CHARLEVOIX / BAIE-ST-PAUL



Charlevoix is known for its nature and authentic charm. It is divided into six sectors, four of which are part of the association of Most Beautiful Villages Quebec : Tourisme Charlevoix. Baie-Saint-Paul is located 40 minutes from Mont-Sainte-Anne and 1h08 minutes from Quebec City via Highway 138 east.

You can grab a bite to eat at the charming <u>Mousse</u> <u>café</u> just a few steps from the QMT-100 miles start site. Then, head to rue Saint-Jean-Baptiste for a spot of shopping. A number of local artists display their work there. Finish a perfect day in Baie-Saint-Paul at nearby Le Germain Hotel <u>Bistro Le Bercail</u> for happy hour.

GAS STATIONS

Please note that gas stations are limited between Mont-Sainte-Anne to Le Germain Hotel (QMT-100 miles start), so it's best to fill up before you leave! Your first gas station will be in the village of Baie-Saint-Paul on route 362.





Here are our musts in this magnificent region. We strongly suggest you spend a few days here.

AGROTOURISM

- <u>Auberge & Bistro des Balcons</u>
- <u>Bistro de l'Estran</u>
- Laiterie Charlevoix
- Fraîcheurs et Saveurs
- <u>Auberge le Four à Pain</u>

OUTDOORS

- Parc national des Grands-Jardins
- ZEC des Martres (Mont du Lac à l'Empêche)
- <u>Katabatik</u>
- <u>Parc national des</u> <u>Hautes-Gorges-de-la-Rivière-Malbaie</u>
- Le Massif de Charlevoix
- <u>Canyoning</u>

FUN FOR ALL THE FAMILY

- Quai de la Petite-Rivière-St-François
- Camping Le Genevrier
- <u>Camp Le Manoir</u>
- <u>Via Ferratta</u>
- <u>Isle-aux-Coudres</u>

For all you need to know about this region:



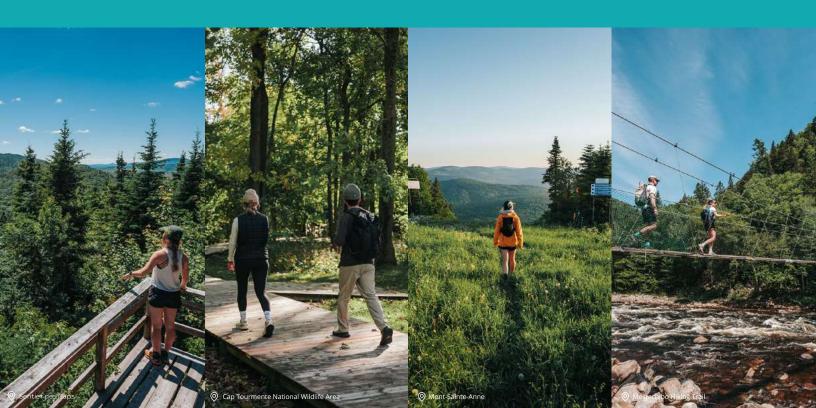
CÔTE DE Beaupre

Mont-Sainte-Anne



Côte-de-Beaupré, an outdoor region at your fingertips ! PLAN YOUR NEXT GATEAWAY : COTEDEBEAUPRE.COM





Explore Québec City, one neighbourhood at a time.

Montcalm



Discover the best addresses and nearby neighbourhoods.



Vieux-Québec

How to recover after QMT?

After a race, it's essential to give your body the time it needs to recover. Here's how to do it :

- On race day (Day 0), make sure to stay hydrated, eat enough to restore your energy, and include some light stretching. Getting quality sleep is also crucial to help muscle regeneration.
- On Day 1, focus on gentle activities like walking or yoga to improve circulation and reduce stiffness.
- Day 2 is a good time to continue light movement. A short walk or using a foam roller can help ease muscle tension and support recovery.
- By Day 3, you can start reintroducing moderate activity such as cycling or swimming. These are great options to reactivate your cardiovascular system while being gentle on your joints.
- On Day 4, if your body feels ready, you can try a light return to running by alternating between walking and short running intervals.
- By Day 5, you're usually ready to return to a more regular routine. Choose activities you enjoy, and vary your workouts to stay motivated and avoid overuse injuries.

There are three key principles for optimal recovery: quality sleep, gradual progression, and enjoyment. When you listen to your body and keep movement fun, recovery becomes a powerful part of your journey forward.



PCNphysio.com

THE PERFECT ECO-MINDED VISITOR



Quebec Mega Trail believes in taking action and making changes towards sustainability. In addition to hosting an exceptional trail running weekend, one of the team's main focus for many years has been minimizing the event's impact on its environment and its territory while having a positive impact on the local and business community of the Côte-de-Beaupré and Charlevoix regions. Are you planning to travel to Mont-Sainte-Anne during the Quebec Mega Trail?

Here are **FOUR** tips to help you plan your day or your stay!

PLAN YOUR TRIP

To get to Mont-Saint-Anne, prioritize carpooling with family or friends as much as possible! A shuttle service is available on Sunday, July 6th only. From the Galeries de la Canardière in Quebec City, you can be driven to MSA without hassle. Overbooking. Limited spaces! <u>To reserve</u>.

You can also sign up for our <u>Facebook</u> carpooling event to find or offer a ride to the QMT!



2 PACKING CHECKLIST Quebec Mega Trail has been committed to drastically reducing single-use items for several years now.

reducing single-use items for several years now. With this in mind, plan to bring the following items from home :

- a water bottle; drinking water stations are available on the sites.
- A reusable bag: plastic bags will not be available to carry purchases made at vendor booths or at the QMT store. Plan accordingly!



3

SORTING AREA

We all know that the easiest and quickest way to dispose of waste is to toss it in the nearest bin.

Please take the time to sort your waste in specific bins provided for either trash, compost or recycling. There will be sorting areas and carefully identified bins onsite.

Remember to compost and recycle before you throw away! Your contribution is most important!





LEAVE NO TRACE

Planning to cheer for a runner and to enjoy the vast playground that our region has to offer along the way? What a great idea!

Walking and running directly on the trails is essential to protecting the vegetation and keeping our territory intact!

Also, make sure you don't leave anything behind during your hike : trash, bottles, tissues, etc.

Why not take it up a notch? If you see litter in the forest or on the trails, pick it up (even if it's not your own). Thanks in advance!





DIFFUSION EN DIRECT

ULTRATRAILCANADA.COM





Découvrez où donner une deuxième vie à vos matières recyclables.

Téléchargez l'appli











We photographed our volunteers to immortalize the beautiful energy of those who have the QMT tattooed on their hearts.

A project made possible by the help of Desjardins (Côte-de-Beaupré), official partner of our volunteers and the portrait photographer Francis Fontaine.

VIEW PHOTO ALBUM





COROS APEX 2 PRO

100 ALTITUDE 4800 23

COROS HRM

Audrée Lafrenière COROS Ambassador

Credit photo Jeff Pelletier

YOUR ADVENTURE STARTS **OUTSIDE**

Get **20**% off with code QMT25

*Certain conditions apply. Valid until September 1, 2025, in-store and online. Details at https://www.lacordee.com/en/exclusions-promotion







ULTRATRAILCANADA.COM

Sweat on. Run cool.

icebreaker Move to natural

CAMPING FOR TENTS AND RVS 5 MINUTES FROM THE RACE SITE

BOOK NOW!



Q C MEGA TRAIL

2025 POST-RACE MEAL A COMPLETE AND VARIED MEAL TO FUEL UP AFTER YOUR RACE!

CHOICE 3

MFXICAN

CHOICE 1 HEALTHY MENU

CHICKEN SALAD OR Greek Chickpea Salad CHOICE 2 FASTFOOD

10 OZ CHEESEBURGER WITH FRIES OR VEGETARIAN BURGER

Redeem your meal coupon at one of our food trucks



PICADILLO TACOS OR

VEGGIE FAJITA TACOS



10. will bette burger the deckar some

Photo IAN ROBERG

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Rulaining

Special

Running

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SALOMON

