

QC MEGA TRAIL

SALOMON



WORLDTRAILMAJORS



**OFFICIAL PROGRAM
2026**

GENESIS 2

DYNAMIC SUPPORT



SALOMON

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SHUTTLE

FROM QUEBEC
SUNDAY JULY 5

BY RESERVATION,
LIMITED PLACES

QC MEGA TRAIL



- PRÉ-COMMANDE -
NOUVEAUX VÊTEMENTS

QC MEGA TRAIL

Preorder - New Clothes

ULTRATRAILCANADA.COM

Investir au-delà de l'argent



C'est soutenir l'engagement et l'implication au QMT.

Desjardins est fier d'appuyer les 400 bénévoles du Québec Mega Trail.

Coopération. Partage. Résilience. Humain.

Des valeurs qui rassemblent et qui nous ressemblent.



A WORD FROM THE ORGANIZING COMMITTEE



Grow

Running a trail is more than covering a distance, it is moving through something bigger than yourself, and that is exactly what has driven us from the very beginning.

Québec Mega Trail has grown, that is true, it has become an international gathering, welcoming runners from all over, but at its core nothing has changed, everything that matters has stayed the same, the way we do things, the way we welcome, the way we come together.

We started small, like a first run, with a bit of uncertainty and a lot of heart, then the distances grew, the courses stretched out, the challenge became bigger, but the essence remained the same, something real, simple, and natural.

You can feel it at the aid stations, in the flavors that reflect who we are, in the volunteers who take the time to see each person, to encourage them, to recognize them, not as a number but as someone who belongs to the experience.

You can feel it in our relationship with our partners, especially those who care for the trails and the sites, the ones who make every step, every climb, every moment in the forest possible, we move forward with them in respect and trust, and our local suppliers will always have a place, because that is where our roots draw their strength.

Trail running teaches us all of this, we start steady, we learn to read the terrain, to listen to our body, then we go farther, but even as we extend the distance, we cannot forget where we come from, the roots are always there, sometimes we trip over them, but they remind us to stay humble.

Today, Québec Mega Trail reaches farther, but its heart remains exactly where it has always been, in the trails, in the smiles, in the shared effort.



We keep moving forward and growing, always with the same intention, to offer an experience that is real, raw, grounded, a race that leaves its mark on the legs, but above all on the mind.

And that, no matter how far we go, we will never lose it.

QC MEGA TRAIL

PRESENTED BY
SALOMON

 WORLDTRAILMAJORS



2027 EDITION
JULY 1ST TO 4
AT MONT-SAINTE-ANNE

EN VENTE DÈS LE 1^{ER} AOÛT
RABAIS EARLY BIRD EN QUANTITÉ LIMITÉE
ULTRATRILCANADA.COM

WORDS FROM THE MINISTERS



An unforgettable race at the heart of nature

Sporting competitions and events play a vital role in our economic vitality. Serving as a draw for both athletes and the general public, they enhance the tourism experience while promoting physical activity.

The Government of Québec is proud to support the 2026 edition of the Québec Mega Trail, a source of memorable moments for visitors to the Capitale-Nationale region. This event helps position Québec as a destination of choice for this type of activity and for the athletes who take part in it.

We would like to congratulate the members of the organizing team for their commitment and the efforts they have invested in making this event a success. The work of the various stakeholders in the event industry is essential to the attractiveness of our regions.

Enjoy the competition!



The Minister of Tourism,
Amélie Dionne



The Minister Responsible for Sports, Recreation and the Outdoors,
Kariane Bourassa



The Minister of Employment and Minister Responsible for the Capitale-Nationale Region,
Jean-François Simard

Bâtir  l'avenir

Québec 

SCHEDULE AND RULES



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

SCHEDULE

RULES



Presented by



THE QUÉBEC MEGA TRAIL LIVE BROADCAST REACHES A WHOLE NEW LEVEL IN 2026

For the very first time in Canada, a 135 km trail race will be covered live from start to finish. Beginning Friday at 8:00 p.m., experience every moment of the QMT135 as athletes set off from Baie-Saint-Paul on an epic journey through the trails of Charlevoix. For more than 24 hours, our team will bring you the leaders' progress, key moments throughout the night, checkpoint coverage, and the thrilling battle that will ultimately crown the champions at Mont-Sainte-Anne on Saturday.

Leading this exceptional production will be Yannick Vézina (Pas sorti du bois), Nico Danne (ON), Marie-Ève Pelland (Tout.trail), Alexandre Mailhot, as well as Ilan Abikhzir and Jonathan van Geuns, who will host and conduct interviews for our brand-new English-language broadcast.

Throughout the weekend, our crews will also be stationed at the finish line to share the best stories of Québec Mega Trail through interviews, expert analysis, post-race reactions, and conversations

with athletes, partners, and the people who help make this event possible.

The broadcast will be available free of charge on [the Québec Mega Trail YouTube channel](#), as well as on the platforms of our media partners [Canadian Running](#) and [World Trail Majors](#). New this year: a dedicated English-language stream will allow trail running fans from around the world to follow the action in their own language.

Whether you're at home, out on the course, or watching from across the globe, don't miss a moment of this unique experience.

Subscribe to our [YouTube channel](#) today to be notified when the broadcasts begin and to experience every moment of the QMT 2026 weekend.

See you live!

SUBSCRIBE TO THE CHANNEL



14TH ÉDITION

QC MEGA TRAIL

AT MONT-SAINTE-ANNE

In collaboration with



SCHEDULE

FRIDAY JULY 3TH

14h30 : Athlete presentation and autograph session

16h : Salomon Shakeout Run

18h à 19h30: IPSYoga (psycho-somatic yoga integration) with Isabelle Rodrigue



SATURDAY JULY 4TH

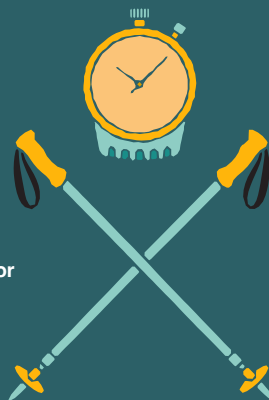
9h : Salomon Coffee Run X Khan de base

9h: Long hikes (11km) with the Côte-de-Beaupré walking club

10h : Pilates session with Jade Parent, Presented by icebreaker

13h: Short hike (5 km) with the Côte-de-Beaupré walking club

15h30 : Yoga – Mobility & recovery for runners with Mylène Gauthier



SUNDAY JULY 5TH

9h: Short hike (5 km) with the Côte-de-Beaupré walking club

11h : Yoga ball self-massage for runners with Mylène Gauthier



YUMMY

OUR FOOD PARTNERS WILL MAKE YOUR MOUTH WATER.

Khan de Base Café / Escape Coffee, wood-fired pizzas from Pizzeria des Battures, and delicious craft beers from La Souche Brewery!



CHILL ZONE

A PLACE TO KICK BACK AND RELAX!

La Souche craft beers, bean bags, and live coverage of the QMT135.



EXHIBITORS' BOOTHS!

- Salomon
- XACT Nutrition
- PCN Physio
- icebreaker
- Fenix
- La Cordée
- COROS
- Multiclinique Parc Santé
- Faux mouvement
- Näak
- Eye Am Soins oculaires
- Événements Gaspesia
- Tout.trail
- Venacra
- NOPé



FAMILY FUN

Obstacle Course, inflatable games and more!



Québec

JUNE 13TH AT 9 A.M.

XACT NUTRITION « SHOCK DAY »

On the road to QMT

Fuel your QMT goals on Saturday, June 13 at Mont-Sainte-Anne during a full day of trail running activities with the XACT Nutrition team and partners. Please note that registration is mandatory and spots are limited to 200 participants.

Two free activities will be offered during the day. Runners registered for QMT135, QMT80 or QMT50 will have the opportunity to discover the legendary Mestachibo trail during an approximately three-hour group outing. A second activity, open to all participants, will feature a discovery run through the Mont-Sainte-Anne trail network in a fun "D+ party" atmosphere.

This activity will also include a free workshop titled "How to Use Your Poles Efficiently on Climbs and Descents" presented by Renée Hamel at 10:00 a.m. The workshop duration is approximately 90 minutes.

Activities will begin at 9:00 a.m. Participants will also enjoy XACT Nutrition products, giveaways, race tips and on-site support from the team and partners throughout the day.

Please note that participants taking part in the Mestachibo outing will be able to join the D+ activity upon their return.

REGISTER

JULY 3, 2026 (2:30 P.M.)

ATHLETE PRESENTATION AND AUTOGRAPH SESSION

Golden Trail World Series

Come meet the elite athletes competing in the spectacular QMT30 as part of the Salomon Golden Trail World Series!

Attend the official athlete presentation and enjoy an autograph session with some of the world's best trail runners in the popular QMT Village "chill zone."

A unique opportunity to experience the GTWS atmosphere up close. See you there! Meet at the podium area (finish zone).



JULY 3, 2026 (4 P.M.)

SALOMON SHAKE-OUT RUN

Get together !

Before the start of the long-distance races, come loosen up your legs with the Salomon ambassador team! It's the perfect opportunity to discover and test some of their newest products and trail shoes directly on the trails.

After the effort, stick around and enjoy a beer from La Souche or a non-alcoholic drink from our friends at Bohème Bar à Jus. A few surprises will also be waiting for you on site!



JULY 3, 2026 (6 P.M.)

IPS YOGA (PSYCHO-SOMATIC YOGA INTEGRATION)

with Isabelle Rodrigue

Take a moment to slow down, breathe and mentally prepare before your Québec Mega Trail challenge. This special pre-race session combines breathing techniques, relaxation, visualization and stress-management tools to help promote calm, focus and confidence before race day.

Open to everyone — no yoga experience required.

At Blizzard room, Centre des congrès du Delta Mont-Sainte-Anne



REGISTER

FREE EVENTS

FOR ALL THE DETAILS : ULTRATRAILCANADA.COM

JULY 3, 2026 (6 P.M.)

QMT 135 START FROM BAIE-SAINT-PAUL

with cocktail and outdoor meal

Join the start ceremony of the QMT135 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 8 p.m.! Be there!

The QMT135 is the premier race and an international-caliber sporting event, part of the World Trail Majors.

JULY 4TH AND 5TH, 2026

HIKES WITH THE CÔTE-DE-BEAUPRÉ WALKING CLUB

Short (5 km) and Long (11 km)

Discover the beautiful Mont-Sainte-Anne trails with the Côte-de-Beaupré Walking Club during friendly and accessible hikes surrounded by nature!

Hiking schedule:

Long hike – 11 km (approximately 3.5 hours)
Saturday, July 4 at 9:00 a.m.

Short hike – 5 km (approximately 2 hours)
Saturday, July 4 at 1:00 p.m. and Sunday, July 5 at 9:00 a.m.

At Mont-Sainte-Anne – Meet in front of the pumptrack

The routes follow a beautiful crushed-stone trail along the Jean-Larose River and are accessible to all fitness levels. Club volunteers will guide participants through some of Mont-Sainte-Anne's hidden gems.

À prévoir :

Appropriate clothing for a forest hike and water bottle

Follow the Côte-de-Beaupré Walking Club on Facebook:

<https://www.facebook.com/ClubMarcheCoteBeaupre/>

Limited spots available – reservation required:

REGISTER



JULY 4, 2026 (9 A.M.)

SALOMON COFFEE-RUN

Get together!

Start your day off right with the Salomon team and ambassadors by enjoying a great coffee from Khan de Base / Escape Coffee before heading out for an energizing shakeout run!

It's also the perfect opportunity to discover and test the latest Salomon products and trail shoes in a fun and welcoming pre-race atmosphere.



JULY 4, 2026 (10 A.M.)

PILATES SESSION WITH JADE PARENT

Presented by icebreaker

Join Jade Parent from Bohème Bar à Jus & Pilates for an energizing pilates session designed for runners and outdoor enthusiasts!

Located just minutes from Mont-Sainte-Anne, Bohème Bar à Jus & Pilates is a family-run business focused on movement, wellness and healthy living in a warm and welcoming atmosphere. Alongside its Pilates studio, Bohème also offers fresh juices, healthy snacks and a space dedicated to feeling good and reconnecting with yourself.

Please bring your mat and water bottle.

Follow Bohème on Instagram : [@boheme.ee](https://www.instagram.com/boheme.ee)

At Blizzard room, Centre des congrès du Delta Mont-Sainte-Anne

REGISTER SOLDOUT



JULY 4 (11 A.M.) AND JULY 4 (10 A.M.) 2026

YOGA SESSIONS

With Mylène Gauthier

Take time to recover and recharge during Québec Mega Trail weekend with two sessions specially designed for runners, hikers and outdoor enthusiasts.

At Blizzard room, Centre des congrès du Delta Mont-Sainte-Anne

YOGA – MOBILITY & RECOVERY FOR RUNNERS

Saturday, July 4, 3:30 p.m.

After the effort comes smarter recovery! This session features simple and effective movements adapted for tired bodies after racing or long days on the trails. You'll leave with practical tools and exercises to help reduce stiffness and improve recovery after your runs.

YOGA BALL SELF-MASSAGE FOR RUNNERS

Sunday, July 5, 11:00 a.m.

Using massage balls provided on site, learn simple self-massage techniques to release tension in the feet, calves, hips and back. A perfect session to support post-race recovery and discover easy exercises you can repeat at home or after training.

Open to everyone – no experience required.

Please bring your mat and water bottle.

Limited spots available – reservation required.

REGISTER



DON'T MISS OUT
At the Finish site

July 3th through 5th, 2026

OBSTACLE COURSE LES P'TITS BŪCHERONS

The team behind Le Nordais and Défi des ancêtres invites kids aged 4 to 13 to enjoy a fun and safe obstacle course experience filled with age-appropriate challenges. Running, climbing, jumping and crawling will all be part of the adventure in a family-friendly atmosphere where fun comes first! Optional timing will also be available for children who want to compare their results with other participants in their age group.

ENTERTAINMENT FOR THE FAMILY INFLATABLE GAMES, FACE PAINTING AND MORE

Many activities are in place at the finish line to entertain our future athletes: Inflatable games, face painting and more.



QMT MARKET OF PARTNERS

DISCOVER OUR EXHIBITING PARTNERS

The QMT Village at Mont-Sainte-Anne will be buzzing all weekend long with a festive atmosphere, plenty of discoveries and multiple spaces to relax between races!

On the food side, enjoy delicious coffee from Khan de Base / Escape Coffee, wood-fired pizzas from Pizzeria des Battures and beers from La Souche in the popular QMT "chill zone." It's the perfect place to recover, cheer on runners and even watch the live broadcast of the QMT 135 km on our screens.

The finish area will also feature several exhibitors and partners from the trail running, outdoor and wellness communities, including Salomon, XACT Nutrition, PCN Physio, Icebreaker, Fenixlight, La Cordée, COROS, Nāak, Multiclinique Parc Santé, Eye Am soins oculaires, Tout.trail, Événements Gaspesia, Venacra, NOPé, Faux Mouvement and many more surprises to discover on site.



MAP

QMT

- 1: RACE BIBS AND VOLUNTEER
- 2: UPPER PLATEAU STARTS
- 3: FINISH AREA
- 4: SHUTTLE
- 5: SHOWERS
- 6: WASTE SORTING SPACE
- 7: WATER FOUNTAIN
- 8: QMT STORE AND INFO
- MEDICAL STATION

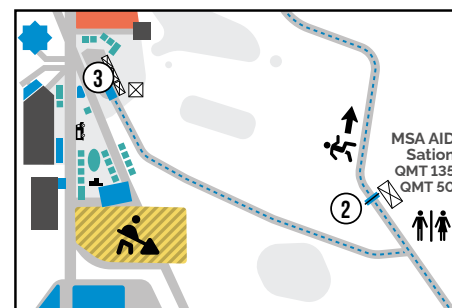
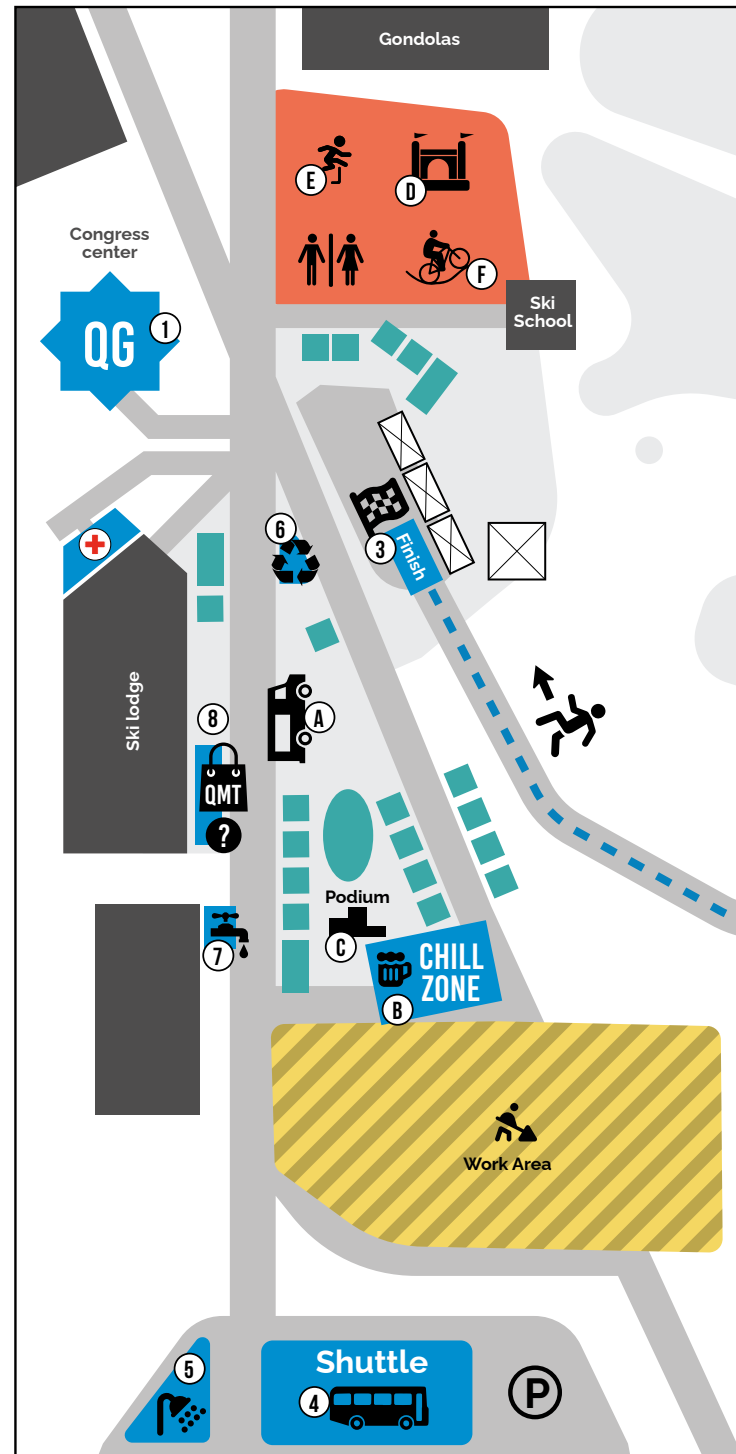
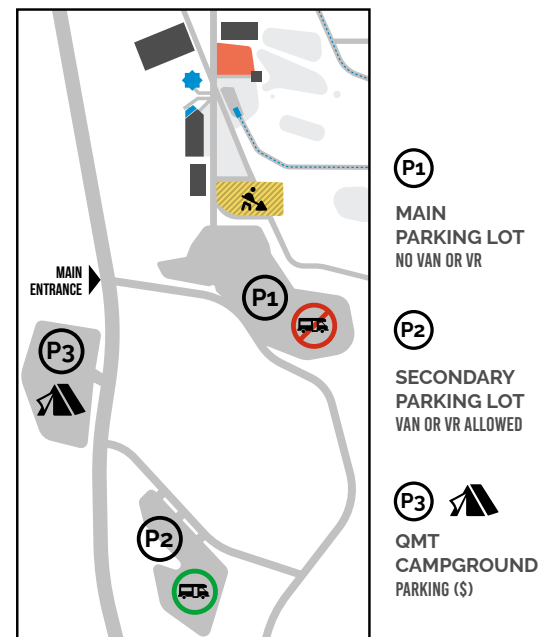
FOOD AND EXHIBITOR

- | | | |
|----------------------------------|--------------------------|------------------------|
| A: FOOD OPTIONS | SALOMON | FAUX MOUVEMENT |
| B: BAR AND 135 KM LIVE BROADCAST | XACT NUTRITION | NAAK |
| C: PODIUM | PCN PHYSIO | EYE AM SOINS OCULAIRES |
| | ICEBREAKER | ÉVÉNEMENTS GASPESIA |
| | FENIX | TOUT.TRAIL |
| | LA CORDÉE | VENACRA |
| | COROS | NOPE |
| | MULTICLINIQUE PARC SANTÉ | |

FAMILY

- D: INFLATABLE GAMES
- E: OBSTACLE COURSE LES PTITS BŪCHERONS
- F: PUMPTRACK

PARKING LOT



START AND FINISH AREA

- ② UPPER PLATEAU STARTS QMT - 32 - 30 - 25 - 15 NUIT - 15 - 6 - 1
- ③ FINISH LINE ALL RACES

STONEHAM
22, 1re Avenue
Stoneham, QC, G3C 0K7

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

A FOREST OF LOCAL FLAVORS

DISCOVER OUR PRODUCTS



MICROBRASSERIE

LA SOUCHE

FIER PARTENAIRE



CHASE THE LIGHT BREAK THE LINE

FENIX
LIGHTING FOR EXTREMES



HM65R-T V2.0
One Charge For 100 Miles

Fenix signed athlete

Daniel Jones

Discover more discounts: everythingfenix.com



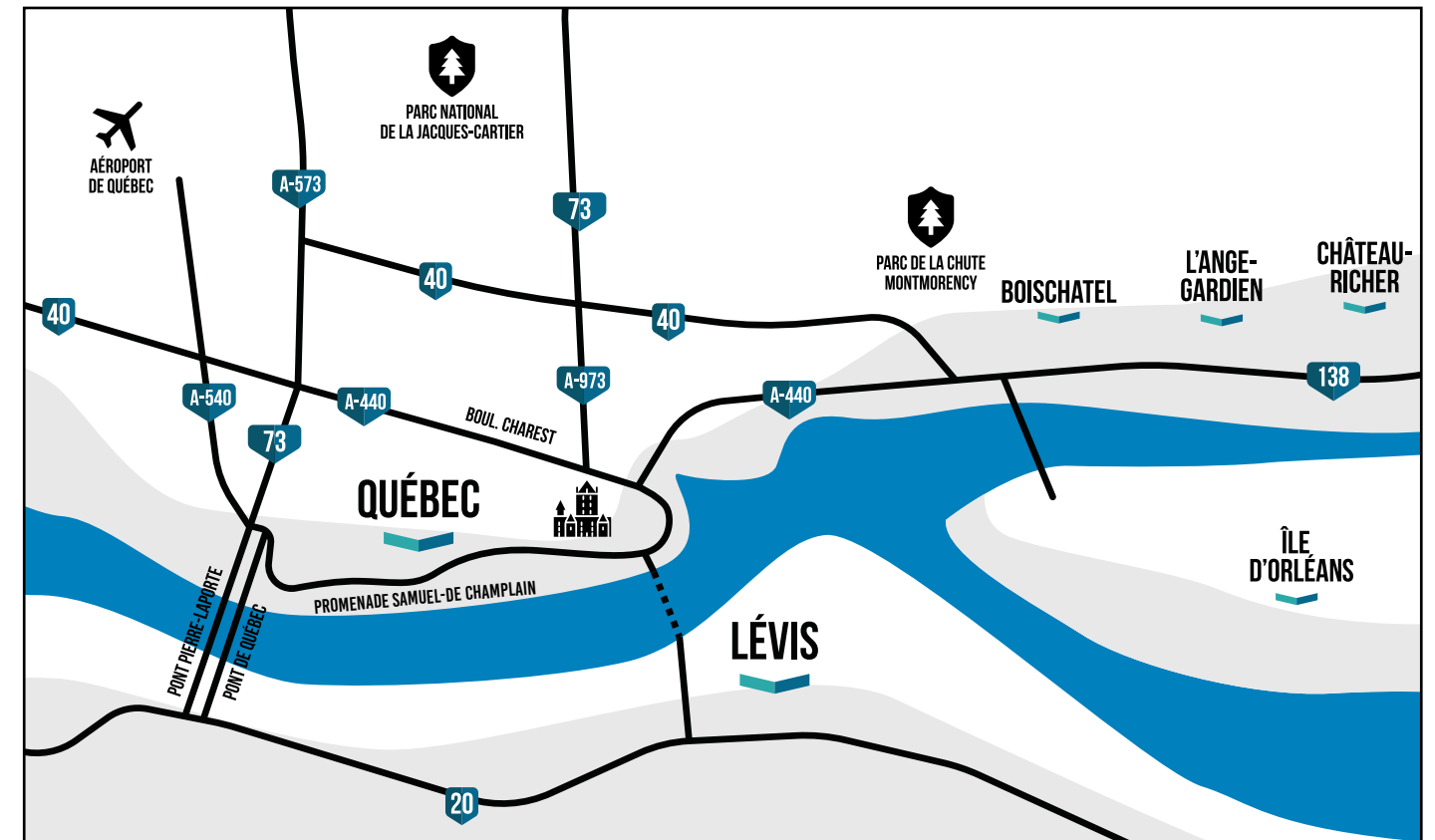
"Yeah... It's that good!"

XACT Real fruit.
Built for speed.

xactnutrition.com



QUÉBEC



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.

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.

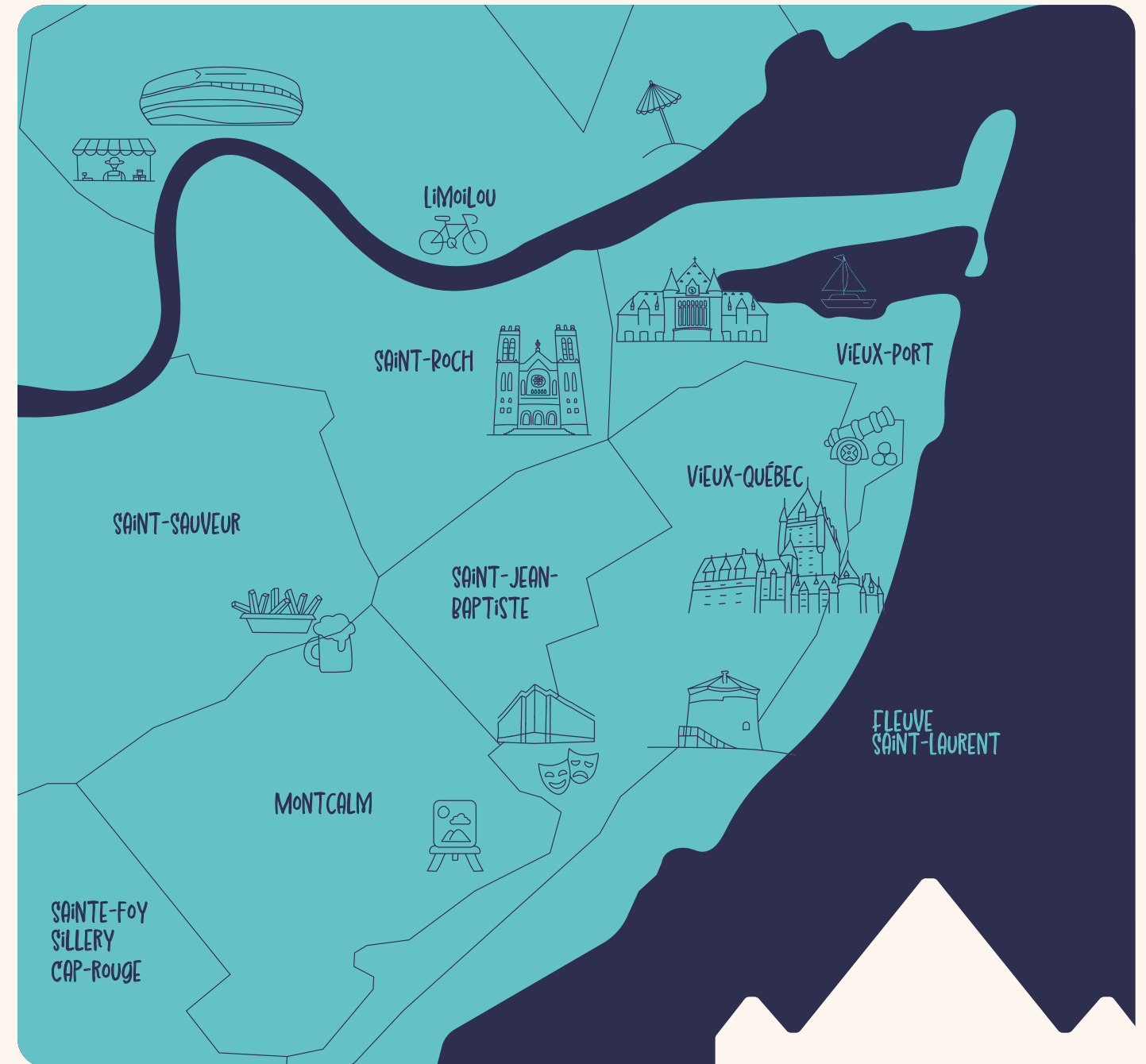
Cyclists will enjoy the Coastal Corridor, a bike path along the river and connecting several parks, perfect for a sporty outing. With its blend of history, nature, and outdoor activities, Quebec City is a must-see summer destination for adventure-seekers.





Explorez Québec, de quartier en quartier

Explore Québec City,
one neighbourhood
at a time



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.

quoifaire.com

QUÉBEC ANIMÉE

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

ville.quebec.qc.ca

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.

quebec-cite.com

For all you need to know
about Quebec City

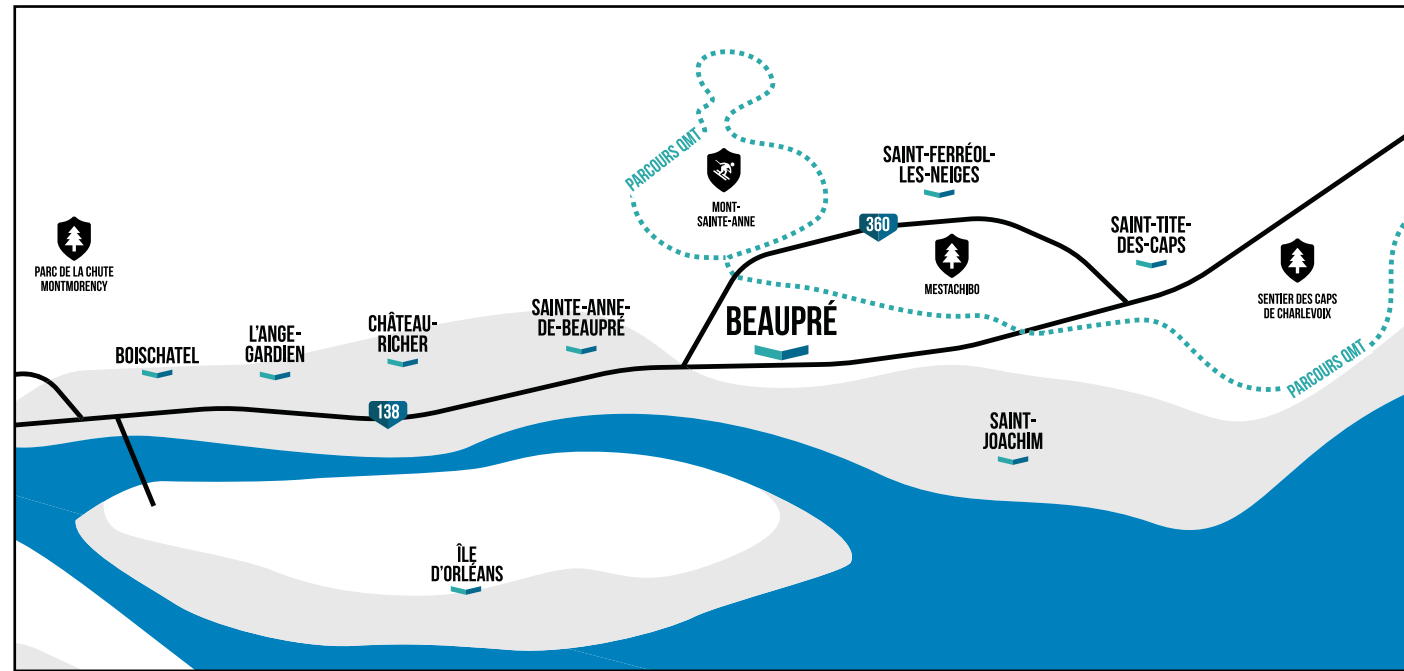


**Découvrez les bonnes adresses
des quartiers voisins**

Discover the best addresses
and nearby neighbourhoods



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 [Brasseurs des Monts](#), discover the traditional poutines at [Shack à Patates](#), or have a drink at [Chez Pat](#).

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

Taxi l'Express de Beaupré:
581-909-8294
[Web site](#)

Bus 360 de PLUmobil
Free Shuttle Service
[Web site](#)



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

AGROTOURISM

- [Café Apollo](#)
- [La ferme Québec-Oies](#)
- [Crèmerie Sammy's](#)
- [Microbrasserie des Beaux Prés](#)
- [La Bio Ferme des Caps](#)
- [Shack à Patates](#)
- [Chez Pat](#)
- [Marché du Faubourg](#)
- [Les trois becs](#)
- [Pains des pistes](#)
- [Bistro Nordik](#)

FUN FOR ALL THE FAMILY

- [Cheval & Campagne](#)
- [Musée de la nature](#)
- [Route de la Nouvelle-France](#)
- [Auto-cueillette fraises](#)
- [Aqua-Parc Mont-Sainte-Anne](#)
- [Canyon Sainte-Anne](#)

OUTDOORS

- [Parc de la Chute-Montmorency](#)
- [Réserve nationale de la faune du Cap-Tourmente](#)
- [Canyoning Sainte-Anne](#)
- [Quai de Sainte-Anne-de-Beaupré](#)
- [Sentier Mestachibo et sentier des chutes Jean-Larose](#)
- [Mont-Sainte-Anne - Activités diverses](#)
- [Sentier des Caps](#)

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

CÔTE DE
BEAUPRÉ

MVT
MONT S^TE ANNE



CÔTE DE BEAUPRÉ

Mont-Sainte-Anne

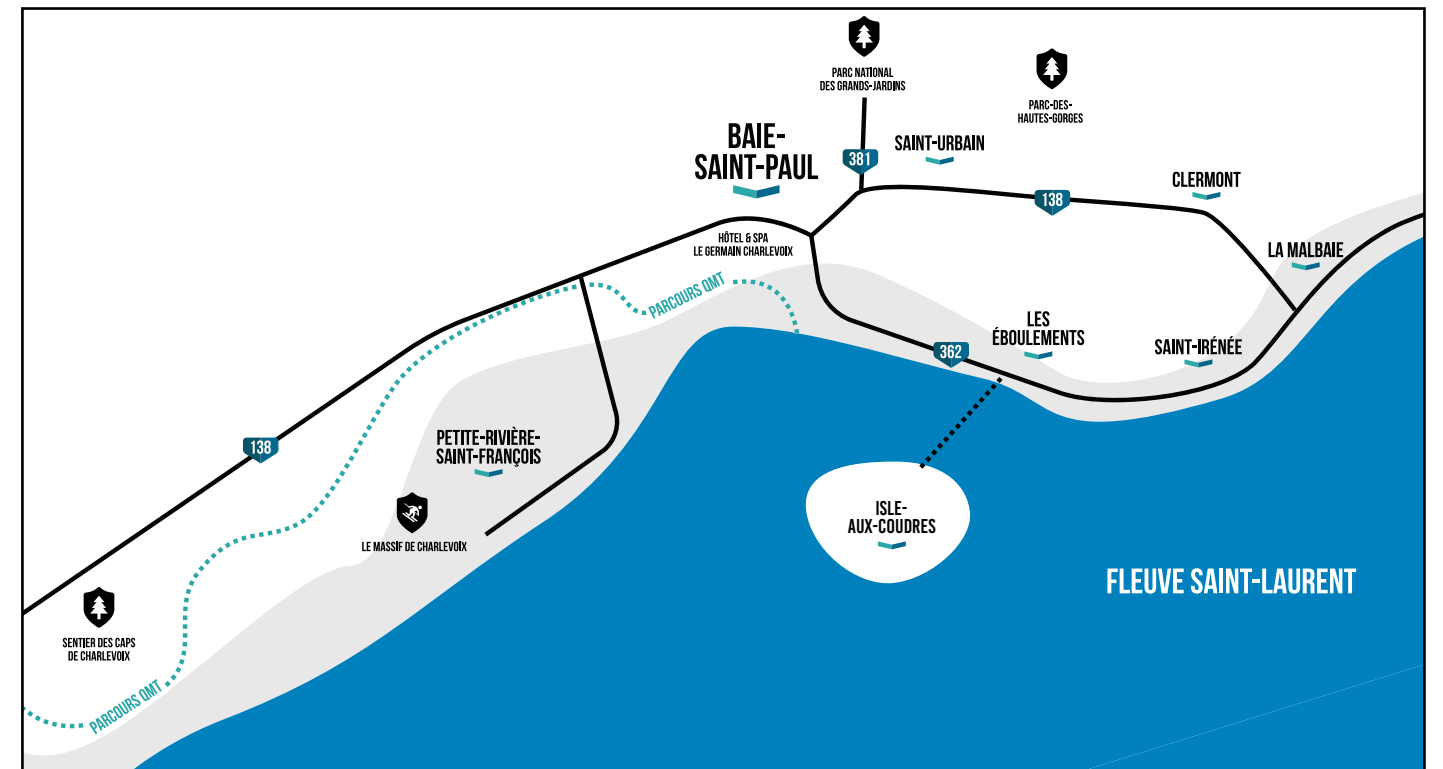


La Côte-de-Beaupré,
une région plein air à
portée de main !

PLANIFIEZ VOTRE
PROCHAIN SÉJOUR :
COTEDEBEAUPRE.COM



CHARLEVOIX / BAIE-ST-PAUL

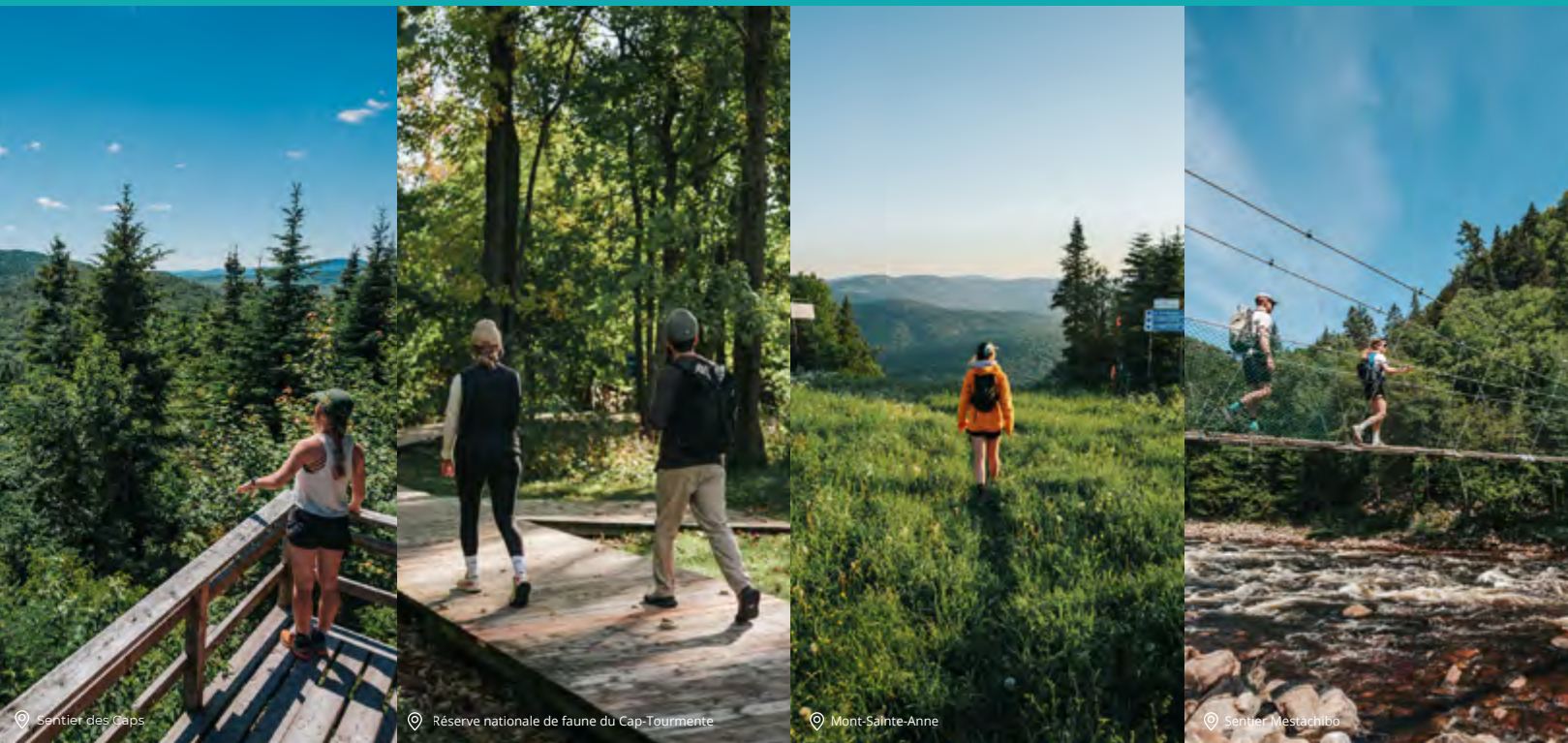


Charlevoix is known for its nature and authentic charm. It is divided into six sectors, four of which are part of the association of Most Beautiful Villages Quebec : Tourisme Charlevoix. Baie-Saint-Paul is located 40 minutes from Mont-Sainte-Anne and 1h08 minutes from Quebec City via Highway 138 east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

You can grab a bite to eat at the charming [Mousse café](#) 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 [Bistro Le Bercail](#) 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.





HÔTELS LE GERMAIN

La nature
à votre rencontre
Nature makes the best welcome



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

AGROTOURISM

- [Auberge & Bistro des Balcons](#)
- [Bistro de l'Estran](#)
- [Laiterie Charlevoix](#)
- [Fraîcheurs et Saveurs](#)
- [Auberge le Four à Pain](#)
- [Café Charlevoix](#)
- [Le Diapason](#)

FUN FOR ALL THE FAMILY

- [Quai de la Petite-Rivière-St-François](#)
- [Camping Le Genevrier](#)
- [Camp Le Manoir](#)
- [Via Ferratta](#)
- [Isle-aux-Coudres](#)

OUTDOORS

- [Parc national des Grands-Jardins](#)
- [ZEC des Martres \(Mont du Lac à l'Empêche\)](#)
- [Katabatik](#)
- [Parc national des Hautes-Gorges-de-la-Rivière-Malbaie](#)
- [Le Massif de Charlevoix](#)
- [Canyoning](#)
- [Aquaventure Charlevoix](#)

For all you need to know about this region:



Hôtel & Spa Le Germain Charlevoix

50, RUE DE LA FERME, BAIE-SAINT-PAUL (QUÉBEC) G3Z 0G2

GERMAINHOTELS.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!

1 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! [To reserve.](#)

You can also sign up for our [Facebook](#) 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. 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!



4 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!



Why stop now?



Your medal awaits, your physio too.

PCN
Physio

    [PCNphysio.com](https://www.pcnphysio.com)

JOIN THE QMT VOLUNTEER FAMILY

In collaboration with



Québec Mega Trail would not be what it is today without the dedication of hundreds of passionate volunteers who help bring the event to life year after year.

Whether on the trails, at aid stations, at the start and finish lines, or behind the scenes, QMT volunteers play a vital role in the experience enjoyed by the thousands of runners who visit Charlevoix each summer.

Through their energy, generosity and enthusiasm, they help make Québec Mega Trail one of North America's most beloved trail running events.

WHY VOLUNTEER?

Being part of the QMT volunteer family means:

- Experiencing the event from the inside
- Connecting with an incredible community of trail enthusiasts
- Contributing to the success of an internationally recognized event
- Discovering what happens behind the scenes
- Receiving exclusive volunteer apparel and gifts*
- Enjoying meals and snacks during your volunteer shift
- Creating unforgettable memories and lasting friendships

*Benefits may vary depending on the volunteer position and the conditions applicable to each edition.



FULLY BOOKED FOR 2026!

The response from our community has been incredible, and all volunteer positions for the 2026 edition have already been filled.

However, it's never too early to express your interest for 2027. Volunteer registration will open soon, and members of our community are the first to hear about new opportunities as they become available.

[SIGN UP FOR 2027](#)

STAY CONNECTED

Join our Facebook group, «Les Crinqués du QMT», to stay up to date with volunteer news, get a behind-the-scenes look at the event, and be among the first to know when volunteer recruitment opens for the 2027 edition.

We look forward to welcoming you to the Québec Mega Trail family!

[JOIN THE FACEBOOK GROUP](#)



EXPERT SUPPORT FROM START TO FINISH

At Québec Mega Trail, every effort is made to ensure you can enjoy your adventure in the best possible conditions. In addition to our experienced medical teams stationed along the courses and at key aid stations, several healthcare professionals will be available throughout the event to support you before, during and after your race.

PHYSIOTHERAPY WITH PCN PHYSIO

The [PCN Physio](#) team will be present at select aid stations, on the trails, and in the finish area throughout the event. Their professionals can provide first aid assistance, help address minor musculoskeletal issues, and answer your trail running-related questions.

Whether you're looking to prevent an injury, stay on course, or optimize your recovery, you can count on their expert advice and support all weekend long.

MASSAGE THERAPY AND RECOVERY SERVICES WITH MULTICLINIQUE PARC SANTÉ

Massage therapists from [Multiclinique Parc Santé](#) will be available at the Mont-Sainte-Anne aid station on Saturday, July 4th, as well as in the finish area throughout the event.

In addition to massage therapy, participants will have access to a variety of complimentary recovery services, including chiropractic care, osteopathy, athletic taping, and other treatments designed to support performance, recovery and overall well-being.

Take advantage of these services before or after your challenge and give your body the care it deserves.



FOOT CARE WITH COMITÉ PODIUM

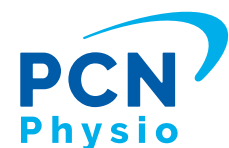
The Comité PODium team will be available at both the Mont-Sainte-Anne and Saint-Tite-des-Caps aid stations on Saturday, as well as on-site on Sunday.

Their foot care specialists can help prevent and treat common trail running issues, including blisters, skin irritation, and other foot-related concerns that could impact your race experience.

A RACE EXPERIENCE SUPPORTED BY DEDICATED PROFESSIONALS

We are proud to work alongside these passionate professionals who help make Québec Mega Trail a safe, welcoming and memorable experience for every participant.

Don't hesitate to visit them throughout race weekend — they are here to help you perform at your best and enjoy every moment of your QMT adventure.



LA CORDÉE BIB PICK-UP

Your QMT adventure starts in Quebec City!

Join us for the official bib pick-up at La Cordée (La Vie Sportive) and get ready for race weekend.



Thursday, June 25, 2026
4:00 p.m. to 8:00 p.m.
La Cordée Québec
600, rue Bouvier

On site:

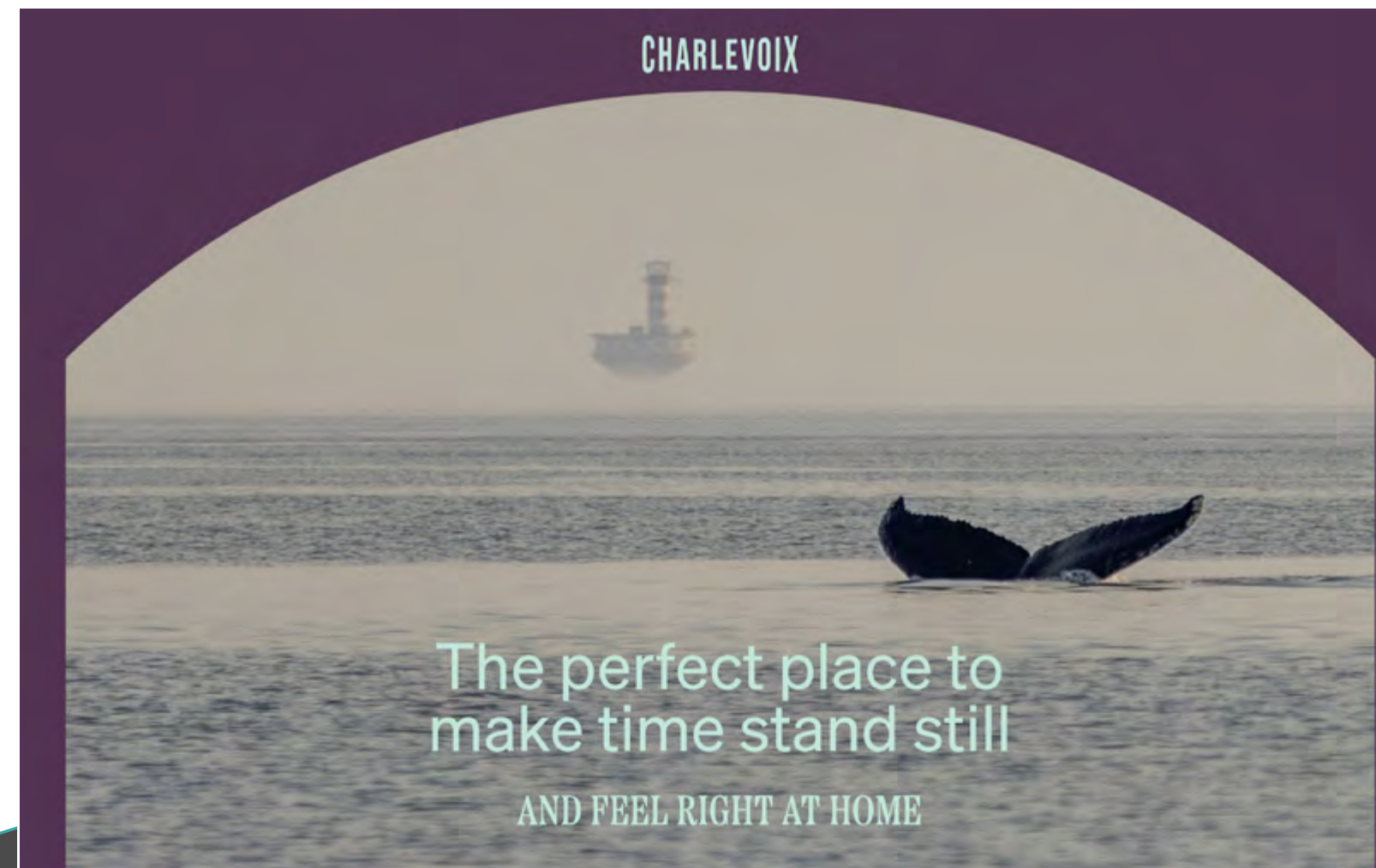
- Pick up your race bib
- Meet our friends from XACT Nutrition, who will be on site to introduce their products, answer your questions and offer product samples
- 20% off regular-priced items at La Cordée with promo code QMT26*



GOOD TO KNOW

The QMT26 promo code is valid both in-store and online until September 1, 2026, allowing you to enjoy the discount well beyond bib pick-up day.

*Some conditions apply. See La Cordée for details and exclusions.





COROS
APEX 4



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➔ L'Expérience QMT au coeur de l'action



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*Certain conditions apply. Valid until September 1, 2026, in-store and online.
Details at <https://www.lacordee.com/en/pages/details-conditions>



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AND GLUTEN-FREE
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