

Grand Prix Cycliste de Québec

A- Côte de la Montagne (42m)

B- Côte de la Potasse / Rue des Glacis (47m)

C- Côte de la Fabrique / Rue des Jardins (47m)

D- Rue Saint-Louis / Grande Allée (91m)

See <https://www.youtube.com/watch?v=NPHPkBLfYpw>

(from 24.25 to 30.30)

Grand Prix Cycliste de Montréal

A- Côte du Mont-Royal (Chemin Camillien-Houde) (211m)

B- Chemins de la Tour et de Polytechnique (158m)



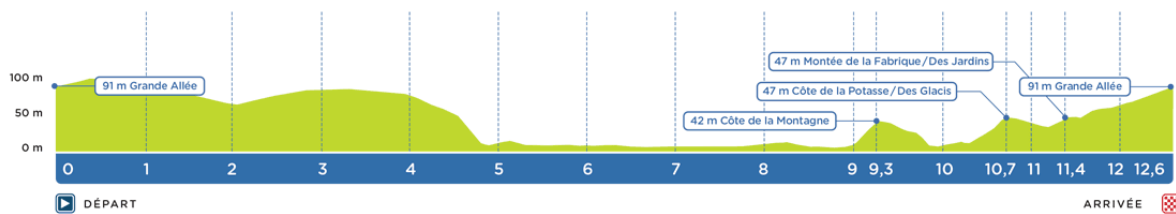
Two races across the Ocean in one week, with a few similarities (hilly city circuits, both routes on the left bank of the River St Lawrence, slight uphill finishes) and two substantial differences :

- In Quebec, the climbs follow one after the other at the end of the circuit, while in Montreal they are to climb just after the finish line ;
- In Quebec, the two hills are very short and rather steep ; In Montreal, the Mont-Royal is less steeper, but longer with a higher elevation gain.

Grand Prix Cycliste de Québec



PARCOURS VILLE DE QUÉBEC 11 SEPTEMBRE 2015



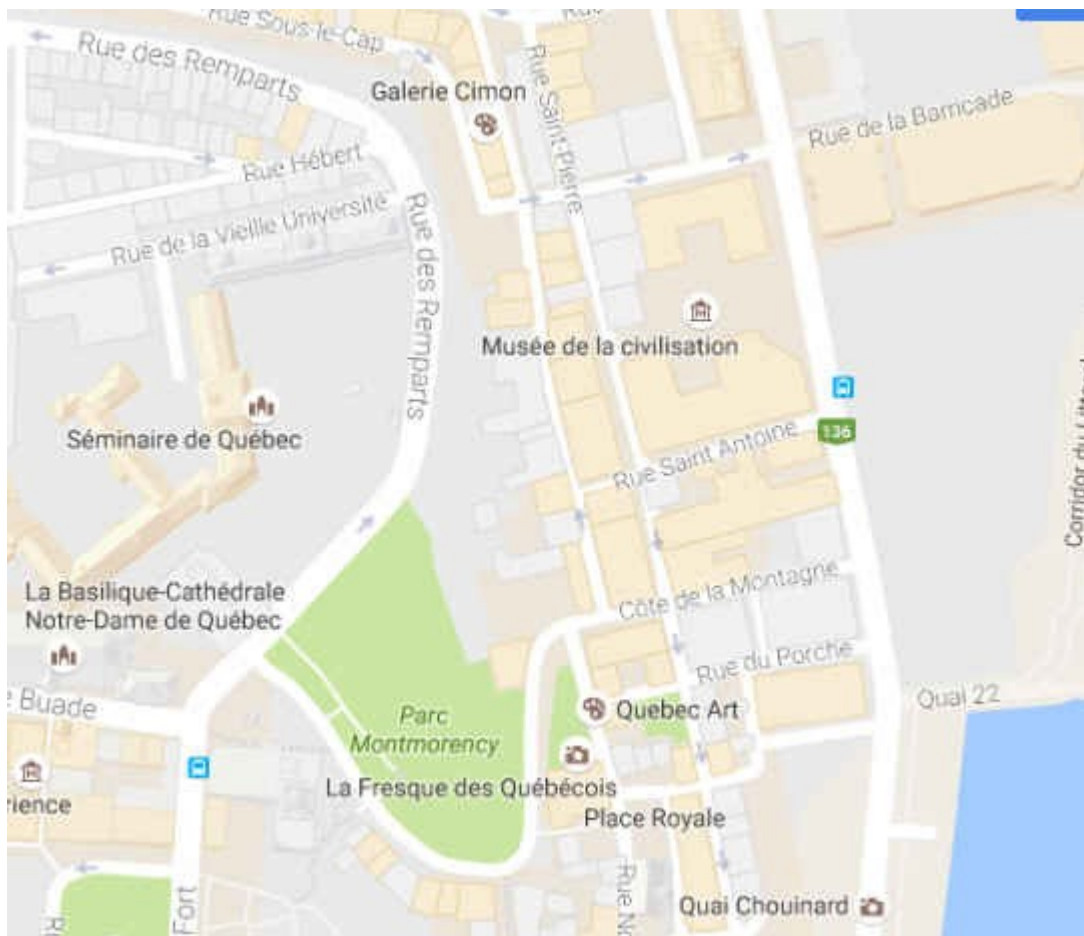
The historical heart of Québec (and the Château Frontenac) overlooks the River St Lawrence. On the right side of the picture, the côte de la Montagne and its 42m elevation gain.

To those who'd like to test the circuit : unfortunate one-way streets (in les Glacis and in Saint-Louis) require a few detours. For the pavement, try to avoid the rush hours.

A- Côte de la Montagne (42m in 400m : 13 8 12 6%)



Three good reasons to fear the Montagne, that winds around the Parc de Montmorency : its steepness, its situation in the circuit (after a 4km ride along the river) and the number (16 times).



B- Côte de la Potasse / Rue des Glacis (35m in 400m : 3 6 13 13%)

At the top, we turn to the right to and go down the rue des Remparts. The 30st has already lost the race, as the toboggan never stops anymore. The Potasse starts in the run-up of the descent, but the steeper rue des Glacis (200m at 13%), requires a turn to the left. One can be surprised.



Rue des Glacis : 200m at 13%

C- Côte de la Fabrique / Rue des Jardins (15m in 300m : 5 6 4%)

Just 500m of recovery time in the Saint-Jean Street, before the 3rd (small) hill, around the City Hall (Hôtel de Ville). Very much easier than the two previous, but in the race, it avoids a lot of cyclists coming back.



Rue des Jardins at 4%. On the right, the City Hall.

D- Rue Saint-Louis / Grande Allée (91m)

After a left-right (rues de Buade et du Fort), following the rue des Jardins, we arrive on the last straight line : rue Saint-Louis, then the Grande Allée. 30m elevation gain in 900m, from the beginning of the rue Saint-Louis to the finish line in the « Parc de la Francophonie ». Trifle in terms of effort, but a real physical test for the potential winners, who have to keep the big gear in this more than slight uphill. Significant landmark : the archway of the « Porte Saint-Louis », 400m before the finish.

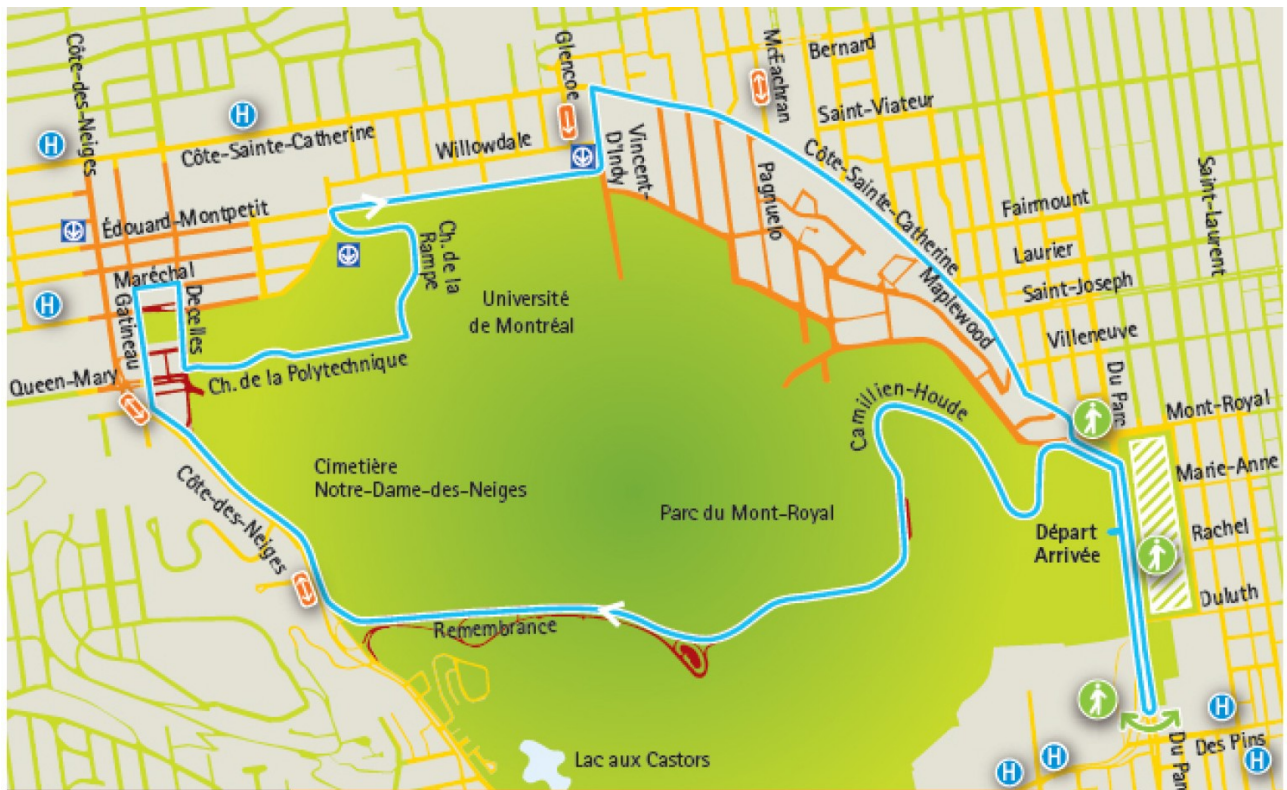
After the line, the Grande Allée keeps going up (400m à 3%), on a section, that is in fact the beginning of the circuit.

There's a snag : the rue Saint-Louis is a one-way street, not the Grande Allée.



Last straight line : the Grande Allée

Grand Prix Cycliste de Montréal



World Championships 1974 : 8.30 in black and white
<https://www.youtube.com/watch?v=39oW7mjnmX0>

GP Cycliste de Montréal 2012
<https://www.youtube.com/watch?v=0kiXIS3m5AM>

Mont-Royal : from 2.00 to 8.15
Polytechnique : from 12.00 to 13.30

A- Côte du Mont-Royal (Chemin Camillien-Houde) (211m)

The most difficult of the two circuits and the most media climb in Quebec, since the World Championships in 1974.

Elevation gain : 154m in 2,8km, with two rather different parts :

1- The Avenue du Parc : same deadly slight uphill than the Grande Allée in Quebec (25m / 900m, and 200m at 7 et 6%, very seeable in the background :



The winner of the 2015 edition, Tim Wellens (in red), in the Avenue du Parc

After the finish line, there are 300 flat meters left, before the second part.

2- After the appetizer comes the main course : the Voie Camillien-Houde and its 129m in 1,8km. A good little hill, but in the 17th climb, the thighs could be full of lactic acid. And the last hectometers exceed 10% .



Before the top, the Belvédère, on the left side of the road, gives a lovely viewpoint of Montreal and its Olympic Stadium, nicknamed *The Big « O »*.

B- Chemins de la Tour et de Polytechnique (158m)

The distance between both climbs is very short. This wall has more of less the same profile than the Côte de la Montagne in Quebec City. As its name implies it, it goes through the campus of the University of Montreal. Elevation gain : 36m / 700m, but a very steep section at the beginning of the Chemin de Polytechnique (see the picture below).



The best « grades » in Polytechnic School

In the race, even the 17th climb is not very decisive, because the climb is too short and lies too far from the finish line. We can lose there, but not win. Most of the time the victory is due to tactical skills in the last flat section or to the explosive power in the slighty uphill last straight line.



Top of Polytechnique