



PARTICIPANT GUIDE

THE BUCKLAND SUR
GRAVELLE 2025

4 au 6 juillet 2025, Notre-
Dame-Auxiliatrice-de-
Buckland, Québec



Buckland Gravel Participant's Guide July 4-6, 2025

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Our 2025 partners. A big thank you for their help and financial support



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Highlights

- The Routes are accessible via: <https://labuckland.ca>
- Direction to get to Buckland: [Google Maps](#)
- Departure of the Petit and Gros Buck at 9:00 am
- Start of the 50 Challenge at 9:30 a.m.
- Bring: 2 tubes, pump, 2 bottles of 500 ml and more
- We recommend 40 mm and more as tyres
- Your gear ratio should be at least 1:1 (40 front and 40 rear) but bigger could be ideal depending on the conditions
- Location (kilometers) of help stations
 - **Gros Buck:** 11, 18, 36, 77, 111, 124, 136 (note that there is a water source at km 85)
 - **Petit Buck:** 11, 18, 36, 77, 89
 - **Challenge 50:** 21 and 34 (note that there is a water source at km 11)
- All participants in the Gros Buck must reach the help station #4 (St-Luc KM 77) before 1:45 p.m. Otherwise, they will have to head for the Petit Buck course.
- Coffee offered by the Pub de la Contrée in the morning before the start

 BRAVA Ride on Friday and Sunday presented by Brava **open to all**

 Vittoria will provide you with tools, tires, tubes, "plugues", sealant, pumps in all the help stations

  MucOff will provide you with oil at all help stations



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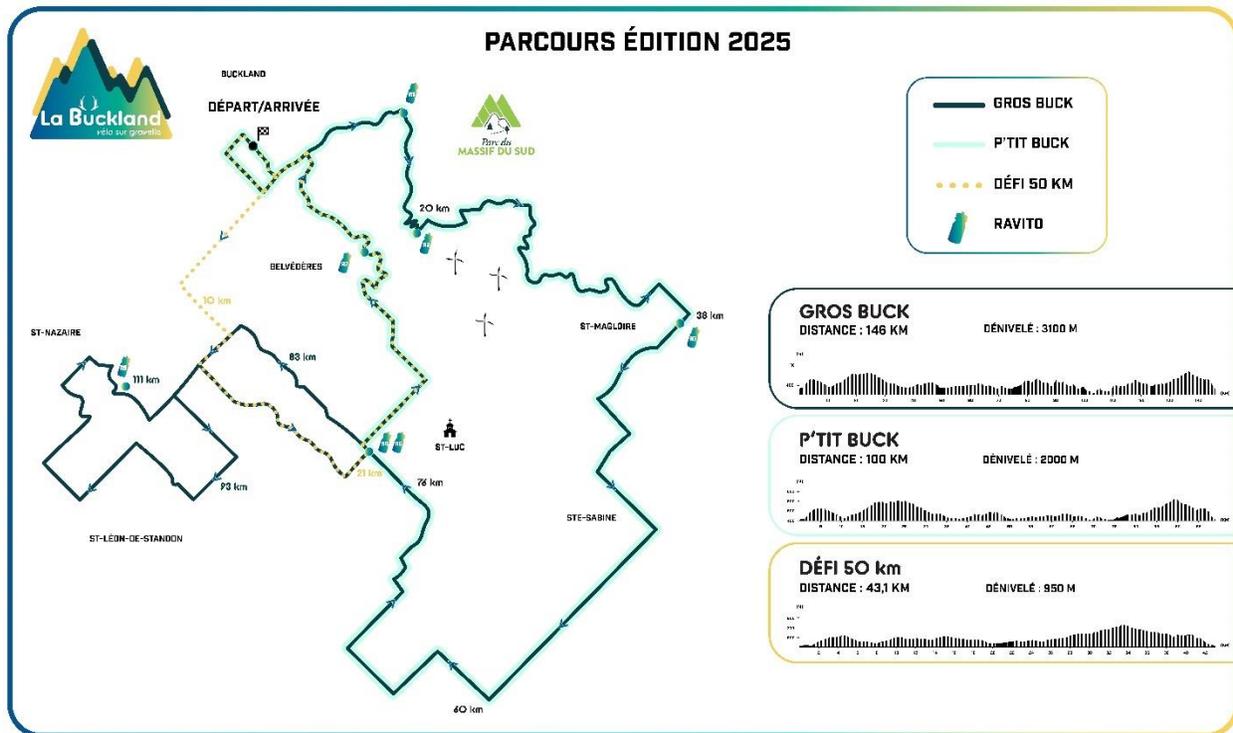
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Weekend schedule

Friday, July 4

4:00 p.m.-8:00 p.m.: Registration and registration under the tent for the weekend

6:00 p.m.: For those who wish, open to all, a short outing of 1h-1h15 maximum will be organized by Brava and supported by the Microbrasserie de Bellechasse. You go to the Buckland Recreation Chalet to check in (free of charge). A well-deserved refreshment will be waiting for you when you return.  BRAVA

Saturday, July 5

7:30-9:00 am: Check-in and registration under the marquee (registration closes 30 minutes before departure)

9:00 am: Departure from La Buckland on gravel Gros Buck for a distance of 140 km and Petit Buck 99 km. The start is at the Buckland Recreation Chalet.



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9:30 am: Start of the 45 km Challenge. The start is at the Buckland Recreation Chalet.

Sunday, July 6

10:00 a.m. : Start of The Ride of the Next Day presented by Brava, open to all; departure is at the Buckland Recreation Chalet  BRAVA

Detailed Saturday schedule

7:30-9:00 am: Check-in and registration (registration closes 30 minutes before departure)

7:30-9:15 a.m.: Meet at the Pub de la contrée to get a free Specialty Coffee offered by the Pub

9:00 am: Departure from La Buckland on gravel Gros Buck for a distance of 144 km and from Petit Buck for 99 km.

9:30 am: Start of the 45 km Challenge

10:00 am: Inflatable games and water games on the site to entertain the little ones

11:45 am: Estimated arrival of the first participants of the Petit Buck

12:30 p.m.: Start of the post-race lunch service under the tent

6:00 p.m.: Estimated arrival of the last participants

8:00 p.m.: Campfire

Lunch after the race

All participants are entitled to a meal after the race. The menu offered is the traditional poutine from the Chez Gérard Food Truck or the healthy option by the Pub de la Contrée, a Veggie poké bowl, served under the marquee. You must have chosen the vegetarian option when registering or have sent us a request via email to info@labuckland.ca no later than Wednesday, July 1.

A drink of your choice is also offered upon presentation of the coupon ~~that will be~~ given to you at check-in. We have an alcoholic and non-alcoholic offer as well as "Mocktales" offered by Sober Carpenter. In addition, in exchange for a few dollars, you can also buy additional beers under the same tent.



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Plate Installation

Yes



No



No



Recommended Equipment

- Ideally 40mm or larger tires. A smaller tire is also fine, but will be less efficient in some more technical sections, a little less stable on long, fast descents and will be more at risk of punctures.
- Ideally a ratio of 1:1 or more (e.g., 40 forward, 44 rear)
- Bottle cages that hold water bottles very well. Some sectors are stirring a lot. The risk of losing a canister is high. Note that we have a few empty canisters in the refreshment points to help you out.
- Two or more water bottles; Water and beverages will be available at all refreshment points.
- Repair kit and basic tools in case of a puncture or mechanical glitch
- Mountain bikes are accepted but must remain at the back of the pack during the controlled start. Afterwards, they will be able to reposition themselves.
- Brake pads. In the 2024 edition, the rain made the course more technical. Several participants would have liked to have had spare brake pads.



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Safety and general rules

Assisted bicycles are not accepted for all Saturday distances. They are allowed on Friday and Sunday outings

Road safety

The route uses public and private roads as well as federated quad trails. Roads and trails are not closed to traffic during the event. Thus, although the courses are opened by opening trucks and quads and patrolled by a first aid team, runners are required to respect the rules of road safety at all times. For example, you need to be vigilant at intersections. With the exception of a few intersections, there will be no flaggers. You must also keep right at all times on the road.

Wearing a tank top is prohibited. The vest must have sleeves.

No headphones are allowed (except for hearing aids)

Support technique

Technical support will be present at the start/finish area for minor last-minute adjustments or repairs. There will be basic equipment and tools at the aid stations. You will find: pumps, inner tubes, allen wrenches, screwdrivers. Also in each of the refreshment stations, it will be possible to get empty canisters to replace yours in case of loss.

The section between aid stations 2 and 3, which is mainly a rockier descent, is particularly prone to punctures. Thanks to the collaboration of Vittoria, we will provide you with a puncture repair station. You will find: tubes, sealant, pump, tires, repair bits and tools. In addition, a motorcycle patrol team will circulate in this area to support you in case of a puncture. The patrollers will have Vittoria equipment in their possession.



Autonomy

Despite the presence of a technical station and patrollers, riders must have the necessary equipment to carry out basic repairs on their bike. In addition, although patrollers are present at strategic points along the route, they may not be able to contact first aid since cell or shortwave coverage is difficult in places. We therefore



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ask you, if possible, to have your cell phone in your possession. In case of emergency, and when the network allows it, you can help us by contacting Éric Blais at 418-952-4346.

Abandonment

In the event of abandonment, the runner is responsible for notifying the organization, either by contacting the driver of the broom truck, by notifying the person in charge of a refreshment station or a member of the organization or the marshal upon your return to the start/finish point.

Cut-Off

Participants in the Gros Buck who have not reached the refreshment station #4 located in St-Luc at kilometer 77 (see map of the refreshment stations) before **1:45 p.m.** will not be able to complete the complete loop of the Gros Buck. They will then have to head for the P'tit Buck course (99 km).

P'tit Buck participants must have reached the refreshment station # 4 located in St-Luc at kilometer 77 (see map of refreshment stations) before 2:30 p.m. in order to continue. If a rider decides to continue after this time, he will have to hand over his plate to the broom truck and will no longer be under the responsibility of the organization. It should be noted that the route may no longer be marked. We will offer the possibility to use the broom truck for those who cannot complete the adventure.

Course details

See Appendix 1 for a detailed description of the route

Downloading Routes

Le Gros Buck: 146 km, 3200 m of elevation gain, 7 aid stations, departure at 9:00 am

<https://labuckland.ca/ride/le-gros-buck-2025/>

Le Petit Buck: 99 km, 2200 m of elevation gain, 5 aid stations, start at 9:00 am

<https://labuckland.ca/ride/le-petit-buck-2025-99km/>

The Challenge: 45 km, 900 m of elevation gain, 2 aid stations + water station, start at 9:30 am

<https://labuckland.ca/ride/defi-45-de-la-buckland-2025/>



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Signalling

Signage is present throughout the three routes; The GPX is not necessary to steer you, but can be very useful to see difficulties in advance.

The Gros Buck and Petit Buck routes follow the same route to the fourth aid station (St-Luc). A few hundred meters after the aid station, the participants of the Gros Buck must continue straight ahead while the participants of the P'tit Buck must head to the right. It is possible to decide here whether you want to take on the Big Buck challenge or continue the Little Buck challenge, which also presents a good challenge!

Private Land

Some sectors of the course use private land to which we are allowed access for the day of the event only. Please do not use the GPX after the event has been held. We will make available a version without passage on private land following the event.

Sectors at risk

Although the majority of the course is on safe and gentle roads, some sectors require additional vigilance from the runners. The sectors at risk will be identified by a poster showing three black arrows pointing down for risky descents or to the sides for risky turns...

The risk areas are located in the following locations:

1. **Kilometres 26 to 30 of the Gros Buck and Petit Buck:** ATV trail that contains more rocks that could cause punctures. It should be noted that there is a risk of ATVs in this sector, which is narrower. Be vigilant and keep right as much as possible. Here your water bottles could be catapulted by the high "stirring".
2. **The first 5 km of the final descent (km 135 of the Gros Buck, 89 km of the Petit Buck, 34 km of the Défi):** The final descent that follows the refreshment station of the belvedere is strewn with large stones and undermined by rain in places. Although the finish is near, caution is advised.
3. **The final descent at km 145 of the Gros Buck, 97 of the Petit Buck and 43 of the Défi:** A slightly more technical descent in places that could surprise you. Although you are in your last few kilometers, be careful.

Locations of risk areas

Route	Kilometre	Description
Small and Big Buck	22-31	Fast descents with several unstable rocks. You have to look ahead and keep your hands in the hollows of the handlebars.



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Small and Big Buck	31-33	Mountain bike trail with several fixed rocks. Risks of punctures and shocks. Keep a distance from the person in front of you and, as in all descents, look ahead and keep your hands in the hollows of the handlebars.
Challenge + Small and Big Buck	Park Descents 137-142 (Gros Buck) 90-95 (Petit Buck) 34-39 (Défi)	Fast descents with several unstable rocks, look ahead and keep your hands in the recesses of the handlebars.
Challenge + Small and Big Buck	Last 2 KM	Slightly technical descents, with some surprising turns, but above all difficult because of fatigue.

Major Climb Locations

The kilometers are for information only, more or less 300-500 m.

Important Odds of the 50 Challenge

Kilometre	Name	Difficulty (in Buck's number)
1-3	Magnetic Rating	⤵(4)⤵
3,5-4,5	Côtes du Mirador	⤵(3)⤵
25-33	Wind Park Pass	⤵(3)⤵

Important slopes of the Petit Buck

Kilometre	Name	Difficulty (in Buck's number)
1-4	Magnetic Rating	⤵(4)⤵
11-18	Massif Park Coast	⤵(3)⤵
77-89	Wind Park Pass	⤵(3)⤵



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Important Gros Buck Ribs

Kilometre	Name	Difficulty (in Buck's number)
1-4	Magnetic Rating	(4)
11-18	Massif Park Coast	(3)
77-79	Côte de St-Luc	(4)
88-89,5	Côte de St-Léon (formerly Cul du Singe)	(5)
102-104	Ti-Banc Coast	(5)
109-110,5	Fillion Coast	(5)
128-136	Wind Park Pass	(5)

Aid stations

All the volunteers on the course are... volunteers. Please thank them all with a beautiful smile even if sometimes they can't serve you as quickly as you hope. Come and tell us after the race if you had any problems, we will offer you a beer to redeem yourself and it will help us improve our process next year.

- No supplies will be given on the move; It is the responsibility of the participants to stop and ask for what they need.
- The order of arrival of the participants must be respected during the service by the volunteers.
- The participant will have to open his canisters to allow the volunteers to fill them with a pitcher.



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Aid Stations Locations

#	Position				
		Challenge	Little Buck	Big Buck	
1	Parc du Massif	N/A	11	11	Water
2	Massif Coast Summit	N/A	19	19	Water, Gatorade, fruit, cookies
3	St-Cyrille (Saint Magloire)	N/A	36	36	Water, maple syrup, electrolytes, Gatorade, fruit, bars, cookies
4	St-Luc Church (Toilets)	N/A	77.5	77.5	Grilled Cheese, Maple Syrup, Water, Electrolytes, Gatorade, Bananas, Cookies, Gels, Pretzels, Bars, Candy, Soft Drinks, Toilets
	Water source	11.4	N/A	85.6	Water
5	Little House on the Prairie	N/A	N/A	111	Water, electrolytes, maple syrup, maple cone, Gatorade, candy, fruit, bars, cookies, gels, Pretzels, soft drinks
6	St-Luc Church (Toilets)	21.6	N/A	124.5	Grilled Cheese, Maple Syrup, Water, Fruit, Electrolytes, Gatorade, Bananas, Cookies, Gels, Pretzels, Bars, Candy, Soft Drinks, Toilet
7	Wind Turbine Belvedere	33.6	89	136.5	Water, soft drinks, biscuit, candy
	Arrival	45	99	146	Water, fruit, milk, chocolate, beer and lunch after the race



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The site



Reception:

Registration, merchandise, post-race dining, post-ride drink

Toilet:

- 2 in the parking lot
- One for the men behind the sports chalet
- 2 indoors for women
- 2 at the campsite

Showers:

- 3 showers open outside behind the sports chalet
- 1 indoors for women

Catering on site (2 min walk):

- Grocery store
- Pub
- Bakery

Directions

The competition venue is located in the municipality of Notre-Dame-Auxiliatrice-de-Buckland, also known as Buckland. The municipality is located in the MRC de Bellechasse, about an hour's drive south of the Quebec City bridgehead. [Google maps of Buckland](#)

The easiest way to get to Buckland from all regions of Quebec is to take exit 337 of Highway 20 and follow Route 279 south to the end (about 30 minutes) which will take you to Buckland. You then turn left on Route 216 to get to the heart of the village (less than 2 minutes away).



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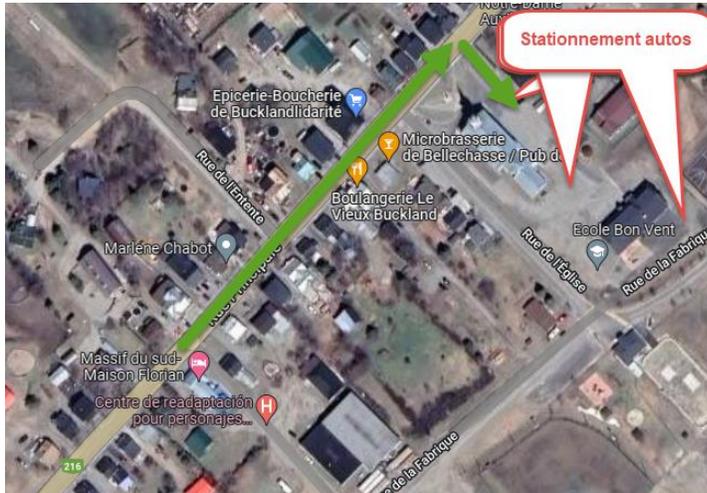
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Parking

Car parking

Parking at the back of the church will have to be used.



Camping Parking

All vehicles (RV, Van, Trailer) will be on the campground. Campers are encouraged to go directly to the campground and park there. The campsite is 1 minute from the start.



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Accommodation in the area

Consult our website www.LaBuckland.ca in the Race Info section, you will find a more exhaustive list of accommodations in the region.

- **Parc du Massif du Sud:** The 12 rustic campsites of the Medieval Village are reserved for Buckland participants. To make a reservation, you must call 418-469-2228 and mention that you are participating in the Buckland.
- **Accommodation Massif du Sud Alpine Ski Chalets:** Enjoy 3 nights for the price of 2. For more information, please contact Mélissa at 1-877-869-3676 ext: 115 or by email at: hebergement@massifdusud.net
- **Beausite Tourisme:** 10 minutes from the start, Marylie from [Beausite Tourisme](#) offers you the opportunity to try it for \$20/night. The rustic site gives you access to a shower, a toilet and a propane kitchen in the gazebo on the lake.
- **Camping La Jolie Rochelle:** Located in Saint-Raphaël, 30 minutes from Buckland <https://lajolierochelle.quebec/>
- **Camping Rivière Etchemin:** Small wild campsite located in Saint-Léon-de-Standon, 20 minutes from Buckland <https://www.campingriviereetchemin.com/>
- **Saint-Philémon campsite:** Located in Saint-Philémon, 10 minutes from Buckland <https://www.campingstphilemon.com/>
- **Camping Lac Etchemin:** Located in Lac Etchemin, 30 minutes from Buckland <http://campinglacetchemin.com/>
- **Camp Forestier campgrounds and cottage:** Located in Saint-Luc, 23 minutes from Buckland <https://www.campforestier.qc.ca/>
- **RVs can camp on the campsite:** please respect the indications in the section reserved for RVs

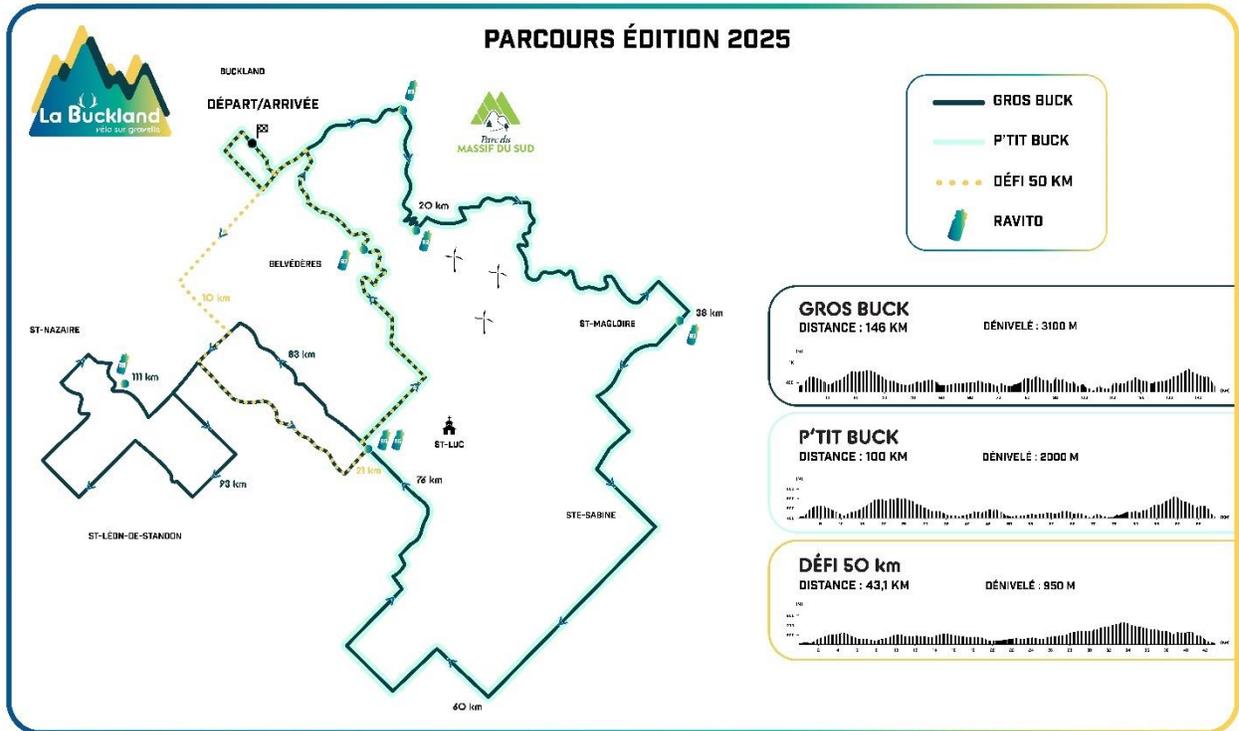


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APPENDIX 1: DETAILED DESCRIPTIONS OF THE ROUTES



Description of the 50 Challenge: 45 km 950m d+

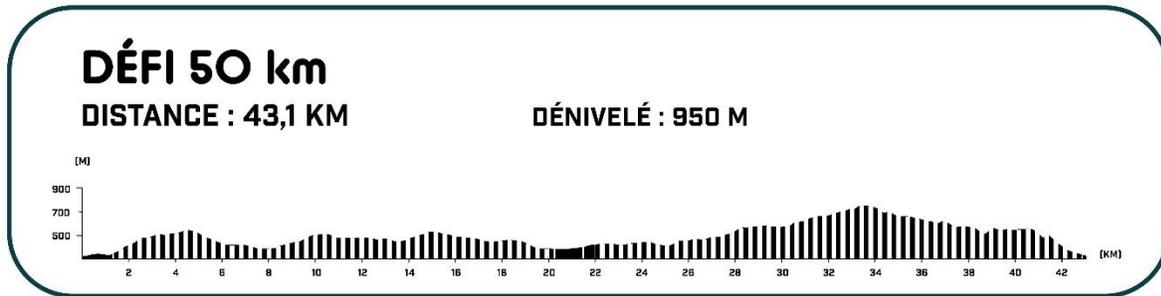
Download: [GPX Challenge 50 \(45km\)](#)



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Sector 1: Departure at the top of the magnetic hill (km 1 @ km 4)

The start will be an exciting moment with memorable images! Enjoy the free coffee offered by the Pub de la Contrée and the mechanical support for your bike offered by Hadlow before the start.

The peloton will be controlled over a distance of 1 km, from the start to the bottom of the magnetic hill. This first climb is among the 5 most difficult climbs of the course (Category 4 Bucks / length of 2 km). It will take you 10 and 20 minutes to climb it and face your first sections with a difference in altitude of more than 15%. In short, a good warm-up for the future.

Tip: Don't burn your cartridges here; There is still a good ti-bout until the finish.

Sector 2: top of the Côte Magnétique at the St-Luc aid station (km 21)

Sector with several climbs and descents that make this section rolling; take advantage of a water source around Km 11 to fill your bottles. St-Luc is the central refreshment point of the route, as you can enjoy a delicious grilled cheese. You will also have access to a variety of food and toilets, all accompanied by background music to motivate you for the rest of the adventure.

Sector 3: Refreshment station # 1 (St-Luc) at aid station # 2 (km 21 @ km 34)

This section is the last difficult one, almost entirely uphill until the last aid station. A steeper slope is the one leading to the entrance to the Massif du Sud wind farm; however, it was short-lived. Once on the scenic road to the wind farm, you undertake a gradual and pleasant climb (Category 3 Bucks / 7 km) with incredible views and gigantic wind turbines just above your heads. This climb will take you to the last refreshment point of your day.



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Sector 4: Refreshment station # 2 at the finish (km 35 @ km 45)

Enjoy a short moment of rest at the last refreshment point, probably the most beautiful viewpoint in the area. Starting from the aid station, a last small climb awaits you; A real pain in the ass that we would have liked to avoid. Afterwards, you will embark on the final 10 km descent to the finish. A wide and fast descent dotted with a few rocks and gravel that is sometimes surprising.

After the last right turn, you will be on a lumberjack lot. Not very technical, but watch out for the rocks hidden in the grass. Once out of the woods, the finish is 200 m away. Watch out for the last bend, it comes fast and is surprising!

Tip: Keep right if you can't see far ahead; this section is used by several mountain bikes.

Keep your hands in the hollows of the handlebars and not on the hoods.

Despite fatigue and excitement, look far ahead to anticipate obstacles.



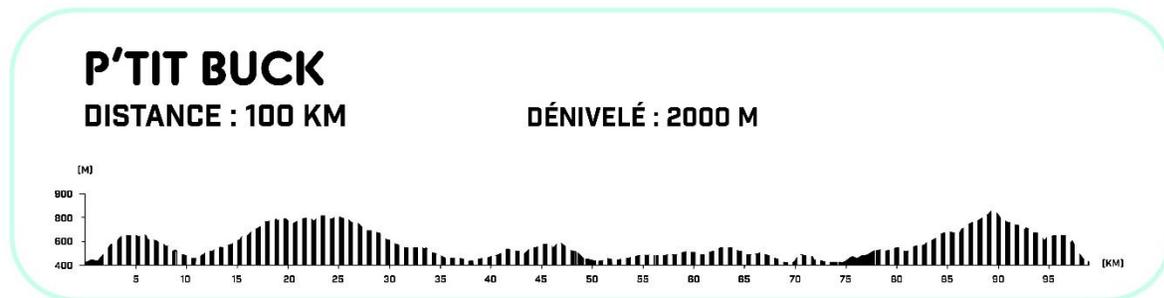
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Description Petit Buck : 99 km 2200m d+

Telegarment: [GPX Petit Buck](#)



Sector 1: Departure at the top of the magnetic hill (km 1 @ km 4)

The start will be an exciting moment with memorable images! Enjoy the free coffee offered by the Pub de la Contrée and the mechanical support for your bike offered by Hadlow before the start.

The peloton will be controlled over a distance of 1 km, from the start to the bottom of the magnetic hill. This first climb is among the 5 most difficult climbs of the course (Category 4 Bucks / length of 2 km). It will take you 10 and 20 minutes to climb it and face your first sections with a difference in altitude of more than 15%. In short, a good warm-up for the future.

Tip: Don't burn your cartridges here; The day has only just begun.

Sector 2: Summit of Magnetic Hill at the top of Parc du Massif (km 4 @ km 18.5)

This section offers two refreshment points. The first at the Parc du Massif (km 11) before starting the second major climb of the route, and the other on your arrival at the majestic Parc des Éoliennes (km



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18.5). The climb to the park is superb (Category 3 Bucks / 7 km), so beautiful that you won't even feel it. It is hidden in the forest and runs along a stream from its base to the top. The climb is gradual and winding, with switchbacks in the steepest sections. However, it does not have any double-digit difference in altitude.

Tip: Save your strength, the climb is nice and fast, but there's still a long way to go!

Sector 3: Refreshment station # 2 at aid station # 3 (km 18.5 @ km 36.5)

Be careful, this section is the rockiest, with large rocks conducive to punctures. It is a hilly section but mainly downhill, so fast. For your safety, two motorcycles will patrol the area with puncture repair kits and basic tools in case of a mechanical problem.

The first 9 kilometres of this section take the panoramic route that winds through the wind farm. The landscapes are grandiose and the proximity to the wind turbines is impressive. The next 4 kilometres take you along a mountain bike trail with rough rocks. Keep a safe distance to anticipate obstacles and choose your line carefully. Better to lose a few seconds than to get a flat tire. A breakdown station with repair kit will be available at the exit of this track.

Tips: Keep your hands in the hollows of the handlebars and not on the hoods to minimize the risk of slipping hands.

Look far ahead to predict the rocks.

If you lose a canister, empty canisters will be available at Supply 3.

Sector 4: Aid station # 3 at aid station # 4 (km 36.5 @ km 77.5)

Probably the most rolling section of the course. Enjoy the beautiful scenery and refuel, but be hungry for aid station 4, the central aid point of the route, where you can enjoy a delicious grilled cheese. You will also have access to a variety of food and toilets, all accompanied by background music to motivate you for the rest of the adventure.

Tips: If you're racing, it's time to ride. If you're here for the challenge, take some time to relax and enjoy the day.



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Sector 5: Refreshment station # 4 at aid station # 5 (km 77.5 @ km 89)

This section is the last difficult one, almost entirely uphill until the last aid station. A steeper slope is the one leading to the entrance to the Massif du Sud wind farm; however, it was short-lived. Once on the scenic road to the wind farm, you undertake a gradual and pleasant climb (Category 3 Bucks / 7 km) with incredible views and gigantic wind turbines just above your heads. This climb will take you to the last refreshment point of your day.

Sector 6: Refreshment station # 5 at the finish (km 89 @ km 99)

Enjoy a short moment of rest at the last refreshment point, probably the most beautiful viewpoint in the area. Starting from the aid station, a last small climb awaits you; A real pain in the ass that we would have liked to avoid. Afterwards, you will embark on the final 10 km descent to the finish. A wide and fast descent dotted with a few rocks and gravel that is sometimes surprising.

After the last right turn, you will be on a lumberjack lot. Not very technical, but watch out for the rocks hidden in the grass. Once out of the woods, the finish is 200 m away. Watch out for the last bend, it comes fast and is surprising!

Tip: Keep right if you can't see far ahead; this section is used by several mountain bikes.

Keep your hands in the hollows of the handlebars and not on the hoods.

Despite fatigue and excitement, look far ahead to anticipate obstacles.



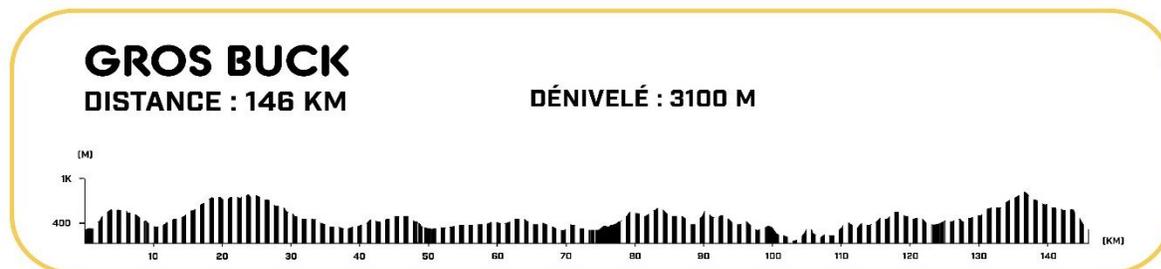
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Description Gros Buck 146 km 3200m d+

Download : [GPX Big Buck](#)



Sector 1: Departure at the top of the magnetic hill (km 1 @ km 4)

The start will be an exciting moment with memorable images! Enjoy the free coffee offered by the Pub de la Contrée and the mechanical support for your bike offered by Hadlow before the start.

The peloton will be controlled over a distance of 1 km, from the start to the bottom of the magnetic hill. This first climb is among the 5 most difficult climbs of the course (Category 4 Bucks / length of 2 km). It will take you 10 and 20 minutes to climb it and face your first sections with a difference in altitude of more than 15%. In short, a good warm-up for the future.

Tip: Don't burn your cartridges here; The day has only just begun.

Sector 2: Summit of Magnetic Hill at the top of Parc du Massif (km 4 @ km 18.5)

This section offers two refreshment points. The first at the Parc du Massif (km 11) before starting the second major climb of the route, and the other on your arrival at the majestic Parc des Éoliennes (km



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18.5). The climb to the park is superb (Category 3 Bucks / 7 km), so beautiful that you won't even feel it. It is hidden in the forest and runs along a stream from its base to the top. The climb is gradual and winding, with switchbacks in the steepest sections. However, it does not have any double-digit difference in altitude.

Tip: Save your strength, the climb is nice and fast, but there's still a long way to go!

Sector 3: Refreshment station # 2 at aid station # 3 (km 18.5 @ km 36.5)

Be careful, this section is the rockiest, with large rocks conducive to punctures. It is a hilly section but mainly downhill, so fast. For your safety, two motorcycles will patrol the area with puncture repair kits and basic tools in case of a mechanical problem.

The first 9 kilometres of this section take the panoramic route that winds through the wind farm. The landscapes are grandiose and the proximity to the wind turbines is impressive. The next 4 kilometres take you along a mountain bike trail with rough rocks. Keep a safe distance to anticipate obstacles and choose your line carefully. Better to lose a few seconds than to get a flat tire. A breakdown station with repair kit will be available at the exit of this track.

Tips: Keep your hands in the hollows of the handlebars and not on the hoods to minimize the risk of slipping hands.

Look far ahead to predict the rocks.

If you lose a canister, empty canisters will be available at Supply 3.

Sector 4

Aid station # 3 at aid station # 4 (km 36.5 @ km 62)



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Probably the most rolling section of the course. Enjoy the beautiful scenery and refuel, but be hungry for aid station 4, the central aid point of the route, where you can enjoy a delicious grilled cheese. You will also have access to a variety of food and toilets, all accompanied by background music to motivate you for the rest of the adventure.

Tips: If you're racing, it's time to ride. If you're here for the challenge, take some time to relax and enjoy the day.

Sector 4: Aid station # 4 at aid station # 5 (km 62 @ km 96)

This is the most difficult section of the course. Not very technical, but with the 4 most difficult climbs in 35 km; Speed ratios of more than 1:1 will be appreciated in this sector. The sector starts with the Côte de St-Luc as soon as you leave the village (Category 4 Bucks / 5 km), a long, constant climb that will allow you to digest the grilled cheese. Afterwards, you will tackle the hill nicknamed "The Monkeys' Ass" (because of its position, behind the monkey faces) (Category 5 Bucks / 2 km). It is a long straight line that is increasingly steep, up to 24% steep, covered with soft gravel in places. Then, the climb to the Ti-Banc (Category 5 Bucks / 2 km) still on a steep slope of more than 10%, but a ti-banc awaits you at the top! Finally, before the aid station # 5, the climb of the Route des Fillion (Category 5 Bucks / 1.5 km), with very soft gravel, two big curves and a constant difference in altitude of more than 10% and peaks of more than 15%.

Tip: Eat, eat, eat in this section.

Sector 5: Refreshment station # 5 at aid station #6 (km 96 @ km 110)

Nothing major, but no rest in this sector. The whole thing starts with a good climb starting from the aid station #5 followed by several successive climbs and descents. You will then be back at the St-Luc aid station with its grilled cheese, waffles and everything you need to refuel before attacking the last 20 kilometers and the climb of the wind farm.

Sector 6: Aid station # 6 at aid station # 7 (km 110 @ km 120.5)



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This section is the last difficult one, called Le Col des Éoliennes, almost entirely uphill until the last aid station. Only one steeper climb is the one leading to the entrance to the Massif du Sud wind farm; however, it was short-lived. Once on the scenic road to the wind farm, you undertake a gradual and pleasant climb (Category 3 Bucks / 7 km) with incredible views and gigantic wind turbines just above your heads. This climb will take you to the last refreshment point of your day.

Sector 7

Refreshment station # 7 at the finish (km 120.5 @ km 130)

Enjoy a short moment of rest at the last refreshment point, probably the most beautiful viewpoint in the area. Starting from the aid station, a last small climb awaits you; A real pain in the ass that we would have liked to avoid. Afterwards, you will embark on the final 10 km descent to the finish. A wide and fast descent dotted with a few rocks and gravel that is sometimes surprising.



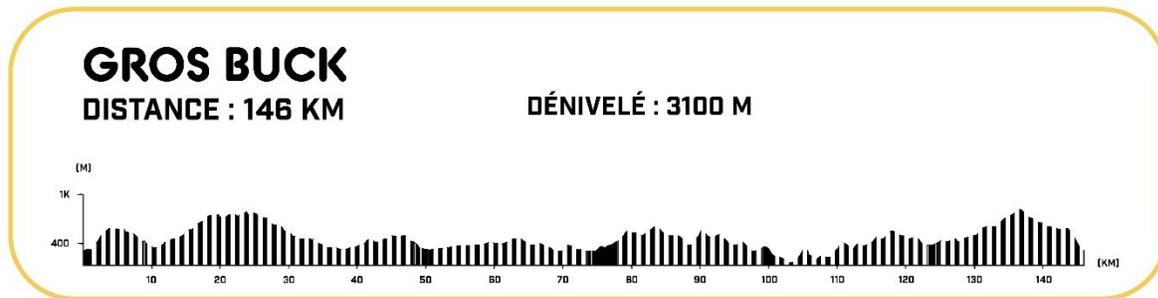
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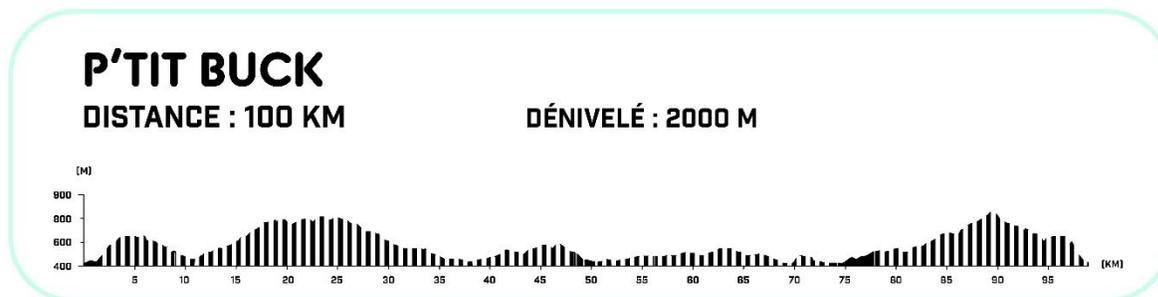


APPENDIX: 2 PRINTABLE STAMPS TO BRING WITH YOU

Gros Buck (146 km 3200m d+)



Petit Buck (99 km 2000m d+)



The 50 Challenge (45 km, 990m d+)



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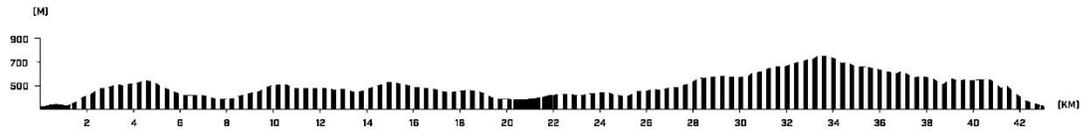
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DÉFI 50 km

DISTANCE : 43,1 KM

DÉNIVELÉ : 950 M



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