

Le déchainé



Rain showers
23°C - feels 27°C

Le Grand Tour | Monday August 5, 2024

An homage to the late risers

By Jonathan B. Roy

On my first Grand Tour, I anchored my tent in the "late riser" (*lève-tard*) section. In the morning, I opened my door to find that there were only two other groundhogs and me left on the entire soccer field. Late risers?! It's not even 8:30!

Almost two decades later, my circadian rhythm hasn't changed. Last year, I learned that lunch closes at 9 a.m... Yesterday, I decided to ride with others like me, at the back of the pack, and it's time to pay tribute to them!

So I left the village at 10 a.m., under the worried eye of Vélo Québec, who didn't think I'd meet anyone. Joëlle, 20, and her cousin Marianne, 24, were on the same schedule as me. The Montrealers ride four seasons in the city and have accumulated almost as many Little Adventures as years of life. Joëlle did it from the age of 4 to 18, in addition to other cycling trips with her mother, including one to Crete, organized by Vélo Québec Voyages.

I then come across the family trio formed by Anne-Catherine and her son Philippe-Antoine (13) and Juliette (16 in a few days' time). "We wanted a sporting adventure as a family", the mother tells me. While her main sport is cycling, the son is a tennis player and his sister is a track and field athlete. This is their first Grand Tour... and maybe not their last. "Seeing so many people who love cycling really makes me see the sport in a different, positive light," Juliette articulates brilliantly.



I congratulate them on waking up at 7:40 a.m.

At the back of the course, the bikes are more eclectic. More steel (including me), straight handlebars and, above all, panniers. "What have you got in there?" I ask Michel as he climbs a hill at blissful speed. "Sunscreen, a bottle of water that's now empty, and Crocs to change into at lunch!" He and his partner Lu are prepared for every eventuality. No doubt due to their experience of three Little Adventures with four children.

Have you noticed the mouth-watering waters of the Gatineau River? At least one of you is dragging your bathing suit along for an impromptu swim. After lunch, purple, white and

yellow wildflowers followed, then a roller-coaster ride back.

From Ottawa, Mike and Nina do all three days and don't even miss a day of work. Today is a Civic Holiday in Ontario. Civic Holiday" they call it. No idea who this Civic

is, but we thank him for the vacation.

At the top of the infamous hill, I chat with the amusing Anne-Sophie, Marie-Lise and Emmanuelle. The latter's bike previously belonged to the previous two. "Would you say Marie-Lise is your leader?" says I, guessing their dynamic. YES!" her two acolytes chant. She's



the one with the tent, she's our advisor on equipment, nutrition..." Emmanuelle continues, showing me a colorful pouch: "We're eating baby compote instead of gels! It's the same amount of carbohydrates, fiber, sugar, and tastes great." "And why are you leaving late?" I ask them, hoping to convince as many participants as possible to adapt to my schedule. "We prioritize sleep," says Marie-Lise. Also recovery," continues Anne-Sophie. "And we're just in time for the 4 p.m. aperitif!" adds Emmanuelle cheerfully.

To all those who finish their three days, I'll see you next year. And to the others who are continuing the week, see you when I get back to the village... but not too early!

Photo captions :

Photo 1: Anne-Sophie, Marie-Lise and Emmanuelle

Photo 2: Philippe-Antoine, Anne-Catherine and Juliette



GRAND TOUR

Read the Déchainé online
veloquebecvoyages.com/dechainé/





On the road

Regular route (57 km)

Today's regular route promises to be a memorable one, as it will take place for the most part inside Gatineau Park. Although the route is relatively short, it is nonetheless quite sporty, with a gradual ascent of some 30 kilometers that will take you up 300 metres of positive gradient to reach the pretty panorama of the Champlain belvedere. **Rest stop:** at km 15, in Gatineau.

Lunch stop, km 40, Chelsea

For lunch, we momentarily leave Gatineau Park to dine in Chelsea, at Microbrasserie Chelsea & Co, before returning to the park for the afternoon. Taste the cheese of the day, courtesy of **Fromages d'ici**: Cheese

curds (Fromagerie Victoria).

Shortcut route (40 km)

Not interested in the view from the Champlain belvedere? Cut 17 km off your day by taking today's shortcut, which will take you through the park on the Gatineau Parkway, a beautiful, quiet, wooded road that will make you feel far from the city!

Short loop (17 km)

Fancy a little detour to Ontario? If so, take today's loop, which will take you to Ottawa for a superb ride along the Rideau Canal, entirely on bike paths.

Option 1 (+28 km)

This optional morning route takes you to Aylmer, in the suburbs of Gatineau, for a

section located almost entirely on cycle paths, notably on section #1 of the Route verte.

Please note that sections of the route on bike paths are not accessible to our vehicles, especially support vehicles. Support staff will be on the bike paths to help cyclists requiring immediate assistance.



At the Gatineau village

Week-end getaway return

Leaving after three days? Check out the schedule for the shuttle back to Plantagenet : **4:00 p.m. to 6:00 p.m.** - **Bike drop-off and check-in / 6:30 p.m.** - **Boarding with your luggage**

Vélo Québec Association

Want to learn more about Vélo Québec's membership and programs? Drop by our booth in the bistro area for a chance to win an Arkel bike bag!

Décathlon play area

From 11 a.m. to 7 p.m., come try out several outdoor games (spikeball, badminton, archery and Finnish bowling) supplied by Décathlon!

Pool access

From 9:30 a.m. to 5:50 p.m., at the Centre sportif de Gatineau. Admission : \$10 for adults, \$5 for children under 5 and adults 65+.

Siboire, the Grand Tour's official beer

Come enjoy a good beer from Siboire, the official beer of the Grand

Tour, everyday in the bistro from 3 p.m

Tourisme Outaouais

At 5:00 p.m., join us in the bistro for a conference by Tourisme Outaouais, featuring the region's cycling and outdoor activities!

Escape Café

Need a caffeine fix before or after your ride? Escape Café will be open in the village from 6:30 to 10 a.m., and again during the afternoon.

Massage therapy

Réserve your massage therapy session in advance by texting Djilali Aïcha at (514) 991-1822 with your choice of time slot.

***** Want to have lunch in the village tomorrow? Mention it to the person in charge when you're in line to pick up your dinner, or at the Info booth before 9 p.m.**



Services

Info booth and boutique

From 6:30 a.m. to 9:00 p.m.

Mecanical booth

From 6:30 to 10 a.m.

From 2:00 to 7:00 p.m.

First aid

From 7 to 10 a.m. and from 2 to 10 p.m.

Massage therapy

From 10:00 a.m. to 2:00 p.m. (lunch)

From 2:00 p.m. to 10:00 p.m. (St-Joseph College)



Today's menu

Your breakfast - from 6 to 9 a.m.

- > Crepes, hard-boiled eggs, bacon, veggie cretons, veggie bacon, quinoa breakfast
- > Bridgehead chocolate chip and banana muffin, homemade potatoes

Your meal at the lunch stop - from 10 a.m. to 2 p.m.

- > Mexican burrito with ground beef/vegan meat, rice, black beans, carrot and lettuce
- > Rotini salad with vegetables and roasted vegetables, broccoli
- > Vegan pumpkin and almond bar, fresh fruit

Your dinner - from 5 to 9 p.m.

- > Garden salad, potato and leek soup
- > Coconut-crust tilapia, meat tortellini with mushroom sauce, grilled tofu
- > Classic beaver tails, fresh fruit



GRAND TOUR

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DECATHLON

SIBOIRE
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Le Grand Tour,
an event by

Vélo Québec
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