



THE TERRAPINS – RUNNING COURSES AROUND SUTTON

Name	Description	km	Profile	Link
Special Monday (DG/CdV)	GSS - Departure Western South - right Cœur de Village (go around) - right Western Street - right Domaine Gagne Street - left Cartier Street (go around - Cartier Street-Roland Bazinet Street-Bromont Street-Champlain Street and Laval Street) left Domaine-Gagne Street - left Western Street - GSS return	5		https://maps.app.goo.gl/zsSvKiqJUUwYsy7D6
Village/Mountain	GSS- Departure towards Principale south and take bike path left towards 215/Pleasant- right Pleasant Street - left Academy Street - right Highland Street for about 330m - take the Village/Mountain trail on the left (1.6km) - right Poissant Street - right Maple Street - right Main Street - GSS return	5	 	https://maps.app.goo.gl/UZP9kTsWF7H7pmi27 https://maps.app.goo.gl/f8VkiMXkbfV9XMDp8
5km challenge	GSS- Departure Western North- left 215 - left Chemin Lefebvre - left Woodard - straight on Principale Street - return GSS	5,5		https://maps.app.goo.gl/JM1ViXDMtnCaSYi1A

Running Routes

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The Mon-Louis	GSS - Departure Principale Sud and take the bike path left towards 215/Pleasant – right Pleasant Street - left Academy Street - right Highland Street – left Maple Street – right Domaine Mon Louis Street - Right Des Hérons Street – right Davis Street and continue straight on Domaine Mon Louis Street – right Des Éperviers Street – left Des Perdrix Road – left des Rossignoles Road – left des Pinsons Road – left Maple Street – left on Main Street – right on Pine Street – right on bike path - back to GSS	6		https://maps.app.goo.gl/aXwNnjWLdfE7XhGJ9
The Village/Mountain Elongated	GSS- Departure Main south and take bike path left towards 215/Pleasant- right Pleasant Street - left Academy Street - right Highland Street for about 330m - take the Village/Mountain trail on the left (1.6km) - right Poissant Street - right Maple Street - left Des Pinsons Road - right des Rossignols Road - right Des Éperviers Road - left Mon Louis Road - Right J.L. Deslieres Road - Right Domaine Mon Louis Road - Right on the right rue des Hérons – on the left ch. Domaine Mon Louis – on the left ch. Maple – right Main North – back to SSG	6,9		https://maps.app.goo.gl/UZP9kTsWF7H7pmi27 https://maps.app.goo.gl/wsB29LXW2qr7a1AdA

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The Schweizer	GSS-Departure Principal Sud – left Schweizer Street – left Mountain Street – right Seymour Street – left Larrivée Street – left Cemetery Street – right Principale Street – GSS return	6,9	<p>↑ 77 m · ↓ 77 m</p>	https://maps.app.goo.gl/fMdpby9SXESXQSQb7
The Mudgett/Dyer	GSS-Departure Main North - left ch. Dyer - on the right, ch. Mudget – right on Main Street – back to GSS	7,3	<p>↑ 90 m · ↓ 90 m</p>	https://maps.app.goo.gl/QmCz8K5SRKXY8oHE7
The Hivernon	GSS-Departure Main Nord (139) – traverse on the right ch. Santerre - on the right chem Harvey - on the left rue Allure - on the right rue Godue - on the left ch. Hivernon – right Woodard-GSS	8	<p>↑ 117 m · ↓ 117 m</p>	https://maps.app.goo.gl/bVyCbqwbrkno4dqx9
The Grenier	GSS- Departure Principale south left bike path towards 215/Pleasant- right rue Pleasant- right rue Maple- left Principale Sud–left rue du Cimetière/rue Larrivée/rue Symour- left rue Mountain- right rue Grenier/rue Beauregard- left rue Grenier- left rue Mountain- left rue Principal Sud- right rue Gagné- left rue Bouleaux- left rue Gagné- left rue Gagné- left rue Cartier/Roland Bazinet- right Bromont Street- right Gagne Street- left Western Street- left Cœur de Village (Loop) - left Western Street - GSS return	8	<p>↑ 65 m · ↓ 65 m</p>	https://maps.app.goo.gl/HXZjEgfh3wottDt8

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The Westwood	GSS- Departure Main North/139N- left ch. Dyer – left ch. Westwood - left ch. Jordan – left 139 S – left Western Street – left Main North -GSS return	8	<p>↑ 88 m · ↓ 88 m</p>	https://maps.app.goo.gl/yDqdnkjmU5khy7so9
The Belvedere	GSS- Departure Main South/139S- left Schweizer Street -right Lookout Road (Loop) – Mountain Street -right Seymour/Larrivée Street/Cemetery Street -left Main South- right Western Street- GSS return	9	<p>↑ 109 m · ↓ 109 m</p>	https://maps.app.goo.gl/tV8MyhpTA6NWVDmo8
The Westwood – XL	GSS- Departure Main North/139N- left ch. Dyer – left ch. Westwood - left ch. Jordan – straight (cross R139) Schweizer – left Mountain Street – right Main North - GSS return	10	<p>↑ 146 m · ↓ 146 m</p>	https://maps.app.goo.gl/J8kZl28fynHJN2R58
10km challenge	GSS- Departure Western North- left 215- left ch. Draper- on the left on rue Woodard- on the right rue Hivernon- on the right rue Godue- on the left chem Bresee - on the left rue Hivernon - on the right rue Woodard - on the left rue Principal Nord-GSS	10	<p>↑ 100 m · ↓ 100 m</p>	https://maps.app.goo.gl/jF3HBcsaQjCqRMvu9
Schweizer - XL	GSS- Departure Main South- left Schweizer Street- right chem Morgan - left chem Cooke N - left Schweizer street- right Mountain Street - right Main Street South-GSS	10	<p>↑ 190 m · ↓ 190 m</p>	https://maps.app.goo.gl/2x9EJRGdqBYT7QiU6

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The Maple	GSS- Departure Main South- left Academy – right Highland – left Maple Street- left chem Real- left chem Harold - left, chem Poissant- right Maple Street- right Highland – left Academy - right Main Street North-GSS	10,8	<p>↑ 233 m · ↓ 233 m</p>	https://maps.app.goo.gl/acRrBzV8rcMmqKx68
The Maple - XL	GSS- Western South Departure- left Pearl Street/Pine Street- left Main Street South- Maple right- left ch. Real- on the left chem Harold - on the left ch. Lac Kelly- on the left ch. de la Plage- on the left ch. du Plateau- on the left ch. Poissant- right Maple Street- right Highland Street- left Academy Street- right Pleasant Street- left Bike path- right Main Street North- GSS	13	<p>↑ 252 m · ↓ 252 m</p>	https://maps.app.goo.gl/tktvkVwyY5UdzJcV7
The Jordan	GSS- Departure Main North- left ch. Dyer- on the left, ch. Alderbrooke- on the left ch. Jordan- left 139S/Main South- GSS return	13	<p>↑ 136 m · ↓ 136 m</p>	https://maps.app.goo.gl/EFvWuNqza1QHwGrS8
The Turner Ki(u)ss	Departure corner of ch. Kuss and ch. Johnston. Take ch. Kuss, left ch. Turner, right ch. McCurdy, right 139N (only 200m), right ch. Soles, right chm. Stagecoach, right ch. Johnston, return to departure point	13,1	<p>↑ 136 m · ↓ 137 m</p>	https://maps.app.goo.gl/iEoGkzZDHcjA9NJ8

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The Cavalia	GSS- Departure Main south- left rue Academy/ch. Ellie - on the left ch. du Mont-Écho (Sutton Junction) /ch. Draper - on the left ch. Woodard - Left Main Street North-GSS	13,1	<p>↑ 198 m · ↓ 198 m</p> <p>273 m 172 m</p>	https://maps.app.goo.gl/15ad2C7xscvg6H159
The West Loop	GSS- Departure Main North/139- left ch. Mudget- on the left, ch. Alderbrooke- on the left ch. Jordan- left 139S/Main North- right Maple Street- left Pleasant Street- left Academy Street- right Main North-GSS	14	<p>↑ 151 m · ↓ 151 m</p> <p>252 m 157 m</p>	https://maps.app.goo.gl/npxdR7AW3CzCp4938
Ellie's Loop	GSS- Main South Start- left Maple Street- left Pleasant Street/215 Vallée Rd.- Sutton Junction -straight at Rd. Mont-Écho- on the right ch. Élie/Académie- on the right on Pleasant Street- on the left on Western Street- on the left back to GSS	14,4	<p>↑ 144 m · ↓ 144 m</p> <p>272 m 172 m</p>	https://maps.app.goo.gl/Q4VQCHQHvrg9N8E18
The Jackson	Departure at Corner ch. Jackson and ch. Rosenberry. Take ch. Jackson, right ch. Grenier, straight ch. Auclair/Turkey Hill, right ch. Mont-Écho, right ch. Rosenberry – Departure point	15,1	<p>↑ 237 m · ↓ 238 m</p> <p>355 m 218 m</p>	https://maps.app.goo.gl/7rG4LvzBefj6Sqb8

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The Bow	GSS – Departure Main North/139N – left ch. Mudget – left ch. Dyer – right Main North – right Western Street – right 139 S – left Schweizer Street – left Mountain Street – right Main South – right Bicycle Path – left Pleasant Street – left Western – GSS return	15,5	<p>↑ 166 m · ↓ 166 m</p> <p>255 m 161 m</p>	https://maps.app.goo.gl/S8tGzXxJ4NxuiGA57
The ‘other’ Alderbrooke	GSS- Departure Western North – left Pleasant Street/215 – left ch. Draper – right (cross) 139N - straight ch. North Sutton – left ch. Alderbrook – left ch. Dyer – right Main North – GSS return	16	<p>↑ 172 m · ↓ 172 m</p> <p>276 m 173 m</p>	https://maps.app.goo.gl/X4zufspw1HjtNdso6
The Alderbrooke	GSS- Departure Principale Sud/139 Sud- on the right ch. Alderbrooke- on the right, ch. Dyer- on the left, ch. Mudget- right 139North- GSS return	16	<p>↑ 120 m · ↓ 120 m</p> <p>253 m 146 m</p>	https://maps.app.goo.gl/X6CXPZmZFQdf1qBCA
The Pinnacle	GSS- Departure Main South/139 South - left ch. du Pinnacle Est- left rte Scenic- left ch. Schweizer- right Main North- left Pine Street- right Bike path-GSS return	16	<p>↑ 124 m · ↓ 124 m</p> <p>258 m 153 m</p>	https://maps.app.goo.gl/mzmQPQnJus4kp1mm7
Between Villages	GSS- Departure Main South- left rue Academy/ch. Elie- on the left ch. Mont Echo- on the right ch. Jackson- on the right Stage Coach Road- on the left Sugar Hill Road- on the left on the Echo Road, Junction 104/243(Out) (you can park a car the day before)	17	<p>↑ 248 m · ↓ 216 m</p> <p>320 m 176 m</p>	https://maps.app.goo.gl/FDPvagKzntej7RRC8

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The Grande Boucle	GSS- Start on the right on Western Street- on the right on Pleasant Street- on the left on Académie/Élie Street- on the right Mont Écho- on the right on Parmenter Road/Ch. Poissant - Maple Right- Left Main South - Right Western Street-Back GSS	19,3	↑ 269 m · ↓ 269 m 	https://maps.app.goo.gl/Y6LnUE693RdrMT9GA
Between 2 Mountains	GSS- Departure Principale Sud/139 Sud- on the right ch. Alderbrooke- on the left ch. Perkins- on the left ch. des Trois Paroisses- on the left ch. Pinnacle Ouest- on the left 139South/Principale Sud- return GSS	22	↑ 170 m · ↓ 170 m 	https://maps.app.goo.gl/Vsw1RjisNN3jrejE9
The Frelighs	GSS- Departure Principale Sud/139 Sud- right rue des Églises Ouest/ch. d'Abercorn - left ch. des Érables- right ch. de Richford- right rte Richford - right rue Principale-Beat & Betterave :) (Outbound) (you can park a car the day before and have a snack at the B&B)	26,3	↑ 183 m · ↓ 256 m 	https://maps.app.goo.gl/44EqUj3HyXciq16F6
The Pinnacle	GSS-- Departure Main South/139 South- right rue des Églises Ouest/ch. d'Abercorn - right ch. des Érables- left ch. du Pinnacle- right ch. Jenne- on the right, ch. de la Grande Ligne/ch. Perkins - on the right, ch. Alderbrooke - left 139S/Main South – GSS return	33,6	↑ 323 m · ↓ 323 m 	https://maps.app.goo.gl/nNfmrSysSBUHDLeK6

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The tour of the two villages	GSS- Departure Main South- left rue Academy/ch. Elie- on the left ch. Mont Echo- on the right (almost straight on) ch. Jackson- on the right, Stage Coach Road- on the left, Sugar Hill Road- on the right, Sugar Hill Road. Mont Echo- on the right, ch. Parmenter/ch. Poissant - right Maple Street - right Main North – GSS return	35,4	<p>↑ 511 m · ↓ 511 m</p> <p>375 m</p> <p>176 m</p>	https://maps.app.goo.gl/Nxjuz7ibTNzEmLUk6

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