



## Quebec City's Staircase Challenge course

- start at the Running Room Store, *avenue Cartier*
- take *rue Fraser* going West till the end
- take *avenue Bougainville* going North (to the right)
- take *rue Père Marquette* going West (to the left) till the end
- take *avenue Joffre* going North (to the right)
- **go down the Joffre Staircase**
- at the foot of the staircase, take *boulevard Charest ouest* going East (to the right)
- take *rue Verdun* going South (to the right)
- **go up the Pente Douce Staircase**
- cross the street (côte de la Pente-Douce)
- **go up the Parc des Braves Staircase**
- cross the park and reach the *chemin Ste-Foy*
- take *chemin Ste-Foy* going East (to the left)
- take *avenue de l'Alverne* going North (to the left)
- **go down the Franciscains Staircase**
- at the foot of the staircase, take *rue Arago* going East (to the right)
- cross *rue de l'Aqueduc* and keep going on Arago
- take *rue Victoria* going South (to the right)
- **go up the Victoria Staircase**
- take the footbridge to the left at the top of the staircase
- **go down the promenade staircase**
- **go up the Colbert Staircase**
- at the top of the staircase, go down the *côte Salaberry*
- take *rue Arago* going East (to the right)
- **go up the Lavigueur Staircase** (after rue Nazaire-Fortier)
- take *rue Lavigueur* going East (to the left)
- **go down the Badelard Staircase**
- take *rue Arago* going East (to the right)
- keep going on *rue St-Vallier*
- **go up the Couronne Staircase**
- take *rue St-Réal* going East (to the left)
- cross *côte d'Abraham*
- **go down the Chapelle Staircase**
- take *rue St-Vallier* going East (to the right)
- **go down the Lépine Staircase**
- keep going till *côte d'Abraham*
- take *côte d'Abraham* going East (to the left)
- cross *boulevard Honoré-Mercier*



- keep going on *rue des Sœurs-de-la-Charité*
- take *rue des Glacis* going north (to the left)
- cross *Côte de la Potasse*
- **go down the Glacis Staircase**
- take *rue St-Vallier* going East (to the right)
- take *rue Vallière* direction Nord (to the left)
- take *des rue des Prairies* going East (to the right)
- take *rue St-Nicolas* direction Sud (to the right)
- take *côte du Palais*
- take *rue des Remparts* going East (to the left)
- **go down the staircase in front of rue St-Flavien**
- cross *côte de la Canoterie*
- go down *côte du Colonel-Dambourgès*
- take *rue Sous-le-Cap*
- at the end of *rue Sous-le-Cap*, take *rue du Sault-au-Matelot* going West (to the right)
- cross *côte de La Montagne*
- keep going on *rue Notre-Dame*
- keep going on *Place Royale*
- **go up the « hidden » staircase** located to the right at the center to *Place Royal*
- cross *côte de La Montagne*
- go up *côte De la Montagne* till the staircase going to the Montmorency Parc
- **go up the small staircase going to the Montmorency Parc**
- turn right at the top of the staircase
- **go up the staircase** which takes you to the boardwalk that goes over *côte de La Montagne*
- **go up the Frontenac Staircase** to the Dufferin terrasse gazébo
- go down towards *rue du Fort*
- take *rue du Fort* going North (to the right)
- **go down the staircase in front of the old Post office (in front of Buade street)**
- take *côte De la Montagne* going south going down (to the right)
- **go down the Casse-Cou Staircase**
- keep going on *rue du Petit-Champlain*
- **go down the Cul-de-sac Staircase**
- take *boulevard Champlain* going West (to the right))
- at the street light, keep going on *rue Champlain* on the right
- **go up the Cap Blanc Staircase**
- at the top of the staircase, take *avenue Ontario* street going East (to the right)
- at the intersection, take *avenue Georges VI* going West (to the left)
- keep going on *avenue Bernières*
- take *avenue Briand* going North (to the right)
- take *Grande Allée* street going West (to the left)
- take *avenue Cartier* going North (to the right)
- keep going to the Running Room store

