

Outdoor living in the city



ville.montreal.qc.ca/largeparks

Montréal 

RÉSEAU DES
GRANDSPARCS



MAJOR PARTNERS OF THE MONTRÉAL NETWORK OF LARGE PARKS

Through their commitment and expertise, these organizations contribute to the development of the activities and services of the city's Network of Large Parks. They also offer group activities.



Les amis de la montagne

This organization's mission is to protect and enhance Mont Royal by encouraging community involvement and environmental education.

514 843-8240 • lemontroyal.qc.ca



Cité historia, musée d'histoire du Sault-au-Récollet

This museum's mission is to bring to life the historic sites of Sault-au-Récollet, Maison du Pressoir and Des Moulins located in Parc-nature de l'Île-de-la-Visitation.

514 850-4222 • citehistoria.qc.ca



D-Trois-Pierres

This corporation has been operating the ecological farm in Parc-nature du Cap-Saint-Jacques for more than 20 years and offers young adults a living and working environment that encourages social and professional integration.

514 280-6743 • d3pierres.com



GUEPE

(Groupe uni des éducateurs-naturalistes et professionnels en environnement)

This group's mission is to offer activities and educational services that focus on natural sciences and the environment and to promote conservation.

514 280-6829 • guepe.qc.ca



Héritage Laurentien

This organization's mission is to protect and enhance the natural environment of Parc des Rapides.

514 367-6540 • heritagelaurentien.org



Société d'animation de la Promenade-Bellerive

This organization's mission is to maintain and develop a window on the river through sports and outdoor activities, and cultural and tourism pastimes.

514 493-1967 • promenadebellerive.com



Parc Jean-Drapeau

Société du parc Jean-Drapeau

This organization's mission is to operate recreational, cultural, tourism and sports activities in the park.

514 872-6120 • parcjeandrapeau.com



TAZ, Roulodôme & Skatepark

The focus of this non-profit organization is prevention and youth integration through action sports.

TAZ encourages physical, psychological and personal growth by providing young people from all backgrounds with a safe and enclosed sports area with which they can identify.

514 284-0051 • taz.ca



TOHU

One of La Tohu's mission is the renewal of Complexe environnemental de Saint-Michel by providing environmental, cultural and recreational activities.


514 376-TOHU (8648) • tohu.ca

PARC DU MONT-ROYAL

190 ha

Walking and running (10 km) • Cross-country skiing (22 km) • Skating • Sliding • Snowshoeing (3 km) • Birdfeeders • Sleigh rides

Maison Smith

1260, chemin Remembrance
514 843-8240, extension 0 • lemontroyal.qc.ca
Mid-way between the lac aux Castors and the chalet du mont Royal
 **Parking:** \$2.75/hr • \$8/day

December 17, 2011–March 11, 2012

9 a.m.–5 p.m. daily

March 14–April 30, 2011

10 a.m.–5 p.m. daily

Holidays:

December 24 and 31, closes at 4 p.m.
Closed December 25 and January 1.

NATURE INTERPRETATION

• **Partner:** **Les amis de la montagne**
Information : 514 843-8240 • lemontroyal.qc.ca

Mount Royal Nature Exhibit

Maison Smith is the venue for this vast new display by Les Amis de la montagne. Interactive kiosks illustrate the mountain's wealth of heritage as you wander through the site's exhibition hall and basement or leaf through a book in the Café des amis dining room. This is an open invitation to explore and to preserve Mount Royal.
Free.

Tour of the birdfeeders and feederwatch project

Once again this year, the Mount Royal Conservation Patrol will be taking part in the bird count at the FeederWatch birdfeeders. To participate or for more information, call 514 843-8240, extension 242.

November 18–April 7

The birds of mont royal, an activity for everyone

Cardinals, juncos, woodpeckers, nuthatches and goldfinches are just a few of the species of birds that winter on mont Royal. Tour the birdfeeders with our conservation patrol and see these and other feathered friends. Seven observation posts are located on the loop trail at the summit of the mountain. Depart from Maison Smith.

January 7–March 10

Saturdays 1 p.m.–3 p.m. • Free activity for the whole family

Pavillon du lac-aux-Castors information centre

2000, chemin Remembrance
514 280-8989 (snow and ice conditions)
Parking: \$2.75/hr • \$8/day

December 17, 2011–March 11, 2012

Monday–Thursday, 10 a.m.–5 p.m., the Pavillon is open from 8:30 a.m.–9 p.m.
Friday–Sunday, 10 a.m.–7 p.m., the Pavillon is open from 8:30 a.m.–10 p.m.

Holidays:

December 24 and 31, closes at 5 p.m.
Closed December 25 and January 1.

Snowshoeing in the glow of the city

A luminous way to tour the mountain. Don your snowshoes and follow our guide along the trails and discover the sights and sounds of the forest at night. Depart from Maison Smith.

January 7–March 10

Saturday evening, 6 p.m.–8:30 p.m.

\$17 (12 years or older, snowshoes supplied, animation and hot chocolate)

Duration: approx. 75 minutes

By reservation only: 514 843-8240, extension 0

• **Special evening • Thursday, December 29**

“Toast the old year on the Summit • Bubbles guaranteed”

Cost: \$28 (sparkling wine)

• **Special evening • Saturday, February 11**

“Valentine’s Day • A mountain of love”

Cost: \$24 (mulled wine and chocolate)

OUTDOOR ACTIVITIES

Lac-aux-Castors refrigerated skating rink

Lace up your skates and enjoy an extended skating season!
Free admission.

December 17–March 11

Sunday–Thursday, 9 a.m.–9 p.m.

Friday and Saturday, 9 a.m.–10 p.m.

Holidays:

December 24 and 31, closes at 5 p.m.

Closed December 25 and January 1.



Accueil au chalet du mont Royal

1196, voie Camillien-Houde
514 280-8989

Parking near maison Smith : \$2.75/hr • \$8/day

Year-round

8 a.m.–6 p.m. daily

Holidays:

December 24 and 31, closes at 5 p.m.
Closed December 25 and January 1

Free sledding

Bring your sled and have fun sliding on groomed runs on the slope at lac aux Castors. Supervision on-site during scheduled opening hours.

December 17–March 11 (*depending on snow conditions*)

Sunday–Thursday, 9 a.m.–9 p.m.

Friday and Saturday, 9 a.m.–10 p.m.

Holidays:

December 24 and 31, closes at 5 p.m.
Closed December 25 and January 1.

Inner tube sledding

Provided by *Les amis de la montagne*

Slide down on an inner tube in the safety of groomed runs on the slope of lac aux Castors.

December 17–March 11 (*depending on snow conditions*)

Monday–Friday, 10 a.m.–3:30 p.m.

Saturday and Sunday, 10 a.m.–6 p.m.

Holidays: December 20, 2010–January 3, 2011

10 a.m.–5 p.m. daily

December 24 and 31, closes at 4 p.m.

Closed December 25 and January 1.

For rentals, see the SERVICES section on the next page.

Ski school operated by “Club de ski de fond des Amis de la montagne” (cross-country skiing)

Bunny rabbit program for 4 to 5 year olds and Jackrabbit program from Ski de fond Québec for ages 6 to 10

January 9–February 25

9:30 a.m. and 1:30 p.m.

Beginner and advanced groups (8 children per group)

Assessment and seven 90-minute courses

Registration: beginning October 3 (ending January 4)

Cost:

\$150 (Jeannot lapin program) and \$230 (Jackrabbit program) including equipment rental

\$130 (Jeannot lapin program) and \$185 (Jackrabbit program) excluding rental

Information: 514 843-8240, extension 232

Family Snow Shoeing and Skiing

A family outing on Mount Royal! Follow the Amis de la Montagne guide for a snowshoe trek along the mountain's slopes to discover animal tracks and hear bird songs. This family plan also includes a cup of hot chocolate and racing around Beaver Lake on an inner tube for the rest of the day. Eight years old and up. Leaves from Maison Smith.

Saturdays, January 7–March 10

Plus every day during Christmas week (December 26 to 30, 2011) and Spring Break (March 5 to 9, 2012)

Guided walk from 1:30 p.m. to 3:00 p.m., followed by innertubing.

Price: 1 parent + 1 child = \$25, 2nd parent = \$10, each additional child = \$8 (maximum 4 children per adult).

Reservation required: 514-843-8240, ext. 0.

GROUP ACTIVITIES

• **Partner:** **Les amis de la montagne**

Information: 514 843-8240 • lemontroyal.qc.ca

Group outings

Discover mont Royal with friends and colleagues on an invigorating walk, complete with fascinating activities and a hot drink!

Special rates for groups of 10 or more

Snowshoeing or walking trail

Outing and hot chocolate: \$17/person

OR

Outing and mulled wine, \$22/person

Thursday and Friday, afternoon or evening

Customized activities available

Hurry, call now to reserve: 514 843-8240, extension 235

SERVICES**Information centre and boutique**

Provided by *Les amis de la montagne*

At maison Smith in the heart of parc du Mont-Royal, enjoy a visitor and information service, shop at a nature boutique for educational gifts and original souvenirs of the mountain, and Starting in March 2011, come discover our new ongoing exhibition at Smith House: *Le mont Royal, un territoire-exposition.*

December 17–March 11

9 a.m.–5 p.m.

March 12–April 30

10 a.m.–5 p.m. daily

Holidays:

December 24 and 31, closes at 4 p.m.

Closed December 25 and January 1

Café des amis at maison Smith

Provided by *Les amis de la montagne*

Experience the warm and friendly atmosphere of *Café des amis* with its variety of quality products to eat and drink. Sandwiches, hot meals, hot and cold drinks, beer and wine, tasty desserts and our famous fair trade hot chocolate.

December 17–March 11

9 a.m.–5 p.m. daily

March 12–April 30,

10 a.m.–5 p.m. daily

Holidays:

December 24 and 31, closes at 4 p.m.

Closed December 25 and January 1.

Bistro Le Pavillon

Outdoor enthusiasts who want to top off an active day with a good meal, take note. The Pavillon du lac-aux-Castors houses a restaurant and cafeteria, conveniently located under one roof. The cafeteria serves up a tasty assortment of hot sandwiches, healthy salad soup, hot dish of the day, plus homemade cakes and pastries. The restaurant can be rented for receptions. Enjoy the summer's outdoor café.

Open year-round

Self-serve cafeteria:

Sunday–Thursday, 9 a.m.–9 p.m.

Friday and Saturday, 9 a.m.–10 p.m.

Restaurant:*

Wednesday–Sunday, noon–3 p.m.

Thursday–Saturday, 6 p.m.–10 p.m.

Information: info@pavillonmontroyal.com ou 514 849-2002

*Reservation required

Room rentals at maison Smith

• **Partner:** *Les amis de la montagne*

Information: 514 843-8240 • lemontroyal.qc.ca

Maison Smith has facilities and meeting rooms that can be rented for a variety of activities: hosting school groups, talks, seminars, workshops, receptions.

By appointment only, call 514 843-8240, extension 235.

Equipment rentals*

At the counter of *Les amis de la montagne* in the pavillon du lac aux Castors

December 3–18

Sunday–Thursday, 10 a.m.–6 p.m.

Friday and Saturday, 9 a.m.–10 p.m.

December 19, 2011–March 12

Sunday–Thursday, 9 a.m.–9 p.m.

Friday and Saturday, 9 a.m.–10 p.m.

Holidays:

December 24 and 31, closes at 5 p.m.

Closed December 25 and January 1

December 26 and January 2, opens at 10 a.m.

Skates	\$8.50/2 hrs
Cross-country skis	\$12/1 hr • \$15/3 hrs
• Children age 11 and under	\$8/1 hr • \$12/3 hrs
Snowshoes	\$8.50/1 hr • \$13/3 hrs
Baby sleigh	\$5/2 hrs
Child's protective helmet	\$2
Learn-to-skate walker	\$4/2 hrs + \$10 deposit
Double-bladed skates	\$4/2 hrs
Lock	\$3.25 + \$5 deposit
Skate sharpening	\$6.25
Ski waxing (except weekends)	\$7 waxing \$21 (complete service)
Waking Sticks	\$4 (with snowshoe rental) \$6/3 hrs

* Rentals end one hour before the counter closes.

Photo ID required for all rentals.

Inner tube rental: Ages 4–11: \$5 • Ages 12+: \$9

Ticket valid for the entire day. One person per tube.

Children under 4 years of age are not permitted to slide in the tubes.

Ticket includes the inner tube and access to the runs.

Group rate (minimum 12 persons): by reservation, weekdays only,

Information: 514 843-8240, extension 235

Note - Some activities may change due to temperature.

Taxes are included.



02

PARC JEANNE-MANCE

14 ha

Snowshoeing • Ice rink for team sports • Ice rink for public skating



Pavillon Jeanne-Mance
4220, avenue de l'Esplanade
Street parking

OUTDOOR ACTIVITIES

Ice Rink Hours

As of January 4, 2012

Monday to Friday, 3:30 p.m.–10:00 p.m.

Saturday and Sunday, 10:00 a.m.–10:00 p.m.

Weather permitting, ice rinks are generally open throughout the holiday season.

Check operating dates, holiday schedule and rink condition by calling 311 or visiting ville.montreal.qc.ca/plateau

* The ice rink may be reserved for team sports, Mondays through Thursdays, from 9:00 p.m. to 10:00 p.m.

For more information, please call 514 872-9807

SERVICES

Restrooms • Locker room



03

PARC DE LA CITÉ-DU-HAVRE

?? ha

3400, avenue Pierre-Dupuy

Closed, no winter activities.

04

PARC JEAN-DRAPEAU

268 ha

Walking • Cross-country skiing (unmarked trails)



• Via Jacques-Cartier or de la Concorde bridges •
514 872-6120 • parcjeandrapeau.com
• Jean-Drapeau metro station

SPECIAL EVENT

La fête des Neiges

Winter programming details will be posted on the website parcjeandrapeau.com in the coming months.

January 21, 22, 28 and 29–February 4 and 5, 2012





05

PARC ANGRIGNON

97 ha

Walking (10 km) • Cross-country skiing (10 km) • Skating



Bounded by boulevard des Trinitaires and boulevard de la Vérendrye • Information: 311

Parking:
Free (corner of de la Vérendrye)
Pay parking (corner of de Lacroix and des Trinitaires)

Formerly the only park in the Sud-Ouest borough, Parc Angrignon exudes all the charm of the great British parks of the 19th century. Visitors will be enchanted by the unique forest setting and large expanse of water connected by cascading falls and kilometres of trails. Come be charmed by the unique attractions of Parc Angrignon!



06

PARC DES RAPIDES

30 ha

Walking (5 km) • Cross-country skiing (off-trail) • Snowshoeing (off-trail)



Corner of boulevard LaSalle and 7^e Avenue
Information: 514 367-6540
Free parking

NATURE INTERPRETATION

• **Partner: Héritage Laurentien**
Information: 514 367-6540 • heritagelaurentien.org

Guided walks: nature and heritage

Uncover a wealth of diversity and migratory bird sanctuary near the Lachine Rapids.

Sunday, February 19 and March 18

OUTDOOR AND GROUP ACTIVITIES

Outdoor excursions and activities (\$)

Discover fun activities you can do outdoors, including *disc golf*, snowshoeing and ice fishing. For groups of adults or children. Equipment rental by reservation only.

January 7–March 11



* For more information on School Break activities, see last page of this brochure.

07

PARC RENÉ-LÉVESQUE

14 ha

Walking (2,5 km) • Cross-country skiing (unmarked trails) • Educational programs • Nature and culture circuit: 22 large sculptures



Rue Saint-Patrick and rue du Canal
Information: 311
Parking: \$6/day

Located in the Lachine borough, Parc René-Lévesque is a long peninsula that stretches between lac Saint-Louis and the Lachine canal. Here the Musée de Lachine displays some of its large outdoor sculptures year-round. Along the walking paths or cross-country ski trails, visitors will discover the arboretum or admire the horizon from the point.

08

PARC-NATURE DE L'ANSE- À-L'ORME

88 ha

21355, boulevard Gouin Ouest
Information: 514 280-6871
Parking: \$8/day or annual permit (\$50-\$70)
on sale at the Cap-Saint-Jacques Nature Park Reception Centre at 20099, boul. Gouin Ouest.

No winter activities.



PARC-NATURE DU CAP-SAINT-JACQUES



288 ha

Walking (7 km) • Cross-country skiing (32 km) • Snowshoeing (5,5 km) •
Farm visit • Sleigh ride



Information centre

20099, boulevard Gouin Ouest • 514 280-6871

Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–March 11, 2012

Monday–Friday, 10 a.m.–4:30 p.m.

Saturday and Sunday, 9:30 a.m.–5 p.m.

Closed December 25 and January 1.

March 12– April 29, 2012

Weekdays: 11:00 a.m.–4:00 p.m.

Weekends: 10:30 a.m.–4:00 p.m.

OUTDOOR ACTIVITIES

Starlight tour (\$)

Self-guided tour on foot, snowshoes or cross-country skis. Depart from the information centre. Reservations required 24 hours in advance: 514 280-6829. Minimum of 12 people required for the activity to be held.

Wednesdays, January 11 and 25, February 8 and 22 and March 7.

Saturdays, January 7 and 21, February 4 and 18 and March 3

7–9 p.m.

\$6/person • \$18 per family (2 adults and 3 children aged 6 to 17)

Cross-country skis and snowshoes for rent •
Headlamps • Hot beverage provided • Fireplace •
Patrolled trails

The Pro's Corner

Guest Pro: NORDIC Ski Service.

A cross-country ski pro from the Pro's Corner offers instruction tailored to your introductory, intermediate or advanced skill in a sport well suited for everyone.

At the Reception Centre

Sunday, January 8, 15, 22 and 29

11 a.m.–3 p.m.

Paraskiing (\$)

*Aérotraction** offers an environmental friendly form of ski,* open to all. Paraski course and rentals.

Beach near Château Gohier.

December 17 to March 7

* *When ice conditions permit.*

Reservation required.

Information: 514 578-5638 • aerotrraction.com •

info@aerotrraction.com

Outdoor physical fitness (\$)

An outdoor gym with *Cardio plein air*. Safe fitness programs led by certified and lively instructors.

Course offered weekday mornings and evenings. Winter session

Information: 514 634-1015 ou 1 877 327-5530 • cardiopleinair.ca

Club de marche ARETPA

Hiking group that meets regularly for outings.

Information: aretpa.ca

FARM ACTIVITIES

• Partner: D-Trois-Pierres

Information: 514 280-6743 • d3pierres.com

Closed December 24, 25, 31 and January 1.

Ecological farm visit

D-Trois-Pierres provides a window on the world of agriculture. Come see the farm animals: cows, sheep, horses, chickens, hens, roosters, rabbits, geese and ducks.

Weekdays, 8:30 a.m.–4:30 p.m • Free admission

Sugaring-off season

D-Trois-Pierres operates a sugar shack and produces excellent maple syrup, certified organic by Ecocert Canada, on sale at the general store.

February 26–Mid-April

Weekends: 10:00 a.m. to 3:30 p.m

Weekdays: by reservation only—groups of 20 or more.

• **Restaurant de la ferme** offers a simple and quick menu including traditional pea soup, pancakes made right before your eyes and maple syrup pie.

• Sleigh rides and taffy on snow (\$)

Sleigh ride to the sugar bush for some delicious taffy on snow!

Sleigh ride: \$2/3-11 years old and \$3/12 or older

Taffy on snow: \$3/person

Tickets on sale at the General Store.

FARM SERVICES

*Weekends only***General store • 10 a.m.–4 p.m.—All winter**

Welcome and information services, reservations • Ticket office and sale of farm products • Snacks, soups and drinks.

Restaurant • 10 a.m.–3:30 p.m.

Closed, except for sugaring-off season (February 26–Mid-April 2011), from 10 a.m. to 4 p.m., weekends. The restaurant offers a quick and simple à la carte menu, featuring traditional pea soup, pancakes prepared before your eyes and maple sugar pie.

Cross-country skiing break at the sugar shack • 10 a.m.–3 p.m.

Express counter menu. In operation when cross-country ski trails are open.

D-Trois-Pierres reserves the right to change or cancel services or activities based on customer traffic or weather conditions

SERVICES

Château Gohier snack bar

Partner : Groupe scouts 122^e Marie-Reine-de-la-Paix

Communiquez avec Marie-Ève Léonard: marieeve@weirdows.com

December 17–March 11

Weekends, 9:30 a.m.–4:30 p.m..

Holidays

Open December 26, 27, 28, 29 and 30, 2011 and January 2 and 3, 2012 (temperature and customer traffic permitting).

Closed December 25, 31 and January.

Equipment rental*

Provided by GUEPE

At the Information centre

Interac, Visa, MasterCard

Cross-country skis

Adults (13 years and over):	\$8/1 hr	\$10/2 hrs	\$15/3 hrs	\$20/day
Seniors (55+)				
and students:	\$7/1 hr	\$8/2 hrs	\$13/3 hrs	\$15/day
Children (12 years and under):	\$6/1 hr	\$7/2 hrs	\$10/3 hrs	\$13/day

Snowshoes

Adults (13 years and over):	\$6/1 hr	\$9/2 hrs	\$11/3 hrs	\$18/day
Seniors (55+) and students:	\$5/1 hr	\$7/2 hrs	\$9/3 hrs	\$15/day
Children (12 years and under):	\$4/1 hr	\$6/2 hrs	\$7/3 hrs	\$10/day

Snow carpets

\$4/3 hrs

Binoculars

\$6/2 hrs

** All taxes included. Last rental, 3 p.m.*

GROUP ACTIVITIES AND SERVICES

Centre de plein air du Cap-Saint-Jacques

Organized activities, lodging and more. For further information, please visit ville.montreal.qc.ca/centredepleinair

Rentals of Rooms and Outdoor Sites

Information: 514 280-6778

ville.montreal.qc.ca/grandsparcs



PARC-NATURE DU BOIS-DE-L'ÎLE-BIZARD

201 ha

Walking (6,7 km) • Cross-country skiing (20 km) • Snowshoeing (9,6 km)



Information center

2115, chemin du Bord-du-Lac • 514 280-8517
Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–March 11, 2012

Monday–Friday, 10 a.m.–4:30 p.m.
 Saturday and Sunday, 10 a.m.–5 p.m.
 Closed December 25 and January 1.

March 12–April 29, 2012

11 a.m.–4 p.m.

NATURE INTERPRETATION

• **Partner:** **GUEPE**
 Information: 514 280-6829 • guepe.qc.ca

Nature Keeps Itself Warm

How do animals manage to keep themselves warm throughout the winter? Nature is full of natural insulating materials that animals use—and that we can also employ to retain our heat. Learn about this excellent insulation and why it works so well. At the information centre.

Sunday, January 8

Noon–4 p.m.

Discovering Black Maples

Black maple forests are rich and biodiverse ecosystems only occurring in Southern Quebec. Go hiking with a naturalist through one of these rare forests and learn more about these trees and their animal guests. Departs from the information centre.

Sunday, January 22 and February 26

Leaves at 11:30 a.m., 12:30 p.m., 1:30 p.m. and 2:30 p.m.

The Mating Game

The sole goal of any animal's reproductive strategies is to transmit its genes to the greatest possible number of offspring and ensure the species' survival. For just one night or for life, mating rites or games and any other means that result in reproduction are well suited to the occasion. Here is an opportunity to learn more about the subject.

At the information centre.

Saturday, February 11

Noon–4 p.m.

Black Maple Conference

The black maple, which is only occurs in the St. Lawrence Valley, is relatively rare in Quebec. A naturalist will teach you some of the wonders of this poorly known tree, how to tell it apart from other maples, where to find it, its economic value and, most of all, its importance to the forest ecosystem. You too will soon be a black maple expert.

Departs from the information centre.

Sunday, March 18

Leaves at 2 p.m. and 3 p.m.

OUTDOOR ACTIVITIES

Starlight tour (\$)

Tall Tales by the Hearth

Enjoy an evening excursion (walking, cross-country skiing or snowshoeing) before listening to stories around the fireside told by a member of *Les Contes de Normanville*.

Saturday, January 28 and February 25

7 p.m.–9 p.m.

\$6/person • \$18 per family (2 adults and 3 children aged 6 to 17)

Cross-country skis and snowshoes for rent • Headlamps • Hot beverage provided • Fireplace

Outdoor physical fitness (\$)

An outdoor gym with *Cardio plein air*. Safe fitness programs led by certified and lively instructors. Winter session. Course offered weekday mornings and evenings.

Information: 514 634-1015 ou 1 877 327-5530 • cardiopleinair.ca

Club de marche ARETPA

Hiking group that meets regularly for outings.

Information: aretpa.ca



SPECIAL EVENT

Winter wonders

Outdoor activities for all followed by a starlight stroll. Various recreational and educational activities provided. Details to follow. Near the information centre.

Saturday, January 28
1–9 p.m.

SERVICES

Welcome and information services • Vending machines (Information centre)

Equipment rental*

Provided by GUEPE at the information centre

At the Information centre

Interac, Visa et MasterCard

Cross-country skis

Adults (13 years and over):	\$8/1 hr	\$10/2 hrs	\$15/3 hrs	\$20/day
Seniors (55+) and students:	\$7/1 hr	\$8/2 hrs	\$13/3 hrs	\$15/day
Children (12 years and under):	\$6/1 hr	\$7/2 hrs	\$10/3 hrs	\$13/day

Snowshoes

Adults (13 years and over):	\$6/1 hr	\$9/2 hrs	\$11/3 hrs	\$18/day
Seniors (55+) and students:	\$5/1 hr	\$7/2 hrs	\$9/3 hrs	\$15/day
Children (12 years and under):	\$4/1 hr	\$6/2 hrs	\$7/3 hrs	\$10/day

Binoculars:

\$6/2 hrs

* All taxes included. Last rental, 3 p.m.



159 ha

Walking (4,5 km) • Cross-country skiing (16,3 km) • Sliding • Snowshoeing (9,1 km) • Birdfeeders



Pitfield information centre

9432, boulevard Gouin Ouest • 514 280-6729
Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–March 11, 2012

9:30 a.m.–4:30 p.m.

March 12–April 29, 2012

11 a.m.–4:30 p.m.

Closed December 25 and January 1.

NATURE INTERPRETATION

• Partner: GUEPE

Information: 514 280-6829 • guepe.qc.ca

Winter birds

Learn more about birds that winter here and how they adapt to our tough weather. Enjoy watching a diversified feathered flock congregate around the park's feeders. Meet at the Pitfield Information Centre.

Sundays, January 8

Activity repeated from noon to 4 p.m.

Guided discovery rally: 1st departure at 1 p.m. and 2nd departure at 2 p.m. 30 minute activity.

Nature keeps itself warm

How do animals manage to keep themselves warm throughout the winter? Nature is full of natural insulating materials that animals use—and that we can also employ to retain our heat. Learn about this excellent insulation and why it works so well. Meet at the des Champs information centre.

Sunday, January 29

Activity repeated from noon to 4 p.m.

Guided discovery rally: 1st departure at 1 p.m. and 2nd departure at 2 p.m. 30 minute activity.

The mating game (kiosk)

The sole goal of any animal's reproductive strategies is to transmit its genes to the greatest possible number of offspring and ensure the specie's survival. For just one night or for life, mating rites or games and any other means that result in reproduction are well suited to the occasion. Here is an opportunity to learn more about the subject. Meet at the des Champs information centre.

Sundays, February 12

Activity repeated from noon to 4 p.m.



Des Champs information centre

3555, rue Douglas-B.-Floreni • 514 280-6678
Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–March 11, 2012

9:30 a.m.–4:30 p.m.

Closed December 25 and January 1.

Closed March 12–April 29, 2012

Animal Stars of the Nature Park

Learn more about three animals we see in the park: coyotes, foxes and squirrels. Head off with a naturalist guide to discover the park's flora and fauna. You'll learn what animals eat during the winter, as well as strategies our feathered friends use to deal with the cold. Meet at the des Champs information centre.

Sundays, February 25

Activity repeated from noon to 4 p.m.

Guided discovery rally: 1st departure at 1 p.m. and 2nd departure at 2 p.m. 30 minute activity.

OUTDOOR ACTIVITIES

New snowshoe trail

Discover the 2.6-km trail in the Bois-Francis area.

Starlight tour (\$)

Hikes and theme nights by foot, snowshoe or cross-country ski.

Departure from the des Champs information Centre. Reservation required (24 hours before the activity, in person at the Pitfield information Centre or call 514 280-6729). A minimum of 12 persons is required for each event.

Saturday, January 7 and 21, February 11 and 18 and March 3 and 10

\$6/person • \$18 per family (2 adults and 3 children aged 6 to 17)

Headlamps • Hot beverage provided • Fireplace or campfire with roast marshmallows • Cross-country skis for rent (\$) • Patrolled trails

COME JOIN OUR ENTERTAINING EVENINGS •••

• Nature Stories

Wondrous tales about creatures that inhabit our nature parks.

January 7 and March 3, from 7 p.m.–9 p.m.

• Attraction path by night

Explore the magnificent hardwood forest by night.

January 21 and March 10, from 7 p.m.–9 p.m.

• The Mating Game

The sole goal of any animal's reproductive strategies is to transmit its genes to the greatest possible number of offspring and ensure the specie's survival. For just one night or for life, mating rites or games and any other means that result in reproduction are well suited to the occasion. Here is an opportunity to learn more about the subject.

February 11, from 7 p.m.–9 p.m.

* For more information on School Break activities, see last page of this brochure.

• Night Birds

Walk with a GUEPE natural who will call night birds so you can observe the closest ones!

February 18, from 7 p.m.-9 p.m.

Sliding hills

Enjoy not one but two sliding hills this year at parc-nature du Bois-de-Liesse. Access via the Des Champs information centre.

Outdoor physical fitness (\$)

Cardio plein air West Island offers cardio-weight-lifting, cardio-sleighting, cardio-vitality and cardio-bootcamp. These courses give you a real workout and great oxygenation, while letting you make new friends and enjoy nature.

Information: 514 363-7755 • cardiopleinair.ca

SPECIAL EVENTS

Winter Delights

This array of recreational, environmental and outdoor activities will have you appreciating the special character of this nature park. Events, information booths and sports equipment rentals. Family fun and surprises guaranteed. Meet at the des Champs information centre.

Sunday, February 5

Noon-4 p.m.

Free admission • Pay parking

Spring Festival

Discover nature's big and little wonders with the arrival of spring. Visitors can participate in a variety of nature-centred events and activities. Meet at the des Champs information centre.

Sunday April 22

Noon-4 p.m.

Free admission • Pay parking

Sentier des attrait

Gain a whole new perspective on the natural world around us. Parc-nature du Bois-de-Liesse invites you to discover the many attractions of Bois-Francis forest. Several exploration stations offer a variety of views and elevations that put nature in a whole new light..

Year-round • Bois-Francis sector



SERVICES

Information centre • Refreshment stand (Des Champs information centre) • Room and outdoor site rental: 514 280-8706

Equipment rental*

Provided by GUEPE at the information centre

At the des Champs Information centre

Interac, Visa, Master Card

• Cross-country skis

Adults (13 years and over)	\$8/1 hr	\$10/2 hrs	\$15/3 hrs	\$20/day
Seniors (55+)				
and students:	\$7/1 hr	\$8/2 hrs	\$13/3 hrs	\$15/day
Children (12 years and under)	\$6/1 hr	\$7/2 hrs	\$10/3 hrs	\$13/day

• Snowshoes

Adults (13 years and over)	\$6/1 hr	\$9/2 hrs	\$11/3 hrs	\$18/day
Seniors (55+) and students	\$5/1 hr	\$7/2 hrs	\$9/3 hrs	\$15/day
Children (12 years and under)	\$4/1 hr	\$6/2 hrs	\$7/3 hrs	\$10/day

• Sled and slideboard

\$4/3 hrs

• Nordic luge

\$15/ hr

Your child will enjoy being whisked along the trails as you push the luge.

At Pitfield information centre

• Binoculars

\$6/2 hrs

* All taxes included. Last rental, 3 p.m.



34 ha

Walking (8 km) • Cross-country skiing (8 km) • Snowshoeing* (8 km) • Sliding • Birdfeeders

*On walking trails only



Information centre*

2425, boulevard Gouin Est • 514 280-6733

Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–April 29, 2012

9:30 a.m.–4:30 p.m.

Trails are maintained, December 17–March 11
Closed December 25 and January 1
** Reservations required for groups of 15 or more: 514 280-6767*

HISTORICAL INTERPRETATION

• **Partner :** **Cité historia, musée d'histoire
du Sault-au-Récollet**

 Information: 514 850-4222 • citehistoria.qc.ca

New Year's resolutions

An evening for those who ate and drank too much over the Holidays.

Friday, January 20

6:30 p.m.

Reservations required. Ticket price: \$36

Brunch at the Sault

Brunch and show. Stories about the neighbourhood at the time of New France, with a hint of humour.

Sunday, January 29, February 26 and March 25,

11 a.m.

Reservations required. Ticket price: \$36

Oops! I forgot Valentine's Day

An evening for forgetful lovers and those who are simply against celebrating Valentine's Day.

Friday, February 18

6:30 p.m.

Reservations required. Ticket price: \$36

St. Patrick's Day

Celtic stories with a Guinness in hand

Friday, March 17

6:30 p.m.

Reservations required. Ticket price to be determined.

Maison du Meunier and Bistro des Moulins

10897, rue du Pont • 514 850-4222

NATURE INTERPRETATION

• **Partner:** **GUEPE**

 Information: 514 280-6829 • guepe.qc.ca

Woolly Winter (kiosk)

Québec's mammals are well suited to winter living. A naturalist will explain the various strategies deployed by our hairy friends to get through the cold season. At the welcome centre.

Sunday, January 15

1 p.m.–4 p.m.

OUTDOOR ACTIVITIES

Starlight tour (\$)

Self-guided tour on foot or cross-country skis. Depart from the information centre. Reservations required 24 hours in advance: 514 280-6733. Minimum of 12 people required for the activity to be held.

January 7–March 3

Saturdays, 7–9 p.m.

\$6/person • \$18 per family (2 adults and 3 children aged 6 to 17)

Cross-country ski rental (\$) • Headlamps • Hot beverage provided •

Patrolled trails

Meals available at the Bistro des Moulins. See details at:
citehistoria.qc.ca

COME JOIN OUR ENTERTAINING EVENINGS!

• **Storytelling in Maison du Meunier**

Take a break from your hike to listen to our teller of tale tales in the warm and cozy Maison du Meunier, 10897, rue du Pont.

One story at 7:30 p.m. and another at 8:30 p.m. Duration: 30 minutes.

Saturday, January 28, at 7:30 p.m. and 8:30 p.m.

• **Tall Tales by the Hearth**

The perfect conclusion to your hike, in the company of our storyteller.

At the information centre, 2425, boulevard Gouin Est.

Saturday, February 18, 8:30 p.m.–9:30 p.m.

Outdoor physical fitness (\$)

 An open-air gym courtesy of *Cardio plein air*. Exercise in complete safety under the watchful eye of certified and energetic instructors. Winter session.

Information: 450 646-3699 or no charge 1 877 327-5530

• cardiopleinair.ca



Maison du Pressoir

10865, rue du Pressoir • 514 850-4222

SPECIAL EVENT

A nature park in winter

An array of outdoor recreational and artistic activities to help you enjoy the winter. Mating game kiosk and a trek across the park to follow the trails of animals. In partnership with Cité historia and GUEPE.

Sunday, February 12

1–4:30 p.m.

SERVICES

Information centre • Vending machines (information centre) • Room rental by Cité historia • Information: 514 850-4222 4222 •

The attic of Maison du Pressoir is available weekdays for groups and business meetings (catering and bistro lunch available).

Monday–Friday, 9 a.m.–5 p.m.

Reservation: 514 850-4222

Bistro des Moulins de la maison du Meunier

10987, rue du Pont • 514 850-4222 • Interac, Visa, Mastercard
Sample delicious cuisine on the shores of rivière des Prairies in the warm and inviting heritage building maison du Meunier. The bistro walls feature an exhibit of art on paper. On the menu: table d'hôte specialties, brunch selection (weekends), light fare, assorted coffees and desserts. Beer, wine and liquor.

December 1, 2011–March 1, 2012

Open Saturdays and Sundays, 10 a.m.–5 p.m.

Holiday season: closed from December 23 to January 6

Open at all times for groups (15 people or more) by reservation at 514 850-4222, except for the holiday season.

Check with us for your Christmas party.

Equipment rental*

Provided by GUEPE at the information centre

At the Information centre*Interac, Visa and Mastercard***Cross-country skis****

Adults (13 years and over)	\$8/1 hr	\$10/2 hrs	\$15/3 hrs	\$20/day
Seniors (55+) and students	\$7/1 hr	\$8/2 hrs	\$13/3 hrs	\$15/day
Children (12 years and under)	\$6/1 hr	\$7/2 hrs	\$10/3 hrs	\$13/day

** Reduced rate available for the **Starlight tour**. Call for information.

Sled or sliding mats	\$4/3 hrs
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Binoculars	\$6/2 hrs
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* All taxes included. Last rental, 3 p.m.



PARC-NATURE DU RUISSEAU- DE MONTIGNY

Snowshoeing (3 km)

Boulevard Maurice-Duplessis

(300 metres west of boulevard Louis-Hippolyte-Lafontaine)

• Information: 514 280-6691

Parking on neighbouring streets

No services on site.

PARC-NATURE DE LA POINTE-AUX-PRAIRIES



261 ha

Walking (10 km) • Cross-country skiing (24 km) • Sliding • Snowshoeing (2,2 km in the river area and 4,5 km in the marsh area) • Birdfeeders

Héritage information centre*

14905, rue Sherbrooke Est • 514 280-6691
Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–April 29, 2012

9:30 a.m.–4:30 p.m. daily

Closed December 25 and January 1.

Trails are maintained December 17–March 11

* Reservations required for groups of 15 or more: 514 280-6767

NATURE INTERPRETATION

• **Partner:** GUEPE

Information: 514 280-6829 • gupe.qc.ca

Family snowshoe adventure in the woods

Take off on an adventure with one of GUEPE's naturalist-guides. This is your chance to ask questions about nature. In addition to telltale signs of the presence of animals, discover how the flora and fauna adapt to winter. Snowshoe rentals on-site. Depart from the Pavillon des Marais.

Sunday, February 26

Departures at 1 p.m., 2 p.m. and 3 p.m. • On-site snowshoe rentals.

Winter birds

Follow a GUEPE naturalist-guide with a passion for ornithology and discover the feathered friends that winter in the city and the artful ways they use to survive the cold and hunger. Depart from the Héritage information centre.

Sunday, March 4

Departures at 1 p.m., 2 p.m. and 3 p.m. • 45-minute walking tour

Pavillon des Marais

12300, boulevard Gouin Est • 514 280-6688
Parking: \$8/day or yearly permit (\$50-\$70)

December 17, 2011–April 29, 2012

10 a.m.–4 p.m., weekends, statutory holidays and spring break

Closed December 25 and January 1.

OUTDOOR ACTIVITIES

Starlight tour (\$)

Self-guided tour on foot, snowshoes or cross-country skis. Depart from the information centre. Reservations required 24 hours in advance: 514 280-6691. Minimum of 12 people required for the activity to be held.

January 6–March 2

Fridays, 7–9 p.m.

\$6/person • \$18 per family (2 adults and 3 children aged 6 to 17)

Cross-country skis and snowshoes for rent • Headlamps • Hot beverage provided • Fireplace • Patrolled trails

COME JOIN OUR ENTERTAINING EVENINGS •••

Storytelling by the fireside

Gather 'round for some amazing sagas . . .

Friday, February 3

8:30 p.m.–9:30 p.m.

Evening of Song

Friday, March 2

8:30 p.m.–9:30 p.m.

Outdoor physical fitness (\$)

An open-air gym courtesy of *Cardio plein air*. Exercise in complete safety under the watchful eye of certified and energetic instructors.

Winter session • Information: 450 646-3699 or toll free 1 877 327-5530 or cardiopleinair.ca

SPECIAL EVENT

Winter Delights

A host of ecological and recreational family activities in conjunction with GUEPE. Meet at the Héritage information centre.

Sunday, January 22

1–4:30 p.m.

SERVICES

Information centre • Vending machines

Equipment rental*

Provided by GUEPE at the information centre

At *Héritage Information centre*

Interact, Visa and Mastercard

Cross-country skis**

Adults (13 years and over)	\$8/1 hr	\$10/2 hrs	\$15/3 hrs	\$20/day
Seniors (55+)				
and students	\$7/1 hr	\$8/2 hrs	\$13/3 hrs	\$15/day
Children (12 years and under)	\$6/1 hr	\$7/2 hrs	\$10/3 hrs	\$13/day

** Reduced rate available for the *Starlight tour*. Call for information.

Sled or sliding mats \$4/3 hrs

Binoculars \$6/2 hrs

At pavillon des Marais (Based on the current pavillion schedule)

Snowshoes

Adults (13 years and over)	\$6/1 hr	\$11/3 hrs
Seniors (55+) and students	\$5/1 hr	\$9/3 hrs
Children (12 years and under)	\$4/1 hr	\$7/3 hrs

* All taxes included. Last rental, 3 p.m.

15

PARC DE LA PROMENADE-BELLERIVE

22 ha

Walking (2 km) • Cross-country skiing (3 km) • Ungroomed trails



Information centre

8300, rue Bellerive • 514 493-1967

December 12, 2011–April 29, 2012

9 a.m.–5 p.m. daily

Closed December 25, 26 and January 1, 2.

CULTURAL ACTIVITIES

Partner:

Société d'animation de la Promenade Bellerive

514 493-1967 • promenadebellerive.com

Activity-filled Sundays

From January 15 to March 11

Visit us online to see our winter schedule of activities:

promenadebellerive.com

Interpretive circuit of the park*

A discovery circuit has been added to the 2.2 km of parkland. Follow 16 descriptive panels and uncover the history and points of interest that make up the panorama of this magnificent green space.

**In collaboration with community organizations of the Neighbourhood Consultation Committee, part of the integrated urban renewal project for Ville de Montréal's Mercier-Est.*



16

PARC MAISONNEUVE

63 ha

Walking (3 km) • Cross-country skiing (18 km) • Skating • Snowshoeing



Information centre

4601, rue Sherbrooke Est • 514 872-0311

Parking: 6 a.m.–9 p.m.

Cost: \$5/first hour • \$10/day • \$5/after 6 p.m.

9 a.m.–10 p.m. daily, when the skating rink is open
Otherwise, 9 a.m.–4:30 p.m. daily
Accessible via the Viau metro station

SPECIAL EVENT

Winter triathlon

Competition involving skating, cross-country skiing and running.

Friday, February 3

SERVICES

Vending machines • Changing room



17

PARC LA FONTAINE

36 ha

Walking (4 km) • Snowshoeing • Skating on the pond* • 2 hockey rinks* • Sliding

* Changing room for skaters.



Bounded by rue Sherbrooke Est, avenue Papineau, rue Rachel and avenue du Parc-La Fontaine
Information: 311 • ville.montreal.qc.ca/plateau
Parking

OUTDOOR ACTIVITY

Ice Rink Hours

Starting January 4

Mondays through Fridays, 11 a.m.–10 p.m.

Saturdays and Sundays, 10 a.m.–10 p.m.

Weather permitting, skating rinks are generally open for the holiday season.

Check operating dates, holiday schedule and rink condition by calling 311 or visiting ville.montreal.qc.ca/plateau

Equipment rental at pavillon des Patineurs*

Provided by Patin Patin Enr.

Skates	\$8	Lock	\$4
Stroller	\$6	Harness	\$2
Helmet	\$4	Blade-teeth removal	\$4
Skate sharpening	\$6		

Also sale of **socks** (\$6), **laces** (\$5), **tape** (\$4) and **blade guards** (\$8)

Group equipment rentals: patinpatin@cooptel.ca

* A deposit or ID required.

Outdoor physical fitness (\$)

An outdoor gym with *Cardio plein air*. Safe fitness programs led by certified and lively instructors.

Information: 514 510-1844

montroyal@cardiopleinair.ca

SERVICES

Toilets • Changing room

Espace La Fontaine, Cultural Coffehouse

3933, avenue du Parc-La Fontaine

Right in the heart of La Fontaine Park, *Espace La Fontaine* delivers an outstanding menu at an affordable price. With a lounge, bistro and conference room, this venue presents exhibits, along with cultural, educational and community events.

December 1, 2011 to April 23, 2012

Closed Mondays and Tuesdays to April 23, but open to groups by reservation.

Wednesdays, Thursdays and Fridays: 11 a.m.–9 p.m.

Saturdays: 10 a.m.–9 p.m.

Sundays: 10 a.m. to sundown.

Closed December 24, 25 and 31 and January 1.

Information: 514-280-2525

Web site: espacelafontaine.com

18

PARC JARRY

36 ha

Walking (10 km) • Skating on the pond • 2 hockey rinks

Jean-Paul II information centre

7920, boul. Saint-Laurent

Information: 514 868-5101

Free parking

To December 31, 2011

Mondays to Fridays, 8 a.m.–3:30 p.m.

Weekends, 8 a.m.–6 p.m.

As of January 2012

Daily, 8 a.m.–9 p.m.

SERVICES

Parc Jarry is a wireless Internet access zone.



COMPLEXE ENVIRONNEMENTAL DE SAINT-MICHEL

Walking (5 km) • Cross-country skiing (5 km) • Snowshoeing (5 km)



TOHU, INFO-TOHU and ticket office

2345, rue Jarry Est, corner of rue D'Iberville
514 376-TOHU (8648) et 1 888 376-TOHU(8648) •
tohu.ca

Paid parking during events.

Pavilion open seven days a week, 9 a.m.–5 p.m. and until 8:30 p.m. on show nights.

Group Visit Information • Reservations required
514-376-TOHU (8648) or
1-888-376-TOHU (8648), ext. 4000
Email: visite@tohu.ca
French and English

CULTURAL AND ENVIRONMENTAL ACTIVITIES

Visit the TOHU pavilion and CESM

Enjoy a fun-filled journey of discovery!
Learn all about the TOHU, its circular performance hall, its threefold mission (CIRCUS • EARTH • PEOPLE) and its green building (Canada gold LEED Certified), the sorting centre for recyclable materials and the Complexe environnemental de Saint-Michel (CESM), the former quarry and landfill site that little by little is being transformed into a large city park.

From November to April

Mondays through Fridays, 9 a.m.–5 p.m.

Recommended ages: 8 years and over
Duration : 90 minutes

- *Free for Montréal residents.*
An entry fee applies to all others.
Reservations required

The Terra Cirqua Permanent Exhibition (Jacob-William Collection)

Learn about the history of the circus through the completely renovated permanent exhibit Terra Cirqua. Discover not only one of the most beautiful collections of circus arts in the world (Jacob-William Collection), but also a wealth of historical information and comical and sad anecdotes that have shaped the face of the circus as we know it today. See toys, posters, prints, historical and heritage items, as well as decorative art objects inspired by the circus.

Year-round

Self-guided visit • 9 a.m.–5 p.m. daily • Free



The fabulous story of the circus

The exhibition is organized along two passageways. The western corridor presents acrobatic traditions of old and the origins of travelling entertainers. The eastern portion focuses on modern circus arts and key figures in the evolution of various performance disciplines who made their marks on the popular imagination.

Monday–Friday, 9 a.m.–5 p.m.

Recommended ages: 8 years and over

Duration: 90 minutes

Reservations required. Charges apply. Details at tohu.ca

OUTDOOR ACTIVITY

Cross-country skiing and snowshoeing

Set out on a 5 km trail and discover the Complexe environnemental de Saint-Michel, a large urban space in progress.

All winter long, 9 a.m.–5 p.m. daily

The trail begins near the lookout located at the end of rue Paul-Boutet. Bring your own equipment. Level of difficulty: easy.

SERVICES

Information centre • Drinks and snacks • Bistro counter • **Réseau Admission** ticket office



* For more information on School Break activities, see last page of this brochure.

At TAZ: Recreational rollerblading • Skateboard • BMX • Speed skating • Flatland • Trial biking • Mountain biking • Artistic roller skating



Le TAZ, Roulodôme & Skatepark

8931, avenue Papineau, corner of Émile-Journault,
North of Metropolitan Boulevard
514 284-0051
Free parking

Open 7 days a week

Paid admission • Details at taz.ca

Visit us online to see our winter schedule of activities.

INDOOR ACTIVITIES

TAZ is Canada's largest indoor centre for inline skating, skateboarding and BMX biking. Its safe beginner, intermediary and pro Roulodôme and Skatepark facilities are open to the public and to high performance athletes.

TAZ also has over 60,000 sq. ft. of outdoor space with no admission fee. Skate Plaza hosts BMX, skateboard and inline skating activities. Dirt tracks are also available for cycling enthusiasts.

- **Skatepark:** with over 42,000 square feet of acrobatic modules for wheeled action sports fans.
- **Rollerdome:** indoor space for recreational skating, speed skating, roller derbies, roller-hockey, etc.
- **Exhibition hall**

SPORTS EVENTS

Hosts year-round sports events, including competitions and demonstrations.

Information: taz.ca

SERVICES

Private classes • birthday parties • room rentals • sports facility rentals • equipment rentals • pro-shop • snack bar

Corporate Rentals

Venues for corporate events:

- Roulodôme: 24,500 square feet that can host up to 2,400 people. Stage, sound and lighting production optional. Available for major corporate events, shows, film shoots, galas, etc.
 - Multipurpose space: 1,700 square feet for training sessions, conferences and smaller events.
- Information: taz.ca





SCHOOL BREAK

March 5 to 9, 2012



● Sugaring-off

Parc-nature du Cap-Saint-Jacques
Family activity • Sleigh ride (\$) • Taffy on the snow (\$) • Ecological farm and sugar shack activities • Restaurant • General store
February 26 to mid-April, 11 a.m.–4 p.m.

D-TROIS-PIERRES • 514 280-6743 • d3pierres.com



● Mittens Galore

Parcs-nature du Bois-de-Liesse and de la Pointe-aux-Prairies

Day camps exploring nature and environmental sciences are offered daily or weekly. Games, nature discovery, snowshoeing, cross-country skiing, outdoor fun and rosy cheeks guaranteed! Open to children from kindergarten to Grade 6.

March 5 to 9, 9 a.m.–4 p.m.

Day camp (by day or by week) • Daycare facilities available: 7:30–9 a.m. and 4–6 p.m.

Reservations required

GUEPE • 514 280-6829, ext. 1 •

Download the registration form at guepe.qc.ca



● Outdoor day camp

Parc des Rapides

Nature excursions and outdoor fun • Ice fishing • Snowshoeing • Skating and more

Children ages 6 to 12

March 5 to 9, 9 a.m.–3:30 p.m.

Day camp (by day or by week) •

Daycare service provided

Héritage Laurentien • 514 367-6540 •

heritagelaurentien.org



● Enjoy a different kind of winter!

Le Complexe environnemental de Saint-Michel

Join us for a week of winter delights! Outdoor lovers will be thrilled (kicksleds, curling, cross-country skiing, snow shoeing, etc.), while the littler ones can attend circus art introductory workshops and guided tours. TOHU welcomes Jamie Atkins and his *Circus Incognitus* this week. A not-to-be-missed family circus show! Visit tohu.ca for full details on this activity.

March 5 to 11

10 a.m. to noon for groups of 10 or more with reservations

Free entry for everyone from 1 p.m.–5 p.m.

TOHU • 514 376-TOHU (8648) • tohu.ca



● Family-oriented activities

Parc-nature de l'Île-de-la-Visitation

Fun and history-based activities.

Details to come on our website.

March 5 to 11

Cité historia • 514 850-4222 • citehistoria.qc.ca