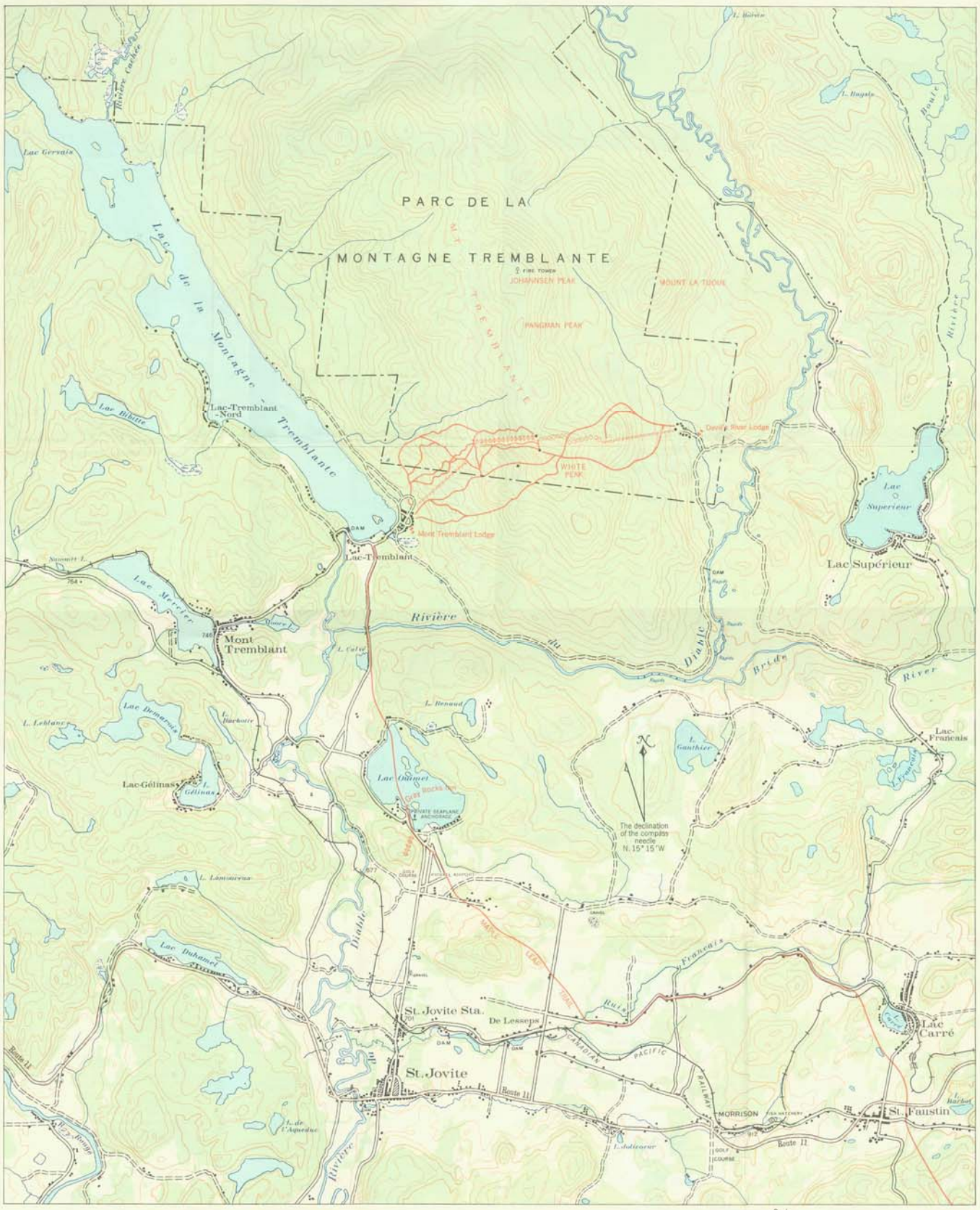

MONT TREMBLANT AREA

ST-DONAT

STE-AGATHE

STE-ADÈLE

HELPFUL HINTS FOR THE ENJOYMENT OF SKI-ING

Always ski with full control

Select the ski-ing spots and slopes which suit your particular ski-ing ability.

Until you have learned complete control do not ski on hills where there are obstacles such as trees, rocks etc., or where the hill is crowded with skiers.

Do not allow yourself to attain a speed that you cannot control.

Never ski faster than you can stop in the assured clear space ahead.

Use the snowplow or traverse to slow your speed.

Don't ski when tired or hungry

If you have been ski-ing most of the day take it easy toward late afternoon or when you are feeling a little fatigued.

Accidents occur more frequently in late afternoon when skiers get tired.

Wear appropriate clothing and good fitting equipment

You will ski much better in comfortable clothes and the right equipment, especially a wind breaker on the outside of your clothing.

Respect the rights of others

When traversing or slaloming make sure you are not crossing the path of someone behind. "Bashers" like road hogs are a menace on the hills or trails.

Get into condition before the Season Starts

Remember those legs and the ankles need toughening up. Even the very best skiers take it easy early in the season—and give themselves several weekends to get in shape.

When you are commencing to ski

It is advisable to get instructions from a qualified ski instructor. This puts you right from the start.

(Courtesy of the Canadian Ski Patrol)

HOW TO USE THE MAP WITH PLEASURE

When you are starting out from a ski-ing centre you will find an enlarged sectional view which shows exactly how to get away from the spot on to the open trails or ski-slopes. Then you can link up with the trails which are distinctly shown on the enlarged maps and you are on your way! By folding the map to expose the section over which you are going to travel, you have a complete guide for your trip.

You can tell by the brown contour lines when you are going to climb or descend, in the open or through the woods, the green coloured areas indicate that you are going through bush or woods; the white areas are in the open. You will be able to closely follow the trail over streams or lakes, around lakes and across roads, past farms and other buildings &c&c, and be able to note the high points which you may like to climb en route.

After your trip you will enjoy re-following your route to see where you had experiences and thrills and how high you went.

The map can be folded to expose any district over which you wish to travel, yet easily fits into your pocket where it may be constantly consulted.

SHAWBRIDGE

MONT TREMBLANT

The reference symbols are the same as on map of the Laurentians (on reverse side)
Les légendes sont les mêmes que celles de la carte des Laurentides (au verso)

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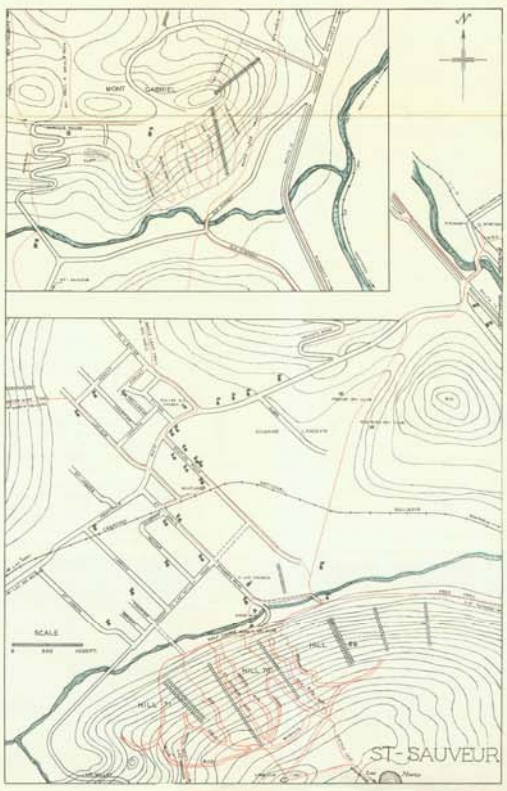
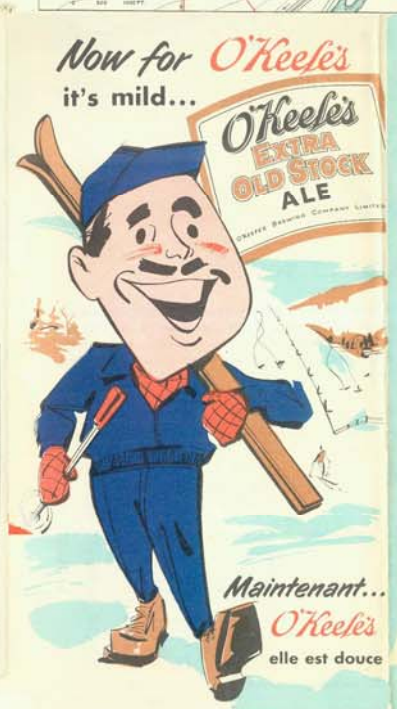
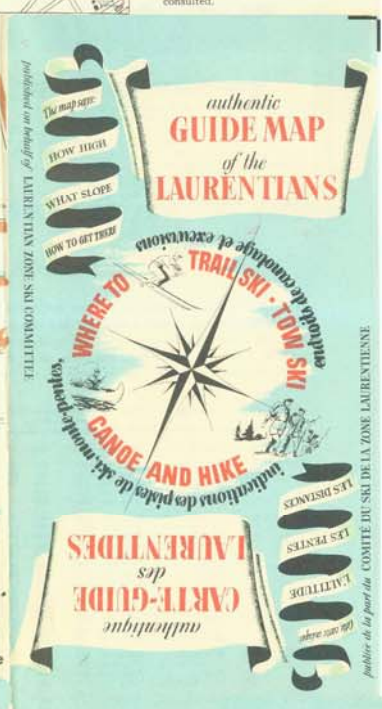


MORIN HEIGHTS

WHAT YOU CAN DO & WHERE YOU CAN DO IT IN THE LAURENTIANS

WINTER • SPRING • SUMMER • FALL

	S - SKI LIFT R - ROPE TOW	SKI SCHOOL	SKI PATROL	SLEIGH DRIVER	S - SKI SHOP S - SPORT SHOP	H - BEACHES B - BATH. CANOES	SWIMMING	RIDING	CURLING	GOLF	MOTOR OR SAIL BOATS	TOBOGGANING	TENNIS	SKATING	ARCHERY	F - FISHING H - HUNTING	CURLING RINK	GOLF & COUNTRY	YEAR ROUND RESORTS
SAINT-HIPPOLYTE	R	*	*	*		BC	*			3 mi				*	*	FH		*	*
ST. SAUVEUR	SR	*	*	*	KS	BC	*			*				*	*	FH		*	*
MORIN HEIGHTS	SR	*	*	*	KS	C	*			10 mi				*		FH		*	*
MONT GABRIEL	SR	*	*	*	KS			*	*	3 mi				*	*	FH	*	*	
STE. ADELE EN HAUT	SR	*	*	*	KS	BC	*	*	*	3 mi	*			*	*	FH		*	*
STE. MARGUERITE	SR	*	*	*	KS	BC	*	*		*	*	*	*	*	*	FH		*	*
VAL MORIN	R	*		*	KS	BC	*	*		*				*		FH		*	*
VAL DAVID	SR	*	*	*	K	BC	*	*		3 mi				*	*	FH		*	*
STE. AGATHE DES MONTS	R	*	*	*	KS	BC	*	*		*	*			*		FH		*	*
ST. DONAT DE MONTCALM	SR	*	*	*	K	BC	*	*		18 mi	*			*	*	FH	*	*	
ST. JOVITE	SR	*	*	*	KS	BC	*	*		*	*			*		FH		*	*
MONT TREMBLANT	SR	*	*	*	KS	BC	*	*		3 mi	*			*	*	FH		*	*

NOTE: The asterisk * means that the facilities indicated in the heading over the column are available in the particular district.