

PARC DU MONT-ROYAL

CROSS-COUNTRY SKI TRAILS • SNOWSHOEING TRAILS • WALKING TRAILS

ville.montreal.qc.ca/grandsparcs



SERVICES AND SAFETY GUIDELINES FOR SPORTING ACTIVITIES

PARC DU MONT ROYAL IS OPEN FROM 6 A.M. TO 12 MIDNIGHT

- No littering; please dispose of waste in specially designated containers.
- Dogs must be kept on a leash. Owners are required to pick up dog excrement immediately.
- It is forbidden to stray from the trails, including in snowshoes.
- The use of snowmobiles, motorized tricycles and all-terrain vehicles is forbidden.
- It is forbidden to feed animals, destroy their habitat or harm them.

MAINTENANCE OF TRAILS AND THE REFRIGERATED RINK

From mid-December to early March *(depending on the weather conditions)*

SNOW AND SLIDING CONDITIONS

Online as of mid-December: ville.montreal.qc.ca/grandsparcs

Information: 514 280-8989

CROSS-COUNTRY SKI TRAILS

- Ski only on the marked trails, respecting the direction and the vocation indicated.
ATTENTION: It is forbidden to walk on the cross-country ski trails.
- Respect the signage and the instructions given by staff.
- Do not initiate a descent until the skier before you reaches the bottom of the slope.
- If you stop or fall, move away from the trail so as not to hinder the other skiers.
- On two-way trails: **keep to the right except to pass.**
- The skating step technique is only permitted in designated areas.
- Only sleds approved by staff are authorized on cross-country ski trails.
- It is forbidden to bring a dog or any other domestic animal onto the cross-country ski trails.
- Outdoor equipment is permitted only on the ground floor of the pavilion, though it is preferable to keep such equipment outdoors.

EQUIPMENT RENTAL (\$) skates, skis and snowshoes



Amis de la montagne counter at the Pavilion du Lac-aux-Castors

Sunday to Thursday: 9 a.m. to 9 p.m. – Friday and Saturday: 9 a.m. to 10 p.m.

FOOD SERVICES

Café des Amis at Maison Smith

Café des Amis at the Lac aux Castors

Café des Amis at the chalet du Mont-Royal

REFRIGERATED RINK AND SKATING RINK FOR BEGINNERS

Opening of rinks:

Opening hours:

Sunday to Thursday: 9 a.m. to 9 p.m.

Friday and Saturday: 9 a.m. to 10 p.m.

Supervised skating hours:

Sunday to Thursday: 9 a.m. to 4 p.m.

Friday and Saturday: 9 a.m. to 10 p.m.

Maintenance hours:

Tuesday to Friday: 11 a.m., 1 p.m., 3 p.m., 7 p.m.

Saturday to Monday: 11 a.m., 1 p.m., 3 p.m., 5 p.m.

- It is forbidden to carry children in your arms or in a baby carrier.
- It is forbidden to skate at high speeds, perform acrobatics, jostle or chase one another, or carry out any activity likely to compromise the safety of skaters.



Authorized at the beginners' skating rink

Skating support frames, parents/companions in boots

SNOW TUBES SLIDING (\$)

From mid-December to early March *(depending on the snow conditions)*

Ticket office:

Sunday to Monday : 10 a.m. to 6 p.m. (ticket office at the foot of the hill)

FREE SLIDING

From mid-December to early March *(depending on the snow conditions)*

Daily from 9 a.m. to sunset

Guidelines:

- Move away from the bottom of the hill as quickly as possible.
- Use the designated corridors to climb up the hill.
- All children under 10 must be accompanied.
- Wearing a helmet is strongly recommended.



Authorized:

Sliding carpets • Sliding saucers • Toboggans • Three-ski sleds