

# PARC DU MONT-ROYAL

CROSS-COUNTRY SKI TRAILS • SNOWSHOEING TRAILS • WALKING TRAILS

ville.montreal.qc.ca/grandparcs



# 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](http://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 Pavillon 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