

TUQUES BLEUES

22nd edition

les
amis de la
montagne

Whether you wish to run or walk, rise to the challenge of ascending Mount Royal on snowshoes!

FEBRUARY 21, 2019 AT 5:30 P.M.
CHALET / MOUNT ROYAL PARK



A sporting and gastronomic event benefitting environmental conservation programs.

Presented by  **Manuvie**

PARTICIPANT GUIDE 2019

A MONTRÉAL WINTER TRADITION

The **Montreal Snowshoe Club** was founded in 1840. Its members, among Montréal's most prominent businessmen, hiked through the Mount Royal forest, guided only by torchlight.

Quickly gaining in popularity, snowshoeing became the first competitive sport in North America. It was the main social, recreational and philanthropic activity of its time.

TUQUES BLEUES CELEBRATION

For the past 22 years, **Les amis de la montagne** has been reviving this tradition with the Tuques Bleues Celebration.

This night-time snowshoe adventure brings together over 500 participants to hike along lantern-lit paths and feast on a gastronomic buffet at the Mount Royal Chalet overlooking the city lights.

MISSION

An independent registered charitable organization founded in 1986, **Les amis de la montagne** is dedicated to the protection and improvement of Mount Royal through community involvement and environmental education.

YOUR SUPPORT IS IMPORTANT

By becoming a partner of Les amis de la montagne through the Tuques Bleues Celebration, you help preserve Montréal's most cherished heritage site. Event profits are reinvested in environmental conservation programs on Mount Royal.

Tickets: \$250 per person (tax receipt \$125)
Each ticket includes: loan of snowshoes, drinks and a tuque bleue.

INDIVIDUAL COMPETITION

Gold, silver and bronze medals
men and women categories

DÉFI ÉQUIPES PARTNER

\$5,000 per team of 10 participants (tax receipt \$3,750)
The **Tuques Bleues Trophy** is awarded to the team with the 3 best cumulative race times. Teams must have a minimum of 3 members competing in the timed snowshoe race.

For details on our partnership and sponsorship possibilities:

dons@lemontroyal.qc.ca

514 843-8240, ext.229

ON THE SNOWSHOE TRAIL

- Follow the lanterns and flags used to identify the trail
- Always stay on the trail
- Remain courteous with your fellow snowshoers, especially when passing one another
- Watch for cross-country skiers or pedestrians in the park
- Follow the directions given by **30 volunteers along the trail** present to ensure your safety and enjoyment

DURING AND AFTER THE SNOWSHOE RACE

Share your best pictures of the event on social media



[Facebook](#)



[Instagram](#)

#TuquesBleues

#mtroyalmoment



[Twitter](#)

#TuquesBleues

#mtroyalmoment



[Flickr](#)

Go to the tuquesbleues.com website to see the pictures and video of the event!



THURSDAY FEBRUARY 21, 2019

Smith House (1260 Remembrance Road)

5:30 to 6:20 p.m.

WELCOME AND REGISTRATION

Walkers

Equipment distribution (snowshoes, blue tuque and access pass to the Chalet)

Runners*

Equipment distribution (snowshoes, blue tuque, access pass to the Chalet, numbered sport bib, and *Sportstat* electronic chip for the ankle)

**No on-site late registrations or substitutions accepted for runners.*

6:15 p.m. WELCOME AND TRAIL TIPS

Warm-up period

6:30 p.m. TIMED SNOWSHOE RACE

DEPARTURE

6:35 p.m. SNOWSHOE WALK DEPARTURE

Mount Royal Chalet Belvedere

6:45 p.m.

Gradual arrival of snowshoers, photobooth, soup and mulled wine

Mount Royal Chalet

7 to 10 p.m.

TUQUES BLEUES CELEBRATION

Gastronomic buffet

Music and entertainment

Door prizes

Medals and Tuques Bleues Trophy ceremony

LIMITED NUMBER OF SNOWSHOES AVAILABLE

- If possible, bring your own snowshoes
- Identification service at Smith House and storage available at the Chalet coat check

Snowshoes provided by Tubbs & Atlas Snowshoes

✓ **Don't miss the start!**

Be on time for registration – before 6:20 p.m. Position yourself at the starting line at 6:20 p.m. wearing your snowshoes for the warm-up period.

✓ **Clothing**

Dress warmly and bring a change of clothes for after the race.

If you wish, wear your blue tuque from a prior edition.

✓ **Boots**

Wear low-heeled boots for snowshoes.

✓ **Security**

The **SPVM Cavalry** patrols the site during the event and first aid is provided by the **Canadian Ski Patrol**.

✓ **Lockers**

You may use the washrooms at Smith House to change. A free coat check is available in the Chalet basement.

**Les amis de la montagne is not responsible for lost or stolen items.*

✓ **Personal belongings**

Bring a backpack or waist bag to carry your valuables.

Bag transportation for runners only

After registering and prior to the race, **snowshoe racers can leave their identified bags with the Tubbs & Atlas Snowshoes team** and recuperate them at the Chalet basement cloakroom.

In case of exceptional weather or trail conditions, Les amis de la montagne may make modifications, without prior notice, to the trail and/or departure time for the safety of all participants and volunteers.

WELCOME AND REGISTRATION

Smith House, Mount Royal Park

1260 Remembrance Road, Montréal, Quebec, H3H 1A2

FROM THE EAST

- Take Camillien-Houde from Mont-Royal Avenue
- Continue past the Camillien-Houde lookout
- Turn left at the Mount Royal Cemetery entrance and follow the indications to Smith House
- Park in either parking lots (#117 or #118)

FROM THE WEST

- Take Remembrance Road from Côte-des-Neiges Road
- Continue past Beaver Lake site
- Turn right at the Mount-Royal Cemetery entrance and follow the indications to Smith House
- Park in either parking lots (#117 or #118)

METRO AND BUS ROUTES

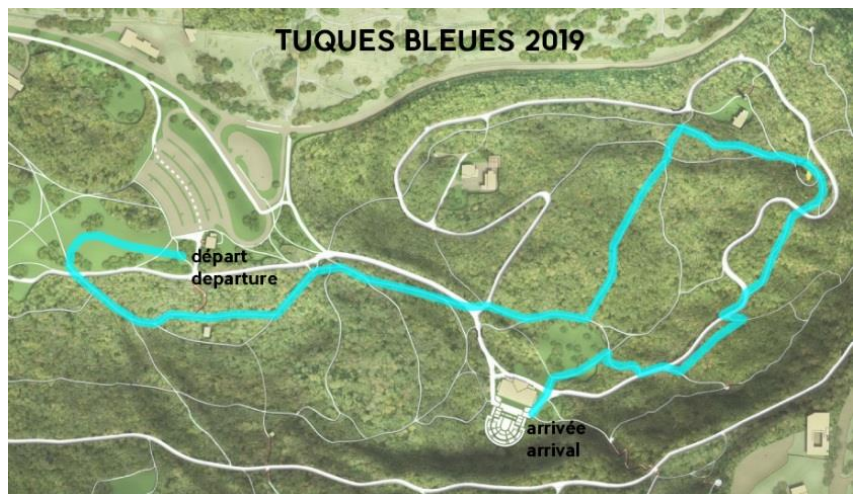
- Mont-Royal / 11 ⇨ **Bus stop 53744**
- Place des Arts / 80 or 129 or 435 / 11 ⇨ **Bus stop 53744**
- Côte-des-Neiges / 165 or 435 / 11 ⇨ **Bus stop 53745**
- Guy-Concordia / 165 or 435 / 11 ⇨ **Bus stop 53745**

PARKING FEES

\$3 / hour or \$10 / day
(cash, Visa, Mastercard)

NO SHUTTLE SERVICE

Participants who only wish to attend the gastronomic buffet will need to plan for a 7-minute walk on Olmsted Path between Smith House and the Mount Royal Chalet.



SNOWSHOE TRAIL

- Distance 2.5 km, from Smith House to the Mount Royal Chalet
 - Average running time: 15 minutes
 - Average walking time: 35-45 minutes