



Winter pleasures close to home

Description

Mount Royal Park, a magical place to enjoy winter at its best

Looking for something to do outside with the kids close to home? Or perhaps a good exercise workout in a country setting, without having to leave the island? Or a communion with nature?

From December to March, **Les amis de la montagne** invites winter sports, outdoor and culture enthusiasts to enjoy a full slate of programs and events in Mount Royal Park. The 2016-2017 winter season includes new activities for children and adults, to experience the best of what nature has to offer without leaving the city.

Seasonal highlights include:

City Lights Snowshoe Excursions

The excursions are led by expert guides and are offered in French and English, on Friday and Saturday evenings, in January and February. They include hot chocolate, mulled wine or a chocolate truffle, depending on the trek. Enjoy the view of the city with a glass of bubbly during the special New Year's excursion, taking place on **Friday, December 30**.

Special Valentine's Day Snowshoe Excursions

On **Friday, February 12** there will be a Valentine's Day afternoon of family fun and on **Sunday, February 14**, a special evening excursion for couples and sweethearts that includes an aperitif in the forest and a romantic fondue dinner at the Café des Amis in the Beaver Lake Pavilion, with a magnificent view on the lake.

Montreal 375th Anniversary Historic Excursion

Relive the snowshoe treks of the original 1840s Montreal Snowshoe Club on **Saturday, January 28** and **Sunday, January 29**.



Themed Musical Skating Evenings

Happening every Friday and Saturday starting in January. There is also free of charge daytime skating for all ages at Beaver Lake, with breathtaking views of nature and the park.

Snow tubing

This activity takes place along specially designated lanes. Snow tubes are available for rental (see below).

Cross-country Skiing

Children and adults wishing to learn or hone their cross-country skiing techniques without leaving the city can join the *Club de ski de fond des Amis de la montagne*.



Image: TranceMist via StockPholio.net

Bird Watching

Join in on the specially designed program for bird lovers and observe and identify the many species of birds of Mount Royal Park.

“Winter Traditions” Family Drop-in Activity at Smith House

Explore the myriad facets of winter on the mountain, past and present, every Saturday **starting on January 7**.



Special Contest

Share a photo of your winter experience in the park on Twitter



and Instagram, by using the hashtag #MtRoyalmoment. You may win two tickets for the **20th Tuques Bleues Celebration** on **Thursday, February 16** – a unique night-time adventure on snowshoes followed by a gourmet banquet at the Mount Royal Chalet, with DJ and open bar included! Click on image for contest rules.

“Mount Royal, a Territory to Discover”

An exhibition that highlights the history and heritage of the mountain, its fauna and flora, and the conservation issues it faces. Free entry, at the historic Smith House.

...and much more!

Les amis de la montagne also offers park visitors outdoor sports equipment rental service – skates, cross-country skis, snowshoes, snow tubes and more. Skate sharpening, cross-country ski cleaning and waxing are available on-site as well.

The rental counter is located at ground level in the Beaver Lake Pavilion. Thanks to this service, visitors can enjoy skating at Beaver Lake, as well as 22 km of cross-country ski trails and 3 km of snowshoe trails in the forest, free of charge.

Enjoy a Gourmet Break on the Mountain

The Café des Amis, now established at both Smith House and the Beaver Lake Pavilion, is pleased to host skaters, hikers, skiers, snowshoers and other park visitors, serving up delicious homemade soup, hot main dishes, sandwiches, salads and desserts, and a selection of coffees, teas and hot chocolate.

Activities and Registration

Full information on the winter programme in Mount Royal Park, including fees and dates of the different activities, is available on *Les amis de la montagne*'s website at lemontroyal.qc.ca/en

About *Les amis de la montagne*

Les amis de la montagne is a registered charitable organisation dedicated to the protection and enhancement of Mount Royal through community involvement and environmental education. As the City of Montréal's preferred partner in Mount Royal Park, *Les amis de la montagne* operates visitor services, providing extensive information about what to see and do in the Park, runs outdoor equipment rental and food services, and presents a full range of cultural, educational and recreational programmes. Revenues generated are reinvested in public programming aimed at increasing public awareness of the Park and promoting the importance of its conservation.

Images (unless specified): courtesy of Les amis de la montagne

Category

1. Article | Sports and Fitness
2. Outdoors

Tags



1. activities
2. Beaver Lake
3. bird watching
4. cross country skiing
5. Les amis de la montagne
6. Mount Royal Park
7. skating
8. winter

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