



Mount Royal Park:  
Enjoy Winter in Montreal

## Description

# Fun winter activities for the whole family are close by!

Via **Les amis de la montagne**

**Les amis de la montagne** invites winter sports, outdoor and culture enthusiasts to enjoy a variety of programs and events in **Mount Royal Park**. The 2018-19 winter season includes activities for children and adults to experience the best of what nature has to offer without leaving the city!

Park users can visit the [Les amis de la montagne website](#) for information on what there is to see and do on Mount Royal this winter and to register online for activities.

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**Seasonal highlights include:**

**City Lights snowshoe excursions** led by expert guides. These are offered in French and English, on Friday and Saturday. Enjoy hot chocolate, mulled wine or a chocolate truffle, depending on the excursion.



Enjoy a glass of bubbly on a **special New Year's excursion**.



next to Beaver Lake.

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**Snow tubing** on specially reserved lanes by Beaver Lake... as soon as winter arrives.

**Bird Watching activities** invite bird lovers to come observe birds in Mount Royal Park or take part in an official survey of the North American winter bird population. A **special Christmas bird count** takes place on **December 15 and 16**.

**Until February 11**, the ***In the Footsteps of our Discoverers – The Remarkable History of Montréal*** exhibition sheds light on the unique collection of historical paintings in the Mount Royal Chalet. Games and activities for the whole family take place from **December 22 to January 6**.

## Equipment rental

Les amis de la montagne also offers an outdoor sports equipment rental service – skates, cross-country skis, snowshoes, snow tubes and more. Skate sharpening and cross-country ski cleaning and waxing are also available at the Beaver Lake Pavilion.

Thanks to this service, park visitors can enjoy skating next to Beaver Lake or take advantage of **22 km of cross-country ski trails** and **3 km of snowshoe trails** in the forest, all available to the public, **free of charge**.



## Enjoy a gourmet break on the mountain

Whether at Smith House, the Beaver Lake Pavilion or the Mount Royal Chalet, the **Café des Amis** serves up delicious homemade soups, hot main dishes, sandwiches, salads and desserts, in addition to a selection of coffees, teas and hot chocolate, for the pleasure of skaters, hikers, skiers, snowshoers and other park visitors.

## Find out more



Complete information on winter programming in Mount Royal Park, including activity rates and dates, is available on the [Les amis de la montagne website – lemontroyal.gc.ca](http://www.lesamisdelamontagne.com)

Images : courtesy of Les amis de la montagne

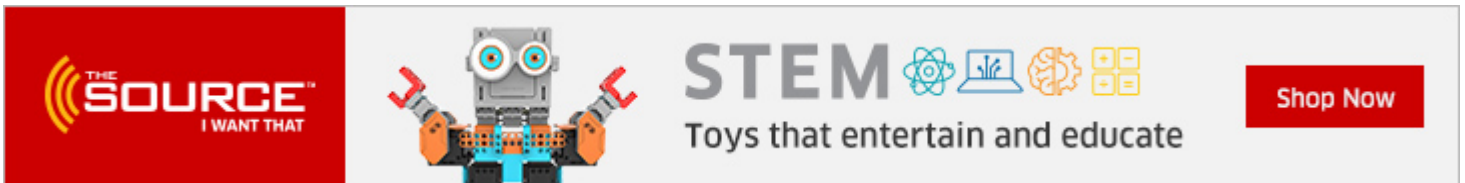
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**Les amis de la montagne** is a registered non-profit organization dedicated to the protection and improvement of Mount Royal through community involvement and environmental education. Les amis de la montagne activities in Mount Royal Park are made possible thanks to an agreement with the City of Montréal.



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### Date Created

December 2018