



Mount Royal Park:  
loads of winter fun!

## Description

# Experience the best of what nature has to offer without leaving the city!

Via **Les amis de la montagne**

From December to March, **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 2017-18 winter season includes new activities for children and adults to experience the best of what nature has to offer without leaving the city! Park users can visit the brand new [website of Les amis de la montagne](#) for more information on everything there is to see and do on Mount Royal this winter and to register online for the activities!

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## Seasonal highlights include:

**City Lights Snowshoe Excursions** led by expert guides, offered in French and English on Friday and Saturday evenings in January and February, with hot chocolate, mulled wine or a chocolate truffle depending on the trek. A **special New Year's excursion is organized on December 30**, to enjoy the view of the city with a glass of bubbly!



**Special Valentine's Day Snowshoe Excursions** offer an afternoon of family fun on February 11, as well as a special evening for couples and sweethearts on February 14, including 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.

**Family Snowshoe Excursions** take place every day during March Break, from March 3 to 11, at 10:30 am, to discover Mount Royal's fauna and surprising history of mountain sports, with a break for hot chocolate in the forest.

**Musical and Gourmet Skating Evenings** every Friday and Saturday night starting in January invite young and old to skate to the tune of a new musical genre every week and enjoy a special menu at the Café des Amis.

**Free Daytime Skating** for all ages on the refrigerated skating rink located next to Beaver Lake, which is already open for the season!

**Glissade sur chambre à air** sur des corridors de glisse aménagés à cette fin devant le lac aux Castors, dès que la neige est au rendez-vous.

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



**Cross-country Skiing with the Club de ski de fond des Amis** de la montagne for children and adults wishing to learn or hone their cross-country skiing techniques without leaving the city.

**Birdwatching activities** invite bird lovers to come observe birds in Mount Royal Park or to take part in an official survey of the North American winter bird population. A special Christmas Bird Count takes place on December 16 and 17.

**The *Winter Traditions at Smith House Family Drop-in Activity*** explores the myriad facets of winter on the mountain, past and present, every Saturday starting January 7.

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 until January 7. Games and activities for the whole family take place on December 23 and 24, December 27 to 31 and January 3 to 7, from noon to 4 pm.



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 available on site as well. Our rental counter is located at ground level in the Beaver Lake Pavilion. Thanks to this service, park 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, all available to the public free of charge.

## Enjoy a gourmet break on the Mountain

The **Café des Amis** located at Smith House, the Beaver Lake Pavilion and the Mount Royal Chalet is pleased to serve delicious homemade soups, hot mains, 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 the winter program in Mount Royal Park (rates and dates of the different activities) is available on Les amis de la montagne's website: [lemontroyal.qc.ca](http://lemontroyal.qc.ca)

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*Images : Les amis de la montagne*



***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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3. skating
4. sliding
5. snowshoeing
6. winter activities

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