



HALF-DAY SKI SHOEING TRAINING

Treat yourself to a basic skishoeing course with a specialized trainer! The outing takes place at our center dedicated to skishoeing and other winter sports, a veritable 100-hectare ski domain. Learn the sport that combines the characteristics of downhill skiing and snowshoeing.

Operating Period: Saturdays January 11, February 15 and March 14 2020 (if possible depending on amount of snow on ground).

Time: 9:00 a.m. to 2:00 p.m. (meet at 8:45 at reception)

Maximum capacity: 8 people per group (13+ years) with experience with cross country skiing or downhill skiing. You have to be quite fit to do this activity. *6 persons minimum for the activity to take place

Price: 49,38\$ + tx / Members UL 41,82 + tx + tx (including skishoes rental and access pass)

Program: Group welcome at the Pavilion and equipment distribution. Training with our instructor; first tries of this new winter activity; first contact with the equipment. Exploration of the landscaped trails on both slopes and off-trail runs during the day. Stop in a refuge for lunch (your own lunch). Not recommended for pregnant women. A few falls are to expect when learning. You have to be quite fit and have a good cardio to do this activity.

What to bring: Warm clothing, a change of clothes, winter boots (not city boots which are too soft on the top; go for hiking winter boots), hats and mittens. You are leaving for most of the day. You need a backpack to bring all that. Dress warmly in layers of breathable fabrics.

Food and water to hydrate regularly

If you do not wish to bring your own lunch, you can order our lunch boxes for \$ 17,80 + taxes. Reservations required no later than 5:00 p.m. the previous day.

The activity includes: Supervision by an instructor

Access to a heated shelter

Skishoe rental

Right of access

In case of bad weather? The event takes place rain or shine. Only the guide can cancel the activity in the event that the temperature is extreme (-35 C°) or if the snowfall is not adequate. In such a case, the activity is transferable or refundable.

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