



AU CHALET
EN BOIS ROND

VILLAGE NATURE ET PLEIN AIR

OVERSIZED-WHEEL BIKE (FATBIKE) – WINTER

Difficulty level: Easy

Cycling with oversized wheels (fatbike) involves risks. Outdoors, preparation and prevention are the keys to a pleasant and safe experience. Put all the chances on your side, and make safety your priority.

ABEFORE YOU GO

Before a first outing, seek advice from the staff to inform you.

Confirm that your bike is in good condition and that the tires are inflated to the recommended pressure.

If in doubt, have it checked by a professional.

Plan your ride with the official map of the village: **Map of the village - Au Chalet en Bois Rond**

Choose a route that suits your abilities and those of your partners.

Check the weather. Adjust your goals accordingly.

Dress appropriately for winter. During the activity, adapt your layers of clothing according to your effort to maintain your body temperature.

Bring a means of communication and the trail map.

Inform someone close to you of your route and its duration. This person will be your guardian angel and can advise help if you are missing.

WHEN OUT ON THE TRAILS

Always wear an approved helmet designed for cycling.

Leave early enough to complete your outing before dark or have the necessary equipment to be safe after sunset. Remember that winter days are short.

Stay on the trails at all times and obey the signs.

On multi-purpose trails, stay in the corridor reserved for this activity and be courteous.

Control your speed and stay at a safe and respectful distance from other road users.

Before passing another person, let them know you are there and give them time to stop at a safe place.

Before taking a break, confirm that no one is following you closely and pull over to the side of the trail with your bike to leave the way clear.

Respect your limits. By choosing the right difficulty level, you will avoid damaging the trails by walking next to your bike.

At intersections, take the time to check your position.

Respect your limits, and do not hesitate to turn around if the chosen route proves too difficult.

It is safer not to go alone.

WHEN YOU RETURN

Notify Outdoor Center employees of any breakages or potentially dangerous items observed during your visit

RECOMMENDED EQUIPMENT

A bicycle with oversized tires inflated to the recommended pressure

Mountain bike or winter sports helmet, approved and properly fitted (mandatory)

Thin tuque to wear under the helmet, neck warmer, gloves



Winter hiking boots and woolen socks

Multi-layer clothing: thin layer (long underwear), insulating layer (fleece or down), and layer protection (waterproof-breathable coat and pants), warm coat, tubular scarf, gloves or mittens

Phone 100% charged

Trail map

Water, sunglasses, and sunscreen

Hand and foot heat pads

Garbage bag