



VILLAGE NATURE ET PLEIN AIR

WINTER HIKING, SNOWSHOEING, AND KICKSLED

Difficulty level: Easy

The practice of snowshoeing, kicksledding, and winter hiking involves risks. Outdoors, preparation and prevention are the keys to a pleasant and safe experience. Put the odds on your side, and make safety your priority.

BEFORE YOU GO

Plan your walk 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 will be able to notify the emergency services if you are missing.

WHEN OUT ON THE TRAILS

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

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

On multipurpose trails, stay in the corridor reserved for snowshoeing or hiking and be courteous.

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

Inform Outdoor Center employees of any breakages or potentially dangerous items observed.

RECOMMENDED EQUIPMENT

Winter hiking boots and woolen socks

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

Phone 100% charged

Trail map

Water, sunglasses, and sunscreen

Hand and foot heat pads

Garbage bag