



Plains of Abraham **Ski trails and snowshoe trail now closed**

Québec City, March 30, 2009 – The cross-country ski and snowshoe season is now over on the Plains of Abraham. The increasingly mild temperatures do not allow us to maintain the good condition of the trails. However, in the upcoming weeks, with the onset of spring and the melting snow, outdoor enthusiasts will be able to enjoy the Plains of Abraham's sports facilities.

Across from the Musée national des beaux-arts du Québec, sports fans will get a chance to use a 1.4 km running track, as well as a 1.3 km loop trail for inline skating, in addition to the soccer and football field. Nature lovers will enjoy walking the many footpaths criss-crossing the park and discover the spectacular views swarming with attractions.

Located at the top of the Cap Blanc stairs, the Commemorative Garden of the XII World Forestry Congress is meant as a doorway to the nature trail. This arboretum, which includes twenty-eight different species, paints a portrait of the trees typical of Canadian provinces and territories, with matching specimens from all over the world. The garden invites strollers to pursue their quest for knowledge on the nature trail that covers 1.5 km along Cap-aux-Diamants, up to Gilmour Hill. This hiking trail leads you to the treasures and distinctive features of the park's wooded area while introducing you to the discoveries of the country's first herbalists.

But, just before entering the most untamed area of the Plains of Abraham you will find the Louis-Hébert Orchard, inaugurated last year within the framework of the 100th anniversary of the National Battlefields Commission. Located west of the Cap Blanc stairs, the new orchard offers some twenty-five specimens, including *Malus domestica* and *Malus sylvestris* apple trees.

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