



Government of Canada

Gouvernement du Canada

The National Battlefields
Commission

Commission des champs
de bataille nationaux

Press release

For immediate release

Make the most of winter on the Plains of Abraham **Ski and snowshoe trails are now open**

Québec City, December 31, 2008 – Winter is now upon us. Outdoor enthusiasts will be delighted, because starting right now they will be able to ski, snowshoe or simply take a walk in this enchanting beauty spot: the Plains of Abraham. Battlefields Park offers sportsmen and women a free access to nature in the heart of the city, as well as a breathtaking view of the St. Lawrence River. In this enchanting landscape, beginner or intermediate skiers can practise their favourite activity over 12.6-km of trails (marked for cross-country skiing and skate skiing). As for snowshoeing enthusiasts, they get a chance to travel a 3.8-km course (round trip) along Cap Diamant, from the Cap Blanc stairs to Gilmour Hill. A 5.6-km walking path is also available.

A waxing room allows skiing enthusiasts to gear up on the spot. Two heated rest stops are also provided for sports enthusiasts: one is located at the Discovery Pavilion near Drill Hall (the Manège Militaire), the other at the pavilion (near the Edwin-Bélanger Bandstand).

A ski and snowshoe rental service, as well as ski lessons (classic or skate skiing), are provided by the *Friends of the Plains of Abraham* society.

- Trail conditions (anytime): **418 648-4212**
- Ski lessons for adults (classic and skate skiing): **418 649-6476**
 - Information evening: January 7. Lessons: January 11 and 18, February 15 and 22
 - Cost: \$80. Equipment not included.
- Ski and snowshoe rentals: **418 648-2586** or at the Discovery Pavilion of the Plains of Abraham (835, Wilfrid-Laurier Avenue, level 0, Québec City), from December 20, 2008 to March 22, 2009 (depending on weather conditions).
 - From December 20 to January 4, from February 28 to March 8 and from March 14 to 22: Every day from 10:00 a.m. to 4:00 p.m. (except from noon December 24 to noon December 26, and from noon December 31 to noon January 2)
 - From January 5 to February 27 and from March 9 to 13: Thursday to Sunday from 10 a.m. to 4 p.m.



www.lesamisdesplaines.com

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