



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 **A unique snowshoeing tour by lantern light**

Quebec, December 7, 2011 – With the passing days and the cold fast approaching, National Battlefields Commission employees are busy completing the latest arrangements for the winter season. As soon as Mother Nature covers the park with a thick snow-white blanket, lovers of outdoor activities are invited to try out the fantastic trails for cross-country skiing, snowshoeing and hiking on the Plains of Abraham, all free of charge. This year again, the animated snowshoeing tour by moonlight is offered for the enjoyment of both sports fans and history buffs.

Snowshoer's Walk

Put on your caps, mittens, arrowhead sashes and traditional snowshoes and head for the park in the company of a 20th-century snowshoer, along a path marked out by the sports history of the Plains of Abraham. Let the guide tell you about the recreational activities and sports of this Golden Age. You will rediscover the hundredth anniversary of the Quebec Bulldogs' Stanley Cup triumph, ski jumping, ski *jorring*, winter hikes, and more. Here is a unique recreational outing that will make you shiver with delight. What would you say to a walk under the stars? Snowshoes, arrowhead sashes, lanterns and hot chocolate included.



In English: **February 11, 4:00 p.m.** In French: **January 21, 28, February 10, 25 and March 3 at 7:00 p.m.**
\$17/13-64 years old; \$15/8-12 years old, 65 years and over. Groups (9 or more people) can book their activity at any time. Approximate duration: 105 minutes.

Free Winter Fun

From mid-December to the end of March (depending on climatic conditions), hikers and skiers will be able to pace the many kilometres of marked out trails and take advantage of an unrestricted view of the St. Lawrence River. Cross-country skiers have a waxing room at their disposal and 12.6 km of trails for classic and ski skate. For snowshoeing buffs, a 3.8-km round-trip trail has been set up along Cap Diamant, from the Cap-Blanc stairs to Gilmour Hill, 6 km of walking trail are also available, as well as two heated rest stops: at the Discovery Pavilion and the Pavilion (near the Edwin-Bélanger Bandstand).

Equipment rentals

The *Friends of the Plains of Abraham* Society offers a rental service for boots, cross-country skis, poles and snowshoes, at the Discovery Pavilion.

Rates	Adult (day/half-day)	Child (day/half-day)
Skis	\$25/\$20	\$12/\$10
Snowshoes	\$15/\$10	\$9/\$7

Schedule	<u>Every day</u> 10:00 a.m. to 4:30 p.m.	From December 17 to 23, December 26 (from 1:00 p.m. to 4:30 p.m.), December 27-30 and March 4-11.
	<u>Thursday to Sunday</u> 10:00 a.m. to 4:30 p.m.	January 5 to March 3 and March 12-25.

The service can be advanced or extended depending on snow conditions. For those interested in classic and free-style skiing lessons, they will start in January.



INFORMATION

Trail conditions (at all times): 418 648-4212
 Lessons (cross-country skiing): 418 649-6476
 Equipment rental: 418 648-2586
 Online Trail Guide: www.theplainsofabraham.ca

Discovery Pavilion of the Plains of Abraham
 835, Wilfrid-Laurier Avenue, level 0, Quebec
 (same address as for the Tourist Information Office)
 418 649-6157

In collaboration with:



- 30 -

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