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Welcome to our Home at Tremblant

Chris and I would like to welcome you to our home-away-from-home at Tremblant! We take great pride in our condo and we hope that you'll find everything that you need to have a perfect vacation.

We do try to look after our condo and keep it in top-notch condition. We'd ask, as much as possible, you help us:

- Remove your shoes before entering the condo
- Absolutely no skis, bikes, ski boots, snowboards or other dirty stuff in the condo
- Spill, dirty, break or lose something? Please wipe it up, clean it, or let us know.
- We try to offer great value for your vacation dollars. Please help us out by using only what you need and by turning the heat down during the day or whenever you're not in the condo.
- Absolutely no smoking in the condo. Thanks!



Contact Information

General

<http://www.StayAtTremblant.com>

info@stayattremblant.com

Peter & Christine 613 482-0461 (cell)

Emergencies

Peter & Christine 613 482-0461 (cell)

Emergency contact in Tremblant area:

Charlie 819 425-8465 (office) or 819 808-8465 (cell)

Condo Phone and address

Phone: 819-425-2795 x2104

138 rue Pinoteau, unit 2104

Mont Tremblant, QC, J8E1G2

GPS coordinates

N 046.20695°

W 074.59808°

Check-in and check-out times

- **Check-in: 16:00 (4pm)** the day of your arrival
- **Check-out: 11:00 (11am)** the day of your departure

We like to offer early check-in or late check-out times whenever possible, depending upon bookings before and after your stay. If you would like to request an extended stay, please contact us a few days prior to your arrival to check availability.

Location at Tremblant

- See the map on page 10 and driving directions on page 10.
- The unit is in the Pinoteau Village Resort in the Bordeaux II Building. It is Unit 2104, which is on the ground level.
- Enter the Bordeaux II building at the first door. This door is never locked and does not require a key to enter. Go up a small set of stairs and then down another to reach 2104. There is a keypad on the unit's door; you will be provided with a code prior to your stay. When leaving just push the "lock" button in the middle of the keypad. A key will be waiting for you in the condo hanging on a hook on the coat rack. Be sure to bring a key for the door when you are going out just in case!

Keypad lock and keys

- There is a keypad on each door to the unit (one on the patio door and one on the inside entry door) with a unique code for your stay that we will provide to you a few days prior to your arrival.
- If you hear the lock try to open but the door does not unlock, try pulling the door firmly shut to allow the lock to move freely.
- Whenever you leave the unit, lock the door by pushing the "lock" button in the middle of the keypad.
- Once you are in the unit, you will find keys for the inside unit door and ski locker hanging on the coat rack. Feel free to take the key with you when you leave but be sure to return the key to the coat rack before you depart at the end of your stay.

Parking

- The parking space for our unit is labelled with 2104 and is the end space located directly across from the entrance to the three tennis courts.
- If you have visitors or a second car please, park it in a spot which has no reserved number or that is labelled as "Visitor".

Telephone

The phone number for this unit is **819-425-2795 x2104**. Dial "9" to get an outside line; followed by the number you are calling. Local calls are free. For long distance you will need to use a calling card.

Smoke Detector

If the smoke detector is beeping because the batteries are low, please notify us immediately. Do not disable the smoke detector for any reason.



Shuttle Bus

You can catch the free shuttle bus from the stop located on the neighbouring Intrawest property. To get to the shuttle, exit from the main door to our condo building and walk by the tennis courts and through the hedge to the road (Chemin des Saisons) just behind it. There you will find the shuttle-stop. This is not an official bus that services the Pinoteau property but we have not had a problem taking it in the past.

On the map, the Pinoteau resort is located on the small unmarked roads at the bottom left. The Intrawest shuttle picks up on Chemin des Saisons.

- Map: http://www.1.tremblant.ca/pdfs/avt/Nansen_trajet.pdf

Transportation to Tremblant Resort Village

The city bus passes in front of the Pinoteau Resort Village on Chemin du Village going to and from Tremblant Resort Village. The Pinoteau is the last stop before Tremblant and the first stop when leaving the village. The bus runs every ½ hour and the cost is \$1.75 each way. Alternatively, it is a 10-15 minute walk to the village.

When you leave at the end of your stay

Please:

- Take out the garbage and the recycle and place in the wooden bins in the parking lot
- Put the dishes in the dishwasher, put in a detergent tab, turn the dishwasher on
- Turn off the TV, PlayStation, computer, DVD Player
- Hang used towels on the shower rod, leave used linens on the bed
- Winter: Turn down the thermostats to 12° C
- Winter: Close the fireplace flue
- Leave the keys hanging on the hook by the front door
- Ensure all doors and windows are locked and secure
- Let us know if anything was not working properly or if any incidentals need replacing (dishes, glasses, utensils, etc.)
e-mail: info@stayattremblant.com or phone 613-482-0461)
- Sign the guest book!
- Lock the door by pressing the “lock” button in the middle of the key lock

Skis, Snowboards and Bicycles

Absolutely no Skis, Poles, Snowboards or Bicycles in the condo. Thank you!

A key for the ski locker will be hanging on the coat hook when you arrive. The ski locker is found by going through the hall doorway directly opposing the door into our unit. Once in the hallway there is an unmarked door on the left side that leads to the lockers. A locker is marked for 2104. Please store your ski equipment or bicycles in the locker.

Jacuzzi Tub

- The timer for the Jacuzzi tub is on the wall beside the light switch.
- **Always fill the bath before activating the Jacuzzi.**
- If the Jacuzzi fails to start, please check the water level and check the circuit breakers in the hallway outside the bathroom.

BBQ (Spring/Summer/Fall)

- There are community BBQs located throughout the Pinoteau Village resort for guests' use. One is located very conveniently only a few steps behind the patio of our unit.
- When you are done, please *clean the grill* and turn off the gas at the tank.

Book Exchange

Enjoy reading any of the books or magazines. These can be found in the cabinet in the dining room.

Books with a green sticker may be taken home if you haven't finished reading them and do not have to be returned.

Books with a red sticker or no sticker are books we would like to keep. Please leave them if you have finished reading them or return them to us when you finish. If you have a book to contribute, we would welcome additions to the collection.

Board Games / Puzzles

There are board games in the dining room cabinet. Please play!

When you are done, please neatly pack up the games and return to the cabinet. If you find that any pieces are missing, please let us know.

Internet

The condo has free wireless internet for your use. The wireless ID (SSID) to connect to is: "StayAtTremblant.com"

We also keep a small computer in the bedroom that you can use to surf the internet. It's old and slow, so please bring your own laptop if you require any computing power!

Kitchen

The kitchen is fully-equipped and has a fridge, microwave, stove, oven, kettle, toaster, coffee-maker, all manner of pots and pans, cutlery, and utensils.

Coffee maker: The coffee maker uses a permanent filter that you can put the grounds directly into. When done, empty the grounds in the garbage, rinse the filter, and wash it in the dishwasher.

We also keep the kitchen stocked with basic spices (salt, pepper, cinnamon, paprika, onion powder, and garlic powder), sugar, oil, tea and coffee (the coffee is in the freezer).

Beds and Linens

Linens and towels are provided for a maximum of four people for your stay. Extra pillows and blankets can be found in the closet in the bedroom and in the closet by the kitchen.

Before you leave, please hang towels on the shower rod and put used linens in a pile on the bed.

The master bedroom has a Queen memory-foam bed that sleeps two and there is a Queen sofa-bed in the living room.

TV and channel lineup

- Use the [MODE] button on the *Samsung TV remote* until the “TV” LED illuminates on the remote.
- Turn on the TV. Note: The TV is a 42” DLP that uses a projection bulb for the picture. Please do not turn the TV on-and-off rapidly as this will significantly reduce the life of the bulb.
- Use the [SOURCE] button on the *Samsung TV remote* to select TV
- Use the *Samsung TV remote* to change channels and control the volume
- TV Listings (what’s on now): <http://tinyurl.com/69z136>

2 SRC (CBFT) Montreal, QC	18 NBC (WPTZ) Plattsburg, NY	34 Discovery Channel (CAN)
3 Musique Plus	19 TV5 International	35 TSN (Canadian)
4 Cogeco Télévision locale	20 RDS (Réseau des sports)	36 Canal nouvelles
5 Global (CKMI) Quebec	21 CBS (WCAX) Burlington, VT	37 CMT Canada
6 CBC (CBMT) Montreal, QC	22 ABC (WVNY) Burlington, VT	38 TéléTOON - français
7 CanalSavoir	23 Much Music	39 Slice
8 Tele-Quebec (QVM) Montreal	24 FOX (WFFF) Plattsburgh	40 HGTV Canada
10 TVA (CFTM) Montréal	26 APTN - East	43 Historia
11 TQS (CFJP) Montreal	27 MusiMax	44 Canal Evasion
12 CTV (CFCF) Montreal, QC	28 ARTV	45 Ztélé
13 RDI (News)	29 Canal Vie	46 Series +
14 VRAK	30 NewsWorld	54 CPAC (Français)
16 Meteo-Media	31 Canal D	62 Assemblée nationale du Quebec
17 YTV (Youth Television)	32 CNN	
	33 PBS (WCFE) Plattsburg, NY	

DVD Movies

If you have brought some of your own DVDs, you can play them using the DVD player in the living room:

- Turn on the TV (see above)
- Turn on the DVD player using the power button on the unit or on the *Samsung DVD Remote*.
- Use the [SOURCE] button on the *Samsung TV remote* until you see DVD video
- Play / control the DVD using the *Samsung DVD remote* (Play / Pause / Stop, etc)
- Control the volume using the *Samsung DVD remote* or *Samsung TV remote*

Movies – Networked Media Tank

We have a collection of over 120 movies for you to watch! We are adding to the collection all of the time. We keep a copy of the movies at the condo but we do own all of the originals which we keep in storage.

- Turn on the TV.
- Turn on the Networked Media Tank (*use the silver remote*) – *the unit will take up to 1 minute to power on*
- Use the [SOURCE] button on the *Samsung TV remote* to select *HDMI 1*
- Using the *silver remote*, use the direction pad to highlight *HARD_DISK*
- Press *Enter* to select *HARD_DISK* and then *Enter* to select *Movies*
- Movies are filed in alphabetical order, please see the condo information package for a complete list of movies. (Note: movies starting with "The" have their own folder)
- Use the direction pad and *Enter* to select your movie
- Navigation hints:
 - *Enter* – select
 - *Return* – go back one level
 - *Home* – go to top level movies
 - *Source* – choose a different source of content
- Control the volume using the *Samsung TV remote*
- Use *subtitle* to select subtitles if required
- Use *stop, play, fwd, rev, next, prev* just like a DVD player

The Networked Media Tank also can access all sorts of online content. You are welcome to play with it to find content you are interested in viewing but *we do not, officially, support this functionality* and the internet connection is only fast enough for some types of content – HD content does not stream fast enough.

Be patient, it can take up to 30 seconds for some content to start playing.

To access additional content, press the *Source* button and then select *Web Services*.

Hints:

- Use *Stop* to stop playing content and go back to the previous menu
- Use *Return* to go back one page

PlayStation 2 games

- Turn on the TV.
- Use the [SOURCE] button on the *Samsung TV remote* to select *Video 1*
- Turn on the PlayStation 2 by tapping the [Power/Reset] button
- When you are done with the PlayStation, please put all games and controllers away and turn off the unit by pressing and holding the [Power/Reset] button for 2 seconds.



iPod Dock

There is an iPod dock located in on the book-exchange cabinet. The instructions for use are in the drawer under the stereo. You can dock your iPod (or iPhone) directly or you can plugin any other style player using the attached headphone style jack.

Tennis Courts

Tennis courts can be booked at the front desk ⁽¹⁾. There are 4 tennis courts available; courts 1 to 3 (most convenient to our unit) are directly across the parking lot of the Bordeaux building. Court 4 is located in another area of the resort. Please note that **court shoes or smooth soled shoes are required** on the tennis courts because they are clay.

Swimming Pool

The swimming pool is heated and is available for your use just steps from the patio. During the summer-season the pool is monitored by a lifeguard. Pool hours: 9 am to 8pm.

Beach with Canoe/Kayak/Peddle Boat

Across the road, Chemin du Village, a private beach on Lac Tremblant is available to guests at the Pinoteau Resort free of charge. In addition canoes, kayaks, and pedal boats may be borrowed at the beach also free of charge. During the summer-season the beach is monitored by a lifeguard. Access cards are required to enter the beach area. The cards can be found in the drawer of the table next to the main door of our unit. Please be sure to return these cards when you leave as we will be charged if we need to replace them.

Games Room / Exercise Room

A Games Room with ping-pong table and pool table is located near the front desk. The accessories for these games can be picked up at the front desk ⁽¹⁾.

An exercise room with change room and showers is located near the front desk ⁽¹⁾. You must ask for access to the exercise room at the front desk.

⁽¹⁾ **The Pinoteau Village Resort front desk is located in the building directly across from our patio. The hours for the front desk are 8 am to 9 pm. Dial 0 on the phone to reach the front desk.**



Groceries

The condo has a fully equipped kitchen. A good place to stock up on groceries is the full service town of St. Jovite (recently re-named Ville de Mont-Tremblant) as you are driving into Tremblant or a 15-minute drive from the condo. You will find gas stations, grocery stores, pharmacy, liquor store, Canadian Tire, RONA, Laundromat, banks, as well as a variety of restaurants and interesting shops in St. Jovite.

- IGA 412 Rte 117 819-681-0330
- Métro (groceries) 1011 rue St-Jovite 819-425-3381
- Provigo (groceries) 390 Rte 117 819-425-3103
- Jean Coutu Pharmacy 1065 rue Ouimet 819-425-3757

To get to the Métro:

- Exit the Condo's Parking lot along rue Pinoteau
- Turn Right onto Chemin du Village – go 0.5 km
- Turn Right on Montee Ryan – go 3.7 km (2.3 mi)
- Turn Left on Rue Labelle – go 7.2 km (4.5 mi)
- Turn Right on Rue de St-Jovite (The Main Street)
- The Métro will be on your left within a block.

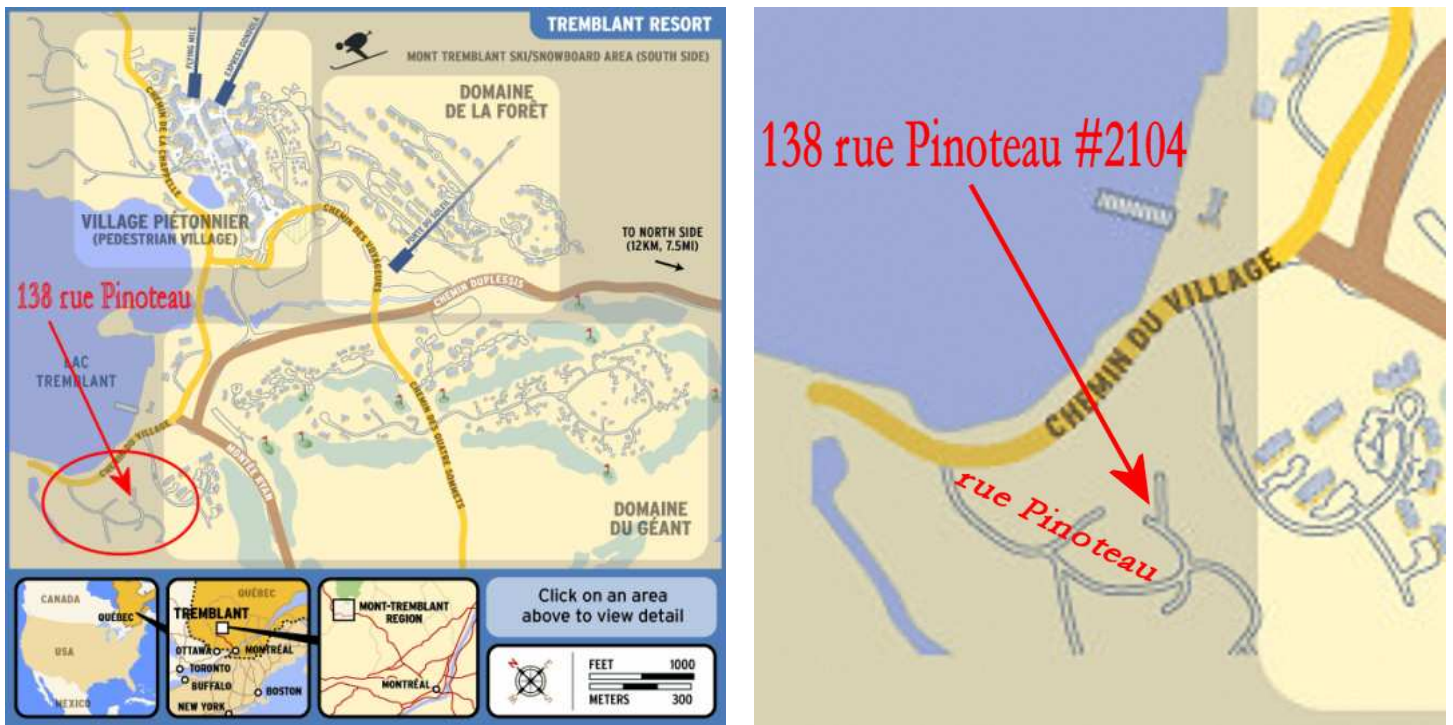
Some Recommendations From us and Our Guests

We are discovering more of the Tremblant area along with you. Don't forget to let us know your favourites!

- Beavertails and "tire sur la neige" (maple syrup on snow!)
- Canoeing, snowshoeing and cross country skiing in Parc National du Mont Tremblant

Have a great stay!

Directions to the Condo



Driving Directions to Tremblant and our condo

Follow the directions, below, from your city or airport. Next, turn off Chemin du Village onto Rue Pinoteau. Follow Rue Pinoteau up the hill. There will be signs directing you to the various Pinoteau buildings, including the Bordeaux, please take note as you must veer left toward the Bordeaux. You will drive just past the Bordeaux building going directly toward the tennis courts to reach the parking lot. The parking space for our unit is labelled with 2104 and is the end space located directly across from the entrance to the three tennis courts.

From Toronto (6 ½ hr)

Take Highway 401 East (becomes 20 East in Québec). Just before arriving in Montréal, go North on Highway 13 (follow signs for Mirabel Airport) to Highway 640 East. Take 640 East to Autoroute des Laurentides (15 North). Take Highway 15 North to Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

From Montréal and Montreal-Trudeau Airport (1 ½ hr)

Drive North on Highway 15 to Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.



From Ottawa (2 hr)

Take highway 50 East. Get onto 148 East to Montebello. Take 323 North to Saint-Jovite. Turn left to get on the 117 North in Saint-Jovite. Take exit 119 (Montée Ryan) and drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

From New York (7 ½ hr)

Take highway 87 North. At the border it becomes highway 15 North. Drive North on Highway 15, thru Montreal and follow indications for Saint-Jerome and Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

From Boston (7 hr)

Take highway 93 North, then 89 North to U.S./Canada border. Follow route 133 North to 10 West towards Montreal. Follow signs to highway 15 North. Take autoroute 15 North to Saint-Jerome and Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

Activities In The Tremblant Area – Winter

Aquaclub La Source – Resort Village

(swimming, whirlpool, steam baths, fitness center)

- Indoor and outdoor (summer only) swimming pools
- Two young children's paddling pools
- Indoor and outdoor (adult only) whirlpools
- Steam baths
- Fitness Center with free weights, stair climbers, treadmills, spinning bikes
- For current pricing and schedule please refer to the web site

<http://www.tremblant.ca/activities/winter/activities/aquaclub/index-e.htm> or phone 819-681-5668

Spa Le Scandinave – Rue Montee Ryan (Scandinavian baths, massage, yoga)

- Scandinavian Baths; Norwegian steam bath, Finnish sauna, whirlpool baths, outdoor coldwater basins and Du Diable River dipping
- Massage Services
- Yoga and Stretching classes
- Reservations are not required for the baths but should be made for massage services
- ** Please note that this is an adult only facility, 18 years and older
- For current pricing, hours, and directions please refer to the web site <http://www.scandinave.com> or phone 819-425-5524

Cross Country Skiing and Snowshoeing

- Try a change of pace and enjoy the great cross-country ski trails in the Tremblant area. This is something we really love to do!
- **Ski De Fond Mont-Tremblant, Domaine Saint-Bernard, 539 chemin Saint-Bernard**
 - 90 km network of cross-country ski and snowshoe trails between the Resort Village, St Jovite, and Mont Tremblant Village with main access and reception area at the entrance to the Domaine Saint-Bernard a 600-hectare park.
 - Special activities including Horse Drawn Sleigh Rides and Snowshoe Outings
 - Rental equipment and lessons available
 - For current pricing, directions, trail maps, and special events please refer to the web site www.skidefondmont-tremblant.com or phone 819-425-5588
- **Parc National du Mont Tremblant**
 - 53 km (10 trails) of cross-country ski trails in Le Diable Sector and 33 km (7 trails) of trails in La Pimbina Sector as well as snowshoeing trails.
 - For directions, maps, rates please refer to the web site www.sepaq.com/pq/mot/en or call [819-688-2281](tel:819-688-2281)
-
- **Parc Lineaire Le P'tit Train du Nord**
 - The Linear Park is built on an old railway line with mechanically groomed trails for classic cross-country and skate skiing. The Tremblant sector is part of a 200 km pathway from Saint-Jerome to Mont-Laurier.
 - For directions, maps and rates please refer to the web site www.laurentides.com/anglais/parc/Welcome.html

Aventures-Neige Snow Tubing – St. Jovite

- A snow-tubing park is located in St. Jovite next to the Comfort Inn. This could be a fun activity with the kids in the evening or if you are taking a day off from skiing.
- For more information and rates please refer to the web site <http://www.aventuresneige.com> or call 819-429-5500 or 1-877-671-5500

Ice Skating – Vieux Tremblant (Secteur Village)

- Skating on Lac Miroir and Lac Moore in Vieux-Tremblant. Skate rentals are available. Lit in the evening.

Cinema Pine Movie Theater – Resort Village

- Take in a flick. The Cinema Pine has 2 theatres and is located in the Le Johanssen in the Resort Village.
- For current movies playing and schedule call 819-429-6111

Free Guided Tour of the Mountain

- Meet at the Summit in front of the giant trail map every day at 9:30 am and 1:30 pm.



First Tracks – Every Saturday and Sunday

- Take the Gondola at 7:15 am, have breakfast at the Grand Manitou and then hit the slopes first at 8:00 am. Tickets can be purchased for \$18 + taxes the day before or on the same morning.

Tremblant Activity Center – Place Saint-Bernard, Resort Village

- A variety of activities can be arranged through the Tremblant Resort Activity Center; dog sledding, horseback riding, ice climbing, horse drawn sleigh rides, snowmobiling, Acrobranche Zip Lines, tubing, spas.
- These activities may be booked ahead of time online at www.tremblant.ca/activities/index-e.htm, phone to make reservations 819-681-4848 or stop in just across from the gondola.

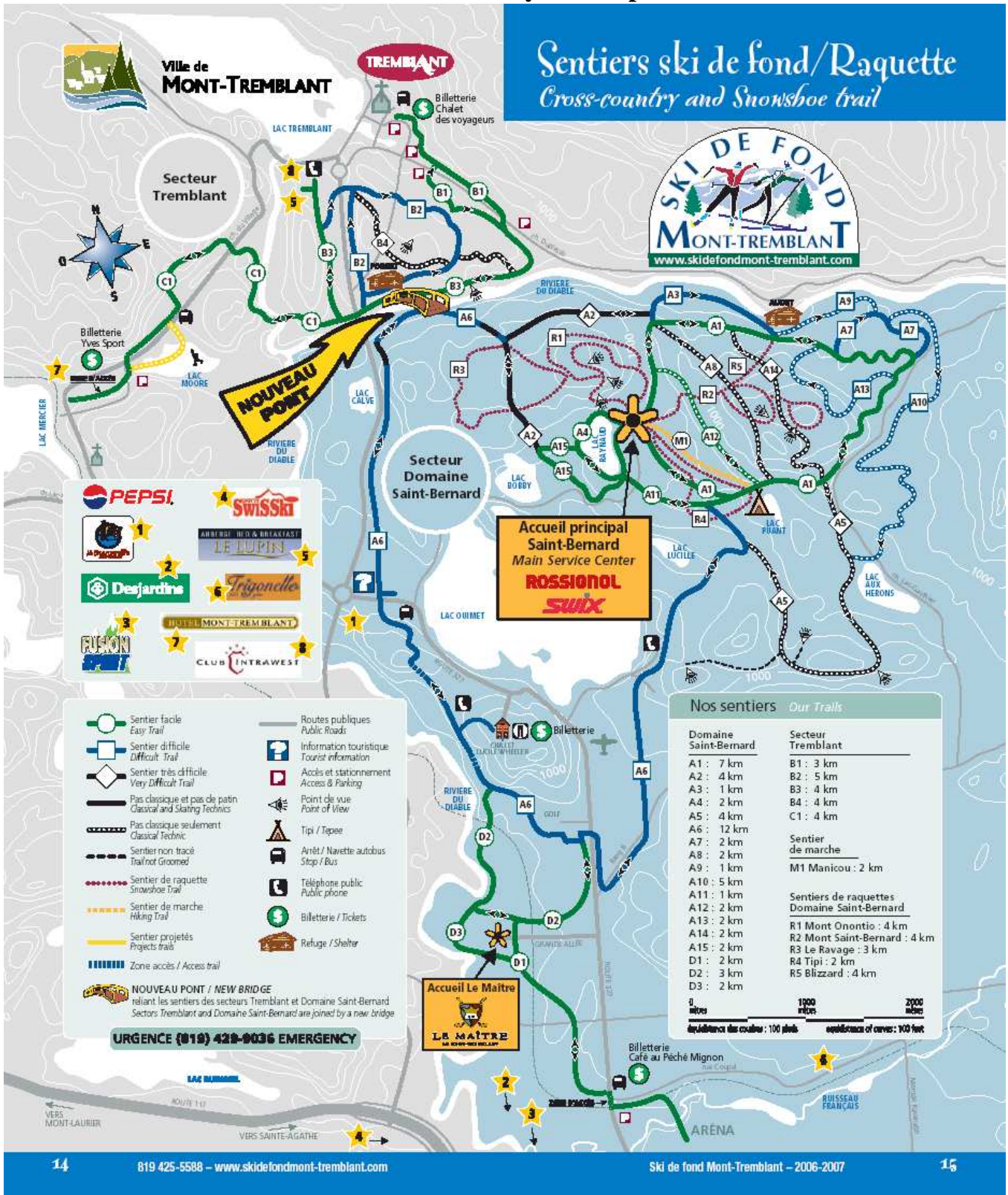
Local Emergency Phone Numbers

- | | |
|---------------------------------------|--------------------|
| • Emergency (Police, Ambulance, Fire) | 9-1-1 |
| • Anti-Poison Center | 1-800-463-5060 |
| • Police (administration) | 819-425-2723 |
| • Fire (administration) | 819-425-8614 x2800 |
| • Ski Patrol | 819-681-5911 |
| • St. Jovite Medical Center (12 km) | 819-425-2728 |
| • Hospital Ste-Agathe (40 km) | 819-324-4000 |

Local Information Phone Numbers

- | | |
|--|---------------------|
| • Tourist Info – Saint-Jovite | 819-425-3300 |
| • Tourist Info – Mont Tremblant Village | 819-425-2434 |
| • Information Center – Resort Village | 819-681-3000 #46643 |
| • Cinema Pine Movie Theater - Resort Village | 819-429-6111 |
| • Aquaclub La Source – Resort Village | 819-681-5668 |
| • Tremblant Activity Center – Resort Village | 819-681-4848 |
| • Spa Le Scandinave | 819-425-5524 |
| • Parc National du Mont Tremblant | 819-688-2281 |

Cross Country Ski Map



Parc National Du Mont Tremblant

Snowshoeing Trails Diabie Sector

Trail	Length	Degree of difficulty	Departure point
Lac-des-Femmes	2.7 km (loop)	Easy	Lac-Monroe Visitors Centre
La Corniche	8.2 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
La Roche	6 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
Le Centenaire	9,2 km (linear) (+ 3.5 km on Route No 1)	Difficult	La Vache-Noire (park entrance)
NEW Les Ruisselets	8.8 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
Roche/Corniche/Coulée	8 km (loop)	Difficult	Lac-Monroe Visitors Centre
Linear total : 24.3 km			

Pimbina Sector

Trail	Length	Degree of difficulty	Departure point
L'Envol	3.4 km (round trip)	Intermediate	Saint-Donat Information Kiosk
	5.5 km (loop)	Difficult	Saint-Donat Information Kiosk
Geai-Bleu	5 km (round trip)	Easy	Saint-Donat Information Kiosk
Mont-des-Cascades	7.5 km (loop)	Difficult	Saint-Donat Information Kiosk
Linear total : 13 km			

Parc National Du Mont Tremblant

Cross Country Ski Trails Diable Sector

Circuit No.	Circuit	Length	Degree of difficulty	Trails to Take All trails start at the Lac-Monroe Visitors Centre.
A1	Le Bois-Franc	10.3 km	Intermediate	A, A1, A
A3	Le Poète	5.9 km	Intermediate	A, A3, A
A4	Les Falaises	9.4 km	Intermediate	A, A3, A4, A
A5	Le Poisson	12.7 km	Difficult	A, A3, A4, A5
A6	Le Boulé	16.7 km including a 10.6 km loop	Easy	A, A3, A4, A6, A
B1	Le Perdriole	3.5 km	Easy	B, B1, C
B2	La Biche	5.8 km	Easy	B, B2, C
B3	Le Lièvre	7.9 km	Easy	B, B3, B2, C
B4	Le Malard	17.7 km	Difficult	B, B4, C
B5	L'Ours	16.9 km	Difficult	B, B4, B5, B3, B2, C

Linear total: 53 km for classic style skiing, 12 km of which are shared with skate skiing trails.

La Pimbina Sector

Circuit No.	Length	Degree of difficulty	Trails to Take All trails start at the SAint-Donat Information Kiosk
La Volière	1.7 km	Easy	1
Le Ruisseau	4.8 km	Easy	2
La Promenade	8.3 km	Easy	2,3,2
La Détente	12 km	Easy	2,3,4,2
Les Cascades	12.2 km	Difficult	2,5,3,2
La Descente	10.6 km	Intermediate	2,3,4,6,1
La Cassagne	17.9 km	Intermediate	2,3,4,7,4,2
Linear total : 33 km			