

Trip Planner

Trip

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# 2017 DIABETES UPDATE

March 22, 2017 to  
March 25, 2017

## TRIP PLANNER

Presented by





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## Venue

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### Location

Address: 3045, Chemin de la Chapelle, Mont-Tremblant, QC J8E 1E1  
Phone: (819) 681-7000

### Website

<http://www.fairmont.com/tremblant/>

### Check-In/Check-Out

4:00 p.m./12:00 p.m.

### Overview

Fairmont Tremblant sits at the foot of the majestic Laurentian peaks, tucked into the heart of the region's most picturesque village. Experience a Laurentian adventure at this inspired mountain château, a true legendary beauty.

### Local Area Information

Experience the ultimate of comfort and treat yourself to the perfect location when staying in Mont-Tremblant, Quebec. Nestled in the heart of a scenic village at the foot of the mountain, Fairmont Tremblant is the only "ski-in/ski-out" resort of the region, offering easy access to ski tracks or hiking trails.

Guests will appreciate the convenience of our commodities, suitable for any type of stay: indoor and outdoor pools, jacuzzi, Amerispa Spa, 2 celebrated restaurants as well as a charming terrace open during the summer season. All of our 314 spacious guest rooms come appointed with high-end amenities and many of them offer stunning views over the majestic Mont-Tremblant or Tremblant Lake.

Mont-Tremblant is a prime destination for outdoor adventures and offers an abundance of activities including alpine skiing, hiking, mountain biking, river rafting, snowmobiling, zip-lining and much more! No less than five signature golf courses are just minutes away from our hotel. Fairmont Tremblant hotel truly puts you in the middle of all the fun, from the lively street life of the pedestrian village to the Laurentian playground recognized as Quebec's largest national park!

### Find out more about Mont-Tremblant:

- [Mont Tremblant official Winter guide](#)
- [Casino de Mont-Tremblant](#)
- [Mont-Tremblant National Park](#)

## Services & Amenities

### GUEST SERVICES

#### Information and General Services

- Babysitting
- Bell Staff
- Concierge
- Housekeeping
- Laundry Services
- Parking
- Safety Deposit Boxes
- Tax Information
- Wheelchair Accessibility

### ROOM AMENITIES

#### Common Amenities

Rooms at Fairmont Tremblant are entirely non-smoking and offer the following amenities:

- High Speed and Wifi Internet access: \$16.50 plus tax for a 24-hour period (complimentary for Fairmont President's Club members)
- Keurig coffee maker with complimentary coffee
- Kettle with complimentary tea
- Le Labo Rose 31 toiletries
- Air conditioning with individual climate control
- Windows that open to fresh mountain air
- Iron and ironing board
- Mini fridge
- Down filled duvets
- Alarm clock
- Hairdryer
- Telephone with voice-mail
- Television with "On-Command" movie rental system. Fee applies for movie rentals.
- Bathrobes
- In-room safe
- Work desk
- Office supplies

### BUSINESS SERVICES

#### Business Center

Location: Lobby Level, please see the concierge  
Hours of Operation: Monday to Friday: 8:00 a.m. to 5:00 p.m.  
Outside of operating hours access through the reception

#### High Speed Internet Access

Guests of Fairmont Hotels & Resorts will enjoy High Speed Internet connectivity at a nominal rate in all guest rooms and meeting rooms. See the reception for rates. Wireless Internet access in public areas such as lobbies and lounges is free of charge. In-room internet is complimentary for Fairmont President Club Members.

## HEALTH CLUB AND POOLS

Hours of operation (open all year-round):

### Sunday to Thursday

Indoor: 07:00 am to 10:00 pm

Outdoor: 09:00 am to 09:00 pm

### Friday & Saturday

Indoor: 07:00 am to 10:00 pm

Outdoor: 09:00 am to 10:00 pm

**Gym:** 24/7

### Facilities:

- Heated indoor pool
- Indoor whirlpool
- Heated outdoor pool
- Outdoor nordic bath at 64°F/18°C, open year-round
- Outdoor whirlpool bath at 104°F/40°C, open year-round
- Outdoor therapeutic whirlpool bath at 98°F/37°C, open year-round
- Dry sauna
- Steam baths (two)
- Change rooms for men and women
- Exercise room
- Complimentary Wireless Internet available in the health club and pool areas

## FOOD & BEVERAGE OUTLETS

With two restaurants, a lounge and in-room dining, Fairmont Tremblant offers the perfect way to satiate your appetite after a day on the slopes of Mont-Tremblant or exploring the area. Whether your passion is classic French cuisine or sushi, you're on a quest for the perfect martini or a flawless cup of coffee, our Mont-Tremblant restaurants & dining options, including the Windigo Restaurant, Wigwam Café, Kiona Terrace and Nansen Lounge, ensure that delicious experiences await. Wireless internet is free of charge in all public areas of the hotel including Windigo Restaurant and Nansen Lounge.

### In Room Dining

Locally Inspired Room Service

Breakfast: 6 a.m. to 11:30 a.m.

Full menu: 10:30 a.m. to 11:00 p.m.

### Windigo Restaurant

#### Hours of Operation

**Breakfast:** Monday to Friday: buffet from 7:00 a.m. to 10:30 a.m. and "à la carte" from 7:00 a.m. to 11:30 a.m.

Saturday and Sunday: buffet breakfast from 7:00 a.m. to 1:00 p.m.

**Dinner:** Daily from 5:30 p.m. until 10:00 p.m.

**Dress Code:** Casual

### Nansen Lounge

#### Hours of Operation

11:30 a.m. to 11 p.m. for full menu, depending on occupancy for drink service.

**Dress Code:** Resort casual

### Wigwam Café

Open every day, from 8 a.m. to 4:30 p.m. during the winter season

For a specialty coffee, an express lunch or a gourmet dessert, the Wigwam team greets you every day during the winter season. Located a few steps from the ski slopes, the Wigwam Café offers light lunches to eat on the spot or to go.

### Driving Directions

#### From Montréal-Pierre Elliott Trudeau International Airport

(about 1.5 hours)

- Take Cote-de-Liesse street (Hwy 520 East) until Hwy 13 North (follow directions for Mirabel Airport).
- Then take Hwy 13 North toward St-Jérôme.
- From there, take Hwy 640 East toward St-Jérôme.
- Then take Hwy 15 North for about one hour.
- Hwy 15 will change into Hwy 117 at Ste-Agathe.
- Continue on Hwy 117 North until St-Jovite.
- Continue on Hwy 117 North and take the exit 119 on your right for Tremblant.
- Turn on your right hand side on Montée Ryan.
- Drive straight ahead through two roundabout, take the first right after the 2nd roundabout.
- The hotel is located on the right at the end of Chemin de la Chapelle.

#### From Ottawa MacDonald-Cartier Airport

(about 2.5 hours)

- From the airport take the Airport Parkway into Ottawa (becomes Bronson Avenue).
- Stay on Bronson Avenue until almost the end.
- Turn right on Slater Street.
- Turn left (next street) on Bay Street.
- Stay on Bay Street until the end.
- Turn left on Wellington Street.
- Turn right onto the Portage Bridge, then immediately go onto de Maisonneuve Boulevard.
- Continue straight until the exit for Route 50 East/148 QC
- Stay on highway 50 East for approximately 75km.
- Take exit 210 onto road 323QC toward Mont-Tremblant/Montebello.
- Turn right on road 323 toward Mont-Tremblant.
- Stay on 323 for 71km.
- Turn left on Hwy 117 North.
- Take the exit 119 on your right for Tremblant and then turn right onto Montée Ryan.
- Drive straight ahead through 2 roundabouts
- After the 2nd roundabout, take the first right
- The hotel is located at 3045, Chemin de la Chapelle.

#### From Toronto

- From Toronto, take Hwy 401 East.
- Hwy 401 turns into Hwy 20 East once you cross the border between Ontario and Quebec.
- Stay on Hwy 20 East until you see signs for Hwy 13.
- Take Hwy 13 North until you reach Hwy 640 East toward St-Jérôme.
- Then take Hwy 15 North toward St-Jérôme.
- Stay on Hwy 15 North which will turn into Road 117 at Ste-Agathe.
- Continue straight ahead following directions for Mont-Tremblant.
- Take exit 119 on your right for Tremblant. Then turn right onto Montée Ryan.
- Drive straight ahead through 2 roundabouts
- After the 2nd roundabout, take the first right
- The hotel is located at 3045, Chemin de la Chapelle.

The Fairmont properties in the Quebec province have installed electric vehicle charging stations in partnership with Hydro-Québec's Electric Circuit. Electric vehicle users can now drive worry-free, knowing that a public network of charging stations is available to meet their needs. Our charging station is located in the indoor parking. For more information, [click here](#).

### Parking Information

**Valet parking** \$25.00 CAD plus tax, for 24-hours, including in and out privileges. Please note that this charge is subject to change without notice.

**Outdoor self-parking** (Mont-Tremblant's public parking) Some fees may apply. It is a 10-minute walk from the hotel. The Fairmont properties in the Quebec province have installed electric vehicle charging stations in partnership with Hydro-Québec's Electric Circuit. Electric vehicle users can now drive worry-free, knowing that a public network of charging stations is available to meet their needs. Our charging station is located in the indoor parking. For more information, [click here](#).

## Getting Around Tremblant

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### Mont-Tremblant Ski Information, Ski Valet

Skiing in Mont Tremblant has never been as easy; you can rent skis and gear on site, purchase your tickets, book your lesson and slide down to the lift next to the ski-in ski-out hotel. Sitting at the foot of the majestic Laurentian peaks, tucked into the heart of the region's most picturesque village with a high-speed chair lift at the doorstep, Fairmont Tremblant offers skiers 94 first rate runs and 600 acres that add up to a ski holiday that will soothe your soul and challenge your skills.

#### Hours of Operation:

- 8:30 a.m. to 3:30 p.m.
- Starting from 8:00 a.m. (for the first track)

#### Snow Reports & Mont Tremblant Ski Conditions:

- Mont-Tremblant (English): (819) 681-5888
- Mont-Tremblant (French): (819) 681-5777
- For more information, please call:
- Mont-Tremblant: (819) 425-5588
- Parc du Mont-Tremblant: (819) 688-2281 or (819) 688-6176

#### Ski Valets:

- No skis are allowed in the guest rooms
- Ski Valet service is located on the Terrace level and is free for hotel guests.

For information please call the Concierge at (819) 681-7689. For reservations, please fill this form and send it per e-mail at [cmt.concierge@fairmont.com](mailto:cmt.concierge@fairmont.com).

## Shopping

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### Shops and Services

There are numerous shopping options and services are available outside of the hotel in the pedestrian village. You are just minutes away from various Tremblant ski shops & candy stores. Following are some of the Mont Tremblant stores and services available:

- Roots Canada
- Le Photo Shop
- Les Saisons de Tremblant
- Studio Acme
- Boutique Aventure
- The Rocky Mountain Chocolate Factory
- Tremblant Etc.
- Trésors sur le Lac
- Beavertails

Full directory available on Mont Tremblant website

<http://www.tremblant.ca/lodging-and-village/village/shopping/index.aspx>

## Childcare

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### Babysitting

It is with pleasure that we offer to help you book a babysitting service for your children during your stay at Fairmont Tremblant. This can be arranged through our partner **Kimberlee Care**. To request a babysitter, please fill this **form** and send it to [cmt.concierge@fairmont.com](mailto:cmt.concierge@fairmont.com) at least 48 hours prior to the beginning of the babysitting service. For more details **Kimberlee Care**, please [click here](#).

### Rates & reservation

#### Request for proposal Individual Child Care

#### Individual babysitting:

- 1-2 children 90.00\$ per 3 hour block (23.00\$ per additional hour )
- 3-4 children 125.00\$ per 3 hour block (33.00\$ per additional hour )
- 1-2 children 195.00\$ per 8 hour block
- 3-4 children 235.00\$ per 8 hour block

## Car Rental

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See page 7 for Parking information

### Local car rental companies include:

#### Discount Car Rental

1219-1, rue St-Jovite, Mont-Tremblant

Car and truck rentals available

Tel : (819) 425 7202

[www.discountcar.com](http://www.discountcar.com)

#### Hertz Car Rental

583, rue St-Jovite, Mont-Tremblant

Tel : (819) 425 5109

[www.hertz.ca](http://www.hertz.ca)

#### Budget Car Rental

1345, Route 117, Mont-Tremblant

Also located at Mont-Tremblant airport

Tel : (800) 268 8900

[www.budget.com](http://www.budget.com)

<http://www.tremblantliving.com/Mont-Tremblant/directions-getting-to-mont-tremblant/car-rental/#.VlyGPnarS4Q>

## Hospital/Medical Centres

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Below you will find the details for the two closest hospitals in Tremblant For any serious issue we recommend that you select a hospital in Montreal. Montreal is located less than 100 kilometers from Mont Tremblant or about one hour driving depending on the time of the day.

### **Centre de Services de Riviere Rouge**

819-275-2118

1525, L'Annonciation Nord

Riviere Rouge, QC

[www.santelaurentides.qc.ca](http://www.santelaurentides.qc.ca)

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### **Centre de santé et de services sociaux des Sommets**

819-324-4000

234, rue Saint-Vincent

Sainte-Agathe-Des-Monts, QC

[www.csss-sommets.com](http://www.csss-sommets.com)

## Food and Dining

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### Fine Dining

#### Altitude Seafood and Grill

Altitude Seafood and Grill restaurant serves up delicious cuisine in a warm and modern setting. Don't miss the terrace and its views of the surrounding natural beauty. Great entertainment at the Casino's lounge on Fridays and Saturdays.

819-429-4192

<http://casinosduquebec.com/cms/mont-tremblant/en/promotions/altitude>

#### La Forge Bistro-Bar & Grill

One restaurant, two experiences: The Bistro-bar, seasonal cuisine; Le Grill, mixed grill cooked over a maple fire. Best of Award of excellence from Wine Spectator since 2003. Superb view of the mountain and Place St-Bernard.

819-681-4900

<http://www.laforgetremblant.com>

#### Nansen Lounge (at the hotel - Fairmont Tremblant)

Chill with style at Fairmont Tremblant's Nansen Lounge. Whether you are seated at the bar, lounging on a sofa by the fireplace or in a comfortable soft leather seat by the window, the Nansen Lounge is your best choice for an upscale and laid-back rendezvous including great food and drinks.

819-681-7685

<http://www.fairmont.com/tremblant/dining/nansen-lounge>

### Casual Dining

#### Bistro Au Grain de Café

Open from 7:30 a.m. to 11 p.m. Specialty and alcoholic coffees. Coffee beans, 40 choices of teas, hot chocolate. Breakfast, soups, sandwiches, Viennese pastries and home-made desserts. Beer, spirits, wine and sangria. Computer, Wi-Fi and a beautiful terrace.

819-681-4567

<http://www.augraindecafe.com>

#### Bullseye Saloon & Grill

Steak, fresh fish, seafood and other grilled dishes. Sandwiches and salads. Menu for groups and kids, as well as lunch menu. Private dining room available.

819-681-2855

<http://www.bullseyetremblant.com>

#### Café Johannsen

Before hitting the trails or just the time for a quick break, specialized coffees, baked goods and yummy sandwiches are sure to hit the spot.

819-681-5551

#### Casey's Resto-Bar

Come and enjoy our ribs, steaks, fajitas, rotisserie chicken and salads. The perfect place to have a good time, enjoy a meal or watch the current sporting events until midnight.

819-681-4601

<http://tremblant.caseysrestobar.com>

#### Coco Pazzo Restaurant

Italian cuisine: organic Italian products, all local and natural meats, gluten-free and vegetarian options. Visit our boutique too. Coco Pazzo: two sides since 1995.

819-681-4774

<http://coco-pazzo.ca>

#### Fat Mardis

Resto-bar, large dining room, giant screens and fireplace. Located at the base of the mountain. Large menu selection and children's menu.

819-681-2439

<http://www.fatmardis.com>

#### La Fourchette du Diable

Open only during ski season

A favourite with the regulars, this restaurant at the base of the North Side has great food for the whole family. On sunny spring days, take advantage of the terrace!

**La Maison de la Crêpe**

Enjoy great breakfast, lunch, dinner and dessert crepes. French onion soup and salads. Open daily from 8 a.m. to 9 p.m.

819-681-4555

<http://www.lamaisondelacrepe.ca/en>

**Le P'tit Caribou**

Legendary nightlife institute, 20 years on the top list as the best bar in North America of many specialized magazines. Renowned worldwide, live the CARIBOU experience. The place to be!

819-681-4500

<http://www.ptitcaribou.com>

**Microbrasserie La Diable**

Original beers brewed on the premises, delicious European sausages and a variety of other tasty dishes on our complete menu.

819-681-4546

<http://www.microladiable.com>

**Resto-Bar Le Shack**

Sports bar with giant screens, family-friendly cuisine. Spacious terrace at the heart of the action with front-row seats to shows on the Place St-Bernard.

819-681-4700

<http://www.leshack.com>

Pizzatéria

Pizzas, calzones, salads and pasta.

819-681-4522

<http://www.pizzateria.com>

**Smoke's Poutinerie Tremblant**

All poutine, all the time! A typical Québec dish made with fries, cheese curds and gravy, we offer more than 20 varieties. Our goal: introducing the world to Québécois classic!

819-681-4747

<http://www.smokespoutinerie.com>

**Windigo Restaurant** (at the hotel - Fairmont Tremblant)

Fairmont Tremblant's main restaurant, located right at the foot of the ski hill. Breakfast daily, Saturday evening Surf, Turf and Sushi buffet, the creative à la carte dinner menu as well as the top notch service make Windigo a great choice for any occasion. Valet parking included with your meal.

819-681-7685

<http://www.fairmont.com/tremblant/dining/windigo-restaurant>

**Ya'ooo Pizza Bar**

Ya'ooo Pizza Bar serves delicious pizza into the wee hours of the night. Share a pizza with your family, or our famous "party for four" (beer & pizza) with friends.

819-681-4616

<http://www.yaoooo.com>

**Global Cuisine****La Savoie**

Enjoy a truly authentic Savoyard experience and savour our fondues, raclettes and grill-stones.

819-681-4573

<http://www.restaurantlasavoie.com>

**Ô Wok**

Thai and Chinese-inspired Asian cuisine in a relaxed atmosphere. Everyone loves our dumplings, Wonton soup, General Tao chicken, Pad Thai and curries.

819-681-4455

<http://www.o-wok.com>

**Gypsy**

Spanish-inspired Mediterranean cuisine served in a chic and urban atmosphere. On the menu: tapas, paellas and other specialties. Breakfast, vegetarian dishes and children's menu also available.

819-681-4144



**Samurai Sushi PUB**

Trendy pub inspired by Japanese izakayas. Unique, relaxed atmosphere reminiscent of contemporary Japan. Creative menu offers sushi, ramen, tapas, Japanese beers, sake, wine and signature cocktails. In restaurant dining, take-out and delivery.

819-717-1885

<http://www.samuraisushipub.com>

**SoCal Kitchen**

The festive laid-back atmosphere of our Californian style restaurant puts you instantly in vacation mode. Our creative California inspired menu offers fresh, healthy and local products. Ideal for lunches, a 5 à 7 or an evening dinner among colleagues, friends or family, our diverse menu has something to please all tastes!

819-681-4606

<http://socalkitchen.ca>

## Winter Activities

### Skiing and Snowboarding

Tremblant sits at 875 meters and offers a breathtaking view on the Laurentians. Its ski area covers 268 hectares (662 acres) and includes 96 ski trails on 4 distinct slopes for the enjoyment of skiers and snowboarders of all levels. One of the most sophisticated and powerful snowmaking systems in North America, with over 1,000 snowguns, allows us to offer impeccable snow conditions.

#### Mont Tremblant

Elevation at the summit: 875 meters (2871 feet)  
 South Side vertical drop: 645 meters (2116 feet)  
 Number of trails: 96  
 Mountain faces: 4

#### Skiing Area

Skiable terrain: 269 hectares (665 acres)  
 Artificial snow coverage: 188 hectares (465 acres)  
 Total length of trails: 78.9 km (49 miles)  
 Longest trail: Nansen, 6 km (3.7 miles)  
 Glades: 36.8 hectares (91 acres)  
 Maximum slope degree: 42°  
 Snowparks: 3  
 Trail Classification  
 Beginner: 21%  
 Intermediate: 32%  
 Advanced and Expert: 47%

#### Lifts

Lift capacity: 27,230 skiers/hour  
 High-speed 4-passenger chairlifts: 5  
 4-passenger chairlifts: 1  
 3-passenger chairlifts: 2  
 Gondolas: 2  
 Magic carpets: 3  
 Cabriolet: 1

Tremblant offers accesses to its slopes adapted to your needs. For a full ski season, a long getaway or sporadic ski trips on your days off, we've put together options as accessible as diverse.

For more info: <http://www.tremblant.ca/ski-and-golf/mountain/index.aspx>



#### Snow Conditions

From the summit, join our splendid guided snowshoeing tour to reach Versant Soleil's shelter where you will be treated to a hearty meal. Enjoy a traditional fondue by the wood fireplace in a typical log cabin nestled at the heart of the forest. End your evening beautifully as you make your way back down the mountain led by the moonlight (or your headlamp) and good company!



Of course, Tremblant is not just about the great ski slopes in winter! Replenish with a myriad of activities such as dogsledding, ice climbing, cross-country skiing and snowmobiling. Choose from these many exhilarating activities and build your dream vacation! At Tremblant, there is so much to do, you'll run out of time before we ever run out of ways for you to spend it!

### Alpine Touring

Face the mountain differently and enjoy our designated areas for climbing

Come climb the highest peak in the Laurentians with your skis on in one of our designated areas and trails, and ski down one of our 96 marked ski runs!

<http://www.tremblant.ca/ski-and-golf/mountain/explore-alpine-touring.aspx>

### Aquaclub La Source

A typical Laurentian setting welcomes you to the ultimate refreshing experience. Fitness centre, pools, Tarzan rope, indoor and outdoor hot tubs.

<http://www.tremblant.ca/activities-and-events/winter-activities/aquaclub-la-source.aspx>

### Casino de Mont-Tremblant

Located on Tremblant's Versant Soleil, Casino de Mont-Tremblant invites you to live a unique experience in a picturesque gaming environment with 500 slot machines and a wide selection of gaming tables. Enjoy the relaxed ambiance of Altitude Restaurant serving seafood and items from the grill, and presenting weekend live musical performances. Free outdoor parking.

<http://www.tremblant.ca/lodging-and-village/village/casino-de-mont-tremblant.aspx>

### Cross-Country Skiing

Explore the Domaine Saint-Bernard on 25 square km of strikingly varied terrain, through woods, forests and open meadows, alongside lakes, streams and especially the Devil's River. Enjoy the best scenic vistas of the Mont Tremblant area.

<http://www.tremblant.ca/activities-and-events>

### Dogsledding

Bring the whole family for a unique dogsledding experience! Choose one of our exciting dogsledding excursions through the forest, on the mountain or on valley trails.

<http://www.tremblant.ca/activities-and-events>

### Dune Buggy Tours

Have a blast with the whole family on these guided excursions. The dune buggy is an all-terrain vehicle that drives just like a car and is equipped with 3-point seatbelts.

<http://www.tremblant.ca/activities-and-events>

### First Tracks

Leave your mark in the snow 30 minutes before the official opening and enjoy the best ski conditions of the day! Access to designated lifts as early as 7:45 a.m. and ski on designated North Side slopes at 8 a.m.

<http://www.tremblant.ca/ski-and-golf/ski-tickets-and-passes/tickets-and-offers/first-tracks.aspx>

### Fitness Centre

For the ultimate refreshing experience, come invigorate yourself in a typical Laurentian environment... La Source!

<http://www.tremblant.ca/activities-and-events/winter-activities/aquaclub-la-source.aspx>

### Guided Snowmobile Tours

Experience snowmobiling and the thrill of powered travel over the snow. We provide the safest and latest snowmobiles and equipment... you provide your taste for adventure! A must when you visit Tremblant.

<http://www.tremblant.ca/activities-and-events>

### Helicopter Tours

Take off over the forest, heading to the Diable River and the Tremblant village, see Lac Tremblant, the race track and the golf courses.

<http://www.tremblant.ca/activities-and-events>

### Horseback Riding

Guided rides in the Laurentians valley and through mountain trails for the whole family and riders of all levels.

<http://www.tremblant.ca/activities-and-events>

### Ice Climbing

Challenge yourself! An ice-climbing initiation right on Tremblant ski resort. This activity is designed for beginners and no climbing experience is necessary.

<http://www.tremblant.ca/activities-and-events>

### Ice Fishing

Experience an authentic Canadian winter pastime on a frozen lake surrounded by mountains. This guided ice fishing activity is just a few minutes from Tremblant Resort.

<http://www.tremblant.ca/activities-and-events>

### Ice Skating

Bring your skates and enjoy the enchanting ice rink by the Saint-Bernard's Chapel. Warm up afterward by a crackling fire. Take part in organized activities at certain times of the year. Music and lighting in the evening. Guests lodging on the resort have exclusive free access to our skate loan service.

<http://www.tremblant.ca/activities-and-events/winter-activities/ice-skating.aspx>

### Lolë Fitness Sessions

The meet-ups are diversified and always presented by a local Lolë Ambassador: Yoga, Pilates, Zumba, cardio boxing, Boot Camp, jogging, Nordic pole walking, snowshoeing, Essentrics training, presentations on well-being, etc...

<http://www.tremblant.ca/activities-and-events/winter-activities/fitness-sessions.aspx>

### Mont Tremblant Guided Tour

Learn the history and secrets of the tallest mountain in the Laurentians. Pick up all kinds of details and useful tips: the origin of trail names, Tremblant's hidden treasures including the best scenic views, the sunniest slopes, and secluded retreats. It's free!

<http://www.tremblant.ca/ski-and-golf/services/mont-tremblant-guided-tour.aspx>

### Paintball

15 different playgrounds such as The Bus, The Sniper and The Fort, providing a variety of matches and constant action. All equipment and 300 to 500 balls included.

<http://www.tremblant.ca/activities-and-events>

### Skiing and Snowboarding

Tremblant offers accesses to its slopes adapted to your needs. For a full ski season, a long getaway or sporadic ski trips on your days off, we've put together options as accessible as diverse.

<http://www.tremblant.ca/ski-and-golf/ski-tickets-and-passes/index.aspx>

### Sleighrides

Enjoy a festive horse-drawn sleigh ride in the evening or during the day while our storyteller and musician entertains your group with legends of Tremblant and Québécois folk songs. Private sleigh available.

<http://www.tremblant.ca/activities-and-events>

### Sliding Evenings

Enjoy a great time with the entire family at the base of the mountain! Guests staying in one of the resort's hotels will enjoy free access to the tubing slopes.

<http://www.tremblant.ca/activities-and-events/winter-activities/sliding-evenings.aspx>

### **Snowparks**

Covering more than 30 acres of ground, Tremblant's snow parks has been rated one of the best in North America by Ski Magazine. Discover specific information on our three specialized parks!

<http://www.tremblant.ca/ski-and-golf/mountain/snowparks/index.aspx>

### **Snowshoe and Fondue Tour**

From the summit, join our splendid guided snowshoeing tour to reach Versant Soleil's shelter where you will be treated to a hearty meal. Enjoy a traditional fondue by the wood fireplace in a typical log cabin nestled at the heart of the forest. End your evening beautifully as you make your way back down the mountain led by the moonlight (or your headlamp) and good company!

<http://www.tremblant.ca/activities-and-events/winter-activities/snowshoe-and-fondue-tour.aspx>

### **Snowshoeing**

With an equipment rental or a guided tour, enjoy 75 km of trails through forests and open meadows, alongside lakes, streams and the Devil's River. The perfect activity for families and nature lovers.

<http://www.tremblant.ca/activities-and-events>

### **Spas and Massages**

Treat yourself to a relaxing day at one of Tremblant's spas or opt for an in-room massage. With the Scandinavian baths, the slopeside spa, the lakeside spa or an in-room massage, you will find an option that best suits you.

<http://www.tremblant.ca/activities-and-events/winter-activities/spas-and-massages/index.aspx>

### **Tree-to-tree Adventures and Aerial Games**

Try this sensational tree-to-tree adventure with zip lines strung 25 to 60 feet high in the trees and different types of suspended bridges. This activity is located right on Tremblant Resort and is perfect for a family or friends adventure. Try our evening excursion with head lamps

<http://www.tremblant.ca/activities-and-events/winter-activities/tree-to-tree-adventures-and-aerial-games.aspx>

### **Tubing**

Visit the snow tubing park and enjoy a day or an evening of fun! 8 trails, 2 rope tows, a picnic area, 3 restaurants, perfect for an après-ski or evening adventure with the whole family. 15 minutes from Tremblant, public transport available.

<http://www.tremblant.ca/activities-and-events>



For more information, please email us at [contact@diabetesupdate.ca](mailto:contact@diabetesupdate.ca).

