



# THE NORDIC CONNECTION



## EXPERIENCE THE MAGIC OF WINTER WITH OUR STUDENT PROGRAMS

Cross country Skiing  
 Snowshoeing  
 Nature tours  
 Guided tours - Lessons - Equipment rentals

### At the Relais plein air, we love winter and the outdoors !

The “Relais Plein Air du Parc de la Gatineau”, is an outdoor centre located in the south end of Gatineau Park.

We have developed a variety of cross-country ski and snowshoe programs that we are convinced will meet the specific needs of your students.

Our spacious center provides ample space for groups to change, warm-up by the fire place and grab a bite to eat from our canteen.

The centres’ rental facility is equipped with new **Rossignol** classic and skate skis, as well as **Tubbs** snowshoes.

We can facilitate up to 80 students. A minimum group of 10 is required for a ski or snowshoe lesson.

Group rates  
 \*taxes and ski pass included\*

### 12 Years and under

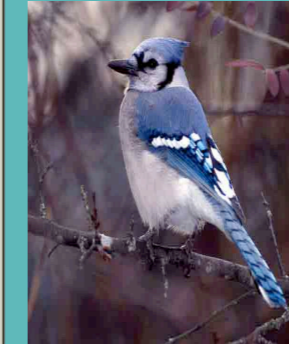


	20 students & up		60 students & up		80 students & up	
	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)
Snowshoes	\$7,00	\$10,00	\$6,00	\$9,00	\$5,00	\$8,00
Ski equipment	\$11,00	\$16,00	\$10,00	\$15,00	\$9,00	\$14,00
Lessons ( one instructor for every 15 students per hour) .....						\$15,00

### 13 Years and over

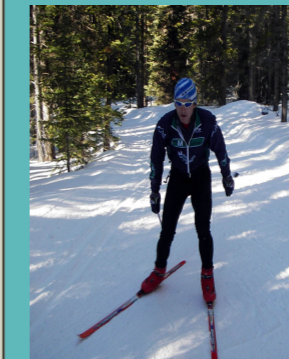
	20 students & up		60 students & up		80 students & up	
	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)	Half day (9am -12pm) (1pm - 4pm)	Full day (9am-4pm)
Snowshoes	\$10,00	\$16,00	\$9,00	\$15,00	\$8,00	\$14,00
Ski equipment	\$16,00	\$20,00	\$15,00	\$19,00	\$14,00	\$18,00
Lessons ( one instructor for every 15 students per hour) .....						\$30,00

### Our instructors will ensure that your students have a safe and exciting experience!



Introduction to skate skiing at your school !

Learn the exhilarating sport of skate skiing, the technique that revolutionized cross country skiing. This activity is sure to have your students excited and wanting more.



Here’s how the programme works:

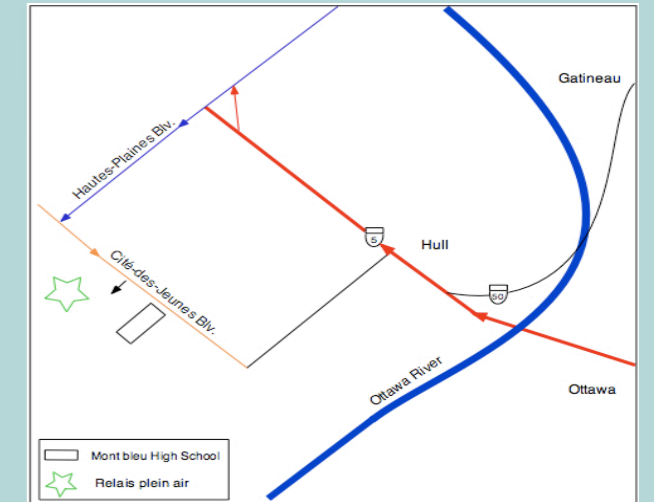
- We bring an enclosed trailer, filled with our equipment to your school.
- Your grade four, five and six students get to spend their Phys Ed class out on the snow with one of our nordic ski instructors.



\*A minimum of two classes is required for this programme.\*

### Directions and booking information

- From King Edward Avenue- Proceed North
- Cross the MacDonald Cartier Bridge to Hull (Hwy 5 north)
- Travel North on Hwy 5 for 7 Km
- Take exit #8 to Hautes-Plaines Blv.
- Turn left at stop sign and continue for another 1.5 km.
- Turn left on Cité-des-Jeunes Blv. and travel south for 3 km.
- Turn right at the signs indicating, ‘ Mont-Bleu Complex and Relais Plein air du Parc de la Gatineau. ( parking P2)



Relais plein air du parc de la Gatineau  
 379 boul. Cité-des-Jeunes  
 Gatineau (secteur Hull), QC  
 J8Z 3P9

Tél : 819-595-9001  
[relaispleinair@bellnet.ca](mailto:relaispleinair@bellnet.ca)

