



# VERY IMPORTANT INFORMATION

## HIKING AND SNOWSHOE

### KNOW THAT:

Trails are not patrolled

You are responsible for your own safety and that of your peers at all times

You accept the risks inherent in the sport of canoe or kayaking, such as drowning, capsizing, hypothermia, fractures, cuts, etc.

This area has several communication and access difficulties in case of emergency evacuation.

### BEFORE YOU LEAVE:

Take a look at the map of the area and its special characteristics.

Always tell someone where you plan to be, and time your expected return.

We strongly recommend that you consult the list of recommended equipment based on your activity. This list is available on the website of Vallée Bras-du-Nord.

### DURING YOUR VENTURE:

Always stay on marked trails (red and white or blue and white);

Note that the water in the territory of the Valley Bras-du-Nord is not considered drinkable. We

strongly advise to boil your water, bring a filter or a purification treatment;

Preferably never go alone in the woods, summer or winter;

Be especially careful near cliffs (Falling stones or ice could be fatal).

### BRING BACK ALL YOUR WASTE NEVER LEAVE FOOD IN THE SHELTERS

Cellphones will work in some places; usually on the top of some mountains.

In case of emergency dial \* 4141 with your cell.

Have a good time be careful!



### TIME PROGRESSION IN SNOWSHOE

In winter, several factors can influence your progression. Sometimes it can be difficult to accurately predict the rate of progression.

On average, the increase will be about 2 or 3 km/h. However, after a heavy snowfall, your progress could be as low as 0.5 km/h!

### FACTORS THAT MAY AFFECT YOUR TIME PROGRESSION

- The length of the trail
- The elevation of the trail
- The number of people in your group (to "open" the trail in heavy snow conditions)
- Ridership on this path: the lower, less chance there is that the trail is groomed
- Physical fitness and the skill level of snowshoers
- Knowledge of the territory
- The weight of the backpack
- The type of snowshoe (width, weight, etc.)
- The type of food eaten and hydration

For your own safety, get in touch with us for more information on weather conditions before you leave. There's a list of equipment recommended for snowshoeing on our website.

