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# VERY IMPORTANT INFORMATION

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## MOUNTAIN BIKE

### 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 recommend that you always bring with you a first aid kit, a tire repair kit, a cellphone and a sufficient quantity of drinking water.

### 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;

### IMPORTANT NOTICE:

**REMEMBER TO PAY YOUR  
ACCESS RIGHTS TO TRAILS!**

**HELMET IS MANDATORY**



### 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!