

PRESS RELEASE

For immediate distribution

WE'RE TAMING WINTER AT PARC JEAN-DRAPEAU!

Montréal, December 1, 2022 — The Société du Parc Jean-Drapeau (SPJD) cordially invites people of all ages to come to the park, from **December 23, 2022, to March 5, 2023**, to fully embrace the joys of winter – and it's all just a few steps from the subway station! A wide array of free outdoor activities to enjoy at your leisure have been designed by the Parc's staff. The activities include skating, cross-country skiing, winter biking, hiking, on foot or on snowshoes, bird-watching...there really is something for every interest, in a setting which is at times festive and other times, more zen.

In addition to discovering the many facets of the Parc, why not take the opportunity to be introduced to the [7 Principles of the Leave No Trace Program](#) to preserve natural heritage and minimize the impact of our activities on the environment?

New features this winter

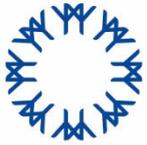
The **skating path** has been redesigned and enhanced to take advantage of the outstanding views of the river and downtown Montréal, along with providing a path that's more tailored to a clientele who are beginners in the activity. This means close to 500 metres of pure skating pleasure for patrons, on a refrigerated pathway which is mechanically maintained all winter long, ensuring an unforgettable experience. The path will be open every day, and it will be lit up at night.

Fat Biking, is returning as an introductory activity, but this time the course has been improved and made more attractive with its striking view of the river. Bike rentals will be available and the public can seize the opportunity to explore a new winter activity.

Biodiversity is unveiled! Take advantage of your trip to the park to not only observe its winter wildlife and plant life, but also to take part in our winter bioblitz, a stunning activity in which naturalists and the general public join forces to conduct a quick biological inventory of a sector of the park.

Explore and enjoy... Even more activities!

- The **sliding hill** will be accessible, easy to climb and, most definitely, loads of fun will be in store!
- **Cross-country ski** enthusiasts can indulge in the sport to their heart's content this winter! Two marked and maintained trails will be available this year, whetting the appetite of the most seasoned skiers. The 800 metres of trails on Île Sainte-Hélène or the 5.7 kilometres on Île Notre-Dame, designed to appeal to novices and



Parc Jean-Drapeau

veterans alike, are easily accessible from the subway station and the P1, P2 and P5 parking lots. Introductory clinics offered by Ski de fond Montréal and an indoor space for waxing will add to the overall offering.

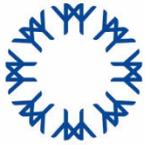
- Parc Jean-Drapeau's **climbing wall** will again be turned into a wall of ice, where FQME certified climbers can engage in their favourite activity. Introductory courses (for a fee) will also be offered. It's a one-of-a-kind experience, right close to Montréal!
- **Hiking and snowshoeing:** Everyone can easily and leisurely enjoy the picturesque trails of Mont Boullé to re-energize and embrace winter in the best possible way. Take your time and get an up-close view of the chickadees, nuthatches and woodpeckers that make the Parc their home. Bird-feeders are installed in the wooded areas near the Biosphere, Tunisia Pavilion and the Floralties Gardens to facilitate your bird-watching.
- The **Biosphere**, as majestic in winter as it is in summer, invites the cautious, and especially the curious, to understand the environment issues that affect us and discover tangible solutions to address these issues.
- The **Campus de la transition écologique** is innovating and offering an eclectic, poetic program designed to re-think our relationship with winter. Through creative activities, Marie-Hélène Roch, an artist, researcher and narrative experiences designer in residence at the Campus, invites the public to unleash its imagination and change its perceptions to explore the winter that's inherent in all of us!

To warm up

- ✓ Aquatic Complex
- ✓ Tunisia Pavilion

...and to replenish

- ✓ Bistro Sainte-Hélène, furnished terrace



Equipment rental

- ✓ Skates, cross-country skis, bikes, snowshoes, walking sleds.
- ✓ Free skates for residents of Montréal aged 17 and under with the rental of adult skates.

Rental schedule

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| <i>December 23 to January 6</i> <i>December 24 and 31</i> <i>(Closed December 25 and January 1)</i> | 10 a.m to 6 p.m. 10 a.m to 3 p.m. |
| <i>Weekends from January 7 to March 5</i> | Saturday: 10 a.m. to 8 p.m. Sunday: 10 a.m. to 6 p.m. |
| <i>Spring break week, February 27 to March 3</i> | 10 a.m. to 6 p.m. |

Information

parcjeandrapeau.com or follow us on social media @parcjeandrapeau

This winter activity offering, implemented by the Société du parc Jean-Drapeau, is made possible through the participation of the City of Montréal and the Gouvernement du Québec.

About the Société du parc Jean-Drapeau

Established by the City of Montréal, the Société du parc Jean-Drapeau has a mission to preserve, plan, promote and develop this huge urban park, oversee the healthy coexistence of activities which occur there and ensure its longevity for current and future generations.

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