

Sortie: Forêt Ouareau (March 19-20, 2011)

List of Items/Clothing

1. Winter clothing for activity.
2. Winter gloves/mittens and toque.
3. Winter boots for snowshoes or cross country ski boots.
4. Snow shoes or cross country skis/poles.
5. Running shoes or slippers.
6. Comfortable change of warm clothes for refuge.
7. Sleeping bag.
8. Sleeping pad.
9. Water bottle.
10. Healthy snacks.
11. Light lunch for two days.
12. Plastic bowl, cup, spoon and fork.

P.S. Snow shoes, cross country skis, sleeping bags and pads can be rented at La Cordée or MEC (Mountain Equipment Co-op).

CISV-Montreal offers this unique and invigorating opportunity for CISV families, members and friends to spend a weekend in a refuge located in Forêt Ouareau, a semi-wilderness park situated in Lanaudière approximately 1.5 hours north of Montreal off route 125 leading to Saint Donat.

The weekend provides participants a safe and guided semi-wilderness experience into one of the region's most beautiful parks. The refuge is accessed either by snowshoe or cross-country skiing along well indicated and groomed trails. The refuge is located on Lac Pelletier and offers rustic amenities. It is heated by wood stove and is without electricity. Water is accessed via the lake and there is an outside (luckily not too close to the lake). Numerous ski and snowshoe trails can be accessed from the refuge for the energetic. Other activities will also be offered at the refuge including a host of games. Story-telling and lullabies by the fireside in the tradition of CISV will also close the evening.

The \$50 fee of the weekend will include the charge for the refuge, park fees, plus the cost of supper and breakfast. Additional costs will include rental cost of skis or snowshoes as well as transportation via car-pooling to and from the park. Participants are expected to carry their own belongings (in a backpack) as well as lunch and snacks for Saturday and Sunday. A list of suggested items for the weekend is provided below.

Location: Forêt Ouareau

Dates: March 19/20 2011

Meeting Time: 11h00 (at park entrance)

Number of participants:
Maximum 20

Contact: Michael Kaiser

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Space is limited so register soon!