



CANADIAN SKI
MARATHON
CANADIEN DE SKI

FINALLY BACK HOME

The legend lives on



SKIER'S GUIDE

www.skimarathon.ca



info@skimarathon.ca



MOT DU GOUVERNEMENT DU QUÉBEC

Your government is proud to participate in the success of the Canadian Ski Marathon, which welcomes cross-country skiers of all levels and all ages who have come to take up the challenge they have set for themselves. In addition to highlighting the Laurentides and Outaouais regions, this sporting event generates significant economic spinoffs. Festivals and events enrich Québec's tourism offer while offering visitors unique experiences. The Canadian Ski Marathon enhances this offering, which sets us apart as a world-class winter destination. I therefore warmly invite visitors from here and elsewhere to take advantage of their stay to explore the many tourist attractions of these two magnificent regions. A great way to fully savor the joys of winter in Quebec! Have a good marathon!

The minister of tourism,

Caroline Proulx

Votre
gouvernement



Québec



RÉAL PERRIARD

PRESIDENT, CANADIAN SKI MARATHON

It's unbelievable! The 2023 Canadian Ski Marathon (CSM) is upon us – we are once again skiing in Montebello, from Arundel to Buckingham! We survived two years of global pandemic. We are a bit wounded but we are here like a skier on the 4th section battling a cut-off whether he/she be a Coureur Des Bois, a half-marathoner, or a Toureur. Why? Because we want to ski more! Our event is filled with a rich 57-year history that has created many stories of winter adventure, and more importantly, special relationships – bonds formed from spending time outside with a bit of crying at times, but a lot more laughter and joy. Spending time outside is enriching for the mind and body and this is the best part of the ski marathon adventure.

Many sporting organizations have struggled the last two years. We are no different, but the level of love and passion for our event shown by so many skiers and by volunteers who work tirelessly to create the weekend makes the journey really worth it. The support received from the skier community, you, in the last two years humbled us. You kept us alive. Now that society at large is slowly waking, challenges continue everywhere. In truth we, the organizers, had anticipated a skier turn out that would propel us forward for many years – but this did not happen. Nonetheless, so many new skiers have been introduced to the event and will be on our trail for the very first time, make them feel welcome, share the trail with everyone, share the camaraderie with each other, with volunteers, organizers, landowners, snowmobile clubs with fellow skiers of all abilities.

You will notice that the trail is a little less crowded than other years. We cannot hide the fact that many have either turned to other endeavours or still express nervousness around the Covid-19 virus. In my 33 years skiing the CSM this will be, by far, the lowest turnout. The CSM needs more skiers. Enjoy the trail, love every moment of being outside. But, when you get home, tell your friends and family that you just participated in the best winter ski adventure, the best adventure period, the best weekend you can imagine for the active person. The CSM is not only about skiers with large packs sleeping outside, it's about community and love of classic skiing. We are not a race but a ski tour and we welcome every skier, whatever distance they choose, be it 15Km/day as a “CSM Taster” or 45Km/day as a “CSM half-marathoner”. The CSM has always been about “creating your own challenge and adventure” and we are committed to continuing that mantra.

Please do not forget, the trail is a once per year experience, opened especially for you. It is made possible by over 300 landowners who give us kind permission to pass on their private property. We also receive special permission from private snowmobile clubs who allow us on their trails. If you get a chance, give a shout out to everyone on the trail. We must all give a big “thank you” to the 400(+) volunteers who make this event possible. You'll see many volunteers at checkpoints, but many will be invisible - don't be shy, say “hello”. We extend this gratitude to sponsors, contractors and local businesses who support us and the local communities we visit in the region for their warm welcome.

Lastly, thank you to the board of directors team. These are skiers and volunteers who give much time to this event so it can continue year after year.
You guys/gals are awesome – THANK YOU!
Everyone enjoy your CSM weekend!

Réal Perriard
President, Canadien ski Marathon



FRÉDÉRIC MÉNARD

EVENT DIRECTOR - CANADIAN SKI MARATHON

Dear friends,

It is with excitement and emotion that I finally wish you a "welcome back home".

Our last family reunion dates back to 2020 ... three years have passed since your last visit to Montebello, we have missed you greatly.

The organizing committee is proud to offer you this unique sporting challenge, an opportunity to slow down time, immerse yourself in nature and this immense wild territory overflowing with breathtaking landscapes.

I won't hide from you that the last few weeks have been trying for the organization. Denis Marcotte and his team did a titanic job of removing several hundred fallen mature trees. Marie-Anne has had her baptism of fire at customer service, the return of the trail to Buckingham and the arrival of new skiers from the virtual mode have brought their share of questions! Reservations for buses, caterers, dormitories have never required so much effort from Mélisandree. In my 10 years at the helm of this huge ship, never has an edition required so much energy. To get this machine going again required the best of all of us; together we have learned to push our limits.

In closing, allow me to thank the team leaders and their army of dedicated volunteers without whom this great sporting and human meeting would not take place. I would like to acknowledge the participation and collaboration of the various lanowners and partners whose support makes this event possible. Finally, we must not overlook the contribution of the members of the Board of Directors for their active contribution in recent months.

Everyone agrees that the Canadian Ski Marathon is an adventure like no other, a unique moment to meet and gather, to discuss our current, past and future adventures.

Dear friends, let's make the most of every moment that this weekend offers us. Let's enjoy the journey, be safe, and remember to smile through the fun and tough times.

Allez les aventuriers !

Frédéric Ménard
Event director, Canadien ski Marathon





CHARTER BUS SERVICE

Times are subject to change (due to weather)

Reservation and information : **819-592-7866**

FRIDAY FEBRUARY 10th 2023

DEPARTURE POINT	DEPARTURE TIME	DESTINATION	ARRIVAL TIME
65\$ GATINEAU (Nicolas-Gatineau High School)	6:30PM	Papineauville Dorm Château Montebello Mont Tremblant Gold Dorm	7:30PM 7:45PM 9:00PM

DEPARTURE POINT	DEPARTURE TIME	DESTINATION	ARRIVAL TIME
110\$ MONTRÉAL (Gare d'autocars de Montréal, 1717 Berri) Closest Metro Station Berri UQAM, 5 to 10 minutes walking	4:00PM	Château Montebello Papineauville Dorm Mont Tremblant Gold Dorm	6:45PM 7:00PM 8:30PM

DEPARTURE POINT	DEPARTURE TIME	DESTINATION	ARRIVAL TIME
22\$ MONTEBELLO Marina municipale 101 rue Laurier	6:30PM	Mont Tremblant Gold Dorm	7:45PM

NEW

SUNDAY FEBRUARY 12th 2023

DEPARTURE POINT	DEPARTURE TIME	DESTINATION	ARRIVAL TIME
BUCKINGHAM (Hormisdas-Gamelin High School)	7:00PM	MONTRÉAL (Gare d'autocars de Montréal, 1717 Berri)	9:00 PM

DEPARTURE POINT	DEPARTURE TIME	DESTINATION	ARRIVAL TIME
BUCKINGHAM (Hormisdas-Gamelin High School)	3:00PM	GATINEAU (Nicolas-Gatineau High School)	3:30PM
BUCKINGHAM (Hormisdas-Gamelin High School)	5:00PM	GATINEAU (Nicolas-Gatineau High School)	5:30PM
BUCKINGHAM (Hormisdas-Gamelin High School)	7:00PM	GATINEAU (Nicolas-Gatineau High School)	7:30PM

SATURDAY



**FREE
SHUTTLES**



DESTINATION

START - SECTION 1
9,5km EASY
CARRIÈRE MILLER - CHECKPOINT 1

COUREUR DES BOIS

DEPARTURE	HOURS	DURATION
Papineauville Dormitory	4h05	80min
Château Montebello	4h15	70min
St-Michel School / Montebello	4h15	70min
Dormitory Or Tremblant	5h00	15min

RANDONNEUR

Papineauville Dormitory	5h55	80min
Château Montebello	6h05	70min
St-Michel School / Montebello	6h05	70min

DESTINATION

SECTION 2
23,2 km INTERMEDIATE
HÔTEL DE VILLE ARUNDEL - CHECKPOINT 2

RANDONNEUR

DEPARTURE	HOURS	DURATION
Dormitory Papineauville	7h05 7h45 8h45	80min
Château Montebello	7h15 7h55 8h55	70min
St-Michel School / Montebello	7h20 8h00 9h00	70min

DESTINATION

SECTION 3
18,7 km DIFFICULT
BOILEAU - CHECKPOINT 3

RANDONNEUR

DEPARTURE	HOURS	DURATION
Dormitory Papineauville	7h25 8h10 9h10 10h10	80min
Château Montebello	7h35 8h20 9h20 10h20	70min
St-Michel School / Montebello	7h40 8h25 9h25 10h25	70min

DESTINATION

SECTION 4
12,5 km DIFFICULT
PIT DE SABLE KENAU - CHECKPOINT 4

RANDONNEUR

DEPARTURE	HOURS	DURATION
Papineauville Dormitory	7h35 8h20 9h20 10h20 11h20 12h20	40min
Château Montebello	7h45 8h30 9h30 10h30 11h30 12h30	30min
St-Michel School / Montebello	7h50 8h35 9h35 10h35 11h35 12h35	25min

DESTINATION

SECTION 5
15,9 km INTERMEDIATE
TIR PIGEON D'ARGILE KENAU - CHECKPOINT 5

RANDONNEUR

DEPARTURE	HOURS	DURATION
Papineauville Dormitory	9h15 10h15 11h15 12h15 13h15	30min
Château Montebello	9h25 10h25 11h25 12h25 13h25	20min
St-Michel School / Montebello	9h30 10h30 11h30 12h30 13h30	15min

HALF MARATHON

Dormitory Papineauville	9h50	80min
Château Montebello	10h00	70min

RETURN END OF THE DAY

DESTINATIONS

Château Montebello
Dortoir Papineauville

DEPARTURE	HOURS
Finishing line - Montebello church	14h00 15h00 16h00 17h00 18h00

Last departure 15 minutes after the arrival of the last skier.



DESTINATION		
DÉPART - SECTION 6 16,4km EASY CAMP OR - CHECKPOINT 6		
COUREUR DES BOIS		
DEPARTURE	HOUR	DURATION
Dormitory Papineauville	5h10	15min
Château Montebello	5h20	7min
St-Michel School / Montebello	5h25	4min
Polyvalente ESHG Buckingham	4h40	50min
RANDONNEUR		
Dormitory Papineauville	6h45	15min
Château Montebello	6h50	7min
St-Michel School / Montebello	7h00	4min
Polyvalente ESHG Buckingham	6h10	50min

DESTINATION		
SECTION 7 20,4 km EASY GARAGE TRUDEAU - CHECKPOINT 7		
RANDONNEUR		
DEPARTURE	HOUR	DURATION
Dormitory Papineauville	8h05 8h55 9h55 10h55	20min
Château Montebello	7h55 8h45 9h45 10h45	35min
St-Michel School / Montebello	7h50 8h40 9h40 10h40	40min
Polyvalente ESHG Buckingham	7h30 8h25 9h25 10h25	65min

DESTINATION		
SECTION 8 18,7 km INTERMEDIATE SAINT-SIXTE - CHECKPOINT 8		
RANDONNEUR		
DEPARTURE	HOUR	DURATION
Dormitory Papineauville	7h45 8h30 9h30 10h30 11h30 12h30	40min
Château Montebello	7h35 8h20 9h20 10h20 11h20 12h20	50min
St-Michel School / Montebello	7h30 8h15 9h15 10h15 11h15 12h15	55min
Polyvalente ESHG Buckingham	7h45 8h25 9h25 10h25 11h25	45min

DESTINATION		
SECTION 9 13,2 km EASY MAYO - CHECKPOINT 9		
RANDONNEUR		
DEPARTURE	HOUR	DURATION
Dormitory Papineauville	7h30 8h30 9h30 10h30 11h30 12h30	65min
Château Montebello	7h20 8h30 9h30 10h30 11h30 12h30	70min
St-Michel School / Montebello	7h15 8h15 9h15 10h15 11h15 12h15	75min
Polyvalente ESHG Buckingham	7h55 9h15 10h15 11h15 12h15 13h15	20min

DESTINATION		
SECTION 10 10,9 km INTERMEDIATE BUTLER - CHECKPOINT 10		
RANDONNEUR		
DEPARTURE	HOUR	DURATION
Dormitory Papineauville	9h30 10h30 11h30 12h30	55min
Château Montebello	9h20 10h20 11h20 12h20	60min
St-Michel School / Montebello	9h15 10h15 11h15 12h15	65min
Polyvalente ESHG Buckingham	9h55 10h25 11h25 12h25 13h25	10min
HALF MARATHON		
Château Montebello	10h10	50min
Dormitory Papineauville	10h20	40min

RETURN END OF THE DAY	
DESTINATIONS Dormitory Papineauville Château Montebello	
DEPARTURE	HOURS
Polyvalente ESHG Buckingham	14h00 15h00 16h00 17h00 18h00
DESTINATION Gatineau (Polyvalente Nicolas-Gatineau)	
DEPARTURE	HOURS
Polyvalente ESHG Buckingham	15h00 17h00 19h00
Last departure 15 minutes after the arrival of the last skier.	

PROUD TO KEEP YOUR HEAD WARM

G E S T I O N P R I V É E D E P L A C E M E N T

P E M B R O K E

P R I V A T E W E A L T H M A N A G E M E N T



IMPORTANT AT ANY TIME DURING CSM WEEKEND YOU CAN

CONTACT THE ORGANIZATION AT 1-877-770-6556

An Introduction to the Canadian Ski Marathon

The Canadian Ski Marathon covers a 160km long ski trail in the beautiful Quebec province north of the Ottawa River. It is divided into 10 sections of differing lengths. Participants can ski anywhere from one to five sections on **Saturday, from Mont-Tremblant to Montebello, and one to five sections on Sunday, from Montebello to Buckingham.** Sections vary in length from 9.2 to 23.6 km.

Each section starts and finishes at a checkpoint, where many services are provided. On both days, skiers take a free shuttle bus to whichever checkpoint they wish to start from, and a shuttle bus back from the checkpoint where they choose to finish. **There is no parking at check points for skiers' vehicles.**

The sections are numbered from Section 1 (starting in Mont-Tremblant) to section 10.



Skiers may choose to sleep in the dormitory in Papineauville. Coureur des Bois skiers may sleep in the Gold dorm in Mont-Tremblant. *NEW! Bronze and Silver Coureur des Bois can also stay at the dorm in Mont-Tremblant on Friday night, but have to transfer to Papineauville for Saturday night. Otherwise, skiers may choose their own accommodation and make their way to the checkpoint shuttle buses in Papineauville or Montebello.

SKIER KIT

Your Skier Kit can be picked up at the location you chose during the registration process. If you cannot pick up your kit at the location you chose, you may change your pick-up location by contacting the CSM office by February 6. The available pick-up locations are:

- ÉCOLE POLYVALENTE LOUIS-JOSEPH-PAPINEAU, 378 rue Papineau, Papineauville QC
Friday 5:00 PM to Sunday 8:00 AM
- FAIRMONT CHÂTEAU MONTEBELLO, 392 Rue Notre-Dame, Montebello QC
Friday 5:00 PM to Sunday 8:00 AM
- THE GOLD COUREURS DES BOIS DORM, École Polyvalente Curé-Mercure
700 Boul du Dr Gervais, Mont-Tremblant
Friday 5:00 PM to midnight
- THE SATURDAY START AT CHECKPOINT 1, 219 Route de Crystal-Falls (Hwy 327)
Saturday 5:00 AM to 8:00 AM
- THE SUNDAY START AT CHECKPOINT 6, 790 Route 323, Montebello QC
Sunday 5:00 AM to 8:00 AM

YOUR SKIER KIT INCLUDES



Your Bib

If you forget/misplace your bib, another one can be assigned to you for a \$10 administration fee.



Your Zone4 chip

If you misplace your chip and/or do not return it at the end of the event, you will incur a \$75 replacement fee.



57th Anniversary Badge



The Official 2023 CSM Skier's Toque

courtesy of our much-valued partner, Pembroke Management Ltd.



Good Samaritan card Thank you volunteer card



SKIER TRACKING

Each skier will be provided with an electronic chip along with their bib in the skier's kit. This will provide effortless and accurate checking in and out of skiers at each checkpoint and reduce waiting times. Wear the chip anywhere you want or fasten it to a backpack. Be careful to stay in the track near the start and finish lines at each checkpoint so your chip will be detected. Make sure to return it at your final checkpoint !!! It is not disposable and a \$75.00 fee will be charged to a skier if the chip is not returned. If you plan to ski both days, keep it on Saturday night and return it at your final checkpoint on Sunday. If you forget to return at your final checkpoint or if you keep it on Saturday, then decide not to ski on Sunday, you can return it to the Papi-neauville Dorm (before Sunday 8:00am) or the Château Montebello (before Sunday noon), or the Polyvalente Hormisdas-Gamelin in Buckingham (on Sunday only, from 2:00pm to 7:00pm). If you accidentally bring your chip home with you, kindly inform the office as soon as possible to receive additional return instructions.

Chips are designed to tell event officials how many and which skiers are in each section at any time and who completed each section to qualify for awards. They do not provide the location of a skier. They are not intended make this a timed event or race. No results will be published that give a skier's speed or rank.

During the event (but not afterwards), friends and family can go to <https://zone4.ca/e-vent/2023/67075DDC/>, enter a skier's name or bib number, and see when the skier started and finished each section. They will not be able to see the skier's location on the trail. As in past years, the CSM will publish on its web site the number of sections each skier completed on CSM weekend. This may take up to a week in order to give the organization time to assess the collected data and publish it properly.



ACCOMMODATIONS FOR CSM WEEKEND

Dormitory-style accommodations, as well as cafeteria-style breakfasts and dinners for the CSM can be selected for a fee during the registration process.

The dormitory for all is at École Polyvalente Louis-Joseph-Papineau, (378 rue Papineau, Papineauville QC J0V 1R0). Participants staying here will be sleeping on the floor; you will need to bring your own bedding (sleeping bag, air mattress, pillows, etc.) in addition to any personal care products you would require. Showers are also available on site.

Skiers registered as Coureur des Bois stay on Friday night at the Gold Dorm located at École Polyvalente Curé-Mercure, 700 Boul du Dr Gervais, Mont-Tremblant so they will have a shorter bus trip to the starting checkpoint so early in the morning. ***Bronze and Silver Coureur des Bois have to transfer to Papineauville for Saturday night.**

Any other accommodations must be arranged by the skier at their own expense, along with any transportation required to and from the event.

DORMITORY INFORMATION

The dormitory at Polyvalente Louis-Joseph-Papineau in Papineauville is open from 5pm on Friday to 8:00am on Sunday. When you arrive at the dorm, please follow the signs to the host table to register for the weekend. You will receive a bracelet that grants you access to the site and collect your Skier Kit if you selected this location for kit pick up in the registration process.

There are a variety of services available at the dorm in Papineauville. These include waxing services, souvenir sales, first aid, lost and found, and an information counter.

Your dormitory fee includes breakfasts on Saturday and Sunday, and dinner on Saturday. Breakfast is served between 3:00am and 8:15am on Saturday, 4:00am and 8:15am on Sunday, and dinner is served between 5:00pm and 8:00pm on Saturday.

On Sunday, all skiers must check out of the dorm by 8:00am; all baggage will then be transferred to the Polyvalente Hormisdas Gamelin in Buckingham, as will any lost and found items. Buses will be available in Buckingham to shuttle skiers back to the dormitory if you parked your vehicle there.

The dormitory for Gold Coureurs des Bois at École Polyvalente Curé-Mercure, 700 Boul du Dr Gervais, in Mont-Tremblant, is open from 5:00pm on Friday until 6:00am on Saturday. When you arrive at the dorm, please follow the signs to the host table to register for the night. You will receive a bracelet that grants you access to the site and, if you so chose when you registered, you can collect your Skier Kit. Breakfast is served from 3:15 - 4:30 am. Shuttle buses will take registered skiers on Saturday morning directly to the start at CP 11. Any baggage you leave behind at the dorm on Saturday morning will be transferred to Polyvalente dorm in Papineauville on Saturday afternoon, then to Polyvalente Hormisdas Gamelin in Buckingham.



TRAVEL INFORMATION TO FREE CMS PARKING LOTS

If you are driving to the marathon, please be aware that there is absolutely no parking at any of the checkpoints, including the start and the finish on either day. Free parking is available at the dormitory (Polyvalente Louis-Joseph-Papineau) in Papineauville, École Polyvalente Hormisdas Gamelin in Buckingham (580, rue Maclaren Est, Gatineau, QC J8L 2W2), and École St-Michel in Montebello (240 Rue Bonsecours, Montebello, QC J0V 1L0). Please note that shuttle buses from the dormitory in Papineauville, the Château Montebello and the école St-Michel in Montebello serve all checkpoints on both days but the shuttle service from Polyvalente Hormisdas Gamelin in Buckingham is only available on the Sunday.



PARKING LOTS

PAPINEAUVILLE

Polyvalente Louis-Joseph-Papineau, 378 rue Papineau, Papineauville QC J0V 1R0

MONTEBELLO

École St-Michel, 240 rue Bonsecours, Montebello, QC J0V 1L0

Marina Municipale, 101 rue Laurier, Montebello, QC J0V 1L0

LACHUTE

École Hormisdas-Gamelin, 580, rue Maclaren Est, Gatineau (Québec) J8L 2W2



FREE SHUTTLE BUS SERVICE TO CHECKPOINTS

Shuttle bus service from the dormitories to each checkpoint and back is included in your CSM registration fee. Buses depart from the dorm in Papineauville, École St-Michel in Montebello and the Chateau Montebello and travel to each checkpoint, including the start and finish, on Saturday and Sunday. Each shuttle travels between Papineauville/Montebello and a specific checkpoint; **SHUTTLE BUSES DO NOT TRAVEL BETWEEN CHECKPOINTS!** Travel times from the dorms to the checkpoints can take up to over an hour, so skiers need to be aware of checkpoint operating hours (detailed in a separate section in this guide) and plan their day out accordingly to avoid missing cut-off times. Please refer to the 2023 **FREE SHUTTLE BUS SERVICE TO CHECKPOINTS** at the end of this guide to plan your CSM event and transportation to your desired checkpoint start.

HALF MARATHON SPECIFIC INSTRUCTIONS

If you have registered for the Half-Marathon, please be sure to board the specific bus designated for the half-marathon. It will transport you to your starting location.

SATURDAY

Half marathon shuttle bus departure from Papineauville High School: 9:50 AM

Half marathon shuttle bus departure from Château Montebello: 10:00 AM

Start (skiing of section 3): 11:10 AM

SUNDAY

Half marathon shuttle bus departure from Papineauville High School: 10:20 AM

Half marathon shuttle bus departure from Château Montebello: 10:10 AM

Start (skiing of section 8): 11:15 AM

CSM TASTER SPECIFIC INSTRUCTIONS

If you have registered for the CSM Taster category, then be sure to only take a shuttle bus to CP 5 on Saturday, or CP 10 on Sunday. Otherwise, you will have to return to Papineauville to catch the appropriate bus.

Taking an ordinary shuttle may result in you missing your start time.



CHECKPOINTS

Checkpoints (CP) are located along the trail – at the start and finish of each section. A skier's progress is tracked by chip at each checkpoint, and is also verified by volunteers marking skiers' bibs as they enter and leave a checkpoint. Checkpoints serve as access points where skiers can begin or end their day, or continue on to the next section after taking in food and drink. Checkpoints also provide a variety of services to skiers including food, soup, cold and hot drinks, outdoor toilets, waxing and limited equipment repair, first aid and emergency shelter, event information. The available shuttle buses are used to travel to and from the dorm at Papineauville, Chateau Montebello and corresponding start/finish for that day. There is no parking at any of the checkpoints – please make use of the shuttle bus service instead.

In addition to beginning at the start, skiers preferring not to ski the entirety of each day's trail may prefer to take a shuttle to any of the other 4. The following chart shows the hours of operation of each checkpoint on Saturday and Sunday:

SATURDAY, FEBRUARY 11TH

CP	SECTION	OPEN TO SKIERS	CLOSED TO SKIERS
CP 1	1	5:40 AM (CdB Gold) 5:50 AM (CdB Silver) 6:00 AM (CdB Bronze) 7:30 AM (Tourers - Teams) 7:40 AM (Tourers - Solo)	6:30 AM (CdB only) 8:15 AM (all other skiers)
CP 2	2	8:30 AM	11:00 AM
CP 3	3	8:30 AM	1:00 PM
CP 4	4	8:30 AM	2:00 PM
CP 5	5	10:30 AM	2:00 PM ALL SKIERS, except: 3:30 PM - CdB and Tourers who have completed the first 4 sections of the day. - Half Marathoners

SUNDAY, FEBRUARY 12TH

CP	SECTION	OPEN TO SKIERS	CLOSED TO SKIERS
CP 6	6	5:40 AM (CDB Gold) 5:50 AM (CDB Silver) 6:00 AM (CBD Bronze) 7:30 AM (Tourers - Solo) 7:40 AM (Tourers - Teams)	6:30 AM (CDB only) 8:15 AM (all other skiers)
CP 7	7	8:30 AM	12:00 PM
CP 8	8	8:30 AM	2:00 PM
CP 9	9	8:30 AM	2:00 PM
CP 10	10	10:30 AM	2:00 PM ALL SKIERS, except: 3:30 PM - CdB and Tourers who have completed the first 4 sections of the day.

The later checkpoint closing times at CP 5 and 10 apply only to Coureur-des-Bois (CdB), Half-Marathoners, and Tourers who have skied ALL previous sections that day. All other skiers must comply with the earlier closing times. All checkpoint opening and closing times are strictly enforced in order to ensure skier and volunteer safety. No skier may start on the trail before or after the specified times. Any skier not complying with cut-off times will be disqualified.

Baggage service is also available at checkpoints. Any bags left with checkpoint staff will be transported to the dorm at Papineauville on Saturday, or to the finish in Buckingham on Sunday. (Baggage can also be sent to the Fairmont Château Montebello on Saturday – please see checkpoint staff for assistance.)

THE CANADIAN SKI MARATHON WOULDN'T EXIST WITHOUT OUR VOLUNTEER. FROM THE DORMS TO THE CHECKPOINTS TO THE FINISH, OUR TEAM OF COMMITTED VOLUNTEERS DO THEIR BEST TO MAKE YOUR EXPERIENCE WORLD-CLASS. OVER THE COURSE OF THE WEEKEND, PLEASE **TAKE TIME TO THANK AS MANY VOLUNTEERS AS POSSIBLE.** SHOW THEM HOW MUCH YOU APPRECIATE ALL OF THEIR HARD WORK!





SAFETY ON THE TRAIL

REMINDER: BEFORE STARTING, IT IS ESSENTIAL THAT YOU FILL OUT ALL THE INFORMATION REQUIRED BEHIND YOUR BIB IN PERMANENT INK. THIS INFORMATION MAY BE REQUIRED BY SAFETY PERSONNEL IN THE EVENT OF AN EMERGENCY.

In case of emergency, call **911** if the injury is life-threatening. For other injuries, call **1-877-601-9247** to contact the CSM safety team.

Members of the Safety Team can be identified by the ski patrol black cross. The team will be on site at checkpoints, and also skiing (or on snowmobile) along the trail throughout the weekend.

CSM trails are often in wilderness. Not all of the trail is track-set, let alone double tracked. Dangerous hills/descents are marked and may require skiers to remove their skis and walk down. Please walk down any steep hills if you have any doubt in your skill level.

SAFETY TIPS

- We suggest you carry a small amount of duct tape and a small container of petroleum jelly in your bag. The duct tape can help prevent small blisters from becoming bigger problems, and petroleum jelly can be used to protect your skin from frostbite or problems related to friction.
- A ski mask should be considered for extremely cold days as exposed skin can freeze very quickly.
- Carry all medications, including pain relievers that you may require as CSM volunteers are not permitted to administer any medications to skiers.
- Take care of your feet! A good pedicure, snug, broken-in boots, and extra socks will allow you to better enjoy your weekend.
- We remind you that the winter period is favourable to the transmission of the influenza virus. Cover your mouth when you sneeze and wash/sanitize your hands regularly; these are important ways to prevent spreading the flu – other skiers will thank you!

IF YOU ENCOUNTER AN INJURED SKIER ON THE TRAIL

1. Bring the skier aid and comfort while trying to determine the severity of the injury.
2. If the injury is life-threatening, CALL 911.
Otherwise, call 1-877-601-9247 to contact the CSM safety team.
3. If the injury allows the skier to move, move the skier off the track. If the condition makes it impossible to move, make a track that will bypass the injured skier. If the skier is on a slope, close the track with branches or ski poles at the top of the descent.
4. Make sure the injured skier is placed in a comfortable position and kept warm. Do not leave the injured skier before the arrival of other skiers or relief.
5. Have another skier bring the Good Samaritan Card of the injured skier to the closest checkpoint and provide staff at this checkpoint all the details of the situation. Note the distance displayed at the point closest to the site where the injured skier to inform the security personnel.
6. Finish your section and tell the timekeeper of the time spent with the injured skier.

IF A LINE FORMS AT THE TOP OF A HILL AND YOU DECIDE NOT TO WAIT IN LINE.
HERE ARE SOME IMPORTANT GUIDELINES:

- Take your skis off and walk along the line of skiers waiting until you arrive at the front of the line.
- Once you are at the front of the line, please be courteous to those who are waiting. Do not put your skis back on and ski down the hill.
- Once you arrive at the front of the line at the top of the hill, descend the slope ON THE SIDE of the trail. Please ensure that you are not hindering the descent of skiers who have chosen to ski down the slope.
- Find a safe place to put your skis back at the bottom of the hill.
- If you choose to descend on foot, even if you are walking on the side, there is a risk that a skier will hit you due to a loss of control. You must assume this risk when you make this choice.
- All skiers who are walking down the slope are asked to do so in single file. Do not walk side by side as this poses a safety risk to yourself and the participants skiing down the slope.

SO THAT NO ONE IS LEFT BEHIND ON THE TRAIL:

1. Do not start a section after the checkpoint is closed. If no CSM volunteers are at the entrance of the section to mark your bib, it is closed. If all posters and signs indicating the distances have been removed from the path by the patrol, DO NOT GO!
2. If you are between two checkpoints and cannot continue, ask another skier to report your bib number at the next checkpoint. Please alert the Information Centre of the CSM as soon as possible. Call 1-877-601-9247, or have someone do so at the next checkpoint. Failing to do so may lead to an expensive and time consuming search for a supposedly missing skier that could divert resources away from an actual emergency.
3. Red and yellow trail ribbons have been tied to trees, bushes and fence posts along the trail to guide you and your fellow skiers. Please do not remove them.
4. Always stay on the tracks. If you do not see any red and yellow ribbons or of any colour and think you may be lost, retrace your steps until you get back to ribbons marking the CSM trail. From there, determine the right path to follow. IT IS FORBIDDEN TO DEPART THE TRAIL ON PRIVATE PROPERTY.
5. Kilometre marks are placed every two kilometres along the trail to allow you to evaluate the distance to the next checkpoint. They can also serve as a benchmark to determine the location of an injured skier. There are also signs indicating that you are 5km or 2km from the next checkpoint. Note that these markers are approximate only; even in this age of GPS technology, as the CSM is a wilderness event and the location of the trail may have been changed from the plans, we cannot guarantee absolute accuracy of these markers.
6. Always ski with another person or arrange to meet someone at the end of the day, so that neither one nor the other remains on the trail.
7. After the closure of a checkpoint, the CSM Safety Team will sweep the section to ensure that no skiers are left behind. If the Safety Team assesses that a skier's lack of progress in a section is a safety risk, they will request and arrange that the skier be transported from the trail, at the next available road access, or by snowmobile if necessary, to a warm place/car, and ultimately to their destination. Please do not attempt to push on beyond your capabilities and create safety risks. If you are requested to be transported out by the safety team, you must comply for your own safety and that of others.

TRAIL INFORMATION

The trail of the CSM consists of 10 sections of varying lengths, spread across 2 days. Each day is approximately 80KM. Please give yourself enough time to complete your day safely; skiers intending to ski the entirety of the trail must ensure they make all cut-off times at all checkpoints along the way.

TO HELP YOU PLAN YOUR DAY:

SLOW TOURERS (5-7 KM/h) will need 2.5 – 3 hours to ski most sections and up to 5 hours to ski the longest ones. AVERAGE TOURERS (8 – 9 KM/h) will need 2 – 2.5 hours to ski most sections and up to 3 hours to ski the longest ones. FAST TOURERS (10 – 12 KM/h) will need less than 2 – 2.5 hours to ski most sections.

GENERAL RULES ON THE TRAIL

1. Please generously share the track with other skiers. Always be courteous and respectful to make the day enjoyable and safe for all.
2. CSM trails are prepared for the “classic” technique only. Please refrain from damaging the set track by skate skiing on them.
3. The dual track, where they exist, allow for SLOWER SKIERS to use the RIGHT LANE. Faster skiers, or when passing, use the LEFT LANE.
4. If you stop to rest, eat or wax, step off the track, allowing others to pass easily and safely.
5. If you fall, clear the track as quickly as possible. Repair the track if possible/needed.
6. To avoid disappointment at award time, be sure to have your bib marked in and out at each check point. At both IN and OUT gates at each checkpoint, make sure your bib is marked by the volunteer. Your bib will be verified by awards personnel before your award is issued.
7. Please remember that Gold Coureur des Bois carry large heavy packs. They may need extra room and time to stop or turn and would appreciate your consideration.
8. Children 12 years and under must always be accompanied by an adult.
9. No toboggans, pulkas, or dogs are permitted on the trail.
10. Please be considerate to any snowmobilers you meet. The CSM uses several kilometres of trails belonging to snowmobile clubs, who kindly permit us to share their trails for the weekend. Also keep in mind that snowmobilers provide important emergency rescue services, assist us at trail intersections and road crossings, and help prepare the trail.
11. Do not leave any waste or equipment on the trail.

FINISHING YOUR DAY

Skiers may end their day at any checkpoint along the trail; simply board a shuttle bus, once your bib has been marked by a CP volunteer, and it will return you to Montebello and Papineauville on Saturday, and to either Papineauville, Montebello or Buckingham on Sunday. If you are finished for the weekend, please deposit your timing chip in one of the buckets at the checkpoint or give it to a volunteer.

If you make it to the finish line, congratulations! On Saturday, please take advantage of the services available at Montebello Church: food and drink, flush toilets, first aid services and a heated space to relax before boarding your shuttle bus to the dormitory. On Sunday, grab some food and drink at Buckingham golf course before returning your chip and boarding a quick shuttle to Polyvalente Hormisdas Gamelin, where you can collect your finishing medal, purchase souvenirs, or even unwind with a drink at the bar. Toilets, showers and changing facilities are all available there. You can also pick up any baggage or lost and found there. If you stayed in any of the dorms, your baggage will be there. For misplaced items on Sunday afternoon or later, please contact the CSM office 1-877-770-6556 after the weekend.

The diner will take place at the Polyvalente Hormisdas Gamelin, if you purchased tickets when you registered. Don't forget to bring money or your credit card for items on sale at the banquet!

As always, please remember to return your timing chip before boarding your bus!

If you paid for express charter bus service when you registered, the buses will depart from Polyvalente Lavigne – there is no need to return to Montebello or Papineauville.

AFTER THE EVENT

The data from your chip (showing the time in and out of each checkpoint) from this year's CSM will be posted for a limited amount of time after the event, and can be accessed at <https://zone4.ca/event/2023/67075DDC/>. This information is for skiers' personal use only; the CSM is not a timed event or a race. Results (only showing the number of sections completed) will be posted on the CSM website approximately one week after the event.

Lost and found items not claimed during the weekend will be sent to the CSM office in Papineauville, please contact the office to arrange a time to pick up your items.

Timing chips that were not returned during the event should be sent to the office as soon as possible in order to avoid incurring the replacement charge.

A skier's survey will be sent to all registered participants shortly after the event. This is your chance to provide the CSM with any sort of feedback about this year's event, along with suggestions on how to improve future events. Your responses are greatly appreciated and help to make the CSM even better.

And as always, if you want to help the marathon by volunteering your time and skills, then please consider being an ambassador for the event. For more information on CSM ambassadors please contact us at info@skimarathon.ca

SKIING GREEN!!!

As part of our Green Initiative, the CSM is committed to reducing its overall ecological footprint. This goal is achievable only if you contribute to it!

HERE ARE A FEW TIPS THAT YOU CAN USE TO KEEP THE CSM GREEN

USE THE CSM GREEN KIT OR MUG + REUSABLE BAG: BRING YOUR OWN REUSABLE BAG AND MUG AT THE CHECKPOINTS

AVAILABLE AT THE
SOUVENIR SALES COUNTER



This year there will be an important reduction of our disposable cups.



Minimize your waste and use the proper device: Multi-purpose bins to allow waste sorting will be present at every checkpoint and facilities, please take the time to sort your waste.

Compensate the climate footprint of your car trips via <https://carboneboreal.uqac.ca/en/home/>



Consider carpooling with other skiers to get to and from CSM weekend, or consider using the CSM charter bus service.

Let's work together and make our part for the planet, one double pole at a time.



**SWIX, fière de propulser les
marathoniens, une poussée à la fois**

**SWIX, Proudly Supporting
Marathoners, One Fast Glide
at a Time**



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CANADIAN SKI
MARATHON
CANADIEN DE SKI

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ATYP/C
EQUIPMENT

OUR GOLD PARTNERS

GESTION PRIVÉE DE PLACEMENT

PEMBROKE

PRIVATE WEALTH MANAGEMENT

Québec 



OUR SILVER PARTNERS

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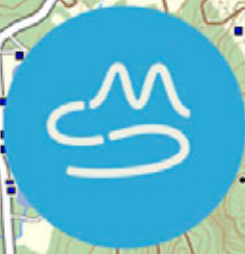
OUR BRONZE PARTNERS



metro
—THURSO—

SECTION 1 - 2023

V2



CANADIAN SKI
MARATHON
CANADIEN DE SKI



9,5 KM

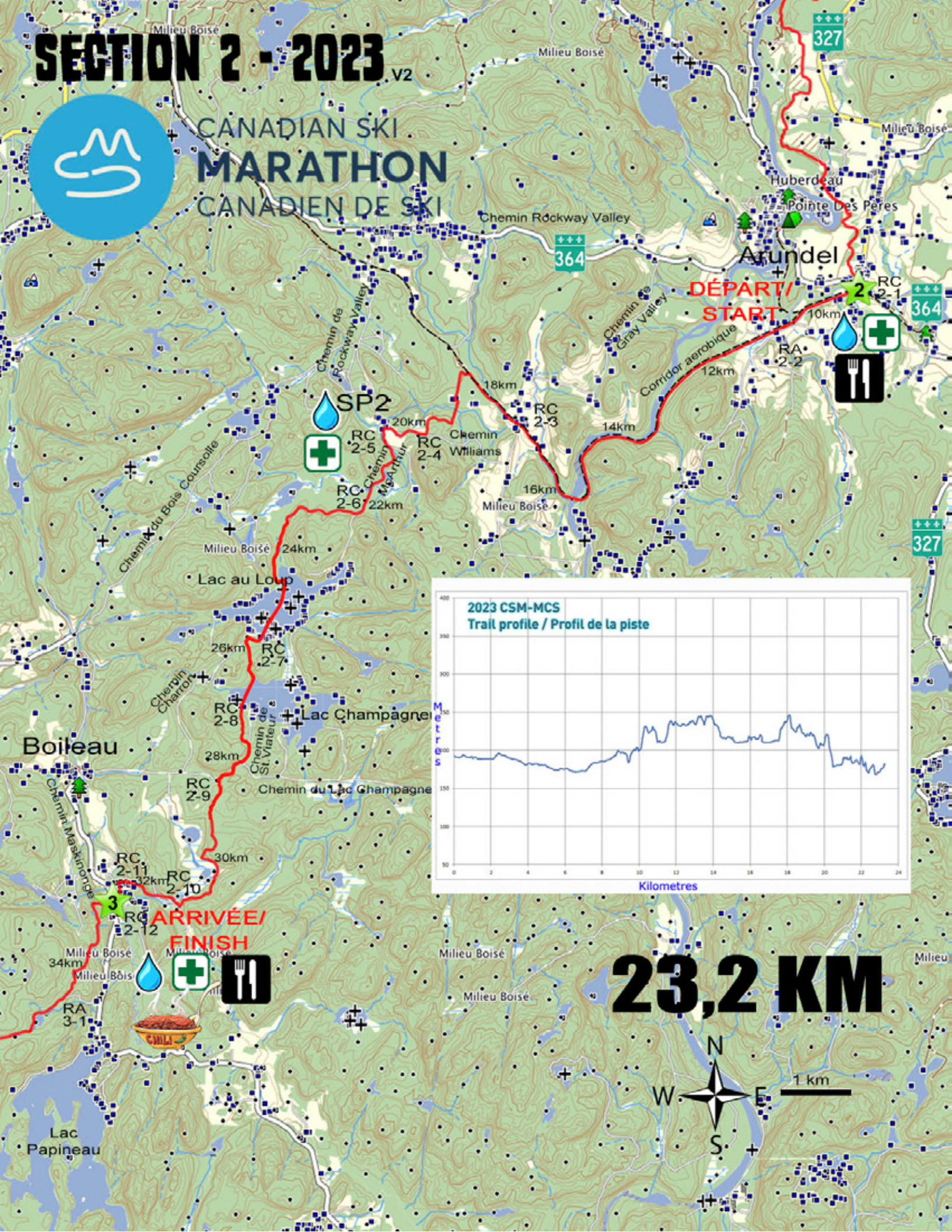
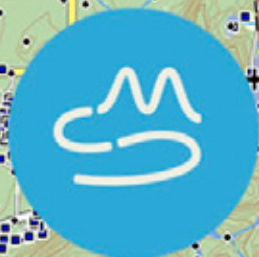


1 km

SECTION 2 - 2023

V2

CANADIAN SKI
MARATHON
CANADIEN DE SKI



DÉPART/
START



SP2

RC 2-5

RC 2-4

Chemin Williams

Milieu Boisé

RC 2-6

Chemin de Rockway Valley

Milieu Boisé

Lac au Loup

RC 2-7

Chemin Charbon

RC 2-8

Chemin de St. Viateur

Lac Champagne

Chemin du Lac Champagne

RC 2-9

RC 2-10

RC 2-11

RC 2-12

Chemin Maskinonge

Milieu Boisé

Milieu Boisé

RA 3-1

Lac Papineau



ARRIVÉE/
FINISH

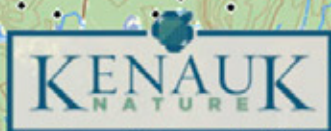
23,2 KM



SECTION 3 - 2023



CANADIAN SKI
MARATHON
CANADIEN DE SKI



Pas de voitures privées
dans Kenaik Nature

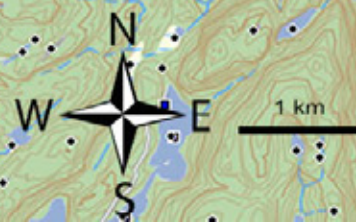
No private cars
in Kenaik Nature

**DÉPART/
START**

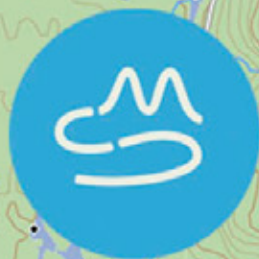


18,7 KM

**ARRIVÉE/
FINISH**



SECTION 4 - 2023 V2



CANADIAN SKI MARATHON CANADIEN DE SKI

Milieu Boisé

DÉPART/
START



2023 CSM-MCS
Trail profile / Profil de la piste



KENAUK
NATURE

Pas de voitures privées
dans Kenauk Nature

No private cars
in Kenauk Nature

12,5 KM

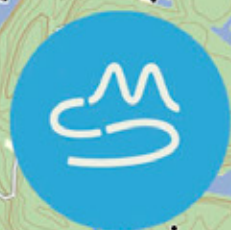
ARRIVÉE/
FINISH



SECTION 5 - 2023



15,9 KM
Gold/Or: 14,7 KM



CANADIAN SKI
MARATHON
CANADIEN DE SKI



SECTION 6 - 2023 V4

CANADIAN SKI
MARATHON
CANADIEN DE SKI



2023 CSM-MCS
Trail profile / Profil de la piste



ARRIVÉE/
FINISH

7
RC
6-9

94km

RC
6-8

CSM
Entrepôt

RC
6-7

90km

RC
6-6

SP6

323

DÉPART/
START

6/G

80km

RC
6-1

RC
6-5

RC
6-4

RC
6-3

RC
6-2

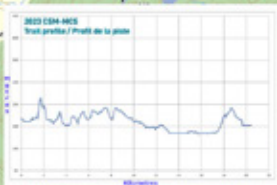
Montebello

15,4 KM

1 km



SECTION 7 - 2023



ARRIVÉE/
FINISH

317

Saint-Sixte



20,4 KM

RC 7-12

RC 7-11

RC 7-8

RC 7-5

RA 7-4

RC 7-6

RC 7-3

RC 7-2

RA 7-1

DÉPART/
START

321



CANADIAN SKI
MARATHON
CANADIEN DE SKI



SP7



1 km

SECTION 8 - 2023 V2



DÉPART/
START



Saint-Sixte



RC 8-1

RC 8-2

RA 8-3

RC 8-4

RC 8-5

RC 8-6

RC 8-7

RC 8-8

RC 8-9

RC 8-10

RC 8-11

RC 8-12

RC 8-13

RC 8-14

RC 8-15

RC 8-16

RC 8-17

RC 8-18

RC 8-19

RC 8-20

RC 8-21

RC 8-22

RC 8-23

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RC 8-281

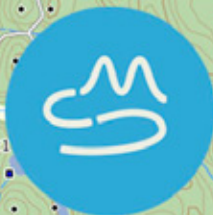
RC 8-282

RC 8-283

RC 8-284

RC 8-285

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CANADIAN SKI MARATHON CANADIEN DE SKI



DÉPART/
START



SECTION 9 - 2023 V2
14,5 KM

ARRIVÉE/
FINISH



10,9 KM

