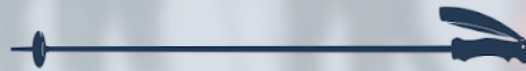




CANADIAN SKI
MARATHON
CANADIEN DE SKI

A PLACE FOR EVERYONE



February 9-11, 2024
Montebello, QC

SKIER'S GUIDE

Québec 

GESTION PRIVÉE DE PLACEMENT
P E M B R O K E
PRIVATE WEALTH MANAGEMENT

ME MONTAGNE
EXPLORE
LA SÉCURITÉ EN TÊTE



BELLO
MONT
TEB

LA JOIE DE VIVRE

OUTAOUAIS



HARFANG
SERVICES LOGISTIQUES • LOGISTICS SERVICES



A Note from the Government

C'est avec fierté que votre gouvernement participe au succès du Marathon canadien de ski, qui accueille des fondeurs de tous les niveaux et de tous les âges venus relever le défi qu'ils se sont lancé. En plus de mettre en valeur les régions des Laurentides et de l'Outaouais, ce rendez-vous sportif y génère d'importantes retombées économiques. Les festivals et événements permettent d'enrichir l'offre touristique du Québec tout en proposant aux visiteurs des expériences uniques. Le Marathon canadien de ski bonifie cette offre, qui nous distingue en tant que destination hivernale de calibre mondial.

J'invite donc chaleureusement les visiteurs d'ici et d'ailleurs à profiter de leur séjour pour partir à la découverte des nombreux attraits touristiques de ces deux magnifiques régions. Une belle façon de savourer pleinement les joies de l'hiver au Québec! Bon marathon!

La ministre du Tourisme,
Caroline Proulx

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

Québec 

A Word from the CSM President

My personal adventure and relationship with the Canadian Ski Marathon (CSM) began in 1991. Adventure is the right word. Our mission “to deliver a unique world-class cross-country ski event that brings together generations of skiers, volunteers and communities”, and our vision “a cross-country ski adventure that changes people’s lives” are a reflection of what the CSM brings to all of us. You’ve signed up for CSM weekend 2024 – you are committed not to just another ski-day or a Loppet but to an adventure! Here, you will come together with the local community, volunteers and fellow skiers in the spirit of camaraderie to experience a wonderful day of winter. Our team thanks you for believing in this event and I am so happy you have chosen to adventure in the Montebello region once again.

On the second weekend of February, skiers will travel from 10Km per day to 80Km per day. On Saturday, some will sleep at home, some at local establishments, many will share meals in a school cafeteria re-living the day’s mishaps and adventures prepared to lay down on the gym floor. Maybe it was their first time experiencing the CSM, maybe their 50th time(!), but many will create friendships that will endure a lifetime, forged from shared adventure - what could be better! For those of you that have chosen to carry all your food and sleep outside by a small fire, I wish you a pleasant -15°C with bright stars or maybe some heavy snowflakes will touch your face so that you find yourself torn with the annoyance of missed sleep, and happiness that more snow will be under your skis on Sunday.

This year's event has many changes. The classic point-to-point 160Km course could not be showcased – we are forced to acknowledge and adapt to the impact of last year’s first return in a post-pandemic society. The touring categories have been modified to lower costs and increase simplicity of implementation. Unpredictable and inconsistent weather has meant a late/sporadic ski season for most easterners, affecting enthusiasm for training and committing to ski events. Yet you are reading this skier guide because you have chosen to jump in, or you are seriously thinking about it. I will say there is a great feeling of achievement and anticipation that comes from committing and jumping in – adding spice to one’s life that I first discovered so many decades ago. The Canadian Ski Marathon WILL take place on February 10/11 and we will enjoy comradery and adventure! Details of how we sign up for our favourite category or ski distance or exactly where a start line or finish line is located are not so important – what counts is that we spend time outside doing what we are so privileged to be able to do – cross-country ski in the beautiful region of Montebello.

We say a thank you to the local community and partners that help put the event together. Our landowners are less in number but more impactful – we are thankful for the permission to ski on their property. I hope you take the opportunity to train at Kenauk Nature this winter. Thank you to every volunteer who will be spending time with us on the weekend. And more than ever, we must show our appreciation to my fellow board members, who this year overcame every whale-sized obstacle to bring the 58th edition of the CSM, CSM 2024, to all of us! THANK YOU!

To you all - have fun, enjoy your adventure, and I look forward to seeing you all on the trail



Another skier,
Real Perriard 112

Welcome (Back) to the Canadian Ski Marathon

In response to skier requests and financial pressures from the COVID-19 pandemic, we have made changes to this year's event. Some are significant, while others are more subtle. This guide will help you navigate these changes, and help you enjoy your CSM experience.

The guide is divided into sections representing your weekend experience from start to finish, in the approximate order in which things occur. When registering, you selected your transportation mode to the event, your accommodation option for the weekend, your chosen location to pick up your skier's kit, and most importantly, your skiing category for the weekend. This is very important as your selected category now determines your starting time and approximate finish time for your CSM. Additional information on the preceding options is available on the CSM website at www.skimarathon.ca

The sections of the guide are:

- Travelling to the CSM
- Picking up Your Skier Kit
- Dormitory Information
- Starting Your CSM
- Checkpoints
- Safety on the Trail
- Trail Information
- Finishing Your Day and Getting Home
- After the Event

Travelling to the CSM

This year's edition of the CSM will take place almost entirely in the beautiful Kenauk Nature reserve. If you are driving to the marathon, please be aware that there is absolutely no parking at any checkpoint, and that vehicle access to Kenauk Nature will only be permitted for CSM personnel and registered Kenauk guests.

Free parking is available at the CSM dormitory (Polyvalente Louis-Joseph-Papineau) in Papineauville (378 rue Papineau, Papineauville QC J0V 1R0). Gold Coureur des Bois (CdB) skiers can also park at the Gold Dorm at Auberge Golf Heritage (70 Rte 323, Notre-Dame-de-la-Paix, QC J0V 1P0). Street parking is also available in the village of Montebello and at the Montebello Marina (104 rue Laurier, Montebello, QC J0V 1L0), a 15-minute walk from the finish line in Montebello.

Driving directions from Autoroute 50 to the dormitories, parking lots and Montebello Start and Finish are as follows:

- Papineauville (Polyvalente Louis-Joseph-Papineau, 378 rue Papineau, Papineauville QC J0V 1R0): Take Autoroute 50 and get off at exit 205. At the end of the ramp, turn south on Côte des Cascades, proceed 150m, then turn right and follow Route 321 south for 5.0 km. At the traffic light in Papineauville, turn right onto Route 148 West (Rue Papineau). The school will be on the right, about 800m down the road.
- Montebello (Fabrique Notre-Dame de Bonsecours, 545 Rue Notre-Dame, Montebello): Take Autoroute 50 and get off at exit 210, then head south along Route 323 for 2.6 KM. At the traffic light in Montebello, turn left onto Route 148 East (Rue Notre-Dame) and drive for 600m. Turn left onto Rue Bonsecours, the Start/Finish will be on the right.
- Gold Dorm (Golf Héritage, 70 Route 323, Notre-Dame-de-la-Paix, QC J0V 1P0): Take Autoroute 50 and take exit 210, then head North along Route 323 for approximately 12 km. The parking lot will be on the right.

Bus service to Montebello

Friday, February 9, 2024

Departure point	Departure time	Destination	Arrival time
Gatineau (Nicolas-Gatineau High School)	6:30 pm	Papineauville Dorm	7:30
		Chateau Montebello	7:45
		Gold Dorm	8:00
Montreal (Gare d'autocars de Montréal, 1717 Berri)	5 pm	Papineauville Dorm	7:45
		Chateau Montebello	8:00
		Gold Dorm	8:15

Bus service from Montebello

Sunday February 11, 2024

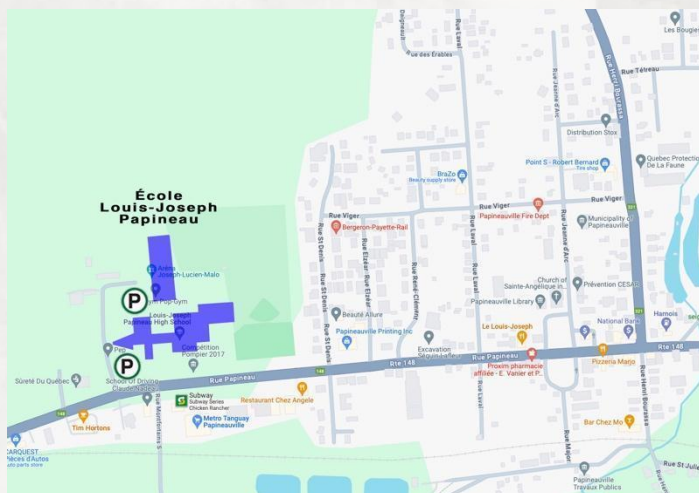
Departure point	Departure time	Destination	Arrival time
Papineauville École Louis-Joseph Papineau	7:00pm	Montreal (Gare d'autocars de Montréal, 1717 Berri)	9:00pm
Papineauville École Louis-Joseph Papineau	5:00pm	Gatineau (Nicolas-Gatineau High School)	6:00pm
Papineauville École Louis-Joseph Papineau	7:00pm	Gatineau (Nicolas-Gatineau High School)	8:00pm

The Gatineau École Polyvalente map shown here identifies the parking location for those skiers with bus tickets to the Montebello area.



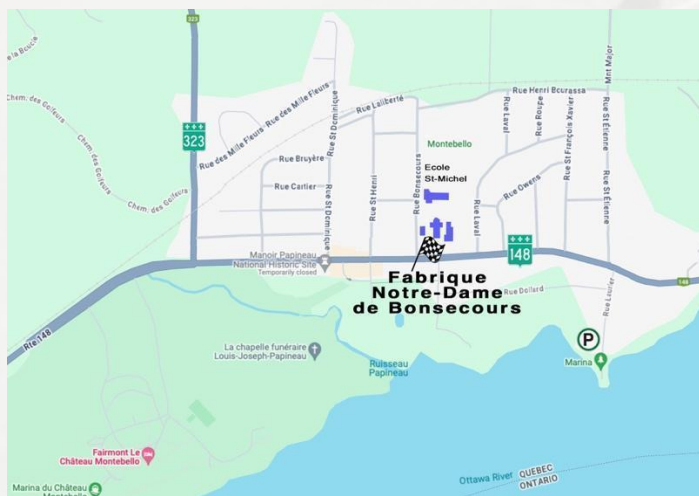
Gatineau École Polyvalente
Nicholas-Gatineau High School

360 boul. de la Vérendrye Est/East blvd.
Gatineau, QC
J8P 6K7



Papineauville Dormitory-
École Louis-Joseph Papineau High School
- Sunday Awards, dinner, showers,
baggage
- No parking in front of school, reserved for
busses

378 rue Papineau street
Route 148
Papineauville, QC
J0V 1R0



Fabrique Notre-Dame de Bonsecours
Montebello
-Saturday Finish, Sunday Start and Finish

545 rue Notre-Dame
Route148
Montebello, QC
J0V 1L0

Picking up your Skiers Kit

Pick up your Skier Kit at the location you chose during the registration process. If necessary, you may change your pick-up location by contacting the CSM office before February 6. The pick-up locations are:

- École Polyvalente Louis-Joseph-Papineau (CSM Dormitory), 378 rue Papineau, Papineauville QC - Friday 5:00 PM to Sunday 8:00 AM
- Gold Dorm – Auberge Golf Heritage, 70 Route 323, Notre-Dame-de-la Paix, QC J0V 1P0) - Friday 5:00 PM to 11:00 PM indoors
- Saturday CP1 Start - Auberge Golf Heritage, 70 Route 323, Notre-Dame-de-la Paix, QC J0V 1P0) - Saturday 5:00 AM to 8:00 AM outdoors
- Fairmont Château Montebello, 392 Rue Notre-Dame, Montebello QC – Friday 5:00 PM to Sunday 8:00 AM
- Sunday CP6 Start, Fabrique Notre-Dame de Bonsecours, 545 Rue Notre-Dame, Montebello, QC - 5:30 AM to 8:00AM

Your Skier Kit contains two items (your bib and an electronic chip) that must be on your person at all times in order to participate. The full kit includes:

- Your Bib – If you forget/misplace your bib, another one can be assigned to you for a \$10 fee.
- Your Electronic Tracking Chip – If not returned, there is a \$75 replacement fee!
- 58th Anniversary Badge
- The Official 2024 CSM Skier's Toque – courtesy of our sponsor, Pembroke Management Ltd.
- Good Samaritan card (additional information in the “Safety on the Trail” section)

About that tracking chip . . .

The electronic chip provides effortless and accurate checking in and out at each checkpoint. 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. Skiers will be charged \$75.00 for unreturned chips. If you are skiing both days, keep it until your final checkpoint on Sunday. If you forget to return it at your final checkpoint or if you keep it on Saturday, then decide not to ski on Sunday, you can return it to the Papineauville Dorm (before Sunday 6:00pm) or the Château Montebello (before Sunday noon). If you accidentally bring your chip home with you, kindly inform the office as soon as possible to receive additional return instructions.

Officials use chips to record 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 a skier's

location. They are not intended to 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 www.zone4.ca/event/2024CSM, 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 - these timing chips are NOT GPS trackers.

Within two weeks, the CSM will assess and verify the collected data then publish on the CSM website the number of sections each skier completed.

Dormitory Information

When registering, you selected your choice of accommodation for the CSM weekend. If you opted for CSM dormitory accommodations, please read this section carefully.

The dormitory for most registered skiers is at École Polyvalente Louis-Joseph-Papineau, (378 rue Papineau, Papineauville QC J0V 1R0). Participants staying here sleep on the floor, so you must bring your own bedding (sleeping bag, air mattress, pillows, etc.) in addition to any personal care products you require. Showers are available on site.

The Papineauville dormitory is open from 5pm on Friday to 9am on Sunday. Upon arrival at the dorm, please follow the signs to the host table and register for the weekend. You will receive an access bracelet for the site, and, if you selected this location for kit pick-up in the registration process, you will collect your Skier Kit.

Your dormitory fee includes breakfasts on Saturday and Sunday, and dinner on Saturday. Breakfast is served between 3:00am and 7:00am on Saturday, 4:00am and 7:00am on Sunday, and dinner is served between 5:00 pm and 8:00pm on Saturday.

Services available at the Papineauville dorm include an indoor pool, souvenir sales, first aid, lost and found, and an information counter.

On Sunday, all skiers must check out of their dorm rooms by 9:00 am. You will still have access to the common areas of the building, and you may leave your bags at the baggage drop off location in the school or return your bags to your car.

Skiers registered as Gold Coureur des Bois may choose to stay (and park their vehicles) on Friday night at the Gold Dorm located at Auberge Golf Héritage, 70 Route 323, Notre-Dame-de-la-Paix, QC J0V 1P0. This gives Gold Coureur des Bois easy access to the starting checkpoint early in the morning. Accommodations are similar to those in Papineauville; please bring your own bedding and personal care products. A shuttle bus will be available from the Papineauville dormitory to return Gold CdB skiers to their cars at Auberge Golf Héritage on Sunday afternoon.

Baggage service is also available at the dormitories. Any bags left at the designated baggage drop-off point at checkpoints will be delivered to either the Polyvalente in Papineauville or the Château Montebello, depending on the colour of the tag on the bag.

Starting your CSM

If you are staying in a dorm, please ensure that you are packed and ready to go, giving yourself enough time to eat breakfast, and to get to the bus stop in front of the school for your shuttle to your starting checkpoint. Remember that your shuttle bus departure is timed specifically to the number of sections you chose at registration.

If you are travelling to the event on Saturday or Sunday, please ensure that you arrive at the location where you opted to pick up your skier's kit with plenty of time to collect it and make your way to your shuttle (if necessary).

If you miss your shuttle bus, you may not be able to ski the number of sections you registered for.

Bus service from the dormitory to your starting location is included in your CSM registration fee. Buses depart from the dorm in Papineauville, the Chateau Montebello and École St-Michel in Montebello and travel to each starting point on Saturday and on Sunday. Departure times for buses leaving from the dorm to the starting points are very specific, so skiers must be aware of the departure time for their bus to avoid disappointment. (Different shuttle buses will take skiers from the finish line on Saturday and Sunday back to the dorm in Papineauville or the Château Montebello, where skiers can return to their parked vehicles.) If you miss your bus, go to the info desk at the dorm to make alternate arrangements to ski fewer sections.

Shuttle bus schedule

Saturday February 10th

Tourer Category	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Location/Time
Gold	04:35	04:50	05:05	05:40 Golf Heritage
Bronze/Silver	04:45	05:00	05:15	05:50 Golf Heritage
Half-Marathon	09:15	09:30	09:45	10:45 Esdale
5 Sections	06:35	06:50	07:05	07:40 Golf Heritage
4 Sections	07:30	07:45	08:00	09:00 Taunton
3 Sections	07:30	07:45	08:00	09:00 Esdale
2 Sections	09:35	09:50	10:05	11:00 Sand Pit
1 Section/ Taster	11:50	12:05	12:20	13:00 Sporting Clay

Sunday February 11th

Tourer Category	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Location/Time
Gold	N/A	N/A	N/A	N/A
Bronze/Silver	05:00	05:15	N/A	05:50 Montebello
Half-Marathon	09:05	09:20	09:35	10:30 Sand Pit
5 Sections	06:50	07:05	07:20	07:40 Montebello
4 Sections	07:20	07:35	07:50	08:30 Sporting Clay
3 Sections	07:35	07:50	08:05	09:00 Sand Pit
2 Sections	09:05	09:20	09:35	10:30 Taunton
1 Section/ Taster	11:50	12:05	12:20	13:00 Sporting Clay

If you miss your shuttle, go to the info desk at the dorm to see if alternative arrangements are possible.

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 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, and event information. A warming bus is on site to provide skiers with heated shelter, and to extricate any skiers who have missed the cut-off at the end of the day. If a skier is unable to continue and is forced to stop at a checkpoint, they may be extracted by CSM vehicle to Montebello or Papineauville if a vehicle is available. In the meantime, they will be required to wait in the warming bus. ***There is NO parking at any of the checkpoints. Vehicular access to Kenauk Nature is tightly controlled, and NO drop-offs/pick-ups will be permitted.***

Due to the restricted access to the Kenauk Nature Reserve, no spectators or non-participants will be allowed at checkpoints, instead we encourage friends and family to cheer on participants at the finish line in Montebello.

The checkpoints for the 2024 CSM, other than the Start and Finish, are located in the Kenauk Nature reserve and near Boileau on Saturday; and entirely within Kenauk Nature on Sunday.

The following chart shows the operating hours of each checkpoint on Saturday and Sunday:

Checkpoint Start and Closing Times - Saturday

Checkpoint	Start	Taunton	Esdale's Corner	Sand Pit	Sporting Clay	Finish
Start	5:40	9:00	9:00	11:00	13:00	N/A
Closing	8:15	10:30	11:30	14:00	14:00&15:30*	N/A

Checkpoint Start and Closing Times – Sunday

Checkpoint	Start	Sporting Clay	Sand Pit	Taunton	Sporting Clay	Finish
Start	5:50	8:30	9:00	10:30	13:00	N/A
Closing	8:15	10:30	11:30	14:00	14:00&15:30*	N/A

Please note that the above times indicate when skiers must LEAVE the CP - not when they must arrive. e.g. CdB must leave Sporting Clay before 15:30

*The later checkpoint closing times at Sporting Clay apply only to Coureur des Bois, Half-Marathoners, and 4 and 5-Section Tourers who have skied ALL the 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 or the Château Montebello, depending on the colour on the baggage tag.

To successfully complete your personal challenge, it is important to carefully plan your adventure. Use our '[Skier Calculator](#)' to see how long you should spend at each checkpoint based on your average skiing speed!

Safety on the Trail

REMINDER: Before starting, it is essential that you fill out all the information required at the bottom of 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. We recommend saving this number on your mobile device prior to the event.

Safety Team members 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 the wilderness. Although we make every effort to track-set the entire trail, we cannot guarantee 100% 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. 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.
- Consider a ski mask 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 – make use of the [Good Samaritan](#) Card:

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 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 by filling out the appropriate information on the card. Report the distance displayed at the point closest to the site where the injured skier was located to safety personnel at the next checkpoint.
6. Finish your section and tell the Checkpoint Leader of the time spent with the injured skier.

So that no one is left behind on the trail:

- 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 ENTER!
- If you are between two checkpoints and cannot continue, ask another skier to report your bib number at the next checkpoint. Please alert the CSM safety team as soon as possible by calling 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. If you are leaving the event before reaching the finish line, you must inform CP personnel that you are leaving the course. This is also needed to avoid searching for a missing skier.
- Orange 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.
- Always stay on the trail. In certain locations, there may be what appears to be a trail junction or intersection with track-setting on both trails - there should be clear markings and/or barricades to indicate which route is to be followed. If you do not see any orange 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.
- Distance markers are placed every two kilometres along the trail to allow you to evaluate your progress. There will also be signs indicating that you are either

5km or 2km from the next checkpoint. They can also serve as a benchmark to determine the location of an injured skier. This year, the signs will indicate the number of kilometers left to reach the finish line in Montebello. (i.e. each consecutive distance sign will decrease by an additional 2km) 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.

- 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.
- 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.

Thank a Volunteer!

The Canadian Ski Marathon wouldn't exist without volunteer help. From the dorms to the checkpoints to the finish, our team of committed volunteers do their best to make your experience world-class. During your day, please take a few seconds to thank a volunteer (or several!) to show them your appreciation for all their hard work!

Trail Information

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

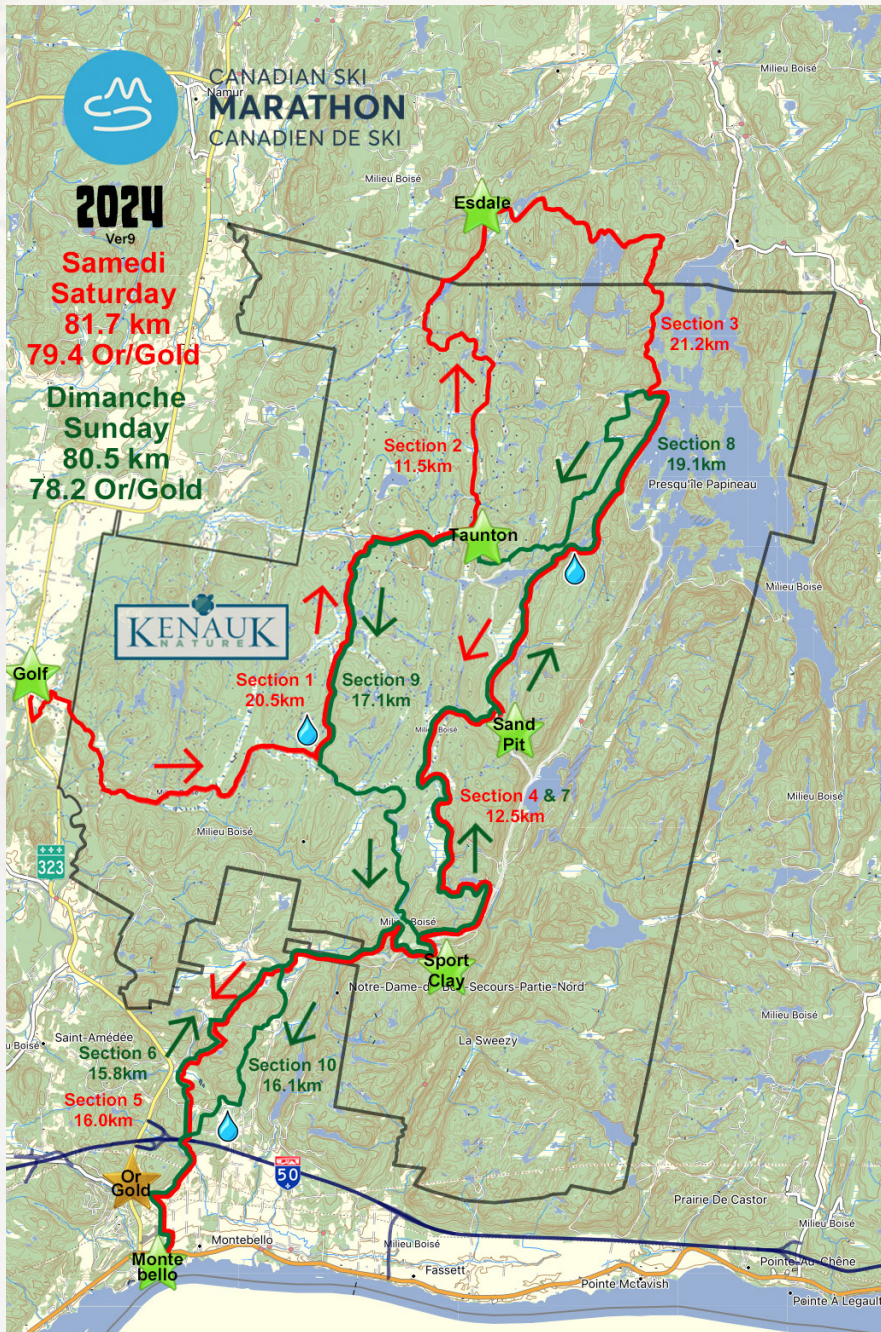
To Help You Plan Your Day:

- 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.
- See our website for tips on training and preparation, as well as a skier speed/time calculator to help skiers plan their day.

General Rules on the Trail:

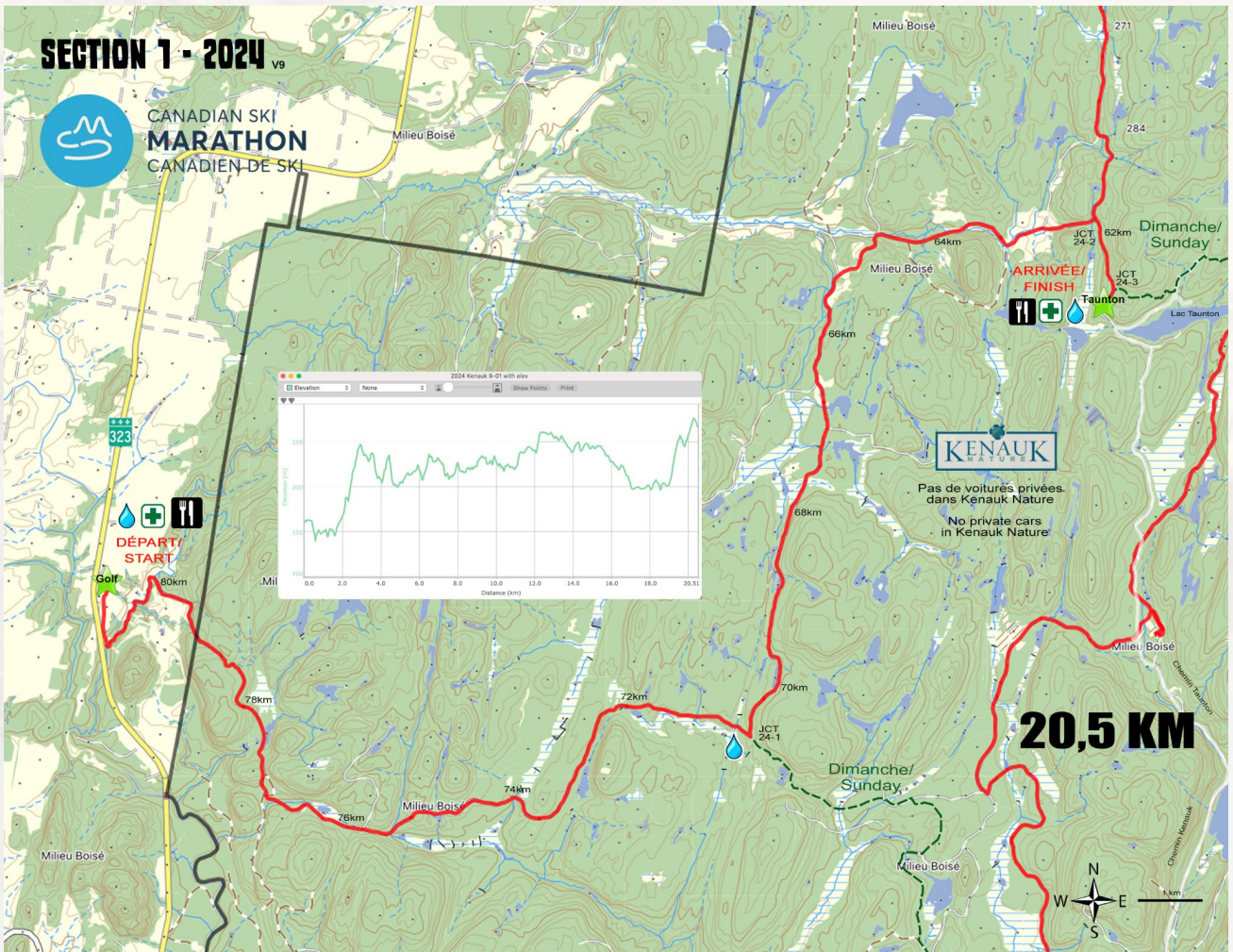
- Please generously share the track with other skiers. Be courteous and respectful to make the day enjoyable and safe for all. We welcome skiers of all abilities.
- CSM trails are prepared for the “classic” technique only. Please refrain from damaging the set track by skate skiing on it.
- The dual tracks, where they exist, allow for SLOWER SKIERS to use the RIGHT LANE. Faster skiers, or when passing, use the LEFT LANE.
- If you stop to rest, eat or wax, step off the track, allowing others to pass easily and safely.
- If you fall, clear the track as quickly as possible. Repair the track if possible/needed.
- To avoid disappointment at award time, be sure to have your bib marked at both IN and OUT gates of each checkpoint by the volunteer. Your bib will be verified by awards personnel before your award is issued in Papineauville High School at the conclusion of your weekend.
- 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.
- Children 12 years and under must always be accompanied by an adult.
- No pets are permitted on the trail.
- Pulkas with skis will only be permitted on the last section of trail each day. Please exercise caution around them.
- Please be considerate to any snowmobilers you meet. Keep in mind that snowmobilers provide important emergency rescue services, assist us at trail intersections and road crossings, and help prepare the trail.
- Do not leave any waste or equipment on the trail.

The 2024 Trail



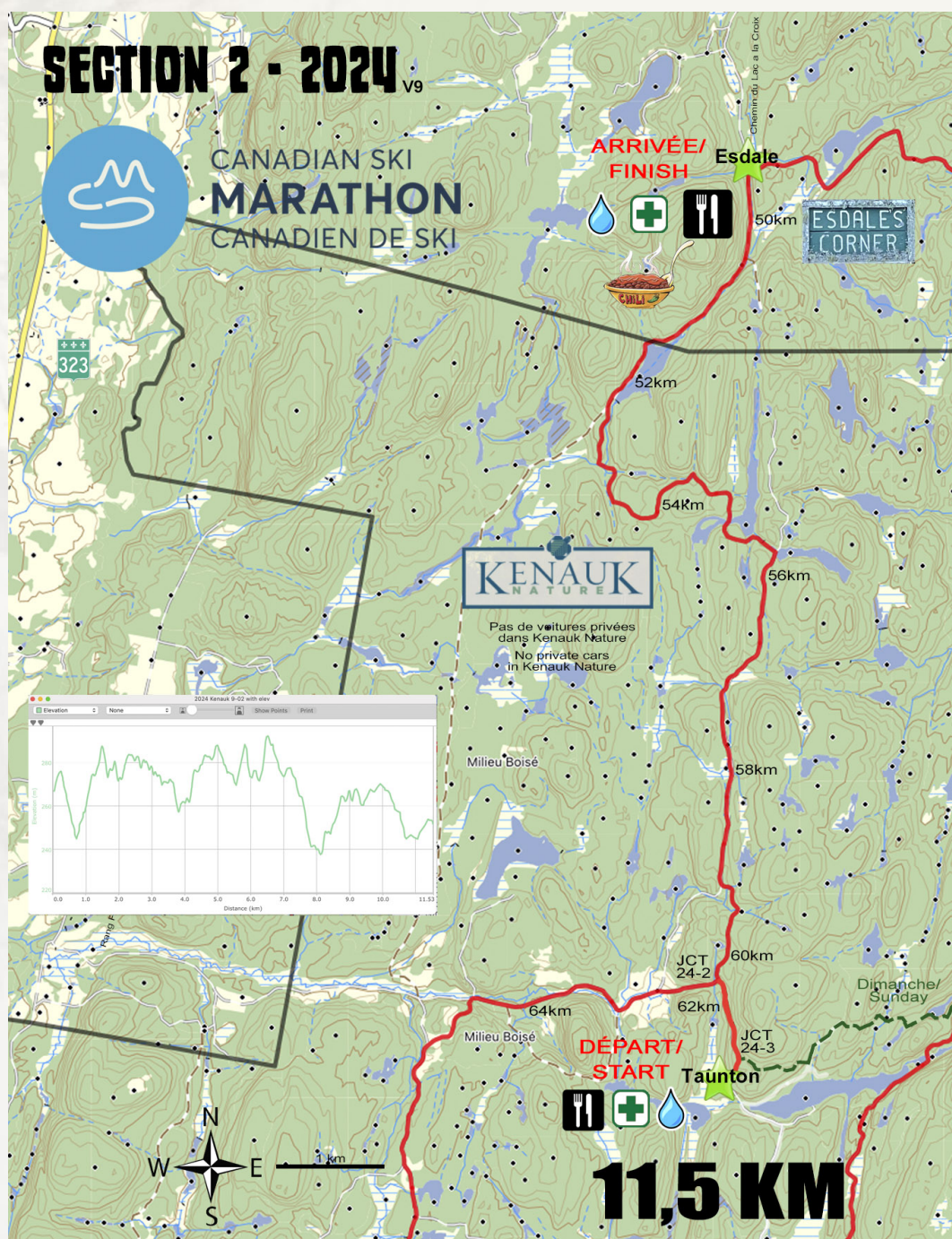
ATTENTION: Check the CSM website closer to the event weekend for the most up-to-date map information. Even then, please note that these trail maps are based on information received at the time of the trail being initially groomed, and may be slightly different by the date of the marathon.

Saturday



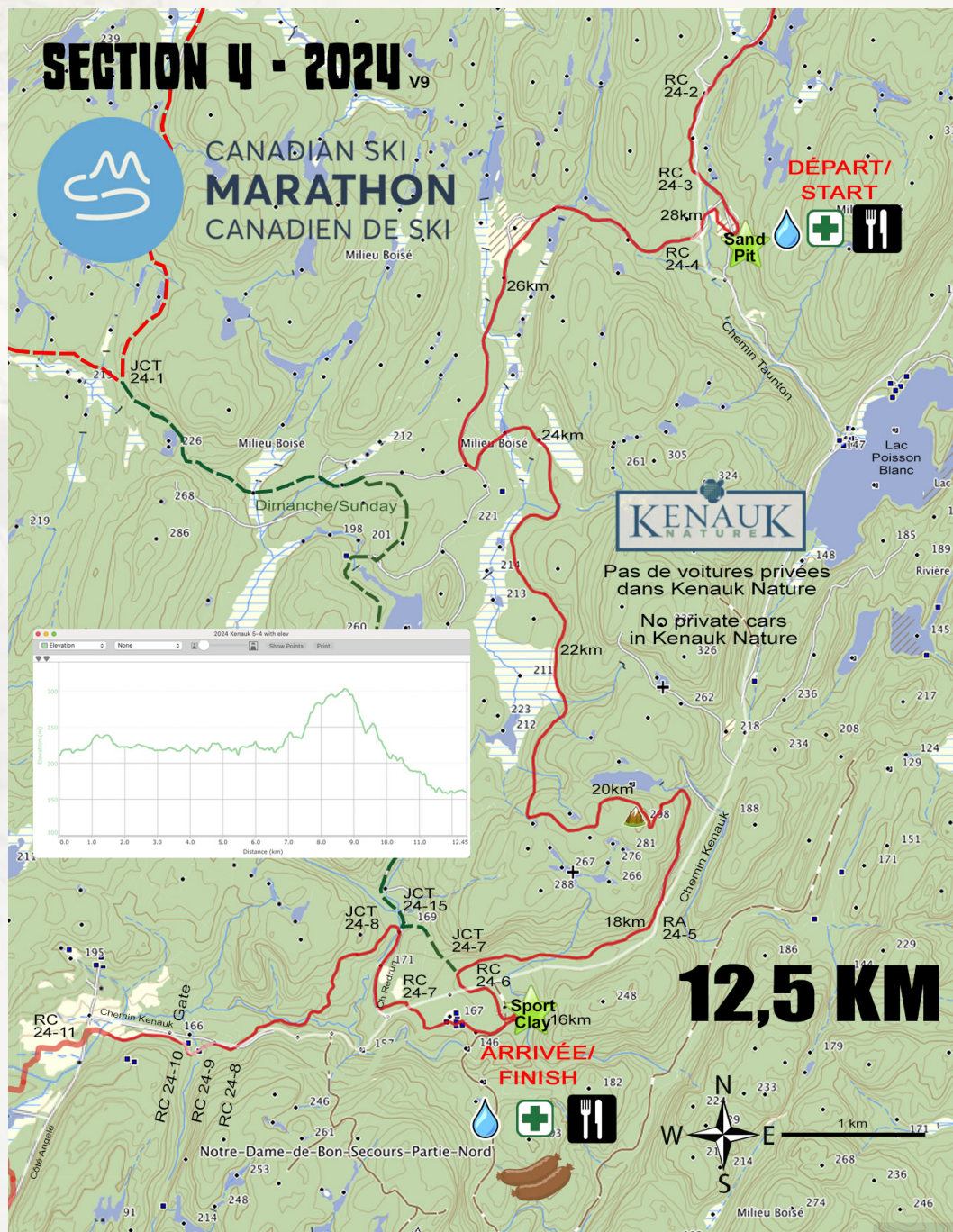
Section 1 – 19.6 km – Intermediate

The trail starts at the Golf Héritage golf course with a steep descent on the first fairway then passes through a wooded river valley and starts a long climb, gaining 100m, into Kenauk Nature. It follows the Sugarbush Road with its many turns and hills, then heads north on the historic Bourassa Road, which was the main horse and buggy road from Montebello to St Jovite during the 1800's and later became a favorite ski route of the legendary Jack Rabbit Johannsen. The first kilometer is climbing, then there is a reward with 5km of downhill, but it finishes with a half kilometer climb to the checkpoint near Lac Taunton. There are no intermediate water stations so bring snacks and water.
(570m ascent, 470m descent)



Section 2 – 11.5 km – Easy to Intermediate

The trail turns north from Lac Taunton and follows the road to Lac Surprise with gentle ups and downs. Then it heads east and weaves between large hills before rejoining the old Bourassa Road. The final 1.5km descends on a narrow trail to Esdale's Corner on Chemin du Lac a la Croix. Tourer 4 skiers starting here will have to walk 330m from the bus up a plowed road/hill to reach the checkpoint. (280m ascent, 290m descent)



Section 4 – 12.5 km – Intermediate Level

The trail continues on summer roads through the forest of the Kenauk Nature. At the halfway point, the trail leaves the roads and uses the rugged Balsam trail with lots of hills designed to challenge the skier. The last 4km is all downhill, including a descent of 100m over 1.5km. It finishes in the sheltered opening of Kenauk's Sporting Clay site, the same location as CP5 of the eastern CSM trail. (290m ascent, 340m descent)

Sunday



Section 6 – 15.8 km (13.5 km CdB Gold) – Easy level

The Sunday trail starts at the Notre-Dame de Bonsecours church in Montebello, the same place that skiers finished on Saturday and follows the same winding trail through the forest as in section 5. It starts with 8km of gentle climbing, including the underpass of Autoroute 50. The second half is a gradual downhill, passing the entrance pavilion of Kenauk Nature and finishing at the well-known and protected Sporting Clay site. (500m ascent, 390m descent)



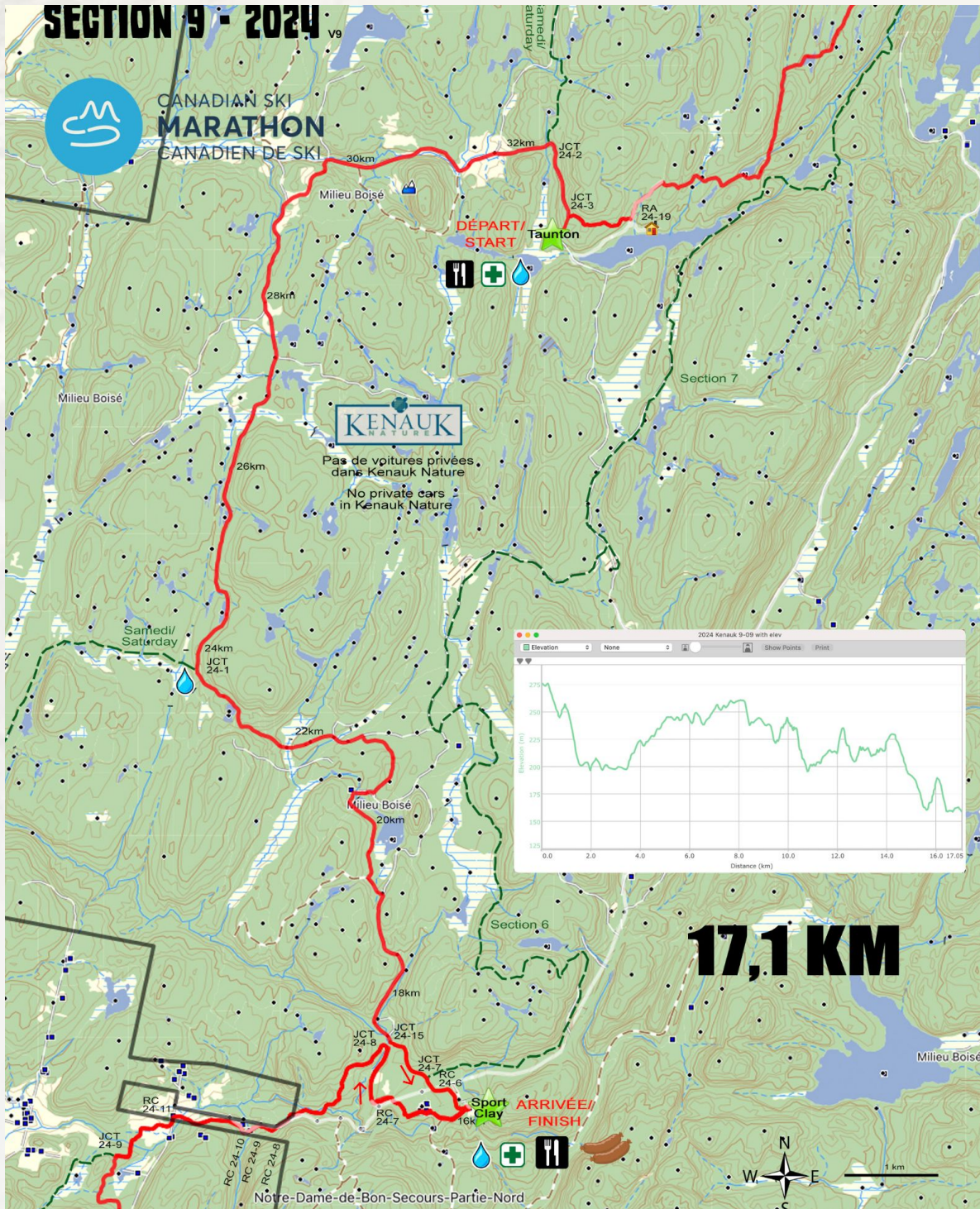
Section 7 – 12.5 km – Intermediate

This section starts with 4km of climbing on the challenging Balsam trail. After the peak, the trail descends for 1km, then the remaining 7 km has gentle ups and downs. The last 4km follows the Redrun road into the sand pit checkpoint. (340m ascent, 290m descent)



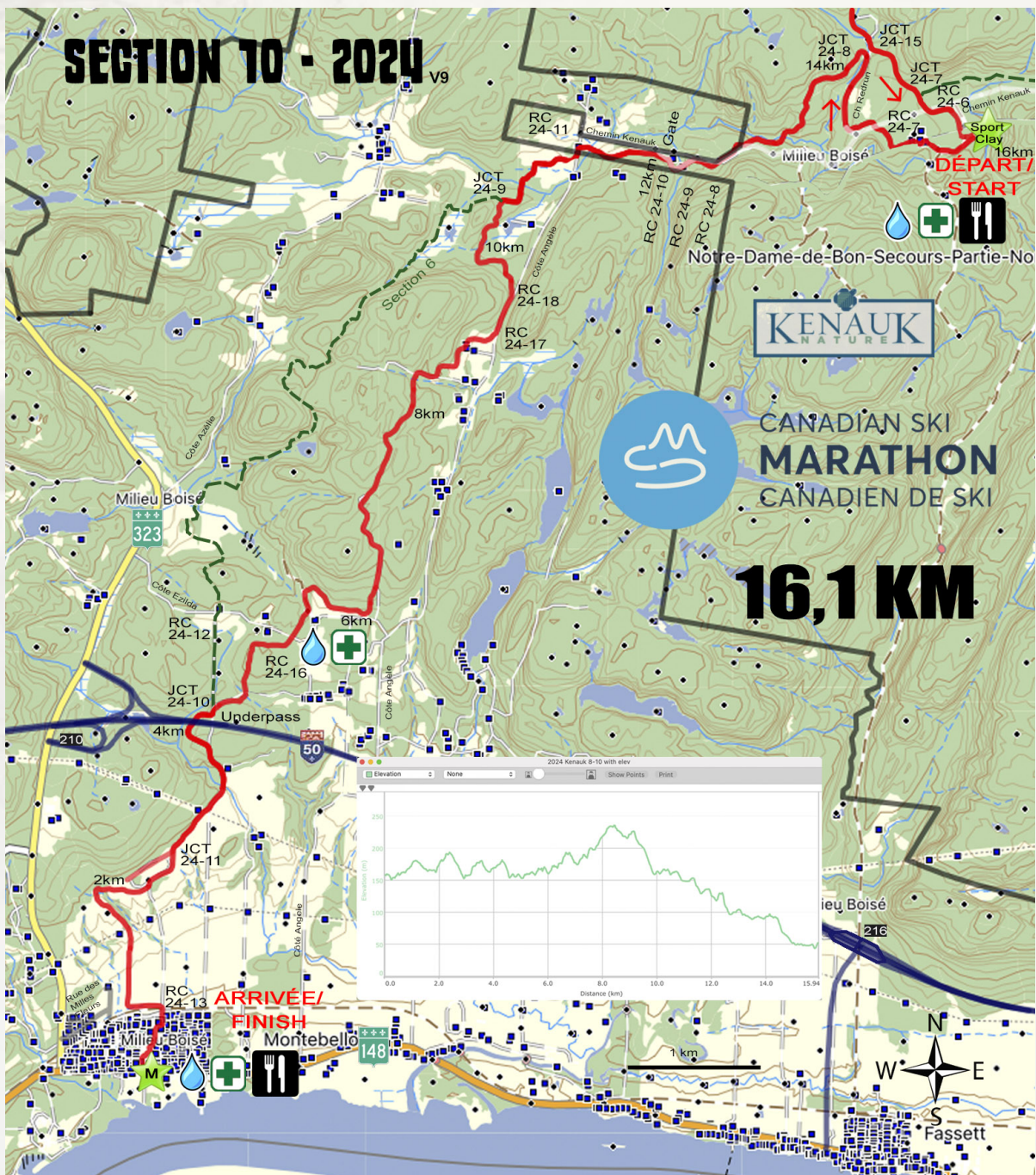
Section 8 – 19.1 km – Difficult

This long and challenging section starts with 6km of gentle hills leading to a water point just after Lac Taunton. It then follows Kenauk Nature's regularly groomed trail called the Lucky Loop. The northern leg of the Loop involves descending while the southern leg is a long climb. Heading west from the Loop, it has steep hills while passing north of Lac Taunton and finishing at the same checkpoint as used on Saturday. (570m ascent, 520m descent)



Section 9 – 17.1 km – Easy to Intermediate

The trail starts with a 2km descent followed by 6km of gentle climbing on Bourassa Road. It then continues on Bourassa, Sugarbush and Redrun roads and is generally downhill, ending at the Sporting Clay checkpoint. Tourer 2 skiers starting here will have to walk 330m from the bus up a plowed road/hill to reach the checkpoint. (330m ascent, 450m descent)



Section 10 – 16.1 km – Easy

The final section follows the tradition CSM eastern trail, departing the Kenauk Nature reserve and climbing gradually for 8km through the forest. The second half is a gradual downhill through the forest, crossing under the Autoroute, and continuing down through fields to the beautiful Montebello finish line. (360m ascent, 470m descent)

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 your own mug + reusable bag at the checkpoints
- This year we are significantly reducing the number of our disposable cups.
- Minimize your waste and use the proper disposal container: multi-purpose bins to allow waste sorting will be present at every checkpoint and at 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 using the CSM bus service.

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



Finishing Your Day and Getting Home

Skiers end their day on both Saturday and Sunday at the finish line in Montebello. If you are finished for the weekend, please deposit your timing chip in one of the buckets at the finish or give it to a volunteer.

When you make it to the finish line, congratulations! On Saturday and Sunday, please take advantage of the services available at Fabrique Notre-Dame de Bonsecours in Montebello: food and drink, flush toilets, first aid services and a heated space to relax before boarding your shuttle bus to the Papineauville dormitory, where you can pick up your medal, pick up your baggage, have a shower, enjoy dinner, retrieve your car, and catch the intercity bus back to Gatineau or Montreal. You can also pick up items lost and from Saturday or Sunday morning here. For items misplaced on Sunday afternoon or later, please contact the CSM office after the weekend.

The dinner purchased when you registered will take place at the Polyvalente in Papineauville. Don't forget to bring money for items on sale at the dinner!

If you paid for bus service when you registered, your bus will depart from Papineauville. As always, please remember to **return your timing chip** before boarding your bus!

Bus service [From Montebello](#)

Sunday February 11, 2024

Departure point	Departure time	Destination	Arrival time
Papineauville École Louis-Joseph Papineau	7:00pm	Montreal (Gare d'autocars de Montréal, 1717 Berri)	9:00pm
Papineauville École Louis-Joseph Papineau	5:00pm	Gatineau (Nicolas-Gatineau High School)	6:00pm
Papineauville École Louis-Joseph Papineau	7:00pm	Gatineau (Nicolas-Gatineau High School)	8:00pm

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 www.zone4.ca/event/2024CSM. 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 two weeks after the event.

Lost and found items not claimed during the weekend will be sent to the CSM office in Montebello. 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 of \$75.

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 visit <https://skimarathon.ca/csm-ambassadors/>

Need More Information?

When you're at the CSM, help is always available! At the dorms, please go to the registration table or information booth to ask our volunteers. At checkpoints, our checkpoint leaders will be happy to answer your questions or help you get the information you need. And the CSM office is also just a phone call away. During the event you can call (819) 592-7866, or 1-877-770-6556 to get in touch with our staff.