

60th CANADIAN SKI MARATHON

Skier's Guide 2026

Québec

KENAUKE

AFA
affaires & humains

PEMBROKE
PRIVATE WEALTH MANAGEMENT

OUTAOUAIS

OUTAOUAIS

HARFANG

Marathon canadien de ski

Mot du gouvernement du Québec



Déjà 60 ans pour le Marathon canadien de ski

Le gouvernement du Québec est heureux de soutenir le Marathon canadien de ski, qui fait vivre, depuis maintenant 60 ans, une expérience mémorable à toutes les personnes participantes. Je tiens à féliciter l'ensemble de l'équipe organisatrice pour le succès de ce rendez-vous sportif.

Nos festivals et événements rehaussent notre offre touristique en attirant des membres de la population et des visiteurs avides de découvertes et d'activités en tout genre en cette période hivernale. Ils représentent une vitrine exceptionnelle et contribuent au développement économique ainsi qu'au rayonnement de toutes nos régions. Ils permettent ainsi de positionner le Québec comme destination hivernale par excellence.

En cette occasion, j'invite chaleureusement les touristes à profiter de leur séjour pour se laisser charmer par les multiples attraits de la région de l'Outaouais.

Bon marathon!

La ministre du Tourisme
et ministre responsable de la région du Bas-Saint-Laurent
et de la région de la Gaspésie—Îles-de-la-Madeleine,

Amélie Dionne

Votre
gouvernement

Québec 

A Word from the CSM President

Welcome to the 60th anniversary of the iconic Canadian Ski Marathon!

When Don McLeod created this amazing event in 1967, I wonder if he had any idea that it would be so successful and long-lasting. When he proposed the event to the Canadian Centennial Committee, they turned it down and said “It could not possibly succeed because nothing of that degree of magnitude was ever done before in Canada”. The committee actually warned him against proceeding because “We don’t think that it will ever materialize”. But Don was determined to push on without their support and he did. 400 skiers participated, ranging from five years old to the 90-year-old Jackrabbit Johannsen himself. They started at the Fairview Mall in Pointe Claire and skied for 120 miles (192km) over three days, frequently on railway tracks, finishing on the Rideau Canal in downtown Ottawa.

The event has come a long way since then. It quickly changed to a two-day, 100-mile (160km) route and for many decades ran from Lachute to Gatineau and back in alternate years. In 2018, the Northern Trail was added to the mix, allowing different combinations over the two days. All of these combinations had one thing in common – extensive use of the trails in Kenauk Nature. Without their partnership and cooperation, this event would not be possible.

As you study this year’s special poster drawn by Ottawa artist Paul Mason, you will see that each cartoon encompasses an important aspect of the event’s history. How can we forget the Bobsled, the 1998 ice storm, the years with too little snow, the years with too much snow, bone-chilling temperatures, Claude Bélanger Gold Camps, cows and horses on the trail, the launch of the Rouge River Race (that became the Gatineau Loppet), Ski at School, Jackrabbit’s 150th birthday, skiing down the main street of Lachute? The list goes on.

How is this possible? I think there are several reasons - the passion and dedication of our returning skiers, the non-competitive nature of the event, the inclusion of all ranges of skiers from families with children to the Gold Coureurs des Bois, the sense of adventure and personal challenge, the magical winter setting in the Laurentians, the dedicated volunteers at the dormitories, checkpoints, and on the Board, etc. From an operational perspective, it takes continuous adaptation to changing circumstances to make sure the event proceeds against so many odds. We are experts at Plans B/C/D and cancellation is not in our DNA.

The event would also not be possible each year without the generous support of our Platinum sponsors – Tourisme Quebec, Pembroke and AFA, plus the contributions of the Kenauk Nature, our numerous private landowners, Montebello and the Petite-Nation communities, our major contractors, suppliers, and sports stores, and the individual donations by so many of you. Thank you!

So where will we be in the next 60 years?

Chris Teron - President



A Word from the CSM Event Director

Dear skiers,

Hello and welcome!

I am the new guy in town, brand new to the world of marathon skiing. That said, I don't arrive empty-handed. I come from many years of organizing and supporting alpine ski events, a world where chairlifts take you up, and gravity does the rest.

Over the past two months, as I've learned the ins and outs of the Canadian Ski Marathon, I've met some truly remarkable people. Volunteers, organizers, partners; individuals whose passion and quiet determination have kept this extraordinary event alive year after year. It didn't take long to understand that the challenge of creating a 160 km trail that doesn't exist the rest of the year is, in many ways, just as demanding as the challenge you face when you step onto the starting line.

In alpine skiing, athletes spend years refining technique, speed, and precision. I deeply respect that world, and I love it. But what you are preparing for here is different.

Unlike ski racing, there is no clock chasing you. This is not about time, nor about beating the rest of the field. It's not about gold, silver, or bronze. It's about personal goals, about testing your limits, managing the unexpected, and discovering what you're capable of when the trail stretches far beyond your comfort zone.

Your challenge is a journey. One that comes at the end of months of physical and mental preparation, persistence, doubt, and resolve. There are no lifts here. Every kilometre is earned.

My role, alongside an incredible team of volunteers and staff, is to make that journey as safe, meaningful, and memorable as possible. Yours is to live it, one glide at a time.

The Canadian Ski Marathon is not just about distance or endurance. It's about commitment, community, and the quiet moments on the trail that stay with you long after the snow is gone. Thank you for being part of this adventure. We're honored to share it with you.

I look forward to seeing you on the trail.

Daniel Paul Lavallée – Event Director



Welcome to the Canadian Ski Marathon

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:

- [Getting to the CSM](#)
- [Weekend Schedule of Activities](#)
- [Picking up Your Skier Kit](#)
- [Dormitory Information](#)
- [Starting Your CSM](#)
- [Bus Schedule](#)
- [Checkpoints](#)
- [Safety on the Trail](#)
- [Trail Information](#)
- [Finishing Your Day and Getting Home](#)
- [After the Event](#)
- [Skier's Code of Conduct](#)



Getting to the CSM

This year's edition of the CSM will take place across the beautiful region between the City of Mont Tremblant and Montebello, QC, with Sunday's trail almost entirely in the beautiful Kenauk Nature reserve.

Many skiers take one of the buses that are available (for a fee). Others drive. This section covers both.

Driving to the CSM

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. Spectators and friends of skiers are encouraged to park at the finish line to cheer on our participants!

Free parking is available at the CSM dormitory (Polyvalente Louis-Joseph-Papineau), 378 rue Papineau, Papineauville QC J0V 1R0. Limited street parking is also available in the village of Montebello; a parking lot is available 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 150 m, 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 800 m 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 600 m. Turn left onto Rue Bonsecours, the Start/Finish will be on the right.

Bus service to Montebello (tickets must be purchased during registration)

Friday, February 6, 2026

Departure point	Departure time	Destination	Arrival time
Gatineau (Nicolas-Gatineau High School)	18:30	Papineauville Dorm (École Louis-Joseph Papineau)	19:30
		Chateau Montebello	19:45
		Gold Dorm	21:00
Montreal (Gare d'autocars de Montréal, 1717 Berri)	17:00	Papineauville Dorm (École Louis-Joseph Papineau)	19:45
		Chateau Montebello	20:00
		Gold Dorm	21:15

Bus service from Montebello (tickets must be purchased during registration)

Sunday February 8, 2026

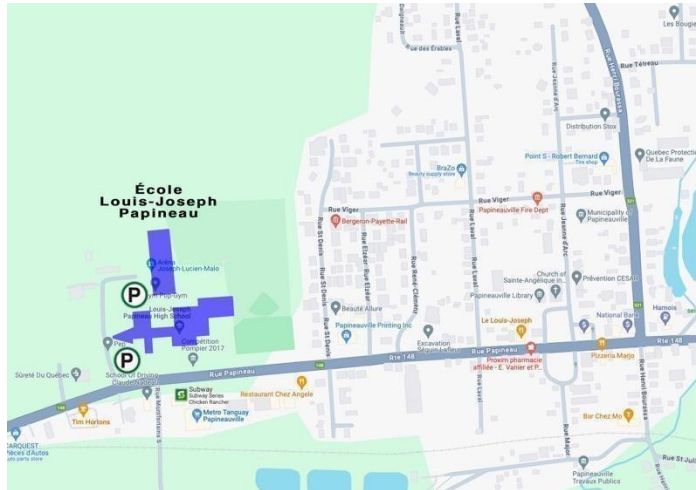
Departure point	Departure time	Destination	Arrival time
Papineauville Dorm (École Louis-Joseph Papineau)	19:00	Montreal (Gare d'autocars de Montréal, 1717 Berri)	21:00
Papineauville Dorm (École Louis-Joseph Papineau)	17:00	Gatineau (Nicolas-Gatineau High School)	18:00
Papineauville Dorm (École Louis-Joseph Papineau)	19:00	Gatineau (Nicolas-Gatineau High School)	20:00

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 showers, baggage
 - No parking in front of school, reserved for busses



378 rue Papineau Street
 Route 148
 Papineauville, QC
 JOV 1R0

- Fabrique Notre-Dame de Bonsecours
 Montebello
 - Sunday Finish



545 rue Notre-Dame (Route 148)
 Montebello, QC
 JOV 1L0

Weekend Schedule of Activities

Friday, February 6 th , 2026		
Heure	Activity	Location
17:00 – 21:00	Registration at the dorms	All dorms
17:00 – 23:00	Get your skier's kit	All dorms
19:00 Departure 20:00 Arrival	Shuttle for Gold Dorm	Papineauville H.S.
19:30 Departure 20:30 Arrival	Shuttle for Gold Dorm	Fairmont Château Montebello
19:30	Friends and family Night Ski	Fairmont Château Montebello
Time TBD	60 th Anniversary Expo	Fairmont Château Montebello

Saturday, February 7, 2026		
Time	Activity	Location
03:15 – 05:00	Gold CdB Breakfast	Gold Dorm
03:00 – 07:00	Breakfast	Papineauville Dorm
	Shuttle for Gold, Silver and Bronze Start	Bus Schedule p. 17
05:40	Gold CdB Start	Start Line
05:50	Silver CdB Start	Start Line
06:00	Bronze CdB Start	Start Line
	Shuttles for Tourer 5, 4, 3, 2, 1 Half-Marathon	Bus Schedule p. 17
	Shuttle for Tasters	Bus Schedule p. 17
12:00 – 19:00	Activities at Fun Finish	Golf Heritage
13:30 / 19:00	Hourly shuttles to Papineauville Dorm/ Château Montebello/ École St-Michel	Golf Heritage
17:00 – 20:00	Dinner	Papineauville Dorm

Sunday, February 8, 2026		
Time	Activity	Location
04:00 – 07:00	Breakfast	Papineauville Dorm
	Shuttle to Silver, Bronze Start	Bus Schedule p. 17
05:40	Gold CdB Start	Start Line
05:50	Silver CdB Start	Start Line
06:00	Bronze CdB Start	Start Line
	Shuttles for Tourer 5, 4, 3, 2, 1, Half-Marathon	Bus Schedule p. 17
	Shuttle for Tasters	Bus Schedule p. 17
09:00	Dorm Check-Out	
11:30 – 18:30	Fun activities at the finish!	Montebello
13:30 / 19:00	Hourly shuttles to Papineauville Dorm/ Château Montebello	Montebello

Picking up Your Skier's 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 1. The pick-up locations are:

- École Polyvalente Louis-Joseph-Papineau (CSM Dormitory), 378 rue Papineau, Papineauville QC - Friday 17:00 to Sunday 08:00
- Gold Dorm (dorm users ONLY) – Friday 17:00 to 23:00
- Saturday Start Line - Miller Quarry, 221 Route 327, Arundel, QC J0V 1P0) - Saturday 05:00 to 08:00 outdoors. (Only Coureur des Bois and Tourer 5 skiers can pick up their bib at this location.)
- Fairmont Château Montebello, 392 Rue Notre-Dame, Montebello QC – Friday 17:00 to Sunday 08:00

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!
- 60th Anniversary Badge
- The Official 2026 CSM Skier's Toque – courtesy of our sponsor, Pembroke Management Ltd
- The Official 2026 CSM Skier's Buff - courtesy of our sponsor, AFA
- 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 (but don't bury it deep inside 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 18:00) 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 <https://zone4.ca/event/2026/xON4mE/>, 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 a few weeks after the event, 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 17:00 on Friday to 09:00 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 03:00 and 07:00 on Saturday, 04:00 and 07:00 on Sunday, and dinner is served between 17:00 and 20:00 on Saturday.

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

On Sunday, all skiers must check out of their dorm rooms by 09:00. 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 on Friday night at the Gold Dorm located in Arundel. 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. Please note that this year there is absolutely **no parking** available on site at Gold Dorm – skiers are expected to park in Montebello or Papineauville and use the available shuttle buses to get to Gold Dorm.

Baggage service is also available at the dormitories. Any bags left at the designated baggage drop-off point at checkpoints will be delivered to the Polyvalente in Papineauville, unless a special tag is put on the bag indicating that it should go to the Château Montebello.

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 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. Bus schedules will be published closer to the CSM weekend.

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 will not be able to ski the number of sections you registered for. You will have to board a later bus that goes to a checkpoint further down the trail.

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

At the end of your day, a continual shuttle service will take skiers from the finish line (at Golf Heritage on Saturday and at Montebello on Sunday) back to the dorm in Papineauville or the Château Montebello, where skiers can return to their parked vehicles. If you parked at the overflow lot at the Montebello Marina, it is about a 10 minute walk from the finish line.



Bus Schedule

Saturday February 7th

Categories	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Time
Gold/Silver/Bronze	04:00	04:15	04:15	05:40 – 06:00
Half Marathon	09:45	10:00	10:15	11:15
Tourer 5	05:50	06:05	06:05	07:30
Tourer 4	07:00	07:15	07:30	09:00
Tourer 3	06:45	07:00	07:15	09:00
Tourer 2	09:30	09:45	10:00	11 :00
Tourer 1	11:30	11 :45	12 :00	13 :00
Tasters	10:00	10:15	10:30	11 :00

Sunday February 8th

Categories	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Time
Silver/Bronze	04:20	04:35	04:50	05:50 – 06:00
Half Marathon	09:15	09:30	09:45	10:45
Tourer 5	06:45	07:00	07:15	07:30
Tourer 4	07:30	07:45	08:00	09:00
Tourer 3	07:15	07:30	07:45	09:00
Tourer 2	09:45	10:00	10:15	11 :00
Tourer 1	11 :45	12 :00	12 :15	13 :00
Tasters	10:00	10:15	10:30	11 :00

If you miss your shuttle, please go to the information desk at your dorm.

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. Both vegan and gluten free options are available; for specific allergen information please talk to the checkpoint leader. Hot and cold liquids will be available along with a variety of finger foods and hot soup.

Checkpoints also provide a variety of other services to skiers including 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 Kenauk Nature, no spectators or non-participants will be allowed at checkpoints inside the reserve, instead we encourage friends and family to cheer on participants at the finish line in Montebello. Similarly, no visitors are permitted at the Coureurs des Bois Gold Camp.

The checkpoints for the 2026 CSM, other than the Start and Finish, are located in Kenauk Nature and near Boileau and Arundel on Saturday; and almost entirely within Kenauk Nature on Sunday. Operating hours are shown in tables below.

Checkpoint Starting and Closing Times - Saturday

Checkpoint	Start	Arundel	Boileau	Esdale	Taunton	Tasters	Finish
Start	5:40	09:00	09:00	11:00	13:00	11:00	N/A
Closing (Cut-off)	8:15	10:30	11:30	14:00	14:00 & 15:00*	11:15	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 Esdale before 14:00.

*The 15:00 closing time at Taunton applies only to Coureur des Bois, Half-Marathoners, and 4 & 5-Section Tourers who have skied ALL previous sections. All others MUST comply with the earlier closing.

Checkpoint Starting and Closing Times – Sunday

Checkpoint	Start	Taunton	Esdale	Sand Pit	Sporting Clay	Tasters	Finish
Start	5:50	09:00	09:00	11:00	13:00	11:00	N/A
Closing	8:15	11:00	12:00	14:00	14:00 & 15:30*	11:15	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 15:30 closing time** at Sporting Clay applies only to Coureur des Bois, Half-Marathoners, and 4 & 5-Section Tourers who have skied ALL previous sections. All others MUST comply with the earlier closing.

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 available at checkpoints. Any bags left with checkpoint staff will be transported to the dorm at Papineauville or, if a special tag is attached, to the Château Montebello,.

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

In case of emergency, call **911** if the injury is life-threatening. For other injuries, call **1-877-495-2176** 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 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 big 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 winter is flu season. Cover your mouth when sneezing and wash/sanitize your hands regularly; 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- 495-2176** to contact the CSM safety team.
3. If the injury allows the skier to move, move them off the track. Otherwise, make a track that will bypass them. 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 comfortable and warm. Do not leave them before the arrival of other skiers or relief.
5. Ensure the injured skier's Good Samaritan card is complete then have another skier take it to the staff at the closest checkpoint. Note the distance displayed on the trail marker closest to the site of injury and report it to safety personnel at the next checkpoint. Find

more info on being a CSM Good Samaritan at [HTTP://skimarathon.ca/skiers-info/csmgoodsamaritan/](http://skimarathon.ca/skiers-info/csmgoodsamaritan/)

6. Finish your section and tell the checkpoint leader of the time spent with the injured skier. You may be given credit for an uncompleted section if you miss a cut-off.

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 1-877-495-2176, 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 5 km or 2 km from the next checkpoint. These can 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 at Golf Heritage on Saturday and in Montebello on Sunday (i.e. each consecutive distance sign will decrease by an additional 2 km). 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.
1. 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.

Cellular Phone Coverage

Cellular coverage is available on some parts of the trail but not everywhere. Many modern cell phones can send text messages via satellite where there is no cellular coverage. Learn in advance if your phone has this feature and know how to use it.

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:

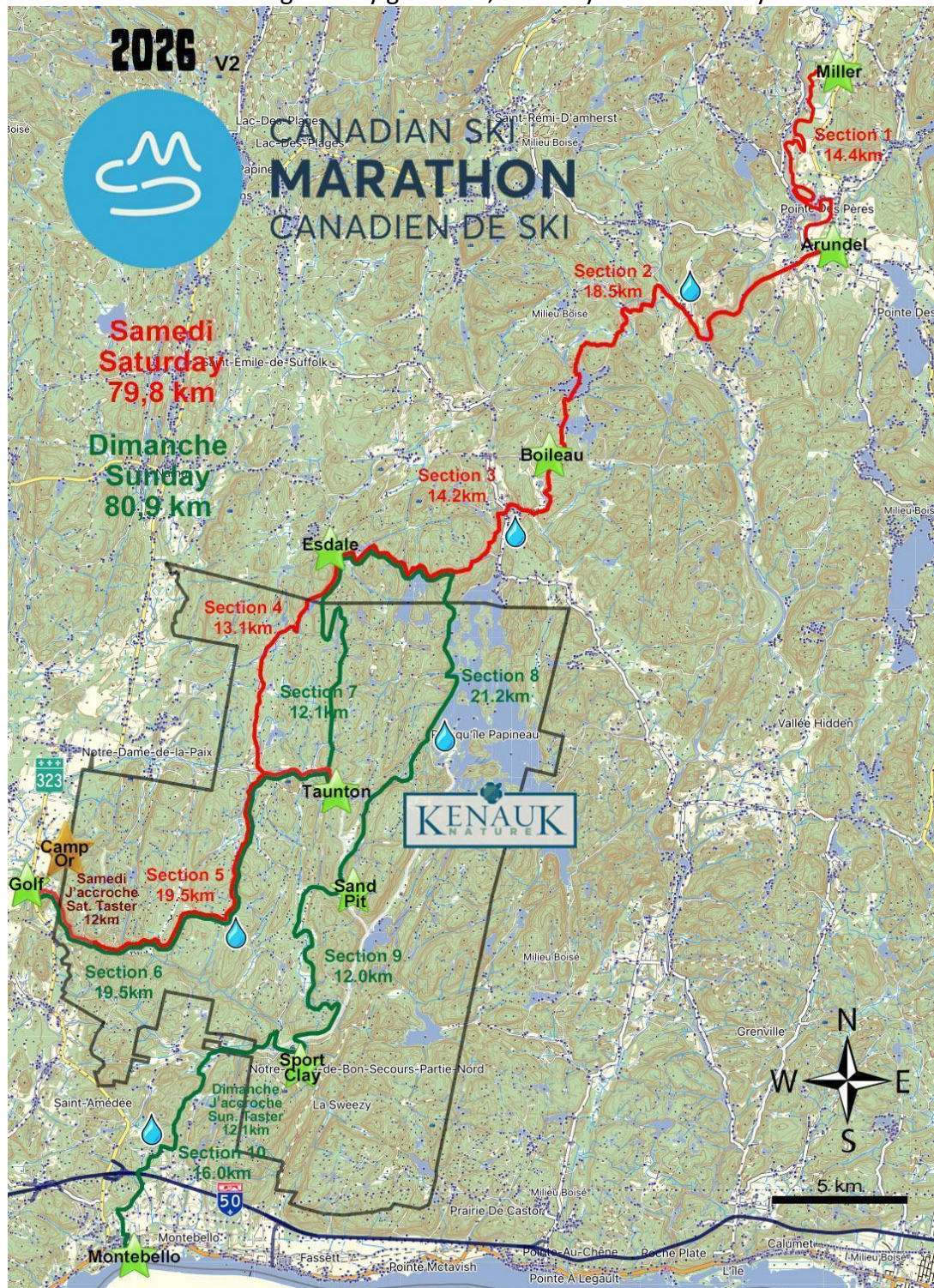
- Slow Tourers (5 - 7 km/h) will need 2.5 - 3 hours to ski most sections and up to 5 hours to ski the longest ones.
- Average Tourers (8 - 9 km/h) will need 2 - 2.5 hours to ski most sections and up to 3 hours to ski the longest ones.
- Fast Tourers (10 - 12 km/h) will need less than 2 - 2.5 hours to 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 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.
- Please remember that Gold Coureur des Bois skiers 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 toboggans, pulkas, or dogs are permitted on the trail.
- 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 2026 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 different by the date of the CSM.

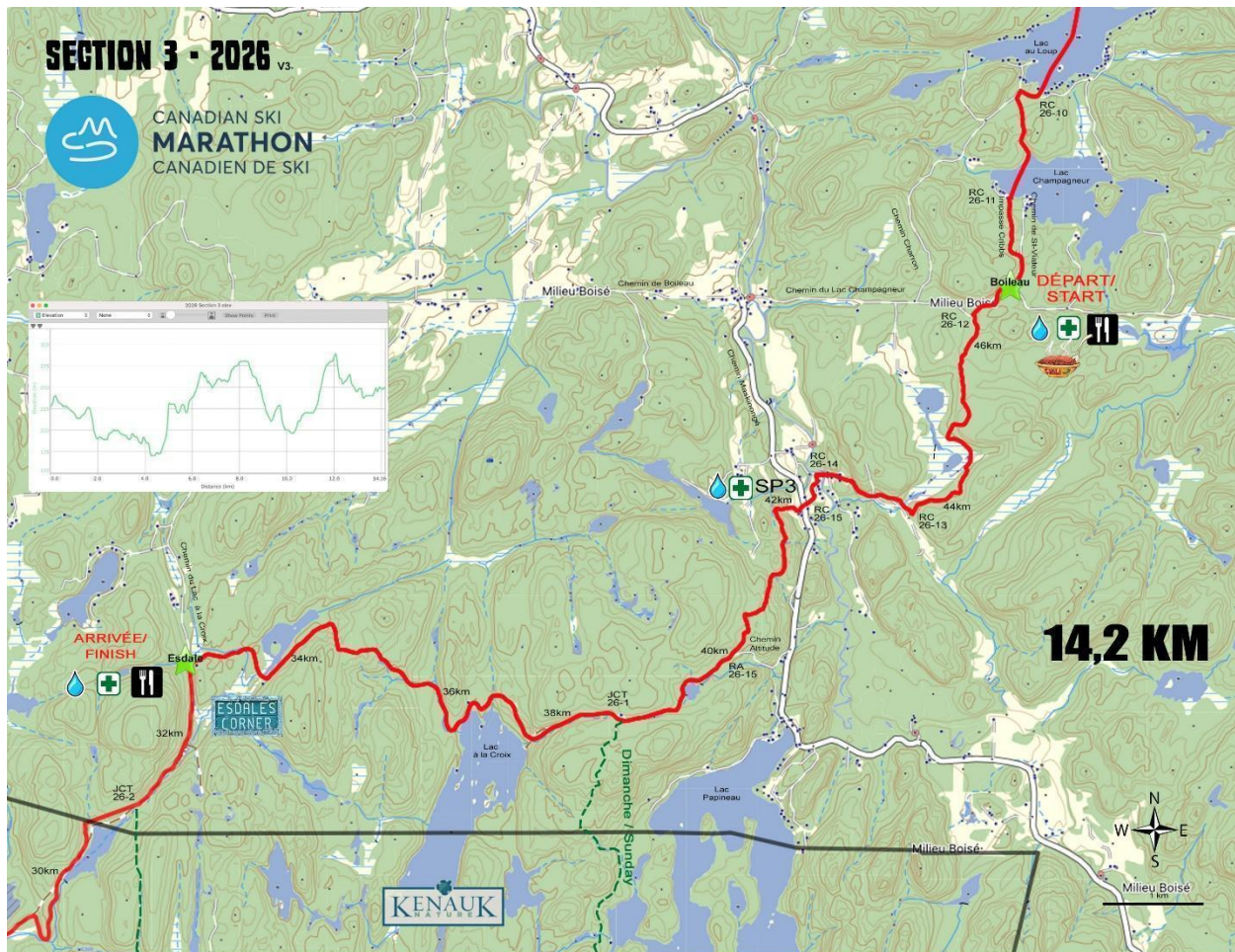




The trail has an interesting start in a large sand pit north of the town of Arundel. It passes through varied terrain including forests, open fields, another sand pit, and a pine tree farm before entering the Arundel Golf and Country Club. There are beautiful views of the Rouge River along the way. A portion of Section 1 is part of the Sentiers Loisir Arundel trails network, thank you for your valuable collaboration. The trail finishes through a corn field as it enters the town of Arundel, where skiers remove their skis and walk one block in town to the check point. (225m ascent, 260m descent)



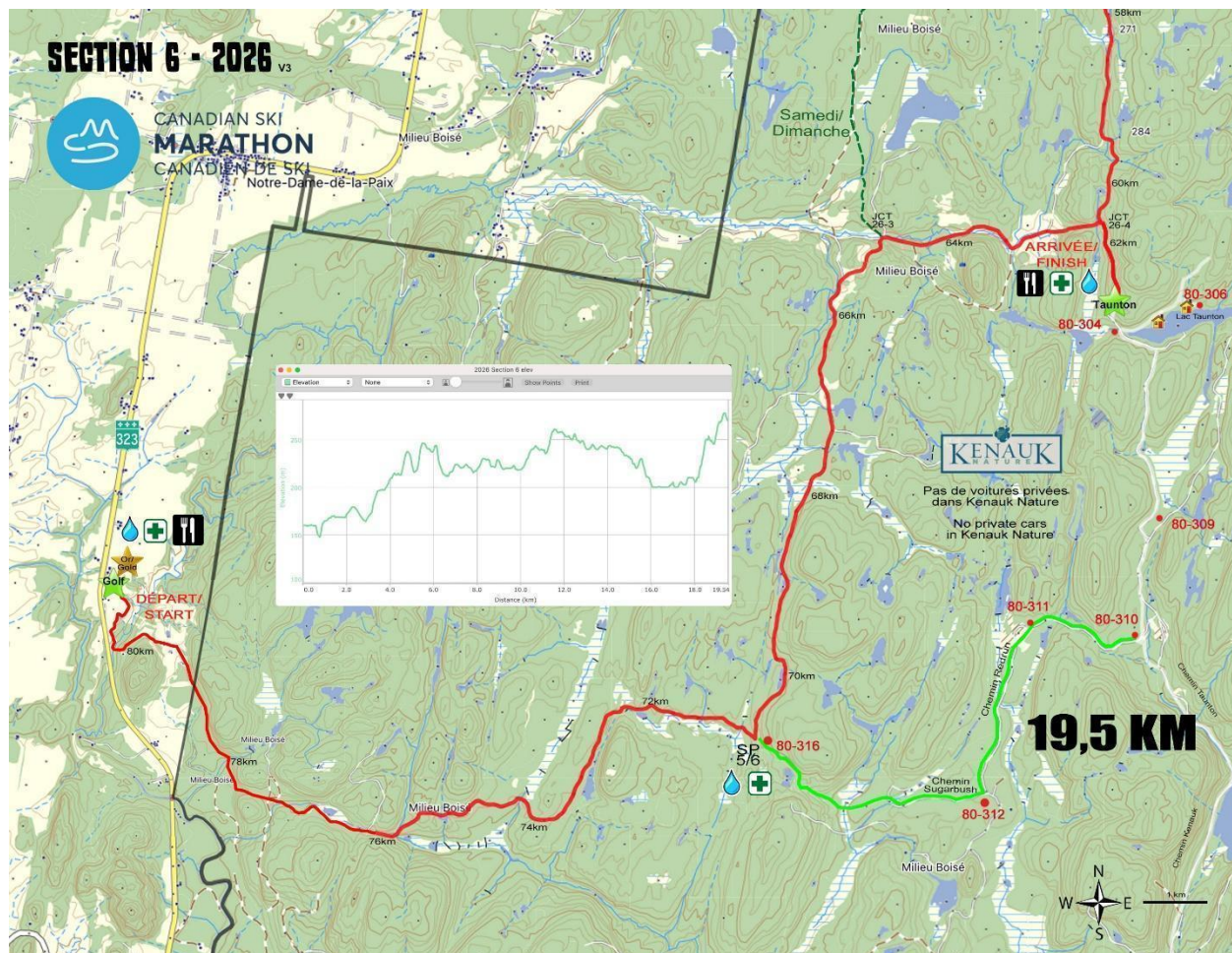
The trail starts for several kilometers on a gentle downhill using the Aerobic Corridor, which is the former railway track from St Sauveur to Amherst, and passes over a long trestle bridge over the Rouge River before entering the scenic Gray Valley. It then turns through a forest and follows a cottage road to Lac au Loup, then proceeds to nearby Lac Champagneur. It finally descends a cottage road before entering the checkpoint east of the town of Boileau. (260m ascent, 220m descent)



The trail continues through varied wooded countryside, passes alongside an open wetland then descends a hill and crosses over the Maskinongé River south of Boileau. It passes through a farm that has been used previously as a checkpoint and continues through hilly terrain toward Lac à la Croix. Previous Marathons that used the Northern Trail would then turn south through Kenauk Nature, heading to Montebello. This year, skiers turn west on a well-known Marathon trail, which includes a significant downhill to the shore of the lake and a climb back up, ending at the Esdale's Corner checkpoint. (370m ascent, 345m descent)



The trail starts with a 2km gentle climb from Esdale's Corner until it enters Kenauk Nature at Lac Wilson. Then it follows the historic Bourassa Road for 7.5km, 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 trail then turns east, goes around the side of Montagne du Loup and climbs up to the checkpoint near Lac Taunton. (190m ascent, 170m descent)



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 is a safety point halfway along the section with limited water, so bring snacks and water. (400m ascent, 510m descent)



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. (215m ascent, 225m descent)



Starting with two steady climbs and descents, this long and challenging section heads east around Lac à la Croix, then turns south, re-enters Kenauk Nature, and follows the traditional CSM northern trail through the heart of Kenauk. The center part of the trail is a series of fairly gentle ups and down toward Lac Taunton. The first waterpoint is 16km along the trail, so bring lots of water. After climbing out of the Taunton watershed, the last 2km are primarily a downhill glide to the checkpoint in a sand pit. (460m ascent, 495m 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
- Note that we have significantly reduced the number of disposable cups available in years past.
- 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 Saturday at Golf Heritage and on Sunday 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, services are available onsite at Golf Heritage – toilets, first aid, food, and a bar in the clubhouse! On 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 heater space to relax before boarding your shuttle bus to the Papineauville dormitory. On Sunday you can pick up medals and pre-purchased dinners at the finish line. Papineauville will also have baggage services, showers and intercity buses back to Gatineau or Montreal. For items misplaced on Sunday afternoon or later, please contact the CSM office after the weekend. As always, please remember to **return your timing chip** before boarding your bus!

Bus service From Montebello (tickets must be purchased during registration)

Sunday February 9, 2025

Departure point	Departure time	Destination	Arrival time
Papineauville (École Louis-Joseph Papineau)	19:00	Montreal (Gare d'autocars de Montréal, 1717 Berri)	21:00
Papineauville (École Louis-Joseph Papineau)	17:00	Gatineau (Nicolas-Gatineau High School)	18:00
Papineauville (École Louis-Joseph Papineau)	19:00	Gatineau (Nicolas-Gatineau High School)	20:00

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/2026/xON4mE/>. 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 several 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 for pickup.

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/>



Skier's Code of Conduct

As a participant in the Canadian Ski Marathon, you are expected to adhere to the following code of conduct to ensure a safe, enjoyable, and respectful experience for all:

Respect for Others

- Treat all participants, volunteers, staff, and spectators with respect and courtesy
- Refrain from using offensive language or engaging in disruptive behavior
- Be considerate of other skiers' abilities and space on the trail

Safety First

- Ski in control and adapt your speed to your ability, terrain, and weather conditions
- Choose your route carefully, especially when overtaking other skiers
- When stopping, move to the side of the trail to avoid obstructing others
- Assist other skiers in case of accidents or emergencies
- Carry your Good Samaritan Card
- Reach out to the safety team if you need assistance

Environmental Stewardship

- Respect the trail and surrounding environment
- Dispose of waste properly at designated areas.
- Stay on marked trails to protect the local ecosystem

Event Rules and Guidelines

- Familiarize yourself with and follow all event-specific rules and guidelines
- Respect course markings, checkpoints, and staff instructions
- Use only the designated trails for the event

Personal Responsibility

- Ensure you are physically prepared for your chosen challenge level
- Carry appropriate gear and supplies for the weather and distance you plan to ski
- Be honest about your completed distances and achievements

Sportsmanship

- Remember that the Canadian Ski Marathon is not a race but a personal challenge
- Encourage and support fellow participants in achieving their goals
- Celebrate your own and others' accomplishments, regardless of distance covered

Alcohol and Substances

- Refrain from skiing under the influence of alcohol or illegal substances
- Respect local laws and regulations regarding substance use

Representation

- Act as a positive ambassador for the sport of cross-country skiing and the Canadian Ski Marathon.
- Share your experience responsibly on social media, respecting others' privacy

Compliance and Reporting

- Adhere to this Code of Conduct throughout the entire event, including at checkpoints and accommodations
- Report any violations or safety concerns to event officials promptly

By participating in the Canadian Ski Marathon, you agree to uphold this Code of Conduct. Embrace the spirit of this unique event, challenge yourself, and enjoy the camaraderie of fellow ski enthusiasts in the beautiful Laurentian wilderness.

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 to get in touch with our staff.





CANADIAN SKI
MARATHON
CANADIEN DE SKI



**Merci
à Nos
Partenaires**

**Thank you
to our
Partners**

Platine / Platinum

Québec 

GESTION PRIVÉE DE PLACEMENT
PEMBROKE
PRIVATE WEALTH MANAGEMENT

AFA
affaires d'humains



Or / Gold

Fairmont
LE CHÂTEAU MONTEBELLO

Argent / Silver

OUTAOUAIS
tourismeoutaouais.com

BROCCOLINI

 **Strathmore**

Bronze



Partenaires / Partners



Equipement et Fartage / Equipment and Waxing



**espresso
sports**

 **BUSHTUKAH**



Autre / Other



**NOTRE-DAME-DE
BONSECOURS**

