

parc linéaire le P'tit Train du Nord



***A cycling adventure
in the Laurentians***

Piste Cyclable le P'tit Train du Nord – 200 km, 3 day trip St. Jérôme to Mont Laurier (or reverse)

Suggested Dates: July 28-30, 2001

6 youth and 1 leader \$600/7 = **\$85 each**
Camping fees . \$100 (3*\$33)
Cycling permit - \$70 (7*\$10)
Gas for vehicle - \$100
Maps . free pamphlet will suffice
Food - \$210 (7*\$10*3)
Minor bike repairs - \$30
Tents, packs, stoves, kitchen, personal gear - \$90 (\$30*3)

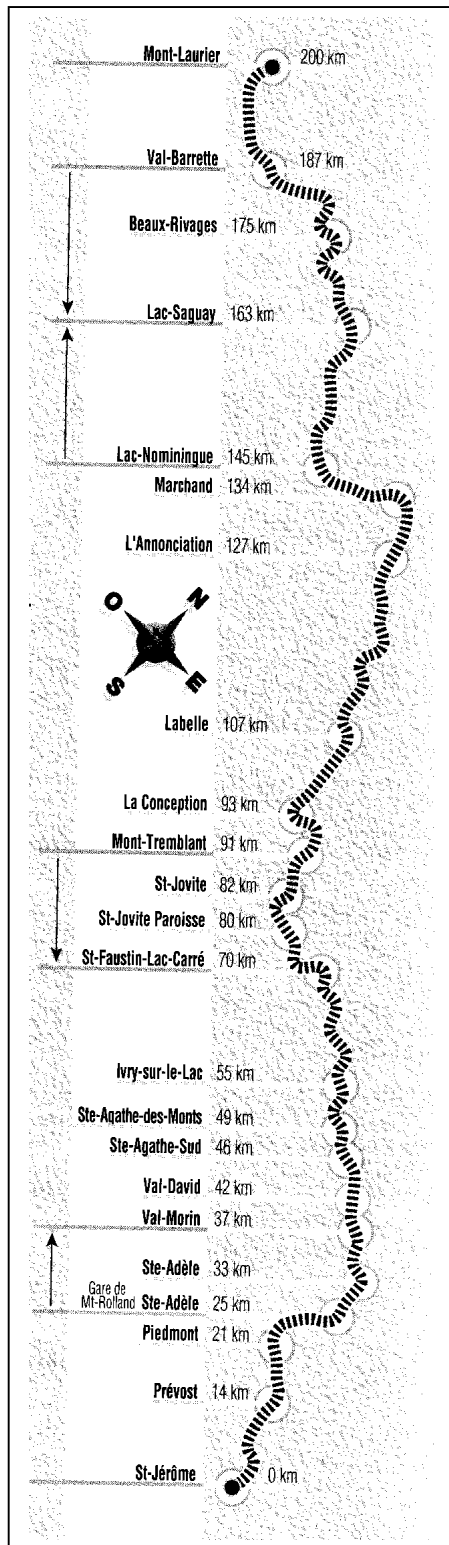
Abilities

Participants must be in reasonable shape and accustomed to cycling for a good part of the day. Progress will be much slower on the stone dust than on pavement. Cycling gloves and shorts are recommended to cushion body parts. A good sunscreen and insect repellent might be needed.

Logistics

For this trip, the leader will transport camping gear and tired or injured cyclists. A trailer or special racks are needed to transport all of the bikes and gear. For each day, the youth will start alone, and the leader will proceed to the lunch stop with the gear. He or she can then cycle in reverse direction until meeting the youth, and then all will proceed to the lunch stop. After lunch, the same scenario will be repeated, with the leader

proceeding to the night's camping spot, and then cycling back to meet the youth. Everyone must supply his or her own bike and tube repair kit.



This is the overall map of the trail, from St-Jérôme to Mont Laurier, Québec. The total distance is 200 km. It is about a 2-hour drive from Ottawa to St-Jérôme. Everyone must purchase a permit at the train station for \$10, which is good for any of the trails of the Réseau Verte in Québec.

Details

Starting in the south at St-Jérôme, a good lunch stop would be at Val-Morin (37km), and a camping place would be at St-Faustin-Lac-Carré (70 km). The recommended place is **Camping Desjardins**, 1045, rue de la Pisciculture, St-Faustin-Lac-Carré J0T 1J3 (819) 688-2179. They have special sites for bicycle campers.

The destination for the second day could be Lac-Nominique (75 km), with a lunch stop at Labelle (37 km). The recommended camping place is **Auberge La Maison du Pacifique**, 191, chemin des Groseillers, Lac-Nominique J0W 1R0 (819) 278-0679. They have a rough group campground right across the trail from the Auberge. There are also other campgrounds nearby which have not been tried.

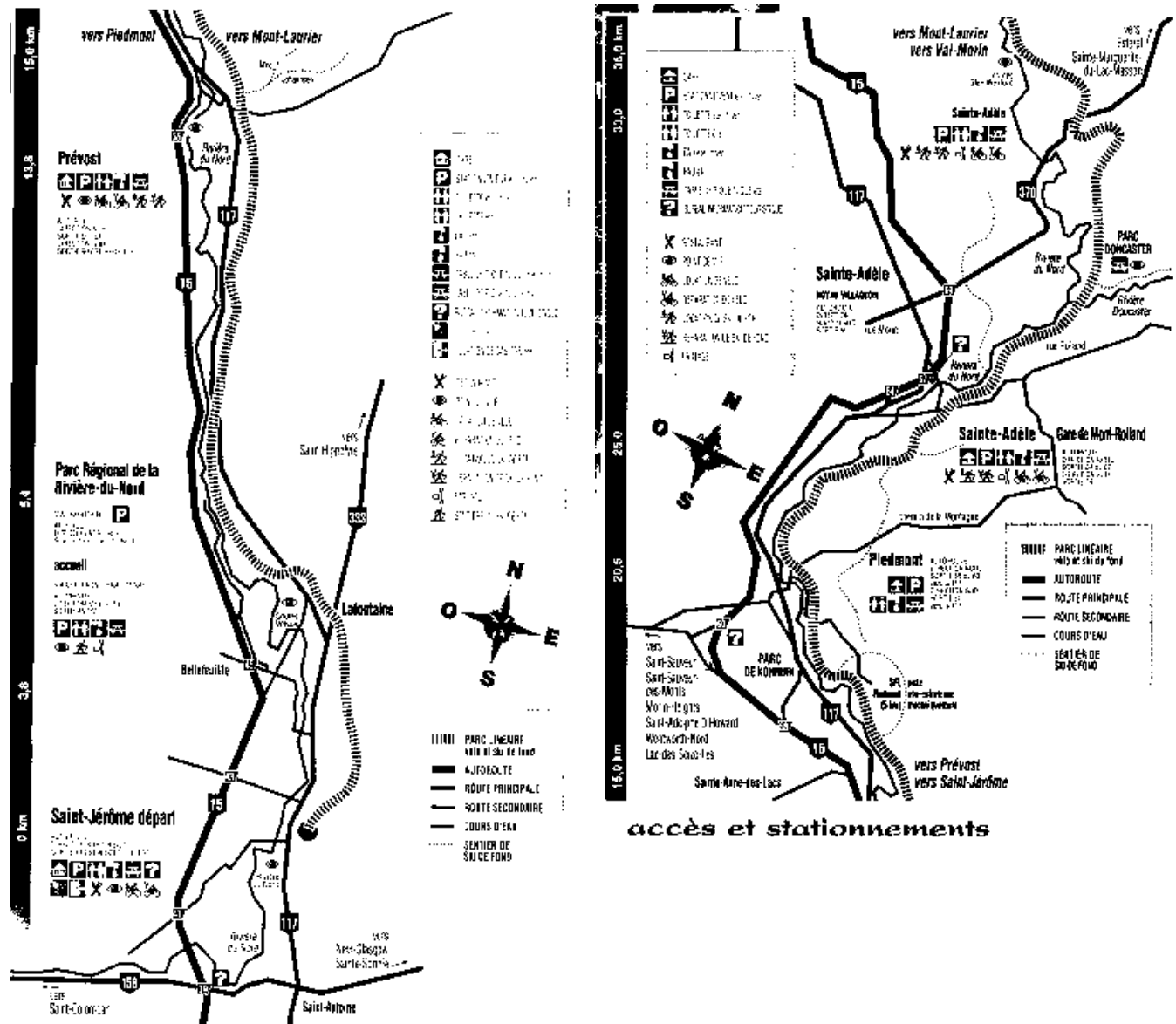
The third and last day is shorter but more remote until Mont Laurier (55 km). A lunch spot could be at Beaux-Rivages (30 km). The group could camp at Mont Laurier, or simply head for home if the leader is up to the drive.

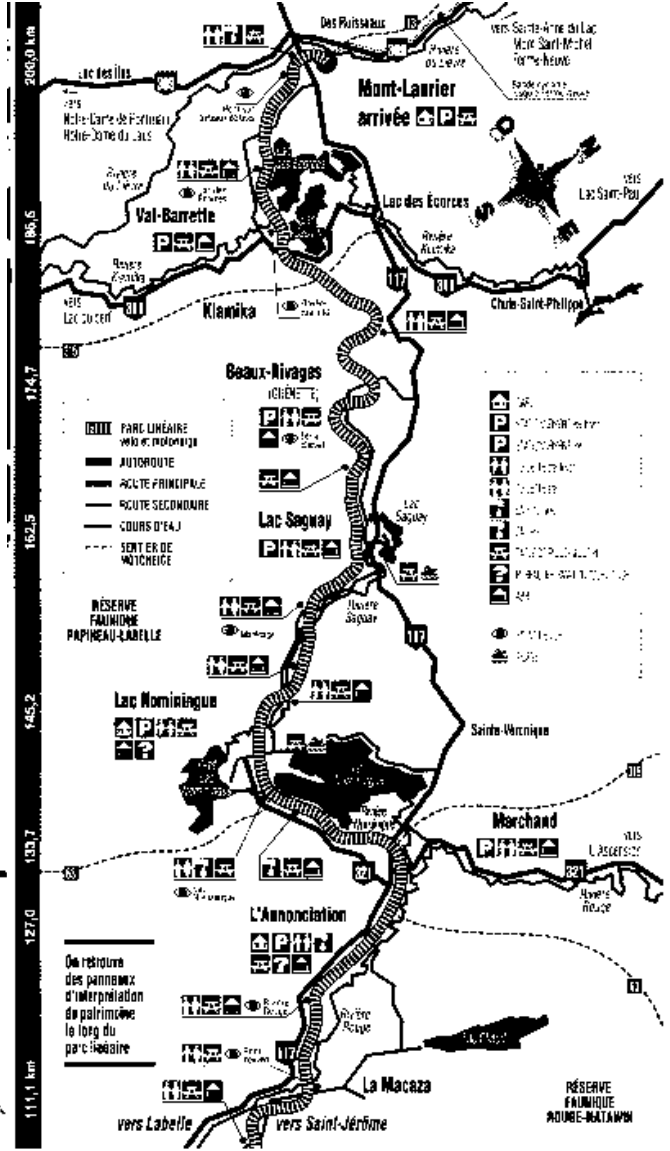
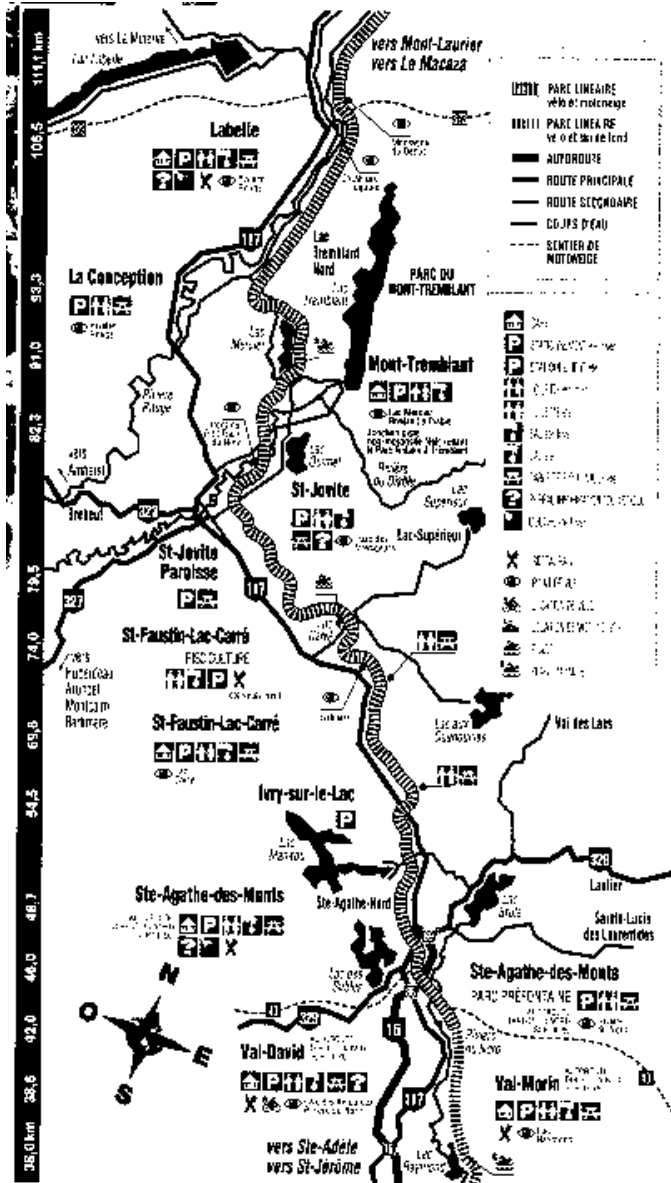
The trail can be hot and dusty. Everyone should carry a water bottle and fill it often. Dehydration is a common problem, but is easy to avoid. This is one time where lots of snacks would be a good idea. Except in the north, there are lots of places to get ice cream, pop, and other snacks. Everyone should also carry a spare inner tube and rain gear . a helmet is mandatory, of course.

Among the group, there should be an air pump, chain oil, and a few tools. Bikes should be checked and chains cleaned at the end of the day.

In the event of breakdown, there are repair shops along the way which will provide all you need. Cellular phones to communicate between the leader and the youth are a good idea, but availability of service could be a problem in places.

The trail follows three different river valleys, providing many scenic spots along the way. There are many places for a cool swim, too.





Reference

Parc linéaire le petit train du nord - free pamphlet available from Quebec tourist bureaus in the Outaouais and the Laurentians.