

# Randonnotes

Randonnée Aventure - Montreal's Friendly Outdoor Club

Winter 2010

## ABOUT RANDONNÉE AVENTURE

Randonnée Aventure, founded in 1986, is a non-profit, volunteer-run outdoor club for adults with about 300 members. We offer:

- Saturday and some Sunday bus trips to prime cycling, hiking, cross-country skiing and snowshoeing destinations within two hours of Montreal.
- Trips scouted to suit all levels from beginner to expert.
- Weekend getaways in scenic areas.
- Social events (parties, pub nights, etc.)
- Clinics and instructional classes for the different outdoor activities.

RANDONNÉE AVENTURE  
PO BOX 26541 RPO QUEEN MARY  
MONTREAL QC H3X 4B1  
514-489-0339  
info@randonnee.ca  
www.randonnee.ca

## Membership Information

The annual membership fee is \$25. Membership and activity fees must be paid with separate cheques. Regulations require trip and administrative expenses be paid from separate accounts. Your help is appreciated.

## Volunteers Needed

To volunteer, or to simply find out about helping the Club, contact us via voice mail or e-mail. This position is vacant:

**President** - Bob Yarnold is stepping down after four years. The main requirements are energy and enthusiasm to take the Club to the next level, and ensure its continued success. Compensation is the warm glow from giving back to a club that has afforded so much enjoyment and companionship. Also, working with the volunteers of the Management Committee, who do all the hard work while you take the credit! Email [yarnold@videotron.ca](mailto:yarnold@videotron.ca) for details.

## Cross-Country, Downhill & Snowshoeing Weekend

Jackson, New Hampshire  
Friday, January 29 – Sunday, January 31

We have a new destination this year: Jackson, New Hampshire (near North Conway). The renovated 100-year old Eagle Mountain House, up the hill on Carter Notch Road will be our home for the weekend. [www.eaglemountainhouse.com](http://www.eaglemountainhouse.com)

On Saturday, we will go to Bretton Woods to snowshoe and downhill ski, and cross-country on their 100-km of trails. [www.mountwashingtonresort.com](http://www.mountwashingtonresort.com).

On Sunday, we'll ski from our front door to the Jackson Cross-Country Ski Touring Centre, [www.jacksonxc.org](http://www.jacksonxc.org), and head to Pinkham Notch to snowshoe. Downhillers will have a chance to ski the renowned Wildcat Mountain. [www.skiwildcat.com](http://www.skiwildcat.com).

**Accommodation:** Rooms will be double occupancy. Meals include breakfast Saturday and Sunday, and dinner on Saturday.

**Cost:** \$280 if payment is received before December 11, \$300 after. Non-members must add a separate \$25 membership cheque.

**Includes:** Return transportation to Jackson, NH by luxury bus; double-occupancy accommodation for two nights; two breakfasts; dinner on Saturday night; all taxes and gratuities. Trail and lift fees are *not* included and will be your own responsibility. Please bring small bills and change.

You are responsible for your own lunches. The rooms have no refrigerators, but lunch is available at the ski centres. There are shelters along the trails where you can eat.

**Registration Deadline:** For the \$280 rate, payment must be received by Friday, December 11. Cheques must be payable to Randonnée Aventure. Once all available rooms are filled, additional registrations will be placed on a waiting list.

**Note:** If you need to rent equipment, you should do so in Montreal, as the choice there may be limited. Also, please indicate on the registration form if you require a vegetarian meal on Saturday.

**Departure Time:** From the southwest corner of Atwater and Ste-Catherine at 5:00 pm sharp on Friday, January 29.

**Note:** - This is an earlier departure time due to the longer ride and U.S. border crossing – don't be late!

Travel time is about four hours, depending on the border crossing time. There will be only a washroom stop on the way, so be sure you have eaten before leaving. For the return trip, we will depart the hotel at 4:00 pm and make a quick stop en route to pick up food to eat on the bus.

This is the most popular of Randonnée's weekends, so don't hesitate - fill in your registration form right away and send it in to secure your spot. I look forward to seeing you there!

**Contact:** Please leave a message on the Club voice mail for Susan Harris, the weekend coordinator.

## Canadian Ski Marathon

February 13 - 14, 2010

The 44th Canadian Ski Marathon (CSM) takes place on February 13 & 14. Why not join in the fun? The unique two-day event is based at Montebello, Quebec and was first held in 1967. It offers something for skiers of all levels, from 15 km per day on beautiful groomed trails, to challenging one's ability and endurance over the full distance of 160 km.

It is a great ski experience, emphasizing fitness, friendship and fun; it is not a race! For more information, see the CSM web site at: [www.csm-mcs.com](http://www.csm-mcs.com). If you want to join RA's Maxi Team for this event, check the applicable box on the registration form and leave a message for Dave Hawrysh on the Club voice mail (514-489-0339). Let's make our team the best ever for 2010!

## WINTER SPORTS 2010

Welcome to the 2010 RA winter season! Nine bus trips have been arranged to some of our favourite destinations for cross-country skiing and snowshoeing. Participants need their own equipment, since we do not have rentals. Be ready for any weather conditions, and bring a lunch and drinking water, even if food services are indicated. We may change the destination for better snow conditions, and there may not be all the listed facilities.

We're also offering something new this year - a chance to downhill ski on trip #9. Please mark the registration form if you are planning to downhill ski on this trip.

### Trip Registration

There are four ways to register for bus day trips:

- By mail
- At the Halloween Party sign-up
- With the Buy/Sell procedure the week of the trip (see last page)
- As a "walk-on" the day of the trip

Online registration is under development; we'll let you know when it's available.

Trail fees are included in the trip fee, except for downhill lift tickets and the Winter Weekend. All trips are on Saturday, and within Quebec. If conditions are poor at the scheduled destination an alternative will be sought. If none is available, the trip will be cancelled. In this case, an announcement will be on the Club voice mail Friday night, prior to the trip.

If you enjoy participating in RA's winter activities, why not consider helping in their planning? The Ski Committee is happy to welcome new volunteers. Your participation will help us to offer a well-organized and fun-filled season. Volunteers run all the ski trips, and first-time leaders are paired with experienced partners to show them the ropes. Don't hesitate to check the appropriate box on the registration form and come along to RA's Ski Committee meetings.

We look forward to a great season, just as you do, with your old and new RA friends!

### Ski Trip Prices

Regular day trips are \$35, or \$40 if paid after December 11. Book early and save!

### Bus Departure Times

**7:30 am - Atwater and Ste-Catherine** southwest corner (Atwater métro). Park on a nearby residential street.

**7:45 am - Queen Mary and Décarie Blvd.** (Snowdon métro) on the northeast corner.

**8:00 am - Harvey's Restaurant, 7475** Décarie, near Jean Talon at Namur métro. Do not park in the Harvey's lot.

**Note: Trips 3 and 8 are extended trips, with only one pickup point at Harvey's at 7:30 am and one drop-off.**

### Levels of Difficulty

**E** - Easy

**M** - Moderate

**D** - Difficult

**S** - Skating

Ratings may vary among ski centres, always verify difficulty and conditions before starting.

### Cross-Country Ski & Snowshoe Day Trips

Trip #	Date	Levels	Destination
1	January 2	E M D S	<b>Parc du Mont-Tremblant, Lac Monroe</b> - Ski and snowshoe, 56 km of ski trails, snack bar, showers. <a href="http://www.sepaq.com">www.sepaq.com</a>
2	January 9	E M D S	<b>Domaine St-Bernard, Mont-Tremblant</b> - Ski and snowshoe, 75 km of ski trails, 18 km of snowshoe trails, cafeteria. <a href="http://www.skidfondmont-tremblant.com">www.skidfondmont-tremblant.com</a>
3	January 16	E M D S	<b>Parc Gatineau, Chelsea</b> - Ski and snowshoe, this will be an <b>extended trip with one pickup at 7:30 am at Harvey's</b> . <a href="http://www.capitaledecanada.gc.ca/gatineau">www.capitaledecanada.gc.ca/gatineau</a>
4	January 23	E M D	<b>Far Hills, Val-Morin</b> - Ski and snowshoe. A very popular destination with extensive ski and snowshoe trails, with access to Val-David ski trails. <a href="http://www.farhillsinn.com">www.farhillsinn.com</a>
5	February 6	E M D S	<b>Forêt Ouareau, Saint-Donat</b> - Ski and snowshoe, backcountry (ungroomed trails), 29 km of groomed trails, 13 km of snowshoe trails. <b>Note:</b> Facilities are small and rustic with an <b>outdoor toilet</b> . Bring a lunch, as there are no food services. Pub stop in the village on the way home.
6	February 13	M D	<b>Parc Dufresne, Accès Val-David</b> - Ski and snowshoe, 80 km of ski trails, 17 km of snowshoe trails, connection with Far Hills ski trails. No snack bar at the centre, but the reception area is 500 metres from the village of Val-David, so licensed restaurants are within walking distance. <a href="http://www.leparcdufresne.qc.ca">www.leparcdufresne.qc.ca</a>
7	February 20	E M D S	<b>Morin Heights, Morin Heights</b> - 150 km of trails, the welcome centre is small, but the village is nearby.
8	February 27	E M D	<b>Parc Mont Megantic, Mont Megantic</b> - Ski and snowshoe, 38 km of ski trails, 33 km of snowshoe trails, cafeteria. This will be an <b>extended trip with one pickup at 7:30 am at Harvey's</b> . <a href="http://www.sepaq.com">www.sepaq.com</a>
9	March 6	E M D S	<b>La Reserve, St Donat</b> - End of season trip extended trip with a late arrival in Montreal. XC and downhill ski, snowshoe, cafeteria. To celebrate the end of another great winter, we'll get together for a drink (everyone pays their own) in St. Donat. <a href="http://www.lareserve-stdonat.com">www.lareserve-stdonat.com</a>
10	March 13	???	<b>Go with the snow</b> - If there is late snow, we'll organize a carpool trip. Details of the destination and departure point will be on the Club voice mail and in the weekly email, so pay attention!

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## SOCIAL ACTIVITIES

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**Halloween Party and Signup**  
Saturday, October 31, 8 pm – 1 am  
Westmount Armory  
4625 Ste-Catherine West

\$12 for members and non-members

Get ready for RA's annual costume party and winter signup night, always full of good spirits. Costumes are optional, but to have a chance at first prize in the costume contest, you'll need to be creative. **Note: the signup desk is open until 9:30 pm.**

**Brasserie Artisanale L'Amère à Boire**  
Friday, November 13, from 5:30  
2049 St-Denis St.

This Latin Quarter microbrewery residing on St. Denis St. has a variety of home brews and imported beers. A hearty menu as well should satisfy your appetite. Belinda Preziosi is host; look for the Randonnée flag on the table. See more at: [www.amereaboire.com](http://www.amereaboire.com)

**Holiday Potluck Party**  
Saturday, December 12  
6:30 pm to 1:00 am  
McGill's Thompson House  
3650 McTavish

\$15 and a mandatory food contribution for members and non-members

Our annual holiday potluck party continues at Thompson House, and includes a brief Annual General Meeting. Bring along a friend who might be interested in RA. To ensure adequate food for everyone this year, a contribution will be **required**. Items should be enough for 6 people and ready to serve. Bring a serving utensil and put your name on dishes you want to keep. Food should correspond to your last name as follows:

**A - B** – appetizers  
**C - E** – green salad or vegetable salad  
**F - J** – main dish, vegetarian or with meat  
**K - L** – rice, pasta or potato salad  
**M** – quiche, preferably hot, pre-cut  
**N - R** – fruit, ready to eat on a plate  
**S - Z** – dessert, pre-cut, ready to serve

If you would like to help with decorating or at the door or food table, leave your name on the Club voice mail. **Note:** Please bring a non-perishable item for a local food bank.

**McCarold's Pub**

Friday, January 15, from 5:30 pm  
3725 Lacombe at Côte des Neiges

A popular spot two years ago, so we're going back. Traditional Irish beers on tap as well as pub fare. John Fowler is host. Look for the Randonnée flag on the table. Next to the Côte des Neiges métro. More details are at: [www.pubmccarold.com](http://www.pubmccarold.com)

**Brasserie Artisanale Le Reservoir**  
Friday, February 12, from 5:30 pm  
9 Duluth Ave East

A new location for the RA crowd, on the street of many restaurants. They have a variety of homebrewed beverages and a light menu. Tim Skene will host, look for the RA flag. The closest métro is Sherbrooke. More details at: [www.brasserieservoir.ca](http://www.brasserieservoir.ca)

**St. Patrick's Day Pub Night**  
Friday, March 12, from 5:30 pm  
McKibbin's Irish Pub, 1426 Bishop

Join RA's annual pilgrimage to McKibbin's. We may be meeting downstairs, look for the Randonnée flag on the table. Near Guy-Concordia métro. A complete menu and many brews are available, more details are at: [www.mckibbinsirishpub.com](http://www.mckibbinsirishpub.com)

**Spring Party & Signup**  
Saturday, March 27  
8:00 pm - 1:00 am

McGill's Thompson House  
3650 McTavish

\$15 for members and non-members

We'll try to have a special party theme; details will be available later. Bring along a friend or two as well. If you would like to help with decorating or at the door, leave a message at the Club number. **Note: the signup desk is open until 9:30 pm.**

### Annual General Meeting

Notice is hereby given that an Annual General Meeting of members of Randonnée Aventure will be held at Thompson House, 3650 McTavish, on Saturday, December 12, 2009 at 8 pm, to receive the financial statements of the Club for the fiscal year ending October 31, 2009; to elect the Board of Directors for the following year; to transact any other business which may properly come before the meeting.

Dated this 30th day of September 2009.  
By order of the Board of Directors.

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## SKI LESSONS ON MONT ROYAL

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January 7, 14, 21

RA will be offering lessons at two levels, over three Thursday evenings, January 7, 14 and 21, on Mont Royal. We welcome our new instructor, Ludger Lebel.

**Cost:** \$50 by cheque payable to Randonnée Aventure. Registration must be received by January 5. Space is limited to 10 people per group, so hurry and register right away!

Lessons will be rescheduled if there is a shortage of snow, conditions are unsafe or the weather is inclement. Our instructor will make this decision. You will be informed of any rescheduled classes, and will receive the details upon registration.

**Location:** Meet at Beaver Lake chalet at 6:45 pm or 8:00 pm depending on the time of your lesson. The No. 11 bus passes the chalet, or you can walk up from Côte-des-Neiges. Motorists can park near the chalet but bring change for the meter.

For any questions, call the Club at 514-489-0339 and leave a message for Connie Leigh.

### Level 1 - Beginners

Thursdays, 6:45 pm to 7:45 pm

Course objectives: an introduction to gliding and increasing confidence in basic ski techniques. Target class member is someone with little or no skiing experience.

### Level 2 - Intermediate

Thursdays, 8 pm to 9 pm

Course objectives: to develop effective ski techniques. Target class member has been skiing for at least two to three seasons.

### Lessons on Saturday Trips

January 2 and 9

We have arranged for Ludger to join us on the January 9 trip and possibly the January 2 trip to offer lessons to participants. No prior registration for the lessons is required, and the cost will be \$15 per person, payable to Ludger. Leave a message for Connie Leigh if you have any questions.

Social event details are subject to change. Always check the Club voice message, web site or weekly email for the latest information.

514-489-0339  
[www.randonnee.ca](http://www.randonnee.ca)

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## DISCOUNTS FOR MEMBERS

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These stores offer discounts to RA members. Present your membership card at time of purchase.

### **Camp de Base Boutique de Plein Air**

173-E Cartier Ave., Pointe-Claire  
514-630-6717  
10% on all clothing at regular price

### **Norway Nordic**

127 Sainte-Anne St., Sainte-Anne-de-Bellevue  
514-457-9131  
10% on all clothing at regular price

### **Martin Swiss Cycle**

13 Victoria Ave., Westmount  
514-481-3369; 514-488-9717  
15% on accessories only at regular price  
store@martinsswiss.net

### **Cycles V.B.**

6344 Victoria Ave., Montréal  
514-738-2101  
15% on all regularly priced merchandise and labour

### **Rossi – Your Bicycle Dealer**

2500 St-Joseph Blvd., Lachine  
514-634-1611  
15% on all regularly priced merchandise except bicycles (to be discussed on an individual basis)

## Ski Trip Leaders' Orientation

Wednesday, December 2, 7:00 pm

Volunteers run all our ski trips, so join us for pizza and beer, and get all the info on how we do it. We'll call you with the location later. Trip leading and assisting are a great way to get to know members. First-time leaders will be paired with an experienced partner, so don't hesitate to check the box on the registration form. If you would like to know more, call the Club voice mail and leave a message for Veronica Wynne.

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## BUYING AND SELLING TRIPS

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### Trip Registration

Register before December 11 and take advantage of the \$5 early booking discount for bus day-trips. Early registration helps the Club, and trips with too few registered participants may have to be cancelled.

A registration form is sent with the Randonnotes, or may be downloaded from the Club web site. Check the Club voice mail or web site for up-to-date information on trip availability. Complete the registration form and waiver, and mail them with your cheque(s) for payment at least two weeks prior to your first trip. Once a day trip is full, there is no waiting list. If you have requested a sold-out trip, you will be contacted to select an alternative or to arrange an adjustment. ***Once you have been registered for a trip, the fee is not refundable.***

### Club Buy/Sell Procedure

#### To Buy a Day Trip

If a trip is full or if it is too late to register by mail, you may try to buy a place by calling the Club voice mail between Monday am and Wednesday 9 pm on the week of the trip. Leave your name, phone number and the destination you wish to buy. Requests are on a first-come first-served basis, with priority for members.

The Club will not call back. You must call the Club voice mail the Friday before the trip and listen to the list of confirmed buyers. If listed, you must show up for the trip with a cheque or the exact fee in cash. Non-members must pay cash. We do not carry change on the bus.

**Important:** Confirmed buyers have committed to pay for the trip. If you cannot make the trip, you must still pay for it. You will not be allowed on any other trips until payment is received.

#### To Sell A Day Trip

If unable to make a trip for which you are registered, you may sell your place to anyone you wish, such as a friend or relative, or you may ask the Club to try to sell your trip for you. Once you have done so, you must not attempt to sell the trip yourself - this could cause duplicate sales. In such a case, priority will be given to the trip bought directly from the Club.

To ask the Club to sell your trip, leave a clear message on the Club voice mail between Monday am and Wednesday 9 pm in the week of the trip. If a buyer is found, a cheque will be mailed to you at the end of the season. The Club cannot guarantee the sale of your place since the trip may not be full, or the number of sellers may exceed the number of buyers.

### Walk-On Procedure

If you have not been able to reserve a place, you may still be able to go on the trip as a walk-on. Invariably there are last minute no-shows, so you will have a good chance of getting on the bus. Go to the last pick-up point. Priority will be given to members, starting with those who tried to buy by phone. Non-members may take one trial day trip before buying a membership.

### Buying/Selling Weekend Trips

If you have registered for a weekend trip and are unable to go, leave a message on the Club voice mail as soon as possible, and at least 7 days before the trip. Because of room-sharing constraints, all sales must be done through the weekend coordinator, who will contact you if a buyer is found. The Club does not guarantee the sale of your place on the trip.

**Waiting List:** Once a weekend trip is full, there is a waiting list for prospective buyers. To be placed on the waiting list, mail a cheque for the full amount to the Club. If a place becomes available, you will be contacted and given the option to purchase the trip. Your cheque will be returned if a place is not found for you.

### Border Crossing

For US trips, you are solely responsible for carrying papers required to enter the US by road. A passport is required for Canadian and US citizens. Holders of passports from other countries may require a visa. Some may even need to be fingerprinted and photographed. If you do not have adequate documentation, we could be obliged to leave you at the border.