CANADIAN SKI
MARATHON
CANADIEN DE SKI

150 ANS
JACKRABBIT JOHANSSEN
1875 -2025

SKIER'S GUIDE

Québec

KENAUK NATURE

AFA affaires d'humains

MONTE BELLO

HARFANG

GESTION PRIVÉE DE PLACEMENT
PEMBROKE
PRIVATE WEALTH MANAGEMENT

OUTAOUAIS

LOCATION ALTITUDE

Un mot du gouvernement

Relevez le défi du Marathon canadien de ski!

Le gouvernement du Québec est heureux de soutenir le Marathon canadien de ski en cette période hivernale. L'événement promet de faire vivre une expérience mémorable à toutes les personnes participantes. Quelle vitrine exceptionnelle pour le talent de nos industries sportive et événementielle!

Nos rendez-vous hivernaux rehaussent notre offre touristique et stimulent le développement économique de nos régions. Ils incitent les touristes à voyager au Québec et à profiter des joies de l'hiver québécois. Les visiteurs sont invités à se laisser séduire par les multiples attraits et activités qui dynamisent l'Outaouais lors de leur séjour.

Je tiens à féliciter chaleureusement tous les membres de l'équipe organisatrice pour la réalisation de ce bel événement.

Bonne compétition!

La ministre du Tourisme,
et ministre responsable de la région de Lanaudière,

Caroline Proulx

A Word from the CSM President

Dear CSM Skiers,

Welcome to the 59th edition of the Canadian Ski Marathon (CSM), taking place on February 7-8-9, 2025 in the beautiful Montebello region of Québec. As we gather for this iconic event, I am thrilled to see the enthusiasm and dedication of our skiers, representing a diverse mix of people from all ages, from individuals to families, and with a wide variety of skiing experience.

The Canadian Ski Marathon is not just a ski event; it's a celebration of our nation's winter spirit and a testament to the enduring appeal of cross-country skiing. Since its inception in 1967 to commemorate Canada's centennial, the CSM has grown to become North America's longest and oldest cross-country ski event. Our two-day, 160-kilometer journey through the picturesque landscapes of the Outaouais and Laurentians is a unique challenge that pushes the limits of endurance while fostering a deep connection with nature.

As you embark on this adventure, you'll traverse the stunning terrain of the Kenauk Nature Reserve. You will glide through forests, past frozen lakes, and across rolling hills, experiencing the raw beauty of the Canadian winter landscape. Without their generous contributions and cooperation, this event would not be possible.

We have a special reason to celebrate this year, being the 150th anniversary of the legendary Herman “Jackrabbit” Smith-Johannsen. He continues to be an inspiration to all of us who enjoy skiing and Canadian winters. He pioneered cross-country skiing in Eastern Canada and north-eastern US, built and mapped countless miles of trails, and was the ultimate Coureur des Bois. Jackrabbit was especially fond of the CSM because it is not a race and it followed his philosophy of encouraging people of all ages and abilities to explore the great outdoors and discover what’s “on the other side of the hill” as he liked to exclaim. He participated in countless of our ski marathons and skied until age 108. For many years he would ski with a bib numbered for his age at the time! We honoured him with permanent CSM bib number 111, which was his age when he passed away. Please join us on Friday evening in the Papineauville Dorm for a special celebration.

I want to express my heartfelt gratitude to our dedicated volunteers, generous landowners, and supportive partners who make this event possible. Their commitment to the CSM is the backbone of our success and embodies the spirit of community that defines this marathon.

To our Coureur des Bois skiers aiming for the full 160 km: your determination inspires us all. To our Tourers, whether you're skiing one section or several: your participation keeps the spirit of the CSM alive. And to the families joining us: you're creating a legacy of outdoor appreciation for future generations.

On behalf of the entire CSM organization, I wish you safe travels, strong skis, and an unforgettable experience. May the snow conditions be perfect, the weather favorable, and your spirits high as you embark on this extraordinary journey.

Bonne chance et bon ski à tous!

Chris Teron

President, Canadian Ski Marathon

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
- ➔ 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 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), 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 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.

- ➔ 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 7, 2025

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	20:00
Montreal (Gare d'autocars de Montréal, 1717 Berri)	17:00	Papineauville Dorm (École Louis-Joseph Papineau)	19:45
		Chateau Montebello	20:00
		Gold Dorm	20:15

Bus service from Montebello

Sunday February 9, 2025

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 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

Weekend Schedule of Activities…

Friday, February 7, 2025		
Time	**Activity**	**Location**
18:00	Skier Dinner w Past-Event Director	Montebello's Zouk
17:00 – 21:00	Dorm Check-In	All Dorms
17:00 – 23:00	Skier Kit Pick-Up	All Dorms
TBD	Torchlight Family Ski	Fairmont Chateau Montebello
TBD	"Jackrabbit" Display and Reception	Papineauville Dorm
Saturday, February 8, 2025		
Time	Activity	Location
04:00 – 05:30	Gold CdB Breakfast	Gold Dorm
03:00 – 07:00	Breakfast	Papineauville Dorm
04:35	Shuttle for Gold CdB Start	See Page 14 of Skier Guide
04:45	Shuttle for Silver, Bronze CdB Start	See Page 14 of Skier Guide
05:40	Gold CdB Start	Start Line
05:50	Silver CdB Start	Start Line
06:00	Bronze CdB Start	Start Line
06:35	Shuttle for Tourer 5	See Page 14 of Skier Guide
07:30	Shuttle for Tourer 4	See Page 14 of Skier Guide
07:30	Shuttle for Tourer 3	See Page 14 of Skier Guide
09:15	Shuttle for Half-Marathon	See Page 14 of Skier Guide
09:35	Shuttle for Tourer 2	See Page 14 of Skier Guide
12:00 – 19:00	Activities at Fun Finish	Montebello
11:55	Shuttle for Tasters	See Page 14 of Skier Guide
13:00 – 18:00	Shuttles to Papineauville Dorm	Montebello
17:00 – 20:00	Dinner	Papineauville Dorm

… Weekend Schedule of Activities

Sunday, February 9, 2025		
Time	**Activity**	**Location**
04:00 – 07:00	Breakfast	Papineauville Dorm
05:00	Shuttle for Silver, Bronze Start	See Page 14 of Skier Guide
05:40	Gold CdB Start	Start Line
05:50	Silver CdB Start	Start Line
06:00	Bronze CdB Start	Start Line
06:50	Shuttle for Tourer 5	See Page 14 of Skier Guide
07:20	Shuttle for Tourer 4	See Page 14 of Skier Guide
07:35	Shuttle for Tourer 3	See Page 14 of Skier Guide
09:00	Dorm Check-Out	See Page 14 of Skier Guide
09:05	Shuttle for Tourer 2	See Page 14 of Skier Guide
09:05	Shuttle for Half-Marathon	See Page 14 of Skier Guide
11:30 – 18:30	Activities at Fun Finish	Montebello
11:50	Shuttle for Tasters	See Page 15 of Skier Guide
13:00 – 18:00	Shuttles to Papineauville Dorm	Montebello
TBD	Shuttles to Gold Dorm	Papineauville

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 2. 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 – Auberge Golf Heritage, 70 Route 323, Notre-Dame-de-la Paix, QC J0V 1P0) - Friday 17:00 to 23:00 indoors
- Saturday Start Line - Auberge Golf Heritage, 70 Route 323, Notre-Dame-de-la Paix, QC J0V 1P0) - Saturday 05:00 to 08:00 outdoors. Note, only those starting here 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!
- 59th Anniversary Badge
- The Official 2025 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 (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/2025/2kN0We/, 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 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 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 (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 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 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. (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 see if alternative arrangements are possible.

Shuttle Bus Schedule

Saturday February 8th

Tourer Category	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Time/Location
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	06:45	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 9th

Tourer Category	École Polyvalente Papineauville	Château Montebello	École St-Michel Montebello	Start Time/Location
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. 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, 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 2025 CSM, other than the Start and Finish, are located in Kenauk Nature and near Boileau on Saturday; and entirely within Kenauk Nature on Sunday. Operating hours are shown in tables below.

Checkpoint Starting and Closing Times - Saturday

Checkpoint	Start	Taunton	Esdale's Corner	Sand Pit	Sporting Clay	Finish
Start	5:40	9:00	09:00	11:00	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 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.

Checkpoint Starting and Closing Times – Sunday

Checkpoint	Start	Sporting Clay	Sand Pit	Taunton	Sporting Clay	Finish
Start	5:50	08:30:	09:00	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 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 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

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/
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 1-877-495-2176, 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 in Montebello (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.
- ➔ 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 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 2025 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 – 20.4 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 100 m, 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 Jackrabbit Johannsen. The first kilometer is climbing, then there is a reward with 5 km 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. (420 m ascent, 310 m descent)

Section 2 – 12.1 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 1.5 km 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. (240 m ascent, 260 m descent)

Section 3 – 21.2 km - Moderately Difficult

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 downs toward Lac Taunton. The first waterpoint is 16 km along the trail, so bring lots of water. After climbing out of the Taunton watershed, the last 2 km are primarily a downhill glide to the checkpoint in a sand pit. (460 m ascent, 485 m descent)

Section 4 – 12.0 km – Intermediate

The trail continues on summer roads through the forest of 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 4 km is all downhill, including a descent of 100 m over 1.5 km. It finishes in the sheltered opening of Kenauk Nature's Sporting Clay site, the same location as CP5 of the eastern CSM trail. (185 m ascent, 250 m descent)

Section 5 – 16.0 km (13.7 km CdB Gold) - Easy to Intermediate

Leaving Kenauk Nature's Sporting Clay site, the trail has numerous challenging climbs and descents that lead you out of Kenauk Nature and the forested hills of the Laurentian Mountains, taking the traditional CSM trail. The Autoroute 50 underpass takes you towards the anticipated and rewarding descent into the Ottawa River Valley and the first-day fun finish line at the Notre-Dame de Bonsecours church in Montebello. (360 m ascent, 465 m descent)

Sunday

Section 6 – 15.8 km (13.7 km CdB Gold) – Easy

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 8 km 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. (465 m ascent, 360 m descent)

Section 7 – 12.0 km – Intermediate

This section starts with 4 km of climbing on the challenging Balsam trail. After the peak, the trail descends for 1 km, then the remaining 7 km has gentle ups and downs. The last 4 km follows the Redrun road into the Sand Pit checkpoint. (245 m ascent, 185 m descent)

Section 8 – 18.1 km – Difficult

This long and challenging section starts with 6 km 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. (350 m ascent, 295 m descent)

Section 9 – 17.1km – Easy to Intermediate

The trail starts with a 2 km descent followed by 6 km 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. (275 m ascent, 390 m descent)

Section 10 – 16.9 km – Easy

The final section starts in Kenauk Nature and climbs gradually for 8 km through the forest. The second half uses a different trail than in Sections 5 and 6 and includes a gradual downhill through the forest, crossing under the Autoroute, and continuing down through fields to the beautiful Montebello finish line. (440 m ascent, 540 m 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 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 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 location selected during registration, either at the finish line or in Papineauville. 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!

If you are a Gold Coureur des Bois skier who stayed at Gold Dorm on Friday night and parked your car there, there will be shuttle buses from the Polyvalente in Papineauville to take you back to your car.

Bus service From Montebello

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/2025/2kN0We/. 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.