



ONTARIO & QUEBEC  
GUIDE TO  
HI HOSTELS  
2009-10

# Mont-Tremblant



  
**petit futé**

# MONT-TREMBLANT



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**46°N 74°W**

**Population :**

8 900 inhabitants

38 people per km<sup>2</sup>

A true paradise for party seekers and sports enthusiasts. Be it on the ski hills or the lakeside beaches, Tremblant is always full of surprises. If you still have energy to boogie after a full day of activities, take in the resort's nightlife... or party at the hostel! You won't be disappointed!

Thirsting for adventure? Go rafting down Diable river. But be warned! The river fully lives up to its name! Lovers of the outdoors can pedal or ski to their heart's delight in Mont-Tremblant National Park. And if it's a beach experience you're after, ask the hostel's staff. They'll be able to recommend good options nearby.

FYI, the mountain was named after its Algonquin designation, Manitou Ewitchi Saga, which means "Manitou's fearsome mountain." According to legend, Manitou, the god of nature, made the mountains shake when humans disrupted nature's flow. Thus the mountain is called Mont-Tremblant - the "trembling mountain."

## HI-MONT-TREMBLANT

2213, du Village (route 327) | 819-425-6008 / 1 866-425-6008

[www.hihostels.ca/tremblant](http://www.hihostels.ca/tremblant) | [tremblant@hihostels.ca](mailto:tremblant@hihostels.ca)

*Open year-round.*

An ideal spot to spend a few days. With its volleyball net, even the hostel's garden is a fun playground! Two steps away, you can dive into Moore Lake, which is surrounded by beautiful hills. Come evening, there's a barbecue dinner right in front of the teepee. And in the winter, cross-country ski and snowshoe trails pass right by the door. Tremblant's old village, which is accessible by foot, has friendly bars and a pretty beach. The hostel accommodates visitors from around the world, as well as locals who come to enjoy an evening at the bar. Other noteworthy assets are the large, well-equipped kitchen, the fireplace, and the hot mulled wine, which make winter nights even cozier.



### Getting there by public transportation

**By bus:** From Montreal, the Galland bus leaves from the central bus terminal and drops you off in front of the hostel. A three-hour trip.

**By air:** From Montreal's Trudeau airport, Skyport International has direct flights to Mont-Tremblant from mid-December to the end of March. La Macaza airport (incoming flights from New York, Boston, and Toronto) is connected to the hostel by shuttle (45 minutes.)

**Rates: Shared rooms:** From \$24.75 for members, \$28.75 for non-members.

**Family rooms:** From \$60.75 for members, \$68.75 for non-members.

**Private rooms:** From \$69.75 for members, \$87.50 for non-members.

**Number of beds:** 44 beds in shared rooms, 7 family rooms, 3 private rooms.

**On-site services:** Guest kitchen, Wi-Fi, breakfast on request, bar, board games, foosball and pool tables, laundry, bike, and snowshoe rentals, teepee near the camp fire, canoe (free for guests), access to Moore Lake, volleyball net.

**Amenities for families:** Family rooms.

# ACTIVITIES

There's an almost endless list of activities to enjoy around the hostel. Here's a selection. Hostel staff will be delighted to tell you about many more.

## YEAR-ROUND

### LE SCANDINAVE SPA

4280, montée Ryan, Mont-Tremblant  
819-425-5524 / 1 888-scandinave  
www.scandinave.com

*Open year-round. Daily: 10 am to 9 pm.*

*Scandinavian bath: \$43 ; massage: \$112–\$163 (60–90 mins.). Discounts for HI members (whether you buy a package from the hostel or directly on site.)*

The ultimate relaxing experience! Finnish sauna, steam bath, outdoor hot tub, waterfalls and cascade, river swimming, Swedish massage (reservations recommended). A divine spot. Very busy on weekends.

### MONT-TREMBLANT NATIONAL PARK

Chemin du Lac-Supérieur, Lac Supérieur  
819-688-2281

www.sepaq.com/monttreblant

*Open year-round. Hours vary with the season. Daily admission: \$3.50.*

*More easily accessible by car. The hostel can suggest some options.*

Attention all outdoor aficionados! This vast park is wonderful for a host of activities in both summer (swimming, canoe-camping, hiking, hikes with overnight stay in a shelter, biking) and winter (snowshoeing, winter hiking, cross-country skiing, Nordic skiing, etc.)

## WINTER

### MONT-TREMBLANT SKI RESORT

1000, des Voyageurs  
Mont-Tremblant (route 117, montée Ryan)  
819-681-3000 / 1 888-857-8043

www.tremblant.ca

*Open daily end of November to mid-April. Opens at 8:30 am, closes between 3:30 and 4:15 pm, depending on the time of year. Adults: \$49–\$65; seniors \$42–\$56. Discounts for HI members (purchase packages at the hostel).*

This huge resort has 94 slopes (all levels) and 13 lifts criss-crossing the mountain's four faces. Snow park available for those who crave a thrill!

### GRAY ROCKS SKI RESORT

2322, Labelle, Mont-Tremblant  
819-425-2771 / 1 800-567-6767

www.grayrocks.com

*Open daily: 8:30 am to 4:30 am. Weekdays: \$23. Weekends: \$28. Students and seniors: \$19–\$22.*

This ski resort is smaller than Tremblant, with lower daily rates to match.

### DOMAINE ST-BERNARD

539, St-Bernard

819-425-5588

www.domainesaintbernard.org

*Route 117. Open daily 8:30 am to*

4 pm. Adults: \$13 per day (cross-country skiing), \$8 (snowshoeing). The cross-country skier's paradise. The many trails of the St-Bernard centre, which is located just outside of Tremblant, will delight beginners and pros alike.

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## SUMMER

### PIERRE PLOUFFE NAUTICAL CENTER

2900, du Village, Mont-Tremblant  
819-681-5634 / 1 888-681-5634  
www.tremblantnautique.com

*Open May to October.*

Explore the lake from the water, by paddle boat, canoe, or kayak. Simply and truly gorgeous.

### ACROBRANCHE

Chemin de la Chapelle  
1 866-866-adikt | www.acrobranche.com  
*Open May 1 to October 31. Adults: \$36. Discounts for HI members.*

Acrobranche invites you to cross a forest in a rather novel way, using logs, barrels, bridges, trapezes, and Tarzan ropes...all 25 to 75 feet up in the air! Shivers guaranteed!

### RANCH DE LA RIVIÈRE ROUGE

3377, du Moulin, Labelle  
819-686-2280

www.ranchdelariviererouge.com

*Various horseback outings available. Prairie or mountain.*

Attention all you lonesome cowboys! This ranch will make you feel right at home. The sheriff office's decor is worth a look in itself! Get in the saddle and let the adventure begin. Beautiful rides along the Rouge river.

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## DINING AND ENTERTAINMENT

### MICROBRASSERIE LA DIABLE

117, Kandahar, pied des pistes | 819-681-4546

*Open daily: 11:30 to close. Kitchen closes at 10 pm. Approximately \$15-\$30 per person.*

La Diable is one of the province's busiest microbreweries. You'll understand why once you've sampled the beer that's brewed on site and tasted the food. Located at the foot of the slopes, this is a great place to raise your glass to a good day of skiing.

## LE CAYENNE GRILL

1963, du Village, Vieux Tremblant | 819-429-6868

*Open daily: 11:30 am to 10 pm. Approximately \$20–\$35 per person.*

Colourful cooking and a full menu, including tapas, salads, pizzas, and other gourmet dishes. Hip atmosphere and courteous, efficient service. Two steps away from the hostel.

## MICROBRASSERIE ST-ARNOULD

435, Paquette, St-Jovite | 819-425-1262 | [www.saintarnould.com](http://www.saintarnould.com)

*Open daily: 11:30 am to 2 pm. Approximately \$15–\$25 per person.*

As you might have guessed, the St-Arnould microbrewery brews its own beer, but it also has a restaurant that specializes in dishes made with beer! Six kinds of beer are crafted on site, and 1,500 bottles and other brewing artifacts are showcased in the museum section. Free guided tours every day except Tuesday and Sunday.

# MEMBER DISCOUNTS

(in addition to those previously mentioned)

## DANIEL LACHANCE SKI SERVICE

10% discount on rentals and purchases at the ski shop

2245, ch. du Village

819-425-8985

[www.daniellachanceskiservice.com](http://www.daniellachanceskiservice.com)

## CABANE À SUCRE MILLETTE

10% discount on traditional meals

1357 St-Faustin, St-Faustin-Lac-carré

819-688-2101

[www.tremblant-sugar-shack.com](http://www.tremblant-sugar-shack.com)

## FLUIDE BAR À JUS

15% discount on all fresh juices

1000 des Voyageurs, Mont-Tremblant

819-681-4681

## UNIVERS TOUTOU

10% discount on all purchases

Place Saint-Bernard,  
Station Mont-Tremblant

819-681-4881

[www.universtoutou.com](http://www.universtoutou.com)

## HÉLI-TREMBLANT

10% discount on 10, 20 or 30 minute helicopter excursions (Monday to Friday only)

72 route 117, Mont-Tremblant

819-425-5662

[www.heli-tremblant.com](http://www.heli-tremblant.com)