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## Welcome to our Home at Tremblant

Chris and I would like to welcome you to our home-away-from-home at Tremblant! We take great pride in our condo and we hope that you'll find everything that you need to have a perfect vacation.

We do try to look after our condo and keep it in top-notch condition. We'd ask, as much as possible, you help us:

- Remove your shoes before entering the condo
- **Absolutely no** skis, bikes, ski boots, snowboards or other dirty stuff in the condo (put these in the ski locker).
- Spill, dirty, break or lose something? Please wipe it up, clean it, or let us know.
- We try to offer great value for your vacation dollars. Please help us out by using only what you need and by turning the heat down during the day or whenever you're not in the condo.
- Please **no candles**. The most damage to our condo over the years has been due to dripping candle wax.
- **Absolutely no smoking in the condo**. Thanks!



### Contact Information

#### General

- <http://www.StayAtTremblant.com>
- [info@stayattremblant.com](mailto:info@stayattremblant.com)
- Peter & Christine 613 482-0461 (home / sends us an e-mail)
- Please do not hesitate to contact us for minor issues – we would prefer to resolve them during your stay rather than after!

#### Emergencies

- Peter & Christine 613 482-0461  
(leaving a voice message sends us an e-mail if we don't answer immediately)

#### Condo Phone and address

- Phone: **819-485-1731**  
138 Rue Pinoteau, unit 2104  
Mont Tremblant, QC, J8E1G2

#### GPS coordinates

- N 046.20695°
- W 074.59808°

### Location at Tremblant

- See the map and driving directions in this document (refer to the Table of Contents)
- The unit is in the Pinoteau Village Resort in the Bordeaux II Building. It is Unit 2104, which is on the ground level.
- Enter the Bordeaux II building at the first door. This door is never locked and does not require a key to enter. Go up a small set of stairs and then down another to reach 2104. There is a keypad on the unit's door; you will be provided with a code prior to your stay. .

### Check-in and check-out times

- **Check-in: 16:00 (4pm)** the day of your arrival
- **Check-out: 11:00 (11am)** the day of your departure

We like to offer early check-in or late check-out times whenever possible, depending upon bookings before and after your stay. If you would like to request an extended stay, please contact us a few days prior to your arrival to check availability.

### Internet

The condo has free wireless internet for your use. The wireless ID (SSID) to connect to is: "stayattremblant.com". The wireless password will be supplied to you prior to check-in.

## Keypad lock and keys

- There is a keypad on each door to the unit (one on the patio door and one on the inside entry door) with a unique code for your stay that we will provide to you a few days prior to your arrival.
- If you hear the lock try to open but the door does not unlock, try pulling the door firmly shut to allow the lock to move freely.
- Whenever you leave the unit, lock the door by pushing the “lock” button in the middle of the keypad.
- Once you are in the unit, you will find keys for the inside unit door and ski locker hanging on the coat rack. Feel free to take the key with you when you leave but be sure to return the key to the coat rack before you depart at the end of your stay.

## Parking

- The parking space for our unit is labelled with 2104 and is the end space located directly across from the entrance to the three tennis courts.
- If you have visitors or a second car please, park it in a spot which has no reserved number or that is labelled as “Visitor”.

## Telephone - (819) 485-1731

The phone number for this unit is **819-485-1731**.

You may make **domestic long-distance** phone calls within North America **free** of charge from the condo phone. **International calls** are **not** free, please use a calling card or contact us in advance to set up international calling, if required.

## Transportation

### Shuttle Bus (summertime only)

You can catch the free Resort shuttle bus from the stop located on the neighbouring Intrawest property. To get to the shuttle, exit from the main door to our condo building and walk by the tennis courts and through the hedge to the road (Chemin des Saisons) just behind it. Go left and down the small hill until the main road where you will find the shuttle-bus stop near the Golf and Tennis club.

There is no free resort shuttle in the wintertime.

### City Bus Transportation to Tremblant Resort Village

The city bus passes in front of the Pinoteau Resort Village on Chemin du Village going to and from Tremblant Resort Village. The Pinoteau is the last stop before Tremblant and the first stop when leaving the village. The bus runs every ½ hour and the cost is \$3.00 each way. Alternatively, it is a 10-15 minute walk to the village.

## Smoke Detector

The condo has a smoke detector located on the ceiling outside the bedroom and in the hallways.

The smoke detector is very sensitive and can be triggered by burning toast or other kitchen smoke. If this happens, please fan the detector until the alarm stops.

If the smoke detector is beeping because the batteries are low, please notify us immediately. **Do not disable the smoke detector for any reason.**

## When you leave at the end of your stay

- Take out the garbage and the recycle and place in the wooden bins in the parking lot
- Finish the last load of dishes & put all dishes away where they were originally. Please rinse the dishes first and choose the short-cycle so that they finish in time. [ If you run out of time, put the dishes in the dishwasher, put in a detergent tab, turn the dishwasher on. ]
- Turn off any of the heated floors that have been turned on
- Turn off the TV, PlayStation, computer, DVD Player
- If you modified the fridge temperature, put it back to setting 5
- Hang used towels on the shower rod, leave used linens on the bed
- Winter: Turn down the thermostats to 15° C
- Winter: Close the fireplace flue
- Leave the keys hanging on the hook by the front door
- Leave the Pinoteau resort electronic bracelets on the hook by the front door
- Ensure all doors and windows are locked and secure
- Let us know if anything was not working properly or if any incidentals need replacing (dishes, glasses, utensils, etc.) e-mail: [info@stayattremblant.com](mailto:info@stayattremblant.com) or phone 613-482-0461)
- Sign the guest book!
- Lock the patio door by pressing the “lock” button in the middle of the key lock

## Skis, Snowboards and Bicycles

***Absolutely no Skis, Poles, Snowboards or Bicycles in the condo. Thank you!***

### Ski locker

A key for the ski locker will be hanging on the coat hook when you arrive. The ski locker is found by going through the hall doorway directly opposing the door into our unit. Once in the hallway there is an unmarked door on the left side that leads to the lockers. A locker is marked for 2104. Please store your ski equipment or bicycles in the locker.

## Heating and Thermostats

There are three thermostats in the condo – each one operates independently.

1. Living Room / Kitchen area [ electric heated fans ]
2. Bedroom [ electric baseboard ]
3. Bathroom [ electric baseboard ]

The heating uses the following schedule:

Program heating schedule:

- 06:00 – 21 °C (70 °F)
- 08:00 – 17 °C (63.°F)
- 18:00 – 21 °C (70 °F)
- 22:00 – 17 °C (63 °F)

This mode has been set up to maximize comfort and to be energy conscious.

You can override the program at any time by pressing the “up” or “down” arrows to raise or lower the temperature. This will take effect until the next program period.

When you depart the condo at the end of your stay, please put all three thermostats to 15 °C

## Keeping cool in the summertime

The condo will stay surprisingly cool in the summertime by following a few simple guidelines:

- Close all windows & doors during the day (close right when you wake up)
- Avoid using the dryer or dishwasher unless necessary (dishwasher - use cool dry)
- Open windows and the door during the evening when you are there

## Fireplace (winter)

- **If you are not 100% comfortable and familiar with the use of a wood-burning fireplace, call us prior to use and we will assist you.**
- **Remember to open the louvre before starting a fire!**
- **If you forget to open the louvre and the condo fills with smoke – do not open the interior hallway door under any circumstances. You may open the patio door to air out the condo.**
- **Never leave the condo unless the fire is 100% extinguished.**
- **In case of emergency, the fire extinguisher is located on the wall between the Bathroom & Kitchen**
- We supply some clean-burning artificial logs for your stay in the wintertime (use ONLY ONE at a time). You are welcome to bring more logs or wood (The Pinoteau front desk also has fire logs for purchase should you wish some more during your stay).
- Please close the Louvre once the fire is completely out.

## Operating the Shower

To activate the shower gently pull down the ring under the tap (where the water for the bath comes out).

Shower Off



Shower On



## Beds and Linens

Linens and towels are provided for a maximum of four people for your stay. Extra pillows and blankets can be found in the closet in the bedroom and in the closet by the kitchen. The master bedroom has a Queen memory-foam bed that sleeps two and there is a Queen sofa-bed in the living room.

Important: Extra pillows are stored without the pillow covers on. You will find pillow cases for them either on top of the pillows themselves or in the closet. Please only use extra pillows after putting on the pillow cases.

## Book Exchange

Enjoy reading any of the books or magazines. These can be found in the cabinet in the dining room.

Books with a green sticker may be taken home if you haven't finished reading them and do not have to be returned.

Books with a red sticker or no sticker are books we would like to keep. Please leave them if you have finished reading them or return them to us when you finish. If you have a book to contribute, we would welcome additions to the collection.

## Board Games / Puzzles

There are board games in the dining room cabinet. Please play!

When you are done, please neatly pack up the games and return to the cabinet. If you find that any pieces are missing, please let us know. We kindly ask that you neatly put away any games that you use.

## BBQ (Spring/Summer/Fall)

- The BBQ is located conveniently only a few steps behind the patio of our unit. Please **use only this BBQ** as it is dedicated to our condo building.
- When you are done, please *clean the grill* and turn off the gas at the tank.
- Please remember to bring all the condo's utensils back to the unit after cooking!

## Kitchen

The kitchen is fully-equipped and has a fridge, microwave, stove, oven, kettle, toaster, blender, coffee-maker, all manner of pots and pans, cutlery, and utensils.

We also keep the kitchen stocked with basic spices (salt, pepper, cinnamon, paprika, onion powder, and garlic powder), sugar, oil, tea and coffee (the coffee is in the freezer).

## Coffee Maker

The coffee maker is a single-serve Keurig k-cup compatible unit. It uses reusable non-disposable filters that you can put the grounds directly into. We supply coffee (kept in the freezer).

Full instructions are kept in the cupboard above the unit. Here is a summary:

1. Turn on the coffee maker (there is an on/off button)
2. Gently remove the water reservoir and fill with water, re-install.
3. The water will pre-heat
4. Take one of the reusable non-disposable filters and fill with coffee grounds, assemble into the k-cup holder
5. Lift the handle and insert the k-cup, close the handle
6. Press BREW
7. Remove k-cup, gently tap the grounds out of the filter into the garbage can (not the sink) and rinse off the filter.

You are also welcome to bring along your favourite k-Cups since the unit is also compatible with commercial k-cups.

## Jacuzzi Tub

- The timer for the Jacuzzi tub is on the wall beside the light switch.
- **Always fill the bath before activating the Jacuzzi.**
- Troubleshooting:
  - If the Jacuzzi fails to start, please check the water level and check the circuit breakers in the hallway outside the bathroom.
  - No bubbles? Check to make sure that the air vents are unscrewed a bit – they are the small puck-like knobs on the side of the tub. Please do not over-tighten these! They can be difficult to unscrew if someone closes them too tightly.

## Important Note on Netflix

Netflix is logged on with the condo owner's account. Please DO NOT log off this account or log on using your own account! This will disable the service for other guests. If you inadvertently log off, please let us know immediately.

## Living Room Entertainment

There are three sources of video entertainment in the living room:

1. Cable TV – high-def cable with local programming and broadcast shows
2. A Movie server (Network Media Tank [NMT]) has 200+ movies available for you to watch.
3. A Playstation 3 (PS3) for:
  - a. playing video games
  - b. watching movies & TV shows on Netflix
  - c. watching YouTube and other online content
  - d. playing DVD's or Blue Ray disks (that you supply)

There are 4 remote controls:

1. Playstation 3 – (labeled: HDMI2)
  - Used to navigate the PlayStation 3 menus & play, pause & stop videos
2. TV - (LG)
  - In general, you will use TV remote (LG) for powering the TV (on or off) for selecting the input (HDMI1, HDMI2, Set top Box, TV) and for setting maximum volume. (Use "Input" button to switch between the various inputs)
3. Cable Remote – (Cogeco, labeled: HDMI1)
  - Used to change cable channels & control volume
4. NMT Movie server (Set top box)
  - Used to select movies, play/pause movies from our collection

**To watch cable TV (including channel lineup)**

- Turn on the TV using the LG remote
- Turn on the Cogeco Cable box (large flat box on TV stand) using the Cogeco remote
- On the TV (LG) remote, select [INPUT] HDMI1 (“Cable Box”)
  - (Note: If you have not turned on the Cogeco cable box, above, this selection will not be available)
- Using the TV (LG) remote, set the maximum volume as desired (I recommend about 45). You will then use the Cogeco remote for all other functions including volume.
- Use the Cogeco remote-control to channel up/down [CH+] [CH-], volume [VOL], show recorded shows [LIST], see the program guide [GUIDE], use the up/down arrows to go through the guide or use [Page +] [Page -] to go a page at a time. Select the highlighted station using [OK/Select]

TV and channel lineup

- TV Listings (what’s on now): <http://tinyurl.com/69zl36> (Postal code: J8E 1G2)

7	CANAL SAVOIR - MONTREAL	65	AMI-TELE	512	SERIES+ - MONTREAL
8	Tele-Quebec - MTL - CIVM	66	AMITV	513	VRAC TV - MONTREAL
16	METEOMEDIA - MONTREAL	77	RTNSD - Tremblant Resort TV	514	CANAL D - MONTREAL
18	NBC - PLATTSBURG - WPTZ	84	UNIS - MONTREAL	515	Z TELE - MONTREAL
21	CBS - BURLINGTON - WCAX	104	SHOWCASE - TORONTO	517	EVASION - MONTREAL
22	ABC - BURLINGTON - WVNY	205	TVA - MTL - 3H DE DECALAGE	518	TV5 - MONTREAL
23	WEATHER NETWORK - YYZ	206	ICI RADIO-CAN WPG - CBWFT	519	LCN - MONTREAL
24	FOX - BURLINGTON - WFFF	207	ICI RADIO-CAN YVR. - CBUFT	527	MUSIQUE PLUS - MONTREAL
26	APTN - WINNIPEG	299	ACCUEIL VSD	530	ABC - DETROIT - WXYZ
27	MAX - MONTREAL	500	INDIGO	531	CBS - DETROIT - WWJ
32	CNN - ATLANTA	501	TELE-QUEBEC	532	FOX - DETROIT - WJBK
33	PBS - PLATTSBURG - WCFE	502	V - MONTREAL - CFJP	533	NBC - DETROIT - WDIV
34	DISCOVERY - TORONTO	503	TVA - MONTREAL - CFTM	534	PBS - DETROIT - WTVS
37	CMT - TORONTO	504	ICI RADIO-CAN MTL - CBAFT	535	CBC NEWS NETWORK - YYZ
38	TELETOON FRANCAIS - YYZ	505	CBC - MONTREAL - CBMT	537	RDS INFO - MONTREAL
39	SLICE - TORONTO	506	CTV - MONTREAL - CFCF	539	RDSD2
54	CPAC - OTTAWA	507	GLOBAL - MONTREAL - CKMI	540	RDS
56	CPAC - ENGLISH	508	ICI RDI - MONTREAL	541	TSN5
60	BANDE ANNONCES COGECO	509	ICI ARTV - MONTREAL	542	TSN2
62	ASSEMBLEE NATIONALE - QC	510	CANAL VIE - MONTREAL	555	TV COGECO
63	CITY TV - MONTREAL	511	HISTORIA - MONTREAL	564	HGTV

**To watch movies from the server:**

- Select a movie to watch from the information binder (200+ movies to watch)
- Turn on the “Network Media Tank” using the *silver remote* (red power button)
  - *the unit will take up to 1 minute to power on*
- Turn on the TV using the TV (LG) remote
- Select the input “Component (Set Top Box)” using the TV (LG) remote-control button [INPUT]
- Using the TV (LG) remote, set the maximum volume as desired (I recommend about 45). You will then use the *silver remote* for all other functions including volume.
- Using the *silver remote*, use the direction pad to highlight HARD\_DISK
- Press *Enter* to select HARD\_DISK and then *Enter* to select Movies
- Movies are filed in alphabetical order, please see the condo information package for a complete list of movies. (Note: movies starting with “The” have their own folder)
- Use the direction pad and *Enter* to select your movie
- Navigation hints:
  - *Enter* – select
  - *Return* – go back one level
  - *Home* – go to top level movies
  - *Source* – choose a different source of content
- Movies are filed in alphabetical order, please see the condo information package for a complete list of movies. (Note: movies starting with “The” have their own folder)
- Use *subtitle* to select subtitles if required
- Use *stop, play, fwd, rev, next, prev* just like a DVD player
- **Please don’t forget to power off the “Network Media Tank” after you are done!**

**To use the PlayStation 3 (PS3):**

- Turn on the TV using the TV remote-control
- Turn on the PS3 using the PS3 remote (the middle button between the navigation up/down/left/right keys) -- *it may take a minute to power on*
- Select the input "HDMI2" using the Sony TV remote button [INPUT]
- Use the navigation keys to move through the menu to select "Netflix" or "YouTube", etc.
- Select options using the "x" button or the middle button
- Navigate to select your content and use the remote to Play, pause, stop, etc.
- To exit any application (e.g. "Netflix" or "YouTube" press the "PS3" button on the remote).
- Use the TV remote to control volume.
- You can watch DVDs or Blu-Ray disks (that you supply) using the PS3. Insert the movie gently into the slot on the PS3 – it will auto-load.
- Note: The unit will auto power-off after 2 hr of no activity. If, while watching a movie, you get a notice that it will soon power-off, just press any key (for example "pause") to reset the timer.
- Please **do not change any settings on the PlayStation 3** -- this is very important for both your enjoyment of the system and to ensure that the next guest has access to all of the systems.
- Please supervise younger children when they use the PlayStation; they can sometimes be overly rough on the CD tray or controllers.

**iPod / MP3 player Dock**

There is an iPod dock located in on the green cabinet in the dining area. You can dock your iPod (or iPhone) directly or you can plug in any other style player using the attached headphone style jack.

**iPhone / USB / min-USB / micro-USB charging station**

Located behind one of the small tables in the living room is a charging station that you can dock your iPhone for charging or plug in any USB device (we supply a cable capable of charging either a mini-USB or micr-USB device at either 1Amp or 2.1Amps).

## Bedroom Entertainment:

There are two sources of video entertainment in the bedroom:

1. Cable TV – basic cable with local programming and broadcast shows
2. An AppleTV2 to access “Netflix” and other streaming services

There are 2 remote controls:

1. AppleTV2 remote (a small silver remote that is attached by Velcro to the front of the TV – please remember to always return the remote after each session!)
2. TV remote-control
3. Cable remote-control

## To watch cable TV:

- Turn on the TV using the TV remote-control
- Select “TV” using the “input” button
- Use channel up/down on the Cable remote to change channels
- Use “volume” to change the volume

## To watch online content (Netflix, Hulu, etc.):

- Turn on the TV using the TV remote-control
- Select “HDMI” using the “input” button
- Turn on the AppleTV2 using the small silver remote
- Navigate the menus and control streaming content with the AppleTV2 remote

## Electronic Wrist Bands

Access to the tennis courts, the pool, the games room and the beach requires the use of an electronic wrist band. We actually keep them on lanyards hanging on the coat rack near the front door.

To use the passes, hold it up to any of the electronic entry locks (that you'll find at the tennis, pool, beach, and games room) and the door will unlock. There are four passes for your use.

Please be sure to replace them at the end of your stay as they are very expensive to replace.

If you have any problems using the passes, please visit the Front Desk and they will be able to assist.

## Tennis Courts

Tennis courts can be booked at the front desk <sup>(1)</sup>. There are 4 tennis courts available; courts 1 to 3 (most convenient to our unit) are directly across the parking lot of the Bordeaux building. Court 4 is located in another area of the resort. Please note that **court shoes or smooth soled shoes are required** on the tennis courts because they are clay.

Access to the tennis courts requires the electronic wrist band.

## Swimming Pool

The swimming pool is heated and is available for your use just steps from the patio. There is no life guard at the pool – children must be supervised at all times. Pool hours: 9am to 8pm.

Access to the pool requires the electronic wrist band.

## Beach and Canoe/Kayak/Paddle Boat

Across the road, Chemin du Village, a private beach on Lac Tremblant is available to guests at the Pinoteau Resort free of charge. In addition, canoes, kayaks, and pedal boats may be borrowed at the beach also free of charge. There is a one-hour limit on each sortie but the staff may be flexible if it is not too busy.

Access to the beach area requires the electronic wrist band.

## Games Room / Exercise Room

A Games Room with ping-pong table and pool table is located near the front desk. The accessories for these games can be picked up at the front desk <sup>(1)</sup>.

An exercise room with change room and showers is located near the front desk <sup>(1)</sup>. You must ask for access to the exercise room at the front desk.

<sup>(1)</sup> **The Pinoteau Village Resort front desk is located in the building directly across from our patio. The hours for the front desk are 8 am to 9 pm.**

## Groceries

The condo has a fully equipped kitchen. A good place to stock up on groceries is the full service town of St. Jovite (recently re-named Ville de Mont-Tremblant) as you are driving into Tremblant or a 15-minute drive from the condo. You will find gas stations, grocery stores, pharmacy, liquor store, Canadian Tire, RONA, Laundromat, banks, as well as a variety of restaurants and interesting shops in St. Jovite.

- |                       |                    |              |
|-----------------------|--------------------|--------------|
| • IGA                 | 412 Rte 117        | 819-681-0330 |
| • Métro (groceries)   | 1011 rue St-Jovite | 819-425-3381 |
| • Provigo (groceries) | 390 Rte 117        | 819-425-3103 |
| • Jean Coutu Pharmacy | 1065 rue Ouimet    | 819-425-3757 |

To get to the Métro:

- Exit the Condo's Parking lot along rue Pinoteau
- Turn Right onto Chemin du Village – go 0.5 km
- Turn Right on Montee Ryan – go 3.7 km (2.3 mi)
- Turn Left on Rue Labelle – go 7.2 km (4.5 mi)
- Turn Right on Rue de St-Jovite (The Main Street)
- The Métro will be on your left within a block.

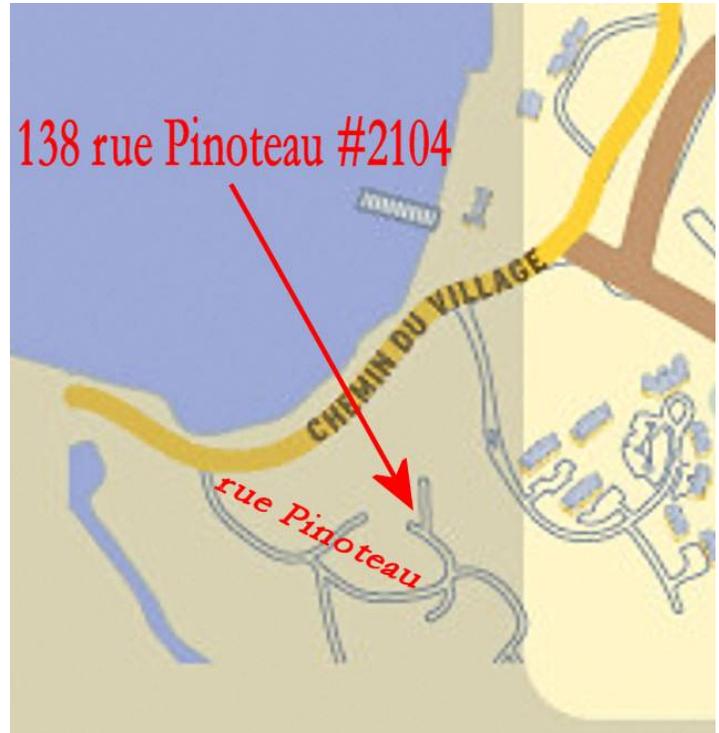
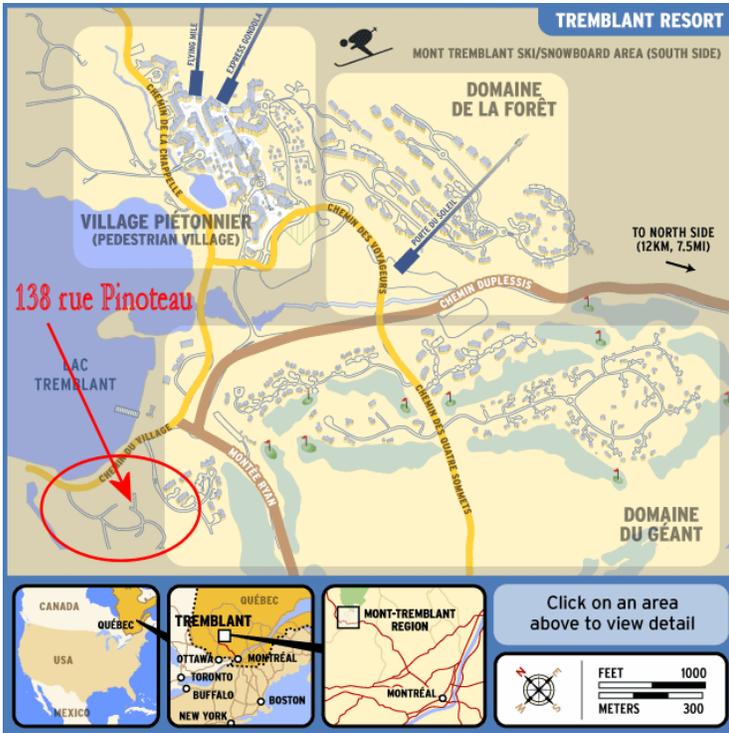
## Some Recommendations From us and Our Guests

We are discovering more of the Tremblant area along with you. Don't forget to let us know your favourites!

- Beavertails and "tire sur la neige" (maple syrup on snow!)
- Canoeing, snowshoeing and cross country skiing in Parc National du Mont Tremblant

**Have a great stay!**

## Directions to the Condo



## Driving Directions to Tremblant and our condo

Follow the directions, below, from your city or airport. Next, turn off Chemin du Village onto Rue Pinoteau. Follow Rue Pinoteau up the hill. There will be signs directing you to the various Pinoteau buildings, including the Bordeaux, please take note as you must veer left toward the Bordeaux. You will drive just past the Bordeaux building going directly toward the tennis courts to reach the parking lot. The parking space for our unit is labelled with 2104 and is the end space located directly across from the entrance to the three tennis courts.

### **From Toronto (6 ½ hr)**

Take Highway 401 East (becomes 20 East in Québec). Just before arriving in Montréal, go North on Highway 13 (follow signs for Mirabel Airport) to Highway 640 East. Take 640 East to Autoroute des Laurentides (15 North). Take Highway 15 North to Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

### **From Montréal and Montreal-Trudeau Airport (1 ½ hr)**

Drive North on Highway 15 to Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

### **From Ottawa (2 hr)**

Take highway 50 East. Get onto 148 East to Montebello. Take 323 North to Saint-Jovite. Turn left to get on the 117 North in Saint-Jovite. Take exit 119 (Montée Ryan) and drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

### **From New York (7 ½ hr)**

Take highway 87 North. At the border it becomes highway 15 North. Drive North on Highway 15, thru Montreal and follow indications for Saint-Jerome and Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

**From Boston (7 hr)**

Take highway 93 North, then 89 North to U.S./Canada border. Follow route 133 North to 10 West towards Montreal. Follow signs to highway 15 North. Take autoroute 15 North to Saint-Jerome and Sainte-Agathe. After Sainte-Agathe, Autoroute 15 North changes name for Route 117 North. Continue on the 117 North and take exit 119 (Montée Ryan) after Saint-Jovite. Drive on Montée Ryan (head for the mountain!) and continue straight through both traffic circles until you reach a T-intersection. Turn left here onto Chemin du Village.

**Activities In The Tremblant Area – Winter**

**Aquaclub La Source – Resort Village**

(swimming, whirlpool, steam baths, fitness center)

- Indoor and outdoor (summer only) swimming pools
- Two young children’s paddling pools
- Indoor and outdoor (adult only) whirlpools
- Steam baths
- Fitness Center with free weights, stair climbers, treadmills, spinning bikes
- For current pricing and schedule please refer to the web site:  
<http://www.tremblant.ca/activities/winter/activities/aquaclub/index-e.htm> or phone 819-681-5668

**Spa Le Scandinave – Rue Montee Ryan (Scandinavian baths, massage, yoga)**

- Scandinavian Baths; Norwegian steam bath, Finnish sauna, whirlpool baths, outdoor coldwater basins and Du Diable River dipping
- Reservations are not required for the baths but should be made for massage services
- \*\* Please note that this is an adult only facility, 18 years and older
- For current pricing, hours, and directions please refer to the web site <http://www.scandinave.com> or phone 819-425-5524

**Cross Country Skiing and Snowshoeing**

- Try a change of pace and enjoy the great cross-country ski trails in the Tremblant area. This is something we really love to do!
- **Ski De Fond Mont-Tremblant, Domaine Saint-Bernard, 539 chemin Saint-Bernard**
  - 90 km network of cross-country ski and snowshoe trails between the Resort Village, St Jovite, and Mont Tremblant Village with main access and reception area at the entrance to the Domaine Saint-Bernard a 600-hectare park.
  - Special activities including Horse Drawn Sleigh Rides and Snowshoe Outings
  - Rental equipment and lessons available
  - For current pricing, directions, trail maps, and special events please refer to the web site [www.skidefondmont-tremblant.com](http://www.skidefondmont-tremblant.com) or phone 819-425-5588
- **Parc National du Mont Tremblant**
  - 53 km (10 trails) of cross-country ski trails in Le Diable Sector and 33 km (7 trails) of trails in La Pimbina Sector as well as snowshoeing trails.
  - For directions, maps, rates please refer to the web site [www.sepaq.com/pg/mot/en](http://www.sepaq.com/pg/mot/en) or call 819-688-2281
- **Parc Lineaire Le P’tit Train du Nord**
  - The Linear Park is built on an old railway line with mechanically groomed trails for classic cross-country and skate skiing. The Tremblant sector is part of a 200 km pathway from Saint-Jerome to Mont-Laurier.
  - For directions, maps and rates please refer to the web site [www.laurentides.com/anglais/parc/Welcome.html](http://www.laurentides.com/anglais/parc/Welcome.html)

**Aventures-Neige Snow Tubing – St. Jovite**

- A snow-tubing park is located in St. Jovite next to the Comfort Inn. This could be a fun activity with the kids in the evening or if you are taking a day off from skiing.
- For more information and rates please refer to the web site <http://www.aventuresneige.com> or call 819-429-5500 or 1-877-671-5500

**Ice Skating – Vieux Tremblant (Secteur Village)**

- Skating on Lac Miroir and Lac Moore in Vieux-Tremblant. Skate rentals are available. Lit in the evening.

**Cinema Pine Movie Theater – Resort Village**

- Take in a flick. The Cinema Pine has 2 theatres and is located in the Le Johannsen in the Resort Village.
- For current movies playing and schedule call 819-429-6111

**Free Guided Tour of the Mountain**

- Meet at the Summit in front of the giant trail map every day at 9:30 am and 1:30 pm.

**First Tracks – Every Saturday and Sunday**

- Take the Gondola at 7:15 am, have breakfast at the Grand Manitou and then hit the slopes first at 8:00 am. Tickets can be purchased for \$18 + taxes the day before or on the same morning.

**Tremblant Activity Center – Place Saint-Bernard, Resort Village**

- A variety of activities can be arranged through the Tremblant Resort Activity Center; dog sledding, horseback riding, ice climbing, horse drawn sleigh rides, snowmobiling, Acrobranche Zip Lines, tubing, spas.
- These activities may be booked ahead of time online at [www.tremblant.ca/activities/index-e.htm](http://www.tremblant.ca/activities/index-e.htm), phone to make reservations 819-681-4848 or stop in just across from the gondola.

**Emergency contact information and Security**

**Local Emergency Phone Numbers**

Emergency (Police, Ambulance, Fire)	<b>9-1-1</b>
<b>Owners (Peter &amp; Chris)</b>	<b>1-613-482-0461</b>
Anti-Poison Center	1-800-463-5060
Police (administration)	819-425-2723
Fire (administration)	819-425-8614 x2800
Ski Patrol	819-681-5911
St. Jovite Medical Center (12 km)	819-425-2728
Hospital Ste-Agathe (40 km)	819-324-4000

**Local Information Phone Numbers**

Tourist Info – Saint-Jovite	819-425-3300
Tourist Info – Mont Tremblant Village	819-425-2434
Information Center – Resort Village	819-681-3000 #46643
Cinema Pine Movie Theater - Resort Village	819-429-6111
Aquaclub La Source – Resort Village	819-681-5668
Tremblant Activity Center – Resort Village	819-681-4848
Spa Le Scandinave	819-425-5524
Parc National du Mont Tremblant	819-688-2281

## Troubleshooting

Can't operate the shower

- Please see the section above on operating the shower

Burnt out bulb

- replacement bulbs can be found in a box above the fridge

Remote batteries dead

- replacement batteries can be found in a box above the fridge

Resetting a tripped breaker

- Go to the breaker box located in the hallway leading to the launch/bathroom. To reset the breaker, push it entirely to the OFF position until it clicks, then push it to the ON position.

No power at an outlet

- please check if a breaker tripped. If so, see "Resetting a tripped breaker" above.

No hot water

- please check if a breaker tripped. If so, see "Resetting a tripped breaker" above.

Coffee maker not working

- please double-check that the power switch is ON. Instructions can be found hanging on a hook above the coffee machine

TV / Netflix / cable / movies / PS3 not working

- Please refer to the entertainment section of this document. We've done our very best to ensure a smooth technical experience but sometimes things go wrong. Give us a call if you find you're unable to resolve any issues. Please DO NOT modify or move any cables or log off of any accounts like Netflix or PS3.

Jacuzzi Tub not working

- Please see the section, above, related to the Jacuzzi tub.

Supplies / Linens missing

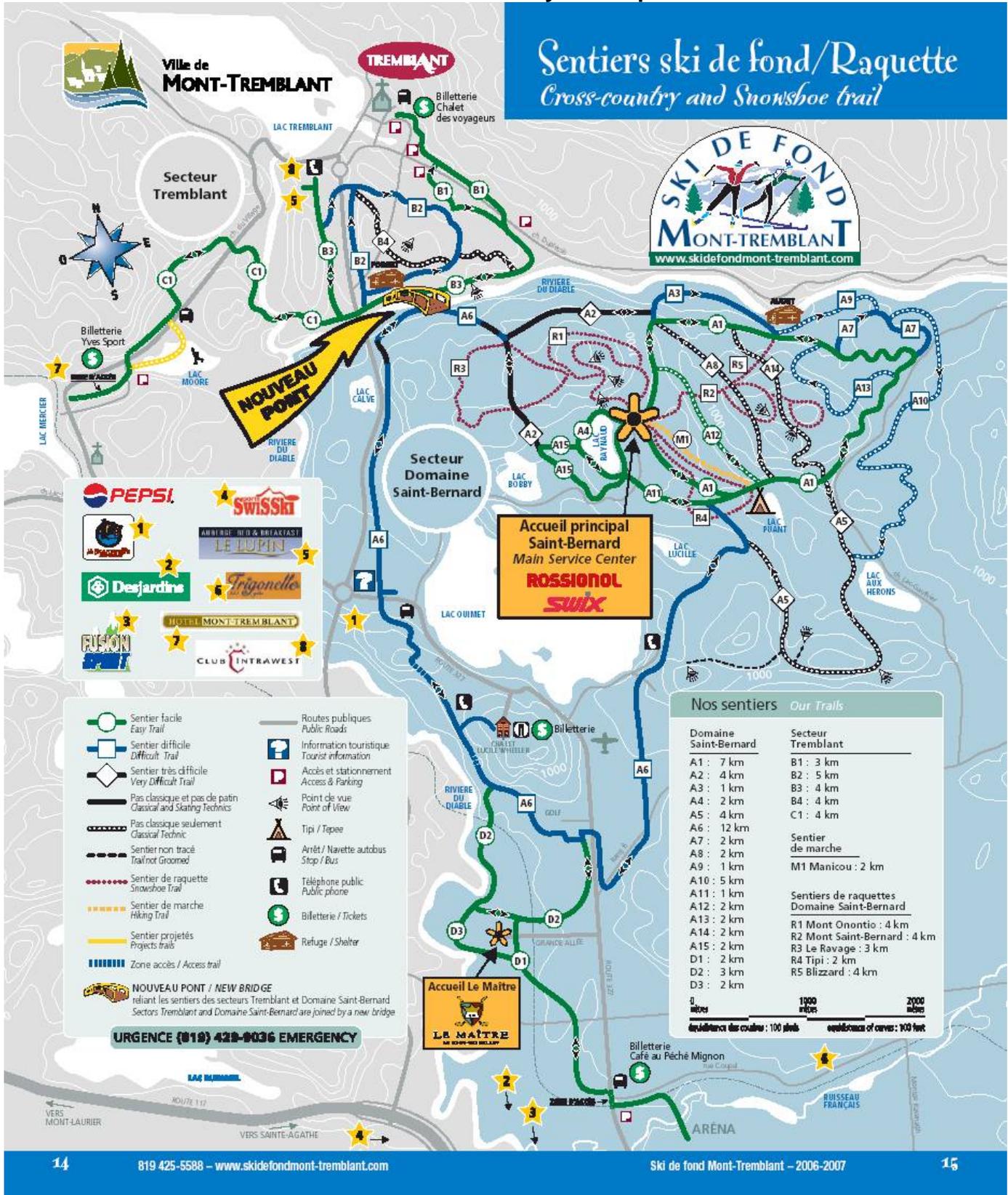
- Please contact Peter & Chris ASAP (613-482-0461 / [info@StayAtTremblant.com](mailto:info@StayAtTremblant.com)). We keep supplies on-hand and we can walk you through how to access them.

## Where To Find Stuff

Basket for gloves / hats.....	near front door beside long table
BBQ.....	just behind our patio, in the box near the picnic table (use ONLY this BBQ)
BBQ utensils.....	bottom drawer in the kitchen
Batteries.....	above the fridge in the plastic box (9V smoke detector, AA, AAA remotes)
Blankets (extra).....	in the closet (with mirror doors) beside kitchen
Book Exchange.....	in the green cabinet in dining area
Broom.....	in the closet beside kitchen
Coffee.....	in the freezer
Coffee filters.....	in the coffee machine – it's a permanent filter, no need for paper filters
Dish Towels.....	on the counter & in drawers to the right of the fridge
Dishwasher Detergent.....	under the sink (use tabs)
Dust Pan.....	in the closet near the front door
Fan.....	usually out in the summertime or in closet between bedroom & bathroom
Fire Extinguisher.....	hanging on the wall between the dining room and the kitchen
First Aid Kit.....	under the bathroom sink (let us know if you use anything!)
Games.....	in the closet near the front door & under the long table in living area
Garbage Bags (for kitchen).....	under the kitchen sink (white bags)
Hot water tank breaker.....	in fuse box in the hallway leading to the bathroom
Hair Dryer.....	under the bathroom sink
Iron.....	in the closet (with mirror doors) beside kitchen
Ironing Board.....	in the closet (with mirror doors) beside kitchen
Laundry Detergent.....	on top of the washing machine
Light Bulbs.....	above the fridge in the plastic (let us know if you use any!)
Linens.....	master bed– on the bed, sofa-bed– in the hallway closet (including pillow-cases)
Magazines.....	in the green cabinet in dining area
Matches.....	on the fireplace mantel (reminder: open the flue before lighting any fires)
Meat Thermometer.....	usually in the 2 <sup>nd</sup> drawer down to the right of the fridge (but check other drawers)
Paper Towels.....	the towel holder is to the left of the stove under the cabinet
Passes for beach / tennis / pool.....	hanging on lanyards on the coat rack near front door
Phone.....	one on the counter between kitchen and dining room, the other in the bedroom
Pillow covers.....	for sofa-bed they'll be folded with the sofa-bed sheets
Pail.....	in the closet (with mirror doors) beside kitchen
Playing Cards.....	in a drawer in the green cabinet in the dining area
Salt for steps in winter.....	in the closet (with mirror doors) beside kitchen (use if icy)
Sewing Kit.....	in the bathroom medicine cabinet (close to the bedroom)
Shovel in winter.....	in the closet (with mirror doors) beside kitchen
Ski Locker.....	out the door, go straight through hallway door, take your first left
Spices.....	in the cupboard above the stove
Step stool.....	in the closet (with mirror doors) beside kitchen
Sugar.....	in the cupboard to the right of the microwave
Tea bags.....	in the cupboard above the stove
Thermostats.....	living room, bedroom, bathroom and back hallway (there are 4)
Tins for Grease.....	in the cupboard to the left of the fridge (top shelf) or above microwave
Toilet Paper.....	in the bathroom medicine cabinet and under the sink
Vacuum Cleaner.....	in the closet (with mirror doors) beside kitchen

## Cross Country Ski Map

### Sentiers ski de fond / Raquette Cross-country and Snowshoe trail



## Parc National Du Mont Tremblant

### Snowshoeing Trails Diable Sector

Trail	Length	Degree of difficulty	Departure point
Lac-des-Femmes	2.7 km (loop)	Easy	Lac-Monroe Visitors Centre
La Corniche	8.2 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
La Roche	6 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
Le Centenaire	9,2 km (linear) (+ 3.5 km on Route No 1)	Difficult	La Vache-Noire (park entrance)
<b>NEW</b> Les Ruisselets	8.8 km (round trip)	Intermediate	Lac-Monroe Visitors Centre
Roche/Corniche/Coulée	8 km (loop)	Difficult	Lac-Monroe Visitors Centre
Linear total : 24.3 km			

### Pimbina Sector

Trail	Length	Degree of difficulty	Departure point
L'Envol	3.4 km (round trip)	Intermediate	Saint-Donat Information Kiosk
	5.5 km (loop)	Difficult	Saint-Donat Information Kiosk
Geai-Bleu	5 km (round trip)	Easy	Saint-Donat Information Kiosk
Mont-des-Cascades	7.5 km (loop)	Difficult	Saint-Donat Information Kiosk
Linear total : 13 km			

## Parc National Du Mont Tremblant

### Cross Country Ski Trails Diable Sector

Circuit No.	Circuit	Length	Degree of difficulty	Trails to Take All trails start at the
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				Lac-Monroe Visitors Centre.
A1	Le Bois-Franc	10.3 km	Intermediate	A, A1, A
A3	Le Poète	5.9 km	Intermediate	A, A3, A
A4	Les Falaises	9.4 km	Intermediate	A, A3, A4, A
A5	Le Poisson	12.7 km	Difficult	A, A3, A4, A5
A6	Le Boulé	16.7 km including a 10.6 km loop	Easy	A, A3, A4, A6, A
B1	Le Perdriole	3.5 km	Easy	B, B1, C
B2	La Biche	5.8 km	Easy	B, B2, C
B3	Le Lièvre	7.9 km	Easy	B, B3, B2, C
B4	Le Malard	17.7 km	Difficult	B, B4, C
B5	L'Ours	16.9 km	Difficult	B, B4, B5, B3, B2, C

Linear total: 53 km for classic style skiing, 12 km of which are shared with skate skiing trails.

#### La Pimbina Sector

Circuit No.	Length	Degree of difficulty	Trails to Take All trails start at the SAint-Donat Information Kiosk
La Volière	1.7 km	Easy	1
Le Ruisseau	4.8 km	Easy	2
La Promenade	8.3 km	Easy	2,3,2
La Détente	12 km	Easy	2,3,4,2
Les Cascades	12.2 km	Difficult	2,5,3,2
La Descente	10.6 km	Intermediate	2,3,4,6,1
La Cassagne	17.9 km	Intermediate	2,3,4,7,4,2
Linear total : 33 km			