

# Thursday Tour, 14<sup>th</sup> January 2010

By Derek Wills

Rendezvous: 10:15 a.m. at Centre de ski Far Hills/Val-Morin  
(Parc regional Dufresne -Carte Réseau friendly)

Trails skied: 2-Vals (No.33), No. 25, No. 15, Pemberton (No.24)  
and the historic Maple Leaf (No.1)

Round trip skied ~ 14 km On-trail duration ~ 3-1/2 hours

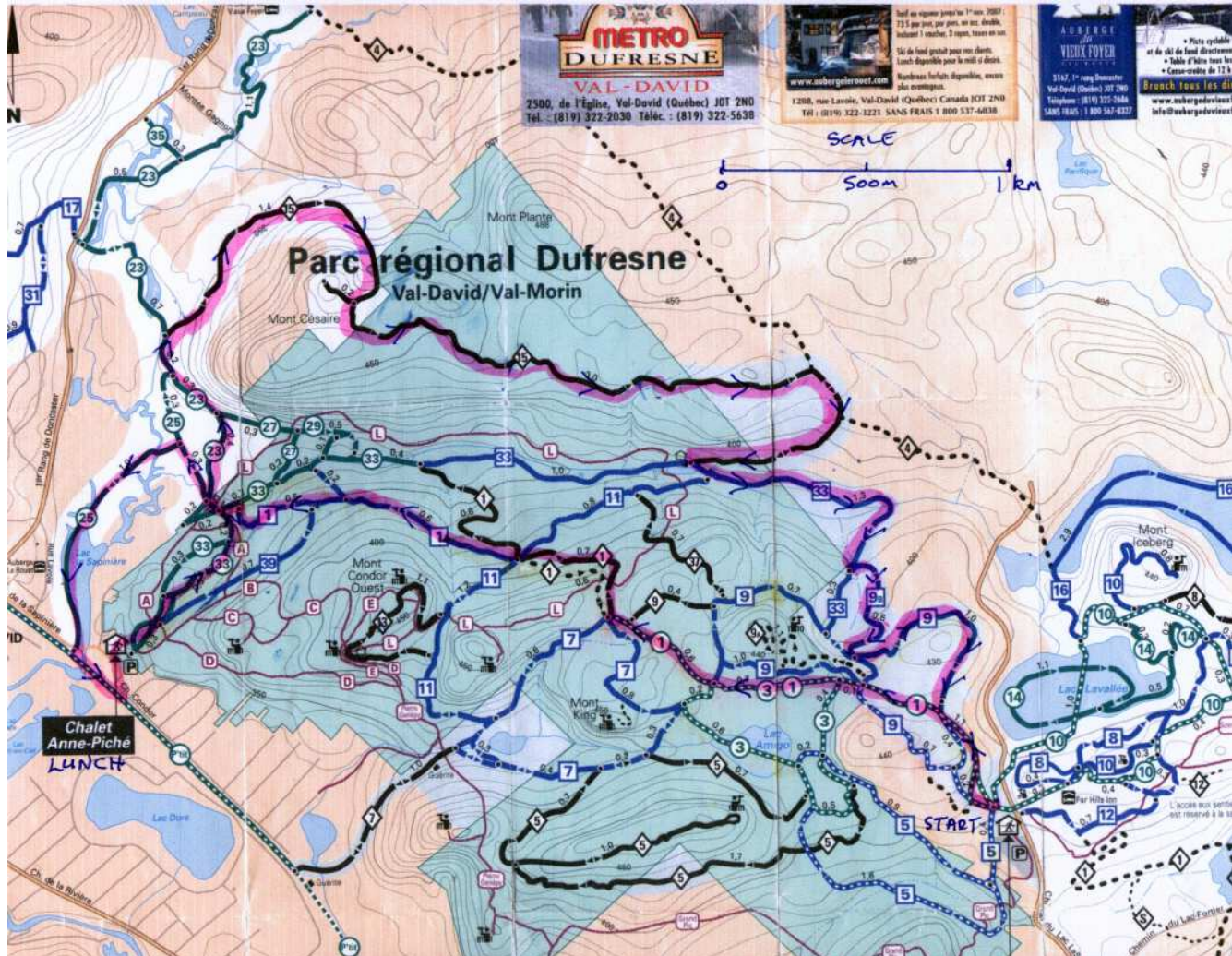
Conditions: -7°C, hazy, fresh snow on mostly track set trails

Full info at: [www.parcregionaldufresne.com](http://www.parcregionaldufresne.com)

Trail Map available at: [www.val-morin.ca/parc/cartes/carte\\_ski\\_de\\_fond.pdf](http://www.val-morin.ca/parc/cartes/carte_ski_de_fond.pdf)

We had a record breaking 21 eager attendees comprising: Gordon & Sorel Cohen, Tim Baker, Chris Lyle, Linda Collier, Murray Moss & Judy Lazarus, David MacDonald, Paul Lord, Dick Pickering, Bob & Carol Mackenzie, Ismo & Eeva-Liisa Makkonen, Erik Vikander, Richard L'Heureux, Howard Bussey, Celia Lang, Audrey Speck, Judy Rogers, & Derek Wills.

Perhaps those who study contemporary statistical trends in geriatrics can explain this high turn out!



Follow the pink spaghetti routing, where we skied an easy-peasy westward traverse across the network from Far Hills centre to the cozy Anne-Piché Chalet for an early lunch, but took a more challenging and “elevated” north-eastward return around Mt. Césaire.



**This was our rendezvous; the amply facilitated Far Hills Ski Centre complete with an excellent ski shop...inasmuch Derek was able to purchase a desperately needed push-on replacement basket for one of his Swix ski poles!**



**Despite several trail "errant-navigations" by the leader, we ended up on the P'tit train du Nord and had to seek guidance to the Anne Piché Chalet from a group of young mothers doing outdoor exercises. Here we indulge in an early (11:35 am) indoor lunch, considered a luxury as we usually dine "en piste".**



**The smaller but cozy Ann Piché Chalet**





**Just one of many great rundowns.....the view from the top...**



**.....and the view from the .....ooooops! There goes Linda!!!**

**Some descending skiers not seen as their velocities exceeded that of light!**





**The troops with full gas tanks, ready for the return assault of Mt. Césaire.  
At this stage, heart rates and blood pressures are normal, but all will change in due course!**



**Breathless troops slog up this section of the Mt. Césaire trail, believed sponsored by the Heart and Lung Association!  
(Césaire -derived from the Latin - seizure (as in heart) !**

**We rest up after finally reaching the rarefied elevation of 460 m;  
relaxing long down hills provide well earned gravity payback!**





**Back down in the low lands, this section could have been appropriately named Christmas Tree Avenue**



**One last pic for the paparazzi.....only 700 m to ski to the Far Hills Centre.**