



MOUNTAIN BIKING IN GATINEAU PARK

Show a Little Respect — Have a Lot of Fun!



SUMMER 2003

Within the green borders of Gatineau Park lie some amazing treasures: a variety of plants and animals, unique sites, crystal-clear lakes... and a shared pathway network that puts a spring in the step of hikers and a bounce in the tires of mountain bikers.

The National Capital Commission (NCC) is responsible for protecting this natural area for the enjoyment of future generations. We ask that you read this brochure and enjoy your favourite outdoor activity safely. Please respect the environment, other trail users, the rules and the code of ethics of the International Mountain Bicycling Association (IMBA) — upon which these rules are based.

A MATTER OF RESPECT

On shared trails, the word to keep in mind is **respect**.

• Respect the environment

Gatineau Park is a protected natural area, and the trail network has been laid out according to the principles of sustainable development. For the protection of the Park's fragile plants and ecosystems, we ask that cyclists and hikers use only existing trails.

The trails are about two metres wide and are covered with a mixture of dirt and gravel. The level of difficulty is low. There are no steep single-track dirt trails in the Park, because the environmental impact would be too great.



• Respect other trail users

The Gatineau Park trails were designed for hiking. We recommend that if you are an athlete or a competitive cyclist you use the trails at Camp Fortune, which are better suited to your level of activity.

Yield right-of-way to hikers at all times.

• Respect the rules

Mountain biking is permitted from May 15 to November 30 on 90 kilometres of mixed-use mountain biking and hiking trails (see map on other side of paper).

The NCC has placed visible, explicit signs near the trails in order to inform trail users of the rules.

Gatineau Park conservation officers patrol the trails and act as peace officers. They are authorized to hand out fines (minimum \$100) for infractions.

SAFETY

- Choose your itinerary to suit your physical ability, your equipment and the weather.
- Wear a helmet.
- Plan ahead. Maintain control over your speed at all times, particularly at corners where you may meet oncoming hikers or cyclists.
- Avoid startling other trail users and possibly causing accidents: slow down and make your presence known when approaching or overtaking someone.

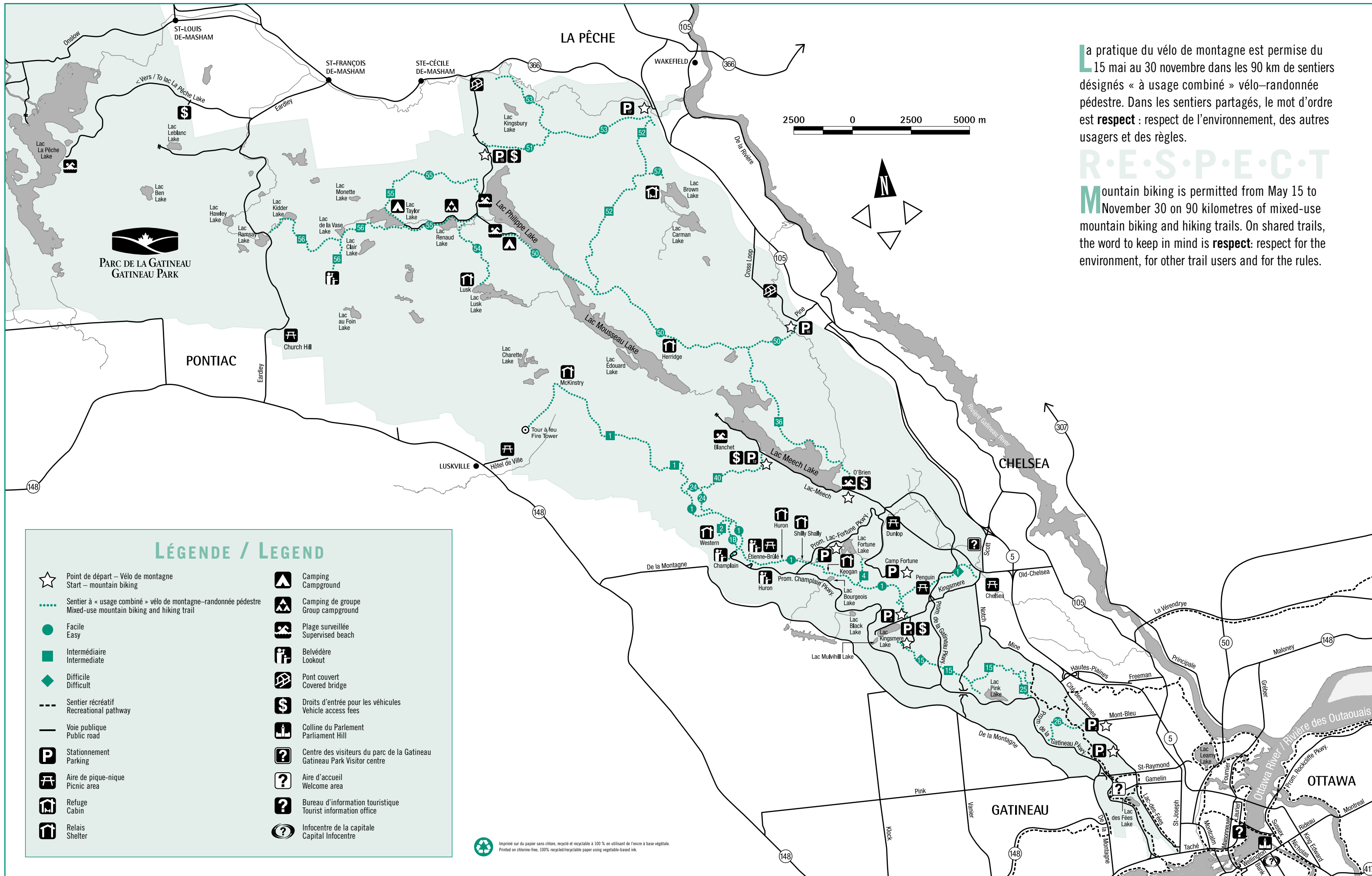
COMMON SENSE AND GOOD CITIZENSHIP

- Leave no trace of your presence: take your garbage away with you and dispose of it properly.
- Do not frighten the animals. The Park is their habitat — please respect them.
- Do not ride your bike while you are responsible for your pet. (For information on this and the other new domestic animal regulations, visit www.nationalcapitalcommission.gc.ca/animals.)
- Fires and camping are allowed only in designated areas.

ENJOY YOUR OUTING!

Information:

Gatineau Park Visitor Centre
33 Scott Road, Chelsea, Quebec
Tel.: (819) 827-2020 or 1 800 465-1867
www.canadascapital.gc.ca/gatineau



La pratique du vélo de montagne est permise du 15 mai au 30 novembre dans les 90 km de sentiers désignés « à usage combiné » vélo-randonnée pédestre. Dans les sentiers partagés, le mot d'ordre est **respect** : respect de l'environnement, des autres usagers et des règles.

R·E·S·P·E·C·T
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LÉGENDE / LEGEND

- | | | | |
|-------|---|----|---|
| ☆ | Point de départ – Vélo de montagne
Start – mountain biking | ▲ | Camping
Campground |
| | Sentier à « usage combiné » vélo de montagne-randonnée pédestre
Mixed-use mountain biking and hiking trail | ▲▲ | Camping de groupe
Group campground |
| ● | Facile
Easy | 🏖️ | Plage surveillée
Supervised beach |
| ■ | Intermédiaire
Intermediate | 🏠 | Belvédère
Lookout |
| ◆ | Difficile
Difficult | 🌉 | Pont couvert
Covered bridge |
| --- | Sentier récréatif
Recreational pathway | 💰 | Droits d'entrée pour les véhicules
Vehicle access fees |
| — | Voie publique
Public road | 🏛️ | Colline du Parlement
Parliament Hill |
| P | Stationnement
Parking | 🗺️ | Centre des visiteurs du parc de la Gatineau
Gatineau Park Visitor centre |
| 🍴 | Aire de pique-nique
Picnic area | 👤 | Aire d'accueil
Welcome area |
| 🏠 | Refuge
Cabin | 🗺️ | Bureau d'information touristique
Tourist information office |
| 🏠 | Relais
Shelter | 🗺️ | Infocentre de la capitale
Capital Infocentre |

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