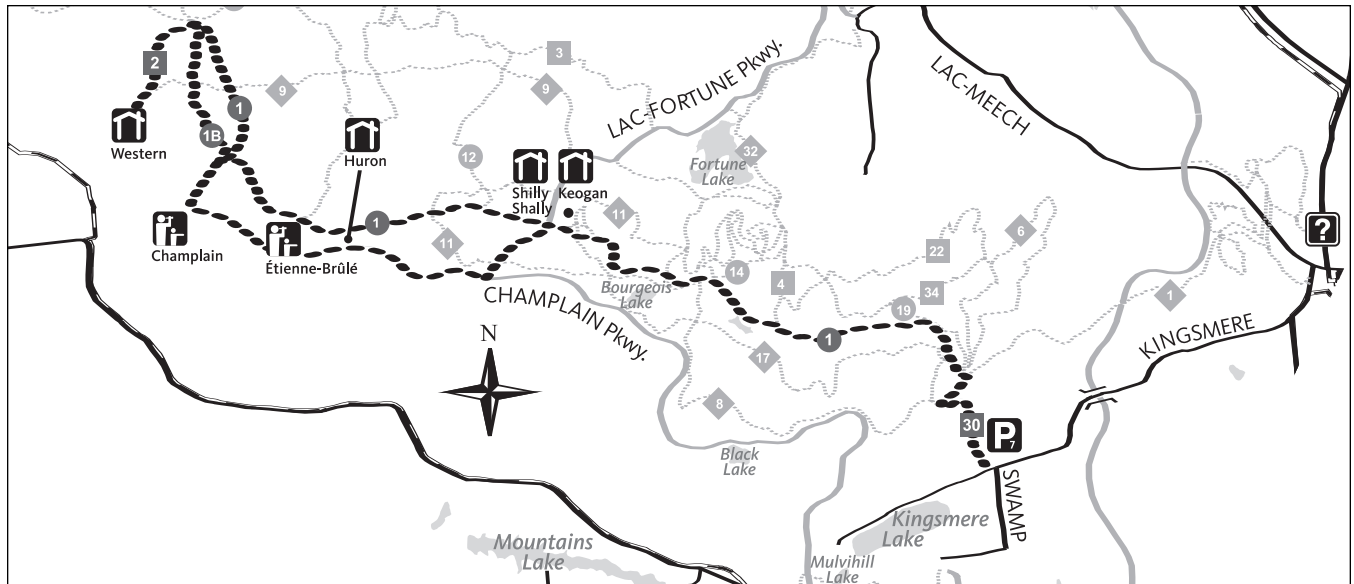


Gatineau Park Cross-Country Ski Route, in Canada's Capital Region

# The Heart of the Network

## P7 to Western



### TECHNICAL INFORMATION

**Start:** Parking lot 7, Kingsmere Road, Chelsea

**Total distance:** 18.7 km (it is possible to turn around at any point)

**Level of difficulty:** Easy to intermediate

**Technique:** Classic or skate skiing

**Route:** Trails 30, 1 and 2; stop at Western Shelter; return via trails 2, 1B, Champlain Parkway, Fortune Parkway and 1

**Note:** The first 1.5 km includes a challenging climb.

### POINTS OF INTEREST

- There are **four shelters** on this route: Keogan, Shilly Shally, Huron and Western. This loop trail in the heart of the network was developed by the Ottawa Ski Club in the early 20th century. People have been skiing in this area for close to 100 years.
- **Wattsford Lookout** provides an exceptional view of the cities of Gatineau and Ottawa.
- **Champlain Lookout** offers an impressive view of the Ottawa Valley from a height of 300 m, atop the Eardley Escarpment. The escarpment marks the junction where the Canadian Shield meets the St. Lawrence Lowlands. Facing south-southwest, the cliff has a warm, dry microclimate that supports rare types of vegetation.
- At the beginning of the 17th century, **Samuel de Champlain** became one of the first Europeans to admire the escarpment. He was equipped, guided, escorted and protected by Aboriginal people, who enabled him to reach the lookout that today bears his name.