



the Region:

The Laurentians

“The ultimate ski and outdoor adventure destination”

Named for the mountain range, the quaint communities of the Laurentian region are mainly Francophone with some bilingual French/English families. This place is an outdoor adventure haven. There are over a dozen ski hills, including Mont Tremblant Resort, a thousand kilometers of cross country and snowshoe trails along with dozens of hiking and cycling trails. In all these towns, the local people are friendly and display typically Québec hospitality that comes from the heart.

Location: 1 hour northwest of Montréal

Outdoor Sports: Bird Watching • Boating • Cross Country Skiing • Cycling • Dog Sledding • Fishing • Ice Fishing • Golfing • Hiking • Horseback Riding • Rock Climbing • Rollerblading • Skating • Skiing • Snowboarding • Snowmobiling

Recreation for students:

• Coffee shops • Festivals • Libraries • Music concerts • Movies • Parks • Restaurants (formal and fast food) • Outdoor recreation • Ski Resorts • Shopping • Sports

Why the Laurentians?

- Experience French Canada
- Francophone communities with French-only schools
- Excellent recreational opportunities
- Four-season destination
- Mont Tremblant is a world-class ski resort

COMMUNITIES IN THIS REGION:

- Mont Tremblant
- Sainte-Adèle
- Sainte-Agathe-des-Monts

www.laurentides.com

Small Town

“In the heart of the Laurentians”

Sainte-Adèle is a quaint small town in the heart of the Laurentian region, just 70 km north-west from Montreal. Largely based on the ski and tourist industry, Sainte-Adele is often called the playground of Montrealers for its proximity and recreational opportunities. Residents of Ste. Adele love the diversity of lifestyle – choosing to live in the center of town, or by a lakefront. Regardless, enjoyment of natural surroundings and outdoor adventures is never far away. The residents of Sainte-Adèle are guided by the principals of nature, tranquility and quality of life.

- Located in the Laurentian Mountains
- Population: approximately 10,250
- 40 km south of Mont Tremblant, 70 km northwest of Montréal

Notable features:

- In close proximity to the world famous Mont-Tremblant Ski Resort
- True Francophone community with French-Only schools
- Four-season recreational destination - with a community spirit based on the love of the outdoors
- The *P'tit Train du Nord* offers 200 km of cross-country (winter) or cycling trails. This former train trail is now well-used by local cyclists/skiers and presents the opportunity to pass by many of the quaint villages along its lengthy route.

Main Attractions:

- P'tit Train du Nord: www.lepetittraindunord.com
- 3 local ski hills (le Chantecler, le Mont Gabriel, le 40/80)
- Mont Tremblant Ski Resort (40 km away): www.tremblant.ca
- Golf courses
- Le parc de la Rivière Doncaster

Libraries: 2

Shopping Malls: 1 (Le Promenade de Ste-Adele)+ *small boutique shops*

Movie Theatres: 1 (*movies in French*)

Public Transit: no public transit / bus service from all Laurentian region to Montreal (approx. 40 min - 1 hour)

Transit to school may include: School bus / Walking

Average Temperatures: [° c]

Ave	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High	-5	-3	2	11	19	23	26	25	20	13	5	-5
Low	-14	-14	-6	1	7	13	15	14	9	4	-1	-10