

## *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

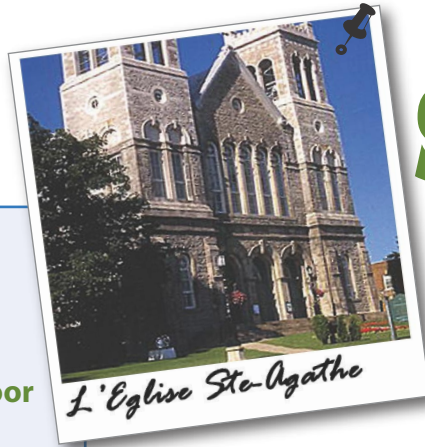
#### Why the Laurentians?

- 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](http://www.laurentides.com)



# Community Profile

# STE.-AGATHE des-Monts

QUÉBEC

[www.sainte-agathe.org](http://www.sainte-agathe.org)

Small Town

## "In the heart of the Laurentians"

Located in the heart of the Laurentian region, the town of Ste-Agathe is made up of many small villages and has all the touristic facilities necessary to make ones stay as pleasant as possible. Formerly a stop on the famous rail line to Tremblant, cyclists or cross-country skiers can still take "Le p'tit Train du Nord" from the old remodeled station to the many other towns along its route. The magnificent Lac des Sables, located in the heart of the town, is always appealing to visitors.

- Located in the Laurentian Mountains
- Population: approximately 9,000
- 20 km south of Mont Tremblant, 85 km northwest of Montréal

#### Sister Cities:

Lagny-sur-Marne (France)

#### Notable features:

- In close proximity to the world famous Mont-Tremblant Ski Resort
- Francophone community with French-Only schools but offering a small Anglophone pocket and the only English-only schools in the area
- 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.
- Canadian author Mordecai-Richler set his book "Apprenticeship of Duddy Kravitz" in this town

#### Main Attractions:

- P'tit Train du Nord: [www.lepetittraindunord.com](http://www.lepetittraindunord.com)
- Église Ste-Agathe: [www.paroissesteagathe.com](http://www.paroissesteagathe.com)
- Lac des Sables - beachfront
- Mont Tremblant Ski Resort (40 km away): [www.tremblant.ca](http://www.tremblant.ca)
- Parc des Campeurs Ski de fond (cross-country skiing): [www.parcdescampeurs.com](http://www.parcdescampeurs.com)
- "L'Hiver en Nord" winter festival

#### Libraries: 1

**Shopping Malls:** *small boutique shops only*

**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