






# Parc linéaire le P'tit Train du Nord Corridor Aérobique Trail Conditions - Tuesday October 17, 2017



	<b>Le P'tit Train du Nord</b>	<p>The park is open. IMPORTANT INFORMATION - On October 22nd, more than 2,000 marathon runners will take part in the P'tit Train du Nord Marathon and will drive between Val-David and St-Jérôme between 8:30 am and 3:30 pm. Plan your trip further north or south of the event or take the opportunity to visit the beautiful Aerobic Corridor. A trail to discover! <a href="http://www.corridoraerobique.ca">www.corridoraerobique.ca</a> <a href="http://www.marathondupetittrainundunord.com/parcours.html">www.marathondupetittrainundunord.com/parcours.html</a></p>
	<b>Le Corridor Aérobique</b>	<p><a href="http://www.corridoraerobique.ca">www.corridoraerobique.ca</a></p>
	<b>Le P'tit Train du Nord</b>	<p>No closing at this time. Weather permitting, the park should be open until October 29 at night.</p>
	<b>Le Corridor Aérobique</b>	<p><a href="http://www.corridoraerobique.ca">www.corridoraerobique.ca</a></p>
	<b>Le P'tit Train du Nord</b>	<p>Several works will be carried out this fall, mainly in the Rivière-du-Nord and Pays-d'en-Haut RCMs. Other works of culverts and drainage are also planned this fall in the Antoine-Labelle and Laurentides RCMs. Details can be obtained here :  Info-Works Map - 2017 - <a href="#">Click here to consult our Google interactive map of the ongoing and planned works</a>. This map is also very useful to know where are located the asphalted sections (green color) and the crushed stone sections (brown color).  Have a nice fall season !</p>
	<b>Le Corridor Aérobique</b>	<p><a href="http://www.corridoraerobique.ca">www.corridoraerobique.ca</a></p>

For more information XC ski:

Season pass online (cross-country ski): <https://inscriptions.lespaysdenhaut.com/ski/>

From Saint-Jérôme to Val-David (km 2 à km 44): MRC des Pays-d'en-Haut , 450 229-6637 poste 202 -  
trainundunord@mrcpdh.org

Corridor Aérobique: Réseau de ski de fond et de raquette de Morin-Heights: 450 226-3232, ext. 130 |  
[www.morinheights.com](http://www.morinheights.com)

Mont-Tremblant Sector: Centre de ski de fond Mont-Tremblant, 819 425-5588 - [info@skifondmont-tremblant.com](mailto:info@skifondmont-tremblant.com) |  
[www.skidefondmont-tremblant.com](http://www.skidefondmont-tremblant.com)

## CODE OF CONDUCT IN SUMMER

### ALLOWED:



- Ride in a single file when part of a group
  - Ride at a reasonable speed and carry out safe manoeuvres
  - Keep the trail clear when stopping
  - Cyclists: ride on the right side of the trail and overtake on the left only
  - Pedestrians: walk on the left side of the trail (facing cyclists and skaters)
- Bike helmet is recommended. Maximum speed recommended: 22 km/h.

### PROHIBITED:



- Dogs are not allowed on any of the trails;
- All motorized vehicles are prohibited from using the trails (with the exception of snowmobiles on those sectors set aside for their use in season)
- All electric scooters are prohibited from using the trails
- For safety purposes, walkers and hikers must walk face on to cyclists and skaters. This will allow pedestrians to see approaching cyclists and give everyone enough time to react.

## IN CASE OF AN EMERGENCY, DIAL 911

**We ask you to please exercise additional caution to help reduce the risk of accidents on the trail**