

CANADA

ALBERTA

BRITISH COLUMBIA

MANITOBA

Best place to roller ski in Manitoba. Bird's Hill Park... 11km loop of great smooth asphalt plus 7 km around a lake. Some good hills. A great spot to train. *Gary Leach*

NEW BRUNSWICK

NEWFOUNDLAND

NOVA SCOTIA

Halifax, Point Pleasant Park: Apart from the strange comments from walkers and joggers Halifax and Point Pleasant Park with its fine gravel paths and seashore venue make it worthwhile to anybody traveling in these parts to bring their skies. *-D.M.*

NW TERRITORIES

ONTARIO

Fort Erie: The Niagara River Recreational Trail: The Niagara River recreational Trail Begun in 1986, the Niagara River Recreational Trail is a scenic, paved path for non-motorized traffic stretching some 58K (35 Miles) along the Niagara River. It commences at Fort George in Niagara-on-the-lake and extends almost the full width of the peninsula, terminating at Anger Street in the North end of Fort Erie.

London: Springbank Park in London, Ontario is an ideal setting for early morning or evening roller skiing. It contains a looped road that is 6 km long with several good climbs and moderate downhill. The park is also linked to other paved paths that follow the Thames River, linking other parks and the University. These trails are mainly flat and good for beginners. *-Eric Passi*

QUEBEC

Quebec City: I'm a roller skier of 17 years and during the last two years, I've spent time in the tracks of Quebec City and the neighborhoods. There are a lot of beautiful tracks, like the Battlefields, the Corridor des Cheminots which is a biking and skating track that goes northwest of the town for 30 k, the along the river Montmorency fall track, which starts from Quebec and goes 25 km East to Beauport, and the Mt. Ste- Anne tour of the lake. All the paved cycling path, from St-Augustin to the Montmorency fall, authorize the practice of roller skiing. C.B.

Montreal: 1- Trans Canada Trail. Should provide over 16,000 Km. of fun.

2- Mont Royal Park. Montreal, Quebec. 10 Km. from monument at the bottom to the cross and back down. Uphill all the way up, no rest, until you start heading back down the Gravel road.... this is in DOWNTOWN Montreal!!!

3- Deux- Montagnes to Oka bike trail. Paved.

4- Lachine Canal to Montreal. paved, 11 Km.

5- Old Port of Montreal. 5 Km. Not recommended on beautiful summer days, the crowds are huge. Cheers to all! - *Guy*.

Morin Heights: Starting from Morin Heights (Canada's Cross- Country Ski Capital (I didn't invent this, it says so when you enter the village), you can take road 329 in a southerly direction to Lachute. Total length of road from Morin Heights to Lachute is about 45 to 55 km. So unless you are Bjorn Daehlie or Vegard Ulvang you may want to head back before you reach Lachute. The pavement is good for Quebec standards (only real Quebecker's will understand the true meaning of this comment), the terrain is rolling with a few slight curves. The terrain can be challenging and will drive your bpm at time, but overall level 1 to level 3. Traffic on this road is light to non- existent on weekends, wear a helmet just in case (you'll need the helmet for one or two straight gradual down hills). Road 329 passes by Jackson road where the Viking Ski Club, North Americas oldest Cross- Country Ski Club is located. Jack Rabbit Johannsen was the club president at one time in its history. 329 is also a beautiful road for biking, especially in the fall with the colored maple foliage. -*Eric Schmadtke, satisfied 800 series skier, Montreal, Quebec.*

SASKATCHEWAN

YUKON