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Adapted skiing

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You'll reach new heights enjoying this exciting sport! What better way to take in Québec's frozen landscapes while getting your daily dose of vitamin D? Beginners can develop their skills standing or sitting, depending on their needs. With adapted skiing, you don't have to be an athlete to hit the slopes! Fees usually include equipment rental, making for a relatively affordable winter outing.

Examples of adapted equipment include:

Mountain Man: bi-ski with attached seat. Bi-skis can be maneuvered by one person with the help of ski poles or guided by a companion stationed behind the seat.

Dualski (or sit-ski): similar to the Mountain Man, the dualski's seat is more flexible with more points of articulation. It can also be maneuvered solo or by a companion.

Tandemski: as the name suggests, this ski is made to be used in tandem. A second person can attach their ski boots at the back using specially designed clips.

Three-track skiing with crutch-skis (outriggers): adapted equipment for single-leg amputees.

Four-track skiing with crutch-skis (outriggers): used standing up, this option is ideal for persons with motor skill difficulties who do not use a wheelchair.



Ski resorts

The following is a list of ski resorts that offer adapted equipment and services.

Region	Establishment	Contact person and contact information	Available equipment
Abitibi-Témiscamingue	Mont-Vidéo ski centre	The Association de ski adapté de l'Abitibi currently offers adapted skiing at Mont Vidéo. Mont-Vidéo will eventually provide these services directly. Association de ski adapté de l'Abitibi Introductory offer of four 1.5-h sessions (including certified instructor and equipment). Contact person: Luc Chevrier 819 732-9262 Mont-Vidéo ski centre Day pass (reservation required) 819 734-3193 www.montvideo.ca	Three Mountain Man bi-skis Two dualskis One tandemski Accessible to persons with visual impairments.
Abitibi-Témiscamingue	Centre Plein air Mont-Kanasuta	Reservation required: 819 279-2331, ext. 111 Adapted skiing with instructor: 2.5-hour session for \$48. It is also possible to rent equipment without booking a session. www.kanasuta.com/ecole-des-neiges	1 tandemski 1 dualski (without outriggers) Accessible to persons with visual impairments.
Bas-Saint-Laurent	Parc Régional Val d'Irène	For information or to make a reservation, contact Amélie Bérubé at 418 629-3450, extension 1056 or by email at ecole@valdi.ski . www.valdi.ski	1 tandemski. Three packages: <ul style="list-style-type: none"> • Forfait découverte ("discovery package") 2 ski lifts: \$40 • Two-hour pass: \$60 • Day pass: \$110
Eastern Townships	Mont Owl's Head	The Adapted Sports Foundation runs a ski school at Mont Owl's Head. Participants must sign up online on a first-come, first-served basis. www.adaptivesports.ca/winter-program-2017 For more information: 450 243-5985.	Equipment: approximately 30 sit-skis of various types (monoski, dualski, tandemski). The program takes place over four Saturdays. The cost is \$280 plus CSA insurance (\$40). The fee includes a lift ticket, adapted equipment and two instructors for the day. All lessons are private. Full-day, one-on-one lessons are also available, based on instructor availability.
Eastern Townships	Mont-Orford	Reservation required 48 hours in advance: 819 843-6548, extension 8356 www.orford.com/ski/en/the-station/adapted-skiing	Package includes certified tandemski instructor and ticket for client and companion.
Centre-du-Québec	Mont Gleason ski resort	Reservation required at the ski school: 819 359-2300, extension 22 www.montgleason.ca/Contenu/SousPage/ecole-de-ski/Ski-assiste	Equipment: 2 tandemskis and 1 dualski. Package includes two hours of assisted skiing with a certified instructor, lift ticket for client and companion. Accessible to persons with visual impairments.
Charlevoix	Le Massif de Charlevoix	Reservation required in advance for the snow school: 1 877 536-2774, extension 4057 www.lemassif.com/en/snow-school/adaptive-lessons-and-tours	Mountain Man, dualski, tandemski, three-track skiing, four-track skiing, kart-ski, guided dualski. Fee: \$119 for one lesson and \$479 for five lessons. Accessible to persons with visual impairments.

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Charlevoix	Mont Grands-Fonds	Reservation required: 1 877 665-0095, extension 157 www.montgrandfonds.com	2 tandemskis, 1 dualski. 1-hour pass includes ski lift for client and companion, equipment and instructor. Dualskis may also be rented without instructor.
Chaudière-Appalaches	Massif du Sud	Reservation required at the snow school: 418 469-3676, extension 108 www.massifdusud.net/montagne/ecole-de-glisse	2 tandemskis, 3 certified instructors. Package includes ski lift tickets for client and companion, instructor and equipment.
Gaspésie	Montagne de Pin Rouge	Contact Béragère Turcotte, snow school manager, at 418 392-4651 or 418 392-5134, extension 251 www.montagne.pinrouge.com/en/rates-and-forfaits/snow-school	Dualski or sit-ski. Sit-ski rentals require the presence of a companion, but dualskis may be reserved independently.
Laurentians	Mont-Tremblant ski resort	Reservation required 48 hours in advance: 1 866 661-1366 <i>A Mountain for All</i> program www.tremblant.ca/plan/lessons/tremblant-snow-school/a-mountain-for-all	Package includes equipment, specialized instructor for 1 hr 45 min, ski lift ticket and a free companion ticket. Bi-skis and outriggers are available for rent but must be reserved ahead of time.
Laurentians	Mont Habitant	Snow school: 450 227-2637 www.monthabitant.com/en/adapted-ski-program	2 bi-skis and 2 Mountain Man skis. 2-hour pass includes certified instructor and equipment.
Laurentians	Ski Morin Heights	Reservation required a few days in advance (payment in advance) Snow school: 450 227-2020, extension 4103 www.maneige.ski/en/stations/ski-morin-heights	1 tandemski 2 certified instructors Tandemski package includes two hours of skiing with certified instructor and four-hour ski ticket for one companion; total cost of \$69.
Outaouais	Mont Cascades	No information currently available. The Canadian Association for Disabled Skiing, National Capital Division (CADS or ACSH) offers courses in January and February by registration only. Program coordinator: Theresa Arsenault cads.ncd.mc@gmail.com 613 883-5513 www.cads-ncd.ca/?page_id=445	Package includes equipment, volunteer companion, ski lift ticket and lesson with one certified instructor.
Outaouais	Sommet Edelweiss	No information currently available. The Canadian Association for Disabled Skiing, National Capital Division (CADS or ACSH) offers courses in January and February by registration only. Program coordinator: Jeff Boucher. EdelweissProgram@CADS-NCD.ca 613 884-3637 www.cads-ncd.ca/?page_id=85	Package includes equipment, volunteer companion, ski lift ticket and lesson with one certified instructor.

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Québec City and Area	Mont-Sainte-Anne	Reservation required 48 hours in advance: 418 827-4561, extension 341 www.mont-sainte-anne.com/en/winter/skiing-snowboarding/school/adaptive-ski	Three-track skiing with crutch-skis (outriggers), four-track skiing with crutch-skis (outriggers), sit-skiing with crutch-skis (outriggers), sit-ski riding. Package includes lift tickets for the disabled client and support companion, adapted skiing equipment, installation of equipment and preparation for departure, and two hours of support and instruction. In the case of adapted skiing with no instruction, both the lift ticket and equipment rental for the client and companion are half price.
Québec City and Area	Stoneham	Information and reservations: 418 848-2415 extension 537 www.ski-stoneham.com/en/adaptive-skiing	Three-track skiing with crutch-skis (outriggers), four-track skiing with crutch-skis (outriggers), sit-skiing with crutch-skis (outriggers). Package includes lift tickets for disabled client and support companion, adapted skiing equipment, installation of equipment and preparation for departure, and 1.5 hours of support and instruction. In the case of adapted skiing with no instruction, both the lift ticket and equipment rental for the client and companion are half price. Technical assistance for persons with visual impairments. Special Olympics: group classes for persons with mental disabilities.
Québec City and Area	Ski Saint-Raymond	Reserve 24 hours in advance at 418 337-2866, extension 3 www.villesaintraymond.com/ville/ski-saint-raymond/ecole-de-ski (French only)	1 tandemski 1 dualski. 2-hour pass including equipment and ticket for client and companion. Accessible to persons with visual impairments.
Saguenay - Lac-St-Jean	Centre de plein-air du Mont-Lac-Vert	Reservations: 418 344-1318 www.montlacvert.qc.ca/ecole_de_glisse	Sit-ski and dualski. The snow school employs instructors certified by the Canadian Association for Disabled Skiing. Package includes: instructor, equipment, lift ticket for client and companion. Fee: \$70 for 1.5-hour course.
Saguenay - Lac-St-Jean	Mont-Édouard ski resort	Reservations: 418 272-2927 www.montedouard.com/ecole-de-glisse-mont-edouard	Information not available

