

CHECKLIST

TO FULLY ENJOY YOUR VIA FERRATA EXPERIENCE

Meeting place and time

Parc national des Grands-Jardins: Report to the via ferrata reception building (next to Mont-du-Lac-des-Cygnés Discovery and Visitors Centre) 30 minutes before the departure time indicated on your confirmation.

Parc national du Mont-Tremblant: Report to La Diable Registration Centre (at the park entrance) 30 minutes before the departure time indicated on your confirmation.

Parc national du Fjord-du-Saguenay: Report to the Le Fjord du Saguenay Discovery and Visitors Centre (Baie-Éternité sector) 30 minutes before the departure time indicated on your confirmation.

Parc de la Chute-Montmorency: Please arrive at the Boischatel parking building 30 minutes before the departure time indicated on your confirmation.

Clothing

Sportswear

Long, soft trousers (jeans are not allowed)

Closed toe shoes with a rigid sole

Gloves (fingerless bicycle variety)

Additional items

Bottled water (1 to 2 litres, depending on the route chosen) carried in a small backpack or hydration bag (there are no water points on the route and no backpacks to borrow on site)

Snack

Sunscreen

Mosquito repellent

Camera

Sunglasses, attached with a cord

Windbreaker or raincoat

Daily right of access or Annual Québec National Parks Card (if the activity takes place in a national park)

IMPORTANT

Tie back long hair.

Remove all jewellery.

Full safety equipment is provided (harness, lanyard, and helmet).

Participants must not have heart problems, epilepsy or fear of heights.

Participants must not be pregnant.
