



Government of Canada

Gouvernement du Canada

The National Battlefields
Commission

Commission des champs
de bataille nationaux

PRESS RELEASE
For immediate release

Pentathlon des neiges **A celebration of sports and performance on the Plains**

Québec, February 18, 2014 – The National Battlefields Commission is thrilled to welcome the 10th annual Pentathlon des neiges—back for a 7th year on the Plains of Abraham. This spectacular winter sports event runs February 22 to March 8. And then immediately following is the first-ever Québec ITU Winter Triathlon, on March 8.

Watch for our good friend Amédée, vice president of the Traders Union Snowshoeing Club (1914), with his wife Flora and their children, representing the Plains of Abraham in the **Families and Friends Challenge** this Saturday, February 22 at 11:30 a.m. Amédée will take advantage of the opportunity to invite young and old to join him for two activities that are perennial Plains favourites, [The Snowshoer](#) and [The Snowshoer Family Outing](#). Two fun ways to learn about winter in the olden days.

The Snowshoer *in French only**

February 22 and March 1, 7 p.m.

Listen up fresh air and history buffs—it's time to pull on your tuques, mitts, arrow sashes, and traditional snowshoes for a fascinating look back at early 20th-century sports and recreation on the Plains. Revisit the Québec Bulldogs' twin Stanley Cup victories, ski-jumping, skijoring, winter walking, and lots more. Equipment and hot chocolate included.

The Snowshoer: A Family Outing

*March 3 to 7, 2 p.m. in French only**

Relive the winters of bygone days with this exciting trek over the Plains of Abraham on traditional snowshoes. Find out about the chores people performed during the long snowy months of yesteryear, identify animal tracks, and travel back to another age with your guide as you sip a nice cup of hot chocolate.

**English tour available for groups of 9 or more, at any time.*

By reservation only: 418-649-6157 / 1-855-649-6157.

www.theplainsofabraham.ca



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