

Red Bull   
**ICE CROSS**  
WORLD CHAMPIONSHIP ATSX



AT SX 500  
**LE MASSIF**  
DE CHARLEVOIX  
22.02.2020

[WWW.ICECROSS.COM](http://WWW.ICECROSS.COM)

 LE MASSIF  
DE CHARLEVOIX



## WELCOME TO LE MASSIF DE CHARLEVOIX !

Congratulations, you've made it! We hope you are excited to participate at the first Red Bull Ice Cross World Championship at Le Massif de Charlevoix ski resort, one the most beautiful place in Quebec, with a panoramic view between the St-Lawrence River and the mountains.

You will find some useful information in the welcome letter, if you have any questions regarding the race, please contact us.



## REGISTRATION

You will find information to register at:

<http://www.productionscircus.com/fr/icecrossmassif/>

## ACCOMODATIONS

All participants are responsible for booking their own accommodation, below are some options:

### **LE MASSIF DE CHARLEVOIX ACCOMODATION**

**Les Caches de la Grande-Pointe** (Base of the mountain)

**Address:** 1346

**Phone:** 1-418-632-5876

<https://hebergement.lemassif.com/en>

**Chalets-Forêt** (Summit of the mountain)

**Address:** Chemin du Haut lieu

**Phone:** 1-418-632-5876

<https://hebergement.lemassif.com/en>

### **ACCOMODATION IN THE REGION**

**LE GERMAIN HOTEL** 20 minute (drive)

**Located in:** Baie St-Paul

**Address:** 50 rue de la Ferme\_Baie-Saint-Paul (Quebec) G3Z 0G2

**Phone:** 1 844 240-4700

<https://www.legermainhotels.com/en/charlevoix/>

### **HÉBERGEMENT CHARLEVOIX**

Over 200 vacation cottage rentals in the Charlevoix region featuring reasonably priced, comfortable homes, condos and chalets for your enjoyment.

Phone: 1.418.435.5107

<https://hebergement-charlevoix.com/en>

## ARRIVING TO LE MASSIF DE CHARLEVOIX

You will be arriving from the International Airport Jean-Lesage of Quebec located at 93 km from Le Massif de Charlevoix.

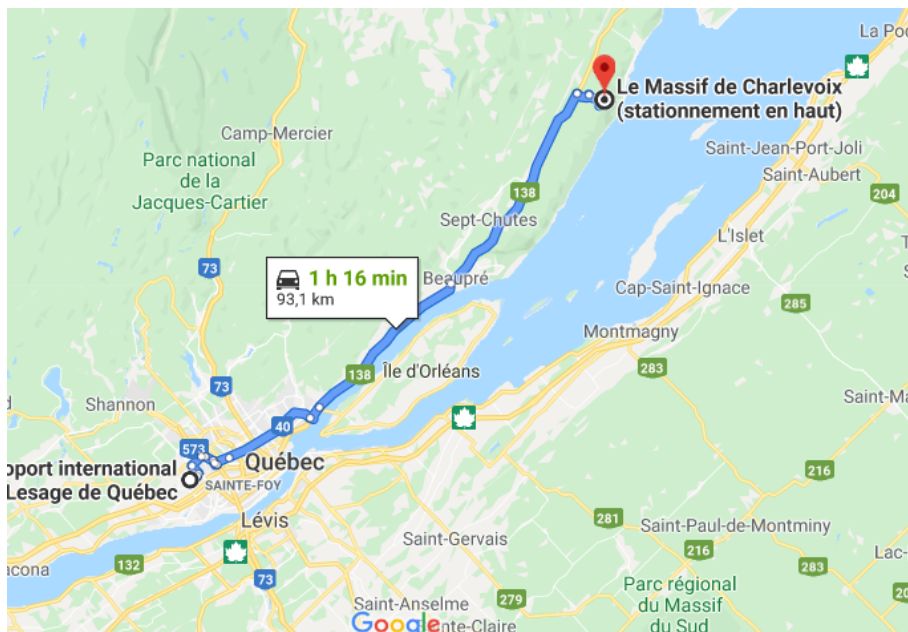
Rental Car: You will require a car or sharing cars to get to the track (with winter tires and snow chains). Best rental opportunities will be at the airport. The drive from the Quebec airport is approximatively 1 h 30 minutes (93 km).

Recommended route from the airport is:

<https://goo.gl/maps/9xFrtGWxEuwaMp986>

**IMPORTANT:** Depending on your accommodation, you can arrive at the top of the mountain or at the bottom. **ALL the activities of the Red Bull Ice Cross are located at the top of the mountain.** Depending on your GPS, it might trick you and bring you to the bottom of the mountain. Be aware of this important distinction. This is important because, the route that takes you to the bottom of the mountain is 30 minutes longer in your itinerary.

**If you are lodging at the resort Le Massif de Charlevoix be sure to make your groceries and buy your beer before arriving on site. There is no stores under a 20 minute drive.** If you are lodging at the bottom of the mountain in Petite-Rivière-Saint-François, you will find a little grocery store that will help you out with some things.



## EVENT SCHEDULE

### **THURSDAY, February 20**

13:00 – 16:00 Riders Accreditation

### **FRIDAY, February 21**

8:00 Riders Briefing

8:30 – 9:00 Riders Accreditation

9:00 Training x2 Juniors and Women

9:45 Time Trials x2 Juniors and Women

10:30 Training x2 Men

12:00 Time Trials x2 Men

13:00 Riders Briefing

14:00 LCQ + Juniors Finals

### **SATURDAY, February 22**

8:30 Riders Briefing

9:00 – 10:00 Open Training Juniors, Women and Men

12:00 Riders Briefing

13:00 Finals Round of 64 Men

14:30 Finals Round of 16 Women

## FOLLOW US ON SOCIAL MEDIA

Facebook: <https://www.facebook.com/RedBullIceCross/>

Twitter: @redbullicecross

Instagram: @redbullicecross

Hashtag: [#redbullicecross](#)

Website: [icecross.com](http://icecross.com)

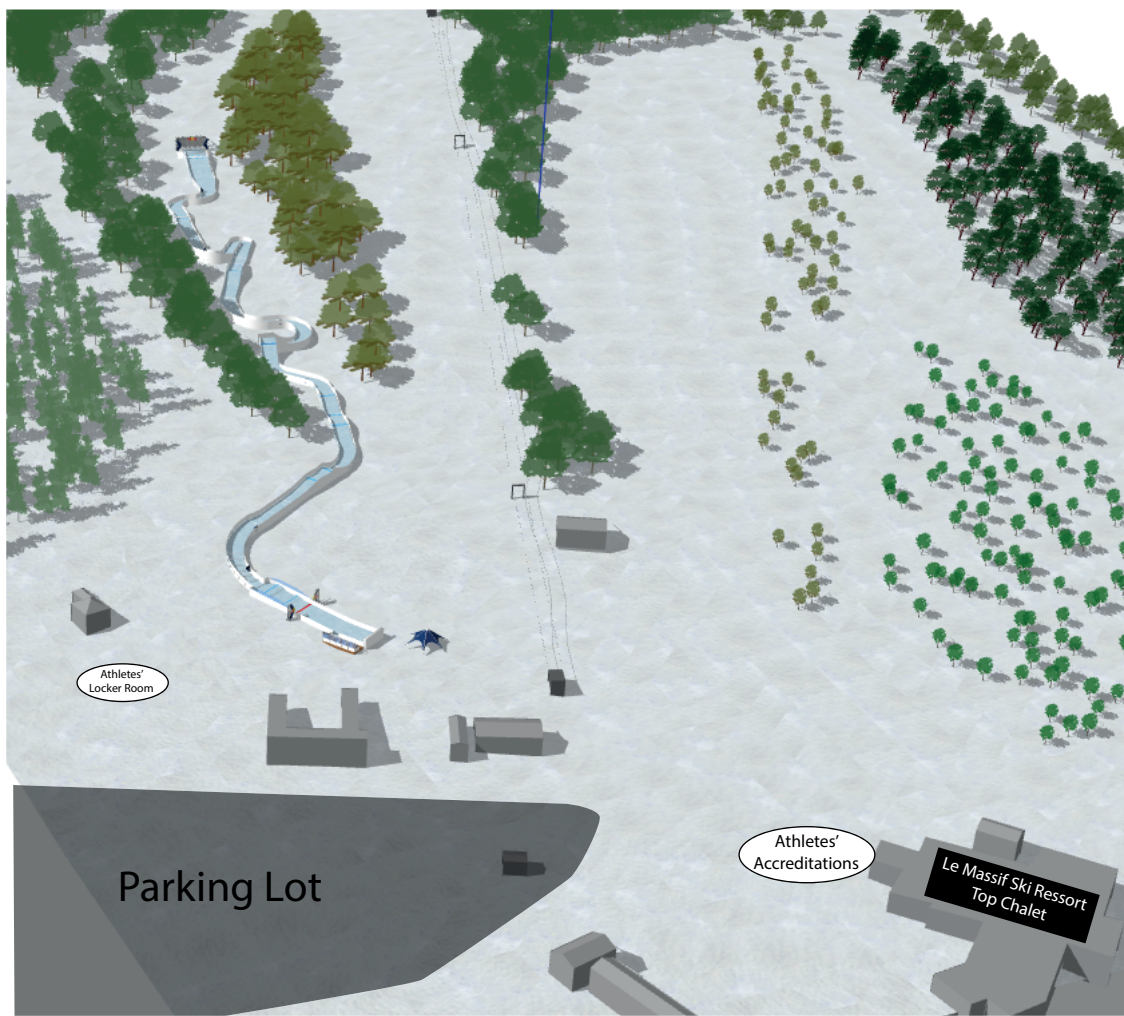
## FACILITIES ACCESS AND ORIENTATION

### ACCREDITATION

In the main chalet on top of the mountain

### THE TRACK and LOCKER ROOM

Accessible from the top of the mountain



## USEFUL LINKS AND INFO

Le Massif de Charlevoix website : <https://www.lemassif.com/en/>  
Tourism Charlevoix: <https://www.tourisme-charlevoix.com/en/>  
Facebook Event: <https://business.facebook.com/events/678008812974401/>  
Ski passes: <https://www.lemassif.com/en/rates/day-lift-tickets/>  
Weather forecast: <https://www.theweathernetwork.com/ca/forecasts/ski-and-snow/quebec/le-massif-de-charlevoix>

### NEAREST FACILITIES

#### **GROCERY STORES**

##### **IGA extra Chouinard & Fils inc**

10505 Boulevard Sainte-Anne, Sainte-Anne-de-Beaupré, QC G0A 3C0  
<https://goo.gl/maps/zwTcv2AG5yL8fjm16>

##### **Épicerie du village**

1133, rue Principale, Petite-Rivière-Saint-François  
(418) 632-0606  
<https://goo.gl/maps/pfJGzCjUp6UPCKM78>

##### **IGA**

1020 Blvd Mgr de Laval, Baie St-Paul  
(418) 435-5210  
<https://goo.gl/maps/Wf6JQZx8vngDibAAA>

##### **Maxi**

30 rue Racine, Baie-Saint-Paul  
(418) 240-3510  
<https://goo.gl/maps/Um7dWi2L4pwx6gkx5>

#### **DRUGSTORE**

##### **Pharmacie Brunet**

1020 Blvd Mgr-de Laval, Baie-Saint-Paul  
(418) 435-2451  
<https://goo.gl/maps/YWrcj7o5acntsgH68>

##### **Pharmacie Jean Coutu**

975 Blvd Mgr-de Laval, Baie-Saint-Paul  
(418) 435-5215  
<https://goo.gl/maps/4XiyR8jFhFn4Mdeo6>

##### **GAS STATION**



## ATHLETE WELCOME LETTER

### **Ultramar**

909, Blvd Mgr de Laval, Baie-Saint-Paul

<https://goo.gl/maps/zzdAQHN4zyzg99yaA>

### **Petro-Canada**

101, Rue St-Jean Baptiste

<https://goo.gl/maps/9vJkQ6ybeMPkCVf17>

### **Irving**

11005 Boulevard Sainte-Anne, Beaufré, QC G0A 1E0

<https://goo.gl/maps/oNs6fL6UVoj6696VA>

## **RESTAURANT**

### **Les Faux Bergers**

1339 Blvd Mgr-de Laval, Baie-Saint-Paul

(418) 609-3025

Open from Tuesday to Monday | Evening only

Reservation only

<https://goo.gl/maps/iqXqb1soJoSiFyGY6>

### **Le Saint-Pub Microbrasserie**

2, rue Racine, Baie-St-Paul

(418) 240-2332

<https://goo.gl/maps/ziSVJCdbgqcApBGZA>

### **Café du domaine à Liguori**

1300 rue Principale, Petite-Rivière-Saint-François

(418) 632-5653

<https://goo.gl/maps/hZKXFas7DHRq74Rr6>

## VOCABULARY TO SURVIVE IN THE FRENCH PROVINCE

The most common ways to greet someone in French are:

**Hi / Hello:** Bonjour

**Good evening:** Bonsoir

**Yes:** Oui

**No:** Non

**Please:** S'il-vous-plaît

**Thank you:** Merci

**Sorry:** Excusez-moi

**I don't understand:** Je ne comprends pas

**Can you repeat:** Pouvez-vous répéter

**I don't speak French:** Je ne parle pas français

**Can you translate for me?** : Pouvez-vous traduire pour moi?

**Do you speak English?** : Parlez-vous Anglais?

**Can you help me ?** : Pouvez-vous m'aider ?

**I am lost :** Je suis perdu

**I don't know :** Je ne sais pas

**I need information :** J'ai besoin d'information

**I would like a beer:** J'aimerais une bière

**Where are the bathroom?** : Où sont les toilettes ?

### Quebec nicest expression:

**Gaz au boutte:** Full throttle

**Lâche-pas la patate:** Keep it up! / Don't give up!

**Tite-Vite:** A quickie

**Tite frette:** Cold beer

**À fond mon Léon:** Let's go Johnny !

**Tabarnack:** Fuck

## THINGS YOU NEED TO TRY

### DIRECTLY ON THE MOUNTAIN AT LE MASSIF

#### **Ski / Snowboard:**

<https://www.lemassif.com/en/ski/>

#### **Sledding:**

<https://www.lemassif.com/en/sentier-des-caps-de-charlevoix/>

#### **Alping touring and Off-piste:**

<https://www.lemassif.com/en/alpine-touring-off-piste/>

#### **Snowshoeing and cross-country skiing:**

<https://www.lemassif.com/en/sentier-des-caps-de-charlevoix/>

#### **Helicopters tours**

<https://www.lemassif.com/en/helicopter-tours/>

#### **Dog sledding**

<https://www.lemassif.com/en/dog-sledding/>

### IN THE CHARLEVOIX REGION

#### **ICE CANOE**

Ice Canoe is a tradition in the region. You can visit the St-Lawrence River in a guided tour departing at the Island in front of Le Massif, Iles-aux-Coudres. Usual price 185\$ / person and there is a special athlete Red Bull Ice Cross price for **20\$!**

This is an organised activity with a minimum of 3 people and maximum of 12.

Contact : Maude Barrette Desjardins

[mbdesjardins@lemassif.com](mailto:mbdesjardins@lemassif.com)



## **NATIONAL PARC DES HAUTES-GORGES-DE-LA-RIVIÈRE-MALBAIE VALLÉE DES GLACES**

Parc national des Hautes-Gorges-de-la-Rivière-Malbaie was named after a series of valleys cut deep into a range of high mountains. The Hautes-Gorges-de-la-Rivière-Malbaie are among the highest rock faces East of the Rockies! Steep slopes, beautiful natural surroundings, and the unusual course of Rivière Malbaie make this an exceptional site.

[https://www.sepaq.com/pq/hgo/index.dot?language\\_id=1](https://www.sepaq.com/pq/hgo/index.dot?language_id=1)



## **NORDIC SPA LE GERMAIN**

No trip to Charlevoix is complete without a stop at our nordic spa. Enjoy a range of massage techniques, a refreshing thermal spa experience and beauty treatments. Let yourself be tempted by the Finnish sauna, eucalyptus steam bath, hot and cold outdoor pools and even a snow fountain. <https://www.legermainhotels.com/en/charlevoix/spa/>



## **AVENTURE LAURENTIENNE SKIDOO**

Skidoo is an exceptional way to discover the countryside of the Charlevoix region.

<http://aventure-laurentienne.com/?lang=en>



## **LES PALISSADES**

Les Palissades is an earthly paradise for mountain lovers. Ice climbing, snowshoeing, and backcountry skiing will amaze you. Cabins are available for lodging on reservation.

Contact for reservation: [fgt@rocgymms.com](mailto:fgt@rocgymms.com)

<http://aventurex.net/palissadesdecharlevoix/>

