

DIRECTORY OF PRACTICE LOCATIONS

ICE SKATING



FOR THE ENTIRE PROVINCE:

[Bonjour Québec, Patinage et glissade](#)

BY ADMINISTRATIVE REGION :

BAS-ST-LAURENT

<https://www.bassaintlaurent.ca/fr/quoi-faire/activites-de-plein-air/activites-hivernales/patinoires-exterieures/>

SAGUENAY-LAC-ST-JEAN

<https://loisirs.saguenay.ca/cours-et-activites/activites-sportives-et-de-plein-air/sports-individuels/patinage-libre-exterieur>

CAPITALE-NATIONALE

https://www.ville.quebec.qc.ca/citoyens/loisirs_sports/installations_sportives/patinoires_exterieures/patinoires_exterieures.aspx

MAURICIE

<https://www.tourismemaucie.com/article/9-belles-patinoires-exterieures-ou-patiner-en-mauricie/>

ESTRIE

<https://www.cantonsdelest.com/article/765/des-patinoires-pour-tous-les-gouts>

MONTRÉAL

<https://www.patinermontreal.ca/f/paysagee/patin-libre/sports-dequipe>

OUTAOUAIS

<https://www.tourismeoutaouais.com/activites/patinage/>

ABITIBI-TÉMISCAMINGUE

<https://www.bonjourquebec.com/fr-ca/fiche/quoi-faire/sports-et-nature/patinoires/anneau-de-glace-du-lac-osisko-500005911>

Note: This directory is a non-exhaustive list of practice sites. It is an informative document intended to provide Decathlon Holiday Challenge participants with tools.

CÔTE-NORD

https://ville.sept-iles.qc.ca/fr/patinoires-et-glissades_241/

<https://www.tourismebaiecomeau.com/patinage>

GASPÉSIE

Check out the websites of the different municipalities to find out about the best places to ice skate!

ÎLE-DE-LA-MADELEINE

<https://www.muniles.ca/loisirs-et-culture/sport-et-plein-air/centre-multisport-desjardins/>

CHAUDIÈRE-APPALACHES

<https://chaudiereappalaches.com/fr/top-idees/article/des-patinoires-exterieures-pour-jouer-dehors/>

LAVAL

<https://www.laval.ca/Pages/Fr/Activites/patinoires-exterieures.aspx>

LANAUDIÈRE

<https://lanaudiere.ca/fr/activites-incontournables/patin/>

LAURENTIDES

<https://www.laurentides.com/fr/sentiers-de-patin-et-anneaux-de-glace-dans-les-laurentides>

MONTÉRÉGIE

<https://www.tourisme->

[monteregie.qc.ca/recherche/?season=winter&interest=126&attraction=128&city=](https://www.tourisme-monteregie.qc.ca/recherche/?season=winter&interest=126&attraction=128&city=)

CENTRE-DU-QUÉBEC

<https://www.bonjourquebec.com/fr/recherche/patin/section/quoi-faire/region/centre-du-quebec>

SUGGESTIONS FROM MEMBERS OF THE PUBLIC FACEBOOK GROUP "PENTATHLON DES NEIGES EN MODE VIRTUEL" FOR SKATING :

- <https://www.tvanouvelles.ca/2020/01/18/huit-sentiers-glaces-feeriques-ou-patiner-en-foret?fbclid=IwAR0siGtCDO2cL5GeTQREJwBiHofLQxtYB1uLly39Gesp38kFg4WYZhDbJ7U>
- <https://www.tourismejoliette.com/fiche/patinoire-sur-la-riviere-lassomption/?fbclid=IwAR0wHHS3VUxtz2x4 -rRQcdtjVntNIJdBMDiTg992Vv1HX5-kESUZi71HCA>
- https://www.aux4sommets.com/activites-en-hiver/?fbclid=IwAR0Oe3cqa5JV8w_hxgxr6wToyIENNiI8FaCjAE76KZddofAf2n-RJwfO0p8
- https://ici.radio-canada.ca/nouvelle/1761843/patinoire-lac-kenogami-15-kilometres?fbclid=IwAR0FuQ6H1aabiUE7g4OYHPCpvsBtE9InD7GH0hXVMRCryBgS1YN_YLXOSpl
- https://ottawatourism.ca/fr/les-coulisses-d-ottawa/les-meilleures-experiences-pour-le-patin-ottawa?fbclid=IwAR3qyDf1kQ88X3etAN31mNTMmaKwcfDDt-efcDYyLdw19Hw_JYeM6x4BVGk
- https://www.fpvq.org/fr/publication/nouvelle/patinoires_exterieures_vive_le_patinage_libre.html?fbclid=IwAR1lvbdlf9N73mcpGp-3FyJx6SiPOt42QOVmCIYJlvx1x6G9WKgW9bGAuZU
- <https://www.youtube.com/watch?v=v3O9vNi-dkA&fbclid=IwAR2eTb14PLTWVrx1nY1sIJ1viwa0MipT2t1T-flaelAqsmY6j80kcwTo6XU>
- <https://www.facebook.com/ParcGlisseGrandHeron/>
- Ice trail in Magog
- Lake Beauport (2,5km), Lake Sept-iles (10 km), Pointe aux lièvres 1,5 km, Lake St-Augustin 1,5 km, anneau des Plaines 380m, Camping de Beauport (600 m) Anneau loisirs Ancienne-Lorette 100 m
- Rosaire Gauthier Park, Chicoutimi
- Ronald Beauregard Park, St-Jean-sur-Richelieu
- The Domain of the Lost Forest in Mount Carmel
- Val d'Or the enchanted forest
- Ice ring in the town of Bonaventure in Gaspésie
- Ice rink on Beauport lake!
- Ring of the Plains of Abraham
- Ice trail in Shannon
- Lac-à-la-Tortue in Mauricie 11 km lake tour / more than 30 km at lake Kenogami, Dolbeau-Mistassini / 10 km on Lac St-Jean, / Ring on the Lake, Mont Tremblant. About 1 km /
- Rouyn-Noranda, ring on Lake Osisko / Lake Sept-Iles, Portneuf. 10 km trail / on the lake, Ste-Marguerite du lac Masson. 1.8 km / Frontenac ice ring in Riviere-Du-Loup / Parc Maisonneuve skating rink... but not ideal for long blades, we are told.

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