

MHIM in a few words



Argenteuil, My Walking Destination

It's the weekend. It's nice out. You want to leave the house and walk to enjoy the great outdoors? A variety of different destinations cross your mind, but have you ever thought about going out... within your own municipality?

Too often, and wrongly so, we believe we need to leave the county to explore new territories. Yet the MRC d'Argenteuil as a tone of untapped picturesque landscapes that display their beauty all year long. This fall, discover our favourite paths and trails for each of the nine municipalities of the MRC!

- *Brownsburg-Chatham*: Take your family and cruise the Melanie Parent bicycle path and admire the breathtaking natural scenery of the West River and its waterfalls. Start your ride at the Brownsburg Arena, located on Mac Vicar Street.
- *Gore*: Take a walk in Cambria Road Park. You'll find modules for children in addition to outdoor exercisers for adults!
- *Grenville*: On Canal-Nord Street, cross the small bridge. You will end up on Canal-Sud and from there, head west where a panoramic view awaits you at the end of the Canal.
- *Grenville-sur-la-Rouge*: Start at the Paul-Bougie community centre (Calumet area) and head west on Main Street. Take your time once you reach the boat ramp and enjoy the stunning view of the Ottawa River.
- *Harrington*: A hiking trail is available behind the Town Hall. Discover this quiet place surrounded by nature.
- *Lachute*: Are you familiar with the Notre-Dame-de-Lourdes Franciscan fraternity? This is one of the most beautiful viewpoints to see the city of Lachute and its surroundings! (250, boulevard de la Providence)



Affaires municipales,
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Centre de santé et de services sociaux
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Agence de la santé
et des services sociaux
des Laurentides
Québec
Direction de santé publique

October 2013

- *Argenteuil, My Walking Destination*
- *Not to be missed*



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- *Mille-Isles*: Wait for it ... Next spring, two walking trails will be developed. One will be located behind the Hammond-Rodgers outdoor skating rink and is expected to feature exercisers and the second will be near Hammond Street. For more information, contact the city at 450 438-2958.
- *Saint-André-d'Argenteuil*: Discover the Boisé Von Allmen in its beautiful fall colours! Located just after the Parc Carillon, you will find kilometres of marked trails with interpretive signs and an observation tower.
- *Wentworth*: Next spring, a module for kids will be installed at the municipal park near the community center.

Not to be missed

Journée 50 + Bouger +

You are 50 years old or older, come initiate yourself to different physical activities on November 9, from 9 am to 13:30 am, at the Laurentian Regional High School! You get to choose two of the following workshops: yoga, Zumba, Tai Chi, line dancing, light exercises, Pickleball, curling, Viactive, and more.

Cost: \$ 6 (includes a light lunch).

For information and registration: 450 566-0530, extension 2306.



Lachute Indoor Swimming Pool Schedule (452, Argenteuil Ave)

Open swimming: Monday, Wednesday, Friday, and Saturday from 7 pm to 8:30 pm. Sunday: 2 pm to 4 pm. Lane swimming: Monday, Wednesday, and Saturday from 7 pm to 8:30 pm. Sunday 3 pm to 4 pm.

Children and students: \$ 1; Adult: \$ 2. Swimming caps are mandatory.



Have you missed the last column?

Find it at www.argenteuil.qc.ca



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