

# MHIM in a few words



Affaires municipales,  
Régions et Occupation  
du territoire  
Québec

Centre de santé et de services sociaux  
d'Argenteuil



0-5-30  
COMBINAISON PRÉVENTION



Agence de la santé  
et des services sociaux  
des Laurentides  
Québec  
Direction de santé publique

## May 2013

- A New 200k Circuit for Bicycle-Enthusiasts
- Not to be missed

## A New 200k Circuit for Bicycle-Enthusiasts

You might have heard the MRC d'Argenteuil has shaken hands with the MRC of Papineau and the United Counties of Prescott-Russell which resulted into an official Friendship Pact. Well since then, the trifecta is proud to present their first concerted realization, the Ottawa River Cycling Route. Indeed, the combined efforts of all three parties coalesced into an attractive and tangible document which praises the cycling infrastructures of the different municipalities of the area.

It is nearly 200 kilometers of cyclist-friendly roads and bicycle paths that figure on the easy-to-consult map. Three suggested loops (West Loop 87k, Central Loop 54k, and East Loop 55k) figure on the document, all of them layered with different touristic attractions, breathtaking landscapes, and charming communities all along the Ottawa River you will want to discover.

Surely, the document serves as a promotional tool and an informational tool, but also provides cyclists with an essential practical tool if they wish to pedal the area. Indeed, users will love the details given on the types of road surface, total distance, alternative routes, and available services such as bike shops, ferries, picnic areas, and more. It is all you need to plan anything from a family excursion in a neighbouring county to a challenging time-trial run.

Not only this project has been primordial in consolidating the relationship between all three counties, but it will promote tourism while encouraging the adoption of a physically active lifestyle.

Conveniently enough, the warm weather coincides perfectly with the unveiling of the project. My advice: run, or rather pedal, to the nearest tourism office or your municipality to get a copy of this essential document and start planning your long-awaited summer right away.

For more information, visit [www.tourismeargenteuil.com](http://www.tourismeargenteuil.com).

## Discovery Walk

The 50 + Bouger + Committee invites you to its next walking event on **Wednesday, May 22, at 9 am**. It will take place on the enchanting site of the **Domaine Lafrance** apple orchard located in **Saint-Joseph-du-Lac**. For more information about the activity and meeting place, contact **Jovette Labelle** at **450 537-8306**.



# Not to be missed

## May 11: 3rd Edition of Argenteuil Relay Race

Attention all runners: does it sound exciting to combine the pleasure of running, the discovery of beautiful sights in our MRC with making a contribution to the Fondation Espoir jeunesse d'Argenteuil for youth with mental health problems? The 100 km relay race is for a 6-runner team and will run through Saint-André-d'Argenteuil, Brownsburg-Chatham, Lachute, Grenville-sur-la-Rouge, and Grenville. For information or registration: [www.courserelaisargenteuil.ca](http://www.courserelaisargenteuil.ca). Fee: \$ 60 per person.



## Biking in Grenville: June 2nd, 10 a.m. at the youth center on Tri-Jean

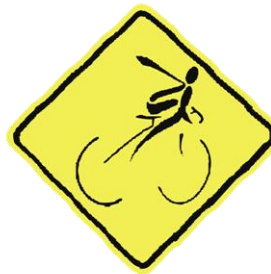


The Club Optimiste of Grenville invites kids and their family to their free bicycle day. It is a 10k route with police, firefighter, and paramedic supervision. The goal is to promote the adoption of a physically active lifestyle to the families of the area. A healthy lunch will be served after the activity. For more information, contact Denise Rochon at 450-562-8250.



## Samedi Vélo: 8th Season

Every Saturday until September 24, 2013 – Would you enjoy cycling just for the pleasure of it? Departure every Saturday morning at 9 a.m. from the Saint-André-d'Argenteuil elementary school at 1, rue Legault. For additional details: [www.samedivelo.ca](http://www.samedivelo.ca)



You missed the last column?



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