PRÊT.À PARTIR
SKI DE FOND

FAVORITE TRAIL: LA 7

6.8 KM — CLASSIC

DIFFICULTY INTERMEDIATE
ELEVATION MINIMAL
ROUTE TYPE LOOP
WAYMARKING GREEN MARKINGS
DURATION 1 H 30

BAS-SAINT-LAURENT

Club de ski de fond Les Pentes-Ouf



La 7 – Club de ski Les Pentes-Ouf
Photo : Florent Dufort

DESCRIPTION

The Les Pentes-Ouf Cross-Country Ski Club in Sainte-Hélène-de-Kamouraska offers a scenic 6.8 km classic ski loop. The trail begins by following the Loup River, climbing gently to a first descent. At the junction with the cottage road, the trail ascends again before reaching a steeper slope (watch for the sharp right turn). The route continues near the Pont-de-Broche bridge, then climbs gradually to complete the loop. On the return, a long descent runs alongside a quarry before leading back to the chalet via a riverside corridor. A beautiful immersion into nature, often beneath snow-laden trees, creating a true winter wonderland atmosphere.

For safety reasons, skiers must check in at reception before departure and upon return.

ESSENTIAL INFORMATION

Access fee: paid (free for children 12 and under)
Best Time to Visit: late December to March (depending on snow accumulation)
Grooming: machine-groomed (snowcat)
Technique: classic only
Services: heated chalet with drinks and snacks, restrooms

PARKING AND TRAIL ACCESS

Parking and trail access are located at the **Les Pentes-Ouf club chalet**, 5201 Route du Pont-de-Broche, Sainte-Hélène-de-Kamouraska.

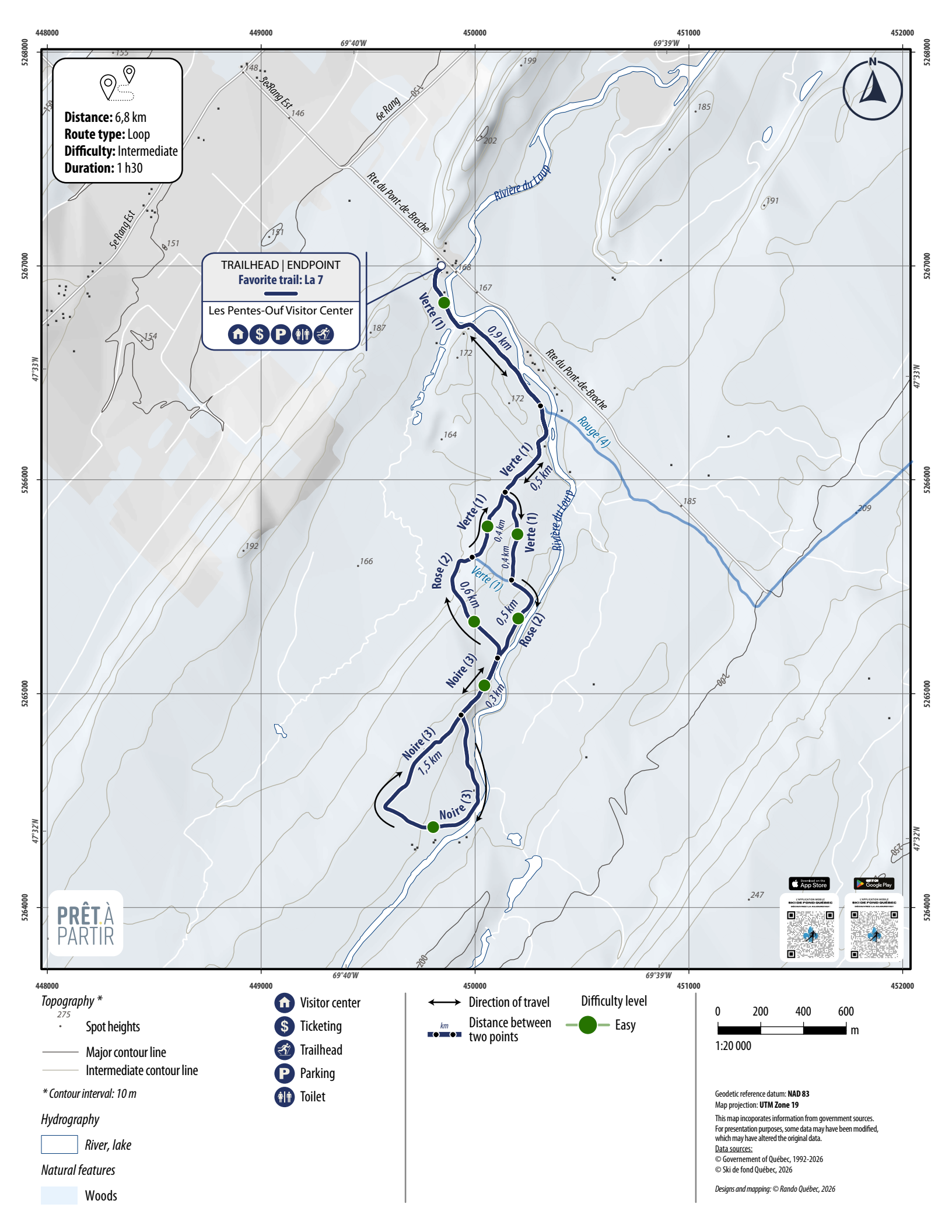
Coordinates: N47.5549, W69.6669
Parking capacity: 15 - 20

CONTACT

Club de ski de fond Les Pentes-Ouf et Club de motoneige Les Loups
developpement@sainte-helene.net | 418 492-6830, ext. 104
Facebook : Club de Ski-Fond Les Pentes-Ouf

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In partnership with SKI DE FOND QUÉBEC
TOURISME BAS-SAINT-LAURENT

EMERGENCY : 911
Check cell service before your visit


Distance: 6,8 km
Route type: Loop
Difficulty: Intermediate
Duration: 1 h30
TRAILHEAD | ENDPOINT
Favorite trail: La 7
Les Pentes-Ouf Visitor Center
Verte (1)
0,9 km
Verte (1)
0,5 km
Verte (1)
0,4 km
Verte (1)
0,4 km
Verte (1)
Rose (2)
0,6 km
0,5 km
Rose (2)
Noire (3)
0,3 km
Noire (3)
1,5 km
Noire (3)
Rivière du Loup
Rte du Pont-de-Broche
6e Rang
5e Rang Est
Rouge (4)
PRÊT À PARTIR
Topography *
Spot heights
Major contour line
Intermediate contour line
* Contour interval: 10 m
Hydrography
River, lake
Natural features
Woods
Visitor center
Ticketing
Trailhead
Parking
Toilet
Direction of travel
Distance between two points
Difficulty level
Easy
0 200 400 600 m
1:20 000
Geodetic reference datum: NAD 83
Map projection: UTM Zone 19
This map incoporates information from government sources. For presentation purposes, some data may have been modified, which may have altered the original data.
Data sources:
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