

**Creative Wheel Centre**  
***Nature – Movement – Art***  
**By Todd Evans**

Dominique Larocque, founding director of the Creative Wheel Centre and LaRoccaXC Mountain Bike School in Val-des-Monts (5 km from Edelweiss Ski Hill) invites you to join a program to experience her 3 R's and Re-Connect, Re-Wild, Re-Wire with yourself and with nature.

Dominique purchased 108 acres in 2004 and has spent the last eight years creating the Creative Wheel Centre and LaRoccaXC Mountain Bike School. As Dominique says, *“The mission of the Centre is to educate and support individuals of all ages on their pursuit of outdoor recreation and creative arts as a mean to manage stress and gain greater awareness to living a creative life”*. This is done by offering workshops, weekend retreats and training camps that teaches one to celebrate living in balance with one's natural rhythm.”

Dominique is a retired athlete; she was on the National Mountain Bike Team in 1991 and The National Inline Skating Champion in 1997 who now makes her living as a physical activity lifestyle counselor (PALC). She originally operated her mountain bike school at Camp Fortune for 13 years until she felt confident to purchase her own little rocky mountain to establish her company's roots. In 2006 she completed her MA in Sport Psychology and combined with her training in Gestalt psychotherapy she offers a solid frame to create concrete change in one's life. Dominique refers to herself as a Play & Movement Therapist: “Natural movement is an art” as she often states. Living one's life with purpose is indeed a creative art to be mastered through one's stages of life.

The sustainable vision of the lodge and trail system on the 108 acres was the recipient of the Tourisme Outaouais 2010 nomination for sustainable development and to Dominique's big surprise, the Coup de Coeur 2010 award. Following that award, the vision received le Coup de Coeur of Geo Plein Air 2011 award. This September, she will receive a grant from CRÉO (Conférence régionale des élus Outaouais) and Ressources naturelles et Faune Québec to continue her Land Art Nature Trail that will educate visitors on the healing benefits of land art and nature. The beginning of the trail will be launched on October 13, 2012 and will incorporate land art sculptures on the trail. Marc Walter [www.marcwalter.ca](http://www.marcwalter.ca) has also received a grant to create the installations in collaboration with Ottawa land artist Karl Ciesluk.

Dominique states quite clearly her opposition to a ‘shared trail system’ as often seen in public parks. Her joy in creating her recreation Centre was the fact that she could offer her visitors two very distinct outdoor experiences. Larocque takes pride in having created a trail system that is 100% sustainable, which were designed and built following the International Mountain Biking Association guidelines. October 13<sup>th</sup> is the launch of the Land Art Nature Trail.

To learn more about Dominique Larocque and her vision of her 'green gym and art studio' as Dominique also calls it visit [www.creativewheel.ca](http://www.creativewheel.ca). Dominique can also be reached at 819-457-2058 or [creativewheel@bell.net.ca](mailto:creativewheel@bell.net.ca).

If you know of any unique or interesting businesses in the Gatineau Hills let me know, I'm always interested in your comments, feedback on articles and suggestions for future articles. I can be reached at [todd@toddevans.com](mailto:todd@toddevans.com) or give me a call at 613-292-2647.

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