

A Quick Guide to the FOULÉE ILLUMINÉE

What is the Foulée Illuminée?

As night falls, Frédéric-Back Park comes alive and lights up for the Foulée Illuminée, presented as part of Les Lumières de Saint-Michel!

Along the way, light displays and surprises guide participants through a magical world. **Accessible** and **inclusive**, the event invites everyone to walk or run at their own pace on one of two routes – **2 km or 6 km** – for an experience that is as welcoming as it is unforgettable.

Wear your most colorful outfits, take inspiration from the **1980s**, bring your lights, and come in costume to help create the magic!

Details

Date: Friday, August 7

Start Time: 8:30 p.m.

End Time: Between 9:00 p.m. and 9:15 p.m.

Location: TOHU

2345 Jarry Street E, Montréal, QC H1Z 4P3

Public : Open to all

Children and adults, beginners and seasoned athletes alike: everyone is welcome!

Schedule

Before the Foulée

6:00 p.m. – Site Opens

Treasure hunt, lantern-making workshop, free-play activities, restaurant, and bar.

6:00 p.m. to 7:30 p.m. – Performance

Dance performance by Montréal Krump Alliance.

7:45 p.m. to 8:15 p.m. – Clown-Inspired Warm-Up

A fun and playful warm-up to get participants ready.

Foulée Illuminée

8:30 p.m. – START

Choose between a 2 km or 6 km route, either walking or running.

After the Foulée

9:00 p.m. to 9:15 p.m. – Participants Arrive

9:00 p.m. to 11:00 p.m. – DJ Set

Music and entertainment with Félix Imbault.

11:00 p.m. – End of the Evening

Registration



Reserve your spot today!

Scan the QR code or [click here](#)



Another Way to Take Part

Want to join the team?

Become a volunteer and help create the atmosphere and support the organization of this unique evening. No experience required!

In return, you'll receive a pair of tickets to a TOHU 2026-2027 season performance.

To become a volunteer, scan the QR code or [click here!](#)



Organized by **TOHU**

In collaboration with **parkrun**

TOHU would like to thank the City of Montréal for its financial support in making its activities at Frédéric-Back Park possible.

We also thank TD and Cirque du Soleil Entertainment Group, proud supporters of TOHU's free activities.