

Val des Monts Cabin

Val des Monts, Quebec, Canada



Lakeside cabin adds energy efficiency and comfort with Advantage ICF System®

When a heavy snowfall caused the roof of his family's lakeside cottage in the wooded outskirts of Val des Monts to collapse, John Hoag was quick to rebuild. As an experienced general contractor specializing in commercial construction, Hoag wanted to construct a lasting, energy-efficient home where he planned to retire with his family.

To guard against the area's harsh winters, Hoag chose the Advantage ICF System® for the walls of the home. Unlike wood frame construction that suffers from thermal bridging, the Advantage ICF System provides a continuous layer of expanded polystyrene insulation that reduces heat loss by up to 40 percent when combined with other energy-efficient building components.

Hoag used the Advantage ICF System for the cabin's basement and two stories above grade. The system creates a concrete wall with a monolithic insulation layer that reduces air leakage, eliminating drafts and cold spots inside the home. Hoag also added in-floor radiant heating and a series of thermostat-controlled ceiling fans to help keep the warm air near the ground level.

"There is no change of temperature from one room to another, or from one area of the house to another, because of the combination of ICFs with radiant heating," said Hoag.



For the roof, Hoag installed R-40 insulation and durable metal roofing. On the outside of the home, natural log siding creates the look of a traditional log cabin with the efficiency of an ICF home.

"The Advantage ICF System is a very good product and I'm very happy with the result," said Hoag. "I think homeowners should look at the combined price of labor, materials and utilities before doing something that will affect their life for a long time."

"John has built a great home in a beautiful setting," said Francois Brossard, a Plasti-Fab representative who assisted with the project. "The Advantage ICF System will really make a difference in his heating bills for years to come."