

SUBLIMELY RESORTFUL



Where relaxation rules AND SMILES REIGN

Right next to its cities, Québec shelters spectacular Edens, from lush valleys and playful countrysides to rolling mountains and game-filled forests gazing towards the sea or majestic river, a meandering stream or crystal-clear lake. These oases of leisure and recreation invite you to recharge your batteries and revel in the peacefulness of gentle adventures. Day and night, Québec's hotels and inns offer unparalleled comfort, leaving no detail unattended and every guest enchanted in a land that is—sublimely resortful!





Bed down **IN TOTAL COMFORT**

Whether it's for business or pleasure, a short or long stay, hearts soar in Québec with its large-scale destination resorts and their soothing spas, romantic inns, quaint B&Bs, cozy hotels, fully equipped campgrounds, rustic or upscale hunting and fishing lodges, and even an ice hotel! There are close to 2,000 hotels in Québec, not including the many tourist homes and youth hostels. Most accommodations are subject to a classification system, and there's something for every budget. To choose the establishment best suited to you, visit bonjourquebec.com.

A TEMPTING PLAYGROUND

Québec's resorts treat you to state-of-the-art sports and recreational facilities nestled in spellbinding landscapes, dotted with lakes and rivers, inspiring relaxation or exhilarating action! Golfing or biking. Canoeing or sailing. Tennis or whitewater rafting. A hike in the forests or mountains. With so many adventures, you'll wonder where to start! Come winter, nothing beats a cup of hot chocolate by the fire after an invigorating day of cross-country skiing or snowshoeing, or a few fancy spins on the ice. An evening of snow sliding brings out the child in everyone, while downhill skiing inspires exaltations of joy and glee! Snowrafting or snowboarding. Snowmobiling or dogsledding. A bevy of recreational activities awaits you. Wild yet accessible, Québec dares you to resist the temptation to join in the fun—all year round!



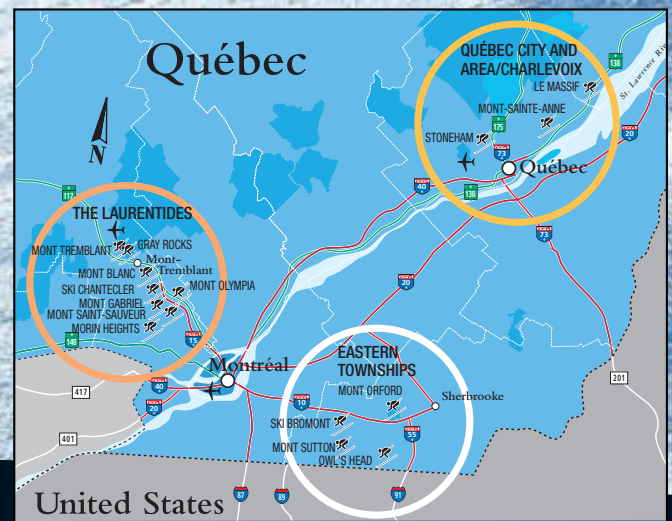
PAMPER YOURSELF

In need of rest and relaxation? Québec overflows with chic spas and wellness centres, many integrated into major resorts and hotels, all indulging you in professional and attentive pampering. Wildly popular Nordic baths invigorate the senses, while every pore in your body smiles thanks to invigorating algae body wraps, relaxing mud or chocolate baths, and all styles of massage. So long worries! Hello nirvana!





	Trails	Night Skiing	Snow Park	Half Pipes	Vertical Drop (m)	Vertical Drop (ft.)	Website
Québec City and Area / Charlevoix							
Mont-Sainte-Anne	66	17	Yes	-	625	2,050	www.mont-sainte-anne.com
Stoneham	32	16	Yes	Yes	420	1,380	www.ski-stoneham.com
Le Massif	45	-	Yes	-	770	2,525	www.lemassif.com
The Laurentides							
Tremblant	94	-	Yes	Yes	645	2,115	www.tremblant.ca
Mont Blanc	41	-	Yes	-	300	984	www.skimontblanc.com
Gray Rocks	22	-	Yes	-	190	626	www.grayrocks.com
Ski Chantecler	16	8	Yes	-	201	659	www.skichantecler.com
Saint-Sauveur Valley							
Mont Saint-Sauveur	38	30	Yes	Yes	213	699	www.mssi.ca
Morin Heights	24	16	Yes	-	200	656	www.mssi.ca
Mont Olympia	25	18	Yes	-	200	656	www.mssi.ca
Mont Gabriel	18	12	Yes	-	200	656	www.mssi.ca
Eastern Townships							
Mont Orford	59	-	Yes	Yes	589	1,932	www.orford.com
Sutton	53	-	Yes	-	460	1,510	www.montsutton.com
Owl's Head	44	-	Yes	Yes	540	1,770	www.owlshead.com
Bromont	129	60	Yes	-	385	1,263	www.ski-bromont.com



SLIP ON YOUR SKIS

The majority of ski resorts are concentrated in four spectacular regions. In the Laurentides, Tremblant—the number one resort in eastern North America—and resorts located in the Saint-Sauveur Valley, which offer night skiing, attract the lion's share of visitors year after year. Surrounded by the Appalachian Mountains, Sutton, Orford, Owl's Head and Bromont give visitors to the Eastern Townships a "peak" experience. A snowball's throw from Québec City, the Mont-Sainte-Anne resort is a must-do with its vast selection of outdoor activities and sublime ski slopes. In Charlevoix, ski like you've never done before at Le Massif, with the majestic St. Lawrence as a backdrop. To learn more about these resorts and the international ski competitions held in Québec, visit bonjourquebec.com.



Springtime and sugar bushes

The air is brisk and the trees are filled with sap... Soon this sap will be collected and transformed into one of our home-grown delicacies: maple syrup. Served in all its forms in the many sugar shacks scattered all across southern Québec, often near towns and cities, this nectar is used in such traditional dishes as pancakes, pies, beans and omelettes. However, the highlight of any visit just has to be *la tire*, boiled syrup drizzled on—and eaten from—the snow. Sweet!

Québec's parks are world renowned for their excellent equipment, facilities and vast wildlife preserves that readily share the countless faces of unblemished nature. National parks such as Mont-Tremblant, Mont-Orford, Jacques-Cartier, Gaspésie and Gatineau, (see table on page 37) as well as the Duchesnay Tourist Resort—with its Ice Hotel that's rebuilt each winter—delight visitors looking for exciting activities.



■ RURAL RENDEZVOUS... OR THE ART OF TREATING YOUR TASTE BUDS

How does enjoying a good feast while soaking up a new culture sound? The Québec countryside is sprinkled with orchards and cheese houses, vineyards and maple bushes, museums and art galleries. Historic and Aboriginal sites abound, as do interpretation centres. Tour through towns and villages that dot the coastline or the hinterland. Savour one of life's greatest pleasures—a mouth-watering and memorable feast served by smiling and gracious hosts in an enchanting setting. Renowned for its fine cuisine and legendary hospitality, Québec takes pride in its top-notch restaurants. On or off the beaten path, tables are laden with gastronomic delights, each region dishing up its own tantalizing specialties, such as the exquisite ice cider, and its own astonishing aromas. A resort holiday in Québec is all this and more...



Québec City and Area



Chaudière-Appalaches

VACATIONING AT ITS BEST

■ A FAMILY PLAYGROUND

On your mark, get set, go! It's common knowledge that kids are packed with energy. Don't despair; Québec has action and activities of all kinds—in all places and all seasons—to keep them entertained. And naturally, safety is a priority. A trip to Québec is the perfect opportunity to explore with your kids all that nature has to offer, or, in nearby cities, to partake in exciting activities revolving around the outdoors, science, culture and history (of which we've plenty) and tinged with Old World hues and vibrant North American colours. Enjoy good company and hours of fun for the whole family!



ARTISANS AT WORK

In Québec, some 30 economuseums showcase authentic techniques or know-how and provide an open door opportunity to come into contact with and learn from artisans in the agri-food and craft arts sectors. Get back to the basics. www.economusees.com





WHAT'S HAPPENING... (bonjourquebec.com)

JUNE: Orford Festival (Eastern Townships), Festival international du Domaine Forget (Charlevoix), International Garden Festival (Gaspésie).

JULY: Mondial des cultures (international dance and music festival in Centre-du-Québec), Festival international du blues (Laurentides), Festival international de Lanaudière, Festivent (hot air balloon and parachuting festival in Chaudière-Appalaches), Truck Rodeo (Abitibi-Témiscamingue).

AUGUST: Festival Innu Nikamu (Duplessis), Concours de châteaux de sable des Îles (sand castle competition in the Îles-de-la-Madeleine), International Balloon Festival (Montérégie), Festi Jazz international (Bas-Saint Laurent).

SEPTEMBER: Festival western de Saint-Tite (rodeos and more in Mauricie), Manigances - Festival international des arts de la marionnette (puppetry arts festival in Saguenay-Lac-Saint-Jean), Tremblant Symphony of Colours (Laurentides).

OCTOBER: Trois-Rivières International Festival of Poetry (Mauricie).

FEBRUARY: Grand Prix Ski-Doo (Eastern Townships).

LIFE OF THE PARTY

Whatever the season, cultural and tourist events abound. From numerous international sports competitions to the countless exhibitions and shows of all kinds spotlighting music, the visual arts, humour, cinema and dance... Quebecers' enthusiasm is contagious!

EXUBERANTLY WILD



GREAT ESCAPES that leave you spellbound

Imagine the stillness of a sunrise on a mist-shrouded lake. Picture the magic of a moose and its calf drinking at the water's edge, the loud slap of a beaver's tail and the irresistible call of the loon, Québec's regal monarch of the waters—sights and sounds that stir every adventurer's heart! Quebecers' unique passion and spirit are fuelled by the wildlife roaming their land and the Native and Inuit legends whispering in the forests. Raised on tales of the New World's first inhabitants, Quebecers love to pick up their paddles, skis or snowshoes, and revel in the wide-open spaces of this breathtaking playground. Laid-back excursions, hard-core expeditions or long-distance treks, today's "explorers" adore Québec—where every adventure is exuberantly wild!





Grab your **BINOCULARS!**

Open space as far as the eye can see. Horizons that shift with the changing seasons, tempting you with an astounding array of outdoor activities. Long rivers meander forever, or suddenly hurtle into waterfalls, only to be gently lulled to sleep in fish-filled lakes. Not one but two majestic mountain chains—the Laurentians and the Appalachians—with endless forests and bountiful game, drift off into the Arctic or curl up to the Atlantic coastline, while spectacular parks display the treasure troves of a prolific nature.

A land of gigantic experiences and emotions, Québec's middle name is adventure. Natural wonders galore excite the senses, beguiling the boldest enthusiasts. Drink your fill of fresh air and exhilarating sensations, or recharge your batteries in the stillness of untouched nature, summer and winter alike!



PUT YOUR BEST FOOT FORWARD!

Québec also spells paradise for hikers, with hundreds of kilometres of scenic trails crisscrossing valleys, mountaintops and forests full of hidden riches. Must-sees include Parc national de la Gaspésie—teeming with moose—while magnificent Parc national du Saguenay awaits with its many breathtaking views of the fjord. Sleep outdoors on a mountain peak and gaze in awe at the shooting stars and northern lights, the silence broken by the howl of a lone wolf. The more than 600 kilometre (370 mi.) Québec portion of the International Appalachian Trail winds through green forests and high summits, treating you to spectacular glimpses of the legendary St. Lawrence River.



PURELY thrilling

In this vast land of green and blue, where the landscape seems designed to make dreams of freedom come true, paddling is the ideal way to indulge in sweet summer.

Endless coastal waters shower sea kayakers and canoeists with adventure and fun, while whitewater rivers soak avid paddlers in adrenaline-pumping thrills. Rafting excites laughter and smiles in lakes and rivers that number in the thousands, bringing out the explorer in everyone.

A CELEBRATION OF NATURE

Quebecers' renowned passion for fun and nature takes centre stage at a host of exciting festivals. From pow-wows, fishing festivals and derbies and other events dedicated to camping, hunting, fishing or ecotourism, to snowmobile races, dogsled chases, adventure raids, evening snowshoe rallies and cross-country ski endurance contests, Québec loves to party all year round. bonjourquebec.com, www.staq.net, www.fpq.com.



QUICK, GET MY CAMERA!

The ultimate reward of an odyssey in the great outdoors? The sight of a small arctic flower flourishing between tundra and rocks, a fox, stag or several caribou confidently sauntering along a steep trail, or baby eagles peeking out from their nest. The perfect companion on such breathtaking journeys, a camera immortalizes each captivating moment, transforming every traveller into a gifted photographer!



WONDERFUL WINTER SUNSHINE

The really great news is that Québec usually enjoys a lot of sunshine in the winter, putting its lovely natural sites in an even better light. With banks of snow sparkling like diamonds in the sun, it's no wonder that Quebecers love their winter sports!

Riding THE WHITE CARPET



ADVENTURE ON—AND BENEATH—THE ICE!

Hoist those sails

Let the wind carry you away: kite skiing, or paraskiing, is a winter sport that's quickly growing in popularity in Québec. Attached by a harness and pulled by a kite, the skier zips across snow or ice surfaces at dizzying speeds and can cross large bodies of water. Winter winds welcome!

Boldly breaking the ice

What would you say to observing icy stalactites? Walking beneath a transparent surface? That's what ice diving is all about! For true adventure-seekers only, participants must have received advanced training in underwater diving and special training in ice diving. In Québec, a number of diving clubs organize and offer safe instruction in this activity.

For a truly memorable thrill, drive a dogsled team across a powdery white landscape, working in total harmony with man's best friend. When the dogs start prancing with excitement and impatience, simply shout "mush" and away you go! For a canine-free adventure, hop on a snow scooter and go flying across the snow and ice. With family and friends, explore Québec's 33,700-kilometre (20,900-mi.) network of groomed snowmobiling trails, cruising by stunning natural sites and making the most of winter. If you've always wanted to be a mountaineer, you'll enjoy Québec's via ferrata courses, which combine climbing and hiking and are available at varying degrees of difficulty. Or clip on snowshoes, cross-country or telemark skis to discover a land seemingly made for giants, while ice climbers boldly scale frozen waterfalls, riveting spectators in their tracks!



PARK it here!

Québec boasts numerous national parks, some sitting at city doorsteps, others tucked away in the backcountry, all standing guard over spellbinding natural beauty.

Some are particularly spectacular: Parc national de l'île-Bonaventure-et-du-Rocher-Percé, in Gaspésie, is home to a world-renowned colony of Northern gannets; the Saguenay–St. Lawrence Marine Park, where an exceptional fjord meets a mighty river; Parc national de Miguasha, a Unesco World Heritage Site renowned for its outstanding fossils; Parc national des Grands-Jardins, where herds of migrating caribou roam; and Parc national des Hautes-Gorges-de-la-Rivière-Malbaie, home to the deepest gorges east of the Canadian Rockies. The latter two parks are located within the fabulous Charlevoix Biosphere Reserve, while all of these zones preserve unique ecosystems, beckoning visitors to delight in a wealth of natural treasures. Accommodations at these parks vary, from huts to cabins, yurts or tepees. The choice is yours!

Parc national des Pingualuit is Québec's first northern park. Located at the northern extremity of the Ungava Peninsula, in the polar circle, the park boasts an immense crater, the result of a meteorite, whose walls now hold a lake that's over 1.4 million years old. In the spring, the park welcomes the world's largest caribou herd and can be reached by snowmobile. It can also be accessed by plane. The village of Kangiqsujuaq, the entry to the park, is home to an interpretation centre.

The latest ecological reserve to open to the public is the Brion Island reserve, located in the Îles-de-la-Madeleine archipelago. It can be reached by pneumatic boat, weather permitting.





For its part, Parc national du Mont-Mégantic has been named the world’s first International Dark Sky Reserve.

In the parks operated by the Société des établissements de plein air du Québec (www.sepaq.com), the “ready-to-camp” formula, designed particularly for occasional campers, includes the rental of a campsite on which

a tent or tent-trailer has been set up that can sleep five or six people respectively (a maximum of four adults).

Whether you’re looking to relax and commune with exceptional natural sites or get busy practising your favourite sport, Québec’s parks promise memorable moments.

	Hiking	Cycling	Cruising	Canoeing	Kayaking	Swimming	Fishing	Snowshoeing	Cross-country skiing	Hut	Cabin	Camping
Gatineau Park	•	•		•	•	•	•	•	•	•		•
Saguenay–St. Lawrence Marine Park			•		•							
Parc national d’Aigüebelle	•	•		•	•		•	•	•	•	•	•
Parc national d’Anticosti	•				•						•	•
Parc national de Frontenac	•	•		•	•	•	•	•	•	•	•	•
Parc national de la Gaspésie	•			•	•		•	•	•	•	•	•
Parc national de la Jacques-Cartier	•	•		•	•		•	•	•	•	•	•
Parc national de la Pointe-Taillon	•	•		•	•	•						•
Parc national de la Yamaska	•	•		•	•		•	•	•	•		•
Parc national de l’Île-Bonaventure-et-du-Rocher-Percé	•		•		•							
Parc national de Miguasha	•										•	
Parc national de Plaisance	•	•	•	•	•	•	•			•	•	•
Parc national des Grands-Jardins	•	•		•	•		•	•	•	•	•	•
Parc national des Hautes-Gorges-de-la-Rivière-Malbaie	•	•	•	•	•		•					•
Parc national des îles-de-Boucherville	•	•		•	•			•	•			
Parc national des Monts-Valin	•			•	•		•	•	•	•	•	•
Parc national des Pingualuit	•			•	•		•	•	•		•	•
Parc national d’Oka	•	•		•	•	•		•	•	•		•
Parc national du Bic	•	•	•		•			•	•	•		•
La Mauricie National Park of Canada	•	•		•	•	•	•					•
Forillon National Park of Canada	•	•	•		•	•	•	•	•	•		•
Parc national du Mont-Mégantic	•							•	•	•		•
Parc national du Mont-Orford	•	•		•	•	•		•	•	•		•
Parc national du Mont-Saint-Bruno	•							•	•			
Parc national du Mont-Tremblant	•	•		•	•	•	•	•	•	•	•	•
Parc national du Saguenay	•		•		•		•	•	•	•	•	•
Mingan Archipelago National Park Reserve of Canada	•		•		•							•



AT YOUR SERVICE!

Over 700 establishments, known as outfitting operations, are sprinkled throughout Québec, from the south to north of the 60th parallel. Hunting and fishing lodges and even fabulous resorts offer accommodations for every budget and taste, from rustic log cabins to luxury forest inns. Most have a variety of packages that may include transportation to the site, lodging, meals, equipment and guide services. The Québec Outfitters Federation, an association of some 400 establishments, strives to ensure that visitors enjoy quality facilities and services.

www.fpq.com

LET'S HEAR IT FOR ECOTOURISM!

Ecotourism is the practice of exploring a natural environment while maintaining its integrity, something that is becoming increasingly popular in every corner of the world. In Québec, over a hundred businesses specializing in adventure tourism and ecotourism have banded under an umbrella organization to guarantee services that respect current safety and quality standards. www.aventure-ecotourisme.qc.ca

Gourmet delights—outdoors!

A fresh-air feast awaits you in Québec! Fishermen savour the day's catch cooked on the edges of a stream, hikers indulge in a banquet of blueberries prepared Native-American style and, deep in the forest, gastronomic havens enchant one and all. Today's menu: roast duck, pan-seared deer filet, partridge sautéed with wild mushrooms, lemon and basil trout, tartar of arctic char, steamed fiddleheads, a pot luck roasting over an open camp fire, wild berries and an abundance of other mouth-watering delicacies. Everything tastes better outdoors!



■ NORTHWARD BOUND

For larger-than-life panoramas, nothing beats the Trans-Québec-Labrador Highway and Monts Groulx route (Highway 389), which stretches for 600 kilometres (370 mi.) and passes through the Manicouagan region before reaching Newfoundland and Labrador. The gateway to the north, the route runs alongside fish-filled rivers and lakes and takes travellers on a discovery of the subarctic tundra, one of the largest hydro-electric facilities in the world, the second-largest meteorite crater on the planet, Monts Groulx and the iron mines of Fermont.



■ KUEI, TUNGASUGIT OR WACHIYA... WELCOME!

A fabled people living in a modern world, Québec's 11 Aboriginal nations keep their traditions alive. Linguistically and culturally distinct, they live in some 50 villages scattered between the 45th and 62nd parallels. With the exception of northern locations, these communities—be they coastal, forest, rural or urban—are accessible by road. To encounter these first inhabitants in their villages or in nature is to understand their indelible mark on the territory and on our collective imagination and to catch wind of their secrets for surviving in this northern land. To become acquainted with their history and age-old legends is to enter an authentic world full of warm, hospitable people whose ways have always matched the rhythm of the seasons and respected the forces of nature. Attending a pow-wow or participating in an expedition across unknown territory with First Nations people or Inuit will surely satisfy the traveller in search of adventure! For more information on the Aboriginal nations, visit www.staq.net.

