

VACATIONS AND GETAWAYS FOR ALL

Québec for all 18 regions to discover!



Accessible Québec

A 4-season
accessible destination!

PAGE 4



Sépaq

Something for everyone,
all across Québec!

PAGE 16



Peace of mind

Advice from our
seasoned travellers

PAGE 30

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A Québec Original... accessible to all!

Québec has put a great deal of effort into making tourist sites and services accessible to visitors with special needs. The province may be vast, but that's no reason for its numerous natural and cultural attractions to be off limits to someone with a disability. Do you have physical limitations? Do you like to have fun, tour and travel? Well then: pack your bags and bring your loved ones along!

Québec for all is a database of over 1,700 tourism and cultural organizations and businesses assessed by Kéroul and certified fully or partially accessible, spread across 18 regions of Québec. Some 300 of these are listed in *The Accessible Road*; most have trained their staff to provide services adapted to the special needs of reduced-mobility clients.

I would like to thank the Ministère du Tourisme du Québec, a Kéroul supporter for the past 30 years, for prioritizing accessibility in its 2012-2020 tourism industry development plan. Thanks also go out to Canada Economic Development for making it possible to promote *The Accessible Road* outside of Québec; to the regional tourist associations who spread the word about accessibility to their members and visitors; and, lastly, to the businesses who recognize the importance of our market and are investing in it accordingly.

Here's to a Québec accessible to all!



André Leclerc
Founder, President and CEO
Kéroul



© Y. Doublet

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© TOM, Julien



The Accessible Road

Québec has over 1.6 million km² (617,763 sq. mi.) of landscapes, each more captivating than the last. Attractions and activities abound, enchanting and enthralling visitors as they get acquainted with *la belle province*. Looking for an inspiring, authentic and accessible destination? You've come to the right place! In this edition of *The Accessible Road*, Québec's 18 tourist regions offer up unique vacation experiences adapted to every need!

EXPLORING THE ACCESSIBLE ROAD: THEMES FOR EVERY TASTE!

On TheAccessibleRoad.com, activities have been grouped into themes. This lets you quickly identify your best options from among the listings, based on your interests and preferences.

Are you a **NATURE** lover? Consult these categories: Agrotourism, Gardens, Parks, Animal Parks and Ornithology.

Interested in **HISTORY** and **CULTURE**? Browse Interpretation Centres and Museums, National Historic Sites of Canada, or Art Museums, Theatres and Concert Halls.

Looking for **ACTION**? Sports and Outdoor Activities and Bicycle Paths will have what you're looking for!

Special-interest themes are also available: **BUSINESS** Tourism, **RELIGIOUS** Tourism and **CASINOS**.



ABITIBI-TÉMISCAMINGUE
BAS-SAINT-LAURENT
CENTRE-DU-QUÉBEC
CHARLEVOIX
CHAUDIÈRE-APPALACHES
EASTERN TOWNSHIPS
GASPÉSIE
ÎLES-DE-LA-MADELEINE
LANAUDIÈRE
LAURENTIDES
LAVAL
CÔTE-NORD
MAURICIE
MONTÉRÉGIE
MONTRÉAL
OUTAOUAIS
QUÉBEC CITY
SAGUENAY-LAC-SAINT-JEAN

and themed tours

PLANNING GETAWAYS AND TOURS: A GOLDMINE OF IDEAS!

From the listings on the *Road*, we've put together a few accessible itineraries. Divided into two-day and one-week getaways, they propose different regions and themes. You can follow them as they are, adapt them to your tastes or let them inspire you to create your own custom tour!

TWO-DAY GETAWAYS

These can be cultural, family oriented or both. Following a general description of the destination, each module proposes daily activities and tours, lists the accessible services available en route (orthopedic

services, gas stations, adapted taxis and paratransit operators) and suggests places to stay.

WEEK-LONG TOURS

These self-guided tours eat up the miles as they follow itineraries dotted with discoveries. Here too, you're the one in charge, steered by your preferences. Complete the exercise by choosing your accommodations, meals and other services.

Below are two examples:

The **NATURE** tour lets you discover Québec's wide-open spaces, come into direct contact with the great outdoors and breathe deliciously pure air! The eight-day itinerary takes you 813 km (505 mi., not including the return trip) between Parc national de la Gatineau and the Innu community of Essipit on the Côte-Nord.

The **CULTURE** tour takes you to the best museums and most significant historic sites on the road between Montréal, Québec City and Charlevoix, bringing you into the fascinating worlds of artists and artisans. Lasting seven days, the circuit covers 400 km (250 mi., not including the return trip).

A man with short brown hair, wearing a blue t-shirt and blue jeans, is smiling as he harvests red apples from a tree. He is seated in a wheelchair with yellow handrails. An orange bucket is attached to the front of the wheelchair. The background is a lush green orchard with many trees and grass.

A 4-season accessible destination

québecoriginal

Québec

THROUGH THE YEAR FOUR-SEASON

Each season offers its own variety of sites and activities, many of which are indoors. From museums and heritage buildings to interpretation centres, art galleries, shows, entertainment venues, health and personal care centres, gourmet experiences, shopping, casinos and more, the list is long and diverse.

For those who like to go outside and play, Québec is best savoured in four portions. Taste the sultriness of summer, the vibrancy of the fall colours, the vigour of winter and the feverish buzz of spring!

*** SUMMER** Summer is the perfect time to escape the city and tour the countryside. Nature's lushness can be admired in the parks, gardens and on the tourist routes and trails. Outdoor theme sites—history, wildlife, heritage—are an invitation to new discoveries. Water activities are at their best: sports, cruises or just lazing on the beach. Celebrations and festivals are everywhere, pointing up the arts and music, terroir products, longstanding traditions and local or regional whimsies.

*** FALL** International tourists know it well: come fall, the foliage here bursts into vivid reds, yellows and oranges. Our "Indian summer" offers a sudden, brief blast of unseasonable warmth. Fall is also harvest time in the orchards, vineyards and cranberry bogs: plenty to do and enjoy. And the snow geese are a sight to see, impressive in their numbers as they pause briefly on their long migration south.

Photos © TQ/M. Julien



*** WINTER** Québec is much more than the "few acres of snow" decried by Voltaire. As well as the indoor activities that are available in any season, winter offers hardy souls and outdoor enthusiasts a chance to enjoy fresh air and snowy scenery. Hop on board a dogsled or snowmobile. Take a free Ski-Vel—a piece of equipment that enables wheelchairs to travel on snow—and follow the snow-covered trails of the national parks of Bic, Oka, Îles-de-Boucherville, Mont-Saint-Bruno, Mont-Orford and Mont-Tremblant. Certain ski hills and resorts also have accessible facilities.

*** SPRING** "Excitement" is the word that sums up this time of the year: the warm weather is on its way! As the world's largest maple syrup producer, Québec in the spring is all about sugaring off: a period when the precious sap is collected and turned into tasty products, and when the *cabanes à sucre* (sugar shacks) nestled in the maple forests welcome you to their tables. Spring is also a chance to witness the noisy return of the snow geese and Canada geese, admire the blossoming orchards in the countryside, or stand on the shore and listen to the cracking of the ice cover on the St. Lawrence River.

Travelling as a family

WITH A DISABLED PERSON

Where there are families, there are kids. From preparations, budgeting and entertainment to dealing with the distances, temperatures and the unexpected, travelling with young ones is already plenty challenging. Travelling as a family with a disabled member puts things on a whole new level.

The person with the disability could be a child, parent, grandparent or friend. Both the itinerary and the activity program need to interest everyone—no small task, given the varying ages and interests of the gang as a whole, the capacities of the disabled person, and time and budget constraints. A further consideration is the accessibility of facilities and services.

You may be travelling for any number of reasons: visiting friends and relatives, making new discoveries, or enjoying some recreation and relaxation. For families who want to do things as a group, Québec has plenty of options. Indeed, when it

comes to family vacations, each region has something to offer. For example, July is “Family Month” in the Outaouais; Tourisme Laval has made family fun central to its positioning; and other tourist associations make a big effort to promote attractions of interest to families. Intriguing proposals are in no short supply.

For families travelling with a disabled person, the selection is more limited. Though attractions and services are increasingly accessible, it's best to check in advance. Here, Kéroul's database is an invaluable tool, with a documented list of over 1,700 businesses ranked fully or partially accessible and new entries added regularly.

“The thought of leaving for a lengthy period was hugely challenging—what to bring in terms of equipment, diapers, food and so on. But at least in Québec we're under the same health care system and can access hospitals and pharmacies as needed. So I revised my travelling style and learned to travel differently. These various learning experiences are a step towards taking longer or more distant trips one day.”

– Nathalie Richard



Québec for all



**OVER 1,700
TOURIST AND
CULTURAL
ESTABLISHMENTS
WITH PARTIAL OR
FULL ACCESSIBILITY**



Themed routes, inspiring videos, practical tips and more!

18 tourist regions

**Québec offers unique vacation experiences
and the accessibility to accommodate everyone's needs!**

A Québec for everyone is...

And to complement this...

677

**Attractions
and activities**

559

**Restaurants
and bars**

341

**Accommodation
establishments**

71

**Tourist informa-
tion centres**

50

Campgrounds

48

**Transit
companies**

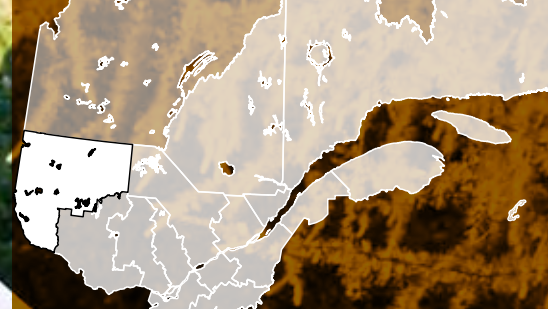
62

**Orthopedic
equipment
suppliers**

Need help planning your trip?

Kéroul has over 40 travel consultants who are specially trained in offering made-to-measure services for travellers with disabilities, and know all the useful resources for mapping out a thoroughly enjoyable, easy-access vacation!

www.quebecforall.com



ABITIBI-TÉMISCAMINGUE

THE SKY'S THE LIMIT

© Sepaq

MUST-SEE ATTRACTIONS

Parc national d'Aigubelle
(Mont-Brun sector north of Rouyn-Noranda)
The park sits right where the James Bay watershed separates from that of the St. Lawrence. Indeed, the Algonquin word *Abittibi* means "where the waters divide." Shaped first by volcanoes and then by glaciers, the Aigubelle landscape stands out for its spectacular geological phenomena. The site features a partially accessible campground.

Refuge Pageau
Located in Amos, Refuge Pageau is a wildlife shelter where sick or injured animals are nursed back to health before being released again into the wild. Whenever this is impossible, the Refuge will provide them with long-term housing, as per its mission.

Founded by Michel Pageau ("the man who talks with wolves"), the shelter welcomes moose, bears, wolves, lynx, raptors and more—and many visitors.

Obadjiwan/Fort-Témiscamingue National Historic Site
Located in Duhamel-Ouest, north of Ville-Marie, this former fur trading post attests to the heated rivalry between French and English in the 17th and 18th centuries. A meeting point reaching back through thousands of years of First Nations presence, the site is bordered by an enchanting forest and magnificent beach.

The region is famous for its luxuriant forests, fish-filled lakes, vibrant cities and picturesque villages. Its northern reaches are known for their mining potential and boreal forest, while its southern parts are home to fertile lands and mixed stands.

A recent addition is CULTURAT: the newly launched initiative that brings together different local stakeholders with a view to developing the arts and culture in Abitibi-Témiscamingue. For visitors, the result is a full calendar of discoveries clear across the region.

OF INTEREST

- * The past: La Corne Nursing Station National Historic Site; Bourlamaque mining village, Cité de l'Or (a former gold mine), Val d'Or; Chantier Gédéon, rebuilt logging camp, Angliers.
- * Interpretation: Centre d'interprétation en foresterie (forestry interpretation), La Sarre; Pavillon d'interprétation de l'esker (fluvioglacial landform), Saint-Mathieu-d'Harricana; Fossilarium paleontology museum, Notre-Dame-du-Nord.

USEFUL LINKS

- www.abitibi-temiscamingue-tourism.org
- www.culturat.org (in french)

© Hugo Lacroix





© Nicolas Gagnon



BAS-SAINST-LAURENT

PICTURESQUE VILLAGES, SCENIC BYWAYS

Between its Navigators' and Border tourist routes and its landscape and heritage tours, the Bas-Saint-Laurent region invites you to take your time, whether you're journeying by car, bike, motorcycle or snowmobile. Discover its numerous mid-river isles, its hundred-year-old lighthouses and its enchanting succession of towns, villages and countryside.

OF INTEREST

- * The old train station in Rivière-Bleue
- * Auberge la clé des champs, St-Cyprien de Rivière-du-Loup
- * Sanctuaire de Sainte-Anne-de-la-Pointe-au-Père, dedicated to the patron saint of sailors
- * Restaurant Le Rialto, Hôtel Universel, Rivière-du-Loup

USEFUL LINKS

www.bassaintlaurent.ca/en

www.routedesnavigateurs.ca/en

MUST-SEE ATTRACTIONS

Parc national du Bic

Stretching over the rugged south shore of the St. Lawrence River near Rimouski is Parc national du Bic, almost half of which is a coastal marine environment. The harbour seal, emblem of the site, frequents its shores; while its mountainous massif, higher than the surrounding setting, harbours a rare and fragile flora.

Whale-watching

From Rivière-du-Loup, take the cruise that heads for the open waters of the Saguenay Fjord, which are part of the Saguenay-St. Lawrence Marine Park. These waves are home to the fin whale, minke whale, humpback whale, beluga and more.

Museums

- Musée François-Pilote in La Pocatière (food and farming)
- Musée du Bas-Saint-Laurent in Rivière-du-Loup (regional history and Québec visual arts)
- Musée régional de Rimouski (visual arts, history and science)
- Musée de Kamouraska (regional history: roles of men and women, trades, commerce)
- Site historique maritime de la Pointe-au-Père in Rimouski (Onondaga submarine, *Empress of Ireland* museum, lighthouse)



© TOM JULIEN



EASTERN TOWNSHIPS

ENJOY A UNIQUE EXPERIENCE

Grand Cru © Escapades Memphrémagog

A heavenly arrangement of mountains, hills and valleys, the Eastern Townships boasts a nearly 80% forest cover. Juxtaposed with this are picturesque villages whose heritage architecture is the legacy of Loyalist settlers. In this region, the art of living is taken to new heights, with vibrant communities and a vast range of activities, products and services centred on health and wellness complementing the natural and built heritage.

MUST-SEE ATTRACTIONS

Gourmet discoveries

Seek out restaurants designated *Chefs créateurs* (creative chefs), producers in the public markets marked *Créateurs de saveurs* (flavour creators) or the *Cafés de village* (village cafés), all of which must meet rigorous criteria. Complete the experience with a visit to an outstanding vineyard like L'Orpailleur in Dunham and the Cep d'Argent in Magog, or meander along one of the region's two wine routes: the Estrie and the Brome-Missisquoi.

The ASTROLab

Located in Notre-Dame-des-Bois (Parc national du Mont-Mégantic), the ASTROLab is Canada's most popular observatory. Come nightfall, gaze upon the stars from the world's first International Dark Sky Reserve. Another area of interest is the park's Franceville sector near Scotstown.

Granby Zoo

Award-winning and innovative, Granby Zoo offers an extraordinary, fascinating experience. The zoo is home to some 1,000 animals from over 225 species, including a number of threatened or endangered exotic species.

OF INTEREST

- * Louis S. St. Laurent National Historic Site of Canada, Compton
- * Musée de la nature et des sciences, Sherbrooke
- * Centre d'interprétation de la nature du lac Boivin, Granby
- * Étang Burbank (wetlands), Danville
- * Labyrinthe Memphrémagog, Magog
- * Spa Eastman, Eastman
- * La Halte des pèlerins (vineyard), Sherbrooke

- * Delta Sherbrooke (hotel and convention centre)
- * Les Chalets U, Austin

USEFUL LINKS

www.easterntownships.org

www.createursdesaveurs.com (in french)

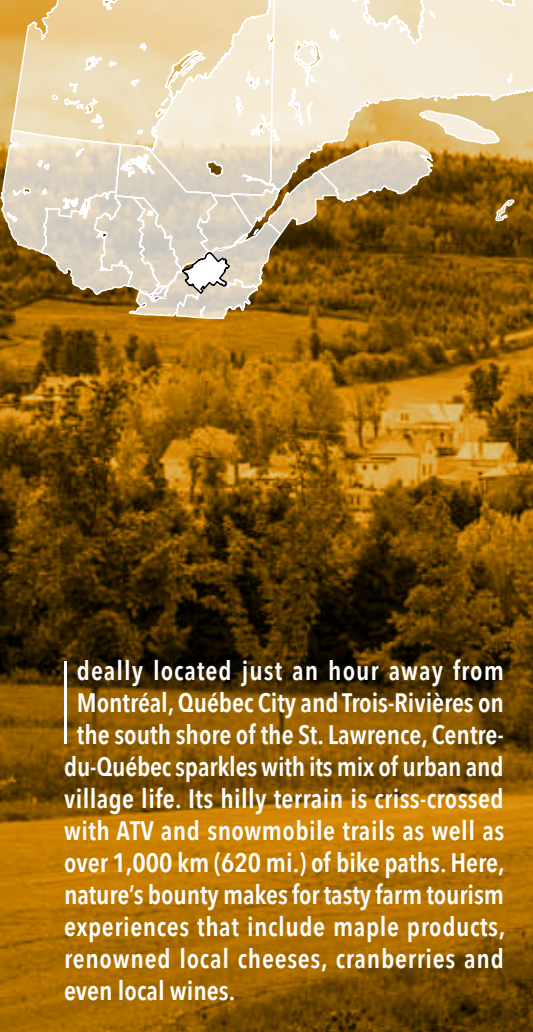
A gastronomic cruise on Lake Memphrémagog
Escapades Memphrémagog offers a sensational experience on board Le Grand Cru, a vessel leaving from Magog.



© Zoo de Granby



Spa Eastman © Sébastien Larose



Ideally located just an hour away from Montréal, Québec City and Trois-Rivières on the south shore of the St. Lawrence, Centre-du-Québec sparkles with its mix of urban and village life. Its hilly terrain is criss-crossed with ATV and snowmobile trails as well as over 1,000 km (620 mi.) of bike paths. Here, nature's bounty makes for tasty farm tourism experiences that include maple products, renowned local cheeses, cranberries and even local wines.

CENTRE-DU-QUÉBEC

THE WEATHER'S FINE AND THE ROAD IS BECKONING

© Tourisme Érablé

OF INTEREST

- * Parc Marie-Victorin, Kingsey Falls
- * Maison La Coulée, Drummondville (B&B)

USEFUL LINKS

www.tourismecentreduquebec.com/vacations-packages/home.aspx
www.routedesnavigateurs.ca/en

MUST-SEE ATTRACTIONS

Nature discovery

Located on the Lac-Saint-Pierre Biosphere Reserve, the Centre d'interprétation de Baie-du-Febvre tells of a fascinating event: the massive springtime migratory stopover of the snow goose. In Bécancour, the Centre de la biodiversité du Québec introduces you to the diversity and conservation of Québec wildlife. Mid-September to mid-October, the Centre d'interprétation de la canneberge in Saint-Louis-de-Blandford rolls out its (floating) red carpet during the annual cranberry harvest.

Cultural life

The Musée des religions du monde in Nicolet looks at the world's great religions, including Aboriginal and Inuit traditions. In Odanak, the Musée des Abénakis is Québec's first museum dedicated to First Nations.

Events

The summer calendar sparkles with colourful festivals; here are just a few. In Drummondville, there's the Mondial des cultures, a cornucopia of local and international performing talent, as well as the Festival de la poutine, celebrating Québec's famed dish! In Victoriaville, the Festival des fromages fins pays tribute to local cheeses; the Festival du cochon in Sainte-Perpétue does the same for pork products.



Musée des religions du monde © Olivier Croteau



© Tourisme Victoriaville et sa région



CHARLEVOIX

OVER 200 YEARS OF HOSPITALITY

© Annie Boudic



A hospitable region that has long captivated painters, poets, writers and musicians, Charlevoix paints things larger-than-life, from the majesty of its peaks to the immensity of the St. Lawrence. In the heart of the Canadian Shield, the region's turbulent topography is due to the impact of an enormous meteorite. This UNESCO World Biosphere Reserve features distinctive fauna and flora.

MUST-SEE ATTRACTIONS

The St. Lawrence Route

One of North America's most scenic routes, this segment of highway extends for 50 km (30 mi.) between Baie-Saint-Paul and La Malbaie by way of Les Éboulements and Saint-Irénée. Arresting vistas of the St. Lawrence are guaranteed.

Arts and history

The Musée d'art contemporain de Baie-Saint-Paul honours both established and emerging artists. Over in Saint-Joseph-de-la-Rive, the Musée maritime de Charlevoix points up the region's maritime history: the schooners that sailed the St. Lawrence, the lives of the sailors and the knowledge of the shipbuilders. The Musée de Charlevoix in La Malbaie explores the region's artistic, historical and ethnological heritage. Creativity is in no short supply here, with studios, boutiques and art galleries galore, like Au p'tit Bonheur in La Malbaie. Lastly, for sounds to soothe the soul, Domaine Forget in Saint-Irénée hosts both an international festival and an international academy of music and dance.

Nature

The Pointe-Noire Interpretation and Observation Centre in Baie-Sainte-Catherine sits at the confluence of the St. Lawrence and the Saguenay Fjord in the Marine Park. With the remarkable ocean life generated by the ebb and flow of its tides, the area is an exceptional site for watching marine mammals and birds. Two national parks offer accessible camping: Grands-Jardins (Pied-des-Monts sector) in Saint-Urbain de Charlevoix; and Hautes-Gorges-de-la-Rivière-Malbaie (Cran sector) in Clermont. Also in Clermont, the municipal park has an accessible pathway, the Parcours des Berges, that runs along the Rivière Malbaie. For downhill ski buffs, the region offers the highest vertical drop in Canada east of the Rockies: 770 m (2,536 ft.) at Le Massif de Charlevoix in Petite-Rivière-Saint-François.

OF INTEREST

- * Fairmont Le Manoir Richelieu, including its three restaurants (Le Bellerive, Le Charlevoix, Le Saint-Laurent), La Malbaie
- * Casino de Charlevoix, La Malbaie

USEFUL LINK

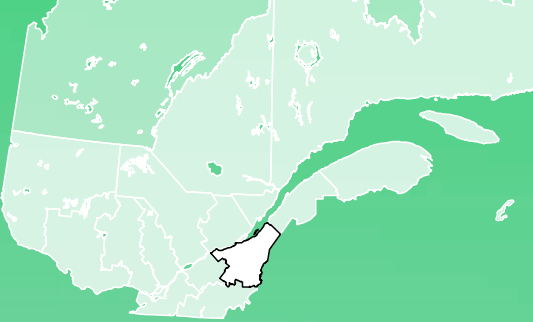
www.tourisme-charlevoix.com/en



© Musées de Charlevoix



© Croisières AML



So-named for the Rivière Chaudière that crosses it and for the Appalachian foothills in its southern reaches near the Maine border, Chaudière-Appalaches is a fertile garden. The shoreline facing Québec City unfurls a string of some of the most beautiful villages in the province, with watermills, stately manors and ancestral homes bearing witness to three centuries of history.

The region is also known for the asbestos of Thetford Mines; the entrepreneurial spirit highlighted at the Saint-Georges-de-Beauce museum; and such luminaries as food magnate J.-A. Vachon, credit union founder Alphonse Desjardins, the wood sculpting Bourgaults, Arctic explorer J.-E. Bernier, and celebrated ethnologist and anthropologist Marius Barbeau.

CHAUDIÈRE-APPALACHES

SAY HELLO TO QUÉBEC'S MOST BEAUTIFUL VILLAGES

Photos © TQ/M. Julien

OF INTEREST

- * Maison Alphonse-Desjardins, Lévis (*Mention Kéroul*)
- * Épopée de la moto (motorcycle history museum), Saint-Jean-Port-Joli
- * Lévis Forts National Historic Site
- * Musée minéralogique et minier (mining and mineralogy museum), Thetford-Mines

USEFUL LINKS

- www.chaudiereappalaches.com/en
- www.routedesnavigateurs.ca/en

MUST-SEE ATTRACTIONS

The most beautiful villages

Their architecture, landscapes, terroir and craft specialties are sure to please. In Sainte-Croix, the gardens of Domaine Joly-de-Lotbinière are definitely worth the detour.

Aquatic and maritime Québec

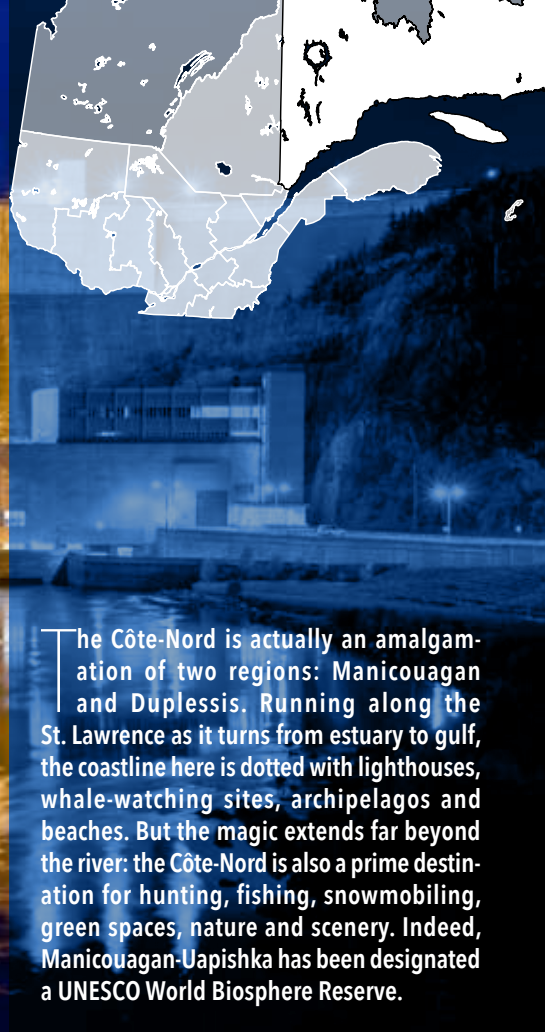
The Musée maritime du Québec in L'Islet includes a tour of the icebreaker *Ernest Lapointe*. In Lévis, the A. C. Davie Shipyard National Historic Site pays homage to one of Québec's most celebrated shipyards, in operation from 1832 to 1989. In Charny,

Parc des Chutes-de-la-Chaudière features a 35-m (115-ft.) waterfall: a striking site that will capture your gaze.

Low-season pleasures

Observe the spring and fall migratory stopovers of the snow goose in Montmagny. Photograph the fall colours in this region that's home to fully half of Québec's sugar maples, which take on a whole new allure come spring!





CÔTE-NORD

BETWEEN EARTHLY AND UNEARTHLY

© Marc Loselle

The Côte-Nord is actually an amalgamation of two regions: Manicouagan and Duplessis. Running along the St. Lawrence as it turns from estuary to gulf, the coastline here is dotted with lighthouses, whale-watching sites, archipelagos and beaches. But the magic extends far beyond the river: the Côte-Nord is also a prime destination for hunting, fishing, snowmobiling, green spaces, nature and scenery. Indeed, Manicouagan-Uapishka has been designated a UNESCO World Biosphere Reserve.

MUST-SEE ATTRACTIONS

The Whale Route

The Côte-Nord hugs the St. Lawrence for some 1,250 km (777 miles) between Tadoussac and Blanc-Sablon. On its aptly named Whale Route, 13 different species of cetacean, including the blue and the beluga, feed in the waters of the estuary and gulf, often close to the shore. Get a closer look while on seagoing vessels like the AML *Grand Fleuve* (known as one of the best whale-watching cruises in Canada), the Groupe Dufour fleet or the Katmar Catamaran. You can even catch a glimpse from the shore in certain spots!

Top up your knowledge at the marine mammal interpretation centre in Tadoussac, the Cap-de-Bon-Désir interpretation and observation centre in Les Bergeronnes, the Marine Environment Discovery Centre in Les Escoumins, or further afield at the Mingan Island Cetacean Study interpretation centre in Longue-Pointe-de-Mingan.

Manic-5

It's nothing less than the world's biggest hollow-body, multiple-arch-and-buttress hydroelectric dam. The Daniel-Johnson Dam (Manic-5) is two and a half hours from Baie-Comeau; a free guided tour will

take you through its inner workings and up along its crest. On a similar theme, you can stop by the Jean-Lesage Generating Station (Manic-2) located just a few minutes from Baie-Comeau.

Mingan Archipelago

Composed of isles and islands, the archipelago is famous for its striking stone monoliths, sculpted over time by wind and water. The Mingan Archipelago National Park Reserve has two visitor reception and interpretation centres: one in Longue-Pointe-de-Mingan, the other in Havre-Saint-Pierre.

OF INTEREST

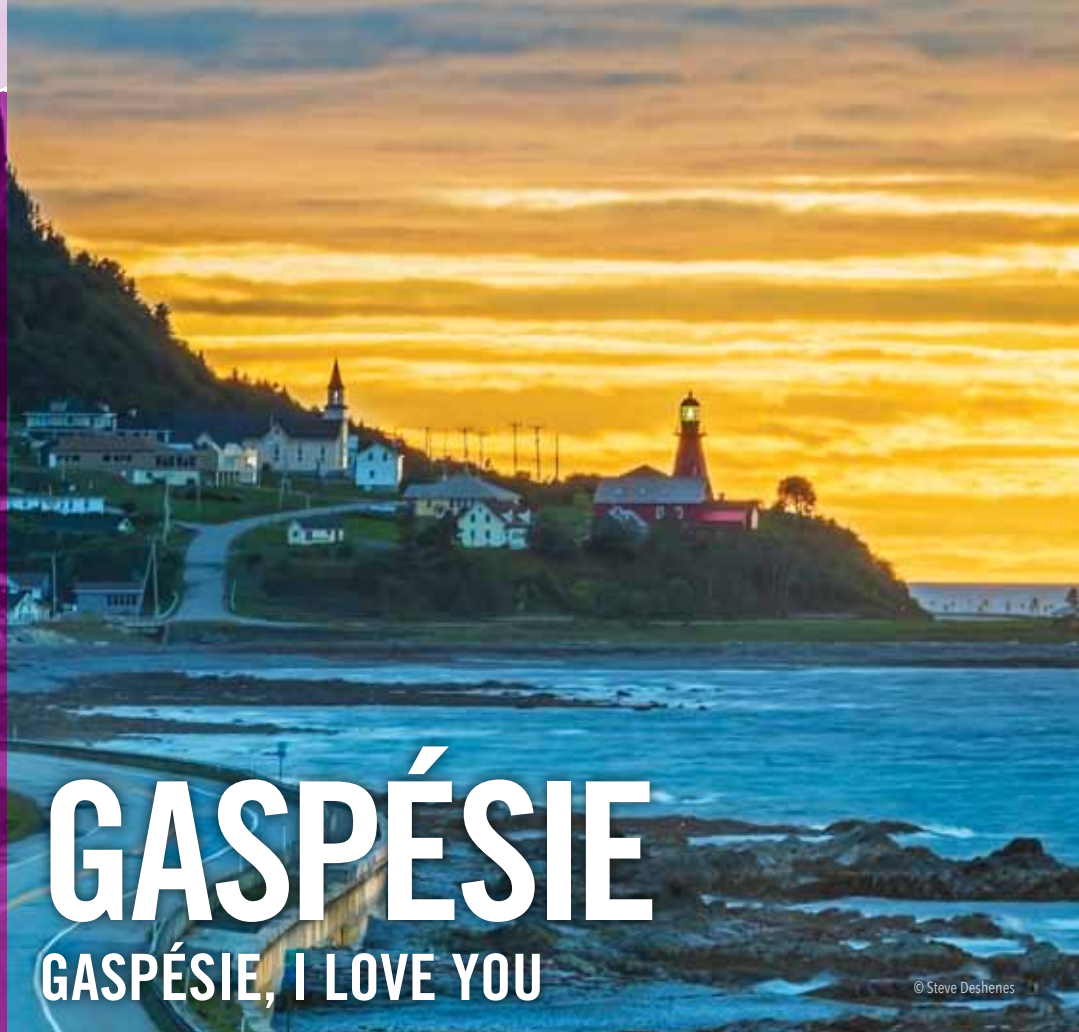
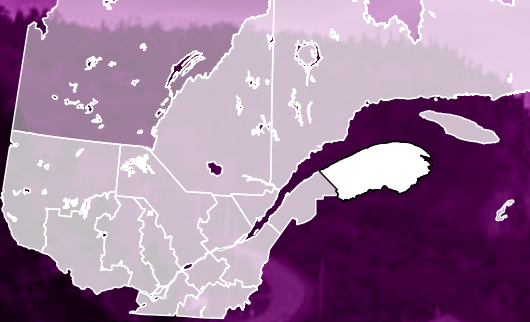
- * Centre Archéo Topo (archaeological discovery centre), Les Bergeronnes
- * Maison de transmission de la culture innue (Shaputan) (Innu history and ethnology museum), Sept-Îles
- * Chauvin trading post, Tadoussac
- * Salmon ladder, Parc de la Rivière-aux-Rochers, Port-Cartier
- * Jardin des Glaciers, Baie-Comeau
- * Centre national des naufrages du Saint-Laurent (shipwreck museum), Baie-Trinité

USEFUL LINK

www.tourismecote-nord.com/en



© Optik 360



Touring Gaspésie by car, following a fabled route of some 885 km (550 mi.), leaves no doubt as to why the region is renowned. Jutting into the St. Lawrence as it broadens into a gulf, Gaspésie offers outstanding natural beauty and fascinating wildlife (bird colonies, salmon rivers, etc.) as well as a wide variety of discovery and leisure activities.

To better welcome visitors, the region has established the *Qualité Tourisme Gaspésie* certification, granted to businesses that offer excellent customer service and adopt sustainable practices.

OF INTEREST

- * Exploramer – Discovering the Sea, Sainte-Anne-des-Monts
- * Musée acadien du Québec, Bonaventure
- * Gespeg Mi'kmaq interpretation site, Gaspé
- * Musée de la Gaspésie, Sainte-Thérèse-de Gaspé
- * Banc-de-Pêche-de-Paspébiac historic site
- * Mary Travers ("La Bolduc") site, Newport

USEFUL LINK

www.tourisme-gaspesie.com/en/accueil.html

GASPÉSIE

GASPÉSIE, I LOVE YOU

© Steve Deshenes

MUST-SEE ATTRACTIONS

Parc national de l'Île-Bonaventure-et-du-Rocher-Percé

For visitors, iconic Percé Rock is one of Québec's most enduring symbols. Connected to the mainland at low tide only, this natural steep-sided monument features an arch sculpted by the elements. Every spring, Île-Bonaventure hosts the world's largest colony of gannets: birds with white plumage who, accompanied by their lifelong mates, return to the same nest year after year.

Forillon National Park (*Mention Kéroul*)

This park known for its remarkable biodiversity and four separate ecosystems (aquatic, coastal, marine, forest) is located on the very tip of the Gaspé peninsula. Some of the many who have called it home through the millennia include Mi'kmaq, fishermen, cod merchants, whalers and lighthouse keepers.

Reford Gardens (*Mention Kéroul*)

Benefiting from its specific microclimate, this world-renowned horticultural extravaganza extends across 100 hectares (250 acres) and harbours over 3,000 plant species and varieties in 15 themed gardens. The site also features artworks, exhibitions and shops.

Parc national de Miguasha

The fish and plant fossils in this UNESCO World Heritage site tell the tale of life 380 million years ago: a time when marine species were making the transition from sea to land.

© Jean-Pierre Huard





Sépaq



© Mathieu Dupuis, parc national d'Okla, Sépaq

THE LARGEST OUTDOOR NETWORK IN QUÉBEC

The Société des établissements de plein air du Québec (Sépaq) is a commercial government enterprise that manages 49 nature tourism establishments. Scattered across Québec, these establishments fall into three categories:

23

NATIONAL PARKS AND
THE SAGUENAY-ST. LAWRENCE
MARINE PARK

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WILDLIFE RESERVES AND
THE SÉPAQ ANTICOSTI OUTFITTERS

10

TOURIST CENTRES

SOMETHING FOR EVERYONE, ALL OVER QUÉBEC

The accessible outdoors

Québec's boundless nature offers endless opportunities for relaxation, recreation or just admiring the scenery, and Sépaq has activities for every season. From observation and discovery to hiking, nautical and aquatic fun, sports and adventure, or stays in campgrounds, cottages or inns, the list is long and whets the appetite. Sépaq shows its commitment to the Québec government policy of *À part entière* (which safeguards the rights of people with disabilities) by coming up with innovative ways of making many of its activities accessible to all.

Gradual and varied accessibility

Sépaq has invested in continuous improvement regarding accessibility

for people with disabilities. The result is a series of measures implemented in various outdoor activity centres based on the vocation and situation of each. Since this is an evolving process concerning some 50 different establishments (each with its own dynamic), it would be inappropriate to list the details per facility.

Note that, at time of writing, accessibility cannot be guaranteed throughout the network. Prospective visitors must check accessibility at their desired destination, based on their needs and preferences. Information on accessibility is available for parking, reception areas, public areas (catering facilities, shops, picnic areas and playgrounds), sanitation (toilets, showers, sinks), trails, accommodations and certain specific considerations (docks, watercraft, equipment).

PARC D'OKA REGION: BASSES-LAURENTIDES

In 2012, the team at Parc national d'Oka earned the *Mention Kéroul*: a distinction that honours managers who provide accessible services to persons with reduced mobility. That year, the park had really gone the extra mile in adapting ready-to-camp Huttopia tents to the needs of disabled guests. The four tents offer accessible countertops, tables, picnic tables and door and window locks, in addition to access ramps and raised firepits. Each is also located near sanitary facilities with an accessible shower.

New on the park's accommodation menu are its two accessible Compact cabins. Consisting of a single room, each can accommodate up to four people, making them perfect for couples and families. They're also equipped with an adapted kitchen, bath and toilet and are accessible by vehicle year-round.

What's more, Parc national d'Oka features various accessible discovery activities in addition to making special equipment available free of charge to visitors with reduced mobility:

- the Hippocampe, a recreational wheelchair that provides access to the beaches and aquatic activities of Lac des Deux-Montagnes as well as year-round hiking trail access (the addition of a ski under the front wheel makes it possible to navigate the trails in winter).
- the Ski-Vel, a piece of equipment on which a wheelchair can be installed for access to the winter hiking trails.

For more information, consult Sépaq's 2015-2017 action plan regarding accessibility (in french): www.bit.ly/sepaq-accessibilité

🌿

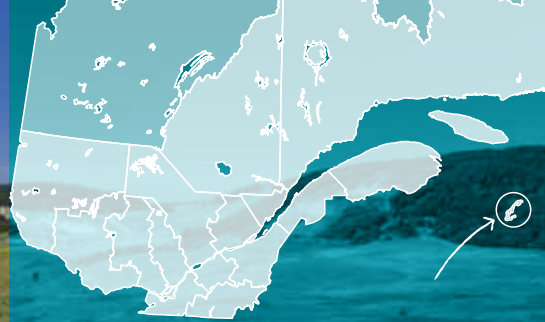
NATURE ACCESSIBLE TO ALL

MAKE QUÉBEC'S NATIONAL PARK NETWORK YOUR DESTINATION

Enjoy the summer season and discover unique territories. The 24 national parks in the Parcs Québec network invite you to explore their diverse nature and offer a variety of activities and accommodations.

AVAILABLE AT PARC NATIONAL D'OKA
ADAPTED HUTTOPIA TENTS | ADAPTED COMPACT CABINS | ADAPTED TRAILS | HIPPOCAMPE WHEELCHAIR

Photo: Mathieu Charland



Right in the middle of the Gulf of St. Lawrence is a string of islands with evocative names: Grande Entrée, Grosse Île, Pointe aux Loups, Havre aux Maisons, Cap aux Meules and Havre Aubert. All except Entry Island are linked by Route 199.

The local economy is based on fishing and tourism. Natural beauty is at every turn: long beaches, the dunes and their beach grass, grey and red sandstone cliffs. As for wildlife, the islands are home to a huge variety of marine mammals and birds, with seals the dominant species. The fishing industry, in turn, serves up crustaceans, mollusks and fish; fishermen's stories and tasting the day's catch are on the menu.

ÎLES-DE-LA-MADELEINE

AN ARCHIPELAGO SURROUNDED BY THE SEA

© Michel Bonato

OF INTEREST

- * Économusée de la fromagerie (cheesemaking economuseum), Havre-aux-Maisons
- * Boulangerie Madelon, Cap-aux-Meules
- * Camping Parc de Gros-Cap, L'Étang-du-Nord
- * Motel des îles, Havre-aux-Maisons

USEFUL LINK

www.tourismeilesdelamadeleine.com/en

MUST-SEE ATTRACTIONS

A day at the beach

It's simply a must. Choose a spot preferably sheltered from the wind, somewhere along the archipelago's 300 km (186 mi.) of golden sand. Swimming, walking along the shore, building sand castles, looking for shells at low tide or just relaxing: it's all yours for the taking.

La Grave historic site

This bustling Havre-Aubert centre offers a variety of services and activities, including the Musée de la mer and the Aquarium des Îles. It also hosts the annual Acadian Festival and the world's biggest sand castle competition!

Original arts and crafts

The Circuit arts visuels et métiers d'art highlights local visual arts and crafts. The tour features studios, galleries and boutiques where over 50% of the creations are original, handmade island works.



© D.L. Jesse



© Michel Bonato



"We came to hear the music of its hundreds of waterfalls as well as that of its festivals." Culture, nature, food and adventure: there's lots of good reasons to head for the hills of Lanaudière! The region also has plenty to please sports buffs and outdoor enthusiasts, with activities for every season.

LANAUDIÈRE

WIDE-OPEN SPACES

Photos © Tourisme Lanaudière

OF INTEREST *Gourmet suggestions*

- * Arômes et lavande (lavender growers), Lanoraie
- * Chocolaterie Le Cacaoyer, L'Assomption
- * Au Sentier de l'Érable (sugar shack), Sainte-Julienne
- * Cabane à sucre Dupuis (sugar shack), Saint-Jacques-de-Montcalm
- * Cabane à sucre Suzanne et Roland Roberge (sugar shack), Saint-Damien
- * Les femmes Collin (sugar shack), Saint-Esprit
- * Sucrierie du Rang Double (sugar shack), Saint-Lin-Laurentides

USEFUL LINK

www.lanaudiere.ca/en

MUST-SEE ATTRACTIONS

Culture, history and heritage

A key event is the Festival de Lanaudière, the largest classical music festival in Canada. In Joliette, the Fernand-Lindsay Amphitheatre and Salle Rolland-Brunelle are both accessible. Other regional venues are, too: Théâtre Côte à Côte in Mascouche, Théâtre du Vieux-Terrebonne, Salle L'Opale in Saint-Lin-Laurentides, Théâtre Hector-Charland in L'Assomption and Cabaret-théâtre de la Montagne-Coupée in Saint-Jean-de-Matha.

You might also want to stop by the Musée d'art de Joliette (*Mention Kéroul*), the Musée Gilles Villeneuve in Berthierville, and areas of historical interest like the Sir Wilfrid Laurier National Historic Site of Canada in Saint-Lin-Laurentides, the Maison Antoine-Lacombe and its gardens in Saint-Charles-Borromée, and the Site historique de l'Île-des-Moulins in Vieux-Terrebonne.

Local religious heritage is equally worth the detour, with the Chapelle des Cuthbert (1786) in Berthierville and the churches of La Purification (1723+) in Repentigny, Saint-Louis-de-France (1877) in Terrebonne and Saint-Henri (1885) in Mascouche. The Abbaye Val-Notre-Dame, recently built in Saint-Jean-de-Matha and home to the Cistercian monks of Oka, combines spiritual and earthly refreshment with the range of food products it sells in its boutique.

The outdoors, sports and nature

Among the region's many green spaces are the Chutes-Darwin in Rawdon, the Parc régional des Chutes-Monte-à-Peine-et-des-Dalles (Saint-Jean and Sainte-Mélanie sectors) in Sainte-Béatrix, and the Grand Coteau park in downtown Mascouche.

For the athletically inclined, Arctic Aventure in Entrelacs specializes in snowmobiling, while Kinadapt in Rawdon offers dogsled excursions. Golf is on the program in Saint-Liguori (Montcalm) and Terrebonne (Le Versant). Many of the local outdoor recreation centres are set in superb surroundings: Accès Plein Air in Chertsey, the Centre Plein Air L'Étincelle in Saint-Alphonse-de-Rodriguez and the Havre familial Centre de Plein air in Sainte-Béatrix are just three. Camp Papillon in Saint-Alphonse-de-Rodriguez is one of the biggest vacation camps in North America for disabled children.





LAURENTIDES

QUÉBEC'S PREMIER FOUR-SEASON DESTINATION

Photos © Tourisme Laurentides

MUST-SEE ATTRACTIONS

Destination Tremblant

This top-notch resort in Parc national du Mont-Tremblant features a lively village brimming with things to do, places to eat and places to stay. Besides being ranked the No. 1 ski hill in eastern North America, Tremblant also offers accessible camping in three sectors. The resort also boasts a casino and convention centre. Domaine Saint-Bernard, a nearby community ecotourism park, has hiking trails.

Vallée de Saint-Sauveur

Located an hour's drive from Montréal, Vallée de Saint-Sauveur bustles with action all year long: restaurants, festivals, boutiques, art galleries, trading posts and spas, not to mention outdoor activities.

Fresh air fun

The Dunes campground in Parc national d'Oka (*Mention Kéroul*) offers exceptional accessibility (see the article on Sépaq): you can picnic, hike, borrow an adapted non-motorized vehicle, go swimming and spend the night in an accessible Huttopia tent or Compact cabin. There's also accessible camping in Brownsburg-Chatham, Ivry-sur-le-Lac, Labelle, Saint-André d'Argenteuil and Sainte-Agathe-des-Monts. Known for its skiing, the region features several hills with accessible facilities: Morin Heights, Mont-Avalanche and Mont-Habitant.

The Basses-Laurentides

Many sites of interest lie close to Montréal. For example, in Saint-André-d'Argenteuil alone there's the Carillon Canal National Historic Site, Parc Carillon, Carillon hydroelectric dam and Musée régional d'Argenteuil. Saint-Eustache, in turn, has the Légaré flour mill, the Musée de Saint-Eustache et de ses Patriotes, a heritage church, the Bertrand and Constantin sugar shacks, a reptile farm (Exotarium) and a famous flea market. Mirabel abounds in farm tourism opportunities at Intermiel (honeybee and sugar bush products), the Négondos vineyard and the Lalande sugar shack, in addition to the charms of Parc du Domaine Vert and Parc national éducatif du bois de Belle-Rivière. It's always worthwhile venturing off the beaten track...

This region's four-season resorts have made it a leader in North America and worldwide. Such prestige positioning is due to the excellence and variety of its accommodations as well as an outstanding array of leisure pursuits in superb natural settings.

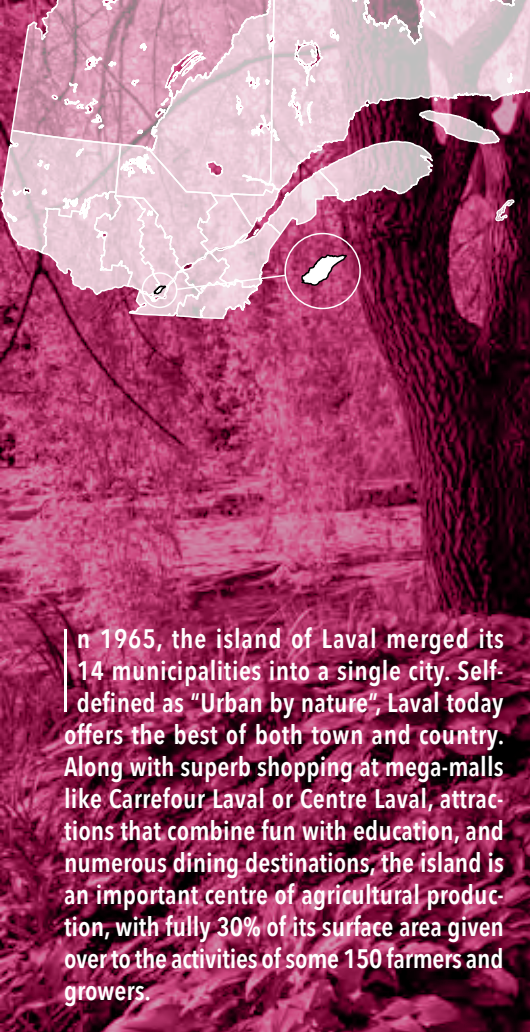
OF INTEREST

- * Hôtel-Manoir Saint-Sauveur, Saint-Sauveur
- * Village du Père Noël, Val-David
- * Gîte Vita Bella, Saint-Adolphe d'Howard (first accessible B&B in Québec)
- * Route des Gerbes d'Angélica, Mirabel (non-profit gardens)

USEFUL LINK

- * www.laurentides.com/en





In 1965, the island of Laval merged its 14 municipalities into a single city. Self-defined as “Urban by nature”, Laval today offers the best of both town and country. Along with superb shopping at mega-malls like Carrefour Laval or Centre Laval, attractions that combine fun with education, and numerous dining destinations, the island is an important centre of agricultural production, with fully 30% of its surface area given over to the activities of some 150 farmers and growers.

LAVAL

NO END OF THINGS TO DO

OF INTEREST

- * SkyVenture
- * Centre de la nature
- * Salle André-Mathieu
- * Cosmodôme
- * Ferme Marineau
- * Théâtre Marcellin-Champagnat

USEFUL LINK

www.tourismelaval.com/en

MUST-SEE ATTRACTIONS

A culture of family fun

The space-and-science centre Cosmodôme is an interactive museum that shoots you into orbit with fascinating presentations on the stars and planets. At SkyVenture, defy the laws of gravity in Canada’s first indoor freefall simulator. Last but not least, the Armand-Frappier Museum—whose mission is to foster the understanding of scientific issues related to human health—offers educational activities for all ages.

Spotlight on performance

Laval’s varied entertainment scene and numerous performance venues draw culture vultures by the drove. Théâtre Marcellin-Champagnat stages comedy, drama and dance in addition to the Grands Explorateurs travel conferences. Salle André-Mathieu, in turn, presents the biggest names in Québec showbiz as well as concerts by the Orchestre symphonique de Laval. As for the Maison des arts de Laval, each year it offers a diversified program of live theatre and dance along with productions designed specially for young audiences.

Sainte-Rose

Old Sainte-Rose boasts a picturesque main street lined with heritage buildings (including the Sainte-Rose-de-Lima church and centennial homes), boutiques, galleries, cafés and fine restaurants. The nearby Parc de la Rivière-des-Mille-Îles features trails winding through breathtaking scenery, a wildlife reserve, flowering marshlands and swampy forests, as well as an interpretation centre.

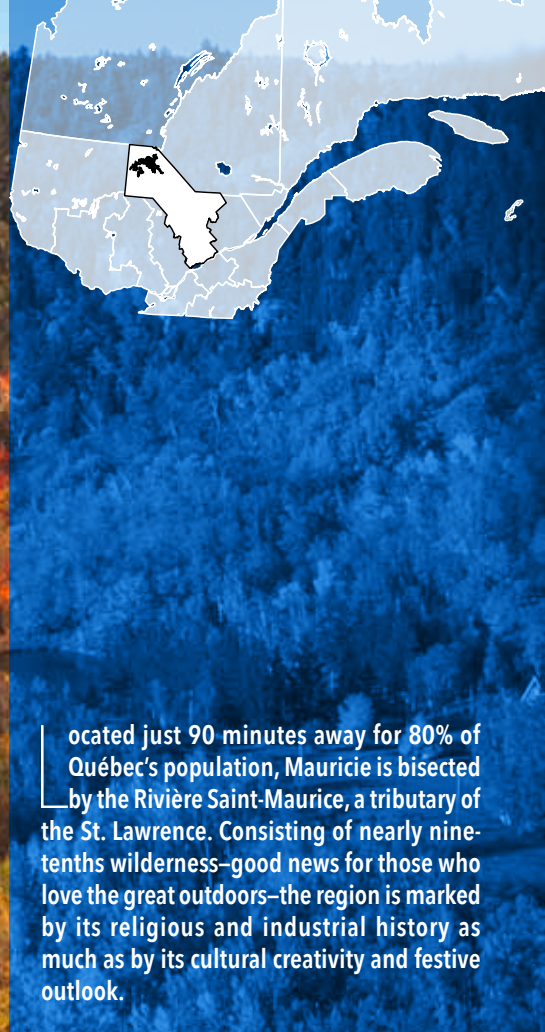
Call of the wild

Open year-round, the urban park Centre de la nature (Mention Kéroul) is an oasis of green featuring a tropical greenhouse, petting zoo, large pond and walking trails. Farm tourism is well established in Laval, which is especially well known for flower cultivation. Ferme Marineau produces both hothouse and field berries along with vegetables, including a whole range of corn varieties. To learn more about how the forceful currents of Rivière des Prairies are turned into hydroelectricity, visit the C.I.EAU (water interpretation centre) at the Rivière-des-Prairies Generating Station.



© SkyVenture/Tourisme Laval

© Sophie Poliquin



MAURICIE

DISCOVERIES A-PLenty RIGHT NEXT DOOR

Located just 90 minutes away for 80% of Québec's population, Mauricie is bisected by the Rivière Saint-Maurice, a tributary of the St. Lawrence. Consisting of nearly nine-tenths wilderness—good news for those who love the great outdoors—the region is marked by its religious and industrial history as much as by its cultural creativity and festive outlook.

MUST-SEE ATTRACTIONS

Urban effervescence in Trois-Rivières

Founded in 1634, Trois-Rivières is Canada's second-oldest settlement after Québec City; its colourful past speaks to the present at a number of sites. The Forges du Saint-Maurice National Historic Site commemorates an ironworks established in 1730. Boréalys – Centre d'histoire de l'industrie papetière tells the story of the pulp and paper industry, a more recent but no less important driver of the regional economy. As for the Musée québécois de la culture populaire and Old Prison of Trois-Rivières, both have plenty of surprises in store.

Located on the St. Lawrence, the city has a harbour-front park: a recreational promenade where various events, shows and festivals are staged. Each summer in Old Trois-Rivières, FestiVoix spills across 13 indoor and outdoor stages, paying tribute to the voice in its every form, in a range of musical styles.

Shawinigan: industrial history meets natural beauty

The Cité de l'Énergie (*Mention Kéroul*) has a science centre that, in addition to its multimedia show and permanent exhibition, features the second-highest observation tower in Québec. It also has a historic

section that includes a tour of the power plant. A green space with a strong conservation bent, La Mauricie National Park is a succession of lakes and forests, waterfalls and cascades, hiking trails and breathtaking views. The park has two accessible campgrounds: La Clairière and Rivière-à-la-Pêche.

Religious heritage

Inaugurated in 1888, the Our Lady of the Cape Shrine, a popular pilgrimage destination, overlooks the St. Lawrence on a site housing a basilica, a small church (the Old Shrine), a Rosary Bridge, gardens and more. The Cathédrale de l'Assomption (1858) in Trois-Rivières is decorated with stained glass windows created by Guido Nincheri. In Shawinigan, the Notre-Dame-de-la-Présentation National Historic Site of Canada (1924) contains works by Ozias Leduc, dubbed the "Michelangelo of Québec." In Champlain, the church of Notre-Dame-de-la-Visitation (1878), a national historic monument, bears witness to the religious heritage of France and Québec through its collection, some of which dates back to before 1685.

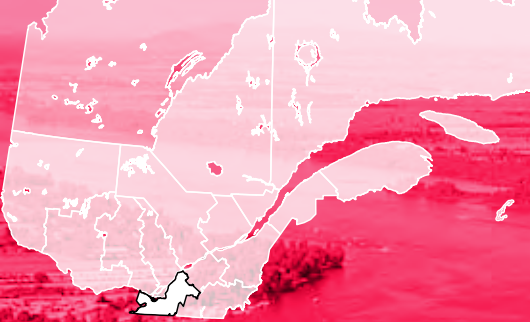
OF INTEREST

- * Salle J. Antonio Thomson, Trois-Rivières
- * Camping Otamac, Lac-à-la-Tortue

USEFUL LINK

www.mauricietourism.com





The dominant features of this region dotted with towns, villages and fertile fields are history and food. The Rivière Richelieu that starts in Lake Champlain on the Canada-U.S. border and empties into the St. Lawrence has seen its share of trade, not to mention skirmishes with First Nations and our neighbours to the south. The banks of the Richelieu also saw blood spilled during the rebellions of 1837-1838. Today these events are commemorated in a cross-border tourist route, the Route du Richelieu.

Farm tourism predominates in Montérégie. As Québec's biggest producer of cider and apples (and a pioneer of ice cider production), the region has a Cider Route that runs the gamut of the local brewers. If wine is more your thing, then the Montérégie Wine Route will take you to a number of vineyards. Montérégie boasts the largest number of commercial sugar shacks in Québec: each spring, the rising of the sap signals the start of the feasting. U-pick berries, cheeses and deli meats, honey and mead, breeding and game farms, and lavender production are some of the tasty offerings on the Countryman's Tour.

OF INTEREST

- * Théâtre de la Dame de cœur, Upton
- * Verger-cidrierie Larivière (orchard and cider works), Saint-Théodore d'Acton
- * Vinaigrerie Gingras (apple cider vinegar producer), Rougemont

USEFUL LINKS

- www.tourisme-monteregje.qc.ca/en
- www.routedurichelieu.ca/en
- www.maroutedesvins.com/en
- www.maroutedescidres.com/en
- www.lecircuitdupaysan.com/en



MONTÉRÉGIE

EASY GETAWAYS CLOSE TO MONTRÉAL

Photos © Tourisme-Montérégie

MUST-SEE ATTRACTIONS

Repositories of history and memory

Various national historic sites of Canada combine interest and accessibility: the Battle of the Châteauguay in Howick; Fort Lennox in Saint-Paul-de-l'Île-aux-Noix; Fort Chambly and Chambly Canal; and the Saint Ours Canal. Also noteworthy are the Maison amérindienne in Mont-Saint-Hilaire, the Pointe-du-Moulin historical park in Notre-Dame-de-l'Île-Perrot, the Pointe-du-Buisson archaeological complex in Beauharnois, Exporail – the Canadian Railway Museum in Saint-Constant and the Maison nationale des patriotes in Saint-Denis-sur-Richelieu.

Zoo Parc Safari (Mention Kéroul)

Head off on a Safari Adventure right in Hemmingford, Québec: drive yourself through a compound that's home to over 800 freely roaming animals from five continents. There's also Zoo Parc Safari, where you set off on foot to see lions, tigers, leopards and deer in well set-up habitats. Lastly, the Aquaparc is a great place to cool off and have some fun.

Nature getaways

Two national parks bring the great outdoors within easy reach of Montréal. A favourite among hikers, Parc national du Mont-Saint-Bruno offers a network of trails, mature forests and five lakes, plus an old mill that's open to visitors. A verdant oasis in the St. Lawrence, Parc national des Îles-de-Boucherville is an invitation to kick back and take it easy. In Mont-Saint-Hilaire, the McGill University Gault Nature Reserve is dedicated to preserving almost 1,000 hectares (2,470 acres) of natural primeval forest.





MONTREAL

AT THE CROSSROADS OF CULTURE,
CREATIVITY AND INNOVATION



MUST-SEE ATTRACTIONS

Nodding to the history of Montréal and Canada

Impeccably preserving the vestiges of the past, Old Montréal and the Old Port attest to a rich legacy that's commemorated at a number of sites. Pointe-à-Callière, the Montréal Museum of Archaeology and History, stands on the very foundations of the city. The nearby Centre d'histoire de Montréal, in turn, looks at the modern city and its multifaceted heritage.

The area also boasts three National Historic Sites of Canada: Sir George-Étienne-Cartier, which celebrates one of the architects of Canada's confederation; the Fur Trade at Lachine; and the Lachine Canal. We should also mention the McCord Museum of Canadian History as well as the Stewart Museum on Île Sainte-Hélène, which points up the French and British influence on New France and North America.

Culture sites

Art lovers will thrill to the top-notch exhibitions on view at the Museum of Fine Arts or (if your tastes run toward modern art) Musée d'Art contemporain. Music lovers and theatre buffs are equally well served with Place des Arts, whose Maison symphonique and numerous venues present a wide variety of performances.

Events and entertainment

Though Montréal's festival season lasts all year long, summer is when things really kick into high gear. In the heart of downtown, Place des festivals hosts such popular outdoor events as the Festival International de Jazz and Just for Laughs. For sporting events or blockbuster shows, the crowds throng to the Bell Centre, Olympic Park and Saputo Stadium. As for congresses and conventions, business travellers enjoy the state-of-the-art multipurpose facilities of the Palais des Congrès.

Places of worship

Numerous churches in this "city of a hundred steeples" (Mark Twain, 1881) are in fact veritable gems of architecture, heritage and history. Among these is Saint Joseph's Oratory, which receives more than two million visitors annually. Born of the devotion of Saint Brother André, the Oratory comes alive for liturgical celebrations, organ concerts, exhibitions and garden events. Not to be outdone, the Notre-Dame Basilica of Montréal is certainly one of the most admired buildings in Québec's religious heritage. Other churches worth noting include Saint Patrick's Basilica and the Notre-Dame-de-Bon-Secours Chapel.



Photos © TQ/M. Julien

Science and nature

The Montréal Science Centre is known for its interactive approach accessible to all and for its emphasis on technological innovation, in a context both educational and fun. Meanwhile, Space for Life brings together four institutions that point up nature and science to safeguard and educate about biodiversity. The Botanical Garden (*Mention Kéroul*) has a collection of 22,000 species and cultivars, 10 exhibition greenhouses, Maison de l'arbre, Courtyard of the Senses (an olfactory, tactile and auditory

experience intended for the visually impaired) and over 20 themed gardens spread over 75 hectares (185 acres). The Biodôme recreates some of the most beautiful ecosystems of the Americas. The Insectarium, a favourite with the young ones, boasts a collection of some 250,000 live or stuffed insect specimens, an anthill and lots of other spell-binding vivariums. Last but not least, the Biosphère on Île Sainte-Hélène is a museum dedicated to the environment.



Montréal combines a distinctive European charm with North American eclecticism. Celebrating its 375th birthday in 2017, the city is a patchwork of diverse and cosmopolitan districts. Montréal loves fine dining and is always up for a party. From its multicultural roots comes a flair for modernity; no surprise, then, that Montréal has been designated a UNESCO City of Design and is recognized as a leader in the digital arts. All in all, a compelling urban centre!

OF INTEREST

- * **Marché Bonsecours**
- * **Marché Atwater**
- * **Casino de Montréal**
- * **Quays of the Old Port**
- * **Musée Grévin**
- * **Grande Bibliothèque (part of Québec's national library and archives)**
- * **Restaurant Toqué!**

GOOD TO KNOW

- * **Tourisme Montréal**
www.tourisme-montreal.org
- * **The Montréal Museums Pass** gives you access to 41 museums in and around the city
www.museesmontreal.org/en
- * **Passeport MTL Culture** is made for those who love theatre, dance, the visual arts or music.
www.passeportmtlculture.com



OUTAOUAIS

A MULTIFACETED REGION

It's a region where city and nature coexist in perfect harmony, and where culture and the outdoors blend to perfection. What's more, as part of the National Capital Region, Outaouais provides easy access to the many attractions of nearby Ottawa.

MUST-SEE ATTRACTIONS

National museums

Located in Gatineau, the Canadian Museum of History (formerly the Museum of Civilization) is the most visited in Canada. This architectural masterpiece houses the largest collection of totem poles in the world! Just across the Ottawa River, the capital city of Ottawa offers an excellent museum selection of its own: fine arts, nature, war, space and aviation, contemporary photography and more.

Parks

Located in Montebello near the Fairmont Le Château Montebello—worth a look in and of itself—Parc Omega offers a winding, 17-km (10.5-mi.) self-driving tour through a succession of hills, lakes and open spaces to see wildlife in their natural habitat (bison, elk, bears, wild boars, wolves, deer). Another gorgeous park, Gatineau in Chelsea, is the perfect place for picnics and hikes. The site features the Mackenzie King Estate, the former country home of Canada's 10th Prime Minister. The site is now a public legacy and includes King's beloved gardens and collection of historical ruins. Lastly, Parc national de Plaisance, located on the Ottawa River and visited by over 230 bird species, is a favourite among ornithology enthusiasts. While in Plaisance, stop by the

municipal heritage interpretation centre to relive the area's geological past, settlement and development.

A stone's throw from Ottawa

The nearness of Ottawa is an invitation to visit federal institutions like Parliament Hill or Rideau Hall (home of the Governor General). Colourful happenings like the annual springtime Canadian Tulip Festival, the biggest event of its kind in the world, are also worth the detour.

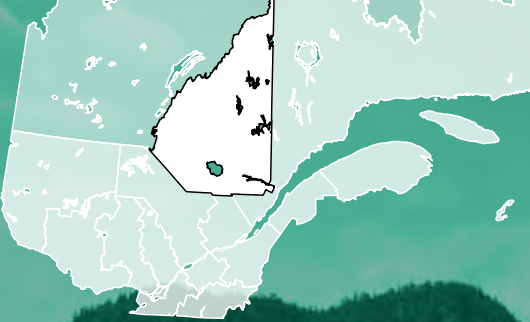
OF INTEREST

- * Casino du Lac-Leamy, Gatineau
- * Ramada Plaza Le Manoir du Casino, Gatineau
- * July is Family Month in Outaouais

USEFUL LINK

www.tourismeoutaouais.com/en-ca





This "Kingdom" where everything is larger than life is characterized by two massive bodies of water: the Saguenay Fjord and Lac Saint-Jean. The Fjord Route is a monumental corridor dotted with picturesque villages and quiet bays and comprising the Parc national du Fjord in Baie-Éternité and the Musée du Fjord in La Baie. Whether by car or by bike, a drive around Lac Saint-Jean—a veritable inland sea—is a must, with a plethora of historic, Amerindian, nature and outdoor attractions. Its locals, proud and hospitable, are known as the *Bleuets*, a nickname inspired by the small wild blueberries that abound in the region.

SAGUENAY— LAC-SAINTE-JEAN

THERE ARE GREAT THINGS TO DO
IN THE LAND OF GIANTS

© Fabrice Lemblay

OF INTEREST

- * Centre d'interprétation de l'agriculture et de la ruralité, Metabetchouan-Lac-à-la-Croix
- * Vieille fromagerie Perron (cheddar cheese museum), Saint-Prime
- * La Saguenéenne hotel and convention centre, Chicoutimi
- * Musée amérindien de Mashteuiatsh (Innu culture and history)
- * La Pulperie de Chicoutimi (regional history museum)
- * Moulin des Pionniers, La Doré (historical sawmill)
- * Air Defence Museum, Bagotville
- * Musée Louis-Hémon, Péribonka

USEFUL LINK

www.saguenaylacsaintjean.ca/en

MUST-SEE ATTRACTIONS

Zoo sauvage de Saint-Félicien

A conservation centre for boreal biodiversity, the Zoo sits on an expansive terrain that's home to more than 1,000 animals from 75 native and exotic species. Take the Zoo's train to its "nature trails park," where the humans are caged and the animals roam free! The site also features the Boréalium (reception building) and a pedestrian section divided into six sectors that includes a small farm.

La Fabuleuse histoire d'un Royaume

Canada's first historical blockbuster musical, the *Fabuleuse histoire* is still going strong after 30 years, every bit as impressive in its extravagance and stunning

effects. Staged in La Baie's Théâtre du Palais municipal, it recounts the history of Québec through the epic of the region's builders. The show brings together over 150 actors plus horses, carriages, music and dance, fire-works and lighting effects. In a word: *fabuleux!*

Village historique de Val-Jalbert

This historical recreation in Chambord is located in a beautiful natural setting, the site of a small town built at the turn of the 20th century to house workers at the local pulp mill. When the mill closed in 1927, Val-Jalbert became a ghost town. Today it enjoys a second life as an open-air museum complete with engaging characters, period buildings and the dizzying Ouiatchouan falls.



© Pulperie de Chicoutimi



QUÉBEC

CRADLE OF FRENCH NORTH AMERICA

© TOM, Julien



© Xavier Dagher



© Jean Dúsy

MUST-SEE ATTRACTIONS

Major museums

With over 38,000 works, the Musée national des beaux-arts du Québec houses the province's largest art collection and also features international touring shows. The Musées de la civilisation are four separate museums that include the Musée de la Place Royale, which presents the history of New France and Place-Royale as seen through the eyes of the people from Samuel de Champlain to the present day. The actual Musée de la civilisation, in turn, explores the many facets of human existence past and present.

Military history

Managed by the National Battlefields Commission, the Plains of Abraham are among the world's most prestigious parks and the most important historic parks in Canada. Nearby National Historic Sites of Québec include Artillery Park and the Fortifications of Québec. Lastly, the Citadelle of Québec is home to an active regiment, the Royal 22^e Régiment, established in 1914 and colloquially known as the Van Doos (an anglicized pronunciation of *vingt-deux*, the French word for 22), as well as a museum.

Religious heritage

The Shrine of Sainte-Anne-de-Beaupré is a well-known pilgrimage spot; the site also features the

Musée de Sainte-Anne. In Québec City, the Notre-Dame de Québec Basilica-Cathedral is Canada's primatial church, while the Holy Trinity Cathedral (1800-1804) was the first building specifically erected outside the British Isles to serve the Anglican diocese. The Monastère des Augustines, in turn, features a museum and has recently added visitor accommodations in its restored cloister.

Nature and the outdoors

Here you'll find sites and scenery with different vocations but a common focus on nature. In Sainte-Foy, the Aquarium du Québec occupies 16 hectares (40 acres) and is inhabited by 10,000 marine animals. In Beaupré, trails along the Sainte-Anne canyon let you explore the 1.2 billion-year-old rock walls flanking both sides of the Rivière Sainte-Anne-du-Nord. Nearby Mont Sainte-Anne boasts a top-notch resort and ski hill. In Sainte-Catherine-de-la-Jacques-Cartier, the Sépaq-run Station touristique Duchesnay is a four-season resort set in a splendid outdoor playground.

A few minutes from Québec City is Parc de la Chute-Montmorency, one of the most spectacular sites in the entire province. Standing 83 m (272 ft.) high—nearly 100 feet higher than Niagara—the falls



© TO/M. Julien



Founded in 1608 by Samuel de Champlain, designated by UNESCO as a World Heritage Site, Québec City is the only fortified city in North America north of Mexico. Brimming with treasures, it's much more than just a living museum. Inside and outside the walls of Old Québec are a host of gastronomic discoveries, cultural goings-on, special and sporting events and, of course, superb shopping.

The surrounding region doesn't lag behind, either. There's Île d'Orléans, the largest heritage site in Québec. There's one of North America's oldest thoroughfares, the New France Route, which links Old Québec with the Côte-de-Beaupré and is studded with points of interest. Then there's Vallée de la Jacques-Cartier and its national park, a top destination for vacationers and outdoor enthusiasts.

dominates the landscape. The site features trails, a cable car and accommodations. Set against a picturesque backdrop in Saint-Laurent-de-l'Île-d'Orléans, the Parc maritime de Saint-Laurent on Île d'Orléans tells of the bygone era of wooden shipbuilding. Lastly, the Réserve nationale de faune du Cap Tourmente in Saint-Joachim, consisting of marshes, plains and forests, was established to protect an

American bulrush marsh, the main habitat of the snow goose during migration.

OF INTEREST

Québec City

- * National Assembly of Québec (Parliament Building)
- * Observatoire de la capitale (31st floor lookout)
- * Festival d'été de Québec (outdoor site)
- * Hôtel Château Laurier
- * Wendake Huron village
- * Hôtel-Musée Premières Nations
- * Onhoüa Chetek8e traditional Huron site
- * First Nations artists and craftspeople

Île d'Orléans

- * Espace Félix-Leclerc, Saint-Pierre-de-l'Île-d'Orléans
- * Ferme Le Beau Markon (farm tourism), Sainte-Famille-de-l'Île-d'Orléans

USEFUL LINK

www.quebecregion.com/en



© Jean-François Bergeron

Advice from our seasoned travellers

KNOW WHAT YOU LIKE

Choose your destination based on your tastes (culture, outdoor activities, rest and recreation, etc.) as well as on accessibility.

Determine if your abilities have changed, especially if your limitation is related to an accident, illness or aging.

Take precautions and think "convenience": remember to have at hand your travel insurance, medical record, doctor contact details, usual medications and first aid kit.

Before you leave, why not make an appointment with your orthopedic provider or manufacturer for a tuning?

During your stay, if a repair is required, contact one of the locations listed on:
www.TheAccessibleRoad.com

SPECIFY YOUR NEEDS

Be sure to specify your limitations and any special needs when booking your lodgings and transportation. Also, contact the establishment again to confirm everything 48 hours in advance.

GET THE MOST OUT OF YOUR TRIP THROUGH CAREFUL PLANNING

The more research you do on accessible locations, the more accessible your vacation will be. Even if you find an accommodating hotel, it still has to be located in an area with accessible restaurants, activities and transportation.

TALK TO PEERS

Talk to other disabled people with needs similar to yours.

Don't hesitate to visit forums, blogs and Web sites on accessible travel in order to view the comments of other disabled persons. Be sure the information is current.

TALK TO A TRAVEL AGENT

A travel agent who has been trained to meet the needs of disabled persons can make all the difference when it comes to the quality and enjoyment of your vacation.

www.keroul.qc.ca/en/travel-agents.html

BOOK AHEAD OF TIME

Accessible hotels generally have only a few rooms set aside for disabled guests. So it's always best to book in advance and request a booking confirmation if possible. It's also useful to know that urban centres offer a greater number of accessible rooms, that rooms with two beds are limited, and that accessible bathrooms sometimes come equipped with a shower or with a bath and this may vary from location to location. If you require a bath seat, mention this to your hotel establishment.

To make your travels easier and more enjoyable, we recommend that you reserve your transportation 48 hours in advance to clarify the special services required by the agent at the time of booking and learn about maps to the accompaniment.

CAREFULLY PLAN YOUR ITINERARY

Knowing what to expect will make life a lot easier once you reach your destination. Often there is more than one way to get somewhere. Some locations are much more accessible than other. Will it be easy for you to travel to and from your destination? These are all things that need to be checked out!

HAVE A BACKUP PLAN

Even the best laid travel plans can go awry. What will you do when faced with an unexpected situation or obstacle (for example, a transportation strike, a wheelchair battery that suddenly stops working, a booking error, a room with a bed that isn't what was promised? Be sure to have a plan B or the name of someone you can call for help making alternative arrangements.

ENJOY THE RIDE

Vacations are meant to be fun but are not always worry free. Keep in mind, however, that travel means you will step out of your comfort zone and that every problem has a solution.

So you've planned your trip carefully, you've consulted other disabled persons, and you have a plan B. Now it's time to enjoy your vacation and that included using humour to cope with any unforeseen situation that may arise. After all, such events are all part of the travel experience.

TIPS FOR TRAVELLERS

TOURIST AND LEISURE COMPANION STICKER

The Tourist and Leisure Companion Sticker gives the companion of a person who is at least 12 years old and has a permanent disability or mental health problem free access to participating tourist and recreational sites.

To know your region's accreditation body:
www.vatl.org/nous_joindre-en.php

Travellers from outside Québec must contact Kéroul to obtain a sticker for their stay. Additional information: 514 252-3104 or infos@keroul.qc.ca

PERSONAL ASSISTANCE SERVICES

Companies offering attendant care and assistance or accompaniment services during activities outside the home.

Bayshore Home Health

514 879-5657 or 1 800 322-9228 (Montréal area)
418 650-6302 or 1 855 771-0953 (Québec City area)
www.bayshore.ca/locations/quebec

Quiétude chez soi

450 907-1591
www.quietudechezsoi.com (in French only)

Careplus network (across Québec)

450 467-7000 or 1 800 264-1888
www.servirplus.qc.ca/en/home.html



Accessible transportation

ADAPTED VEHICLE RENTALS AND SERVICES ON THE ROAD

Minivan with access ramp able to accommodate up to three persons in motorized wheelchairs and four companions. Reserve as early as possible, especially in the summer.

Location Jean Légaré
514 522-6466 or 1 877 457-5342

www.locationlegare.com/en/rental/specialized/adapted-minivan

CAR

Rental of adapted cars with hand controls or spinner knobs

ALAMO: 1 800 651-1223

www.alamo.ca/en_US/car-rental/customers-with-disabilities.html

AVIS: 1 800 321-3652

www.avis.com/car-rental/content/display.ac?navId=T4M27S01

ENTERPRISE:

1 866 225-4284 1 866 534-9250 (ATS)

www.entreprise.ca/en/help/customers-with-disabilities.html

SERVICES ON THE ROAD

- Full-service gas stations recommended by CAA-Quebec.
- Orthopedic equipment suppliers that repair, sell and rent wheelchairs and other mobility aids.

To obtain the contact details, please consult the chosen region at www.TheAccessibleRoad.com

Disabled parking permit: for information, visit www.keroul.qc.ca/en/parking-permit.html

INTERCITY PUBLIC TRANSIT

BUS

For routes, schedules and fares, visit the Bus Carrier Federation website. When booking your ticket, be sure to specify that you are travelling in a wheelchair. (Intercity Bus Transit tab) www.federationautobus.com/en/bus-transport-modes

TRAIN

Do not book train travel online; rather, call VIA Rail at 1 888 842-7245 or 1 800 268-9503 (TTY). When making your booking, ensure that the arrival and departure stations are accessible.

LOCAL PUBLIC TRANSIT

ADAPTED TRANSIT

Every Québec municipality offers adapted transit services. You need a user number to make bookings.

ACCESSIBLE TAXIS

Contact information for companies offering accessible taxi services: www.TheAccessibleRoad.com

REGULAR BUS AND METRO – Montréal

Most bus lines offer "kneeling" (low-floor) buses. www.stm.info/en/access/using-public-transit-wheelchair

The Montréal metro has nine accessible stations. Consult the map of metro stations with an elevator here: www.stm.info/en/access/elevator-access-metro

An accessible shuttle bus service (747) is available 24 hours a day, 7 days a week, between the Montréal-Trudeau airport and the Gare d'autocars de Montréal terminal (Berri-UQAM metro station). www.stm.info/en/info/networks/bus

BUS TOUR - Québec City

Accessible tour of Québec City with le Bus Rouge 418 664-0460 or 1 800 267-8687 www.toursvieuxquebec.com/en/forfait/double-decker

FREE TRAVEL FOR COMPANIONS

AIR

Companions of people with a disability can travel for free or obtain a discount on their ticket depending on the airline, the trip and/or the selected fare. More details on the Kéroul website under the *Services for travellers* tab. www.keroul.qc.ca/en/free-for-accompanying-person.html

TRAIN

Possibility of travelling for free upon submission of documents required by VIA Rail. Additional information: 1 888 842-7245 or 1 800 268-9503 (ATS). www.viarail.ca/en/travel-info/special-needs/accessibility

BUS

Free travel can be obtained upon presenting the Carte québécoise à l'accompagnement (Québec Companion Card), available from the Bus Carrier Federation at 418 476-8181, extension 208. www.federationautobus.com/en/accompanying-card

PUBLIC TRANSIT

In Montréal's public transit system, companions of persons with compulsory assistance status travel for free (determined upon admission or for the purposes of familiarization). For more details, contact the STM at 514 280-8211. www.stm.info/en/para



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