

# 7 days COLOURFUL Québec

For some it's the sheer expanse of unbridled nature and its ocean of colours, for others it's the fascinating melting pot of cultures that is Eastern Canada. Let us take you away on a journey of unparalleled natural beauty, cities offering the best of North American and European flair mixed with genuine Canadian generosity and a dash of Inuit and First Nation folklore.



## ❖ Your Journey

**Day 1: Gatineau Park and Nordic Spa** Today your adventure starts in Gatineau with cycling the Gatineau Park. The park is a four-season marvel with abundant wildlife, "animal and human alike". You will journey through the park, a constant up and down of rolling hills on our way to the Nordic Spa, a scenic oasis of serene harmony where we have the afternoon to recover from the day's toil (optional). Late afternoon check-in at the Ramada Hotel and dinner; cycle 35 km.

**Day 2: Le Petit Train du Nord** Until the late sixties the "Little Train of the North" took tourists from nearby Montréal to the Laurentians, a mid-mountain range just North of the city. These days the tracks have been converted into a cyclist's paradise. You are off on even surfaces surrounded by farmland and lakes, wild countryside and weathered mountains toward Val David at the centre of Park Linéaire, true "terroir québécois". The first European settlers arrived here around 1769 and the folks are proud of their traditions, their culinary delights, their hospitality and their sports; cycle 65 km. Dinner and overnight at Auberge du Vieux Foyer.

**Day 3: Of bears and beavers** We are back again on the Petit Train du Nord with a leisurely trip to Provost where we have a shuttle waiting to take us to back to our vehicle. Our next stop is Lac Blanc and our resort for the night, the Pourvoir Lac Blanc. In the afternoon we meet Pierre, a trapper and nature guide all his life, to go bear and beaver spotting in the Reserve Faunique Mastigouche: 1500 square kilometers, 400 lakes with incomparable flora and fauna directly at our doorstep. Finally we arrive by canoe at our dinner destination, a campfire with a traditional Inuit dinner. Sitting around the warming flames we hear about local history and Inuit folklore before the short walk back to our lodge; cycle 29 km.

**Day 4: "À la dérive" and Québec City** To be adrift – "être à la dérive" as they say in Québec, be that literally with a canoe on the lake or in a sun lounge on the terrace of our hotel, this morning it's all about R&R. At midday journey to Québec City, capital and soul of this wonderful province. Our hotel, Hotel Monastère, run in the tradition of the Augustinian Sisters provides us with a first glimpse of the city's 400 years of history.

**Day 5: Québec** Breakfast is served in silence in a dedicated lounge. After that experience, throw yourselves into old Québec, brimming with life and history. Unique with its city walls and one of the oldest North American settlements, Vieux-Québec is a UNESCO World Heritage sight with its cobblestoned streets, 17<sup>th</sup>- and 18<sup>th</sup>-century houses and overlooking it all the Chateau Frontenac. For lunch, try out poutine, a local specialty. The afternoon is at our disposal - there is plenty to discover before dinner at a local restaurant; cycle 25 km.



**Dream Vacation  
Cycle  
Self-drive**

**Price Starting at  
\$1999\* per person  
Double occupancy**

**Day 6: Montréal City** It is a short drive to Montréal, Canadian "capital" of the arts, good food and "joie de vivre" – the best of Europe all wrapped in North American Flair. We discover old Montréal with our guide, who takes us on an unforgettable trip of romantic cafés, the quaint Canal de Lachine and the impressive basilica Notre-Dame. For lunch we have the chance to learn about bagel making in a traditional bakery followed by a visit to a farmers' market and its epicurean pleasures. The "vieux port" in the afternoon is a sight to behold, 4 quays of recreational area for locals and tourists alike. End the day in style with our traditional farewell dinner in an especially selected restaurant in this "capitale de cuisine canadienne"; cycle 30 km. Check-in Holiday Inn Downtown.

**Day 7: North Circuit** The 'hoods of the Plateau are a suitable end to our one-week tour-de-force of Québec. Mile-End and Little Italy evoke images of European heritage. Quiet streets and laneways, fragrant parks, street art and farmers' markets - it could not be more authentic. But as all good things must come to an end, so our shuttle brings us back to the hotel for check-out; cycle 15 km. End of Service.

### Package Includes:

- ◆ 6-nights accommodations in 3\* hotels as indicated or similar
- ◆ 6-breakfasts, 6 dinners
- ◆ Bicycle and safety equipment in Gatineau & Petit Train du Nord
- ◆ Bicycle and safety equipment and local guides in Montréal and Québec City
- ◆ Pourvoir Lac Blanc experience

### Not Included:

- ◆ Transportation between cities
- ◆ Lunches
- ◆ Tips for guides
- ◆ Insurance
- ◆ Anything not specifically stated in "Package includes"

### Options:

- ❖ Contact us for additional activities

\*Certain conditions apply. Subject to availability of hotels, guides and trails open to cyclists. All prices in CND dollars. The prices advertised in this brochure include all taxes and service charges. The contribution to FICAV of \$1.00 per \$1,000 of tourist products or services purchased is not included. Price based on a stay starting October 7, 2018. Effective Date: January 11, 2018.



**Voyages  
Terra Natura  
Travel**

Tél. 819.595.1115  
Télé/Fax 819.595.1110  
1.877.313.1115  
info@voyagesterranatura.ca  
www.voyagesterranatura.ca

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Québec Licensee

53 Rue Gamelin, Suite 1, Gatineau, Québec J8Y 1V4