



## ITINERARY 2

### Cameron and Kyle's 4 days in Québec

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**Montréal**  
**Laurentians**  
**Laval**

# Day 1

## A warm welcome to Montréal

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- ✚ Take an Air Canada flight to Montréal.

### **Air Canada**

<http://www.aircanada.com/us/home.html>

- ✚ After arrival at Montréal-Trudeau airport, pick up your rental car, and have lunch nearby at the Hilton Garden Inn restaurant before discovering the beauty of the Laurentian mountains.

### **Hilton Garden Inn Montréal Dorval Airport**

7880, chemin Côte-de-Liesse, Montréal

514 266-2165

<http://www.hiltongardendorval.com/>

- ✚ Hit the road for Tremblant Village, about an hour's drive through the foothills of the Laurentians. Upon your arrival, check-in to the Marriott Residence Inn Mont-Tremblant for two nights.

### **Marriott Residence Inn Mont-Tremblant**

170, chemin du Curé-Deslauriers, Mont-Tremblant

819 681-4000 / 1 866 239-9898

<http://www.marriott-tremblant.com>

Located in the heart of the pedestrian village at the base of the majestic Mont-Tremblant, The Marriott Residence Inn offers newly renovated suites to accommodate all tastes and needs.

- ✚ Spend the afternoon strolling through Tremblant's pedestrian village and breathing the fresh mountain air. There are loads of boutiques, cafés and charming restaurants, as well as seasonal entertainment, to be enjoyed.

### **Tremblant Village**

<http://www.tremblant.ca/village/index-e.htm>

Mont-Tremblant resort offers visitors the exhilarating combination of a spectacular natural setting and a sophisticated mountain village experience. With dozens of boutiques, bars and pubs, outdoor cafés and restaurant terraces, and exciting nightlife, the unique charm of the pedestrian village is sure to capture your heart.

- ✦ You may want to relax in your room or freshen up before stepping out for an elegant dinner at the Fairmont Mont-Tremblant. After dinner, take an evening stroll through the village streets and take in the sights and sounds of the village, gardens and beautiful hillside.

**Fairmont Mont-Tremblant**

3045, Chemin de la Chapelle

819 681-7000

<http://www.fairmont.com/tremblant>

The Fairmont's Windigo Restaurant goes a long way to ensure all guests have a multitude of dishes to choose from. Enjoy choosing from a variety of mouth-watering culinary creations and fine wines in this beautiful mountain setting.

# Day 2

## A hot, cold, relaxing day at Le Scandinave Spa

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- ✚ From your hotel in Tremblant, the beautiful Scandinave Spa is just a short drive away. You'll want to spend at least a couple of hours enjoying the different indoor and outdoor environments the spa has to offer.

### **Le Scandinave Spa Mont-Tremblant**

4280, montée Ryan

1 888 537-2263

<http://www.scandinave.com/en/tremblant/>

Nestled on the shores of the Diable River, the spa offers the rejuvenating experience of Scandinavian baths in a peaceful and natural environment. Invigorate and cleanse your body and mind in a cycle of hot baths, refreshing rinses and rest. Then, melt away with a relaxing massage while breathing in the invigorating country air.

- ✚ Your spa experience will leave you hungry for lunch and more fresh mountain air. We suggest you have a bite in Tremblant Village, rent a bike for the afternoon, and have fun exploring a variety of mountain trails. If you've got time, you might also want to experience the thrill of lugging.

### **Tremblant Bike Rental**

1 866 356-2233

<http://www.tremblant.ca/activities/summer/activities/bicycling/index-e.htm>

Tremblant is a great place for cycling as it offers many different kinds of terrain for beginners and experts—so get on your bike and enjoy summer! Please note

however that it is not possible to mountain bike directly on Mont-Tremblant mountain or in the pedestrian village.

**Tremblant Alpine Luge**

819 681-3000 #70601

<http://www.tremblant.ca/activities/summer/activities/luge/index-e.htm>

Enjoy an unforgettable outing with thrills for young and old alike. Take a fun-filled gravity ride on a 3-wheel cart that uses a unique breaking and steering system to give the rider complete control. Summer fun starts here with the ride everyone's talking about.

- ✚ After your long day in the wild, it's time for some sophisticated French cuisine at one of Tremblant's most creative restaurants.

### **Les Artistes**

Rue des Remparts

819 681-4606

<http://www.restaurantlesartistes.com>

This Parisian Bistro in the heart of Tremblant offers a wide variety of French classics and regional specialties, from the elegantly simple to the most decadent gourmet dishes. Les Artistes also features a selection of fine wines, unforgettable desserts, a *table d'hôte* and a children's menu.

- ✚ After dinner, you'll probably want to enjoy your last evening in Tremblant by strolling through the village one last time. If your timing's right, you might be able to catch a free show.

### **Tremblant International Blues Festival**

July 9 to 18, 2010

<http://www.tremblantblues.com/home/>

### **Les Rythmes Tremblant**

July 1 to August 31, 2010 (to be confirmed)

[http://www.tremblant.ca/activities/events/rythmes\\_tremblant/index-e.htm](http://www.tremblant.ca/activities/events/rythmes_tremblant/index-e.htm)

As part of the Tremblant Summer Festival and spread out over seven weekends, Les Rythmes Tremblant offers visitors a festive yet wonderfully relaxed atmosphere.

# Day 3

## A taste of Montréal's history

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- ✚ Start the day with a big breakfast at the hotel before you check out, then enjoy the relaxing drive to Montréal. You'll be checking in to the Marriott Château Champlain for one night before spending the day in the charming avenues of Montréal.

### **Marriott Château Champlain**

1, Place du Canada, Montréal

1 800 200-5909

<http://www.montrealchateauchamplain.com/index.htm>

Elegant, beautiful and romantic are words that describe Montréal and the Marriott Chateau Champlain. The hotel is ideally situated near the historic Old Port, the boutiques of Sainte-Catherine Street, and the underground city, where you'll find hundreds of stores.

- ✚ Feel free to book a guided tour of Montréal if you want an insider's outlook on the city. To do so, you can stop at the Montréal Infotouriste Centre.

### **Montréal Infotouriste Centre**

1255, rue Peel (at Sainte-Catherine Street)

METRO: Peel

### **Guided tours:**

#### **Guidatour**

514 844-4021

<http://www.guidatour.qc.ca/en/>

### **Montréal Guide Service**

514 342-7809

<mailto:info@montrealguideservice.com>

### **Visites de Montréal DMC**

514 933-6674

[www.visitesdemontreal.com](http://www.visitesdemontreal.com)

- ✚ Start your tour of the city, with or without a professional guide, at the Atwater Market, where you'll discover part of what makes the city so delicious. The market is perched on the historic Lachine Canal, a perfect place to pause after a market-fresh lunch.

#### **Atwater Market**

<http://www.marche-atwater.com/>

Montréal's farmer's markets are the lifeblood of the city's culinary creativity and a gathering place for Montrealers of all backgrounds and livelihoods. The Atwater Market is situated in the historic Saint-Henri district, just west of downtown, and features farm stands, cheese shops, fresh bread and pastries, fine wines and spirits, and a host of regional specialties.

- ✚ After your market visit, head out to the Old Port of Montréal and spend the afternoon strolling along the quays and cobblestone streets, and perhaps take a ride in a horse-drawn carriage. We recommend you make reservations for dinner at one of the Old Port's many elegant restaurants, as this delightful neighbourhood takes on a special romantic charm after dark.

#### **Old Port of Montréal**

<http://www.quaysoftheoldport.com/en/Default.aspx>

The historic Old Port of Montréal is home to hundreds of artisanal boutiques, outdoor café terraces, fine restaurants, museums, and endless narrow streets lined with architectural splendours. You won't be able to resist the European charm of this historic neighbourhood.

- ✦ Inject some adrenaline into your day with a trip to Sky Venture Montréal, where your adventure will literally take flight. As this activity is extremely popular, don't forget to make a reservation beforehand.

**Sky Venture Montréal**

Centropolis

2 700, avenue du Cosmodôme, Laval

514 524-2000

<http://www.skyventuremontreal.com/>

Come and defy the laws of gravity in Canada's only indoor free-fall simulator. Whether you're solo, with a group, with your family, or among friends, experience the feeling of flying in a secure environment.

# Day 4

## A beautiful goodbye to Québec

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- ✚ You're sure to love the view of the city from its highest lookout point—the observation tower at the Olympic Park in the east of the city. While you're out there, you'll also experience the tranquil serenity of the city's famed Botanical Garden, one of the largest and most beautiful in the world, and enjoy the exoticism of the Biodôme.

### **Montréal Tower / Olympic Park**

4141, avenue Pierre-De Coubertin

METRO: Viau

514 252-4737 / Toll-free: 1 877 997-0919

[www.rio.gouv.qc.ca](http://www.rio.gouv.qc.ca)

Built for the 1976 Summer Olympic Games, the Olympic Stadium is the Park's centrepiece, a bold design by French architect Roger Taillibert. A funicular-type elevator brings visitors to the three top observation floors of the Tower—which is the tallest inclined tower in the world—that offer spectacular views of the city. The sports centre, at the foot of the Tower, has six aquatic pools as well as a multi-sport facility.

### **Montréal Botanical Garden**

4101, rue Sherbrooke Est

METRO: Pie-IX

514 872-1400

[www.museumsnature.ca](http://www.museumsnature.ca)

With an outstanding collection that boasts more than 22,000 species and varieties of plants, the Montréal Botanical Garden is considered one of the world's best gardens. Over 180 acres, it features 10 exhibition greenhouses and over 30 outdoor gardens. The Chinese and Japanese Gardens offer exotic landscapes, whereas the Tree House displays Québec's abundant forest wealth. In the First Nations Garden, you can discover the relationship that the 10 Amerindian nations and Inuit nation of Québec have always maintained with the world of plants.

### **Biodôme de Montréal**

4777, avenue Pierre-De Coubertin

METRO: Viau

514 868-3000

<http://http://www.museumsnature.cat>

First opened in 1992, some 15 million visitors have travelled through this "house of life", a unique concept in the world. Here, plants and animals by the thousands, cliffs and waterways, even the climate itself recreate with stunning realism the four finest ecosystems of the Americas.

- ✚ Head back downtown on the metro for a quick lunch and some shopping before you check out and go to the airport for your short flight home.
- ✚ Enjoy your flight home with Air Canada.

### **Air Canada**

<http://www.aircanada.com/us/home.html>

*Bon voyage!*

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Tourisme Québec would like to thank  
its above-mentioned partners, as well as:

Mont-Tremblant Resort  
[www.tremblant.ca](http://www.tremblant.ca)

Tourisme Laurentides  
[www.laurentians.com](http://www.laurentians.com)

Tourisme Laval  
[www.tourismelaval.com/en](http://www.tourismelaval.com/en)

Tourisme Montréal  
[www.tourisme-montreal.org](http://www.tourisme-montreal.org)