



ITINERARY 1

Natasha and Robert's 4 days in Québec

Montréal

Québec

Day 1

A warm welcome to Montréal

- ✚ Take an Air Canada flight to Montréal.

Air Canada

www.aircanada.com/us/home.html

After arrival at Montréal-Trudeau airport, take a taxi to the Delta Centre-Ville Hotel (in downtown Montréal—about a 20 minute drive in off-peak traffic). Check in for one-night at the Delta Centre-Ville Hotel.

Delta Centre-Ville

777, rue University

METRO: Square-Victoria (direct access from the hotel)

514 879-1370 / Toll-free: 1 800 268-1133

www.deltacentreville.com

- ✚ Enjoy an afternoon of discovery in the streets of Montréal. The hotel is within walking distance of downtown shopping, museums, and the historic Old Port. There's a lot to see no matter where you go.
- ✚ Feel free to book a guided tour of Montréal if you want an insider's view of the city. To do so, you can stop at the Montréal Infotouriste Centre.

Montréal Infotouriste Centre

1255, rue Peel (at rue Sainte-Catherine)

METRO: Peel

Guided tour:

Guidatour

514 844-4021

www.guidatour.qc.ca/en/

Montréal Guide Service

514 342-7809

info@montrealguideservice.com

Visites de Montréal DMC

514 933-6674

www.visitesdemontreal.com

- ✚ After dinner, enjoy the nightlife in the Latin Quarter, especially on Saint-Denis Street, where many of the summer festivals fill the streets with free entertainment, music and laughter from mid-June to mid-July. During July, enjoy the free activities at the Just for Laughs Festival .

Just for Laughs Festival

<http://www.hahaha.com/en/>

Day 2

Colourful charm, thrilling adventure

- ✚ Start the day with a big breakfast at the hotel and then make sure you're wearing comfortable clothes that you don't mind getting a little wet, since you'll be speeding through the rapids of the mighty St. Lawrence this morning. You should also pack some dry clothes and a towel, just in case. Walk or take a taxi to the quays of **Jet Boating and Rafting the Lachine Rapids** for an unforgettable ride on the St. Lawrence River.

Jet Boating and Rafting the Lachine Rapids

METRO: Champ-de-Mars

514 284-9607 / www.jetboatingmontreal.com

This spectacular 1-hour ride is Montréal's most refreshing activity: wet, wild and wonderful!

- ✚ Take in the charm of the Old Port on a walk back to the hotel, where you'll probably want to change before heading out for lunch, an afternoon of breathtaking sights, and a relaxing drive to Québec City.

Montréal Botanical Garden

4101, rue Sherbrooke Street Est

METRO: Pie-IX

514 872-1400 / 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 10

Amerindian nations and the Inuit nation of Québec have always maintained with the world of plants.

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

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 3-hour road trip from Montréal to Québec City will take you through the beautiful countryside of rural Québec. There are plenty of opportunities to stop along the way for food and fuel, and to stretch your legs and breathe some fresh country air.

- ✚ Check in for two nights at the Hôtel Manoir Victoria before heading out to dinner at Ristorante Il Teatro. Then enjoy a romantic stroll through the Old City, and check out the majestic projections of the Image Mill.

Hôtel Manoir Victoria

44, côte du Palais

418 692-1030 / 1 800 463-6283

www.manoir-victoria.com

Hotel Manoir Victoria is a 4-star European-style hotel located in the heart of Old Québec City. Along with its 156 comfortable and beautifully furnished rooms and suites, it also offers a vast array of services, including free wireless Internet access, an indoor pool, a sauna, a health club, indoor parking, and the renowned Spa du Manoir.

Ristorante Il Teatro (in the Hôtel du Capitole)

972, rue Saint-Jean

418 694-9996

<http://www.lecapitole.com/fr/restaurant.php>

You will be won over by the attentive service, delicious platters, and wide selection of Italian wines. The chef offers refined Italian cuisine in a warm and cozy setting. Enjoy the beautiful terrace with a view of the *Porte Saint-Jean*, the fortification walls, and *Place D'Youville*—irresistible during the summer season.

The Image Mill

Projection time: 10:00 p.m.

Visit the Website to discover the best vantage points for the show:

http://www.lacaserne.net/index2.php/other_projects/the_image_mill/

The Image Mill is a forty-minute visual and audio production projected on the world's largest film projection screen. You will be transported through four centuries of Québec City history in four movements: waterways, road building, rail expansion and air travel.

Day 3

Majesty and magic

- ✚ Start your day off with a self-guided walking tour of Old Québec City. You'll want to visit the historic Plains of Abraham, stroll along the ramparts of the St. Lawrence River, and visit a few of the hundreds of boutiques in Lower Town.

Plains of Abraham Battlefields Park

835, avenue Wilfrid-Laurier étage O

418 648-4071

<http://www.ccbn-nbc.gc.ca/en/index.php>

The site of many clashes for supremacy between the French and British Empires, the park is the scene of the 1759 Conquest, which changed the fate of North America. Apart from its historical past, the park is to Québec City what Central Park and Hyde Park are to New York and London: a city park of outstanding value.

- ✚ Take the time to discover one of Québec's most breathtaking natural features: the Montmorency Falls. It's just a short drive away and really worth the trip. The fresh air is sure to give you a healthy appetite, and the brunch at the beautiful Manoir Montmorency will definitely hit the spot.

Parc de la Chute-Montmorency and Manoir Montmorency

2490, avenue Royale

1 800 665-6527

http://www.sepaq.com/ct/pcm/index.dot?language_id=1

The Montmorency Falls facing Île d'Orléans are one of the most impressive cataracts on the North American continent. From a height of 83 metres, 35,000 litres of water cascade down its side each second. Impressive infrastructures have

been built on this historic site (cable car, bridges, belvederes and trails) to allow visitors to tour the falls and admire it from various angles.

- ✚ The spectacular Canyon Sainte-Anne is another short drive away. You'll want to live the canyon experience to the fullest by walking across the suspension bridges and taking a safety cable discovery tour that gives you exhilarating vistas along the canyon's cliffs.

Canyon Sainte-Anne and Aventure X Canopy Canyon Adventure

206, route 138 Est, Beaupré

418 827-4057

www.canyonsa.qc.ca

Explore the imposing 74 m Sainte-Anne waterfall, rumbling into its 1.2 billion year. Cross the highest pedestrian bridge in Québec. Discover the giant potholes and cascades of the "little canyon," or embark on an exciting treasure hunt. For the adventurous, there are also thrilling via ferratas and a giant zip line. The park features secure footpaths and is safe for families.

- ✚ Head back to Québec City for an early dinner at the hotel and a romantic evening stroll through the streets. Be sure to check out the wonder of Les Chemins Invisibles, a night-time Cirque du Soleil performance that takes over the streets of the Old City.

Les Chemins Invisibles – Cirque du Soleil

<http://www.cirquedusoleil.com/en/events/chemins-invisibles/show.aspx>

A free street event lasting 60 to 70 minutes that takes place in the Saint-Roch neighbourhood of Québec City. The event takes place Wednesday through Sunday and begins

simultaneously at the following starting points: Sainte-Dominique between Saint-Roch and De la Reine, the corner of Dupont and Saint-Vallier E, and the corner of Léperon and Saint-Vallier E. Schedule to be confirmed.

Day 4

A romantic farewell to Québec

- ✚ Enjoy your complementary breakfast at the hotel before stepping out for some leisurely sightseeing, shopping, a horse-drawn carriage ride, or a museum visit. There's something to discover around every corner in Québec City, so follow your instincts and let yourself be surprised.
- ✚ For a spectacular view of Québec City, you can experience the ferry ride between Québec City and Lévis.

Québec/Lévis crossing

10, rue des Traversiers

<http://www.traversiers.gouv.qc.ca/en/index.php>

- ✚ By late morning, you'll want to be heading back to Montréal to be on time for your afternoon flight home. You might want to grab an early lunch on the street or at the museum, or stop for a bite on the road to Montréal.
- ✚ Enjoy your flight home with Air Canada.

Air Canada

www.aircanada.com/us/home.html

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

Office du tourisme de Québec www.quebecregion.com/en

Tourisme Montréal www.tourisme-montreal.org