

# bonjour québec

## FAM TOURS

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**québec** cité  
l'accent  
d'Amérique

**RVC**  
2023 Ville de Québec  
Québec City

**Québec is a traveller's dream. Whether it's the warm welcome you receive as you explore its vibrant cities, or the connection you feel to the land as you revel in its outdoor adventures, this incomparable destination is an endless source of inspiration.** With a vast territory of pristine lakes, immense forests and other natural wonders like the majestic St. Lawrence River, Québec has more than its share of jaw-dropping vistas. If you're craving nature getaways that include anything from scenic road trips to wildlife watching, this is definitely the place for you. But as breathtaking as the land- and cityscapes are, it's the genuine people and historical culture that really bring Québec to life—local flavours and indigenous traditions are just a few of this land's many charms.

### Pre-Tours

**Tour 1 - May 26 to May 29:**

Awaken your senses in Southern Québec –  
Eastern Township, Montérégie and Centre-du-Québec

**Tour 2 - May 27 to May 29:**

Hidden treasures of the St. Lawrence and Appalachians –  
Chaudière-Appalaches and Bas-Saint-Laurent (Québec maritime)

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### Post-Tours

**Tour 3 - June 3 to June 6:**

Experience Québec culture and local flavours in VIP style –  
Outaouais, Laurentians and Montréal

**Tour 4 - June 3 to June 6:**

Montréal and its 5 founding nations, past and present – Montréal

**Tour 5 - June 3 to June 6:**

An exceptional tour of Authentic Québec – Lanaudière and Mauricie

**Tour 6 - June 3 to June 6:**

A Cultural and Culinary Adventure – Saguenay-Lac-Saint-Jean

**Tour 7 - June 3 to June 6:**

Charlevoix: a magnetic attraction – Charlevoix

**Tour 8 - June 3 to June 6:**

Québec City: responsible tourism at its finest – Québec City

**Tour 9 - June 3 to June 7:**

Nature beckons! – Laurentians and Outaouais

**Tour 10 - June 3 to June 8:**

The whale route – Côte-Nord (Québec by the Sea)



# Awaken your senses in Southern Québec

In southern Québec, three regions—Montérégie, Eastern Townships and Centre-du-Québec—await you, each with a rich palette of experiences. This is a place where unique flavours and sites bursting with colour come together, a destination that's all about discovering life with the locals and getting a taste of the products of the land. In this region stretching from the south shore of the St. Lawrence River to the U.S. border, there are pastoral scenes around every corner. The destination is easily accessible from the major urban centres of Montréal and Québec City.

On **Friday**, start your tour in Montérégie and have an authentic Québec experience with a visit and lunch at the **Sucrerie de la Montagne** sugar shack. Their traditional log cabins are set in a 120-acre maple forest attached to a sugar shack, where they demonstrate how maple syrup is made.



Enjoy an afternoon at the **Strøm Spa Nordique** in Mont Saint-Hilaire, a uniquely relaxing experience in the heart of nature only a short drive from Montréal. Combining a Nordic spa and urban living, this wellness centre rejuvenates body and mind.

In the evening, the **Le Coureur des Bois** restaurant welcomes you for a bistronomic meal highlighted by the best wine cellar in Québec, winner of a Wine Spectator Grand Award as one of the top 100 in the world.

Then head to the Eastern Townships on **Saturday** for a visit to **l'Abbaye de Saint-Benoît-du-Lac**, an abbey at the site overlooking Lake Memphremagog where Benedictine monks from France founded a monastery in 1912. The modern structure pays tribute to the harmony of natural geometric forms and makes splendid use of multicoloured bricks. The tour includes a tasting of cider and cheeses made on-site by the monks.



In the afternoon, put on your hiking shoes, as you will be exploring **Parc national du Mont-Orford**. An abundance of animal species live in or pass through the park's diverse natural environments. Explore this magnificent protected territory in a discovery activity led by one of the park wardens.

And what could be better than sipping an aperitif in Québec's wine country? At the **Le Cep D'argent** vineyard, winemaker-owners Jean-Paul and François Scieur bring the flair of their native Champagne to serve up a unique sensory experience that is a full-bodied journey of discovery.

On **Sunday** head to the Centre-du-Québec region. Along the way, stop at the **Fromagerie du Presbytère** for a tasting and an amazing visit. In 2005, the Morin family decided to give the old presbytery a new life and a new vocation by turning it into a cheese dairy. Their national-award-winning cheeses are aged in the former church.

A lunch stop at the **Rose Café** is a must in Drummondville. Enjoy a meal of unequalled freshness featuring vegetables grown in their greenhouses and gardens. There is also a superb selection of coffees from selected roasters.

End your journey on a high note at the **Manoir du lac William**. Combine adventure and relaxation at this resort nestled in the foothills of the Appalachian Mountains by Lake William. Bring your bathing suit to enjoy the indoor pool and Nordic spas.

On **Monday**, after breakfast, head to Québec City.



# Hidden treasures of the St. Lawrence and Appalachians

The Chaudière-Appalaches and Bas-Saint-Laurent regions share a rich maritime history as well as a territory and landscapes shaped by the St. Lawrence and the Appalachian Mountains. During this journey, you will be charmed by picturesque stops along the Navigators' Route as well as by the beauty of the coastline and the invigorating sea air. This itinerary will also give you the opportunity to get off the beaten track, savour the best local products and discover a multitude of new and memorable experiences.

On **Saturday** morning, head off on the **Navigators' Route** up the St. Lawrence to explore the eastern part of the **Chaudière-Appalaches** region. Along the way, contemplate the balanced blend of land, water and islands that shapes the landscape. You will be charmed by the towns along **Route 132**, including **L'Islet-sur-Mer**, your first stop. Discover local maritime heritage at the **Musée Maritime du Québec** and then continue to **Saint-Jean-Port-Joli**. Explore this village on a vintage bike from **Joli Vélo Créatif** and fall in love with the charming **Le Vivoir** art gallery. Next, you will enjoy lunch with a breathtaking view of the St. Lawrence.



On the next leg of your journey, head to **Bas-Saint-Laurent** and discover one of the most beautiful villages in Québec, **Kamouraska**, and its rich architectural heritage. While you visit the village, you will have the opportunity to sample delicious local products and admire stunning views of the St. Lawrence. End the day in **Rivière-du-Loup**, with stops at several lodging establishments and points of interest, including **Parc de la Pointe**, a popular spot for admiring some of the most beautiful sunsets in the world. Then enjoy dinner and a good night's rest at **Hôtel Universel**.

On **Sunday** morning, head to **Témiscouata**, an area full of treasures that borders New Brunswick and is bisected by the Trans-Canada Highway. Spend the morning exploring **Parc National du Lac-Témiscouata**, a nature park on the shores of majestic Lake Témiscouata that combines water and forest. In the

early afternoon, discover **Domaine Acer**, where you can watch traditional artisans at work producing delicious alcoholic beverages made with maple sap, including Champagne-style sparkling wines, and taste them on site. Nestled in the middle of the forest, this site also offers tours of its facilities, which include authentic weathered wooden buildings. The next part of your itinerary will take you along the scenic **Route des Monts-Notre-Dame** to the **Canyon des Portes de l'Enfer**, even more of a must-see now that it has expanded its activities and lodging options. You will then spend the night in **Rimouski**.



On **Monday** morning, visit some of the area's lodging establishments as well as the **Pointe-au-Père Maritime Historic Site**. Nestled on the edge of the sea, this site features a museum that retells the story of the tragic sinking of the Empress of Ireland and a tour of the Onondaga, a Canadian submarine that served during the Cold War. On site, visit the **Pointe-au-Père Lighthouse National Historic Site** and see how a lighthouse operates. A few steps away, a final stop awaits at the brand-new **Distillerie du St. Laurent**. In addition to getting a glimpse of the distillery's facilities and magnificent patio with a view of the sea, you can taste spirits made with local ingredients, including whisky, gin and a maple syrup spirit called Acerum.

In the early afternoon, you will head back to Québec City to attend RVC 2023.



# Experience Québec culture and local flavours in VIP style

Enjoy a VIP experience on the road from the Outaouais to Montréal. You will make animal friends at Parc Omega, take an electrifying helicopter tour, pass through the Laurentians, relax and rejuvenate at Scandinave Spa Mont-Tremblant, explore Montréal's cultural offerings and be dazzled by the light show at Notre-Dame Basilica. Discover our regions, their cultures, their rich histories and savour local flavours, courtesy of Fairmont Hotels & Resorts and other partners.

Delicious local produce and a rich cultural heritage grow in the fertile soil of the Laurentians. Follow the **Chemin du Terroir**, a tasty trail studded with orchards, vineyards and sugar shacks.

On **Saturday**, enjoy a gourmet feast served with rustic country charm at the Labonté de la Pomme **Apple Shack**. Take the **Route des Patriotes** to the magnificent **Fairmont Le Château Montebello**, the world's biggest log cabin chateau. After a site visit to this authentically Canadian architectural gem, admire the scenic landscapes (over 40 activities are available) or indulge in one of many hotel spa treatments on offer. End the day with a gourmet dinner featuring fresh local products at the hotel's **Aux Chantignoles** restaurant.

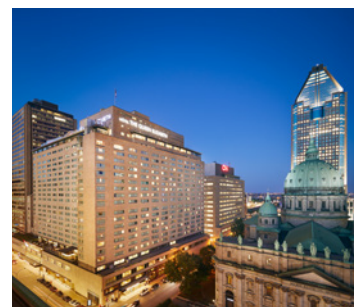
On **Sunday** morning, take a car ride along 12 km of winding roads through **Parc Omega**, an 890-hectare nature park that is the only one of its kind in Québec. See animals roaming free in their natural habitat in all seasons. Lunch will be served at OmégaBon, the park's brand-new restaurant.

In the afternoon, get a bird's-eye view of the scenery on a **helicopter sightseeing tour** and take in a panoramic view of Laurentian landmarks such as the Treetop Walk, Mont-Tremblant resort and Parc National du Mont-Tremblant. Then, relax and get reenergized at **Spa Scandinave Mont-Tremblant's** enchanting Nordic baths. The prestigious ski-in ski-out **Fairmont Tremblant Hotel** makes for an idyllic mountain getaway any time of year. Enjoy a gourmet meal at the Fairmont's **Choux Gras Brasserie Culinnaire** restaurant, guaranteed to delight your tastebuds; the new retro design creates a warm and inviting ambiance. In the evening, experience the magic of **Tonga Lumina** from Moment Factory, a 1.5km nocturnal nature walk along an illuminated gravel path through the forest.



On **Monday**, following breakfast and a hotel site inspection, you'll arrive in **Montréal** for a one-night stay at **Fairmont the Queen Elizabeth**, famous for its John Lennon & Yoko Ono suite. It's the ideal spot to begin your dive into our happening city! After lunch at the **Time Out Market** on famed **Sainte-Catherine Street**, spend the afternoon with your guide learning about what's new in the downtown core and touring Montréal's vibrant neighbourhoods. Check out the **murals on the Main** and the small shops on the **Plateau Mont-Royal**. Admire the view of the city from **Mount-Royal Lookout** and visit the **Atwater Market** to sample local produce. In the evening, lose yourself in the breathtaking sparkle of **AURA**, a light show in Notre-Dame Basilica, the gem of Old Montréal. To end the night on a delicious high note, taste seasonal dishes prepared with local ingredients by Chef Edgar Trudeau-Ferrin at the **Rosélys Restaurant**.

On **Tuesday**, after breakfast and a site inspection of your hotel, we take you to Montréal-Trudeau International Airport.





# Montréal and its 5 founding nations, past and present

Experience the culture and flavours of yesterday and today. They say that to understand the present, you need to understand the past. This trip brings to life the Indigenous, Irish, Scottish, English and French roots symbolized on Montréal's flag. Get to know our five founding nations and connect with 380 years of Montréal history to discover the rich mix that makes up the city's DNA.

Arrive in **Montréal** on **Saturday** for a 3-night stay at one of the city's **newest hotels**. Enjoy a locally inspired meal at your hotel to charge your batteries for the exciting afternoon ahead. Then take a **walking tour** through the cobblestone streets of **Old Montréal**. End the afternoon with the universally acclaimed multisensory performance **Experience AURA** at **Notre-Dame Basilica**, followed by **first-class dining** at one of Montréal's **oldest restaurants**. For night owls: experience Montréal by night with a stroll through the illuminated streets of Old Montréal and a ride on the **Grande Roue** for stunning views of the city.

**Sunday** starts off with a **hearty breakfast** and then a visit to a **5-star hotel**, followed by a **walking tour** of the fabled **Golden Square Mile** neighbourhood in the heart of Montréal, home to glitz and glamour since the 19th century. Learn about the history of **Indigenous peoples** in Québec and Canada at the **McCord Stewart Museum's** *Indigenous Voices of Today* exhibit. Enjoy lunch at one of Montréal's **hottest foodie spots**, followed by some free time for personal discoveries. In the evening, have dinner overlooking **Place Jacques-Cartier** and then a **VIP Experience** at the **Cirque du Soleil's** latest show, Echo.

**Monday** starts with breakfast at your hotel, followed by a coach bus ride to **Space for Life Attractions**, the largest natural science museum complex in Canada. See the brand-new **Insectarium** and wander through the **Botanical Garden**, a calm and spacious oasis in the city. Grab a bite to eat in the vibrant **Plateau Mont-Royal** neighbourhood. Discover the colourful **murals** along **Saint-Laurent Boulevard** and then admire the views from **Mount Royal** ("the mountain" to locals) before



heading back to your hotel. End the day tasting **Canadian whiskey** followed by a night of excitement at the **Montréal Casino** in the former French Pavilion at Expo 67.



After breakfast and a site inspection of your hotel on **Tuesday morning**, head for **Montréal-Trudeau International Airport**. More activity **suggestions** will be provided for those departing later in the day.



# An exceptional tour of Authentic Québec

Known as “Authentic Québec,” the Lanaudière-Mauricie region is a land of vast open spaces famed for its inviting forest inns, beautiful landscapes and welcoming people. Once a cradle of industry, this strategically located region between Montréal and Québec City is a must stop for nature lovers visiting Québec. In addition to a host of seasonal activities such as bear watching, hiking, canoeing and kayaking in summer, and dogsledding, snowmobiling and ice-fishing in winter, you will discover a fertile land with friendly inhabitants.

Leave Québec City on **Saturday** for the region known as **Authentic Québec**. Prepare to be charmed by the spectacular surroundings, culinary discoveries and rich array of activities on offer at **Le Baluchon Eco Resort**, famed for its wellness centre and fine cuisine.



On **Sunday** morning, prepare for a warm welcome at **Auberge du Lac-à-l'eau-Claire**, a favourite year-round destination for human-powered and motorized outdoor activities. In the afternoon, you'll travel to one of Québec's most iconic destinations, **Hôtel Sacacomie**, nestled in an evergreen forest on the banks of the lake that shares its name.



The next morning, prepare for a warm welcome at the **Abbaye Val Notre-Dame**, where a unique experience awaits: a cooking workshop right in the forest. The Abbey is known for its distinctive foraging expeditions, led by a guide from the Abbaye, to learn to identify (and taste!) the delicacies of the forest. Depending on the season, discover the many varieties of forest vegetables, wild berries, and mushrooms, as well as the wealth of forest plants that grow in the area.



After lunch, head to the **Auberge du Vieux Moulin** for an outdoor activity. In the evening, a gourmet experience awaits in Auberge dining room.

After **Tuesday** morning's breakfast, it's time to pack up and head for the Montreal airport. But before you go, enjoy a final few moments of relaxation in the great outdoors known as Authentic Quebec!



# A Cultural and Culinary Adventure Saguenay–Lac–Saint-Jean

With wide-open spaces, unforgettable landscapes and recreational activities for all tastes, the **Saguenay–Lac–Saint-Jean** region is an outdoor paradise. Its boreal climate nourishes savoury local products that attract epicureans in search of new flavours. And the region's historic sites and buildings tell the story of a vibrant past, while its **Artisans at Work** facilities showcase the ingenuity of the inhabitants. Affectionately nicknamed "bleuets" (blueberries), these unique, strong-willed people can trace their history back to the time of contact between Indigenous peoples and early French settlement in this region.

On **Saturday**, take the road to La Baie, gateway to the Saguenay Fjord. Prepare for a warm welcome at the **International Cruise Terminal – Bagotville Wharf**, and stop by the glass-blowing workshop and boutique, **Toussaint inc.** for a live demonstration. It's a registered "Économusée" and member of the Artisans at Work network. Next, enjoy the boreal flavours at the **O'Batillage** restaurant in the **Auberge des Battures** inn. A proud "flavour ambassador" for **Quebec's Boreal Zone** (an initiative to promote the use of local products), chef Etienne Trottier is known for following his inspiration and cooking local through the seasons.



In the afternoon, a visit to the **Parc National du Fjord-du-Saguenay** will have you marvelling at the vastness of the only inhabited fjord in North America. Learn how this massive rock formation came to be and hike one of its beautiful trails. Then you will dine at **Bistro Café Summum** and spend the night at **Hôtel Chicoutimi**, a comfortable downtown hotel with outstanding service.

On **Sunday**, after a hearty breakfast, set out to explore the area around Lac-Saint-Jean. **Cristal du Lac** is a quartz and crystal mine, boutique and Économusée discovery centre where miners-for-a-day can enjoy "panning" for gold, extracting pearls, and finding emeralds, quartz crystals, amethysts, fossils and other minerals.

Next up is **Domaine le Cageot**, the first vineyard and alcohol producer in Saguenay-Lac-Saint-Jean. For 20 years, this local vintner has produced wine and other products with tasty local wild blueberries, raspberries and black currants. Hungry? **Bistro La Boca** is the perfect place to savour gourmet boreal cuisine made with the freshest high-quality ingredients.

At the **Musée amérindien de Mashteuiatsh** you will learn all about the Pekuakamiulnuatsh, the Innu First Nation of the great Pekuakami (the body of water known in French as Lac Saint-Jean). For dinner, chefs Patrick Fournier and Sébastien Simard serve up an inventive, northern-inspired cuisine at **Le Baumier** restaurant. And you are in for a memorable stay at the **Hôtel du Jardin**, which combines the comfort of a large hotel with the warmth of a small inn.

**Monday**, after breakfast, visit the massive **Zoo sauvage de Saint-Félicien**, an unconventional zoo where animals from the boreal and cold regions of the world roam free. Take a train ride through the zoo's nature trails to enjoy close encounters with wild animals.

Curious about the art of furriers and taxidermists? **Bilodeau Canada Universe** has over 35 years' experience in the fur business. Learn all about the intriguing world of this modern-day trading post and meet the craftspeople with an interactive guided tour. Next, take iconic Highway 169, which circles Lac Saint-Jean, to **Délices du Lac-Saint-Jean**, a large family business specializing in Saguenay-Lac-Saint-Jean's most famous product, the wild blueberry. Finish off the day at **Auberge des Îles** and dine at the resort's restaurant, **Le Rang 9**, which boasts unrivalled views of Lac Saint-Jean.



**Tuesday**, after breakfast, it's time to hit the road again: Quebec City awaits.

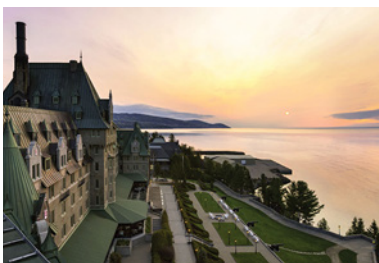


# Charlevoix: a magnetic attraction

The **region**'s powerful, magnetic attraction dates back 400 million years, when an epic meteorite impact sculpted one of the most beautiful and unique landscapes in Quebec. It also left in its wake a special magnetism and energy that draw visitors to stop, breathe and reawaken their senses. Reconnect with an ancient power.

The sounds of summer are calling. Let yourself be swept away by breathtaking landscapes, explore the region's marvellous attractions or just sit back, relax and take in the picture-perfect setting.

**Saturday** morning, admire the gorgeous views as you head to Charlevoix along the **St. Lawrence Route**, one of North America's most breathtaking drives. Stop for lunch in La Malbaie at the **Pains d'exclamation!** bakery, then keep going to Baie Sainte-Catherine, where you can take an **AML Cruise** to explore the Saguenay–St. Lawrence Marine Park, one of the best spots in the world to safely and respectfully observe marine mammals. After this awe-inspiring spectacle, treat yourself to a night at the magnificent **Fairmont Le Manoir Richelieu** in La Malbaie. The town's long tradition as a hospitality destination is apparent in its top-flight accommodation, elegant restaurants, and friendly welcome. Enjoy a meal built around local flavours at **Le Saint-Laurent** restaurant, with a prime view of the St. Lawrence River. And when night falls, try your luck at the **Casino de Charlevoix**.



On **Sunday**, head to the charming village of Saint-Aimé-des-Lacs via **Mountain Road** and spend the day at the **Hautes-Gorges-de-la-Rivière-Malbaie National Park** with its impressive array of outdoor activities, spectacular hiking trails and mountain views. After a long day of playing outside, unwind at the **outdoor pools** of the Fairmont Le Manoir Richelieu. And since you've worked up an appetite, take your time over a memorable evening meal at the **Auberge des 3 Canards**.

On **Monday**, you're back on **Mountain Road**, where you can watch the mountains truly come into their own, before stopping at **Centre de l'Émeu de Charlevoix**, the largest emu breeding farm in Canada. With over 400 emus, you'll have ample opportunity to make friends with this enchanting animal. Further down the road, delve into Baie-Saint-Paul's fascinating history with a stroll down **Rue Saint-Jean-Baptiste**, a delightful street of art galleries and distinctive architecture. Enjoy a delicious meal at **Le Diapason**, before heading out for your next stop. In the afternoon, go to Petite-Rivière-Saint-François, on **Le Massif de Charlevoix** ski hill and savour the incredible river views from the gondola. At the foot of the mountain, pay a visit to **Club Med Québec Charlevoix**, Canada's first Club Med. And at day's end, relax at the **Hotel & Spa Le Germain Charlevoix**, whose unique blend of rustic charm and classic luxury includes the freshest seasonal foods skillfully prepared by the chefs at **Faux Bergers**.



On **Tuesday**, it's time to savour a last delicious breakfast at **Les Labours** restaurant before heading back to Quebec City. Take a moment to clear your mind and think back on your wonderful memories of Charlevoix.



# Québec City: responsible tourism at its finest

Québec City is a wondrous destination on a truly human scale. Like its slogan, *l'accent d'Amérique*, the city embraces its French-speaking North American heritage and its signature warm, vibrant culture. This UNESCO world heritage site charms visitors with its sweeping landscapes, unique neighbourhoods, striking architecture and rich history.

As a responsible tourism destination, the Québec City region is equally well-appointed. Visitors and residents alike support the local businesses working year-round to provide outstanding services. And these treasured assets don't just define who we are today; they trace the path to preserving our precious legacy for generations to come.

On **Saturday**, begin your stay at the **Monastère des Augustines**, a historic monastery open to the public with a wellness retreat and museum featuring 40,000 artifacts. Enjoy a meal at the monastery restaurant, Le Vivoir, a peaceful space serving delicious, healthful natural foods.

Next up is an afternoon visiting the local farmers and artisan producers on **Île d'Orléans**, known as Québec City's vegetable garden. Tour the island's fertile farmlands and gorgeous landscapes, with stops for tastings and local shopping.

When evening falls, experience the lively, festive atmosphere of downtown Québec City, widely known as a foodie's paradise.

On **Sunday** morning, take a cable car, hike the panoramic staircase or cross the suspension bridge to admire **Montmorency Falls**, a striking ode to the awesome power of nature.

Then board the **Train de Charlevoix** to visit the **Sainte-Anne-de-Beaupré Shrine**, North America's top pilgrimage site, where Pope Francis celebrated a mass in summer 2022. In the afternoon, sample the boreal cuisine at **Bistro Nordik - Delta Hotels Marriott**, at the foot of the Mont-Sainte-Anne ski resort, and admire the 74 metre waterfall from the top of the **Canyon Sainte-Anne**. What better way to travel back to town than by river? All aboard the new **Croisières AML** river shuttle, leaving from the dock at Sainte-Anne-de-Beaupré.



On **Monday**, after breakfast, it's time to pack up and say goodbye to **Old Québec**—after one final stroll through the postcard-perfect city with its diverse architecture and the oldest cobblestoned streets in North America.

The rest of the stay will be spent experiencing the culture of the Huron-Wendat Nation in **Wendake**, one of the only Indigenous communities in an urban area in Québec. Here the Huron-Wendat Nation bears proud witness to the history that has shaped this country. The **Hôtel-Musée Premières Nations** is a hotel like no other, with opportunities to visit the Huron-Wendat Museum and traditional longhouse. In the evening, savour Indigenous-inspired cuisine at **Sagamité Wendake**. And when night falls, prepare to be dazzled by the new **Onhwa' Lumina** multimedia show.



Breakfast is served at La Traite restaurant, in **Tuesday** morning right in your hotel. And before heading to the airport, wind up your immersion experience with a visit to the **Onhoüa Chetek8e Traditional Huron Site**, a reconstitution of a traditional Huron-Wendat village.



# Nature beckons! Laurentians and Outaouais

A visit of the Outaouais region and the Laurentian mountains promises an invigorating outdoor experience. Breathe in the fresh forest air, taste the local flavours and discover the region's fascinating history.

On **Saturday** morning, enjoy a gourmet breakfast and local beer and cider tasting at **Cidre Lacroix**. Next is the **Parc National d'Oka**, known for its rich history and natural heritage. The new floating boardwalk on the Great Bay walking trail affords great views of these wetlands and their rich biodiversity. Hike one of the Calvaire d'Oka trails to its summit to visit the four oratories and three chapels, a singular heritage site with unforgettable views of the Lake of Two Mountains and the Adirondack Mountains. Stop at **Oka Abbey**, a Cistercian Trappist monastery now open to the public. Then it's dinner and a comfortable overnight stay at the **Cap Tremblant Mountain Resort**.

On **Sunday**, visit **Parc National du Mont-Tremblant**, Québec's first and largest provincial park. Its pristine wilderness is home to 40 species of mammals, including wolves. In the morning, enjoy the guided services of a naturalist and **D-Tour** adventure tourism guide for a memorable hike to a lookout and waterfall. In the afternoon, **Ziprek Tremblant** will take you on a spectacular ride from the summit of Mont Tremblant. Stop in for cocktails at **Hotel Quintessence**, followed by a **seaplane flight** to the Upper Laurentians to reach **Mekoos Outfitters** with an inn nestled in the forest that offers a friendly family atmosphere and a host of outdoor activities.

After breakfast on **Monday**, drive 12 km along beautiful winding roads through the 890-hectare **Parc Oméga**, the only wildlife park of its kind in Québec where you can see North American animal species in their natural habitat. After lunch, visit the **Fairmont Le Château Montebello**, the world's largest log cabin. Next stop is **Parc National de Plaisance** in the heart of the Ottawa River Valley, a year-round bird sanctuary and home to over 250 avian species. Just minutes away, discover majestic **Plaisance Falls**, a 63 m waterfall! Stay at one of the charming **Lofts du Village** in the gateway to Gatineau Park, Canada's second-most visited park.



On **Tuesday**, savour the morning with a ride on the bike trails of Gatineau Park. A guided e-bike experience from **Nomades du Parc** takes you through the beautiful scenery of this little-known gem of a park. After lunch, visit the **Canadian Museum of History** to learn about 15,000 years of social and human history on the lands that are now Canada. Zip across the Ottawa River at a height of over 36 m with spectacular panoramic views of the Chaudière Falls and Old Hull, thanks to **Interzip Rogers**, the first zip line crossing a provincial border. End the day with an Ottawa River cruise with **Ottawa Boat Cruises/Ekeau**. It's one of the best ways to experience Canada's Capital Region, with incredible views of Parliament, the locks, Rideau Falls and more! Time to check in at the **Hilton Lac Leamy**, 5-star hotel and home to Casino du Lac-Leamy.



After breakfast on **Wednesday**, head for the Montréal airport.



# The whale route Côte-Nord

Pleasantly off the beaten track, the Côte-Nord promises friendly adventures and an unforgettable experience of Innu culture. The region stretches 1,250 kilometres along the estuary and the Gulf of St. Lawrence. The iconic Whale Route, from Tadoussac to Havre-Saint-Pierre, sweeps you into awe-inspiring landscapes where everything, from the wide open spaces to the majestic river to the forests to the heartfelt welcome from locals, is larger than life. With hiking and ocean excursion opportunities galore, prepare to explore dozens of islands and their ecosystems, and rejoice at sightings of the 13 whale species.

On **Saturday** morning, head east from Québec City to discover the Côte-Nord, known as Québec by the Sea. After crossing the Saguenay Fjord, you'll come to the charming town of Tadoussac, in the **Côte-Nord** region. Enjoy a succulent meal alive with local boreal flavours, then board a **Croisières AML** Zodiac for an excursion to the **Saguenay-St. Lawrence Marine Park**, one of the best whale-watching sites in the world. Next, learn all about whales and other marine mammals at the **Marine Mammal Interpretation Centre**. Finish this magical day with a night at a relaxing night at the iconic **Hôtel Tadoussac**.



On **Sunday**, you will visit a few accommodation options in the Tadoussac area, as well as the Parks Canada **Marine Environment Discovery Centre** in Les Escoumins. Next stop is the **Pointe-aux-Outardes Nature Park**, home to nine distinct ecosystems and wonderfully original accommodations. Finally, hit the road to spend the night at the next stop on the adventure, Baie-Comeau.

On **Monday** morning, as you make your way east along the Whale Route, admire the inspiring, ever-changing landscape with its views of the great river, lakes, bays, beaches, forests and wetlands. Once you reach Minganie, enjoy an experience of Innu culture at the **Maison de la culture innue**. Catch a first glimpse of the **Mingan Archipelago National Park Reserve** by visiting Île Nue and Île aux Perroquets, the island famous for its **Atlantic**



**Puffin** colony. Then spend the evening in Havre-Saint-Pierre, with a hearty meal redolent of the sea.

**Tuesday** is a day to savour the great outdoors, with a sea excursion to the heart of the **Mingan Archipelago National Park Reserve**. Tie up and walk around Niapiskau and Quarry islands to admire the island's amazing flora and spectacular stone monoliths. At day's end, make your way back to Sept-Îles for a two-night stay at **Château Arnaud** Hotel, located next to the marina and the Vieux-Quai boardwalk.

**Wednesday** morning is a guided tour of Sept-Îles that will be full of wonders. You'll discover the destination's newest attractions along with the tried-and-true staples. Get a taste of life in the 19th-century fur trade at the **Old Trading Post**. In the afternoon, set sail again to explore the **Sept Îles Archipelago**, and admire the rich variety of birds and marine mammals. And bring your perfect day to a close with a delicious seafood meal at **Purmer Fish Farm**.

On **Thursday** morning, your driver will drop you off at Sept-Îles Airport for your return flight to Québec City on **PAL Airlines**.



# Registration

## Registration

To register, complete the [online form](#) before March 2nd, 2023. Please indicate in order of preference, the 3 FAM Tours you wish to participate in. Every effort will be made to offer you your first choice. A confirmation email will be sent to you after your choices have been reviewed to verify availability.

Thank you!

## Please note

All itineraries are subject to change. FAM Tours are fully guided in English.

Accommodations, attractions, local transportation and meals are included in the FAM Tours. Bonjour Québec will pay for the night prior to the pre-tour departures. You will be responsible for all your personal expenses.

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For any questions regarding the Fam Tours, please contact Betsabeth Mechato de la Cruz at [bmechato@alliancetouristique.com](mailto:bmechato@alliancetouristique.com).





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