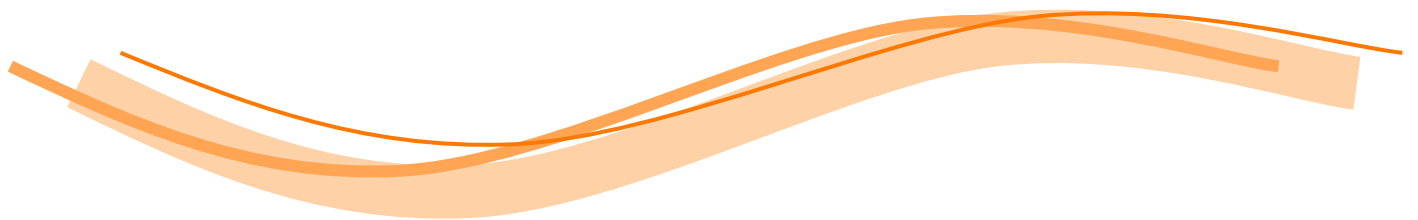




# LE GRAND LODGE MONT TREMBLANT





<p><b>LE GRAND LODGE MONT-TREMBLANT</b></p>	<p>Located on the shores of Lake Ouimet and only 5 minutes from the Tremblant ski resort, Le Grand Lodge Mont-Tremblant is an oasis of pleasure for the senses. This splendid 4-star, 4-season lakeside resort welcomes you with the warmth of its Scandinavian log architecture in a stunning setting overlooking the mountains and forest.</p> <p>They offer an ideal location for family vacations or business meetings in Canada, with suite lodging, world-class skiing and golf, a luxurious spa and a large, full service conference centre. Dine at their 4 star restaurant, Chez Borivage, located in the log section of the hotel, overlooking Lake Ouimet or lounge in the Whisky Bar located in the hall of the hotel.</p>
<p><b>Overview</b></p>	<p>Le Grand Lodge Mont-Tremblant Located on the shores of Lake Ouimet, half way between Mont-Tremblant City (St-Jovite) and Tremblant resort, Le Grand Lodge Mont-Tremblant is "the" Eastern North America outdoor paradise. This splendid Boutique-Hotel welcomes you with the warmth of its impressive log architecture.</p> <p>Outstanding for its truly unique charm, the hotel has 112 spacious suites offering all the comforts and services worthy of a Grand hotel. Their luxurious studios and one-bedroom suites are accented with deluxe furnishings and spacious living areas. All accommodations at Le Grand Lodge Mont-Tremblant have an adjustable heating air system. Each suite boasts one private room with king size bed, one double Murphy bed in the living room, a full kitchen, 2 bathrooms, a gas fireplace, 2 TV's per suite, work stations with data port and a private balcony.</p> <p>When it comes to planning your stay, there's always something going on at Le Grand Lodge Mont-Tremblant! Their sales coordinators will be pleased to suggest activities to suit one and all. A variety of activities awaits you on site; enjoy the indoor 20-meter swimming pool, giant whirlpool, outdoor Jacuzzi, steam bath and sauna, outside; giant ice skating rink, snow sculpture contest or huge bonfire with marshmallow - or simply anything else you may have in mind! Only minutes away, play outside on 90 km of groomed cross-country ski trails or slide like a kid at the tube sliding slopes, ride the Laurentians' 3,000km of the best snowmobile groomed trails, winter horseback riding, cart racing or enjoy the benefits of the relaxing Le Scandinave Spa.</p> <p>You'll enjoy preferential access to the Tremblant Gondola with their express shuttle. Their Ski Shop will fit all your rental needs. Private or group ski and snowboard lessons can also be pre booked at discounted prices for Tremblant, Gray Rocks or Mont-Blanc.</p>

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<p><b>Accommodation</b></p>	<p>The 112 luxuriously appointed Mont-Tremblant hotel rooms and one to two-bedroom suites are accented with deluxe furnishings and spacious living areas. All units at Le Grand Lodge Mont-Tremblant have an adjustable heating and air conditioning system and a gas fireplace.</p> <p>Each suite boasts: a private balcony; a fully equipped kitchen; 2 full baths; one or two private bedrooms with king beds; a living room with a Murphy bed and a sofa bed; 2 TVs; and two telephones with data ports, call waiting and voice mail. At your request, the hotel will provide access to high speed internet service.</p> <p>And for families: children under 17 stay free and under 5's also eat free too!</p>
<p><b>Special Deal for Travel Show Listeners</b></p>	<p>Check out Hot News on the Travel Show website at <a href="http://www.ChrisRobinsonTravelShow.ca">www.ChrisRobinsonTravelShow.ca</a> for a fabulous offer for Travel Show listeners to <b>save 20-40% at the Grand Lodge Mt Tremblant</b>. That's \$60 and more per night OFF. Click on the special link to get your discount – or call Le Grand Lodge, but don't forget to mention The Travel Show.</p>
<p><b>Dining</b></p>	<p>Discover the resort's restaurant <b>Chez Borivage</b>, in the log section of the hotel, overlooking Lake Ouimet. Captivating aromas, stunning presentations and exquisite flavours await you. Quebec's culinary diversity is celebrated. A prestigious Wine Menu offers an impressive selection to accompany your meals.</p> <p>Book the half board meal plan and save – it includes one full buffet breakfast with omelet and waffle station and a four course dinner served at Chez Borivage for only \$67.85, services charge included. The children's meal plan offers 6 to 12 year olds reduced rates with a separate menu for kids. Children up to 5 eat free when the meal plan is purchased by at least one adult.</p>
<p><b>Bar</b></p>	<p>Located in the hall of the hotel, come and enjoy the cozy and relaxed atmosphere of <b>The Whisky Bar</b>. It invites you to gather around its huge stone fireplace and enjoy the view of the pristine waters of Lake Ouimet. With its Happy Hour from Monday to Friday, it is just perfect for friendly conversation and whetting your appetite.</p>
<p><b>Spa</b></p>	<p><b>Hélène Mouton Massothérapie</b> offers relaxation treatments in the comfort of your hotel room, or at its Mont-Tremblant studios. Whether you are looking for a short relaxing treatment, a simple manicure, a massage or a multi-care package, the professional team at Hélène Mouton Massothérapie will sure know how to please you. Costs start at \$65 for a 30 minutes massage in your room. Spa services include: <b>Swedish Massage</b></p>

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### **Specialized therapeutic massage**

Full Swedish massage completed by a hot-stone treatment on the neck and back.

### **Volcanic stone massage**

Massage technique using the properties of volcanic stones, polished by centuries of erosion. In addition to providing a deep relaxation, this massage is very efficient at restoring harmony and loosening deep tissues.

### **Lymphatic drainage**

### **Reflexology**

### **Chairside massage**

Using a specially-designed chair, the chairside massage focuses on the most tensed body areas which are, for most people, the nape, back, shoulders, arms and hands. As the recipient remains dressed, and that the massage is performed without oil, it is a very quick and efficient treatment. This massage technique can easily adapt to any environment as all is required is enough space to move around the chair.

### **Exfoliation**

Gentle massage promoting blood flow conducted with the aid of a cream exfoliant. This hydrating emulsion lays a protective coat on the body, while ridding the skin of all impurities, leaving it smooth, clear, soft, and ready to receive a deep-acting hydrating milk.

\* **Milk and Honey** : Both white and brown sugar provide naturally exfoliating AHA's and work to whisk away dull skin revealing your inner radiance.

\* **Green tea & Lime Leaf** : This anti-oxidant blend assists with soothing anxiety, improving circulation and invigorating the meridians to restore depleted energy and maintain vitality.

\* **Micro-buff body polish** : This creamy polish includes spherical micronized Buffing Beads, mildly exfoliating loofah and apricot powder that penetrates the epidermis to attract and lock in moisture, and lifts away surface dryness to leave skin petal-soft.

### **Body wraps**

\* **European-Rose body mud** : Breathe in the aromatic fragrance of the French countryside as you surround the skin in a richly hydrating cocoon. This remarkable mud is the ultimate for skin refining and extreme hydration, perfectly suited for dry, delicate, weathered or aged skin.

\* **Black Baltic Body Mud** : Free skin of environmental stress and toxins with a centuries-old curative. With an organic content exceeding that of other muds, the Black silts promote cell oxygenation, assist in removing debris and impurities, and replenish moisture while imparting freshness, firmness and uniformity to the skin.

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	<p>* <b>Acti-Sea Body Mud</b> : Our most effective treatment for smoothing, stimulating, and detoxifying skin and body. It contains rich concentrations of minerals and vitamins from the ocean's depths. While helping achieve a state of deep relaxation, this intricate complex of ingredients works to stimulate the thyroid, promote decongestion and waste elimination for better skin appearance and prevent future skin damage by fighting free radicals.</p> <p><b>Relaxing facial care</b>  <b>Foot and leg massage</b>  <b>Basic manicure, Royal manicure, Spa manicure</b>  <b>Pedicure</b></p>
<b>Weddings</b>	<p>From the most intimate gathering to spectacular social events on a grand scale, they have the locations, facilities, catering, and experience it takes to make weddings memorable.</p> <p>The setting alone in the Laurentians Mountains would make any wedding memorable. Le Grand Lodge makes your event even more special with wedding menus tailored to your needs, including an open bar, a champagne toast, and many other items to realize the wedding of your dreams. Their experienced staff knows just what it takes to handle the planning, make sure everything runs smoothly throughout the day, and add those finishing touches that make your guests smile.</p>
<b>Summer Activities</b>	<p>4 har-tru tennis courts on Mont Tremblant  Mont Tremblant Lake  Laurentian Resort  Playing Field with Sports and Recreation Equipment  Private Beach on Lake Ouimet  Children's Playground  Bike rentals  BBQ  Marina: Canoes, Kayaks, and Pedal boats  Fishing in Season (Bass, Musky)  Héli-Tremblant  New this summer - a 3-day professional tennis program. Their tennis pro will gladly oversee this ideal program with you, with the possibility of combining tennis and golf.  Tennis/Golf program: 3 days - 25 hours at \$330  Tennis program: 3 days - 16 hours at \$250 / 2 days - 8 hours at \$175</p>
<b>Winter Activities</b>	<p>Canadian Ski Package  Ice skating rink  Volleyball on snow  Cross-country skiing trails (60 Km)  Free shuttle to Tremblant  Rentals: Downhill ski, cross-country ski, snowshoes and ice skate.</p>

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	Héli-Tremblant
<b>Upcoming Events</b>	<p><b>MAY 2008</b></p> <p><b>16 : Opening of Le Géant</b> Are you ready! The winter just finished and we are ready to launch the golf season on Le Diable on May 2 and on Le Géant on May 16. Book now!</p> <p><b>24-25 : Quebec And Canada Mountain Biking Cups</b> at Tremblant More than 900 participants will ride on the mountain during this weekend. The country's top athletes will try to bypass rocks, roots and mud during the thrilling cross-country and downhill challenges.</p> <p><b>JUNE 2008</b></p> <p><b>18-22 : Tremblant Film Festival</b> Third edition of this major event where more than 40 feature films from Europe, Canada and the United States will be presented. Free outdoor screenings of popular movies will be shown at Place St-Bernard and at "Au fil de l'eau" park in Mont-Tremblant. Meet the industry players, including directors, producers and actors.</p> <p><b>24 : Saint-Jean Baptiste</b> Come celebrate with Le Grand Lodge! On the program: Saint-Jean fireworks and a singer-songwriter.</p> <p><b>28-29 : Les Rythmes Tremblant / Canadian Rock</b> The greatest Canadian rock hits will be played during this special weekend.</p> <p><b>JULY 2008</b></p> <p><b>1 : Canada Day</b> This year, Canada Day celebrations will kick off thanks to the participation of "Celebration Canada". Decorations, children's workshops, special entertainment, awards ceremonies, spectacular celebrations, complete with a traditional pyromusical show.</p> <p><b>4-13 : Tremblant International Blues Festival</b> The annual gathering of all Blues fans. Concerts with renowned international and local artists. A celebration of music filled with tradition, emotion and generosity.</p>

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	<p><b>19-20 : Taffy Strip</b> A musical time warp from the 1960s to the 1990s, with the music of big-name bands.</p> <p><b>26-27 : Taffy Strip</b> Hot and exhilarating, Latin American music conveys a range of emotions. Salsa, tango, Cuban rhythms and pop music.</p> <p><b>18-24 (August) : Cirque Akya</b> Return of the biggest of the small circuses, AKYA. Shows every day except Mondays.</p>
<p><b>Driving from Montreal</b></p>	<p>From Montreal it's only 120 km or approximately 75 minutes to the resort. Here are the directions from Montreal: Take Highway 15 North toward Sainte-Agathe. It will become the 117 North. Stay on 117 North all the way -- past Ville de Mont-Tremblant (old St-Jovite). Take Exit #119, turn right onto Montée Ryan and continue for about 5 km. Just before the Tourist office, turn right onto Labelle Street (327). The Grand Lodge Mont-Tremblant is about 300 meters away, on your left.</p>
<p><b>For more information</b></p>	<p>Address: Le Grand Lodge Mont-Tremblant, 2396 rue Labelle, Mont-Tremblant QC J8E 1T8 Reservations: 800 567-6763 Office: 819 425-2734 Fax: 819 425-9725 Email: <a href="mailto:info@legrandlodge.com">info@legrandlodge.com</a> Website: <a href="http://www.LeGrandLodge.com">www.LeGrandLodge.com</a></p>

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<b>DESTINATION INFO</b>	<b>Tremblant Resort</b>
<b>Location</b>	130 km north of Montreal
<b>Geography</b>	In the rolling hills and mountains of the Laurentians, Quebec
<b>Overview of Tremblant</b>	<p>During summer season, Tremblant makes sure its guests experiment "Joie de vivre" at 360 degrees. With its large choice of activities like the panoramic gondola, the golf, the luge, the beach, cycling or rollerblading, the whole family will be enchanted. Summer is also the season of outdoor shows and events. From June to October, the pedestrian village lives to the rythm of Tremblant's Summer Festival : Rythmes Tremblant, the Blues Festival and Music in the Mountain are as many occasion to attend music shows of all kind. There are many events as well so that the visitors and guests will never get bored: the Beachfest in July, Tremblant beneath the stars in August and Symphony of Colours in September...</p> <p>Named "# 1 Ski Resort in the North American East," for ten consecutive years by the readers of Ski Magazine, the Tremblant continues to be ranked at the head of the Quebec line-up for sports and the outdoors, in summer as well as in winter.</p> <p>A visit to Mont Tremblant resort offers you an unbeatable opportunity to reconnect with the joys of winter. Mont Tremblant resort is the pleasures of the mountain, but it is also a uniquely charming pedestrian-only village, an unequalled service to its guests, and a host of extraordinary activities and events that will make your stay with us an unforgettable experience</p>
<b>Language</b>	French and English

<b>CLIMATE</b>	
<b>General climate</b>	As for Montreal, but temperatures decrease with altitude; average summer temperatures at Tremblant Resort are around 27 degrees Centigrade
<b>Today's weather</b>	14C and cloudy (17 May 2008)
<b>Best time to visit</b>	Tremblant Resort is very much a four season resort

<b>GETTING THERE</b>	
<b>Driving</b>	<p>From Montréal:          Take autoroute 15 North to Sainte-Agathe. After Sainte-Agathe, the 15 North merges with 117. Continue on the 117 North past Saint-Jovite. Take exit 119 (Montée Ryan) to Chemin Duplessis and follow indications for Tremblant Resort. 1 1/2 hour.</p>
<b>Visitors</b>	2.3 million per year
<b>Distances</b>	<p>Less than 130 km north of Montreal          Number of restaurants: 38          Including bars, bistros, cafés and sweetshops          Number of shops: 43</p>

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<b>Car Rental</b>	Avis and Hertz give you the opportunity to pick up a car near Mont Tremblant for your own convenience.
<b>Buses</b>	To Ville Mont-Tremblant is just 1 \$ Route : Centre de villégiature / Tremblant Resort / Village / Saint-Jovite Hourly service. To Parc national du Mont-Tremblant Shuttle Fare: 19 \$ per person with admission included

<b>ACCOMMODATION</b>	Lots of choices, but Le Grand Lodge Mont-Tremblant is particularly recommended – see above for more details
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<b>TARGET GROUPS</b>	
<b>Kids</b>	Captain's harbor on Lac Miroir - Hey kids! Drive your own little boat and take a trip around the Mirror Make, located near the Parc Pirate at Mont-Tremblant resort. Aboard the motorised, miniature replicas of the boats from Mississippi (2 to 4 places), children of all ages will have a blast mastering the water! The captain awaits!
<b>Teens</b>	Paintball - One of the fastest growing sports in the world. The paintball centre offers more than 10 different playgrounds such as The Bus, The Sniper and The Fort, providing variety of matches and constant action. The location includes high quality equipment, restaurant, qualified staff, large reception area and showers. 3rd year of activity. Start with a briefing covering safety, game rules, and use of equipment, then head to the first playground. The goal of the game will be explained. Playgrounds have different game scenarios. All packages include all equipment; face mask, suit, precision paintball gun, unlimited co2, neck protector, gloves, ammunition belt and hat. Location: 25 minutes from Tremblant
<b>Romance</b>	Fresh air in the mountains, fine food and relaxing in-room massages...What more do you need?
<b>Seniors</b>	Caleche ride - This beautiful and comfortable 1 horse caleche is operated by a local farm. Two percheron horses, Lyndsay and Dan, share the work. The caleche is also available for weddings or other special events. 20 minute: A quick tour through and around the resort. Good photo opportunities. 40 minute: This caleche ride will bring you to the Parc des Chutes, where you can visit the water falls and admire the view of Tremblant from the opposite side of the lake.

<b>UNIQUES</b>	
<b>Surprising</b>	<b>Tremblant Activity Centre Inc.</b> - Acrobranche Come and play "TARZAN" in the forest canopy, 30 feet in the air. The 6 Acrobranche courses guarantee adrenaline and emotion, all set against the backdrop of waterfalls and lush Quebec forests. The Tremblant Activity Centre can arrange it all.

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<p><b>History of Tremblant Resort</b></p>	<p>From the installation of the first chair-lift in 1939 until today, Mont Tremblant resort has been able to develop its potential to become the largest and most varied skiable terrain in Eastern North America. Today, Tremblant is no longer just a ski resort : year round, it offers plenty of activities and it's always an extraordinary holiday destination. Mont Tremblant resort distinguishes itself not only by the first class resort experience that it provides, and by its accommodation, but also by the harmonious mixture of cultural offerings, sporting events and family activities that it offers its guests.</p>
<p><b>History of Tremblant Area</b></p>	<p>The Laurentians were not colonized until late during the 19th century, when Father Antoine Labelle decided to populate the North with French Canadians in reaction to the threat of protestant expansion. He chose the sites based on the richness and fertility of the soil, on access to water ways and on the layout of the railway line he planned to build. These brave settlers faced a difficult beginning, initially fighting poverty and surviving on meagre crops, but eventually thrived and benefited from the Father's generosity and vision. He sensed that one day tourism would be an important resource for the region, and worked arduously for the inauguration of the Montreal-Saint-Jerome railway line in 1879. This was an important contribution to the development of the region and eventual growth of tourism. In December 1892, the whistle of the locomotive was heard for the first time by the residents of Saint-Jovite, putting an end to the isolation.</p> <p>In 1938, Joseph Bondurant Ryan, a young wealthy American from Philadelphia who had come to the North to do some gold prospecting, he was taken by the beauty of the majestic "mountain of the spirits". He had climbed to the summit, and upon seeing the breath-taking view of the snow-covered landscape, Jo Ryan vowed to transform the wilderness at the foot of the mountain into a world-class alpine village. Just on year later, in February 1939, his dream was realised, when the Mont-Tremblant Lodge, with its architecture reminiscent of Old Quebec, opened.</p> <p>In 1991, as the alpine village teetered on the edge of bankruptcy, the biggest promoter of alpine resorts announced that it would buy the Mont-Tremblant Lodge and promised to pursue Jo Ryan's dream...to make Mont-Tremblant one of the best leisure destinations in the world. Ten years later, the Mont-Tremblant Lodge has been transformed at a cost of \$850 million into the magnificent pedestrian village of Tremblant. And in the next ten years, Intrawest has plans to build two more alpine villages on the North side and on the versant Soleil of the mountain.</p>
<p><b>Must Sees</b></p>	<p><b>Panoramic gondola</b> Ride the panoramic gondola to the top of the highest peak in the Laurentians and discover spectacular views and a wide range of</p>

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	<p>activities. Travel the many hiking trails and discover the awesome displays of nature at Tremblant. From July 6 to August 12, watch the sunset from the Summit!</p> <p>Top things to do at the Summit :</p> <ul style="list-style-type: none"> <li>- Hiking and interpretative nature trails</li> <li>- 360° observation tower   360° Photo &gt;&gt;</li> <li>- Mountain top sunset</li> <li>- Centre de randonnée shop</li> <li>- Birds of prey show</li> </ul>
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<p><b>SPORTS ACTIVITIES</b></p>	<p>Winter sports abound - extreme and otherwise, there are all kinds of activities right at your door besides the renowned ski slopes and snowparks: snowmobiling, dogsledding, cross-country skiing, tubing, skating, snowshoeing and so much more!</p> <p>And in summer, the range is even greater...Here's some of the things you can enjoy at Tremblant:</p> <p><b>RAFTING</b> For thrill seekers or a family expedition on the Rouge River, rated one of the top ten rivers in North America for rafting.</p> <p><b>CLIMBING</b> Discover the thrill of climbing in full security right on Tremblant Resort on a natural cliff or on a 30-feet high climbing tower.</p> <p><b>CANOEING</b> Discover the scenery and beaches of the Mont-Tremblant region on a canoe descent of a quiet part of the Rouge River or the winding Diable River.</p> <p><b>FLY-FISHING</b> Discover the art of fly-fishing on the beautiful rivers and lakes.</p> <p><b>LAKE FISHING EXCURSIONS</b> Guided fishing tour on Lake Tremblant with boat and equipment included.</p> <p><b>SPA &amp; MASSAGES</b> Treat yourself with spa treatment of all sorts. Spend a few hours in a nature spa or get anything from a hot-stone massage to a maple body scrub. In-room services are also available.</p> <p><b>PLANE AND HELICOPTER TOURS</b> Discover Tremblant from the sky and get to see the whole thing from above.</p> <p><b>OFF-ROAD LAND ROVER</b> 2-hour driver training at the obstacle course and an off-road ride. Drive a 4x4 Land Rover up steep hills, over log bridges, along rugged backwoods trails and out of the mud.</p> <p><b>ACROBRANCHE</b></p>
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	<p>The five Acrobranche courses are located 30 feet in the air, all set against the backdrop of waterfalls and lush forest. An unforgettable experience even for the little ones with a course designed for them!</p> <p><b>HORSEBACK RIDING AND CATTLE ROUND-UP</b>          You can take a hold-on-tight ride through fields, streams and forests with our experienced guides. Cowboys are also wanted for a cattle round-up experience!</p> <p><b>ATV TOURS</b>          Ride the backcountry trails on an all terrain vehicle (ATV). Bump over rocks and through river beds, then ride to a mountain lake, swim and enjoy the views.</p>
<p><b>Golf</b></p>	<p>Designed by renowned master architects, Le Diable and Le Géant golf courses are masterpieces and have proudly taken their place among the best in golf: superior course conditions, exceptional service and breathtaking mountain majesty.</p> <p><b>LE DIABLE</b>          Designed by master architects Michael Hurdzan and Dana Fry, this course is a masterpiece that offers a unique golfing experience on 7,056-yards of impeccable greens, with imposing red sand waste bunkers and long narrow fairways.          With its Golf Academy offering one of the best facilities in Canada and its unmatched personalized service, Le Diable has established itself as the best public golf course to play in Quebec (Score Golf, 2002). Now a member of the prestigious and select RAVEN family of golf courses, Le Diable will certainly exceed your expectations. Being the first golf course in Quebec, and the 7th in North America to achieve Raven status, this renowned championship course and host of the 1999 Canadian Skins Game, Le Diable had to surpass all standard requirements by proving to be a memorable, playable and pleasing place to golf, while also presenting a challenge to players.          To achieve Raven status among Intrawest's most beautiful courses, Le Diable is now offering superior personalized service, more frequent Players' assistance, access to the practice facilities with supervision and tips from a CPGA pro, new generation electric carts, use of improved GPS, breakfast for tee-times before 11 a.m. and so much more.</p> <p><b>LE GÉANT</b>          This golf course welcomes its players in a breathtaking setting, where keeping your eye on the ball presents quite a challenge. Harmonious with its natural surroundings with its plateaux sculpted right into the mountainside, fast greens, rolling fairways, this course, created by architect Thomas McBroom, is the perfect blend of a challenging mountainous course with 2 lakes and 52 white-sand traps, and amazing views of the Laurentians, throughout its 6,836 yards.</p>

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	<p><b>LEARN WITH THE PROS</b>  Tremblant Golf Academy ranks among the best in North America with staff of certified teaching professionals and top-notch facilities unique in Canada.</p> <ul style="list-style-type: none"> <li>- Golf shelter that can welcome 22 golfers (6 on a grass surface)</li> <li>- State-of-the-art “V1” digital video technology</li> <li>- Practice facilities: space for 65 golfers</li> <li>- High quality installations of 7 bent grass target greens and 3 sand traps</li> <li>- Practice green surface of 400 sq m.</li> <li>- A special time for young players</li> </ul> <p>All season long, children 15 years and under play for free after 4 PM when accompanied by an adult.</p>
<b>Fishing</b>	<p>Fly fishing - Learn all about fly fishing with experienced, certified and passionate guides. From a central location in the village of Mont-Tremblant, you can easily access some of the best fishing rivers, streams and lakes in the area. These offer excellent light tackle and fly fishing opportunities throughout the trout, bass, pike or muskie seasons.</p> <ul style="list-style-type: none"> <li>- Family discovery: This activity starts with a walk along a short interpretative trail to our fishing ponds where you will tie a fly and learn how to fly fish for feisty rainbow trout. Your instructor will show you how to tie a fly and teach you the basic fly cast or light tackle techniques.</li> <li>- River wading excursions: Suited to more experienced anglers, their guides will show you the best spots along the Diable River fishing sector where you will be casting to feisty brown and brook trout. Depending on the time of year and water levels, the Diable River offers a wide range of fishing opportunities using a variety of techniques from light tackle to fly fishing using dry flies or weighted nymphs and streamers on sink-tip lines.</li> </ul>
<b>Tennis</b>	<p>André Lemaire is Director of the Tennis Academy, with over 25 years of teaching experience, he is the only coach in Canada who brought athletes to win at Wimbledon and Roland-Garros. Discover a superb complex of 13 world class clay courts (6 lighted).</p>
<b>Hiking</b>	<p>Discover the highest peak in the Laurentians on 12 trails (from 1 km to 20 km round trip) for hikers of all levels. Enjoy spectacular views at every turn. Join family and friends on a network of hiking trails with something for everyone. Trails are limited to pedestrians. Trail map included in the Activity Guide available at the Information Centre and ticket offices. Once at the top, you'll be able to come back down on the panoramic gondola for only \$7</p>
<b>Mountain Biking</b>	<p>The Tremblant area is filled with interesting mountain biking trails for all levels. Bring your bike and... discover! Simplify your arrival at</p>

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	<p>Tremblant and rent your bike on-site. A friendly service await you so that you can enjoy the best that Tremblant has to offer.</p> <p>Guided mountain biking tours will allow you to discover local cross-country trails, and learn more about the local ecology in Mont Tremblant. Try the Vélo Écolo tour, a guided trip along of the Linear park, where you will visit an ecological garden and a traditional tee-pee or the Initiation to Mountain Biking in the Domain Saint Bernard cross country trails. Schedule: Vélo-écolo tour is offered Wednesdays and Sundays at 9:00am</p>
<b>Luge</b>	<p><b>Alpine Luge Tremblant</b></p> <p>Once is never enough! Summer fun starts here with the ride everyone's talking about. An unforgettable outing with thrills for young and old alike. A fun-filled gravity ride on a 3-wheel-cart using a unique breaking and steering system that gives the rider complete control.</p>

<b>CULTURE</b>	
<b>Art Galleries</b>	<ul style="list-style-type: none"> <li>- Galerie Côté Créations Promenade Deslauriers (819) 421-1888 et (819) 425-3660 <a href="http://www.cotecreations.com">www.cotecreations.com</a> Mont-Tremblant artist Yan-Éric Côté produces and exhibits his paintings on site. Production of commercial, residential and antique signs.</li> <li>- Galerie L'Envol du Huart Loondance Gallery Promenade Deslauriers (819) 681-4884 <a href="http://www.loondance.ca">www.loondance.ca</a> Original Inuit sculptures, prints from Cape Dorset, "objets d'art" from Québec, and Nova Scotian folk art.</li> <li>- Galerie Soutana Rue des Remparts (819) 681-4550 <a href="mailto:soutana@cgocable.ca">soutana@cgocable.ca</a> Exclusive collection of native North and South American art and crafts.</li> <li>- Galerie d'art Suzanne Robert Fairmont Tremblant 819 425-5300 <a href="http://www.art-tremblant.com">www.art-tremblant.com</a> Come discover our impressive collection of paintings and sculptures by renowned Quebec artists.</li> </ul>
<b>Music</b>	Music festivals abound at Mont Tremblant in the summer months
<b>Cinema</b>	Cinema Pine at Le Johannsen Movies schedule: (819) 429.6111 In the Resort village, on Rue des Remparts. Two screen-theatre with the latest releases.

<b>ATTRACTIONS</b>	
<b>Beaches</b>	Discover the golden sands of the Beach and Tennis Club and all its outdoor activities. Located just next to the award-winning pedestrian village, it offers incredible views of the glorious mountain and the always beautiful Lake Tremblant

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<p><b>Nature</b></p>	<p><b>Nature Under the Stars</b> - Monday, Tuesday &amp; Wednesday evenings, attend lectures by a park ranger from the Parc national du Mont-Tremblant. Using videos, he will introduce you to various topics related to the park's flora and fauna.</p> <p><b>Birds of prey Free Flight Show</b> : "Evolution: From Dinsosaurs to Raptors!"  Life has been evolving for hundreds of millions of years since the formation of the Earth. From dinosaurs to recent species, the process of evolution has created the most skilled and specialised of predators: the birds of prey. Learn all about these spectacular birds and marvel at their agility as they brush right past you and fly right above your head! Come and see North America's smallest raptor: the Kestrel. Observe a Bald Eagle soaring in the sky of the Laurentians. Watch as the stunning Harris Hawk spreads its wings right beside you. Get a glimpse at a majestic nocturnal hunter, the Great-horned Owl. And discover a charming scavenger of the desert...the Black Vulture</p>
<p><b>Tremblant National Park</b></p>	<p>Just 145 km from Montreal, a vast universe of lakes and rivers set against a mountain backdrop, this park offers you freedom and the chance to get away from it all. Parc national du Mont-Tremblant provides a rich mixture of Québec's natural and historical heritages. It is the biggest park in the network and the first national park to have been created in Québec. It features a variety of activities and discoveries that are sure to please. By canoe or on foot, skis or snowshoes, you will be surprised by the immensity of the territory. Offering nature at its best, Parc national du Mont-Tremblant is open year round and is bound to make an unforgettable impression on you.</p> <ul style="list-style-type: none"> <li>- Enchanted Forests: Let yourself be captivated by the charm of the forest landscapes where nature has retained all its rights. With its 1,510 km<sup>2</sup> of territory and 163 km of hiking trails, Parc national du Mont-Tremblant is the largest park in Québec.</li> <li>- A Realm of Lakes and Rivers: Four hundred lakes, some small and intimate, others vast and windswept, six rivers dotted with waterfalls and cascades, and a multitude of streams, help to create a magnificent natural realm.</li> <li>- Rivière L'Assomption: With a varied course that combines calm sections and rapids ranging in difficulty from Level I to IV, Rivi?re L'Assomption, which runs for 15 km through the park, is considered one of Québec's best teaching rivers. Three campgrounds are available for canoeing enthusiasts.</li> <li>- The Meandering Diable: The spectacular character of the course is attributable to the peaceful bends and backwaters that the river has traced along the rocky face of Mont de la Vache Noire. Duration: the outing lasts 3 to 4 hours, including transportation. A canoe and</li> </ul>

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	<p>passenger transportation service is available.</p> <ul style="list-style-type: none"> <li>- Birds and Other Wildlife Wonders: Birdwatchers will be right at home in the park: to date, 196 species of birds have been surveyed. In addition, the park is home to a highly diverse wildlife population. Bears, hares, wolves and beavers invite you to discover their environment.</li> <li>- The Totem Poles at Place Centenaire: Three professional sculptors from the region, have each created an immense totem pole made out of white pine. Totem poles, which are an ancient means of communication, convey different messages that are accessible to everyone. Each totem pole represents a different facet of the park, whether it be its economic history, its recreational-tourism vocation or its flora and fauna.</li> <li>- Camping, experiencing nature the way it was meant to be: Whether you are looking for the comfort of a full-service campground or the charm of more rustic sites, a camping stay in the park will allow you to experience nature the way it was meant to be.</li> <li>- Breathtaking Waterfalls: Spend a few minutes, or a couple hours for that matter, at the Chute Croches, Chute du Diable and Chute Aux Rats waterfalls. They contribute to the great splendour of the land and soundscapes.</li> </ul>
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<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<p>Shoppers will find that they are in the right place, with more than 40 merchants to choose from in the pedestrian-only village. There's a range of shops from sports stores to ready-to-wear by way of a pastry shop or even a movie theatre!</p>
<b>Nightlife</b>	<p>When night falls and the lights come on, the pedestrians-only village of Tremblant takes on a magic glow. In Old Tremblant or Place Saint-Bernard, it is now time to sit down to delicious dining specialties. Moving from splendid French cuisine to a succulent Savoie-style fondue or a homemade crepe is easy. And finally, the young of heart and spirit will extend the evening to enjoy Tremblant's legendary nightlife well into the wee hours, dancing to the sounds of a DJ or listening to their friends sing Karaoke.</p> <ul style="list-style-type: none"> <li>- <b>Bar Café d'Époque</b> Vieux-Tremblant (819) 681-4554 <a href="http://www.barcafedepeque.com">www.barcafedepeque.com</a> Tremblant's best party bar offers you happy hour and DJ entertainment every day of the week. Come dance and cut loose! Open from 3 p.m. until 3 a.m.</li> <li>- <b>Le P'tit Caribou</b> Vieux-Tremblant (819) 681-4500 <a href="http://www.ptitcaribou.com">www.ptitcaribou.com</a> Voted the "Best Bar in Eastern Canada" by Ski Canada Magazine. Come enjoy our lounge.</li> <li>- <b>Octobar Rock</b></li> </ul>

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	<p>Chalet des Voyageurs (819) 681-3000 ext 46512          Rock bar.  <b>- Le Shack</b>          Le Saint-Bernard          (819) 681-4700 www.leshack.com          Sports bar (big screen TV) and casual family dining. Spacious terrace located on Place Saint-Bernard. Breakfast available during the peak season.</p>
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<b>CUISINE</b>	
<b>Food</b>	<p>Superb food from light snacks to gastronomical feasts!          Vieux Tremblant, Place St-Bernard, Le Manitou, wherever you are at Tremblant, you'll have as much fun sampling Italian specialties as you will carving up perfectly groomed runs. Enjoy fine French cuisine one day and a spicy fajita the next. It's as easy as slaloming. Savour a rich fondue, treat yourself to a queue de castor (Beavertail snack) or recall your childhood with a candy apple or a handful of homemade sweets</p>
<b>Restaurants</b>	<p>There are 38 restaurants in Tremblant Resort !</p> <ul style="list-style-type: none"> <li>- Au Grain de Café              Promenade Deslauriers (819) 681-4567              Opens at 7:30 a.m. Specialty coffees. Coffee beans. Continental breakfast, soups, sandwiches, Viennese pastries. Draft beer, spirits, wine and port. Internet access, printer.</li> <li>- Brûlerie Saint-Denis              Place des Voyageurs (819) 681-CAFÉ (2233)              International coffee flavours, waffles and continental breakfast, healthy meals and desserts. Coffee beans available. Draft beer, sangria and wine.</li> <li>- Café Johannsen              Base Télécabine (819) 681-5551              Specialty coffees, baked goods and sandwiches. Express counter. Internet access.</li> <li>- Coco Pazzo              Promenade Deslauriers (819) 681-4774              Take-out counter with superb Italian and vegetarian cuisine. Please, visit also our restaurant. <a href="http://www.coco-pazzo.ca">www.coco-pazzo.ca</a></li> <li>- Fluide Juice Bar              Rue des Remparts (819) 681-4681              Freshly squeezed fruit and vegetable juices as well as natural tonics. Natural foods grocery.</li> <li>- Grand Manitou              Sommet Tremblant Summit (819) 681-3000 # 36393              Cafeteria located at the top of the mountain.</li> <li>- La Chouquetterie</li> </ul>

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Rue des Remparts (819) 681-4509  
Old-fashioned bakery and pastry shop. Coffee. Fine chocolates and other treats.

- Le Chalet du Smoked Meat  
Place des Voyageurs (819) 681-4664  
Poutine, smoked meat, roasted chicken, French fries, breakfast (eggs and bacon). Take-out orders.
- L'Oasis  
Beach and Tennis Club  
Lac Tremblant Lake (819) 681-5253  
Burgers, hot dogs, sandwiches, salads, ice cream.
- Oberoi Escale Gourmande Express  
Place Saint-Bernard (819) 681-4555  
Delicatessen, cheeses, assorted cold cuts, sandwiches, salads, ready-to-serve dishes, catering service, gourmet gift baskets, delivery.
- Pita Express  
Place des Voyageurs (819) 681-4949  
Lebanese cuisine: pita sandwiches, soups, salads and beverages. Counter service.
- Ya'ooo Pizza Bar  
Vieux-Tremblant (819) 681-4616  
<http://www.lesmustdetremblant.com/>  
Pizza by the slice and salads. Take-out orders. Open until 3 a.m.
- Wigwam  
Fairmont Tremblant (819) 681-7000 # 7805  
Quick and tasty cuisine. Specialty coffees and Viennese pastries. Continental breakfast, soups, salads, sandwiches and desserts. Open as of 7 a.m. Counter service.

Sweet Shops

- Sugar Shack  
Place des Voyageurs (819) 681-4995  
[www.cabaneasucretremblant.com](http://www.cabaneasucretremblant.com)  
Maple products, maple taffy on snow, soft maple-butter ice cream, as well as honey and homemade jams.
- Chocolate Factory  
Place Saint-Bernard (819) 681-4545  
Chocolate, fudge, ice cream and crunchy toffee.
- Crème de la Crème  
Vieux-Tremblant (819) 681-4540  
Old-fashioned cookie shop, homemade pies, muffins and dairy bar.
- Candy Shop  
Place des Voyageurs (819) 425-5729  
[www.placebonbon.com](http://www.placebonbon.com)

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Pick-and-mix your favourite gummy, liquorice, sour, pressed and chocolate-covered candies; enjoy fun candy toys, lollipops and gums; taste yummy chocolates, truffles, fudge and fresh cotton candy.

- Beaver Tails

Rue des Remparts (819) 681-4678

Whole-wheat pastries with your choice of toppings.

Continental

- Le Shack

Le Saint-Bernard

(819) 681-4700

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

Sports bar (big screen TV) and casual family dining. Spacious terrace located on Place Saint-Bernard. Breakfast available during the peak season.

- Crêperie Bretonne

- Crêperie Catherine

Vieux-Tremblant

(819) 681-4888

Menu of "crêpes bretonnes" with assorted fillings.

French

- Aux Truffes

Promenade Deslauriers (819) 681-4544

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

Innovative fine cuisine. Specialties: truffles, foie gras and game. "À la carte"gastronomic tastings.

- La Grappe à Vin

Vieux-Tremblant (819) 681-4727

Creative French cuisine. Specialty: regional products and gastronomic dishes with an international flavour. Excellent selection of wines, ports, scotches and other spirits.

- La Savoie

Vieux-Tremblant (819) 681-4573

Enjoy a truly authentic Savoyard experience and savour our fondues, raclettes and pierrades.

- Plus Minus Café

Vieux-Tremblant (819) 681-4994

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

In Tremblant oldest's chalet, a unique gastronomie experience, an exotic adventure. Fine avant-garde cuisine showcasing organic products.

Grills

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- Bullseye Bar & Steak House  
Place Saint-Bernard (819) 681-2855  
Steak, fresh fish, seafood and other grilled dishes. Group menu, private dining room.  
[www.bullseyetremblant.com](http://www.bullseyetremblant.com)

- Resto-bar Casey's  
Vieux-Tremblant (819) 681-4601  
The place to dine: ribs, steaks, fajitas, roasted chicken and salads. A large terrace for unwinding and a lively bar for a good time.

- La Forge Bar & Grill  
Place Saint-Bernard (819) 681-4900  
[www.laforgetremblant.com](http://www.laforgetremblant.com)  
Best located terraces on Place Saint-Bernard. First floor, family cuisine during the day and animated bistro at night. Second floor, specialty: meats cooked over maple wood. Recipient of the "Carte d'or" award for its wine list.

International

- Yamada  
Promenade Deslauriers 819 681-4141  
Internationally inspired Japanese cuisine served in a fantasy decor. Enjoyable atmosphere appeals to appetites of all ages. Sushis plus colourful dishes with uncommon flavours from the sensational filet mignon on a hot stone, to sashimi pizza, and delights from the sea.

- Fat Mardi's  
Place St-Bernard 819-681-2439  
New-Orleans-style resto-bar. Chicken, steaks, sandwiches, burgers, great appetizer selection, kids menu, hurricanes and more !  
Live music every Tuesday, Friday and Saturday.

- Les Artistes  
Rue des Remparts (819) 681-4606  
[www.restaurantlesartistes.com](http://www.restaurantlesartistes.com)  
Tremblant's Parisian bistro. Simple or gourmet. Regional specialties and delicious desserts. Selection of fine wines. Table d'hôte and children's menu.

- Windigo  
Fairmont Tremblant 819-681-7685  
Sumptuous theme buffets and "à la carte" menu. Gastronomic "tâble d'hôte" showcasing market-fresh products.

Italian

- Coco Pazzo  
Promenade Deslauriers (819) 681-4774  
Original fine Italian cuisine.

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	<p>Please, visit also our restaurant. <a href="http://www.coco-pazzo.ca/">http://www.coco-pazzo.ca/</a>          - Pizzatéria          Rue des Remparts (819) 681-4522  <a href="http://www.lesmustdetremblant.com/">http://www.lesmustdetremblant.com/</a>          Pizzas, calzones, salads and pasta.          - Spag &amp; Co.          Place des Voyageurs (819) 681-4444 <a href="http://www.lesmustdetremblant.com">www.lesmustdetremblant.com</a>          A unique spot where family &amp; friends come together to enjoy pasta and wine, service and atmosphere, freshness and flavour! Bellissimo!</p> <p>Resto-Pub          - Microbrasserie La Diable          Vieux-Tremblant (819) 681-4546          Original beers brewed on site, tasty European sausages and other dishes on our complete menu.</p> <p>Regional          - Loup-Garou          Fairmont Tremblant (819) 681-7685          Daring Quebec cuisine, warm fireside atmosphere and attentive service. "À la carte" menu. Open for groups only (12-50 pers.).</p> <p>Lounge          - Lounge du Westin          Le Westin Resort &amp; Spa 819 681-4144          A modern bar in the hotel lobby's relaxed atmosphere. Giant television screen, wines by the glass, contemporary cocktails and a small menu of tasty delicacies.</p>
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<b>MORE INFO</b>	
<b>Brochures</b>	PHONE: 1-866-783-5630
<b>Website</b>	<a href="http://www.tremblant.ca">www.tremblant.ca</a>

<b>PERSONAL EXPERIENCES</b>	A week skiing vacation with the family in 2000 staying in Tremblant Resort
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