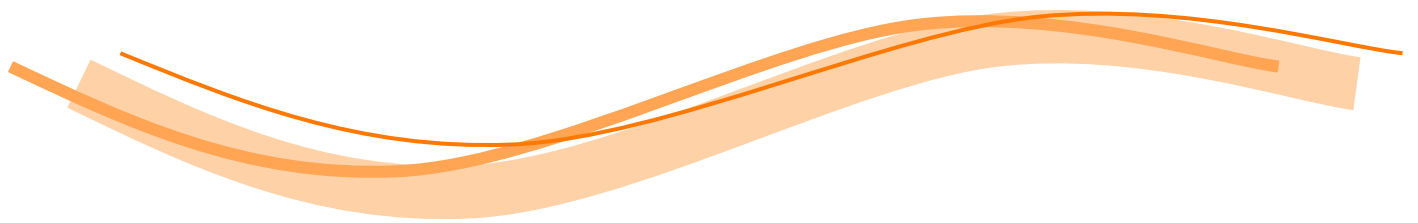




**QUEBEC**





## QUEBEC

Québec has spectacular landscapes stretching from the St. Lawrence River to the tundra of the far North. And from the picturesque Eastern Townships to the magnificent Gaspé peninsula.

It also has the vibrant, sophisticated cities of Québec, Montréal and Gatineau. The historical walled city of Québec has great resort hotels. Cosmopolitan Montréal offers an urban, festive ambiance. And Gatineau in the Outaouais Region, combines city bustle with natural tranquility.

Beyond the cities, relaxing resorts await you amongst lakes and forests. Discover the Laurentians, renowned four seasons' destination north of Montréal. And savour the fruits of the land on gourmet tours that explore fine cheeses, maple syrup treats and local ciders, wines and beers. Québec is justly renowned for the quality of its restaurants, cafés and the local fare available at its country inns.

You can enjoy the Wine Route in the Eastern Townships for red, white, rosé, aperitifs and ice wine. And there is also the Cider Trail, the Cheese Trail and the Flavours Trail to keep your mouth watering.

The mighty St. Lawrence has coastal villages, rugged coastline and rich marine life. Get outdoors on the Route Verte – running Province-wide, it is one of the world's best bicycle networks. Or enjoy wilderness adventures via canoe or sea plane and discover Québec's vast national parks and wildlife reserves.

Outdoor activities are many and varied. There is something for everybody here, with over three hundred golf courses to choose from, plus fishing, hiking, biking and so much more in summer. And Québec embraces winter like nowhere else with skiing, snowmobiling, dog sledding; skating, snowshoeing, ice climbing... the list goes on and on!

Visit [www.bonjourquebec.com](http://www.bonjourquebec.com) for full details.

### **Some current highlights of vacationing in Quebec:**

**Montreal:** Indiana Jones and Jean-Paul Gaultier!

#### **Indiana Jones and the Adventure of Archaeology:**

To Sept 18, 2011 at the Montreal Science Centre

This exhibition puts the spotlight not only on the vast and exclusive collection of props, models, drawings, and concept and set designs for Indiana Jones, but also on a wealth of historical and cultural facts. The

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internationally renowned University of Pennsylvania Museum of Archaeology and Anthropology, also known as the Penn Museum, contributes genuine archaeological artifacts and educational material to the show, while the National Geographic Society, the exhibition's global presenting partner, shares artifacts, photos, videos, and other content from its impressive historic archive.

**The Fashion World of Jean Paul Gaultier  
To Oct 2, 2011 at The Montreal Museum of Fine Arts**

Interested in all cultures and counter-culture, Jean Paul Gaultier boldly captures the mood of the times, offering a humanistic multicultural aesthetic: through his diversions, transgressions, metamorphoses, reinterpretations and cross-breedings, he blurs the boundaries and demands the right to be different, inventing a new way of creating and wearing couture. In honour of his thirty-fifth anniversary in fashion, this truly mind-blowing multimedia exhibition will take a fresh look at the way this generous creator uses his ties to the pop/rock-and-roll music scene, film and dance, and will shed light on the eclectic and impertinent sources of his inspiration, from the street to the stars.

**Urban :** Historic, yet resolutely modern, vibrant, festive and confident, the cities of Montréal, Québec and Gatineau will show you a contrasting facet of urban Québec with their rich architectural heritage, dynamic cultural melting pot and splendid surroundings that respect nature.

**St-Lawrence:** One of the largest rivers in the world, the historic St. Lawrence is an access route to the heart of the continent. Its 1,800-km length is home to old coastal villages, islands, bird sanctuaries, marine mammals and lighthouses, and it's bound by rural and rugged coastline... A world to explore from the shore or while riding the waves!

**Resortful!** Québec has invented its own art of vacationing by combining comfort, relaxation and a personalized welcome in exceptional natural sites. Savour life in harmony with nature amidst lakes, glens and forests, and add outdoor pleasures and culinary delights to the mix.

**Wilderness:** Since the days of the fur traders, Québec has been pushing the boundaries of adventure. In this vast territory, bears, deer and caribou are often the only inhabitants. Explore the province's length and breadth by canoe, snowmobile or seaplane, with nature as your travel companion.

**One of the best bicycle routes in the world:** Thinking of exploring

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	<p>Québec by bike? It couldn't be easier, thanks to the <a href="#">Route verte</a>! This immense and highly accessible bikeway network covers over 4,000 km on its way through 16 regions of Québec, from deep woods to city centres. Officially inaugurated in 2007, the bikeway has been more than 12 years in development. Today, cyclists can take advantage of a network that, at 90% completion, is on par with the world's best cycle itineraries.</p> <p><b>Agritourism:</b> Wander through the fertile valley of the St. Lawrence River and sample the many products and specialty items produced by the land. Several regions offer gourmet tours in the country that let you discover, from the producers themselves, fine cheeses and maple syrup treats, as well as local ciders, wines and beer. Produced with pride, these products will delight even the most sophisticated pallets.</p> <p><b>Ecotourism:</b> Québec's vast natural heritage comprises 27 national parks, numerous wildlife reserves and three biosphere reserves recognized by UNESCO. Several companies specializing in ecotourism and adventure tours provide opportunities to discover the most beautiful sites in Québec on foot, by canoe and even sea kayak.</p>
<b>Location</b>	<p>Quebec is bordered to the west by the province of Ontario, James Bay and Hudson Bay. To the north are the Hudson Strait and Ungava Bay, to the east the Gulf of Saint Lawrence, the provinces of New Brunswick and Newfoundland and Labrador, and to the south the United States (the states of New York, Vermont, New Hampshire and Maine). It also shares maritime borders with the Territory of Nunavut and the provinces of Prince Edward Island and Nova Scotia.</p>
<b>Geography</b>	<p>Québec covers an immense territory. Its 1,667,926 square km surface is equivalent to three times the size of France, five times the size of Japan, twice the size of Texas and seven times the size of the United Kingdom, making it Canada's largest province.</p> <p>Québec's majestic St. Lawrence River is bordered by the Canadian Shield to the north and the Appalachian mountains to the south. Its vast forests shelter more than a million lakes and rivers. Further north, the deciduous forest makes way for the coniferous forest of the taiga, followed by the shrubs and lichens of the tundra.</p>
<b>Name</b>	<p>The name "Quebec", which comes from a Míkmaq word meaning "strait, narrows", originally meant the narrowing of the St. Lawrence River off what is currently Quebec City.</p>
<b>Population</b>	<p>Québec has 7.4 million inhabitants, which is nearly a quarter of the Canadian population. Its population density is 4.4 inhabitants per square kilometer. Almost 80% of Québec's population lives along the St. Lawrence River.</p> <p>Quebec City's population is 715,000 (metropolitan region).</p>

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<b>Language</b>	The population is 83% francophone, while 11% of Québécois speak English in the home and 6% another language, i.e. Italian, Spanish, Arabic, Chinese, Greek, Vietnamese or Portuguese. More than 40% of Québec's population is bilingual, i.e. speaks French and English. In Montréal, where this percentage is 64%, a full 16% of the population also knows a third language.
<b>Currency</b>	Canadian Dollar
<b>Tipping</b>	10-15%
<b>Government</b>	Québec is North American by its geographic location, French by its language and civil code and British by its parliamentary system.
<b>Documentation</b>	None required for Canadian citizens
<b>Time zone</b>	EST
<b>Health</b>	Remember out of province health insurance
<b>Safety tips</b>	Normal precautions

<b>CLIMATE</b>	
<b>General climate</b>	Québec enjoys four very distinct seasons and four climate types: humid continental south of the 50th parallel, subarctic between the 50th and 58th parallels, arctic above the 58th parallel and eastern maritime in the Îles-de-la-Madeleine.
<b>Today's weather</b>	22 degrees Centigrade with sun and rain in Montreal (25 June 2011)
<b>Best time to visit</b>	Quebec is truly a four season destination

<b>GETTING THERE</b>	
<b>Flying time</b>	Ninety minutes from Toronto to Quebec City by air and just 60 minutes to Montreal. Porter, WestJet and Air Canada all fly frequently.
<b>Cities</b>	<p><b>Quebec City</b> The only fortified city north of Mexico - an unequalled charm, fine dining, and the world's biggest, wildest winter festival. European ambiance – cafe life, horse and buggies Architecture, pedestrian-friendly streets, fortifications unique in North America History and culture, museums Summer events, festivals Boutiques, bistros, restaurants, gastronomy Greats hotels Great outdoors minutes from the Old Québec: nature, majestic forests, hiking trails, canoeing, climbing, golf....</p> <p><b>Montreal</b> A unique city, with centuries-old architecture, museums, fine dining, sophisticated cafés, great night clubs first-rate accommodations and... opportunities to skate and cross-country ski right downtown, or discover fashions and bargains in the underground city....</p>

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<b>Distances</b>	Quebec City is 724 km from Toronto; Montreal is 6 hours drive time from Toronto and Quebec City is a further 3 hours from Montreal.
<b>Ferries</b>	Numerous ferries offer year-round or seasonal service on the St. Lawrence River and other major waterways (the Saguenay, Richelieu and Outaouais rivers). See <a href="http://www.traversiers.gouv.qc.ca">http://www.traversiers.gouv.qc.ca</a> for details of all the ferry services. A ferry also links the Îles-de-la-Madeleine to Prince Edward Island, while a passenger-freight ship serves the entire Basse-Côte-Nord region between Havre-Saint-Pierre, Île d'Anticosti and Blanc-Sablon From Mid-May until October, the CTMA Vacancier cruise ferry connects Montréal and the Magdalen Islands every week with stops in Québec City and Chandler. (see <b>CTMA Cruises</b> in the Destination section of this website)
<b>Trains</b>	<b>VIA Rail:</b> With the train, not only can you travel to Montréal and Québec City, but also to cities such as Jonquière (Saguenay) and Gaspé. The trip to the Gaspésie region, for example, is done overnight, an advantage given the length of the journey. <a href="http://www.viarail.com">www.viarail.com</a>
<b>Car Rental</b>	All major companies are represented in the cities and towns. <a href="http://www.QuebecMusts.com">www.QuebecMusts.com</a> encourages travelers to begin their summer road trip in Montreal and discover the beautiful surroundings. There are many attractions in Quebec for you to stumble upon by driving only a few hours. With the help of route directions and destination suggestions, residents and visitors are provided with a wealth of user-friendly information to plan their summer vacation.
<b>Buses</b>	You can get to most of Québec's cities and towns by bus. Intercity bus routes are offered by a few companies, among them: Orléans Express, Intercar and Limocar.
<b>Passes</b>	Available from May to December, the Rout-Pass intercity bus pass enables you to travel in Québec and Ontario via different bus companies for 7, 14 or 18 consecutive days. The <b>Montréal Museums Pass</b> lets you visit 38 museums over three days of your choice in a three week period for \$65, public transit included as at June 2011. The pass is available at all participating museums, at the centre Infotouriste de Montréal, the tourist information bureau in Old Montréal and at certain Montréal hotels. In addition, with the end of May each year comes Montréal Museums Day, where you can visit 32 museums free of charge. A shuttle bus runs between participating institutions. <a href="http://www.museesmontreal.org/en">http://www.museesmontreal.org/en</a>

<b>ACCOMMODATION TYPES</b>	Québec has over <b>5,500 accommodation establishments</b> that hold official classification certificates issued by the Corporation de l'industrie touristique du Québec, as well as 800 campgrounds classified by the
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	<p>Conseil du développement du camping au Québec. In short, there is every sort of accommodation under the sun on offer in Quebec...and some that are not under the sun: the Ice Hotel, for instance!</p> <p>Here are some recommendations in Quebec and Montreal:</p> <p><b>Hôtel Manoir Victoria</b> is a great base to explore the history of Quebec City; this is also our 2011 prize hotel, so see below for further details.</p> <p><b>Opus Montreal</b> is a stylish and convenient base for seeing the best of Montreal – it’s where I took my family on a recent trip.  <a href="http://www.opushotel.com/montreal/english/index.html">http://www.opushotel.com/montreal/english/index.html</a></p> <p><b>Le Meridien Versailles</b> on Sherbrooke is right in the heart of things in Montreal too and is where I am staying this weekend (June 24<sup>th</sup>, 2011) for the Travel Show.  <a href="http://deals.lemeridien.com/Le-Meridien-Versailles-Montreal-Hotel-1913/so.htm?PS=PS_aa_NorthBosChi_Google_le_meridien_versailles_montreal_Exact_120810_NAD_FM">http://deals.lemeridien.com/Le-Meridien-Versailles-Montreal-Hotel-1913/so.htm?PS=PS_aa_NorthBosChi_Google_le_meridien_versailles_montreal_Exact_120810_NAD_FM</a></p> <p>And in winter in particular, I recommend the <b>Hilton Montreal Bonaventure</b> for its central position and its gorgeous indoor/outdoor pool – perfect for when the snow is flying!  <a href="http://www1.hilton.com/en_US/hi/hotel/YULBHHF-Hilton-Montreal-Bonaventure-Quebec/index.do">http://www1.hilton.com/en_US/hi/hotel/YULBHHF-Hilton-Montreal-Bonaventure-Quebec/index.do</a></p>
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TARGET GROUPS	
<p><b>Kids</b></p>	<p>If travelling with children, select a Quebec road trip that begins and ends merely 2 hours from Montréal loaded with kid-friendly activities for all ages. On your drive in, visit the legendary Granby Zoo or the Ski Bromont Water Park in the Eastern Townships. Once you reach the Old Port of Montréal, hop on a bike, walk or rollerblade across the boardwalk to check out the Montréal Science Centre for some educational fun! Continue north on highway 15, the road linking Montréal to Mont-Tremblant, and stopover at the Cosmodôme Space Camp on your way through Laval to the Laurentians and the Tremblant area.</p> <p><b>Around Quebec City:</b>  <b>Valcartier Vacation Village:</b> This summer, discover the Repaire des Pirates the newest attraction for kids featuring a majestic pirate sailing boat with net, ropes and water slides. A blast of water and fun for ship’s boys and girls on a tree to tree wet-adventure course on monkey bridges and wooden footbridges and a pleasant family area for</p>

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	<p>everyone.</p> <p><b>The Cocorico Farm :</b> Kids will have fun in the Cocrico Farm opened since July 2005. This thematic attraction designed exclusively for youngsters from 1 to 6 years old offers low speed and shallow water attractions with a family area.</p> <p><b>Canada's largest waterpark</b> offers more than 35 water slides for everyone, a huge wave pool and much more. Challenge the Jacques-Cartier river in a <b>white water rafting</b> experience. Beginner or expert, let professional and experienced guides give you the thrill of a lifetime.</p> <p><b>In Montreal:</b></p> <ul style="list-style-type: none"> <li>•Visit the <b>Biodome de Montreal:</b> Perhaps the most engaging attraction in the city for children - - of any age. The Biodome houses replications of four ecosystems: a Laurentian forest, the St. Lawrence marine system, a polar environment, and, most engagingly, a tropical rainforest.</li> <li>•Explore the <b>Jardin Botanique and Insectarium:</b> Montreal's Botanical Garden has Chinese and Japanese gardens and greenhouses open all year long, while the Insectarium next door features praying mantises, tarantulas, a Butterfly House, and a gift shop that sells lollipops with scorpions inside.</li> </ul>
<b>Teens</b>	<p>Montreal: IMAX Theatre; Insectarium de Montreal: maggots, scarabs, tarantulas...La Ronde Amusement Park on the Ile de Ste-Helene; Planetarium de Montreal.</p> <p>And then there are so many soft adventure opportunities in the Quebec countryside that teens will be in seventh heaven! Try the Via Ferrata climbing route in Mont-Tremblant National Park...</p>
<b>Romance</b>	<p>Try the rustic but luxurious resorts in the Quebec countryside. On the trip for this Travel Show in June 2011 I will be sampling some of the Eastern Townships romantic inns: <b>Estrimont Suites in Orford and Domain Chateau-Bromont .</b></p>
<b>Honeymoons &amp; Weddings</b>	<p>Non-residents of Quebec can get married in the province in a palais de justice (courthouse). Prospective spouses need to fill out and submit the form entitled "Mariage civil" along with their birth certificates. Following this, they will be contacted by e-mail to set a wedding date.</p> <p>Palais de justice de Montréal, Service des mariages civils (civil unions and marriages) 1, rue Notre-Dame Est, Bureau 3.150 Montréal (Québec) H2Y 1B6 Tel.: (514) 393-2721</p>
<b>Seniors</b>	<p>Great touring opportunities and restful resorts, easy to get around and civilized comforts...perfect for a longer, leisurely trip...</p>

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<b>UNIQUES</b>	<p><b>Rupert Brooks</b> wrote in 1912: <i>'Is there any city in the world that stands so nobly as Quebec?'</i></p> <p><b>Charles Dickens</b> – <i>'The impression made upon the visitor by this Gibraltar of North America : its giddy heights; its citadel suspended as it were, in the air, its picturesque streets and frowning gateways; and the splendid views which burst upon the eye at every turn : is at once unique and everlasting'.</i></p>
<b>Surprising</b>	<p>Tourism is huge in Quebec, generating \$10 billion in revenues from 30 million tourists</p>
<b>History</b>	<p>About 10,000 years ago, the first people arrived on the territory that is now Québec. Later, these Aborigines welcomed the first French colonists. They traded furs with them and helped them adapt to the tough climate of the New World.</p> <p>1534 <b>Jacques Cartier</b> lands in Gaspé and finds a territory occupied by Aborigines.</p> <p>1608 <b>Samuel de Champlain</b> founds the city of "Kébec," an Amerindian word that means "where the river narrows."</p> <p>1642 Paul de Chomedey de Maisonneuve founds Ville-Marie, a small evangelistic mission that will later become Montréal.</p> <p>1701 The Great Peace of Montréal is signed with 39 Amerindian nations; this treaty that brings an end to the hostilities between the Aboriginal nations and the French colony.</p> <p>1759 The battle of the <b>Plains of Abraham</b> ends with the defeat of the French troops under Joseph de Montcalm at the hand of the English army led by General James Wolfe.</p> <p>1763 Louis XV cedes New France to the British Crown with the signing of the <b>Treaty of Paris</b>.</p> <p>1867 The British North America Act is passed, creating a confederation of four provinces: Québec, Ontario, Nova Scotia and New Brunswick.</p> <p>1960 The Quiet Revolution marks the beginning of major social changes and the modernization of Québec.</p> <p>1967 Montréal hosts the World Exposition, Man and His World.</p> <p>1976 The Summer Olympic Games are held in Montréal.</p> <p>1992 Montréal celebrates its 350th anniversary.</p> <p>2008 Québec City, the province's capital, celebrates its 400th anniversary</p>
<b>Books</b>	<p><b>Frommers Montreal and Quebec City 2011 :</b>          Best experiences in Quebec City : admiring the skyline from the Levis Ferry; strolling the Dufferin Terrace; Discovering The Lower Town</p>
<b>1000 Places to see before you die</b>	<p><b>Charlevoix</b>  <b>The Eastern Townships</b>  <b>Gatineau Park</b>  <b>Mont Tremblant Resort</b>  <b>Montreal International Jazz Festival</b></p>

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	<p><b>Montreal's Summer Festivals</b>  <b>Vieux-Montreal</b>  <b>Lake Massawippi</b>  <b>Carnaval de Quebec</b>  <b>Vieux-Quebec</b></p>
<p><b>Must Sees</b></p>	<p><b>The Saguenay region</b> is as magnificent as it is unknown – see it before it is truly discovered by the rest of the world! Unique in North America, the Saguenay Fjord dazzles visitors with its northern beauty, immense rock face and dizzying capes. Discover both shores of this phenomenon by following the signs of the Fjord Route! Winding through the heart of this colossal natural amphitheatre is the Saguenay River—a waterway feeding into the St. Lawrence that constitutes a veritable sea, complete with imposing tides, salt water and some 54 species of fish and marine mammal, including the Greenland shark and the beluga.</p> <p><b>The Image Mill</b>  Presented as part of Québec City's 400th-anniversary celebrations (when I saw it, entranced, even through pouring rain!), the Image Mill returns with new content. Residents and visitors will once again, free of charge, enjoy the world's largest architectural projection. This audio-visual presentation, which was truly famous, had attracted some 600 000 viewers last year. .</p> <p>This memorable work, created by renowned Québec director Robert Lepage, is comprised of four movements, each depicting a different century in the city's history: the age of waterways and exploration, the age of roads and settlement, the age of railroads and development, and the age of air travel and communication.</p> <p>This 40-minute sound and light show is projected on grain silos in the port of Quebec City, forming a giant screen 30 meters high and 600 meters wide. This creation is a tribute to Québec City's history and the pride of its inhabitants. The Image Mill, a technological and technical marvel (now listed in the Guinness book of records), will run 57 times a year through 2013.</p>

<p><b>SPORTS ACTIVITIES</b></p>	<p><b>Winter Activities in Quebec:</b></p> <ul style="list-style-type: none"> <li>• Snowmobiling</li> <li>• Dogsledding</li> <li>• Ice skating</li> <li>• Skiing</li> <li>• Scandinavian Style Spas</li> <li>• Snowshoeing, luge</li> <li>• Ice fishing</li> <li>• Ice climbing</li> <li>• Snow-rafting and snow-tubing</li> </ul>
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<p><b>Golf</b></p>	<p>Québec has nearly <b>400 courses</b> for you to choose from, including many high-calibre courses located not far from the major cities. Hit the links in the Laurentides, that blissful region of lakes and mountains just north of Montréal, and enjoy the superb resorts, such as the world-renowned Tremblant. Be charmed by the enchanting courses in the Eastern Townships, an emerald gem with a New England flavour. Admire the splendid panoramas of courses located near historic Québec City, including those overlooking the majestic St. Lawrence River in Charlevoix</p>
<p><b>Fishing</b></p>	<p><b>Atlantic salmon</b>, fished on 115 of Québec's most extraordinary rivers, is an extremely precious resource, protected and controlled to ensure its survival. It is primarily found along the maritime shore of the St. Lawrence, in the fluvial corridor of the Saguenay and the tributaries of these two majestic rivers. These crystal-clear, gushing rivers are managed by organizations or businesses (such as outfitters) with exclusive rights, and by five wildlife reserves</p>
<p><b>Rafting</b></p>	<p>Looking for a challenge? Check out the <b>Rivière Rouge</b>, whose famed rushing waters snake through the forests of the Laurentides and Outaouais regions. Test your mettle on the magnificent Rivière Jacques-Cartier, just outside of Québec City, amid breathtaking scenery. Enjoy the calmer rapids of the Hautes-Gorges segment of the Rivière Malbaie (Charlevoix), which winds through spectacular rock walls. Other rivers that may leave you hooked on rafting are the Outaouais, Gatineau, Matawin (Mauricie) and Batiscan (between Trois-Rivières and Québec City), and, in the Saguenay-Lac-Saint-Jean region, the Métabetchouan, Mistassibi and Shipshaw (the latter's level is exceptionally stable, thanks to a dam). Even the St. Lawrence boasts impressive eddies with the Lachine rapids, which have downtown Montréal as a backdrop (excursions are also offered in motorized boats).</p>
<p><b>Hiking</b></p>	<p>Whether you're an avid adventurer or someone who just loves walking, a sports enthusiast or a curious visitor, take a walk amid Québec's most breathtaking scenery, only accessible on foot. Québec is literally covered with trails for everyone, from the casual walker to the seasoned hiker. You'll find over 6,000 km of trails accessible to hikers, with close to 40% located in the Gaspé Peninsula, the Laurentides and the Eastern Townships.</p> <p>There are huge sections of the <b>Trans Canada Trail</b> to discover too. Once completed, this trail will link the Atlantic and the Pacific thanks to a 10,000-km uninterrupted path dedicated to hiking. The trail will span the forests of eight regions of Québec, from the Outaouais to the Bas-Saint-Laurent. To date, more than half of the planned 1,500 km of trails in Québec are presently accessible to hikers and cross Gatineau</p>

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	Park, Parc national du Mont-Tremblant as well as Parc national de la Jacques-Cartier.
<b>Cycling</b>	In 2007, Québec inaugurated the <b>Route Verte</b> , a marked bicycle route that extends for more than 4,000 kilometres. This vast bikeway network links 16 regions and passes through 320 municipalities, stretching all the way from one end of Québec to the other. Quebec City: The <b>Jacques-Cartier/Portneuf</b> trail is laid out on the old 68km long railway track-bed linking Saint-Gabriel-de-Valcartier and Rivière-à-Pierre. Easily accessible, with a maximum inclination of 3%, the trail offers scenery and natural attractions only reached by bicycle. Parking, resting points and other services are available the length of the trail.

<b>CULTURE</b>	
<b>Arts</b>	Theatre, dance, ballet, art galleries and more in Quebec City and Montreal...plus of course the world-famous Cirque du Soleil which celebrated its 25 <sup>th</sup> anniversary in 2009.
<b>Music</b>	There is a wonderful music scene in Montreal covering all aspects of music from classical to jazz to contemporary. Highlights are the many music festivals, the L'Opera de Montreal and the Montreal Symphony
<b>Films</b>	The Montreal Film Festival is world renowned.
<b>Museums</b>	<b>The Musée national des beaux-arts du Québec presents: Diaghilev's Ballets Russes: When Art Dances with Music</b> June 9 to September 5, 2011 During the summer season, the Musée national des beaux-arts du Québec is inviting the public to tour the enchanting fantasy realm of the Ballets Russes! This legendary troupe, founded by Sergei Diaghilev in 1909, revolutionized the world of dance in just twenty years. Bringing together top talents such as Nijinsky, Stravinsky, Debussy, Bakst, Larionov, Goncharova, Picasso, Matisse and Coco Chanel, the Ballets Russes became a point of convergence for dance, music and the visual arts. In their determination to fuse different disciplines in a single art form – the ballet – Diaghilev and his collaborators were pursuing the dream of "total art." Diaghilev's Ballets Russes: When Art Dances with Music showcases some 200 objects, including about fifty original wardrobe creations and set designs for The Firebird, Petrouchka, The Rite of Spring and other masterworks. Performance footage and clips of Ballets Russes signature music accompany the costumes, props and posters, ensuring a unique total art experience for visitors. Drawn for the most part from the collection of the Victoria and Albert Museum, London, and initially shown there, the exhibition will tour to venues around the world, including the La Caixa cultural centres in

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	<p>Madrid and Barcelona.  <a href="http://www.mnba.qc.ca">http://www.mnba.qc.ca</a></p> <p><b>The Musée de la Civilisation in Quebec</b> always has interesting exhibits and shows – see <a href="http://www.mcq.org/index_en.html">http://www.mcq.org/index_en.html</a> for current details.</p> <p>Quebec City has more than 30 museums covering archaeology, art, history, military, science, technology.</p> <p>My personal favourite museum in Montreal at present is the <b>Pointe-à-Callière (Montréal Museum of Archaeology and History)</b>. Built on the very site where the original colony was established in 1642 (Pointe-à-Callière), the modern Museum of Archaeology and History engages visitors in rare, beguiling ways. The triangular new building echoes the Royal Insurance building (1861) that stood here for many years. Go first to the 16-minute multimedia show in an auditorium that actually stands above exposed ruins of the earlier city. The show is accompanied by music and a playful bilingual narration that keeps the history slick and painless if a little chamber-of-commerce upbeat (children under 12 will likely find it a snooze).</p> <p>Pointe-à-Callière was the spot where the St-Pierre River merged with the St. Lawrence. Evidence of the area's many inhabitants - - from Amerindians to French trappers to Scottish merchants - - was unearthed during archaeological digs that took more than a decade. Artifacts are on view in display cases set among the ancient building foundations and burial grounds below street level. Wind your way on the self-guided tour through the subterranean complex until you find yourself in the former Custom House, where there are more exhibits and a well-stocked gift shop. Cost is \$13 adult, \$5 kids          Website: <a href="http://www.pacmuseum.qc.ca">www.pacmuseum.qc.ca</a></p>
<p><b>Festivals</b></p>	<p><b>Carnavale de Quebec</b> : Jan 27 – Feb 12, 2012          For over 50 years, the biggest winter carnival in the world has been celebrating the joys and magic of winter. Experience the thrills and emotions with your family by taking part in a variety of winter activities: snow rafting, horse-drawn sleigh rides, dogsledding rides, children's village and much more. Come to the splendid palace in the heart of Old Québec and say "bonjour" to the king of the festival, Bonhomme Carnaval. Let yourself be carried away by the whirlwind of renowned events, such as the canoe race on the icy St. Lawrence River, the International Snow Sculpture Competition, and the magical night parades</p> <p><b>Montréal International Jazz Festival</b> : June 25 - July 4 2011          Attracting more and more visitors each year thanks to its worldwide</p>

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	<p>reputation, the Montreal International Jazz Festival has become, in the space of thirty years, THE jazz rendezvous of the planet. Today, visitors can choose from among over 500 concerts - some 350 of which are presented outdoors, free of charge - that showcase the talents of the world's finest performers of jazz music and its spinoffs. Some 2,000 artists and over 1.5 million festival-goers converge upon Montréal each summer.</p>
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<p><b>ATTRACTIONS</b></p>	<p>Quebec is a huge destination with many different regions within its boundaries. Here are some ideas for the different regions:</p> <p><b>Eastern Townships</b>  Omaterra, le Grand spectacle de l'eau, in Sherbrooke will show different aspects of circus arts with a touch of burlesque, comedy, acrobatics, and dance. This uniqueness will captivate children and grown-ups alike. Try the brand new "Grand Cru" excursion boat from Escapades Memphremagog. And the Orford Express Tourist train is always a hit.</p> <p><b>Laurentians</b>  Viking: this concept is based on summer toboggan - the great difference from an alpine coaster is that the toboggans are firmly connected to a rail system, which means that even when force is used, they cannot be separated from the rails. Additionally, the rails are built a few meters above the ground so that it can also be used during the winter season.</p> <p><b>Agro-tourism</b>  Regions that are well-known for their wine, apple cider and all other culinary delights: Montérégie (South of Montreal), Centre-du-Québec (Warwick cheese festival) Chaudière-Appalaches (south of Quebec City)</p> <p><b>Family friendly</b> regions (how to keep kids busy on a rainy day!):  Quebec, Montreal, Laval, Outaouais.</p> <p><b>Wonderfully scenic</b> regions:  Magdalen Islands, Charlevoix, Bas-St-Laurent, Gaspésie, Lanaudière</p> <p><b>Hunting and fishing</b> regions:  Abitibi-Temiscaming, Mauricie (National parks and reserves). Quebec's Far North (James Baie and Nunavik)</p> <p><b>For nature lovers:</b>  Manicouagan and Duplessis</p>
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<p><b>Beaches</b></p>	<p>The St. Lawrence River is dotted with beaches and coves that are perfect for swimming. Upstream from Montréal, Saint-Timothée is a typical family destination with high-quality water. But it's in the <b>Gaspésie</b> - in the Baie des Chaleurs and the <b>Îles-de-la-Madeleine</b> - that you will enjoy a truly exceptional swimming experience. The archipelago is home to pretty lagoons and beaches that stretch as far as the eye can see, bathed by the sea and sun.</p>
<p><b>Wildlife</b></p>	<p>From the Canada goose to the great blue heron, from the moose to the humpback whale, more than 650 animal species—including 200 fish and 325 bird species—inhabit Québec's carefully preserved territory. Many of these species can be seen in the wilderness or by chance during a stroll through the forest, say, in one of Québec's national parks or wildlife reserves.</p> <p>The same goes for marine mammals, including whales—the St. Lawrence Estuary is teeming with them—migratory birds and numerous land mammals, such as cervids white-tailed deer, moose, caribou, bears and beavers</p> <p>Québec is one of the few places in the world where you can see such a wide variety of large sea mammals (13 species in all); second largest gannet colony in the world</p> <p>The <b>whale-watching period</b> can vary depending on species and location, and even from year to year. Organized excursions in the St. Lawrence estuary and gulf take place from May to October. Blue whales are more prevalent between August and October, although they can be spotted in June. Humpback whales and other species of rorqual (baleen or finback whales) are quite common from June to October. Belugas are present in the estuary all year long, but are rarely seen in the gulf during the summer.</p>
<p><b>Parks</b></p>	<p><b>Société des établissements de plein air du Québec (SÉPAQ):</b> Sépaq is a government agency mandated to operate some fifty recreational facilities and territories throughout Québec. Its mission is to manage, operate, and develop these natural sites in conjunction with local partners, with a view to protect, conserve, ensure profitability, and foster sustainable development. <b>For full information on Sepaq, go to the separate Destination file in this section of the Travel Show website.</b></p> <p>At 1,500 km<sup>2</sup>, Parc national du Mont-Tremblant is the largest of Québec's parks, while the smallest—Miguasha, in the Gaspésie—barely measures 87 ha (215 acres). The latter is home to a fabulous museum displaying a collection of fish fossils dating back 370 million years.</p> <p><b>Reserve Faunique des Laurentides</b> – 8000 sq km forest and rivers : hiking, canoeing, camping, skiing, fishing</p> <p>The new Jardin zoologique du Québec presents a brand new collection</p>

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	<p>specializing in birdlife and gardening presentations. Appreciate the beauty of our animal collection: more than 750 specimens representing 300 species., farm for kids</p> <p><b>Parc Aquarium du Québec</b> : The Parc Aquarium du Québec will take you on an expedition from the boreal zone to the Arctic. Discover more than 3,500 specimens representing 300 species: mammals, fish, invertebrates, amphibians and reptiles. In the outdoor park, see our marine mammals including white polar bears, walrus and several seal species.</p> <p><b>Perce Rock</b>: a 5 million ton monolith rising from the sea in the Gaspé and one of the most photographed sites in Canada.</p> <p><b>Anticosti Island</b>: on my personal Bucket List, this huge island sits astride the St Lawrence and is 1.5 times the size of Prince Edward Island, but with less than 300 inhabitants!</p>
<p><b>Gardens</b></p>	<p>One of the largest gardens in the world is right here in Québec: the <b>Montréal Botanical Garden</b>. Covering more than 75 ha (185 acres), it has 10 greenhouses and some 30 exquisite outdoor gardens. Must-sees include the Chinese Garden (with its pagodas and superb annual lantern exhibition), the Japanese Zen Garden, the 10,000 rosebushes... and, of course, the unique <b>Insectarium</b>. Montréal also boasts several other floral oases, including the Parc Jean-Drapeau, which maintained its fabulous gardens following the prestigious Florales internationales (international flower show) in 1980.</p>
<p><b>Castles/Forts</b></p>	<p><b>Quebec City</b>: is itself the only walled city in North America. Also: <b>Parliament Buildings</b> – 1877-1884, 30 min tour, free, English, National Assembly Chamber in blue white and gold</p> <p><b>Place Royale</b> – former homes of wealthy merchants, contains the most sig concentration of 17th and 18th century buildings in the Americas north of Mexico; steep Normandy-style roofs, cobble stone square, Interpretation Centre where kids can try on period costumes.</p>

<p><b>OTHER ACTIVITIES</b></p>	
<p><b>Shopping</b></p>	<p><b>Quebec City</b> - With 350 stores, Place Laurier is the largest shopping centre in Eastern Canada and the second-most popular tourist destination, after Old Québec City.</p> <p>The best shopping areas in <b>Montreal</b>:          In downtown, <b>rue Sherbrooke</b> is a major shopping street, with international and domestic designers, luxury items such as furs and jewelry, art galleries, and the Holts department store. Rue Crescent, off of Sherbrooke, has a number of upscale boutiques scattered on its northern end, plus numerous cafés for a break from shopping.</p> <p>Also downtown, <b>rue Ste-Catherine</b> is home to the city's top department</p>

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	<p>stores and myriad satellite shops. Most of Montréal's big department stores were founded when Scottish, Irish, and English families dominated the city's mercantile class, and most of their names are identifiably English, albeit shorn of their apostrophes. The principal exception is La Baie, French for "The Bay," itself a shortened reference to an earlier name, the Hudson's Bay Company. Nearby, rue Peel is known for its men's fashions.</p> <p>In <b>Vieux-Montréal</b>, the western end of rue St-Paul has a growing number of art galleries, clothing boutiques, and jewelry shops.</p> <p>In <b>Plateau Mont-Royal</b>, boulevard St-Laurent sells everything from budget practicalities to off-the-wall handmade fashions. Look along avenue Laurier between boulevard St-Laurent and avenue de l'Épée for French boutiques, home furniture and accessories shops, and young Québécois designers. Rue St-Denis north of Sherbrooke has strings of shops filled with fun, funky items.</p>
<b>Markets</b>	<p>Located near the former market - a magnificent building dating back to 1912 - the new <b>Maisonneuve Market</b>, which opened its doors in 1995, is a recent addition to Montréal's public markets.</p> <p>My personal favourite is <b>Marche Jean-Talon</b> which abounds with fresh produce and is a rainbow of colour.</p>
<b>Nightlife</b>	<p>Nocturnal pursuits are often as cultural as they are social in Montreal. The city boasts its own outstanding symphony, dozens of French- and English-language theater companies, and the incomparable performance company Cirque du Soleil. It's also on the standard concert circuit that includes Chicago, Boston, and New York, so internationally known entertainers, music groups, and dance companies pass through frequently. A decidedly French enthusiasm for film, as well as the city's ever-increasing reputation as a movie-production center, ensures support for cinemas showcasing experimental, offbeat, and foreign films.</p>
<b>Casinos</b>	<p>Quebec has four world class casinos :</p> <ul style="list-style-type: none"> <li>Casino du Lac Leamy in Hull</li> <li>Casino de Montreal</li> <li>Casino de Charlevoix</li> <li>Casino de Mont-Tremblant</li> </ul>
<b>CUISINE</b>	<p>Southern Québec is criss-crossed by nearly 30 routes dotted with farm tourism stops. In addition to the Wine Route and the Agricultural Tour, the most important routes include:</p> <ul style="list-style-type: none"> <li>The Flavour Trail, in Charlevoix</li> <li>The Cheese, Cranberry and Gourmet Delight Drive, Centre-du-Québec</li> <li>The Cider Route (Montérégie)</li> </ul>

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	<p>The Pommes en fête route (Laurentides)          The Gourmet Route (Québec City and Charlevoix)          The Country Roads (Lanaudière)          The Countryside and Cheese Maker Tour (Saguenay—Lac-Saint-Jean)</p>
<b>Food</b>	<p>Traditional recipes are adapted to reflect today's tastes by chefs at major restaurants, which also offer a large selection of fine Québec products, such as foie gras, magret de canard (duck cutlet), caviar de corrégone and ice wine. These regional products give Québec cooking its own identity, much to the delight of gourmets!</p> <p>Looking for something exotic? You'll find ethnic cuisine from the four corners of the world in Québec's large cities, where you can sample sushi, Portuguese tapas, Thai dishes, Lebanese specialties ... and much more! The rich mosaic of international flavours offered in restaurants bears witness to the diversity of cultures that make up Québec today.</p> <p><b>Regional cuisine</b>          Wherever you're headed in Québec, you'll be enchanted by the local specialties.</p> <p>In the Montérégie, where orchards make up 30% of the territory, a wide variety of ciders are made that have been honoured at international competitions.</p> <p>In the Bas-Saint-Laurent region, locals have mastered the art of smoking salmon, trout, sturgeon and eel in the style of their ancestors. On the Îles-de-la-Madeleine, you can sample pot-en-pot, a tasty mixture of fish or seafood and potatoes baked in a crust.</p> <p>The Saguenay—Lac-Saint-Jean is renowned for its tourtière (meat and pork pie) and soupe aux gourganes (broad bean soup).</p> <p>The cheeses produced in Charlevoix boast their own unique personality and, in the Gaspésie, the salmon pie is like none other.</p> <p>On the North Shore, most of the dishes feature fish and shellfish from local waters, such as northern shrimp, snow crab and scallops.</p> <p>In the Mauricie region, meat from locally raised bison and ostrich is a delicacy. The culinary delights continue, from region to region!</p>
<b>Wine</b>	<p>Explore <b>The Wine Route in the Eastern Townships</b>: follow Québec's first marked Wine Route. On the menu: red, white and rosé wines, aperitifs and ice wines... the countryside as you've never tasted it before. Full details can be found at:  <a href="http://www.quebecmusts.com/road-trip-wine-road.php">http://www.quebecmusts.com/road-trip-wine-road.php</a></p>
<b>Restaurants</b>	<p><b>Quebec City –</b>  <b>Aux Anciens Canadiens</b>, in one of the oldest houses, upscale Quebec specialties;  <b>Charles Baillarget</b>, oldest restaurant in Canada, French cuisine;  <b>Bistrot Sous le Fort</b>, reasonably priced regional cuisine.</p>

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	<p><b>Initiale Le Restaurant:</b> The owners remodelled some sections of their restaurant to give it a refreshed and elegant look. Located in the Old Port district, Initiale Restaurant offers a unique culinary experience, fine French cuisine, a relaxing atmosphere and a sophisticated decor. The restaurant was welcomed as a Relais Gourmand, a new link to the Relais &amp; Châteaux chain of prestigious restaurants, during its annual convention held in Geneva at the end of 2005.  <a href="http://www.restaurantinitiale.com">www.restaurantinitiale.com</a></p> <p><b>Panache</b> is located in Auberge Saint-Antoine. Chef François Blais is very creative and innovative with his French Canadian dishes prepared from local products. Panache became a Relais Gourmand at the end of 2005 at the same time Auberge Saint-Antoine became a Relais &amp; Châteaux establishment. <a href="http://www.saint-antoine.com">www.saint-antoine.com</a></p> <p><b>Laurie Raphaël</b> This new concept now has a laboratory where chef and owner Daniel Vézina gives cooking classes on Wednesday nights and Saturday afternoons. The restaurant also features a boutique where one can purchase Laurie Raphaël's dishes, kitchen accessories, recipe books, etc... and, of course, great food with an "à la carte" menu.  <a href="http://www.laurieraphael.com">www.laurieraphael.com</a></p>
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<b>MORE INFO</b>	
<b>Brochures</b>	Request at <b>1 877 BONJOUR</b> or download from the website below <a href="http://www.bonjourquebec.com">www.bonjourquebec.com</a>
<b>Websites</b>	<ul style="list-style-type: none"> <li>•Access to over 12,000 info sheets via their user-friendly website</li> <li>•Book and purchase vacation packages, accommodations and show tickets online</li> <li>•Call centre open 7 days a week to answer questions or inquiries</li> </ul> <p><a href="http://www.viarail.ca">www.viarail.ca</a> for rail travel to Quebec</p> <p>To listen to a podcast of traveling in Quebec, go to:  <a href="http://www.chrisrobinsontravelshow.ca/talk_travel/TalkTravel_Quebec_2010.html">http://www.chrisrobinsontravelshow.ca/talk_travel/TalkTravel_Quebec_2010.html</a></p> <p>For detailed information on some of the regions in Quebec that have been showcased on past Travel Shows go to the Destinations section of this website at  <a href="http://www.chrisrobinsontravelshow.ca/destinations.asp">http://www.chrisrobinsontravelshow.ca/destinations.asp</a> and look for:</p> <p><b>Bas-Saint-Laurent</b>  <b>Charlevoix</b>  <b>Nunavik</b>  <b>Iles de la Madeleine</b>  <b>Mont Tremblant</b>  <b>Saguenay Lac-Saint-Jean</b></p>

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<b>HOTEL PRIZE PARTNER 2011</b>	<b>Hôtel Manoir Victoria</b> Address: 44, Côte du Palais, Vieux-Québec, QC G1R 4H8 Tel: 1 800 463-6283 and 418-692-1030 Website: <a href="http://www.manoir-victoria.com">www.manoir-victoria.com</a>
<b>Location</b>	Located in the heart of the historic, culturally vibrant and gastronomic activity of Old Quebec, Hotel Manoir Victoria extends a warm and friendly welcome in an inviting décor.
<b>Services</b>	Indoor pool and sauna Gym and health club Free high speed Internet access Internet lounge Indoor parking with valet service.
<b>Spa</b>	Sink into that feeling of ease at Le Spa du Manoir, the only Spa and Relaxation Centre in Old Québec. It offers a full range of services for your beauty and well-being with expert advice.
<b>Accommodation</b>	With its unique European style, this 4-star hotel offers a smoke-free environment and 156 rooms and suites, some of which are high-luxury units with ambiance fireplace and whirlpool bath.
<b>Children</b>	Kids are welcome at this friendly hotel which is right in the middle of all the history of the city.
<b>Restaurants</b>	There's a choice between fine dining at "La Table du Manoir", and the more relaxed atmosphere of the "Resto-Bistro Le St-James".

<b>RAIL TRAVEL PRIZE PARTNER</b>	<b>VIA Rail</b> <a href="http://www.viarail.ca">www.viarail.ca</a> or phone 1 888 VIA-RAIL
<b>Details</b>	VIA Rail Canada run more than <b>480 trains</b> per week over a 14,000-kilometre network linking more than 450 locations in Canada - that adds up to about four million passengers per year on VIA trains! - Connected - <b>Wireless Internet</b> service available in-stations and on select trains lets you email, chat with loved ones or do some research. Get 24 hours of service for as little as \$8.95! - Convenient - Priority boarding, a delicious <b>meal included</b> in the price of your ticket and complimentary newspapers create stress-free travel. - Choice - <b>Facing seats</b> , at-your-seat power outlets for your portable computer and premium lighting create a fine ambience before - and after - your vacation.
<b>CURRENT DEALS</b>	<b>VIA rail from Toronto to Montreal is just \$69 one way (as at June 2011)</b> Seniors: As a traveller 60 years of age or over, you can save year round on the adult regular fare in Economy class. Simply choose the 60+ fare when booking online. For all current deals see <a href="http://www.viarail.ca/en/deals">http://www.viarail.ca/en/deals</a>

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<b>CURRENT DEALS</b>	<p>Check out offers from Tourisme Quebec's various tourism partners in 2011. Original getaway ideas, great package deals, exciting contests... a wide array of unique opportunities for you to choose from! Go to: <a href="http://www.bonjourquebec.com/ca-en/partenaires0.html">http://www.bonjourquebec.com/ca-en/partenaires0.html</a></p> <p><b>Hotel Manoir Victoria</b>, our prize hotel, has a summer 2011 promotion: For any reservation, at regular rates of Deluxe and Grand Luxury rooms they offer the following discounts: Reserve 2 nights and get 10% discount Reserve 3 nights and get 15% discount Reserve 4 nights and get 20% discount</p>
<b>PERSONAL EXPERIENCES</b>	<p>Quebec City, Montreal, Hull, Eastern Townships, Kuujjuaq in Nunavik, Mont Tremblant, Saguenay, Charlevoix.</p> <p>I will be broadcasting the show on June 25<sup>th</sup> 2011 from the Astral radio studios in downtown Montreal and then spending a few days in the Eastern Townships, exploring another part of this wonderful province.</p>

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