



Québec

Providing emotions since 1534



Sublimely **RESORTFUL**

Where relaxation rules and **SMILES REIGN**



Sent in search of gold by the king of France,
Jacques Cartier set foot in Québec in 1534
and discovered so much more:



a land of emotions!

Stretching more than 1,600,000 km² (640,000 square miles) across northeastern North America, Québec invites you to feast on its playful energy and the breathtaking diversity of its wide-open spaces. Its Native, French and English heritage grooves to the continent's cosmopolitan beat while keeping time to a multitude of international rhythms.

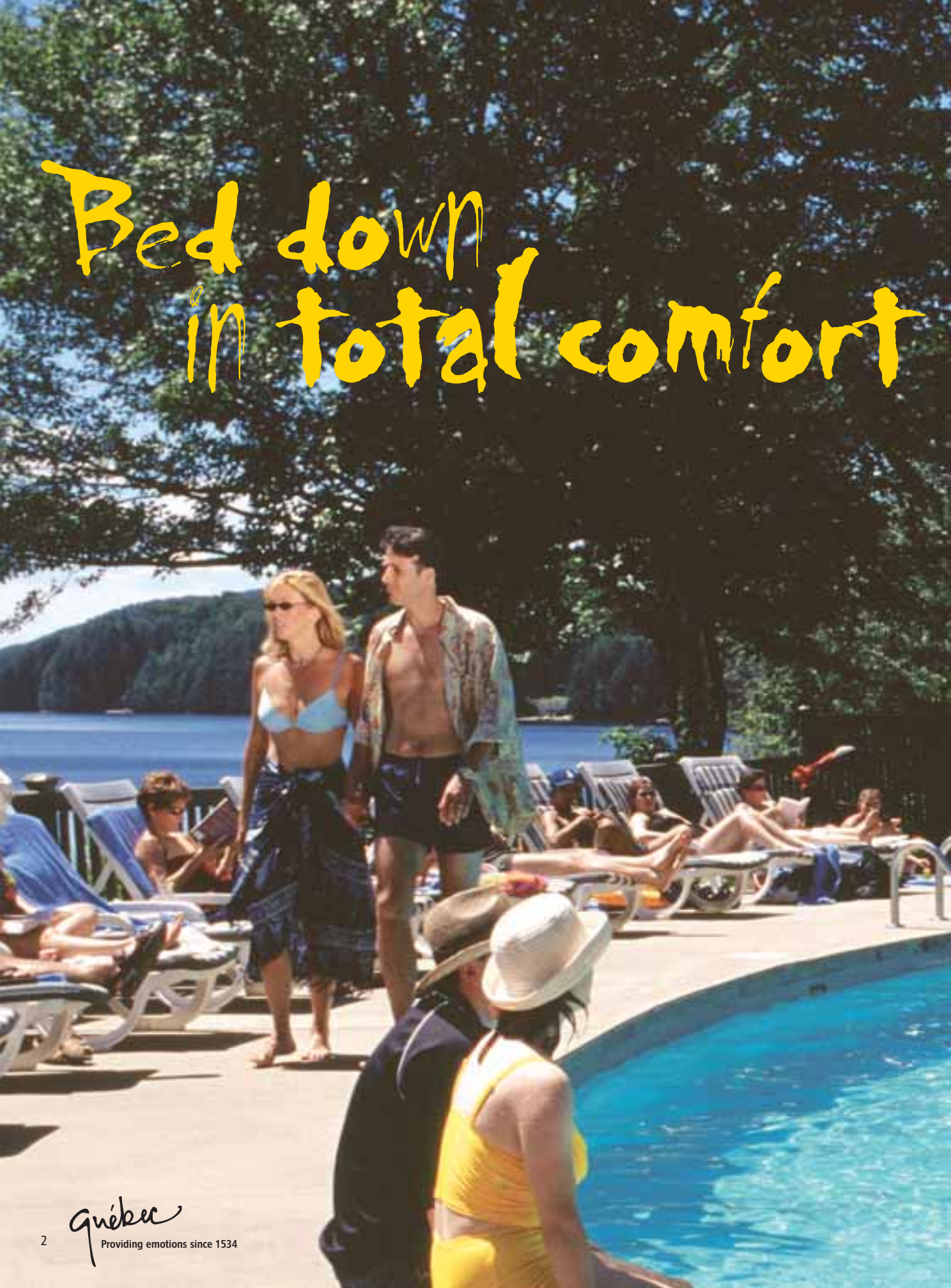
Here, time dresses up in a colorful four-season wardrobe, vibrant cities and picturesque villages envelop themselves in nature's extravaganza—fertile valleys draped in autumn hues or winter white, untouched forests, craggy mountains bearing the signature of the millennia. Here, thousands of winding rivers and countless pristine lakes interlace and delight. Here, one of the world's most magnificent rivers dons the airs of an ocean.

Right next to its cities, Québec shelters spectacular edens, from lush valleys and playful countrysides, to rolling mountains and game-filled forests, gazing towards the sea or majestic river, a meandering stream or crystal-clear lake. These oases of leisure and recreation invite you to recharge your batteries and revel in the peacefulness of gentle adventures. Day and night, Québec's hotels and inns offer unparalleled comfort, leaving no detail unattended and every guest enchanted in a land that is—**sublimely resortful!**

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Bed down in total comfort





Business or pleasure, short or long stay, hearts soar in Québec with its large-scale destination resorts, romantic inns, quaint B&Bs, cozy hotels, sensational spas, fully equipped campgrounds and rustic or upscale hunting and fishing lodges, each exuding its own distinctive charm. Escape your daily routine, quench your thirst for freedom, unwind your body and mind, and surrender to the pleasure of leisure. Drink your fill of nature and culture, lighten the load, loosen up and taste the magic of a real vacation.

Québec, where relaxation reigns!

A tempting

playground



Charlevoix



Gaspésie



Eastern Townships

Québec's resorts treat you to state-of-the-art sports and recreational facilities nestled in spellbinding landscapes, dotted with lakes and rivers, inspiring relaxation or exhilarating action! Golfing or biking. Canoeing or sailing. Tennis or whitewater rafting. A hike in the forests or mountains.

With so many adventures, you'll wonder where to start!



Come winter, nothing beats a cup of hot chocolate by the fire after an invigorating day of cross-country skiing or snowshoeing, and a few fancy spins on the ice. An evening of snowtubing brings out the child in everyone, while downhill skiing inspires whoops of joy and glee! Snowrafting or snowboarding. Snowmobiling or dogsledding.

A bevy of recreational activities awaits you. Wild yet accessible, Québec dares you to resist the temptation to join in the fun—all year round!



Parc national des Monts-Valin, Saguenay-Lac-Saint-Jean



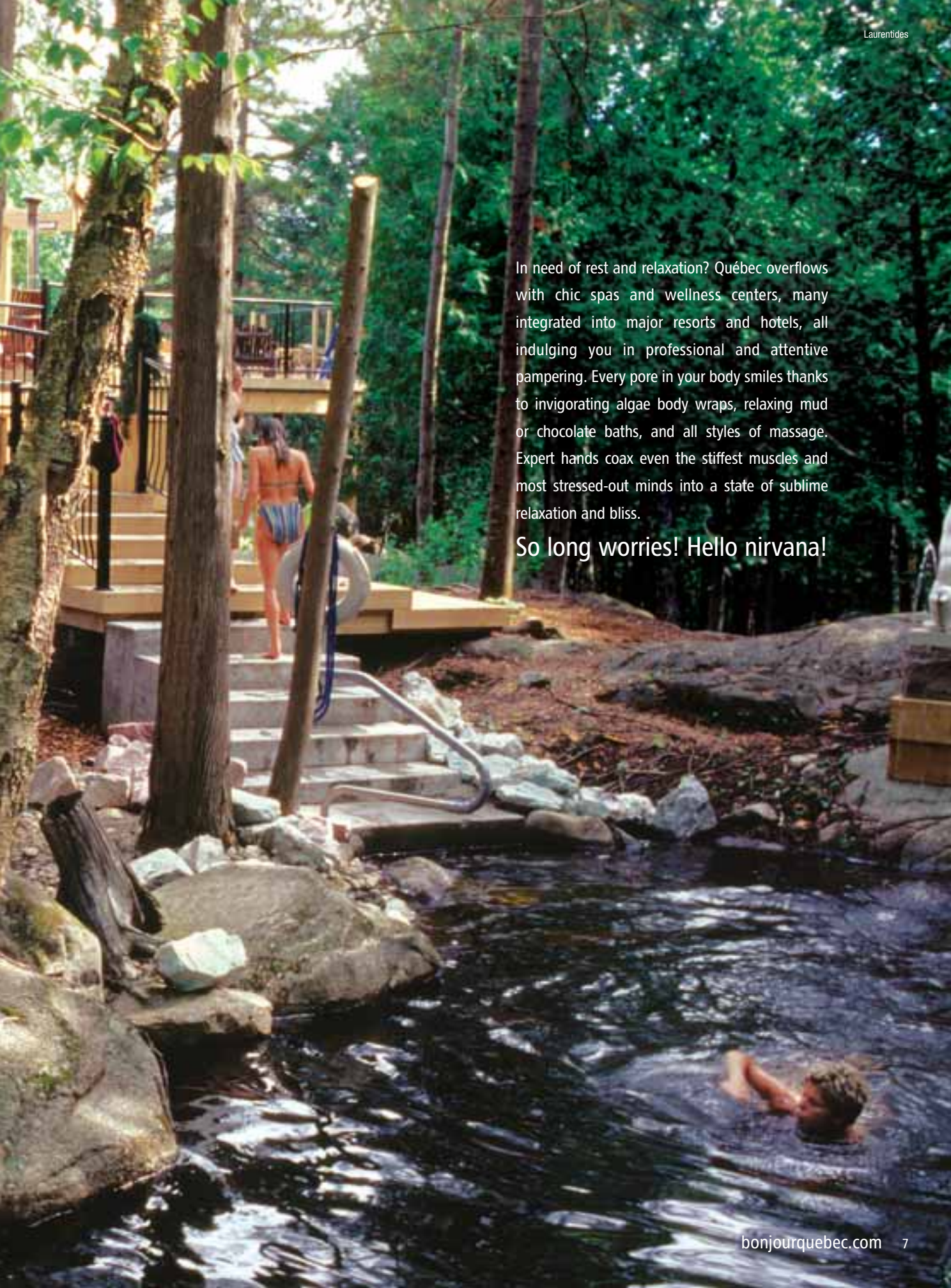
Mont Tremblant Resort, Laurentides





Pamper yourself

québec



In need of rest and relaxation? Québec overflows with chic spas and wellness centers, many integrated into major resorts and hotels, all indulging you in professional and attentive pampering. Every pore in your body smiles thanks to invigorating algae body wraps, relaxing mud or chocolate baths, and all styles of massage. Expert hands coax even the stiffest muscles and most stressed-out minds into a state of sublime relaxation and bliss.

So long worries! Hello nirvana!



Eastern Townships



Chaudière-Appalaches



Savor the difference

For a taste of something unique, look no further than Québec. Tour its fruit orchards, specialty cheesemakers, wineries, sugar bushes, museums and art galleries. Discover historic sites, explore Québec's Native culture, and visit fascinating interpretation centers. Stroll through bustling cities, coastal villages and hinterland havens. A vacation in Québec gives rise to an unrivaled sense of well-being,

matched only by the good food and good times!



Montréal



A whirlwind of activities!



Throughout Québec, cultural attractions showcase art and history year round while festivals and celebrations fill up every month of the calendar. On the program, a constellation of music festivals, including the Lanaudière International Festival, musical picnics at Domaine Forget, Tremblant's famous Bluesfest, Drummondville's colorful Mondial des Cultures, the Trois-Rivières International Poetry Festival and Saint-Tite's Western Festival, not to mention hot-air balloon celebrations, ice-sculpting competitions, stunning exhibitions at the Cité de l'Énergie and the International Garden Festival in Grand-Métis.

Québec puts its heart and soul into everything!

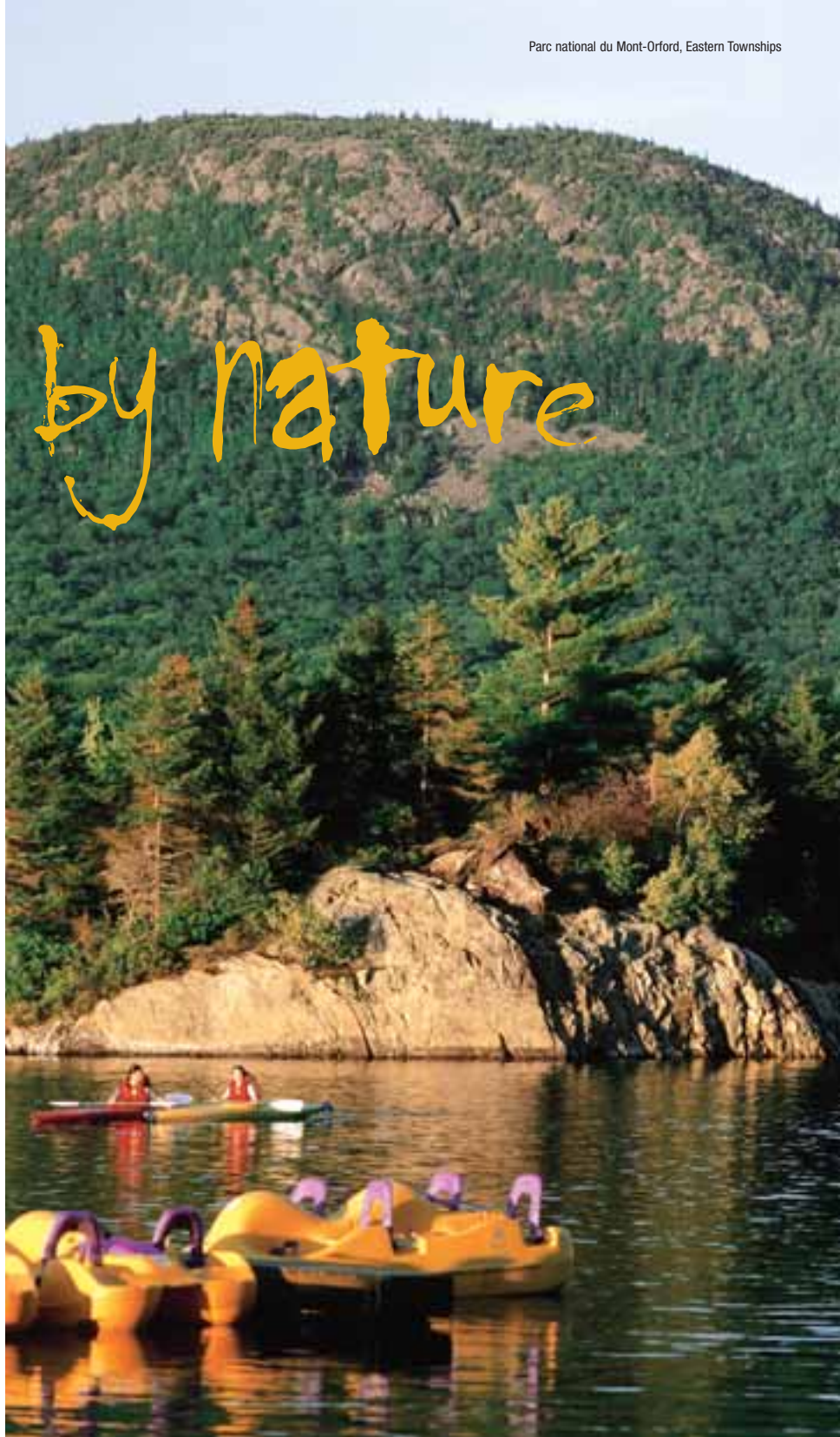


Eastern Townships



Generous by nature

Québec's parks are world renowned for their excellent equipment, installations and vast wildlife preserves that readily share the countless faces of an unblemished nature. Rubbing shoulders with villages and towns, several national parks preserve ecosystems of an unexpected diversity. Nature lovers are enraptured by the untamed and spectacular natural jewels of Mont-Tremblant, Mont-Orford, Jacques-Cartier, Gaspésie and Gatineau Parks as well as the Duchesnay Park Resort. Two other awe-inspiring parks are well worth the trip—Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie, both located within the fabulous Charlevoix World Biosphere Reserve. Québec is naturally generous!



Delicious Memories

One of life's greatest pleasures—a mouthwatering and memorable feast served by smiling and gracious hosts in an enchanting setting.

Renowned for its fine cuisine and legendary welcome, Québec takes pride in its topnotch restaurants. On or off the beaten path, tables are laden with gastronomic delights, each region dishing up its own tantalizing specialties. With its exuberant and bountiful nature, its innovative and award-winning chefs, Québec elevates the enjoyment of food and drink to a high art, earning its reputation as one of world's tastiest culinary capitals!





For a detailed guide to the entire road system, pick up a copy of the *Québec Official Road Map*, published by Publications du Québec.

Distances

	Montréal		Québec City		Gatineau/Ottawa	
	km	mi.	km	mi.	km	mi.
Boston	510	315	645	400	756	470
Buffalo	635	395	895	555	579	360
Chicago	1365	847	1620	1005	1195	743
Hartford	529	330	780	485	727	452
New York	605	378	870	540	830	516
Philadelphia	760	465	1010	620	732	455
Toronto	525	325	775	480	393	244
Washington	965	600	1210	752	914	568

TOURIST INFORMATION

FOR INFORMATION OR RESERVATIONS:
bonjourquebec.com

FROM CANADA OR THE UNITED STATES

1 877 BONJOUR (1 877 266-5687)
operator 838

FROM THE UNITED KINGDOM, NETHERLANDS & NORDIC COUNTRIES

Telephone: +44 (0) 8705 561 705
(international call charges apply outside the UK)

bonjourquebec.com/uk

INFOTOURISTE CENTERS PERMANENT CENTERS

Montréal
1255, rue Peel
(corner of Sainte-Catherine)

Québec
12, rue Sainte-Anne
(across from the Château Frontenac)

FROM ANYWHERE IN THE WORLD

Telephone: (514) 873-2015
Fax: (514) 864-3838

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	AVERAGE MINIMUM AND MAXIMUM TEMPERATURES							
	January		April		July		October	
	°F	°C	°F	°C	°F	°C	°F	°C
MONTRÉAL	5/21	-15/-6	34/52	1/11	59/79	15/26	39/55	4/13
QUÉBEC CITY	1/17	-17/-8	29/46	-1/8	55/77	13/25	36/52	2/11

IMMIGRATION AND CUSTOMS FORMALITIES

Visitors from any country except the United States must carry a valid passport. American citizens need only proof of citizenship such as a birth certificate and an identity card that includes a photo. Visas are required for visitors from certain countries. It is always advisable to check with the Canadian consulate or embassy before setting out for Québec.

For more information, look under **Useful tips** on our website:
bonjourquebec.com

TOURIST ROUTES AND CIRCUITS



For information on these tourist routes and circuits, visit **bonjourquebec.com** or consult the *Québec Official Road Map*.

WHEELCHAIR ACCESS

For information regarding hotels, restaurants and tourist attractions in Québec with wheelchair access, contact Kéroul at (514) 252-3104 (www.keroul.qc.ca).

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Québec serves up four unique experiences, shaped by four breathtaking seasons and four distinct rhythms, moving across land, water and sky: *Intensely Urban*, *Sublimely Resortful*, *Passionately St. Lawrence*, *Exuberantly Wild*. Choose, discover, explore, savor... Québec!

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