



Quebec 2010 Itinerary

The reputation of the province of Quebec as a tourist destination with a difference is well known. Between quiet villages and the bustling cities, you can discover the true meaning of Quebec's legendary wide open spaces you have heard so much about and that have made the reputation of Quebec as an exceptional travel destination.

The region you will discover on this tour is Quebec City and surrounding area, which has some of the prettiest and most interesting natural and built attractions in Canada.

Quebec City is the cradle of French Civilization in North America, and celebrated its 400th anniversary in 2008. In addition to being historically significant (it's a UNESCO World Heritage Site), Quebec City also boasts some of the better restaurants in Canada.

Some highlights:

- Walking tour of old Quebec including the boardwalk on Terrace Dufferin to Promenade des Gouverneurs and the Plains of Abraham
- Biking Ile de Orleans, the jewel of St. Lawrence river with a magnificent view of the north shore
- Riding along the route de la Nouvelle-France on the Cote de Beaupre
- Visiting the basilica at Ste. Anne-de-Beaupre
- Exploring the National Wildlife Area at Cap Tourmente
- Being awestruck by the waterfalls at Canyon Ste. Anne

To us Quebec is the perfect place to tour: rich in history, with spectacular landscape and not too challenging, but at the end of the day you will feel you have earned your evening dinner.

Trip at a Glance

TRIP PRICE

\$1,095 double occupancy
\$600 single supplement

DURATION

8 days, 7 nights

LEVEL

Easy to medium

DATES

August 22 - 27

Maximum group size: 10

Itinerary:

Day One - Quebec City

Arrive in Quebec City by train or plane. We will pick you up and take you to our hotel. In the afternoon we will check out our bikes and after that you are free to explore Quebec City. In the evening we have dinner together and give an overview of the tour.

Meal: Dinner

Day Two- Quebec City

Today we will sightsee in Vieux-Quebec City. The highlights include

- A walk along the boardwalk on Dufferin Terrace to the Plains of Abraham where the English and French fought in 1759
- Battlefields Park on the Plains of Abraham
- Musee du Fort with its light and sound show recreating the six sieges that shaped Quebec's and Canada's history
- Visit the Citadelle, known as the Gibraltar of North America, and the museum of the Royal 22nd Regiment
- Explore the Vieux-Port with its rich maritime and shipping history.

In the evening we sample the local cuisine at one of the restaurants in the lower town of Old Quebec.

Meals: Breakfast/Dinner

Day Three - Quebec City to Ile de Orleans

Today we ride along St. Lawrence River following the bike path and cross over the bridge to Ile de Orleans by Montmorency Falls. We ride along the north side of the island with its vineyards and apple orchards to the eastern tip where we are rewarded with a spectacular view of Mont Ste. Anne and Cap Tourmente. We then proceed along the south side of the island and visit some of the local churches, such as Saint-Pierre built in 1717, the oldest church in Quebec.

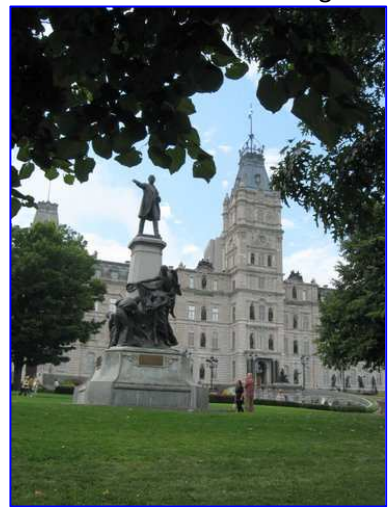


Total distance cycled: 70 km

Meals: Breakfast/Dinner

Day Four - Ile de Orleans to Ste. Anne-de-Baupre

In the morning we bike to the western tip of the island where we have a magnificent view on Quebec City. We cross the bridge to the mainland and stop in at Montmorency Falls (higher than Niagara). We



then bike to Parc de la Chute-Montmorency and view the falls from above. We now bike along route de la Nouvelle-France. This is a great ride – relatively easy, scenic and with very little traffic. You will have plenty of time to savour the shady forests and the many historical buildings along the Royal Avenue, before arriving at the famous pilgrimage destination of Ste. Anne-de-Beaupre. In the afternoon we visit the basilica.

Total distance cycled: 45 km

Meals: Breakfast/Dinner



Day Five – Cap Tourmente and Canyon Ste- Anne



The first destination today is the National Wildlife Area of Cap Tourmente. We will bike along country roads with very little traffic and no hills. At Cap Tourmente we will explore the areas marshes, plains and forests. We will then bike to Canyon Ste. Anne, and climb a few hills in the process before arriving at the spectacular canyon grooved by 74 M waterfalls into 900 millions years old rocks. We cross 3 suspensions bridges... one 60 M above the gorge! Known by natives, painted by Krieghoff, described by American philosopher and environmentalist H.D. Thoreau, it's now your turn to explore this jewel of nature. For those interested, we can also bike to Mont Ste. Anne (the Mont part should tell you it's hilly!) and take the gondola to the top of the mountain, known for great winter sports and mountain biking.

Total distance cycled: 40 km

Meals: Breakfast/Dinner

Day Six – Ste. Anne-de-Beaupre to Quebec City

We leave Ste. Anne-de-Beaupre behind and bike back to Quebec City along the Royal Avenue. After lunch we will take you to the train station or the airport if you haven't travelled by car and wish you bon voyage until your next bike tour!

Total distance cycled: 35 km

Meals: Breakfast



For the most part the tour follows bike paths or secondary roads with few hills. The exception is in the Mont Ste. Anne area which is hilly. However as our guest you should never hesitate to use the van when the cycling is no longer pleasant for you.

TRIP TOTAL: 190 km averaging 45 km per day. Optional longer rides available on some days.

What's Included

- All accommodations
- A review with your guide each morning at breakfast to go over the day's exciting route or sightseeing schedule
- Highlighted regional maps with background on each noteworthy sight and plenty of options to try along the way.
- All entrance fees to historic sites and museums
- Support vehicle that sweeps the day's route distributing refreshments, picking up your purchases, and offering lifts to the accommodations.
- All breakfasts and dinners
- Guides who look after your every need
- All transportation from rendezvous to final drop-off
- All baggage transport

What's not Included

- Lunch and any alcoholic beverages
- Bike Rental. We can arrange rentals - for types of bikes and rental prices, check here: www.cycloservices.net

Our Bike Route

