



CSP

CANADA
SPECIALIST
PROGRAM

Bonjour Quebec

Tour the French heart of North America, from the cosmopolitan streets of Montréal to the medieval walled city of Québec City. Then head into the rolling countryside along the north shore of the St. Lawrence River, Québec's epicenter of local cuisine, whalewatching and wilderness adventure.



ONTARIO

QUEBEC

① Montréal

④ Saint Siméon

⑦ Les Éboulements

② Québec City

⑤ Tadoussac

⑧ Montréal

③ La Malbaie

⑥ Essipit

Approx. distance = 666 mi (1,073 km) 8 days

Montréal

①

②
③
④
⑤
⑥
⑦
⑧

PRINCE
EDWARD
ISLAND

NEW BRUNSWICK

NOVA SCOTIA

Start: DAY 1-2

Montréal

Old Montréal and Old Port

Step back in time in Old Montréal with a ride in a horse-drawn carriage through narrow streets lined in 18th-century homes and shops. Drop into art galleries and boutiques, or relax on the terrace of a bistro or sidewalk café.

Notre-Dame Basilica of Montréal

Montréal's religious gem has a magnificent neo-Gothic interior of wood and a boldly modern design with paintings, sculptures and stained-glass windows. In the evenings, catch a sound and light show.

Museum of Archeology and History Pointe-à-Callière

Follow an underground archeological circuit through the city's actual birthplace, the original stone ramparts, 17th and 18th century buildings, a marketplace and the city's first cemetery.

Musée d'art contemporain de Montréal

Discover the diverse artistic works of Quebec's contemporary, often trend-setting, visual artists.

Montréal Botanical Garden

A maze of gardens and greenhouses, one of the world's biggest botanical displays has everything from a Sonoran desert to a peaceful Japanese oasis and a First Nations Garden where local natives explain their traditional, sacred and medicinal uses of plants.

The Montréal Museum of Fine Arts

As well as grand special exhibitions, the museum's permanent collection represents all eras and areas with rooms devoted to Napoleon, glass sculptures, African and Inuit arts and pre-Columbian treasures.

Festival International de Jazz de Montréal

Hot jazz hits the pavement every year in late June for two weeks of world-class music and hundreds of free performances in the car-free streets of downtown.

St-Denis and St. Laurent Streets

With their sidewalk cafés, lively bar scenes, boutiques, bistros and fine restaurants, St. Denis is the city's elegant French boulevard while St. Laurent is the funkier English and multi-cultural city stroll.

Mont Royal Park

Laid out by the architect of New York's Central Park, hilltop Mount Royal Park is a forested city oasis for picnics, strolls, outdoor activities or simply taking in city views.

Cycling in Montréal

Explore some of Montréal 500 kilometers of bike paths using the city's public bike system, BIXI. Pick up your BIXI at one station, ride, and then drop it off at another.



DAY 3-4

Travel west on Highway 40 for (261 km) to Québec City. Overnight in Québec City.

Québec City

The Fortifications of Québec National Historic Site

Walk alongside cannons atop the ramparts of Old Québec, the only walled city in North America. Meander along narrow, winding streets lined in 18th and 19th century buildings that are now boutiques, B&Bs, museums, galleries and cafes serving fine French cuisine.

Château Frontenac

A hotel that thinks it's a castle, the Château is as much an architectural landmark as an elegant retreat for dining or overnighting. Dufferin Terrace outside has views across the St. Lawrence and is a popular spot for street musicians.

Plains of Abraham (Battlefields Park)

The site of French-English battles that changed the fate of North America is now a park popular for big-name concerts during the annual Summer Festival.

Musée national des beaux-arts du Québec

A grand building on the Plains showcases a vast collection of Quebec art, over 35,000 works dating back to the 17th century as well as contemporary and Inuit art.

Lower Town

Grab the funicular or the Escalier Casse-Cou (Breakneck Stairs) down to the narrow cobblestone streets of the oldest commercial district in North America, a warren of shops, restaurants and site of Place Royale, Old Québec's original town square where guides in period costumes explain local history.

Cirque du Soleil and the Image Mill

Finish the day watching Robert Lepage's Image Mill, an animated multi-media presentation projected on giant, waterfront grain silos, then mingle with circus performers in the streets of the old city.

Ile d'Orléans

Tour an island that feels like it's still in the 19th century, driving from one heritage village to another with stops at a chocolate factory, cheese dairy, cider house and sugar shacks.

Montmorency Falls Park

At 83 m, higher than Niagara Falls, Montmorency will douse you in spray at the base platform. Ride the gondola or hike to the top for views across the St. Lawrence River.



DAY 5-6

From Québec travel north on Autoroute 138 for 91 mi (147 km) to La Malbaie.

La Malbaie

Forge Cauchon

Watch a blacksmith fire up a forge built in 1882 to create decorative pieces in an historical site. While there, stop at the Cauchon woodworking shop.

Club de golf Fairmont Le Manoir Richelieu

Play a round of golf at this grand manor's 27-hole course with views overlooking the St. Lawrence River. From La Malbaie travel east on Route 138 for 20 mi (33 km) to St Simeon, head north on route 170 at 7 mi (12 km) past Saint Simeon.

Saint Siméon

Mountain Adventure Park of the Palissades

Explore a landscape of natural terraces on walkways with panoramic views on the Via Ferrata; do some rock climbing, hiking or fly on a zip line. From La Malbaie head on Route 138 for 46 mi (74 km) to Tadoussac taking the car ferry across the mouth of the Saguenay River. Overnight in Tadoussac.



Tadoussac

Kayak excursion

Paddle along the steep fjord walls lining the Saguenay River watching for sea life where the river's fresh waters meet the salty St. Lawrence River.

Whalewatching cruise

Join a sailboat or powerboat for a leisurely cruise along the Saguenay Fjord spotting minke, fin and blue whales that arrive in summer to feed. Some vessels are equipped with underwater video cameras for a glimpse of the local marine life.

Zodiac boat tour

Zip in a Zodiac up the Saguenay River stopping at Caribou Falls, which plunges from over 800 ft (243 m).

Centre d'interprétation des mammifères marins - CIMM

Run by a non-profit research group, this center teaches about the lives of whales. From Tadoussac travel on Route 138E for 23 mi (37 km) to Essipit.

Essipit

Visit an Innu Community

Shop for traditional Aboriginal products, things made from birch bark, wood, or fur. Meet locals, learn about their history and lifestyle and go fishing or whalewatching with them. Sit down for an Innu seafood meal made from fresh local ingredients.

Powwow

If you are in the Innu community when it celebrates its July powwow, enjoy traditional dancers and musicians and join in the celebration under the tent.



DAY 7

From Essipit head south on Route 362 for 88 mi (141 km) crossing by ferry back across the mouth of the Saguenay River to Les Éboulements.

Les Éboulements

Papeterie Saint-Gilles, Economuseum of paper

In a quaint workshop in a St. Lawrence riverfront village, artists manufacture fine cotton paper inlaid with local leaves and flower petals as they did 400 years ago. Continue another 13 mi (20 km) south on Route 362 to Baie-Saint-Paul. Overnight in Baie Saint-Paul.

Baie-Saint-Paul

Laiterie Charlevoix Inc., Cheese Economuseum

Watch and learn about fine cheesemaking and aging processes on a guided tour and taste samples including popular Quebec fresh cheddar curds.

Musée d'art contemporain de Baie-Saint-Paul

Site of the annual International Contemporary Art Symposium which brings artists from all over the world, this complex houses an extensive collection of established Québécois and Canadian artwork.

Charlevoix Flavor Trail

Visit farms, restaurants, markets and specialty food producers on a driving tour along the culinary Route des Saveurs. From Baie-Saint-Paul take the Traverse St Joseph De La Rive Ile Aux Coudres ferry to Saint-Joseph-de-la-Rive on the island.

L'Île-aux-Coudres

Les Moulins de l'Île-aux-Coudres économusée de la meunerie

Visit an island with a fully operating 19th century water mill and windmill and learn about milling history while you taste onsite-baked bread.

Tour the island on a bike

Rent a bike and explore the island's three villages, stopping in at art galleries and craft shops along the way.

DAY 8

Travel back to Montréal from Baie Saint-Paul 224 mi (360 km).

End of tour!

