



THE
LAURENTIANS
— North of Montréal, Québec, Canada —

Located few km North of Montreal, the Laurentians is a 4-season destination. Offering the largest concentration of resorts in Eastern Canada, the region has mastered over the years, an unequalled reputation of excellence as a nature destination which complement very well with Montréal has to offer.

Day 1 – Discover some of our great local products & visit their installations

Morning

Old St-Eustache historical quarter

Old St-Eustache, a town that was established in the 18th century, was the site of one of the most significant points in the Rebellion of 1837. Today, it is an historic interpretation centre, open year round with its exceptional, constructed and natural heritage, and its numerous activities, its restaurant and boutiques. With costumed tour-guides, visit the *moulin Légaré* (mill), the oldest, water-driven flour mill in North America, and has never once stopped working since its completion. The miller produces wheat and buckwheat flour using time-honoured methods, with the original mill-stones. Just in front of the mill, you cannot miss the exhibition halls of *the Maison de la culture et du patrimoine*. Continue your visit at *St-Eustache church*, site where the Montreal Symphonic Orchestra made all of its recordings over the past 20 years or so. Finally, surrounding an ancestral house that is closely linked to several significant periods in the history of Quebec, a large garden attracts those who love nature and flowers. Come visit this historic town and discover the heritage and richly intense cultural life of Old St-Eustache!; www.moulinlegare.com



Lunch



Domaine Magaline Sugar Shack offers you a trip back in time. Discover the authentic atmosphere of a genuine Québec sugar shack dating from the 1930s and still operated the old-fashioned way. See how we harvest the sap the traditional way using horses. Enjoy a savory meal and an unforgettable day out in a quiet corner of Québec that is proud of its heritage. Come and sample our traditional sugar shack menu, which has been transmitted from generation to generation, based on fine French cuisine and served up

simply in the time-honored Québec manner. What's more, this delicious meal is served on an all-you-can eat basis. For more information, please visit our website; www.domainemagaline.com

Circuit ICAR in Mirabel - International Center of Advanced Racing

Come live a unique experience on a state-of-the-art circuit and discover the modern installations. Live the emotions of a professional race car driver in a performance ICAR vehicle, set-up especially for you by a racing team. Many packages available: karting, individual, group programs (30 minutes required). Upon reservation, guided tour of the site; www.circuitcar.com

Check in at your hotel;

- Auberge du Lac Morency in St-Hippolyte, 4*
www.lacmorency.com
- Fiddler Lake Resort in Mille Isles, 4*
www.fiddlerlakeresort.com

After 5 pm

Bistro à Champlain Wine Cellar in Sainte-Marguerite-du-Lac-Masson

(450) 228-4988 / www.bistroachamplain.com

One of Quebec's foremost tables with a wine cellar to match, the Bistro à Champlain provides a rich dining experience in a decor refined by various works by Riopelle, Miro and other well-known painters. This former general store, built in 1864, was purchased by Champlain Charest and Quebec artist Jean-Paul Riopelle in 1974 and became a bistro in 1987. Since that time, Champlain's wine cellar has improved with age and now counts some 35,000 bottles! A visit to the cellar is included with the meal and menus for groups are created in function of both taste and budget. Open year round for groups with reservations. Visit to the cellar: 30 minutes or more depending on people's interest. Possibility of visiting the wine cellar without dining. www.bistroachamplain.com



Come and sample the fine cuisine accompanied by wines worthy of Bacchus, with a table overlooking magnificent Lac Masson.

Day 2 – Authentically emotional

Alpine coaster at Mont Saint-Sauveur – The Viking



This concept is initially based on summer toboggan; the single car slides freely in a series of step descents and circular curves on a track cut through rugged mountain terrain. The passenger can control the speed of the ride. Meaning, he can choose not to brake or go as fast as he wants or go slower and take more of a scenic-type ride. The great difference of that alpine coaster is that the toboggans are firmly connected to the rail system. That 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. This means that it can also be used during the winter season. Like most of alpine

slides and Roller Coasters, once at the top, gravity pulls the car down the banked track. www.mssi.ca

Lunch in one of the many restaurants in Saint-Sauveur Village

Outlet Factories in Saint-Sauveur

Some thirty or so boutiques of all kinds set in a cheerful, colorful environment are waiting to offer you savings of between 20 and 70%. You'll find wholesale prices for products such as Nike, Reebok, Tommy Hilfiger, Polo Ralph Lauren, Guess, Samsonite, Kodiak and La Vie en Rose to name only a few. And while you're there, why not spend some time discovering this pretty village nestled in the mountains. You'll be charmed by all the activity, especially along the main street with its colorful boutiques and crowds. www.factoreries.com



Evening – the Music-Hall proposes packages including diner.

Music Hall in Sainte-Adèle; a unique concept in a magical setting right in the heart of the Laurentians. Experience the unique ambience of a cabaret housed in a former church that has kept all of its yesteryear authenticity. A variety of different shows each week.

Program on; www.music-hall.ca

Back to your hotel

Day 3 – An invitation to play outside

Leave this pretty area in order to reach the famous Mont-Tremblant Area. Check in at your hotel in Mont-Tremblant Area;

Outside the Resort – 10 minutes away

- Hôtel Vacances Tremblant in Mont-Tremblant (Saint-Jovite Area), 3*
www.hotelvacancestremblant.com

On the resort

- Hotel Le Quintessence - Mont-Tremblant, 5*
www.hotelquintessence.com
- Les Suites Tremblant – Mont-Tremblant, 3* up to 5*
www.tremblant.ca/groups
- Marriott Residence Inn Mont-Tremblant – Mont-Tremblant, 4*
www.marriott-tremblant.com

Morning

Mont-Tremblant National Park in Lac Supérieur

With an area of 1,510 km² astride the border of the Laurentian and Lanaudière regions, the Mont-Tremblant National Park never ceases to amaze visitors by the diversity of its fauna and multicoloured flora. This is the largest protected territory of all the parks in the SEPAQ network (Quebec parks and outdoor recreation area network) and the first one to have been founded. Numerous activities are available (equipment hire, campsite and chalet rentals, hiking, cycling, canoeing, kayaking, fishing etc...). In addition, each season offers activities for learning about the local environment. There is something for every taste! All activities of this kind can be organized for groups as well.
www.parcsquebec.com



Lunch on site

Afternoon

Cycling on Le P'tit Train du Nord » Linear Park



The Linear Park was a very different place in former times. In fact, it was first a train line, part of the dream of the famous Curé Labelle, and built in order to promote development of the region. The line was built between 1891 and 1909 and the modern Park stretches from Saint-Jérôme to Mont-Laurier. The train was in its heyday in the 20s, 30s and 40s due to the increased popularity of alpine skiing. Unfortunately, improvements to the roads meant that the popularity of the P'tit train du Nord began to decline. The last voyage of a passenger train was in 1981. However, the line itself wasn't quite dead. In 1996, the new cycle path known as Le P'tit Train du Nord was opened to the public and it has gone from one successful season to another ever since. For those who want to spend several days on the linear park, a number of packages are available. What's more, for those who wish to carefully plan their itinerary, there are companies offering to transport both bicycles and baggage. Bicycle rental is available either at the resort or in the Mont-Tremblant Old Village.
www.laurentians.com

Diner at the resort.

Back to your hotel.

Evening



Spend the evening at the new [Casino de Mont-Tremblant](http://www.casino-mt-tremblant.com); a crown jewel set in the heart of Versant Soleil at Tremblant Resort, the Casino de Mont-Tremblant features, 500 slot machines and 25 gaming tables, including five Texas Hold'em Poker tables. An oasis of wood and stone, the casino's lounge-style bar offers patrons an impressive mountain view. Come and enjoy a seafood and grill culinary experience, a brand new restaurant will open Fall 2010. www.casino-mt-tremblant.com

Day 4 – Take fully advantage of the resort before leaving

Breakfast at your hotel and check-out.

Morning

Discover the famous pedestrian village of [Tremblant Resort in Mont-Tremblant](http://www.tremblant.ca); Classed as the # 1 resort in eastern North America for the 12th consecutive year according to Ski Magazine, Tremblant Resort has all the attributes of a resort of international caliber. A most particular charm, undeniable comfort, magnificent natural decor... Year round, Tremblant is a veritable playground for visitors. www.tremblant.ca



Lunch on site

Afternoon



[Héli-Tremblant](http://www.heli-tremblant.com) - The only helicopter charter business in the Laurentians, Héli-Tremblant offers scenic tours over a region full of breathtaking panoramas. www.heli-tremblant.com

End of regional tour. Back towards Montreal (±1h30)

If you wish to pursue your sojourn in the Upper-Laurentians, we recommend that you discover these following lodging located North from Mont-Tremblant:

[Village d'accueil des Hautes-Laurentides](http://www.villagedaccueil.com) – for groups
www.villagedaccueil.com

[Pourvoirie Cecaurel](http://www.cecaurel.com)
www.cecaurel.com