



ACTIVITIES ABROAD TRIP DOSSIER

CANADA – QUEBEC ACTIVE ADVENTURE

The following are all much, much closer than you might think... genuine Canadian wilderness, white water rafting, canyoning, sea kayaking, bear watching, whale watching, two remarkably diverse cities - and all just 7 hours flying time from London Heathrow. Quebec Province offers the warmest of welcomes, vast and unspoilt landscapes, fantastic activities and some very, very special wildlife encounters. We've even included an overnight kayak trip to create an authentic family adventure. A never to be forgotten holiday!

This 12 night family activity holiday is suitable for children aged 10 years and above.

Our Opinion

Some long, but not too tough activity days coupled with some wilderness and wildlife adventures.

AGENDA 13 days, 12 nights

Day One Flights and transfers

You will be greeted on arrival at Montreal Airport and transferred to your accommodation, Le Baluchon in St Paulin a four star country inn which will be our base for three nights and our initial activities. We head straight to bed for a well deserved rest after a fairly long journey.

Day Two Welcome and GPS treasure hunt

We have a welcome meeting over a late breakfast before our introductory activity - a treasure hunt. We use GPS systems to locate some of the hidden treasure buried around the extensive grounds of the hotel. The lucky finder may keep the treasure but should leave something behind for the next hunter! Dinner at the hotel restaurant. (Breakfast, lunch and dinner).

Day Three Guided mountain biking and canoeing

After breakfast we head out on our bikes to explore Le Baluchon's many trails and delightful landscapes before returning for lunch. In the afternoon we head onto the river for a canoeing excursion to view and explore the waterways around the hotel. (Breakfast, lunch and dinner)

Day Four Guided hike

Today we explore the lovely landscape on foot during a guided hike. The scenery is stunning. After lunch we leave Le Baluchon for Shawinigan, deep in the Mauricie region. We spend the night in a four star hotel in readiness for tomorrow's rafting! (Breakfast, lunch and dinner)

Day Five White water rafting

Today we head to the wilds of Mauricie and an introduction to the river Mattawin during a full day of family grade rafting. This is how the original raftsmen first ventured into this untamed wilderness albeit in slightly more rustic vessels! You will be on the river for about five hours pausing only for lunch in the great outdoors. A great day in the wilds of Quebec. (Breakfast, lunch and dinner)

Day Six & Seven Laurentian wilderness exploration

Today we have our longest transfer but the destination is definitely worth it - the Laurentian Wildlife Reserve is spectacular. From the moment we arrive we'll be under the supervision of an expert naturalist guide. We are given a briefing on local wildlife such as the wolf, moose and bear as well as being told about the

reserve itself before heading out to our cabins. We have dinner together and are able to take in our beautiful surroundings. (Breakfast and dinner)

After breakfast on day seven we participate in a wide range of activities. We'll take a trip in a Rabaska Canoe, visit a trapper's tent and be initiated in the call of the moose - very handy back in the UK!! We have a picnic lunch on the lake shore before more exploration and activity in the afternoon. We will hopefully also get to see the incredible black bear in its natural habitat. (Breakfast, lunch and dinner)

Day Eight Transfer to Sainte Rose du Nord

After breakfast in camp we have some time to relax before our transfer to our Fjord side accommodation in Sainte Rose du Nord. Auberge des Battures is situated on the edge of the Saguenay Fjord and has delightful views over the seaway. Today is about settling in and relaxing before tomorrow's activities. (Breakfast, lunch and dinner)

Day Nine Sea kayaking and high ropes

Today we head for an adventure park on the shores of the fjord but firstly we take to the water for a guided sea kayaking trip. We navigate along the strands and around the islands and bays that are dotted along this peaceful stretch of water. After lunch we then take to the skies (well the trees!) for a thrilling tree top adventure course. This aerial rope course challenge has five circuits and 73 suspended bridges amidst the treetops and it is truly exhilarating.

Day Ten Whale watching

We drive to Tadoussac and board our powerful Zodiac speedboat for a thrilling whale watching excursion. Seeing these magnificent animals up close is amazing enough but doing it by Zodiac makes the experience even more remarkable. You may see Minke, Fin, Beluga and Blue whales during the excursion. We overnight in Tadoussac. (Breakfast, lunch and dinner)

Day Eleven Transfer to Quebec City

Today we transfer back to the urban but truly beautiful landscape of Quebec City. We check in to our central accommodation and the rest of the day is free to explore the city and try the delicious cuisine - we will gladly recommend restaurants for you! (Breakfast)

Day Twelve Quebec City free day

Quebec City is a World Heritage Site and celebrates its 400th anniversary in 2008. It's a spectacular place with the distinction of being the only walled city in North America.

This evening we enjoy a delicious meal in a local restaurant. During this farewell meal we can gather our memories and thoughts about a wonderful family adventure. (Breakfast and dinner)

Day Thirteen Departures

Today we head back to Montreal, arriving at the airport in good time for our return flights home. Alternatively we can also arrange for you to extend your stay in Quebec Province. (Breakfast)

Please note that the above itinerary is subject to change at the discretion of the activity providers for reasons of safety or other unforeseen circumstances. Wherever possible any alternative arrangements will be in keeping with the spirit of the original itinerary.

GENERAL INFORMATION

SUGGESTED GENERAL KIT LIST

We have given you a suggested kit list per day but you should come prepared for all weather conditions. This is not a comprehensive packing list simply a guide line of suggestions that you might find useful on the trip.

There are many products available from our website via the clothing icon. This can be found on the "preparing for our trip" section of our web homepage. You can then type the desired product into the search engine. Nomad Travel are offering Activities Abroad clients a **10% Discount** off almost everything online or in store (the link can be found on the "preparing for our trip" section of our web homepage www.activitiesabroad.com). Simply enter or quote the special discount code received with your booking.

ITEM	CHECK
Rucksack with plastic bag liner per family, for lunches and spare clothes	
Reasonably strong pair of walking boots or trainers	
Waterproof jacket and trousers (just in case)	
Sweatshirt or fleece top	
Comfortable lightweight trousers or shorts for land based activities (not jeans)	
Casual clothing for evenings	
Swimming gear and beach towels for water based activities	
Sunhat, sunglasses with cord attached and sun block	
Large water bottle (min. 1 litre) per person	
Old clothes and trainers (no open toed shoes) for getting wet during some of the activities (especially for canoeing and canyoning)	
Insect repellent (preferably containing DEET) and sting relief cream	
Camera – a disposable waterproof type is useful for water based activities	

Please note that all safety equipment (helmets, life-jackets, harnesses, wetsuits etc) is provided on this trip.

SUGGESTED GENERAL PACKING LIST

ITEM	CHECK	ITEM	CHECK
Passport		Glasses/Contact Lenses	
Air Tickets		Toiletries	
Car Hire Voucher and full driving licence (for driver)		Universal Travelling Adapter	
Driving Instructions/Map		Small Sewing Kit	
Trip Dossier and Itinerary		Sweets & Snacks for journey	
Insurance Documents		Notebook/Diary/Pen	
Money/Travellers Cheques/Credit Card		Guide Book	
Money Security Belt/Pouch		Games, books, toys for your kids	

For details regarding hand luggage restrictions please visit www.baa.com
For all other airports please go to the relevant airport website.

SUN PROTECTION

Please be safe in the sun. Wear protective clothing (ideally tops and trousers made of tightly woven fabrics that you can't see through when held up to light) and a hat that shades the face, neck and ears when out in the sun. Use a high factor sunscreen and remember to reapply after swimming. You should also bear in mind that you are just as likely to get burnt up a mountain as on a beach.

Please also ensure that you carry a minimum of 1 litre of water per person per day.

ACCOMMODATION – OUR OPINION

For more detailed accommodation descriptions please give us a call on 01670 789991.

Auberge des Battures - Saguenay

The Auberge des Battures has a romantic feel to its atmosphere, combining the picturesque views of the fjord du Saguenay or beautiful woodland area. Meals are a creative mix between French and Quebec cuisine. Feel the warm welcome, the discreet service and the friendly atmosphere.

The four-star inn offers 32 rooms with a great view of the surrounding nature, and some with an outside terrace overlooking the Saguenay.

Chateau Laurier - Quebec City

The Château Laurier captures the city's elegance and style. Conveniently located on the Plains of Abraham and only five-minute walk from Old Quebec for your enjoyment and exploring pleasure.

Experience all the comfort of Hôtel Château Laurier's amenities including a fitness centre, salt water indoor pool and beauty spa. The spacious rooms were designed for your comfort, in a harmonious and relaxing atmosphere.

Le Baluchon

In the Mauricie Region, our accommodation is Le Baluchon, a delightful country inn focusing on activity, relaxation and cuisine. The food is excellent and locally sourced where possible.

Accommodation at Le Baluchon is in lodges spread throughout the extensive grounds and linked by wooden walkways. Each lodge area has a shared spa pool.

Shawinigan

This four star hotel in Shawinigan is well equipped with a pool and health centre. It is centrally located and has a well known grill restaurant to refuel after an activity packed day!

Tadoussac

Tadoussac is a waterside town. Our accommodation is a three star hotel with a fantastic outdoor pool and spa.

TIPPING

At your discretion you may wish to tip your guides at the end of your stay as a gesture of appreciation for their efforts during your holiday.

PARENTAL SUPERVISION

Our family holidays are designed to be just that, family holidays. During activities, our guides are there to provide advice, tuition and supervision but we must stress that you are responsible for the child or children in your care. We do not employ qualified child minders and you should not put our guides or other group members in a position where they are responsible for the care of your child or children.

BOOKING ACTIVITIES LOCALLY

In almost all of our destinations you can book and pay for additional activities locally. Our guides will normally discuss the options available at your welcome meeting. Please note that we can not be held responsible for any injury or loss that occurs through any activities that are booked in your destination.

If you intend to go hill walking in any part of France including Corsica, you should ensure that you are well prepared and equipped to cope both with the terrain, high temperatures and a lack of shade in summer and low temperatures during the winter months.

PASSPORTS AND VISAS

You will require a full ten-year passport. Visas are not generally required for British Citizens visiting Canada for short periods. However, other categories of British nationals should check requirements before making firm plans.

Citizenship and Immigration Canada at website: <http://www.cic.gc.ca> also provides complete and up-to-date information on the entry requirements and status of travel in Canada.

If you are travelling with children, and where only one parent is present, you should bear in mind that it is advisable to carry a letter of consent from the non-travelling parent. Immigration officers have the right to question children using simple and appropriate language, to establish if there are any child abduction concerns. There is discretion, but this depends on the attitude of the accompanying parent. A letter of consent will help to dispel potential concerns, and should refer to the travel details in question and provide the necessary agreement to the visit.

Travelling to the United States

If you intend to travel on to the United States you should check the entry requirements of the US authorities.

HEALTH

Canadian hospitals and medical services are generally very good. However, the cost of medical treatment can be very expensive and there are no special arrangements for British visitors. The British High Commission and Consulates-General cannot assist with medical expenses either.

Rabies is present in most of Canada and can be spread by small animals such as racoons and bats. You should seek urgent medical advice if bitten by a wild animal.

You should seek medical advice before travelling to Canada and ensure that all appropriate vaccinations are up-to-date. For further information on endemic diseases, health outbreaks and vaccination requirements for Canada you should check the websites of the [NaTHNaC](#) (National Travel Health Network and Centre) and [NHS Scotland's Fit for Travel](#) or call NHS Direct on 0845 46 47.

CARD FRAUD

We recommend that you tell your bank or card issuer where you're going abroad and what dates you will be travelling. This avoids the embarrassment of having your card refused because your bank thinks you could be a fraudster yourself! Give the bank or card issuer your contact details so that they can call you if they spot an unusual transaction.

CURRENCY AND FOREIGN EXCHANGE

The local currency is the Canadian dollar.

ROAD TRAVEL

All forms of public transport are generally excellent. Be aware that each province and territory has the authority to establish its own traffic and safety laws.

Canadians drive on the right side of the road. Seat belts are compulsory. Right turns on red lights are permitted except in some parts of Quebec. You should not drink and drive.

You should apply for an International Driving Permit from either the AA, the RAC, RSAC or Green Flag Motoring Assistance Recovery Club. This will allow you to drive in Canada and hire a car. Carry both this Permit and your UK driving licence with you whilst driving as being stopped without these documents may result in a fine. Distances and speed limits are posted in metric (usually 100 km/h or 60 mph on highways and 50 km/h or 30 mph in towns and cities).

You should take out full insurance cover if you intend to rent a vehicle.

Obey speed limits and take extra care when travelling on country roads and be aware of possible encounters with wild animals.

Winter driving conditions in Canada can be extreme. You should monitor local news and weather broadcasts and take advice before driving in heavy winter conditions.

TRAVEL SAFETY

The safety of our clients is of paramount importance at all times in terms of activity participation and destination. We always follow the advice of the Foreign and Commonwealth Office and should they advise against travel for any reason you will be contacted with a view to making alternative arrangements. We monitor this advice on a daily basis and you can access the up to date advice at www.fco.gov.uk

TRAVEL INSURANCE

We strongly recommend that you obtain comprehensive travel and medical insurance before travelling. You should check any exclusions, and that your policy covers you for the activities you want to undertake.

MEDICAL HISTORY AND ADVICE

It is vitally important that you advise us prior to departure of any medical or dietary condition relating to any member of your party so that we may notify our local staff before you arrive. We recommend only drinking bottled water from bottles with unbroken seals and be vigilant about the use of ice in drinks and ice cream.

LOCAL LAWS AND CUSTOMS

You should not attempt to carry meat, animal or dairy products into Canada at any time without declaring these products to Canada Customs. Banned food products will be confiscated and you could be subjected to severe penalties.

Canada Customs require you to declare if you intend to visit a farm within 14 days of arrival.

The plant Qhat (Khat), although legal in the UK, is illegal in Canada. You should not attempt to bring this plant into Canada. Penalties for possession of Qhat include imprisonment for up to 10 years.

BAGGAGE ALLOWANCES

Please refer to your flight booking confirmation for information on your baggage allowance.

TOURIST BOARD

For more tourist information on Canada visit www.travelcanada.ca

AIRPORT PARKING, HOTELS AND LOUNGES

You can book airport parking, hotels and lounges at very reasonable prices on our website at:

Car Parking: <http://secure.holidayextras.co.uk/activitiesabroad-parking>

Hotels: <http://secure.holidayextras.co.uk/activitiesabroad-hotels>

Lounges: <http://secure.holidayextras.co.uk/activitiesabroad-lounges>

RESPONSIBLE TOURISM POLICY

Responsible travel is about holidays that respect destinations and local people. If you or your tour operator use local suppliers rather than large chains then the likelihood is that your money will be far more effective in stimulating local economies, the employment base and other projects.

An Independent Company

We are proudly independent. We believe that our beneficiaries should be our employees, our customers and our suppliers, not corporate shareholders.

As long-standing members of Responsible Travel, we aim to ensure that our holidays benefit the communities and environments we visit. We also believe that we have a responsibility to our employees and the region in which they live too.

Economic Responsibility

We firmly believe that the communities and areas to which we send our clients should benefit economically. The very nature of our holidays means that we operate for the main part in remote rural and coastal areas where employment can be limited. Hence, wherever possible we use local accommodation, transport and activity providers. This enables local economies to benefit directly and helps to generate incomes and employment in areas where the drift might be towards cities and towns.

Our policy is to use local or family run hotels and guesthouses, steering away from organisations whose beneficiaries are shareholders and senior management.

Environmental Responsibility

We wish to maintain the natural settings in which we work, not just for the future of our company, but also for future generations. Hence, we insist that our local providers are equally conscious of this need. We ensure that all litter is removed from any of our activity sites. Where it is feasible, we strongly encourage group transfers, reducing the volume of road traffic and make our clients aware of their obligation to the environment and local communities.

Social Responsibility – at home and away

We fully appreciate the impact of tourist visits on local communities and residents and strive to ensure that we are having a positive effect. Hence, as stated above, we always use locally owned providers with the aim of distributing the financial benefits throughout the local economy.

We encourage our clients to respect the lives of local inhabitants by learning a few important words: hello, goodbye, please, thank you, etc and where possible to become involved in local events and learn about their lives.

We purposely chose to base our offices in a converted farmhouse in rural Northumberland. By doing so, we have helped to provide employment in a region where rural diversity is at the heart of economic development.

Please Note: The information given in this trip dossier covers the average range of conditions likely to be found on this trip. Please refer to the foreign office website for more up to date information on your chosen destination. Abnormal conditions or events beyond our control can prevail at any time, therefore all holidays can be subject to unexpected changes. In order to enjoy and be safe in all activities you should be prepared to be flexible where necessary.

Up to date: 03 November 2008