

## The St. Lawrence River, Saguenay Fjord and Québec's Commitment to Sustainable Tourism



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**Dates:** **Post tour**  
May 28 to June 3, 2022

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**Hosted by:** Alliance de l'industrie touristique du Québec

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**Location:** Quebec

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**FAM description:**

This trip is an introduction to the attractions and partners along the river and fjord that enable you to continue enjoying inspiring experiences, while minimizing negative impacts and maximizing positive ones.

Your visit begins in the must-see city of Québec! Explore the UNESCO World Heritage Site of Old Québec and its streets lined with European-style architectural gems. You will be staying at an establishment committed to sustainable development and will get to savour the delights of the region's producers. In Wendake, located 20 minutes from downtown Québec, immerse yourself in the rich culture and know-how of the Huron-Wendat Nation.

The diverse nature of Charlevoix, nestled between river and mountains, inspires and drives the creation of exceptional art, products, flavours and special moments. Recognized by UNESCO as a biosphere reserve – among the first to be inhabited in Canada – Charlevoix is where you will find harmony between people and nature. A connection at last.

Enjoy unique and breathtaking views of Saguenay Fjord, one of the largest in the world. This trip will allow you to discover the businesses that highlight the local culture and environment from different angles and that operate with a sustainable development approach.

Upon arrival in the North Shore, you'll take part in an offshore excursion at the Saguenay-St. Lawrence Marine Park, one of the world's best spots for whale watching. You will learn about these mammals while visiting an

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interpretation centre accompanied by nature guides. After a few stops to admire the rugged beauty of the North Shore's coastline, your boat will head south across the St. Lawrence River to the Gaspé Peninsula.

Here, you can admire lush historic gardens and feast on delicious freshly caught fish and seafood. The last leg of this journey will take you to the Lower St. Lawrence region and its many islands, heritage towns and exceptional natural sites like the Bic National Park.

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***Please note:***

No dietary restrictions

## Where Flavour Meets Culture and History



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**Dates:**

**Pre tour**  
May 18 to May 24, 2022

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**Hosted by:**

Alliance de l'industrie touristique du Québec

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**Location:**

Quebec

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**FAM  
description:**

This trip lets you experience the culture and flavours that make up our past and present.

An extraordinary "Made in Montréal" culinary adventure awaits! This specially concocted visit serves up opportunities to meet a wide range of renowned chefs, unique personalities, experts and genius entrepreneurs with a great deal of knowledge in both urban agriculture and gastronomy, all MADE in MTL. Creativity, innovation and diversity are everywhere you look during this showcase of Montreal as the foodie capital of Canada.

Montréal and its five founding nations, from yesterday to today.

To really understand what's to come, we need to look back on our history. Throughout this trip, every effort will be made to bring to life the Indigenous, Irish, Scottish, English and French elements of our Montreal flag. By getting to know and connecting with the five founding nations and their history, through our 379 years of existence, we can grasp the wealth of this mix that is reflected in the city's DNA and features.

Southern Quebec is bursting at the seams with the province's top micro-breweries, distilleries and producers of cider, wine, cheese and even cranberries. Enjoy a meal at a sugar shack and stop for poutine in the region it comes from. This trip will treat all your senses and especially your taste buds to the best that Quebec has to offer. Yummy!

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## Different Ways to Experience Nature in Quebec



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**Location:** Quebec

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**FAM description:** This tour combines urban nature and wilderness. A real breath of fresh air and memorable forest adventures to be had!

The Outaouais region, which is located on the outskirts of Ottawa in the southwestern part of the province of Quebec, offers a perfect blend of city fun and outdoor activities. You can leave the downtown hustle and bustle and find yourself in the peaceful beauty of Canada's nature within minutes. Completely bilingual and easy to get to from Montréal and Toronto, the Outaouais region is a popular destination year-round that is brimming with unique attractions.

Close to Montréal, the city of Québec and Ottawa, the Laurentians are a sure bet for an all-season experience offering city, resort and camping stays. Escape to the heart of nature and enjoy outdoor activities, adventures, plenty of lakes for water sports, hiking in multiple parks, kilometres of trails for cross-country skiing and snowmobiling, one of the biggest mountains for night skiing in North America, renowned resorts like Tremblant, Sainte-Agathe-des-Monts, the Saint-Sauveur Valley and Sainte-Adèle, and two national parks: Oka and Mont-Tremblant.

The wide open spaces here are captivating. Vast forests and magnificent lakes await. You might even be lucky enough to spot black bears, beavers and loons. At the end of the day, kick back and relax in a large log cabin or an eco-lodge in the woods. In addition to local food tastings, outdoor activities are also on the menu.

Time to live in the present and experience Quebec in all its authenticity!

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