

# DISCOVERY OF QUEBEC'S WILDNESS AND RICH CULTURAL HERITAGE

**TORONTO > NIAGARA > HUNTSVILLE > OPEMICAN > ROUYN NORANDA > AIGUEBELLE > AMOS > VAL D'OR > MONT-TREMBLANT > MONTRÉAL**

A self-drive tour between Ontario and Quebec, discovering the must-sees of these two provinces, as well as the little-known territories of Abitibi-Témiscamingue.

The impressive wild landscapes of the Vallée de l'Or national parks promise an itinerary off the beaten track for a break in the heart of nature.

 Region	Eastern Canada
 Activity	Family Nature - Adventure Self-drive Summer Trekking and hiking
 Duration	15 days
 Code	CAEONQCA05
 Price	From €2,734
 Level	3/5
 Comfort	3/5

# ITINERARY

## Day 1 Toronto



Welcome to Toronto! Depending on your flight arrival time, take time to discover the "Queen City". The capital of Ontario, Toronto is one of Canada's largest cities. This cosmopolitan city with its relaxed atmosphere is sure to win you over. Take advantage of your evening to go for a nice walk in the heart of the city.

- Accommodation : hotel

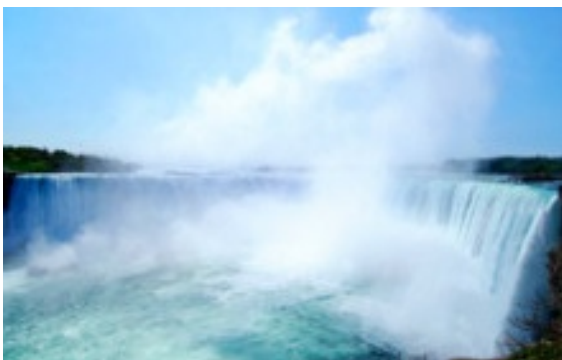
## Day 2 Toronto



The city itself is a must-see. From art-filled streets like Graffiti Alley to the immense CN Tower, it is clearly impossible to get bored in Toronto. Visit the lively Distillery District or the majestic Casa Loma Castle. Looking for baseball, basketball or field hockey game? Join a team of fans to watch a game.

- Accommodation : hotel

## Day 3 Toronto / Niagara Falls / Toronto



In the morning, pick up your rental car and head for Niagara Falls! You have been dreaming about them - here they are, the famous Niagara Falls! Take a cruise to get up close, and feel the full force and power of the falls. A spectacular experience guaranteed!

- Included activity : cruise on Niagara falls

- Accommodation : Hotel

- Transportation : 162 mi approx., 3h

## Day 4 Toronto / Hunstville



Head to Huntsville, located near Arrowhead Provincial Park and Algonquin Provincial Park. Also named as the "Adventure Capital of Ontario", this town is ideal for hiking, biking, tasting the local gastronomy, or try various cultural activities such as visiting art exhibits or shows. This city is sure to satisfy your thirst for adventure and discovery!

- Accommodation : hotel

- Transportation : env. 143 mi approx, 2h30 approx.

📍 Day 5 **Huntsville**



Take advantage of this day to discover Algonquin Provincial Park. Located in the middle of the province, between the Ottawa River and Georgian Bay, it is Ontario's largest park, with 7,600 km<sup>2</sup> of natural space. A jewel of wilderness purity, it is the ideal place for nature lovers.

- Accommodation : hotel

📍 Day 6 **Huntsville / Opemican national park**



Hit the road for the Abitibi-Témiscamingue region. Explore the magnificent Opemican national park, bordered on either side by Temiscamingue Lake and Kipawa Lake. Ideal for nature lovers and water sports enthusiasts!

- Accommodation : ready-to-camp

- Transportation : 137 mi approx., 2h30 approx.

📍 Day 7 **Opemican national park**



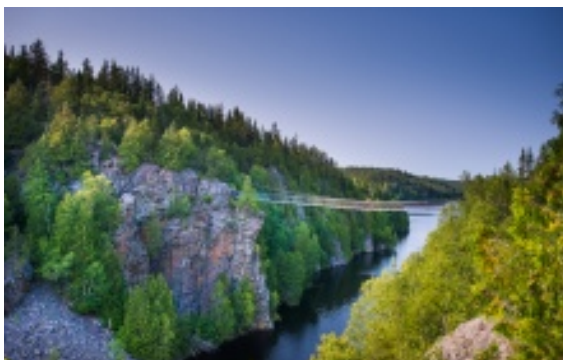
As a family, a couple or with friends, everyone can enjoy this grandiose park.

Suggested activity (\$):

- canoe trip

- Accommodation : ready-to-camp

📍 Day 8 Opemican national park / Aiguebelle national park



Take a drive into town to explore Rouyn Noranda before heading to Aiguebelle National Park. A natural jewel in the Abitibi-Témiscamingue region, this park boasts a 22-metre footbridge offering a breathtaking view of the surrounding nature.

Suggested activity(\$):  
- Dumulon General Store

- Accomodation : ready-to-camp  
- Transportation : 31 mi approx., 1h approx.

📍 Day 9 Aiguebelle national park

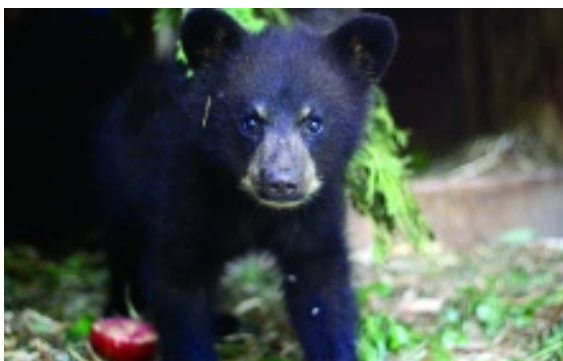


Keep exploring this park and its hiking trails. Water sports enthusiasts will be delighted to try out the park's various offerings.

Suggested activity (\$):  
- Rowboat ride

- Accomodation : ready-to-camp

📍 Day 10 Aiguebelle national park / Amos



Today, visit Amos, nicknamed "the cradle of Abitibi", and the Refuge Pageau. On a tour accompanied by a member of the refuge staff, you will learn more about the history of the refuge, the missions of the staff (to care for, rehabilitate and reintegrate animals into their natural environment) and the particularities of each of the refuge's residents. In the evening, enjoy the Anisipi experience and learn more about the aboriginal community of Pikogan.

- Included activity : visit of the Refuge Pageau and the Anisipi experience  
- Accomodation : hotel  
- Transportation : 62 mi approx., 1h20 approx.

📍 Day 11 Amos / Mont-Laurier



Head for Mont-Laurier in the Laurentians. In the heart of the Quebec countryside, make yourself comfortable in your inn for the next two nights. Relaxation guaranteed!

- Accommodation : Inn

- Transportation : 224 mi approx., 4h approx.

📍 Day 12 **Mont-Laurier**



Make the most of your day with a stroll through Kiamika Regional Park, or hike through Devil's Mountain Regional Park to Windigo Falls. This nature stop is perfect for a breath of fresh air.

- Accommodation : Inn

📍 Day 13 **Mont-Laurier/ Montréal**



Heading for Montreal! A stop in Montreal means entering North America's French-speaking metropolis, immersing yourself in a city capable of blending its history with its modernity, and appreciating the dynamism of a constantly evolving community. Take advantage of your evening on the town to try the inevitable poutine!

- Accommodation : hotel

- Transportation : 81 mi approx., 2h approx.

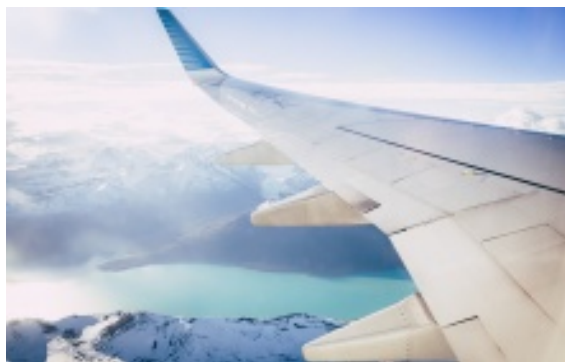
📍 Day 14 **Montréal**



It's time to explore the city, on foot or by bike. Don't hesitate to pass through the Old Port district, where you'll find the famous Ferris wheel and the majestic Notre-Dame Basilica.

- Accommodation : hotel

📍 Day 15 **Flight back to France**



Enjoy your last day in Montreal before returning your vehicle to the airport and catching your flight.

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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### Price

From \$3850 / person (based on two people)

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- 14 nights' standard accommodation
- 10-day rental of a mid-size Hyundai Elentra or equivalent, unlimited mileage, LDW and ALI insurance, local taxes, airport fees, one tank of gas and an additional driver
- The following activities: Niagara Falls cruise, Anisipi experience, visit to the Pageau refuge
- Bedding rental in national park accommodations
- Roadbook (electronic version)
- Canadian taxes (federal and provincial)
- 24-hour assistance
- Meals mentioned: 4 breakfasts

### Not included

- International flights (available on request)
- Gasoline
- Personal expenses
- Meals not mentioned
- Beverages (except tea and coffee for included meals)
- Entrance fees to national parks
- Optional activities not mentioned
- Travel insurance

### Notes

Why bother with multiple reservations? We can offer you your entire holiday under one roof, and we'll be there to help you if you have any problems. As we have excellent contracts with major airlines in both Canada and the USA, we're in a position to help you take advantage of our low prices. All you have to do is specify it when you request your initial quote, in the "Describe your project precisely" box on our form, and we'll be happy to include it in our proposal.

### International flights

Why bother with multiple reservations? We can offer you your entire holiday under one roof, and we'll be there to help you if you have any problems. As we have excellent contracts with major airlines in both Canada and the USA, we're in a position to help you take advantage of our low prices. All you have to do is specify it when you request your initial quote, in the "Describe your project precisely" box on our form, and we'll be happy to include it in our proposal.

### Terms and conditions

#### Registration

By registering for one of our travel, the customer bindingly accepts the General Terms and Conditions of Sale. Each customer must complete a registration form. The booking is definitively recorded when the customer has settled the payment of a deposit of 30 % of the total travel price (subject to availability at the time of registration). In case of short term bookings – within 30 days prior to the travel departure – the full travel price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (soon available). You will receive an email with a booking confirmation as quickly as possible

## ***Invoicing***

Once your booking is registered, we send you an email with the invoice. Full payment is required at least 30 days before your arrival. If the customer does not settle the payment of the travel price within the period agreed upon, Altaï Canada reserves the right to cancel the booking free of charge.

## ***Cancellation***

If for any reason, you decide to withdraw from a journey, the amount already paid will be refunded subject to the following exceptions:

- More than 30 days before departure, a lump sum of €50 per person will be retained.
- From 30 to 21 days before departure, the amount of the deposit paid will be retained (i.e. 30% of the total cost of the booking).
- From 20 to 14 days before departure, 50% of the total cost of the booking will be retained.
- From 13 to 7 days before departure, 75% of the total amount will be retained.
- Less than 7 days before departure, 100% of the total amount will be retained

Any cancellation shall be notified in writing (email, letter or fax). Notice of cancellation will be effective upon receipt by us of your written communication.

If it comes apparent at an earlier point in time that the minimum number of participants cannot be reached for a travel, Altaï Canada is to exercise his right of withdrawal immediately. In such a situation, you will be informed of the cancellation of your travel no later than 21 days prior to the agreed beginning of the journey. Altaï Canada can also cancel a travel in case of circumstances amounting to "force majeure": volcanic eruption, civil disturbances, strikes, weather and climate conditions, travellers' security... In such cases, you are immediately refunded any payments on the travel price; however, you shall not be entitled to any compensation.

## ***Contract modification***

If a change to travel contract is made at the customer's request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altaï Canada might change some aspects of the travel contract. We will endeavour to advise you of any changes as quickly as possible.

## ***Pricing***

All group travel prices on our website have been calculated for the indicated number of participants for each trip. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change in the exchange rates or in the price of travel services in particular regarding the cost of the fuel, might entail price revision.

## ***Transfer of contract***

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions apply.

## ***Insurance***

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We recommend that you get personal insurance before your departure to cover the activities undertaken by Altaï Canada. If you have not purchased your insurance directly with us, we ask that you email us your insurance contract information (company, policy name, policy number, phone number) and bring this information with you on your trip.



## PRACTICAL INFO

### **Staff**

We offer you the chance to go off on your own, without supervision. You are responsible for your own journey. You can stop and wander at your own pace. Altai Canada plans the itineraries and takes care of the organization of your trip. With your car rental, accommodation booked and a detailed roadbook, you'll be able to tackle your trip with complete peace of mind.

The roadbook (electronic version) contains:

- a day-by-day description (itinerary)
- a destination sheet
- practical driving tips
- city and park maps
- a description of activities

### **Food**

Some meals may be included, see your quote or the "Price includes" section.

### **Accommodation**

Depending on the level of accommodation chosen, you will sleep in a minimum of 2-star accommodation (according to Canadian classification). When requesting a quote, you can ask to be upgraded to more comfortable accommodation on some or all of your stages, even near national parks, or choose original accommodation such as tree houses, chalets or tents (Huttopia or Prêt-à-camper type). We offer a wide range of accommodations, from the most classic to the most original, and all our trips are flexible to your wishes!

### **Transportation**

In many cases and depending on your needs, we can offer you private or public transfer services such as shuttle, train, ferry, seaplane... Simply specify this when you request your initial quote, in the "Describe your project" box on our form, and we'll be happy to include it in our proposal.

Driving in Canada:

Self-guided driving vacations are ideal for exploring the great Canadian outdoors. Our vast country boasts a large number of scenic roads with breathtaking landscapes. Traffic is generally light compared with many other countries.

The standard European driver's license is valid in Canada. The highway code is similar to that of Europe. Speed limits are 100 km/h on highways (110 km/h on some highways in Alberta and Nova Scotia); 90 km/h on main roads; 50 km/h in urban areas. Highways are free (except for one in the Toronto area), generally in good condition, and have rest areas.

Traffic lights are located on the opposite side of the intersection. There is no right-of-way: priority is indicated by traffic signs at each intersection. Turning right on a red light (unless prohibited by signs) is generally permitted throughout Canada, with the exception of the island of Montreal.

When parking your vehicle, pay attention to the signs indicating authorized parking days and times. It's forbidden to park near a fire hydrant. Parking fees are sometimes charged by some hotels (especially in larger cities) and in public parking areas.

In Toronto and Montreal, parking fees can easily reach \$20 a day. In smaller towns, free parking is generally available. Seatbelts must be worn by all occupants, front and rear, at all times and in all places. Young children must be placed in a specially designed car seat, adapted to their weight and size and properly installed, until they are old enough to wear the belt properly. See your car rental company. It is compulsory to stop your vehicle more than five meters away from a school bus whose

intermittent lights are flashing. You can only pass or overtake a school bus when its intermittent lights are off. Make sure you can do so without risk. In Canada, it is illegal to drive with a blood alcohol level of more than 0.08% (80 mg of alcohol per 100 mL of blood). Drivers under 25 or with a learner's permit are subject to the "Zero Alcohol" rule, which prohibits driving after consuming alcohol.

## ***Budget & exchange***

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The Canadian unit of currency is the dollar (\$), which is divided into 100 cents. There are denominations of \$5, \$10, \$20, \$50, \$100 and \$1,000. Although still in circulation, the \$1 and \$2 denominations have long since been replaced by coins. .05, .10 and .25 coins are also available.

To get the best exchange rate, we suggest you convert your currency at a Canadian bank. These institutions are generally open between 10 a.m. and 3 p.m., Monday to Friday (except on statutory vacations). You can also convert your currency at a bureau de change. While their opening hours may be more convenient, exchange rates and service charges can vary considerably from place to place.

Traveler's cheques in Canadian dollars are accepted in most hotels, restaurants and stores. You can also exchange euros. 1 Euro = CAN\$1.32 on 01/10/2022

Before travelling to Canada, make sure that your bank card has been programmed for use in automatic teller machines (ATMs). These are generally accessible at all hours in banks, airports, train stations, shopping malls, etc. The most widely accepted credit cards are Visa, Mastercard and American Express.

## ***Tips***

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In the USA and Canada, service is never included in the price. In bars, restaurants and any other place where service is provided, you are expected to leave a tip of between 15% and 20% of the total amount. Be aware that many employees in the service professions are paid only with tips. It would be very bad form to give nothing, or not enough. Even when paying by credit card, you should indicate the amount of the tip you wish to leave.

## ***Health information & recommendations***

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Canada is one of the safest destinations in the world. It has a low crime rate and few endemic diseases. No vaccinations are required for a trip to Canada, but it is advisable to be up to date with the basic vaccinations (Diphtheria, Tetanus, Poliomyelitis). Medical facilities are excellent, but it is strongly recommended that you take out medical insurance before you leave.

In case of emergency, dial 911 to call the police, fire department or ambulance. However, 911 may not be available in some areas. In this case, dial 0. A receptionist will put you through to the emergency services.

As Canada is a land of lakes and forests, insects are plentiful in June and July. You'll need a repellent cream and a strong antihistamine for allergy sufferers.

During your stay in Canada, you'll have an excellent chance of seeing many wild animals in their natural habitat. This is particularly true in wildlife reserves and national parks, where moose, caribou, deer and many other species are frequently seen.

In Canada, the laws and regulations governing alcohol consumption may differ from what most international visitors are used to. With the exception of Quebec, alcoholic beverages are sold only in specialized, often government-controlled, outlets (liquor stores, beer stores, etc.). It is forbidden to consume alcohol in public places. The legal drinking age is 19 in Ontario and the Maritime provinces, and 18 in Quebec, Alberta and Manitoba. If you wish to drink wine or beer in a restaurant, you must choose an establishment with a liquor license. In some restaurants, you can bring your own bottle of wine, but this must be specified. Across Canada, there are strict laws against operating a motor vehicle under the influence of alcohol (0.08%).

## ***Weather***

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Spring is a rainy season in most of Canada. Daytime temperatures rise steadily, but nights remain cool. The average daytime

temperature is around 12°C in March, April and early May. Summer officially begins on June 21, but for most Canadians, July and August are the real summer months. Temperatures are warm in most parts of the country. In the south, it normally stays above 20°C during the day and can sometimes exceed 30°C. Autumn begins in September. Temperatures cool and the leaves on many trees change color and fall. This season can also be very rainy. In some regions, particularly in the north and in the mountains, it can start snowing towards the end of October. Normal daytime temperatures vary between 10 and 12°C in most of the country.

Unlike Europe, Canada's seasons are very distinct. Temperatures can rise above 30°C in summer and fall below -30°C in winter. In fact, the Canadian climate varies greatly from region to region and season to season. Canada stretches from the Atlantic to the Pacific Oceans, and lies on the same latitude as Rome at its southernmost point, from where it reaches all the way to the Arctic.

For current climate and weather conditions by province and territory, visit Environment Canada ([www.meteo.gc.ca](http://www.meteo.gc.ca)) or The Weather Network ([www.meteomedia.com](http://www.meteomedia.com)).

**Spring:** Spring arrives as early as February on the West Coast. In the rest of Canada, the weather begins to warm up in early April, and the mild spring weather lasts until June.

**Summer:** Canadian summers bring warm to hot temperatures from late May to late September. Summer heat lasts from June to August, and July is often the hottest month.

**Autumn:** Autumn brings pleasantly cool temperatures, especially in September and October. It's the best time of year for admiring the spectacular beauty of autumn leaves in Eastern Canada, taking long walks and enjoying the crisp air.

**Winter:** Much of Canada is covered in a blanket of white during winter, when temperatures generally drop below freezing, and snowfalls begin in late October. However, winters are very mild on the West Coast, where the little snow that does fall doesn't stay for long.

## **Electricity**

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As elsewhere in North America, the current is 110 volts (60 cycles). New electrical appliances are often capable of adapting themselves to 110-volt current. It's a good idea to check before you leave whether your electrical appliance is equipped with a current transformer. This is usually a black box located between the electrical socket and your appliance. If your appliance doesn't support 110 volts, you'll need a current transformer, sold separately. As electrical plugs are flat, you'll need an adapter to connect your device. You'll easily find it on site or in a travel goods store before you leave. A waterproof Zip Lock bag is a good way of keeping your electronic equipment dry.

## **Local time**

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Canada covers six of the world's 24 time zones. From east to west, they are identified as follows: Newfoundland time, Atlantic time, Eastern time, Central time, Rocky Mountain time and Pacific time. Some provinces and territories cover two time zones.

Ontario and Quebec are on Eastern Time (Central European Time -6 hours), while the Maritime provinces are on Atlantic Time (Central European Time -5 hours). Please note that Newfoundland is 30 minutes ahead of Atlantic time. In Manitoba, western Ontario and Saskatchewan, the time difference from Europe is -7 hours, in Alberta -8 hours, and in British Columbia -9 hours.

From the last Sunday in April to the last Sunday in October, all of North America moves back one hour to summer time.

In concrete terms, this means an 8-hour time difference between France and Calgary, a 9-hour time difference between Vancouver and France, and a 6-hour time difference between Eastern Canada (Toronto and Montreal). For example, if it's 1:00 p.m. in Montreal, it will be 7:00 p.m. in Paris.

## **Topography**

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CANADA'S POPULATION:

Canada has a multicultural population of 38 million spread across its 10 provinces and 3 territories. Ontario and Quebec are the

most important provinces in numerical terms (with 62.1% of the Canadian population), followed by British Columbia, Alberta and Manitoba, the only provinces with more than a million inhabitants. The three northern territories are sparsely populated.

English and French are Canada's two official languages. At the time of the 2016 census, English speakers made up nearly 76% of the Canadian population, while French speakers formed the second largest group at over 22%. Official languages are, however, very unevenly distributed across Canada's provinces. Anglophones are most numerous in Ontario (13.0 million), followed by British Columbia (4.4 million) and Alberta (3.9 million). With the exception of Quebec (13.7%), Anglophones are in the majority in all provinces and territories. Only in Quebec are Francophones in the majority, although they account for 85.4% of the province's population.

While the immigration movements of the 19th century brought mainly people of British origin to Canada, today's immigrant population is of diverse origins. Between 1900 and 1960, 90% of immigrants to Canada were of predominantly European origin. The 2016 census reveals that 58% of immigrants over the past decade have been Asian (the Chinese, for example, have passed the one million mark in Canada), and only 20% European.

For a number of years, the term "visible minorities" has been used to distinguish between those of European origin and others. 30 years ago, visible minorities represented 4.7% of the total population, whereas they now account for 13.4% of Canadians.

In 2016, Canada's aboriginal population reached 1,673,780, representing 4.9% of the total Canadian population.

## ***Sustainable tourism***

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Altai has always worked for more responsible tourism, and is committed to organizing trips that respect fair and sustainable principles.

Harmonized practices ensure :

- Fair distribution of economic benefits
- Improved working conditions for local teams and greater awareness of environmental protection issues
- Informing travelers about respect for local populations and the environment, and collecting their feedback on their return.
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Adopt simple gestures during your travels and act in favor of responsible tourism:

- Eat locally, prioritize the purchase of local and seasonal products, even in restaurants,
- Avoid leaving garbage behind: dispose of it in garbage cans or take it home with you,
- Leave no trace of your passage. When out walking, especially in certain fragile ecosystems, observe wildlife from a distance, stay on the trails, limit trampling and don't bring back "souvenirs": don't pick rare flowers, collect fossils, etc.
- Reduce over-consumption of water by using it sparingly (prefer showers to baths, and report leaks), and carry your water bottle with you to avoid buying plastic bottles (which take 400 years to degrade). In your accommodation, to limit the use of washing machines and dryers (which consume a lot of energy), avoid putting your towels on the floor so that the cleaning staff don't confuse them with dirty linen to be cleaned.
- Remember to turn off all lights when you leave a premises. To avoid excessive energy consumption and greenhouse gas emissions, always turn off the air conditioning when you're not in the room.
- Avoid plastic bags and use reusable ones (e.g. cloth).
- Avoid damaging cultural sites: don't touch statues, move stones and objects, etc.
- Choose organic/phosphate-neutral/environmentally-friendly products such as soaps, sun creams, etc. As the ingredients in these products are healthy for the environment, they won't pollute marine ecosystems.
- Respect wildlife: don't feed the animals so as not to modify their natural behavior.
- Choose shelters that take care of wildlife rather than exploiting animals (e.g. St-Félicien wild zoo or Parc Oméga vs. Marineland Park).
- For smokers, carry a pocket ashtray (approx. 4€ vs. 5 years to degrade. This will prevent disruption to the various ecosystems of our beautiful planet)

