

100% NATURE IN QUEBEC

ITINERARY

Day 1 Arrival in Montreal



Welcome at the airport by a member of our team, and transfer to the Lac Taureau Regional Park, a wilderness area of Quebec. Installation at the inn. We offer you a dinner with local flavours on the first evening. The program of your week (order of activities) will be presented to you at that time.

- Transport : Minibus
- Duration: 2h30 (230km)
- Accommodation : Inn

Day 2 Cross-country skiing and orientation

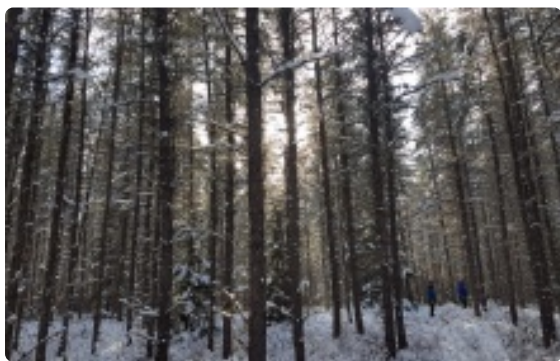


Journey of discovery easy for all despite some technical passages. The landscapes around Lac Taureau are splendid and very varied.

Today, wandering in the heart of the boreal forest, orientation initiation: you will lead the group one by one.

- 4 to 6 h of activities
- Accommodation: Inn

Day 3 Snowshoeing Trek



Departure for 2 days of snowshoeing raid in the heart of the Lac Taureau regional park. You will cross virgin areas where it is common to observe many tracks of wild animals. We will then return to our rustic chalet for the night.

- 4 to 6 h of activities

- Accommodation: Cabin

📍 Day 4 **Snowshoeing Trek**



After a good breakfast, we will continue our raid through frozen lakes and the boreal forest. We will have lunch by the fire and then return to the inn at the end of the afternoon.

- 4 à 6 h of activities

- Accommodation: Inn

📍 Day 5 **Dog sledding Trek**

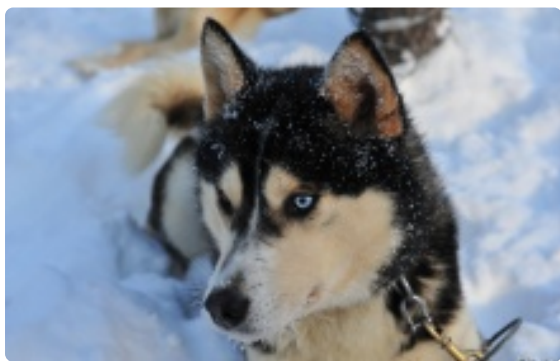


Let's go for two days of dog sledding full of emotions. We get to know our adorable dogs mates. Our guide musher teaches us the basics of driving. The silence of the forest is disturbed only by the sound of the skates sliding on the snow and the breath of the dogs. We arrive at the end of the afternoon at our cottage on the lake and prepare with our guide a dinner by the fire.

- 4 to 6 h of activities

- Accommodation: Cabin

📍 Day 6 **Dog sledding Trek**



After your breakfast, you will leave for the mountainous paths in the surroundings. Still by dog sled, you will cross mountains and rivers in an ever more picturesque landscape, with no other noise than the whistling of the sled's skates on the snow. Lunch in the forest and return to the kennel at the end of the day. Transfer to Montreal at the end of the day.

- 4 to 6 h of activities
- Accommodation : Hotel
- Transport : bus to Montreal
- Duration: 2h30 (230km)

📍 Day 7 Montreal / Departure



You have a full day to discover Montreal. You can discover the view of the city from Mount Royal, visit old Montreal, discover the biodome and its real living museum or simply stroll down the streets of this cosmopolitan city. Flights back to France in the early evening.

You can now opt for a transfer to Quebec City by adding an extension to this stay (Ask your advisor).

DATES & PRICES

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
21/12/2019	27/12/2019	C\$2,105	No	
28/12/2019	03/01/2020	C\$2,105	No	
04/01/2020	10/01/2020	C\$1,990	No	
11/01/2020	17/01/2020	C\$1,990	No	
18/01/2020	24/01/2020	C\$1,990	No	
25/01/2020	31/01/2020	C\$1,990	No	

From	To	Price per person	Guaranteed	Booking
01/02/2020	07/02/2020	C\$1,990	No	
08/02/2020	14/02/2020	C\$2,105	No	
15/02/2020	21/02/2020	C\$2,105	No	
22/02/2020	28/02/2020	C\$2,105	No	
29/02/2020	06/03/2020	C\$2,105	Yes	
07/03/2020	13/03/2020	C\$1,990	No	

Trip code: UCAMA3

Included

- Welcome at the Montreal Airport by a member of our team
- On-site transfers
- Activities mentioned in the program
- Accommodation: 3 nights in a Hostel, 2 nights in a cabin and 1 night in a hotel in Montreal
- 15 meals
- Winter clothing rental against cold temperature for the week: wetsuit, boots, helmet and mittens. With a deposit that will be paid on the spot
- Applicable taxes

Not included

- Air transport (Available on request)
- Personal expenses
- Drinks (except for tea, coffee and for the meals included)
- Tips for the guide

International flights

On request, ask your advisor at canada@altaibasecamp.com

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:

- Cancellation up to 45 days prior to the agreed beginning of the journey: You will be charged 20 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation between the 44th and 15th day prior to the agreed beginning of the journey: You will be charged 50 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets, activities...)
- Cancellation less than 14 days to the agreed beginning of the journey: You will be charged 100 % of the travel price, in addition with every non-refundable expense for additional services booked on request (internal flights, site entrance tickets, activities...)

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.

Amendment of the contract

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.

Prices and price review

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.

Assignment of the contract

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

conditions apply.

Insurance

On request, ask your advisor at canada@altaibasecamp.com

PRACTICAL INFO

Staff

Supervision by a guide specialist in the Canadian environment.

Food

We will usually have a picnic for lunch (Your guide will introduce you to survival in the forest and every noon, you will light a fire in the snow with branches of spruce and birch bark to cook your grill). In the morning we offer a buffet-style breakfast and in the evening, a hot meal is prepared with products purchased on site. Cooking equipment are provided. Your help will be welcome when preparing meals.

Accommodation

- 1 night in a hotel with breakfast based (double or triple room) in Montreal.
- 3 nights at the hostel (our hostel is secluded far from any civilization for a unique experience with all the comforts you will need). Electricity, heating.
- 2 nights in a rustic cabin (standard comfort, collective sleeping, wood stove and dry toilets). No electricity.

Transportation

Transfers by bus from Montreal to the Base Camp.

Budget & exchange

Visa and Mastercard are accepted almost everywhere. You can also change euros. 1 Euro = CAN \$ 1.50 to 11/04/2019

Tips

In the United States and Canada, service is never included in the prices. In bars, restaurants and all places where a service is provided, you are expected to leave a tip between 15 and 20% of the total amount. Many employees in service occupations only pay themselves with tips. It would be very wrong to not give tips, or not give enough. Even when paying by credit card, you will indicate the amount of the tip you wish to give. On this type of trip, it is usual to leave 6\$ per person per day for the driver guide and 20\$ per group for the city guides.

Supplied equipment

Equipment included in the tours for the whole week: winter boots (Sorel type), jacket for extreme

cold, over-mittens.

For the snowmobile activity: helmet.

When you make your reservation, you will be asked for your height, shoe size and weight in order to reserve the appropriate equipment in advance.

Vital equipment

From head to toe

- A pair of warm shoes or a pair of padded boots
- Slippers or light sneakers for the chalet
- Pair of wool socks
- Anorak
- Warm trousers
- Warm sweaters or fleece furs
- Underwear made of fine technical fibres
- Swimsuit
- Gloves, hat, scarf (depending on the season)

Material

- Toilet bag
- Pair of sunglasses
- Sun protection cream (face and lip)
- Pocket knife
- Flashlight or front light with spare batteries
- 1.5 litre minimum flask, light and isothermal.

You can also provide a 2-litre water bag. The latter has the advantage of allowing direct consumption thanks to its pipette. So you don't have to drop the backpack to grab the flask. This way you drink more regularly and in small quantities, which is recommended for a good hydration. Tip: having two containers allows you to consume one while the other is being processed.

Luggage

Your entire luggage must be divided into 2 bags:

- 1- A travel bag or suitcase (maximum 20kg in the hold)
- 2- A backpack (25/30 L capacity) for your daily belongings

Plan a flexible travel bag with side zipper for easy access to its contents. During the trip, it will contain the things you will not use during the day. A small backpack (capacity about 40L) for your things of the day sweater, spare tee shirt, gourd, glasses, lunch picnic etc. In case your checked baggage is delayed, please bring something in the cabin suitcase to survive the first few days (toothbrush, T-shirt, walking shoes, etc.).

Passport

Consular formalities for Europeans and Swiss nationals:

Upon your registration, please transmit your passport information (name, first name, passport number, date of issues and expiration). Currently, to stay as a tourist for less than six months, a visa is not mandatory and a valid passport is sufficient with a validity exceeding by one day your stay in Canada.

Travelers must imperatively have an **electronic travel authorization (eTA) to enter Canada**. You will have to fill the form online and individually (**one application per person**) on <http://www.cic.gc.ca/english/visit/ave.aspl> It is essential that you have a valid email address. The 7 CAD fees are payable by Visa, Mastercard or American Express credit cards. The eTA is granted in just a few minutes but we advise you to apply for it as soon as your trip is confirmed. The eTA is an electronic document linked to your passport and **stays valid for 5 years or until the expiration of the passport**, depending on the first of these eventualities to occur. You must then travel with the passport used to apply for it.

CAREFUL: for French women, the eTA must be filled with your maiden name. Hence, to facilitate the check-in at the airport, we ask travelers in Canada to indicate their maiden name for the booking of their tickets.

You travel with children:

Children and adults are submitted to the same obligations regarding passports and visa described above. Registration of minors on parents' passports is now impossible; children must hold an individual passport. It is compulsory to apply for an eTA for each child individually.

CAREFUL, from January 15th 2017 onwards, for all French minors traveling abroad alone, an authorization to leave the country is compulsory.

The child will have to submit the three following documents:

- The minor's valid passport
- A photocopy of the signatory's identity card, valid or expired for less than 5 years and the birth certificate
- The form, signed by one of the legal guardians, available online on <https://www.service-public.fr/particuliers/vosdroits/F1359>

Concerning other nationalities, seek the Canadian consular authority of your country.

ARRIVAL IN CANADA VIA A TRANSIT THROUGH THE UNITED STATES :

CAREFUL, we can exceptionally use American airlines for travels bound for the American continent (North and South).

They stop over in the US: **you must possess an electronic or biometric passport which is still valid 6 months after your departure from the US** (under "passport", a rectangle under a circle meaning a secure symbol).

You must also **apply for an electronic travel authorization (ESTA)** on the official website <https://esta.cbp.dhs.gov>. Valid for a duration of two years or until the expiration of the passport, this authorization must be requested at the latest 72h before your departure: we advise you to apply to it as soon as your trip is confirmed. It has to be paid for (14 USD online by credit card). The name you put on the form must be the same as the one that figures on your plane tickets and must of course appears on your passport. If the name used on the ESTA form is different from the one on your tickets, the airline can deny your boarding. Minors must also fill out an ESTA authorization.

The Visa Waiver Program allows French nationals to enter the American territory without a visa, either via transit or for a stay of 90 days to the maximum. A visa is nevertheless necessary if you only have an emergency passport. Furthermore, travelers who went to Iran, Iraq, Syria, Somalia, Yemen or Soudan since March 11th 2011 and people who are national of Iran, Iraq, Syria or Soudan cannot benefit from the Visa Waiver program anymore: more information on <http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/etats-unis/>

ARRIVAL IN THE US OR TRANSIT THROUGH THE US :

Upon your arrival, the immigration service will take your photo and fingerprints. You'll have to wait behind the yellow line and not cross it unless you're told to, it can take some time. Customs controls will take place at the first access point to the territory (in case of a transit through a Canadian airport, it will be considered as a first access point to the US and the following process must be applied). Once you've been through the immigration service, you'll get your luggage back from the conveyer belt and go to the customs. In case of a continuation of your trip, you'll have to get your luggage back and bring them the baggage conveyer which serves.

Health information & recommendations

Pharmacy :

It is suggested that participants bring their own medication:

- Aspirin
- Intestinal antiseptic
- Small scissors
- Tricosteril
- Sun protection cream for face and lips
- Mosquito repellent cream or lotion

Also think of your feet : elastoplast, eosin etc.

Recommendations : No vaccination required.

Hygiene : Tap water is safe to drink.

Weather

In Quebec, in summer, weather conditions are very changing and unpredictable and have a considerable influence on the level of the circuits. On average, in winter, the temperature is -10 degrees and -19 degrees at night. A trip indicated as easy will therefore require more effort if the

appropriate weather conditions are not met. You must be ready to face the snow, the wind and even the blazing sun... Some activity may change due to conditions and lack of snow. Spirit of the trip: This trip is participatory: your help will be requested to load and unload the equipment necessary for the smooth running of the trip as well as for its cleaning; on itinerant tours, you must regularly set up and dismantle the camp. All this will not take much time on your entire journey, your guide knows the circuit well, but your involvement helps to create a climate of mutual support and establish links between you and your guide, for a friendly and peaceful atmosphere.

For more information: <https://www.meteo-media.com/ca>

Electricity

As everywhere in the US, voltage runs at 110 Volts/60 cycles. New electric devices can be adapted to the current. It's preferable to check whether or not your device is equipped with a current transformer. In general, it is a black box located between the electric plug and your device. If your device isn't compatible with the 110-volt current, you'll need to get a current transformer sold separately. As electrical plugs are flat, you'll also need an adaptor to plug your device in. you'll find it easily on the spot or before departure in a shop specialized in travels. A waterproof Zip Lock bag is a good way to keep your equipment in a dry place.

Sustainable tourism

Since the outset, Altai works for an eco-tourism and an organization of trips that respects equitable and sustainable principles.

The harmonization of practices assures:

- A fair economical repartition
- The improvement of local teams' working conditions and their awareness of the protection of the environment
- The information of travelers about respecting the local population and environment and the collection of their feelings at their return.

You can also act in favor of an eco-tourism by adopting simple green gestures during your trips:

- Avoid letting waste out, throw it in the trash can or bring it with you
- Use potable water sparingly (take a shower instead of a bath and report any leaks) and avoid wasting it (use biodegradable soap to wash yourself)
- Avoid damaging cultural sites: don't touch the statues, don't move the stones and objects
- Exchange instead of giving (too Important gifts can destabilize the local economic stability of the country depending on their living standards)
- When taking a walk, especially in some fragile ecosystems, observe the fauna from afar, do not go beyond beaten roads, limit stamping and do not bring any souvenirs: give up picking rare flowers picking fossils...
- In some hotels, you can have individual air conditioning. It is advised to systematically switching it off when you're out of the room to avoid energetical overconsumption and greenhouse gas

emission.