

QUEBEC

Quebec City & the Saguenay Fjord

A Guided Walking Adventure



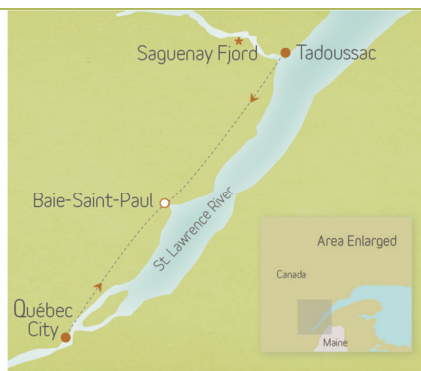


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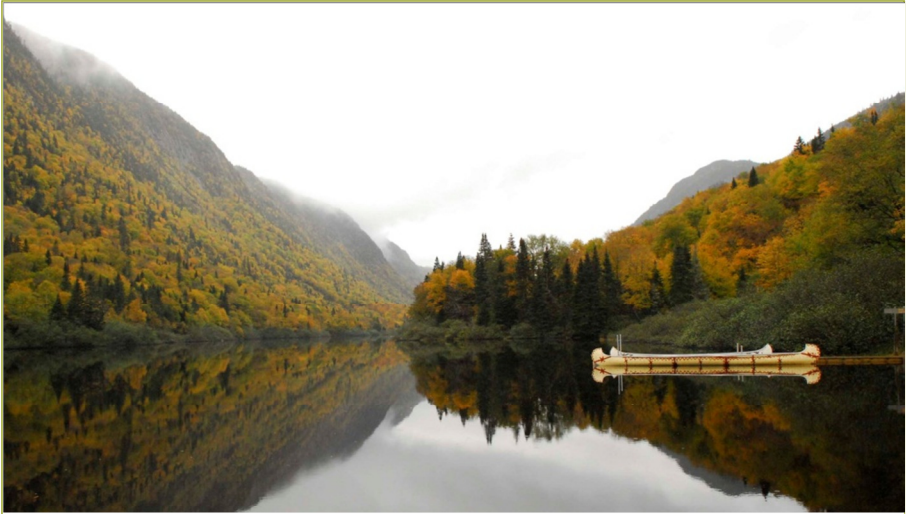
Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



Overview

This exploration of the heart of French-speaking North America captures some of the province of Quebec's most stunning and diverse scenery, from grandiose national and provincial parks to charming villages nestled in rolling farmland, never far from the majestic Saint Lawrence River. The tour begins and ends in Quebec City—considered the most European city on the continent. You travel north along the Saint Lawrence River, past the farms and hamlets of the Charlevoix region to the fascinating Saguenay Fjord, rich in natural history. An ancient valley more than 60 miles long with steep granite cliffs carved by retreating glaciers, the Saguenay Saint Lawrence Marine Park is a unique ecosystem where the fresh water of the Saguenay River meets the salt water of the Saint Lawrence estuary—providing habitat for diverse marine life, including minke and beluga whales, viewed aboard a private boat or from coastal walks. Returning south, you stop overnight in quaint Baie-Saint-Paul, to discover Grands-Jardins National Park. Quebec City, the heart of the province, was founded in 1608 by Samuel de Champlain as a fur-trading post, and centuries later world-class museums, well-preserved architectural gems, and deep history have made it a UNESCO World Heritage site. Spectacular scenery joined with the excellent French-rooted cuisine and warm hospitality of the Québécois combine to create a memorable trip, which is much closer to home than it feels.



Daily Itinerary

DAY 1

Quebec City walking tour; 2-3 miles, easy city walking. Transfer to Tadoussac

After a brief orientation meeting in Quebec City where you meet your guide(s), you embark on a guided exploration of Quebec City where you learn about its history, from the first European settlements in the early 17th century to the present and, in particular, the struggle for control of the continent between the French and English in the 18th century. As a result of that conflict, Quebec City is the only fortified city north of Mexico. Its charming cobbled “Lower Town” and the Place Royale date to the earliest days of the French colony. Architectural landmarks of stone and wood, winding streets, and outdoor cafés are all a part of the tapestry of this French-speaking city.

After a picnic lunch you begin the drive northeast to the town of Tadoussac. This lovely village is located at the confluence of the Saint Lawrence River and the Saguenay Fjord and was the first trading post in New France, founded in 1600, making it the oldest surviving French settlement in the Americas. A stunning setting, the sheltered bay is surrounded by unique sand dunes, the cliffs of the Saguenay in the background, and the vast St. Lawrence—home to an abundance of marine life.

Your home for the next two nights is the historical Hotel Tadoussac. This evening, enjoy a welcome dinner of refined Québécois cuisine in its intimate dining room that overlooks the St. Lawrence River.

Hotel Tadoussac, Tadoussac

A grand hotel in the 19th-century tradition, this historical complex overlooks the waters of sheltered Tadoussac Bay and offers extensive grounds, an outdoor swimming pool and spa. Simple but comfortable guest rooms compliment an inviting bar and patio area with views of Saguenay Fjord.



DAY 2

Sentier Le Fjord to Saint-Louis Lookout; 4-6 miles, easy to moderate with one challenging section, 920-ft. elevation gain. Zodiac whale watch.

Today, after a copious breakfast, you begin your exploration of the Saguenay Fjord and St. Lawrence Estuary. One of the longest fjords in the world at just over 60 miles, the Saguenay is unusual not only because its fresh waters run into the saline estuary, but also for its southerly location—most fjords are at much higher latitudes (in either the Northern or Southern Hemispheres).

Created in the last Ice Age around 10,000 years ago, the fjord features steep cliffs on either side, rising to 1,400 feet at the highest point and plunging below the surface to a maximum of almost 900 feet. An incredible diversity of wildlife thrives in this amazing geography—beluga whales gather here in the summer, it is thought, for the unique combination of waters and sandy floor, and the cliffs are an ecological success story for the return of peregrine falcons. Today's walk provides an opportunity to view both as you make your way to the Baie Sainte Marguerite and the Beluga Halt overlook—as its name implies, a place to spot the small white whales. You continue on to the St. Louis viewpoint, watching for raptors. On-going archaeological surveys have uncovered evidence of Iroquois seal-hunting settlements along the shore, millennia before the arrival of European explorers.

You return to your hotel to refresh after a full day. Time permitting you explore the charming center of Tadoussac, an easy stroll from the hotel, with its many

small shops featuring regional handicrafts and food products, relax at the pool or gardens.

Later this afternoon you embark on an exciting whale watch by Zodiac boat, cruising into the Saint Lawrence River and underneath the soaring granite cliffs of the fjord. With luck, you may spot minke or beluga whales, just two of ten different species that make their summer home in these rich, warm, salty waters. The compact Zodiac allows for up-close encounters with these large mammals and your experience is enriched by commentary from your guide on board.

Enjoy another sumptuous meal at a nearby restaurant.

Hotel Tadoussac, Tadoussac

DAY 3

Dunes walk; 2-3 miles, easy to moderate. Scenic train to Baie-Saint-Paul

This morning, your walk takes you through the nearby dunes, actually marine terraces, remnants of the last Ice Age. At a lookout over the Saint Lawrence, you take in the expansive views, scanning for eagles and peregrine falcons, before descending to the sandy beach. From the crescent beach, you may spot one of the river's beluga whales. Climbing back up and over the dunes, you loop back to your hotel.

After, you shuttle from Tadoussac to La Malbaie where you board Le Train Léger for a spectacular ride along the Saint Lawrence River to your hotel in Baie-Saint-Paul. Lunch will be served on the train. Upon arrival at the Hôtel Le Germain you have the option to partake in a late afternoon stroll along the nearby Remy River before enjoying a savory dinner at the hotel.

Hôtel Le Germain Charlevoix, Baie-Saint-Paul

With views of the St. Lawrence River and a working sheep farm, the Hotel Le Germain Charlevoix is a refreshingly modern rural escape near the artsy town of Baie-Saint-Paul. Rooms boast an award-winning contemporary design, with splashy details like vaulted ceilings, claw-foot bathtubs, and unique light fixtures. Amenities include a full spa, heated outdoor pool, pastry shop, fitness center, and two elegant restaurants.

DAY 4

Mont du Lac des Cygnes; 2.5 or 5 miles, moderate, 820 or 1,650-ft. elevation gain. Transfer to Quebec City

This morning, our destination is the Grands-Jardins National Park. We begin on the well maintained trails to Mont du Lac des Cygnes, one of the centerpieces of the park. You enjoy a picnic lunch along the way. At the summit, you take in panoramic views of the Charlevoix Crater and the Taiga forest, which is unusual at this latitude. This unique environment earned the region a rating as a World Biosphere Reserve. Keep your eyes peeled for some of the park's many inhabitants, such as black bear, moose, woodland caribou, grey wolves, red foxes, porcupines, common loons, lynx, and spruce grouse.

Continuing south to Quebec City, you arrive at your hotel, the Auberge Saint-Antoine, located in the heart of the lower “old” town and rated as one of Canada's best hotels. Built on the foundation of an old warehouse, the hotel today displays more than 700 priceless historical finds that were uncovered during construction. On the way to dinner, you stroll through the cobblestone streets perusing the many outdoor cafés, intriguing parks and squares, and numerous quaint shops.

Auberge Saint-Antoine, Quebec City

This award-winning Relais & Châteaux property on the banks of the mighty Saint Lawrence River evokes comfort, ambiance, and warmth. Located in the lower town of Quebec City, the Auberge is perfectly situated only steps from the museums, galleries, and cafés of the Old Port.

DAY 5

Parc National de la Jacques-Cartier; 3-6 miles, moderate, 1,500-ft. elevation gain or easier option; 2-3 miles

Just over an hour from Quebec City is one of the province of Quebec's largest provincial parks, the Parc National de la Jacques-Cartier. The landscape is characterized by remarkable contrasts—this mountainous upland plateau is cut by steep-sided glacial valleys. A river winds through the most spectacular of them, the Vallée de la Jacques-Cartier, a trench more than 1,800 feet deep. In forests of yellow birch, sugar maple, and black spruce, you are immersed in the classic woodland of North America—habitat for myriad bird and animal species, from the small northern chickadee to large mammals such as black bear, moose, and even re-introduced caribou in the more remote regions. There are a variety

of trails to choose from, all of which have lovely views of the valley. You enjoy a trailside lunch at a scenic point.

This afternoon, you return to your hotel to freshen up for another evening in Quebec City. You have some time to wander before dinner at another outstanding restaurant, where warm hospitality and exquisite French cuisine provide a fond farewell meal.

Auberge Saint-Antoine, Quebec City

DAY 6

Optional Quebec City–Lévis ferry; 2 miles, easy. Quebec City market tour; 1-2 miles, easy city walking. Departure from Quebec City

After a delicious breakfast, you may choose to board the Quebec City–Lévis ferry and enjoy a brief walk up the stairs to a splendid view point of this south shore city founded in 1861. Learn about its history General James Wolfe's camp in the territory of Pointe-Lévy and the siege of Quebec City.

Later, we regroup at the hotel and meet our local guide who will take us on an off-the-beaten-path walking food tour and tasting. Experience a mix of fun culinary exploration and cultural immersion in Quebec City's diverse neighborhoods.

After a final lunch you bid farewell and begin your journey home or continue your exploration of this unique corner of North America.

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

SUSTAINABLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

We proudly support the **Fondation Sur la pointe des pieds (On the Tip of the Toes)** in Quebec. The objective of the program is to provide young people (ages 14 to 29) living with cancer a chance to regain their well-being by facing the challenge of therapeutic adventure expeditions. Each expedition is free of charge to participants and includes activities such as canoeing, kayaking, sailing, and hiking in the summer and dogsledding, snowshoeing, and snowmobiling in the winter. Every trip is fully supervised by medical personnel and outdoor experts. These adventures are a chance to make nature accessible to young people with cancer and show them they can live extraordinary adventures and accomplish great things. Each expedition is tailored to their capacities with the hope that they can gain strength and face what lies ahead on their path to recovery. The story of the origin of the organization's name is most interesting: In 1996, a Quebec explorer was returning from the South Pole as they were organizing their first expedition. During a conference, an 8-year-old boy asked him how does one become an “explorer”. The explorer answered: “When I was your age, I rose on the tip of my toes and found out that I could see further.”

We invite you to learn more at pointedespieds.com.

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

Auberge Saint-Antoine (lobby), Quebec City, Canada, 9:00 a.m.

8, Rue de Saint-Antoine
Quebec City, Quebec G1K 4C9, Canada
Tel 888.692.2211
saint-antoine.com

NIGHTS 1 & 2

Hotel Tadoussac

Tadoussac, Quebec, Canada
Tel 418.235.4421
Email info.hoteltadoussac@silverbirchhotels.com
hoteltadoussac.com
Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHT 3

Hôtel Le Germain Charlevoix

50, rue de la Ferme, Baie-Saint-Paul, Quebec, G3Z 0G2 Canada
Tel 844.240.4700
Email infohotel@legermainhotels.com
legermainhotels.com
Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHTS 4 & 5

Auberge Saint-Antoine

Quebec City, Quebec, Canada
Tel 888.692.2211
Email info@saint-antoine.com
saint-antoine.com
Wireless Internet, hair dryers, and laundry service available.

TOUR DEPARTURE POINTS AND TIMES

- **Quebec City train station (La Gare du Palais), Quebec City, Canada, 2:00 p.m.**
- **Auberge Saint- Antoine, Quebec City, Canada, 2:30 p.m.**

TRAVEL DELAY AND EMERGENCY ASSISTANCE

If you are delayed while traveling, or experience any unforeseen situation en route to your tour, assistance is only a few, easy steps away:

As a Country Walkers guest, you benefit from 24-hour, toll free access to One Call Emergency Hotline and Travel Assistance. Call the numbers below from anywhere in the world to get immediate assistance (regarding everything from lost luggage, to missed connections, to health concerns or notifying your guides or our local partners of a delayed arrival).

To contact One Call, please use one of the following methods:

By Email: mail@oncallinternational.com

By Text: 603.945.0103

By Phone:

If calling from within the USA: 800.555.9095

If calling from outside the USA: 800.555.9095 or 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Planning and Travel Resources: AT&T International Access Codes. If you receive an automated response, when prompted, you can then enter either of the numbers above; One Call accepts collect calls 24/7.

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to **800.555.9095 or 603.894.4710**.

Should there be any problems placing a collect call (as is occasionally the case depending on the country), dial, email, or text One Call directly and ask them to return your call immediately to minimize any out of pocket costs.

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

Tour Facts at a Glance

TOUR LENGTH

6 days, 5 nights

DEPARTURE DATES AND PRICE

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

TOUR MEETING POINT AND TIME

Auberge Saint-Antoine (lobby), Quebec City, Canada, 9:00 a.m.

DEPARTURE POINTS AND TIMES

- Quebec City train station (La Gare du Palais), Quebec City, Canada, 2:00 p.m.
- Auberge Saint-Antoine, Quebec City, Canada, 2:30 p.m.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated easy to moderate, with 2 to 7 miles per day of walking. While some ascents and descents on this tour are gradual, others are sharp and steep, but short. The terrain includes gravel roads, wooden boardwalks, and dirt wooded paths, which may contain rocks and roots. For this reason, it is especially important to wear hiking boots or shoes with ankle support. The pace is generally leisurely, approximately 2 miles per hour. The tour encompasses the history and sophistication of Quebec City and the natural beauty of the hills, valleys, and preserves surrounding the Saint Lawrence River. Please note that the transfer on Day 1 will be approximately four hours in duration however there will be stops along the way to break up the journey.

INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals; local wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary

- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

GRATUITIES

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency.

Traveling To and From Your Tour

TOUR MEETING POINT AND TIME

Auberge Saint-Antoine (lobby), Quebec City, Canada, 9:00 a.m.

Your guide(s) will be wearing a Country Walkers shirt.

MOST CONVENIENT AIRPORT

Jean-Lesage International Airport (YQB), Quebec City, Canada

aeroportdeQuebec.com

GETTING TO THE MEETING POINT

From Quebec's Jean-Lesage Airport: Auberge Saint-Antoine is located in the heart of the city's old port and is a 25-minute taxi ride from the Quebec airport. Taxi fare is approximately \$35 CAD, one way. Taxis are available at the airport's exit.

Driving to the tour: Quebec City is approximately 500 miles from New York City and 400 miles from Boston. For those guests driving to the tour, parking is available at our meeting-point hotel for \$25 CAD plus tax, per day. Please arrange this directly with the hotel.

From Montréal by train: The Montréal-Quebec City train offers three or four departures per day and takes three hours. From the La Gare du Palais train station in Quebec City, it is an approximately 10-minute taxi ride to downtown, and cabs are available at the exit of the train station. For more train information and schedules, please visit viarail.ca.

PRE- AND POST-TOUR ACCOMMODATIONS

We recommend arriving in Quebec at least one day before the tour starts. This will give you time to rest after your travels and recover from any effects of jet lag. You may choose to stay at our meeting-point hotel, Auberge Saint-Antoine, where we have blocked a number of rooms for the night before and the night after the tour.

Auberge Saint-Antoine

8, Rue de Saint-Antoine
Quebec City, Quebec G1K 4C9, Canada
Tel 888.692.2211
saint-antoine.com

Email info@saint-antoine.com

Rates: The rate is \$339 CAD per night, per room, double or single occupancy. This rate does not include tax and breakfast.

To reserve: Please contact the hotel directly if you would like to make a reservation. Be sure to advise the hotel that you are joining a Country Walkers tour so that you benefit from our special rate. The hotel will request a credit card to guarantee the reservation.

DELAYS AND LATE ARRIVALS

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the emergency contact details on your Tour Itinerary Overview page for One Call International contact details.

TOUR DEPARTURE POINTS AND TIMES

- **Quebec City train station (La Gare du Palais), Quebec City, Canada, 2:00 p.m.**
- **Auberge Saint-Antoine, Quebec City, Canada, 2:30 p.m.**

Taxis from the train station to the airport are readily available and cost approximately \$35 CAD for the 40-minute ride.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

**except in cases of force majeure*

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

SCHEDULED GROUP INDIVIDUAL RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255 and providing a \$350 per person deposit. The Balance of your payment (final tour cost) is due 90 days prior to the tour departure date.

SCHEDULED GROUP CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

PRIVATE ADVENTURE RESERVATION & CANCELLATION POLICIES

If you are booking a Private Adventure, a \$500 nonrefundable group deposit is required to secure hotel reservations and guides. Once these arrangements are confirmed, the deposit will be applied as the provider's deposit for the trip. If we are unable to secure the hotel and/or guides for your requested dates, this deposit will be refunded.

Once your Private Adventure is confirmed, your individual \$350 per person deposit is required within 14 days. The balance of your payment (final tour cost) is due 90 days prior to the tour departure date. Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150 (plus the nonrefundable group deposit of \$500); cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. **Please note that Private Adventure tour pricing is based on a guarantee of a specified number of guests. Should the group decrease in size, we reserve the right to alter the per person price, if necessary.**

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.

Canada at a Glance

ENTRY REQUIREMENTS



A passport is required to enter Canada by air, land, or sea. Visas are not required for U.S. citizens.

For information, see travel.state.gov.

Starting March 15, 2016, visa-exempt foreign nationals who fly to or transit through Canada will need an Electronic Travel Authorization (eTA). Exceptions include U.S. citizens and travelers with a valid visa. Cost is approximately \$7.00CAD. For current rates and to apply for your eTA, please see cic.gc.ca/english/visit/eta-start.asp.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s).

CURRENCY

Canada uses the Canadian dollar (CAD). For up-to-date exchange rates, see oanda.com.

Always contact your bank or your credit-card company for details on fees and card use when traveling.

TIME ZONE

Find the official time at your Canadian destination at timetemperature.com/canada/canada_time_zone.shtml.

PHONE & INTERNET

Cell phone coverage throughout Canada is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally widely available; however, it is not guaranteed at all accommodations. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

LANGUAGE

The official languages of Canada are English and French. Outside of Quebec, English is predominantly used, with French used on signs and on some menus.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see bbc.co.uk/languages/french or the enclosed Reading Guide for a suggested phrase book.

ELECTRICITY

Alternating current of 120V and 60Hz is used in Canada (as in the U.S.). The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

During the months of June through September, the weather is ideal for active vacations in the Canadian Rockies, Nova Scotia, and Quebec. In general, daytime temperatures range from the 60s to low 70s, with chillier nights and mornings, perhaps even around freezing in the higher elevations of western Canada. Occasional precipitation can occur at any time throughout the chosen months. For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

FOOD & DRINK

Canadian food is North American in its standard repertoire, as well as in its inclusion of regional dishes and seasonal harvests.

Quebec combines North American dishes with traditional French cuisine; regional specialties include local meat and game, such as rabbit, seafood such as mussels, many local cheeses, and tempting French or maple syrup-based desserts. Nova Scotia offers fresh lobster, Acadian-style cod, and Scottish-influenced baked goods. In Western Canada and the Rockies, menus include hearty items such as the region's local beef steaks and game meats such as venison.



Travel Tip

For guests from outside North America bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

Travel Tip

As hard as it is for a Vermont-based company to admit, Quebec is the world's largest producer of maple syrup, supplying more than 80% of the syrup consumed worldwide, and we'll also admit it's as tasty as Vermont syrup. The Canadian classification system has three categories (1, 2, and 3) and five grades (extra light, light, medium, amber, and dark). For nutritional information, recipes, and interesting maple lore, visit ilovemaple.ca.

LIFE IN CANADA



Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and from 9:00 a.m. to noon on Saturday.

Travel Tip

A Canadian perspective.

Before you travel, check out cbc.ca, the official website of the Canadian Broadcasting Corporation/Radio Canada, for a Canadian view on the news, what Canadians are reading, watching on television, and listening to. A wide number of links to audio and video programming are available.

Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation)

Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, offer from \$2 to \$5 depending on the service provided.

TRAVEL RESOURCES

National Canadian official tourist board

caen.canada.travel

Public holidays

To assist in travel planning, it may be helpful to be aware of Canadian public holidays and national events; for an official list, see cra-arc.gc.ca/tx/hldys/menu-eng.html.

TRAVEL IN CANADA

A wealth of travel information is available at caen.canada.travel.

Airports

Canada has an extensive international and domestic air network with many companies and airports. For travel to all regions and airports, see caen.canada.travel; for Western Canada, travelalberta.com and hellobc.com; and for Quebec, bonjourQuébec.com.



Trains

VIA Rail: viarail.ca, the national railway company site with schedules, fares, and pass options.

Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. The largest national company is Greyhound (greyhound.com); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

For more information, contact Country Walkers.

Packing List

PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 3-7 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Comfortable shoes for Quebec City tour
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)

- » Dinner attire: dress is smart casual

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor
- » Light mittens/gloves and fleece hat for whale watch

EQUIPMENT

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of 1-2 liters)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks (Please note that telescopic walking sticks are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars (for whale watching)
- » Bathing suit
- » Lightweight gloves or mittens for early morning walks
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen

- » Field guides (see enclosed reading list)
- » Folding umbrella
- » Bandana
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-drowsy remedy if needed for whale watch