Bonjour Québec
Kathy Leclerc
Déléguée - Canada | Delegate - Canada

418-953-4332
kleclerc@alliancetouristique.com
https://www.bonjourquebec.com



The Laurentians - Bienvenue Québec Pre Tour

Oct 15, 2026 - Oct 18, 2026

Bonjour!

Discover the wonders of Québec with this itinerary prepared by the Alliance de l'industrie touristique du Québec, under the Bonjour Québec brand, and its regional partners. It was designed to give you a taste of the wealth of our territory and culture, while allowing you to sample our legendary “joie de vivre” that is sure to seduce you and leave you with lasting memories.

Our partners are looking forward to meeting you. Therefore, we invite you to notify us of any significant delay or cancellation to avoid any inconvenience to the person or company that awaits you.

We wish you a pleasant stay! It’s time to enjoy and discover wherever *Bonjour* takes you!

Information & Documents

Contacts

Your contact at your arrival and between each region:

Kathy Leclerc - Bonjour Québec
Delegate, Business Development and Media Relations
E-mail: kleclerc@alliancetouristique.com
Mobile: 418 953-4332

Valérie Gagnon Bart - Bonjour Québec
Logistics Specialist
E-mail: vgagnonbart@alliancetouristique.com
Mobile: 438 866-1758

Your destination contact:

Fabienne Hervé - Tourism Laurentians
E-mail : Fabienne.Herve@laurentides.com
Mobile : 514 979-3723

Specific needs for your trip

- Credit card for hotel incidentals
- Comfortable walking shoes or sneakers
- Windproof and waterproof jacket, and a sweater
- Hat or cap (for sun protection)
- Sunscreen and sunglasses
- Reusable water bottle
- Phone charger and/or portable power bank
- Bathing suit and sandals (e.g., flip-flops)

URGENCY

In case of flights changes, please contact Valérie Gagnon-Bart by text/WhatsApp at 438 866-1758 or by email at vgagnonbart@alliancetouristique.com

October 15 - Thursday - Day 1 - Arrival & The Laurentians

Important information for the participants

To participate in this FAM tour, you must be available for its full duration.

Please note that the Alliance can reserve a room for you the night before the tour departs (October 14). You have until **Tuesday, August 28**, to let us know if you need a room. After that date, it will be your responsibility to make your own reservation and the room will be at your own expense.

10:15 AM - Eastern Daylight Time

Welcome to Québec!

Departure: The tour will depart from **Montréal Pierre-Elliott-Trudeau International Airport** on **Thursday, October 15, at 10:30 AM**.

Meeting point: Please meet your representative in the lobby of the **Courtyard by Marriott Montréal Airport at 10:15 AM**. Look for a sign with “Pre Tour Bienvenue Québec”.

11:15 AM - 45 min - Eastern Daylight Time

Visit of the Oka Abbaye

The Oka Abbey, a heritage gem of the Laurentians founded in 1881 by Trappist monks, now offers an immersive experience where history, architecture, and nature converge. This emblematic site—shaped by its monastic legacy and its role in Québec’s agricultural development—is reinventing itself as a distinctive cultural and tourist destination, blending memory, gastronomy, and accommodation in an exceptional setting.

Contact : **M. Martin Mailhot** -Deputy General Director
1 450 960 5311 | martinm@abbayeoka.ca
Social Media : FB : @lesacrebistro | IG : @lesacrebistro | #abbayeoka



Abbaye d'Oka
1600 Chemin d'Oka, Oka, Québec, CA
1 450 415 0651

12:30 PM - Eastern Daylight Time

Lunch at Labonté de la pomme

Labonté de la pomme is a beautiful orchard and cider house on the country-side and overlooking the Oka valley, where you can disconnect to better reconnect. They also have an Apple Shack, their own take on the Sugar Shack tradition, as well as a summer bistro and picnics in the orchard.

Contact: **Mrs. Nathalie Labonté** - Co-owner
1 450 479 1111 | nathalie@labontedelapomme.ca
Social media: FB: @labontedelapomme | IG: @labontedelapomme | #labontedelapomme



Labonté de la pomme
405 Rang de l'Annonciation, Oka, Québec, CA
1 450 479 1111

3:00 PM - Eastern Daylight Time

Outdoor - Hiking at Oka National Park

Oka National Park has a rich historical and natural heritage. The Calvaire, with its four oratories and three chapels, is a unique complex of historic buildings in America. In Grande Baie and Rivière aux Serpents, land and water come together to give birth to ecological jewels: the wetlands. Winter and summer alike, the top of the Calvaire d'Oka trail provides an exceptional view of Lac des Deux Montagnes and the Adirondacks. Soothing and magnificent...

Note: La Grande Baie hike: 4 km loop — approximately 1 hour.

Contact: **Mr. Alexandre Brousseau** - Director
1 450 479 8365 x6522 | brousseau.alexandre@sepaq.com
Social media: FB: @parcnationaldoka | IG: @parcnationaloka | #parcnationaloka

Contact: **Mr. Francis Vallée** - Acting sales manager, Tour & Travel
1 418 380 5875 #2260 or 581 995-3150 | vallee.francis@sepaq.com
Social media: FB: @parcnationaldoka | IG: @parcnationaloka | #parcnationaloka



Parc national d'Oka
2020 Chemin d'Oka, Oka, Québec, CA
1 450 479 8365

CHECK-IN 5:00 PM - Eastern Daylight Time

Check-in at Manoir Saint-Sauveur

Dedicated to your comfort and well-being, this magnificent resort has become a favorite destination of families, couples and corporate groups thanks to its exceptional rustic chic ambiance and state-of-the-art facilities. The upscale spa, cozy and intimate bar lounge, 23,000 ft² convention floor, multi-sport field, and Nordic baths make this spectacular resort an ideal destination for anyone who wants to get away from it all.

Contact: **Mrs. Carole Tétrault** - Sales director
1 450 227 1811 #8163 | c.tetrault@manoir-saint-sauveur.com
Social media: FB: @manoirsaintsauveur | IG: @manoirsaintsauveur | #manoirsaintsauveur

Contact: **Mrs. Chantal Bédard** - Sales director, tour & travel
1 418 692 1030 | CBedard@manoir-victoria.com
Social media: FB: @manoirsaintsauveur | IG: @manoirsaintsauveur | #manoirsaintsauveur



Manoir Saint-Sauveur
246 Chemin du Lac-Millette, Saint-Sauveur, Québec, CA
1 450 227 1811

7:30 PM - Eastern Daylight Time

Dinner at La Tablée (Manoir Saint-Sauveur)

The Tablée Restaurant welcomes you in a pure modern friendly decor, offering a menu with Italian and Mediterranean flavors. Equipped with its own firewood pizza oven, pizzas and some of our dishes are a hymn to the traditional cuisine of southern Europe.

Contact: **Mrs. Carole Tétrault** - Sales director
1 450 227 1811 #8163 | c.tetrault@manoir-saint-sauveur.com
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La Tablée
246 Chemin du Lac-Millette, Saint-Sauveur, Québec, CA
1 450 227 1811

October 16 - Friday - Day 2 - The Laurentians

8:00 AM - Eastern Daylight Time

Breakfast at La Tablée (Manoir Saint-Sauveur)

In a warm and welcoming atmosphere, start your day with breakfast at La Tablée Restaurant, at Manoir Saint-Sauveur. The Tablée Restaurant welcomes you in a pure, modern, friendly decor, and their morning service (buffet or à la carte options, depending on the season) is ideal for fueling up before starting the day.

Contact: **Mrs. Carole Tétrault** - Sales director
1 450 227 1811 #8163 | c.tetrault@manoir-saint-sauveur.com
Social media: FB: @manoirsaintsauveur | IG: @manoirsaintsauveur | #manoirsaintsauveur

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La Tablée
246 Chemin du Lac-Millette, Saint-Sauveur, Québec, CA
1 450 227 1811

CHECK-OUT 9:15 AM - Eastern Daylight Time

Check-out from Manoir Saint-Sauveur

Dedicated to your comfort and well-being, this magnificent resort has become a favorite destination of families, couples and corporate groups thanks to its exceptional rustic chic ambiance and state-of-the-art facilities. The upscale spa, cozy and intimate bar lounge, 23,000 ft² convention floor, multi-sport field, and Nordic baths make this spectacular resort an ideal destination for anyone who wants to get away from it all.



Manoir Saint-Sauveur
246 Chemin du Lac-Millette, Saint-Sauveur, Québec, CA
1 450 227 1811

9:45 AM - 2 hr - Eastern Daylight Time

Thermal experience at Strøm Nordic Spa Saint-Sauveur

Strøm Saint-Sauveur honors the Scandinavian tradition on the site of the first Nordic spa in Québec, inaugurated in the 1960s. Surrounded by mature trees, on the banks of Simon River, and nestled in one of Québec's most picturesque tourist regions, it offers an immersive relaxing experience in harmony with its environment and setting.

Note: Towels, locks and bathrobes will be provided. Do not forget to bring your sandals and bathing suit.

Contact: **Mrs. Noémy Campbell** - Sales and Marketing Coordinator
514 761 7900 #4316 | ncampbell@stromspa.com
Social media: FB: @stromspa | IG: @stromspa | #stromspa

Contact: **Mrs. Alexia Forand** - Marketing Project Manager
514 761 7900 #4302 | aforand@stromspa.com
Social media: FB: @stromspa | IG: @stromspa | #stromspa



Strøm spa nordique Saint-Sauveur
930 Boulevard des Laurentides, Piedmont, Québec, CA
1 450 227 4616

12:00 PM - 1 hr 30 min - Eastern Daylight Time

Lunch at Nord restaurant (Strøm Nordic Spa)

At Nord Saint-Sauveur, the past blends harmoniously with the present in a hushed atmosphere that extends to both the lounge and the dining room. This tribute to the environment extends to the menu, a true ode to the riches of nature and the land.

Contact : **Mrs. Noémy Campbell** - Marketing and Sales Coordinator
514 761 7900 #4316 | ncampbell@stromspa.com
Social Media : FB : @stromspa | IG : @stromspa | #stromspa

Contact : **Mrs. Christine Mailloux** - Director of Sales, Business Development and Partnerships
514 761 7900 #4304 | cmailloux@stromspa.com
Social Media : FB : @stromspa | IG : @stromspa | #stromspa



Restaurant Nord
930 Boulevard des Laurentides, Piedmont, Québec, CA
1 450 227 4616

2:30 PM - Eastern Daylight Time

Guided JEEP tour with Aventures Plein Air

Located on the shores of Lake Morency, Aventures Plein Air offers a full range of activities and packages to fully experience the outdoors in Quebec all year round. Its local guides are specialists in snowmobiling, dog sledding, quad (ATV), jeep, water sports, fishing, canicross and more.

Contact: **Mr. Alexandre Saey** - Owner
1 450 563 4443 | alex@aventurespleinair.com
Social media: FB: @aventurespleinair | IG: @aventurespleinair | #aventurespleinair



Aventures Plein Air
42 Rue de la Chaumine, Saint-Hippolyte, Québec, CA
1 450 563 4443

4:00 PM - Eastern Daylight Time

Site Visite at Auberge du Lac Morency

The Auberge du Lac Morency is the perfect place to stay in nature at the edge of a lake. Well known for its historical character and modern atmosphere, its restaurant Chez Hippolyte and its activities on the site, it will definitely charm you.

Contact: **Mrs. Marie-Christine Roeland** - Tours & Travel
1 450 563 5544 or 1 800 616-5544 | marie-christine@lacmorency.com
Social media: FB: @lacmorency | IG: @aubergedulacmorency | #lacmorency



Auberge du Lac Morency
42 Rue de la Chaumine, Saint-Hippolyte, Québec, CA
1 800 616 5546

CHECK-IN 6:15 PM - Eastern Daylight Time

Check-in at Huttopia Les Deux Lacs - Laurentides - 1 night

This winter, escape to the Laurentians, in the heart of Mont-Blanc, just 1h30 from Montreal. Enjoy an enchanting stay in our warm wooden chalets, nestled between frozen lakes and snow covered forests. Share the joys of winter near the Mont Tremblant and Mont-Blanc ski resorts, among the most beautiful winter destinations in Quebec.

Contact: **Mme Vanessa Orie** – Responsable Vente & Animation Commerciale
1 450 830 3555 | vanessa.orie@huttopia.com
Réseaux sociaux: FB: @huttopiacanadausa | IG: @huttopiacanadausa

Dinner and campfire evening with a singer-songwriter (Huttopia Les Deux Lacs - Laurentides)

In the evening, enjoy a signature experience surrounded by nature at Huttopia Les Deux Lacs: a friendly dinner followed by a fireside evening with live music by a singer-songwriter, including a s'mores tasting. This warm, immersive experience highlights Québec's art de vivre and is the perfect way to unwind after a day of exploring the Laurentians.

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1 450 830 3555 | vanessa.orie@huttopia.com
Réseaux sociaux: FB: @huttopiacanadausa | IG: @huttopiacanadausa



Huttopia Les Deux Lacs – Laurentides
4500 Chemin du Lac Caribou, Mont-Blanc, Québec, CA
819 326 9072

October 17 - Saturday - Day 3 - The Laurentians

7:45 AM - Eastern Daylight Time

Breakfast - Huttopia Les Deux Lacs – Laurentides

Start your day with fresh products and a hot coffee while taking in spectacular lake views. Enjoy it in your accommodation or on our panoramic terrace before heading out for the day.

Contact: **Mme Vanessa Orie** – Sales & Commercial Marketing Manager
1 450 830 3555 | vanessa.orie@huttopia.com
Social Media: FB: @huttopiacanadausa | IG: @huttopiacanadausa



Huttopia Les Deux Lacs – Laurentides
4500 Chemin du Lac Caribou, Mont-Blanc, Québec, CA
819 326 9072

CHECK-OUT 8:45 AM - Eastern Daylight Time

Check-out from Huttopia Les Deux Lacs - Laurentides

This winter, escape to the Laurentians, in the heart of Mont-Blanc, just 1h30 from Montreal. Enjoy an enchanting stay in our warm wooden chalets, nestled between frozen lakes and snow covered forests. Share the joys of winter near the Mont Tremblant and Mont-Blanc ski resorts, among the most beautiful winter destinations in Quebec.

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1 450 830 3555 | vanessa.orie@huttopia.com
Réseaux sociaux : FB : @huttopiacanadausa | IG : @huttopiacanadausa

9:30 AM - Eastern Daylight Time

Visit at Sentier des cimes Laurentides - Treetop Walk

A new major international ecotourism destination offering a unique immersive nature experience on a raised wooden path that blends seamlessly with the environment. The nearly kilometer-long trail leads to a 40-meter-high observation tower with a spectacular 360-degree view of the surrounding landscape.

Note: Wear comfortable shoes/boots for the hike.

Contact: **Mrs. Anne-Eve Gagné** - Communications and marketing assistant
1 873 229 0363 | marketing@sentierdescimes.ca
Social media: FB: @SentierdescimesLaurentides | IG: @sentierdescimeslaurentides | #sentierdescimes

Contact: **Mrs. Kathy Poulin** - Communications, marketing and HR director
1 873 229 0363 | kpoulin@sentierdescimes.ca
Social media: FB: @SentierdescimesLaurentides | IG: @sentierdescimeslaurentides | #sentierdescimes



Sentier des cimes Laurentides
737 Rue de la Pisciculture, Mont-Blanc, Québec, CA
1 873 229 0363

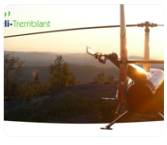
12:00 PM - Eastern Daylight Time

Helicopter tour with Héli-Tremblant

The helicopter rides offered in the Laurentians will allow you to discover a completely different perspective of the region, with its forests, its lakes and rivers, and its moutainous topography.

Note: This activity can be cancelled according to the weather conditions. Please reconfirm your flight in the morning with Jean-Benoît.

Contact: **Mr. Jean-Benoit Daigneault** - Owner
1 819 425 5662 or cell 514 247 6158 | info@heli-tremblant.com
Social media: FB: @HeliTremblant | IG: @heli_tremblant | #helitremblant



Héli-Tremblant
72 Québec 117, Mont-Tremblant, Québec, CA
1 819 425 5662

CHECK-IN 5:30 PM - Eastern Daylight Time

Check-in at Station Mont-Tremblant - 1 night

Tremblant offers a globally aligned accommodation portfolio in the heart of the pedestrian village, where each location enhances the guest experience. Facilities — including spas, pools, and wellness spaces — combined with a range of atmospheres, allow you to seamlessly align lodging with your objectives, delivering high value-added stays.

Contact: **Mr. Alexandre Caron** - Sales Director at Station Mont Tremblant
1 819 681 5675 | acaron@tremblant.ca
Social media: FB: @tremblant | IG: @monttremblant | #tremblant #quoifairetremblant

Contact: **Mrs. Émilie Champagne** - Sales Representative – Wholesale, Tour & Travel at Station Mont Tremblant
1 819 681 5632 | echampagne@tremblant.ca
Social media: FB: @tremblant | IG: @monttremblant | #tremblant #quoifairetremblant

Contact: **Mrs. Marie-Christine Desjardins** - Inside Sales Representative - Wholesale, Tour & Travel at Station Mont Tremblant
1 819 681 5632 | mcdesjardins@tremblant.ca
Social media: FB: @tremblant | IG: @monttremblant | #tremblant #quoifairetremblant



Tremblant
1000 Chemin des Voyageurs, Mont-Tremblant, Québec, CA
1 888 738 1777

7:00 PM - Eastern Daylight Time

Dinner at Choux Gras Brasserie Culinaire (Fairmont Tremblant)

Located in an exceptional location overlooking the pedestrian village of Tremblant, Choux Gras is sure to impress. Its New Retro design and decor help create a warm and glittering atmosphere. The wine list offers an adventure around the world with more than 225 references.

Contact: **Mr. Vincent Leblanc** - Director, sales and marketing at Fairmont Tremblant
1 819 681 7650 | vincent.leblanc@fairmont.com
Social media: FB: @chouxgrasrestaurant | IG: @chouxgrasrestaurant | #monchouxchoux #fairmonttremblant #tremblant #quoifairetremblant



Choux Gras Brasserie Culinaire
3045 Chemin de la Chapelle, Mont-Tremblant, Québec, CA
1 819 681 7000

October 18 - Sunday - Day 4 - The Laurentians & Outaouais

7:30 AM - Eastern Daylight Time

Breakfast at Hôtel (Station Mont-Tremblant)



Tremblant
1000 Chemin des Voyageurs, Mont-Tremblant, Québec, CA
1 888 738 1777

9:30 AM - Eastern Daylight Time

Guided activity with D-Tour in Parc national du Mont-Tremblant

D-Tour *offers authentic guided outdoor experiences throughout the seasons, like hiking, fatbiking, snowshoeing, dog sledding and much more. Tailor-made packages are also offered for a personalized experience.*

Created in 1895, ***Parc national du Mont-Tremblant*** *is a large territory of 1510 km2 that enjoys an international stature, being the first park created in Quebec, the third in Canada, and the sixth in North America. It is therefore part of the world history of protected areas along with Yellowstone, Yosemite, and Sequoia parks, as well as being certified as an International Dark Sky Park.*

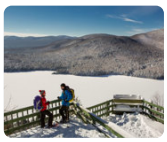
Contact: **Mrs. Audrey Leclerc** - Owner D-Tour
1 819 430 8687 | audrey@dtourtremblant.com
Social media: FB: @dtourtremblant | IG: @dtourtremblant | #dtourtremblant

Contact: **Mr. Alexandre Lavoie** - Sales representative
1 819 688 2281 #6805 | lavoie.alexandre@sepaq.com
Social media: FB: @ParcnationalduMontTremblant | IG: @parcmonttremblant | #parcmonttremblant

Contact: **Mr. Francis Vallée** - Acting sales manager, Tour & Travel
1 418 380 5875 #2260 or 581 995-3150 | vallee.francis@sepaq.com
Social media: FB: @ParcnationalduMontTremblant | IG: @parcmonttremblant | #parcmonttremblant



D-Tour
1 819 430 8687



Parc national du Mont-Tremblant
3824 Chemin du Lac Supérieur, Lac-Supérieur, Québec, CA
1 819 688 2281

12:00 PM - 2 hr - Eastern Daylight Time

Brunch at Casino de Mont-Tremblant

Located on the Versant Soleil, Casino de Mont-Tremblant offers a complete and diverse range of games, must-attend music events, DJ performances and exciting activities. The warm and friendly Altitude Restaurant is the perfect place to savour a delicious meal while taking in the magnificent view of the mountain. Plus, a free shuttle bus takes you from the ski resort to the Casino.

Contact: **Mrs. Caroline Bourque** - Communication advisor
1 819 429 4150 | caroline.bourque@casino.qc.ca
Social media: FB: @lotoquebec.casinos | IG: @lotoquebec.casinos | #lotoquebec.casinos #tremblant #quoifairetremblant



Casino de Mont-Tremblant
300 Chemin des Pléiades, Mont-Tremblant, Québec, CA
1 819 429 4150

DEPARTURE 2:00 PM - Eastern Daylight Time

Departure for Outaouais region (Gatineau) and arrival at official Bienvenue Québec hotel (about a 2-hour drive)



Hilton Lac-Leamy
3 Boulevard du Casino, Gatineau-Ottawa, QC, CA, J8Y 6X4
(819) 790-6444

Thank you for your visit

We hope you enjoyed your stay in Québec!

Do not hesitate to share your article and photos on our social media:
FB: tourismequebec | IG: travelinquebecfromabroad **#BonjourQuebec**

And thank you to our partner!

Tourism Laurentians
FB: @TourismeLaurentides | IG: @tourismelaurentides **#laurentians**

Tourism Laurentians

Bonjour Québec