

# QUÉBEC FOR ALL



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with partial  
or full  
accessibility

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**100**  
TOP  
PICKS!

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AÉROPORTS DE  
MONTREAL

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Québec 

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# Québec Original... for all!

## A Word from André Leclerc

One of the main attractions of La Belle Province is without a doubt its rich and abundant natural surroundings. Game-filled forests, lakes and streams teeming with fish, picturesque landscapes, vast natural expanses often part of protected national parks—these largely wilderness areas offer such varied activities as wildlife observation, hiking, excursions, swimming, cruises, hunting, fishing and other classic sports like skiing, golfing, cycling and more.

And let's not forget the populated areas, boasting a rich religious, architectural and museum heritage. They are also home to a wealth of leisure and entertainment activities, and the selection of theme parks, casinos, spas and gardens to visit, in addition to shows, fine restaurants and great shopping, is second to none.

To be able to stay within easy distance to these fabulous attractions, there is a growing network of accessible establishments to choose from. And there's more good news: a new funding program established by the Ministère du Tourisme du Québec and managed by Kéroul is now available to tourism businesses that wish to make their facilities accessible.

Congratulations to Victoriaville—Québec's first-ever recipient of the municipal "Destination for All" certification. Now the city is proudly displaying the three stars that attest to its varied, accessible and high-quality tourist amenities to people with disabilities. Indeed, concerted efforts by local private and public service providers means visitors with disabilities can enjoy an extended stay, and sleep, eat, visit, shop and pursue a wide range of day-to-day activities in an obstacle-free environment in a highly welcoming culture. Well done! A good start!



**André Leclerc**  
CEO and founder  
Kéroul



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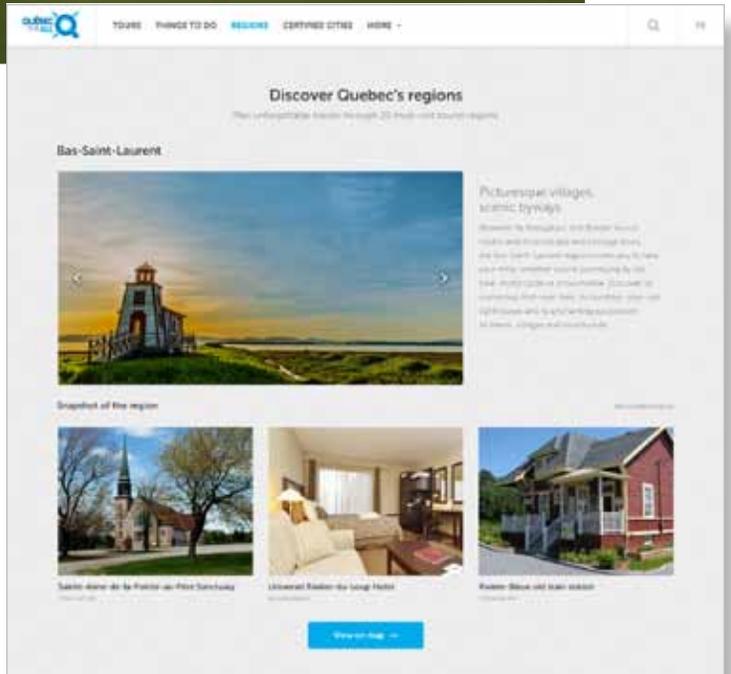
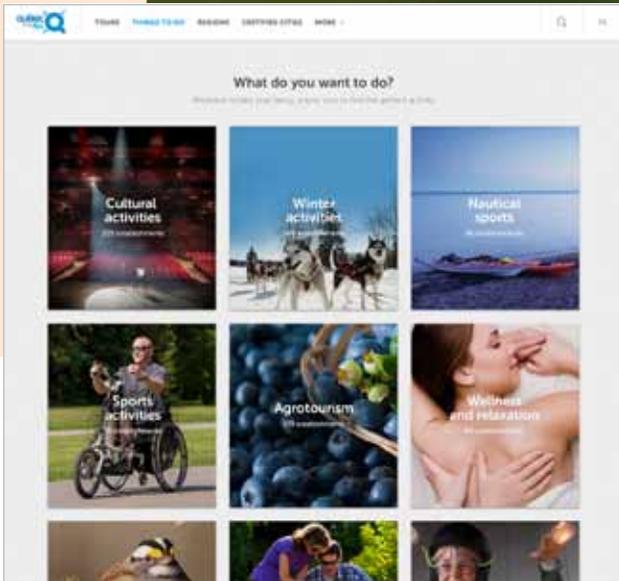
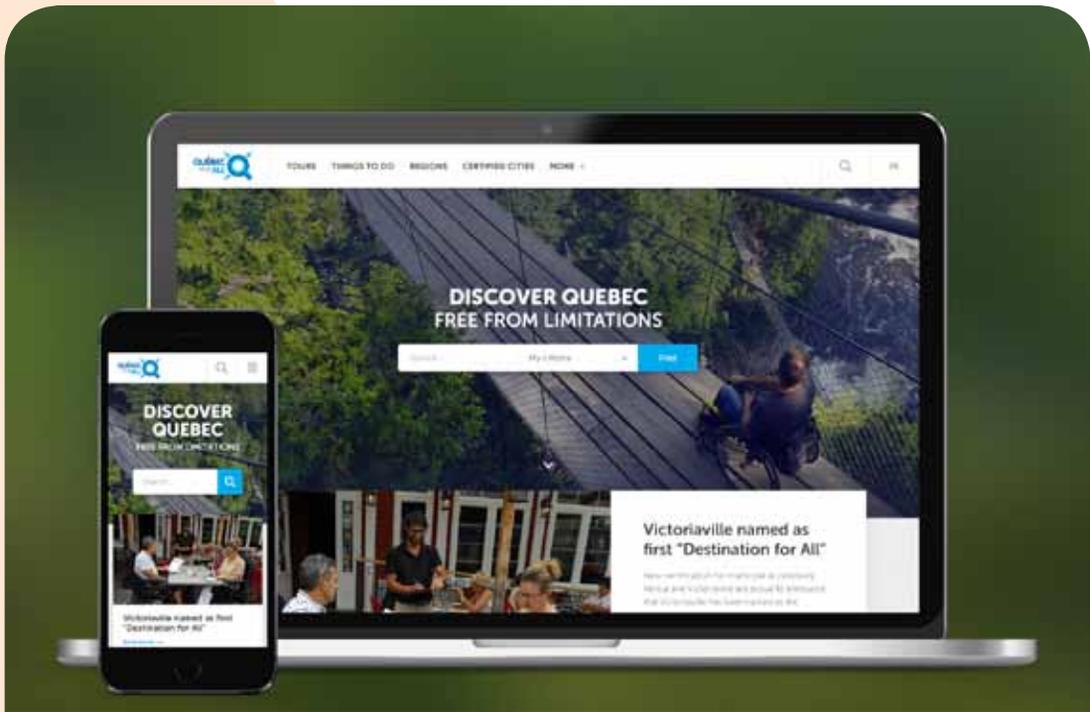


*Québec for all* is a database of over 1,700 tourism and cultural organizations and businesses assessed by Kéroul and certified fully or partially accessible, spread across 21 regions of Québec.

Do you have physical limitations? Do you like to have fun, tour and travel? Well then: pack your bags and bring your loved ones along! Québec has put a great deal of effort into making tourist sites and services accessible to visitors with special needs. The province may be vast, but that's no reason for its numerous natural and cultural attractions to be off limits to someone with a disability.

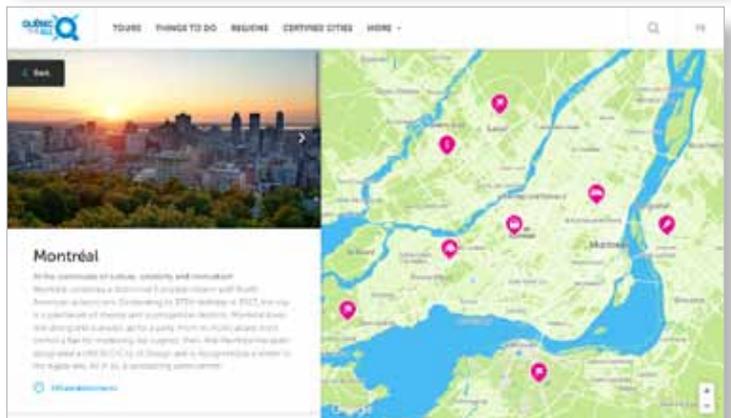
Looking for an inspiring, authentic and accessible destination? You've come to the right place! Québec has over 1.6 million km<sup>2</sup> (617,763 sq. mi.) of landscapes, each more captivating than the last. Attractions and activities abound, enchanting and enthraling visitors as they get acquainted with *la belle province*.





## LEGEND

-  Accessible establishment
-  Partially accessible establishment
-  Establishments offering services to persons with a visual impairment
-  Establishments offering services to persons with a hearing impairment



The diversity of Québec is reflected in the many different types of lodging available. From rustic campgrounds to luxurious hotels to friendly B&Bs, you'll enjoy discovering the province, not to mention surprising cultural experiences, through its wide variety of tourist accommodations.

# Accessible accommodations in Québec

# Hotels

Hotels are definitely the most common form of accommodation. They also provide the most options in terms of accessibility, particularly larger hotel chains that follow American standards. Establishments in this category offer single rooms, suites or furnished apartments with kitchens. Hotels also provide services such as a concierge and daily housekeeping.

## TOP PICKS



### FAIRMONT LE MANOIR RICHELIEU

Charlevoix

Nestled between mountains, forest and the scenic village of La Malbaie, the Fairmont Le Manoir Richelieu attracts guests with a taste for luxury. This hotel offers visitors the elegance of an international resort in a charming natural setting. Its restaurants feature regional cuisine and local ingredients and are sure to please the most discerning gourmet. Whether in Charlevoix or across the country, Fairmont Hotels always provide peace of mind when it comes to accessibility, thanks to their high standards. You can even enjoy the region's legendary landscapes from the comfort of your well-appointed hotel room—a luxurious way to commune with nature!



### GÎTE DU MONT-ALBERT IN PARC NATIONAL DE LA GASPÉSIE

Gaspésie

A hiking hot spot, Parc national de la Gaspésie gives visitors access to an extraordinary mountain environment. Mont Albert is one of these breathtaking mountains. Gîte du Mont-Albert, a magnificent four-star hotel, offers its guests all the comfort they could wish for. It's known for its hospitality, fine local cuisine and unique decor. This hotel is equipped with two adapted rooms. One of them requires the use of a patient lift due to the presence of three steps.



### SANDMAN MONTRÉAL-LONGUEUIL

Montréal

This hotel on Montréal's South Shore is adjacent to the Longueuil metro station and close to the Casino de Montréal and La Ronde amusement park. It is a popular hotel among budget-conscious tourists visiting the city who don't want to cut corners on comfort! For the fourth consecutive year, the Sandman Montréal-Longueuil is a Défi sportif AlterGo partner hotel. Some rooms have been renovated with adapted beds and washrooms to accommodate athletes with reduced mobility, and the pool now features an access ramp. You'll enjoy this calm retreat in the vibrant city of Montréal!



### AUBERGE DES GALLANT

Montréal

This remarkable hotel, restaurant and spa is nestled in the heart of a bird and deer sanctuary on Mont Rigaud. Its modern rustic style pays tribute to its natural setting without sacrificing on luxury. You'll love the warm atmosphere and top-notch service. The restaurant highlights local ingredients, providing visitors with a unique taste of Québec. Delicious! Brownie points for accessibility: the adapted rooms' floor-level showers are smartly designed.



### HÔTEL DE L'ITHQ

Montréal

The Hôtel de l'ITHQ is located in the same building as the Institut de tourisme et d'hôtellerie du Québec (ITHQ), in the heart of Montréal, a stone's throw from the Quartier des Spectacles, between Quartier Latin and Plateau Mont-Royal. Proud of its four stars, this teaching hotel features 42 rooms, including a room perfectly adapted to the needs of people with disabilities, and offers unparalleled accommodations with service and comfort worthy of the world's finest hotels.



### CENTRE SHERATON MONTRÉAL

Montréal

Just steps from many of Montréal's most popular attractions, the Centre Sheraton Montréal offers the perfect location from which to explore the city's bustling streets, day or night. You'll enjoy the fabulous rooftop terrace, luxurious lounges and 825 modern rooms and suites. Ongoing hotel improvements and staff training guarantee a high standard of service for persons with disabilities. The Centre Sheraton Montréal received the 2015 Hotelia Award for accessibility.



### RENAISSANCE MONTRÉAL

Montréal

Renaissance Montréal's trendy urban design is sure to seduce you with its creative vibe. Nevertheless, you'll want to resist the temptation to linger inside: this hotel is at the heart of the action in downtown Montréal! The hotel scores high on accessibility thanks to its adherence to American standards, which are stricter than those in Québec. What's more, the Renaissance Montréal has implemented an accessibility policy adapted to the disabilities of each guest by way of customized services. This innovative approach earned the establishment the Hotelia Award for accessibility in 2016.



# VITA BELLA B&B





## LE MONASTÈRE DES AUGUSTINES

📍 Québec City and Area

Le Monastère des Augustines' unique concept blends culture, heritage and holistic health. With Québec now a predominantly secular society, its religious structures are being repurposed in unique and interesting ways. Le Monastère des Augustines is a perfect example, providing a distinctly 21<sup>st</sup>-century version of a secluded retreat. While the silent breakfast may feel unconventional, it's a wonderfully tranquil way to start your day. This restored former cloister offers meditation classes, massage therapy, spiritual concerts, wellness workshops and creative activities. Simply divine! Le Monastère is the perfect place to reconnect with yourself without the added worry of accessibility. Persons with disabilities will feel right at home, although the washrooms could benefit from a few adjustments. That said, Le Monastère offers a truly unique experience at a very reasonable rate!



## HÔTEL-MUSÉE WENDAKE

📍 Québec City and Area

This accessible indigenous experience is not to be missed! Featuring longhouse-inspired architecture, the Hôtel-Musée Wendake is bordered by theme gardens and hiking trails. Visitors to this boutique hotel can view and purchase original Wendake crafts and creations by other Amerindian nations. A Labrador tea ceremony takes place each day at 3:00 p.m. near the central fireplace. And don't forget to visit the museum, an institution created to protect and promote the heritage of the Wendat people. The museum's mandate is to teach and popularize the history, culture and art of the Wendat people and other First Nations in order to give visitors a better understanding of their present way of life.

# Tourist residences

This type of accommodation describes a complex of cottages, apartments or furnished houses that include kitchen facilities and one or more bedrooms. They afford guests a certain degree of autonomy and are generally booked for longer stays, allowing visitors to avoid the cost of repeated restaurant visits! Perfect for "slow travel" tourists who prefer to immerse themselves in the local scene.

### TOP PICKS



## CHALETS U

📍 Eastern Townships

Located in the charming Magog-Orford region, Chalets U offer two single-level cottages that can house up to six people, providing excellent accommodation for persons with disabilities. The cottages are comfortable, modern and spacious, and surrounded by nature. The Chalet des Diligences provides visitors with a spectacular view of Lac Orford and the mountains, while Chalet Malaga's beautiful forest setting is nestled between Lac Malaga and Étang Holland. A large number of nearby adapted activities are also on offer. Visitors can go skiing at Mont Owl's Head, take a stroll through the Marais de la Rivière aux Cerises marsh, sample wines at the Cep d'argent winery and explore the city of Magog. There is something for everyone!

# Bed and Breakfasts

(known as "gîtes" in Québec)

This category includes privately owned residences that provide overnight accommodation. B&Bs can house up to 15 people in a maximum of five bedrooms, with breakfast included in the price. Because these establishments are usually owner-occupied, staying at a B&B gives visitors the chance to get to know their hosts. Quebecers are well known for their hospitality, and a B&B will make you feel right at home!

### TOP PICKS



## GÎTE VITA BELLA

📍 Laurentians

As the first and only fully accessible B&B in Québec, Gîte Vita Bella has been profiled on AMI-télé, the province's accessible media television station. Its accessibility is just the first in a long list of impressive features. Located on a mountainside with a lake view, its natural setting will take your breath away, particularly in the fall when the trees come alive with colour. This three-bedroom B&B is decorated in the style of a traditional Québec country home. It's the perfect spot for a relaxing getaway—or an invigorating encounter with nature!



## REFUGE DU MOULIN D'EAU

📍 Saguenay–Lac-Saint-Jean

Boasting a combination of traditional and modern design and decor, this B&B will welcome you with open arms! Located in La Doré, the Refuge du Moulin d'eau is within walking distance of the Moulin des pionniers and an eight-minute drive from the Zoo de St-Félicien. Perfect for a weekend getaway! However, it is only partially accessible. The washroom has a number of shortcomings and access to the restaurant requires visitors to mount a few stairs.





## Vacation centres

These establishments offer all-inclusive packages that comprise lodging, restaurant meals or kitchen facilities, entertainment and recreational facilities. If you're looking for a fun-filled family vacation, vacation centres are an excellent option. Some also offer summer camps—the perfect break from the day-to-day routine for children and adults alike. A number of vacation centres specialize in catering to persons with disabilities.

### TOP PICKS



#### AUBERGE LA CLÉ DES CHAMPS

Bas-Saint-Laurent

Located in Saint-Cyprien and founded in 1994, Auberge la Clé des Champs is a vacation and recreational training centre for people living with disabilities. It offers flexible vacation packages throughout the year for natural or host families. The Auberge is a modern, secure and functional facility that provides a stimulating environment and customized, enriching experiences. Its 26 rooms are all accessible, making it the perfect destination for sports or cultural groups!



#### CAMP MASSAWIPPI

Eastern Townships

Affiliated with the MAB-Mackay Rehabilitation Centre, Camp Massawippi is for campers living with motor, hearing or visual impairments. It is located on a beautiful 19-acre site on the shores of Lac Massawippi, in Québec's Eastern Townships. In addition to summer camp programs, it offers a weekend respite camp, school and group events, and a wide range of activities. The Mab-Mackay Rehabilitation Centre in Montréal also runs a day camp. The camp has a private beach with tons of nautical activities: canoeing, kayaking, sailing, rabaska, pontoon boating, tubing and, of course, adapted water skiing—all supervised by a team of lifeguards. A safe and stimulating environment!

## Youth hostels

Youth hostels offer lodging in rooms or dormitories along with restaurant services or kitchen facilities. They also provide 24-hour security. While there is no maximum age limit at these reasonably priced establishments, their target clientele are millennials. If you're looking for peace and quiet, a youth hostel may not be the right fit.

### TOP PICKS



#### TADOUSSAC YOUTH HOSTEL

Manicouagan

The Tadoussac Youth Hostel invites you to enjoy its relaxed and friendly atmosphere while you're visiting this enchanting region of Québec. Come for the breathtaking views of the Saguenay Fjord and fall in love with the magnificent natural surroundings. The hostel offers a number of outdoor activities in the surrounding area and regularly hosts concerts that are popular among locals. Although it has been rated as only partially accessible, it is still a viable option. Space can be tight, particularly in the elevator, bedrooms and public restroom, and the entry ramp is a bit too steep. That said, the entire hostel is accessible. Bonus: they have a patient lift on site!



#### AUBERGE INTERNATIONALE DE RIVIÈRE-DU-LOUP

Bas-St-Laurent

Fabulous sunsets, breathtaking views, a rare natural setting and delicious local cuisine—all this and more awaits you at the Rivière-du-Loup youth hostel. Visitors can discover the Bas-St-Laurent's marine ecosystem and take part in outdoor activities such as cycling and hiking. Although the hostel isn't completely accessible, many will find that it meets their needs. The shortcomings are most prominent in the washrooms and at the entrance: the building is only accessible through a side door and the thresholds to the adapted rooms are raised by a few centimetres. If you are athletically inclined, the hostel could provide an inexpensive way to explore this magnificent region of Québec!

## Educational institutions

This category includes schools, universities and colleges that rent out rooms normally reserved for students. While this is not the most glamorous option, it is definitely budget-friendly and offers a quieter alternative to a youth hostel. The best of both worlds for those with limited funds.

### TOP PICKS



#### UQAM RESIDENCES

Montréal

In many cases, accessibility and luxury go hand in hand. However, the UQAM student residences can be rented during the summer, providing Montréal accommodations without breaking the bank. The decor is minimalist yet functional. It is definitely the best value for your money! The downtown location can't beat: Sainte-Catherine Street, the Gay Village and the Quartier des spectacles—Montréal's entertainment district—are at your doorstep.



## LES STUDIOS HÔTEL - UNIVERSITÉ DE MONTRÉAL

📍 Montréal

Overlooking Montréal and just steps away from Mount Royal Park, this summer hotel is open from May 1 to August 24. Les Studios Hôtel offers 400 single, double, and triple occupancy rooms and a number of free or paid amenities on site (self-serve kitchens, Internet, parking, etc.) or nearby (athletic centre, massage therapy, grocery store, etc.). Its proximity to downtown makes it the perfect place to stay.



## LOGIS VACANCES - CÉGEP DE LA GASPÉSIE ET DES ÎLES

📍 Gaspé

Located in the centre of Gaspé, the CEGEP residence is the ideal summer lodging for solo travelers, families, or tourist groups. The buildings feature rooms with both single and double beds, and the apartments can accommodate up to 6 or 8 people. The Sports pavilion also offers a pool, gymnasium, climbing wall, and fitness room. It's the perfect home base for visitors wanting to explore the area!



## RÉSIDENCE-HÔTELLERIE - CÉGEP DE RIVIÈRE-DU-LOUP

📍 Rivière-du-Loup

Residence Services makes rooms available year round for tourists. Whether you're just passing through town or spending more time getting to know the area, other than lodging, the residence-hotel offers visitors a variety of amenities, including

high-speed Internet, and access to the campus's community kitchens, athletic centre, student coffee shop, and cafeteria. Accessible rooms are also available for disabled guests.



# Campgrounds



**This category covers ready-to-camp accommodations, as well as campsites reserved for tents and recreational vehicles or trailers. Facilities usually include a variety of services. For many Quebecers, camping is a yearly ritual that borders on sacred. Pitching a tent can be a great way to immerse yourself in the province's outdoor culture.**

### TOP PICKS



## PARC NATIONAL DU MONT-MÉGANTIC

📍 Eastern Townships

Parc national du Mont-Mégantic is the world's first International Dark Sky Preserve! Many of its campsites are accessible, including all those in the Franceville sector: 21 sites with two services (water and electricity) and 16 unserviced sites. With so many options, reserving a spot isn't usually a challenge! Nearby, you'll find hiking trails, a cycling path, playground, picnic area and a convenience store. When night falls, it's time for stargazing and roasting marshmallows by the fire.



## HUTTOPIA TENTS IN PARC D'OKA

📍 Laurentians

Parc national d'Oka boasts a rich historical and natural heritage. The Calvary trail, with its four oratories and three chapels, is a complex of historic buildings that's unique in North America. In Grande Baie and Rivière aux Serpents, land and water come together to give birth to ecological jewels: the wetlands. Located near the service centre, Les Dunes campground houses a number of Huttoopia tents. Fully furnished, these tents come equipped with everything you need to prepare meals. They also feature a space heater, two rooms with beds and a large sitting area. Two tents and one nearby sanitary building are adapted for persons with restricted mobility (Les Dunes 149 and 150). The campground also features an accessible trail and specially adapted Hippocampe wheelchairs for swimming. Oka beach awaits!



## GATINEAU PARK CAMPING ON PHILIPPE LAKE

📍 Outaouais

Only a short drive from the city, Gatineau Park is an easy escape into nature. This summer, extend your outdoor adventure by spending the night! The popular yurts are circular structures with a cone-shaped roof and set on a wooden platform. Charming yet rustic, the four units are located at Philippe and Taylor lakes and can accommodate up to six people each. Even better: the Wanakiwin yurt is fully accessible. Bring your sleeping bag and food supplies and spend a night in this unique structure in the heart of the Québec forest!



## MORE SUGGESTIONS, BY REGION

Bas-Saint-Laurent

 **HÔTEL UNIVERSEL**

Centre-du-Québec

 **MANOIR DU LAC WILLIAM**

Charlevoix

 **LA MAISON  
AU BORD DU FLEUVE**

Chaudière-Appalaches

 **FOUR POINTS HOTEL  
BY SHERATON LÉVIS**

 **AUBERGE DES GLACIS**

Gaspésie

 **AUBERGE DU GRAND FLEUVE**

Îles-de-la-Madeleine

 **AUBERGE DU GROS-CAP**

 **LES ARAYNES**

 **MOTEL DES ILES**

Lanaudière

 **LES CHALETs DU LAC GRENIER**

 **ACCÈS PLEIN AIR**

Laurentians

 **LA JOLIE CAMPAGNARDE**

Laval

 **HILTON MONTRÉAL-LAVAL**

 **HAMPTON INN  
& SUITES  
BY HILTON LAVAL**

Montréal

 **HÔTEL MORTAGNE**

 **CHÂTEAU VAUDREUIL  
HÔTEL AND SUITES**

Northern Québec

 **HÔTEL OPÉMISKA**

Outaouais

 **HILTON LAC-LEAMY**

 **RAMADA PLAZA  
MANOIR DU CASINO**

 **FOUR POINTS BY SHERATON  
GATINEAU-OTTAWA**

Québec City and Area

 **HILTON QUÉBEC**

 **HÔTEL CHÂTEAU  
LAURIER QUÉBEC**

 **HÔTEL DELTA QUÉBEC**

 **LE BONNE ENTENTE**

 **GRAND TIMES HOTEL  
GALERIES DE LA CAPITALE**

Saguenay-Lac-Saint-Jean

 **LA SAGUENÉENNE HOTEL  
AND CONVENTION CENTRE**

 **HÔTEL DE LA BORÉALIE**





It's impossible to be bored in Québec, no matter your interests or physical abilities. "La belle province" offers a wide range of attractions and activities, all set in exceptional surroundings. Nature, culture, entertainment—there's something for everyone, in every season. No matter which region of Québec you choose to visit, you'll find it bursting with activities and attractions to make your next vacation one to remember!

# Accessible tourist and cultural attractions in Québec

# A nature-lover's dream

The scope of Québec's sprawling territory is one of its greatest assets. Its abundant wild-life and plant life are just waiting to be discovered. With plenty of transportation options available, you're never far from nature, even in the province's busiest urban centres. Each region boasts its own unique natural features, from the Saguenay Fjord to the plains of the Eastern Townships to the impressive Laurentian forest. Just one more reason to rack up those miles!

## TOP PICKS



### AML CRUISES

Charlevoix

The AML whale-watching cruise on the St. Lawrence is not to be missed! Perfect for all ages, levels of ability and interests, it's an experience that will stimulate your senses and awaken your imagination. Set sail and enjoy refreshing salt-tinged air, magnificent landscapes and thrilling marine wildlife. The entertaining and informative naturalist guides will give you new appreciation for these elegant sea mammals. And remember: observing animals in their natural habitat is a responsible alternative to visiting them in captivity. Note that only the Baie-Sainte-Catherine departure point is wheelchair accessible. Reserve your whale encounter today!



### CENTRE DE LA NATURE DE LAVAL

Laval

The Centre de la nature de Laval is an urban park extending over more than 50 hectares (124 acres). This family-friendly destination, site of a former quarry and landfill, is a rare example of this type of reclaimed green space in North America. The Centre's pasture, farm and tropical greenhouse are home to a variety of animal species. Don't miss the opportunity to hand-feed the goats. Hint: they also love to be petted! It's the perfect spot for a family outing—there's no better setting for a picnic.



### PARC OMEGA

Outaouais

Europeans in particular will enjoy the living postcard that is Parc Omega, where visitors can have close encounters with North American wildlife. You'll ride in the safety and comfort of your car as you immerse yourself in the natural habitat of deer, bears and wolves. What could be more magical than feeding caribou carrots out of your hand? Just be aware—they can be messy eaters! You'll also want to get out of your car to enjoy the interpretive nature trails, aviary and traditional sugar shack.



### ZOO DE GRANBY

Eastern Townships

The Zoo de Granby is a zoo, water park and amusement park all in one. In other words, the perfect family outing! The zoo is home to 1,500 animals, with close to 224 exotic wildlife species and 90 marine species. Presentations and workshops held throughout the day allow you to learn more about these animals and see them up close and personal! And what better way to end the day than with a visit to the Amazon-inspired Amazoo Water Park?



### SPACE FOR LIFE

Montréal

Space for Life offers a portal into the world of nature and science. This impressive complex includes the Biodôme, Insectarium, Botanical Garden and Planetarium, each offering its own unique experience. Why not visit them all? Kids will have fun learning about the ties between human beings and the natural world while parents can indulge their own curiosity. Springtime at the Botanical Garden bursts with floral beauty, while the fall brings a breathtaking display of Chinese lanterns. The Courtyard of the Senses allows you to experience the garden through touch, sound and smell. Visitors are encouraged to keep their eyes closed for a truly sensational experience! The Biodôme provides the perfect outing for a rainy (or snowy!) day. You can move through several ecosystems in the space of only a few hours!



### AQUARIUM DU QUÉBEC

Québec

The ocean's secrets are fascinating for young and old alike. The Aquarium du Québec is sure to satisfy your curiosity, all in the space of a few hours. More than 10,000 marine animals inhabit the Aquarium, including fish, reptiles, amphibians, invertebrates and sea mammals. Don't miss your chance to observe polar bears, walrus and seals during a training session or at feeding time. Truly a memorable experience. This vast, 16-hectare (40-acre) site boasts impressive landscaping and design. The picnic area, splash pad and kid-friendly "Arbre-en-Arbre" aerial adventure trail are also yours to discover. A great way to spend an exceptional day!

## MORE SUGGESTIONS

### Eastern Townships



#### MARAI DE LA RIVIÈRE AUX CERISES

### Saguenay–Lac-Saint-Jean



#### JARDIN SCULLION

### Montérégie



#### PARC SAFARI



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# Adapted sports

Québec has developed a strong reputation as an outdoor vacation destination, and the province can't be beat when it comes to adventure tourism. A number of local businesses have stepped up to the plate, offering adapted sports experiences for persons with restricted physical ability that will get your adrenaline pumping. Whether it's hiking, showshoeing, ziplining, dogsledding, skydiving, canoeing or kayaking—a wealth of activities awaits you!

## TOP PICKS



### TYROPARC

Laurentians

Have you ever dreamt of speeding down a mountain on one of Canada's highest and longest ziplines? It's time to make your dream a reality! Tyroparc does a remarkable job providing an inclusive experience for all visitors. Persons with limited mobility must be prepared to be manually transported at certain points to enjoy the full experience. Thanks to Tyroparc's personalized service, anyone can soar like a bird over the beautiful Laurentian landscape.



### SKYVENTURE

Laval

If you're feeling the need for a real adrenaline rush, Skyventure has just the answer! Defy the laws of gravity in Canada's first indoor recirculating airflow skydiving simulator! Whether solo, in a group, with family or among friends, this vertical wind tunnel offers a truly unique indoor skydiving adventure. No previous experience is required to take flight. What's more, Skyventure offers a program geared specifically to persons with disabilities. For more information, visit their website.



### LA REMONTÉE - CENTRE D'ÉQUITHÉRAPIEN (THERAPEUTIC HORSEBACK RIDING)

Chaudière-Appalaches

For many, horseback riding means freedom. Therapeutic riding stimulates psychomotor functions, benefiting mind and body. La Remontée's mission is to give every visitor the chance to experience the emotional, mental, physical, psychological and social benefits of horseback riding. Persons with limited mobility will appreciate the centre's access ramps and accessible washrooms. Adapted mounting blocks and carriages are also available! No matter your physical abilities, horseback riding has never been easier. It is impossible to resist these elegant animals.

## MORE SUGGESTIONS

Centre-du-Québec



### PARACHUTE VICTORIAVILLE (SKYDIVING)

Montréal



### HORIZON ROC (ROCK CLIMBING)

# Urban adventures

Cities can be as exciting to explore as the great outdoors. Québec's major urban centres are a treasure trove of culture and history. A rare mix of North American and European sensibilities, Montréal and Québec exude an irresistible charm. Here, cobblestone streets run next to modern skyscrapers and the laughter of late-night revellers echoes through glittering cityscapes.

## TOP PICKS



### TOURS OF OLD QUÉBEC

Québec City and Area

Currently the only accessible guided tour available, the Double Decker "Bus rouge" is a great way to immerse yourself in the history of Québec and its capital city. The popular "hop-on, hop-off" option lets riders board and disembark as often as they like along the entire bus route. It's the perfect way to see the city at your own pace. Points of interest include: Place d'Armes, Musée de la civilisation, Place Royale, Old Port Market, Observatoire de la capitale and the Citadelle of Québec. It's hard to imagine taking in all these attractions in one day!



### OLD MONTRÉAL

Montréal

Dating back to the city's founding, Old Montréal remains one of the city's most vibrant neighbourhoods. During the summer, the area comes alive in a flurry of outdoor activities. Take in the fireworks at L'International des Feux Loto-Québec, stop and enjoy one of the area's many street performers, follow along the Cité Mémoire multimedia tour or take an evening river cruise on the St. Lawrence. Winter is no time for hibernating! Why not go skating under the street lights, dance in your parka at Igloofest, or simply relax and warm up with a maple latte at a corner café. Old Montréal also features a number of attractions that remain open year-round. The Pointe-à-Callière Museum will take you on a journey back to the city's founding, while the Musée du costume et du textile du Québec will delight you with its exhibits of unique fashions. The Montréal Science Centre will delight young and old alike with its fun and informative science exhibits. Be sure to visit this historic and trendy area! Note that many of the walkways here are covered with uneven cobblestones.



# Festivals

Throughout the year, a series of major events brings the province's cities to life. Quebecers love to come together and share memorable moments at festivals, galas, shows, races and more. There's truly something for every taste. And if you're a lover of music, sports or cultural activities, you're sure to find what you're looking for. Making a complete round of the festivals on this list would be a feat in and of itself, and yet these are just the tip of the iceberg!

## TOP PICKS



### FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL (EXTERNAL SITE)

Montréal

Ranked as the world's largest jazz festival by Guinness World Records, the Festival International de Jazz de Montréal has been synonymous with a passion for music for over three decades. The Festival hosts some 30 countries, 3,000 musicians and public entertainers, 1,000 concerts and activities—two-thirds of them free—in 15 concert halls and on 8 outdoor stages! And it all happens on a unique site designed to meet festivalgoers' every need, in the heart of Montréal's downtown core, in an area off-limits to vehicular traffic! An electrifying experience awaits you!



### FESTIVAL D'ÉTÉ DE QUÉBEC (EXTERNAL SITE)

Québec City and Area

The Festival d'été de Québec plays host to 300 performances on 10 stages, over 11 summertime days of music-making, and is one of the biggest musical events in Canada. Set in the heart of Québec's historic district, the Festival's indoor and outdoor stages showcase international celebrities, rising stars and emerging artists across a spectrum of musical styles: rock, hip-hop, electronic, French chanson, jazz and world music. The entire city moves to the rhythm of this event! Every stage has reserved seating for disabled persons! These spaces, however, must be reserved in advance.



### FESTIVOIX DE TROIS-RIVIÈRES

Mauricie

This music festival launches the summer season with nine days of festivities in downtown Trois-Rivières. Established and emerging artists take turns performing from morning to night on 15 indoor and outdoor stages. It also provides a great chance to explore one of Québec's smaller cities! This mostly outdoor festival is wheelchair-accessible. In fact, an entire section is reserved for wheelchair users at the Loto-Québec stage to ensure their comfort during performances. Note the presence of stairs at the Embuscade and Zénob sites. What's more, with a Tourist and Leisure Companion Sticker, companions of persons with reduced mobility can enter for free!



### JUST FOR LAUGHS COMEDY FESTIVAL (EXTERNAL SITE)

Montréal

Québec comedians are some of the province's most well-known and beloved public figures. It can't be said enough: Quebecers love to laugh. And the Just for Laughs Comedy Festival gives them every reason to! Its mission is very simple: make people happy. Each year, this festival has Montréal in stitches at its galas, street performances, theatre shows and stand-up sessions. Approximately 1,700 artists from 19 countries descend on Montréal to give 1,600 performances—1,200 of which are outdoors and free! Every stage offers reserved seating for disabled persons, but finding accessible restaurants may be a challenge. Luckily, Place des Arts provides a few options.



### OSHEAGA MUSIC AND ARTS FESTIVAL

Montréal

OSHEAGA is a European-style celebration of music and the visual arts that features several outdoor stages. The festival takes place at Parc Jean-Drapeau on Île Sainte-Hélène, an oasis of tranquility and greenery in the heart of Montréal. Osheaga presents fresh local talent and emerging national artists alongside some of the biggest names in the industry. More than 90 groups take to the stages over

several days, creating a summer festival atmosphere that is uniquely Montréal. A number of stages offer reserved seating for persons with disabilities. The adapted washroom, however, is a bit of a tight squeeze.



### FESTIVAL DU NOUVEAU CINÉMA

Montréal

This festival presents more than 300 films from Québec and around the world, offering patrons immersive experiences, interactive performances and even a few surprise events. The 11-day festival is designed as a space devoted to discussions, meetings and sharing, where film fans can come together with artists and professionals to exchange ideas in an informal setting. Film isn't something to be kept cloistered in an ivory tower. This openness is what gives this festival its unique charm. The cinemas are relatively easy to access. The box office is less so, but reserving your tickets online will make the process much smoother!

## MORE SUGGESTIONS

Montréal

FRANCOFOLIES DE MONTRÉAL

IGLOOFEST

FORMULA 1 GRAND PRIX

MONTRÉAL EN LUMIÈRE

Québec City and Area

QUÉBEC WINTER CARNIVAL

Mauricie

FESTIVAL WESTERN DE ST-TITE





# Museums and historic sites

Just over 400 years have passed since the first colonial settlers touched Amerindian soil in what is now the province of Québec. This meeting of cultures is commemorated by several historic sites. The province's many museums also give visitors the opportunity to take a walk through history or discover the works of local and international artists.

## TOP PICKS



### MUSÉE ACADIEN DU QUÉBEC

📍 Gaspésie

The infamous Great Upheaval led many Acadians to resettle in Québec, starting in 1755. One million Quebecers are of Acadian descent and three million

Quebecers have at least one Acadian ancestor! Acadian descendants have left an indelible impression on the province's cultural landscape, and their contributions have helped shape modern Québec society. A historic site, the museum tells the fascinating and moving story of Acadians in Québec through its permanent exhibit, "Une Acadie québécoise" (a Québec Acadia). The museum also features works by Acadian artists in its temporary exhibits. The knowledgeable and helpful staff will be more than happy to answer your questions!



### MUSÉE DU FJORD

📍 Saguenay–Lac-Saint-Jean

Part museum, part aquarium, the Musée du Fjord offers an entertaining learning experience for everyone. The live laboratory is home to more than 650 specimens in a giant saltwater aquarium. The touch tank lets you come into close contact with starfish, sea cucumbers, sea urchins and other marine species. The museum also offers a number of outdoor activities during the summer season. Enjoy these outdoor excursions and discover minerals, botany, fauna and the Fjord's history with the help

of enthusiastic guides. Also on offer: scientific excursions, a visit to the historic neighbourhood, a GPS rally and a visit to the Pyramide des Ha! Ha!, a monument commemorating the Saguenay flood of 1996.



### BATTLE OF THE CHÂTEAUGUAY NATIONAL HISTORIC SITE

📍 Montérégie

This Battle of the Châteauguay Historic Site commemorates the victory of Canadian troops over the invading American army on October 26, 1813. Visit the interpretation centre to discover how 300 Canadian fighters managed to defeat 3,700 Americans, an unrecognized episode in our history that recalls the importance of these militiamen who became heroes. The museum offers a tactile tour and provides an FM band system for the videos on display. The site also features a groomed trail stretching more than 14 km (8.6 mi.) between Ormstown and Howick along the Châteauguay River. The trails are accessible, although the lookout requires visitors to climb a four-landing staircase.



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## MONTREAL MUSEUM OF FINE ARTS

📍 Montréal

If you would like to get a deeper appreciation for Québec art, this popular museum is not to be missed. The Claire and Marc Bourgie Pavilion houses a magnificent exhibit of Québec and Canadian art, from traditional to contemporary. The temporary exhibits are also worth a visit. Seemingly ordinary collections can surprise and delight, thanks to a modern design that leaves nothing to chance, especially when it comes to the selected artwork! Tactile tours are available for blind or visually impaired persons.



## FORT CHAMBLY NATIONAL HISTORIC SITE

📍 Montérégie

Roughly 30 km (18.6 mi.) southeast of Montréal, Fort Chambly rises proudly at the foot of the Richelieu River rapids. Built in 1711 to defend the colony, this stone fortification was preceded by three wooden forts. Come and savour the cuisine of the inhabitants of New France while discovering garrison life. The fort has preserved the key elements of its original architecture. Featuring a tumultuous river, a huge basin and a wooded area, the fort's site is home to an incredible array of birds. It is also one of the rare places where you can stroll along the Richelieu. You'll feel as if you're walking in the footsteps of an 18th-century infantryman. Two accessible picnic tables are available—perfect for whiling away a relaxing day outdoors.



## THE PLAINS OF ABRAHAM

📍 Québec City and Area

One of Canada's most important historical parks, and one of the world's most prestigious city parks, this was the site of many clashes for supremacy between the French and British empires. The park is the scene of the 1759 Conquest, which changed the fate of North America. Apart from its historical past, the site is to Québec what Central Park and Hyde Park are to New York and London: an urban park of outstanding value, the lungs of the city. A full 103 hectares (255 acres) of meadow and grassy knolls, decked with flowers or covered with snow, are there for residents and visitors to enjoy.

## MORE SUGGESTIONS

Montréal

LACHINE CANAL NATIONAL HISTORIC SITE

Québec City and Area

CITADELLE OF QUÉBEC

Outaouais

CANADIAN MUSEUM OF HISTORY

MACKENZIE KING ESTATE

# Religious heritage

Montréal is known as the "city of a hundred bell towers," remnants of an era when religion played a major role in the daily life of Quebecers. While times have changed, the city's religious heritage remains in all its glory. Many of the city's churches are worth visiting to admire their impressive architecture or simply to enjoy a peaceful moment of silence.

## TOP PICKS



## NOTRE-DAME BASILICA

📍 Montréal

A masterpiece of Gothic Revival architecture, Notre-Dame Basilica was built in just 35 months, between 1824 and 1829. A tour de force for a building of its size and scope! It is renowned for its magnificent interior in wood and the boldly modern design of the Notre-Dame-du-Sacré-Coeur Chapel. Its beautiful stained glass windows capture the imagination from outside and within the basilica. The entry fee includes a guided tour, which will deepen your appreciation of this magnificent landmark.



## SAINT JOSEPH'S ORATORY

📍 Montréal

Perched on the northwest corner of Mount Royal, Saint Joseph's Oratory is one of the world's most visited religious sites. Each year, close to two million visitors make the pilgrimage to the 155-metre (508 ft.) tall basilica, which overlooks the city. And with the canonization in Rome of the basilica's founder, Brother André, more and more people make the trip to see this Montréal sanctuary. With a dome rising 60 metres (197 ft.) in height and measuring 39 metres (128 ft.) in diameter, the Oratory is a truly remarkable structure. Have no fear! A free shuttle service is available at the foot of the hill. Once inside, elevators whisk you to every level.



## SAINTE-ANNE-DE-BEAUPRÉ SHRINE

📍 Québec City and Area

The Sainte-Anne-de-Beaupré Shrine, located only 20 minutes from Québec, welcomes almost a million visitors annually. This Basilica, dedicated to Saint Anne, the mother of Mary and grandmother of Jesus, is one of only five national shrines in Canada. The history of the shrine is beautifully told through its paintings, mosaics, stained glass windows, and stone and wood sculptures. Created by Auguste Labouret, the Basilica's 240 stained glass windows are some of the building's most magnificent decorative elements.





The *Société des établissements de plein air du Québec* (Sépaq) manages **49** nature tourism establishments located in all four corners of Québec, featuring:

23 national parks and Parc marin du Saguenay-Saint-Laurent

15 wildlife reserves and the Sépaq Anticosti outfitters

8 tourist centres, including Aquarium du Québec and Parc de la Chute-Montmorency

# The Sépaq

Québec's largest outdoor network

Something for everyone, all over Québec

## THE ACCESSIBLE OUTDOORS

Québec's boundless nature offers endless opportunities for relaxation, recreation, or just admiring the scenery, and Sépaq has activities for every season. From observation and discovery to hiking, nautical and aquatic fun, sports and adventure, or stays in campgrounds, cabins, or inns, the list is long and whets the appetite of nature lovers everywhere. Sépaq shows its commitment to the Québec government policy of *À part entière*, which safeguards the rights of people with disabilities, by offering innovative ways of making many of its activities accessible to all.

## INCREASINGLY VARIED ACCESSIBILITY

Sépaq has invested in continuous improvement regarding accessibility for people with disabilities. The result is a series of measures implemented in various outdoor activity centres based on the vocation and situation of each. Since this is an ever-changing process concerning some 50 different establishments, each with its own dynamic, it would be inappropriate to list the details per facility.

Note that, at time of writing, accessibility cannot be guaranteed throughout the entire network. Prospective visitors must check accessibility at their desired destination, based on their needs and preferences. Information on accessibility is available for

parking, reception areas, public areas (catering facilities, shops, picnic areas, and playgrounds), sanitation (toilets, showers, sinks), trails, accommodations, and certain specific components (docks, watercraft, equipment).

## A REMARKABLE EXAMPLE



### LES TENTES HUTTOPIA DU PARC D'OKA

📍 Laurentians

In 2012, the team at Parc national d'Oka earned the *Mention Kéroul*, a distinction that honours managers who provide accessible services to persons with reduced mobility. That year, the park had really gone the extra mile in adapting ready-to-camp Huttoopia tents to the needs of disabled guests. The two tents offer accessible countertops, tables, picnic tables, and door and window locks, in addition to access ramps and raised firepits. Each is also located near sanitary facilities with an accessible shower.

New on the park's accommodation menu are its two accessible Compact cabins. Consisting of a single room, each can accommodate up to four people, making them perfect for couples and families.

They're also equipped with an adapted kitchen, bath, and toilet, and are accessible by vehicle year-round.

What's more, Parc national d'Oka features various accessible discovery activities in addition to making special equipment available free of charge to visitors with reduced mobility:

- The Hippocampe, a recreational wheelchair that provides access to the beaches and aquatic activities of Lac des deux-Montagnes as well as year-round hiking trail access (the addition of a ski under the front wheel makes it possible to navigate the trails in winter)
- The Ski-vel, a piece of equipment on which a wheelchair can be installed for access to winter hiking trails

A boardwalk trail along the beach, set up for pleasant outings while protecting the natural environment

For more information, please consult Sépaq's 2015-2017 action plan regarding accessibility (in French): [www.sepaq.com/dotAsset/52701.pdf](http://www.sepaq.com/dotAsset/52701.pdf)

[www.sepaq.com](http://www.sepaq.com)

**NATURE ACCESSIBLE TO ALL**

**MAKE QUÉBEC'S NATIONAL PARK NETWORK YOUR DESTINATION**

Enjoy the summer season and discover unique territories. Québec's 24 national parks invite you to explore their diverse nature and offer a variety of activities and accommodations.

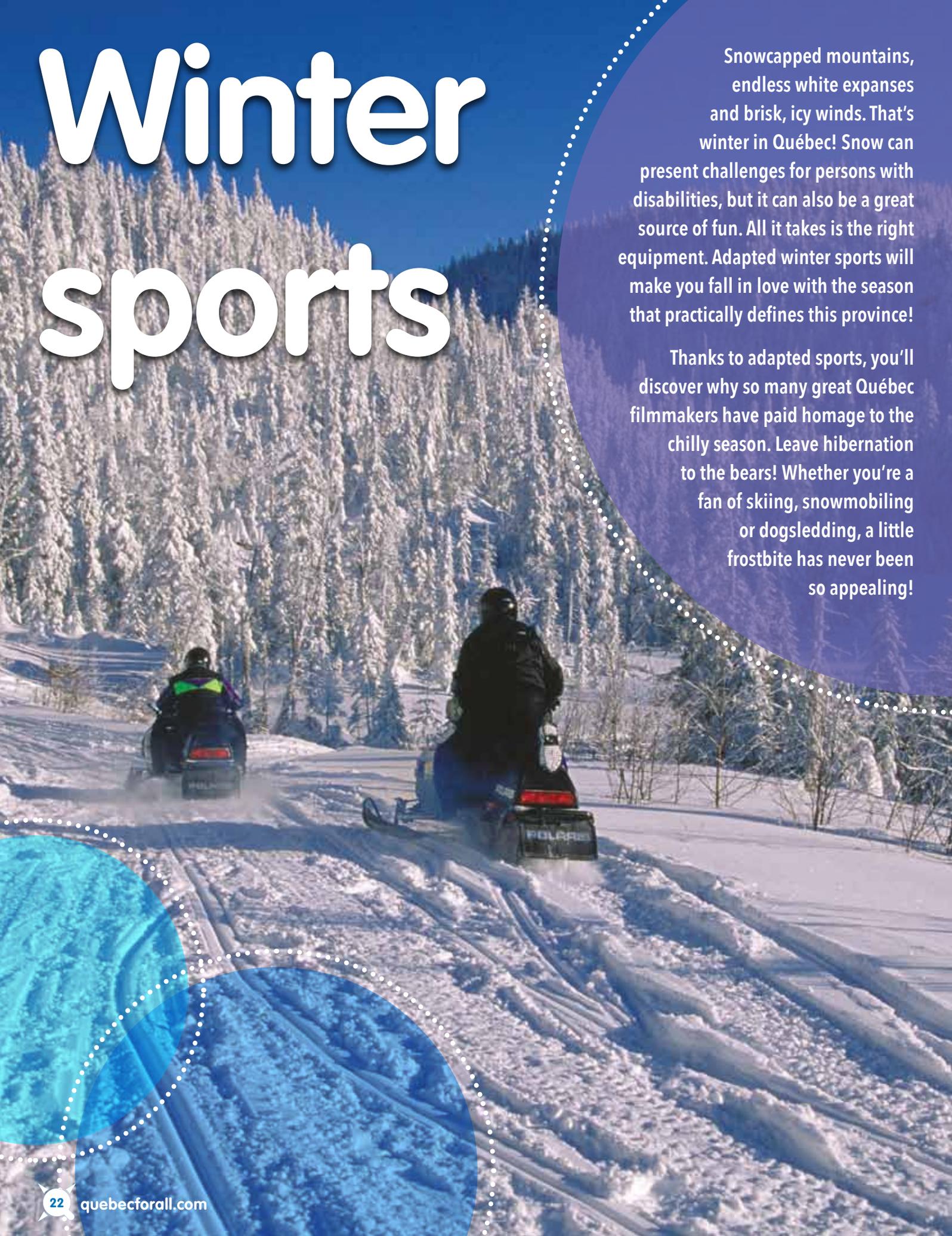
AVAILABLE AT PARC NATIONAL D'OKA  
ADAPTED HUTTOPIA TENTS | ADAPTED COMPACT CABINS | ADAPTED TRAILS | HIPPOCAMPE WHEELCHAIR

Photo: Sébastien Larose

[sepaq.com](http://sepaq.com)

RÉSEAU Sépaq

# Winter sports



Snowcapped mountains, endless white expanses and brisk, icy winds. That's winter in Québec! Snow can present challenges for persons with disabilities, but it can also be a great source of fun. All it takes is the right equipment. Adapted winter sports will make you fall in love with the season that practically defines this province!

Thanks to adapted sports, you'll discover why so many great Québec filmmakers have paid homage to the chilly season. Leave hibernation to the bears! Whether you're a fan of skiing, snowmobiling or dogsledding, a little frostbite has never been so appealing!



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## Dogsledding

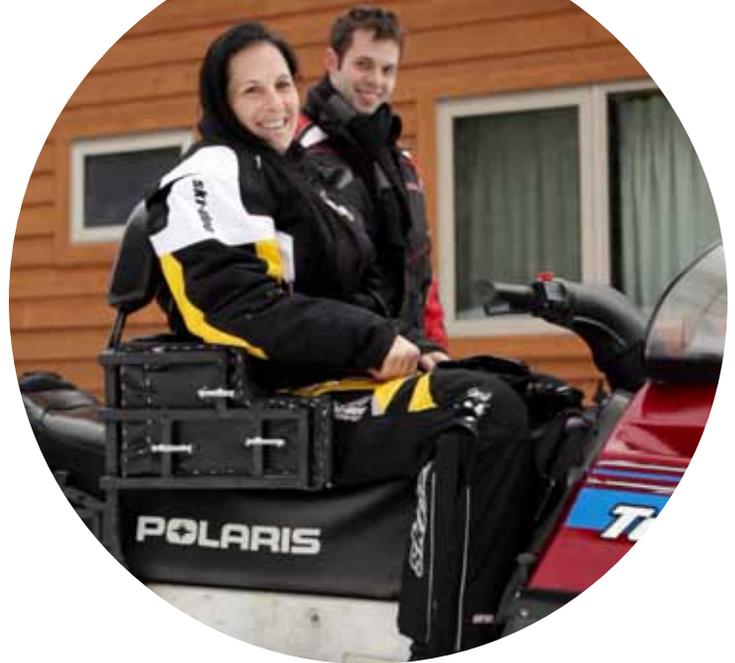
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**A** traditional form of transportation among indigenous people in the far north, dogsledding has inspired Quebecers' imagination for generations. It may not be as popular as it once was, but no one can resist hopping on a sled when the opportunity arises! Dog teams generally consist of four to nine canines. The most popular breeds are Siberian Huskies and Alaskan Malamutes. The driver is called a "musher," a name that actually derives from the French word "marcher," meaning "walk!"

Animal lovers in particular will find this activity exhilarating. Dogsledding is really a team sport, and the musher has to guide his pack with confidence, discipline and compassion. When you first launch over the silent white snowdrifts, you will feel an instant bond with the dogs, the only sound their rhythmic panting as they joyfully release their pent-up energy.

Kinadapt maintains more than 20 km (12.5 mi.) of trails and is the only Québec company to offer adapted dogsleds. You can also take a ride on a sled operated by an experienced guide. For adventurers with more mobility, Kinadapt also offers skijoring, dog pack training sessions, snowshoeing, canicross, hiking, mountain biking, forest survival and orienteering sessions and maple syrup workshops.

Lanaudière  

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## Snowmobiling

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**Q**uébec is the birthplace of snowmobiling. In the 1930s, Joseph-Armand Bombardier invented the first version of the snowmobile as a way to overcome rural isolation in winter. Back then, snow removal was not an option, so he had to find a way to travel over it. That's when he realized he could use snow to his advantage. And the snowmobile was born! In 1936 he patented his B7 machine, which could carry seven passengers. Bombardier started manufacturing his famous Ski-doo® model in 1959, and it became an instant hit.

Since then, the snowmobile has become emblematic of Québec. Foreign visitors often enjoy a good laugh the first time they see a "snowmobile crossing" sign! A symbol of freedom, snowmobiles allow riders to explore and discover all the beauty that Québec winters have to offer. Even better—if cars can be adapted, so can snowmobiles!

Arctic Adventure offers the most inclusive snowmobile experience in the province. A small, human-scale company, it focuses on three essential values: safety, camaraderie and creating a successful holiday! Arctic Adventure offers a variety of snowmobile vacation packages, from half-day outings to more challenging one-week excursions, throughout the beautiful regions of Lanaudière, Mauricie and the Laurentians. Service is tailored to guests' needs, regardless of their disability. In some cases you can even drive your own snowmobile! An unbeatable feeling of freedom, it's the perfect Québec wilderness escape!

Lanaudière  


Eastern Townships  




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## Adapted skiing

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You'll reach new heights enjoying this exciting sport! What better way to take in Québec's frozen landscapes while getting your daily dose of vitamin D? Beginners can develop their skills standing or sitting, depending on their needs. With adapted skiing, you don't have to be an athlete to hit the slopes! Fees usually include equipment rental, making for a relatively affordable winter outing.

Examples of adapted equipment include:

**Mountain Man:** bi-ski with attached seat. Bi-skis can be maneuvered by one person with the help of ski poles or guided by a companion stationed behind the seat.

**Dualski** (or sit-ski): similar to the Mountain Man, the dualski's seat is more flexible with more points of articulation. It can also be maneuvered solo or by a companion.

**Tandemski:** as the name suggests, this ski is made to be used in tandem. A second person can attach their ski boots at the back using specially designed clips.

**Three-track skiing with crutch-skis** (outriggers): adapted equipment for single-leg amputees.

**Four-track skiing with crutch-skis** (outriggers): used standing up, this option is ideal for persons with motor skill difficulties who do not use a wheelchair.



# Ski resorts

The following is a list of ski resorts that offer adapted equipment and services.

Region	Establishment	Contact person and contact information	Available equipment
Abitibi-Témiscamingue	Mont-Vidéo ski centre	The Association de ski adapté de l'Abitibi currently offers adapted skiing at Mont Vidéo. Mont-Vidéo will eventually provide these services directly. Association de ski adapté de l'Abitibi Introductory offer of four 1.5-h sessions (including certified instructor and equipment). Contact person: Luc Chevrier 819 732-9262 Mont-Vidéo ski centre Day pass (reservation required) 819 734-3193 <a href="http://www.montvideo.ca">www.montvideo.ca</a>	Three Mountain Man bi-skis Two dualskis One tandemski Accessible to persons with visual impairments.
Abitibi-Témiscamingue	Centre Plein air Mont-Kanasuta	Reservation required: 819 279-2331, ext. 111 Adapted skiing with instructor: 2.5-hour session for \$48. It is also possible to rent equipment without booking a session. <a href="http://www.kanasuta.com/ecole-des-neiges">www.kanasuta.com/ecole-des-neiges</a>	1 tandemski 1 dualski (without outriggers) Accessible to persons with visual impairments.
Bas-Saint-Laurent	Parc Régional Val d'Irène	For information or to make a reservation, contact Amélie Bérubé at 418 629-3450, extension 1056 or by email at <a href="mailto:ecole@valdi.ski">ecole@valdi.ski</a> . <a href="http://www.valdi.ski">www.valdi.ski</a>	1 tandemski. Three packages: <ul style="list-style-type: none"> <li>• Forfait découverte ("discovery package") 2 ski lifts: \$40</li> <li>• Two-hour pass: \$60</li> <li>• Day pass: \$110</li> </ul>
Eastern Townships	Mont Owl's Head	The Adapted Sports Foundation runs a ski school at Mont Owl's Head. Participants must sign up online on a first-come, first-served basis. <a href="http://www.adaptivesports.ca/winter-program-2017">www.adaptivesports.ca/winter-program-2017</a> For more information: 450 243-5985.	Equipment: approximately 30 sit-skis of various types (monoski, dualski, tandemski). The program takes place over four Saturdays. The cost is \$280 plus CSA insurance (\$40). The fee includes a lift ticket, adapted equipment and two instructors for the day. All lessons are private. Full-day, one-on-one lessons are also available, based on instructor availability.
Eastern Townships	Mont-Orford	Reservation required 48 hours in advance: 819 843-6548, extension 8356 <a href="http://www.orford.com/ski/en/the-station/adapted-skiing">www.orford.com/ski/en/the-station/adapted-skiing</a>	Package includes certified tandemski instructor and ticket for client and companion.
Centre-du-Québec	Mont Gleason ski resort	Reservation required at the ski school: 819 359-2300, extension 22 <a href="http://www.montgleason.ca/Contenu/SousPage/ecole-de-ski/Ski-assiste">www.montgleason.ca/Contenu/SousPage/ecole-de-ski/Ski-assiste</a>	Equipment: 2 tandemskis and 1 dualski. Package includes two hours of assisted skiing with a certified instructor, lift ticket for client and companion. Accessible to persons with visual impairments.
Charlevoix	Le Massif de Charlevoix	Reservation required in advance for the snow school: 1 877 536-2774, extension 4057 <a href="http://www.lemassif.com/en/snow-school/adaptive-lessons-and-tours">www.lemassif.com/en/snow-school/adaptive-lessons-and-tours</a>	Mountain Man, dualski, tandemski, three-track skiing, four-track skiing, kart-ski, guided dualski. Fee: \$119 for one lesson and \$479 for five lessons. Accessible to persons with visual impairments.

Region	Establishment	Contact person and contact information	Available equipment
Charlevoix	Mont Grands-Fonds	Reservation required: 1 877 665-0095, extension 157 <a href="http://www.montgrandfonds.com">www.montgrandfonds.com</a>	2 tandemskis, 1 dualski. 1-hour pass includes ski lift for client and companion, equipment and instructor. Dualskis may also be rented without instructor.
Chaudière-Appalaches	Massif du Sud	Reservation required at the snow school: 418 469-3676, extension 108 <a href="http://www.massifdusud.net/montagne/ecole-de-glisse">www.massifdusud.net/montagne/ecole-de-glisse</a>	2 tandemskis, 3 certified instructors. Package includes ski lift tickets for client and companion, instructor and equipment.
Gaspésie	Montagne de Pin Rouge	Contact Béragère Turcotte, snow school manager, at 418 392-4651 or 418 392-5134, extension 251 <a href="http://www.montagne.pinrouge.com/en/rates-and-forfaits/snow-school">www.montagne.pinrouge.com/en/rates-and-forfaits/snow-school</a>	Dualski or sit-ski. Sit-ski rentals require the presence of a companion, but dualskis may be reserved independently.
Laurentians	Mont-Tremblant ski resort	Reservation required 48 hours in advance: 1 866 661-1366 <i>A Mountain for All</i> program <a href="http://www.tremblant.ca/plan/lessons/tremblant-snow-school/a-mountain-for-all">www.tremblant.ca/plan/lessons/tremblant-snow-school/a-mountain-for-all</a>	Package includes equipment, specialized instructor for 1 hr 45 min, ski lift ticket and a free companion ticket. Bi-skis and outriggers are available for rent but must be reserved ahead of time.
Laurentians	Mont Habitant	Snow school: 450 227-2637 <a href="http://www.monhabitant.com/en/adapted-ski-program">www.monhabitant.com/en/adapted-ski-program</a>	2 bi-skis and 2 Mountain Man skis. 2-hour pass includes certified instructor and equipment.
Laurentians	Ski Morin Heights	Reservation required a few days in advance (payment in advance) Snow school: 450 227-2020, extension 4103 <a href="http://www.maneige.ski/en/stations/ski-morin-heights">www.maneige.ski/en/stations/ski-morin-heights</a>	1 tandemski 2 certified instructors Tandemski package includes two hours of skiing with certified instructor and four-hour ski ticket for one companion; total cost of \$69.
Outaouais	Mont Cascades	No information currently available. The Canadian Association for Disabled Skiing, National Capital Division (CADS or ACSH) offers courses in January and February by registration only. Program coordinator: Theresa Arsenault <a href="mailto:cads.ncd.mc@gmail.com">cads.ncd.mc@gmail.com</a> 613 883-5513 <a href="http://www.cads-ncd.ca/?page_id=445">www.cads-ncd.ca/?page_id=445</a>	Package includes equipment, volunteer companion, ski lift ticket and lesson with one certified instructor.
Outaouais	Sommet Edelweiss	No information currently available. The Canadian Association for Disabled Skiing, National Capital Division (CADS or ACSH) offers courses in January and February by registration only. Program coordinator: Jeff Boucher. <a href="mailto:EdelweissProgram@CADS-NCD.ca">EdelweissProgram@CADS-NCD.ca</a> 613 884-3637 <a href="http://www.cads-ncd.ca/?page_id=85">www.cads-ncd.ca/?page_id=85</a>	Package includes equipment, volunteer companion, ski lift ticket and lesson with one certified instructor.

Region	Establishment	Contact person and contact information	Available equipment
Québec City and Area	Mont-Sainte-Anne	Reservation required 48 hours in advance: 418 827-4561, extension 341 <a href="http://www.mont-sainte-anne.com/en/winter/skiing-snowboarding/school/adaptive-ski">www.mont-sainte-anne.com/en/winter/skiing-snowboarding/school/adaptive-ski</a>	Three-track skiing with crutch-skis (outriggers), four-track skiing with crutch-skis (outriggers), sit-skiing with crutch-skis (outriggers), sit-ski riding. Package includes lift tickets for the disabled client and support companion, adapted skiing equipment, installation of equipment and preparation for departure, and two hours of support and instruction. In the case of adapted skiing with no instruction, both the lift ticket and equipment rental for the client and companion are half price.
Québec City and Area	Stoneham	Information and reservations: 418 848-2415 extension 537 <a href="http://www.ski-stoneham.com/en/adaptive-skiing">www.ski-stoneham.com/en/adaptive-skiing</a>	Three-track skiing with crutch-skis (outriggers), four-track skiing with crutch-skis (outriggers), sit-skiing with crutch-skis (outriggers). Package includes lift tickets for disabled client and support companion, adapted skiing equipment, installation of equipment and preparation for departure, and 1.5 hours of support and instruction. In the case of adapted skiing with no instruction, both the lift ticket and equipment rental for the client and companion are half price. Technical assistance for persons with visual impairments. Special Olympics: group classes for persons with mental disabilities.
Québec City and Area	Ski Saint-Raymond	Reserve 24 hours in advance at 418 337-2866, extension 3 <a href="http://www.villesaintraymond.com/ville/ski-saint-raymond/ecole-de-ski">www.villesaintraymond.com/ville/ski-saint-raymond/ecole-de-ski</a> (French only)	1 tandemski 1 dualski. 2-hour pass including equipment and ticket for client and companion. Accessible to persons with visual impairments.
Saguenay - Lac-St-Jean	Centre de plein-air du Mont-Lac-Vert	Reservations: 418 344-1318 <a href="http://www.montlacvert.qc.ca/ecole_de_glisse">www.montlacvert.qc.ca/ecole_de_glisse</a>	Sit-ski and dualski. The snow school employs instructors certified by the Canadian Association for Disabled Skiing. Package includes: instructor, equipment, lift ticket for client and companion. Fee: \$70 for 1.5-hour course.
Saguenay - Lac-St-Jean	Mont-Édouard ski resort	Reservations: 418 272-2927 <a href="http://www.montedouard.com/ecole-de-glisse-mont-edouard">www.montedouard.com/ecole-de-glisse-mont-edouard</a>	Information not available



# Totally Gourmet!

From our farm fields through to our boreal forests, the flavours grown and harvested on our territory are unique and deeply rooted. Québec has discovered ways to develop outstanding, distinctive products, and its passion for good food now extends to all four corners of the province. Our chefs, cheese-makers, cider-makers, wine-makers, brewers and artisans working with boreal products have the know-how and artistic flair to turn them into irresistible gourmet delights.

Come and visit them - take a detour along some delightful country lanes, follow one of our themed circuits, or take advantage of the festive and friendly atmosphere at our many food festivals and events, and make your stay in Québec a truly memorable one.

Québec is a food-lover's paradise - and more!

## Our Chefs

In Québec, we have everything to delight gourmet appetites. In our numerous dining establishments, customers are captivated by the daring cuisine of immensely talented chefs, inspired by the seasons, the richness of the land and the know-how of our farmers and artisans. You'll be served a real "taste of Québec" - original and authentic.

### TOP PICKS

Montréal

 **RESTAURANT TOQUÉ!**

Chaudière-Appalaches

 **AUBERGE DES GLACIS**

Lanaudière

 **DOMAINE DES  
TROIS GOURMANDS**

Laurentians

 **AU PIED DE LA CHUTE**

Montérégie

 **LE JOZÉPHIL**

Québec is just brimming with unique terroirs and exquisite flavours. Over 1,800 passionate and very talented artisans right across Québec are making the most of this rich environment to offer you a totally gourmet adventure!

Fans of food adventures and authenticity, visit [www.terroiretsaveurs.com](http://www.terroiretsaveurs.com) for a list of addresses of the best ambassadors and creators for our Québec terroir!

## Our cider-makers, wine-makers and producers of fine spirits

Our cider-makers, wine-makers and producers of fine spirits have succeeded in producing a wide variety of ciders and wines that reflect our territory and our northern climate. "Québec ice cider" and "Québec ice wine" (two reserved designations), resulting from our harsh, snowy winters, are just two of the most emblematic nectars derived from our terroir.

### TOP PICKS

Montérégie

 **VIGNOBLE MOROU**

Chaudière-Appalaches

 **LE RICANEUX**

Région de Québec

 **CASSIS MONNA & FILLES**

## Our Cheese-Makers

From one end of the province to the other, our cheese-makers have been busy using the terroir to make a wide assortment of over 500 cheeses, from cow's, goat's and sheep's milk. Québec has everything to delight true lovers of artisanal cheeses of all types and varieties – soft, firm, aged, fresh unripened and blue!

### TOP PICKS

Saguenay–Lac-Saint-Jean

 **FROMAGERIE PERRON**

Îles-de-la-Madeleine

 **FROMAGERIE PIED-DE-VENT**

Outaouais

 **FROMAGERIE MONTEBELLO**



## Audrey's top agritourism picks!

Audrey Barbaud, the French blogger at Roulettes et sac à dos (wheels and backpacks), took a trip across Québec with the help of Kéroul and its partners. Her whirlwind tour included the Laurentians, Montréal, Mauricie, Charlevoix and Québec City and Area. And her favourite agritourism stops? The Jean-Talon Market, Maison Lavande, Vergers Lafrance, Intermiel and Cassis Monna & Filles!



**JEAN-TALON MARKET**

 Montréal

Montréal's public markets are regular haunts for locals. And it's no wonder, considering all the edible delights on offer! Local and international products—each with its own unique character—vie for your attention. The Jean-Talon Market is the most impressive of these public markets, thanks to its numerous local fruit and vegetable vendors and the cultural diversity of its many shopkeepers. It is one of the largest public markets in North America and its atmosphere is lively in both summer and winter. Still, it's like a little village, a place where families gather and generations have grown, merchants and customers alike. Note that some sections of the market are not accessible due to the presence of stairs.



**MAISON LAVANDE**

 Laurentians

Founded on a whim, Maison Lavande is a family business that's experiencing a major growth spurt! The quality of its many lavender products, not to mention its charming setting, likely have something to do with that! With over 100,000 lavender plants, success is smelling pretty sweet! It's a perfect location for indulging in some quiet me-time, enjoying a picnic or exploring the pathways. You can even take a guided tour. The facilities could use a bit of work in terms of accessibility, but Maison Lavande is definitely worth the trip!



**VERGERS LAFRANCE**

 Laurentians

An orchard, cider house, boutique, pastry shop, sugar shack, winery... Vergers Lafrance is a one-stop-shop for foodies! When you first arrive, pause and take in the bucolic setting, where apple trees stretch to the horizon. You'll then want to sample some of the many premium ciders available. Be sure to try their famous apple vermouth, a first in Québec! And don't leave without indulging in an apple doughnut, Vergers Lafrance's signature pastry. Impossible to resist!



**INTERMIEL**

 Laurentians

Once you visit Intermiel, you'll never look at honey the same way again! The guided tour includes the opening of a beehive by a beekeeper, a production demonstration, a visit to the meadery and distillery, an educational games room and a host of family activities. What's more, all the products are available for sampling... and you won't be lacking in choice! This family-run business has received a number of awards of excellence over the years, but it's the warm hospitality that will get you buzzing!



**CASSIS MONNA & FILLES**

 Québec City and Area

Cassis is the French word for black currant, a small, purplish-black fruit with a distinctive, tart flavour. Maison Cassis Monna & Filles, located on Île d'Orléans, grows several varieties of black currant. Indulge your inner gourmet at La Monnaguette restaurant, with its charming terrace wonderfully decorated with beautiful flowers and offering a spectacular view of the Île d'Orléans bridge. Visitors can also enjoy a cocktail in the lounge adjacent to the boutique or sip black currant sangria under the beautiful pergola!

# Aboriginal Québec: Traditional territories are becoming more accessible

Hôtel musée des Premières Nations, Wendake  
© S. Groleau

According to the adage, you need to know where you're from to know where you're going. These words couldn't ring more true for First Nations and Inuit communities, who value a strong connection to their ancestors. Naturally, Aboriginal peoples pass down knowledge out of a profound respect for tradition.



# Origin stories



The history of Québec's First Nations dates back thousands of years. To discover the wisdom and know-how handed down over the generations, take a captivating trip to explore the roots of Aboriginal communities. If you're curious, museums, cultural centres and interpretive sites welcome visitors with reduced mobility. Accessible destinations include the Musée des Abénakis in the Centre-du-Québec region, which is the first Aboriginal museum in the province to showcase the Odanak community's history and traditions. In nearby Montérégie, the Maison amérindienne is a meeting place where visitors can share ideas and engage in discussion. The property also features a historically significant sugar bush. Further north, the Musée amérindien de Mashteuiatsh gives visitors a first-hand experience of the traditional and contemporary culture of Lac Saint-Jean's Innu. To the east, the Maison de la culture innue celebrates culture, language and inter-cultural relationships through its permanent exhibition, *The World of the Innu of Ekuanitshit*. And across the Saint Lawrence is Gaspé's Micmac Interpretation Site of Gespeg, where you can explore authentic Mi'kmaq traditions through the ages, their relationship to the land, as well as their history and culture.

Some other destinations include a traditional longhouse at the Onhoüa Chetek8e Huron site or Raquettes et Artisanat Gros-Louis, an artisanal workshop and store. From lively pow-wows to fire-side storytelling, there are countless opportunities to explore Québec's diverse and age-old Aboriginal cultures. Through music, dance, spirituality, legends, arts and crafts, encounter a whole new world that's close to home.

## YOUR TICKET TO ADVENTURE

For thousands of years, First Nations peoples' relationship with nature, including its seasons and resources, has been rooted in respect. Aboriginals are experts in their ancestral territories, making

them ideal guides for all kinds of outdoor activities. Not only can you experience hunting and fishing in Aboriginal lodges, but you can observe Québec's incredible wildlife. The Innu community of Essipit is one of many destinations offering whale-watching tours. Stay at the Natakam condo hotel units, where you can wake up with the whales.

## HOSPITALITY COMES NATURALLY

Kwe, kway, kwey, kwei, wachiyeh, wachiya, ullaakkut, ské:kon and bonjour are just some of the ways to say hello in Québec's Inuit and First Nations communities. There's no better way to experience age-old hospitality than at the Hôtel-Musée Premières Nations, a four-star hotel and shop in Wendake, near Québec City. The hotel also features the renowned La Traite restaurant, specializing in boreal cuisine.

## WHAT ABOUT ACCESSIBILITY?

Many Aboriginal tourism businesses are developing and implementing accessible practices to meet the needs of all international travellers, whatever their situation. These new policies also follow the First Nations tradition of respecting community elders. More than ever, these strong inclusive values and

the growing trend toward accountability for universally accessible tourism allow First Nations businesses to provide visitors with great experiences. These are the values underlying the agreement between Kéroul and Québec Aboriginal Tourism.

From one season to the next, explore Québec's 11 First Nations and enjoy Aboriginal cultures rich in authentic, ancestral and modern traditions.

## TOP PICKS

Centre-du-Québec

 **MUSÉE DES ABÉNAKIS**

Montérégie

 **MAISON AMÉRINDIENNE**

Saguenay–Lac-Saint-Jean

 **MUSÉE AMÉRINDIEN DE MASHTEUIATSH**

Duplessis

 **MAISON DE LA CULTURE INNUE**

Gaspésie

 **SITE D'INTERPRÉTATION MICMAC DE GESPEG**

Québec

 **SITE TRADITIONNEL HURON ONHOÛA CHETEK8E**

 **RAQUETTES ET ARTISANAT GROS-LOUIS**

 **HÔTEL-MUSÉE PREMIÈRES NATIONS**

Manicouagan

 **CONDOS-HÔTELS NATAKAM**



Samuel Savard  
© JP Savard

Québec  
Aboriginal Tourism  
1 877 698-7827

[www.quebecaboriginal.com](http://www.quebecaboriginal.com)

# Exploring Economuseums

The word "economuseum" raises a lot of questions and sparks plenty of interest. Some confuse the term with ecomuseum. Others mistake it for an economic museum! Perceptions abound and they are often light-years from reality. Semantically speaking, the word "economuseum" combines the concepts of economy and museum. But its linguistic definition belies a more captivating story. Welcome to the world of economuseums.

DANS LE SABLE  
COMME DANS LA VIE  
POUR LAISSER  
SON EMPREINTE  
IL NE FAUT PAS  
TRAÎNER LES PIEDS.

## ARTISANS OPEN THEIR DOORS

An ÉCONOMUSÉE® is an artisanal enterprise that operates in the field of fine crafts or the agri-food sector and uses authentic knowledge to produce its commodities. An ÉCONOMUSÉE® showcases artisans and their trade. The concept allows artisans to open their workshops to the public so they can share their knowledge and passion and sell products made on the premises. An ÉCONOMUSÉE® helps visitors discover local culture, support the regions and their local economy, and contribute to the promotion of unique and authentic products. In the current era of globalization and mass production, a little foray into the world of artisans and enterprises that value all things local can be a breath of fresh air.

What happens when you walk through the doors of an ÉCONOMUSÉE®? You are received! This word is more than a simple cliché or an empty promise; it is written into the DNA of all artisan members of the ÉCONOMUSÉE® network. An ÉCONOMUSÉE® has six components, one of which is "reception." While the artisan members of our Society are chosen for the quality of their work, they must also enjoy sharing their passion and their knowledge with the public.

When you arrive, be prepared for an ÉCONOMUSÉE® experience. You will get to meet and spend time with the artisan. In their "workshop," another component of the patented concept, you can watch them work and ask questions about their techniques or products. Who knows? They may even let you in on some trade secrets. The artisan is not an actor on set, but rather a person who makes a full-time living from their craft, who built their business, who is bold and creative.

## A NETWORK THROUGHOUT QUÉBEC AND INTERNATIONALLY

Today the network includes more than 30 economuseums province-wide, with nearly half from the field of fine crafts and the rest from the agri-food sector. There are economuseums in most tourist regions, with

a higher concentration in the main hubs. Saguenay-Lac-Saint-Jean, for example, has eight, and the Îles-de-la-Madeleine and Charlevoix each have four.

The concept that began in Québec has expanded beyond the province's borders. There are economuseums in the Maritimes and on the other side of the country, in British Columbia. Seven countries in northern Europe have opened economuseums since 2008: Norway, Sweden, Iceland, Northern Ireland, Ireland, Greenland and the Faroe Islands.

## WE ARE WAITING FOR YOU!

Our artisans are passionate people who love to share their enthusiasm for their craft. Locations are accessible, largely open year-round, and offer personalized visits tailored to you. The artisans are at once fierce guardians of our heritage, creators of unique and authentic high-quality products, and promoters of sustainable and responsible cultural tourism, veritable experts with knowledge waiting to be shared and discovered. Just ask "Ben à Ben" from the Îles-de-la-Madeleine's *Fumoir d'Antan*, whose historic buildings are a testament to the golden age of smoked herring.

There is something for everyone. Heritage lovers will have a weakness for products with a strong local identity. Blueberries fall into this category, as do maple products, cheese made from the Canadienne breed of cows—whose origins date back to the early days of New France—and flour ground at one of the rare sites to feature a group of mills. Devotees of innovation will identify with the successes enjoyed by the viniculture industry or by the white porcelain that is the fruit of artisanal perseverance.

The list could go on and on. So why not head out and start meeting these exceptional ambassadors? They each have a story to tell that's their own—unique and authentic!



### TOP PICKS



#### ARTISANS DU SABLE

📍 Îles-de-la-Madeleine

The *Artisans du sable*, have perfected a product that solidifies sand that is then sculpted into a variety of products.



#### LE DOMAINE ACER

📍 Bas-Saint-Laurent

The *Domaine Acer* was the first in Québec to discover that maple water could be fermented, and they produce unique, award-winning alcoholic beverages. Economuseums are brimming with stories like these!



#### TOUVERRE

📍 Saguenay-Lac-Saint-Jean

*Touverre* will blow warm glass, transforming it into an elegant vase before your wondering eyes. "Boutiques," the sixth economuseum component, allow visitors to bring home a tangible souvenir of their visit and of their time spent with the artisan.



#### LA PAPETERIE SAINT-GILLES

📍 Charlevoix

The *Papeterie Saint-Gilles* in Charlevoix's Saint-Joseph-de-la-Rive was the first ÉCONOMUSÉE® in Québec. That was in 1992.



[www.qc.economusee.com](http://www.qc.economusee.com)

2 photos © Gregory Clapperton

quebecforall.com





# Advice from our seasoned travellers

© Martin Fiset

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## KNOW WHAT YOU LIKE

Choose your destination based on your tastes (culture, outdoor activities, rest, etc.) as well as on accessibility.

Determine your abilities and whether they have changed since your last trip, especially if your limitation is related to an accident, illness or aging.

Take precautions and think “convenience”: remember to have at hand your travel insurance, medical record, doctor contact details, usual medications and first aid kit.

Before you leave, why not have a look at your wheelchair or orthopedic provider or manufacturer for a tuning?

During your stay, if a repair is required, contact one of the locations listed on:

[www.quebecforall.com](http://www.quebecforall.com)

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## GET THE MOST OUT OF YOUR TRIP THROUGH CAREFUL PLANNING

The more research you do on accessible locations, the more accessible your vacation will be. Even if you find an accommodating hotel, it still has to be located in an area with accessible restaurants, activities and transportation.

Talk to other disabled people with needs similar to yours.

Don't hesitate to visit forums, blogs and Web sites on accessible travel in order to view the comments of other disabled persons. Be sure the information is current.

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## TALK TO A TRAVEL AGENT

A travel agent who has been trained to meet the needs of disabled persons can make all the difference when it comes to the quality and enjoyment of your vacation.

[www.keroul.qc.ca/en/travel-agents.html](http://www.keroul.qc.ca/en/travel-agents.html)

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## BOOK AHEAD OF TIME

Accessible hotels generally have only a few rooms set aside for disabled guests. So it's always best to book in advance and request a booking confirmation if possible. It's also useful to know that urban centres offer a greater number of accessible rooms, that rooms with two beds are limited, and that accessible bathrooms sometimes come equipped with a shower or with a bath and this may vary from location to location. If you require a bath seat, mention this to your hotel establishment.

To make your travels easier and more enjoyable, we recommend that you reserve your transportation 48 hours in advance to clarify the special services required by the agent at the time of booking and learn about maps to the accompaniment.

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## SPECIFY YOUR NEEDS

Be sure to specify your limitations and any special needs when booking your lodgings and transportation. Also, contact the establishment again to confirm everything 48 hours in advance.

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## CAREFULLY PLAN YOUR ITINERARY

Knowing what to expect will make life a lot easier once you reach your destination. Often there is more than one way to get somewhere. Some locations are much more accessible than other. Will it be easy for you to travel to and from your destination? These are all things that need to be checked out!

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## HAVE A BACKUP PLAN

Even the best laid travel plans can go awry. What will you do when faced with an unexpected situation or obstacle (for example, a transportation strike, a wheelchair battery that suddenly stops working, a booking error, a room with a bed that isn't what was promised?) Be sure to have a plan B or the name of someone you can call for help making alternative arrangements.

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## ENJOY THE RIDE

Vacations are meant to be fun but are not always worry free. Keep in mind, however, that travel means you will step out of your comfort zone and that every problem has a solution.

So you've planned your trip carefully, you've consulted other disabled persons, and you have a plan B. Now it's time to enjoy your vacation and that included using humour to cope with any unforeseen situation that may arise. After all, such events are all part of the travel experience.

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## TOURIST AND LEISURE COMPANION STICKER

The Tourist and Leisure Companion Sticker gives free access to the companion of a person with a permanent disability or mental illness to participating tourist sites and leisure excursions.

To know your region's accreditation body:

[www.vatl.org/en/contact-us](http://www.vatl.org/en/contact-us)

Travellers from outside Québec must contact Kéroul to obtain a sticker for their stay. Additional information: 514 252-3104 or [infos@keroul.qc.ca](mailto:infos@keroul.qc.ca)

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## PERSONAL ASSISTANCE SERVICES

Companies offering attendant care and assistance or accompaniment services during activities outside the home.

### Bayshore Home Health

514 879-5657 or 1 800 322-9228  
(Montréal area)

418 650-6302 or 1 855 771-0953  
(Québec City area)

[www.bayshore.ca/locations/quebec/](http://www.bayshore.ca/locations/quebec/)

### Quiétude chez soi: 450 907-1591

[www.quietudechezsoi.com](http://www.quietudechezsoi.com) (in French only)

### Careplus network (across Québec)

450 467-7000 or 1 800 264-1888

[www.servirplus.qc.ca/en/home.html](http://www.servirplus.qc.ca/en/home.html)



# Travelling with dignity

**Montreal-Trudeau International Airport (YUL) opens a specially-equipped washroom and changing facility for people with reduced mobility that is the first of its kind at an airport outside Germany or the United Kingdom.**

Travelling can be a major challenge for people with reduced mobility, severe disabilities or specialized needs. And while many airports and airlines offer wheelchair and other services for the disabled, few currently provide fully-equipped washroom and changing facilities specifically designed for them.

Montreal-Trudeau International Airport recently opened such a facility in its international arrivals hall, equipped with a winch and changing table for adults. A second facility will open shortly in the airport's domestic departures area, representing a total investment of nearly \$600,000 CAN.

"This is the first public hygiene room of its kind in Québec and in an airport in North America," says Philippe Rainville, President and Chief Executive Officer of Aéroports de Montréal (ADM), the administrator of Montreal-Trudeau. "In fact, it is believed to be the first of its kind in operation at an airport outside Germany or the United Kingdom. It improves the chances for people with reduced mobility to feel comfortable and able to explore and discover the world. We hope it will be the first of many changing rooms launched in Canada."

The facility was designed in consultation with several groups dedicated to defending the right to dignity for disabled people by ensuring they have access to rooms adapted to their special needs in public places. The groups included Kéroul, the Association de la Rive Sud pour la Déficience Intellectuelle, and the MEMO-Qc - Moelle épinière et motricité Québec. Changing Places in the United Kingdom was also a source of inspiration for the project.

In keeping with best practices developed by these and other groups, people wanting to use the hygiene room are asked to press a button near the door. This puts them in contact with an attendant who will quickly open the door. Following each use, an alert is automatically sent to the airport's cleaning crew to ensure the facility is always clean for people who need them.

Mr. Rainville notes that ADM strongly believes in catering to the different needs of Montreal-Trudeau airport users. The airport has been carefully designed to facilitate access to visitors with limited mobility and offers a range of special services for the visually and hearing impaired as well.

For example, the terminal entrances are equipped with oversized revolving doors and slow-motion buttons. Inside, the terminal

features wheelchair-accessible ramps, information counters, check-in counters, self-service check-in kiosks, public pay telephones, automated teller machines (ATMs) and even drinking water fountains. All washrooms feature doorless entrances and are equipped with toilet stalls adapted for use by people with limited mobility. In the international and transborder jetties, single-occupant unisex washrooms equipped with hands-free faucets and emergency call buttons are accessible to people in wheelchairs. Even the use of carpeting in the terminal has been minimized to facilitate wheelchair movement.

For the hearing impaired, TTY (text) telephones are available at every bank of public telephones in the terminal and boarding areas, and visual fire alarms (strokes) are also located in public areas. For the visually impaired, braille signs are located at entrances to all public washrooms and all elevators, escalators and moving sidewalks are equipped with braille signage.

"We are proud to be a pioneer and leader in this field," says Rainville, noting that ADM has also introduced a program called Children in First, which allows children with autism spectrum disorders and their families to familiarize themselves with the airport process, enabling them to travel for the first time.

# Accessible Transportation

## ADAPTED VEHICLE RENTALS AND SERVICES ON THE ROAD

Minivan with access ramp able to accommodate up to three persons in motorized wheelchairs for a total of 5 people. Reserve as early as possible, especially in the summer.

**Location Légaré: 514 522-6466 or 1 877 457-5342**  
[www.locationlegare.com/en/rental/specialized/adapted-minivan](http://www.locationlegare.com/en/rental/specialized/adapted-minivan)

## RENTAL OF ADAPTED CARS WITH HAND CONTROLS OR SPINNER KNOBS

**Alamo: 1 800 651-1223**

[www.alamo.ca/en\\_US/car-rental/customers-with-disabilities.html](http://www.alamo.ca/en_US/car-rental/customers-with-disabilities.html)

**Avis: 1 800 321-3652**

[www.avis.com/car-rental/content/display.ac?navId=T4M27S01](http://www.avis.com/car-rental/content/display.ac?navId=T4M27S01)

**Enterprise: 1 866 225-4284 / 1 866 534-9250 (ATS)**

[www.enterprise.ca/en/help/customers-with-disabilities.html](http://www.enterprise.ca/en/help/customers-with-disabilities.html)

## SERVICES ON THE ROAD

- Full-service gas stations recommended by CAA-Québec.
- Orthopedic equipment suppliers that repair, sell and rent wheelchairs and other mobility aids.

To obtain the contact details, please consult the chosen region at [www.quebecforall.com](http://www.quebecforall.com)

Disabled parking permit: for information, visit [www.keroul.qc.ca/en/home.html](http://www.keroul.qc.ca/en/home.html) under the Services for travellers tab.

[www.keroul.qc.ca/en/parking-permit.html](http://www.keroul.qc.ca/en/parking-permit.html)

## INTERCITY PUBLIC TRANSIT

### Bus

For routes, schedules and fares, visit the Bus Carrier Federation website. When booking your ticket, be sure to specify that you are travelling in a wheelchair. (Intercity Bus Transit tab)

[www.federationautobus.com/en/bus-transport-modes](http://www.federationautobus.com/en/bus-transport-modes)

### Train

Do not book train travel online; rather, call VIA Rail at 1 888 842-7245 or 1 800 268-9503 (TTY). When making your booking, at least 48 hours in advance, ensure that the arrival and departure stations are accessible.

## LOCAL PUBLIC TRANSIT

### Paratransit

Every Québec municipality offers adapted transit services. You need a user number to make bookings, which can be obtained if you already use adapted transit in your locality. (Paratransit tab)

[www.federationautobus.com/en/bus-transport-modes](http://www.federationautobus.com/en/bus-transport-modes)

### Accessible taxis

Contact information for companies offering accessible taxi services: [www.quebecforall.com](http://www.quebecforall.com)

### Regular bus and metro – Montréal

Most bus lines offer "kneeling" (low-floor) buses. [www.stm.info/en/access/using-public-transit-wheelchair](http://www.stm.info/en/access/using-public-transit-wheelchair)

The Montréal metro has 12 accessible stations. Consult the map of metro stations with an elevator here:

[www.stm.info/en/access/elevator-access-metro](http://www.stm.info/en/access/elevator-access-metro)

An accessible shuttle bus service (747) is available 24 hours a day, 7 days a week, between the Montréal-Trudeau airport and the Gare d'autocars de Montréal terminal (Berri-UQAM metro station).

For more information:

[www.stm.info/en/info/networks/bus](http://www.stm.info/en/info/networks/bus)

## Québec

Accessible tour of Québec City with le Bus Rouge (From April 15 to October 30)

418 664-0460 or 1 800 267-8687

Visit the website for the routes

[www.toursvieuxquebec.com/en/forfait/Double-Decker](http://www.toursvieuxquebec.com/en/forfait/Double-Decker)

## FREE TRAVEL FOR COMPANIONS

### Air

Companions of people with a disability can travel for free or obtain a discount on their ticket depending on the airline, the trip and/or the selected fare. More details on the Kéroul website under the Services for travellers tab.

[www.keroul.qc.ca/en/free-for-accompanying-person.html](http://www.keroul.qc.ca/en/free-for-accompanying-person.html)

### Train

Possibility of free travel to one companion accompanying a person with disabilities upon submission of documents required by VIA Rail. Additional information: 1 888 842-7245 or 1 800 268-9503 (ATS). [www.viarail.ca/en/travel-info/special-needs/accessibility](http://www.viarail.ca/en/travel-info/special-needs/accessibility)

### Bus

Free travel can be obtained upon presenting the Accompanying card for intercity bus available from the Bus Carrier Federation at 418 476-8181.

[www.federationautobus.com/en/accompanying-card](http://www.federationautobus.com/en/accompanying-card)

### Public transit

In Montréal's public transit system, companions of persons with compulsory assistance status travel for free (determined upon admission or for the purposes of familiarization). For more details, contact the STM at 514 280-8211. (Do the number 4 for customer service.)

[www.stm.info/en/para](http://www.stm.info/en/para)



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**MODIFIED MINIVANS**

- Modified minivans that can carry up to 3 individuals with reduced mobility
- Easy access via an electric folding ramp
- Vehicle may be operated by a person with reduced mobility

*Daily, weekly or monthly rentals available*

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**PARTENAIRE DE CONFIANCE**  
**DEPUIS PLUS DE 45 ANS**

**514 522-6466**  
**locationlegare.com**



Please note that you must obtain a government issued decal from the SAAQ that identifies passengers with reduced mobility. We DO NOT SELL this decal.

Equipage  
Crew

Diplomates étrangers  
Foreign diplomats



Bienvenue à  
Welcome to

MONTRÉAL

TRÉSOR

REAL  
EAU



diépi corig



# AT THE SERVICE OF PEOPLE WITH DISABILITIES

The Office offers its assistance  
to people with disabilities  
and to their family and friends.

## The Office...

- **listens** and **helps** you identify your needs;
- **informs** you about existing resources, programs and services;
- **advises** you about how to apply for services;
- **refers** you to the organization most likely to meet your needs;
- **supports** you in the steps you take.

For more information

[www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)  
[aide@ophq.gouv.qc.ca](mailto:aide@ophq.gouv.qc.ca)

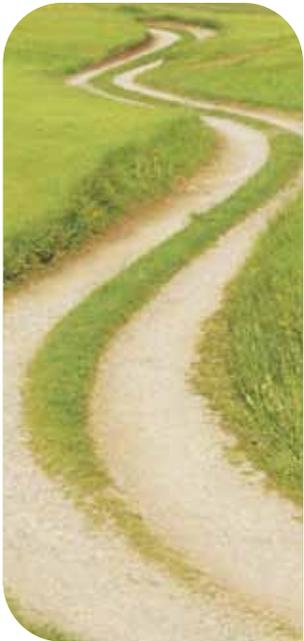
Phone : 1-800-567-1465



TTY: 1-800-567-1477



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AÉROPORTS DE  
**MONTREAL**

WHERE EVERYTHING TAKES FLIGHT