

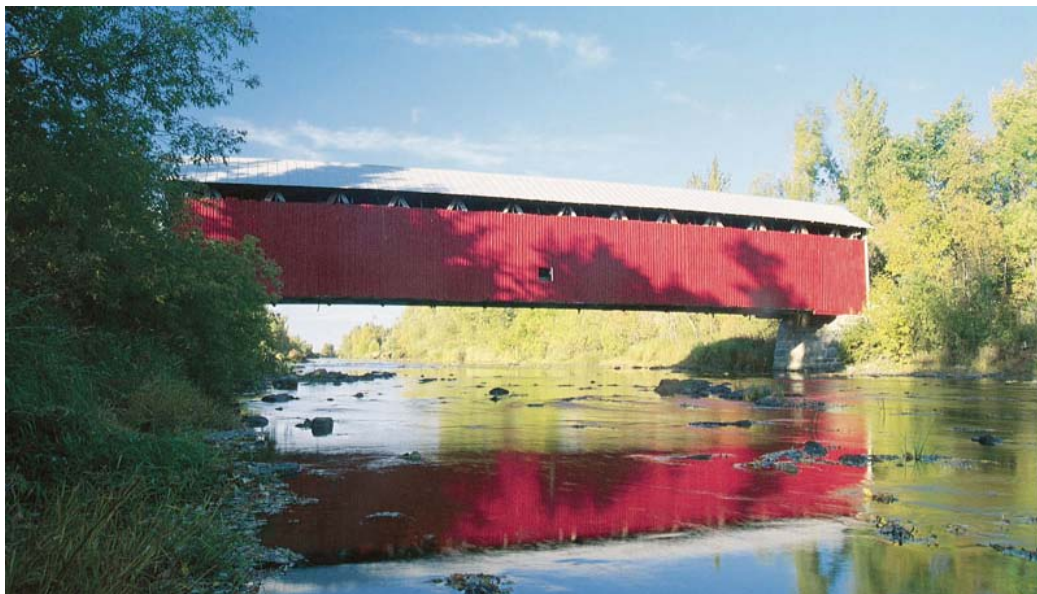
# QUEBEC EXPLORER + MONTRÉAL BIKE FEST

## INFORMATION BOOKLET

We hope this Information Booklet gives you the details you need to make a decision about joining us on the Quebec Explorer + Montréal Bike Fest tour in 2010. Don't hesitate to email [info@virginiaodysseys.com](mailto:info@virginiaodysseys.com) or call 757-810-3102 with any questions you might have.

### Table of Contents

- Itinerary
- Tour Package
  1. Tour Price
  2. Payment Schedule
  3. Included in Tour Price
- When, Where, & How to Arrive
- What to Expect
  1. Accommodations
  2. Food
  3. Number of Adventurers
  4. Bikes
  5. Support Van
  6. Terrain and Miles per Day
  7. Multi-Sport Adventures
  8. Climate
- Before & After Your Tour
- Resources



# QUEBEC EXPLORER + MONTRÉAL BIKE FEST ITINERARY

## Day 1 Friday, June 4

Meet in Montréal

Le Petit Hôtel

Distance – 20 kilometers

We'll meet at our hotel in Old Montréal mid-afternoon Friday. Check-in, relax, and explore narrow, winding streets dating back to the origin of the French colony. Maybe a stroll in the Old Port district along the St. Lawrence waterfront will help you unwind after your travels. It's not possible to take in all of the magnificent outdoor parks and places Montréal has to offer in our brief three day stay – but we'll try! We start after dinner with [Un Tour La Nuit](#), a 20 km illuminated evening bike ride through the streets of Montréal with 15,000 friends. The fun starts at 8 PM. Bicycles will take over the city tonight, as they essentially will all weekend! The event organizers put it this way, "La ville est vélo. Totament vélo." We can celebrate our ride listening to jazz and sampling dessert crepes at [Jardin Nelson](#) at [Place Jacques-Cartier](#), a few short blocks from Le Petit Hôtel.

## Day 2 Saturday, June 5

Free Day

Le Petit Hôtel

Distance – Optional 10 - 50 kilometers

Today is a free day to do as you want, but an optional "gourmet" bike tour through Montréal will be available. Come along for the day or perhaps just the morning as we see the city's sights by bike. Montréal has over 200 km of bike paths and trails and is adding over 30 km each year. Our route will take us to the Basilique Notre Dame; along the [Lachine Canal](#); by the Atwater Market and the Public Market of Lachine both overflowing with craft stalls, bakeries, fruit stands, and gourmet shops; through [Parc Jean Drapeau](#) on Île Sainte-Hélène Saint to see the Biosphere and to enjoy the island's extensive bike path system; through Chinatown; through Little Italy; and on to the Plateau District, the center of all things gourmand in Montreal. Here we'll sample the world-famous bagels from [St-Viateur Bagels](#) and [Fairmount Bagels](#). We'll stop at [Schwartz's](#) to taste their perfectly seasoned smoked meat, and devour the mouthwatering, Portuguese rotisserie BBQ chicken at [Coco Rico](#). Our ultimate destination is [Mont Royal](#) (El 764 ft). There is no rush to get to the top of Montréal's mountain, but we'll slowly push-on until we enjoy the [best view](#) in the city. Take heart - it's down hill back to our hotel! Once back at Le Petit Hôtel, we deserve an afternoon treat at [Olive + Gourmando](#), only two blocks away. After dinner, we can walk around Vieux Montréal where the historical buildings shine in all their splendor when night falls. Charming Rue Saint-Hélène has 22 gas street lamps illuminating its architectural treasures. If you are too tired for a walk – no problem, just hop in a quaint [horse-drawn carriage](#) (calèche).



## Day 3 Sunday, June 6

Tour de l'Île de Montréal

Le Petit Hôtel

Distance – 50 kilometers

The big event! We'll have an early breakfast and bike to the start of the Tour de l'Île which begins at approximately 9:15 AM We will set a leisurely pace and finish early afternoon. Reviews of the event praise the organizers, [Velo Quebec](#), for its organization and emphasis on safety. Bicyclists of all ages participate each year. The afternoon is free time to do as you please – no optional bike tours! We'll toast, and share, our many Montréal biking adventures tonight as we enjoy our French bistro meal.



## Day 4 Monday, June 7

Montréal to Saint-Jean-sur-Richelieu

Auberge Harris

Distance - 40 kilometers

We leave our hotel by bike and begin our three-day journey into the Quebec countryside via La Route Verte. Officially opened in 2007, La Route Verte is a network of over 4,000 km of bike lanes, paths, and trails throughout Quebec. Today we'll follow Route 1 all the way to Saint-Jean-sur-Richelieu on the [Richelieu River](#). We stop in Chambly, just as Samuel de Champlain did in 1609. He wrote that "nearby are meadows where no Indians live because of the wars. All this region is very level and full of forests, vines, and butternut trees." After visiting [Fort Chambly](#), built by the French to protect against the Indians and English, we re-energize with a tapas lunch overlooking the river at Les Grillades du Fort. After lunch we follow the bike trail beside the [Chambly Canal](#) to our night's lodging – Auberge Harris. There is plenty of time to learn about the locks and watch them in action as recreational boaters journey up and down the Richelieu River corridor. The canal was built to allow industrial navigation, prevented by the rapids on the Richelieu between Saint-Jean and Chambly. We have a private dinner tonight at Vivaldi, [Saint-Jean-sur-Richelieu's](#) popular Italian restaurant.



## Day 5 Tuesday, June 8

Saint-Jean-sur-Richelieu to Dunham

Aux Deuces Heures Inn

Distance – 40 (shuttle) or 60 kilometers

Today we follow the Missisquoi Heritage Trail in the heart of the [Montérégie](#) region, once home to the Missisquoi, Algonquin, and Iroquois Tribes. Now this area is inhabited by an amalgam of Irish, Scottish, and French Canadian settlers. We'll learn about the region's history and culture at the [Missisquoi Museum](#) exhibits. We'll be among the very first public visitors to the historic 12-sided [Walbridge Barn](#) (1882) in the sleepy village of Mystic. As a new acquisition, it officially opens June 1, 2010. This is also a good place to stop for lunch at L'Ouef, a rustic restaurant in downtown Mystic. The flat terrain gives way to gently rolling as we cycle to Dunham, our home for the evening. This is a perfect reason to take a break at [Vignoble de l'Orpailleur](#) for a vineyard tour and tasting. Perhaps we'll sip some of our purchases as we sit on the wrap-around porch at Aux Deuces Heures Inn. Dunham is a delightful village for strolling with its limestone architecture and specialty shops. All walks lead to *Laperle et son Artisan Boulanger* and [Chocolats Colombe](#) ! Dinner tonight is "Table d'hôte" at our inn prepared by our French and Spanish hosts.



## Day 6 Wednesday, June 9

Dunham to Saint-Jean-sur-Richelieu

Distance – 45 (shuttle) or 80 kilometers

We bike lightly traveled backroads with vistas to the mountains in the East as we wind our way back to Saint-Jean-sur-Richelieu. A stop in historic "loyalist" [Cowansville](#) is a must to see the Victorian architecture. Our route takes us through three well-maintained covered bridges. We'll stop at one for a rest stop on the river bank. A highlight of the tour is biking along the Yamaska River, which flows out of Lac Brome in the Eastern Townships. It meanders lazily across the plains of the Montérégie region, traversing some of the most fertile farmland in Canada before spilling into the St. Lawrence River about 75 kilometers east of Montréal. This 12-mile stretch brings us to Farnham, the Mecca of bicycle tourism. Farnham is at the junction of the Montérégiade Trail.

The 45 km tour ends in Farnham with a 20 minute shuttle to saint-Jean-sur-Richelieu. The optional 80 km tour continues on to Saint-Jean with options to bike part, or all, of the Montérégiade Trail.



## WHAT'S INCLUDED

**Tour Price**     \$ 995 per person, double; \$ 1,395 per person single [Early Bird before March 20, 2010]  
\$ 1,195 per person, double; \$ 1,495 per person, single [After March 20, 2010]

**Exchange Rate Adjustment** The price above is pegged to the US Dollar-Canadian Dollar [XE Exchange Rate](#) of 1 US = 1.051 CAD (or 0.951 US dollar buys 1.00 CAD) on February 26, 2010. The final tour price will be adjusted up, or down, based upon the XE Exchange Rate on April 15, 2010.

**Payment Schedule**     March 20             \$ 500 deposit per person (or upon reserving a place)  
                                 May 1                 \$ 495 (Early Bird) \$ 695 (Regular) due

Please make checks payable to: Virginia Odysseys LLC.  
Address: 109 Woodmere Dr., Williamsburg, VA 23185

### Included in the Tour Price

- Complete Montreal Bike Fest (Un Tour La Nuit + Tour de l'Île)
- 5 nights accommodation
- 5 breakfasts, 1 lunch (Monday), 4 dinners
- Snacks, fruit, and drinks for each day's ride
- Entrance to Missisquoi Museum, and wine tasting at Vignoble de l'Orpailleur
- Support along the route
- Maps and Cue Sheets
- Luggage transfers
- Experienced guides

### Not Included in the Tour Price

- Airfare
- Bike Rental
- Car Parking in Montréal
- Train travel
- Entrance fees to cultural and historical attractions
- Alcohol at dinners

**Cancellations** Full refund if cancellation before April 15 (less \$50). Refunds after April 15 based on amount refundable from hotel and travel support vendors.

## WHEN, WHERE, & HOW TO ARRIVE

### When

The Quebec Explorer + Montréal Bike Fest will officially begin in Montréal on Friday, June 4 at 5:00 PM. It will end in Saint-Jean-sur-Richelieu ~ 3:00 PM on Wednesday, June 9.

### Where

**The Start:** [Le Petit Hôtel](#), 168 rue St-Paul Ouest, Montréal, Quebec H2Y 1Z7  
Telephone 514-940-0360 Toll-Free 877-530-0360

Check-in time is 3:00 PM. You can arrive earlier to explore Montréal and leave your luggage in the hotel.

**The End:** [Auberge Harris](#), 576 rue Champlain, Saint-Jean-sur-Richelieu, Quebec  
Telephone 450-348-3821 Toll-Free 800-668-3821

## Arrival

**By Plane** Montréal is served with non-stop or one-stop service from most US cities. International flights arrive at [Trudeau Airport](#) (Dorval). [L'Aérobús](#) provides an easy, 30 minute shuttle to the downtown bus station. From there you can take a mini-bus (included in your ticket) to Le Petit Hôtel.

**By Car** Suggested logistics for arrival by car is to drive directly to the [Auberge Harris](#) in Saint-Jean-sur-Richelieu where our tour will end Wednesday afternoon. You will park your car at the hotel, and you, your luggage, and your bike will be taken to Le Petit Hôtel in Old Montréal. Approximate time from Saint-Jean to Montréal is 30 minutes. Simple, easy – and no driving in the city! Your car will be where the tour ends on Wednesday. We will set a departure time from Auberge Harris once we know who is driving. Most likely the departure will be mid-afternoon, but it could be earlier if you would like more time in Montréal on Friday. Valet parking is available in Montréal for \$25 per 24-hour period. Le Petit Hôtel check-in is at 3:00 PM, but luggage can be left there while you explore.

## WHAT TO EXPECT

### Accommodations

Each overnight accommodation has been hand-picked for its location, uniqueness, and special hospitality for cyclists. Needless to say, we'll sleep very well after our day of adventures both on and off the bike.

### Friday, Saturday & Sunday June 4, 5, 6

[Le Petit Hôtel](#), 168 Rue St-Paul Street Ouest, Montréal, Quebec H2Y 1Z7 Phone 514-940-0360. Our intimate hotel of 27 rooms is perfectly located in "Vieux Montréal" on Rue Saint-Paul, the oldest street in Montréal. Our home for three nights just opened in late 2009 and will spoil us with ambience and service. Our "Medium" size rooms are well-appointed and make for a very comfortable stay. All rooms have King Beds. No rooms have two beds, but roll-aways are available. Our breakfast is a full continental with assorted cereals, yogurt, fruit, multi-grain breads, fresh baked croissants, muffins, orange juice, coffee, tea - plus an espresso or cappuccino if you like. Le Petit is only a few blocks from the bike path along the St. Lawrence River.



### Monday June 7

[Auberge Harris](#), 576 rue Champlain, Saint-Jean-sur-Richelieu, Quebec, Phone 450-348-3821. Auberge Harris is a simple, rustic hotel overlooking the Richelieu River and right along La Route Verte bike path. We'll have several rooms in the "cottage" with our own private living room. The small outdoor pool is heated – bring your bathing suit! A full breakfast complete with waffles and eggs made-to-order will give us plenty of energy to bike the beautiful countryside. The owner, Madame Françoise Boutin, is the "Biking Queen" of the Montérégie tourism region and her warm welcome will make us feel very special.



### Tuesday June 8

[Auberge des Vignobles Aux Douces Heures](#), 110 rue du Collège, Dunham, Quebec JOE 1M0, Phone 450-295-2476. Our multi-cultural hosts, Francis Cansier (French) and Françoise Del-Vals (Spanish) welcome us to their garden retreat in the middle of the quaint village of Dunham. The comfortable rooms and great front porch for sitting is just what we need at the end of the day! Our gourmand hosts will prepare a delicious "Table d'hôte" for dinner. We can bring our own wine and beer. Anyone for billiards in the downstairs game room after dinner? Trivial Pursuit? Bridge? Star-gazing in the dark night sky?



## Food

We'll eat well! Our breakfasts will be ample and supply the needed energy for an active day! Dinners are typically three-courses and Quebec alcohol laws allow us to bring our own wine and beer. Snacks and water will be provided by the Support Van. Vegetarian and special diet meals are available by request.

## Number of Quebec Explorer + Montréal Bike Fest Cyclists

The lodging and transportation logistics require that our group size be capped at 20, plus two leaders.

## Bikes

Our routes are paved, with an occasional option on hard-packed gravel roads through farmland or paths through woods. Quebec road surfaces can be uneven due to the winter weather. Touring bikes or hybrids with a minimum 28 C width tire is recommended. Normally Road Bike tires widths are 18-25 C; Hybrids are 28-38 C. The wider tires will give us amore comfortable ride and allow longer options on some of the unpaved trails.

**Your Own Bike** It is assumed that you will bring your own bike if arriving by car. See Guidelines above.

**Rental Bikes** Rental bikes are available for \$20/day. All bikes are Hybrids with upright handlebars and come with a front basket, a bell, a water bottle cage, and a rear rack. Please bring your own rear rack bag to carry your gear. A limited number of rear rack bags are available on a first-come, first-serve basis. You will need to bring your own pedals if you want to have toe-clips or clipless pedals.

## Support Van

Our Support Van will be capable of carrying three cyclists and bikes as needed. The van will carry luggage, water, snacks, and picnic lunch supplies.

## Terrain and Kilometers per Day

Daily biking distances are listed in the day-by-day itinerary. The terrain is basically flat. Where we encounter hills in the Eastern Townships on Wednesday, the terrain is rolling with no major climbs. You may be in your easiest gear on this day for short distances.

## Multi-Sport Adventure

Bring your bathing suit. There is an open-air Nordic Spa in Montréal close to our hotel, as well as a heated pool at our Monday night hotel. An optional massage is available each day.

## Climate

**Temperatures:** June average High 73° F; Low 54° F

**Daylight:** Sunrise 5:05 AM - Sunset 8:35 PM

**Precipitation:** June average 3.9 inches

# BEFORE & AFTER YOUR TOUR

If you want to arrive before the tour begins, reservations can be made at Le Petit Hôtel. You may want to consider a New England tour before of after.

# QUEBEC EXPLORER + MONTRÉAL BIKE FEST RESOURCES

## Films

Wikipedia lists films shot and set in [Montréal](#) and [Quebec](#).

### **Disclaimer/Responsibility Statement**

Virginia Odysseys LLC acts only as an agent for various independent suppliers that provide accommodations, transportation, activities, or other services connected with this tour. Such services are subject to the terms and conditions of those suppliers. Virginia Odysseys and their respective employees, agents, representatives, and assigns, accept no liability whatsoever for any injury, damage, loss, accident, delay, or other incident which may be caused by the negligence, defect, default of any company or person in performing these services. Individual travelers are responsible for purchasing a travel insurance policy, if desired, that will cover some of the expenses associated with the loss of luggage or personal effects.