

2017 OTTAWA TO MONTRÉAL TOUR ITINERARY

Join us for this exciting adventure encompassing two of Canada's most cycling-friendly and culturally rich cities! Ottawa, Canada's capital city, boasts an enviable network of scenic bike paths that parallel the city's waterways and lead to major points of interest such as Parliament Hill, the locks of the Rideau Canal, and lively ByWard Market. During the region's "Sunday Parkways," ride a beautiful loop through Gatineau Park—completely free of vehicular traffic! New for 2017 is a trip that visits Ottawa during the height of their fabulous tulip season. The peaceful countryside between Ottawa and Montréal offers miles of uninterrupted cycling through farmland and small villages, both in Ontario and Québec. An exclusive two-night stay at Fairmont's Le Château Montebello—the world's largest log cabin—feels like a trip back in time. Luxuriate in their spa or take to country roads. Ride the fabulous Lachine Canal bike path into Montréal, visit historic Atwater Market, and take a spin around the Grand Prix Formula One track—on your bicycle! Your boutique lodging in Old Montréal provides the perfect base from which to explore this vibrant city.

Saturday—Day 1: Transfer to Ottawa and Explore the City By Bike – Meet your tour leaders at Hotel Vermont in Burlington at 8:00am for the scenic drive through the countryside of upstate New York to Ottawa. Upon arrival at the Lord Elgin Hotel in Ottawa, enjoy a light lunch followed by a bike fitting, route review, and afternoon loop ride on several of the city's most scenic bike paths. Watch boats navigate the locks on the Rideau Canal and visit impressive Parliament Hill, Canada's government seat. The Bytown Museum, overlooking the locks on the Rideau Canal where the canal meets the Ottawa River, is Ottawa's oldest stone building and houses over 7,000 artifacts dating to the city's origins in 1826. Your lodging for the next two nights is at the full-service Lord Elgin Hotel, an elegant Ottawa landmark ideally situated in the heart of downtown. Join your fellow travelers for dinner this evening at the Hotel's outstanding restaurant, Grill 41.

Lodging: Lord Elgin Hotel Ottawa, Ontario

800-267-4298

www.lordelginhotel.ca

Cycling Options: 19 miles

Sunday—Day 2: Capital Pathways, Gatineau Park and ByWard Market – Ottawa and neighboring Gatineau roll out their best on Sundays when several major parkways in the area are open only to bicycles and pedestrians. Spend the morning riding along the Ottawa River then explore the city's top sites in the afternoon. Cross the Ottawa River into Quebec for a gorgeous loop through the wilderness of Gatineau Park for a memorable, must-do ride on the vehicular-free parkway. Following your return to Ottawa, you will have the rest of the day and evening to explore the city's sites. Tour the Canadian Parliament, visit the National Gallery of Canada, or wander the narrow streets of historic Byward

Market, one of Canada's oldest public markets. Here, what began as a rough working class neighborhood in the 1830s has evolved into one of Ottawa's trendiest neighborhoods. The market features a farmer's market, artisans, shops and an array of restaurants. The impressive National Gallery of Canada is located on the edge of the market and the Royal Canadian Mint just down the street. Dinner this evening is on your own, where you can choose from abundant options just steps from the hotel, including fabulous Beckta Dining & Wine just a few doors away.

Lodging: Lord Elgin Hotel Ottawa, Ontario 800-267-4298 www.lordelginhotel.ca

Cycling Options: 21, 37

Monday—Day 3: – Ontario's Pastoral Landscapes and The Montebello – Leave the capital city behind as you follow bike paths east along the Ottawa River. The suburbs soon give way to farm fields filled with sheep, dairy cows, and seas of grain. Rejoin the Ottawa River along a remote section of road where the miles just seem to fly by. Cross back over the river to the Quebec side on a small locally-owned ferry. Your destination is the Fairmont Montebello, an immense and historic log lodge – the largest in the world—where “old world charm meets nature’s splendor.” Built on the site of a 17th century seigniorial estate, this stunning property has earned a well-deserved reputation as one of Canada’s top luxury resorts. Relax on the grounds, in the pool, or enjoy a massage in their luxurious spa. Immerse yourself in the finest of rustic elegance at this classic wilderness resort. Dinner this evening is in the Montebello’s dining room or on the terrace overlooking the river.

Lodging: Fairmont Le Château Montebello Québec 800-257-7544 www.fairmont.com/montebello

Cycling Option: 32, 49, and 59 miles

Tuesday—Day 4: – The Montebello and Surrounding Countryside – This perfectly situated layover day at the remarkable Le Château Montebello allows considerable room for choice when it comes to how you decide to spend your day. The Montebello overlooks the Ottawa River just south of Québec’s Laurentian Mountains and the grounds of the resort offer many amenities such as swimming pools, Jacuzzi, a luxurious spa, tennis courts, golf course, boating, and walking trails, to name a few. You might choose to visit Manoir Papineau, a Parks Canada National Historic site that is a short walk from the Montebello. The site is the former grand estate of former Canadian political figure, Louis-Joseph Papineau who was the leader of the reformist Patriote Movement which opposed British Colonial power in the 19th century. For those wishing to explore the nearby countryside by bike, your tour leaders will offer a ride to a cascading waterfall or lead you as far as you want to ride. Dinner this evening is on your own in the village which is within a short walk of the property, or at Le Château Montebello.

Lodging: Fairmont Le Château Montebello Québec 800-257-7544 www.fairmont.com/montebello

Cycling Option: 25 and 29 miles

Wednesday—Day 5: Québec Countryside – Quiet back roads and small hamlets of eastern Ontario and western Québec rule the day as you wind your way closer to Montréal. Today marks the day where you will encounter more consistently French-speaking locals. Visit the town of Vankleek Hill where 250 homes feature gingerbread styling, and the town’s Victorian and Edwardian style buildings are reminders of a once flourishing brick factory. Nowadays, Vankleek Hill may be best known by locals for Beau’s All Natural Brewing Company. Sample the local “Beaver River I.P.Eh?” (you’ll understand the “eh” by the time you arrive!) or their signature Lug Tread Kolsch style lager. Your tour leaders will host a picnic lunch at the brewery, providing hearty fare which will pair nicely with whichever beer you sample. Following lunch wind your way to Auberge des Gallants, a luxurious and contemporary Inn nestled in the

heart of a bird and deer sanctuary on Rigaud mountain. Dinner this evening is in the Auberge's highly regarded Restaurant 1171, featuring gourmet regional cuisine.

Lodging: *Auberge des Gallant St-Marthe, Québec 450-459-4241*

www.aubergedesgallant.com

Cycling Option: 49 miles

Thursday—Day 6: Follow the Saint Lawrence River to Montréal – Follow country roads east along the Saint Lawrence River toward Montréal then wind you way along the wonderful Lachine Canal bike path to Old Montréal. The Lachine Canal bike path follows the Lachine Canal which derived its name from the French word for China. Prior to its construction, merchants hoped for a way to transport goods from New France to China by avoiding the Lachine Rapids. The canal was finally opened in 1825 and eventually much of the commercial traffic on the St. Lawrence River shifted from Québec City to Montréal because of this. Today, the highlight of the canal is the lovely bikeway that follows it. Your destination is the chic Saint Sulpice Hotel—a boutique property located on a quiet cobblestone street in the heart of Old Montréal and just steps from some of the city's finest restaurants. The Saint Sulpice perfectly blends old world charm with modern styling and amenities. From the hotel's doorstep, our Montréal-based tour guide will lead an afternoon walking tour of the historically rich Old Port which includes such icons as Notre-Dame Basilica, a beautiful architectural masterpiece whose history dates to the mid 1600s. This immense, twin-towered Gothic structure was constructed with the intention of featuring similarities in interior design to Sainte-Chapelle in Paris. This evening, enjoy your final dinner together at our favorite neighborhood restaurant.

Lodging: *Le Saint Sulpice Hotel Montréal, QC*

866-811-1345

www.lesaintsulpice.com

Cycling Options: 40 miles

Friday—Day 7: Explore Montréal – Choose from a variety of options for exploring Montréal. For those wishing to explore by bike, a ride along the actual stadium section of the Formula One Grand Prix race track, featured during the Grand Prix Circuit's annual Formula One race in Montreal is a unique experience. Those up for a little climbing might enjoy the route up Mont Royal to witness the expansive views from atop the city's highest point. If you prefer to wander on foot, stroll the narrow streets of Old Port or venture to other sections of the city via the Metro, Montréal's sleek underground transportation system. The Old Port, which lies at the doorstep of the St-Sulpice, has transformed into a vibrant neighborhood where people live, work, and play along narrow streets lined with restaurants and shops. Historic Atwater Market, first opened in 1933, is accessible by foot or by metro. Surrounded by farm stands whose colorful flowers and vegetables add a rich seasonal dimension, the market's interior is lined with venders featuring selections of local cheese, fresh baked bread, and other regional products. If you're up for relaxing or rejuvenating experience, take advantage of the St-Sulpice's privileged rates at Spa Scandinave which offers exquisite Scandinavian bath and massage treatments. You will be transferred back across the border to the airport or Hotel Vermont in Burlington during mid-afternoon.*

Cycling Option: 15 and 26 miles

*The drive from Burlington, Vermont to Ottawa takes between three and a half to four hours. The return from Montreal to Burlington is roughly one hour of driving time.

TRAVEL & TOUR QUICK FACTS

Tour Start	8:00am Saturday, Day 1 – Meet at Hotel Vermont for transfer to Ottawa.
Tour Conclusion	4:00-5:00pm – Group arrival at Burlington International Airport (BTV). Departure flights should not be scheduled prior to 6:00pm.
Travel To/From Tour	Fly into Burlington International Airport (BTV). Parking available at BTV or at meeting hotel.
Pre-Tour Lodging Option	Book through Sojourn for Hotel Vermont or Courtyard Burlington Harbor . <i>Limited rooms available – please reserve as soon as possible.</i>
Days/Nights	7 days/6 nights
Included Meals	All breakfasts, three lunches, and four dinners.
Rating	Intermediate. 40-60 miles/day average. Gently rolling terrain with a mix of bike paths and bike routes.
Activities	Cycling, options for hiking, tennis, and golf.

STANDARD INCLUDED ASPECTS

Equipment	Computer-equipped road or hybrid bike, helmet, rear light, seat bag for road bike or rack bag for hybrid, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for a more personalized fit.
Van Support	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
Tour Leaders	Two experienced tour leaders guide each trip from start to finish.
Ride Nourishment	A selection of snacks and refreshments are supplied throughout all rides.
Ride Information	Detailed route directions, maps, and a daily briefing are provided.
Office Support	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
Detailed Information	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

CANADIAN ENTRY REQUIREMENTS

As you will be crossing the border between the US and Canada, appropriate documents are required. All travelers are required to have a valid passport, valid passport card, or other WHTI compliant identification. For further travel document information visit the [US Customs & Border Protection website](#). Please be advised that there are a variety of reasons why Canadian Customs may refuse entry to US citizens. These include prior alcohol related driving infractions in the US. It is your responsibility to ensure that you are eligible to enter Canada. Sojourn is not responsible for anyone who is refused entry into Canada. We suggest a complete review of the information outlined here: [Canadian Customs](#).

DATES & PRICING

Ottawa to Montréal 2017 Tour Dates	Per Person DBL Occupancy	Single Room Supplement	Pre/Post Tour Lodging Option Price Per Room SGL/DBL Occupancy
May 13 – 19 (Tulip Trip)	\$2895	\$695	\$275 SGL / \$300 DBL room
June 10-16	\$2895	\$695	\$275 SGL / \$300 DBL room
July 15 – 21	\$2895	\$695	\$290 SGL / \$315 DBL room
August 26 – September 1	\$2895	\$695	\$275 SGL / \$300 pp DBL room

WEATHER

Burlington/Ottawa	May	Jun	Jul	Aug	Sep	Oct
Avg. High	68/66°	77/76°	82/80°	78/77°	71/70°	60/55°
Avg. Low	44/45°	54/54°	58/59°	56/56°	48/49°	42/38°
Avg. Precip.	3.2/2.9"	3.1/3.0"	3.2/3.3"	3.2/3.3"	3.3/3.1"	2.9/2.8"

Degrees in Fahrenheit