Sojourn Bicycling & Active Vacations 1-800-730-4771 info@gosojourn.com

2018 VERMONT TO QUÉBEC CITY TOUR ITINERARY

Québec City, and much of the French-speaking Province of Québec, feels worlds away despite its close proximity to the US. We specifically created this fascinating trip for the State of Vermont's 400th anniversary celebration commemorating the discovery of Lake Champlain. It was so popular and well-received that participants encouraged us to continue offering it on an annual basis—and it remains a perennial sellout. Routes closely trace rivers sailed by Frenchman Samuel de Champlain as he extended his exploration from Québec City, and the settlement he established there, southwest to Lake Champlain. The ride follows some of the oldest routes in North America, winding through small villages, past tidy farms, and by imposing churches that serve as centerpieces for their towns. Québec is a cycling-friendly province and you will encounter many cyclists along the way. The friendly Québécois speak some English but are always appreciative of even piecemeal attempts to communicate in French so, début practiquer votre Français maintenant! With a bit of luck, the prevailing wind will be at your back throughout the trip, propelling you toward your ultimate destination—the most European of all North American cities!

Saturday—Day 1: ***Arrival Day in Burlington*** **–** Arrive at your leisure and make your way to downtown Burlington and Hotel Vermont*, Burlington's newest boutique hotel nestled between Lake Champlain the Church Street Marketplace, the pedestrian-friendly commercial district. Burlington is a small but vibrant and cosmopolitan city, featuring a rich arts culture and a population of avid outdoor enthusiasts. It has been voted as one of the best places to live by numerous magazines. Plentiful shops and restaurants, complete with the works of local artisans and fresh, locally sourced foods, await your discovery. Stroll to the waterfront and enjoy views across the sparkling waters of Lake Champlain to the Adirondack Mountains that frame the skyline. We'll put the sunsets over from Burlington's waterfront up against any in the world. Enjoy dinner on your own at one of many local restaurants.

Lodging: *Hotel Vermont* Burlington, VT 802-651-0080* www.hotelvt.com

*Hotel Vermont's sister property, the Courtyard Burlington Harbor Hotel, will be used for the August 25th tour start.

Sunday—Day 2: ***The Lake Champlain Islands*** **–** Meet your Sojourn tour leaders and fellow guests following breakfast at the hotel this morning. After a bike fitting and overview of the day, ride north out of Burlington on the Island Line. This former rail trail enables cyclists to ride along Lake Champlain to a bike ferry that transports them across "The Cut" to the Champlain Islands. The cut in the Island Line has been kept open since the railroad's demise so boats can pass between a sheltered bay and the broad lake. Enjoy a visit to Vermont's first vineyard and winery for a tour, tasting, and picnic lunch. It might be

a bit tough to get rolling after this relaxing break however the lure of a visit to one of Vermont's iconic general stores should get you going. Ride through the patchwork farmland of the Lake Champlain Islands which retain much of their agricultural heritage so firmly rooted in apples and dairy. After settling into your room at Shore Acres Inn, enjoy a swim in the lake or visit the village and its eclectic general store. This peaceful lakeside oasis features tennis courts and an expansive lawn overlooking the lake. Dinner this evening is in the inn's dining room overlooking Lake Champlain.

Lodging: *Shore Acres Inn North Hero, VT 802-372-8722 www.shoreacres.com*
Cycling Options: *29 miles*

Monday—Day 3: ***Cross the Border into Canada –*** Enjoy a beautiful ride along the lakeshore of the Champlain Islands before crossing the border into Canada. Once across the border, the roads narrow and the landscape flattens as farmland dominates the scenery for much of the ride. The Richelieu River, which flows north out of Lake Champlain on its way to rendezvous with the St-Lawrence, is never far from your route to St-Jean-sur-Richelieu. Break for a delicious picnic lunch served by your tour leaders in the town of St-Paul-de-l'Île-aux-Noix. The island and fort at Île aux Noix was alternately occupied by the British, French, and Americans during the late 1700s and early 1800s. The British used it as an important shipbuilding site for the decisive battle of 1814 that would prove to be the final naval confrontation on Lake Champlain. Continue north to Saint-Jean-sur-Richelieu where you will lodge at the Auberge Harris, a simple but clean and comfortable hotel which is owned by local legend and enthusiastic regional cycling supporter, Madame Boutin. Take a dip in the pool or a walk the canal path into town. This evening join your fellow travelers for dinner at a lively local bistro in town.

Lodging: *Auberge Harris Saint-Jean-sur-Richelieu, QC 450-348-3821 www.aubergeharris.com*
Cycling Options: *30 and 51 miles*

Tuesday—Day 4: ***Chambly Canal to the Saint Lawrence Seaway –*** Wave *au revoir* to Madame Boutin and follow the Canal-de-Chambly north along an intricate series of locks enabling boats to avoid the unnavigable rapids of the Richelieu River. Visit Fort Chambly which sits overlooking the rapids and a large basin in the river. The fort serves as another reminder of the battles for control of strategic waterways during Colonial times. Follow the Richelieu north to beautiful *Eglise de St-Marc-sur-Richelieu* where you can visit the first of many imposing churches along the route. Enjoy lunch along the route and continue cycling through small villages and past tidy farms and imposing churches as you follow the Richelieu north. The miles seem to fly by along this fabulous route and before you know it, you'll be entering the city of Sorel and witnessing the Richelieu's confluence with the mighty Saint Lawrence Seaway. Hotel de la Rive is located in a quiet section of the city overlooking the Saint Lawrence Seaway. Enjoy a dip in the pool or grab a drink in the tavern before a delicious dinner in the hotel's highly regarded dining room.

Lodging: *Hotel de la Rive Sorel, QC 800-369-0059 www.hoteldelarive.com*
Cycling Option: *31 and 61 miles*

Wednesday—Day 5: ***The Route Verte to Trois-Rivières –*** Leave the south shore behind on a ferry trip across the Saint Lawrence. In a few short kilometers you'll be spinning through peaceful countryside past brightly painted barns and stone houses along Québec's famed Route Verte, the longest network of bicycle routes in North America. The Route Verte also follows sections of the Chemin du Roy (King's Road) for much of the ride. The Chemin du Roy, completed in 1737, is one of the oldest routes in North

America and was the first road to link Québec City and Montreal. Initially a fur trading post, Trois-Rivières boasts a dynamic downtown full of museums, galleries, boutiques, cafés, and historic 18th century buildings. The city overlooks the north shore of the St. Lawrence Seaway and is eminently walkable from your hotel which is situated on the edge of the charming historic district. Your tour leaders will recommend to you their favorite restaurants for dinner this evening.
Lodging: *Gouverneur Hôtel Trois-Rivières, QC 888-910-1111 www.gouverneur.com*
Cycling Option: *42 and 54 miles*

Thursday—Day 6: ***The Chemin du Roy to Québec City –*** Today's ride – the longest of the trip – is a guest favorite and culminates with an impressive arrival in your ultimate destination. Cross the Rivière Saint-Maurice from Trois-Rivières to Cap-de-la-Madeleine and return to more rural cycling routes. Visit an organic cheese producer that operates like an estate winery, using milk sourced only from their own cows and handling every step of the cheese making process. The route follows the Chemin du Roy through numerous historic and small villages, as it parallels the St. Lawrence River. Visit the charming village of Deschambault whose beautiful church overlooks its own lovely gardens at the edge of the river. Watch huge ships passing on from the 600' wharf in Portneuf. A van shuttle is available from the outskirts of Québec City to the start of the Promenade Samuel-de-Champlain bike path for those not wishing to ride the full route. The ride along the Promenade Samuel-de-Champlain is a stunning route by which to enter the city and leads almost to the door of Le Saint Pierre, your lodging for the next three evenings in the heart of the Old Port. This evening, celebrate your achievement with fellow travelers at one of our favorite restaurants in the city which happens to be just steps from the inn.
Lodging: *Le Saint Pierre Québec City, QC 418-694-7981 www.auberge-st-pierre.com*
Cycling Options: *28, 65, and 86 miles*

Friday—Day 7: ***Explore Québec City –*** Your lodging at Le Saint Pierre provides the perfect base for exploring this fabulous European-style city. Begin the morning touring the sites and gaining insight into its fascinating history with an engaging and extremely knowledgeable local guide. The cobblestone streets of Quartier Petit Champlain and the old market square of Place Royale form a scenic backdrop for photos as the imposing Chateau Frontenac looms above. This afternoon and evening, pursue your own interests and culinary tastes in this pedestrian-friendly city where so many sites are within easy walking distance of the inn. Visit the Plains of Abraham, the Museum of Civilization, explore the narrow streets of the Old Port, or venture beyond the heart of the historic district for a more modern taste of today's lifestyles. For those of you who can't bear to be off your bike for a day, your guides will lead an afternoon ride along the city's extensive bike paths. This evening, dinner is on your own in order to enable you to experience the plethora of dining options nearby.
Lodging: *Le Saint Pierre Québec City, QC 418-694-7981 www.auberge-st-pierre.com*
Cycling Option: *17 miles*

Saturday—Day 8: ***Cycling Île d'Orléans –*** Begin the morning with a short van shuttle over the towering bridge that crosses the Saint Lawrence River to the rural oasis of Île d'Orléans. The island was one of the first colonies of New France and offers a taste of traditional maritime and agricultural culture. Known as the "Garden of Québec", rolling farmland covers much of the island and its agricultural roots are evident in abundant local products. Île d'Orléans has a rich cultural heritage and the island's architecture adds a

sense of history to the pastoral setting. Many artists live here, drawing inspiration from the island's quiet and almost mystical setting. Pause along the route to view artisan works ranging from traditional crafts to abstract sculpture. Roadside stands offer ample opportunities to sample local wine, hard cider, berries and other fresh produce. The island's friendly inhabitants, scenic beauty, and local products are true to the historic motto of Île d'Orleans: "I welcome and I nourish." This evening, join your fellow travelers for a delicious meal at one of the city's most renowned restaurants, just a short walk from your accommodations at Le Saint Pierre.

Lodging: *Le Saint Pierre Québec City, QC 418-694-7981 www.auberge-st-pierre.com*

Cycling Options: *27 and 37 miles*

Sunday—Day 9: ***Return to Vermont*** **–** Following breakfast at the hotel, you will be transported back to the airport in Burlington, Vermont. Travel time is roughly four hours, however border-crossing times may vary. Following the airport drop-off in Burlington, tour leaders will transport those extending their stay in town to Hotel Vermont.

Travel & Tour Quick Facts

Tour Start	10:00am Sunday (Day 2) – Meet your tour leaders at Hotel Vermont/Courtyard Burlington Harbor.
Tour Conclusion	1:00-2:30pm – Group return to Burlington International Airport (BTV). Departure flights should not be scheduled prior to 3:30pm.
Travel To/From Tour	Fly into Burlington International Airport (BTV). Parking is available at BTV or Hotel Vermont.
Pre-Tour Lodging	Arrival day (Day 1) included at Hotel Vermont.
Lodging	The first night and the last three nights are in boutique accommodations. The other four range from a lakeside country inn to comfortable metropolitan hotels, each of which is the best, if not only, in the region. Each offers positive aspects to your travels and access to the region.
Days/Nights	9 days/8 nights
Included Meals	All breakfasts, three gourmet picnic lunches, and five dinners.
Rating	Intermediate, 55 miles/day average on gently rolling terrain.
Activities	Cycling, spa facilities and local attractions in Quebec City.

Important Entry Requirements for Canada

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.

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.

Dates, Pricing, Weather

Vermont to Quebec City 2018 Tour Dates	Per Person DBL Occupancy	Single Room Supplement
June 23 - July 1	$3,195.00	$795.00
July 7 - July 15	$3,195.00	$795.00
July 21 - 29	$3,195.00	$795.00
August 11 - 19	$3,195.00	$795.00
August 25 – September 2*	$3,295.00	$795.00

*First night's lodging at Courtyard Burlington Harbor

Burlington/Quebec	May	Jun	Jul	Aug	Sep	Oct
Avg. High	68/62°	77/71°	82/77°	78/74°	71/64°	60/52°
Avg. Low	44/40°	54/50°	58/55°	56/53°	48/45°	42/36°
Avg. Precip.	3.2/3.7"	3.1/4.2"	3.2/4.4"	3.2/4.3"	3.3/4.4"	2.9/3.5"

Degrees in Fahrenheit