

EXPLORE QUÉBEC'S HISTORICAL EASTERN TOWNSHIPS

6-day / 5-nights - self-guided cycling



Step-back into history and take in the unique French European ambiance at the heart of southern Québec's eastern townships in the foothills of the Appalachian Mountains. Discover a land of enchanted forests, babbling brooks and peaceful lakes. Cycle along undiscovered country roads and specially designed bike tracks through covered bridges, spectacular round barns even past serene monasteries. Explore the many art galleries, studios and antique shops in the many picturesque villages you'll encounter. Discover each night our carefully selected accommodation where you will be treated to first-class cuisine.

This is a corner of Canada you didn't expect to find and one we hope you will never forget.

The terrain is moderately hilly. In general you can expect a number of hills with the day's riding. It might take about fifteen minutes to ride up some of these. Average daily distance is 55km and the terrain is mainly level to flat. This usually requires four to six hours of pedaling the bike per day. Approximately 35% of the route is on crushed rock bicycle trails and hard packed dirt roads.

Departs: Any date between 15th May and 31st October

Starts from: Magog, about 115 km east of Montréal.

Cost: AU\$2255 per person twin share including taxes (single supplement on request)

Includes: 5 nights hotels, all breakfasts and 1 dinner, use of a top quality 21-speed hybrid bike complete with handlebar bag, pump, and all the necessary accessories for changing flats (we recommend that you bring your own helmet for safety and hygiene reasons), detailed route instructions and map, all necessary transfers during the tour.

Suggested accommodation: La Maison Drew, Magog – a beautifully restored heritage building is located downtown, steps from the theatre, art galleries, boutiques and restaurants. Each room has a fireplace. Enjoy a healthy, gourmet breakfast in the solarium.

Domaine Les boises Lee Farm, Stanstead – a five-acre estate is in the heart of the town. Rooms are furnished with antiques, thick duvets, linen sheets and fireplaces; the property also features a therapeutic bath, and an outdoor salt-water pool.

Cornemuse B & B, North Hathley – an inn established over 100-years ago by a Scottish family who welcomed guests who enjoyed the tearoom and magnificent verandahs with gentle breezes from Lake Massawippi. Each room is decorated with antiques

Call OUTDOOR TRAVEL on 1800 331 582 for details

Suggested itinerary:

Day 1

Arrive in Magog, known as the 'jewel box of the Townships'. Take the time to discover the vibrant main street, filled with boutiques and restaurants. You may also choose to explore the lakefront walking and cycling paths. This afternoon you will meet your area manager and get fitted to your bikes.

Day 2

Pedal along the shores of Lake Memphrémagog en route to the lakefront Abbey Saint-Benoît-du-Lac — where Benedictine monks have worked and lived since the early part of last century. Be sure to pick up a few supplies for a picnic lunch at the monastery, which is famous for excellent cheeses and apple cider. It is then off to take up the challenge of cycling through Mount Orford Provincial Park along the Trans-Canada Trail. This wonderful park is noted for the beauty of its scenery. Ending your day in Magog, with a relaxing swim in one of its many beaches. Approximate distance—65km (shorter and longer cycling options are available today).

Day 3

Leave Magog to cycle through the rolling foothills of the Appalachians, encountering a postcard-picturesque covered bridge and scenic little hamlets. Reach the American border town of Beebe Plain, where the main street straddles the border. Canadian flags are prominently displayed to the north, while American Flags fly proudly to the south. Your destination is another border town—Stanstead. Tonight you will spend the night in a lovely Victorian manor house. Approximate distance—45 km (longer cycling options are available).

Day 4

Head north through the lakeside village of Ayer's Cliff to North Hatley, your destination for today. Along the way you may choose to stop at the birthplace of Louis Saint-Laurent—Canada's 16th Prime Minister, in Compton (an excellent spot for an ice-cream stop!). Be sure to save some time to investigate the many studios and antique shops in the area. This village has long been a haven for artists and artisans, and is renowned for its wonderful antiques and art. You will also want to explore the lovely shores of Lake Massawippi. Approximate distance—55km (longer cycling options are available today).

Day 5

Your day ride out of North Hatley takes you through a diversity of experiences - beautiful countryside with quiet forests, rolling pastures and stunning vistas, to a riverside bike network through the City of Sherbrooke - the 7th largest city in Quebec. Take the time to explore the delightful architectural heritage, amazing art galleries and excellent museums, before you weave your way back to North Hatley via the university town of Lennoxville and an amazing Capleton copper mine. Approximate distance—55 km.

Day 6

Tour ends after breakfast Take a final stroll around North Hatley or do some last minute souvenir hunting, before departing for another adventure.

Other tours available in Canada from **Outdoor Travel** include the 8-day / 7-night **Spirit Walker** based in the Canadian Rocky Mountains, a wonderful natural wilderness of western Canada. This unique program offers a multi-activity adventure that will include hiking, exploring and river rafting intertwined with the opportunity to experience the wilderness through native eyes.

Other cycling holidays or Bike & Boat cycling cruises are available in most destinations of Europe including Croatia, Greece & Turkey or in Vietnam. Cycling trips are also available in New Zealand & Australia

Contact **Outdoor Travel** or your travel agent for more details, travel brochures and reservations:

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