

## CANADA – QUÉBEC: EXPLORE THE EASTERN TOWNSHIPS

6-days / 5-nights – self-guided inn-to-inn cycling in the foothills of the Appalachians east of Montréal



Step back into history and absorb the unique French European ambience at the heart of southern Québec's Eastern Townships, in the foothills of the Appalachian Mountains. In this area first inhabited by the Abenaki First Nations, many towns were once Abenaki settlements, and place names are of Abenaki origin. According to local folklore Lake Memphrémagog has its own elusive monster, Memphré, a serpent-like creature, reputedly last seen over 10 years ago.

Discover a land of enchanting forests, vineyards and orchards, babbling brooks and peaceful lakes. Over 500 kilometres of cycle paths weave throughout the region, passing covered bridges, wooden round barns and traditional sugar shacks. Explore art galleries, studios and antique shops in the picturesque villages along the route, and visit a serene lakefront abbey. Stay each night in carefully chosen accommodation offering first-class hospitality and cuisine.

**Departs:** Any date between 15<sup>th</sup> May and 31<sup>st</sup> October

**Starts:** Magog, about 115 km east of Montréal. **Ends:** North Hatley, about 145km from Montréal

**Cost from:** \$2465 per person twin share including taxes (single supplement on request)

**Includes:** 5 nights' hotel or B&B accommodation, all breakfasts and 1 dinner, use of a top quality 21-speed hybrid bike complete with handlebar bag/map case, pump, repair kit (we recommend that you bring your own helmet for safety and hygiene reasons), luggage transfers, detailed route instructions and map, personalised welcome and briefing on Day 1 of tour, local emergency contact on call during the tour.

**Level of Difficulty:** Moderate. You are cycling in the foothills of the Appalachians, so in general you can expect undulating terrain with some steeper hills (taking about fifteen minutes to ride up some of these). Average daily distance is 55km and average daily elevation gain about 335 metres (4-6 hours of pedalling daily). Longer cycling distances are available on most days. Approximately 35% of the route is on crushed rock bicycle trails and hard packed dirt roads.

**Accommodation:** A fine selection of heritage-style inns or country B&Bs including a beautifully restored heritage building in the town centre of Magog, a five-acre estate in the heart of Stanstead near the Canada-US border, and in North Hatley a 100-year old 4-star bed & breakfast. All rooms are ensuite.

**How to get there:** Magog is approximately 115km east of Montréal, which has an international airport with flights from all major Canadian and many major American cities. Magog can be reached by bus from Montréal, or we can arrange a private transfer from Montréal to the tour start (at extra cost). If travelling by car, you can easily reach Magog from Montréal, or the town is a short drive north of the Vermont / Canada border. You can leave your car parked in Magog for the duration of the tour and collect it at the end of the tour.

**Call OUTDOOR TRAVEL on 1800 331 582 for reservations & details**



## Suggested itinerary:

**Day 1** Arrive in Magog, known as the '*jewel box of the Townships*', where you stay two nights. Take 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 meet your local contact for your briefing and bike fitting.

### Day 2 Magog & Mount Orford Provincial Park

**cycling @ 65km**

Shorter and longer options today. We suggest you ride the shores of Lake Memphrémagog to the Abbey Saint-Benoît-du-Lac, where Benedictine monks have lived and worked since the last century. Shop for a picnic lunch at the monastery, known for its cheeses and apple cider, then ride through the beautiful Mount Orford Provincial Park along the Trans-Canada Trail. Return to Magog, in time for a swim in the lake in the afternoon.

### Day 3 Magog to Stanstead

**cycling @ 45km**

A ride through the foothills of the Appalachian Mountains. Cross a covered bridge and many picturesque hamlets to 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, where the Haskell Free Library and Opera House sits partly in Québec and partly in the US state of Vermont – performances take place in Canada while the audience sits in the US.

### Day 4 Stanstead to North Hatley

**cycling @ 35km to 60km**

North through the lakeside village of Ayer's Cliff towards North Hatley stopping at the birthplace of Louis Saint-Laurent, Canada's 16<sup>th</sup> Prime Minister, in Compton (an excellent spot for an ice-cream). Allow time to visit the many studios and antique shops in the area. The region has long been a haven for artists and artisans, and is renowned for its wonderful antiques and art. You can also explore the lovely shores of Lake Massawippi.

### Day 5 North Hatley

**cycling @ 55km**

A circular cycling route takes you through beautiful rural countryside with quiet forests, rolling pastures and stunning vistas, and on a riverside bike network through the city of Sherbrooke, one of the larger cities in Québec. Take time to explore the delightful architectural heritage, art galleries and museums, before weaving your way back to North Hatley via the university town of Lennoxville and the fascinating Capleton copper mine.

**Day 6** Tour ends after breakfast.



**Outdoor Travel offers** cycling holidays, self-guided inn-to-inn with luggage transfers or small group guided tours in the **US** – including **California, Hawaii, Oregon** and the **San Juan Islands** of the Pacific Northwest. We offer cycling holidays or Bike & Barge cycling cruises in most destinations of **Europe** and **New Zealand**.

**Contact Outdoor Travel for more details and reservations:**

- Call toll free on 1800 331 582 or (03) 57551743, or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright VIC 3741, Australia