

# CATALOGUE

## Special activities

### Summer, part 2-2022



#### Two ways to purchase your tickets:

1. [Buy them online](#) before July 4<sup>th</sup> at 11:59 PM.
2. On July 5<sup>th</sup>, you can purchase your tickets in person.

#### IMPORTANT:

No refunds or exchanges for other activities.  
Before choosing to participate in any activity, please consider the level of physical fitness required.

Légende			
	Souliers de marche (pas de sandales) Vêtements de sport Bouteille d'eau (1litre) Collation (barre tendre, fruit, noix, jus, etc.)		Apporte ton repas.
	Activité recommandée aux étudiants des niveaux intensifs III et plus en raison du vocabulaire complexe.		Restaurant ou endroit pour acheter quelque chose à manger.
	Niveau de difficulté du sentier ◆ = Facile ◆◆ = Moyen ◆◆◆ = Difficile		Sans être une randonnée, vous devez vous chausser pour marcher. Des espadrilles sont recommandées.
			Possibilité de se baigner
			Ne pas apporter d'objets de valeur

Become a member of our Facebook page:  
[Université Laval- FLE Été 2e période- 2022](#)

*Important to keep this document until the end of the session*

## Evening activities

Friday July 8<sup>th</sup>

### Traditional sugar shack meal



Accompanied by your favourite monitors, enjoy a delicious, traditional Québécois feast.

**Menu:** ham, baked beans, cretons, potatoes, omelette, pea soup, stew, meat pie, and crepes - all served with maple syrup!

[sucrierielouin.com](http://sucrierielouin.com)

**Schedule:** from 4:30 pm - 10:00 pm | **Cost:** \$20

Monday July 18<sup>th</sup>, July 25<sup>th</sup>

### Ghost tour in Old-Quebec



Take this guided tour to discover the dark and morbid history of Old Quebec! Besides the stories of ghosts, executions, and murders, you will also discover a number of hidden places unknown to most tourists. \*Due to the complicated vocabulary used in this activity, it is only recommended for students in the intermediate and higher levels. [promenadesfantomes.com](http://promenadesfantomes.com)

\*Raincoat required, in case it rains.

**Schedule:** from 8:00 pm – 11:00 pm | **Cost:** \$15



Thursday July 28<sup>th</sup>

### Capitales de Québec baseball game

Come and support the local professional baseball team, the Capitales.

The price includes admission to the game and three beverages, as well as hot-dogs and hamburgers before the game. [capitalesdequebec.com/](http://capitalesdequebec.com/)



**Schedule:** from 4:30 pm – 11:00 pm | **Cost:** \$30 \* Bring warm clothes.



Monday July 11<sup>th</sup>, Tuesday July 26<sup>th</sup> **Aux Anciens Canadiens**

Join us for a delicious, traditional, **3-course Québécois meal** at

Aux Anciens Canadiens. See the menu (2019): <http://bit.ly/1QJyzSQ>



**Schedule:** from 3:45 pm – 7:30 pm | **Cost:** \$30

Thursday July 21<sup>st</sup>, Monday August 1<sup>st</sup>

### Huron traditional site



Huron's history, culture and heritage are fascinating!

Come and learn more on this native people. [huron-wendat.qc.ca/](http://huron-wendat.qc.ca/)

**Schedule:** from 3:30 pm – 6:30 pm | **Cost:** \$10

July 19<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>

### Canoeing evening on the St-Charles River



End your day with a relaxing canoe trip down the calm St. Charles River. The canoes seat six people each and are safe and easy to use. There will be a stop at a small beach, where we will have a picnic under the stars...

**Schedule:** from 3:30 pm – 6:30 pm | **Cost:** \$10



## Saturday July 9<sup>th</sup>



An exhilarating 4-hour hike up to the summit of Les-Loups. Explore the spectacular countryside of THE Jacques-Cartier River Valley, formed thousands of years ago by the movement of glaciers during the last ice age. <http://bit.ly/1gc2UXZ>

Schedule: from 1 pm – 6:30 pm | Cost: Free (\$10 deposit) ◆◆◆

### Lévis area tour

\* Raincoat required, in case it rains.



Discover the city of Lévis, situated on the south shore of the St. Lawrence River. Activities include a tour of the original Fort No. 1, a stop at the stunning Chaudière waterfall, and a visit of the Old-Lévis. Bring your money and try the best ice cream in the world at Chocolats Favoris! <http://bit.ly/1DEtkwH> <http://bit.ly/1TIAVHP>

Schedule: from 1 pm – 6:30 pm | Cost: \$10



### Hiking at Mont Sainte-Anne

The summit of Mont Sainte-Anne offers a beautiful vantage point overlooking the St. Lawrence River and Orleans Island. Mont Sainte-Anne has an excellent network of hiking trails.

Schedule: from 1 pm – 6:30 pm | Cost: Free (\$10 deposit) ◆◆◆

## Saturday July 16<sup>th</sup>

### Arbraska- Chauveau

ALSO OFFERED ON JULY 23<sup>th</sup>



Test your courage challenging this exciting aerial obstacle course. You will cross the river and forest on suspension bridges, rope ladders and zip-lines! The courses are designed with varying degrees of difficulty to cater to all ages and abilities. <https://bit.ly/3Jb4M8e> To avoid if you have vertigo.

Schedule: from 12 pm – 5 pm | Cost: \$30



### Hiking at Cap-Tourmente

ALSO OFFERED ON JULY 23<sup>th</sup>

The summit of Cap-Tourmente offers a beautiful vantage point overlooking the St. Lawrence River. The climb is steep but the view is spectacular. [quebec-cite.com/en/businesses/cap-tourmente-national-wildlife-area](http://quebec-cite.com/en/businesses/cap-tourmente-national-wildlife-area)

Schedule: from 9 am – 4 pm | Cost: Free (\$10 deposit) ◆◆◆

### Rafting on The Jacques-Cartier River



Whitewater rafting - definitely an unforgettable experience! All equipment is included in the price. A class 3, 4, or 5 river depending on conditions. BEWARE!! This is an extreme sport, all participants MUST know how to swim! <http://bit.ly/1iARn6u>

Schedule: from 8 am – 3 pm | Cost: \$65

## Saturday July 23<sup>th</sup>



### Down the Saint-Charles river (canoe)

Paddling down the St-Charles River in a canoe (2-3 passengers). 10 km of calm water. We will take the lunch break on a little island or on the shore. The nature in the city. Equipment included (life jacket, paddle, canoe). Lunch not included.

Schedule : 10 am – 4:30 pm | Prix : 10 \$ Also offered on July 30<sup>th</sup>

Arbraska – Chauveau, 12 pm- 5 pm

ALSO OFFERED ON JULY 16<sup>th</sup>

Hiking at Cap-Tourmente, 9 am- 4 pm

ALSO OFFERED ON JULY 16<sup>th</sup>

## Saturday July 30<sup>th</sup>



### Ile d'Orléans et chute Montmorency

The [island of Orleans](#) is the perfect spot to try local produce. You will be able to sample various delicacies with stops at a cider-house and a chocolate factory. We will also stop in a charming village and at [Montmorency Falls](#), the highest one in Eastern Canada. <https://cidreiebilodeau.com/>

Schedule: from 10:00 am – 4:30 pm | Cost: \$10

Also on July 9<sup>th</sup> : Hiking in Parc national de la Jacques-Cartier, 9 am- 4:30

Also on July 23<sup>th</sup> : Down the Saint-Charles river (canoe), 10 am- 4:30 pm

## Club des maîtres

Activity reserved for 27 years old of age and older



### Thursday July 14<sup>th</sup> - Wine and Cheese tasting

Discover and sample delicious *Québécois* products. Three different wines and nine varieties of cheese will be served. An excellent chance to practice your French.

Schedule: from 5:30 pm – 9:30 pm | Cost: \$10