



Adventure and Nature

Québec, Natural and Fit

The Québec City region is a sanctuary for thrill seekers and outdoor enthusiasts. Adrenaline-seeking adventurers and nature-lovers will experience magical moments and unforgettable escapades. Both during day and night, Québec City will get your heart beating!

Clientele: affinity groups

Warning. This program requires very good physical fitness.

Your first day

Today, explore the Jacques-Cartier and Portneuf regions.

This morning, take to the sky!

Two options are available.

1. With [Québec Aérotours](#), you can fly over the Jacques-Cartier valley **in a hydroplane!** From a lower altitude you can discover its lakes, forests, open spaces and when returning, Chute Montmorency (waterfall), Fairmont Château Frontenac hotel and the Plains of Abraham.

Duration: 1 hour

Capacity: 5 people per hydroplane, 3 hydroplanes available

2. With [Montgolfière Aventure](#), fly over the region in a **hot air balloon!** The landscapes are even more magnificent and the sensations more exciting. **An enchanting experience!**

Duration of flight: between 45 and 90 minutes depending on the winds

Duration of the activity: 4 hours (departure at sunrise)

Capacity: maximum 36 people

This afternoon, dive into the depths!

[Action Plans d'eau Plein Air](#) invites you to the “trou du diable” (the Devil’s hole). With its 980 metres of developed area, the cave of Saint-Casimir de Portneuf is the **second longest cave in Quebec**. A visit to this cave will be both mysterious and educational.

Duration: 1 hour and 30 minutes

Capacity: 1 guide for 8 people, several guides available

Later, two options are available.

1. Enjoy a leisurely walk along one of the [marked trails along the gorges of rivière Sainte-Anne](#). Numerous lookouts are located throughout the area to contemplate the surrounding nature. For example, the “Sentier des 7 merveilleux” (7-marvel trail) forms a 13-kilometer loop where you can admire seven of the region’s beautiful lakes.
2. Enjoy a leisurely [canoe and kayak ride](#) **and discover a multitude of fascinating places**. The Saint-Alban dam creates 15 kilometres of calm, navigable waterway. Routes of various degrees of difficulty are available.

Duration: variable depending on the route

Capacity: 12 canoes, 1 double kayak and 3 single kayaks

This evening, sound out the night...

During a **night time walk**, the park wardens and guides of [Parc national de la Jacques-Cartier](#) will introduce you to the **mysteries of the night**. How do living things adapt to the night? What sleeps? What sings? What hunts?

Mysteries of the Night

Duration: 2 hours

Capacity: 20 people, several guides available

To savour your nature experience even more, we recommend that you **spend a night in a yurt**. This type of rustic accommodation provides a great view with a skylight to **observe the stars**.

Other [types of accommodations](#) can also contribute to your well-being in perfect harmony **with your surroundings** in all comfort (Huttopia tent for example).

Your second day

Today, a thrilling experience awaits you in the Jacques-Cartier region.

This morning, take a **white water rafting** trip down the Jacques-Cartier river!

The experienced guides of [Expéditions Nouvelle Vague](#) will introduce you to the **fabulous rapids of the Tewkesbury section**: 9 km of class III-IV (V) rapids! The descent includes aquatic activities and a succulent BBQ meal.

The “Traditional” Rafting package

Duration: 4 hours (1 hour of preparation + 3 hours on the water)

Capacity: 8 to 60 people

This afternoon, experience new emotions.

Two options are available at the Station touristique Duchesnay.

1. Enjoy an aerial experience **atop the trees** with [D’Arbre en Arbre Duchesnay](#) (treetop forest adventure course). Four forest adventure courses of variable difficulty suitable for everyone. **Breathtaking panoramas!**

Duration: variable depending on the course chosen

Capacity: from 15 people

2. Play [Géo-Rabaska](#). This **geocaching course** is a team-based activity that will take you to marked locations in the forest where you will be required to solve riddles in order to find a treasure.

Duration: 2 hours and 15 minutes

Capacity: 10 to 60 people

Finally, **relax** at [Tyst Trädgård – Jardin de détente](#) (Scandinavian Spa). The hydrotherapy facilities are located outdoors in an enchanting setting. Immerse yourself in the **water pools** and take advantage of the benefits of alternating hot and cold.

Duration: variable depending on the activity chosen

Capacity: maximum group of 8 people, possibility for several groups rotating among the different activities.

This evening, Station touristique Duchesnay has more available options.

1. For a great meal after a hard working day, the [Bistro-bar Le Quatre-Temps](#) invites you to enjoy its **Regional Quebec cuisine** in a wonderful country setting.
2. [Les contes du lac](#) offers a **night-time excursion on foot or in a Rabaska canoe** to a secret beach where you can enjoy story telling around a bonfire.

Duration: 1 hour and 30 minutes

Capacity: 10 to 60 people

Your third day

Today, have a great time in the Côte-de-Beaupré region!

This morning, two options are available.

1. The professional guides of [Canyoning-Québec](#) will lead you down the **magnificent waterfall of Chute Jean-Larose** on a rope. Learn safe canyoning techniques as you descend three waterfalls of 12, 19 and 41 metres high. **An unforgettable experience!**

Duration: 3 to 4 hours

Capacity: 13 to 20 people

2. [Aventure X](#), offers the most spectacular climbing adventure with safety cables in Québec! Located along the **brehtaking rock walls of Canyon Sainte-Anne**, it has spectacular views. Several activities are available: via ferrata, aerial zip lines, abseiling.

Duration: variable depending on the activity chosen

Capacity: 10 to 90 people

This afternoon, enjoy the wealth of activities at Mont-Sainte-Anne.

Board the [panoramic aerial gondola lift](#) to rise to the top of the mountain. **Enjoy the exhilarating landscapes** of the St Lawrence River, the Charlevoix region, the Laurentian mountains and Québec City.

Duration: 14 minutes

Capacity : 8 people per gondola

Two options are available to come down the mountain.

1. Follow the [hiking trails](#) at your own leisure.

Duration: 2 hours, variable depending on the trail chosen.

2. Ride down on a [mountain bike](#), at your own leisure.

Duration: between 10 minutes and 1 hour, variable depending on the trail

Please note that these activities can be performed one after the other by adding other gondola lifts.

Bring your afternoon to a beautiful end at [Zonespa](#) in Saint-Ferréol-les-neiges. Relax in the **aromatic vapour bath**, the Finnish sauna and the outdoor spa.

Duration: variable depending on the package chosen

This evening, [Château Mont Sainte-Anne](#) invites you to its trendy bistro. The innovative cuisine of **authentic regional products** will provide you with a pleasurable ending to your activity-filled stay.

Other **events** to complement your stay.

Summer:

- [Vélirium](#) (Mountain biking and cycling Event)
- [Marathon des Deux Rives SSQ](#) (Marathon)

Autumn:

- [Great Colour Adventure](#) (Fall foliage Event)

For a **customized package** or for a specific request, contact the following receptive agents or activity organizers:

- [ENF Canada – Les Excursions Nouvelle-France inc.](#)