



THE LAURENTIANS

(The Laurentians Profile Form - North of Montreal, Quebec, Canada)

National Tour Association Convention - November 2010, Montreal

The Laurentians – International 4-season leader in tourism - where nature is blissful, bountiful and breathtaking is renowned for its great outdoors, its vast forests and its sparkling lakes. Located in proximity of three major cities, namely Montreal (only 20 km North), Ottawa, the capital of Canada (2 hours) and Quebec City, capital of the Province of Québec (3 hours). The

Laurentians represent the greatest complement to an urban experience by offering the largest concentration of resorts in Eastern Canada, including the Tremblant Resort. This Northern region has 9012 lakes, 103 rivers, 45 golf courses, 14 downhill ski centres, 10 Nordic Spas, 1 055 km of cross country trails and a multiple activity playground. The Laurentian region is also unique for the largest protected area in the Province of Québec (Mont-Tremblant National Park), the longest linear park in Canada, 200 km long, (Le P'tit Train du Nord), the largest night skiing territory in the world (Saint-Sauveur Valley), the oldest flour mill in operation in Canada (Légaré Flour Mill - 1762). Let's not forget one of the most prestigious wine cellars in Canada: Le Bistro à Champlain restaurant with its vast collection of 35 000 bottles and paintings in the dining room of the great master, Jean-Paul Riopelle. The Laurentians also offer a wide variety of activities and attractions as well as several International cultural events such as the Tremblant International Blues Festival, the Saint-Sauveur Arts Festival (the only International Summer Dance Festival in Canada) and the Festi-Vent sur Glace (the largest International Winter Kite Festival in Canada).

Events 2011 – Laurentians

Grand Prix de Ski acrobatique Postes Canda
Mid-January
(450) 227-1100 / www.fleestyleski.com

Canadian Ski Marathon
Mid-February
1 877-770-6556 / www.csm-mcs.com

Festi-vent sur glace, Saint-Placide
Mi-February
(450) 258-2305 / www.festi-vent.com

Upper-Laurentians Classical Music Festival
June to August
(888) 597-2442 / www.concertshautes-laurentides.com

Classique Internationale de Blainville
July
(450) 434-5261 / www.classiqueblainville.com

Tremblant International Blues Festival
July
1 88 TREMBLANT / www.tremblant.ca

Les 1001 pots Val-David
July & August
(819) 322-6868 / www.1001pots.com

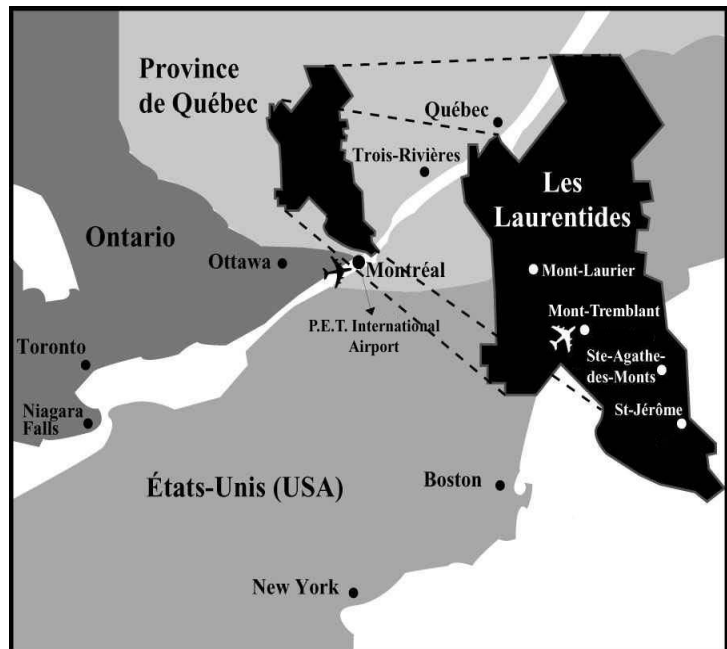
Saint-Sauveur Arts Festival
July & August
(450) 227-0427 / www.fass.ca

Route des arts
July & August
(450) 562-3298 / www.routedesarts.ca

Festi Jazz Mont-Tremblant
August
www.jazzmttremblant.com

Fall Colour Festival in the Laurentians
September & October
(450) 224-7007 / www.laurentians.com

Fête de la Musique
September
1 88 TREMBLANT / www.tremblant.ca



Distances miles :	Mirabel	Saint-Sauveur	Mt-Tremblant
USA			
Boston	350	362	412
Buffalo	439	452	501
Chicago	890	902	952
Detroit	613	625	675
New York	422	434	484
Philadelphia	509	522	572
Pittsburgh	624	636	686
Washington	648	660	711
CANADA			
Montréal	33	48	83
Ottawa	96	112	95
Québec	179	194	228



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What's new in the Laurentians



- Our new **Chemin du Terroir**; a 135-mile circuit of signposted routes featuring 30 suppliers – a paper version of the map is also available; www.cheminduterroir.com
- **Pure Lavande** gardens & perfumery in Saint-Eustache; www.purelavande.ca
- Unique in Canada! **The Viking Alpine Coaster** at Mont Saint-Sauveur ; www.mssi.ca

- **Laurentians Ski Museum** in Saint-Sauveur; www.laurentides.com/membre/museeskilaurentides/



- Le **Music-Hall Old-time Cabaret** in Sainte-Adèle; www.music-hall.ca
- The new **Esterel, suite, spa & lake** went through a major 150 million dollar transformation; www.esterel.com
- **Explorencia Center Inc.** Language School in Mont-Tremblant – part of IH network; www.explorencia.com
- New grill & seafood restaurant at the **Mont-Tremblant Casino**; www.casino-mt-tremblant.com
- **Mirabel Equestrian Festival in August**; www.festivalequestredemirabel.com



- **Auberge du Lac Morency** – Saint-Hyppolyte, 4* www.lacmorency.com
- **Fiddler Lake Resort** - Mille Isles, 4* www.fiddlerlakeresort.com
- **Hôtel Vacances Tremblant** - Mont-Tremblant, 3* www.hotelvacancetremblant.com
- **Hôtel Le Quintessence** - Mont-Tremblant, 5* www.hotelquintessence.com
- **Les Suites Tremblant** – Mont-Tremblant, 3* à 5* www.tremblant.ca
- **Marriott Residence Inn Mont-Tremblant** – Mont-Tremblant, 4* www.marriott-tremblant.com
- **Village d'accueil des Hautes-Laurentides**, 3* www.villagedaccueil.com
- **Pourvoirie Cécaurel** www.cecaurel.com

- **Excel-Tours** - motor coach company www.autocarexcellence.com
- **Mont-Tremblant National Park** www.parcsquebec.com
- **Héli-Tremblant** – helicopter tour supplier www.heli-tremblant.com
- **Casino de Mont-Tremblant** www.casino-mt-tremblant.com
- **Old Saint-Eustache Historical Quarter** www.vieuxsainteustache.com
- **Domaine Magaline Sugar Shack** www.domainemagaline.com
- **Music-Hall Old-time Cabaret** www.music-hall.ca
- **Centre Hamel Honda Center** www.centrehamelhonda.com

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