



PEDAL & SEA
adventures

QUEBEC'S LAC SAINT-JEAN: THE BLUEBERRY ROUTE

As you plan for your cycling tour in Quebec,
here is some important information about your vacation with
Pedal & Sea Adventures





LAC-SAINT JEAN: IMPORTANT INFORMATION



AIRPORTS

- **Québec City Jean Lesage International Airport (YQB)**
The closest airport to the start of your tour. We recommend this airport.

ACCOMMODATIONS

- Prior to the tour, we recommend staying at or near Hôtel Château Laurier. This is where the tour begins and is also the first hotel of the tour.

[Hôtel Château Laurier, 1220 Pl. George-V Ouest, Québec City \(click here for map\).](#)



TRANSPORTATION

Taxi

Taxi to downtown from the airport costs approximately \$40-\$50

Uber

Pricing depends on time and surge pricing.

Prices subject to change.





IMPORTANT INFORMATION

Check-in and walking tour - 4:00 P.M.

[Hôtel Château Laurier, 1220 Pl. George-V Ouest, Québec City \(click here for map\)](#)

Tour Drop-off - 5:00 P.M.

[Hôtel Château Laurier, 1220 Pl. George-V Ouest, Québec City \(click here for map\)](#)

Suggested Apps To Install:



We use WhatsApp – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

Weather

Despite a cold winter, summer in Quebec can be hot and humid. With the heat index, summer days can feel like more than 32 °C or 90 °F. Always be prepared with the appropriate gear in case there is rain.

MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every to provide a safe environment.
- **DIETARY:** Please confirm any dietary requirements with your guides.





ADDITIONAL INFORMATION

What we provide:

- small bike bag (it is recommended that you bring a lightweight backpack just in case)
- bike light
- snacks (if you have dietary restrictions or allergies you may wish to bring your own snacks)
- cold drinks
- bicycle rental
- helmet – you can bring your own, or we can provide one. Helmets are mandatory.
- reusable water bottle
- gps navigation
- universal phone mount for bike



Roads & Traffic

- Quebec roads use kilometers (km) for distance and speed limits.
- 1 km = 0.62 miles



Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shopping is available 7-days per week.
- Beer and wine can be purchased at grocery stores but the best variety and spirits is available at SAQ.



Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: \$20-25 per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- Official travel documents
- Airline tickets
- Passport or government ID
- Mobile phone and charger
- Luggage: 1-2 carry-on sized suitcases per person (if possible)
- One personal bag: if your tour has a hiking portion, a knapsack to carry items
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers
- Cycling rain gear (jacket, waterproof/breathable pants)
- Cycling shoes
- Cycling gloves
- Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- Comfortable walking shoes
- Sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight, easily washable items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Sun hat or visor
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle (do not bring the post)
- Rear view mirror, if desired.
- Extra water bottle, if desired.
- Chamois cream
- Sandals for beach
- Pedals: If you want to clip in, bring your own pedals. and cycling shoes. Our guides will put your pedals on your bike. This does not apply to e-bikes.



A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

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