

QUÉBEC  
FOR ALL



4<sup>th</sup> EDITION

# EXPLORE ENJOY AND FEEL QUEBEC

OVER

2000

FULLY OR PARTIALLY  
ACCESSIBLE  
TOURIST  
ESTABLISHMENTS

VISIT QUÉBEC IN 15 DAYS

AGROTOURISM GEMS

OUTDOOR ADVENTURES

ACCOMMODATIONS

TRAVEL SERVICES

TRANSPORTATION





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© 2020 Kéroul ISBN: 978-2-922126-12-9



Printed on  
recycled paper

Cover: Simon Laroche Photographie

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in 15 days

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Go to the [QuebecForAll.com](https://QuebecForAll.com) website to use the search engine!

## TRAVEL IN QUÉBEC, REGARDLESS OF YOUR ABILITIES!



### WHAT IS QUÉBEC FOR ALL?

Québec for All is the perfect platform for planning your next vacation in Québec. Its database includes over 2,000 tourism businesses certified as “accessible” or “partially accessible” by Kéroul, and the search engine enables you to geolocate establishments that fit your needs. With information on accessible transportation, travel tips and a blog featuring ideas for outings based on your interests, it has everything you need to plan your stay.

### KÉROUL CERTIFICATION

Based on the barrier-free design standards of the Québec Construction Code, Kéroul's accessibility criteria provide an overview of accessibility from a visitor's standpoint for each type of establishment. The rating is a reliable indicator, but we recommend looking at each establishment sheet before making a decision, especially for accommodation establishments.

Establishments evaluated by Kéroul earn three ratings. The accessibility rating indicates the establishment's accessibility level, mainly for customers with a mobility impairment.



The **accessible** rating means that the establishment meets all of the visitor's accessibility criteria and offers a satisfactory visitor experience for the majority of people with a mobility impairment.



The **partially accessible** rating means that the establishment meets the visitor's main accessibility criteria but has some missing elements that could affect the experience of some people with a mobility impairment.



The two other ratings evaluate the adapted services provided for customers with a visual or auditory impairment.



# VISIT QUÉBEC IN 15 DAYS

## LET GO

Allow yourself to let go, enjoy a great trip and create lasting memories. Pack your bags and explore the wonders of Québec for two weeks! This suggested itinerary could inspire you in planning your own getaway.

Check out the Agrotourism gems, Outdoor adventures, Transportation and Accommodations sections for additional information.



## DAY 1

### MONTRÉAL

If you arrive in Québec by air, Montréal will no doubt be your first stop. Visiting this major urban centre is a must, but why not start with the province's beautiful wide-open spaces? The day after you arrive, rent an adapted minivan for 11 days.




If you arrive by car from Ontario or the U.S., head to the first stop on this itinerary: the Eastern Townships and Montérégie!






## DAYS 2 AND 3

### CANTONS-DE-L'EST ET MONTÉRÉGIE

What makes the Eastern Townships and Montérégie so special? Their astonishing valleys and endless flavours! Over and above the many attractions, the charming urban centres of Magog and Sherbrooke make a visit to this region even more worthwhile.

#### TOP ATTRACTIONS

-   Cidrierie Michel Jodoin, for its delicious bubbles and accessible facilities
-  Marais de la Rivière-aux-Cerises, a park with a magnificent boardwalk

-  Verger Champêtre, the perfect spot for a close encounter with alpacas
-  Verger Le Gros Pierre, the only orchard with an accessible cart
-  Bromont tourist information centre, where visitors can borrow, free of charge, an all-terrain wheelchair (a Dahü) for an outing in the woods
-  The Museum of Ingenuity J. Armand Bombardier, an immersive and interactive museum showcasing the snowmobile empire
-  Parc national du Mont-Saint-Bruno, a lovely location for communing with nature



CIDRIERIE MICHEL JODOIN



VERGER CHAMPÊTRE



PARC NATIONAL DU MONT-SAINT-BRUNO

© Simon Laroche Photographie





© TQ / M. Julien

SAINTE-ANNE-DE-BEAUPRÉ BASILICA

QUÉBEC-LÉVIS FERRY



© Julie-Anne Perrault

THE CITADELLE OF QUÉBEC

## DAYS 4 AND 5 QUÉBEC CITY

After two days in the heart of nature, it's time to head to Québec City, North America's only fortified city. Its splendour earned its recognition as a UNESCO World Heritage Site. Abounding with treasures, it is so much more than a museum town.

### TOP ATTRACTIONS

- The Citadelle of Québec, a unique star-shaped fort
- The Musée national des beaux-arts du Québec, an art museum as varied and eclectic as its pavilions
- The Plains of Abraham, a magnificent urban park dotted with artifacts
- Sainte-Anne-de-Beaupré, a popular sanctuary
- The Bus rouge, a hop-on, hop-off double-decker tour
- Tours Accolade's Touch & Feel, a specialized guided tour for people with a visual impairment

Note: It is possible to return to Québec City for the next two nights.

## DAY 6

## QUÉBEC CITY REGION

The wide-open spaces surrounding Québec City are equally stunning. Head outside the urban area to enjoy the nearby wilderness and agrotourism!

### TOP ATTRACTIONS

- Canyon Sainte-Anne, where you can admire the 1.2 billion-year-old rocky cliffs from a suspension bridge
- Parc de la Chute-Montmorency, a spectacular site
- Île d'Orléans, a designated historical island, awash with agrotourism experiences

CANYON SAINTE-ANNE



© TQ / M. Julien

CHÂTEAU FRONTENAC



© Julie-Anne Perrault





ONHOÛA CHETEK8E

© Julie-Anne Perrault

## DAY 7 WENDAKE

Few First Nations communities are located close to large urban centres. Wendake, a Huron-Wendat reserve, opens its doors for you to discover its magnificent heritage.

### TOP ATTRACTIONS

- Artisans et artistes indiens du Québec, a boutique filled with Indigenous art
- Hôtel-Musée Premières Nations, whose restaurant specializing in Amerindian flavours is in itself worth the trip
- Onhoûa Chetek8e Huron traditional site, for discovering age-old Indigenous cultures

## DAYS 8 AND 9 CHARLEVOIX, SAGUENAY- LAC-SAINT-JEAN AND CÔTE-NORD

Don't miss the Saguenay Fjord! At this juncture of three regions, powerful natural forces created a magnificent site.

### TOP ATTRACTIONS

- Centre d'interprétation des Mammifères Marins, for observing little-known marine wildlife
- Whale-watching cruises with Croisières AML, departing from Baie-Sainte-Catherine, the only accessible terminal
- Tadoussac bay, with its exceptional seascapes and where you can observe hundreds of migratory birds
- Parc national du Fjord-du-Saguenay, with its breathtaking landscapes



© Julie-Anne Perrault





PARC NATIONAL D'OKA



CLIP N' CLIMB

## DAYS 10 AND 11 LAURENTIANS

After this fabulous change of scenery, follow the river back toward Montréal. But don't head into the big city just yet: the Laurentians region beckons you to come sample its many flavours!

### TOP ATTRACTIONS

- Vieux-Saint-Eustache public market, brimming with local artisans in a charming setting
- Parc national d'Oka, offering top-notch accessible trails and camping!
- Route des gerbes d'Angélica, botanical eclecticism at its best
- Vergers Lafrance, the ideal spot for tasting ice cider
- Maison Lavande, a delight for the senses

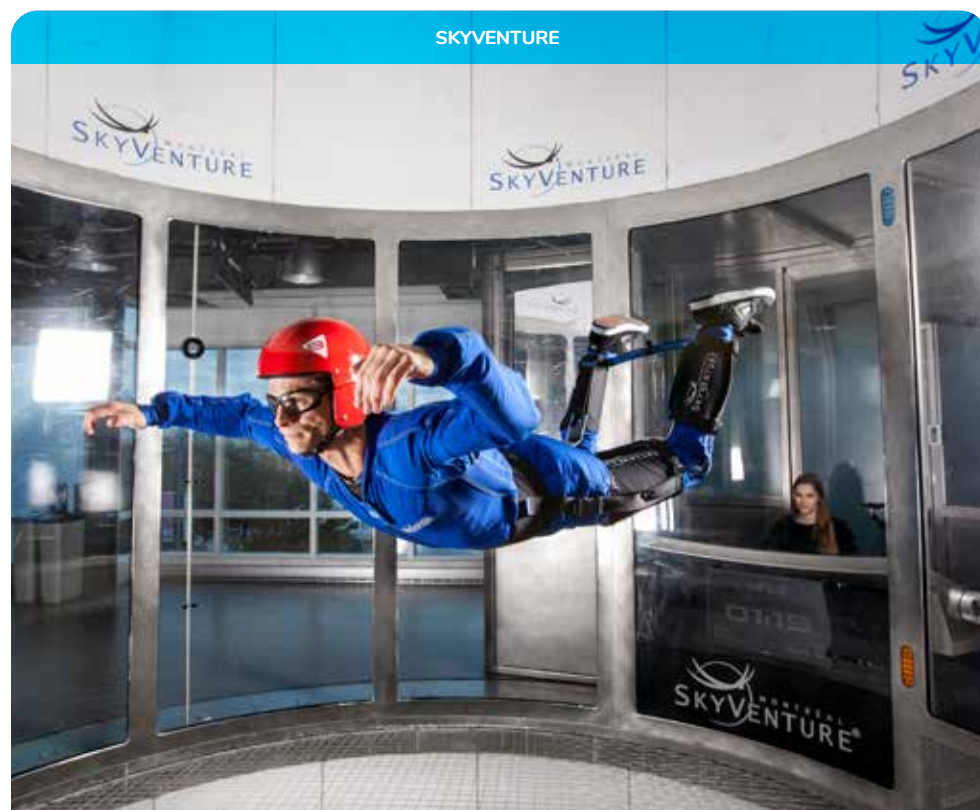
## DAY 12 LAVAL

Last stop before returning to Montréal: Laval! This little-known destination has a lot to offer.

### TOP ATTRACTIONS

- Bois de l'Équerre
- Centre de la nature de Laval
- Clip n' Climb, a lively climbing centre that adapts to all clientele
- SkyVenture, a free-fall simulator for a thrilling and safe experience using a harness specifically designed for people with reduced mobility

In the evening, drive directly to Montréal to drop off your vehicle and spend the night.

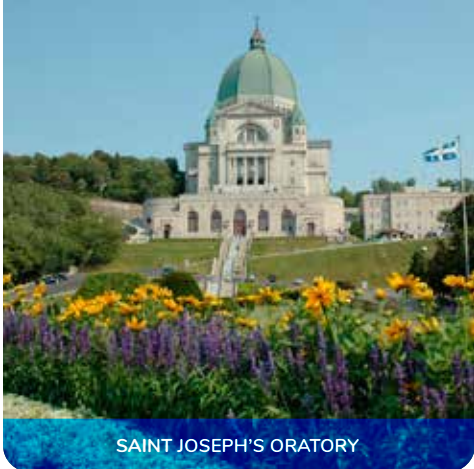






© NBAM Denis Farley

MUSEUM OF FINE ARTS



SAINT JOSEPH'S ORATORY



© Tactile studio

TACTILE MODEL OF THE MONTRÉAL TOWER

## DAYS 13, 14 AND 15 MONTRÉAL

Your last three days will be just as full of exciting discoveries as the first part of your trip! Montréal combines a distinctive European charm with North American eclecticism. Its cosmopolitan neighbourhoods reflect a rich palette of ethnic diversity. Drawing from its multicultural roots, it affirms its flair for modernity. All in all, a compelling urban centre!

### KEY NEIGHBOURHOODS TO DISCOVER

- **Old Montréal**, where the particular atmosphere of colonial times lives on through vestiges and monuments evoking the era of New France
- **The Quartier des spectacles**, Montréal's vibrant entertainment district featuring festivals all year long: Festival international de Jazz de Montréal, Montréal en lumière, Francos de Montréal
- **The Gay Village**, a thriving, inclusive neighbourhood that's abuzz 24/7... especially at night!
- **Plateau Mont-Royal**, a neighbourhood that's as upscale as it is endearing

### TOP ATTRACTIONS

- Saint Joseph's Oratory, a place of culture and spirituality, welcoming over two million visitors annually
- The Montréal Tower (Olympic Stadium), for a bird's eye view of the city, or to explore the Stadium with your fingertips using the tactile model
- The Notre-Dame Basilica, where Moment Factory's Aura brings its history to life with a luminous multimedia experience
- The Botanical Garden, for exploring nature through a sensory visit to the Courtyard of the Senses
- Jean-Talon Market, for its culinary eclecticism featuring flavours from all corners of Québec
- The Montréal Museum of Fine Arts, home to top-notch permanent and temporary exhibitions
- Pointe-à-Callière, the Montréal museum of archaeology and history
- La Grande Roue de Montréal, for a breathtaking view of the city
- The Mount-Royal lookout, where the walk to get there is as beautiful as the view

This unforgettable itinerary will have allowed you to explore a large part of Québec! You'll have to come back to discover other regions and experiences... or to just relax and let go.

### OLD PORT OF MONTRÉAL



© TQ M. Dupuis

### MONTRÉAL



© CP Loïc Romer





Take the time to meet authentic Québécois who know their region inside out! Many proud, enthusiastic and friendly producers open their doors wide to tourists who are curious about agriculture and keen to try new products.

# AGRO-TOURISM GEMS






**FROMAGERIE  
DU PIED-DE-VENT**




**VIGNOBLE  
LA GRANDE ALLÉE**




**ÉRABLIÈRE  
BERNARD**


 The Pied-de-Vent cheese factory on Îles-de-la-Madeleine is far more than a producer: it's an economuseum. This network brings together craft enterprises that strive to preserve and share their traditional know-how. There's no better way to discover cheese! Your visit will teach you about dairy farm operations and the challenges of managing a cow herd. The reception counter does not have clearance, but the washroom is accessible.


 Nestled in Mont-Saint-Hilaire in Montérégie, the Vignoble La Grande Allée has developed five wines from its harvests. This vineyard makes social inclusion a priority! Its site is accessible for all. The shop, washroom and even one of the paths through the blueberry patch are designed to accommodate people in wheelchairs. Knowing that inclusion also comes through work, the vineyard has employed people with disabilities since its inception, for tasks involving administration, maintenance, customer service and product and service development. A forward-looking enterprise with a tasty product to boot!

 Celebrating sugaring-off season is a uniquely Québécois tradition. An annual trip to the sugar shack is a must for Québécois, who love their eggs in syrup, oreilles de crisse (crispy pork rinds), and pets de soeur pastries! Érablière Bernard's reputation for delicious homemade meals and delicacies dates back to 1978. Its recently renovated facilities now provide even greater accessibility.

# 1001 FLAVOURS

 This orchard, home to more than 8,000 apple trees, features U-pick apples, an apple interpretation trail and a shop where visitors can taste delicious natural apple juice and pastries made on site. Last spring, Verger Le Gros Pierre acquired an accessible cart to allow people with reduced mobility to access the entire site. Equipped with a motorized lift, this new cart is a huge hit!

 Visit Maison Lavande to discover this flowering plant in its every dimension. This exquisite site features lavender bushes stretching out in orderly rows, and armchairs and picnic tables inviting you to linger. Even the buzzing bees add to the ambiance! The lavender is transformed into a wide variety of innovative products—some you can smell, others you can taste! Lavender essential oil, hand soap and cream, lemonade, jam and tea. So much to discover! The washrooms are partially accessible, mainly due to the lack of transfer zone.

 Boasting more than 15 varieties of apples and pears, Ferme Le Beau Markon extends over several hectares on the stunning Île d'Orléans, just a stone's throw from Québec City. Fresh apple juice, maple products and delicious home-style sauerkraut await you. Tour through a dozen rows of fruit trees, along a rubber-matted path installed to facilitate the visit for people with reduced mobility. Take a picnic and make the most of it!



**VERGER  
LE GROS PIERRE**



**LA MAISON  
LAVANDE**



**LA FERME  
LE BEAU MARKON**





# DISCOVER THE GOURMET ROUTES!

A gourmet route is a constellation of agrotourism attractions just waiting to be explored by your taste buds! A multitude of enthusiastic producers—of wine, chocolate, cider, cheese and beer, among other products—happily welcome visitors and share the secrets of their trade. The Chemin du Terroir (Farmlands Route) and the Circuit du Paysan (Countryman's Tour) include several accessible or partially accessible establishments.

Visit  
[QuebecForAll.com](http://QuebecForAll.com)  
to learn more about  
the attractions along  
these routes.

*pooling*  
our strengths

40<sup>e</sup>  
OFFICE DES PERSONNES  
HANDICAPÉES DU QUÉBEC

## AT THE SERVICE OF PEOPLE WITH DISABILITIES

The Office offers its assistance to people with disabilities and to their family and friends.

### The Office...

- **listens** and **helps** you identify your needs;
- **informs** you about existing resources, programs and services;
- **advises** you about how to apply for services;
- **refers** you to the organization most likely to meet your needs;
- **supports** you in the steps you take.

### For more information

Phone: 1 800 567-1465



TTY:  
1 800 567-1477

[aide@ophq.gouv.qc.ca](mailto:aide@ophq.gouv.qc.ca)

[www.ophq.gouv.qc.ca](http://www.ophq.gouv.qc.ca)

Office des personnes  
handicapées

Québec 





# CHEMIN DU TERROIR

The [Chemin du Terroir des Laurentides](#) showcases the region's agrotourism, as well as its culture, heritage and history through a series of surprising attractions. This route is perfect for a romantic, family, educational or... gourmet getaway! Public markets, orchards, sugar shacks and vineyards vie for your attention and a visit.

**8** accessible establishments

**17** partially accessible establishments



# CIRCUIT DU PAYSAN

Located in the foothills of the Adirondacks, the [Circuit du Paysan](#) is a 194-km sign-posted route. As it leads you through the most stunning scenery in the Montérégie region, you will discover a world of unique products. The Circuit du Paysan is recognized as one of the province's best gourmet routes. Its main highlights include U-pick berries and apples, wineries and cider mills, dairy and meat products, honey and mead, and livestock and lavender farms.

**7** accessible establishments

**25** partially accessible establishments





# OUTDOOR ADVENTURES

**Québec's great outdoors fascinate and attract visitors of every stripe! An increasing number of sites and activities are adapted for disabled persons with a penchant for thrill-seeking.**





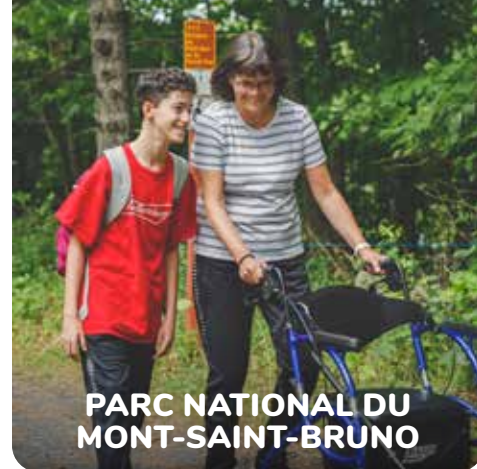


© Mathieu Dupuis

## PARC NATIONAL D'OKA



## MARAIS DE LA RIVIÈRE-AUX-CERISES



© Simon Laroche Photographie

## PARC NATIONAL DU MONT-SAINT-BRUNO



Located a short distance from Montréal, [Parc national d'Oka](#) is famous for its rich historical and natural heritage. The park is particularly proactive about accessibility. A paved multi-use trail winds through a pine forest on the edge of Lac des Deux-Montagnes, leading to the beach. Two types of equipment are available free of charge at the visitors centre: the Hippocampe and the Ski-Vel, on which you can install a wheelchair for access to snowy trails.



Over an area of 1.5 km<sup>2</sup>, woodlands, marshes, swamps and bogs are intertwined, forming an impressive biodiversity. In the heart of Magog, [Marais de la Rivière aux Cerises](#) has many accessible trails, each about 600 m long, as well as a boardwalk stretching nearly 2 km, enabling you to cross the marsh from east to west. The picnic area is also accessible, as are the interpretation centre's toilets. What's more, it's the only site in Québec to date with electrical outlets for recharging motorized mobility aids!



[Parc national du Mont-Saint-Bruno](#) is located a few kilometres from the Greater Montréal area. Five lakes, an orchard, a historic windmill and dozens of kilometres of trails make this park an oasis of nature in an urban setting. Le Petit-Duc trail, 1.5 km long, was designed specifically for people with a mobility impairment. In winter, a Ski-Vel is also available free of charge, depending on snow conditions.

# NATURE



A true natural jewel of the Abitibi-Témiscamingue region, [Parc national d'Aigüebelle](#) is home to a variety of geological phenomena with evocative names: giant's kettle and pillow lava, for instance. The self-guided discovery trail, La Castorière, which is adapted for people in wheelchairs, was awarded the Mention Kéroul. The Abijévis campground also has accessible campsites.



Offering a completely different experience, the eclectic Route des gerbes d'Angelica is simply wonderful. Located on a country road in Mirabel, 14 themed gardens with visual and musical elements take you to other worlds rich in history and magic. The outdoor tour is fully accessible, as is the main building. In winter, the site is transformed into an enchanted forest decorated with over 250,000 lights and where Santa Claus and the Ice Queen can be seen taking a stroll.



In the heart of Laval, the delightful Bois de l'Équerre offers a natural refuge and a rural landscape. An accessible and age-friendly trail (SAADA) has been created to provide easier access for all. And the site now boasts a new belvedere overlooking the pollinator garden. An access ramp and strategically placed benches encourage visitors to observe the surrounding nature as it takes back its rightful place in this formerly uncultivated land. An accessible picnic table and a chemical toilet are also available on site.



## PARC NATIONAL D'AIGÜEBELLE



## LA ROUTE DES GERBES D'ANGÉLICA



## LE BOIS DE L'ÉQUERRE





**SHERBOOKE  
SHARED RUNS**

© Julie-Anne Perrault



**DOG  
SLED**



**ADAPTED STAND-UP  
PADDLEBOARDING**

© Julien Bastide

[Sherbrooke Shared Runs](#) in the Eastern Townships gives people with a mobility impairment the chance to take part in runs around Lac des Nations each week. They ride in a Kartus wheelchair, designed specifically for running. It's a fantastic way to discover a tourist site with a local guide! This event takes place every Wednesday morning from 9:30 a.m. to 11:30 a.m.

In Rawdon in Lanaudière, Kinadapt offers sensory activities around dogs and sled rides. Created in 2005 by a kinesiologist and a psychoeducator, the organization uses several models of classic sleighs on which it has made modifications to accommodate people with reduced mobility. People with an intellectual disability are also welcomed with open arms on the site!

Stand-up paddleboarding (SUP) is a sport that has exploded in popularity over the past few years. In Montréal and Québec City, you can try the adapted version. In Québec City, it is practised sitting almost flat on a board, while in Montréal, it is practised in a wheelchair fixed to a modified paddleboard. The Montréal approach means someone who cannot paddle can be accompanied by a standing paddler. With the Québec City approach, the participant sits on the paddleboard, which is equipped with a removable back support. It's easier to get back on this type of paddleboard should it capsize.

- Montréal: O'sijja sponsored by CIVA [Centre d'intégration à la vie active]
- Québec City: Adapted SUP run by Adaptavie.

# NATURE

At the Bromont tourist information centre, local residents and visitors can borrow, for free, two Dahüs—one-of-a-kind, all-terrain wheelchairs crafted in Québec—and explore the city's 140 km of trails. The [Ville de Bromont](#) teamed up with the [Adaptive Sports Foundation](#) for this initiative. Under this partnership, Dahüs can also be rented at the foundation's head office in Lac-Brome. A partnering system allows people with disabilities to find partners keen to embark on an adventure together out on the trails.

Île Saint-Quentin in Trois-Rivières acquired a [vélo-Pélican](#), an adapted electric-assist bike equipped with a platform on front to hold a person in a wheelchair. This family park is the perfect spot for this equipment, because of its accessibility and its 2.3 km of paved and dirt bike paths circling the island. We recommend calling ahead to book the vélo-Pélican. It can be borrowed free of charge for one hour, a half day or a full day.

The city of Saguenay offers disabled people an [adapted bicycle rental service](#) in its three boroughs: at Parc de la Rivière-du-Moulin in Chicoutimi, at Parc de la Rivière-aux-Sables in Jonquière and at the Saguenay International Cruise Pavilion in La Baie. At each rental outlet, a safe route is recommended to users and safety helmets are provided. Cyclists have the choice of a handcycle, a tandem, a tricycle or a Hippocampe wheelchair. Rentals are offered at a discounted rate for visitors with disabilities, and are free for membership cardholders.



**DAHÜS  
AVAILABLE**



**VÉLO-  
PÉLICAN**



**ADAPTED BICYCLE  
RENTALS**



# THE HIPPOCAMPE

## THE FAMOUS AQUATIC WHEELCHAIR



The Hippocampe is a beach wheelchair specially designed to operate on sand. This water-resistant equipment has two rear wheels and one front wheel. With its detachable wheels, you can use balloon wheels to go into the water, inflatable wheels for buoyancy and skis for snow.

A growing number of Québec beaches offer adapted facilities and equipment. Please note that some of those beaches have not been evaluated by Kéroul.

- [Parc national d'Oka beach](#) (Laurentians)
- [Saint-Zotique beach](#) (Montréal)
- [Longueuil municipal beach](#) (Montréal)
- [Belley Campground & Beach](#) (Saguenay-Lac-Saint-Jean)
- [Douglass Beach](#) (Eastern Townships)
- [Jean-Doré Beach](#) at Parc Jean-Drapeau (Montréal)
- [Parc régional des Îles-de-Saint-Timothée beach](#) (Montréal)

Gaspé's [Haldimand Beach](#) and the municipal beaches of Saint-Luce, Matane and Gatineau have gone one step further. They have a rubber access mat so wheelchairs can get right to the water's edge!

What's more, at [Parc de la Rivière-du-Moulin](#), [Parc de la Rivière-aux-Sables](#) and the [International Cruise Pavilion](#) in Saguenay-Lac-Saint-Jean, you can rent Hippocampes and adaptive bikes!

For all your travels, if you cannot borrow a Hippocampe, you can rent one! La Maison André-Viger rents out equipment for use in Québec and abroad. It's best to book in advance, as the demand is high!



# ACCOMMODATIONS

Finding accessible accommodation in Québec can be a big challenge, but there are many attractive options for visitors with disabilities. Kéroul has compiled a list of over 300 accommodation establishments, rated accessible or partially accessible. Please see our website for details. Our sheets usually include photos, including several of the bathroom.

Accessible room facilities vary greatly, as do the needs of people using them. Some rooms have roll-in showers, others have a bath. Some have beds that are too high, others have space under the bed.

To ensure that all the hotel and room features reflect your needs, please see our website for full details on the establishment in question. When booking, insist on having the features you require, since accessible rooms for the same establishment may differ.



**accessible**



**partially accessible**





**HÔTEL MONVILLE**



**LE WESTIN  
MONTRÉAL**



**RITZ-CARLTON  
MONTRÉAL**



This new independent and connected hotel offers 269 rooms, including 27 accessible ones. Spacious and functional, they provide comfort for everyone. Each one has a roll-in shower, signage in braille and various other features to enhance your stay. However, there is no space under the bed. In 2018, Hotel Monville won the Tourism Excellence Award in the Accessible Tourism category for its expertise and creativity in improving accessibility.



A stone's throw from Old Montréal, the Westin is at the heart of the action but quiet all the same. There are many spacious rooms, and 18 are accessible! Groups will love it, especially if they're here for a conference, as it's very close to the Palais des congrès. The accessible rooms have a roll-in shower. The height of the beds is 70 cm. Hotel services include gaZette, a contemporary restaurant offering exciting Franco-Canadian cuisine.



A historic icon among boutique luxury hotels in Québec, the Ritz-Carlton Montréal offers fine dining and elegant rooms. The technologies available are impressive. Everything can be controlled remotely, including the temperature, lights and blinds. Plus, the bathroom and bedroom are very spacious. The marble bathroom, equipped with floor heating, has a bath and roll-in shower. The shower is not the best in terms of accessibility, but is functional. The height of the bed is 70 cm, and there is no space underneath for a lift. The hotel also has a gourmet restaurant, a tea room and a champagne bar. The whole package!

## ACCOMMODATIONS IN MONTRÉAL



Located on the Plateau Mont-Royal neighbourhoods, this elegant, affordable hotel is part of the ITHQ hotel school. Full breakfast, served in a student-run restaurant, is included. The hotel only has one accessible room, but it is quite well laid out and has a roll-in shower. Path of travel in the room is 67 cm wide, and there is no space under the bed. The website deserves a special mention, as it's one of the few promoting its accessible room with a description and photos!



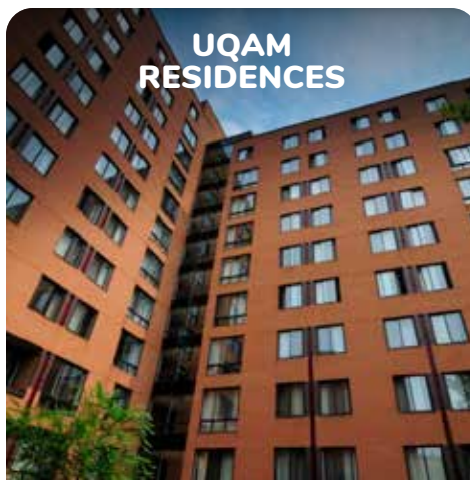
In many cases, accessibility and luxury go hand in hand. However, the UQAM student residences can be rented during the summer, providing Montréal accommodations without breaking the bank. The decor is minimalist yet functional. It is definitely the best value for your money! The downtown location can't beat: Sainte-Catherine Street, the Gay Village and the Quartier des spectacles—Montréal's entertainment district—are at your doorstep.



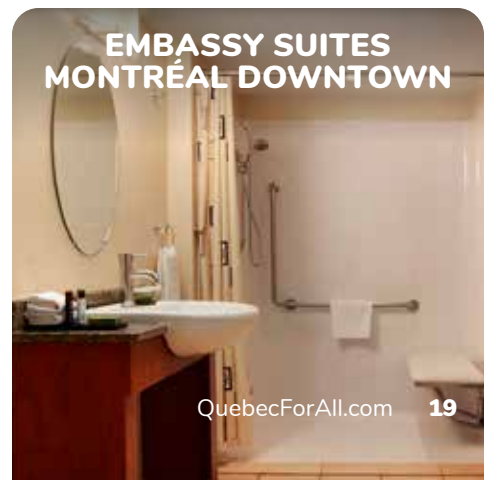
Enjoy being in the heart of Montréal's financial district in the Embassy Suites hotel by Hilton Montréal. There are many spacious rooms: 3 are fully accessible and 19 are partially accessible! Groups will love it, especially if they're here for a conference, as it's very close to the Palais des congrès. The three accessible rooms have a roll-in shower. The height of the bed is 60 or 70 cm, depending on the room.



**HÔTEL  
DE L'ITHQ**



**UQAM  
RESIDENCES**



**EMBASSY SUITES  
MONTRÉAL DOWNTOWN**





**LE BONNE  
ENTENTE**



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**UNIVERSITÉ DU QUÉBEC  
RESIDENCES**



Located a short drive from downtown, Le Bonne Entente is peaceful, relaxing and luxurious. With sophisticated rooms and modern facilities with clearance, this five-star hotel is outstanding. The well-trained staff add to its charm. The accessible room is huge, so there is ample room to move around. There is also a roll-in shower and a comfortable 63 cm high bed.



This skyscraper hotel is four minutes' walk from Parliament and eight minutes' walk from the Gare du Palais. The rooms' bathrooms are top quality in terms of accessibility: everything is up to standard, including the roll-in showers. The height of the bed is 67 cm. The hotel also has two lovely accessible restaurants.



Just like those in Montréal, the Université du Québec residences are an excellent option given their value for money. This apartment-hotel, which requires a minimum stay of two nights, is perfect for long stays. The spacious room in this modest and modern establishment has an accessible bath. The bed is 67 cm high and has no clearance. The adapted kitchenette is really handy!

## ACCOMMODATIONS IN QUÉBEC



Connected to the Québec City Convention Centre by an underground walkway, this seminar hotel is a short distance from the National Assembly and the Capitoile de Québec, a historic theatre. The Delta Québec is a good comfortable option for a stay in the Old Capital. The accessible rooms are not perfect, but functional. There is carpet, and the bed is 61 cm high and has space underneath for a lift. The bathroom is magnificent and has roll-in shower. The design really has been taken into account—it doesn't look medical at all!



Hôtel Château Laurier is conveniently located both near the Musée national des beaux-arts du Québec and the historic district of Old Québec City. The impeccable service and modern, classic style set this hotel apart. Some adapted rooms have an accessible bath, others have a roll-in shower stall. The glass panel may make movement difficult for some people, especially as the built-in bench is far from the door. There is, however, a removable shower bench. In both types of adapted rooms, the bed, which is at the proper height, has space underneath for a lift.



Le Monastère des Augustines' unique concept blends culture, heritage and holistic health. This new complex provides a 21<sup>st</sup> century retreat experience in an environment rich in history. The silent breakfast is destabilizing but fascinating at the same time. Le Monastère is the perfect place to reconnect with yourself without the added worry of accessibility. Two types of rooms are available: modern and traditional. The traditional adapted rooms have space under the bed, and the private modern rooms have a roll-in shower. In both rooms, the bed's height is 60 cm.



**HÔTEL DELTA  
QUÉBEC**



**HÔTEL  
CHÂTEAU LAURIER**



**LE MONASTÈRE  
DES AUGUSTINES**





**CHALET  
U**



**LE FLORAL  
HOTEL**



**HÔTEL-MUSÉE DES  
PREMIÈRES NATIONS**



Located in the charming Magog-Orford region in the Eastern Townships, Chalets U offer two single-level cottages that can each house up to six people. The cottages are comfortable, modern and spacious, and surrounded by nature. The Chalet des Diligences provides visitors with a spectacular view of Lac Orford and the mountains, while Chalet Malaga's beautiful forest setting is nestled between Lac Malaga and Étang Holland. Both establishments have roll-in showers and a height-adjustable bed with space underneath.



Located near downtown Sherbrooke in the Eastern Townships, Le Floral is a wonderful hotel that is both modern and affordable. The spacious adapted rooms have space under the bed. The bathroom has a cleverly designed roll-in shower. The hotel offers continental breakfast free of charge and on-site parking. The friendly service is the cherry on the cake!



In Wendake, near Québec City, you can enjoy a not-to-be missed Indigenous experience! Featuring longhouse-inspired architecture overlooking the Akiawenrahk River, the hotel marries modern with traditional. The adapted rooms have an accessible bath. A visit to the museum, created to protect and promote the heritage of the Wendat people, is well worth your time! The museum's mandate is to teach and popularize the history, culture and art of the First Nations in order to give visitors a better understanding of their present way of life.

## EXCEPTIONAL ESTABLISHMENTS ELSEWHERE IN QUÉBEC



Gîte Vita Bella is the only fully accessible B&B in Québec! Located in a natural setting close to a lake in the Laurentians, the accommodation offers breathtaking views all year round. The three-bedroom B&B is decorated in the style of a traditional Québec rustic country home. Two of the rooms have roll-in showers, and all three have space under the bed. Without doubt, the showpiece is the unparalleled hospitality of the two hosts! No wonder this establishment won the 2017 Tourism Excellence Award in the Accessible Tourism category.



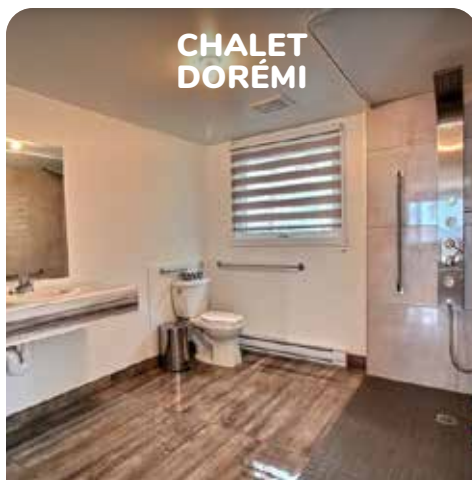
Enjoy spectacular sunrises at **Chalet DORÉMI**, set on the shores of Lac Saint-Jean in Saint-Félicien. The bathroom is fully adapted with a roll-in shower. The kitchen sink and bed have clearance for accessibility. A great swimming beach is located nearby, equipped with a Hippocampe for easy access!



This remarkable hotel, restaurant and spa is nestled in the heart of a bird and deer sanctuary on Mont Rigaud, in Montérégie. With its rustic, modern style, Auberge des Gallant combines luxury and nature. In terms of accessibility, the adapted rooms' roll-in showers are smartly designed. This establishment has two beds in each room. A rare find in Québec!



**GÎTE  
VITA-BELLA**



**CHALET  
DORÉMI**



**AUBERGE  
DES GALLANT**

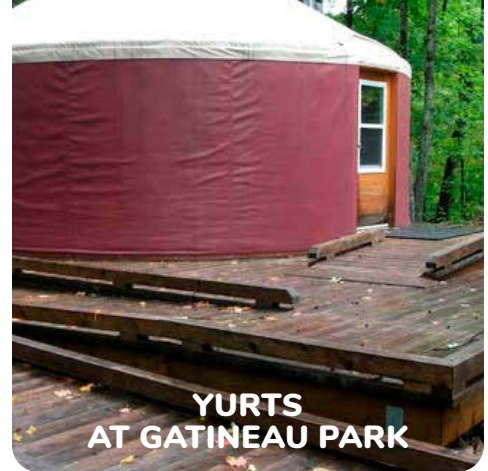




**READY-TO-CAMP TENTS  
AT PARC NATIONAL D'OKA**



**COMPACT CABINS  
AT PARC NATIONAL D'OKA**



**YURTS  
AT GATINEAU PARK**



Staying in a tent in the great outdoors will satisfy your inner adventurer! Les Dunes campground houses a number of ready-to-camp tents. Fully equipped and furnished, these tents include everything you need for cooking. Two tents are specially designed for people with a mobility impairment (Dunes 149 and 150). However, there is no space under the beds. There is a washroom facility with a shower stall nearby. In addition, the campground has an accessible trail and a Hippocampe all-terrain beach wheelchair!



Parc national d'Oka also offers accessible compact cabins. The name may be off-putting, but there is enough room to move around easily in a wheelchair. Everything has been designed to maximize the space: there is an accessible kitchenette, a 40 cm high sofa bed, a 45 cm high single bed and two 20 cm high loveseats for visitors. The bathroom has an accessible bath.



Only a short distance from the city on Philippe Lake, Gatineau Park offers an easy escape into nature. The popular yurts are circular structures with a cone-shaped roof. Wanakiwin Yurt is accessible thanks to a long, gently sloping ramp. Bring a sleeping bag and some food, and you are sure to have a wonderful time in this unusual, rustic establishment! There's an accessible picnic table on-site, and an adapted washroom facility nearby with a shower stall and large toilet.

## VISITING QUÉBEC? TRAVEL LIGHTWEIGHT! BY RENTING ON SITE...



**VERDUN**  
5020 Wellington St.  
514-379-1328

**MONTREAL**  
6700 Saint-Denis St.  
514-274-7560  
1-800-363-6703

**GREENFIELD PARK**  
3340 Taschereau Blvd  
450-465-7560

**QUÉBEC**  
619 Wilfrid-Hamel Blvd  
418-914-1213  
1-844-914-1213

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



# TRAVEL SERVICES



## ACCOMPANYING LEISURE CARD (CAL)



The CAL grants free admission to the companion of the person with a disability. It is valid in leisure, cultural and tourist partner organizations. In this context, the companion responds to the needs of the person with a disability that could not be met by the staff on site. The CAL is free and available to residents of Québec from the age of five.

## ACCESS 2 ENTERTAINMENT CARD



The Access 2 Entertainment card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission.

For more information, call 1-877-376-6362 or visit their website [access2card.ca](http://access2card.ca).

## RENTAL EQUIPMENT

Some companies rent mobility aids and adapted equipment to meet your travel needs. This includes lifts, wheelchairs and removable shower seats!

## PERSONAL ASSISTANCE

Some companies offer support, care or companion services for activities outside the home and during travel.

To find out all CAL eligibility details and to apply, visit [carteloisir.ca](http://carteloisir.ca) or call 1-833-693-2253.

Refer to the transport section to find out about other special offers for companions.

Check out the Rental Equipment page on the [QuebecForAll.com](http://QuebecForAll.com) website for a list of rental companies located throughout Québec.

Check out the Personal Assistance page on the [QuebecForAll.com](http://QuebecForAll.com) website for options.





## AIRPORT

Aéroports de Montréal is committed to providing accessible airport facilities.

In the public international arrivals hall at Montréal-Trudeau airport, a changing place is available for you to freshen up. It is equipped with a winch and changing table for adults.

To get to or from the airport, the 747 shuttle bus, an adapted taxi or rental vehicle are some of the options available.



## VEHICLE RENTAL

One company rents adapted vehicles with an access ramp. These minivans with side entry access can accommodate up to three people in motorized wheelchairs and four companions. It is possible to rent a vehicle with brakes that can be activated manually.

[Location Jean Légaré](#) 1-877-457-5342

Other companies rent cars with hand controls or spinner knobs:

[Avis](#) ..... 1-888-879-4273

[Alamo](#) ..... 1-800-651-1223

.....ATS: 1-800-522-9292

[Enterprise](#) ..... 1-866-225-4284



## PARKING

The parking permit is internationally recognized! People from a country that is a member of the International Transport Forum (ITF) can bring their own permit.

Simply check the permit's terms of use with the municipalities to be visited, in particular as regards time limits, parking fees and parking in residential zones.



# TRANSPORTATION



## ADAPTED TRANSIT

Every Québec municipality offers adapted transit services. To make bookings, you will need a user number, which can be obtained if you already use adapted transit in your municipality. Availability varies by region.



## TRAIN

A number of VIA Rail routes—for example, between Montréal and Québec City—are accessible. Bookings can only be made by telephone. In certain circumstances, the companion can travel free. To obtain a free ticket, you will need to fill in a medical certificate attesting to your requirement for a companion. Details are available on the [VIA Rail](#) website or by phone (1-888-842-7245 / ATS 1-800-268-9503).



## BUS

The intercity transit network is accessible to everyone and comprises more than 200 terminals across Québec. For information on bus companies, routes, schedules and fares, visit the [Bus Carriers Federation](#) website. You may also obtain an [Accompanying Card](#). If you are travelling in a wheelchair, be sure to specify this when you book.



## REGULAR BUS AND METRO

Many municipalities have accessible public transit services, including low-floor buses with an integrated access ramp. Sometimes, however, the access ramps are out of order, or some bus stops are not accessible.

The Montréal metro has 16 accessible stations. Please visit the STM website for full details. The [map of metro stations with elevator access](#) is really useful.



## TAXI

Accessible taxi services are offered in a number of Québec cities. The Transportation page on the [QuebecforAll.com](#) website provides a non-exhaustive list of companies that offer this service in each region of Québec.



## FERRIES

The [Société des traversiers du Québec](#) operates several crossings and offers river ports and ferries that are accessible to people with a mobility impairment. Please enquire about the specific features of each site to ensure you have a hassle-free crossing. It is also important to inform the staff about your disability when you book and when you arrive.

**For further details  
about transportation  
in Québec, consult the  
Transportation page on the  
[QuebecForAll.com](#) website**





## THE ORGANIZATION BEHIND QUÉBEC FOR ALL

Founded by André Leclerc in 1979, Kéroul is a non-profit organization dedicated to promoting accessible tourism and cultural establishments, activities and services in Québec. As the Ministère du Tourisme du Québec's key consultant in matters of accessibility, Kéroul trains front-line staff, assesses the accessibility of tourism establishments and manages the Tourism Establishment Accessibility Program, which helps businesses become more accessible through financial assistance.

Kéroul provides a range of services for travellers:

- A **database** with over 4,000 certified tourist establishments
- **Le Baladeur**, a magazine featuring travel stories, outing ideas and tips for travelling in Québec and elsewhere
- A dynamic **Facebook page**
- A **newsletter** on the latest in Québec's accessible tourism

- **Travel conferences** for people with disabilities seeking to learn and pick up tips so they can organize their own trips.

Establishments evaluated by Kéroul earn three ratings. The accessible rating indicates the establishment's accessibility level for customers with a mobility impairment. The two other ratings evaluate the adapted services provided for customers with a visual or auditory impairment.



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Canada's largest manufacturer of accessible minivans builds lowered floor side and rear entry conversions. Proudly built in Quebec and Ontario, our vans deliver independence and mobility for families, drivers and taxis across the country.

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4350 Highway 13, Laval Québec

**1.800.668.8705**



# BECOME A MEMBER OF KÉROUL! \$25 per year

Benefits for individual members

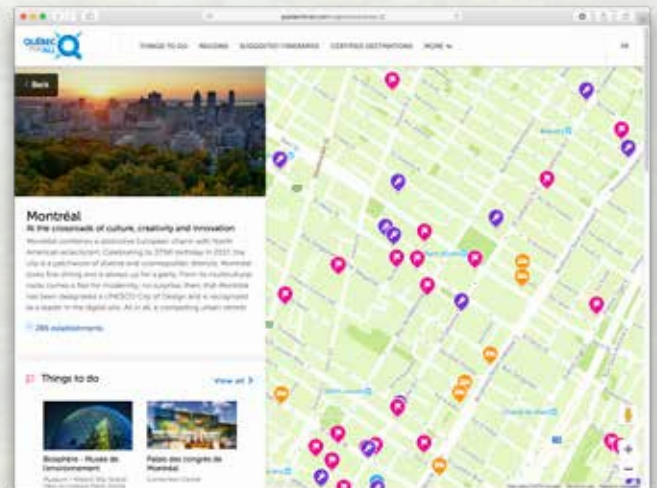
- Receive four editions of the only accessible tourism magazine in Québec, *Le Baladeur* (in French only)
- Participate in the annual general meeting and tourism activity held in conjunction with this event
- Contribute to the development of accessibility
- Receive a biannual *newsletter* featuring the latest in Québec's accessible tourism
- Support an organization with similar values and whose mission means a lot to you

Register on our [website](#) or give us a call.



4545 avenue Pierre-De Coubertin  
Montréal (Québec) H1V 0B2  
514-252-3104  
[infos@keroul.qc.ca](mailto:infos@keroul.qc.ca)  
[keroul.qc.ca](http://keroul.qc.ca)

Go to the [Québec for All](#) website  
to use the search engine!



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





A high-angle, perspective shot of a wooden suspension bridge stretching over a dense, green forest. The bridge has a wooden plank deck and green safety railings. In the distance, three people are walking on the bridge: a man in a wheelchair, a woman in a black top, and another person. The forest is lush with various shades of green trees. The sky is visible at the top, showing a mix of blue and white clouds.

québecoriginal

# LET NATURE SURROUND YOU

QUÉBEC CITY AND AREA © TQ/M. JULIEN

WE STRIVE TO MAKE OUR TOURIST SITES AND  
SERVICES MORE ACCESSIBLE TO EVERYONE

START PLANNING YOUR VACATION  
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