



Accessib

the open road



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Kéroul

Tourism and culture for
people with restricted
physical ability



2007 - 2008

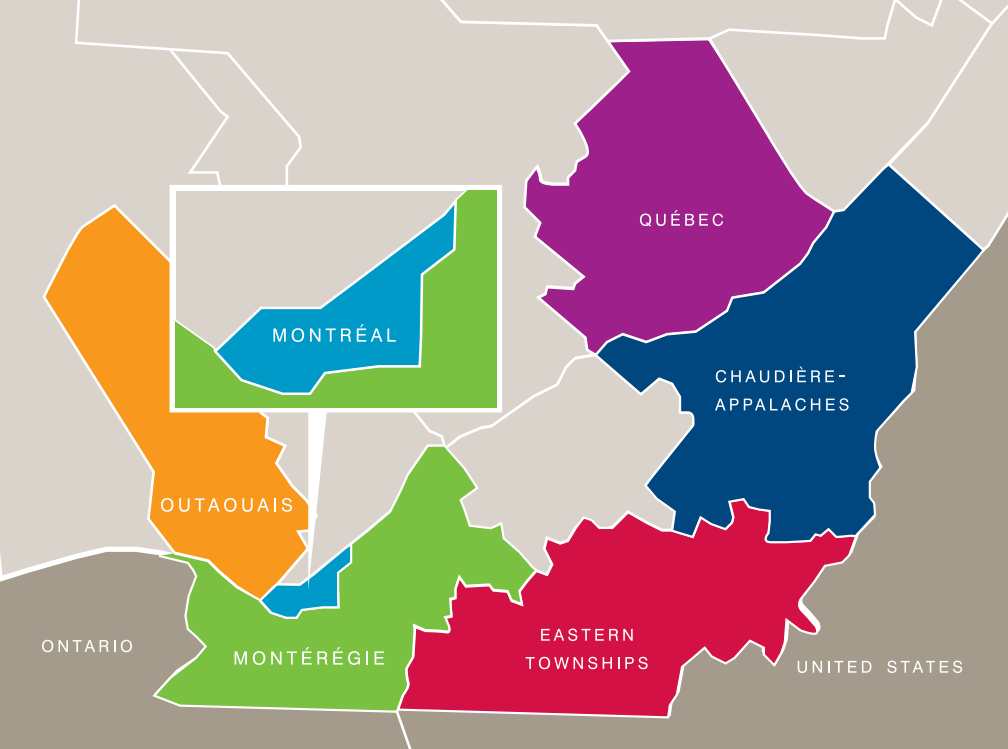


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Hospitable, Stimulating, Safe!

Building on the success of the first edition of its brochure *AccessiB - The Open Road*, Kéroul is proud to offer you its 2007 - 2008 edition, which introduces a new region, the Outaouais, as well as new establishments and theme trips.

Proposing a wide variety of accessible activities and services, this brochure is an ideal guide for persons with restricted physical capacity. All the tourist attractions and accommodations mentioned have adapted infrastructures. Their personnel have also been schooled by Kéroul to welcome and serve disabled persons and the elderly in ways specifically tailored to their special needs.

AccessiB - The Open Road
Yours to Travel!

Photos: Le Château Bonne Entente, Gilles Boutin, Biodôme

HOW TO USE THIS GUIDE

For each of the regions, we have mapped out one-day theme trips. These trips allow you to spend one or more days exploring one of the six tourist regions presented in the guide. You will thus get either a brief look or an overall view of this region's tourist and cultural treasures.

At the end of each of the regional sections, you will find a useful list of leasing and adapted transportation services.

USEFUL INFORMATION ON ROAD TRAVEL IN QUÉBEC

Parking stickers for the disabled

These stickers give access to parking spaces reserved for the handicapped. Non-residents may also apply for such stickers.

N. B. : Stickers for handicapped parking issued by an administrative authority in Canada, the United States or in any of the countries belonging to or associated with the European Conference of Transport Ministers (ECTM) are valid in Québec. Holders of such stickers need not apply for another from the Société d'assurance automobile du Québec (SAAQ).

To request a sticker or to obtain further information concerning one, you can contact the SAAQ using the following information:

In Montréal: 514 873-7620

In Québec City: 418 643-7620

Toll free: 1 800 361-7620

www.saaq.gouv.qc.ca

If you want to find out which countries are either members or associates of the ECTM, visit their site at the following address www.cemt.org, then go to the section Documents > ECMT Acquis > Founding Text.

Parking metres

In Québec, even disabled persons with the handicapped sticker must pay to park in a private parking lot or in a space with a parking metre.

Adapted transportation

Policies on the eligibility of foreign visitors for adapted transportation services vary from one public transit system to the next. We advise you to contact the system concerned to find out what its policy is and what formalities are required to obtain any services offered.

Société de transport de Montréal (STM)

Montréal's public transit system (STM) does offer its adapted services to visitors from elsewhere in Québec who are already registered with one of the province's other adapted transportation services.

Otherwise, Montréal's adapted services are made available only to those unregistered Québec residents and to those visitors from outside Québec who cannot get around except in a wheelchair.

To request the adapted services of the STM, call 514 280-8211 and choose option 4 to reach its Client Service Department.

Photo: © MTOQ/Linda Turgeon

PRODUCTION TEAM

for AccessiB – The Open Road






2 0 0 7 - 2 0 0 8

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Printing: Regroupement Loisirs Québec

ADAPTED ESTABLISHMENTS PROPOSE:

- Access to all levels open to the public
- Accessible entrance with no door sills or steps along the way
- Doors at least 76 cm wide (30 inches)
- Paths and corridors with at least 1 metre (39.5 inches) of clearance
- 1.5m x 1.5 m (60 in. x 60 in.) of turning space
- Grab bars for the toilet, the bath and the shower stall

CAPTATION

-  Tourist Attractions
-  Accomodations
-  Tourist Information Offices
-  Roadside Rest Areas
-  Service(s) for person with hearing impairments*
-  Service(s) for person with visual impairments*
-  Free access for person accompanying a disabled person. This information is drawn from the Web site www.vatl-tlcs.org.

*Establishments displaying this pictogram offer the services described for persons with this type of disability.



Québec

City and Area



Jean-François Bergeron



Petit-Champlain District



Parc Aquarium du Québec



Plains of Abraham

Whether you want to soak up the European flavor of the old city or the magic and beauty of the surrounding countryside, Québec City welcomes you to its many attractions. Throughout its museums and festivals, you'll discover the city's extraordinary historical and cultural heritage. Renowned for its gourmet dining and legendary hospitality, the Québec City area is easy to get to and has everything to make your stay a true pleasure!



www.quebecregion.com

1-877-BONJOUR, ext. 662

A Québec City Tourism advertisement

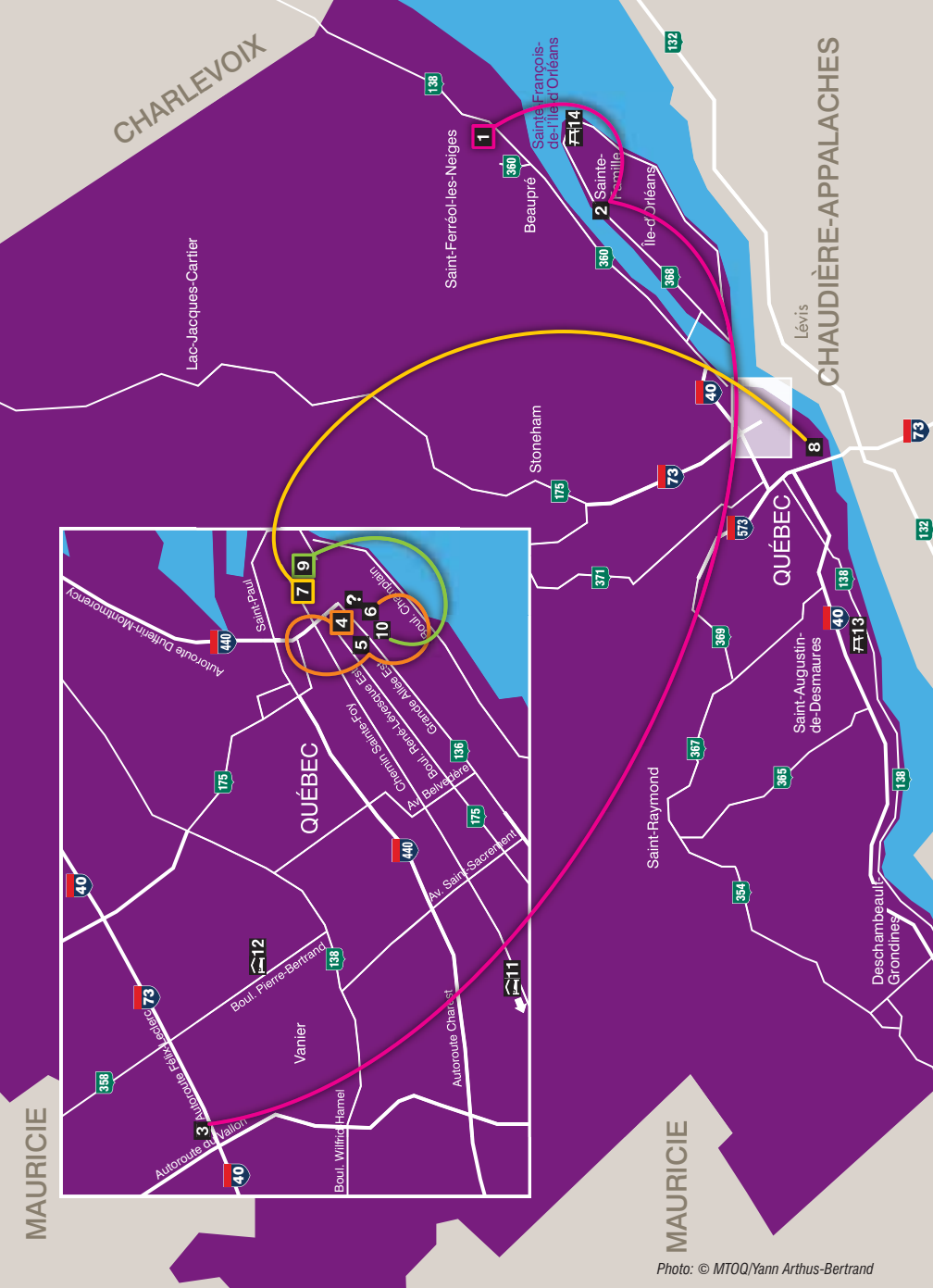




Québec

Exploring the Québec City region means offering yourself a historical journey replete with architectural, cultural, and natural sights and sites. Endowed with an incomparably rich heritage which it brings back to life each summer during the Fêtes de la Nouvelle France, the Old Capital is also securely anchored in the 21st century, thanks to its artisans, its chefs and their gourmet meals, its cultural events, and countless other attractions that make it a choice destination.

Photo: Claude Huot



CHARLEVOIX

CHAUDIÈRE-APPALACHES

Lac-Jacques-Cartier

Saint-Ferréol-les-Neiges

Beaupré
Sainte-Françoise
Ile-d'Orléans

Lévis

Stoneham

QUÉBEC

QUÉBEC

Saint-Raymond

Saint-Augustin-
de-Desmaures

Deschambault-
Grondines

MAURICIE

MAURICIE

Photo: © MTOQ/Yann Arthus-Bertrand



DAY 1

Impressive natural sights

The Québec City region as you've never seen it before: visiting a canyon, tasting local agrotourist products, and watching an IMAX® film on a giant screen.

1 CANYON STE-ANNE

2 LA FERME LE BEAU MARKON

3 IMAX® IN THE GALERIES DE LA CAPITALE

DAY 2

Eyeful of history

Use your stay in Québec City to learn more about the different facets of its history and to admire the region from its Observatory high up on the 31st floor!

4 HÔTEL DU PARLEMENT

5 THE OBSERVATOIRE DE LA CAPITALE

6 BATTEFIELDS PARK

DAY 3

Take a dive into adventure

Unforgettable contact experiences await the whole family.

7 ARTILLERY PARK HERITAGE SITE (LA FONDERIE DE L'ARSENAL)

8 PARC AQUARIUM DU QUÉBEC

DAY 4

Divinely beautiful!

Relive the past in the present: explore Québec's religious history and see examples of fine art from here and elsewhere.

9 MUSÉE DU BON PASTEUR

10 MUSÉE NATIONAL DES BEAUX-ARTS DU QUÉBEC





TOURIST ATTRACTIONS

DAY 1

Impressive natural sights

The Québec City region as you've never seen it before: visiting a canyon, tasting local agrotourist products, and watching an IMAX® film on a giant screen.

1 CANYON STE- ANNE



Stunning! Enter a spectacular canyon from the ice age which, over the course of 1.2 billion years has been carved into the rock by an imposing 74-metre waterfall. Cross 2 suspension bridges...one of which swings 55 metres above the chasm below! Explore this gem of nature, with its giant Cauldrons and fantastic plays of light. The St. Anne Canyon has already been awarded an Attractions Canada prize in the category "natural outdoor site covering 100 square kilometres or less." A special shuttle bus is available for persons with reduced physical capacity. An exceptional moment in a fabulous place!

Open from 1 May to 23 June and from Labour Day to 22 October, 9 AM to 5:30 PM; 24 June to 4 September, from 9 AM to 6:30 PM. Last admission, 1 hour before closing.

206 route 138 East. Beaupré, GOA 1E0
418 827-4057
www.canyonste-anne.qc.ca
Site/steeply sloped terrain

Photo: Canyon Ste-Anne

2 LA FERME LE BEAU MARKON



Orchards without herbicides and with about 15 varieties of apples and pears. In season, from the end of August to mid-October, you can pick your own fruit. Fresh apple juice, maple products, and a delicious home-made sauerkraut are on the menu. Accessible picnic tables are also available. You will have a panoramic view of Mont Sainte-Anne and the St. Lawrence River. Group activities such as pressing apple juice.

Open from the end of August to mid-October, from 9 AM to 5 PM.

4204 Royal Road, Sainte-Famille, Île d'Orléans
418 829-0289
amarkon@qc.aira.com

Accessible picnic tables provided

Photo: La Ferme Le beau Markon

3 IMAX® IN THE GALERIES DE LA CAPITALE



IMAX® films, like no others, transport you right into the thick of the action. They encompass you with images that are so real you want to reach out and touch them. And these images are so powerful that you can almost feel them! Come and experience IMAX®, said to be the most enthralling cinematographic

experience ever. Thanks to the magic of IMAX® DMR™ technology, you can also view 35 mm action films in IMAX® format.

Open year round from 9 AM to 10 PM.

5401 des Galeries Boulevard,
Québec City, G2K 1N4
418 624-IMAX (4629),
toll free: 1 888 424-IMAX (4629)
www.imaxquebec.com

Photo: IMAX® des Galeries de la Capitale

DAY 2

An Eyeful of history

Use your stay in Québec City to learn more about the different facets of its history and to admire the region from its Observatory high up on the 31st floor!

4 HÔTEL DU PARLEMENT



The National Assembly counts as one of the oldest parliamentary institutions in America. The members of Parliament sit in the Hôtel du Parlement, a building that dates back more than a century. Located in the heart of the Capital, this remarkable piece of architecture bears elegant witness to the history of Québec. It is open to visitors, as is the exhibition “Le Québec, ses députés, ses régions (Québec: its MPs and regions)” which is displayed there.

Open from September to June, from Monday to Friday, 9 AM to 4:30 PM; from 24 June to Labour Day (beginning of September), Monday to

Friday, from 9 AM to 4:30 PM and every Saturday and Sunday, from 10 AM to 4:30 PM.

1045 des Parlementaires Street,
Québec City, G1A 1A3
418 643-7239, toll free: 1 866 DÉPUTÉS
(1 866 337-8837)
responsable.contenu@assnat.qc.ca
www.assnat.qc.ca/eng/accueil/visites.html



Guided tour available
Personnel with knowledge of LSQ
Mobility impaired visitors have access to the Parliament Building through Door No. 5 via des Parlementaires Street

Photo: © MTOQ/Marcel Gignac

5 THE OBSERVATOIRE DE LA CAPITALE



Your first stop in Québec City. A must-see 725-foot-high observation tower, the highest point of the region. The Observatoire offers stunning views of Québec City and the surrounding area, including the mighty St. Lawrence River, the magnificent Laurentian Mountains and historic Old Québec. A must for the entire family.

Open every day from 24 June to Thanksgiving (mid-October), from 10 AM to 5 PM; from Thanksgiving (mid-October) to 23 June, Tuesday to Sunday, from 10 AM to 5 PM.

Édifice Marie-Guyart
1037 De La Chevrotière Street, 31st floor,
Québec City, G1R 5E9
418 644-9841, toll free: 1 888 497-4322
info@observatoirecapitale.org
www.observatoirecapitale.org

Photo: The Observatoire de la capitale/Marc-André Grenier

6 BATTEFIELDS PARK



The Battefields Park is a site that blends history, culture, and nature. The great battles of 1759-1860, the Martello Towers as well as the creation, use, and evolution of one of most prestigious urban parks: all these are all core elements of its guided tours and interpretative activities.

Open every day from 24 June to 3 September, from 8:30 AM to 5:30 PM; 4 September to 23 June, Monday to Friday from 8:30 AM to 5 PM; Saturday from 9 AM to 5 PM, Sunday from 10 AM to 5 PM.

The Discovery Pavilion of the Plains of Abraham
835 Wilfrid-Laurier Avenue,
Québec City, G1R 2L7
418 648-4071
information@ccdn-nbc.gc.ca
www.ccdn-nbc.gc.ca

 for the Battefields Park Interpretation Centre located in the Baillairgé Pavillon of the Musée national des beaux-arts du Québec

Photo: Archives CCBN-Jean Désy

DAY 3

Take a dive into adventure

Unforgettable contact experiences await the whole family.

7 ARTILLERY PARK HERITAGE SITE (LA FONDERIE DE L'ARSENAL)



In the very heart of the Québec City fortifications, Artillery Park commemorates more than 250 years of military history. Accompanied by a tour guide, soak up the history of the site and admire the unique architecture of the restored historic buildings. In summer, meeting costumed personages of the period and seeing demonstrations of rifle shooting will make your visit a memorable experience.

Open from 1 April to 7 October 2007, from 10 AM to 5 PM; from 8 October 2007 to 31 March 2008: open upon reservation.

2 d'Auteuil Street, Québec City, G1K 7A1
418 648-4205, toll free: 1 888 773-8888
TTY: 1 866 787-6221
parkscanada-que@pc.gc.ca
www.pc.gc.ca/artillerie



TTY available
Documents in Braille

Photo: © Parks Canada

8 PARC AQUARIUM DU QUÉBEC



Come and enjoy Québec's Parc Aquarium! Unique to Québec, this 16-hectar site offers you an immersion course in the Nordic fauna and flora of the ecosystems of the St. Lawrence River and other Canadian waters. This amazing trip takes you all the way to the North pole and gives you the chance to see close to 10,000 specimens of fresh and salt water fishes, reptiles, amphibians, invertebrates, as well as marine mammals such as Atlantic and Pacific walruses, seals, and polar bears. Yours to discover!

*Open May to September, from 10 AM to 5 PM,
October to April, from 10 AM to 4 PM.*

1675 des Hôtels Avenue, Québec City, G1W 4S3
418 659-5264, toll free: 1 866 659-5264
aquarium@sepaq.com
www.sepaq.com/aquarium



Tactile exploration
Paths with steep slopes

Photo: Parc Aquarium du Québec

DAY 4

Divinely beautiful!

Relive the past in the present: explore Québec's religious history and see examples of fine art from here and elsewhere.

9 MUSÉE DU BON PASTEUR



As you visit the Museum's three floors, you will discover a vital element of the social and religious history of women in 19th century Québec. A must-see: historic building, period objects and furniture as well as several audiovisual documents. Personalized tours in French and in English.

*Open from Tuesday to Sunday between 1 PM
and 5 PM (all year round).*

14 Couillard Street, Québec City, G1R 3S9
418 694-0243
museebonpasteur@oricom.ca
www.museocapitale.qc.ca/011.htm



Descriptive panels in large print

Photo: Musée Bon Pasteur



ACCOMMODATIONS

10 MUSÉE NATIONAL DES BEAUX-ARTS DU QUÉBEC



Located right on the Plains of Abraham, the Musée puts on exhibitions of leading Québec and international artists. You will be impressed by the Musée's architecture, with its three pavilions of different periods and styles. One of these pavilions once housed the city's prison. During your visit, stop to enjoy a meal at the Musée's restaurant which is renowned for its fine cuisine. You will also want to participate in some of the many on-site cultural and family activities.

Open Monday to Sunday from 10 AM to 6 PM in summer and Tuesday to Sunday from 10 AM to 5 PM in winter. Open Wednesday until 9 PM at all times.

Parc des Champs-de-Bataille,
Québec City, G1R 5H3
418 643-2150, toll free: 1 866 220-2150
www.mnba.qc.ca



Wheelchairs available
Toilets with raised seats
Tactile exploration
Audioguides

Photo: © Les Photographes Kedl, 2004

11 LE CHÂTEAU BONNE ENTENTE



Le Château Bonne Entente is an elegant 5-star and 4-diamond hotel surrounded by lovely gardens. It is the region's first and only hotel to receive the prestigious "Leading Hotels of the World" banner. Le Château Bonne Entente offers you 165 rooms and suites as well as 15 meeting rooms with space for up to 500 persons. The Château Bonne Entente also proposes the NAPA grill and the Monte Carlo Resto-Lounge: two not-to-be missed gastronomic experiences.

3400 Ste-Foy Road, Sainte-Foy Borough,
Québec City, G1X 1S6
418 653 -5221, toll free: 1 800 463-4390
reception@chateaubonneentente.com
www.chateaubonneentente.com

Adapted shower stall

Photo: Le Château Bonne Entente

12 HÔTEL ET SUITES NORMANDIN



Located at the intersection of the capital's main arteries, not far from the Centre de Foire and the Galeries de la Capitale, this 130-room, 3-star hotel offers a continental breakfast.

4700 Pierre-Bertrand Boulevard,
Québec City, G2J 1A4
418 622-1611, toll free: 1 800 463-6721
info@hotelnormandin.com
www.hotelnormandin.com

Photo: Hôtel et Suites Normandin



SERVICES AND TRANSPORT

? TOURIST INFORMATION OFFICES

BUREAU D'INFORMATION TOURISTIQUE DU VIEUX-QUÉBEC

Open from Thanksgiving to 23 June, Monday to Saturday, from 9 AM to 5 PM; Friday from 9 AM to 6 PM and Sunday from 10 AM to 4 PM. Open every day from 24 June to Labour Day, from 8:30 AM to 7:30 PM and from Labour Day to Thanksgiving, from 8:30 AM to 6:30 PM.

835 Wilfrid-Laurier Avenue,
Québec City, G1R 2L3
418 641-6290
info@quebecregion.com
www.quebecregion.com

🚗 ROADSIDE REST AREAS

13 HALTE DU CAP-DE-PIERRE

Permanent
Autoroute 40, Saint-Augustin-de-Desmaures

14 HALTE MUNICIPALE SAISONNIÈRE

Seasonal
Route 368, Saint-François-de-l'Île-d'Orléans

RENTAL AND REPAIR OF ORTHOPEDIC EQUIPMENT

CLINIQUE D'APPAREILLAGE ORTHOPÉDIQUE AR-CO INC.

4640 Wilfrid-Hamel Boulevard, Québec City
418 872-2944

PROTHÈSES ET ORTHÈSES SAVARD

2575 Wilfrid-Hamel, Québec City
418 681-6381

BOILY MICHEL INC.

1325 Sainte-Foy Road, Québec City
418 683-1746, toll free: 1 800 463-5245

INSTITUT DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE QUÉBEC

52, Wilfrid-Hamel Boulevard, Québec City
418 649-3700
www.irdpq.ca

INSTITUT DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE DE QUÉBEC

2975 Saint-Louis Road, Sainte-Foy Borough,
Québec City
418 529-9141
www.irdpq.qc.ca

PHARMACIE BRUNET

Toll free: 1 800 667-3296
www.brunet.ca

GROUPE JEAN COUTU

450 646-9760
www.jeancoutu.com

GAS STATIONS WITH SERVICE

ESSO

2865 Saint-Louis Road, Sainte-Foy Borough,
Québec City
418 651-3253

SHELL

3093 Saint-Louis Road, Sainte-Foy Borough,
Québec City
418 652-9543/9766

115 René-Lévesque Boulevard West, Québec City
418 522-7273

3292 Neilson Boulevard, Sainte-Foy Borough,
Québec City
418 651-3502

TRANSPORTATION

BUS

GARE D'AUTOBUS DE LA VIEILLE CAPITALE

320 Abraham-Martin Street, Québec City
418 525-3000

GARE D'AUTOBUS DE SAINTE-FOY

3001 des Quatre-Bourgeois Road, Sainte-Foy
Borough, Québec City
418 650-0087

AUTOCARS ORLÉANS EXPRESS INC.

Circuits to Trois-Rivières, Montréal, Rimouski
and Gaspé
Toll free: 1 888 999-3977
www.orleansexpress.com

INTERCAR SAGUENAY INC.

Circuits to Saguenay-Lac-Saint-Jean
418 547-2167, toll free: 1 888 861-4592
www.intercar.qc.ca

LIMOCAR - TRANSPORT ADAPTÉ

Circuit to Sherbrooke
Toll free: 1 866 692-8899
www.limocar.ca

PLANE

AÉROPORT INTERNATIONAL JEAN-LESAGE

500 Principale Street, Sainte-Foy Borough,
Québec City
418 640-2700
www.aeroportdequebec.com

No regular shuttle or circuit bus service available.

Adapted transportation:

Les Amis du transport Roy et Morin
418 622-6566

ADAPTED TAXIS

TAXI COOP QUÉBEC

418 525-5191
www.taxicoop-quebec.com

TAXI COOP SAINTE-FOY-SILLERY

Sillery, Cap-Rouge, Saint-Augustin-de-
Desmaures and L'Ancienne-Lorette
24 hours service, 7 days a week.
418 658-5333

TRANSPORT ACCESSIBLE DU QUÉBEC

Service 7 AM to midnight, 7 days a week.
418 641-8294
www.taxibijou.com

TRAIN

VIA RAIL

Toll free: 1 888 842-7245
www.viarail.ca

ADAPTED TRANSPORT

TRANSPORT ADAPTÉ DU QUÉBEC MÉTRO

Metro public transit network
418 687-2641

TRANSPORT ADAPTÉ ORLÉANS INC.

Beauport Borough, Québec City
418 821-9821

FERRIES

QUÉBEC - LÉVIS

SOCIÉTÉ DES TRAVERSISERS DU QUÉBEC

Toll free: 1 877 787-7483
www.traversiers.gouv.qc.ca



K roul is a non-profit organization engaged in efforts to inform, represent, develop, and promote accessible tourism and culture. These efforts are addressed to persons who themselves live with reduced physical capacity as well as to public and private authorities.

K roul would like to thank the partners named below for their help in producing *AccessiB - The Open Road*:

Canada Economic Development for Quebec Regions; the minist re du Tourisme du Qu bec, Loto-Qu bec, the Office des personnes handicap es du Qu bec, the Office du tourisme de Qu bec, Parks Canada, Tourisme Montr al and Tourisme Chaudi re-Appalaches

INFORMATION:

K roul

4545 Pierre-De Coubertin Avenue
P.O. box 1000, Station M
Montr al (Qu bec) H1V 3R2

Telephone: 514 252-3104

Fax: 514 254-0766

infos@keroul.qc.ca

www.keroul.qc.ca

  K roul 2007

K roul

Tourism and culture for
people with restricted
physical ability



Qu bec



Canada

