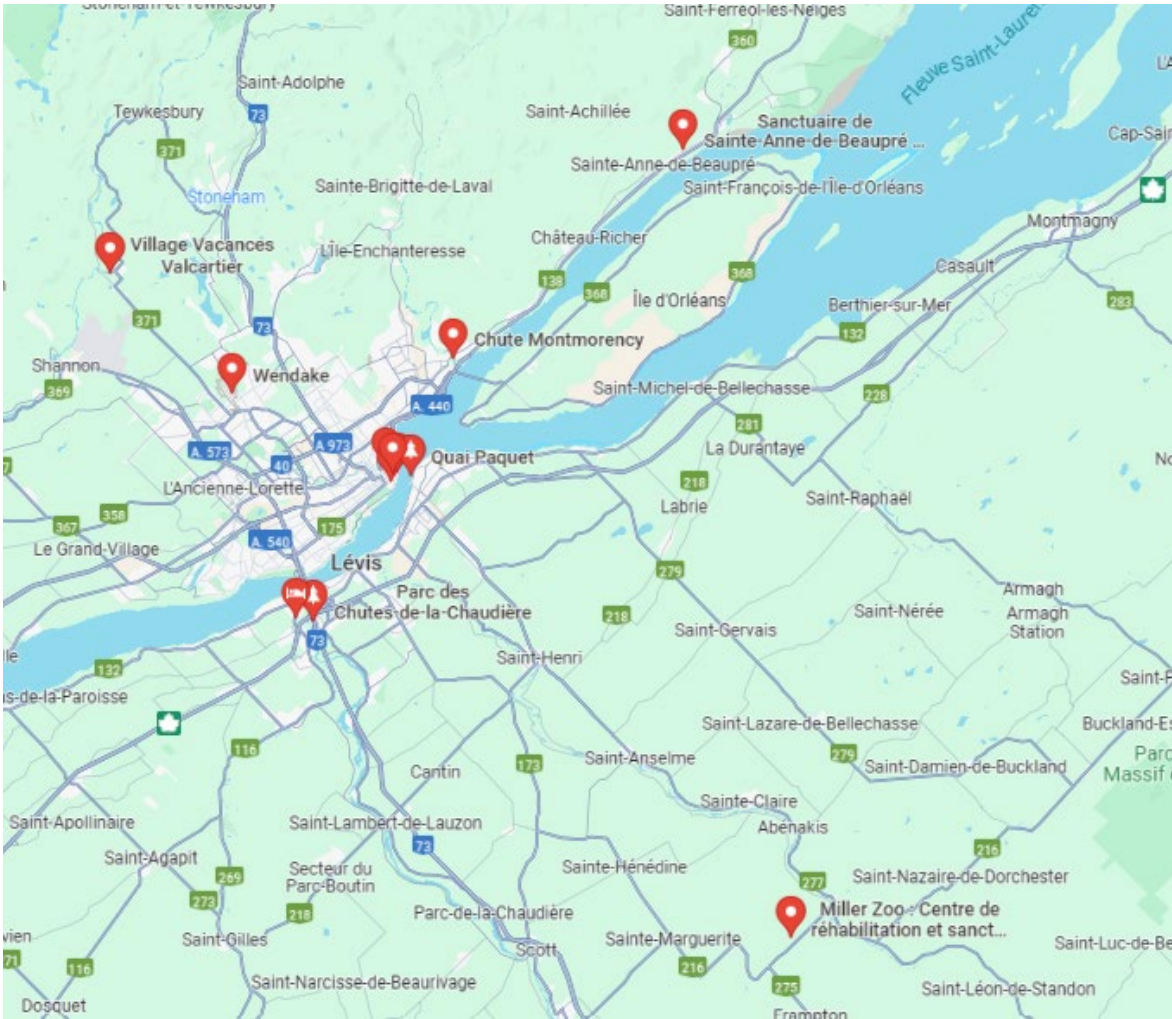




The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC



Go to Google Maps: <https://maps.app.goo.gl/dnLDd9vo51wTi5FX7>

Things to do in Québec	
ACTIVITY	ACTIVITY
A. Breakfast	<p>All these activities are on your own.</p> <p>*You must make your own reservation for some activity in advance</p> <p>PLEASE NOTE: It is not possible to ride a motorcycle everywhere in Old Quebec City – See the list of parking lots (Cost: +/- \$25 for the day)</p> <p>Bring comfortable walking shoes.</p> <p>A map with the points of interest of Old Québec can be given to you at the hotel.</p> <p>(Other recommendations for possible activities according to your interest: Contact the provincial leads: François and Michelle)</p>
B. Lunch On Your Own	
C. City bus tour	
D. La Citadelle	
E. Dufferin Terrace	
F. AML Cruise	
G. Café Félin Ma langue Aux Chats	
H. Paquet Dock (Lévis)	
I. Wendake	
J. Montmorency Falls	
K. St. Anne's Basilica	
L. Chaudière Falls Park	
M. Valcartier Vacation Village	
N. Miller Zoo	
Host Hotel	Comfort Inn & Suites
• Supper	On Your Own / Restaurant nearby the hotels will be notify about TRB

Things to do in Quebec City *** See websites for more information ***		
MAKE SURE THE FUEL IS REFILLED FOR THE NEXT MORNING		
Don't forget that you are all ambassadors for The Rolling Barrage		
ACTIVITY	COST	DESCRIPTION OF THE ACTIVITY
Breakfast		At the hotel or on your own
Lunch		On your own
ACTIVITIES IN OLD QUEBEC		
Guided Bus Tour – Individual Tour	\$40 +tx	City tour of Old Quebec by bus. You will discover all the attractions of this historic sector of the city. <u>There are no stops along the way.</u> Duration: 90 min. *You must make your own reservation
		Address: 12 Rue Sainte-Anne, Québec, QC G1R 3X3
		Website: https://toursvieuxquebec.com/
Visit of La Citadelle	Free for Veterans (and up to 3 guests)	Visit the Citadelle of Quebec and the museum. Check the website for schedules *You must make your own reservation
		Address: 1, Côte de la Citadelle, Québec, G1R 3R2
		Website: https://www.lacitadelle.qc.ca/fr/
Saint-Louis Forts and Châteaux National Historic Site (Under Dufferin Terrace/Old Québec)	Free for Veterans	Hidden under the Dufferin Terrace, the remains of the Château Saint-Louis reveal the seat of power of the French and British governors from 1620 to 1834. Immerse yourself in more than 200 years of diplomatic relations and alliances, including those with the Huron-Wendat Nation
		Address (Entrance/Ticket Office): Dufferin Kiosk on the Terrace, in front of the Château Frontenac (1 Rue des Carriere, Quebec City, Qc, G1R 5J5
		Website: https://parcs.canada.ca/lhn-nhs/qc/saintlouisforts
AML Cruise (Old Quebec)	Various	A variety of cruises are available to discover the region while sailing on the St. Lawrence River. *You must make your own reservation.
		Address: 124 Rue Saint-Pierre, Québec, Qc G1K 4A7
		Website: https://www.croisieresaml.com/



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC

Café Félin Ma langue Aux Chats	Various	<p>Café Félin Ma langue Aux Chats is a small restaurant whose owner is a veteran. You can enjoy a coffee, eat a small bite, surrounded by cats, in a very warm atmosphere. Attention: Cats and dogs on site / Your assistance dog is welcome!</p>
		<p>Address: 307 Rue Saint-Paul, Québec, G1K 3W6 Website: Café Félin Ma langue Aux Chats (cafemalangueauxchats.ca)</p>
Paquet Dock and Ferry (Lévis / South Shore of the St. Lawrence River)	Ferry: \$4/crossing (pedestrian Without vehicle)	<p><u>Paquet Dock and Ferry:</u> Discover the best view of the Château-Frontenac and the city from the south shore of the St. Lawrence River. Food trucks and entertainment on site. Park and take the ferry to Old Quebec.</p>
		<p>Address: 6075 Rue St-Laurent, Lévis, G6V 3P5 Ferry website: https://www.traversiers.com/en/our-ferries/quebec-city-levis-ferry/schedule</p>
ACTIVITIES OUTSIDE OLD QUEBEC (North Shore of the St. Lawrence)		
Wendake	Various	<p>Discover a unique place that combines tradition and modern. *You must make your own reservation</p>
		<p>Address: 40 boulevard Bastien, Webdake (Québec) G0A 4V0 Website: https://tourismewendake.ca/en/</p>
Montmorency Falls	Various	<p>Montmorency Falls: Located 15 minutes from Old Quebec, Montmorency Falls Park is a spectacular historic site. The waterfall dominates the landscape with its 83 meters in height. During your visit, you will be able to approach it in different ways and feel its full force.</p>
		<p>Address: 5300 Boulevard Sainte-Anne, Québec, G1C 0M3 Website: https://www.sepaq.com/destinations/parc-chute-montmorency/index.dot?language_id=1</p>
St. Anne's Basilica	Free	<p>St. Anne's Basilica: is a Catholic church dedicated to St. Anne. Its history began in 1658. It is a world-famous pilgrimage site</p>
		<p>Address: 10018 avenue Royale, Sainte-Anne-de-Baupré (Qc), G0A 3C0 Website: Sainte-Anne-de-Baupré Shrine: Place of Devotion and History (sanctuaire sainte anne.org)</p>
Valcartier Vacation Village	\$58 +tx for the day	<p>Take advantage of the water slides and wave pool to cool off! *If the weather is very nice, arrive very early as it will be very busy - Need swimsuit!</p>
		<p>Address: 2280 Valcartier Blvd., Valcartier (Qc), G0A 4S0 Website: Village Vacances Valcartier Quebec City Recreation and Tourism Complex</p>

ACTIVITIES OUTSIDE OLD QUEBEC (South Shore of the St. Lawrence)

<p>Chaudière Falls Park</p>	<p>Free</p>	<p>A few minutes from the hotel, the Chutes-de-la-Chaudière Falls Park offers outdoor and quiet trails. You can walk across a bridge over the river. Bring your own lunch! Parking: https://maps.app.goo.gl/hnHb3ATyZSuoC6hv9 Website: Parc des Chutes-de-la-Chaudière – Parks and Natural Spaces in the Québec City and Chaudière-Appalaches Regions (parcsnaturelsquebec.org)</p>
<p>Miller Zoo</p>	<p>\$30 + tx</p>	<p>45 minutes from the hotel: Zoo (Bears, Raccoons, foxes, wolves, tigers, lions, lemurs, coati, exotic birds and much more!) Possibility of VIP visit or guided tour (reservation required) Address: 20 Hurley Road, Frampton G0R 1M0 Website: Miller Zoo - more than a zoo, a place of learning and awareness</p>
<p>HOST HOTEL</p>	<p>Comfort Inn & Suites, 1394 Rte des Rivières, Levis, Quebec G7A 2N9</p>	
<p>Dinner</p>	<p>On Your Own / Restaurant nearby the hotels will be notify about TRB</p>	

Special Notes:

Motorcycle accessible parking lots in Old Québec:

- [Parking D'Youville](#) 965 Rue D'Youville, Quebec City, Qc, G1R 3P1
- [Parking Place Gorges VI](#) Avenue Georges VI, Quebec City, Qc, G1R 3R2
- [Parking lot Marie-Guyart](#) 1050 Rue Louis-Alexandre Taschereau, Québec, Qc, G1G 5E6
- [Dalhousie Parking](#) 40, Rue Dalhousie, Québec, Qc, G1K 4B2

Old Quebec City map will be available at the hotel – **No acces to Motorcycles in the area circled in red below**

