

# ACTIVITY GUIDE

## *Quebec and its surroundings*



**Valcartier**  
Military Family  
Resource Centre



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<b>F</b>	Free for everyone
<b>\$</b>	\$1 to \$10 per adult
<b>\$\$</b>	\$11 to \$20 per adult
<b>\$\$\$</b>	\$21 or more per adult
	Stroller accessible

\* Please note that some activities/events/places may have shut down their services or changed their hours of operation and fees due to COVID-19. Some locations require online reservation and/or a vaccination passport. Please check before you travel.



## ART / THEATRE

Crack-pot café (\$\$ to \$\$\$ depending on the ceramic pieces selected)

1005 Route de l'Église, Québec, QC, G1V 3V6 (Several others located in the area)

Les Gros Becs – (*Youth theater centre*) (\$\$\$)

552 Wilfrid-Hamel Unit A6-200, Quebec City, QC, G1M 3E5

## AQUARIUMS, ANIMAL PARKS AND FARM VISITS

Aquarium de Québec (\$\$\$) 

1675 Des Hôtels Avenue, Québec, QC, G1W 4S3

Bibitte Mobile (F)

4656 Route de Fossambault, Sainte-Catherine-de-la-Jacques-Cartier, QC, G3N 1S8

Éducazoo Québec (by reservation only, fees not specified)

421c QC-138, Saint-Augustin-de-Desmaures, QC, G3A 2S7

Élevage De Lessard *miniature horses* (\$\$\$)

269 Route des Érables, Sainte-Catherine-de-la-Jacques-Cartier, QC, G3N 1A8

Mathurin Farm (\$) 

170 Route 132 East, Saint-Michel-de-Bellechasse, QC, G0R 3S0

Fermette halte-horizon (fees not specified)

1923 Chemin de la Grande-Ligne, Stoneham-et-Tewkesbury, QC, G3C 0Y6

La Cité Agricole (F)

4260 Chemin Notre Dame, Saint-Augustin-de-Desmaures, QC, G3A 1W8

Miller Zoo (\$\$\$)

20 Route Hurley, Frampton, QC, G0R 1M0

## OTHER CATEGORIES

Pick-your-own farms and orchards (prices vary)

*Several places where you can pick strawberries, raspberries, blueberries, currants, apples, pears, pumpkins, etc., depending on the season.*

“Ma Langue aux Chats” *cat café* (prices vary depending on the menu)

307 Saint-Paul Street, Quebec City, QC, G1K 3W6

“La Cour arrière” terrace at the Festibière (prices vary depending on the menu)

84 Dalhousie Road, Quebec City, QC, G1K 8M5

Ferme Genest *pick-your-own farm* (prices vary) 

2091 Route Marie-Victorin, Saint-Nicolas, QC, G7A 4H4

L'Arc-en-Ciel du Paradis (kiosk and pick your own, prices vary)

25 Rang St-François West, Cap-Santé, QC, G0A 1L0

L'univers tous *teddy bear store* (\$\$\$)

5401 Des Galeries Boulevard, #1, Quebec City, QC, G2K 1N4



La Cuisine Ludique **restaurant and arcade** (prices vary depending on the menu)

840 Myrand Avenue, Quebec City, QC, G1V 2V5

“SUP La Plage” (prices vary)

135 Des Émeraudes Street, Boischatel, QC, G0A 1H0

La Revanche **restaurant and board games** (prices vary depending on the menu)

585 Charest Boulevard East, Quebec City, QC, G1K 3J2

The Secret Valley / La vallée secrète

**treasure hunt** (\$\$)

1010 Chemin de la Traverse, Saint-Raymond, QC, G3L 3C4

Le 737 **Food truck onsite** (F)

937 9E de l'Aéroport Street, Quebec City, QC, G2G 0M5

Quebec City libraries (F) 

Different addresses depending on the library in your area, weekday and weekend activities (storytelling)

## SWIMMING

Baie de Beauport Sun Life (\$)

1 Henri-Bourassa Boulevard, Quebec City, QC, G1J 1W8

Base de plein air de Sainte-Foy (fees not specified)

3137 Laberge Street, Quebec City, QC, G1X 4B5

Eau claire de St-Léonard Beach (\$\$ cash only)

100 Chemin du Lac Simon, Saint-Léonard-de-Portneuf, QC, G0A 4A0

Berthier-sur-Mer (F)

100 De la Marina Street, Berthier-sur-Mer, QC, G0R 1E0

Lac Saint-Joseph Beach (\$\$) 

7001 Route de Fossambault, Fossambault-sur-le-Lac, QC, G3N 1X7

Village Vacances Valcartier and Bora Parc

(\$\$\$) 

2280 Valcartier Boulevard, Saint-Gabriel-de-Valcartier, QC, G0A 4S0

Éco-Parc des Etchemins (\$\$ beach / \$\$\$ beach and aquatic areas)

213 1st Avenue, Lac-Etchemin, QC, G0R 1S0



# FUN CENTRES

Cabinet Mysteriis **Escape games** (\$\$\$)

1535 Chemin Ste-Foy, Unit 010, Quebec City, QC, G1S 2P1

Carie Factory (\$\$)

1345 Route de l'Aéroport, L'Ancienne-Lorette, QC, G2G 1G5

Défi-Évasion Québec (\$\$\$ / 8 years and up)

2500 Jean-Perrin Street #150, Quebec City, QC, G2C 1X1

Outdoor Défi-Évasion **July 20 to October 15, 2021** (F)

50 Saint-Patrick Street, Shannon, QC, G0A 4N0

Labyrinthe Inukshuk (\$\$) (Dog sledding in the winter \$\$\$)

131 Route Duchesnay, Sainte-Catherine-de-la-Jacques-Cartier, QC, G3N 0J3

Mini-Putt Vanier (fees not specified)

1170 Wilfrid-Hamel Boulevard, Quebec City, QC, G1M 2S4

Imaginarius (\$\$) 

1100 Bouvier Street, Unit 130, Quebec City, QC, G2K 1L9

Isaute (\$\$\$)

185 Fortin Street, Quebec City, QC, G1M 3M2

La boîte aux métiers (\$\$)

1789 Pie-XI Boulevard North, Quebec City, QC, G3J 1N5

Laser Game Évolution (\$\$)

2333 Galvani Street, Unit 100, Quebec City, QC, G1N 4G3  
155 Fortin Street, Quebec City, QC, G1M 3M2

Méga-Parc (\$\$) 

5401 Des Galeries Boulevard, Quebec City, QC, G2K 1N4

Bar Laitier Mini-Golf Fluo S'amuse (\$\$)

475 De l'Atrium Boulevard, Unit 105, Quebec City, QC, G1H 7H9

Mini-Putt Beauport (fees not specified)

156 Seigneuriale Street, Quebec City, QC, G1E 4Y6

Récré-O-Fun (\$\$)

1289 Jules-Verne Avenue, L'Ancienne-Lorette, QC, G2E 6L6

Roc Gyms Climbing Centre (\$\$)

2350 Du Colisée Avenue, Quebec City, QC, G1L 5A1

SOS Aventures **Escape Games** (\$\$\$)

2095 Frank-Carrel Street, Quebec City, QC, G1N 4L8

Woodooliparc **Accessible by**

**sled in winter** (\$\$\$) 

295 Drouin Street, Scott, QC, G0S 3G0





## EVENTS

### January

- ▶ Festival of lights at the Aquarium de Québec
- ▶ Ice Hotel

### February

- ▶ Quebec City Winter Carnival
- ▶ Mois Multi: international festival of multidisciplinary and electronic arts
- ▶ Quebec International Pee Wee Hockey Tournament

### March

- ▶ Salon international de l'auto (international car showroom)
- ▶ St. Patrick's Day in Quebec City

### April

- ▶ Salon international du livre de Québec (book fair)

### May

- ▶ Magic Festival
- ▶ Semaine des familles (family week)

### June

- ▶ Défi escaliers (stairs)
- ▶ "La Fête nationale" on the Plains of Abraham
- ▶ International Wendake Pow Wow
- ▶ KWE! Meet with Indigenous Peoples

### July

- ▶ Festival d'été de Québec (Quebec City summer festival)
- ▶ Canada Day

### August

- ▶ ComediHa! Fest-Québec (comedy festival)
- ▶ Festibière de Québec (beer festival)
- ▶ Grands Feux Loto-Québec (fireworks)

### September

- ▶ Quebec City Film Festival
- ▶ Quebec Farm open house
- ▶ Fête Arc-en-ciel de Québec (LGBTQ2S+ pride festival)
- ▶ Grand Prix Cycliste de Québec (cycling race)
- ▶ La Grande Virée des couleurs / Great Colour Adventure

### October

- ▶ Halloween and the Month of the Dead
- ▶ Quebec City Marathon

### November

- ▶ Marché de Noël allemand de Québec (German Christmas market)
- ▶ Christmas Parade

### December

- ▶ Marché de Noël allemand de Québec (German Christmas market)
- ▶ Christmas Market at the Grand Marché de Québec
- ▶ New Year's Day in Quebec City (Toboggan Festival)



# MUSEUMS AND INTERPRETATION CENTRES

## Morrin Centre (\$)

44 Chaussée des Écossais, Quebec City, QC, G1R 4H3

## Kabir Kouba Falls Interpretation Centre (F)

14 Saint-Amand Street, Loretteville, QC, G2A 1S6

**To access only the waterfall, there is a parking lot located on Bastien Boulevard (Route 369), next to Bistro 1760, you can go down the stairs and follow the path.**

## La Citadelle de Québec (\$\$) (Free for military with ID and up to three guests)

1 Côte de la Citadelle, Quebec City, QC, G1R 3R2

## La Galerie de miniatures de Québec (fees not specified)

674 Royale Avenue, Quebec City, QC, G1E 1Y7

## Maison Léon Provancher (prices not specified)

1435 Provancher Street, Quebec City, QC, G1Y 1R9

## Musée de la civilisation **museum** (\$\$)

85 Dalhousie Street, Quebec City, QC, G1K 8R2

## Musée national des beaux-arts du Québec **museum** (\$\$)

179 Grande Allée West, Quebec City, QC, G1R 2H1

## Observatoire de la capitale **observatory** (\$\$)

Marie-Guyart Building: 1037 De La Chevrotière Street, 31st Floor, Quebec City, QC, G1R 5E9

# PARKS AND OUTDOOR CENTRES

## Canyon Sainte-Anne (\$\$)

206 QC-138, Beauré, QC, G0A 1E0

## Castor Centre (F) (fees for summer and winter activities, free for Sports and Recreation Plan (SRP) card holders)

Building 658, Valcartier Base, Courcellette, QC, G0A 4Z0

## Montmorency Falls (\$) (Parking fees) (Free for residents of the metropolitan community of Quebec City with proof of residence) 2490

Royale Avenue, Quebec City, QC, G1C 1S1

## Domaine Maizerets (F)

2000 Montmorency Boulevard, Quebec City, QC, G1J 5E7

## Empire 47 (\$ pedestrian access, various fees for all other types of activities)

26 Du Pied des Pentes Street, Lac-Delage, QC, G3C 5A2

## Parc familial des Berges (F)

10 Route 138, Donnacona, QC, G3M 1Z5

## The Battlefields Park (F)

835 Wilfrid-Laurier Avenue, Quebec City QC, G1R 2L3

# HIKING

## Parc du Bois de Coulonge (F) (municipal paid parking)

1215 Grande Allée West, Quebec City, QC, G1S 1E7

## La Promenade Jacques-Cartier (F)

175 Route de la Pinière, Pont-Rouge, QC, G3H 2H3



## Marais du nord Bring your own bird seed (\$) (F)

1100 Chemin de la Grande-Ligne, Stoneham-et-Tewkesbury, QC, G3C 0Y1

## Réserve naturelle du Marais-Léon-Provencher (F)

151 Des Îlets Street, Neuville, QC, G0A 2R0

## Linear Park of the Rivière-Saint-Charles (F)

332 Domagaya Street, Quebec City, QC, G1L 5B1

***The address is for information purposes only as the trail is 32 km long, so there are several access points and parking lots at different locations along the river.***

## Jacques-Cartier National Park (\$)

103 Chemin du Parc-National, Stoneham-et-Tewkesbury, QC, G3C 2T5

## Mont-Bélair Natural Park (F)

10 De la Découverte Street, Quebec City, QC, G3K 1W6

## Portneuf Natural Regional Park (\$ parking fees only)

423 Principale Street, Saint-Alban, QC, G0A 3B0

## Chutes-de-la-Chaudière Park (F)

Du Parc-des-Chutes Street, Lévis, QC, G6X 1B7

## Plage-Jacques-Cartier Park (F)

3636 Chemin du Pavillon, Quebec City, QC, G1Y 1W3

## Station touristique Duchesnay: Yellow Lake Trail (F)

140 Montée de l'Auberge, Sainte-Catherine-de-la-Jacques-Cartier, QC, G3N 2Y6

## Tourbière Chute-Panet de Parc Riverain de la Sainte-Anne (F)

750 Côte Joyeuse and Saint-Hubert Street dock, Saint-Raymond, QC, G3L 2A8

## Vallée Bras-du-Nord, accueil Shannahan (\$)

2180 Rang Saguenay, Saint-Raymond, QC, G3L 3G3



## ACTIVITIES THAT DON'T REQUIRE MUCH PLANNING

- ▶ Municipal pool
- ▶ Ice skating (indoor or outdoor)
- ▶ Ice cream / Slush
- ▶ Walk around the neighbourhood
- ▶ Camping in the backyard
- ▶ Going to the movie theater
- ▶ Sledding at the Centre Castor (winter)
- ▶ Going to the Grand Marché de Sainte-Foy
- ▶ Watching a University game (football or other sports)
- ▶ Watching a hockey game
- ▶ Going to a neighbourhood park or to another park for a change
- ▶ Making chalk drawings in the yard (e.g., hopscotch, small car or bike track, etc.)
- ▶ Walking around the streets of Old Quebec City (Petit Champlain)
- ▶ Having a picnic
- ▶ Creating a motor way
- ▶ Playing with bubbles
- ▶ Playing water games

## WEBSITES TO FIND A WIDE RANGE OF OTHER ACTIVITIES

- ▶ Ville de Québec (event programming)
- ▶ Facebook (various existing groups that suggest activities to do depending on the region)
- ▶ Family Centre or your local community centre
- ▶ Community recreation programs

## THINGS TO DO ON RAINY DAYS

- ▶ Cooking and baking (muffins, cookies, soup)
- ▶ At-home spa (face masks, nails, hair, massage)
- ▶ Do yoga or meditation
- ▶ Board games / video games
- ▶ Playing with balloons
- ▶ Karaoke / dancing
- ▶ Have a movie night at home
- ▶ Crafting, painting, drawing
- ▶ Building a fort in the living room
- ▶ Treasure hunt
- ▶ Role playing (costume and makeup)



## ALL ACTIVITIES

- > Aquarium de Québec
- > Baie de Beauport Sun Life
- > Bar Laitier Mini-Golf Fluo S'amuse
- > Base de plein air Sainte-Foy
- > Bibitte Mobile
- > Bois de Coulonge Park
- > Cabinet Mysteriis – Escape games
- > Canada Day
- > Canyon Sainte-Anne
- > Carie Factory
- > Castar Center
- > Centre culturel Morrin
- > Christmas Market at the Grand Marché de Québec
- > Christmas Parade
- > Chutes-de-la-Chaudière Park
- > ComediHa! Fest-Québec
- > Crack-pot café
- > Défi escaliers (stairs)
- > Défi-Évasion (outdoors)
- > Défi-Évasion Québec
- > Domaine Maizerets
- > Éco-Parc des Etchemins
- > Éducazoo Québec
- > Élevage De Lessard
- > Empire 47
- > Ferme Genest
- > Fermette halte-horizon
- > Festibièrre de Québec
- > Festilumières at the Aquarium du Québec (lights festival)
- > Fête Arc-en-ciel de Québec
- > Fête nationale on the Plains of Abraham
- > German Christmas market
- > Grand Prix Cycliste de Québec
- > Grands Feux Loto-Québec (fireworks)
- > Great Colour Adventure
- > Halloween and the Day of the Dead
- > Ice Hotel
- > Imaginarius
- > International Car Showroom
- > ISaute
- > Jacques-Cartier National Park
- > Kabir Kouba Falls Interpretation Center
- > KWE! Meet with Indigenous Peoples
- > L'Arc-en-Ciel du Paradis
- > L'univers toutous (teddy bear store)
- > La boîte aux métiers
- > La Citadelle de Québec
- > La Cité Agricole
- > La Cour arrière du Festibièrre
- > La Cuisine Ludique
- > La Galerie de miniatures de Québec
- > La Plage (SUP)
- > La Promenade Jacques-Cartier
- > La Revanche
- > Labyrinthe Inukshuk
- > Laser Game Évolution
- > Le 737
- > Les Gros Becs – Youth Theater Centre
- > Linear Park of the Rivière-Saint-Charles
- > Ma langue aux chats (cat coffee)
- > Magic Festival
- > Maison Léon Provancher
- > Marais du nord
- > Mathurin Farm
- > Méga-Parc
- > Miller Zoo
- > Mini-Putt Beauport
- > Mini-Putt Vanier
- > Mois Multi: International festival of multidisciplinary and electronic arts
- > Mont-Bélair Natural Park
- > Montmorency Falls
- > Morrin Center
- > Musée de la civilisation
- > Musée national des beaux-arts du Québec
- > New Year's Day in Quebec City (Toboggan Festival)
- > Observatoire de la capitale
- > Parc familial des Berges
- > Pick-your-own farm
- > Plage de Berthier-sur-Mer
- > Plage eau claire de St-Léonard
- > Plage Lac Saint-Joseph
- > Plage-Jacques-Cartier Park
- > Portneuf Natural Regional Park
- > Quebec City Film Festival
- > Quebec City Libraries
- > Quebec City Marathon
- > Quebec City Summer Festival
- > Quebec Farms open house
- > Quebec International Pee-Wee Hockey Tournament
- > Quebec Winter Carnival
- > Récré-O-Fun
- > Réserve naturelle du Marais-Léon-Provencher
- > Salon international du livre de Québec (book fair)
- > Semaine des familles (family week)
- > SOS Aventures – Escape Games
- > St. Patrick's Day in Quebec City
- > Station touristique Duchesnay
- > The Battlefields Park
- > The Secret Valley
- > Tourbière Chute-Panet de Parc Riverain de la Sainte-Anne
- > Vallée Bras-du-Nord
- > Village Vacances Valcartier and Bora Parc
- > Wendake International Pow Wow
- > Woodooliparc



## VALCARTIER MILITARY FAMILY RESOURCE CENTRE

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