



**JOURNEY TO THE SOURCE
“WIDE OPEN SPACES, BEAUTY AND
CULTURAL EXCHANGE”
May 19-23, 2008**

In collaboration with Focusing Montréal, Voyages Momentum offers two unforgettable tours



Tour No. 1: The City of Montreal, May 19, 2008

Montreal, a multicultural city (a four-hour tour of the city with a professional guide).
(Departure from Château Bromont at 8 a.m.; expected return is about 9 p.m.)

A different look at the life of various Montreal districts, where successive waves of immigration contributed to shaping the landscape. Discover different ethnic groups and their ways of life, their contribution to architecture, food, the economy and Montreal culture. Among others, we will visit the Greek, Italian, Portuguese, Chinese and Jewish districts. Two surprise snacks are included.

The tour will start at Mont Royal for a breathtaking view over the city and the St Lawrence river. After the multicultural guided tour, there will be a lunch stop on the Plateau Mont Royal, then some free time in the old Montreal where you can discover the market Bonsecours, the Jacques Cartier square, St Paul street, the basilica Notre-Dame, the old port and the museum Pointe a Callieres... Departure at 7:30 p.m. arriving to Bromont about 9 p.m.

Tour No. 2: Quebec City & the North Shore, May 20-23, 2008

Departure from Château Bromont at 8 a.m.

May 20: Wendake (First Nations village) and Quebec City

Wendake occupies a very important place within the framework of the 400th-anniversary celebrations for Quebec City. Special programming throughout the year will underline the contribution of the First Nations in the development of Quebec City, the province of Quebec and Canada.

A First Nations guide, dressed in traditional costume, will welcome the group. Visit of the traditional Huron site (Onhoïa Chetek8e): Traditional housing (longhouse) and medicine, giant tee-pee, smokehouse, means of transportation, first contacts with the Europeans, etc.



There will be a performance of Huron dances and songs and a traditional meal.

To the sound of the drum, the dancers in beautiful costumes will lead you to discover dances of thanks dedicated to the Grand Manitou. At the end of the performance, visitors will be invited to meet the First Nations dancers and even dance with them.

P.M.: Free time in Old Quebec, cradle of French civilization in North America. It is the only walled North American city north of Mexico, and a jewel among UNESCO's world heritage sites.

400th-anniversary celebrations: July 3, 1608, Samuel de Champlain settles in Kébec, which means "the place where the river narrows" in Algonquian. He established the foundations of what would become the first permanent French colony in North America and, over centuries, one of the most beautiful cities on the continent. For 10 months, from January to October 2008, Quebec will be the hub of activity and will host many types of gatherings.

After a succulent meal (INCLUS) in the Petit Champlain district, we will travel to Les Éboulements, a village in the magnificent Charlevoix region (90-minute drive). Accommodations will be at l'Auberge de Nos Aïeux, which offers visitors a marvellous view of the river, l'Isle aux Coudres and the mountain range nearby.

May 21: Tadoussac and Grandes Bergeronnes (North Shore)

Departure for Grandes Bergeronnes in the morning. We will follow the scenic route along the St. Lawrence River. The route offers breathtaking views, where water and mountain meet.

At St. Catherine Bay, we will take the ferry to Tadoussac, gateway to the North Shore, and admire the mouth of the fjord of Saguenay, which flows into the salty waters of the St. Lawrence. If we're lucky, at Grandes Bergeronnes, we may spot seals and whales close to shore.

The night's accommodations will be at the Tadoussac Hotel. Tadoussac is one of the oldest villages in North America and its discreet charm attracts hundreds of visitors each year. From the terrace of the hotel, the horizon is but greenery, sailboats, waves and distant whales. Romantic escapades, nature lovers, ecologists and photo hobbyists seek out the whales and chase away their worries before the open sea at Tadoussac. Here, you may choose to create your haven for relaxation or your springboard into adventure!

May 22: Pessamit, traditional Innu community (Montagnais)

We invite you to live a unique and initiatory experience of Innu life and tradition.

After a two-and-a-half-hour drive, we arrive in the morning at Pessamit.

Meeting with the spiritual leader of the community

Traditional Innu meal

Preparation for the sweat lodge ritual

Sharing circle, feast after the ceremony

Accommodations in a traditional rustic tent

You must bring your sleeping bag (blankets will be provided), warm clothes and a gift for the spiritual chief; eg.

Kitchenware, homeware, clothes, blanket or other object that may be used daily by the chief and his family.

N.B.: This day is optional. Those who prefer may stay an additional night in Tadoussac for the same rate. You must inform us at the time of registration.

May 23: Pessamit - Montreal

After breakfast, we will share on the experience and leave for Montreal around 9:30 a.m. via Tadoussac (about an eight-hour drive). Lunch en route at your cost. We should be back in Montreal between 5:30 p.m. and 6:30 p.m.

End of our services

GENERAL INFORMATION

Tour 1: Tour of Montreal, May 19, 2008

Cost: \$50/person

THIS PACKAGE INCLUDES: transportation by 48-seat school bus (departure from Château Bromont), bilingual guided visit of Montreal and its multicultural districts, four-hours long, all taxes

Tour 2: Quebec & North Shore

May 20-23, 2008

Cost: \$590/person (double occupancy)

Supplement for single occupancy : \$140; with one night in Tadoussac:

\$335; with two nights in Tadoussac*

*For those staying a second night in Tadoussac, the price includes dinner and breakfast at the hotel, but no lunch, therefore a total of 7 meals instead of 8 meals.

THIS PACKAGE INCLUDES: transportation throughout by 48-seat coach, bilingual guide for four days, 3-nights accommodations with double occupancy: one night at l'Auberge de nos Aïeux, one night at Tadoussac Hotel, one night in a traditional tent in Pessamit, or a second night at Tadoussac Hotel at half-board, eight meals (3 breakfasts, 2 lunches and 3 suppers), all activities and visits mentioned in the program, all taxes

THESE PACKAGES DO NOT INCLUDE: meals that are not indicated, tips, personal expenses and travel insurance

N.B. Lodging on May 18th, 19th and possibly on May 23rd is at your own cost. Make sure to book in advance. For the 18th and 19th, you can still take advantage of the special price of the conference at Château Bromont. If you book elsewhere, please advise us.

Registration procedures:

By mail, send international money order in Canadian funds along with your registration form to: Voyages Momentum, 1695 boul. St-Joseph est, suite 100, Montreal, Qc, H2J 1N1, Canada:

- Deposit of 25% per person, non refundable, at the time of reservation
- Payment of the balance: 50 days before departure.

By credit card, go online (on the secure Paypal site): complete payment at the time of registration. Please send registration form by mail or by e-mail at: info@spiritours.com

For cancellation policy please refer to the Terms and conditions.

REGISTRATION FORM

Surname : _____ First name : _____
Profession : _____
Address : _____
City : _____ Province or State : _____ Postal code : _____
Phone # (home) : _____ Phone # (work) : _____
E-mail : _____
Date of birth : _____ Passport number : _____

() TOUR 1: TOUR OF MONTREAL, MAY 19TH, 2008

() TOUR 2: QUEBEC & NORTH SHORE, MAY 20-23, 2008

Package with one night in Tadoussac and one night in Pessamit : _____ OR package with two nights in Tadoussac : _____

() I would like to share my room with someone else :

Travel companion : _____

() I would like a private room. (supplement : 140\$ _____ with last night in Pessamit (camping in traditional tipi) OR 335\$ _____ for 2 nights in Tadoussac)

Person to contact in case of an emergency : Nom : _____

Phone number : _____

How did you hear about us?: _____

Travel insurance (Blue-Cross), for visitors in Canada:

- Medical insurance : \$ 25.00 (0-49 y.o.) \$ 33.00 (50-64 y.o.) \$46.00 (65-69 y.o.) : _____
- Regular package (medical, trip cancellation for 700\$ and luggage insurance) : \$56.79 (0-49 y.o.) \$59.97 (50-64 y.o.) \$ 71.69 (65-69 y.o.) _____
- Regular package excluding medical insurance : \$43.79(0 - 49 y.o.) \$ 46.97 (50 - 64 y.o.) \$ 55.69 (65 - 69 y.o.) _____
- I do not wish to purchase any travel insurance: _____

If you are over 70 y.o. and wish to purchase an insurance, please contact us.

Your signature implies that you have read the **Terms and Conditions** of **Voyages Momentum**.

Date : _____ Signature : _____

Please send this form to the following address : **Voyages Momentum**, 1695 boul. St-Joseph est, suite 100, Montreal, Qc, H2J 1N1, Canada





TERMS AND CONDITIONS

Important notice : Your booking for these vacations involves an agreement between you and those who provide the services. Please read all the information on this page since it sets out the conditions covering the travel and other services offered.

BOOKING

Upon signing your registration form a deposit of 25% of the total price is payable to **Voyages Momentum** with an international money order or by personal check (Canada only). This deposit does not include health, baggage or trip insurance. The balance is due no less than 50 days from departure. The tour operator reserves the right to cancel your booking if payments are not received within 5 days after their due date.

CANCELLATION CHARGES

If you intend to cancel, notify your representant immediately. Cancellation charges will apply based on the date the tour operator receives notice of cancellation.

60 days and prior : 25% of total price
60 to 45 days before departure : 50% of total price
Less than 45 days before departure : no refund

Changes to a Booking : A passenger wishing to make a change to the original booking must notify the Tour Operator outside of 50 days prior to departure. An administration charge of \$50 per booking will be levied for such changes. Changes within 50 days of departure will not be accepted and will be considered as a cancellation.

INSURANCE

We suggest that you take a trip cancellation or interruption insurance in case of sickness, hospitalization, death of the covered person or a member of his family, a disaster (fire, flood, etc.), loss of employment or another major reason.

SPECIAL REQUESTS

Special requests, for example, room locations, adjoining rooms, bed preferences, in-flight meal requirements, in-flight seating requirement... cannot be guaranteed by **Voyages Momentum**. While the Tour Operator will attempt to accommodate such special requests, the Tour Operator cannot be held responsible if such special requests cannot be fulfilled.

DOCUMENTATION

It is the passenger's responsibility to obtain, at his own expense, all documentation required by all relevant government authorities. It is suggested that prior to departure, the passenger ascertains the documentation required. In the event that the passenger does not possess the documentation required by the destination or the carrier, the carrier reserves the right to refuse passage.

FLIGHTS AND CARRIERS

All flight times, flight itineraries and carriers are subject to change with or without prior notice. We recommend that you contact the airline within 24 hours of departure to confirm your departure time. Flight check-in opens two hours and closes 30 minutes prior to departure. The Tour Operator recommends that you check-in 2

hours prior to departure. The tour operator cannot be held responsible if you miss your flight or are denied boarding.

BAGGAGE

Each person is entitled to two normal sized pieces of checked luggage. Weight restrictions vary between 10 and 32 kilos per person, consult your airline prior to departure. **UNLESS INSURED, ALL BAGGAGE REMAINS AT THE OWNER'S RISK THROUGHOUT THE TRIP.**

REFUNDS

NO REFUNDS OR ADJUSTMENTS WILL BE MADE FOR PORTIONS OF THE TRIP OR ATTENDANT SERVICES NOT TAKEN OR USED.

INCREASE IN COSTS

The costs are dependent on fuel costs, rates of exchange, taxation and other factors. Should these costs increase, the Tour Operator reserves the right to increase the price.

COMPLIANCE

The passenger agrees to comply with any reasonable instructions issued by the Tour Operator or its representative relating to the tour. The passenger waives any claim against the Tour Operator for loss, damages or injury for any reason or by any result of the rendering of any of the services included.

TOUR OPERATORS RESPONSIBILITY

The tour Operator makes arrangements with airlines, local tour operators, wholesalers, hotels, coach companies, and other independent parties to provide you with the travel services and other services you purchase. Although the Tour Operator takes great care in selecting these suppliers, the Tour Operator is unable and does not have any control over them and therefore cannot be responsible for their acts or omissions. The Tour Operator shall not be responsible for any loss, damage or injury, whether physical or mental, resulting from any delay, substitution of equipment, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors, or for any claims for such loss, damage, or injury, or from any cause that arises by reason of actions of parties other than the Tour Operator.

EXCLUSION FORM
RELATING TO PRE-EXISTING CONDITIONS
(individual)

You must fill this form in order to be eligible to the insurance.

Have you consulted a physician, were you hospitalised, did you receive any treatment or were you advised to do so, were you prescribed medication, or was there a change of dosage in the 3 months prior to the effective date of coverage(1).
o YES o NO

If yes, specify condition : _____
Condition declared not covered

(1)Effective date of coverage

1. Hospital and Medical benefit, Accidental Death or Dismemberment benefit, Air Flight Accident benefit and Baggage benefit : Departure date
2. Trip cancellation or Interruption benefit : Date of application

IMPORTANT

If the participant becomes sick between the date on which the insurance was bought and the departure date, this sickness will not be covered during the trip.

Client's Signature : _____ Date: _____

If your answered YES to any of the questions, that condition is not covered. You have the option of having a medical questionnaire completed by your attending physician. If the medical questionnaire is ACCEPTED, that condition is COVERED.

Complete only if you answered yes to the question above

Name: _____

Phone number (home) : _____

MEDICAL INSURANCE

Summary of the risks covered :

- Ø Hospital cost for ward accommodation
- Ø Drugs prescribed as part of emergency treatment
- Ø Dental care following an accident
- Ø Ambulance services
- Ø Repatriation to domicile
- Ø Subsistence allowance (\$150 per day - maximum : \$3000)

TRIP CANCELLATION INSURANCE

Summary of the risks covered :

- Ø Sickness, hospitalisation, death
- Ø Being quarantined
- Ø A disaster which renders the principal residence uninhabitable
- Ø Missed correspondence due to a mechanical failure, an accident, bad weather
- Ø Refusal of the visa application of the covered person (under certain conditions)
- Ø Involuntary loss of employment (full-time employment for more than one year)

For more details on the risks covered, ask your group leader for the insurance contract.

Summary of the risks not covered :

- Ø The sickness had been diagnosed when the insurance was purchased.
- Ø The treatment or surgery had been recommended before the insurance was purchased.
- Ø You decide not to take the trip anymore.

BAGGAGE BENEFIT

Summary of the risks covered :

- Ø Loss or theft of your baggage during the trip (up to 500\$)
- Ø Damage to your baggage during the trip (up to 500\$)
- Ø In the event the checked baggage is delayed by the carrier for 12 hours or more on the way to destination and before returning to the point of departure, the Insurer will reimburse up to 250\$ for the purchase of necessary toiletries and clothing.