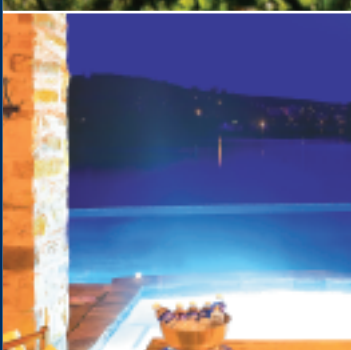
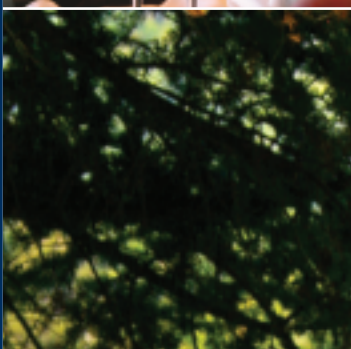




Quintessence

TREMBLANT SUR LE LAC



ACTIVITIES • TRANSPORTATION • BABYSITTING • BEAUTY TREATMENTS • RESTAURANT RESERVATIONS
AND SO MUCH MORE...

BIKE & IN-LINE SKATE RENTAL • DISCOVER THE TREMBLANT AREA THROUGH A NETWORK OF CYCLING TRAILS THAT COVERS A WIDE VARIETY OF TERRAIN AND A BREATHTAKING ARRAY OF PICTURESQUE SCENERY.

PARCOURS AVENTURE • TRY THIS SENSATIONAL AERIAL ADVENTURE WITH ZIP LINES STRUNG 25 TO 75 FEET HIGH IN THE TREES. (PARTICIPANTS MUST BE AT LEAST 1.10 METRES – 3' 6" – TALL.)

ATV TOUR • CHALLENGE NATURE AND ITS PRISTINE LANDSCAPES. ENJOY AN ATV (ALL TERRAIN VEHICLE) RIDE ON BEAUTIFUL LAURENTIAN TRAILS. (2 HOUR TOUR, VIP OR GROUP)

NAUTICAL CENTRE • EXPLORE LAKE TREMBLANT AT YOUR OWN PACE AND DISCOVER THIS UNIQUE RESORT OASIS. WHETHER YOUR TASTE RUNS TO A PEDAL-BOAT, CANOE, KAYAK, PONTOON BOAT OR SAILBOAT, LET LAC TREMBLANT'S GENTLE WAVES CRADLE YOU AS YOU ENJOY THE BEAUTY OF THE SHORELINE AND THE ISLANDS. IF YOU PREFER AQUATIC THRILLS, LAKE TREMBLANT IS THE IDEAL SPOT FOR WATERSKIING, WAKEBOARDING AND SURFING. COME AND CHALLENGE THE WAVES!

HELICOPTER TOUR • SEE THE NATURAL BEAUTY OF THE LAURENTIAN MOUNTAINS WITH AN UP-CLOSE VIEW BY HELICOPTER.

HIKING • DISCOVER THE HIGHEST PEAK IN THE LAURENTIANS ON 12 TRAILS (FROM 1 KM TO 20 KM ROUND TRIP) FOR HIKERS OF ALL LEVELS. ENJOY SPECTACULAR VIEWS AT EVERY TURN.

ROCK CLIMBING • EXPERIENCE AN UNFORGETTABLE THRILL IN AN ENCHANTED SETTING WITH BEAUTIFUL PANORAMIC VIEWS. (FULL DAY AND HALF DAY CLIMBS ARE AVAILABLE.)

RAFTING • CHALLENGE YOURSELF AND DESCEND THE TUMULTUOUS RED RIVER (RIVIÈRE ROUGE) BY RAFTING WITH A CERTIFIED GUIDE. (FULL DAY, HALF DAY AND FAMILY TOURS ARE AVAILABLE.)

FISHING • COME AND DISCOVER FISHING AND THE BEST-KEPT SECRETS OF MAGNIFICENT LAKE TREMBLANT WITH A CERTIFIED LOCAL GUIDE. DISCOVER FLY-FISHING OR IMPROVE ON YOUR TECHNIQUE ON THE DEVIL'S RIVER (RIVIÈRE DE LA DIABLE) OR DURING A BACK-COUNTRY ADVENTURE.

NATIONAL PARK • RECONNECT WITH NATURE IN THE LARGEST PROVINCIAL PARK IN QUEBEC. LET NATURE'S MAGIC REVIVE YOUR SOUL. MANY ACTIVITIES ARE AVAILABLE, INCLUDING CANOEING, HIKING, BICYCLING AND MORE.

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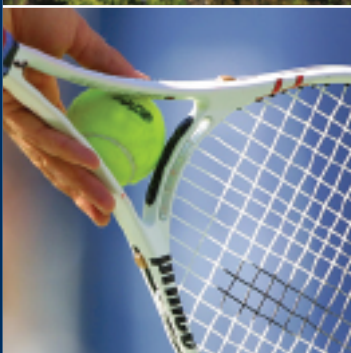
TENNIS • André Lemaire, director of the Academy, with over 25 years of teaching experience, is the only coach in Canada who brought athletes to win at Wimbledon and Roland-Garros. Discover a superb complex of 13 world-class clay courts.

CANOEING & KAYAKING • Discover the glorious scenery and secluded beaches of the Mont-Tremblant region. Try a canoe or kayak descent of the Red River (Rivière Rouge) or Devil's River (Rivière de La Diable).

SKYDIVING • The ultimate adrenaline rush! Free-fall using a wing-type parachute. (Minimum 16 years of age)

ALPINE LUGE • These non-motorized carts will thrill young and old alike. Rain or shine, this safe seasonal activity is great fun for the whole family.

GONDOLA • Take a ride on the panoramic gondola to the highest peak in the Laurentians and discover Mont-Tremblant's spectacular views and the wide range of activities at the summit.



GOLF COURSES

LE MAÎTRE • Designed by Fred Couples, this 7,069-yard course offers over 260 acres of scenic river-front that includes dramatic elevation changes, glorious vistas, and mature forests along with incomparable service. (Par 72)

LE MANITOU • A new executive 3,400-yard course of championship calibre built in a magnificent setting along the Devil's River (Rivière de La Diable), in a pine forest interspersed with marshes and sand dunes. (Par 58)

LE DIABLE • Host of the Skins games in 1999, this 7,056-yard course has a lot to offer. Magnificent Arizona-style course located alongside the picturesque Devil's River (Rivière Le Diable). For players who like to challenge themselves! (Par 71)

LE GÉANT • Two artificial lakes, 52 pristine white sand traps and cleverly designed plateaus on 6,836 yards combine to make Le Géant an exciting course! (Par 72)

LA BÊTE GRAY ROCKS • Panoramic views make this championship course memorable, its 6,825 yards surrounded by the Devil's River (Rivière de La Diable) and pine-covered plateaus. (Par 72)

LA BELLE GRAY ROCKS • A renowned 6,270-yard course that has been enjoyed for more than 79 years. A classic mountain course that appeals to every level of player. (Par 72)

ROYAL LAURENTIEN • This spectacular championship golf course located 20 minutes south of Tremblant is rated one of the top 10 courses in Québec. (Par 71)

ACADÉMIE DE GOLF • The specialized facilities and true-to-game course conditions of the Academy provide a wide range of learning and play areas with certified professionals to improve any level of play. (Various programs available.)

