

## **Discover why Quebec City is Canada's only European City!**

Capital of the Province of Quebec, which is the cradle of French civilization in North America, Quebec City lacks nothing to charm its visitors. Its architecture, pedestrian streets and fortifications unique in North America offer an extraordinary historical and cultural heritage for you to explore. Its summer festivals and winter carnival are world-renowned, and so is its gastronomy. Take advantage of your visit to Quebec City to enjoy many cultural, artistic, scientific and touristic activities of all sorts.

## **LOCATION**

Only a 2 1/2 hour drive from Montreal, a major airline hub in Eastern Canada, Quebec City is one of the oldest European establishments in North America. With its 700 000 Inhabitants, it is the first major city when sailing upstream on the St. Lawrence River which is one of the largest rivers in the world. Quebec offers a majestic view of the St. Lawrence waterway and the deep water harbour, a major commercial and tourist point of entry on the North American continent.

## **WHAT TO DO IN QUEBEC CITY**

Quebec City is located in a famous tourist area which offers many possibilities for leisure, culture, history, learning and outdoor life both on land and water. Plan to spend some extra time before, during, or after the conference, exploring the multitude of things to do and see in Quebec City, and better yet plan a trip to explore other parts of this beautiful area of Canada. For more information about Quebec City and its surroundings you may want to consult: the [Quebec City and Area](#) website and/or the [Bonjour Quebec](#) website.

## **NOT TO BE MISSED**

### **Plains of Abraham**

#### **See where Canada was born!**

Take in the Odyssey multimedia exhibition and relive the city's history from the first days of New France and the battles between the French and English forces (Montcalm-Wolfe in 1759, Lévis-Murray in 1760) until the park's creation. Battlefields Park is not only one of the world's finest city parks, it is also a lasting reminder of the site's storied past.

### **Fortifications of Quebec (National Historical Site)**

The fortifications surrounding Old Québec are close to 4.6 km in length and the only fortified city in North America north of Mexico. As you walk the walls, you'll learn about the defence system of North America's only remaining fortified city. Take a guided tour of Québec City's fortifications and admire the views. Visit the Frontenac kiosk on Dufferin Terrace as well as Artillery Park and its unique building interiors near the Saint-Jean Gate.

### **The Saint-Anne-de-Beaupré Shrine**

For many, the Sainte-Anne-de-Beaupré Shrine has been a "place of miracles" for the past 350 years. It's well worth a visit, whatever your beliefs. The shrine, **North America's oldest pilgrimage site**, attracts some one million visitors a year. Marvel at the fabulous neo-Roman style basilica with its golden statue of Saint Anne. Admire the hundreds of stained glass windows, the nave, and the valuable works of art. Come recharge your batteries at this beautiful place of worship in the splendid countryside of the Côte-de-Beaupré region.

### **Old Québec/Dufferin Terrace**

Visitors to Old Quebec soon see why UNESCO designated it a **world heritage treasure!** You'll love Château Frontenac (the world's most photographed hotel), the centuries-old architecture, and the historic sites. The friendly atmosphere and affable locals add to the European charm. Whatever the time of year, you'll find horse-drawn carriages, street entertainers, singers, and artists, particularly at Old Québec's own open-air art gallery, Rue du Trésor. High atop Cape Diamond, stroll along the **Dufferin Terrace** overlooking the St. Lawrence River and the surrounding area.

Walk around **downtown Quebec**: Quebec is truly a unique land in North America; unique for its geography, its history and its culture, which together have forged its bold and exuberant identity.

The **Parc de la Chute-Montmorency** is a year-round destination of choice for nature lovers at the city's doorstep!

You may also want to drive to the large island: **Ile d'Orléans**, which is a famous feature on the St. Lawrence River.

**Observatoire de la Capitale:** Located on the 31st floor of the Marie-Guyart building, it is the highest observation point in the city.

#### **Extended Tours**

For any other extended tours you would like to plan during your stay in Quebec City, you may want to visit the following [website](#).

#### **DISCOVER QUEBEC CITY'S 'MAIN STREETS' ON FOOT...**

Surrender to the magic of Quebec City's picturesque neighborhoods and bustling shopping streets. Wherever you go, summer or winter, you'll discover enchantment at every turn.

#### **Parliament Hill**

The celebrated Grande Allée is known far and wide for its great restaurants, sidewalk cafés, trendy bars, and storied nightlife.

#### **Petit-Champlain District**

Rue du Petit-Champlain, the oldest shopping street in North America, is lined with art galleries, craft shops, and designer boutiques.

#### **Saint Roch District**

Rue Saint-Joseph features one-of-a-kind shops known for their leading-edge concepts, design, and architecture.

#### **Faubourg District**

You'll fall in love with rue Saint-Jean and its gourmet shops, bookstores, record stores, artisans, and fashion boutiques of every stripe.

#### **Montcalm District**

Avenue Cartier is known for its diversity with over 100 stores and businesses including more than 20 restaurants and bars as well as gourmet shops, trendy boutiques, and health & beauty services.

#### **Borough of Sillery**

Rue Maguire has specialty boutiques, great food shops, and friendly sidewalk restaurants.

#### **Old Limoilou**

The neighbourly feel of 3rd Avenue really stands out. Locals shop with a bag on their shoulders, stopping for a chat on their way to grocery stores, specialty shops, restaurants, cafés, and bars.

# 14th International Health Workforce Collaborative Conference

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