

Légendes d'octobre

LEGENDS OF OCTOBER

Fairmont
LE CHÂTEAU FRONTENAC

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Celebrate Fall at the Château

In October, celebrate fall at Fairmont Le Château Frontenac. Enjoy a cocooning stay in the warm and cozy atmosphere of the Château. Fill up on ideas and flavors with our themed workshops and comforting menus featuring the best of the harvests. Let yourself be immersed in the magic of the Château and live the legend.



The Magic Tree

An extraordinary activity! Entrust your dearest wishes to our magical tree enthroned in the center of the hall and let the enchantment and the magic of the Château operate!

> **How to make a wish?**

A wish sheet will be given to all guests staying at the Château as well as to all customers who complete a purchase in one of our restaurants, bar, or in the Château's shops.

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Legends of October Package

Autumn is the perfect season to let yourself be carried away by the warm atmosphere of the legendary Château Frontenac. Let yourself be enchanted by the magic of the Château and the many activities highlighting the fall season.

The package includes:

- > Accommodation for one night, based on double occupancy
- > Access to workshops such as culinary class, mixology class, wine tasting, conferences by local producers or chefs, guided walking tours, wellness activities and more!

Rates:

\$219 from Monday
to Thursday*
(taxes extra)

\$269 from Friday
to Saturday*
(taxes extra)

* Fairmont Le Château Frontenac Experience fee of 20 \$ included.
This fee will appear separately on your invoice.

* Reservation [online](#) or at 1 866 540-4460

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In October, the Château Frontenac celebrates autumn in all its forms. Themed workshops for the whole family, conferences filled with flavors and discoveries, guided walking tours of Old Quebec, activities allowing you to take care of yourself, everything has been thought out to make you experience the best of fall season.

FLAVORS

- > Mixology class for adults and magic potion for children
- > Culinary demonstrations by the chefs of the Château and renowned guests chefs
- > Wine tasting
- > Quebec Exquis special menu available at Bistro Le SAM
- > Fishing Legend Experience at the Champlain restaurant. A 5-course menu showcasing the riches of Quebec's lakes and rivers and inspired by the legends of the First Nations

DISCOVERIES

- > Conferences by local producers
- > Conference by Isabelle Fontaine (\$)
- > Once upon a tour : an exclusive guided walk animated by Cicerone



Consult complete schedule on page 10.

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LE SAM
BISTRO ÉVOLUTIF

Enjoy the harvests at the Château

Fall is a great time
to make the most of
the bountiful harvests.

Let yourself be enchanted
by the talent of
our culinary team.

Bistro Le SAM

A cozy atmosphere from noon to evening that
combines a bistro cuisine, cheese and cold
cut boards and a creative mixology.

Open from Sunday to Thursday from 11:30 a.m.
to 9 p.m. and on Fridays and Saturdays from
11:30 a.m. to 10 p.m.

QUEBEC EXQUIS MENU

Featuring local products for
the Verger Pedneault:

\$23 at lunch – 3-course menu

\$53 at dinner – 3-course menu

Verger Pedneault is a family owned
business based in Isle-aux-Coudres
that offers alcoholic beverages, jams
and syrups made from apples,
pears and plums.

Reservation at 418 692 3861 or at bistrolesam.com
Taxes and service extra

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MODAT

L'EXPÉRIENCE CUISINE DE PÊCHE



CHAMPLAIN

cuisine découverte

Champlain restaurant

A modern vision of gastronomy inspired by the respect for local products. Named Chef of the year in 2019, Stéphane Modat offers you a menu that is as surprising as it is accessible.

FISHING LEGEND EXPERIENCE

A 5-course menu by Chef Stéphane Modat showcasing the riches of Quebec's lakes and rivers and inspired by the legends of the First Nations.

Available from Wednesday to Saturday from 6 p.m. to 9 p.m.

SUNDAY BRUNCH

A creative Brunch plated offer, making you explore different flavors in five course.

Available every Sundays from 10:30 a.m. to 12:30 p.m.

* Reservation at 418 692 3861 or at restaurantchamplain.com



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1608 Bar

A must for an afternoon break, aperitif or late night drink, the 1608 Bar showcases the art of mixology in all its glory.

Our mixologists will surprise you with themed cocktails in autumn colors.

Open every day from 5 p.m. to 11 p.m.

In-Room Dining

A world of flavors served in the privacy and comfort of your room.

Available every day from 7 a.m. to 10 p.m.

Afternoon Tea

The ideal stopover in the afternoon! The Place Dufferin restaurant offers a delicious selection of LOT 35 Metropolitan teas, gourmet open sandwiches, scones served with our Devon cream and homemade jams, and sweets prepared daily by our pastry chefs.

Every Saturdays at 1 p.m. and 3:30 p.m.

* Reservation at 418 692 3861



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Autumn with our partners

Moment Spa

LE CHÂTEAU FRONTENAC

- > **Moment Spa**
Le Château Frontenac
Get 25 % off on Elixir Ice Cider treatments :
 - Elixir Ice Cider Massage, 50 minutes
 - Elixir Ice Cider Body Wrap
 - Elixir Ice Cider Exfoliation(Located at room 125 – reservation [online](#) or at 581 300 3010)



- > **Lambert & Co boutique**
Get 25 % off on fall color socks. Also, don't miss the exclusive Château Frontenac tartan collection. Find everything you need to warm up your fall !
(Located on the lobby level – 418 694 2151)



Galerie Sylvain Fortier

- > **Château Frontenac's Art gallery**
Picasso, Dali and Riopelle exhibition. Free access for guests of the hotel. Discover several pieces from Riopelle's widow and Picasso's granddaughter collections that have never been exhibited in museums.
(Located on the lobby level – 418 692 4857)

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Activities to explore around the city

Click on the titles of the activities to learn more.

9 BEST PLACES TO SEE FALL FOLIAGE

PERSONALIZED ITINERARY AT ÎLE D'ORLÉANS

Ask one of our concierges for a personalized itinerary.

OLD QUEBEC TOURS

MUSÉE NATIONAL DES BEAUX-ARTS DU QUÉBEC

QUEBEC AQUARIUM

Get special rates from our partners simply by showing your room card:

MUSÉE DE LA CIVILISATION

15 % off (reservation online prior your visit is required)

CICERONE TOURS

From 10% to 20% off

MUSÉE DES URSULINES

Get a guided tour of one of the Ursuline's district or access the Coup de Coeur walk in the Ursuline Chapel when buying a ticket for the museum.

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Isabelle Fontaine

Conference only offered in French

On Monday October 5th, we will have the pleasure to welcome Isabelle Fontaine for a conference animated by her. The conference will address the following topics: MEANING, COURAGE and RESILIENCE. Tools to take care of yourself and others during this Covid-19 marathon.

- > Activate the courage and give meaning to your work: How to put neuroscience in service of resilience
- > Covid-19, a psychological and emotional marathon: how to activate courage and resilience
- > Covid-19, a psychological and emotional marathon: how to improve resilience and perform in times of crisis.

Monday October 5th
from 9 a.m. to 4 p.m.

\$200 per person
including two coffee breaks and a lunch break (taxes extra)

* Information and reservation online at amisduchateau.ca.

* Limited places to offer on-site service that respect physical distance



Isabelle Fontaine is a speaker who has given more than 1500 presentations in more than 1000 organizations in Canada and Europe. Isabelle was a teacher at University of Quebec in Montreal and at École Polytechnique of Montreal. She has expertise in performance and influence psychology. Her lectures are filled with discoveries based on neuroscience and the neurobiology of emotions.

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Schedule of activities available each week in October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	8:30 a.m. to 9:30 a.m. Running club	7:30 a.m. to 8:30 a.m. Yoga	8:30 a.m. to 9:30 a.m. Running club	7:30 a.m. to 8:30 a.m. Yoga	8:30 a.m. to 9:30 a.m. Running club	8:00 a.m. to 9:00 a.m. Yoga
12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)	9:45 a.m. to 12:00 p.m. Guided walking tour of Old Quebec (EN)
14:00 p.m. to 14:30 p.m. Mixology class 18+ (FR)	11:00 a.m. to 13:00 p.m. Quebec-Levis excursion with a guide from Cicerone tours	11:00 a.m. to 13:00 p.m. Chair massage by Moment Spa	10:00 a.m. to 11:30 a.m. Guided walk to the Plains of Abraham	11:00 a.m. to 13:00 p.m. Chair massage by Moment Spa	10:30 a.m. to 11:30 a.m. Magic potion activity for children	10:00 a.m. to 11:30 a.m. Guided walk to the Plains of Abraham
15:00 p.m. to 15:30 p.m. Mixology class 18+ (EN)	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	11:00 a.m. to 13:00 p.m. Quebec-Levis excursion with a guide from Cicerone tours	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)
19:00 p.m. to 20:00 p.m. Il était un tour (FR)	14:00 p.m. to 14:30 p.m. Mixology class 18+ (FR)	14:00 p.m. to 14:30 p.m. Mixology class 18+ (FR)	14:00 p.m. to 14:30 p.m. Mixology class 18+ (FR)	14:00 p.m. to 15:00 p.m. Wine tasting 18+	12:45 p.m. to 15:00 p.m. Guided walking tour of Old Quebec (FR)	15:00 p.m. to 16:00 p.m. Wine tasting 18+
20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	15:00 p.m. to 15:30 p.m. Mixology class 18+ (EN)	15:00 p.m. to 15:30 p.m. Mixology class 18+ (EN)	15:00 p.m. to 15:30 p.m. Mixology class 18+ (EN)	15:00 p.m. to 16:00 p.m. Culinary demonstration with a guest chef	14:00 p.m. to 15:00 p.m. Wine tasting 18+	19:00 p.m. to 20:00 p.m. Il était un tour (FR)
	16:00 p.m. to 17:00 p.m. Yoga	15:00 p.m. to 16:00 p.m. Culinary demonstration with a guest chef	16:30 p.m. to 17:00 p.m. Culinary demonstration with Maxime Albert	19:00 p.m. to 20:00 p.m. Il était un tour (FR)	15:30 p.m. to 16:30 p.m. Culinary demonstration with Joel Lahon	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)
	16:30 p.m. to 17:00 p.m. Culinary demonstration with Frederic Cyr	19:00 p.m. to 20:00 p.m. Il était un tour (FR)	19:00 p.m. to 20:00 p.m. Il était un tour (FR)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	19:00 p.m. to 20:00 p.m. Il était un tour (FR)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)
	19:00 p.m. to 20:00 p.m. Il était un tour (FR)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)	
	20:00 p.m. to 21:00 p.m. Once upon a tour (EN)					

Limited places. Reservation required for each activity. Consult one of our staff member to register for the activities of your choice.

The meeting point for each activities is under the blue flags, in the lobby. Please arrive 5 minutes before the scheduled time.

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Featured activities

October 2nd 14:30 à 4:00	Floral workshop with Josée Gagné from Fleur d'Europe	Discover the best secrets and inspirations from the official florist of the Château Frontenac.
October 4th 10:30 a.m. to 11:30 a.m.	Children activity	Pirates theme
October 7th 3 p.m. to 4 p.m.	Culinary demonstration by Stéphane Modat	Chef of the Château Frontenac's restaurants and awarded Chef of the year in 2019
October 14th and 16th 3 p.m. to 4 p.m.	Culinary demonstration by Helena Loureiro	Chef and owner of the Portus 360 and Helena restaurants, restaurants serving fine Portuguese cuisine
October 21st 3 p.m. to 4 p.m.	Culinary demonstration by Jean-Luc Boulay	Chef of the Saint-Amour restaurant. An essential address in Old Quebec, the Saint-Amour restaurant combines tradition and modernity on a daily basis.
October 23rd 3 p.m. to 4 p.m.	Culinary demonstration by François Hugues et Émeline Péro	Executive chef and sous-chef of the Saint-Amour restaurant. An essential address in Old Quebec, the Saint-Amour restaurant combines tradition and modernity on a daily basis.
October 28th and 30th 15h et 16h	Presentation by Catherine and Anne Monna	Liquorists and owners of Cassis Monna et filles
Sundays October 11th, 18th and 25th 10:30 a.m. to 11:30 a.m.	Pumpkin decoration	Come and transform your pumpkin into a witch, a funny character or an animal ... Let your imagination run wild!
Every Tuesdays 4:30 p.m. to 5 p.m.	Culinary demonstration with Chef Frederic Cyr (culinary Director)	The reputation and the excellence of the Château Frontenac table is well established. Meet the enthusiasts who cook amazing meals every day. Discover each person's personality and their best secrets.
Every Thursdays 4:30 p.m. to 5 p.m.	Culinary demonstration with Chef Maxime Albert (banquet and caterer Chef)	
Every Saturdays 3:30 p.m. to 4:30 p.m.	Culinary pie demonstration with our pastry chef Joel Lahon	
Every Fridays from 2 p.m. to 3 p.m.	Wine tasting with Zsombor Mezey, Master Sommelier of the Château Frontenac	The Château's wine cellar conceals treasures from all over the planet, including several exclusively selected cuvées. Discover the distinctive products of the Château by a wine lover.
Every Saturdays from 2 p.m. to 3 p.m.		
Every Sundays from 3 p.m. to 4 p.m.		
Every day 7 p.m. to 8 p.m. (FR) 8 p.m. to 9 p.m. (EN)	Once upon a tour: an exclusive guided tour animated by Cicerone	Let yourself be carried away by the hectic stories of a colorful character straight out of local tales and legends! Beginning with the October legend of the Château Frontenac, this tour will take you to the heart of Old Quebec, following the stories and tales that have marked the Quebec imagination, for a legendary tour!

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