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[Quebec Tourism comes to Toronto...Emirates Air has Toronto anniversary](#)



Jim Byers is the Star's Travel Editor.

Tourisme Quebec brought la belle province to Toronto's Distillery District Tuesday with a display of what to do in Quebec this summer. Here's a report from Star staffer Lorianna De Giorgio.

"Montreal, Quebec City, Laurentian, Eastern Townships, Saguenay-Lac-Saint-Jean, Le Quebec maritime and Outaouais regions were all represented at Archeo Trattoria with the day's theme



being the St. Lawrence River (see photo) and all what the waterway and surrounding areas have to offer.

Everything from biking around Lac Saint-Jean to a stay at the [Manoir Hovey](#), a luxury lakeside resort in the Eastern Townships, it was evident that Quebec is much more than just a weekend trip to Montreal.

'It has a rich culture. It offers a real feel for what is Quebecois,' says Nancy Donnelly, media relations agent for the Saguenay-Lac-Saint-Jean region.

The region is home to a multitude of outdoor adventures for the nature lover, including cruises, kayaking and sailing trips along the Saguenay Fjord, a narrow inlet connecting Lac Saint-Jean with the Saint Lawrence. Similarly, the Outaouais region has a mix of indoor and outdoor activities with cycling trips, sightseeing adventures and national history relics. Not to be ignored, the Quebec Maritime region is home to stunning views of the river and the province's coastal regions, as well as walking, cycling and rock-climbing day trips.

With all the outdoor fun, the province has a healthy supply of spas. Montreal recently welcomed the arrival of [Bota Bota](#), a spa inside an old ship stationed in the city's Old Port. But don't think Pirates of the Caribbean. Instead le spa-sur-l'eau offers visitors views of the city and river while indulging in facials, massages and pedicures.

The Laurentian region, known as 'Montreal's backyard' and just a 20-minute drive from downtown Montreal is home to 35 distinct spas. One that particularly stands out is [L'Oasis De L'Île](#), a decadent spa in Saint-Eustache.

If spas aren't your thing, each region is home to a number of summer festivals. Visit www.bonjourquebec.com for more details."