



Quintessence

TREMBLANT SUR LE LAC

RESORT HOTEL

HOTEL QUINTESSENCE

SUMMER SEASON
2020

Our concierge team is always on the lookout for new ideas to make your stay with us more enjoyable in the current circumstances:

PERMITTED ACTIVITIES

STARTING MAY 20

CORONAVIRUS (COVID-19)

TO LIMIT THE RISK OF SPREADING THE VIRUS, ACTIVITIES WILL RESUME IN ACCORDANCE WITH THE GUIDELINES ISSUED BY THE PUBLIC HEALTH AUTHORITIES.

Non-organized individual leisure activities

- › Jogging
- › Scuba diving and snorkeling (outdoors)
- › Hiking
- › Whitewater and still water canoeing and kayaking
- › Kitesurfing
- › Paddleboarding
- › Surfing
- › Rock climbing
- › Horseback riding (outdoors)
- › Day fishing

Non-organized outdoor recreational sports activities carried out individually or in pairs, without physical contact and with limited or no access to sanitation facilities

- › Track and field (outdoor running and throwing events)
- › Rowing (singles only)
- › Speed canoeing and kayaking (singles only)
- › Outdoor cycling
- › Golfing
- › Sea kayaking
- › Open water swimming (lakes)
- › Rollerblading on streets, bike paths or tracks
- › Roller skiing
- › Outdoor tennis (singles only)
- › Triathlon (open water swimming only)
- › Sailing (single rider only)

[Québec.ca/recovery](https://quebec.ca/recovery)

Votre gouvernement

Québec

We are currently updating our Activity Guide in to help you enjoy the very best of the Laurentians while living the Quintessence experience..

On this day, we can book the following activities for you:

- Nautical Activities (Waterskiing, boat rental, kayak et canoeing, paddle boards, etc.)
- Tennis (Académie de tennis André Lemaire)
- Bike rentals
- Access to the Mont-Tremblant National Park
- Golfs (Le Maître, Le Diable, and more)
- Helicopter rides

Do not hesitate to write to us at concierge@hotelquintessence or call us at 1-866-425-3400 (or 819-425-3400), it will be a pleasure to hear your voice.

Looking forward to welcoming you back very soon.

Quintessentially yours,
Q team