

Heart Cycle Bicycle Touring Club Montreal to Quebec, Canada

- Dates:** Orientation meeting 8pm, Saturday, August 15, 2026. Riding Sunday, August 16 – Saturday, August 22, with departure on Sunday, August 23 (lodging last night included)
- Leaders:** Jim Schroeder and Marilyn Choske, with assistance from Kathleen Cook; **SAGs:** Mayoma Pendergast and Kathleen Schindler
- Miles:** 400 miles with 15,000 feet of elevation gain. 30-mile ride offered on the optional day off
- Rating:** Intermediate-Advanced. The tour includes metro riding, so familiarity with all types of bicycling facilities is a must. Other considerations are as follows: 20 miles of fine gravel on the popular Le P'tit Train du Nord; 2 days of riding steep terrain in the ski country of Quebec; and 2 days of flat riding but in the 80-mile range.
<https://www.heartcycle.org/tour-ratings>
- Riders:** 30
- Price:** \$2,100 (double occupancy). \$500 due at registration. Balance due by May 17, 2026. Single supplement \$3,100.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

Quebec offers a fantastic and diverse landscape for cyclists, from the bustling cityscapes of Montreal and Quebec City to tranquil countryside and challenging mountainous terrain. The province's extensive network of bike paths, including the renowned Route Verte system, makes it a premier destination for two-wheeled exploration.

You will experience a European vibe with French being the official provincial language. Don't worry, though, most residents are bilingual! Quebec is nearly

three times the size of Texas, so to cover as much as possible, the tour will be a one-way tour.

TRAVEL & LODGING

This tour will start in Montreal and end in Quebec City. Both cities have large international airports serviced by the USA's big three: American, Delta, and United. Air Canada partners with United and flies to and from most large USA airports. So, the airport codes to know are YUL (Montreal) and YQB (Quebec City). For entry into Canada, a valid U.S. passport is required for U.S. citizens.



A Lyft would take about 30 minutes to get from Montreal Airport to our Le Centre Sheraton hotel. A direct shuttle bus (**747**) that connects the airport with the downtown Lionel-Groulx Station leaves the airport every 10 minutes and takes about 30 minutes. A Lyft to Le Centre Sheraton from there would be about 10 minutes.

A light-rail system will get you halfway from Delta Hotel at Rene/-Levesque Blvd to Quebec City Airport, from there, you'd need to take a Lyft the rest of the way to the airport, around an hour total. A direct Lyft to the airport would be about a half hour.

BIKE RENTAL INFO

If you are considering renting a road bike or e-bike, reserve early. We suggest one of the following:

- Ca Roule Montreal – Argon road bike (caroulemontreal.com / +1 514-866-0633)
- Ma Bicyclette – gravel/road bike (mabicyclette.ca / +1 514-317-6306)
- Davelo – high-performance road bike and e-bike (booxi.com / +1 514-937-8888)

A Penske truck will be rented in Montreal to carry our luggage, bike boxes, and bicycles on a couple of shuttles in Quebec City to avoid an unsafe bridge to

I'le d'Orleans. The Penske will also transport any rental bikes back to Montreal.

ITINERARY

Day 0: Saturday, August 15, 2026

Orientation meeting 8pm, Le Centre Sheraton Montreal Hotel, 1201 René-Lévesque Blvd W, Montreal, Quebec H3B 2L7, Canada.

Day 1: Sunday, August 16

Montreal loop – A world-class biking city

38 miles and 1207 feet of elevation gain

Montreal is a hub of cycling culture, consistently ranked as one of North America's most bike-friendly cities. With over 1,000 km of bike lanes, including the growing Réseau express vélo (REV)



of traffic-separated lanes, getting around the city by bike is easy and safe. We will be staying at Le Centre Sheraton in downtown Montreal. The happening street is Saint Catherine Street, and Saint Paul Street is a mile away in Old Montreal.

We first visit old Montreal, then cross the St. Lawrence River to I'l St Helene and I'l Notre-Dame where remnants of Expo 67 still stand, and the Formula 1 Grand Prix is open to recreational and competitive cyclists. We head back to the mainland for lunch at the start of the Lachine Canal, then north along the canal with a final climb up Mont Royal. The climb is worth it to experience this view of the skyline!

Day 2: Monday, August 17**Montreal to Saint-Agathe-des-Monts**

72 miles and 2555 feet of elevation gain

Our second day goes north to suburbia and up to the start of Quebec's ski country. While known for their winter sports, the mountainous regions north of Montreal also offer excellent cycling opportunities. Bike paths and bike highways are still abundant in the suburbs, and this stretch features the Route Verte biking system, Route Verte 1 and Route Verte 2.



At our lunch stop in Saint-Jerome, we will be on the popular Le P'tit Train du Nord with 20 miles of it on a fine gravel trail. This 72-mile gradual climb is thanks to the old railroad grades up to Saint-Agathe-des-Monts where we will stay at the only hotel, a very nice Super 8. Le P'tit Train or "petit train" refers to the small, local trains that once ran on the line.

**Day 3: Tuesday, August 18****Saint-Agathe-des-Monts to Auberge Val St-Come**

66 miles and 4003 feet of elevation gain

We start today entirely on the paved Le P'tit Train du Nord to a quaint train station trailhead. Then the climbing begins in Mont-Tremblant National Park. This ski resort area is a

destination for mountain biking and fat-biking.

We'll stick with the road biking, and the grades will remind you very much of Colorado with a hint of the eastern Appalachians. Not many services out here, and this just might be the area that a little French might come in handy. Don't worry, we'll have a few bilinguals on the tour! Lunch is definitely in the middle of nowhere. We'll go through a couple of mountain villages, and then to our off-season ski chalet-hotel. Group dinner tonight!

Day 4: Wednesday, August 19
Auberge Val St-Come to Trois
Rivieres

*81 miles and 2186 feet of
elevation gain*

Today's long ride is mostly a descent down the St. Lawrence River to Trois Rivieres.



At Louiseville, we head east on the Chemin du Roy or The King's Highway for you, Anglophiles! This was the first road that linked Montreal with Quebec City and quite revered in Quebec with all its crowned blue signage and historical sites. Trois Rivieres is our destination with another fine Delta Marriott hotel.



Day 5: Thursday, August 20
Trois Rivieres to Quebec City

*86 miles and 2990 feet of elevation
gain*

An essentially flat ride for the first 60 miles, we religiously follow Chemin du Roy. Make sure to take note of all the majestic Catholic churches along the way!

One may have to pray for some energy for the finish up to the walled city of Quebec! But before that final climb, we ride on the Promenade Samuel-De Champlain along the St. Lawrence River, then the climb up to the Plains of Abraham, which the British charged up many times to finally end the French and Indian War of North America.

Day 6: Friday, August 21
Quebec City

Rest day!

Finally, our well-deserved day off in the heart of Quebec City. Make sure to check out governmental buildings in front of our hotel and the hopping St Jean



area a couple of blocks behind. If you still want to ride some, I've got a 30-mile "revenge ride" (with 1541 ft of climbing) for you. Riding down from the Plains of Abraham, then the Promenade Samuel De-Champlain before crossing the river to the bedroom communities through parks and a waterfall.

The town of Levis features a historic British fort uphill, and I suggest a well-deserved lunch at the Corsaire de Pirate before you ferry back to Quebec City observing all its grandeur.

Day 7: Saturday, August 22

Quebec City

55 miles and 1900 feet of elevation gain

Today, we will shuttle from the hotel via bus to avoid riding over an unsafe bridge to l'le d'Orleans, a cycling paradise with a tranquil, countryside feel. Stunning views of the city and a quiet circumnavigating highway allow cyclists to stop at artisanal shops, vineyards, and many a fruit stand.



Forty miles of riding and everyone will know the French words for strawberries and sweet corn. We then have lunch before we shuttle back to the upper entrance of Chutes Monmorency. "Chutes" is French for "Falls"! This part is much quieter than the hustle and bustle of the main entrance but gives you some great downstairs viewpoints and an opportunity to hike down to the suspension bridge over the falls. A zipline is available for those adventurous ones! We then scream down beside the main entrance and follow the Corridor du Littoral bike path and the Riviere St Charles bike path on both sides before we make the final assault through narrow streets up to our hotel.

Day 8: Sunday, August 23

Departure day. Safe travels!

SPECIAL NOTES:

- For those traveling from the Denver metro area, the Sprinter will be available to transport bicycles. A lottery may be needed if demand exceeds available space. Due to the distance, the roundtrip cost of transporting your bicycle will be \$300. Transport of bicycles across the U.S.-Canadian border will require forms to be completed including serial numbers and signed affidavits that every bike is for personal use.
- Electric bicycles, please read the e-bike restrictions and guidelines on the HeartCycle website → Selecting a Tour and E-bike guidelines: <https://www.heartcycle.org/selecting-a-tour>.
- 28-mm (or wider) tires are recommended due to city riding and 20 miles of gravel path riding on day 2. Bring a bike lock if you plan to investigate the cities on your own.
- MANY cyclists will be in the metro areas. We have adopted bright flagging-type ribbons to attach to your seatpost to enable our SAGs to better identify you as a HeartCycle rider. Of course, if you still have and will wear one of the old HeartCycle safety triangles, that will work too.

For more information contact:

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