

DUCHESNAY

SCHOOL ACTIVITIES
2020-2021

Information and Booking

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140, montée de l'Auberge

Sainte-Catherine-de-la-Jacques-Cartier (Québec) G3N 2Y6

aubergeduchesnay.com

How to get here

From Highway 40, take exit 295 to Sainte-Catherine-de-la-Jacques-Cartier. Follow Route 367, cross the town of Sainte-Catherine and go up the hill, then take the first left (Route Duchesnay). From there, drive about 2 km. The Station is on the right.

Photos: Stéphane Audet, Steve Deschênes, Mathieu Dupuis, Jonathan Robert, Jean-Pierre Huard, Luc Rousseau.

WELCOME!

In order to ensure the safety of our participants, as well as our employees, we have adapted our activities to the current situation. We are delighted to be able to offer you a safe environment while allowing room for the personal development of youth. We believe that during this difficult time, it is important to continue to have fun outdoors and to enjoy the joys of nature.

Our guides will be happy to explain to you the new guidelines established for each activity, but in order to prepare you well, here is a brief summary of the measures:

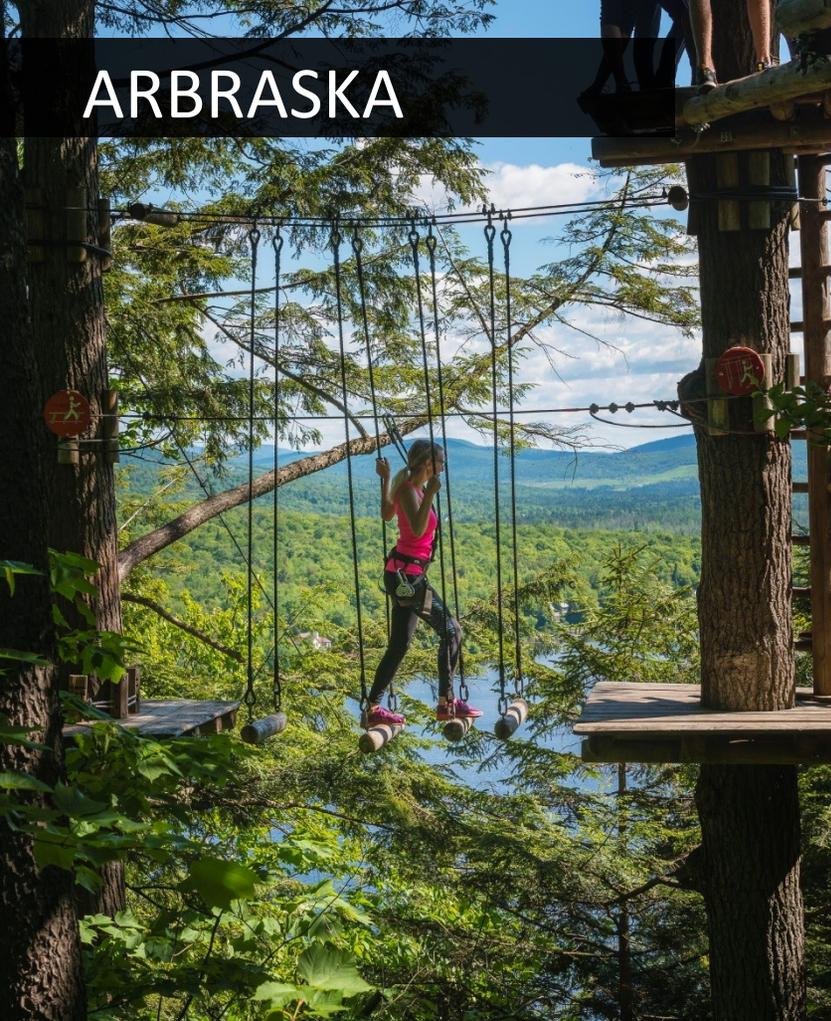
- For team activities, the necessary material will be distributed to only one person per team, this person will be responsible for it throughout the activity. The loan of equipment will not be allowed between participants.
- In order to facilitate compliance with instructions, we have reduced the capacity of participants per activity and increased the ratio of chaperone per group.
- We ask all participants to respect the two-meter social distancing and to disinfect their hands before and after the activity.
- For some activities, disinfection of the equipment is impossible, so we have chosen to follow public health recommendations by quarantining the equipment for a period of 72 hours between each group.

We are counting on your usual collaboration as guides to ensure that these instructions are followed throughout your visit.

Thank you and we look forward to welcoming you to the Station touristique Duchesnay!



ARBRASKA



EXPLORE. LEARN. HAVE FUN.

LIVE THE EXCITEMENT, THRILL AND OUTDOOR FUN
OF THIS TREE-TOP ADVENTURE!

- 85 challenges: monkey wires, climbing nets, suspended bridges, ziplines
- Various circuits of increasing difficulty levels: all participants can progress at their own pace
- A sporty and amusing circuit for children age 8 to 12.
- A professional patrol team is present to insure your safety

You may add other guided activities to complete your outing at Duchesnay.

Consult the last page for package prices.



Departures are every 30-45 minutes in groups of 20 participants at a time.

Jeunes lous Circuit: for students age 8-12 measuring 1.40m with arms above the head.

Duration: 1h 30min.

2 adults must accompany each group on the ground to supervise the students (free).

Junior Circuits: for students age 12-17 measuring 1.80m with arms above the head.

Duration: 3 hours

2 adults must accompany each group in the circuits to supervise the students (free).

FALL - SPRING



EXPLORE. LEARN. HAVE FUN.

LAKE PIRATES

Grab your oars, shipmates! Aboard a rabaska canoe, you'll navigate the water of Lake St-Joseph in search of the fearsome pirate Jack Rackham's treasure. With much courage and cleverness, you must solve the puzzles to find the secret spot.

For students age 5 to 10. Three adults required for this activity. Availability: June 1st to September 30th.

KAYAKING

Learn how to manoeuvre this versatile boat by yourself or in tandem. Short training of the basic techniques followed by a tour of the small bay on Lake St-Joseph. A guide is on the lake to supervise your group. *For students age 8+.*

Availability: June 1st to September 30th.

COUREUR DES BOIS

Interested in bartering, setting traps and paddling in a flying canoe? Then you're ready for the grand adventures of the Coureurs des bois! More than ever, you'll need your teammates to get across the obstacles of the Fur Trade route. Find the right route on the map, shoot the bear and the Duchesnay post might just hire you as a Voyageur! *For students age 8 to 12.*

WILDLIFE PATROL

Do you know much about animals and protecting the environment? Do you enjoy solving problems and investigating? Can you count bird eggs without using your fingers and complete the challenge course? If so, then this wildlife mission is for you! *For students age 5 to 8.*

RACE CARS INDOOR ACTIVITY

Each team will only have a few minutes to assemble a self-propelled race car. You have to figure out the operating principles and establish an assembly strategy. A period of free trials will allow your team to make the necessary adjustments prior to the final races. May the best team win! *For students age 13+.*

Activity available in the evening only.

WHAT'S THE TIME, Mr. WOLF? INDOOR ACTIVITY

Have you ever heard wolves howling at the moon? Since the dawn of time, men have been fascinated by this mysterious wild animal, too often considered dangerous. Be part of the pack and discover the wolf's universe during an interactive talk and outdoor games or crafts. *For students age 5 to 10.*



FALL - SPRING



EXPLORE. LEARN. HAVE FUN.

#FORESTGPS

Think you know a lot about flora and fauna? This geocaching activity will send you on a quest through the Duchesnay forest to find out! Using a GPS and a map of the area, you'll leave the beaten path. Will your team be up to the challenge? Put yourselves to the test!

Mini-geocaching: for students age 8 to 12. Long course: for students age 13 +.

WILDERNESS SURVIVAL

What do you do when you're lost in the forest? In this activity, you'll learn the techniques of wilderness survival: shelter building and fire-making. Will you be able to start your fire without matches? Which team will boil water first?

For students of all ages.

THE VILLAGE

Experience the era of the early settlers with a series of challenges worthy of the past! Get ready to saw logs, grow a garden and build a church. Come and pit your courage against neighbouring villages and pocket the bonus the intendant will give you if the sweat you produce equals the labour you accomplish. *For students age 13 +.*

ARCHERY

Introduction to archery techniques. Presentation of the equipment and techniques. Come test your skills and precision during games and contests. Indoor or outdoor activity depending on the weather. *For students age 8 +.*

FIRE'S BURNING

At night fall, your guide will take you to our secret beach. On site, a campfire and games await you. Two possible ways to get there: on foot by a torch-lit trail or on water with rabaska canoes (depending on group size and weather).

For students of all ages.



WINTER



EXPLORE. LEARN. HAVE FUN.

CROSS-COUNTRY SKIING

Glide along the Centre's trails while discovering our beautiful forest. Short initiation to the basic techniques: diagonal stride, snowplough, and herringbone step. Take a short break in one of our heated huts, just enough time to observe a few hungry birds. *For students of all ages.*

HOK SKIING

Initiation to the new sport of ski-shoeing: a perfect cross between snowshoeing and skiing. Off-trail skiing in the forest and gentle or steep down-hill in a maple stand (level of difficulty adjusted according to group's ability). The Hok ski is the most versatile way of getting around the forest in the winter and is well adapted to beginners and thrill-seekers. Get ready for a lot of fun and laughter! ***Try it now!*** *For students age 13 +.*

INNERTUBE SLIDE AND RINK

Complete your school activity package with non-guided activities to fully appreciate the joys of winter. Inner tubes available on site. Bring your skates and hockey sticks for friendly games. *For students of all ages.*

Available with the purchase of a school package only.



WINTER



EXPLORE. LEARN. HAVE FUN.

ADVENTURE ON SNOWSHOES

Take in on this adventure during an interpretive hike through the habitat of various animals, among which our resident porcupines. After a dynamic slide-show, discover and learn about the tracks and signs left in the snow by animals during an off-trail excursion. Path adapted to students' age.

Winter Mysteries: for students age 5 to 9. Porcupine Adventure: for students age 10 +.

WHAT'S THE TIME, Mr. WOLF? INDOOR ACTIVITY

Have you ever heard wolves howling at the moon? Since the dawn of time, men have been fascinated by this mysterious wild animal, too often considered dangerous. Be part of the pack and discover the wolf's universe during an interactive talk and crafts or outdoor games. *For students age 5 to 10.*

THE GREAT SNOWBALL WAR

Ever heard of the popular Quebec movie The Dog Who Stopped the War? Now it's your turn to play! You'll have to defend your fort if you want to stay alive on the battlefield. To your tuques and forts... let the games begin! *For students age 7 +.*

BROOMBALL

Lets have fun in the snow with a friendly game of broomball! After a few game rules and a short practice period, you'll be ready to take on your opponents. Just like any other sport, teamwork if the key to success. Nothing better than broomball to stay warm and to have a few laughs! *For students age 10+.*

WINTER SURVIVAL

What do you do when you're lost in the forest? In this activity, you'll learn the techniques of winter wilderness survival: shelter building and fire-making. Who will build the warmest shelter? *For students of all ages.*

#FORESTGPS

Think you know a lot about flora and fauna? This geocaching activity will send you on a quest through the Duchesnay forest to find out! Using a GPS, a map of the area and snowshoes, you'll leave the beaten path. Will your team be up to the challenge? Put yourselves to the test!

Mini-geocaching: for students age 8 to 12. Long course: for students age 13 +.

TORCH-LIGHT HIKE

Follow our guide on an evening torch-lit hike of about 1.5km towards a hidden spot where a campfire and fun await you. *For students of all ages. Activity available in the evening only.*

PART-



EXPLORE. LEARN. HAVE FUN.

Along with its partners, Duchesnay is proud to offer unique activities for your school groups.

FALL - SPRING

SUPER LABYRINTH

Guaranteed fun for people of all ages! Find the centre of the wooden labyrinth and get hints along the way by answering questions during an educational and humorous rally. In total, there are 275 one-way doors! See you at the exit!

For students of all ages.



WINTER

DOG SLEDDING

Live the ultimate winter experience: a dogsledding excursion! Following a short driving course, adventure awaits you and your dog team! *For students age 6 +. A ratio of 1 adult for 10 students is required. Bus transportation to the kennel is required (2km).*



SNOW CITY

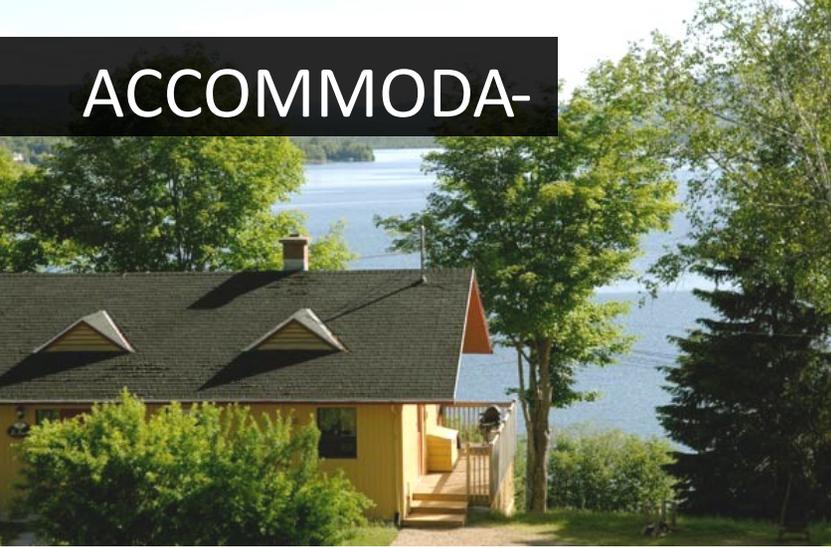
You'll learn a lot about the life of a sled dog with this visit to the Snow City. Come and meet our 170 loyal friends. They're expecting you (and your hugs)!

For students of all ages.

Bus transportation to the kennel is required (2km).



ACCOMMODA-



EXPLORE. LEARN. HAVE FUN.

Make the good times last and take advantage of our comfortable lakefront cabins or our cozy rooms in a lodge reserved exclusively for your school group. The 14 cabins and 3 lodges can accommodate up to 200 students.

CABINS

All year long, Duchesnay offers 14 fully-equipped cabins that can accommodate 6 to 12 people. They all have a lounge with a pull-out couch, a fireplace, cabled TV, a fully-equipped kitchen and a bathroom. Bedding and towels are provided. No need to pack a sleeping bag in your suitcase.

School Accommodation

\$35* /student/night

Accommodation includes access to the indoor pool, the games room, the hiking/snowshoeing trails, and much more.



LODGES

You prefer to have all your students under the same roof? The three lodges offer 8, 12 and 20 cozy rooms with private bathrooms. The Caribou lodge can welcome up to 80 people under one roof! Each lodge features a lounge with a fireplace where you can spend pleasant evenings as a group. Ask us for prices.

MEALS

We offer quality food services with student menus. You can also choose to prepare your own meals in the all-equipped kitchen of the cabins.

Student Menu (3 meals)

Starting at

33,25\$** /person

*Plus taxes. For groups of 20 students or more. Valid for Monday through Thursday nights from August 29th 2019 to June 23rd 2020, except during Christmas holidays and March Break. **Plus service and taxes. For groups of 20 students or more ages 5 to 12 (elementary). Extra fee of \$2/person for groups ages 12-17 (secondary). Valid from June 24th 2019.



PRICING

EXPLORE. LEARN. HAVE FUN.



FALL - SPRING PACKAGES		
ELEMENTARY AND HIGH SCHOOL	20-40 students	41+ students
Green Forest I (1 Duchesnay activity)	\$12.00 / student	\$12.00 / student
Green Forest II (2 Duchesnay activities)	\$17.00 / student	\$16.00 / student
Green Forest III (3 Duchesnay activities)	\$19.00 / student	\$18.00 / student
Hide and Seek* (Labyrinth + 1 Duchesnay activity)	\$19.00 / student	\$18.00 / student
Hide and Seek II* (Labyrinth + 2 Duchesnay activities)	\$24.50 / student	\$23.00 / student
Adventurer (age 8-12)* (Arbraska + 1 Duchesnay activity)	\$21.50 / student	\$20.50 / student
Explorer (age 8-12)* (Arbraska + 2 Duchesnay activities)	\$27.00 / student	\$26.00 / student
Arbraska - Jeunes loups* (Circuit for 8-12 year olds)	\$15.00 / student	\$14.00 / student
Adrenalin* (Arbraska + 1 Duchesnay activity)	\$29.00 / student	\$28.00 / student
Extreme* (Arbraska + 2 Duchesnay activities)	\$34.00 / student	\$33.00 / student
Arbraska - Junior* (Circuits for 12-17 year olds)	\$23.50 / student	\$22.50 / student

WINTER PACKAGES		
ELEMENTARY AND HIGH SCHOOL	20-40 students	41+ students
Tracks in the Snow (1 Duchesnay activity)	\$12.00 / student	\$12.00 / student
White Winter (2 Duchesnay activities)	\$18.50 / student	\$17.50 / student
Rosy Cheeks (3 Duchesnay activities)	\$22.00 / student	\$21.00 / student
Snow City 1 (Kennel + 1 Duchesnay activity)	\$26.00 / student	\$25.50 / student
Snow City II (Kennel + 2 Duchesnay activities)	\$30.50 / student	\$29.50 / student
Aventure Inukshuk (age 6-12)* (1 hour dog-sledding)	\$44.80 / student	\$44.80 / student
Aventure Inukshuk (age 13-17)* (1 hour dog-sledding)	\$57.15 / student	\$57.15 / student

Plus taxes. The Fall-Spring Packages are valid from August 29th to November 30th 2020 and from April 1st to August 29th 2021. The Winter Packages are valid from December 1st 2020 to March 30th 2021, except during Christmas holidays and March Break.

* 2 adults per group of 20 students are required.

During your school trip, our activity staff welcomes you at the Horizon Lodge. Picnic tables and micro-wave ovens are at your disposal for your lunch break.