

Walking trail on the Sentiers entre Vents et Marées

Theme cruise: Well-being & Islands Exploration

September 4 to 11, 2020

Sunday, September 6

Route: from Cap-aux-Meules to L'Étang-du-Nord (mix of steps 1 and 4 of the Sentiers entre Vents et Marées)

Distance: 18 km

Duration: around 5 hours

Level: intermediate

- Departure on foot from the ship after docking
- Return to the ship by bus from the Site de La Côte (8 km).

Adult rate: \$68,75 + tx

Children rate: \$51,25 + tx

Included in the package:

- Interpreter
- Lunch box
- Transportation

Come prepared:

- Back pack and water bottle
- Hiking boots or shoes
- Sunscreen and insect repellent

Note:

- A minimum number of adults is required to ensure the departure of the hikes.
- Reservations will be made at the Tours office on the ship.

Monday, September 7

Route: from the beach of Dune du sud to the Site de la Pointe in Havre aux Maisons (step 11 of the Sentiers entre Vents et Marées)

Distance: 18,3 km + 3.3 km to get to the ship by foot = 21.6 km

Duration: around 6 to 7 hours

Level: intermediate

- Depart by bus around 8:30 a.m.
- Return to the ship by foot

Adulte rate: \$68,75 + tx

Children rate: \$51,25 + tx

Experience a well-being and resourcing cruise with **Madame Labriski !**

Planned for this cruise:

- Energizing talk and gourmet demonstrations
- Yoga and relaxation sessions on the outer decks
- Cookies !

