

PREPARATION GUIDE FOR THE OVERNIGHT STAY

To help you prepare your nordic adventure at the Hôtel de Glace, it is recommended that you read the information below. This preparation guide is essential and will help you plan your stay in this unique winter environment. Have a good reading!

What to wear in the winter conditions

In Québec, winter temperatures outside vary from -25°C to 5°C (-13°F to 41°F), that's why it is important to dress properly. The three-layer technique is recommended.

- **The interior layer** (undergarment) must allow humidity to escape your body. Synthetic clothing or a mix of wool and synthetic fabric are recommended. Cotton is not recommended since it retains humidity.
- **The middle layer** must isolate air and control humidity. A wool, flannel or polar fleece sweater is recommended.
- **The exterior layer** must shield wind and humidity without affecting your comfort and movements.
- **Essentials accessories** : hat covering your ears, scarf, gloves or mittens and boots (big enough so that you can wear thick socks)

N. B. For the night, use dry, light and synthetic clothing which will not have been worn during the day. Very few layers of garments are necessary to avoid being too hot. A high level of heat will create sweat which will then transform into humidity and will make you feel cold.

Include the following in your suitcase:

- Alternate hat
- Alternate scarf
- An extra pair of socks
- Alternate long underwear
- A pair of mittens or gloves
- A swimsuit
- Sandals



Nordic Equipment

Even if the Hôtel and its furniture are entirely made of ice and snow, you will be getting a very comfortable bed. Blocks of ice make the base of the bed followed by a solid wood base and a comfortable mattress. When the time comes, a cozy sleeping bag, an isolating bed sheet and a pillow will be delivered to your room. Even the room temperature stays between -3°C and -5°C (27°F and 23°F) no matter what temperature it is outside, the sleeping bags are be used for temperatures between -15°C and -30°C (22°F).

N. B. If you think you need a special sleeping bag (non-standard size), please notify the reservation department in calling the following number: 1 888 384-5524.

Check-in

WITH A BACK-UP ROOM AT THE HOTEL VALCARTIER: Packages or promotions including a room at the Hotel Valcartier the same night as the one at the Hôtel de Glace.

From 4 PM, go to Hotel Valcartier (1860, boul. Valcartier, Valcartier, GOA 4S0) to take possession of your room. Your room at the Hôtel de Glace will be available and exclusively yours from 9 PM to 9 AM the next morning. If you arrive earlier, we can store your luggage at the hotel reception allowing you to enjoy the activities on site.

WITHOUT A BACK-UP ROOM AT THE HOTEL VALCARTIER: Packages or promotions that do not include a room at the Hotel Valcartier the same night as the one at the Hôtel de Glace.

From 4 PM, present yourself at the Hotel Valcartier (1860, boul. Valcartier, Valcartier, GOA 4S0). A receptionist will lead you to the overnight guest's area where we recommend you to leave your personal effects in the designated lockers. Your room at the Hôtel de Glace will be available at 9 PM and will be yours until 9 AM the next day.

During your stay, it will be possible for you to have access to your locker. Each locker is 24" (60 cm) large, 30" (72 cm) deep and 72" (182 cm) high.

Training session

At arrival please book your mandatory training session. Our guides will invite you to a training session. They will gladly explain the unique experience of sleeping at the Hôtel as well as give you all the important notions about the equipment that will be made available to you.

Nordic area

The Hôtel de Glace has an interior court in which is located the Nordic Area with its spas and sauna under the stars. These are available to you from 9 PM until 9 AM. It is highly recommended to use the Nordic area to warm your body and dry you correctly before going to bed. Towels and bathrobes are available upon request.

Morning and breakfast

In the morning, it will be our pleasure to welcome you with a warm breakfast. It will be served in the Safari's restaurant from 7 AM to 11 AM.

Parking

If you have a car, parking is free.

The entire team wishes you a great experience at the Hôtel de Glace!