

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. A very few garments are necessary to avoid being too hot. A high level of heat will create sweats 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
- A padlock for changing room



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 can 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: 1 877 505-0423.

Guided tours

Between 12 PM and 5:30 PM, you can enjoy a passionate guided tour to learn more about this beautiful ephemeral work of art. Discover the fascinating story of this structure made of ice and snow, see how the artists create magical decor and admire this original winter universe.

Activities nearby

During your visit of the Hôtel de Glace, you can also enjoy various activities nearby: cross country skiing, dogsledding, snowmobiling, massages, treatments and a nordic spa concept, etc. To learn more about available activities, please consult the <http://www.icehotel-canada.com/expertise.php?action=activite&langue=en>



Check-in

Option # 1: Packages or promotions including a room at the Four Points by Sheraton Québec the same night as the one at the Hôtel de Glace.

From 3 PM, go to the Four Points by Sheraton Québec (7900, Marigot street, Québec, G1G 6T8) check in and get your vouchers. When leaving the Four Points by Sheraton Québec for your night at the Hôtel de Glace, please bring with you your vouchers and your personal effects and leave them in the designated lockers in the Celsius Pavillion. Your room at the Hôtel de Glace will be available at 9 PM and will be yours until 8 AM the next day.

Option #2: Packages or promotions that do not include a room at the Four Points by Sheraton Québec the same night as the one at the Hôtel de Glace.

From 3 PM, present yourself at the welcome Pavillion of the Hôtel de Glace (9300, de la Faune street, Québec, G1G 5H9). A valet will lead you to the Celsius Pavillion where you will 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 8 AM the next day.

Parking

If you have a car, parking at the Four Points by Sheraton Québec is free, same as the parking at the Hôtel de Glace.



Training session

In the evening, before you spend the night at the Hôtel de Glace, 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. Ask the clerk at the guest section for the schedule. The guest section is open 24 hours daily.

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 8 PM until 8 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 at the guest section.

Awakening and breakfast

In the morning, it will be our pleasure to welcome you at the guest section with a warm beverage. It will then be possible for you to comment on your experience by writing a note in our Guest Book. For client that do not have a back-up room at the Four Points by Sheraton Québec (Option #2), the breakfast will be taken in the restaurant area of the Celsius Pavillion. For clients that have a back-up room at the Four Points by Sheraton Québec (Option #1) the breakfast will be taken at the restaurant Le Dijon at the Four Points by Sheraton Québec from 6:30 AM until 11:00 AM weekdays and from 7:00 AM until 2:00 PM on weekends.

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

