

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: 1 877 505-0423.

Check-in

From 4 PM, go to Valcartier Hotel (1860, boul. Valcartier, Valcartier, G0A 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 keep your luggage at the reception desk so you can enjoy the activities on site.

Activities on site

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. There is no extra charge for this activity.

Winter Activities Passport

Included in your package, the Winter Activities Passport gives access to 35 snow slides, rafting on snow, ski lifts and ice skating trails (skating rental is not included). The Winter Playground is open every day from 10 AM to 9 PM. Your passport can be used on the day of your arrival or the next day.

Bora Park

As a Hôtel de Glace guest, get a 10% discount on Bora Park admission ticket. This unique indoor water park will transport you to the atmosphere of Polynesia with a temperature of 30°C year-round. Discover the large wave pool, more than 14 slides, a family pool, a multi-activity adventure river, a double surf wave, multitude of chairs and places for relaxation and 12 private cabanas.

Spa

As a Hôtel de Glace guest, get an access to the indoor/ outdoor pool of the Hotel Valcartier Spa. Accessible for children of 14 years old and more accompanied with a parent. Get a 10% discount at the Valcartier Hotel Spa where you can enjoy personal care facilities, including various baths and a Finnish sauna.

Games Area

This huge arcade with lots of games will entertain both young and old.

Dogsledding

As a Hôtel de Glace guest, get 10% discount on a Dogsledding ride.

On-site Restaurants

Five restaurants and bars are available for your meals during your stay.

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.

Awakening and breakfast

In the morning, it will be our pleasure to welcome you with a warm breakfast. It will be served in the restaurant area of the Valcartier Hotel from 7 AM to 10 AM.

Parking

If you have a car, parking is free.

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