

Client: Tourisme Quebec Yellow News
Source: The Sun (Main)
Date: 28 August 2016
Page: 51
Reach: 1733643
Size: 140cm2
Value: 8708

Yellow News...

REAP THE PEACE AT MONASTERE

Our regular look at quirky accommodation for couples travelling on a budget. Today, we visit:

LE MONASTERE DES AUGUSTINES, QUEBEC CITY

KEYWORD: Peaceful
TELL ME ABOUT IT: Going on holiday to "rediscover yourself" is a bit of a cliché, but if you need to switch off from the modern world for a bit, head here.

The holistic hotel is housed in what was once North America's first hospital north of Mexico.

It was established by the Augustinian Sisters of Dieppe who came to what was then "New France" in 1639. Now the historic site has been restored, guests can stay in Authentic rooms, styled in the spirit of monasticism, which evoke a feeling of calm.

The former "cells" have antique furniture and mod-cons but shared bathrooms. There are, of course, no TVs or anything like that so you really can switch off and practise your mindfulness. If

you want to pay a bit more, Contemporary rooms (with en-suites) are available too.

WHAT'S NEARBY? Le Monastere des Augustines is in the heart of historic Quebec City – the only walled city in North America and a Unesco World Heritage site.

There are plenty of shops, bars and restaurants nearby and it's an easy stroll to Chateau Frontenac, an imposing castle-like hotel.

Pack good walking shoes to tackle all the steps found in this hilly city.

mine's a double

ANY COOLEXTRAS? Access to the on-site museum, heritage areas and common rooms are included.

You also get a Vitality breakfast which, in line with tradition, must be eaten in silence. For an extra fee, you can sign up for a package giving you access to a daily programme of activities such as yoga and meditation and three healthy meals a day.

HOW MUCH? A night in an Authentic room is from £82. Contemporary rooms start at £117. See monastere.ca/en.

JENNY GREEN

