

Welcome to Québec City

No other destination in the world offers Québec's compelling mix of features and attractions, the most European city in North America. The European spirit of the 17th century pervades every quaint alley and street filled with antique shops, art galleries, craft shops, as well as bistros and restaurants brimming with a tantalizing array of Québec's regional foods and flavors. You will delight in its street entertainers, museums, horse-drawn carriage rides, boat cruises on the St. Lawrence, walking and ghost tours, and simply soaking in the atmosphere.

Activities and Attractions

Fortifications of Québec National Historic Site

Québec City is the last fortified city in North America. Admire the views from atop the cliff location overlooking the St-Lawrence River. Covering nearly 3 miles, its walls encircle the upper town and tell of the fascinating military history.

Château Frontenac

Fairmont Le Château Frontenac is the heart of Québec City. Overlooking the old town, the luxurious hotel brings thousands of visitors every year. Located right by the impressive monument and offering a breathtaking view, Dufferin Terrace is certainly one of the preferred attractions in Québec City.
Website: <http://www.fairmont.com/frontenac/>

Place Royale

Step back to the early days of New France in Place Royale. Considered to be the oldest French settlement in America, it was here that Samuel De Champlain founded his "abitation" in 1608. Its charming historic Dame-des-Victoires Church is the oldest stone church in North America.

Petit Champlain

The Petit Champlain Quarter is renowned as one of the most beautiful sites of Old Québec. Enjoy the romantic European atmosphere, one-of-a-kind boutiques and bistros. Set at the foot of the cliff below Chateau Frontenac, this neighborhood, with its authentic atmosphere, is a must when visiting Québec.
Website: www.quartierpetitchamplain.com/en

Parliament Building

The parliament building of Québec City is one of the most important historical sites in the city. You are invited to enter and look around the impressive building that was built between 1786 and 1886. Once inside, you can take a tour the National Assembly Chamber with its Renaissance architecture and where members of the provincial parliament sit.

Old Port

The Old Port of Québec City is characterized by the Marché du Vieux-Port where the local producers sell their diverse products and cruise ships stop at this popular tourist destination. Explore the antique shops, art galleries, and sidewalk cafes at the charming rue Saint-Paul or stroll just around the corner where you can explore the fascinating exhibits of Musée de la civilisation.









Louis St-Laurent building overlooking Place Royale
Photo Courtesy of Yves Tessier, Tessima





View of Château Frontenac and the fortifications.
Photo Courtesy of Luc-Antoine Couturier

7:00	7:15	7:30	8:00	8:15	8:30	8:45	9:00	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:30	11:45	12:00	12:15	12:45	1:00	1:30
Tuesday - October 5																					




Wednesday - October 6

Registration Open																						
			Workshops: 1.75 CME 									Workshops: 1.75 CME 			Industry Forum: 1.5 CME							
Myasthenia Gravis Foundation Educational Session																						
									Morning Seminars: 2.25 CME 													
Small Group Demo: Hands-on Demo for SEPs Set-up - 1.75 CME 									Small Group Demo: Unknown EMG Waveforms-Make the Call - 1.75 CME 													
Small Group Demo: Anatomy Kinesiology of the Upper Limb - 3.5 CME 																						






Thursday - October 7

Registration Open																					
Tech Roundtables: 1.25 CEU 			Course: Neuroanatomy for NCSs - 3.25 CME/CEU											Industry Forum							
Neuromuscular Program Directors Meeting			Plenary I: Pain-From Theory to Practice and Beyond - 3.0 CME/CEU																		
									Tour: Historic Québec City 												
Exhibit Hall Open																					

Friday - October 8

Registration Open																					
Tech Roundtables: 1.25 CEU 			Course: Neurophysiology and Instrumentation - 3.0 CME/CEU											Poster Session I: 1.5 CME/CEU							
Physician Roundtables: 1.25 CME 			Plenary II: Pain-From Theory to Practice and Beyond - 2.5 CME/CEU											Industry Forum							
									Tour: The Flavor Trail of the Island of Orleans and the Falls 												
											Exhibit Hall Open										

Saturday - October 9

Registration Open																						
Physician Roundtables: 1.25 CME 			Workshop Eith Didactic: Pelvic Floor Neurophysiology: 3.25 CME 											Poster Session II: 1.5 CME/CEU								
											Workshop With Didactic: Chemodeneration: 3.5 CME 									La		
Tech Workshops: 1.75 CEU 									Tech Workshops: 1.75 CEU 									S BL				
Special Interest Group Sessions: 1.75 CME/CEU									Abstract Award Presentations: 1.0 CME/CEU						SY							
SYM: MRI of Neuromuscular Disease - 1.75 CME/CEU									Special Interest Group Sessions: 1.75 CME/CEU									TO				

* CME not accredited by AANEM

Quick Guide to Québec City, Québec, Canada

Districts of Québec City

Québec City is divided into unique districts that reflect the heritage and culture of the local residents.

Old Québec

A UNESCO world heritage treasure, Old Québec is alive with history. Visit the Fortifications of Québec and the Citadel, the city's two main defensive works. Take in the stunning Notre-Dame-de-Québec Basilica-Cathedral, the Cathedral of the Holy Trinity, the Jesuits Chapel, and St. Andrew's Presbyterian Church. Get an authentic experience with a horse-drawn carriage ride or stop at any of the city's many museums while strolling the streets of this unique historic district within an easy walk of the AANEM meeting site. Experience the European charm as you enjoy dining and shopping along rue Saint-Jean and rue Saint-Louis.

Saint-Jean Baptiste

Take a walk down rue Saint-Jean and discover the oldest grocery store in North America, J.A. Moisan (1871), the Second Empire-style Saint-Jean-Baptiste Church, and St. Matthew's Church and cemetery. Bustling with boutiques, restaurants, cafés, and grocery stores, the neighborhood is a great place to hang out. Take the elevator down to Saint-Roch, another of the city's vibrant neighborhoods.

Old Limoilou

The Old Limoilou neighborhood is the perfect place to stroll through the historic avenues and discover the charming buildings and historic 19th century homes with their red bricks and spiral staircases. Partake in local specialties or shop in exclusive boutiques along 3e Avenue for a complete Old Limoilou experience.

Historic District of Sillery

Located by the St. Lawrence River, the historic district of Sillery is a residential and business neighborhood with nearly 350 buildings and beautiful woodlands. Maison des Jésuites de Sillery is a historic house built on the site of the first Jesuit mission. You'll see luxurious 19th century villas once built by lumbar barons alongside other turn of the 20th century buildings perched atop the cape between the cliff and chemin Saint-Louis. A popular neighborhood destination is nearby avenue Maguireis with its restaurants and boutiques -- the perfect place to linger in your free time.

Québec City at a Glance

Quick Facts

- Founded in 1608 by Samuel de Champlain
- Recognized as the cradle of French civilization in North America
- Capital of the province of Québec and its 7.5 million inhabitants
- A UNESCO world heritage treasure (1985) on account of its historic district
- Home to Québec's National Assembly
- Covers an area of 9,000 km², and 250 kilometers east of Montréal
- Home to a population of 638,000 (Québec City area), 95% of them French-speaking. However, many people, including the vast majority of hospitality industry workers, also speak English.
- Envious cost of living in comparison to other international cities

October Temperatures:

Daily high: 52°F/11°C

Daily low: 36°F/2°C



An evening on the streets of Québec City.
Photo Courtesy of Luc-Antoine Couturier