



HAYWOOD NORAM

CANDY CANE CUP

ONTARIO CUP 1 / COUPE QUÉBEC 1

December 13-15, 2019

RACE NOTICE



Dear Skiers and Coaches,

The Haywood NorAm Candy Cane Cup Organizing Committee 2019 extends a warm invitation for you to come and participate in the Haywood NorAm Candy Cane Cup.

The NorAm Candy Cane Cup 2019 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq
- Kanata Nordic

The event will take place from 13-15 December 2019 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec. The race will principally be run on the "Nakkertrak" 2.5 km training and race loop, supported by a hydranted snowmaking system, 2 fan guns and 5 lances.

The NorAm Candy Cane Cup is part of the Haywood NorAm Canada Cup Series, the AltaGas Sprint Series, the Coupe Québec, Ontario Cup, and National Capital District Series.

We look forward to welcoming athletes, coaches, and their families.

Pierre Millette
Chair of Organizing Committee

Frédéric Forge and Jennifer Tomlinson
Co-Chiefs of Competition



A. GENERAL INFORMATION

DATES

December 13, 14 and 15, 2019

LOCATION

Nakkertok Nordic Centre
900 Gatineau Avenue, Gatineau, Quebec
(if using Google Maps, enter 575, chemin St-Columban)

PROGRAM

The competitions will run over three days as follows:

- Friday, 13 December: Classic Sprints Qualifier and Heats for Senior and U20 and Classic Sprint Qualifier for U18/U16
- Saturday, 14 December: Distance Free Technique Races, Interval Start
- Sunday, 15 December: Distance Classic Technique Races, Interval Start

SANCTION

The event is sanctioned by:

- Fédération Internationale de Ski (FIS),
- Nordiq Canada (NC),
- Ski de fond Québec (SFQ), and
- Cross-Country Ski Ontario (XCSO).

STAKES

The event is part of the Haywood NorAm Canada Cup Race series and the AltaGas Sprint Series. The results from these races will be used for Canadian team selections for the FIS World Cup.

The event is also part of the following series:

- Coupe Québec (Saturday and Sunday races only),
- Ontario Cup, and
- National Capital District.

The U16 races on Friday and Saturday will be qualification races for the National Capital District selections for the Ontario Winter Games. Athletes born in 2004, 2005 and 2006 are eligible but must compete in the U16 category for both days.

TECHNICAL BACKGROUND

The event is guided by the following:

- 2019 International Competition Rules (ICR) - Canadian Competition Rules (CCR),
- [Haywood NorAm Canada Cup Series Technical Package – 2019-20 Season](#),
- [Nordiq Canada Policy 2.2.1 Competition Registration and Sanctioning Policy](#),

- [Nordiq Canada Competition Model](#),
- [Nordiq Canada Fluoro Wax Policy](#),

And, where appropriate, by:

- [Ontario Cup Technical Package 2019-2020](#),
- Règlements officiels Coupe Québec 2019-2020, and
- NCD Race Series Technical Package 2020.

COMPETITION COMMITTEE

POSITION	NAME
Chief of Event	Pierre Millette
Chiefs of Competition	Jennifer Tomlinson / Frédéric Forge
Competition Secretary	Suzanne Joyal
Chiefs of Stadium	Todd Fairhead / Richard Turgeon
Chiefs of Course	Steve Fleming / Philippe Daoust
Chiefs of Timing and Results	Steve Bowman / Richard Fortin
Chief of Control and Security	Grant Williams

JURY

POSITION	NAME
Technical Delegate	René Pomerleau
Assistant Technical Delegate	Angus Carr
Nordiq Canada Events Coordinator	Jeff Ellis
Chief of Competition	Jennifer Tomlinson / Frédéric Forge

INFORMATION AND COMMUNICATION

Secretariat	secretariat@coupecandyaneup.ca
Registrar	registrar.registraire@coupecandyaneup.ca
Waxing	waxing.fartage@coupecandyaneup.ca
General Information	info@coupecandyaneup.ca
Volunteers	volunteer.benevole@coupecandyaneup.ca

General information on the event: website at <http://coupecandyaneup.ca>

Registration, race notice, maps, start lists and other race specific information: zone4 event page and on the [website](#)

Other communications will be via email to coaches and participants directly. A technical document with the most recent information will also be distributed during the week of December 9.

Follow us on Twitter <https://twitter.com/CandyCaneCup> and Facebook <https://www.facebook.com/coupecandyaneup/>

SCHEDULE OF EVENT

DATE	TIME	EVENT	LOCATION
November 13, 2019	23:59	Early bird registration closes	
November 30, 2019	23:59	Deadline to submit request for waxing space	
December 9, 2019	23:59	Registration closes	
December 11, 2019	19:00	Correction to confirmation list due	
December 12, 2019	11:00 – 15:00	Official training for Sprint	Nakkertok Nordic Centre
	17:00 – 19:00	Team Captain Meeting	Nakkertok Nordic Center
December 13, 2019	9:00	Start of Qualifier for Senior/U20	Nakkertok Nordic Center
	11:00	Start of Senior M/W Heats	Nakkertok Nordic Center
	12:15	Start of U20 M/W Heats	Nakkertok Nordic Center
	12:30, 13:45 and 15:30	Awards	Nakkertok Nordic Center
	14:00	Start of Sprint Qualifier for U18/U16	Nakkertok Nordic Center
	15:15	Official Training for Distance Race	Nakkertok Nordic Center
	17:00	Team Captain Meeting for Distance races Dec 14/15	Nakkertok Nordic Center
December 14, 2019	9:00	First Start	Nakkertok Nordic Center
	11:00 to 15:30	Awards	Nakkertok Nordic Center
	15:15	Official Training for Distance Race	Nakkertok Nordic Center
	17:00	Team Captain Meeting (if required, to be confirmed)	Nakkertok Nordic Center
December 15, 2019	9:00	First Start	Nakkertok Nordic Center
	11:00 to 15:45	Awards	Nakkertok Nordic Center

CONTINGENCY PLANS

Any change in the event location or timing will be posted as early as it is known on the event website. If necessary, a decision on event cancellation or change of site will be made by Nordiq Canada one week prior to the event, as recommended by the Jury. Any decision to refund will be in accordance with Section 2.6 of the 2019-20 Haywood NorAm Canada Cup Series Technical Package (TP).

VOLUNTEERING

If you have some time to give during your stay with us, please register on iVolunteer at <https://easterns.ivolunteer.com/> or by contacting volunteer.benevole@coupecandycanecup.ca

B. COMPETITION

RACE FORMAT

Category	Year of Birth	Friday	Saturday	Sunday
Open Categories		Sprint Qualifier & Heats, Classic	Interval Start Free	Interval Start Classic
U20 Women	2001, 2000	1300m	5km (2x2.5km)	10 km (4X2.5 km)
U20 Men	2001, 2000	1400m	10km (4X2.5 km)	10 km (4X2.5 km)
Senior Women	1999 & earlier	1300m	5km (2x2.5km)	10 km (4X2.5 km)
Senior Men	1999 & earlier	1400m	10km (4X2.5 km)	10 km (4X2.5 km)
CCUNC Women	See eligibility	1300m	5km (2x2.5km)	10 km (4X2.5 km)
CCUNC Men	See eligibility	1400m	10km (4X2.5 km)	10 km (4X2.5 km)
Other Categories		Sprint Qualifier Classic	Interval Start Free	Interval Start Classic
U14 Girls	2007, 2006	N/A	2.5km	5km (2x2.5km)
U14 Boy	2007, 2006	N/A	2.5km	5km (2x2.5km)
U16 Girl	2005, 2004	1 km	5km (2x2.5km)	7.5km (3x2.5km)
U16 Boy	2005, 2004	1 km	5 km (2x2.5 km)	7.5 km (3x2.5km)
U18 Girl	2003, 2002	1 km	5 km (2x2.5km)	7.5 km (3X2.5 km)
U18 Boy	2003, 2002	1 km	10 km (4x2.5km)	7.5 km (3X2.5 km)

NOTE 1: As this is an early season race, course distances may change depending on snow levels.

NOTE 2: Canadian points will be given for the sprint qualifier Friday and interval starts Saturday and Sunday.

NOTE 3: Only the Saturday and Sunday races will be part of the Coupe Quebec series.

NOTE 4: If athletes choose to race up in a category, be aware of the potential implications regarding Provincial team selections

NOTE 5: Sprint heats will be timed in accordance with article 4.1, with no B Final, of the Haywood NorAm Technical Package.

NOTE 6: CCUNC skiers will receive awards based on the Qualifier on Friday Sprint and their final rank among CCUNC skiers in the interval start competition.

NOTICE OF DOPING CONTROL

Athletes and coaches must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis in accordance with the Canadian Anti-Doping Program. For more information, please see section 10.1 of the TP.

ELIGIBILITY

Races are open to everyone. The following conditions apply:

All skiers must have a valid racing license issued by FIS, Nordiq Canada or a Supporting Member Day License (SMDL) issued by Nordiq Canada. Skiers must also hold a FIS license to be eligible for the cash purse in NorAm Canada Cup events.

Associate License for non-Canadian Skiers: For non-Canadian skiers not holding an active FIS license, an Associate License may be obtained through Nordiq Canada for eligibility in all sanctioned competitions in Canada. The results of skiers with Associate Licenses will be included in Canada Point List calculation and applied for seeding purposes.

Biathletes and athletes from other Nordic disciplines must have a valid Nordiq Canada license or SMDL to compete.

All Québec skiers, competing in U16 to Senior categories, must also hold a valid SFQ annual license. Québec skiers competing in U14 categories must have a SFQ annual license or a SFQ Day License.

Racing up is allowed at registration online only on condition that the distance covered by the next category does not exceed the limit allowed for the category by the Nordiq Canada Competition Model. Athletes racing up must select the minimum year of birth of the new category when registering online.

College & University Skiers: There will be university categories and awards. The CCUNC category is integrated into the Open category. In addition to race eligibility, athletes competing in the CCUNC category must meet the varsity requirements of their institution, (U Sport member, CEGEP or College) and must be enrolled in a minimum of 3 courses per semester for 2 semesters in the most recent 12-month period.

REGISTRATION

Skiers must register on Zone4 <https://zone4.ca/register.asp?id=21438>. Registration fees must be paid online at Zone4.

Coaches are asked to register on Zone4 in order to receive race office communications and notices.

Athletes from the National Capital District born in 2004, 2005 and 2006, who want to be selected for the Ontario Winter Games must compete in the U16 category for both days.

Race fees include a \$5 fee to cover the costs of snow making. Fees do not include Nordiq Canada or SFQ license fees or XCSO Ontario Cup fees. These fees will be in addition to any race fees and are to be paid at registration as identified in the following table.

Fee Type	For Whom	Amount per race
Nordiq Canada-SMDL	Skiers without FIS or Nordiq Canada license	\$5
SFQ Day License	U14 Quebec Registered Skiers without SFQ license	\$5
Ontario Cup Fee	Ontario Registered Skiers U14	\$2.50
	Ontario Registered Skiers U16, U18, U20, Open	\$5
Coupe Quebec Fee	Quebec Registered Skiers U16, U18, U20, Open	\$5

Race fees are as follows:

Until November 13, 2019 23h59:

- Open: \$45 per race
- U18 and U16: \$45 per distance race, \$25 for sprint qualifier
- U14: \$25 per race

Fees from November 14 to December 9, 2019 23h59:

- Open: \$50 per race
- U18 and U16: \$50 per distance race, \$30 for sprint qualifier
- U14: \$30 per race

Sales taxes (GST#836145573RT0001, QST#1220954389TQ0001) will be added to the race fees only.

Registration after December 9, 2019 is at the discretion of the Jury and subject to a late fee of \$100. Individuals registering after December 9, 2019 forfeit their right to seeding. Such individuals will be assigned zero point and be seeded accordingly.

Skiers who do not hold a racing license (FIS or Nordiq Canada) must purchase a SMDL for each day of competition on Zone4 during online registration and. Senior, U20, U18 and U16 skiers residing in Quebec, must have a valid annual SFQ license. U14 Skiers residing in Quebec who do not hold a valid annual SFQ license must purchase a SFQ day license during online registration. No refunds will be made for day licenses purchased in error.

Refunds may be made at the sole discretion of the Organizing Committee. In case of event cancellation, refunds may be made considering incurred expenses and in accordance to the TP.

SEEDING

The most current Canadian Points List (CPL) for both distance and sprint competitions will be used for the purpose of seeding all categories. CCUNC categories will be included in the combined open competitions. Foreign skiers will be seeded as determined by the Jury regarding the competitors CPL points. If a foreign skier has no CPL ranking, the Jury will use its discretion in seeding the skier. For special seeding requests from within Canada, please see section 6.9 of the TP.

USSA skiers with FIS Points are included in the Canada Points List.

Sprint race: Senior and U20 skiers will be seeded together by gender for the Sprint Qualifying round in order of most recent Sprint CPL with the skier with highest points starting first. Similarly, U18 and U16 skiers will be seeded together by gender for their Sprint Qualifying round. Athletes without CPL ranking will have their starting order randomly drawn in a separate group and will start behind the seeded group.

Distance races: Categories racing common distances will be combined for seeding purposes where possible based on race courses used. Within each category or combined categories, skiers will be ranked based on distance CPL. Groupings will then be formed based on the number of skiers in the combined category. Start positions will be randomly assigned within each group. The decision of the Jury will specify the order of start of each group. Athletes without CPL ranking will be assigned to a separate group and randomized. The number of groups will be as follows:

- 10 and less participants: 1 group
- 11-20 participants: 2 groups
- 21-30 participants: 3 groups
- 31 participants and more: 4 groups

UNIVERSITY SKIERS

The CCUNC category is integrated into the Open category. In addition to normal eligibility, athletes competing in the CCUNC category must be attending school full time – meaning enrolled in a minimum of 3 courses per semester for 2 semesters in the most recent 12-month period. To be considered please select the university/College/CEGEP check box when you register and then send your proof of university registration (course schedule, registration letter) to registrar.registraire@coupecandycanecup.ca. If we do not receive the proof by Dec. 11 and/or it does not meet the requirements you will not be listed as part of the category.

The top three athletes for each gender in the Open CCUNC category will receive awards. In the case of sprints, the sprint qualification rank will determine the CCUNC category winners in order to permit skiers to compete in their designated sub-categories during the heats.

TEAM CAPTAIN MEETING

Team Captains' Meetings will be held on 12, and 13 December 2019 at 17:00 in the lodge at Nakkertok South Nordic Centre. If conditions require, a TCM will be held on 14 December 2019 at 17:00. Please note that the presentations will be available after the meeting in the Zone4 event page and in the website

BIB PICK-UP

Bib pick-up will take place in the Race office (Barn, upstairs), 07:30-09:00 on each race day. For the Friday qualifier for U18 and U16 categories, bibs can also be picked up from 11:30 to 13:30. If both "Club" and "Team" fields are filled in during the Zone4 registration process, skiers will be asked to choose whether their bib will be distributed according to "Club" or "Team". Only coaches can pick up the bibs. Clubs, teams and training centers will be charged a bib replacement fee of \$50 for each missing bib at the end of each race.

Coaches' bibs

Coach bibs and privileges issued by Nordiq Canada are in effect at all NorAm and National Championship competitions designated as distance events. **The Jury may limit access to the course at any time due to snow, weather or course conditions.**

The Zone4 link for live registrations is now open at: <https://zone4.ca/register.asp?id=22283>

TRANSPONDERS

Transponders will be used for all races (including sprint heats). They will be distributed in the area behind the start.

Clubs, teams and training centers will be charged a transponder replacement fee of \$50 for each missing transponder at the end of each race.

TRAINING

Official training periods are as follows:

- Thursday December 12, 11:00-15:00: Sprint course
- Friday December 13, ~15:15-16:30: Distance course
- Saturday December 14, ~15:15-16:30: Distance course

Unofficial training will be also available on December 11, 2019 but the course and the stadium will not be marked and groomed specifically for the Friday, December 13, 2019 race. Trails access fees will be in force for the unofficial training.

WARM-UP & SKI TESTING

As it is an early season race, there is a strong probability that the trail network used for the race will only be covered with artificial snow, with limited snow in other areas of the facility. The priority will be to prepare the best possible race trails and snow coverage of warm-up and ski testing areas might be limited. More details will be available at the Team Captains Meetings, however athletes and coaches should be prepared to use rock skis and/or prepare for running warm-ups.

COURSE AND STADIUM MAPS

Links to course and stadium maps will be available by December 11 in the Zone4 event page and on the website.

The race will principally be run on the "Nakkertrak" 2.5 km training and race loop at Nakkertok, supported by a hydranted snowmaking system, 2 fan guns and 5 lances. At full length the total climb is 74 m., with various layout options, including climbs of 18 and 19 meters.

FEEDING

Food and beverages will be available at the finish.

WAXING

This event is a combined Tier 1 and Tier 2 event.

Tier 1 Categories are the Senior/U20/CCUNC categories and will not have any waxing restrictions.

For U18, U16, U14 categories the Haywood NorAm Candy Cane Cup is a low-fluoro event

Nordiq Canada has implemented a low-fluoro waxing policy for all Tier 2 events across Canada. The U18, U16, and U14 categories will NOT be combined with the Senior and U20 categories at this event thus they are Tier 2 and the low-fluoro policy applies.

Guideline on the Use of Fluoro Glide Waxes

Use of non-fluoro (NF) or low fluoro (LF) glide waxes only. High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents, athletes and wax technicians. Thank you for helping us protect the health of our wax teams, athletes and the environment and making this a fair competition for all.

PROTESTS

Protests must be submitted in accordance with CCR 361.

AWARDS

For each day, open categories will receive cash awards based on section 1.3 of the TP.

Friday: Awards will be provided to:

1. The top three Senior Women and Senior Men based on final heat results;
2. The top three U20 Women and U20 Men based on final heat results
3. The top three U18 Girls and U18 Boys based on qualifier results;
4. The top three U16 Girls and U16 Boys based on qualifier results;
5. Top three qualifier results for CCUNC Men and Women

Saturday:

1. Awards will be provided by category for all races including CCUNC categories.
2. Additional YOB awards will be provided for U14 B/G, and U16 B/G

Sunday:

1. Awards will be provided by category for all races including CCUNC categories.
2. Additional YOB awards will be provided for U14 B/G, and U16 B/G

NOTE: CCUNC awards will only be awarded to competitors who have entered in the open categories as university skiers and met eligibility requirements.

C. FACILITY INFORMATION

PARKING

The Nakkertok Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for ambulance access. Please be vigilant and respect the signage and the parking volunteers who will attempt to maximize the use of the available space.

TRAIL FEES

Free use of trails will be provided for all registered competitors and coaches on official training and racing days. Non-Nakkertok members using the trails on other days must pay a day fee of \$15 per adult (Seniors \$12, Children between 5 and 17 \$8, and children under 5 free). The fee(s) can be deposited in any of the day use fee boxes at the main chalet. The fees must be paid on training and race days by individuals other than athletes and coaches using the trail system. Access to the racing trails on race days will be restricted.

WAXING FACILITIES

Heated waxing facilities with power will be available and space will also be provided for teams bringing their own waxing tents/trailers. Please indicate your needs for waxing facilities or space to waxing.fartage@coupecandycanecup.ca before November 30. Teams bringing waxing tents or other shelters are encouraged to provide their own power supply.

The site will be monitored by Garda at night from 18:00 to 6:00 from December 11 to December 16, 2019.

COMPETITION OFFICE

The competition office is located on the second floor of the Barn. The opening hours will be as follow:

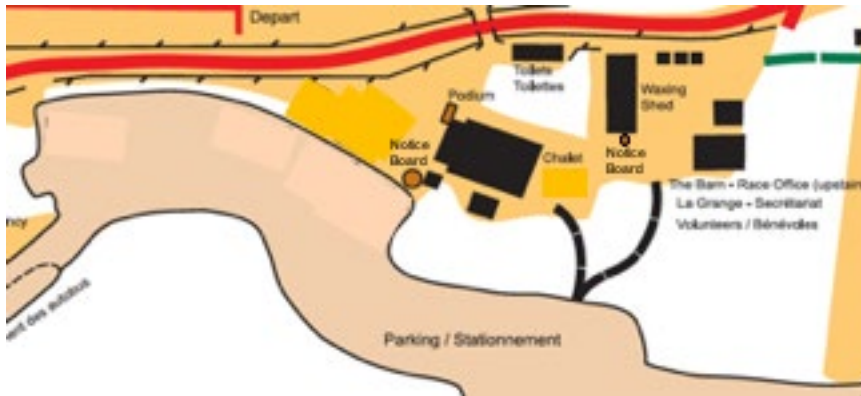
Thursday December 12, 2019: 12:00-16:30

Friday December 13, 2019: 7:00-16:00

Saturday December 14, 2019: 7:00-16:00

Sunday December 15, 2019: 7:00-16:00

VENUE MAP



NOTICE BOARDS

The main notice board will be on the side of the Equipment Shed, near the back entrance to the chalet, and at the front of the chalet. The location of additional notice boards will be described at the first TCM.

WEATHER

The weather in Gatineau/Cantley is often different from that in the City of Ottawa. The best source for race site weather is <https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>.

Weather reports will also be posted on site and on the event website.

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Trail conditions will be tweeted on a regular basis via the @nakkxc twitter account, updates will be available at the TCM and via email to coaches should the need arise, and coaches registered on Zone4.

MARSHALLING

Marshalls are responsible for the safety of skiers, spectators and others on or near the course. Their role is to prevent interference with skiers. Most marshalls will be located in the busiest areas: the stadium, Jackrabbit Hill and Dirk's Dive. Please follow their instructions.

ATHLETES' LOUNGES & CHANGE ROOMS

The Athletes' Lounges are in the athletes' tent and the Chalet. Please don't leave any bags in the lounges when you leave for the day and keep the rooms clean. There are three changing rooms in the back section of the Chalet.

FIRST AID

First aid will be provided by the Canadian Ski Patrol. They will be set up behind the finish line for immediate care, and in a separate room in the Chalet to provide more serious care. If necessary, they will contact the Outaouais paramedics for access to more advanced medical care and/or transportation to the hospital.

The Canadian Ski Patrol will deploy a minimum of six patrollers around the course, including the finish line. Their daily hours of operations will be from 30 minutes before the start of the races and the official training to the times when the races are closed and the end of designated training times for competitors.

LOST AND FOUND

Lost items are collected on the second floor of the Barn at Nakkertok and can be claimed at the volunteer sign in desk.

D. TEAM SERVICES

TRAVEL AND TRANSPORTATION

The closest airport is the Ottawa International Airport (YOW) <https://yow.ca/en>

YOW Car Rentals: <https://yow.ca/fr/parking-transportation/car-rentals>

ACCOMMODATION

The 2019 Haywood NorAm Candy Cane Cup Organizing Committee strongly recommend that you book your hotel rooms as soon as possible. There are many activities in the Gatineau-Ottawa region during this time of the year and it can be difficult to find a room.

Hotel details on the next pages.



www.hotelv.ca

To take advantage of this preferential rate, please mention that you are participating to the cross-country ski race in Gatineau

RATE

Classic rooms with 2 double beds: from \$126/night
Classic rooms with 1 Queen bed: from \$126/night
Executive rooms with 2 Queen beds: from \$136.50/night
Executive rooms with 1 Queen bed and 1 double Murphy bed: from \$136.50/night
“Trend” rooms with 1 King bed: from \$136.50/night
“Urban” rooms with 1 King and 1 Queen Murphy bed: from \$150.50/night

Taxes and gratuities not included

Rate for 1 or 2 adults. \$15/night per additional adult

Individuals of 16 years old and younger are accommodated free with an adult in the room

To reserve by telephone: 1-800-363-6489 ext 0 - Deadline to book at the preferred rate: November 1, 2019

AMENITIES

- Free parking
- Internet
- Access to gym, indoor sauna and outdoor spa
- Super Screen 1-2-3-4
- Cross-Canada calling
- Restaurant on site:
www.restorumeur.ca



[Holiday Inn Gatineau](#)

To book a room, please use the code of the event: CCN

https://www.ihg.com/holidayinexpress/hotels/us/en/gatineau/yowgq/hoteldetail?cm_mmc=YextLocal-EX-CA-YOWGQ

RATE

Rooms with 1 King bed: \$145/night
Rooms with 2 Queen beds: \$145/night

Taxes and gratuities not included

To reserve by telephone: 1-800-503-8800

To reserve online: [Online reservation](#)

Deadline to book a room in the block put aside for the event: November 28, 2019

AMENITIES

- Free parking and recharging station for electric car
- Free WiFi
- Access to the pool and the fitness centre
- Mini fridge and Keurig coffee maker
- Cross-Canada and United States calling



[Gatineau Comfort Inn](#)

<https://www.gatineaucomfortinn.com/>

RATE

Rooms with 2 double beds: \$124

Rooms with 1 King bed and sofa bed: \$118

Taxes and gratuities not included

To reserve by telephone: 819 243-6010

AMENITIES

- Hot breakfast included
- Free Parking
- Internet

[Online booking](#)

Deadline to book a room in the block put aside for the event: November 12, 2019



[Quality Inn Gatineau](#)

<http://www.qualityinnandsuitesgatineau.ca/>

RATE

Standard Rooms with 2 double beds: \$118

Taxes and gratuities not included

To reserve by telephone: 1-877-568-5252

AMENITIES

- Breakfast included
- Free Parking
- Free wireless Internet
- Restaurant on site:
<http://www.restolapergola.com/>
- Mini fridge
- The Gym Max is open 24 hours/day