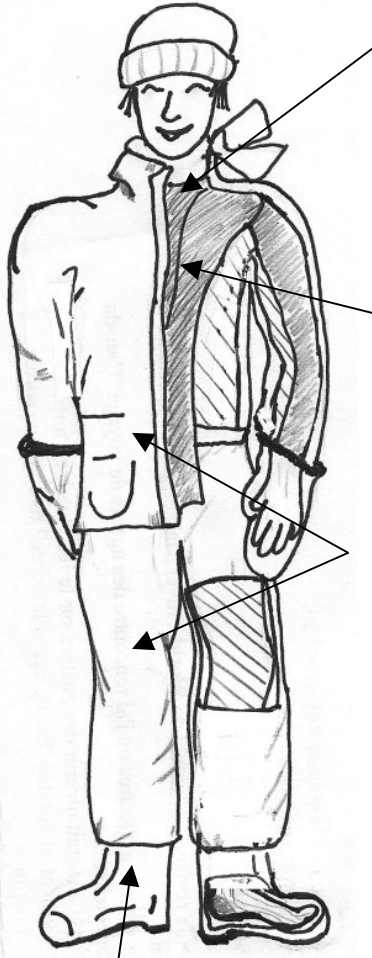


In Preparation For Your

The PURE SENSATION Winter Experience

Very soon you will live the peak winter experience of a night at the Ice Hotel Québec-Canada. To help you be prepared, please read the following essential information for your stay. **Dress Well, Have Fun!** During winter in Quebec, the outside temperatures can vary between -25° Celsius (°C) (-13 °F) in January to 5 °C (41°F) in March. Appropriate clothing is recommended. Follow the three-layer technique:



INNER LAYER

The inner layer should be a set of thermal underwear in synthetics, wool or a woollen/synthetic mixture that can transport humidity away from the skin. Pure cotton should be avoided since cotton clothing cools down when it becomes wet.

MIDDLE LAYER

The middle layer should strengthen and regulate the heat insulation, isolate air, and hold the humidity from the body (i.e. woollen sweater/shirt, fleece, or thermal sweater).

OUTER LAYER

The outer layer should primarily protect against wind and moisture together with the other layers. For example a ski jacket and ski pants.

It is suggested that during the night, guests should not to be overly dressed. Too much clothing will create excess warmth, causing perspiration. Humidity will then form causing one to feel cold. Before heading to bed, it is important to change into dry clothes, made of synthetic fibres and not cotton.

HATS, GLOVES, SHOES or BOOTS

A proper hat prevents a great amount of heat loss occurring at the head. A hat should also protect the ears and neck. Gloves should provide good protection to the hands, while also providing mobility and comfort. Shoes should protect against moisture, as well as the cold emanating from the ground. They should be larger than a normal footwear as to leave space for socks and soles; thus bestowing an insulating layer of air.

SLEEPING ON ICE?

A comfortable bed is waiting for you. The hotel and its furniture are entirely made of snow and ice, and the beds are too, but there is more!. Blocks of ice form the frame of the bed which is hollow in the centre except for special lighting. A solid wood box-frame provides the initial separation from the cool air inside and snow floor. Then to complete the bed, a thick foam mattress, covered by a fleece sheet, as well as an Hbc wool blanket or soft deer pelts, is provided. When the evening arrives, a warm and soft sleeping bag will be delivered to your room at 9:00 pm. These sleeping bags can resist against temperatures as low as -30 °C (-22 °F). There is no need to worry because the ambient temperature in the rooms remain between -3 °C (26.6 °F) and -5 °C (23 °F), despite colder temperatures outside the walls of the Ice Hotel.

- Do not overdress in the sleeping bags.
(too much clothing creates excess warmth causing perspiration.)
- Change into dry clothes made of synthetic fibres (and avoid cotton) because humidity will make one feel cold. Cotton tends to hold humidity and does not breath well.
- Wear a toque / hat with you in bed to maintain your body heat and add some fashionable and cute socks!

What about our luggage?

To keep your belongings safe from humidity and low temperatures, all luggage can be stored in lockers in an heated room, in our reception pavilion or in your backup room (if it was included in your package). We ask that you prepare your personal items (toiletries) in a small handbag to facilitate moving to the shower facilities located a few short steps away in a nearby pavilion or in your private backup room. Shampoo and soap are provided upon request. Restrooms/dressing rooms located in the Ice Hotel are heated and lit; sanitary facilities available at all hours of the day...and night. To let guests take full advantage of the heated outdoor hot tubs and sauna, separate men and women changing rooms are also located within these heated facilities inside the Ice Hotel. We provide towels and bathrobes, but remember your bathing suit!

Technical Specifications

You are welcome to arrive anytime in the day (preferably between 3:00 pm - 6:00 pm). The evening meal is served at Auberge Duchesnay's restaurant called the "Aux Quatre-temps". They have two services available at 6:00 pm and 8:30 pm. Reservations are recommended, so when you arrive, you should come to our reception area (Pavillon l'Aigle) to check-in and we will help with the arrangements. Free parking is available near the Ice Hotel. When you arrive, a schedule of the evening orientation sessions will be provided to give you the details needed for your stay at the Ice Hotel. To help you start the day, a hot beverage will be available at Ice Hotel between 5:00 am – 9:00 am.

For all questions and concerns, please feel free contact us:

Ice Hotel Glace Quebec-Canada

E-mail: reservation@icehotel-canada.com

Toll-free: 1-877-505-0423 (Can/USA) or 1-418-875-4522

We look forward to welcoming you to the Ice Hotel Québec-Canada!