



Manoir du Lac William is a year-round spa resort in the breathtakingly scenic Centre-du-Québec region. PHOTOS: MANOIR DU LAC WILLIAM

Lac William resort blends wellness with wilderness



ROCHELLE LASH

Manoir du Lac William is exceptionally beautiful inside and out. It is a fine four-star spa resort in a breathtakingly scenic region called Centre-du-Québec. If you are tired of the same-old-same-old destinations, this is majestic territory to discover. The two-hour, 20-minute drive northeast of Montreal takes you up and down the massive Appalachian Mountains and deep valleys, past cattle ranches, maple forests and dairy and cattle farms. Many communities, such as Victoriaville, Inverness and Warwick, were named by Scottish, Irish and English settlers in the 1800s. The town of Kinnear's Mills even has its own tartan. In developing Manoir du Lac William over 30 years, the Lessard family planned well. The 55 rooms and suites sport a classic-contemporary style



This suite is one of many room styles at Manoir du Lac William.

and they are well equipped, with full-length mirrors, Nespresso machines, spa bathrobes, flat-screen TVs and work desks. Most have balconies and many have a view of the lake, a seven-kilometre expanse of family fun. The Manoir is romantic and restorative, with delectable cuisine and enthusiastic service. All visits are packaged with meals and include the Nordic spa and a full slate of outdoor activities. And the price is right. **Great value:** The Escapade Escape starts at \$149.50 (or \$164.50 on

Saturdays) per person, including tips on meals, breakfast, a gastro-nomic five-course dinner and access to the Nordic spa's hot tubs, pool, and sauna. Spa treatments are add-ons. The most popular is the 60-minute massage, at \$89. For full spa immersion at rates that are a steal, the Moment of Passion getaway starts at \$639 per person, double occupancy, for two nights (or \$319 p.p., per night) with the above meals and activities. It adds lunch and five treatments including a hot stone massage and a facial.

Children's treatments include massages, mani-pedis, facials or back scrubs with cranberry or chocolate lotions. If you decide to escape for a sustained visit and are willing to skip housekeeping, Lac William offers the Adventure Package, which is \$200 to \$400 off stays of four to seven nights until Sept. 9. The resort is almost all-inclusive, except for drinks, but even the bar is a bargain. Well-chosen wines by the glass cost \$10; chilled cocktails and hot spiked coffees are \$12. The lake and inspirational landscapes are at hand. Manoir du Lac William's extensive grounds feature a firepit and, in summer, hammocks and lawn chairs. Winter activities (at no extra charge) include fat-biking, snowshoeing, hiking, skating and cross-country skiing at Le centre Clé des Bois, one kilometre away. In summer, guests enjoy pedal boating, paddleboarding, kayaking and pontoon rides with a guide who gives a presentation about local history. Off site, there are hiking trails and cycling. **Dining:** Executive chef Sebastien Gadeau was trained in France and

has been the private chef of Montreal's Desmarais family. He uses French-inspired techniques and Quebec ingredients to create refined, flavourful cuisine. Favourites for dinner include starters of foie gras and seafood and main courses of duck confit, braised beef, black pudding, veal with truffle sauce, risotto and buttery halibut. One specialty is fondue, offered with bison, venison, beef, vegetables or cheese. (Dinner is included in every visit, but some dishes have a surcharge.) The Manoir serves lunch although it is not included on all packages. A buffet dishes up daily specials (11:30 a.m. to 12:30 p.m.), plus there is an à la carte menu of classic choices including seafood chowder, club sandwiches, salads and charcuterie. rochelle@rochellelash.com

IF YOU GO

Manoir du lac William: 800-428-9188, manoirdulac.com; 3180 rue Principale, St-Ferdinand. A member of Charm Hotels, a group of independents, mostly in France (charmhotel.fr). Some accessible features. Pets can lodge at nearby kennel, Domaine Fraser. **Lodging:** Eight levels of rooms and suites in main lodge or adjacent pavilion; cottages available for between two and eight people. **Dining:** Breakfast, lunch and dinner, daily. Sunday brunch. Menu for children. **Spa:** Without a package, Nordic spa, \$38 p.p. or \$25 with \$70 worth of treatments. Children five to 12 pay \$17, between 9 a.m. and 12 p.m. Treatments, \$25-\$135 or \$20-\$70 for children, **Centre-du-Québec tourism:** 819 364-7177, tourismcentreduquebec.com.



Elegance is an attitude

Regé-Jean Page

LONGINES



shop online www.longines.ca

THE LONGINES
LEGEND DIVER WATCH