



**DEDICATED TO WORKERS' SAFETY**

**WELCOME GUIDE**

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# INTRODUCTION

## **Thank you for choosing Nouvelle Hauteur.**

We are very pleased to welcome you to our training facility. In order to make your training session as enjoyable as possible, we have created this welcome guide listing a selection of services available in the region.

Enjoy your stay and your training!



Marco Simard

## **COURSE INFORMATION**

### **Course location**

Courses are held at our new training centre located at:  
26 Paul-Gauguin St., Candiac (Quebec) J5R 0G7  
(See page 2 for driving directions).

### **Course schedule**

Courses start at 8 a.m. and end at 4 p.m. It is important that participants arrive on time. Our doors open at 7:30 a.m.

### **Parking**

Free parking is available in front of the centre.

### **Students' dress code**

- Comfortable clothing for climbing (jeans, jogging pants, etc.). However, shorts are not permitted.
- A pair of leather gloves.
- Steel-toed boots or working shoes. Open-end shoes are not allowed inside the training area. Nouvelle Hauteur provides all the specific equipment for working at heights, including 3-point suspension hard hat.
- Please note that video cameras, cameras, tape recorders and telephones are not authorized during training.

***You will be asked to fill-out a medical form and you need to provide an emergency contact.***

# RESTAURANTS

## PRICE RANGE

Average price per meal/per person (alcohol, taxes and gratuities not included).

\$ (Less than \$20) / \$\$ (between \$20 and \$30) / \$\$\$ (\$30 to \$45)

- 1 Ben & Florentine**  
210 Jean-Leman Blvd., Candiac  
450 907-3737  
www.benandflorentine.com  
Lunch, pancakes, sandwiches [ \$ ]
  - 2 Rôtisserie St-Hubert**  
107 ch. St-François-Xavier, Candiac  
450 638-5644 | www.st-hubert.com  
Barbecue, sandwiches, rotisserie, salads [ \$ ]
  - 3 McDonald's**  
101 ch. Saint-François-Xavier, Candiac  
450 632-4723  
www.mcdonalds.ca  
Hamburgers, salads, lunch [ \$ ]
  - 4 Subway Restaurant**  
125 ch. Saint-François-Xavier, Candiac  
Suite #10  
1 800 888-4848 | www.subway.ca  
Sandwiches, salads, lunch [ \$ ]
  - 5 Como Pizza**  
3 Principale St. S., Delson  
450 635-6654  
www.comopizzeria.com  
Italian cuisine, pizzeria [ \$ ] [ \$\$ ]
  - 6 Mika Sushi Bar**  
1 Sardinia Blvd., Candiac  
450 444-8988  
mikasushi-candiac.com  
Fine Asian cuisine [ \$\$ ] [ \$\$\$ ]
- QUARTIER DIX 30** [ less than 15 minutes from Nouvelle Hauteur ]  
**In Quartier DIX30, you will find a wide choice of restaurants and entertainment...**
- 7 Allô! Mon Coco**  
9180 Leduc Blvd., Brossard  
450 926-1900  
www.allomoncoco.com  
Breakfast [ \$ ]
  - 8 Five Guys Hamburgers et Frites**  
8840 Leduc Blvd., Brossard  
450 462-2333  
www.fiveguys.com  
Burgers [ \$ ]
  - 9 Zibo!**  
9370 Leduc Blvd., Brossard  
450 656-5255 | www.restaurantszibo.com  
California cuisine, grilled meats, salads, pasta [ \$ ]
  - 10 La Cage aux Sports**  
9300 Leduc Blvd., Brossard  
450 656-4011 | www.cage.ca  
Grills, burgers, sandwiches, barbecue, salads [ \$ ] [ \$\$ ]
  - 11 Rouge**  
6000 de Rome Blvd., Brossard  
450 676-8886 | www.rougebistrogrill.com  
Chinese cuisine, bistro, fusion, Asian, Thai, Szechuan [ \$\$ ]
  - 12 Les 3 Brasseurs**  
9316 Leduc Blvd., Brossard  
450 676-7215  
www.les3brasseurs.ca  
Bistro, salads, burgers, fish & chips [ \$\$ ]
  - 13 Mile Public House**  
9190 Leduc Blvd., Brossard  
www.milepublichouse.com  
Pub food, burgers, fish & chips [ \$\$ ]
  - 14 Casey's**  
9310 Leduc Blvd., Brossard  
450 676-1222 | www.caseysgrillbar.com  
American/Californian cuisine, International, grills, salads [ \$\$ ]
  - 15 Siam**  
9130 Leduc Blvd., Brossard  
450 445-4141  
www.siamdix30.com  
Thai/Asian cuisine [ \$\$ ]
  - 16 Zyara**  
9140 Leduc Blvd., Brossard  
450 812-0235  
www.zyara.ca  
Fine Lebanese cuisine [ \$\$ ] [ \$\$\$ ]

# RESTAURANTS

## 17 Portovino

8940 Leduc Blvd., Brossard  
450 445-8716 | [www.portovino.ca](http://www.portovino.ca)  
Italian/French cuisine, seafood, grills  
[ \$\$ ] [ \$\$\$ ]

## 18 Houston Avenue Bar & Grill

9200 Leduc Blvd., Brossard  
450 678-6363  
Steakhouse, grills, international,  
salads, barbecue [ \$\$ ] [ \$\$\$ ]

## 19 Jack Saloon

9395 Leduc Brossard Blvd., Brossard  
450 678-7979 | [www.jacksaloon.com](http://www.jacksaloon.com)  
Burgers, barbecue, grills, steakhouse,  
smokehouse [ \$\$ ] [ \$\$\$ ]

## 20 Elixor

9330 Leduc Blvd., Brossard  
514 683-7778 | [www.elixor.com](http://www.elixor.com)  
International and contemporary cuisine,  
burgers, pastas, grills, salads [ \$\$ ] [ \$\$\$ ]

## 21 Estiatorio Skara

9190 Leduc Blvd., Brossard  
450 443-2226  
Greek/Mediterranean cuisine,  
Seafood [ \$\$ ] [ \$\$\$ ]

## 22 L'Aurochs

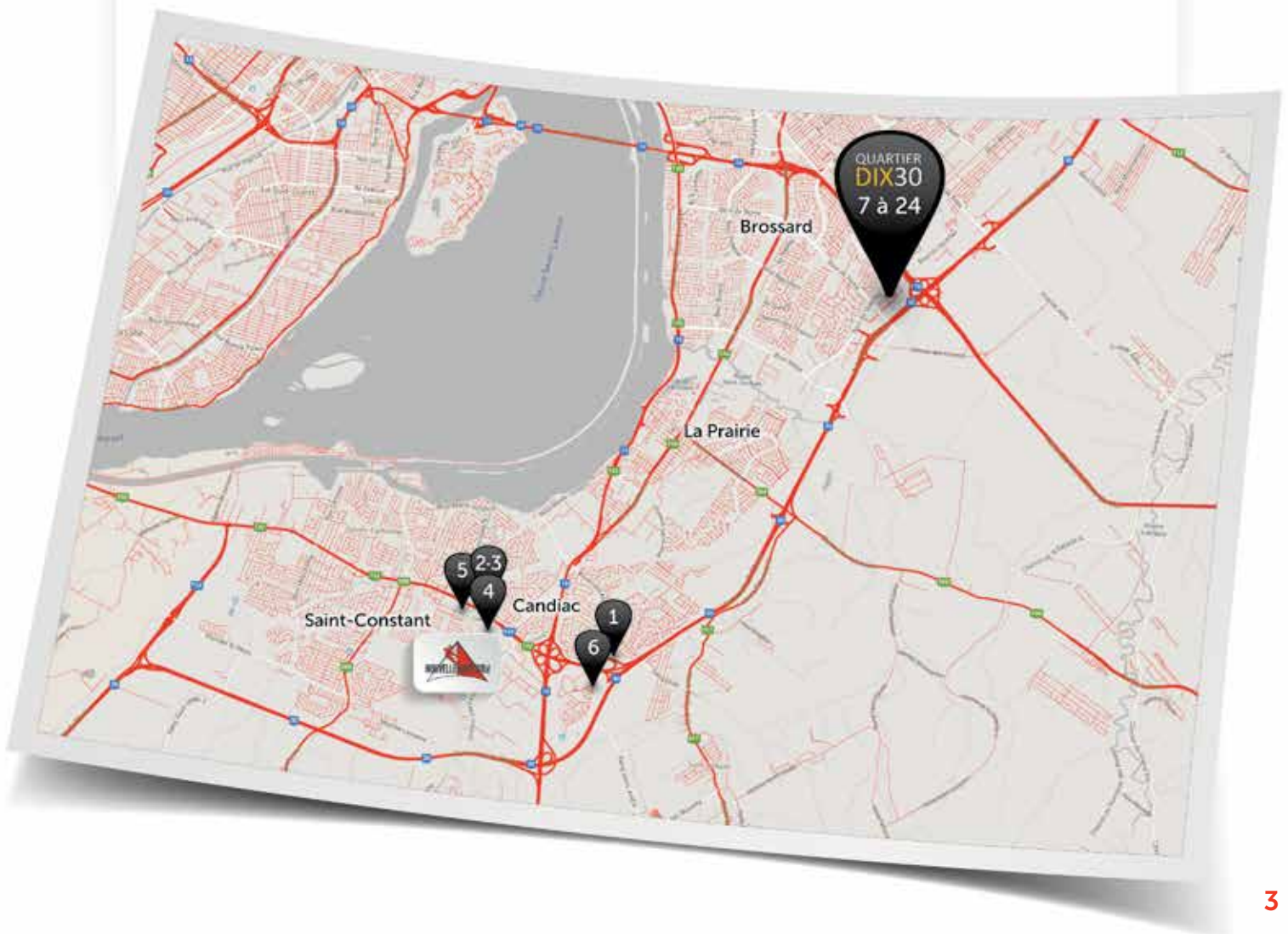
9395 Leduc Blvd., Brossard  
450 445-1031  
[www.laurochs.com](http://www.laurochs.com)  
Steakhouse, grills, seafood [ \$\$\$ ]

## 23 La Tomate Blanche

9385 Leduc Blvd., Brossard  
450 445-1033  
[www.tomateblanche.com](http://www.tomateblanche.com)  
Italian cuisine [ \$\$\$ ]

## 24 Niji Sushi Bar

9385 Leduc Blvd., Brossard  
450 443-6454  
[www.niji.ca](http://www.niji.ca)  
Japanese cuisine, sushi, grills [ \$\$\$ ]



# ACCOMMODATIONS



**1 Hotel ALT Quartier Dix30**

6500 de Rome Blvd., Brossard  
450 443-1030  
www.dix30.althotels.ca  
[ 11 min. ]

**2 Quality Inn**

7863 Taschereau Blvd., Brossard  
450 671-7213  
www.qualityinn.com  
[ 13 min. ]

**3 Comfort Inn**

7863 Taschereau Blvd., Brossard  
450 678-9350  
www.comfortinn.com  
[ 13 min. ]

**4 Hotel Brossard**

7365 Marie Victorin Blvd., Brossard  
1 877 890-1008  
www.hotelbrossard.com  
[ 15 min. ]

**5 Sandman Hotels**

999 de Sérigny St., Longueuil  
450 670-3030  
www.sandmanhotels.ca  
[ 16 min. ]

**6 Holiday Inn**

900 St-Charles St. E., Longueuil  
1 877 654-0228  
www.ihg.com  
[ 19 min. ]



## ENTERTAINMENT



- 7 Montreal Casino**  
1 du Casino Ave, Montreal  
514 392-2746  
[www.casinosduquebec.com/montreal](http://www.casinosduquebec.com/montreal)
- 8 Cinema Cineplex Odeon**  
9350 Leduc Blvd., Brossard  
450 678-5542  
[www.cineplex.com](http://www.cineplex.com)
- 9 L'Étoile Banque Nationale**  
6000 de Rome Blvd., Brossard  
450 676-1030  
[www.lettoilebanquenationale.ca](http://www.lettoilebanquenationale.ca)
- 10 Le Club**  
9200 Leduc Blvd., Brossard  
450 904-2580  
[www.leclubdix30.com](http://www.leclubdix30.com)
- 11 SkySpa**  
6000 de Rome Blvd., Brossard  
450 462-9111  
[www.skyspa.ca](http://www.skyspa.ca)
- 12 O'Spot Billard**  
75 ch. Saint-François-Xavier  
Candiac  
450 638-5156

## TRANSPORTATION

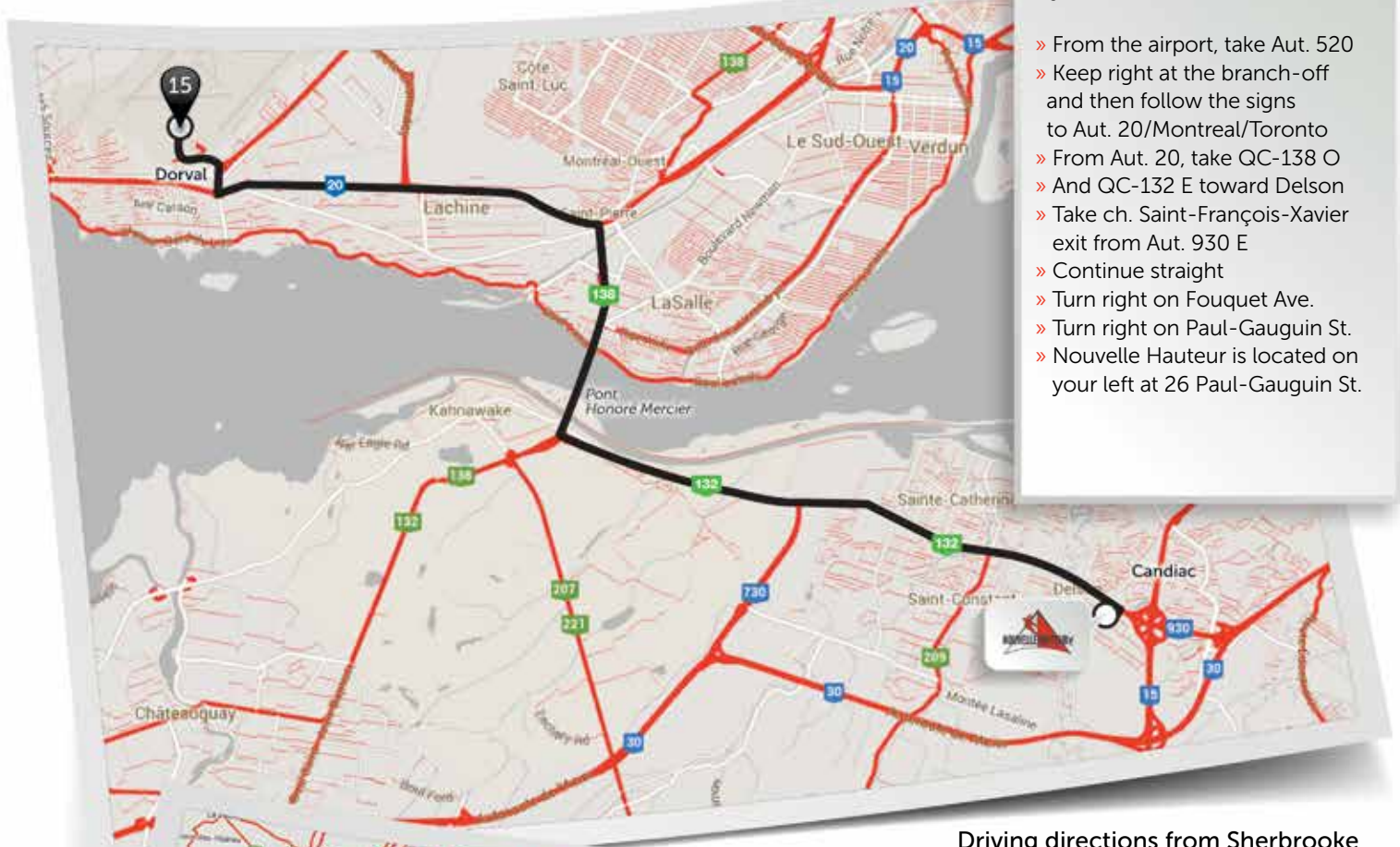


- 13 A3 TAXI**  
450 444-2000
- 14 TAXI BROSSARD**  
514 815-9090
- 15 Montreal Pierre-Elliot Trudeau International Airport**  
975 Romeo-Vachon Blvd. N.  
Dorval  
514 394-7377 or 1 800 465-1213  
[ See itinerary on page 6 ]
- 16 Car Rental at the International Airport**
- ALAMO: 1 800 462-5266
- AVIS: 1 800 879-2847
- BUDGET: 1 800 268-8970
- DOLLAR: 1 800 800-4000
- ENTERPRISE: 1 800 736-8222
- HERTZ: 1 800 263-0678
- NATIONAL: 1 800 227-7368
- THRIFTY: 1 800 847-4389
- 17 Itinerary by metro and public transportation**  
[www.amt.qc.ca](http://www.amt.qc.ca)  
Longueuil-Université station from Sherbrooke St.  
100 Place Charles-Lemoyne, Longueuil
- Walk to Longueuil terminus, Longueuil  
[ Approximately 1 min. - 45 m ]
- Bus #40 direction Candiac  
[ 39 min. (34 Stops) - # of stop: 75036 ]
- Stop: ch. Handel/ Champlain Blvd.  
[ # of stop: 75353 ]
- Walk to 26 Paul Gauguin St.  
[ Approximately 17 min. -1.5 km ]
- 18 Driving directions from Sherbrooke**  
By car: 1 h 40 - 154 km  
[ See itinerary on page 6 ]
- 19 Driving directions from Quebec City**  
By car: 2 h 36 - 259 km  
[ See itinerary on page 7 ]
- 20 Driving directions from the United States - Champlain Station**  
By car: 35 min. - 31.2 miles  
Public transport: 5 h 26  
[ See itinerary on page 7 ]

## Driving directions from the International Airport

By car 24.4 km [ 25 min. ]

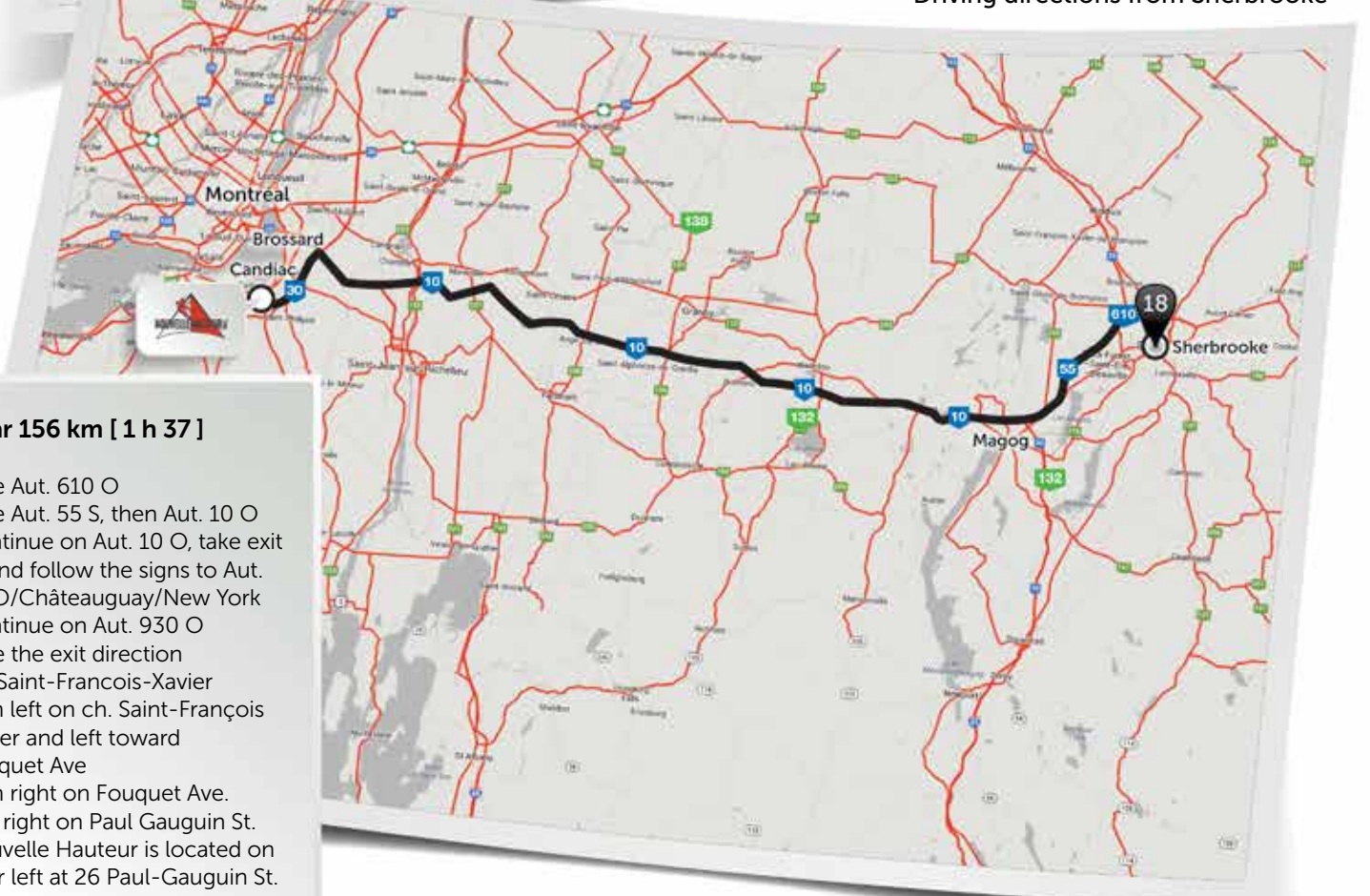
- » From the airport, take Aut. 520
- » Keep right at the branch-off and then follow the signs to Aut. 20/Montreal/Toronto
- » From Aut. 20, take QC-138 O
- » And QC-132 E toward Delson
- » Take ch. Saint-François-Xavier exit from Aut. 930 E
- » Continue straight
- » Turn right on Fouquet Ave.
- » Turn right on Paul-Gauguin St.
- » Nouvelle Hauteur is located on your left at 26 Paul-Gauguin St.



## Driving directions from Sherbrooke

By car 156 km [ 1 h 37 ]

- » Take Aut. 610 O
- » Take Aut. 55 S, then Aut. 10 O
- » Continue on Aut. 10 O, take exit 11 and follow the signs to Aut. 30 O/Châteauguay/New York
- » Continue on Aut. 930 O
- » Take the exit direction ch. Saint-François-Xavier
- » Turn left on ch. Saint-François Xavier and left toward Fouquet Ave
- » Turn right on Fouquet Ave. and right on Paul Gauguin St.
- » Nouvelle Hauteur is located on your left at 26 Paul-Gauguin St.

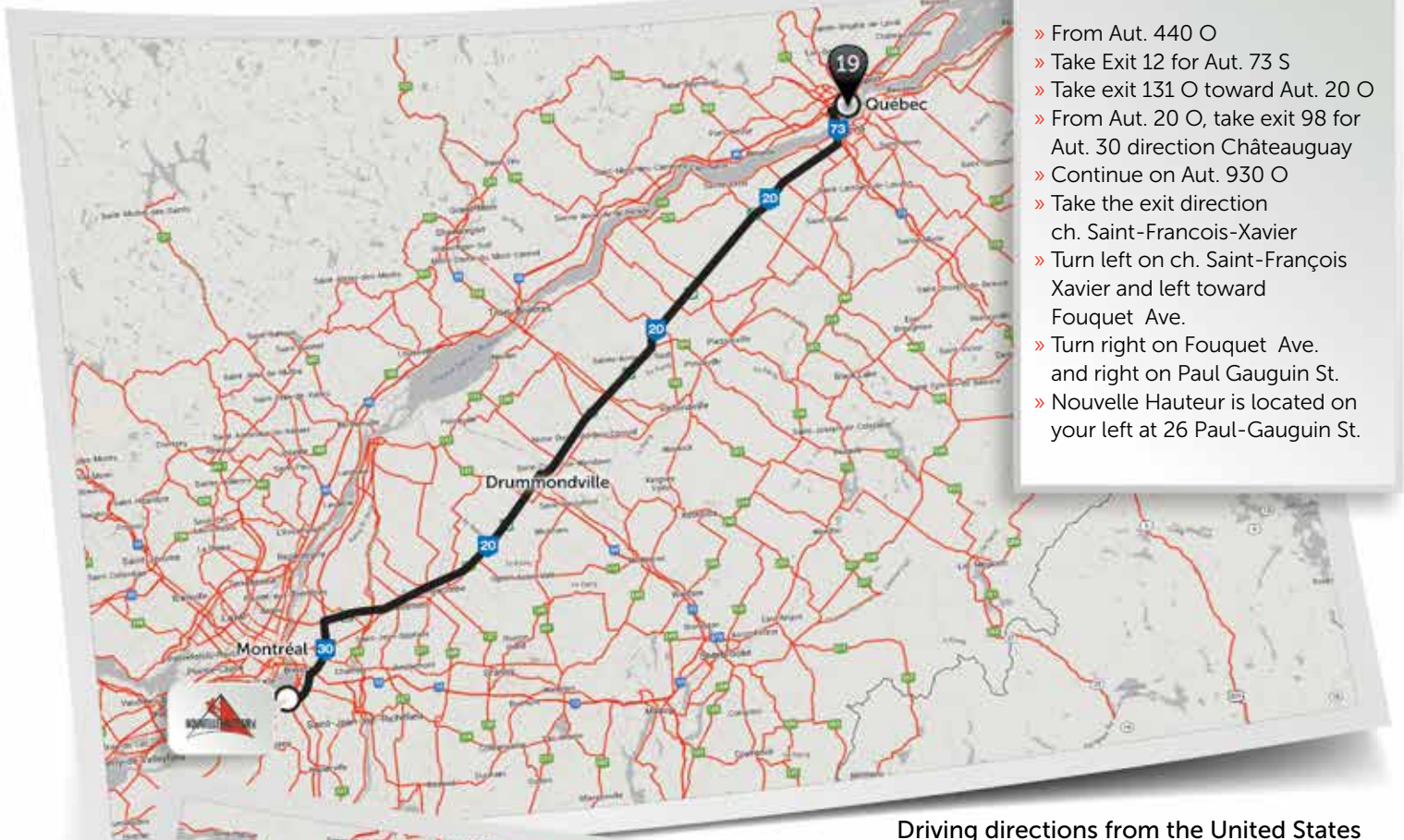




## Driving directions from Quebec City

**By car 259 km [ 2 h 36 ]**

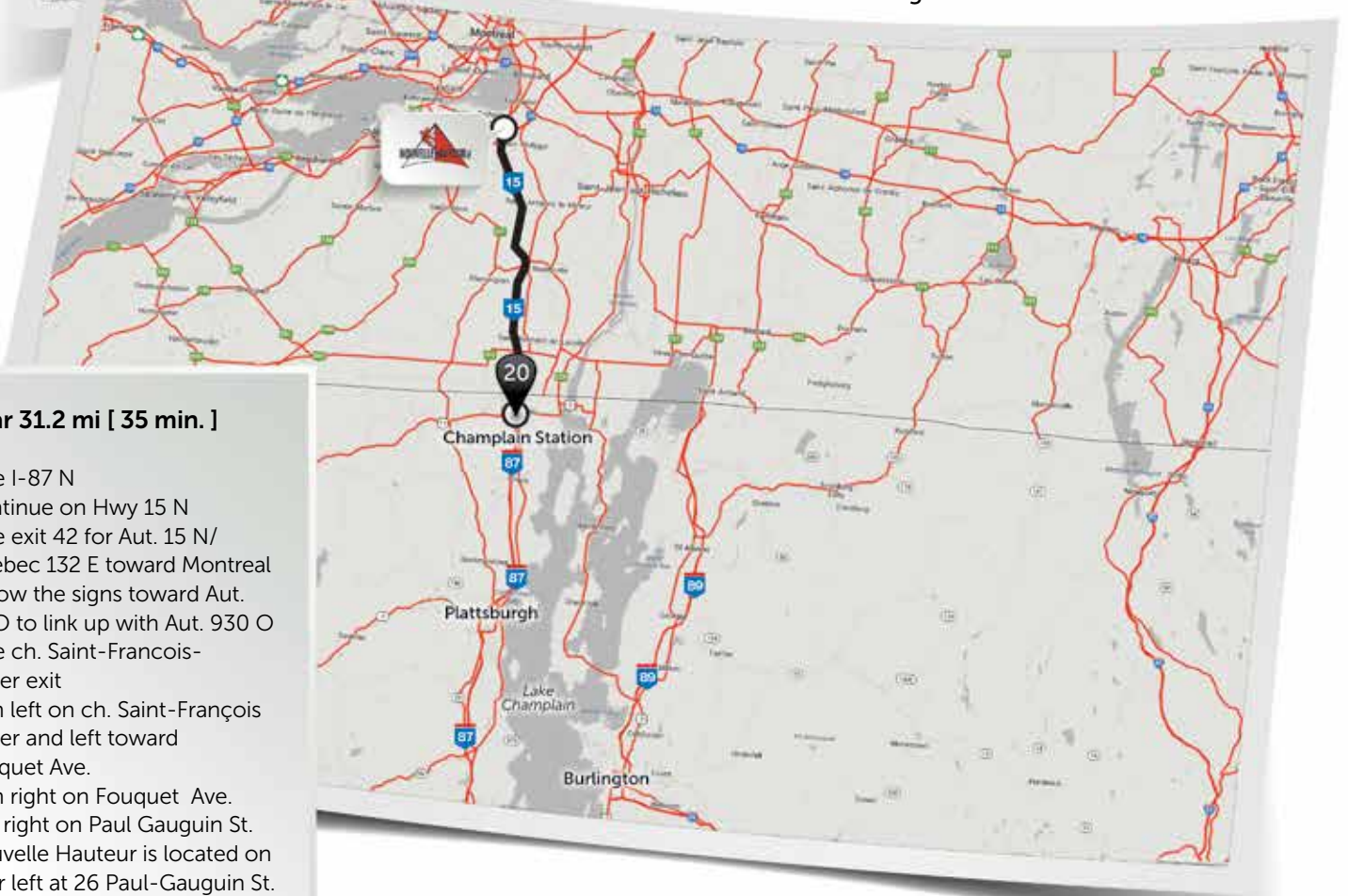
- » From Aut. 440 O
- » Take Exit 12 for Aut. 73 S
- » Take exit 131 O toward Aut. 20 O
- » From Aut. 20 O, take exit 98 for Aut. 30 direction Châteauguay
- » Continue on Aut. 930 O
- » Take the exit direction ch. Saint-François-Xavier
- » Turn left on ch. Saint-François Xavier and left toward Fouquet Ave.
- » Turn right on Fouquet Ave. and right on Paul Gauguin St.
- » Nouvelle Hauteur is located on your left at 26 Paul-Gauguin St.



## Driving directions from the United States

**By car 31.2 mi [ 35 min. ]**

- » Take I-87 N
- » Continue on Hwy 15 N
- » Take exit 42 for Aut. 15 N/ Quebec 132 E toward Montreal
- » Follow the signs toward Aut. 30 O to link up with Aut. 930 O
- » Take ch. Saint-François-Xavier exit
- » Turn left on ch. Saint-François Xavier and left toward Fouquet Ave.
- » Turn right on Fouquet Ave. and right on Paul Gauguin St.
- » Nouvelle Hauteur is located on your left at 26 Paul-Gauguin St.



# CONTACT

INFORMATIO: 514 238-9898

**Training Centre  
NOUVELLE HAUTEUR INC.**

26 Paul-Gauguin St.,  
Candiac (Québec)  
J5R 0G7

[info@nouvellehauteur.com](mailto:info@nouvellehauteur.com)  
[www.nouvellehauteur.com](http://www.nouvellehauteur.com)

