

The Hotel is Sheraton Laval Hotel & Convention Centre, 2440 Autoroute des Laurentides, Laval (Québec) H7T 1X5  
Telephone: (450) 687-2440/ Fax: (450) 687-0655.

#### **From Toronto**

Hwy 401 East to  
Hwy 20 Est once in Quebec to  
Hwy 540 East to  
Hwy 40 East to  
Hwy 13 North (Laval) to  
Hwy 440 East to  
Exit no 22 (Hwy 15 South) Remain on the right lane  
Use 1st exit on right side off the service road of 15 south (Carrefour Laval shopping mall)  
The hotel is in the shopping mall parking lot on your right

#### **From Ottawa**

You are heading for Laval  
Trans-Canada Highway (40) direction east  
Highway 13, direction north (Mirabel, laval...)  
Highway 440, direction East  
Exit 22 (Highway 15 south) direction Montréal Remain on service road  
1st exit on your right for Carrefour Laval shopping mall  
turn right again to hotel

#### **Quebec City (1):**

- Autoroute 20, direction Montreal
- Tunnel Louis-Hippolyte Lafontaine
- Métropolitain Blvd, direction West
- Autoroute 5 direction north
- Exit 10 boul. le Carrefour
- follow directions for 440 West and take exit for Autoroute 15 south
- the hotel is on your right

#### **Quebec City (2):**

- Autoroute 40, direction Montreal
- Autoroute 640, direction West
- Autoroute 15 South, direction Mtl,
- Exit 10, boul Le Carrefour
- stay on the service road, first exit on your right
- the hotel on your right

### **From US Border**

- Autoroute 15 until Autoroute 10
- follow directions for Champlain Dridge
- You are on Autoroute 15 (D´carie Blvd.)
- Exit at M´ropolitain east
- Take exit Autoroute 15 North
- Follow directions for 440 West and take exit for Autoroute 15 south
- the hotel is on your right

### **Directions to the Gym**

Autoroute 15 (N), take Concorde East (E) exit  
On Concorde East, turn left at the 2<sup>nd</sup> traffic light on L'Avenirie blvd.  
Letendre school (100 de l'Avenir) is on the left  
(across from the Montmorency-Laval CEGEP)