



gc.ca) where children race around the open spaces, actors stroll by in 18th-century garb, and Paul McCartney gave a free concert in 2008 before 200,000 fans to mark Quebec City's 400th birthday. For a concrete example of Quebec's mixed historical legacy, stop off at the **Citadel** (1, côte de la Citadelle; 418-694-2815; lacitydelle.qc.ca), where an officially French-speaking regiment performs an English-style changing of the guard, complete with black bearskin hats, every summer morning at 10.

5 National Dish 2 p.m.

At least once this weekend you have to eat poutine, the concoction of French fries, cheese curd, and gravy that is close to the French Canadian soul, if not particularly friendly to its heart. Find it



at **Buffet de l'Antiquaire** (95, rue St.-Paul; 418-692-2661; lebuffetdelantiquaire.com; \$), a Lower Town institution with sidewalk tables in summer. It is a very good, very local diner that serves all kinds of Canadian comfort food and is always worth a visit at breakfast, too.

6 That Perfect Find 3 p.m.

Walk out into the **rue St.-Paul**, a street lined with easygoing antiques shops and art galleries, to poke through Victoriana, country furniture, Art Deco relics, and assorted gewgaws. If you still can't find the right present to take home, take the first left up into the Old Town and head for **Artisans du Bas-Canada** (30, côte de la Fabrique; 418-692-2109; artisanscanada.com), which has jewelry made from Canadian diamonds and amber as well as an abundance of Québécois tchotchkes.

7 Take to the Ramparts 6 p.m.

Stroll along the ramparts of the Old Town for a stirring view of the St. Lawrence. Quebec City was strategic because of its commanding position on the

ABOVE The Lower Town along the St. Lawrence River.

LEFT J.A. Moisan, a gourmet grocery store.

OPPOSITE The Château Frontenac towers over Quebec.

river just at the point where it begins to widen and expand into the Gulf of St. Lawrence. Then proceed downhill for a drink at the friendly and cozy **Tavern Belley** (249, rue St.-Paul; 418-692-1694; facebook.com/tavernebelley). Or, farther downhill in the Lower Town, try **L'Oncle Antoine** (29, rue St.-Pierre; 418-694-9176; facebook.com/oncleantoine), a pub in the stone cellar of a 1754 house where you can sip a Quebec microbrew or maple whiskey.

8 Haute Cuisine 8 p.m.

Many Québécois speak English, but French, even bad French, goes over well. So use yours to ask for directions to the luxury hotel called **Auberge Saint-Antoine** (8, rue St.-Antoine). Its restaurant, **Chez Muffy** (418-692-1022; saint-antoine.com/en/dining; \$\$\$\$), is a point of reference for Quebec City's farm-to-fork haute cuisine. Start off with Champagne cocktails,

then move on at a leisurely pace to an amuse-bouche and an appetizer, perhaps foie gras, through seafood and meats that sometimes include Canadian game, and finally to dessert, all with suitable wines chosen from among 700 labels and 14 countries of origin. It is easy to drag this out—in a space that is like a rustic loft with upholstered chairs—for three hours or more. After dinner, walk the narrow streets to admire the restored buildings of the Place-Royal.

9 Québécois Cabaret 11 p.m.

For a late night out that will connect you with the artistic types in St.-Roch, hit **Deux 22** (222, rue St.-Joseph Est; 418-742-5222; deux22.com), a chic boutique in the daytime that's also a Mexican resto-bar. The lively crowd that congregates here in the evening for food and drink keeps the covered terrace (which is heated in the winter) hopping well into the wee hours.

