



**Alberta Health  
Services**

**CROSS-CANADA  
RENAL FITNESS CHALLENGE**  
**Places & Faces**

## Quebec City, Québec

Quebec City is the capital of Québec and is one of North America's oldest cities. It was founded in 1608 by the famous French explorer Samuel de Champlain.

The city still has its fortified defensive walls from when battles were fought here, the only such walls remaining north of Mexico. The walls are a World Heritage Site.

Quebec City sits in the St. Lawrence River Valley and is home to many important architectural and historical buildings. There are 37 different National Historic Sites of Canada in the city.

During the Second World War, Quebec City hosted two important conferences for the Allies, each time bringing British Prime Minister Winston Churchill and American President Franklin D. Roosevelt together in person in the city.

Notable Quebec City natives include cartoonist Terry Mosher, Hall of Fame NHL goaltender Patrick Roy, and Canadian astronaut Marc Garneau.

