

OFFICIAL TOURIST GUIDE 2022 - 2023

Bas-Saint-Laurent

BasSaintLaurent.ca

English
version

bonjour
québec

BAS-
SAINT-
LAURENT

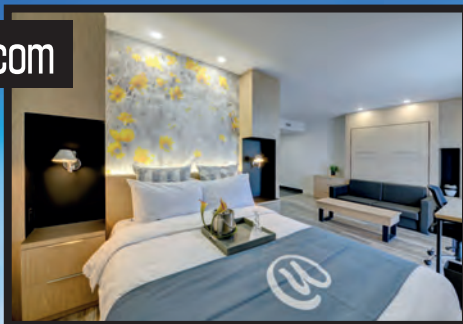
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BSL on the Web

In addition to the tourist guide, we have a selection of web tools to help inspire, plan and share your trip.

Web Site

Do you want to know more about Bas-Saint-Laurent? Check out our website. It contains precise information on the destination, videos, a blog, interactive maps, photos, suggestions for packages, it is the ideal complement to this tourist guide. In addition, different routes and circuits are available whether if you are traveling in the region by car, by bike, by motorcycle or snowmobile.

bassaintlaurent.ca

Instagram

The Bas-Saint-Laurent reveals its most beautiful landscapes on its Instagram account. Do like thousands of Bas-Saint-Laurent lovers, follow us and share your pictures taken in the region. Use our hashtags so we can see them too.

[#bassaintlaurent #explorebsl](https://www.instagram.com/bassaintlaurent)
[@bassaintlaurent](https://www.instagram.com/bassaintlaurent)

Facebook

Join the community of Tourisme Bas-Saint-Laurent Facebook page to find out all about must see events and activities, contests and promotions in progress, as well as hidden treasures to discover. It is of course, a place to share your favorites, comments, etc. We love to read your comments and interact with you!

[@tourismebassaintlaurent](https://www.facebook.com/tourismebassaintlaurent)
[@motoneigebsl](https://www.facebook.com/motoneigebsl)

YouTube

Subscribe to our YouTube channel and watch videos that will make you want to pack your bags and go to Bas-Saint-Laurent. TV commercials, capsules on tourism businesses, interviews with regional players... you will find out everything you want to know and more about the region!

[/bassaintlaurent](https://www.youtube.com/bassaintlaurent)

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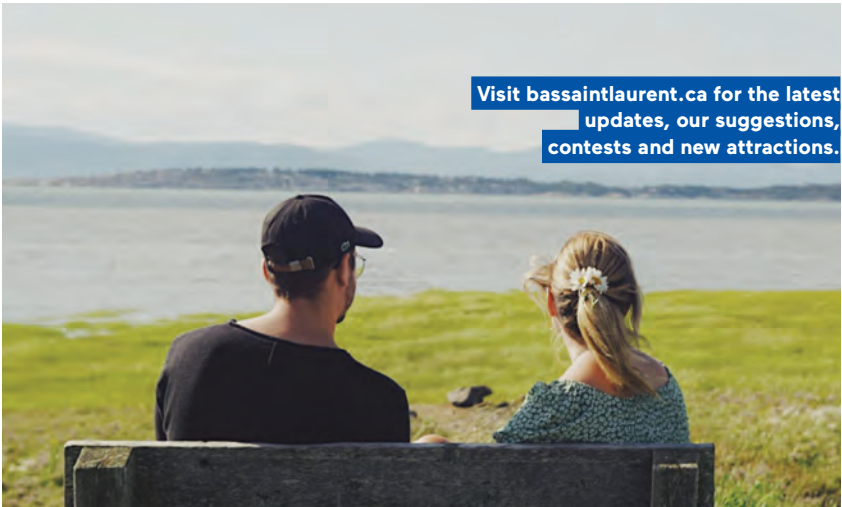
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Visit bassaintlaurent.ca for the latest updates, our suggestions, contests and new attractions.



BAS-SAINT-LAURENT

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SEE OUR PACKAGES



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Votre gouvernement

Québec

Seguena-Île-Lac-Saint-Jean
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DISCOVER BAS-SAINT-LAURENT'S TRUE NATURE

Protected areas.
Enriching nature experiences.

Parc national du Lac-Témiscouata

10 000 years of history in the
heart of a preserved nature.



Details p. 74

Parc national du Bic

A unique landscape
designed by the sea.



Details p. 60

sepaq.com

Photo credit : Jean-Christophe Lemay

Sépaq

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Profile of the Region

Discover Bas-Saint-Laurent

For many years, the St. Lawrence River has been key to the development and growth of the tourism industry in the Bas-Saint-Laurent region. It provides some of the region's most beautiful landscapes, with its many accessible islands, old lighthouses – including Québec's oldest light on l'île Verte – and sunsets that set the river ablaze every evening. For more than a century, steamships, railroads and, more recently, Route 132 have been bringing tourists – including some renowned families – to the region to enjoy the salt breeze and sea bathing. Early on, people spoke of "taking the waters". Although times have changed, the St. Lawrence, with its tides and sea life, still retains its ability to attract those who seek adventure... or tranquillity.



All this Beauty...

Is a source of inspiration for many in the region's tourism industry. Discover for yourself the variety, originality and quality of the creations of the Bas-Saint-Laurent's chefs, food producers, artists and artisans. You'll find them throughout the region, including some who are renowned well beyond our borders.

Inland from...

The St. Lawrence, the beautiful countryside of the Bas-Saint-Laurent abounds with lakes and rivers surrounded by lush forests and wildlife. The Route des Frontières leads visitors through Pohéngamook, famous for the lake of the same name, with its beach and a four-season resort.

From there ...

you can continue on to Lac Témiscouata, the largest lake in the region, and follow the Route des Monts Notre-Dame. There are also bike paths, water sports, swimming and resorts in the area.

The entire region

Stretching from La Pocatière to Sainte-Luce, by the Route des Navigateurs, is easily accessible and is linked to the north shore by three ferries. To the south, it shares borders with New Brunswick and Maine. In association with the Gaspésie, the Côte-Nord and the Îles de la Madeleine, the Bas-Saint-Laurent is marketed outside Québec under the auspices of Le Québec maritime. This organization showcases eastern Québec's distinctive maritime character.



BAS-SAINT-LAURENT

Take time to *live*



Must-See

Attractions
10
to see!



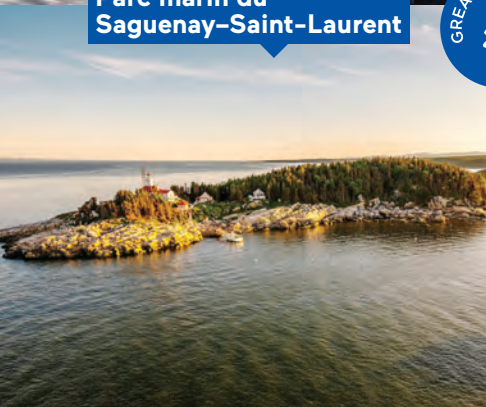
Parc national du Bic



Our national parks

Lovers of the great outdoors will be delighted by the Parc national du Bic, a coastal park with breathtaking landscapes; the parc national du Lac-Témiscouata, strongly influenced by the presence of the Amerindian for millennia, and the parc marin du Saguenay-Saint-Laurent 1,245 km² national marine conservation area.

Parc marin du Saguenay-Saint-Laurent



Lighthouses

The region has the oldest and first lighthouse along the St. Lawrence, dating from 1809. To learn more about these sentinels of the sea, so closely linked to the history of eastern Quebec, visit the: Pointe-au-Père lighthouse or those of Île Verte and the Pot à l'Eau-de-Vie archipelago (Brandy Pot), where you can even spend the night.



Île Verte Lighthouse



Gourmet tourism and cultural

Get a free copy of: "À la BSL", 3rd edition - a magazine on gourmet and cultural tourism - and meet the passionate people who bring the region to life. Artists, craftsmen, restaurateurs, innkeepers, all local ambassadors of our beautiful region.

Look for the "Saveurs du Bas-Saint-Laurent" logo, a brand image for local products.

Cycling along the St. Lawrence

Biking

La route des Navigateurs (route 132) is particularly popular with cycling enthusiasts for its landscapes and coastal villages.

Ideal for families. The region also has the parc linéaire interprovincial du Petit Témis which over 134 kilometers, connects Rivière-du-Loup to Edmundston in New Brunswick.

www.cyclingbsl.ca





Riding the Monts Notre-Dame route

Mototourism

This tourist guide offers motorcycle tours in Bas-Saint-Laurent and Gaspésie. A large circuit and several loops bring to the most beautiful roads in eastern Quebec and magnificent Maritimes and there forest landscapes.

www.motorcyclingbsl.ca



Snowmobile

The region attracts its share of snowmobilers from across Quebec, other Canadian provinces, the United States and even Europe. The beauty of the landscapes between the sea and mountains, the maintenance of the 1,800 kilometers of trails and the services offered are very appealing.

www.snowmobilebsl.ca

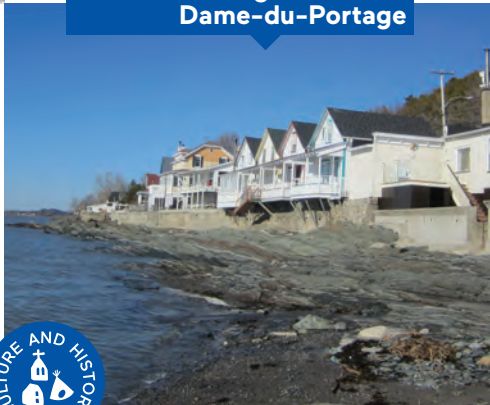
Summer Cottage at Notre-Dame-du-Portage

Landscape heritage

Bas-Saint-Laurent is characterized by the beauty and diversity of its landscapes and villages which constitute one of its major tourist signatures.

Since 2014, the Landscape Charter of Bas-Saint-Laurent even regulates issues related to the protection and enhancement of landscapes.

As a bonus: Kamouraska, Cacouna and Notre-Dame-du-Portage are part of the *Les plus beaux villages du Québec* association.



Nature observation

Territories conducive to wildlife observation. At Île Verte, it is not uncommon to see moose and deer frolicking gently in the fields. Birdlife is also abundant, especially in spring, when hundreds of thousands of seabirds come to nest on the islands.

From the shore, especially in the area between Rivière-du-Loup and Cacouna – recognized as a beluga whale nursery – you can also see the great blue heron.



Snowy owl at Parc national du Bic

1



The sunsets

Overstepping our borders for ages, the fame of Bas-Saint-Laurent sunsets continues to fascinate tourists and locals alike in all seasons. The spectacle of the sun painting of the sky, then hiding behind the mountains of the north shore of is unique in the world.



Exploring from "Île-aux-Basques"

The islands

A string of islands stretches along the St. Lawrence.

Several are easily accessible in season:

Île Verte, Île aux Basques, Île Saint-Barnabé, Îles du Pot à l'Eau-de-Vie and Île aux Lièvres.

Hiking, camping, bird watching, observation winged fauna, history, resourcing... the change of scenery is guaranteed.







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welcomes you...

MAISON TOURISTIQUE RÉGIONALE DU BAS-SAINT-LAURENT

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Sortie 439, autoroute 20
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info@tourismekamouraska.com

BUREAU D'INFORMATION TOURISTIQUE DE SAINT-PASCAL

215, rue Rochette
Saint-Pascal GOL 3Y0
418 492-7753
tourisme@villestpascal.com

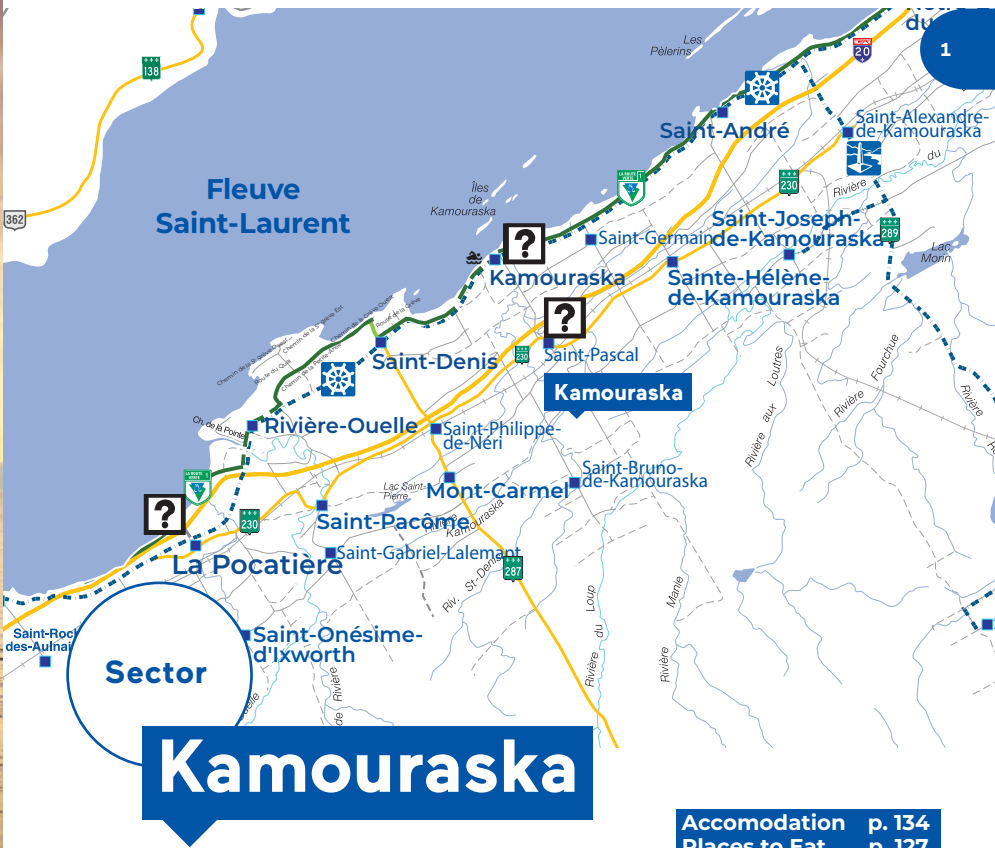
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69A, avenue Morel
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418 492-1325
accueiltouristique@kamouraska.ca



1 888 856-5040
tourismekamouraska.com
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tourismekamouraska.com

Kamouraska – the word alone evokes beautiful landscapes and generations’ worth of vacation memories. A well-known holiday destination, Kamouraska is where the St. Lawrence takes on the appearance and colours of the sea. It is also where the irresistible charm of local towns and villages blends maritime history, farming traditions, forestry and famous local characters. It is no surprise that this rich heritage has given rise to a wide range of cultural attractions and museums as well as a network of artisanal food producers and many restaurants that feature their products. You can look forward to pleasant strolls in a setting filled with the incomparable sweetness of life.

**Accommodation p. 134
Places to Eat p. 127**



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Live the St. Lawrence River



14
Hunting and Fishing



22
Vibrant Cities and Festivities



14
Great Outdoors



11
Road Trips



13
Local Flavor



45
Vibrant Cities and Festivities



12
Winter Fun



La Pocatière



3 915 inhabitants

lapocatiere.ca

The gateway to the Bas-Saint-Laurent tourism region, La Pocatière offers visitors plenty to see and do along with all the services of a larger city. Discover the Halte Marine, which showcases our rich saltwater marsh. Enjoy nature by visiting the flower garden, exploring the Sentiers Montagne du Collège trails or cycling on the Route Verte bike route along the shores of the St. Lawrence. Try local products in producers' shops or area restaurants. Join in special events for the whole family like the Halloween festivities. Admire the architecture of the Collège de Sainte-Anne-de-la-Pocatière and immerse yourself in history by visiting the Centre d'archives de la Côte-du-Sud (archive centre) and the Musée québécois de l'agriculture et de l'alimentation (food and agriculture museum) or by exploring the Fil Rouge and Passeurs de Mémoire tours.

Rivière-Ouelle



997 inhabitants

riviereouelle.ca

In this municipality on the banks of the St. Lawrence and the Rivière Ouelle, you can explore the beauty of a charming village and its heritage buildings in various ways. Paddle down the meandering river or the St. Lawrence, take a bike ride on the trail network, stroll through the heart of the village, walk on the beaches or head out for a drive on country roads. Visit the parks, the church with its venerable votive painting and coastal eel-fishing sites. Go bird watching or pick berries, explore ancestral lands on the Passeurs de Mémoire tour, pause at the wayside crosses, experience the area's rich history on the Fil Rouge tour, camp on the shores of the St. Lawrence and admire the sun setting over the water. Enjoy your stay here!



Kamouraska

607 inhabitants



kamouraska.ca

An active member of the Association of the Most Beautiful Villages of Québec and Fleurons du Québec (which recognizes the sustainable horticultural beautification efforts of Québec municipalities), this picturesque community is a thriving tourist destination with lots to offer visitors, including exceptional architectural heritage, must-see sunsets and beautiful country landscapes. This is a proud community where a vibrant and innovative farming sector works hand in hand with a tourism industry committed to offering distinctive and tasty experiences to visitors and residents alike. Come and enjoy all of this area's cultural and natural attractions, whether for a few hours or a few days: a beach along the St. Lawrence for water sports and relaxation, rest areas, bike paths, hiking trails, restaurants, lodging establishments, craft shops, art galleries, a regional museum, the Centre d'Art de Kamouraska and the tourist information office. Characters in period costume and special activities will take you back to 19th-century Kamouraska!

Saint-André

682 inhabitants



standredekamouraska.ca

Accessible via both the Route des Navigateurs and the Route des Frontières scenic drives, the municipality of Saint-André is an exceptional setting for hiking, kayaking, rock climbing and bird watching. A drive or bike ride along Chemin Mississippi leads to beautiful landscapes. Visitors can reach the shores of the St. Lawrence via Parc de l'Ancien Quai, where interpretive panels present local history and the biodiversity found in the marsh. Saint-André is home to numerous artisans and many buildings of architectural value. Culture is showcased at the Maison Armand-Vaillancourt and the community's religious heritage is featured at the church and a shrine to the Virgin Mary.

1



Saint-Pacôme



1566 inhabitants

st-pacome.ca

The smallest municipality in the Kamouraska area, Saint-Pacôme offers amazingly varied landscapes, which have played a key role in the development of high-quality sports facilities. Located in the foothills between the high country and the coastal lowlands, Saint-Pacôme is nestled on the banks of the Rivière Ouelle as it meanders through the town's famously spectacular countryside. In addition to offering extraordinary views from the Belvédère de la Croix lookout at the top of the hill on Côte Norbert, Saint-Pacôme is known as Québec's capital of mystery novels and is a member of the Association of the Most Beautiful Villages of Québec. The locals, their homes and the streets of Saint-Pacôme all have stories to tell, which are as rich as the region from which they spring. To learn more, follow the Fil Rouge tour and discover the heritage tour.

Mont-Carmel



1146 inhabitants

mont-carmel.ca

Covering an area of 435 square kilometres, Mont-Carmel is the largest municipality in the Kamouraska area. Nestled on a mountainside in a natural environment, Mont-Carmel offers gorgeous views of the Kamouraska area and the St. Lawrence. Less than 5 kilometres from the main highway, its lake-studded territory extends all the way to the U.S. border. The Jean-Claude-Plourde municipal park offers visitors a snack bar, heated pool and stage for open-air shows and concerts. Nature enthusiasts will be delighted with the vast choice of activities on offer here, including quad biking, snowmobiling, hunting, fishing and hiking. The Lac de l'Est beach, which is 13 kilometres long, is a great place to camp, swim or simply relax. Enjoy the perfect blend of culture and nature on the Sentier culturel (culture trail) and the Circuit des chaises géantes (giant chair tour). Check out the tourist map and the schedule of summer events on the town's website (in French only) to make sure you don't miss a thing!





Saint-Joseph-de-Kamouraska



1

396 inhabitants

stjosephkam.ca

With the youngest population in the region, Saint-Joseph-de-Kamouraska is a dynamic and welcoming haven surrounded by nature. As is typical in the interior of the region, this village is located in a wooded valley dotted with farms and home to a large sawmill. Crossing the village from west to east, the Rivière du Loup has several sections offering easy paddling. At the centre of the municipality stands an exceptional group of beautifully preserved religious heritage buildings including the church, the presbytery, an old icehouse and one of Québec's few remaining tithe barns. A picnic and rest area is also found on site. In 2022, the municipality will celebrate its 100th anniversary. Festivities will take place from Friday, July 29 to Sunday, July 31 and will include fireworks, shows, a BMX competition, parades and many other activities. Watch for the program, which will be released in May 2022.

Saint-Pascal



3 495 inhabitants

villesaintpascal.com

Home to over 150 businesses, industries and organizations, Saint-Pascal is a notable socioeconomic hub for the region. A family-friendly town, it offers urban services as well as beautiful green spaces and recreational areas to the delight of one and all. Visitors can explore the area's history, architecture and natural surroundings at a variety of sites and attractions. Discover Montagne à Coton where you can learn about a local legend and take in views of the town, the St. Lawrence and the surrounding land from a scenic lookout at the top of this mountain. Another outdoor attraction, Parc des Sept-Chutes, offers lovely trails to explore. There is plenty of culture to be found here as well! Visit the church, take part in summer events and admire local heritage buildings.

Témiscouata

WHAT JOY !

Camping Plage
Pohénégamook

Parc linéaire
interprovincial
Petit Témis

Parc national du
Lac-Témiscouata



Stéphane Audet, parc national du Lac-Témiscouata, Sépaq

1 877 303-6725 #4412
tourismetemiscouata.qc.ca

Tourist information offices (seasonal)

Bureau d'information touristique
de Témiscouata-sur-le-Lac
7-B, boulevard Industriel
418 854-9406

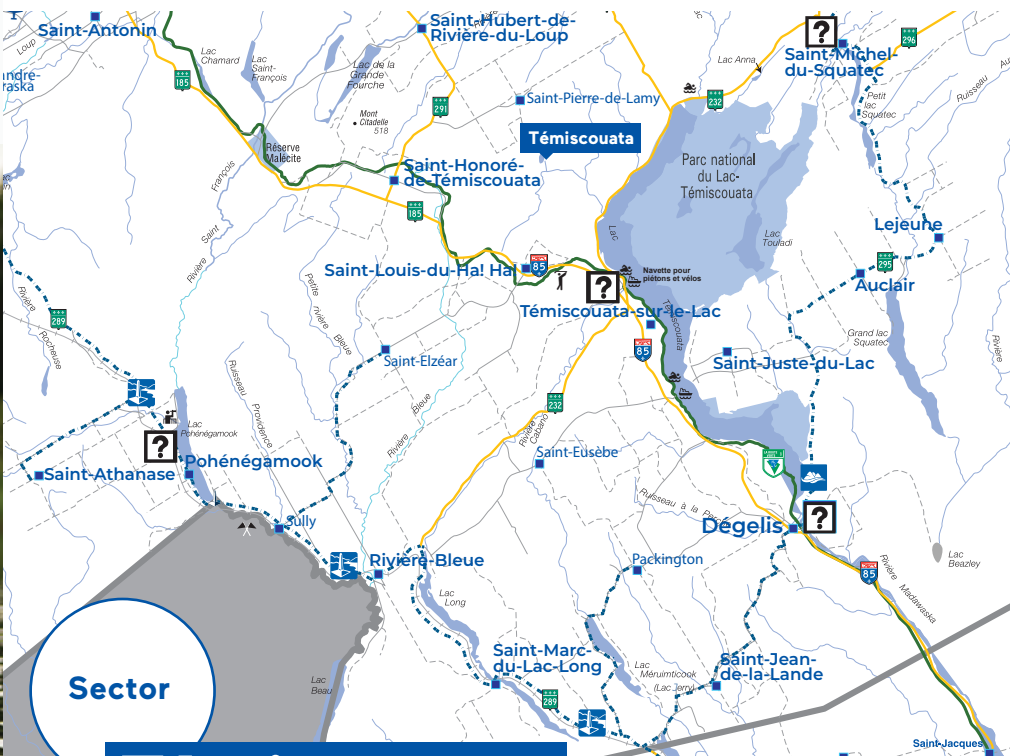
Bureau d'accueil touristique
de Pohénégamook
1309, rue Principale
418 863-7722 # 4104



Tourisme
Témiscouata



MRC de
Témiscouata



Sector

Témiscouata

tourismetemiscouata.qc.ca

Témiscouata is known for its outstanding natural scenery. The 900 lakes and rivers found in this area, as well as the many sugar maples that make it the second largest maple-syrup-producing region in Québec, offer new delights every season. Visitors can explore two scenic drives: the Route des Frontières and the Route des Monts Notre-Dame. There are so many attractions in this area: cultural venues, historic sites, resorts, beaches, golf courses, bike paths and more. Top-quality local products, talented artists and artisans, charming inns... There is lots to love in Témiscouata!

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418-863-7722



▼ Classified in Order of Location

Saint-Athanase



311 inhabitants

saint-athanase.com

The many attractions in Saint-Athanase showcase the beauty of the surrounding natural environment. Mont Thompson and the Chute à l'Original falls, which are located in the beautiful maple groves found in the Rivière Noire Valley, can be reached by car and then on foot. From the centre of the municipality, take the dirt road to a parking area and then hike in 3 kilometres to reach the falls. Six kilometres further on, you will find a 6-kilometre multiuse trail (quad, mountain bike, hiking) leading to a lookout with a rest area and picnic tables at the top of one of the highest peaks in the Témiscouata area (at 630 metres in altitude). Lac aux Canards can be reached via Route de Picard at the head of Lac Boucané, via a loop trail that is nearly 4 kilometres long and is open year-round. Head out on snowshoes or cross-country skis in the winter or on foot after the snow melts along a trail that features information panels about the area's fauna and flora and leads to a rest area and picnic tables.

Pohénegamook



2 513 inhabitants

pohenegamook.net

Located in the southern part of Bas-Saint-Laurent, Pohénegamook is close to the New Brunswick and United States borders. With its lake of the same name and a warm microclimate, Pohénegamook is a popular holiday destination. There is no shortage of attractions in this municipality that offers something for everyone. For outdoor enthusiasts, there are hiking trails, a golf course and water sports. If you are travelling with children, you can enjoy the beach, Québec's largest inflatable water park, a visit to the U.S. border area, several parks and the celestial garden. Culture and history buffs will love the Circuit Culture et Patrimoine, a culture and heritage tour along the Route des Frontières scenic drive, as well as a second local heritage tour and the tour of wayside crosses. Many events are held here in all seasons. Snowmobilers and quad enthusiasts can enjoy the trails that lead to various local restaurants and lodging establishments

Rivière-Bleue



1 234 inhabitants

riviere-bleue.ca

The municipality of Rivière-Bleue has so many stories to tell. Its strategic location at the borders of Québec, New Brunswick and the United States made it the site of many illegal activities during Prohibition. But Rivière-Bleue is not shy about revealing its dark secrets from the 1920s as well as the railroad history that played a major role in the development of this area. The Festival du Bootlegger celebrates the Prohibition era. Visitors will also enjoy the area's beautiful natural setting with many small lakes and rivers, a nature hike, hiking trails, mountain bike trails and several tours highlighting the area's history and architectural heritage. Hunting and fishing enthusiasts are also invited to explore this bountiful land.



Saint-Jean-de-la-Lande



236 inhabitants

saintjeandelalande.ca

Stretching between Dégelis and the New Brunswick border from the Route des Frontières (Route 289) to Highway 85, Saint-Jean-de-la-Lande is where the word “nature” takes on its full meaning. The municipality includes two large lakes, Baker and Jerry (also known as Méruimticook). Lac Jerry has a boat ramp and is surrounded by a bike path that offers numerous scenic stops. The municipality is also home to the Romain-Caron Bridge, the only covered bridge left in the Témiscouata area, which was built in 1940 in the Town style. The celestial garden next to the bridge showcases the earth along with its hemispheres, continents, days and seasons. Saint-Jean-de-la-Lande is a member of the Circuit Culture et Patrimoine, a culture and heritage tour along the Route des Frontières scenic drive.



Saint-Honoré-de-Témiscouata

757 inhabitants

sainthonoredetemiscouata.ca

Located between Parc du Mont-Citadelle and Montagne Blanche, which is dotted with wind turbines, Saint-Honoré-de-Témiscouata is a paradise for outdoor lovers and hunting enthusiasts. Its geographical location leads to great snow conditions in the winter. Visitors can explore the municipality via the Petit Témis Interprovincial Linear Park or the area's four-season quad trails and can stop at Parc du Mont-Citadelle for a good meal or to spend the night in a cabin, yurt or campsite. Snowmobile enthusiasts can have fun exploring the mountains. Route 185 provides easy access from urban centres. Over the years, several parks and attractions have been developed here, including a celestial garden, outdoor murals and Parc du 150e, which have added to the community's quality of life. The village also offers many businesses and services, including a well-stocked grocery store.

Témiscouata-sur-le-Lac

5 017 inhabitants

temiscouatasurlelac.ca

The town of Témiscouata-sur-le-Lac is known for its beautiful scenery and many attractions. Considered one of the 10 most beautiful lakes in Québec according to L'Actualité magazine, Lac Témiscouata offers plenty to do along its 42-kilometre length. Relax at the two municipal beaches, visit the marinas or go fishing. Take the ferry or the boat shuttle for pedestrians and cyclists to the Parc national du Lac-Témiscouata on the far side of the lake or explore the shoreline along the "Parc linéaire interprovincial du Petit Témis". Enjoy regional cuisine made with local products by renowned chefs who are the pride of Bas-Saint-Laurent. Discover the area's culture and heritage through unique events, concerts, the museum, a historic site, gardens and art galleries. Témiscouata-sur-le-Lac is where nature and culture come together!

1





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**camping
marina**
TÉMISCOUATA-SUR-LE-LAC

1.866.899.6820
campingmarina.ca

Dégelis

2 871 inhabitants

degelis.ca

Located at the confluence of the Rivière Madawaska and Lac Témiscouata, Dégelis takes its name from a distinctive phenomenon, an old French term meaning that the water remains ice-free. Every winter, a stretch of almost 15 kilometres of the Rivière Madawaska does not freeze. This open water allows several duck species to overwinter here. Located on New Brunswick's doorstep, Dégelis offers access to the Petit Témis bike path, the Grands-Pins campground in Parc national du Lac-Témiscouata and the Bas-Saint-Laurent section of the "Sentier National". Discover the dam on Lac Témiscouata with a bridge for pedestrians and cyclists as well as the municipal campground, sunsets from the beach, the marina, the descent of the Rivière Madawaska, the Polaris celestial garden, quad and snowmobile trails, and the vast hunting and fishing grounds in ZEC Owen (a controlled harvesting zone).



Saint-Juste-du-Lac

580 inhabitants

saintjustedulac.com

Located along the shores of Lac Témiscouata on the Route des Monts Notre-Dame scenic drive, Saint-Juste-du-Lac is at the gateway to Parc national du Lac-Témiscouata. Many valleys and streams criss-cross the hilly terrain of this peaceful community, adding to its great tourism, agricultural and industrial potential. The municipality is linked to the town of Témiscouata-sur-le-Lac by a ferry in the summer and an ice bridge in the winter. Quad and snowmobile enthusiasts will enjoy the trail network in this municipality. Hikers can explore a section of the National Hiking Trail or make a stopover here if they are hiking the whole trail. And everyone can relax and admire the sunsets over the lake. Gardens that are part of the celestial garden tour are also found here. Summer and winter events provide fun for the whole family.



 **Dégelis**
ville d'accueil au Témiscouata

 Village relais
un village au cœur du voyage

 Parc national du Lac-Témiscouata

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Auclair



448 inhabitants

municipaldeaclair.ca

Surrounded by mountain scenery on the Route des Monts Notre-Dame scenic drive, the people of Auclair enjoy nature and the great outdoors. In the 1960s, Auclair was threatened with closure, but its residents resisted and today the village offers visitors modern amenities and services while maintaining its rustic charm. No matter the season, you will find amazing things to do in Auclair. In the spring, thousands of maple trees produce precious sap that is transformed into a wide range of delicious products. In the fall, the landscape is resplendent with the brilliant colours of the maple leaves. Quad and snowmobile enthusiasts can get out and enjoy the scenery on the many trails that wind through the area. A municipal campground and marina are located on the shores of Grand Lac Squatec.

Lejeune



257 inhabitants

municipalitelejeune.com

Perched high in the mountains along the Route des Monts Notre-Dame scenic drive, Lejeune charms visitors throughout the seasons with its varied colours and landscapes. Several rivers cross through the municipality, and lakes dot the surrounding area. In the heart of the village, visit a garden inspired by the northern lights that is part of the celestial garden tour. At the lakeside rest stop on Grand Lac Squatec, visitors can stroll along a footpath leading to several picnic spots and read interpretive panels focused on local wildlife. Regional products are also available here, including maple products and other sweets. Lejeune invites nature lovers to enjoy the area's hunting and fishing or to head out on the water. Music lovers can enjoy the traditional music festival. You can also explore the area on the many quad and snowmobile trails.



Saint-Michel-du-Squatec



1056 inhabitants




squatec.qc.ca

Located along the Route des Monts Notre-Dame scenic drive, Saint-Michel-du-Squatec is also the main gateway to Parc national du Lac-Témiscouata. Literally in the heart of the mountains, the municipality is surrounded by a large network of lakes and rivers. No matter the season, outdoor enthusiasts and nature lovers can enjoy fishing, hiking on the "Sentier National", canoe or kayak outings from the campground, cross-country skiing and snowshoeing on well-maintained trails, or snowmobiling and quad biking, all in beautiful scenery with fantastic views. Visitors and residents can enjoy their favourite sports (including tennis, softball, soccer and skating) in the village's safe facilities. The local economy is based on wood processing, agriculture, maple syrup production, tourism and various businesses.

Rivière duLoup

VILLE ET RÉGION



@tourismerdl   

tourismeriviereduloup.ca

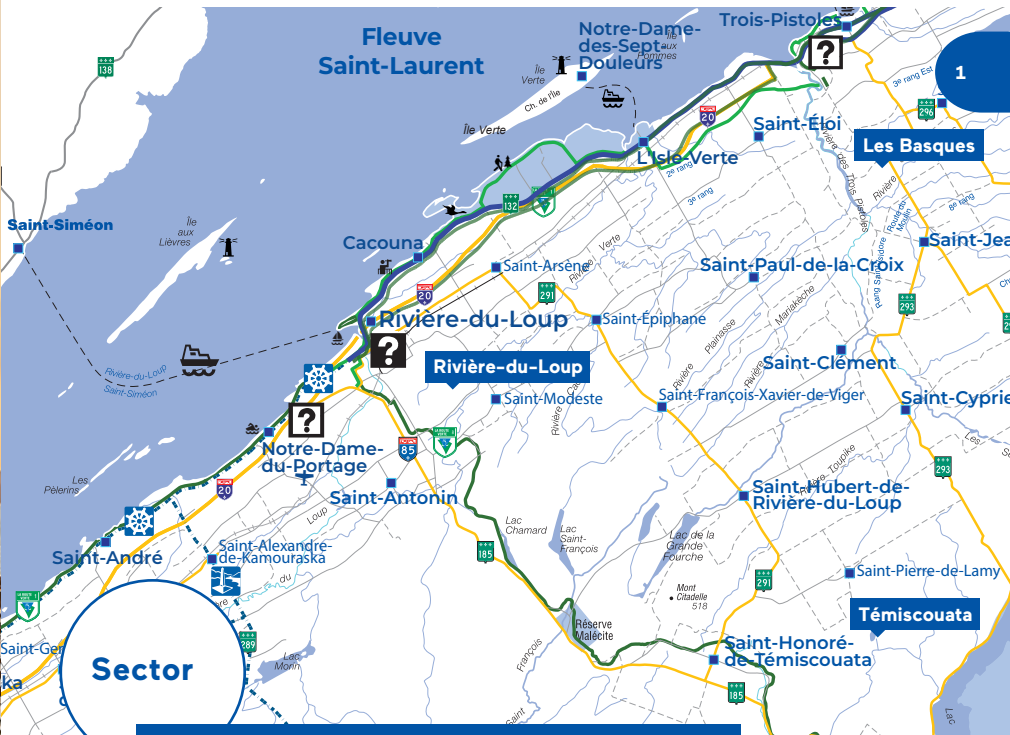
TOURISME
**Rivière
duLoup**

TOURIST INFORMATION OFFICE

189, boulevard de l'Hôtel-de-Ville
Rivière-du-Loup G5R 5C4
418 862-1981 1 888 825-1981
info@tourismeriviereduloup.ca

TOURIST WELCOME CENTER

Autoroute Jean-Lesage direction Est
Notre-Dame-du-Portage



Rivière-du-Loup

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Places to Eat p. 127

tourismeriviereduloup.ca

A blend of urban and rural, land and sea – this is the Rivière-du-Loup area in a nutshell! From this road and maritime hub, you can readily explore an island, watch the world’s largest whales or be on your way to the north shore of the St. Lawrence. The area is also home to several health and Nordic spas, a saltwater pool on the edge of the St. Lawrence and the trailhead of the Petit Témis bike path as well as a bustling cultural life and many unique events. Between jaunts to explore the area, you can enjoy high-quality accommodations and restaurants that will meet your exacting standards. In short, Rivière-du-Loup will offer you the best of life... and a real vacation!



22 Live the St. Lawrence River



14 Hunting and Fishing



22 Vibrant Cities and Festivities



14 Great Outdoors



11 Road Trips



13 Local Flavor



45 Vibrant Cities and Festivities



12 Winter Fun

▼ Classified in Order of Location

Notre-Dame-du-Portage

1195 inhabitants

municipalite.notre-dame-du-portage.qc.ca

If you are looking for a relaxing and authentic experience, Notre-Dame-du-Portage is a must-see destination along the shores of the St. Lawrence that enchants visitors of all ages year-round with legendary sunsets, natural beauty and heritage buildings. In the summer, come and swim in the only saltwater pool in Québec. Take in the beauty of the St. Lawrence on the wharf and enjoy the sea air while relaxing at Parc des Grèves or the new Parc de l'Anse. Explore the Route du Fleuve and the trails that wind through the village on foot or by bike, or treat yourself to a round of golf. History buffs will enjoy the heritage tour and visiting the École de l'Anse, a museum housed in an old schoolhouse. The town also offers a health spa as well as accommodations and restaurants. In the winter, explore the snowshoe and cross-country ski trails with views of the St. Lawrence or go snow tubing with your family.

Rivière-du-Loup



20 118 inhabitants

villerd.l.ca

Rivière-du-Loup has retained all the charm of its rich heritage, from the early days of the seigneurie and the arrival of the English-speaking elites. The city is spread over three tiers. From the shores of the St. Lawrence, you can go on whale-watching excursions, head out to the islands or take the ferry to Côte-Nord. Parc de la Pointe offers direct access to the St. Lawrence, hiking trails, a bike path, rest areas and a children's playground. Go for a walk in downtown Rivière-du-Loup and explore the old parts of the city. Take a stroll along Rue Lafontaine, which offers many shops and restaurants, and be sure to admire the traditional architecture. Culture and the arts are everywhere here: visit parks and museums, attend local events and learn the secrets of skilled artisans. There are also lots of options for outdoor enthusiasts, including cycling and cross-country skiing. Rivière-du-Loup is also accessible via snowmobile and quad trails.



Parc de la Pointe - Rivière-du-Loup



Rivière-du-Loup

ESPACES DE VIE

Musée du Bas-Saint-Laurent



HISTOIRE RÉGIONALE
ART CONTEMPORAIN
mbsl.qc.ca

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manoirfraser.com

TOUT
Culture
Rivière-du-Loup

Programmation culturelle
toutcultureerdl.ca

Rivière·
du·Loup 



Notre-Dame-des-Sept-Douleurs

37 habitant

ileverte-municipalite.com

Known locally as “la p’tite île” (the small island), Île Verte is the only island in Bas-Saint-Laurent that is inhabited year-round. Island life is set against a backdrop of remarkable maritime landscapes, abundant wildlife and a wealth of heritage buildings spread from one end of the Chemin de l’île to the other, from Bout-d’en-Bas to Bout-d’en-Haut. From May to November, the island is accessible via the Peter-Fraser ferry; the crossing schedule varies with the tides. In the winter, you can visit the island via an ice bridge. Between these two periods, the only way to get to the island is by helicopter. With a well-deserved reputation for hospitality, the island has become an exceptional vacation destination, offering several restaurants and about 40 inns, B&Bs and tourist residences, including the famous Maisons du Phare, which allow you to stay at the lighthouse. Notre-Dame-des-Sept-Douleurs is a delightful community to visit, one that some are lucky enough to call home.

Saint-Hubert-de-Rivière-du-Loup

1375 inhabitants

municipalite.saint-hubert-de-riviere-du-loup.qc.ca

Home to an abundance of lakes, including Lac de la Grande Fourche, Lac Saint-Hubert and Lac Saint-François, the municipality of Saint-Hubert-de-Rivière-du-Loup is located at the meeting point of the Rivière-du-Loup, Basques and Témiscouata areas. Rich in history and heritage (church, lakes, old mills and more) and within 30 minutes of many of the region’s top attractions, the municipality is a wonderful tourist hub. A great area for water sports, including sailing, kayaking and fishing, it is also accessible via the Petit Témis bike path. Fall brings hunting and quad biking surrounded by colourful scenery, while winter is the time for snowmobiling, snowshoeing and ice sports at the village arena.

Cacouna

1 863 inhabitants

cacouna.ca

Come and discover the rich natural, historical and cultural heritage of Cacouna. This lovely community is a member of the Association of the Most Beautiful Villages of Québec. Take the time to admire the town’s century-old buildings and beautiful heritage homes. Cyclists can enjoy the views of the St. Lawrence from the Route Verte bike route. Cacouna also invites you to discover the coastal flora and fauna found here. On foot, by bike or by kayak, enjoy the attractions of the Kiskotuk coastal park. Explore the Randonnées du Passé heritage tours using free mobile apps and interpretive panels. In August, join the village and the Maliseet First Nation to celebrate Deux Nations, Une Fête (a history festival and pow-wow). Play a round of golf on the local golf course, try local products and pick up a few unique souvenirs.

L'Isle-Verte

1332 inhabitants



municipalite.lisle-verte.qc.ca

Tradition and vitality come together in L'Isle-Verte! Formerly a major regional business centre, the village, which faces the similarly named island, has become a tourist destination with a rich history and a wide range of attractions. The municipal rest area at Parc de la Rivière Verte is the starting point for the heritage tour that includes the church, the Girard house, the old woolen mill and two national historic sites: the circuit courthouse and the Louis-Bertrand house. While you are at it, include the footbridge over the river and the Escale d'Élise riverside park in your tour. You will also want to visit local artists and artisans, the fish market and the "Réserve nationale de faune de la baie de l'Isle Verte" Area, which offers hiking trails. L'Isle-Verte is a great place for winter sports, including ice fishing from mid-December to mid-February. Ferry. Restaurants and accommodations.

Saint-Antonin

4264 inhabitants



ville.saint-antonin.qc.ca

A few kilometres south of Rivière-du-Loup, the municipality of Saint-Antonin charms visitors with its vast green spaces. Nature lovers will be delighted by the many hiking and horseback riding trails. Cyclists can head out on the Petit Témis bike path right in the middle of the town. In the winter, enjoy cross-country skiing at Club Amiski. You can also go snowshoeing, quad biking and skating at two skating rinks. In the summer, enjoy the country festival and the Super Demolition. Saint-Antonin is a must-see on the way to New Brunswick via Highway 85.

Saint-Cyprien

1095 inhabitants



saintcyprien.ca

A socially and economically vibrant community, Saint-Cyprien is home to many businesses that have built solid reputations in the industrial, maple production, forestry, farming and service sectors. The Complexe Louis-Santerre and the AMT ice rink provide hockey, curling, soccer and tennis facilities. The intergenerational park offers playgrounds and rest areas for families. The Éco-Site offers water sports enthusiasts access to Lac Témiscouata, with a beach and campground. The area's many activities include strolling through the celestial garden, rock climbing, hiking on the National Hiking Trail or the Route des Passants, cycling on the Petit Témis bike path, quad biking, ice fishing, cross-country skiing, snowmobiling, snowshoeing and much more.

Saint-Paul-de-la-Croix

322 inhabitants



municipalite.saint-paul-de-la-croix.qc.ca

Perched on a plateau between Rivière-du-Loup and Trois-Pistoles, this small community offers impressive views of the St. Lawrence and the surrounding municipalities. Visitors can buy and sample local products and admire the handiwork of local artisans. The village's warm and friendly residents are dynamic and proud of their community, organizing plenty of activities throughout the year. Enjoy this lively community's many events. Quad bikers and snowmobilers can take advantage of the many trails that wind through the area. Saint-Paul-de-la-Croix will celebrate its 150th anniversary in 2023.



les **Basques**

Welcome to
Trois-Pistoles

No. d'établissement : 002881

#WowLesBasques

 Tourisme Les Basques

tourismelesbasques.com



**Bureau d'information
touristique**

Opening from June to September

51, route 132 Ouest (Halte routière)

Trois-Pistoles

418 851-3698

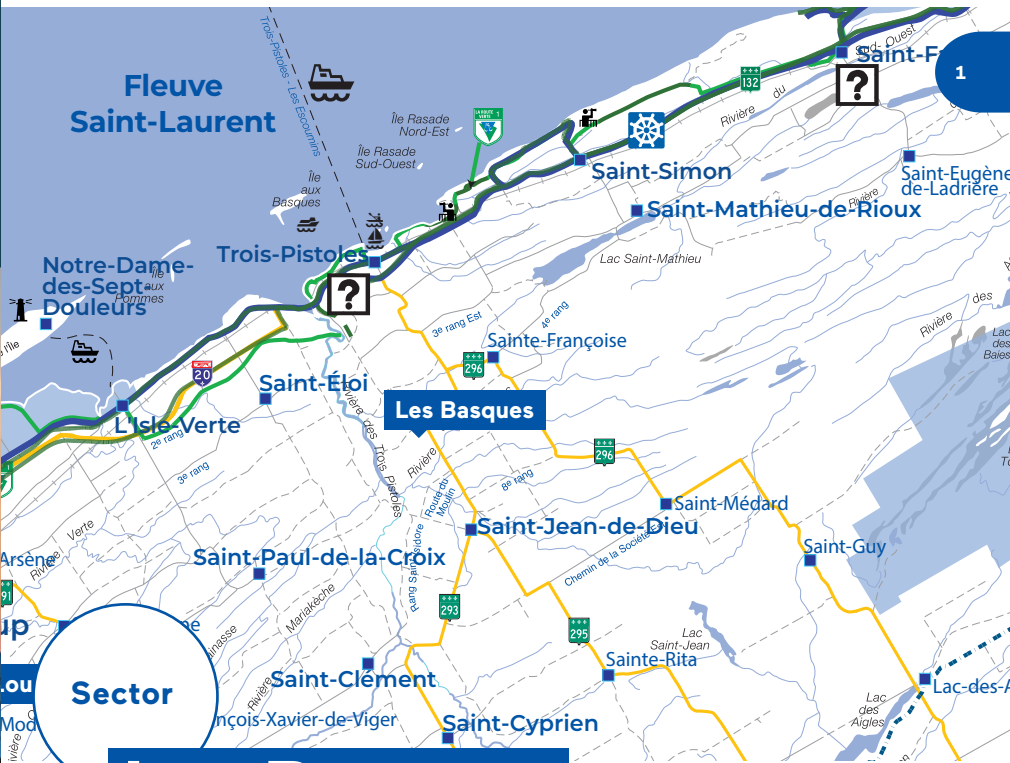
info3pistoles@hotmail.com

Tourisme Les Basques

CLD des Basques

400-1, rue Jean-Rioux
Trois-Pistoles, Québec G0L 4K0
418 851-1481

tourisme@cld-basques.qc.ca



Les Basques

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Places to Eat p. 127

tourismelesbasques.com

This area is named in honour of the Basque whalers who first frequented it in the 16th century. Here, a multitude of celebrations and festivals showcase local oral traditions, music and songs. The area's religious heritage is also incredibly rich. The Trois-Pistoles church alone makes it worth a visit. Discover artisans' studios and shops along your route as well as local products in the public market and the region's fine restaurants. There are many ways to experience the Basques area: by boat, by kayak, by bicycle, by visiting an island, on foot, etc. Above all, you will find striking views and friendly people all around you. Enjoy a virtual trip (in French only) at the tourist information office in Trois-Pistoles, a unique experience in Québec.

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-  22 Vibrant Cities and Festivities
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-  45 Vibrant Cities and Festivities
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-  12 Winter Fun



Saint-Éloi

285 inhabitants



municipalite-st-eloi.com

Located inland, Saint-Éloi offers a panoramic view of the St. Lawrence and the mountains in Charlevoix, which stretches out for nearly 200 kilometres. Surrounded by rich farmland, the municipality is midway between Trois-Pistoles and Rivière-du-Loup. The village is the birthplace of Adélard Godbout, premier of Québec (1936 and 1939-1944), as well as Ernest Lapointe, Canadian Minister of Justice (1924-1930, 1935-1941); the family homes of these two renowned native sons still stand. A park near the church is the perfect spot for fun and relaxation. Visitors can appreciate the works of local artists and artisans and purchase beautiful souvenirs. Cyclists will enjoy the scenery on the suggested bike routes, while hikers can stretch their legs on the "Sentier National" Trail. Snowmobile and quad trails also criss-cross this municipality.

Trois-Pistoles

3 214 inhabitants

ville-trois-pistoles.ca

The town of Trois-Pistoles is a great place to stop during your vacation. Various types of accommodations and restaurants provide travellers with an abundance of choice, and there is no shortage of fun things to do from sea kayaking to visiting artisans' studios, art galleries and heritage

buildings, including the remarkable church. Facing the natural and historic park on Île aux Basques, the wharf is an ideal place to watch sunsets over the water; the marina adds to the charm of this maritime scenery. Nature lovers can head out on the "Sentier National" Trail or the Route Verte bike route. Combining nature and culture, Trois-Pistoles is a lively and rejuvenating spot worth visiting!

Saint-Simon



439 inhabitants

st-simon.qc.ca

The parish of Saint-Simon was first founded in 1828. From the centre of the village, turn north off Route 132 onto Route de la Grève to reach Saint-Simon-sur-Mer and the municipal rest area on the shores of the St. Lawrence. This site is a great spot to admire sunsets. Hikers and cyclists can head out on the Route Verte bike route and take a break at the Beaulieu lookout, perched between land and sky, to admire a spectacular view of the St. Lawrence. In the village, discover Parc Croc-Nature and various shops where you can purchase works by local artisans. You can also sample and buy regional products at the Marché du Bon Voisinage (a farmers' market) from mid-July to early September. In the fall, don't miss the Festival des Couleurs et des Saveurs (Colour and Flavour Festival) and be sure to visit the remarkable church dating back to 1831, the oldest in the Rimouski diocese.





Saint-Mathieu-de-Rieux



687 inhabitants

st-mathieu-de-rioux.ca

Though sheltered by a mountain of the same name, Saint-Mathieu-de-Rieux has nothing to hide! From the Festival du Riverain to cultural and sports events, there is fun to be had here throughout the year. Between lakes and mountains, in a land of four seasons, there is always something to see and do. Come and enjoy water sports on the lake, relax on the beaches, play some golf, go camping, take a bike ride or visit local artists and artisans. Take in the views from the lookout on 5e Rang or enjoy a good cup of coffee on the terrace of a local café. Looking for adventure? Go hunting or fishing, head out on the snowmobile or quad trails, hit the slopes at the ski resort or join a torch-lit snowshoeing hike. There is always something new to experience in Saint-Mathieu-de-Rieux!

Saint-Jean-de-Dieu

1639 inhabitants

saintjeandedieu.ca

A rural community where farming is a big part of the economy, Saint-Jean-de-Dieu invites visitors to explore country roads and soak up the fresh air and bucolic scenery. At the entrance to the village, a castle built of 27,927 aluminum cans houses a tourist information stand and a craft shop. Admission is free. The castle is flanked by frescoes that are 8 metres high and 24 metres long. Saint-Jean-de-Dieu offers visitors various restaurants and accommodations, including a campground with free Internet access for campers. Check the website (in French only) for events for the whole family, including the Festival La Grande Virée.

Saint-Clément



465 inhabitants

st-clement.ca

Comfortably nestled on a plateau, the municipality of Saint-Clément is a typical rural community surrounded by fields, forests, streams and rugged terrain. This thriving country village is filled with gardens that visitors can admire as they stroll along the streets. Hiking enthusiasts will enjoy the 17-kilometre Sénéscoué trail, which is a section of the "Sentier National" Trail. Long-distance hikers can find accommodations and restaurants in Saint-Clément. A campground and a log cabin are available at Parc des 50 ans et plus. The village's century-old church can be visited upon reservation. In July, bring the whole family to take part in the fun at the Festival du Boeuf (Beef Festival).





Rimouski!

**BUREAU D'INFORMATION
TOURISTIQUE DE RIMOUSKI**
(OUVERT À L'ANNÉE)

50 RUE SAINT-GERMAIN OUEST

1 800 746-6875
TOURISMERIMOUSKI.COM

**TOURIST INFORMATION
SAINT-FABIEN**
(SEASONAL OFFICE)

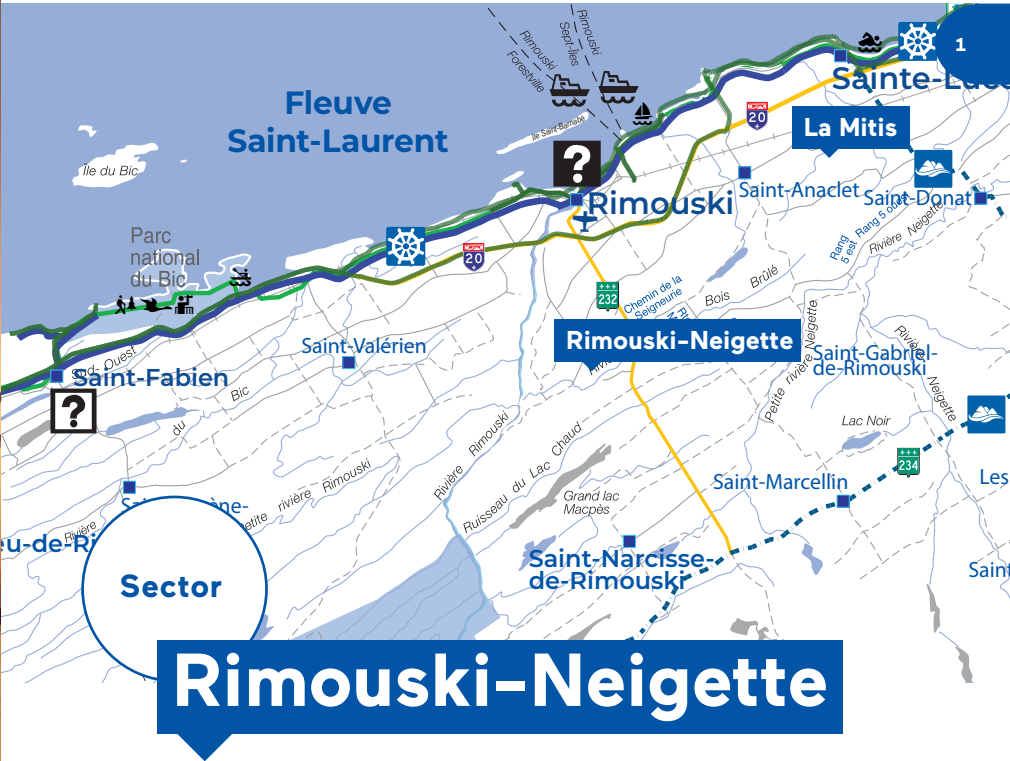
33, ROUTE 132

418 869-3333
PARCDUBIC.COM

TOURISME
Rimouski!



MRC de
Rimouski-Neigette



tourismerimouski.com

A destination turned towards the sea, this area is home to a coastal national park, the oceanographic capital of Québec (Rimouski), a historic site commemorating the sinking of the Empress of Ireland in 1914 as well as a submarine. A lighthouse, islands and sea excursions will reveal the mysteries of the majestic St. Lawrence, which sets the tempo of life in Bas-Saint-Laurent. The high country – whose history has long been shaped by settlers, loggers and trappers – offers a wealth of lakes and forests, canyons and thematic trails. Mark your calendar with some of the many festivals and shows on offer throughout the season, and in the evenings, discover the best restaurants in the area. Take advantage of two ferry services to visit our neighbours in Côte-Nord, because there is nothing like fresh sea air!

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- | | |
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▼ Classified in Order of Location

Saint-Fabien

1799 inhabitants

saint-fabien.ca

A seaside village with many summer homes overlooking the water, Saint-Fabien is surrounded by a patchwork of farms and peatlands. Stop in at the tourist information office to find out about all the local attractions. Take in the area's stunning scenery from the Raoul-Roy lookout in Parc national du Bic. In addition to offering spectacular views of the sea and islands, it is a great spot for observing birds of prey. Follow the Route de la Mer to explore and relax on the peaceful shores of the St. Lawrence. Take a walk through the heart of the village to see the many heritage homes. Don't miss the events at the Vieux Théâtre; you can also go horseback riding in Saint-Fabien.

Rimouski



49 886 inhabitants

rimouski.ca

Rimouski is the oceanographic capital of Québec. Its territory extends from the district of Le Bic to the west to those of Pointe-au-Père to the east and Sainte-Blain to the south. Approaching from the west, visitors are greeted by the rugged landscapes of Parc national du Bic. You can follow Rue Sainte-Cécile-du-Bic to reach the heart of this district. Downtown Rimouski opens out onto the St. Lawrence, where Île Saint-Barnabé dominates the landscape. The Promenade de la Mer boardwalk is the ideal spot to enjoy this magnificent view. You can then cross the district of Rimouski-Est with its marina to reach Pointe-au-Père, where you can visit the famous Onondaga submarine at the Site historique maritime de la Pointe-au-Père. Rimouski offers something for everyone: a heritage tour, museums, art galleries, parks, interpretation centres, a farmers' market, theatre, special events, golf courses, the Route Verte bike route (which links Rimouski to Sainte-Luce) and much more.

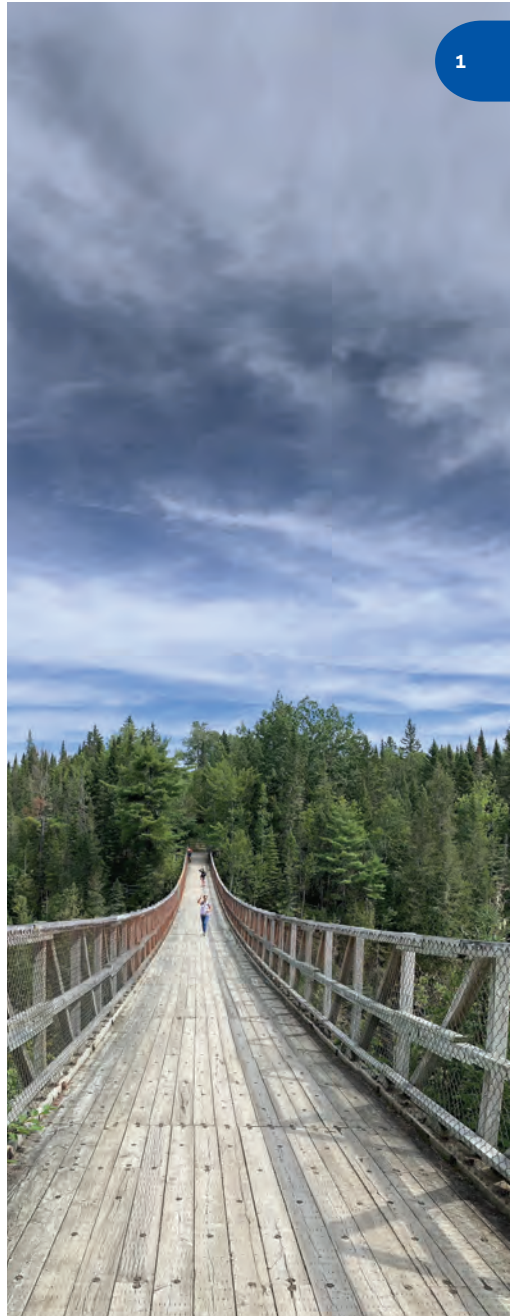
Saint-Narcisse-de-Rimouski



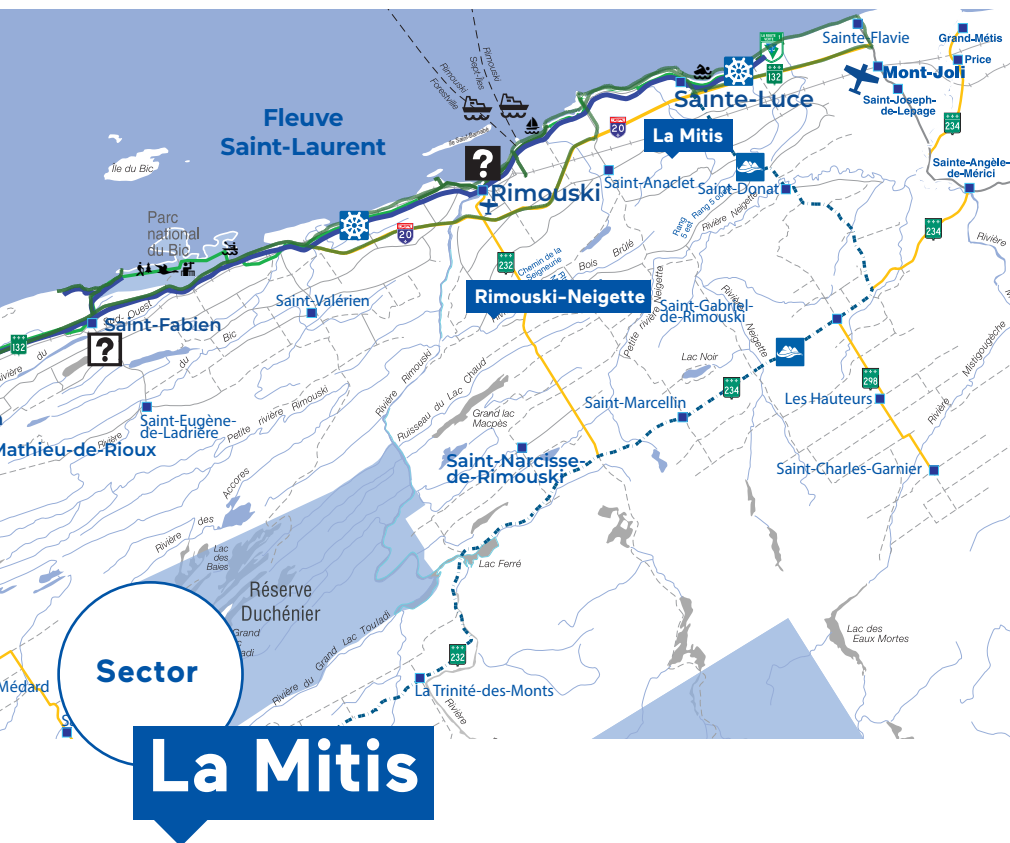
1 086 inhabitants

saintnarcisse.net

Located on the Route des Monts Notre-Dame scenic drive and surrounded by a vast panorama of woodlands, valleys, mountains and waterways, Saint-Narcisse-de-Rimouski offers nature lovers unique activities and access to one of the most beautiful natural sites in Bas-Saint-Laurent: the Canyon des Portes de l'Enfer (Hell's Gate Canyon). Hunters, anglers and anyone who loves the beauty of nature will enjoy the area's wildlife reserves and controlled harvesting zones: Réserve faunique de Rimouski, Réserve Duchénier and ZEC Bas-Saint-Laurent. Bring the whole family to the Festival de la Fenaison (Haymaking Festival) in July.



1



tourismemitis.com

The Bas-Saint-Laurent tourist region includes only part of the La Mitis area, with the remainder lying in the Gaspésie region. Without a doubt, Sainte-Luce and its boardwalk, the Promenade de l'Anse-aux-Coques, are popular gathering spots for many travellers in search of beaches, swimming, lively restaurants, cozy inns and quaint shops. As soon as you arrive, you will notice a truly relaxing casual atmosphere and feel instantly on vacation. Round out your visit with events, treetop adventure trails, hiking, a stay in a log inn and the largest ski hill in Bas-Saint-Laurent, which offers skiing and snowboarding in the winter and mountain biking in the summer. Since 2016, you can also enjoy a scenic drive along the Route des Monts Notre-Dame, which will take you from Sainte-Luce to Saint-Jean-de-la-Lande. Explore this route by car or motorcycle!

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Live the
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Road Trips



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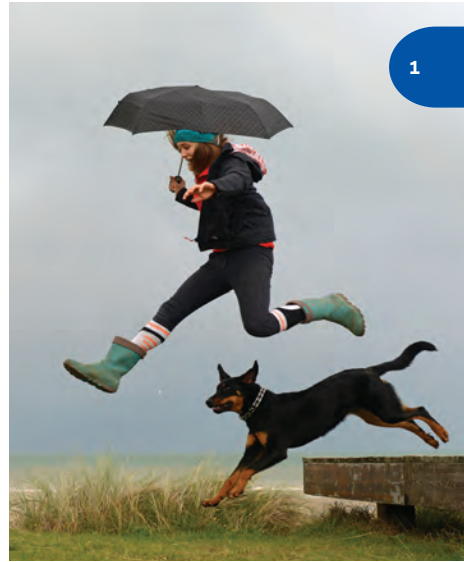
Sainte-Luce



2 772 inhabitants

sainteluce.ca

This charming seaside village is famous for its 2.5-kilometre beach. In addition to enjoying the fresh sea air, visitors can watch or take part in a variety of activities here, including a public market, summer shows, a sand sculpture contest, a paddleboard festival and a sculpture symposium. Take the time to explore Sainte-Luce, with its gracious old homes, wide variety of accommodations and restaurants as well as all the activities and amenities you would expect in a resort area. This seaside town is bathed in the glow of spectacular sunsets. In the beautiful backcountry, you can enjoy agri-tourism experiences such as family-friendly U-pick berry activities and the Festival du Grill, surrounded by bucolic scenery.





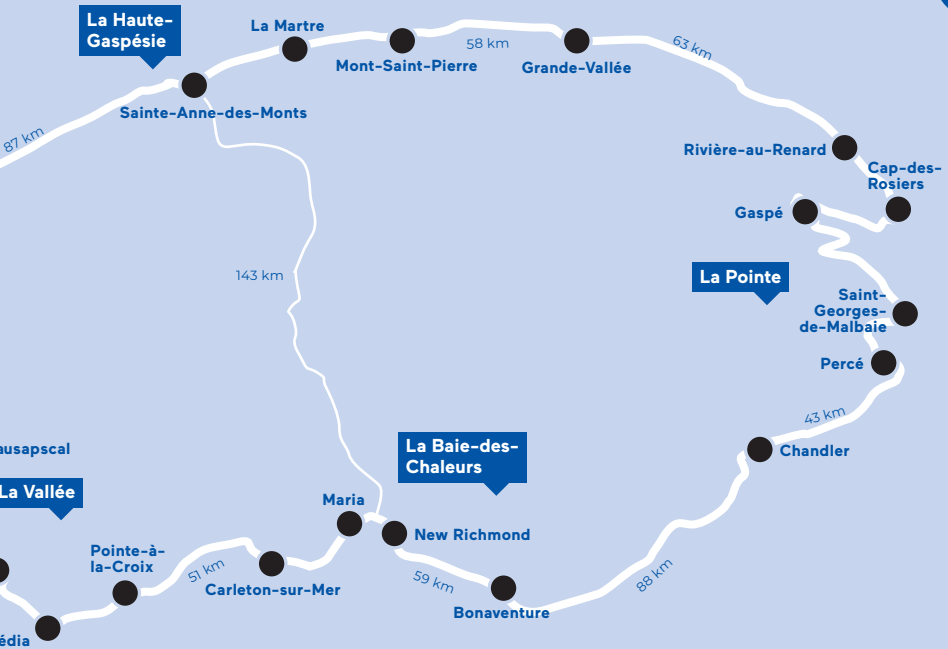


Bas-Saint-Laurent and Gaspésie by Motorcycle

The Bas-Saint-Laurent and Gaspésie regions have joined forces to offer motorcyclists five road trips featuring the most beautiful scenery in Eastern Québec. The St. Lawrence, lakes, mountains, rivers and agricultural landscapes will make these motorcycle rides unforgettable, not to mention the flavours of the sea and the warm hospitality offered in these regions. Enjoy your ride!

motobsi.ca

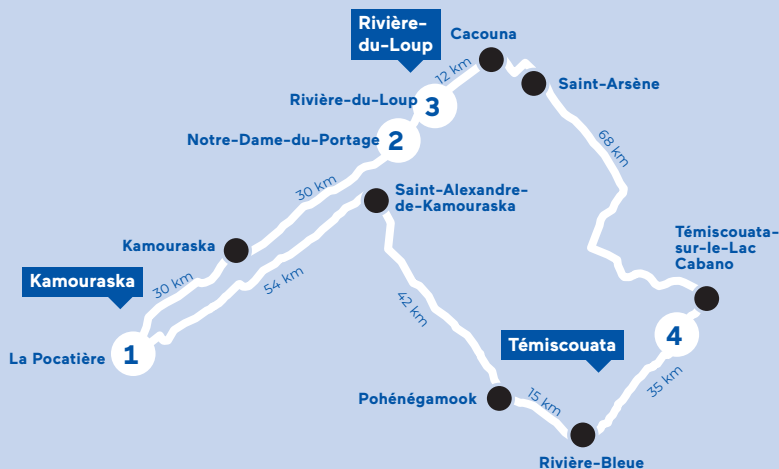




Grand Tour of Bas-Saint-Laurent and Gaspésie

Combining the sea, mountains, rivers and agricultural landscapes, this road trip showcases the best that Bas-Saint-Laurent and Gaspésie have to offer. Hop on your motorcycle and ride along the most beautiful country roads in Eastern Québec to discover charming villages and meet the friendly locals!

1 398 km loop ride



Kamouraska and Highlands Tour

This ride will give you the opportunity to explore picturesque villages in the Kamouraska area as well as visit Rivière-du-Loup (a must-see!) and discover the rich heritage of Cacouna. Next, you will head south on Route 291 towards Témiscouata, where a national park and majestic lakes await you. And why not go for a swim at the beach in Pohénégamook?

300 km loop ride



1

La Pocatière

Find Out More p.14



3

Rivière-du-Loup

Find Out More + p.30



2

Notre-Dame-du-Portage

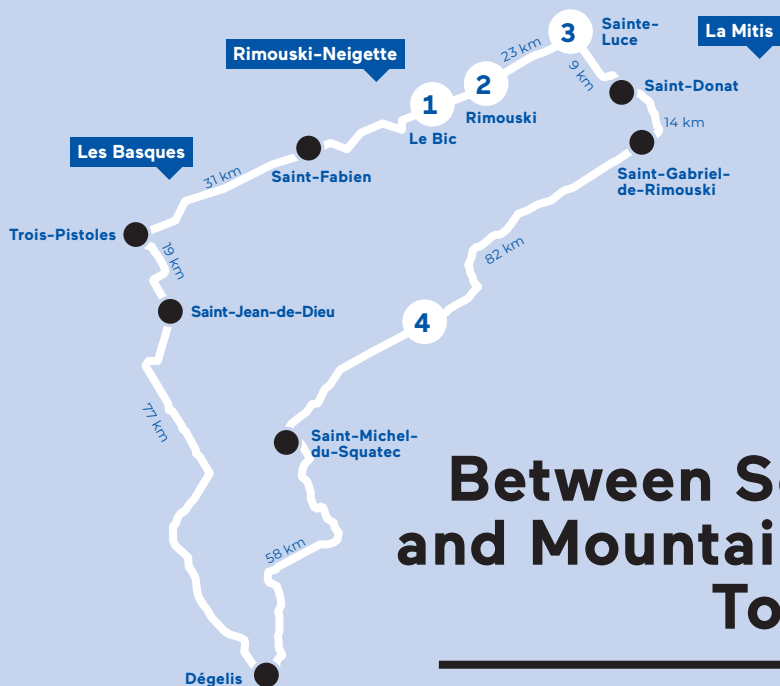
Find Out More + p.30



4

Témiscouata

Find Out More + p.18



Between Sea and Mountains Tour

This ride combines breathtaking seascapes, beaches, national parks and winding country roads. The panoramic views along the Route des Monts Notre-Dame tourist route are particularly striking in the early fall. In Rimouski, a city worth visiting, you can even tour a submarine!

338 km loop ride



1

Le Bic

Find Out More + p.38



3

Sainte-Luce

Find Out More p.43



2

Rimouski, Pointe-au-Père

Find Out More + p.40



4

Route des monts Notre-Dame

Find Out More p.105



Pointe-au-Père
Lighthouse

Load up on memories

Explore buildings that make up of the Pointe-au-Père lighthouse station and discover the key role they played in the history of navigation on the St. Lawrence River.

parccanada.gc.ca/phare-pointe-pere



Parks
Canada

Parcs
Canada

Canada

2

**52 → Experience
the St. Lawrence**

- 54 Health Centres
- 55 Cruises and Sea Excursions
- 59 Maritime Museum and Interpretation Centres
- 59 Whale Watching
- 60 Wildlife Observation
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- 62 Directory of beaches and lakes
- 64 Directory of hiking trails

**Experience the
St. Lawrence**

Experience the St. Lawrence

Bas-Saint-Laurent is where the St. Lawrence becomes the sea. Here, coastal towns and villages dot the Route des Navigateurs. Set off to discover marine mammals and seabirds, breathe in the salty air, learn about local maritime history, discover treasure islands... and soak up the sublime landscapes!

▼ Classified by sub-themes, from West to East.

Health Centres

Rivière-du-Loup

Notre-Dame-du-Portage

Centre de santé de l'Auberge du Portage



671, route du Fleuve
418 862-3601 – 1 877 862-3601
aubergeduportage.qc.ca

Open: April 22 to November 6

Vacation resort and health spa in an elegant Victorian-style home built in the late 19th-century on the shores of the St. Lawrence. The health spa offers over 50 different treatments so you can pamper yourself. Several services available including heated saltwater pool, outdoor spa, Finnish sauna, steam room and relaxation areas. Healthy local cuisine.



Rivière-du-Loup

Centre de santé La Relaxation - Auberge de la Pointe



10, boulevard Cartier
418 862-3514 – 1 800 463-1222
aubergedelapointe.com

Open: May to mid-October

Located on the shores of the St. Lawrence, this spa complex offers accommodations, a restaurant with fireplace and lobster tank, a café bar with a panoramic terrace, and summer theatre. For a well-deserved break, the spa offers you everything you have ever dreamed of: various massage therapies, modern body treatments, head-to-toe beauty treatments, thermomassage bath, indoor pool, Finnish sauna, whirlpool bath, bicycles, workout facilities and relaxation room. Relaxation and other packages available.



**Centre de santé L'Estuaire -
Hôtel Levesque**

171, rue Fraser
418 868-1468 - 1 800 463-1236 - spaestuaire.ca

Open : Open year Round.

Modern health spa within a hotel complex. Relaxing decor and atmosphere. Body treatments: seaweed, clay, essential oils, chocolate, mud wraps. Massage therapies: Swedish, Californian, sports, therapeutic, couples, lymphatic drainage, endermology, hot stones and pressotherapy. Facials, microdermabrasion, contouring, pedicures, manicures, hair removal, photoepilation, eyelash extensions, makeup. Nordic spa, Finnish sauna (dry), hammam (steam bath) and hot and cold waterfalls. Packages with or without accommodations.

**Centre de santé UniverSpa Nordik -
Hôtel Universel**

311, boulevard de l'Hôtel-de-Ville Ouest
418 862-4555 - 1 800 265-0072 - universpanordik.com

Open : Sunday to Wenesday 9 hto 20 h ; Thursday to Saturday: 9 hto 22 h.

Located in the Hôtel Universel in Rivière-du-Loup, this health spa offers a full range of spa treatments: massage therapy, lymphatic drainage, body treatments, facials, beauty treatments and more. The open-air urban Nordic spa is adjacent to the health spa and includes two hot tubs, a cold waterfall, a steam room, a dry sauna, a multi-spray shower and a relaxation area.

Rimouski-Neigette**Rimouski****Noah Spa Rimouski**

155, rue des Gouverneurs
418 724-6944 - 1 888 724-6944
noah-spa.com/rimouski

The Noah Spa in Rimouski offers a unique concept, the watergenic spa experience, a series of massage jet stations with distinct benefits that includes a neck fountain, lumbar jets, arm and foot jets, a relaxation bed, a walking corridor and more. Once you are done with our indoor facilities, you can prolong your relaxation experience outside. Enjoy the benefits of a steam room, dry sauna and hot tubs in a soothing decor. The relaxation room offers a breathtaking view of the St. Lawrence.

**Cruises and
Sea Excursions****Kamouraska****Kamouraska****Zodiac Aventure Kamouraska**

Quai de Kamouraska
418 863-3132 - zodiacaventure.com

Open: mid-May to mid-October: departures according to the tides.

From the municipal wharf, set off aboard a 10-passenger Zodiac to discover the breathtaking landscapes of the St. Lawrence and the Kamouraska islands while observing marine mammals and bird colonies. You will return to shore with lasting memories. No pets allowed. Average length of visit: 1.5 hours.

Saint-André**Société d'écologie de la batture****du Kamouraska - SEBKA**

273, route 132 Ouest
418 493-9984 - sebka.ca

Open : May 15 to June 20, September 2 to October 15:
Monday to Sunday, 10 am to 6 pm; June 21 to
September 1: Monday to Sunday, 8 am to 9 pm

This campground is located on a monadnock (outcrop) overlooking the St. Lawrence. Discover the diversity of birdlife and tidal vegetation in this area. Trails, lookouts, Route Bleue maritime trail, Route Verte bike route. Bienvenue Cyclistes! certification (bike friendly). Guided sea kayak outings around the Kamouraska archipelago. Rock climbing classes offered in an extraordinary setting on the cliffs of Saint-André (entry pass required).



Cruises and Sea Excursions

Rivière-du-Loup

Rivière-du-Loup

Société Duvetnor



200, rue Hayward
418 867-1660 – 1 877 867-1660 – duvetnor.com

Open: June to September

Duvetnor offers a variety of ecotourism activities in and around the bird sanctuaries on the Îles du Pot à l'Eau-de-Vie archipelago and Île aux Lièvres. Stay at the lighthouse, a cottage, the Auberge du Lièvre inn or a primitive campsite. Daily guided cruises (landing on the islands optional), seabird watching, tours of historic sites, hiking on the 45-kilometre trail network with interpretive panels and café (Île aux Lièvres). Reservations required.

Traverse Rivière-du-Loup / Saint-Siméon



199, rue Hayward
418 862-9545 – traverserdl.com

Open: April to January: 2 to 4 daily crossings

A unique decor awaits you aboard the MV Trans-Saint-Laurent. Capacity: 100 vehicles, 400 passengers. Services on board: restaurant (May to October), lunch counter, local products, bar, elevator. Average crossing time: 65 minutes. No reservations required, except for buses.



Les Basques

Trois-Pistoles

Coop Kayaks de mer des Îles



60, avenue du Parc
418 851-4637 – kayaksdesiles.com

Open: late May to late September; off-season: upon reservation

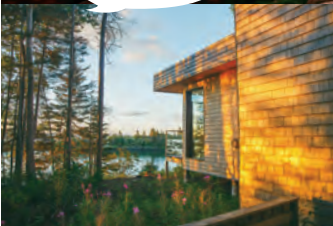
Take a sea kayaking trip or sunset tour in a landscape of sea, sky and islands. Sheltered coastal waters suitable for beginners and families. The coop is a member of Aventure Écotourisme Québec. Departures from the Trois-Pistoles wharf.



L'ÎLE AUX LIÈVRES | POT À L'EAU-DE-VIE LIGHTHOUSE

EXPERIENCE THE ISLANDS

OF THE BAS-SAINT-LAURENT



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DU LIÈVRE

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HIKING

SEA TRIPS

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LIGHTHOUSE



Rates available at
DUVETNOR.COM
418.867.1660



Rimouski

Aventures Archipel



Parc national du Bic Rimouski
1 800 665-6527 (Sépaq) ou 418 736-5035 (parc national du Bic) – aventuresarchipel.com

Open: late May to late September; off-season: upon reservation

Guided sea kayaking excursions in Parc national du Bic. Guides are Level-II or -III certified by the Québec canoeing and kayaking federation (FQCK). Breathe in the salty air; explore bays and coves; discover headlands, islands and mountains; and observe wildlife (seals, eider ducks, etc.). Reservations recommended in high season (required in off-season).

Rimouski

Bella Desgagnés – Relais Nordik



17, avenue Lebrun
418 723-8787 – 1 800 463-0680 – relaisnordik.com
Open: April to mid-January

Discover the incomparable landscapes of Québec's easternmost area aboard the Bella Desgagnés, a passenger-cargo ship comfortably equipped to welcome you during this 7-day expedition from Rimouski to Blanc-Sablon via legendary Anticosti Island. Set off on an adventure to 11 coastal towns and villages that are often inaccessible by land and discover unusual activities. Keep your eyes peeled and your camera ready to capture local sights: icebergs in the cold season; whales, dolphins and birds of all kinds during warmer weather. This is an unforgettable journey of a lifetime!

Excursion Île Saint-Barnabé



1, rue du Quai, Marina de Rimouski
418 723-2280, poste 3 en saison – ilestbarnabe.com

Explore more than 20 kilometres of easy and accessible hiking trails. Observe bird colonies, seals and abundant plant life or go beachcombing for living treasures or fool's gold (pyrite). Picnic areas, interpretation of the history of the island, incomparable views of Rimouski. Safe 10-minute crossing. Ten primitive campsites. Average length of visit: 3 hours.



Bella Desgagnés - Relais Nordik



UN VOYAGE HORS DU COMMUN VOUS ATTEND À BORD DU BELLA DESGAGNÉS

Relais Nordik vous invite à vivre une expérience unique où le ravitaillement de l'île d'Anticosti et la Basse-Côte-Nord est au cœur de l'aventure.

D'avril à janvier, embarquez à Rimouski pour un aller-retour de 7 nuits jusqu'à Blanc-Sablon.

relaisnordik.com • 1 800 463-0680





Museums – Attractions and Cultural Visits

Rivière-du-Loup

L'Isle-Verte

Réserve nationale de faune de la baie de L'Isle-Verte



371, route 132 E
418 898-2757 – parckiskotuk.com

Open: June to September

Site of the Canadian Wildlife Service of Environment Canada. The Maison Girard interpretation center (certified by Kéroul) presents a permanent exhibition on the bogs, waterfowl, flora and habitats of the reserve. Near the river, hiking trails are laid out with interpretation panels. Guided tours and ducks banding packages of on reservation (\$).

Rimouski-Neigette

Rimouski

Lieu historique national du Phare de Pointe-au-Père



1034, rue du Phare
418 724-6214 – pc.gc.ca/fr/lnh-nhs/qc/pointeaupere

Open : June 8th to October 14

Climb the 128 steps of one of the tallest lighthouses in Canada. Learn about the role of the lighthouse in the history of navigation, the various sound signalling systems that help navigators orient in bad weather, and other aspects of life on the St. Lawrence. The “Tout feu, tout phare” exhibit showcases the lighthouses of the St. Lawrence through photographs, mock-ups and artifacts. Trail with interpretive signs presenting the history of the lighthouse station.

Site historique de la Pointe-au-Père Sous-marin Onondaga



1000, rue du Phare
418-724-6214 – shmp.qc.ca

Open : 11 juin au 10 octobre, 7 jrs/7
de 9 hto 18 h (fermeture des billetteriesto 17h)

Discover the daily life of the 70 crewmen who lived in this 90-metre colossus of the deep. Dive into the submariners' world with the audio tour: the narrow bunks, the rumble of diesel engines, the radar and periscopes in the control room, and the torpedo tubes. Experience an extraordinary night when you stay aboard: you'll be welcomed by the coxswain and assume the role of a submariner.

Wale Observation

Rivière-du-Loup

Rivière-du-Loup

Croisières AML



200, rue Hayward
418 867-3361 – 1 800 563-4643 – croisieresaml.com

Open: June to September

Take advantage of the only departure point on the south shore of St. Lawrence to access the best whale-watching site in the world: the Saguenay-St. Lawrence Marine Park. Aboard the AML Levant, breathe in the bracing sea air and spot whales, seals and other marine mammals! Fall in love with the beauty of this coastline dotted with islands and lighthouses.





Wildlife Observation

Rivière-du-Loup

Cacouna

Site ornithologique du marais de Gros-Cacouna



200, chemin de la Rivière-des-Vases
418 863-3683 – parckiskotuk.com/parc

Visit this bird-watching site in Gros-Cacouna managed by the Canadian Wildlife Service to observe a host of aquatic birds, including ducks, rails and herons, as well as a variety of other wildlife species and plants. In addition to birds, it is not unusual to see foxes and even white-tailed deer here. Visitors can explore the easy to intermediate hiking trails and use the observation platforms.

Costal Parks

Rivière-du-Loup

Cacouna

Parcs côtiers Kiskotuk



200, chemin de la Rivière-des-Vases
418 863-3683 – parckiskotuk.com

The park has more than 25 kilometers of landscapes where the St. Lawrence River, mountains, marshes and islands offer a spectacle. The territory is divided into seven discovery sectors spread across Cacouna, L'Isle-Verte and Notre-Dame-des-Sept-Douleurs. Guided activities, hiking trails, bike loops, wilderness camping and rustic perched cabins are offered. The geodiversity of the landscapes, the biodiversity of the area, the ornithological richness and native culture are the main attractions of this regional park.

Parc marin du Saguenay-Saint-Laurent



parcmarin.qc.ca

418 235-4703 – 1 888 773-8888

Marine protected area of exceptional biodiversity, the marine park is one of the best places in the world to observe whales. Discover its natural and cultural riches. To do: watch sunsets on the river, observe belugas, seals and birds, visit lighthouses and museums, go on a hiking, kayaking or boating excursion. To discover: the islands of the St. Lawrence and even the North Shore to continue your exploration of this fascinating universe.

Rimouski-Neigette

Rimouski

Parc national du Bic



3382, route 132 Rimouski

418 736-5035 – 1 800 665-6527 – sepaq.com/pq/bic

Open : Open year Round.

The park is renowned for its dramatic headlands, bays, coves, islands and mountains, where thousands of seabirds nest, rare plants bloom and seals bask on the rocks. Summer: 25 kilometres of hiking trails, 15 kilometres of bike paths, sea kayaking, bike rentals and guided hikes. Winter: snowshoeing, backcountry skiing, cross-country skiing, fat biking and hiking. Accommodations, picnic areas, tea room and food services. No pets allowed; ask about certain areas of the park where dogs are permitted. Open: year round.

Observation de la nature au parc national du Bic



Open: June 23 to October 8

In season, a park naturalist will greet you on site with information, spotting scopes and binoculars to help you get a closer look at the park's fascinating wildlife species. From April to early May, you can observe migratory birds of prey on the west side of the park. From late May to early July, the park is host to hundreds of seabirds that feed and shelter here, including eider ducks. The specific observation sites vary depending on the species and the tides. With a population of about 200 harbour seals, the park is also renowned for great seal watching. These playful year-round residents of the estuary love to bask in the sun on the large rocks found in the park's coves and bays. You can easily watch them from the shore and learn about them from a naturalist guide, who can also provide you with binoculars and spotting scopes.

Activités familiales au parc national du Bic



Open: June 22 to September 1

The park offers various discovery activities during the day, including guided and stationary tours. There are also activities in the evenings: visit the Ferme Rioux Discovery and Visitors Centre for exciting and varied presentations by our team as well as special guests.

Swimming: Beaches and Pools

2

Rivière-du-Loup

Notre-Dame-du-Portage

Piscine municipale



551, route du Fleuve
418 862-9163
municipalite.notre-dame-du-portage.qc.ca

Come and swim in this heated saltwater pool overlooking the St. Lawrence, which is one of the region's must-see attractions! The facility includes a wading pool for kids, lounge chairs, parasols and a playground with swings and play structures. Consult the municipality's summer program to find out about all the activities on offer.

La Mitis

Sainte-Luce

Promenade et plage de l'Anse-aux-Coques



Route du Fleuve
418 739-4317 – sainteluce.ca

At the heart of Sainte-Luce, the Anse-aux-Coques boardwalk offers a different panorama every day, often surprising depending on the time of the tides. The boardwalk runs along a beach where you can relax while enjoying the sea air. On site: service chalet, lit walkway, benches, picnic tables and over 20 wooden sculptures with a maritime theme. Shops and restaurants nearby.



Beaches and Lakes

Region bordered by the river, the Bas-Saint-Laurent is full of magnificent beaches by the lake or the sea. Some are well-kept secrets while others, in Témiscouata-sur-le-Lac, Pohénégamook or Saint-Mathieu, are very popular. The network of beaches of Témiscouata is a must see. In Kamouraska and Notre-Dame-du-Portage, residents and summer visitors bathe in the river, while in Sainte-Luce, even if the water temperature makes swimming a little chilly, the fresh salty air is definitely healthy.



Find Out More



Sea : S Lake : L

Supervised swimming

Launching ramp

Services

Kamouraska

Place du Quai, Rivière-Ouelle riviereouelle.ca	©	S					
Plage du Lac de l'Est, Mont-Carmel campingdulacdelest.ca	\$	L	●	●	🏠	🏕️	🚰

Témiscouata

Plage municipale, Pohénégamook pohenegamook.net	\$	L	●	●	🏠	🏕️	🚰
Plages municipales, Cabano temiscouatasurlelac.ca	\$	L	●	●	🏕️	🚰	
Grand Lac Squatec, Auclair campingmunicipaldeaclaire.ca	\$	L	●	●	🏠	🏕️	🚰
Plage de Notre-Dame-du-Lac campingmarina.ca	\$	L	●		🏠	🏕️	🚰
Sous-bois de l'Anse, Saint-Juste-du-Lac sousboisdelanse.com	\$	L	●		🏠	🏕️	🚰



Beaches and Lakes

	Sea : S Lake : L	Supervised swimming	Launching ramp	Services
Rivière-du-Loup				
Piscine municipale Notre-Dame-du-Portage municipalite.notre-dame-du-portage.qc.ca	\$ S	●		☎ 🚰 🚰
Parc de l'Anse, Notre-Dame-du-Portage municipalite.notre-dame-du-portage.qc.ca	③ S			☎
Éco-site de la tête du lac Témiscouata, Saint-Cyprien ecositelactemiscouata.com	③ L	●	●	🚰 🚰 🚰 ☎
Parc de la Pointe, Rivière-du-Loup VillerdL.ca	\$ S			🚰 ☎
Plage municipale du Lac de la Grande Fourche municipalite.saint-hubert-de-riviere-du-loup.qc.ca	\$ L	●	●	🚰 ☎ 🚰 ☎
Plage de l'Île-Verte ileverte-tourisme.com	\$ S		●	🚰 🚰 ☎ ☎
Les Basques				
Plage et amusement camping KOA, Saint-Mathieu koabasstlaurent.com	\$ L	●	●	☎ 🚰 ☎ ☎
Grève Morency, Trois-Pistoles tourismelesbasques.com	③ S			🚰 ☎
Camping Plage Trois-Pistoles campingplagetrois-pistoles.ca	\$ S			🚰 ☎ 🚰 ☎
Rimouski-Neigette				
Parc national du Bic, sepaq.com/pg/bic	\$ S			☎ 🚰
Rocher Blanc, Rimouski tourismerimouski.com	③ S			🚰 ☎
La Mitis				
Promenade et plage de l'Anse-aux-Coques, Sainte-Luce sainteluce.ca	③ S		●	🚰 ☎ ☎ ☎



Hiking Trails

Walking is one of the most enjoyable ways to discover the Bas-Saint-Laurent. Throughout the territory, a multitude of trails have been laid out. The diversity ensures that your discoveries are always different, surprising and lively.

Difficulty

●: Easy ■: Intermediate ◆: Difficult

Season

*: Summer ❄️: Winter

🆓: Free 💰: fees



Routes

Find Out More



Routes	Trails			Services
	Season	Length km	Difficulty	
Kamouraska				
Les sentiers d'Ixworth St-onesime.ca	🆓	*❄️	59,8	●◆◆ P 🏠 🚰
Sentier pédestre culturel Mont-carmel.ca	🆓	*❄️	4	● 🏠 🚰 🚰
Le parc des Sept-Chutes Villesaintpascal.com	🆓	*❄️	5	● 🏠 🚰 🚰
La Montagneto Cotton Villesaintpascal.com	🆓	*❄️	1	■ 🏠 🚰 🚰
Sentier du Cabouron Munsaintgermain.ca	🆓	*❄️	4	■ 🏠 🚰
SEBKA Sebka.ca	💰	*❄️	7,6	●■ P 🏠 🚰 🚰 🚰 🚰
Témiscouata				
Sentiers 3 Frontières Routedesfrontieres.com	🆓	*❄️	5	● 🏠 🚰 🚰
Sentier pédestre Le Bootlegger Riviere-bleue.ca	🆓	*❄️	2	● P 🏠
Centre de plein air du Lac Dôle Lacdole.com	🆓	*❄️	6	■ P 🏠 🚰 🚰 🚰
Sentier pédestre de Dégelis Baliseqc.ca	🆓	*❄️	9,7	● P 🏠 🚰 🚰 🚰
Parc national du Lac-Témiscouata Sepaq.com	💰	*❄️	56,3	■◆ P 🏠 🚰 🚰 🚰
Rivière-du-Loup				
Parc des Chutes Villerdl.ca	🆓	*❄️	9,1	●■◆ P 🏠 🚰 🚰
Ile aux Lièvres Duvetnor.com	💰	*❄️	36,6	●◆◆ P 🏠 🚰 🚰 🚰 🚰 🚰
Parc de la Pointe Villerdl.ca	🆓	*❄️	5	● P 🏠 🚰 🚰 🚰
Site ornithologique du marais de Gros-Cacouna Parckiskotuk.com	🆓	*❄️	4,7	●◆ P 🏠 🚰 🚰
Sentier des Passereaux Parckiskotuk.com	🆓	*❄️	3,2	● P 🏠 🚰 🚰 🚰
Réserve nationale de faune de la baie-de-L'Isle-Verte Parckiskotuk.com	🆓	*❄️	4,6	●◆ P 🏠 🚰 🚰 🚰

Hiking Trails

Difficulty

●: Easy ■: Intermediate ◆: Difficult

Season

*: Summer ❄: Winter

Ⓢ: Free \$: fees

Routes

	Trails			Services
	Season	Length km	Difficulty	
Les Basques				
Rivière des Trois-Pistoles Baliseqc.ca	Ⓢ	*❄	13,2	■ P 🏠 🚶 🚲
Le littoral Basques Baliseqc.ca	Ⓢ	*❄	12,1	● P 🏠 🚶 🚲 🚰 🚰
Ile aux Basques Provancher.org	\$	*❄	4	● 🚶 🚲
Sénéscoupe – Sentier national Baliseqc.ca	Ⓢ	*❄	15,7	◆ P 🏠 🚶 🚲 🚰 🚰
Parc du Mont-Saint-Mathieu Montstmathieu.com	Ⓢ	*❄	10,1	●■ P 🏠 🚶
Rimouski-Neigette				
Parc national du Bic Sepaq.com	\$	*❄	25	●■◆ P 🚶 🚶 🚶 🚶
Sentier du littoral et de la rivière Rimouski Rimouski.ca	Ⓢ	*❄	15,1	● P 🚶 🚶 🚶 🚶 🚶
Parc Beauséjour Rimouski.ca	Ⓢ	*❄	3,2	● P 🚶 🚶 🚶 🚶 🚶
Ile Saint-Barnabé Ilestbarnabe.com	\$	*	15	● 🚶 🚶
Canyon des Portes de l'Enfer Canyonportesenfer.qc.ca	\$	*❄	20	●■◆ P 🚶 🚶 🚶 🚶 🚶
Réserve faunique Duchénier Reserveduchenier.com	\$	*❄	11,4	● P 🚶 🚶 🚶 🚶
ZEC Bas-Saint-Laurent Zecbasstlaurent.reseauzec.com	\$	*	10,2	■ P 🚶 🚶 🚶
La Mitis				
Sentier Chute Neigette saintdonat.ca	Ⓢ	*	12,9	◆ P 🚶 🚶
Parc du Mont-Comi Mont-comi.ca	Ⓢ	*❄	19	● P 🏠 🚶 🚶 🚶



Canyon des Portes de l'Enfer

À seulement 35 minutes de Rimouski

Évadez-vous pour vrai!

La route du diable

PARCOURS IMMERSIF ET INTERACTIF EN FORÊT

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418 735-6063
info@pleinair@terfa.ca

1280 chemin duchenier,
Saint-Narcisse-de-Rimouski
No d'établissement : 274 271
Camping : 206 570



terfa.ca



66 → Great Outdoors

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- 68 Swimming and Beaches
- 62-63 Directory of beaches and lakes
- 69 Canoe and Kayak
- 70 Bicycle Touring
- 71 Horseback Riding
- 72 Family activities
- 72 Golf
- 73 Recreational Equipment Rentals
- 74 Parks
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- 64-65 Directory of hiking trails
- 71 Quad

**Great
Outdoors**

Great Outdoors

A rich, unspoiled and diverse natural playground awaits you in Bas-Saint-Laurent! Lakes and rivers offer a host of activities, and hiking trails are accessible throughout the territory. Take this opportunity to recharge your batteries in a national park or go for a bike ride with your family in complete safety.



▼ Classified by sub-themes.

Outdoor Activities

Témiscouata

Saint-Honoré

Parc du Mont-Citadelle



69, route du Mont-Citadelle
418 497-2011 - 1 855 597-2011 - montcitadelle.com

Open: open year-round.

Among the highest peaks in Témiscouata, Mont Citadelle offers breathtaking views of the St. Lawrence River and the mountains of Charlevoix. The Parc du Mont-Citadelle offers many activities and attractions (\$) for the family as well as lodging in cabins, yurts and camping. On site, restaurant, bar, laundry room, private room.

Swimming and Beaches

Kamouraska

Mont-Carmel

Plage du lac de l'Est



201, rue des Chênes, Mont-Carmel, G0L 1W0
418 498-2318 - campingdulacdelest.ca

Open: June 20 to August 25

A 700-metre natural fine-sand beach along the shores of Lac de l'Est, a 13-kilometre-long lake that extends to the U.S. border. On site: swimming area with lifeguard, mini waterslide for kids, beach volleyball, water sports equipment rentals, fishing tournaments, restaurant, licensed convenience store, picnic area with barbecues, music, entertainment, leashed pet area and campground.

Témiscouata

Pohénégamook

Camping Plage Pohénégamook



50, chemin de la Tête-du-Lac
418-859-3346 - 1-833-MAPLAGE (627-5243)
campingplagepohenegamook.com

Open: June 24 to August 28; the inflatable water park is open until August 19

Discover one of the most beautiful freshwater beaches in Québec. Enjoy your vacation to the fullest: largest inflatable water park in Québec, campground (no hookups), convenience store, swimming area with lifeguard, water sports equipment rentals, beach volleyball, spikeball, playground, cooking area with giant barbecue and more.

Témiscouata-sur-le-Lac

Plages municipales de Témiscouata-sur-le-Lac



2513, rue Commerciale Sud
418 899-6820 (Camping) - 1 866 899-6820
campingmarina.ca

Open: late June to mid-August

Enjoy these beaches along the beautiful 42-kilometre-long Lac Témiscouata. Activities on site: swimming, water volleyball, windsurfing and canoeing. Nearby: restaurants, accommodations, campground, playgrounds and bike path. No pets allowed.

Rivière-du-Loup**Saint-Cyprien****Éco-site de la tête du lac Témiscouata** 🇩🇪 🇨🇦 🇸🇰 🇸🇪

140, route 232

418 551-0811 – ecositelaquemiscouata.com

Open: June 20 to September 8

Take full advantage of the exceptional natural environment of this eco-site to relax on a 600-metre sandy beach, go for a swim or go kayaking. Extend your stay at one of the rustic campsites near the lake. Water sports equipment rentals. No lifeguard. Leashed dogs allowed.

Les Basques**Saint-Mathieu-de-Rieux****Plage et amusements Camping KOA****Bas-Saint-Laurent**

109, chemin du Lac Sud

418 738-2034 – 1 800 562-2482 – koabasstlaurent.com

Open: May 20 to October 10.

Ideal place to spend a day: fine sand beach, magnificent lake, rental of kayaks and paddle boards. Amusement park: large heated swimming pool with slide, paddling pool, water games, spa, giant trampoline, playground, minigolf, pétanque, pebbles, BMX track, entertainment and activities. Ample parking, dairy bar, shop, restaurant, campground, cabin accommodation. Daily passes available.

Camps de vacances**Kamouraska****Saint-Alexandre****Camp musical Saint-Alexandre** 📶 🇨🇦 🇸🇰 🇸🇪

267, rang Saint-Gérard Est

418 495-2898 – campmusical.com

Camp stays at a music camp open to all! New programming for musical training stays in the summer of 2022. Music for 7- to 77-year-olds. Free concerts on site. The organization will celebrate its 50th anniversary in 2022. Be part of the celebration!

Rivière-du-Loup**Camp Richelieu Vive la Joie**

26, route de la Station

418 862-5919 -1 877 862-5919 – campvivelajoie.com

We are pleased to invite you to come and experience an unforgettable stay at Camp Richelieu Vive la Joie. We invite you to visit our website (in French only) to find out about the services we offer, including summer camps, group rentals, nature classes and much more! Breakfast, lunch and dinner services. Entirely non-smoking establishment.



Canoeing and Kayaking

Kamouraska

Saint-Joseph-de-Kamouraska

Zone Adventure



354, rang 5 Ouest

418 493 2368 - zoneaventure.com

Open: early May to late October

Departing from Saint-Joseph-de-Kamouraska, enjoy canoeing and kayaking on the Rivière du Loup and "fatbike" cycling in winter. Hikes, either guided with nature interpretation, or unguided, lasting from one to five hours. Ideal for family or friends activities. Also: picnic areas, volleyball court, possibility of swimming and festive events. Cottage and camping rentals.

Bicycle Touring

Kamouraska

Rivière-Ouelle

Réseau de pistes cyclables



133, route 132

418 856-3829 - riviereouelle.ca

The Rivière-Ouelle bike path network offers 41 kilometres of loop and round-trip routes on designated paved roads with fairly gentle grades. Cycle between farmers' fields, along the meandering Rivière Ouelle and past coastal beaches to explore the municipality's varied landscapes. To get your copy of a detailed map of the bike paths, visit the tourist information stand at the intersection of Route 132 and Chemin de la Pointe. Clear signage is provided for cyclists along the entire network.

Témiscouata

Dégelis

Parc linéaire interprovincial Petit Témis section Sud



Dégelis

418 853-3593 - caltrm.com

Open: mid-May to mid-October 134-kilometre bike path that runs along the shores of Lac Témiscouata and the Rivière Madawaska for about 43 kilometres, the Petit Témis is ideal for rides with family or friends. Following an old railroad bed, the path is easily accessible from the municipalities it runs through, with no more than a 4% grade. All of it is on rock dust or asphalt. Along the path, you will find parking, rest areas and other services (water, washrooms, etc.). A free map is available.

Rivière-du-Loup

Rivière-du-Loup

Parc linéaire interprovincial du Petit Témis section nord



191, rue Fraserville,

418 868-1869 - petit-temis.ca

Open (café): June 24 to Labour Day

A 134-kilometre bike path built on an old railroad bed that is accessible from the municipalities it runs through. Enjoy several natural attractions (rivers, lakes and marshes) as well as wildlife observation (herons, beavers and white-tailed deer). The Café Denis-Long-champs in Saint-Modeste offers light meals and lunch boxes. Rustic campsites are available along the bike path. Get your free map from the region's tourist information offices.





Horseback Riding

Les Basques

Saint-Éloi

Centre équestre Saint-Éloi

164, 3^e Rang Ouest
418 551-5400 – pcesteloi.com

Open: year-round

This equestrian centre in Saint-Éloi welcomes you in a safe and pleasant environment. Come and discover the world of horses! Riding lessons for 5 years old and up; horseback riding for 8 years old and up. Services available upon reservation only. Average length of visit: 1.5 to 3 hours.

Rimouski-Neigette

Saint-Fabien

Les Écuries du Pont d'Or

213, route 132 Est
418 869-2499

Open: year-round, 8 am to 7 pm

These stables offer a variety of equestrian activities, including individual and small-group rides for adults and children (10+). Other services include horseback riding lessons, day camps and birthday parties. Come and enjoy a fun time in the great outdoors, in a safe and healthy environment. Reservations required.

La Mitis

Saint-Donat

Équitation Fjords sur Mer

91, avenue du Mont-Comi
418-318-6168 – fjordssurmer.com

Open: year-round. Reservations required.

One-hour guided horseback rides along the Rivière Neigette with views of Mont-Comi and then through the forest. A unique experience!



Family activities

Rivière-du-Loup

Rivière-du-Loup

Coco Latté



500, rue Lafontaine
418 605-3132 – cocolatte.ca

Open: year-round.

Coco Latté is a café where children are the stars. Fun and educational workshops are offered. There are quiet spaces as well as play equipment to entertain all age groups (0-12 years). In addition, create your ceramic anytime (\$). Discover a wide selection of ready-to-paint pieces. The team will be able to guide you for the decoration of the chosen "oeuvre d'art". An activity that will appeal to young and old.

Rimouski - Neigette

Rimouski

Coopérative Riki Bloc - Escalade intérieure



217, avenue Belzile
418 721-7662 – rikibloc.com

Open: year-round, see website for opening hours

Located in the heart of downtown Rimouski, the Riki Bloc is a bouldering center suitable for all ages and levels! Children, adults, families and groups are welcome to try or practice this sport whether they are beginners or experienced. No accreditation is required, rental equipment is available on the spot.

Golf

Kamouraska

Saint-Pacôme

Club de golf de Saint-Pacôme

40, rue de la Pruchière, Saint-Pacôme, GOL 3X0
418 852-2395 – 1 855 852-2390 – golfstpacome.com
Number of holes: 18 – Par: 71
Length (yards): 6150 – Services :

Témiscouata

Pohénégamook

Club de golf du Transcontinental

325 chemin de la Tête du Lac
418 859-2012 – golfttranscontinental.com
Number of holes: 9 – Par: 36
Length (yards): 3030 – Services :

Saint-Louis-du-Ha! Ha!

Club de golf de la Vallée du Témis

265, chemin du Golf
418 854-0539 en saison – 1 855 354-0539
clubgolftemis.com
Number of holes: 18 – Par: 72
Length (yards): 6205 – Services :

Les Basques

Saint-Mathieu-de-Rieux

Golf du parc du Mont-Saint-Mathieu

486, 3^e Rang Ouest
418 738-2298 – montstmathieu.com
Number of holes: 9 – Par: 36
Length (yards): 2953 – Services :





Rivière-du-Loup

Notre-Dame-du-Portage

Club de golf de Rivière-du-Loup

132, Route de la Montagne
418 862-7745 - clubdegolfderiviereduloup.com
Number of holes: 18 - Par: 72
Length (yards): 6 220 - Services : ☎️🇩🇪

Rimouski-Neigette

Rimouski (district Le Bic)

Club de golf de Bic

150, route du Golf-du-Bic
418 736-5744 - clubdegolfbic.com
Number of holes: 18 - Par: 72
Length (yards): 6 514 - Services : 🇩🇪

Rimouski

Club de golf L'Empress

365, rue du Golf
418 725-4653 - golfl'empress.ca
Number of holes: 18 - Par: 72
Length (yards): 6 754 - Services : 🇩🇪

Club de golf Les Saules

285, montée des Saules
418 723-1929 - golfdessaules.com
Number of holes: 18 - Par: 72
Length (yards): 6 100 - Services : 🇩🇪

Club de golf Val-Neigette de Rimouski

3, rue du Verglas
418 735-2222 - 1 877 735-2299 - valneigette.ca
Number of holes: 18 - Par: 72
Length (yards): 6 100 - Services : 🇩🇪

Recreational Equipment Rentals

Rimouski-Neigette

Rimouski

Rikiki Campers

\$

200, avenue Léonidas S, local 13
581 624-7454 - rikiki.ca

Rikiki Campers is a friendly campervan rental company for travellers who want to enjoy an affordable adventure! Our cheerful vehicles are outfitted to meet all your travel needs without any extras. The interior of your camper can be set up in day or night mode. During the day, you will have access to a seat and table, which can easily be transformed into a double bed at night. Your Rikiki camper also includes everything you need to cook, eat and clean.





Aerial routes

La Mitis

Saint-Gabriel-de-Rimouski

La forêt de Maître Corbeau



300, chemin des Écorchis, G0K 1M0
418 739-4200 – domainevalga.com

Open: June 1 to August 31: open daily from 9 a.m. to 6 p.m. by reservation. September to May by reservation only, conditions apply.

Aerial courses of increasing difficulty, spread over six levels, under the supervision of experienced guides. A course with six zip lines and night park by reservation. Other activities: paddle board, kayak, canoe, hiking trails, swimming. Animals on a leash accepted. Winter: aerial trails, snowshoeing, guided off-trail snowmobiling on private territory. Accommodation and catering by reservation.

Parks

Témiscouata

Saint-Michel-du-Squatec

Parc national du Lac-Témiscouata



400, chemin Vieille Route
418 855-5508 – 1 800 665-6527
sepaq.com/temiscouata

Open: June 18 to September 6

Providing a happy combination of water and forest as well as nearly 10,000 years of history at the heart of an unspoiled natural environment, this park delights outdoor enthusiasts and families seeking a peaceful getaway. Explore 35 kilometres of trails through the park's most striking and protected areas. Discover

majestic Lac Témiscouata and the beauty of the Touladi lakes. This summer, make this park your family's vacation destination! Dogs are allowed in some areas.

Activities for everyone: Stories and legends, excursions, evening talks and family activities await you in this park. Come and meet the park archaeologist and participate in real archaeological digs. Set off on a rabaska canoeing adventure on the Touladi lakes with our naturalists to discover the park's amazing beauty while learning more about local First Nations culture.

A paradise for cyclists: The park's hilly and winding paved road network is ideal for road bike enthusiasts (27 kilometres). A multiuse trail runs for 7 kilometres along the shores of Lac Témiscouata via Anse à William. By crossing the lake on the L'Épinoche shuttle boat or the Le Corégone ferry, cyclists can ride a 24-kilometre trail around the lake. Bike rentals available on site.

Anse à William sector: Located near a sandy shore of Lac Témiscouata, the Anse à William Discovery and Visitors Centre offers many amenities, including camping, organized activities, boat rentals and hikes to the exceptional forest ecosystem found on Montagne du Fourneau.

Grand Lac Touladi sector: This is where time stands still... Designed especially for families, this beautiful site offers many amenities: play area for toddlers, fun family activities, boat rentals, screened-in shelter, picnic area, community campfire area and campsites. In addition, the Curieux de Nature trail is a 0.7-kilometre trail filled with physical challenges and discovery games of all kinds that will introduce children to nature and the park's rich history.



La Mitis

Saint-Donat

Parc du Mont-Comi



300, chemin du Plateau

418 739-4858 - 1 866 739-4859 - mont-comi.ca

Open: year-round

In the summer, this park offers mountain biking and hiking. The chairlift to the top is open on Sundays from 11 am to 4 pm for cyclists and hikers. Free access to the "Sentier National" Trail at all times. During the Belles Fins de Semaines d'Automne from mid-September to mid-October, take the chairlift on the weekends to enjoy the fine fall weather along with a hike or mountain bike ride.

Urban Parks

Rivière-du-Loup

Parc des Chutes de Rivière-du-Loup



Rue de la Chute

418 867-6700 - villerdl.ca

Open: year-round

A 33-metre waterfall in the middle of downtown is not an everyday occurrence! Nearly 10 kilometres of walking trails accessible year-round, interpretive panels about the area's hydroelectric heritage and natural ecosystems (garden, marsh, orchard), two observation bridges linking the park to the city, rest areas and amazing views of the St. Lawrence and sunsets. A must-see, in other words! The park is accessible from downtown Rivière-du-Loup via Rue Frontenac and Rue de la Chute, with parking available nearby.

Rimouski-Neigette

Rimouski

Parc Beauséjour, le sentier Le Littoral et le parcours des Braves

400, boulevard de la Rivière

418 724-3167 - rimouski.ca

Open: year-round

Built along the Rivière Rimouski, this natural area located in the heart of the city is a great place to enjoy the outdoors in any season. Parc Beauséjour offers a wide range of recreational and outdoor activities for all ages. The 27-kilometre Littoral trail will take you through a rich natural environment along the St. Lawrence and a salt marsh to Rocher Blanc. Look out for interpretive panels

and stones engraved with poetic tributes. The Parcours des Braves is intended primarily for older children and teenagers. This 225-metre-long trail includes numerous structures that are freely accessible, including hanging bridges, balance beams, slides, ziplines and climbing structures.

Kamouraska

Mont-Carmel

Sentier culturel de Mont-Carmel



54, rue Bois-Francis

418 498-2050 - mont-carmel.ca

Open: year-round

Linking the heart of the village to Lake Saint-Pierre, the trail pays tribute to artists with its cultural stops over 4 kilometres. The Place de la peinture is a kiosk where walkers can give free rein to their imagination. Place de la musique illustrates the many musical talents of Mont-Carmel. The Poetry Square is a real place of contemplation with its library and the support on which visitors can hang their own poetic works. The brand new Place de la photographie tells the story of photography since its invention in 1822. The history of Mont-Carmel in photography is also exhibited. Place au selfie allows visitors to take their picture in front of the large-format historic panels of Mont-Carmel.





Hiking

Kamouraska

Saint-Pacôme

Belvédère de la Croix

Côte Norbert
418 852-2356 – st-pacome.ca

"Belvédère de la Croix" is unique and renowned. Stopping there will allow you to appreciate the signature landscape of our region, while visiting its annual photo exhibit renewed each year. With its breathtaking view of Kamouraska and Charlevoix, its reputation is second to none. It also won the 2016 provincial development prize awarded by Les Arts et la Ville, for a municipality of less than 20,000 inhabitants.

Saint-André

Randonnées à la Sebka

273, route 132 Ouest
418 493-9984 – sebka.ca

Open: mid-May to mid-October

Discover the abundant birdlife, as well as the submerged flora submerge according to the tides. The 10 km of hiking trails are divided into two separate areas connected by the "Sentier de la batture", several lookouts, accessible by the Route verte, Welcome cyclists! Climbing lessons offered in an exceptional environment on the cliffs of Saint-André (pass required).

Saint-Pascal

Parc des Sept-Chutes

4^e Rang Ouest
418 492-2318 – villesaintpascal.com

Open: May 15 to October 15.

Easy to intermediate level hiking trail 5 kilometers (round trip) along the Kamouraska River and crossing wooded plains and agricultural land. There are views of the river and its falls. Parking, rest areas, interpretation panels and picnic tables on site. Animals on a leash accepted.

Montagne à Coton

2^e Rang
418 492-2312 – villesaintpascal.com

Open: May 15 to October 15.

2 km intermediate level hiking trail (round trip) going up to an altitude of 150 meters from sea level. Several lookouts offer different views of the city of Saint-Pascal, the plains, the river and the Charlevoix region. Parking, rest areas, interpretation panels, including the legend of Père Coton, and picnic tables on site. Pets on leash accepted.

Témiscouata

Pohénégamook

Les Sentiers des 3 Frontières

1309, rue Principale
418 859-2222 – routedesfrontieres.com

Access to the meeting point of Maine, New Brunswick and Quebec. The nautical trail uses the network of rivers and lakes bordering the United States to navigate from Pohénégamook to Saint-François-de-Madawaska. The cycling route follows Route 289 and secondary roads between Pohénégamook and Le Beau Lac. From there, mountain bikers and hikers can get to Glazier Lake Campground in New Brunswick via Les Sentiers 3 Frontières – section under development.

Rivière-du-Loup**Cacouna****Parc côtier Kiskotuk** 

200, chemin de la Rivière-des-Vases
418 863-3683 – parckiskotuk.com

Open: open year-round.

Offering more than 10 kilometers of hiking trails which cross different ecological environments, going from the salt marsh to the boreal forest, hiking is an essential activity to practice at the Kiskotuk coastal park. We promise you exceptional discoveries: breathtaking panoramas, diverse landscapes and a wealth of wildlife will surprise you! It is possible to download the maps indicating the pedestrian paths of each sector of discovery in the Park section.

Les Basques**Trois-Pistoles****Sentier national au Bas-Saint-Laurent** 

Trois-Pistoles à Dégelis
418 714-2599 – senternationalbsl.com

Three sections are accessible free of charge. The one from Trois-Pistoles to Dégelis, a distance of 144 kilometres, offers shelters by reservation. On the way, you cross the Parc national du Lac-Témiscouata and fees are charged for this park. The Chemin du Roy section, from Trois-Pistoles to Saint-Simon, at a distance of 31 km offers unique views of the river. The Chute-Neigette/Mont-Comi section, over a distance of nearly 15 kilometres, is located in Parc du Mont-Comi.

Rimouski-Neigette**Saint-Fabien****Sentier des Coulombe** 

33, route 132 Ouest

418 869-3333 – parcdubic.com/camping-saint-fabien

The trail offers you six magnificent viewpoints distributed over a route between the countryside, the forest and the river. From the top of the 257 m mountain, you will have a view to the east of the majestic St. Lawrence River, as well as a view to the west that reveals the lands of Saint-Fabien. From a distance, you can admire the magnificent Parc national du Bic.

Saint-Narcisse-de-Rimouski**Canyon des Portes de l'Enfer** 

1280, chemin Duchénier
418 735-6063 – canyonportesenfer.qc.ca

Open: May 14 to mid-October

The Hell's Gate Canyon stretches for nearly 5 kilometers between narrow and steep cliffs walls that are sometimes as much as 90 metres high. A network of hiking trails, totaling more than 20 kilometres and accessible to all, allows you to discover unique panoramas and access the highest suspension footbridge in Québec, which is 63 metres high. Take this opportunity to admire the Grand Sault falls and experience the Descent into Hell, a staircase of over 300 steps that will take you down to the Rivière Rimouski. Starting in July 2022, experience the Devil's Trail, a new interactive route that will be added to the Gates of Oniria. Access an enchanted universe on the fringes of reality and enjoy larger-than-life immersive adventures in which imagination and technology meet to create magic. Discover the Maze of Secrets: using technology, you will be able to experience the maze in a new way and discover an intoxicating story that will appeal to the whole family. Experience "The Mystical Legend of the Stranger from the Hell's Gate Canyon" (in French only) as told by a character who will take you into a fantasy world. Take part in a grandiose spectacle presented in a natural and authentic environment. Wilderness campground with 14 sites located near the Grand Sault falls.

Quad**Rivière-du-Loup****Association Quad du Bas-Saint-Laurent**

Saint-Cyprien

418 714-7919

The territory extends from La Pocatière to Matanie and includes Témiscouata and the Matapédia Valley. The ten clubs, through the valuable involvement of their volunteers, develop, maintain, mark and secure the trails, including 134 kilometers exclusively in winter, 625 km for the four seasons and 2,051 km in the summer. Crisscross the Bas-Saint-Laurent to discover breathtaking viewpoints and have access to supply points, restaurants and accommodation directly from the trails.

2

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**Local
Flavours**

Local Flavours

Bas-Saint-Laurent had the first agricultural school in Canada (1859) now as the Musée québécois of agriculture and food as well as several research and development centers on the subject.

For a long time, the the artisan's expertise that craft the Bas-Saint-Laurent agricultural community as been recognised. These tasty treats are yours to discover.



Affiliation

Saveurs du Bas-Saint-Laurent

348, boulevard Arthur-Buies Ouest, Rimouski
418 724-9068 – saveursbsl.com

Network of members working in the field of agrifood whose mission is to facilitate the marketing of agrifood products from the region, on the one hand by promoting a prestigious brand and, on the other hand, by adapted services that respect the specific reality of each of the member companies.

Alcoholic Beverages

Kamouraska

Saint-Alexandre-de-Kamouraska

Vignoble Amouraska



568, rang St-Charles Ouest
418 863-4496 – amouraska.com

Open: June to October.

At Vignoble Amouraska, the welcome is warm and you feel at home. The owner-operators, Kathy and Serge, invite you to come and discover the Kamouraskois terroir in a different way. Come and taste (\$) an impressive variety of alcoholic beverages and wines made with fruit grown on their land with passion. Optimize your experience by taking the time to consume these spirits accompanied by local flavored products in the boutique/bistro.

Témiscouata

Auclair

Le Domaine Acer



145, route du Vieux Moulin
418 899-2825 – domaineacer.com

Open: open year-round, Boutique and tasting (\$) Guided tour (\$): end of March to October 10.

It all started with a dream, to make the best maple-based wines in the family, from a contemporary perspective. Vallier Robert ferments maple sap into white, sparkling acers and long-aged aperitifs in barrels. There is also the location, the magical beauty of the ends of the world, the infinite forest. Syrup and fine organic products on site. ECONOMUSEUM® member.

Rivière-du-Loup

Saint-Arsène

Distillerie Fils du Roy



37, rue de l'Église
418 816-8555 – distilleriefilsduroy.com

Open: June 22 to September 4, Tuesday to Saturday from 11 a.m. at 16 o'clock. **Schedule is subject to change**

Anchored in family heritage and fertile land, Distillerie Fils du Roy offers distinctive products whose quality and balance are recognized both locally and internationally. Pleasure is one of the fundamental values that guides the evolution of the company and it translates into sustainable choices for the family, the company and the territory.

Saint-Paul-de-la-Croix

Hydromellerie Saint-Paul-de-Croix



62, rue Principale
418 898-2545 – hydromellerie.com

Open: beginning of April to December.

The Hydromellerie Saint-Paul-de-la-Croix has several vocations: a shop dedicated to bees where products processed on site are sold - honey, mead, pollen, candles, sweets and others; honey and bee interpretation site with beehive and photographs; photographic exhibition gallery on the regions of Quebec; cafe-restaurant. Guided tour. Visit possible all year round on reservation.

Rimouski

Distillerie du St. Laurent



135, avenue du Père-Nouvel
418 800-4694 – distilleriedustlaurent.com

Open: see the website for opening hours.

A pioneer of the craft spirits movement in Quebec, the St. Laurent Distillery produces Gins, Whiskeys and Acerum (aged maple brandy) inspired by the river and the Lower Laurentian region. The new distillery, designed by the renowned firm Atelier Pierre Thibault, will welcome visitors by the sea in Pointe-au-Père from the summer of 2022. Tour and discovery of spirits, tastings in the aging cellar, bar and terrace will be on the agenda!

Gourmet Products

Kamouraska

Saint-Bruno-de-Kamouraska

Alimentation Saint-Bruno 2020 senc

155 Rte du Petit Moulin - 418 492-318

Open: open year-round

Convenience store/grocery, gas, ready-to-eat, deli meats, pizza 7/7 and other menus from 11 a.m. to 9 p.m., breakfast from 7 a.m. to 11 a.m., newspapers and magazines.



Gourmet Products

Kamouraska

Kamouraska

Le Jardin du Bedeau



60, avenue Morel - 418 492-9926

Open: Open year-round.

Le Jardin du Bedeau is a charming village grocery store recently acquired by Christian Bégin and Marie-Fleur St-Pierre and which also acts as a local convenience store. There is a large selection of cheeses, microbrewery beers, ciders and Quebec wines. We also offer, in collaboration/partnerships with producers in the Kamouraska region and elsewhere in Quebec, local vegetables and meats. Our shelves are stocked with all sorts of products to discover, often local, and commonly used. And in the kitchen, the team, following the inspirations of Marie-Fleur, develops a tasty and surprising ready-to-eat offer. Catering services and home chef.

Témiscouata

Témiscouata-sur-le-Lac

Amarante, épicerie écologique



763-A, rue Commerciale Nord
418 938-1110

Open: Open year-round.

Discover under the same roof an ecological grocery store and a coffee area, all in a warm atmosphere. Bring your containers and stock up on bulk products, let yourself be tempted by our tasty menu as well as our healthy bites to enjoy on site or to take out.



Rivière-du-Loup

Rivière-du-Loup

Marché public Lafontaine



Carré Dubé, rue Lafontaine – marchepubliclafontaine.com

Open: Saturday from 9 a.m. to 2 p.m.

Taste! Meet! Enjoy! The Lafontaine Public Market offers a moment and a place promoting the marketing of local and regional agri-food products. Come visit us on Saturdays; more than 16 local producer-processors are waiting for you! You will find different fresh products such as vegetables, fruits, meats, bakery, flowers and more. The Market is located in downtown Rivière-du-Loup with parking nearby. Cash money suggested.

Terroirs d'ici et d'ailleurs



424, rue Lafontaine
418 867-4499 – terroirs.ca

Open: Open year round. Monday to Wednesday from 10 a.m. to 5:30 p.m., Thursday and Friday from 10 a.m. to 8 p.m., Saturday from 10 a.m. to 5 p.m., Sunday from 11 a.m. to 5 p.m. In winter: closed Sunday and Monday

Established 20 years ago, this charming boutique lets you discover the food sector in all its forms: a fine selection of Quebec and imported cheeses, fine charcuterie and a fine selection of delicatessen products. To complete, a vast choice of tableware products (dishes, glasses, tablecloths, sundries, etc.)

L'Isle-Verte

Pat BBQ

111, rue du Seigneur-Coté
418 605-1973 – patbbq.com

Open: Open year-round. Monday to Friday

Pat BBQ is a growing local business. Located in L'Isle-Verte, it stands out for the quality of its products. Since winning an international award, his reputation is second to none. Choosing Pat BBQ is a guarantee of quality. Come and discover our meat products, our sauces and spices directly at L'Isle-Verte, as well as in our many points of sale throughout Quebec.

Bakeries

Témiscouata

Témiscouata-sur-le-Lac

Boulangerie Tentations gourmandes



755A, rue Commerciale Nord
418 854-7246

Open: Open year-round.

Artisanal bakery offering daily fresh breads, shaped by hand and baked on the hearth: old-fashioned household bread, sourdough, spelt, raisin, chocolate, nine cereals, baguettes. Also: coffee, chocolate éclairs, brownies, mille-feuilles, baklavas, brioches, danishes, galettes, chocolaines, croissants, pies. Home-prepared meals. Trio lunch box for your bike ride in national park and others outings.

Rivière-du-Loup

Rivière-du-Loup

Boulangerie Artisanale Au Pain Gamin



288-290, rue Lafontaine
418 862-0650 – paingamin.ca

Open: Open year-round. Closed on Sunday.

Open to the baking room, the Au Pain Gamin shop is filled daily with artisanal baked products. The bakery uses only top quality ingredients and the best whole-grain or sifted Quebec flours, discover a selection of sourdough and old-fashioned breads, pizzas, focaccia, all-butter pastries, cupcakes, sweet bites and cookies. Italian coffee, fair trade and organic hot beverages, light meals.

Cacouna

Boulangerie du Magasin Général Sirois



743-A du Patrimoine
581 743-1173 – magasinegeneralsirois.com

Open: Open year-round. Closed Sunday and Monday.

Traditional Quebec bakery. Located in an authentic mid-century general store of the 19th centuries. The perfect place to take a break in time. You can taste our exceptional coffee accompanied by a good pastry in an antique setting or have the pleasure of enjoying our terrace. An obligatory stop to stock up on good pastries, sweets or sandwiches made on site, everything for the road or your picnic. The smell will delight you.

Rimouski-Neigette

Rimouski

Boulangerie Folles farines

113, rue de Sainte-Cécile-du-Bic
418 736-8180 – follesfarines.com

Open: April to December.

Located in the Bic district, this artisan bakery offers a variety of hand-shaped sourdough breads baked on the hearth. In addition, get butter croissants, Danishes with hazelnuts and dark chocolate or almonds, muffins and many other delicacies, not to mention the fine pizzas. The shop also offers objects from here and elsewhere. Espresso machine and pretty terrace.

Les Baguettes en l'air

105, rue St-Pierre
418 723-7246

Open: open year-round, except the last three weeks of July.

This artisan bakery bakes flour the European way: sourdough, yeast or poolish breads baked on the hearth. The kitchen is open to the work of artisan bakers who use only certified organic flour and grains. Wide variety of products, among others: French baguette, integral bread, focaccia, country bread, walnut bread, pure butter pastries, croissants, danishes, brioches, apple turnovers.





Bakeries

Rimouski-Neigette

Rimouski

Pâtisseries & Gourmandises d'Olivier

102, rue Saint-Germain Est
418 727-6564 – patisseriesdolivier.com

Open: Open year-round.

Discover the dapper colors of the macarons that have made the house famous and the traditional French pastry creations. Let yourself be tempted by the pure butter breads and pastries. Discover ice creams and homemade berry sorbets. An entire department is devoted to chocolate candies with fondant ganaches, chocolate molds and pulled or blown sugar assemblies. Gourmet workshops on request: the chef will share his tips and tricks with you.

Butcher

Kamouraska

La Pocatière

Boucherie Rossignol

703, 4^e Avenue
418 856-1163 – boucherierossignol.ca

Open: Open year-round.

Founded in 1989, Boucherie Rossignol stands out for its high-end products. Unique in the region, you will find a meat cellar with air-aged steaks. Several homemade products including charcuterie, jerky beef, pâtés, cretons, hams and more than 30 kinds of sausages. Thanks to our artisanal smokehouse, several homemade products are smoked on site, including the hams that make our repu-

Travel by Expérience – Local Flavours

tation. A wide variety of regional cheeses are available there. For an unparalleled and personalized service, it's a rendez-vous!

Chocolate and Sweet Treats

Kamouraska

Kamouraska

Chocolaterie La Fée Gourmande

98, avenue Morel
418 492-3030 – lafeegourmande.ca

Open: Open year-round.

Scents of flowers, spices and fruits welcome you to this artisanal chocolate factory where fine chocolates, caramels, ice creams, sorbets, marshmallows and spreads are made on site. Guided tour of approximately one hour, by reservation, to discover the installations and working techniques.

Rivière-du-Loup

Notre-Dame-du-Portage

Glacier des battures



537, route du Fleuve
418 605-1446 – pizzeriadesbattures.com

The creamery adjacent to the Pizzeria des Battures restaurant is the ideal place to take a short break in the sun or to come and admire the magnificent sunsets with the family while enjoying a good frozen treat or a delicious pancake.



Sugar Shack and Maple Products

Témiscouata

Rivière-Bleue

Érablière A. Dumais



Érablière A. Dumais is more than just a sugar shack. It offers 6 cozy rooms with private bathroom as well as a common kitchenette and terrace furnished with tables, chairs, umbrellas and BBQ upstairs. The sugar bush restaurant is open from March to May by reservation. You can enjoy a typical sugar shack menu and get delicious maple products or simply indulge your sweet tooth with taffy on snow.

Rimouski-Neigette

Rimouski

Aux Bienfaits, chocolaterie et pâtisserie

1, rue de l'Évêché Ouest
418 723-3311 – auxbienfaits.com

Open: Open year-round.

In an ancestral house (1906), Aux Bienfaits offers a variety of desserts and pastries for individual customers at the counter, restaurants and institutions. Variety of chocolates, candies, tablets and gift wraps. Selection of wedding cakes in various flavors. On site, a small Bas-Saint-Laurent Flavors market. Catering service from Saint-Fabien to Sayabec, reception rooms.

Rimouski

Croqu'Érable

12, rue des Potagers
418 736-4028 – croquerable.com

Open: June 23 to September 15.

The Croqu'Érable artisanal chocolate factory makes a maple fondant according to ancestral tradition. This fondant is available in other maple or wild berry chocolate products, in chocolate port glasses, in bars and in exclusive pieces with personalized identification for conventions or corporate gifts. Guided tour on call only.



2

Cheese Makers

Kamouraska

La Pocatière

Fromagerie Le Mouton blanc

176, route 230 Ouest
418 856-6627 – lemoutonblanc.ca

Open: Open year-round.

The cheese-making virtues of sheep's milk, with its mild, rich and slightly sweet taste, have been known since the dawn of time. However, its operation is the only one of its kind in Bas-Saint-Laurent. Le Mouton blanc makes fine raw sheep's milk cheeses on the farm, exclusive to the Kamouraska region. Their typical flavor is characteristic of pastures benefiting from a microclimate. At the boutique, more than 40 artisanal cheeses, meats, charcuterie and delicatessen products from Bas-Saint-Laurent.

Témiscouata

Témiscouata-sur-le-Lac

Fromagerie Le Détour

120, rue Commerciale Nord
418 899-7000 – fromagerieledejour.com

Open: Open year-round.

The cheeses of this artisanal company are made from sheep's, goat's or cow's milk. Many of the cheese dairy's products have won awards at provincial, national and international competitions. Sale of regional products. Ice cream offered in the summer season.

Cheese Makers

Les Basques

Trois-Pistoles

Fromagerie des Basques

69, route 132 Ouest
418 851-2189 – 1 888 951-2189
fromageriedesbasques.ca

Open: Open year-round.

Wide variety of ripened and aged cheeses, daily fresh cheese in curds and blocks. Cheeses made from 100% pure cow's milk and pasteurized on site. Tasting every day. By reservation, guided group visit including audio-visual presentation and tasting. On site: bakery, pastry shop, homemade products, dairy bar, counters selling regional products and gift items. Picnic area and products to take away. Parking for cars and buses.

Microbreweries

Kamouraska

Rivière-Ouelle

La Baleine Endiablée microbrasserie & auberge conviviale



229, route 132
418 371-0758 – baleineendiablee.com

Open: Open year-round.

La Baleine Endiablée microbrewery in Rivière-Ouelle offers you a very unique experience. In addition to its microbrewery, which is ranked as one of the best in Quebec, it also offers you friendly accommodation with 50 rooms. A restaurant and a performance hall where artists from all over Quebec and France perform. The restaurant specializes in local meats smoked on site over maple wood. A must in Kamouraska.

La Pocatière

Microbrasserie Ras L'Bock

134, rue du Parc-de-l'Innovation
418 371-0998 – raslbock.com

Open: Open year-round.

The Ras L'Bock factory welcomes you all year round in its shop or on its outdoor terrace (summer only) in La Pocatière. Taste our good beers and bring back your favorites as a souvenir.



Saint-André

Tête d'Allumette Microbrasserie



265, route 132 Ouest
418 493-2222 – tetedallumette.com

Open: Open year-round.

Creative microbrewery taking place in an ancestral house, located in the grandiose landscape of Kamouraska, Tête d'Allumette offers exceptional beers, brewed over a wood fire and from local cultures. Take advantage of the breathtaking view of the river and the mountains of Charlevoix. Terrace, tasting room, microbrewery beers, shop and tasty homemade bites. Check Facebook for news and special events.

Témiscouata

Pohénégamook

Microbrasserie Le Secret des Dieux

1252, chemin Guérette
418 859-3438 – lesecretdesdieux.com

Open: Open year-round.

Le Secret des Dieux is a beautifully appointed microbrewery in a former presbytery. The English-style brewhouse and resto-pub provide patrons with an encounter with beers and an out-of-the-ordinary menu. All in the enchanting setting of the town of Pohénégamook. Check the website for our opening hours.

Dégelis

Le Pub de la Microbrasserie de Madawaska



612, rue Principale
418 853-1212 – 1 800 267-2334
microbrasseriemadawaska.com

Don't miss the opportunity to quietly taste our beers on our terrace offering a panoramic view of Lake Témiscouata. Located on Dégelis beach and near the municipal campground, the Pub is an extension of our main restaurant (Hotel 1212 - Microbrasserie de la Madawaska), but this time in the fun and relaxed spirit of the holidays. Discover our revisited fast food dishes, beers from Microbrasserie Madawaska and a breathtaking view of Lake Témiscouata. We offer you, from the chef: Smash burger, fish and chips, fried chicken and ribs. Don't miss: Terrace with a view of the lake, souvenir items. Access to the quays of the municipal beach by boat.

Rivière-du-Loup

Rivière-du-Loup

Microbrasserie Aux Fous Brassant



262, rue Lafontaine
418 605-1644 – auxfousbrassant.com

Open: Open year-round.

A visit to the microbrewery is a unique opportunity to discover the wonderful world of brewing, the different ingredients that go into the composition of the beer and the different stages of its production. Come and taste up to twelve craft beers brewed on site with Quebec and organic ingredients in the warm atmosphere of the pub. Visit of the brewing room by reservation, terrace in summer, possibility of shows and screenings, amuse-bouche, other alcohols, coffee, soft drinks.

Station Houblon

314, rue Lafontaine
418 605-0557

Open: Open year-round. Closed on Monday.

Boutique specializing in microbrewery beers with advisory service, as well as everything to complete your brewing tastings; without forgetting our fabulous chocolate Daniel. Station Houblon, for the love of beer and its flavors!

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PRODUITS DE
MIXOLOGIE



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314, RUE LAFONTAINE, RIVIÈRE-DU-LOUP 418 605-0557

Microbreweries

Les Basques

Trois-Pistoles

Le Caveau des Trois-Pistoles microbrasserie X 🍷 📶 📍

21, rue Pelletier
418 851-4440 – caveau3pistoles.com

Open: Open year-round.

A few steps from the heart of the village-town of Trois-Pistoles, the artisans of the Caveau des Trois-Pistoles have been brewing unique beers from local ingredients since 2017. Most raw materials come from less than an hour away! Over time, a large terrace was added, as well as a bistronomic menu that also showcases local products. The Basques Public Market is held on site every Sunday in summer. A crossroads of flavors.

Rimouski-Neigette

Rimouski

Brasserie artisanale Le Bien, le Malt X 🍷

141, avenue Belzile
418 723-1339 – lebienlemalt.com

Open: Open year-round.

This microbrewery produces craft beer right downtown in Rimouski, steps away from the St. Lawrence. Inspired by American, British and Belgian ales, the varied beers are brewed in small batches. The beer menu changes with the seasons. Certain beers are available for off-sales from the brewery.

Seafood Products

Kamouraska

Kamouraska

Pêcheries Ouellet

38A, avenue Morel
418 492-1872 – lespecheriesouellet.com

Open: May to October. Off-season accessible by reservation only.

The Ouellet family has been involved in the fishing industry for over a century. It has been able to combine ancestral production methods with the most recent technologies to develop distinctive products. Pêcheries Ouellet has an artisanal smokehouse and offers retail and wholesale fine seafood products. Smoked products: sturgeon, eel, salmon, scallops, shrimp, mussels and trout; "merrines" (fish pies), one of the specialties, and a range of marinated products.

Poissonnerie Lauzier X 🍷 📶

57, avenue Morel
418 492-7988 – poissonnerielauzier.com

Open: mid-March to end of December.

Fishmonger and bistro whose tradition and passion have continued for more than 20 years. La Poissonnerie Lauzier offers a variety of seafood products, such as fish, seafood, smoked products and delicious cooked meals. Attached, the Bistro offers meals from fish and seafood... and also without fish. La Poissonnerie Lauzier is a fishmonger, a bistro and an artisanal smokehouse! A must in the region.





Gardens, farms and herbs

Kamouraska

La Pocatière

Ferme Cybèle



506, avenue de la Grande Anse
418 856-4515 – 1 855 856-3627 – fermecybele.com

Open: early April to mid-October.

This family farm specializes in the production of strawberries, raspberries and vegetables. Fresh products come from the farm or from regional producers. Dairy bar with specialties based on fresh strawberries. Homemade pies baked on site available at all times. U-pick according to the season. Pets on a leash accepted.

Saint-André

Le Jardin des Pèlerins



6, route 132 Est
418 493-1063 – jardindespelerins.com

Open: kiosk, June to October.

Located in front of the Pèlerins archipelago, this vegetable farm is certified organic. Tomatoes and other seasonal vegetables, herbs, blueberries, apples are offered to you, as well as the specialties prepared on site: Sel du Pèlerin, Chante-Sel, Méga-PicseL, Gourde du Pèlerin, apple juice. U-pick on reservation for blueberries and apples. Animals on a leash accepted.

Témiscouata

Lejeune

Viv-Herbes, herboristerie artisanale

35, Rang 2
418 855-2731 – vivherbes.com

Open: July 10 to August 31. Off season, by appointment only.

Magnificent gardens in production of medicinal and aromatic plants, as well as a country shop filled with more than 75 different natural herbal preparations, grown and processed on site. Since 1996, quality and originality have been our priorities. Products for health, body care and cooking. Self-guided tour of the gardens including a guided tour of the dryers (\$8/adult). Flavours, smells, colors and a warm welcome await you.

Rivière-du-Loup

Poissonnerie Cartier



95, boul. Cartier
418 867-5419 – poissonnerielauzier.com

Open: Open year-round.

The Poissonnerie Cartier offers all the products of the Poissonnerie Lauzier de Kamouraska: fish and seafood, prepared meals, marinated products, smoked products from the smokehouse.

Les Basques

L'Isle-Verte

Marché des 3 fumoirs

47, rue Seigneur-Côté
418 898-2046 – poissonneriemarchetroisfumoirs.com

Open: March 20 to January 3.

You can buy smoked products, such as: herring, perch or mackerel fillets, prawns, trout, herring roe, eel, sturgeon, salmon... or marinated, among others: turbot, whelks, mussels... Also offered: dried cod, fresh fish, molluscs and seafood, homemade products, salted herbs, capers, etc.

Trois-Pistoles

Poissonnerie Verseau II

146, route 132 Ouest
418 851-1516

Open: Open year-round.

This fish market and seafood processor is a certified supplier for all events. Its own boats bring in snow crab, whelks and deep-water species such as halibut, turbot, sole and Atlantic sturgeon. Offers a wide range of fresh fish and seafood, as well as pickled, smoked and homemade products.

Public Markets in BSL

For the full schedule and market opening hours visit www.ampq.ca

	Restaurant and/or tasting	On-site entertainment	Picnic area	
Kamouraska				
Marché public de la Grande-Anse – La Pocatière Saturday, 2 juillet au 17 septembre - marchepublicgrandeanse.ca		●	☂	
Marché public de Saint-Pascal Sunday, 17 juillet au 2 octobre - villesaintpascal.com		●		📶 🐕 🏠
Marché public de Kamouraska Sunday, dates à confirmer				
Témiscouata				
Marché gourmand Desjardins du Témiscouata – Dégelis 🇩🇪 Sunday du 10 juillet au 18 septembre marchegourmand.wordpress.com		●	☂	📶 🐕 🏠
Rivière-du-Loup				
Marché public Lafontaine – Rivière-du-Loup 🇩🇪 Saturday, 18 juin au 15 octobre, Surveille les marchés de Pâques et de Noël marchepubliclafontaine.com		●	☂	🐕
Les Basques				
Marché public des Basques – Trois-Pistoles 🇩🇪 X Sunday du 19 juin au 9 octobre - marchepublicdesbasques.com		●	☂	🐕
Rimouski-Neigette				
Marché public de Rimouski Saturday, 28 mai au 30 octobre - marchepublicrimouski.com		●	☂	📶 🐕 🏠
La Mitis				
Marché public de Saint-Luce Sunday du 26 juin au 4 septembre - saintluce.ca				



2

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Culture and Living History

Culture and Living History



Bas-Saint-Laurent is nothing less than an open-air museum. You will find everything you need to satisfy your thirst for knowledge about this region here.



▼ Classified by sub-themes.

Boutiques and Art Galleries

Kamouraska

Rivière-Ouelle

Chapelle du quai, Rivière-Ouelle 📍 📞 📧 🌐

157, ch. de l'Anse-des-Mercier
418 3715-1112 - chapelleduquai.com

Open: in season, June 23 to September 5: Thursday to Monday, 10 am to 5 pm

Discover a fascinating landscape at the Chapelle du Quai in Pointe-aux-Orignaux: a wharf, beaches and a lookout for bird watching. The Café de la Chapelle offers products made by local artisans and artists, evening shows, historical and heritage presentations, a driftwood sculpture competition and a kite festival. The former presbytery provides accommodations for vacationers (cottagerental.com). The site is accredited by Kéroul.

Kamouraska

Art Populaire Kamouraska

135 avenue Morel - 418 371-0959

Open: June 18 to Labour Day: daily, noon to 5 pm

One of the few popular art venues in Québec. Luce Lévesque welcomes you into her world of whimsical sculptures. In the shop as well as in the garden, discover her endearing characters as well as the creations of about 30 other sculptors. A must-see for fans of popular art as well as collectors and neophytes.

Atelier et galerie d'art Michel LeRoux 📍 📞

152, avenue Morel
450 449-9514 - michelleroux-art.ca

Open: June 20 to Labour Day: daily, 10 am to 6 pm

Painter Michel LeRoux opens the doors of his studio gallery to the public in the summer and presents his works of art, all of which are inspired by Kamouraska, the St. Lawrence and the surrounding forests. Painting after painting, let yourself be transported into the heart of a pristine natural world. Follow the artist's secret paths. Come and meet Michel LeRoux and have a chat. Stories, laughter and smiles guaranteed.

Centre d'art de Kamouraska 📍

111, avenue Morel
418 492-9458 - centredartkamouraska.ca

Opening spring 2022

Contemporary art exhibition centre housed in a former courthouse dating from 1888. An interdisciplinary creative hub, this institution offers a series of exhibitions, art events, talks and workshops. Exhibitions are generally presented from April to October; other cultural activities take place throughout the year.



Champagne et Paradis — Galerie d'art, boutique et bicyclettes roses 🏠 🚲 📶 📍 🇨🇦
83, avenue Morel
418 492-9090 - champagneparadis.com

Open: year-round, 10 am to 5 pm

This art gallery presents 15 emerging and professional artists from here and elsewhere in a contemporary decor, as well as a boutique space selling Québec products. It also offers a high-end framing service by a local artisan and pink bicycles for rent.

Le fil bleu ©

76, avenue Morel
418 308-0646 - lefilbleu.ca

Open: April to January

Located in the former presbytery in the heart of the village of Kamouraska, the Le Fil Bleu arts and crafts shop invites you to discover the talent and creativity of local artisans. The creations of nearly 100 artisans can be found here, working in a variety of sectors: textile arts, ceramics, woodworking, glass, jewellery, leather, sculpture, metal, etc.

Quai des Bulles ©

66, avenue Morel
418 492-9673 - 1 888 492-9673 - quaidesbulles.ca

Open: year-round, daily; visit the website for opening hours

This artisanal soapmaker offers a wide variety of soaps made from rice bran oil as well as a complete range of body products made from high-quality natural and organic ingredients. The production workshop is open to visitors.



2

Saint-Pacôme

Boutique Auberge Comme au premier jour ©

224, boulevard Bégin
418 852-1377 - aubergecommeaupremierjour.com

Open: May to Christmas

Visit the boutique in this inn and discover products made on site including jellies, confits, spreads, butters and jams. You can also purchase the works of regional artisans: kitchen and household items, jewellery, photos, frames, greeting cards, ceramics, stuffed animals, textile art, stained glass, soaps, teas, coffees, herbal teas, etc.

Saint-Alexandre-de-Kamouraska

Ferme Fibres et compagnie - Les Alpagas d'Aldo ©\$

375, rang Saint-Charles Est
418 495-5375 - fibresetcie.com

Open: SUMMER SEASON: early June to late September, Wednesday to Sunday, 10 am to 4:30 pm (closed on Monday and Tuesday); FALL SEASON: October to late December, Friday and Saturday, 10 am to 4 pm (closed from Sunday to Thursday)

Discover the secrets of alpacas and their luxurious fiber during a visit to the farm (\$). In season, take advantage of your visit to pick your own haskap berries or purchase forest mushrooms. The boutique offers skeins of alpaca wool and a wide range of alpaca fiber products. Warmth, softness and comfort are all within your reach! Visits during the off-season are possible upon reservation.





Boutiques and Art Galleries

Kamouraska

Saint-Alexandre

La shop écolo

511, route 289 - 418-970-0889 #2021

Open: Monday to Wednesday and Friday, 8 am to 5 pm; Thursday, 8 am to 7 pm; Saturday, 10 am to 4 pm

Located at the Total Fabrication plant in Saint-Alexandre-de-Kamouraska, La Shop Écolo is the place to go for eco-friendly products! A visit to this shop will allow you to discover all our biodegradable household and body products, all available in bulk, and will inspire you to go green one step at a time. This is the change our world needs!

Les petits bonheurs de Marguerite



693, route 289
418 495-1111 - bonheursdemarguerite.com

Open: year-round

Les Petits Bonheurs de Marguerite is a flower and gift shop that includes a clothing and jewellery department. Located in the heart of the village of Saint-Alexandre-de-Kamouraska in a century-old house, this shop offers authentic charm and a warm atmosphere. In season, stop in to refresh yourself with a treat from the dairy bar or enjoy a delicious coffee and homemade waffle.

Témiscouata-sur-le-Lac

Galerie d'art de l'Auberge du Chemin Faisant

12, rue du Vieux-Chemin - cheminfaisant.qc.ca
418 854-9342 - 1 877 954-9342

Open: June 1 to September 15: Monday to Sunday, noon to 6 pm; off-season: by appointment

This art gallery is located in the dining room at Auberge du Chemin Faisant. Admire the works of various Québec painters: original paintings, reproductions on canvas or fine art prints. Off-season, the gallery is open by appointment only. No pets allowed.

Rivière-du-Loup

Rivière-du-Loup

Art Académie – galerie d'art

343, rue Lafontaine
418 862-6299 - artquebecrdl.weebly.com

Open: year-round, Monday, Tuesday and Friday, 1 pm to 5:30 pm; Thursday, 1 pm to 9 pm; Saturday, noon to 5 pm (closed on Wednesday and Sunday)

Art gallery and gift shop offering original works by local artists: stained glass, drawings, fusion paintings, glass mosaics and decorative furniture. Permanent exhibition of works by the artist Joane Michaud (JOM). Art workshops available upon reservation.

Au coeur des artisans

160, rue Lafontaine
581 673-1780 - aucoeurdesartisans.com

Open: year-round

Au Coeur des Artisans is a boutique located in downtown Rivière-du-Loup offering unique creations made with love and passion in Québec by over 90 artisans: ceramics, jewellery, textile arts, woodworking, fun items for babies and much more. A selection that will appeal to all tastes, ages and budgets!

Boutique africaine chez Papa Noël



201, rue Lafontaine
418 943-6635 - boutiqueafricainechezpapa Noel.com

Open: year-round

In this colourful African-themed shop owned by “Papa Noël” Sow, every product has a story to tell. They will speak to you about African culture, music, flavours and people as you sip the tea or hibiscus juice served upon your arrival... Discover Africa in Rivière-du-Loup in this unique shop!

Centre commercial Rivière-du-loup 📶 📶 📶
298, boul. Armand-Thériault
418 862-7848 - centrecommerciardl.ca

Open: Monday to Wednesday: 9:30 am to 5:30 pm, Thursday and Friday: 9:30 am to 9 pm, Saturday: 9 am to 5 pm, Sunday: noon to 5 pm

The main shopping centre in Rivière-du-Loup with more than 60 shops and restaurants. Find shops with a local flavour, such as Librairie du Portage, Boutique du Jouet, Bijouterie R. Savard, Au Bout'Chou, Boutique Thérèse and Centre visuel du KRT, as well as well-known brands such as Super C, Giant Tiger, Pharmaprix, Sports Experts, L'Équipeur, Clément, Reitman's and others.

The shopping centre also offers many services and amenities: Canada Post, restaurants, gym, hair salons, free Internet, baby lounge, rentals of strollers, wheelchairs, walkers and lockers.

Noël au château

65, rue de l'Ancrege - noelauchateau.ca
418 863-NOEL (6635) - 1 866 865-NOEL

Open: June 1 to December 30

Come and discover all the magic of Christmas in this 5000-square-foot Christmas boutique. Admire the imports from several countries and the illumination of the site in the evening. Easily accessible for buses. Opening hours vary depending on the time of year.

L'Isle-Verte

L'Algue d'Or 📶 📶 📶

47, rue Saint-Jean-Baptiste
418 898-4075 - lalguedor.com

Open: year-round by appointment or see Facebook page

Inspired by seaweed, the sea and local landscapes, poet and artisan Cynthia Calusic makes original handmade paper and notebooks in a heritage home. In the shop, seaweed and poetry permeate every object (stationery, art books and paintings). Discover a museum dedicated to Blanche Lamontagne, Québec's first female poet, and to the literary history of L'Isle-Verte. You can also discover original works made by other artists and artisans from the village.



Les Basques

Trois-Pistoles

Les Amis de l'art de la Maison du Notaire

168, Notre-Dame Est
418 851-1656 - maison dunotaire.ca

Open: June 20 to September 4: daily, 10 am to 4 pm; September 7 to October 9, Wednesday to Sunday

Built in 1942, this heritage house was the home of notary Joseph-Hervé Rousseau and his family. Acquired by Les Amis de l'Art in 1972, it now houses a boutique and art galleries. About 60 local artists and artisans exhibit and sell their works here. Treat yourself to a visit to this historic site!

Saint-Simon

Les Créations Mojo Boutique Champêtre



417, route 132
418 738-2600 - 1 844 521-MOJO (6656)
lescreationsmojo.ca

Open: April to December

In a beautiful and friendly country setting, discover this gift shop offering original works of art, home decor items and garden supplies. This shop specializes in country-style decor. The perfect place for great finds. Mojo Creations, “creative people, exclusive products.”

Rimouski-Neigette

Rimouski

Créations Unika

BP

6-639 Boulevard Sainte-Anne
418 750-3200 - creationsunika.com

Open: varies; see Facebook page for more information

Located in Pointe-au-Père near the historic maritime site, the Créations Unika gift shop offers a wide variety of handmade regional and Québec products in a relaxing atmosphere. For those who love houseplants, the shop also offers a wide range of plants, pots and accessories so you can enjoy all the benefits of growing things. Finally, in an effort to share the benefits of art, a section featuring creative materials completes the Unika experience.

Gabphoto Boutique et Photographe

85, rue de l'Évêché Ouest
418-318-6805 - gabphotoboutique.com

Open: Wednesday to Saturday, noon to 5:30 pm

Photographer Gabriel B. Couture shares his passion for photography and animals on decorative items and fashion accessories. Photo printing and photo shoots also available.

Librairie boutique Vénus

21 Rue St-Pierre
418-722-7707 - librairieboutiquevenus.com

Open: daily, visit the website for opening hours

Located at the heart of Old Rimouski since 1983, this bookstore and gift shop is an enchanting place to discover. Our wide selection of creations from here and elsewhere as well as our literary favourites will delight the whole family. Come and meet our passionate consultants and booksellers to discover our literary world, zen space and shop filled with all kinds of unique finds (stones and crystals, incense, jewellery, home decor items, local souvenirs, etc.).

Religious Buildings and Spirituality

Kamouraska

Saint-André

Église de Saint-André-de-Kamouraska

128, rue Principale
418 493-2085 - standredekamouraska.ca

Open: June 24 to August 15: Monday to Sunday, 9:30 am to noon and 1 pm to 4:30 pm; August 16 to Labour Day: Monday to Sunday, 1 pm to 4:30 pm

This church, whose construction began in 1805, has not undergone any major renovations since it was built over 200 years ago. The oldest Catholic place of worship in Bas-Saint-Laurent, it has been designated a historic monument. The church houses five works of art designated as cultural properties. It is part of the Circuit Culture et Patrimoine, a culture and heritage tour along the Route des Frontières scenic drive. No pets allowed.

Les Basques

Trois-Pistoles

Église Notre-Dame-des-Neiges

S

30 A, rue Notre-Dame Est
418 851-4031 - eglisetrois-pistoles.com

Open: June 24 to Labour Day

This impressive church (1882-1887) is in the composite style characteristic of 19th-century buildings. Summer concerts, exhibitions. In addition to the regular schedule, the church is open during the Journées de la Culture and on Thanksgiving, except during liturgical celebrations. Audio-guides are available for a tour of the church (in French only). During the off-season, reservations are required for guided tours.





La Mitis

Sainte-Luce

Église de Sainte-Luce



1, rue Langlois
418 739-4317 - sainteluca.ca

Designated as a historic monument, this church was built in 1840 at the heart of the village on a point of Anse aux Coques. Among its remarkable features are stained-glass windows that combine biblical scenes with historic events, works by renowned artists such as Antoine Plamondon and Louis Jobin, a 1922 Casavant Opus 938 organ with 15 stops and 17 ranks and a seaside cemetery. A guided tour is available via an app: baladodecouverte.com/circuits/514/site-historique-de-leglise-et-du-quai-sainte-luce-sur-mer (in French only).

Gardens

Kamouraska

Saint-Pascal

Jardin des Générations



420, rue Notre-Dame
418 492-2312 - villesaintpascal.com

Located at the heart of Saint-Pascal, the Jardin des Générations is a flower, fruit and vegetable garden maintained entirely by volunteers and run by the village's environment committee, Ville en Santé. The garden is divided into three sections: a composting demonstration area, a flower garden and a vegetable garden. Enjoy the short path through the garden as well as the information posters and rest area.

Témiscouata

Témiscouata-sur-le-Lac

Jardins célestes du Témiscouata

5, rue Hôtel-de-Ville
418 899-6725, poste 4412 - 1 877 303-6725 #4412
jardinscelestes.ca

The Jardins Célestes du Témiscouata is a unique tour to visit 20 celestial gardens throughout this area. Gardeners were inspired to design their horticultural creations based on local history, the name of their village or local topography and the theme of astronomy. Discover poetic gardens, amazing views, sculptures and more. The New Brunswick Botanical Garden is part of this tour with the unique Chronos Garden, an interpretation site exploring space and time.



Museums

Kamouraska

La Pocatière

Musée québécois de l'agriculture et de l'alimentation

📍 \$

100, 4^e Avenue
418 856-3145 - mqaa.ca

Open: early May to June 23: Thursday to Sunday, 10 am to 5 pm; June 24 to late September: Monday to Sunday, 10 am to 5 pm; early October to early January: Thursday to Sunday, 10 am to 5 pm; off-season: upon reservation

Located near the site of Canada's first permanent agricultural school, this agriculture and food museum features permanent exhibitions about life in the old days as well as temporary exhibitions about agriculture and food. The museum promotes the dissemination of knowledge and practices related to agriculture and food. Group rates available. Open May to January and upon reservation during the off-season.

Kamouraska

Musée régional de Kamouraska

📶 📶 \$

69, avenue Morel
418 492-9783 - museedekamouraska.com

Open: May 15 to October 15

Housed in a former convent built in 1851, this regional museum focuses on local history and ethnology. Learn all about the local seigneurie, resort area, schooners and fishing. Are you an outdoor enthusiast? Enjoy a tour of the village or a walking tour to the islands in the company of a geologist. New exhibition about the convent and convent girls.

Site du Moulin Paradis

154, chemin du Moulin-Paradis
418 492-9783 - museedekamouraska.com

For the first time, the Moulin Paradis heritage site opens its doors to the public. Discover the mill and the lives of the millers. The TV show Cormoran was partially filmed here!



bassaintlaurent.ca



Témiscouata

Témiscouata-sur-le-Lac

Musée du Témiscouata

📍 \$

2448, rue Commerciale Sud
418 899-2528 - museedutemiscouata.ca

Open: June 24 to Labour Day

For the 2022 tourist season, this museum is proud to present an exhibition on the evolution of medicine in the Témiscouata area.

Rivière-Bleue

Place de La Vieille Gare

📶 T 📍 \$

85, Saint-Joseph Nord
418 893-2219 - garederivierebleue.com

Open: mid-June to Thanksgiving: Tuesday to Saturday, 9 am to 5 pm; Sunday and Monday, 1 pm to 5 pm

Located in a heritage building built in 1913, this CN station is the only remaining witness to the area's railway past. On site: museum, interpretation centre, period photos, art gallery, arts and crafts shop, local products for sale, Internet café. Also: the small Aubut station, which presents a multimedia exhibition about the bootlegging era. New: audio-guided tour with headphones or smartphone (in French only). Guided tours are also available.

Rivière-du-Loup**Rivière-du-Loup****Musée du Bas-Saint-Laurent**

300, rue Saint-Pierre
418 862-7547 - mbsl.qc.ca

Open: year-round; summer (July 3 to mid-September): daily, 9 am to 5 pm except Thursday, 9 am to 7 pm; low season: Tuesday to Sunday, 1 pm to 5 pm except Thursday, 1 pm to 7 pm

With a dual mission of presenting contemporary Québec art and regional history, this museum offers exhibitions and activities suitable for all audiences. The permanent exhibition showcases the region's history through photography.

Les Basques**Trois-Pistoles****Musée Saint-Laurent**

552, rue Notre-Dame Ouest
418 851-2345 - museestlaurent.com

Open: June 24 to Labour Day: Monday to Sunday, 9 am to 5 pm

The largest museum of its kind in the Lévis/Gaspé corridor, this museum exhibits antique cars, including a 1933 Packard unique in North America, farm equipment and various other antiques. Many of the cars in this collection, which is one of the largest in the province, were used in soap operas and films. No pets allowed. Average length of visit: 45 minutes.



2

Rimouski-Neigette**Rimouski****Musée régional de Rimouski**

35, rue Saint-Germain Ouest
418 724-2272 - museerimouski.qc.ca

Open: year-round; regular schedule: Wednesday to Sunday, noon to 5 pm except Thursday, noon to 7 pm (free admission from 5 pm to 7 pm); summer schedule: Tuesday to Sunday, 10 am to 5:30 pm

Housed within the walls of the first stone church in Eastern Québec, this regional museum presents exhibitions on contemporary art, history and science. Activities, gift shop, documentation centre and room rentals. No pets allowed. Average length of visit: 45 minutes.

Musée Empress of Ireland – SHMP

1000, rue du Phare - 418-724-6214 - shmp.qc.ca

Open: summer 2022: June 11 to October 10, daily, 9 am to 6 pm; winter (Empress of Ireland Museum only): February 24 to June 10, Thursday to Sunday, 9 am to 4:30 pm

Experience the story of the Empress of Ireland, whose sinking in 1914 remains Canada's worst maritime tragedy. From the depths of the wreck to life on board, you will experience in reverse chronological order the tragic fate of this transatlantic liner that sank to the bottom of the St. Lawrence in 14 minutes. More than 200 artefacts, videos and interactive eyewitness accounts as well as a multisensory show will immerse you in the ship's last voyage. Visit this museum to discover a forgotten page of history!





Sites historiques

Kamouraska

Rivière-Ouelle

École Delisle

ts \$

214A, route 132
418 371-1929 - petiteecoledelisle.com

Open: late June to late August

Come and relive a bygone era in the historic setting of a traditional schoolhouse that also served as a filming location for the television series *Cormoran*. A rare vestige that marked the childhood of several generations, the Delisle school, known as the “little pink schoolhouse,” has many stories to tell. The exhibition includes period decor (1931-1965), old desks, textbooks and various objects related to day-to-day life in a one-room schoolhouse. Group tours available upon reservation.

Saint-Denis

Maison Chapais

\$

2, route 132
418 498-2353 - maisonchapais.com

Open: May 15 to October 15

Built in 1833, this historic house belonged to Jean-Charles Chapais (1811-1885), one of the Fathers of Confederation, and then to his son Thomas Chapais (1858-1946), a historian. Enjoy a unique experience in this singular 19th-century bourgeois residence. Stroll through the forgotten gardens, attend a musical show or special workshop, and be sure to visit the gift shop!

Berceau de Kamouraska

\$

Route 132 Est
418 492-9783 - kamouraska.ca

Information: Musée régional de Kamouraska

This commemorative park 2 kilometres east of the village marks the site of the first centre of civic and religious life in Kamouraska and the Bas-Saint-Laurent region east of Rivière-Ouelle (1709-1791). It includes a memorial chapel; memorial plaques for the Michaud, Levasseur, Malenfant, Kirouac, Raymond (aka Phocas), Roy (aka Desjardins), Dionne, Albert and Thériault families; a monument dedicated to the first settlers listing over 220 family names; and the sites of the second church, the presbytery and the first cemetery in Kamouraska.

Témiscouata

Témiscouata-sur-le-Lac

Fort Ingall



81, chemin Caldwell
418 854-2375 - 1 866 242-2437 - fortingall.ca

Open: June 24 to Labour Day

This historic site is a faithful reconstruction of a British fort built in 1839 during a border dispute between the United States and Canada. Fort Ingall is comprised of eight buildings surrounded by a wooden palisade. The permanent exhibition presents the lives of the soldiers in the fort and the geopolitical context of the time. On site: gift shop, accommodations for groups in a dormitory. No pets allowed.

Rivière-Bleue

Chapelle au Pied-du-Lac



27 rue Saint-Pierre

418 955-9889 - chapellepieddulac.com

Open: varies depending on activities and workshops on offer, consult the events calendar; visits also possible upon reservation

This chapel bears witness to a very particular history, that of the existence of a small French-speaking Protestant community in Bas-Saint-Laurent from 1909 to 2010. In 2016, a non-profit organization was set up to manage this site. Surrounded by nature, the chapel is an ideal location for a variety of indoor and outdoor activities; a marquee can be set up on the vast flat grounds upon request. Book this site for any of the following: weddings, baptisms and memorials; shows and sound recordings; exhibitions and vernissages; workshops, training sessions, talks, book launches, meetings and other events. There are so many ways to enjoy this site! Located in a unique cultural space full of stories and memories, the chapel is also a historic site and museum worth visiting.



2

Rivière-du-Loup

Notre-Dame-du-Portage

École de l'Anse



234, route du Fleuve - notredameduportage.org

Open: June 24 to Labour Day

This century-old schoolhouse has been refurbished by a group of volunteers. Awarded a heritage prize for its restoration, this authentic one-room schoolhouse offers moments of relaxation, history and culture in the company of a guide. Photos and videos bear witness to the vitality of Notre-Dame-du-Portage, a popular vacation resort for over a century. On site: exhibition, play areas, access to the St. Lawrence, picnic tables and petanque court.

Place de La Vieille Gare



85, Saint-Joseph Nord

418 893-2219 - garederivierebleue.com

Open: mid-June to Thanksgiving: Tuesday to Saturday, 9 am to 5 pm; Sunday and Monday, 1 pm to 5 pm; guided tours: June 24 to Labour Day

This heritage site is a tourist attraction that bears witness to the history of the village of Rivière-Bleue and the Transcontinental railway. It includes two former train stations as well as an authentic nuclear shelter. On site: exhibitions with an audio guide (in French only), guided tours and activities for the whole family.



81, rue Caldwell
Témiscouata-sur-le-Lac,
secteur Cabano
418 854-2375
1 866 242-2437



*De remède de cheval
à la médecine rurale*

2448, rue Commerciale Sud
Témiscouata-sur-le-Lac
418 854-2375
museedutemiscouata.ca

Sites historiques

Rivière-du-Loup

Rivière-du-Loup

Manoir seigneurial Fraser

ts \$

32, rue Fraser
418 867-3906 - manoirfraser.com

Open: June 21 to September 15

Built in 1830, this elegant seigneurial residence allows you to discover the history of the Fraser family during the 19th century. Find out how the Fraser seigneurs were able to build a picturesque and well-planned town by following the guided tour “Discover Old Rivière-du-Loup and Its Churches.” The tour includes a visit to the heritage district of Old Rivière-du-Loup as well as a guided tour of the Manor, St. Bartholomew Church and St. Patrice Church. Average length of visit: 1.5 hours.



L'Isle-Verte

Cour de circuit de L'Isle Verte

\$

199, rue Saint-Jean-Baptiste
418 898-3637 - courdecircuit.ca

Open: May to November

Built in 1859 and fully restored, this courthouse recalls the period when L'Isle-Verte was the county seat of Témiscouata and the seat of a circuit court. Three times a year, a judge came here to hear civil-law cases. Designated as a historic monument and recognized as a national historic site, this building is now a cultural space offering concerts as well as storytelling and theatre performances. Guided tours available from June 24 to Labour Day.

Rimouski-Neigette

Rimouski

Site historique de la maison Lamontagne

\$

707, boulevard du Rivage
418 722-4038 - maisonlamontagne.com

Open: June 15 to October 11

Built in 1744, the Lamontagne House is the oldest stone-filled half-timbered residence open to the public in Eastern Québec. Almost 300 years old, it was built for Marie-Agnès Lepage, the granddaughter of Rimouski's first resident seigneur. Guided tours, exhibitions about life in New France and shop selling regional products. Also on site: an exhibition on the evolution of domestic architecture in Québec, bread baking on Friday afternoons and musical performances on Sundays.

Cultural Tours

Kamouraska

La Pocatière

Parcours Fil Rouge

100, 4e Avenue
418 714-6640 - filrougeinc.com

This project includes 24 tours called Passeurs de Mémoire, each of which traces the roots of a family in the Kamouraska area. Access these self-guided genealogical tours on the passeursdememoire.com website (in French only) and follow them using your smart device. You can also access four Fil Rouge tours on the BaladoDiscovery app (in French only) that will introduce you to points of interest in the surrounding area as well as share the stories of those who lived here.



Rivière-Ouelle

Généalogie et histoire

133, route 132
418 856-3829 - riviereouelle.ca

Genealogy: The 24 self-guided and geolocated Passeurs de Mémoire tours (\$15 each; in French only) allow you to discover the lives of local pioneers and their descendants. For more information, visit passeursdememoire.com. History: Follow the Fil Rouge tour in Rivière-Ouelle (in French only) to discover the history of this community at your own pace via your phone or tablet... without an Internet connection and for free! For more information, visit www.riviereouelle.ca.

Pohénégamook

Circuit culture et patrimoine de la route des Frontières

1309, rue Principale
418 863-7722 poste 4107
routedesfrontiere.com

Among the area's must-see cultural and heritage attractions, be sure to visit the church in Saint-André, the cemetery in Saint-Alexandre-de-Kamouraska, Parc de la Frontière and the international bridge in Pohénégamook, Place de La Vieille Gare in Rivière-Bleue (including the exhibitions found in this old train station) as well as the Romain-Caron covered bridge in Saint-Jean-de-la-Lande. The Transcontinental tour invites you to contemplate four ornamental slate sculptures. Twelve interpretive panels are also found along this route.

Circuit patrimonial - Nos croix et leurs origines

1309, rue Principale
418 863-7722 poste 4107 - culturetemiscouata.ca

The heritage committees of the municipalities of Pohénégamook, Rivière-Bleue and Saint-Athanase have developed a tour of the last 24 wayside crosses found in the Témiscouata area. Pamphlets explaining the history of these crosses and indicating the road and GPS coordinates of the sites are available from these municipalities and at the tourist information office in Pohénégamook. Interpretive panels located at each of the sites will tell you more about the history of these crosses in words and images.

Rivière-du-Loup

Notre-Dame-des-Sept-Douleurs

Circuit touristique de l'île Verte

418 559-5128 - ileverte-tourisme.com

Open: June 24 to early September: Monday to Sunday, 9 am to noon and 1 pm to 5 pm; off-season: upon reservation

This tour of Île Verte reveals various aspects of life in this maritime environment via visits to three of the island's attractions: learn about local heritage and island life at École Michaud, a one-room schoolhouse; get an introduction to osteology and observe a collection of skeletons at the Musée du Squelette; and discover the story of the oldest lighthouse on the St. Lawrence at the Île Verte Lighthouse (after visiting the museum, you can climb to the top of the tower). Average length of tour: 1 hour.

Rimouski-Neigette

Rimouski

Les circuits interactifs Histoires et Horizons

23, rue de l'Évêché Ouest, bureau 200

418 724-5154, poste 218 - baladodecouverte.com/circuits/339/rimouski-neigette--histoires-et-horizons

The three interactive Histoires et Horizons tours give you the opportunity to discover the history of Rimouski-Neigette and the magnificent scenery found in this area. As you drive through this territory, you will also have access to a multitude of information, photos and videos. An interactive map will guide you by GPS along your route. Download the tours for free via the BaladoDiscovery app (in French only).

Circuits Rimouski

707, boulevard du Rivage
418 722-4038 - circuitsrimouski.ca

Open: mid-June to late August: Thursday to Sunday, 10 am and 1:30 pm

From the convent of the Notre-Dame du Saint-Rosaire Sisters to the Rivière Rimouski via the Gauvreau house, discover the architecture, heritage and history of Rimouski. Produced by the local heritage society, six tours and a total of 46 interpretive panels provide information about the transformation of this urban landscape, with additional content available online (in French only). In the summer, join our guide from Thursday to Sunday at 10 am or 1:30 pm for a free tour of downtown Rimouski.





2

105 → Road Trips

- 106 Route des Navigateurs
- 107 Route des Frontières
- 107 Route des Monts
Notre-Dame

Road Trips

Road Trips

Bas-Saint-Laurent has three official tourist routes which allow you to discover the region according to themes specific to each. The Route des Navigateurs runs along the river and magnificent maritime landscapes. The Route des Frontières addresses the sometimes-unusual story of the Canada–United States border and New Brunswick. The Route des Monts Notre-Dame offers an authentic nature which is particularly flamboyant in autumn.



Route des Navigateurs

routedesnavigateurs.ca

The Route des Navigateurs follows route 132 current and crosses three tourist regions. It begins in the west in Baie-du-Febvre in the Center-du-Québec region, continues in the Chaudière-Appalaches region and ends in the east in Sainte-Luce in Bas-Saint-Laurent. The more than 470 kilometers route highlights the St. Lawrence River, one of the great rivers of the world, and its attributes. A landscape of particular beauty that must be taken time savoured a well and famous seaside that must be enjoyed. In addition, visit the attractions and participate in the activities, you will have the chance to live an inspiring maritime experience.

The Bas-Laurentian section begins at La Pocatière and continues to Sainte-Luce. From the Kamouraska region to Cacouna, you cross a succession of small, quiet villages which contain Victorian-looking houses and villas, facing the river, vestiges of these seaside resorts in vogue from the middle of the 19th century. From Rivière-du-Loup, the 23 kilometer wide river is now the "sea" and lighthouses, including the oldest in the St. Lawrence, stand there. Up to Rimouski, you can embark on a cruise to go into the islands or whale watching, sea kayaking, walking along the shores or enjoying the beaches.

The St. Lawrence River has so much to offer!





Route des Frontières

routedesfrontieres.com

Over its 95 kilometers, on Route 289, the Route des Frontières leads you from Saint-André to Saint-Jean-de-la-Lande. Crossing the border with New Brunswick, the Route continues to Edmundston. It owes this name to its contiguity at the borders of Quebec, New Brunswick and the state of Maine in the United States. The territory is strewn with symbols illustrating this political geography: customs posts, border posts and international bridge, in addition to the natural border formed by the Saint-François river. A true interpretation circuit of culture and heritage, the Route des Frontières invites you to come and experience its history in the open air. Morris pillars, sculptural installations and panels with historic overtones dot the municipalities you pass through. By consulting them, you will discover plots of bygone times that gradually come together to draw a life-size portrait of the region's past. From the Rivière des Caps to Saint-André at the Saint-Jean-de-la-Lande covered bridge via the Canada-US border, the Transcontinental railway and the advent of bootlegging, you relive the migratory movement of the colonists who forged the Transcontinental.

The Route des Frontières illustrates a story that is still alive. This unique part of the country is full of natural, historical, cultural, panoramic landscapes and heritage.



Route des Monts-Notre-Dame

montsnotredame.com

The Route des Monts Notre-Dame offers you an accessible and authentic nature experience in a territory inhabited by a proud and welcoming population.

The route crosses the Notre-Dame mountains, 200 million year old mountain range that houses the famous waterway used by Native Americans to circulate between the Saint-Laurent and Saint-Jean rivers. The Notre-Dame mountains route offers striking landscapes dotted with lakes and rivers that border fields and pastures. From the sandy shores of Sainte-Luce to the famous Témiscouata lake in Dégelis, the 186-kilometer route immerses you in soothing nature through two wildlife reserves, two zecs, Lac Témiscouata national park, the Canyon des Portes de l'Enfer, Mont-Comi Park and the Domaine Valga ancestral forest park. From the sea to the land, follow in the footsteps of the pioneers of the 1930s to meet the communities that took root in this forest territory which they refused to leave during the most important popular movement in rural Quebec, "Les Opérations Dignité". The Route des Monts Notre-Dame tells of collective entrepreneurship, maple syrup production and innovative forest management. Discover, from the producers of The Route des Monts Notre-Dame, unique products and all the flavor of authenticity and innovation.



2

108 → Hunting and Fishing

- 110 Fishing
- 112 Outfitters
- 112 Wildlife Reserves
- 113 ZEC

**Hunting
and Fishing**

Hunting and Fishing

Waiting for fish to nibble on your line, surprising game with your best hunting techniques, this is what awaits you in Bas-Saint-Laurent, a popular hunting and fishing destination. Our vast hunting and fishing grounds will satisfy the most demanding enthusiast.

Fishing

Témiscouata

Saint-Eusèbe

Étang de pêche Lac-du-Repos

492, route du Lac-du-Repos
418 899-6238 - lacadurepos.com

226796

6 units - 🚗 🚲 🏠 🎣 🐟 🌊 🌳 🏞️ 🏡
Open: year-round

Sport fishing in a calm natural environment on a lake about 1 kilometre in diameter where true fans can hope to catch a trophy of several pounds or a few fish for their dinner. The lake is restocked periodically with speckled trout. Rowboats available, reservations required for day fishing, guided tours of the fish farm, fish cleaning available on site. In the winter, rent a cabin and go ice fishing, a most enjoyable experience! Winner in the tourism category at the regional business gala in 2016. Boat and cabin rentals available.

Outfitters

Association des pourvoires de Bas-Saint-Laurent/Gaspésie

3137, rue Laberge, Québec (Québec) G1X 4B5
418 877-5191 - pourvoires.com/fr/bas-saint-laurent

This association includes eight outfitters based in Bas-Saint-Laurent, five of which are members of Tourisme Bas-Saint-Laurent. All of them offer hunting and fishing as well as accommodations and meals.



Mont-Carmel

Pourvoirie La Baronnie de Kamouraska ☐ ★★

1, Lac des 5 milles 850672
514 447-6300 – clublacvictor.com

Open: early May to mid-November

5 units – 📶 📶 📶 📶 📶 📶 📶

This magnificent territory is nestled between La Pocatière and Rivière-du-Loup at the heart of the Appalachians, near Lac de l'Est, 2 kilometres from the Maine border and 20 kilometres from Highway 20 East. The main site is located at an altitude of over 550 metres, surrounded by small mountains that shelter a biological refuge. It covers an accessible area of 656.2 km²; the outfitter has exclusive fishing, hunting and trapping rights on 65.2 km² of this land. Its watershed consists of five main lakes. Mountainous terrain in the Appalachians, beautiful century-old hardwood and softwood forests, young forests and logs rich in food. Moose, black bears and birds (partridges and migratory birds) are found throughout this territory. It is a good place for short or long stays in the wilderness in the spring or summer when you can immerse yourself in your favourite sport.

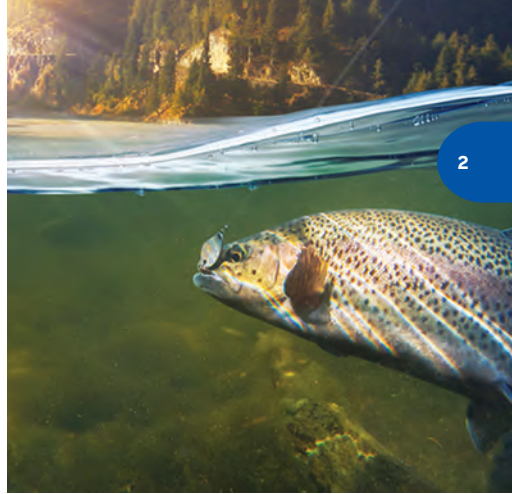
Saint-Bruno

Pourvoirie des Trois Lacs ☐ ★

Chemin Lapointe 850686
4418 495-2054 poste 112 – pourvoiriedestroislacs.com

7 units – 📶 📶 📶 📶 📶 📶 📶

Lake and river fishing. Native and stocked brook trout on Lac Lapointe (23 ha) and Lac de la Couronne (10 ha). Hunting: We rent hunting territories in the Kamouraska, Rivière-du-Loup and Témiscouata areas. Several packages are available: the choice is yours! Moose, bear, small game, rifle, bow, crossbow. Activity to learn about mushrooms in the forest with a guide (workshop/picking/tasting) on Fridays and Saturdays starting at 1:30 pm (mid-July to mid-September, depending on the weather). Reservations required. Hiking trails, biking on forest roads, mountain biking (Monk section), hunting for cool rocks (activity for kids).



2

Rimouski-Neigette

Rimouski

Pourvoirie Le Chasseur ☐ ★★

707, rang 3 Ouest 850673
418 750-3344 – pourvoirielechasseur.com

Open: mid-May to early November

9 units – 📶 📶 📶 📶 📶 📶 📶

Abundant and accessible fishing on four headwater lakes with native and stocked trout. The river meandering through our territory for 15 km is narrow, winding and wild. The Rivière Kedgwick offers salmon fishing, but also native speckled trout fishing. In addition to the 10 identified pools, you can discover a multitude of inter-pools and ideal habitats for speckled trout. Come and explore this wild river and let nature surprise you! We offer two types of accommodations for fishing enthusiasts. The outfitter also provides access to exceptional moose hunting territory. Moose density in this area is constantly increasing. Using aerial surveys and harvest monitoring, we estimate the population to be over 30 moose per 10 km². We have also developed expertise in bear hunting with a bow, crossbow or rifle. This animal is respected and considered an integral part of the ecosystem of this area. A bloodhound handler is available to help you find your bear after you have shot it.



Outfitters

Rimouski-Neigette

Saint-Eugène de Ladrière

Pourvoirie Seigneurie Nicolas-Riou ★★★★★

2424, Nicolas-Riou 850668
418-736-4661 – pourvoiriesnr.ca

Open: mid-May to mid-November.

8 units – 🏠🚰📶🛏️🍷🍴🍷🍴

Located 45 km from downtown Rimouski, this outfitter is a real haven for hunting (moose, white-tailed deer, small game), fishing (speckled and native trout) and vacationing. Various packages are available with or without accommodations. The territory includes a dozen lakes and a dozen hunting areas. We offer various accommodation options: chalets for 2 to 6 people, a dorm-style chalet for 10 people and a 4-star lodge with 8 double-occupancy rooms (bedding, private bathroom and small refrigerator). The lodge also offers a large room for meetings or private events.

Saint-Charles-Garnier

Pourvoirie de la Seigneurie du Lac Métis ★★★

Lac Métis 850669
418 750-8978 – seigneurielacmetis.qc.ca

8 units – 🏠🚰📶🛏️🍷🍴🍷🍴

For fishing enthusiasts, lake trout is unquestionably the king of Lac Métis, a large lake on this outfitter's territory. Brook trout (also known as speckled trout) is also found in this lake as well as in various bodies of water and streams throughout this territory. For salmon fishing

enthusiasts, the Rivière Métis offers the opportunity to catch the king of our rivers thanks to a limited-access pool found on this outfitter's territory. Moose is unquestionably the star species you can hunt here. Currently, the moose density is over 23 moose per 10 km² and can reach up to 30 in certain sectors. You can also hunt white-tailed deer and black bears here. Small game enthusiasts can look forward to hunting for ruffed grouse, snowshoe hares, spruce grouse and American woodcocks.

Wildlife Reserves

Rimouski-Neigette

Saint-Narcisse-de-Rimouski

Réserve faunique de Rimouski ★★★★★
(SÉPAQ)

112, route de la Réserve 3062185
418 735-2226 – 1 800 665-6527 – sepaq.com/rimouski

Open: May to November

28 units – 🏠🚰📶🛏️🍷🍴🍷🍴

The territory of the Rimouski wildlife reserve is renowned for the rich diversity of its wildlife habitats. Numerous developed sites allow for the discovery of moose, white-tailed deer and beavers. Birds, including raptors, are easy to observe. This is the ideal place to train the next generation! In fact, a fishing site has been specifically set up for children. Experience an unforgettable adventure in the Bas-Saint-Laurent region in this wildlife reserve. Whether you are here for a fishing, hunting or vacation stay in a cabin or campsite, you and your family will be enchanted! Hiking, nature observation and picnic area available.

Saint-Narcisse-de-Rimouski

Réserve faunique Duchénier ★★

1500, chemin Duchénier 157990
418 735-5222 – 1 866 535-5222
terfa.ca/fr/terfa/reserve-faunique-duchenier/

Open: year-round

4 units – 🏠🚰📶🛏️🍷🍴🍷🍴

Located just 5 minutes from the Route des Monts Notre-Dame scenic drive (access to Lac-des-Aigles or Saint-Narcisse-de-Rimouski) and only 30 minutes from Rimouski or 45 minutes from Trois-Pistoles, the Duchénier Wildlife Reserve is known for the abundance of its wildlife resources as well as the diversity of its habitats. This wildlife reserve is the perfect place to enjoy your favourite outdoor activities: fishing for brook trout in the summer or winter as well as hunting for moose, white-tailed deer, bears and small game. You can also enjoy wilderness camping as well as nature

INEXHAUSTIBLE RESERVE OF HAPPINESS

Photo: Fred Campbell

2

- > Budding angler site perfect for introducing youngsters to fishing
- > Affordable Family fishing package



Sépaq
**Réserve faunique
de Rimouski**
sepaq.com/rimouski

observation. Open year-round, this 273-km² territory offers 23 well-equipped cabins (many with electricity) that can accommodate from 2 to 10 people. On site: canoe and kayak rentals, hiking and snowshoeing trails, off-trail cross-country skiing. This establishment is completely non-smoking. Fishing licenses available on site. 4-season accommodations in cabins.

ZEC

Rimouski-Neigette

Saint-Narcisse-de-Rimouski

ZEC Bas-Saint-Laurent

 Route de la Réserve
418 723-5766 - zecbasstlaurent.reseazec.com

Open: year-round



ZEC Bas-Saint-Laurent covers an area of 1017 km² near Rimouski. It is easily accessible by vehicle in less than 30 minutes. This exceptional territory offers a multitude of possibilities for recreational activities. Accessible in all seasons, ZEC Bas-Saint-Laurent offers the following products and services: fishing in the summer and winter, big and small game hunting, rustic and serviced campsites, hiking trails, rowboat and kayak rentals, paddleboard rentals, snowshoe rentals, stays in a yurt or cabin (year-round). Daily or seasonal rates available for certain types of activities.



Réserve faunique Duchénier
Saint-Narcisse de Rimouski



2

114 → Winter Fun

- 116 Ice Climbing
- 116 Snowmobiling
- 117 Snowmobile (rental, service, sale)
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Winter Fun

Winter Fun

Bas-Saint-Laurent has lots to offer in the winter. Fill your lungs with fresh air on the region's many hiking, cross-country skiing, fatbiking and snowshoeing trails. Ride the 1800 kilometres of snowmobile trails through the forest or by the sea. Hit the snowy slopes of the three regional ski resorts. There is something for everyone — and a change of scenery is guaranteed!

▼ Classés par sous-thèmes.

Ice Climbing

Rivière-du-Loup

Rivière-du-Loup

Coopérative Riki Bloc – Escalade de glace

217, avenue Belzile – Parc des Chutes
418 721-7662 – rikibloc.com

Open: January to mid-March; consult our calendar (in French only): rikibloc.com/a-lexterieur/escalade-glace/; activities can also be organized upon request.

Have you ever dreamed of conquering the top of an icefall? The Riki Bloc climbing cooperative invites you to take on the challenge this winter, right in downtown Rivière-du-Loup! With a height of over 40 metres, this site is a perfect place to try out ice climbing in a magnificent setting. Whether you are looking for a sporting challenge or exciting family activity, we can offer you a safe and fun environment for everyone to enjoy.

Escalade de glace Rivière-du-Loup
Grimpe en Ville

Rue de la Chute
418 867-6700 – villerdL.ca

Every winter from December to March, a site is accessible in Parc des Chutes for intermediate to advanced independent climbers. In addition to providing ice climbing services, the volunteers at Grimpe en Ville organize an annual ice climbing festival in February. Admission is free and the site is open daily.



Motoneige

FCMQ – Fédération des clubs
de motoneigistes du Québec

514 252-3076 – 1 844 253-4343 – fcmq.qc.ca

Kamouraska

Saint-Bruno

Club de motoneige Les belles pistes
du Rocher blanc



462, rang de la Croix

418 492-7421 – rocherblanc.clubmotoneige.net

Saint-Onésime-d'Ixworth

Club Hiboux du Kamouraska



21, route du Collège
418 856-4522

Large chalet for snowmobilers with restaurant and gas service. Credit and debit cards accepted. Sale of trail permits. Accessible via trail #5 and trail #35.



Rivière-du-Loup

Saint-Modeste

Club de motoneige Les Aventuriers

14, rang 1 Est
418 862-5651 (Club) – lesaventuriersinc.ca

Restaurant, bar, information, gas, long-term parking, sale of trail permits for Québec and New Brunswick.

Saint-Cyprien

Club de motoneige Les 4 Sentiers

101-B, rue Collin, local 102
418 499-2743

Motoneige (location, service, vente)

Rimouski-Neigette

Rimouski

Mini Mécanik Sports Inc.



178, avenue Léonidas Sud
418 724-6464 – 1 877 530-6400 – minimecanik.com

Open: Sales and parts: Monday to Wednesday, 8 am to 5:30 pm; Thursday: 8 am to 8 pm; Friday: 8 am to 7 pm; Saturday: 9 am to noon.

Service: Monday to Friday: 8 am to noon and 1 pm to 5 pm

Rentals: Monday to Friday: 8 am to 5:30 pm; Saturday: 9 am to noon

Snowmobile and clothing rentals. Rates by the day, weekend or according to your needs. Reservations recommended. Direct access to the trails or delivery service to your departure point or hotel. Repair service on site. Sale of accessories and clothing. BRP dealer.

Pêche blanche

Rivière-du-Loup

Saint-Cyprien

Éco-Site de la Tête du lac Témiscouata



140, route 232
418 551-0811 – ecositelactemiscouata.com

Open: 9:30 am to 4 pm; December 26 to January 9 and spring break: daily; January 10 to March 13: Saturday and Sunday

Come and fish for speckled trout at the head of Lac Témiscouata! This is a great way to enjoy winter with your family in a wild environment. On weekends, you can warm up in the reception chalet. You can also rent a fishing cabin for the day for \$50 (includes 10 tip-ups).





Sliding Sports

Témiscouata

Biencourt

Club de ski Mont Biencourt



140, rang 6 Est
418 499-2445 – montbiencourt.com

Two ski lifts with 13 slopes for downhill skiers and snowboarders as well as a snow tube hill with lift. Food service, bar, room rentals, downhill ski and snowboard rentals, sale of accessories. Ski school certified by the Canadian Ski Instructors' Alliance and private ski patrol/rescue service.

For several years now, we have also been offering 10 fully equipped chalets for rent near the ski resort.

Notre-Dame-du-Portage

Chalet des Loisirs



551, route du Fleuve - 418 862-9163
municipalite.notre-dame-du-portage.qc.ca

An enchanting place to take part in a multitude of activities! In the winter, enjoy the cross-country ski and snowshoe trails, one of the largest skating rinks in the region and a snow tube hill! Cross-country ski rentals on site. In the summer, come and explore our hiking trails and admire the St. Lawrence! You can also rent our reception hall, which offers magnificent views!

Les Basques

Saint-Mathieu-de-Rioux

Parc du Mont-Saint-Mathieu



121, chemin du Lac Sud
418 738-2298 – 1 877 738-2298 – montstmathieu.com

Open: year-round

Four-season outdoor resort and business destination offering a dining room and a 300-seat reception hall for various types of events. Winter activities: skiing and snowboarding on natural or groomed slopes, glades, snow park, quad chairlift with loading carpet, free training hill, snow tube hill with magic carpet lift, ski school, 10-kilometre marked snowshoe trail, snowmobile trail. Summer activities: hiking, golf, receptions and banquets.

NOUVEAU NEW

DOMAINE LAC ST-MATHIEU

DESTINATION TOUT INCLUS

- Forfaits motoneige
- Resto-bar • Essence ordinaire et super
- Vaste stationnement
- Prés du sentier Trans-Québec 5
- Séjour prolongé: un circuit différent à chaque jour

ALL INCLUSIVE DESTINATION

- Snowmobile packages
- Resto-bar • Regular & premium gasoline
- Big parking lot
- Close to Trans-Québec 5 trail
- Extended stay: a different path every day

1 800.562.2482
Domaine LacStMathieu.com
120, Chemin du Lac Sud, St-Mathieu-de-Rioux. GDL 3T0

Rimouski-Neigette

Rimouski

Le parc national du Bic en hiver

3382, route 132

418 736-5035 – 1 800 665-6527 – sepaq.com/pq/bic/

Open: Wednesday to Sunday

Services: equipment rentals, nature boutique and convenience store.

Discover 35 kilometres of snowshoe trails, 20 kilometres of ungroomed backcountry ski trails, 12 kilometres of fatbike trails, 12 kilometres of cross-country ski trails (mechanically groomed Friday to Sunday) and 13 kilometres of hiking trails on hard-packed snow (mechanically groomed Thursday to Monday). Three warming huts available along the way. Sleep in a yurt or cabin or try out winter camping. Special activities for kids.

La Mitis

Saint-Donat

Parc du Mont-Comi Station multiglisse

300, chemin du Plateau

418 739-4858 – 1 866 739-4859 – mont-comi.ca

Open: Wednesday to Sunday

Take advantage of the abundance of natural snow and quality sliding conditions. Located 30 km to the south from Rimouski, the resort offers 30 trails on 3 slopes, 2 snow parks, 6 glades, an extreme trail 30 degrees, cross-country skiing and snowshoeing trails, and snowmobile relay. Ski for free at all times on the school slopes! Services: ski school, rental, cafeteria, bar and accommodation at the foot of the slopes available all year round.

Sainte-Luce

Sentier de ski Sainte-Luce

240, rang 2 Ouest (près de la pépinière).

418 739-4317 – sainteluce.ca

This 8-kilometre easy cross-country ski and snowshoe trail is ideal for enjoying the great outdoors on the outskirts of the municipality of Sainte-Luce. The trail is completely level. Users can warm up in a small cabin located along the way and enjoy pleasant moments in the forest. A beautiful outdoor activity accessible to all! The trail is reserved for cross-country skiing and snowshoeing.



2

Additional Activities

La Mitis

Saint-Gabriel-de-Rimouski

Domaine Valga –

La forêt de Maître Corbeau

300, chemin des Écorchis

418 739-4200 – domainevalga.com

Open: 9 am to 6 pm; June 1 to August 31: daily with reservation; September to May reservation required, some conditions apply.

This adventure park offers 94 challenges of increasing difficulty spread over 5500 feet, which you can enjoy under the supervision of experienced guides. One-kilometre trail with six ziplines and access to the park at night upon reservation. Snowshoe trails. Average length of visit: 3 hours.



Vibrant Cities festivités



2

And lively villages could we add? Throughout the year, you will be amazed by the cultural diversity and the activities that the region offers. Musical shows, performing arts, thematic festivals ... abound in the region and creativity is often like the people of Bas-Saint-Laurent.

▼ Sorted by date

Events

Late March to Early April

Carrousel international du film de Rimouski

133, rue Julien-Réhel, bureau 204, Rimouski
418 722-0103 – carrousel.qc.ca

This historic children's film festival in our beautiful region invites young and old alike to travel together around the world in the comfortable seats of the cinemas in Rimouski! We will be there in the spring of 2023 to celebrate our 40th anniversary! For more information on the dates of the event and our programming, please consult our website: carrousel.qc.ca.

Summer season

Concerts du Camp musical Saint-Alexandre



267, rang Saint-Gérard Est, Saint-Alexandre
418 495-2898 – campmusical.com

Concerts during the summer period. Consult the website for more information. Animals refused. Musical training stays for all! Special celebrations in 2022 - The CMSA bounces back - 50 years of history...

May 16 to 22

Le Tremplin, festival de la chanson et de l'humour de Dégelis - 22^e édition



367, rue Principale, Dégelis
418 853-3233 – 1 877 334-3547, poste 203
festivalletremplin.com

Le Tremplin is an opportunity to discover up-and-coming artists in song and humor through four professional shows where up-and-coming artists demonstrate their talent in front of a jury. During the week of the festivities, various free activities are presented on the Témiscouatain territory. It is also an opportunity to visit the many attractions and tourist sites in the region.

June 13 to September 5

Dimanches champêtres des Chapais



2, route 132, Saint-Denis

418 498-2353 – maisonchapais.com

Artists from various backgrounds meet every Sunday under a different musical theme: French song, jazz, poetry, classical, popular, baroque, etc. Free admission.

June 20 to September 12

Réseau des Organiseurs de Spectacles de l'Est du Québec (ROSEQ)



Rimouski

418 723-4323 – roseq.qc.ca

The ROSEQ Summer Network brings together some thirty performance venues working in small venues with a maximum of 300 seats. Each year, it offers a varied program featuring both well-known and emerging artists. All over Quebec, café-theatres, inns and small intimate venues come alive every summer, from mid-June to mid-September. The ROSEQ has allowed several new artists to make themselves known and established artists to present a new facet of their creation. The ROSEQ promotes, stimulates, facilitates the circulation of shows mainly in the territory of Eastern Quebec.

July 1 to 3

Festival country Saint-Antonin



17, rue Pelletier

418 868-1777 – festivalcountryst-antonin.com

Attracting more than 30,000 visitors, the Festival Country Saint-Antonin is part of the Canada Cup Circuit and welcomes more than 200 cowboys each year. Presented at Place Berger in Saint-Antonin, this will be the 13th edition.



July 6 to 10

Festival La Grande Virée-de-Saint-Jean-de-Dieu \$

12, rue Leblond, Saint-Jean-de-Dieu
418 963-2576 #4 Festival – saintjeandedieu.ca
Sports and cultural activities, various shows under the marquee, inflatable games, provincial 4 X 4 pull, car rally, parade, camping nearby.

July 17 to 24

Symposium de peinture du Kamouraska ©

67 Avenue Morel, Kamouraska
819-372-7409 – symposiumdukamouraska.com
27th edition of the Kamouraska Painting Symposium from July 17 to 24, 2022. A week of creation with more than 100 painters, on three sites: Saint-Germain, Kamouraska and Saint-Denis. A real pleasure for the eyes!

28 juillet au 31 juillet

Festival Le Riverain

Saint-Mathieu-de-Rioux
418 738-2515 Festival – stmathieuderieux.qc.ca
Awareness raising event environmental issues related to Lake Saint-Mathieu. Family entertainment, educational conferences and evening shows.

29 au 31 juillet

Festival du Bootlegger 📶 © 📺

Place centrale, Rivière-Bleue
418 893-5559 – festivalbootlegger.com
12th edition. Beer tasting, outdoor shows, museum, general store and more to allow you to discover the obscure past of Rivière-Bleue. Free access to the site.

August 4 to 7

Les Grandes Fêtes TELUS \$

Parc Beauséjour, Rimouski
418 556-3535 – 1 877 886-4375 – lesgrandesfetes.com
The largest festival east of Quebec, Les Grandes Fêtes TELUS offers a varied program including artists from the local, national and international scene. Passes and daily access are offered at an affordable price. A unique experience at Beauséjour Park in Rimouski. Visit our website www.lesgrandesfetes.com to find out all about the 2022 program and to get your tickets.

August 8 to 14

Concerts aux îles du Bic 📶 © \$

88-A, Place de l'Église, Rimouski (district Le Bic)
418 736-0036 – concertsauxilesdubic.org
The chamber music festival brings together ephemeral formations of experienced or emerging musicians for unique concerts. To celebrate its 20th edition, the programming, designed according to health standards, is placed under the sign of reunion! Famous or unpublished works are presented in heritage sites or on the banks of the St. Lawrence River. The only chamber music festival in Eastern Quebec, it has been awarded numerous Opus prizes.

August 11 to 14

Festival de musique et des arts traditionnels Le Jeune Archet 📶 \$ \$ \$

331, Rang du Lac. C. P. 25, Lejeune
418 855-1060 Goulimine Cadôre – municipalitelejeune.com
Traditional music festival where musicians, storytellers, artisans, dancers and food producers meet. Public market, shows, brunch, workshops, conferences, entertainment.

August 19 to 22

La Feste médiévale de Saint-Marcellin 📶 \$

336, route 234, Saint-Marcellin
418 798-8127 – festemedievale.net
The Medieval Festival takes place in a community of more or less 350 inhabitants. It usually welcomes on its permanent site nearly 10,000 visitors from across Quebec and Canada. The latter find themselves in a period setting and live the experience on a site that is constantly being renewed and evolving with the addition of new infrastructures. Three days of festivities are at program for the greatest pleasure of amateurs of this time.

September 1 to 4**Festi Jazz International de Rimouski** 📍 📞 🇸🇨

148, avenue de la Cathédrale, Rimouski
418 724-7844 – festijazzrimouski.com
Quebecor presents the 36th edition. Live the Festi Jazz experience through shows by established artists and rising stars, in the heart of the most maritime downtown in Quebec!

September 8 to 10**BIÈRE FEST Rimouski** 🇸🇨

Parc Beauséjour, Rimouski
418 862-7358 – bierefest.com
Great festive event marking the end of the summer season. Taste the excellent microbrewery beers from all over Quebec and have a bite to eat with excellent local products. Animation on site and site accessible free of charge.

September 15 to 17**BIEREFEST Rivière-du-Loup** 📍 📞 🇸🇨

Parc Blais, rue Lafontaine
418 862-7358 – bierefest.com
Great festive event marking the end of the summer season. Taste the excellent microbrewery beers from all over Quebec and have a bite to eat with excellent local products. On-site entertainment and site accessible free of charge in the heart of Vieux Rivière-du-Loup.

September 16**Festival des Champignons Forestiers du Kamouraska** 📍 📞 🇸🇨

267, rang Saint-Gérard Est, Saint-Alexandre
418 495-2898 – campmusical.com
Come live the experience of the Kamouraska Forest Mushroom Festival at Camp musical St-Alexandre. A unique fall program! Mushroom market, entertainment, conferences, discoveries, workshops, accommodation on site. A rare opportunity to taste our forest terroir! On the menu: local products, Apéro-myc, tastings, opening dinner and gourmet banquet. Sanitary measures respected. The program is available at www.mycokamouraska.com



2

September 16 to 18**Le festival le Rendez-vous des Grandes Gueules** 🇸🇨 🇸

363, rue Vézina, Trois-Pistoles
418 857-3248 – compagnonspatrimoine.com
This international festival highlighting the art of storytelling will celebrate its 26th anniversary in 2022! Each year, for a few days, Trois-Pistoles is transformed to welcome a plethora of rich and diversified activities, spiced up with imagination and talk from the four corners of the French-speaking world. In the heart of the Bas-Saint-Laurent, the Rendez-vous des Grandes Gueules is a must in the fall, a true celebration of words!

October 26 to 30**L'Halloween à La Pocatière**

📍 📞 🇸🇨 🇸
412, 9e rue boulevard Desrochers
418 856-3394 – lapocatiere.ca
Fall experience like no other. Varied entertainment, haunted house, shows, parade, fireworks... Halloween at La Pocatière... the must-do of your autumn!







127 →

Places to Eat

128
131

Bistros and Cafes
Restaurants and
Dinning Room

Places to Eat

Places to Eat

The excellent reputation in bas-Laurentian cuisine is matched only by the originality of the dishes developed by its artisans. From one season to the next they give you the very best of the region Their culinary excellence has even birthed a magazine "À la BSL" which presents an in depth perspective. Enjoy!

▼ Classified by types of catering and in order of meeting

Bistros and Cafes

Kamouraska

La Pocatière

Café Azimut

309, 4^e Avenue
418 856-2411 - cafeazimut.ca
\$ \$ - 1, 2, 3 - ☹️ Ⓜ️ 🚶

Unique atmosphere, two reception rooms, terrace and bar. Table d'hôte menu, daily menu, grilled meats, seafood, game, regional products, salads, unique pizzas. Catering. For families and groups.

Saint-Denis

La Maison de Jean-Baptiste - Café

5, Route de l'Église
418 894-2213 - lamaisondejeanbaptiste.com
\$ - 1, 2 - ☹️ 🚶 🚲

Our charming Café offers a place to meet and rest both for passers-by-travelers and for residents of the region. You will find a healthy menu made up of local products to eat on site, inside or on the terrace, or to take away. Breakfasts, pastries, soups, paninis, salads, beverages and more. Located in the old presbytery of the village, La Maison de Jean-Baptiste is the result of a community project to promote the presbytery.

El'Drée Tacos

7 route 132 ouest
\$ \$ \$ - 2, 3 - ☹️ Ⓜ️ 🚶

Canteen located in the heart of the village of Saint-Denis-de-la-Boutillerie offering a variety of tacos and other dishes of Mexican origin worked with



Price range

\$: Under 15 \$
\$ \$: 15 \$-30 \$
\$ \$ \$: 31 \$-50 \$
\$ \$ \$ \$: 50 \$ and over

Meals

1 : Breakfast
2 : Lunch
3 : Supper

local products, all homemade. We offer a unique, friendly and family place. Come and enjoy our covered terrace or our landscaped courtyard.

Kamouraska

Bistro Côté Est

76, avenue Morel
418 308-0739 - cote-est.ca
\$ \$ - 2, 3 - ☹️ Ⓜ️

Hours: Thursday to Sunday, year-round.
See our website for all the details.

Bistro where pleasures of the table meet local discovery. Come and taste the products of eastern Quebec while discovering those hidden behind. Sip an original cocktail, a glass of organic / natural wine or a beer while tasting the seal, the guinea fowl or the local wild boar, accompanied by vegetables from our market gardeners. Soak up the beauty of the place and bring home our ready-to-eat products to extend your stay!

Bistro l'Amuse-Bouche

6, avenue Chassé
418 492-1892- lamuse-bouche.ca
\$ \$ - 2, 3 - 📞 ☹️ Ⓜ️

Fine and simple tapas cuisine inspired by the Mediterranean, close to artisan producers. Also table d'hôte menu in the evening. **Specialties:** lamb, fresh fish, shellfish, seasonal salads, etc. Microbrewery beers and organic wines. Terrace on the river on the green road. Afternoon snack and grills on the terrace.

Café du Clocher

90, avenue Morel
418 492-7365 - cafeduclocher.com

\$ \$ - 1,2,3 - ☎️📶📶📶

In the heart of the village, the café is located in an old stable (heritage from 1856), faces the river and is surrounded by a large country garden. Exceptional healthy breakfasts, lunches and dinners; smoked fish, sandwiches, original salads, quiches, pâtés, pizza, seafood.

Poissonnerie Lauzier, bistro de la mer

57, avenue Morel
418 492-7988 - poissonnerielauzier.com

\$ \$ - 2,3 - ☎️📶📶

Annexed to Poissonnerie Lauzier, this 120 seats bistro offers fast food and a friendly atmosphere. The sea bistro offers a menu of fish, seafood and fish-free dishes that can be tasted on site or in take-out format. Private room available.

Saint-Alexandre

Les petits bonheurs de Marguerite

693, route 289
418 495-1111 - bonheursdemarguerite.com

\$ - 1,2,3 - ☎️📶📶📶

Café bistro with dairy bar, Italian coffee, paninis and desserts. Enjoy homemade waffles, Lactancia soft cream, raspberry sorbets and a choice of 12 Belgian dips. Lactose-free and gluten-free products available. A terrace and a park are laid out for tasting outside.

Rivière-du-Loup

Notre-Dame-du-Portage

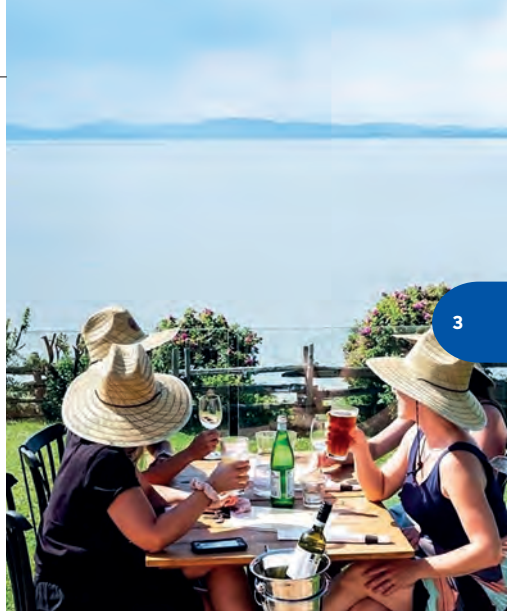
Pizzeria des battures

537, route du Fleuve
418 605-1446 - pizzeriadesbattures.com

\$ \$ - 2,3 - 📶📶📶📶📶📶

Hours: Thursday and Friday 4 p.m. to 10 p.m., Saturday and Sunday 11:30 a.m. to 10 p.m.

With its friendly and relaxed atmosphere, the Battures pizzeria is a must for enjoying a good Neapolitan-inspired pizza cooked over a wood fire. The creamery adjacent to the restaurant is the ideal place to take a short break in the sun or to come and admire the magnificent sunsets.



3

Rivière-du-Loup

Auberge de la Pointe

Café-bar-terrasse Le Mirador
10, boulevard Cartier
418 862-3514 - 1 800 463-1222 - aubergedelapointe.com

\$ \$ - 3 - ☎️📶📶📶

« Lounge » panoramique de 40 places et terrasse de 55 places avec foyer reliée à la terrasse panorama de 6 000 pi², surplombant le fleuve, avec salons et foyers extérieurs. Carte de cocktails, vins au verre, bières en fût et locales. Entrées élaborées à partir des produits du terroir bas-laurentien : fromages fins, saumon fumé, nachos, tapas.

Bistro L'Intercolonial

407, rue Lafontaine
418 862-3321 - interbistrogrill.com

\$ \$ - 2,3 - 📶📶

Intercolonial now offers a Grill section "Angus certified beef", which will charm the meat lover in you, in addition to specialties such as burgers, pizzas, stir-fries, veal liver, tartares, etc. Also, the most complete wine list and selection of lunch menus.

Boulangerie Artisanale Au Pain Gamin

288-290, rue Lafontaine
418 862-0650 - paingamin.ca

\$ - 1,2 - 📶📶

Café du Pain Gamin: nice place to enjoy light meals in the city center. Croissant lunch or fresh bread and homemade jam, dinner and snack. Soups, focaccia, vegetarian pizzas, original sandwiches and small bakery desserts. Italian coffee, hot, fair trade and organic beverages.



Rivière-du-Loup

Hôtel Levesque Resto bar terrasse Le 171

171, rue Fraser
418 862-6927 – 1 800 463-1236 – hotellevesque.com
\$\$\$ – 2,3 – 🍷🍴🌿🌱

The intimate atmosphere of Le 171 terrace bar restaurant is perfect for a lunch with colleagues, a happy hour or a romantic evening. Enjoy the terrace and its view of the St. Lawrence River. On the menu, we offer bistro dishes.

Hôtel Universel et Centre de congrès Bistro-bar Le Rialto

418 862-9520 – 1 800 265-0072 – hoteluniverselrld.com
\$\$ – 1, 2,3 – 🍷🍴🌿🌱

Italian food. Table d'hôte for lunch and dinner.

Specialties: fresh fish, seafood, grilled meats, pasta, pizza, veal cutlets.

Resto-Pub l'Estaminet

299, rue Lafontaine
418 867-4517 – restopubestaminet.com
\$\$ – 1,2,3 – 🍷🍴🌿🌱

Located in the heart of downtown, this restaurant with a unique ambiance is a must. Midday menu during the week, exquisite breakfasts served seven days, giant burgers, mussels, fine pizzas, inventive or healthy cuisine with tartares, soup meals, stir-fries, gluten-free menu. Private lounge with welcoming multifunctional TV.

Rôtisserie St-Hubert Resto-bar St-Hub

80, boulevard Cartier
418 867-3008 – 1 800 867-1830 – st-hubert.com
\$\$ – 2,3 – 🍷🍴🌿🌱

Table d'hôte menu. **Specialties:** grilled chicken, ribs, steak, salads. Large selection of beers on tap.

Rimouski-Neigette

Rimouski

Le Bistro de la Forge Auberge de la Vieille Maison

35, rue Saint-Germain Est
418 723-6010 – complexelavieilleforge.com
\$\$\$ – 2,3 – 🍷🍴

Burgers, grilled meats, "Le Forgeron" pulled pork sandwiches, fish'n chips. Come relax with friends and enjoy a wide variety of beers and privately imported wines. You will be charmed by its warm decor and attentive staff.

Bistro La Réserve

150, avenue de la Cathédrale
418 730-6525 – bistolareserve.com
\$\$\$ – 2,3 – 🍷🍴🌿🌱

La Réserve offers a slate menu that is designed according to the seasons. Quality products are the priority and Bas-Saint-Laurent is in the spotlight on your plate, whether by sea or by land. Taste charcuterie, blood sausage, fresh fish, tasty meats, local cheeses, etc. Closed Sunday and Monday.

La Brûlerie d'Ici

91, rue Saint-Germain Ouest
418 723-3424 – bruleriedici.com
\$\$ – 1, 2,3 – 🍷🍴🌿🌱

European-style roasting house established since 1996. Wide variety of original coffees and teas, sold in bulk or by the cup for tasting on site. Discover breakfasts, sandwiches, soups and homemade desserts and Le Barista bistro for its fine selection of wines, aperitifs and microbrewery beers.

Restaurant Central Café – Coop de solidarité

31, rue de l'Évêché Ouest
418 722-4011 – centralcaferimouski.com
\$ – 2,3 – 🍷🍴🌿🌱

Italian and vegetarian cuisine. Evening table d'hôte and children's menus, take out food.

Specialties: pasta, veal cutlets, fine pizzas, refined burgers and homemade desserts.



Restaurants and Dining Rooms

Kamouraska

La Pociatière

Restaurant de l'Auberge Cap Martin

93, route 132 Ouest

418 856-4450 – 1 866 995-6922 – capmartin.ca

\$ \$ - 1,2 – **Y** ☎ 🍷 🍴 🍷

Cuisine made from products from the Bas-Laurent region. Canadian, French and Italian dishes. Lunch and children's menus, take out. Dinner for groups of 25 or more (host table). Number of places: glass roof and bar: 30; dining room: 40; bench: 30; reception room: 60.

Saint-Pacôme

Restaurant Auberge Comme au premier jour

224, boulevard Bégin

418 852-1377 – aubergecommeaupremierjour.com

\$ \$ \$ - 1,3 – ☎ **Y** **T**

Old presbytery with a historic character (1868), period furniture, cozy atmosphere. Fine local cuisine, à la carte menus and table d'hôte. Place suitable for business meetings, meetings, family celebrations and dating.

Saint-Pascal

Restaurant de la Montagne Motel de la Montagne

169, rue Varin

418 492-3134 – 1 888 449-3134

hotelmoteldelamontagne.ca

\$ \$ - 1,2,3 – 🍷 ☎ **Y** **T** 🍷

Family-style restaurant, Italian, Chinese cuisine, buffet, table d'hôte and children's menus, take-out food.

Specialties: fresh fish, seafood, pasta, pizza and salads.

Témiscouata-sur-le-Lac, secteur Cabano

Auberge du Chemin Faisant

12, rue du Vieux-Chemin

418 854-9342 – 1 877 954-9342 – cheminfaisant.qc.ca

\$ \$ \$ \$ - 1,3 – ☎ **Y** **T**

Table of pleasures, organoleptic experience, gastronomy in the form of sensory experiences, fusion cuisine, the most successful gourmet relay of the last ten years in Bas-Saint-Laurent during the contests of the Grands Prix du tourisme québécois. This is the discovery you will make.

Dégelis

Hôtel 1212

612, avenue Principale

418 853-1212 – 1 800 267-2334 – le1212.com

\$ \$ - 1,2,3 – ☎ **Y**

The restaurant at Hotel 1212 will house the Microbrasserie de la Madawaska as of summer 2022. At our table, the chef offers bistronomic cuisine with local flavors in perfect harmony with our brewing creations. Also discover privately imported wines from the 1212 cellar and a fine selection of spirits. You can taste: Tartares, grilled meats, ribs, seafood and pizzas. Direct access to bike, quad and snowmobile trails.

Rivière-du-Loup

Notre-Dame-du-Portage

Auberge du Portage

671, route du Fleuve

418 862-3601 – 1 877 862-3601 – aubergeduportage.qc.ca

\$ \$ \$ - 1,2,3 – 🍷 ☎ **Y** **T** 🍷

The Auberge's mission is to introduce the region's products to its customers. Gourmet cuisine favors Bas-Saint-Laurent products and the addition of an agro-ecological garden allows you to taste health on each plate. Two atmospheres are proposed to you, the glass roof with panoramic view of the Saint-Laurent river and the dining room offering a country setting and view of the river. **Specialties:** gastronomy and fine regional cuisine.

Auberge sur Mer – April Bistro de saison

363, route du Fleuve

418 862-0642 – 1 888 622-0642 – aubergesurmer.ca

\$ \$ \$ - 1,2,3 – 🍷 ☎ **Y** **T** 🍷

Dinner: every evening from 5:30 p.m.

The flavors first, the team cooks you seasonal products, tasty and unpretentious. A restaurant on the banks of the river that offers you incredible products and will give you a memorable experience.

Rivière-du-Loup

Auberge de la Pointe – L'Espadon

10, boulevard Cartier

418 862-3514 – 1 800 463-1222 – aubergedelapointe.com

\$ \$ \$ - 1,3 – 🍷 ☎ **Y** **T** 🍷

Modern, warm and comfortable decor with central wood fireplace. Bas-Laurentian cuisine. Lobster tank, fruit feast seafood for two, filet mignon and filet veal, fresh salmon, duck leg confit, rack of lamb and varied dessert table.

Children's menu.

Rivière-du-Loup

Hôtel Levesque - Restaurant La Griffe

171, rue Fraser

418 862-6927 - 1 800 463-1236 - hotellevesque.com

\$\$\$ - 1,2,3 - ☎️📞📞📞📞

We invite you to live a unique culinary experience through its evolving French cuisine that is both daring and comforting. The exhaustive menu will allow you to discover all the creative spontaneity of the chef inspired as much by the sea as by the farm or the grill.

Hôtel Universel - La Verrière

311, boulevard de l'Hôte-de-Ville Ouest

418 862-9520 - 1 800 265-0072 - hoteluniverselrld.com

\$\$\$ - 1,2,3 - ☎️📞📞📞📞

Cuisine made from local products from the Bas-Saint-Laurent region and international cuisine. Varied menu, table d'hôte, buffet, children's meals.

Specialties: seafood and prime rib of beef.

La Porte Arrière

356, rue Lafontaine - 418 862-6262

\$\$ - 2,3 - ☎️📞

Restaurant with a unique concept with an open kitchen, located in the heart of downtown Rivière-du-Loup offering different services: midday and weekday menu, evening meal, home chef service, dining room with 50 seats. Specialties: natural and privately imported wines, regional and local products.

Le Loft - Tartares et cocktails

403, rue Lafontaine

418 862-1101 - le403.com

\$\$\$ - 3 - ☎️📞📞

The Loft is enjoying increasing popularity and specializes in tartars and cocktail mixologies. You will also find a section of starters, tapas, salads and main dishes among which our seared scallops, our tuna tataki, our steak and blue cheese salad or our wild boar burger will charm you.

Le Saint-Patrice resto

169, rue Fraser

418 862-9895 - lesaintpatrice.ca

\$\$\$ - 2,3 - ☎️📞📞📞

Italian and market cuisine. Wide variety of fondues.

Two unique atmospheres under the same roof. Catering service and private lounges. **Specialties:** pasta, pizza, grilled meats, fish, tartares, risottos, fondues, homemade desserts. Midday menu during the week. A la carte menu and table d'hôte in the evening. Terrace in summer.



Restaurant Au Boucaneux

210, rue Mackay

418 867-4733 - leboucaneux.com

\$\$\$ - 2,3 - 📞📞📞

Close to the ferry, view of the river. Fish, seafood, steak, chicken and ribs.

Rôtisserie St-Hubert

80, boulevard Cartier

418 867-3008 - 1 800 867-1830 - st-hubert.com

\$\$\$ - 2,3 - ☎️📞📞📞📞

Table d'hôte and children's menus, takeout and delivery. **Specialties:** grilled chicken, ribs, steak, salads.

Symposium Resto Boutique

364, rue Lafontaine

418 860-4825 - symposiumresto.com

\$\$\$ - 2,3 - ☎️📞📞📞

Resto-bar with heated terrace located in the city center offering bistro-cuisine and several services: weekday lunch menu, table d'hôte, catering service, private multifunctional lounge welcoming 8 to 50 people. **Specialties:** AAA steak, spare ribs, tartares, Italian pasta, general Tao chicken and blackened pan-fried cod.

L'Isle-Verte

Resto Pub Le Madub

75, rue du Seigneur-Côte

581 648-8999 - lemadub.com

\$\$\$ - 1,2,3 - ☎️📞📞📞

Located in L'Isle-Verte, Le Madub is a restaurant where the classics are revisited: choice burgers, high-end hotdogs, fancy salads... Have you tasted our delicious pizzas? It's also a pub where you can meet for happy hours, meetings with friends, events to celebrate... In short, the ideal place in L'Isle-Verte to socialize!

Rimouski-Neigette

Rimouski

Restaurant de l'Auberge du Mange-Grenouille

148, rue Sainte-Cécile-du-Bic
418 736-5656 – lemangegrenouille.com

\$\$\$ – 1,3 – ☎️📶📶

In this place from another time, the experience is unique, with its à la carte market menu and its wines of good vintages. The magic of the Mange Grenouille operates more than ever when it comes time for the sunset over Bic Park from the terrace. Friendly atmosphere !

**Auberge de la Vieille Maison
La Maison du Spaghetti**

35, rue Saint-Germain Est
418 723-6010 – complexelavieilleforge.com

\$\$\$ – 3 – 🍷📶

In this place from another time, the experience is unique, with its à la carte market menu and its fine wines. The magic of the Mange Grenouille operates more than ever when the time comes for the sunset over the Parc du Bic from the terrace. Friendly atmosphere !

**Hôtel Rimouski et Centre des congrès
La Brigade 225**

225, boul. René-Lepage Est
418 725-5000 – 1 800 463-0755 – labrigade225.com

\$\$\$ – 1,2,3 – 📶📶📶📶📶

Restaurant overlooking the river offering grilled meats, seafood and cuisine showcasing regional products. A wide range of prices, a sophisticated wine list and attentive service are just a few of the assets appreciated by its customers. Number of places available: 220.

La Cage – Brasserie sportive Rimouski

360, montée Industrielle et Commerciale
418 723-0121 – cage.ca/rimouski-lacite

\$\$\$ – 1,2,3 – 📶📶

Sporty atmosphere. Grills, salads, chicken and ribs.

Le Crêpe Chignon

140, avenue de la Cathédrale,
418 724-0400 – crepechignonrimouski.com

\$\$\$ – 1,2,3 – 📶📶📶

Simple and comfortable place thanks to its meals personalized and open to the world. The pancakes are generous and tasty. Come and discover the traditional breakfasts, nachos, muffins, espresso coffees and microbrewery beers. Alternatives offered to various allergies or intolerances.

Motel et Resto de la mer

1327, boulevard Sainte-Anne
418 723-9440 poste 1 – 1 877 523-9440
moteldelamer.com

\$ – 1,2,3 – 📶📶📶

Fast and courteous restaurant service in a pleasant atmosphere with a magnificent view of the Saint Lawrence. Specialties: poutines, including seafood, hamburgers, rolls and club sandwiches, including those with shrimp, crab or lobster, fried clams, homemade fish'n chips and pizza.

**Hotel le Navigateur
Pacini Rimouski, restaurant italien**

130, avenue Belzile
418 724-6944 – 1 888 724-6944 – hotelnavigateur.com

\$\$\$ – 1,2,3 – 🍷

Our authentic Italian cuisine will charm you every time you visit! Pacini is a 100% Quebec chain that is committed to taking care of the happiness and well-being of its customers, franchisees, employees, suppliers and their communities. Supporting local purchasing and encouraging the Quebec economy are part of our core values. Take-out, delivery.

Restaurant Rétro 50

38, rue Saint-Germain est
418 723-4858 – restaurantretro50.ca

\$\$\$ – 1,2,3 – 🍷

Breakfasts served at all times, weekday lunch menus, evening table d'hôte, Sunday brunch, gourmet burgers, pizzas and homemade cipaille. Take-out orders. Fast and courteous service, unique atmosphere.

La Mitis

Sainte-Luce

L'APPÂT buvette

19A route du fleuve O
418 739-0139 – lappat-sur-mer.com
Horaire : [facebook.com/lappatbuvette](https://www.facebook.com/lappatbuvette)

\$\$\$ – 1,2,3 – 📶📶📶📶📶📶📶📶

L'APPÂT buvette is a new gourmet space with a terrace on the banks of the river in Sainte-Luce sur mer. We offer you a gourmet and original lunch menu and fresh dinners with reinvented classics. Our evening menu, which is served in a flat format or as a tapas formula, evolves according to the arrivals and the availability of local products. We offer you must-haves and our favorites of Quebec and international wines, delicious cocktails and beers.

WE'RE WAITING FOR YOU



BY CHOICE HOTELS



- Indoor salt water pool
- Enjoy cozy comfort, including hot and cold buffet breakfast
- Free WIFI and free on-site parking
- Several restaurants nearby
- Several activities: Parks, beaches, golf bike path and many attractions of the region.
- Shed for bicycles
Direct access
by snowmobile trail # 85



418 867-8221 · 1 877 867-5259 · qualityinnrdl.com

61, boulevard Cartier, Rivière-du-Loup (Québec) G5R 5Z3
Accès facile par la sortie 507 de l'autoroute 20

Establishment No: 219844





135 → Accommodation

- 136 Hotels and Motels
- 140 Bed & Breakfasts
- 138 Cottages, Condos and Tourist homes
- 140 Summer Camps
- 140 Youth Hostels
- 140 Student Residences
- 141 Campgrounds and Ready-to-Camp
- 144 Non-traditional Accommodations

Accommodation

Hôtel Château Fraser ★★★
 1, rue du Quai 212601
 418 854-3015 - 1 866 841-3015 - chateaufraaser.com
 14 units - \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Motel Camping Caldwell ★
 49, route 232 Est 173714
 418 854-3195 - 1 866 854-3195
motel-campingcaldwell.com
 17 units - \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Motel Royal ★★
 19, rue Saint-Louis 066544
 418 854-2307 - 1 888 854-2307 - motelroyal.net
 28 units - \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Auberge Marie Blanc 📍 ★★★
 2629, rue Commerciale Sud 060771
 418 899-6747 - aubergemarieblanc.com
 14 units - \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Pohénégamook

Auberge Forteresse de la Rive 🍷
 1194, rue Principale 028066
 418 859-2884 - 1 877 661-1700 - forteressedeklarive.com
 18 units - \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Dégelis

Hôtel 1212 ★★★
 612, avenue Principale 057201
 418 853-1212 - 1 800 267-2334 - le1212.com
 48 units - \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Motel Claude 🍷
 1077, avenue de l'Accueil 047235
 418 853-3117 - 1 800 363-3914 - motelclaud.com
 28 units - \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Rivière-du-Loup

Notre-Dame-du-Portage

Auberge du Portage - Centre de villégiature et de santé 📍 ★★★★★
 671, route du Fleuve 043212
 418 862-3601 - 1 877 862-3601
aubergeduportage.qc.ca
 44 units - \$ \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Auberge sur mer 📍 ★
 363, route du Fleuve 002800
 418 862-0642 - 1 888 622-0642 - aubergesurmer.ca
 57 units - \$ \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Rivière-du-Loup

Auberge Amérllys ★★
 165, rue Fraser 003124
 418 867-2881 - aubergeamerylys.ca
 14 units - \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Auberge de l'Anse 📍 ★
 100, route de l'Anse-au-Persil 045894
 418 867-3463 - 1 800 556-0406
aubergedelanse.com
 11 units - \$ \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Auberge de la Pointe 📍 ★★★★★
 10, boulevard Cartier 067174
 418 862-3514 - 1 800 463-1222
aubergedelapointe.com
 107 units - \$ \$ \$ - 📶 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Auberge Mr. James ★★
 167, rue Fraser 220220
 418 862-9895 - mrjames.ca
 4 units - \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Comfort Inn Rivière-du-Loup ★★
 85, boulevard Cartier 025141
 418 867-4162 - 1 800 465-6116
riviereduloup.comfortinn.com
 67 units - \$ \$ \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Days Inn Rivière-du-Loup ★★
 182, rue Fraser 003010
 418 862-6354 - 1 866 666-0665 - daysinnrdl.com
 50 units - \$ \$ \$ \$ - 📶 AC 🚿 🚰 🚿 🚿 🚿 🚿 🚿 🚿

Hôtel Levesque ★★★★★
 171, rue Fraser 003135
 418 862-6927 - 1 800 463-1236 - hotellevesque.com
 110 units - \$ \$ \$ \$ - 📶 🚿 🚰 AC 🚿 🚿 🚿 🚿 🚿 🚿

Hôtel Quality Inn Rivière-du-Loup ★★
 61, boulevard Cartier 219844
 418 867-8221 - 1 877 867-5259 - qualityinnrdl.com
 62 units - \$ \$ \$ \$ - 📶 🚿 🚰 AC 🚿 🚿 🚿 🚿 🚿 🚿

Price Range

\$: Under 75
 \$\$: 75 \$–100 \$
 \$\$\$: 101 \$–150
 \$\$\$\$: 151 \$–200 \$
 \$\$\$\$: Over 200

Pictograms Legend p. 172

Bed & Breakfast

Saint-Pacôme

Auberge Comme au premier jour ****

224, boulevard Bégin 178986
 418 852-1377 – aubergecommeaupremierjour.com
 5 units – \$\$\$ – 📶📺🛏️🚰🚰🚰

Kamouraska

Auberge Foin de mer ****

85, avenue Leblanc 119140
 418 492-7081 – aubergefoindemer.com
 4 units – \$\$\$ – 📶📺🛏️🚰🚰

La maison aux coquillages 📍 🍴

168, avenue Morel 183864
 418 308-1844 lamaisonauxcoquillages.com
 5 units – \$\$\$\$ – 📶📺🛏️🚰🚰

Saint-Denis

La maison de Jean-Baptiste 🍴

5, route de l'Église 301964
 418 894-2213 – lamaisondejeanbaptiste.com
 5 units – \$ – 📶📺🛏️🚰🚰🚰

Sainte-Hélène-de-Kamouraska

Gîte des P'tites madames ***

513, route de l'Église Nord 222134
 418 492-3971 – ptitesmadames.com
 4 units – \$ – 📶📺🛏️🚰🚰

Témiscouata

Témiscouata-sur-le-Lac

Gîte Ancêtre 🍴

72, rue du Vieux-Chemin 274595
 418 938-1913 – giteancetre.com
 4 units – \$\$\$ – 📶📺🛏️🚰🚰

Rivière-du-Loup

Rivière-du-Loup

Le Gîte Les Rochers 📍 ***

336, rue Fraser Ouest 126394
 418 551-8046 – lesrochers.ca
 5 units – \$\$\$ – 📶📺🛏️🚰🚰

Rimouski-Neigette

Rimouski

Gîte de la baie Hâtée 🍴

2271, route 132 Est 160230
 418 631-3243 – gitedelabaiehatee.wordpress.com
 4 units – \$ – 📶📺

Gîte l'Onondaga ***

1084, rue du Parc 224055
 418 722-0068 – 1 866 722-0068 – gitelonondaga.ca
 4 units – \$ – 📶📺🚰

La Mitis

Sainte-Luce

Gîte du village ***

53, rue Saint-Alphonse 221787
 418 739-3224 – 1 866 539-3224
gitesauquebec.com/3778
 3 units – \$ – 📶📺🛏️🚰🚰🚰



Le Moulin banal du Ruisseau

à la Loutre

156, route du Fleuve Ouest 217210

418 750-3741 - 1 866 939-3076 - gitemoulinbanal.com

3 units - \$ \$ - 📶 🚰 🚿 🚽 🚰

Cottages, Condos and Tourist homes

Témiscouata**Témiscouata-sur-le-Lac****Chalet Laroche**

100, rue de l'Anse 250401

418 580-3351 - rsvpchalets.com/chalets-a-louer/bas-saint-laurent/temiscouata-sur-le-lac-secteur-cabano/chalet-laroche/

1 unité - 10 personnes - \$ \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰

Hébergement Témilac

33, rue de la Plage 023450

418 854-7660 - chaletscampingtemilac.com

12 units - \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰

Saint-Eusèbe**Chalets - Étang de pêche Lac-du-Repos**

**

492, route du Lac-du-Repos 226796

418 899-6238 - lacdurepos.com

6 units - \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰 🚰 🚰 🚰 🚰

Saint-Honoré-de-Témiscouata**Parc du Mont-Citadelle - chalets**

69, route du Mont-Citadelle 231722

418 497-2011 - 1 855 597-2011 - montcitadelle.com

8 units - \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰 🚰 🚰 🚰

Rivière-du-Loup**Rivière-du-Loup****Auberge du lièvre et chalets**

200, rue Hayward 273313

418 867-1660 - 1 877 867-1660 - duvetnor.com

16 units - \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Notre-Dame-des-Sept-Douleurs**Maison Le Bout d'en haut**

7808, chemin de l'Île, île Verte 197116

418 837-9768 - leboutdenhaut.com

1 units - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰 🚰 🚰



3

Les Basques**Saint-Simon****Villa de l'Épervier**

📍

2, rue du Cap-à-l'Aigle 297809

418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-de-lepervier-avec-spa-prive/>

1 unité - 4 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Villa du Cerf

📍

95, route de la Grève 305918

418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-du-cerf-avec-spa-prive/>

1 unité - 2 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Villa du Renard

📍

6, rue du Cap-à-l'Aigle 299028

418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-du-renard-spa-avec-spa-prive/>

1 unité - 6 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Price Range

\$:	Under 75
\$\$:	75 \$–100 \$
\$\$\$:	101 \$–150
\$\$\$\$:	151 \$–200 \$
\$\$\$\$\$:	Over 200

Pictograms Legend p. 172

Housekeeping Tourist homes

Trois-Pistoles


Parc naturel et historique de l'île-aux-Basques – chalets

Marina de Trois-Pistôles 303418
418 554-8636 – Provencher.org
3 units – \$\$\$\$ – 

Les Basques


Trois-Pistoles

La Marbella – chambres – studios – appartements ★★

734, rue Notre-Dame Est 297550
418 851-4704 – 1 866 851-7839 – lamarbella.ca
4 units – \$\$\$ – 

Saint-Mathieu-de-Rieux


Domaine du Lac Saint-Mathieu ★★

109, chemin du Lac Sud 270340
418 738-2034 – 1 800 562-2482 – koabasstlaurent.com
4 units – \$\$\$ – 


Rimouski-Neigette

Rimouski


Au Vieux Loup de Mer – Chalets Hôteliers ★★★

3250, route 132 172933
418 750-5915 – vieuxloupdemer.com
13 units – \$\$\$\$\$ – 


Chalets Anse au Sable ★★

1100, boulevard Saint-Germain 049066
418 724-5110 – chaletsanseausable.com
6 units – \$\$ – 

Domaine Floravie – Maison L'Ancestral ★★

100, route Santerre 294353
418 736-4000 – 1 855 736-5755 – domainefloravie.com
1 unité – \$\$\$\$\$ – 

Domaine Floravie – Le Pensoir ★★


100, route Santerre 264434
418 736-4000 – 1 855 736-5755 – domainefloravie.com
1 unité – \$\$\$\$\$ – 

Les résidences de tourisme du parc national du Bic ★

3382, route 132 297457
418 736-5035 – 1 800 665-6527 – sepaq.com/pq/bic/
10 units – \$\$\$\$\$ – 

Saint-Gabriel-de-Rimouski

Chalets Domaine Valga ★★★


300, chemin des Écorchis 189803
418 739-4200 – domainevalga.com
3 units – \$\$\$\$\$ – 

Saint-Narcisse-de-Rimouski

Réserve faunique Rimouski (Sépaq) ★★

112, route de la Réserve-de-Rimouski 083370
418 735-2226 – 1 800 665-6527 – sepaq.com/rimouski
28 units – \$\$ – 
Capacité de l'unité la plus grande: 8


Chalets Réserve faunique Duchénier

1500, chemin Duchénier 157990
418 735-5222 – 1 866 535-5222 – reserveduchénier.com
2 units – \$\$ – 

La Mitis

Saint-Donat

Chalets parc du Mont-Comi ★

300, chemin du Plateau 078831
418 739-4858 – 1 866 739-4859 – mont-comi.ca
7 units – \$\$\$\$\$ – 

Sainte-Luce

Domaine de la plage ★

37, route du Fleuve Est 002354
418 739-4638 – 1 866 739-4632
becfin@globetrotter.net
20 units – \$\$ –

L'APPÂT couchette

19A, route du Fleuve Ouest 304671
 418 739-0139 – lappat-sur-mer.com
 Horaires: <https://www.facebook.com/lappatbuvette>
 2 units \$\$\$ – 📶 🚰 🚿 🚻 🚰 🚿 🚻

Le Navigateur Villégiature 📍 ★★

15, rue des Villas 160462
 418 739-6944 - 1 866 779-6944
navigateurvillegiature.com
 30 units – \$\$\$ – 📶 🚰 🚿 🚻 🚰 🚿 🚻
 Capacité de l'unité la plus grande: 4

Motel Au Bec Fin 📍 ★

107, route du Fleuve Est 002332
 418 739-4362 - 1 877 739-4362 – becfin@globetrotter.net
 12 units – \$\$\$ – 📶 🚰 🚿 🚻

Summer Camps

Kamouraska

Saint-Alexandre-de-Kamouraska

Camp musical de Saint-Alexandre ★★★★★

267, rang Saint-Gérard Est 085411
 418 495-2898 – campmusical.com
 93 units – 📶 🚰 🚿 🚻 🚰 🚿 🚻

Rivière-du-Loup

Saint-Modeste

Camp Richelieu Vive la Joie 📍 ★★

26, route de la Station 075880
 418 862-5919 - 1 877 862-5919 – campvivelajoie.com
 112 units 📶 🚰 🚿 🚻 🚰 🚿 🚻

Youth Hostels

Rivière-du-Loup

Auberge internationale de Rivière-du-Loup ★★★★★

46, rue de l'Hôtel-de-Ville 076381
 418 862-7566 - 1 866 461-8585 – aubergerdcl.ca
 40 units – \$\$\$ – 📶 🚰 🚿 🚻 🚰 🚿 🚻

Rimouski-Neigette

Espace Globetrotter ★★

133, rue Léonard 220065
 418 725-4600 - 1 888 725-4603
espace-globetrotter.com
 10 units – \$\$\$ – 📶 🚰 🚿 🚻

Student Residences

Kamouraska

La Pocatière

Résidences du Cégep de La Pocatière 📍 ★★★

140, 4^e Avenue 036665
 418 856-3828 – cegeplapocatiere.qc.ca
 31 units – \$\$\$ – 📶 🚰 🚿 🚻 🚰 🚿 🚻

Rimouski-Neigette

Résidence Cégep Rimouski 📍 ★★★

320, rue Saint-Louis 057190
 418 723-4636 - 1 800 463-0617 – cegep-rimouski.qc.ca
 180 units – \$\$\$ – 📶 🚰 🚿 🚻 🚰 🚿 🚻

Campgrounds and Ready-to-Camp

Kamouraska

Mont-Carmel

Camping du Lac de l'Est 📍

201, rue des Chênes 198866
 418 498-2318 – campingdulacdelest.ca
 151 sites 📶 40%
 📶 🚰 🚿 🚻 🚰 🚿 🚻

Rivière-Ouelle

Camping Rivière-Ouelle ★★★★★

176, chemin de La Pointe 198030
 418 856-1484 - 1 888 856-1484
campingriviereouelle.com
 250 sites / 5 Ready-to-Camp 📶 50% From \$ 37
 📶 🚰 🚿 🚻 🚰 🚿 🚻

Saint-Alexandre-de-Kamouraska

Camping Le Rayon de soleil ★★★★★

571, rang Saint-Édouard Ouest 198015
 418 495-2677 – campinglerayondesoleil.com
 187 sites / 2 Ready-to-Camp 📶 40% From \$ 32 📶
 📶 🚰 🚿 🚻 🚰 🚿 🚻

Campgrounds

Price Range

- \$: Under 75
- \$\$: 75 \$-100 \$
- \$\$\$: 101 \$-150
- \$\$\$\$: 151 \$-200 \$
- \$\$\$\$\$: Over 200

Pictograms Legend p. 172

and Ready-to-Camp

Saint-André

Camping de la batture ★

273, route 132 Ouest 202436
 418 493-9984 - sebka.ca
 99 sites - 4 Ready-to-Camp 40% 35% From \$ 22
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Kamouraska

Saint-Bruno

L'Ébranché - Hébergement en forêt

313, rang du Nord 627500
 418 860-6419 - lebranche.ca
 16 sites - 7 Ready-to-Camp From \$ 27
 Témiscouata

Témiscouata-sur-le-Lac

Camping Cabano Inc. ★★★★★

1155, chemin du Golf 205310
 418 854-9133 - 1 855 854-9133 - campingcabano.com
 150 sites 50% From \$ 40
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Camping Témilac ★★★★★

33, rue de la Plage 198041
 418 854-7660 - chaletscampingtemilac.com
 137 sites 10% From \$ 33
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Camping Caldwell ★★

49, route 232 Est 296824
 418 854-3195 - 1 866 854-3195
motel-campingcaldwell.com
 58 sites 10% From \$ 35 \$
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2513, rue Commerciale Sud 202366
 418 899-6820 - 1 866 899-6820 - campingmarina.ca
 135 sites 40% From \$ 30
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Auclair

Camping d'Eau Claire ★★

1096, route 295 202274
 418 899-2834 - municipaliteauclair.ca
 133 sites - 7 Ready-to-Camp 60% From \$ 31
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Biencourt

Chalets et camping Biencourt ★★

1, chemin du Camping 202381
 418 499-2353 - campingbiencourt.com
 49 sites / 18 chalets - 8 Ready-to-Camp From \$ 17
 📶 🚰 🇺🇸 🏠 🚰 🚰 🚰 🚰

Dégelis

Camping plage municipale Dégelis ★★★★★

380, route 295 202403
 418 853-2332 - 1 877 334-3547 - degelis.ca
 83 sites / 5 chalets 40% From \$ 26
 📶 🚰 🇺🇸 🏠 🚰 🚰 🚰 🚰 🚰

Lejeune

Les beaux Lieux 🍷

266, rang du Lac 627813
 418 836-0666 - campingbeauxlieux.ca
 36 sites - 12 Ready-to-Camp 0% 📶 🚰 🇺🇸 🏠 🚰 🚰 🚰 🚰

Packington

Camping municipal Packington ★★

585, 5^e Rang Sud 205656
 418 853-5680 - packington.org
 45 sites - 1 Ready-to-Camp 50% From \$ 20 \$

Pohénégamook

Camping plage Pohénégamook

50, chemin de la Tête-du-Lac 221896
 418 859-3346 - 1 800 463-1364 - campingplagepohene-gamook.com
 81 sites - 1 Ready-to-Camp 75% 📶 🚰 🇺🇸 🏠 🚰 🚰 🚰 🚰 🚰

Marina Témiscouata-sur-le-Lac ★★

Saint-Honoré-de-Témiscouata



Price Range

- \$: Under 75
- \$\$: 75 \$-100 \$
- \$\$\$: 101 \$-150
- \$\$\$\$: 151 \$-200 \$
- \$\$\$\$\$: Over 200

Pictograms Legend p. 172

Non-traditional Accommodations

Kamouraska

Kamouraska

Pavillon du Foin de mer ★★★

85, avenue Leblanc 233435
 418 492-7081 – 1 888-492-7085 - aubergefoindemer.com
 4 units - \$\$\$\$ -

Témiscouata

Témiscouata-sur-le-Lac

Auberge de la gare ✱

5, rue de la gare 129091
 418 854-9315 - aubergedelagare.net
 6 units - \$\$ -

Rivière-Bleue

Érablière A. Dumais ✱

437, rue Saint-Joseph Nord 297507
 418 893-2121
 6 units - \$ -

Saint-Honoré-de-Témiscouata

Parc du Mont-Citadelle - Yourtes ★★

69, route du Mont-Citadelle 231711
 418 497-2011 – 1 855 597-2011 - montcitadelle.com
 4 units - \$\$\$ -

Rivière-du-Loup

Rivière-du-Loup

Auberge du Phare du Pot à l'Eau-de-Vie ★★

200, rue Hayward 273302
 418 867-1660 – 1 877 867-1660 - duvetnor.com
 3 units - \$\$\$\$ -

Rimouski-Neigette

Rimouski

Domaine Floravie - cabines ✱

100, route Santerre 278935
 418 736-4000 – 1 855 736-5755 - domainefloravie.com
 6 units - \$\$ -

Domaine Floravie - chalets sur roues

« Tiny House » ✱

100, route Santerre 627661
 418 736-4000 – 1 855 736-5755 - domainefloravie.com
 7 units - \$\$\$\$ -



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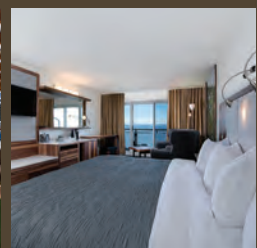
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aubergedelapointe.com

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A GRAND HOTEL WITH VIEWS OVER THE ST. LAWRENCE RIVER



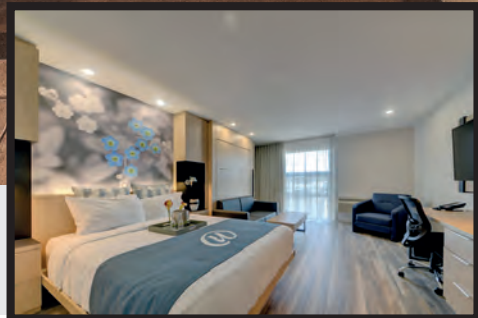
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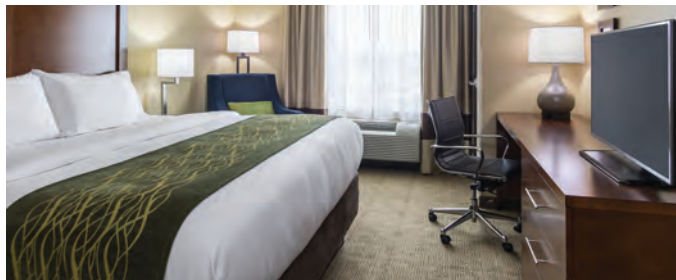


- 301 rooms
- 2 restaurants
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- Inside pool with water slide



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INN**

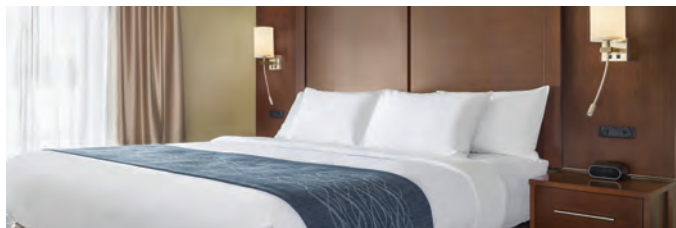
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- Ferry

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Rimouski, QC G5L 3P2
418 724-2500

85, boulevard Cartier
Rivière-du-Loup, QC G5R 4X4
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20
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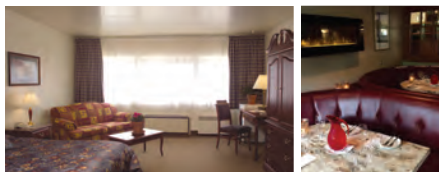
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RIVIÈRE-DU-LOUP

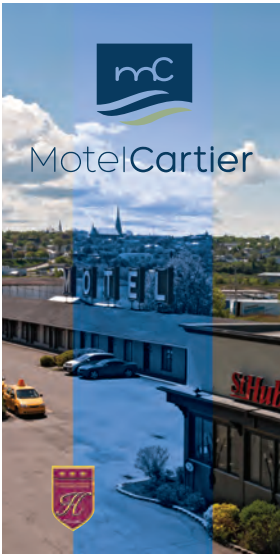
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The image shows a bright hotel room with two beds, each with a white sheet and a red blanket. There are two bedside lamps and a window with white curtains.

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The image shows the interior of the St-Hub Resto-Bar, featuring a bar counter, stools, and a menu board. There are logos for 'St-Hubert' and 'RESTO & BAR ST-HUB' visible.

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3

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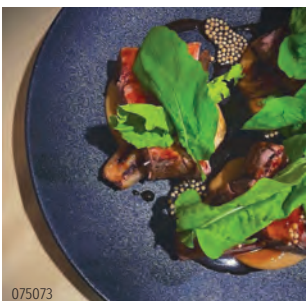
The image shows a long, white building with a balcony, situated on a rocky shore next to a river. The sky is blue and the water is calm.



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No Établissement : 003032



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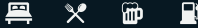


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www.campingriviereouelle.com 198030






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Bab-Saint-Laurent
CENTRE DE VILLÉGIATURE
1 800.562.2482
koabasstlaurent.com



202285

Le Moulin banal du Ruisseau

à la Loutre

156, route du Fleuve Ouest 217210
 418 750-3741 - 1 866 939-3076 - gitemoulinbanal.com
 3 units - \$ \$ - 📶 🚰 🚿 🚽 🚰

Cottages, Condos and Tourist homes

Témiscouata

Témiscouata-sur-le-Lac

Chalet Laroche

100, rue de l'Anse 250401
 418 580-3351 - rsvpchalets.com/chalets-a-louer/bas-saint-laurent/temiscouata-sur-le-lac-secteur-cabano/chalet-laroche/
 1 unité - 10 personnes - \$ \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰

Hébergement Témilac

33, rue de la Plage 023450
 418 854-7660 - chaletscampingtemilac.com
 12 units - \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰

Saint-Eusèbe

Chalets - Étang de pêche Lac-du-Repos

**

492, route du Lac-du-Repos 226796
 418 899-6238 - lacdurepos.com
 6 units - \$ \$ \$ \$ - AC 📶 🚰 🚿 🚽 🚰

Saint-Honoré-de-Témiscouata

Parc du Mont-Citadelle - chalets

69, route du Mont-Citadelle 231722
 418 497-2011 - 1 855 597-2011 - montcitadelle.com
 8 units - \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Rivière-du-Loup

Rivière-du-Loup

Auberge du lièvre et chalets

200, rue Hayward 273313
 418 867-1660 - 1 877 867-1660 - duvetnor.com
 16 units - \$ \$ \$ \$ - X 📶 🚰 🚿 🚽 🚰

Notre-Dame-des-Sept-Douleurs

Maison Le Bout d'en haut

7808, chemin de l'Île, île Verte 197116
 418 837-9768 - leboutdenhaut.com
 1 units - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰



Les Basques

Saint-Simon

Villa de l'Épervier

📍

2, rue du Cap-à-l'Aigle 297809
 418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-de-lepervier-avec-spa-prive/>

1 unité - 4 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Villa du Cerf

📍

95, route de la Grève 305918
 418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-du-cerf-avec-spa-prive/>

1 unité - 2 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Villa du Renard

📍

6, rue du Cap-à-l'Aigle 299028
 418 953-0951 - <https://www.rsvpchalets.com/chalets-a-louer/bas-saint-laurent/st-simon-sur-mer/villa-du-renard-spa-avec-spa-prive/>

1 unité - 6 personnes - \$ \$ \$ \$ \$ - 📶 🚰 🚿 🚽 🚰

Price Range

\$:	Under 75
\$\$:	75 \$–100 \$
\$\$\$:	101 \$–150
\$\$\$\$:	151 \$–200 \$
\$\$\$\$\$:	Over 200

Pictograms Legend p. 172

Cottages, Condos and Tourist homes

Les Basques

Trois-Pistoles

Parc naturel et historique

de l'île-aux-Basques – chalets

Marina de Trois-Pistôles 303418

418 554-8636 - Provencher.org

3 units - \$\$\$\$ - 🚰🚿🚰

Trois-Pistoles

La Marbella – chambres – studios – appartements

734, rue Notre-Dame Est 297550

418 851-4704 - 1 866 851-7839 - lamarbella.ca

4 units - \$\$\$ - 📶🚰🚿

Saint-Mathieu-de-Rieux

Domaine du Lac Saint-Mathieu

109, chemin du Lac Sud 270340

418 738-2034 - 1 800 562-2482 - koabasstlaurent.com

4 units - \$\$\$ - AC 📶🚰🚿🚰🚰🚰

Rimouski-Neigette

Rimouski

Au Vieux Loup de Mer – Chalets Hôteliers

3250, route 132 172933

418 750-5915 - vieuxloupdemer.com

13 units - \$\$\$\$ - 📶🚰🚿🚰🚰🚰🚰🚰🚰🚰

Chalets Anse au Sable

1100, boulevard Saint-Germain 049066

418 724-5110 - chaletsanseausable.com

6 units - \$\$ - 🚰🚿🚰🚰🚰🚰

Domaine Floravie – Maison L'Ancestral

100, route Santerre 294353

418 736-4000 - 1 855 736-5755 - domainefloravie.com

1 unité - \$\$\$\$ - 📶🚰🚿🚰🚰🚰

Domaine Floravie – Le Pensoir

100, route Santerre 264434

418 736-4000 - 1 855 736-5755 - domainefloravie.com

1 unité - \$\$\$\$ - 📶🚰🚿🚰🚰🚰

Les résidences de tourisme du parc national du Bic

3382, route 132 297457

418 736-5035 - 1 800 665-6527 - sepaq.com/pg/bic/

10 units - \$\$\$\$ - 📶🚰🚿🚰🚰🚰

Saint-Gabriel-de-Rimouski

Chalets Domaine Valga

300, chemin des Écorchis 189803

418 739-4200 - domainevalga.com

3 units - \$\$\$\$ - 🚰📶🚰🚿🚰🚰🚰

Saint-Narcisse-de-Rimouski

Réserve faunique Rimouski (Sépaq)

112, route de la Réserve-de-Rimouski 083370

418 735-2226 - 1 800 665-6527 - sepaq.com/rimouski

28 units - \$\$\$ - 🚰🚿🚰🚰🚰🚰

Capacité de l'unité la plus grande: 8

Chalets Réserve faunique Duchénier

1500, chemin Duchénier 157990

418 735-5222 - 1 866 535-5222 - reserve Duchénier.com

2 units - \$\$ - 🚰🚿🚰🚰🚰

La Mitis

Saint-Donat

Chalets parc du Mont-Comi

300, chemin du Plateau 078831

418 739-4858 - 1 866 739-4859 - mont-comi.ca

7 units - \$\$\$\$ - 📶🚰🚿🚰🚰🚰

Sainte-Luce

Domaine de la plage

37, route du Fleuve Est 002354

418 739-4638 - 1 866 739-4632

becfin@globetrotter.net

20 units - \$\$\$ - 📶🚰🚿🚰🚰🚰

L'APPÂT couchette 

19A, route du Fleuve Ouest 304671
 418 739-0139 – lappat-sur-mer.com
 Horaires: <https://www.facebook.com/lappatbuvette>
 2 units \$\$\$ –

Le Navigateur Villégiature

★★

15, rue des Villas 160462
 418 739-6944 - 1 866 779-6944 – navigateurvillégiature.com
 30 units – \$\$\$ –
 Capacité de l'unité la plus grande: 4

Motel Au Bec Fin

★

107, route du Fleuve Est 002332
 418 739-4362 - 1 877 739-4362 - becfin@globetrotter.net
 12 units – \$ –

Summer Camps

Kamouraska**Saint-Alexandre-de-Kamouraska****Camp musical de Saint-Alexandre** ★★★★★

267, rang Saint-Gérard Est 085411
 418 495-2898 – campmusical.com
 93 units –

Rivière-du-Loup**Saint-Modeste****Camp Richelieu Vive la Joie**

★★★

26, route de la Station 075880
 418 862-5919 - 1 877 862-5919 – campvivelajoie.com
 112 units

Youth Hostels

Rivière-du-Loup**Auberge internationale de Rivière-du-Loup**

★★★★

46, rue de l'Hôtel-de-Ville 076381
 418 862-7566 - 1 866 461-8585 – aubergedrl.com
 40 units – \$ –

Rimouski-Neigette**Espace Globetrotter**

★★

133, rue Léonard 220065
 418 725-4600 - 1 888 725-4603 – espace-globetrotter.com
 10 units – \$ –

Student Residences

Kamouraska**La Pocatière****Résidences du Cégep de La Pocatière**

★★★

140, 4^e Avenue 036665
 418 856-3828 – cegeplapocatiere.qc.ca
 31 units – \$ –

Rimouski-Neigette**Résidence Cégep Rimouski**

★★★

320, rue Saint-Louis 057190
 418 723-4636 - 1 800 463-0617 - cegep-rimouski.qc.ca
 180 units – \$ –

Campgrounds and Ready-to-Camp

Kamouraska**Mont-Carmel****Camping du Lac de l'Est** 

201, rue des Chênes 198866
 418 498-2318 – campingdulacdelest.ca
 151 sites 40% From \$ 36

Rivière-Ouelle**Camping Rivière-Ouelle**

★★★★

176, chemin de La Pointe 198030
 418 856-1484 - 1 888 856-1484
campingriviereouelle.com
 250 sites / 5 Ready-to-Camp 50% From \$ 37

Saint-Alexandre-de-Kamouraska**Camping Le Rayon de soleil**

★★★★

571, rang Saint-Édouard Ouest 198015
 418 495-2677 – campinglerayondesoleil.com
 187 sites / 2 Ready-to-Camp 40% From \$ 32

Saint-André**Camping de la batture**

★

273, route 132 Ouest 202436
 418 493-9984 – sebka.ca
 99 sites - 4 Ready-to-Camp 35% From \$ 22

Saint-Louis-du-Ha! Ha!

Camping du Lac Dôle ★★★

50D, rang Beauséjour 202263
 418 854-3563 - lacdole.com
 81 sites - 4 Ready-to-Camp From \$ 30
 🏠 🚰 🚽 🚿 🚰 🚿

Saint-Michel-du-Squatec

Camping et chalets de Squatec ★★★

1, rue Richard-Pelletier 201670
 418 855-2340 - squatec.qc.ca
 51 sites / 12 chalets 🌙 50 % From \$ 20
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Parc national du Lac-Témiscouata, Camping Anse à William ★★★

400, Vieille Route 627424
 418 855-5508 - 1 800 665-6527
sepaq.com/temiscouata
 81 sites / 9 Ready-to-Camp From \$ 30
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Parc national du Lac-Témiscouata, Camping Grand lac Touladi ★★★

400, Vieille Route 627483
 418 855-5508 - 1 800 665-6527
sepaq.com/temiscouata
 66 sites From \$ 30
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Saint-Pierre-de-Lamy

Camping du Lac Sload *

2, chemin de la Villégiature 202311
 418 714-0215 - campinglacsload2019@hotmail.com
 31 sites 🌙 50 % From \$ 20
 🏠 🚰 🚽 🚿 🚰 🚿

Rivière-du-Loup

Rivière-du-Loup

Camping de l'île aux Lièvres **

200, rue Hayward 222367
 418 867-1660 - 1 877 867-1660 - duvetnor.com
 25 sites From \$ 40 \$
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Camping du Quai ★★★★★

70, rue de l'Ancrege 206754
 418 860-3111 - 1 866 860-3111 - campingduquai.com
 150 sites / 1 prêt-à-camper 🌙 20 % From \$ 29
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Camping municipal de la Pointe ★★★★★

2, côte des Bains 198026
 418 862-4281 - 1 844 344-4281
campingmunicipaldelapointe.ca
 104 sites 🌙 60 % From \$ 26
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Saint-Antoine

Camping Chez Jean ★★★★★

434-A, rue Principale 198004
 418 862-3081 - campingchezjean.com
 223 sites / 1 prêt-à-camper 🌙 40 % From \$ 28 \$
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Camping Lido ★★★★★

928, chemin de Rivière-Verte 198741
 418 862-6933 - 1 866 493-6933 - camping-lido.net
 160 sites 🌙 40 % From \$ 33
 🏠 🚰 🚽 🚿 🚰 🚿

Saint-Modeste

Camping La Coulée Douce **

230, route de la Station 205354
 418 868-0383 - campinglacouleedouce@gmail.com
 84 sites 🌙 20 % From \$ 26
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Notre-Dame-des-Sept-Douleurs

Camping Ô fleuve

7301, chemin de l'Île 627594
 418 492-7799 - lamijotee@outlook.com
 7 sites / 1 prêt-à-camper 🌙 50 % From \$ 40
 🏠 🚰 🚽 🚿 🚰 🚿

Les Basques

Saint-Mathieu-de-Rioux

Camping KOA Bas-Saint-Laurent ★★★★★

109, chemin du Lac Sud 202285
 418 738-2034 - 1 800 562-2482 - koabasstlaurent.com
 253 sites / 6 Ready-to-Camp 🌙 10 % From \$ 42
 🏠 🚰 🚽 🚿 🚰 🚿

Trois-Pistoles

Camping municipal de Trois-Pistoles ★★★★★

100, rue du Chanoine-Côté 198052
 418 851-4515 - campingtrois-pistoles.com
 181 sites 🌙 70 % From \$ 39
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Campgrounds and Ready-to-Camp

Les Basques

Trois-Pistoles

Camping Plage Trois-Pistoles ★★★

130, chemin Rioux 202425

418 851-2403 - campingplagetrois-pistoles.ca

230 sites ● 10% From \$ 35

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Rimouski-Neigette

Rimouski

Camping Île Saint-Barnabé

1, rue de la Marina 221837

418 723-2280 - ilestbarnabe.com

12 sites ● 50% From \$ 25

🚰🚰🚰 Eau non potable

Camping parc national du Bic ★★★

3382, route 132 (district Le Bic) 199032

418 736-5035 - 1 800 665-6527 - sepaq.com/pg/bic

286 sites / 49 Ready-to-Camp ● 30% From \$ 32

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Camping Rimouski ★★★

1105, boulevard Saint-Germain Ouest 199124

418 721-0322 - campingrimouski.com

121 sites / 2 Ready-to-Camp ● 45% From \$ 29

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Saint-Fabien

Camping municipal de Saint-Fabien ★★

33, route 132 Ouest 202392

418 869-3311 - parcdubic.com

73 sites ● 30% From \$ 26

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Saint-Narcisse-de-Rimouski

Camping Canyon des Portes de l'Enfer

1280, chemin Duchénier 206570

418 735-6063

terfa.ca/fr/terfa/canyon-des-portes-de-l-enfer

14 sites ● 25% From \$ 25

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Camping Lac Rimouski ★

Réserve faunique de Rimouski 199216

112, route de la Réserve-de-Rimouski

418 735-2226 - 1 800 665-6527 - sepaq.com/rimouski

4 sites From \$ 28

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Centre plein air du grand lac Ferré

971, route Taché 221452

418-735-6363 - campingplagelacferre.com

53 sites / 9 Ready-to-Camp ● 0% From \$ 26

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4

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**Tourist information
for Bas-Saint-
Laurent**

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Pictograms**

**Map of Québec
Tourism Region**

Regional Map

General Information

Useful information

Tourist information for all regions

Phone : 1 877 BONJOUR (266-5687)
Email : info@quebecoriginal.com
Online : QuebecOriginal.com
Social media : #QuebecOriginal

 /tourismequebec  /TourismeQuebec
 /tourismequebec  @quebecoriginal
 /tourismequebec

Brick and mortar :

Centre Infoturiste in Montréal, Québec, Rigaud, Rivière-Beaudette or Dégelis (permanent visitor information centres that provide a range of tourist services and products).






BonjourQuebec.com and plan your vacation on QuebecOriginal.com. The Ministère du Tourisme du Québec is proud to support the province's tourism businesses, both large and small. The Ministry's website, QuebecOriginal.com, presents valuable information for tourists and residents alike on attractions throughout Quebec.

bonjour
québec

Tourisme
Québec 

Tourist information for Bas-Saint-Laurent

Phone : 1 800 563-5268 - 418 867-3015
Email : info@bassaintlaurent.ca
Online : bassaintlaurent.ca
Social media : #tourismebassaintlaurent


 @bassaintlaurent  /TourismeQuebec
 @tourismeBSL  @bassaintlaurent
 @bassaintlaurent

TOURISME
BAS-SAINT-LAURENT


Official visitor information centres

 Office du tourisme et des congrès
de Rivière-du-Loup 

189, boulevard de l'Hôtel-de-Ville, Rivière-du-Loup
418 862-1981 / 1 888 825-1981
tourismeriviereduloup.ca

Tourisme Rimouski 
50, rue Saint-Germain Ouest, Rimouski
418 723-2322 / 800 746-6875
tourismerimouski.com



Official visitor information centres are identified by the  pictogram on road signs and in tourist brochures.

4



Tourist Information Stand(s) unstaffed

Tourist Information Stand de Saint-Michel-du-Squatec

1, rue Richard-Pelletier, Saint-Michel-du-Squatec
squatec.qc.ca

Seasonal Centres

The service is generally offered every day from mid-June to Labor Day.

Bureau d'accueil de Kamouraska

69A, avenue Morel, Kamouraska
 418 492-1325 - kamouraska.ca

Bureau d'accueil de Notre-Dame-du-Portage

Halte routière, autoroute 20, Notre-Dame-du-Portage
 418 862-3559 - tourismeriviereduloup.ca

Bureau d'accueil de Pohénégamook

1309, rue Principale, Pohénégamook
 418 863-7722 - pohenegamook.net

Bureau d'accueil Saint-Fabien

33, route 132, Saint-Fabien
 418 869-3333 - parcdubic.com

Bureau d'information touristique de Saint-Pascal

215, avenue Rochette, Saint-Pascal
 418 492-7753 - villesaintpascal.com

Bureau d'information touristique de Témiscouata-sur-le-Lac

7B, boulevard Industriel, Témiscouata-sur-le-Lac
 418 854-9406 - temiscouatasurlelac.ca

Bureau d'information touristique de Trois-Pistoles

51, route 132, Trois-Pistoles
 418 851-3698 - tourismelesbasques.com

Maison régionale du Bas-Saint-Laurent

10, route du Quai, La Pocatière
 418 856-5040 - 1 888 856-5040
tourismekamouraska.com

Transportations



Airports

Rivière-du-Loup Airport

418 867-5001

Rimouski Airport

418 724-3177

Regional Airport of Mont-Joli

418 775-3347

aeroportmontjoli.com

Fuelling station, flight information kiosk, cooperative taxi, car rental. Air links to the North Shore, Wabush, Bonaventure, Îles de la Madeleine, Montréal and Québec City. Shuttle to hotels in Mont-Joli and Sainte-Flavie.



Marinas

Club de Yacht Cabano

418 854-3887

Club nautique de Rivière-du-Loup

418 862-1138

Marina de Rimouski Est

418 723-0202

Marina du Bic, parc national du Bic

418 736-5035

Marina du Centre de Plein Air de Notre-Dame-du-Lac

418 899-6820

Marina Sous-Bois De l'Anse

418 899-6468

Marina Ville Dégelis Inc.

418 853-3834



Ferries

Témiscouata-sur-le-Lac/ Saint-Juste-du-Lac

418 940-1001

traversedutemiscouata.com

The MV Corégone welcomes all types of vehicles and passengers on foot, accommodating 20 vehicles and 49 passengers. Crossing time: 15 minutes. No reservations required, but reservations are recommended for buses. Open : June 15 to September 15; departs on the hour from Notre-Dame-du-Lac sector and on the half-hour from Saint-Juste-du-Lac.

Rivière-du-Loup/ Saint-Siméon

418 862-9545 - 418 862-5094
traverserdl.com

A unique décor awaits passengers aboard the MV Trans-Saint-Laurent. Capacity: 100 vehicles, 400 passengers. Services: restaurant (May to October), lunch counter, local products, bar, elevator. Crossing time: 65 minutes.

No reservations required, except buses. Open : 2 to 4 departures/ day, April to January.

Notre-Dame-des-Sept-Douleurs/L'Isle-Verte

Société des traversiers du Québec

418 898-2843 traversiers.com

Hop aboard the MV Peter-Fraser and head out to explore the beautiful, peaceful countryside of Île Verte. Cars, cyclists and passengers on foot all welcome. Crossings are scheduled according to the tides. Crossing time : under 30 minutes. Reservations recommended

for vehicles. Open: end of April to November or December, as ice conditions permit.

Trois-Pistoles/ Les Escoumins

1 877 851-4677 - 418 851-4676
traversiercnb.ca

Crossing time: 90 minutes. Reservations are required and can be made online or by phone. Open : Mid-May to mid-October, 2 or 3 departures/ day, according to the tides.

Rimouski/Forestville

1 800 973-2725 - 418 725-2725
traversier.com

The CNM Évolution links the Bas-Saint-Laurent and the Côte-Nord. Accommodating 175 passengers and 30 vehicles, this ferry is the fastest in Québec, crossing from Rimouski to Forestville in just 60 minutes. Reservations required for vehicles. Open : May to September.



Bus

Orléans Express

1 833 449-6444 Sans frais

The main bus operator in Quebec, which offers daily departures, serves a territory that extends from Montreal to Gaspé and includes Trois-Rivières, Quebec, Bas-Saint-Laurent and Center-du-Québec.

Health



Hospitals

Hôpital Notre-Dame de Fatima

1201, 6e Avenue Pilote,
La Pocatière
418 856-7000

Hôpital de Notre-Dame-du-Lac

58, rue de l'Église,
Témiscouata-sur-le-Lac
418 899-6751

Centre hospitalier régional du Grand-Portage

75, rue Saint-Henri,
Rivière-du-Loup
418 868-1000

Centre hospitalier de Trois-Pistoles

550, rue Notre-Dame Est,
Trois-Pistoles
418 851-3301

Centre hospitalier régional de Rimouski

95, rue de l'Évêché Ouest,
Rimouski
418 725-0544

Services



Caisse Desjardins de Rivière-du-Loup

315, boulevard Armand-Thériault,
Rivière-du-Loup, 418
862-7255 - 1 800 551-2500



Gas Station

Station-service Shell Station-service Gaz bar Saint-Patrice

256, rue Fraser, Rivière-du-Loup
418 867-4966 • 418 867-7070
bleupelican.com

Convenience store, gasoline, diesel, propane, car wash, fireworks, beers. Blue Pelican rental (24/7): automobile, canions, equipment, minibus. Schedule: All year, 6 a.m. to midnight.



Québec for All : Accessibility for People with Disabilities

514 252-3104

www.QuebecForAll.com

Kéroul assesses the accessibility of different businesses based on a set of criteria recognized by Tourisme Québec. It's platform Québec for All offers a wide range of cultural and tourist information for visitors with reduced mobility.

Accessibility



The accessible rating means that the establishment meets all the accessibility criteria and offers a satisfactory visitor experience for the majority of people with reduced mobility.



The partially accessible rating means that the establishment meets the main accessibility criteria but has some missing elements that could affect the experience of some people with reduced mobility.



Tourist and Leisure Companion Sticker

vatLorg

Companions of disabled individuals with this sticker are admitted free of charge to participating tourism, cultural and recreational attractions.

Travelling in Québec

Bars, Casinos and Purchasing Alcohol

You must be at least 18 years old to enter bars, pubs, nightclubs and casinos, as well as to purchase or consume alcohol (be prepared to produce ID if asked). Wines and spirits are sold through the Société des alcools du Québec (SAQ), the provincial liquor board. Beer is available at grocery and convenience stores, which also stock a limited selection of wines.

Cell phones

Use of a cell phone is prohibited while driving.

Coast Gard

1 888 463-4393

Comment or Conveying Dissatisfaction

If you wish to comment on or are dissatisfied with the tourism services you received in Québec, please contact :

Alliance de l'industrie touristique du Québec
1 877 686-8358, option 7
commentaire@allianceturistique.com

Currency Exchange

There are numerous exchange offices in Québec's main urban centres. Airports also offer exchange services. Some businesses accept American money, but tend to offer a less competitive rate than the exchange offices.

Driving in Québec

Since Canada uses the metric system, speed limits and distances are posted in kilometres per hour (km/h) and gasoline is sold by the litre (l). It is illegal to transport or use radar detectors in Québec.

Drugs and Driving

This Act introduces a zero-tolerance principle when it comes to drugs and driving by prohibiting anyone from driving a vehicle if there is a detectable presence of cannabis or any other drug in that person's saliva. Offenders are subject to an immediate 90-day suspension of their driver's licence. The new legislation also includes other measures, such as the prohibition from consuming drugs (cannabis or any other drug) in a road vehicle, on an off-road vehicle or on a bicycle.

Road conditions

For information on road conditions or other aspects of trip-planning, call 511 ou 1 888 355-0511 ou visitez quebec511.info.

Taxes

Québec has two taxes : the 5% federal goods and services tax (GST), and the 9.975% Québec sales tax (QST). An accommodation tax of 3.5% of the room price per night also applies in our region.

Tides

1 877 775-0790, faites le 1

Tipping

Tipping is customary in restaurants, bars and taxis. The amount, which is not included in the bill, is generally equivalent to 15% of the total bill before taxes. For quick tip calculations, Québécois normally add up both taxes. Tipping bellhops or porters is at your discretion (generally, \$1 per bag).

Tourist route

The official tourist routes are clearly marked with blue signs. They are designed to highlight the attractions of the regions through which they pass, and to enable visitors to discover the extent of Québec's natural and cultural treasures. quebecoriginal.com/tourist-routes.

Tourist signage

In Québec, tourist regions and directions to services, attractions and activities are indicated by blue road signs. For more information, visit panneaubleu.com and tourisme.gouv.qc.ca/signalisation (in French only).

Village-relais accredited services

If you feel like taking a break or require assistance while on the road, look for the Village-relais signs. These point to villages that, together with local businesses, offer a range of accredited services and a safe and pleasant place to stop. villages-relais.qc.ca.

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Only the members of the regional tourism association are included in this guide. The information in this guide was up to date as of winter 2022, and is subject to change without notice.

Emergencies

Emergency

911, 310-4141 ou *4141 (d'un cellulaire)

Info-Santé (Medical advice)

811

Québec Poison Control Centre

1 800 463-5060

4

Voltage

In Québec, the standard voltage is 110 volts/60 cycles, as it is throughout North America. Since the outlets cannot accommodate European plugs, you will need to bring or buy an adaptor.

Winter tires

From December 1st to March 15, all taxis and passenger vehicles registered in Québec must be equipped with winter tires. This requirement also applies to rental passenger vehicles in Québec.

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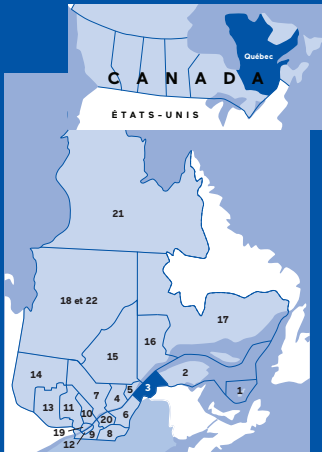
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Legend of Pictograms

- % of shady sites
- 30 amp electricity
- 50 amp electricity
- Air conditioning
- Approved Cyclists Welcome
- Architecture, heritage building
- Beach
- Belvedere
- Boating
- Boat Launch
- BWOB
- Camping
- Cash only
- Certified Ecotourism Adventure
- Classification of Accomodations exepting Gites
- Classification of Gites
- Charging station
- Climbing
- Complete Sanitary Bloc
- Cottage Rental
- Covered Bridge
- Cross-country skiing
- Cycling
- Direct admission
- Downhill skiing
- Electricity
- Equipement Rental
- Falls
- Ferry
- First Nation Content
- Fishing
- Free admission
- Free Parking
- Free wireless Internet access
- Fitness Room
- Full accessibility
- Golf
- Hiking
- Horseback riding
- Hospital
- Hunting
- Ice Fishing
- Indoor Swimming Pool
- Licenced restaurant
- Kitchenette
- Laundry room
- Lighthouse
- Marina
- Marine Mammals Observation
- Meeting Room
- Mini fridge
- Microwave
- Mountain Biking
- Ornithology
- Outdoor Swimming Pool
- Paid admission
- Partial accessibility
- Permanent Tourist Information Centre
- Pets accepted
- Picnic Area
- Places to Eat
- Playground
- Private Bathroom
- Pump-out station
- Quad
- Regional Airport
- Relaxation center
- Shared bathroom
- Shared kitchen
- Seasonal Operation
- Skating
- Route des Frontières
- Route des Monts-Notre-Dame
- Route des Navigateurs
- Route verte
- Seasonal Tourist Information Centre
- Spa
- Support
- Rating-Pending
- Reat Area
- Snowmobile
- Snowshoeing
- Tasting
- Tennis
- Tent Only
- Tourist Information Stand
- Unusual Accommodation
- Village-relais accredited services
- Water Access
- Waxing Station
- Wildlife Observation

Québec Tourist Regions



01 Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
02 Gaspésie	tourisme-gaspesie.com
03 Bas-Saint-Laurent	bassaintlaurent.ca
04 Québec	quebec-cite.com
05 Charlevoix	tourisme-charlevoix.com
06 Chaudière-Appalaches	chaudiereappalaches.com
07 Mauricie	tourismemauricie.com
08 Cantons-de-l'Est	cantonsdelest.com
09 Montérégie	tourisme-monteregie.qc.ca
10 Lanaudière	lanaudiere.ca
11 Laurentides	laurentides.com
12 Montréal	mtl.org
13 Outaouais	tourismeoutaouais.com
14 Abitibi-Témiscamingue	tourisme-abitibi-temiscamingue.org
15 Saguenay-Lac-Saint-Jean	tourisme.saguenay.ca
16 Côte-Nord Manicouagan	tourismecote-nord.com
17 Côte-Nord Duplessis	tourismecote-nord.com
18 Baie-James	decrochezcommejamais.com
19 Laval	tourismelaval.com
20 Centre-du-Québec	tourismecentreduquebec.com
21 Nunavik	nunavik-tourism.com
22 Eeyou Istchee	decrochezcommejamais.com

Getting there



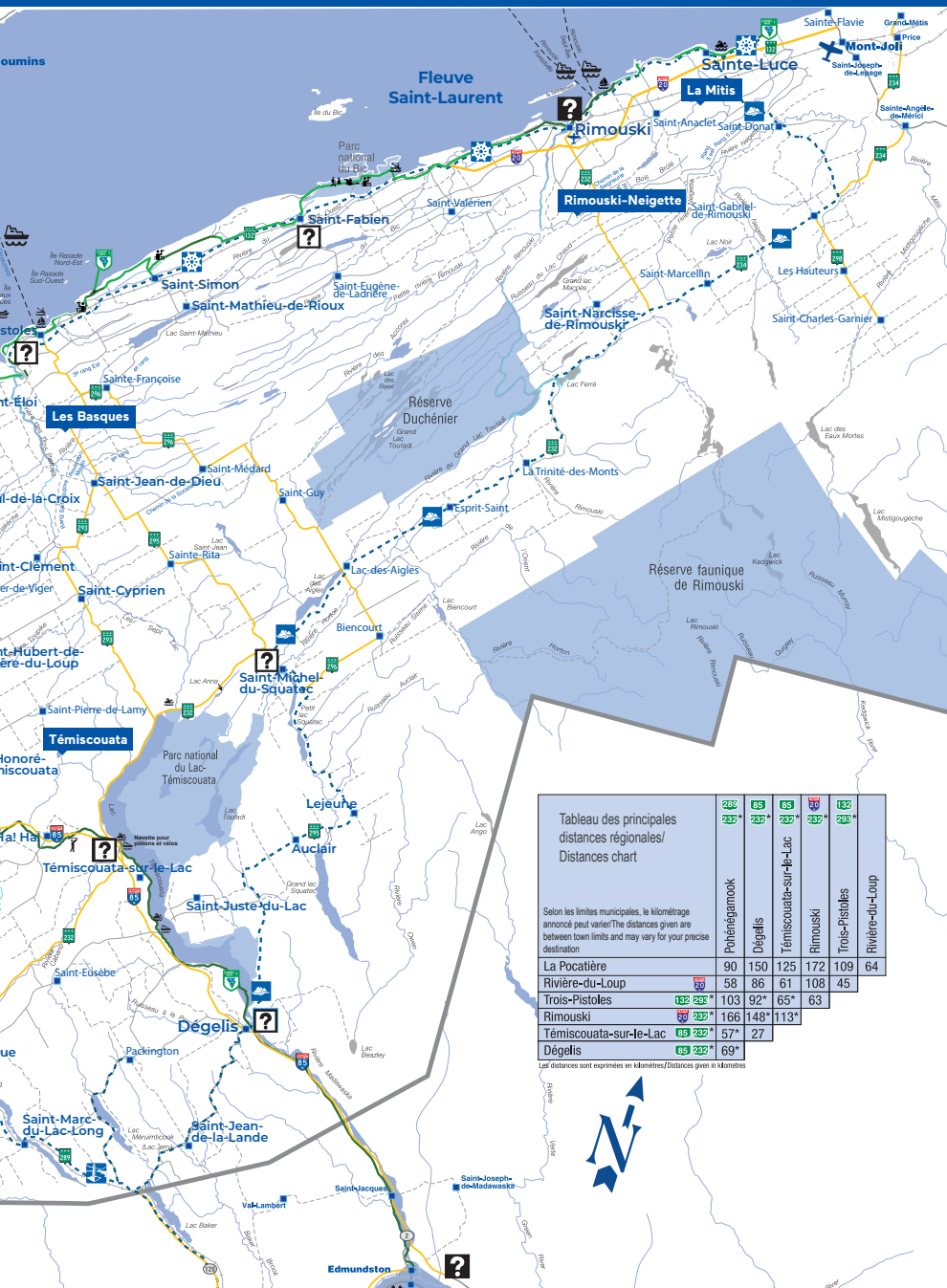


Tableau des principales distances régionales / Distances chart

Selon les limites municipales, le kilométrage annoncé peut varier. The distances given are between town limits and may vary for your precise destination.

	203	65	63	103	166	163
	232*	232*	232*	232*	232*	232*
	Poïnégamook	Dégelis	Témiscouata-sur-le-Lac	Rimouski	Trois-Pistoles	Rivière-du-Loup
La Pocatière	90	150	125	172	109	64
Rivière-du-Loup	58	86	61	108	45	
Trois-Pistoles	103	92*	65*	63		
Rimouski	166	148*	113*			
Témiscouata-sur-le-Lac	63	57*	27			
Dégelis	63	232*	69*			

Les distances sont exprimées en kilomètres / Distances given in kilometers



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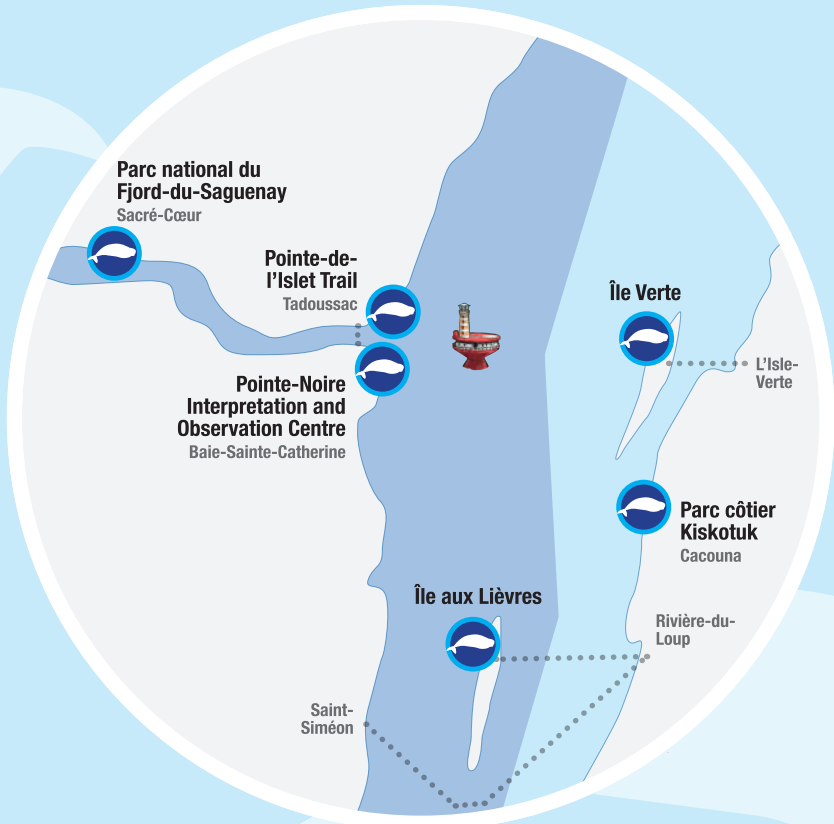
Network of tourist information centres



- Personalized service by qualified staff
- Official tourist guides to Quebec regions
- Suggested itineraries
- Full details on attractions, events and accommodation



SAGUENAY-ST. LAWRENCE
MARINE PARK



Beluga whale watching from the shore

marinepark.qc.ca

Discover 6 observation sites.
While at sea, navigate
without disturbing.



621

Rimouski
shmp.qc.ca



Empress of Ireland Museum



Submarine

ONONDAGA
Pointe-au-Père



Lighthouse Station



Parks
Canada

Parcs
Canada

**Pointe-au-Père Lighthouse
National Historic Site**