
2020 - 2021 OFFICIAL TOURIST GUIDE
English version
Laurentians
laurentians.com
TOURISM LAURENTIANS
CASINO MONT-TREMBLANT
québec original
Québec

CASINO
MONT-TREMBLANT



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casinomonttremblant.ca 18+



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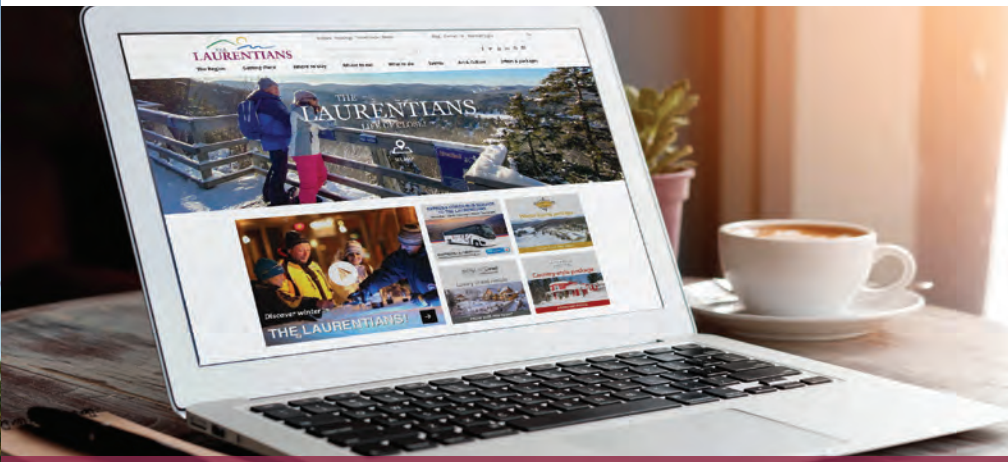
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Tourism Laurentians offers a choice of Web ressources to help visitors plan their trip in the Laurentians.

You can download this guide in pdf format and the following tools:



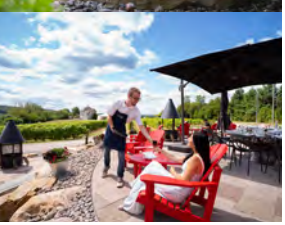
These tools are also distributed in the region's tourist information bureaus
(refer to pages 170 and 171 for list).











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Use the regional map located in the section at the end of the guide to find your way around easily.

© Epic Trails TV, Tourisme Laurentides

Cover: parc régional du Poisson Blanc/ © Tourisme Laurentides

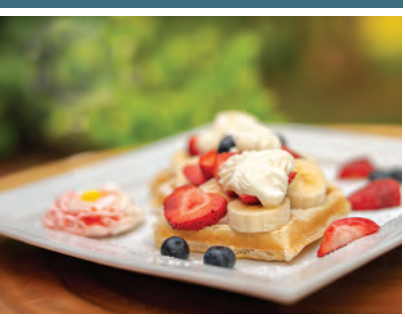


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…Discover the region's well-kept secrets





…Pamper yourself

…Experience a personalized visit thanks to the warm welcome of your hosts

…Savour local flavours

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Consult the Bed & Breakfasts and Hotels pages: 144 to 152

The Laurentians on the Web



In addition to its tourist guide, Tourisme Laurentides has a series of online tools at your disposal to inspire you and help plan and share your trip.

Website

Click the **What to do** tab for a variety of activities and events each season, throughout the region. Discover our **Offers and packages:** lodging, outdoor activities, spas, and fine dining. Don't forget to take a look while you plan your next vacation to the Laurentians!

laurentians.com

Facebook

Our Facebook page is brimming with activity and event ideas to make the most of your visit to the region. Make sure to check it out and post your comments or questions about the region. We'll be happy to reach out to you!

facebook.com/TourismeLaurentides

Instagram

Share your most beautiful escapades and magical moments in the Laurentians on our Instagram account! Each month, we share our favorite photos with the #Laurentians tag on our blog.

instagram.com/tourismelaurentides
#theLaurentians

Blog

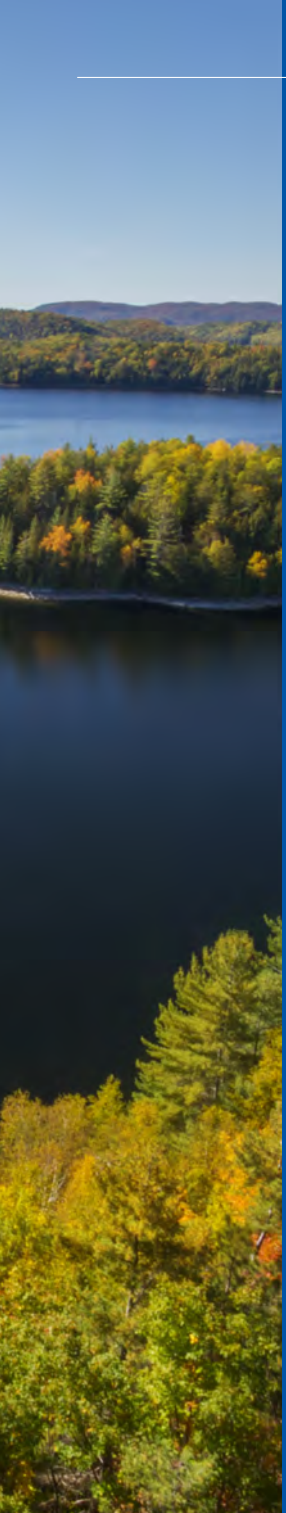
Each weekend, we recommend special events and activities in the Laurentians on our blog. You can also find relevant articles on seasonal activities, year-round.

blog.laurentians.com

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Parc régional du Poisson Blanc, Notre-Dame-du-Laus



© Tourisme Laurentides

1

Profile of the region

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8 → **Must-see Attractions**

12 → **Sectors (RCM)**

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20 Thérèse-De Blainville
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28 Pays-d'en-Haut
32 Laurentides
38 Antoine-Labelle



The Laurentians
LIFE, UP CLOSE!

Némiscachingue Lake, Lac-Bazinet



Laurentians Overview

We invite you to come and discover a region of exceptional landscapes. With wide-open spaces peppered with lively villages, a rich and diversified cultural heritage accessible in all four seasons, the Laurentian region is full of historical interest.

In this fabulous decor, come and invent your own scenario in a festive atmosphere with a getaway in the heart of nature. Adventure out on the region's waterways... there are more than 9 000 lakes and rivers and it is also known for the beauty of its Nordic spas and water parks, the quality of its game fishing and nautical activities of every sort.

When winter means outdoor activities on mountain summits, in the heart of snowbound forests, on snowshoeing trails or out on the slopes, winter sports are top of the list! Rediscover your inner child and breathe in the fresh air up North!

Fall colors are spectacular from south to north, from east to west; you'll be amazed at the variety of distinctive landscapes.

The Laurentians is honored as the birthplace of alpine and cross-country skiing in Eastern North America, as well as being a golfing destination of international caliber, and the land where snowmobile touring and cyclo-tourism were pioneered on Le P'tit Train du Nord linear park.

And if one was to recognize the distinctive character of the region, it would have to be the quality of its lodgings which, allied to its numerous attractions, has made it a distinguished leader as a four-season holiday destination, able to welcome a worldwide clientele with considerable warmth and down-home authenticity.

From a night in the forest to the most luxurious tourist residences, and with B&Bs, small inns, holiday camps and treehouses to choose from, the Laurentians knows how to welcome its guests. Renowned chefs invite you to sample their gastronomic delights as they prepare menus based on fine regional produce. From regional cuisine to World cuisine, it's a voyage in itself.



Must-see Attractions 9



Four-season holiday destination

Set in some of the most gorgeous landscapes of Québec, right in the heart of North America, the Laurentian region is recognized for its uncompromising leadership as a four-season holiday destination. Renowned for the quality and variety of its lodging, from B&Bs to resort hotels, country inns and outfitters, plus chalets, teepees and other innovative, non-traditional concepts, the Laurentians also offers a unique price/quality ratio for lodging and a wide range of exciting activities.

The great outdoors in the Laurentians... Magnificent!

The Laurentian's wide-open spaces are showcased across an immense natural territory. At any time of year, from the snows of winter to the lushness of summer and the flamboyancy of fall, outdoor fun is always near at hand. Our national parks at Mont-Tremblant and Oka are justly famed, as are the Papineau-Labelle and Rouge-Matawin wildlife reserves, and let's not forget the several large regional parks, all providing easy access to unspoilt nature. Enjoy activities in all four seasons, with accommodation in picturesque natural settings. Laurentian outfitters provide vast territories for fishing, hunting and forest getaways (snowmobiling, ATVing, dogsledding). And our rustic forest inns are a must in any season.



© Zoom Multimédia 2019, parc régional Montagne du Diable

Lively towns and villages

Whether you trip through the mountains or take country backroads, go hiking, cross-country skiing, snowshoeing or biking, or venture onto snowmobile or ATV trails, you'll discover animated towns and villages filled with all sorts of treasures and an incomparable *joie de vivre*. We invite you to think outside the box and meet the good folks who are the heart and soul of Laurentian tourism: more than 30 000 individuals passionate about tourism and committed to ensuring that your stay remains an unforgettable experience!





The Saint-Sauveur Valley

With the most illuminated ski resorts in Eastern North America, Saint-Sauveur Valley provides fun and games for visitors year-round. Les Sommets operates five different resorts and an incredible water park in summer. Famous for its exceptional gastronomy and events like the internationally renowned Festival des Arts de Saint-Sauveur, there's always a reason to celebrate in the Valley. A visit to the Laurentian Ski Museum is a must to discover the remarkable history of skiing in the region, where legendary figures such as Jackrabbit Johannsen will inspire you. Boutiques, art galleries, factory outlets, spas and all kinds of lodging options are all set to make your stay a memorable one!



Sainte-Marguerite-du Lac-Masson

© Sommet Saint-Sauveur

Destination Mont-Tremblant

Well-served by an international airport, the Mont-Tremblant area is privileged to have on its territory the Tremblant Resort named among the top 25 ski villages in the world by National Geographic in 2014. Visitors enjoy more than 600 acres of skiable terrain, outstanding golf courses, the National Park and the Mont-Tremblant Casino. World-class events are held in Tremblant, including one leg of the Ironman race series and the International Blues Festival. Four-season activities and events, exceptional lodging facilities, health spas and the famous pedestrian village with its enticing shops, restaurants and festive atmosphere. Everything is lined up for you to have the time of your life.





The festive nature of the Laurentians

In every corner of the Laurentians, north, south, east and west, there is no lack of fun to be had in the towns and villages! Downhill skiing, snowmobiling, cross-country skiing, cycling, maple sugaring off time, gastronomy, regional products, exhibitions, creative artisans, dance, classical music, blues, rock, World music, theater and fall colors, it's all happening come winter, summer and spring. National, international and regional events take place all year, season after season. We love to share our *joie de vivre* and invite you to enjoy the creativity of people from the region in the exceptional environment they call home.

Chemin du Terroir

In the southwestern part of the region, discover the Laurentians in a new light! Proudly highlighting our local products and heritage, Le Chemin du Terroir is an official signposted trail guiding you through bucolic landscape along 226 kilometres of country backroads. It's the ideal setting for a romantic getaway or family excursion. There's lots on the menu including educational tasting tours, nature activities and boutiques filled with local treasures. Throughout the year, you'll be welcomed with open arms and given a true taste of the Laurentians. Local producers and artisans await your next visit and don't forget to bring your cooler!



© Xavier Girard

Route des Belles-Histoires

Running over 280 km from Saint-Jérôme to Mont-Laurier, following Route 117 and Le P'tit Train du Nord linear park, you'll track along one of the routes used by the early settlers. Several side trips will take you to some sites of particular heritage interest. In addition, you can visit old railway stations and museums, or use interactive terminals and view short video presentations, all providing glimpses of local and regional history.





Le P'tit Train du Nord

Closely linked to the region's development, Le P'tit Train du Nord is a former railway line transformed into a bike path in 1996, providing a 234-kilometre trail through a natural wonderland. Bike from village to village, from one old train station to the next, and enjoy a warm welcome from your hosts. Your stay is guaranteed to be memorable, with hiking and biking getaways in summertime (luggage transportation available) and cross-country skiing or snowmobiling during the winter months. Le P'tit Train du Nord linear park has been recognized by National Geographic and is part of Québec's Route Verte biking network.



Baskatong Reservoir, Ferme-Neuve



Deux-Montagnes

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

Overlooked by the hills of Oka and Saint-Joseph-du-Lac, the Deux-Montagnes RCM offers a breathtaking view of Deux-Montagnes Lake and the Mille Îles River: it's the paradox of city living in the countryside. Discover the city's rustic side as you travel the country roads that wind farms, orchards, lavender fields, vineyards, and a diversity of cultural backgrounds. Or, for a more urban flair, learn about culture and heritage, mostly in the heart of the Old-Saint-Eustache and Oka Village. The Parc national d'Oka, with its myriad activities, will charm outdoor enthusiasts.

basseslaurentides.com

CULTURE AND HISTORY: 10	WINTER FUN: 2
TOURIST ROUTES: 1	GREAT OUTDOORS: 11
ADDITIONAL ACTIVITIES: 2	LOCAL FLAVOURS: 19

▼ Classified from east to west from the axis of Autoroute 640.



Deux Montagnes Lake, Oka

Saint-Eustache

45 230 inhabitants

saint-eustache.ca

Located north of the Mille Îles River, more than 45 000 inhabitants call the city of Saint-Eustache home. The city's convenient geographic location makes it possible to access the joys of urban life without sacrificing the serenity of life in the country. Old-Saint-Eustache, site of the 18th-century village and the 1837 Rebellion, is home to a number of historical buildings and charming boutiques, local stores and restaurants. The variety of activities offered, including the Festival of Buckwheat Cakes and Regional Products, *Les dimanches sur la promenade* (concerts) and the public market, make this heritage sector a lively place all year round.

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Public Markets	p.137
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Sugar Shacks and Country-style Dining	p.132
Vineyards and Microbreweries	p.139

Saint-Joseph-du-Lac

7 078 inhabitants

sjdl.qc.ca

Located in the Deux-Montagnes RCM, the municipality of Saint-Joseph-du-Lac is where agricultural and urban life coexist perfectly. Known for its varied agritourism and myriad orchards, the "Land of the apple" attracts both gastronomic voyageurs and hardy cyclists, who enjoy its mountains and country roads. With an incredible view of the Island of Montréal, it's impossible not to stop in Saint-Joseph-du-Lac, in the Lower Laurentians. It's just like going home!

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Pick-your-own and Orchards	p.130
Vineyards and Microbreweries	p.139



Moulin Légaré, Saint-Eustache

Oka

5 852 inhabitants

municipalite.oka.qc.ca

On the shores of the Deux Montagnes Lake, Oka is a popular destination for culture, sports, and food, which change with each season. Discover the municipality's historic gems and recreational tourist sites, including the abbey, the church, the cross, the ferry, the national park, and the golf course. Outdoor enthusiasts will love the beach, campground, hiking and cycling trails, mountain biking trails, and water activities. Try the local food: public markets, fruit and vegetable picking, farm kiosks, bistros, bakeries, chocolate shops, restaurants, and the excellent Oka cheese!

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Family Activities	p.118
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Public Beaches	p.86
Public Markets	p.137
Sugar Shacks and Country-style Dining	p.133



Oka

Saint-Placide

1 753 inhabitants

saintplacide.ca

The municipality of Saint-Placide is located on the shores of the majestic Deux Montagnes Lake. Approximately one hour away from Montréal, the rustic nature of the town is nothing short of exceptional. Come and admire the architecture of the magnificent heritage houses, that define the village centre, as well as the colourful landscapes of the largely agricultural territory. Whether for Québec's national day celebrations or for one of the activities, animations, or outdoor shows organized by the recreational committee or the Société Arts et Culture de Saint-Placide, Adélaïde-Paquette Park is a highly-rated location on the water!

Animals	p.122
Biking	p.98



Abbaye d'Oka



Pick-you-own, Saint-Joseph-du-Lac

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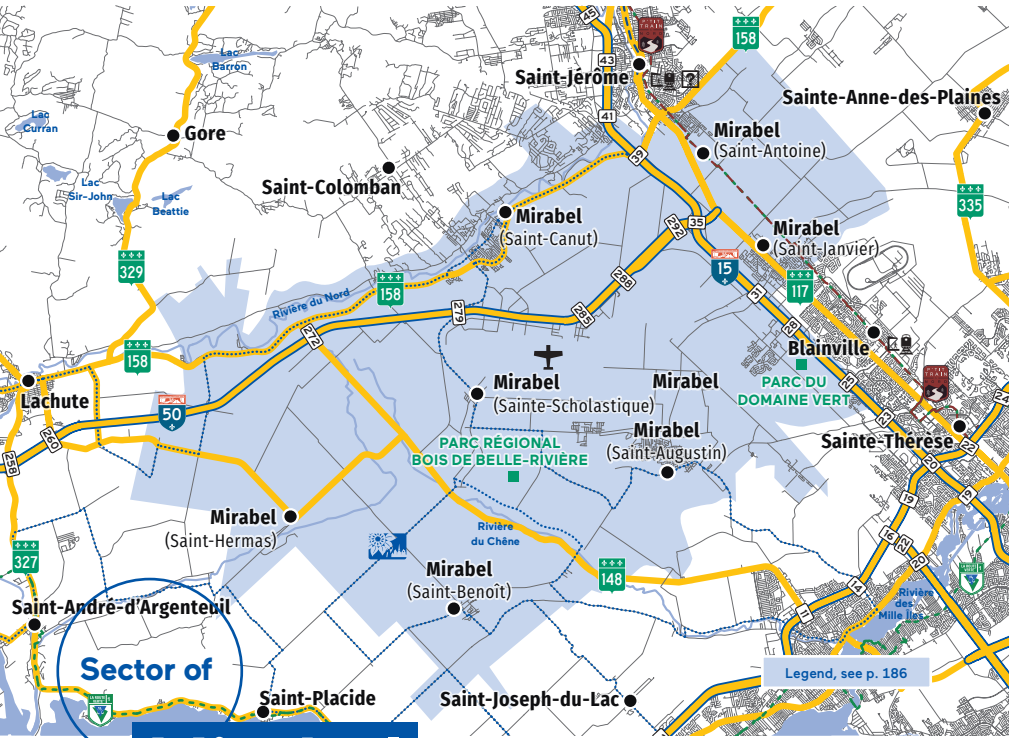
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meeting@laurentides.com
1 800 611-8532, ext. 2233

Québec



Mirabel

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

57 596 inhabitants

At the foot of the Laurentians and at the heart of the region's natural expanses, Mirabel offers a variety of activities over four seasons: golf, hiking, horseback riding, cycling, skating, cross-country skiing, snowmobiling, helicopter rides, karting, paintball, and more. In the western part of the territory, around 60 agritourism businesses offer a vast selection of gourmet products: maple-derived products, honey, mead, and angelica products. Plus, Mirabel is renowned as a shopping destination with Premium Outlets Montréal. And in December, discover the warm welcome of the Christmas Market! ad. p. 78

mirabel.ca

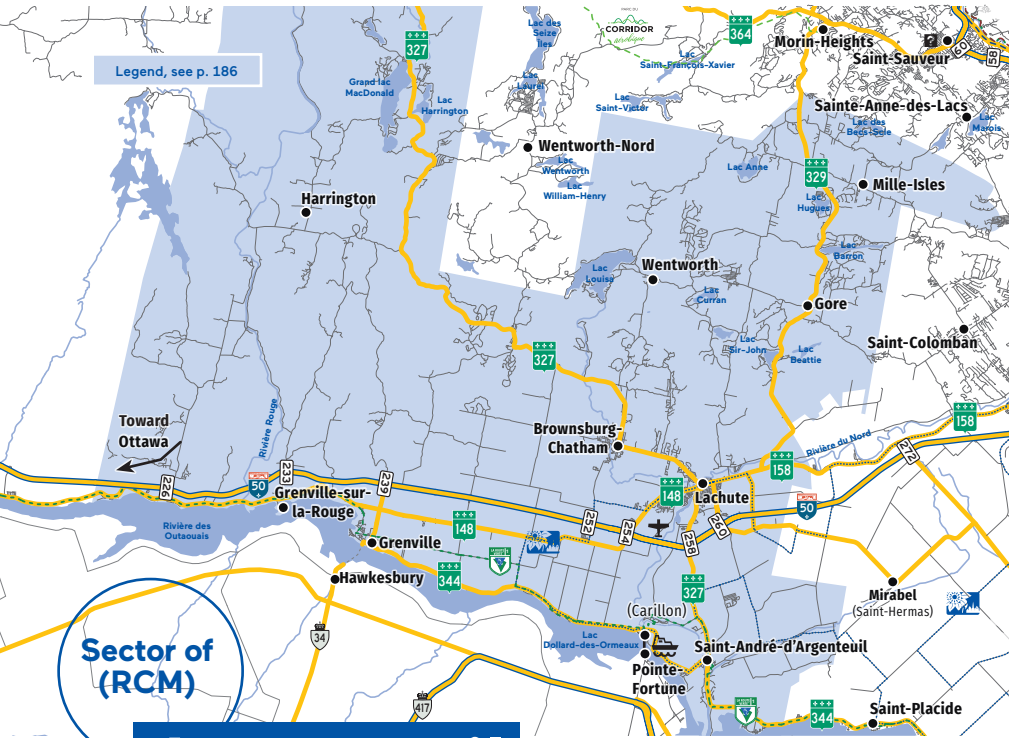
TOWNS AND FESTIVITIES 9
CULTURE AND HISTORY 1
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ADDITIONAL ACTIVITIES 4
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Sector of Mirabel

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Vineyards and Microbreweries	p.140





The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

The Argenteuil RCM is located halfway between Montréal and the Gatineau–Ottawa region, where its routes with a view, immense forests, wide rivers, and rustic countryside are yours to discover. Its towns and villages, rich historical and architectural heritage, vibrant cultural life, and varied programming are all equally as endearing. Head there to cycle, hike, ride horses, cross-country ski, snowmobile, ATV, golf, or take part in nautical, airborne, or aquatic activities, and don't forget to stop at its parks and agritourism attractions.

argenteuil.qc.ca

Towns and festivities: 9	Additional activities: 2
Culture and history: 3	Winter fun: 1
Tourist routes: 1	Great outdoors: 8

▼ Classified from south to north.


Sector of Argenteuil

Saint-André-d'Argenteuil

2 976 inhabitants

stada.ca

An incredible village, located along the Ottawa River and permeated by the Nord River, whose architectural heritage dates back to the 19th century. The historical and cultural Christ Church building, along with the Argenteuil Regional Museum, tell the tale of our ancestors. The rest stop offers a breathtaking view of the Nord River, not to mention the serene Von Allmen Woods. For outdoor enthusiasts, there's a cycle path for pedestrians and rollerbladers. Carillon Park is the perfect location for family get-togethers, along with a rustic campground on the shores of the Ottawa River.

Bicycle Touring	p.75
Biking	p.99
Historical Sites (Heritage)	p.67
Industrial Tours	p.129
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Shopping	p.59

Lachute

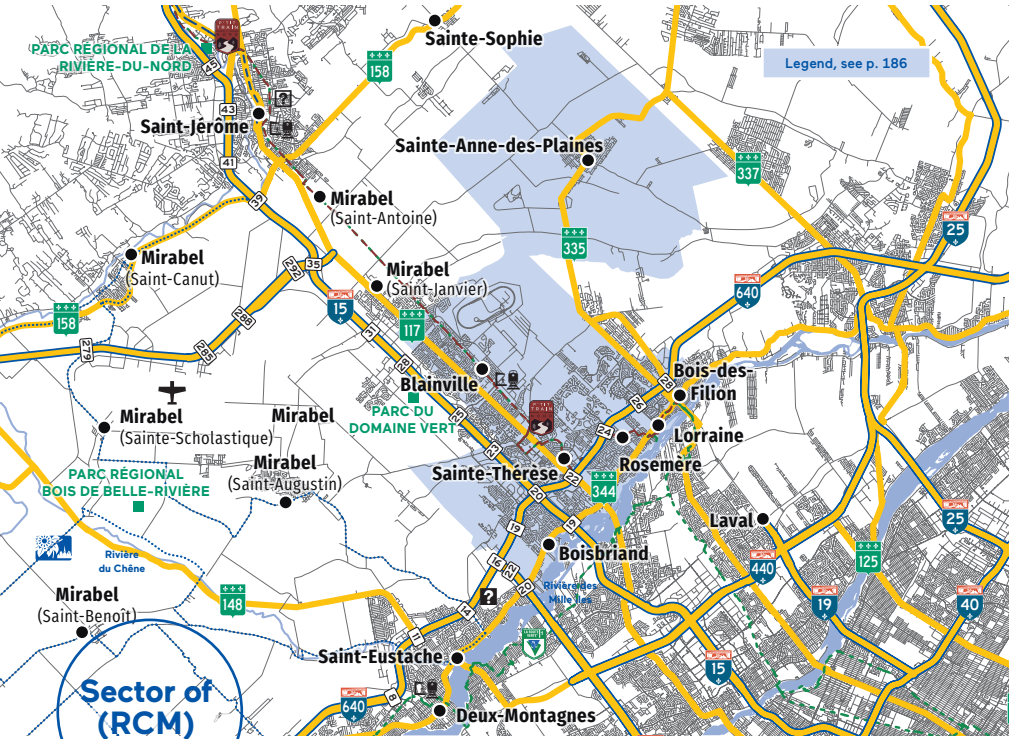
13 427 inhabitants

lachute.ca

Lachute, an expanding urban centre surrounded by natural beauty, is the lifeblood of the local economy. At the heart of the Argenteuil RCM and its population totaling 35 000 citizens, the city of Lachute has just over 13 000 inhabitants, making it the RCM's largest municipality. Located between the Montréal, Ottawa, and Gatineau agglomerations, and near Mirabel, Laval, and Saint-Jérôme, Lachute is at the heart of a road network that leads to all these destinations as well as to the North Shore of Montréal's other hubs of activity.

Art Galleries and Exhibition Centres	p.64
Biking	p.99
Golf	p.77


Lachute



Thérèse-De Blainville

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

There's no shortage of opportunities to discover the vibrant territory of Thérèse-De Blainville regional county municipality. Across the territory, each city has high-calibre recreational spaces, significant natural environments, new and recent trails near the Mille Îles River, and an ever-growing cycle network. The commercial areas, along with the bold and unique restaurants, facilities, and unsurpassable cultural programming, provide visitors with the ultimate urban experience without the city.

mrc-tdb.org

TOWNS AND FESTIVITIES 13

ADDITIONAL ACTIVITIES 6

WINTER FUN 1

GREAT OUTDOORS 1

LOCAL FLAVOURS 6

▼ Classified from south to north.



Le P'tit Train du Nord, Bois-des-Filion

Boisbriand

26 899 inhabitants

ville.boisbriand.qc.ca

At the gateway to the Lower Laurentians lies Boisbriand, a residential, commercial, and industrial city. At the junction of highways 13, 15, and 640, you'll find everything you need to pause your trip for a moment. This urban hub lies adjacent to the Mille Îles River, natural expanses, and a bucolic country road, and welcomes visitors with open arms! Free outdoor shows, public art exhibit, cycle paths, restaurants, local businesses, skatepark, and much more: there's happiness in store for all! Boisbriand, where good living is a way of life!

Escape Games	p.124
Indoor Climbing	p.123
Performance Venues and Theatres	p.61

Sainte-Thérèse

26 460 inhabitants

sainte-therese.ca

In Sainte-Thérèse, the fun keeps going all year round! Each summer, nearly 10 000 concert-goers attend several outdoor shows. The recipe for success? Easy access, with a full and varied schedule. Take part in the Saint-Thérèse festivities year-round by visiting its charming Christmas Village in December—one of the largest Christmas villages north of Montréal. Also worth mentioning is *Les Papilles*, a trendy urban food event held in August. Or, take the family to summer events for the *Grande Fête* or to winter ones like the *Plaisirs d'hiver* day!

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Ice Skating	p.108
Performance Venues and Theatres	p.61



Downtown, Sainte-Thérèse

Lorraine

9 519 inhabitants

ville.lorraine.qc.ca

Founded in 1960, Lorraine is renowned for its exceptional peacefulness, strict urbanization policies, and sustainable land management. Its 9 500-something residents are proud to live near the woods, a section of the Route Verte along the Mille Îles River, protected areas of Grand Coteau Forest and the 28 parks scattered across the region's 5 km². Both young and avant-garde, Lorraine's residential nature and virtually "wireless", uncovered streets set it apart from the rest. Life is good in unique Lorraine.

Blainville

60 838 inhabitants

blainville.ca

At the heart of the Lower Laurentians, 30 km from Montréal, Blainville is a vibrant city known for the variety of activities and cultural, athletic, and recreational events offered: free shows, outdoor movies, exhibits, *Blainville en fête*, *Fête hivernale*, Halloween, *Salon des métiers d'art*, Santa Claus parade, *Blainville en chansons* contest, and much more. Blainville's cycle network totals over 70 km, not to mention the 9 km of the Route Verte that pass through the territory. Blainville is 40% natural expanses and recreational spaces, including the woods of the Equestrian Park, Plan-Bouchard, and Fauvel Lakes.

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Pick-your-own and Orchards	p.132
Public Markets	p.137
Vineyards and Microbreweries	p.140



Blainville

Sainte-Anne-des-Plaines

14 974 inhabitants

villesadp.ca

A land of heritage where flavours abound. Fields and forests encircle an urban centre, creating a simple and rustic lifestyle where the food agriculture sector plays a key role. Explore the streets and country roads to discover farm stands and the fresh, local produce. Founded in 1787, Sainte-Anne-des-Plaines has a rich infrastructural heritage: the church (1902), the presbyterium (1887), the convent (1883), and the Chaumont priests' home and barn house (1884).

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Sugar Shacks and Country-style Dining	p.134



Spa Le Finlandais, Rosemère

cime 103.9 101.3

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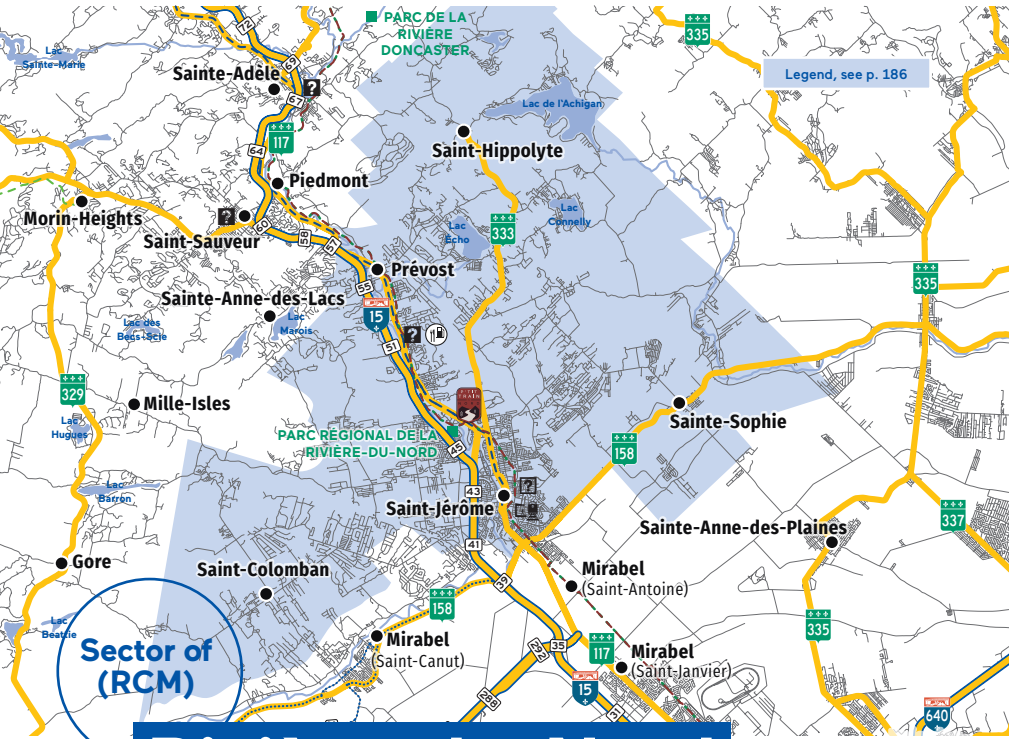
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Thanks to our support,
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Canada Economic Development for Quebec Regions

Développement économique Canada pour les régions du Québec

Canada



Rivière-du-Nord

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

The Rivière-du-Nord RCM is a popular one. Over time, the municipalities of Sainte-Sophie and Saint-Hippolyte, as well as the cities of Prévost and Saint-Colomban, have created hidden attractions, boosting the variety of tourist offerings in Saint-Jérôme, regional capital of the Laurentians. Simply head out for a walk to observe the vast and wild nature, cultural and historic exhibits, and kilometres of trails. Also worth mentioning is Place de la Gare in Saint-Jérôme, kilometre zero of the popular Le P'tit Train du Nord linear park.

mrcrdn.qc.ca

TOWNS AND FESTIVITIES 14
CULTURE AND HISTORY 2
TOURIST ROUTES 1
ADDITIONAL ACTIVITIES 1
WINTER FUN 10
GREAT OUTDOORS 14
LOCAL FLAVOURS 7

▼ Classified from south to north.


Sector of Rivière-du-Nord

Saint-Jérôme

78 839 inhabitants

vsj.ca

A regional melting pot where sports, education, the arts, and business go hand-in-hand, Saint-Jérôme is home to a variety of activities and modern facilities. Come and visit the Place des Festivités and the impressive Place de la Gare, with its historical building. Then, stop by Maison de la culture Claude-Henri-Grignon or see a show at Théâtre Gilles-Vigneault. Embrace the beauty of Lac Jérôme nature park. Or, find your stride on Le P'tit Train du Nord linear park where a marathon takes place each year. Regardless of the season, Saint-Jérôme is ripe with possibility. **ad. p. 26**

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Hiking	p.88
Ice Skating	p.108
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Parks and Wildlife Reserves	p.81
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Shopping	p.59
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Vineyards and Microbreweries	p.141


Saint-Jérôme

Saint-Colomban

17 156 inhabitants

st-colomban.qc.ca

A hot spot of Irish colonization, Saint-Colomban welcomes you with its lush nature and young and friendly inhabitants. Play in the forest obstacle courses, skate among the trees, and paddle and fish in the Nord River. Or, travel back in time and visit the historical Irish monument and several colonizer headstones in the cemetery. Saint-Colomban also hosts the Festirock, one of Québec's largest alternative rock festivals, a major national holiday, *Bonne bouffe, bonne bière* (Good grub, good beer) happy hours at the public market every Thursday in the summer, as well as many family-friendly activities, year-round.

Hunting and Fishing	p.73
Ice Skating	p.108
Public Markets	p.137

Prévost

13 328 inhabitants

ville.prevost.qc.ca

Fifty-five kilometres from Montréal, in the heart of the Laurentians lies Prévost. The city's rustic feel complements the natural beauty of its cliffs. It is home to majestic landscapes and water expanses, including the Nord River, which runs through it. Attractions in Prévost are plenty, like Rivière-du-Nord Regional Park, Le P'tit Train du Nord linear park, which crosses the city and leads to its hundred-year-old train station and Coulée Park, with its multi-purpose trails. Discover the vibrant Prévost through its myriad events and activities.

Art Galleries and Exhibition Centres	p.64
Biking	p.100
Cross-country Skiing and Snowshoeing	p.113
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Vineyards & Microbreweries	p.141


Prévost

Ville de SAINT-JÉRÔME
CITÉ DE POSSIBILITÉS
vsj.ca

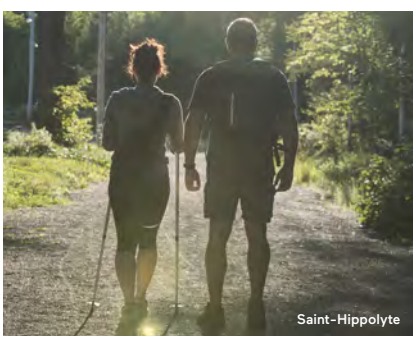
Saint-Hippolyte

9 886 inhabitants

saint-hippolyte.ca

A veritable nature paradise, the municipality counts not less than 62 lakes over a vast 133-km² territory. The Centre de plein air RogerCabana, an annual destination for hundreds of outdoors enthusiasts of all ages, offers a splendid network of multi-purpose trails: cross-country skiing, snowshoeing, hiking, mountain biking, skating trail in the forest, and much more! There's also the Art-Nature trail, catering to art amateurs with its sprinkling of around fifteen works of art. And, the library has a bright exhibit hall, which hosts activities year-round.

ATVs and Motor Sports	p.92
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Saint-Hippolyte



Morency Lake, Saint-Hippolyte

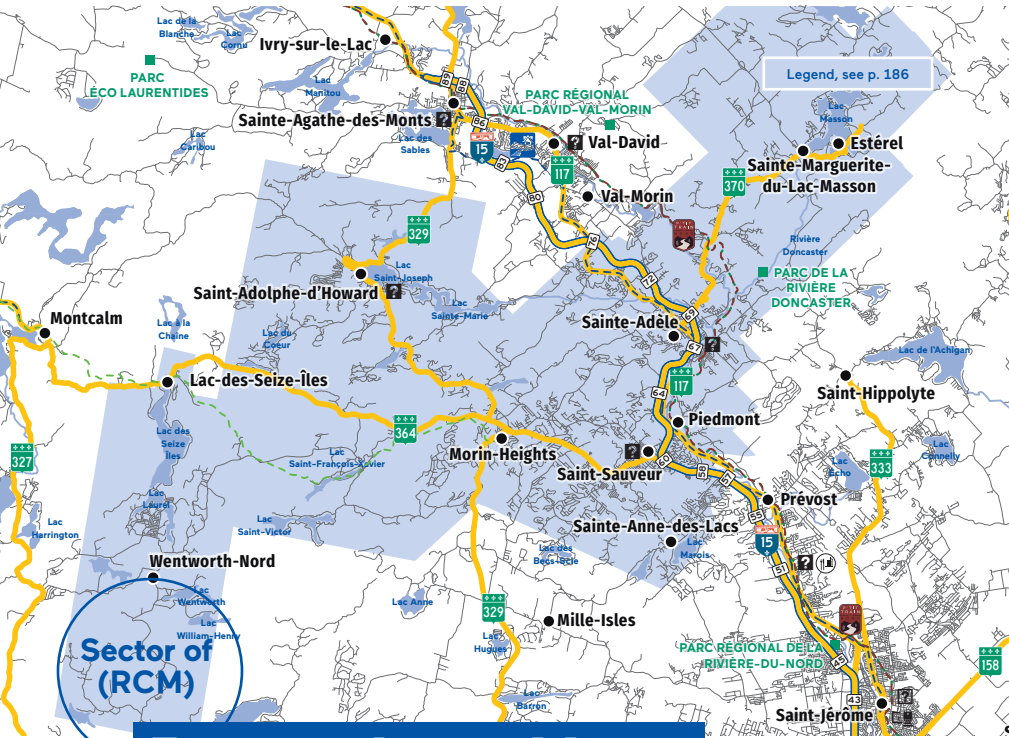


Place de la Gare, Saint-Jérôme



Parc Labelle, Saint-Jérôme

© Tourisme Laurentides, Francine Loubert



Pays-d'en-Haut

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

With a territory covering 735 km², coveted by tourists and village-goers since the late 19th century, the Pays-d'en-Haut RCM offers a wide variety of natural and man-made natural expanses, making it the location for several tourist, cultural, and outdoor activities—all within an hour from Montréal. Succumb to the charms of lively villages and rare contact with nature, all the while seizing the moment! Regardless of your choice of lodging in the Pays-d'en-Haut RCM, you're guaranteed to fill up on fun and adventure. **ad. p. 63**

lespaysdenhaut.com

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TOURIST ROUTES 1

ADDITIONAL ACTIVITIES 10

WINTER FUN 21

GREAT OUTDOORS 30

LOCAL FLAVOURS 8

▼ Classified from south to north


Sector of Pays-d'en-Haut

Wentworth-Nord

1 418 inhabitants

wentworth-nord.ca

A veritable nature oasis, with its myriad lakes and neighbouring forest, the region is a popular cottage destination for large numbers of vacationers in both summer and winter. Wentworth-North is a top destination. Concerts, workshops, conferences, theatre, public beach, along with hiking, mountain biking, cross-country skiing, snowshoeing, and fat biking trails are just some of the activities offered. For more information on events, visit the municipality's website.

Biking	p.100
Cross-country Skiing and Snowshoeing	p.113
Dogsled Rides	p.116
Hiking	p.89
Ice Skating	p.108
Public Beaches	p.86
Snowmobiling	p.105


Wentworth-Nord

Piedmont

3 129 inhabitants

piedmont.ca

This charming municipality, well-established in the mountains and crossed by the Nord River, is home to impressive nature and landscapes. Located in the heart of the Laurentians, Piedmont welcomes visitors with its vast natural expanses, majestic mountains, and multiple sports facilities, where downhill skiing, cross-country skiing, snow tubing, cycling, and golf are just some of the activities offered. Sixty kilometres north of Montréal, Piedmont's inhabitants enjoy an exceptional quality of life. Over 20% of Piedmont's territory is protected, dedicated to parks and a natural reserve (Alfred-Kelly Reserve).

Biking	p.100
Downhill Skiing	p.110
Golf	p.78
Hiking	p.89
Sledding	p.104
Spas and Nordic Baths	p.127
Sugar Shacks and Country-style Dining	p.134

Saint-Sauveur

10 874 inhabitants

ville.saint-sauveur.qc.ca

A majestic valley of mountains, lakes, and natural expanses only 45 minutes from Montréal, Saint-Sauveur is known for the beauty of its landscapes and unique offering. Year-round, its schedule is filled with all kinds of activities and events which are sure to delight amateurs of the outdoors, culture, good food, and entertainment. It's the go-to destination, every season.

Biking	p.100
Downhill Skiing	p.110
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Gardens	p.136
Hiking	p.89
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Museums	p.66
Shopping	p.60
Spas and Nordic Baths	p.127
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Morin-Heights

4 333 inhabitants

morinheights.com

The village of Morin-Heights is ever-reminiscent of days gone by with its general store, shops, restaurants, and inns. It is also renowned for its spas, its park on the shores of Simon River and Basler Park, where visitors can partake in outdoor sports all year round: cross-country skiing, snowshoeing, fat biking, mountain biking, and hiking. What's more, Morin-Heights is considered the cross-country skiing capital!

Bicycle Touring	p.75
Cross-country Skiing and Snowshoeing	p.113
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Spas and Nordic Baths	p.127
Water Sports	p.72
Zipline and Via Ferrata	p.95



Morin-Heights

Sainte-Adèle

13 495 inhabitants

ville.sainte-adele.qc.ca

Sainte-Adèle is renowned for its hotels and fine dining, as well as its artistic activity at Place des citoyens (exhibits, shows), Pine cinema, multiple art galleries and cultural events. An outdoor hub renowned for its wonderful Rond Lake and network of hiking, snowshoeing, mountain biking and cross-country skiing trails, in addition to its ski resorts and Le P'tit Train du Nord, Sainte-Adèle juxtaposes the proximity of urban centres with the tranquility of lakes and rivers. Holiday living goes hand in hand with nature and culture in Sainte-Adèle. Visit for something new each season!

Bicycle Touring	p.76
Biking	p.101
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Cross-country Skiing and Snowshoeing	p.113
Downhill Skiing	p.110
Family Activities	p.120
Hiking	p.89
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Sainte-Adèle

Saint-Adolphe-d'Howard

3 526 inhabitants

stadolphedhoward.qc.ca

Saint-Adolphe-d'Howard offers outdoor enthusiasts refreshing and authentic nature time, giving depth to the expression "to make the most of life"! Gift yourself a 360-degree view of the mountains on one of the outdoor centre's trails, hit the slopes of Mont Avalanche with family, or stay the night at a ready-to-camp site! In summer, Saint-Adolphe-d'Howard is a nautical haven to discover, whether across its bodies of water by kayak or pontoon, or stretched out on the beach. It's also a selection of events and activities that make this small Laurentian village your number-one destination to decompress!

Biking	p.101
Cross-country Skiing and Snowshoeing	p.114
Downhill Skiing	p.111
Hiking	p.90
Outdoor Activities	p.70
Performance Venues and Theatres	p.62
Public Beaches	p.86

Sainte-Marguerite-du-Lac-Masson

3 079 inhabitants

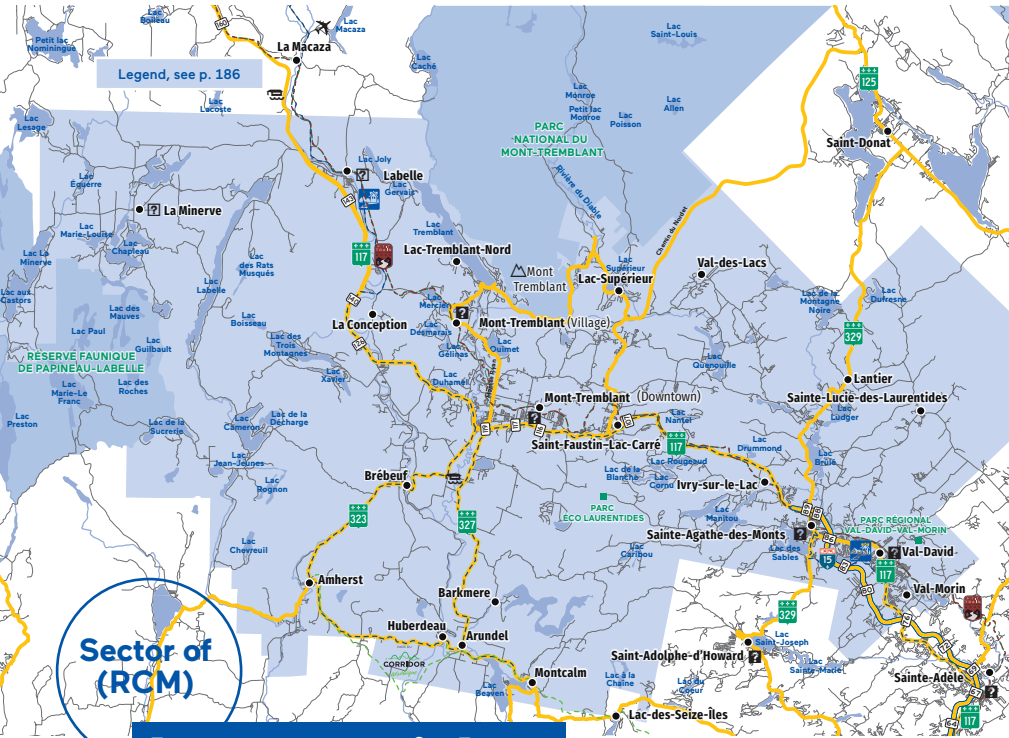
lacmasson.com

Only 15 minutes from Autoroute 15, Sainte-Marguerite-du-Lac-Masson is a veritable haven of peace for families, with several services nearby. With its lakes, mountains, and majestic landscapes, this growing city offers sports and outdoor activities year-round. Unique to Sainte-Marguerite-du-Lac-Masson is its large ice rink on Masson Lake. There's also a marina and a quay, hiking and snowshoeing trails, along with several festivals and federated snowmobiling and ATV trails.

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Sainte-Marguerite-du-Lac-Masson

© André Chevrier



Sector of (RCM)

Laurentides

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

Located at the heart of the leading year-round holiday destination in Québec, the territory of the Laurentides RCM is a veritable paradise spanning 2 500 km² with its exceptional offer of activities. For the young and young at heart, whether for ambitious work projects or to fulfill an active retirement dream, whether accompanied by an energetic, restless family or a young couple heeding the call of nature, the Laurentides RCM definitely has everything on your list. Come to live, work, invest, or simply to explore.

mrclaurentides.qc.ca

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▼ Classified from south to north


Sector of Laurentides

Val-Morin

2 997 inhabitants

val-morin.ca

The municipality of Val-Morin lies 75 km from Montréal (exits 72 or 76 of Autoroute des Laurentides). Val-Morin offers a host of activities to enjoy the magic of winter, and in summer, the fun continues with activities like mountain and road biking, canoe and kayak outings on the Nord River, golf, horseback riding, and hiking. Visit Théâtre du Marais for unparalleled programming. Those who heed the call of tranquility, peace, and quiet can find it in an environment of lakes, rivers, mountains, and forests. Val-Morin is the best-kept secret of the Laurentians. It's a village to discover and adopt!

Biking	p.102
Cross-country Skiing and Snowshoeing	p.114
Downhill Skiing	p.111
Hiking	p.90
Parks and Wildlife Reserves	p.82
Performance Venues and Theatres	p.63
Public Beaches	p.86


Val-Morin



Val-David

5 306 inhabitants

valdavid.com

At exit 76 of Autoroute 15, after a few kilometres on Route 117, the Nord River divides Val-David. Encircled by mountains and forests and proud of its regional park, the village is truly a world apart. The air is pleasant to breathe and the range of cultural and outdoor activities, lodging options, and fine dining are a thrill to discover. Val-David is the birthplace of rock climbing in Québec, a hot spot for hiking, cross-country skiing, and snowshoeing, and a hub of creativity for leading artists and artisans.

Art Galleries and Exhibition Centres	p.65
Biking	p.102
Canoeing and Kayaking	p.73
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Cross-country Skiing and Snowshoeing	p.114
Downhill Skiing	p.111
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Hiking	p.90
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Parks and Wildlife Reserves	p.82
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Sugar Shacks and Country-style Dining	p.134
Vineyards and Microbreweries	p.141



Val-David train station

Sainte-Agathe-des-Monts

10 832 inhabitants

ville.sainte-agathe-des-monts.qc.ca

Equal parts urban, rural, and natural, the city of Sainte-Agathe-des-Monts offers a host of nearby activities for all ages (beaches, campgrounds, theatre, hiking, cross-country skiing, snowshoeing, cruises, ziplining, horseback riding, cycling outings), busy seasonal programming combing culture and entertainment, along with attractive lodging and dining options. The city heritage town centre lines the shores of the majestic Sables Lake with the Laurentian mountains on the horizon. No matter the season, come and experience the spellbinding beauty of Sainte-Agathe-des-Monts!

Cross-country Skiing and Snowshoeing	p.114
Cruises and Ferry	p.74
Golf	p.78
Hiking	p.90
Horseback Riding	p.77
Performance Venues and Theatres	p.63
Public Beaches	p.86
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Zipline and Via Ferrata	p.95



Sainte-Agathe-des-Monts

Saint-Faustin–Lac-Carré

3 584 inhabitants

sflc.ca

Gateway to the Mont-Tremblant region, Saint-Faustin–Lac-Carré offers a year-round holiday environment where activities centre around the outdoors, recreation, and culture. There are two large ecotourism parks, Mont Blanc ski resort, over 50 lakes, Le P'tit Train du Nord cycle path, two golf courses, two ice rinks, a free municipal beach, snowshoeing trails, and several inns, restaurants, and campgrounds. Culture is also very present, with exhibits at the Maison des Arts and the *Arbre de l'Amour*, an exhibit designed to hold on to your expressions of endearment for eternity.

Art Galleries and Exhibition Centres	p.65
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Downhill Skiing	p.111
Flightseeing and Ultralight Flights	p.94
Golf	p.78
Hiking	p.90
Parks and Wildlife Reserves	p.82
Public Beaches	p.87



Saint-Faustin–Lac-Carré

Mont-Tremblant

10 113 inhabitants

villedemont-tremblant.qc.ca

There's something for everyone with each new season in Mont-Tremblant, a veritable paradise in the heart of nature! In winter, there's no shortage of active ways to discover the city, with downhill skiing, cross-country skiing, fat biking, hiking, sledding, skating, art, and music for a series of unforgettable moments. In summer, cycling, hiking, canoeing, kayaking, camping, golf, swimming, fishing, and much more await. Create lasting memories of the beauty of the landscapes, the fresh air, and the enthusiasm of the dynamic and passionate locals, not to mention the free public transit!

Animals	p.122
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Cruises and Ferry	p.74
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Hunting and Fishing	p.73
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Outdoor Activities	p.70
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Mont-Tremblant

© Mélissa Beaudoin

Tremblant Resort

1000, chemin des Voyageurs, Mont-Tremblant
1 888 738-1777 – tremblant.ca

A must-see destination year-round, Tremblant offers a vast selection of events, entertainment and activities both on mountain and through its stunning pedestrian village. For the 20th year, SKI Magazine readers have chosen Tremblant as the #1 ski resort in eastern North America. Its mountain offers 102 ski trails on four distinct sides while its pedestrian village boasts a multitude of shops, restaurants and activities to suit all tastes. Whether you're skiing, hiking or fine dining, there is always a good reason to visit Tremblant whatever the season.

Dogsled Rides	p.116
Downhill Skiing	p.111
Family Activities	p.121
Games of Chance	p.58
Golf	p.78
Hiking	p.91
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Public Beaches	p.87
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Tremblant

La Conception

1 370 inhabitants

municipalite.laconception.qc.ca

Nestled in the heart of the mountains with the majestic Rouge River running from north to south, the municipality of La Conception is a small piece of paradise for nature lovers. Camping with and without services, boat rental to travel down the river, cycling, hiking, snowshoeing, rock and ice climbing, active visitors are sure to find their fix! Le P'tit Train du Nord linear park, Montagne d'Argent climbing and hiking park, Boisseau Lake park, and the must-see covered bridge await!

Dogsled Rides	p.117
Public Beaches	p.87
Zipline and Via Ferrata	p.97

La Minerve

1 231 inhabitants

municipalite.laminerve.qc.ca

Certain of its charm and noble heritage, the municipality of La Minerve is surrounded by simple elegance that delights visitors. This town has it all: a dream location that includes the Papineau-Labelle Wildlife Reserve, a priceless legacy composed of the Lac-Preston forest, with its 400-year-old ecosystem and a past filled with achievements. Meet its hospitable and proud residents and discover this wonderful municipality, a great place to live, visit and perhaps put down roots!

Hiking	p.91
Parks and Wildlife Reserves	p.82

Lac-Supérieur

1 906 inhabitants

muni.lacsuperieur.qc.ca

This municipality finds strong identity ties to nature, quiet, environmental conservation, and quality of life. It is a leader in the Laurentides RCM in terms of sustainable development, in addition to being a popular ecotourism destination. Discover the superb hiking trails, including: Accès-nature Laurentides, Inter-Centre, Centre de l'UQAM, and of course Mont-Tremblant National Park. Then, head to Julien-Labedan climbing park, located on Lac-Rossignol Road, for an adrenaline rush. Visit the website for the complete event listing in Lac-Supérieur.

Biking	p.102
Cross-country Skiing and Snowshoeing	p.115
Hiking	p.91
Parks and Wildlife Reserves	p.83
Public Beaches	p.87

Labelle

2 423 inhabitants

municipalite.labelle.qc.ca

No season can resist the call of family fun, each one offering a getaway that promises lasting memories. The municipality of Labelle, a connecting village in the heart of the Laurentians, is a melting pot of outdoor activities. Surrounded by breathtaking landscapes, Labelle is a veritable paradise for nature lovers and outdoor enthusiasts. Cross-country skiing, snowshoeing, hunting, fishing, heritage exhibit, canoeing, snowmobiling: the options are endless! This town received a rating of 4 Fleurons from the Fleurons du Québec's horticultural beautification program.

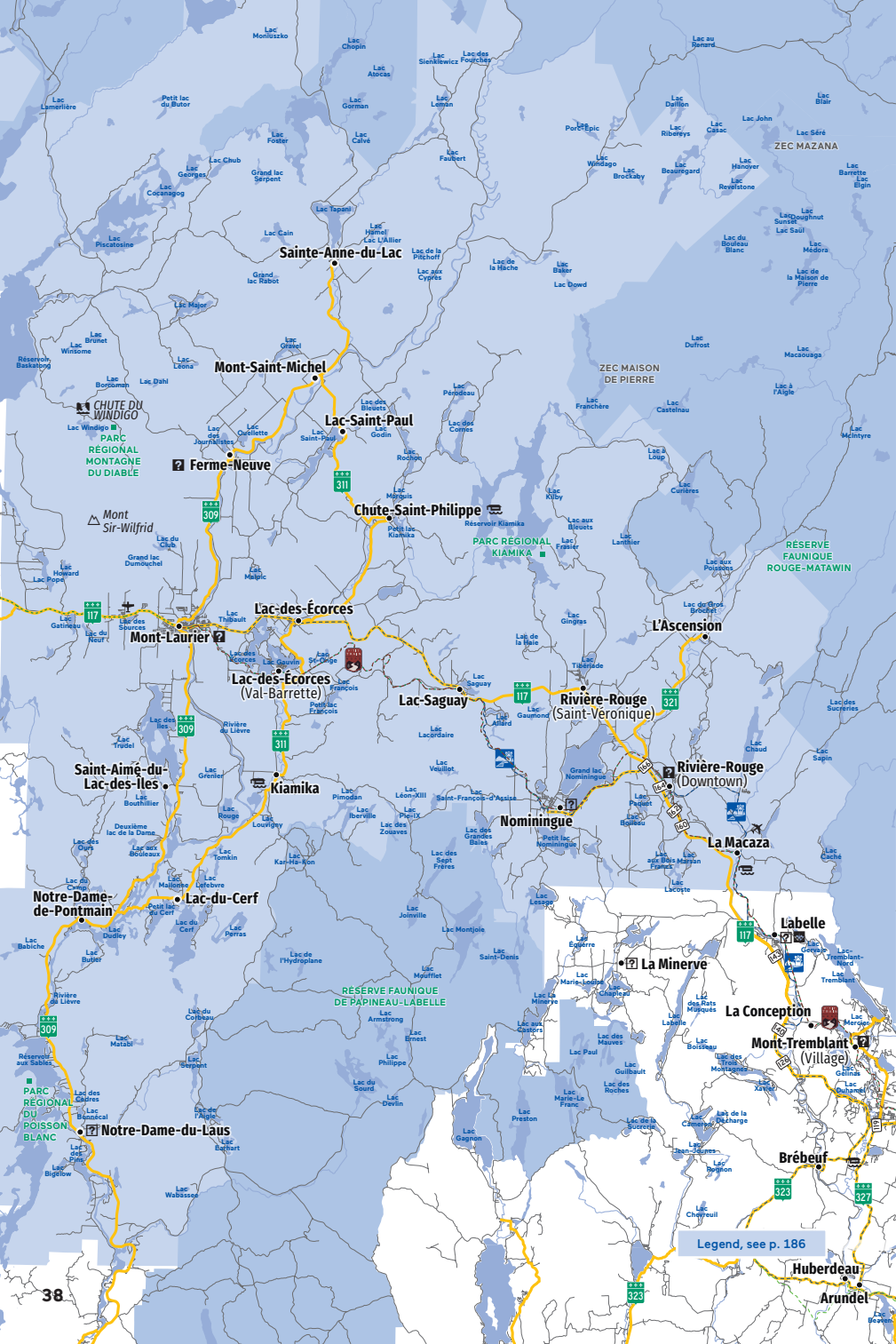
Canoeing and Kayaking	p.73
Public Markets	p.137
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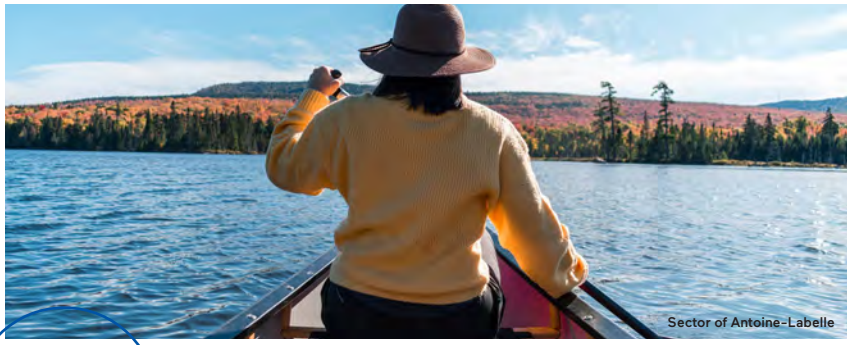
Labelle



Parc régional Val-David–Val-Morin, Dufresne sector, Val-David


Sainte-Anne-du-Lac
Mont-Saint-Michel
Lac-Saint-Paul
Ferme-Neuve
Chute-Saint-Philippe
Lac-des-Écorces
Mont-Laurier
Lac-des-Écorces
(Val-Barrette)
Lac-Saguay
Rivière-Rouge
(Saint-Veronique)
L'Ascension
Rivière-Rouge
(Downtown)
La Macaza
Nominingue
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Kiamika
Notre-Dame-
de-Pontmain
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Huberdeau
Arundel
CHUTE DU WINDIGO
PARC RÉGIONAL MONTAGNE DU DIABLE
Mont Sir-Wilfrid
PARC RÉGIONAL KIAMIKA
ZEC MAZANA
ZEC MAISON DE PIERRE
RÉSERVE FAUNIQUE ROUGE-MATAWIN
RÉSERVE FAUNIQUE DE PAPINEAU-LABELLE
PARC RÉGIONAL DU POISSON BLANC
Lac Monluszko
Lac Chopin
Lac Atocas
Lac Gorman
Lac Foster
Lac Calvé
Lac Faubert
Lac Leman
Lac Sienkiewicz
Lac des Fourches
Lac au Renard
Lac Daillon
Lac Ribeirys
Lac Casac
Lac John
Lac Blair
Lac Séré
Lac Lamartière
Petit lac du Butor
Lac Chub
Lac Georges
Grand lac Serpent
Lac Cocanagog
Lac Topaze
Lac Cain
Lac Hamel
Lac L'Allier
Lac Piscatosine
Grand lac Rabot
Lac de la Pitchoff
Lac aux Cyprès
Lac de la Hache
Lac Baker
Lac Dowd
Lac Porc-Épic
Lac Windago
Lac Brockaby
Lac Beauregard
Lac Hanover
Lac Revelstone
Lac Barrette
Lac Elgin
Lac Doughnut
Lac Sunset
Lac Saül
Lac du Bouleau Blanc
Lac Médora
Lac de la Maison de Pierre
Lac Major
Lac Winisme
Lac Brunet
Réservoir Baskatong
Lac Borgoman
Lac Dahl
Lac Léona
Lac Windigo
Lac Gravel
Lac des Bleuets
Lac des Jours-Heureux
Lac Ouellette
Lac Saint-Paul
Lac Godin
Lac Rochon
Lac Pénideau
Lac Franchère
Lac Castelnau
Lac Durfrost
Lac Macaouaga
Lac à l'Aigle
Lac Marquis
Lac Kiamika
Petit lac Kiamika
Réservoir Kiamika
Lac Kilby
Lac aux Bleuets
Lac Fraser
Lac Lanthier
Lac aux Poissons
Lac à Loup
Lac Curières
Lac McIntyre
Lac du Club
Grand lac Dumouchel
Lac Howard
Lac Popet
Lac Malgic
Lac Gatineau
Lac des Sources
Lac du Nord
Lac Thibault
Lac des Écorces
Lac Gauvin
Lac Ste-Ange
Lac François
Petit lac François
Lac Gingras
Lac de la Baie
Lac Tiburcio
Lac du Gros Brochet
Lac des Sucreries
Lac des Îles
Rivière du Lièvre
Lac Trudel
Lac Grenier
Lac Bouthillier
Lac Rouge
Lac Louvigny
Lac Iberville
Lac Pimodan
Lac Léon-XIII
Lac Saint-François-d'Assise
Lac Lacerdaire
Lac Veuillot
Lac Allard
Lac Gaumond
Grand lac Nominingue
Petit lac Nominingue
Lac Chaud
Lac Sapin
Lac Bouleau
Lac Paquet
Lac Deuxième lac de la Dame
Lac des Ours
Lac aux Bouleaux
Lac Tomkin
Lac Lefebvre
Lac Kan-Ha-Kon
Lac des Zouaves
Lac des Grandes Baies
Lac des Sept Frères
Lac aux Bois Marsan
Lac Lacoste
Lac Cache
Lac du Camp
Lac Mallette
Petit lac du Cerf
Lac du Cerf
Lac Dudley
Lac Babiche
Lac Butler
Lac Perras
Lac Joinville
Lac Montjoie
Lac Saint-Denis
Lac Mouffiet
Lac de l'Hydroplane
Lac Lesage
Lac Legendre
Lac Marie-Louise
Lac Clément
Lac des Rats Musqués
Lac Labelle
Lac Boisseau
Lac des Trois Montagnes
Lac Tremblant-Nord
Les Tremblant
Lac Mercier
Les Gélinas
Lac Ouimet
Lac Duhamel
Lac des Mauves
Lac Paul
Lac Guilbault
Lac des Roches
Lac Marie-Le Franc
Lac Preston
Lac Gagnon
Lac de la Décharge
Lac Jean-Sauvé
Lac Bordon
Lac Chevreuil
Lac Armstrong
Lac Ernest
Lac Philippe
Lac du Sourd
Lac Devlin
Lac Matabi
Lac Serpent
Réservoir aux Sables
Lac des Cèdres
Lac Bannoncal
Lac des Pins
Lac Bigelow
Lac Barbart
Lac Wabassee
Lac de l'Aigle
Rivière du Lièvre
Lac du Corbeau
Lac Duclos
Lac Bélanger
Lac Ste-Marie
Lac Lacasse
Lac Lacoste
Lac Cache
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Legend, see p. 186
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▼ Classified from south to north.



Sector of Antoine-Labelle

Sector of (RCM)

Antoine-Labelle

The activity references under the texts for each municipality and town, are based on memberships in the sections of this guide.

With its lush forest, 4 500 lakes and rivers, the Upper Laurentians' incomparable playground has something for the nature lover in everyone. Whether with friends or a partner, here, nature has the answer to your every desire. Discover the regional parks by hiking, canoe-camping, or by renting an island all to yourself. Renowned for snowmobiling, ATV, cycling, and outfitters, the region offers a plethora of singular attractions like the Windigo Fall, Baskatong Reservoir, and much more. Finally, enhance your stay by tasting a variety of local products.

tourismehautes-laurentides.com

TOWNS AND FESTIVITIES: 10	WINTER FUN: 6
CULTURE AND HISTORY: 1	GREAT OUTDOORS: 24
TOURIST ROUTES: 1	LOCAL FLAVOURS: 3



Montagne du Diable, Ferme-Neuve

Notre-Dame-du-Laus

1 568 inhabitants

notre-dame-du-laus.ca

Located between Buckingham and Mont-Laurier on Route 309, gateway to the Laurentians through the Outaouais region, nature has been kind to the tourist village of Notre-Dame-du-Laus. Explore its many bodies of water and kilometres of trails through spellbinding landscapes. Discover Poisson Blanc Regional Park and its various islands. Savour artisanal products or join in on the celebrations during large-scale events. Stop by the visitor information centre where the agents will be happy to help, whether to provide directions, find accommodation, or to recommend activities.

Biking p.103
Parks and Wildlife Reserves p.85

La Macaza

1 087 inhabitants

munilamacaza.ca

La Macaza is home to a number of heritage, cultural, and outdoor attractions: the 1904 Macaza covered bridge, the 1903 church, the Maison de la Culture, Le P'tit Train du Nord cycle path, ATV and snowshoe trails, and several lakes and rivers. La Macaza is a gateway to Rouge-Matawin Wildlife Reserve and Mont-Tremblant National Park. La Macaza – Mont-Tremblant International Airport is located in the region. While visiting the village centre, make sure to stop at Adolph-Ozell Park next to the town hall and observe the historical mural in the community hall.

ATVs and Motor Sports p.92
Parks and Wildlife Reserves p.85

Notre-Dame-de-Pontmain

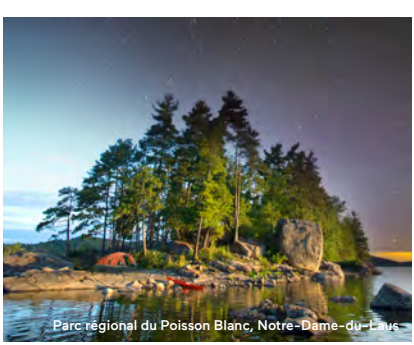
796 inhabitants

munpontmain.qc.ca

One hour away from Gatineau (Buckingham sector) in the Upper Laurentians lies a small, charming village on the shores of the Lièvre River. Dating back to 1894, Notre-Dame-de-Pontmain is the oldest village in the northern sector of the Laurentians. Its population triples in summer with the onset of tourist season. All of these lovely people live on a territory of over 259 km² surrounded by mountains, forests, and bodies of water. With over 100 kilometres of navigable water, the region is bursting with beaches and tourist attractions. And in Notre-Dame-de-Pontmain, you and your family are at the very heart of nature. **ad. 41**



Notre-Dame-de-Pontmain



Parc régional du Poisson Blanc, Notre-Dame-du-Laus

© Tourisme Laurentides

Notre-Dame-de-Pontmain

At the heart of nature with family

CATERING SERVICES | LODGING

GROCERY | GAS | HARDWARE STORE







Festivities all year round!

For information, go to
www.munpontmain.qc.ca

Camping and Camping Condo
Cottage and Lots Lease and Sale

Aquatic Activities
Canoe and Pontoon Lease
Scuba Diving

Winter Attractions
Snowmobile and Quad Trails
Provincial Federated Trails

Municipal Park and Rest Area
with Services and Wi-Fi Network
Electrical Charging Station
Public Dock with Boat Launch
Marinas



More than 100 kilometers of navigable body of water in a crystal clear higher quality water surrounded by natural sandy beaches.

5, rue de l'Église
Notre-Dame-de-Pontmain
J0W 1S0
Tel.: 819 597-2382

Nominingue

2 095 inhabitants

municipalitenominingue.qc.ca

Intersecting with Le P'tit Train du Nord linear park and Trans-Québec snowmobile trails 63 and regional trail 319, and neighbouring the Papineau-Labelle Wildlife Reserve, Nominingue's charms lie in the beauty of its lakes, landscapes, historic sites, and hospitality. Golf course, boat ramps, public beach, paved cycle path, outdoor skating rink, winter sledding, tennis, basketball, and pickleball courts, cross-country skiing, hiking, mountain biking, and orienteering are but a few examples of the recreational activities available. In summer, the train station converts into an exhibit hall and local market.

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Cross-country Skiing and Snowshoeing	p.115
Hiking	p.91
Ice Skating	p.109
Public Beaches	p.87
Public Markets	p.137

Saint-Aimé-du-Lac-des-Îles

785 inhabitants

saint-aime-du-lac-des-iles.ca

Saint-Aimé-du-Lac-des-Îles is the ultimate vacation spot. Several lakes offer a number of recreational activities. Spot the twin covered bridges at Ferme-Rouge (the only two remaining), two parks with play equipment for children, a beach, a public wharf, a free boat washing service, a ball court, bowling green, a tennis court, a park for picnicking, a hiking and snowshoeing trail with a picnic area. The friendly Saint-Aimé-du-Lac-des-Îles residents look forward to sharing their magnificent corner of the country with you. Free access to all sites.

Rivière-Rouge

4 430 inhabitants

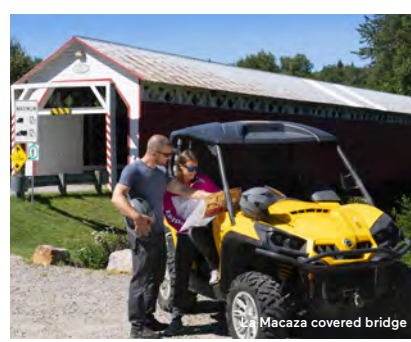
riviere-rouge.ca

Lakes, forests, and rivers make up the exceptional landscape of the city of Rivière-Rouge. On its main street, look for some well-known commercial banners and several retail and service businesses. Enjoy Le P'tit Train du Nord linear park, boating ramps, parks, and direct access to ATV and snowmobile trails, in addition to canoe trips down the Rouge River. Head north of Rivière-Rouge to discover an incredible sandy beach on the shores of Tibériade Lake, the cozy Camping Sainte-Véronique, and superb Kiamika Regional Park. Several activities scheduled!

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Water Sports	p.72



Rivière-Rouge



Macaza covered bridge

Lac-Saguay

456 inhabitants

lacsaguay.qc.ca

The Georges-Painchaud Park in Lac-Saguay provides a delightful, not-to-be-missed stopover. Le P'tit Train du Nord linear park runs throught the village and is easily accessible. Lodging and dining options will cater to the most particular of requirements. Superb and inviting, the municipal beach, located at the foot of the mountains, is the perfect place to rest. The incomparable trail in the Joseph-B.B-Gauthier Woods is open year-round, where the whole family can walk and snowshoe in the heart of nature and all its glory. Head to the *Circuit des légendes* to make lasting memories. Once you decide to stay, you won't want to leave.

Public Beaches p.87

Lac-des-Écorces

2 775 inhabitants

lacdesecorces.ca

With its magical location, this municipality has all the requirements of outdoor enthusiasts. Located in the heart of nature, you'll find a rest stop, several lakes, provincial fish farming, a dam, a sector of the Kiamika River, three boat ramps, a portion of Le P'tit Train du Nord linear park, four tennis courts, a golf course, a campground, a motel, and several restaurants, as well as two ice rinks, one of which is covered by a dome, two skating loops, snowmobiling and ATV trails. Several activities and events are held year-round. Visit the website for more information.

Biking p.103
Golf p.78

Mont-Laurier

14 149 inhabitants

villemontlaurier.qc.ca

Accessible via routes 117 and 309, the city of Mont-Laurier is renowned for its status as the regional capital of the Upper Laurentians. Discover a vast selection of restaurants, lodging establishments, and businesses where you can purchase local products. Explore the city through a number of year-round activities: cycling, canoeing, camping, cross-country skiing, snowmobiling and ATV. Culture enthusiasts will be thrilled with shows presented by Muni-Spec Mont-Laurier or one of the *Concerts du Parc*. Visit Mont-Laurier, a host by nature!

Art Galleries and Exhibition Centres p.65
Biking p.103
Public Beaches p.87
Snowmobiling p.107

Route du Lièvre Rouge

385, rue du Pont, Mont-Laurier
819 623-1900 – routedulievrerouge.com

The Société d'histoire et de généalogie des Hautes-Laurentides invites you to follow the Route du Lièvre Rouge in the Antoine-Labelle sector, where you will discover the history, heritage, regional products and artists and artisans of the local municipalities. Wander through the beautiful Upper Laurentians using the printed guides, the interpretation panels installed in the municipalities, or on your tablet or smartphone.



Parc Montagne du Diable, Ferme-Neuve





© Tourisme Laurentides

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Vibrant Towns, Villages and Festivities

The towns and villages in the Laurentians are buzzing with excitement! Take yourself out for a day shopping at the local boutiques or take advantage of outlet deals. An unforgettable evening awaits at Casino de Mont-Tremblant, or at a show or play at one of the region's renowned establishments.

▼ Classified by chronological order.

Events

Many towns and villages in the Laurentians are celebrating, and you're invited as a distinguished guest. The fun never stops, with ongoing festivals and sporting events. A thrilling experience awaits. Feel the beat and let yourself be carried away.

May 14 to 16

Notre-Dame-du-Laus Book Fair

Antoine-Labelle

Recreation Centre, Notre-Dame-du-Laus
819 767-2247, ext. 32 – notre-dame-du-laus.ca

May 15 to 17

Festival Santa Teresa

Thérèse-De Blainville

Downtown, Sainte-Thérèse
450 434-4006 – santateresafest.ca

Taking downtown Sainte-Thérèse by storm, the immersive festival of Santa Teresa holds the promise of an above-average experience and an exhilarating program by well-known artists from around Québec and elsewhere.

May 17

Vélotour des Pays-d'en-Haut (Bicycle Challenge)

Laurentides

Val-David Station
1 888 322-7030, ext. 4235 – valdavid.com

May 17 and 18

National Patriots Day

Deux-Montagnes

Maison de la culture et du patrimoine, Saint-Eustache
450 974-5170 – vieuxsainteustache.com

May 22 to 24

Crossroads Tremblant

Laurentides

Tremblant Resort
819 681-6006 – crossroadstremblant.com



Festival Santa Teresa

May 31

Course nature de la Rivière-du-Nord (Run Challenge)

Rivière-du-Nord

Parc-nature du lac Jérôme, Saint-Jérôme
450 436-5757, ext. 3913 – coursenature.ca

June 5 to 7

Super Party Camionneurs (Truckers Fest)

Antoine-Labelle

Sports field, Ferme-Neuve
819 660-3080 – superpartycamionneurs.com

June 6 and 7

Fishing Fest

Mirabel

Parc régional éducatif Bois de Belle-Rivière, Mirabel
450 258-4924 – boisdebelleriviere.com

June 6 to October 12

Série Ça me dit concerts Rona Dagenais

Pays-d'en-Haut

Parc Georges-Filion, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

June 7

Courir à notre santé (Run Challenge)

Mirabel

Premium Outlets Montréal, Mirabel
450 431-8484, ext. 1 – fondationhopitalsaint-jerome.org

June 13 and 14

La Sortie des Saveurs

Deux-Montagnes

Heart of the village, Saint-Joseph-du-Lac
450 623-1072 – facebook.com/lasortiedessaveurs

June 13

Fishing Fest

Saint-Jérôme

Parc régional de la Rivière-du-Nord, Saint-Jérôme
1 877 731-1676 – parcrivieredunord.ca

June 16, 23, 30 and July 7, 14, 21 and 28

Place du Village en spectacle (Concerts)

Thérèse-De Blainville

Place du Village, Sainte-Thérèse
450 434-1440 – sainte-therese.ca

June 20

Subaru IRONMAN 5150/Sprint

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

June 21

Subaru IRONMAN 70.3 Mont-Tremblant Presented by Sportium

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

June 26 to 28

Journées des moulins

Deux-Montagnes

Moulin Légaré, Saint-Eustache
450 974-5170 – vieuxsainteustache.com

June 28

Fête familiale (Family Day)

Pays-d'en-Haut

Parc Claude-Henri-Grignon, Sainte-Adèle
450 229-2921 – ville.sainte-adele.qc.ca

July 2, 9, 16 and 23

P'tits jeudis ensoleillés (Children's Entertainment)

Pays-d'en-Haut

Parc Claude-Henri-Grignon, Sainte-Adèle
450 229-2921 – ville.sainte-adele.qc.ca

July 3 and 4

Festi-Bière Saint-Faustin–Lac-Carré

Laurentides

Parc de la Gare, Saint-Faustin–Lac-Carré
819 688-2161, ext. 234 – sflc.ca

Festival for beer, music, and food lovers. A super-charged musical program, a dozen microbreweries under the huge marquee, and food trucks come together in a festive and family-friendly atmosphere!



Festi-Bière Saint-Faustin–Lac-Carré

July 3 to 5

AIM Experience

Argenteuil

Parc Carillon, Saint-André-d'Argenteuil
aimexperience.com

July 3 to 12

Tremblant International Blues Festival

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – blues.tremblant.ca

Over one hundred free concerts in the magical setting of Tremblant's pedestrian village. Enjoy 10 days of music featuring emerging and renowned artists, street blues, interactive workshops, and activities for the entire family.


Tremblant International Blues Festival

July 3 to 26

Festival Stradivaria

Laurentides

Mont-Tremblant
1 855 776-4080 – festivalstradivaria.ca

The Festival Stradivaria (formerly the Festival International Hautes-Laurentides) offers free admission to most of its events, with a highly varied program and a wide range of musical styles to appeal to all!


Festival Stradivaria

July 3, 10, 17, 24, 31 and August 7 and 14

Les Vues du lac (Outdoor Movies)

Laurentides

Place Lagny, Sainte-Agathe-des-Monts
819 326-4595 – ville.sainte-agathe-des-monts.qc.ca

© Jean-Marie Savard

July 4, 11, 18, 25 and August 1

Les Soirées Nostalgia (Concerts)

Pays-d'en-Haut

Parc de la famille, Sainte-Adèle
450 229-2921 – ville.sainte-adele.qc.ca

July 4, 11, 18, 25 and August 1, 8, and 15

Samedis du Hameau (Concerts)

Antoine-Labelle

Hameau de la Gare, Nominingue
819 278-3384 – municipalitenominingue.qc.ca

July 4, 11, 18, 25 and August 1, 8, 15 and 22

Les concerts sur le lac

Laurentides

Place Lagny, Sainte-Agathe-des-Monts
819 326-4595 – ville.sainte-agathe-des-monts.qc.ca

July 5 to August 16

Les beaux dimanches à Saint-Placide

Deux-Montagnes

Parc Adélaïde-Paquette, Saint-Placide
450 258-2305, ext. 232 – artsetculturestplacide.com

July 5 to August 30

Les dimanches sur la promenade (Concerts)

Deux-Montagnes

Promenade Paul-Sauvé, Saint-Eustache
450 974-5000 – saint-eustache.ca

July 9 to 12

Lachute Fair

Argenteuil

Lachute Fairgrounds
450 562-3741 – expolachutefair.com

July 10 to August 16

1001 Pots

Laurentides

De l'Église street, Val-David
1 888 322-6868 – 1001pots.com

July 11

3 Lakes Crossing

Pays-d'en-Haut

Parc des Ainés, Saint-Adolphe-d'Howard
1 855 327-2044 – stadolphedhoward.qc.ca

July 16 to 19

Notre-Dame-du-Laus Country Festival

Antoine-Labelle

Recreation Center, Notre-Dame-du-Laus
819 767-2247, ext. 32 – notre-dame-du-laus.ca

July 17 to 19

Saint-Sauveur Blues

Pays-d'en-Haut

Parc Georges-Filion, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

July 17 to 26

Les Rythmes Tremblant

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

Les Rythmes Tremblant invites you to 10 days of free outdoor concerts by renowned Québec and Canadian artists in a festive yet relaxed atmosphere.



Les Rythmes Tremblant

July 18

Family Picnic and Outdoor Concert

Laurentides

Domaine Saint-Bernard, Mont-Tremblant
819 425-3588 – domainesaintbernard.org

July 18 to 26

Arts Morin-Heights

Pays-d'en-Haut

Chalet Bellevue, Morin-Heights
artsmorinheights.com

Visual arts exhibition featuring the works of Arts Morin-Heights' artists: sculptors, painters, photographers, ceramists, and more.


Arts Morin-Heights

July 30 to August 9

Festival des Arts de Saint-Sauveur

Pays-d'en-Haut

Big top and parc Georges-Filion, Saint-Sauveur
450 227-0427 – festivaldesarts.ca

One of the biggest dance festival in the country, FASS welcomes national and international artists. Intimate shows under the big top and free shows in the magical Saint-Sauveur village.


Festival des Arts de Saint-Sauveur

August 1, 8, 15 and 22

Rendez-vous du Village (Concerts)

Thérèse-De Blainville

Blainville Ouest street, Sainte-Thérèse
450 434-1440 – sainte-therese.ca

August 2, 9, 16 and 23

Pique-niques musicaux du Village (Concerts)

Thérèse-De Blainville

Corner of du Chanoine-Lionel-Groulx and Saint-Louis streets, Sainte-Thérèse
450 434-1440 – sainte-therese.ca

August 5 to 9

Route des Arts

Argenteuil

Southwestern Laurentians
450 613-1743 – routedesarts.ca

An open-house event for artist and artisan workshops, alongside an art gallery and boutique alternating and combining exhibits, creative workshops, and artistic events.


Route des Arts

© Rachel Neville, Suzanne Saindon

August 5 to 9

Festi Jazz Mont-Tremblant

Laurentides

Downtown Sector, Mont-Tremblant
514 994-0543 – jazztremblant.com

August 7 and 8

Perseids Festival

Laurentides

Domaine Saint-Bernard, Mont-Tremblant
819 425-3588 – domainesaintbernard.org

August 8 and 15

Projections d'Adèle (Outdoor Movies)

Pays-d'en-Haut

Parc de la famille, Sainte-Adèle
450 229-2921 – ville.sainte-adele.qc.ca

August 8 to September 7

La vie sur le Précambrien – Fondation Derouin

Laurentides

Les Jardins du Précambrien, Val-David
819 322-7167 – jardinsduprecambrien.com

August 9

Mont-Tremblant Half-Marathon

Laurentides

Parc au Phil-de-l'Eau, Mont-Tremblant
819 429-5359 – demimarathontremblant.com

August 14 to 16

Argenteuil en Blues

Argenteuil

Parc Barron, Lachute
argenteuilenblues.com

Activities for the whole family. Various up and coming, local, provincial, and Canadian artists. Shelter provided in case of bad weather, in the centre of town in the charming Parc Barron on the riverside.



Argenteuil en Blues

August 14 to 16

Big Bang Fest

Laurentides

Heart of the village, Val-David
bigbangfest.ca

August 14 to 16

Traversée du lac Tremblant

Laurentides

Lac Tremblant, Mont-Tremblant
819 430-6446 – traverseelactremblant.ca

1 000 swimmers, 170 kayakers, 4 swim distances, a magnificent lake, and the Village de la Traversée await.


Traversée du lac Tremblant

August 15

Les Papilles (Food Festival)

Thérèse-De Blainville

Turgeon street, Sainte-Thérèse
450 434-1440 – sainte-therese.ca

August 15 and 16

Festival de la BD de Prévost (Comic Book Festival)

Rivière-du-Nord

École du Champ-Fleuri, Prévost
450 224-8888 – ville.prevost.qc.ca

The city of Prévost is proud to present the 8th edition of the Festival de la BD. A key event in the region, it's a unique opportunity to meet more than 30 Francophone comic book artists, to the delight of both young and old.


Festival de la BD de Prévost

August 19 to 22

Festival Nord-de-Rire

Rivière-du-Nord

Place des festivités, Saint-Jérôme
450 822-5476 – vsj.ca

August 20 to 23

Lac-des-Écorces Country Music Festival

Antoine-Labelle

Dôme Uniprix, Lac-des-Écorces
514 588-5513 – lacdesecorces.ca

August 21 and 22

FestiRock

Rivière-du-Nord

Place du Marché, Saint-Colomban
450 436-1453, ext. 6311 – st-colomban.qc.ca

August 22

Blainville en fête

Thérèse-De Blainville

Parc équestre de Blainville
450 434-5275 – blainville.ca

August 23

Subaru IRONMAN Mont-Tremblant Presented by Sportium

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

A prestigious international event that includes a 3.8-km swim, 180 km by bike and 42.2 km on the run! Participate with the family at the Ironkids event on August 21.


Subaru IRONMAN Mont-Tremblant

August 29 and 30

SuperFolk Morin-Heights

Pays-d'en-Haut

Parc Basler, Morin-Heights
450 226-3232 – morinheights.com

September and October

F.U.N. Fest (Fall Festival)

Pays-d'en-Haut

Sommet Saint-Sauveur
450 227-4671 – sommets.com

September 4 to 7

Auténtica Fiesta Cubana

Pays-d'en-Haut

Parc Georges-Filion, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

Prepare to celebrate Cuba in style as the Auténtica Fiesta Cubana brings its authentic Cuban charm to the Saint-Sauveur Valley.



Auténtica Fiesta Cubana

September 4 to 7

La Fête de la Musique de Tremblant

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

Under the artistic direction of Angèle Dubeau, this event celebrates musical diversity. From classical music to jazz and world music, some thirty free concerts are presented on the stages of Tremblant's pedestrian village.



La Fête de la Musique de Tremblant

September 5

La régionale du Poisson Blanc (Canoe Challenge)

Antoine-Labelle

Parc régional du Poisson Blanc, Notre-Dame-du-Laus
819 767-2247, ext. 32 – notre-dame-du-laus.ca

September 11 and 12

Music 4 Cancer

Thérèse-De Blainville

Place du Village, Sainte-Thérèse
music4cancer.com

September 11 to 13

Prévost Painting Symposium

Rivière-du-Nord

Prévost Station
450 990-6164 – lastationculturelle.org

© Tremblant

September 11 to 13

Festival des Contes Maltés (Storytelling Festival)

Laurentides

Val-David Church
514 779-0032 – valdavid.com

September 11 to 13

La Gourmandise d'automne @ Tremblant

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

September 12

Détour culturel de La Conception

Laurentides

Heart of the village, La Conception
819 686-3016 – municipalite.laconception.qc.ca

September 13

Bois de Belle-Rivière Half-Marathon

Mirabel

Parc régional éducatif Bois de Belle-Rivière, Mirabel
438 397-5979 – lescoursesgourmandes.ca

September 13

Vélo à notre santé (Bicycle Challenge)

Rivière-du-Nord

Place de la gare, Saint-Jérôme
450 431-8484 – fondationhopitalsaint-jerome.org

September 13

Open House Day on Québec Farms

Laurentian Region
450 679-0530 – portesouvertes.upa.qc.ca

September 13

Ultranza Trail Val-David-Val-Morin

Laurentides

Parc régional Val-David-Val-Morin, Far Hills Sector
819 322-2834 – evenementstopchrono.net

Mid-September to end of October

F.U.N. Fest (Fall Festival)

Pays-d'en-Haut

Sommet Morin Heights
450 227-4671 – sommets.com

September 18 and 19

Bonneville 808 Challenge

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

September 19

Fête autochtone Kwei Kwei

Rivière-du-Nord

Parc régional de la Rivière-du-Nord, Saint-Jérôme
1 877 731-1676 – parcriviereduNord.ca

September 19 and 20

Festival de la galette et des saveurs du terroir (Festival of Buckwheat Cakes and Regional Products)

Deux-Montagnes

Old-Saint-Eustache
450 974-5170 – festivaldelagalette.com

September 19 and 20

Mirabel fête l'érable du Québec

Mirabel

Parc régional éducatif Bois de Belle-Rivière, Mirabel
450 258-4924 – boisdebelleriviere.com



Octobierfest, Sainte-Adèle

© Tourisme Laurentides

September 19 to October 12 (Weekends)

Festival Coul-Couleurs (Fall Festival)

Laurentides

Parc Éco Laurentides, Saint-Faustin–Lac-Carré
1 866 326-9072 – parceco.ca

September 24 to 27

Volaria Aeronautics Festival

Mirabel

International Aerocity of Mirabel
514 373-6074 – volaria.ca **ad. p. 17**

September 25 to 27

Les Journées de la culture des Laurentides (Culture Days)

Laurentian Region
1 866 734-4441 – journeesdelaculture.qc.ca

September 26

Festival Santé – Je cours pour la réussite

Antoine-Labelle

Parc régional Montagne du Diable, Ferme-Neuve
1 877 587-3882, ext. 221 – parcmontagnedudiable.com

September 26 and 27

Couleur Country

Laurentides

Place Lagny, Sainte-Agathe-des-Monts
819 326-3731 – ville.sainte-agathe-des-monts.qc.ca

October 2 and 3

Les couleurs d'Argenteuil en Blues

Argenteuil

Municipal Park, Gore
argenteuilenblues.com

October 2 to 4

Oktobierfest

Pays-d'en-Haut

Place des citoyens, Sainte-Adèle
450 229-2644 – sainte-adele.net

October 3 and 4

Fall Festival

Pays-d'en-Haut

Saint-Adolphe-d'Howard
1 855 327-2044 – stadolphedhoward.qc.ca

October 3

Saint-Sauveur Half-Marathon

Pays-d'en-Haut

Heart of the village, Saint-Sauveur
evenementstopchrono.net

October 4

P'tit Train du Nord Marathon

Rivière-du-Nord, Pays-d'en-Haut, Laurentides

Val-David to Saint-Jérôme
marathondupetittraindunord.com

October 6 to 12

MASK – Festival international de Saint-Jérôme

Rivière-du-Nord

Place des festivités, Saint-Jérôme
maskfestivalsaintjerome.ca

October 10 to 12

Week-end country aux couleurs de Saint-Sauveur

Pays-d'en-Haut

Parc Georges-Filion, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

Three days of free country shows. Look out for the biggest names in Québec country music.



Week-end country aux couleurs de Saint-Sauveur

October 11

Apple and Cheese Festival

Deux-Montagnes

Parc national d'Oka and Calvaire d'Oka
450 479-8365 – sepaq.com/oka

October 11

Vallée de la Rouge Desjardins Marathon

Antoine-Labelle

Rivière-Rouge Arena
819 275-2577 – marathondelarouge.ca

October 31

Halloween Festivities and Parade in Saint-Sauveur

Pays-d'en-Haut

Parc Georges-Filion and Principale street, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

November 6 to 8

Saint-Jérôme Arts and Crafts Fair

Rivière-du-Nord

Quartier 50+, Saint-Jérôme
450 436-1511 – vsj.ca

November 6 to December 30

The Magic of Christmas at Route des Gerbes d'Angelica

Mirabel

6015, rang Saint-Vincent, Mirabel
450 258-1648 – gerbesdangelica.com

November 14 and 15

Arts and Crafts Fair

Pays-d'en-Haut

Recreation Center, Saint-Adolphe-d'Howard
1 855 327-2044 – stadolphedhoward.qc.ca

November 27 to 29

Blainville Arts and Crafts Fair

Thérèse-De Blainville

Community Center, Blainville
450 434-5275 – blainville.ca

November 27 to 29

Christmas Fair – Saveurs et Culture d'Argenteuil

Argenteuil

Polyvalente Lavigne, Lachute
450 562-2474 – argenteuil.qc.ca

November 28 and 29

Val-David Arts and Crafts Fair

Laurentides

Heart of the village, Val-David
1 888 322-7030, ext. 4235 – valdavid.com

November 29

Blainville Santa Claus Parade

Thérèse-De Blainville

Parc Chante-Bois, Blainville
450 434-5275 – blainville.ca

December 4 to 6

Tremblant's 24h

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – 24htremblant.com

December 5

Saint-Sauveur Christmas Parade

Pays-d'en-Haut

Parc Georges-Filion, Saint-Sauveur
1 877 528-2553 – valleesaintsauveur.com

December 5 and 6

Anneplain'Arts Fair

Thérèse-De Blainville

Centre Jean-Guy-Cardinal, Sainte-Anne-des-Plaines
450 478-0211, ext. 2021 – villesadp.ca

December 5, 6, 12 and 19

Val-David Christmas Market

Laurentides

École Saint-Jean-Baptiste, Val-David
819 322-6419 – marchedici.org

January 2021 (to be confirmed)

La Fête des neiges (Winterfest)

Deux-Montagnes
Old-Saint-Eustache
450 974-5000 – saint-eustache.ca

January 2021 (to be confirmed)

FIS World Cup Freestyle Ski

Laurentides
Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

January 2021 (to be confirmed)

Ski and Snowshoe Festival

Antoine-Labelle
Parc régional Montagne du Diable, Ferme-Neuve
1 877 587-3882, ext. 221 – parcmontagnedudiable.com

January 10

Actineige Day

Mirabel
Parc du Domaine Vert, Mirabel
450 435-6510 – domainevert.com

January 30 and February 20

Torchlight Evenings

Rivière-du-Nord
Parc régional de la Rivière-du-Nord, Saint-Jérôme
1 877 731-1676 – parcrivieredunord.ca

February 2021 (to be confirmed)

Les Beaux 4 heures – Fondation Martin-Matte

Pays-d'en-Haut
Sommet Saint-Sauveur
450 934-6239 – lesbeaux4h.com

February 2021 (to be confirmed)

Loppet Viking

Pays-d'en-Haut
Morin-Heights
450 226-3232 – skiloppet.com

February 2021 (to be confirmed)

Saint-Adolphe-d'Howard Provincial Winter Triathlon Festival

Pays-d'en-Haut
Parc Adolphe-Jodoin, Saint-Adolphe-d'Howard
1 855 327-2044 – triathlonstadolphe.com

February 2021 (to be confirmed)

Plaisirs d'hiver de Saint-Adolphe-d'Howard (Winterfest)

Pays-d'en-Haut
Centre plein air, Parc Adolphe-Jodoin and
Mont Avalanche, Saint-Adolphe-d'Howard
1 855 327-2044 – stadolphehoward.qc.ca

February 2021 (to be confirmed)

Lac Masson en Fête (Winterfest)

Pays-d'en-Haut
Parc Édouard-Masson and village
Sainte-Marguerite-du-Lac-Masson
1 855 228-2545 – lacmasson.com

February 2021 (to be confirmed)

Bonheurs d'hiver (Winterfest)

Laurentides
Place Lagny, Sainte-Agathe-des-Monts
819 326-4595 – ville.sainte-agathe-des-monts.qc.ca

February 2021 (to be confirmed)

Festival Rando Alpine Tremblant

Laurentides
Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca



© Tremblant

February 5 to 7

Canadian Ski Marathon

Lower Laurentians
1 877 770-6556 – skimarathon.ca

The longest and oldest cross-country ski trail in North America, developed on mostly privately-owned land, in a picturesque setting in the heart of the Laurentians.



Canadian Ski Marathon

February 6 and 7

Fête des neiges (Winterfest)

Mirabel

Parc régional éducatif Bois de Belle-Rivière, Mirabel
450 258-4924 – boisdebelleriviere.com

March 2021 (to be confirmed)

Défi de la Diable – Winter Triathlon

Laurentides

Domaine Saint-Bernard, Mont-Tremblant
defideladiable.ca

April 2021 (to be confirmed)

Caribou Cup

Laurentides

Tremblant Resort
819 681-3000, ext. 46643 – tremblant.ca

▼ Classified by sectors, from south to north.

Games of Chance

Rivière-du-Nord

Bingo des Laurentides

500, boulevard des Laurentides, Entrance: P-4 and P-5
Saint-Jérôme
450 565-4888 – bingodeslaurentides.ca
Open: year-round.

Bingo des Laurentides welcomes you to a 500-seat hall where you can win cash prizes while having fun. Each visit comes with the chance of earning a minimum of $4 150, with other jackpots ranging from $1 000 to $7 500. In addition, most of the profits are donated to not-for-profit organizations in the region. A pleasant evening, guaranteed, whether by yourself or with friends!

Laurentides

Casino de Mont-Tremblant

300, chemin des Pléiades, Versant Soleil
Mont-Tremblant
819 429-4150 – 1 800 665-2274
casinodemonttremblant.ca

An entertainment experience like no other. Feel like spicing up your evening? Come to the Casino, where activities of all kinds await, from slot machines, table games, and multi-game stations, to DJs, a seafood and grill restaurant, and much more. Take the free shuttle bus from Tremblant Resort at Place des Voyageurs or come by car. Free parking and coat check. 18 years old and over only. **ad. inside front cover**


Casino de Mont-Tremblant

Shopping

Mirabel

Premium Outlets Montréal

19001, chemin Notre-Dame, Mirabel
450 710-1750 – premiumoutlets.com
Open: year-round.

Discover an exciting collection of more than 80 outlet stores featuring brand names and designer clothing and accessories. Take advantage of exceptional savings of up to 65% every day on brands such as Adidas, Aldo, American Eagle Outfitters, Calvin Klein, Coach, Fossil, Gap Factory Store, La Baie d'Hudson Entrepôt, Michael Kors, Nike, Polo Ralph Lauren, Rudsak, Tommy Hilfiger. Autoroute 15, exit 28.

Argenteuil

Station 210

210, route du Long-Sault, Saint-André-d'Argenteuil
514 814-3685 – station210.co

This boutique-café is a new destination that can't be missed. Housed in the old fire station of the village, Station 210 now delights visitors with its local gourmet products as well as fine objects for the home, the kids and leisure pursuits. Along with a wonderfully curated collection of objects that marry function, form and fun, enjoy an espresso, a viennoiserie or a small gourmet lunch outside by the river. Events on Facebook.

Thérèse-De Blainville

Place Rosemère

401, boulevard Labelle, Rosemère
450 437-0400 – placerosemere.com
Open: year-round.

A major shopping center with over 200 boutiques. Easily accessible via Autoroutes 15 and 640. Complimentary strollers and wheelchairs (deposit required). Gift cards available. For information, visit the customer service desk. **ad. p. 60**



Place Rosemère

Rivière-du-Nord

Carrefour du Nord

900, boulevard Grignon, Saint-Jérôme
450 436-8650 – 450 476-1951
carrefourdunord.com
Open: year-round.

Shopping centre located right on Autoroute 15 with more than 100 boutiques, restaurants and chain stores including Canadian Tire, Maxi & Cie, SAQ, Sports Experts/Atmosphère, Winners, and Cinéma Carrefour du Nord. Gift vouchers, stroller and wheelchair rentals available at the information centre.



Carrefour du Nord

Pays-d'en-Haut

Billes & Cie

191, rue Principale, Saint-Sauveur
450 227-9008 – billesetcie.ca

Bead shop offering fashion jewellery and original creations. Major brands such as Swarovski, Pandora style, Antica Murrina Murano glass. Everything you need for jewellery creation: beads of all kinds, supplies, semi-precious stones, sterling silver, stainless steel, and more. Workshops and jewellery-making classes for all ages are offered daily (beginner to expert). Once you visit Billes & Cie, you won't want to leave!

Factoreries Tanger Saint-Sauveur

100, avenue Guindon, Saint-Sauveur
514 364-8731 – factoreriestanger.com
Open: year-round.

Charming picturesque promenade with shops and outlet stores at the foot of Mont Saint-Sauveur. Only steps from local hotels and restaurants. Shop in a spellbinding atmosphere every day of the week. Renowned brand names such as Chlorophylle, Guess, Puma, Reebok, Tommy Hilfiger, and more. Find weather-appropriate clothing and equipment at Atmosphère. Start your visit with a stop at Tanger Shopper Services to find out about special offers.



Principale street, Saint-Sauveur



© Tourisme Laurentides

Laurentides

Espace Rouge Pin

1355, rue de la Sapinière, Val-David
819 322-3222 – rougepin.ca

Art and craft boutique showcasing the work of over 80 of the region's professional artists and artisans, and a tea room that hosts workshops and conferences year-round. Steps from Le P'tit Train du Nord cycle path. Come and take a break on the patio or indoors, in a welcoming and relaxed atmosphere. Visit the website or Facebook page for details, including hours of operation.

Factoreries Tremblant

2450-2555, rue de l'Aulnaie, Mont-Tremblant
factoreriestremblant.ca
Open: year-round.

Hold that thought! Let it lead you to Factoreries Tremblant and its boutiques for the whole family. Whether you're looking for fashion, sport, or cuisine, Factoreries Tremblant has everything you need. Most boutiques offer discounts on items. More information and special offers available on the website or Facebook page. Puma, La Vie en Rose, Le Grenier, O'Neill, Quilicot, Starbucks, Tommy Hilfiger, and others.


Factoreries Tremblant

Performance Venues and Theatres

Argenteuil

Centre musical et d'événements CAMMAC – Lac MacDonald

85, chemin Cammac, Harrington
819 687-3938 – 1 888 622-8755
cammac.ca
Open: year-round.

CAMMAC brings together participants from across the globe for a seven-week music camp in a breathtaking setting every summer, as well as a variety of trips for the general public throughout the year. Participants do not need to know how to read music. Discover the programs and concert festival now! What's more, the centre premises are available for rent year-round for a variety of activities.

Thérèse-De Blainville

Le Petit Théâtre du Nord

305, chemin de la Grande-Côte, Boisbriand
450 419-8755 – petittheatredunord.com
Open: June 18 to August 22, Thursday, Friday, and Saturday, 8:00 p.m. (closed July 23, 24, and 25).

Nominated for the Grand Prix de la cultures des Laurentides' Art-Affaires (Art-Business) and Ambassadeur (Ambassador) awards, the theatre is presenting an original Simon Boulerice play, set by Charles Dauphinais. *Nous nous sommes tant aimés* (We loved each other so fondly): thirty years ago, they were graduating high school; they were friends. From a time filled with discovery and excitement... What memories do they still hold? The joys of reunions! Note that the play is presented in French only.

Odyscène

57, rue Turgeon, Sainte-Thérèse
450 434-4006 – odyscene.com
Open: year-round.

Odyscène is a multidisciplinary show promoter located in Sainte-Thérèse. It operates three theatres: Théâtre Lionel-Groulx, an 800-seat performance hall, Cabaret BMO Sainte-Thérèse with 250 seats, and Pierre-Legault Hall in Rosemère, which seats up to 450. Odyscène presents nearly 250 events every year, including song, comedy, theatre, film and dance performances, as well as performances for young audiences.

Rivière-du-Nord

Théâtre Gilles-Vigneault

118, rue de la Gare, Saint-Jérôme
450 432-0660 – theatregillesvigneault.com
Open: year-round.

Completed in November 2017 and located in the heart of downtown Saint-Jérôme in the Laurentians, Théâtre Gilles-Vigneault offers an annual program totaling over 200 shows in all disciplines of the performing arts. An architectural gem with cutting-edge technology, Théâtre Gilles-Vigneault seats 860 over three floors. On the summer 2020 program: a play called *Fun Home, Album de famille!*

Diffusions Amal'gamme

Ticket office: 794, rue Maple, Prévost
450 335-3037 – diffusionsamalgamme.com

For the past 25 years, Diffusions Amal'Gamme has proudly showcased local artists and incredible musical projects from Europe and elsewhere. Three concert series and unparalleled musical variety within arm's reach in a charming little hall. Diffusions Amal'Gamme is thrilled to invite you to some 18 intimate concerts, a summer festival, all with the warmest of welcomes.


Théâtre Gilles-Vigneault, Saint-Jérôme

Pays-d'en-Haut

Place des citoyens

999, boulevard de Sainte-Adèle, Sainte-Adèle
450 229-2921, ext. 8300
ville.sainte-adele.qc.ca/place-des-citoyens.php
Open: year-round.

A melting pot for cultural and social activities, Place des citoyens hosts a diverse cultural program with lots of exciting events that bear witness to the vitality of Sainte-Adèle! Concerts, theatre, conferences, art exhibitions, youth get-togethers, creative workshops, and much more take place in these magnificent spaces that can be transformed to meet various needs.
A wealth of different events and activities await visitors throughout the cultural seasons!


Place des citoyens

Camp Musical des Laurentides

60, place Mozart, Saint-Adolphe-d'Howard
450 227-0909 – cmlaurentides.qc.ca

Camp musical des Laurentides is one of three professional music coaching camps in Québec. Music training seminars as well as concerts are presented all summer long by professional musicians (paid admission) or students (free admission) at Pavillon Saint-Denis and Saint Adolphe Church. This lovely site bordering Saint-Denis Lake is also available to groups at affordable rental costs during the rest of the year. Reservations recommended.

© André Chevrier

Cavaland

340, chemin de Chertsey, Sainte-Marguerite-du-Lac-Masson
450 228-3006 – cavaland.com
Open: year-round.

Cavaland is a horse-themed educational amusement park. Enjoy a fully-heated, multi-purpose 400-person performance hall equipped with a giant panoramic projection screen, a light and sound system, bar service, and a dance floor. Equestrian shows and dinner-show combos with periodic and majestic demonstrations of equestrian prowess. Visit the website for the schedule.

Laurentides

Théâtre du Marais de Val-Morin

1121, 10e Avenue, Val-Morin
819 322-1414 – theatredumarais.com
Open: year-round.

Théâtre du Marais is the Laurentians' cultural gem. Discover an intimate and professional performance hall at the cutting edge of technology, where coziness and cultural highlights await you. In fulfilling its mission, the team offers song, music, theatre, children's theatre, opera performances, and film. The only theatre where you are guaranteed to sit in the first ten rows! Rent the theatre for an all-inclusive reception service.

Le Patriote

258, rue Saint-Venant, Sainte-Agathe-des-Monts
819 326-3655 – 1 888 326-3655
theatrepatriote.com

Le Patriote, a legendary hall in the Québec cultural scene, presents its 53rd season in a fully-renovated hall. New seats, facility upgrades, and renovations for greater comfort. On stage in 2020 at the "new" Patriote: Pierre Lapointe, Alain Lefèvre, André Sauvé, Les Soeurs Boulay, Michel Barrette, Luce Dufault. Visit the website and Facebook page for the full program.


Le Patriote

MRC des PAYS-D'EN-HAUT
DISCOVER THE PAYS-D'EN-HAUT'S **CULTURAL OFFERING**
LA CULTURE .CA
Estérel • Lac-des-Seize-Îles • Morin-Heights • Piedmont • Saint-Adolphe-d'Howard • Sainte-Adèle
Saint-Sauveur • Sainte-Anne-des-Lacs • Sainte-Marguerite-du-Lac-Masson • Wentworth-Nord

Culture and Living History



How enjoyable it is to discover a region through its artists and its history. Several sites in the Laurentians reflect this juxtaposition of past and present. Come and soak up our rich, lively heritage, and let the creativity of our artists and artisans carry you away.

▼ Classified by sectors, from south to north.

Art Galleries and Exhibition Centres

Permanent Exhibition
Incroyable, mais vrai !

345, boulevard Sainte-Rose, Laval
450 622-1020 – parc-mille-iles.qc.ca
Open: year-round.

Parc de la Rivière-des-Mille-Îles invites you to visit its brand-new exhibit, directly inspired by the river and its history, culture, and ecosystems. In the presence of an interpretation guide, discover the rich wildlife and history of this incredible location. Then, visit the park's ecology laboratory and meet its inhabitants.
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Permanent Exhibition *Incroyable, mais vrai !*

Argenteuil

Route des Arts Gallery

76, rue Clyde, Lachute
450 613-1743 – routedesarts.ca
Open: year-round, closed Monday and Tuesday.

The Galerie hosts exhibits by artists and artisans from Argenteuil and the surrounding regions, as well as special events and artistic workshops. During the annual Route des Arts circuit, exhibitors' workshops will be open August 5 to 9 from 10 a.m. to 5 p.m. Visit the website for details.

Rivière-du-Nord

Gare de Prévost

1272, rue de la Traverse, Prévost
450 224-2105 – inter-actif.qc.ca/garedeprevost/

Prévost railway station has been restored by a group of visionary volunteers devoted to maintaining this century-old heritage building. The station provides a much-needed stopover for cyclists, hikers, and skiers on Le P'tit Train du Nord linear park and its adjoining trails. It also hosts a painting symposium that takes place from September 11 to 13.

© David Boyer, Tourisme Laurentides

Laurentides

Centre d'exposition de Val-David

2495, rue de l'Église, Val-David
819 322-7474 – culture.val-david.qc.ca
Open: daily in summer. Wednesday to Sunday in winter.

Centre d'exposition de Val-David hosts numerous temporary exhibitions centered on the visual arts (painting, sculpture, photography) and crafts, as well as conferences, workshops, and guided tours. A non-profit organization, the Centre's mission is to promote the work of the many professional artists and artisans from the region and elsewhere in Québec.

Maison des Arts Saint-Faustin

1171, rue de la Pisciculture, Saint-Faustin–Lac-Carré
819 688-2676 – maisondesartssaint-faustin.ca
Open: Wednesday to Sunday.

Just off Route 117, opposite Mont Blanc ski station, in a century-old presbytery. Since 1996, Maison des Arts Saint-Faustin has pursued its mission of promoting local artists in the visual arts field and craftspeople from Québec and beyond. Several exhibition rooms, a crafts boutique, outdoor sculptures, and numerous activities.

Antoine-Labelle

Centre d'exposition de Mont-Laurier

385, rue du Pont, Mont-Laurier
819 623-2441 – expomontlaurier.ca
Open: Year-round, closed on Sunday.

Located in the Maison de la Culture in downtown Mont-Laurier in the Upper Laurentians, the Centre presents various exhibitions ranging from the visual arts to arts and crafts, and the work of artists from the region and elsewhere in Québec. Cultivate your imaginative side as you discover these varied, dynamic, and contemporary exhibitions. A unique sensory experience loaded with emotion! Combine your holiday with artistic pleasure, while enjoying a host of other cultural activities in Mont-Laurier.

Museums

Argenteuil

Argenteuil Regional Museum

44, route du Long-Sault, Saint-André-d'Argenteuil
450 537-3861 – museeregionaldargenteuil.ca
Open: upon reservation only.

Founded in 1938, the museum houses a collection of more than 10 000 artefacts, documents, and rare books. Located in the old Carillon Barracks, a building dating back to 1830, it is the ideal place to discover the enthralling history of Argenteuil and the Ottawa Valley. Visit the exhibitions to discover the industrial history of Lachute and the Ayers Mill, and the museum's famous costume room.

Rivière-du-Nord

Musée d'art contemporain des Laurentides

101, place du Curé-Labelle, Saint-Jérôme
450 432-7171 – maclau.ca
Open: year-round, closed on Monday.

Architectural heritage and contemporary art come together at the Musée d'art contemporain des Laurentides, where a memorable experience viewing works of art that are sure to surprise and delight awaits. With its exhibitions, seminars, creative workshops and other cultural activities, the museum strives to create a living environment that is accessible to all.


Musée d'art contemporain des Laurentides

Pays-d'en-Haut

Laurentian Ski Museum

30, avenue Filion, Saint-Sauveur
450 227-2564 – 1 877 528-2553, ext. 222
museeduskideslaurentides.com
Open: year-round.

Founded in 1982, the Laurentian Ski Museum retraces the history of the development of skiing in the Laurentians with its numerous artefacts, objects, photos, and archives. It also houses the Laurentian Ski Hall of Fame. Visit the boutique space for the Métiers d'art Laurentides on site.

Creative Art Trades

Mirabel

Maison Tricotisse

9883, rue de Belle-Rivière, Mirabel
450 412-1020 – maisontricotisse.org
Open: year-round, Thursday to Saturday.

École Maison Tricotisse is first and foremost a place to meet and chat, on top of being an exceptional place to learn traditional textile art techniques. The facility includes classrooms, a library, a reference and archives centre, as well as an artisanal store featuring local textiles. Look out for the creation of a textile museum in a future development phase.

Laurentides

Atelier Bernard Chaudron

2347, rue de l'Église, Val-David
819 322-3944 – 1 888 322-3944 – chaudron.ca
Open: year-round.

Workshop boutique in the heart of Val-David. Atelier Bernard Chaudron displays unique fine pewter creations made by hand on the premises. Discover a variety of oil lamps, vases, glasses, tableware, and decorative items. In addition to the complete Chaudron pewter collection, the boutique showcases the work of several well-known artisans. It's a must-see!



Lolipop

2354, rue de l'Église, Val-David
514 797-1912 – lolipop.ca
Open: year-round.

Lollipop is a glass-blown jewellery manufacturing company. Jonathan Léon's artistic process is eclectic and professional; his products, unique and handmade, with a refined style that catches the eye and designs that blend harmonious colours and unusual shapes. It's hard not fall in love right away. Come and see the artist hard at work at his studio. The live demonstration schedule varies; check before you leave.

Historical Sites (Heritage)

Deux-Montagnes

Espace muséal du manoir Globensky

235, rue Saint-Eustache, Saint-Eustache
450 974-5170 – vieuxsainteustache.com
Open: year-round.

The Manoir Globensky is a stately home which, by virtue of its exhibitions and guided tours, highlights both the heritage and history of the City of Saint-Eustache and the nearby region. The permanent exhibition relates *La rébellion de 1837 dans le comté des Deux-Montagnes*, which opposed the Patriots and troops of the British Army. Permanent exhibits and audio-guided tours of the Old-Saint-Eustache are offered throughout the year.


Espace muséal du manoir Globensky

Moulin Légaré

232, rue Saint-Eustache, Saint-Eustache
450 974-5170 – vieuxsainteustache.com
Open: May to October, daily. November to April, Monday to Friday.

A national historic site, the Moulin Légaré, built in 1762, is North America's oldest water-driven flourmill still in operation. Located along the Rivière du Chêne, in the heart of Old-Saint-Eustache, the miller produces wheat and buckwheat flour the old-fashioned way. Attend a guided tour and demonstrations by the miller in the summer season.


Moulin Légaré

Argenteuil

Carillon Canal – National Historic Site

210, rue du Barrage, Saint-André-d'Argenteuil
450 537-3534 – 1 888 773-8888
parcscanada.gc.ca/canalcarillon

With the biggest drop of any lock in Canada, Carillon Canal offers a spectacular view. Equipped with a 200-ton vertical lift door, the lock allows boats to navigate the 20-metre descent. Watch it in operation and appreciate the beauty of the natural landscape while enjoying a picnic, walk, or kayak outing in the park. The site is accessible by bike from the VéloRoute d'Argenteuil.

Laurentides

Calvaire d'Huberdeau

231, rue Principale, Huberdeau
819 687-3647 – municipalite.huberdeau.qc.ca
Open: May to October.

The first Huberdeau Calvary was built in 1892 out of wood. Between 1910 and 1920, the current version was put together, made of bronze wrought iron. Each of the 27 figures making up the Calvary is more than two metres tall and weighs about 315 kg. On the first Sunday in August there is a popular gathering known as the Fête du calvaire.


Calvaire d'Huberdeau

Tourist Routes



Discover the Laurentians through our official tourist routes: the rural and agritourism circuit of the Chemin du Terroir, with a blast from the past on the Route des Belles-Histoires. Two signposted, themed routes showcasing a rich and passionate culture to discover.

Chemin du Terroir

Argenteuil, Deux-Montagnes, Mirabel
450 224-7007 – 1 800 561-6673
cheminduterroir.com

The Chemin du Terroir is a signposted route that takes you through more than 226 kilometres of country backroads and byways, with discoveries to make at every turn. The Chemin du Terroir features a wealth of agricultural tourism, but that's not all; our heritage, culture and history is also presented as you make your way through a delightful rural decor. It's just the right scenario for a romantic escapade, family tour or educational visit, and there's always lots to taste along the way. The visit takes you through the Lower Laurentians via a route that changes with the seasons.



Route des Belles-Histoires

Saint-Jérôme to Mont-Laurier
450 224-7007 – 1 800 561-6673
routedesbelleshistoires.com

Railway heritage, historic locations and museums. From the story of log jamming days to the unique Huberdeau Calvary, with stopovers at Chute aux Iroquois, covered bridges, the Curé Antoine Labelle exhibition, the Laurentian Ski Museum and historical circuits, more than 60 attractions to discover along a 284-km route from Saint-Jérôme to Mont-Laurier. In the stations are museum exhibits or information panels, plus short videos presenting local and regional history. An audio-guide is available between Labelle and Mont-Laurier. Just follow the signs!



© Francine Loubert, J.P. Bourbeau

The official tourist routes of the Laurentians

CHEMIN DU TERROIR

Four seasons of discoveries, bucolic countryside and gourmet getaways!

ROUTE DES BELLES-HISTOIRES

Track along one of the routes used by the early settlers, from Saint-Jérôme to Mont-Laurier.

cheminduterroir.com • routedesbelleshistoires.com

Great Outdoors



In the Laurentians, the outdoors is a way of life. And if you're looking for excitement, you can find it every season. The wide-open spaces, landscapes filled with mountains, lakes, and rivers, and countless activity offerings are sure to make your stay a memorable one.

▼ Classified by sectors, from south to north.

Outdoor Activities

Mirabel

Centre d'activités et Golf le Sélect

1995, route Sir-Wilfrid-Laurier, Mirabel
450 566-0370 – 514 839-4653
golfleselect.com

From April to November, Le Centre d'activités et Golf le Sélect offers a range of outdoor activities including golf, soccer golf, and canoe, kayak, and stand-up paddle board rentals. The bubble soccer and combat archery activities can be taken directly to your company, year-round. Reception hall available year-round or marquee tent with a 500-person capacity.


Parc national d'Oka

Pays d'en-Haut

Plein Air Saint-Adolphe-d'Howard

1672, chemin du Village, Saint-Adolphe-d'Howard
819 327-3519 – 1 866 236-5743
pleinairstadolphe.ca
Open: year-round.

Plein Air Saint-Adolphe-d'Howard campground and centre has over 80 km of hiking, cross-country skiing, and snowshoeing trails, along with a summer campground and three delightful ready-to-camp sites open year-round. The centre is just outside Saint-Joseph Lake, the largest of the municipality's 85 lakes. Wander the trails and stop at one of the many viewpoints of the mountainous Laurentian landscape.

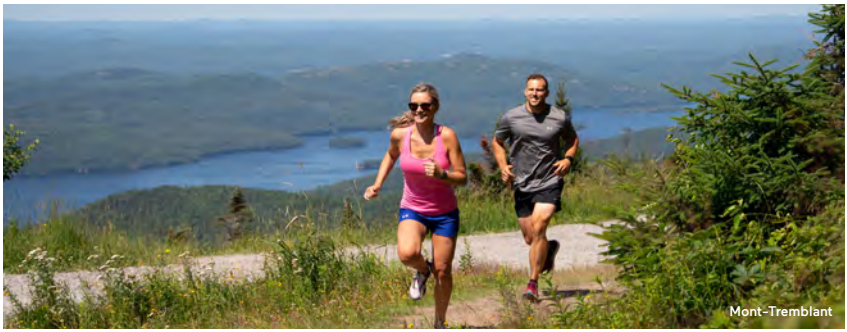
Laurentides

D-Tour

1944, chemin du village, suite 1, Mont-Tremblant
819 430-8687 – dtourtremblant.com
Open: year-round.

D-Tour organizes guided tours, customized activities, and a guide and private concierge service in Mont-Tremblant. In the company of a local guide, head out on an excursion to discover or rediscover the region on an e-fatbike (electrically-assisted bike), snowshoes, bike, or aboard the tourist shuttle that takes visitors toward Mont-Tremblant National Park. Enjoy an experience tailored to your needs, expectations, and tastes.

© Tourisme Laurentides


Mont-Tremblant

Antoine-Labelle

Aventures Kiamika

1, chemin de l'Ours, parc régional Kiamika
Rivière-Rouge
819 278-5402 – 1 800 278-1710
aventureskiamika.com
Open: year-round.

On the banks of Kiamika Reservoir, this adventure centre and ecolodge organizes a variety of outdoor activities throughout the year, with fully-equipped eco-friendly lodging in an incredible natural environment. It's a magnificent playground covering 185 km² only three hours from Montréal, filled with wonder for young and old! It's the perfect place to unwind, take off on an adventure, or observe the animals that call the region home in their natural habitat.


Aventures Kiamika


Némiscachingue Lake, Lac-Bazinet


La Seigneurie d'Argenteuil, Brownsburg-Chatham


Rouge River, Labelle

Water Sports

With more than 9 000 lakes and rivers, the Laurentian region is a paradise for all lovers of nautical sports of all kinds.

Deux-Montagnes

Beach Club

701, 38e Rue, Pointe-Calumet
450 473-1000 – beachclub.com

With its beaches, pools, patios, internationally-renowned DJs, and great atmosphere, the Beach Club is always extremely successful, year after year. The new family-friendly section has water sprinklers, a kiddie pool, pedal boats, and kayaks. Many events are held every summer.

Pays-d'en-Haut

Écho Aloha

Wentworth-Nord, Saint-Adolphe-d'Howard, Sainte-Marguerite-du-Lac-Masson, Mont-Tremblant
514 709-0808 – 438 888-7209
echoaloha.com

Try stand-up paddle boarding (SUP) or yoga in the new studio next to the river in Morin-Heights. With its four locations and mobile delivery service, the company can bring your paddle board directly to you. Make your private party or corporate event stand out with an introductory class, fitness yoga, equipment rentals, guided daytime and nighttime adventures, or surfing adventure trip.

Laurentides

Centre nautique Pierre Plouffe Tremblant

2900, chemin du Village, Mont-Tremblant
819 681-5634 – 1 888 681-5634
tremblantnautique.com

Water sports and a variety of water activities. Non-motorized boat, motorboat, and sailboat rentals. Water skiing, wakeboard, and surfing lessons. Climbing wall on the water. Aquatic day camp for children aged seven and up. Come and play on the water of Tremblant Lake; the entire team awaits!


Centre nautique Pierre Plouffe Tremblant

Antoine-Labelle

Tubing on the river – Camping Le Fou du Roi

1680, rue Landry, Rivière-Rouge
819 275-0085 – camping-ete.ca

Embark on inflatable tubes for an outing on the Rouge River. Enjoy your favorite beverage while warming up in the sun and cooling down in the water. Visit the website for rates and the schedule.


Kiamika Reservoir, Rivière-Rouge

Canoeing and Kayaking

Laurentides

Canoe-Kayak Arundel

31, route Morrison, Arundel
819 687-3607 – canoekayakarundel.com
Open: mid-May to mid-October.

Canoe-Kayak Arundel offers a wide selection of canoes and kayaks for rent. Direct access to the Beaven River leading upstream to three different lakes, and downstream to the beautiful sandy beaches of the Rouge River. Enjoy exceptional fishing, swimming, and picnicking. Calm and clean waters with no rapids. Visit this unique site and enjoy the magnificent scenery as well as the abundant wildlife.

À l'Abordage !

- 2268, rue de l'Église, Val-David
- 1340, rue de Saint-Jovite, Mont-Tremblant
819 322-1234 – alabordage.ca

Experience a tranquil run downriver by canoe or kayak. Several packages for the whole family to enjoy in complete safety. Discover three excursions on the Diable River or paddle down the Nord River. Then, return by bike along Le P'tit Train du Nord—about 7 km of easy cycling with no elevation—or return by shuttle instead.

Kayak & Cabana

2202, chemin du Moulin, Labelle
819 686-1111 – kayak-cabana.com
Open: May to October.

Kayak & Cabana invites you to discover the meandering Rouge River by canoe, kayak, or SUP. Let yourself drift downstream with the current and heed the call of the sandy beaches to swim or picnic. The section of the Rouge River used by Kayak & Cabana is calm and free of rapids, making it accessible to all. Departures every day from 9 a.m. onwards, with three routes available. Shuttle service and equipment included.

Antoine-Labelle

Zec Mitchinamecus

11, rue Notre-Dame, Sainte-Anne-du-Lac
819 586-2155 – zecmitchinamecus.reseauzec.com
Open: May to October.

The controlled zone also features a canoe camping route. From your departure north of Chopin Lake all the way to the northeast point of Georges Lake, or the southwestern border of the controlled zone, the 40-km route in the heart of nature has plenty of wildlife, excellent fishing conditions, along with sandy beaches and rest areas designed with your comfort in mind. Choose your starting point and segments according to your desired level of difficulty.

Hunting and Fishing

Rivière-du-Nord

Carl le Trappeur

Saint-Colomban
450 821-9580 – cblonletrappeur.com

Carl le trappeur is truly passionate about wildlife! That's why he made a career out of it, offering introduction to trapping, hunting, and fishing packages. Let the trapper guide you on one of his trap lines; follow his footsteps and you might find a catch. Visit the website for further details and the complete list of activities available.

Laurentides

NaturAventur

Chemin du Lac-Gélinas, Mont-Tremblant
819 425-4216 – naturaventur.com
Open: April to October.

Fishing adventures in a wading river complete with waterfalls, rapids, and whirlpools in an enchanting, natural landscape. Lake fishing with boat supplied. Guides who are pleased to help you with fishing techniques and appropriate strategies for the local conditions. Training centre for discovering and perfecting fly-fishing techniques with qualified instructors on the banks of the Diable River.

Cruises and Ferry

Deux-Montagnes

Traverse Oka–Hudson

190, rue des Anges, Oka
450 458-4732 – traverseoka.ca
Open: April to November, may vary according to weather conditions.

Since 1909, the Oka ferry has connected people from Oka to Hudson. The 10-minute, 2-kilometre ferry ride between the Montérégie region and the Laurentians is sure to provide lasting memories. It's hard not to marvel at the landscape and splendor of the Deux Montagnes Lake. Welcome aboard!

Laurentides

Croisières Alouette

Municipal wharf, Sainte-Agathe-des-Monts
819 326-3656 – 1 866 326-3656
croisierealouette.com
Open: May to October.

A 50-minute cruise on the picturesque Sables Lake, with French and English commentary on board. Breakfast, happy hour, and sunset packages available upon reservation. Partial access for persons with reduced mobility; parking nearby. Bar service.


Croisières Alouette

Croisières Mont-Tremblant

Federal wharf, Mont-Tremblant
819 425-1045 – croisierestremblant.com

Cruises on Tremblant Lake. A guided tour of the history, legends, and natural surroundings of one of Québec's most beautiful lakes. Please call or visit the website for departure dates and times as well as rates. Dinner cruise available upon reservation.


Croisières Mont-Tremblant

Bicycle Touring

Discover the Laurentians' cycling circuits on page 98.

Le P'tit Train du Nord

Bois-des-Filion to Mont-Laurier
450 224-7007 – 1 800 561-6673
parclineaire.com

Le P'tit Train du Nord linear park, a 234-km cycle path built over an old railway line from Bois-des-Filion to Mont-Laurier, with a paved segment of over 120 km, gives cyclists the chance to explore many of the Laurentian RCMs (Thérèse-De Blainville, Mirabel, Rivière-du-Nord, Pays-d'en-Haut, Laurentides, and Antoine-Labelle). It's the longest park of its kind in Canada. While roaming about, take the opportunity to visit some of the lively towns and villages nearby with their wealth of restaurants, cultural activities, art galleries, and quaint little boutiques.

Argenteuil

VéloRoute d'Argenteuil

Saint-André-d'Argenteuil, Brownsburg-Chatham, Grenville-sur-la-Rouge, Grenville
450 562-2474 – argenteuil.qc.ca

With its 54-km cycling itinerary, the VéloRoute d'Argenteuil has plenty of interesting options, including a dedicated 8.1-km cycle path. Cycling, walking, and rollerblading enthusiasts have all the room they need to enjoy their favorite activity in complete safety. Crossing the Passerelle Desjardins d'Argenteuil nature walkway or climbing up to the belvedere at Carillon generating station only adds to the experience!


VéloRoute d'Argenteuil

Rivière-du-Nord

Autobus Le Petit Train du Nord

Place de la Gare, Saint-Jérôme
450 569-5596 – 1 888 893-8356
autobuslepetittraindunord.com
Open: May to October.

The official carrier on Le P'tit Train du Nord cycle path, this pioneer of the cycling service industry has carried cyclists and their bikes in private buses since 1997. Also available: luggage transportation and bike rentals. The team will gladly help you plan your day trip or multi-day getaway. Minimum number of persons required for transportation. Visit the website for the detailed schedule and rates. Reservations required.

Cycles Cadieux

536, rue Saint-Georges, Saint-Jérôme
450 432-4686 – cyclescadieux.com
Open: year-round.

Bike shop only steps from Le P'tit Train du Nord cycle path. Bike sales, repairs, and rentals. All hiking necessities. Reservations recommended for equipment rentals. Electric bikes available.



Pays-d'en-Haut

Boutique Espresso Sports / Café de la Gare

1000, rue Saint-Georges, Sainte-Adèle
450 229-5886 – espressosports.net
Open: year-round.

At Km 25 on Le P'tit Train du Nord cycle path, Espresso Sports sells, repairs, and rents bikes (mountain bikes, fatbikes, hybrid bikes), trailer bikes, child carriers, cross-country skiing equipment (classic and skate skiing), and snowshoes. Meanwhile, Café de la Gare offers a healthy menu (sandwiches, soups, salads, desserts), coffee, microbrewery products, and wines that you can enjoy outside on the magnificent terrace.


Boutique Espresso Sports / Café de la Gare

Pays-d'en-Haut and Laurentides

Parc du Corridor aérobique

From Morin-Heights to Amherst
450 224-7007 – 1 800 561-6673
corridoraerobique.ca
Open: May to October, for biking.

On the former railway line linking Morin-Heights and Amherst, the aerobic corridor invites cyclists to enjoy a taste of the great outdoors in the heart of nature. This 58-km route passes through the wild outdoors and its scattering of lakes and lovely green valleys. Experience pure nature! Cross-country skiing (km 0 to 8.5) and fatbiking (km 8.5 to 14.5) in winter. **ad. p. 75**

Water Rafting

Argenteuil

New World Rafting

25, chemin des Sept-Chutes
Grenville-sur-la-Rouge
1 800 361-5033 – newworld.ca
Open: May to September.

Whether you want to try whitewater rafting or family rafting, or prefer the fast pace of sportyaking, you'll love discovering the Rouge River. The river offers different levels of difficulty that are perfectly suited to each activity. No experience required; guides and certified instructors accompany participants to guarantee an enjoyable day out. Enjoy the riverside facilities: pool, whirlpool, volleyball court, and a bar with terrace.

Propulsion Rafting

619, chemin de la Rivière-Rouge, Grenville-sur-la-Rouge
1 800 461-3300 – propulsion.ca
Open: mid-April to mid-September, daily upon reservation.

With its class 2-3 or class 4-5 routes, the Rouge River has the potential for plenty of thrills and emotions, whether you come with your family, a group of friends, or colleagues. With its 38 years of experience, Propulsion gives you the chance to see plenty of action, all the while providing a safe environment. Don't miss the *après-rafting* experience: bar, terrace, pool, whirlpool, hammocks, and volleyball court. You can also extend your vacation and stay over at the campground.


Rouge River, Grenville-sur-la-Rouge

Horseback Riding

Pays-d'en-Haut

Les Écuries du Chantecler

1815, rue du Mont-Blanc, Sainte-Adèle
450 229-7700 – lesecuriesduchantecler.com
Open: year-round.

Horseback riding: 1 or 2 hours, sleigh ride and campfire, horseback riding class, horse-drawn carriage ride (weddings), family, and specialized rides. Mountain excursion, pony rides, horseback riding school, day camp. First departure at 9 a.m.

Laurentides

Ranch La Douceur

6250, chemin du 10e-Rang, Sainte-Agathe-des-Monts
819 321-1329 – ranchladouceur.ca

Ranch La Douceur offers horseback riding expeditions, classes, and even an equestrian day camp during March break. In addition, many special theme days are organized throughout the year. Discover magical landscapes during a wintertime horseback riding expedition. Miniature farm and pony rides also available on site. Visit the Facebook page for more information.

Centre d'activités nature Kanatha-Aki

11, chemin du Lac-de-l'Orignal, Val-des-Lacs
819 321-1890 – kanatha-aki.com
Open: year-round.

Kanatha-Aki, a family-owned business located 90 minutes from Montréal and 40 minutes from Mont-Tremblant, welcomes you for one- to two-hour horseback riding expeditions through the majestic Laurentian mountains. Choose from a variety of packages to discover the forest paths, a wood bison herd, and a refuge atop the mountain where you can admire the splendid view and sunset. Change of scenery guaranteed! Other activities on site.

Golf

Come and admire the majestic Laurentian landscapes at one of the region's many golf courses. There's a variety of circuits for all levels amidst breathtaking landscapes.



Mont-Gabriel, Sainte-Adèle

Mirabel

Club de golf Mirabel

19150, rue Charles, Mirabel
450 435-7006 – 1 800 263-7006
golfmirabel.com

Number of Holes: 36 – Par: 72
Length (yards): 6 204 – Services:

Club de golf Saint-Janvier

21081, rue Charles, Mirabel
450 435-9631 – golfstjanvier.com

Number of Holes: 18 – Par: 72
Length (yards): 6 109 – Services:

Argenteuil

Club de golf Lachute

355, avenue Béthany, Lachute
450 562-5228 – cglachute.ca

Number of Holes: 36 – Par: 72
Length (yards): 7000 – Services:

Rivière-du-Nord

Club de golf Saint-Jérôme

2019, montée Sainte-Thérèse, Saint-Jérôme
450 436-2335 – 1 800 363-2500
golfstjerome.com

Number of Holes: 18 – Par: 72
Length (yards): 6000 – Services:

Pays-d'en-Haut

Club de golf Piedmont

201, chemin de la Montagne, Piedmont
450 227-4653 – 1 855 889-2199
golfpiedmont.ca

Number of Holes: 18 – Par: 72
Length (yards): 6123 – Services:

Club de golf Estérel

44, rue Fridolin-Simard, Estérel
450 228-4532 – golfesterel.ca

Number of Holes: 18 – Par: 71
Length (yards): 6430 – Services:

Laurentides

Golf Sainte-Agathe

21, chemin du Golf, Sainte-Agathe-des-Monts
819 326-3022 – golfsainteagathe.com

Number of Holes: 9 – Par: 35
Length (yards): 2855 – Services:

Club de golf Royal Laurentien

2237, chemin du Lac-Nantel Sud, Saint-Faustin–Lac-Carré
819 326-5454 – 1 877 470-5454
royallaurentien.com

Number of Holes: 18 – Par: 71
Length (yards): 7000 – Services:

Clubs de golf Gray Rocks

819 425-2772 – 1 800 567-6744
golfgrayrocks.com

La Belle
100, chemin Champagne, Mont-Tremblant

Number of Holes: 18 – Par: 72
Length (yards): 6270 – Services:

La Bête
1760, chemin du Golf, Mont-Tremblant

Number of Holes: 18 – Par: 72
Length (yards): 6825 – Services:

Golf Le Diable

110, chemin de l'Albatros, Mont-Tremblant
1 888 738-1777 – tremblant.ca

Number of Holes: 18 – Par: 71
Length (yards): 7056 – Services:



Golf Le Géant

8630, montée Ryan, Mont-Tremblant
1 888 738-1777 – tremblant.ca

Number of Holes: 18 – Par: 72
Length (yards): 6 836 – Services:

Antoine-Labelle

Club de golf Vallée de la Lièvre

344, chemin du Golf, Lac-des-Écorces
819 623-6890 – golfdelalievre.ca

Number of Holes: 18 – Par: 71
Length (yards): 6 400 – Services:

Skydiving

Rivière-du-Nord

Parachutisme Adrénaline

881, rue Lamontagne, Saint-Jérôme
450 438-0855 – 1 877 727-2248 – paradrenaline.ca

Looking for the thrill of a lifetime? Get ready for your first tandem skydive! Parachutisme Adrénaline is happy to share this experience with you. Discover the magnificent Laurentian landscapes aboard one of their planes during your skydiving experience. Designed for two people, the tandem system is designed so that you can fully enjoy your experience while your instructor handles all the details. Starting at $240.

Parks and Wildlife Reserves

The Laurentian region is home to several regional parks, two national parks, and two wildlife reserves, offering a vast selection of activities to make your experience in the heart of nature a memorable one.

Parc de la Rivière-des-Mille-Îles

345, boulevard Sainte-Rose, Laval
450 622-1020 – parc-mille-iles.qc.ca
Open: year-round.

One of Québec's unique attractions, this protected wildlife area is the largest in the metropolitan area. Enjoy lots of fresh air and nautical activities by renting a canoe, kayak, stand-up paddle board, rabaska or row boat. Discover the archipelago's islands aboard a pontoon and explore the walking trails. Visit the new exploration center, which houses a permanent exhibit, a bistro, as well as meeting rooms.


Parc de la Rivière-des-Mille-Îles



Deux-Montagnes

Parc national d'Oka

2020, chemin d'Oka, Oka
450 479-8365 – 1 800 665-6527
sepaq.com/oka

Oka National Park is open year-round. Discover a rich historical and natural heritage along the hiking trails. In the summertime, visitors can also enjoy the beach and cycling trails. Cross-country skiing, snowshoeing, fatbiking, and tobogganing give everyone a chance to truly enjoy winter. Extend your stay and take advantage of the many overnight facilities, including the Compact Cabins.


Parc national d'Oka



Mirabel

Parc du Domaine Vert

10423, montée Sainte-Marianne, Mirabel
450 435-6510 – domainevert.com
Open: year-round.

Parc du Domaine Vert is an intermunicipal (Blainville, Boisbriand, Mirabel, and Sainte-Thérèse) forest park that caters to outdoor activities in an urban environment. Several activities are offered year-round to families, school groups, and business groups, including Arbre en Arbre Mirabel, your adventure-filled activity at Parc du Domaine Vert. Accept the challenge, cross bridges, and climb the nets! Visit the website for details.



Parc du Domaine Vert

Parc régional éducatif Bois de Belle-Rivière

9009, route Arthur-Sauvé, Mirabel
450 258-4924 – boisdebelleriviere.com
Open: year-round.

This magnificent forest park located in Mirabel has walking trails that meander through a maple grove, peaceful gardens for picnicking, a dog park, swimming, an astronomy observatory, a cycle path, and fishing. In winter, come and enjoy the skating, cross-country skiing, snowshoeing, and walking trails, as well as snow tubing. To round it all out, stay overnight in a four-season hut in the forest.



Parc régional éducatif Bois de Belle-Rivière

Rivière-du-Nord

Parc régional de la Rivière-du-Nord

750, chemin de la Rivière-du-Nord, Saint-Jérôme
450 431-1676 – 1 877 731-1676
parcriviereredunord.ca
Open: year-round.

With an exceptionally rich natural and cultural heritage, the park is the perfect location for sports all year round! Hiking, cycling, fishing, water sports, adventure trail, obstacle course, sprinklers, cross-country skiing, snowshoeing, winter hiking, and sledding. Many other activities available: historical circuit, art nature trail, interpretation panels, and rallies.



Parc régional de la Rivière-du-Nord

Pays-d'en-Haut

Parc de la Rivière Doncaster

4672, chemin de la Doncaster, Sainte-Adèle
450 229-6686 – 514 718-6686
facebook.com/parcdelarivieredoncaster
Open: year-round.

The park has more than 10 kilometres of groomed forest trails, where you can observe the beauty of the local flora and fauna. Fishing for brook trout in season. Two kilometres on the riverside are accessible to persons with reduced mobility. In winter, the trails are mechanically groomed for walking and sleigh rides, two heated huts, snowshoe and pole rentals on site.

Laurentides

Parc régional Val-David–Val-Morin

Far Hills Sector
5966, chemin du Lac-La Salle, Val-Morin
819 322-2834

Dufresne Sector
1165, chemin du Condor, Val-David
819 322-6999 – parcregional.com

Val-David–Val-Morin Regional Park's magnificent site is dedicated to ecotourism for outdoor enthusiasts. The protected zone is scattered with scenic viewpoints, belvederes, and nearly 100 kilometres of trails for hiking, mountain biking, cross-country skiing, and snowshoeing. In summer, discover the many rock-climbing walls and boulders.

Parc Éco Laurentides

5000, chemin du Lac-Caribou, Saint-Faustin–Lac-Carré
819 326-9072 – 1 866 326-9072
parceco.ca
Open: May 8 to October 12.

Hiking, camping and canoe-camping. The perfect place for picnics. Groomed trails totaling 36 km. Nature interpretation pavilion. Boat rentals and fishing. Admission: 18 years old and under: free, adults: $10, seniors (60+): $7. Prices may change without notice. Please see the website for more information and special activities.


Parc Éco Laurentides

Domaine Saint-Bernard

539, chemin Saint-Bernard, Mont-Tremblant
819 425-3588 – domainesaintbernard.org
Open: year-round.

An eco-tourism centre over 1 500 acres in the heart of Mont-Tremblant, Domaine Saint-Bernard is an outstanding and unique natural refuge in which you can stay and enjoy a wide range of sporting, educational, cultural, recreational, and scientific activities in a protected environment.

Réserve faunique de Papineau-Labelle

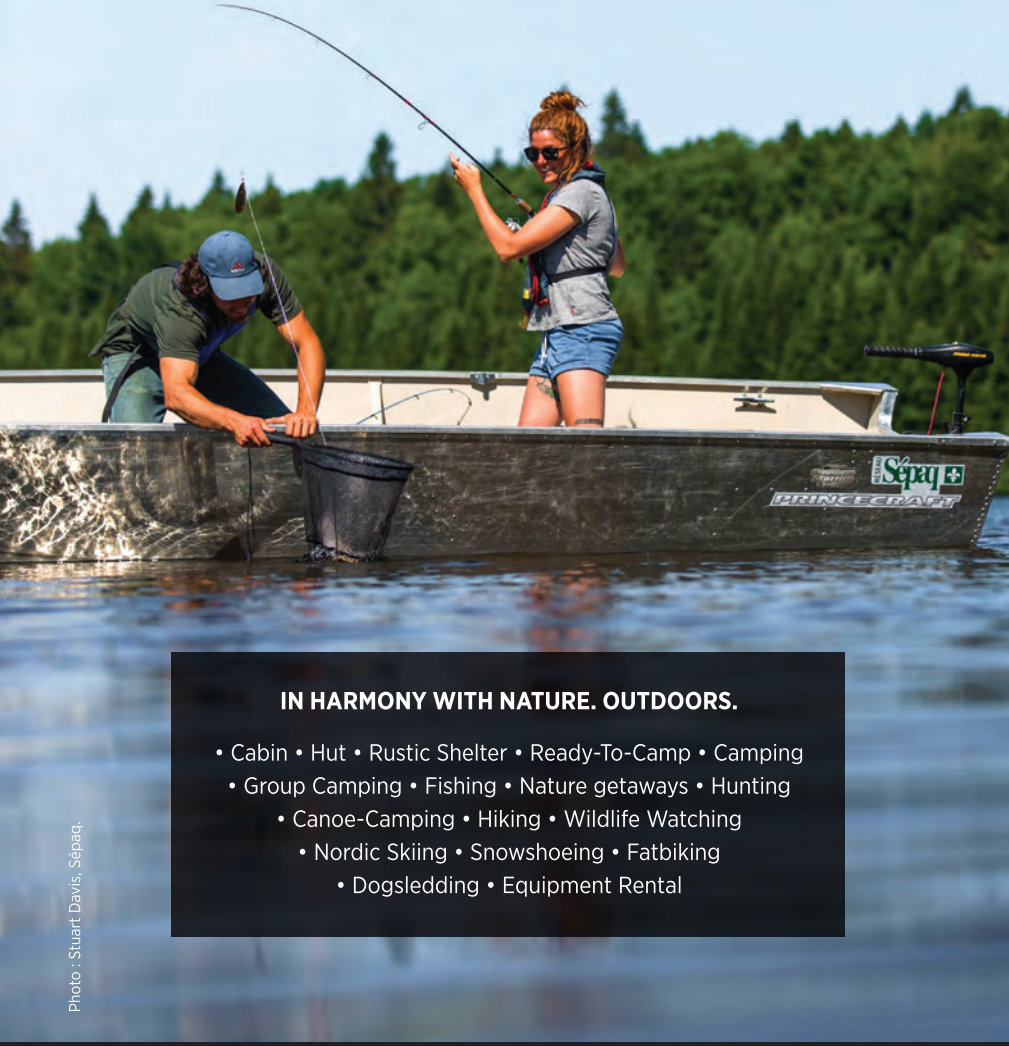
443, route 309 (Val-des-Bois), La Minerve
819 454-2011 – 1 800 665-6527
sepaq.com/papineau
Open: year-round.

The Papineau-Labelle Wildlife Reserve is part of Québec's Sépaq network. It provides access to outdoor activities such as fishing and hunting, with cottage or camping holidays, canoe-camping expeditions, hiking, and long-distance cross-country ski trips. Nature lovers will be delighted to discover this huge territory and its over 760 lakes. Reservations recommended. **ad. p. 83**


Réserve faunique de Papineau-Labelle

RÉSERVE FAUNIQUE DE

PAPINEAU-LABELLE



IN HARMONY WITH NATURE. OUTDOORS.

• Cabin • Hut • Rustic Shelter • Ready-To-Camp • Camping
• Group Camping • Fishing • Nature getaways • Hunting
• Canoe-Camping • Hiking • Wildlife Watching
• Nordic Skiing • Snowshoeing • Fatbiking
• Dogsledding • Equipment Rental

Photo : Stuart Davis, Sépaq.

sepaq.com/papineau | 1 800 665-6527
819 454-2011

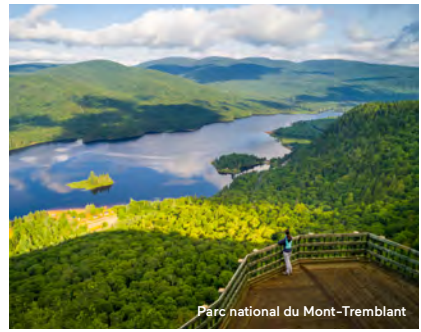
Family experience

Sépaq

Parc national du Mont-Tremblant

4456, chemin du Lac-Supérieur, Lac-Supérieur
819 688-2281 – 1 800 665-6527
sepaq.com/tremblant
Open: year-round.

One of the oldest national parks in North America, Mont-Tremblant National Park fascinates visitors with its miles of forest hillsides rising above its 400 lakes, 6 rivers, and unique sandy riverbanks. The park offers a variety of seasonal activities, as well as a broad range of authentic holiday options, including overnight stays in huts, and camp or ready-to-camp sites.


Parc national du Mont-Tremblant





Kiamika Reservoir, Rivière-Rouge

Antoine-Labelle

Parc régional du Poisson Blanc

37, chemin de la Truite, Notre-Dame-du-Laus
819 767-2999 – poissonblanc.ca
Open: year-round.

Poisson Blanc Regional Park offers a unique getaway experience on the Poisson Blanc Reservoir. Its numerous islands are dotted with intimate and rustic canoe-camping sites, only accessible by boat. Canoes and sea kayaks can be rented at the reception pavilion for a one-day trip or overnight stay. Reservations can be made online or by phone.

Réserve Faunique Rouge-Matawin

2002, chemin du Lac-Macaza, La Macaza
1 800 665 6527 – sepaq.com/rougematawin
Open: mid-May to early November.

This 1 394 km² territory offers a range of outdoor activities, including hunting and fishing. Services are available for both visitors staying in cottages, as well as hunting, fishing, and outdoor enthusiasts. Cottages, rustic shelters, and campsites are dispersed throughout the vast territory. Activities include river excursions, canoeing, camping, fishing (pike, walleye, speckled trout, lake trout), and hunting (small game, moose, white-tailed deer).

Parc régional Kiamika

Administration:
1850, boulevard Fernand-Lafontaine, Rivière-Rouge
819 278-5402 – reservoirkiamika.org
Open: year-round, mid-May to mid-September for camping.

For year-round activities, Kiamika is the natural choice! Trade in the everyday for the magical world of Kiamika with its kilometres of sandy beaches and privacy of island camping! On-site activities include hiking, adventure courses, canoe, kayak, and SUP rentals, snowshoeing and dogsledding trails. Reserve online or by phone. An adventure for the naturally curious!

Parc régional Montagne du Diable

Tourist bureau: 125, 12e Rue, Ferme-Neuve
Pavillon Léopold-Papineau :
1100, chemin Léandre-Meilleur, Ferme-Neuve
819 587-3882 – 1 877 587-3882, ext. 221
parcmontagnedudiable.com

Parc Régional Montagne du Diable is a prime destination for outdoor aficionados. Laid in a magnificent forest, the trails highlight the natural attractions along the way. The network includes walking trails, mountain biking, snowshoeing, backcountry skiing, classic cross-country skiing and skate skiing, water activities, nature chalets, huts, rustic campsites, and a pavilion with various facilities.

Public Beaches

Deux-Montagnes

Parc national d'Oka – Deux Montagnes Lake $

2020, chemin d'Oka, Oka
450 479-8365 – 1 800 665-6527
sepaq.com/oka
Open: mid-May to early September, 8 a.m. to 8 p.m.

Camping des Chutes de la Rouge – Rouge River $

2265, route 148, Grenville-sur-la-Rouge
819 242-2883
laurentides.com/en/members/camping-des-chutes-de-la-rouge
Open: mid-May to mid-June, weekends only and mid-June to early September, daily, 10 a.m. to 4 p.m.

Argenteuil

Camping municipal de Brownsburg-Chatham – Outaouais River $

457, route des Outaouais, Brownsburg-Chatham
450 562-1456 – campingquebec.com/chatham
Open: end of June to early September, 10 a.m. to 6 p.m.

Rivière-du-Nord

Camping Lac Lafontaine Parkbridge – Lafontaine Lake $

1100, boulevard du Grand-Héron, Saint-Jérôme
450 431-7373 – parkbridge.com/laclafontaine
Open: early June to mid-September.

Pays-d'en-Haut

Laurel Lake Beach Ⓢ

2932, chemin Millette, Wentworth-Nord
450 226-2416 – wentworth-nord.ca
Open: end of June to early September, 10 a.m. to 6 p.m.

Jean-Guy-Caron Beach – Rond Lake $

1080, chemin du Chantecler, Sainte-Adèle
450 229-2921, ext. 7244 – ville.sainte-adele.qc.ca
Open: mid-June to early September, 10 a.m. to 7 p.m.

Gratton Beach – Saint-Joseph Lake Ⓢ

2000, chemin du Village, Saint-Adolphe-d'Howard
819 327-2044 – 1 855 327-2044
stadolphedhoward.qc.ca
Open: mid-June to early September.

Sainte-Marguerite-du-Lac-Masson Municipal Beach – Masson Lake Ⓢ

414, rue du Baron-Louis-Empain
Sainte-Marguerite-du-Lac-Masson
450 228-2543, ext. 221 – 1 855 228-2545
lacmasson.com
Open: end of June to early September.

Laurentides

Raymond Lake Beach Ⓢ

Chemin de la Gare, Val-Morin
819 324-5670 – val-morin.ca
Open: end of June to end of August.

Major Beach – Sables Lake $

Chemin du Tour-du-Lac, Sainte-Agathe-des-Monts
819 326-3731 – 1 888 326-0457
ville.sainte-agathe-des-monts.qc.ca
Open: end of June to early September, 9 a.m. to 8 p.m.

Sainte-Lucie Beach – Sables Lake $

Rue Larocque, Sainte-Agathe-des-Monts
819 326-3731 – 1 888 326-0457
ville.sainte-agathe-des-monts.qc.ca
Open: end of June to early September, 10 a.m. to 6 p.m.

Tessier Beach – Sables Lake $

Rue Major, Sainte-Agathe-des-Monts
819 326-3731 – 1 888 326-0457
ville.sainte-agathe-des-monts.qc.ca
Open: end of June to early September, 9 a.m. to 7 p.m.

Saint-Faustin–Lac-Carré Municipal Beach - Carré Lake Ⓢ

Rue de la plage, Saint-Faustin–Lac-Carré
819 688-2161 – sflc.ca
Open: end of June to early September.

Mercier Lake Beach $

100, chemin Plouffe, Mont-Tremblant
819 425-8614 – villedemont-tremblant.qc.ca
Open: end of June to early September.

Raynaud Lake Beach $

539, chemin Saint-Bernard, Mont-Tremblant
819 425-3588 – villedemont-tremblant.qc.ca
Open: June to September, 9 a.m. to 4:30 p.m.

Parc Plage, Tremblant Resort – Tremblant Lake $

Chemin de la Chapelle, Mont-Tremblant
819 681-3000, ext. 56665 – tremblant.ca
Open: mid-June to end of August, 10 a.m. to 7 p.m.

Camping Parc la Conception - Parkbridge - Rouge River $

1158, chemin des Ormes, La Conception
819 686-5596 – 1 888 636-5596
parkbridge.com/laconception
Open: mid-May to mid-October, 8 a.m. to 11 p.m.

La Crémaillère Beach, parc national du Mont-Tremblant – Monroe Lake $

4456, chemin du Lac-Supérieur, Lac-Supérieur
819 688-2281 – 1 800 665-6527
sepaq.com/tremblant
Open: end of June to end of August.

Antoine-Labelle

Nominingue Municipal Beach – Nominingue Grand lake Ⓢ

2282, chemin des Sureaux, Nominingue
819 278-3384 – municipalitenominingue.qc.ca
Open: end of June to early September.

Michel-Jr.-Lévesque Beach – Tibériade Lake Ⓢ

Chemin du Tour-du-Lac-Tibériade, Rivière-Rouge
819 275-5358 – riviere-rouge.ca
Open: June 24 to August 23, daily. August 29 to September 6, weekends only.

Lac-Saguay Beach – Saguay Lake Ⓢ

52, chemin de la Plage, Lac-Saguay
819 278-3972 – lacsaguay.qc.ca
Open: end of June to end of August.

Mont-Laurier Municipal Beach – Sources Lake Ⓢ

1269, boulevard Des Ruisseaux, Mont-Laurier
819 623-1221, ext. 700 – villemontlaurier.qc.ca
Open: June 15 to August 9, weekdays, 10 a.m. to 6 p.m.
Weekends, 12 p.m. to 6 p.m.

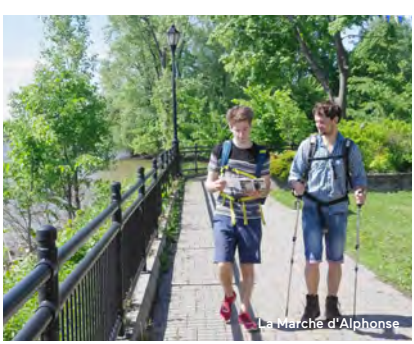
Hiking

Deux-Montagnes

La Marche d'Alphonse

600, rue Dubois, Saint-Eustache
1 866 491-4449 – lamarchedalphonse.com
Open: May to October.

La Marche d'Alphonse is four days of hiking with routes covering 21 to 27 km per day. Walk down picturesque streets, beautiful country roads, cycle paths, the nature trails at Parc national d'Oka, and hiking trails. Your trip comes with a walker's guide with clearly marked routes, lodging options, and refuelling stops.


La Marche d'Alphonse

Hiking

You're invited to discover the Laurentians' exceptional landscapes! In this fabulous decor, come and make your adventure a reality in a getaway atmosphere in the heart of nature. Discover the wide-open spaces, get away to the fresh air of the great outdoors, and spend quality time with friends or family.

Trail rating ● : Easy ■ : Intermediate ◆ : Difficult	**Trail**			
	Total length (km)	Trail rating	Hiking season	**Services and activities**
Deux-Montagnes				
Parc national d'Oka $ 2020, chemin d'Oka, Oka 450 479-8365 – 1 800 665-6527 sepaq.com/oka	28.2	● ■ ◆	Year-round	
Mirabel				
Parc du Domaine Vert $ 10423, montée Sainte-Marianne, Mirabel 450 435-6510 – domainevert.com	3.4	●	Year-round	
Parc régional éducatif Bois de Belle-Rivière $ 9009, route Arthur-Sauvé, Mirabel 450 258-4924 – boisdebelleriviere.com	17	●	Year-round	
Rivière-du-Nord				
Parc régional de la Rivière-du-Nord $ 750, chemin de la Rivière-du-Nord, Saint-Jérôme 450 431-1676 – 1 877 731-1676 parcrivieredunord.ca	24	● ■ ◆	Year-round	
Parc de la Coulée Ⓢ Rue du Clos-Toumalin, Prévost 450 224-8888, ext. 6228 – ville.prevost.qc.ca	30	● ■	Year-round	
Centre de plein air Roger-Cabana Ⓢ 2060, chemin des Hauteurs, Saint-Hippolyte 450 563-2505, ext. 2231/2243 – saint-hippolyte.ca	10	■ ◆	Year-round	

Pays-d'en-Haut	Trail			Services and activities
	Total length (km)	Trail rating	Hiking season	
Wentworth-Nord trail networks Ⓢ **Sector of Montfort** 160, route Principale, Wentworth-Nord 450 226-2416 – wentworth-nord.ca **Sector of Laurel** 3488, route Principale, Wentworth-Nord	26	● ■	Year-round	
Piedmont/Saint-Sauveur trail networks Ⓢ **Piedmont:** ch. de la Rivière, ch. du Roitelet, place des Hauteurs and parc Gilbert-Aubin 450 227-1888 – lespaysdenhaut.com/cartes **Parc John-H.-Molson,** 20, rue Viviane, Saint-Sauveur 450 227-2669, ext. 420	10.5	● ■	May to October	
Morin-Heights trail networks Ⓢ 450 226-3232, ext. 130 – morinheights.com/plein-air **Parc Basler,** 99, chemin du Lac-Écho **Rue des Bouleaux** **Sommet Morin Heights,** 231, rue Bennett	34	■	Summer and Fall	
Parc de la Rivière Doncaster $ 4672, chemin de la Doncaster, Sainte-Adèle 450 229-6686 – 514 718-6686 facebook.com/parcdelarivieredoncaster	10	● ■	Year-round	
Plein-Air Sainte-Adèle trail networks Ⓢ 450 229-2921, ext. 8300 – pleinairsteadele.com **Sainte-Adèle Train Station,** 1000, rue Saint-Georges and rue de la Vallée-du-Golf **Sector of lac Matley,** chemin du Paysan **Sector of lac Millette,** corner of rues du Maréchal and de la Colonie **Sector of mont Durocher,** boulevard des Monts	36	● ■ ◆	Year-round	

Trail rating ● : Easy ■ : Intermediate ◆ : Difficult	**Trail**			**Services and activities**
	Total length (km)	Trail rating	Hiking season	
Saint-Adolphe-d'Howard trail networks $ **Mont Avalanche,** 1657, chemin de l'Avalanche 819 327-3232 **Plein Air Saint-Adolphe-d'Howard,** 1672, chemin du Village 819 327-3519 – 1 866 236-5743 pleinairstadolphe.ca	35	● ■ ◆	Year-round	
Sainte-Marguerite-du-Lac-Masson and Estérel trail networks Ⓢ 450 228-3232 – 450 228-2543 lespaysdenhaut.com/cartes **Estérel,** 1, avenue d'Anvers **Sainte-Marguerite-du-Lac-Masson,** rue du Galais	14.2	● ■ ◆	Summer and Fall	
Laurentides				
Parc régional Val-David–Val-Morin $ **Far Hills Sector,** 5966, chemin du Lac-La Salle, Val-Morin 819 322-2834 **Dufresne Sector,** 1165, chemin du Condor, Val-David 819 322-6999 – parcregional.com	60	● ■ ◆	Year-round	
Centre de plein air Camping Sainte-Agathe-des-Monts $ 2, chemin du Lac-des-Sables, Sainte-Agathe-des-Monts 819 324-0482 – 1 800 561-7360 campingsteagathe.com	30	● ■ ◆	Summer and Fall	
L'Expérience Boréale/Camping du Domaine Lausanne $ 150, route 117, Ivry-sur-le-Lac 819 326-3550 – campingdudomainelausanne.ca	7.9	● ■	Year-round	
Parc Éco Laurentides $ 5000, chemin du Lac-Caribou, Saint-Faustin–Lac-Carré 819 326-9072 – 1 866 326-9072 parceco.ca	24.2	● ■ ◆	Early May to mid-October	

	Trail			
	Total length (km)	Trail rating	Hiking season	Services and activities
L'Interval, coopérative de solidarité de plein air $ 3565, ch. du Lac-Legault, Sainte-Lucie-des-Laurentides 819 326-4069 – intervalcoop.com	30	● ■ ◆	Year-round	
Domaine Saint-Bernard $ 539, chemin Saint-Bernard, Mont-Tremblant 819 425-3588 – domainesaintbernard.org	30	● ■ ◆	Year-round	
Tremblant Resort Ⓢ 1000, chemin des Voyageurs, Mont-Tremblant 1 888 738-1777 – temblant.ca	37	● ■ ◆	Year-round	
Réserve faunique de Papineau-Labelle $ 443, route 309 (Val-des-Bois), La Minerve 819 454-2011 – 1 800 665-6527 sepaq.com/papineau	34.3	● ■	Mid-May to early September	
Parc national du Mont-Tremblant $ 4456, chemin du Lac-Supérieur, Lac-Supérieur 819 688-2281 – 1 800 665-6527 sepaq.com/tremblant	82	● ■ ◆	Year-round	
Antoine-Labelle				
Parc écologique le Renouveau Rosaire-Sénécal Ⓢ 3100, chemin des Marronniers, Nominingue 819 278-3384 – municipalitenominingue.qc.ca	18.4	● ■ ◆	Year-round	
Parc régional Kiamika Ⓢ Administration: 1850, boulevard Fernand-Lafontaine Rivière-Rouge 819 278-5402 – reservoirkiamika.org	12.4	■	May to mid-October	
Parc régional Montagne du Diable $ 125, 12e Rue, Ferme-Neuve 819 587-3882 – 1 877 587-3882, ext. 221 parcmontagnedudiable.com	80	● ■ ◆	Year-round	

ATVs and Motor Sports


Adonis Lake, Lac-Bazinet

Mirabel

Contant Laval, Mirabel, Sainte-Agathe

18000, rue J.-A.-Bombardier, Mirabel
450 434-6676 – contant.ca

Tour the Laurentians in a new and exciting way! Contant BRP dealership offers Can-Am Spyder rentals from March 15 to December 15. This roadster is safety equipped with anti-lock brakes and stability control, and has ample storage. With four branches in Laval, Mirabel, Sainte-Agathe-des-Monts, and Vaudreuil, Contant is accessible from the Montréal-Trudeau Airport or from Mont-Tremblant. Visit the website for reservations.

ICAR Expérience

12800, boulevard Henri-Fabre, Mirabel
514 955-4227 – 1 855 332-4227
icarexperience.com

Since 2008, ICAR Mirabel has been the go-to place for all thrill-seekers. Built on the old Montréal-Mirabel aerodrome site, this ultramodern complex provides an experience with an adrenaline rush like never before. Clients are invited to get behind the wheel of a supercar, try out high-performance go-karts, take a helicopter ride, or jump into space at the Aérodium.

Rivière-du-Nord

Aventures Plein Air St-Hippolyte

42, rue de la Chaumine, Saint-Hippolyte
450 563-4443 – 1 877 563-4443
aventurespleinair.com

Located less than an hour from Montréal, this is the perfect place to take off into wide-open spaces at the helm of your own ATV or snowmobile. Also available: Jeep excursions, fishing trips, and initiation to water sports such as wakeboarding, surfing, and waterskiing. With or without a guide. All equipment included. Lodging and restaurant on site. Visit the website for more information.


Aventures Plein Air St-Hippolyte

Antoine-Labelle

Outdoor Logistik

182, chemin de l'Aéroport, La Macaza
819 805-0407 – outdoorlogistik.com

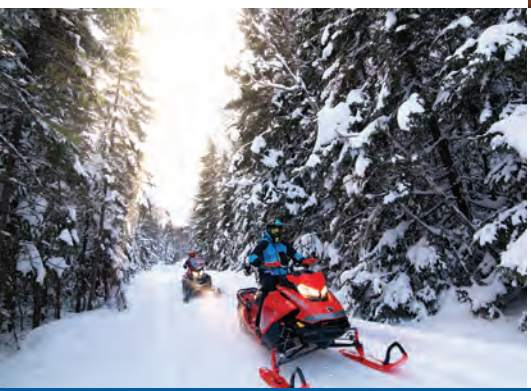
Come and do the Laurentians your way. At Outdoor Logistik, the only thing stopping you is your imagination and your safety. Fun and smiles guaranteed. ATV excursions, kayak trips downriver, side-by-side circuits, overnight forest camping with a day of hunting or fishing available; it's all up to you.

© Tourisme Laurentides

THE LAURENTIANS

OUTFITTER VACATIONS
NATURE DESTINATION !





Visit an outfitter, **the ultimate cabin in the woods**, for a trip into the heart of nature filled with simplicity and fun for all!

Plan your stay at **laurentiansoutfitters.com**

Several activities in the forest or on lakes and rivers year-round:

• Hunting • Fishing • Snowmobile or ATV excursions • Snowshoeing • Hiking • Cross-country skiing • Swimming • Canoeing and more









Consult the outfitters pages: 158 and 159

TOURISM LAURENTIANS

1 800 561-6673

POURVOIRIES CHANGER D'AIR

Flightseeing and Ultralight Flights

Mirabel

Hélibellule

12655, rue Services A-4, Mirabel
450 476-1000 – helibellule.ca
Open: year-round.

Hélibellule offers a wide range of packages, from leisure flights to corporate flights, with the option of creating your own itinerary. Flights can depart from the base at Mirabel International Airport or at the location of your choice. Do you secretly dream of flying a helicopter on you own? The initiation package was designed for you. Don't wait any longer; enjoy this unique experience now!


Hélibellule

Laurentides

Air Panorama

750, chemin de la Sauvagine, Saint-Faustin–Lac-Carré
438 874-7266 – airpanorama.ca
Open: daily, May to October.

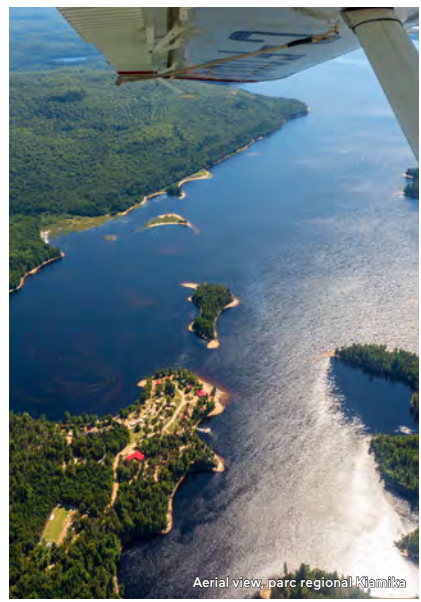
Air Panorama is an ultralight flight school near Mont-Tremblant. Introductory flights as well as ground and in-flight training available. The company has its own runway, along with a large field with walking trails and a welcome center for visitors to rest with coffee and snacks. An incredible, safe, and memorable activity! A bucket list experience! More information on the website.

Héli-Tremblant

72, route 117, Mont-Tremblant
819 425-5662 – 1 866 425-5662
heli-tremblant.com
Open: year-round.

Héli-Tremblant offers scenic flights over a region filled with breathtaking panoramas. Packages include mountain stopovers for spectacular views and beach breaks at superb swimming spots. Romantic packages including restaurant outings for a delightful meal. Guided tours in French or English. Rates starting from $99 per person (2 pers. minimum).


Héli-Tremblant


Aerial view, parc regional Kiamika

© Tourisme Laurentides

Zipline and Via Ferrata

Pays-d'en-Haut

Acro-Nature du Sommet Morin Heights

231, rue Bennett, Morin-Heights
450 227-2020 – sommets.com
Open: mid-May to end of October.

Take the chairlift up to the top of the mountain and get ready to fly down the Big Course; then complete your adventure in the Ultimate Zone. A total of five courses and 73 stations, including 29 ziplines for challenges that get the adrenaline going. The Zoomer course has 20 stations and three ziplines for youngsters aged 6 to 10 to develop their aerial skills. Stay at a nearby campsite or cabin for an all-around memorable stay.


Acro-Nature du Sommet Morin Heights


Mont Catherine, Sainte-Agathe-des-Monts

Laurentides

Tyroparc

400, chemin du Mont-Catherine
Sainte-Agathe-des-Monts
1 844 324-2002 – tyroparc.com
Open: year-round.

Mega-ziplines among the highest in Canada. Climb up with the via ferrata and rappel back down a rockface over 50 metres high. Fly from one summit to the next over a 2.5-km course over 100 metres high. Come and experience an adrenaline rush from mountaintop to mountaintop in complete safety, season after season. Regardless of your age or physical condition, a superb day out awaits you in the heart of nature. Guided snowmobile tours also available in winter.


Tyroparc

Akropark

Tremblant Resort, Mont-Tremblant
819 429-3307 – akropark.com
Open: year-round.

Are you looking for a thrilling, unique, and extraordinary experience with friends or family? From early morning to evening, Akropark offers you a most rewarding, reassuring and challenging outdoor experience! The numerous, varied courses available are suitable for all ability levels. The site includes five courses and over 60 games.

© Tyroparc


Mont Catherine, Sainte-Agathe-des-Monts

Tremblant Activity Centre

Tremblant Resort, Mont-Tremblant
819 681-4848 – tremblantactivities.com
Open: year-round.

In summer, experience the via ferrata at Mont-Tremblant National Park. With exciting routes built onto the side of towering cliffs, it offers a great challenge and amazing views. Plus, all year long, try the via ferrata and some of the longest and highest ziplines in Québec at Mont Catherine. Reservations required.


Tremblant Activity Centre

Ziptrek Ecotours Tremblant

Tremblant Resort, Mont-Tremblant
1 888 947-8735 – ziptrek.com
Open: May to October.

Ziptrek proposes an eco-touristic aerial adventure. Five double ziplines, the longest in Québec, give participants the chance to soar above the treeline over a distance of nearly 4 km, from the summit to the bottom of Mont-Tremblant. This fully guided activity also includes a lift to the top aboard a panoramic gondola, three short walks in the forest, and informative presentations about the local ecology.


Ziptrek Ecotours Tremblant


Tremblant Resort

© Ziptrek



Mont Catherine, Sainte-Agathe-des-Monts

Action Tremblant

80, rue des Sept-Sommets, La Conception
819 341-4577 – actiontremblant.com
Open: year-round.

Soar through the forest wilderness in the summer and fall, with routes featuring 15 different ziplines spanning 70 metres to nearly 1.5 km! In the winter and spring, Action Tremblant offers 10 ziplines. Get ready to be immersed in nature, with a spectacular 360-degree view of the Rouge Valley under the supervision of certified guides. Perfect for families, friends, and corporate groups.



Action Tremblant

Centre d'activités nature Kanatha-Aki

11, chemin du Lac-de-l'Orignal, Val-des-Lacs
819 321-1890 – kanatha-aki.com

A ride consisting of 18 ziplines in a magical setting! Ninety minutes from Montréal and 40 minutes from Mont-Tremblant, fly above the treetops in the heart of the forest and soar over a river. Enjoy your activity safely, thanks to the continuous lifeline, a new security system. Also available: horseback riding, hiking with huskies, bison park, Hok skiing, teepee, fishing, and mountain stream climbing. A real change of scenery!

© Tyroparc

Biking

Set in perfect natural surroundings, the Laurentians invite you to enjoy your journey as you hop from village to village alongside valleys, mountains, and magnificent waterways, on or off road. Refer to the Bicycle Touring section on page 74 for additional discoveries.

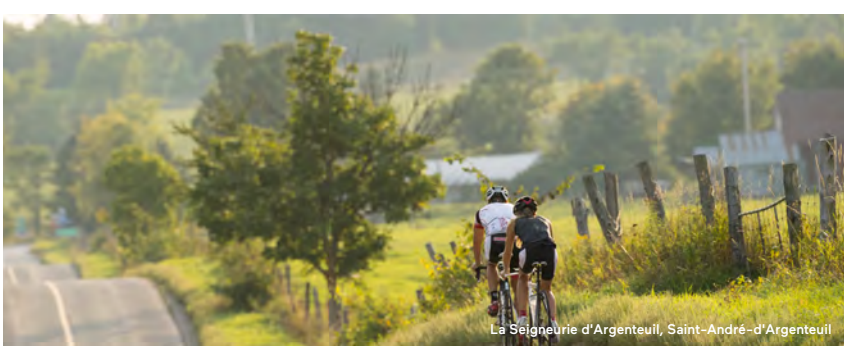
Trail rating
● : Easy ■ : Intermediate ◆ : Difficult

Type of facility
A : unmarked bike route on roadway **B** : paved shoulder
C : designated shared roadway **P** : bike path

Discipline
BM : BMX **XC** : cross-country **DH** : downhill
FAT : fatbike **FR** : freeride
DJ : bike park, dirt jump
SP : indoor skate park

Deux-Montagnes	Bicycle Touring			Mountain Biking			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) /Fatbike	Trail rating	Services and activities
La Vagabonde Ⓢ Saint-Eustache 1 866 491-4449 – basseslaurentides.com	21	P	● ■				
La grande Virée Ⓢ Saint-Joseph-du-Lac 1 866 491-4449 – basseslaurentides.com	42	A	■				
La Virée du Terroir Ⓢ Oka, Pointe-Calumet, Saint-Joseph-du-Lac and Mirabel 1 800 561-6673 – cyclelaurentians.com	60.5	A P	■				
Parc national d'Oka $ 2020, chemin d'Oka, Oka 450 479-8365 – 1 800 665-6527 sepaq.com/oka	17.5	C P	● ■	XC FAT	36.7 55.9	● ■ ◆	
Parcours des traverses Ⓢ Oka, Saint-Joseph-du-Lac and Saint-Placide 1 866 491-4449 – basseslaurentides.com	46	A	■				
Route Verte 1 Ⓢ Oka (toward Saint-André-d'Argenteuil) 1 866 491-4449 – basseslaurentides.com	26	A P	● ■				

	Bicycle Touring			Mountain Biking			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) /Fatbike	Trail rating	Services and activities
Vélo-Popote Ⓢ Oka 1 866 491-4449 – basseslaurentides.com	46	A	■				
Mirabel							
Parc du Domaine Vert $ 10423, montée Sainte-Marianne, Mirabel 450 435-6510 – 450 435-3621 domainevert.com	10.9	P	●	XC FAT	18 13.5	● ■ ◆	
Parc régional éducatif Bois de Belle-Rivière $ 9009, route Arthur-Sauvé, Mirabel 450 258-4924 – boisdebelleriviere.com	7	P	●				
Thérèse-De Blainville							
La Seigneurie des Plaines Ⓢ 139, boul. Sainte-Anne, Sainte-Anne-des-Plaines 450 478-0211, ext. 2016 – villesadp.ca	21	A B	●				



La Seigneurie d'Argenteuil, Saint-André-d'Argenteuil

Trail rating
● : Easy ■ : Intermediate ◆ : Difficult

Type of facility
A : unmarked bike route on roadway **B** : paved shoulder
C : designated shared roadway **P** : bike path

Discipline
BM : BMX **XC** : cross-country **DH** : downhill
FAT : fatbike **FR** : freeride
DJ : bike park, dirt jump
SP : indoor skate park

	Bicycle Touring			Mountain Biking			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) / Fatbike	Trail rating	Services and activities
Argenteuil							
La Photogénique Ⓢ Saint-André-d'Argenteuil 1 866 491-4449 – basseslaurentides.com	50	P A	■				
La Seigneurie d'Argenteuil Ⓢ Carillon, Lachute and Saint-André-d'Argenteuil 1 800 561-6673 – cyclelaurentians.com	42	C P	●				
Rivière-du-Nord							
Parc régional de la Rivière-du-Nord $ 750, ch. de la Rivière-du-Nord, Saint-Jérôme 450 431-1676 – 1 877 731-1676 parcrivieredunord.ca	12.5	P	● ■				
Parc de la Coulée Ⓢ Rue du Clos-Toumalin, Prévost 450 224-8888, ext. 6228 – ville.prevost.qc.ca				XC FAT	30	● ■	
Centre de plein air Roger-Cabana Ⓢ 2060, chemin des Hauteurs, Saint-Hippolyte 450 563-2505, ext. 2231/2243 – saint-hippolyte.ca				XC	9	◆	
Pays-d'en-Haut							
Wentworth-Nord trail networks Ⓢ 3488, route Principale, Wentworth-Nord 450 226-2416 – wentworth-nord.ca				XC DH FAT	13	● ■	
Les Hauteurs Ⓢ Piedmont, Sainte-Adèle and Sainte-Marguerite-du-Lac-Masson 450 229-6637 – lespaysdenhaut.com/cartes	51.7	A P	■				
Vélocité Ⓢ Piedmont, Saint-Sauveur and Morin-Heights trajet-velocite.ca	11	A C	● ■ ◆				

	Bicycle Touring			Mountain Biking			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) /Fatbike	Trail rating	Services and activities
Le Tranquille Ⓢ Saint-Sauveur, Sainte-Adèle and Morin-Heights 450 229-6637 – lespaysdenhaut.com/cartes	26.5	A	■				
Parc Basler Ⓢ 99, chemin du Lac-Écho, Morin-Heights 450 226-3232, ext. 130 – morinheights.com				XC FAT DJ	15.5 30	● ■	
Les Pays-d'en-Haut Ⓢ Sainte-Adèle, Morin-Heights, Saint-Sauveur and Piedmont 1 800 561-6673 – cyclelaurentians.com	38	A P	■				
Parc Freeride Pentes 40/80 Ⓢ Rue Émile-Cochand, Sainte-Adèle 450 229-2921, ext. 8300 – pleinairsteadele.com				FR	3	■ ◆	
Station de sports Mont Avalanche Ⓢ 1657, ch. de l'Avalanche, Saint-Adolphe-d'Howard 819 327-3232, ext. 1 – montavalanche.com				XC FAT	8 2	● ■ ◆	
Les Raidillons Ⓢ Sainte-Marguerite-du-Lac-Masson and Estérel 450 229-6637 – lespaysdenhaut.com/cartes	28.5		◆				



Versant Avila, Sommet Saint-Sauveur

Trail rating
● : Easy ■ : Intermediate ◆ : Difficult

Type of facility
A : unmarked bike route on roadway **B** : paved shoulder
C : designated shared roadway **P** : bike path

Discipline
BM : BMX **XC** : cross-country **DH** : downhill
FAT : fatbike **FR** : freeride
DJ : bike park, dirt jump
SP : indoor skate park

Laurentides	**Bicycle Touring**			**Mountain Biking**			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) / Fatbike	Trail rating	**Services and activities**
Parc régional Val-David–Val-Morin $ **Far Hills Sector** 5966, chemin du Lac-La Salle, Val-Morin 819 322-2834 – parcregional.com **Dufresne Sector** 1165, chemin du Condor, Val-David 819 322-6999				XC	60	● ■ ◆	
L'Expérience Boréale/Camping du Domaine Lausanne $ 150, route 117, Ivry-sur-le-Lac 819 326-3550 – campingdudomainelausanne.ca				BMX XC FR FAT	8.4	● ■	
Le Pont Couvert Ⓢ Brébeuf, Amherst, Huberdeau and Mont-Tremblant 1 800 561-6673 – cyclelaurentians.com	67.5	A P	■				
Domaine Saint-Bernard $ 539, chemin Saint-Bernard, Mont-Tremblant 819 425-3588 – domainesaintbernard.org	29	P	● ■ ◆	DJ		●	
Parc national du Mont-Tremblant $ 4456, chemin du Lac-Supérieur, Lac-Supérieur 819 688-2281 – 1 800 665-6527 sepaq.com/tremblant	124	P	● ■	FAT	17.2	● ■	
La Balade du Mont-Tremblant Ⓢ Labelle, La Conception, Mont-Tremblant and Tremblant Resort 1 800 561-6673 – cyclelaurentians.com	52	A P	■				

Antoine-Labelle	Bicycle Touring			Mountain Biking			
	Length (km)	Type of facility	Trail rating	Discipline	Total length (km) / Fatbike	Trail rating	Services and activities
Le Tour des Cèdres Ⓢ Notre-Dame-du-Laus 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	10	A	●				
La Vallée du Lièvre Ⓢ Lac-du-Cerf 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	45	C	■				
Le Tour du lac Nominingue Ⓢ Nominingue 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	32	C P	●				
L'Intrépide Ⓢ Nominingue 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	81	A P	◆				
La Rivière-Rouge Ⓢ Rivière-Rouge 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	43	C	●				
La Rafraîchissante Ⓢ Lac-des-Écorces 819 623-4544 – 1 888 560-9988 velo-hautes-laurentides.qc.ca	70	C	■				
Les Jumeaux de Ferme-Rouge Ⓢ Mont-Laurier and Kiamika 1 800 561-6673 – cyclelaurentians.com	43	A P	■				
Parc régional Montagne du Diable $ 125, 12e Rue, Ferme-Neuve 819 587-3882 – 1 877 587-3882, ext. 221 parcmontagnedudiable.com				XC DH FAT	20 10	● ■ ◆	

Winter Fun



When winter arrives, everyone in the Laurentians goes outside to play. Whether you love thrills or prefer relaxation and calm, you'll love the joys of winter! With dogsledding, snowshoeing, cross-country skiing, skating, snowmobiling, not to forget fatbiking, you'll need more than just one day to do everything!

▼ Classified by sectors, from south to north.

Sledding

Pays-d'en-Haut

Glissades des Pays d'en Haut

440, chemin Avila, Piedmont
450 224-4014 – 1 800 668-7951
glissade.ca
Open: December to March.

Give yourself the gift of the biggest sledding centre in the world! Since 1964, this family-owned business has combined fun, safety, and thrills. 61 runs for all levels. 3 sunny hillsides. 80-metre elevation. Tubing, Rafting, Tornade, Bobsleigh and Vortex360. Lighting for night sledding. You will have a chilling experience!



Glissades des Pays d'en Haut

Tubing Park Sommet Saint-Sauveur, versant Avila

500, chemin Avila, Piedmont
450 227-4671 – sommets.com
Open: end of December to end of March.

Tubing at Sommet Saint-Sauveur, versant Avila, features 19 thrilling runs, 2 snow rafting trails, and 3 lifts. Only steps away from the ski hill, the decor is inviting, with its massive stone fireplace, ancestral beams, and comforting atmosphere. The site lights up at night for fun for all.


Tubing Park Sommet Saint-Sauveur, versant Avila

© Alain Denis, Tourisme Laurentides



On the shore of the Raymond Lake, Val-Morin

Snowmobiling

Rivière-du-Nord

Aventures Plein Air St-Hippolyte

42, rue de la Chaumine, Saint-Hippolyte
450 563-4443 – 1 877 563-4443
aventurespleinair.com
Open: year-round.

In the heart of the Laurentians, Aventures Plein Air St-Hippolyte is the ideal starting point for your next adventure! Each snowmobile rental for one or two passengers comes with all the necessary equipment. For your safety, a team of certified guides will help initiate you to this winter sport. Find out about the other wintertime activities offered on site such as dogsledding, ATVing, trapping, and ice-fishing. Lodging and restaurant on site.



Aventures Plein Air St-Hippolyte

Pays-d'en-Haut

Laurel Aventure Nature

2363, rue Principale, Wentworth-Nord
450 226-8446 – aventurenature.com

Take off on a snowmobiling adventure into the wild beauty of the Laurentians and make the most of a customized service and professional guides. This excursion follows small private trails through the forest and takes you across lakes and over mountains. A wonderful activity with lots of fun and plenty to discover in this wilderness setting. Available on site: dogsledding, overnight stay in a teepee, and a camping excursion via rabaska!

Desjardins Sainte-Adèle Marine

1961, boulevard de Sainte-Adèle, Sainte-Adèle
1 888 818-7683 – locationsportmotoneige.com

Snowmobiling excursions and rentals of top-quality machines for all. Exciting and exclusive! For nearly 20 years now, Location Sports Motoneige has been a trusted service provider when it comes to putting together excursions and expeditions in Québec. In collaboration with Desjardins Marine and the hotel partners, the company organizes snowmobiling excursions on 4-stroke Yamahas that are silent, clean, reliable, economical on gas, and easy to pilot.

© Tourisme Laurentides

Arctic Aventure

645, chemin Masson, Sainte-Marguerite-du-Lac-Masson
450 228-3181 – arcticaventure.com
Open: December to April.

Since 1997, Arctic Aventure has organized snowmobile excursions for all levels. For a successful and safe outing, a guide accompanies each group. All training and assistance is provided by qualified guides. Also available: non-guided rentals. From a half-day jaunt to a multi-day journey, the snowmobile company gives beginners the chance to learn the ropes slowly. Meanwhile, seasoned enthusiasts can take part in a sports adventure up into the Arctic regions.


Arctic Aventure

Laurentides

Thibault Marine

4995, route 117, Sainte-Agathe-des-Monts
819 326-4084 – 1 888 698-0434
thibaultmarine.com

Thibault Marine is a third-generation family business founded in 1963 in Sainte-Agathe-des-Monts, right beside Trail 325 (Le P'tit Train du Nord). It houses the entire Polaris fleet, including new and second-hand machines. Thibault Marine has a workshop with Polaris-certified employees and a parts department. There is also a clothing boutique with a wide selection of snowmobiling accessories. Thibault Marine, devoted to all things snowmobile and snowmobilers!

Tyroparc

400, chemin du Mont-Catherine
Sainte-Agathe-des-Monts
819 324-2002 – 1 844 324-2002
tyroparc.com
Open: year-round.

From beginning to end of the snow season, Tyroparc organizes exceptional guided snowmobile excursions. Leaving from Le P'tit Train du Nord linear park, these excursions venture out into some of the most superb landscapes in the Laurentians. All-inclusive, guided tours of 2 hours or more. What's more, the mega-ziplines and the via ferrata operate in winter, with more than 1.6 km of flight distance. Fun for the whole family.


Tyroparc



© Tourisme Laurentides

Tremblant Activity Centre

Tremblant Resort, Mont-Tremblant
819 681-4848 – tremblantactivities.com

Snowmobile activities for all tastes and levels of experience available. Choose between several guided excursions on winding mountain trails or Le P'tit Train du Nord linear park. You can also opt for a tour with a private guide, who will suggest an adventure suited to your abilities and expectations. Snowmobile rentals also available for intermediate and advanced drivers. Reserve online.


Tremblant Activity Centre

Cana-Doo Aventures

178, rue du Dépôt, Labelle
819 430-6007 – cana-dooaventures.com
Open: mid-December to end of March.

Discover the most beautiful, untouched and snowy landscapes in the region, while riding on the most popular motorized recreational vehicle in the North! Cana-Doo Aventures specializes in snowmobile rentals and offers a variety of guided tours of the most picturesque corner of the Laurentians! Reservations recommended.


Cana-Doo Aventures

Antoine-Labelle

Location F. Constantineau

1117, boulevard Albiny-Paquette, Mont-Laurier
819 623-1724 – 1 800 567-4574
fconstantineau.com

For more than 60 years, Constantineau has offered its clients a chance to discover the beauty of the Laurentians at their leisure. Sites include the Montagne du Diable, Windigo Fall, Baskatong Reservoir, and local deeryards. Enjoy the experience on an ATV, snowmobile, Jet Ski, or the road with a 3-wheeled Spyder. Professional equipment rentals and guides available. Please visit the website for the schedule and rental rates.

Wood Runner Trail

300, boulevard Albiny-Paquette, Mont-Laurier
1 888 560-9988 – woodrunnertrail.ca
Open: year-round.

Wood Runner Trail is a group of eight innkeepers in the forest who run hotels, offering visitors a chance to discover the forestlands of the Upper Laurentians by snowmobile in winter or ATV in summer. Various excursions available on well-maintained provincial trails. Rent an ATV, side-by-side, or snowmobile. Succumb to the charms of a warm welcome, creature comforts, gastronomy, and unique atmosphere in the heart of the forest!

Ice Skating

Deux-Montagnes

Mille Îles River, Bernard-Besner skating path

123, rue Saint-Louis, Saint-Eustache (behind the church)
450 974-5111 – saint-eustache.ca

Path: 4.2 km – Shelter: heated –

Mirabel

Parc du Domaine Vert $

10423, montée Sainte-Marianne, Mirabel
450 435-6510 – domainevert.com

Path: 1 km – Shelter: heated –

Parc régional éducatif Bois de Belle-Rivière $

9009, route Arthur-Sauvé, Mirabel
450 258-4924 – boisdebelleriviere.com

Path: 2.5 km in forest – Lit
Shelter: heated –

Thérèse-de Blainville

Parc Ducharme

150, boulevard Ducharme, Sainte-Thérèse
450 434-1440 – sainte-therese.ca

Ice ring: 1.4 km – Lit – Shelter


Saint-Sauveur

Rivière-du-Nord

Polyvalente Saint-Jérôme

535, rue Filion, Saint-Jérôme
450 436-1511 – vsj.ca

Ice ring: 0.4 km – Lit – Shelter

École à l'Orée-des-Bois

360, côte Saint-Nicholas, Saint-Colomban
450 436-1453 – st-colomban.qc.ca

Path: 0.6 km in forest – Lit
Shelter: heated

Domaine Laurentien

Rue des Malards, Prévost
450 224-8888, ext. 6228 – ville.prevost.qc.ca

Ice ring: 0.4 km – Shelter: heated

Centre de plein air Roger-Cabana

2060, chemin des Hauteurs, Saint-Hippolyte
450 563-2505, ext. 2231/2243 – saint-hippolyte.ca

Path: 0.6 km in forest – Shelter: heated

Pays-d'en-Haut

Complexe de l'Hôtel-de-ville

3488, route Principale, Wentworth-Nord
450 226-2416 – wentworth-nord.ca

Skating rink – Lit – Shelter: heated –

Parc John-H.-Molson

20, rue Viviane, Saint-Sauveur
450 227-2669, ext. 400 – ville.saint-sauveur.qc.ca

Path: 1.5 km – Lit
Shelter: heated –

© Tourisme Laurentides

Masson Lake, Pavillon Violette-Gauthier

70, ch. Masson, Sainte-Marguerite-du-Lac-Masson
450 228-3525 – 450 228-2543
lacmasson.com

Path: 1.8 km – Lit
Shelter: heated –

Laurentides

Parc Léonidas-Dufresne

2525, rue de l'Église, Val-David
Adjacent to the Tourist Welcome Bureau
1 888 322-7030, ext. 4235 – valdavid.com

Skating rink – Lit – Shelter: heated

Chapelle Saint-Bernard

Tremblant Resort, Mont-Tremblant
1 888 738-1777 – tremblant.ca

Ice ring – Lit –

Mercier Lake

100, chemin Plouffe, Mont-Tremblant
819 425-8614 – villedemont-tremblant.qc.ca

Ice ring – Lit – Shelter: heated

Antoine-Labelle

Place Grégoire-Charbonneau

2110, chemin du Tour-du-Lac, Nominingue
819 278-3384 – municipalitenominingue.qc.ca

Skating rink – Lit – Shelter: heated

Winter Stays and Outdoor Activities

Laurentides

L'Expérience Boréale / Camping du Domaine Lausanne

150, route 117, Ivry-sur-le-Lac
819 326-3550 – campingdudomainelausanne.ca
Open: year-round.

This winter, try something new! Make the most of the landscape, the calm, and outdoor activities with a stay in a ready-to-camp facility (wooden tent, teepee, or boreal tent), or a campsite with your own equipment (tent, motorized camper, RV). Over 5 km of trails available on site or nearby for snowshoeing, cross-country skiing, backcountry skiing, fatbiking, and snowmobiling. Equipment rental service.



L'Expérience Boréale / Camping du Domaine Lausanne



Parc régional Val-David–Val-Morin, Dufresne sector

© Tourisme Laurentides

Downhill Skiing

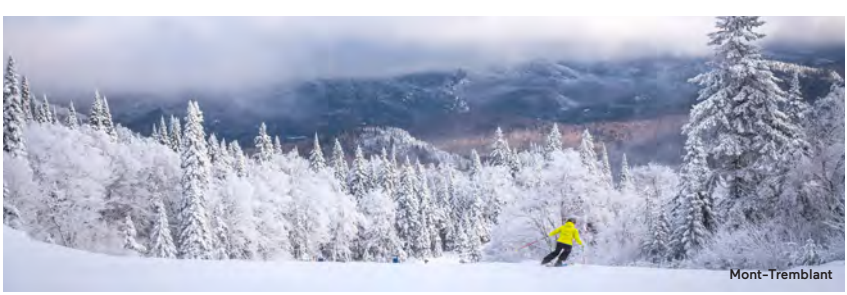
Ski under the magic of the stars, zig-zag through snowy glades, or be the first to hit the slopes at daybreak. Each of the Laurentians' twelve downhill ski resorts is unique, with some geared towards athletes and others towards families. Beginners and experts alike are sure to find a mountain where they can make their downhill dreams come true.

Lifts
A : Chairlift B : T-bar D : Gondola E : Magic carpet

Trail rating
● : Easy ■ : Difficult ◆ : Very difficult ◆◆ : Extremely difficult

Pays-d'en-Haut	Mountain				Services
	Number of trails (lit trails)	Vertical drop (m)	Lifts	Trail rating	
Sommet Olympia 330, chemin de la Montagne, Piedmont 450 227-4671 – 514 871-0101 sommets.com	37 (19)	200	A3 B2 E1	●14 ■10 ◆7 ◆◆6	
Sommet Saint-Sauveur, versant Avila 500, chemin Avila, Piedmont 450 227-4671 – 514 871-0101 sommets.com	12 (10)	213	A3	●2 ■3 ◆4 ◆◆4	
Ski Mont-Habitant 12, chemin des Skieurs, Saint-Sauveur 450 227-2637 – 1 866 887-2637 monthabitant.com	11 (8)	183	A2 E1	●2 ■6 ◆3	
Sommet Saint-Sauveur 350, avenue Saint-Denis, Saint-Sauveur 450 227-4671 – 514 871-0101 sommets.com	40 (28)	213	A7 E1	●9 ■9 ◆17 ◆◆5	
Sommet Morin Heights 231, rue Bennett, Morin-Heights 450 227-2020 – sommets.com	35 (14)	200	A4 E1	●10 ■10 ◆10 ◆◆5	
Ski Chantecler 432, chemin du Mont-Loup-Garou, Sainte-Adèle 450 229-1404 – 1 888 916-1616 skichantecler.com	22 (8)	201	A2 E1	●8 ■7 ◆2 ◆◆5	

	Mountain				
	Number of trails (lit trails)	Vertical drop (m)	Lifts	Trail rating	Services
Sommet Gabriel 1501, chemin du Mont-Gabriel, Sainte-Adèle 450 227-1100 – sommets.com	23 (10)	200	A3 B1 E1	●2 ■11 ◆4 ◆◆6	
Station de sports Mont Avalanche 1657, chemin de l'Avalanche, Saint-Adolphe-d'Howard 819 327-3232 – mont-avalanche.com	13	165	A1 E1	●4 ■2 ◆3 ◆◆6	
Laurentides					
Centre de ski Belle Neige 6820, route 117, Val-Morin 819 322-3311 – 1 877 600-3311 belleneige.com	20	157	A2 B1 E1	●7 ■4 ◆6 ◆◆3	
Vallée Bleue – Station familiale 1418, chemin de la Vallée-Bleue, Val-David 819 322-3427 – 1 866 322-3427 valleebleue.com	21	115	A2 E1	●6 ■9 ◆6	
Mont Blanc 1006, route 117, Saint-Faustin–Lac-Carré 819 688-2444 – 1 800 567-6715 skimontblanc.com	43	210	A5 E2	●6 ■12 ◆18 ◆◆5	
Tremblant Tremblant Resort 1000, chemin des Voyageurs, Mont-Tremblant 1 888 738-1777 – tremblant.ca	102	645	A8 D3 E3	●22 ■31 ◆34 ◆◆15	



Mont-Tremblant

© Tremblant

Cross-country Skiing and Snowshoeing

The Laurentian region is renowned for its vast forests and beautiful mountain landscapes. Winter sports enthusiasts are invited to come and test out one of our many centres and parks offering cross-country skiing and snowshoeing trails in the Laurentians. Athletes of different levels will be spoiled for choice!

Trail rating
● : Easy ■ : Intermediate ◆ : Difficult
HP : Off-trail
❄ : Member of Regroupement ski de fond Laurentides (see p. 174)

		Snowshoeing			Cross-country skiing				
		Length (km)	Number	Trail rating	Length (km)	Number	Trail rating	Skate skiing	Services and activities
Deux-Montagnes									
Parc national d'Oka 2020, chemin d'Oka, Oka 450 479-8365 – 1 800 665-6527 sepaq.com/oka	$	34	5	● ■ ◆	35	6	● ■ ◆ HP	✓	
Mirabel									
Parc du Domaine Vert 10423, montée Sainte-Marianne, Mirabel 450 435-6510 – domainevert.com	$	5.7	4	● ■	34	12	● ■ ◆	✓	
Parc régional éducatif Bois de Belle-Rivière 9009, route Arthur-Sauvé, Mirabel 450 258-4924 – boisdebelleriviere.com	$			HP	6.5	1	● ■		
Argenteuil									
Centre de ski de fond La Randonnée 424, route du Nord, Brownsburg-Chatham 450 562-1094 – brownsburgchatham.ca	$	13	3	● ◆	13	3	● ◆		
Rivière-du-Nord									
Parc régional de la Rivière-du-Nord 750, chemin de la Rivière-du-Nord, Saint-Jérôme 450 431-1676 – 1 877 731-1676 parcrivieredunord.ca	$	23.5	21	● ■ ◆ HP	14.3	9	● ■		
Centre de ski de fond Gai-Luron 2155, montée Sainte-Thérèse, Saint-Jérôme 450 224-5302 – centredeskidefondgai-luron.com	$	12	4	■	27.2	5	● ■ ◆	✓	

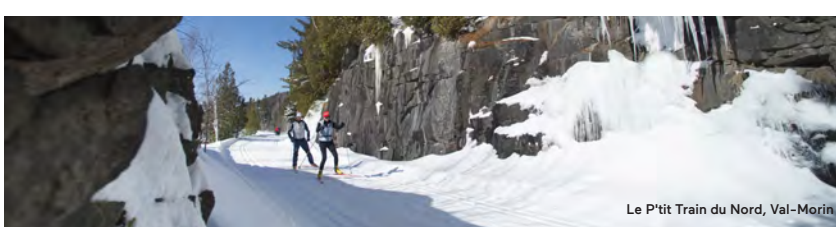
	Snowshoeing			Cross-country skiing				
	Length (km)	Number	Trail rating	Length (km)	Number	Trail rating	Skate skiing	Services and activities
Le P'tit Train du Nord $ Saint-Jérôme to Val-David 450 224-7007 – 1 800 561-6673 parclineaire.com				44.4	1	●	✓	🅂🍴S
Parc de la Coulée Ⓢ Rue du Clos-Toumalin, Prévost 450 224-8888, ext. 6228 – ville.prevost.qc.ca	30	44	● ■ ◆	30	44	● ■ ◆		
Centre de plein air Roger-Cabana $ 2060, chemin des Hauteurs, Saint-Hippolyte 450 563-2505, ext. 2231/2243 – saint-hippolyte.ca	9.2	7	■ ◆	11.8	8	■ ◆		S🅂
Pays-d'en-Haut								
Wentworth-Nord trail networks Ⓢ 160, route Principale, Wentworth-Nord 450 226-2416 – wentworth-nord.ca	26	18	● ■	15	13	● ■	✓	🅂S Ski Hok
Morin-Heights outdoor network $ 27, rue Bellevue, Morin-Heights 450 226-3232, ext. 130 – morinheights.com	30	23	● ■ ◆	162	41	● ■ ◆ HP	✓	🅂S Ski Hok
Parc de la Rivière Doncaster $ 4672, chemin de la Doncaster, Sainte-Adèle 450 229-6686 – 514 718-6686 facebook.com/parcdelarivieredoncaster	10	6	● ■					🅂



Parc régional Val-David–Val-Morin, Dufresne sector

Trail rating
● : Easy ■ : Intermediate ◆ : Difficult
HP : Off-trail
❄ : Member of Regroupement ski de fond Laurentides (see p. 174)

		Snowshoeing			Cross-country skiing				
		Length (km)	Number	Trail rating	Length (km)	Number	Trail rating	Skate skiing	Services and activities
Pays-d'en-Haut									
Plein Air Saint-Adolphe-d'Howard 1672, chemin du Village, Saint-Adolphe-d'Howard 819 327-3519 – 1 866 236-5743 pleinairstadolphe.ca	$	14.6	11	● ■ ◆	64	16	● ■ ◆ HP		
Laurentides									
Parc régional Val-David–Val-Morin **Far Hills Sector** 5966, chemin du Lac-La Salle, Val-Morin 819 322-2834 – parcregional.com **Dufresne Sector** 1165, chemin du Condor, Val-David 819 322-6999	$	30	18	● ■ ◆	53	31	● ■ ◆ HP	✓	
Centre de plein air Camping Sainte-Agathe-des-Monts 2, chemin du Lac-des-Sables Sainte-Agathe-des-Monts 819 324-0482 – 1 800 561-7360 campingsteagathe.com	$	18	15	● ■ ◆	50	13	● ■ ◆	✓	
L'Expérience Boréale/Camping du Domaine Lausanne 150, route 117, Ivry-sur-le-Lac 819 326-3550 – campingdudomainelausanne.ca	$	7.9	1	● ■	2.4	1	● ■ HP	✓	
L'Interval, coopérative de solidarité de plein air 3565, chemin du Lac-Legault Sainte-Lucie-des-Laurentides 819 326-4069 – intervalcoop.com	$	20.3	4	● ■ ◆ HP	60.7	8	● ■ ◆ HP	✓	



Le P'tit Train du Nord, Val-Morin

© Tourisme Laurentides

	Snowshoeing			Cross-country skiing				
	Length (km)	Number	Trail rating	Length (km)	Number	Trail rating	Skate skiing	Services and activities
Ski de fond Mont-Tremblant $ 539, chemin Saint-Bernard, Mont-Tremblant 819 425-5588 – skidefondmont-tremblant.com	40	11	● ■ ◆	75	36	● ■ ◆ HP	✓	
Parc national du Mont-Tremblant $ 4456, chemin du Lac-Supérieur, Lac-Supérieur 819 688-2281 – 1 800 665-6527 sepaq.com/tremblant	82	9	● ■ ◆	43	7	● ■ ◆ HP		
Antoine-Labelle								
Parc écologique le Renouveau Rosaire-Sénécal Ⓢ 3100, chemin des Marronniers, Nominingue 819 278-3384 – municipalitenominingue.qc.ca	12.1	4	● ◆	4.6	2	● ◆		
Club de ski des six Cantons $ 4265, chemin de La Macaza, Rivière-Rouge 418 955-7304 – 6cantons.ca	20	8	● ■ ◆	45	13	● ■ ◆		
Parc régional Montagne du Diable $ 125, 12e Rue, Ferme-Neuve 819 587-3882 – 1 877 587-3882, ext. 221 parcmontagnedudiable.com	80	5	● ■ ◆	96	8	● ■ ◆ HP	✓	Ski Hok



© Tourisme Laurentides

Dogsled Rides

Rivière-du-Nord

Ski Doux

42, rue de la Chaumine, Saint-Hippolyte
450 563-4442 – skidoux.com
Open: December to March.

Live the dream of driving a team of Siberian Huskies through the Laurentian forest landscape. Experienced guides will lead your trip and teach you to steer the sled. From 45-minute initiation rides to full-day expeditions, there's the perfect package for everyone. Learn how to handle the dogs and care for them, along with harnessing techniques. Packages with accommodation and meals available.



Ski Doux

Pays-d'en-Haut

Laurel Aventure Nature

2363, route Principale, Wentworth-Nord
450 226-8446 – aventurenature.com
Open: daily, December to April.

Come experience true adventure! A personalized welcome in an enchanting decor. Learn to drive your own team without a passenger and organize your dogs with the help of a team of passionate and professional coaches. Your outing will take you through wild forests and over lakes and mountains. The smell of a wood fire and beauty of the landscape make this an unforgettable escapade! Also offered: guided snowmobile tours, teepee stay and, in summer, a camping excursion via rabaska.

Laurentides

Tremblant Activity Centre

Tremblant Resort, Mont-Tremblant
819 681-4848 – tremblantactivities.com

During your stay in Tremblant, seize the unique opportunity of a dogsledding expedition. The Activity Centre, located at the bottom of the slopes in Tremblant, offers an impressive array of adventures. The excursions take place on mountain trails, in the forest, or on flatter terrain with plenty of hills just five minutes from the resort. You can also visit the kennel and cuddle the puppies! Transportation from Tremblant Resort is included.



Tremblant Activity Centre



Val-des-Lacs

© Tourisme Laurentides

Action Tremblant

80, rue des Sept-Sommets, La Conception
819 341-4577 – actiontremblant.com
Open: year-round.

Explore the trails by dogsled in the presence of a musher guide for an initiation to this exceptional, purely *Québécois* activity. Ziplining is also available on site, along with superb guided snowshoe hikes on the mountain and several guided e-fatbike routes. Get ready to dive into nature! Perfect for families, friends, and corporate groups.


Action Tremblant

Centre d'activités nature Kanatha-Aki

11, chemin du Lac-de-l'Orignal, Val-des-Lacs
819 321-1890 – kanatha-aki.com
Open: December to April.

Located 90 minutes from Montréal and 40 minutes from Mont-Tremblant, this family-owned business offers customized packages, from introductory excursions to dogsledding expeditions. Other activities available: ice-fishing, wilderness survival, wood bison observation, expedition with a trapper, teepee, and shelter. In the company of a guide and your canine friends, discover the vastness of the Laurentian territory. Escape your everyday routine!



© Tourisme Laurentides, Éliane Vételé



Additional Activities

The Laurentian region has so much to offer, with its wide selection of activities and experiences for visitors of all ages. Whether with your family, someone special or by yourself, discover the Laurentians through its many attractions.

▼ Classified by sectors, from south to north.

Family Activities

The Laurentian region has numerous activities geared towards family fun. A trip to a petting zoo, theme park or a day at the water slides will delight both young and old.

Deux-Montagnes

Savonnerie Nhôa'z Eden

116, rue Notre-Dame, Oka
450 479-1333 – nhoazeden.com
Open: year-round.

Make your own glycerin soap and gel candles in a charming atmosphere with a wide array of ingredients. More than 50 types of olive oil soap and a range of natural bodycare products with medicinal aromatic plant extracts. Also on site: ice cream (homemade), a tarot-nacho girls night out, massage and physio-therapy, orthotherapy, meditation, and energy therapy.

Mirabel

Intermiel

10291, rang de La Fresnière, Mirabel
450 258-2713 – 1 800 265-6435
intermiel.com
Open: year-round.

Discover the fascinating world of bees and amazing products of the hive. Come on a guided tour including opening of an active hive, a demonstration on production techniques, a visit to the meadery and distillery, and enjoy the educational games room and many family activities. Gift shop, tastings, ice cider, a sugar bush, and a maple interpretation centre.


Intermiel

Thérèse-De Blainville

Défis-Défis

104, rue Émilien-Marcoux, local 500, Blainville
579 630-3334 – defisdefis.com
Open: year-round.

Inspired by the TV show "Fort Boyard," Défis-Défis is an amusement centre for everyone where you get to solve 12 written challenges in a team of at least three people. Parents, kids, and grandparents spend an hour and a half together playing games of skill. Casual dress is recommended and closed-toed shoes are required. See the website for schedule and rates. Phone reservations only.

© Tourisme Laurentides



Visit to a farm, Mirabel

MégaMaze Blainville

631, boulevard du Curé-Labelle, Blainville
450 434-7555 – 514 866-3383
megamaze.com
Open: year-round.

MégaMaze Blainville has a host of indoor activities for kids aged 0-12, including mega-mazes, 17 slides, and Canada's first-ever indoor tube slide! The Extra zone has a ninja course and a slide, and the reception room, big enough for 300 people, is perfect for birthdays, private parties, or corporate events. There's also a snack bar, a balloon bar, and a truly amazing candy counter!

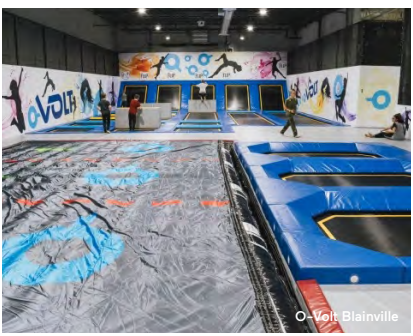


MégaMaze Blainville

O-Volt Blainville

1360-A, boulevard du Curé-Labelle, Blainville
450 434-3000 – o-volt.ca/blainville

O-Volt has a host of activities to get you moving and improve your agility, strength, stability, and more. Trampoline, agility courses, Imagination Zone, and a section full of challenges for kids! This Blainville recreation centre helps people of all ages, alone or in groups, get active and moving in a safe and fun environment.



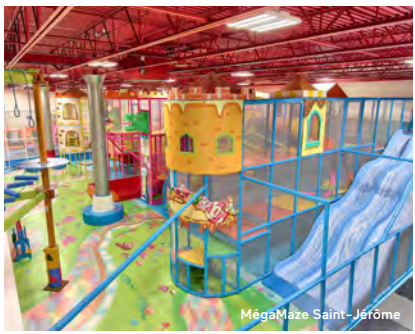
O-Volt Blainville

Rivière-du-Nord

MégaMaze Saint-Jérôme

1069, boulevard Jean-Baptiste-Rolland Ouest
Saint-Jérôme
450 431-5000 – 514 866-3383
megamaze.com
Open: year-round.

Set along Highway 15 in Saint-Jérôme, MégaMaze is Québec's biggest family fun centre. You will find mazes for kids aged 0 to 5, game modules and slides, a giant maze for kids aged 3 to 12, an Extra zone, more than 10 private party rooms, a mezzanine that can host group receptions, a snack bar, and a candy counter with more than 150 types of confection.


MégaMaze Saint-Jérôme

Pays-d'en-Haut

Le Parc F.U.N. du Sommet Saint-Sauveur

350, avenue Saint-Denis, Saint-Sauveur
450 227-4671 – 1 800 363-2426
sommets.com
Open: end of May to end of October.

A mountain of fun! Come enjoy the thrilling activities at Parc F.U.N.! Hurtle down the tracks at more than 35 km/h on the Viking, Québec's only alpine roller coaster, and glide through the air on the Dragon double zipline. Continue your adventure on the five rides and round out the day by testing your putting skills on the 18-hole mini golf course. Parc F.U.N. is next to the water park.



Le Parc F.U.N. du Sommet Saint-Sauveur

Au Pays des Merveilles

3795, chemin de la Savane, Sainte-Adèle
450 229-3141 – paysmerveilles.com
Open: June 13 to September 7, 10 a.m. to 5 p.m.

Au Pays des Merveilles is the perfect place for families with kids aged 2 to 8. The 55 family activities' access fee includes 2 heated water splash areas, 9 mechanical rides featuring the brand-new roller coaster *L'Intrépide*, 2 giant mazes, a haunted house, and much more. Don't miss the shows with Alice in Wonderland, Bunny Bunny, Cinderella, and Little Red Riding Hood. Admission is $20 before tax per person over the age of 2.


Au Pays des Merveilles

Laurentides

Le Village du Père Noël

987, rue Morin, Val-David
819 322-2146 – 1 800 287-6635
noel.qc.ca
Open: June 20 to September 7.

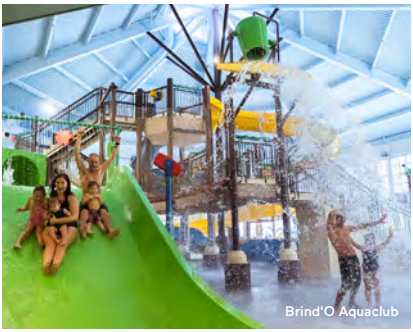
Spend a fun-filled day with your kids enjoying climbing games, petting animals, cooling off under sprinklers and, of course, giving that gift list to Santa! New water slides, climbing walls, and a daily magic show at 1:30 p.m. A perfect outing for families with kids aged 2 to 8. Bring your own lunch or eat at the snack bar.


Le Village du Père Noël

Brind'O Aquaclub

Tremblant Resort, Mont-Tremblant
1 888 738-1777 – tremblant.ca
Open: year-round.

Be swept away by the colourful universe of Brind'O Aquaclub, where you will be welcomed into its larger-than-life setting at the heart of the resort. With its 4 slides, 35 interactive water games, outdoor swimming pool, revamped fitness room, indoor and outdoor hot tubs and so much more, the new family waterplay centre is a real dream and a place to have fun, rain or shine.


Brind'O Aquaclub

Skyline Luge Mont-Tremblant

Tremblant Resort, Mont-Tremblant
819 681-3000 – skylineluge.com/en/mont-tremblant
Open: May 16 to October 12.

Take the chairlift to the top of the trail overlooking Tremblant Resort and its surroundings, then get on your luge for a thrilling descent through the beautiful Laurentian forest. An unforgettable family experience for young and old alike.


Skyline Luge Mont-Tremblant

© Tremblant

Tonga Lumina – A night walk in search of the giant

Tremblant Resort, Mont-Tremblant
1 888 738-1777 – tongalumina.ca
Open: May to October.

Tonga Lumina, a multisensorial sound and light experience produced by Moment Factory, is a one-hour night walk on a crushed rock trail through the heart of the forest. Curious and observant souls wishing to explore the giant's mystery will plunge headlong into a quest that borders reality and fantasy. The giant awaits. Are you ready to follow his path?



Tonga Lumina, Tremblant Resort

Animals

Deux-Montagnes

Nid'Otruche

825, chemin Fresnière, Saint-Eustache
450 623-5258 – nidotruche.com
Open: see the website for details.

Come have an extraordinary experience with the world's biggest birds. Nid'Otruche is a breeding farm with 200 ostriches, emus, rheas, ponies, a mini-farm, and guided safari tours and tastings. Discover a whole new world and see the incubation room, hatching room, nursery, juveniles, and breeders. You can even pet the tame ostriches.

Perroquets en Folie

1430, route 344, Saint-Placide
450 258-4713 – perroquetsenfolie.com
Open: see the website for details.

Perroquets en Folie, a tropical oasis and happy home for parrots and exotic birds, has more than 100 specimens from Africa, Asia, Australia, and South America. With these feathery stars and the host's anecdotes and humor, the afternoon shows captivate audiences of all kinds. Come and meet Max, the cousin of Blu, and Arthur, the cousin of Hector in the animated film Rio.

Mirabel

Ferme Belarroyo

9701, rang de la Fresnière, Mirabel
450 258-2816 – belarroyo.com
Open: year-round. Closed for the Holidays.

Alpaca breeding farm that aims to educate people about these lovely animals and show how their fibre is processed. Bring family or friends to enjoy guided tours or wet felting and spinning workshops. The gift shop has unique alpaca fibre and wool products, most of them hand-made on the farm. The products are one-of-a-kind and can be custom ordered.

Laurentides

Animalium

95, chemin Napoléon, Mont-Tremblant
819 717 3913 – animalium.ca
Open: year-round, closed Monday.

A place for wildlife and nature lovers to explore and discover. The permanent exhibition, *Window on the Animal Kingdom*, showcases four natural environments and the animals that inhabit them. It features more than 250 vertebrate specimens and an encounter with the world of arthropods, butterflies, insects, and other curiosities. Conferences and cultural workshops are organized, always linked to nature and the animal world.

© Fabienne Hervé

Indoor Climbing

Thérèse-De Blainville

Le Crux Boisbriand

95-A, boulevard des Entreprises, Boisbriand
450 688-0515 – lecrux.com
Open: year-round.

Le Crux is a bouldering and climbing centre with a fully-equipped multipurpose training area. Bouldering: over 5 000 square feet of climbing without ropes or a harness. It's a very safe sport, with floor mattresses only a few metres away at most. Climbing: over 16 000 ft² of climbing with auto-belaying, top roping, lead climbing, and speed climbing.

Excursions/Adventures

Laurentides

Géo-Explora Scootrek

2396, rue Labelle, Mont-Tremblant
819 598-0952 – geo-explora.com
Open: May 1 to October 31.

Have a blast playing an explorer game on an electric three-wheel scooter! With an iPad guiding you along scenic country backroads to Mont-Tremblant's hidden places, you and your teammates can solve quizzes and learn the history of these beautiful areas. The team with the most points wins a small prize, so give it your best shot!



Géo-Explora Scootrek

Water Slides

Deux-Montagnes

Super Aqua Club

322, montée de la Baie, Pointe-Calumet
450 473-1013 – 1 877 473-1013
superaquaclub.com
Open: mid-June to end of August.

A perfect place to enjoy summer with friends or family, Super Aqua Club has more than 45 attractions including a wave pool, the Lazy River, the Wipe Zone, the Tornado, and the Tsunami. On site, a golden sandy beach, full restaurant services, beautiful picnic areas, and private beaches for rent with barbecues and boating equipment. A vacation setting with guaranteed fun for all!



Super Aqua Club



Saint-Sauveur

© Tourisme Laurentides

Pays-d'en-Haut

Water Park Sommet Saint-Sauveur

350, avenue Saint-Denis, Saint-Sauveur
450 227-4671 – 1 800 363-2426
sommets.com
Open: June to September.

Have a blast with your family on a multitude of slides! Take a refreshing dip in the pools, jump in the wave pool, go mountain rafting for extra thrills, relax on the Lazy River, live like a star in a private cabana, or try a 183-meter downhill slide in the Blizzard!



Water Park Sommet Saint-Sauveur

Escape Games

Thérèse-De Blainville

Immersia

608, boulevard du Curé-Boivin, Boisbriand
450 687-3888 – immersia.ca
Open: year-round.

Immersia in Boisbriand offers immersive experiences like nowhere else. Be the main characters in a scenario where you're "locked in" and must escape before it's too late, relying on teamwork to solve a host of challenging puzzles. Come discover the mysteries of Grand Immersia Hotel, Circus of the Lost Souls, or Salutem Medicina Institute.

Combat Games

Mirabel

Arc-Attaque

10423, montée Sainte-Marianne, Mirabel
450 806-5250 – arc-attaque.com
Open: May to November. Remainder of the year, upon reservation.

Arc-Attaque is an archery combat company in the Laurentians whose approach has never been tried elsewhere in Canada. The dedicated, enthusiastic team will welcome you to a beautiful outdoor centre spanning more than three square kilometres! Aside from just plain fun, this new adventure will help develop teamwork skills and a sense of belonging. So pick up your bows, get ready, and shoot!

Paintball Mirabel

17650, rang Sainte-Marguerite, Mirabel
450 660-6635 – 1 800 551-5389
paintballmirabel.com
Open: year-round.

Paintball Mirabel is Canada's number one paintball company. With 33 ultra-realistic terrains, including an indoor one for winter, the team of instructors and guides will make sure your immersive experience is intense and unique. To learn more about your mission, check out the website!

Laurentides

Laser R.A.S.

77, chemin de la Montagne, Arundel
819 278-1478 – laserras.com
Open: April to December.

Spend an unforgettable day in the great outdoors with your battle unit: friends, family, and kids aged 4 and up. Immerse yourself in a military-style experience, carrying out special missions and meeting objectives with realistic markers and interactive accessories from the most popular video games. Laser R.A.S. is Québec's most state-of-the-art laser tag centre.

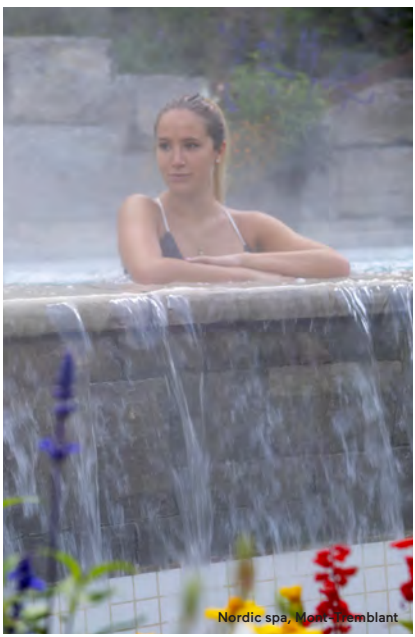
Paintball Fort Ouest

77, chemin de la Montagne, Arundel
819 687-9721 – 1 877 999-3678
fortouest.com
Open: year-round.

Paintball Fort Ouest, open since 2005, is an all-season paintball and airsoft centre with a host of activies and services including dogsled excursions, snowmobile and quad rentals, and a restaurant. See the website for schedules and details.

Spas and Nordic Baths

Enjoy a well-deserved break in a setting designed for relaxation. Several Nordic spas have set up facilities in the Laurentians' majestic decor and in the region's small inns and hotels. Enjoy the quality of care in our spas and simply relax!



Nordic spa, Mont-Tremblant

Deux-Montagnes

L'Oasis de l'Île

25, chemin des Îles-Yale, Saint-Eustache
450 472-0263 – oasisdelile.com
Open: year-round.

Set on a magnificent private island just minutes from Laval, Oasis de l'Île will let you rest and recharge in the midst of nature while admiring the view over the Mille Îles River. Treat yourself to a moment of relaxation in the spa, dry sauna, eucalyptus wet sauna, huge all-season heated pool, waterfall, fireplace lounges, or one of the stress-beating body-care treatments.



L'Oasis de l'Île

Spa Mathers Ciel Nordique

300, boulevard Terry-Fox, Saint-Eustache
450 473-4000 – 1 855 866-4040
spamathers.com
Open: year-round.

Discover a luxurious, peaceful haven of relaxation and contentment. Spa Mathers Ciel Nordique offers a unique North American thermal experience: thermal waterfalls, whirlpools, Norwegian steam baths, Finnish saunas, and an exclusive custom-built snow cabin to boost your metabolism! Come and be pampered by the highly trained massage therapy, orthotherapy, and aesthetic care professionals.

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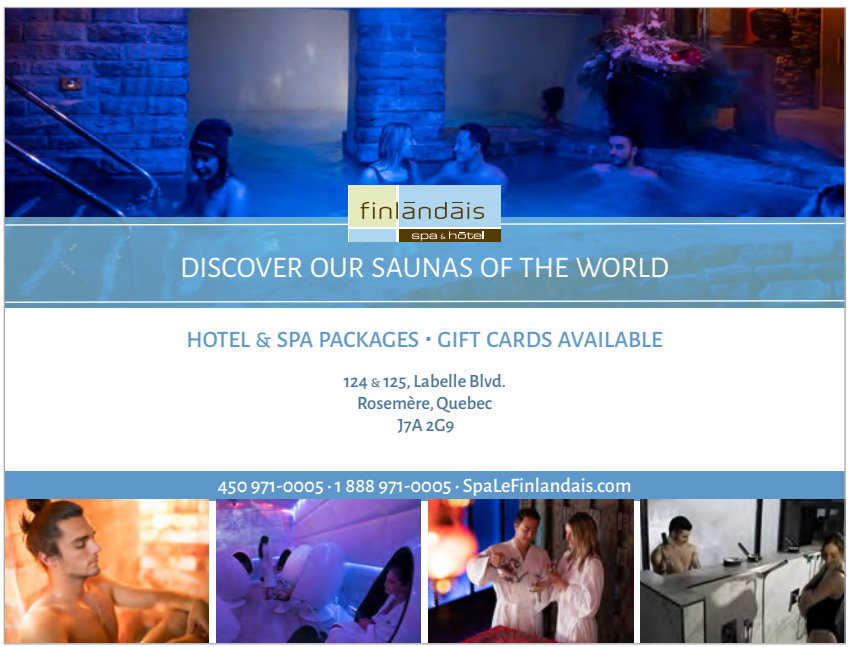
Thérèse-De Blainville

Spa Le Finlandais

124, boulevard Labelle, Rosemère
450 971-0005 – 1 888 971-0005
spalefinlandais.com
Open: year-round.

Discover what's new at Spa et Hôtel Le Finlandais! Take advantage of more than 25 experiences including those in the new pavilion: exfoliation room, salt room, Turkish bath, Moroccan salon, infinity pool, and much more. With more than 35 care and treatment rooms, you'll have a host of massage and beauty treatments to choose from. Match your experience with accommodation at Hôtel Le Finlandais.


Spa Le Finlandais



Pays-d'en-Haut

Polar Bear's Club

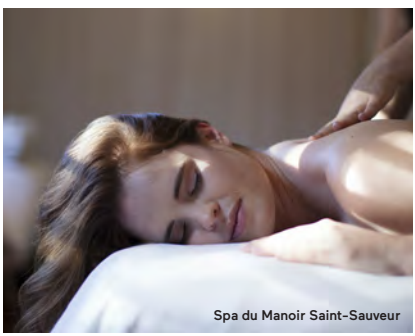
930, boulevard des Laurentides, Piedmont
450 227-4616 – 1 877 240-4616
polarbearsclub.ca
Open: year-round.

Established 50 years ago, this world-renowned pioneer in Nordic baths brings you close to nature. This exceptional site has a wide array of baths and services for the ultimate thermotherapy experience. The spa also has a hotel and a new bistro. Reservations recommended for body care, massage therapy, and overnight stays. 14 and over. Visit the website for schedules and rates.

Spa du Manoir Saint-Sauveur

246, chemin du Lac-Millette, Saint-Sauveur
450 227-1970 – 1 800 361-0505
manoir-saint-sauveur.com
Open: year-round.

The Spa du Manoir welcomes its guests in a clean, nature-inspired ambiance with European design elements. Nestled in the heart of the Laurentians amid stunning natural surroundings, the beauty and wellness sanctuary is sure to inspire and revitalize—the perfect place to unwind and recharge, where attention to detail and special touches make all the difference.


Spa du Manoir Saint-Sauveur

Amerispa Spa Nordique Morin-Heights

160, rue Watchorn, Morin-Heights
450 226-7722 – 1 866 263-7477
amerispa.ca
Open: year-round.

Nestled in the heart of a centennial forest in the beautiful village of Morin-Heights, less than 45 minutes from Montréal, Amerispa Spa Nordique Morin-Heights offers a relaxing experience in the purest Nordic tradition. While awaiting a massage or beauty care treatment, unwind on the terrace or enjoy the saunas, steam baths, outdoor hot tubs, thermal and Nordic waterfalls, solariums, relaxation areas, and fireplaces.

Ofuro Zen Station

777, chemin de Saint-Adolphe, Morin-Heights
450 226-2442 – 1 877 884-2442
spaofuro.com
Open: year-round.

Enjoy an multi-sensory experience in the heart of nature just 10 minutes from Saint-Sauveur and 45 minutes from Montréal. In sun, rain or snow, the Oriental atmosphere is unrivalled for helping you relax. For the ultimate Zen experience, treat yourself to one of the many body or aesthetic care packages and stay in a suite with stunning panoramic view. Ofuro Station Zen, a place to unwind and rejuvenate, here and now.


Ofuro Zen Station

Auberge & Spa Nordique Beaux Rêves

2310, boulevard de Sainte-Adèle, Sainte-Adèle
450 229-9226 – 1 800 279-7679
beauxreves.com
Open: year-round.

An intimate haven on the banks of a lovely river where you can enjoy a swim in season. Unwind in the two thermal ponds (one with jets), waterfall, steam bath, two Finnish saunas, cold water cascade, heated outdoor zones, hammocks and deck chairs, take advantage of the full range of care services (massage therapy, body and aesthetic care), and enjoy country breakfasts and lunches on the sunny terrace. On-site accommodation is available.

Bagni Spa Station Santé

1796, rue des Mélèzes, Sainte-Adèle
450 229-4477 – 1 866 848-4477
bagnispa.com
Open: year-round.

Nestled on the banks of Simon River, Bagni Spa is the perfect place for a calm, relaxing day surrounded by nature. Come enjoy a Turkish or eucalyptus steam bath, hot and warm whirlpools, massage therapy, a swim in the river or the saltwater pool. For your beauty needs, there is a variety of facial and body care regimens. A visit to the spa will assure you wellness and peace of mind.

Amerispa Estérel Resort & Spa

39, chemin Fridolin-Simard, Estérel
450 228-8302 – 1 866 263-7477
amerispa.ca
Open: year-round.

Come to Amerispa's Estérel Resort in the heart of the Laurentians for some well-earned rest and relaxation. Trust in the team of experts to provide quality massage therapy, aesthetic and body care treatments. Enjoy the tranquil lake and a moment of utter relaxation. The stunning lake view from the manicure and pedicure room is a pure joy.

Laurentides

Moment Spa Fairmont Tremblant

3045, chemin de la Chapelle, Mont-Tremblant
819 681-7680 – 1 866 263-7477
momentspa.ca
Open: year-round.

Come to Moment Spa Fairmont Tremblant, a mountainside haven where you can relax, unwind, and recharge. The renowned wellness professionals will provide a moment of serenity, a perfect complement to your exciting adventures and activities at Fairmont Tremblant.

Scandinave Spa Mont-Tremblant

4280, montée Ryan, Mont-Tremblant
819 425-5524 – 1 888 537-2263
scandinave.com
Open: year-round.

Enjoy the benefits of hydrotherapy while surrounded by nature in these uniquely relaxing Scandinavian baths. Discover the dry and wet saunas, hot baths, Nordic and thermal waterfalls, fire pits, and solariums and enjoy year-round access to the river, an enchanted setting for a moment of pure silent relaxation. You can top off the experience with a massage, which includes a bathrobe and access to the Scandinavian baths. Must be 18 or older.


Scandinave Spa Mont-Tremblant

Industrial Tours

Argenteuil

Carillon generating station – Hydro-Québec

240, rue du Barrage, Saint-André-d'Argenteuil
1 800 365-5229 – hydroquebec.com/visitez
Open: May 25 to June 23, Monday to Friday. June 24 to August 30, Wednesday to Sunday.

Located near the Québec/Ontario border, Carillon is the Ottawa River's most powerful hydroelectric station. Built in the early 1960s in a region with a rich historic past, its imposing structure stands in stark contrast to the surrounding landscape. Picnic areas are nearby. Visitors 18 and older must show valid photo ID. Reservations required. **ad. back cover**



Carillon generating station – Hydro-Québec

Yoga

Laurentides

Studio Boréal yoga

2044, chemin du Village, Mont-Tremblant
438 868-5974 – studioborealyoga.com
Open: year-round.

Surrounded by nature in the heart of Mont-Tremblant village, Boréal yoga is a welcoming, relaxed, and friendly yoga studio which focuses on movement, community, and the environment. The classes offered cover a variety of styles of yoga, inspired by yogic traditions like Jivamukti, Hatha, Ashtanga, Kundalini, and Nidra yoga. The studio aims to provide an inclusive space in which to practice yoga.



Ofuro Station Zen, Morin-Heights

© Tourisme Laurentides, Ofuro Station Zen

Local Flavours



Our regional flavours are a real treat for the senses! In keeping with the seasons, take the time to get a taste of the Laurentians!

▼ Classified by sectors, from south to north.

Pick-your-own and Orchards

Deux-Montagnes

La Magie de la Pomme et Bistro La Dent Sucrée

925, chemin Fresnière, Saint-Eustache
450 623-0062 – lamagiedelapomme.com

Come and meet Princess Api in her magical castle at La Magie de la Pomme. Apple and pumpkin picking. Don't forget to try the famous apple doughnuts. Boutique featuring regional products and local wines, beers, and ciders. Sugar season: gargantuan reinvented eight-course dinners on Fridays and Saturdays at Bistro La Dent Sucrée; brunch on Sundays. See the website for details.



La Magie de la Pomme et Bistro La Dent Sucrée

Centre d'interprétation de la Courge du Québec

839, chemin Principal, Saint-Joseph-du-Lac
450 623-4894 – centredelacourge.com
Open: September 1 to October 31.

Come and pick your own squash and pumpkins at the Centre d'interprétation de la Courge du Québec. Plenty of wheelbarrows available for you to harvest your own produce in the field, with its variety of some 40 different squashes. A team is on the premises to give you all the information you need plus recipe ideas to try out. While you're there, enjoy a lunch made from only squash! Other squash-derived products for sale at the boutique.

Cidrerie Lacroix

649, chemin Principal, Saint-Joseph-du-Lac
450 623-4888 – vergerlacroix.ca
Open: year-round.

At the foot of the mountain in the picturesque village of Saint-Joseph-du-Lac, come and discover the marvelous fruit that is the apple. Pick your own and taste some of the wonderful products made in the orchard the old-fashioned way. The cider house is another must-see during your visit: you'll be surprised by the diversity of the ciders and the enthusiasm of the artisans who produce them. Enjoy a visit to the orchard at your own pace.



Domaine Lafrance

1473, chemin Principal, Saint-Joseph-du-Lac
450 491-7859 – domainelafrance.com
Open: year-round.

Boutique, cider house, distillery, bakery. Discover apple-derived products like the obligatory apple doughnuts. Free cider and liquor tastings. Ice ciders, sparkling wines, aperitifs, liquors (gins), all developed on site. Picnic areas, kids' zones, magical landscapes, lunch on the go, gift baskets. It's worth the trip every season! Check out the Facebook page.


Domaine Lafrance

Tarterie du Verger des Musiques

854, chemin Principal, Saint-Joseph-du-Lac
450 623-4889 – laurentides.com/en/members/tarterie-du-verger-des-musiques
Open: year-round for the boutique.

Large selection of fruit and sugar pies, apple bread, apple oatmeal cookies and homemade fruitcakes, and meat pies prepared on site. Apple and pear picking in season.

Verger Cueillette 640

41, rue Binette, Saint-Joseph-du-Lac
450 623-8635 – cueillette640.com
Open: mid-August to end of October.

Fancy a trip to the countryside? Cueillette 640 orchard is a must-see! Upon arrival, a tractor ride takes you out to the orchard for apple picking. Back at the booth, enjoy delicious, freshly-squeezed apple juice. Your visit would be incomplete without a visit to the gift shop where you can find homemade and regional products. Bring your lunch, enjoy the picnic area, and visit the farm animals next to a small lake.

Verger Richard Legault

425, rue Binette, Saint-Joseph-du-Lac
450 623-6306 – 450 974-1345 – vergerrichardlegault.com
Open: year-round.

Succumb to the charms of the site's family atmosphere and warm welcome, and pick your own apples. Fruit stand, products available: 100% apple juice, honey products, maple products, jams, pickled products, and much more. At Resto Pom, taste fine products like apple pies and muffins; other house specialties available. Group reservations available.

© Microbrasserie Shawbridge

Labonté de la Pomme – Verger & Miellerie

405, rang de l'Annonciation, Oka
450 479-1111 – labontedelapomme.ca
Open: see the website for details.

A hidden treasure to discover in the Laurentian countryside! Winner of the Grands Prix du Tourisme Québécois. A family-run country property on the mountainside overlooking the bucolic Oka Valley. Renowned for its gourmet Apple Shack showcasing local delicacies and its outdoor wood stove. Twenty-five varieties of fruit to pick yourself. Discover various artisanal products and take part in a variety of activities including a cornfield labyrinth. Group visits upon reservation.


Labonté de la Pomme – Verger & Miellerie

Thérèse-De Blainville

Fraisière La Jardinière

300, chemin de la Côte Saint-Louis Est, Blainville
450 430-1789 – fraisierelajardiniere.com
Open: mid-June to end of August.

Pick your own strawberries, raspberries, gooseberries, blueberries, blackcurrants, redcurrants, and blackberries. The farm also has a fruit and vegetable booth where you can buy pre-picked local fresh fruits and vegetables.

Chocolate Makers

Pays-d'en-Haut

Chocolaterie Marie-Claude

1090, rue Valiquette, Sainte-Adèle
450 229-3991
laurentides.com/en/members/chocolaterie-marie-claude
Open: year-round, closed Monday and Tuesday.

A unique 35-year-old business known for its traditional chocolate-making and other quality homemade products. The owner delights in her mission of sharing her knowledge of chocolate with her customers. The same establishment houses a café (with mouth-watering waffles), a gift shop, and a splendid patio. A 20-minute descriptive video plays non-stop. Group conferences, demonstrations, and tastings by appointment.

Laurentides

ChocoStyle

2481, route 117, Saint-Faustin–Lac-Carré
514 209-8848 – 1 855 270-0444
chocostyle.ca

Master chocolate-maker. Manufacturer, chocolate boutique, and specialty grocer. Gourmet production of fine, locally-produced items, labelled organic, vegan, and more. Products include fine chocolates, gifts, ice cream, sweets, pastries, and reinvented snacks. Activities include workshops, tours, kids' parties, egg hunts, and a patio overlooking the golf course. Chocolate skating rink, outdoor games, movies under the stars. Free tastings! Cyclists and snowmobilers welcome!

Sugar Shacks and Country-style Dining

Deux-Montagnes

Cabane à sucre Constantin

1054, boulevard Arthur-Sauvé, Saint-Eustache
450 473-2374 – 1 800 363-2464
constantin.ca
Open: mid-February to end of April.

The Constantin family has proudly offered quality homemade products since 1941. Guests are always welcome, whether to spend a day at the sugar shack or to visit the country boutique, which is open year-round. Available on site: reception hall, complete

sugar shack experience, and frozen homemade products. Located in the Lower Laurentians, Constantin sugar shack awaits.

Au Gré des Saisons

288, rang Sainte-Germaine, Oka
450 479-1179 – augredessaisons.ca
Open: year-round.

In the charming Oka village, at the foot of an orchard with a view of a small lake, lies a magical destination for nature lovers. Dine at the sugar shack, attend a reception, and watch the site change with the seasons. Open year-round upon reservation for groups of 25 people and more. Open every weekend in March and April. In September and October, it's time for brunch and apple picking on Sundays.

Labonté de la Pomme - Apple Shack

405, rang de l'Annonciation, Oka
450 479-1111 – labontedelapomme.ca
Open: see the website for details.

The first of its kind in Québec and the Laurentians, the Apple Shack is located on a family-run orchard in a rustic, rural atmosphere. Discover the apple-based menu that features fine regional products including honey and maple syrup, as well as the woodstove menu prepared by the chef featuring apples and Oka cheese. Also scrumptious is the menu at the maple Apple Shack, during sugaring-off season, upon reservation.


Labonté de la Pomme - Apple Shack

Mirabel

Cabane à sucre Chalet du Ruisseau

12570, rang de La Fresnière, Mirabel
450 258-3176 – 1 800 318-3176
ruisseau.ca
Open: year-round.

Le Chalet du Ruisseau is a countryside sugar shack and event room, open year-round. Activities and events include sugar-shack parties, Christmas and New Year's Eve parties, apple-picking season, or bring a group for a méchoui. With seating for up to 700, the space is designed to accommodate large groups, weddings, anniversaries, and much more. What's more, four rooms are available for various purposes.

La P'tite Cabane d'la Côte

5885, route Arthur-Sauvé, Mirabel
450 258-2467 – petite-cabane.com
Open: daily in season. Reservations required.

Grandma's recipes, cooked to today's tastes before your very eyes! Come and experience the sugar shack tradition of yesteryear while enjoying a hearty meal to the sound of traditional music. Stroll through the beautiful trails of the sugar bush or take a sleigh ride with Belgian breed horses. Unforgettable moments at La P'tite Cabane d'la Côte!

Sucrerie Bonaventure

15400, rue Charles, Mirabel
450 434-7476 – sucreriebonaventure.ca

If you have a sweet tooth, you'll love the traditional menu at Sucrerie Bonaventure sugar shack! Gluten-free, lactose-free, and vegetarian options available upon request. Sucrerie Bonaventure boasts a mini-farm and hosts regular hockey and karaoke nights, in addition to evenings with a folk singer and DJ. Guests can also enjoy the outdoor fireplace and a sleigh ride. Happiness guaranteed for young and old. And don't forget to bring your own drinks! Visit the brand new boutique and discover a range of maple products, all made on site.

Thérèse-De Blainville

Cabane à sucre D'Amours

427, 5e Avenue, Sainte-Anne-des-Plaines
450 478-1377 – damours.ca
Open: mid-February to end of April. Year-round for receptions.

Satisfy your sweet tooth at Cabane à sucre D'Amours! This sugar shack is filled with folklore, history, and ambiance, perfect for experiencing sugaring-off time like in the good old days. Fall in love with grandma's delicious maple-based meals, prepared by the chefs. An old-fashioned appeal with comfortable air-conditioned rooms. Boiler room visit, animation, maple kiosk, haunted maze, and much more! Reservations recommended.

Rivière-du-Nord

Cabane à sucre Nantel et salle champêtre

312, chemin du Lac-Bertrand, Saint-Hippolyte
450 436-4406 – 1 866 369-4406
cabanenantel.com

Log cabin, antique decor, with an ambiance reminiscent of days of old. Small farm in a country setting. All-you-can-eat quality meals, homemade pure maple products. The unique opportunity to watch sap boil into syrup. Transformation explained on site. Table setting just like at Grandma's. Open weekdays upon reservation for groups of 50 people and more.

Pays-d'en-Haut

Cabane à sucre Raymond

444, chemin Avila, Piedmont
450 224-2569 – cabanearthurraymond.com
Open: early March to end of April.

Located on top of a mountain, yet still close and accessible, Raymond sugar shack is proud of its long-standing tradition and the service offered to its clientele since 1955. A traditional all-you-can-eat meal is served, including the famous *ragoût de boulettes* (meatballs in gravy). Authentic food prepared on site with an ambiance reminiscent of the good old days.

Érablière Ste-Marguerite

54, chemin d'Entrelacs, Sainte-Marguerite-du-Lac-Masson
450 228-7383 – erablieresm.com
Open: February 15 to May 3.

Sumptuous maple delicacies and a memorable rustic setting await! In the unique and welcoming dining room, Québec folk singers take to the stage to enhance your visit. A copious meal, maple taffy, bonfire, not to mention all of the outdoor activities available in the region! Snowmobilers can come and enjoy a feast right off the snowmobile trail.

Laurentides

Au Petit Poucet

1030, route 117, Val-David
819 322-2246 – 1 888 334-2246
aupetitpoucet.com
Open: year-round.

Since 1945, the restaurant has offered traditional and authentic Québec cuisine. Sugar Shack meals and real maple taffy on snow served year-round. Renowned for its maple-smoked ham and savory baked beans. The menu includes pea soup, crispy pork jowl, omelet, pure maple syrup, homemade pickles, beets, fruit ketchup, and delicious pancakes with hot maple fudge for dessert. Let yourself be charmed by the rustic decor and warm atmosphere around the magnificent fireplace. **ad. p. 33**


Au Petit Poucet

Artisanal Cheese Makers

Rivière-du-Nord

Fromagerie Mirabel

150, boulevard Lachapelle, Saint-Jérôme
450 438-5822
facebook.com/magasinfromageriemirabel
Open: year-round.

For cheese connoisseurs, Fromagerie Mirabel is the go-to meeting point in the Laurentians. Residents and vacationers alike stop by and fill up on the best cheese curds, prepared fresh daily, and delicious aged cheddars—the house specialties. Succumb to the charms of the fine cheese counter and revel in the vast selection of regional products, the perfect pairing for your cheeses. Self-guided tours.



Fromagerie Mirabel

Les Fromagiers de la Table Ronde

BIO

317, boulevard Sainte-Sophie, Sainte-Sophie
450 530-2436 – fromagiersdelatableronde.com
Open: year-round. Closed Sunday, January to March.

Cheese house on an organic farm, operated by two generations of the Alary family. Production of fine cheeses including Rassembleu, Fou du Roy, Ménestrel, and other specialties. From the other side of the counter, watch the cheesemaker at work and view the collection of dairy antiques on display. Find out about the art of cheesemaking through photos, and ask questions in English, French or Spanish.

Gardens

Deux-Montagnes

Centre du jardin Deux-Montagnes

920, montée Laurin, Saint-Eustache
450 472-5520 – jardin2m.com
Open: April to November.

Garden center and nursery over 500 000 ft^2. Customers can choose from over 50 000 different varieties of deciduous trees, conifers, and annuals of superior quality in several formats. Relaxation areas, including a newly established arboretum with a lake and play area accessible at all times. To discover Jardin2m is to enjoy a unique experience combining quality and expertise in a magical setting!

Jardins Michel Corbeil

961, boulevard Arthur-Sauvé, Saint-Eustache
450 472-4358 – jardinsmichelcorbeil.com
Open: year-round.

Come and visit the many thematic gardens, including the high-performance, the impressive, the tolerant, the urban, the banks, the woods, the zero-maintenance gardens, and many more. Walk under the bright sun, enjoy a picnic by the lake, or read in the shade—the perfect place to simply relax! After your visit, find your favorites in the nursery with the help of experienced staff.

La Maison Lavande, culture et parfumerie

902, chemin Fresnière, Saint-Eustache
450 473-3009 – 1 877 780-3009
maisonlavande.ca
Open: year-round for the boutiques.

La Maison Lavande, culture et parfumerie is first and foremost a lavender garden that lends itself to visits in the summertime. Picnic and relaxation areas, walking paths, animation, and a bistro. Perfume boutique open year-round with exclusive, top-of-the-line products, including cosmetics, bath products, and air fresheners. Gourmet boutique filled with culinary treats. Taste some of the gourmet lavender-based items.

Thérèse-De Blainville

Jardin Dion

121, rue Saint-Charles, Sainte-Thérèse
450 430-7710 – 1 877 430-7171
jardindion.com
Open: year-round.

Complete garden centre. Indoor aquatic gardens with fish, fountains, and floral arrangements. Potted foliage and ornamental plant growers. Educational greenhouse tour, Christmas boutique, and tree production nursery.

Mirabel

Route des Gerbes d'Angelica

6015, rang Saint-Vincent, Mirabel
450 258-1648 – gerbesdangelica.com
Open: June to October for the gardens. November and December: Friday, Saturday and Sunday.

Visit 14 magnificent themed gardens with decorations and music. Picnic and game areas, covered building, boutique, and small bistro. Regional products made on site, meals to go, and gifts. In April, Easter egg hunt with riddles and mascots. In November and December: Christmas magic with decorations, 300 000 lights, and animation. Boutique open year-round.


Route des Gerbes d'Angelica

Pays-d'en-Haut

Le Jardin de François

Saint-Sauveur
450 227-4666 – jardindefrancois.com

Admire the majestic beauty of a garden featuring seven thousand perennials during a guided tour benefitting the Société Alzheimer des Laurentides. Over seven acres of floral paradise with incredible viewpoints overlooking the mountain, the superb river, natural falls, array of sculptures, fruit trees, and bicentennial pine trees. One of Québec's most beautiful private gardens, it's certainly the largest within 45 minutes of Montréal! Reservations mandatory.


Le Jardin de François

Laurentides

Jardin Clef des Champs

2205, chemin de la Rivière, Val-David
819 322-3959, ext. 333 – clefdeschamps.net
Open: July 18 to August 23, daily, 10 a.m. to 6 p.m.
Guided tours at 10:30 a.m.

Traditional herbalism practices in organic gardens filled with medicinal plants since 1978. The originality, diversity, and splendour of these terraced, mountainside gardens makes them a unique and wonderful environment in which to learn about herbalism. On your own or accompanied by an herbalist, come and discover the plants' many virtues. Boutique, health bar, and patio.

Public Markets

Marchés publics des Laurentides

819 322-6419 – marchesdici.org

Val-David and Sainte-Marguerite-du-Lac-Masson's summer markets provide artisanal food producers and processors with a public venue in which to showcase their business and give consumers direct access to their products. A go-to for connoisseurs of good food and fresh products. Organic and processed market products. New product tastings. See the website for the winter markets.

Sainte-Marguerite-du-Lac-Masson : rue des Pins and chemin Masson
Open: June 26 to September 4, Friday, 2 p.m. to 6 p.m.

Val-David : rue de l'Académie
Open: May 30 to October 10, Saturday, 9 a.m. to 1 p.m.

Deux-Montagnes

Old-Saint-Eustache public market

Saint-Eustache street between Saint-Nicolas and Dorion streets
450 491-4444 – basseslaurentides.com
Open: June 27 to September 12, Saturday, 9 a.m. to 1:30 p.m.

Oka public market

183, rue des Anges, Oka
450 491-4444 – basseslaurentides.com
Open: July 5 to September 6, Sunday, 10:30 a.m. to 4:30 p.m.

Mirabel

Marché du terroir de Mirabel

17530, rue Jacques-Cartier, Mirabel
facebook.com/marcheduterroirdemirabel
Open: June to September.

Thérèse-De Blainville

Blainville public market

1001, chemin du Plan-Bouchard, Blainville
450 491-4444 – basseslaurentides.com
Open: August 20 to September 24, Thursday, 3 p.m. to 7 p.m.

Rivière-du-Nord

Saint-Jérôme public market

320, rue Melançon, near Place de la Gare
Saint-Jérôme – vsj.ca
Open: April 3 to November 21, Tuesday, 6 a.m. to 5 p.m.; Friday, 6 a.m. to 9 p.m.; Saturday, 6 a.m. to 4 p.m.

Saint-Colomban public market

Place du Marché, parc Phelan
450 436-1453, ext. 6320 – st-colomban.qc.ca
Open: June 18 to September 3, Thursday, 4 p.m. to 8 p.m. (except July 30 and August 27).

Pays-d'en-Haut

Parc Basler Farmers Market

99, chemin du Lac-Écho, Morin-Heights
facebook.com/BaslerFarmersMarket
Open: June 5 to October 23, Friday, 1 p.m. to 7 p.m.

Sainte-Adèle public market

999, boulevard de Sainte-Adèle, Place des citoyens
Sainte-Adèle – sainte-adele.net
Open: May 30 to September 19, Satrurday, 9 a.m. to 3 p.m. (except June 27).

Laurentides

Aux Petits Oignons market see p. 138

Mont-Tremblant public market

1875, chemin du Village, Mont-Tremblant
villedemont-tremblant.qc.ca
Open: June 20 to September 12, Saturday, 9 a.m. to 1 p.m.

Marché de la gare

180, rue du Dépôt, Labelle
facebook.com/pg/marchegarelabelle
Open: June 28 to September 6, Sunday, 9 a.m. to 1 a.m.

Antoine-Labelle

Le Petit Marché du Hameau

2150, chemin du Tour-du-Lac, Nominingue
819 278-3384, ext. 240
facebook.com/Garenominingue
Open: June 19 to October 10, Friday, 1 p.m. to 5 p.m.; Saturday, 9 a.m. to 1 p.m.

Regional Products

Mirabel

Aux saveurs du printemps

10301, côte des Anges, Mirabel
450 475-8998 – auxsaveursduprintemps.com
Open: see the website for details.

Come and discover Aux saveurs du printemps, a business specializing in the production of maple syrup as well as other products, marrying tradition and innovation. Discover the range of fall products, such as the crepes, all designed to provide comfort during the chilly season. From maple syrup to delicious sweets, stop by the gourmet boutique and pick up some high-quality savory products. Gourmet gift baskets.

Boucannerie Belle-Rivière

8871, rue Saint-Vincent, Mirabel
450 258-3412 – boucannerie.com
Open: year-round.

One-of-a-kind artisanal butcher-deli with an old-fashioned glazed-brick smokehouse, restored in the old smokehouse tradition. More than one hundred charcuterie products including sausages made from poultry, beef and veal, pork, and game meats. You can also bring in carcasses from your hunt to be transformed.

Les Serres Bertrand

11730, route Sir-Wilfrid-Laurier, Mirabel
450 432-2629, ext. 1
facebook.com/delaserreavotretable
Open: year-round.

Whether it's curiosity, epicurean tastes, or simply an affinity for fresh local produce that brings you to the boutique at Serres Bertrand, it will quickly become your favorite place for planning any event. The boutique is the perfect place to pick up ripe pink tomatoes and other fresh local produce, including ready-to-eat meals and gifts for your guests. Don't forget to sample the famous tomato sandwich! Pick your own blueberries during harvest season.

Laurentides

Aux Petits Oignons

BIO

- Farm: 515, chemin de Brébeuf, Mont-Tremblant
- Market and bistro: 1842, route 117, Mont-Tremblant
819 429-6789 – auxpetitsoignons.bio
Open: year-round.

Only a stone's throw from the farm, the market and bistro offer an incredible selection of local, farm, artisanal, organic, and fair-trade products. What's more, a vast selection of freshly picked and certified organic products are available in season, with as little packaging as possible. Children are welcome; in season, they can pick ground cherries and cherry tomatoes.

Antoine-Labelle

Miels d'Anicet

BIO

111, 2e rang de Gravel, Ferme-Neuve
819 587-4825 – mielsdanicet.com
Open: year-round. October to May: boutique only.

Welcome into the humming, droning world of the bee at Miels d'Anicet! At the foot of Montagne du Diable, the team awaits you in the honey house to share the amazing work of the humble bee. The unique character of the bees' workplace is charming, as are the honey and meads. See how the honey is extracted and how Mélia body care products are made. Lastly, enjoy the landscape from the patio of the café-canteen.



Vineyards and Microbreweries

Deux-Montagnes

Vignoble Rivière du Chêne

807, chemin de la Rivière Nord, Saint-Eustache
450 491-3997 – vignoblerivieredu chene.ca
Open: year-round.

Visit one of Québec's largest vineyards! Established in 1998, the vineyard produces no less than 19 wines for which it has received multiple medals: whites, reds, and rosés, sparkling wines, ice wine, fortified wine, and maple syrup-infused wine. Guided tour, wine tastings, picnic at the foot of the vines, and regional product spreads to share on the stunning patio from June to mid-October. Gastronomic events and boutique open year-round!


Vignoble Rivière du Chêne

La Bullerie

2007, chemin Principal, Saint-Joseph-du-Lac
450 472-2722 – labullerie.com
Open: year-round. January to March: private events only.

Formerly La Roche des Brises, the estate located in Saint-Joseph-du-Lac was transformed to become La Bullerie. Following considerable renovations, La Bullerie opened its doors in fall 2017. La Bullerie is the result of a partnership between lovers of good wine and good food, with event experts. Winery, events, restaurant, boutique, gourmet picnic, corporate and social groups. A visit is a must.


La Bullerie

Vignoble et Microbrasserie Les Vents d'Ange

839, chemin Principal, Saint-Joseph-du-Lac
450 623-4894 – vignobleventsdange.com
Open: mid-May to end of December.

Located in the Lower Laurentians, the Vignoble et Microbrasserie Les Vents d'Ange is a must-see agritourism destination! On site, the friendly team is there to help you discover the variety of wines and beers produced with passion. While you're there, enjoy a beer on the patio with its magnificent views overlooking the estate. Guided tours available upon reservation (25 people and more).



© Xavier Girard, Tourisme Laurentides

Mirabel

Distillerie Côte des Saints

12465, côte des Saints, Mirabel
1 888 880-0401 – fr.cotedessaints.com
Open: see the website for details.

Côte des Saints is an artisanal distillery located in Mirabel. In the heart of Québec's most fertile lands, its liquors begin their journey in its barley fields. With a vision based on respect of regional products and the environment, the passionate team is dedicated to crafting liquors that seduce your taste buds and meet even the highest of expectations.



Distillerie Côte des Saints

Microbrasserie L'Entêté

15400, rue Charles, Mirabel
450 434-7476 – domaineb.ca/microbrasserie
Open: year-round.

L'Entêté microbrewery offers a rustic bistro menu in a friendly and state-of-the-art atmosphere in the heart of the rural Domaine Bonaventure.

Thérèse-De Blainville

Archibald Microbrasserie

1345, boulevard Michèle-Bohec, Blainville
450 430-4000 – archibaldmicrobrasserie.ca
Open: year-round.

It's the place to go for those in the know, whether for a lively evening or an intimate meal for two. Whether you opt for the exceptional patios or a comfortable seat next to the fire, there's no reason not to enjoy an excellent meal while sipping an Archibald beer, surrounded by decorative wood, leather, and fur souvenirs. At night, bands and Québec folk musicians give the place an urban cabin feel.


Archibald Microbrasserie

Le Relais Boréale

875, boulevard Michèle-Bohec, Blainville
450 979-8400 – boreale.com
Open: daily, except Sunday.

Located inside the Brasseurs du Nord microbrewery, Le Relais Boréale is a unique place to fill up a jug or two and discover the latest creations of the master brewer. A visit to the boutique is also the perfect opportunity to learn more about the brewing process and to check out the selection of clothing, glassware, and accessories.


Le Relais Boréale

Rivière-du-Nord

Microbrasserie Dieu du Ciel!

259, rue de Villemure, Saint-Jérôme
450 436-3438 – dieuduciel.com
Open: year-round.

Founded in Montréal in 1998, Dieu du Ciel! microbrewery produces and bottles some of its best beers in Saint-Jérôme. The pub, with its large feature window for customers to view the brewing vats, brews some 20 different beers that can be sampled in a friendly atmosphere. The bistro-style menu highlights fresh local produce as well as a selection of meats smoked on site. You can even take beer home with you!



Microbrasserie Dieu du Ciel!

Shawbridge – Microbrasserie et Charcuteries

3023, boulevard du Curé-Labelle, Prévost
450 224-1776 – shawbridge.ca
Open: year-round.

Shawbridge - Microbrasserie et Charcuteries feels like home. See what Shawbridge is all about, one sip at a time. The menu features good beer and good food, with ready-made items to take home with you. A backyard vegetable garden, fresh ingredients year-round, beer-crust pizzas cooked in a wood stove, dishes to share, mouth-watering tapas, and more!

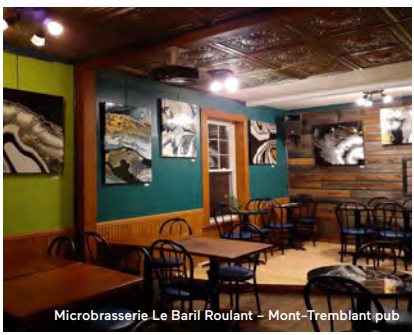
Laurentides

Microbrasserie Le Baril Roulant

- 434, rue de l'Église, Val-David
819 320-0069

- 1885, chemin du Village, Mont-Tremblant
819 429-5050 – barilroulant.com
Open: year-round.

Two artisanal and jovial microbreweries. Tasting area: vast selection of house beers, regional alcohols, ciders, light meals, and tapas. Take part in the many cultural activities: shows, exhibitions, game nights, documentaries, and travel presentations. Enjoy the sunny patio in the heart of Val-David. Children are welcomed at the Mont-Tremblant pub located in front of Mercier Lake.



Microbrasserie Le Baril Roulant – Mont-Tremblant pub

Microbrasserie Saint-Arnould

435, rue des Pionniers, Mont-Tremblant
819 425-1262 – saintarnould.com
Open: year-round.

Authentic microbrewery in downtown Mont-Tremblant where you can sample an original brew or two, with more than ten different varieties of beer brewed on site. Affordable lunch menu with special beer prices from 4 p.m. to 8 p.m., Monday to Friday. Children welcome. Customers can visit the installations and buy bottled beer to take home. Shows every Saturday night and, in summer, on the patio every Thursday and Saturday.





© Tourisme Laurentides

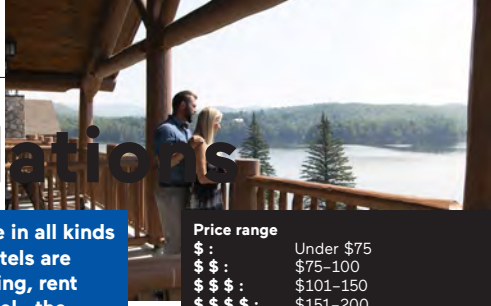
Accommodations and Places to Eat

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162 → Places to Eat

Accommodations



A stay in the Laurentians is a treat to sample in all kinds of ways. B&Bs, country inns, hotels, and motels are all available. What's more, you can go camping, rent a cottage or a condo, or stay at a youth hostel—the options are endless. The Laurentian region is widely recognized throughout Québec as a four-season holiday destination.

Price range

$:	Under $75
$ $:	$75–100
$ $ $:	$101–150
$ $ $ $:	$151–200
$ $ $ $ $:	over $200

Legend of pictograms, see p. 184.

▼ Classified by type of accommodations.

Hotels

Deux-Montagnes

Impéria Hôtel et Suites ★★★+

570, rue Dubois, Saint-Eustache
450 472-3336 – 1 888 472-3336
imperiahotel.com
72 units – **$ $ $** –

Oasis de l'Île ★★★

25, chemin des Îles-Yale, Saint-Eustache
450 472-0263 – oasisdelile.com
20 units – **$ $ $ $** –

Auberge de l'Abbaye d'Oka ★

1600, chemin d'Oka, Oka
450 415-0651 – abbayeoka.ca
49 units – **$ $** –





Mirabel

Motel au P'tit sapin ★★★

16033, boulevard du Curé-Labelle, Mirabel
450 432-4691 – motelauptitsapin.com
17 units – $$ –

Argenteuil

Hôtel du Lac-Carling ★★★★

2255, route 327, Grenville-sur-la-Rouge
450 533-5468 – 1 844 922-7546
hotellaccarling.com
97 units – $$$$$ –

Hôtel du Chasseur ★★

38, chemin de Saint-Michel, Brownsburg-Chatham
450 533-5555 – hotelduchasseur.com
8 units – $ –

Thérèse-De Blainville

Spa et Hôtel le Finlandais ★★★

125, boulevard Labelle, Rosemère
450 971-0005 – 1 888 971-0005
spalefinlandais.com
61 units – $$$$ – **ad. p. 126**

Rivière-du-Nord

Hôtel Comfort Inn & Suites St-Jérôme ★★★

8-255, rue De Martigny Ouest, Saint-Jérôme
450 438-8000 – 1 866 438-8001
comfortinnstjerome.com
98 units – $$$$ –

Hôtel Saint-Jérôme Best Western ★★★★

420, boulevard Monseigneur-Dubois, Saint-Jérôme
450 438-1155 – 1 800 718-7170
bwlaurentides.com
50 units – $$$ –

Hôtel Super 8 Saint-Jérôme ★★★

3, rue John-F.-Kennedy, Saint-Jérôme
450 438-4388 – 1 888 868-8604
super8stjerome.com
81 units – $$$$$ –
ad. p. 147

Auberge du Lac Morency ★★★★

42, rue de la Chaumine, Saint-Hippolyte
450 563-5546 – 1 800 616-5546
lacmorency.com
64 units – $$$$ –

Pays-d'en-Haut

Complexe le 60 ★★★

600, chemin des Frênes, Piedmont
450 227-4880 – 1 866 924-4880
complexele60.com
31 units – $$ –

Hôtel Manoir Saint-Sauveur ★★★★

246, chemin du Lac-Millette, Saint-Sauveur
450 227-1811 – 1 800 361-0505
manoir-saint-sauveur.com
250 units – $$$$$ –

Le Relais St-Denis ★★★

61, avenue Saint-Denis, Saint-Sauveur
450 227-4766 – 1 888 997-4766
relaisstdenis.com
42 units – $$$$ –



Motel Le Jolibourg ★★

60, rue Principale, Saint-Sauveur
450 227-4651 – 1 877 227-4651
motellejolibourg.com
21 units – $$ – **ad. p. 147**

Ski Mont Habitant ★★

12, chemin des Skieurs, Saint-Sauveur
450 227-2637 – 1 866 887-2637
monthabitant.com
14 units – $$$ –

Auberge le Clos-Joli

19, rue du Clos-Joli, Morin-Heights
450 226-5401 – aubergeclosjoli.com
9 units – $$$ –

Hôtel Alila Saint-Sauveur ★★★

500, route 364, Morin-Heights
450 644-0168 – 1 844 252-1899
alila.ca
26 units – $$ –

Ofuro Spa ★★

777, chemin de Saint-Adolphe, Morin-Heights
450 226-2442 – 1 877 884-2442
spaofuro.com
5 units – $$$$$ –

Auberge Beaux Rêves et Spa ★★

2310, boulevard de Sainte-Adèle, Sainte-Adèle
514 316-7808 – 1 800 279-7679
beauxreves.com
13 units – $$$$ –

Auberge le Papillon Sauvage ★★★

100, boulevard de Sainte-Adèle, Sainte-Adèle
450 229-3404 – lepapillonsauvage.com
5 units – $$$ –

Excelsior Hôtel Spa Sainte-Adèle ★★★

3655, boulevard de Sainte-Adèle, Sainte-Adèle
450 229-7676 – 1 844 363-2483
hotelspaexcelsior.com
51 units – $$$ –

Hôtel Spa Mont-Gabriel ★★★★

1699, chemin du Mont-Gabriel, Sainte-Adèle
450 229-3547 – 1 800 668-5253
montgabriel.com
135 units – $$$$$$ –

Le Viking Resort & Marina ★★★★

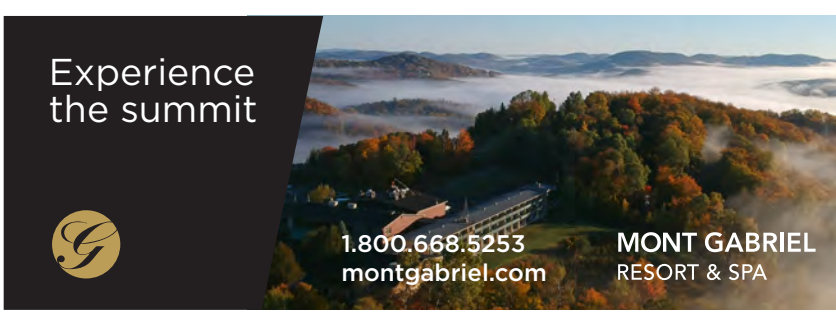
50, ch. Masson, Sainte-Marguerite-du-Lac-Masson
450 228-4400 – 1 844 928-4400
levikingresort.com
42 units – $$$$$$ –

Émotion Hôtel ★★★★

43, chemin Fridolin-Simard, Estérel
450 228-2571 – 1 888 378-3735
esterel.com
105 units – $$$$$$ –

Estérel Resort ★★★★

39, chemin Fridolin-Simard, Estérel
450 228-2571 – 1 888 378-3735
esterel.com
95 units – $$$$$$ –



Laurentides

Hôtel Far Hills – Le Cedar Lodge

3399, rue du Far Hills Inn, Val-Morin
819 322-2014 – 1 800 567-6636
farhillsinn.com
15 units – $ $ –

Auberge du Vieux Foyer ★★★

3167, 1er rang de Doncaster, Val-David
819 322-2686 – 1 800 567-8327
aubergeduvieuxfoyer.com
41 units – $ $ $ $ –

Auberge-Microbrasserie Le Baril Roulant ★★★

1430, rue de l'Académie, Val-David
819 322-2280 – barilroulant.com
19 units – $ –

Motel le Radisson de Val-David ★★

1480, route 117, Val-David
819 322-2727 – 1 877 880-2727
motelleradisson.com
19 units – $ $ –





Restaurant et Hébergement Les Passionnés

1480, chemin de la Rivière, Val-David
819 322-8888 – facebook.com/restogitelespassionnes
3 units – $ $ $ –

Auberge aux Nuits de Rêve ★ ★ ★

14, rue Larocque Ouest, Sainte-Agathe-des-Monts
819 326-5042 – 1 888 326-5042
reve.ca
7 units – $ $ $ $ –

Auberge de la Tour du Lac ★ ★ ★

173, chemin du Tour-du-Lac, Sainte-Agathe-des-Monts
819 326-4202 – 1 800 622-1735
latourdulac.ca
12 units – $ $ $ $ $ –

Auberge La Fontanella ★ ★

6, rue Principale Est, Sainte-Agathe-des-Monts
819 774-1277
laurentides.com/fr/membres/auberge-la-fontanella
4 units – $ $ $ –

Hôtel-Spa Watel ★ ★ ★ ★

250, rue Saint-Venant, Sainte-Agathe-des-Monts
819 326-7016 – 1 800 363-6478
hotelspawatel.com
31 units – $ $ –

Motel St-Moritz ★ ★

1580, rue Principale, Sainte-Agathe-des-Monts
819 326-3444 – 1 800 567-6752
motelstmoritz.com
36 units – $ $ –

StoneHaven Le Manoir ★ ★ ★ ★

40, ch. du Lac-des-Sables, Sainte-Agathe-des-Monts
819 774-1991 – 1 844 774-1991
stonehavenlemanoir.com
34 units – $ $ $ $ –

Super 8 Sainte-Agathe ★ ★ ★

500, rue Léonard, Sainte-Agathe-des-Monts
819 324-8880 – 1 866 527-9206
super8steagathe.com
73 units – $ $ $ $ – **ad. p. 147**





Hôtel Mont Blanc ★★★

1006, route 117, Saint-Faustin–Lac-Carré
819 688-2444 – 1 800 567-6715
skimontblanc.com
44 units – $$$$ –

Motel Tremblant sur la Colline ★★

357, route 117, Saint-Faustin–Lac-Carré
819 688-2102 – 1 877 688-2102
moteltremblant.com
26 units – $ –

Auberge le Voyageur B&B

Secteur Centre-ville
900, rue Coupal, Mont-Tremblant
819 429-6277 – 1 800 205-7173
bbvoyageur.com
11 units – $$$ –

AX Hôtel Mont-Tremblant ★★★

Secteur Centre-ville
860, rue Lalonde, Mont-Tremblant
819 429-6000 – 1 888 429-6000
axhotel.ca
94 units – $$$$$ –

Hôtel Vacances Tremblant ★★★

Secteur Centre-ville
330, route 117, Mont-Tremblant
819 425-8677 – 1 800 667-8936
hotelvacancestremblant.com
30 units – $$$ –

Auberge la Porte Rouge ★★★

1874, chemin du Village, Mont-Tremblant
819 425-3505 – 1 800 665-3505
aubergelaporterouge.com
28 units – $$$ –

Auberge le Lupin B&B ★★★

127, rue Pinoteau, Mont-Tremblant
819 425-5474 – 1 877 425-5474
lelupin.com
9 units – $$$$ –

Auberge Sauvignon ★★

2723, chemin du Village, Mont-Tremblant
819 425-5466 – aubergesauvignon.com
19 units – $$ –




LE LUPIN
AUBERGE B&B
1 km from Tremblant resort, private beach access
127, rue Pinoteau, Mont-Tremblant, Québec J8E 1G2
1 877 425-5474 | lelupin.com

Hôtel Mont-Tremblant ★★★

1900, chemin du Village, Mont-Tremblant
819 717-1410 – hotel-monttremblant.com
19 units – **$ $ $** – **ad. p. 148**

Le Grand Lodge Mont-Tremblant ★★★+

2396, rue Labelle, Mont-Tremblant
819 425-2734 – 1 800 567-6763
legrandlodge.com
112 units – **$ $ $ $** –

Microtel Mont-Tremblant ★★★

235, montée Ryan, Mont-Tremblant
819 717-2700 – 1 800 337-0050
wyndhamhotels.com
100 units – **$ $ $ $ $** –

Ermitage du Lac ★★★

Centre de villégiature Tremblant
150, chemin du Curé-Deslauriers, Mont-Tremblant
819 681-2222 – 1 888 738-1777
lessuitestremblant.com
69 units – **$ $ $ $ $** –

Fairmont Tremblant ★★★★

Centre de villégiature Tremblant
3045, chemin de la Chapelle, Mont-Tremblant
819 681-7000 – 1 800 257-7544
fairmont.fr/tremblant
314 units – **$ $ $ $ $** –

Homewood Suites par Hilton ★★★★

Centre de villégiature Tremblant
3035, chemin de la Chapelle, Mont-Tremblant
819 681-0808 – 1 888 288-2988
homewoodsuitestremblant.com
101 units – **$ $ $ $ $** –

Hôtel Holiday Inn Express & Suites Tremblant ★★★

Centre de villégiature Tremblant
160, chemin du Curé-Deslauriers, Mont-Tremblant
819 681-5555 – 1 888 738-1777
lessuitestremblant.com
141 units – **$ $ $ $ $** –

Hôtel Marriott Residence Inn Mont-Tremblant ★★★★

Centre de villégiature Tremblant
170, chemin du Curé-Deslauriers, Mont-Tremblant
819 681-4000 – 1 866 818-8989
marriott-tremblant.com
127 units – **$ $ $ $ $** –

Hôtel Quintessence ★★★★★

Centre de villégiature Tremblant
3004, chemin de la Chapelle, Mont-Tremblant
819 425-3400 – 1 866 425-3400
hotelquintessence.com
30 units – **$ $ $ $ $** –

La Tour des Voyageurs ★★★

Centre de villégiature Tremblant
151, chemin du Curé-Deslauriers, Mont-Tremblant
819 681-2000 – 1 888 738-1777
lessuitestremblant.com
196 units – **$ $ $ $** –

Le Deslauriers ★★★

Centre de villégiature Tremblant
116, chemin de Kandahar, Mont-Tremblant
819 681-1033 – 1 888 738-1777
lessuitestremblant.com
38 units – **$ $ $ $ $** –

Le Johannsen ★★★

Centre de villégiature Tremblant
118, chemin de Kandahar, Mont-Tremblant
819 681-1033 – 1 888 738-1777
lessuitestremblant.com
54 units – **$ $ $ $ $** –

Le Lodge de la Montagne ★★★

Centre de villégiature Tremblant
140, chemin au Pied-de-la-Montagne, Mont-Tremblant
819 681-2000 – 1 888 738-1777
lessuitestremblant.com
124 units – **$ $ $ $ $** –

Le Sommet des Neiges ★★★

Centre de villégiature Tremblant
150, chemin au Pied-de-la-Montagne, Mont-Tremblant
819 681-9000 – 1 888 738-1777
lessuitestremblant.com
111 units – **$ $ $ $ $** –

Le Westin Resort & Spa, Tremblant, Québec ★★★★

Centre de villégiature Tremblant
100, chemin de Kandahar, Mont-Tremblant
819 681-8000 – 1 888 738-1777
lessuitestremblant.com
122 units – $ $ $ $ $

Auberge le Cosy ★★★★

4273, route des Tulipes, La Conception
819 686-5289 – 1 888 686-5289
aubergelecosy.com
8 units – $ $ $ $

La Gare Auberge-Restaurant-Bar ★★

180, rue du Dépôt, Labelle
819 686-3666 – 1 877 886-3666
lagare-labelle.com
5 units – $ $ $

Antoine-Labelle

Auberge le Gentilhomme ★★★

12, rue Bondu, Lac-du-Cerf
819 597-4299 – 1 800 457-9875
auberge-le-gentilhomme.ca
8 units – $ $

Auberge l'Île de France ★★★

2188, chemin du Tour-du-Lac, Nominingue
819 278-0364 – auberge-ile-de-france.info
7 units – $ $ $

Auberge Motel Godard ★★

3838, route 117, Nominingue
819 275-2026 – 1 877 275-2026
aubergegodard.com
16 units – $ $

Auberge Villa Bellerive ★★

1596, chemin de Bellerive-sur-le-Lac, Nominingue
819 278-3802 – 1 800 786-3802
villabellerive.com
12 units – $ $ $

Hôtel du Golf Nominingue ★★★

2100, chemin du Tour-du-Lac, Nominingue
819 278-3836 – hotelgolfnominingue.qc.ca
19 units – $ $ $

Motel Ours Bleu ★★

19, chemin de la Presqu'île, Lac-Saguay
819 278-0813 – 1 855 820-0813 – motelourbleu.com
10 units – $ $

Motel des Écorces

627, boulevard Saint-François, Lac-des-Écorces
819 585-2710 – moteldesecorces.com
15 units – $

Hôtel Best Western Plus Mont-Laurier ★★★

1231, boulevard Albiny-Paquette, Mont-Laurier
819 623-5252 – 1 866 355-5252
bestwesternmontlaurier.ca
41 units – $ $ $

Hôtel Comfort Inn Mont-Laurier ★★★★

700, boulevard Albiny-Paquette, Mont-Laurier
819 623-6465 – 1 888 355-6465 – comfortinn-ml.ca
49 units – $ $ $

Hôtel Quality Inn Mont-Laurier ★★★+

111, boulevard Albiny-Paquette, Mont-Laurier
819 623-3555 – 1 800 346-3557 – qualityinn-ml.ca
50 units – $ $ $

Hôtel Super 8 Mont-Laurier ★★★

110, boulevard Albiny-Paquette, Mont-Laurier
819 499-3888 – super8mont-laurier.com
58 units – $ $ $

Resto-Bar Relais du Touriste

22, rue Notre-Dame, Saint-Anne-du-Lac
819 586-2020 – facebook.com/relaisdutouriste
11 units – $ $

Bed and Breakfasts

Rivière-du-Nord

Nature Enchantée

83, 217e Avenue, Saint-Hippolyte
450 712-6478 – natureenchantee.weebly.com
3 units –

Pays-d'en-Haut

Au Clos Rolland Couette & Café ✶✶✶✶

1200, rue Saint-Jean, Sainte-Adèle
450 229-1939 – auclosrolland.com
5 units – $ $ $ – ACB

Auberge de la Gare ✶✶✶✶

1694, chemin Pierre-Péladeau, Sainte-Adèle
450 228-3140 – 1 888 825-4273
aubergedelagare.com
5 units – $ $ $ –

Laurentides

La Bonne Adresse ✶✶✶✶

1196, rue de la Pisciculture, Saint-Faustin–Lac-Carré
819 688-6422 – 1 877 688-6422
labonneadresse.ca
4 units – $ $ $ –

Aux Jardins des Trois Maisons ✶✶✶

1911, ch. du 1er-Rang, Sainte-Lucie-des-Laurentides
514 824-2075 – facebook.com/3maisons
3 units – $ –

Au Petit Marigot ✶✶✶✶

90, chemin Clément, Mont-Tremblant
819 425-9691 – aupetitmarigot.com
5 units – $ $ $ –

Les Jardins de l'Achillée Millefeuille ✶✶✶✶

4352, route des Tulipes, La Conception
819 686-9187 – 1 877 686-9187
millefeuille.ca
5 units – $ $ $ –

Antoine-Labelle

Auberge Chez Ignace ✶✶✶✶

1455, chemin de Bellerive-sur-le-Lac, Nominingue
819 278-0689 – ignace.qc.ca
5 units – $ $ $ –

Le Provincialart ✶✶✶

2292, rue du Sacré-Cœur, Nominingue
819 278-4928 – 1 877 278-4928
provincialart.ca
5 units – $ $ $ –

Auberge le Saint-Bohème ✶✶✶✶

1397, chemin de la Mullen, Rivière-Rouge
819 275-2796 – aubergelesaint-boheme.com
5 units – $ $ $ –

Cottages, condos, tourist homes

Argenteuil

Laurentian Lakeside Cottages ★★★

Chemin MacCrimmon, Harrington
514 554-4916 – laurentianlakesidecottages.com
3 units – $ $ $ $ $ –
Capacity of the largest unit: 10

Centre de villégiature Lac Fiddler 3★ to 4★

1000, route 329, Mille-Isles
514 447-2524 – 1 800 721-0371 – fiddlerlakeresort.com
47 units – $ $ $ $ $ –
Capacity of the largest unit: 18

Pays-d'en-Haut

Les Villas du Lac St-François-Xavier ★★★★

340, rue Bachman, Wentworth-Nord
514 744-2422 – lesvillas.ca
3 units – $ $ $ $ $ –
Capacity of the largest unit: 24

Hôtel St-Sauveur

500, chemin des Frênes, Piedmont
450 227-1800 – 1 855 297-1800 – hotelstsauveur.ca
27 units – $ $ $ $ –
Capacity of the largest unit: 4

Domaine Nymark ★★★★

300, chemin du Mont-Saint-Sauveur, Saint-Sauveur
450 227-2121 – domainenymark.com
17 units – $ $ $ $ $ –
Capacity of the largest unit: 8

Chalet Spa Nature ★★★★

Morin-Heights
1 877 309-7347 – chaletspanature.com
6 units – $ $ $ $ $ –
Capacity of the largest unit: 26

Platinum Gestion Immobilière ★★★★

834, chemin du Village, bureau 202, Morin-Heights
514 919-2722 – 1 866 624-2722 – platinum-gi.ca
12 units –
Capacity of the largest unit: 10

Laurentides

Le Couvent ★★★

2043, chemin de la Gare, Val-Morin
819 320-0545 – lecouventvalmorin.ca
1 unit – $$$$$ –
Capacity: 40

Kilomètre 42 ★★★

2500, rue Faubert, Val-David
819 322-6060 – 1 877 422-6060
km42.ca
7 units – $$$$$ –
Capacity of the largest unit: 14

Kanata Tremblant ★★★★

143, chemin du Pavillon-Kanata, Amherst
1 877 734-3414 – kanatatremblant.com
8 units – $$$$$$ –
Capacity of the largest unit: 4

Selenia Lodge 3★ to 4★

679, chemin de Rockway Valley, Amherst
819 687-8710 – selenialodge.com
15 units – $$$$ –
Capacity of the largest unit: 14

Chalets Lac-à-la-Truite 2★ to 3★

1961, ch. de la Montagne, Sainte-Agathe-des-Monts
819 321-2222 – 1 877 700-2221
chaletslacalatruite.com
21 units – $$$ –
Capacity of the largest unit: 24

Chalets Royal Laurentien ★★★★

2237, ch. du Lac-Nantel Sud, Saint-Faustin–Lac-Carré
819 326-5454 – 1 877 470-5454
royallaurentien.com
23 units – $$$$$$ –
Capacity of the largest unit: 16

Village Mont Blanc ★★★

1006, route 117, Saint-Faustin–Lac-Carré
819 688-2444 – 1 800 567-6715
skimontblanc.com
22 units – $$$$$$ –
Capacity of the largest unit: 10

Chalets Laurentides Mont-Tremblant ★★★

Secteur Centre-ville
572, chemin du Lac-Duhamel, Mont-Tremblant
819 243-3108 – chaletslaurentidesmont-tremblant.ca
2 units – $$$$$ –
Capacity of the largest unit: 6

Domaine Saint-Bernard ★★

539, chemin Saint-Bernard, Mont-Tremblant
819 425-3588 – domainesaintbernard.org
3 units – $$$$$$ –
Capacity of the largest unit: 62

Embarc Tremblant ★★★★

200, chemin des Saisons, Mont-Tremblant
819 681-3535 – 1 800 799-3258
embarcresorts.com
54 units – $$$$$$ –
Capacity of the largest unit: 8

Hôtel de montagne Cap Tremblant 2★ to 4★

400, rue du Mont-Plaisant, Mont-Tremblant
819 681-8043 – 1 888 996-3227
captremblant.com
87 units – $$$ –
Capacity of the largest unit: 14

Tremblant Elysium 3★ to 4★

112, chemin des Légendes, Mont-Tremblant
1 800 709-3504 – tremblantelysium.com
81 units – $$$ –
Capacity of the largest unit: 12

Tremblant Living 4★ to 5★

2237, chemin du Village, Mont-Tremblant
819 717-1444 – 1 888 932-1131
tremblantliving.ca
19 units – $$$$$$ –
Capacity of the largest unit: 14

Bel-Air Tremblant 3★ to 4★

200, chemin de la Station, La Conception
819 774-0203 – officialmonttremblant.com
11 units – $$ –
Capacity of the largest unit: 12

Réserve faunique de Papineau-Labelle ★

443, route 309 (Val-des-Bois), La Minerve
819 454-2011 – 1 800 665-6527
sepaq.com/papineau
42 units – $$ –
Capacity of the largest unit: 22

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RCNT Chalets 3★ to 4★

Chemin du Tour-du-Lac, Lac-Supérieur
450 327-6130 – 1 844 370-0257
rcntchalets.com
13 units – $ $ $ $ $ –
Capacity of the largest unit: 10

Tremblant Mountain Chalets 3★ to 4★

210, chemin des Écorces, Lac-Supérieur
819 421-5862 – 1 888 624-6097
tremblantmountainchalets.com
20 units – $ $ $ $ $ –
Capacity of the largest unit: 13

Chalets Chute aux Iroquois ★★

36, rue du Camping, Labelle
819 686-2337 – campingunion.com
1 unit – $ $ $ –
Capacity: 4 **ad. p. 157**

Antoine-Labelle

Domaine La Marieuse

8473, chemin de la Rivière Nord, Rivière-Rouge
1 844 732-6804 – domainelamarieuse.com
3 units – $ $ $ $ –
Capacity of the largest unit: 5

Les Sentiers Plein Air La Détente ★★

3169, boulevard Des Ruisseaux, Mont-Laurier
819 623-6818 – 819 440-6818
ladetente.qc.ca
3 units – $ $ $ $ $ $ –
Capacity of the largest unit: 6

Chalets Aiglon ★★★

566, chemin du Progrès, Chute-Saint-Philippe
819 585-2732 – aiglon.ca
5 units – $ $ $ –
Capacity of the largest unit: 14

Village Windigo ★★★

548, chemin du Windigo, Ferme-Neuve
819 587-3000 – 1 866 946-3446
lewindigo.com
31 units – $ $ $ $ $ $ –
Capacity of the largest unit: 6

Holiday Centres

Argenteuil

Centre Musical Cammac ★★★★

85, chemin Cammac, Harrington
819 687-3938 – 1 888 622-8755 – cammac.ca
59 units –

Pays-d'en-Haut

Base de Plein Air Bon Départ ★★★★

4610, route Principale, Wentworth-Nord
450 226-3336 – bpabondepart.ca
245 dorm beds –

Laurentides

Sivananda Ashram Camp de Yoga ★★★★

673, 8e Avenue, Val-Morin
819 322-3226 – 1 800 263-9642
sivanandacanada.org/camp
30 units / 160 dorm beds –

Base de plein air Jean-Jeune ★★

180, chemin Jean-Jeunes, Amherst
819 687-2683 – 1 800 598-1351
jean-jeune.qc.ca
289 dorm beds –

L'Interval, coopérative de solidarité de plein air

3565, ch. du Lac-Legault, Sainte-Lucie-des-Laurentides
819 326-4069 – intervalcoop.com
53 units –

Base de Plein Air Mont-Tremblant ★★★★

3595, rue Léonard, Mont-Tremblant
819 425-2461 – 1 800 265-2267
camptremblant.com
184 dorm beds –

Centre de Vacances et de plein air Le P'tit Bonheur ★★★★

1721, chemin du Lac-Quenouille, Lac-Supérieur
819 326-4281 – 1 800 567-6788
ptitbonheur.com
457 dorm beds –

Campgrounds

Deux-Montagnes

Camping L'escale ★★★★

880, rue André-Soucy, Pointe-Calumet
450 472-6789 – 1 877 476-6789
campinglescale.ca
230 sites
◒70% – $34-65–

Parc national d'Oka ★★★★

2020, chemin d'Oka, Oka
450 479-8365 – 1 800 665-6527
sepaq.com/oka
824 sites / 72 ready-to-camp
◒95% – $34-56 –

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Mirabel

Camping Mirabel ★★★★

8500, chemin Bourgeois, Mirabel
450 475-7725 – campingmirabel.com
401 sites
◒50% – $45-64 –

Argenteuil

Camping des Chutes de la Rouge

2265, route 148, Grenville-sur-la-Rouge
819 242-2883
laurentides.com/en/members/camping-des-chutes-de-la-rouge
119 sites
◒70% – $36-44 –

Camping Municipal Brownsburg-Chatham ★★★★

457, route des Outaouais, Brownsburg-Chatham
450 562-1456 – brownsburgchatham.ca
245 sites
◒50% – $47-57–

Rivière-du-Nord

Camping au Pin d'Érable ★★★

161, chemin du Lac-Bertrand, Sainte-Sophie
450 436-8319 – campingaupinderable.com
155 sites
◒75% – $30-52–

Camping Lac Lafontaine – Parkbridge ★★★★

1100, boulevard du Grand-Héron, Saint-Jérôme
450 431-7373 – parkbridge.com/laclafontaine
350 sites / 4 ready-to-camp
◒60% – $34-60 –

Pays-d'en-Haut

Camping et cabines Sommet Morin Heights ★★★

185, rue Bennett, Morin-Heights
450 227-2020 – 1 800 363-2426
sommets.com
Open: year-round.
115 sites / 20 ready-to-camp
◒95% – $34-50 –

Laurentides

Camping Laurentien ★★★

1949, rue Guertin, Val-David
819 322-2281 – campinglaurentien.com
84 sites
◒50% – $28-40 –

Camping Sainte-Agathe-des-Monts ★★★★

2, chemin du Lac-des-Sables, Sainte-Agathe-des-Monts
819 324-0482 – 1 800 561-7360
campingsainteagathe.com
427 sites / 3 ready-to-camp
◒50% – $35-52 –

Camping du Domaine Lausanne ★★★★

150, route 117, Ivry-sur-le-Lac
819 326-3550 – campingdudomainelausanne.ca
Open: year-round.
316 sites / 75 ready-to-camp
◒70% – $37-60 –

Camping Domaine Desjardins ★★★

1045, rue de la Pisciculture, Saint-Faustin–Lac-Carré
819 688-2179 – campingdesjardins.com
100 sites
◒75% – $35-43 –

Camping Domaine des Cèdres ★★★★

60, chemin du Domaine-des-Cèdres, Brébeuf
819 425-3950 – campingdomainedescedres.com
237 sites / 7 ready-to-camp
◒80% – $38-52 –

Camping de la Diable ★★★★

140, rue Régimbald, Mont-Tremblant
819 425-5501 – campingdiable.ca
Open: year-round.
347 sites
◒70% – $40-59–

Camping Montagne d'Argent ★★★★

1321, route de la Montagne-d'Argent, La Conception
819 686-5207 – campingdelamontagnedargent.com
316 sites / 5 ready-to-camp
◒65% – $33-76 –

Camping Parc la Conception – Parkbridge ★★★★

1158, route des Ormes, La Conception
819 686-5596 – parkbridge.com/laconception
214 sites / 19 ready-to-camp
◒80% – $34-66–

Camping parc national du Mont-Tremblant de La Diable ★★★★

3824, chemin du Lac-Supérieur, Lac-Supérieur
819 688-2281 – 1 800 665-6527
sepaq.com/tremblant
669 sites / 53 ready-to-camp
◒80% – $24-52 – **ad. p. 84**

Camping Chutes-Aux-Iroquois ★★★★★

36, rue du Camping, Labelle
819 686-2337 – 1 877 686-2337
campingunion.com
155 sites / 4 ready-to-camp
◒80% – $22-57 –
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Antoine-Labelle

Camping l'Escargot ★★★★

35, chemin Constantineau, Notre-Dame-de-Pontmain
819 597-4545 – camping lescargot.ca
165 sites
◒40% – $34-40 –

Camping Lac-du-Cerf

275, chemin de Lac-du-Cerf, Lac-du-Cerf
819 597-2888 – campingunion.com
140 sites / 4 ready-to-camp
◒50% – $21-44 – **ad. p. 157**

Camping Sainte-Véronique ★★★

320, chemin du Tour-du-Lac-Tibériade, Rivière-Rouge
819 275-2155 – campingsainteveronique.com
189 sites
◒50% – $22-47 –

Camping le Fou du Roi 0★

1680, rue Landry, Rivière-Rouge
819 275-0085 – camping-ete.ca
40 sites
◒100% – $30-40 –

Camping Mer Bleue ★★★★

533, montée de la Mer-Bleue, L'Ascension
819 275-2002 – campingmerbleue.com
155 sites / 3 ready-to-camp
◒30% – $31-48 –





CAMPING LAC DU-CERF



275, ch. Lac-du-Cerf (rte 311) Lac-du-Cerf J0W 1S1
819 597-2888

- Family campground with services
- Water view campsites ranging from 1 to 3 services
- Fishing and water sport activities
- Fidelity rebates 15% to 35%



The most beautiful camping network in Québec.

36, rue du Camping, Labelle J0T 1H0
819 686-2337



CAMPING CHUTES-AUX IROQUOIS

Le Réseau Camping Union
www.campingunion.com

Outfitters

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Laurentides

Pourvoirie Baroux ⦿ 3★ to 4★

Amherst, lac Barrière
GPS: 46.0883; -74.7526
819 425-7882 – pourvoirie-baroux.com
13 units –

Pourvoirie du Lac Berval 2★ to 5★

Saint-Faustin–Lac-Carré, lac Berval
GPS: 46.0301; -74.5197
514 991-1247 – pourvoiriedulacberval.com
7 units –

Antoine-Labelle

Pourvoirie Cécaurel 3★ to 4★

Rivière-Rouge, réservoir Kiamika
GPS: 46.6209; -75.0665
819 275-2386 – cecaurel.com
14 units –

Chalets Rapide des Cèdres 2★ to 4★

Notre-Dame-du-Laus, rivière du Lièvre
GPS: 46.1034; -75.6444
819 660-2415 – rapidedescedres.com
8 units –

Pourvoirie le Triolet 3★ to 4★

Notre-Dame-du-Laus, lac du Poisson Blanc
GPS: 46.0979; -75.6835
819 767-2519 – 514 793-2244
pourvoirieletriolet.com
11 units –

Chalets Chez Gaston ⦿ 3★ to 4★

Notre-Dame-de-Pontmain, rivière du Lièvre
GPS: 46.2941; -75.5687
819 597-2460 – gite.qc.ca
8 units –

Centre de plein air du lac Dudley ⦿ 3★ to 4★

Lac-du-Cerf, lac Dudley
GPS: 46.2775; -75.5996
819 597-2391 – cpalacdudley.net
8 units –

Domaine du Lac Malloon 3★ to 4★

Lac-du-Cerf, lac Mallonne
GPS: 46.3192; -75.5038
819 597-2896 – malloon.ca
9 units –

Pourvoirie Lac-du-Cerf ⦿ 2★ to 3★

Lac-du-Cerf, lac du Cerf
GPS: 46.3040; -75.5016
819 597-2011 – pourvoirielacducerf.ca
11 units –

Pourvoirie Michel St-Louis 3★ to 4★

Lac-du-Cerf, petit lac du Cerf
GPS: 46.2783; -75.5457
819 597-2617 – 1 866 597-2617
pourvoiriemstlouis.com
4 units –

Forêt Baera ⦿ 2★ to 3★

Kiamika, lac Berneuil
GPS: 46.2413; -75.4416
450 275-0535 – baeraforest.com
6 units –

Pourvoirie Boismenu ⦿ 3★

Kiamika, lac Perras
GPS: 46.2951; -75.4224
819 326-4444 – pourvoirieboismenu.com
11 units –

Pourvoirie Laurent Major ⦿ 3★

L'Ascension, lac Mousseau
GPS: 46.5513; -74.9175
819 275-2661 – 819 275-2399
laurentides.com/fr/membres/pourvoirie-laurent-major
3 units –

Pourvoirie Jodoin ⦿ 3★ to 4★

Chute-Saint-Philippe, lac Pierre
GPS: 46.7779; -75.1136
819 713-0616 – 450 613-9637
pourvoiriejodoin.com
11 units –

Auberge Le Rabaska Lodge 4★ to 5★

Ferme-Neuve, réservoir Baskatong
GPS: 46.8895; -75.6851
819 623-1818 – lerabaska.com
16 units –

Base Plein Air Cockanagog **2★ to 4★**

Ferme-Neuve, lac Cockanagog
GPS: 46.9262; -75.5492
819 440-9459 – 1 833 440-9459
cockanagog.qc.ca
8 units –

Pourvoirie Club Fontbrune **3★ to 4★**

Ferme-Neuve, lac Piscatosin
GPS: 46.8840; -75.6363
819 623-2663 – 1 888 831-2663
fontbrune.ca
14 units –

Club Notawissi **1★ to 4★**

Lac-Douaire, lac Notawassi
GPS: 47.1080; -75.4594
819 623-2525 – notawissi.com
21 units –

Pourvoirie Mekoos **2★ to 5★**

Lac-Douaire, lac Iroquois
GPS: 46.8867; -75.0678
819 623-2336 – 1 877 623-2336
mekoos.com
24 units –

Pourvoirie du lac Georges **3★ to 4★**

Sainte-Anne-du-Lac, lac Georges
GPS: 46.9736; -75.4912
819 440-7086 – pourvoiriedulacgeorges.com
13 units –

Pavillon Beauregard **4★ to 5★**

Lac-Oscar, lac Beauregard
GPS: 46.9543; -74.8925
819 623-6212 – pavillonbeauregard.com
13 units –

Pourvoirie du Domaine Vanier **3★ to 4★**

Lac-Oscar, lac Menneval
GPS: 47.2760; -75.3457
819 623-2000 – pourvoiriedomainevanier.com
15 units –

Pourvoirie Scott **3★ to 4★**

Lac-Oscar, lac William A
GPS: 47.2102; -75.1396
873 803-4574 – clubscott.com
19 units –

Auberge de la Gatineau **1★ to 4★**

Lac-Marguerite, réservoir Baskatong
GPS: 46.9453; -75.7800
819 660-4850 – 1 800 804-4734
auberge-gatineau.com
13 units –

Pourvoirie Fer à Cheval **1★ to 4★**

Lac-De La Bidière, lac Nasigon
GPS: 47.5244; -75.0654
819 667-2525 – feracheval.ca
28 units –

Air Mont-Laurier **1★ to 3★**

Lac-Bazinet, lac Trèbe
GPS: 47.6228; -75.1193
819 275-2794 – 1 877 875-2794
airmontlaurier.com
26 units –

Pourvoirie des 100 Lacs Sud **1★ to 4★**

Lac-Bazinet, lac Adonis
GPS: 47.4493; -74.7134
819 410-1888 – 1 877 440-4545
pourvoirie100lacs.com
35 units –

Pourvoirie Mitchinamécus **3★**

Lac-Bazinet, lac Baril
GPS: 47.5241; -74.8724
514 912-2268 – 1 888 648-2447
pourvoiriemitchinamecus.com
9 units –

Pourvoirie Némis **2★**

Lac-Bazinet, lac Némiscachingue
GPS: 47.4530; -74.4738
819 587-2235 – pourvoirienemis.ca
5 units –

Pourvoirie Rudy **1★ to 3★**

Lac-Bazinet, lac Bleuet
GPS: 47.7671; -75.1226
438 885-2559 – pourvoirierudy2015.com
9 units –

Non-traditional Accommodation

Laurentides

Les refuges du lac Démêlé

224, chemin du Lac-Cameron, Amherst
514 462-0222 – refugeslacdemele.com
Open: year-round.

Head out to nature for a few days to recharge and completely disconnect! One-of-a-kind, fully-equipped, year-round accommodation: two treehouses, two rustic huts, and one teepee surrounding two lakes in the heart of nature on a 100-acre site. Activities: canoeing, swimming, walking, snowshoeing, cross-country skiing. An inimitable experience!


Les refuges du lac Démêlé

Camping Sainte-Agathe-des-Monts ★★★★

2, chemin du Lac-des-Sables, Sainte-Agathe-des-Monts
819 324-0482 – 1 800 561-7360
campingsteagathe.com
Open: year-round.

Ready-to-camp cottages with open-concept bedroom at mezzanine level, equipped with a queen-sized bed and two single beds (including pillows and bedcovers), for up to four people. Bed linen not included. Slow-combustion stove in the living room and bathroom with shower. Animals not accepted.

Camping du Domaine Lausanne ★★★★

150, route 117, Ivry-sur-le-Lac
819 326-3550 – campingdudomainelausanne.ca
Open: year-round.

Looking for an experience out of the ordinary with the best in comfort? Stay in a unique ready-to-camp facility: floating cabin, cabin, wood tent, teepee, yurt, wood hut, Cozy bubble, tent trailer, or RV. Dogs allowed in six out of 75 units. What's more, take part in a number of outdoor activities offered on site and throughout the region, including Le P'tit Train du Nord cycle path.


Camping du Domaine Lausanne

Mont-Tremblant Treehouses ★★★

5000, chemin du Lac-Caribou, Saint-Faustin–Lac-Carré
819 681-4994 – refugesperches.com
Open: year-round.

Have you ever dreamed of sleeping in a cabin in the trees? Come and enjoy a unique, four-season, ready-to-camp experience in a refuge perched near the waterfront in a conservation park. Up to six people can stay in these wood stove-heated winterized refuges. Located near Mont-Tremblant, come and have fun in this nature park: swimming, boat rentals, fishing, and hiking and snowshoeing excursions.


Les Refuges Perchés Mont-Tremblant

Le Refuge de La Forêt Boréale

138, chemin du Nordet, Lac-Supérieur
819 200-0530 – refuge-foret-boreale.com
Open: year-round.

A stay at Refuge de la Forêt Boréale is truly unique! Escape to the heart of the forest, in harmony with nature, at this veritable haven of peace located on a 30-acre lot on the shores of the Boulé River. Huge private playing field with groomed trails. Fully serviced with a charming rustic decor and creature comforts. Baggage transportation included. Dogs allowed. Dare to explore!


Le Refuge de La Forêt Boréale

Kayak & Cabana ★★

2202, chemin du Moulin, Labelle
819 686-1111 – kayak-cabana.com
Open: year-round.

Kayak & Cabana offers ready-to-camp accommodation, an original four-season lodging concept, with a cabana and shepherd's hut located on a 35-acre site surrounded by glorious nature on the banks of the Rouge River. Carefully designed to provide maximum comfort, the units provide a charming and rustic environment for a guaranteed unique and memorable experience! The perfect place to enjoy all of the local outdoor sports activities.

Antoine-Labelle

Chalets Rapide des Cèdres

65, chemin du Barrage, Notre-Dame-du-Laus
819 660-2415 – rapidedescedres.com

Chalets Rapide des Cèdres is proud to welcome you year-round, offering several types of unusual lodging such as a cottage on stilts, a yurt, and rustic cabins, all in a peaceful environment in the heart of nature. On site: pontoon, fishing, swimming, canoeing, motor boat, and walking and hiking trails. In winter: ice fishing, snowshoeing and cross-country skiing. Located on the banks of the Poisson Blanc Lake and the Lièvre River.

Les Toits du Monde ★

1777, chemin des Faucons, Nominingue
819 278-0483 – lestoitsdumonde.ca
Open: year-round.

Eco-friendly lodging centre, offering unusual accommodation options such as treehouses, teepee, yurt, and hobbit house. Local companies offer a variety of outdoor activities: dogsledding, canoeing, forest survival skills training. Close to the Papineau-Labelle Wildlife Reserve and its hidden trails. Reservations required. See the website for information about rates.

Aventures Kiamika

1, chemin de l'Ours, parc régional Kiamika, Rivière-Rouge
1 800 278-1710 – aventureskiamika.com

Eco-friendly cabins, ready-to-camp facilities with the luxuries of cabin life in a camping setting, backcountry camping area, and even traditional teepees. That's what's in store at Aventures Kiamika. Choose from over 100 boats and head out to discover the majestic 52 km² of the Kiamika Reservoir. Then, head out to the trails surrounding the centre for a walk in the enchantingly beautiful boreal forest.

Places to Eat



When the time comes to fill up on energy with a good meal, there is no shortage of options in the Laurentians. Varying in style from gastronomic cuisine to home-cooking, with many tables also offering fine regional products, and a sizeable range of fast food outlets and more specialized restaurants offering international cuisine, you're unlikely to go hungry!

Price range

$:	Under $15
$ $:	$15–30
$ $ $:	$31–50
$ $ $ $:	over $50

Meals

1 : Breakfast
2 : Lunch
3 : Supper

▼ Classified by sectors, from south to north.

Rivière-du-Nord

Buffet chinois Ming Wah

1195, boulevard des Laurentides, Saint-Jérôme
450 565-9020 – buffetmingwah.com
$ $ – **2,3** –

Cantonese and Szechuan cuisine, sushi.
Buffet style.

Le Buffet des Continents

365, rue Lamontagne, Saint-Jérôme
450 438-1099 – lebuffetdescontinents.com
$ $ – **2,3** –

The Buffet des Continents rotates a menu of 150 international delicacies, freshly prepared in front of you by its chefs. With 800 seats and an eye-catching decor, it's the perfect place to eat at an unbeatable cost. Children 12 and under accompanied by a parent eat for free at all times, except on Saturday evenings, when they eat for half-price. Free for children 4 and under.



Le Buffet des Continents

Pays-d'en-Haut

Le Saint-Sau Pub Gourmand

236, rue Principale, Saint-Sauveur
450 227-0218 – lesaintsau.com
$ $ – **1,2,3** –

The menu at Le Saint-Sau Pub Gourmand is delightful for the taste buds, with its offering of bistro-style dishes. Pair your meal with selections from a vast range of wines and internationally and locally-brewed Québec beers. This modern pub's superb location in Saint-Sauveur, live music, south-facing terrace, and sunny dining room make it the perfect place to watch all the local goings-on as you enjoy your food and drinks.

Petinos Saint-Sauveur

75, avenue de la Gare, Saint-Sauveur
450 240-5454 – petinos.ca
$ $ – **1,2** –

Petinos brings quality to the table of its friendly location with a smile. Belgian waffles, pancakes, omelets, eggs Benedict and plates signed *Montérégie* with home fries, pork and beans, choice of meat, and half a waffle garnished with fruit and toppings. The restaurant can also be reserved for events at night.

© Tourisme Laurentides



Restaurant Bâton Rouge

120, chemin du Lac-Millette, Saint-Sauveur
450 227-8878 – batonrouge.ca
$ $ – 2,3 –

A welcoming atmosphere, delicious high-quality meals, and exceptional service. For those special celebrations, a cocktail with friends, or an intimate *tête-à-tête,* the elegant decor creates the perfect atmosphere for every occasion. The menu features the house's famous pork spareribs cooked over a gentle flame, and served with its signature barbecue sauce.



T-Bar 70 – Resto *après-ski*

350, avenue Saint-Denis, Saint-Sauveur
450 227-4671 – 1 800 363-2426
sommets.com
$ $ – 1,2,3 –

The incredible views of the trails at night make T-Bar 70 one of the Laurentians' unmissable restaurants! Come and discover energizing comfort food while you bask in the *après-ski* warmth and cool-chic. Located at the foot of the mountain, the decor takes visitors to a unique Nordic landscape.


T-Bar 70 – Resto *après-ski*

© Tourisme Laurentides

Les Têtes de Cochon

15, rue Maurice-Aveline, Sainte-Adèle
450 745-4047 – lestetesdecochon.ca
$ $ $ – **2,3** – 🍸T

Restaurant, butcher shop, deli, coffee shop, with prepared foods, local delicacies, privately imported wines, cheeses, and rotisserie. The owners are proud to offer a wide selection of organically grown, antibiotic-free, and sustainable gourmet products from local producers. Everything is carefully prepared on site. Enjoy the art of good eating and drinking; get together for a wonderful time!

La Belle Histoire - Restaurant

75, chemin Masson, Sainte-Marguerite-du-Lac-Masson
450 228-1595
facebook.com/LaBelleHistoireRestaurant
$ $ $ $ – **2** (Sunday),**3**

It's the story of a couple, a chef and a sommelier, who took over a legendary location in the Laurentians. In a charming setting looking out on Masson Lake, La Belle Histoire offers seasonal and traditionally *Québécois* fine dining, where everything is made on site. Meanwhile, discover a phenomenal wine list, with a selection of local and imported wines, and signature cocktails. Ranked as one of the best new restaurants in Québec in 2019.

Bistro à Champlain

Estérel Resort
39, chemin Fridolin-Simard, Estérel
450 228-2571 – 1 888 378-3735
esterel.com
$ $ $ $ – **1,3** – 🍸

The legendary Bistro à Champlain invites you to its new Estérel Resort location. The gourmet delights of chef Jean-François Bélair naturally pair with the famous Champlain Charest collection, one of the most prestigious wine caves in Canada with over 20 000 bottles and 2 775 references. Free tour of the wine cellar and wine and liquor tastings every day from 4:30 p.m. to midnight. Reserve early!


Bistro à Champlain



Laurentides

Au Petit Poucet

1030, route 117, Val-David
819 322-2246 – 1 888 334-2246
aupetitpoucet.com
$ $ – 1,2 –

Since 1945, the restaurant has offered authentic Québec specialties. Renowned for its generous breakfasts, Québec plate, famous maple wood-smoked ham, delicious beans, *tourtière,* pork shank stew, and traditional sugar shack menu. Bistro section for light meals and for specialty coffee lovers. Rustic decor, friendly atmosphere around a superb fire. Homemade, ready-to-eat products. **ad. p. 33**



Au Petit Poucet

La Boucanerie du Nord

2481, rue de l'Église, Val-David
819 322-3104 – facebook.com/laboucaneriedunord
$ $ – 2,3 –

Family and friendly restaurant with a welcoming location in the heart of Val-David Village. The food is served with pride and a homemade authenticity the entire family will love. Gather around onion soup *au gratin* or oven-baked pizza while you warm up near the wood stove. During the summer, the terrace is hard to resist. Live shows on Fridays. Keep an eye on the schedule.

La Table des Gourmets

2353, rue de l'Église, Val-David
819 322-2353 – tabledesgourmets.com
$ $ – 2,3 –

Seasonal bistro cuisine with a distinctive French influence, using local produce, and recommended by the best critics of the day. A refined cuisine where everything is created in-house and inspired by local products from regional producers. The convivial and relaxed atmosphere is enhanced by a divine cuisine in which the dishes are true works of art. Tried and tested, the Franco-urban recipes are simultaneously filling and light. Brunch on Sundays.

Le Rusé Renard bistro

1400, route 117, Val-David
819 320-0091 – restaurantleruserenard.com
$ $ – 2,3 –

Le Rusé Renard in Val-David provides a unique and flavourful experience with its grill house-style menu inspired by South-American flavours. On the menu: salad plates, New York-style burgers, ribs, grilled meats, and seafood. Sit on its magnificent terrace, ranked as one of the Laurentians' 10 prettiest with a view of the lake. Every night, its renowned BBQ station and wood fire with Adirondack chairs are yours to enjoy. Simply savor the moment!


Le Rusé Renard bistro

Restaurant Chez Girard

18, rue Principale Ouest, Sainte-Agathe-des-Monts
819 326-0922 – 1 800 663-0922
aubergechezgirard.com
$ $ – **1,2,3** – 🍸T

For 65 years now, Chez Girard has been the go-to restaurant in Sainte-Agathe-des-Monts, whether on its wonderful shaded terrace with a view of the lake or indoors in the dining room. Whether you visit with a partner or friends, you'll love what the kitchen team creates. Deer, fish, and seafood are this centenarian's specialties. Chez Girard is also a charming inn, with three rooms. Try it, you won't want to leave!

Restaurant La Tour du Lac

173, chemin du Tour-du-Lac, Sainte-Agathe-des-Monts
819 326-4202 – 1 800 622-1735
latourdulac.ca
$ $ $ – **3** – 🍸T

The restaurant at Auberge de la Tour du Lac, certified Terroir & Saveurs du Québec offers a 6-course table d'hôte dinner for $35 per person. Located in Sainte-Agathe-des-Monts in a magnificent and romantic country inn, the fine old wood paneling and refinement of its cuisine are a welcome surprise. Three dining rooms and a terrace open in summer, with a total seating capacity of 100. **ad. p. 148**


Restaurant La Tour du Lac

Altitude Seafood and Grill – lounge

Casino de Mont-Tremblant
300, chemin des Pléiades, Versant Soleil
Mont-Tremblant
819 429-4192 – casinodemonttremblant.ca
$ $ $ $ – **2,3** – 🍸T

Altitude Seafood and Grill restaurant serves a delicious cuisine in a warm and modern setting. A generous brunch is served every Sunday, with free musical performances on weekends! Don't miss the terrace and its views of the surrounding natural beauty. 18 years old and over only.
ad. inside front cover


Altitude Seafood and Grill – lounge

Choux Gras Brasserie Culinaire

Fairmont Tremblant
Tremblant Resort
3045, chemin de la Chapelle, Mont-Tremblant
819 681-7000 – 1 866 540-4415
chouxgrasbrasserie.com
$ $ $ $ – **2,3** – 🍸

With its exceptional location overlooking Tremblant's pedestrian village, the specialty restaurant Choux Gras is a sure bet. The contemporary design contributes to a warm and inviting atmosphere. Choux Gras, a culinary brasserie with all the attributes of Montréal's finest spots, offers a high-quality menu with fresh, local, and seasonal products. Bread made on site, and appetizers and main courses to share: it's an experience you don't want to miss.

Le Rusé Renard Mont-Tremblant

977, rue Labelle, Mont-Tremblant
819 681-0091 – restaurantleruserenard.com
$ $ – **1,2,3** –

The food at Mont-Tremblant's Rusé Renard is both unique and delightful, with its all-you-can-eat buffet breakfast and lunch menu featuring omelets, eggs Benedict, and crêpe of the day. Grill-house style evening menu inspired by South-American flavours. Salad plates, New York-style burgers, ribs, deer, grilled food and seafood. Discover a friendly atmosphere located steps away from Le P'tit Train du Nord. There's even a fireplace!

Restaurant La Quintessence et Winebar

Hôtel Quintessence
3004, chemin de la Chapelle, Mont-Tremblant
819 425-8551, ext. 5334 – 1 866 425-3400
hotelquintessence.com
$ $ $ $ – **1,2,3** –

Restaurant La Quintessence et Winebar, recipient of the CAA/AAA Four Diamond Award, is a must-visit in Tremblant. The chef and his team pride themselves on delivering an extraordinary culinary experience in a warm ambiance. Artfully blending styles and Laurentian flavours, the cuisine is rooted in French influences. The menu features the finest ingredients from local producers paired with an award-winning wine list.

Restaurant Patrick Bermand

2176, chemin du Village, Mont-Tremblant
819 425-6333 – patrickbermand.com
$ $ $ $ – **3** –

A warm and convivial welcome awaits at Patrick Bermand. This establishment's reputation is based on the quality of its products: fresh fish, seafood, live lobsters, aged beef, Québec lamb, milk-fed veal. The menus follow the seasons and use products from near and far, all transformed by the kitchen team. Plus, the cellar of privately-imported wines accompanies you on many a memorable evening out.

sEb l'Artisan Culinaire

444, rue Saint-Georges, Mont-Tremblant
819 429-6991 – resto-seb.com
$ $ $ $ – **3** –

At sEb l'Artisan Culinaire, you will sample a gastronomic cuisine featuring a subtle blend of creativity and fresh local produce. An exceptional cuisine served in an authentic and convivial setting. Try the savory braised veal, venison striploin, Angus beef tenderloin or the delicious seafood soffocato. Choose from a 4- or 7-course table d'hôte menu and enjoy an unforgettable culinary odyssey.

Le Rustique Bar & Restaurant

1993, chemin du Lac-Supérieur, Lac-Supérieur
819 713-0445 – rustiquerestobar.com
$ $ $ – **3** –

A variety of game dishes from the wilds, including locally caught fish make up a menu that varies each week. The imaginative chef creates original dishes with quality ingredients for your gastronomic pleasure. Based on a philosophy of creativity and social awareness, Le Rustique is proud to serve fresh local produce. Promising a sensual experience in a welcoming atmosphere that reminds visitors how pleasing it is to get together with friends at the cottage.







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Useful Information

Québec-wide Tourist Information

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 Infotouriste in Montréal, Québec, Rigaud, Rivière-Beaudette or Dégelis (permanent visitor information centres that provide a range of tourist services and products)

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 Québec.

Plan your next trip to Québec at QuebecOriginal.com.

Tourisme Québec

Tourist Information on the Laurentians

Tourisme Laurentides

Postal address:

14142, rue de la Chapelle
Mirabel (Québec) J7J 2C8

Phone: 450 224-7007
1 800 561-6673 (Canada and United States)
Email: info-tourisme@laurentides.com
Online: laurentians.com

Social media:
/tlaurentides
/user/TourismeLaurentides
/TLaurentides
/company/tourisme-laurentides

Laurentians Tourist Information Bureau at La Porte-du-Nord
Exit 51 from Highway 15 North, service area
450 224-7007 – 1 800 561-6673

TOURISM LAURENTIANS

Tourist Information Centres



Official Tourist Information Centres are identified by the pictogram on road signs and in tourist brochures.

Permanent Centres

Tourisme Basses-Laurentides
600, rue Dubois, Saint-Eustache
450 491-4444 – 1 866 491-4449
basseslaurentides.com

Tourist Welcome Bureau of Saint-Sauveur
30, avenue Filion, Saint-Sauveur
450 227-2564 – 1 877 528-2553
valleesaintsauveur.com

Tourist Welcome Bureau at Place des citoyens
999, boulevard de Sainte-Adèle, Sainte-Adèle
450 229-2921, ext. 8300 – sainte-adele.net

Tourist Welcome Bureau of Saint-Adolphe-d'Howard
1672, chemin du Village, Saint-Adolphe-d'Howard
819 327-3519 – 1 866 236-5743
stadolphedhoward.qc.ca

Tourist Welcome Bureau of Val-David
2525, rue de l'Église, Val-David
819 324-5678 – 1 888 322-7030, ext. 4235
valdavid.com

Tourist Welcome Bureau of Sainte-Agathe
24, rue Saint-Paul Est, Sainte-Agathe-des-Monts
819 326-0457 – 1 888 326-0457
sainte-agathe.org

Tourisme Mont-Tremblant
5080, montée Ryan, Mont-Tremblant (Village)
819 425-2434 – 1 877 425-2434
mont-tremblant.ca

Tourisme Mont-Tremblant
205, rue Lacasse, Mont-Tremblant (Downtown)
819 425-3300 – 1 877 425-2434
mont-tremblant.ca

Tourist Welcome Bureau of Rivière-Rouge
682, rue L'Annonciation Nord, Rivière-Rouge
819 275-5358 – 1 888 560-9988
tourismehautes-laurentides.com

Tourisme Hautes-Laurentides
300, boulevard Albiny-Paquette, Mont-Laurier
819 623-4544 – 1 888 560-9988
tourismehautes-laurentides.com

Tourist Welcome Bureau of Ferme-Neuve
125, 12e Rue, bureau 102, Ferme-Neuve
819 587-3882 – 1 877 587-3882, ext. 221
parcmontagnedudiable.co

Seasonal Centres

Generally open daily from mid-June to Labour Day.

Tourist Welcome Bureau of Oka
181, rue des Anges, Oka
450 491-4444 – 1 866 491-4449
basseslaurentides.com

Tourist Welcome Bureau of Saint-Jérôme
160, rue de la Gare, Saint-Jérôme
450 432-0767 – vsj.ca

Tourist Welcome Bureau of Labelle
7900, boulevard du Curé-Labelle, Labelle
819 681-3371, ext. 5040 – municipalite.labelle.qc.ca

Tourist Welcome Bureau of Notre-Dame-du-Laus
168, rue Principale, Notre-Dame-du-Laus
819 767-2977 – notre-dame-du-laus.ca

Tourist Welcome Bureau of La Minerve
111, chemin des Fondateurs, La Minerve
819 681-3380 – municipalite.laminerve.qc.ca

Tourist Welcome Bureau at Nominingue
2150, chemin du Tour-du-Lac, Nominingue
819 278-3384, ext. 245
municipalitenominingue.qc.ca

Transportation

Air Travel

Montréal-Trudeau International airport
800, place Leigh-Capreol
Suite 900, Dorval
514 633-3333 – 1 800 465-1213
admtl.com

La Macaza – Mont Tremblant International
150, chemin Roger-Hébert
La Macaza
819 275-9099 – mtia.ca

Lachute Airport
480, boulevard de l'Aéroparc
Lachute
450 562-1330
lachuteaviation.com

Mont-Laurier Airport
1260, boulevard Des Ruisseaux
Mont-Laurier
819 623-5475
aeroportmontlaurier.com

Full service FBO
Mirabel Airport (customs clearance services)
450 476-1000 – helibellule.ca
see p. 94

Fly Laurentians
La Macaza – Mont Tremblant International Airport
flylaurentians.ca
ad. p. 181

Buses

Réseau de transport métropolitain – Exo
Urban buses
(Lower Laurentians)
450 433-7873 – exo.quebec/fr

Montréal Bus Station
1717, rue Berri, Montréal
514 842-2281 – gamtl.com

Groupe Galland
450 687-8666 – 1 877 806-8666
galland-bus.com

Daily service across the Laurentians, from Montréal to Mont-Laurier, via Saint-Jérôme, Piedmont, Saint-Sauveur, Sainte-Adèle, Val-David, Sainte-Agathe-des-Monts, Mont-Tremblant, Labelle and Rivière-Rouge.

Transport adapté et collectif des Laurentides
Intermunicipal transport service (in the region)
819 774-0485 – 1 877 604-3377
transportlaurentides.ca

Express du Nord
450 687-8666 – 1 877 806-8666
expressdunord.com

New express bus service: Montréal – Saint-Sauveur – Mont-Tremblant **ad. p. 179**

Suburban Trains

Réseau de transport métropolitain – Exo
514 287-8726 – 1 888 702-8726
exo.quebec/fr

Deux-Montagnes Station
400, boulevard de Deux-Montagnes
(Exit 8 from Autoroute 640)

Blainville Station
38, boulevard de la Seigneurie Est
(Exit 25 from Autoroute 15 North)

Saint-Jérôme Station
455, boulevard Jean-Baptiste-Rolland Est
(Exit 41 or 43 from Autoroute 15 North)

Ferries

Carillon/Pointe-Fortune
(April to December) – 450 537-3412

Traverse Oka-Hudson
(see p. 74)
183, rue des Anges, Oka
450 458-4732 – traverseoka.ca

Ice Bridges

(January to March, depending on climatic conditions)

Oka-Hudson ice bridge
450 458-4732 – traverseoka.ca

Saint-André-d'Argenteuil – Pointe-Fortune ice bridge
450 537-3055 – pontdeglace.com

Health

Hospitals

Hôpital de Saint-Eustache
520, boulevard Arthur-Sauvé
Saint-Eustache
450 473-6811

Centre multiservices de santé et de services sociaux d'Argenteuil
145, avenue de la Providence
Lachute
450 562-3761

Hôpital régional de Saint-Jérôme
290, rue de Montigny
Saint-Jérôme
450 432-2777

Hôpital Laurentien
234, rue Saint-Vincent
Sainte-Agathe-des-Monts
819 324-4000

Centre de services de Rivière-Rouge
1525, rue L'Annonciation Nord
Rivière-Rouge
819 275-2118

Hôpital de Mont-Laurier
2561, chemin de la Lièvre Sud
Mont-Laurier
819 623-1234

Accessibility

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.

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

vatl.org

Companions of disabled individuals with this sticker are admitted free of charge to participating tourism, cultural and recreational attractions.



Services

Cross-country Ski Trail Conditions

Regroupement ski de fond Laurentides
skidefondlaurentides.com

Grocery Store

Marché Mont-Rolland
940, rue Saint-Georges
Sainte-Adèle
450 229-3748
laurentides.com/en/membres/marche-mont-rolland

Grocery store offering a broad range of homemade products as well as a selection of salad dishes, sandwiches, submarines and refreshments. A picnic table is available for customers. Follow the Facebook page.

Towing Service

Automobiles – CAA - Québec (CAA-AAA)
1 800 222-4357 or *222

School

École Hôtelière des Laurentides
150, rue Lesage, Sainte-Adèle
450 240-6222
ecolehotelierelaurentides.com

Located in Sainte-Adèle in the heart of the Laurentians, a region blessed by nature and the leading holiday resort destination in Québec, the École Hôtelière des Laurentides (EHDL) has enhanced the quality of the experience offered by hotels, inns, health centres, restaurants, and more for over 35 years. The École Hôtelière des Laurentides is a public vocational secondary educational institution.

Agri-food Products

Laurentides j'en mange
444, rue Saint-Georges
Saint-Jérôme
450 530-7615
laurentidesjenmange.ca

The leading gastronomy reference in the Laurentians. Easily find artisans of local gastronomy all in one place as they showcase their Laurentians-inspired products. Meanwhile, discover the region's flavours at public markets, gastronomic events, and through recipes featuring local products. See the website for details.

Business Tourism

Tourisme Laurentides – Business Meeting and Convention Service
14142, rue de la Chapelle, Mirabel
450 436-8532 – 1 800 611-8532, ext. 2233
laurentiansbusiness.com

Save time and organize your business meetings and conventions efficiently. Ask for a free custom consultation. A short list of leading Laurentian business establishments based on your specific needs is prepared. It's a simple matter: the detailed proposals, which meet your requirements, are then sent to your office. Various activities, planning of familiarization tours and promotional literature on the region are also available. **ad. p. 15**

Quartier Tremblant – Camp de Base
Centre de villégiature Tremblant
Mont-Tremblant
1 866 214-6940 – tremblant.ca

Everything you need to refocus your team experience! Enjoy access to a resort centre that will match your every expectation as you organize your business groups and events, conferences, congresses and meetings.

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.

Canadian Currency

The legal currency in Québec is the Canadian dollar (CAD), which is divided into 100 cents. Bank notes are available in denominations of 5, 10, 20, 50 and 100 dollars, and coins in denominations of 5, 10 and 25 cents as well as 1 and 2 dollars. Bank cards and major credit cards are also accepted almost everywhere.

Cell phones

Use of a hand-held cell phone that does not have a hands-free function is prohibited while driving.

Currency Exchange

There are numerous exchange offices in Québec's main urban centers. Airports also offer exchange services. Some businesses accept US currency, but tend to offer a less competitive rate than the exchange offices.

Banque Nationale du Canada
71, avenue de la Gare, Saint-Sauveur
450 227-8445
Information on currency exchange rates
x-rates.com

Customs

Canada Border Services Agency
1 800 461-9999 – cbsa-asfc.gc.ca

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 liter (l).

It is illegal to transport or use radar detectors in Québec.

Drugs and Driving

According to the law, you must be at least 21 years old to purchase or consume cannabis (be prepared to produce ID if asked). The 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.

Making a 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
comment@alliancetouristique.com

Road conditions

For information on road conditions, or other aspects of trip-planning, call 511 or 1 888 355-0511 or visit quebec511.info, or tune Radio circulation 730 am.

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% per night/per room also applies in the Laurentians.

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, Québecers normally add up both taxes. Tipping bellhops or porters is at your discretion (generally, $1 per bag).

Tourist routes

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 on blue roadside signs. For information, see panneaubleu.com and tourisme.gouv.qc.ca/signalisation

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 towns that, together with local businesses, offer a range of accredited services and a safe and pleasant place to stop.
villages-relais.qc.ca

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 1 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.

Reservation Service

Tourisme Laurentides
Exit 51 from Highway 15 North
Porte-du-Nord service area
450 224-7007 – 1 800 561-6673
laurentians.com

Free lodging reservation service throughout the Laurentian region.

Emergencies

Emergency
911, 310-4141 or *4141 (from a cell phone)

Info-Santé (medical advice)
811

Québec Poison Control Center
1 800 463-5060

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- → Official tourist guides to Québec regions
- → Suggested itineraries
- → Full details on attractions, events and accommodation

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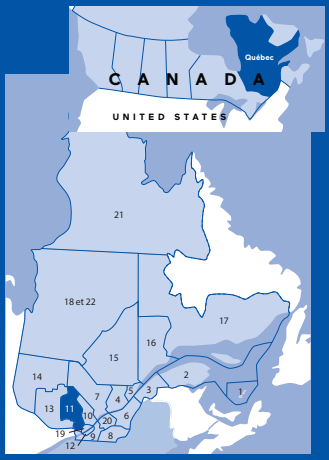


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Legend of Pictograms

- % of shady sites
- AC Air conditioning
- Architecture, heritage buildings.
- Aventure Écotourisme Québec
- Beach
- Beach: supervised swimming
- Bienvenue cyclistes! certified
- Camping
- Cash only
- Chemin du Terroir
- Climbing
- Comfort station
- Cross-country skiing
- Cycling
- Dog sled ride
- Downhill skiing
- Electric vehicle charging station
- Electricity
- 30A Electricity: 30 amps
- 50A Electricity: 50 amps
- Equipment rental
- Fatbike
- Fireplace
- Fishing
- GYM Fitness room
- Free Wi-Fi
- Free admission
- Fully accessible
- Golfing
- Non-traditional accommodation
- Heated refuge
- Hiking
- Horseback riding
- H Hospital
- Hunting
- Ice fishing
- Indoor pool
- Inline skating
- International airport
- Internet access
- Kitchenette
- Licenced restaurant
- Local airport
- Lodging
- Member of Regroupement ski de fond Laurentides
- Microwave
- Mini-farm
- Mini-fridge
- Mountain biking
- No air conditioning in rooms
- No meal service
- BIO Organic products
- Outdoor pool
- Partially accessible
- T Patio
- Permanent visitor information center
- Pet-friendly
- $ Pets allowed (fee)
- Picnic area
- Playground
- Pool open year-round
- B Private bathroom
- Pull-through
- Pump-out station
- Quading
- Rating pending
- Restaurant
- Route des Belles-Histoires
- Route Verte bicycle trail
- Seasonal operation
- Seasonal visitor information center
- B Shared bathroom
- Skating
- Snowmobiling
- Snowshoeing
- Tents only
- Tractor tour
- Village-relais accredited services
- Water access
- S Waxing room
- Wellness centre

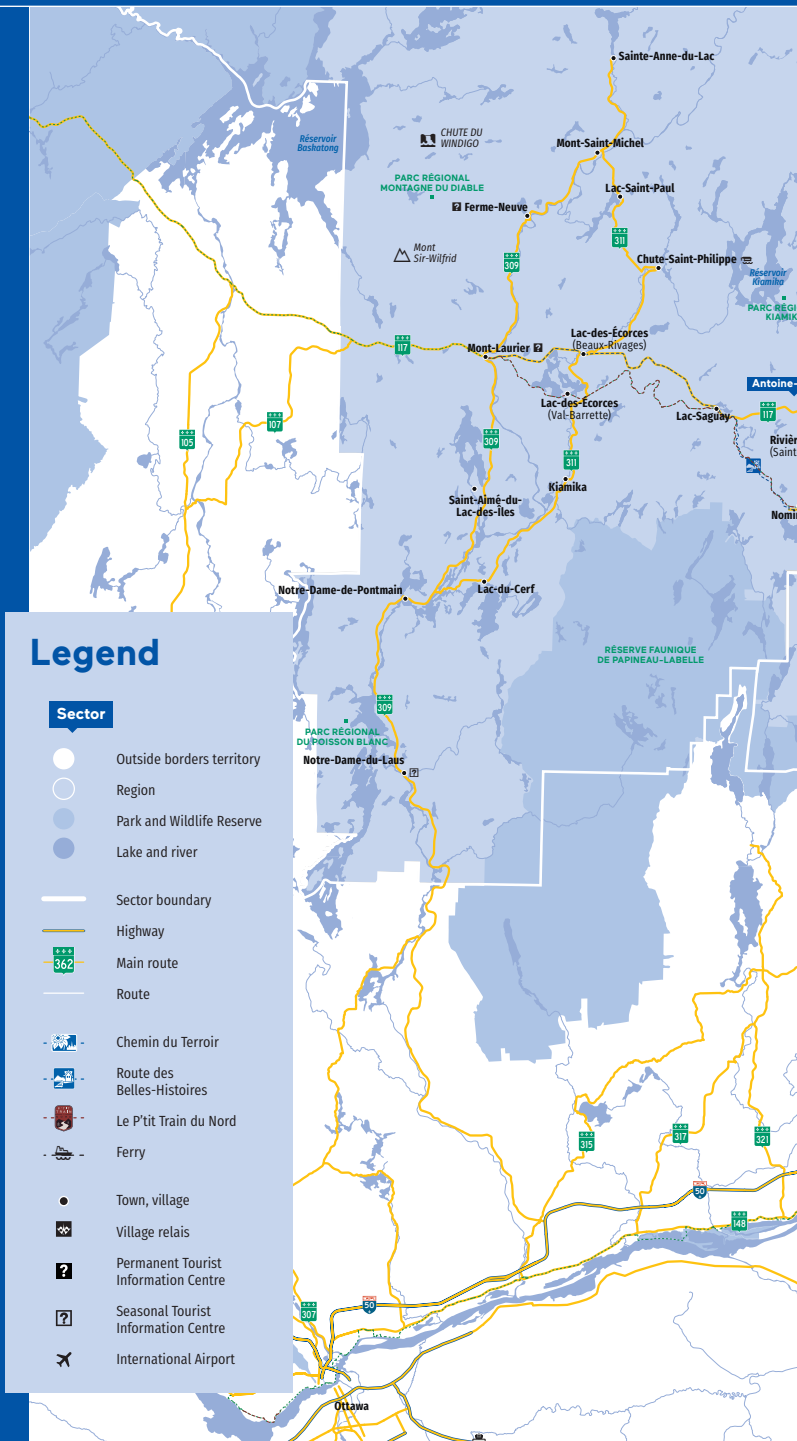
Map of Québec Tourism Regions

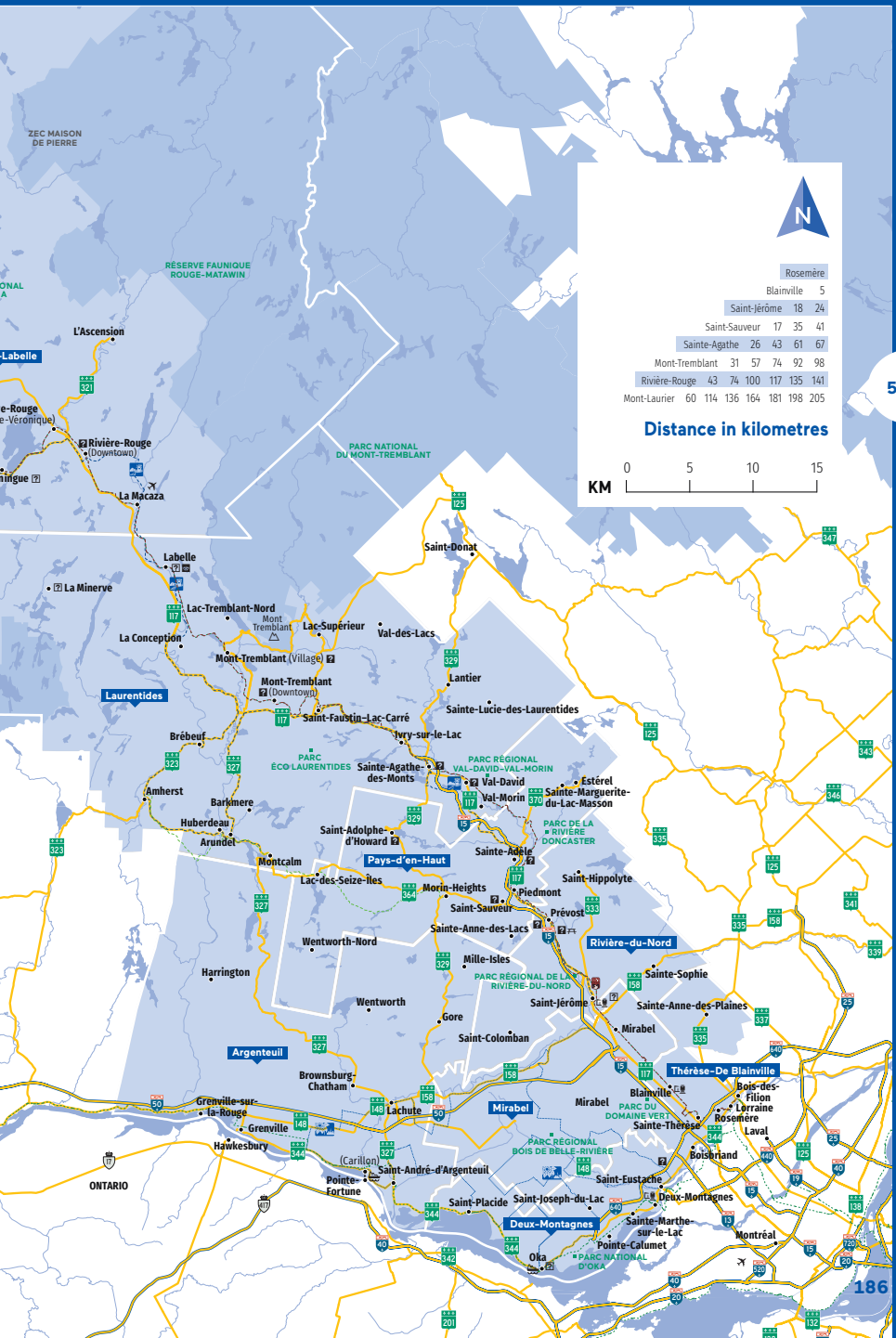


01	Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
02	Gaspésie	gaspesieiloveyou.com
03	Bas-Saint-Laurent	bassaintlaurent.ca
04	Québec	quebec-cite.com
05	Charlevoix	charlevoixtourism.com
06	Chaudière-Appalaches	chaudiereappalaches.com
07	Mauricie	mauricietourism.com
08	Eastern Townships	easterntownships.org
09	Montérégie	tourisme-monteregie.qc.ca
10	Lanaudière	lanaudiere.ca
11	**Laurentians**	**laurentians.com**
12	Montréal	mtl.org
13	Outaouais	tourismeoutaouais.com
14	Abitibi-Témiscamingue	abitibi-temiscamingue-tourism.org
15	Saguenay–Lac-Saint-Jean	tourisme.saguenay.ca
16	Côte-Nord | Manicouagan	tourismecote-nord.com
17	Côte-Nord | Duplessis	tourismecote-nord.com
18	James Bay	escapelikeneverbefore.com
19	Laval	tourismelaval.com
20	Centre-du-Québec	tourismecentreduquebec.com
21	Nunavik	nunavik-tourism.com
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Access Map to the Region




Sainte-Anne-du-Lac
Réservoir Baskatong
CHUTE DU WINDIGO
Mont-Saint-Michel
PARC RÉGIONAL MONTAGNE DU DIABLE
Lac-Saint-Paul
Ferme-Neuve
Mont Sir-Wilfrid
Chute-Saint-Philippe
Réservoir Kiamika
Lac-des-Écorces (Beaux-Rivages)
Mont-Laurier
Lac-des-Écorces (Val-Barrette)
Lac-Saguay
Saint-Aimé-du-Lac-des-Îles
Kiamika
Notre-Dame-de-Pontmain
Lac-du-Cerf
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PARC RÉGIONAL DU POISSON BLANC
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Route des Belles-Histoires
Le P'tit Train du Nord
Ferry
Town, village
Village relais
Permanent Tourist Information Centre
Seasonal Tourist Information Centre
International Airport


ZEC MAISON DE PIERRE
RÉSERVE FAUNIQUE ROUGE-MATAWIN
PARC NATIONAL DU MONT-TREMBLANT
L'Ascension
Rivière-Rouge (Downtown)
La Macaza
Labelle
La Minerve
Lac-Tremblant-Nord
Mont Tremblant
Lac-Supérieur
La Conception
Mont-Tremblant (Village)
Mont-Tremblant (Downtown)
Laurentides
Val-des-Lacs
Saint-Donat
Lantier
Sainte-Lucie-des-Laurentides
Saint-Faustin–Lac-Carré
Ivry-sur-le-Lac
Brébeuf
PARC ÉCO-LAURENTIDES
Sainte-Agathe-des-Monts
PARC RÉGIONAL VAL-DAVID–VAL-MORIN
Val-David
Val-Morin
Estérel
Sainte-Marguerite-du-Lac-Masson
PARC DE LA RIVIÈRE DONCASTER
Amherst
Barkmere
Huberdeau
Arundel
Saint-Adolphe-d'Howard
Montcalm
Pays-d'en-Haut
Sainte-Adèle
Saint-Hippolyte
Lac-des-Seize-Îles
Morin-Heights
Piedmont
Saint-Sauveur
Prévost
Sainte-Anne-des-Lacs
Rivière-du-Nord
Wentworth-Nord
Mille-Isles
Harrington
PARC RÉGIONAL DE LA RIVIÈRE-DU-NORD
Sainte-Sophie
Saint-Jérôme
Wentworth
Sainte-Anne-des-Plaines
Gore
Mirabel
Saint-Colomban
Argenteuil
Thérèse-De Blainville
Brownsburg-Chatham
Blainville
Bois-des-Filion
Lorraine
Rosemère
Laval
Grenville-sur-la-Rouge
Lachute
Mirabel
PARC DU DOMAINE VERT
Sainte-Thérèse
Grenville
Hawkesbury
PARC RÉGIONAL BOIS DE BELLE-RIVIÈRE
Boisbriand
(Carillon)
Saint-André-d'Argenteuil
Saint-Eustache
ONTARIO
Pointe-Fortune
Saint-Placide
Saint-Joseph-du-Lac
Deux-Montagnes
Sainte-Marthe-sur-le-Lac
Pointe-Calumet
Deux-Montagnes
Montréal
Oka
PARC NATIONAL D'OKA
Rosemère
Blainville 5
Saint-Jérôme 18 24
Saint-Sauveur 17 35 41
Sainte-Agathe 26 43 61 67
Mont-Tremblant 31 57 74 92 98
Rivière-Rouge 43 74 100 117 135 141
Mont-Laurier 60 114 136 164 181 198 205
Distance in kilometres
0 5 10 15
KM



Discover the Laurentians towns and villages

Classified from east to west from the axis of Autoroute 640

Deux-Montagnes RCM

Saint-Eustache
Deux-Montagnes
Sainte-Marthe-sur-le-Lac
Pointe-Calumet
Saint-Joseph-du-Lac
Oka
Saint-Placide

Mirabel

From south to north

Argenteuil RCM

Saint-André-d'Argenteuil
Grenville
Grenville-sur-la-Rouge
Lachute
Brownsburg-Chatham
Gore
Wentworth
Harrington
Mille-Isles

Thérèse-De Blainville RCM

Rosemère
Boisbriand
Bois-des-Filion
Sainte-Thérèse
Lorraine
Blainville
Sainte-Anne-des-Plaines

Rivière-du-Nord RCM

Saint-Colomban
Saint-Jérôme
Sainte-Sophie
Prévost
Saint-Hippolyte

Pays-d'en-Haut RCM

Sainte-Anne-des-Lacs
Wentworth-Nord
Piedmont
Saint-Sauveur
Morin-Heights
Lac-des-Seize-Iles
Sainte-Adèle
Saint-Adolphe-d'Howard
Sainte-Marguerite-du-Lac-Masson
Estérel

Laurentides RCM

Montcalm
Arundel
Huberdeau
Barkmere
Val-Morin
Val-David
Amherst
Sainte-Agathe-des-Monts
Ivry-sur-le-Lac
Saint-Faustin–Lac-Carré
Brébeuf
Lantier
Sainte-Lucie-des-Laurentides
Mont-Tremblant
La Conception
Val-des-Lacs
La Minerve
Lac-Tremblant-Nord
Lac-Supérieur
Labelle

Antoine-Labelle RCM

Notre-Dame-du-Laus
La Macaza
Notre-Dame-de-Pontmain
Lac-du-Cerf
Nominingue
Saint-Aimé-du-Lac-des-Îles
Kiamika
Rivière-Rouge
Lac-Saguay
L'Ascension
Lac-des-Écorces
Mont-Laurier
Chute-Saint-Philippe
Lac-Saint-Paul
Ferme-Neuve
Mont-Saint-Michel
Sainte-Anne-du-Lac

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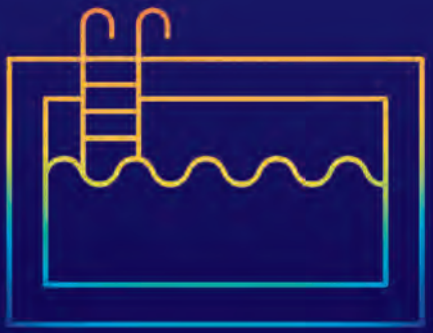


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