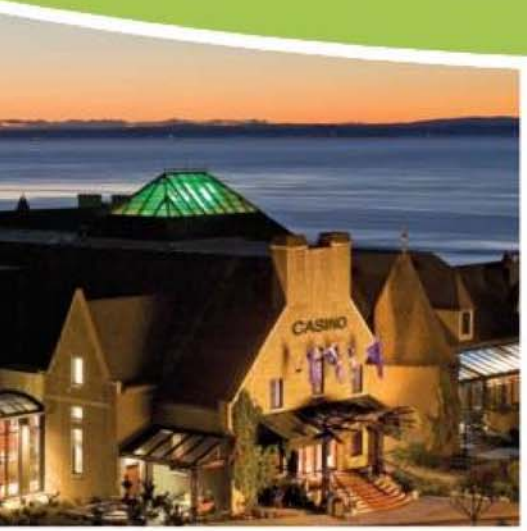
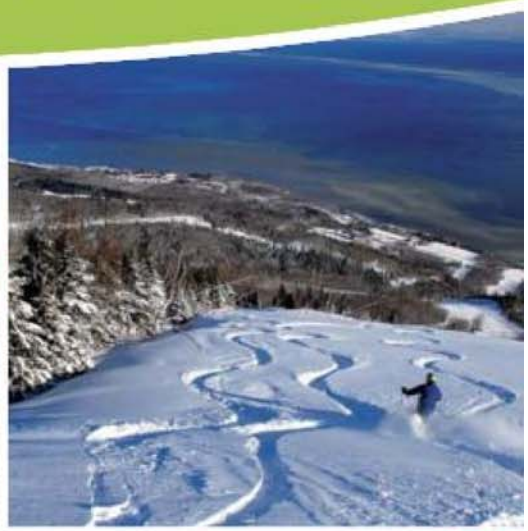
QUÉBEC for GROUPS and F.I.T. 2010

AP/Q

DISCOVER CHARLEVOIX













Tourisme Charlevoix

Québec
bonjourquebec.com

Searching for an Ecofriendly Hotel in Québec City for your groups?

HÔTEL CHÂTEAU LAURIER QUÉBEC

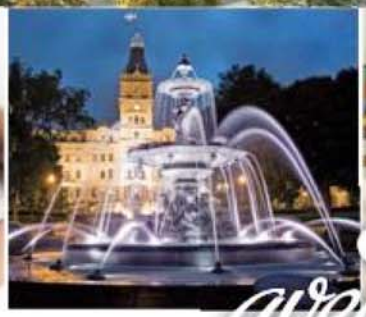
★★★★

VIEUX-QUÉBEC · GRANDE ALLÉE · PLAINES D'ABRAHAM













avec Plaisir!

Recipient of numerous accommodation awards and endorsements, Hotel Château Laurier Québec is ideally located on the Plains of Abraham, offering all the comfort and service you would expect from a four-star hotel and a magnificent private outdoor garden with spas.

Definitely, your address to remember for an unforgettable group experience in Québec City.

Services

- Smoke-free hotel
- 290 air-conditioned rooms and suites
- 15 luxurious rooms with fireplace and therapeutic bath
- 8 rooms for persons with limited physical ability
- 6 connecting rooms
- Concierge service
- Free national newspapers
- Health and beauty center
- Salt-water indoor pool
- Landscaped outdoor garden with two year-round Jacuzzi
- Restaurant on site
- Dry-cleaning and laundry ($)
- Indoor parking ($) and valet service
- Bus parking nearby



For reservation

Kathleen Chouinard
Sales Delegate, Tour & Travel

1 866 822-9222 ext: 675

kathleenchouinard@oldquebec.com
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THE MOST REFERRED INDEPENDANT 4★ HOTEL IN QUÉBEC CITY

president's message



In 2010, now more than ever, the Association des propriétaires d'autobus du Québec (APAQ) is committed to the development and promotion of group travel.

Bienvenue Québec is still an ideal place for the Québec tourism industry to enjoy meetings, discussions and business development opportunities. Offering a new formula adapted to the realities of its participants and to today's economic context, the 21st edition of Bienvenue Québec was a great success. The changes brought results, attracting over 25% more new buyers, North American tour operators and travel agencies interested in Québec tourism. The new rate structure also allowed 50 companies specialized in cultural, aboriginal, adventure and ecotourism to participate in the event and increase the offerings and diversity of the Québec destination.

October 2009 marked the media launch of espacebus.ca, the first bilingual group and common-carrier travel portal in North America. In 2010, the first advertising campaign targeting the general public was launched in partnership with all of the actors involved in group tourism. Espacebus.ca will become the most powerful group travel development tool in Québec. One of the keys to success will be the registration of North American agencies and tour operators at espacebus.ca. This portal also belongs to you! It gives you access to over 13,000 Québec tourism suppliers, the opportunity to receive bid solicitations from group organizers, and the ability to create your packages on line and present them to your clients in a dynamic and professional way.

APAQ is proud to invite you to register at espacebus.ca, an excellent advertising and sales tool for your Québec tours and programs!

Looking forward to working together for the growth of our industry.

François Barrette
President

Cover's Pictures: Casino de Charlevoix - Croisières AML - Le Massif - Parc national des Hautes-Gorges-de-la-Rivière-Malbaie, Parc national des Grands-Jardins Domaine Forget, René Bouchard - Fairmont Le Manoir Richelieu

APAQ
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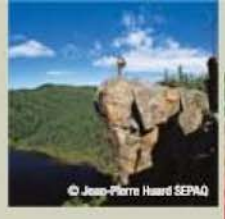
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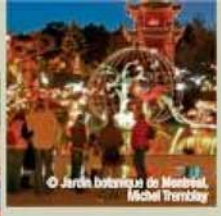
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Québec

platinum sponsors

APAQ thanks all of its platinum sponsors that make the 2009 Bienvenue Québec event a great success!

Québec
Office du tourisme de Québec

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bonjourquebec.com

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Canyon Sainte-Anne

Centre d'aventure Mattawin

Murray Hill

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section

business & congress section



	Classification	Number of Standard Rooms	Number of Suites	Seating Capacity (Restaurant / Cruise)	Number of Halls	Total Area of Halls (Sq. Ft.)	Area of Largest Hall (Sq. Ft.)	Seating Capacity of Largest Hall	Accessibility for Wheelchairs	Business Centre	Catering	Fitness Centre	Group Menu	Internet	Parking	Spa	Swimming Pool
Laurentians																	
Hôtel Le Chantecler *See page 7*	★★★★	163	26	300	23	33721	6720	620	♿	•		•	•	•	•	•	•
Montréal																	
Hôtels Gouverneur *See page 7*	★★★★	123	2	180	9	10702	3888	400	♿	•	•	•	•	•	•		
Québec																	
Hôtel Le Voyageur *See page 14*	★★★	60	4	65	1	2300	2300	180					•		•	•	
Hôtel Château Laurier *Voir page 8*	★★★★	267	23	300	17	18000	3782	480	♿	•	•	•	•	•	•	•	•
Hilton Québec *See page 10*	★★★★	538	33	110	21	23262	7623	1400	♿	•		•	•	•	•		•
Restaurant Tomas Tam *See page 12*				500	8		1200	110	♿				•		•		
Saguenay—Lac-Saint-Jean																	
Centre de Congrès et Hôtel La Saguenéenne *See page 12*	★★★★	112	6	180	11	17900	9164	1200	♿	•		•	•	•	•	•	
Hôtel Le Montagnais *See page 13*	★★★★	299	8	225	16	22555	10700	1500	♿	•	•	•	•	•	•	•	•



★★★★

Gouverneur Hotels

2405, rue Île Charron, Longueuil
(Québec) J4G 1R6
Telephone: **450-651-6510** | **1-888-910-1111**
Fax: 450-651-6990

Mme Pascale Foisy
pfoisy@gouverneur.com
450-651-6510

GOUVERNEUR HÔTEL
ÎLE CHARRON MONTRÉAL

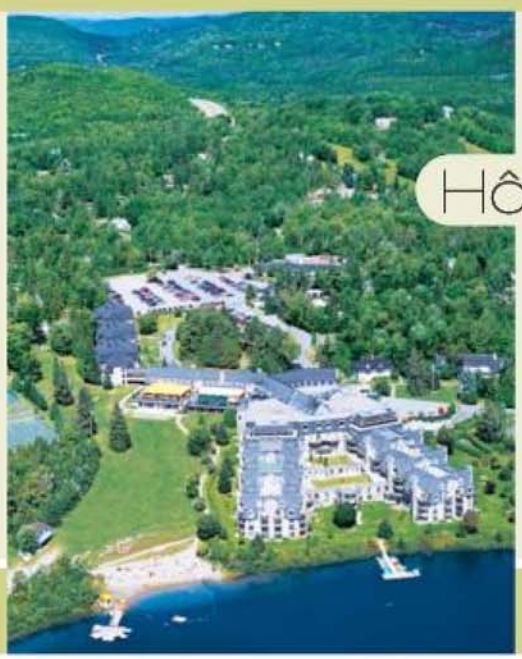
reservation@gouverneur.com | **www.gouverneur.com**

Services and Activities

Accessibility Level for People Using Wheelchairs
Business Centre | Catering done by the hotel
Fitness Centre | Free wireless high-speed
Internet access | Group Menu | Parking

Total Number of Rooms	125
Restaurant	180
Area of the Largest Hall	3888
Dimension	50' X 77'
Capacity	400

Banquet	325
Cocktail	400
Classroom	280
Show	N/A
Theatre	400
U	N/A



★★★★

Hôtel Le Chantecler

1474, chemin Chantecler, Sainte-Adèle
(Québec) J8B 1A2
Telephone: **450-229-3555** | **1-888-916-1616**
Fax: 450-229-5593

Sales Department
infochantecler@lechantecler.com
1-888-916-1616

HÔTEL
LE CHANTECLER

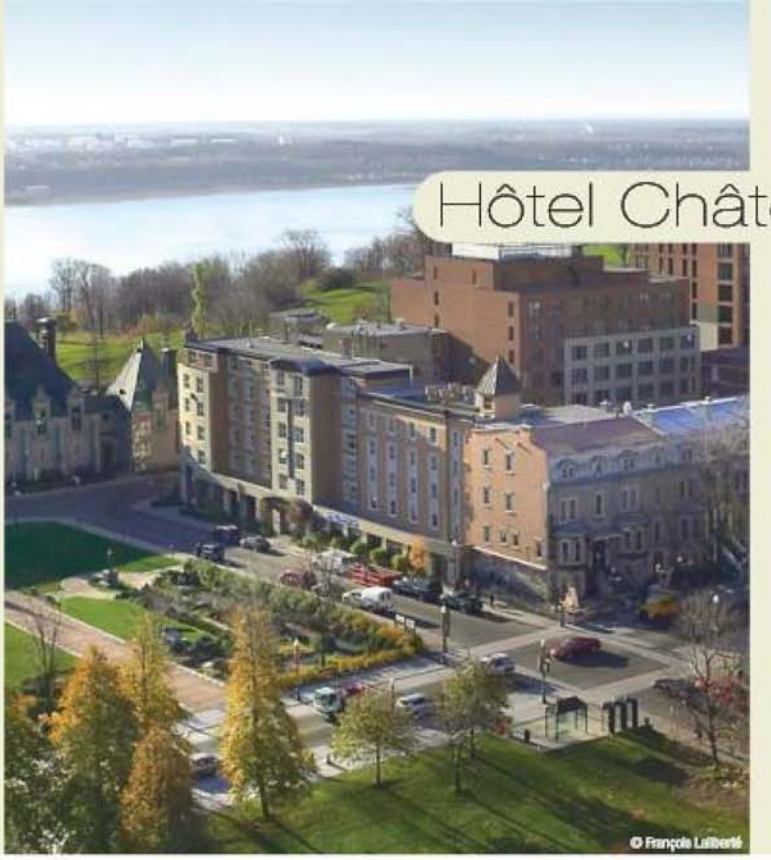
infochantecler@lechantecler.com | **www.lechantecler.com**

Services and Activities

All Year Round Activities | Business Centre
Fitness Centre | Free wireless high-speed
Internet access | Group Menu | Indoor Pool
Partial Accessibility Level for People Using
Wheelchairs Parking | Spa

Total Number of Rooms	179
Restaurant	300 (Ristorante Tre Monti – Fine Italian cuisine)
Area of the Largest Hall	6720
Dimension	48' x 140'
Capacity	620

Banquet	485
Cocktail	620
Classroom	284
Show	35
Theatre	600
U	92



Hôtel Château Laurier Québec

HÔTEL CHÂTEAU LAURIER QUÉBEC

★ ☆ ★ ☆

VIEUX-QUÉBEC · GRANDE ALLÉE · PLAINES D'ABRAHAM

1220, place George-V Ouest Québec QC G1R 5B8
Telephone: **418-522-8108** | **1 800-463-4453**
Fax: 418-524-8768

Kathleen Chouinard
kathleenchouinard@oldquebec.com
1 866-822-9222 ext 675

laurier@oldquebec.com | **www.oldquebec.com**







★ ★ ★ ★ | Hotel 290 Rooms - 267 Standard - 23 Executive
Restaurant 300 - Rotisserie | Parking 300



Largest Hall

Total Number of Halls	17
Total Area of Halls	18000
Area of Largest Hall	3782
Name of Hall	Salle des Plaines
Dimension	62' x 61'
Capacity	480

Salle des Plaines

Banquet	360
Cocktail	400
Classroom	290
Show	20
Theatre	480
U	80

Services and Activities

Accessibility Level for People Using Wheelchairs | Business Centre | Catering
Fitness Centre | Group Menu | Internet | Spa | Swimming Pool





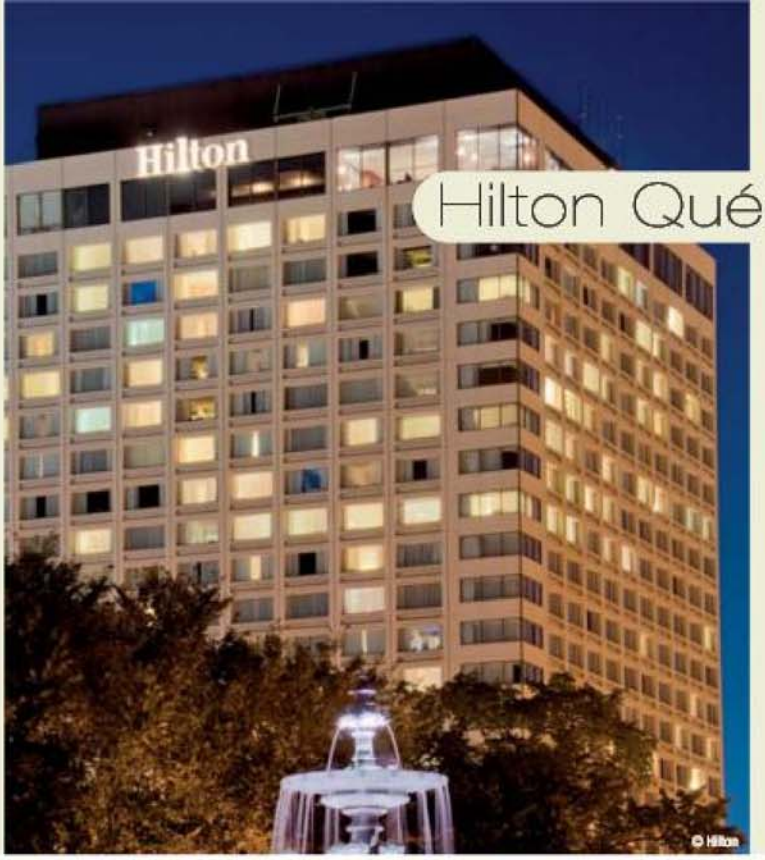
Choose the Hôtel Château Laurier Québec for your next meeting and live a genuine experience.

Our hotel has earned itself an excellent reputation for organizing eco-sustainable meetings and events which are carefully planned and well-received. In addition, we are proud to be the first "francoresponsible" (a taste of the Americas' French heritage) hotel in the Americas.

For a board meeting, an annual convention, a conference or a team building event, we promise to make your life easier, such that your event will be memorable, productive and Green.

Other Halls Available

	Area	Dimension	Capacity	Banquet	Cocktail	Classroom	Show	Theatre	U
George-V	525	35' x 15'	18						
De la Colline	875	35' x 25'	96	72	90	45	6	96	30
Abraham-Martin	1250	50' x 35'	208	168	200	100	10	208	54
Grande Allée	1485	45.3' x 32.8'	188	156	188	75	10	188	48
Grande Allée A	888	32.8' x 27.1'	96	72	96	52	6	96	30
Grande Allée B	463.41	27.10' x 17.1'	60	48	60	35	4	60	24
Du Jardin	741	28.5' x 26'	90	72	90	54	3	80	30
Wilfrid-Laurier	269.56	14.04' x 19.2'	30	10	30	10	--	25	--
Salle des Plaines	3782	62' x 61'	480	360	400	290	24	480	60
Des Plaines section A	1866.48	60.6' x 30.8'	238	180	200	144	12	238	34
Des Plaines section B	908.6	30.8' x 29.5	100	72	100	50	4	100	34
Des Plaines section C	908.6	30.8' x 29.5'	100	72	100	50	4	100	60
Des Plaines section BC	1829	62' x 29.5'	238	180	200	144	12	238	--
Foyer des Plaines	798	66.5' x 12'	280	--	280	--	10	--	--
Salon Laurier (6)	228	12' x19'	30	10	30	10	--	25	
Suite présidentielle			35		35				
Suite vice-présidentielle			25		25				



Hilton Québec

Hilton
Québec

1100 René-Lévesque Blvd. East
Telephone: **418 647-2411** | **1 800 447-2411**
Fax: 418 647-2986

Guy Godin
guy.godin@hilton.com
418 648-6492

ventes-sales.quebec@hilton.com | **www.hiltonquebec.com**







★ ★ ★ ★ | Hotel 571 Rooms - 538 Standard - 33 Suites
Restaurant 110 - International Cuisine Featuring Local Products | Parking 1000 spots $23 self-parking (tx incl.)



Largest Hall

Total Number of Halls 21
Total Area of Halls 23262

Area of Largest Hall 7623
Name of Hall Ballroom
Dimension 121' x 63'
Capacity 1400

Ballroom

Banquet	910
Cocktail	1400
Classroom	575
Show	50
Theatre	1150

Services and Activities

Accessibility Level for People Using Wheelchairs | Business Centre | Fitness Centre
Group Menu | Internet ($11.95 + tx for guestrooms) | Swimming Pool
High season: On-site tour supervisor and welcome package





At the Hilton Québec, we understand the importance of finding the right balance between work and play. Your events are our business, too! We take care of everything so you can relax and focus on your professional matters.

- Unrivalled location
- All rooms with panoramic view
- Meeting rooms with natural lighting for up to 2000 people
- Allegro restaurant: international cuisine featuring local products
- Outdoor heated pool opened year-round and exercise room
- Executive Lounge located on the 23rd floor

Other Halls Available

	Area	Dimension	Capacity	Banquet	Cocktail	Classroom	Show	Theatre	U
Villeray	1500	50' x 30'	250	120	250	45		110	30
De Tourny	1367	28' x 49'	150	110	150	50		100	42
Palais	3843	61' x 63'	550	360	550	250		500	80
Kent	1890	30' x 63'	275	180	275	125		200	60
Saint-Louis	1890	121' x 63'	275	180	275	125		200	60
Ballroom (with antichambers)	7623	25' x 24'	1400	910	1400	575	50	1150	n/a
Portneuf	610	13' x 14'	50	50	50	24		50	20
Sainte-Foy	610	28' x 14'	50	50	50	24		50	20
Orléans	298	13' x 22'	30	20	30	n/a		25	n/a
Lauzon	392	26' x 22'	40	30	40	20		30	n/a
Duchesnay	286	26' x 22'	30	20	30	n/a		25	n/a
Courville	563	13' x 22'	50	50	50	24		50	20
Montmorency	563	34' x 35'	50	50	50	24		50	20
Sillery	286	19' x 35'	30	20	30	n/a		25	n/a
Beauport	1190	23' x 65'	120	90	100	60		120	40
Bélair	665	19' x 35'	60	50	60	30		60	24
Plaines	1495	23' x 65'	180	110	180	60		120	45



★★★★

Centre de Congrès & Hôtel La Saguenéenne

250 rue des Saguenéens, Saguenay (Québec) G7H 3A4
Telephone: **418-545-8326** | **1-800-461-8390**
Fax: 418-545-6577

Carole Bouffard
carole.bouffard@lasagueneenne.com
418-545-9663 poste 800



ventes@lasagueneenne.com | **www.lasagueneenne.com**

Services and Activities

Accessibility Level for People Using Wheelchairs
Business Centre | Catering | Fitness Centre
Group Menu | Internet | Parking
Swimming Pool

Total Number of Rooms 118
Restaurant 180

Area of the Largest Hall 9164
Dimension 116' x 79'

Banquet 712
Cocktail 1200
Classroom 750
Show 60
Theatre 1200



Restaurant Tomas Tam

Tomas Tam Vanier
325, Marais, Québec (Québec) G1M 3A2
Telephone: **418 527-2211** | Fax: 418 527-3882
Line Laplante, Helena Tam, Fonseca Tam

TOMAS TAM RESTAURANT

Tomas Tam Hamel
5233, boul. Hamel, Québec (Québec) G2E 2H1
Telephone: **418 871-8182** | Fax: 418 871-3002
Ana Tam, Tommy Wong, Jean-François Grenon, Pauline Wong

info@tomastam.com | **www.tomastam.com**

Services and Activities

Accessibility Level for People Using Wheelchairs
Group Menu | Free Parking

Total Number of Meeting Rooms 8 in 2 Restaurants

Restaurant Vanier
Restaurant 500
Area of Largest Hall 1200
Capacity 110

Restaurant Hamel
Restaurant 500
Area of Largest Hall 1200
Capacity 110



Hôtel Le Montagnais

LE MONTAGNAIS
HÔTEL ET CENTRE DE CONGRÈS

1080, boulevard Talbot, Chicoutimi (Québec) G7H 4B6
Telephone: **418 543-1521** | **1-800-463-9160**

Daniel Marquis
daniel.marquis@lemontagnais.qc.ca
418 543-5042 ext. 2209

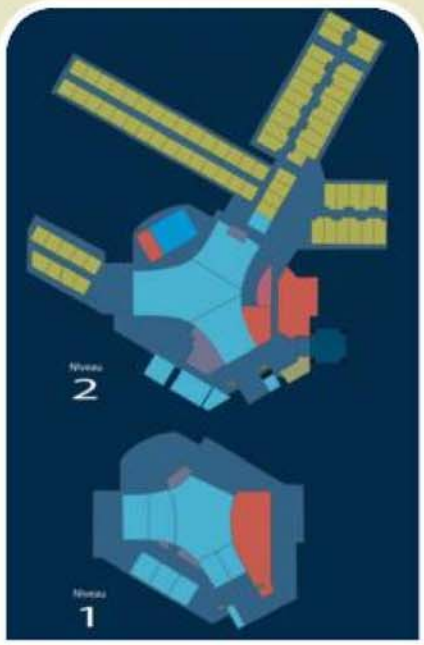
reception@lemontagnais.qc.ca | **www.lemontagnais.qc.ca**







★ ★ ★ ★ | Hotel 307 Rooms - 299 Standard - 8 Suites
Restaurant 225 - Popular Cooking | Parking 500



Halls

Total Number of Halls 16
Total Area of Halls 22555

Area of Largest Hall 10700
Name of Hall Montagnaise
Dimension 55' x 101'
Capacity 1500

Montagnaise

Banquet	1100
Cocktail	1500
Classroom	800
Show	60
Theatre	1500

Services and Activities

Accessibility Level for People Using Wheelchairs | Business Centre | Catering
Fitness Centre | Group Menu | Internet | Spa | Swimming Poo (2) Indoor & Outdoor





Hôtel Le Voyageur

2250, boulevard Sainte-Anne, Québec (Québec) G1J 1Y2
Telephone: **418 661-7701** | **1 800 463-5568**
Fax: 418 661-5221

Patrick Massé
reservation@motel-voyageur.com | 418-661-7701

reservation@motel-voyageur.com | **www.motel-voyageur.com**







★ ★ ★ | Hotel 64 Rooms - 60 Standard - 4 Suites
Restaurant 65 - Traditional Canadian | Parking 100



Halls

Total Number of Halls 1
Total Area of Halls 2300

Area of Largest Hall 2300
Name of Hall Odysee
Capacity 180

Odysee	
Banquet	150
Cocktail	180
Classroom	100
Theatre	100
U	50

Services and Activities

Catering | Group Menu | Swimming Pool

5 Minutes Driving from the Convention Centre, Tradeshow Centre and Downtown Québec City









CHARLEVOIX

Truly blessed by Mother Nature in all seasons, the region of Charlevoix proposes as many ecotourism activities to the contemplative traveller as it does to lovers of the dolce vita. Helicopter tours, maple sugar massages, fine dining, kayaking as well as bateaux-mouche cruises are but a few of the many ways to explore and enjoy Charlevoix.



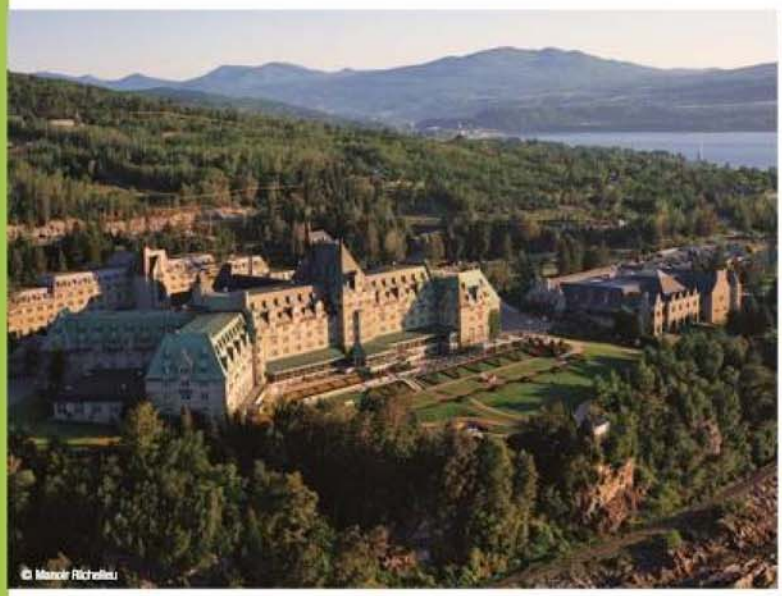






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CHARLEVOIX...









Larger than Nature!

Nature, culture, preservation, traditions and savoir-faire all contributed in February 1989 to make **Charlevoix a UNESCO World Biosphere Reserve.**

Truly blessed by Mother Nature in **all seasons**, the region of Charlevoix proposes as many ecotourism activities to the contemplative traveller as it does to lovers of the great outdoors. Helicopter tours, all-terrain Segway rides, biking, trekking, kayaking as well as bateaux-mouche cruises are but a few of the many ways to explore Charlevoix's most prolific legacy: its natural kingdom.

Every year, six species of migrating whales along with seals rendezvous with visitors at the junction of the Saguenay and St. Lawrence Rivers. Bateaux-mouche and marine mammal observation cruises operate from May to October.

Where to reach out and touch nature...

- Hautes-Gorges-de-la Rivière-Malbaie National Park
- Grands-Jardins National Park
- Baie-des-Rochers - wild and accessible - an intimate refuge
- Saguenay-St. Lawrence Marine Park

Contemporary establishments and heritage buildings share a two-century-old tradition for hospitality here in Charlevoix. Much more than mere innkeepers, your Charlevoix hosts cultivate a cleverly preserved art of living and entertaining.

Dolce Vita in Charlevoix

Nestled away at the foot of tall mountains, close to cultural attractions, near beaches or next to winter sports centres, luxury inns and hotels also offer you complementary products and services, such as massage therapy, body treatments, regional confections - even activity packages partnered with other Charlevoix tourist product providers. While their overnight stay includes breakfast, certain hosts also feature lunch or dinner plans. Our inns mix authenticity and modern comfort to the pulse of your passions.

Charlevoix: Where Science Meets Culture

- A 6,000 km² territory deep ***in the heart of the Canadian Shield***, the oldest land formation on earth
- Created by the impact of a 15 billion tonne ***meteorite*** over 350 million years ago
- One of the rare inhabited ***World Biosphere Reserves*** on the planet
- A bastion of ***culinary*** tradition and ***gastronomic*** creativity
- The pinnacle of vacation destinations for over 200 years

Charlevoix: Every Winter Lover's Paradise

In Charlevoix, winter excitement includes **dog-sledding, skiing**, climbing a frozen **via ferrata, horse-drawn carriage rides**, winter **kayaking, skating**... With over 600 cm of natural snow annually, soaring mountains and exceptional sites for outdoor activities, Charlevoix is the top winter wonderland for those who love the great outdoors and high emotions.

Le Massif de Charlevoix has a 770-metre vertical and 410 acres of skiable terrain, from long winding trails to glades, bumps and steeps. Because of its proximity to the St. Lawrence River, Le Massif offers breathtaking sceneries and receives annual precipitation of about 630 cm per year!



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Tourisme Charlevoix



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Riding the wave of sustainable development and sustainable tourism, **Le Massif de Charlevoix** is seeking to convey a feeling of freedom and multi-sensorial experiences staged in a natural setting to skiers and riders. The Petite-Rivière-Saint-François ski resort aims to create an authentic, evolutional tourism and recreation destination between now and 2013, one that's turned towards international markets. Among other things, clienteles will see a touring train and rail shuttle pressed into service and enjoy a 150-room bioclimatic hotel, all complemented with a long line-up of diversified products and services.

Thanks to recent reconfigurations, **Mont Grand-Fonds** winter resort affirms itself even more as ***the*** family ski destination. Challenge family and friends down the thickest snow-covered downhill and cross-country ski trails in Charlevoix. The beautiful wilderness setting also welcomes snowshoers.

Charlevoix for the Love of Snowmobile

Why not start your engines in Charlevoix next winter? A short hour's drive from Québec City, Charlevoix makes a quite an impression thanks to the countless amenities of its lodging network, which includes the Fairmont Le Manoir Richelieu – **the most important snowmobile stopover in Québec** – and the Casino de Charlevoix. The region is blessed with beautifully wide, groomed and maintained snowmobile trails which cover over 533 km of territory and with exceptional natural snow coverage. Premium lodgings, reputed fine dining, Charlevoix is definitely the destination par excellence for snowmobile excursions.

Charlevoix: Ride-and-Eat Destination… par excellence

Pointe-au-Pic, Baie-Saint-Paul, Cap-à-l'Aigle, St-Irénée, Port-au-Persil, Les Éboulements… The River Drive (Route 362) with its string of thirteen quaint villages along the St. Lawrence River, with the Laurentian mountain range behind, is one of the most admired holiday destinations among motorcycle riders in Eastern Canada.

Over hill and dale, covering more than 151 km, **The Mountain Drive (Routes 381 and 138)** give visitors access to some of the tallest peaks in the Laurentian Shield. Notre-Dame-des-Monts, St-Hilarion, St-Urbain and Saint-Aimé-des-Lacs take you to Charlevoix's renowned slow-food farms. Hop on your motorcycle and come treat yourself to a little bit of Charlevoix.



Charlevoix…The Gourmand

Listen only to your taste buds. Drool all along **The Flavour Route.** Forty or so growers and producers, restaurateurs and transformers cultivate their talents to the rhythm of Charlevoix's land, and endless pleasure of your palate. From Baie-Saint-Paul to Saint-Fidèle, with a dip over to Les Éboulements and La Malbaie, look for the chef's toque - the symbol of participating Flavour Route members. To your forks, everyone!

From field to fork...

- Regional cheese and breads
- Reputed restaurants perched on a Pointe-au-Pic cliff
- Baie-Saint-Paul's microbrewery
- Locally grown produce and organically-raised meats

Tourisme Charlevoix

LE CASINO DE CHARLEVOIX









Breathtaking beauty overlooking the waters of the St. Lawrence River in the heart of a region renowned for its pristine beauty, Le Casino de Charlevoix is part of a world-class resort featuring the historic Fairmont Le Manoir Richelieu hotel and an award-winning golf course.

Take advantage of the vast selection of games and have some fun in a lively and friendly atmosphere. It's an experience in itself! ¦ More than 900 slot machines and some twenty gaming tables.

Groups travelling by motorcoach are treated to a particularly warm welcome. Our staff offers a personalized touch by catering to the specific needs of each individual group. Resolutely customer-oriented, the attentive staff of Le Casino de Charlevoix combines its efforts to make its customers happy.

Outdoor enthusiasts will simply love all the recreational activities and sports available at the hotel complex or right on its doorstep: golf, whale watching, biking, hiking, mountain climbing, plus all there is to discover at the Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie national parks. And much more! ¦ A veritable haven for winter sports enthusiasts, Mont Grand-Fonds offers trails for downhill skiing, snowboarding, cross-country skiing and snowshoeing, plus inner-tubing and snowmobile stopover facilities... all set in a snow-covered winter wonderland. Snowmobiling and dogsledding also figure large in the list of winter activities available in Charlevoix.

THE FAIRMONT LE MANOIR RICHELIEU HOTEL

Built in 1899 and fully restored, the luxurious Fairmont Le Manoir Richelieu is famous for its warm hospitality and the calm inspired by its surroundings, including an outstanding 27-hole golf course, a fitness centre, a health spa and four-season indoor and outdoor pools, all surrounded by unparalleled beauty.

RESTAURANTS AND BARS

Boasting a Four Diamond rating, Le CHARLEVOIX restaurant honours regional cuisine and local products. Sample exquisite dishes from the restaurant's à la carte menu. To complete this sensorial experience, guests are treated to a panoramic view of the majestic St. Lawrence.

Come feast your eyes at LE SAINT-LAURENT! Let us invite you to experience a true brasserie française with a remarkable view of the mighty St. Lawrence River, featuring delectable salads, grills, sea food, fresh fish and sumptuous desserts that are simply irresistible!

Discover the relaxed atmosphere of Le BELLERIVE, offering you a varied menu and an Italian inspired buffet. You'll surely adore our lovely outdoor terrace.

THE CASINO'S BARS

Set sail for relaxed times at LA TIMONERIE, and be sure not to miss the outdoor river view terrace in summer or don't miss the weekend ambiance and shows at LE BAR, this is the ideal relaxed place to unwind with good friends.



GROUP SERVICES

Personalized meet-and-greet - Restaurant credits for drivers and escorts (conditions apply) - Special overnight group packages - Free guaranteed motorcoach parking - Full wheelchair access - Free admission and coat check

GROUP RESERVATIONS: 1 800 665-2274

CASINO CHARLEVOIX

Casino de CHARLEVOIX
183, rue Richelieu, La Malbaie, Québec
Canada G5A 1X8
418 665.5300 | 1 800 665.2274
casino-de-charlevoix.com



CROISIÈRES AML









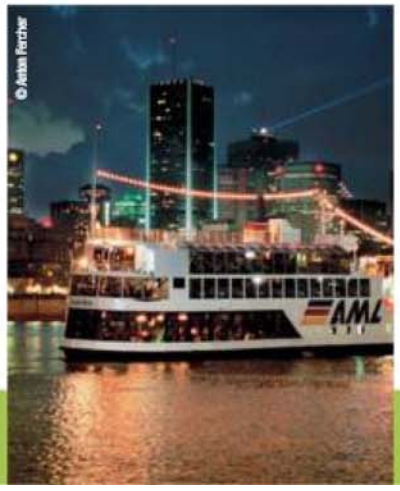
Croisières AML is the most important cruise/excursion company in Canada with 18 boats departing from 9 ports in the Province of Quebec. Established in 1972, this family owned enterprise, with its 650 employees in high season, caters to over 500,000 passengers annually.

In Montreal aboard the ***Cavalier Maxim*** (capacity 800) and in Quebec City aboard the ***Louis Jolliet*** (capacity 1,000), **Croisières AML** features historical guided cruises, brunch, lunch and dinner cruises with entertainment, private charters and made to measure cruises for special events.

Departing from Baie-Ste-Catherine and Tadoussac, in the **Charlevoix Region**, Croisières AML offers many exciting cruises:

- Board the ***Grand Fleuve***, the best observation boat in Canada, and discover the most beautiful whale-watching site in the world. Our naturalist guides will inform you about the largest sea mammals and their habitat. Top off your escapade with a cruise on the Saguenay Fjord.
- For the ultimate experience, climb aboard a **Zodiac** and feel your adrenaline rise as you head out to encounter the giants of the deep…the **WHALES**.
- Admire the wildest stretch of the Saguenay Fjord aboard the ***Cavalier Royal***. You will be amazed by the grandiose panorama of the massive mountains and cliffs left behind as the ice sheet gradually melted, 70 million years ago!

In Rivière-du-Loup, on the south shore , board the ***Cavalier des Mers*** and admire the beauty of the islands and their traditional lighthouses as you encounter whales, seals porpoises and birds.



For the 2010 season Croisières AML invites you to relive a page in the golden age of **Charlevoix** when tourists sailed to La Malbaie aboard luxurious steamships. As in the era of the white boats, you can board the Cavalier Maxim in Montreal or Quebec City and enjoy a memorable getaway.

Three packages are available:

- **The discovery cruise: Montreal / Quebec City:** 2 day package including a guided cruise from Montreal to Quebec City and an overnight stay at the Fairmount Chateau Frontenac. Return trip by deluxe coach or Via Rail.
- **For nature lovers: Quebec City / Charlevoix:** 2 day package including a guided cruise from Quebec City to Baie-Ste-Catherine, whale watching and a overnight stay at the Fairmount – Le Manoir Richelieu. Return trip by deluxe coach. .
- **A fantasy getaway: Montreal / Charlevoix:** 3 day package including a guided cruise from Montreal to Quebec City, on overnight stay at the Chateau Frontenac a cruise from Quebec to Baie-Ste-Catherine, a whale watching cruise and an overnight stay at the Fairmount – Le Manoir Richelieu. Return trip by deluxe coach.

Don't miss this unique opportunity to enjoy the breathtaking beauty of the mountains and valleys of the **Charlevoix Region**, the grandeur of the St. Lawrence River and an unique encounter with the giants of the sea…..the **WHALES**.

Source and information:
Isabelle Longpré, Sales Delegate – Tour & Travel
Croisières AML Inc. | 1-888-748-4857 ex: 293
ilongpre@croisieresaml.com | www.croisieresaml.com

WELCOME TO FAIRMONT LE MANOIR RICHELIEU









Nestled majestically between the sea and the mountains, the Fairmont Le Manoir Richelieu Quebec Resort in Charlevoix is a vision of historical splendor. Rich in tradition, this exquisite paragon of hospitality blends the quiet charm of the countryside with the sophistication of a world-class resort.

Our expert Quebec resort staff and well-equipped facilities guarantee successful meetings and conferences. The "Castle on the Cliff," Fairmont Le Manoir Richelieu in Charlevoix has a rich tradition of hospitality, romance and elegance. We offer 405 beautifully appointed guest rooms and suites that are fully equipped with business amenities for guests traveling for work. The hotel grounds and many guest rooms offer an unmatched view of the stunning St. Lawrence River.

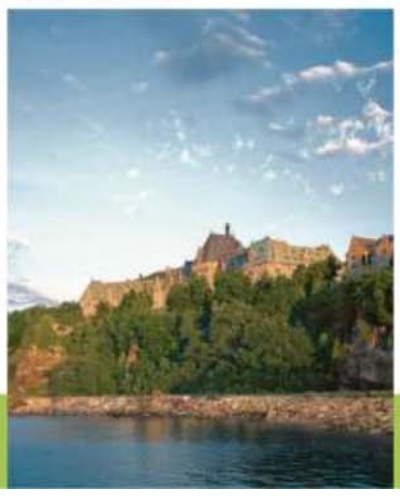
Beginning with the scenic drive to this historic castle in the heart of Charlevoix, Quebec, guests will find a plethora of activities to choose from year round. Outdoor activities abound at our exceptional Quebec hotel - golf, whale-watching cruises on the St. Lawrence River, downhill and cross-country skiing and tennis are but a few of the activities that would make your stay worthwhile. There is even an exciting world-class casino where you can test your lucky streak! Experience the magnificent landscape surrounding Fairmont Le Manoir Richelieu's Charlevoix hotel – a source of inspiration for artists and a delight to both business and leisure travelers

Discerning diners will be delighted with our three fine hotel restaurants in Charlevoix which feature a variety of unique options, both local and international. Amerispa, our health spa, helps ease stress and tension, while our business services help take care of any business needs guests may have.

Following up on a significant upgrade to the existing Quebec golf course, the addition of a new nine under the watchful eye of renowned architect Darrell Huxham, the Club de Golf Le Manoir Richelieu is now home of 27 world class holes of golf. While keeping the essence of the original design, Darrell Huxham managed to showcase the natural beauty and esthetics of the Charlevoix region.

Since the turn of the century, discriminating travelers have enjoyed the rich tradition of hospitality and luxury offered by Fairmont Le Manoir Richelieu in Charlevoix, Quebec. Our doors are open, inviting you to enjoy the luxurious accommodations, exquisite food and commodious meeting facilities. A grand ballroom hosts a banquet for 1,000 in smashing style, while finely appointed meeting rooms are ideal for smaller gatherings. Complemented by a full menu of sports - golf, tennis and horseback riding, Fairmont Le Manoir Richelieu offers the perfect balance of work and play.

Plan your next visit at Fairmont Le Manoir Richelieu!



Fairmont
LE MANOIR RICHELIEU
CHARLEVOIX, QUÉBEC

Fairmont Le Manoir Richelieu
181, rue Richelieu
La Malbaie, Charlevoix, Québec Canada, G5A 1X7
Tel: 418 665-3703
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Email: manoirrichelieu@fairmont.com
Web: www.fairmont.com/richelieu

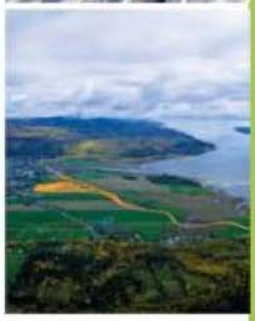


Le Massif de Charlevoix









Located only 55 minutes from Quebec City, Le Massif de Charlevoix is a new four-season destination concept, expanding over 20 km of coastline, and 120 square km of mountain terrain. Its sustainable development approach will appeal to international clients seeking a different kind of tourism.

Le Massif de Charlevoix is a project representing a $230M investment between now and 2013. Beyond Le Massif Ski Area, this original project spans from Baie-Saint-Paul to Petite-Rivière-Saint-François in the Charlevoix region. Among other features, the on-territory offer will include a touring train and rail shuttle, more than 400 lodging units of which a 150-room bioclimatic hotel, a 500-seat multifunctional venue and many activities.

The train

Travelling the 136 km of track separating Québec City from La Malbaie is soon to become the ideal, care-free manner of accessing Le Massif de Charlevoix. As early as summer 2011, passengers onboard this rail cruise will revel in unparalleled riversides views along 85 km of majestic coastline. While savouring a gastronomic menu, visitors are poised to learn everything about the region through a panoply of cultural, historical and tourist information.

The mountain

The first stop on the road is Le Massif, boasting the biggest vertical drop East of the Canadian Rockies. In terms of beauty, majesty and activity, it's the perfect prelude. With its indomitable skiable terrain and angled slopes that seem to sweep straight into the sea, the mountain offers a trail network and off-trail terrain at the heart of an unexplored wilderness. Winter or summer, ride the new scenic gondola to the top where you have optimal views of the forest, the river and surrounding islands. It is the departure point for a variety of activities and offers a selection of alternate dining options that vary according to current trends. For the bravest of souls, a luge trail that transforms into a downhill bike trail in summer will careen down 10 km of mountainside.

Lodging

Lodging options at the mountain are many, ranging from chalets on stilts to wind-homes clinging to the side of its craggy rock face. Yet life at the top is warmed by a healthy nightlife, animated by bars, restaurants and live shows.

The Spa at the Base will embraces the abundant nature that surrounds it. The Spa will offer a menu of original treatments, from Nordic to Scandinavian, therapeutic to relaxation.

The Farm

The Farm is a unique resort complex integrated into the heart of Baie-Saint-Paul. Boasting bioclimatic architecture, a 150-room hotel and a signature spa, the Farm is nevertheless the most urban destination within the project. Train station and animated public square during the day, and multimedia showcases at night, it is a rich cross-section of cultural diversity. A multifunctional venue hosting up to 500 people is set to welcome movie and show enthusiasts, while convention-goers and the corporate world are sure to be well taken care of the projected ultramodern facilities. A daily shuttle will link the Mountain and the Farm. The 20-km coastal track will feature the panoramic views the Charlevoix region is known for.



LE MASSIF
DE CHARLEVOIX
Toll free: 1-877-536-2774
droy@lemassif.com
www.lemassif.com

LE DOMAINE FORGET


© Claude Laforte


© René Bouchard


© François Rivard

Life is exciting at Domaine Forget! On a vast historical property against the majestuous backdrop of Charlevoix County, between the mountains and the Saint Lawrence River, Domaine Forget offers visitors a cultural experience unparalleled in North America.

From mid-June to the end of August, an International Festival takes place in an environment where music harmonizes perfectly with the beauty of the landscape. The Festival is a unique occasion to discover the best internationnally known talent together with the most promising artists of the new generation in a concert hall with remarkable acoustics. Every summer, over 60 events are on the program: chamber music ensembles and orchestras, solo artists, jazz groups and dance performances, in addition to concerts and masterclasses at the Academy.

The Domaine Forget International Music and Dance Academy offers professional training sessions to serious students wishing to hone their skills under renowned masters. A team attentive to each student's needs encourages learning while creativity is inspired by the natural surroundings. Founded in 1978, the International Music and Dance Academy, with its 120 teachers, has become a recognized artistic training centre that welcome 600 students every summer, making it one of Canada's major summer arts institution.

From September to December and from April to June, over twenty eclectic events are held during the Domaine's Season. Popular music, jazz concerts, shows for young audiences are presented at the Françoys-Bernier Concert Hall and in the café-cabaret in the Joseph Rouleau pavilion.

DOMAINE Forget

Le Domaine Forget
5, rang Saint-Antoine | Saint-Irénée | Québec
1.888.DFORGET | www.domaineforget.com


© M. Pâte, Parc national des Hautes-Gorges-de-la-Rivière-Malbaie, Sépaq


© Jean-Pierre Huard, Parc national des Hautes-Gorges-de-la-Rivière-Malbaie, Sépaq


© Parc national des Grands-Jardins, Sépaq

Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie National Parks are both fascinating territories set right in the heart of the UNESCO World Biosphere Reserve of Charlevoix. The two parks were created to protect their peculiar ecosystems and spectacular landscape. Thanks to the work of our passionate wildlife spcialists and park wardens, vistors can truly live a moving experience while discovering Charlevoix's unique back-country history, calming waters, flora and fauna.

The Discovery Cruise

Feel like discovering a little corner of paradise? Come aboard Le Menaud, our bateau-mouche discovery cruise. Prepare yourself for a one-of-a-kind discovery while floating on the Malbaie River and surrounded by the tallest rocky walls in Quebec. Impressive and awesome!

Hiking Trails

Hiking in Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie National Parks is regarded as a must by many outdoor sports fans. The Mont-du-Lac-des-Cygnes trail leads you to a unique natural standpoint upon Charlevoix's famed meteorite crater. You can also reach the Acropole-des-Draveurs summit and admire the endless view on the Malbaie River valley and on some of Charlevoix's high plateaus.

The Great Discovery

To appreciate the beauty of Charlevoix's two national parks, walk to your own pace ! Park wardens are available upon request. They'll give you an expert explanation on the parks' landscape and wildlife.

Lodging

Visitors who wish to extend their stay in our parks can take advantage of a variety of lodging accomodations: camping, Huttopia tents, rustic shelters, and cabins.

Parc national des Hautes-Gorges-de-la-Rivière-Malbaie
Parc national des Grands-Jardins
http://www.parcsquebec.com | 418 439-1227

Parcs nationaux des Grands-Jardins et des Hautes-Gorges-de-la-Rivière-Malbaie
Conserver. Protéger. Découvrir.

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québec

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www.fleurdelys-bus.com

Autobus Galland
www.galland-bus.com

Autobus Laval
www.autobus-laval.qc.ca

Autocar Hélie
www.autobushelie.com

Boréalis
www.borealis3r.ca

Croisières AML
www.croisieresaml.com

Croisières Le Coudrier
www.croisierescoudrier.ca

Ermitage St-Antoine de Lac-Bouchette
www.st-antoine.org

Fairmont Le Château Frontenac
www.fairmont.com/frontenac

Fairmont Le Manoir Richelieu
www.fairmont.com/richelieu

Flash Café
flashcafe.ca

Hôtel Château Laurier
www.hotelchateaulaurier.com

Hotel Le Roberval
www.leroberval.com

Hôtel Les Suites Labelle
www.hotellabelle.com

Hôtel Loews Le Concorde
www.loewshotels.com/leconcorde

Hôtel Manoir Victoria
www.manoir-victoria.com

Hôtel Rimouski, Suites et Centre de congrès
www.hotelrimouski.com

Hôtel Universel Alma et Notre Hôtel Alma
www.hoteluniversel.com

Laurier Québec
www.laurierquebec.com

Le Québec maritime
www.quebecmaritime.ca

Les Grands Ballets Canadiens
www.grandsballets.com

Office du tourisme de Québec
www.quebecregion.com

SEPAQ
www.sepaq.com

Société d'aménagement de la baie Lavallière
www.sablmaisondumarais.org

Sucrerie de la Montagne
www.sucreriedelamontagne.com

Tourisme Charlevoix
www.tourisme-charlevoix.com

Tourisme Chaudière-Appalaches
www.chaudiereappalaches.com

Tourisme Laurentides
www.laurentides.com

Tourisme Mauricie
www.tourismemauricie.com

Tourisme Montérégie
www.tourisme-monteregie.qc.ca

Tourisme Montréal
www.tourisme-montreal.org

Tourisme Outaouais
www.tourismeoutaouais.com

Tourisme Saguenay-Lac St-Jean
www.saguenaylacstjean.ca

Véloroute des Bleuets
www.veloroute-bleuets.qc.ca

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jrichard@arfquebec.com | www.arfquebec.com | 418-522-0976

The Hôtel Château Laurier Québec, your guaranteed winning accommodation choice!









The Hôtel Château Laurier Québec has been run by members of the Girard family since 1975. The establishment, an architectural jewel of Old Québec more than a hundred years old and bordering the Plains of Abraham, offers to its clientele outstanding accommodation with an inviting décor. The Hôtel Château Laurier Québec has received numerous prizes and awards and is constantly on the look-out for new trends and ideas.

Major improvements

For the past four years, the Hôtel Château Laurier Québec has undergone important changes to its infrastructure. Following a period of strategic thinking amongst the owners, the decision was made that the hotel would offer a range of complementary services, completely controlled and managed by the hotel Management, and intended to offer the best possible service to the clients. This decision became the starting point for the development of an investment project of $30 million dollars at Hôtel Château Laurier Québec, started in 2005, aimed at improving and adding to the services already offered.

The hotel Management therefore decided to modernize the hotel infrastructures and add new services that would fill a need identified in the Québec City market. Among other things, the construction of an indoor car park, and the creation of the catering and banqueting service, satisfy the many needs of groups and of the region's event organizers. One of the best improvements of the Hôtel Château Laurier Québec is without question the magnificent ballroom which can hold 450 people. The hotel has also decided to innovate and surprise by proposing an all-new unique four seasons inner courtyard, of more than 4,000 square feet, able to host nearly 400 people. Completely revolutionary in Québec City, this inner courtyard is a real oasis of relaxation in the heart of a city that is a bee-hive of activity. In the hotel industry in Québec, only the Hôtel Château Laurier Québec has developed and implemented a tangible approach to selling winter to tourists.



The catering and banqueting service, le George V, is also becoming a 'must' in Québec City. Renowned chef Heinrich Meesen and Guy Michaud, director of food services and banquets, are using local produce in a magical way to offer a cuisine rich in color to the event organizers and their guests. Through their initiatives, they have managed to win over the organizers of the 400th anniversary of Québec City as well as the Québec Tourism ministry, first, becoming official caterer to "Espace 400e" and then the culinary representative of the province at the "Maison du Québec" at the 2010 Olympic Games in Vancouver. What more can you ask than to represent the province and its Capitale-Nationale to thousands of visitors from the world over?

A bequest for future generations

The Management of the Hôtel Château Laurier Québec firmly believe that the actions they have taken improve the average quality of the entire city's hotels. This increases the quality of the hospitality and improves the accommodation offer proposed to outside markets, allowing the hotel to contribute, in its own way, to the development of the region. It is for that reason that the hotel, by becoming "francoresponsible", has given itself an identity, until now non-existent, which aims to offer an authentic



experience to travelers from here and elsewhere. The Hôtel Château Laurier Québec thus becomes both one of the leading lights contributing to the extension of the French-speaking culture, and the experiential establishment of the francophonie.

Always more for the client

As in any good 'old château', the Hôtel Château Laurier Québec has its own Treasure Chest, available to all its visitors. With their experience as expert travelers and their in-depth knowledge of restaurants, boutiques and the best events in Québec City, the hotel Management were able to select the best and enter into exclusive agreements for their clients. In addition to enabling every visitor to take advantage of the products and services of each of the hotel's partners, each Château Laurier privilege coupon lets them benefit from exclusive discounts in restaurants, boutiques and other must-see sites in Old Québec.

Here are the 10 main reasons why group organizers select the Hôtel Château Laurier Québec:

1. Exceptional location in Old Québec
2. Hosting groups for more than 35 years
3. Comfortable rooms & suites
4. Great negociated rates
5. Multilingual, responsive and devoted personnel
6. Marvellous private and multifunctional inner courtyard
7. Hotel with an ecoresponsible action plan
8. Free Old Québec rebate coupons to all guests
9. Promise a true & authentic Québec experience
10. Always striving for excellence



HÔTEL CHÂTEAU LAURIER QUÉBEC

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Sales Delegate, Tour & Travel
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L'Abitibi-Témiscamingue...
with open arms!







Renowned for its vast, open spaces, Abitibi-Témiscamingue is a huge territory. Its charm is unveiled at the turn of a small countryside road, on the shores of a beach set against a superb panorama or with the beauty of the setting sun.

You will be astonished by the impressive **Cité de l'Or**, an old gold mine where youwill be taken 91 m (300 feet) underground to experience something unique. You will be amazed by the baby racoons, small bears and other animals that have found shelter at the **Refuge Pageau** where Michel Pageau and his family have undertaken the mission of saving all sorts of wildlife. You will be left breathless when faced with the steep, head-spinning, rocky cliffs that plunge into the awesome depths of the fault lakes of the **Parc national d'Aiguebelle**, where you are invited for a close contact with nature.

You will encounter unforgettable moments with an incursion at the very heart of our history at the **Lieu historique national du Canada du Fort-Témiscamingue** with its artefacts and scenic reproductions set up near majestic Témiscamingue Lake.

Finally, you will literally be taken from one era to another, through the music, dance and stage effects demonstrated by the Troupe À Coeur ouvert that offers a show worthy of any mega production with its **Le Paradis du Nord** musical presentation. And this is only a peek at what the region has in store for you. Let us be your hosts!

Tourisme Abitibi-Témiscamingue
1 800 808 0706
www.abitibi-temiscamingue-tourism.org

Plains of Abraham
Group activities: over 315,000 participants in the last five years







Created over one hundred years ago, Battlefields Park is Quebec City's rallying site. It welcomes four million local and foreign visitors. Participate in the entertaining activities designed for groups, students and adults, and relive the rich and colourful past of this historic site.

In the 19th century, a crime was committed by a soldier on furlough. Be among the witnesses gathered around a home-made beer to discuss the fate of the culprit. The convict's last drink, a colourful interactive investigation at Martello Tower: military justice, soldiers' leisure activities and ammunitions, suspense, quiz.

In winter, set off to unveil the sports secrets on the Plains of Abraham. Join a 20th-century snowshoer and discover the history of the Quebec Bulldogs' Stanley Cup triumph, ski jumping, ski jorring, and lots more. Snowshoes and lanterns included in the Snowshoer's walk.

Other entertaining activities are also offered. Come and enjoy the Battles and victuals, a history-flavoured dinner plunging back in time; set course for the Odyssey multimedia exhibition, a virtual 400-year journey with historical figures at your side, ranging from the birth of New France to the park's creation through the battle of the Plains of Abraham; get a ringside seat for an interactive face-off between Wolfe and Montcalm; experience a military drill for young recruits; etc.

Contact us to obtain information on our whole range of activities for student and adult groups.

Discovery Pavilion of the Plains of Abraham
835 Wilfrid-Laurier Avenue, Quebec City (Quebec) G1R 2L3
Reservations: 418 648-5371 | Fax: 418 648-3809
isabelle.lussier@ccbn-nbc.gc.ca | www.theplainsofabraham.ca

Government of Canada
The National Battlefields Commission
Gouvernement du Canada
Commission des champs de bataille nationaux
Canada

Great outdoor activities, unique recreational and scientific attractions, heritage, arts and culture, and agrotourism activities, fabulous restaurants and fabulous shopping, **Laval is definitely "where there's more to explore!"**









Island of contrasts and city full of surprises, Laval is advantageously situated close to Montréal and the Laurentians. Laval offers a perfect mix of busy urban areas, quiet natural oasis and charming country-feel neighbourhoods. This uniqueness lies in Laval's history, a city that was formed only some forty years ago by the merging of 14 municipalities.

Laval is the perfect playground for outdoor and sport activities. One of the most fascinating examples of Laval's diversity is Parc de la Rivière-des-Mille-Îles. This beautiful archipelago – part of which is a protected wildlife sanctuary – with its fauna, flowery marshes and luxuriant wooden islands is a true paradise for those outdoor and ecological boating aficionados, while in winter it's the perfect destination for cross-country skiing, sledding and skating on the river. Another outstanding green space area is Centre de la nature with its farm, greenhouses, picnic areas, and a well-equipped astronomy observatory.

Over the years Laval has gained a solid reputation as a sought-after recreational-scientific destination, thanks to amazing scientific attractions that span from the Cosmodôme's unique space exploration experiences to Armand-Frappier Museum's discovery of the infinitesimally small universe and the Centre d'interprétation de l'eau (Water Interpretation Centre) that proposes a journey on the water path. Laval is also the destination of choice for those looking for unique indoor recreational activities. At SkyVenture, visitors can experience the exhilarating sensation of the free-fall portion of a parachute jump while at the recently opened Maeva Surf, extreme sport enthusiasts can practice flowboarding on an artificial wave of water propelled at 40 kilometres an hour.



The Laval of arts and culture has a lot to offer with great shows and cultural events at Salle André-Mathieu and Maison des arts de Laval. From June 17 to July 27 the city will host the sixth edition of the Loto-Québec World Choral Festival, the largest annual gathering of vocal ensembles in America. In churches, concert halls and at an outdoor venue for the big musical events, the city will resonate with the voices of thousands of choir singers from all around the world.

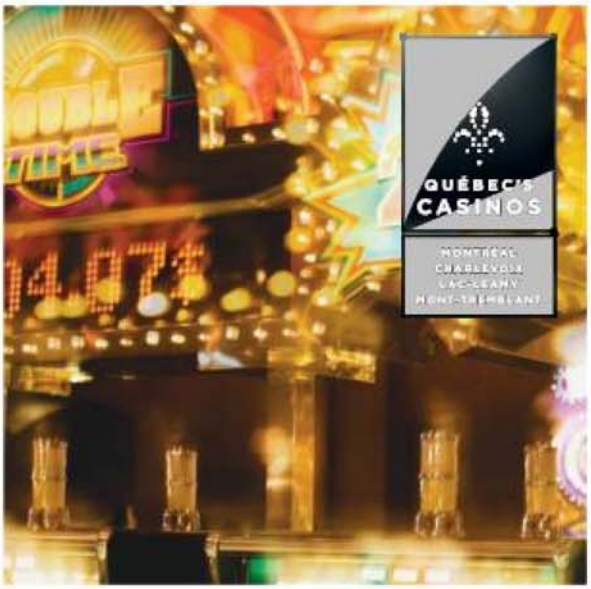
Heritage and history buffs will enjoy Old Sainte-Rose, a neighbourhood that has preserved the charm of yesteryears with its boutiques, antique shops, art galleries and renowned restaurants located in antique houses.

Laval has its castle, Château Taillefer Lafon, an internationally renowned and multiple award-winning ice cider and ice wine producer open to visitors for tours and product tasting. Food lovers are amazed by the diversity and quality of Laval's gastronomic offering, including the very popular "Passeport des chefs", a unique evening of progressive meals in Old Sainte-Rose's four renowned restaurants.

Laval is also known for its trendy shopping malls such as Carrefour Laval and Centropolis, Laval's lifestyle centre, and the quality of its hotels that are for the most part affiliated to international chains.

Tourisme Laval
1 877 465-2825, www.tourismelaval.com.

GET INTO THE GAME
AT QUÉBEC'S CASINOS







Québec is home to three incredible casinos with one more on the way, each with their own unique appeal. Enjoying an enviable reputation worldwide, these casinos stand out for the range of games they offer, and customer service that goes above and beyond. As major attractions drawing millions of visitors yearly, Québec's casinos are not only something to see, they're something to experience!

ALL NEW! CASINO DE MONT-TREMBLANT

Located just minutes from Tremblant's famous four-season village, the welcoming yet upscale Casino de Mont-Tremblant is a jewel at the heart of the mountain, a sparkling gem in a stunning setting. Decorated with natural materials, such as water, stone, wood, leather and suede in warm and intense colours as well as a number of impressive works of art, this casino is a world in itself. Visitors will be amazed by the mountain, the exterior structure, the interior design and, above all, the warm welcome and excellent service they receive while there. The casino offers 400 slot machines, 20 gaming tables and Texas Hold'em Poker.

PLAYING FOR THE FUN OF IT!

At Québec's casinos, fun and games are two sides of the same coin. And the choice is vast: slot machines, blackjack, roulette, baccarat, keno, several types of poker including Texas Hold'em, and much more. The casinos regularly hold tournaments, contests and other activities, keeping the atmosphere lively and friendly. Always on the lookout for novel ways to please their customers, Québec's casinos have one main goal: to ensure a gaming experience beyond compare. Your clients will want to come back again and again.

GROUP SERVICES

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CUSTOMER SERVICE AND GROUPS – A WARM WELCOME EVERY TIME

Groups travelling by motorcoach are treated to a particularly warm welcome. Our staff offers a personalized touch by catering to the specific needs of each individual group. Resolutely customer-oriented, Québec's casinos combine their efforts to make their customers happy.

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carriers section

section

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Beginning in 1987, our company has developed and specialized in paratransit services in Québec City and surrounding areas. The year 2003 saw us inaugurate our first deluxe touring minibus amongst a new clientele. Several other vehicles have been added to our fleet in the last few years, with the result that we are able to offer our clientele upwards of ten tour vehicles (able to accommodate between 10 and 30 passengers each). Thanks also to our team of tourism professionals who are mindful of our clientele's wants and needs, we are equipped to make good on our commitment of remaining responsive to and satisfying their evolving expectations. For it is our belief that our clients constitute the raison d'être of our professional existence. Our company's objectives are, among others, to listen, to understand, to give, to share and to satisfy.

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Georges Morissette | *2591, avenue de la Rotonde, Charny (Québec) G6X 2M2 / Tel: 418 832-7788 1-800-265-0188 / Fax: 418 832-7988 info@fleurdelys-bus.com georges@fleurdelys-bus.com www.autobusfleurdelys.com*

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Located in Rivière-du-Loup, Autocar Bas St-Laurent is in business since 1994. Specialist in the field of Coach transport in Quebec, Canada and the United States, Autocar Bas St-Laurent covers majority of the municipalities between Montmagny, Rivière-du-Loup, Cabano to New Brunswick. We hold unidirectional licences for the airports of Toronto, Montreal and Quebec, which enabled us to develop an excellent expertise for receptive tourism. We have the following vehicles: Prevost H3-45, Mirage XL, MiniCoach, School bus.

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AUTOCAR EXCELLENCE operates a fleet of modern well-appointed minibus and motorcoaches from 6 to 56 passenger, dedicated to group charter from many points such as Montréal, Québec City, the province of New Brunswick, Toronto and Ottawa to any destination in Canada and the United States. For a transfer, a sightseeing tour or a longer excursion, the experience and courtesy of our drivers are a pledge of a personalized and secure service for your clients.

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jbritt.thom@videotron.ca

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1465, boul. Mgr. Langlois
Valleyfield (Québec) J6S 1C2
Tel.: 450 373-8747 / 1-800-561-8747
Fax: 450 373-2368
bgendron@voyagesgendron.com
www.voyagesgendron.com

GROUPE AUGER

AUTOBUS AUGER INC.
880, rue de l'Église
Saint-Romuald (Québec) G6W 5M6
Tel.: 418 833-2181 / 1-800-530-5594
Fax: 418 833-2393
www.autobusauger.com

AUTOBUS INTER-RIVES INC.
5336, av. Maréchal-Joffre
Charny (Québec) G6X 3C7
Tel.: 418 832-6982
Fax: 418 832-0435
interrives@autobusauger.com
www.autobusauger.com

AUTOCARS DES CHUTES INC.
992, chemin Olivier
Saint-Nicolas (Québec) G7A 2M9
Tel.: 418 831-2171
Fax: 418 831-6392
etchemin@autobusauger.com
www.autobusauger.com

GROUPE BOURGEOIS

AUTOBUS BOURGEOIS TOURS LTÉE
330, rue Hériot
Drummondville (Québec) J2B 1A8
Tel.: 819 472-5252 / 1-800-668-7883
Fax: 819 472-4380
info@bourgeois.ca
www.bourgeois.ca

AUTOBUS DRUMMONDVILLE LTÉE
330, rue Hériot
Drummondville (Québec) J2B 1A8
Tel.: 819 472-5252 / 1-800-668-7883
Fax: 819 472-4380
info@bourgeois.ca
www.bourgeois.ca

GROUPE CHARTRAND

AUTOBUS PROFESSIONNELS INC.
1325, Montée Masson
Laval (Québec) H7E 4P2
Tel.: 450 661-7140 / 1-877-328-1111
Fax: 450 661-2962
info@chartrandinc.com
www.chartrandinc.com

AUTOCAR CHARTRAND INC.
1325, Montée Masson
Laval (Québec) H7E 4P2
Tel.: 514 328-1111 / 1-877-328-1111
Fax: 450 661-2962
info@chartrandinc.com
www.chartrandinc.com

GROUPE EXCELLENCE

AUTOBUS EXECUTOURS INC.
1380, rue William, suite 50
Montréal (Québec) H3C 1R5
Tel.: 514 931-9203
Fax: 514 931-5758
admin@autobusexecutours.com
www.autobusexecutours.com

AUTOCAR EXCELLENCE INC.
874, rue Archimède
Lévis (Québec) G6V 7M5
Tel.: 418 835-3336 / 1-800-463-2265
Fax: 418 835-3361
info@excellence.com
www.autocarexcellence.com

EXCEL TOURS INC.
101 B, Murray
Montréal (Québec) H3C 2C5
Tel.: 514 990-7012 / 1-866-990-7012
Fax: 514 990-9298
info@excel-tours.com
www.excel-tours.com

EXCELLENCE CHARTER AND TOURS (505675 NB INC.)
193 A, Chemin Martin
Sainte-Anne de Madawasca
(Nouveau-Brunswick) E7E 1G4
Tel.: 506 739-7676
Fax: 506 739-7672
info@excellencecharter.com
www.autocarexcellence.com

TRANSPORT FONTAINE LTÉE
874, rue Archimède
Lévis (Québec) G6V 7M5
Tel.: 418 835-3336
Fax: 418 835-3361
info@tourcar.com
www.tourcar.com

GROUPE FLEUR DE LYS

AUTOBUS FLEUR DE LYS INC.
2591, Avenue de la Rotonde
Charny (Québec) G6X 2M2
Tel.: 418 832-7788 / 1-800-265-0188
Fax: 418 832-7988
info@fleurdelys-bus.com
www.autobusfleurdelys.com

TOUR FLEUR DE LYS (9010-9240 QUÉBEC INC.)
2591, Avenue de la Rotonde
Charny (Québec) G6X 2M2
Tel.: 418 832-7788 / 1-800-265-0188
Fax: 418 832-7988
info@fleurdelys-bus.com
www.fleurdelys-bus.com

GROUPE GALLAND

AUTOBUS DUPLESSIS INC. (LES)
3874, chemin du Souvenir
Laval (Québec) H7V 1Y4
Tel.: 450 687-8666, ext. 2222
1-877-806-8666
Fax: 450 687-0555
michel.galland@galland-bus.com
www.galland-bus.com

AUTOBUS GALLAND LTÉE
3874, chemin du Souvenir
Laval (Québec) H7V 1Y4
Tel.: 450 687-8666, ext. 2222
1-877-806-8666
Fax: 450 687-0555
michel.galland@galland-bus.com
www.galland-bus.com

GALLAND LAURENTIDES LTÉE
3874, chemin du Souvenir
Laval (Québec) H7V 1Y4
Tel.: 450 687-8666, ext. 2222
1-877-806-8666
Fax: 450 687-0555
michel.galland@galland-bus.com
www.galland-bus.com

GROUPE HÉLIE

AUTOBUS BOURASSA LTÉE
1706, Route 161
Saint-Valère (Québec) G0P 1M0
Tel.: 819 353-2210
Fax: 819 353-2212
helie@autobushelie.com
www.autobushelie.com

AUTOBUS HÉLIE INC.
3505, rue Port-Royal
Bécancour (Québec) G9H 1Y2
Tel.: 819 371-1177 / 1-888-371-1177
Fax: 819 233-2377
helie@autobushelie.com
www.autobushelie.com

AUTOBUS L. ROY & FILS INC.
2517, rue des Bouleaux, C.P. 68
Lyster (Québec) G0S 1V0
Tel.: 819 389-5979
Fax: 819 389-1119
helie@autobushelie.com
www.autobushelie.com

AUTOBUS LUCIEN ROY LTÉE
2517, rue des Bouleaux, C.P. 68
Lyster (Québec) G0S 1V0
Tel.: 819 389-5979
Fax: 819 389-1119
helie@autobushelie.com
www.autobushelie.com

AUTOCAR HÉLIE INC.
3505 Port Royal
Bécancour (Québec) G9H 1Y2
Tel.: 819 371-1177 / 1-888-371-1177
Fax: 819 233-2377
phelie@autobushelie.com
www.autobushelie.com

GROUPE INTERCAR

AUTOBUS LA BAIE INC.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 544-3770
Fax: 418 544-8122
intercar@intercar.ca
www.intercar.ca

AUTOBUS LATERRIÈRE INC.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca
www.intercar.ca

AUTOBUS TREMBLAY & TREMBLAY INC. (LES)
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca

Chartered Carriers



AUTOCARS FOURNIER INC.
5675, des Tournelles
Québec (Québec) G2J 1P7
Tel.: 418 627-9108
Fax: 418 627-1503
info@intercar.ca
www.intercar.ca

AUTOCARS JASMIN INC.
2249, rue St-Hubert
Jonquière (Québec) G7X 5P1
Tel.: 418 547-2167
Fax: 418 547-0923
info@intercar.ca
www.intercar.ca

INTERCAR ATLANTIQUE INC.
5675, des Tournelles
Québec (Québec) G2J 1P7
Tel.: 418 627-9108
Fax: 418 627-1503
info@intercar.ca
www.intercar.ca

INTERCAR CÔTE-NORD, DIVISION DE INTERCAR INC.
5675, des Tournelles
Québec (Québec) G2J 1P7
Tel.: 418 627-9108
Fax: 418 627-1503
info@intercar.ca
www.intercar.ca

INTERCAR INC.
5675, des Tournelles
Québec (Québec) G2J 1P7
Tel.: 418 627-9108
Fax: 418 627-1503
info@intercar.ca
www.intercar.ca

INTERCAR LA BAIE ENR.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 544-3770
Fax: 418 544-8122
info@intercar.ca
www.intercar.ca

INTERCAR SAGUENAY, DIVISION DE INTERCAR INC.
2249, rue St-Hubert
Jonquière (Québec) G7X 5P1
Tel.: 418 547-2167
Fax: 418 547-0923
info@intercar.ca
www.intercar.ca

PAUL TREMBLAY TRANSPORT LTÉE
1925, boul. Martel Sud
Saint-Honoré (Québec) G0V 1L0
Tel.: 418 673-4603
Fax: 418 673-1957
www.intercar.qc.ca

TRANSPORT SPÉCIALISÉ DU SAGUENAY, DIVISION DE AUTOBUS LATERRIÈRE INC.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca
www.intercar.ca

GROUPE LA CHAUDIÈRE

AUTOBUS JARO INC.
1700, 98e rue
Saint-Georges (Québec) G5Y 8J6
Tel.: 418 228-8096
Fax: 418 228-8097
chaudiere@globetrotter.net

AUTOBUS MITIS
1700, 98e rue
Saint-Georges (Québec) G5Y 8J6
Tel.: 418 724-8060 / 1-800-550-7496
Fax: 418 721-0169
isabellelarose@autocarslachaudiere.com
www.autocarslachaudiere.com

AUTOCARS LA CHAUDIÈRE INC.
1700, 98e rue
Saint-Georges (Québec) G5Y 8J6
Tel.: 418 228-8096
Fax: 418 228-8097
chaudiere@globetrotter.net
www.autocarslachaudiere.com

GROUPE LAURENT BELLEMARE

AUTOBUS BELL-HORIZON INC.
400, Dessureault
Trois-Rivières (Québec) G8T 2L9
Tel.: 819 378-9290 / 1-800-567-7625
Fax: 819 378-2001
information@bell-horizon.com
www.bell-horizon.com

Certifié Qualité Tourisme

GROUPE BELL-HORIZON INC. (LE)
400 Dessureault
Trois-Rivières (Québec) G8T 2L9
Tel.: 819 378-9290
Fax: 819 378-2001
information@bell-horizon.com
www.bell-horizon.com

GROUPE LÉO VIENS

AUTOBUS D.L. INC.
590, Yamaska Ouest
Farnham (Québec) J2N 1H2
Tel.: 450 293-4052
Fax: 450 293-2673
gestionleo.viens@bellnet.ca

TRANSPORTS SCOLAIRES VIENS INC. (LES)
590, Yamaska Ouest
Farnham (Québec) J2N 1H2
Tel.: 450 293-4052
Fax: 450 293-2673
gestionleo.viens@bellnet.ca

GROUPE MAHEUX

AUTOBUS MAHEUX LTÉE
3280, rue Saguenay
Rouyn-Noranda (Québec) J9X 5A3
Tel.: 819 797-3200
Fax: 819 797-3626
info@autobusmaheux.qc.ca
www.autobusmaheux.qc.ca

AUTOBUS MAHEUX LTÉE (LES) (DIVISION VAL-D'OR/MALARTIC)
855, boul. Barrette, C.P. 1607
Val-d'Or (Québec) J9P 5Y9
Tel.: 819 825-4767
Fax: 819 825-4783
d.goyette@autobusmaheux.qc.ca
www.autobusmaheux.qc.ca

GROUPE ORLÉANS

AUTOCARS ACADIEN S.E.C.
300 Main Street, Unit B2-2
Moncton (Nouveau-Brunswick) E1C 1B9
Tel.: 514 395-4000
Fax: 514 395-4026
jhuneault@orleansexpress.com
www.acadianbus.com

AUTOCARS ORLÉANS EXPRESS INC.
740, rue Notre-Dame Ouest,
bureau 1000
Montréal (Québec) H3C 3X6
Tel.: 514 395-4000
Fax: 514 395-4026
montreal@orleansexpress.com
www.orleansexpress.com

Certifié Qualité Tourisme

MURRAY HILL S.E.C.
2450, boul. des Entreprises
Terrebonne (Québec) J6X 4J8
Tel.: 450 968-2450 / 1-800-561-1210
Fax: 450 968-1087
psorel@murrayhillbus.com

SABEM S.E.C.
1500, rue Raymond-Gaudreault
Repentigny (Québec) J5Y 4E3
Tel.: 450 585-1210, ext. 1231
1-800-561-1210
Fax: 450 585-2239
dandlauer@groupeorleans.com

GROUPE TOURS DU VIEUX QUÉBEC

AUTOCARS DUPONT (9173-3766 QUÉBEC INC.)
2632, boul. Louis XIV
Québec (Québec) G1C 1C2
Tel.: 418 649-9226 / 1-800-267-8687
Fax: 418 661-2663
gst-cyr@toursvieuxquebec.com
www.toursvieuxquebec.com

TOURS DU VIEUX QUEBEC (1989) INC.
2632, boul. Louis XIV
Québec (Québec) G1C 1C2
Tel.: 418 664-0460 / 1-800-267-8687
Fax: 418 661-2663
gst-cyr@toursvieuxquebec.com
www.toursvieuxquebec.com

Certified Qualité Tourisme

Murray Hill

Bell Horizon

Intercity Carriers



AUTOBUS A1 (SERGE TANGUAY)
127, St-Alphonse Nord, C.P. 161
Thetford Mines (Québec) G6G 5S5
Tel.: 418 335-5120
Fax: 418 338-6399
autobusa1@hotmail.com

AUTOBUS GREYHOUND INC.
505, de Maisonneuve Est
Montréal (Québec) H2L 1Y4
Tel.: 514 287-1590
Fax: 514 287-1586
www.greyhound.ca

AUTOCARS JORDEZ INC.
4365 Boul. Industriel
Sherbrooke (Québec) J1L 3C2
Tel.: 819 562-3313 / 1-866-562-3313
Fax: 819 562-5692
info@autocarsjordez.com
www.autocarsjordez.com

BRANDON TRANSPORT INC.
540, rue Visitation
St-Charles-Borromée (Québec) J6E 4P3
Tel.: 450 759-3554, ext. 3225
Fax: 450 759-4495
gdesrochers@groupe-gaudreault.com
www.groupe-gaudreault.com

GREYHOUND CANADA TRANSPORTATION
1111, International Boulevard, Suite 700
Burlington (Ontario) L7L 6W1
Tel.: 1-800-353-3484
Fax: 905 336-5987
dleach@greyhound.com
www.greyhound.ca

TRANSDEV
1075, rue Talbot
Sherbrooke (Québec) J1G 2P3
Tel.: 819 829-2299
Fax: 819 564-1953
fvaes@limocar.ca
www.transdev.ca

TRANSDEV
147, rue Principale
Châteauguay (Québec) J6K 1G2
Tel.: 450 691-1654
Fax: 450 691-5986
ctoula@transdev.ca
www.transdev.ca

TRANSPORT LEMENS INC.
17 Cercle Legault
Lac Sainte-Marie (Québec) J0X 1Z0
Tel.: 819 467-5518
Fax: 819 467-5518

TRANSPORT THOM LTÉE
592, boul. St-René Est, C.P. 779
Gatineau (Québec) J8P 6J3
Tel.: 819 663-7253 / 1-800-465-7254
Fax: 819 663-4104
jbritt.thom@videotron.ca

TRENTWAY-WAGAR INC.
505, de Maisonneuve Est
Montréal (Québec) H2L 1Y4
Tel.: 514 843-4231, ext. 2271
Fax: 514 844-1612
serge.renaud@coachcanada.com
www.coachcanada.com

GROUPE BOURGEOIS

AUTOBUS DRUMMONDVILLE LTÉE
330, rue Hériot
Drummondville (Québec) J2B 1A8
Tel.: 819 472-5252 / 1-800-668-7883
Fax: 819 472-4380
info@bourgeois.ca
www.bourgeois.ca

GROUPE GALLAND

GALLAND LAURENTIDES LTÉE
3874, chemin du Souvenir
Laval (Québec) H7V 1Y4
Tel.: 450 687-8666, ext. 2222
1-877-806-8666
Fax: 450 687-0555
michel.galland@galland-bus.com
www.galland-bus.com

GROUPE INTERCAR

AUTOBUS LATERRIÈRE INC.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca
www.intercar.ca

AUTOBUS TREMBLAY & TREMBLAY INC. (LES)
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca

AUTOCARS FOURNIER INC.
5675, des Tournelles
Québec (Québec) G2J 1P7
Tel.: 418 627-9108
Fax: 418 627-1503
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www.intercar.ca

AUTOCARS JASMIN INC.
2249, rue St-Hubert
Jonquière (Québec) G7X 5P1
Tel.: 418 547-2167
Fax: 418 547-0923
info@intercar.ca
www.intercar.ca

INTERCAR CÔTE-NORD
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Tel.: 418 627-9108
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INTERCAR INC.
5675, des Tournelles
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Fax: 418 627-1503
info@intercar.ca
www.intercar.ca

INTERCAR LA BAIE ENR.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 544-3770
Fax: 418 544-8122
info@intercar.ca
www.intercar.ca

INTERCAR SAGUENAY
2249, rue St-Hubert
Jonquière (Québec) G7X 5P1
Tel.: 418 547-2167
Fax: 418 547-0923
info@intercar.ca
www.intercar.ca

PAUL TREMBLAY TRANSPORT LTÉE
1925, boul. Martel Sud
Saint-Honoré (Québec) G0V 1L0
Tel.: 418 673-4603
Fax: 418 673-1957
www.intercar.qc.ca

TRANSPORT SPÉCIALISÉ DU SAGUENAY, DIVISION DE AUTOBUS LATERRIÈRE INC.
4511, boul. Talbot
Chicoutimi (Québec) G7H 5B1
Tel.: 418 549-2463
Fax: 418 696-4852
intercar@intercar.ca
www.intercar.ca

GROUPE LA CHAUDIÈRE

AUTOCARS LA CHAUDIÈRE INC.
1700, 98e rue
Saint-Georges (Québec) G5Y 8J6
Tel.: 418 228-8096
Fax: 418 228-8097
chaudiere@globetrotter.net
www.autocarslachaudiere.com

GROUPE ORLÉANS

AUTOCARS ACADIEN S.E.C.
300 Main Street, Unit B2-2
Moncton (Nouveau-Brunswick) E1C 1B9
Tel.: 514 395-4000
Fax: 514 395-4026
jhuneault@orleansexpress.com
www.acadianbus.com

AUTOCARS ORLÉANS EXPRESS INC.
740, rue Notre-Dame Ouest,
bureau 1000
Montréal (Québec) H3C 3X6
Tel.: 514 395-4000
Fax: 514 395-4026
montreal@orleansexpress.com
www.orleansexpress.com

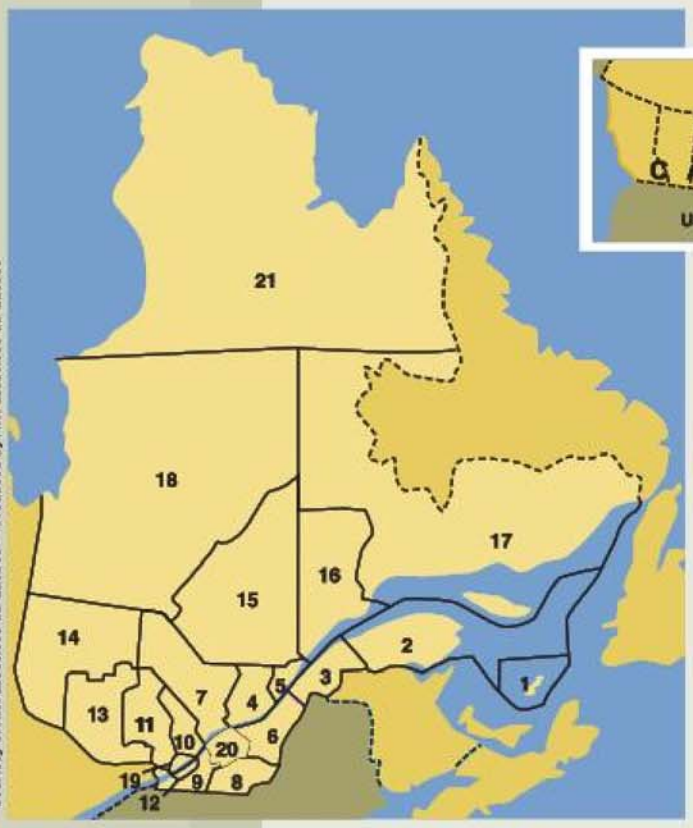
LANAU BUS S.E.C.
1500, Raymond-Gaudreault
Repentigny (Québec) J5Y 4E3
Tel.: 450 585-1210, ext. 1231
1-800-561-1210
Fax: 450 585-2239
dandlauer@groupeorleans.com

GROUPE VEOLIA

AUTOBUS BOULAIS LTÉE. (LES)
720, rue Trotter
Saint-Jean-sur-Richelieu
(Québec) J3B 8T2
Tel.: 450 348-5599 / 1-877-348-5599
Fax: 450 348-2443
louise.lepage@veoliatransport.qc.ca
www.veoliatransport.qc.ca

VEOLIA TRANSPORT QUÉBEC INC.
720, rue Trotter
Saint-Jean-sur-Richelieu
(Québec) J3B 8T2
Tel.: 450 348-5599 / 1-877-348-5599
Fax: 450 348-2443
louise.lepage@veoliatransport.qc.ca
www.veoliatransport.qc.ca

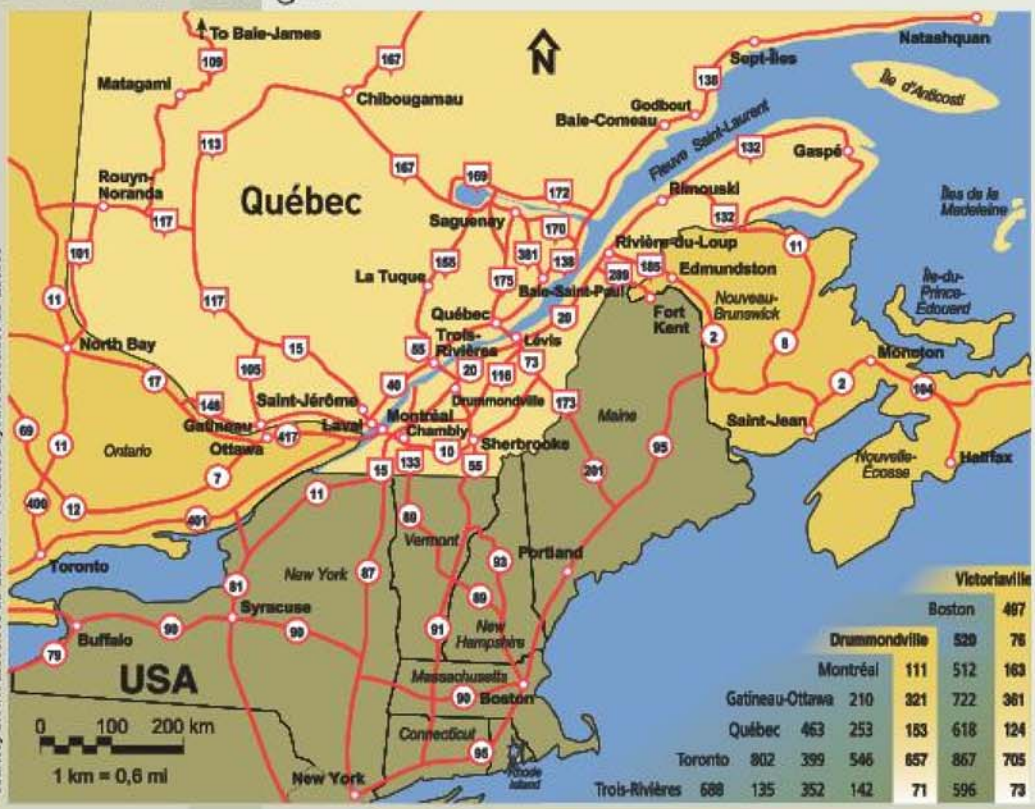
Québec's regions map



*"Courtesy of ATR associées du Québec" - Produced by ATR associées du Québec

1 Îles de la Madeleine
2 Gaspésie
3 Bas-Saint-Laurent
4 Québec
5 Charlevoix
6 Chaudière-Appalaches
7 Mauricie
8 Eastern Townships
9 Montérégie
10 Lanaudière
11 Laurentians
12 Montréal
13 Outaouais
14 Abitibi-Témiscamingue
15 Saguenay – Lac-Saint-Jean
16 Manicouagan (Côte-Nord)
17 Duplessis (Côte-Nord)
18 Baie-James & Eeyou Istchee
19 Laval
20 Centre-du-Québec
21 Nunavik

acces to the region



	Victoriaville	Drummondville	Montréal	Gatineau-Ottawa	Québec	Toronto	Trois-Rivières
Boston	497	76	163	361	124	705	73
Drummondville	529		111	210	463	802	688
Montréal	512	111		321	253	399	135
Gatineau-Ottawa	722	210	321		153	546	352
Québec	618	463	253	153		657	142
Toronto	867	802	399	546	657		71
Trois-Rivières	596	688	135	352	142	71	

*"Courtesy of ATR associées du Québec" - Produced by ATR associées du Québec

Abitibi-Témiscamingue...

with open arms!

Abitibi-Témiscamingue is all set to put on quite a display of tourist gems yours to discover! Refuge Pageau, Cité de l'Or, Parc national d'Aiguebelle, Fort Temiscamingue National Historical Site and Paradis du Nord are flagship sites that will guide you through a journey sprinkled with plenty of unexpected treasures.

TOURISME ABITIBI-TÉMISCAMINGUE

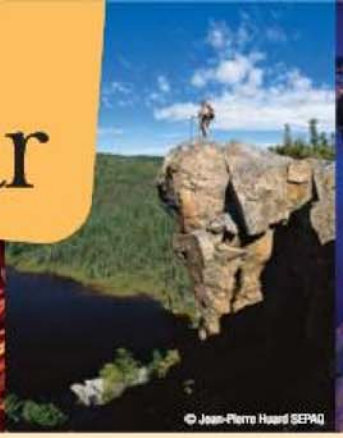
Tourisme Abitibi-Témiscamingue
1 800 808-0706
www.tourisme-abitibi-temiscamingue.org

Major cities
Rouyn-Noranda ~ Val-d'Or ~ Amos ~ La Sarre ~ Ville-Marie ~ Témiscaming.



events calendar


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© Jean-Pierre Huard SEPAQ


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© Jean Goulet

2010

May

Festival des Guitares du Monde
May, 23 to 30
Rouyn-Noranda
819 797-8288 or 1 877 997-8288
www.fgmat.com

Salon du livre de l'Abitibi-Témiscamingue
May
Val-d'Or
819-732-6070
www.slat.qc.ca

June

Festival forestier de Senneterre
June, 25-26-27
Senneterre
819 737-2277
www.festivalforestier.ca

July

Festival d'humour de l'Abitibi-Témiscamingue
July
Val-d'Or
819 874-7473 or 1 866 588-7473
www.festivaldhumour.com

H2O le festival
July, 8 to 11
Amos
819 732-6070, 1 800 670-0499
www.h2olefestival.com

Tour de l'Abitibi
July, 19 to 25
Val-d'Or
819 825-5554
www.tourabitibi.qc.ca

Festival du DocuMenteur de l'Abitibi-Témiscamingue
July, 20 to 24
Rouyn-Noranda, presqu'île du lac Osisko
819 764-4435
www.documenteur.com

Festival d'été de Val-d'Or
July
Val-d'Or
819 824-1333, 819 856-5580
www.festivaldetevaldor.ca

Expo régionale Rotary d'Amos
July
Amos, Complexe sportif
819 727-3976
www.rotaryamos.org

La Sarre en fête
July
La Sarre
819 333-2294, poste 268
www.ville.lasarre.qc.ca

Rodéo du camion
July, 20 to August, 1st
Notre-Dame-du-Nord
819 723-2712 or 1 877 357-6336
www.elrodeo.com

Festival de la Relève Indépendante Musicale en Abitibi-Témiscamingue
July, 28 to 31
Val-d'Or, Cité de l'Or
819 824-6779
www.frimat.qc.ca

Exposition agricole régionale d'Abitibi
July, 29 to August, 1st
Saint-Félix-de-Dalquier, Complexe sportif
819 727-1806
www.saabitibi.com

August

Osisko en lumière, festival pyromusical en Abitibi-Témiscamingue
August, 6-7-8
Rouyn-Noranda
819 797-8753
www.corpodesfetes.ca

Aiguebelle en spectacle
August
Rouyn-Noranda,
Parc national d'Aiguebelle
819 637-7322
http://www.parcsquebec.com

Festival western de Guigues
August
Saint-Bruno-de-Guigues, Colisée
819 728-2848
www.festivalwesterndeguigues.com

Foire gourmande de l'Abitibi-Témiscamingue et du nord-est ontarien
August, 13-14-15
Ville-Marie
819 622-0199
www.foiregourmande.ca

La route du terroir
August, 21st
La Motte
819 732-2878

La foire des collectionneurs de Taschereau
August, 28
Taschereau, centre récréatif
819 796-2219
www.taschereau.ao.ca

September

Festival de musique émergente
September, 1 to 5
Rouyn-Noranda
819 797-0888 or 1 877 797-0889
www.fmeat.org

La Foire du camionneur de Barraute
September, 3 to 6
Barraute
819 734-6618 or 1 888 523-6473
www.lafoireducamionneur.com

Festivités champêtres de Saint-Marc-de-Figuery
September, 10-11
Saint-Marc-de-Figuery, lac Bil-Yvon
819 732-8501

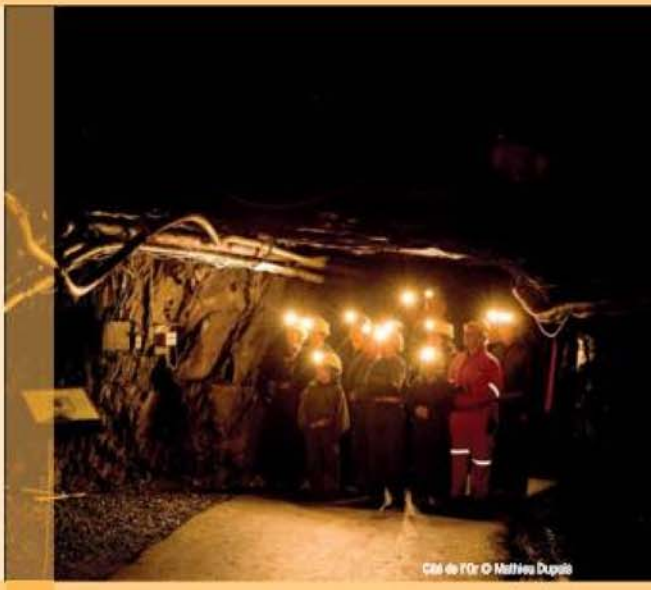
must see

- **Parc national d'Aiguebelle**
  www.parcsquebec.com/aiguebelle
- **La Cité de l'Or / Village minier de Bourlamaque**
  www.citedelor.qc.ca
- **Le Paradis du Nord**
  www.laparadisdunord.com
- **Lieu historique national du Canada du Fort-Témiscamingue**
  www.temiscamingue.net/fort_temiscamingue ou www.parcscanada.ca
- **Refuge Pageau**
  www.refugepageau.ca
- **Musée minéralogique de l'Abitibi-Témiscamingue**
  www.museemalartic.qc.ca
- **Musée de la gare**
  www.temiscaming.net
- **La maison Dumulon et l'Église orthodoxe russe**
  www.maison-dumulon.ca
- **L'École du Rang II**
  www.pwp.lino.com/ecolrgII

tourist circuits

The pathway of discoveries

By making the Vallée-de-l'Or and Abitibi your gateway to the region, you will discover a full array of amazing and fascinating attractions and activities. Experience an underground to a depth of 300 feet at Cité de l'Or. Let yourself be moved by a bear, a wolf or a moose on the road to recovery at Refuge Pageau. Live a unique and authentic adventure on the tracks of the Abitibiwinni at Parc national d'Aiguebelle. Find out about the incredible story of Abitibi-Témiscamingue's mineral wealth at Musée minéralogique de Malartic. You're on the pathway to a grand adventure!



Cité de l'Or © Mathieu Dupuis

Zenith of pleasures

Be prepared! Your incursion into the heart Abitibi-Témiscamingue will awaken your senses! The Rouyn-Noranda and Abitibi-Ouest areas have in store a joyride of events, festivals and attractions, each more flamboyant than the next, thus making your stay with us a giddy round of pleasures. Fill your ears with the sounds of Le Paradis du Nord, a blockbuster musical featuring more than 75 stage performers telling the story of the development and settlement of Abitibi-Témiscamingue. Visit an authentic Russian Orthodox Church in downtown Rouyn-Noranda. Indulge yourself with the sweet delights of the St-Honoré bakery and pastry shop or with the fine cuisine of the region's best restaurants. Here, nature, culture and gastronomy team up for your greatest enjoyment.



Le Paradis du Nord © Hugo Lacroix

A destination to remember

Témiscamingue leaves imperishable memories to the fortunate ones who discover the beautiful landscape and rich historical heritage of this region. Relive the colonization years at Maison du Frère-Moffet, at Domaine Breen, at Musée de la gare or at T.E. Draper. Remember the fur trade era at Fort Temiscamingue National Historical Site. Jump back in time to several million years ago at Centre thématique fossilifère. These journeys into time and space will awaken all your senses. What a great finale for those who enjoy nature teeming with life!

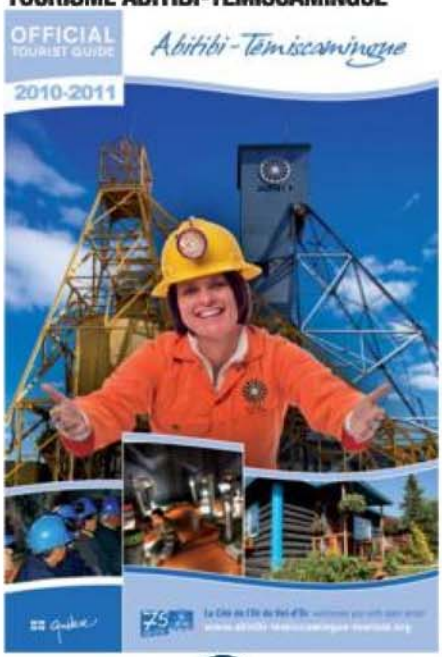
For more details about these tours, visit our Website at *www.tourisme-abitibi-temiscamingue.org or contact us toll free at 1 800 808-0706.*



Lieu historique du Canada du Fort-Témiscamingue © Benoît Chalifoux

TRAVEL INFORMATION

TOURISME ABITIBI-TÉMISCAMINGUE



TOURISME ABITIBI-TÉMISCAMINGUE

1 800 808-0706
info@tourisme-abitibi-temiscamingue.org
www.tourisme-abitibi-temiscamingue.org

Abitibi-Témiscamingue, with open arms!
Skirting the natural western frontier of Quebec, Abitibi-Témiscamingue stretches over 65,000 km² of land inhabited by 140,000 persons. Our region constitutes the world's largest concentration of smiling people. Its rich cultural and historical heritage is valorized through a vast array of amazing attractions and activities. Descend 300 feet underground and admire rocks 2.7 billion years old. Let yourself be moved by a bear, a wolf or a moose on the road to recovery. Step back to the hay-days of fur trade and beat to the rhythm of a blockbuster musical featuring more than 75 stage performers telling the story of the development and settlement of Abitibi-Témiscamingue. Here, the variety of events, one more flamboyant than the next, is the promise of a community of bouncy happy people who truly take pleasure in celebrating the Seventh Art, music, humor, cycling, trucking, gastronomy… Its 20 200 lakes add to the picturesque sceneries that will make your stay in Abitibi-Témiscamingue absolutely memorable. All your senses will become aroused at the sight of this nature teeming with life that has so much to offer outdoor enthusiasts. Abitibi-Témiscamingue abounds in terroir richness and in cozy, relaxing accommodation establishments. Beyond a treasure of tourist gems, the true wealth of Abitibi-Témiscamingue expresses itself in the bright smiles of the inhabitants, in their intense eyes, in their hearts filled with gratitude for such vastness, in their unbeaten sense of hospitality and in their arms wide open. There is nothing like watching them roll out the red carpet and figure out what attention, move or gesture will leave you off balance. Chances are that you won't find warmer and friendlier reception elsewhere.

SERVICES

Autobus Maheux

1 888 797 0011 / www.autobusmaheux.qc.ca

Via Rail Canada

Reservations and schedules: 1-888-842-7245
www.viarail.ca

Air Canada Jazz

1-888-247-2262 / www.aircanada.com

Amos

The oldest community in the Abitibi region, Amos was settled in 1910. Early pioneers ventured here via the Harricana River - one of the Canada largest navigable waterways. The Harricana flows through to James Bay and offers some of the most exciting recreational opportunities and breathtaking scenery in Québec. The fresh cool water of the Amos eskers is considered to be among the finest in the world! The third largest community in the Abitibi-Témiscamingue region, Amos is located just north of Val-d'Or along Highway 111.

TRAVEL INFORMATION

Maison du tourisme

892, route 111 Est, Amos Québec J9T 2K4
819 727-1242 or 1-800-670-0499
Fax: 819 727-3437 / www.ville.amos.qc.ca
tourismeamos@ville.amos.qc.ca

ATTRACTIONS

Cathédrale d'Amos

11, boul. Mgr. Dudemaine / 819 732-2110

Designed by Monsignor Dudemaine (the first parish priest in Abitibi) and built by the Montréal architect Beaugrand-Champagne in 1922, this beautiful church was granted cathedral status in 1939. A breathtaking structure, the cathedral is an excellent example of Roman-Byzantine architecture. Regarded "as a veritable work of art", the cathedral features mosaics, Italian marble and magnificently crafted French stained windows. Open all year. Guided tour available for groups of 5 people or more.

Refuge Pageau

4241, chemin Croteau
819 732-8999 / www.refugepageau.ca

The shelter nurses varied species of injured wildlife animals back to health and returns them to their habitat. Refuge Pageau takes in hundreds of creatures including moose, deer, bears, foxes and wolves. Guided tours all year round. By reservation after opening hours for groups of 15 people or more.

NEARBY ATTRACTIONS

Les Serres coopératives de Guyenne

715, chemin des Serres, 5e Rang Ouest
P.O. Box 70, Guyenne / 819 732-0456

First known for producing black spruce and grey pine seedlings, the Guyenne greenhouse is now renowned for its tomato production. One of the most modern of its type in the world as a result of the cutting-edge technologies used; the company is now experimenting new productions. Guided tours from May 1 thru September 1 for groups of 10 to 25 people.

Lieu historique national du Canada Le Dispensaire de la Garde de La Corne

339, route 111, La Corne / 819 799-2181

Before she passed away in 1990, Nurse Duchemin expressed the wish that her dispensary greet the public, in order to present the lifestyle and work of the nurses of the colony. Guided tours from June 23 to September 3, by reservation during the rest of the year for groups of 10 people or more.

Musée de la poste and Boutique de forge

449, route 111, Saint-Marc-de-Figuery
819 732-8501

The postal museum and the smithy's shop invite history buffs to a travel back to the twenties. You will learn more on the part played by the postmaster and the blacksmith in the development of the parish. Guided tours from June 24 thru Labor Day.

La Sarre

La Sarre is pleasantly located between Abitibi Lake and Macamic Lake in the northern part of the region. With its advantageous location, La Sarre is close to many outdoor adventure opportunities. Both lakes offer boating, fishing and various watersport activities. The fourth largest centre in Abitibi-Temiscamingue, the town was honorably acclaimed as the "Forestry Capital of Canada" in 1989. The community owes much of its development to the forest industry, but agriculture and commercial enterprises have played an important role as well. Town highlights include the Cultural Centre.

ATTRACTIONS

Centre d'interprétation de la foresterie

600, rue Principale, La Sarre / 819 333-3318

The Centre d'interprétation de la foresterie presents an exposition on life in the Québec lumberjack camps in 1930. The reconstitution of the inside of a camp, thematic panels, collection of forestry tools and scale model of a sawmill. Guided tours from the end of June to the end of August. Reservation obligatory 24h ahead for groups. Admission: free.

Industries Norbord inc.

210, 9e avenue Est, La Sarre
819 333-5464 ext. 343 / www.norbord.com

First waferboard plant in Québec. Guided tours from Mid-June to Mid-August. Reservation required.

The Centre culturel de La Sarre

195, rue Principale / 819 333-2294

The centre has two functions: the Richelieu Library and the Rotary Art Centre. The library features historical archives and literature. The Rotary Art Centre houses visual arts presentations and travelling exhibits. The popular tourist attraction is a quilt that recounts nearly 75 years of local history. Open all year.

NEARBY ATTRACTIONS

Café des Rumeurs

190, chemin Gallichan, Gallichan
819 787-3647 / http://gallichan.ao.ca

The Café des Rumeurs, located in Gallichan's old presbytery highlights the archeological collection of Mr. Joseph Bérubé who, in the '60s, identified five Native occupation sites and a French fur-trading post in the vicinity of Lake Abitibi. Hence, the dinner tables that have been converted into displays show Mr. Bérubé's findings such as arrowheads, pipes, scrapers, necklaces and axes.

Collection C. Morin

630, rangs 2 et 3, Macamic (Colombourg)
819 782-4604 ext. 225

The C. Morin collection, which unveils the rural life of the pioneers of the Abitibi-West sector, represents a great cultural heritage. The variety and quality of the objects assembled here adds to the wealth of this history. You will see 30 horse carriages dating back to the end of the 19th century and the beginning of the 20th century. There are also over three hundred artefacts linked to domestic life or use of horses as a method of transportation or working the land that add to the authenticity of the collection. Guided tours, June 24 to Labor Day. For group, by reservation, the rest of the year.

La fromagerie chèvrerie Dion

464, rang 10, Colombourg / 819 339-3913
guillaume_lemieux7@hotmail.com

The new owner will be delighted to tell you about their passion for goats and invite you to see their herd, tour the installations and taste some of the delicacies they manufacture. Caprine by-products, yogourt, milk, cheese and soap, are produced. Open May to October 31, by reservation only.

L'École du rang II

269, route 111, Authier / 819 782-3289 or
1 866 336-3289 / http://pwp.lino.com/ecolrgII

This school had students from 1937 to 1958. You may even take part in a participation-type theatre, making it possible for you to relive a day in class and also meet the inspector or the parish priest. Guided tours daily from June 24 thru Labor Day, by reservation the rest of the year. Reservation required for groups. Participation theatre for groups of 15 people or more only.

La Fraisonnée

12, rang 3 Ouest, Clerval
819 783-2314 / www.lafraisonnee.com

Recognized for the outstanding quality of its products, La Fraisonnée offers a variety of jams and syrups made with the artisan's touch, without added pectine and prepared with minimum cooking. The products are made from fresh fruits, Témiscamingue blueberries and maple syrup from the region. Guided tour of the transformation of small fruits, daily, by reservation.

Marais Antoine

2e et 3e Rang Ouest, Roquemaure
819 787-6292 or 819 787-6173

The marais Antoine is a huge 280-hectare marsh located on the shores of Abitibi lake that is home to an exceptional number of plant and animal species. A self-interpretive marked trail makes it possible to reach a belvedere that is above the marsh, whereas another trail and walking bridge open onto the marsh itself for you to discover its plants and wildlife. Interpretive panels will guide you along your whole visit. Guided tours offered from spring thru fall.

Verger de l'île Nepawa

430, chemin de l'Île-Nepawa,
Sainte-Hélène-de-Mancebourg
819 333-2736 / www.abitibi-ouest.net

Situated on the île Nepawa (Nepawa island) at the very heart of Lake-Abitibi, the Verger de l'île Nepawa (apple orchard) represents 25 years of tender loving care. Mr. Pierre Drapeau, the orchard owner, opens the doors of his non traditional realm in this Nordic environment so you may visit it or yet, to pick some of the plentiful treasures it has in store for you. An impressive variety of apples has been created thanks to the different grafting techniques practiced on the apple trees. On this island at the 48th parallel north you will find over 500 fruit trees that offer deliciously fresh apples that are transformed into jam and jelly. Guided tours May 15 thru October 15, by reservation.

Malartic

Yet another community established in the early-mid 20th century gold rush, Malartic is located between Val-d'Or and Rouyn-Noranda. The "Boom Town" still features many rustic, western storefronts from the Gold Rush era along Royale Avenue. A popular vacation destination, the community has established its tourism facilities on the mining industry. The Musée minéralogique de l'Abitibi-Témiscamingue (Mine Museum) is a favorite attraction: the institution explores the world of mineralogy. Malartic Lake, located just north of town, offers recreational activities including boating, camping and fishing.

ATTRACTIONS

Musée minéralogique de l'Abitibi-Témiscamingue (Mine Museum)

650, rue de la Paix, C.P. 4227
819 757-4677 / www.museemalartic.qc.ca

A unique attraction, the museum provides visitors with a futuristic glance at the mining industry. An "extraordinary voyage," guests will witness the discovery of the geological realm, gigahistory and treasured gems from around the globe. The museum has recently refitted a part of it's permanent exhibit and presents stunning new attractions that lead the visitors to the discovery of the oldest rock in the world, the mystery of the fairy stones and finally to admire a gift from the stars: a lunar rock. Guided tours are offered June 1 to September 15.

Notre-Dame-du-Nord

A friendly little community, Notre-Dame-du-Nord is nestled on the northern shore of Témiscamingue Lake. Minutes from the Ontario border, the town sector is primarily an agricultural centre. The community is a popular destination for outdoor enthusiasts and water lovers. Notre-Dame-du-Nord boasts a beautiful waterfront area that consists of a lighted promenade and a full-service marina. The Fossil Thematic Centre is also a favorite attraction in Notre-Dame-du-Nord and the famous "Rodéo du camion" (truck rodeo) takes place in Notre-Dame-du-Nord at the beginning of August.

ATTRACTIONS

Centrale de la Première-Chute

819 764-5124 ext. 4039 or 819 949-4431

http://www.hydroquebec.com/visit/abitibi/chute.html
A hydroelectricity production plant, the facility offers insightful guided tours. Visitors can learn how water power is transformed into electricity and the great importance of the industry for Canada. Guided tours are offered from June 24 to September 3, Wednesday to Sunday. Reservations are required 3 days ahead for groups of 15 people or more (maximum 50 people). Located 5 km. north of Notre-Dame-du-Nord, Chemin Hydro-Québec, via Hwy. 101 or 391.

Centre thématique fossilifère

5, rue Principale, C.P. 296
819 723-2500 / www.fossiles.qc.ca

The fossil centre features a main exhibit that recreates the marine environment of Témiscamingue as it was 480 million years ago. You are also invited to take part in safaris where you get the chance to explore fossils sites. Open from June 24 to September 4, or by reservation the rest of the year.

NEARBY ATTRACTIONS

Le T.E. Draper/Chantier de Gédéon

11, rue T.E. Draper, C.P. 82, Angliers
819 949-4431 / www3.sympatico.ca/tedraper

The T.E. Draper served the Canadian International Paper Co. from 1929 to 1972. An important towboat, the ship was used for wood floating on des Quinze Lake. The T.E. Draper has been an historic monument since 1979, offering guests a glance at the era of wood floating. Chantier de Gédéon is a reconstructed logging camp that was used during the wood-floating period. The site includes 5 buildings, forest trails and special guided tours. Guided tours are offered from June 24 thru Labor Day or by reservation in spring and fall.

Musée de Guérin

932, rue Principale, Guérin / 819 784-7014
www3.sympatico.ca/musee-guerin

The Québec rural society of the 40s and 1950 is revealed with charm and authenticity at the Musée de Guérin. On the enchanting site of a parish farm, come and feel the religious and agricultural life or yesteryears. Two permanent exhibits presented in

four buildings (church, presbytery, farmer's house, barn) and on vast farmland will delight your glimpse into a time not so long ago. Guided tours, June 24 thru Labor Day and by reservation the rest or the year, for groups 12 adults or more.

Palmarolle

The community of Palmarolle is nestled on some of the most fertile farmland in all of Québec. Relying predominantly on the agricultural industry, the village offers visitors relaxing moments in a warm atmosphere. Community attractions include the Galerie Sang-Neuf-Art and Sanctuaire Notre-Dame de la Confiance.

ATTRACTIONS

Galerie Sang-Neuf-Art

109-A, rue Principale
819 787-3047 / www.rosabonheur.com

A fine art gallery, the facility is located in the village's old smithy house. Featured exhibits host local, regional and national artists. Open during the summer months, June 24 thru September 3.

Sanctuaire Notre-Dame de la Confiance

75, 3e Avenue Ouest / 819 787-3984

A shrine that is quickly becoming a favorite attraction, the complex consists of three different-size chapels. Visitors are exposed to a wonderful, peaceful atmosphere throughout the site. Very charming and inviting, the biggest chapel can accommodate 30-40 visitors. Guided tours are offered by reservation. Open all year except for the largest chapel, open only in summer.

Rouyn-Noranda

Prospector Edmund Horne founded Rouyn-Noranda, the largest city in Abitibi-Témiscamingue. Considered to be "Canada's Copper Capital," the city was the first North American community to implement the "Ville en Santé" or "healthy city" program. Home to a wealth of attractions, Rouyn-Noranda proudly hosts the Abitibi-Témiscamingue International Film Festival every fall. The maison Dumulon is a reconstructed historical site that also offers unique 20-minute plays during visits. The Rouyn-Noranda Exposition Centre provides a detailed look at the wonderful world of man through exhibits pertaining to art, history and ethnology. Other points of interest in the city include a Russian Orthodox Church and a botanical garden. Rouyn-Noranda offers many exciting recreational activities as well. Visitors can enjoy camping facilities, fishing grounds, boating opportunities and more. The city boasts a fine shopping district with a busy downtown that features restaurants, boutiques and specialty shops. Restful accommodations can also be found in the city.

TRAVEL INFORMATION

Tourist Information bureau

1675, avenue Larivière, Rouyn-Noranda
Québec J9X 5C7 / 819 797-3195 or
1 888 797-3195 / Fax: 819 797-6662
www.cidrn.ca / tourisme@cidrn.ca

ATTRACTIONS

Centre d'exposition de Rouyn-Noranda

425, boulevard du College
819 762-6600 / www.cern.ca

The cultural heart of Rouyn-Noranda, the centre prides itself in displaying important exhibitions throughout the year. Exhibits focus on various forms of art, history and ethnology. Guided tours on request. Open all year.

Centres de téléconduite et de formation d'Hydro-Québec

1095, rue Saguenay
819 797-3195, 1 888 797-3195
www.hydroquebec.com/visit/abitibi/teleconduite.html

The facility is the "nerve centre for the production and transport of electricity." It is here that the remote-control manoeuvres on Québec-Hydro's installations in Abitibi-Témiscamingue and James Bay are operated. Guided tours are offered from June 24 to Labor Day, or by reservation.



Circuit d'interprétation historique du Vieux-Rouyn et du Vieux-Noranda

For more information call 819 797-3195 or 1-888-797-3195.

Relive the development of the twin cities across 13 interpretive panels of the Vieux-Noranda (old quarters) tour and 7 stations of the Vieux-Rouyn (old quarters) tour. Discover the Foyer Saint-Raphaël, the rue Noranda, Hôtel Noranda, Hôpital Youville and several other buildings, streets or themes dating back to the start of colonization. Roam both cities on foot, bicycle, inline skates or car. Tours operate May thru mid-November.

Église orthodoxe russe

201, rue Taschereau Ouest
819 797-7125 / www.maison-dumulon.ca

A magnificent example of traditional architecture, this Russian Orthodox Church was constructed in 1955-57. This house of worship is now a museum that explains the intricacies of a Russian mass. The museum also portrays the importance that ethnic groups played in the development of Rouyn-Noranda. Guided tours are available. Open June 18 thru Labor Day.

La Fontaine des Arts

25, avenue Principale
819 764-5555 / www.fontainedesarts.qc.ca

The largest private cultural complex in the region, La Fontaine des Arts invites you to their art gallery, where the work of numerous regional artists is on display for art lovers. Open all year with varied seasonal hours. Guided tours on request.

La maison Dumulon

191, avenue du Lac
819 797-7125 / www.maison-dumulon.ca

One of the most popular attractions in the city, the Maison Dumulon is a reconstructed historic site consisting of a general store, family residence and post office. In the summer months, visitors are greeted by a 15-minute play performed by two young comedians portraying Jos and Agnes Dumulon. Guests are given an insightful glance at the excitement of the Gold Rush era. Guided tours are available by reservation for groups. Open form June 18 thru Labor Day.

Parc botanique À Fleur d'eau inc.

325, avenue Principale, C.P. 2153
819 762-3178 or 819 797-8753
www.corpodesfetes.ca

A breathtaking attraction, this botanical garden is a heaven for horticulturists. Filled with magnificent flowers and plants, visitors can also enjoy refreshments, recreational activities and a souvenir shop. A new geological garden (one of the few in the world) has been set up in a section of the park. Also, on site is the Pavillon Julienne-Cliche (open during the summer). Guided tours are offered, by reservation, from June 18 thru September 2.

Xstrata Copper Canada, fonderie Horne

101, avenue Portelance, Rouyn-Noranda
819 797-3195 / 1-888-797-3195 / www.xstrata.com

Started up in 1927, this complex is still today one of the most important world producers of copper and precious metals. At first intended for the exclusive extraction and processing of its own ore, the company was, early on, poised to meet an international demand by offering ore and other metal material smelting-type services. Guided tours available June 24 to Labor Day and off season, by reservation.

LODGING

HÔTEL GOUVERNEUR LE NORANDA

41, 6e Rue, Rouyn-Noranda (Québec) J9X 1Y8
Tel.: 819 762-2341 / 1-866-562-2341
Fax: 819 762-8991 / sdrichard@lenoranda.com
www.lenoranda.com

This superior hotel is located in the heart of Old Noranda and directly connected with the Convention Centre, offers 71 rooms, including 20 in business class, 31 with 2 double beds, 4 suites with sauna bath and/or whirlpool. The hotel offers an indoor pool with spa, a massage and beauty care center and a resto/wine bar. Free wireless high-speed Internet access available.

NEARBY ATTRACTIONS

Centre éducatif forestier du lac Joannès

703, chemin des Cèdres (via Hwy. 117)
Rouyn-Noranda (McWatters area)
819 762-8867 or 819 762-2369 / www.afat.qc.ca

A wonderful learning centre, the facility features numerous interpretive trails, an obstacle course, a minigolf, a 4,5 km labyrinth and thematic rallies. Informative guided tours are available for groups of 10 people. Open from June 24 to Labor Day. Guided tours are offered.

Parc national d'Aiguebelle

1702, rang Hudon (via Hwy. 101, 111, 117 or 390)
819 637-7322 or 1 800 665-6527
www.parcsquebec.com

A popular recreational attraction, the park encompasses 243 sq km. Granted park status in 1985, the facility was at one time a hunting and fishing preserve. Visitors will be exposed to awe-inspiring views and discover 2.7 billion-year-old rocks, climb high peaks and see 200-year-old trees. Adventurers can also cross a suspended bridge that is 22 m above Lake Lahaie and traverse down the side of a sheer cliff. The park features a host of services as well; campgrounds, kayak-camping and an interpretive centre. The park is open all year. Located north of Rouyn-Noranda and Mont-Brun.

Senneterre

Senneterre is located on the Bell River, just off the southern tip of Lake Parent. With a population of nearly 4,000, the community is one of the largest municipalities in the Abitibi-Témiscamingue region. Senneterre has developed throughout the years with the help of the Transcontinental Railway, the Canadian Armed Forces and the forest industry. A preferred recreational haunt, outdoor enthusiasts can enjoy hiking trails, fruitful fishing, hunting grounds and boating facilities. The community also hosts the popular Festival Forestier (lumberjack festival) every June.

Témiscaming

Nestled on the banks of the Ottawa River, Témiscaming is a picturesque town surrounded by natural wonders. Primarily an industrial community, the town is minutes away from the Ontario border and just a short drive from North Bay. There are many community focal points, including the Canadian Pacific Railway Museum. Recreationalists will find many exciting activities in and around Témiscaming. The Ottawa River plays an important role in attracting visitors to the town. Countless boaters explore the navigable waterways and lock systems that lead north to Lake Témiscaming. The community is also home to hiking and bike trails and the Témiscamingue Cultural and Recreational Centre.

ATTRACTIONS

Musée de la gare

15, rue Humphrey
819 627-1846 / www.temiscamingue.net

The Raylway museum is located in the CPR station that was originally built in 1927. Magnificently restored, the building reopened as the CPR Museum in June of 1996. The facility boasts a permanent exhibition that highlights the development of the town since its original drafting by famous Canadian urban planner, Thomas Adams. Guided tours June 24 thru September 5.

Val-d'Or

The name Val-d'Or evokes visions of gold, hidden treasure and magical moments! Founded in 1934 when the cry of "GOLD!" could be heard throughout the region, the city owes much of its development to the pioneering prospectors who traveled here. Memories of this unforgotten time can be relived at the city's most prominent attraction - the Cité de l'Or (City of Gold). It is here that Abitibi's "Prospector's Tour" begins. Located along Highway 117, Val-d'Or is the second largest municipality in the region. Visitors can explore more than just the mining industry, as the city features a host of attractions, recreational opportunities and special events. Surrounded by lakes and scenic wilderness, nature lovers and boaters can enjoy relaxing times or exciting adventures.

TRAVEL INFORMATION

Office du tourisme et des congrès de Val-d'Or

1070, 3e avenue Est, C.P. 1543
Val-d'Or Québec J9P 5Y8
819 824-9646 or 1 877 582-5367
Fax: 819 824-9648
www.ville.valdor.qc.ca / tourisme@ville.valdor.qc.ca

ATTRACTIONS

Centre d'exposition de Val-d'Or

600, 7e Rue / 819 825-0942
www.ville.valdor.qc.ca/culturel/exposition/expo_accueil.htm

The city's main art gallery, the centre features artworks by regional and national artists. The facility also presents travelling exhibitions from around the nation throughout the year. Open all year.

Cité de l'Or / Village minier de Bourlamaque

90, avenue Perreault, C.P. 212
819 825-7616 or 1 877 582-5367
www.citedelor.com

Visit this exciting attraction and "play miner for a day." The City of Gold transports guests 91 m underground into the Lamaque Mine. Many mining jobs are featured and explained throughout the tour, including geologists, engineers, dry attendants and hoistmen. A special laboratory offers an insightful glance into how gold is transformed. The Bourlamaque Village is a mining complex that consists of 80 houses, 60 of which were constructed in 1935. Open June 18 thru Labor Day, by reservation the rest of the year. Admission rates vary as well.

Pavillon du Tourisme

1070, 3e avenue Est, C.P. 1543
819 824-9646 or 1 877 582-5367

The centre's main focus is primarily based on the art world. Popular exhibits include a soapstone sculpture weighing over 2000 kg, a huge work of art by a Cree artist and the Expo-Art boutique that displays local artwork. Open all year with varying seasonal hours.

NEARBY ATTRACTION

Réserve faunique La Vérendrye

50, boul. Lamaque, C.P. 1330 / For information contact the SEPAQ: 819 354-4392
1 800 665-6527 / www.sepaq.com

The La Vérendrye wildlife reserve is the second largest natural territory under the management of the SEPAQ and more than half of its area is part of Abitibi-Témiscamingue. The reserve offers various services and activities such as fishing as well as cottage and boat rentals. Why not take some time out on the shores of the reserve's alluring lakes! Outdoor and sports activities can be practiced daily mid-May thru mid-September. Schedule: Free access to the site at all times. Exterior visit only. Admission: free.

Ville-Marie

Ville-Marie is the oldest community in the region and the cultural and historical focal point of Témiscamingue. The town is located minutes from the Ontario border and is nestled on the scenic shores of Lake Témiscamingue. The peaceful atmosphere of the community and the warm welcome they will receive from its residents will enthrall visitors. Near Ville-Marie, in Duhamel-Ouest, The Lieu historique national du Canada du Fort-Témiscamingue (just on the outskirts of town) provides visitors with the opportunity to travel back in time. Explore the world of fur trading and learn about the conflict over the furriery reservoir between the French and English people. Lake Témiscamingue proposes outdoor adventures including boating, fishing and swimming. Connected with the Outaouais River Waterway, the lake is a popular waterway for recreational boaters.

TRAVEL INFORMATION

Bureau d'information touristique

1, rue Industrielle, Ville-Marie Québec J9V 1S3
819 629-2918 or 1 866 538-3647
Fax: 819 622-1801 / www.temiscamingue.net
ccvm@mrctemiscamingue.qc.ca

ATTRACTIONS

Centre d'interprétation de la guêpe

5, rue Saint-Isidore Est, Laverlochère
819 765-2772 / www.temiscamingue.net/guepes

Mr. Gérard has been collecting wasp nests since 1974 and now has over 900 of them. The interpretive centre currently exhibits over 500 of them, each unique in its own way. Discover how wasps build their nest, the materials they use and learn more on their cycle of life. Guided tours offered June 24 thru September 4. The rest of the year, with a reservation for group 15 and over.

Domaine Breen

24, rue Principale Nord, Saint-Bruno-de-Guigues
819 728-2295

Built in 1906 by blacksmith Thomas Breen, the century-old Breen house is situated at the heart of the municipality of Saint-Bruno-de-Guigues. The authentic nature of the site and its furniture has been preserved in a remarkable way and is your chance to step into history and feel the way of life and culture of that era. The environment of this bourgeois property is a true historic garden and of great value for our cultural heritage. Guided tours June 1st thru September 3. All year on reservation for groups.

Ferme Clarital Inc.

360, 2e Rang, Laverlochère / 819 765-2076

Clarital Inc. offers visitors a chance to work on a real farm! Guests will help in many daily tasks and are invited to stay on the premises. Open all year. Guided tours are offered by reservation. Rates vary according to activities.

Les Chocolats Martine

5, rue Sainte-Anne
819 622-0146 / www.chocolatmartine.com

The les Chocolats martine Company situated in the marina's unique site on the shores of Témiscamingue Lake, is renowned across Abitibi-Témiscamingue for its scrumptious chocolate. During your guided tour of the installation, the captivating story of chocolate will be told to you and the La Caramelle delight will reveal its secret. Here, you may also admire a four and a half ton chocolate bar. Guided tours all year.

Maison du Frère-Moffet

7, rue Notre-Dame-de-Lourdes
819 629-3533 / www.maisondufreremoffet.com

Built in 1881 by Joseph Moffet, an early founder, Maison du Frère-Moffet is the oldest home in Ville-Marie. The residence was granted historical status in 1978. Here, visitors can relive important moments and discover how Ville-Marie and the Témiscamingue region has developed over the years. Souvenir shop. Open June 23 thru Labor Day. From September 4 thru end of September group reservation only.

Salle Augustin-Chénier

42, rue Sainte-Anne / 819 622-1362
www.temiscamingue.net/salleaugustinchenier

The Salle Augustin-Chénier is an exhibition centre that is committed to presenting works by regional artists. The gallery is also home to the Biennale internationale d'art miniature (miniature art). The "Théâtre du Tandem" offers professional summer theatre plays.

NEARBY ATTRACTIONS

Lieu historique national du Canada du Fort-Témiscamingue

834, chemin du Vieux-Fort, Duhamel-Ouest
819 629-3222
www.temiscamingue.net/fort_temiscamingue or parcscanada.ca

The fort provides a detailed interpretation of the early fur trading and voyageur life. Exhibits and displays focus on archaeological finds of an historical trading post. The importance of the fur trade and the French/English dispute over the furriery reservoir of the Hudson Bay are highlighted. Other points of interest include old cemeteries, an interpretive centre, a visual arts auditorium and a souvenir shop. Don't miss the rare Eastern tuyas of the Forêt enchantée! The fort provides recreational facilities such as beach with swimming and picnic tables, campground and interpretive trails. Open June 4 thru September 3. The rest of the year by reservation only.

Marais Laperrière

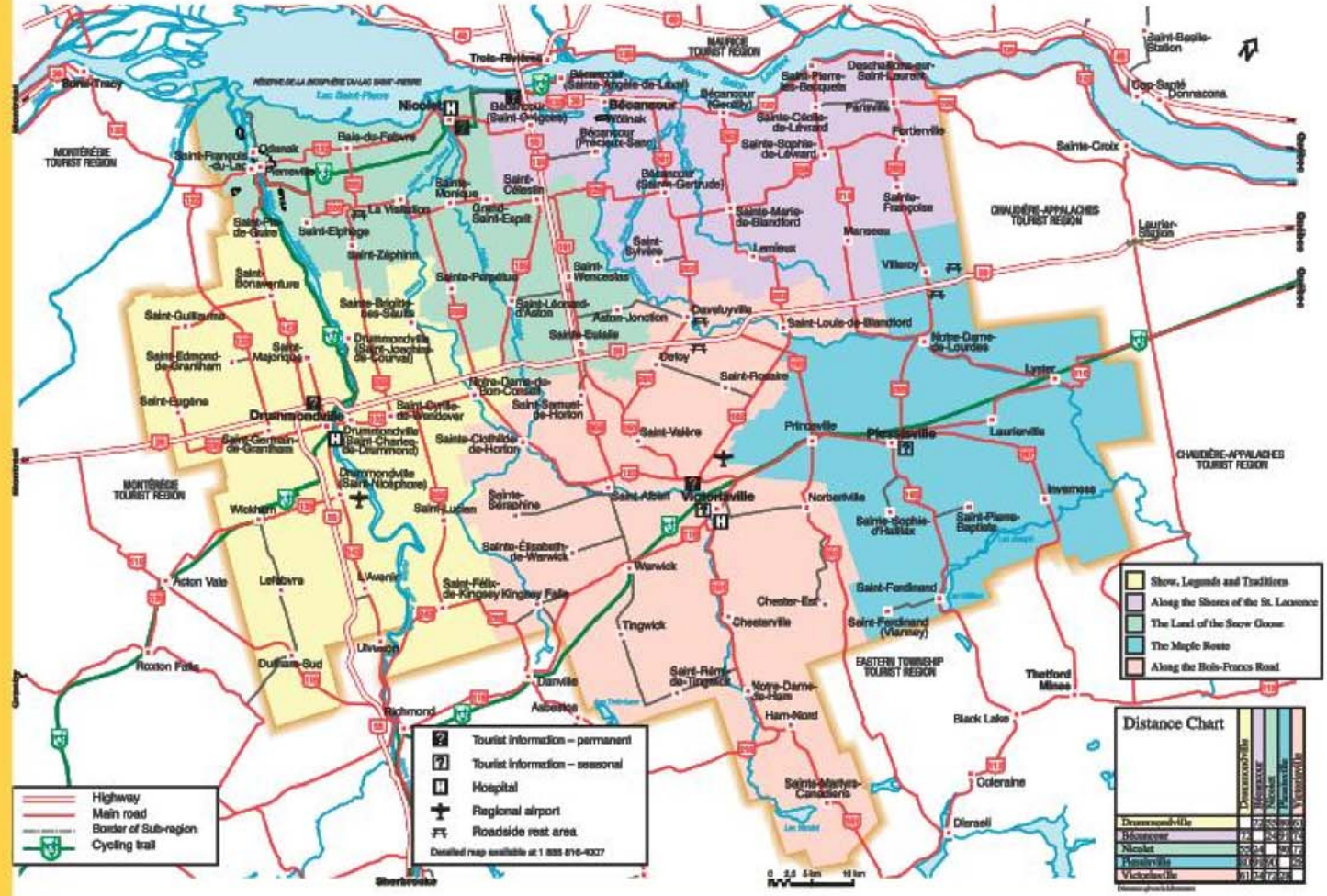
On the Notre-Dame road south, 2 km from Ville-Marie, The Laperrière marsh presents an environment that is rich with plant and animal species. A footpath gives access to an observation tower, a large footbridge and a listening station. Moreover, several infrastructures lend an easy access to the marsh. You will find a parking area, a picnic area and an information kiosk. Open all year. Guided tour.

Located on the south shore of the St. Lawrence River, the Centre-du-Québec region is brimming with delicious products and exciting finds for everyone. As the provincial cranberry capital, it is host to an amazing annual performance: the harvest of this tiny fruit from late September to mid-October. The cradle of Canada's dairy industry, the Centre-du-Québec is well known for its agricultural tourism and its delectable cheeses. A pioneer in the field of recycling, the region has an entire industry devoted to sustainable development. The Centre-du-Québec warmly welcomes you to a place where relaxation and enthusiasm go hand in hand. We look forward to meeting you!

Tourisme Centre-du-Québec
www.tourismecentreduquebec.com

Tourisme Centre-du-Québec
1 888 816-4007
info@tourismecentreduquebec.com
www.tourismecentreduquebec.com

Major cities
Bécancour ~ Drummondville ~ Nicolet ~ Plessisville ~ Victoriaville



events calendar


© Michel Gingras


© Festival du cochon


© Aloigantelle


© Jean-Claude Poupin

2010

April

Festival de l'Érable de Plessisville
April 30 to May 2
Plessisville
819 621-5285
www.festivaldelerable.com

May

Festival international de musique actuelle de Victoriaville
May 20 to 24
Victoriaville
819 752-7912
www.fimav.qc.ca

"Symposium L'Accueil des grands peintres" (Great painting festival)
May 21 to 24
Chesterville
819 382-2544

June

Festival Rétro Pop de Victoriaville
June 3 to 6
Victoriaville
819 350-6006
www.festivalretrovicto.com

Festival du cheval de Princeville
June 10 to 13
819 357-0091
www.festivalducheval.com

Festival des Fromages et Warwick Fest
June 17 to 20
Warwick
819 358-4470
www.festivaldesfromages.qc.ca

July

"Mondial des Cultures de Drummondville" (Festival of world cultures)
July 8 to 18
Drummondville
819 472-1184
1 800 265-5412 (billeterie)
www.mondialdesculturesdrummondville.com

Festival sportif de Saint-Albert
July 14 to 18
Saint-Albert
819 353-1645
www.festivalsportif.com

August

33rd edition of the "Festival du Cochon" (Pig Festival)
August 4 to 8
Sainte-Perpétue
819 336-6190
1 888 9COCHON (1 888 926-2466)
www.festivalducochon.com

Exposition agricole de Victoriaville
August 2 to 8
Victoriaville
819 752-2101
www.expovicto.com

Challenge 255 de Baie-du-Febvre
August 13 to 15
Baie-du-Febvre
450 783-0255 / 1 866 883-0255
www.challenge255.com

Week-end country retro
August 18 to 22
Saint-Charles-de-Drummond
819 478-0651

Festival de Blues de Victoriaville
August 19 to 22
Victoriaville
819 751-1188
www.weekendenblues.com

September

Les Fêtes Victoriennes
September 2 to 5
Victoriaville
819 352-1863
www.fetesvictoriennes.com

Festival de la Poutine
September 3 and 4
Drummondville
514 490-9383
www.festivaldelapoutine.com

Le Grand Défi de Victoriaville 13e edition
September 10 to 12
Victoriaville
819 357-4984
www.granddefi.qc.ca

Gleason en couleurs
September 25 and 26
October 2, 3, 9 and 10
1 888 349-2300
www.montgleason.qc.ca

October

Balade gourmande dans les Bois-Francs
October 2, 3, 9 and 10
Victoriaville
1 888 758-9451
www.tourismeboisfrancs.com/gourmande

Festival de la Canneberge
October 7 to 10
Villeroy
819 385-4748
www.festicanne.ca

La Grande Tablée des Oies
October 16
Baie-du-Febvre
450 783-6996
www.oies.com

must see

- **Village Québécois d'Antan**
  www.villagequebecois.com
- **Parc Marie-Victorin**
  www.parcmarievictorin.com
- **Centre de la biodiversité du Québec**
  www.biodiversite.net
- **Centre d'interprétation de la canneberge**
  www.canneberge.qc.ca
- **Musée des Abénakis**
  www.museedesabenakis.ca
- **Villeroy mes amours!**
  www.municipalite-villeroy.ca/villeroymesamours.html
- **AO La légende**
  www.aolalegende.com
- **Musée des religions du monde**
  www.museedesreligions.qc.ca

tourist circuits

Antiques Roadways & Byways

The Centre-du-Québec offers a wealth of antiques. More than 5,000 pieces arrive at antique shops in the region every week. There is something for every antique lover's taste, so why not take advantage of your trip to the Centre-du-Québec to visit one or more of our many antique shops.



Cheese, Cranberry & Gourmet Delight

Cheese factories in the Centre-du-Québec market more than 80 varieties of cheeses, 20 of which have brought home awards in national and international competitions. Our region offers a unique range of high-quality products: Baie-du-Febvre gooses, cranberries, organic market garden produce, and maple products.



Gardens & Arts

Our region's countryside of plains and valleys feature wide-open spaces and beautiful landscapes. Discover lush, intimate and vibrant gardens in the heart of this region. Their colours seem to compel artists to create.



RECEPTIVE SERVICES

CLD DE LA MRC DE BÉCANCOUR (TOURISME BÉCANCOUR)

1005, Port-Royal, Bécancour (Québec) G9H 4Y2
Tel.: 819 233-4636 / 1-888-233-4676
Fax: 819 233-3163 / d.daviault@cldbecancour.qc.ca
www.tourismebecancour.com

Located halfway between Montréal and Québec City on the south shore of the St. Lawrence, Bécancour features country landscape alongside cultural and historical assets. Take advantage of free, personalized professional services and benefit from discovery itineraires at very competitive prices!

Tourisme Bois-Francs

819 758-9451 or 1-888-758-9451
www.tourismeboisfrancs.com

Tourisme Centre-du-Québec

20, boul. Carignan Ouest, Princeville (Québec)
G6L 4M4 / Tel.: 819 364-7177 / Fax: 819 364-2120
Watt: 1-888-816-4007
Email: info@tourismecentreduquebec.com
www.tourismecentreduquebec.com

An authentically modern area where agrotourism and the land partake of a wealth of traditions, Centre-du-Québec offers you a whole host of attractions! Located halfway between Montréal and Québec City, come discover a region through which the mighty St. Lawrence River flows and whose varied terrain features both vast plains and beautiful Appalachian valleys.

Tourisme Drummond

819 477-5529 or 1-877-235-9569
www.tourisme-drummond.com

Québec du Sud / Southern Quebec

20, boulevard Carignan Ouest, Princeville
(Québec) G6L 4M4 / Tel.: 819 364-7177 poste 301
Fax: 819 364-2120 / Watt: 1 888 816-4007
Email: info@southernquebec.ca
www.quebecdusud.ca and
www.southernquebec.ca

Southern Quebec is an international marketing program shared by the Eastern Townships, Centre-du-Québec and Chaudière-Appalaches tourist associations. These regions in Southern Quebec are there to relate the history of the first settlers, give you a taste of their many flavours and let you discover different outdoor activities and local traditions. Southern Quebec offers assistance to create new itineraries, to plan famtour or to do presentation for your staff. Southern Quebec is a destination not to be missed, located in the southern area of Québec, between the American border and the St. Lawrence River.

Tourisme Érable

819 362-2333 or 1-800-360-2989
www.tourisme-erable.qc.ca

Office du Tourisme de Nicolet-Yamaska

819 293-6960 or 1-866-279-0444
www.tourismenicolet-yamaska.net

Deschaillons-sur-Saint-Laurent

The cliff top community of Deschaillons-sur-Saint-Laurent provides fantastic views of the river. Take Road 265 South of Deschaillons-sur-Saint-Laurent the magnificent community of PARISVILLE (Pop. 600). Its flowers are awards winning, as are its farms, which range from bison to blueberries! Recreational activities await at Parc linéaire le Petit Deschaillons with its excellent and interesting reception center, which has been modeled after an old railway station. For 45 years, the Centre d'interprétation de la navigation de Cap-Charles has been greeting the ships travelling up an down the St.Lawrence River. Visit the lookout for an introduction to the flags of different nations and companies and the International Code. The harbourmaster's office provides information on the various types of craft, how they are built and their cargo. Nominal admission fee. Reservations required for groups. 126, Marie-Victorin 819 292-3106 / Email: cap.charles@infoteck.qc.ca www.cap-charles.ca

Bécancour

The site of Québec's largest industrial park, Bécancour, is actually a collection of 11 rural municipalities. For an example of French seigniorial architecture, visit the Moulin Michel de Gentilly: Look at the old millstones grinding the grain the traditional way. 675 Bécancour Blvd. 819 298-2882 or 1-866-998-2882 / www.moulinmichel.qc.ca moulinmichel@ville.becancour.qc.ca

ATTRACTIONS

CHÈVRERIE BOUTIQUE L'ANGELAINE

12 285, boul. Bécancour, Bécancour (Québec)
G9H 2K4 / Tel.: 819 222-5702 / 1-877-444-5702
Fax: 819 222-5690 / info@langelaine.com
www.langelaine.com

Chèvrerie et boutique L'Angélaine, an exceptional agritouristic site where we breed and raise, since 1980, a flock of magnificent angora goats. Visit our specialized farm and see the complete process from "goat to shaw"; mohair knitwear unique in Canada offered in our warm and cozy Boutique.

NEARBY ATTRACTIONS

Centre de la biodiversité du Québec

1800 Des Jasmins Ave., Sainte-Angèle-de-Laval
(via Road 30 or 132)
819 222-5665 or 1-866-522-5665
Fax: 819 222-5667 / www.biodiversite.net
Email: centre@biodiversite.net

Permanent and temporary exhibitions will assist you in exploring the world of biology. There are guided and self-guided tours, which include the gardens and the various on-site ecosystems. Nominal admission fee.

LODGING

Auberge Godefroy Spa-Golf

17575, boul. Bécancour, Bécancour (Québec)
G9H 1A5 / Tel.: 819 233-2200 / 1-800-361-1620
Fax: 819 233-2288 / ventes@aubergegodefroy.com
aubergegodefroy.com

Half-way between Montréal and Québec City and a few minutes from the heart of Trois-Rivières, 4-stars hotel, professionalism, personalized and friendly service, gastronomic cuisine, health centre, exercise room, indoor swimming pool, golf.

Nicolet

Founded in 1672, religious congregations helped form the historical and cultural heritage of Nicolet. Named after its founder, Jean Nicolet de Belleborne, the town is located on the Nicolet River at the eastern end of Lake Saint-Pierre. Once the regional center for nearby rural communities, Nicolet provides many examples of exquisite, historic architecture.

ATTRACTIONS

Cathédrale de Nicolet

671 Louis-Fréchette Blvd. / 819 293-5492

Faith in a traditional sense can be experienced at this magnificent cathedral with its unique architecture and stained glass. Admission is free.

Maison Rodolphe-Duguay (painter's workshop)

195 Saint-Alexis / Tel.: 819 293-4103
www.rodolpheduguay.com
Email: maison@rodolpheduguay.com

This 18th century countryside house was the birthplace of well-known painter-engraver Rodolphe Duguay. Examine Duguay's work along with the creations of other regional artists. Nominal admission fee.

Musée des Religions

900 Louis-Fréchette Blvd. / 819 293-6148
www.museedesreligions.qc.ca
musee@museedesreligions.qc.ca

Take a look into the world of spirituality from a global perspective. Various thematic presentations combine the ideas of faith and culture. Nominal admission fee. Open year-round, daily.

Baie-du-Febvre

Located along the shores where the St. Lawrence becomes Lake Saint-Pierre, Baie-du-Febvre is a favorite destination among nature lovers, especially bird watchers. Snow geese, Canada geese and ducks return here by the hundreds of thousands each April. Festivals have been created around this phenomenon, featuring animal artwork exhibitions, conferences, demonstrations and more. Nature observation can be further explored at the Baie-de-Febvre Interpretation Center. Nominal admission fee. 420 Marie-Victorin (132 Road) / 450 783-6996 / www.oies.com or oies@baie-du-febvre.net / Other communities within a short drive of Baie-du-Febvre include PIERREVILLE (Pop. 2,477), with its marvelous ancestral homes, and the Abenakis community of ODANAK.

Drummondville

Located along highway 20. 1 hour from Montréal and 1-3/4 hours from Québec. The area is renowned for its attractions of international scope. Drummondville is known as the popular art and tradition capital of Québec.

ATTRACTIONS

AO la Légende

1425, rue Montplaisir, Drummondville (Québec)
J2B 7T5 / 819 472-0376 or 1-800-265-5412
www.aolalegende.com
Email: info@aolalegende.com

A mega production using multimedia techniques. Projections on a giant water screen are enhanced by the performances of more than 150 actors, acrobats, singers, dancers, musicians and circus artists. Spectacular special effects and pyrotechnics play equally crucial roles in creating a complete entertainment environment. AO is an ancient tree that has watched over the universe since the dawn of time. For "462 moons and a crescent" Octave, the village eccentric, has been trying to contact AO's spirits. What will they teach Octave whose quest is to spread joy, happiness and peace?

LODGING

COMFORT ET QUALITY (WESTMONT)

1055, rue de Londres, Drummondville (Québec)
J2C 7T6 / Tel.: 819 477-0016 / 1-877-57HOTEL
Fax: 819 477-0533 / martin.foster@whg.com
www.comfortqualityquebec.com

Some of our many features you will find at our 28 Comfort and Quality across Quebec: Excellent quality value/price, Free High speed Internet, Spacious and confortables rooms/suites, Free local phone calls, Free parking (except downtown Montreal), 100% satisfaction guarantee, Free Continental breakfast For information on net rates or reservations across Quebec, please call one of the above numbers.

L'Avenir

Southeast of Drummondville on Road 143, the village of L'Avenir is a four-season destination. Les Jardins Lumières de L'Avenir displays many varieties of vivacious plants that rival in beauty with annual plants. What makes this place so original is that you can visit in the evening and that if offers an outdoor art gallery. 819 394-3350 or 1-877-394-3350
www.jardins-lumieres.com
Email: info@jardins-lumieres.com

Kingsey Falls

East of Drummondville and south of Victoriaville, Kingsey Falls is one of the most colorful villages in Québec. A grand prize winner of the "Fleurir le Québec" flower competition Kingsey Falls' proximity to the river and waterfalls made it a natural site for a sawmill. Today, Cascades Inc. is the largest paper-recycling factory in Canada.

ATTRACTIONS

Cascades Inc. (Industrial Tours)

819 363-2528 or 1-888-753-7272

Take a tour of this important paper mill that has become the largest paper recycling centers in Canada. Nominal admission fee.

Parc Marie-Victorin

385, Marie-Victorin (Road 255)
819 363-2528 or 1-888-753-7272
Email: info@parcmarievictorin.com
www.parcmarievictorin.com

26 acres of beauty and color. Tour the bird Garden, Useful Plant Garden, Cascade Garden and the Tropical Garden. Overlooking the Nicolet River, the park is home to a unique dinner-summer theatre. Nominal admission fee. Open June 9 – September 23, daily.

Victoriaville

The economic center of the Bois-Francs region, Victoriaville, joined with Arthabaska and Sainte-Victoire-d'Arthabaska in 1993 to form one municipality. Originally settled in 1833, the town was formed in 1861 and named after Queen Victoria. Renowned for its furniture and clothing industries, agriculture and tourism also play a major economic role. Don't forget to visit the older sections of town where you will find numerous Victorian houses.

ATTRACTIONS

Lieu Historique National de la Maison Wilfrid-Laurier

16 Laurier W. St. / 819 357-8655
www.museelaurier.com
Email: mlaurier@ivic.qc.ca

Originally built for Canadian Prime minister sir Wilfrid Laurier in 1876, this Victorian house became a museum in 1929. A permanent exhibition honors Laurier while temporary exhibitions explore Québec and Canadian politics and history. Nominal admission fee.

Rochefort Maroquinier - Leather Working ECONOMUSEUM®

857 South Des Bois-Francs Blvd., Victoriaville
(Qc) G6P 5W1 / Tel./fax: 819 357-3138

At the leather working ECONOMUSEUM, you will be introduced to leather working on the very site of the old village shoemaker's shop in a century-old building. In the workshop, watch the artisan's skilled hands cutting out the skins, fitting them together, and then working and fashioning them into beautiful objects. Breath in the familiar rich smell of tannin. At the same time, learn about the difference between fine leathers and synthetic products. Guided by his fertile imagination, the leather worker combines both old and new techniques and can custom-design and craft purses, briefcases, wallets and belts that will delight you.

Saint-Louis-de-Blandford

80 Principale
819 364-5112 / www.canneberge.qc.ca

Considered the cradle of the Bois-Francs region, it is also known as the provincial cranberry capital for the many cranberry growers who are established there and the Cranberry Interpretation Center. This center allows visitors to discover this tiny fruit from the planting of cranberry patch to its harvest. Nominal admission fee. Open mid-September to mid-October.

Princeville

Founded in 1857, Princeville has several industries, farms and maple producers. Princeville offers many recreational possibilities at Centre Aquatique du lac Le Mirage: Enjoy the beach, go for a swim, or rent a pedal-boat or kayak. Nominal admission fee. Open June – August, daily 10 a.m. – 7 p.m. 711, 12 Road West / 819 364-7009 or 819 751-1069. www.lacmirage.qc.ca

Plessisville

North of Victoriaville, the town of Plessisville is known as the "Maple Capital of the World". This designation is celebrated at the Maple Festival, the second oldest annual event in Québec. One of the most scenic areas in Plessisville is Bourbon River Park.

Inverness

Home to numerous artists, this charming little village was founded by Scottish immigrants in 1829 and still features many aspects of Scottish culture. At the end of the village, take a break to see the Lysander fall.

ATTRACTIONS

Le Musée du Bronze d'Inverness - Metal Working: Bronze ECONOMUSEUM®

1760 Dublin Street, Inverness (Qc) G0S 1K0
Tel.: 418 453-2101 / info@museedubronze.com
www.museedubronze.com

The faithfully restored old court house of Inverness is now home to the metal working: bronze ECONOMUSEUM, a guardian and promoter of this rich heritage. The Musée du Bronze d'Inverness encourages the promotion, publication and diffusion of old and new pieces, and pays tribute to the region's best-known sculptors. The main doors of the ECONOMUSEUM, themselves made of bronze, open onto a fascinating world. Discover the works of renowned artists, from Québec and abroad, which are not only beautiful but exquisite to the touch. You can also watch small bronze objects being cast in the mini-foundry. The boutique is brimming with enticing objects, and the splendid garden, with its view of the mountain, will make you want to linger just a few moments more.

Saint-Ferdinand

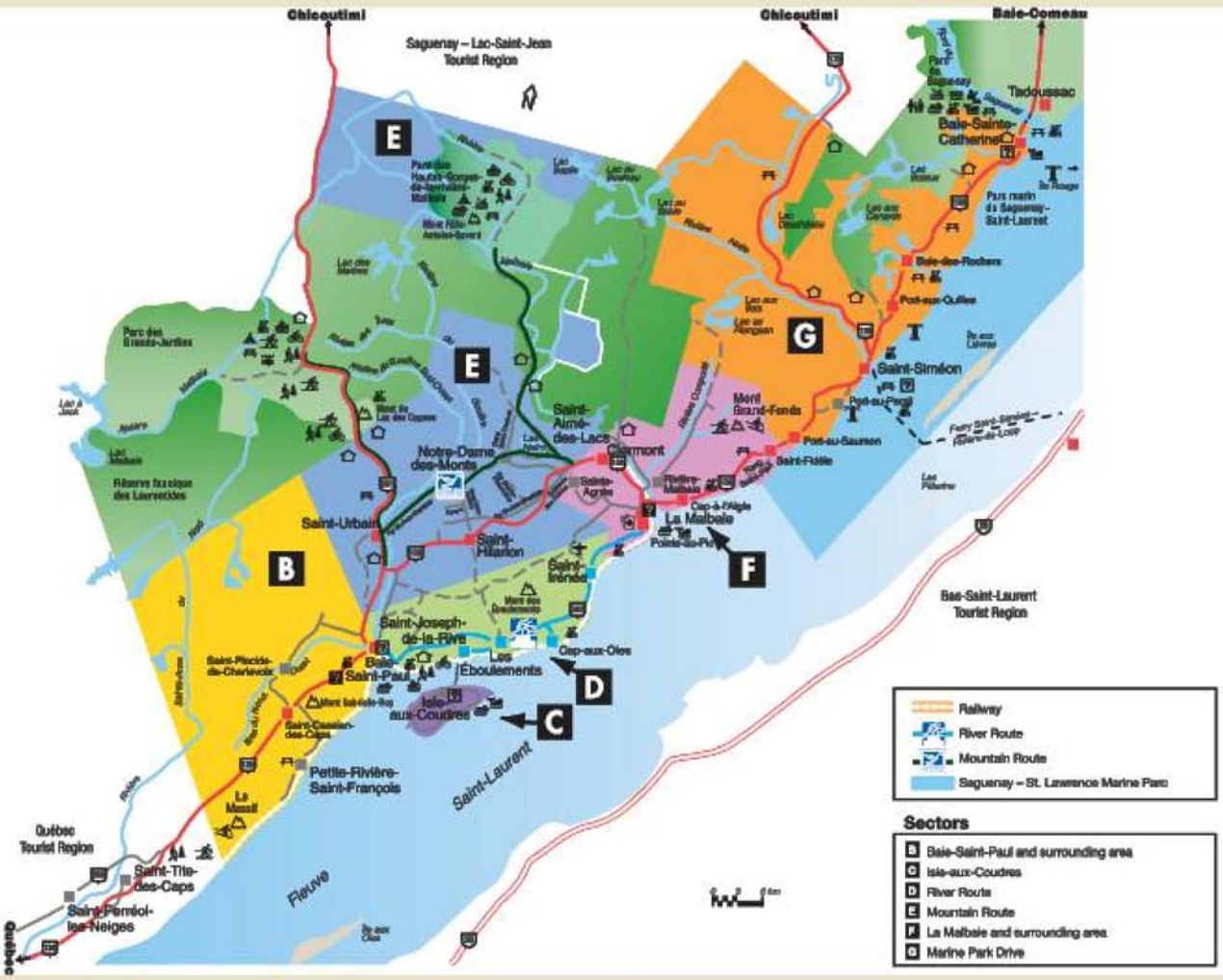
Founded in 1898, Saint-Ferdinand is a great vacation destination located near the William Lake. There, you can fish and practice many water sports.

The Charlevoix region combines the majesty of mountain landscapes with the splendour of the St. Lawrence as the latter proceeds from river to estuary, from fresh water to salt. One of the major assets of Charlevoix's tradition of tourist hospitality is undoubtedly its network of highly developed lodging facilities, which offer almost 2,700 rooms. These establishments distinguish themselves, in particular, by their charm, their warm welcome and their gourmet meals featuring regional flavours. Renowned for its pure air and wide-open spaces, Charlevoix, a UNESCO World Biosphere Reserve, is a top-choice destination for outdoor activities. Indeed, the three national parks on its territory bear witness to the wondrous diversity of its natural sites. Craftspeople, photographers, writers and artists also reflect the natural beauty of Charlevoix, inspired for centuries by the loveliness of the land. Workshops, boutiques, studios and galleries delight the most demanding art lovers, echoed by the network of famous restaurants that gratify the most refined palates.

Major cities
La Malbaie ~ Baie-Saint-Paul ~ Clermont.

Charlevoix Tourism
www.charlevoixtourism.com

Tourisme Charlevoix
1 800 667-2276
info@tourisme-charlevoix.com
www.charlevoixtourism.com



events calendar


© François Rivard


© Marc Archambault




© Georges Fischer

2010

2010 Season

Exposition "Le temps d'une paix"
La Malbaie
418 665-4411
www.museedecharlevoix.qc.ca

May

L'International de vélo de montagne de Charlevoix, La Coupe Canada no 1 et coupe Québec
May 16th
Baie-Saint-Paul
www.clubcyclistedecharlevoix.com

Festival international d'aventure en montagne de Charlevoix
End of May
Saint-Siméon
1 800-ROC-GYMS
www.lascension.com

June

Lilac Time
June 12 and 13
La Malbaie
418 665-6060
www.villagedeslilas.com

Fête de la pêche
June 11 to 13
La Malbaie

Festival international du Domaine Forget
June 19 to September 5
Domaine Forget, Saint-Irénée
418 452-3535 / 1-888-DFORGET
www.domaineforget.com

Le Rodéo de Charlevoix
June 26 and 27
Hippodrome de la Vallée,
Saint-Aimé-des-Lacs
418 457-4148
rodeodecharlevoix.com
info@rodeodecharlevoix.com

475ième Anniversaire Jacques Cartier à l'Isle-aux-Coudres 1535-2010
June 26 to September 5
www.municipaliteiac.ca
www.tourismeisleauxcoudres.com

July

Symposium international d'art contemporain de Baie-Saint-Paul (27e edition)
July 30th to August 29th
Baie-Saint-Paul
418 435-3681
www.symposium-baiesaintpaul.com

August

Le Triathlon de Charlevoix
August 1st
Site: Base de plein air du Lac Naime de Saint-Aimé-des-Lacs
418 439-0079 / triathlon@lacnaime.org
www.lacnaime.org/triathlon

Au Cœur des Arts de Saint-Siméon
August 6, 7 and 8
Saint-Siméon
418 471-0511
coeurdesarts@videotron.ca

La ChantEauFête de Charlevoix
August 9th to 14th
Saint-Siméon
418 638-2688
www.chanteaufete.com

September

Rêves d'automne, Festival Paysages en peinture (20e edition)
September 24 to October 3
Baie-Saint-Paul
1-800-761-5150
www.revesdautomne.com

November

Gala des Grands Chefs (9e edition)
November
La Malbaie
418 665-8921
www.fairmont.com/richelieu

Challenge Casino de Charlevoix
November
Clermont
www.challengecasinodecharlevoix.com

December

Marché de Noël de Baie-Saint-Paul
December 3 to 5 and 10 to 12
www.marchedenoelbsp.com

must see

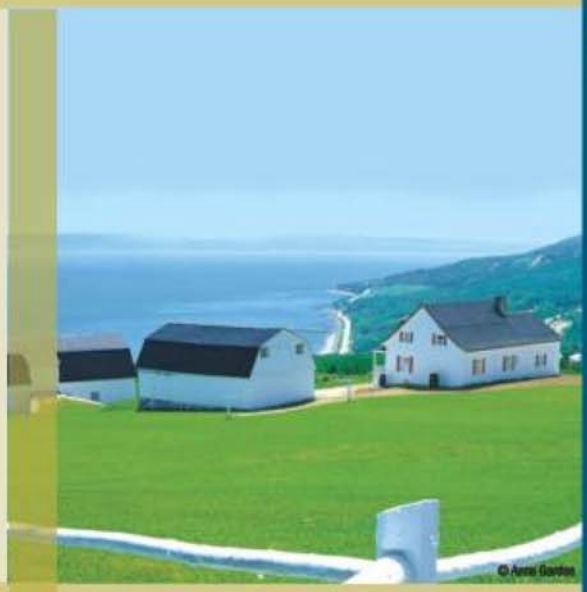
- **Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie national parks**
  www.parcsquebec.com
- **Le Massif de Charlevoix Petite-Rivière-Saint-François**
  www.lemassif.com
- **Whale watching and the Grand Saguenay Fjord Cruises**
  www.croisieresaml.com
  www.dufour.ca
- **Casino de Charlevoix & Fairmont Le Manoir Richelieu Resort**
  www.casino-de-charlevoix.com and
  www.fairmont.com
- **Le Domaine Forget**
  www.domaineforget.com
- **Mont Grand-Fonds**
  www.montgrandfonds.com
- **Parc marin du Saguenay—Saint-Laurent**
  www.parcmarin.qc.ca

tourist circuits

For detailed brochures of each Routes, please contact Tourisme Charlevoix.
1-800-667-2276 or info@tourisme-charlevoix.com

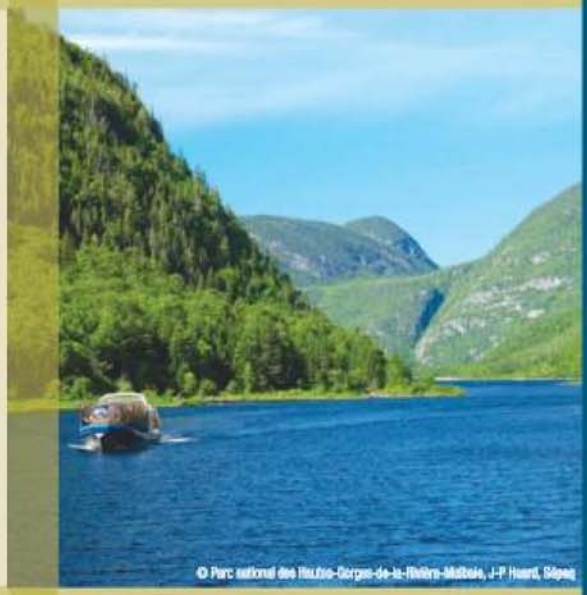
La Route du Fleuve, The River Route

The River Route – one of the most spectacular scenic circuits in Eastern North America – flanks the shoreline of the majestic St. Lawrence River and at every turn offers travellers breathtaking vistas. Linking the municipalities of Baie-Saint-Paul and La Malbaie over 58 kilometers, the River Route crosses through the municipalities of Les Éboulements and Saint-Irénée, both members of the most Beautiful Villages in Québec Association (Association des plus beaux villages du Québec). This area is also known for its extremely diverse range of activities.



La Route des Montagnes, The Mountain Route

This 151-kilometer circuit is the ideal escapade for admiring and exploring Charlevoix's mountainous countryside. Between Saint-Urbain and Saint-Aimé-des-Lacs, visitors meet with many points of interest – Hautes-Gorges-de-la-Rivière-Malbaie and Grands-Jardins National Parks, naming but two jewels in the beautiful Parc Québec Network. The Mountain Route also proposes an incursion into the municipality of Notre-Dame-des-Monts, where you're surrounded by some of the tallest peaks in the Laurentian Shield. A visit to the town's Centre d'interprétation de l'histoire et du patrimoine is an excellent way to find out more about the area.



La Route des Saveurs de Charlevoix, The Flavor Road of Charlevoix

In Charlevoix, farmers and chefs have joined forces to show off their crops, livestock, products, and fine cuisine. The Flavor Road or Route des Saveurs circuit owes its existence to the close ties between producers and chefs. On one hand, farmers welcome visitors interested in discovering the secrets of their farms and farm products, also providing in most cases an opportunity to sample and purchase these local delicacies on the premises. On the other hand, chefs promote these same Charlevoix products, along with many others, on their menus and through their passion for great fare. Following the Route des Saveurs is a unique way to discover the Charlevoix and its inhabitants.



TRAVEL INFORMATION

TOURISME CHARLEVOIX



Tourisme Charlevoix

495, boul. de Comporté, La Malbaie (QC) G5A 3G3
Tel.: 418 665-4454 / Toll free: 1 800 667-2276
Fax: 418 665-3811
info@tourisme-charlevoix.com
www.charlevoixtourism.com

Charlevoix: Where Business Meets Pleasure
Waiting for an email while admiring the view of the Saint Lawrence river, breaking from a meeting to enjoy a gourmet meal, ending your day with a spa appointment, on the ski slopes, or with a round of golf… In Charlevoix, you can definitely mix business and pleasure. That's why Charlevoix is the ideal destination to take care of business while you take care of yourself. A wide variety of venues display high-tech equipment, reliable service and many work amenities which will suit the needs of the most demanding travelling professionals. Many on-site corporate services include : high-speed Internet access, audio-visual equipment, translation and interpretation services, shuttle service, as well as reservation assistance. Throughout Charlevoix, top-notch hotels, like the prestigious Fairmont Le Manoir Richelieu, and many inns can accomodate small and large gatherings of up to 1 000 people. Ideally located nearby Quebec City's Jean-Lesage International Airport, Charlevoix's small towns and quaint villages boast four-season accomodations and attractions. Over the years, many professionals have made Charlevoix their choice destination for conventions, symposiums, incentive and business meetings. After work hours, take your group down Baie-Saint-Paul's colourful streets and enjoy the abundance of boutiques, art workshops and galleries. Then again, you could all drool your way up to Pointe-au-Pic's acclaimed restaurants to savour regional dishes and our two century-old hospitality. Nature, culture, traditions and savoir-faire all contributed in February 1989 to make Charlevoix a UNESCO World Biosphere Reserve.

Baie-Saint-Paul

A former magnet for Group of Seven painters, birthplace of the famous Cirque du Soleil and a heritage town with 85 century homes – many of the town structures are over 200 years old, Baie-Saint-Paul is one of the oldest communities in Québec and nestles in a broad valley that continues to entice artists. A stroll down narrow streets lined with charming boutiques and art galleries is an excellent way to discover this municipality. Baie-Saint-Paul also hosts several special and seasonal events as Rêves d'automne, presenting landscapes in painting and Baie-Saint-Paul International Symposium of Contemporary Art that pertain to the visual arts.

TRAVEL INFORMATION

Tourist Information Office

444 Mgr-De Laval Blvd. (road 138) and
6 St-Jean-Baptiste Street, Baie-Saint-Paul
Tel.: 418 665-4454 or 1-800-667-2776
Fax: 418 665-3811 / www.charlevoixtourism.com

ATTRACTIONS

Boulangerie & Meunerie La Rémy

235, Terrasse La Rémy, Baie-Saint-Paul, G3Z 2Z7
Tel.: 418 435-6579

La Rémy Mill was built in the early 1800s. The restauration undertaken by Héritage Charlevoix inc. began in 1996. An ancestral home with a wood-burning bread oven was added, and the flour mill's millstone and 24-foot water-wheel are operational.

Carrefour culturel Paul-Médéric

4, Ambroise-Fafard Street, Baie-Saint-Paul (QC)
G3Z 2J3 / Tel.: 418 435-2540 / Fax: 418 435-2818
www.baiesaintpaul.com

This cultural center is a crossroads for the encounter, promotion, and exhibition of culture in all its forms. The four main cultural sectors featured are performing arts, heritage, entertainment, and the visual arts, and for each one, offers a range of technical, information and communication, training, workshop, entertainment, and coordination services, as well as visibility for artists and craftspeople. Visitors can admire exhibits, meet the artists at Les Moraines workshop.

Habitat 07

212, rue Sainte-Anne, Baie-Saint-Paul G3Z 2J3
Tel.: 418 435-5514
www.baiesaintpaul.com/habitat.php

Habitat 07 is an eco building that aims to sensitize and inform the public about new energies and practices linked to sustainable development. Its construction was the object of a film shoot that initiated the series entitled Habitat 07, les Compagnons du rebut global. Drawing inspiration from ancestral methods, its architecture uses nature's own on-site resources, and because the structure seeks to be free of conventional energy providers, various types of craftsmanship are paired with cutting edge technologies in the application of alternative energies.

Laiterie Charlevoix - Cheese ECONOMUSEUM®

1167 Mgr-De Laval Blvd. (Highway 138)
Baie-Saint-Paul (Qc) G3Z 2W7
Tel.: 418 435-2184 / Fax: 418 435-6976
www.fromageschalevoix.com

The Laiterie Charlevoix is one of the rare Québec dairy enterprises that have chosen to preserve the artisanat aspect of processing cheddar cheese, always, of course in strict compliance with current processing standards. Founded in 1948 by the present manager's grandparents, the dairy provides a unique opportunity, every day before 11:00 am., to watch a demonstration of the rudiments of cheese processing and aging. Stop by the sales counter where you can not only admire old pieces of dairy equipment, but also sample the ECONOMUSEUM's delectable products such as cheddar cheese curd, block cheese, raw milk, cheese aged to perfection, habitant cream, etc.

The Baie-Saint-Paul Museum of Contemporary Art

23 Ambroise-Fafard Street, Baie-Saint-Paul (QC)
G3Z 2J2 / Tel.: 418 435-3681
Fax: 418 435-6269 / www.macbsp.com

The Baie-Saint-Paul Museum of Contemporary Art, once known as the Centre d'exposition de Baie-Saint-Paul, was established in 1992. Its mission is to promote multidisciplinary contemporary modern art, particularly from the period covering the 1930s till today. The public is invited to discover its most recent artistic productions as well as a genre – painting—that has had a profound impact on the Charlevoix region.

Baie-Sainte-Catherine

For some 20 years now, visitors have flocked to Baie-Sainte-Catherine to take one of the many boat tours available to get a close-up look at the whales that inhabit the waters of the Saguenay fjord. The village faces the sea on a low plateau of sand and clay. A beautiful sandy beach stretches all around the bay.

ATTRACTIONS

CROISIÈRES AML

A unique getaway!



Headquarters
124, rue St-Pierre, Québec, QC G1K 4A7
Tel.: 418 692-2634 / 1 800 563 4643
Fax: 418 692-0845
Contact: Isabelle Longpré
Account Executive (Tour & Travel)
ilongpre@croisieresaml.com

Backed by more than 35 years of experience, Croisières AML is the largest cruise/excursion company in Canada. The quality, diversity and originality of

these cruises provide pleasure, emotion and thrills to over 500,000 passengers annually. Operating out of 8 ports throughout Quebec, Croisières AML promises you rewarding urban experiences and great outdoor adventures. **NATURE CRUISES FROM BAIE-STE-CATHERINE.** Discover the most beautiful whale-watching site in the world! Enjoy a special encounter with the world's most fascinating and magnificent creatures. Let our naturalist-guides tell you all about the largest sea mammals and their habitat. Top off your escapade with a cruise up the Saguenay Fjord. • **Whales & Fjord.** Your choice for unmatched comfort aboard Canada's finest observation boat. 3 departures per day. Duration: 3h. • **Zodiac adventure.** For a breathtaking adventure aboard Canada's biggest zodiac fleet. 4 departures per day. Duration: 2h or 3h • **Discover the Saguenay Fjord (6h): A breathtaking experience!** Brief stop at L'Anse-St-Jean and stopover at the Saguenay National Park. Bilingual guide, meal platter included, served on board. Enquire about our **Bus-Packages for Whale-watching cruises** from Quebec City or Montreal. **Other Nature cruises available from Tadoussac and Riviere-du-Loup. URBAN CRUISES AVAILABLE IN QUEBEC CITY AND MONTREAL** • **Maritime Excursion.** 60 or 90 minutes bilingual guided sightseeing cruise • **Brunch or Lunch Cruise:** Guided sightseeing cruise with meals • **Dinner Cruises:** gastronomic meals, entertainment and dancing under the stars.

Whales Cruises

Croisières AML: 1-800-563-4643 / www.croisieresaml.com / Groupe Dufour Croisières: 1-800-463-5250 / www.dufour.ca

Whales inhabit all the world's oceans, but only in the St. Lawrence can you see such a wide variety of these giant creatures and other smaller cetaceans. Five or six species can be observed each spring feeding along the Charlevoix coast. Cruises departing from Saint-Siméon, Baie-Sainte-Catherine and Tadoussac give visitors a closer look at these aquatic giants in their natural habitat. Sight-seeing cruises in the majestic Saguenay Fjord are also available. May to October.

NEARBY ATTRACTIONS

Saguenay—St-Lawrence Marine Park

Located along road 138, Baie-Sainte-Catherine (Pointe-Noire) Tel.: 418 237-4383 / www.parcmarin.qc.ca

At the confluence of the Saguenay Fjord and the St. Lawrence Estuary, the Marine Park aims to protect and showcase a very special marine area. Park visitors can observe oceanographic phenomena specific to the mouth of the Saguenay River and take part in educational activities on the various marine bird, invertebrate, and mammal species that visit the estuary. Various outdoor activities are available, including cruises, hiking, sailing, diving, sea kayaking, and more. At the Pointe-Noire Observation and Interpretation Center, and the other interpretation centers on the Marine Park's "Discovery Network," visitors can meet and discuss with naturalists and observe belugas and minke whales from a natural lookout. Pointe-Noire Observation and Interpretation Center: open May-October.

Clermont

Established in 1909 with the opening of the pulp and paper mill, Clermont is located along the banks of the Malbaie River. For outdoor enthusiasts the town is a gateway to the ZECs (controlled harvest zones) and outfitters for those who want to hunt or fish. Be sure to stop by Site régional de la montagne de la Croix de Clermont and check out its amazing 360° view of the surrounding area.

La Malbaie

In 2000, the merging of the municipalities of La Malbaie —Pointe-au-Pic, Rivière-Malbaie, Cap-à-l'Aigle, Saint-Fidèle and Saint-Agnès formed the actual town of La Malbaie.

TRAVEL INFORMATION

Tourist Information Office

495 de Comporté Blvd. (road 362), La Malbaie Tel.: 418 665-4454 or 1-800-667-2276 www.charlevoixtourism.com

Cap-à-l'Aigle Area

This picturesque community made up mostly of crop and livestock farmers was once part of the seigneury of Mount Murray, and has preserved its 19th century resort charm. The lilacs adorning the streets in summer have earned it the nickname "Lilac Village." At the Jardins du cap à l'Aigle, open since 2003, visitors can admire lilacs from the village's extensive collection and over 20 flower beds containing a wide variety of plants. The Anglican community that used to summer here had the small Saint-Peter-on-the-Rock Church built in 1872.

La Malbaie— Pointe-au-Pic Area

Located on the shores of the St. Lawrence River, Pointe-au-Pic was the birthplace of Canada's resort industry and is a favorite tourism destination since more than two centuries. The start of the 20th century marked a return to romanticism, sparking particular interest in Charlevoix. The luxurious White Ships brought the elite society of New York, Toronto, and Montréal seeking a change of scenery. Many affluent visitors built their own summer residences on Chemin des Falaises. Among them was William Howard Taft, who would become President of the United States. Some of these stately villas remain private estates while others have been converted into charming inns that welcome those seeking peace, good taste, and fine dining. On November 2007 the Historic Sites and Monuments Board of Canada was designating the Pointe-au-Pic sector in La Malbaie as a Canadian National Historical Site.

ATTRACTIONS

CASINO DE CHARLEVOIX

A country setting between the river and the mountains



183, Rue Richelieu, La Malbaie, Charlevoix www.casino-de-charlevoix.com

Located 90 minutes from Québec City and nestled atop the heights of of Pointe-au-Pic, the Casino de Charlevoix towers majestically over the St. Lawrence River. Between sea and mountains, this world-class resort never fails to capture the imagination with its unique location in the heart of an enchanting, scenic region, and its own distinctive beauty. For more than a century Fairmont Le Manoir Richelieu has welcomed visitors to a rich tradition of hospitality and elegance in the heart of the Charlevoix region. Its 405 tastefully appointed rooms and suites offer a splendid view of the river or the gardens, and there is a full menu of activities for those in search of adventure and sports. An award-winning 27-hole golf course, horseback riding, whale watching, dogsledding, skiing and snowmobiling are just some of the activities which are designed to make your stay a memorable one. As well as all the abundance of its picturesque landscape, the Casino de Charlevoix offers you a unique experience in games and entertainment. In 2008, the Casino de Charlevoix expanded its facilities to include a brand new entrance in order to better meet the special needs of its group clientele. You must be 18 years of age or more to take advantage of the attractions available at the Casino de Charlevoix. Admission, parking and cloakroom are free of charge. For group reservations please call toll-free 1 800 665-2274.

Fairmont Le Manoir Richelieu Golf Club

181 Richelieu, La Malbaie (QC) G5A 1X7 Tel.: 1-800-665-8082 / www.fairmont.com/richelieu

In a magical place between the majestic St. Lawrence River and the Laurentian foothills lies 27 new and challenging holes on dramatically different elevation in a breathtaking environment. Also there for the taking are grandiose vistas from every tee, a new state-of-the art, panoramic clubhouse made of wood and stone, a breathtaking new driving range, and a Golf Academy with engaging staff who'll help you with your short game, long game or anything else you require… A real must-tee! The Fairmont Le Manoir Richelieu Golf Club ranks among the top 10 resorts in Canada. Open May to mid October (weather permitting).

Murray Bay Golf Course

1013 du Golf Street, La Malbaie (QC) G5A 1H1
Tel.: 1-877-665-2494 / Fax: 418 665-2271
www.golfmurraybay.com

Murray Bay is the second oldest golf course in Canada (1876). The club features an 18 hole course, a 9 hole course, dining facilities, rentals and Pro-shop. Open May to mid October (weather permitting).

Musée de Charlevoix

10 Chemin du Havre, La Malbaie (QC) G5A 2Y8
Tel.: 418 665-4411 / Fax: 418 665-4560
www.museedecharlevoix.qc.ca

Since its founding in 1975, the Musée de Charlevoix has been preserving and showcasing works by reputed artists from the area and elsewhere, as well as objects chosen for their ability to recount the community's history and demonstrate its know-how. The permanent exhibition called Belonging traces the history and culture of the Charlevoix through objects of daily life, photographs from various periods, works of folk art reflecting local traditions, and trades from bygone days and the lifestyles that went with them. From June 14th to May 16th 2011 visit a temporary exhibit entitled Le Temps d'une paix. One of Québec's most popular mini-series - Le Temps d'une paix - is now 30 years old. Televised from 1980 to 1986 and filmed in the Charlevoix region, this show and its endearing cast of characters profoundly marked Québec culture. The exhibit retraces the storylines, filming and period in Charlevoix's history. Be sure to take a moment to visit the rooftop terrace and admire the stunning maritime vista (binoculars available for rent).

LODGING

FAIRMONT LE MANOIR RICHELIEU

181, rue Richelieu, La Malbaie (Québec) G5A 1X7
Tel.: 418 665-8238 / Fax: 418 665-7736
marie-line.olivier@fairmont.com
www.fairmont.com/richelieu

Nestled majestically between the sea and the mountains, Fairmont le Manoir Richelieu is a vision of historical splendor. Rich in tradition, this exquisite paragon of hospitality blends the quiet charm of the countryside with the sophistication of a world-class resort.

PETIT MANOIR DU CASINO (LE)

525 chemin des Falaises, La Malbaie (Québec)
G5A 2V5 / Tel.: 418 665-0000 / 1-800-618-2112
Fax: 418 665-2618 / petitman@videotron.ca
www.petitmanoirducasino.ca

77 luxury rooms with 2 Queen size beds, with kitchenette, electric fireplace, therapeutic bath and private balcony. An indoor pool and spa and an outdoor spa are available in teh Pavillions. An elevator and a staircase coming out directly to the Casino are also available. The Pavilions will fasinate you with their unobstrucked view of the St-Lawrence River and The Manoir Richelieu.

Rivière-Malbaie Area

Rivière-Malbaie weaves through La Malbaie, Clermont, and Cap-à-l'Aigle. The surrounding waters provide excellent trout fishing. Nearby is the popular ski resort at Mont Grand-Fonds, Chutes Fraser (a waterfall) and Forge-menuiserie Cauchon (historic smithy and carpentry shop).

ATTRACTIONS

Forge-menuiserie Cauchon

323 de la Vallée Street, La Malbaie (QC) G5A 1B8
Tel.: 418 665-3152 / Fax: 418 665-7507
www.forgecauchon.ca

Built in 1882 by blacksmith Joseph Cauchon, the Cauchon smith and carpentry shop was once at the heart of a bustling industrial complex featuring a sawmill, a flour and carding mill, a shingle mill, and a planing mill. This building recalls the important socioeconomic role played by blacksmiths and carpenters in rural Québec in the late 19th and early 20th century. It is also a testament to the ingenuity and versatility of the crafters of the day, and of the many trades practiced by generations of Cauchons. In 1983, the forge and carpentry shop was classified a historic monument. Parking behind the forge. Open daily from June 24 to Thanksgiving.

Mont Grand-Fonds

1000, des Loisirs Street, La Malbaie (QC) G5A 1T8
Tel.: 1-877-665-0095 / Fax: 418 665-0085
www.montgrandfonds.com

Vertical drop of 335 meters, outstanding natural snowfall (averaging 650 centimeters a year), artificial snow on 50 percent of the runs, 14 runs with continuous sunlight, quad chairlift, T-bar, snowboard park, tubing run with mechanical lift, 26 km of mountain snowshoeing trails offering stunning views of the mountains and river, 160 km of cross country trails, ski shop and rental, food service, Pub Le Sommet with central fireplace, ski patrol, ski and snowboard school — it's all yours to enjoy in friendly surroundings offering a multitude of activities for the young and the young-at-heart alike! Open mid-December to late March.

Saint-Fidèle Area

This little village sits atop a high plateau overlooking the St. Lawrence River, and is often cited as the home of the Fromagerie Saint-Fidèle cheese factory founded in 1902, whose reputation lives on to this day.

ATTRACTIONS

Centre écologique de Port-au-Saumon

3330 Malcom-Fraser Blvd, La Malbaie (QC) G5A 2J5
Tel.: 1-877-434-2209 / Fax: 418 434-2559
www.cepas.qc.ca

The ecological center, a core area of the Charlevoix World Biosphere Reserve, is a remarkable 100 hectare site bordering the St. Lawrence River and Saguenay—St. Lawrence Marine Park. A number of interpretation trails wind through the center. Aquariums near the shore provide visitors an opportunity to view and handle starfish, sea urchins, and anemones. In Charlevoix, the river takes on the color of the South Seas. Open: June 27 to August 29, daily. Departures at 10 a.m. and 2 p.m.

Sainte-Agnès Area

An inviting little village, Sainte-Agnès was founded in 1839. The community is located just over 10 km north of La Malbaie—Pointe-au-Pic and the St. Lawrence River. It lies in a hilly area an average of 450 meters above sea level. The church, built in 1844, was classified a historic monument in 1960. A popular attraction in the parish is the Monastère de la Croix glorieuse which is surrounded by breathtaking scenery. The monastery was built in 1991 and is the home of the monastic order The Little Brothers of the Cross.

ATTRACTIONS

La Maison du Bootlegger

110 Ruisseau des Frênes, La Malbaie (QC) G5A 2C8
Tel.: 418 439-3711 / Fax: 418 439-1642
www.maisondubootlegger.com

This traditional Québec house was built in 1860. In 1933, it was dismantled and rebuilt in the hinterland by a Pennsylvania bootlegger. At that time in history, the use of alcohol was prohibited by the Church and Prohibition was in effect in the United States. To frustrate zealous members of the vice squad, the bootlegger turned the house's hallways into a veritable labyrinth. Visitors will be amazed by this colorful residence filled with secret entrances, disguised bars, and private rooms—all linked by narrow corridors that make up this astonishing maze. In the attic, the bootlegger created the Club des Monts speakeasy, where VIPs gathered. The speakeasy is now a restaurant that offers dinner and musical entertainment as well as guided tours of this former den of iniquity. Open May to December. Admission charges.

Les Éboulements

Nestled in the hills above the St. Lawrence and Isle-aux-Coudres, the rural landscape of this village, recently merged with Saint-Joseph-de-la-Rive, is a source of inspiration for many painters.

Les Éboulements Area

This village, whose name harkens back to the massive rock slides caused by the violent earthquake of 1663, has preserved its architectural heritage with its traditional stone church and main street lined with old houses. Make sure to stop at La Forge du Village (historic smithy and boutique), Galerie d'art Patrimoine, chez Jacques Labrecque (an art gallery), Moulin banal (an historic mill) and Manoir de Sales-Laterriere (an historical religious landmark).

ATTRACTIONS

La Chocolaterie du Village

194, du Village, les Éboulements (QC) G0A 2M0
Tel.: 418-635-1651

Artisanal chocolate shop in a building that dates back to 1891. One-of-a-kind creations and 60 varieties of chocolate confection to please the most discriminating palate. Demonstrations and guided tours. The same site houses a historic forge and a pottery boutique. Open year round.

La Forge du Village

194 Village Street, les Éboulements (QC) G0A 2M0
Tel.: 418 639-1651 / Fax: 418 635-1318

Discover 100 years of history at the village forge, located in a picturesque building dating back to 1891. Inside, visitors can view artisans' tools used by two generations of blacksmiths. The boutique sells ornamental metalwork, pottery, handicrafts, and jewelry. And for those with a sweet tooth, a chocolate

shop boasting 60 kinds of chocolate delicacies handcrafted on site. Daily forge demonstrations and guided tours June 24 to Thanksgiving.

Manoir de Sales-Laterrière and Moulin Seigneurial des Éboulements

157 Principale Street (road 362), Les Éboulements (QC) G0A 2M0 / Tel.: 418 635-2239

Manoir des Éboulements was purchased by the religious organization Frères du Sacré-Coeur in 1947. With its communal mill and nearby buildings, it is a virtually untouched example of settlement patterns under the seigneurial regime. Built in 1790 by Seigneur Jean-François Tremblay atop a waterfall on Rivière du Moulin that drops some 30 meters, the seigneurial mill of Les Éboulements has not changed in centuries. With its original equipment, it is one of the last authentic examples of mills of its type in Québec. Generations of millers have lived in the adjacent quarters, a tradition that has continued to this day. Visitors can watch the mill's gears and mill wheel in action as the miller grinds grain. Wheat and buckwheat flour can be bought on site. The mill is opened May to September. Open year round for groups on request (guided tours available).

Saint-Joseph-de-la-Rive Area

After a spectacular downhill drive, you'll approach Saint-Joseph-de-la-Rive, a village nestled snugly between mountain and river that has managed to hold on to its rich heritage. On the shore, a few schooners dry-docked for restoration at Musée maritime de Charlevoix recall the major shipyard that was once this community's lifeblood. A number of large, elegant homes are evidence of the shipping, farming, and tourist activities characteristic of village life. Various inns and summer homes continue a long tradition of hospitality. There is still an old general store and a cottage bakery, where visitors can purchase pastries inspired by the maritime heritage. Close by is the Les Santons de Charlevoix boutique specializing in small, hand-painted clay figurines. In the parish cemetery rests Monsignor Félix-Antoine Savard, a great Québec novelist and founder of Papeterie Saint-Gilles. Next to the wharf where the Isle-aux-Coudres ferry docks, walk along a beautiful sandy beach and dip your toes in the river. The village church is open, with its original seafaring décor.

ATTRACTIONS

Musée maritime de Charlevoix

305 de l'Église Street, Les Éboulements (QC) G0A 3Y0 / Tel.: 418 635-1131 / Fax: 418 635-2600 www.musee-maritime-charlevoix.com

Musée maritime de Charlevoix conserves and recounts Charlevoix's maritime history through the stories of the schooners that sailed the St. Lawrence. The museum's permanent and temporary exhibitions offer visitors a unique opportunity to learn about the history of navigation and understand the important role these ships played in the economic development of Québec's various regions. Open year round. Guided group tours available by appointment.

Papeterie Saint-Gilles - Paper ECONOMUSEUM®

304 Félix-Antoine-Savard Street, P.O. Box 40, Les Éboulements (Qc) G0A 3Y0 Tel.: 1-866-635-2430 / Fax: 418 635-2613 www.papeteriesaintgilles.com

The Papeterie Saint-Gilles is an enchanting and unique site featuring a workshop where artisans produce paper using 17th-century techniques. Watch as their recipe of pulp and flower petals is transformed into paper imprinted with the unmistakable Saint-Gilles watermark, known the world over. Admire traditional and avant-garde works by renowned artists and the many objects reminding us that paper is at the heart of everyday life.

Isle-aux-Coudres

Jacques Cartier visited this island on September 6, 1535, marking it as a popular stopping point for sea vessels until 1677. The island's proverbial hospitality lives on, and vacationers are constantly amazed by the warm, friendly welcome they receive. The road encircling the island extends about 26 kilometers. For a blend of sightseeing and heart-pumping fun, we suggest a bicycle tour of the island. As you leave the wharf, be sure to stop at the various easy-to-view information stands along the right side of the road for interesting facts on the island's diverse natural and cultural features. You'll also pass a monument commemorating the arrival of Jacques Cartier. Further along the road, you'll notice two roadside chapels built in the 19th century. The centennial Saint-Louis-de-l'Isle-aux-Coudres Church, with its two imposing spires, is open to visitors seven days a week. On the north side of the island, visitors can explore the Saint-Bernard Church, and admire its huge painting depicting the first mass celebrated in Canada, which took place here on Isle-aux-Coudres. The free ferry for Isle-aux-Coudres sets sail from Saint-Joseph-de-la-Rive.

ATTRACTIONS

Cidrerie Verger Pedneault - Pomiculture ECONOMUSEUM®

3384 des Coudriers Road, Isle-aux-Coudres (Qc) G0A 3J0 / Tel.: 418 438-2365 Fax: 418 438-2801 / www.vergerspedneault.com

The master cidermakers at Verger Pedneault use the bounty of their orchards to produce hard, ice, ice mistelle, light, aperitif, mistelle, and sparkling ciders, as well as a variety of apple, pear, cherry, and plum products, including plum mistelle, a refreshing drink unique to Québec, along with pear creme. Visitors can tickle their tastebuds with the cidery fare and pick their own fruit from September 19 to late October. A scenic bike trail runs through the orchards.

Les Moulins de l'Isle-aux-Coudres - Flour Milling ECONOMUSEUM®

36 Du Moulin Road, Isle-aux-Coudres (Qc) G0A 1X0 Tel. / Fax: 418 438-1386 / www.lesmoulinsiac.com

Unique in Canada, this site open to the public boasts a watermill (1825), a windmill (1836), and the miller's house. As in bygone days, the miller grinds wheat and buckwheat flour at the watermill. Visitors can purchase flour freshly milled on authentic millstones and sample baked goods cooked in an old-style clay oven. Guided or self-guided tours. A brand new building "Le Moulin à science" houses educational workshops, a permanent exhibit of folk art by Alfred Desgagnés, and a viewing room for films and documentaries on the traditions and customs of islanders.

Musée Les Voitures d'Eau

1922 des Coudriers Road, Isle-aux-Coudres (QC) G0A 1X0 / Tel.: 1-800-463-2118 / Fax: 418 438-2374 / www.quebecweb.com/voitureau

Founded in 1973 by Captain Éloi Perron, this museum brings to life inshore navigation on the St. Lawrence River with an actual schooner (the Mont-Saint-Louis) that able-bodied visitors can explore from hold to wheelhouse. Many pieces of nautical equipment from boats of the era are also on display (the schooner is not handicapped accessible). The museum's observation and interpretation center offers a rustic walk to a tower overlooking the island. Open May 20 to October 10. Group tours with English-speaking guides available (reservation required).

Notre-Dame-des-Monts

This village is surrounded by some of the highest peaks in the Laurentian Shield. New: Centre d'interprétation du Patrimoine de Notre-Dame des Monts, an old-fashioned cheese house located in the heart of town, where visitors are invited to immerse themselves in this fascinating universe where they'll learn about the legend of La Noyée, who lived in the earlier days of the Indians. Taking the Hinterland roads, visitors can observe the entire mountain range that forms this legendary topographical figure as they listen to tales and legends and learn about one of the last village cheese houses, whose original architecture is still intact.

Petite-Rivière-Saint-François

Where the river meets the mountain at the foot of a panoramic downhill drive, this peaceful village hugs the contours of the river for six kilometers. Depending on the season, visitors can tour the Maillard Chapel, where murals painted by local and regional artists are on permanent display; the Grande-Pointe Chapel, where selected exhibitions are presented; and the ancestral homes of various families, including the Simard family on the Liguori Estate, where the work of local artists and craftspeople is showcased against a backdrop of two-century-old architecture. For a stunning view of the mountain and the river's south shore, visitors can wander down to the village wharf or picnic in peaceful Parc des Riverains. A few kilometers from Petite-Rivière-Saint-François, on Highway 138, is the starting point to Sentier des Caps de Charlevoix, a hiking trail that provides awe-inspiring views of this charming village from atop Cap Maillard and Montagne à Liguori.

LODGING

GROUPE LE MASSIF

1350, rue Principale, C.P. 47, Petite-Rivière-St-François (Québec) G0A 2L0 / Tel.: 418 632-5876
1-877-536-2774 / Fax: 418 632-5205
droy@lemassif.com, www.lemassif.com

Le Massif de Charlevoix... Four-season tourism and recreation project of $230 M including: eclectic lodgings, restaurants, spas, multipurpose venue, public market, rail shuttle, touristic train, 30% expansion of Le Massif's skiable terrain, new lifts, 10 km family sled run, boutiques. Progressive opening between 2010 - 2013.

VERSANT DU MASSIF

66, Chemin de la Martine, Petite-Rivière-Saint-François (Québec) G0A 2L0 / Tel.: 418 632-1070
1-877-469-0909 / Fax: 418 632-9947
adufour@versantdumassif.com
www.versantdumassif.com

Large luxurious chalets on a well laid out site ,in harmony with nature and the natural beauty of the landscape. Located on the side of a mountain with unobstructed views of the seaway , Isle aux Coudres and Le Massif ski resort. Shuttle service to le Massif is only a 5 minutes commute . Situated only 10 minutes from the artist community and world class restaurants of the beautiful Baie St. Paul and only 1 hour from the magic of Quebec City.

Saint-Aimé-des-Lacs

Located on the tranquil shores of Lac Nairn, Saint-Aimé-des-Lacs is a delightful little village. Enveloped by lakes and rivers, the community is a promising destination for nature lovers and fishermen. The municipal beach on Lac Nairn provides a unique site for aquatic sports, including swimming and windsurfing.

ATTRACTIONS

Hautes-Gorges-de-la-Rivière-Malbaie national park

Tel.: 1-800-665-6527 (reservations)
1-866-702-9202 (information)
www.parcsquebec.com

Home to one of the province's most spectacular valleys, this Québec national park is a core area of the Charlevoix World Biosphere Reserve. Here, Rivière Malbaie winds its way peacefully between the highest rock faces east of the Canadian Rockies. The riveting decor casts a spell on the many people who come to canoe, kayak, bike, or hike through the area. Visitors can also discover the valley with a naturalist park warden aboard Le Menaud tour boat and the Rabaska. For a real workout, try the Acropole des Draveurs trail, which rewards hikers with breathtaking views from the mountain peak, the highest point of the region. The many discovery activities on tap offer visitors opportunities to learn in an exhilarating natural environment. Pets are not permitted in the Parcs Québec network. Open daily May 14 to October 11.

Saint-Hilarion

Deep in the Charlevoix hinterlands at the dizzying altitude of 500 meters stands Saint-Hilarion with its extraordinary view of the mountains. Saint-Hilarion's church sits on a hilltop with a stunning view of the surrounding countryside. For an even better view of the rugged, meteorite-blasted Charlevoix countryside, take Cartier Street south toward Les Éboulements. There you will find a commemorative plaque in honor of the man who discovered the Charlevoix crater, Mr. Jean Rondot, as well as the history of the meteorite.

Saint-Irénée

Highway 362 begins its long descent to Saint-Irénée amidst scenery that will take your breath away. On your way to the village, venture off the main highway for a short jaunt to Anse-au-Sac, a quaint little hamlet that's definitely worth the detour. Once you're back on Highway 362 and all the way down, you'll drive by a very popular and beautiful saltwater beach of fine sand. The road then angles abruptly upward as it climbs from the sea to the highlands through the charming village that clings to its mountain perch. Here, the serene setting and stunning proximity of the river and mountain have long inspired awe. Some were so taken with Saint-Irénée's tranquil beauty that they settled here, including such notables as Rodolphe Forget, the man behind the Québec City-Charlevoix railroad; Adolphe Routhier, author of the French lyrics of "Oh Canada"; and Armand Lavergne, a journalist whose renown is closely associated with Sir Wilfrid Laurier.

ATTRACTIONS

Domaine Forget

5 Saint-Antoine Road, Saint-Irénée (QC) G0T 1V0
Tel.: 1-888-DFORGET / Fax: 418 452-3503
www.domaineforget.com

A special place where music and tranquility go hand in hand. For over a quarter century, this heritage site has facilitated meetings and interaction between renowned Canadian and foreign artists. Through its Music and Dance Academy, which is noted for the quality of its teaching, and its International Festival, which is noted for the quality and diversity of its programming, Domaine Forget has come to be a compelling force in the world of music and dance. The Festival runs from mid-June to late August, presenting some 60 events—primarily classical music, but also dance and jazz. The series "Saison du Domaine," which consists primarily of variety shows and world music. The rambling estate of over 60 hectares is open to the public in the summer. Informative displays scattered around the grounds tell the story of Domaine Forget before it shot to prominence in the international music community (self-guided tour).

Saint-Siméon

Saint-Siméon is a showcase of nature's diverse bounty, with its verdant woods, the St. Lawrence River, and the astonishing geomorphology of Les Palissades–L'Ascensation mountain adventure park. Long ago, passing glaciers carved out this unique region and created the ideal conditions it offers for rock climbing. Saint-Siméon likes to call itself the Hotel Village to reflect the friendliness of its inhabitants. Tourists come here to enjoy crosscountry skiing, beachcombing, outings, sugaring-off parties, snowmobiling, river cruises, camping, fishing, hunting, crafts, festivals, and more. Visitors from the South Shore can take the M.V. Trans-Saint-Laurent ferry from Rivière-du-Loup to Saint-Siméon.

ATTRACTIONS

Parc d'aventure en montagne Les Palissades

1000, 170 Road, Saint-Siméon (QC)
Tel.: 1-800-762-4967 / www.lascensation.com

This adventure mountain park has a diverse range of outdoor adventure and mountain climbing activities. Our Guides gives courses: rock and ice climbing from beginner level and up. We also host a variety of activities including indoor climbing, via Ferrata, rappel, rope bridge, and zip line. Events range from birthday parties, family group, adventurer to team building with motivation and adventure for corporate group.

Poterie de Port-au-Persil

1001 St-Laurent (route 138), St-Siméon (QC)
G0T 1X0 / Tel.: 418 638-2349 / Fax: 418 452-1019
www.poteriedeportaupersil.com

For more than 30 years, Poterie de Port-au-Persil's workshop and school—the oldest of its kind in Québec—has set thestandard for Québec ceramics. This pottery studio serves as a tribute to founder and master potter Pierre Legault, whose glazing research, innovative wheel techniques, and commitment to teaching helped foster a regional talent pool of international caliber. The gallery boutique features the handmade creations of 50 Québec ceramists. Every summer, Poterie de Port-au-Persil invites visitors into its studio to make and sign their own pottery creations, under the supervision of a resident or guest artist. New: a café snackbar now on the back patio welcomes visitors during studio hours. Wireless Internet service.

Saint-Urbain

This farming and logging village at the gateway to the majestic summits of the hinterland offers a host of outdoor sports in an extraordinary setting. The quiet pools of Rivière du Gouffre are perfect for salmon fishing. Also north of the settlement is the Traversée de Charlevoix, a 106 km long and challenging hiking trail. Saint-Urbain is also the shelter of Centre de l'émeu de Charlevoix (emu farm) and La Ferme Basque de Charlevoix (mulard duck farm), both open for tours all year long on reservation.

ATTRACTIONS

Grands-Jardins national park

Tel.: 1-800-665-6527 (reservations)
1-866-702-9202 (information)
www.parcsquebec.com

A 310 km² backcountry park (134 lakes, 7 rivers) located 35 kilometers north of Baie-Saint-Paul. Known for its vast expanses of taiga, a habitat of black spruce and lichen normally found in Northern Québec, the park offers guided interpretation activities to visitors, who can also enjoy hiking, cycling, canoeing, kayaking (rentals available on-site) and fishing (brook trout). After an active day outdoors, visitors will appreciate the comfort of park cabins, which are equipped with beds (bedding not included), stoves, refrigerators, cookware and dishes, propane heating, and of course, wood stoves. Accommodations are also available in winter, as well as backcountry skiing and snowshoeing. Open mid-May to late October (all year long in certain sectors and for certain activities).

Limited to the North by the river, to the South by the American border and facing Quebec city, the Chaudière-Appalaches region offers an authentic and diversified experience to the visitors. Its attractions, its events and, especially, its people will charm you! Experience Quebec's most beautiful villages in the Chaudière-Appalaches region!

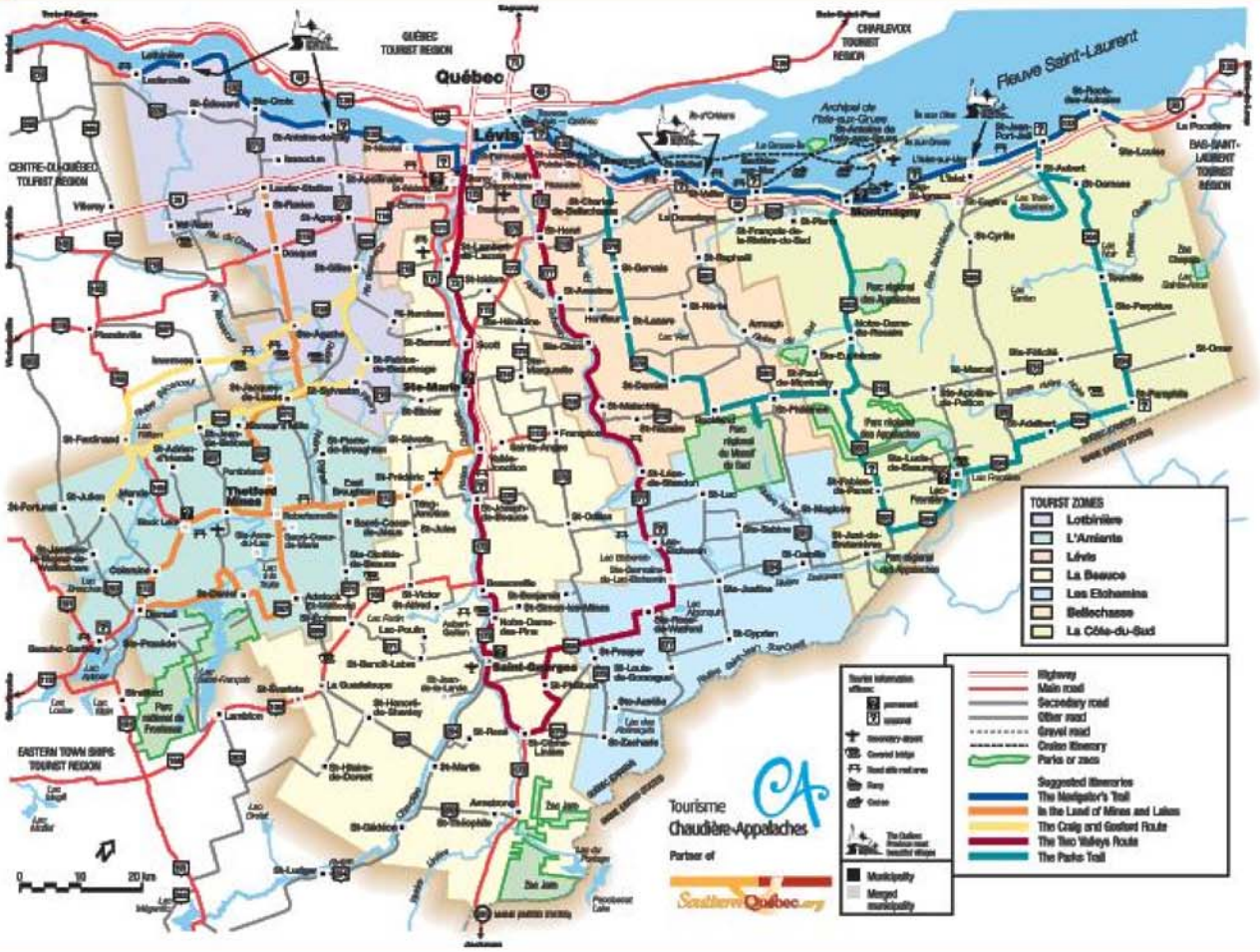
Chaudière-Appalaches... Over 300 years of history to discover!

Chaudière-Appalaches

Tourisme Chaudière-Appalaches
1 888 831 4411
info@chaudiereappalaches.com
www.chaudiereappalaches.com

Major cities
Lévis ~ Saint-Georges ~ Thetford Mines ~ Sainte-Marie ~ Montmagny

Chaudière-Appalaches Tourist Region



events calendar









2010

June

Le Tour de Beauce (Bicycle Road Race)
June 15 to 20
Saint-Georges
418 227-5894
www.tourdebeauce.com

Woodstock en Beauce
June 30 to July 4
Saint-Éphrem-de-Beauce
1 877 411-5151
www.woodstockenbeauce.qc.ca

July

Le Festival folklorique « Gigue en fête »
July 1 to 4
Sainte-Marie
418 387-6054
www.gigueenfete.com

Festivités western de Saint-Victor
July 16 to 25
Saint-Victor
1 866 688-6462
www.festivalwestern.qc.ca

La Biennale de sculpture
July 16 to 31
Saint-Jean-Port-Joli
1 866 598-9465
www.internationale-sculpture.com

Le Festival Rétro de Joly
July 30 to August 1
Joly
418 728-2525
www.festivalretrodejoly.com

August

Festivent
August 4 to 8
Lévis (Saint-Jean-Chrysostome)
418 659-1234
www.festivent.net

Le Festival Jazz Etcetera
August 12 to 15
Vieux-Lévis
418 948-1613
www.jazzlevis.com

Le Festival Promutuel de la relève de Thetford Mines
August 19 to 21
Thetford Mines
1 866 435-6952
www.inforeleve.com

La Fête des chants de marins
August 19 to 22
Saint-Jean-Port-Joli
418 598-9993
www.chantsmarins.com

Twilight Concert, Fort No. 1
August 21
Lévis
1 888 773-8888
www.pc.gc.ca/levis

Le Festival du bûcheux
August 26 to 29
Saint-Pamphile
418 356-3560
www.festivaldubucheux.com

Le Marathon des Deux Rives SSQ
August 27 to 29
Lévis
418 694-4442
www.marathonquebec.com

September

Le Carrefour mondial de l'accordéon (Accordion Festival)
September 2 to 6
Montmagny
418 248-7927
http://accordeon.montmagny.com

Les Fêtes de la Saint-Hubert
September 4-5
Cap-Saint-Ignace
418 246-5390

Sur le chemin des artisans
September 18-19; 25-26
Région de Thetford
418 338-8130
www.chemindesartisans.com

La Randonnée Lotbinière à vélo
September 19
Sainte-Croix
418 926-3407
www.lotbinierearvelo.com

La Route des Créateurs
September 25-26
Bellechasse
418 883-3347, poste 670

October

Les Balades d'automne en Lotbinière
October 2-3
Région de Lotbinière
418 926-2205, poste 210

Snow Goose Festival
October 8 to 17
Montmagny
418 248-3954
www.festivaldeloie.qc.ca

November

Rendez-vous Hockey senior
November 11 to 14
Thetford Mines et Black Lake/Coleraine
418 332-3600
www.rdvhockeysenior.com

2011

January

L'international de traîneau à chiens de la Rivière Daaquam
January 21 to 23
Saint-Just-de-Bretenières,
418 244-3442
www.daaquam.org

February

Fête d'hiver
February 3 to 6
Saint-Jean-Port-Joli
418 598-7288
www.fete-hiver.com

L'Odyssée appalachienne
February 11 to 13
Saint-Pamphile
418 356-2047
www.odysseeappalachienne.ca

March

Festival beauceron de l'érable
March 16 to 20
Saint-Georges
418 228-7476
www.festivalbeaucerondelerable.com

must see

- **Grosse Île and the Irish Memorial National Historic Site of Canada**
  www.grosseile.ca ou
  www.pc.gc.ca/grosseile
- **Musée Marius-Barbeau**
  www.museemariusbarbeau.com
- **Domaine Joly-De Lotbinière**
  www.domainejoly.com
- **Musée minéralogique et minier de Thetford Mines**
  www.museemineralogique.com
- **Village des Défricheurs et Forêt Légendaire**
  www.village-des-defricheurs.qc.ca
- **Musée de la mémoire vivante**
  www.memoirevivante.org
- **Lévis Forts National Historic Site of Canada**
  www.pc.gc.ca/levis
- **Seigneurie des Aulnaies**
  www.laseigneuriedesaulnaies.qc.ca
- **Moulin La Lorraine**
  www.moulinlalorraine.ca

Gourmet Routes in Chaudière-Appalaches

Chaudière-Appalaches Gourmet Routes propose another way to discover the region where the agri-food sector and its culinary delights take center stage. You have the choice of various itineraries, such as farm visits, agri-food processing businesses, country-style restaurants and specialized shops that are ready to show you around and explain their production processes. Come and experience agricultural tourism and savor delicious regional products such as fine cheeses, berries, liquors and cider, chocolate, foie gras and delicatessen foods. Get a taste of the prettiest villages in Québec!

www.routesgourmandes.com



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The Craig and Gosford Route

The building of the Chemin Craig in 1810 and that of the Chemin Gosford in 1843 not only made it possible to establish a stagecoach service between Québec and Boston, which passed through actual region of Lotbinière, Thetford and Centre-du-Québec, but also greatly contributed to developing this little-known territory. The settling of American Loyalists, Scots and the Irish marked the history and development of the entire region. Colonial villages, cemeteries, Anglican churches and chapels, schools and houses all bear witness to those who made this route possible and offer visitors a glimpse at what makes it so unique and filled with history.

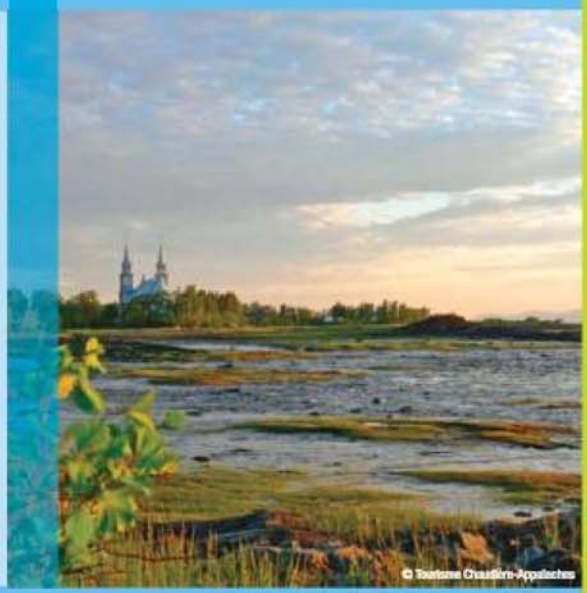
www.craig-gosford.ca



The Navigator's Trail

Travelled since the time of Jacques Cartier by navigators from near and far, this route rich in history bears witness to the colonial settlements established along the St. Lawrence River. From the shores of Lotbinière to the furthermost bounds of the Côte-du-Sud, this breathtaking itinerary snaking along Route 132 takes you on a journey through magical landscapes where a treasury of sights awaits to be found – watermills, the seigniorial manors of Sainte-Croix de Lotbinière and Saint-Roch-des-Aulnaies, ancestral homes, the forts of Lévis. The shores of the St. Lawrence along with those of Grosse-Île and the Isle-aux-Grues archipelago are home to numerous birds and have long been a paradise for watching these fine feathered friends.

www.chaudiereappalaches.com


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DESTINATIONS

TOURISME CHAUDIÈRE-APPALACHES

800, Autoroute Jean-Lesage, Saint-Nicolas (Quebec) G3A 1N1 / Tel.: 418 831-4411, ext. 300
1-888-831-4411 / Fax: 418 831-8442
lchamberland@chaudiereappalaches.com
www.chaudiereappalaches.com

Experience Quebec's most beautiful villages! Located either on the river front, mountainside or in valleys, towns and villages in the region are full of attractions to visit and breathtaking landscapes to admire. Passionate people are waiting for you to discover a very unique region!

Isle-aux-Grues Archipelago

The archipelago is made up of 21 islands and islets, including l'Isle-aux-Grues, Île-aux-Oies and Grosse-Île. The pastoral setting of l'Isle-aux-Grues is perfect for relaxing, going for a walk on the mud flats, cycling along the road and paths that run from one end of the island to the other, or sitting contemplatively at the water's edge. In the village, enjoy a taste of a delicious cheese manufactured here. Travel information: 418 241-5117 / www.isle-aux-grues.com. Grosse-Île, a quarantine station from 1832 to 1927, is a part of that archipelago. You will follow the path of thousands of immigrants and see the beauty of the River and the site. That is a not-to-miss visit! Information: 1 888 773-8888 / www.grosseile.ca or www.pc.gc.ca/grosseile

Beaumont

This handsome little community is located along a narrow strip of the St. Lawrence River. Established in the 1700's, Beaumont has maintained much of its original heritage and architecture.

Berthier-sur-Mer

Less than 30 minutes from the Quebec bridges, Berthier-sur-Mer is the capital of sail boating. It bears the name of a brave captain of the Carignan Regiment, Isaac Alexander Berthier, who received the Bellechasse land grant in 1672. At Berthier-sur-Mer, the river becomes an estuary. You can stroll along the wharf, drop by the Marina "Havre de Berthier-sur-Mer", and frolic on the beach, while taking in the panoramic view, including the islands and the Laurentians. The harbor is the point of entry to the Isle-aux-Grues archipelago and its 21 islands.

ATTRACTIONS

Marina of Berthier-sur-Mer

Location: 100, Marina Street, Berthier-sur-Mer (Quebec), G0R 1E0 / Information: 1 888 476-7734
www.croisieres lachance.ca

Visitors can linger at the wharf, marina or beach to admire the view, the islands or Mont-Sainte-Anne. Also a departure point for cruises on the St. Lawrence (Grosse-Île and Isle-aux-Grues), with CROISIÈRES LACHANCE. Open May to October.

Black Lake

Located just west of Thetford Mines, Black Lake is an asbestos mining town. The settlement was named after Lac Noir, a lake that was emptied for the development of the LAB Chrysotile mine. The mine is one of the largest facilities in Quebec.

ATTRACTIONS

Lookout Point

Location: Road 112, Black Lake-Coleraine

Lookout Point offers amazing views of the asbestos mining process at LAB Chrysotile's mine. The tower features extremely powerful binoculars that provide close up views of the facility. Open at all times. Free.

NEARBY ATTRACTIONS

Pavilion de la Faune

Location: 856 Stratford Road, Stratford (Quebec) 418 443-2300

The center is home to an impressive collection of North American animals. The mounted animals are attractively displayed in hand painted scenes. Amenities include a souvenir shop, picnic area, guided visits and package deals for groups. Open year-round with seasonal hours. Entrance fees apply.

Charny

A railway community, Charny is located just south of Lévis. Home to the largest roundhouse in Quebec, the town is also close to the Parc de la chute de la Rivière Chaudière.

NEARBY ATTRACTIONS

Parc de la Chute de la Rivière Chaudière

Location: Highway 73, Exit 130

A spectacular site, the falls are 35 meters high, 121 meters wide and plunge into a cauldron-shaped basin. The river and falls have had many functions over the years including a communication route, a military staging area and as a source of hydro-electricity. Nature trails and picnic areas help make visits even more pleasurable. Don't forget your camera! Open year-round. Free.

JUST AROUND THE BEND

Cap-Saint-Ignace

One of the most historic settlements in Quebec, Cap-Saint-Ignace's heritage dates back some 325 years. Many town structures were built in the 17th and 18th centuries including Manoir Gamache. Interpretation panels and landmarks are situated throughout the community. Today, Cap-Saint-Ignace is an agricultural center that is known for its orchards. "Les Fêtes de la Saint-Hubert" (Labour Day Weekend), is a local popular event.

Kinnear's Mills

Kinnear's Mills is a little picture postcard village surrounded by mountains and crossed by Rivière Osgood. It boasts four churches of different faiths – Presbyterian (1873), Methodist (1876), Anglican (1897) and Catholic (1951) – and so is often called the "Parish of Steeples".

ATTRACTIONS

Heritage Kinnear's Mills

Location: 311, Fondateurs Street, Kinnear's Mills (Quebec), G0N 1K0 / 418 424-0480

"Heritage Kinnear's Mills" is an organization dedicated to preserving the municipality's rich past. It operates an exhibit at the Methodist church as well as guided walking tours leaving from the church. Open June to September. Nominal admission fee.

L'islet-sur-Mer

The village is the birthplace of many mysterious seamen and captains. The community maintains special ties with the sea as reflected by the town's sites and monuments. Visitors will appreciate the seamen's chapel, built in 1834 and completely restored to its original splendor.

ATTRACTIONS

Musée Maritime du Québec

Location: 55, des Pionniers East, L'Islet (Quebec) 418 247-5001 / www.mmq.qc.ca

The facility is named in honor of Joseph Elzear Bernier, one of the most famous Arctic explorers from Quebec. The museum is the largest facility dedicated to maritime heritage in Canada. The center consists of five exhibitions: the museum, a marine interpretation park, the icebreaker "Ernest Lapointe", the hydrofoil "Bras D'Or 400" and a boatworks. The definitive highlight is the museum where countless artifacts, memorabilia, photographs and more, are displayed. Picnic areas and games are also featured. Open year-round with seasonal hour for the hydrofoil and boatworks. Admission fees.

Lac-Etchemin

Lake Etchemin is a popular vacation destination for lovers of the "great outdoors". This pristine 5 km stretch of water offers many recreational possibilities such as swimming, boating, inner tubing and fishing. Other outdoor amenities in the area include hiking and biking trails, camping sites, snowmobiling, downhill and cross-country skiing facilities and golf.

ATTRACTIONS

L'Eco-Parc

Information: 418 625-3272 / www.eco-parc.qc.ca

A family fun oriented site, the park is situated on the picturesque shores of Lake Etchemin. Amenities include a public beach, waterslides, nature trails, boat rentals and picnic sites.

Lévis

www.tourismelevis.com

The largest municipality in the region, Lévis is situated upon the shores of the St. Lawrence River. A quick glance across the river and one will discover the capital of the province, Quebec City. A tourist shuttle service offers trips back and forth to the "grand old city". Rich in history, Lévis was originally known as Aubigny. In 1861 the settlement was renamed in honor of the Chevalier de Lévis, the Marquis de Montcalm's second in command and war hero during the battle of Ste-Foy. The "old section" of Lévis is inundated with charming heritage homes, unique specialty shops, charming dining establishments. History buffs will also enjoy trips to Fort No. 1 at Pointe de Levy National Historic Site and Centre d'Art de Lévis. The city also features many recreational opportunities including golf, skiing, biking and hiking trails, snowmobiling, fishing, swimming and more! Lévis has something for everyone: history, scenery, culture and recreation. What are you waiting for?

ATTRACTIONS

Aventure Plein Air Inukshuk inc.

Location: 39, rue Laurentienne, St-Étienne (Quebec), G6J 1H8 / Information: 418 831-6648
www.aventureinukshuk.com

Our facilities and our pack of one hundred dogs are considered one of the most beautiful in the Quebec City area. We are accessibly located only 10 minutes from the Quebec bridges. In business since 1999, we are specialized in dog sleigh rides lasting from a few minutes to 24 hours.

Centre d'Art de Lévis (L'Anglicane and Galerie Louise-Carrier)

Location: 33, Wolfe Street, C.P. 60033, Lévis (Quebec), G6V 8W9 / Information: 418 838-6001

The center consists of two main components; L'Anglicane and the Gallery Louise-Carrier. L'Anglicane, constructed in 1850, is a Gothic Revival Anglican Church. Now a theatre, the facility seats, up to 232 patrons, presents intimate live performances. The Gallery Louise-Carrier is located in the presbytery of the church and is the former residence of Louise Carrier. Today, the gallery features an exceptional collection of the painter's works and various other local artists, as well. The gallery is open year-round. Free.

Chantier A.C. Davie National Historic Site (1829-1989)

Location: 6220, St-Laurent Street, Lévis (Quebec), G6V 3P4 / Information: 418 838-8202
www.acdavie.com

Former Shipyard dating back to the 19th century. Discover the remnants of yesteryear, recalling the great sailboats, steamboats and metals hulls that were built, towed, repaired and laid up for the winter. Drop your anchor from June to September. Free admission.

Forts of Levis National Historic Site

Location: 41, Du Gouvernement Street, Lévis (Quebec) / 1 888 773-8888 / www.pc.gc.ca/levis

Those forts was built by British on the south shore of the St. Lawrence River in the 19th century to defend Quebec City from attacks by the Americans. Located on the promontory overlooking the river, the fort is a remarkable example of the use of military and industrial technologies that were well ahead of their time. As you explore the dark tunnels and stroll through the ditch, you will make your way into the heart of this imposing fortress and discover secrets that were closely guarded in the past. You will also enjoy a magnificent panoramic view of Quebec City and the St. Lawrence.

Maison Alphonse-Desjardins

Location: 6, Mont-Marie Street, Lévis (Quebec), G6V 1V9 / Information: 1 866 835-8444
www.desjardins.com/maisonalphonsedesjardins

The Alphonse-Desjardins house (1882-1884), is a magnificent example of Gothic Revival architecture. Desjardins was responsible for the opening of the first credit union in America. The home is filled with period furnishings, art work and temporary exhibits that relate the life of this wealthy entrepreneur. Open year-round. Admission free.

Terrasse de Lévis

Terrasse de Lévis provides panoramic views of Quebec City, the Laurentian Mountains, Mont-Sainte-Anne and Île d'Orléans. The site was ceremoniously opened in 1939 by King George VI and Queen Elizabeth. Located on William-Tremblay Street in Lévis.

LODGING

CENTRE DE CONGRÈS ET D'EXPOSITIONS DE LÉVIS / FOUR POINTS BY SHERATON LÉVIS

5750, rue J.-B. Michaud, Lévis (Quebec) G6V 0B2
Tel.: 418 838-0025 / Fax: 418 838-1827
michel.douville@fourpointslevis.com
www.fourpoints.com/levis

The Four Points by Sheraton Lévis / Convention Center is easy to find. Located next to autoroute 20 and 5 minutes away from the Old Quebec Ferry. The Four Points is connected to the Lévis Convention Center which offers 15 multifunctional meeting rooms to accommodate all your convention or meeting needs. The Four Points by Sheraton Lévis offers many services, such as: Outdoor heated pool / spa, wireless Internet access, fitness room, bar / lounge, family room, daily newspaper and voicemail business centre, Cosmos Restaurant, free outdoor parking.

COMFORT INN ET SUITES SAINT NICOLAS

495, Route du Pont, Lévis (Quebec) G7A 2N9
Tel.: 418 836-3336 / 1-877-686-3336
Fax: 418 836-3323
directeurgeneral@comfortinnrivesudquebec.com
www.comfortinnrivesudquebec.com

New 4 stars hotel (opened July 2008) located at exit 311 of the highway 20, just before the brides. We offer 77 spacious rooms with all the amenities: plasma screens, fridge, microwave, wifi Internet, indoor pool, spa, bar and much more. We offer queen or king size beds regular rooms, suite and jacuzzi rooms. Breakfast is always included in the price. We are located within walking distance of restaurants, boutiques, banks, cinema and much more. For more information please contact us at 877-686-3336.

QUALITY INN & SUITES LÉVIS

5800, rue des Arpents, Lévis (Quebec) G6V 0B5
Tel.: 418 833-1212 / 1-866-955-7733
Fax: 418 833-6936 / lnolin@qualityinnlevis.com
www.qualityinnlevis.com

96 rooms and Suites, 100% smoke free environment, 37" LCD flat screen TV, refrigerator in all rooms, 4 star hotel, health-smart buffet breakfast, indoor pool and workout room, located on Highway 20, exit 325N, 2 minutes from Old-Lévis and the Ferry, 5 restaurants walking distance.

Lotbinière

Whether you're a professional architect or just appreciate things of beauty, be sure not to miss Lotbinière and its town center, protected under the Cultural Property Act. A number of historic private residences offer a beautiful and moving tribute to the area storied past. Admire the Pagé house built in 1785, located at number 7640 on Road 132, a monumental four-story structure coifed in silver. The Bélanger house (1740-1784), at number 7661, is of French inspiration. Église Saint-Louis, built in 1818 according to plans by François Baillargé, is also worth a visit, not only for its exterior, but also its interior decor, representative of traditional Quebec religious art. Following Road 132 West, heading to Leclercville, turn right on de la Pinière road. There, hidden in a cloak of towering trees, is the Moulin du Portage (1816). This former flourmill, enchantingly set on the banks of Rivière du Chêne, reveals time-honored secrets of the miller's craft and traditions. In addition, you can enjoy a play in an incredible environment. In summer, stay a while to picnic in the park or discover the talents of local performers in the cozy confines of the mill's playhouse, now part of Quebec's network of small theaters. Information: 418 926-2205.

Montmagny

The city was one of the first permanent settlements along the south shore of the St. Lawrence River. Planted amongst a very rich agricultural area, Montmagny is a very productive commercial center. A favorite stop for tourists, the city boasts a treasure chest full of activities, events and attractions. How many communities in the world can profess a distinct love for geese and accordions? Each year, Montmagny hosts events celebrating both! The Snow Goose Festival is held in October and offers unique recipes and lively entertainment. Professional accordion players travel to Montmagny every September to part take in Carrefour mondial de l'accordéon. A trip to Montmagny would not be complete without an excursion to Grosse-Île and Île-aux-Grues. The two islands are accessible by shuttle boats or cruises. Grosse-Île is aptly regarded as "Quarantine Island." During the years of intense immigration many European settlers (with infectious diseases) were harbored here between 1815 and 1937. While visiting Montmagny make sure to stop in the city's downtown region. This charming area is inundated with outdoor cafes, specialty shops and boutiques, restaurants and historic architecture.

ATTRACTIONS

Grosse-Île and the Irish Memorial National Historic Site

Information: 1 888 773-8888
www.grosseile.ca or www.pc.gc.ca/grosseile.

As Canada began to take shape, the new country became a land of hopes and dreams for "old world" Europeans. During the 19th and early 20th centuries a period of intense immigration ensued. Unfortunately many infectious diseases came along with the immigrants and in 1832, Grosse-Ile was established as a quarantine station. In the early going thousands of hopeful's perished from cholera and typhus. Many of the doomed newcomers were Irish immigrants. Eventually medicine and facilities improved and the rate of survival subsequently increased. By 1937, "Quarantine Island" was no longer needed as a stopover point for immigrants. Today, visitors can tour the island, learn and feel about the great tragedies faced by these brave people. Highlights include historic buildings, the Irish Memorial the hospital of 1847 and the unforgettable landscape. Open May to October.

Île-aux-Grues

Information: 418 241-5117
www.isle-aux-grues.com

A wonderful place to spend a relaxing day, the island is the largest one (out of 21) in the archipelago. Visitors can partake in biking and walking trails, seasonal goose hunting and camping facilities. The island hosts special events including the l'Île-aux-Grues Carnival and a Lenten festival. Accessible by free car ferry service or by private boat.

Étienne-Pascal-Taché Historic Site

Location: 37, Sainte-Marie Avenue, Montmagny (Quebec), G5V 2R6
Information: 418 248-0993 ext. 6022

Built in 1829, the home was the residence of Sir Étienne-Pascal Taché, one of the Fathers of the Confederation. Today, the structure features exhibits and displays pertaining to his life. Open June to November with varied hours. Small admission charge.

Appalaches Regional Park

Information: 1 877 827-3423

Beautiful sceneries and recreational opportunities make this a popular attraction. Filled with natural wonders, the park is home to mountains, peat bogs, lakes and rivers. Various activities include hiking, downhill and cross-country skiing, dog sledding, snowmobiling, camping, fishing, hunting, swimming and boating.

Notre-Dame-des-Pins

A charming little community, the village is extremely proud of its covered bridge that was built in 1929. At 154.5 meters, it is the largest of its kind in Quebec and the second longest in Canada. Stop at the nearby rest area for an admiring look at its unique construction.

Saint-Antoine-de-Tilly

Fall in love with the soothing beauty of Saint-Antoine-de-Tilly, so peaceful in its river setting. On leaving the village, you will catch sight of the only octagonal barn in Lotbinière. American in origin, its design was meant to offer greater resistance to the wind, cut down on wasted space and makes it easier to garner fodder crops. It was also said to prevent demons from hiding in the corners...

Saint-Damien-de-Buckland

Located along the Appalachian Trail, Saint-Damien was originally founded in 1882 by Father Onésime Brousseau. A key manufacturing center, the community is a North American leader in the plastics industry. Just south of Saint-Damien is the picture post card village of Saint-Philémon. Comparable to the tiny towns of the Swiss Alps, the village is a popular tourist site. Each year winter wonderland worshipper's flock here to enjoy the scenic snow covered peaks of Mount Midi. Don't forget your skis!

Sainte-Agathe

An enchanting stop, the village was named in honor of St-Agathe, a greatly revered virgin martyr. Settled by Irish pioneers, the community is proud of its rich heritage and beautifully crafted homes. Parc des Chutes of St-Agathe is a charming destination inundated with flower gardens, a lake and various recreational activities. Following the Rivière Beaurivage north, travellers will discover three friendly sites, Saint-Gilles, Saint-Étienne-de-Lauzon and Saint-Rédempteur. Saint-Gilles was originally established by German, English and Irish hopefuls during the early 1800's. The village features an annual canoe race in April and a very challenging golf course.

ATTRACTIONS

Parc de la chute Sainte-Agathe

Information: 418 599-2661

A special treat for nature lover's, visiting the park is a pleasant way to spend an afternoon. The falls and surrounding scenery make for wonderful photo opportunities. Crossing the Palmer River is a Town-style covered wooden bridge that was constructed in 1928. Visitors can also enjoy a beach, hiking trails, picnic grounds and wilderness camping. Open year-round. Admission charged per vehicle.

Sainte-Croix

Situated upon the shores of the St. Lawrence, Sainte-Croix is a prominent dairy industry orientated town. The community is home to Laval University's Centre agronomique de Sainte-Croix, where various farming practices are measured and implemented to dairy farming. The town is also home to Domaine Joly-De Lotbinière, a resplendent seigniorial estate built in 1851. Just south of Sainte-Croix lies the village of Saint-Antoine-de-Tilly. A very charming community, travelers will be enamored of the Manoir de Tilly and Gallery Les Ateliers ApArt. Make sure to taste the fine cheese products at La Fabrique Bergeron before departing! A drive north from Sainte-Croix leads to Lotbinière. This village is inundated with many historic structures including the Pagé house (1785), the Chavigny de la Chevrotière house (1817), the Bélanger house (1740-84) and Église Saint-Louis (1818). If you are entranced by historic architecture then Lotbinière is a dream comes true!

ATTRACTIONS

Domaine Joly-De Lotbinière

Location: Route de Pointe-Platon, C.P. 669, Sainte-Croix (Quebec), G0S 2H0
Information: 418 926-2462

Offers you a wonderful "Garden on the River". Let yourself be seduced by its patrimonial treasures. Guided tours, exhibitions, classical music concerts, art gallery, painting symposium and other educational, outdoor activities are offered to you.

Sainte-Marie

Nestled upon the banks of the beautiful Chaudière River, Sainte-Marie is one of the oldest settlements in the region. Two prominent Canadians have called this town home; Elzéar-Alexandre Taschereau, the nation's first cardinal and Louis-Alexandre Taschereau, the premier of Quebec from 1920-1936. While visiting the community make sure to stop at Domaine de Seigneur Taschereau, a majestic manor built in 1809 and Maison J.A. Vachon, the home of Canada's favorite snack food family! Information: 418 387-3233.

ATTRACTIONS

La cache à Maxime

Location: 265, Drouin Street, Scott (Quebec), G0S 3G0 / Information: 418 387-5060
www.lacacheamaxime.com

La cache à Maxime is not just a vineyard, but also an exquisite country-style complex imbued with regional history and regional culture. Make the most of your visit by taking a guided tour of the vineyard and the beehives. Step into specialty shop. For local farm products, decorative arts and crafts, gift basket, etc. Restaurant and bar open year-round. Specialty shop: May to December.

Le Forgeron D'or - Jewellery Making ECONOMUSEUM®

Location: 387, Marguerite-Bourgeois Street, Sainte-Marie (Quebec) G6E 3Z1 / Information: 418 387-4445 / leforgerondor@globetrotter.net

A finely chased necklace, a ring set with precious stones... do you have a soft spot for jewellery? Rendezvous at Forgeron D'or and let yourself be enticed by these beautiful objects. In addition to watching the artisan at work, follow the evolution of the jeweller's trade, and become familiar with the stones, metals and tools used by this designer. Discover the fabulous history of the Briolette of India and of other famous jewels. Admire the contemporary collection and see how fashion and decorative objects go hand in hand. A gem of a visit!

Maison Dupuis

Location: 640, Notre-Dame South, Sainte-Marie (Quebec), G6E 2W4 / Information: 418 387-7221

The home is a celebration of early aviation in Quebec. Exhibits focus upon pioneer pilots, Vachon, Fecteau and Faucher, who helped pave the airways! Other highlights include displays relating the history of Doris Lussier and Father Gédéon. Park and picnic sites. Open year-round with varied hours. Small admission fee.

Maison J.A.-Vachon

Location: 383, de la cooperative, Sainte-Marie (Quebec), G6E 3X5 / Information: 1 866 387-4052

Today, the former Vachon home serves as an interpretation center that relates the history of Vachon Foods. Starting as a small family business, the company quickly became the producer one of the nation's favorite snack foods.

RESTAURANTS

CABANE À PIERRE (LA)

566, Rang 2, C.P. 1006, Frampton (Quebec) G0R 1M0
Tel.: 418 479-5200 / 1-888-385-5200
Fax: 418 479-5238 / info@cabaneapierre.com
www.cabaneapierre.com

La Cabane à Pierre in the beautiful Beauce region of Quebec offers the best of Quebec folklore just 45 minutes south of the Quebec City bridges. Our traditional French Canadian sugar shack feast and a guided tour of our ancestral sugar house and trapper's cabin will truly bring you back in time. All year round our musicians will complete the ambience with folkloric music, singing and dancing!

Saint-Fabien-de-Panet

Perched on a mountain peak, Saint-Fabien-de-Panet offers a series of stunning views over the entire Appalachian Plateau. For an activity that is not only fun but educational, try walking the 20 kilometers of well-marked trails that snake through stands of maple along a bubbling river, around the shores of a lake and over the crest of an esker. Or get a real taste of the great outdoors by snowmobiling, hunting, fishing or hiking back country. Discover on foot or on your bicycle all the mysteries of the peat bogs thanks to the interpretation panels located beside a boardwalk more than 500 meters long leading to the peat bog refuge and its observation tower.

Saint-Georges

Saint-Georges is one of the largest and most productive settlements in the region. Located along the banks of the Chaudière River, the city is just a short drive from the Maine border. Inundated with exceptional attractions, popular destinations include Domaine de la Seigneurie and Église de Saint-Georges. Saint-Georges hosts two highly acclaimed annual events; Tour de Beauce (a cycling competition) and the Festival beauceron de l'érable (a maple festival).

ATTRACTIONS

Domaine de la Seigneurie

Information: 418 226-2242
www.destinationbeauce.com

Located in an urban area, Domaine de la Seigneurie is a 200 acre tourist and recreational site includes three ecological parks, namely Parc de l'Île, Parc Veilleux and Parc des Sept Chutes, which are interconnected by hiking trails and bicycle paths. These are accessible by the Sentier des Jarrets Noirs, a 20 km section of "Route Verte" (cycling route).

Église de Saint-Georges

A legacy of our valiant, early 20th-century ancestors, is one of the most beautiful churches in Quebec. This exceptional heritage building charms visitors with its architecture and rich interior decor of carvings, gilding and other works of art. Guided tours available for groups year round (reservations required). Admission: donations allow us to offer guided tours.

Saint-Jacques-de-Leeds

When passing through this pretty little village, be sure to stop off at St. James' Anglican Church. This unusual eight-sides church, built in 1831, its English school (Model School) (1896) and its presbytery (rectory), which dates back to 1837, are handsome reminders of the Irish who settled the area. This heritage site offers guided tours during the summer.

Saint-Jean-Port-Joli

An historic settlement, Saint-Jean-Port-Joli was founded in 1721. The "wood carving capital of Quebec", the town is regarded for its Bourgault wood workings and Leclerc miniature boats. Visit the community in June and experience "La Biennale de la sculpture de Saint-Jean-Port-Joli", a unique festival celebrating the craft. Favorably located upon the shores of the St. Lawrence, water lover can take advantage of many recreational activities. Although watersports such as swimming, boating and fishing dominate, visitors can also enjoy camping facilities and a relaxing round of golf. A trip to Saint-Jean-Port-Joli would not be complete without visiting one of its many historic landmarks, quaint restaurants or charming boutiques.

ATTRACTIONS

L'Épopée de la Moto

Location: 309, de Gaspé Ouest (Road 132), Saint-Jean-Port-Joli (Quebec), G0R 3G0 / Information: 418 598-1333 / www.epopeedelamoto.com

Housing the fabulous collection built up by the Gagnon brothers, L'Épopée de la Moto is the first Quebec museum dedicated to the history of the motorcycle. Some 80 motorcycles spanning the years 1903 to 2000 are showcased in exhibits that place the bike in a specific context. If you dreamt of straddling a particular model when you were 18 years old, come take a look, it is certainly here. Special admission fees for groups up to 15 people.

Museum of the Early Canadians

Location: 322, De Gaspé West (Road 132), Saint-Jean-Port-Joli (Quebec), G0R 3G0
Information: 418 598-3392 or 418 598-6829

The museum is dedicated to presenting the history of sculpture work in Saint-Jean-Port-Joli. The gallery features many carvings and handicrafts by the Bourgault brothers, Eugène Leclerc, Émilie Chamard, Pier Cloutier and new artists. Open year-round with varied hours, appointments are required during the winter months. Nominal admission fees.

Museum of the Living Memory

Location: 710, Gaspé Ouest Avenue (Road 132), Saint-Jean-Port-Joli (Quebec), G0R 3G0
Information: www.memoirevivante.org

Where events of the novel "Les Anciens Canadiens de Philippe-Aubert de Gaspé et ses Mémoires" were held. The site offers to the visitors an exceptional environment on an archaeological site. The Corporation Philippe-Aubert-de-Gaspé is rebuilding the manor of Philippe-Aubert-de-Gaspé where the Museum of the Living Memory, dedicated to testimonies and accounts of life will be located. A stop to impregnate yourself with history. Picnic tables on-site. Opens in June 2008.

Saint-Joseph

Established in 1737, Saint-Joseph is centrally located along the Chaudière River. The community boasts many historic buildings including the courthouse (1859) which received a Canadian award for architecture after its restoration in 1988. Another significant stop is the Musée Marius-Barbeau. The museum details local and regional history through exhibits, displays of arts and crafts.

ATTRACTIONS

Musée Marius-Barbeau

Location: 139, Sainte-Christine Street, Saint-Joseph-de-Beauce (Quebec), G0S 2V0
Information: 418 397-4039

The museum is located in the former convent of the Sisters of Charity. A magnificent structure, the facility features an exceptional assortment of exhibits that focus upon local and regional history. Highlights include displays pertaining to the maple syrup industry, arts and crafts, antiquities and various temporary presentations. Open year-round, with seasonal hours. Nominal admission fees.

Saint-Michel-de-Bellechasse

A veritable paradise for water sports enthusiasts, Saint-Michel has always had an eye turned to the river. The town boasts a marina, beach, picnic area and pier where visitors can stroll at leisure. Maple trees are everywhere, contributing to the beauty of the site and earning Saint-Michel the nickname of "Maple Village". Make sure to stop at the chapel, a replica of the church and presbytery, rebuilt in 1759 after they were destroyed by the British.

ATTRACTIONS

L'atelier du Volturier

Location: 15, De la Durantaye Street, Saint-Michel (Quebec), G0R 3S0
Information: 418 884-3644

Scale models of antique cars (1750 to 1960): Horse-drawn summer and winter carriages, cars trucks and farm equipment and machinery, as well as farm animals. June to October. Free admission.

Vin artisanal Le Ricaneux

Location: 5540, rank South-East, Saint-Charles (Quebec), G0R 2T0 / Information: 418 887-3789

Vin artisanal Le Ricaneux invites you to enjoy tasting and tours. "Le Ricaneux" is an appetizer wine produced from a mixture of strawberry and raspberry wines. Guests can explore the facilities cellars and learn how berries are made into aromatic wines. Other highlights include an interpretation center, nature trails and picnic areas. Call for schedules and rates.

Saint-Nicolas (Lévis)

As one of the oldest parishes in Canada (1694), Saint-Nicolas boasts an exceedingly rich architectural heritage. A particular note is Église de Saint-Nicolas, built in a style that reflects the town's maritime history. It was erected after the original church, built in 1821, was destroyed by fire. In the heart of Saint-Nicolas, on des Pionniers Road, be sure not to miss the procession chapel, a typical sight in Quebec. The chapel is open to visitors throughout the summer season. Saint-Nicolas is also a mouthwatering stop on any country produce lover's itinerary. In season, enjoy a day of apple or berry picking. In fall, select the perfect pumpkin for your Halloween celebrations. To top it all off, stop by Cidrerie et Vergers Saint-Nicolas for delicious homemade jams and jellies.

ATTRACTIONS

Cidrerie et Vergers Saint-Nicolas

Location: 2068, road Marie-Victorin, Saint-Nicolas (Quebec), G7A 4H5
Information: 418 836-5505

Cidrerie Saint-Nicolas invites you to stop by its enchanting orchard grounds for a taste of cider, berry wines, syrups, jellies, jams and cider vinegar made the old-fashioned way. It also offers guided tours, group receptions and apple, strawberry or raspberry picking. During the harvest season, fruits, vegetables, flowers, fruit pies and fresh-baked bread are sold at a quaint market booth. Open year-round. Group rates available.

Saint-Philémon

Founded in 1866, St-Philémon is located in the Alléghanys Mountains. Its 865 inhabitants earn their livelihood from the region's natural resources,

Nestled against the borders of Vermont, New Hampshire and Maine are the Eastern Townships of Québec. Moreover, we're just a few hours' drive from Boston and New York. It's a land of astonishing beauty - a kingdom of mountains, lakes, forests, farms and picturesque villages. It isn't just the landscape that makes you unwind. The area is known for its spas (20 at last count), its regional cuisine and the high quality of its lodging facilities offering romantic settings and mouthwatering dishes. Our region is a year-round destination offering sporting activities and endless opportunities to enjoy the great outdoors: golf, cycling, swimming, kayaking, camping, skiing, snowshoeing and hiking, to name a few. The Townships offer three touristic circuits: the Wine Route, the Townships Trail and the Summit Drive, more than 50 attractions including a zoo, museums, art galleries, tourist train and a lavender farm, as well as a full calendar of events and over 130 festivals.

Major cities
Sherbrooke ~ Granby ~ Magog ~ Cowansville ~ Bromont

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(Tourisme Cantons-de-l'Est)
1-800-355-5755
info@atrce.com
www.easterntownships.org



events calendar









2010

May

Bromont Chocolate Festival
May 22-23-24 and 29-30
Bromont, 450-534-4078
www.feteduchocolat.ca

June

Orford Festival
June 18 to August 15
Canton d'Orford
819-843-3981 / 1-800-567-6155
www.arts-orford.org

Ceramystic - Céramique sur l'herbe
June 24 to July 4
Mystic, 450-248-3551
www.ceramystic.com

July

St-Laurent puts on its Sunday Best
July 4, 11, 18, 25 and August 1, 15, 22, 29
Compton
819-835-5448 / 1-888-773-8888
www.pc.gc.ca/st-laurent

The Tour des Arts
July 10-18
Sutton, 450-538-8455 / 1-800-565-8455
www.tourdesarts.com

Fête du Lac des Nations (29th edition) and The Telus Great Fireworks
July 13-18
Sherbrooke, 819-569-5888
www.fetedulacdesnations.com

Nature and Creations
Mid-July to Mid-October
Dunham, 450-295-2020
www.cotesdardoise.com

Dunham Folk and Wine Festival
July 17-18
Dunham, 450-295-2333
www.myspace.com/festivalfolkvinsdunham

Georgeville-Fitch Bay Festival of Arts
July 24 to August 1
Georgeville
819-876-2423 / 1-800-267-2744
www.festivaldesarts.net

2010 Tennis Challenger
July 24 to August 2
Granby, 450-777-3000
www.challengergranby.ca

Memphrémagog International Swim Competition
July 30 to August 8
Magog
819-847-3007 / 1-800-267-2744
www.traverseedulacmemphremagog.com

August

Perseid Meteor Shower
August 9-14
Notre-Dame-des-Bois
819-888-2941 / 1-800-665-6527
www.astrolab.qc.ca

Festival des traditions du monde
August 11-15
Sherbrooke, 819-821-7433
www.ftms.ca

September

Expo Brome Fair
September 3-6
Brome, 450-242-3976
www.bromefair.com

Danville Arts Symposium
September 3-6
Danville
819-839-2911 / 1-888-839-2911
www.symposiumdedanville.com

Magog-Orford Grape Festival
September 4-5-6 and 11-12
Magog
819-847-2022 / 1-888-847-2050
www.fetedesvendanges.com

Flaming Colours/Panoramaduodiacoots
September 18 to October 18
Sutton, 1-800-565-8455
www.montsutton.com

Les Comptonales
September 25-26 and October 3
Coaticook, 819-835-9463
www.comptonales.com

October

Ulverton Lamb Festival
October 9-10
Ulverton 819-826-3157
www.moulin.ca

Sutton en blues
October 16 to November 20
Sutton
450-538-0037 / 1-877-533-5799
www.productionskazou.com

November

Knowlton Festival of Lights
November to March 2011
Lac-Brome (Knowlton)
450-242-2870 / 1-877-242-2870
www.cciacbrome.com

Christmas in the Country
November 20 to January 3, 2011
Lac-Brome, Sutton, Cowansville, Farnham and Bromont
1-888-811-4928
www.brome-missisquoi.ca

2011

January

Défi Gosford - Axion
End of January
Saint-Augustin-de-Woburn
819-544-9004 / 1-800-363-5515
www.montgosford.com

must see

- **Abbaye de Saint-de-Benoît-du-Lac**
  www.st-benoit-du-lac.com
- **ASTROLab du Mont-Mégantic**
  www.astrolab.qc.ca
- **Bleu Lavande**
  www.bleulavande.ca
- **Lieu historique national Louis-S.-St-Laurent**
  www.pc.gc.ca/stlaurent
- **Musée de la nature et des sciences de Sherbrooke**
  www.mnes.qc.ca
- **Musée J. Armand Bombardier**
  www.museebombardier.com
- **Orford Express, tourist train**
  www.orfordexpress.com
- **Parc de la Gorge de Coaticook**
  www.gorgedecoaticook.qc.ca
- **Zoo de Granby**
  www.zoodegranby.com

tourist circuits

The Wine Route

In 2003, Quebec's first signed Wine Route was created. Spanning 140 kilometres, the region offers its visitors a gigantic trail where interesting and varied finds await discovery. Past curves, bends and hills, visitors will enjoy in the 17 wineries great wines, guided tours, local farm products, country picnics, artist workshops, outdoor activities, good restaurants, cozy B & Bs and welcoming local people. Peruse the Wine Route's cultural activities and event calendar and discover a multitude of interesting and varied cultural activities at the wineries.

Contact: Mrs. Danièle Crevier – CLD de Brome-Missisquoi
749 Principale street, Cowansville Qc J2K 1J8
Telephone: 450-266-4928
Email: dcrevier@cldbm.qc.ca / Web site: www.laroutedesvins.ca

In red on the map

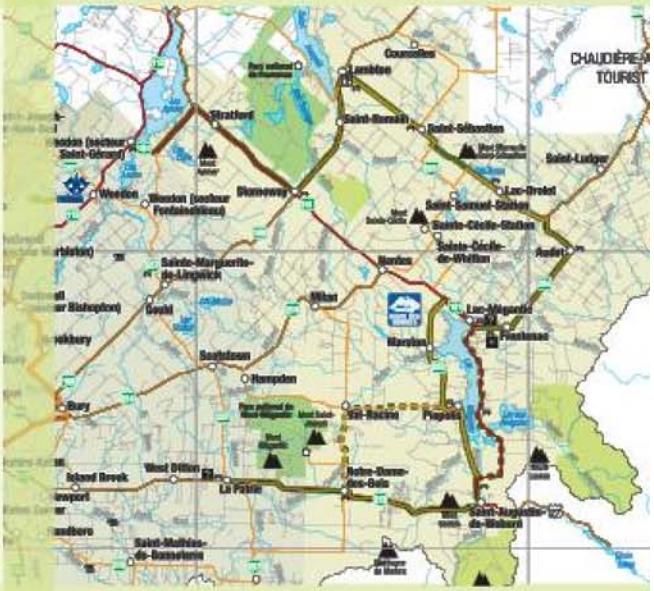


The Summit Drive

The Summit Drive connects the highest mountain peaks of southern Quebec where panoramic scenery is truly exceptional all along the way. On The Summit Drive you will discover nature at its best. Endless mountain chains and several majestic lakes dominate the area's landscape. Situated at altitudes between 350 and 500 metres, 15 different communities graciously welcome curious visitors. Here doors are open for you to enjoy both cultural attractions and outdoor activities. The route connects La Patrie to Stratford and winds through several towns and villages, including Piopolis, Lac-Mégantic, Lac-Drolet and Lambton. Located at strategic points along the 157 km Summit Drive, information panels guide your adventure through the highest summits of southern Quebec!

Contact: Mrs. Tania Pinard – CLD du Granit
4675 Roberge street, P.O. Box. 155, Lac-Mégantic Qc G6B 2S6
Telephone: 819-583-2926 / Email: tania.pinard@cldgranit.qc.ca
Web site: www.routedessommets.com

In green on the map



The Townships Trail

The Townships Trail offers visitors a unique opportunity to discover the Eastern Townships of the past. Visitors will get a sense of the legendary hospitality of the people of this splendid region. The trail will allow visitors to learn about the architectural and natural heritage of the Townships, to take advantage of the many services offered in the region, and to find lodging in some of the many historic buildings of the area. The American and British influences are the distinguishing characteristics of the local heritage of the Eastern Townships. The Townships Trail (415 km long) keeps to this theme by inviting you to walk in the same steps as the American, Loyalist, Scottish and Irish settlers who first colonized the area in the 18th and 19th centuries. To enhance the experience get the three-CD package which provides information describing the areas visited, the map of the Townships Trail and the Townships Trail Travel Guide all available for $25 + taxes.

Contact: Townships Trail, Tourism Eastern Townships
20 Don-Bosco street South, Sherbrooke Qc J1L 1W4
Telephone: 819-820-2020 / 1-866-963-2020
Email: info@atrce.com / Web site: www.townshipstrail.qc.ca

In orange on the map



Cantons-de-l'Est

20, rue Don-Bosco Sud, Sherbrooke (Québec)
J1L 1W4 / Tel.: 819 820-2020 / Fax: 819 566-4445
Watt: 866 963-2020 / Email: info@atrce.com
www.easterntownships.org

Cantons-de-l'Est (Eastern Townships) are nestled against the borders of Vermont, New Hampshire and Maine. It's a land of astonishing beauty - a kingdom of mountains, lakes, farms and picturesque villages. The area is known for its regional cuisine and the high quality of its lodging offering mouthwatering dishes. The region is a year-round destination offering sporting activities and endless opportunities to enjoy the great outdoors. The Townships offer more than 50 attractions including a zoo, museums, art galleries, tourist train and a lavender farm, as well as a full calendar of events and over 130 festivals. Tourism Eastern Townships offers assistance to create new itineraries, to plan famtour or to do presentation for your staff.

CARRIER

Transdev

Tel. 450 970-8899 / Fax 450 435-0793
www.transdev.ca

Transdev Canada is a holding company whose strategic plan targets the development of transportation in Canada and the USA. Transdev Limocar is 435 devoted employees, 320 vehicules, providing public transportation to more than 40 municipalities in Québec. Limocar offers the full spectrum of transportation services: urban, suburban, long distance, school, adapted and charter, in Canada and United States. Limocar means safety, comfort, punctuality, reliability and is ISO 9001 certified.

DESTINATIONS

QUÉBEC DU SUD / SOUTHERN QUÉBEC

20, boulevard Carignan Ouest, Princeville
(Québec) G6L 4H6 / Tel.: 819 364-7177 ext. 301
1-888-816-4007 ext. 309 / Fax: 819 364-2120
meouellet@quebecdusud.ca
meouellet@southernquebec.ca
www.quebecdusud.ca

Southern Québec is an international marketing program shared by the Eastern Townships, Centre-du-Québec and Chaudière-Appalaches. Whether you are looking for new resort, health, history or nature experiences, Southern Québec will meet your needs and propose personalized itineraries to fully satisfy your clienteie's expectations.

Asbestos

The town of Asbestos is centered around the mining industry. The Asbestos mine is known as one of the largest open-pit operations in the world. Visitors can get a glimpse of the true size of the mine at a nearby lookout that offers panoramic views of the opening, which is 2 km in diameter and 350 meters deep. At the entrance of the town, you will pass a 200 tonne JM Asbestos truck.

ATTRACTIONS

Musée Minéralogique et d'histoire minière

341 St-Luc Blvd 819 879-6444 (seasonal) or
819 879-5308 (outseason).

This mining museum explores the history of mining in the Asbestos region. There is an excellent collection of minerals and archival documents. Nominal admission fee. Open June - August.

Ayer's Cliff

Ayer's Cliff is an attractive destination for boating and swimming enthusiasts. Situated on the shores of Lake Massawippi, Ayer's Cliff offers a wonderful public beach and boat access. Enjoy a relaxing summer concert at one of the few remaining bandshells in the province. Other nearby Lake Massawippi communities includes North Hatley, Massawippi and Hatley with its 1829 St. James Anglican Church.

Bedford

If you enjoy taking leisurely walks in a small town setting with old buildings and tall trees, then Bedford is for you. Period architecture is everywhere in Bedford including the Anglican (1834), United (1871) and Roman Catholic (1910) Churches. These buildings, along with those on the town's main streets are protected by century old tree groves. Don't forget to take a stroll on the Pike River and visit one of the five dams.

(East) Bolton

The Missisquoi River joins the villages of Bolton Center and South Bolton, and as a result, the region of East Bolton was formed in the late 19th century. The area was settled by United Empire Loyalists near the end of the 18th century, and soon after, now-defunct copper mines were opened. Today, agriculture is the region's biggest industry with valleys and hills providing beautiful settings. Bolton Center, formerly known as Kimbolton, is home to stately buildings including the United Church, built in 1879, and St. Patrick's Anglican Church, built in 1875. Once called Rexford's Corner, South Bolton also has several well-maintained historic homes including a 1832 school house.

ATTRACTIONS

SPA des Chutes de Bolton

883 Missisquoi Route
450 292-4SPA / www.spabolton.com

Experiment the Finnish type sauna. Enjoy sauna, different types of baths: geothermal, outdoor whirlpool. Relax with an outdoor massage under a tent during summer time. Nominal admission fee. Open all year long.

Bromont

Originally founded as a small business and industrial center in 1964, Bromont is today one of the top tourist destinations in Québec. Attractions include one of the best equestrian centers in Canada, countless trails for cycling, mountain biking, alpine skiing, water slides and golf. All this exercise will get you in shape for the Sunday flea market, with its 350 vendors, making it the largest in the Eastern Township, open May to November.

ATTRACTIONS

Ski Bromont.com

150 Champlain Street
1-888-866-4270 / www.skibromont.com

Ski Bromont offers 135 trails and glades, 7 hillsides on 3 mountains. It's the largest lighted ski resort in North America with 69 night skiing trail. Mountain biking & water park combo access also available.

The Chocolate Museum

679 Shefford St.
450 534-3893 / www.bromont.com/chocolat

Feed your mind and your sweet tooth at the same time! Groups should make reservations. Light heatthy meals and chocolate desserts available in the restaurant. Nominal admission fee.

LODGING

AUBERGE DU CHÂTEAU BROMONT

95, rue Montmorency, Bromont (Québec) J2L 2J1
Tel.: 450 534-3133 / 1-888-BROMONT
Fax: 450 534-3933
reservation@chateaubromont.com
www.chateaubromont.com

Majestically set in the most beautiful valley of the Eastern Townships, the Auberge du Château Bromont is a small and cozy inn located in front of a golf course and close to Mont Bromont. Only 45 minutes drive from Montréal, our inn will charm you with its warm atmosphere and courteous service.

CHÂTEAU BROMONT

90, rue Stanstead, Bromont (Québec) J2L 1K6
Tel.: 450 534-3433 / 1-888-BROMONT / Fax:
450 534-3933 / reservation@chateaubromont.com
www.chateaubromont.com

Majestically set in the most beautiful valley of the Eastern Townships, the Château Bromont, Resort Hotels, 4 star Hotel, is nestled at the base of Mount Bromont and on the Golf Bromont and offers a wonderful view of the Mount Bromont from its panoramic terrasse and the dining room. Only 45 minutes from Montreal, our Hotel Spa will charm you with its warm atmosphere and courteous service. The Château Bromont was completely renovated in 2008. Investment of 2,5 millions.

Coaticook

The natives call it Koatikeku-meaning river of the land of pines. Today, Coaticook is the agricultural center of the Eastern Townships - especially when it comes to milk production. The town is also known for its dedication to heritage, arts and recreation. The old Sisco Memorial Church has been restored as an arts and culture pavilion. The Gorge is a natural wonder and a natural for outdoor sports such as hiking, horse back riding and camping. Nearby is the village of Baldwin, located on the shores of Lake Lyster and near Mount Pinacle. Here you can enjoy hiking, swimming and boating.

RECEPTIVE TOUR OPERATORS

Centre local de développement de la MRC de Coaticook

For groups only, by reservation.
819 849-7014 / www.cldmrccoaticook.qc.ca

ATTRACTIONS

Beaulne Museum (Musée Beaulne)

96 Union St.
819 849-6560 / www.museebeaulne.qc.ca

Housed in the stately Norton Castle, or Château Norton, the Beaulne Museum collects and displays costumes and antique textiles. The museum also hosts art and heritage shows throughout the year. Open year-round. Nominal admission fee.

Coaticook River Gorge Park (Parc de la Gorge de Coaticook)

135 Michaud St. and 400 Saint-Marc St.
819 849-2331 / 1-888-LAGORGE
www.gorgedecoaticook.qc.ca

Feeling adventuresome? Try your hand on the 1.5 km trail with its wooden steps and suspended bridge that parallels a gorge with cliffs rising to 50 meters. The park offers picnic facilities and a playground. Guided tours (reservations required) are given daily. Nominal admission fee.

NEARBY ATTRACTIONS

Parc Découverte Nature

2471 Baldwin-Barnston Rd / 819 849-2677
1 888 849-2677 / www.decouvertenature.qc.ca

Come discover one of the few remaining wild lakes for the joy of fishing or a peaceful rowboat tour (available for on-site rental). The calm of the place (and its abundance of speckled trout) make it a magical environment in which to relax and contemplate nature. Open mid-May to Thanksgiving. Nominal admission fee.

Compton

Situated between Sherbrooke and Coaticook on the Coaticook River, Compton is a charming, old-fashioned town built on agriculture. Compton is known as an apple capital, and you will delight in the bounty of its soil: raspberries, blueberries, grapes, blackcurrants and organic vegetables; whether it's the public market or the fun of pick-your-own farms and orchards. As you travel around the town, you will notice such historic gems as covered bridges, water-driven mills and many period houses.

ATTRACTIONS

Domaine Ives Hill

12, chemin Boyce, Compton, J0B 1L0
819 837-0301

Located on the banks of Moe's River in the Eastern Townships, Domaine Ives Hill makes beautiful apéritifs from berries (blackcurrant, blackberries) that put the fruit flavour first. Tastes are balanced with great care to ensure that the wines present all the characteristics of the featured fruit. A full range of blackcurrant products (syrup, blackcurrant confit, onion confit) is also available.

Louis S. St-Laurent National Historic Site of Canada

6790, route Louis S.-St.-Laurent / 819 835-5448
1-888-773-8888 / www.pc.gc.ca/st-laurent

Discover the birth place of a former prime minister of Canada: an authentic general store, the multimedia show, the garden and special activities Open May to October.

Verger Le Gros Pierre

6335, route Louis S.-St.-Laurent
819 835-5549 / www.grospierre.com

The Gros Pierre orchard includes 8,000 apple trees which, in season, offer up succulent fruit to be enjoyed straight off the tree or to be carefully processed. You will learn the tricks of the trade on your tour of the vast facilities. You can pick your own apples, take a tractor ride, sample the wares, eat lunch, enjoy the playground or purchase products on site. Group tours are available. Open August to October.

Cookshire

Architecture enthusiasts will love the village of Cookshire with its heritage district, which lies along Pope Street, Principale West, Craig North and East View and consists of churches, houses and other period structures. Specific must-sees include the Cook covered bridge and Château Pope, the former home of John Henry Pope who was a founder of the Canadian Pacific Railway.

Cowansville

Like many of its neighbouring towns, Cowansville proudly displays its Loyalist heritage through its dedication to maintaining the many historic buildings and homes. One such building is the Bruck House, built in 1875 as a bank and later the home of the Bruck family, the builders of the town's first textile factory. In the center of Cowansville is Lake Davignon, which offers various water sports. Outdoor types will also enjoy the Nature Study Center and the Freeport axis. A minute west of Cowansville is the village of Brigham with its many neo-Victorian homes on the main street. Stop by La Bauge Vineyard. The vineyard offers three inexpensive and interesting tourist activities for persons of all ages. You will find a wild boar farm, a vineyard and exotic animals that are rarely seen in this region. When you arrive, you will be invited to taste a few of the eight wines produced on site. Open from May to end of October. 155 des Érables / Tel.: 450 266-2149 / www.labauge.com

Danville

Northeast of the town of Asbestos, the village of Danville is a fantastic little get-away with its countless Victorian homes, several of which have been converted to Bed & Breakfasts. Make sure to stop at Le Temps des Cerises, an old Protestant church that now houses a restaurant with fine regional cuisine.

ATTRACTIONS

Centre d'Interprétation de la Nature de l'étang Burbank

150 Water St. / 819 839-2771

This nature interpretation center has more than 4,5 km of trails, including a 290 meter footbridge that leads to an observation tower.

Dunham

The fieldstone homes on Dunham's main street hearken back to the early settlement days when Dunham became the first township created in Lower Canada in 1796. The area is well regarded for its vineyards and orchards. A yearly ritual is the ringing of the church bells that signal the beginning of the grape and apple harvest. Close by, in the village of Stanbridge East, there are several 19th century buildings including several little Gothic churches.

ATTRACTIONS

Vignoble de l'Orpailleur - Vine and Wine ECONOMUSEUM®

1086, Route 202 (Bruce Street), Dunham (Qc)
J0E 1M0 / Tel.: 450 295-2763 Fax: 450 295-3112
info@orpailleur.ca / www.orpailleur.ca

Cultivating vineyards in Québec is a daunting challenge. At L'Orpailleur, the owners turn a blind eye at the vagaries of our climate and create fine products such as their succulent white wine and awards winning ice wine. Drop by the vineyards and learn about what goes on behind the scenes in the wine producer's trade in Québec. Visit winery workshops and the wine barrel warehouse. Wine presses, hoes, bush hooks these intriguing objects will help you learn more about the ancestral savoir-faire of the different regions of France. Special Activities: During the grape harvest, on weekends in September until Thanksgiving, watch the grape pickers at work and discover the farm-fresh products on sale at the vineyard's little public market.

Eastman-Stukely

Actually more a region than a particular town. The full name of this three village area is Eastman-Stukely-St-Etienne de Bolton. Whatever you call it, you won't soon forget this region with its beautiful scenery thanks to surrounding mountains and lakes. These natural treasures have led to the region's

reputation as a major recreation, tourism and resort area, with its charming inns, fine food, camping and antique hunting opportunities. For three consecutive years, 1995-97, the village of Eastman won first prize in an international flower contest.

ATTRACTIONS

Savonnerie des Diligences

1158, ch. des Diligences, Eastman (Qc) J0E1P0
Tel.: 450 297-3979 / www.savonneriediligences.ca

Savonnerie des Diligences is a family-run microbusiness that makes and distributes olive oil soaps and natural care products. Those products are sold at the boutique and workshop in Eastman. All of the business decisions are based on a respect for people and the environment.

Eaton Corner
(part of the Eaton Townships)

The oldest settlement in the Eastern Townships, Eaton Corner still has many of its early 19th century buildings, including a house where the first surgical operation using anaesthetic in Canada took place. Other historic buildings include the 1841 Museum and 1864 Town Hall. The nearby lookout offers great views of Mount Mégantic and the Eaton River Valley.

ATTRACTIONS

Compton County Museum (Musée de la Société d'histoire du comté de Compton)

Route 253, Eaton Corner / 819 875-5256 (seasonal) or 819 875-5776 / www.mus.eatoncorner.com

The museum is housed in a historic church and schoolhouse. Visitors can explore the history of the Eastern Townships in the museum's archives. Items on display include local artifacts, period furniture, agricultural equipment and utensils. Open August to October. Nominal admission fee.

Farnham

Sitting at the western entrance of the Eastern Townships, Farnham has its roots in the Loyalist era and still has many historic buildings to prove it such as the Saint-Romuald Church, containing 34 works by noted Canadian painter Ozias Leduc. Outdoor activities are popular, thanks to the Yamaska River and the Nature Center. There are also, excellent golf courses and cycling trails.

Frelighsburg

With Pinnacle Mountain in the foreground, the village of Frelighsburg is in a beautiful setting that has produced many forms of agriculture including apples, strawberries, red currants, honey and more. In addition to agriculture, Frelighsburg supports a bustling arts and crafts scene with an annual festival "FestivArt" during Labour Day weekend. And what would an Eastern Townships town be without its famous architecture? The old general store sells the best maple syrup pies anywhere, and the photo-friendly Freligh Mill, built in 1839, sits serenely on the Pike River. Heritage tours can be organized, mandatory reservations required.

ATTRACTIONS

Domaine Pinnacle

150, ch. Richford
Tel.: 450 298-1226 / www.domainepinnacle.com

Founded in 2000, Domaine Pinnacle is a family-owned and operated orchard and cidery located on a 430-acre property on the slopes of Pinnacle Mountain. Dedicated to creating the highest quality Ice Cider, all products are hand-crafted entirely on the estate.

Georgeville

Over 200 years old, Georgeville sits on the shores of Lake Memphremagog and in many ways, still appears as it did in centuries past. The general store and the town wharf are still in operation. St. George's Anglican Church was built in 1866.

Gould

The first Scottish settlers created small communities such as Gould, and that era prevails today, thanks to the "Scottish Heritage Tour" which takes you along Road 108 through Gould. On your travels you will see churches, cemeteries, and old homes and businesses. Plan a picnic on the shores of the Salmon River where you will find the McVetty-McKerry covered bridge, the longest in the townships, with 206'1"(62,81 m) long. Visit Pub Caledonia an authentic Scottish pub that features music from Highlands, genuine Scottish beers and whiskies and a convivial atmosphere. One of Gould's neighbors is Scottstown, named after John Scott, a director of the Glasgow Canadian Land and Trust Company.

Granby

The city of fountains! Despite its modest size, Granby has a well-earned reputation for its fantastic fountains, including a 3,200 year old Greek fountain on Laval Blvd. Others include a 1st century Roman fountain in Pelletier Park and on Leclerc Blvd., you will find a fountain sculpted and dug in rock. The city was named after John Manners, the Marquis of Granby (England), who was granted the land where Granby now stands, by King George III.

ATTRACTIONS

Granby Zoo

525 St-Hubert Street
1-877-472-6299 / www.zoodegranby.com

Largest Zoo in Eastern Canada with more than 1000 animals representing 225 species in a natural setting. Educational presentations with keepers and educators. Amazoo water park. Open also during the winter season.

Musée du Golf du Québec

669 Coupland St.
450 372-0167 / www.golfiescedres.com

The museum recounts the history of golf from its origins to today. Try one of the several interactive games that will test your knowledge and skill. Openin golf season. Nominal admission fee.

Nature Interpretation Center of Lake Boivin (Centre d'interprétation de la nature du lac Boivin)

700 Drummond St. / 450 375-3861 / www.cinlb.org

Thanks to two observation towers and a blind, some of the best bird watching in Québec can be enjoyed at this nature center. There are more than 9.7 km of nature trails with available guided tours. The center presents changing exhibits along with a boutique that sells items of interest for the novice naturalist. Open year-round. Admission is free.

Parc de la Yamaska

1780 David-Bouchard Blvd. / 450 776-7182
parc.yamaska@sepaq.com / www.sepaq.com

With the longest beach frontage in the area, this park is perfect for swimming, boating, fishing, biking, hiking and camping. Nominal admission fee.

Lac-Brome

Known for its Victorian style villas, Brome Lake is a country resort town located at the foot of Mont Brome and on the shores of its namesake: Lac Brome. The town is actually made up of seven municipalities: Knowlton, West Brome, Foster, Fulford, Iron Hill, Bondville and East Hill. Knowlton is the area's hub with its Victorian homes, British heritage and unique gift, craft and antique shops. At the center of town is Coldbrook Park with its beautiful waterfall. Water sports dominate the summer along with the summer theatre productions. In December enjoy the Knowlton Festival of Lights with music in the park, sleigh rides and a profusion of Christmas lights to bring the town to life with the magic of Christmas, from December to Easter.

ATTRACTIONS

Brome County Historical Museum (Musée historique du comté de Brome)

130 Lakeside St., Knowlton
450 243-6782 / bchs@endirect.qc.ca

Made up of five buildings, including a general store and a 19th century courtroom, the museum displays a collection of military memorabilia, including a World War I German Fokker DVII biplane. There are also displays of native Indian and Victorian items, farm tools, embroidery, weaving and mineral specimens. Open mid-May - mid-September. Nominal admission fee.

Lac-Drolet

With its close proximity to Mount Sainte-Cécile and Mount Saint-Sébastien, Lac-Drolet is an ideal resort area with various recreational opportunities such as water sports, hiking and snowmobiling.

ATTRACTIONS

La Maison du Granit

1989 Route Morne, mount St-Sébastien
819 549-2566 / info@maisondugranit.ca
www.maisondugranit.ca

Learn all about granite, a valuable natural resource. This site also offers spectacular views over the mountains and the distant United States.

Parc national de Frontenac

9 De La Plage St. E., Saint-Daniel / 418 422-2136 or 418 486-7807 / 422-2144 / www.sepaq.com

Located in the northernmost region of the Eastern Townships, this recreational park is actually three parks in one. The southern sector, known as Lambton, features canoeing, biking, horseback riding, hiking, nature study, camping and cottage accommodations. At Saint-Daniel you can enjoy boating, swimming, camping and the windsurfing school. Finally, take part in swimming, picnicking and windsurfing at Sainte-Praxède. Admission to the park is free.

Lac-Mégantic

A few miles west of the Québec-Maine border, Lake Mégantic is an out of the way town that provides year-round outdoor activities. The combination of the sparkling blues of the 17 km long lake and the surrounding countryside and mountains, make Lake Mégantic a colorful fall spectacular while you enjoy biking and hiking. Snowmobiling, cross-country skiing and ice fishing are on the activity menu during the winter while golf, swimming, fishing and boating take over during the summer months. Founded by Scottish settlers before the turn of the century, the town features some attractive 19th century architecture.

ATTRACTIONS

Croisières le Coudrier

3517, boulevard Stearns Lac-Mégantic (QC) G6B 2G8
Tel.: 819 583-5557 / 1-888-600-5554 / Fax: 819 583-9983 / www.croisierescoudrier.qc.ca

La Patrie

The hills of La Patrie offer breathtaking views as you stand at the summit of the Appalachian Mountains and look out on to Québec, Maine and New Hampshire. Located on the banks of the Salmon River between Scotstown and Chartierville, the forests give way to agriculture, a sawmill and several businesses. The world-famous Guitabec factory manufactures top-of-the-line guitars, loved by musicians from Quebec and around the globe.

Lennoxville
(part of Sherbrooke)

For the fun and culture of a college town, Lennoxville is the perfect destination. The presence of Bishops University, established in 1843, has made Lennoxville the English language educational and cultural center of the Eastern Townships. With architecture reminiscent of England's famous Oxford University, Bishops offers tours of its many neo-Gothic 19th century buildings. The university houses Centennial Theatre and the Bandeen Hall concert hall. Off-campus, Lennoxville keeps you busy with its many boutiques, antique shops and the popular local microbrewery. The shopping and accommodations of the city of Sherbrooke are minutes away.

ATTRACTIONS

Dairy Cattle and Hog Research and Development Center

2000 Road 108 E. / 819 565-9171

Guided tours are offered at this experimental farm - one of the most highly regarded in Canada. The farm specializes in milk and pork production research. Open mid-May - mid-August, Monday-Friday at 2 p.m. Reservations are required for groups. Free admission.

Uplands Museum

9 Speid St. (via Queen St., Road 143)
819 564-0409 / www.uplands.ca

Built in 1862, is located in a magnificent neo-Georgian home surrounded by wonderful landscaped grounds. The museum presents themed exhibitions dealing with the region's history. If you find yourself in the area during July and August, stop by Uplands for traditional English tea on the veranda. Open year-round. Nominal admission fee.

Magog

Obviously having some problems with the word Memphremagog, the British Loyalists who arrived near Lake Memphremagog in 1799 after the American Revolution War, settled on the present name of Magog. The 44.5 km long lake and the neighboring rivers, streams and mountains have made Magog a year-round, recreational hot spot. In addition there are many seasonal festivals along with art galleries, boutiques, restaurants and bars - many featuring the wines of the nearby "Vignoble Le Cep d'Argent" vineyard.

ATTRACTIONS

Cep d'Argent vineyard

1257, chemin de la Rivière / Tel.: 819 864-4441
1-877-864-4441 / www.cepdargent.com

Nestled in the heart of the picturesque region of the Québec Eastern Townships, the Le Cep d'Argent team reveal the secrets of their art and share their passion with thousands of visitors from the four corners of the planet. Whatever the season, this is a fascinating experience for both eyes and taste buds.

Les Trésors de la Grange

790, chemin des Pères
Tel.: 819 847-4222 / www.chemindesperes.qc.ca
lestresorsdelagrange@cgocable.ca

An art center situated in a century old barn on the scenic chemin des Pères. This non-profit organization promote local and regional artists and craftspeople. Over 90 artists and craftspeople. Free admission. Bus tours must reserve. Open daily from May to October, from 9 a.m. to 5:30 p.m.

Mont Orford Park (Parc national du Mont-Orford)

3321, chemin du Parc, Canton d'Orford
Tel.: 819 843-9855 / www.sepaq.com

With Orford and Baldface (Chauve) Mountains serving as the backdrop, Mont Orford Park offers spectacular views as visitors navigate the 80 km network or trails through valleys, lakes and ponds. Activities include hiking, camping, swimming, cross-country skiing on a 84 km series of trails and snowshoeing. Open year-round, daily. Nominal admission fee.

Mount Orford Tourist Station (ski and golf)

Exit 115 and 118 off Autoroute 10
Tel.: 819 843-6548 / 1-866-673-6731
www.orford.com

During Winter, the Mount Orford Tourist Station boast one of the highest vertical drops in Eastern Canada. Made up of three imposing peaks, Mount Orford offers trails for downhill skiing. Also, acknowledged as one of the most scenic, the Mount Orford Golf Club course presents alluring challenges to all.

Orford Arts Center

3165 Park Rd., Orford / 819 843-3981 or
1-800-567-6155 / www.arts-orford.org

A world renowned music school for 55 years, the Orford Arts Center presents a yearly schedule of 40 concerts as well as art exhibitions from Mid-June to Mid-August.

Savon des Cantons

1540, chemin des Pères / Tel.: 819 868-0161
1-877-868-0161 / Fax: 819 868-2186
Email: info@savondescantons.com
www.savondescantons.com

Inbound the St Benoit du Lac Monastery, come and discover the First soap interpretation center in Québec! Soap making demonstration for groups (55 people max, reservation requested). Free entrance, boutique on site, restaurant nearby. A cultural trip in the Fabulous world of soap.

Spa Nordic Station

285, chemin des Pères, Magog J1X 5R9
Telephone: 819 843-5200 / 1-866-414-5200
www.spanordic.ca

A true oasis in the midst of nature, offering Nordic waterfall river baths, Finnish saunas, Turkish hammam steam and eucalyptus, Californian whirlpool and massage. A paradise next door… year round!

Saint-Benoit-du-Lac Abbey

Tel.: 819 843-4080 / www.st-benoit-du-lac.com

St-Benoît du Lac Abbey Benedectine monks: have lived a contemplative religious life at the Saint-Benoit-du-Lac Abbey (on the west shore of Lake

Memphremagog) since 1912. At their store they sell Abbey products such as cheese and apple cider, books, musical and religious chant cassettes, and devotional objects.

LODGING

HÔTELS VILLEGIA (LES)

90, Avenue des Jardins, Orford (Québec) J1X 6M6
Tel.: 450 229-7599 / 1-888-550-1488
Fax: 514 323-5474 /ecormier@hotelsvillegia.com
www.hotelsvillegia.com

Hotel Chain, 4 four-star properties. Manoir St-Castin in Lac Geauport; 15 minutes from Old Québec City, offering activites and meeting space. Hotel Cheribourg and Manoir des Sables in Orford. Two resorts, convention centre and spas. Le Victorin on the south shore of the St-Lawrence River, between Montreal and Quebec City.

Mansonville

Mansonville is the largest of the communities that make up Potton Township. The others are; Highwater, Dunkin, Knowlton Landing, and Vale Perkins. The Potton region is culturally diverse with some 20 different nationalities represented and celebrated at the annual Festival Multi-Cultural de Potton in August. As well, the region supports a growing arts community including painters, sculptors, potters and water colorists to name a few. Speaking of water, the Missisquoi River that runs through Potton is known for its seasonal canoeing and fishing. The river is also, an inspiration for cycling paths and campsites. If "roughing it" is not your style, there are many fine inns and guesthouses available.

ATTRACTIONS

Owl's Head Ski and Golf

Highway 10, exit 106 / 181, chemin Owl's Head, Mansonville (Québec) J0E 1X0 / Tel.: 450 292-3666 1-800-363-3342 / www.owlshead.com

Located on the western shores of beautiful Lake Memphremagog, Owl's Head offers a year round recreational playground for those seeking a holiday in an idyllic natural setting.

Marbleton

The past is present in the village of Marbleton and its surrounding communities. Older homes of various styles, period Protestant churches and century old cemeteries are in abundance and waiting to be discovered. Northeast of Sherbrooke, Marbleton combines with Bishopton and Dudswell to form the heritage trail. After a day of touring and absorbing history, take a break nearby Lac d'Argent with its supervised swimming and picnic area.

ATTRACTIONS

Maison de la culture de Dudswell (Cultural centre) Museums

900, rue du Lac, Marbleton, Dudswell J0B 2L0
Telephone: 819 887-6093
www.tourismeculturedudswell.com

Louis-Emile Beauregard collection, lime interpretation centre and blacksmith interpretation centre. Art gallery (over 40 artists), Dudswell arts tour, heritage tour, and "Sons et Brioches" musical matinees every Sunday from 11:15 a.m. (July and August).

North Hatley

If there were one small community that typifies the charm and heritage of the Eastern Townships, North Hatley would be it. Located on the northern side of Lake Massawippi, North Hatley gets its splendid century-old architecture from the summer inhabitants who represented the rich and powerful who fled the Southern United States after the American Civil War. Their legacy is wonderful residences, inns and Bed and Breakfasts. While staying in the village, make sure to check out the various art galleries and craft, gift and antique outlets.

ATTRACTIONS

Galerie Jeannine Blais

102, rue Principale, 2nd floor, North Hatley J0B 2C0
Telephone: 819 842-2784
www.galeriejeannineblais.com

Galerie Jeannine Blais is worth the stop, if only to discover the multiple facets of naïve art as well as other art styles. This gallery has been involved in disseminating this colorful and often humorous art form for over 20 years with collectors and art lovers worldwide. There are also superb bronze and ceramic sculptures from Québec artists to be discovered.

L'Épopée de Capelton

800 Route 108, Hatley Township
819 346-9545 / www.capelton.ca

During the 19th century, miners using pick and shovels searched for copper by candlelight in this, the oldest mine complex in Canada. Today, visitors are welcome to explore this underground world. The 650 acre complex features a snack bar, boutique, museum, mountain trails, bike trails and more. Reservations preferred. Nominal admission fee. Open May-October.

Randonnées Jacques Robidas

32 McFarland Road / 1-888-677-8767
www.randonneesjrobidas.qc.ca

Invigorating outdoor activities year-round in the magnificent region of North Hatley, in combination with the discovery of the rich and diversified cultural heritage of the Eastern Townships. Horseback riding and horse sleigh rides. Get together in a tepee or discover our maple country.

Notre-Dame-des-Bois

Just minutes east of La Patrie, Notre-Dame-des-Bois is the highest community in the Eastern Townships at 555 meters. Serving as the gateway to Mount Mégantic Park, Notre-Dame-des-Bois overlooks some of the most beautiful scenery in the Townships.

ATTRACTIONS

Parc national du Mont-Mégantic and ASTROLab

189 Parc road, Notre-Dame-des-Bois
819 888-2941 or 1-866-888-2941
parc.mont-megantic@sepaq.com
www.astrolab.qc.ca / www.sepaq.com

The theme of this provincial park is "From the earth to the stars" and you may feel very close to the stars considering Mont-Mégantic's altitude of 1100 meters, the second-highest summit in the Eastern Townships. The park is also, home to ASTROLab, a highly regarded astronomy and nature interpretation center. Seven shelters, 13 camping platforms and 4 tent cabins help string together the 50 km of cross-country ski and hiking trails. Open year-round.

Saint-Pierre-de-Veronne-à-Pike-River

A few miles north of Vermont and Lake Champlain, Pike River has become home for immigrants from Switzerland, Belgium and Poland who have enhanced the community's reputation as an important dairy producer. A trio of buildings will leave an impression on visitors including the 1907 stately and pastoral church; the former school house, which now serves as the town hall; and the presbytery, subsequently converted to the local tourism office.

Richmond-Melbourne

If you happen to come across an old Canadian two dollar bill, you will notice a church featured on the face of the bill. That church is St. Andrew's Presbyterian Church, which is located in the municipality of Richmond-Melbourne. Richmond, whose first settlers arrived in 1798 from Montréal and New England, is an important railway center. A few miles east on Road 243 and across the Saint Francis River is Melbourne, home to the Slate Interpretation Center. Follow the Saint Francis north and you will encounter gorgeous rolling pastures and forests and tiny villages such as L'Avenir and Ulverton where you will find the Woollen Mill of Ulverton, the only textile interpretation center in Canada.

ATTRACTIONS

Slate Interpretation Center

5 Belmont St., Melbourne
819 826-3313 / www.centreardoise.ca

At the turn of the century, the quarrying of slate was prominent in this region. The interpretation center, situated in an 1889 church with a slate-covered roof, displays unique slate items and offers a guided exhibition with videos, slate cutting demonstrations

and heritage tours of Melbourne and Richmond. Nominal admission fee. Open May – October. Other times by appointment.

Saint-Camille

A leisurely drive through the Eastern Townships should include the Francophone village of Saint-Camille with its rolling countryside which takes you from 274 m. above sea level to 410 m. The summer offers artists exhibitions and other cultural events.

ATTRACTIONS

Le P'tit Bonheur de Saint Camille

162 Miquelon St.
819 828-2664 / www.ptitbonheur.org

Shows and exhibitions, such as the annual Regional Artist Exhibition, are held at this rural community interpretation center. Open year-round.

Mont Ham

Welcome Center: 103 Route 257, St-Joseph-de-Ham-Sud / 819 828-3608 / www.montham.qc.ca

An ancient extinguished volcano north of Saint-Camille. Mont Ham has an altitude of 713 m. and features hiking trails that take you to the mountain's summit. There are also cross county ski and snowmobile trails along with a picnic area.

Saint-Venant-de-Paquette

Overlooking the state of New Hampshire and the Appalachian Mountains, Saint-Venant-de-Paquette is a picturesque hamlet offering stunning panoramic views.

ATTRACTIONS

Église-Musée Saint-Venant

12 Chemin du Village, Saint-Venant-de-Paquette (Québec) J0B 1S0 / 819 658-1064
1-866-665-6669 / www.amisdupatrimoine.qc.ca

Housed in a church built in 1877, the museum is located in the loft and presents the history and religious customs of Saint-Venant-de-Paquette. Visitors will notice the impressive woodwork of the church's interior. Nominal admission fee. Open late-June-Labor Day.

Sherbrooke

The largest city, regional capital and cultural center of the Eastern Townships. Named after former governor of Canada, Sir John Coape Sherbrooke, the city offers year-round sights, sounds and activities within the city limits and in the surrounding communities and countryside. Sherbrooke's geography has been greatly determined by the Magog and St. Francis River's and as a result cycling, canoeing, kayaking, skating and other recreational activities have come naturally to residents and visitors. Old North Ward is the historic district, with its classic architecture and outdoor spaces such as the Park and Gardens of Domaine Howard with its Municipal Greenhouses and amazing murals that are presenting step in Sherbrooke history. Culture lovers will enjoy the various concert halls, theatres, museums and galleries, while your palate and sense of fun will enjoy the bars, restaurants and sidewalk cafes and, don't forget the many guided tours and festivals.

TRAVEL INFORMATION

Sherbrooke Region Tourist Info Office

785, King Street West / 819 821-1919 or
1-800-561-8331 / www.tourismesherbrooke.com

GUIDED TOURS

Société d'histoire de Sherbrooke

819 821-5406 / www.histoiresherbrooke.com

Heritage and religious tours as well as exhibitions.

ATTRACTIONS

Centre d'Interprétation de l'histoire de Sherbrooke

275 Dufferin St., Sherbrooke
819 821-5406 / www.histoiresherbrooke.com

This heritage interpretation center offers two guided group tours, one walking and one driving, of Sherbrooke's historic areas. Other activities include discovery walks along the Magog River Gorge and visits to the Frontenac Hydroelectric Plant. Group tours by reservation only. Nominal admission fee. Open year-round.

Maison de l'eau (House of water)

755 Cabana St. (Blanchard), Sherbrooke
819 821-5893 / www.charmes.org

Located in Blanchard Park, alongside Magog River, it is a year-round recreational and interpretation center. Rent the appropriate mode of transportation and enjoy cycling, boating and skating. Admission is free. Open year-round.

Musée de la Nature et des Sciences

225, rue Frontenac / 819 564-3200
1-877-434-3200 / www.mnes.qc.ca

Located in a renovated textile mill, this Museum invites visitors to discover and appreciate the natural wonders that surround them while being introduced to science. A full range of fun, diverse learning activities is offered. Nominal admission fee.

Orford Express

1175 King West, Sherbrooke (Québec) J1H 1S6
Tel.: 819 575-8081 / 1-866-575-8081
www.orfordexpress.com

Discover the charming pastoral landscape and explore the region with this tourist train. The unique itinerary links choice tourist destinations as Sherbrooke to Magog-Orford. As you ride the Budd 6121, guided activities will introduce you to the sites and historical events shaped by the trains, meals and different packages available.

Traces et Souvenances Tour (Heritage tour)

C.P. 553, succursale Place de la Cité, Sherbrooke
819 821-1919 / 1-800-561-8331
www.tracesetsouvenances.com

Take a trip on the bus and watch history unfold as you travel! The actors of Traces et Souvenances offer a historical trip to the heart of the Townships of the 19th and 20th century. Group tours by reservation only.

RESTAURANT

BUFFET DES CONTINENTS



340 Belvedere Sud, (Place Belvedere)
Sherbrooke (Qc) J1H 4B5
Tel.: 819 564-1099 / Fax: 819 564-7364
www.lebuffetdescontinents.com

Le buffet des Continents is a unique and stylish restaurant of international flavor offering a most incomparable daily menu consisting of over 150 dishes. Whether you prefer Greek, Italian, Canadian, Chinese, French, Mexican or Mediterranean dishes, Le Buffet des Continents guarantees that you will find your favorite. An unbeatable salad bar along with an unimaginable choice of desserts will surely satisfy every palate. With a seat capacity of over 650 places, they will accommodate large groups and offer ample free parking that is ideal for tour buses. For lunch, brunch or diner, you can be sure that they will offer you incredible group rates! Visit also our restaurants in Trois-Rivières, Gatineau and Québec.

LODGING

Delta Sherbrooke Hotel and Conference Centre

2685 King Street West / Tel.: 819 822-1989
1-800-268-1133 / www.deltahotels.com

A beautiful blend of the natural and the urban, Sherbrooke offers diverse activities and events throughout the city. Stay at Delta Sherbrooke Hotel and Conference Centre for your next visit and experience Sherbrooke's charm first-hand. Located close to many classic eateries, shops and commercial outlets, the hotel is perfectly situated to suit all of your needs.

Hotel le Président

3535 King Street West / 819 563-2941
1-800-363-2941 / www.hotel-le-president.com

Renowned for its artful elegance and attentive hospitality, Hôtel Le Président is the ideal location for your next stay in Sherbrooke. With its 117 comfortable guest rooms and a selection of conference/dining halls, our hotel can easily accommodate either individuals or groups.

Stanstead
(Border Towns Region)

Resting on the Québec-Vermont border, Stanstead and the Border Towns Region has seen many ethnic groups such as Abenakis, New England Americans, Irish, Scottish, English and French Canadians call this area home. Stanstead Plain and its main thoroughfare, Dufferin St., contain various prestigious 19th century homes and commercial buildings. The 1904 Haskell Public Library and Opera House is built right on the frontier. In Beebe Plain, you can visit Canusa St the most friendly border in the world, the yellow line in the middle of the street is the frontier.

ATTRACTIONS

Colby-Curtis Museum

535 Dufferin St., Stanstead
819 876-7322 / www.colbycurtis.ca

There are many magnificent century-old homes in Stanstead Plain and one the most prestigious is the Colby-Curtis Museum located in the 1859 Neo-Renaissance style Carrolcroft home. Nominal admission fee. Open year-round.

Stratford

Outdoor enthusiasts have made Stratford a popular destination with fabulous boating and fishing on nearby Lake Aylmer, Lake Elgin and Lake Maskinonge. The community is named after Shakespeare's birthplace: Stratford-Upon-Avon, England.

ATTRACTIONS

Parc national de Frontenac

599 chemin des Roy / Tel.: 418 486-2300
1-800-665-6527 / www.parcsquebec.com

Give yourself the gift of nature! Cabin rental and camping, kayak and canoe camping. Walking and interpretative trails, bike trails, monitored beach, fishing, boat and bike rentals, snowshoeing and cross-country skiing rental and camping.

Pavillon de la Faune

856 Stratford Road. / Tel.: 418 443-2300
1-888-845-2222 / www.pavillondelafaune.com

An impressive collection of animals in their natural state in three-dimensional format, from every corner of North America. These sweeping panoramas, painted by hand by a local artist are complemented by natural elements which recall their habitat. Also live indigenous animals. Packages. Group rates available.

Sutton

Looking for the feeling of a European ski resort town? Try the mountain community of Sutton. Originally settled near the end of the 18th century Sutton's main street was destroyed by fire a century later. This disaster actually revitalized the town, as construction of some wonderful homes took place soon after. Today, excellent boutiques, terraced restaurants, country inns and, of course, skiing draw visitors from around the world. Other recreational activities include: cycling, hiking, golf and camping.

ATTRACTIONS

Arbre en Arbre Sutton

429 rue Maple / Tel.: 450 538-6464
1-866-538-6464 / www.arbresutton.com

Nested in the Mont Sutton mountains you'll find a new and exciting way of experiencing the unique and enchanting natural environment of the Eastern Townships. You will experience an aerial tree-to-tree adventure. Open year round. Nominal admission.

Au Diable Vert

169 Staines Road, Sutton, Québec J0E 2K0
Tel.: 450 538-5639 / www.audiablevert.qc.ca

Perched at an elevation of 300 metres, this 200-acre territory enjoys spectacular views of Vermont's Green Mountains and the Mont Sutton massif. Enjoy our beautifull trail network: hiking, snowshoeing, backcountry skiing, telemark. Cabins and camping. Guided tour activities.

Sutton My mountain resort

671 Maple Street / 450 538-2339
1-866-538-2545 / www.montsutton.com

A unique layout of trails and glades that offer skiers and riders an unlimited choice of runs for continuous downhill fun. Autumn colours. Spectacular observation points accessible by chairlift and more than 70 km of up-kept hiking trails.

Valcourt

From the time it took Joseph-Armand Bombardier to bolt an engine to a sled, the town of Valcourt was transformed from an agricultural community into an industrial center. Bombardier, who saw his snowmobile put Valcourt on the international commerce map, is celebrated at a museum named after him. Since 2004, Valcourt is World Capital of Snowmobiling and host the Grand Prix Ski-Doo in mid-February.

ATTRACTIONS

Mines Cristal Québec

430, 11e Rang, Bonsecours
450 535-6550 / www.minecristal.com

South of Valcourt in the community of Bonsecours, you will find the only quartz crystal sanctuary in Canada where one can visit the museum and buy crystals from the mine. Nominal admission fee.

Musée J. Armand Bombardier

Tel: 450 532-5300 / www.museebombardier.com

You will discover the life and works of this major Canadian inventor with an impressive collection of vehicles and machines he designed throughout the stages of this career as a successful entrepreneur. The Museum also chronicles the history of snowmobile industry around the world from 1960 to the present. In addition to these permanent exhibitions, the Museum also offers temporary exhibitions with themes mostly related to science and technology.

Waterloo

Waterloo is a postcard perfect town with rich and illustrious history and scenery that includes Lake Waterloo and mountains in all directions. The former railway lines that defined the town's past, are now part of the present and have been converted into cycling trails – one towards Montréal and one towards Drummondville.

Windsor

Windsor resides in the St. Francis River Valley. While the bulk of Windsor's economy is built on the pulp and paper industry as well as textile manufacturing, there are also some worthy attractions. Note, among others, the Poudrière de Windsor, which bore witness to the manufacture of black explosive powder in Canada around 1864 and Park Watopeka.

ATTRACTIONS

Parc historique de la Poudrière de Windsor

342, rue St-Georges
Tel.: 819 845-5284 / www.lapoudriere.qc.ca

Founded in 1864 under the auspices of the American Civil War, the Windsor Powder Mill produced black powder, one of the essential components for explosives. You can now learn its explosive secrets, the how and the why of this manufacturing through a permanent interactive exhibition and theatrical guided tour through the 56 buildings that made up the factory.

The North: **Beyond Compare!**

Whith its exotic backdrop, the James Bay tourism region inspires challenges, dreams, conquest and adventure. Nature lovers will be amazed by the beauty of the scenery, as well as the immensity of the territory.

James Bay is filled with natural settings that'll take your breath away. You can take part in outdoor activities in an enchanting environment, mingle with the region's wonderful people as well as take part in authentic meetings with Quebec First Nations people.

James Bay is also a visit to the Robert Bourassa facilities. From the top of the dam you will be inspired by the beauty of the panoramic view and the nordic sky, and, most importantly, discover the hydroelectric facilities that are testament to the expertise and ingenuity of Quebec.

Major cities

Chibougamau ~ Lebel-sur-Quévillon ~ Matagami ~ James Bay Municipality ~ Chapais

James Bay tourism

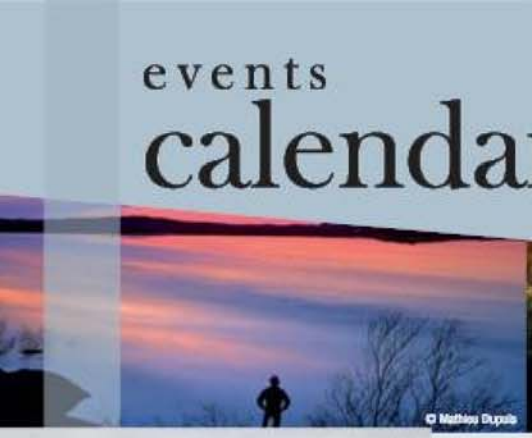
Tourisme Eeyou Istchee

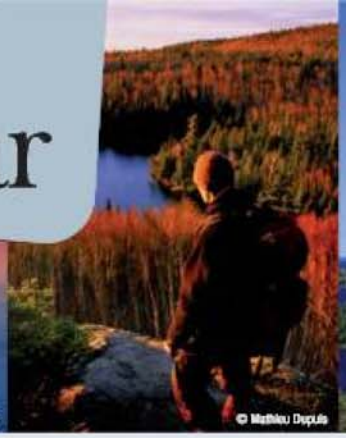
Eeyou Istchee Tourism

James Bay Tourism
1 888 748-8140
info@tourismebaiejames.com
www.tourismebaiejames.com



events calendar









2010

June

Festivities for St-Jean-Baptiste Day

June 23

Lebel-sur-Quévillon
819 755-4826
Whether to assist to the traditional parade and the bonfire or to participate in a friendly soft ball tournament, we invite you to celebrate and let the presentation of our mega fireworks fill your heart with joy.

James Bay Walleye Fishing Tournament

June 17 to 26

Chapais
1-877-846-2020
www.festivaldudore.com
info@festivaldudore.com
This Festival is the biggest fishing tournament in the province of Quebec, with more than $110,000 in prize money available. The event takes place at Lake Opémiska, situated 10 km from the city of Chapais, where peaceful scenery extends for as far as the eye can see and the people are extremely friendly. More than just a huge fishing tournament, there are activities for everyone and great shows throughout the 10 days of the festival. Participating makes you a winner!

July

Aboriginal Day

July

Chibougamau
418-748-7667
ciccdirector@tlino.com
This popular traditional festival gives the participants an unmatched opportunity to exchange and come in contact with the rich cultural heritage of the First Nations people that inhabit the Chibougamau sector.

August

August Festival

August 5 to 8

Chibougamau
418-748-7195
This major cultural event in the Quebec North region is presented on an outdoor stage in Chibougamau and includes 75 regional and professional artists and musicians, a children's day, a fireworks display, and much more!

Oujé-Bougoumou Blueberry Festival

August 12 to 15

Oujé-Bougoumou
418-745-2519
Ouje-Bougoumou "The Place Where People Gather". This will be a unique experience in fostering inter-community and inter-cultural harmony through participation. Activities & Entertainment For all ages Fireworks at the (opening & closing), Inflatable parks for kids, Animations Clowns & Painting, Show case & Selling of Arts, Story Telling & Legends in Teepees at the lakefront Beach, Blueberry picking contest, Blueberry jam & bannock, Food nutrition Awareness contest, Beach Volleyball Tournament, Local Artists, Invited Artists/Groups, Cultural, Activities, etc.

September

James Bay Horse Festival

September 3 to 6

Villebois
819-941-4166
Under the spectacular backdrop of Mount Fenouillet in Villebois, come and take part in some horseback riding activities. A mechoui and traditional cuisine served on-site.

must see

- **Robert-Bourassa Facility**
  Radisson, 1-800-291-8486
  www.hydroquebec.com/visit
- **Robert A. Boyd Historic Park**
  Radisson, 819-638-6673
  www.sshr.qc.ca
- **Arts et trésors inouïs**
  Radisson, 819-638-6969
- **Cree Village of Oujé-Bougoumou**
  Oujé-Bougoumou, 418-745-3905
  www.ouje.ca

tourist
circuits

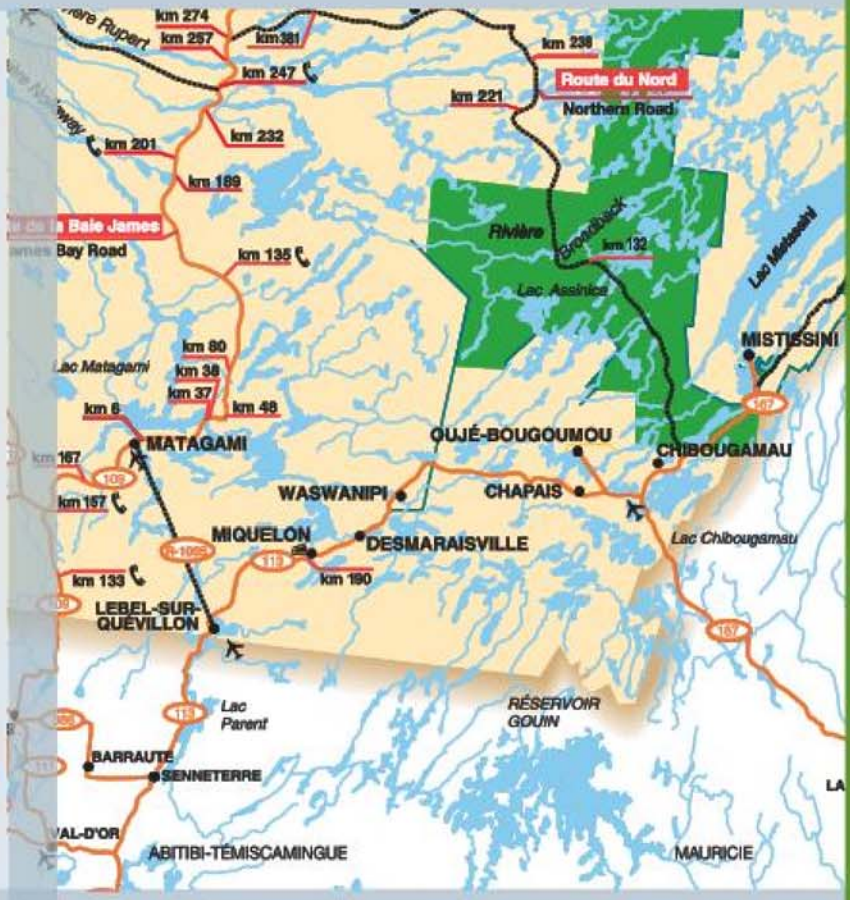
The James Bay Highway

The James Bay Highway (Route de la Baie-James) runs 620 kilometres links the towns of Matagami and Radisson. The road, completed in 1974, was initially designed to provide heavy equipment and works with an overland route to the great hydroelectric project construction sites. Opening out on either side of this long, northward-stretching route is an area boasting a rich flora and fauna, culture and history. Take the time to experience the James Bay Highway and discover the incredible force and creativity of nature.



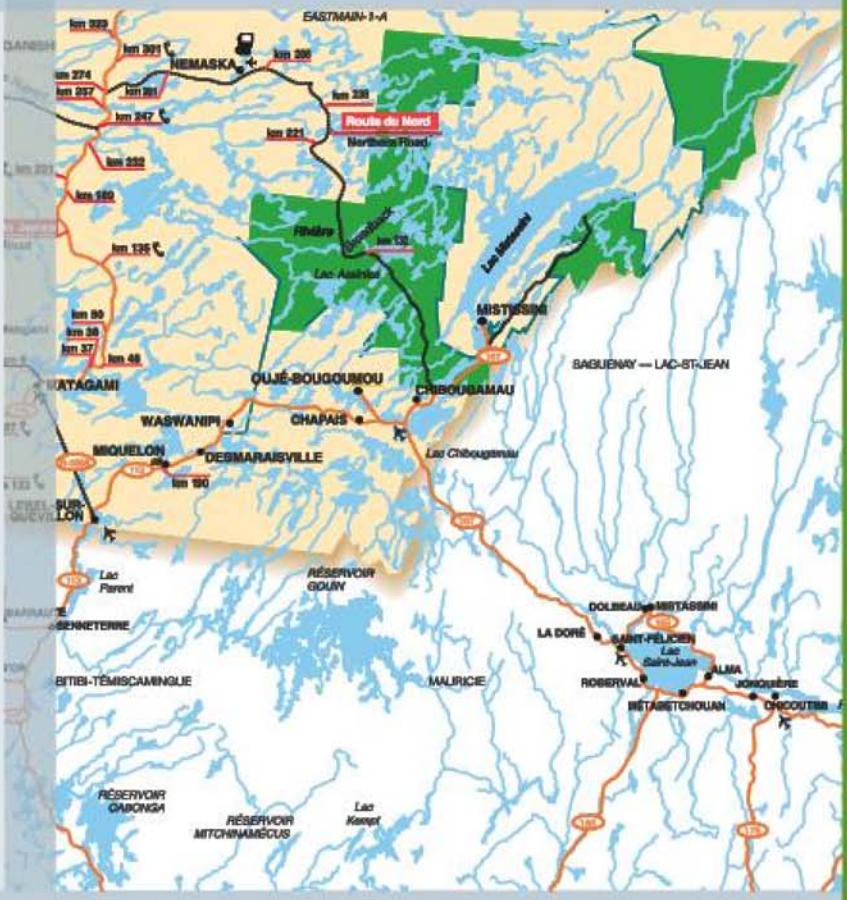
113 Highway

Built in 1967, 113 Highway links the towns of Chibougamau-Chapais in the east with the Abitibi region in the west, crossing through the communities of Oujé-Bougoumou and Waswanipi, the town of Lebel-sur-Quévillon and the hamlets of Desmaraisville and Miquelon. All along 113 Highway, you will discover a land of natural and tourism potential through the roadside stops, hiking trails and interpretation panels. Lovers of nature and Aboriginal heritage who travel down 113 Highway can't help but admire the area's history-laden beauty!



Road 167

Starting from Lac-Saint-Jean, take Road 167 until reaching Chibougamau and points even farther north, including the Cree community of Mistissini. There, you'll be entering Quebec's largest wildlife preserve, which encompasses Albanel, Mistassini and Waconichi Lakes. A veritable inland sea, Mistassini Lake is the largest natural lake in Quebec. Road 167 will also be the point of entry for the Parc national Albanel-Témiscamie-Otish, now in the planning stage. Come travel this road and discover the region's rich natural and cultural heritage!



TRAVEL INFORMATION

TOURISME BAIE-JAMES

1252, Route 167 Sud, C.P. 134, Chibougamau (Québec) G8P 2K6 / Tel.: 418 748-8140
1-888-748-8140 / Fax: 418 748-8150
jchartier@tourismebaiejames.com
www.tourismebaiejames.com

James Bay, a huge territory that holds lots of trophy fish, and wild life such as the well-known caribou. Nature, outdoor activities, northern lights, incredible sunsets and a warm welcome are waiting for you. The perfect country for snowmobiling invits you to visit its impressive hydroelectric installations. The James Bay Walleye Fishing Tournament, the James Bay Crossing and the International snowmobile Rally are held here. You must see! James Bay: Live the northern attraction!

James Bay Municipality

819 739-2030 / www.municipalite.baie-james.qc.ca

When you cross the 49th parallel coming from Abitibi-Témiscamingue or Saguenay—Lac-St-Jean, you enter the largest municipality in the world! The James Bay Municipality does everything possible to simplify and facilitate your travels and ensure the success of your stay among us: roadside rest areas, boat ramps, docks, fishing, campgrounds, etc. Also, we offer an interpretation brochure to accompany you throughout the James Bay Road.

ATTRACTIONS

Robert-A.-Boyd Historic Park

Radisson / 819 638-6673 / www.sshr.qc.ca

From the 1950's until the dawn of the new century, 185,000 workers spent time in the Québec taiga building the monumental La Grande Complex, one of the largest hydroelectric facilities in the world. To highlight their invaluable contribution, the Société des sites historiques de Radisson has reconstructed the G-68 exploration camp. Named Robert-A.-Boyd Historic Park, this tent village invites you to experience what daily life was like for the thousands of anonymous heroes who paved the way for the builders of our future.

Robert-Bourassa Power Station

Radisson / 1-800-291-8486
www.hydroquebec.com/visit

The tour begins at the Hydro-Québec Interpretation Centre, with a general presentation of the La Grande complex. Then climb aboard a luxury bus and embark on a 25 km circuit. The tour includes commentary and a brief video highlighting the different construction phases, the techniques employed and the experience acquired in environmental protection. The document also describes the know-how of Hydro-Québec staff. From the top of the dam, equivalent in height to a 53 storey building, you will marvel at the sky and panorama. You will also discover unusual and eye-pleasing landscapes from many lookout points, not to mention various works that illustrate Québec's savoir-faire and expertise.

Arts et trésors Inouïs

Radisson / 819 638-6969

This boutique offers some of the most beautiful examples of art objects, jewelry, as well as Native and Inuit artifacts. The boutique's owners will tell you about the history, origins and legends associated with them. It is the ideal place to purchase souvenirs and feast your eyes on extraordinary art and treasures.

Chibougamau

418 748-6060
www.developpementchibougamau.org

Chibougamau was visited as early as the 17th Century by many merchants, explorers and trappers. The first official exploration mining campaign on the territory was conducted in 1870 by James Richardson. First founded as mining village, Chibougamau gained its status of municipal corporation in 1954. Today, the forestry industry plays a role as important as the mining industry. The tourism industry is also growing more and more. Come and enjoy the many activities that occur near Chibougamau: golf, swimming, helicopter tour, hiking, mini-golf and more!

ATTRACTIONS

Oblaski park

418 748-6060
www.developpementchibougamau.org

Whether walking, biking, snowshoeing or cross-country skiing, you will appreciate the grand beauty of the boreal forest all year round. A trek around the Gilman Lake will make you discover the secrets of the local flora and wildlife through the numerous interpretation panels doting the paths. You may even bring along your fishing rod to tease the fish! Some paths will lead you to mountain peaks offering panoramic views on Chibougamau and some lakes around.

Oujé-Bougoumou

1-418-745-3911 / www.ouje.ca

Oujé-Bougoumou means "the place where people gather". The community is on Lake Opemiska and was designed and built in accordance with our vision of living in harmony with our environment and culture. This philosophy is apparent everywhere, from our innovative architecture, to the sustainable use of our resources. The results of putting this philosophy to work are also apparent to the outside world and in 1995, we received the United Nations' Habitat Award for Excellence in community planning.

ATTRACTIONS

The cultural village

1-418-745-3911 / www.ouje.ca

The cultural village enables you to discover the story of the teepee from generation to generation. Meeting and festival place, host great assemblies where the visitor partakes in the Native lifestyle. Upon reservation, handcraft demonstrations, a traditional meal complete this immersion in a world of millennial traditions.

Matagami

819 739-2541 / www.matagami.com

Matagami is the western entrance to the James Bay region. This town in a vast territory obviously gives an important place in outdoor activities. Within the city, it is possible to navigate around 3.5 km of hiking trails located in the forest providing access to an observation tower, the rapids, a terrace, a wildlife diversity. The resources around are abundant, making Matagami an ideal place for lovers of adventure.

ATTRACTONS

Lake Matagami Recreational Zone

819 739-4566 / www.matagami.com

The Zone offers everything a nature lover could want. It is at the point where two microcontinents converge, a spectacular geological phenomenon that experts can appreciate. Also, scars left by the planet's oldest volcanoes can be observed. Discover the brilliant tapestry of the wildflowers of Lake Matagami and its fascinating wildlife.

Chapais

418 745-2511 / www.villedechapais.com

From its early days as a mining town, Chapais has since diversified its economic activities with the opening of a sawmill in 1974. Today, Barrette-Chapais Ltée is among the forestry companies in Canada with the highest output. Determined to ensure the development of their community, the citizens of Chapais maximized the productivity of the forest bio-mass by opening the first co-generator plant in Québec.

Lebel-sur-Quévillon

819 755-4826 / www.lebel-sur-quevillon.com

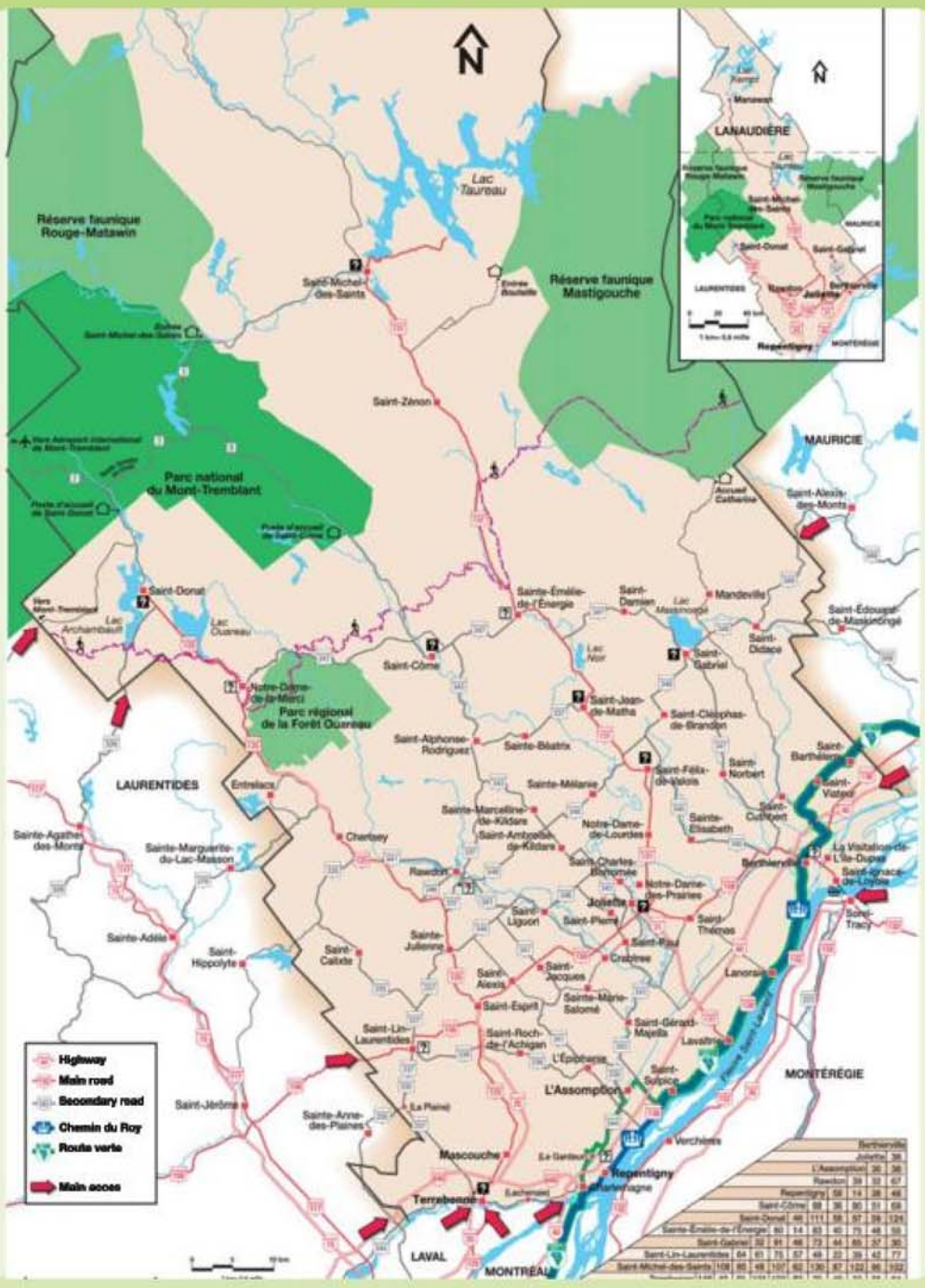
Nestled in the south part of the territory, on the shores of beautiful Quévillon Lake, lies Lebel-sur-Quévillon. The high zinc, copper, silver and gold content in its soil enabled Lebel to diversify its economy, which up to then consisted mostly of forestry. Located next to downtown, a huge beach with fine golden sand is a favourite with swimmers and other aquatic-sport lovers. Safety is a primary concern for all activities: pedal-boating, canoe, or kayaking; rentals available on site.

Very accessible and located along Québec's best-known tourist routes, bordered in the south by the St. Lawrence River and in the north by the Laurentian Mountain range. Lanaudière invites you to stop awhile and enjoy nature and culture at their best as you explore a wonderful mosaic of activities. Here, between plain and mountains, you can drive along winding roads where nature and culture blend harmoniously together. Lanaudière likes to celebrate! All year long, you are invited to attend our numerous festivals and cultural events. Whatever the season, Lanaudière offers you new and relaxing diversions. Welcome and enjoy the air in Lanaudière!

Enjoy the air in
Lanaudière
www.lanaudiere.ca

Tourisme Lanaudière
1 800 363-2788
info@lanaudiere.ca
www.lanaudiere.ca

Major cities
Joliette ~ Repentigny ~ Mascouche ~ Terrebonne ~ Saint-Donat ~ Rawdon
L'Assomption ~ Saint-Michel-des-Saints ~ Saint-Gabriel ~ Berthierville.



events calendar









2010

July

Festival de Lanaudière
July 10 to August 8
Joliette
450 759-7636 / 1 800 561-4343
www.lanaudiere.org

"Mémoire et Racines" Festival
July 21 to 25
Joliette/Saint-Charles-Borromée
450 752-6798 / 1 888 810-6798
www.memoireracines.qc.ca

August

Ma Rivière en Chanson
August 6 to August 8
Saint-Côme
450 883-2730, 1 866 266-2730
www.stcomelanaudiere.ca

Festival Interculturel de Rawdon
August 13 to 15
Rawdon
450 834-2596
municipalite.rawdon.qc.ca

Fêtes Gourmandes de Lanaudière
August 20 to 22
Saint-Jacques, Under the big top at Parc Aimé-Piette de Saint-Jacques
450 839-3671 / Fax: 450 839-2387
info@st-jacques.org
Web Site: www.st-jacques.org

September

Festival Rythmes et saveurs de Saint-Donat
September 4 to 6
819 424-3148

Festival l'Oktoberfest des Québécois
September 10 to 12
Mascouche,
Parc de l'Étang-du-Grand-Coteau
514 963-5393
www.oktoberfestdesquebecois.com

Festival des artisans
September, 25 to 26
Sainte-Marcelline-de-Kildare
450 883-2241 / www.ste-marcelline.com

2011

January

Saint-Côme Ice Sculpture Festival
January 29 to February 13
Saint-Côme
450 883-2730 or
toll-free 1 866 266-2730
stcomelanaudiere@yahoo.fr
www.stcomelanaudiere.ca

must see

- **Arbraska**
  www.arbraska.com
- **Super glissade**
  www.golfmatha.com
- **Musée d'Art de Joliette**
  www.museejoliette.org
- **Seigneurie de l'Île ronde**
  www.ileronde.com
- **Seigneurie des patriotes**
  www.seigneuriedespatriotes.qc.ca
- **Vignoble Lafortune**
  www.domainedelileronde.com
- **Services Touristiques Sylvie Gagnon**
  www.decouvertelanaudiere.com
- **Jardin de la Maison Antoine Lacombe**
  www.maisonantoinelacombe.com
- **Île des moulins de Terrebonne**
  www.ile-des-moulins.qc.ca

tourist circuits

St. Lawrence to Matawinie Tour

Very accessible and located along Québec's best-known tourist routes, Lanaudière invites you to stop awhile and enjoy nature and culture at their best as you explore a wonderful mosaic of activities. The region of Lanaudière offers numerous possibilities for your group excursions. Among the many cultural activities for which the region is known, Lanaudière plays host each year to the most prestigious outdoor classical music festival in Canada. And everywhere there are historical sites, museums and theatres to delight and surprise the visitor. In our region, nature beckons you at every turn to come explore and enjoy a host of outdoor activities and adventures. Enjoying the air in Lanaudière is all about refreshing the spirit as well as the body!

Consult ***www.lanaudiere.ca*** *for our leading attractions and contact the enterprises directly to find out about their group packages.*



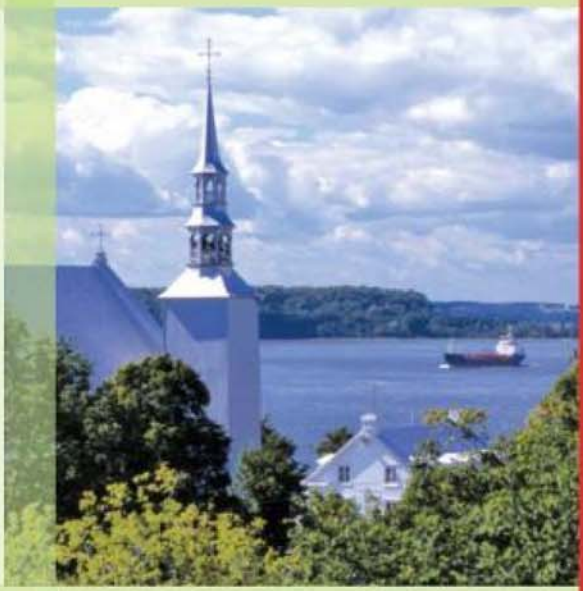
The Country Roads of Lanaudière

Just a few kilometres north of Montréal, you can enjoy a journey of discovery on the country roads of Lanaudière, savouring its many regional specialties along the way. The Chemins de campagne consist of 5 fascinating tours filled with interesting activities linked to the land and its rich bounty of produce and game. It's a truly rewarding and enjoyable experience visiting a farm where bison are bred – or geese or sheep. If you have a sweet tooth, sample some fine jams and honey chocolate, or stop at a farm and pick your own berries from the fields. The Chemins de campagne takes you through the most beautiful parts of Lanaudière, visiting fragrant, flower-filled gardens, heritage sites with real educational value and quiet places where you can simply enjoy nature. From the St. Lawrence River in the south to the Laurentian foothills in the north, along winding rural roads past quaint villages, across the rich agricultural plains in the region's centre, the Chemins de campagne will treat you to Lanaudière's finest landscapes. The people you'll meet are proud to share their passionate love of the land and invite you to taste the fresh, tasty local produce. Best of all is the warm, friendly welcome you'll receive everywhere – in the true lanaudois style! Order your country roads of Lanaudiere map now on or web site; ***www.cheminsdecampagne.ca***



The King's Road

Travel along Lanaudière's Road 138 and you are retracing the oldest road in North America! The Chemin du Roy (King's Road) was established in 1737 and ran from Québec City to Montréal. In addition to its considerable historical interest, the route offers magnificent views of the St. Lawrence River. Along the way, you'll discover some of the region's greatest cultural riches- charming villages, churches and chapels, museums, historic homes, arts and crafts, local produce, etc. The highway also affords access to one of the most beautiful natural and historic sites in all of Québec: the Îles de Berthier (islands), a major part of the Lac Saint-Pierre archipelago, classified by UNESCO as a Biosphere Reserve. Order your King's Road map now on or web site; ***www.lecheminduroy.com***



DESTINATIONS

TOURISME LANAUDIÈRE

3568, rue Church, Rawdon (Québec) J0K 1S0
Tel.: 450 834-2535 / 1-800-363-2788
Fax: 450 834-8100 / lapointe@lanaudiere.ca
www.lanaudiere.com

Tourisme Lanaudière is a regional tourism association recognized by the Government of Québec. This non-for-profit organization comprises 395 businesses and other organizations. Tourisme Lanaudière is an association whose mission is to contribute to the growth of the regional economy through tourism by coordinating the development and promotion of the local tourist product.

GUIDED SERVICES AND GUIDED TOURS

Services touristiques Sylvie Gagnon

450 474-6419
gagnonservtour@sympatico.ca
www.decouvertelanaudiere.com

PARK

Parc national du Mont-Tremblant

1-877-688-2289
parc.mont-tremblant@sepaq.com
www.sepaq.com

Berthierville

The rich commercial and industrial past of Berthierville is reflected in the opulent houses on Frontenac and Montcalm Streets, and at the site of the former marketplace.

ATTRACTIONS

Cuthbert Chapel

450 836-7336

Named after its builder, James Cuthbert, this church was erected in 1786 and is the oldest Protestant church in the province. Enjoy a guided tour or take in the exhibitions and entertainment. For your convenience, there is a tourist center and picnic area on-site. Admission is free. Open June - Labor Day, daily, located at the intersections of Roads 138 and 158.

Gilles-Villeneuve Museum

960 Gilles-Villeneuve Ave.
450 836-2714 or 1-800-639-0103
museegillesvilleneuve@belinet.ca
www.gilles.villeneuve.com

Although many people know the exploits of his son Jacques, it was Gilles Villeneuve who was Canada's first international auto racing star. The museum links the careers and accomplishments of father and son with displays of trophies, photos, race cars, interactive exhibits and video documents. Nominal admission fee. Open daily, year-round.

NEARBY ATTRACTIONS

Lac Saint-Pierre Reserve

2309 Saint-Pierre, Saint-Ignace-de-Loyola
450 836-7506 or 1-800-361-3748.

If it has wings and feathers you may see it at this reserve - home to one of the largest heron populations in the province. You can also see falcons, eagles, buzzards, parulines, swallows, gallinulas and ducks. Nominal admission fee. Reservations are required. Open early-May - mid-September, daily, sunrise-sunset.

Joliette

450 759-5013 or 1-800-363-1775

Situated in the heart of the Lanaudière region, Joliette means music to many people. Each summer, thousands come to Joliette for the wonderful classical music concerts of the Lanaudière Festival. While in the city, take advantage of the many boutiques, art galleries and restaurants. Venture through the 20-km of cycling trails or lace up the blades for the 4.5-km skating rink (9 km to come and go) in winter.

ATTRACTIONS

Joliette Art Museum

145 Wilfrid Corbeil St.
450 756-0311 / musee.joliette@citenet.net
www.musee.joliette.org

Known throughout the province for its uniqueness and dedication to Canadian artists such as Ozias Leduc, Suzor Coté, Marc-Aurèle Fortin and Émily Carr. The permanent exhibition displays various works of religious art dating back to the middle ages. Nominal admission fee. Guided tours available by reservation only. Open in the summer, Tuesday-Sunday; remainder of the year, Wednesday-Sunday.

NEARBY ATTRACTIONS

Bergerie des neiges

1401, rang 5 (rue Principale),
Saint-Ambroise-de-Kildare, Québec J0K 1C0
450 756-8395 / www.bergeriedesneiges.com

Explore at your own pace our different breeds of sheep, the history of the farm and the secrets of our breeding methods. You'll enjoy complete access to the sheep farm, its animals and interpretation tools (panels, audio and photos) – and by meeting us! Add to your pleasure with a picnic or a visit to our shop dedicated to lamb: choice of lamb cuts, our own deli products (from our artisan butchers), recipe books, wool, knits, duvets, gifts, etc. A delightful location, La Bergerie is the product of 22 years of passionate devotion.

La Courgerie

2321, Grand Rang Saint-Pierre, Sainte-Élisabeth
450 752-2950 / 1-800-711-2021
www.lacourgerie.com / info@lacourgerie.com

Fascinating colors and flavors 250 varieties of squash, winter squash and pumpkins. Boutique selling decorative and regional products, self-picking, interpretation center, etc. Open June to October, Wednesday to Sunday, from 10:00 am to 6:00 pm. Admission fee.

Les produits Harnois "Vignoble Le Mernois"

1090, rang Sud, Saint-Thomas, Québec J0K 3L0
450 759-7219 / mercier.harnois@videotron.ca

An asparagus farm of 15 hectares in operation for 20 years, connected to a vineyard of 6000 vines. Delightfully located, on former tobacco farming land. Tours of the asparagus farm: fields and production facilities. Also, tours of the Le Mernois vineyard: fields and winery. Also open for group visits in the evenings, upon reservation.

"Passion Labri" Garden

2590 Saint-Jacques (Road 341 N.), Saint-Jacques
450 839-3872

An authentic English garden with flowerbeds consisting of perennials, annuals and rosebushes and stone wall covered in flowers. Nominal admission fee. Open June - September, Wednesday-Sunday.

L'Assomption

An historic city whose streets are lined with interesting old houses. Known since the 1830s for its famous college, it was almost made a bishopric in the 19th century. L'Assomption is considered the birthplace of the famous arrowhead sash, based on a hand-woven textile with a flame and lightning pattern.

ATTRACTIONS

Seigneurie des Patriotes

573, Sainte-Marie road / 450 588-7206
erabliere_des_patriots@hotmail.com
www.seigneuriedespatriotes.qc.ca

4 air-conditioned rooms accommodating 30 to 140 diners, plus marquee for 300 people. Varied menu for all occasions, costumed staff, deer interpretation center and mini-museum featuring different thematic around the year (sugar shack, music, history, etc). Open year round with reservation.

The Courthouse

255 Sainte-Étienne St.
450 589-3266 / www.vieuxpalais.com

The oldest courthouse in Québec is as much alive today as it was in centuries past. Today this historical monument has been utilized in several films and presents entertainment in a supper-club setting. It also is home to the renowned works of architect Victor Bourgeau. Nominal admission fee. Reservations are suggested. Open year-round, check schedule.

Théâtre Hector-Charland

225, boulevard l'Ange-Gardien,
L'Assomption, Québec J5W 4M6
450 589-9198, ext. 5 / 1-877-589-9198, ext. 5
nhebert@hector-charland.com
www.hector-charland.com

Come visit the theatre regularly year-round – more than 250 productions are offered. Loge packages available for companies. For information and group reservations, contact Nathalie Hébert at 450 589-1406.

NEARBY ATTRACTIONS

Le Vignoble Lafortune

P.O. Box 322, Île Ronde, Saint-Sulpice, Québec
J5W 4L9 / 514 609-7223 / 514 238-6285
info@domainedelileronde.com
www.domainedelileronde.com

The Lafortune vineyard at Domaine de l'Île Ronde is located right in the heart of the St. Lawrence River. Arriving by boat, you can explore our 50,000 vines accompanied by a member of our staff who will be glad to share their knowledge and passion for the business. Various packages available – gastronomic, Sunday brunch, corporate, etc.

Seigneurie de l'Île Ronde

P.O. Box 99 (121-B, rue Émile),
Saint-Sulpice, Québec J5W 4L9
514 892-9210 / 450 589-2688
seigneurie.ile@videotron.ca / www.ileronde.com

Follow by boat the route of the explorers along the St. Lawrence River as far as Île Ronde where the Seigneur and his wife will tell you all about the history of the Seigneurie. Enjoy a country-style meal served by les filles du Roy. You can extend your tour in a motorcoach along the Chemin du Roy (King's Road). On Saturdays and Sundays in July, meet our artisans and collectors at the Seigneurie. Picnic site, walking trails, alcohol license on-site.

Vignoble aux Pieds des Noyers

71, Grande-Côte Est, Lanoraie, Québec J0K 1E0
450 887-1050
www.vignobleauxpiedsdesnoyers.com

Our vineyard is located on a delightful site, offering a perfect stop for a pleasurable time in a rustic setting. Enjoy a tasting while learning about the passionate business of wine production in our region – the reds, whites, rosés and fortified wines we produce are our pride and joy. Stop awhile and add to your enjoyment by sampling our range of wine-based products at L'Accord Gourmand. We create from the grapes and wines of our vineyard: grape syrup, several varieties of wine jelly, truffles and much more. Various packages and services offered.

Notre-Dame-de-la-Merci

South of Lake Ouareau and residing along the Ouareau River, Notre-Dame-de-la-Merci is the perfect locale for outdoor types. Hiking trails take along and across the river and into the Ouareau Forest. Don't forget your fishing rod and camera! During the Winter, the community is a snowmobilers delight.

NEARBY ATTRACTIONS

Forêt Ouareau

Access off Hwy. 125 / 1-800-264-5441

This 149-km willderness area features nature observation and interpretation. 100 km of trails for hiking, Nordic skiing and mountain biking. Guests can rent prospector tents for camping.

Rawdon

This municipality was founded by Irish squatters, followed by Scottish, English, Loyalist and French-Canadian settlers. Since the 1840s, French speakers have formed the majority. In the 1920s, several Slavic ethnic communities began arriving: Russians, Poles, Ukrainians and others have settled here to create a unique ethnic mosaic, second only to that of Montréal. Be sure to visit some of Rawdon's many churches (Catholic, Anglican, Orthodox, etc.). The nearby Rouge and Ouareau rivers make Rawdon a place of waterfalls and cascades, the best known being the Dorwin.

ATTRACTIONS

Arbraska

4131, Forest Hill St. / 450 834-5500
1-877-886-5500 / www.arbraska.com

In a very different kind of forest adventure, experience new sensations and heart-stopping excitement, all in complete safety. "Trails in the trees" takes you from tree to tree suspended 4 meters above ground. Experience more than 50 different acitvities: suspension bridges, rope walkways, Tyrolean, nets, Tarzan vines, etc. Reservations recommended. Open April to October and with reservation during the winter.

Cascades Park

Pontbriand Blvd. (via Road 341)
450 834-4149 or 450 834-8121

Bring a picnic and listen to the sound of water cascading over several rock formations. Nominal admission fee. Open mid-May-mid-October, daily, sunrise-sunset.

Chutes-Dorwin Park

Access via Road 125 and 337 / 450 834-2282

In addition to the on-site tourist information center, the park offers some 2.5 km of magical scenery along the Ouareau River as you take in the sight of the local flora and the smell of the surrounding pine trees. Nominal admission fee. Open year-round, daily.

Ferme Guy Rivest

450 834-5127
info@guyrivest.com / www.guyrivest.com

Come see why this farm won medals and discover new qualities of the strawberry at a tasting of wines and liqueurs made from the fuit. Pick them yourself and visit our fruit and produce store, where everything is made from stawberries, such as stawberry wine jelly. Open year round. Guided tour with tasting upon reservation.

Nect'art de Fleurs

1020, rang Kildare,
Saint-Ambroise-de-Kildare, Québec J0K 1C0
450 752-2218 / www.nectartdefleurs.com

In a magnificent rustic setting, you'll be enchanted by the rustic charm of our shop, gardens and century-old house. Established since 1999, Nect'Art de Fleurs is an enterprise engaged in the creation of fine gourmet products based on honey and maple syrup. Our frosted, hand-painted pots make ideal and original gifts that are guaranteed to please anyone. Our interpretation centre, new since 2005, will teach you about honey-making as you learn more on the history of Nect'Art de Fleurs.

Terre des Bisons

6855 Parkinson St.
450 834-6718 / info@terredesbisons.com
www.terredesbisons.com

A real bisons farm offering guided tours since 1994. Products tasting.

Saint-Côme

This early settlement is now a quaint village with a winding main street that is decorated with magnificent ice sculptures during the winter festival. Close by is the tourist booth of L'Assomption County, gateway to Mont-Tremblant National Park. And not far away is the Val Saint-Côme ski resort. Saint-Côme is also a centre for snowmobiling.

ATTRACTIONS

Bull Falls Park

Access via Road 343 North / 450 883-8336

With a name like Bull Falls, you know this park is going to offer some great scenery and hiking possibilities. Nominal admission fee.

Canot Volant

1471, rang des Vennes / 450 883-0902
info@canotvolant.ca / www.canotvolant.ca

Canoeing on L'Assomption River, three different packages offered. Open from April to September.

Saint-Donat

Saint-Donat is an old lumber town that has become one of the leading vacation spots in Lanaudière. With its two great lakes, Ouareau and Archambault, its attractive town centre and main street, inns, outdoor cafés, public square (concerts and shows in summer), historic tour and beach, Saint-Donat offers so many reasons to stay awhile. Outdoor activities abound in all seasons. In summer, there is hiking, boating, swimming, golf and cycling. A cycling path now links Saint-Donat with Saint-Agathe, in the Laurentians region. And the new panoramic route, Le Massif des Tremblantes, linking Saint-Donat to Mont Tremblant (north face), can be enjoyed by car, motorcycle or bicycle. Saint-Donat is also where the National Trail starts. As well, the area is known for its two ski centres: Ski La Réserve and Mont-Garceau. There are plenty of other winter activities, too, including cross-country skiing, snowshoeing, skating on the 1.85 km ice ring and snowmobiling.

TRAVEL INFORMATION

Saint-Donat Chamber of Commerce and Tourism

536 Principale Street (Qc) / 1-888-783-6628

Sainte-Marcelline

The village is a renowned crafts and produce centre with several interesting stores as well as the Festival des artisans. Admire the old church (1897), yet another place in this area that featured in a popular film.

ATTRACTIONS

Simon Turcotte - Confiturier

21, Arpin St. / 450 883-3926

Savour our tasty jams, meet artisan-chef Simon Turcotte and see his many fine creations and bouquets inspired by nature. Other regional products on sell at the boutique. Open from June to October, Wednesday to Sunday, from 10:00 am to 5:00 pm.

NEARBY ATTRACTIONS

Bonsaï Gros-Bec

40, Imbeault St. Saint-Alphonse-Rodriguez
450 883-1196 / www.intermonde.net/grosbec
grosbec@pandore.qc.ca

At this bonsai nursery, you will feel the enthusiasm of the two owners who invite you to visit their personal collection of bonsais and penjings, imported from China, Korea, Japan and other countries. Also, various species native to our region, permanent exhibition of bonsais and courses. Open from May to September, Tuesday to Sunday, from 10:00 am to 5:00 pm. Admission fee.

Miel de Chez Nous

1391, Pied-de-la-Montagne St., Sainte-Mélanie
450 889-5208 / info@miel.qc.ca / www.miel.qc.ca

Interpretation center, product tasting and observation hive (in the shop). Learn how honey is made and go on a "Bee Safari" (hive opening). A real taste of the country in a century-old house. Open Wednesday to Sunday. Fee for guided educational visits (upon reservation).

Saint-Jean-de-Matha

This is the village where Louis Cyr, the strongest man in the world in the late 19th century, lived out his final years; an interpretation centre recalls his exploits. The foothills begin here and in the distance you can see the Pain de Sucre (sugarleaf) mountain, near Lac Noir. There's much to do in the area: golf, outdoor recreational areas, summer theater, country food and fine cuisine… Saint-Jean-de-Matha has it all.

ATTRACTIONS

Chutes-Monte-à-Peine-et-des-Dalles Park

Access via Roads 131, 337 and 343
514 883-2245 / parcdeschutes@bellnet.ca
www.parcdeschutes.com

The park actually has three separate entrances; Sainte-Béatrix, Sainte-Mélanie and Saint-Jean-de-Matha. It includes 12 km of walking trails that cross L'Assomption River at three places as you view the river's three waterfalls. There are several picnic areas along the way. Nominal admission fee. Open early-May - October.

Super glissades de Saint-Jean-de-Matha

2650, 131 road / 450 886-9321
www.golfmatha.com / infogolf@golfmatha.com

An outdoor recreational centre with two slides… one for tubing and one with accessories for special forms of sliding: rafting, express train and cyclone. 66 km of cross-country ski trails, ice ring for skating, horse-drawn sleigh rides and much more. Restaurant, cafeteria, toilets, game and amusement areas for the very young. Lodging at the Auberge du Pro, situated directly on-site; also rental of cabins and condo.

Saint-Gabriel-de-Brandon

With its gorgeous setting on the banks of Lac Maskinonge, this village appears like an oasis in a rolling plain. The lake and surrounding countryside are both very appealing. This is a popular place for snowmobiling in winter and ATV driving in the other seasons, cross-country skiing and snowshoeing on the Brandon trails.

NEARBY ATTRACTIONS

Ferme l'Oie d'Or

1851, rang Saint-Louis,
Saint-Gabriel-de-Brandon, Québec J0K 2N0
450 835-2977 / www.fermeloiedor.com

Come visit our farm and stimulate all your senses! We offer a fascinating tour, from the incubation to the natural raising of geese, guinea fowl, pheasants and ducks, all without the use of growth hormones. We offer processed products: rillettes, terrines, sausages, foie gras and mousses, as well as cooked meals: confit de cuisses, cassoulet. At our shop, you can also buy de-boned quail stuffed with goose and apple, etc. An absolutely unmissable experience in Lanaudière!

Grand-Portage Gardens

800 Portage Rd., Saint-Didace
450 835-5813 / www.intermonde.net/colloidales/

Northeast of Saint-Gabriel-de-Brandon off Route 348 is the village of Saint-Didace and the magnificent Grand-Portage Gardens with its English and Oriental gardens. Nominal admission fee. Reservations are recommended. Open July - August.

Saint-Michel-des-Saints

Situated on the banks of the immense Lac Taureau (90 square km), it offers a number of resorts, some cosy and authentic inns, beaches, islands and one of the finest bodies of water in the region. Saint-Michel-des-Saints is also a paradise for both water sports and winter sports, and the area is well known for snowmobiling and dog sledding. A hundred kilometres to the north is the Atikamekw (Indian) village of Manawan, the closest French-speaking aboriginal village to Montréal. Close by, is Lac Kempt, one of the largest lakes in Québec.

ATTRACTIONS

Évasion Nature

1160, des Aulnaies St.
450 833-1462 / www.evasionnature.com

Dog sledding and horse back riding in a magnificent area. Many packages offered.

LODGING

AUBERGE DU LAC TAUREAU

1200 Ch. Baie du Milieu, Saint-Michel-des-Saints (Québec) J0K 3B0 / Tel.: 450 833-1919
1-877-822-2623 / Fax: 450 833-1870
info@lactaureau.com / www.lactaureau.com

Authentic four stars logwood inn, the Auberge du Lac Taureau offers 100 rooms and 58 new suites. The many facilities and the impressive wooden buildings makes the Auberge one of the most sought after resorts. Experience nature at it's best. Only 2 hours from Montreal and 3 hours from Quebec.

NEARBY ATTRACTIONS

Sept-Chutes Panoramic Pedestrian Trails

Saint-Zénon / 450 884-0484 or 450 833-1334 (Tourist Office in season)

Travelling south on Road 131 to Saint-Zénon, you will come to a hikers paradise with 12 km of trails past waterfalls and flora and the challenging 700 meters climb to the top of Mont Brassard. Admission fee. Open mid-May - October.

Terrebonne

Just 20 minutes from Montréal, the city of Terrebonne is considered the main gateway to southern Lanaudière. One of the richest heritage sites in all of Québec, this wonderful tourist destination wins the hearts of visitors every year with its magnificent 18th and 19th century seigneury buildings, as well as its many cultural and sporting events. Among these are a huge network of cycle paths (including the TransTerrebonne, a 15-km multi-use cycling path in a stunning setting), skiing and sliding, cultural sites with guides and some ten golf courses that rank among the top in Québec. Explore the heart of Old Terrebonne, the historic quarter that includes the highly popular Île-des-Moulins (Mill Island) site, a remarkable collection of pre-industrial-era buildings, restored for your enjoyment. Indulge yourself in the area's fine restaurants and bistros, and take in the panoramic views of the Mille-Îles River.

ATTRACTIONS

Moulins Island (historical site)

Via hyw. 25 N., Exit 22 East
450 471-0619 / iledesmoulins@qc.aira.com
www.ile-des-moulins.qc.ca

Discover the life and times of a 19th century pre-industrial complex at this historical cultural center. On site buildings include an 1846 flourmill, 1850 seignorial office and an 1803 bakery. Admission to the site is free. Nominal admission for shows. Open late-June - September.

Théâtre du Vieux Terrebonne

866, rue Saint-Pierre, Terrebonne, Québec J6W 1E5
450 492-5514 / 1-866-492-5514
jmalo@theatreduvieuxterrebonne.com
www.theatreduvieuxterrebonne.com

Groups of 20 or more benefit from special rates at all of our shows. Space available for receptions, with catering service. Dinner-theatre packages and tour of the Île-des-Moulins historical site.

NEARBY ATTRACTIONS

Fleurs et Délices

1575, chemin Comtois, Terrebonne, Québec J6X 4H4
450 477-2672 / info@fleursetdelices.com
www.fleursetdelices.com

Fleurs et Délices welcomes you to its interpretation garden where you can learn all about the ecological cultivation of edible flowers and long-forgotten aromatic herbs. A guided tour, accompanied by a tasting, promises your group a unique experience. In our shop: fleurises (crystallized flowers) and other delectable floral confections, created here. Cash only. Packages available.

Jardins Moore

1455, chemin Pincourt, Mascouche, Québec J7L 2Y3
450 474-0588 / jardinsmoore@videotron.ca

Learn about the history of the founder and his wife as you visit our interpretation centre. In the gardens, enjoy more than 120 varieties of annuals and perennials, as well as numerous types of shrubs and trees, including a collection of 46 varieties of lilacs. See the result of an ecological gardening approach requiring very little watering. Bring your camera! Reservations required for groups.

Sir Wilfrid Laurier Historic Site

205-12th Ave. Saint-Lin-Laurentides
450 439-3702 / www.parcscanada.gc.ca/laurier

North of Terrebonne in the village of Saint-Lin-Laurentides (via Road 337), this interpretation center examines the life and work of Canada's first French-Canadian Prime Minister - Sir Wilfrid Laurier, who led the country from 1896 to 1911. In addition there is a historical house which brings to life day-to-day activities from mid 19th century. Admission fee. Group reservations are required. Open mid-May to Labor Day.

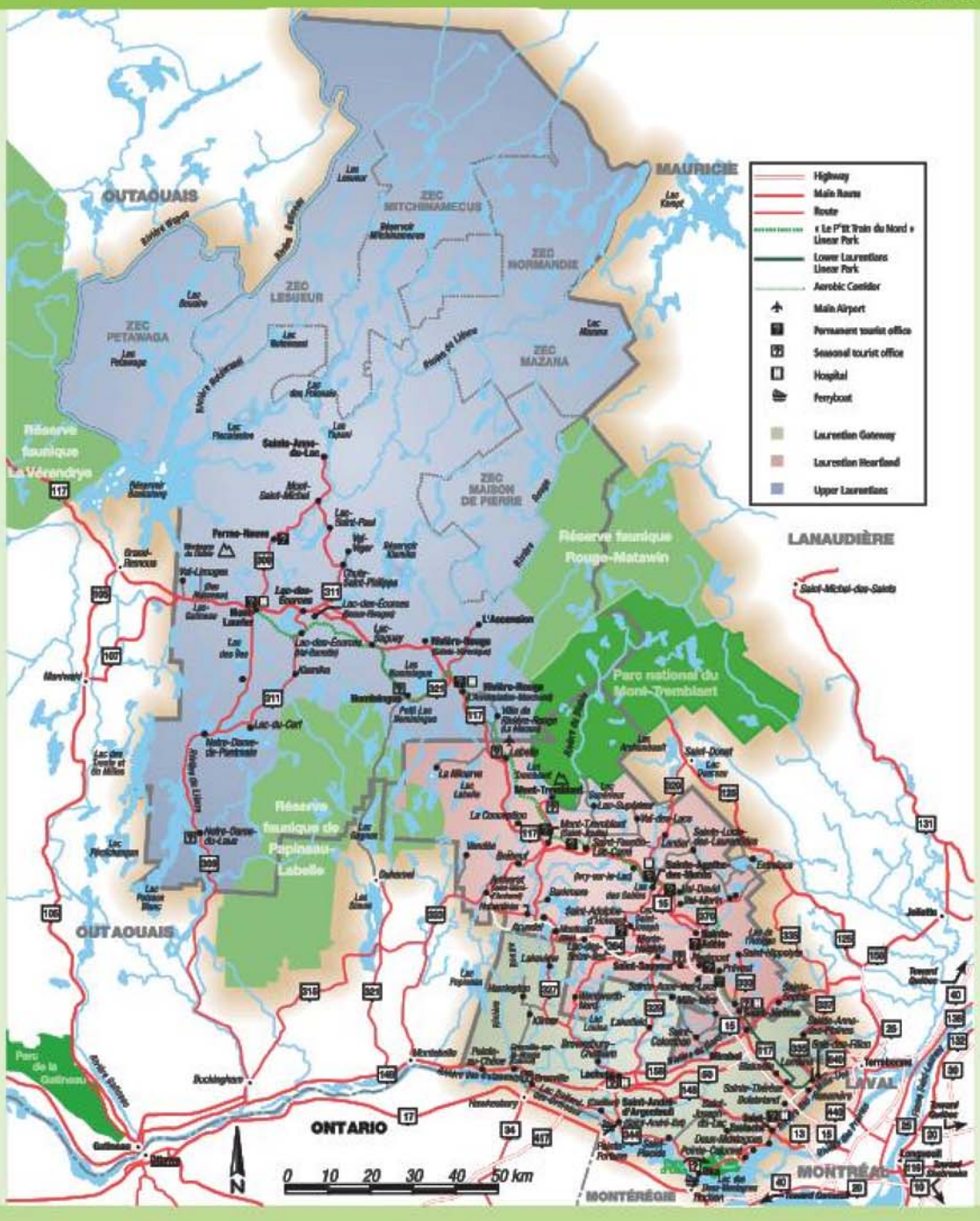
The Laurentians – International leader in tourism as a 4-season resort destination!

Located close to the major poles such as Montréal, Ottawa and Québec City, the Laurentians are easily accessible and represent a great complement to the urban experience since we used to call ourselves the playground of Montréal. Offering the largest concentration of resorts in Eastern Canada such as Tremblant, 9000 lakes & rivers, the largest protected area in Québec Province, the longest linear park in Canada, the largest night skiing territory in the world, the oldest flour mill in Canada still operating, a wide variety of activities & attractions as well as several international cultural events.

Major cities

Blainville ~ Saint-Eustache ~ Mirabel ~ Lachute ~ Saint-Jérôme ~ Saint-Sauveur Val-David ~ Sainte-Agathe-des-Monts ~ Mont-Tremblant ~ Mont-Laurier.

Tourism Laurentians
1 800 611-8532
pascale.tremblay@laurentides.com
virginie.larouche@laurentides.com
www.laurentides.com

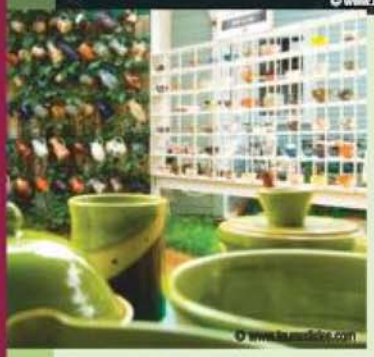


events calendar









2010

June

Upper Laurentians Classical Music Festival
June to August
Rivière-Rouge – Vallée de la Rouge Sport & Cultural Center
514 388-7281
www.concertshautes-laurentides.com

Festival arts en fête – 21e édition
June
Saint-Eustache – Old-Saint-Eustache
450 974-5166
www.artsenfete.com

CAMMAC Festival
June to mid-August
Harrington – Lac McDonald
819 687-3938 / 1 888 622-8755
www.cammac.ca

July

Boré-Art Festival
July to August
Nomininque
Saint-Ignace-de-Loyola Church
819 278-4083
www.bore-art.com

Tremblant Film Festival – 4e édition
July
Tremblant – Tremblant Resort
1 88 TREMBLANT
www.tremblantfilmfestival.org

Classique internationale de Blainville
July
Blainville – Blainville Equestrian Park
450 434-5200
www.ville.blainville.qc.ca

Tremblant International Blues Festival
July
Tremblant –Tremblant Resort
1 88 TREMBLANT
www.tremblant.ca

1001 pots – 22e édition
July to August
Val-David – 2435 rue de l'Église
819 322-6868
www.1001pots.com

La Grande dégustation de vin 11e édition – Wine Fest
July
Saint-Adolphe-d'Howard
1 866-ADOLPHE
www.grandedegustation.ca

Canoe Rally – 36e édition
July
Sainte-Anne-du-Lac
819 586-2143

Festival de la Rouge
July to August
Nomininque
Nomininque Hôtel & Club Course
819 278-0207
www.festivaldelarouge.com

Festival des Arts de Saint-Sauveur
July to August
Saint-Sauveur / Heart of the village
450 227-0427
www.fass.ca

August

Mirabel Equestrian Festival
August
Mirabel – Domaine Magaline
450 258-1796
www.Festivalequestredemirabel.com

Route des arts
August
450 562-3298
www.routedesarts.ca

September

Pommes en fête
September to October
Oka, Saint-Joseph-du-Lac, Saint-Eustache, Mirabel
www.pommesenfete.com

Saint-Colomban Medieval Fair
September
Saint-Colomban – Auberge Colford Inn
450 436-1453
www.fetemedievalesaintcolomban.com

Féerie musicale de Tremblant
September
Tremblant –Tremblant Resort
1 88 TREMBLANT
www.tremblant.ca

Mont-Laurier International Theater Festival
September
Mont-Laurier – Mont-Laurier CEGEP & Saint-Joseph High school
819 440-2666
www.doubledefi.qc.ca

Les Sculpturales in Saint-Sauveur
September
Saint-Sauveur – Georges-Filion Park
450 227-2564 / 1 877 528-2553
www.valleesaintsauveur.com

Festival de la galette – 25e édition
September
Saint-Eustache – Moulin Légaré Mill & Manoir Globensky's Gardens
450 974-5170
www.festivaldelagalette.com

December

24 Hours of Tremblant
December
Tremblant – Tremblant Resort
1 88 TREMBLANT
www.tremblant.ca

2011

January

Grand Prix de ski acrobatique Postes Canada
January
Sainte-Adèle – Ski Mont-Gabriel
450 227-1100
www.freestyleski.com

February

Canadien Ski Marathon
Mid-February
Lachute – Gatineau
819 770-6556 / 1 877 770-6556
www.csm-mcs.com

Festi-vent sur glace
Mid-February
Saint-Placide
450 258-4517
www.festi-vent.com

La Féerie des glaces in Mont-Tremblant
February to March
Mont-Tremblant
819 425-8010
www.feeriedesglaces.com

must see

- **Circuit ICAR in Mirabel**
  www.circuticar.com
- **Cité des Jeux du Monde in Val-Morin – recreational park**
  www.artsetjeux.org
- **Domaine Les Hauts Bois in Ferme-Neuve – wapiti farm**
  www.domaineleshautsbois.com
- **L'Ambroisie in Mirabel**
  www.lambroisie.com
- **La Compagnie des péniches in La Conception – covered bridge**
  www.peniche.ca
- **Mont-Tremblant Casino**
  www.casino-mt-tremblant.com
- **Mont-Tremblant National Park Via Ferrata**
  www.sepaq.com/pq/mot/fr/
- **Pure Lavande in Saint-Eustache**
  www.purelavande.ca
- **Tremblant Resort**
  www.tremblant.ca

Terroir Circuit

To watch out for in 2010: A new tourist route with special signage is being developed and we should be able to present it before the end of 2010. This route aims to promote the territory via its products, culture and landscape. It will offer some delightful alternatives for stays in our resort areas, and provide visitors with an occasion to discover one portion of the vast Laurentian region.

For more information: pascale.tremblay@laurentides.com
450 436-8532 (230)



Pays-d'en-Haut Tour

departure from de Saint-Sauveur

Historic and cultural journey. A tour guide will accompany the group.

Description
Experience the beauties and richness of St-Sauveur, Morin-Heights and St-Adolphe d'Howard. 3 points tour: Rivière à Simon falls, guided visit of an old church, meet a well known international painter, and finally a trip on a panoramic country-side road. Duration: 75 minutes. 27 persons maximum

For more information: Mr. Jean Hugues Mousseau
450 227-6664 / info@minibus.qc.ca / www.minibus.qc.ca



Pays d'en-Haut Agrotourism Tour

departure from Saint-Sauveur

A tour guide will follow the group throughout the trip, assuring that all passengers receive the best service. The guide will provide a thorough lecture about the history and culture of the region.

Description: - Lamas breeding farm: Livestock of 15 female lamas. Presentation given by a specialist about this very unusual specie. Educational and entertaining for the whole family. - Tasting event at an organic bakery: Guided tour in a typical bakery shop certified organic since 8 years, located on an enchanting site right in the middle of the forest. Espresso coffee and cappuccino served at the bakery. 35 different kinds of bread all made with love. A presentation of various bread-making techniques by the baker.
Duration 3 hours. 27 persons maximum

For more information: Mr. Jean Hugues Mousseau
450 227-6664 / info@minibus.qc.ca / www.minibus.qc.ca



LAURENTIANS REGION

International leader in tourism as a 4-season resort destination!

TOURISME LAURENTIDES

14 142, rue de La Chapelle, Mirabel (Québec) J7J 2C8 / Tel.: 450 436-8532 ext. 230
1-800-611-8532 / Fax: 450 436-5309
pascale.tremblay@laurentides.com
www.laurentides.com

The Laurentian region is renowned for its wide-open spaces and its lively and picturesque villages. Each season, nature, along with its peaceful 9000 lakes and rivers, transforms itself into a unique universe to be rediscovered. Located near big cities like Montreal and Ottawa, it is an easy access. The visitors will be conquered by the warmth of the inhabitants and the uniqueness of the landscape. The region is widely recognized for the quality of its various accommodations, many attractions and yearly activities. The Laurentians have earned the enviable reputation of Quebec's premier four-season holiday area.

Montréal - Trudeau International Airport

Pierre Elliott Trudeau International Airport
975, Roméo Vachon Blvd., North Dorval
Québec H4Y 1H1 / Tel.: 514 394-7377
Toll-free: 800 465-1213 (Toll-free across Canada, Vermont, and from Albany NY)
www.admtl.com

Internet users and travel agents now have online access to information on airport facilities, services, and rates as well as flight schedules through the Aéroports de Montréal's website.

Mont-Tremblant International Airport

819 425-7919 / www.mtia.ca

LAURENTIANS GATEWAYS

Blainville

www.ville.blainville.qc.ca

Blainville sits in the heart of the Lower Laurentians, and the local area is filled with a multitude of resources for those who wish to practice some outdoor activities including the numerous events in which locals and visitors like love to participate. It's an excellent place for families to play together: the 31-km bike path is a wonderful place to start and the tunnel under Highway 15 allows direct, safe access to the Domaine Vert Park. This is an exceptional four-season site where numerous outdoor activities can be practiced including cycling, swimming and cross-country skiing. What's more, the bike path includes some 10 km of the provincial cycling network, the "Route verte" which links Blainville to distant Mont-Laurier. Blainville also has a vast equestrian park at which a number of major events are held each year, including "Blainville en Fête" (mid-August), various outdoor concerts and exhibitions of all sorts. There's a lot to do and see in Blainville!

Saint-Eustache

Old St-Eustache historical quarter

www.moulinlegare.com / 450 974-5170

Old St-Eustache, a town that was established in the 18th century, was the site of one of the most significant points in the Rebellion of 1837. Today, it is an historic interpretation centre; open year round with its exceptional, constructed and natural heritage, and its numerous activities, its restaurant and boutiques. With costumed tour-guides, visit the moulin Légaré (mill), the oldest, water-driven flour mill in North America, and has never once stopped working since its completion. The miller produces wheat and buckwheat flour using time-honoured methods, with the original mill-stones. Just in front of the mill, you cannot miss the exhibition halls of the Maison de la culture et du patrimoine. Continue your visit at St-Eustache church, site where the Montreal Symphonic Orchestra made all of its recordings over the past 20 years or so. Finally, surrounding an ancestral house that is closely linked to several significant periods in the history of Quebec, a large garden attracts those who love nature and flowers. Come visit this historic town and discover the heritage and richly intense cultural life of Old St-Eustache!

CABANE À SUCRE LALANDE INC.

862 montée Laurin, Saint-Eustache (Québec) J7R 4K3
Tel.: 450 473-3357 / 1-888-682-3357 / Fax: 450 473-0112 / info@lalande.ca / www.lalande.ca

Since 1913, Sugar Shack Lalande welcomes visitors from around the world. Every year, our loyal customers return to St-Eustache for a good meal and a great atmosphere. Welcome to Lalande!

Domaine Magaline Sugar Shack

For more information, please visit our website: www.domainemagaline.com / 450 258-4132

Domaine Magaline Sugar Shack offers you a trip back in time. Discover the authentic atmosphere of a genuine Québec sugar shack dating from the 1930s and still operated the old-fashioned way. See how we harvest the sap the traditional way using horses. Enjoy a savoury meal and an unforgettable day out in a quiet corner of Québec that is proud of its heritage. Come and sample our traditional sugar shack menu, which has been transmitted from generation to generation, based on fine French cuisine and served up simply in the time-honored Québec manner. What's more, this delicious meal is served on an all-you-can eat basis.

Oka

Oka National Park

www.parcsquebec.com
Reservations from Monday to Friday, from 9 a.m. to 5 p.m. at 514 287-7866 (Getaways by train)

Oka National Park contains a wide variety of animal and plant species. But that is by no means all. Its history is so interesting that often, you will find historic figures greeting you who will take you on tours to learn more about the site. On a vast natural stage, you can take a walk through history while the richness of this local environment is recounted by actors who certainly know how to entertain you. This particular activity is well suited to groups! Also on the site, it is possible to visit the Stations of the Cross at The Calvary of Oka, which includes 4 oratories and 3 chapels dating from as early as 1742. Take advantage of a wonderful day out and come and relax in natural surroundings just a short hop from Montréal!

Lachute

www.ville.lachute.qc.ca

Where the North River separates the Laurentian foothills and the plains of Montréal is the city of Lachute. Settled by colonists from Vermont in 1789, Lachute grew rapidly through the 19th century. Agriculture has played an important role in Lachute's economy, including tourism as visitors take part in fruit picking, tour interesting breeding farms and enjoy delicious country-style cuisine. Barn sales and flea markets are held weekly. The flea market is open year-round. 450 562-2939. The annual Agricultural Exhibition attracts many visitors as well. Lachute is also well known for its challenging and scenic golf courses.

Mirabel

Mirabel is a diverse milieu offering a wealth of different activities. In its western district, the landscape is rural and the vocation agricultural with agricultural tourism activities extending throughout all four seasons. The main activities are to be found along the agricultural tourism circuit known as the "Rangdez- vous Champêtre." Mirabel also has the largest concentration of sugar shacks in the region.

AMBROISIE DE MIRABEL

14 501, chemin Dupuis, Mirabel (Québec) J7N 3H7
Tel.: 450 431-3311 / 1-888-431-3334
Fax: 450 431-3617 / info@lambroisie.com
www.lambroisie.com

Ambrosie specializes in the creation of the finest maple alcohols. Our maple wines are biological and contain no sulphite. At L'Ambrosie, you will find charming country style decor. You can visit our vaulted clay brick wine cellar, our Chai with its large oak vats, the modern transformation room, etc. In any season, we will always surprise you.

Saint-Jérôme

www.ville.saint-jerome.qc.ca

The gateway to the Linear Park, Saint-Jérôme, founded in 1834, was the region's first settlement and is now the Laurentians administrative, industrial and commercial leader. The father of the Laurentians, Curé Antoine Labelle was the parish priest here from 1868 to 1891. A bronze statue of Labelle stands in Labelle Park. Walks along the North River take you through downtown and through the history of Saint-Jérôme while offering magnificent views. Summer visitors rank in the thousands for the numerous outdoor concerts at the Rolland amphitheatre.

Linear Park "Le P'tit Train du Nord"

450 436-8532 / 1-800-561-6673
www.laurentians.com

The Linear Park was a very different place in former times. In fact, it was first a train line, part of the dream of the famous Curé Labelle, and built in order to promote development of the region. The line was built between 1891 and 1909 and the modern Park stretches from Saint-Jérôme to Mont-Laurier. The train was in its heyday in the 20s, 30s and 40s due to the increased popularity of alpine skiing. Unfortunately, improvements to the roads meant that the popularity of the P'tit train du Nord began to decline. The last voyage of a passenger train was in 1981. However, the line itself wasn't quite dead. In 1996, the new cycle path known as Le P'tit Train du Nord was opened to the public and it has gone from one successful season to another ever since. 88 km of the track between La Macaza and Mont-Laurier are now asphalted. A number of packages are available and the old stations have become service centers for cyclists and tourists. Among other packages, The Belgian Way and Inns of Yesteryear are highly appreciated. What's more, for those who wish to carefully plan their itinerary, there are companies offering to transport both bicycles and baggage. In wintertime, the track is a ski trail south of Ste-Agathe and a skidoo trail to the north.

Saint-Jérôme Cathedral

450 432-9741

A century old, the cathedral chapel contains a small visitor's guide with a permanent exhibit of old photograph reproductions that depict the history of the city. There is also a museum. You will also discover a small sanctuary dedicated to the Virgin Mary with the old altar once used by Curé Antoine Labelle. Admission is free.

Saint-Sauveur Valley

www.valleesaintsauveur.com

Welcome in the Valley of stars… an authentic village filled with history and beauty! We invite you to discover the Saint-Sauveur Valley, which is located in the hollow of the mountains at about 60 km (40 miles) North of Montréal. A place that's perfectly structured for tourism and, each year, accommodates a great number of visitors. You'll be astounded by its boutiques, restaurants and above all its ambiance. The Saint-Sauveur Valley offers a calendar filled with various events, in addition to a multitude of sporting and cultural activities within the largest recreotouristic cradle of the Laurentians.

Saint-Sauveur

www.valleesaintsauveur.com

If you are into taking strolls and shopping on charming little downtown streets you will love Saint-Sauveur. The main street is a major attraction with its multitude of restaurants and boutiques and the night time doesn't slow down a notch with the theatres, bars and discos. Nearby, the ski areas of Mont Habitant and Mont Saint-Sauveur.

CHAMBRE DE COMMERCE ET DE TOURISME DE LA VALLÉE DE SAINT-SAUVEUR

30, rue Filion, Saint-Sauveur (Québec) J0R 1R0
Tel.: 450 227-2564 / 1-877-528-2553
Fax: 450 227-6480 / info@valleesaintsauveur.com
www.valleesaintsauveur.com

Located in the heart of the Laurentian mountains. The St-Sauveur Valley is located at 45 minutes north of Montreal, and is a place to discover. Its unique atmosphere, exclusive boutiques and outlets, a varieyt of restaurants, the outdoor and cultural activities will charm you all year round. The St. Sauveur Valley... pleasure for all senses!

Saint-Sauveur Factories

www.factoreries.com

Some thirty or so boutiques of all kinds set in a cheerful, colorful environment are waiting to offer you savings of between 20 and 70%. You'll find wholesale prices for products such as Nike, Reebok, Tommy Hilfiger, Polo Ralph Lauren, Guess, Samsonite, Kodiak and La Vie en Rose to name only a few. And while you're there, why not spend some time discovering this pretty village nestled in the mountains. You'll be charmed by all the activity, especially along the main street with its colorful boutiques and crowds.



Sainte-Adèle

Excursion Carl Blondin Le Trappeur

www.cblondinletrappeur.com / 450 821-9580

This unique activity will help you take a break from daily routine. Carl le trappeur invites you to follow his trails. Learn about the utility of a trapper on a given territory, the humanitarian traps being used, basically everything about trapping. On a well maintained hiking trail, Carl le trappeur will show you his best techniques for catching a variety of animals. In addition, he will give you some information about the different medicinal plants. He will tell you about the habitat, eating habits, breeding and behavioural patterns of each animal. Meals served inside a prospector's tent (venison pâté tasting and more). Amerindian rituals, fabrication of your very own dream catcher, visit of a teepee, deer watching and animal trails interpretation. Carl le trappeur, a truly sympathetic trapper! Schedule: year-round, 10:30 a.m. to 3:30 p.m., reservations mandatory.

HÔTEL LE CHANTECLER

1474, chemin Chantecler, Sainte-Adèle (Québec)
J8B 1A2 / Tel.: 450 229-3555 ext. 694
1-888-916-1616 / Fax: 450 229-5593
sgarcia@lechantecler.com / www.lechantecler.com

Nestled between the mountain-face and a beautiful lake, this resort offers 220 rooms and suites including 110 with 2 double beds. Its recreational installations offer a wide range of activities: In summer: golf course, 6 tennis courts, horseback riding, lake with private beach, etc. In winter: 16 downhill ski trails, night skiing available on 8 lit trails, 50 km of cross-country skiing, skating, snowshoeing, dogsled, snowmobile, etc. We also offer a restaurant with a beautiful lakeview, a bar and a fully equiped fitness center. Wireless high-speed Internet access available.

Sainte-Marguerite-du-Lac-Masson

Bistro à Champlain Wine Cellar

www.bistroachamplain.com / 450 228-4988

One of Québec's foremost tables with a wine cellar to match, the Bistro à Champlain provides a rich dining experience in a decor refined by various works by Riopelle, Miro and other well-known painters. This former general store, built in 1864, was purchased by Champlain Charest and Québec artist Jean-Paul Riopelle in 1974 and became a bistro in 1987. Since that time, Champlain's wine cellar has improved with age and now counts some 35,000 bottles! Come and sample the fine cuisine accompanied by wines worthy of Bacchus, with a table overlooking magnificent Lac Masson. A visit to the cellar is included with the meal and menus for groups are created in function of both taste and budget. Open year round for groups with reservations. Visit to the cellar: 30 minutes or more depending on people's interest. From 10 to 150 people for meals. Possibility of visiting the cellar without dining.

Val-David

www.valdavid.com

This is Québec's home of mountain climbing and it's no wonder, considering Val-David is located at the foot of Mounts Césaire, Condor and King. Mount Alta and Vallée Bleue are there for downhill skiers while cross country trails are plentiful. The Linear Park – a 200 km path - runs through the heart of Val-David and is definitely a place to stop, where you will find a town dedicated to arts as the numerous galleries will attest. Great food and accommodations are also on the Val-David itinerary. Val-David is one of the region's most charming spots. Of particular interest is the large number of artists and craftsmen of all kinds who live and work locally. In fact, the artistic community has really helped put Val-David on the map. Among others, you'll find Chaudron Pewterware, a small boutique where you can view the work of renowned craftsman and metalworker Bernard Chaudron. All pieces are handmade and his work has won numerous prizes over the years. You will also find works displayed by the artist René Derouin (ceramic).

Sainte-Agathe-des-Monts

www.sainte-agathe.org

Sainte-Agathe-des-Mont's impressive Lac des Sables with its sandy beaches guarantees hours of happy swimming and other nautical sports. In any season lots of visitors in search of fresh air and action are attracted by cruises, kilometers of cross-country ski trails, snowmobiling and cycling on the linear park the "P'tit Train du Nord", skating and tobogganing. Sainte-Agathe-des-Monts is also events and festivals planned throughout the year. The city center is worth a visit for its exquisite boutiques, typical restaurants and historic buildings with their original or renovated turn of the century architecture.

Lac Superieur

www.parcsquebec.com
819 688-2281 / 1-877-688-2289

Mont-Tremblant National Park; With an area of 1,510 km² astride the border of the Laurentian and Lanaudière regions, the Mont-Tremblant National Park never ceases to amaze visitors by the diversity of its fauna and multicolored flora. This is the largest of all the parks in the SEPAQ network (Québec parks and outdoor recreation area network) and the first one to have been founded. Numerous activities are available in winter and summer alike (cross-country skiing, snowshoeing, equipment hire, campsite and chalet rentals, hiking, cycling, canoeing, kayaking, fishing etc.,). In addition, each season offers activities for learning about the local environment: on foot or by water, on fauna or flora and many other subjects, in daytime and sometimes in the evenings… There is something for every taste! All activities of this kind can be organized for groups as well.

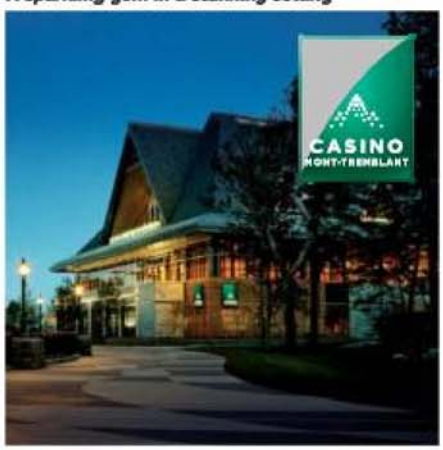
Mont-Tremblant

www.villedemont-tremblant.qc.ca

Not only one of the most popular resort areas in the Laurentians, but in the entire province, Mont-Tremblant has the look and feel of a small alpine ski village. Visitors come here by the thousands, both in the summer and winter. The village, established at the turn of the century, has been revitalized with numerous boutiques, fine cuisine restaurants and thriving nightclubs. As everyone knows, nearby is the ski area of Tremblant and the many world-class resorts and inns. Bordered by mountains such as Mont-Blanc and Mont Tremblant, Ville de Mont-Tremblant is a perfect locale for those needing a starting and resting point for a Laurentian's excursion.

CASINO DE MONT-TREMBLANT

A sparkling gem in a stunning setting



1, Chemin des Pléiades
Versant Soleil, Mont-Tremblant

Located just minutes from Tremblant's famous four-season village, the welcoming yet upscale Casino de Mont-Tremblant is a jewel at the heart of the mountain, a sparkling gem in a stunning setting. Decorated with natural materials, such as water, stone, wood, leather and suede in warm and intense colours as well as a number of impressive works of art, this casino is a world in itself. Visitors are bedazzled by the mountain, the exterior structure, the interior design and, above all, the warm welcome and excellent service they receive while there. The casino offers 400 slot machines, 20 gaming tables and Texas Hold'em Poker. You must be 18 years of age or more to take advantage of the attractions available at the Casino de Mont-Tremblant. Admission, parking and cloakroom are free of charge. For group reservations please call toll-free 1 800 665-2274.

Héli-Tremblant

www.heli-tremblant.com / 819 425-5662

Héli-Tremblant offers scenic tours over a region full of breathtaking panoramas. Packages include mountain stopovers for spectacular views or beach halts at superb swimming spots. Romantic packages include restaurant outings for a delightful meal. Guides tours in French or English.

STATION MONT-TREMBLANT

1000 chemin des Voyageurs, Mont-Tremblant (Québec) J8E 1Z1 / Tel.: 819 681-5675
Fax: 819 681-5976 / abrochu@intrawest.com
www.lessuitestremblant.com

Voted number 1 for accommodations in North America! Tremblant offers an impressive variety of ski-in, ski-out accommodations, from luxury hotel suites to fully-equipped condos. All hotels! are conveniently located steps from the shops, restaurants, golf and activities of the action-packed pedestrian village. You'll find the perfect accommodation to suit your client.

Tremblant Resort

www.tremblant.ca / 819 681-3000

Classed as the # 1 resort in eastern North America for the 13th consecutive year according to Ski Magazine, Tremblant has all the attributes of a resort of international caliber. A most particular charm, undeniable comfort, magnificent natural decor… Year round, Tremblant is a veritable playground for visitors. There is downhill skiing and hiking, golf and fine dining, health spas and festivals… in short, something for every taste. In the past it was a winter destination only, but it has now developed to the stage where it attracts crowds of visitors in every season. Located at the foot of the mountain, the village includes several hotels, numerous boutiques, a wide choice of restaurants and bars and many other activity centers. From the village centre you can take the panoramic gondola up to the summit of Mont-Tremblant for breathtaking views of the surrounding countryside. However, there is more than just scenery to admire… There are eleven hiking trails, including a thematic trail and an educational trail and you can often see the amazing spectacle of birds of prey in flight. A snack bar is also available at the summit. From the 12-metre high observation tower, you get a 360-degree view and there are many other activities available up top. You should plan to spend several hours up on the mountain and in the pedestrian shopping village down below.

TREMBLANT SUNSTAR

1545, Route 117 Sud, Mont-Tremblant (Québec) J8E 2X9 / Tel.: 819 425-8681 / 1-888-221-1411
Fax: 819 425-2126 / freynier@tremblantsunstar.com
www.tremblantsunstar.com

Rental and Property Manager located in Mont-Tremblant. Over 200 units ranging from studios to 5 bedroom chalets.

URGO HOTELS CANADA

170, ch. Curé Deslauriers, Mont-Tremblant (Québec) J8E 1C9 / Tel.: 819 774-3304 / Fax: 819 326-5880 / micheline.rancourt@urgohotels.com
www.urgohotels.com

Urgo Hotels Canada, Hotel group holder managing Marriott and Hilton flagship in Canada and USA. We offer a route turn-key combining urban stays and mountain resort. Our 4 star's hotels are located in the tourist districts of Old Montreal, Old Quebec City and the holiday resort #1 of Eastern Canada - Tremblant. We accommodate travellers as of arrival to Montreal Int' airport in the new Marriott: Residence Inn and Courtyard. Our portfolio extends to St-John Newfoundland in the historic entertainment district overlooking the sheltered harbour.

La Conception's covered bridge transformed into a restaurant

www.peniche.ca
819 686 2306 or 819 430 6630

Now a pedestrian bridge, the Godin covered bridge is in the centre of La Conception village. A unique restaurant-terrace concept welcomes you. Come and take a drink out on the Laurentian's most original terrace. Folksingers and musical groups will also be presented on the covered bridge. The restaurant and terrace available for family get-togethers, weddings, corporate events and more.

Sector of Antoine-Labelle

www.hautes-laurentides.com or
www.velo-hautes-laurentides.qc.ca
819 681-3000 / 1-888-560-9988

The Upper Laurentians, your passport to nature! The territory of the Antoine-Labelle RCM comprises over 4,500 lakes and rivers, three gigantic reservoirs, one being the 320-sq. km Baskatong Reservoir, and the Montagne du Diable (Mount Sir Wilfred Laurier), the second highest mountain in the Laurentians (783 meters in altitude) and 88 km of paved bikeway ("Le P'tit Train du Nord" Linear Park). It is a region of spectacular beaches and landscape. In harmony with the seasons, the area dresses up for a myriad of activities: cyclotourism, hunting and fishing, snowmobiling, dog sledding and ATV excursions. The many categories of quality accommodation available (inns, cottages, campgrounds, B&Bs, motels) will delight you.

Mont-Laurier

Principal city of the Regional County Municipality of Antoine-Labelle, Mont-Laurier emerged from the amalgamation of the municipalities of Des Ruisseaux and Saint-Aimé-du-Lac-des-Iles. Accessible via highways 117 and 309, this splendid territory is dotted with lakes and other waterways. More specifically, Lac des Iles, Lac des Écorces and Baie au Sable which stretches to the mouth of the huge Baskatong Reservoir. Travelers coming here will uncover hidden wealth: woodland, agri-food industry, architecture, the Linear Park, the train station, the covered bridges in Ferme-Neuve, the École d'Été which runs a variety of art courses in Mont-Laurier, a unique concept in Québec, lots of snowmobile and ATV trails, etc. A town with lots of services and outdoor activities in the midst of nature! Welcome to our neck of the woods.

FESTIVAL CLASSIQUE DES HAUTES-LAURENTIDES

Website: www.concerts@hautes-laurentides.com
Tel.: For Group: 1-819-275-3113, ext. 2
email: group@concertshautes-laurentides.com
Tel.: For individuals and concert tickets: 1-888-597-2442
email: agduchemin@videotron.ca

NEW THIS SUMMER: PACKAGE "CONCERT-PILLOW-GETAWAY" in the Laurentians
UNIQUE CONCEPT: Exceptional musical activities combining classical music, meet and greet with the musicians, a broad range of activities and regional gastronomy, for a one-of-a-kind experience! **GROUP AND INDIVIDUAL PACKAGES** available! A not-to-be-missed summer escapade! A get-away to plan with a group! **OVERNIGHT STAY PACKAGES:** 1,2,3 days or more; Theme packages also available; Casino package; Cultural, sports, Heritage package, etc. The Festival Classique des Hautes-Laurentides, a one-of-a-kind classical musical event, **32 unforgettable concerts**, from June 18th through August 21st, 2010 across 10 municipalities in the Upper-Laurentians region. **Over 300 world renowned artists** will take the stage for the Festival's 12th edition. The concerts will be held in the Mont-Tremblant and Mont-Laurier regions. Recipient of the Special Mention, awarded in the Tourism Event category at the Grands Prix du tourisme du Québec. **NOT TO BE MISSED! 3 SUPRA-CONCERTS, Nominingue:** UNFORGETTABLE GROUP PACKAGES

Kiamika

VILLAGE D'ACCUEIL DES HAUTES-LAURENTIDES

3 chemin Valiquette, Kiamika (Québec) J0W 1G0
Tel.: 819 585-2157, ext. 1 / 1-877-585-2157
Fax: 819 585-3992
france.tremblay@villagedaccueil.com
www.villagedaccueil.com

Village d'accueil des Hautes-Laurentides *Unique! Genuine holidays in the heart of nature. What better way to have a great holiday than by sharing it with a Québec family and experiencing local traditions? This is what our host families can arrange for groups for one or more nights. Here is an authentic cultural stay in an atmosphere at once dynamic and convivial, with a warm welcome and the certainty of some unforgettable memories!

Ferme-Neuve

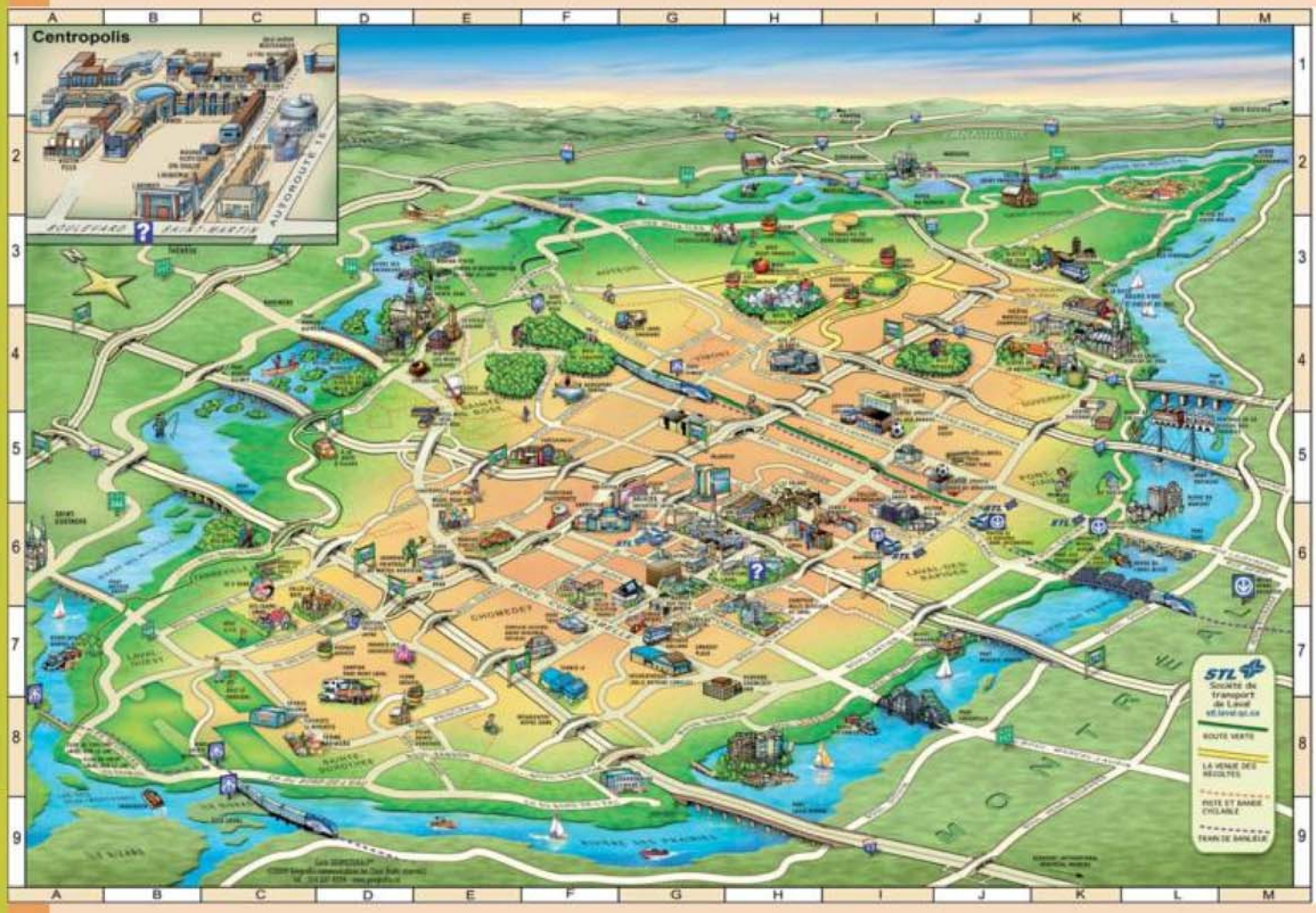
VILLAGE WINDIGO (LE)

548, chemin Windigo, Ferme Neuve (Québec) J0W 1C0 / Tel.: 819 587-3000 / 1-866-946-3446
Fax: 819 587-3005 / marc.mestdagh@lewindigo.com
www.lewindigo.com

Laval is an island of contrasts with busy urban settings and natural landscapes. Visitors are seduced by the Mille-Îles River Park and its outdoor activities and by Laval's outstanding recreational scientific attractions, namely the Cosmodôme, the Armand-Frappier Museum, the Water Interpretation Centre. Groups of all ages will enjoy a visit to SkyVenture to experience the exhilarating sensation of the free-fall portion of a skydiver's jump, and at the recently opened Maeva Surf where they can practice flowboarding on an artificial wave of water propelled at 40 km/hr, in a safe and secure environment. With its concert halls, own symphony orchestra, and its Mondial Choral Loto-Québec, the largest gathering of choirs and vocal ensembles in America, Laval truly shines on the cultural and musical scene! And what about a choice of excellent restaurants, quality affordable lodging and shopping at its best? All this at 15 minutes from Montréal-Trudeau International Airport and the Laurentians. Laval is definitely a destination of choice!

TOURISME LAVAL

Tourisme Laval
1 877 465-2825
www.tourismelaval.com



events calendar









2010

Artistes de Rose-Art à l'œuvre (Vieux-Sainte-Rose)
All Year
Laval
450 625-7925
www.roseart.ca

May

Virées patrimoniales (Vieux-Sainte-Rose)
May to October
Laval
450 681-1611
www.ville.laval.qc.ca

Symposium des artistes sur la Route des fleurs (Sainte-Dorothée)
May 1st and 2
Laval
450 687-4866
www.qacb.ca

24 heures de science
May 7 and 8
Laval
www.science24heures.com

International Millenium Conference (CIME 2010) (Sheraton Laval)
May 26 to 29
Laval
514 282-1999
www.cimeobjectif2015.org

Semin'Art de l'ALPAP (Chomedey)
May 29 and 30
Laval
450 688-6558
www.alpap.org

Journée Portes ouvertes
May 30
Laval
450 682-5522
www.tourismelaval.com

June

La Grande Fête des Pompiers de Laval (Centropolis)
June 5 and 6
Laval
450 978-8000
www.ville.laval.qc.ca

Mondial Choral Loto-Québec
June 17 to 27
Laval
514 935-9229, 1 888 935-9229
www.mondialchoral.org

July

Fête du Canada de Laval
July 1st
Laval
www.celafete.ca/laval

Fêtes Gourmandes Internationales (Centropolis)
July 17 to August 1st
Laval
450 472-2088
www.fetesgourmandesinternationales.com

Symposium de Sainte-Rose – Art and Heritage (Vieux-Sainte-Rose)
July 29 to August 1st
Laval
450 625-7925
www.roseart.ca

August

Sainte-Rose en Bleu (Vieux-Sainte-Rose)
August 4 to 8
Laval
450 628-9374
www.lavalenfete.org

September

La Fête de la famille (Centre de la nature)
September 5
Laval
450 978-8000
www.ville.laval.qc.ca

L'Appétit Fête de Sainte-Rose (Sainte-Rose)
September 10 to 12
Laval
450 622-8094
www.rt2000.ca

Journées de la culture
September 24, 25 and 26
Laval
450 662-4440
www.ville.laval.qc.ca

October

La Quinzaine des sciences
October 26 to November 16
Laval
www.cmontmorency.qc.ca/sts

2011

January

Salon rénovation et maison neuve (Place Forzani)
January 26 to 30
Laval
450 563-5335, 1 888 589-8451
www.salonrenovation.com

February

Sainte-Rose en Blanc (Vieux Sainte-Rose)
February
Laval
450 978-8905
www.ville.laval.qc.ca

March

Feline Show of the Canadian Championship (Collège Laval)
March 26 and 27
Laval
www.clubfelinoccidental.com

must see

- **SkyVenture Laval-Montréal**
  514 524-4000
  www.skyventuremontreal.com
- **Maeva Surf**
  www.maevasurf.com
- **Cosmodôme**
  450 978-3600 / www.cosmodome.org
- **Parc de la Rivière-des-Mille-Îles**
  450 622-1020 / www.parc-mille-iles.qc.ca
- **Musée Armand-Frappier**
  450 686-5641
  www.musee-afrappier.qc.ca
- **Centre d'interprétation de l'eau (C.I.EAU)**
  450 963-6463 / www.cieau.qc.ca
- **Château Taillefer Lafon**
  450 689-0030
  www.chateautaillefertafon.ca
- **Paradis des Orchidées**
  450 689-2244
  www.leparadisdesorchidees.com
- **Récréathèque**
  450 688-8880, 1 877 752-4747
  www.recreatheque.com

tourist circuits

"Space" Tour

Who has not dreamt of flying like a bird? Defy the laws of gravity at the recently opened SkyVenture, the first and only indoor vertical wind tunnel in Canada that simulates almost to perfection the free-fall portion of the skydive. The team of experts will accompany you throughout this completely safe and secure activity. The experience continues at the Cosmodôme that proposes in its museum section a fascinating exploration of the space universe, and a walk through a scaled replica of the solar system. Guides are available to accompany your group on this tour.

Tourisme Laval
450 682-5522 – 1 877 465-2825 – www.tourismelaval.com



The "Passeport des chefs", a gastronomic tour in the heart of Old Sainte-Rose

The "Passeport des chefs" is an invitation to an evening filled with gastronomic delights prepared by four restaurants of Old Sainte-Rose: Les Menus-Plaisirs Restaurant-Auberge, Restaurant Amato, Le Saint-Christophe and Au Jardin Boujo. Chefs will go all out to create a succulent progressive dinner. Each restaurant takes turn in preparing one of the four courses with accompanying wine. While you're in Old Sainte-Rose, take the time to discover the rich heritage of this historic quarter bordering the Mille-Îles River and learn more about the life of some of its famous residents.

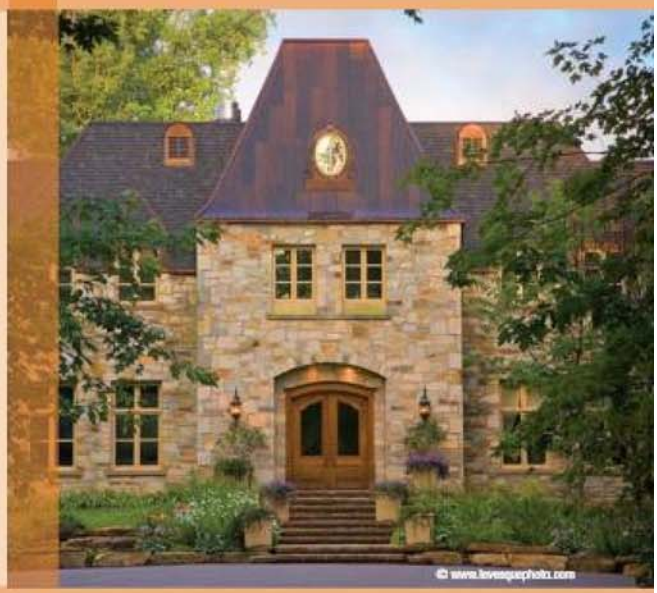
Tourisme Laval
450 682-5522 – 1 877 465-2825 – www.tourismelaval.com



Country-feel Tour

You'll be amazed by Laval rural side. Start your tour in Sainte-Dorothée at Château Taillefer Lafon, the largest producer of noble vines in Québec, and a sumptuous estate where you'll be invited to taste award-winning wines and ciders. Next visit the greenhouses Les Serres Sylvain Cléroux, the most important producer of annual flowers in Québec. As the final note of your tour stop at Paradis des Orchidées to admire 100,000 orchid plants, visit the interpretation centre and learn more about this mysterious flower.

Tourisme Laval
450 682-5522 – 1 877 465-2825 – www.tourismelaval.com



TOURISME LAVAL



TOURISME LAVAL

2900 Saint-Martin Blvd. West
Laval, Québec H7T 2J2
Tel.: 1 877 465-2825 / Fax: 450 682-7304
www.tourismelaval.com

Tourisme Laval represents over 225 businesses of Laval tourism industry. Advantageously situated close to Montréal and the Laurentians, Laval has it all, thanks to the diversity and originality of its attractions. Laval has gained a solid reputation as a unique recreational and scientific destination thanks to amazing attractions such as the Cosmodôme, the Armand-Frappier Museum with biosciences and biotechnologies exhibits, and the Centre interprétation de l'eau where one can follow the path of drinking water. Looking for pure fun and games? At SkyVenture, visitors of all ages can experience the exhilarating sensation of free fall while at the recently opened Maeva Surf, adult and young extreme sport enthusiasts can practice flowboarding on an artificial wave of water propelled at 40 km/hr. Music lovers must visit Laval between mid-June and mid-July when the whole city lives to the rhythms of the Loto-Québec World Choral Festival, the largest international gathering of choirs and vocal ensembles in North America. All year long Salle André-Mathieu and Maison des arts present great shows and cultural events. Those looking for some relaxing time in a natural setting must visit Parc de la Rivière-des-Mille-Îles with its lush landscapes and ecological boating tours, and the Centre de la nature with its farm, exceptional gardens and picnic areas. Another unique experience is a visit to Château Taillefer Lafon, the only "château" designated establishment in Québec and a multiple award-winning ice cider and wine producer. Heritage and history buffs will truly enjoy a stroll in the streets of Old Ste-Rose. There's a lot to explore in Laval! Save some time. Let Tourisme Laval help you plan your tour. Contact Caroline Tremblay at 450 682-5522 or ctremblay@tourismelaval.com.

ATTRACTIONS

Cosmodôme

2150, autoroute des Laurentides
Tel.: 450 978-3600 / 1 800 565-2267
www.cosmodome.org

Welcome to the very first space science interpretation centre in Canada! This is a museum with a difference: an all-in-one scientific, educational and tourist attraction. Visitors enjoy a unique learning experience through six sections featuring exhibits and interactive terminals adapted to the various age groups. They can also catch our short film "Magnificent Desolation – Walking on the Moon" with never shown before NASA footage. Through artefacts, models and objects, visitors familiarize themselves with telecommunications, exploration and observation of the Earth, explore the Solar System, relive the glorious moments of the Apollo Lunar Program and get a close look at a real Moon rock! Next to the Space Science Centre is Space Camp Canada. Budding astronauts can experience what it feels like to be on a mission aboard a real space station, through disorientation simulation and other experiments. Space Camp Canada also offers discovery packages ranging from half-day to six-day stays. Reservations are required. Nominal admission fee. Space artefact boutique and restaurant.

Armand-Frappier Museum

531, boulevard des Prairies
Tel.: 450 686-5641 / www.musee-afrappier.qc.ca

Musée Armand-Frappier is certainly a great success story in scientific popularization. The museum has for mission to foster an interest among the general public – and more specifically youth – for biosciences and biotechnologies, in addition to showcasing the contribution of Dr. Armand Frappier to the development of public health research in Québec. The museum's MicroZoo exhibition uses a zoological garden approach to explain the world of microorganisms – from the most useful to the most harmful ones – and their habitats. Computer terminals, short films, exploration booths, microscopes and association games. Reservations required for group tours. Nominal admission fee.

Water Interpretation Centre (C.I.EAU)

12, rue Hotte / Tel. 450 963-6463 / www.cieau.qc.ca

The only one of its kind in Québec, this interactive centre located inside the wastewater treatment plant on Mille-Îles River banks presents a permanent exhibition of ten theme modules comprised of collector's items and interactive features that allow visitors to learn more about the evolution of drinking water production in Québec and around the world. Plunge into the universe of drinking water production, distribution and wastewater treatment by discovering its various crafts and professions. Get a better understanding of the magic tap and water related issues. In the laboratory you can observe various phenomena and experiment water treatment techniques. Multimedia room for lectures and short-movie showing. Schedule: from October 16 to May 14, Wednesday and Sunday, 11 a.m. to 5 p.m.; from May 15 to October 15, Tuesday to Sunday, 10 a.m. to 5 p.m. Reservation required at all times for groups of 12 and more. Free for children 9 and younger. Nominal admission fee for students, adults, and families (2 adults and a maximum of 3 children).

Laval Children's Museum

3805, boulevard Curé-Labelle
Tel.: 450 681-4333 / www.museepourenfants.com

This interactive museum dedicated to children offers a unique enriching experience for children between 1-8 years old. Young visitors accompanied by a parent or their teacher can explore 18 different rooms, each featuring a trade or a profession they discover and experience in an entertaining way. Among these: firefighter, police officer, doctor, ambulance staff, grocer, speleologist, astronaut, aviator, etc. All the necessary equipment for a real hands-on experience provided on site. Nominal admission fee.

Rivière-des-Prairies Generating Station

3400, rue du Barrage / Tel.: 1 800-365-5229
www.hydroquebec.com/visit

Built between 1928 and 1930, this run-of-river power generating station is among the oldest Hydro-Québec hydroelectric installations still in operation. A tour of the station includes its impressive spillway dating back to 1983 and the interpretation centre that reveals the secrets of producing electricity. Admission is free. Visitors over 18 years old must provide proper identification.

Maison des arts de Laval

1395, boulevard de la Concorde Ouest
Tel.: 450 662-4440 / www.ville.laval.qc.ca

Founded in 1986 by the City of Laval, this venue is the rendez-vous of artistic expression in Laval. All year long, the Maison des arts de Laval invites the general public, from adults to youth to families – to enjoy a rich and diversified program of visual arts, theatre, dance, music, literature, comedy shows. In addition, thanks to its multifunctional halls and modern facilities, the Maison des arts is an ideal venue to hold conferences, workshops and other group activities. The Théâtre des Muses features a stand-up comic show during the summer months while Salle Alfred-Pellan is a popular exhibition site. Admission is free in Salle Alfred-Pellan.

Laval Heritage Trail

Tel.: 450 681-1611, 311 (from Laval)

Discover and admire architectural beauty from the past that is still truly vivid in Old Sainte-Rose and Old Saint-Vincent-de-Paul neighbourhoods through Laval's Heritage Trail. Interpretation tour of these villages' historic and heritage landmarks. Guided tour or self-guided tour (audioguide and brochures) allowing visitors to bring the past back to life. Free rental of audioguides at the Galerie La Vieille Caserne or download files on www.ville.laval.qc.ca.

Old Sainte-Rose

Once a highly popular vacation destination for a bourgeois clientele, Old Sainte-Rose is located on the shores of the picturesque Mille-Îles River. A tour of this quaint neighbourhood – that has kept all of its old-fashioned appeal – is a wonderful opportunity to admire its architectural and patrimonial wealth. Make sure to get the Old Sainte-Rose Heritage Tour Guide (available at all shops and stores) to document your visit with interesting facts and information. Keep an eye out for arts & crafts boutiques and antique stores. Who knows what hidden treasures you might find! Plus Old Sainte-Rose has long been known for the excellence of its restaurants, and the festive activities and popular summer and winter events.

NATURE AND OUTDOOR ACTIVITIES

The Mille-Îles River Park

354, boulevard Sainte-Rose
Tel.: 450 622-1020 / www.parc-mille-iles.qc.ca

Part of which is a protected wildlife sanctuary, is the largest nature park of the metropolitan region. It is the starting point for ecological excursions aboard canoes, kayaks, rowboats and pedal boats. Visitors come to the park to enjoy a journey into nature armed with a self-guided itinerary map; and to plunge into a fascinating environment where calm waters harmonize with the sounds of the surrounding woods. Discover vast marshes and beautifully forested islands, home to a range of birds, mammals, reptiles and fish. The park also features an exceptional variety of aquatic plants. A tour of the park is designed to take you to sections of the river sheltered from the wind and avoid areas with strong current, which makes an outing on the river a very safe activity accessible to just about anyone. The energy spent paddling is well worth it as beautiful vistas come into view with every turn and twist on the river. You can take a nice stroll on an island or stop for a picnic. Keep your eyes peeled! You could catch a nearby heron fishing for lunch. A tour aboard a rabaska (large canoe originally used for the fur trade back in the 18th century), accompanied by an interpreter-guide, is another original and safe way to discover this beautiful archipelago. Pontoon boat cruises are also available. Nominal admission fee.

Cruise on the Mille-Îles River

110, rue Venise (Marina Venise)
Tel.:450 622-1020 / www.parc-mille-iles.qc.ca

Take a step back in time and board the Héron Bleu pontoon boat to experience what it feels like to travel on the river in the early days of the 20th century. Enhanced by naturalist-interpreters, this historic and ecological cruise on the Mille-Îles River is a discovery journey through a remarkable natural insular environment. Archive photos, strange aquatic insects – and occasionally, giant turtles – all contribute to heightening the experience. Departures: June, July, August and September. Nominal admission fee.

Nicol'eau 1

8790, boulevard Lévesque Est (Marina Bobino)
Tel.: 450 936-0820 / www.croisierelaval-mtl.com

Cruises aboard a pontoon boat on Mille-Îles and des Prairies Rivers heading for the majestic Saint-Lawrence River. Recreational, educative and cultural cruises. Evening cruises to admire fireworks of the International des Feux Loto-Québec. Departures: regular cruises, from Thursday to Sunday; special events and group outings upon reservation. Nominal fee varies depending on the cruise. Members of the crew hold a diploma from the "Institut maritime et de la Société de sauvetage du Québec".

Centre de la nature

901, avenue du Parc
Tel.: 450 662-4942 / www.ville.laval.qc.ca

This huge island of wonderful green spaces covering 4.2 square kilometres is a proud member of the Association des Grands jardins du Québec and the perfect place for outdoor activities. For the greater enjoyment of strollers, an assortment of mature trees, shrubs, fields and gardens grace the perimeter of a small lake, a few ponds and a babbling brook. Considered one of the most picturesque urban parks of the metropolitan area, the Centre de la nature offers a full complement of recreational and educational activities. For children, there's a farm with real farm animals like cow, pig, goat and donkey. The Centre is also home to white-tailed deer. Visitors can tour greenhouses and admire an array of tropical plants on permanent display along with assorted theme exhibitions that follow the seasons. Astronomy buffs will be thrilled to visit a well-equipped observatory on site. Picnic areas are set up in different sections of the site but cooking is prohibited. It is also a perfect place to practice one's favourite sports, such as canoeing, kayaking and tricanoeing; petanque, shuffleboard, walking, skateboarding and rock climbing in the summer; ice skating, cross-country skiing and sledding in winter. For the culture-minded: works by local artists are on display at the Arts Village on weekends during July and August; and there are live on-stage performances on Saturdays and outdoor cinema on Sundays. Admission is free. Rental fee. Open year-round.

L'Auteuilloise Farm

830, boulevard des Mille-Îles
Tel.: 450 625-5586 / www.fermelauteuilloise.com

This centre that is located in the heart of the Laval countryside offers a wide range of outdoor activities sure to suit everyone's tastes. Visitors can tour a farm and observe the animals, including red deers, pheasants and rabbits. Also available: horseback riding and courses, wheeled (summer) or sleigh rides (winter) tours. Check out our newest activity pony luge, a variation of dog sledding with a pony instead of a dog team. Open year round, on reservation. Nominal admission fee.

Marina Venise

110, rue Venise
Tel.: 450 625-1680 / 1 800 216-HELI (4354)

Come enjoy a relaxing moment on the banks of the Mille-Îles River. Enjoy poolside comfort and relaxation, and sip a refreshing drink, before climbing aboard a pontoon boat to discover the river. Looking for more intense sensations? How about a helicopter ride? Nominal admission fee.

REGIONAL FLAVOURS

Château Taillefer Lafon Vineyard

1500, montée Champagne
Tel.: 450 689-0030 / www.chateautailleferlafon.ca

The Taillefer family has been farming the soil on the Laval territory since the early 19th century. In 1976, with the support of the family, Jean-François Taillefer purchased a farm in Sainte-Dorothée on Montée Champagne (quite a coincidence). This property was to become the Château Taillefer Lafon estate, the first Québec vineyard authorized to use the 'château' designation. The Castle is available for wine sampling sessions, meetings, weddings, conferences and so on. Château Taillefer Lafon is Québec's largest producer of grapes originating from 'noble vines' (vitis vinifera). Start with excellent soil (consisting of fertile silt left by the Champlain Sea that covered the land millions of years ago), add the immense talent of wine grower Fabrice Lafon (business partner from France)... and the result is a variety of wines truly of exceptional quality. In the vineyard's first year of operation, two of its products were entered in the 2004 Sélections Mondiales des Vins, one of the most prestigious wine competitions in the world. Both Château Taillefer Lafon entries were winners with a gold medal in the ice wine category and a silver medal in the ice cider category. To top it all off, Château Taillefer Lafon was awarded the Grand Vinofed Trophy for Best Of Show among over 2,300 products from 30 different countries. What more can we say!

Old Saint-François Cheese Dairy

4675, boulevard des Mille-Îles / Tel.: 450 666-6810
www.fromagerieduvieuxstfrancois.com

First traditional cheese factory in Laval, this cheese dairy/shop specializes in yogurt and mature cheeses made from goat's milk. Visitors can observe the process of transforming milk into cheese. During summer, weather permitting, visitors can observe the goats outdoors. Free admission.

Orchid Paradise

1298, montée Champagne / Tel.: 450 689-2244
www.leparadisdesorchidees.com

A truly exotic environment dedicated to the discovery of these mysterious plants we call orchids. The 2,500 square-metre greenhouse is home to over 100,000 plants produced under integrated biological protection, divided among some 70 different species and 700 varieties including the very well-known phalaenopsis and cattelya varieties. An all-new section dedicated to the interpretation of orchids provides fascinating insights into the world of this unique mysterious plant usually found under hot climates.

Sylvain Cléroux Greenhouses

1570, rue Principale
Tel.: 450 627-2471 / www.sylvaincleroux.com

Québec's largest producer of annuals. Depending on the time of the year, the place has a different look. At Christmas time for instance thousands of poinsettias create a sea of red while at other times, the pinks and purples of hydrangeas dazzle the eye. Admission is free.

ENTERTAINMENT

SkyVenture Laval-Montréal

2700, avenue du Cosmodôme (Centropolis)
514 524-4000 / www.skyventuremontreal.com

The first and only recirculating vertical wind tunnel in Canada. This indoor free-fall simulator reproduces with near perfection the free-fall portion of a skydiver's jump. This unique recreational activity is for people of all ages, starting from 4 years old. The flight crew offers an out-of-the-ordinary experience: Live the free-fall experience in a secure environment with friends, colleagues or family. Schedule: daily from 9 a.m. to 11 p.m. Nominal admission fee. Various packages available.

Maeva Surf

2005, boulevard Daniel-Johnson (Centropolis)
www.maevasurf.com

Maeva Surf is a brand new fabulous attraction that offers extreme sports enthusiasts a unique opportunity to practice "flowboarding" in a safe and secure environment. The technology that allows the making of the artificial wave is called "FlowRider®" and consists of an ultra powerful pump system that propels water at a 40 km/hr speed. A trampoline-like fabric is covered by eight centimetres of water that forms the wave. Before each surfing session, there's a warming period with a professional instructor that ensures the safety and free flowing of each group of surfers. Maeva Surf also sells various lines of surf and snowboard clothing and accessories, including some exclusive brands. Schedule: all year long, Monday to Sunday, 10 a.m. to 9 p.m. Nominal admission fee.

Funtropolis

3925, boulevard Curé-Labelle
Tel: 450 688-9222 / www.funtropolis.ca

Funtropolis introduces in Québec "Ballocity", the largest of its kind in Canada. This patented Interactive BallPlay™ attraction provides a unique play experience for all ages. This multilevel platform features blasters, cannons, fountains, dumping buckets, hyper blowers plus the mega tipping basket that propels, levitates, throws, raises, vacuums and dumps up to 10,000 safe multicoloured foam balls. Other activities include giant gang slides, trampolines, a gigantic maze with obstacles and a toddler zone. While being next to their children adults can enjoy skill and arcade games. Restaurant on site. Schedule: Sunday to Thursday, 9 a.m. to 6 p.m.; Friday and Saturday, 9 a.m. to 9 p.m. Nominal fee.

Putting Edge

2860, avenue Pierre-Péladeau (Centropolis)
450 681-3334 / www.puttingedge.com

Come and enjoy 18 holes of glow-in-the-dark mini golf, all this in an active and safe environment for all ages. Be sure to wear white. Perfect for birthdays. Many packages and services available. Reception hall for 30 to 100 people. Catering service is available. After 10:00 p.m. adults only are admitted. Reservation required for groups. Nominal admission fee.

RÉCRÉATHÈQUE (LA)

900, boul. Curé-Labelle, Laval (Québec) H7V 2V5
Tel.: 450 688-8880 / 1-877-752-4747 (PLAISIR)
Fax: 450 688-6315
mberthiaume@larecreatheque.com
www.lacrecreatheque.com

Bananazoo, Ride Himalaya Jet, Bowling, Delta Laser, Billiard, Arcades, Roulatheque and much more! Come discover our sport division (tennis, racquetball, ping pong, aerobic, gym, massotherapy) Recreatheque can be rented out for birthday parties, school field trips and corporate events. The Recreatheque, is the largest indoor amusement center in Quebec!

Carrefour Laval

Tel.: 450 687-1360 / www.carrefourlaval.ca

With 300 stores, Carrefour Laval is the largest shopping centre in Québec and one of Canada's most important. Carrefour Laval features magnificent gardens beneath an immense glass conservatory roof reminiscent of European gallerias and plazas. The spectacular gardens, which are filled with thousands of flowers and ornamental shrubs, change according to the season. An elegant ambience awaits shoppers at Carrefour Laval where an impressive selection of boutiques are lined up in a unique and innovative streetscape environment. Finally, soft seating areas are available throughout the mall enabling shoppers to comfortably relax while leafing through magazines and newspapers. Our bilingual customer service representatives are available throughout the shopping centre to provide directions and to facilitate the shopping experience.

Centropolis

Tel.: 450 681-4811 / www.centropolis.ca

Modern urban centre and major crossroads of unique shopping concepts, entertainment and restaurants. In addition to the Colossus Cinema and SkyVenture, Centropolis is home to some thirty unique, innovative and sought-after boutiques and a few retail outlets, including Shan and Idolem exclusive designer boutiques, Art Pelle, La Cordée, Bernard Trottier Sports, Spa Orazio, Librairie Raffin, Iris, Vin et Passion, SAQ Sélection, not to mention the Moomba Resto Club and a vast selection of restaurants with diversified menus. In winter a refrigerated skating rink welcomes those who want to combine shopping with outdoor activity. A city block bordered by autoroute 15, boulevard Saint-Martin Ouest, boulevard Daniel-Johnson and avenue du Cosmodôme.

LODGING

Sheraton Laval

★★★★
Total number of rooms: 244
450 687-2440, 1 800 667-2440
www.sheraton-laval.com

Hilton Montréal/Laval

★★★★
Total number of rooms: 169
450 682-2225, 1 800 363-7948
www.hilton.com

Radisson Hotel Laval

★★★★
Total number of rooms: 175
450 682-9000, 1 800 333-3140
www.radisson.com/lavalca

Le St-Martin Hotel & Suites

★★★★
Total number of rooms: 116
450 902-3000, 1 866 904-6835

Quality Suites

★★★★
Total number of rooms: 115
450 686-6777, 1 800 424-6423
www.choicehotels.ca/cn332

Hampton Inn & Suites

★★★★
Total number of rooms: 104
450 687-0010, 1 866 687-0010
www.hamptoninn.com

Comfort Inn

★★★
Total number of rooms: 120
450 686-0600, 1 800 465-6116
www.choicehotels.ca/cn331

Châteauneuf Laval Hotel

★★★
Total number of rooms: 70
450 681-9000, 1 800 605-5115
www.chateauneuflaval.com

Econo Lodge Hotel

★★★
Total number of rooms: 75
450 681-6411, 1 800 424-6423
www.econolodge.com

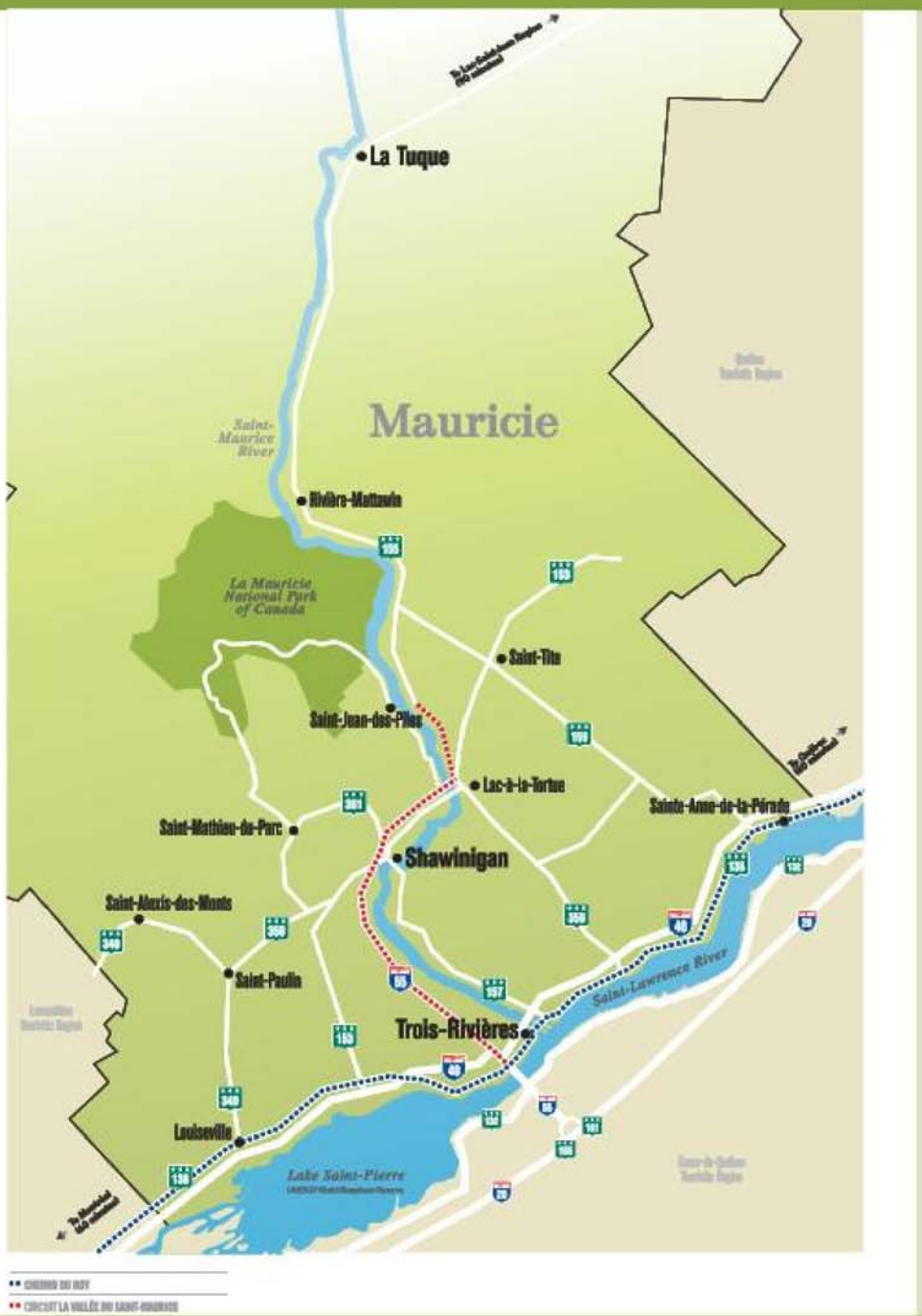
Land of wide-open spaces, the Mauricie region invites you to visit its territory of more than 40,000 km², 17,500 lakes, 1 National Park, 2 panoramic roadways and wide open spaces. With the richness of its countryside, history, and places to see and visit, the Mauricie region offers a warm welcome and invites newcomers to come and experience "a true rendezvous with Québec." The entire region is suffused with authentic Québec culture, both ancient and modern, guaranteeing a quality cultural experience. A wide range of accommodation is offered, from hotels in urban settings, to country inns and comfortable B&Bs, and of course the great forest lodges. A number of these sites are veritable tourist attractions in their own right; visitors can stay at a magnificently restored heritage home, a lovely inn on the lakeside or a residence opened up by a local family who will share something of their lives.

Major cities

Trois-Rivières ~ Shawinigan ~ Saint-Tite ~ Sainte-Anne-de-la-Pérade ~ La Tuque.

Mauricie

Tourisme Mauricie
1 800 567-7603
info@tourismemauricie.com
www.tourismemauricie.org



events calendar









2010

June

Festival d'été de Shawinigan
June
819 536-4167 / 1 888 767-3377
www.festivalete.ca

Festival International DansEncore (FIDE)
June 3rd to 6th
Downtown Trois-Rivières
819 376-2769 / 1 877 533-2673
www.festival-encore.com

Biennale internationale de sculpture contemporaine – 4th edition
June 11th to September 5th
Trois-Rivières
819 691-0829
www.galerieduparc.qc.ca

Festivoix de Trois-Rivières
June 25th to July 4th
Downtown, Trois-Rivières
819 372-4635
www.festivoix.com

July

Rendez-vous des coureurs des bois
July 3rd and 4th
Trois-Rivières (Pointe-du-Lac area)
819 377-1121 # 4104
www.coureurdesbois.ca

Exposition agricole de Trois-Rivières
July 9th to July 18th
Terrain de l'Exposition de Trois-Rivières
819 374-2714
www.expotrois-rivieres.com

Le Mondial des amuseurs publics Uniprix de Trois-Rivières
July 29th to August 1st
Parc des Chenaux, Trois-Rivières
819 378-6506
www.map3r.net

August

Ferragosto – Fall under the spell of Italy...
August 6th to August 8th
Downtown Trois-Rivières
819 373-8758
www.ferragosto.ca

Grand Prix de Trois-Rivières
August 13th, 14th and 15th
Terrain de l'Exposition de Trois-Rivières
819 370-GPTR / 1 866 866-4787
Ticket: 819 380-9797 / 1 866 416-9797
www.gp3r.com

Festival urbain – 6th edition
August 19th to August 22nd
Parc portuaire Trois-Rivières
819 840-7571
www.festivalurbain.com

September

Classique internationale de canots de la Mauricie
September 3rd to September 6th
From La Tuque to Trois-Rivières
819 537-9221
www.classiquedecanots.com

Délices d'automne
September 4th to 6th
Parc portuaire, Trois-Rivières
819 370-6635
www.delicesdautomne.qc.ca

Festival Western de St-Tite – 43rd edition
September 10th to 19th
418 365-7524 / 1 877 493-7837
www.festivalwestern.com

Festival de contes et légendes de Trois-Rivières
September 10th to 12th
Gardens of the Ursulines Sisters,
Downtown Trois-Rivières
819 374-0922
www.conteesetlegendes.org

Défi Vélo Mag de Shawinigan – 4th edition
September 25th to 26th
La Mauricie National Park
819 247-1414
www.cyclomauricie.com

October

Festival International de la Galette de Sarrasin de Louiseville
October 1st to 10th
Louiseville
819 228-9993
www.festivalsarrasin.com

International Poetry Festival – 26th edition
October 1st to 10th
Trois-Rivières
819 379-9813
www.fiptr.com

December

Marché de Noël
December 9th to 19th
Parc Champlain, Downtown Trois-Rivières
819 370-6635
www.marchedenoeldetroisrivieres.qc.ca

Pêche aux petits poissons des chenaux (Tomcod fishing)
December 26th to February 15th
St-Anne-de-la-Pérade
418 325-2475
www.laperade.qc.ca/pourvoyeurs

2011

January

Les Nuits Polaires
January 21st to 23rd
Harbourfront Park,
Downtown Trois-Rivières
819 373-8758 / 819 841-0268
www.nuitspolaires.ca

March

Le Défi Nordique
March 5th and 6th
La Mauricie National Park
819 247-1414
www.definordique.com

must see

- **Trois-Rivières, for the urban vitality combined with the designated Cultural Capital of Canada for 2009!**
  www.tourismetroisrivieres.com
- **La Cité de l'énergie renewed & ECLYPS**
  www.citedelenergie.com
- **Shawinigan Space Museum Art Exhibition – L'écho-l'eau**
  www.citedelenergie.com
- **Les Forges du St-Maurice National Historic Site of Canada**
  www.pc.gc.ca/forges
- **La Mauricie National Park of Canada**
  www.pc.gc.ca/mauricie
- **Québec Museum of Folk Culture and The Old Prison of Trois-Rivières**
  www.culturepop.qc.ca
  www.enprison.com
- **BORÉALIS – Centre for the history of the paper industry Opening in September 2010**
  www.borealis3r.ca
- **Shrine of Notre-Dame-du-Cap**
  www.sanctuaire-ndc.ca
- **Musée des Ursulines**
  www.musee-ursulines.qc.ca

tourist circuits

Chemin du Roy

Break away from the highway – than watch for this symbol: Chemin du Roy

It's a sign notifying you of the sites and attractions located up and down the Chemin du Roy. It's also an invitation to follow in the footsteps of history – in a modern, continually renewed environment.

Canada's first suitable road.
In 1737, work was completed on the Chemin du Roy – or "King's Way" – making it the first road linking Québec City to Montréal. The Chemin du Roy thus stands witness to no fewer than three centuries of history.

Offering an exceptional visual and historical panorama, the road stretches 102 kilometres, from Maskinongé to Sainte-Anne-de-la-Pérade, and numbers 23 visitor attractions and 14 scenic view points.

The region's picturesque small towns and the historic neighbourhoods of Trois-Rivières and Yamachiche are nothing short of captivating, what with their magnificent homes dating back some three hundred years.

For a day-trip or a stay of several days in the region, there is no shortage of ideas and possibilities! Why not take some time out to relax in one of our region's splendid hotels, inns or B&Bs? If you're looking for some additional suggestions, be sure to check out the map of the Chemin du Roy or the official Chemin du Roy Website under the heading of packages at: ***www.lecheminduroy.com***



The Route des Rivières de la Mauricie (Mauricie's Scenic Rivers Route)

The Route des Rivières de la Mauricie is a new tourist circuit offering a wealth of diverse experiences – cultural, recreational, touristic, historical and heritage-based – that are linked to the presence of rivers in a rich and luxuriant natural landscape. Water has marked the Mauricie's economic development, inspired the most captivating legends and provided much pleasure and enjoyment. As a result, visitors to the Mauricie are invited to discover its breathtaking landscapes, enjoy exciting activities and learn about the region's history through its network of rivers. The Route des Rivières allows visitors to discover the reasons for the Mauricie's appeal: a vast wilderness and staggering variety of activities, enhanced by tales and legends. This tourist circuit reveals the amazing panorama along the majestic Saint-Maurice River on route 155. The Route des Rivières is also the ideal opportunity to discover Québec's true nature and bask in the warmth of the people encountered along the way.

In summer 2010 obtain a copy of the official tourist map of the Route des Rivières in all tourist information centers in the Mauricie and watch for the tourist signs along your itinerary.



MAURICIE



Mauricie

795, 5th street, Bureau 102
Shawinigan (Québec) G9N 1G2
819 536-3334 / 800 567-7603
www.tourismemauricie.org

The Mauricie region, a rendezvous with Quebec!
Ideally located on the north shore of the St. Lawrence River at the junction of the St. Maurice River, the Mauricie region can be accessed easily via Highway 40. You can also reach the city of Trois-Rivières, gateway to the Mauricie region, by taking Highway 20 on the south shore and then crossing over Laviolette Bridge, the only one between Québec and Montréal City. Not far off the beaten path, you'll discover a rare place that is known for its distinctive culture, its mastery of the art of living, and a true "joie de vivre". Situated between the bustling cities of Montreal and Quebec, the Mauricie region is an oasis of captivating beauty, of thousands of forests, lakes and rivers, of lively cities and welcoming villages. Mauricie will delight you year-round with its warm and hospitable citizens and attractions to suit every taste in every season. Winter is the perfect time for a dogsleeding adventure or a snowmobile outing. With the spring comes an invitation to make gastronomic discoveries as sweet as maple syrup. In the heat of summer, the region's many festivals and terraces will energize and enliven you. And the fall — you don't want to miss the vivid colours of our trees. Now this is a four season's destination! In Mauricie, comfort and hospitality are top priorities. They might even be said to have perfected the art of getting away from it all. The area's dining tables are full of delectable, regional flavours. And whether you stay in a luxurious resort nestled in the heart of the forest or in a cozy B&B, you'll find plenty of opportunities to discover nature on your doorstep. From bear watching at dawn to fishing expeditions on a frozen lake, Mauricie promises incredible, unforgettable moments you'll want to share with those close to you.

TRAVEL INFORMATION

Tourisme Mauricie

Jacinthe Doucet, Market Development & Press Relations. 795, 5th street, Bureau 102, Shawinigan (Québec) G9N 1G2 / 819 536-3334 or 800 567-7603 / jdoucet@tourismemauricie.com
www.tourismemauricie.org

Wishing you a warm welcome to the Mauricie region! Please do not hesitate to contact me should you require any further information! Jacinthe Doucet. With the richness of its countryside, history, and places to see and visit, the Mauricie region offers a warm welcome and invites newcomers to come and experience the Mauricie region as a true rendezvous with Québec. The entire region is suffused with authentic Québec culture, both ancient and modern, guaranteeing a quality cultural experience. A wide range of accommodation is offered, from hotels in urban settings, to country inns and comfortable B&Bs, and not forgetting the great forest lodges. The Mauricie region also boasts a wide variety of eateries, ranging from Continental to modern and trendy, or serving fine regional produce. In addition, when you venture further you'll enjoy an absorbing dining experience at local sugar shacks, the Lumberjack's Cookery or farmyard fare can be found at the bison ranch. Please visit our website at www.tourismemauricie.org under the tab for Travel Industry. You will find available our Virtual Trip Planner that contains information about tourism-based organizations offering various packages of interest to your whole range of clients.

ALONG THE ST. LAWRENCE RIVER and on the CHEMIN DU ROY

Maskinongé

The Algonquin word "Maskinongé" apparently means "deformed pike". It is the abundance of this fish in St. Pierre Lake and the Maskinongé River region that very early gave the river its name. Spring marks the flocking together of several species of birds (such as Canada geese, waddling ducks and snow geese) along the shores of Lake St. Pierre.

Saint-Alexis-des-Monts

Tel.: 819 265-2046 (City hall)

An entire forest to oneself, a placid lake... face to face with the unspoiled nature offered by the territory of Saint-Alexis-des-Monts. Here one finds over 600 lakes, as well as wildlife reserves and tourist infrastructures which are accessible year-round. In the heart of the village, there's a lake where one can fish for free. Gateway to a superb natural territory, Saint-Alexis-des-Monts is the capital of speckled trout.

ATTRACTIONS

Bières de la Nouvelle-France Brewery

90, Rivières-aux-Écorces
Saint-Alexis-des-Monts, J0K-1V0 / 819 265-4000
www.lesbieresnouvellefrance.com

Do you have a soft spot for distinctive new tastes? Free of preservatives or additives, the beers from this microbrewery will tickle your taste buds and quench your thirst for knowledge. In this cosy place, located on a remarkably beautiful natural site, the copper-plated stainless steel tanks add a modern touch to age-old gestures. Introduce yourself to the brewery trade. Discover the millennial history of beer. Drink in the beauty of glasses and mugs from other countries. Finally, drop by the boutique and stock up on items such as these famous beers with unique aromas.

Pourvoirie du Lac Blanc

1000 Domaine Pellerin
Saint-Alexis-des-Monts, QC J0K 1V0
819 265-4242 / www.pourvoirielacblanc.com

A sandy beach deep in the woods, ten lakes for trout fishing (both summer and winter), nearly 30 km² of private property in the Maskinongé Hills in which to enjoy all types of outdoor activities. The Pourvoirie du Lac Blanc outfitting operation in Saint-Alexis-des-Monts has much to offer. Settle in a charming white-pine lodge with its 14 cosy rooms or in one of the 12 comfy cottages. Known for its warm hospitality, you can expect a simple, friendly approach at the Pourvoirie. Be sure to experience their locally-inspired gastronomic menu, including the house specialty, a delicious dinner of game and trout.

Hôtel Sacacomie

4000, chemin Yvon-Plante
Saint-Alexis-des-Monts (Québec) J0K 1V0
819 265-4444 / 1-888-265-4414
www.sacacomie.com

Hospitality and fine dining are keys at the 4-stars Sacacomie Hotel in south-eastern Mauricie. Nestled in the heart of the forest and overlooking breathtaking Lake Sacacomie, the vast white-pine log structure houses 109 rooms and suites that feature a blend of rustic charm and comfort. There are many ways to explore the abundant nature on the Hotel's doorstep: on foot, by canoe, rowboat, pedal boat, on horseback, by ATV, seaplane or helicopter! The beautiful deck and the brand new Geos Spa also offer incredible views.

Sacacomie Hotel Geos Spa

In April 2009, the Sacacomie Hotel opened its superb Geos Spa, an environmentally friendly wellness experience. Created exclusively for this majestic hotel, the Geos Spa brand uses eco-certified wood, promotes efficient and innovative water management, and runs on geothermal energy. Now you can fully relax in luxurious surroundings, knowing that you are not harming the environment! If this pleases you, you're also sure to love Geos Les Bains, where you can be soothed by the Spa's baths and saunas while overlooking Lake Sacacomie.

Auberge du Lac-à-l'Eau-Claire

500, Chemin du Lac-à-l'Eau-Claire
St-Alexis-des-Monts, J0K 1V0
819 265-3185 / 1 877 265-3185
www.lacaleauclaire.com

Experience the true nature of the four seasons... For a getaway with family, friends or a loved one, fishing or hunting trip, or business event, the Auberge Lac-à-l'Eau-Claire welcomes you. Types of accommodation

available: rooms and suites (regular or corporate), cabins, condominiums. Four-season activities: full aquatic centre (half-size Olympic pool, sauna, whirlpool bath, steam bath, Finnish bath), fitness training, hiking, massotherapy. In summer: fishing, canoeing, tennis, swimming, cycling, golf nearby. In winter: cross-country skiing, snowshoeing, sliding, ice skating, ice fishing, snowmobiling, dog-sledding.

TRAVEL INFORMATION

Saint-Alexis-de-Monts Tourist Office

10, St-Pierre Street, Saint-Alexis-des- Monts, J0K 1V0 / Tel.: 819 265-4110

Open Monday to Friday 9 a.m. to 5 p.m. 7 days a week in summer.

B&Bs in the Land of Buckwheat

819 221-3455 / 1 877 707-3455
www.bbsarrasin.com

Cycling "à la carte" – RCM of Maskinongé and the surroundings. Discover this new and unique bicycle tourism product adapted for all types of cyclists. The customized circuits allow you to stay in our region one night or more. Leave your vehicle in the parking lot of one of our participating B&B and enjoy your bike ride. A shuttle service transports your luggage or vehicle to the next b&B for a fee.

Gîte La Tempérance (Member of B&Bs in the Land of Buckwheat)

441, rue de l'Église, Charrette, G0X 1E0
819 921-3462 / 1 866 921-3462
www.bbsarrasin.com

Five beautiful rooms are available on a B&B basis. The bedding of each room was chosen for a cozy setting and a country style ambiance. Each room offers a TV, bathrobes, slippers and a hair dryer. High speed internet is also available on the premises. Our divine breakfasts are served in a friendly atmosphere. A large balcony is accessible where it feels good to relax during the daytime or the evening either to chat, rest or enjoy bird watching.

Saint Paulin

Auberge Le Baluchon

3550, Chemin des Trembles, Saint-Paulin, J0K 3G0
819 268-2555 / 1-800-789-5968
www.baluchon.com

Located in Saint-Paulin, the Auberge Le Baluchon sits on a large, exceptionally beautiful property bisected by Du Loup River. The inn's well-appointed rooms are situated in several lodges, one of which (on an island, no less!) houses the luxurious Health Spa. After enjoying an excursion on horseback or taking a long walk along the inn's 22 kilometres of hiking trails, you are sure to appreciate the entire spa's treatment option. The inn's executive chef, Patrick Gerome, has made it his mission to introduce the customers to what are often little-known products, like milkweed, cattails or black cherries, which he uses to decorate and enhance the flavour of different meat — or fish-based dishes. His high-quality ingredients are supplied by many talented artisan-growers throughout the Mauricie region.

The Éco-café Au bout du monde at the Baluchon

3550, Chemin des Trembles Saint-Paulin (Québec) J0K 3G0 / 819 268-2555
1-800-789-5968 / www.baluchon.com

History and regional produce right at your table… Located on an exceptional natural site, the Éco-café Au bout du monde presents "an experience of the senses" not soon to be forgotten. The Éco-café is distinguished by the authenticity of its devotion to sustainable development as well as by the grand tradition of quality for which the Auberge Le Baluchon is renowned. You might be curious to learn more about the various trades and personalities who have marked the rich history of the Rivière du Loup (formerly the Maïkan Sipiy River), and visitors will also be pleased to discover the wealth of regional produce from the Mauricie region. Visitors will also be inspired by our epicurean delights due to the tempting odours coming from the garden terrace.

Saint-Élie-de-Caxton

A many-faceted town and the birthplace of legendary Fred Pellerin, it is known for its rich and luxuriant natural environment, the pride and joy of its residents. You'll have the chance to mix and mingle with a warm, welcoming, vivacious population in an enchanting setting.

Station touristique Domaine Floribell

391, Chemin du Lac Bell, Saint-Élie-de-Caxton, G0X 2N0 / 819 221-5731 / 819 221-3347
www.floribell.com/

Domaine Floribell offers 32 condo units for 1 to 4 persons, 17 with fireplace and each featuring a view of the lake. There's a dining room for 60 people including a patio, and we offer packages, table d'hôte and à la carte menus, and a snack bar. Our multi-function room can accommodate groups of 20 to 125 persons; we also offer a meeting package and group and banquet packages. Winter activities: ringuette, broomball, skating, snowshoeing, ATV and snowmobile relay services.

Saint-Mathieu-du-Parc

Mokotakan Aboriginal Experience

150, chemin St-François, Saint-Mathieu-du-Parc, G0X 1N0 / 819 532-2600 / 1 866 356-2600
www.mokotakan.com/english/index.html

Ideally situated at less than 500 meters of the La Mauricie National Park, the site retraces the Native presence dating back more than 5000 years thanks to the recreation of different buildings of the 11 Native nations of the province of Québec. The purpose of this site is to share and interpret Native culture. A guided tour allows you to learn more about their way of life, their culture, their history and their spirituality. Long house, Sweat Lodge, Medecine tent, Shaking tent, Inuit semi-underground house, every building will marvel and surprise you! Guided tours from May to October and from December to March every day from 8 am to 8 pm Duration: 1h to 1h30.

Trois-Rivières
(Pointe-du-Lac Area)

Strategically located on a strip of land at the north-eastern extremity of Lac Saint-Pierre, it is easy to see how the town got its name. Pointe-du-Lac is a truly recreational area. The wharf, launching ramp and marina are ideal for windsurfers and small sailboats. For a great view of the lake, stop at park Antoine-Gauthier.

ATTRACTIONS

Cabane À Sucre Chez Dany

1-800-407-4769 / info@cabanechezdany.com
www.cabanechezdany.com

You're looking for a decoration printed by the rustic charm so you can taste the hospitality of people from here, in a typically Quebecois atmosphere of the "Temps des Sucres"? Then stop at "la Cabane à Sucre chez Dany". Due to its geography, it is easy of access, nested in the heart of the beautiful region of Mauricie, in Trois-Rivières, halfway between Montréal and Québec city (in only 4 km of the highway 40). We are ready to receive your groups, whenever you come for lunch or dinner, and this is valid all year long! For any additional information, I shall be personally at your disposal. The owner, Dany Néron.

Tonnancour Seignorial Flour Mill

11 930, Notre-Dame Ouest Trois-Rivières (Québec) Canada / Tel.: 819 377-1396 / 1-877-377-1396
Web site: www.recitsquifontjaser.com

Built around 1765 and located on the Chemin du Roy, this water mill possesses all the mechanisms necessary to produce flour and cut wood. The historical site offers you a guided or self-guided visit on the site's history and the working of the mills.

LODGING

Auberge du Lac St-Pierre (Pointe-du-Lac Area)

10 911, rue Notre-Dame Ouest, Trois-Rivières, G9B 6V8 / 819 377-5971 / 1 888 377-5971
www.aubergelacst-pierre.com

Staying at the Auberge du Lac Saint-Pierre is all about pleasure. The inn, with its manor house look, sits on a gorgeous site steeped in history. It is here, at what was called Amerindian Point, that the Atikamekw would set up their summer camp during the 17th century. The site is exceptional with breathtaking views on the St-Lawrence River and overhanging the grand lake St-Pierre. The inn offers 30 rooms with ac, whirlpool and fire place. The restaurant offers modern Quebec dishes prepared by chef Alain Pénot. Both regionally and French inspired, the menu features local ingredients supplied by Mauricians growers. The Collège des ambassadeurs du vin au Québec awarded the inn a Carte d'Or award for its excellent wine list.

Trois-Rivières

Situated on the north shore of the St. Lawrence River, Trois-Rivières takes its name from the three channels formed at the mouth of the St. Maurice. Founded in 1634, it is the second oldest city founded by the French in North America and it was also for many years the seat of one of the three governments of New France. Well before the arrival of the Europeans, Trois-Rivières was already an important hub of activity; for the Amerindians first, and later for the legendary explorers Godefroy, Nicolet, Boucher and Radisson, who made Trois-Rivières the starting point of their explorations. Today, Trois-Rivières – designated Cultural Capital of Canada 2009- is celebrating is celebrating the 375th anniversary of its founding and it proudly displays its urban charm and cultural character. Privileged by its location halfway between Montréal and Québec City, it is closely connected to the St. Lawrence River which runs a stone's throw from downtown; in a way, the ships become part of the urban traffic! Moreover, the classified historic district – dating back to the French Regime – is a proud reminder of the city's history that you can discover in thematic and guided tours. Furthermore, Trois-Rivières's cultural life vibrates to the beat of large-scale events such as the Festival international Danse Encore, the International Biennial of contemporary prints, the International vocal art festival, the international poetry festival… not to mention the Grand Prix de Trois-Rivières, a one-of-a-kind sporting event that involved over 210 adrenaline-charged car racers. Its picturesque charm, specialized boutiques, friendly cafés and restaurants, numerous workshops and art galleries, audacious museums, cosy B&B's and hotels and electric nightlife make it something distinctly out of the ordinary and a must on summer days. Be a part of the history of Trois-Rivières by choosing it as the destination place for your groups!

TRAVEL INFORMATION

TOURISM TROIS-RIVIÈRES



Valérie Lalbin, Promotion & Marketing Officer
370 Des Forges Street
Trois-Rivières (Québec) G9A 2H1
vlalbin@tourismetroisrivieres.com
www.tourismetroisrivieres.com
1-819-374 4061 ext. 5152 – 1-877-374-4061
Fax: 1-819-373-6511

TRès Festive TRès Trois-Rivières

Fueled by the arts and history, everywhere you turn, Trois-Rivières – Cultural Capital of Canada - is overflowing with captivating things to see and do. For example, its downtown area is internationally-renowned for its original and lively atmosphere: its historical district – which contains an impressive part of Québec's history, or the Harbourfront Park, with a breathtaking view of the river. Globetrotters will find that each of these characteristics is a journey in itself… Also to be savoured are the many Parisian-style cafés, boutiques and restaurants, charming inns and B&Bs, writers' bars, artists' workshops, offbeat museums and national historical sites that are tucked into the downtown area and should be enjoyed without moderation. To choose Trois-Rivières as a destination for your group is most definitely a TRès excellent idea!

ATTRACTIONS

Borealis Centre for the history of the paper industry

200, Avenue des Draveurs, Trois-Rivières
819 372-4633 / www.borealis3r.ca
Directrice, Valérie Bourgeois: vbourgeois@v3r.net

Borealis, Centre for the history of the paper industry: In 2010, the Pulp and Paper Industry Exhibition Center is moving to become Borealis! In an effort to renew its touristic product, the Exhibition Center is reinventing itself. Seven million dollars will be invested to acquire and convert its whole new location: the C.I.P. paper mill's former water treatment facilities. Located at the meeting of the St. Maurice and St. Lawrence Rivers, this historic building will allow visitors to enjoy a stunning view of the waterways. The vast space will triple its accommodation capacity and allow for an onsite restaurant. Boréalis will offer world class exhibitions, a spectacular observation tower, thrilling catacombs, a unique souvenir shop, an exclusive terrace, and much more!

CENTRE D'EXPOSITION SUR L'INDUSTRIE DES PÂTES ET PAPIERS

800, Parc portuaire, casier postal 368,
Trois-Rivières (Québec) G9A 5H3
Tel.: 819 372-4633 / Fax: 819 374-1900
ceipp@v3r.net, www.ceipp.net

Trois-Rivières' Pulp and Paper Industry Exhibition Centre introduces you to the city's history through the importance of the pulp and paper field of activity. The exhibition teaches, with different thematics, how this industry was important to our region. With its incredible view on St. Lawrence river, this interpretation center, unique in Canada, will captivate you. Come and make your own paper! Guided tours and special rates for group are available.

M/S Jacques-Cartier and M/V Le Draveur Cruises

Tel.: 819 375-3000 / 1-800-567-3737
Fax: 819 375-1975 / www.croisieres.qc.ca

Located in the heart of downtown Trois-Rivières, M/S Jacques-Cartier and M/V Le Draveur Cruises is a family-owned business in operation for over 35 years. The Harvey family is known for its unique and warm welcome on board. Breathe in the fresh air on board the M/S Jacques-Cartier. This 400-passenger cruise ship offers day cruises towards many destinations such as Montréal and Québec City, dinner cruises and various theme cruises. Come aboard the M/V Le Draveur and get unique views of Trois-Rivières landmarks by exploring the shores of the St. Lawrence and St.Maurice Rivers. The M/V Le Draveur offers 90-minute cruises, Exploration cruises as well as famous Mexican Fiestas! The M/V Le Draveur is a catamaran-type ship which has a capacity of 92 passengers. Our ships may also be chartered for travellers with special needs. This summer, cruise with the Harvey family!

Forges du Saint-Maurice national historic site of Canada

10 000, boul. des Forges, Trois-Rivières (Québec)
G9C 1B / 819 378-5116 / 1 877 773-8888
www.pc.gc.ca/forges

This national historic site houses the remains of Canada's first industrial smelting complex. Begun in 1730, these smelters functioned for over 150 years. Program and activities: guided tours, visits to the Grande Maison and blast furnace interpretation centres, sound and light show, model of the village, walking trail, picnic area and access for the mobility impaired.

Maison Hertel-de-la-Fresnières

802, rue des Ursulines, Trois-Rivières
819 375-1122 / 1 800-313 1123

This house was built between 1824 and 1829 and was named after the illustrious family who owned it for over a century. It is a perfect example of the urban architecture in vogue in the 1820s. The house originally included many outbuildings: a stable, woodshed, etc. During the peak season, an exhibit presents, in pictures, a historical page of life in Trois-Rivières!

Manoir Boucher-de-Niverville

168, rue Bonaventure, Trois-Rivières, Canada
G9A 2B1 / 819 375-9628 / cctr@qc.aira.com

A major element of Trois-Rivières' heritage, today, this attractive 1730 building houses the Trois-Rivières Regional Chamber of Commerce. On the second floor, the roof framework is made of timbers, panels and paneled rafters, making it not only one of the province's oldest structures, but also unique in Québec.

Manoir de Tonnancour - Galerie d'art du parc (art gallery)

864, rue des Ursulines, Trois-Rivières, G9A 5J9
819 374-2355 / www.galerieduparc.qc.ca

Built in the early 18th century as the residence of René Godefroy de Tonnancour, the manor was rebuilt in 1795 following a fire. It now houses an art gallery. The impressive architecture of the building enhances the cultural events held there.

Musée des Ursulines

734, rue des Ursulines, Trois-Rivières, G9A 5B5
819 375-7922 / www.musee-ursulines.qc.ca

The Ursulines were the first religious community of sisters to establish itself in Trois-Rivières in 1697; their presence has greatly influenced the city's educational and religious history. The museum presents

annual thematic exhibits each year, exhibitions in the former boarders' canteen and a guided visit of the historic chapel.

Musée Pierre-Boucher

858, rue Laviolette, Trois-Rivières, G9A 5S3
819 376-4459
www.ssj.qc.ca/str_partner_musee.html

Founded in 1920 by Mgr. Albert Tessier, the museum is located in the Trois-Rivières Seminary. A program of permanent and temporary exhibitions in three exhibition halls highlights various aspects of the historical and cultural heritage of the region. Guided tours of the historic chapel are avalaible for groups.

MUSÉE QUÉBÉCOIS DE CULTURE POPULAIRE ET VIEILLE PRISON



200 rue Laviolette, Trois-Rivières (Québec) G9A 6L5
Phone: 819 372-0406 / info@enprison.com
www.enprison.com / www.culturepop.qc.ca

Entering the Old Prison of Trois-Rivières is much more than just a visit to a historic building; it's a glimpse at prisoners' living conditions in the penal system of the 1960s and 1970s. The guides who answer visitors' questions are former inmates. Based on personal accounts and faithful reconstructions, the Musée québécois de culture populaire's Go to Jail exhibit gives visitors a very strong, very real and sometimes disturbing experience. The visit lasts approximately 1 ¼ hours. Come with a group to experience a "one-night sentence" in prison: booking procedures, testimonials from ex-inmates, a night in a cell and breakfast fit for a prisoner. Available only for groups of 15 to 39 persons. Adjacent to the Old prison, the Musée québécois de culture populaire proposes six daring and unconventional exhibitions. Not to be missed: Québec Criminally Speaking, Journey to the Great Beyond - Mortuary Practices in Québec, The Maeva Odyssey.

Maïkan Aventure

2206, boul. Des Chenaux, Trois-Rivières, G9A 1A1
819 694-7010 / 1 877 694-7010 / www.maikan.ca

At a short distance from the downtown area, opt for the great outdoors! Maïkan Aventure proposes an experience you'll never forget! We offer a panoply of activities for beginners and experts like sea kayaking, rabaska, winter camping, rock climbing, skiing and snowshoeing. Also, equipment for sale or rent, group activities with guide, initiation to kayaking, rock climbing, winter camping.

Parc de l'Île Saint-Quentin (St-Quentin Island Park)

819 373-8151 / 1 866 370-8151
www.ilesaintquentin.com

In a peaceful oasis of green enjoy a picnic, a swim in the outdoor pool, a bike ride or a canoe trip! You may be tempted to explore the Saint-Maurice River aboard a "rabaska" canoe accompanied by a guide. There are also swimming areas in the St-Maurice River (with lifeguards). The park is a paradise for bird watching and walking. Come take a walk on our interpretation footbridge (750 meters long), in a submerged forest, and on our walkways boarding the Saint-Maurice and the Saint-Laurent rivers. Also worth visiting, the "eco-action" site dedicated to the environment. In winter, skating, tobogganing and cross-country skiing. Outdoor group packages available.

Salon de jeux de Trois-Rivières

1 900, rue de l'Hippodrome, Trois-Rivières, G8Z 0A3
1 877 700-5836 / www.salondejeuxtroisrivieres.com

Located adjacent to the hippodrome, the Trois-Rivières Gaming Hall is a nique entertainement venue thanks to its original design concept, layout, games and lively ambiance. It is the perfect place to enjoy a fun outing with friends in an animated friendly atmosphere and secure environment.

BUFFET DES CONTINENTS



Carrefour Trois-Rivières Ouest
4520, Boul des Récollets
Trois-Rivières Ouest (Qc) G9A 4N2
Tel.: 819 370-1099 / Fax: 819 370-1096
www.lebuffetdescontinents.com

Le buffet des Continents is a unique and stylish restaurant of international flavor offering a most incomparable daily menu consisting of over 150 dishes. Whether you prefer Greek, Italian, Canadian, Chinese, French, Mexican or Mediterranean dishes, Le Buffet des Continents guarantees that you will find your favorite. An unbeatable salad bar along with an unimaginable choice of desserts will surely satisfy every palate. With a seat capacity of over 650 places, they will accommodate large groups and offer ample free parking that is ideal for tour buses. For lunch, brunch or diner, you can be sure that they will offer you incredible group rates! Visit also our restaurants in Québec, Gatineau and Sherbrooke.

LODGING

Comfort Inn

6255 rue Corbeil, Trois-Rivieres, G8Z 4P9
819 371-3566 / www.choicehotels.ca

Offering convenient access to beautiful downtown Trois-Rivières and 30 km from Shawinigan this contemporary hotel offers easy access to museums, boat cruises and area attractions, along with great amenities and spacious guestrooms. Comfort Inn Trois-Rivières is a pet-friendly hotel with a helpful, multi-lingual staff. Guests can start the day with a free continental breakfast, and then spend the day exploring the scenic area. The comfortable guestrooms at Trois-Rivières Comfort Inn feature amenities such as free wireless highs-speed internet access. Other room features include hairdryers and coffee makers.

DAYS INN TROIS-RIVIÈRES

Days Inn. TROIS-RIVIERES

3155 Boul. Saint-Jean
Trois-Rivières, Québec G9B 2M4
1-800-263-1414
Tel.: 819-377-4444 / Fax: 819-377-3626
info@daysinntroisrivieres.com / www.daysinn.ca

We offer you 74 rooms out of which 57 are Queen-Queen or Double-Double, try out our newly renovated rooms with pillow top mattresses and all new furniture. Plenty of space to park your bus, free of charge and with power hook-ups. Perfectly located for an easy access to all major highways, we are within 5 minutes of everywhere in Trois-Rivieres. We can also provide meeting room facilities and luggage handling service. Your customers will be well pampered with our free hi-speed wi-fi internet, free continental breakfast in a separate hall and free local calls, for a perfect end of day; they can relax in our lounge bar. Many restaurants in area equipped to receive large groups. We have an aggressive pricing policy to fit your needs. Trois-Rivieres is home to many famous venues including: Grand-Prix Racing, Showtime musical review and don't miss out on all the outdoor activities available.

DELTA TROIS-RIVIÈRES HÔTEL & CONVENTION CENTRE



1620, rue Notre-Dame Centre
Trois-Rivières, Québec G9A 6E5
Tel: 819-376-1991 / Fax: 819-372-5975
Toll Free: 1-888-890-3222
www.deltatroisrivieres.com

Delta Trois-Rivières, Hôtel & Convention Centre, whether for vacation, relaxation or business. You will appreciate the attentive service and exceptional amenities! Located downtown, only a few minutes from the magnificient St-Lawrence River, between Montréal and Québec City. You will find activities for all the family or for a stay between friends. Second oldest city in Québec, you can trace our history with many museums located around the hotel. Many activities offered to you, near the hotel, by car or by foot. You will enjoy the lively downtown, by day or by night, with its many restaurants, bars and festivals and activities in summer and winter. We offer the charm of little towns and effervescence of big ones. Our staff will make sure you feel right at home. Surely, you will enjoy your stay!

HÔTEL GOUVERNEUR TROIS-RIVIÈRES

975, rue Hart, Trois-Rivières (Québec) G9A 4S3
Tel.: 819 379-4550 / 1-888-910-1111
Fax: 819 379-3941 / fcarpentier@gouverneur.com
www.gouverneur.com

An ideal stop between Montréal and Québec! The hotel is located directly downtown, close to Old Trois-Rivières, in the beautiful area of La Mauricie. The hotel offers 127 rooms & suite (91 with 2 double beds), a restaurant (up to 130 people) and 10 meeting rooms. Outdoor pool and terrace in season. Free wireless high-speed Internet access available.

Motel Super 8

3185, boulevard Saint-Jean, Trois-Rivières, G9B 2M4
1 800 561-7666 / www.super8troisrivieres.com

SUPER 8 HÔTEL - Tr boul. St-Jean, Trois-Rivières, This hotel offers 78 beautifully designed and spacious guest rooms on three floors. Conveniently located just minutes away from the downtown Trois-Rivières area, you'll be able to enjoy being close to outdoor cafés, unique boutiques, interesting museums, concert halls, local art galleries, artist's workshops, lovely restaurants and bars, antiques dealers and much more. The new Super 8 Trois-Rivières is by far the perfect choice for accommodations in the Trois Rivières area. Children under 18 stay for free.

Trois-Rivières
(SECTEUR CAP-DE-LA-MADELEINE)

Cap-de-la-Madeleine was originally the site of a seigneury in 1636 and a Jesuit mission in 1640.

ATTRACTIONS

Sanctuaire Notre-Dame-du-Cap

626, rue Notre-Dame Est, Trois-Rivières G8T 4G9
819 374-2441 /www.sanctuaire-ndc.ca

Come and discover an oasis of peace, greenery and history just off the Chemin du Roy. The Sanctuaire Notre-Dame-du-Cap with its immense modern basilica and the old shrine with its magnificent gardens, offers religious, spiritual, cultural and touristic activities. Schedule: The site is open year-round. The season for pilgrimages is from May 1 to October 15. Entry is free.

FARM VISIT

Ferme la Bisonnière

490, rang Sainte-Élisabeth, Saint-Prosper G0X 3A0
418 328-3669 / www.bisonniere.com/

Learn about a bison-breeding farm. 1997 regional winner of the Québec Tourism Grand Prix for innovation in tourism offers a ride in a secure trailer to view bison in the fields. Next, enjoy a meal of bison in the company of friends in a dining room set up in a former stable. Various bison-based products and European meat cuts are available. Open: year-round, 7/7, guided tour, tasting and meals with reservation. Contact us and we'll be happy to make you part of a group. Exit 236 from Highway 40.

Via Ferrata (Parc de la rivière Batiscan)

200, chemin du Barrage, Saint-Narcisse, G0X 2Y0
418 328-3599 / www.parcbatiscan.com

A park not to be missed! Stop here to enjoy hiking, mountain biking, canoeing, swimming, and camping. New this year, enjoy the new via ferrata and three new trails in heights. Open from June to October.

Shawinigan

For more information toll-free: 1-888-855-6673

A twenty-minute drive from the regional capital of Trois-Rivières, the city of Shawinigan was founded in 1901. Algonquin in origin, the name means "portage on the crest" and refers to the magnificent waterfall the Amerindians struggled to cross as they navigated the Saint-Maurice. Shawinigan played a major role in Canada's industrial history. The first city in the country to produce aluminum, it was also the first in Québec to use urban planning. Since Shawinigan was likewise among the first in Québec to enjoy electric lighting thanks to the falls, it has been called the "City of Light" and the "City of Electricity."

ATTRACTIONS

CITÉ DE L'ÉNERGIE (LA)

1000, Ave. Melville C.P. 156, Shawinigan (Québec)
G9N 6T9 / Tel.: 819 536-8516 / 1-866-900-2483
Fax: 819 536-2982 / infocite@citedelenergie.com
www.citedelenergie.com

La Cité de l'énergie – Shawinigan. Between Montreal and Quebec, La Cité de l'énergie hosts various dazzling scientific demonstrations, interactive exhibitions and multimedia shows on an entire century's worth of industrial history. Visit Shawinigan Space, a modern and contemporary art exhibition centre of international scope. Come evening and see the captivating night show Eclyps.

Shawinigan Space

1882, rue Cascade, Shawinigan G9N 8S1
819 537-5300 / 1 866 900-2483
www.citedelenergie.com

This summer Shawinigan Space presents the World premier of the exhibition ecH2O. Virtuoso of the in situ installation artist Richard Purdy, resident of the region and professor of Art at the Université du Québec à Trois-Rivières, proposes a reflection on the complex and multiform nature of the element H2O on our planet and in our cultures. As an echo is the reflection of a sound, Purdy offers us a visual refection on water through three monumental and surprising installations. Indeed, the work of Art is the unique space of the aluminum fabrication installation still existing in North America. The project is directed by Robert Trudel, Executive Director of the Cité de l'Énergie and the curator is Denis Charland, Artistic Director of the Art Édition Le Sabord

(Shawinigan-Sud area)

The works of Ozias Leduc National Historic Site of Canada – Church of Notre-Dame-de-la-Présentation

825, 2e Avenue, Shawinigan
(Shawinigan-Sud area) G9P 1E1
819 536-3652 / www.eglisendp.qc.ca

The church of Notre-Dame-de-la-Présentation, a national historic site of Canada, houses the last great project of Ozias Leduc, the 20th century's greatest painter of religious art. A guided tour will teach you about his life, work, techniques and inspiration. Come admire his collection of wall paintings, some portraying workers in the Mauricie.

La Mauricie national park of Canada

Highway 55, Exit 226 at Saint-Jean-des-Piles or Exit 217 at Saint-Gérard-des-Laurentides
819 538-3232 1-888-773-8888
Camping reservations: 1-877-737-3783 or www.pccamping.ca Lodge reservations: 819 537-4555 / www.pc.gc.ca/mauricie

A dream location for nature lovers, La Mauricie National Park of Canada is a preserve of 536 km² of lakes and forests representative of the greater Laurentian area. Campsites and canoe-camping facilities allow you to spend some special time in this pristine environment. Two old-fashioned lodges will take you back in time to the era of the private clubs. Canoeing, hiking and cross-country skiing are all showcase activities in the Park. Interpretation activities have been prepared for you by Park naturalists. Lastly, you'll be enchanted by "Mystic Laurentians" at the Saint-Jean-des-Piles Visitor Reception and Interpretation Centre: interactive exhibition, 3D slide show, videos. Schedule: May to mid October, from 7 a.m. to 10 p.m. Entry fees are subject to change.

D'Arbre en Arbre (Parc de l'Île Melville)

Parc de l'Île Melville, Île Melville, Shawinigan, G9N 6T8 / 819 536-7155 / 1 866 536-7155
www.ilemelville.com

An out-of-the-ordinary and thrilling family activity! Come and experience this new treetop adventure, unique in Mauricie. On five different circuits, you progress at your own pace over suspended bridges, walkways, nets, Tarzan-style vines and a 106-metre long Tyrolean traverse, for a total of 82 links, each presenting a different aerial challenge. Set your own target, face your fear of heights or simply enjoy some thrills! This summer, experience a tree-to-tree adventure! (Participants must have a reach of at least 1.40 m with arms raised.

Hydravion Aventure

30, chemin Contour du Lac, La Tuque, G9X 3N8
819 609-9358 / www.hydravion.info

Hydravion Aventure offers a wide variety of interesting destinations for the discerning traveler; ranging from spectacular scenic flights over Mauricie and restaurant flights to more extensive charter tours, tailored to your requirements. We welcome overseas travelers, local visitors as well as corporate clients

BUISNESS

Shawinigan Space

1882, rue Cascade, Shawinigan G9N 8S1
819 537-5300 / 1 866 900-2483
www.citedelenergie.com

The Cité de l'énergie offers event organizers more than 4 200m² (45 000 square feet) of floor divided into 10 rooms that vary in size. Whether you holding a press conference, a trade show, a training seminar, a banquet or an artistic event, the Cité de l'énergie makes available a very wide range of services on the cutting edge of technology including public address system, video, -multimedia, lightning equipment, computer network, installation technicians.

TOURISME SHAWINIGAN (CLD)

522, 5e Rue, C.P. 395, Shawinigan (Québec) G9N 6V1 / Tel.: 819 537-7249 / 1-888-855-6613
Fax: 819 537-6260
caroline.ducharme@cldshawinigan.qc.ca
www.tourismeshawinigan.com

LODGING

Auberge Escapade Inn

3383, rue Garnier , Shawinigan, G9N 6R4
819 539-6911 / 1 800 461-6911
www.aubergeescapade.com

The Escapade is a superb 4-star inn where friendly hospitality begins the moment you arrive. The Auberge offers 40 attractively decorated rooms and all services essential to your comfort, as well as a relaxing environment, bar, patio, gardens, huge parking area and personalized service.

AUBERGE GOUVERNEUR SHAWINIGAN

1100, Promenade du St-Maurice, Shawinigan (Québec) G9N 1L8 / Tel.: 819 537-6000
1-888-922-1100 / Fax: 819 537-6365
administration@gouverneur-shawinigan.qc.ca
www.gouverneurshawinigan.com

On the St-Maurice riverside, Auberge Gouverneur and Congress Center of Shawinigan offer you 106 rooms and suites, a restaurant with healthy cuisine, a spa, indoor pool and jacuzzis. Take a deep breath of fresh air in our area and enjoy your stay!

COMFORT INN & SUITES

500, boul. du Capitaine, Shawinigan (Québec) G9P 5J6 / Tel.: 819 536-2000 / 1-888-536-2007
Fax: 819 536-2010 / info@comfort-inn-shawi.com
www.choicehotels.ca/cn370

Regional winner of the 2007 Grands prix du tourisme québécois and Choice Hotels Canada Gold Medal winner in 2006, the Shawinigan Comfort Inn & Suites offers 71 delightfully comfortable rooms / suites. A spacious, recently constructed building located opposite the Saint Maurice River, it is only a few minutes from the Convention Centre and a few steps from the Cité de l'énergie and the Île Melville Park. A peaceful haven in the heart of town.

Shawinigan (SAINTE-FLORE AREA)

Auberge Le Florès

4291, 50e Avenue, Sainte-Flore-de-Grand-Mère, G9T 1A6 / 819 538-9340 / 1 800 538-9340
www.leflores.com

Nestled in the most enchanting of countrysides where cozy comfort, gastronomical pleasures and congenial atmosphere rub shoulders, 'le Flores' delivers relaxation, dreamy surroundings and that magical touch. Near the 'le Florès' inn, you will find a lot of attractions and activities like the National Park of Canada. Le Flores, a little inn, and yet it boasts 34 rooms, is ideally situated allowing you access to a wealth of activities and attractions: golf courses, bike paths, the Cité de l'énergie (theme park), Eclyps (nighttime entertainment), river cruises, the Arts Centre, the National Gallery of Canada in Shawinigan (travelling art exhibit), the La Mauricie National Park, exterior pools, both Alpine and cross-country ski centres and trails, snowshoeing, snowmobiling, dog-sledding and much more.

GROUPE HÔTELIER MARINEAU

2223, 5e rue, Grand-Mère (Québec) G9T 6S5
Tel.: 819 533-0052 / 1-877-533-0052 / Fax: 819 533-4847 / d.desrochers@chezmarineau.com
www.chezmarineau.com

The Marineau Hotel Group offers 4 comfortable, secure establishments catering (Shawinigan, Mattawin and La Tuque), to their clientele. Come discover the "savoir faire" of the Marineau, well established for 75 years!

Saint-Tite

Founded in 1910. First inhabited in the mid-19th century, this little town is famous for its leather industry. G.A. Boulet, for example, produces the boots of the same name. Today, Saint-Tite is noted for its Western Festival which attracts more than 400,000 people every September. The westernized facades of the businesses and Town Hall, the typically western clock and an illuminated fountain are constant reminders of this great event throughout the year.

ATTRACTIONS

FESTIVAL WESTERN ST-TITE



www.festivalwestern.com
info@festivalwestern.com
418-365-7524 / 1-877-4western (1-877-493-7837)

From September 10th to 19th 2010 Relive the good old days of the West at this internationally renowned festival. Event include professional rodeos, county music and dance. Since 11 years the Festival Western St-Tite has been voted "Best Outdoor Rodeo in North America". Live the cowboy way; the festival attracts more than 500 000 visitors every year during ten days of dazzling array of excitement! Come have some fun with us for the 43rd edition!

Grandes Piles

ATTRACTIONS

Musée du bûcheron (lumberjack museum)

780, route 155, Grandes-Piles / Tel.: 819 538-7895
1-877-338-7895 / www.museedubucheron.com

An authentic reconstruction of an early 20th-century lumberjack camp. The museum includes 25 buildings, all of which were once part of a traditional camp. The chance to explore a hundred years of history (1850-1950). Open: June 23 to September 25, 9 a.m. to 5 p.m. For schedule of guided visits and the cultural program,

CENTRE D'AVENTURE MATTAWIN

3911, route 155, Trois-Rives (Québec) G0X 2C0
Tel.: 819 646-9006 / 1-800-815-7238 / Fax: 819 646-5515 / info@centredaventuremattawin.com
www.centredaventuremattawin.com

La Tuque

Félix Leclerc was born in this former fur-trading post which was named after a hill shaped like a woollen hat that Canadians call a "tuque". On the threshold of a great land of adventure, La Tuque owes its existence to a waterfall, the St. Maurice river and its vast surrounding forests.

ATTRACTIONS

Fur trade interpretation centre

Parc des chutes de la Petite rivière Bostonnais,
Route 155, La Tuque / 819 523-5930
819 676-8800 / 1 877 424-8476
www.tourismehsm.qc.ca

Local guides will tell you all about the history of the fur trade and its many secrets. Also, La Tuque is the birthplace of the famous Québec poet, singer/songwriter Félix Leclerc. Your visit of the Fur Trade Interpretation Centre will take you back to the fur traders' era. You can visit a trading post, and actor-storytellers will tell you everything about the secrets of fur trade, which was the first economical activity in the country. Take up the challenge of the quiz game about the "coureur des bois", during which you will discover the very details of the life of those who discovered the country. For your enjoyment, you can walk along the paths of the Parc des chutes de la Petite rivière Bostonnais.

Centre Anne-Stillmann-Mccormick

Parc des chutes de la Petite rivière Bostonnais,
route 155, La Tuque / 819 523-5930
1 877 424-8476 / www.tourismehsm.qc.ca

Scheduled to open in June 2010. Interpretive guides will be happy take you into the wonderful world of Anne Stillman McCormick, novelized by author Louise Lacoursière. James A. Stillman, president of the National City Bank, accuses his wife, Anne Stillman, who owned an estate in Haute-Mauricie, of having an affairwith an Amerindian guide from Canada. Their divorce trial was considered to be the "trial of the century". She was granted a divorce and married Fowler McCormick, the grandson of John D. Rockefeller. Free admission.

Centre d'interprétation de la Rivière Saint-Mauricie

Parc des chutes de la Petite rivière Bostonnais,
route 155, La Tuque / 819 523-5930
1 877 424-8476 / www.tourismehsm.qc.ca

Scheduled to open in june 2010. Interpretive guides will take you back to the days of the log-drivers on the majestic Saint-Maurice River. Admire a collection of miniature boats created by artist Arnold Fay. This impressive collection represents 140 years of navigation on the Saint-Maurice river and its tributaries. Open may to October. Free admission.

TRAVEL INFORMATION

La Tuque Tourist Office

3701 Ducharme Blvd.
Tel.: 819 523-2204 / www.tourismehsm.qc.ca

NEARBY LODGING

Auberge de la Rivière Mattawin (Famille Marineau)

3911, Route 155, Mattawin, G0X 2C0
819 646-5766 / 1 888 646-9191

Located on the shores of the majestic St. Maurice River, the Auberge de la rivière Mattawin, part of the Chez Marineau hotel chain, is a vacation destination par excellence. A warm welcome, courteous service, spacious rooms and family cooking all await you in a setting that promises complete relaxation. Adjacent to the provincial park, it offers access to a wealth of activities. Come discover the tranquility of nature and benefit from the know-how of the only chain of family hotels in Mauricie.

Chez Marineau – Motel des 9

3250, Boul. Ducharme, La Tuque G9X 4T4
819 523-4551 / 800 567-4551
www.chezmarineau.com

The Motel des 9, part of the Chez Marineau hotel chain, is an unbeatable location for a restful stay in a forested region where nature reigns supreme and the climate is ideal for relaxation. Whether for business or pleasure, the largest hotel establishment in Haut-Saint-Maurice offers a multitude of services under one roof, including family-style cooking, a bar, meeting rooms, high-quality accommodation and all the know-how of the only chain of family hotels in Mauricie.

La Seigneurie du Triton

1893 Chemin du Triton
Lac Édouard, Québec G0X 3N0
Tel.: 418-648-0557 or 1-877-393-0557
info@seigneuriedutriton.com
www.seigneuriedutriton.com
www.villageinnusit.com

Enjoy nature, culture and the charm of an historic forest inn. La Seigneurie du Triton stands apart for the quality of its knowledgeable and experienced team and also its long history of excellent service since 1893! The magnificent Seigneurie is accessible only by boat and it is absolutely breathtaking whether you see it for the first time or not! In the heart of the Mauricie forest you will enjoy our food and lodging and a wide range of outdoor activities such as canoeing, kayaking, hiking, fishing, nature interpretation and evening entertainment. Activities that will soothe your soul or bring out the adventurer in you. One kilometre from the Seigneurie, Amerindian tepees have been set up. Just for a visit or to spend the night in a style of lodging that is as ancient as time… An enchanting place that is all yours to enjoy throughout your stay…

Pourvoirie Nemiskau

745, boul. Industriel, Blainville J7V 3V3
1 866 714-1124 / 819 523-6789 / f: 450 435-681
info@pourvoirienemiskau.com
www.pourvoirienemikau.com

The flagship species of the outfitting operation is the brook trout. This fish colonizes all of our lakes in large numbers and coexists in the Pal and Rose lakes with the lake trout. The latter, more discreet, has a wonderful fighting ability and allows for amazing bites. The outfitting operation owns 11 lakes that are easily accessible directly by car or after just a few minutes' walk. Our impeccably clean quality boats are available at each of these lakes. We own 19 cottages spread out over the area that can accommodate from 2 to 26 guests each. You can then cook your own meals if you like or enjoy the amenities of the lodge. In our dining room, you will enjoy delicious food from a wide choice of menus; an absolutely remarkable cuisine! We also offer you 4 rooms in the lodge and 18 more in private cabins located a few minutes walk away.

Pourvoirie Club Odanak

C.P. 638, Lac Castor, La Tuque, G9X 3P5
819 523-8240 / f: 819 523-8635
info@clubodanak.com / www.clubodanak.com

The Club Odanak is a territory of some 45 km². An ideal relay for snowmobilers or ATV-ers, the hotel complex, built entirely of wood, has 50 comfortable rooms, dining room and conference room. We specialize in modern Canadian-style cuisine. As well as hunting and fishing, our special activities are all linked to nature appreciation: sleeping in a teepee or shapituan, canoeing expeditions, meals in the forest both in summer and winter.





MAURICIE
a rendezvous with

| NATURE | FAMILY FUN | WELL-BEING | ACTIVITIES | CELEBRATIONS | HISTORY | VACATION | GROUPS |



CULTURE



Michel Julien

Trois-Rivières, Cultural Capital of Canada

Trois-Rivières also offers a surprising range of specialty restaurants and cozy cafés, mostly located in a downtown area internationally reputed for the originality of its lively atmosphere!

TOURISME TROIS-RIVIÈRES

→ 819 374-4061 | 1 877 374-4061
→ www.tourismetroisrivieres.com
→ vlalbin@tourismetroisrivieres.com

URBANITY



Daniel St-Louis

The urban hotel in the centre of it all...

With its 159 rooms, Le Troquet restaurant, spa, indoor pool and health and fitness centre, the Delta Trois-Rivières is your destination *par excellence*.

DELTA TROIS-RIVIÈRES HOTEL AND CONFERENCE CENTRE ★★★★

→ 819 376-1991 | 1 800 268-1133
→ www.deltatrois-rivieres.com
→ apanneton@deltahotels.com



| LOCAL FLAVOURS | WINTER ESCAPADES | LIFESTYLE | ENTERTAINMENT | SUMMER LEISURE |

HERITAGE



Photo : Musée de la police de Montréal

Québec, criminally speaking

Get acquainted with Québec's criminal history in the 20th century; look into some famous criminal investigations and immerse yourself in the amazing world of forensic science. Until January 8, 2013.

MUSÉE QUÉBÉCOIS DE CULTURE POPULAIRE AND OLD PRISON OF TROIS-RIVIÈRES

→ 819 372-0406
→ www.culturepop.qc.ca | www.enprison.com
→ gbettez@culturepop.qc.ca

EVENTS



Shooter

September 10 to 19, 2010

10 days, hundreds of thousands of visitors and hours of exciting rodeos! An internationally renowned event and the largest Country & Western dance event in Québec. It's the place to get into that cowboy rhythm!

FESTIVAL WESTERN ST-TITE 43RD EDITION

→ 1 877 493-7837 | 418 365-7524
→ www.festivalwestern.com
→ info@festivalwestern.com

LODGING



Denis Goulet

We were built for tours

57 double rooms including 25 renovated rooms with queen-size beds. Meeting rooms, lounge, easy highway access, free bus parking, free continental breakfast, free Internet and low prices.

DAYS INN TROIS-RIVIÈRES ★★★

→ 1 800 263-1414 | 819- 377-4444
→ www.daysinntroisrivieres.com
→ gmdaysinn@sterlinghotelscanada.com

Canada Economic Development / Développement économique Canada
Canada

québec

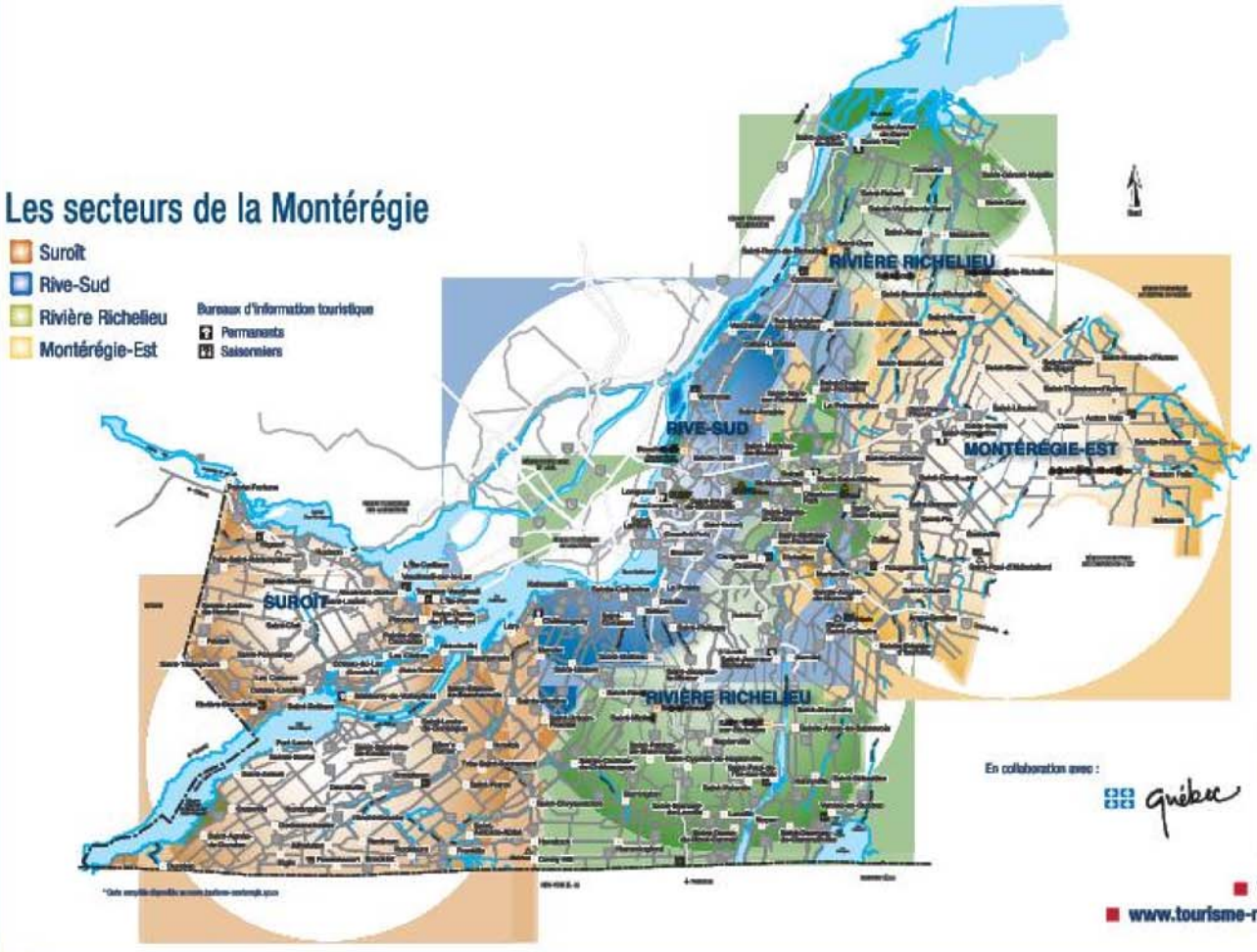
Mauricie
www.mauricietourism.org

Montérégie is a huge 11,000 sq. km. Territory where hills and valleys prevail. The region was officially named on December 5, 1985, and owes its character to the numerous hills scattered about. The Montérégie, conveniently located to the south of the Island of Montreal is midway between the cities of Québec and Ottawa and stands out due to its tourist diversity, cultural blend, agriculture and its heritage. Bearing testimony to a rich historical past, proud of its innovations and its scope of terroir treasures, the Montérégie invites you to one of its discovery filled gateway!

Montérégie
Meetings and Conventions

Tourisme Montérégie
1 866 469-0069
info@tourisme-monteregie.qc.ca
www.tourisme-monteregie.qc.ca

Major cities
Longueuil ~ Saint-Hyacinthe ~ Saint-Jean-sur-Richelieu ~ Sorel-Tracy Salaberry-de-Valleyfield.



En collaboration avec : Québec

Montérégie
Tourisme et congrès
1 866 469-0069
www.tourisme-monteregie.qc.ca

events calendar









Montérégie is abundant in events, each one more exciting than the next, ideal for culture as well as agrotourism buffs! Join in the fun!

2010

April

La Grenouille en Fête
April 25 and 26
Chambly
450 447-2096 / www.bassinenfete.com

May

Marché du printemps
May 21 to 24
Saint-Hyacinthe – Jardin Daniel A. Séguin
450 778-6504, ext. 6215
In season: 450 778-0372
www.ltasth.qc.ca/jardindas

Journées Crêpes et cidres
May 22, 23 and 24
Montérégie – The Montérégie Cider Route
450 466-4666 / 1 866 469-0069
www.tourisme-monteregie.qc.ca

National Patriots' Day
May 24
Saint-Denis-sur-Richelieu
Maison nationale des Patriotes
450 787-3623 / www.mndp.qc.ca

June

Fugue en Art Majeur
June 5, 6, 12, and 13
Mont-Saint-Hilaire
450 467-8228
www.fugue-en-art-majeur.org

"Pour des siècles, et des siècles!" Place au patrimoine religieux en Montérégie
June 6 to September 6
Lieux de culte classés de la Montérégie
450 651-0694 / 1 877 651-0694
www.culturemonteregie.qc.ca

The Week-end Rendez-Vous
June 26 to August 21
Saint-Anicet – Interpretation Centre for Archaeological Site Droulers/Tsilonhiakwatha
450 264-3030 / 1 866 690-3030
www.sitedroulers.ca

Les Îles à la rame
June 27
Sainte-Anne-de-Sorel
1 800 474 9441 / www.ilesarame.qc.ca

July

Festival de la gibelotte de Sorel-Tracy
July 9 to 17
Downtown – Sorel-Tracy
450 746-0283 / 1 877 746-0283
www.festivalgibelotte.qc.ca

International Percussion Festival
July 15 to 18
Old-Longueuil – on rue Saint-Charles
450 463-2692 / www.percussions.ca

Expo de Saint-Hyacinthe
July 22 to August 1st
Saint-Hyacinthe – 2670, Beaupariant
450 773-9307 / www.expo-agricole.com

August

Archaeological Month at Drouler's Site
August 1st, 8, 15 and 22
Saint-Anicet – Interpretation Centre for Archaeological Site Droulers/Tsilonhiakwatha
450 264-3030 / 1 866 690-3030
www.sitedroulers.ca

Les Francosymphonies
August 5
Parc régional de Longueuil
1895, rue Adoncour, Longueuil
450 466-6661 / www.osdl.ca

Fête du Vieux Marché
August 14 and 15
Saint-Denis-sur-Richelieu
450 787-3939
www.vieuxmarche-saintdenis.com

Saint-Jean-sur-Richelieu's International Balloon Festival
August 14 to 22
Saint-Jean-sur-Richelieu
450 346-6000 / www.montgolfieres.com

September

The Beer and Flavour Fest
September 3 to 6
Chambly
450 447-2096
www.bieresetsaveurs.com

Festival des Métiers et Traditions de Longueuil
September 4, 5 and 6
Longueuil – Park St. Mark (Old-Longueuil)
450 677-2125 / www.vieuxmetiers.ca

Chants de Vielles - 7th Edition
September 10, 11 and 12
Calixa-Lavallée – Agricultural Exhibition Site
620, rang de la Beauce
450 583-5631 / www.chantsdevielles.com

Les week-ends gourmands
September 11 to October 11
Rougemont
450 469-3790
www.tourismerougemont.com

Souvenirs & trésors du patrimoine maskoutain
September 12
Saint-Hyacinthe – Jardin Daniel A.Séguin
450 778-6504 ext. 6215
In season: 450 778-0372
www.ltasth.qc.ca/jardindas

Le Rendez-Vous des Papilles
September 24, 25 and 26
Saint-Hyacinthe
Marché-centre, 1555, des Cascades
450 778-8499
www.rendezvousdespapilles.qc.ca

October

Place des Artisans
October 23 and 24
Verchères – Community center of Verchères
450 583-3658 / www.placedesartisans.ca

November

Commemoration of the Battle of Saint-Denis
November 21
Saint-Denis-sur-Richelieu
Maison nationale des Patriotes
450 787-3623 / www.mndp.qc.ca

December

Marché de Noël et des Traditions de Longueuil
December 3 to 5, 10 to 12 and 17 to 20
Longueuil – Park St. Mark (Old-Longueuil)
450 677-2125 / www.vieuxmetiers.ca

2011

February

Mondial des cidres de glace
February 11, 12 and 13
Rougemont – 735, rue Principale
514 662-1020
www.mondialcidresdeglace.com

must see

- **Parc Safari**
  www.parcsafari.com
- **Fort-Chambly National Historic Site of Canada**
  www.pc.gc.ca/fortchambly
- **Fort-Lennox National Historic Site of Canada**
  www.pc.gc.ca/fortlennox
- **Exporail, The New Canadian Railway Museum**
  www.exporail.org
- **Parcs nationaux des Îles-de-Boucherville et du Mont Saint-Bruno**
  www.parksquebec.com
- **Labyrinthe Arctic Gardens**
  www.lelabyrinthe.ca
- **Centre d'interprétation du site archéologique Droulers-Tsilonhiakwatha**
  www.sitedroulers.ca
- **Vignoble les Petits Cailloux**
  www.lespetitscailloux.com
- **La forêt des aventures Arbraska**
  www.arbraska.com

tourist circuits

Circuit du patrimoine

As the past is often reflected in the future, this tour allows you to discover the many beautiful, historic sites of the Montérégie. Learn about the historical figures of the region, their ways of life as well as the places and important events that shaped the history of the region. All of these places and events made their mark in our history and help us to better understand the Montérégie and Québec of today.



Circuit des églises

The Montérégie has a great number of historical churches (approximately 250 were built between 1774 and 1945). Religious communities, places of worship, rectories, convents, colleges, chapels, Calvaries, road crosses, organs, religious artwork and artifacts – these are all part of the incredible wealth of the Montérégie's religious heritage. The unique features of some of these sites and the variety of religious artifacts make the Montérégie an extraordinarily interesting destination. What better reason for a getaway than to learn more about the religious heritage of this region!



Circuit des arts

The Montérégie boasts an abundance of talented artists who work with different mediums including paint, clay or needlework. Come and experience the passion of these artists who are more than happy to share with you their artistic knowledge and expertise. Come discover the various creation methods of the artists and artisans of the region.



Circuits d'archéologie

During the month of August, thirteen archaeological sites invite young and old to get reacquainted with archaeology or perhaps to experience it for the first time. On the agenda: 30 fun-filled and fascinating activities that will take you off-the-beaten-tracks, led by archaeologists and specialists in the field.



DESTINATION

TOURISME MONTÉRÉGIE

2001, Boul. de Rome, 3e étage, Brossard
(Québec) J4W 3K5 / Tel.: 450 466-4666
1-866-469-0069 / Fax: 450 466-7999
info@tourisme-monteregie.qc.ca
www.tourisme-monteregie.qc.ca

Montérégie is a huge 11,000 km². Territory where hills and valleys prevail. The region was officially named on December 5, 1985, and owes its character to the numerous hills scattered about. The Montérégie, conveniently located to the south of the Island of Montréal is midway between the cities of Québec and Ottawa and stands out due to its tourist diversity, cultural blend, agriculture and its innovations and its scope of terroir treasures, the Montérégie invites you to one of its discovery filled gateway!

Portrait of a region

Montérégie, a region of getaways!

Vast region of hills and valleys, Montérégie acquires its name for its abundance of Monteregian Hills that delimit the area. Conveniently located south of the Island of Montreal, the Montérégie is midway between the cities of Québec and Ottawa, and is comprised of a territory with a dimension of more than 11 000 sq. km. Rich in touristic diversity, where you will find a blend of culture, agriculture and heritage. Bearing testimony to a rich historical past, proud of its innovations, Montérégie invites you to one of its discovery-filled getaways! Whatever the season, Montérégie offers to one and all an unforgettable escape. Sports enthusiasts, camping aficionados, culture buffs, nature lovers and food connoisseurs; all will find their nirvana in summer or in autumn, just as skiers, skaters and snowshoers in winter. From north to south, east to west, Montérégie offers a full array of attractions and fascinating experiences. Discover the riches of the region's four different sectors: Suroît, South-Shore, Richelieu River and Montérégie-East.

Witness to a rich past

The name Montérégie stems from "Montérégiennes", the name of several hills surging from the plain. Mounts Saint-Bruno, Saint-Hilaire, Rougemont, Saint-Grégoire and Yamaska form an imaginary line between the Island of Montreal and the Appalachian Mountain Range. Surrounded by lakes and rivers, Montérégie is witness of several historic battles. For a long time the area was an outpost that served to protect the colony against the Iroquois, the English and the Americans. The Richelieu River, crossing Montérégie on a north-south axis, used to be a commercial waterway before fortifications were built on its banks to protect the population against military attacks. Enjoy one of the numerous cruises that can be taken on its waters and discover the multitude of National Historic Sites of Canada that can be found in Montérégie. Boasting a rich history and heritage, Montérégie possesses the most diversified cultural mosaic in Québec. Third most important region in Québec when it comes to cultural tourism, the region regroups an impressive number of historic sites, museums, and interpretation centres.

Proud of its innovations

The first Canadian railway to link La Prairie to Saint-Jean-sur-Richelieu was inaugurated in Montérégie, as was the first international railway line between Longueuil and Portland. Enjoy a stopover at Exporail, The Canadian Railway Museum, to view Canada's most impressive collection of railway items and one of the finest in North America. While driving around the American border, take time to admire the oldest covered bridge in Canada at Powerscourt, built in 1861. It is also in the Suroît sector of Montérégie that the very first lock canal in North America was built at Coteaudu- Lac. Nature lovers and hiking enthusiasts will enjoy climbing Mont Saint-Hilaire, Canada's first "World Biosphere Reserve" accredited by the UNESCO in 1978. A biosphere reserve is a zone chosen by a national committee, suggested by the country of origin and selected by UNESCO for its demonstration of innovative approaches to living and working in harmony with nature. There are over 500 biosphere reserves in the world, including 15 in Canada and 4 in Québec, each one typical of a large ecosystem of the world. Montérégie is therefore extremely proud to hold two of these reserves within its region. In addition to Mont Saint-Hilaire, you will find the Réserve mondiale de la biosphère du Lac Saint-Pierre in the Sorel area. Declared so in 1998, the Lake Saint-Pierre area represents one of the major components in the Saint-Lawrence ecosystem. It is part of the Saint-Lawrence Lowlands and occupies a unique place. Its exceptional environment contains priceless treasures.

Terroir treasures galore

Montérégie is rightly described as the "Garden of Québec". Montérégie invites you to yield to your senses and discover the region's numerous agricultural producers. Montérégie producers are passionate individuals proud to share their knowhow and graciously invite you to visit their facilities. Agricultural tourism is a key activity in the region. An excellent way to discover the riches of the area is with "pick-your-own" outings; a great number of enterprises let you walk through their fields from April until the end of fall, to gather a great variety of fruits and vegetables to nibble on or take home to cook. As Quebec's very first region for cider and apple production, Montérégie stands out namely for its Cider Route, which lets you discover some ten regional cider mills. These being superior due to the quality of products, their know-how and innovative artistry accomplished day in and day out. The region is also a pioneer in the creation of ice cider. In spring, Montérégie truly bears the title of gourmet destination when comes sugaring-off time. It is the region with the greatest number of sugar shacks catering to tourists. In the spring and fall seasons, some fifteen of the region's top chefs demonstrate the extent of their talent and creativity by presenting gastronomical menus featuring apples and maple syrup, demonstrating the reputed talent and creativity of our local chefs!

By bike, on foot or by car

Montérégie is the destination of excellence for bicycle enthusiasts. It holds close to 600 bicycle paths, 200 km of bikeways and 180 km of designated shared roadways for all types of cyclists. Twenty-six road circuits that allow you to criss cross Montérégie, transporting you along picturesque roads that cross valleys and along rivers, taking you on discoveries of historical villages and bucolic landscapes. Montérégie proposes several activities to make your stay in the region more exciting. Experience a car safari at Parc Safari, a getaway to one of the serveral National Historic Sites of Canada, privileged witnesses of Montérégie's military history, or experience thrilling sensations at one of the challenge courses.In Montérégie, you will discover a multitude of cultural, historical, outdoor and agrotourism events, each one fascinating as well as exciting. The region holds several summer theatres ready to entertain you! Amongst them is Théâtre de la Dame de Coeur that will amaze you with its giant puppets and theatre under the stars. The Expo de Saint-Hyacinthe, which is held from July 22nd to August 1st, is a unique opportunity to discover farm animals as well as an array of activities and shows. With more than 2 000 animals and activities for the whole family, this activity is a must! Enjoy Montérégie's numerous golf courses to hit a few balls, with friends or co-workers, on the more than thirty magnificent courses for golfers of all calibers. Montérégie is the region of excellence for your getaways! Enjoy your discoveries!

Suroît

In Canada, the suroît is a valley wind coming from the upstream towards the downstream of the Saint-Lawrence River. Typically a forewarning to warm conditions and conflicting with the northeast wind rolling up the river. Located in Southwest Montérégie, between Montréal and Ontario and bordering the American frontier, Suroît is characterized by the omnipresence of water. The area runs alongside the banks of Lakes Saint-Louis and Deux Montagnes, from Ottawa River to Saint- Lawrence River. This vast territory is favourable for various excursions, offering a hydrographic network as well as bicycle paths that are very appealing. A journey through the Suroît area allows you to admire the panoramic roads and splendid views, within a peaceful and bucolic setting. It is also an opportunity to tour the historic sites and become more knowledgeable about the past of Prehistoric Native Americans, the digging of the St-Lawrence Seaway in the 1950's, the French seigniorial regime of the 18th century, as well as the British Fortifications of the 19th century. Swimming and water sports are the other high points of activities in the Suroît area. Magnificent beaches along the region's lakes and islands allow you to stop and take advantage of the wonderful weather. This sector is very appealing to nature lovers that will be seduced by the numerous suggested activities, including visits of magnificent landscaped gardens or a getaway to Mont-Rigaud to observe nature.

Rigaud

Considered the ornithology capital of Québec, Rigaud offers bird watchers a selection of observation circuit trails laid out in the heart of the mountain. Tourists can also meditate at the "Canadian Lourdes".

ATTRACTIONS

Mont-Rigaud, Ski- Parc Acrobranche

321, chemin des Érables, Rigaud J0P 1P0
450 451-0000 / 514 990-1286
www.parcaventure.ca

Fun all summer and winter! The Mont-Rigaud ski centre offers outdoor activities for all seasons directed at families as well as groups. The ski centre has nine runs, from beginner to expert levels, including a snow park for downhill skiing and snowboarding fans. Parc Acrobranche offers an aerial challenge course composed of 100 games including 23 zip-lines. A climbing wall with six different lines, ten metres high, with beginner, intermediate and expert levels. Bungee trampolines available. Schedule: ski centre, mid- December to end-March. Parc Acrobranche, daily during the summer season. With reservations the remainder of the year. Admission: consult the web site for admission fee and more schedule information.

Arbraska, La Forêt des Aventures

85, rue Bourget, Rigaud J0P 1P0
450 451-5527 / 514 244-8706 / 1 877 886-5500
www.arbraska.com

Arbraska Rigaud is an assured adventure! Over 100 forest adventure games: GPS rally on foot or with snowshoes, giant zip-lines, suspended bridges, nature interpretation paths. Ideal activites for families, sport buffs, schools and corporate outings (team building). Schedule: year-round, with reservations. Admission: consult the web site.

RESTAURANT

SUCRERIE DE LA MONTAGNE

300, rang St-Georges, Rigaud (Québec) J0P 1P0
Tel.: 450 451-0831 / Fax: 450 451-0340
info@sucreriedelamontagne.com
www.sucreriedelamontagne.com

The Sucrerie de la Montagne is a sugar shack open all year long and located between Montreal and Ottawa. This tourist attraction is recognized by Tourism Québec and the Canadian Tourism Commission as one of the most popular sites due to its authentic features. Visitors are invited to participate in several traditional activities: hayrides in horse drawn carriage, guided tours to the sugar shack and the hundred-year old bakery. Old time feast service; the sugar feast is an all-you-can-eat family-style meal animated by folk singers where the guests are invited to sing and dance. After the meal, a visit to the general store is a must.

Vaudreuil-Dorion

This heritage-rich city boasts some magnificent architectural jewels such as: Saint-Michel Church (1789), Vaudreuil-Soulanges Regional Museum (1859) and the Valois Mansion (1796). In June, don't miss "Les Seigneuriales", a huge well-liked celebration

Musée régional de Vaudreuil-Soulanges

431, avenue Saint-Charles, Vaudreuil-Dorion
J7V 2N3 / 450 455-2092 / 1 877 455-2092
www.mrvs.qc.ca

Located in the heart of Old Vaudreuil, in a old boys' school built in 1859 and declared a historical monument. Soak up the rich cultural and artistic heritage linked to the evolution of the art of living in theregion of Vaudreuil-Soulanges. Renowned collection of national interest. Permanent and temporary exhibitions. Boutique and "Petit-Café". Heritage tours.Schedule: Monday to Friday, 9:30 a.m. to noon and 1:30 p.m. to 4:30 p.m.; Saturday and Sunday, 1 p.m. to 4:30 p.m. Closed from December 22 to January 4. Admission: voluntary donation.

Pointe-des-Cascades

This municipality is closely associated with activities on the region's hydrographic network. Visit the old canal and its three locks or travel on the Soulanges Canal bikeway, following the old lumber railway.

Coteau-du-Lac

For many years, Coteau-du-Lac was the port of entry for imports to Upper-Canada. In 1812, impressive fortifications were built to protect river-borne transportation.

ATTRACTION

Coteau-du-Lac National Historic Site of Canada

308A, chemin du Fleuve, Coteau-du-Lac J0P 1B0
450 763-5631 / www.pc.gc.ca

Remnants of the first canal lock in Canada and authentic British fortification in the early 19th century. Vast archaeological garden and exhibition at the bunker. Guided tours and theme activities. Schedule: 10 a.m. to 5 p.m. May 22 to June 4, Wednesday to Sunday; June 5 to September 5, daily; September 6 to October 10, Saturday and Sunday.

Salaberry-de-Valleyfield

The regional capital of Suroît allows you to savor the delicious ambiance while strolling along the old canal, reopened for boating, while taking advantage of the guided tours of the downtown area. The marina is the second largest in Québec and there is a magnificent bay that opens up to Lake Saint-François. A park in the heart of the historic downtown offers a wide selection of various shows and activities. Commercial streets and 60 km of bicycle paths border the shores of the Saint-Lawrence River.

ATTRACTIONS

Parc régional des îles de Saint-Timothée

240, rue Saint-Laurent,
Salaberry-de-Valleyfield (Saint-Timothée)
450 377-1117 / www.ville.valleyfield.qc.ca

Welcome to Québec's "Southerly Islands", offering magnificent sandy beaches bordering crystal-clear water! Outdoor activities and watercraft rentals. Schedule: June 12 to September 6. In June, August and September, Monday to Friday, 10 a.m. to 5 p.m.; Saturday and Sunday, 10 a.m. to 7 p.m.; July, Monday to Sunday, 10 a.m. to 7 p.m. Admission: consult the web site.

La Petite Grange Chocoalate Factory

415, chemin Larocque, Salaberry-de-Valleyfield
J6T 4C6 / 450 371-3510 / 1 877 371-3510
www.lapetitegrange.ca

Artisanal bakery, pastry and chocolate shop. Guided visit of the traditional chocolate making facilities and chocolate tasting. Lunch boxes and sandwiches. Schedule: March 1st to January 15, Tuesday to Saturday, visits at 10 a.m., 11 a.m., 2 p.m. and 3 p.m. Admission: group rates with reservations.

NEARBY ATTRACTIONS

The Tsilonhiakwatha/Droulers Archaeological Site Interpretation Centre

1800, chemin Leahy, Saint-Anicet J0S 1M0
450 264-3030 / 1 866 690-3030 / Off-season:
1 877 264-5411 / www.sitedroulers.ca

Discover 15th century Amerindian lifestyle and environment in the reconstructed Iroquoian village next to one of Québec's most important archaeological sites. Exhibitions on Amerindians, guided tours and boutique. Schedule: May and June, Tuesday to Sunday, 9 a.m. to 4 p.m.; July and August, Tuesday to Sunday, 10:30 a.m. to 6 p.m.; weekends in September, 9:30 a.m. to 4 p.m.

Battle of the Châteauguay National Historic Site of Canada

2371, chemin de la Rivière Châteauguay, Howick
J0S 1G0 / 450 829-2003 / www.pc.gc.ca

Interpretation center located on the actual battlefield, along the shores of Châteauguay River. Huge exhibition halls. Guided tours and theme animation. Schedule: 10 a.m. to 5 p.m. May 22 to June 4, Wednesday to Sunday; June 4 to September 5, daily; September 6 to October 10, Saturday and Sunday.

Beauharnois

(Maple Grove, Melocheville, Beauharnois)

At the onset of the century, locks were built so that boats could enter the Beauharnois Canal.

ATTRACTIONs

Beauharnois generating station

80, rue Edgar-Hébert,
Beauharnois (Melocheville) J6N 1W5
1 800 365-5229 / www.hydroquebec.com/visit

Located 40 kilometres from Montreal, between lakes Saint-François and Saint-Louis, this generating station is one of the world's largest. A tour allows you to discover its heritage, architecture, the periods of construction and the huge stages of the electrification of the Montréal region, as well as the 38 generating units stretching for nearly one kilometre. Schedule: May 24 to August 29, daily : 9:30 a.m.; 11:15 a.m.; 1 p.m. and 2:45 p.m. Admission: free. Mandatory reservation for groups of 10 persons or more.

Hydromellerie Miel Nature

395, chemin du Canal,
Beauharnois (Melocheville) J0S 1J0
450 429-5869 / www.mielnature.com

The only honey house in Québec to produce honey by cold extraction : 44 honey by-products (spreads, toning products, biostimulator agents) and meads (sweet, dry and cranberry, blueberry, blackcurrant, raspberry, rose petal, chocolate aromatized meads) and honey liqueurs (maple and berries). Bee interpretation centre. Glassed-in beehive. Sampling available. Schedule: year-round, daily, 9 a.m. to 5 p.m., except Mondays. Admission: group rates for 10 persons or more.

Complexe archéologique de la Pointe-du-Buisson, Musée québécois d'Archéologie

333, rue Émond, Beauharnois (Melocheville) J0S 1J0
450 429-7857 / www.pointedubuisson.com

Prehistoric site rich in Québec culture and history, Pointe-du-Buisson is an exceptional archaeological site. Located in the heart of a superior quality ecological environment. Thanks to the archaeologist work, 5 000 years of history are unearthed. For over 40 years, the digs have allowed for the creation of a collection of over 2 million objects, renowned in the north-east of the continent. On the agenda:

Beautiful villages along the border

From atop Covey Hill, enjoy the breathtaking view over the region and the twists and turns of the Châteauguay River. Quaint villages along the American border will capt your attention: Havelock, for its vineyard and sugar shack open year-round; Powerscourt, boasting Canada's oldest covered bridge, built in 1861 and classified a historic monument. Then travel along the picturesque Chemin de la 1re Concession leading to Dundee.

NEARBY ATTRACTIONS

Réserve nationale de faune du lac Saint-François

Chemin de la Pointe-Fraser, Dundee, May to October: 450 264-5908 / At all times: 450 370-6954 (voicemail) / www.amisrnflacstfrancois.com

On land as on water, the friends of the Réserve nationale de faune du lac Saint-François invite you to discover the beauty and importance of the moist surroundings. Guided tour by rabaska canoe and a night in Akwesasne's Amerindian islands. New: Guided tours in sea kayaks! Boat launching site for motorless boats and individual paddlers. Schedule: the greeting station is open from May to October. "Plaisir d'hiver" (winter fun) event is a must. Admission: free for hiking.

Rive-Sud South Shore

Bordered by the Saint-Lawrence River, with Longueuil as its major metropolis, the South Shore invites you to discover its rich heritage and the historic quarters of its small towns. Stop at Verchères, known as one of Québec's most beautiful villages. Make a second stop in Varennes to discover the treasures of its religious heritage, such as its sanctuary dedicated to Quebec's first Saint, Mère Marguerite d'Youville. Several regional museums and theatres allow you to be bathed in culture. Outdoor buffs will be seduced by the national parks of Îles-de-Boucherville and Mont-Saint-Bruno. In every season, you can enjoy an array of interpretational activities on site as well as several kilometres of bicycle paths and footpaths.

Brossard

LODGING

BEST WESTERN HOTEL NATIONAL

7746, boul. Taschereau, Brossard (Québec) J4X 1C2
Tel.: 450 466-6756 / 1-800-528-1234
Fax: 450 671-8179 / www.bestwestern.com

Situated only 15 minutes from Downtown and Old Montreal. The new Best Western Hotel National offers 114 deluxe & elegant rooms, an exercise room, indoor pool, sauna & ample free bus parking. Free Internet. Shopping, casino, bus terminal to downtown all near by. The Hotel is conveniently located & close to all major HWY's.

Contrecoeur

This charming and welcoming town extends for 20 kilometres along the Saint-Lawrence River. It offers several interesting sites for fishermen and sailors. Enjoy a stroll along the river as well as the numerous islands (of which certain are protected as bird sanctuaries) for fauna observation and appreciation of the magnificent landscapes. In 2009, Contrecoeur was awarded a Grands Prix du Tourisme, in the category "tourist services".

ATTRACTIONS

Maison Lenoblet-du-Plessis (1794)

4752, route Marie-Victorin, Contrecoeur J0L 1C0
450 587-5750 / 450 587-5988
www.ville.contrecoeur.qc.ca

Built in 1794, this house, now classified as "historic", is where the Patriots met in 1834 to adopt some of their 92 Patriots' resolutions. This Contrecoeur Heritage Interpretation Centre will present its 32nd summer exhibition with the theme "les Patriotes de Contrecoeur". On site, a tourist greeting office is supported by Tourisme Québec. Schedule: June 24 to September 7, Monday to Thursday from 11 a.m. to 5 p.m. and Friday to Sunday (including holidays), from 10 a.m. to 7 p.m. Admission: free. Group rates.

Moulin Chaput de Contrecoeur (1742)

6070, route Marie-Victorin, Contrecoeur J0L 1C0
450 587-5988 / 450 587-5750
www.ville.contrecoeur.qc.ca

This windmill of French "saintongeais" style, classified "archaeological property" was built in 1742. Now deprived of its mechanism, it is today one of eighteen windmills still standing in Québec. This particular one has been servicing the citizens of Contrecoeur for a century and a half. Schedule: the Moulin Chaput park is open year-round, from 6 a.m. to 11 p.m. The windmill is open during the "Open House day", August 14. Admission: free.

Colonie des Grèves de Contrecoeur

10 350, route Marie-Victorin, Contrecoeur J0L 1C0
450 742-4767 / 1 800 368-0168
www.coloniedesgreves.com

Rediscover this century-old jewel! To experience an unforgettable vacation, partake in one of the family or kid's camps. Located on the shores of the river and in the heart of a magnificent forest, this site is absolutely majestic. An array of activities is offered and fascinating discoveries await you with our new scientific program. We also offer meeting room rental, meals and lodging (cottages, inn, dormitories) . Visitors can enjoy free activities such as hiking, cross-country skiing, snowshoeing, skating and sledding. Our network of footpaths extends for over 20 kilometres. Schedule: open year-round. Admission: free and paying activities. Consult the web site.

Longueuil
(Greenfield Park, Vieux-Longueuil, Saint-Hubert)

Founded in 1657, Longueuil is one of Québec's ten oldest municipalities. In 1665, to link Chambly to Longueuil, the troops of the Carignan-Salières Regiment built Canada's very first vehicular road, Route no 1 (now Chemin de Chambly). Longueuil has become Québec's 4th most important city. In spite of its size, this municipality cultivates the art of living via its numerous café-terraces, its heritage site and its extended network of bicycle paths. A river shuttle, accessible to cyclists, links Longueuil to Old-Montréal.

ATTRACTIONS

Port de plaisance Réal-Bouvier

101, chemin de la Rive, Longueuil J4H 3Z2
450 442-9575 / www.sogerive.com

In operation since 1989, the Port de plaisance Réal-Bouvier encompasses the necessary mooring infrastructures for all-size boats. Outlying RV parking facilities are also available on the riverbank. Regarded as one of the biggest and nicest marinas east of New York, it is part of a vast linear park amalgamated to the recreational park. Bicycle paths, picnic areas, fauna and flora observation, overhead walkways give access to Vieux Longueuil linking it to Old-Montréal via the river shuttle. This huge recreational park is accessible to the general public. Schedule: May 1st to November 1st, daily. Admission: consult the web site.

Navettes maritimes du Saint-Laurent

Port de plaisance Réal-Bouvier, Longueuil
514 281-8000 / 1 800 563-4643
www.navettesmaritimes.com

The river shuttle service linking Longueuil to Parc Jean-Drapeau and Montréal (Jacques-Cartier wharf, Old-Port) gives you the opportunity to pursue your journey by bike, rollerblade or on foot. Take advantage of this unique ecological service to relax and admire the breathtaking view of the city and its surroundings during the river crossing. Departures every 60 minutes. Schedule: May 22 to June 19, Saturday and Sunday, 10:05 a.m. to 7:05 p.m.; June 20 to September 6, Monday to Friday, 10:05 a.m. to 7:05 p.m.; Saturday and Sunday, 10:05 a.m. to 11:05 p.m.; September 16 to October 11, Saturday and Sunday, 10:05 a.m. to 7:05 p.m. Admission: consult the web site.

NAVARK- Cruises and private island

81, chemin de la Rive, Longueuil, J4H 4C9
514 871-8356 / www.navark.ca

Navark possesses a fleet of ten boats for groups of 10 to 100 passengers for celebrations or to observe the fireworks display on the Saint-Lawrence River. For bicycle enthusiasts, there are shuttle services providing an extension of the bicycle paths, from one shore to the other. You can also obtain privileged access to Îles-de-Boucherville national park. The island is an isolated location on the Saint-Lawrence River, and will be a complete change of scenery, less than five minutes from Downtown Montréal. Ideal spot for private receptions (weddings, corporate activities). Come have a meal and relax in one of our hammocks. Reservation required. Schedule: consult the web site. Admission: $2 to $10 for shuttle service. Other rates available on the web site.

LODGING

SANDMAN HOTEL MONTRÉAL-LONGUEUIL

The ideal location on Montréal's threshold





999 de Sérigny Longueuil, Québec J4K 2T1
Telephone: 450-670-3030 Fax: 450-670-5928
Toll free: 1-800-Sandman

Welcome to the Sandman Hotel Montréal-Longueuil! Located along Highway 132, near the Jacques-Cartier Bridge and a stone's throw from the Longueuil metro station, this 4 stars hotel is in the South Shore business district. This strategic location provides direct access to many of the city's top attractions, including the Casino, Old Montréal, La Ronde and Montréal's underground city. Sandman Hotel Montréal-Longueuil offers 214 superior guest rooms, each with floor-to-ceiling windows and panoramic views. All rooms feature a host of amenities such as air conditionning, hair dryer, complimentary coffee and tea-making facilities, iron and ironing board, in-room movies, two telephones, voice mail, working table, ergonomic chair and we don't forget free High Speed internet access. Parking is complimentary for our registered guest. Be our guest and enjoy our exterior terrace, our indoor heated pool and fitness center. Discover our bistro "Le Sérigny" where the flavors will delight your senses. You will be delighted by the quality of our guest room services.

HÔTEL GOUVERNEUR ÎLE CHARRON MONTRÉAL

2405, Île Charron, Longueuil (Québec) J4G 1R6
Tel.: 450 651-6510 / 1-888-910-1111
Fax: 450 651-6990 / pschulke@gouverneur.com
www.gouverneur.com

Fifteen minutes from downtown Montréal, located on an island at the entrance of a Provincial Park. The hotel has 125 rooms (71 with 2 double beds), an outdoor pool, a magnificent terrace, a private deck for cruises and a large free parking. Free wireless high-speed internet access available.

HÔTEL L'EXPRESS

2800, boul. Marie-Victorin, Longueuil (Québec)
J4G 1S5 / Tel.: 450 677-8911 / 1-888-679-8911
Fax: 450 677-2591 / hotellexpress@videotron.ca
www.hotelrivesud.com

Renovated 2009. Located South Shore Montreal (highways 20 and 132, Lafontaine tunnel). Easy access to downtown and nearby attractions (Casino, Parc Safari, LaRonde, Olympic Stadium…). Groups: meeting room, laundry room, storage room - sports gear, large parking lot. Renovated restaurant open 24 hours. Low rates. Warm welcome.

NEARBY ATTRACTIONS

Parc national des Îles-de-Boucherville

55, Île Sainte-Marguerite, C.P. 310, Boucherville
J4B 5J6 / 450 928-5088 / www.parksquebec.com

Tranquility and peaceful nature just minutes from Montréal. Consisting of a string of islands in the St. Lawrence River we offer over 25 kilometres of signposted paths for hikers and cyclists as well as magnificent channels for canoeing and sea kayaking. Possibility of seeing a Black-crowned Night Heron, red fox or Virginia deer. Take advantage of meeting a park ranger or archaeologist, visit an Iroquois installation, assist in fire lighting demonstrations done the Amerindian way. Animated activities every summer weekend at the archaeological site of Boucher-de-Grosbois. In winter, hicking in the snow, snowshoeing and Nordic skiing are featured. Schedule: year-round, 8 a.m. until sunset. Admission: entrance fee required, consult the website. Group rates.

Parc national du Mont-Saint-Bruno

330, rang des Vingt-Cinq Est,
Saint-Bruno-de-Montarville J3V 4P6
450 653-7544 / www.parksquebec.com

With its network of footpaths (30 km of footpaths laid out, including 4 km of rustic paths), its mature forests and five lakes, Parc national du Mont-Saint-Bruno is a well-known location for a hike. You can also discover the Vieux-Moulin, a flour mill built in 1761 during de Montarville seigniorial period. Today, it houses a themed exhibition of the park. You must not miss "Stars d'un soir", a guided evening hike introducing you to the world of fireflies and allowing you to discover the park's charm at night. Cross-country skiing and hicking in the snow. Schedule: year-round, 8 a.m. until sunset. Admission: entrance fee, consult web site for rates. Group rates.

Domaine de ski Mont Saint-Bruno

550, rang des Vingt-Cinq Est,
Saint-Bruno-de-Montarville J3V 4P6
450 653-3441 / www.montsaintbruno.com

Located 15 kilometres from Montréal, Ski Mont-Saint-Bruno is a learning-oriented snow sports centre. The ski school employs 550 instructors and welcomes more than 33 000 students annually. Ski

Mont-Saint-Bruno holds the largest snow school in Canada. A complete array of services aimed at facilitating the initiation to snow sports, rentals, repairs, personalized lessons as well as adapted infrastructures such as the lift and loading carpets. Schedule: 8:30 a.m. to 10 p.m., in season. Admission: consult the web site

Électrium, Hydro-Québec's Electricity Interpretation Centre

Highway 30, exit 128, Sainte-Julie / 450 652-8977
1 800 267-4558 / www.hydroquebec.com/visit

Come and explore the electric environment in which we live and have an exceptional experience. You will discover the various facets of electricity: the secrets of the electric eel, the vital role of electricity in the human body, the origin of lightening, the basic laws of electricity from the atom to electrical current, Earth's magnetic field and much more. The guided tours are enhanced with movies and new additions, such as an interactive module which explores the principles of energy efficiency and the vital role we play in responsible electrical consumption. Special activities during the holidays and March break. Schedule: from June 1st to August 29, daily, 9:30 a.m. to 5 p.m.; remainder of the year, Monday to Friday, 9:30 a.m. to 4 p.m.; Sundays, 1 p.m. to 4 p.m. Admission: free.

RESTAURANT

MAISON DE JADE RESTAURANT



1200, Place Nobel, Boucherville (QC) J4B 5L2
Tel.: 450 655-7622 / Fax: 450 655-2066
maisonjade@qc.aira.com

Maison de Jade offers you a gastronomic daily buffet including Chinese, Cantonese, Szechwanese and sushi dishes, and also Canadian, Italian and French cuisine. Two spacious restaurants near the principal highways and cities of the province of Québec. One in Boucherville (500 places), on the south-shore of Montréal, the other in Charlesbourg (500 places), ten minutes from Old Québec City. Services are available in both French and English. Come and EXPLORE our buffet, It's where quantity equals quality!

Sainte-Catherine

An extended bikeway network from Sainte-Catherine to Longueuil runs along several kilometers following the St. Lawrence River. It also allows you to bike straight to Montréal by way of the Champlain Bridge's ice control structure and the Saint-Lambert canal locks.

ATTRACTION

Récré-O-Parc

5340, Boul. Marie-Victorin, Sainte-Catherine J5C 1L9
450 635-3011 / www.ville.saint-catherine.qc.ca

Alongside the St. Lawrence River and the Sainte-Catherine canal locks, the Récré-O-Parc is a true paradise for nature lovers: beach, bird observation, bicycle paths, picnic areas, fishing, beach playground. Schedule: park open year-round, 8 a.m. to 8:30 p.m.; beach open from 10 a.m. to 6 p.m. during summer season. Admission: parking and beach fee. Consult the web site.

Saint-Constant

Saint-Constant owes its development to the railway bridge built in the 19th century linking it to Montréal.

ATTRACTION

Exporail, The Canadian Railway Museum

110, rue Saint-Pierre, Saint-Constant J5A 1G7
450 632-2410 / www.exporail.org

Enter a giant world with a visit to Exporail and its exposition pavilion open year-round. In the Grand Hall are displayed 44 railway cars from the museum's collection, considered one of the most important in the world. Visit the double observation pit, the miniature train room and the theme exhibitions. Ride through the site in an olden day tramcar, examine an authentic 1885 station or hop aboard the miniature railroad. Schedule: open year-round. Consult the web site for more information. Admission: group rates.

Rivière Richelieu

The sector of the Richelieu River that extends from Champlain Lake to the opening of the Saint-Lawrence River, in Sorel-Tracy, is renowned for its history as well as incomparable fauna and flora in North America. Travelling through Lac Saint-Pierre, near Sorel-Tracy, and its 103 islands accredited "World Biosphere Reserve" by the UNESCO, you will discover bucolic landscapes of exceptional beauty. The road that borders the river, as well as other water areaS, holds genuine natural, cultural, patrimonial and historical treasures. Come taste the traditional "gibelotte" certainly the most typical of the regional dishes. Along the banks of the Richelieu River by the Chemin des Patriotes, you will discover picturesque cities and villages. Many of them, like Chambly, Saint-Denis-sur-Richelieu and Saint-Jean-sur-Richelieu, bear testimony to an important historical past. The Patriots, the French and the British, wrote a chapter in the history of this part of the country. Visiting the Richelieu River area awakens the foodie in you by sampling a vast assortment of local products. Whether in Mont Saint- Grégoire, Mont Saint-Hilaire or near the American border, set forth to meet the local artisans, who will share their passion and joyfully invite you to discover their products.

Saint Bernard de Lacolle

SHOPPING

I.G.L. DUTY FREE

350 Autoroute 15 and 87, St. Bernard de Lacolle (Québec) J0J 1V0 / Tel.: 450 246-2000
Fax: 450 246-4293 / iglgroup@gmail.com
www.igldutyfree.com

Stop at the Duty Free Shop before going to the U.S.A. We are a Canadian Duty Free Shop located at Junction 15 and 87 in St. Bernard de Lacolle. (About 40 minutes south of Montreal.) This is a major border crossing. We offer savings on over 650 brands of spirits, wine and beer. Our selection of perfume and cosmetics is unmatched anywhere in Canada. You will find savings of up to 50% tax free. Our store is open 24 hours a day and we provide currency exchange. We have ample space for motor coaches as well as generous space for drivers and tour guides. We also provide coffee and on-the-go snacks or busy travelers.

Sorel-Tracy

Gateway to the Lake Saint-Pierre archipelago at the confluence of the Yamaska as well as the Richelieu and the St. Lawrence rivers, Sorel-Tracy is closely tied to river navigation. The major aspects of its history are recounted at the interpretation centre. A year-round ferry service provides the first east-side entry to Montérégie.

ATTRACTIONS

Randonnée nature

6, rue Saint-Pierre, Sorel-Tracy J3P 3S2
450 780-5740 / 1 877 780-5740
www.randonneenature.com

Treat yourself to an escape while discovering Lake Saint-Pierre's biosphere, during the three hour cruise aboard the Randonnée nature. Explore the archipelago of Lake Saint-Pierre and its majestic landscapes through a labyrinth of channels at the heart of a spectacular nature setting. The fauna and flora, as well as the island people's tales, will transport you into a dream-like world. Schedule: July and August, daily, 9:30 a.m. to 1:30 p.m.; June and September, with reservations only. Admission : Consult the web site.

Biophare

6, rue Saint-Pierre, Sorel-Tracy J3P 3S2
450 780-5740 / 1 877 780-5740
www.biophare.com

Spotlighting the presence of the river, the islands and Lake Saint-Pierre, the Biophare is a voyage to the heart of the history and nature of Lake Saint-Pierre. The new permanent exhibition entitled "L'observatoire du lac Saint-Pierre" is a genuine cultural and sensorial

experience offering a voyage to the past, present and future of the vast region of Lake Saint-Pierre. You will discover the exceptional and spectacular flora and fauna of this land. Schedule: July and August, daily, 10 a.m.

Croisières des îles de Sorel

1665, chemin du Chenal-du-Moine, Sainte-Anne-de-Sorel J3P 4N3 / 450 743-7227 / 1 800 361-6420
www.croisieresilesdesorel.com

Aboard the Survenant III, cruise to the heart of the Lake Saint-Pierre archipelago to discover the history and the true nature of the Îles de Sorel. The commentated tour will enlighten you on the incredible flora and fauna of this region, which is a UNESCO World Biosphere Reserve, housing numerous bird species. Schedule: June 19 to August 29. Departures September 4 and 5 with reservations. Consult our web site. Average length of tour: 1.5 hours. Admission: packages including dinner, theatre and group packages available.

Swamp excursions

3742, chemin du Chenal-du-Marais, Sainte-Anne-de-Sorel J3P 5N3 / 450 742-5716 / 1 877 742-5716 / www.sabimaisondumarais.org

Various activities relating to the moist environment. Interpretation centre on the local flora and fauna, footpath, souvenir shop and picnic area. Discovery and learning about the archipelago of Lake Saint-Pierre accompanied by a naturalist guide. Kayak and sea canoe rental services. Schedule: consult the web site. Average length of visit: 2 hours. Admission: family, group and school packages available.

Beautiful villages along the Richelieu River

On either side of the Richelieu River, several villages are very attractive: Saint-Charles-sur-Richelieu for its country market; Saint-Denis-sur-Richelieu for its Patriots' victory; Saint-Marc-sur-Richelieu, for its charming Bed & Breakfast spots; Saint-Antoine-sur-Richelieu, for its beautiful houses on Rue du Rivage and its exotic castle; Saint-Ours, for its historic canal; and Calixa-Lavallée, birthplace of the Canadian national anthem composer, renowned for its old stone houses along Rang de la Beauce.

ATTRACTION

Saint-Ours Canal National Historic Site of Canada

2930, chemin des Patriotes, Saint-Ours J0G 1P0
450 785-2212 / 1 888 773-8888
www.pc.gc.ca/canalstours

Inaugurated in 1849, this canal is part of the waterway network allowing navigation between the Saint-Lawrence River and the Hudson River, connecting the cities of Montréal and New York. Unique to North America, the Vianney-Legendre fish ladder enables fish from the Richelieu River, especially the Cooper Redhorse, to bypass the dam. Schedule: mid-May to mid-October, daily. Consult the web site for detailed schedule. Admission: access fee to the site and guided tours.

Maison nationale des Patriotes

610, chemin des Patriotes,
Saint-Denis-sur-Richelieu J0H 1K0
450 787-3623 / www.mndp.qc.ca

Housed in a 1809 mansion and classified a historical monument, this interpretation centre of the history of the Patriots from 1837-1838 lets you experience a genuine historical adventure. From reconstructed elements and numerous collection items, you are immersed into the core of Patriotic events: guided tours of the exhibition and of the Saint-Denis-sur-Richelieu village, temporary exhibitions, various cultural activities and events. Schedule: May to September, Tuesday to Sunday, 11 a.m. to 6 p.m.; October 1 to December 1, Wednesday to Sunday, noon to 5 p.m. Packages available year-round. Admission: group rates. Consult the web site for rates and complete program.

Mont-Saint-Hilaire

This very charming town is nestled between Mont Saint-Hilaire (the highest summit of the Monteregian Hills at 415 m) and the Richelieu River, and is also a leg in the Montérégie. Birthplace or main residence of numerous artists like Ozias Leduc (1864-1955), Jordi Bonnet (1932-1979) and Paul-Émile Borduas (1905-1953); Mont Saint-Hilaire is definitely art-oriented. The town is part of the Cider Route and the apple is the other major asset. Many orchards welcome pick-your-own visitors and sell a full range of apple by-products.

ATTRACTION

La Maison amérindienne

510, montée des Trente, Mont-Saint-Hilaire J3H 2R8
450 464-2500 / www.maisonamerindienne.com

The Amerindian adventure and that of the "coureurs des bois" (runner of woods or voyageur), at the foot of Mont-Saint-Hilaire next to the Iroquois River (Richelieu River). Discover the traditional Amerindian traditions, from the techniques of processing maple sap, corn and squash growing. Traditional cuisine reinvented, exhibitions, boutique, interpretation trails. Schedule: year-round, Monday to Friday, 9 a.m. to 5 p.m.; Saturday and Sunday, 1 p.m. to 5 p.m. Admission: guided tours and tasting with reservations.

Musée des beaux-arts de Mont-Saint-Hilaire

150, rue du Centre-Civique, Mont-Saint-Hilaire J3H 5Z5 / 450 536-3033 / www.mbamsh.qc.ca

Founded in 1995, this museum offers a program in three sectors: international, national, and regional. February 21 to April 11: Patrycja Walton and Michel Martineau. April 18 to June 6: Guy Glorieux, photographer. June 17 to September 26: 3rd Benniale for drawings. October 7 to 24: "L'art pour tous-Tous pour l'art" expo-competition. Schedule: Tuesday, 10 a.m. to 8:30 p.m. (from 4 p.m. free admission for Tuesdays "soir de L'Oeil"); Wednesday to Friday, 10 a.m. to 5 p.m.; Saturday and Sunday, 1 p.m. to 5 p.m. Desjardins Sundays: free admission for Desjardins members. Admission: rates based on exhibitions. Free for museum members and children under 12 years old.

Les Vergers Petit et fils

1020, chemin de la Montagne,
Mont-Saint-Hilaire J3G 4S6
450 467-9926 / www.auxvergerspetit.com

Sampling of home-brewed artisanal ciders under the roof of a very pretty barn. Apples and by-products for sale. Children's activities galore. Old-fashioned pancake shop, Saturday and Sunday, year-round. Schedule: January to April, Friday, Saturday and Sunday, 9 a.m. to 5 p.m.; May to December, daily, 9 a.m. to 5 p.m.

Cidrerie Cryo

85, rang des Étangs, Mont-Saint-Hilaire J3G 4S6
514 831-1258 / www.cidreriecryo.com

Cidrerie Cryo is dedicated to the production of upscale ciders and ice ciders. Modern boutique with complimentary commentated tasting of every product at all times. Sale of products on site, rest area with exceptional view of Mont Saint-Hilaire. Interpretation activities, frozen apple picking off the tree (in January) with reservations. Schedule: year-round, weekends; June 24 to October 11, Wednesday to Sunday. Admission: group tours, $4 per person.

NEARBY ATTRACTION

La Cabosse d'Or

973, chemin Ozias-Leduc, Otterburn Park J3G 4S6
450 464-6937 / www.lacabossedor.com

Belgian chocolate factory established in 1986, offering a chocolate interpretation centre, and chocolate themed miniature golf. Tea Room serving homemade pastries and ice cream, where you can observe chocolate makers at work. Commented tour for groups of 25 persons or more. Schedule: year-round, Saturday to Wednesday, 9 a.m. to 6 p.m.; Thursday and Friday, 9 a.m. to 9 p.m. From June 2 to August 15, Monday to Wednesday, 9 a.m. to 6 p.m.; Thursday to Saturday, 9 a.m. to 10 p.m.; Sunday, 9 a.m. to 9 p.m. Admission: free. Fees for miniature golf.

Chambly

The history of Chambly is closely linked to its fort, built in 1665. The historical canal, built in 1843 to accommodate merchant shipping, is currently enjoyed by boaters and cyclists.

ATTRACTION

Fort-Chambly National Historic Site of Canada

2, rue de Richelieu, Chambly J3L 2B9
450 658-1585 / www.pc.gc.ca/fortchambly

Magnificent French fortification located at the foot of the Richelieu River rapids. The restored high stones walls, built in 1709, give you an idea of how Fort Chambly looked during the French era from 1665 to

1760. From June 19 to September 6, daily presentations of soldiers' uniforms, archaeological finds and military architecture. Musket firing demonstrations on weekends. Sundays in July and August, relive the ambiance of New France when you encounter period characters and artisans. Schedule: April to May 14 and from September to October, Wednesday to Sunday. May 15 to September 6, daily.

Chambly Canal National Historic Site of Canada

1751, rue Bourgogne, Chambly J3L 1Y8
450 658-6525 / 1 888 773-8888
www.pc.gc.ca/canalchambly

Open for merchant shipping in 1843, the canal is currently navigated by recreational boaters. Eight of the nine locks are still operated by hand. Flight locks are a type of lock solely used in Québec. The old lumber railway has been converted into a 20-kilometer bicycle path. Schedule: mid-May to mid-October, daily. Admission: free. Parking, $4.

Fourquet Fourchette/théâtre

1887, avenue de Bourgogne, Chambly J3L 1Y8
450 447-6370 / www.fourquet-fourchette.com

The tradition of the show continues at Fourquet Fourchette with a new comedic production of extreme colour and action. From one surprise to the next, action occurs in a relaxed atmosphere inducing happiness and summer fun. Dinner-Theatre package available. Schedule: mid-June to mid-September. Average length of visit: approx. 1.5 hour. Admission: consult our web site.

Bedondaine et Bedons Ronds

255, rue Ostiguy, Chambly J3L 2Z7 / 450 447-5165
1 866 447-5165 / www.bedondaine.com

Artisanal beers brewed on site using tradition methods. Beer museum displaying a collection of 26,000 items. Exceptional setting, decor and recipes. Reservations accepted. Cozy terrace. Schedule: year-round, Tuesday and Wednesday, 3 p.m. to midnight; Thursday to Saturday, 11:30 a.m. to 1 a.m.; Sunday, 11:30 a.m. to 11 p.m.

Carignan

ATTRACTION

La Fondation Fauna

3802, chemin Bellerive, Carignan J3L 3P9
450 658-1844 / www.ruisseaurobert.com

Privately-owned and non-profit organization, Fondation Fauna offers a sanctuary for medical research laboratory chimpanzee survivors as well as farm animals. Located on Ruisseau-Robert's natural Reserve, the Fondation Fauna includes a forest, swamps, bucolic spaces as well as twenty-some thematic gardens, such as the pond promenade, butterfly garden, children's garden, bucolic promenade, tropical garden, and the hidden garden. Guided tours. Schedule: end-June to end-September. Average length of tour: 1.5 to 3 hours. Admission: varies according to number of persons and length of tour. Reservations required.

Mont-Saint-Grégoire

This village will charm you with its beautiful orchards, top-quality ciders and numerous sugar shacks along the picturesque Chemin du Sous-Bois.

ATTRACTIONS

CIME Haut-Richelieu

16, chemin du Sous-Bois,
Mont-Saint-Grégoire J0J 1K0
450 346-0406 / www.cimehautrichelieu.qc.ca

CIME Haut-Richelieu is an organization dedicated to the conservation of natural environments. CIME has designed trails so that visitors may access the summit of Mont Saint-Grégoire. Educational services for groups available. Schedule: year-round, daily, 9 a.m. to 5 p.m. Variable schedule depending on the season. The trails might be closed under hazardous conditions (freezing rain). Closed December 24, 25, 31st and January 1st. Admission: free for members.

Vergers et Cidrerie Denis Charbonneau

575, rang de la Montagne, Mont-Saint-Grégoire
J0J 1K0 / 450 347-9184 / www.vergersdc.qc.ca

Cider cellar tour and tasting. Visit the mini farm. Haunted house during September and October. Gift shop. Pick-your-own pumpkins in season. Pancake house open year-round on Saturday and Sunday, 9 a.m. to 4 p.m. Schedule: kiosk year-round, daily, 8 a.m. to 7 p.m. Admission: free solo tour.

Cidrerie et Verger Léo Boutin

710, rang de la Montagne, Mont Saint-Grégoire
J0J 1K0 / 450 346-3326 / www.vergerboutin.com

Producer of cider, natural cider vinegar and apple by-products. Tour, tasting and countrystyle meal for groups with reservations. Menu of the day, mini farm and two kiosks in season. Schedule: open daily, 9 a.m. to 5 p.m. Admission: free self-guided tours.

Arbraska, La Forêt des Aventures

45, chemin du Sous-Bois, Mont Saint-Grégoire
J0J 1K0 / 514 243-9852 / www.arbraska.com

Arbraska Mont Saint-Grégoire is a great, adventure nearby! Discover over 90 tree games: Tyrolean, Tarzan ropes, cable bridges. It's a unique and ideal destination for families, sport enthusiasts and groups (companies, schools). Schedule: year-round with reservations. Admission: consult the web site for rates.

Saint-Jean-sur-Richelieu

(L'Acadie, Iberville, Saint-Luc, Saint-Athanase, Saint-Jean-sur-Richelieu)

Rich with a glorious past because of the history carried by the former municipalities comprised. Outstanding military achievements, the opening of Canadian railways and the earthenware industry have all contributed to Saint-Jean's history; the presence of Acadian deportees and patriots is still palpable in Acadia; Saint-Luc grew around Fort Sainte-Thérèse and the construction of the Chambly canal; Manoir Christie is reminiscent of a magnificent era in Iberville and Saint-Athanase. A tourist destination worth putting on your agenda its cultural liveliness, boating activities and links to three bicycle paths and three heritage tours, where visitors can relive highlights of our history. Every August the town becomes the Canadian capital of hot-air balloons.

ATTRACTIONS

Croisières Richelieu

115 rue du Quai, Saint-Jean-sur-Richelieu
514 861-1111 / 1 877 346-2498
www.croisieresrichelieu.ca

Historical commented tour of the various regional points of interest, allowing you to admire the gorgeous residences bordering the Richelieu River. Cruise with a stop over at L'île-aux-noix, where you can tour the Fort-Lennox NHSC, accompanied by a guide from Parks Canada. Schedule: From June to October. Group rates available. Average lenth of tour: 1 1/2 hour cruise. Admission: consult the web site for more information.

Musée du Haut-Richelieu

182, rue Jacques-Cartier Nord,
Saint-Jean-sur-Richelieu J3B 7W3
450 347-0649 / www.museeduhaut-richelieu.com

Permanent exhibition of regional history (emphasis on ceramics). Temporary exhibitions changed several times yearly. Educational activities. Guided tours for groups with reservations. Gift shop: decorative and useful ceramics, books. Schedule: Monday from Saint-Jean-Baptiste to September 6, opened Mondays remainder of year (except for groups with reservations). Tuesday to Saturday, from 11 a.m. to 5 p.m.; Sunday, from 1 p.m. to 5 p.m. Admission: special rates for groups of 15 people or more.

Le Labyrinthe Arctic Gardens

Saint-Jean-sur-Richelieu
514 248-9975 / www.lelabyrinthe.ca

Alice in Wonderland will be the featured story this year. The Mad Hatter, the Caterpillar, the March Hare and the terrible Queen of Hearts will be some of the characters from this tale by Lewis Caroll. Giant corn maze covering over 100,000 square metres. (one million square feet, the size of 17 football fields). Get lost with the family and meet intriguing and mischievous characters who invite you to take part in tell tales. Eight actors evolve in a magical setting for an interactive experience. Schedule: July 10 to August 29, 10 a.m. to 6:00 p.m.; in September, Saturday and Sunday (and Monday the 6th), 10 a.m. to 6:00 p.m. (last admission at 4:30 p.m.) Entertainment from 10 a.m. to 1 p.m. and from 2 p.m. to 6 p.m. Student groups with reservations in September. Average length of visit: 2.5 hours. Admission: group rates (20 person min.): adults, $13; children, $10.

Chocolaterie Ody, Au Domaine des Petits Fruits

101, 4e Rang Sud, Saint-Jean-sur-Richelieu (Saint-Athanase) J2X 5V1
450 358-1853 / www.domainepetitsfruits.net

Pick-your-own blueberries and other berries available in season. Gift shop, old-fashioned chocolate factory offering chocolate-covered fresh blueberries in season. Countryside stopover serving meals and brunch on weekends. Country weddings. Schedule: year-round, daily, 9 a.m. to 6 p.m.

Fromagerie Au Gré des Champs

400, rang Saint-Édouard,
Saint-Jean-sur-Richelieu (Saint-Athanase) J2X 5T9
450 346-8732 / www.augredeschamps.com

Farmer's cheese house specialized in the production of raw milk cheeses made from certified organic cow milk. Self-guided tour, with observation of cheese-making and ripening rooms. Gift shop offering regional terroir products. Schedule: year-round, Wednesday to Friday, 10:30 a.m. to 5:30 p.m.; Saturday and Sunday, 10 a.m. to 5 p.m. Admission: free.

LODGING

HÔTEL GOUVERNEUR SAINT-JEAN-SUR-RICHELIEU

725, boul. du Séminaire Nord, Saint-Jean-sur-Richelieu (Québec) J3B 8H1 / Tel.: 450 348-7376
1-800-667-3815 / Fax: 450 348-9778
ventes@gouverneurstjean.com
www.gouverneur.com

Discover, just 45 minutes from downtown Montréal, on the shore of the magnificent Richelieu River, the benefits of being close to major recreational and business centers without giving up the peacefullness. There are 111 rooms at your disposal, of which 65 have two beds. Catering service, indoor pool, free parking. Special menu and rates for groups. Free wireless high-speed Internet access available.

Saint-Paul-de-l'Île-aux-Noix

ATTRACTIONS

Fort-Lennox National Historic Site of Canada

1, 61e Avenue, Saint-Paul-de-l'Île-aux-Noix J0J 1G0
450 291-5700 / www.pc.gc.ca/fortlennox

Visit one of the most authentic 19th century British fortifications in North America, where the architectural quality of its buildings is most surprising. Learn all about its multi-faceted history and get a feel for the harsh living conditions yesteryear soldiers and their families had to endure while posted at Fort-Lennox in the 1830's. Site accesible by ferry. Guided tours daily. Period animation and special events on weekends in July and August. Picnic area. Schedule: May 22 to 31, Saturday and Sunday, 10 a.m. to 6 p.m.; June 1 to 24, Monday to Friday, 10 a.m. to 5 p.m.; Saturday and Sunday 10 a.m. to 6 p.m.; June 24 to September 6, Monday to Sunday, 10 a.m. to 6 p.m.; September 7 to October 10, Saturday and Sunday, 10 a.m. to 6 p.m. Open for groups with reservation. Monday October 11 (Thanksgivings), 10 a.m. to 6 p.m.

The Lacolle River Bunker

1, rue Principale, Saint-Paul-de-l'Île-aux-Noix
J0J 1G0 / 450 246-3227 / 450 291-3166
www.ile-aux-noix.qc.ca

Built in 1781, its the only building of its kind in Québec to preserve its original structure. You can still see holes left in the walls by musket fire. Interpretation Centre and Tourist Information Office. Commented tours with period costumes. Schedule: from Patriots' Day to Labour Day, daily, 10 a.m. to 5:30 p.m. Open every weekend until October 13. Admission: free

Hemmingford

ATTRACTIONS

La Face Cachée de la Pomme

617, route 202, Hemmingford J0L 1H0
450 247-2899 / www.cidredeglace.com

Greeting on arrival, self-guided tour and complimentary commentated tasting of our apple ice wines and new products. SNOW picnic in the orchard (with reservations) and various "tasting" packages for groups. Schedule: May to December, daily, from 10 a.m. to 5 p.m.; January to April, Monday to Friday, 10 a.m. to 5 p.m. The boutique is closed for two weeks starting December 25. Admission: free.

Cidrerie du Minot

376, chemin Covey-Hill, Hemmingford J0L 1H0
450 247-3111 / www.duminot.com

Tour of Grandpa's Cider House and tasting of the various ciders. Schedule: January 15 to April 1st, Monday to Friday, 10 a.m. to 5 p.m.; April 1st to December 24, daily, 10 a.m. to 5 p.m. Admission: free solo tour; $2 per person for groups of 15 or more, with reservations.

Parc Safari

850, route 202, Hemmingford J0L 1H0
450 247-2727 / www.parcsafari.com

A unique recreational park that brings you even closer to the animals. The observation tunnels permit you to get intimate with felines like never before! Five-kilometre Safari Adventure, rides, swimming, shows. Everything to entertain the young and not so young! Schedule: May to October. Admission: consult the web site.

NEARBY ATTRACTION

Le Petit Musée du Chapeau

738, chemin 4e ligne, Saint-Valentin J0J 2E0
450 291-3678 / www.petitmuseeduchapeau.com

Unique collection in Québec of hats from various periods, from 1910 to 1980. Description of the various techniques and tools used to make hats. Themed exhibitions and hat shop, all created by the owner. Schedule: year-round, Thursday and Friday, 10 a.m. to 6 p.m.; Saturday and Sunday, 10 a.m. to 5 p.m.; other days with reservations. Closed from December 25 to mid-January. Admission: free

Montérégie East

From Saint-Hyacinthe, agro-food techno-city, passing through various villages, the sector of Montéregie-East reveals an array of distinctive attractions. Whether you are a flower or animal lover, a theatre or food aficionado, you will give in to your passions at every step of this picturesque region. Let yourself be charmed by the magnificent floral arrangements at Jardin Daniel A. Séguin. Turn the family into farmers for a day and get acquainted with all kinds of animals (ostriches, boars, goats, sheeps, hens and ducks) in the region's plentiful breeding farms open to public. Passing through Saint-Jude, learn how to tell the difference between the various birds of prey as well as what threatens and endangers them at "Chouette à voir!", which means "fun to see". Let yourself be taken away by the fantastic universe of the Théâtre de la Dame de Coeur in Upton, inhabited by giant puppets and fascinating characters. Challenge your friends to mind games and physical competitions at Fort Débrouillard. Passion for apple products is another asset of this sector. Taste the diversity of artisanal ciders produced in Rougemont, and wines produced in Saint-Paul-d'Abbotsford.

Saint-Hyacinthe
(Saint-Thomas-d'Aquin, Sainte-Rosalie)

The Maskoutain region invites you to take a bucolic and historical breather! As you pass through the downtown area, take the time for a refreshing stop at the centennial market and purchase delicious regional products. Continue exploring the city by visiting countless sacred places which beckon you. Stroll on rue Girouard, where the ancestral houses and the Yamaska River escort you to "la porte des Anciens-maires".

ATTRACTIONS

Centre des arts Juliette-Lassonde

1705, rue Saint-Antoine, Saint-Hyacinthe J2S 9E2
450 778-3388 / www.centredesarts.ca

Inaugurated in January 2006, Centre des arts Juliette-Lassonde offers two auditoriums in one: an Italian-style hall and a multifunction hall. Professional performances of song, music, dance, live theatre, comedy and variety are featured throughout the year for general public and school audiences. Schedule: the ticket office is open from Monday to Saturday, 10 a.m. to 6 p.m. and two hours prior to each performance. Admission: consult the web site.

Jardin Daniel A. Séguin

3215, rue Sicotte, Saint-Hyacinthe J2S 7B3
450 778-6504, ext. 215 / 450 778-0372
www.itasth.qc.ca/jardindas

Floral park of 4.5 hectare park, pedagogical and tourist organization, school garden for Saint-Hyacinthe ITA and tourist garden renowned for Québec's top collection of annuals. New in 2010: Inauguration of the school garden "Les Portes du Temps", created by the graduating class of ITA. It is possible to vote for

your favorites from June 12 to September 12. Events in 2010: Spring marketplace, Moonlit Friday nights, Magical nights and Sunday afternoons at the Garden. Schedule: June 12 to September 12, daily, 10 a.m. to 5 p.m. Guided tour with reservations. Open from May to October with reservations for pictures, receptions and weddings.

Terroir Etcetera

4900, rue Martineau, Saint-Hyacinthe J2S 7B6
450 799-4454 / www.terroiretc.ca

Promotional centre for Québécois companies, which aim to show the diversity and specificity of Québec products to local people as well as visitors. The unique concept of Terroir Etcetera includes a fine-foods grocery that offers products such as "Justino" from the Château Fontaine vineyard and severval others from Québec, a bistro-café, a multimedia room and an art gallery. Schedule: open year-round, Monday to Wednesday, 7 a.m. to 6 p.m.; Thursday and Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 7 a.m. to 5 p.m. Average length of visit: 1.15 hour with professional horticulturists. Self-guided tour. Admission: rates for groups (20 persons and more) $8.50.

Expression, Centre d'exposition de Saint-Hyacinthe

495, rue Saint-Simon, Saint-Hyacinthe J2S 5C3
450 773-4209 / www.expression.qc.ca

In a splendid huge space, Expressions presents to the public, contemporary and present-day art exhibitions, reputed for their artistic quality. Entertainment services, conferences and publications. Schedule: year-round, Tuesday to Friday, 10 a.m. to 5 p.m.; Saturday and Sunday, 1 p.m. to 5 p.m. Closed on Monday. Admission: free

NEARBY ATTRACTIONS

Chouette à voir!

875, rang Salvail Sud, Saint-Jude, J0H 1P0
450 773-8521, ext. 18545 / www.uqrop.qc.ca

An unforgettable encounter with more than twenty species of birds of prey from our neck of the woods! A topmost natural site. At "Chouette à voir!" you will unearth the mystery around these secretive, little-known yet vulnerable birds. In-flight birds of prey demonstrations are held at 11 a.m. and 2 p.m. Display aviary, animation and bird of prey exhibitions, hiking trails and picnic area. Schedule: June 24 to August 29, Wednesday to Sunday, 10 a.m. to 4:30 p.m. Also open September 4, 5, 6, 11, 12, 18, 19, 25, and 26. Admission: Group rates, with reservations. Family rates available

Parc de la Seigneurie-de-Ramezay

Rue Notre-Dame corner of la rue du Couvent, Saint-Hugues
450 794-2030 / www.sentierscanada.com

Let yourself be swept away by the rich ecology of the park with its 200-year old white pine forest. Discover the historical tour relating the early period of the Seigniory of Claude de Ramezay, as well as the fauna and flora trail. Activities: bird watching, hiking, sledding, skating, playground and much more. Schedule: year-round, from sunrise to sunset. Admission: free

The region of Acton

Located in the east of Montérégie, this region offers multiple fascinating attractions dispersed within several villages: Upton and its renowned Théâtre de la Dame de Coeur, Acton Vale and its bicycle path La Campagnarde running over the old railway tracks connecting Montréal to Portland (Maine), Saint-Théodore-d'Acton for its cider house, Roxton Falls for its amazing Fort Débrouillard and Saint-Valérien for its breeding farm La Rabouillière.

ATTRACTIONS

Théâtre de la Dame de Coeur

611, rang de la Carrière, Upton J0H 2E0
450 549-5828 / www.damedecoeur.com

The show entitled "La Montagne qui marche" is an incredible adventure created to thrill all ages with its unique story and majestic production. In a 536 seat roof-covered theatre, with pivoting seats as well as heated armrests, Théatre de la Dame de Cœur presents giant puppets, actors and spectacular visual effects. Schedule: from June 25 to August 28, Wednesday to Sunday; June and July, at 9 p.m.; August, at 8:30 p.m. Admission: Dinner-Theatre package and group rates available.

Verger Cidrerie Larivière

777, route 139, Saint-Théodore d'Acton J0H 1Z0
450 546-3411 / www.clementlariviere.com

Second generation 200 acre family farm with 12 000 apple trees, mostly dwarf, with 22 innovative varieties. Come pick-your-own and enjoy our picnic and rest areas. Vast parking lot of 300 places, including an RV rest stop. A huge country-style kiosk offering a variety of regional products, ciders, pure apple juice and other delicious products. Schedule: August to December, Monday to Saturday, 9 a.m. to 5 p.m.; Sunday, 10 a.m. to 4 p.m.; December to August, Monday to Friday, 9 a.m. to 5 p.m.; Saturday, 9 a.m. to noon. Closed on Sunday. Admission: free. Guided tour of cider house with sampling, for groups of 15 or more persons, with reservation, $4 per person (taxes included).

Fraisière Sylvie et Gilles Arsenault

1267, route 116 Ouest, Acton Vale J0H 1A0
450 549-4981 / www.fraisiere.com

Family farm, located 45 minutes from Montréal, within Montérégie's beautiful countryside, and only 13 kilometres from Highway 20. Pick-your-own strawberries, raspberries or blueberries with your family. These freshly picked berries are also available at our farm kiosk. Complimentary baskets provided. Updates on the crop are posted daily on our web site. Schedule: June to August. Admission: free.



Fort Débrouillard

686, chemin Shefford, Roxton Falls J0H 1E0
450 548-5655 / www.fortdebrouillard.qc.ca

Based on the renowned TV show "Fort Boyard", the Fort Débrouillard concept is an invitation to a friendly challenge of mind games and physical competitions between groups or families. Several thematic routes are offered on this natural site. Don't let age stop you, go into action! Schedule: May 20 to October 7. Admission: entry fee based on chosen circuit.

La Rabouillère

1073, rang Égypte, Saint-Valérien J0H 2B0
450 793-4998 / www.rabouillere.com

Whether you're just stopping by or staying for a few days vacation! Share a veterinarian's passion... a unique collection of various animal species in an exceptional setting. Table ChampêtreMD country home on a farm, picnic area and sales counter. Schedule: May to October, daily, 10 a.m. to 5 p.m. Group rates, with reservations.

École d'équitation 1101

1101, Grand Rang, La Présentation J0H 1B0
450 796-5993 / www.chevauthien.com

Certified "Équi-Qualité" by the FEQ, this equestrian centre is proud to offer year-round packages suited for everyone. Ride in an ecological forest, Pony-club and children's birthday parties. The perfect spot to discover the basics of horseback riding as well as the art of horse training. Experience a outdoor activity-filled day with the horses in groups of 10 to 250 persons or with your family. New: Conference-workshops "What type of work horse are you?" for corporate clientele. Schedule: year-round, 9 a.m. to 9 p.m.



ESPACE BUS .CA

Vignoble et confiturerie Les Artisans du Terroir

1150, rang de la Montagne,
Saint-Paul-d'Abbotsford J0E 1A0
450 379-5353 / www.artisansduterroir.ca

Enhance your visit to the foothills of Mont Yamaska with wine and ice cider tasting, sampling of homemade jams, jellies and ketchups. In season you can taste a variety of apples and grapes. Terrace. Schedule: May 15 to December 23, Tuesday to Sunday, 10 a.m. to 5 p.m.; remainder of the year, with reservations. Admission: free self-guided tour. Guided tour and tasting, with reservations.

Rougemont

Rougemont is an essential leg of the Montérégie Cider Route. The beautiful hill covered with blossoming apple trees is a breathtaking sight in spring. In the fall, come pick-your-own apples in one of the many plentiful orchards.

ATTRACTIONS

Vinaigrerie Pierre Gingras

1132, rang de la Grande Caroline, Rougemont
J0L 1M0 / 450 469-4954 / www.cidervinegar.com

This artisanal vinegar factory offers you 100% natural cider vinegar. Pick-your-own. Picnic area. Schedule: Monday to Friday, 9 a.m. to 5 p.m.; Saturday and Sunday, 10 a.m. to 5 p.m. Admission: free self-guided tour in season; $3 per person for group of 20 persons and more.

Aurélie Savonnerie Artisanale

1320, rang Double (rue Principale),
Rougemont J0L 1M0
450 469-2340 / www.aureliesavonnerie.com

Aurélie Savonnerie Artisanale proposes a unique cultural, educational and captivating experience. Our soap makers, offer a workshop tour of the soap shop and present the inner workings of the trade and the steps involved in the fabrication of artisanal soaps and beauty by-products. Onsite boutique with relaxation products and specialized products for skin problems. Bilingual explanation billboard. Schedule: June 25 to Thanksgiving, daily, 11 a.m to 5 p.m. Low season: Monday to Friday, 10 a.m. to 4:30 p.m.; Saturday, Sunday and holidays, noon to 5 p.m. Guided tours upon availability. Groups with reservations. Last departure of the guided tour: 4 p.m. Average length of visit: 30 minutes. Admission: free

La Cidrerie du Village

509, rue Principale, Rougemont J0L 1M0
450 469-3945 / www.lacidrerieduvillage.qc.ca

Tour the facilities and taste the ciders of this family business, passed down over three generations. Homemade products and boutique. Schedule: July 15 to November 30, Monday to Friday, 9 a.m. to 5 p.m.; Saturday and Sunday, 10 a.m. to 5 p.m.; December 1st to July 14, with reservations. Admission: free self-guided tour and tasting; $3 per person for groups, with reservations. Open for the "Journées Crêpes et cidres".

Domaine Leduc-Piedimonte

30, chemin Marieville, Rougemont J0L 1M0
450 469-1469 / www.leduc-piedimonte.com

Located in the heart of the Montérégie valley in Rougemont, Domaine Leduc-Piedimonte favourably benefits from a land blessed for apple growing and cider rearing, which gives the latter distinctive and intricate flavours, perfect for today's cider and wine connoisseurs. Schedule: from Labour Day to Thanksgiving, daily, 10 a.m. to 5 p.m. Remainder of the year with reservations only. Admission: free, groups with reservation.

De Lavoie-Vignoble et Cidrerie

100, rang de la Montagne, Rougemont J0L 1M0
450 469-3894 / www.de-lavoie.com

Located at the foothills of Mont Rougemont, De Lavoie-Vignoble et Cidrerie, invites you to explore it's authentic 100% Québécois products! An experience worth the detour. Tours, sampling, terrace and boutique on site. Schedule: November 1st to April 30, 10 a.m. to 5 p.m; May 1st to October 31st, 10 a.m. to 6 p.m. Admission: free.

Cidrerie Michel Jodoin

1130, rang de la Petite Caroline
Rougemont J0L 1M0 / 450 469-2676
www.cidrerie-michel-jodoin.qc.ca

Learn how apples are processed and turned into cider. Cellar tour and tasting. Picnic area. 3 km hiking trail. Schedule: November to April, daily 10 a.m. to 4 p.m.; May to October, daily, 9 a.m. to 5 p.m. Admission: free self-guided tour and tasting; $4,50 per person for groups of 15 persons and more, with reservations.

Théâtre de Rougemont

370, rang de la Montagne, Rougemont J0L 1M0
450 469-1006 / 1 888 666-3006
www.theatrederougemont.com

"PIAF" by Pamela Gems, produced by Jacques Rossi, with Sylvie Drapeau, Sébastien Dodge, David Fontaine, Jean-Bernard Hébert, Robert Lalonde, Dominique Leduc, Michel-Maxime Legault, Louis-Olivier Mauffette, Myriam Poirier, Marc-André Poliquin, Marcel Pomerlo and François Trudel. Piaf, from her childhood to her glory, from her victories to her injuries…Through a journey more incredible than a fairytale, discover the soul of an artist and the heart of a woman. Schedule: June 25 to September 4. Admission: Dinner-Theatre packages available and agrofood circuit tour in Rougemont. Consult the web site.

A hotbed of culture and creativity, Montréal is a unique mix of European chic, cutting-edge culture and cool urban vibe. The city's dual nature is expressed in its French-English history, old and modern architecture, and traditional and avant-garde styles. Montréal is where high-tech meets haute cuisine, where sleek skyscrapers and tiny boutiques nestle together and where international festivals and indie scenes happily thrive. Over 3.7 million citizens representing 80 cultural groups proudly call themselves Montréalers. They live and love Montréal with joie de vivre and passion, from the bustling downtown to the cobbled streets of Old Montréal to the lively neighbourhoods city-wide.

Montréal
tourism-montreal.org

Tourisme Montréal
1 800 363-7777
www.tourisme-montreal.org
tours@tourisme-montreal.org

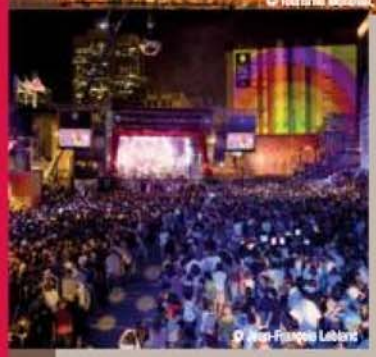


events calendar









2010

February

Montréal, city of glass 2010
February 1 to December 31
www.villedeverre.com

April

A Passion For Glass – Gift of the Anna and Joe Mendel Collection
April 9 to October 31
The Montreal Museum of Fine Arts
514 285-1600 # 340 / 1 800 899-6873
www.mbam.qc.ca

Cirque 2010 - Cirque du Soleil new show, directed by Robert Lepage
April 22 to June 13
Quays of the Old Port of Montréal
514 935-9999 / 1 800 684-8994
www.cirquedusoleil.com

With Glass, Under Glass, Without Glass
April 24 to October 3
Musée d'art contemporain de Montréal
514 847-6226 / www.macm.org

May

Festival TransAmériques
May 27 to June 12
514 842-0704 / www.fta.qc.ca

May

The Montréal Bike Fest
May 30, June 4 and 6
Streets of Montréal
514 521-8356 / 1 800 567-8356
www.velo.qc.ca/feria

June

Easter Island, An Epic Voyage
June 8 to November 14
Pointe-à-Callière, Montréal Museum of Archaeology and History
514 872-9150 / www.pacmuseum.qc.ca

Les FrancoFolies de Montréal - 22th edition
June 9 to 19
Quartier des spectacles
514 876-8989 / 1 888 444-9114
www.francofolies.com

Grand Prix du Canada
June 11 to 13
Gilles-Villeneuve Circuit
514 350-0000
www.circuitgillesvilleneuve.ca/grandprix

L'International des Feux Loto-Québec - presented by TELUS
June 12, 19, 26; July 3, 10, 17, 24, 31; August 7 and 14
La Ronde
514 397-2000 / 1 800 361-4595 /
www.internationaldesfeuxdoto-quebec.com

Festival International de Jazz de Montréal - 31th edition
June 25 to July 6
Quartier des spectacles
514 871-1881 / 1 888 515-0515
www.montrealjazzfest.com

July

Just For Laughs Festival - presented by Videotron
July 2 to 25
Several Montréal locations
514 845-2322 / 1 888 244-3155
www.hahaha.com

Festival International Nuits d'Afrique de Montréal - 24th edition
July 15 to 2
Place Émilie-Gamelin
514 499-9239
www.festivalnuitsdafrique.com

Divers/Cité
July 25 to August 1st
Place Émilie-Gamelin
514 285-4011 / www.diverscite.org

August

The Montréal Fashion & Design Festival
August 4 to 7
McGill College Avenue
514 876-1499
www.sensationmode.com

Montréal Pride Celebrations
August 12 to 15
Le Village
514 903-6183
www.fiertemontrealpride.com

Rogers Cup (tennis)
August 14 to 22
Uniprix Stadium
514 273-1515 / 1 866 338-2685
www.rogerscup.com

NAPA Auto Parts 200 presented by DODGE - NASCAR Nationwide Series
August 28 and 29
Gilles-Villeneuve Circuit
514 397-0007
www.circuitgillesvilleneuve.ca

September

The Magic of Lanterns
September 10 to October 31
Montréal Botanical Garden
514 872-1400 / www.museumsnature.ca

October

Black & Blue Festival
October 6 to 12
514 875-7026 / www.bbcm.org

2011

February

MONTRÉAL HIGH LIGHTS Festival
February 17 to 27
514 288-9955 / 1 888 477-9955
www.montrealhighlights.com

March

International Festival of Films on Art (FIFA) - 28th edition
March 2011
514 874-1637 / 1 866 842-2112
www.artfifa.com

And then there was light
Permanent
Notre-Dame Basilica of Montréal
514 842-2925 / 1 866 842-2925
www.therewaslight.ca

must see

- **The Montreal Museum of Fine Arts**
  www.mmfa.qc.ca
- **Pointe-à-Callière, Montréal Museum of Archaeology and History**
  514 872-9150 / www.pacmuseum.qc.ca
- **Montréal Tower / Olympic Park**
  514 252-4737 / www.rio.gouv.qc.ca
- **Notre-Dame Basilica of Montréal**
  www.basiliquenddm.org
- **Quays of the Old Port of Montréal**
  www.quaysoftheoldport.com
- **Casino de Montréal**
  www.casinos-quebec.com
- **Montréal Botanical Garden**
  www.museumsnature.ca
- **Mount Royal Park**
  www.lemontroyal.qc.ca
- **Parc Jean Drapeau**
  www.parcjeandrapeau.com

tourist circuits

Authentic Experiences

Tours led by professional licensed guides and enriched by local experts. Participants will have access to unique attractions, meet one-of-a-kind Montrealers and take part in exclusive guided activities. Prices are available on request and itineraries can be customized. Themes: Architectural Contrasts - Culinary Pleasures - Multicultural Life - Shopping Galore

For bookings and more information on these tours, contact:
***Guidatour:** 514 844-4021 or 1 800 363-4021 / www.guidatour.qc.ca or*
***Visites de Montréal DMC:** 514 933-6674 or 1 800 455-6674 / www.visitesdemontreal.com*



Bike Tours

For some great two-wheeled city tours
Montréal On Wheels: 514 866-0633 / 1 877 866-0633 / www.caroulemontreal.com
My bicyclette: 514 998-6252 / www.mybicyclette.com



Old Montréal Ghosts Tour

Old Montréal Ghost Tours will allow you to discover the most hidden sides of Old Montréal during two different types of visit: traditional Ghost Walk and Ghost Hunt.
***Guidatour:** 514 844-4021 or 1 800 363-4021 / www.guidatour.qc.ca*



Montréal, City of Glass

A new way to discover Montréal. Montréal is crammed with glass treasures: churches, Palais des congrès, metro stations and more. At the end of this tour, participants will have a greater appreciation of the use of glass through Montreal's art and architecture. ***Guidatour:** 514 844-4021 or 1 800 363-4021 / www.guidatour.qc.ca*



Flavors and Aromas of Old Montréal

This is an authentic discovery of the culinary, cultural and historical charms of the oldest district of Montréal, trough its small and harrow cobblestone streets. Food boutiques open their doors to make you taste their delicacies while a guide from Visites de Montréal explains the influence of the Amerindians and the nuns on our food habits, and how the World Expo in 1967 brought exotic food on our tables. ***Visites de Montréal DMC:** 514 933-6674 or 1 800 455-6674 / www.visitesdemontreal.com*



TRAVEL INFORMATION

Infotouriste Centre

1255 Peel Street, Suite 600
Montréal, Québec H3A 3L8
514 844-2075 or 514 844-2445
tours@tourisme-montreal.org

TOURISME MONTRÉAL

1555, rue Peel, bureau 600, Montréal (Québec)
H3A 3L8 / Tel.: 514 844-5400 or 514 844-2075
Fax: 514 844-6893
cyr.isabelle@tourisme-montreal.org
www.tourisme-montreal.org

Montréal, with more than 25 museums, international festivals and renown cuisine, is truly Canada's cultural centre. It's French flair, historic heritage, joie de vivre and it's European feel within North America makes Montréal a unique destination. Take advantage of the many guided tours or the many attractions. Wonder through more than 19 miles of our ever expanding famous underground pedestrian network that connects shopping centres, restaurants, theatres and major hotels. The world's second-largest French-speaking city excites and entertains. Few cities can duplicate the genuine warmth of our welcome. Tourisme Montréal's goal is to help you with the planning of itinerary and familiarisation tours, provide free promotional material and put you in contact with suppliers.

Portrait of Montreal

The beautiful offspring of a union between European charm and North American attitude, Montréal's architecture seduces the visitor with a harmonious chorus of the ancient and the new.

Eighty distinct ethnic cultures are represented in its population of 3.7 million, ample proof of its right to the moniker "international" city. A world leader in such industries as aeronautics, information technology and biotechnology, the city has also made significant innovations in medicine, multimedia and the arts.

Getting around the city on a day-to-day basis is hassle-free. Its streets, underground pedestrian network, and métro system are safe and easy to navigate. The best way to get to know the city is on foot, through any one of its many colourful and vibrant neighbourhoods – diverse expressions of the inhabitants' joie de vivre. Montrealers are naturally charming and quite often multilingual. Their spontaneity and ability to welcome visitors has propelled Montréal to its current position of international host city, where some of the world's most exciting events are held annually. When one considers the urban landscape and its inhabitants, this resulting passion seems only natural…

Festival International de Jazz de Montréal

June 25 to July 6, 2010 / www.montrealjazzfest.com

Every summer the core of downtown plays host to the Festival International de Jazz de Montréal. More than 650 concerts will be played over eleven days and nights, including 370 concerts staged outdoors and free of charge.

FESTIVAL JUSTE POUR RIRE PRÉSENTÉ PAR VIDEOTRON / JUST FOR LAUGHS FESTIVAL PRESENTED BY VIDEOTRON

2101, boul. St-Laurent, Montréal (Québec)
H2X 2T5 / Tel.: 514 845-4069, ext. 6140
1-888-244-3155 / Fax: 514 845-4140
jdesmarais@hahaha.com / www.hahaha.com

Montréal High Lights Festival

February 17 to 27, 2011
www.montrealhighlights.com

Revel in an atmosphere of light and warmth in the middle of winter. This 11-day festival features, every year in February, hundreds of exceptional gastronomic and wine tasting activities, shows, exhibits, concerts and a free outdoor illuminated site (from Thursday to Sunday) at the Quays of the Old Port and Old Montréal.

FOOD

In a city this cosmopolitan, the tastes of diverse cultures make eating out a veritable culinary feast. While French cuisine certainly forms a large part of the Montréal dining experience, over the years it's been complemented by myriad new dishes. For a taste of the world, all you have to do is step outside. Each neighbourhood has its specialty and favourite eating spot. Especially popular are the bring-your-own-wine restaurants in and around Prince-Arthur and Duluth Streets. You'll find liquor stores with a very fine selection of wines on virtually every street. No city in the world welcomes the first rays of spring sunshine with more ceremony and panache. Parasols sprout like so many brightly-coloured mushrooms on terraces all over the city as tables fill with sun worshippers sipping, munching and chatting away the long days until well past Labour Day.

BIFTHÈQUE RESTAURANTS (LE)

6705, Côte de Liesse, Saint-Laurent (Québec)
H4T 1E5 / Tel.: 514 739-6336 / 1-888-549-2616
Fax: 514 739-1173 / tours@lebiftheque.com
www.lebiftheque.com

Le Biftheque "The Biggest Steakhouse in Town", we will offer you menus of superb quality. All of restaurants, Montreal, Boucherville, Saint-Sauveur, Quebec and Hull have 350 to 1000 places with ample motor coach parking. Just tell us what you need, and we can make it happen!

Fourquet Fourchette du Palais

265 Saint-Antoine Street West, Montréal
(Québec) H2Z 1H5 / Tel.: 514 789-6370 / Fax:
514 789-6371 / palais@fourquet-fourchette.com
www.fourquet-fourchette.com

When you combine artfully prepared local dishes with beer and historical reenactments, the resulting dinner-theatre or brunch feast is nothing short of masterful. A perfect way to celebrate an anniversary!

Le Balcon Café Theatre

514 528-9766 / www.lebalcon.ca

Le Balcon is a cross between a New York and Parisian cabaret. Relax over cocktails while listening to live music or enjoy the dinner theatre, and savour the great cuisine and excellent entertainment in a warm and friendly environment. Stay up late to relive the days of cabaret shows or dance to the disco-lounge vibes of the house DJ.

Le Cabaret du Roy - Restaurant

363 de la Commune Street East, Montréal
(Québec) H2Y 1H2 / Tel. : 514 907-9000
Fax : 514 858-6888 / lecabaretduroy@oyez.ca
www.oyez.ca

Get ready for a trip to another time as Le Cabaret du Roy transports you to New France, with period musicians, historic figures and an old world table. Amerindian dishes, locally-grown Québec products and grilled game add authentic flavour to the feasting and festivities.

RESTAURANT DU VIEUX PORT

39, rue St-Paul Est, Montréal (Québec) H2Y 1G2
Tel.: 514 866-3175 / Fax: 514 866-6171
tina@restaurantduvieuxport.com
www.restaurantduvieuxport.com

At Restaurant du Vieux Port, our service to the group market for over 25 years has earned us a reputation in offering the finest quality at the best value. While we can accommodate large parties, our personalized service assures that you clients will feel the comfort and intimacy of home. Let your groups or privileged clients experience why we are the most popular restaurant in Old Montreal!

RESTAURANT GALIANO'S

410 Saint Vincent, Montréal (Québec) H2Y 3A5
Tel.: 514 861-5039 / Fax: 514 861-4595
info@restaurantgalianos.com
www.restaurantgalianos.com

Nestled in the heart of Old Montreal, Galiano's offers a unique opportunity to sample the exquisite flavours and aromas of Italy. Galianos offers an authentic experience in a warm and rustic ambiance. Galianos has been delighting diners with delicious pasta, pizza, veal, filet mignon, steak and seafood dishes.

LODGING

Looking for a special place to stay? Montréal has a lot to offer, from major hotel chains to cozy B&Bs, including luxury boutique hotels. And most accommodations are within or close to the downtown core, so you'll have easy access to wherever you're going.

ATLIFIC HOTELS & RESORTS

250, rue Saint-Antoine Ouest, bureau 400, Montréal (Québec) H2Y 0A3 / Tel.: 514 509-5500 1-888-285-4342 / Fax: 514 509-5498 c.cardinal@atlific.com / www.atlific.com

Atlific is a Canadian hotel management company with over 40 hotels in its portfolio. From well-known independent hotels like Deerhurst Resort or Lord Elgin o world-famous brands like Marriott, Atlific offers something for everyone. We have hotels coast to coast from the Atlantic to the Pacific.

BEST WESTERN VILLE MARIE HOTEL & SUITES

3407, Peel Street, Montréal (Québec) H3A 1W7 Tel.: 514 288-4141 / 1-800-361-7791 Fax: 514 288-3021 / rafik@hotelvillemarie.com www.hotelvillemarie.com

The Best Western Ville Marie is a 4 star hotel ideally located in the heart of downtown Montreal. Few steps away from all major attractions including shopping centers - museums - Bell Center - underground city - the Best Western Ville Marie is ideal choice for business or leisure travellers.

CHAÎNE HÔTELIÈRE HÔTE

1255, rue Peel, bur. 1117, Montréal (Québec) H3B 2T9 / Tel.: 514 861-2821 1-800-361-6162 / Fax: 514 861-4016 info@chainehote.com / www.chainehote.com

Hôte is the only network able to offer you accommodations in so many places across Québec. Whether you're travelling for business or pleasure, our reservation service will ensure an itinerary that fits your tastes and interests to a tee. The Chaîne Hôtelière Hôte features renowned establishements that offers the same standards of excellence.

DAYS HÔTEL MONTRÉAL

1005, rue Guy, Montréal (Québec) H3H 2K4 Tel.: 514 938-4611 / 1-877-HOTEL50 Fax: 514 938-8718 / frankie@daysinn.qc.ca www.daysmontreal.com

The Days Hotel Montreal is located downtown Montreal. 4 stars / 3 diamonds. 205 rooms and suites equipped with a computer terminal with high-speed internet access, bar / restaurant, indoor parking ($), outdoor pool, spa, gym, gift shop.

HOLIDAY INN - MONTRÉAL MIDTOWN

420 Sherbrooke ouest, Montréal (Québec) H3A 1B4 Tel.: 514 842-6111 / Fax: 514 842-9381 jpinheiro@rosdevhotels.com www.rosdevhotels.com

Situated in the heart of downtown Montreal. 14 million dollars invested in renovations with 488 rooms and suites, indoor pool, fitness center, free high speed internet. 4 star hotel, walking distance to all major attractions and festivals.

GOUVERNEUR HOTELS



GOUVERNEUR
HÔTELS

1·888·910·1111
www.gouverneur.com

Hôtel Le Chantecler
Montréal (Place Dupuis)
Montréal (Île Charron)
Québec (Sainte-Foy)
Trois-Rivières
Rimouski
Sept-Îles
Rouyn-Noranda
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The Holiday Inn Montreal Airport is located 5 minutes from Trudeau Airport and 15 minutes from downtown. The hotel offers 278 guestrooms, a lush tropical atrium, 13 banquet rooms, restaurant, bar, lounge, indoor and outdoor pool, fitness centre, game area, free airport shuttle and ample free parking.

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Hotel features a beautiful atrium Lobby with fish pond, bridges and natural lighting. Located in the heart of the cultural district, one block from historic old Montréal and facing the Chinatown subway station. Full service Spa with aesthetic services, indoor pool, whirlpools, saunas, steam baths, swedish baths, 2 fitness rooms and an outdoor terrace.

GROUPE HÔTELIER TIDAN



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The Tidan Hospitality Group owns and manages a diverse portfolio of boutique style, extended stay, resorts and hotels in Canada and United States. From major brands to independent hotels the "Tidan Hospitality Collection "intends to evolve as a value-driven company committed to our guests. We re-invest in our properties, our staff, and have been a respected member of the travel industry for many years. Offering over 1800 guest rooms, we invite you to come and experience our destinations. Quebec, Montreal Boutique Collection; Château Versailles (65) Le Meridien Versailles (108) (Starwood Brand) Hotel & Extended Stay: Le Nouvel Hotel & Spa (171 including lofts & studios) Hotels: Hotel Maritime Plaza (210), Travelodge Montreal Centre (242) Resort Quebec, Laurentians, St Adele: Mont Gabriel (126) Spa & Golf Hotel: Quebec City; Clarion Hotel (231) (Choice Hotel Brand) Chicoutimi; La Saguenéenne (118) Ontario, Kingston; Peachtree (74) Florida, Fort Lauderdale; Hotel & Resort Ocean Sky (beach front) (225) Arizona, Mesa; Arizona Golf Resort Hotel & Conference (187).

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HÔTEL GOUVERNEUR PLACE DUPUIS MONTRÉAL

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Tel.: 514 842-4881 / 1-888-910-1111
Fax: 514 842-1584 / amongeau@gouverneur.com
www.gouverneur.com

Superior hotel in the heart of Montréal, just minutes away from Old Montréal, shops, theatres and cafés-terrasses, with direct access to the underground metro system. 352 rooms (167 with 2 double beds) and 7 suites. All rooms have picture windows with unobstructed view of Montréal, Mount Royal and the St. Lawrence River. Non-smoking floors, facilities for disabled people, indoor pool and sauna. Free wireless high-speed Internet access available.

HÔTEL LE ROBERVAL ET LES SUITES LABELLE

1205 Labelle, Montréal (Québec) H2L 4C1
Tel.: 514 840-1151 / 1-866-602-1151
Fax: 514 840-0680 / info@hotellabelle.com
www.leroberval.com / www.hotellabelle.com

Two 3 star hotels. Located in the heart of Montreal's Latin Quarter, with a total of 173 studios and suites with kitchenette. Walking distance to all main attractions, Festival sites and city transport. Breakfast always included in room rates.

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1199, rue Berri, Montréal (Québec) H2L 4C6
Tel.: 514 845-9236 / 1-888-363-0363
Fax: 514 849-9855 / info@lordberri.com
www.lordberri.com

Surrounded by old Montreal, the village, and few steps from the Trendy Saint-Denis Street, hotel Lord Berri offers you 148 rooms & 6 suites, indoor parking, Italian Restaurant and 3 meeting rooms with a capacity from 10-100 people.

HOTEL RUBY FOO'S

7655, boul. Décarie, Montréal (Québec) H4P 2H2
Tel.: 514 731-7701 / 1-800-361-5419
Fax: 514 731-7158 / connie@hotelrubyfoos.com
www.hotelrubyfoos.com

A touch of the orient in up-town Montreal. Hotel Ruby Foo's welcomes you with its 198 spacious bedrooms, courteous service, free parking, outdoor swimming pool, extensive fitness center and renowned restaurant. Located near all major highways and minutes from downtown, we cater to all your needs.

Hôtel Travelodge Montréal Centre

50, boul. René-Lévesque, Montréal (Québec) H2Z 1A2
Tel.: 514 874-9090 / 1-800-363-6535
Fax: 514 874-0907 / www.travelodgemontreal.ca

The Hôtel Travelodge Montréal Centre stands out for the services it offers to its guests. 244 guests rooms with individual air conditioning / heating, non-smoking rooms, free coffee/tea in room. Close to Old Montréal, Old Port, Montréal Convention Center, Chinatown, underground city, and the Latin Quartier.

HYATT REGENCY MONTRÉAL

1255, Jeanne-Mance C.P. 130, Montréal (Québec) H5B 1E5 / Tel.: 514 841-2030 / 1-800-361-8234
Fax: 514 841-2036 / adufour@hyatt.com
www.montreal.hyatt.com

Newly renovated and centrally located in the heart of Montreal's cultural district,adjacent to the Complexe Desjardins with 120 shops, boutiques and restaurants. The Hyatt Regency Montreal features 605 handsomely appointed guestrooms, indoor pool, fitness facility & outdoor sundeck. Direct underground access to the Convention Center, Place des Arts, the Metro & Musée d'Art Contemporain. Within walking distance of Old Montreal, Chinatown and steps from the trendiest St-Laurent & St-Denis streets.

MARRIOTT CHÂTEAU CHAMPLAIN

1 Place du Canada, Montréal (Québec) H3B 4C9
Tel.: 514 878-9000 / 1-800-200-5905 / Fax: 514 878-6777 / smorin@chateauchamplain.com
www.montrealmarriottchateauchamplain.com

In a convenient location in the center of Montreal, the Four-Diamond Marriott Château Champlain majestically rises 36 floors above the Dorchester square. Designated a landmark by Heritage Montréal, the hotel is located within easy walking distance from shopping district, restaurants, Convention Center, night life and Montreal's captivating atmosphere of joie de vivre.

MCGILL UNIVERSITY RESIDENCES

3935, University Street, Montréal (Québec) H3A 2B4
Tel.: 514 398-8299 / Fax: 514 398-6770
rosetta.vannelli@mcgill.ca
www.mcgill.ca/residences/summer

McGill University traditional residences provides dormitory style lodging for guests in two convenient downtown locations. Bishop Mountain Hall, nestled along the slopes of the Mount Royal Park, has over 800 private rooms in single occupancy while the Royal Victoria College residences with over 250 rooms is closer to the heart of downtown only one block from the McGill subway station. All rooms are equipped as private study rooms with shared bathroom, kitchen and laundry facilities. Rooms at Bishop Mountain Hall include a continental breakfast served in a dining hall with a 600 person capacity. Come live the university experience!

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www.pacrimhospitality.com

Pacrim Hospitality Services Inc (PHSI), based in Halifax, Nova Scotia, is a national and progressive hospitality management company. Today, the portfolio holds 60 hotels across Canada and two properties in the USA. PHSI manages more than 6,000 hotel rooms and suites. Some of the world's most recognized brands; Crowne-Plaza, Holiday Inn, Best Western, Radisson and Wyndham brands… Locations coast to coast. PHSI is dedicated to a high level of customer satisfaction and we are positioned to service your clients' needs.

SHOPPING

Visitors and Montrealers alike adore shopping in the heart of Montréal. The charming Victorian setting of the Museum Quarter offers an abundance of exclusive boutiques, haute couture salons and renowned art galleries. Nearby, sheltered from the weather, Montréal's remarkable underground pedestrian network offers over 18 miles (30 km) of walkways past some 1,700 businesses of all types. Just above, the celebrated Sainte-Catherine Street boasts the largest concentration of stores in Canada. This vibrant street is home to the most extensive collection of fashion boutiques and ready-to-wear shops in the country. A stone's throw away from downtown Montréal's frenetic energy, the craft shops and antique dealers lining the picturesque streets of Old Montréal take you back in time for an

unforgettable shopping experience. And just outside the downtown area, a profusion of trendy neighbourhood boutiques promise original designs, unconventional fashion finds, and the latest in style and comfort, all in a friendly, relaxed atmosphere.

Sh3pping

Three major commercial centres—Place Montréal Trust, Eaton Centre and Complexe Les Ailes—have joined together to offer Sh3pping, more than 300 boutiques, restaurants and services in the heart of the city. Sh3pping offers tourists a free rebate card, available at any of their Customer Service Desks. Plus, with any purchase of $150 or more (before taxes, made within a consecutive 2-day period), visitors receive a free Sh3pping travel bag. This exclusive gift is perfect for stashing all the treasures and finds their shopping foray will unearth.

COMPLEXE LES AILES (SH3PPING)

650 boul. de Maisonneuve Ouest, bureau 630,
Montréal (Québec) J0L 2R0
Tel.: 514 288-3759 / Fax: 514 288-3779
mlepage@ivanhoecambridge.com
www.complexelesailes.com

Complexe Les Ailes, located in Montreal's downtown core, features some 60 boutiques including Lacoste, Tommy Hilfiger, SAQ Signature, Swarovski, Orchestra, Axara and Les Ailes de la Mode. Tourists can take advantage of many convenient services available at Complexe Les Ailes such as: a postal outlet, a concierge on sight, a Jean Coutu pharmacy and foreign exchange counter. Along with Montreal Eaton Centre and Place Montreal Trust, under the name of Sh3pping, our efforts are centered on offering tourists a unique shopping experience and a gift with any purchase of $150 or more. With its remarkable architecture, contemporary decor, unique retail mix and direct access to the underground city, Complexe Les Ailes is an unrivalled shopping destination for locals and tourists alike.

CENTRE EATON DE MONTRÉAL (LE) / THE MONTREAL EATON CENTRE

705, rue Sainte-Catherine Ouest, bureau 4-123,
Montréal (Québec) H3B 4G5
Tel.: 514 288-3710 / Fax: 514 288-9784
zbarghout@ivanhoecambridge.com
www.centreeaton.com

The Montreal Eaton Centre is your largest downtown fashion destination with 175 stores, restaurants and services (such as a foreign exchange office and a convenient indoor parking facility). Along with Complexe les Ailes and Place Montréal Trust, our touristic efforts are centered on offering a unique shopping experience and a gift with any purchase of $150 or more*. In addition, the centre is home to GAP, Old Navy, 32 food concessions and Le Centre d'Exposition de Montréal (which offered in 2009 the Titanic and Leonardo da Vinci exhibitions). We also offer a free and wirelesss Internet Zone in the food court. The Montreal Eaton Centre is located on Sainte-Catherine Street West, corner of McGill College (Métro McGill). * You must reside outside of Quebec and provide proof of identification.

PLACE MONTRÉAL TRUST / SH3PPING

1500, McGill College, Niveau 5,
Montréal (Québec) H3A 3J5
Tel.: 514 843-8000, ext. 238 / Fax: 514 843-6092
mauger@ivanhoecambridge.com
www.placemontrealtrust.com

Place Montreal Trust is where you will find everything for your fashion looks right in the heart of downtown Montreal and its underground city. You will find 70 boutiques which some are large spaces occupied by well-known brands, practical services, an indoor parking. It is also where you can see the highest interior fountain in North America, which transforms into a majestic animated Christmas tree during the holidays. Sh3pping. Along with Complexe Les Ailes and the Montreal Eaton Centre our efforts are centered on offering tourists a unique shopping experience and a gift with any purchase of $150 or more (tourists must reside outside of Quebec).

The Neighbourhoods

Montréal may be two-thirds French, but it is also home to immigrants from more than 80 countries. As a result, fascinating ethnic neighbourhoods have sprung up throughout the city adding to Montréal's diversity and charm. Many of these neighbourhoods consist of wonderful public markets, restaurants, shops and boutiques. Others follow an architectural theme with wonderful historic homes and buildings with colourful parks and gardens.

Downtown

Montréal's downtown scene is a bustling study in contrasts. Witness the Victorian brownstones that nuzzle skyscrapers, while the latest architectural marvels soar beside stately neo-gothic churches. The stores, museums, galleries, restaurants and green spaces present a moving canvas peopled with the 9-5 crowd, students, locals and tourists. When night falls, the hectic pace surrenders to a more relaxed ambiance, as friends congregate for after-work cocktails on terraces, in bars, or at the city's many festivals that fill the air with their resounding notes.

Chinatown

Chinatown's dates back to the 1860s when Chinese immigrants came to Canada to work in the mines and on the railroads. They settled mainly along de La Gauchetière Street near Saint-Laurent Boulevard. Today the district is less residential than commercial but it has kept its Asian flavour. The Chinese community continues to shop and celebrate its traditional festivals and holidays here. The narrow streets are lined with shops selling exotic foods, traditional crafts, martial arts accessories, herbs and natural medicines, Asian medical services and acupuncture.

Quartier international

Linking the bustling, modern downtown to the tranquil streets of the old city, the Quartier international is host to some of Montréal's finest design, architecture and cultural activities. A pedestrian circuit allows visitors to discover the Quartier's hidden cultural treasures. Facing the Palais des congrès (Convention Centre) is Place Jean-Paul Riopelle, a new public space created in honour of the celebrated artist. In its centre stands La Joute, one of Riopelle's creations. In accordance with the late artist's wishes, a ring of fire circles this magnificent sculpture/fountain.

Quartier des spectacles

www.quartierdesspectacles.com

Located in the heart of downtown, Quartier des spectacles is Montréal's cultural heart. More than 80 cultural venues offer an exceptionally diverse array of activities: festivals, movies, plays, dance performances, art exhibitions, technological art displays, music concerts, operas, comedy shows. It's a constantly evolving destination that literally lights up the night thanks to an innovative lighting plan. Big red dots lead the way. In addition, right in its centre, the Quartier features La Vitrine, a box office which's cultural scene. In association with the cultural industry, La Vitrine provides information and tickets for Montréal's cultural events on location and online

La Vitrine

514 285-4545 / www.lavitrine.com

La Vitrine showcases the full range of Greater Montréal's cultural scene in a single location, including a central information and last-minute ticket office (at regular and reduced price).

Old Montréal and the Quays of the Old Port

There is no place more conducive to a dreamy step back in time than the romantic district of Old Montréal. Its cobblestone streets have witnessed the passage of time for more than 360 years. Today, art galleries, artisans' boutiques, terraces and cafés conduct business within the walls of these gracious 18th and 19th-century buildings. Dusk brings further enhancement, as strategic lighting brings out the loveliness of these old stone facades even further. Nearby, in the Quays of the Old Port, cyclists, joggers, and in-line skate enthusiasts of all ages enjoy the generous recreational paths year-round.

Parc Jean-Drapeau

Located in the middle of the St. Lawrence River, parc Jean-Drapeau consists of the Sainte-Hélène and Notre-Dame islands, which hosted Expo '67. A real mosaic of water and green space with diverse attractions and events, parc Jean-Drapeau is accessible by métro (subway), car, bicycle or boat. It is a popular playground for Montrealers who come to enjoy its beach, trails, or simply relax. The almost rural atmosphere of the park, a stone's throw away from the downtown hustle and bustle, is a great place for picnics.

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Backed by more than 35 years of experience, Croisières AML is the largest cruise/excursion company in Canada. The quality, diversity and originality of these cruises provide pleasure, emotion and thrills to over 500,000 passengers annually. Operating out of 8 ports throughout Quebec, Croisières AML promises you rewarding urban experiences and great outdoor adventures. **URBAN CRUISES: MONTREAL:** Set sail for a fascinating cruise aboard the Cavalier Maxim and admire Montreal from another angle, starting from the Old Port up to the Boucherville Islands. Croisières AML offers you a variety of cruises: • **Guided sightseeing cruise "Maritime excursion"** Discover Montreal and its surroundings from the river, as did the first settlers. 60 or 90 minutes bilingual sightseeing cruise, 3 departures per day. • **Brunch Cruise (on the weekend) or Lunch Cruise:** Break the routine and come aboard for a hearty brunch with a guided sightseeing cruise. • **Dinner Cruises:** gastronomic meals, entertainment and dancing: 4-hour cruise, 2 formulas available: "Gourmet getaway": 5-course and 7-course meals. **Urban cruises available in Quebec City. NATURE CRUISES FROM MONTREAL.** Enquire about our **Bus-Whales Packages** and enjoy a breathtaking whale-watching cruise. (1 or 2 days Package) in the comfort of a large boat (restaurant, covered deck, observation platform) or an adventure cruise aboard a zodiac. • **Discover the Saguenay Fjord (6h). Other Nature cruises available from Tadoussac, Baie-Ste-Catherine and Riviere-du-Loup.**

Montréal Neighbourhoods

The best way to learn more of the city's neighbourhoods and its residents is by bike or on foot. Engaging and gregarious, Montrealers are only too happy to provide you with suggestions—from food and fun to a favourite path or grocery store. It's while walking through the streets of Little Italy, Plateau Mont-Royal, Hochelaga-Maisonneuve, Pôle des Rapides and The Village that you'll get a true feel for the places and faces of this multi-layered city.

The Outskirts

There's so much to explore on the island of Montréal and in its surrounding areas. The outskirts provide endless opportunities to explore a rich past, discover locally grown items, and engage in endless sports and recreational activities. The beautiful surroundings and warmth of those you meet will charm you whatever the season or interest.

Streets and Squares

Crescent Street

North of de Maisonneuve Boulevard, the Street's sumptuous Victorian architecture housing luxury boutiques, haute couture showrooms and art galleries has been carefully showcased, giving the Street a distinctive touch of elegance. To the south, nightclubs, restaurants, bars, outdoor cafés and pubs add frivolity and excitement. Montréal's "joie de vivre" inevitably spills over onto south Crescent Street.

Sainte-Catherine Street

Stretching for 15 kilometres across the city from east to west, the Street is lined with the major department stores, shops and restaurants that have been the pride of Montréal for more than a century. No fewer than nine métro stations (the green line running parallel) serve the Street, allowing visitors to discover diverse neighbourhoods as they travel along.

McGill College Avenue

The view northward from the terrace at Place Ville Marie provides a striking view of the main gates of McGill University and a breathtaking view of Mount Royal. Lined with modern buildings, the Avenue's wide sidewalks accommodate throngs of locals and visitors who regularly enjoy outdoor cafés, surprising sculptures or simply a stroll to admire the view and the architecture..

Place Jean-Paul-Riopelle

This transition point between the modern hub and the peaceful historic city features some of Montréal's most daring urban planning projects. Just north of the area named for the artist Jean-Paul Riopelle is one of his works, La Joute. Before his death in 2001, the artist asked that a circle of fire surround his sculpture and the fountain. At night, the dramatic effect of water, mist and lighting brings Riopelle's vision to life.

Place Jacques-Cartier

A major gathering place and entertainment site in Old Montréal, Place Jacques-Cartier draws passers-by and visitors who enjoy street artists, roving entertainers, jugglers, mimes, face painters and caricaturists. Victorian street lamps and a flower market stall add to the charming ambiance. In the summer, the surrounding sidewalk cafés and lively restaurants lining the square create a festive atmosphere, day and night.

Saint-Paul and de la Commune Streets

Many of the buildings, which date from the 19th century and some of which were warehouses, have been renovated and today serve as boutiques, artists' studios and even homes. Inviting restaurants and busy nightclubs and jazz clubs add spice to the neighbourhood. The cobblestone street, particularly east of Saint-Laurent Boulevard, is crowded with horse-drawn carriages and pedestrians discovering the history of Montréal.

Saint-Denis Street

From Viger Square to Saint-Louis Square: More than a hundred different businesses contribute to the unique mixture of restaurants, cafés, bistros and boutiques located around the Théâtre Saint-Denis, the Cinéma du Quartier latin and Ontario Street. From Saint-Joseph Blvd. to Roy Street: with its sidewalk cafés, lively bar scene, trendy boutiques and fine restaurants, Saint-Denis Street is an important shopping street.

du Mont-Royal Avenue

Mont-Royal Avenue is one of the main arteries of the Plateau. One finds a terrific range of original boutiques with products not seen anywhere else, along with restaurants and cafés that cater to people who enjoy good food and good conversation with friends. In front of the métro station, Place Gérald-Godin, named after one of Québec's best-loved poets, often features live entertainment.

Saint-Laurent Boulevard

This is The Main—the symbolic dividing line between the English and immigrant communities on the west and the Francophone community on the east. Residents and stores come from the world. Greek, Portuguese, Polish and Vietnamese—a global palate for visitors to enjoy. Saint-Laurent is also well-known for its bars and cafés, making it ideal for night owls.

Prince-Arthur Street and Square Saint-Louis

During the 60's, Prince-Arthur Street was "the" hippie haven in Montréal. Today a favourite among pedestrian streets, it is extremely lively during summer. Street artists and musicians add character to this restaurant and café-terrasse strewn neighbourhood. Prince-Arthur Street leads to the architecturally rich Square Saint-Louis with its imposing 19th century homes, with their intricate Victorian woodwork.

Street Life in Little Italy

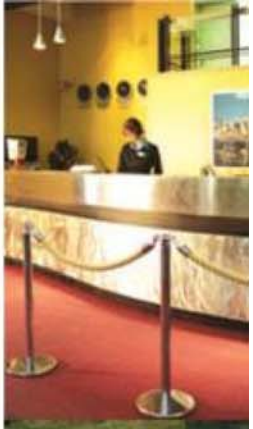
Along Jean-Talon and Drolet Streets you can see the typical Montréal residential architecture of the early 20th century, with the exterior, wrought iron, winding staircases and backyard vegetable gardens, often shaded by grape vines. Saint-Laurent Boulevard and Dante Street are lined with trattorias, cafés and shops.

The Village

The Beaudry métro station, bearing the colours of the gay community, is located at the core of the neighbourhood, which stretches east to west along Sainte-Catherine Street. In summertime, Sainte-Catherine Street turns into a pedestrian zone for artists and visitors between Berri and Papineau Streets. To really get a feel for the place, take a stroll







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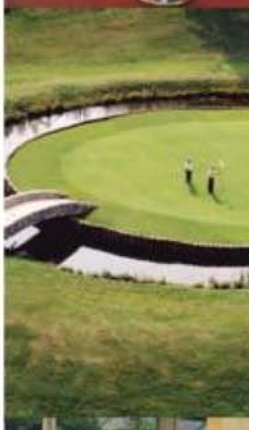
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along the narrow, winding side streets, particularly Lartigue Street, and admire the carefully restored brick homes and shaded backyard gardens. Continue strolling along Amherst Street and visit the antique shops that specialize in objects from the 1930s to the 1970s.

ATTRACTIONS

Canadian Centre for Architecture

514 939-7000 / www.cca.qc.ca

The Canadian Centre for Architecture is an international research centre and museum recognized for the richness of its collections and the quality of its exhibitions. In addition to exhibitions, the CCA organizes a wide variety of activities: guided tours of the building, the garden or current exhibitions, films lectures, and workshops.

CASINO DE MONTRÉAL

A diamond on the shores of the St. Lawrence River



1, Avenue du Casino, Parc Jean-Drapeau, Montréal
www.casino-de-montreal.com

Could anyone ever again imagine Montréal without the silhouette of its elegant casino, often compared to a sparkling diamond set in the heart of the St. Lawrence River? Located on Île Notre-Dame, 10 minutes from downtown, the Casino de Montréal has emerged as a Montréal tourist mecca. More than 6.5 million visitors frequent the establishment each year, drawn by the famed beauty of its setting, the variety of entertainment it offers and its superb customer service. Experience electrifying gaming in a festive atmosphere 24 hours a day. With more than 120 gaming tables and 3,000 slot machines, the Casino de Montréal offers one of the widest varieties of games in North America. The casino stands out by the unsurpassed quality of its four restaurants including famous Nuances with its rave reviews and five-diamond rating for the ninth year in a row. You must be 18 years of age or more to take advantage of the attractions available at the Casino de Montréal. Admission, parking and cloakroom are free of charge. For group reservations, please call toll-free 1 (800) 665-2274.

Lighting Tour of Old Montréal

www.old.montreal.qc.ca

Montréal's historical buildings shine in all their splendour when night falls on the city. Contributing to the timeless appeal of Old Montréal. Twenty-two gas street lamps have been installed along charming Sainte-Hélène Street, making this area home to many movie-making sets. Discover the many charms of the area on foot or in a horse-drawn carriage.

McCord Museum of Canadian History

514 398-7100 / www.mccord-museum.qc.ca

The McCord is home to one of the finest historical collections in North America. It possesses the most important First Nations collection in Québec, the foremost collection of Canadian costumes and textiles, and the Notman photographic archives, unparalleled in the world. This collection is an inspiration for anyone seeking to explore the history of Canada.

Montréal Botanical Garden

514 872-1400 / www.museumsnature.ca

With an outstanding collection that boasts more than 22,000 species and varieties of plants, the Montréal Botanical Garden is considered one of the world's best. Over 180 acres, it features 10 exhibition greenhouses and over 30 outdoor gardens. The Chinese and Japanese Gardens offer exotic landscapes, whereas the Tree House displays Québec's abundant forest wealth. In the First Nations Garden, you can discover the relationship that 10 Amerindian and Inuit nations of Québec have always maintained with the world of plants.

Musée d'art contemporain de Montréal

514 847-6226 / www.macm.org

Canada's premier museum devoted exclusively to contemporary art, the Musée d'art contemporain de Montréal is a superb place to discover the wealth of Québec creativity and leading international trends. Discover art created by contemporary artists using painting, drawing, engraving, sculpture, photography, installation, film and video.

Notre-Dame Basilica of Montréal

514 842-2925 / www.notredamebasilica.ca

A masterpiece of Gothic Revival architecture, Notre-Dame Basilica was built between 1824 and 1829. Paintings, sculptures and stained-glass windows illustrate biblical passages as well as 350 years of parish history. In the evening a sound and light show presents the founding of Montréal and the Notre-Dame Basilica.

PARC OLYMPIQUE DE MONTRÉAL

4141, avenue Pierre-De Coubertin, Montréal (Québec) H1V 3N7 / Tel.: 514 252-4614
Fax: 514 252-4440 / michel.aird@rio.gouv.qc.ca
www.parcolympique.ca

Ride the cable car to the Observatory at the top of the world's tallest inclined tower. Treat yourself to a stunning view of Montreal, a breathtaking panorama. Join our experienced guides for a tour of the Olympic Stadium. Learn the history of this marvel of modern-day engineering and architecture.

POINTE-À-CALLIÈRE, MUSÉE D'ARCHÉOLOGIE ET D'HISTOIRE DE MONTRÉAL

350, place Royale, Vieux-Montréal (Québec)
H2Y 3Y5 / Tel.: 514 872-9150 / Fax: 514 872-9151
info@pacmusee.qc.ca / www.pacmusee.qc.ca

Named a Canadian Historic Site and built on the site where Montreal was founded, Pointe-à-Callière displays important authentic remains and artifacts collected from archaeological digs at the site. The multimedia presentation above the remains and the underground archaeological tour make Pointe-à-Callière a spectacular museum to visit!

Saint Joseph's Oratory of Mount Royal

514 733-8211 / www.saint-joseph.org

Saint Joseph's Oratory atop Mount Royal is one of the world's most visited shrines. The basilica's huge dome reaches 97 metres and is second only in height to Saint Peter's Basilica in Rome. The sheer size of it contrasts sharply with its frail founder, Brother André, the humble doorkeeper who had initiated its construction in 1904. The shrine devoted to Saint Joseph consists of a primitive chapel, a votive chapel, a crypt and a basilica large enough to accommodate 10,000 worshippers.

SPAS RELAIS SANTÉ

211, Place d'Youville, bureau 4, Montréal (Québec)
H2Y 2B3 / Tel.: 514 842-1556 / 1-800-788-7594
Fax: 514 842-1770 / lbrosseau@spasrelaissante.com
www.spasrelaissante.com

Spas Relais santé® is the only network that offers 27 certified spas throughout ten regions of the province of Québec. Its members are all recruited according to the highest quality standards of the industry. Five different categories to meet all your needs: Day Spa, Hotel Spa, Nordic Spa, Destination Spa and Medical Spa.

SOCIÉTE DES CASINOS DU QUÉBEC INC.

500, Sherbrooke Ouest, 15e étage,
Montréal (Québec) H3A 3G6
Tel.: 514 282-8080 / 1-800-730-5686
Fax: 514 864-1886 / bruno.gauvin@casino.qc.ca
www.casinos-quebec.com

Cosmopolitan, idyllic, elegant: three casinos, three unique styles, all offering superb dining, spectacular entertainment and sheer pleasure. Located in Montréal, Charlevoix and Gatineau, the 3 casinos offer FIT and group packages. Admission, coat check and motor coach parking are free. Meal vouchers are complimentary for guides and drivers. Tour operator incentives are also available. For information or reservation, www.casinos-quebec.com or call 1 800 665-2274 for a customize service.

SOCIÉTE DES DIRECTEURS DES MUSÉES MONTRÉALAIS

333, rue Peel, Montréal (Québec) H3C 3R9
Tel.: 514 845-6873 ext. 211 / Fax: 514 845-8822
mblanchette@museesmontreal.org
www.museesmontreal.org

The Montreal Museums Pass comes in two forms: the first, for $45, includes only museums and is valid for 3 days within 3 weeks; the second, for $50, gives access to museums and the Montreal Public Transit System for 3 consecutive days. Only one visit per museum (Preferential rates for tour operators).

SOCIÉTÉ DES MUSÉES QUÉBÉCOIS

C.P. 8888, Succ. Centre-Ville, UQAM, Montréal (Québec) H3C 3P8 / Tel.: 514 987-3264
Fax: 514 987-3379 / lapointe.linda@smq.qc.ca
www.musees.qc.ca

Visit the Museums to discover Website www.museumsquebec.ca adn learn about all the things to do and see at Québec's museums. You'll find plenty of useful information for planning your trip. Click on Thematic Routes for details on itineraries covering 24 themes, from First Nations, First Contacts to New France in North America, Contemporary Art and more.

The Montréal Museum of Fine Arts

514 285-1600 / www.mmfa.qc.ca

The attractive and encyclopedic permanent collection of the Montréal Museum of Fine Arts brings together works from all continents and all periods. From its new rooms devoted to Napoleon and the First Empire to glass sculptures, arts of Africa and beautiful pre-Colombian art objects, the Museum's collection illustrates the most various aspects of artistic creativity.

Underground Pedestrian Network

Montréal's RÉSO has 33 kilometres (20 miles) of pedestrian walkways, indoor areas and tunnels. More than 500 000 people use RÉSO every day. RÉSO can be accessed through 120 different entrances. Montréal's RÉSO links some 1 700 boutiques, 7 major hotels, banks, offices, dwellings, close to 200 restaurants, museums, exhibition halls, 2 university pavilions, some 10 000 indoor parking spaces, 10 métro (subway) stations, 2 train stations, 2 regional bus stations and even an arena.

OTHER ATTRACTIONS

Christ Church Cathedral

514 843-6577
www.montreal.anglican.org/cathedral

A fine example of neo-Gothic architecture, Christ Church Cathedral was built between 1857 and 1859. It now stands over an underground shopping centre, while a post-modern tower designed to suggest the features of a cathedral stands behind it. The Square between the Cathedral and the office tower is dedicated to Raoul Wallenberg, Hero of Humanity, who saved thousands of Jews from concentration camps during World War II.

Mary Queen of the World Cathedral

514 866-1661
www.cathedralecatholiquedemontreal.org

Inspired by St. Peter's Basilica in Rome, this Catholic cathedral was built at the end of the 19th century in the heart of what was then the city's Anglo-Protestant sector. Inside, a superb gilded neo-baroque baldachin overlooks the altar. In the transept, paintings by Georges Delfosse illustrate the historic beginnings of Montréal.

Montréal Planétarium

514 872-4530 / www.museumsnature.ca

The Planetarium's Zeiss projector reproduces the sky as seen by the naked eye and other celestial phenomena. Star gazers of all ages can explore the splendour of the universe under the vast hemispherical dome of the Star-Theatre.

Centre d'histoire de Montréal

514 872-0237 / www.ville.montreal.qc.ca/chm

The history of Montréal, starting in 1535, comes to life in this charming museum. Sound environments, spectacular old images, visual effects, personal testimonies and intriguing artefacts.

CENTRE DES SCIENCES DE MONTRÉAL

333, rue de la Commune Ouest, Montréal (Québec) H2Y 2E2 / Tel.: 514 496-2281
1-888-558-4423 / Fax: 514 496-9008
adionne@vieuxportdemontreal.com
www.centredessciencesdemontreal.com

The Montréal Science Centre is the only science and technology centre in Québec! Visitors of all age groups can discover and experience the interactive scientific experiences, the great Snowbirds collective video game and the best and most recent large format films at the IMAXR Theatre. Information: 514 496-2281 / 888 558-4423.

Château Ramezay Museum

514 861-3708 / www.chateauramezay.qc.ca

A Governor's residence built in the 18th century, this historic building and its collection offer a unique view of the history of Montréal and Québec, from Amerindian prehistory to the beginning of the 20th century. The Museum has a boutique and outdoor café with a view of the magnificent Governor's Garden.

Environment Canada's Biosphère

514 283-5000 / www.biosphere.ec.gc.ca

An architectural masterpiece in Montréal since Expo 67, Environment Canada's Biosphère is a premier venue for information, education and awareness on the major environmental issues related to water, air, climate change, sustainable development and responsible consumption.

La Ronde (Member of the Six Flags Family)

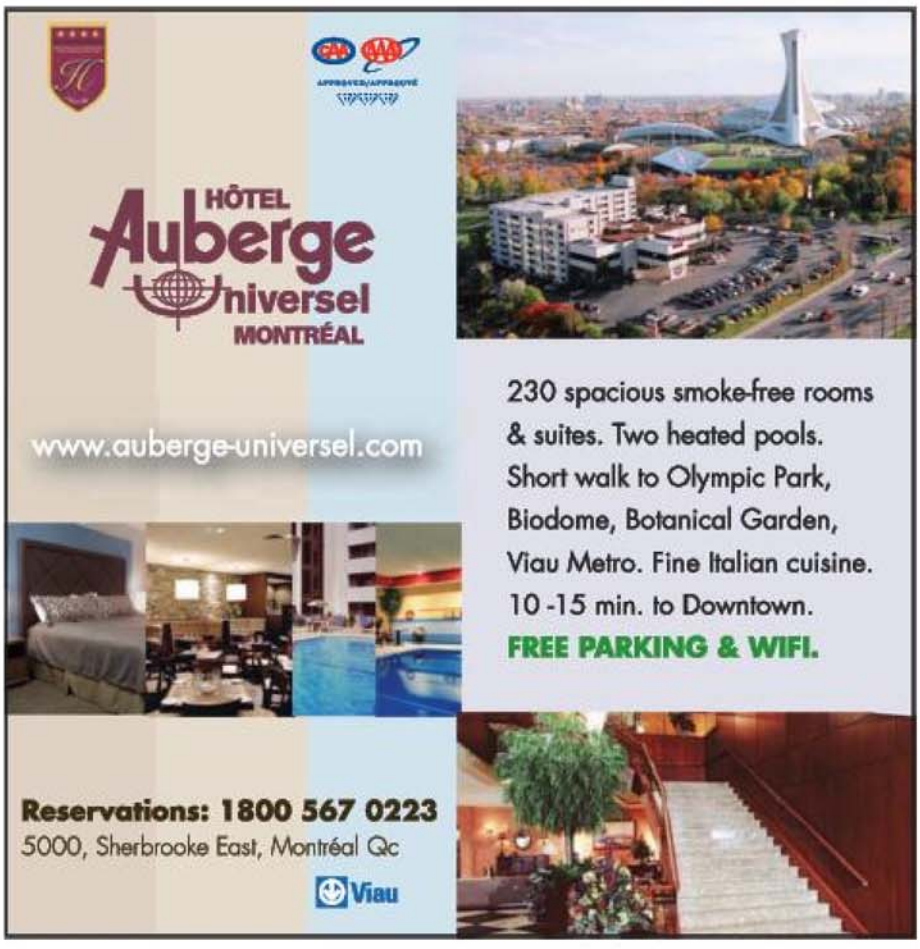
514 397-2000 / www.laronde.com

La Ronde offers more than 40 rides and attractions, dazzling shows, as well as entertainment. This large amusement park, located close to downtown, produces and presents the International des Feux Loto-Québec, the annual Montréal International Fireworks Competition. La Ronde also presents its annual Halloween Fright Fest every weekend in October.

Maison Saint-Gabriel, Museum and Historic Site

514 935-8136 / www.maisonsaint-gabriel.qc.ca

Purchased by Marguerite Bourgeoys in 1668, this magnificent 300-year-old house is one of the most beautiful examples of traditional Québec architecture. The museum showcases various aspects of rural life in the 17th century and the extraordinary experience of the King's Wards through its permanent collection. Visit both the 19th-century stone barn and the garden, which has been recreated in the spirit of New France.



Marguerite-Bourgeoys Museum and Notre-Dame-de-Bon-Secours Chapel

514 282-8670 / www.marguerite-bourgeoys.com

This 300-year old chapel and its captivating history museum will amaze you! As you move through the exhibition rooms, including the magnificent crypt and the tower with a spectacular view of Old Montreal, you will find yourself covering more than 2000 years of history. Of special interest: the tomb of Sainte Marguerite Bourgeoys, the tower lookout and the archaeological site.

Montréal Biodôme

514 868-3000 / www.museumsnature.ca

Since it first opened in 1992, some 13 million visitors have travelled through this "house of life", dazzled by the discoveries that await them along a path reflecting a concept unique in the world. Here, plants and animals by the thousands, cliffs and waterways, even the climate itself recreate with stunning realism the four finest ecosystems of the Americas.

Montréal Insectarium

514 872-1400 / www.museumsnature.ca

This Montréal nature museum invites you to discover the fascinating world of insects which houses a prestigious collection of several thousand living and preserved insects from every corner of the earth. The Montréal Insectarium is considered the largest of its kind in North America.

Stewart Museum

514 861-6701 / www.stewart-museum.org

The Museum has suspended all its activities and is currently closed to the public to carry out major renovation that should extend over a period of about eighteen months. The new permanent exhibition of the Museum will open its doors to the public as of Autumn 2010 and should include a program of educational and cultural activities, dedicated the residents of the Greater Montreal region and its visitors.

TOHU, LA CITÉ DES ARTS DU CIRQUE

2345, rue Jarry Est, Montréal (Québec) H1Z 4P3
Tel.: 514 376-8648 / 1-866-376-8648
Fax: 514 729-9996 / info@tohu.ca / www.tohu.ca

In Montreal, La TOHU, is a unique theatre in-the-round with a three-fold mission, the Circus, in harmony with the Earth and Mankind. Enjoy the best circus shows from around the world. Also we offer guided tours, English or French. Discover la TOHU, LEED gold Canada building and the Environmental Complex of St-Michel, a quarry being revitalised to become a urban park. You may also discover some sad and saucy tales that have gone into creating the circus as we know it today, with the Fabulous History of Circus Tour. .

The Great Outdoors

La Fontaine Park

As soon as the first fine spring weather arrives, all kinds of people flock to La Fontaine Park to relax in the shade of its trees or picnic and sunbathe. The artificial pond allows visitors to observe a wide range of bird species throughout the summer season. In winter, the pond is transformed into a skating rink, with music. An outdoor theatre, the Théâtre de Verdure, presents events all summer long.

Lachine Canal National Historic Site of Canada

The Lachine Canal was built in 1825 as a means of bypassing the Lachine Rapids on the St. Lawrence River. It now offers a 14-kilometre (8.7-mile) bicycle and pedestrian pathway, many picnic areas and open green spaces. Since 2002, the Canal has been open for navigation. The Lachine Lock Visitor Service Centre (500 des Iroquois Road) presents a permanent exhibition on the Lachine Canal.

Mount Royal Park

Inaugurated in 1876, the splendid Mount Royal Park was designed by Frederick Law Olmsted, the highly skilled designer behind New York's Central Park. It is an ideal site for admiring a wide variety of plants and birds or for enjoying outdoor activities. Les Amis de la montagne offer a variety of services and activities including the permanent exhibition at the Maison Smith and an interactive map featuring audio-video clips that can be downloaded to your cell phone or any mp4 reader.

Parc Jean-Drapeau

Located in the middle of the St. Lawrence River, parc Jean-Drapeau consists of the Sainte-Hélène and Notre-Dame islands, which hosted Expo '67. It is a popular playground for Montrealers who come to enjoy its beach, trails, or simply relax. The almost rural atmosphere of the park, a stone's throw away from the downtown hustle and bustle, is a great place for picnics.

Quays of the Old Port of Montréal

The Quays of the Old Port of Montréal is a 2.5-km-long recreational and tourist park and offers a variety of outdoor activities for every taste, including cruises, excursions, exhibitions, events and entertainment. It also offers a wide range of indoor activities, especially at the Montréal Science Centre. In winter, you can skate on the outdoor artificial rink to really make the most of the season.

ENRICHMENT TRAVEL RECEPTIVE SERVICES

Boréal Tours

8550, Pie IX Suite 150, Montréal (Québec) H1Z 4G2
Tel.: 514 271-1230 / 1-877-271-1230
Fax: 514 271-3153 / info@borealtours.com
www.borealtours.com

Boréal Tours is a receptive tour operator specialized in sight-seeing tours and incentive tours in Eastern Canada. For youth groups, we offer fun-filled youth oriented summer programs, which can be combined with French or English language courses. Other services: accommodation, transportation, multilingual guiding and meet and greet services.

EDUCATOURS

780 Brewster, Suite 02-300, Montréal (Québec) H4C 2K1 / Tel.: 514 843-3311 / 1-866-843-3311
Fax: 514 843-3005 / bmallette@educatours.com
www.educatours.com

Educatours is a leader in student travel in Quebec since 1991 and as such is dedicated to organize educational tours to New York City, Boston, Washington DC, Philadelphia, Toronto, Ottawa and Quebec City. We provide a range of programs, from the all inclusive package to the fully customized itinerary. Our tour directors make a difference by making sure that the students learn from their travel experience while having the time of their lives!

JONVIEW CANADA

300, Léo-Pariseau, bureau 2410, Montréal (Québec) H2X 4C2 / Tel.: 514 861-9114 / Fax: 514 987-6337 / groupes.montreal@jonview.com
www.jonview.com

Jonview Canada is an in-bound wholesaler specializing in Canadian destinations and working with the internationa markets. Jonview Canada offers to it's clientele a comprehensive range of multilingual escorted tours and independent packages such as F.I.T. hotels, adventure packages, fly/drives etc. Jonview Canada also offers several specialized products, including sports packages, congresses, meetings, special activities and incentive travels.

VIA RAIL CANADA INC.

3, Place Ville-Marie, bureau 500, Montréal (Québec) H3B 2C9 / Tel.: 514 871-6378
1-888-842-7245 / Fax: 514 871-6657
marc_deschenes@viarail.ca / www.viarail.com

VIA Rail Canada operates trains in all regions of Canada, even a network spanning the Country from the Atlantic to the Pacific and from the Great Lakes to Hudson Bay. We serve over 4.1. million passengers annually, employs over 3000, exploites 480 trains per week, including 300 in Southern Québec and Southern Ontario, serving 450 Canadian communities.

THE ARTS SCENE

www.tourisme-montreal.org/What-To-Do/Events

LES GRANDS BALLETS CANADIENS DE MONTRÉAL



LES GRANDS
BALLETS CANADIENS DE MONTRÉAL
GRADIMIR PANKOV ARTISTIC DIRECTOR

4816, rue Rivard, Montréal, Qc H2J 2N6
514-849-0269 / 1-877-849-0269
www.grandsballets.com

Les Grands Ballets Canadiens de Montréal has enriched Montreal with its choreographic creations since 1957. With the arrival of Gradimir Pankov as Artistic Director in 2000, the company took a new turn. He has transformed Les Grands into a creative and repertory company that remains very active both

at home and abroad. Aside from the beloved **The Nutcracker**, the company will present in 2010-2011: **Leonce & Lena**, a piece inspired by a satirical political comedy written in 1836 by Georg Büchner, author of Woyzeck. The famous Cuban National Ballet will present **Giselle**, an unparalleled classical version of this mythical ballet, followed by **Vivaldi's Four Seasons**, drawing out the internal seasons of man in all his moods and swings. The Royal Winnipeg Ballet will then present an awaited production: **Moulin Rouge**, cradle of the French cancan, where seductive dancers in alluring costumes set the hearts of Paris society aflutter. To end the season, we will see **Searching for home** to the music of Philip Glass, a new acquisition for Les Grands Ballets, which is an internal voyage into the multiplicity of the self. Groups rates and free tickets policy apply to any group of more than 10 people (20 in the case of The Nutcracker). So if you're thinking of organizing a special outing for your group or if you are looking for a prestigious event for one of your annual activities, then experience what Les Grands Ballets has to offer! VIP packages are also available.

Centaur Theatre Company

514 288-1229 / www.centaurtheatre.com

Home of the former Montréal Stock Exchange, Centaur is Québec's premier English-language theatre company. Founded in 1969 by Maurice Podbrey and Herbert C. Auerbach, Centaur presents a six play line-up ranging from contemporary Canadian dramas and Broadway hits, to international talent.

Orchestre Métropolitain

514 598-0870 / www.orchestremetropolitain.com

For more than 25 years, the Orchestre Métropolitain du Grand Montréal has been performing at Place des Arts and touring the island of Montréal, presenting accessible programs, multidisciplinary concerts, a talented young conductor and pre-performance conferences.

ORCHESTRE SYMPHONIQUE DE MONTRÉAL

260, boul. de Maisonneuve Ouest, 2ième étage, Montréal (Québec) H2X 1Y9
Tel.: 514 842-3402 / Fax: 514 842-0728
jfseguin@osm.ca / www.osm.ca

One of the most prestigious orchestras in the world, directed by Kent Nagano, the OSM presents approximately a hundred concerts per year. With its well-known symphonic masterpieces, children's and pop concerts, it reaches all audiences. The concerts take place at Place des Arts and at the Notre-Dame Basilica in the heart of Old Montréal. Benefits for groups: • Discount rates and complimentary tickets (1 per 30); • Seating capacity: between 2000 and 3000 seats, pending on program and availability; • Room for cocktails and receptions.

Opéra de Montréal

514 985-2258 / www.operademontreal.com

The Opéra de Montréal, founded in 1980, is the largest francophone opera company in North America and is among the 15 most important opera houses on the continent. Over the course of its 30 years of existence, the OdM has staged over 900 performances featuring singers of national and international renown, has welcomed over 20 million opera fans to Place des Arts, and has enriched some 153 young artists of the new generation.

Place des Arts

514 285-4200 / www.laplacedesarts.com

Featuring an impressive program of music, theatre, dance, opera, song, comedy, and musicals all year round, Place des Arts, located in the cultural heart of the city, the Quartier des Spectacles, is Canada's premiere entertainment centre. Its five halls total nearly 6,000 seats and its outdoor plaza plays host to the city's largest festivals.

The Segal Centre for Performing Arts

514 739-2301 / www.segalcentre.org

The Segal Centre for Performing Arts is one of Montreal's premiere, multidisciplinary arts institutions. It houses the award-winning Segal Theatre, the Academy of Performing Arts, CinemaSpace, Studio and the world renowned Dora Wasserman Yiddish Theatre.



Welcoming you...**it's in our nature!**

The Outaouais region is located on the border of Ontario and Québec, neighbouring Ottawa – Canada's capital, and is only a 2 hour drive from Montréal. A unique group destination with much to offer, the Outaouais brings together the energy of city life and the proximity of a tranquil countryside. For a unique cultural experience, visit our many national museums, discover our natural wonders and savour fine dining. The Outaouais will charm you with its unique attractions, like our world class Casino, our wonderful Steam Train and the Ottawa river from which you can observe the great architecture of Parliament Hill, the National Gallery, the Canadian Museum of Civilizations and much more!
www.outaouaisgroup.com

Major cities
Gatineau (formely known as Hull) ~ Montebello ~ Maniwaki ~ Wakefield
Chelsea ~ Papineauville

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live it!

Outaouais Tourism
Toll free: 1-800-265-7822 (Canada & USA)
kmorissette@tourisme-outaouais.ca



events calendar









2010

March

Return of the Geese
Beginning of March until beginning of May
Parc national de Plaisance
819-427-5334 / 1-877-752-4726
www.sepaq.com

May

Canadian Museum of Civilization
The Horse
May 27 2010 to January 3, 2011
www.civilization.ca

Canadian Tulip Festival
Weekends May 7 to 24
Ottawa-Gatineau
613-567-4447 / 1-800-66-TULIP
www.tulipfestival.ca

National Gallery of Canada
Pop Life: Art in a Material World
Summer
www.gallery.ca

Canadian War Museum
Camouflage: From the battlefield to the catwalk
Until September 6
www.warmuseum.ca

July

Canada Day
July 1
Ottawa-Gatineau
613-239-5000 / 1-800-465-1867
www.canadascapital.gc.ca

Wonders of Sand
July 2 to 11
1 888 429-3389
www.merveillesdesable.com

Festival Western St-André-Avellin
Rodéo Professionnel
July 19 to 25
1 866-983-1166
www.rodeostandreavellin.org

Orchestras in the Park
July 22 to 25
1-800-465-1867
www.capitaleducanada.gc.ca/orchestres

August

Casino du Lac-Leamy Sound of Light
August 7 to 21
Gatineau
819-771-FEUX (3389)
1-888-429-FEUX (3389)
www.feux.qc.ca

2011

September

Gatineau Hot Air Balloon Festival
September 3 to 6
Parc de la Baie, Gatineau
819-243-2330 / 1-800-668-8383
www.montgolfieresgatineau.com

October

Rendez-vous des saveurs de Gatineau
October 1st to 3rd
819-771-6379
www.rendezvousdessaveurs.com

Fall Rhapsody
Three first weeks of October
Gatineau Park
819-827-2020 / 1-800-465-1867
www.canadascapital.gc.ca/gatineau

December

Christmas Lights across Canada
December 2010 to early January 2011
Ottawa-Gatineau
613-239-5000 / 1-800-465-1867
www.canadascapital.gc.ca

February

Winterlude
February
Ottawa/Gatineau
613-239-5000 / 1-800-465-1867
www.canadascapital.gc.ca/winterlude

Gatineau Loppet
February – dates to be confirmed
819 243-2331
www.gatineauloppet.com

Canadian Ski Marathon
February – dates to be confirmed
1 877 770-6556
www.csm-mcs.com

March

Salon du livre de l'Outaouais
March - dates to be confirmed
819 775-4873
www.slo.qc.ca

must see

- **Canadian Museum of Civilization**
  www.civilization.ca
- **Canadian War Museum**
  www.warmuseum.ca
- **Casino du Lac-Leamy**
  www.casino-du-lac-leamy.com
- **National Gallery of Canada**
  www.gallery.ca
- **Hull-Chelsea-Wakefield Steam Train**
  www.trainavapeur.ca
- **Parc Omega**
  www.parcomega.com
- **Gatineau Park**
  www.canadascapital.gc.ca/gatineau
- **Le Nordik – Nature Spa**
  www.lenordik.com

tourist circuits

Itinerary #1: **From Gatineau to Either Montreal or Mont-Tremblant**

Forget about the highway! Take route 148 instead, your group will be pleased with the panoramic view it offers. You will make your way along the Ottawa River and through quaint villages. While you are there, why not plan a few stops along the way...

Morning
*Stop at **Omega Park**, unique in Quebec! While at the wheel of your car or sitting in the bus, you can observe several species of wild animals, roaming free in their natural habitat. **www.parc-omega.com***

Afternoon
*Visit the **Manoir Papineau National Historic Site of Canada**. This site is a unique example of an 1850 seigniorial manor, one belonging to none other than Louis-Joseph Papineau, notable politician and lord of the Petite-Nation region. **www.pc.gc.ca/papineau***

Take some time to walk around the village, visit the boutiques, have a drink at one of the restaurants, you will truly feel relaxed!

Evening
Enjoy a wonderful evening and comfortable night sleep in the world's largest log castle: the Fairmont Le Château Montebello. Choose between high end cuisine at the four diamond restaurant Les Chantignoles, or a bistro meal at the bar La Seigneurie. Don't forget to go for a swim in the impressive sports complex.
www.fairmont.com/fr/montebello



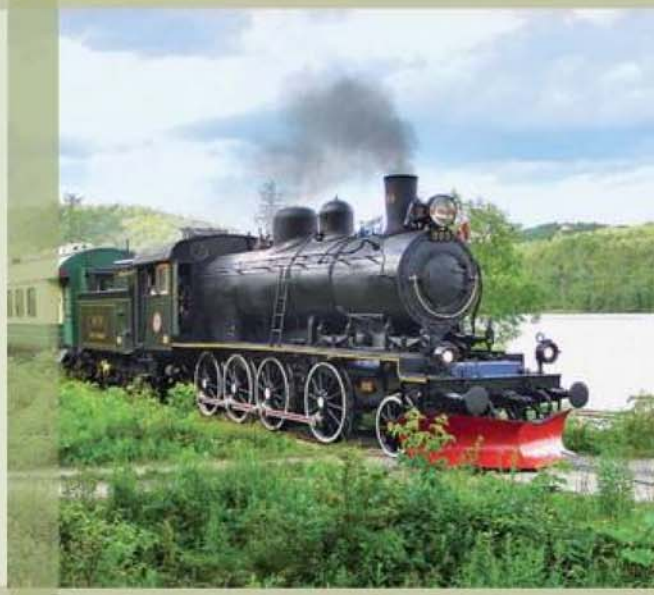
Itinerary #2: **Gatineau's Must See**

Morning
*Shop aboard one of Canada's last remaining authentic steam-powered trains, the **Hull-Chelsea-Wakefield Steam Train**. Relax comfortably in climate-controlled cars and let the sounds of the steam whistle and the nostalgic sounds of the rails carry you to a by-gone era. Many different packages are available. **www.steamtrain.ca***

Afternoon
Discover a treasure trove of National Museums!
*Canada's national capital region boasts 12 museums, including the most visited museum in the country, the Canadian Museum of Civilization **(www.civilization.ca)**; the National Gallery of Canada **(www.gallery.ca)**, which hosts the world's largest Canadian art collection; and the Canadian War Museum where you will see the human side of things. **(www.warmuseum.ca)**.*

Evening
*Enjoy an evening at the **National Arts Center**, Canada's top performing art center, home to the NAC Orchestra as well as internationally acclaimed dance programs and theatre. **www.nac-cna.ca***

*An unforgettable experience awaits as you try your luck at the **Casino du Lac-Leamy**: slot machines, blackjack, poker, baccarat, roulette and keno. **www.casinodulacleamy.com***



Itinerary #3: **Discover Gatineau Park**

Maybe you are eager to stretch your muscles and you need to reconnect with nature? Gatineau Park is perfect for you. Located only 10 minutes from downtown, Gatineau Park is an abundance of natural wonders with over 361 square kilometres of land filled with paths, activities, lakes... an amazing place to discover.

Morning
Le Nordik - Nature Spa** is located in the heart of nature, at the entrance of Gatineau Park, in the village of Chelsea. A relaxation Spa that features Scandinavian relaxation techniques and baths. Paradise! **www.lenordik.com

Afternoon
*Surround yourself with the country atmosphere of the **Mackenzie King Estate** and visit its century old, 231 hectare estate. Visitors can walk the trails, visit the restored cottages or admire the gardens and the picturesque ruins gathered by Mackenzie King. Have a cup of tea in the tea room!*
www.canadascapital.gc.ca/gatineau

*While in Chelsea, enjoy a bite to eat at the famous **Chelsea Pub**, a beautiful old house that is sure to charm everyone.*

*Stop by **La Savonnerie Olivier**. Each and every Olivier hand made soap is unique. The soaps are created using Olivier's patented process, taking anywhere from 3 days to 28 days, and preserving the riches of organic raw materials and the finest ingredients from around the world. You could take part in a group demonstration!*
www.olivierchelsea.com



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OUTAOUAIS
live it!

For more information on the Outaouais region:
1 800 265-7822 or www.outaouaisgroup.com

The Outaouais region is located on the Ontario-Québec border, next to Ottawa, Canada's Capital, and only two short hours from Montréal. The Outaouais region is known as a land of contrasts, where quiet country charm meets big city energy to offer visitors the best of both worlds. With a multitude of attractions and escapes, a wide variety of accommodations, and great culinary offerings, the Outaouais will keep you coming back for more! The unique charm of the Outaouais region lies in the opportunity to combine urban and rural adventure. A trip city side will stimulate and delight the senses with its many museums—like the famous Canadian Museum of Civilization—numerous art galleries, theatres, casino, and cuisine inspired by the best local products. A country getaway will reveal well-guarded secrets and let visitors enjoy unique experiences like a ride aboard the Wakefield Steam Train (one of Canada's last authentic steam-powered trains), or a visit to Parc Oméga to observe wildlife in its natural habitat. There are also lots of opportunities to relax at one of the luxurious and modern spas that grace the region. The Outaouais is truly synonymous of diversity!

Urban Experience

ATTRACTIONS

Canadian Museum of Nature

240 McLeod Street at Metcalf, Ottawa ON, K1P 6P4
613 566-4700 / www.nature.ca

Housed in the historic Victoria Memorial Museum Building, it is the meeting place for nature's wonders. Canada's foremost natural history museum is ever changing and lets you discover Canada's natural heritage. You'll travel across time, from dinosaurs to grizzly bears, from the Arctic tundra to the depths of a gold mine.

Canadian War Museum

1, Vimy Place, Ottawa ON, K1R 1C2
1 800 555-5621 / www.warmuseum.ca

The Canadian War Museum takes you on an exciting journey through the personal, national and international dimensions of Canada's military history. Moving firsthand accounts from the men, women and children who have lived through these conflicts are enhanced by the Museum's vast collection of military vehicles, artillery, works of art and artefacts of all sizes — from medals to a CF-Voodoo jet fighter. Guided tours and school programs are available. Take advantage of reduced rates when you also visit the Canadian Museum of Civilization.

CASINO DU LAC-LEAMY

An oasis of entertainment in the heart of an ultramodern hotel complex



1, Boulevard du Casino, Gatineau
www.casino-du-lac-leamy. com

Just 5 minutes from downtown Ottawa, the Casino du Lac-Leamy offers an incomparable selection of games for an unbeatable experience. Enjoy the exciting atmosphere of the casino, then unwind at the five-star Hilton hotel. This outstanding venue promises nothing short of an unforgettable getaway. The Casino du Lac-Leamy is open 24 hours a day all week. Its Complex features a complete range of restaurants and bars, the Bacchus Cigar lounge, boutiques, spa, indoor and outdoor pools and a complete fitness centre. Experience fine dining at its best – from Arôme Seafood & Grill Restaurant & terrace to Le Baccara, five-diamond gourmet restaurant. All of the 349 suites and guestrooms and suites feature breathtaking views of Gatineau-Ottawa, Lac Leamy, the majestic Gatineau River and Ottawa River waterways and the spectacular Gatineau Hills. Hotels guests can easily access indoor and outdoor exhibit spaces, the conference centre, the Casino du Lac-Leamy, show facilities, the marina, nature trails and cycling paths. And to top it off, we even have our very own heliport. Since its opening in 2001, the Hilton Lac-Leamy takes pride in being a four-time Conrad Hilton "Connie" Award winner for customer loyalty and satisfaction, quality of service and facilities and best overall performance in North America, in the business hotel category, among all 240 Hilton properties in Canada, the United States and Mexico. You must be 18 years of age or more to take advantage of the attractions available at the Casino du Lac-Leamy. Admission, parking and cloakroom are free of charge. For group reservations please call toll-free 1 (800) 665-2274.

MUSÉE CANADIEN DES CIVILISATIONS

100, rue Laurier, Gatineau (Québec) K1A 0M8
Tel.: 819 776-7086 / 1-800-555-5621 / Fax: 819 776-7017 / stephanie.fortin@civilisations.ca
www.civilisations.ca

Explore 1000 years of Canadian history as you travel through life-sized townscapes and environments, and meet some of Canada's most remarkable figures. Discover a traditional West Coast aboriginal village and take in the world's largest indoor collection of totem poles. The Museum also features international exhibitions and is home to an IMAX® Theatre.

The Royal Mint

320 promenade Sussex, Ottawa ON K1A 0G8
1 800 276-7714 / www.monnaie.ca

The Royal Canadian Mint's headquarters occupy the historic building in central Ottawa where the Mint was founded in 1908. Today, the Ottawa facility produces hand-crafted collector and commemorative coins, gold bullion coins, medals and medallions. This is where the master tooling is done to create the dies that strike coin designs for both circulation and commemorative issues. The Mint's gold refining and advanced engineering operations are also located here in Ottawa. Take a guided tour to learn more about the exacting skill that goes into precision coin design.

National Arts Centre

53 Elgin Street, at Confederation Square,
Ottawa ON, K1P 5W1 / 613 947-7000
grp@nac-cna.ca / www.nac-cna.ca

Come and experience Canada's best Theatre, Dance and Music. With over 600 performances on our four stages every year the NAC offers something for everyone. The NAC is home to the world-renowned National Arts Centre Orchestra, led by world-renowned violinist/violist, conductor and educator Pinchas Zukerman. Visitors are invited to enjoy world-class dining at Le Café restaurant, which offers a wonderful view of the Rideau Canal for lunch and dinner.

National Gallery of Canada

380 Sussex Drive, Ottawa ON, K1N 9N4
613 990-4888 / www.national.gallery.ca

The National Gallery of Canada is the country's finest art museum and the permanent home of the world's most comprehensive collection of Canadian art, including Inuit art. Its European collection and its modern American collection are considered among the best in the country. A wide-ranging program of special exhibitions is presented year-round.

TRAIN À VAPEUR DE WAKEFIELD / HULL - CHELSEA - WAKEFIELD TRAIN

165, rue Deveault, Gatineau (Québec) J8Z 1S7
Tel.: 819 778-7246 / 1-800-871-7246
Fax: 819 778-5007 / info@steamtrain.ca
www.steamtrain.ca

Travel from Gatineau to Wakefield on one of the last steam trains still running in Canada. Musicians and singers will accompany you on this 64 kilometres roundtrip along the Gatineau River. Once at your destination, you will have 2 hours to explore the picturesque village of Wakefield. Guided tours are included in this 5 hours excursion.

Complexe Amigo

1870 blvd. Maloney Est, Gatineau QC, J8R 3Z4
819 643-5376 / www.complexeamigo.com
info@complexeamigo.com

The Amigo Recreational Complex is much more than karting! This 53 acre site features a 1.1 km lighted track for karts and go-karts equipped with a timing system. We also offer a 30 foot climbing tower with 12 different climbing walls (Vertigo), a Kiddy Kars track (Mini-A), a radio-controlled car track (Hobby 2000), a paintball and speedball field (Tactik Paintball), a Wacky Putt mini-golf, Power Paddler boats and three beach volleyball courts.

Amphibus Lady Dive

For a group reservation, call at 613-524-2221
www.ladydive.com

The Amphibus is the trendiest way to explore Gatineau-Ottawa. Why choose between a boat tour and a bus tour when you can do both? The Amphibus allows you to discover, in a most unique way, national treasures such as Parliament Hill, the Canadian Museum of Civilization and much more! Tickets are available at our Kiosk, corner of Elgin and Sparks streets in Ottawa. Bilingual Tour. Hop On & Hop Off with our Double Decker and Trolley Bus also available.

Adventure North-West

4 road Monhaffey, Chelsea QC, J8B 1N7
819 921-9025 / info@aventure-nord-ouest.ca
www.aventure-nord-ouest

Adventure North West welcomes you in its "Voyageur canoes" and you will experience the history of the period of the fur trade through its historical reconstructions. We also offer our courses and trips by sea kayak, you will live rich experiences with people, land, water and history. You will discover the magic of the Outaouais. We assure you an ambiance that you will remember.

Paul's Boat Line

219 st. Colonnade, Ottawa ON, K2E 7K3
613 225-6781 / paulcruises@netscape.net
www.paulsboatcruises.com

Paul's Boat Lines Limited is Ottawa's premiere sightseeing venue. We are proud to offer quality sightseeing cruises on the Historic Rideau Canal as well as on the famous Ottawa River. Paul's Boat Lines was founded in 1936. Since that time, cruising with Paul's Boat Lines has been a part of the Spring, Summer and Autumn Ottawa experience. We have been pleased and proud to entertain and host families and groups from all over the world.

RESTAURANTS

BUFFET DES CONTINENTS



4, Gare-Talon, Gatineau (Qc) J8T 0B1
Tel.: 819 561-1099 / Fax: 819 561-7393
www.lebuffetdescontinents.com

Le buffet des Continents is a unique and stylish restaurant of international flavor offering a most incomparable daily menu consisting of over 150 dishes. Whether you prefer Greek, Italian, Canadian, Chinese, French, Mexican or Mediterranean dishes, Le Buffet des Continents guarantees that you will find your favorite. An unbeatable salad bar along with an unimaginable choice of desserts will surely satisfy every palate. With a seat capacity of over 650 places, they will accommodate large groups and offer ample free parking that is ideal for tour buses. For lunch, brunch or diner, you can be sure that they will offer you incredible group rates! Visit also our restaurants in Trois-Rivières, Sherbrooke and Québec.

La Ferme Rouge

1957 road 148, Gatineau QC, J8M 1P3
1 888 986-7013
www.fermerouge.ca restaurant@fermerouge.ca

Located 20 minutes from Parliament Hill, our 525 seat restaurant offers delicious food and great entertainment to over 60 000 clients every year. Complimentary shows feature the sensational voices and superb choreography of the restaurant's dynamic servers. Although the generous portions of chicken and prime aged Alberta beef are renowned, the seafood buffet remains a Ferme Rouge favourite! Group menus also available.

LODGING

HILTON LAC-LEAMY

3, boul. du Casino, Gatineau (Québec) J8Y 6X4
Tel.: 819 790-6444 / 1-866-488-7888
Fax: 819 790-6408 / www.hiltonlacleamy.com

A 349-room complex of incredible comfort featuring a range of restaurants, a fitness centre, spa, marina, footpath and bicycle path, interior and exterior pools opened year-round. All these amenities seamlessly linked to the conference centre, the Théâtre du Casino and the Casino du Lac-Leamy. Only five minutes from downtown Ottawa, the Hilton Lac-Leamy, so much more than a dream.

RAMADA PLAZA HÔTEL LE MANOIR DU CASINO

75, rue Edmonton, Gatineau (Québec) J8Y 6W9
Tel.: 819 777-7538 / 1-800-296-9046
Fax: 819 777-0277 / manoir.casino@sympatico.ca
www.ramadaplaza-casino.com

Four star Hotel, across the street from the Casino Lac Leamy, 4 km from Parliament Hill. All rooms equipped with fireplace & therapeutic bath. Indoor spa, sauna, exercise room & beauty salon. Group menus available at restaurant Bifthèque of 360 seats. Full buffet breakfast is included in our rates.

CHÂTEAU CARTIER HÔTEL - CONFÉRENCE - GOLF & SPA

1170, chemin Aylmer, Gatineau (Québec)
J9H 7L3 / Tel.: 819 776-7930 / 1-800-807-1088
Fax: 819 777-7161
jacques.lafontaine@chateaucartier.com
www.chateaucartier.com

The Chateau Cartier is a resort nestled on 152 acres of land and located only 8 minutes from Downtown Ottawa. We offer luxurious accommodations, conference space, an 18 hole golf course and a full service fitness center and spa. Perfect location to combine work and pleasure, come to enjoy!!

HOLIDAY INN PLAZA LA CHAUDIERE

2, rue Montcalm, Gatineau (Québec) J8X 4B4 / Tel.: 819 778-33040, ext. 202 / 1-800-567-1962 / Fax: 819 778-3309 / mdonoghue@rosdevhotels.com
www.rosdevhotels.com

FOUR POINTS BY SHERATON HOTEL & CONFERENCE CENTRE GATINEAU-OTTAWA

35 Laurier Street, Gatineau (Québec) J8X 4E9
Tel.: 819 778-6111 / 1-800-567-9607 / Fax: 819 778-8548 / lbelanger@fourpointsgatineau.com
www.fourpoints.com/gatineau

Centrally located across the Canadian Museum of Civilizations overlooking Canada's Parliament Buildings, this hotel offers 201 rooms, 113 with two double beds. The indoor pool, whirlpool, fitness area and Café Laurier restaurant and lounge invites you to simple comforts. In the heart of the action, this hotel will charm you.

Best Western Cartier

131 Laurier street, Gatineau QC, J8X 3W3
1 800 265-8550 / www.bwcartier.ca

Located within walking distance to downtown Ottawa and in close proximity to Gatineau Park. Our Hotel offers 133 freshly renovated rooms on nine floors, ranging from standard rooms to junior suites and features in-room coffee, a heated indoor pool, complimentary high-speed wireless internet in all guestrooms.

HÔTEL CLARION & CENTRE DE CONFÉRENCE GATINEAU - OTTAWA

111, Bellehumeur, Gatineau (Québec) J8T 6K5
Tel.: 819 568-5252 / 1-877-568-5252
Fax: 819 568-0753 / clarion@clarion-gatineau.ca
www.hotelclariongatineauottawa.com

Located only minutes away from the National Capital (Ottawa) the Casino, the Museums, the Steam Train and all other major attractions, Clarion Hotel & Conference Center, a four star hotel, offers 116 spacious rooms in a smoke free environment, heated outdoor pool and landscaped terrace, a fitness center and massotherapy, a restaurant with fine dining and free parking.

Countryside Experience

ATTRACTIONS

Potager Eardley

398 road Eardley, Gatineau Qc, J9J 2Y9
819 684-0273 / www.potagereardley.com

This agritourism farm grows fruits and vegetables, including strawberries, raspberries, blueberries, sweet corn, pumpkins, and squash. Experience the pleasures of picking your own fruit. Potager Eardley also produces artisanal ice cream, gelato, sorbet, and frozen yogurt.

Laflèche Adventure

255 Principale Road, Val-des-Monts QC, J8N 4B7
1 877 457-4033 / info@aventurelafleche.ca
www.laflecheadventure.ca

Located in Val-des-Monts, 25 minutes North of Ottawa and Gatineau, are the fascinating Laflèche Caves. You can explore an underground world formed over 20,000 years ago. Travel down the numerous shafts and tunnels to depths of 402 meters as you discover the spectacular colors and formations in these dry and spacious naturally formed galleries. Aerial park: the longest, largest and highest aerial park in North America, with 82 bridges suspended at the top of trees… Each one is a challenge in itself. Open year-round. Reservations required.

Nordik Adventure

85 road Perdrix, Val-des-Monts Qc, J8N 7A1
819 671-7273
www.siberkan.com / musherland@hotmail.com

Discover the paradise of the Adventurers in the Collines-de-l'Outaouais. In the heart of the forest, come and share an unforgettable dogsledding experience for up to 7 days. Imagine the freedom of being pulled by energetic Nordic dogs along trails

surrounding valleys and mountains in a winter wonderlandIt is your chance to learn how to drive your own sled with the help of the qualified guides. Groups are welcome and reservations are required. Warm clothing is a must!

Gatineau Park

33 Scott Road, Chelsea, QC J9B 1R5
1 800 465-1867 / gpvisito@ncc-ccn.ca
www.canadascapital.gc.ca/gatineau

Right in the backyard of the National Capital Region is the 363 km2 of forest and hills known as Gatineau Park where recreation, nature observation and interpretation are all easily accessible by bus. Gatineau Park is a four-season paradise with activities such as hiking and cycling, mountain biking, swimming, camping, canoeing, cross-country skiing, downhill skiing and snowshoeing. The park is also home to the magnificent Mackenzie King Estate and several special events. The Gatineau Park Visitor Centre offers informationto your groups, a permanent exhibition and a gift shop. Open year round.

Olivier Soapery in Chelsea

205 Old Chelsea Rd, Chelsea QC, J9B 1J3
819 827-8885 / www.olivierchelsea.com
experienceolivier@olivierchelsea.com

The Olivier Soapery upholds the tradition of artisanal soapmaking and offers over 140 natural hand-made products. Join us for an entertaining and educational demonstration of soapmaking. They are free of charge and available in English and French, from May to October. You will discover some surprising stories from the history and secrets of soapmaking! The Chelsea Olivier Soapery is situated on the edge of Gatineau Park, 10-minute drive from Ottawa.

Dunn-D's mini golf

11 road Notch, Chelsea QC, J9B 1G5
819 827-8056
info@dunnds.com / www.dunnds.com

Discover the most spectacular mini-golf in the Gatineau-Ottawa Region. The challenge and the beauty of the natural setting of the 18-hole course make a visit to our mini-golf an unforgettable experience. In addition, the first nine holes are accessible to persons with reduced mobility. You'll have a great time…every time!

Eco-Odyssey, the new water labyrinth!

www.eco-odyssee.ca

Located on a natural site minutes from the village of Wakefield, this water labyrinth stretches over 6 kilometres and features 50 intersections where you and your group will enjoy a fun and educational experience. Select your adventure and feel the mystery of the marshlands from the comfort of your pedal boat. Learn more about the marshland wildlife and vegetation and experience the tranquillity of this unforgettable tour.

Mackenzie King Estate

Gatineau Park / Tel.: 819 827-2020 or
1 800 465-1867 / gpvisito@ncc-ccn.ca
www.canadascapital.gc.ca/gatineau

This former cottage retreat of William Lyon Mackenzie King, Canada's tenth prime minister, is open to the public and is part of Gatineau Park. Visitors can stroll through the 230-hectares estate and discover the famous gardens and ruins. There are interpretive guides, audiovisual presentations that offer a view of Canada during King's time as leader. Stop for a meal at the Mackenzie King Tearoom and check the events list for various special family activities (see seasonal events). Groups must reserve. Open mid-May to mid-October, daily, from 11 a.m. to 5 p.m.

National Park of Plaisance

1001, Presqu'îles Road, C.P. 40,
Plaisance, QC J0V 1S0
Tel.: 819 427-5350 / parc.plaisance@sepaq.com
www.sepaq.com/plaisance

Discover this paradise along with the ducks, the herons, the ospreys and dozens of other species that have decided to spend their summer in the Outaouais. A wonderful getaway in the heart of nature! Led by a park's warden, a cruise can take you into the heart of an archipelago whose scenic vistas define the beauty of Plaisance's national park. Discover the joys of camping in Parc national de Plaisance without the bother of bringing all your equipment. In addition to the yurts accommodation concept, the park now offers a ready-to-camp experience with its Huttopia tent formula.

NORDIK (LE) - SPA EN NATURE

16, chemin Nordik, Chelsea (Québec) J9B 2P7
Tel.: 819 827-1111, ext. 332 / 1-866-575-3700
Fax: 819 827-5059 / mtrotier@lenordik.com
www.lenordik.com

Enjoy a unique experience in the heart of nature, at the entrance of the Gatineau Park. Nordic baths, massage therapy, relaxation and gourmet packages... come revitalize your senses. Open all year round, 7 days a week. Only 10 minutes from downtown Gatineau - Ottawa.

Omega Park

Route 323, Montebello QC / Tel.: 819 423-5487
info@parc-omega.com / www.parc-omega.com

At the wheel of your car, follow a winding 10-km road in this 1,500-acres park and discover animals living in the wild. The park's mission and its formula, which is unique in Québec, allow you to discover several species of wild animals living free in their natural habitat throughout the year. Observe animals such as bison, wapitis, black bears, fallow deer, white-tailed deer, moose, mountain ibex, boars, foxes, timber wolves, arctic wolves and small, regional animals. Then, leave the car behind and hike along two interpretation areas in the forest, among white-tailed deer, and explore our moose-observation path. The 4 hiking trails are in a protected zone, with no dangerous animals.

RESTAURANTS

Chelsea Pub

238 road Old Chelsea, Chelsea QC, J9B 1J3
819 827-5300
www.chelseapub.ca / info@chelseapub.ca

After a day of cross-country/downhill ski or a hike with snowshoes in the Gatineau Park, stop at the Chelsea Pub for a bistro meal in a relax and friendly environment.

L'Orée du Bois

15 road Kingsmere, Chelsea QC, J9B 1R7
819 827-0332 / www.oreeduboisrestaurant.com
info@oreeduboisrestaurant.com

Only 15 minutes away from the city and near the entrance to Gatineau Park, come and discover flavourful French and local cuisine in a rustic, romantic decor.

LODGING

AUBERGE DU DRAVEUR

85, rue Principale Nord, Maniwaki (Québec) J9E 2B5
Tel.: 819 449-7022 / 1-877-449-7022
Fax: 819 449-2081 / hotel@aubergedraveur.qc.ca
www.aubergedraveur.qc.ca

Treat yourself to the Auberge du Draveur. Enjoy our 3 saunas, outdoor pool and spas heated year round, all free with your room. Take time to relax under the expert hands of our massage therapists. Attractions: golf, bike trails, canopy walks, zip lines. Parking and room free for driver.

The Wakefield Mill

60 road Mill, La Pêche QC, J0X 3G0
1 888 567-1838 / www.wakefieldmill.com

A short 25 minute drive from Ottawa, The Wakefield Mill Inn & Spa offers unique accommodation within the natural beauty of the Gatineau Park. Discover this extraordinary and historic haven that includes 27 guest rooms, four executive retreat function rooms, regional fine dining and a full-service destination spa.

The Nordik Lodge

16 road Nordik, Chelsea QC, J9B 2P7
1 866 575-3700 / www.lenordik.com

Located just a stone's throw from Le Nordik - Nature Spa, the Nordik Lodge, a modern yet rustic feeling pavilion made of wood and large windows offering an impressive view, can comfortably accommodate up to 12 guests for the night, or 50 guests for a reception. The Nordik Lodge is a peaceful and welcoming setting to bring everyone together. Everything is in place to make your stay a most relaxing and peaceful one.

Fairmont Le Château Montebello

392 st. Notre-Dame, Montebello QC, J0V 1L0
1 800 441-1414 / www.fairmont.com/fr/montebello

Conveniently located half way between Montreal and Ottawa, the world largest log castle truly represents what you would expect of a "True Canadian Experience". This architectural marvel offers 211 rooms while an exquisite menu featuring regional products is available at two restaurants. Beautiful surroundings and year-round activities offer over 40 exciting adventures.

Ranch d'Amérique

516 montée Bernard,
Saint-Émile-de-Suffolk QC, J0V 1Y0
1 866 758-2607 / www.ranch-amerique.com

This enchanting inn offers single or double occupancy rooms with bathrooms. A bar with a pool table and a seating area are available for all guests within the main hall . All our rooms are well lit and have a beautiful view. An ideal location for a countryside meal or a mechoui. We also offer a choice of venison. ATV rides and an introduction to hunting are other available activities.

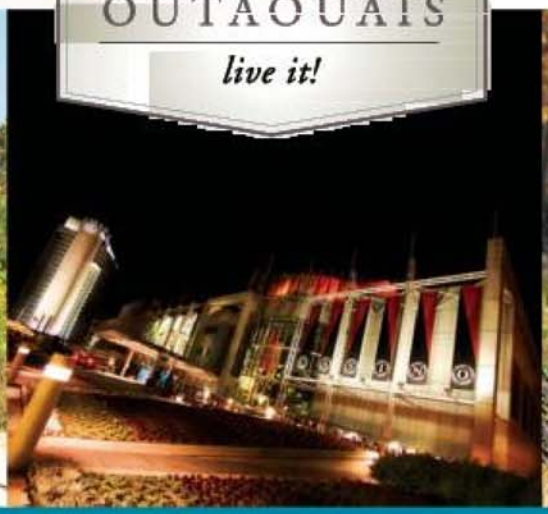
TAKING YOU AWAY

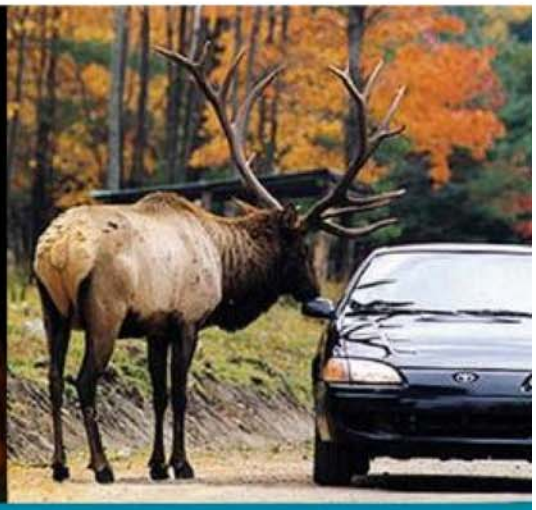
IT'S IN OUR NATURE

OUTAOUAIS

live it!







THE OUTAOUAIS REGION, next door to Ottawa and only a two-hour drive from Montréal!

The Outaouais and the City of Gatineau effortlessly blend big city excitement and the wonders of nature with its four-season line-up of outdoor and cultural activities.



WAKEFIELD MILL INN AND SPA

Imagine a place so serene, yet so conveniently close to Ottawa-Gatineau… First built in 1838, The Wakefield Mill Inn and Spa is now a charming, four-star country inn surrounded by the splendid Gatineau Park and the picturesque village of Wakefield. We offer 27 unique guest rooms, a dining room specializing in fine cuisine québécoise, a full-treatment spa with outdoor massage tent, hot tub and relaxation areas, four meeting/banquet rooms, as well a cozy fireplace lounge.

Lynn Berthiaume | Innkeeper | Tel: 819-459-3475, ext. 105 | Toll-free: 888-567-1838
Fax: 819-459-1719 | lynn@wakefieldmill.com

Le Moulin Inn & Spa The Wakefield Mill



CANADIAN MUSEUM OF CIVILIZATION

Discover Canada's culture as you travel across 1,000 years of history through life-size reconstructions, get acquainted with remarkable individuals who have shaped our nation and admire the largest indoor collection of totem poles. The Museum also presents international exhibitions and includes the Children's Museum, the Postal Museum and the IMAX Theatre – now 3D!

Stephanie Fortin | Tourism & Marketing Officer | 100 Laurier Street, Gatineau
819-776-7086 / 1-800-555-5621 | www.civilization.ca | stephanie.fortin@civilization.ca

Musée canadien des civilisations | Canadian Museum of Civilization

Canada Economic Development | Développement économique Canada | Canada | Québec | VIA Rail Canada | OUTAOUAIS TOURISM



CANADIAN WAR MUSEUM

Embark on an exciting journey through the personal, national and international dimensions of Canada's military history. The Museum's unparalleled collection, ranging from medals and works of art to military artillery, including a CF-Voodoo jet fighter, brings home the moving first-hand accounts of the women, men and children who lived through conflicts.

Stephanie Fortin | Tourism & Marketing Officer | 1 Vimy Place, Ottawa
819-776-7086 / 1-800-555-5621 | www.warmuseum.ca | stephanie.fortin@civilization.ca

CANADIAN WAR MUSEUM / MUSÉE CANADIEN DE LA GUERRE



HOLIDAY INN

Minutes from Canada's Parliament and the National Capital Region's many attractions, our 4 Star property is a great place within the city, to escape from the city. Experience great views of the Ottawa River, L'Île du Parc or even our interior courtyard, from every room. Enjoy a Canadian breakfast buffet, featuring REAL Maple Syrup from Québec, in La Jardinière Restaurant.

Véronique Massie | Account Executive | Holiday Inn Plaza La Chaudière
2 Montcalm, Gatineau, Quebec J8X 4B4 | Tel: 819-778-3040 ext. 210 | Fax: 819-778-3309
Toll-Free: 800-567-1962 | vmassie@rosdevhotels.com | www.rosdevhotels.com

Holiday Inn Plaza la Chaudière Gatineau • Ottawa



LE NORDIK

ENJOY A UNIQUE RELAXATION EXPERIENCE IN THE HEART OF NATURE. Located at the entrance of Gatineau Park, Le Nordik is a relaxation spa dedicated to the practice of relaxation techniques from the Nordic countries. Our services include Nordic baths, massage therapy, body treatments, restaurant, lodging and business meeting facilities. Open year round, 7 days a week. Only 10 minutes from downtown Gatineau-Ottawa.

Marianne Trotier | Account Executive | mtrotier@lenordik.com ext. 332
819-827-1111 | 1-866-575-3700 | 16, chemin Nordik, Chelsea, Quebec J9B 2P7 | www.lenordik.com

lenordik NATURE SPA



LE CHÂTEAU CARTIER

Combining modern and classic elements, The Château Cartier offers splendid accommodations, breathtaking panoramic views and an array of on-site activities. Château Cartier overlooks 152 lush green acres of our Championship Golf course and the majestic Ottawa River. We offer 2 restaurants; Ekko Lounge located in the lobby and Ekko brazilien grill perfect choice for any occasion, big or small.

Christian Claude | Director of Sales | Tel: 819-776-7965 | Fax: 819-777-7161
christian.claude@chateaucartier.com

Château Cartier HOTEL • CONFERENCE • GOLF & SPA



ECO-ODYSSÉE

Choose an adventure that sparks your group's interest and embark on a journey to appreciate the splendor of the marsh, while comfortably seated in a pedal boat!. During this excursion, animal replicas will allow participants to navigate in a 6.4 km maze and to learn more about the marsh's ecosystem. They will discover nature at its most remarkable at the heart of the Outaouais, just 30 minutes from Gatineau-Ottawa. For more information on our different adventures, contact us!

Danielle Rocheleau | 52, Chemin des Sources, La Pêche (Wakefield), Quebec J0X 3G0
819-459-2551 | info@eco-odyssee.ca | www.eco-odyssee.ca



CASINO DU LAC-LEAMY

WE'RE ALL PLAY! Located only five minutes from Parliament Hill, the Casino du Lac-Leamy is the heart of a magnificent urban resort that is also home to the five-star Hilton Lac-Leamy. The Casino combines the fun of gaming with more than 60 gaming tables and 1800 slot machines, the delight of fine dining with a variety of restaurants. This outstanding venue promises nothing short of an unforgettable getaway.

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CASINO LAC-LEAMY



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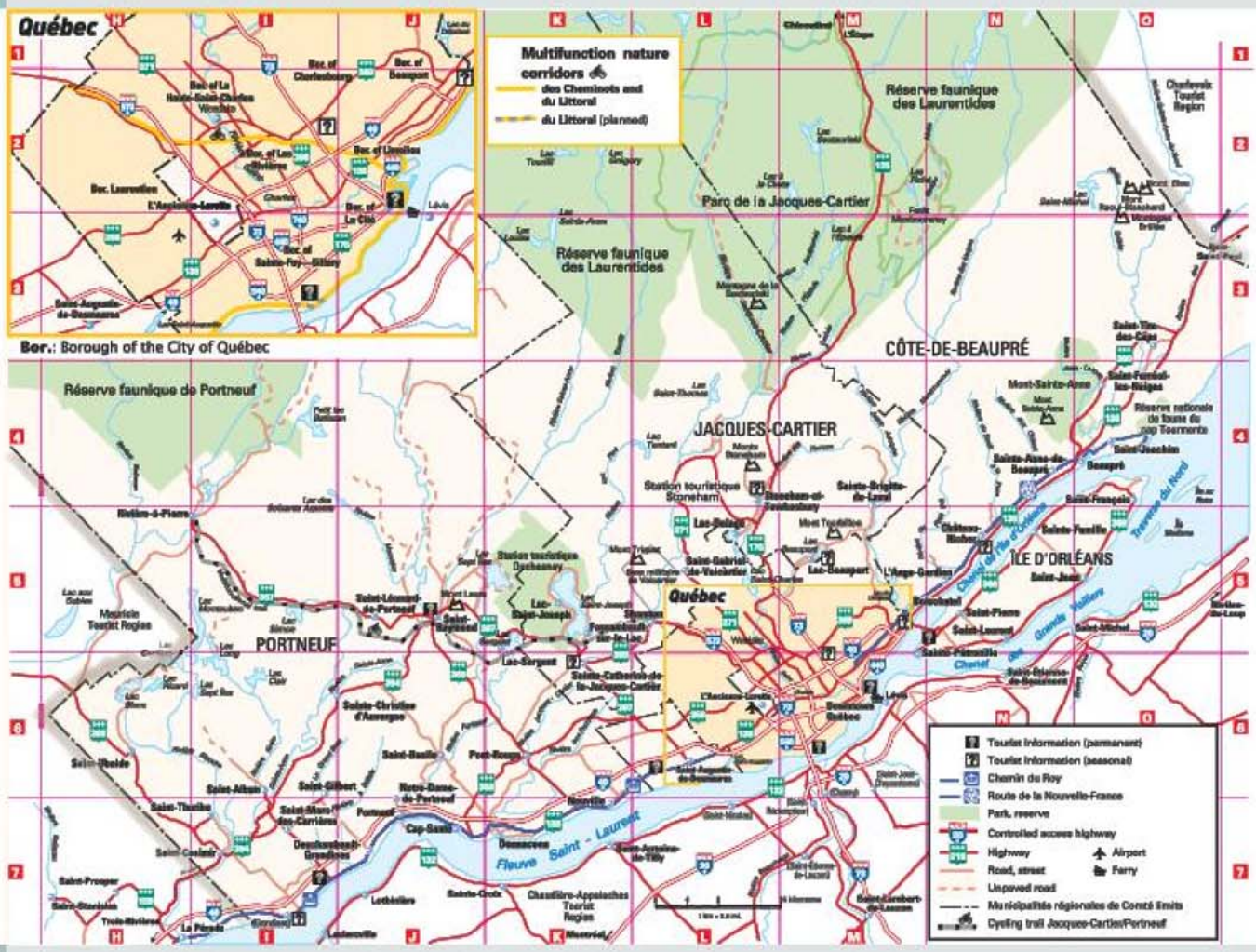
TO CONTACT US: **Tel: 819-778-2530 ext. 208 or 1-800-265-7822 (for US and Canada)**

KTO-4686_03/10

Cradle of French civilisation in North America, Québec City celebrated in 2008 its 400th anniversary. Québec City is nonetheless far from being a stuffy museum town – it is a modern, people-friendly city that is resolutely turned towards the future. Its historic district is renowned for a unique European charm and its beautiful and well preserved architecture. Walk the little streets where boutiques and cafés are lined up or along the Cap Diamant cliff over the St. Lawrence River or visit one of the many international-class museums. Old Québec is a live history book. It is a World Heritage Site of UNESCO. Québec is also known for its fine cuisine. Be it continental cuisine or a culinary creation by a great chef, the choice is yours. Québec City is but a few minutes from great outdoor sites: Mont Sainte-Anne for skiing, Parc de la Jacques-Cartier for canoeing, rafting and cross-country skiing, and a host of parks ideal for hiking and biking.

Québec
Québec City Tourism

Québec City Tourism
418-641-6654
info@quebecregion.com
www.quebecregion.com



events calendar









2010

Aurora Borealis
Year-round, 2010

May

250th Anniversary of the Battle of Sainte-Foy
May to September
418-649-6157
www.theplainsofabraham.ca

June

Rendez-vous naval de Québec
June 3 to 6
418-653-4455, ext 479
www.rendezvousnaval.com

Québec Air Show
June 11 to 13
418-627-5527, 1-877-627-5527
www.spectacleaerien.qc.ca

The Image Mill- 2010
June 22 to September 6

Les Chemins invisibles ™ (The invisible Paths) Street event created by Cirque du Soleil®
June 24 to Labour Day (Dates to be confirmed)

July

Festival d'été de Québec (Québec City Summer Festival)
July 8 to 18
1-888-992-5200, 418-529-5200
www.infofestival.com

Saint Anne's Novena and Saint Anne's Feast Day
July 17 to 26
418-827-3781
www.ssadb.qc.ca

Loto-Québec International Fireworks Competition
July 24 to August 11
418-523-3389, 1-888-934-FIRE
www.quebecfireworks.com

Pow-Wow
July 30 to August 1
418-847-1835, 1-888 936-3253
www.tourismewendake.com

August

SAQ New France Festival
August 4 to 8, 2010
418-694-3311, 1-866-391-FETE (3383)
www.nouvellefrance.qc.ca

Plein Art
August 4 to 15
418-694-0260
www.metiers-d-art.qc.ca

Plaines Lunes
August 17 to 21
418-649-6157
www.lesplainesdabraham.ca

Expo Québec
August 18 to 29
418-691-EXPO 1-888-866-EXPO
www.expoquebec.com

Québec City International Festival of Military Bands
August 24 to 29
418-694-5757, 1-888-693-5757
www.fimmq.com

September

Québec City Celtic Festival
September 3 to 5
418-694-9147
www.morrin.org

La Grande fête de la Côte-de-Beaupré
September 3 to 6
418-827-5256, 1-877-224-3439
www.lagrandefete.com

Québec's Jazz Festival
September 29 to October 3
418-529-3111
www.jazzaquebec.ca

Great Colour Adventure
September 18 to October 11 (Weekends only)
418-827-4561, 1-888-827-4579
www.mont-sainte-anne.com

October

Québec Festival of Sacred Music
October 21 to 31
418-525-9777, 1-866-525-9777
www.festivalmusiquesacree.ca

2011

January

Nordic Arts and Life Festival
January to April (Dates to be confirmed)
418-875-4522, 1-877-505-0423
www.hoteldeglace-canada.com

Québec Winter Carnival
January 28 to February 13
418-626-3716, 1-866-422-7628
www.carnaval.qc.ca

must see

- **Musée de la civilisation**
  www.mcq.org
- **Musée national des beaux-arts du Québec**
  www.mnba.qc.ca
- **Sanctuaire de Sainte-Anne-de-Beaupré**
  www.ssadb.qc.ca
- **Tourisme Wendake**
  www.tourismewendake.com
- **Parc de la Chute-Montmorency**
  www.sepaq.com/chutemontmorency
- **Parc Aquarium du Québec**
  www.sepaq.com/aquarium
- **Hôtel de Glace**
  www.hoteldeglace-canada.com
- **Village Vacances Valcartier**
  www.valcartier.com
- **Parc national de la Jacques-Cartier**
  www.sepaq.com/pq/jac/fr/

tourist circuits

Chemin du Roy

Linking Montréal to Québec city since 1737, "Chemin du Roy" (Route 138), was the first road in Canada suitable for vehicle travel. Officially listed as a "Green Road", it provides safe bicycling pleasure from Saint-Augustin-de-Desmaures to Deschambault-Grondines. A wide range of well-preserved heritage homes, representative of early-day architecture, are to be found on this 50 km section of road that leads you through typical villages. Inns, restaurants, artisan workshops and old general stores welcome you. On Chemin du Roy, you will discover exceptional views on the St. Lawrence River as well as a rich architectural and religious heritage.

www.lecheminduroy.com



The Route de la Nouvelle-France

Identified with signs illustrating the Coat of Arms of the Nouvelle-France, this 50 kilometre trail invites you to wind along the magnificent and historical avenue Royale (Route 360), passing through the beautiful district of Beauport and the municipalities of Boischatel, L'Ange-Gardien, Château-Richer, Sainte-Anne-de-Beaupré, Beaupré and Saint-Joachim, where settlement began as early as 1636. This old route, one of the oldest in Québec, reveals close to thirty attractions depicting the culture, heritage, history, as well as agrotourism, all adding to the spectacular scenery and atmosphere of this old historical route. The Route de la Nouvelle France map and brochure are available, free of charge, in the Tourist Information Centres.

www.cotedebeaupre.com



VivaCité Trail

The VivaCité Trail is a trail that leads the pedestrians down a path that is brimming with discoveries. The ground markers (green and blue circles marked on the sidewalks) make it easy to follow. It will take pedestrians on a discovery of the neighbourhoods that surround Old Québec; lovely parks, historic attractions, public squares, popular streets and a wide variety of shops await them.

www.parcoursvivacite.com



TRAVEL INFORMATION

OFFICE DU TOURISME DE QUÉBEC

399, rue St-Joseph Est, 2e étage, Québec (Québec) G1K 8E2 / Tel.: 418 641-6654 ext. 5422 / Fax: 418 641-6578 / francois-jean.viel@quebecregion.com www.quebecregion.com

Québec City is recognized bu United Nations as a world heritage treasure. The role of the Québec City Tourism Office is to help you bring your clients (groups, F.I.T...) in our region. The services we provide are: itinerary planning, package co-ordination, promotional material, suggesting sightseeing, activities, restaurants and arranging familiarization tours.

OTHERS

CICERONE

51, rue des Jardins, suite 302, Québec (Québec) G1R 4L6 / Tel.: 418 977-8977 / Fax: 418 977-8978 steevegaudreault@cicerone.ca / www.cicerone.ca

Enjoy an authentic Québec City experience through entertaining tours conducted by true characters of New France (certified guides). As proud ambassadors of Québec City, they will take you off the beaten paths. A wide range of services is offered year-round in French, English and Spanish: Walking tours; step-on, private and driver guides; tour directors and more…

ÉCOLE DE TOURISME, D'HÔTELLERIE ET DE RESTAURATION DU COLLÈGE MÉRICI (ETHR) (L')

755, Grande Allée Ouest, Québec (Québec) G1S 1C1 Tel.: 418 683-1591 / 1-800-208-1463 / Fax: 418 682-8938 / reception@college-merici.qc.ca www.college-merici.qc.ca

The ETHR offers a variety of programs in tourism, hotel and restaurant management. (Three of them leading to a Quebec Diploma of College Studies, seven to a certificate diploma and two short programs certificate). Our Customized Training Service stands out by offering training programs tailored to meet the needs of our clients. Instructors are hired from the industry.

GROUPE VOYAGES QUÉBEC INC.

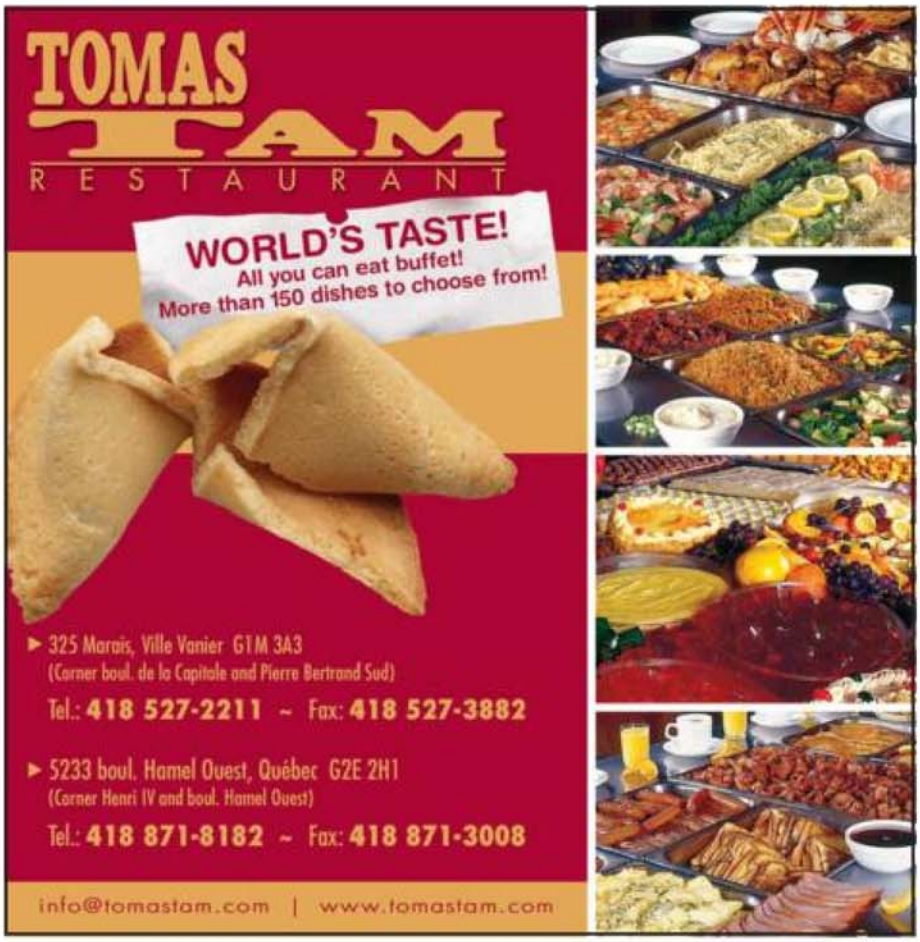
174, Grande-Allée Ouest, Québec (Québec) G1R 2G9 Tel.: 418 525-4585 / 1-800-463-1598 / Fax: 418 525-8411 / infos@gvq.qc.ca / www.gvq.ca

RECEPTIVE SERVICES

INTERCRUISES CANADA

5, rue Rioux, Québec (Québec) G1K 9H8 Tel.: 418 692-2212 / Fax: 418 694-3435 info@destinationcn.com / www.destinationcn.com

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Ghost Tours of Québec

418 692-9770 / Fax: 418 692-0298
www.ghosttoursofquebec.com

As the sun begins to set, the costumed tour guide at Ghost Tours of Québec strikes a match and lights his lantern. A hush settles over the tour group, for they know they will be walking down cobble stone streets to hear 300 years of murders, executions, mysteries and ghost sightings. A nightly storytelling walking tour that engages the imagination in the darker side of Québec history. Open from April 1 to October 31. Tours available in English, French and Spanish.

Old Québec

Old Québec or Vieux-Québec is the heart of the walled city. For touring purposes, it is best experienced on foot, as is much of downtown Québec City. The image of Château Frontenac dominates the area, but you will also find many beautiful historical churches and museums. From this vantage point, you have a panoramic view of the St. Lawrence River and waterfront areas of Place-Royale, Quartier Petit-Champlain and the Old Port.

ATTRACTIONS

CAPITOLE DE QUÉBEC (LE)

972, rue St-Jean, Québec (Québec) G1R 1R5
Tel.: 418 694-9930 ext. 211 / 1-800-261-9903
Fax: 418 694-9924 / desmeulesv@lecapitole.com
www.lecapitole.com

Located in the heart of the Old-Québec, just steps away from the Convention Center, Le Capitole now stands as the favorite destination for tourists and business guests looking for an outstanding place. Catch the Capitole's spirit: • Two Theatres (1,262 seats and 565 seats). Capitole's venue welcomes up to 1,262 persons in total or up to 650 for business meetings; • 3 private board rooms suitable for 12-55 persons; • Dinner-show formula for special or gala evening; • Hotel counts 40 rooms & junior suites; • Ristorante Il Teatro welcomes more than 80 guests and serves Italian fine cuisine. Le Capitole, one of the great ways to experience unique moment and the perfect place to mix business with pleasure!

Museum of French America / Québec Seminary Historical Site

2, Côte de la Fabrique, C.P. 460, Québec G1R 4R7
Tel.: 418 692-2843 / Fax: 418 646-9705
Watt: 866 710-8031 / www.mcq.org

On the historical site of the Québec Seminary dating to 1663, the Musée de l'Amérique française, the oldest museum in Canada, bears witness to the establishment of the French culture in North America. Turned towards the history, its program of exhibitions invites to relive the great adventure of the French-speaking people in America. Special rates for groups.

Notre-Dame-de-Québec Basilica-Cathedral

20 De Buade St. / 418 694-0665 / Fax:
418 692-5860 / www.patrimoine-religieux.com

The parish of Notre-Dame is the oldest in North America. Built on this site since 1647, the Cathedral was destroyed two times by fire throughout the centuries. The actual Cathedral richly decorated has impressive works of art: baldaquin, canopy, Episcopal throne dais, stained-glass windows, paintings, chancel lamp (gift from Louis XIV). Four governors of New France and the bishops of Québec are buried in the crypt. François de Laval, Québec's first bishop is buried in the Cathedral. Guided tours from May to October, upon reservation the rest of the year. Free admission.

QUÉBEC EXPÉRIENCE

8, rue du Trésor, 2e étage, Québec (Québec) G1R 4L9
Tel.: 418 694-4000 / Fax: 418 694-4001
quebecexperience@oricom.ca
www.quebecexperience.com

A 3D multimedia show that appeals to all the senses and takes you back to the midst of Quebec history. 3D sound and imagery, water screen, virtual characters, animated set and special effects.

The Fort Museum (Musée du Fort)

10, rue Sainte-Anne, Québec QC G1R 4S7
Tel.: 418 692-1759 / Fax: 692-1352
www.museedufort.com

This museum presents a sound and light show that recreates the six attempts to take the city over the years. The military history is related using a spectacular 36 m² (400 sq. ft.) historic model of Québec City in 1759 along with the latest visual and audio technology. Permanent exhibitions with artifacts complete the show. Both educational and entertaining! Admission fee.

LODGING

HOTEL CHATEAU BELLEVUE

16, de la Porte, Québec (Québec) G1R 4M9
Tel.: 418 692-2573 / 1-800-463-2617
www.hotelchateaubellevue.com

Only steps from the Terrasse Dufferin and the Citadel, this charming European style hotel overlooking Parc des Gouverneurs and the St. Lawrence River is sure to delight with its cozy and intimate atmosphere. A world of discovery awaits you in the heart of Old Québec! Hôtel Château Bellevue is your gateway to the magnificent history of the Old Capital. 58 rooms.

The Fortifications of Québec

When Samuel de Champlain discovered the site where Québec now stands, he realized the strategic importance of the site with its high cliffs. For six decades, the fortifications of Québec City stood up against invasion, until Montcalm's defeat at the hand of Wolfe and the British in 1759. The military history of Québec City can be found at many sites, many of which date back to the 17th century and still stand today.

ATTRACTIONS

Artillery Park National Historic Site

2, rue D'Auteuil Québec QC G1K 7R3
Tel.: 418 648-4205 / Fax: 648-2506
Watt: 888 773-8888 / www.pc.gc.ca/artillerie/

The Artillery Park played an extremely important role in the history of Québec City. The French built various defensive works there in the 17th and 18th centuries, while barracks were gradually built in this area in the mid-18th century. The Royal Artillery Regiment was garrisoned on the site until 1871. A cartridge factory set up in the Artillery Park in 1879 provided ammunition to the Canadian army until the factory closed in 1964. Visit unique historic buildings in Québec: the Dauphine Redoubt (1712) and its sumptuous setting of the officers' mess, the vaults and casemates; the Officers' Quarters (1818), with period furniture and restored chambers reflecting the decor of the era; the old iron foundry (1901), industrial architectural building containing remains of a British powder magazine. See a famous scale model of Québec (1806) and several exhibits. Historic characters in period costumes, guided tours and audio guide available. July to September, daily musket demonstration.

Fortifications of Québec (National Historic Site of Canada)

100, rue Saint-Louis, Québec QC G1K 7R3
Tel.: 418 648-7016 / Watt: 1-888-773-8888
Fax: 418-648-7872 / www.pc.gc.ca/fortifications/

This commanding wall, declared a historical monument in 1957, forms a 4.6 kilometre-long defensive belt around the old city. A sentry path lined with interpretation signposts runs atop the ramparts and gates, allowing the visitor to understand the evolution of the defense system of the last fortified city remaining north of Mexico City. Two guided walking tours are available (90 min.); leave from Dufferin Terrace (boardwalk) and at 100 St-Louis Street. Visit the Esplanade powder magazine (1815), one of the few remaining and only fully restored of such structures in Québec City; and the fortifications interpretation centre, which recreates the history of the city's defenses, a 3-D virtual reconstitution of the system as it was in 1815.

Guided tours at the Fairmont Le Château Frontenac

1, rue des Carrières, Québec G1R 4P5
Tel.: 418 691-2166 / Fax: 418 691-3762
www.tourschateau.ca

Guided tours of the Château Frontenac. Charmed by a character right out of the late 19th century, feel the atmosphere of the famous "Château". Departure on the hour, duration 50 minutes. Reservations necessary. Call at 418 691-2166 for information and reservations. Special rates for groups.

Citadelle de Québec (La) / The Royal 22e Régiment Museum

Tel.: 418 694-2815 / Fax: 418 694-2853
information@lacitadelle.qc.ca
www.lacitadelle.qc.ca

The citadelle of Québec is the most important fortification built by the British in North America and the only one to preserve its status of military garrison. Even though it was built in 1820, the Citadelle conserves defensive works of the French regime. Built on the highest natural point of the city, she offers an incomparable view of the immediate region of the city. The Citadelle is part of the fortifications of Québec, and for this reason, is a national historical site. Head office to the Royal 22e Régiment. The tour of the museum offers an incursion into the military life of Canada from the French colonial period till today. New exhibits, guided tours and during summer, the Changing of the Guard and Beating of the Retreat.

SHOPPING · ENTERTAINMENT



FIND IT ALL

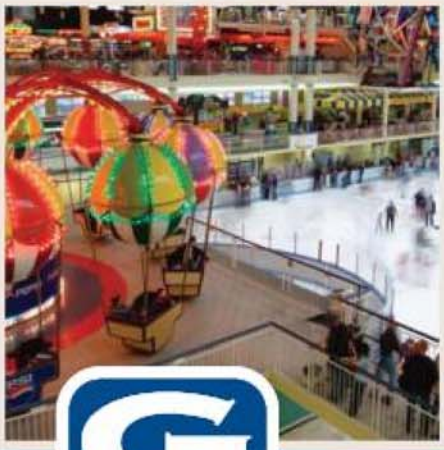
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20 ATTRACTIONS

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For more informations or reservations, please communicate with France Jacques at 418.624.4629 or comptable@imaxquebec.com

RESIDENCE OF THE GOVERNOR GENERAL AT THE CITADELLE OF QUÉBEC



Tél: 418-648-4322 / 1-866-936-4422
Fax: 418-648-5157
citadelle@gg.ca / www.gg.ca

Located within the Citadelle of Québec and overlooking the St. Lawrence River, this historic residence has served as the second official home and workplace of Canada's governors general since 1872. Visitors can explore the State rooms where dignitaries are welcomed and Canadians are honoured. Come enjoy the breathtaking views and discover the remarkable collection of art and period furnishing. ***On Her Excellency's Secret Service:*** Designed especially for youths aged 12 to 16, this school program will enable students to better understand the evolution of democracy in Canada. Group tours are available year-round by reservation and are free of charge.

Parliament Hill and Upper Town

The inevitable growth of Québec City led in a natural direction, up the cliffs from the St. Lawrence and northwards. Upper Town and the Parliament Buildings soon joined the waterfront, Lower Town and the old city. The Parliament was constructed during the 19th century as Québec joined Canada and the city became the provincial capital.

ATTRACTIONS

Choco-musée Érico (chocolate store and museum)

634, rue St-Jean, Québec G1R 1P8
Tel.: 418 524-2122 / Fax: 418 524-4558
www.chocomusee.com

Chocolate shop and museum. Learn the history of chocolate from Mayan times to this day. Ancient and modern accessories, chocolate-making techniques (video and view on the kitchen) and more. For chocolate lovers: handmade chocolate, cookies, brownies, cakes, homemade ice cream. Business hours may extend during summer. Group visits upon reservation. Free admission.

Musée Bon-Pasteur

Musée Bon-Pasteur, 14, rue Couillard, Québec QC G1R 3S9 / Tel.: 418 694-0243 / Fax: 694-6233
museebonpasteur@oricom.ca
www.museocapitale.qc.ca/011.htm

As you visit the three floors of the museum, you will discover that the history of the Good Shepherd Sisters of Québec is closely linked to the history of excluded women and abandoned children in the 19th century. Period furniture, documentary videos. Personalized visits in French and English. (Portuguese when requested in advance). Group rates.

MUSÉE NATIONAL DES BEAUX-ARTS DU QUÉBEC

Parc des Champs-de-Bataille, Québec (Québec) G1R 5H3 / Tel.: 418 643-2150 / 1-866-220-2150
Fax: 418 528-1439 / helene.grenier@mnba.qc.ca
www. mnba.qc.ca

Located in the heart of a magnificent park overlooking the St-Lawrence River, the Musée national des beaux-arts du Québec offers a superb overview of Québec art as well as major exhibitions showcasing international art. Other highlights include our gourmet Restaurant and exclusive articles sold in our gift shop. A memorable visit!

OBSERVATOIRE DE LA CAPITALE

1037, rue de la Chevrotière, 31e étage, Québec (Québec) G1R 5E9 / Tel.: 418 644-9841
1-888-497-4322 / Fax: 418 644-2879
info@observatoirecapitale.org
www.observatoirecapitale.org

The best place to start your visit of Quebec City, the tower of the Observatoire de la Capitale offers you a breathtaking view on the whole capital region, from it's 221 meters. Admire the frozen St-Lawrence river in winter, the colourful mountains in the fall, and in the summer, where nature and culture meet. Come visit us with your family or your group. Texts are offered in French, English and Spanish.

Parliament Buildings

Hôtel du Parlement 1045, rue des Parlementaires, Québec QC G1A 1A3 / Tel.: 418 643-7239
Fax: 641-2638 / Toll-free: 1-866-337-8837
www.assnat.qc.ca

Built between 1877 and 1886 according to plans drawn by engineer-architect Eugène-Étienne Taché, the Parliament Building houses the National Assembly (the provincial legislature comprising 125 members). The Parliament is in Second Empire style and has four wings that form a square roughly 100 m per side. The building's facade is decorated with 22 bronze statues that pay tribute to the men and women who helped shape Québec society. The majesty of the Parliament Building is brought to life at night, thanks to stunning lighting effects. The Parliament Building boasts impressive architecture and interior decor. Guided tours bring visitors to see the National Assembly Chamber, the room where parliamentarians debate legislation. This room is filled with works of art and ornamental features of exceptional beauty. Visitors also have access to the Legislative Council Chamber and the Speakers' Gallery. The National Assembly restaurant is worth a visit, too. Remarkable for its Beaux-Arts period decor, Le Parlementaire enjoys an enviable reputation. Guided tours schedule (approx. 30 minutes): offered in French, English, Spanish and Italian. Groups numbering 10 or more should book ahead. Free admission.

PLAINS OF ABRAHAM



Government of Canada — The National Battlefields Commission
Gouvernement du Canada — Commission des champs de bataille nationaux

Canada

Discovery Pavilion of the Plains of Abraham
835 Wilfrid-Laurier, Quebec City
Reservations: 418 648-5371 / Fax: 418 648-3809
isabelle.lussier@ccbn-nbc.gc.ca
www.theplainsofabraham.ca
("group activities" section)

In the heart of Quebec City, discover the splendour of Canada's first national historic park and one of the most prestigious urban parks in the world. The site of the confrontation between the French and British Empires, including the 1759 Battle of the Plains of Abraham and 1760 Battle of Sainte-Foy, welcomes four million visitors annually. Participate in the entertaining educational activities designed for student and adult groups. Over 315,000 participants in the last five years. New: follow a historic character in a snowshoe or bicycle tour of the park to discover winter or summer sports of yore. Don't miss The convict's last drink, a colourful interactive investigation including home-made beer at Martello Tower, as well as Battles and victuals, to enjoy a history-flavoured dinner. Visit the Odyssey multimedia exhibition, a 400-year virtual journey to relive the great Quebec battles. Other great suggestions: enrol as a British soldier at Martello Tower or become witness and suspect in a 1814 Council of War dinner; roam the 12.6-km trails for cross-country skiing and 3.8-km trail for snowshoeing (equipment rental on the spot); during Halloween, discover the park's gloomy tales by lantern light; and don't forget generals Wolfe and Montcalm, giving their rendering of the famous 1759 Seven Years War battle. Thrilling moments that put you right where the action is.

LODGING

HILTON QUÉBEC



1100 René-Lévesque Blvd. East
Québec City (QC) G1R 4P3 Canada
418 647-2411 / 1-800-447-2411
Hiltonquebec.com

Hilton Québec, the best scenic location in Québec City. The Hilton Québec is an AAA Four Diamond hotel known for its unparalleled world-class service, facilities and unrivalled location. Meeting planners looking to book anything from large-scale events to small gatherings will find a variety of options available at the Hilton Québec. The triangular 23-story tower has been recently renovated, and stands atop an underground shopping corridor with boutique stores and food courts, linking the hotel to the Convention Center. The Hilton Québec is a two-minute walk from Old Québec, central to all historical attractions, restaurants and near all major events. The hotel has 571 rooms and suites, all with a gorgeous view. The meeting rooms and banquet halls have ample natural lighting and can accommodate groups from 10 to 2000 people. Our restaurant, Allegro, serves international cuisine featuring local products and is also famous for its Friday seafood buffet. An on-site health club offers saunas, massage therapy and a fitness center featuring a heated outdoor pool. Located on the 23rd floor, the new Executive Lounge of the Hilton Québec has been specially designed to meet your expectations. You will enjoy the breathtaking views of Québec city but most importantly, our attentive service that aims to satisfy all your requirements. Clients staying on our executive floors will enjoy complimentary deluxe continental breakfast, hors d'oeuvres and a honor bar service.

HÔTEL CHÂTEAU LAURIER

1220, Place George-V Ouest, Québec (Québec) G1R 5B8 / Tel.: 418 522-3848 ext. 675
1-866-822-9222 / Fax: 418 648-9929
kathleenchouinard@vieuxquebec.com
www.hotelchateaulaurier.com

Conveniently located on the Plains of Abraham and only five-minute walk from Old Quebec, Hôtel Château Laurier offers you the tranquility of an inner courtyard and of one of the most prestigious city parks in Canada all in close proximity to the irresistible charms of Quebec City for your enjoyment and exploring pleasure. 291 rooms and suites.

HÔTEL LOEWS LE CONCORDE

1225, cours du Général De Montcalm, Québec (Québec) G1R 4W6 / Tel.: 418 640-5802
1-866-655-6207 / Fax: 418 647-1773
ffournier@loewshotels.com / www.loewshotels.com

Loews Le Concorde, a Four-Diamond hotel (CAA/AAA) on Grande-Allée Street, surrounded by the historical Battlefields Park, is located at a walking distance of the Québec City Convention Centre, Parliament Hill and Old Québec City. Our 406 guestrooms, the largest in town, offer a panoramic view of the St. Lawrence River and the Plains of Abraham. L'Astral, the unique rooftop-revolving restaurant in the city, offers you royal brunches, buffets, gastronomic tables d'hôte and seasonal theme festivals.

RESTAURANT

VIEILLE MAISON DU SPAGHETTI (LA)

625, Grande-Allée Est, Québec (Québec) G1R 2K4
Tel.: 418 522-3862 / 1-877-463-3862 / Fax: 418 522-7969 / info@vieillemaisonspaghetti.com

There is only one "Vieille Maison du Spaghetti" in the heart of Old Québec City. We can accomodate up to 10 buses at a time. We also have private rooms for groups. House specialities are, or course, pasta accompanied by home-made sauces, other choices are available such as chicken, filet mignon, fish and fresh lobster.

Along the Waterfront and Lower Town

The Old Port, Place Royale and Quartier Petit Champlain combined were the trading, commercial and retail headquarters of Québec City during the 17th and 18th centuries. These areas have been revitalized and are now alive with museums, interpretation centers, restaurants and wonderful shopping districts.

FERRY SERVICES

La Société des traversiers du Québec

Tel.: 418 643-2019 / Fax: 418 643-7308
www.traversiers.gouv.qc.ca

A visit to the capital is not complete until you take in the city's skyline from the ferryboat shuttling back and forth between Québec City and Lévis. Seven-day service in the heart of Vieux-Québec, leaving Vieux-Québec each 30 minutes in the daytime and on the half-hour during the evening. This short Saint Lawrence River escapade will provide you with unforgettable camera shots of the City. Discover "Québec from shore to shore".

ATTRACTIONS

Aventure X

Aventure X 2350, avenue du Colisée, Québec QC G1L 5A1 / Tel.: 418 647-4422
Toll free: 1-800-762-4967 / Fax: 418 647-4330
fgt@rocgyms.com / www.aventurex.net

Adventure packages available: Roc Gym "La Montagne en ville", an indoor climbing centre. 75 routes, 12 m (40') high wall. From beginner to expert. Individual or group climbs. Summer and winter outings in Québec City and Charlevoix, one or more days, beginners to experts, group or single bookings. Team-building challenge program. "Fort Montmorency Challenge" at Montmorency Falls Park with table d'hôte included. "Canopy Canyon Adventure" at Sainte-Anne Canyon, the most spectacular climbing adventure park in the province of Québec. Packages and training for rock and ice climbing at the Montmorency Falls. Corporate and VIP packages. We offer guides, climbing, hiking and canoeing expeditions. Palissades de Charlevoix "La Via-Ferrata", rock climbing and Tyrolean zip line.

CROISIÈRES AML

A unique getaway!



Headquarters
124, rue St-Pierre, Québec, QC G1K 4A7
Tel.: 418 692-2634 / 1 800 563 4643
Fax: 418 692-0845
Contact: Isabelle Longpré
Account Executive (Tour & Travel)
ilongpre@croisieresaml.com

Backed by more than 35 years of experience, Croisières AML is the largest cruise/excursion company in Canada. The quality, diversity and originality of these cruises provide pleasure, emotion and thrills to over 500,000 passengers annually. Operating out of 8 ports throughout Quebec, Croisières AML promises you rewarding urban experiences and great outdoor adventures. **URBAN CRUISES: QUEBEC CITY:** Cast off for a fascinating cruise aboard the Louis Jolliet and a unique viewpoint of La Vieille Capitale, the

Montmorency falls and its surroundings. • **Guided sightseeing cruise "Maritime excursion"**: Relive the history of the river, the city and the surroundings area and take in the sweeping view on our terraces. 90 minute bilingual sightseeing cruise, 3 departures per day. • **Brunch Cruise (on the weekend) or Lunch Cruise:** Break the routine and come aboard for a hearty brunch with a guided sightseeing cruise. • **Dinner Cruises:** Fine cuisine, entertainment, dancing: 4-hour cruise, 2 formulas available: "Gourmet getaway": 5-course menu, "Tropical Buffet". **Urban cruises available in Montreal. • NATURE CRUISES FROM QUEBEC CITY.** Enquire about our **Bus-Whales Packages.** Enjoy a breathtaking whale-watching cruise in the comfort of a large boat (restaurant, covered outside decks, observation platform) or an adventure cruise aboard a zodiac. • **Discover the Saguenay Fjord (6h). Other Nature cruises available from Tadoussac, Baie-Ste-Catherine and Riviere-du-Loup.**

CROISIÈRES LE COUDRIER

418, rue des Montérégiennes, suite 202,
Québec (Québec) G1C 7H3 / Tel.: 418 692-0107
1-888-600-5554 / Fax: 418 692-2314
m.arcand@croisierescoudrier.qc.ca
www.croisierescoudrier.qc.ca

For more than 30 years, Coudrier Cruise has offered you wonderful cruises all around Quebec City and Lac-Mégantic. Sight seeing cruise, dinner on board, Grosse-Île, Île-aux-Grues, special events and more. Our team is proud to make your event a great success!

GROUPE DUFOUR HÔTELS & CROISIÈRES

57, rue Sainte-Anne, Québec (Québec) G1R 3X4
Tel.: 514 386-3494 / Fax: 418 692-0244
jdussault@groupedufour.com / www.dufour.ca

Group Dufour welcomes you from Old Quebec City to Tadoussac. Our hotels and cruise ships are nestled between majestic mountains and the St-Lawrence River from Old Quebec to Tadoussac. Let us charm you with our hospitality, warmhearted atmosphere, comfort of our hotels and our fine gourmet and regional dining.

International ECONOMUSEUM® Network Society

203, Grande-Allée Est, Québec (Qc) G1R 2H8
Tel.: 418 694-4466 / Fax: 418 694-4410
www.economusees.com / info@economusees.com

The mission of the Société is to preserve, promote and integrate traditional skills into everyday life by developing a network of ECONOMUSEUM®. An ECONOMUSEUM® is a private business that uses traditional skills or techniques for its production activities, allows the public to visit the premises to watch these skills or techniques be employed and gives onsite demonstrations and presentations on its methods of production. The network's artisans welcome you to their workshop-boutique. Learn how their craft has evolved over the years. Discover a production process based on traditional techniques. Buy their unique and authentic contemporary products-Economuseum members offer guided tours, workshops, demonstrations of tasting. Visit an Economuseum and share the "Artisans at work" experience.

LES PROMENADES FANTÔMES THE ORIGINAL GHOST LANTERN WALKING TOUR



THE ORIGINAL GHOST LANTERN WALKING TOUR

85, Sault-au-Matelot, Québec, Canada, G1K 3Y9
Tel.: 418 694-2412 / 1-866-694-2412
Fax: 418 694-9215
www.promenadesfantomes.com
info@promenadesfantomes.com

Formerly a den of iniquity for a significant number of criminals, New-France now emerges from the past to expose you to sordid crimes commited hundreds of years ago. The Original Ghost Walking Tour offers you a fascinating step back into the past. For two hours, walk through the heart of Old Quebec City accompanied by Marie Rivière, or Jean Rattier, your extraordinary ghostly guide! Througout the walk, they will keep you captivated and introduce you to ghosts of past criminals, ten in all! Be careful, some of these ghosts may be waiting for you...

Marché du Vieux-Port Québec Public Market

Coopérative des Horticulteurs de Québec
160, Quai Saint-André, Québec QC G1K 7C3
Tel.: 418 692-2517 # 232 / Fax: 418 692-1849
www.marchevieuxport.com
info@marchespublics.ca

The Marché du Vieux-Port now operates year-round. As always, we have a large variety of local produce on display, quality and freshness second to none. Maple products, cut or dried flower arrangements, berries, vegetables in season. We also have a restaurant on the premises with a terrace, bar, cheese and cookie counter, ice cream counter, boutiques, public washroom and an automatic teller machine.

MUSÉE DE LA CIVILISATION

85, rue Dalhousie, C.P. 155, Succ.B, Québec (Québec)
G1K 7A6 / Tel.: 418 643-2158 / Fax: 418 646-9705
fdesbiens@mcq.org / www.mcq.org

The most populair museum in Québec City. A uniquely different and entertaining museum where the focus is on participation and interaction. A place of amazement and reflection. It takes a fresh look at local culture and other societies. More than ten exhibitions at a time and multiple activities for the whole family.

Place-Royale

It was at Place-Royale that Samuel de Champlain began work on the first settlement in New French in 1608. For the next two decades, Place-Royale was a commercial hive of activity. After a postwar (WW II) period decline, the district has made a comeback and now hosts a wide array of attractions. The Place-Royale Interpretation Centre tells the story of this historic site, considered to be cradle of French civilization in America. Multimedia shows, exhibitions, costume workshop, guided visits, numerous activities, all contribute to bring back its 400 years of history.

Quartier Petit Champlain

Tel.: 418 692-2613 / Toll free: 1-877-692-2613
Fax: 418 692-5085
www.quartierpetitchamplain.com

Great shopping is the main attraction of Quartier Petit Champlain, the oldest commercial neighborhood in North America. Original fashions, crafts, decorations, gifts and great food. Taking a stroll through the streets in this part of town is a delightful experience at any time of the year. You will always find a warm welcome in the 50 boutiques, art galleries and restaurants of Quartier Petit Champlain.

Richard Robitaille, fourrures - Furriery ECONOMUSEUM®

329 Saint-Paul Street, Québec (Qc) G1K 3W8
Tel.: 418 692-9699 / Fax: 418 692-3646

In Serge Richard's sewing and repair workshop, fur holds a place of honour. Observe the main steps in the processing of fur, from skins to coats. Discover a thousand and one secrets about animal species and hunting methods, the Canadian fur industry, the use of fur over the ages and many other things about theis cozy materiel. Hat-making moulds, fashion catalogues, a sewing machine, an iron, and a sacle… view these witnesses of another era and discover contemporary and unusual uses for fur. At the boutique, admire original creations and appreciate the warmth and comfort of this material!

LODGING

BEST WESTERN QUÉBEC CENTRE-VILLE / CITY CENTRE

330, de la Couronne, Québec (Québec) G1K 6E6
Tel.: 418 649-1919 / 1-888-223-9918
Fax: 418 529-4411 / dcote@hotelquebec.com
www.hotelquebec.com

Small hidden treasure of the Quebec city centre, Best Western City Centre, a few steps away from the major touristic attractions and Old Quebec. For your comfort, we offer 180 comfortable rooms; 120 with 2 Queen size beds and 60 with 1 King size bed (20 with a double whirlpool bath). Our rooms have air conditioning and are equipped with various commodities for a pleasant stay. You will be happy to learn that we have Free Wireless High speed Internet access. Indoor swimming pool, Jacuzzi, and restaurant La Serre. Packages for groups.

AUBERGE L'AUTRE JARDIN



L'Autre Jardin
auberge
★★★

365, boulevard Charest Est,
Québec City (QC) G1K 3H3
1-877-747-0447 or 418 523-1790
Fax: 418-523-9735
www.autrejardin.com / info@autrejardin.com

The Auberge l'Autre Jardin is a 3* auberge with three CAA diamonds, solidly urban and contemporary with 28 rooms located in the heart of downtown Québec City. Three classes of room (regular, luxury and suite) with superlative decor to meet our clientele's needs. Service includes a full breakfast buffet, a fair trade craftsman shop and meeting rooms for hire with high speed wireless internet access. We offer personalized and warm service to our clientele throughout the year. You can enjoy beautiful summer days on our floral terrace. As the first social economic project in Québec, the Auberge is an example of sustainable and responsible tourism. Quality, comfort and solidarity are integral parts of the Auberge l'Autre Jardin.

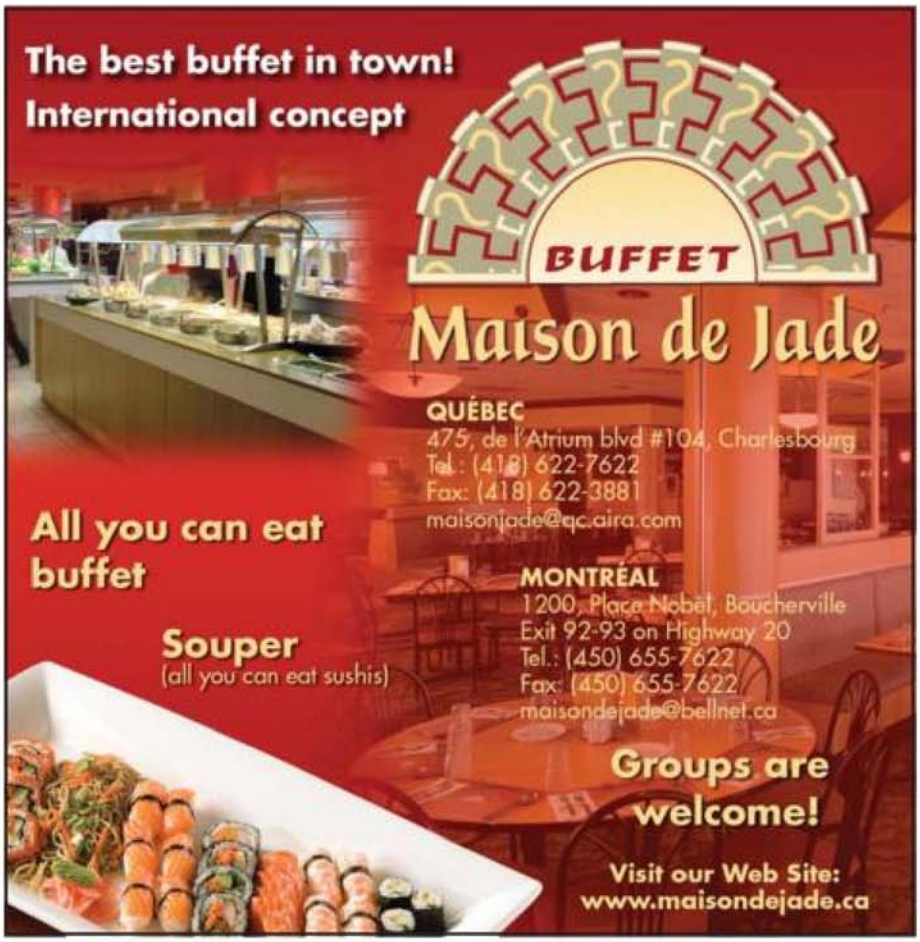
HÔTEL DU NORD

640, St-Vallier Ouest, Québec (Québec) G1N 1C5
Tel.: 418 522-1554 / 1-877-474-4464
Fax: 418 522-5272 / info@hoteldunord.qc.ca
www.hoteldunord.qc.ca

HÔTEL PUR

395, rue de la Couronne, Québec (Québec)
G1K 7X4 / Tel.: 418 647-2611 / 1-800-267-2002
Fax: 418 640-0666 / aflaurence@hotelpur.com
www.hotelpur.com

Fundamental principals of modern design have been incorporated with the needs of today's traveler... The result is the evolution of Hotel Pur. Combining Quebec City's first modern lifestlye hotel with an unparalleled approach to guest service. This project serves to reinvent the standard for lodging in Quebec City.





RESTAURANTS

SPAG & TINI

40, rue du Marché-Champlain, Québec (Québec) G1K 4H3 / Tel.: 418 694-9144 / Fax: 418 849-3779
info@spagettini.ca / www.spagettini.ca

Spag & tini is a family restaurant offering you pastas, pizzas, chicken, veal & steak-fries. Bus landing stop at the front door. 120 seats inside. Open all year long. The service is fast and courteous. We have one goal: your staisfaction. Menus and prices available for groups.

VOÛTES DU CAVOUR (LES)

38, rue St-Pierre, Québec (Québec) G1K 3Z6
Tel.: 418 694-1294 / 1-800-734-1294
Fax: 418 694-9552 / info@voutescavour.com
www.voutescavour.com

In an historic building dating back to the eighteenth century, located in the center of Place Royale. Private rooms and Reception halls for 20 to 300 people. Special rates for groups and organized Tours. Total capacity: 550 places.

Urbain Québec

ATTRACTIONS

CARNAVAL DE QUÉBEC

290, rue Joly, Québec (Québec) G1L 1N8
Tel.: 418 626-3716 / 1-866-722-7628 / Fax: 418 626-7252 / annick.marchand@carnaval.qc.ca
www.carnaval.qc.ca

For its 56th edition, the Québec Winter Carnival will offer an incomparable winter experience to thousands of visitors from the four corners of the world. Lively programming, spectacular sports competitions, exciting nightlife and activites for the whole family, from January 29 to February 14, 2010.

Cartier-Brébeuf (National Historic Site of Canada)

175, rue de l'Espinay, Québec
Tel.: 418 648-4038 / Toll Free: 1-888-773-8888
Fax: 418 648-4367 / www.pc.gc.ca/brebeuf/

This site located on the north bank of the Saint-Charles River owes its name to Jacques Cartier, the French explorer and to the Jesuit Jean de Brébeuf. It commemorates the first winter the navigator spent in the country (1535-1536) as well as the Jesuit establishment in 1625. Replica of an Iroquois longhouse, the traditional residence of the Iroquoian people of the Saint Lawrence region in the time of Cartier. The interpretation Centre houses an exhibition about the historical themes of the park along with scale models, maps and reproduction of nautical instruments. Parking.

Festival d'été de Québec

226, rue Saint-Joseph Est Québec (Québec) G1K 3A9
Tel.: 418 523-4540 / Fax: 418 523-0194
Watt: 888 998-5200. www.infofestival.com

Québec City Summer Festival. "The best summer music festival in Canada" (National Post). This amazing, eclectic, world-class outdoor event is surely the most elaborate festival of the summer: world beat music, Francophone song, pop-rock, street and circus performances, classical music. A friendly, safe and clean event for the whole family.

FESTIVAL INTERNATIONAL DE MUSIQUES MILITAIRES DE QUÉBEC

51, rue des Jardins, bureau 300, Québec (Québec) G1R 4L6 / Tel.: 418 694-5757
1-888-693-575 / Fax: 418 694-5758
mjacob@fimmq.com / www.fimmq.com

Québec City International Festival of Military Bands. Don't miss this unique musical event and its Military Tattoo with its wealth of culture and heritage. The cradle of French American and a UNESCO World Heritage City, Old Québec is proud to welcome the best Canadian Military Bands and other major Military Bands from Europe and the Americas.

Fêtes de la Nouvelle-France SAQ / SAQ New France Festival

Tel.: 418 694-3311 / Fax: 418 694-3319 / Toll Free: 1-866-391-3383 / www.nouvellefrance.qc.ca

From August 4 to 8, 2010, Old Québec transforms into the former colony of New France. Take a trip through time to experience what life was like during the French Regime in the 17th and 18th centuries! Sampling of local food products, plays and concerts, street entertainers, parades and more! For 5 days, over 700 artists will provide non-stop entertainment in the historical streets of Old Québec: dancing, music, storytelling and historical re-enactments. So put on your best frockcoat or hoop skirt and join the fun!

GALERIES DE LA CAPITALE (LES)



5401, boul. des Galeries, Québec (Québec) G2K 1N4
Tel.: 418 627-5800
Julie Grenier, Marketing Director
info@galeriesdelacapitale.com
www.galeriesdelacapitale.com

Les Galeries de la Capitale, located in Québec City, is the largest commercial complex in Eastern Canada. The mall offers over 280 shops, including Simons, Sears, The Bay, Zellers, Renaud-Bray, Sports Experts, The Gap and H&M. It also includes 35 restaurants, 6 movie theatres and the only IMAX movie theatre in the region. Freestanding retailers include Rona, Sears Decor, Future Shop, Home Outfitters, Archambault, Golf Town, DeSerres, Bouclair, Corbeil Appliances, Pier 1 Imports, Le Cochon Dingue Restaurant, François Côté, SAQ Selection, Multi Luminaire and Bâton Rouge. Free services include tourist information, a coat and stroller check, wheelchairs, two nursing rooms and changing tables. Gift cards are also available in the amount of your choice as well as eco shopping bags and personal shopper services. Shoppers can add some fun and excitement to their day by visiting the indoor amusement park—The Méga Parc—which is the largest in the Province of Québec and the second largest in North America with 20 major attractions for the whole family. With 280 shops, the Méga Parc, the movie theatres and IMAX, Les Galeries de la Capitale is the ultimate destination for shopping and entertainment in Québec City!

GALERIES DE LA CAPITALE'S MÉGA PARC (LES)



5401, boul. des Galeries, Québec (Québec) G2K 1N4
Tel.: 418.627.5800
Jean-Marc Lessard, Méga Parc's Director
info@mega-parc.com / www.mega-parc.com

Located in Québec City, the Méga Parc is situated within Les Galeries de la Capitale, the largest commercial complex in Eastern Canada with over 280 shops, 35 restaurants, 6 movie theatres and the only IMAX movie theatre in the region. With 20 major attractions for the whole family as well as a 17,000 square foot skating rink, the Méga Parc is the largest indoor amusement park in the Province of Québec and the second largest in North America. It also features a rollercoaster, ferris wheel, merry-go-round, climbing wall, mini-putt, arcade and bowling. The Méga Parc offers special group rates; contact us!

IMAX DES GALERIES DE LA CAPITALE



5401, boul. des Galeries, Québec (Québec) G2K 1N4
Tel.: 418 624-4629
Charles Auger, President
charlesauger@imaxquebec.com
www.imaxquebec.com

For the best in entertainment, come "see more, hear more, feel more" with IMAX des Galeries de la Capitale's ultimate movie experience on the biggest screen in Canada. Come surround yourself with unparalleled digital sound and enjoy an unforgettable experience while watching a film in 2D or 3D, or even a Hollywood blockbuster presented in its IMAX version, such as Alice in Wonderland 3D (opening march 5th 2010), How to Train your Dragon 3D (opening march 26th 2010), Shrek goes 4 3D (May 2010), U2 3D (summer 2010) and much more. More details at www.imaxquebec.com. Les Galeries de la Capitale, the Mega Parc and IMAX offer a variety of special group rates; contact us for more information.

Hamel-Bruneau House

2608, chemin Saint-Louis, Sainte-Foy
418 641-6280

This charming house on a delightful site has been transformed into an exhibition hall. Its scientific and artistic program encourages dialogue and the exchange of ideas. Exhibits cover a range of topics, including current events. Expand your horizons with the cultural activities offered by Maison Hamel-Bruneau! Free admission. Special rates for groups with reservations. Variable hours.

Jesuits House

2320, rue du Foulon, Sillery
Tel.: 418 654-0259 / Fax: 418 684-0991

Located at the site of the first Jesuit mission, which was founded in a bid to convert the nomadic Aboriginal peoples living in the area and encourage them to establish permanent communities. The Maison des Jésuites de Sillery has a new permanent exhibition that traces the history of the mission as it pursued its activities throughout most of the 17th century and illustrates the remarkable meeting between two peoples with opposing cultures. More than 100 objects and artefacts, 40 iconographic documents, four models, three interactive displays, nine soundtracks and three video clips tell the stories of those who experienced this cultural encounter firsthand. Variable hours. Free admission. Special rates for groups with reservations.

Laurier Québec

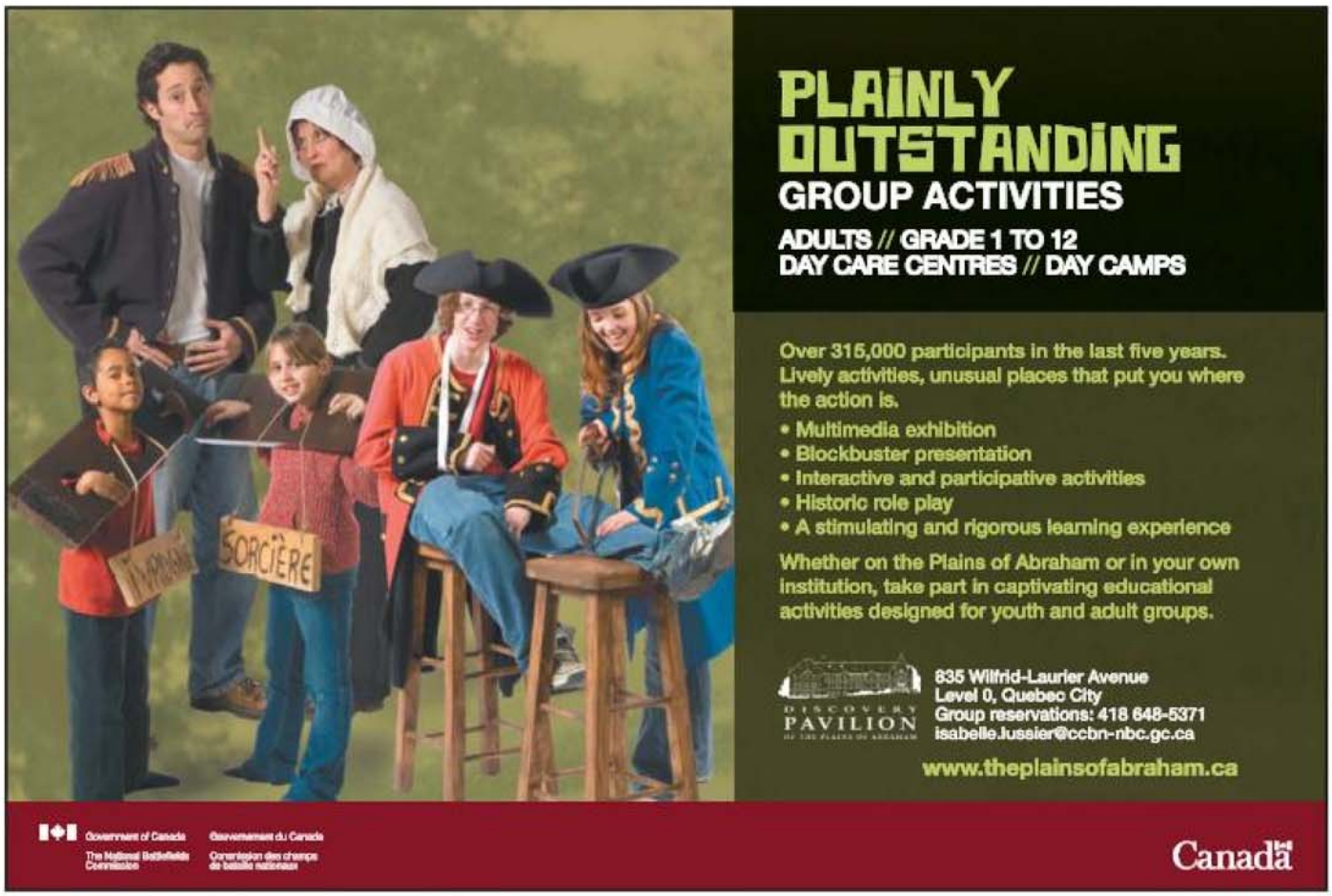
Danielle Boulé Customer Service Supervisor
2700, boul. Laurier, Québec (Qc) G1V 4J9
Toll free: 1 800 322-1828 / Tel.: 418 651-5000
info@laurierquebec.com
www.laurierquebec.com

Laurier Québec is the largest shopping centre in eastern Canada, regrouping under its roof 350 stores, of which 40 restaurants. The last study of Québec Congress and Tourism Office shows that Laurier Québec is the destination chosen by tourists, after Old-Québec. In fact, 30% of tourists have chosen Laurier Québec for their shopping and souvenirs. Because of its regional trading area and its appeal to tourists, Laurier Québec greets more than 13 million visitors per year. Our Customer Service employees welcome tourists in a personalized and warm manner in French and English.

Moulin des Jésuites (mill), interpretation and tourist information centre

7960, boulevard Henri-Bourassa, Québec
Tel.: 418 624-7720 / Fax: 418 624-7519
www.moulindesjesuites.org

This seigneurial mill is one of three mills built by the Jesuits on their seigneuries under the French Regime around 1740. Restored in 1990-91 as an integral part



of the Charlesbourg historical area, Moulin des Jésuites is one of the last vestiges of its kind in a contemporary urban environment. Witness to the history and economic development of a rural community, the mill is now a history interpretation and tourism information centre as well as the departure point for the Trait-Carré walking tour. Parking. Admission fee for guided tours of the mill and of Trait-Carré for groups, on reservation. Tour of the mill and exhibits for individuals at all times.

Parc Aquarium du Québec

Lucie Ricard: 418 380-5875 ext. 2328
ricard.lucie@sepaq.com
www.sepaq.com/aquarium

At the Parc Aquarium du Québec, immerse yourself into the fabulous and captivating ecosystems of the St. Lawrence River and Canadian waters up to the North Pole. Come to the only aquarium in the province and discover 10,000 specimens! Walk beneath 350,000 litres of water and explore the North Pacific Ocean. Enjoy the entertaining feeding times and meet our animal keepers. In the outdoor park, observe marine mammals, such as polar bears, different seal species, an Atlantic walrus, and the Pacific walruses. Experience the new behind the scenes guided tour including a private meeting with a diver! At the restaurant La Grande Ourse, breakfast, box lunch and hot meal are available for groups as well as many menus for your special evening or banquet. Discover our evening activity for school groups. Located at Ste-Foy, it is open all year long.

Roger-Van Den Hende Botanical Garden

Pavilion Envirotron 2480, boulevard Hochelaga, Sainte-Foy QC G1K 7P4 / Tel.: 418 656-3410
Fax: 418 656-7871 / www.jardin.ulaval.ca
amisjardin@fsaa.ulaval.ca

Designed and landscaped from 1966 to 1975, the garden covers six hectares and displays more than 2,100 species and cultivars grouped by botanical families. Of particular interest are the water garden, herbaceous borders, rose garden, and a rhododendron planting. Parking. Free admission - Guided tours for groups only on request (nominal fee).

Salle Albert-Rousseau

2410, chemin Sainte-Foy Sainte-Foy (Québec) G1V 1T3 / Tel.: 418 659-6629
Fax: 418 659-7737 / Watt: 877 659-6710
www.sallealbertrousseau.com

Multi-purpose, 1,348-seat concert hall, in compliance with professional standards in the industry. Box office, bar, cloakroom, and parking services. Fully integrated, trouble-free event organization.

SEPAQ (SOCIÉTÉ DES ÉTABLISSEMENTS DE PLEIN AIR DU QUÉBEC)

Place de la Cité, Tour Cominar, 2640, boul. Laurier, Bureau 1300 - 13e étage, Québec (Québec) G1V 5C2
Tel.: 418 380-5875 ext. 2238 / 1-800-665-6527
Fax: 418 528-6025
legare.mariejosee@sepaq.com / www.sepaq.com

Québec's National Parks & Wildlife Resorts (Sépaq). Our Government Agency (Sépaq) is operating 48 parks, wildlife reserves and wilderness lodges, covering 80,000 square kilometers of land spread over the province of Québec. This includes renowned National Parks, such as Mont-Tremblant, Jacques-Cartier, Grands-Jardins, Gaspésie, Saguenay, Bonaventure Island, Percé Rock and the Montmorency Falls Historical Site. We offer many outdoor activities including hiking, canoeing, wildlife viewing (bears, moose, etc.)...

LODGING

HÔTEL CLARION

3125, boul. Hochelaga, Québec (Québec) G1V 4A8
Tel.: 418 653-4906 / Fax: 418 653-7115
ventetour@clarionquebec.com
www.clarionquebec.com

The Clarion Hotel Quebec Ste-foy is a 4 star hotel located at the entrance of the city, just few minutes from the Old Quebec, major attractions and shopping malls. The Clarion Hotel offers you 231 comfortable rooms mostly with 2 double beds, two restaurants, a bar, indoor pool, sauna and spa. Indoor and outdoor free parking. 18 meeting rooms for up to 600 people. Luggage handling on request.

HÔTEL CLASSIQUE

2815, boul. Laurier, Québec (Québec) G1V 4H3
Tel.: 418 658-2852 ext. 360 / 1-800-463-1885
Fax: 418 658-6816 / aapril@hotelclassique.com
www.hotelclassique.com

A 4 star hotel, located at the entrance of the city, within short walking distance from major shopping malls and a few minutes only from historic Old Quebec. Hotel Classique offers 264 rooms and suites and the following services: two restaurants and bars, indoor pool, souvenir and convenience store, 10 banquet and meeting rooms (from 10 to 250 people).

HÔTEL GOUVERNEUR QUÉBEC

3030, Boulevard Laurier, Québec (Québec) G1V 2M5
Tel.: 418 651-3030 / 1-866-651-3030 / Fax:
418 651-6797 / cbedard@silverbirchhotels.com
www.gouverneursaintfoy.com

Hotel Gouverneur Québec is a 320 rooms hotel, strategically located at the entrance of Quebec City. Complimentary bus parking. Spectacular dining room.

Hôtel Quartier

2955, boul. Laurier, Québec (Québec) G1V 2M2
Tel.: 418 650-1616 / 1-888-818-5863
Fax: 418 650-6611 / info@hotelquartier.com
www.hotelquartier.com

Hotel Quartier's fully appointed spacious rooms provide the perfect backdrop for the ultra modern furniture. To guarantee superior service for every guest, the Hotel Quartier provides 140 rooms, 7 meeting rooms, indoor pool and a grill and seafood restaurant. Setting the trend in less to spend!

HÔTEL LE VOYAGEUR



HÔTEL Le Voyageur ☆☆☆

2250, boulevard Sainte-Anne, Québec, QC G1J 1Y2
Tel.: 418 661-7701 / Fax: 418 661-5221
Toll Free: 1 800 463-5568
reservation@motel-voyageur.com
www.motel-voyageur.com

At the crossroads of the Québec region's main highways, Hotel Le Voyageur, located on boulevard Sainte-Anne, will surely meet all of your needs. Located at the beginning of the road leading to Charlevoix, Hotel Le Voyageur is located near Île d'Orléans and is close to many ski stations, such as Mont Sainte-Anne, Stoneham and the Massif. Only 5 minutes away from downtown Quebec City, Montmorency Falls and minutes away from Old Quebec, Le Voyageur Hotel is well situated. 64 rooms and suites with private bathroom, two televison sets and much more to make your stay unforgettable. Recently renovated, rooms are divided by French doors which create individual mini suites that can accommodate from 2 to 4 guests. Continental breakfast is always included. Also available, meeting rooms for conventions, two cozy bars, a restaurant open for breakfast, interior and exterior pool and free parking for cars and buses. Our devoted and welcoming staff is available to guide you in the reservation process and to promptly answer all of your questions. We offer special rates for many kinds of groups, such as corporate and educational groups, as well as sports teams. Our goal is to ensure your entire satisfaction, making Le Voyageur Hotel a perfect choice.

HÔTELS JARO QUÉBEC (LES)

3115, avenue des Hôtels, Québec (Québec)
G1W 3Z6 / Tel.: 418 658-5624 ext. 6149
1-800-567-5276 (JARO) / Fax: 418 658-4504
groupes@jaro.qc.ca / www.hotelsjaro.com

The Hotels JARO offer 6 properties, all based in Quebec City, offering 1030 rooms & suites, over 50 conference rooms and 4 restaurants. Strategically located, both in the city centre and in Sainte-Foy, discover our hotels by visiting our website: www.hotelsjaro.com. The Palace Royal, The Hotel Québec, The Hotel Plaza Québec, The Quebec Inn, The Lindbergh and The Auberge Sainte-Foy/Sir Wilfrid; each hotel has got its own personality, giving you a good reason to visit! Thanks to a large range of services, a professional and welcoming staff, competitive rates and a will to meet our clients' needs, JARO Hotels became well-known.

RESTAURANTS

BUFFET DES CONTINENTS



Galeries Charlesbourg, 4520 1e Avenue, G1H 2S5
Tel.: 418 621-9999 / Fax: 418 621-9994
www.lebuffetdescontinents.com

Le buffet des Continents is a unique and stylish restaurant of international flavor offering a most incomparable daily menu consisting of over 150 dishes. Whether you prefer Greek, Italian, Canadian, Chinese, French, Mexican or Mediterranean dishes, Le Buffet des Continents guarantees that you will find your favorite. An unbeatable salad bar along with an unimaginable choice of desserts will surely satisfy every palate. With a seat capacity of over 650 places, they will accommodate large groups and offer ample free parking that is ideal for tour buses. For lunch, brunch or diner, you can be sure that they will offer you incredible group rates! Visit also our restaurants in Trois-Rivières, Gatineau and Sherbrooke.

MAISON DE JADE RESTAURANT



475, boul. Atrium, suite 104
Charlesbourg (QC) G1H 7H9
Tel.: 418 622-7622 / Fax: 418 622-3881
maisonjade@qc.aira.com

Maison de Jade offers you a gastronomic daily buffet including Chinese, Cantonese, Szechwanese and sushi dishes, and also Canadian, Italian and French cuisine. Two spacious restaurants near the principal highways and cities of the province of Québec. One in Boucherville (500 places), on the south-shore of Montréal, the other in Charlesbourg (500 places), ten minutes from Old Québec City. Services are available in both French and English. Come and EXPLORE our buffet, It's where quantity equals quality!

RESTAURANT L'ACADÉMIE

2580, boul. Laurier, Québec (Québec) G1V 2L1
Tel.: 418 658-4141 / Fax: 418 658-8485
restaurantlacademie@hotmail.com
www.lacademie.ca

Since the opening of the first "L'Académie" restaurant in Montreal in 1984, this restaurant has, at its Québec City location, developed a unique personality over the years. At this "bring your own wine"-style restaurant, you'll find a mixture of French and Italian cuisine centred on the freshness and quality of ingredients and served at reasonable cost. The Québec City L'Académie has a seating capacity of 500 along with a private lounge. It is located near the Pierre Laporte bridge and the Québec bridge, close by some of the biggest shopping centres in North America.

TOMAS TAM RESTAURANT



325 Marais, Québec (Corner de la Capitale Blvd and Pierre Bertrand S. Exit 312) / 418 527-2211 and 5233, Hamel Blvd W. Québec (Corner Henry IV and Hamel W. Exit 141) / 418 871-8182
www.tomastam.com

Our sumptuous gastronomic buffets will seduce you by their large choice of chineese, canadian, italian foods, for meat or vegetable lovers. Add to this our magnificent salad bar, our sushis, our soups, our grilled meats, seafoods and don't forget our deserts. All this at a remarkably small price. The breakfast buffet is open 7 days a week from 7 to 11 AM at our Ville Vanier restaurant and on Saturday and Sunday at the Ancienne Lorette one. Our weekend brunch starts at 11 AM. A menu à la carte is also available for all meals. Near major roads and hotels, we can seat 1000 persons and our reception rooms will accommodate groups up to 100 persons. Yield to temptation and come taste the world.

East of the City, Côte-de-Beaupré and Île d'Orléans

Whether on road 360 or 138, you will witness the birth of rural Québec in the small communities along Côte-de-Beaupré and on Île d'Orléans. In addition to historic structures and museums, you will find the greatest creations of nature such as waterfalls, hills and canyons where you can quench your recreational appetite. Côte-de-Beaupré is a paradise for outdoor activities just 15 minutes east of Québec City. Linking Québec City with Charlevoix, this surprising region offers more than 40 major attractions. The Sainte-Anne-de-Beaupré Basilica, Mont-Sainte-Anne Mountain Resort, Route de la Nouvelle-France, Canyon Sainte-Anne, les Sept Chutes, Cap Tourmente National Wildlife Area, skiing, agrotourism, golfing, and visiting museums and art galleries are just some of the activities you will discover here. The quality and the diversity of accommodations is also surprising. A total of more than 1,700 units are available in chalets, condos, bed & breakfasts, hotels, motels, and campsites. There's something for everyone, just ask the families who have visited Côte-de-Beaupré and who come back year after year.

Today with its 7000 inhabitants, Île d'Orléans maintains its longstanding agricultural tradition producing a wide range of products and also offers an exceptional concentration of horticultural diversity. Its rich natural elements interspersed with its outstanding architectural treasures offer a diverse collection of charming and surprisingly moving landscapes. Tourism has become an integral part of the island's economy. Île d'Orléans offers each visitor first class accommodation from a vast choice of quality B&Bs and inns, excellent regional cuisine and local produce all sold in local shops and roadside stands, a rich cultural heritage, pastoral scenery, the works of local artists and craftsmen, and, of course, the ever present majestic St. Lawrence.

TRAVEL INFORMATION

Tourisme Côte-de-Beaupré

30, rue Sainte-Marguerite, Beaupré QC G0A 1E0
Tel.: 827-5256 x 207 / Fax: 827-5065
www.cotedebeaupre.com

CLD DE L'ÎLE D'ORLÉANS TOURISME

3912, chemin Royal, Bureau 405, Sainte-Famille, Île d'Orléans (Québec) G0A 3P0
Tel.: 418 829-0297, ext. 225 / Fax: 418 829-0304
steve.st-charles@cldio.qc.ca / www.iledorleans.com

In the hearts of Quebecers, Île d'Orléans has for many centuries come to represent a major focus of their identity. Those who linger in this memorable spot surrounded by the St-Lawrence River discover a part of their personal on their collective heritage.

ATTRACTIONS

Atelier Paré - Woodworking: Carving ECONOMUSEUM®

9269, avenue Royale, Sainte-Anne-de-Beaupré (Qc) G0A 3C0 / Tel.: 418 827-3992 Fax: 418 827-3583

This museum lets visitors relive the "joie de vivre" of famous Québec legends through works of art made from wood or fiberglass. The artists uncover the essence of these tales hidden in the heart of a tree and bring them to life in painted wooden sculptures. Visitors of all ages are welcome to watch as artists produce works to be added to the museum's indoor exhibition and stroll through the garden of legends outside. Artwork and handicrafts may be purchased at the gift shop. Educational workshops, in the form of interactive theatre, were designed to present legends to school groups. This family business, which is breaking new ground in the artistic and tourism industry of the Côte-de-Beaupré, celebrated its 60th anniversary in 2003. A storyteller is on hand to recount legends for $2 per adult and $1.50 per student. Parking. Free admission. Voluntary donation accepted.

CANYON SAINTE-ANNE

206 Route 138 Est, C.P. 2087, Beaupré (Québec) G0A 1E0 / Tel.: 418 827-4057 / Fax: 418 827-2492 canyon@canyonsa.qc.ca / www.canyonsa.qc.ca

Astonishing! Go across one of the highest pedestrian bridge in Quebec, 60m over the gorge! Imposing 74m high Sainte-Anne waterfall rumbling into its vertiginous Canyon. Mini-canyon and giant potholes. Walk along family safe footpaths. Vias ferratas and giant zip line. For groups: guided visit, shuttle for handicapped people, special menus, activities for schools, services in French and English.

Cap Tourmente National Wildlife Area

570, chemin du Cap-Tourmente, Saint-Joachim QC G0A 3X0 / Tel.: 827-4591 / Fax: 827-6225 www.qc.ec.gc.ca/faune/faune/html/rnf_ct.html

The Cap Tourmente area offers a remarkable landscape with the confluence of the St. Lawrence River and large coastal marshes, lowlands, and mountains, and is located only 45 minutes east of Québec. A major ornithological site in Canada (300 species recorded), one can observe the spectacular Snow Goose by the thousands each spring and fall. Twenty kilometres of varied trails are well marked and unique. Interpretation activities, lead by proficient naturalists, are available: "Learning about geese, Discover the marshes of the St. Lawrence River, Safeguard species at risk, etc." In winter, there are gorgeous snow-packed walking trails (7 km) lined with bird feeders and two heated rest stops (open on weekends). Other services: interpretation centre, exhibits, film projections, extensive parking areas, snack bar, souvenir shop, picnic areas, handicapped access, binoculars rental.

Côte-de-Beaupré Interpretation Center

7976, avenue Royale, Château-Richer QC G0A 1N0 Tel.: 418 824-3677 / Fax: 418 824-5907 http://pages.globetrotter.net/cicb/

Housed in an old, fully renovated convent, the Centre d'interprétation de la Côte-de-Beaupré (CICB) will take you on an incredible journey through time. Relive the early days of the Beaupré Coast with the View exhibition, which features images, stories and notable figures. Discover the architecture, rich religious heritage and splendid natural sites of the Beaupré seigneury. Archaeology buffs will be well served. The foundations of Beaupré's first two convents, built respectively in 1694 and 1830, may be seen through two glassed-in observation areas. Activities offered: historical figures in costume, educational workshops, children's discovery area and an old-fashioned classroom. Accessible by those with reduced mobility. Reservations required for groups. Admission fee. Free admission on Mondays.

CUIVRES D'ART ALBERT GILLES COPPER ART MUSEUM

7450, boul. Sainte-Anne, Château-Richer (Québec) G0A 1N0 / Tel.: 418 824-4224 / Fax: 418 824-4225 / museum@cuivres-albertgilles.com www.cuivres-albertgilles.com

For 70 years, the Gilles family creates embossed or enamelled copper gifts, sold only in our boutique. We offer to our visitors, 2 museums "From copper ore to copper art", and "The Christorama", depicting the life of Christ in 50 silver handwrought panels. Demonstration & workshop of "Repoussé" work for your groups. Free entrance and guided tour ! (Minutes from Québec city).

Chocolaterie de l'Île d'Orléans

196, Chemin Royal, Ste-Pétronille, Ile d'Orléans Tel.: 418 828-2250 / Fax: 418 828-2253

The Chocolaterie de l'Île d'Orléans makes chocolates of all kinds for every occasion, including Easter, Christmas, Valentine's Day, etc... We specialize in high quality chocolate and base ingredients are imported from Belgium and France. Production is diversified and divided into two main activities. The Chocolaterie acts as a wholesaler for food stores in the province. A retail outlet, which is located in a 200 years old ancestral house in April, is open all year long and customers may purchase more than 24 different flavours: truffle, cherry, almond, maple butter, etc. In the summer, the Chocolaterie offers ice cream and home-made sherbets . When you visit the island, take the time to drop by and savour our delicious, sweet delicacies.

GRANDS FEUX LOTO-QUÉBEC (LES)

156, rue St-Paul, bureau 100, Québec (Québec) G1K 3W1 / Tel.: 418 692-3736 / Fax: 418 692-5650 / mboissinot@lesgrandsfeux.com www.lesgrandsfeux.com

Since 1995, the Montmorency Falls Park welcomes Loto-Québec International Fireworks Competition, an international pyromusical competition. The exceptionnal qualities of the Park makes it the greatest natural site to be used for that kind of competition. This event is by far the "Rendez-vous" for firework masters from all around the world.

L'Espace Félix-Leclerc

682, Chemin Royal, St-Pierre, Ile d'Orléans Tel.: 418 828-1682 / Fax: 418 828-1963 www.felixleclerc.com

L'Espace Félix-Leclerc is a heritage, interpretation, education and diffusion site on Île d'Orléans devoted to the songs and literary works of Québec poet Félix Leclerc. A permanent exhibition, traveling exhibitions produced on or off-site, a coffee-house where new artists can test their talent on stage, animation activities and a boutique give visitors the opportunity to discover and appreciate Félix Leclerc's work and Québec culture. A trail interpreting the island's flora and fauna (2½ km) is also open to visitors. Please call for information on schedule.

La Forge à Pique-Assaut - Blacksmithing ECONOMUSEUM®

2200 Chemin Royal, Saint-Laurent, Île d'Orléans (Qc) G0A 3Z0 / Tel.: 418 828-9300 / Fax: 418 828-1186 / www.forge-pique-assaut.com

More than just a boutique or workshop, the forge is now an economuseum, and visitors have access to a permanent exhibition related to this traditional artwork. Concerning schedule and rates, call us.

Les Sept Chutes (Waterfalls)

4520, avenue Royale Saint-Ferréol-les-Neiges QC G0A 3R0 / Tel.: 418 826-3139 Tel.2: 1-877-724-8837 Fax: 418 826-1630 www.septchutes.com

Located a few minutes from Mont-Sainte-Anne. Seven water falls rolling down a 128 meter escarpment in a thunderous roar, cascading through gorges and canyons carved within the bedrock of one of Québec's most beautiful natural sites. Discover over 5 km of easily accessible walking trails and 20 lookout points offering exceptional views of the falls. Visit a unique historical village and a hydroelectric plant, among Québec's oldest. Next to the restaurant and rest area, watch children of all ages frolic in the water games area. Only 10 minutes from mont Sainte-Anne on Route 360 in the village of Saint-Ferréol-les-Neiges. Experience nature's best! Group rates and packages available upon request.

Manoir Mauvide-Genest (manor)

1451, Chemin Royal, St-Jean, Ile-d'Orléans Tel.: 418 829-2630 / Fax: 418 829-0734 www.manoirmauvidegenest.ca

Discover a Nouvelle-France jewel ! Visit this historical monument of exceptional value dating back to 1734, recently restored, and make contact with the seigneurial system under the French Regime. Guided tour, period costumes and furniture, exhibition, multimedia presentation. Parking. Call for schedule. Reservations required for group tours. Special rates for groups upon request.

Mont-Sainte-Anne

Mont-Sainte-Anne 2000, boulevard du Beau-Pré, Beaupré QC, G0A 1E0 / Tel.: 418 827-4561 Tel. 2: 1-888-827-4579 / Fax: 418 827-3121 www.mont-sainte-anne.com

Located 40 kilometres (25 miles) east of Québec, this 4-season resort offers golfing, mountain biking, horsedrawn carriage rides, camping, canyoneering, paragliding, hiking, downhill skiing, snowboarding, snowshoeing, cross-country skiing, ice skating and dogsledding in magnificent surroundings. Mont-Sainte-Anne's downhill ski slopes are registered on the World Cup circuit. The ski area houses the Musée du ski (Ski Museum). The cross-country ski centre is the largest in Canada with 212 km of trails. The 100-km (62 miles) network and 5 downhill runs of

mountain biking trails is completed with equipment rentals including full facilities, and hiking shoes. Open from early June to mid-October. Don't miss the breath taking view of the St. Lawrence valley from the 800-metre (2625 feet) gondola climbing to the summit of Mont-Sainte-Anne. South of route 360 and east of the ski lodge, a waterfall (chutes Jean-Larose) cascades down a 68-metre (223 feet) escarpment. A large campground is located nearby with 166 sites. Lodging: Reservotel: 1-800-463-1568. Winter shuttle service "HiverExpress".

Moulin du Petit Pré - Stone-ground Flour Mill

7007, avenue Royale, Château-Richer, QC
Tel.: 418 824-7007 / Fax: 418 824-7017
www.moulin-petitpre.com

Be a time traveler and visit the Petit Pré Mill located at Château-Richer on the New France Road. This flour mill is still using the big overshot wheel to make the heavy millstone turned and crush the grain. It was build in 1695 by Bishop François de Laval. Today the mill has been restored to continue to mill the grain and offer you many services in a country-style ambiance. Guided tour of the old flour mill, unique reception hall in the mill attic, meals for groups, Crepe-Café with outside terrace, bakery and boutique of land products, wine tasting, large free parking for cars and buses. Free parking for cars and buses. Site accessible to persons with reduced mobility.

MUSÉE DE L'ABEILLE

8862, Boul. Ste-Anne, Château-Richer (Québec)
G0A 1N0 / Tel.: 418 824-4411 / Fax: 418 824-4422
njean@musee-abeille.com / www.musee-abeille.com

How is honey made? To find the answer, we suggest you visit the MUSÉE DE L'ABEILLE (Bee Museum). Learn about the secret life of bees. Enjoy the Bee Safari, a humorous presentation about the unstoppable workers! Taste our different honey products and browse through our unique store full of bee related items. Discover and delights for the whole family!

PARC DE LA CHUTE MONTMORENCY

2490, ave. Royale, Québec (Québec) G1C 1S1
Tel.: 418 663-3330 / Fax: 418 663-1214
montmorency@sepaq.com
www.chutemontmorency.qc.ca

Montmorency Falls, 272 feet high (100 feet higher than Niagara), is part of the historic site, Parc de la Chute-Montmorency. Interpretation center, restaurant, pedestrian footbridge across the falls, and panoramic stairs to the base of the falls. Lighted at night. Wednesdays and Saturdays, from end of July to mid August, the Grands feux Loto-Québec will be presented. Summer theatre from mid June to the end of August. Telephone (418) 663-3330.

Parc maritime de Saint-Laurent

120, Chemin de la Chalouperie, St-Laurent
Ile d'Orléans / Tel.: 418 828-9672
Fax: 418 828-2170 / www.parcmaritime.ca
parcmaritime@bellnet.ca

Stop by the former Saint-Laurent shipyard and discover it is maritime heritage. In the historic Godbout workshop, meet the traditional boat builder and his rowboat. Picnic area and access to the river. Admission fee on an individual basis and group rates.

SANCTUAIRE SAINTE-ANNE-DE-BEAUPRÉ

10018, avenue Royale, Sainte-Anne-de-Beaupré
(Québec) G0A 3C0 / Tel.: 418 827-3781
Fax: 418 827-6870 / www.ssadb.qc.ca

A place of spiritual renewal, rest, and wonder, the Shrine of Sainte-Anne-de-Beaupré attracts each year more than a million and a half visitors. Whether it is for a pilgrimage, an educational trip, or just for pleasure, the Shrine is an inevitable stop located at 30 km east of Quebec City. The Saint Anne Museum presents the millennial and universal devotion to Saint Anne and the treasures since 1658. Information: 418 827-3781.

LODGING

AUBERGE LA CAMARINE

10947, Boul. Sainte-Anne, Beaupré (Québec)
G0A 1E0 / Tel.: 418 827-5703 / 1-800-567-3939 / Fax:
418 827-5430 / cpuga@aubergedelafontaine.com
www.camarine.com

Located on the historical "Côte de Beaupré", 5 minutes from the Sainte-Anne-de-Beaupré Basilica and 25 minutes from Quebec City. Our 31 cozy and comfortable rooms (19 with fireplaces) awaits you. A pleasant dining room in a romantic country atmosphere with a warm fireplace and an outdoor terrace. A bistro with fireplace, whose stone walls date back to the 18th century. A terrace with a view on the majestic St-Lawrence River. Meeting rooms for your business, friendly gatherings or parties. Whether coming for the outdoor activities, the fine cuisine, winter activities or summer, cultural attractions, vacation or on a business trip, you will appreciate the comfort and the quality of our services. An excellent all season destination.

CHÂTEAU MONT SAINTE-ANNE

500, Boul. du Beau-Pré, Beaupré (Québec) G0A 1E0
Tel.: 418 827-1862 ext. 2814 / 1-800-463-4467
Fax: 418 827-5072 / pbolvin@chateaumsa.com
www.chateaumsa.com

The ideal 4 star / 4 season resort, only 30 minutes from downtown Quebec City. With 240 rooms with kitchenette and 50 of which are renovated suites with fully equipped kitchen. Indoor and outdoor swimming pools, 2 outdoor Jacuzzis, exercise room, arcade, game room and mini-cinema. The only ski-in, ski-out hotel at Mont Sainte-Anne, only 42 steps from the gondola. We are next to Grand-Vallon golf and a half kilometre away from St-Ferréol golf.

HÉBERGEMENT MONT-SAINTE-ANNE

1000, boul. Beau-pre, Beaupré (Québec) G0A 1E0
Tel.: 418 827-2002 / 1-888-827-2002
Fax: 418 827-6666 / info@villagetouristique.com
www.hmsalm.com

Condo-hotel Village Touristique (4 stars) in the heart of the action at the foot of Mont Sainte-Anne, elevator, restaurant, boutique, free indoor and outdoor parking lot. Au Pied du Mont, complex of condos (3 stars) with indoor swimming pool, sauna and whirlpool plus 5 outdoor swimming pools, large outdoor parking lot, and nearby, a lot of services and activites.



HÔTEL AMBASSADEUR

321, boul. Sainte-Anne, Québec (Québec) G1E 3L4
Tel.: 418 666-9194, ext. 110 / 1-800-363-4619
Fax: 418 666-2775
cmaurais@hotelambassadeur.ca
www.hotelambassadeur.ca

Located only minutes from Old Québec, Montmorency Falls, Hotel Ambassadeur is well located and has a stunning view of Québec City and l'Île d'Orléans. The hotel offers 145 rooms and suites. Your clients may enjoy our tropical atrium with pool, spa and water games for children. Parking is free.

RESTAURANTS

RELAIS DES PINS (LE), RESTAURANT - CABANE À SUCRE

3029, chemin Royal, Ste-Famille Île d'Orléans (Québec) G0A 3Z0 / Tel.: 418 829-3455
Fax: 418 829-3716 / relaisdespins@videotron.ca
www.lerelaisdespins.com

Restaurant seating 300, with traditional cuisine and sugar shack menu. Maple taffy on snow all year round. Boutique with maple products and souvenirs, air conditioned, rustik atmosphere. Open year round. Reservation required.

North of the City

Situated a mere 20 minutes from Old Québec City, Stoneham, Lac-Beauport and the Jacques-Cartier Valley offer a complete escape to nature's beauty.

TRAVEL INFORMATION

TOURISME JACQUES-CARTIER

60, Saint-Patrick, Shannon (Québec) G0A 4N0
Tel.: 418 844-2358 / 1-877-844-2358 / Fax: 418 844-2664 / bbouchard@jacques-cartier.com
www.jacques-cartier.com

Jacques-Cartier Tourism represents more than 60 businesses with recreotouristic vocation which offer a variety of four-season activities, both for individuals and groups. Located only 20 minutes from Downtown Québec City, the Jacques-Cartier Area is rightly called "the resort of Québec City". Indeed, it promises your customers beautiful and strong emotions, thanks to the nature of its landscapes which will take your breath away, its quality of resort lodging nestled to the hollow of the valleys and its typical country cottages located in the edge of lakes or rivers, its majestic forests or its important network of lakes and rivers! The Jacques-Cartier Area is also the adventure with the largest waterpark in Canada, the greatest winter playground in North America, the Parc national de la Jacques-Cartier, the Station touristique Duchesnay, the only Ice Hotel in the country, plus exceptional snow conditions and so much more! Jacques-Cartier Tourism: your first contact to reach the best kept secrets of the Québec Area!

ATTRACTION

Arbre en arbre Duchesnay

143, route Duchesnay, Pavillon de l'Aigle, Sainte-Catherine-de-la-Jacques-Cartier
Tel.: 418 875-4522 / Fax: 418 875-2833
www.arbreduchesnay.com

THE GREAT SUMMERTIME ADVENTURE! Tree link Duchesnay lets you feel all the action, fun and thrills while feeling reassured that it's completely safe! Swing from one tree to another via a series of obstacles courses. Enjoy the breathtaking, scenery surrounding lac St-Joseph from a 10 meter canopy.

HÔTEL DE GLACE QUÉBEC-CANADA

75, Montée de l'Auberge, Pavillon UKIUK, Station Touristique Duchesnay, Sainte-Catherine-de-la-Jacques-Cartier (Québec) G3N 2Y5 / Tel.: 418 875-4522 / 1-877-505-0423 / Fax: 418 875-2833
mleblond@hoteldeglace-canada.com
www.hoteldeglace-canada.com

From January to April, discover the unique Ice Hotel in America, for a visit, a magical night, or a special event. Entirely made out of 15 000 tons of snow and 500 tons of ice, the Hotel de Glace will astonish you with its beauty.

CENTRE DE SKI LE RELAIS

1084 boulevard du Lac, Lac-Beauport (Québec) G3B 0X5 / Tel.: 418 849-1851 ext. 220
1-866-373-5247 / Fax: 418 849-1995
gchabot@skirelais.com / www.skirelais.com

Parc national de la Jacques-Cartier

Highway 175 North, 40 km (24 miles) from Québec City. Summer: 418 848-3169; Winter: 418 528-8787, 1-800-665-6527 / Fax: 418 528-8781
www.sepaq.com/jacquescartier

Vast mountainous plateau measuring 670 km² (258 sq. miles) with deep gorges, at the bottom of which are rivers whose steady flow is interrupted by the occasional rapids. In the summer, you can enjoy a range of outdoor activities: hiking, mountain biking, canoeing, kayaking, fishing or picnicking. The river offers 26 km / 15.5 miles of sheer pleasure. Keep your eyes peeled as you go down the river, as you will be crossing through moose, beaver and great blue heron territory. Five routes available, shuttle service included. Equipment rental: canoes, one- or two-person kayaks or inflatable rafts. Rent by the hour, half-day or day. Our team of park warden/ naturalists offers a number of activities to help you learn more about the abundant flora and diversified fauna of this protected park. In the winter, the park does not go into hibernation! You will have a wonderful time exploring the snowy wilderness as you go backcountry skiing, snowshoeing or hiking.

Réserve faunique des Laurentides

Route 175 North, accueil Mercier / 418 848-2422

In a heavily wooded territory covering 8,000 sq. km (3,088 square miles), this Reserve offers a wide variety of activities related to holiday resorts and the outdoors. From mid-May to the beginning of September, fish for rainbow trout and stay in a chalet. Lake and river fishing are offered on a daily basis. Two campgrounds are available. No reservations required. The rivières Metabetchouan and des Ecorces (rivers) canoe-camping trails are renowned for their beautiful scenery and easy access to all levels of canoeists. Besides black bear hunting in June, you can hunt for moose and small game in the fall. The Reserve also operates a cross-country ski centre "Camp Mercier" famous for the quality and quantity of snow. Well-equipped winter chalets accommodate up to 14 people and are located near the ski centre. The Réserve has a network of snowmobile trails. Reception centre, lodging and gasoline services are available. Reservations: 1-800-665-6527. Schedule: varies with the activities. Admission: many activities are subject to a fee and may require reservations.: 700, boulevard Lebourgneuf, bureau 11, Québec QC, G2J 1E2 / 418 528-6868.www.sepaq.com/laurentides

Station touristique Duchesnay

143, route Duchesnay, Sainte-Catherine-de-la-Jacques-Cartier QC G0A 3M0 / Tel.: 418 875-2711 x 246 / Tel.2: 1-877-511-5885 / Fax: 418 875-0550
www.sepaq.com/duchesnay

Bordering Lac Saint-Joseph, the Station touristique Duchesnay offers a privileged contact with nature. Cross-country skiing, snowshoeing, hiking, cycle path. An ideal area for business meetings: 88 comfortable rooms in an inn or country pavilions, and villas.

Super labyrinthe de la Jacques-Cartier

143, route Duchesnay, Sainte-Catherine-de-la-Jacques-Cartier
Tel.: 418 875-0434 / Fax: 418 875-1584

The maze is a dodecahedron (which means it has twelve sides) and looks like a fort. The object of the game is to find the centre of the maze by answering a series of fun and educational questions. It takes approximately 2½ hours to get through the maze. The layout and questions are changed monthly.

VILLAGE VACANCES VALCARTIER

1860, boulevard Valcartier, Valcartier (Québec) G0A 4S0 / Tel.: 418 844-2200 / 1-888-384-5524
Fax: 418 844-1239 / tourisme@valcartier.com
www.valcartier.com

Summer: The largest waterpark in Canada with 35 water slide, 2 theme rivers, a wave pool, a 700-sites campground and whitewater rafting expeditions. Winter: The largest winter recreational center in North America with 42 snow slides featuring the Snow Rafting, Tornado and Karting on ice. Catering services also available.

LODGING

FOUR POINTS BY SHERATON QUÉBEC

7900, rue du Marigot, Québec (Québec) G1G 6T8
Tel.: 418 627-8008 / 1-866-627-8008
Fax: 418 627-3658
caroline.duplain@fourpointsquebec.com
www.fourpoints.com/quebec

Located 8 minutes away from old Quebec and 10 minutes from the ski trails, Four Points by Sheraton Quebec was built in 2005. With its 102 luxurious rooms, its 18 hole golf course, its 4 season outdoor pool - spa, snowmobile rental during winter time, it is a real resort in the city!

HÔTEL STONEHAM, STATION TOURISTIQUE STONEHAM, MONT-SAINTE-ANNE

600 chemin du Hibou, Stoneham (Québec) G3C 1T3
Tel.: 418 848-2415 / 1-800-463-6888 / Fax: 418 848-1133 / pguay@mont-sainte-anne.com
www.fun2ski.com

Stoneham Mountain resort, new owner of Hotel Stoneham offers 60 rooms renovated, meeting space, restaurants, bars, variety of winter / summer activites. New! Geocaching. Mont-Sainte-Anne, best

ski mountain in Quebec, becomes a paradise in May offering: panoramic gondola, 32km pedestrian path, 150km mountain biking, dog village and the Grand Vallon golf course.

MANOIR DU LAC DELAGE (LE)

40, Ave. Du Lac, Lac Delage (Québec) G3C 5C4
Tel.: 418 848-2552 ext. 632 / 1-888-202-3242
Fax: 418 848-1352 / spapril@lacdelage.com
www.lacdelage.com

The Manoir du Lac Delage has a capacity of 103 rooms and suites offering either balcony or terrace. The magnificent view on the natural environment displays the lake and mountains. Health Center, fine dining, interior and exterior pool. Year round activities. 15 minutes away from Quebec City.

West of the City Wendake

ATTRACTIONS

Centre d'interprétation Kabir Kouba

103, rue Racine, Québec G2B 1C9
Tel.: 418 842-0077 / Fax: 418 842-7495
www.chutekabirkouba.com

The interpretation centre highlights the different attractions found at the Parc de la Falaise and near the Kabir Kouba Falls. Our permanent exhibit and guided tours help visitors learn about the historical aspect of the site (mills and hydroelectric plant), as well as its geology (fossils and plunge pools), flora and fauna.

Maison Tsawenhohi (house)

75, Chef Nicolas-Vincent, Wendake G0A 4V0
Tel.: 418 845-0700 / Fax: 418 845-0030.
www.cnhw.qc.ca

Located in the heart of Old Wendake, Tsawenhohi House was built for Grand Chief Nicolas Vincent in 1820. Tsawenhohi means "He who sees clearly, the hawk". Tsawenhohi House is an important cultural institution dedicated to the preservation and teaching of traditional Huron-Wendat crafts. Guided tours, craft demonstrations, multimedia show, handicraft gallery, exhibit of archeological artefacts found onsite and garden where the "Three Sisters" (corn, beans and squash) and healing plants grow. Reservations required for groups year round. Visitor reception area and guided tours of Old Wendake (church, waterfalls, carpet bedding, etc.).

SITE TRADITIONNEL HURON: TRADITIONAL HURON SITE "ONHOÛA CHETEK8E"

575, rue Stanislas Koska, Wendake (Québec)
G0A 4V0 / Tel.: 418 842-4308 / 1-888-255-8857
Fax: 418 842-3473 / n.picard@huron-wendat.qc.ca
www.huron-wendat.qc.ca

Authentic recreation of an Indian village. Guided tours, tales and legends, dance shows, craftsmanship. Educational packages and custom-made packages. Our restaurant NEK8ARRE, can welcome 180 guests. Menus offer essentially game and fish. "Le Huron" boutique, known worldwide for its authenticity. Located 15 minutes from downtown Québec. Open all year long.

SOCIÉTÉ TOURISTIQUE DES AUTOCHTONES DU QUÉBEC

50, boul. Maurice Bashien, Wendake (Québec)
G0A 4V0 / Tel.: 418 843-5030 / Fax: 418 843-7164
administration@staq.net / www.staq.net

LODGING

HÔTEL MUSÉE PREMIÈRES NATIONS

5, Place de la Rencontre, Wendake (Québec) G0A 4V0
Tel.: 418 847-2222 / 1-866-551-9222 / Fax:
418 847-2903 / klandry@hotelpremieresnations.ca
www.hotelpremieresnations.ca

Standing on the shores of the Akiawenrahk (Saint-Charles) River in Wendake, the Hotel Musée Premières Nations propose: Unique 4 star hotel and museum with 55 rooms and suites worthy of legendary Huron Wendat hospitality. Our restaurant La Traite offers an authentic flavour, inspired by the First Nations cuisine. Five meeting rooms with 140 person capacity.

Portneuf and Surrounding Area

A few kilometres west of Québec City, stretching along the St. Lawrence River and more than 200 kilometres back into the countryside, lies Portneuf and its many charms. The countryside is characterized by wide open spaces while the riverside displays the area's architectural heritage along Chemin du Roy. The countryside of Portneuf offers a natural panorama of hills, lakes, rivers and waterfalls. Amateurs of history have a front-row seat when they follow the Chemin du Roy. It is the first road that carried traffic in Canada, linking Québec City and Montréal, the two major centres of the colony. All along Chemin du Roy, visitors have a rendez-vous with the past in an ageless setting. The views over the river alone are worth the visit. Along with its numerous attractions, the charm of Portneuf is alive in its inhabitants and their warm welcome. Whether you choose the riverside or the countryside, Portneuf is enchanting.

TRAVEL INFORMATION

Tourisme Portneuf

185, route 138, Cap-Santé QC G0A 1L0
Tel.: 418 285-4616 / Fax: 418 285-4655
cldportneuf@globetrotter.net / www.portneuf.com

ATTRACTIONS

Aliksir - Herbalism: Essential Oils ECONOMUSEUM®

1040, Route 138, Grondines QC G0A 1W0
Tel.: 418 268-3406 / 1-866-596-3406
Fax: 418 268-3410 / www.aliksir.com

Aliksir, located on our family farm in Grondines, has been producing essential oils since 1988, concentrating on coniferous-based oils before progressively expanding to include oils from different shrubs and organically-grown wild plants. Aliksir imports a vast range of essential oils from the four corners of the world, purchasing these products directly from producers or distributors. We ensure the purity and quality of all products we sell. For details on schedule and rates for a visit, please call us.

Erablière Mart-L enr.

223, Grand-Capsa, Pont-Rouge (Québec) G0A 2X0
Tel.: 418 873-2164 / Fax: 418 663-7881
www.mart-l.ca

Warmth and tradition only 15 minutes away from downtown Québec City. The friendly folks at the Mart-L maple grove invite you to feast in the unique atmosphere of Québec's sugar shacks of old. Enjoy home made, traditional dishes accompanied by all natural and delicious maple products. Products sold on location. Let yourself be carried away in a festive array of traditional French Canadian music, dance, games, amusements and long walks in the woods. With a capacity of 450, the site is accessible to handicapped. Possibilities of gatherings of all nature upon request.

Fromagerie Alexis-de-Portneuf

71, avenue Saint-Jacques Saint-Raymond, QC,
G3L 3X9 / Tel.: 418 337-4287 / 1-800-463-3846
Fax: 418 337-8288 / www.alexisdeportneuf.com

Visit our shop to explore the world of Québec's finest cheeses. We have a group activity where you can watch a cheese-tasting video, then sample a variety of cheeses (reservations required). We can give you advice on how to plan a cheese tasting party, offer a range of gifts ideas and, of course, have a wide variety of cheeses at very attractive prices. Open 7 days a week, 365 days a year.

La Caserne du lin

280, Pettigrew, Saint-Léonard-de-Portneuf
G0A 4A0 / Tel.: 418 337-1498 / Fax: 418 337-6742
www.casernedulin.ca

Learn all about the operations involved in linen crafting, from flax to home-made cloth. Retting, flailing, winnowing, and braking demonstrations given by a warm, dedicated team of linen enthusiasts. Discover our small-scale production of tablecloths, place mats, towels, dish cloths, scarves, shawls, hats, vests, shirts, handmade linen paper, etc. A permanent exhibition entitled "Mains et Maintes Fois" is also presented. Activities and shows, learn about the different stages of the culture and transformation of linen, kiosks, games.

Stadacona Aventure

840, Côte Joyeuse, Saint-Raymond (Québec)
G3L 4B3 / Tel.: 418 337-2776 / 1-877-337-8666
Fax: 418 337-8187 / stadacona@dionmoto.com
www.aventurestadacona.com

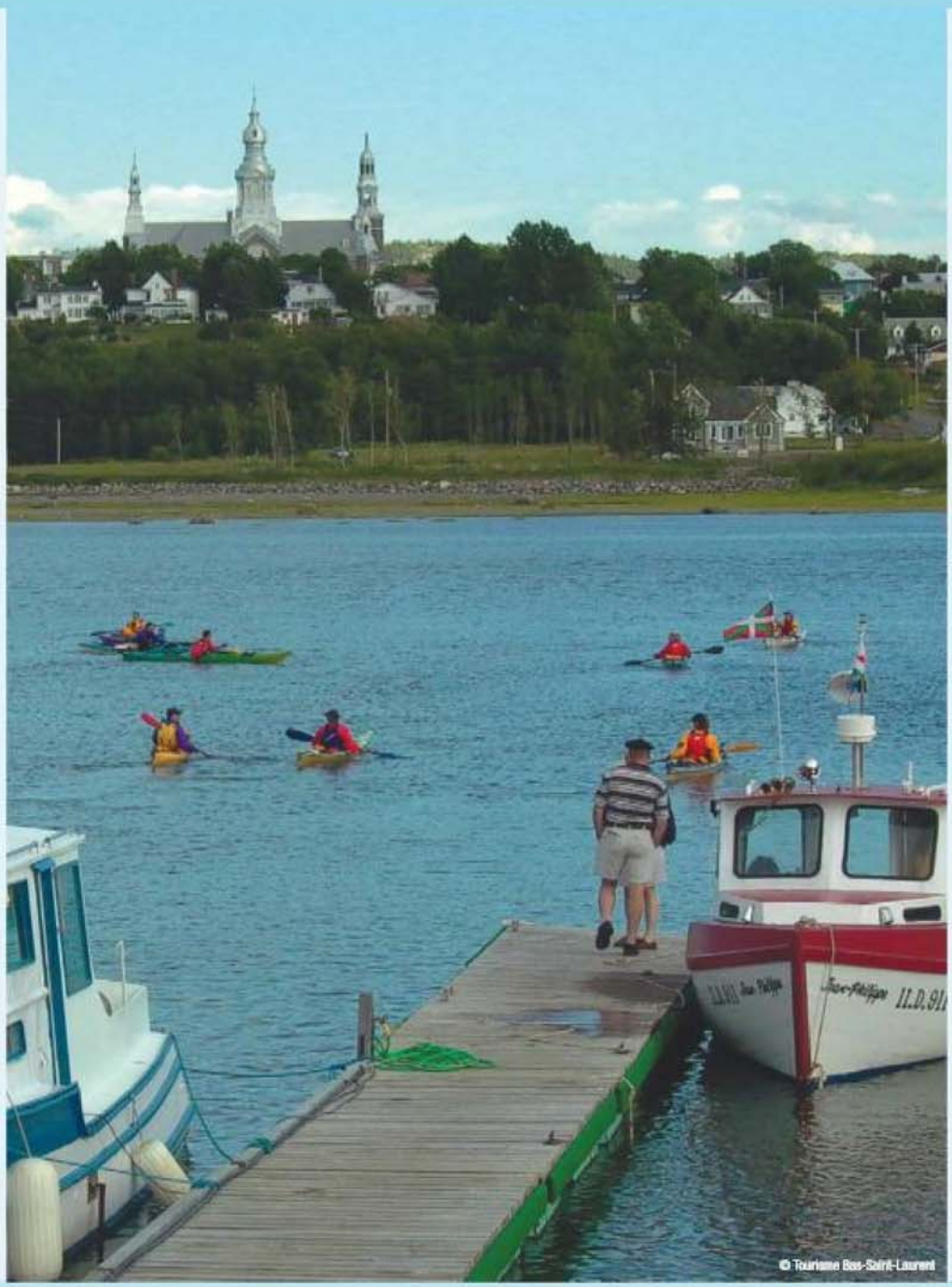
Stadacona Aventure, division of Dion Moto, the outdoor package specialist: we design group, one- or multi-day, customized and corporate package tours. Snowmobiling, quad, canoeing are our specialties.

Gateway to the Maritime Québec, the Bas-Saint-Laurent region impresses by the richness of its built and landscaped patrimony and the diversity of its outdoor activities. The region seeks the title of the main ecotourist destination in Québec. Bas-Saint-Laurent is the heart of a road and maritime networks which allow easy access to the whole region.

TOURISME Bas-Saint-Laurent

Tourisme Bas-Saint-Laurent
Toll free: 1 800 563-5268
info@bassaintlaurent.ca
www.bassaintlaurent.ca

Major cities
La Pocatière ~ Dégelis ~ Pohénégamook ~ Cabano ~ Rivière-du-Loup Trois-Pistoles ~ Rimouski.



events calendar









2010

May

Le Tremplin, Degelis Song and Comedy Festival
May 16th to 23rd
418 853-3233 / 1 877 334-3547
info@festivaletremplin.com
www.festivaletremplin.com

June

Festival country Saint-Antonin
June 17th to 20th
418 868-1777
annie.boucher@festivalcountryst-antonin.com
www.festivalcountryst-antonin.com

Festival du carton: Les Cartonfolies
June 25th to 27th
418 854-5568
info@cartonfolies.com
www.cartonfolies.com

July

Les Grandes Fêtes du Saint-Laurent Royal Lepage
July 15th to 18th
418 724-7080
festival@lesgrandesfetes.com
www.lesgrandesfetes.com/

Kamouraska Painting Symposium
July 19th to 25th
418 498-3197
lamaisonauxflambeaux@hotmail.com
www.symposiumdukamouraska.com

Échofête, festival environnemental
July 22-26
Trois-Pistoles, 418 857-3248
www.echofete.ca

August

Rivière-du-Loup en 3 actes
August 9th to 16th
418 862-7547
www.mbsl.qc.ca

Iles du Bic Concerts
August 11th to 15th
418 740-3636
info@bicmusique.com
www.bicmusique.com

September

Festi Jazz International de Rimouski
September 2nd to 5th
418 724-7844
1 866 festijazz (337-8452)
festijazz@globetrotter.net
www.festijazzrimouski.com

November

Noël Chez Nous à Rivière-du-Loup
November 5th to November 7th
418 868-5334
Fax: 418 862-7800
info@noelcheznous.com
www.noelcheznous.com

must see

- **Société d'écologie de la batture du Kamouraska (Saint-André)**
  www.sebka.ca
- **Station scientifique Aster (Saint-Louis-du-Ha! Ha!)**
  www.asterbsl.ca
- **Station exploratoire du Saint-Laurent (Rivière-du-Loup)**
  www.romm.ca
- **Le Domaine Acer (Auclair)**
  www.domaineacer.com
- **Canyon des Portes de l'Enfer (Saint-Narcisse-de-Rimouski)**
  www.canyonportesenfer.qc.ca
- **Société Duvetnor (Rivière-du-Loup)**
  www.duvetnor.com
- **Onondaga submarine: Site historique maritime de la Pointe-au-Père (Rimouski)**
  www.shmp.qc.ca
- **Forêt de Maître Corbeau (Saint-Gabriel-de-Rimouski)**
  www.domainevaiga.com

tourist circuits

La Route des fermentations

The Domaine Acer, ECONOMUSEUM® set up de very first road of wines and beers of Bas-Saint-Laurent region in association with la microbrasserie Breughel et l'Hydromellerie Saint-Paul-de-la-Croix. These three producers propose you a circuit of discoveries where the good taste and the delicious moments get involved in a typically bucolic pleasure.

Brasserie Breuguel
68, route 132
Saint-Germain-de-Kamouraska
Telephone: 418 492-3693
www.breughel.com

Hydromellerie
Saint-Paul-de-la-Croix
62, rue Principale
Saint-Paul-de-la-Croix
Telephone: 418 898-2545
www.hydromellerie.com

Le Domaine Acer
145, route du Vieux Moulin, Auclair
Telephone: 418 899-2825
www.domainecer.com



La Route des Phares

The local section of the Route des Phares begins in Rivière-du-Loup with a tour of the lighthouse on Pot à l'Eau-de-Vie. Spend a few quiet hours on a small island in the middle of the St. Lawrence! The Société Duvetnor rents charming rooms decorated in period style. A little further, on the north shore of Île Verte, the Maisons du Phare offer rooms in two houses: those of the lighthouse keeper and his assistant. Climb to the top of the oldest lighthouse on the St. Lawrence River for a bird's-eye view of the entire island and maybe even a glimpse of whales. Then, east of Rimouski, climb the 128 steps leading to the top of the second tallest lighthouses in Canada. Its avant-garde architecture inspired many famous artists.

For information: La Corporation des gestionnaires de phares de l'estuaire et du golfe du Saint-Laurent
Telephone: 418 724-6214 - Fax: 418 721-0815
Email: serge@shmp.qc.ca - Web: www.routedesphares.qc.ca



La Route des Frontières

Stretching 92 kilometres along route 289, the Route des Frontières takes you from Saint-Alexandre to the village of Saint-Jean-de-la-Lande, near the New Brunswick border. It is called the Route des Frontières because of its proximity to the borders of Québec, New Brunswick and the State of Maine. The area is rife with reminders of this fact: custom stations, border markers and international bridge, in addition to the naturel border formed by the Rivière Saint-François. In quiet farming village of Saint-Alexandre, you can visit a museum and enjoy sports facilities. You'll then drive through the Parke wildlife reserve on your way to the village of Pohénégamook, located on Pohénégamook Lake. The Route des Frontières is a tour of living history. This unique area boasts, rich scenic, historic, cultural, heritage and recreational treasures to discover.

For information: Corporation touristique de la route des Frontières
Telephone: 418 893-2649
Email: info@routedesfrontieres.com - Web: www.routedesfrontieres.com



TRAVEL INFORMATION

QUÉBEC MARITIME (LE)

84, Saint-Germain Est, Rimouski (Québec) G5L 1A6
Tel.: 418 724-7889 / Fax: 418 724-7278
info@quebecmaritime.qc.ca
www.quebecmaritime.ca

Le Québec maritime is a marketing organization situated in a country rated among the first destinations of importance in Canadian History. It includes the areas of Gaspésie, Bas-Saint-Laurent, Côte-Nord (Québec's North Shore) and Magdalen Islands. Le Québec maritime is a huge area where the mountains and the sea give you a unique panorama, thousands of kilometers of seashore, dreams and reality mixing together. Le Québec maritime offers assistance to professional buyers and writers by providing promotionnal materials such as brochures, maps, posters or slides. Tour operators will appreciate the help of tour planner and also, famtours are offered throughout the year.

La Pocatière

Sweeping views of the St. Lawrence River and the mountains of Charlevoix, highlight your stop in La Pocatière! This riverside community was the site of the first agricultural school in North America (1859). Today, the town is still an important education centre where development in bio-food, technology and communications are focused upon.

ATTRACTIONS

Musée François-Pilote

Located 100, 4th Avenue 418 856-3145
Email: museefpilote@leadercsa.com
Web: www.kam.qc.ca

The Québec Ethnology Museum houses an extensive assortment of natural science and local artefacts. The definitive museum highlight is the exhibit "The country parish of 1900". Open year-round with seasonal hours. Nominal admission fees.

Kamouraska

It may be small but Kamouraska is filled with interesting attractions, historical landmarks and outdoor activities. Situated upon the banks of the St. Lawrence, this historic village was the Superior Court seat of eastern Québec during the mid-1800's. Two famous residents of the village were: Adolphe Basile Routhier, the man who penned the lyrics for "Oh Canada" and René Chalout, the creator of Québec's provincial flag. Suggested village stops include many boutiques, Ancien Palais de justice de Kamouraska, Musée régional de Kamouraska, and Berceau de Kamouraska. 10 km West of Kamouraska is the village of Saint-Denis, a very quaint and friendly coastal community.

ATTRACTIONS

Ancien Palais de justice de Kamouraska

Located 111 Avenue Morel / 418 492-9458 / Email: info@kamouraska.org / www.kamouraska.org

This magnificent medieval structure, built in 1888, was home to the country circuit court. Today, the facility features a collection of displays and exhibits focusing upon local history. Highlights include old maps, recitals, live entertainment, workshops and various local art works. Open June to September. Nominal admission fees.

Musée regional de Kamouraska

Located 69 Avenue Morel / 418 492-9783
Email: museekam@videotron.ca
Web: www.museekamouraska.com

Dedicated to the preservation and presentation of regional heritage, the museum houses permanent and temporary ethnological and historical exhibits. The facility is situated in an 1851 schoolhouse and also features a gift shop. Open year-round, by reservation from mid-December to May. Nominal admission fees.

Site d'Interprétation de l'Anguille de Kamouraska

205 Avenue Morel / 418 492-3935
Web: http://iquebec.ifrance.com/anguillekam

A very unique and interesting stop, the site offers guided tours of an eel fishery. Visitors will learn about the industry through equipment such as trap and nets and various techniques. Smoked eel samples. Open June to mid-October. Nominal admission fees.

NEARBY ATTRACTIONS

Maison Chapais

Located 2 Road 132 East, Saint-Denis
418 498-2353 / Email: maisonchapais@msn.com
WEB: www.maisonchapais.com

Maison Chapais is a radiant village home that was built in 1834. The house was the former residence of Jean-Charles Chapais (1811-1885), an honoured member of the Fathers of Confederation. Today, the house features period furnishings, antiques, artwork, memorabilia belonging to Chapais and a garden. Classified as an historical monument. Open from June to mid-October. Nominal admission fees.

Société d'écologie de la batture du Kamouraska (SEBKA)

Located 273 Route 132 West, Saint-André
418 493-9984 / Email: sebka@belinet.ca
Web: www.sebka.ca

The facility offers visitors a chance to explore the world of various birds, marine and land animals. 12 km of scenic trails lead you through coastal marshes, interpretative panels, picnic and camping areas and rock climbing (pass needed). River access for kayaks, kayaks rentals and guides in seasons. Early May to late October. Charges apply for guided tours.

Rivière-du-Loup

A center of economic activity and sustainable development, Rivière-du-Loup is well-known as a strategic hub in eastern Québec. The city has preserved its rich heritage while developing a thriving modern economy. Wander its streets, city parks and neighborhoods such as Old Rivière-du-Loup and the downtown, where local architectural traditions live on. Visit its museums or take off on an excursion on the St. Lawrence River and its islands. The Parc de la Pointe offers direct access to the St. Lawrence, footpaths, a bike path, picnic areas and playgrounds. Campground, ferry, special events, summer theatre and health spas.

RDL Tours

On bike or by car, explore the Rivière-du-Loup area by taking a thematic tour: Sweet Harmony of Land and Sea, A Rich and Generous Nature or Tell Me Your Story. The round-trip tours vary between 50 and 125 kilometres and offer plenty of attractions. Soak up the regional heritage, discover panoramic views, visit local artists and craftspeople, shop for regional products and indulge in your favourite outdoor activities.

TRAVEL INFORMATION

Office du Tourisme et des Congrès de Rivière-du-Loup

Located 189 Rue Hotel-de-Ville, Rivière-du-Loup (Qc) G5R 5C4 / 418 862-1981 or 1-888-825-1981
Email: info@tourismeriviereduloup.ca
Web: www.tourismeriviereduloup.ca

ATTRACTIONS

Station exploratoire du Saint-Laurent

Address: Chalet de la Côte-des-Bains, Parc de la Pointe 80, rue Mackay, Rivière-du-Loup
Tel.: 418 867-8796 / Tel. (2): 418 867-8882 ext. 205 off season / www.romm.ca

Permanent exhibits highlight the biodiversity of the St. Lawrence: the coastline and its wildlife. Hours: From June 13 to September 12, 9:30 am to 5 pm and uppon reservation for groups from May to October. Reservation needed for groups.

Manoir Seigneurial Fraser

Located 32 Rue Fraser / 418 867-3906 / Email: projetreseautage@tourismeriviereduloup.ca
Web: www.manoirfraser.com

Established in 1802, the Fraser seignory became Fraserville in1845 and finally Rivière-du-Loup in 1910. This wonderfully restored manor house recounts the history of one of the region's most prominent families of the last century. Handicraft shop, tearoom and art gallery featuring the best local artists. Open June to October. Nominal admission fees apply.

Musée du Bas-Saint-Laurent

Located 300 Rue Saint-Pierre
418 862-7547 / Email: musee@mbsl.qc.ca
Web: www.mbsl.qc.ca

The museum is dedicated to the presentation and preservation of French art and local history. Visitors can examine paintings, photos, sculptures and pottery. Permanent and temporary exhibits are featured such as a virtual historic of the city. Open year-round with varied hours. Nominal admission fees apply.

Petit Temis Interprovincial Linear Park

For more information call 418 868-1869
Email: lepetit-temis@qc.aira.com

The park features a 134 km. cycling and walking pathway that meanders along an old railway bed. During your tour you will find lakes, rivers, marshlands and an abundance of wildlife. Accessible from mid-June to October.

LODGING

HÔTEL UNIVERSEL - CENTRE DE CONGRÈS DE RIVIÈRE-DU-LOUP

311, boul Hôtel de Ville, Rivière-du-Loup (Québec) G5R 5S4 / Tel.: 418 862-9520
1-800-265-0072 / Fax: 418 862-2205
info@hoteluniverselrdl.com
www.hoteluniverselrdl.com

Just off the 20 highway Hotel Universel is conveniently located at a major highway interchange for the Gaspé, the Maritimes or the North Shore. Four star hotel.

TOURS

CROISIÈRES AML

A unique getaway!



Headquarters
124, rue St-Pierre, Québec, QC G1K 4A7
Tel.: 418 692-2634 / 1 800 563 4643
Fax: 418 692-0845
Contact: Isabelle Longpré
Account Executive (Tour & Travel)
ilongpre@croisieresaml.com

Backed by more than 35 years of experience, Croisières AML is the largest cruise/excursion company in Canada. The quality, diversity and originality of these cruises provide pleasure, emotion and thrills to over 500,000 passengers annually. Operating out of 8 ports throughout Quebec, Croisières AML promises you rewarding urban experiences and great outdoor adventures. **NATURE CRUISES FROM RIVIERE-DU-LOUP. • Whales & Islands.** Discover the many faces of the St. Lawrence River! The Cavalier des Mers will bring you to the most beautiful whale-watching site in the world for an encounter with whales, seals and porpoises. During the cruise, marvel at the beauty of the islands and their traditional lighthouses. Adrenaline guaranteed! Whale-watching cruises with bilingual naturalist-guides. 2 departures per day. Duration: 3h30. **Other Nature cruises available from Tadoussac and Baie-Ste-Catherine. • Whales & Fjord • Zodiac adventure.** Whale-watching cruises with bilingual naturalist-guides in the comfort of a large boat (restaurant, covered outside decks, observation platform) or an adventure cruise aboard a zodiac. • **Discover the Saguenay Fjord (6h):** Brief stop at L'Anse-St-Jean and stopover at the Saguenay National Park. Bilingual guide, meal platter included, served on board. Enquire about our **Bus-Packages for Whale-watching cruises** from Quebec City or Montreal. **URBAN CRUISES AVAILABLE IN QUEBEC CITY AND MONTREAL • Maritime Excursion.** 60 or 90 minutes bilingual guided sightseeing cruise • **Brunch or Lunch Cruise:** Guided sightseeing cruise with meals • **Dinner Cruises:** gastronomic meals, entertainment, dancing under the stars.

Cacouna

A charming riverside community, Cacouna rests upon the shores of the St. Lawrence. Founded in the mid 1800's the village has been a favourite summer time stop since it's conception. Recreational opportunities include bird watching, hiking trails, boating, historic tours.

ATTRACTIONS

Site ornithologique du marais de Gros-Cacouna

Located at Port de Gros-Cacouna on Route 132
418 898-2757 / Email: parc@parcbasstlaurent.com

The site is a magnificent spot to explore the wonders of this seaside environment. A popular attraction for bird watchers, ducks, rails, egrets and other species can be seen here! Observation platforms and scenic pathways are also on site. Open at all times. Free.

L'Isle-Verte and the island Ile Verte

L'Isle-Verte is a friendly fishing/ farming community that is comprised of mainland and island dweller. The island (Île Verte) is the only year-round habitation of its kind in the region. Accessible year-round, travellers can visit the island by ferry or boat-taxi in the summer and by ice bridge in the winter. A popular recreational centre, the village boasts many exciting activities for adventure seekers. Whale watching, hiking trails, boating facilities and bird watching, are just a few of the available amenities. While visiting the island make sure to stop at La petite École, an interpretation centre that offers exhibitions focusing upon the sea. The island is also home to the oldest lighthouse on the St. Lawrence River (1809).

ATTRACTIONS

Circuit touristique de l'Île Verte

Located on the island Île Verte - Chemin de l'Île, École Michaud / 418 898-4055 / Email: ndsd-ileverte@bellnet.ca / Web: www.ileverte.net

This tour visits the island's three major attractions: the Cabane du criard, École Michaud and the Musée du squelette. Discover the history of the first St. Lawrence River lighthouse and it's outbuildings, traditional island life, and a bone collection including skeletons of marine mammals. Open May to mid-October. Nominal admission fees.

Réserve faune

A Saguenay-St. Lawrence Marine Park Discovery Site. The visitor's centre for the national wildlife area is located in the Maison Girard (1850). A free guided tour includes a permanent exhibit on the peat bogs, waterfowl, plants and habitats of the Réserve. Trails (5 km) along the shores of the St. Lawrence. Interpretation of the wetlands and their wildlife. Duck-banding packages available (mid-August to early September). Information pamphlet available.

Trois-Pistoles

A place of legends and miracles, Trois-Pistoles is a picturesque St. Lawrence community. It is a known fact that whaling Basques visited this region long before the journeys of Jacques Cartier. According to legend the town was named after a lost silver goblet that was valued three pistoles (the currency of that time). As the tale goes, Seigneur Riou gave the goblet to a reclutant Father Rouillard. Riou reassured the father by stating "Should it ever be lost, God will return it to me." Upon his journey home, Rouillard's canoe sank during a storm - however the goblet mysteriously found its way back to Riou's homestead! Today, the community is a recreational, historical and cultural centre. Boat cruises, bird watching, sailing and fishing are popular activities. A trip to the L'île aux Basques is a highly recommended excursion. Here explorers can examine the lives of early visiting Basques (region of France), bird species and plant life. Make sure to stop at Église Notre-Dame-des-Neiges-de-Trois-Pistoles and learn about its miraculous story.

ATTRACTIONS

Excursions à l'île aux Basques

For more information call 418 851-1202
Email: jp.rioux@ville-trois-pistoles.ca
Web: www.provancher.qc.ca

Visit the island and learn about the interesting lives of the Basques. These early whalers arrived here in 1584! It is believed that the island was originally inhabited by Native Indians in 2000 years ago. The island is a favourite stop for bird watchers. Other highlights include walking trails, plant and wildlife, 16th century Basque ovens and picnic areas. Accessible by boat. Fares vary.

Musée Saint-Laurent

Located 552 Rue Notre-Dame West
418 851-2345/2353

The museum displays a number of exhibits that focus upon local history. Highlights include antique autos, historical artefacts, pioneer farm implements, photographs and more! Open June 24 to Labour Day.

Notre-Dame-des-Neiges-de-Trois-Pistoles Church

Located 30 Rue Notre-Dame East / 418 851-1391
Email: patrimoineNdN@hotmail.com
Web: www.eglisetroispistoles.com

According to folklore, early parishioners could not agree upon where to built their new church thus the residing priest announced that "Heaven would decide." Following nine days of prayer, a large square of snow appeared on the ground, this was quite rare as it was August! This explains the unique name of the church. Legends aside, the structure is a beautiful monument that is visited frequently by travellers. Open June 24 to Labour Day. Free.

Parc de l'Aventure Basque en amérique

Rediscover a lost page in the history of Québec through an exhibit about the Basque adventure in the Americas. Cultural and sports activities held throughout the summer. Try the only court in Canada designed to play pelote, the traditional Basque sport similar to handball, or attend a match on weekday evenings. Bistro terrace with a view of the St. Lawrence River.

Saint-Fabien

Take a glance at a picture of this seaside community and you will be yearning for a visit! Nestled upon the shores of the St. Lawrence and surrounded by forested hills, Saint-Fabien invokes tranquillity. Recreational activities are endless and include bird watching, hiking and cycling, camping and fishing.

Ranch CR Inc. / Barytine St-Fabien

131, 1er rang ouest, Saint-Fabien (Québec)
G0L 2Z0 / Tel.: 418 869-3484 / Fax: 418 869-3464
ranchcr@globetrotter.net / www.ranchcr.qc.ca or www.barytinestfabien.qc.ca

Bic Rimouski (district Le Bic)

With its famous national park, this area offers a range of facilities and activities. Historic inns, fine dining, charming B&Bs, tourist residences, art galleries, golf courses, marina and outfitter. Don't miss the plays and shows at the Théatre les gens d'en bas or the chamber music festival. Plan a sea-kayak outing to make the most of your stay.

TOURS

Champlain peak Shuttle

Travel 346 meters to the top of Champlain peak. Cap à l'Orignal sector entrance, Bic National Park. June to August. Rates vary.

ATTRACTIONS

The park is known for its picturesque headlands, bays, coves, islands and mountains, where thousands of seabirds nest, rare plants bloom and seals congregate. Summer: 25 kilometres of hiking trails, 15 kilometres of bike paths, sea kayaking, bike rental, guided hikes. Winter: snowshoeing, cross-country skiing and hiking. Services: Discovery and Visitor Centre, campgrounds, yurts, ready-made campsites (Huttopia platform tents), picnic areas, mooring basin, boat launch, tearoom and restaurant.

Boutique Nature at the Ferme Rioux

Off season: Boutique Nature in the Rivière-du-Sud-Ouest entrance kiosk.

La Rose des thés

Located 1.7 kilometres from the Rioux farm, just an easy walk or bike ride along the shoreline and the islands of the Anse-à-l'Orignal. La Rose des thés tearoom is housed in the Lyman cottage, a building dating from 1920 that has kept its old-fashioned charm. Take a break and enjoy the scenery from the tearoom or the terrace. Variety of teas, herbal teas, coffees, refreshments, pastries and cookies prepared by local artisans.

Aventures Archipel

Toll-free: 1 800 665-6565
www.aventuresarchipel.com

Attractions and Activities. Guided sea kayak excursions in Bic National Park or to Saint-Barnabé Island. The guides are all Level-II and -III certified by the Fédération québécoise du canot et du kayak (FQCK). Breathe in the salt air, wander the bays and coves, discover the headlands, islands and mountains and observe the wildlife (seals, elder ducks, etc.).

Rimouski

Stretching along the shoreline, Rimouski is the oceanographic capital of Québec. Approaching the city after crossing the rugged landscape of Bic National Park, you arrive in downtown where, from the shore of the St. Lawrence, Saint-Barnabé Island can be seen on the horizon. Heritage tour, museums, art galleries, churches, parks and interpretation centres. Major events all year. The four local golf courses offer a variety of challenges. The Route verte bicycle path links Rimouski to Sainte-Luce, following the Promenade de la mer, a multiuser trail along the St. Lawrence. Health spas.

TRAVEL INFORMATION

Office du Tourisme et des Congrès de Rimouski

Located 50 Boul. Saint-Germain West, Rimouski (Qc) G5L 4B5 / For more information 418 723-2322 or 1-800-746-6875
Email: inforiki@tourisme-rimouski.org
Web: www.tourisme-rimouski.org

ATTRACTIONS

L'Institut maritime du Québec

Located 53 Rue Saint-Germain West
418 724-2822 # 2038 / Email: institut@imq.qc.ca
Web: www.imq.qc.ca

Discover Canada's biggest marine training institution, overlooking the St. Lawrence River. Its laboratories, workshops and exhibitions open a window on the fascinating marine milieu. Open late June to mid-August. Rates vary.

Musée régional de Rimouski

Located 35 Rue Saint-Germain West
418 724-2272 / Email: commrdr@globetrotter.net
Web: www.museerimouski.qc.ca

Facing the water in the heart of the city, this museum is housed in the oldest stone church in Rimouski. During the summer, three or four exhibitions: one or two featuring contemporary art, one or two on regional history and oceanography or telecommunications. Gift shop, hall rental, activities, interpretation areas and picnic grounds. Open all year round, schedule may vary.

Parc Beauséjour

Located on Boulevard de la Rivière
418 724-3167 / Web: www.ville.rimouski.qc.ca

A popular family facility, the park features many outdoor and cultural activities. Highlights include Musical Picnics on Sundays, cycling trails, canoe rentals and cross-country skiing trail. Open year-round. Admission free.

Site historique maritime de la Pointe-au-Père

Located 1034 Rue du Phare / 418 724-6214
Email: info@shmp.qc.ca / Web: www.shmp.qc.ca

A "must see" attraction during any visit to the region! The only place in Canada where you can visit an authentical canadian submarine, the Onondaga, that served during cold war and until July 2000. Also the museum features exhibits that detail the horrific sinking of the Empress of Ireland. The ocean liner sank on May 29th, 1914, killing 1,012 people. Visitors can peruse undersea pictures, documents and wreckage from the ship. The site is also home to the second highest lighthouse in Canada. A 3D animation concept, open from June to October, with seasonal hours. Admission charges apply.

LODGING

HÔTEL GOUVERNEUR RIMOUSKI

155, boul. René-Lepage Est, Rimouski (Québec) G5L 1P2 / Tel.: 418 723-4422 / 1-888-910-1111
Fax: 418 724-3987 / amongrain@gouverneur.com
www.gouverneur.com

First-class downtown hotel, across from the Saint Lawrence River. Perfectly located for a Lower Saint Lawrence/Gaspé Peninsula tour. The hotel has 163 rooms and suites (108 with 2 double beds), restaurant, bar, outdoor pool, terrace with landscaped gardens and free parking. Free wireless high-speed Internet access available.

HÔTEL LEVESQUE

171, rue Fraser, Rivière-du-Loup (Québec) G5R 1E2
Tel.: 418 862-6927 / 1-800-463-1236 / Fax: 418 867-5827 / hebergement@hotellevesque.com
www.hotellevesque.com

Champetre Style, 83 rooms with river or garden view. 71 rooms with whirlpool, La Terrasse Restaurant, gym open 24/24, Centre Santé L'Estraire, La Causerie Lounge.

HÔTEL RIMOUSKI ET CENTRE DE CONGRÈS

225, boul. René Lepage Est, Rimouski (Québec)
G5L 1P2 / Tel.: 418 725-5000 / 1-800-463-0755
Fax: 418 725-5725 / hotelrim@hotelrimouski.com
www.hotelrimouski.com

The perfect choice for all visitors to the Lower St. Lawrence region! Our 4 star hotel offers guests 185 luxurious and comfortable rooms and suites, view on the St. Lawrence river. Located downtown and nearby all major attractions. We offer complete services as indoor water slide and pool, Spa and health center, fitness center, restaurant (seafood and grill specialities), lounge, room service, free coffee in each bedroom, free parking. You will never forget the way we welcome you in Rimouski.

Saint-Narcisse-de-Rimouski

This peaceful little village is situated upon the shores of Lac Ferré. Surrounded by breathtaking vistas, the community is a gateway to the Réserve Faunique de Rimouski. Make sure to stop at the Canyon des Portes de l'Enfer, a beautiful natural wonder!

ATTRACTIONS

Domaine du Canyon des Portes de l'Enfer

Located 1280 Chemin Duchénier / 418 735-6063
Email: infos@canyonportesenfer.qc.ca
Web: www.canyonportesenfer.qc.ca

Visitors can explore 14 km of pathways that follow this great canyon. A popular place to revel in the glories of the great outdoors, Canyon des Portes is home to the highest footbridge in Québec with 63 meters hight. Amenities include mountain biking trails and picnic areas. Open mid-May to late October.

Cabano

Cabano is nestled along the mountainous banks of lake Témiscouata. Originally settled thousands of years ago by aboriginals, today's community was founded just before the turn of the century. The village provides a "resort-like" atmosphere due to it's many outdoor opportunities. Visitors can enjoy a beautiful beachfront, a full service marina and recreational parkland. One popular attraction include Fort Ingall, built in 1839.

ATTRACTIONS

Fort Ingall

Located 81 Chemin Caldwell / 418 854-2375
Email: info@fortingall.ca / Web: www.fortingall.ca

The fort was built in 1839 due to a border disagreement between Canada and the United States. The fort was never a scene of conflict and was subsequently abandoned in 1842. In 1973, the complex was wonderfully restored piece by piece. Today classified as an historical monument, the fort offers guided tours, restaurant, camping and picnic areas. Open June to October with seasonal hours. Nominal admission fees.

NEARBY ATTRACTIONS

Domaine Acer - Maple Syrup Making: Alcoholic Beverages ECONOMUSEUM®

145 Route du Vieux Moulin, Auclair
Tel.: 418 899-2825 / Fax: 418 899-6620
Email: robert.vallier@domaineacer.com

Web: www.domaineacer.com
Maple, from the Latin word Acer. The sugar maple has many more virtues than the simple transformation of sap into syrup. Penetrate the mysteries of the processes involved in the production of delicious nectars. The Domaine Acer acts as a maple ambassador through its line of alcoholic beverages and innovative gourmet products. Take this opportunity to visit the cellars and to spend a few minutes in the boutique where you can sample these maple delights. Top-of-the-line products that point the way of the future for this unique natural resource.

Notre-Dame-du-Lac

Peacefully located upon the shores of Lake Témiscouata, Notre-Dame-du-Lac is what recreationalists call a "water fun wonderland"! Outdoor activities such as camping, sailing, swimming, biking, hiking and fishing are extremely popular here. The town site was the first relay station along the Grand-Portage trail - thus earning the name "Le Détour". Heritage lovers will enjoy visits to Auberge Marie Blanc and the Musée du Témiscouata.

ATTRACTIONS

Jardin de la Petite École

Located 794, rue Saint-Viateur
418 899-2740 / jardinecole@sympatico.ca
www.jardindelapetiteecole.com

Named "One of the most beautiful private gardens in Québec" by the magazine Fleurs Plantes et Jardins. Discover water gardens, an impressive collection of plants, slate walks. Rest areas and Témiscouata Lake views.

Musée du Témiscouata

Located 3 Rue Hôtel-de-Ville / 418 899-0072
Email: ville.nddl@globetrotter.net

The museum houses an assortment of thematic interpretation exhibits including photos and artefacts. Open June 24th to Labour Day. Entrance fees apply.

Dégelis

An interesting origin surrounds the name of this Madawaska River community. Dégelis and Madawaska are, respectively, French and Micmac words meaning "does not freeze". The waters of the river flow so quickly that it is impossible for it to freeze. A popular recreational haven, available activities include camping, hunting, birdwatching, swimming, sailing, hiking, biking and snowmobiling.

Pohénégamook

Pohénégamook is a Native American word that means "a place of winter refuge". Located upon a lake that shares it name, the community is an approved, four season resort centre. Bordering the state of Maine, Pohénégamook consists of three villages: Estcourt, Saint-Éleuthère and Sully. Historical events, recreational activities and legendary folklore attract visitors from all over. Lake Pohénégamook is (as legend has it) the home of Ponik- a mysterious creature that has been witnessed by many! If you dare to brave these monster infested waters, you will enjoy a magnitude of activities including swimming, sailing, water skiing and fishing.

ATTRACTIONS

Atelier Amboise - Cabinet Making ECONOMUSEUM®

Located 619 Rang Ignace-Nadeau
Tel.: 418 859-3337 / Fax: 418 859-2996
Web: www.atelieramboise.com

Touch wood! Step inside Atelier Amboise, a business specializing in the reproduction of European and Québec-style traditional furniture. Discover the transformation process, the tree species and the tools used to turn wood into truly functional art objects. From trees to woodwork, become familiar with the various steps in cabinet making. Through the history of furniture making, follow the evolution of the cabinet-making trade. Finally drop by the boutique where you will find wooden pieces with remarkable soul and character.

Pohénégamook Santé Plein Air

Located on the lakeshore, this four-season resort offers all-inclusive stays and off-season packages. Enjoy outdoor activities year round: canoeing, kayaking, sailing, river rafting, rock climbing, archery, hiking, ski-sailing, snowshoeing, sledding, cross-country skiing, Nordic sauna, white-tailed deer observation. Summer activities for kids organized by age-group. Choose from many lodging options: inns, large chalets, small chalets and cabins with kitchenette, campground, country houses and deluxe condo hotels. Enjoy an interlude of perfect relaxation at the Nature SPA Pohénégamook health spa. Pets allowed in some types of lodging ($).

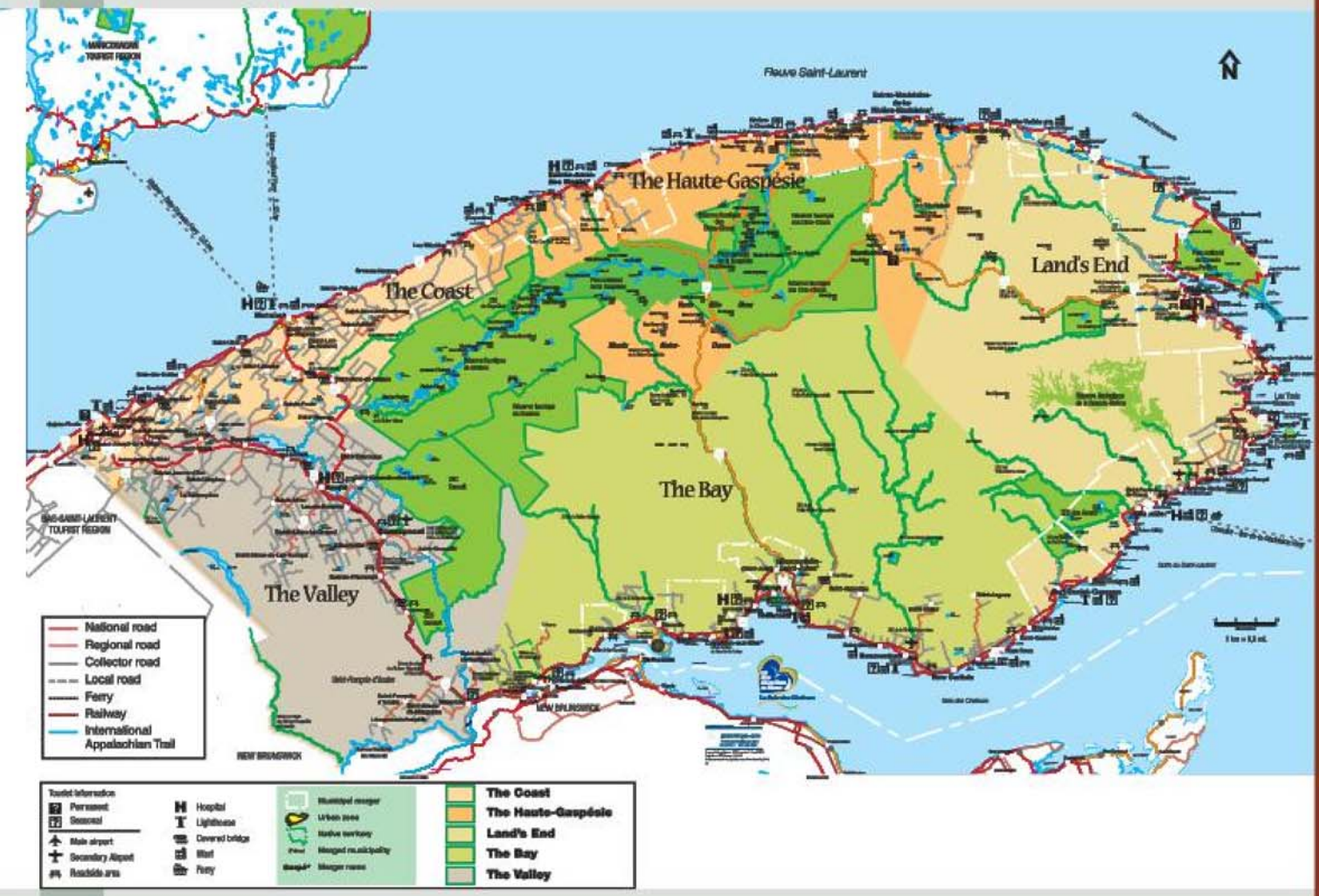


Breathtaking panoramas, splendid views at every turn and tasty maritime cuisine the Gaspesie offers you all this and more. Tour the entire peninsula, explore the land, climbs the mountains and along the way meet a proud and hospitable people! Take advantage of the parks and historic sites for which this vacation destination par excellence is famous. Take time out to hunt agate stones on the beach, observe the whales, dolphins and porpoises, fish the waters of the sea or rivers or relax at a health spa-so many pleasures await you!

Gaspésie

Association touristique régionale de la Gaspésie
1 800 463-0323
www.gaspesieiloveyou.com

Major cities
Gaspé ~ Matane ~ Sainte-Anne-des-Monts ~ Percé ~ Bonaventure Carleton-sur-Mer ~ Amqui



events calendar




© Sylvain Majeau


© Michel Jean


© Michel Jean

2010

January

Celebrations for the 175th anniversary of Cloridorme and 125 years of municipal life
January 1 to December 31
418 395-2808
www.canton-de-cloridorme.com

Festivités du 250e de Bonaventure
January 2 to December 31
418 534-2500

June

Jardins sur la baie
June to September
New Richmond
418 392-7722
www.villenewrichmond.com

Jeux des 50 ans et plus Gaspésie-Îles-de-la-Madeleine
June 17 to 20
New Richmond
418 388-5099
www.urlsgim.com

Fête de la Saint-Jean in Percé
June 24
Parc national de l'Île-Bonaventure-et-du-Rocher-Percé
418 782-2933
www.ville.perce.qc.ca

International Garden Festival Reford Gardens
June 26 to October 3
Grand-Métis
418 775-2222
www.refordgardens.com

Festival en chanson de Petite-Vallée (28th edition)
June 25 to July 3
418 393-2222
www.festivalenchanson.com

July

Rallye Auto nord-américain de la Baie-des-Chaleurs
July 1 to 3
New Richmond
418 392-3544
www.rallyebdc.com

Marché public de New Richmond
Mid-July to mid-September
418 392-7000
www.villenewrichmond.com

Fort Causap au Royaume du saumon
July 21 to 25
Causapscal
418 756-5545 / 418 758-5543
www.fortcausap.com

Artistes en Fête
July 24 to August 1
Sainte-Flavie
418 775-7050
www.sainte-flavie.net/decouvrir/attrait

Fête du Vol Libre
July 28 to August 1
Mont-Saint-Pierre
418 797-2222
www.vol-libre.ca

Festival Country de Matane
July 29 to August 1
418 562-6821
www.festivalcountrydematane.qc.ca

Beach Party de Cap-d'Espoir
July 29 to August 1
418 782-2860 / 418 782-5675
www.lebeachparty.com

Traversée du parc de la Gaspésie - 138 kilometres of road cycling
End of July
418 763-2502
loisirs.sadm@globetrotter.net

August

Festival International Maximum Blues
August 4 to 8
Carleton-sur-Mer
418 364-6008
www.maximumblues.net

Festivalvent
August 5 to 8
Cap-Chat
Reservations: 1 888 786-5518
www.motelfleurdelys.com

Fête du bois flotté
August 12 to 15
Downtown Sainte-Anne-des-Monts
418 763-3811
www.villesainte-anne-des-monts.qc.ca

Les Percéides
August 19 to 22
Percé
www.perceides.ca

Festival Musique du Bout du Monde
August 12 to 15
Gaspé
1 866 313-3626 / 418 368-5405
www.musiqueduboutdumonde.com

September

Festival de la musique Bluegrass de New Richmond
September 2 to 5
418 392-4487
www.newrichmondbluegrass.com

Festival quad matapédien
September 3 to 5
Amqui
418 629-5215
www.clubvttdelamatapedia.com

Symposium d'artistes professionnels Prélude d'automne
September 16 to 19
Port-Daniel – Gascons
418 396-5400 / 418 752-4175

Week-end des arts
September 18 and 19
Port-Daniel – Gascons
418 396-5400 / 418 752-4175

October

Festival La Virée
October 8 to 10
Carleton-sur-Mer
418 364-6822
www.festivallaviree.com

November

Noël en Gaspésie
November 20, 2010 to January 1, 2011
New Richmond
418 392-7000
www.villenewrichmond.com

2011

February

La Grande Traversée de la Gaspésie en ski de fond
February 19 to 26, 2011
www.tdlg.qc.ca

must see

- **Reford Gardens, Grand-Métis**
  www.jardinsmetis.com
- **Parc national de la Gaspésie, Parc national de l'Île-Bonaventure-et-du-Rocher-Percé, Parc national de Miguasha**
  www.sepaq.com
- **Musée de la Gaspésie, Gaspé**
  www.museedelagaspesie.ca
- **Centre d'interprétation du cuivre, Murdochville**
  www.cicuivre.com
- **Forillon National Park of Canada**
  www.pc.gc.ca/forillon
- **Magasin Général Historique Authentique 1928, Percé (L'Anse-à-Beaufils)**
  www.magasinhistorique.com
- **Site historique du Banc-de-Pêche-de-Paspébiac**
  www.shbp.ca
- **Bioparc de la Gaspésie, Bonaventure**
  www.bioparc.ca
- **Site historique Matamajaw, Causapscal**
  www.sitehistoriquematamajaw.com

Foodlovers' circuit

The Gaspé peninsula has long been renowned for offering one of North America's most scenic tourist routes. Now, visitors travelling its highways and byways have begun discovering a veritable larder bursting with original regional food products. Come and meet the alimentary artisans making up the "Gourmande" circuit: they'll be delighted not only to greet you personally but also to share with you the passion they feel for their cherished products originating in the sea, land and forests of the Gaspé. This itinerary features stops at the best tables in the region, not to mention the gourmet shops and stores who are contributing members to the Gaspésie Gourmande circuit. All these members happily take to heart their mission of showcasing the culinary treasures of the Gaspé peninsula.

Wishing you many delightful gustatory discoveries!



Gaspésie Gourmande
200-B, boulevard Perron Ouest, New Richmond (Qc) G0C 2B0
1 866 388-2220 - www.gaspesiegourmande.com (in French only)

Great Outdoors circuit

Parc national de la Gaspésie, Parc national de l'Île-Bonaventure-et-du-Rocher-Percé and Parc national de Miguasha. Parc national de la Gaspésie is a veritable sea of mountains located in the heart of the Gaspé Peninsula. Its varied climates and unusual geomorphology attract a diversity of plant and animal species that are unique in Québec. The park has 25 peaks over 1000 metres high. The Chic-Chocs Mountains are well known among outdoor recreation enthusiasts. The panorama is simply breathtaking! Parc national de l'Île-Bonaventure-et-du-Rocher-Percé, sculpted by time and the sea at the tip of the Gaspé Peninsula, makes an extravagant show of its rich historical heritage and amazing geological history. Its remarkable flora and fauna, including its world-renowned Northern Gannet colony, contribute to the Park's reputation as a must-see destination. At this point, which may be likened to a rocky bastion, the Appalachian Mountains thrust forward into the waters of the Gulf of St. Lawrence, with Bonaventure Island serving as a natural offshore fortress while famed Québec tourist emblem Percé Rock rises on the horizon like a majestic stone man-of-war setting out for sea. How did fossil fishes and plants live on our planet 378 million years ago? You'll find out when you visit Parc national de Miguasha, a real gem in Québec's park system. For reasons of exceptional scientific importance, UNESCO added this park to the World Heritage List in November 1999.



Société des établissements de plein air du Québec
(Québec park authority)
1-800-665-6527 - www.sepaq.com

Cultural circuit

The "Circuit des arts visuels et métiers d'art de la Gaspésie" [Gaspé region visual arts and crafts circuit] offers visitors the opportunity to discover artists and craftspeople. All these creators are eager to host you in their studios and workshops, where you will gain many fascinating insights into both their magnificent works as well as the fertile imagination behind them. You could say this circuit is also a rare opportunity to meet a group of creators who find in the Gaspé a continual source of inspiration, fascination and pure wonderment. Further information about the participating artists and craftspeople is available on the Web version of this brochure at www.culturegaspesie.org (in French only).

Be on the lookout for some real treasures!



Conseil de la Culture de la Gaspésie
169, avenue Grand-Pré, Bonaventure (QC) G0C 1E0
1 800 820-0883

TRAVEL INFORMATION

ATR de la Gaspésie

357 de la Mer Road, Sainte-Flavie (Qc) G0J 2L0
418 775-2223 or 1-800-463-0323
Fax: 418 775-2234 / www.gaspesieiloveyou.com
Email: info@tourisme-gaspesie.com

Québec maritime (Le)

84 Saint-Germain East, office 205
Rimouski (Qc) G5L 1A6
Tel.: 418 724-7889 / Fax: 418 724-7278
info@quebecmaritime.ca
www.quebecmaritime.ca

OTHERS

VIA Rail Canada

For information: 1-888-VIA-RAIL or visit www.viarail.ca

VIA Rail Canada's Chaleur train Depart from Montréal in the early evening and enjoy an aperitif at the bar, dinner in the dining car, and a liqueur under the panoramic dome while you admire the sunset… What more could you ask? In Sleeper class, the members of your group will be able to shower before retiring to a snug and cosy bed, where the train will rock them to sleep! Passengers cover hundreds of miles during the night to wake up refreshed shortly before arriving at Bonaventure, Percé or Gaspé. (And you'll save the cost of a hotel room!)

Amqui

Tourism information: 606, 132 Road West
418 629-5715

An industrial / agricultural community, Amqui is situated upon the southern shores of Lake Matapédia. The town's name is derived from the Micmac word "amgoig"-meaning "place of fun." Amqui is surrounded by exciting recreational opportunities and activities including golf, camping, fishing and snowmobiling.

NEARBY ATTRACTIONS

Matapédia and Patapédia River Wildlife Reserve

For more information call 418 756-6174 or 1-888-730-6174 / www.cgrmp.com

An exciting outdoor destination, the reserve is a haven for recreationalists. Visitors can enjoy canoeing, mountain biking, hiking, plant and wildlife observation and special guided tours. Open year-round.

Bonaventure

www.bonaventure-gaspesie.com

One of the region's oldest settlements, Bonaventure was founded in 1760 by a group of Acadian families that were banned from Nova Scotia by the British in 1755. Legends tell us that the community was named in honor of a ship bearing the name Bonaventure, that sailed through the area during the late 16th century. Located upon the shores of the Baie-des-Chaleurs, the town boasts many recreational opportunities including golf, mountain biking, fishing, boating, camping, swimming and more!

ATTRACTIONS

BIOPARC DE LA GASPÉSIE

123, rue des Vieux-Ponts, Bonaventure (Québec) G0C 1E0 / Tel.: 418 534-1997 / 1-866-534-1997
Fax: 418 534-1998 / mjbernard@bioparc.ca
www.bioparc.ca

Located on Gaspésie's Chaleurs Bay, the Bioparc is an educational park featuring the region's ecology. Discover Gaspésie's 5 ecosystems; more than thirty indigenous animal species in semi-liberty and over seventy plant species through a one kilometer walking trail in nature. Also: Exhibitions, interpretation program, souvenir shop, snack bar.

Musée acadien du Québec

95, avenue de Port-Royal, Bonaventure
418 534-4000 / www.museeacadien.com

This history and ethnology museum relates the fascinating and compelling story of the Acadians of Québec. The permanent exhibit Une Acadie québécoise (a Québec Acadia) describes in an original way the Acadian settlement in Québec, and explains how the Acadians contributed to Québec society. In addition to the permanent exhibit, displays on a variety of subjects are presented in the temporary exhibit room, and the exhibit Bonaventure en miniatures (Bonaventure through miniatures) is on display in an adjacent pavilion. Bilingual services, guided visits in season or upon reservation. Book and souvenir counter. Art, art trade, handicraft and Gaspesian product shops on-site. Every Wednesday night, from the end of June to end of August, free outdoor shows by artists of the region and the Maritimes. Admission. Reservations recommended for groups. Average length: 1.5 hours.

Cime Aventure

200, chemin Athanas-Arsenault / 1 800 790-2463
418 534-2333 / www.cimeaventure.com

Discover the Bonaventure River, the clearest river in Québec, by canoe or by kayak. Several daily departures, the Familiale, at all time, the Vaillante at 8 a.m., the Populaire at 9 a.m. and noon. Site on the river shore offering lodging such as wooded campsites (more than 100 sites), tepee and "eco-lodges" on piles. Show evenings every Monday and Friday at the Resto-bar L'Acayenne. Also available: sauna, whirpool bath, Nordic baths, swimming and unforgettable nature vacations atmosphere. Reservations recommended.

Cap-Chat (Capucins)

ville.cap-chat@globetrotter.net

A charming coastal community, Cap-Chat is located near the mouth of the St. Lawrence River. The town was named after a unique rock formation that bears likeness to a crouching cat. You cannot miss the 76 windmills that have been erected in this area. Le Nordais windmill park have 133 windmills. This is the largest windmill park ever built in Canada and one of the largest in all of North America. A popular recreational stop, visitors will find many available activities including camping and fishing.

ATTRACTIONS

Centre d'interprétation de la recherche et du développement de l'énergie éolienne (CIRDE) Éole Cap-Chat

Route 132, Village du Cap, Cap-Chat, 418 786-5719

The official site of wind energy since 1988, it invites you to discover the secrets of the god Aeolus by visiting the interior of the tallest vertical axis windmill in the world (110 metres) and that of the horizontal axis windmills of Le Nordais Windmill Park. Guided tours, available to everyone, will allow you to see and understand the mechanisms and the workings, the technological advances and the main actors of this industry recently revived in an era of concern and of environmental preservation. Tour of the site. Exhibit and video.

Carleton-sur-Mer

www.carletonsurmer.com

Founded in 1756 by fleeing Acadian settlers Carleton-sur-Mer is a very popular seaside resort destination. Originally known as Tracadieche (Micmac for a "place of many herons"), the community was renamed in honor of Guy Carleton, an early governor general during the 18th century. Nestled upon the shores of the Baie-des-Chaleurs, the town's surroundings offer many exceptional recreational opportunities. Enjoy watersports such as swimming and sailing, various hiking trails, camping facilities, golfing and snowmobiling. A favourite stop for bird-watchers, a sandbar located just off Carleton's shores, is a haven for great blue herons and terns.

ATTRACTIONS

Oratoire Notre-Dame-du-Mont-Saint-Joseph

837, rue de la Montagne, Carleton-sur-Mer
418 364-2256, 364-3723
www.montsaintjoseph.com

What could be more intriguing than an oratory high up on a mountain? The Oratoire Notre-Dame-du-Mont-Saint-Joseph dominates the 555 metres of the Mont Saint-Joseph since 1935. Through a guided tour, discover the magnificent mosaics, stained glass windows and numerous marble pieces. Outside, take advantage of the rest area, the footbridge and its viewpoints which offer an impressive view of the Bay landscape. Access to Carleton-Maria hiking trails. Various interpretation activities, exhibits, souvenir shop.

NEARBY ATTRACTIONS

Parc national de Miguasha

231, route de Miguasha Ouest, Nouvelle
418 794-2475 / www.sepaq.com

Miguasha Park preserves a fossil rich cliff with a worldwide reputation since its discovery in the 1800s. The fossilized fish and plants are proof of an environment that existed some 380 million years ago. Remarkably preserved, the Miguasha fish fossils help us to understand the passage of vertebrates from aquatic to terrestrial life. Member of the Québec Park Network, Miguasha park is a UNESCO World Heritage Site, recognized as an exceptional natural site. A tour of the natural history museum allows you to enjoy a captivating scientific experience in the universe of fossils. Guided tour available from June 1 to October 12. Self-guided tour during the remainder of the year. Activities and services: Plongée aux origines (Journey deep into the origins) at the amphitheatre, Les sciences de la mer (Marine sciences) in the temporary exhibit hall, Le Dévonien restaurant, and L'Échoppe boutique. Picnic areas. Two-kilometre trail (the trail and cliff are not accessible to people with reduced mobility). A happy mix of science and nature for visitors of all ages.

Causapscal

www.causapscal.net

Lodged into the scenic Matapédia Valley, Causapscal is an important fishing and lumber community. The town's two rivers, the Causapscal and the Matapédia, offer some of the finest salmon fishing in Canada. A journey to this inviting town would not be complete without a stop at the Site historique Matamajaw.

ATTRACTIONS

Matamajaw Historical Site

53C, rue Saint-Jacques, Causapscal
418 756-5999 / www.sitehistoriquematamajaw.com

Considered cultural property, this old private club is the only historic site of its kind in Québec. The new permanent and seasonal exhibits, the audio-visual presentations, and the interactive terminals lead you into discovering sport fishing and life in a luxurious early-century fishing club. A man-made pool allows you to observe the Atlantic salmon in its natural habitat. Bilingual services and exhibits, guided visits upon reservation, handicraft and local product shop, picnic areas.

Chandler

www.villechandler.com

(Including municipalities of Pabos, Pabos Mills, Newport and Saint-François-de-Pabos.) The community was named in honor of Percy Milton Chandler, an American industrialist who established the area's first pulp mill. Today, the lumber industry still plays an integral role in the town's economy. Located upon the shores of the Gulf of St. Lawrence, Chandler offers a variety of water related activities including swimming and fishing.

ATTRACTIONS

Parc du Bourg de Pabos

75, rue de la Plage, Chandler (Pabos Mills)
418 689-6043 / www.bourgdepabos.com

The Pabos Parc du Bourg offers visitors an exceptionally beautiful natural site. The Pabos Centre d'interprétation du site historique et archéologique, and its restaurant services, fits perfectly in this environment. You will learn about the fishermen's life in the 18th century, through updated artefacts and the reconstruction of a house from this era. The campground, located in the heart of the forest, offers a peaceful haven to users that can easily access a beach, hiking trails, a bicycle trail and lookouts alongside the Grand Pabos Bay. You also discover the vestiges of the forest installations from the beginning of the 20th century of the King Brothers, the ancestor of the Gaspésia in Chandler.

Gaspé

www.tourismegaspe.org

Marking the very tip of the long Gaspé Peninsula at the mouth of the St. Lawrence River as it expands into the great Gulf, Gaspé-Forillon has everything to distinguish itself. In a splendid variety of coastal landscapes, it offers natural vistas, views of wildlife in total liberty and rich cultural adventures. In fact, Gaspé is the only city in the world that can boast to contain a national park, the tallest lighthouse of the country, and three superb salmon rivers. Here the coastline marks a major indentation creating the beautiful Bay of Gaspé, which comes inland for some 35km. This bay was long inhabited by the Indians of the Sea, the Micmacs. Then came Jacques Cartier in 1534 when, in the name of the king of France, he officially took possession of this new land that was to become Canada. Important fisheries of dried, salted cod exported mostly to Europe developed during four centuries and was the livelihood of nearly everyone. People from France, England, Jersey and Guernsey, Ireland, loyalists from the New England States came to settle here. Some of the latter were whale-hunters and carried on their activities in these whale-rich waters during the 19th century.

DESTINATIONS

OFFICE DU TOURISME ET DES CONGRÈS DE GASPÉ

27, boul. York est, Gaspé (Québec) G4X 2K9
Tel.: 418 368-8525 / Fax: 418 368-8549
otcgcommercialisation@globetrotter.net
www.tourismegaspe.org

The Gaspé Tourist Office and Congress Board is a not for profit organisation whose principale mission is to promote the tourisme industry in the municipality of Gaspé and to work towards its harmonious development. Counts about 150 members.

ATTRACTIONS

Musée de la Gaspésie et monument à Jacques-Cartier

80, boulevard Gaspé, Gaspé
418 368-1534 / www.museedelagaspesie.ca

The Musée de la Gaspésie, now renovated and expanded, presents a brand new exhibit on the Gaspesian history. This original and dynamic Tour de la Gaspésie (a tour of the Gaspésie) will allow you to discover the men and women that have developed our region! The Musée also presents temporary exhibits featuring various Gaspesian cultural components. In addition to the exhibits, you will also find a shop, an archives centre, a library specialized in Gaspesian history and genealogy, a cultural magazine (Magazine Gaspésie), an outdoor amphitheatre and the Monument à Jacques-Cartier. A visit is a must! Guided bilingual visits are offered to groups upon reservation.

Sanctuaire Notre-Dame des Douleurs

765, boulevard Pointe-Navarre, Gaspé
418 368-2133 / sanctuaire@hotmail.com

Site of worship and pilgrimage since 1940 where you can visit a church and see the works of art it contains, including the main crucifix, a statue of Saint Joseph the Worker (by sculptor Médard Bourgault) and the eight stations of the Chemin des douleurs de Marie (work of Rose-Anne Mona, French ceramist). The tomb of the founder, Father Jean-Marie Watier, is located in the Chapelle du Souvenir (Memorial Chapel) which is open 24 hours a day. Three small houses for retreat are available through all seasons for solitary contemplation.

Site d'interprétation de la culture Micmac de Gespeg

783, boulevard Pointe-Navarre, Gaspé
418 368-7568, in-season: 418 368-7449
off-season: 1 866 870-6005
www.gaspesie.qc.ca/gespeg

"Gespeg, the end of the land", offers you the chance to enjoy the traditional way of life of the Micmacs and their ancestors. In an exceptional setting, where traditional techniques are reproduced with as much authenticity possible, you can observe the Micmac know-how. At the end of the 17th century, their ancestors, who lived in close harmony with nature, produced food, clothing and other essential items from available natural resources. Micmac guides and educators invite you to relive, through your senses, daily life of 1675. A multi-functional building houses various services, including a handicraft shop and workshop, and features an exhibit focused on the culture of the Gespeg Micmac of today and yesterday.

LODGING

HÔTEL DES COMMANDANTS

178, rue de la Reine, Gaspé (Québec) G4X 1T6
Tel.: 418 368-3355 / 1-800-462-3355
Fax: 418 368-1702 / lyne.bonneau@cgocable.ca
www.hoteldescommandants.com

When you are visiting our beautiful region, you will be delighted with the comfortable accomodations and professional service provided by The hotel des Commandants in Gaspé. Our hotel has 70 air-conditioned rooms. In the hotel we have a nice dining room, a Resto Pub, health center, and a cinema. At Hotel des Commandants, it's the little things that make all the difference to the pleasures of your stay.

OFF THE BEATEN TRACK

Centre culturel Le Griffon

557, boulevard du Griffon, L'Anse-au-Griffon, Gaspé / 418 892-0115 / www.lanseaugriffon.ca

This old refrigerated warehouse of L'Anse-au-Griffon, renovated in 2000, is home to a local flavour café, the Café de L'Anse, an exhibit on the era of fishermen's co-operatives, À chacun son grain de sel, an Internet community access centre, the art workshop of watercolourist Claude Côté and a multi-purpose hall offering shows and activities during the summertime. Located nearby the harbour, at the heart of the village, the centre is an important part of the Gaspesian maritime heritage because of its site, history and architecture. This centre is a non-profit organization that came from the safekeeping of a refrigerated warehouse by the community.

Forillon National Park of Canada

122, boulevard de Gaspé, Gaspé / 418 368-5505
1 888 773-8888 / www.pc.gc.ca/forillon

A stay at the Forillon National Park of Canada is sure to be a unique adventure. Discover the flora, geological formations, and the astonishing fauna of this land replete with natural riches. It is on the basis of these natural features combined with a rich human and cultural history that the park theme L'harmonie entre l'Homme, la terre et la mer (harmony between man, the earth and the sea) was developed. Forillon National Park is open year-round. A network of over 70 kilometres of trails leads hikers through magnificent seascapes and mountain views. Cruises, sea kayaking, biking, horseback riding, scuba diving, swimming, tennis and picnicking ensure a good time in the park. During the winter season, visitors can try cross-country skiing, snowshoeing or dogsledding. You can watch seals, whales, black bears, porcupines and many species of birds. Take part in the many educational activities proposed by naturalists, and visit the interpretation centre where an exhibit will introduce you to the most significant features of the park. Visit the Grande-Grave heritage site, where the Hyman & Sons store, the warehouse and the Blanchette house

reveal an unforgotten past. Make sure to fully enjoy all the park's attractions by staying in one of the partially serviced campsites (reservations: 1 877 737-3783 or www.pccamping.ca), in the group campsite, in a wilderness camping area, a yurt, a shelter (winter only) or a tent trailer (ready-to-camp formula).

Site historique de Pointe-à-la-Renommée

For information: Tourist Welcome Bureau
884, boulevard L'Anse-à-Valleau, Gaspé G4X 4A2
tel. and fax: 418 269-3310
www.gaspesie.com/renommee

Visit the most travelled lighthouse (one hundred years old) in the world; it returned to its initial site in 1997 after a 20-year exile in the Port of Québec. Thanks to exhibits, you can learn about Mr. Marconi, the lives of wireless telegraphy operators, and lighthouse keepers and their families. Through the Chemin des pionniers, hiking trails take you into the mountains, by the sea or all the way to the fishing harbour at L'Anse-à-Valleau.

Grande-Rivière

The town is located along La Grand-Rivière, which flows into the Gulf of St. Lawrence. Water recreational activities include fishing, sailing and swimming.

ATTRACTIONS

Carrefour national de l'aquaculture et des pêches

70, rue du Parc, Grande-Rivière
418 385-1583 / www.canap.qc.ca

A new first-choice tourist attraction for the whole family. A porthole on marine sciences, aquatic species and sea trades. You will find aquariums, multimedia presentations and a theme park. Guided visits. Schedule: June 7 to September 12, from 9 a.m. to 5 p.m. Limited schedule during the off-season. Reservations recommended for groups. Admission. Average length: 1.5 hours.

Grand-Métis

ATTRACTIONS

Reford Gardens - Jardins de Métis

200, Route 132, Grand-Métis
418 775-2222 / www.refordgardens.com

Designated National Historic Site of Canada, the Reford Gardens are renowned internationally as an outstanding example of horticultural art. Created between 1926 and 1958, they are the result of the work of Elsie Reford, a passionate gardener. About 3,000 species and varieties of plants are presented in approximately 15 gardens. Enjoy the art walk and discover contemporary works of art that harmonize with the historic gardens. In the Estevan Lodge, an exhibit reveals the summers that the Reford family spent in this magnificent residence dating from 1887. Temporary exhibits and special events are presented: musical brunches, literary teas or outdoor concerts happen regularly on Sundays. The Lodge dining rooms offer a garden-inspired menu at lunch time and gourmet evenings on Fridays. The Garden Café, adjoining the Lodge, offers meals all day. As of June 26, the 11th International Garden Festival, presents contemporary gardens imagined by landscape architects, architects and artists, and revolving around the theme The Paradise. More than twenty conceptual gardens offer visitors the possibility to explore contemporary art, and offer children a chance to play in leisure and interactive installations. At the visitor pavilion, all services are admission free. The Boutique Café offers healthy food in a garden-tapestry setting; the garden shop offers a selection of specialized books, seeds and gardening and decorating items. The handicraft shop highlights the work of several local artisans. Wheelchairs are available at no charge (reservations recommended) and umbrellas are lent for a different and pleasant visit.

La Martre

ATTRACTIONS

Musée des phares

10, avenue du Phare, La Martre
418 288-5698 / cielbleu@globetrotter.net

Discover a lighthouse with a unique wooden structure operating since 1906. The rotation of the lighting module is still operated by the original clockwork system. Experience the strength of the wind while enjoying the romantism of the gallery. In the fog signal building, a permanent exhibit gives you a glimpse of the genius, from the 1700's to today, behind the development of magnificent lighthouse lights. Reservations recommended for groups of 15 people or more.

Matane

(Saint-Jérôme-de-Matane, Saint-Luc-de-Matane, Petit-Matane)

www.tourismematane.com

A vibrant fishing municipality, the town is situated at the confluence of the St. Lawrence and Matane rivers. The community's name is a Micmac word that means, "beaver pond". Today, Matane is regarded as the "capitale de la crevette" (the shrimp capital) and is also a popular salmon fishing site. During the season, visitors can watch crafty fishermen upon the Captain's Walk or visit the fish ladder observation post and witness the salmon swimming upstream. Enhancement work is also being done in the old harbour sector, and visitors can, as of Place des Rochelais, follow the Promenade des Capitaines, a footpath that allows you to relive the maritime past of the region thanks to interpretation panels. During your walk, you will discover the Complexe culturel Joseph-Rouleau, where La Couleur de la Gaspésie (the colour of Gaspésie), a permanent exhibit, features 50 pieces of art donated to the town by famous painter Claude Picher. You can follow this path along the river to downtown, near the bridge and reach the catwalk leading to the charming Parc des Îles, a recreotouristic site made up of islands linked by little bridges. The park houses a bicycle trail (biking and in-line skating), a beach for swimming, play and rest areas, as well as a mini-golf course.

FERRY SERVICES

The Ferry between Matane, Baie-Comeau and Godbout (Société des Traversiers du Québec)

www.traversiers.gouv.qc.ca
Tel.: 1-877-562-6560

Visit many tourist regions without having to drive back, take the Matane-Baie-Comeau-Godbout ferry. The crossing is relaxing; no driving and all the time in the world to enjoy the grandiose view of the St-Lawrence estuary. All the services, restaurant, bar and video room will help sweeten your time aboard. The N.M. Camille-Marcoux is an icebreaker-ferry wich carries 600 passengers and 120 vehicles with 2 to 6 departures per day. You need to reserve for your vehicle.

ATTRACTIONS

Matane Wildlife Reserve

For information and reservations:
257 Saint-Jerome Street, Matane G4W 3A7
418 562-3700 / www.sepaq.com

Breathtaking scenery awaits you at this reserve. Visitors can witness many species of wildlife in their own habitat, explore scenic hiking trails or rent a fully equipped chalet by the lake. Recreational activities include boating, swimming, fishing, camping and more.

Musée La Maison Horace-Bouffard, "La maison des 6 mariages"

961, rang des Bouffard, Matane
418 566-6729, 418 562-1638
www.chez.com/bouffards (from Route 132, head south on the Ruisseau-à-la-Loutre road; it leads you down 2 kilometres to the Rang des Bouffard)

Traditional country house of the Matanie region, built in 1897. In this house, furnished with period furniture and objects, a guide relates the fascinating story of the six Bouffard-Durette weddings that took place between 1882 and 1901. These unions are listed in the Guinness Book of World Records as the highest number of marriages celebrated between the same two families. In the basement, there is an exhibit of furniture built by an artisan, a descendant of the family, as well as carpentry tools and pieces, including a house corner of dovetail joint construction, and various collections featuring ancient calendars and almost 300 bottles of Avon perfume.

Observation centre for the salmon run, Mathieu-D'Amours dam

260, avenue Saint-Jérôme, Matane
418 562-7006

Experience the odyssey of the Atlantic salmon migration: in a friendly environment, discover the fascinating characteristics of the Atlantic salmon with the help of passionate guide-interpreters. The observation post (or fish-pass) has three glass areas that allow you to see every minute of the action! In addition to your visit, there is a photo and object exhibit that explains the history of the Matane River and its dams, from 1865 to today. A river that is accessible to everyone: the Matane River is superb, accessible from downtown, it is 101 kilometres long, from which 87 kilometres offer 81 pools for salmon fishing. At the fish-pass, you also find the fishing reception post (purchase of permits and rights of access, equipment rental, fishing techniques course, etc.).

LODGING

Groupe Riotel

250, avenue du Phare Est, Matane (Québec)
G4W 3N4 / Tel.: 418 566-2651 1-877-566-2651 / Fax: 418 562-7365 / riotel@riotel.com / www.riotel.com

The Groupe Riôtel is a network of three seaside hotels around the Gaspésie peninsula located in Matane, Percé and Bonaventure. Besides 214 rooms and restaurants situated in each of the hotels, the Group Riôtel owns a seafood restaurant in Matane, La Table du Capitaine.

Mont-Joli
(including municipality of Saint-Jean-Baptiste.)

www.ville.mont-joli.qc.ca

In English, Mont-Joli means "pretty hill", a very fitting name for this community as it is the site of a large hill that overlooks the Mitis River. The community is home to the largest regional airport in eastern Québec. Located minutes from Mont-Joli is the village of Sainte-Flavie, the "gateway to the Gaspésie", and the village of Grand-Métis. The two villages provide many attractions that range from historical to recreational.

ATTRACTIONS

Ateliers Plein Soleil - Weaving ECONOMUSEUM®

1564, boulevard Jacques-Cartier G5H 2V8
418 775-5080 / 775-9894
info@atelierspleinsoleil.com

Different exhibits on textiles and on the way of life of the métissiens between 1890 and 1940. Discover weaved and knitted clothing showing shimmering fibres and colours, tablecloths, dishtowels, and a thousand and one beautiful gifts. Creations from regional artisans and artistic painters, local products, wool and weaving yarn. Group tours upon reservation. Schedule: year-round. Free admission.

Murdochville

A thriving copper mining community since it's conception in the 1950's, Murdochville is known as the "Copper Capital". A trip to the Copper Interpretation Center provides an insightful look at the mining industry. The surrounding area offers recreational opportunities including skiing, snowmobiling and hiking trails.

ATTRACTIONS

Centre d'interprétation du cuivre

345, route 198, Murdochville / 1 800 487-8601
418 784-3335 / www.cicuivre.com

The Centre d'interprétation du cuivre offers a scientific and captivating exhibit presenting the world of copper through a discovery gallery. Since the closing of the underground mine in 1999 and of the foundry in 2002, this centre offers tourists the opportunity to go down into the real Miller's gallery, dressed as miners, with a helmet and a light and live the unique experience of total darkness. When you return to the surface, a shuttle will take you through the streets of the town. With a guide, discover all the services as well as the Mont Miller windmill site, where you can see a windmill that is part of one of the most important windmill installations in Canada. Keep your eyes wide-open, the panorama is vast and beautiful.

Newport (see Chandler)

The community was established in 1855 by Loyalist settlers. Located upon the shores of the Gulf of St. Lawrence, the town is a popular fishing and water recreation site.

ATTRACTIONS

Site Mary Travers dite: La Bolduc

124, route 132, Chandler (Newport)
418 777-2401 / www.labolduc.qc.ca

Since 1994, the Site Mary Travers dite: La Bolduc presents the life and the work of Madame Bolduc. A theatre play recounting her life through songs and dances brings you back to the era of this first French singer-songwriter. A unique place to experience the human force, vitality and warmth as well as the therapeutic humour of this Gaspesian legend. While singing or humming, come to Newport and celebrate with the Bolduc fans! Guided tour in-season, bilingual services, souvenir shop, terrace, picnic and play area, and beach.

New Richmond

Tourist Information Off.:
401, route 299, New Richmond, G0C 2B0
418 392-7075 / www.villenewrichmond.com

Established by Loyalist settlers, New Richmond is located upon the shores of Baie-des-Chaleurs. The community features attractive English style homes, quaint shops, unique dining facilities and recreational activities.

ATTRACTIONS

Musée de la rivière Cascapédia

275, route 299, Cascapédia – Saint-Jules
418 392-5079 / www.cascapedia.org

This museum will allow you to discover the traditional way of life surrounding the Cascapedia River, considered one of the best salmon fishing rivers. The river's history tells of a destination chosen by lords, the rich and famous, and even a princess, who all visited the shore of this magnificent river. Of Irish, Scottish, Acadian, and Native descent, the community has maintained its sense of heritage and is proud to welcome you. Come and immerse yourself in the calm and peaceful way of life in a small recreational fishing village. Permanent and temporary exhibits, Lady Amherst tearoom, documentation room with a giant screen, multi-purpose room, fishing simulator, and shop.

OFF THE BEATEN TRACK

La Grotte de Saint-Elzéar, Gaspésie's underground landscape

136, chemin Principal, Saint-Elzéar,
1 877 524-7688 / 418 534-3905 / www.lagrotte.ca

Reservations mandatory. Guided tour of the oldest cave in Québec, dating back to almost half a million years. Observation and interpretation of the greatest number and the most beautiful variety of concretions (stalactites, stalagmites, moonmilk and others). The Grotte de Saint-Elzéar provides a safe and comfortable setting for the entire family (6 years old and older). Warm clothing (double thickness) and sport shoes are required (temperature of 4°C and degree of relative humidity of 100%).

Paspébiac

www.paspebiac.com

The town is located upon the shores of the Gulf of St. Lawrence and is a veritable waterland playground. Some of the finest cod fishing in Canada takes place around the town's shores. The community's name is derived from an Indian word that means "broken sandbank".

ATTRACTIONS

Site historique du Banc-de-Pêche-de-Paspébiac

3e Rue, C.P. 430, Paspébiac
418 752-6229 / www.shbp.ca

Recognized as a site of national historic significance by Canadian Heritage and designated by the Québec Ministère de la Culture et des Communications, the Site historique du Banc-de-Pêche-de-Paspébiac is composed of eleven buildings, which once belonged to Jersey's two most important dry-salted cod exporting companies: "La Robin" and "LeBoutillier Brothers". The diversity and size of the built heritage contained in the site are a good demonstration of the social and economical importance of the area and bear witness to the evolution of commercial fishing during a period extending over two centuries. To get to the heart of the history that has shaped the development of fisheries in Eastern Canada, a complete activity program is at your disposal. This program consists of a tour of the buildings, the permanent exhibit entitled Paspébiac, capitale historique de la pêche en Gaspésie (Paspébiac, historic capital of the fisheries in Gaspésie) and allows you to assist to a multimedia presentation entitled Entre gestes et mémoires (between gestures and memoirs), which tells history through images and story-telling. Moreover, through their gestures, the educators/demonstrators will help you discover the ingenuity of trades related to industrial activities of the time. Bilingual services, play area designed for children, souvenir shop, show hall and restaurant services.

Percé

www.perce.info

One of the most historic settlements in Québec, Percé was originally established in the 17th century. The early community served as an important French port until it was destroyed by British frigates in 1690. Nearly a century later, fishermen drifted into the area and eventually turned the settlement into a thriving fishing village. Today, Percé is a favourite destination for travelers. Parc national de l'Île-Bonaventure-et-du-Rocher-Percé is one of the most spectacular sites in the province. A haven for rare sea birds, the island is accessible by boat. Percé Rock is a natural wonder and a national treasure! The community offers many recreational activities including, boating, swimming, camping, snowmobiling and hiking ventures.

TRAVEL INFORMATION

Percé tourist office

142, route 132, C.P. 99, Percé (Qc) G0C 2L0
Tel.: 418 782-5448 / Fax: 418 782-5565
info@perce.info / www.perce.info

ATTRACTIONS

L'usine de morue salée-séchée à la gaspésienne

52, rue des Vigneaux, Sainte-Thérèse-de-Gaspé
418 385-3310 / lelem2@globetrotter.net

The Lelièvre, Lelièvre & Lemoignan processing plant, located by the sea, introduces you to a purely Gaspesian product: salted-dried codfish. The cod has been processed in this fashion for centuries in this region. A guided visit allows you to observe all the processing steps from the mezzanine integrated into the plant. Inside, you can retrace the whole history of this traditional process through various objects and images from different eras. This visit helps you understand how Gaspesians have evolved throughout the years while maintaining the same final product that is salted-dried codfish. You can also have access to fish flakes, these displays that are lined up in fields where cod is dried by the sun and marine winds. There is also a fish market offering salted-dried products and other products.

Parc national de l'Île-Bonaventure-et-du-Rocher-Percé

4, rue du Quai, Percé
418 782-2240 / www.sepaq.com

Schedule: May 30 to October 11, daily from 9 a.m. to 5 p.m. Admission fees are requested from all the visitors of the park. Reduced rates for groups, youth and families. Admission is free for children under 6 years old and for certain organized youth groups. Annual passes for one specific park or for the Parcs Québec network are available. The fees give access to all sectors of the park.

Secteur historique Charles Robin (rue du Quai) Le Chafaud

Discovery centre: Established inside Le Chafaud, this centre allows you to discover the historic and natural heritage of both the wildlife and geology of the Percé region. You will learn everything on marine ecology and behaviour of the marine birds and mammals that visit the rich waters of the Gulf of St. Lawrence. Visit the exhibit hall and see a documentary on the Northern Gannet in order to prepare yourself for your visit of the park. Exhibits at the Musée Le Chafaud (second floor), a partner of the park. La Neigère Reception office: Information about the various services and activities offered by the park, orientation and documentation centre. Nature shop. Secteur île Bonaventure Experience an unforgettable excursion on Bonaventure Island and wander from one wonderful discovery to another by taking advantage of the interpretation activities offered by experienced park wardens, who are also naturalists. Dive into the history of the fisheries with them by visiting the Le Boutillier house, follow them closely along the trail of the colonies for a guided hike and take advantage of animations at the colony of Northern Gannets. The high point of your visit is without doubt the sight of 250,000 birds nesting on the island. The colony of 120,000 Northern Gannets, the most important and accessible in the world, represents a unique spectacle. Moreover, in order to accommodate you, the Resto des Margaux offers a healthy menu that is typically made up of sea products. Find out about the scheduling and the costs regarding the crossing from the private operators on Rue du Quai. Secteur rocher Percé The feature is without a doubt this cathedral of limestone that rose from the Equator. Guided activity with a fee. This sector is accessible only through guided visits in-season. Caution: too risky. Walking alongside the Rocher Percé and the Mont Joli is extremely dangerous. Several tons of rocks fall every year from both places at any time. Rocher Grandeur Nature activity and guided geology and bird-watching activity on the Mont Joli lookout, from June 20 to September 24. Average length: 45 minutes.

Pointe-à-la-Croix

www.pointe-a-la-croix.com

The town (Cross-Point) derives its name from the Micmac who established the area. During their original settlement, the natives built a large cross to mark the boundary of their territory. Historically significant, the village was the site of the Battle of the Restigouche, the last naval battle during the Seven Years War.

ATTRACTIONS

The Battle of the Ristigouche National Historic Site of Canada

40, boulevard Perron Ouest, Pointe-à-la-Croix
418 788-5676 / www.pc.gc.ca/ristigouche

Through the presentation of numerous remnants from underwater archaeological excavations made on the wreck of the French pirate frigate The Machault, the interpretation centre commemorates the last naval battle between France and England for the possession of the New France in 1760. Acadian refugees from la Petite Rochelle and Micmacs from Listuguj supported this relief expedition. A set recreates the interior of the Machault and a film relates the naval confrontation. Animators in costume from July to August depending on staff availability. Watch for special activities taking place during the 250th anniversary of the battle of the Restigouche.

Sainte-Anne-des-Monts

www.villesainte-anne-des-monts.qc.ca

Including municipality of Tourelle, the town is situated along the banks of the Sainte-Anne River, which flows into the mighty St. Lawrence. The original settlement was all but destroyed during a terrible fire in 1915. Sainte-Anne-des-Monts is the gateway to the Gaspésie National Park, one of the province's most scenic natural areas. Nearby recreational opportunities include golf, camping and fishing.

TRAVEL INFORMATION

Sainte-Anne-Des-Monts Tourist Information Office

96 Ste-Anne Blvd. West
Tel.: 418 763-7633 / Fax: 418 763-7486
bathaute-gaspesie@hotmail.com
www.rivieresainteanne.com

ATTRACTIONS

Exploramer, la mer à découvrir

1, rue du Quai, Sainte-Anne-des-Monts
418 763-2500 / www.exploramer.qc.ca

Exploramer is an activity complex focusing on the marine environment of the St. Lawrence River and presenting an aquarium park, a museum and sea excursions. The aquarium park presents a living collection of marine fish and organisms. Accompanied by naturalist guides, explore the basins and dip your fingers in the tactile basins to touch live crustaceans, molluscs, and echinoderms. Go even one step further by climbing aboard the JV Exploramer for a sea excursion. Discover the St. Lawrence River ecosystem, watch the rising of fishing traps, and witness the discrete presence of marine animals. Three excursions are offered daily, from June 5 to September 6, at 11 a.m., 1:45 p.m. and 3:30 p.m. The museum presents four exhibits: "The sea in all senses" focuses on the connection between humans and the sea by calling on all five senses. Through a series of experiments, see how the marine world changes the way you perceive things; with "Eyes Open Under the Sea", wander through the dark universe of seabeds. Like a deep sea diver, take part in a relaxing underwater promenade and admire the hidden treasures of the St. Lawrence; Phoque la controverse presents a photograph exhibit that unveils the controversy surrounding seal hunting by disclosing some overlooked aspects. Photographs from Raoul Jomphe, texts from Nicolas Landry; Stella's Treasure invites children to a treasure hunt at the bottom of the sea. Bilingual activities, guided tours and sea souvenir.

Parc national de la Gaspésie

1981, route du Parc, Sainte-Anne-des-Monts
1 866 727-2427 / www.sepaq.com

Located in the heart of the Gaspé Peninsula, the Chic Chocs Mountains are the ultimate continuation of the Appalachians. The Mont Jacques-Cartier (1,268 metres), Mont Albert (1,154 metres) and several others invite you to experience the Great North by discovering the arctic-alpine flora or by watching caribou. At low altitude, the boreal forest has one of the highest moose densities in Québec. With its 140 kilometres of trails, the Parc national de la Gaspésie is the ideal place for hikers of all levels. Fishing, canoeing, and several picnic areas also add to your stay. The park is open year-round; however, some activities and services are provided on a seasonal basis. In the winter, skiing and snowshoeing excursions take place in a magical setting characterized by abundant snow. In the summer and in the winter, the long excursion over several days in the backcountry allows you to discover sectors that are less traveled. A large variety of types of lodging offered: campgrounds, cottages, shelters and the highly renowned Gîte du Mont-Albert. This four-star inn offers comfortable rooms and cottages where the atmosphere encourages relaxation. The fine regional cuisine has, for that matter, greatly contributed to making it famous. A tour of the park begins at the discovery and services centre. Educational and amusing activities, the permanent exhibit and the audio-visual displays allow you to come into closer contact with the natural environment.

Portrait of **the Region**

According to oral history of this region, the meaning of the word Manicouagan, "where something to drink is provided," comes from the fact that the Innu welcomed strangers by offering them fresh water in a cone made of birch bark. Manicouagan lives up to its name as a welcoming region worth discovering! On the Whale route, you will be charmed by the beautiful scenery and the warmth of the residents. Take the time to appreciate the silence and vastness of this amazing region.

MANICOUAGAN
Côte-Nord

Association touristique régionale Manicouagan
1 888 463-5319
atrmanic@globetrotter.net
www.tourismemanicouagan.com
www.maniaquedenature.com

Major cities
Tadoussac ~ Sacré-Cœur ~ Bergeronnes ~ Escoumins ~ Forestville ~ Baie-Comeau Godbout ~ Baie-Trinité.



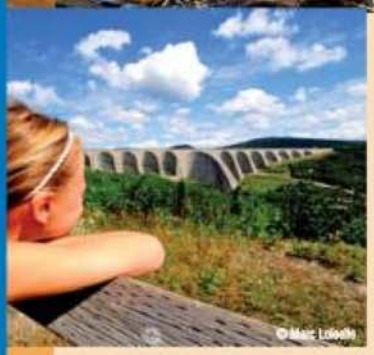
© Marc Lalonde

events calendar









2010

June

"Meet the Artists" event
June 19 to 20
Tadoussac
www.route-crea.com

Tadoussac Song Fest
June 10 to 13
1-866-861-4108
www.chansontadoussac.com

Intimate Classical Music Festival
June 23 to 27
Les Bergeronnes
http://odyseeartistique.jimdo.com

Painting Symposium
June 29 to July 4
Baie-Comeau
418-296-7967
www.sympobaiecomeau.com

July

Biathlon-Duathlon
July 3
418-238-2642
www.portneuf-sur-mer.ca

Chaud Bizzzzzzz cabaret shows
July 7, 8, 9 and 10
Baie-Comeau
418-296-8178, 418-296-0829
www.chaudbiz.org

Truckers Festival
July 9 to 11
Baie-Comeau
418-589-5567
www.festivalducamion.com

Chaud Bizzzzzzz cabaret shows
July 14, 15, 16 and 17
Baie-Comeau
418-296-8178, 418-296-0829
www.chaudbiz.org

On JAZZ sous la lune (jazz music by moonlight)
July 3, July 24 and August 21
Les Escoumins
418-232-2000, 418-232-6653, 418-232-6756
http://odyseeartistique.jimdo.com

Powwow
July 15 to 18
Essipit
418-233-2266, 1-888-868-6666
www.essipit.com

Sand Sculpture Contest
July 17
Portneuf-sur-Mer
418-238-2642
www.portneuf-sur-mer.ca

La Chant'Amuse summer theatre
July 20, 21, 22, 23 and 24
Baie-Comeau
418-296-8314, 418-296-8322

La Chant'Amuse summer theatre
July 27, 28, 29, 30 and 31
Baie-Comeau
418-296-8314, 418-296-8322

August

Para-Cycling World Cup
August
Baie-Comeau
418-294-0815
www.coupedumondebaiecomeau.com

Blue Whale Festival
August 6 to 8
Les Bergeronnes
418-232-6326
www.bergeronnes.net

Star-gazing nights
August 6 and 7
Pointe-aux-Outardes
418-567-4226
www.parcnature.com

September

Happening de Peinture (painters' weekend)
September 10 to 12
Tadoussac
418-235-4446, ext. 229
www.tadoussac.com

Migratory Bird Festival
September 17 to 19
Tadoussac
418-232-6249
http://explos-nature.qc.ca/oot/festival/festival.php

2011

January

Cinoche International Film Festival
January 13 to 23
Baie-Comeau
418-295-2500
www.festivalcinoche.ca

must see

- **Marine mammal interpretation centre (CIMM)**
  www.gremm.org
- **Cap-de-Bon-Désir Interpretation and Observation Centre**
  www.pc.gc.ca
- **Centre Archéo Topo**
  www.archeotopo.qc.ca
- **Marine Environment Discovery Centre**
  www.pc.gc.ca
- **Argile Eau Mer (clay beach and clay products)**
  www.argileeaumer.com
- **Garden of the Glaciers (Jardin des glaciers de Baie-Comeau)**
  www.jardindesglaciers.ca
- **Manic-2 and Manic-5 DAM hydroelectric facilities**
  www.hydroquebec.com/visit
- **Pointe-des-Monts Lighthouse**
  www.pharepointe-des-monts.com
- **Centre national des naufrages du Saint-Laurent (shipwreck centre)**
  www.centrenaufrages.ca

Summering whales

Each spring, hundreds of whales migrate from the Atlantic Ocean to the waters of the St. Lawrence. They follow the actual whale route, which runs along the Côte-Nord region from Blanc-Sablon through the Jacques-Cartier Strait and the Laurentian Channel to the mouth of the Saguenay River. Along the Manicouagan coast, these waters are deep and full of fish and plankton. Thirteen species of whales spend their time feeding throughout the entire summer before leaving in the fall to breed. They can often be spotted from the shore or up close during whale-watching cruises. Wonder and excitement are guaranteed!



Motorcycle tourism: An original way to travel

Year after year, Manicouagan is becoming an increasingly popular motorcycle destination. With engines rumbling, you will travel between sea and forest through remarkable vistas. Manicouagan invites you to try Route 389, one of the wildest rides in Québec according to motorcycle enthusiasts. Also enjoy the many exciting activities the region has to offer! For more information: ***www.quebecamoto.com*** *and 1 888 463-5319.*



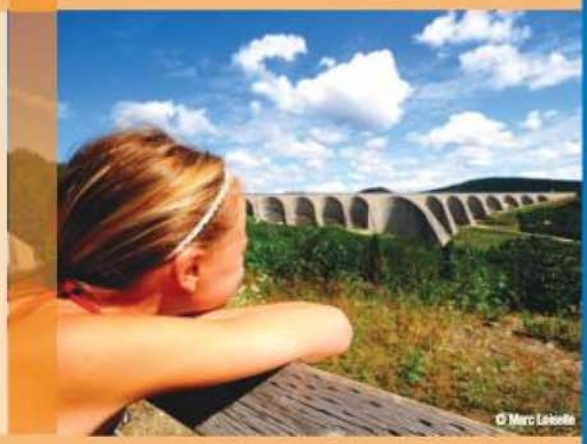
Tour – Goûtez la Route des Baleines

The regional cuisine of Côte-Nord is now featured under the theme Goûtez la Route des Baleines ("taste the Whale Route") with the help of a logo of a whale in a chef's hat. Establishments that display this logo offer typical Côte-Nord products on their menus. You can also purchase a copy of the Goûtez la Route des Baleines cookbook and enjoy the succulent flavours of Manicouagan whenever you want. The cookbook features typical recipes from the towns and villages of the region, from Tadoussac all the way to Blanc-Sablon. Order a copy for $5 by calling 1-888-463-5319.



Route 389, the Trans-Québec-Labrador Highway

Head north on the Trans-Québec-Labrador Highway (Route 389)! Imagine travelling to the heart of one of the largest forests in the world, surrounded by lakes and cliffs and bordered by the St. Lawrence and the Labrador Sea! The northernmost access road in Eastern North America is found in Manicouagan: 1300 kilometres (800 miles) of highway that meanders through valleys around a constellation of waterways. The Trans-Québec-Labrador Highway is the only link between Baie-Comeau and Happy Valley – Goose Bay, NATO's military base and the capital of Labrador.



The Whale Route

In Manicouagan, the Whale Route is a scenic route that follows the St. Lawrence from Tadoussac to Baie-Trinité through 18 municipalities. Along the way, you can see up to 13 species of whales, participate in marine activities and visit some of the region's best attractions. The Whale Route ends in Blanc-Sablon, in the Duplessis region. From village to village, there are plenty of occasions to see the St. Lawrence whales. Sea excursions, ferry crossings and strolls along the shore are all opportunities for magical encounters. To increase your chances of spotting these giants of the sea, why not learn more about them? As soon as you arrive in Manicouagan, Côte-Nord, head to the Marine Mammal Interpretation Centre (CIMM), which is the place to visit for information on the St. Lawrence whales. Find out how to identify each species and where they are in a given week by consulting the www.whales-online.net site. This site also provides up-to-date whale news. Prepare for your whale-watching experience on the Whale Route by reading the relevant pages in this guide. Keep in mind, however, that where each whale species is mentioned in the guide does not reflect your chances of observing that whale in a given municipality. Refer to the website for this information instead.

Tadoussac population 850

www.tadoussac.com

Tadoussac takes its name from the Innu word totouskak, meaning "breasts," which refers to the rocky, wooded hills located to the west of the village. The first official North American member of the Most Beautiful Bays in the World Club and the first Canadian site to celebrate its 400th anniversary (in 2000), Tadoussac is the cradle of New France and an essential part of our historic heritage. Writing the first pages of European history in North America, Jacques Cartier first dropped anchor here in 1535, followed by Pierre de Chauvin de Tonnetuit in 1599, and Samuel de Champlain in 1603. In addition, Canada's first official fur trading post was established here in 1600, at the confluence of the Saguenay Fjord and the St. Lawrence River. Recognized by the Association of the Most Beautiful Villages of Québec, this prime resort town welcomes visitors from all over the world, who come here to live in harmony with the tides and listen to the blow of the whales during whale-watching cruises or while strolling along the St. Lawrence. Renowned events such as the Tadoussac Song Fest in June and the Happening de Peinture, a painters' weekend held in September, can only add to the pleasure of your stay. Other activities and services on offer include various summer shows, theatre, regional crafts, art galleries, cruises and excursions, bird-watching, seaplane tours, sea kayaking, beaches, the marina, outfitters, national parks and cross-country skiing in winter as well as a town centre accessible by snowmobile.

Tadoussac, one of the most beautiful bays in the world!

197, rue des Pionniers, Tadoussac
418-235-4744 / www.world-bays.com

Located at the heart of the Saguenay–St. Lawrence Marine Park, Tadoussac is a worthy representative of Canada in the Most Beautiful Bays in the World Club. The goal of this international association is to promote, showcase and protect member bays within a sustainable development framework. The stunning views over Tadoussac Bay are guaranteed to leave you with unforgettable memories. The gateway to Côte-Nord welcomes you and invites you to continue your visit along the Whale Route…

Walking trails in Tadoussac

Nature and history join forces to make your stay in these enchanting surroundings thoroughly enjoyable. Once off the ferry, park your car in the parking lot of Saguenay National Park, across from the fish farm. Your walk begins with the Coupe sur la Colline de l'Anse à l'Eau trail (1.2 km / 0.7 mi.), which offers a unique panorama with fantastic views over the Saguenay, the St. Lawrence and the village itself. Nearby, the Pointe-de-l'Islet trail (0.8 km / 0.5 mi.) offers you the opportunity to admire the grace of the whales as they feed along the rocks. Average length of visit: 1.5 to 3 hours.

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Tel.: 418 692-2634 / 1 800 563 4643
Fax: 418 692-0845
Contact: Isabelle Longpré
Account Executive (Tour & Travel)
ilongpre@croisieresaml.com

Backed by more than 35 years of experience, Croisières AML is the largest cruise/excursion company in Canada. The quality, diversity and originality of these cruises provide pleasure, emotion and thrills to over 500,000 passengers annually. Operating out of 8 ports throughout Quebec, Croisières AML promises you rewarding urban experiences and great outdoor adventures. **NATURE CRUISES FROM TADOUSSAC.** Discover the most beautiful whale-watching site in the world! Enjoy a special encounter with the world's most fascinating and magnificent creatures. Let our naturalist-guides tell you all about the largest sea mammals and their habitat. Top off your escapade with a cruise up the Saguenay Fjord. • **Whales & Fjord.** Your choice for unmatched comfort aboard Canada's finest observation boat. 3 departures per day. Duration: 3h. • **Zodiac adventure.** For a breathtaking adventure aboard Canada's biggest zodiac fleet. 4 departures per day. Duration: 2h or 3h • **Discover the Saguenay Fjord (6h): A breathtaking experience!** Brief stop at L'Anse-St-Jean and stopover at the Saguenay National Park. Bilingual guide, meal platter included, served on board. Enquire about our **Bus-Packages for Whale-watching cruises** from Quebec City or Montreal. **Other Nature cruises available from Tadoussac and Riviere-du-Loup. URBAN CRUISES AVAILABLE IN QUEBEC CITY AND MONTREAL • Maritime Excursion.** 60 or 90 minutes bilingual guided sightseeing cruise • **Brunch or Lunch Cruise:** Guided sightseeing cruise with meals • **Dinner Cruises:** gastronomic meals, entertainment, dancing under the stars.

Marine Mammal Interpretation Centre (CIMM)

108, rue de la Cale-Sèche, Tadoussac
418-235-4701 / www.gremm.org

The Marine Mammal Interpretation Centre (CIMM) has changed its look and now offers a new exhibit! Come and visit the exhibit room before or after your whale-watching excursion. There are numerous attractions to make your visit memorable: a skeleton of a sperm whale over 13 metres (40 feet) long, the latest films and videos on whales from all over the world, recordings of underwater sounds, family interpretation activities, etc. Meet specialists who can share their up-to-date knowledge of marine mammals and let you know where to spot whales during your stay. Browse through the exclusive products offered in the gift shop; all proceeds from your purchases support the efforts of the Group for Research and Education on Marine Mammals (GREMM). The www.whales-online.net website, which is maintained by the GREMM team, allows you to find out more about these magnificent monarchs of the sea, discover their world and keep up with current issues. You will be introduced to a captivating world when you browse this site. Schedule: Daily, May 17 to June 10, from noon to 5 p.m.; June 11 to June 18, from 9 a.m. to 6 p.m.; June 19 to September 25, from 9 a.m. to 8 p.m.; September 26 to October 17, from noon to 5 p.m.

Saguenay–St. Lawrence Marine Park (Parks Canada)

182, rue de l'Église, Tadoussac / 418-235-4703
1-888-773-8888 / www.parcmarin.qc.ca

The Saguenay–St. Lawrence Marine Park is a marine conservation area that includes parts of the St. Lawrence Estuary and the Saguenay Fjord. Various land-based interpretation sites in the park offer a wide variety of activities to help visitors discover, understand and appreciate the natural and cultural wonders of this marine environment. These activities include sea kayaking, scuba diving and marine mammal observation from the shore or on water. To encourage all visitors to enjoy the park while respecting the marine environment, the park has adopted the Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations to ensure that whale populations are disturbed as little as possible.

Mer et Monde Écotours – Tadoussac

148, rue du Bord-de-l'Eau, Tadoussac Beach
418-232-6779 / 1-866-637-6663
www.meretmonde.ca

Located right on Tadoussac Beach, Mer et Monde Écotours invites you to paddle in one of the 10 most beautiful bays in the world and to admire the escarpments of the Saguenay Fjord. Your naturalist

guide will tell you all about this marine environment, which is an excellent area for spotting belugas, minke whales and grey seals. You will benefit from safe, friendly and personalized supervision in a small group of no more than eight people. The three-hour excursion with three daily departures at 9 a.m., 12:30 p.m. and 4 p.m. is ideal for beginners, while a full-day excursion will allow you to explore the secrets of the Saguenay Fjord. Don't hesitate to call us, or come and meet us on the beach. Schedule: Daily, June 23 to September 6. Reservations recommended.

Azimut Aventure – Tadoussac

146, rue du Bord-de-l'Eau, Tadoussac Beach
1-888-843-1110 / www.azimutaventure.com

Departing from Tadoussac Beach, explore the Saguenay Fjord and the north shore of the St. Lawrence during a sea kayaking excursion with Azimut Aventure. Whether your outing is only for a few hours or is a kayak-camping expedition lasting several days (basic or all-inclusive package), you are guaranteed a memorable experience among the giants of the St. Lawrence, seals and belugas. We offer a wide selection of packages. Opt for the luxury package and spend five days among the whales of the St. Lawrence surrounded by stunning scenery. A bus service is available for groups of 20 or more people departing from Montréal, Québec City and several other major cities in the province. A shuttle bus or boat is also available on site to transport people, equipment and baggage. Call or visit the website for more information. Schedule: Daily, May 1 to October 14. Reservations recommended.

Chauvin Trading Post

157, rue du Bord-de-l'Eau, Tadoussac
418-235-4657, 418-235-4446, ext. 229
www.tadoussac.com

The Chauvin Trading Post is a replica of Canada's first fur trading post, which was built in 1600 by Pierre Chauvin de Tonnetuit. The exhibit revolves around three themes: first contact, the trading post and the fur trade. Commentary and films will round out your visit. Schedule: In May, for groups upon reservation; daily, June 6 to June 19 and September 12 to October 11, from 10 a.m. to noon and from 3 p.m. to 6 p.m.; daily, June 20 to September 11, from 9:30 a.m. to 7 p.m.

Petite Chapelle de Tadoussac (Indian chapel)

Rue du Bord-de-l'Eau, Tadoussac, 418-235-1415

This little chapel, also known as the Indian chapel, was built in 1747 and is the oldest wooden church still in existence in North America. The first mass was celebrated here by the Jesuits on June 24, 1750. You will find several religious objects from that era on display as well as information about missionary life. A guide is available for group tours or to answer your questions. Schedule: Daily, June 18 to September 4, from 9 a.m. to 8 p.m.; September 5 to October 9, from 9 a.m. to 6 p.m.

Saguenay National Park (Baie-de-Tadoussac Sector)

750, chemin du Moulin-à-Baude, Tadoussac
418-272-1556, 1-800-665-6527
www.parksquebec.com

Saguenay National Park welcomes tourists at the Maison des Dunes Discovery Centre, which is located about 5 km (3 mi.) northwest of the village of Tadoussac via Rue des Pionniers. A former heritage home, this building now houses a permanent exhibit; a team of park wardens will be happy to introduce you to the geological phenomenon of sand dunes. Near the discovery centre, several short trails offer pleasant views. Activities related to raptor observation are offered in September and October, in collaboration with the Tadoussac Bird Observatory (OOT). Saguenay National Park also offers nearly 2 km (1 mi.) of interpretation trails in the heart of Tadoussac leading to the Coupe sur la Colline de l'Anse à l'Eau and then to Pointe de l'Islet, with magnificent views of Tadoussac and the mouth of the Saguenay Fjord. Other trails complete the network, such as the fjord trail (43 km / 27 mi.), which provides hikers with three huts and two campgrounds. The park presents excellent information about this environment where land and sea meet. Schedule: Daily, mid-June to mid-October, from 10 a.m. to 5 p.m. (trails and huts accessible until October 25).

Black bear observation – Lacs à Jimmy Outfitting Camp

62, route 138, near Tadoussac / 418-235-4814
1-888-868-6666 / www.essipit.com

Come and admire black bears, one of North America's most emblematic animals, only 8 km (5 mi.) east of Tadoussac. In the company of an experienced and enthusiastic guide, observe bears in their natural habitat in comfort and safety. Don't forget to dress warmly and bring your camera! Schedule: Daily, June 11 to September 11. Departures from the outfitting camp at 5 p.m. Reservations required.

LODGING

HÔTEL TADOUSSAC

165, rue Bord de l'Eau, Tadoussac (Québec) G0T 2A0
Tel.: 418 235-4421 / 1-800-561-0718 / Fax: 418 235-4607 / vgaudreault@silverbirchhotels.com
www.hoteltadoussac.com

Hôtel Tadoussac, is a prestigious seasonal destination located in one of the world's most beautiful bays. This 4-star property offers 149 cozy rooms. Our three restaurants await you for a memorable culinary experience. Enjoy a variety of services such as Health Spa, exterior pool and bar with entertainment. To top it all off, an array of activities: whale watching excursions, trails and museums.

Sacré-Coeur population 1999

www.municipalite.sacre-coeur.qc.ca

Located about 15 minutes north of Tadoussac on the Saguenay Fjord, Sacré-Coeur is a nature destination in the heart of what is known as the "biodiversity valley." It is also on the Fjord and Whale routes as well as on the Route Verte cycling trail. A major point of interest is Sainte- Marguerite Bay, which is an ideal site for observing beluga whales in Saguenay National Park (interpretation centre, campsites and Fjord trail). The charming Anse-de-Roche discovery site is renowned for its views of the Saguenay Fjord. Spectacular scenery and sunsets can be observed from a variety of vantage points: lookouts along the river, wharf, gazebo, restaurant, etc. Enjoy the surrounding water during a sea kayaking excursion, fishing trip or relaxing cruise. Hunting and fishing enthusiasts will be charmed by the rich boreal forest in the backcountry, which extends from the Sainte-Marguerite River—a world-renowned salmon river—all the way to Bardsville.

Ferme 5 Étoiles family vacation site

465, route 172 Nord, Sacré-Coeur / 418-236-4833
1-877-236-4551 / www.ferme5etoiles.com

A guided or self-guided tour of this family farm will enthrall children and adults alike. This site is renowned for its star attractions: Mô the moose; the arctic wolves, Maya and Kodiak; the racoons, Tic, Tac and Toc; as well as buffalo, deer and more. Located in a vast natural setting, with access to the Saguenay Fjord, the farm offers a wide variety of lodging options (B&B, campsites, yurt, teepee, motel, cottages, etc.) as well as tasty country food and four-season activities (sea kayaking, river canoeing, quad excursions, dogsledding, snowmobiling, sugar shack, etc.), making it a perfect spot for groups, families, adventurers and nature lovers. Children will enjoy participating in morning chores: feeding the animals, gathering eggs, etc. Awarded several Québec tourism awards in 2009 including a gold medal and a special mention from the Order of Agricultural Merit, this farm is well worth a visit. Schedule: Year-round. Guided tours: Daily, July 5 to September 5, at 10 a.m., 1 p.m. and 3 p.m. Self-guided tours year-round from 8 a.m. to 6 p.m. Average length of visit: 45 minutes to 1.5 hours

Black bear photo safaris – Domaine de nos Ancêtres

1895, route 172, Sacré-Coeur
418-236-4886 / www.ours-noir.net

Come and observe black bears and other wildlife in their natural environment with an experienced and bilingual guide, only 10 km (6 mi.) outside Tadoussac. Photo safaris are two hours long and take place in the early evening. Watch a video about orphan bear cubs that shows how they are rescued by Québec's only bear refuge and then eventually released into the wild. Bring your camera, insect repellent and appropriate clothing. Schedule: Daily, May 25 to October 15. Unsuitable for children 4 and under.

Saguenay National Park (Baie-Sainte-Marguerite Sector)

1121, route 172 Nord, Sacré-Coeur / 418-272-1556
1-800-665-6527, www.parksquebec.com

Ten kilometres (6 mi.) west of the village of Sacré-Coeur on Route 172 lies huge Sainte-Marguerite Bay, where all summer long beluga whales can be observed from a viewpoint overlooking the fjord. The songs of the belugas are sure to enchant you! At the Beluga Discovery and Visitors Centre, visit the permanent exhibit, a fascinating source of information on these marine mammals, their history and the importance of protecting them and their natural environment. Park wardens host a variety of discovery activities. This sector of the park also offers a nature shop and a small convenience store. Accessible to all hikers and cyclists, the self-guided trail to the lookout presents the history of Bay Mill. Wide, well laid out and easy to climb, this trail winds through the undergrowth to the viewpoint overlooking Sainte-Marguerite Bay. Twenty-six campsites are also available. Schedule: Daily, mid-May to mid-September, from 9 a.m. to 4 p.m.; weekends only, mid-September to mid-October, from 9 a.m. to 4 p.m. (trails and huts accessible until October 25).

Les Bergeronnes

population 600

www.bergeronnes.net

Make the most of your stay in this prime ecotourism destination and take part in a whale-watching Zodiac tour, sea kayaking expedition or scuba diving excursion. The warm welcome and the range of quality services on offer make Les Bergeronnes a worthwhile place to stop. Enjoy the exceptional views of the sea from the various campgrounds. Find out more about local archaeological digs at Centre Archéo Topo. Observe marine mammals from the shore or from the rocks projecting into the sea at the Cap-de-Bon-Désir Interpretation and Observation Centre. The Blue Whale Festival, whale-watching cruises, sea kayaking, horseback riding, outfitters, local crafts, hiking and cycling trails are all great options. Stop in at the tourist welcome bureau for more information about all the activities, attractions, services and lodging options offered in Les Bergeronnes.

Cap-de-Bon-Désir Interpretation and Observation Centre

13, chemin du Cap-de-Bon-Désir, Les Bergeronnes
In season: 418-232-6751, Parks Canada:
418-235-4703 / 1-888-773-8888 / www.pc.gc.ca

Cap-de-Bon-Désir is ideal for land-based marine mammal observation. The site also provides the opportunity to participate in a variety of interpretation activities, including the popular 30 Feet into Neptune's World. Naturalist divers will introduce you to the many organisms that live at the bottom of the St. Lawrence. Also listen to accounts of the history of the lighthouse and its residents, and learn about the evolution of navigation on the St. Lawrence. Other activities and services include: land-based marine mammal observation, interpretation activities, an exhibit room, a lighthouse and a picnic area. Schedule: June 21 to October 11.

Species at risk trail – Saguenay–St. Lawrence Marine Park

Les Bergeronnes tourist welcome bureau
505, rue du Boisé, Les Bergeronnes
418-232-6595 / 418-232-6326

This 18-km (11-mi.) marked hiking and cycling trail offers stunning views of the St. Lawrence. On your own or with family or friends, enjoy watching marine mammals from several observation sites and rest areas along the trail. Find out more about the species at risk in the waters of the Saguenay–St. Lawrence Marine Park by reading the interpretation panels along the trail between the Bon-Désir and Paradis Marin campgrounds. Inquire at the Les Bergeronnes tourist welcome bureau for more information about trailheads.

Mer et Monde Écotours – Les Bergeronnes

87, rue Principale / 418-232-6779
1-866-637-6663 / www.meretmonde.ca

Dynamic professional guides will accompany you from Anse à la Cave, an ideal spot for marine mammal observation, as you learn about and encounter the whales of the St. Lawrence. For 20 years now, Mer et Monde Écotours has been noted for its marine interpretation program, safety features, expertise and the quality of its equipment. Enjoy sunrise and sunset activities as well as unforgettable half-day, full-day or night-time excursions. In a double kayak, in a small group of no more than eight people, you will benefit from safe, friendly and personalized supervision. Also enjoy wilderness camping on wooden platforms located right along the St. Lawrence, with the sound of the waves and the blow of the whales to wake you. Don't hesitate to call us or come and meet us. Anse à la Cave is located 8 km (5 mi.) east of the village of Les Bergeronnes on Route 138, only 33 km (21 mi.) east of Tadoussac. Schedule: Daily, May 15 to October 11. Reservations recommended.

Mer et Monde Internet Café

87, rue Principale, Les Bergeronnes / 418-232-6779
1-866-637-6663 / www.meretmonde.ca

Keep in touch with family and friends while savouring a delicious coffee, tea or light meal in this Internet café. Two Internet stations as well as wireless Internet access are available free of charge to patrons. To help you plan your stay, local tourism information is available on site or you can consult the friendly staff. In addition, the café hosts talks, and shows nature movies and documentaries. Enjoy a wide selection of carefully selected fair trade teas and coffees in a vibrant and inspired décor. Schedule: Daily, June 1 to mid-October.

Kayak du Paradis – Les Bergeronnes

Paradis Marin campground, 4C, chemin Émile-Boulianne / 418-232-1027 / 418-232-6237
www.campingparadismarin.com

Guided sea kayaking tours focused on safety and interpretation of terrestrial, avian and marine habitats. This adventure sport will give you the impression that wildlife is within arm's reach! Easy kayak launch. Schedule: Daily, June to September 15. Reservations recommended.

Centre Archéo Topo

498, rue de la Mer, Les Bergeronnes
418-232-6286 / www.archeotopo.qc.ca

This specialized interpretation centre, with its new exhibit, will introduce you to the archaeology of Côte-Nord from Tadoussac to Blanc-Sablon. A multimedia show explains the archaeological digs in this region, which began at the turn of the last century. You can also chat with a virtual archaeologist who will answer all your questions. Other services and activities on offer include: pottery and bead workshops; film projections; Internet access; a craft shop; and a bookstore specializing in history, ethnology and anthropology. New in 2010: a temporary exhibit on the wildlife of Québec, designed by renowned taxidermist Denis D'Amours. Before leaving, take advantage of the centre's balcony to photograph the marina and the St. Lawrence. With a bit of luck, you may even spot seals, whales or dozens of species of birds. Schedule: Daily, mid-May to mid-October, from 9 a.m. to 5 p.m.; July and August, from 8 a.m. to 8 p.m.

Explos-Nature (Internships)

302, rue de la Rivière, Les Bergeronnes
418-232-6249 / 1-877-637-1877
www.explos-nature.qc.ca

Explos-Nature offers an educational program for schools and groups interested in discovering the marvels of the St. Lawrence Estuary such as anemones, sea urchins, crabs and more. These scientific tourism internships are a great way to discover the region's rich natural heritage. Come and see, touch and learn about local flora and fauna in the company of naturalists, in the laboratory and on site in the Saguenay–St. Lawrence Marine Park. Schedule: Year-round. Reservations required.

Les Escoumins population 2100

Founded in 1846, Les Escoumins was the first parish in Haute-Côte-Nord. Today, this municipality invites visitors to discover the stunning marine life in the Saguenay–St. Lawrence Marine Park at one of Canada's best diving sites. Whale-watching cruises, land-based marine mammal observation, sea kayaking, salmon fishing, a stay in an outfitter camp and snowmobiling are all activities that will immerse you in this natural environment. Discover the scenery around Escoumins Bay by hiking or cycling the Moulins trail and exploring the boardwalk and the Pointe-de-la-Croix historic site. Les Escoumins has also been awarded two florets by a horticultural classification program that recognizes municipalities for their beautification efforts. Take a detour to Parc des Chutes where you can watch salmon launch their way up the fish pass in the Escoumins River. In addition, don't miss the large fresco by artist Claudet J. Savard. Located in a former flume, this work pays tribute to the two aquatic environments in the village. Les Escoumins also offers a selection of restaurants and accommodation options. Come and enjoy fresh seafood here!

Marine Environment Discovery Centre

41, rue des Pilotes, Les Escoumins
In season: 418-233-4414, Parks Canada:
418-235-4703 / 1-888-773-8888 / www.pc.gc.ca

The St. Lawrence Live activity allows visitors to participate in an interactive virtual dive with a team of biologist divers via a giant screen. Viewers are invited to help search for and select marine organisms as well as interact with the divers during their explorations. The centre also has an amphitheatre featuring the St. Lawrence as its backdrop and offers interpretation activities and a permanent exhibit on life beneath the surface. Other activities and services on offer include land-based marine mammal observation, a picnic area overlooking the St. Lawrence, scuba diving with or without a guide, and equipment rentals and services for divers. Schedule: Interpretation centre: Daily, June 21 to September 6; Fridays and weekends only, September 7 to October 11. Services for divers: May to October. Admission: Individual, family and group rates. Reservations recommended.

Excursions Fanons – Les Escoumins

31, rue des Pilotes / 418-233-2410
1-866-455-2925 / www.excursionsfanons.com

This company offers safe and personalized sea and river kayaking packages during which you can observe whales, seals and bird colonies. Do you want to experience something unforgettable? Imagine wilderness camping on an island in the St. Lawrence River, accessible by kayak or Zodiac. Also available on site: equipment, shuttle transportation, guide services, etc. After a day of activities, relax at the restaurant-bar and observe marine mammals and boats in the St. Lawrence while enjoying a delicious meal. Schedule: Daily, June 1 to September 15, from 5 a.m. to 8 p.m.

Essipit (Innu Aboriginal community)

population 250

The Innu are a mountain people and one of Québec's great Aboriginal nations, with roots extending back for centuries. At Essipit, which means "river of shells," a small community of 250 Innu extends an invitation to discovery and adventure. Located at the point where the St. Lawrence becomes an estuary, in

the heart of Les Escoumins, the reserve is surrounded by picturesque scenery. Deluxe riverside cottages and condos; campsites; Innu crafts; recreational and sports activities; powwows; hiking trails; whale-watching excursions; and several outfitters for hunting, fishing and outdoor enthusiasts are just some of the many attractions and services that make a stay with the Essipit Innu so enjoyable.

Essipit reservation and information centre

46, rue de la Réserve (Essipit), Les Escoumins
418-233-2266 / 1-888-868-6666 / www.essipit.com

The Essipit reservation and information centre offers professional services to visitors requesting information, rates or reservations for all of the companies belonging to Essipit and its partners. "Kuei!" as the Innu would say! Schedule: Daily, from 7 a.m. to 11 p.m.

Longue-Rive population 1300

Renowned for its warm hospitality, Longue-Rive is a small village that stretches over several kilometres along the St. Lawrence River. Come and discover the area's many treasures: hiking trails, hunting, fishing, cultural heritage, migratory birds, etc. Stop in at the tourist information booth and discover some of the village's economic history through the remains of a sawmill dating back to the 19th century. This is an enchanting place to have a picnic and admire the Rivière du Sault au Mouton Falls. Follow the hiking trail that leads to the suspended bridge above the river then continue heading east to visit the village church. Next to this building, follow the trail along the coastline known as the "red rock" trail (Sentier des Crans Rouges), which is where the stones used to build the church came from. A local craft shop is also located nearby. If you head further east along the Whale Route, you will reach the salt marshes, which are the second largest such marshes in the province of Québec.

Centre d'interprétation des marais salés (salt marsh interpretation centre)

741, route 138, Longue-Rive / 418-231-1077
418-231-2344 / mun.longue-rive@bellnet.ca

The salt marshes of Longue-Rive cover close to 250 hectares and are the second largest such marshes in the province of Québec. A stopover for migratory birds, this observation area consists of raised decks along the edges of the marsh offering a magnificent panoramic view. Here you will learn various secrets about wetlands, which are both captivating and mysterious. Since 1999, the marshes are protected by Ducks Unlimited Canada. The site is known to bird-watching clubs throughout Québec as one of the best observation areas in the province. These marshes are an important stopover for Canada geese, brants, greater snow geese, several species of dabbling and diving ducks as well as shorebirds. They are also an excellent breeding area for several species of dabbling ducks, including the American black duck, the northern pintail and the northern shoveller. You can also observe some of Québec's threatened bird species here, such as the sharp-tailed sparrow, the peregrine falcon and the short-eared owl. Several new activities, including interactive games, will be offered in 2010. If you are planning on taking a drive along the coast this summer, don't forget to stop here for a visit! Schedule: Daily, June 24 to September 5, from 9 a.m. to 5 p.m.

Portneuf-sur-Mer population 800

www.portneuf-sur-mer.ca

Beauty and tranquility characterize Portneuf-sur-Mer, a small coastal village where time flows with the tides. Located along the St. Lawrence River, Portneuf-sur-Mer charms visitors with a warm welcome and lovely scenery, as well as crab trappers, a fish store, fresh seafood, rolling capelin, a marina for pleasure boating, a lookout and magnificent wide beaches. It is also a forestry village with a backcountry full of fishing lakes and outfitters catering to hunters and anglers. Nature lovers will want to visit the famous sandbar at Pointe-des-Fortin and take advantage of sea excursions, the Mériscope, bicycle paths, and snowshoeing and cross-country ski trails in the winter. Built at the mouth of the Portneuf River, the village offers a free shuttle service, a campground near the St. Lawrence and snowmobile trails. Don't miss the activities occurring during capelin spawning season as well as the biathlon/duathlon and the sand sculpture contest. Welcome to Portneuf-sur-Mer!

Portneuf sandbar

391, rue Principale, Portneuf-sur-Mer
418-238-2905, 418-238-2642
www.portneuf-sur-mer.ca

The Portneuf sandbar is the main biogeographical feature of Portneuf-sur-Mer and is well worth a visit. Enjoy a long walk along the sandbar and admire the thousands of birds that rest here as well as the many marine mammals in the St. Lawrence River. Shaped by the action of water currents and waves, this sandbar is recognized by BirdLife International as an Important Bird Area (IBA) of Canada. In addition, the World Wildlife Fund cites it in a list of ecologically rich natural sites without legal status. Because of its biodiversity, the sandbar will fascinate beach lovers, ecotourists and serious birders alike. Extending southward from the mouth of the Portneuf River upstream into the St. Lawrence River, the Portneuf sandbar stretches over a distance of 4.5 km (3 mi.). Don't miss this unforgettable nature experience with exceptional flora and fauna. The sandbar is accessible from the entrance to the village on Rue du Banc. A reception building is located at 391 Rue Principale with washroom facilities and information in season. Schedule: Daily, May to October. Check the tide schedule.

Forestville population 3620

www.forestville.ca

A member of a network of 45 "village-relais" (villages that provide a minimum number of services), Forestville is a gateway to the St. Lawrence. The Baie Verte (Green Bay) offers a stunning view of the river along with unique beaches, a campground, a small hydroelectric dam and a network of hiking trails. A flume, a vestige of Forestville's forestry days, will give you a glimpse into the life of the pioneers. The Le Méandre Golf Club invites you to measure yourself against one of Côte-Nord's most interesting 9-hole golf courses. Further along the Whale Route, you can explore Laval Bay, an exceptional seabird refuge as well as a site renowned for sea trout fishing and shellfish harvesting. Forestville also hosts a unique cross-country ski race, the Boreal Loppet, over a distance of over 100 km (60 mi.). Snowmobiling, cross-country skiing and ice fishing are also possible during the winter months.

La Petite Anglicane museum

2, 2e Rue, Forestville
418-587-6148 / www.forestville.ca

The permanent exhibit in this museum recounts the history of fire rangers in this area and their battles against forest fires. The exhibit also touches on Aboriginal history, historical medical instruments, herbal remedies used by our ancestors and local pioneer history. Schedule: Mid-June to Labour Day.

Collectif des créateurs associés de la Haute Côte (CRÉA artisans' collective)

182, route 138 Est, Forestville
418-587-4373 / www.route-crea.com

The mission of the CRÉA artisans' collective is to promote visual arts and crafts in the Haute-Côte-Nord regional county municipality, which covers an area from Sacré-Coeur to Colombier. The collective includes about 20 artist and artisan members from a variety of disciplines (painters, sculptors, glass blowers, jewellers, sand artisans, etc.) and about 15 supporting members. Visitors are invited to stop in at Atelier Éco-Art in Forestville (the collective's main gallery) or visit Boutique d'Art Chez Diane et Richard in Les Escoumins, which displays some of the works of collective members.

Colombier population 817

info@municipalite.colombier.qc.ca

Covering an area of about 300 km² (120 sq. mi.) and home to 817 inhabitants, Colombier is a small village located about 20 km (12 mi.) east of Forestville. This village is noted for the variety of its marine and land environments as well as for the rich biodiversity of its flora and fauna. Having always depended on the forest for survival, Colombier residents turned to peat harvesting at the turn of this century. At the same time, the municipality is working to enhance its greatest resource: the natural environment. The Anse-à-Norbert rest area, along Route 138, is a perfect place for travellers to stop for a picnic or relax for a while. About 10 km (6 mi.) further east, a lookout over the Hickey salt marsh offers a unique vantage point over this fragile yet rich environment. It is also a must-see for birders during the fall migration when thousands of birds find refuge here. If you are quiet and attentive, you may be rewarded by wonderful surprises!

Îlets-Jérémie

Route 138, Colombier / 418-565-3343

Îlets-Jérémie is a place of pilgrimage dedicated to St. Anne with a chapel dating from 1939. Inside the chapel, you will find the original altar, the bell-tower cross and a missal autographed by Father Labrosse, who built a chapel here in 1765. In order to welcome pilgrims in search of peace and renewal, Father Antonio Laflamme, with the help of volunteers, hosts novena celebrations from July 17 to 26 (St. Anne's birthday). A trading post once stood on this spot, the birthplace of naturalist Napoléon-Alexandre Comeau, for whom the town of Baie-Comeau was named. Schedule: Daily, mid-June to mid-August.

Manicouagan-Uapishka World Biosphere Reserve

3, avenue Denonville, Baie-Comeau
418-293-2548 / www.rmbmu.com

In 2007, the entire region of Manicouagan was designated a World Biosphere Reserve by UNESCO,

which thereby recognized the unique natural and cultural features of this region. This prestigious designation honours several years of regional collaboration on sustainable development rooted in a desire to diversify the region's options and open it to the world. This recognition also provides an opportunity for regional reflection and collective accountability as well as being an invitation to excellence and social and corporate innovation.

Pessamit population 3600

www.pessamit.ca

Founded in 1861, the community of Pessamit is located on the eastern shore of the Betsiamites Estuary and covers an area of about 250 km² (100 sq. mi.). The village presbytery, which is over a century old, evokes the arrival of Father Charles Arnaud and Father Louis Babel, two Missionary Oblates of Mary Immaculate. Their remains now rest in the old Pessamit cemetery where a monument commemorates their community work. The Notre-Dame de Betsiamites Church, which is adorned with decorative designs, was inspired by architect Edgar Courchesne. The Pessamit community manages the Lac des Îles Outfitter and a natural site at Papinachois. Located 8 km (5 mi.) east of the village of Pessamit, the Papinachois site is nestled in a unique natural environment. Bordered by the St. Lawrence River and the boreal forest, this site is next to the Papinachois River, which flows into the St. Lawrence after a series of waterfalls and rapids. Papinachois, an Innu word that means "merry people," is an accurate description of the Innu of Pessamit.

Manicouagan Peninsula sector

www.peninsulemanicouagan.qc.ca

Sand, water and rocks... pure pleasure! Surrounded by water, the Manicouagan Peninsula is a unique area with several different ecosystems. It is also rich in history and culture and is a perfect place to explore and relax. The peninsula is made up of four municipalities: Ragueneau, Chute-aux-Outardes, Pointe-aux-Outardes and Pointe-Lebel. These friendly villages work together to promote and develop their tourism potential. On your own or with family or friends, discover a wide range of water- and forest-related activities. A seasonal tourist information booth in Ragueneau offers a lovely view of the Outardes and St. Lawrence rivers. Visitors can pause here for a picnic or take advantage of the services on offer: map of the region, washroom facilities and RV dumping station (open 24 hours a day).

Ragueneau population 1541

www.municipalite.ragueneau.qc.ca

The gateway to the Manicouagan Peninsula is the village of Ragueneau, which hugs the shore of the St. Lawrence. This municipality offers many activities and services that will please the whole family: a B&B, sea kayaking excursions, farm tours, a fish farm with two saltwater ponds and a campground near the impressive Outardes-2 reservoir. Summer or winter, nature lovers can hike the 25-km (16-mi.) Rivière-aux-Rosiers trails. These trails allow easy access to the forest, encouraging family recreational activities, bird-watching and wildlife observation. From the municipal wharf, observe hundreds of seabirds and harbour seals in the nearby archipelago. This village is also home to a life-size mother dinosaur and her baby as well as a hiking trail accessible to all and a play area.

Fish weir trail

418-567-2345
www.municipalite.ragueneau.qc.ca/sdr
Information: Ragueneau tourist information booth (595, route 138)

Discover the archipelago, an important seabird nesting site, along the fish weir trail (Sentier de la Fascine), which begins at the Ragueneau wharf. Every year, several different species of birds build as many as 5000 nests in this archipelago. Come and observe common eiders, black-crowned night herons, razorbills, double-crested cormorants and great blue herons. At the lookout, use the telescope to watch the seals. Take advantage of the site's shelters, picnic tables, benches, children's play area and interpretation panels, and find out more about this fascinating environment. Schedule: May to November.

Rivière-aux-Rosiers trails

418-567-2345
www.municipalite.ragueneau.qc.ca/sdr
Information: Ragueneau tourist information booth (595, route 138)

Hike along the Rivière-aux-Rosiers trails (25 km / 16 mi.), which are perfect year-round for short or long family hikes. Discover the river's many waterfalls, natural lookouts and the biodiversity of the surrounding forest. Climb Mts. Papinachois, which offer a panoramic view of the area all the way to the south shore of the St. Lawrence. Less than 1 km (0.6 mi.) from the trailhead, enjoy the challenge course and rest area, with a stunning view of the waterfalls. Stop here to listen to the sounds of nature. These trails are also open for snowshoeing in the winter, when you will be surrounded by snow-laden trees. Schedule: Year-round. There are three different trailheads; the main one is under the hydroelectric lines on Chemin d'Auteuil, 4 km (2.5 mi.) from Route 138.

Chute-aux-Outardes population 1880

A bustling and friendly community, Chute-aux-Outardes features a 9-hole golf course and a fish shop in the summer, cross-country ski trails and an indoor skating rink in the winter, as well as a community hall, a seniors' hall and numerous restaurants and services open year-round. A welcoming commercial area on the Manicouagan Peninsula, this village is home to over 30 community organizations devoted to the well-being of the local population. The village was founded in 1910 as a result of the forestry boom and the building of the first Outardes hydroelectric power stations, including the Chute-aux-Outardes station, which has since closed down.

Pointe-aux-Outardes population 1490

www.virtuel.net/prpao

Renowned for its rural way of life and rich historical and natural heritage, Pointe-aux-Outardes will introduce you to the St. Lawrence Estuary. Discover the covered bridge at Baie-Saint Ludger, one of the oldest in Québec, and stay in the village campground on the St. Lawrence River or in a nearby B&B. Visit the nature park, which is internationally renowned for bird-watching (over 200 bird species) and for its interpretation of Côte-Nord flora and fauna. Pointe-aux-Outardes is also home to a research centre that has been conducting research on potatoes for over 45 years and to the Abitibi Consolidated sawmills, Eastern Canada's largest mill facilities.

Parc Nature de Pointe-aux-Outardes

4, rue Labrie, Pointe-aux-Outardes / 418-567-4226
418-567-4227 / www.parcnature.com

A favourite destination among hikers, this nature park features a sandy beach, wide flats and kilometres of wooden boardwalks, all of which will introduce you to the plant and animal species of the region. In this natural setting, go on a guided tour and learn about the medicinal properties of local plants, admire thousands of birds (in season) and learn the history of the area from the arrival of the first Aboriginal people to the coming of the first European settlers. Thanks to a natural tidal phenomenon, this park boasts the warmest swimmable waters in Côte-Nord. At rising tide, the sea can reach a water temperature of 26.6°C (80°F). The park is a fragile environment, so dogs and other pets are not allowed. Schedule: Daily, June 1 to Labour Day, from 8 a.m. to 5 p.m.

Argile Eau Mer (clay beach and clay products)

35, rue Principale, Les Buissons,
Pointe-aux-Outardes / 418-567-9620
514-593-4261 / www.argileeaumer.com

Visit a special beach and discover an exceptional clay deposit containing a vast array of medicinal plants. From June to September, enjoy a clay bath at the beach. Cover your whole body in Manicouagan clay and feel the benefits as soon as you rinse off in the sea. Follow that up by hiking to the clay extraction sites, taking in the sweet smells of the surrounding conifers, undergrowth and wildflowers. You can also tour the facilities year-round and learn about how the clay products are made and about the quality standards that apply to them. Find out how Manicouagan's marine clay can enhance your health, beauty and vitality. Schedule: Open year-round, Monday to Friday, from 9 a.m. to 4 p.m. Reservations required; beach access via the facilities.

Pointe-Lebel population 1980

www.pointe-lebel.com

Perched between land and sea, the exceptional resort area of Pointe-Lebel, where cliffs overlook kilometres of beach, is perfect for hikes along the shore. Throughout the seasons, this village is home to an abundance of bird species. Time seems to have stopped still here. Relax on the fine-sand beach, go for a swim or explore the coast in a sea kayak. In season, pick and savour local berries. Pointe-Lebel also offers a charming B&B, a campground overlooking the sea, various cultural events and the region's main airport. Finally, the fact that Pointe-Lebel is part of the Manicouagan-Uapishka World Biosphere Reserve ensures that all development is respectful of the environment. A cycling trail is under development, which will showcase the area's biodiversity: the forest, coastline and wetlands.

Baie-Comeau population 23,000

www.ville.baie-comeau.qc.ca

Located at the confluence of the Manicouagan and St. Lawrence rivers in the Manicouagan-Uapishka World Biosphere Reserve, Baie-Comeau offers you access to a vast natural paradise. Explore the clear waters of the St. Lawrence and encounter marine mammals. Go scuba diving and discover underwater treasures. Baie-Comeau is also a favourite destination for hunting and fishing enthusiasts. In the summer, an abundance of activities and services are on offer: theatre, golf, cycling trails, beaches, parks, etc. Winter is no less exciting: winter enthusiasts will be delighted by the region's heavy snowfall. Baie-Comeau also offers a wide range of cultural activities: the painting symposium it hosts is recognized throughout the province and country, while the local theatre puts on great shows. Finally, Baie-Comeau is home to Manic-5, a testament to Québec's engineering genius. Above all, Baie-Comeau is a friendly and welcoming community.

DESTINATIONS

ASSOCIATION TOURISTIQUE RÉGIONALE MANICOUAGAN

337, boul. LaSalle, bureau 304, Baie-Comeau (Québec) G4Z 2Z1 / Tel.: 418 294-2876
1-888-463-3319 / Fax: 418 294-2345
miechassuer.atrm@globetrotter.net
www.tourismemanicouagan.com

Our association promotes the Manicouagan area, on the North Shore.

JARDIN DES GLACIERS (LE)

3 Denonville, Baie-Comeau (Québec) G4Z 2W6
Tel.: 418 296-0177 / 1-877-296-0182
Fax: 418 296-0188 / info@jardindesglaciers.ca
www.jardinsdesglaciers.ca

Le Jardin des Glaciers proposes two different types of complementary experiences: Glacier experiment center for a multi-media experience to learn and discover and the Glacier Garden, a 40 sq-km maritime territory for a nature and cultural experience.

Multimedia Zone – Garden of the Glaciers

3, avenue Denonville, Baie-Comeau
418-296-0182 / 1-877-296-0182
www.jardinsdesglaciers.ca

Located in a converted church, the Glacier Exploration Center takes visitors back in time via the boreal adventure 20,000 Years Under the Ice. Thanks to the magic of sound, image and light technologies, this multimedia expedition will take you deep into the heart of the glaciers. Equipped with a headset through which scientific content is delivered, you will experience a gripping and extraordinary journey. To round out the experience, the centre also offers four self-guided thematic zones: the cinema room, the multimedia research room, alcove hall and the exhibition room (included in admission price). Services: gift shop, restaurant area, conference rooms and dormitories. Accessible to people with reduced mobility (reservations required). Schedule: Open year-round. Consult the website for opening hours. Average length of stay: 2 hours. Family and group rates available upon request.

Nature Zone – Garden of the Glaciers

3, avenue Denonville, Baie-Comeau / 418-296-0182
1-877-296-0182 / www.jardinsdesglaciers.ca

Become an explorer and enjoy the adventure of a guided tour. Step back in time and learn about postglacial phenomena while having fun. Services: transportation and equipment included. Schedule: Consult the website. Average length of tours: 3 hours. Group rate available upon request. (Maximum of 12 people per tour.) Reservations recommended. The Valley of Seashells In the heart of the boreal forest, discover a site that is unique in the world: an immense valley filled with banks of shells left behind by retreating glaciers at the end of the last ice age. Up to 15 metres (50 feet) high, these exceptional banks are 90% shellfish from 8000 years ago! Excavation, identification and interpretation activities allow you to appreciate this unusual phenomenon. The entire tour takes place in an electric shuttle, which takes you through a natural setting along the Aux Anglais River. Peoples of the Ice Age Follow the steps of North America's first inhabitants from west to east. This incredibly rich experience allows you to relive the climate changes that provoked their migration. Thanks to skillful thematic reconstructions (camps, clothing, tools, etc.), you can experience the history of this great migration from Asia to North America, all the way from 18,000 years ago to the present day. The entire tour takes place in an electric shuttle, within the Maritime Adventure Park. Traces of the Glaciers See another aspect of the St. Lawrence by participating in this boat tour, which will give you the opportunity to admire the extraordinary impact of the Laurentide Ice Sheet, the world's largest glacier during the last ice age. It was this giant that sculpted and shaped the spectacular glacial grooves, canyons, moraines, bays and fjards (glacial inlets) that dominate the surrounding landscape. Note: This activity is not suitable for children under 5.

Adrenaline Zone – Garden of the Glaciers

3, avenue Denonville, Baie-Comeau / 418-296-0182
1-877-296-0182 / www.jardinsdesglaciers.ca

Enter the Adrenaline Zone and experience extraordinary sensations. Explore breathtaking scenery while participating in exciting activities under the supervision of a professional guide. The following activities are available: 8 Tyrolean traverses over waterways (for a total of 2.6 km / 1.6 mi.); 2 via ferrate along the St. Lawrence over 2.1 km (1.3 mi.), including the longest in North America; rappelling; water activities; sea kayaking and hiking. Services: equipment and training included. Primitive campsites are available (yurts, prospector's tents, tent platforms). Schedule: Consult the website.. Average length of stay: 1 day. Admission: Reserved to people aged 10 or more and weighing at least 45 kg (100 lbs.). See admission conditions on the website. General admission rate. Group rate available upon request.

HYDRO-QUÉBEC / VISITES MANIC-2 ET MANIC-5

135, boul. Comeau, Baie-Comeau (Québec) G4Z 3B1
Tel.: 418 294-3687 / 1-866-La Manic
Fax: 418 294-3304 / dube.julie@hydro.qc.ca
www.hydroquebec.com/visitez

Hydro-Québec opens its hydroelectric facilites Manic-2 and Manic-5 for the general public between June 24 and August 31 and throughout the year for groups of 10 or more, who must reserve at 1-866-La-Manic.

Expéditions Pirsuq

Baie-Comeau marina, 5, avenue Cartier,
Baie-Comeau / 418-297-3142 / 418-296-9717
www.expeditionspirsuq.com

Expéditions Pirsuq offers tours of the coastline from Pessamit to Pointe-des-Monts, which include information about the Whale Route, the ice age and the history of shipwrecks in the region. Tailor-made Zodiac excursions are also available. You pick the destination and we will organize an excursion accordingly! Scuba diving enthusiasts can take advantage of guide services to explore the area's most beautiful sites, where they may be lucky enough to spot a Greenland shark. A truly captivating aquatic paradise awaits those who are passionate about discovery. Schedule: June to October. Please visit the website for further details.

Domaine de l'Ours Noir (black bear estate)

89, avenue de Maisonneuve, Baie-Comeau
418-296-5629 / www.ours-noir.ca

Comfortably seated in a facility that is glassed in on three sides and that protects you from the elements, admire black bears and wolves (their competitors) roaming in complete freedom. Accompanied by an experienced guide, you will be able to safely film or photograph these animals as they come within metres of you, sometimes even rubbing their noses on the glass partitions, which is a truly thrilling experience. The interpreter guide, Mr. Réjean Chenel, has a multitude of stories to share with you, since his many years in the forest have taught him much about these animals. Schedule: Daily, June 1 to September 15, at dusk. Reservations required.

Centre-Ville du Plateau

Rue de Puyjalon and Rue Bossé, Baie-Comeau
www.centrevilleduplateau.com

As soon as you arrive in Baie-Comeau, the Centre-Ville du Plateau commercial area offers you a variety of quality services: restaurants, bars and cafés; a chocolate shop; a butcher shop; a jewellery store; women's and children's clothing stores; a fitness centre; hair, tanning and beauty salons; printing and copy centres; an interior decorating store; a travel agent; accounting and financial services; etc. The stores in this area also invite you to an annual festival, Plateau en Fête, from September 3 to 6. Enjoy a multitude of activities and shows in a relaxed and festive atmosphere.

Maison de la Faune

3501, boulevard Laflèche, Baie-Comeau
418-589-2219 / www.maisondelafaune.org

Visit an interactive multimedia exhibit on local wildlife and related human activities, a reconstructed brook trout spawning bed, and the souvenir and craft shop. Nearby walking and cycling paths lead to the Baie-Comeau cycling trail, which follows the well-known Manicouagan River. Schedule: Daily, June 1 to September 30, from 8 a.m. to 8 p.m.

Confiserie La Mère Michèle

704, rue de Puyjalon, Baie-Comeau / 418-589-2364
1-888-530-2364 / www.meremichele.ca

Located between the sea and the boreal forest, the Côte-Nord coast abounds in wild berries. Often unique to this region of Québec, these delicate fruit

are all carefully harvested by hand. The Confiserie La Mère Michèle chocolate shop prides itself on featuring tasty local products in its chocolate creations. During your visit to Baie-Comeau, come and discover the unforgettable regional flavours of cloudberries (bakeapples), mountain cranberries (lingonberries), blueberries and strawberries. Visit the chocolate shop to purchase these delicious regional products. Retail and wholesale chocolate available. Gift and gourmet food shop on the premises. Schedule: Year-round.

Théâtre de Baie-Comeau (show hall)

1660, rue de Bretagne, Baie-Comeau
418-295-2500 / www.theatre-de-baie-comeau.ca

Renowned as a major performing arts presenter, the Baie-Comeau theatre, which opened its doors in 1992, is an attractive and comfortable state-of-the-art venue. It seats 840 and offers the best shows and the greatest performing artists from the region and elsewhere. In 2010, the Côte-Nord music school (École musique Côte-Nord), the Baie-Comeau string orchestra and the Baie-Comeau dance academy (Académie de danse de Baie-Comeau) will join the theatre to become the Alcoa Arts Centre and thus continue to promote cultural growth in this region. To find out more about the program, please consult the website.

Place La Salle – Downtown Baie-Comeau

Place La Salle, Baie-Comeau
418-298-2258 / www.placelasalle.com

Place La Salle is ideally situated in Baie-Comeau's heritage area, near the port and Parc des Pionniers. This quaint commercial artery, which witnessed the city's social and economic development in the early 1930s, provides a complete change of pace with its proximity to the water and its modern planning. Now that it has been given a facelift, the "new" Place La Salle is more functional and vibrant while retaining its unique heritage character. Infrastructures such as an outdoor stage add to the liveliness of the downtown area. Today, Baie-Comeau is full of sites of historical interest, such as the Sainte-Amélie Church, the Anglican church, the Napoléon-Alexandre Comeau heritage home, Pavillon Mance (which offers summer theatre), the renowned Hôtel Le Manoir and Grand Hôtel, the Pointe-Saint-Gilles coastal woodlands, Champlain Beach and many others. Finally, the commercial sector bustles with specialized boutiques—gourmet food shops, gift shops, sports stores, art galleries, a bookstore, fine restaurants (including the renowned La Cache d'Amélie), nightclubs and numerous professional services—all of which will satisfy the most discerning of visitors.

Sainte-Amélie Church

38, avenue Marquette, Baie-Comeau / 418-296-5578

Built in Dom Bellot's architectural style, the Sainte-Amélie Church proudly features the pink granite of Côte-Nord. During your visit, you will be amazed by its interior, which is the remarkable work of Florentine artist Guido Nincheri, who created the frescoes and stained glass windows. Finally, during celebrations or concerts, you can appreciate its Casavant organ, which has 26 stops.

St. Andrew and St. George's Anglican Church

34, avenue Carleton, Baie-Comeau / 418-296-2833

Tucked away on Avenue Carleton, across from Parc des Pionniers, this remarkable Anglican church built in 1937 was the first church in the Baie-Comeau area. Constructed in the Tudor style, it has imposing oak trim and lovely stained glass windows. The main window, created by Clara Fargo Thomas, depicts local forest animals. Schedule: Guided tours available June 30 to August 8, Monday to Friday, from 10 a.m. to 4:30 p.m.

Pointe-Saint-Gilles coastal woodlands

Access via Rue Laval in Baie-Comeau
www.boisestgilles.com

The Pointe-Saint-Gilles coastal woodlands offer 11 km (7 mi.) of trails in a forest full of woodland plants, century-old trees, rest areas, wood sculptures, interpretation panels, La Fontaine's fables, boardwalks, small bridges and more. A green space of 175 hectares bordering the majestic St. Lawrence River, these coastal woodlands are an exceptional site that includes urban, forest, marine and lake environments, all within one square kilometre. Several lookouts are perfect for a relaxing stop to contemplate sea- and landscapes. The pond, rose garden and three rest areas offer the best views. From these spots, you can see and listen to harbour seals and several species of birds such as common goldeneyes, Barrow's goldeneyes and great blue herons. Located alongside the St. Lawrence, this woodland provides access to Champlain Beach via a trail under the poplars and a trail along the cliffs. Schedule: Year-round.

Chaud Bizzzzzzz cabaret shows

275, boulevard La Salle, Baie-Comeau
418-298-8178 / 418-296-0829 / www.chaudbiz.org

Chaud Bizzzzzzz presents Cabaret Desjardins at the Côté Côte Pub Steakhouse, a restaurant with excellent acoustics that can accommodate up to 150 people. You are cordially invited to enjoy a musical experience rich in talent and emotion in a modern setting. A dinner-cabaret package is also available upon reservation. Schedule: July 7 to 31, Wednesday to Saturday, at 8:30 p.m. Length of show: 2.5 hours.

La Chant'Amuse summer theatre

Pavillon Mance auditorium: 41, avenue Mance, Baie-Comeau / 418-296-8314 / 418-296-8322

The theatrical company La Chant'Amuse is back this summer for its 22nd consecutive season with a suspense comedy by Josée Girard in collaboration with Daniel Ongaro. Three line workers who have been caught slacking off are warned they will be sent to Kuujjuaq if they don't shape up. Despite their best intentions, they get involved in several incidents, which will lead them to identify suspected swindlers who want to take advantage of their know-how. Enjoy a fun evening of summer theatre. Schedule: July 20 to August 14, Tuesday to Saturday, at 8 p.m. Admission: Advance, individual, family and group rates. For more information, call the ticket booth at 418-296-8322 from noon to 4:30 p.m. and one hour before the show.

LODGING

HÔTEL LE MANOIR

8 ave. Cabot, Baie-Comeau (Québec) G4Z 1L8
Tel.: 418 296-3391 / 1-800-463-8567
Fax: 418 296-1435 / manoir@globetrotter.net
www.manoirbc.com

In the heart of old Baie-Comeau, close to the ferry, overlooking the river, the Hotel Le Manoir offers 60 comfortable rooms, including 12 executive rooms. Facilities include dining room, workout room, health centre, terrace and beach. Four-star hotel, Silver Medal winner in the 2006 Grands Prix nationaux du tourisme québécois.

Fermont population 2700

www.caniapiscau.net

Discover this northern paradise, near the 53rd parallel. Fermont is protected from violent winds by a shielding wall, the only one of its kind in North America. The town's proximity to nature allows you to enjoy a multitude of outdoor activities in an exceptional environment. Hike in the taiga forest, admire the northern lights or enjoy a snowmobile excursion in ideal conditions. Visit the open-pit mine on Mt. Wright, as well as the Fermont interpretation centre, which will introduce you to the region's mining history and tell you more about the various minerals found in Côte-Nord. A Caterpillar 789A truck with a 200-tonne capacity proudly stands guard at the town's entrance. This heavyweight is a record breaker: it clocked 105,630 hours before retiring from duty.

Panorama sector (Franquelin, Godbout, Baie-Trinité)

www.secteurdespanoramas.com

Follow the Whale Route into the Panorama sector, at the heart of the Manicouagan region. Three remarkable Côte-Nord villages, Franquelin, Godbout and Baie-Trinité, welcome you and offer a variety of interesting tourist attractions and activities, all within a distance of 100 km (60 mi.). Do you dream of visiting enchanting panoramic sites? Do you want to see the sea, explore the forest and discover impressive mountains? Are you interested in local flora and fauna, and do you want to fish, swim, paddle or row? Do you feel like relaxing on fine-sand beaches or near enticing waterfalls? Do you want to experience the culture of Côte-Nord? The Panorama sector will make all these dreams come true! Moreover, it offers a wide variety of other activities for the whole family. You are sure to enjoy your visit to this area!

Franquelin population 350

This former logging village was named after royal hydrographer J.-B. Franquelin, Canada's first official cartographer. Sheltered from the wind by the Laurentian Mountains, this village provides breathtaking panoramas as well as a reconstructed forest village. Franquelin also offers hiking in the forest or along the St. Lawrence River, swimming in enchanting settings, excellent sites for land-based whale watching, beach golf, sea kayaking expeditions, shellfish harvesting nearby and more. Enjoy accommodations with a view of the sea as well as tasty regional cuisine. Come and meet a friendly community and discover exciting activities.

Village forestier d'antan (forest interpretation centre)

16, rue des Érables, Franquelin
418-296-3203, 418-296-1406

The forest industry was crucial to the development of Côte-Nord, as evidenced by this forest interpretation centre. Activities such as cutting, hauling, driving and other aspects of life in the forest are presented. Typical buildings, period objects and old photographs illustrate the living conditions and way of life of this

period. Learn more about the history of Franquelin during a guided tour. Schedule: Daily, June 24 to Labour Day. Please phone before visiting as opening hours may vary. Reservations recommended.

Godbout population 370

www.godbout.info

Nestled between mountains and sea in the heart of the Panorama sector, the village of Godbout will enchant you with its beauty and tranquility. Set back from Route 138 (2 km / 1.25 mi. inland), this tourist village charms young and old alike with two magnificent fine-sand beaches, fishing from the old wharf, numerous easily accessible panoramic sites, a one-of-a-kind salmon fish pass, magical waterfalls and salmon- and trout-fishing sites. Quality installations (including rest areas with telescopes) allow you to have a picnic and observe whales, seals and seabirds, which come and feed near the coast in Godbout Bay. The ferry wharf in the heart of the village, great sites for land-based marine mammal observation, and various accommodation options and restaurants will meet all your expectations.

Musée amérindien et inuit (Aboriginal and Inuit museum)

134, chemin Pascal-Comeau, Godbout
418-568-7306 / www.vitrine.net/godbout

This museum's private collection will introduce you to Aboriginal and Inuit art. This historic building was the first post office in the village of Godbout. Here you can also find out how a traditional bread oven works, and sample bannock when the first batch is baked daily. Pottery and painting workshops are also available upon request. Schedule: Daily, June 20 to September 30, from 9 a.m. to 10 p.m.

Pointe-des-Monts

(11 km / 7 mi. off Route 138)
www.pharepointe-des-monts.com

Keep an eye out for the sign along Route 138 and drive 11 km (7 mi.) towards the St. Lawrence River. This scenic detour will lead you to a historic site in an exceptional and pristine environment. The Saint-Augustin Chapel, located just before the lighthouse, was built in 1898 as a missionary chapel and restored in 1964 by one of the last lighthouse keepers. The former lighthouse keeper's house now houses an inn and restaurant. During your visit, enjoy the exhibit in the lighthouse and watch a short film on the lives of the lighthouse keepers and their families. You are likely to see and hear whales as they approach the shore to feed. The shipwrecks, wildlife and plants of this microregion will delight adventure lovers, scuba divers and birders. In August, you can pick wild berries, such as blueberries, along the road.

Pointe-des-Monts Lighthouse

1830, chemin du Vieux-Phare, Baie-Trinité
418-939-2400 / www.pharepointe-des-monts.com

Built in 1830, this lighthouse was the home of eight successive lighthouse keepers and is one of the oldest lighthouses in North America. Recognized as a historic monument by the Québec government in 1964, this heritage museum has seven different floors highlighting various themes, including the lives of the lighthouse keepers, navigation and the shipwrecks near Pointe-des-Monts. This 30-m (100-ft) lighthouse has a small balcony at the top with a magnificent panoramic view of the St. Lawrence and the surrounding area. Next to the lighthouse, the lighthouse keeper's house offers accommodations and a restaurant specializing in seafood. Advance reservations are recommended. During your stay you will be charmed by the sounds of the waves washing over the rocks. Schedule: Daily, mid-June to mid-September, from 9 a.m. to 5 p.m. Inquire by phone or online about rates for overnight stays and the package deal that includes admission to the lighthouse museum and the shipwreck centre.

Charlotte's trail and the Ashini Camp

Gîte du Phare de Pointe-des-Monts
1937, chemin du Vieux-Phare, Pointe-des-Monts (Baie-Trinité) / 418-939-2332 / 1-866-369-4083
www.pointe-des-monts.com

An interpretation trail (0.8 km / 0.5 mi.) leads from the Aboriginal chapel (built in 1898) in Pointe-des-Monts to a site occupied by the Innu since prehistoric times. Come and admire the vestiges of a log camp occupied by Chief Ashini and his wife Charlotte, who lived on this site until the early 1900s. They were the last members of an Aboriginal community that relied on seal hunting on the ice floes of the gulf for survival. In the summer, they fished for salmon, until the government sold their fishing rights to wealthy individuals from the south. The community then abandoned this site to live in the Pessamit reserve. The trail features heritage, flora and fauna interpretation of these historically rich sites. Schedule: Daily guided tour from 10 a.m. to noon upon request. Departures from the chapel. Average length of tours: 2 hours for the guided tour and 20 minutes for the self-guided tour.

Baie-Trinité population 530

www.baietrinite.info

Baie-Trinité offers visitors a complete range of original recreational activities. Are you interested in history? Visit the Pointe-des-Monts Lighthouse to find out more about the lighthouse keepers of the St. Lawrence. You can also spend a night or enjoy a meal in the lighthouse keeper's house. Or visit the shipwreck centre and relive some of the great maritime tragedies that marked the history of New France from 1600 to today. Are you an outdoor enthusiast? Join Excursions La Petite Sirène on a sea excursion to encounter the whales and explore shipwreck sites. ZEC Trinité, a controlled zone, offers exciting Atlantic salmon and sea trout fishing as well as hunting opportunities. The five excellent restaurants in the village will satisfy all tastes, while hotel, B&B, cottage or campground accommodations offer visitors a well-deserved rest after a full day of activities.

Centre national des naufrages du Saint-Laurent (shipwreck centre)

27, route 138, Baie-Trinité
418-939-2679 / www.centrenaufrages.ca

A recipient of several national and regional awards for the quality and originality of its exhibit, this interpretation centre invites you to relive some of the maritime tragedies that marked the history of Québec from 1600 to today. In a multimedia room in the shape of a sunken ship, the film Mayday interprets the stories of the shipwrecks of the Elizabeth and Mary; of Admiral Phips' fleet in Anse aux Bouleaux near Baie-Trinité in 1690; of Admiral Hovenden Walker's fleet, which ran aground on Île-aux-Oeufs (Egg Island) offshore from Pointe-aux-Anglais in 1711; and several other such tragedies. After the presentation, take a guided tour of the exhibit of artefacts recovered from these famous shipwrecks. Complete your experience by visiting the actual site where the Elizabeth and Mary was shipwrecked via the shipwreck trail, which winds for 9 km (5 mi.) along the shore from Baie-Trinité to Pointe-des-Monts. Located next to magnificent bays with evocative names, four interpretive rest stops will remind you of the maritime tragedies that took place in this area. Schedule: Daily, mid-June to late September, from 9 a.m. to 7 p.m. Admission: Inquire by phone or online about rates including a package deal that includes admission to the lighthouse museum and the shipwreck centre.

OTHERS

Network of land-based whale and seal observation sites

From Tadoussac–Sacré-Coeur to Baie-Trinité, explore the Whale Route (Route 138) and take advantage of the 12 best sites to observe marine mammals from the shore. This is a unique opportunity to follow the movements of the whales and contemplate seals as they bask on the rocks. Discover different facets of the St. Lawrence at each site and enjoy the wide range of activities on offer. Admission to these sites is often free or very reasonably priced. While you are there, be sure to soak up the beauty of the surrounding scenery!

St. Lawrence Estuary

Standing on the shores of the St. Lawrence Estuary, you are in one of the best places in the world to observe marine mammals. This is because the St. Lawrence Estuary is characterized by a deep underwater valley that comes to an abrupt end at the mouth of the Saguenay Fjord in Tadoussac. The cold, salt waters of the Atlantic Ocean flow up the St. Lawrence, bringing with them an impressive profusion of tiny organisms. These organisms rise towards the surface near the shore, providing vast food stores for whales and seals.

1. Sainte-Marguerite Bay

1121, route 172 Nord, Sacré-Coeur,
GPS: 48°16'35" N 69°56'17" W / 418-272-1556
1-800-665-6527 / www.parksquebec.com

Sainte-Marguerite Bay is a great place to observe belugas. This area is part of magnificent Saguenay National Park and is also a Saguenay–St. Lawrence Marine Park discovery site. To ensure you enjoy a great day, head off to Sainte-Marguerite Bay with a backpack, a snack, a pair of binoculars and a great deal of patience! How to Get There: From Sacré-Coeur, head north on Route 172 and drive for 12 km (7 mi.). Turn left after the second bridge. Continue on for 1 km (0.6 mi.) to the parking lot of the Beluga Discovery and Visitors Centre. A 3.2-km (2-mi.) hiking trail leads to the lookout point (easy hiking).

2. Pointe de l'Islet trail

Tadoussac, GPS: 48°08'19" N 69°43'05" W
418-272-1556 / 1-800-665 6527
www.parksquebec.com

Pointe de l'Islet is one of the highlights of Saguenay National Park. Minke whales and seals often surface within metres of the rocks. While they are diving, take the time to admire the surrounding scenery, everything from the fjord to ferries, seabirds and lighthouses. Get the most out of your experience by stopping in at the Marine Mammal Interpretation Centre (CIMM). How to Get There: From Route 138, turn onto Rue des Pionniers to enter the village of Tadoussac. Drive for 500 m (0.3 mi.) and turn right on Rue du Bord-de-l'Eau between the Desjardins credit union and the church. At the end of this street, take the wooden stairs to your right before the wharf. You will see a sign for the trail, which is 0.8 km (0.5 mi.) long (easy hiking). The Marine Mammal Interpretation Centre is to the right of the trail on Rue de la Cale Sèche.

3. Cap-de-Bon-Désir Interpretation and Observation Centre

13, chemin du Cap-de-Bon-Désir, Les Bergeronnes,
GPS: 48°16'20" N 69°28'12" W / In season:
418-232-6751 / Parks Canada: 418-235-4703
1-888-773-8888 / www.parcmarin.qc.ca

This Parks Canada site welcomes nearly 30,000 visitors every summer. Cap-de-Bon-Désir offers interpretation activities for all ages. The practical layout of the site and frequent marine mammal sightings make it a great place for even the most demanding whale watcher. Cap-de-Bon-Désir is the place to be for a day jam-packed with amazing experiences! How to Get There: From Les Bergeronnes, head east on Route 138 and drive for about 6 km (4 mi.) beyond the viaduct. A large Parks Canada highway sign indicates the site.

4. Marine Environment Discovery Centre (MEDC)

41, rue des Pilotes, Les Escoumins,
GPS: 48°19'10" N 69°24'48" W / In season :
418-233-4414 / Parks Canada: 418-235-4703
1-888-773-8888 / www.parcmarin.qc.ca

Experience the St. Lawrence firsthand through the virtual St. Lawrence Live activity at the MEDC Parks Canada site. This interpretation activity gives you the opportunity to dive into the icy waters of the estuary without getting wet. Located near an underwater valley, the centre is a perfect spot to observe all the whales of the St. Lawrence. It is hard not to fall under the spell of this captivating site. How to Get There: Head east on Route 138 towards Les Escoumins. Just before you enter the village, turn right on Rue des Pilotes. The entrance to the site is about 700 m (0.4 mi.) further, on your left.

5. Pointe des Fortin

Portneuf-sur-Mer, GPS: 48°38'29" N 69°05'12" W

Perched on a mountaintop, this site presents a breathtaking panoramic view. In the summer, the Mériscope research team offers visitors the opportunity to share in their passion for the whales. From this site, you can spot whale blows and sometimes even the backs of large whales in the distance. From the lookout, you will have a spectacular view of the mouth of the Portneuf River, the sand bar and the estuary in all its majesty. How to Get There: Head east on Route 138 to Portneuf-sur-Mer and turn right onto the road to the marina after crossing the bridge over the Portneuf River. Drive through the campground to the end of the road where you will come to the beach and Pointe des Fortin. The Mériscope lookout is at the top of the stairs (208 steps).

6. Cap Colombier

Colombier, GPS: 48°49'27" N 68°52'46" W

Cap Colombier is a relatively unknown site. To reach it, you must walk through an old-growth forest on a rustic trail. The rocky outcrop juts out into the St. Lawrence and is sure to please those seeking peace and quiet. This site is just the thing for nature lovers and adventurers. How to Get There: From Forestville, head east on Route 138 and drive for about 20 km (12 mi.). There will be signs for Cap Colombier on your right. Take the second road. Continue on this dirt road to the turnaround point at the end. The trail begins here. Follow the arrows along the 500-m (0.3 mi.) trail to the rocky cape (intermediate hike).

7. Ragueneau Archipelago

Ragueneau, GPS: 49°03'43" N 68°32'57" W
418-567-2345

For those travelling as a family, a stop at the Ragueneau Archipelago is a must. The fish weir trail (Sentier de la Fascine) is particularly interesting with its observation tower. You may even be lucky enough to spot seals sunning themselves on the rocks. There is something nearby for everyone, young and old: a playground, dinosaurs, interpretation panels, bird colonies, etc. The viewpoints are simply amazing! How to Get There: Head towards Ragueneau on Route 138 and follow the signs to the wharf. Take the gravel road and park on the left, across from the playground. The fish weir trail is a 1-km (0.6-mi.) loop (an easy hike, even with young children). The observation tower is midway along the loop.

8. Garden of the Glaciers (Jardin des glaciers)

3, avenue Denonville, Baie-Comeau,
GPS: 49°14'21" N 68°08'38" W / 418-296-0182
1-877-296-0182 / www.jardindesglaciers.ca

The Adrenaline Zone in the Garden of the Glaciers offers several observation sites overlooking the St. Lawrence Estuary, making it a great place for marine mammal sightings. The Garden also offers a multitude of guided and self-guided activities and services such as Tyrolean traverses, via ferrate, rappelling and sea kayaking. You will more than likely want to prolong your stay! How to Get There: Take Route 138 to Baie-Comeau and follow the signs to the Glacier Exploration Center (Station d'exploration glaciaire). Ask at the visitors centre about the various trails that lead to observation sites. From there you can take the shuttle to the trailheads.

9. Pointe-à-la-Croix

East of Franquelin, GPS: 49°17'51" N 67°50'28" W

Pointe-à-la-Croix is one of Côte-Nord's best-kept secrets! To reach it, you must hike or cycle along a wooded trail for 5.2 km (3.2 mi.). It is definitely worth the effort. Upon arriving at your destination you will be rewarded by the sight of marine mammals swimming within metres of the rocks. This is a truly magical location! How to Get There: From Franquelin, head east on Route 138. Keep your eyes peeled because the entrance to the site is easy to miss. It is on your right, 4.6 km (2.9 mi.) after the bridge over the Franquelin River, or 500 m (0.3 mi.) after kilometre post 806. Leave your car in the parking lot. Follow the signs to the top of the rocky point or find your way by the rock piles. Set aside several hours for the return trip of over 10 km (6 mi.). This is an intermediate level hike.

10. Godbout Bay

115, rue Pascal-Comeau, Godbout,
GPS: 49°19'09" N 67°35'48" W / 418-568-7462
www.secteurdespanoramas.com

Stop in Godbout and take in the magnificent beaches, the ambiance of a typical Côte-Nord village and the fishermen on the wharf. Godbout Bay is bounded by fishing spots and the village church. It is possible to observe a wide variety of cetacean species here including minke, humpback, fin and blue whales, either near the shore or off in the distance. How to Get There: Take Route 138 to Godbout and turn into the village. Drive to the end of Rue Monseigneur-Labrie and then turn right on Rue Pascal-Comeau. There are two rest stops along the way.

11. Pointe-des-Monts

1830, chemin du Vieux-Phare, Baie-Trinité,
GPS: 49°19'35" N 67°22'09" W / 418-939-2400
www.pharepointe-des-monts.com

Everyone who has every visited this site agrees: Pointe-des-Monts is an enchanting place. Its beauty, its historic lighthouse and the incredible view of the St. Lawrence are more than worth a visit or even an overnight stay in the old lighthouse keeper's house. A word to the wise: don't sleep too soundly or you may miss the nocturnal sounds of the whales. How to Get There: From Godbout, head east on Route 138 towards Baie-Trinité. Before you get to the village, turn right on the road towards Pointe-des-Monts. The site is at the end of the road, about 11.5 km (7.2 mi.) from the turnoff.

12. Shipwreck trail

Baie-Trinité, GPS: 49°21'57" N 67°20'09" W
418-939-2679 / www.centrenaufrages.ca

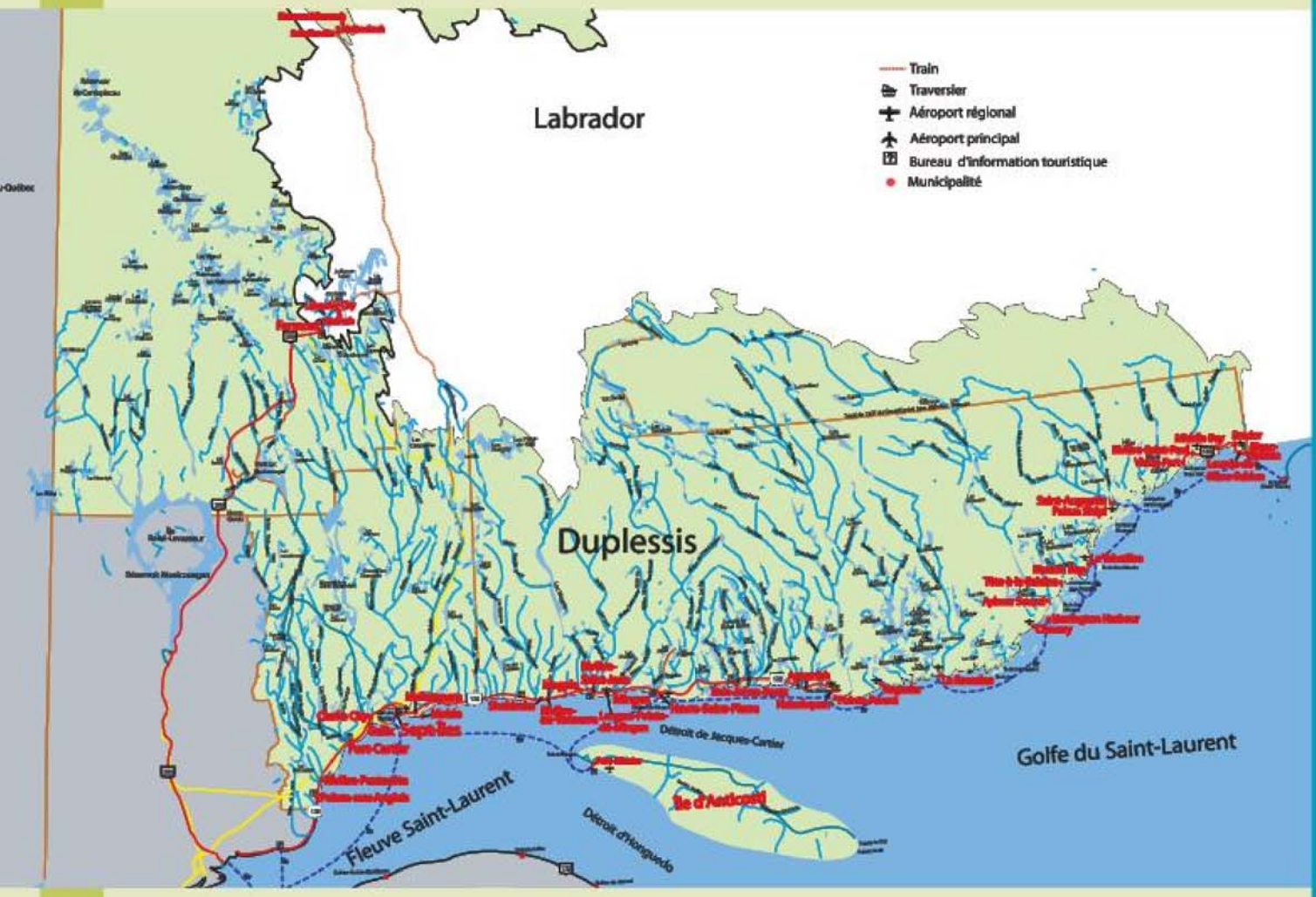
Stop at one of the many rest areas along the shipwreck trail to relax and enjoy the view. With a pair of binoculars, you may spot minke whales and other species blowing offshore. At the same time, you can learn about the fascinating history of the shipwrecks that lie in nearby coves. For those with the inclination, Anse de Sable (Sandy Cove) is also known to locals as "Lovers' Cove." How to Get There: Take Route 138 towards Baie-Trinité. Turn right on Rue Saint-Laurent just before the bridge over Trinité River. Drive for 200 m (700 ft) and then turn onto Rue Poulin and then Chemin de l'Anse-aux-Bouleaux. Continue for another 4 km (2.5 mi.) and you will reach the Anse-de-Sable parking lot. A further 1 km (0.6 mi.) will take you to the Anse-aux-Bouleaux parking lot. You can either walk or cycle the 4-km-(2.5-mi.) shipwreck trail (easy hiking) to Steamship Cove and Hunter Cove.

Away from it all... naturally! Duplessis unveils the vastness of its territory to you. Made up of a string of islands and islets covering kilometres, the Mingan Archipelago National Park Reserve offers breathtaking sceneries with its surprisingly shaped monoliths. Wonderful Anticosti Island overflows with its abundant nature: a herd of more than 166,000 white-tailed deer, up to 220 species of birds and a flora composed of rare and unique plants. Basse-Côte-Nord stands out with its lack of a road network and the extraordinary beauty of its bare and untouched landscapes. The Nordic conditions of the Caniapiscau region to the north, distinguishes it as it rests imposingly in the middle of the magnificent taiga landscapes.

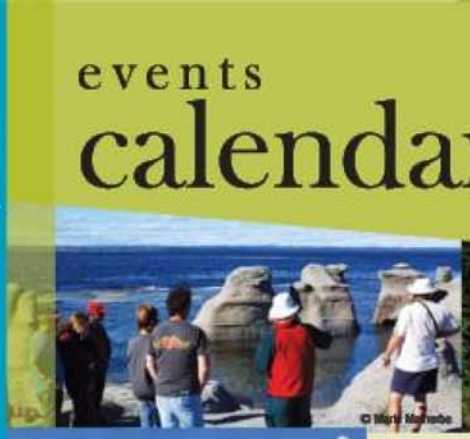
Duplessis, 200,000 km² of great outdoors

Major cities
Sept-Îles ~ Port-Cartier ~ Havre-Saint-Pierre ~ Fermont
Municipalité de la Côte-Nord-du-Golf-du-Saint-Laurent (Kegaska / Tête-à-la-Baleine)

Tourisme Duplessis
1 888 463-0808
(Canada and United States)
www.tourismeduplessis.com

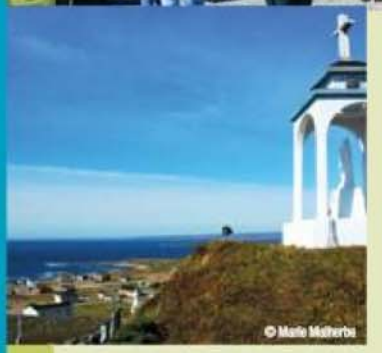


events calendar









2010

May

Festi-Mur
Mid-May
Fermont
418 287-5471

June

Escale musicale du Vieux-Quai
June 25 to August 16
Sept-Îles
418 964-3345
www.ville.sept-iles.qc.ca

July

Vieux-Quai en fête AMSI
July 15 to 19
Sept-Îles
418 964-3345 (September to April)
richard.lemay@ville.sept-iles.qc.ca

Festival du conte et de la légende de l'Innucadie
July 15 to 19
Natashquan
418 726-3060, 726-3054
copacte@globetrotter.net

Festival des Paspayas 10e édition
July 15 to 19
Longue-Pointe-de-Mingan
418 949-2817, 418 949-2436
www.comiteculturel-lpm.piczo.com

Festival de la famille
July 23 to 26
Havre-St-Pierre
418 538-3994

August

Symposium de peinture Manu
End of August
Sept-Îles
418 962-4000, 418 949-4424,
1 800 391-4424
www.icem.ca

must see

- **Réserve faunique Port-Cartier-Sept-Îles**
  www.sepaq.com
- **Réserve de parc national du Canada de l'Archipel-de-Mingan**
  www.pc.gc.ca
- **Parc national d'Anticosti**
  www.sepaq.com
- **Harrington Harbour**
  Basse-Côte-Nord
- **Maison Johan-Beetz**
  www.baiejohanbeetz.com
- **Natashquan**
  www.copactenatashquan.net
- **Le Mur écran (Fermont)**
  www.caniapiscau.net

The Whale Route

Keep your eyes open on the blue sign bearing a white whale and discover the treaures and charms of the Whale Route. These signs invite you on a long and fascinating journey of discovery of the sites and natural attractions often missed by tourists too busy to take the time to enjoy them. Fall into the secrets of discovering Duplessis, for a pure taste of Côte-Nord!

Several municipalities propose some observation spots set up for this purpose with access to the littoral. While visiting, we invite you to discover the region and observe different kind of cetacean's population.



CARGO-PASSENGER SHIP

Relais Nordik

418 723-8787 / 1-800-463-0680
Fax: 418 722-9307 / www.relaisnordik.com

From mid-April to mid-January, the M/V Nordik Express offers weekly passenger and cargo service to Basse-Côte-Nord. Passengers can board the vessel in Rimouski, Sept-Îles, Havre-Saint-Pierre, Natashquan, or Blanc-Sablon to enjoy a true taste of the North Shore. The ship calls at six remote villages in Basse-Côte-Nord, including Kegaska, La Romaine, Harrington Harbour, Tête-à-la-Baleine, La Tabatière, and Saint-Augustin, and also offers service to Île d'Anticosti (Port-Menier). One way (upstream or downstream) and roundtrip tickets available. Cruise packages (transportation, meals, and onboard accommodations) start at $250/person/night for superior cabins. Travelers planning one-way cruises can use regular air transportation to enter or leave the region. A limited number of vehicles are allowed aboard ship for an additional charge. Reservations are required up to four months in advance for passengers and vehicles (up to 120 days in advance for trips east of Natashquan and 30 days for Île d'Anticosti).

AUDIO GUIDE

Sur la route de Natashquan (audio road guide)

418 726-3060 / 726-3054
Fax: 726-3054 / copacte@globetrotter.net

The audio road guide "Sur la route de Natashquan" (available only in French) is designed for visitors driving to eastern Minganie. Two-CD box set can be rented at tow locations locations: the Minganie tourist information center (Chute Manitou) and Portail Pélagie-Comier (Havre-Saint-Pierre). The tour starting point is at the highway rest area 4.5 kilometers east of Havre-Saint-Pierre. Audio cassettes are also available. Listen to locals tell their stories and present their region and local attractions along a 150 kilometer drive from Havre-Saint-Pierre to Natashquan, with suggested stopovers. The guide features music, songs, anecdotes, and more.

Port-Cartier
(Pointe-aux-Anglais)

The name of this litter hamlet brings to mind a major event in the history of New France – the famous shipwreck of the English fleet led by Admiral Walker. In 1711, a contingent of 12,000 men aboard 60 warships was headed for Québec City to capture the heart of the French colony. Some 900 men lost their lives as eight ships were battered to pieces off Île aux Œufs, forcing the rest of the fleet to turn back. In the parish church, you can admire the stations of the cross by famous sculptor Médard Bourgault of Saint-Jean-Port-Joli.

ATTRACTIONS

Musée Louis-Langlois

1-888-766-6944 / 418 799-2212 (in season)
766-4414 / Fax: 766-4278

Built as a private home in 1873, Musée Louis-Langlois became a museum in 1994. It houses two exhibits, one on Admiral Walker and the sinking of the English fleet and the other on Rivière-Pentecôte past and present, presenting a series of historic photographs. Other artifacts include objects dating from 1886, the village's first stations of the cross, a wheelchair, mineral collections, and more.

Port-Cartier

Set in nature's kingdom at the 50th parallel, Port-Cartier is nestled between sea and forest, surrounded by islands and waterfalls. It was first named Portage-des-Mousses by the Amerindians, then renamed Shelter Bay by Colonel Robert McCormick, who chose the site as a logging area to supply his newsprint mill in Ontario. Port-Cartier took on a new role in 1957, however, with the startup of the Québec Cartier mining company and the opening of a shipping port for iron ore products from Gagnon and Fermont mines. The History Interpretation Center presents Port-Cartier's rich past. Small islands tucked in on either side by Rivière aux Rochers and Rivière Dominique separate the city's west and east ends and lend Port-Cartier its unique maritime charm. Patterson Island is home to many vestiges of logging activity from the turn of the 20th century. Interpretive panels describe life in those days, while rest areas provide visitors an opportunity to admire the taiga landscape. Bird watchers and photographers will love the trails in Parc de la Rivière-aux-Rochers, which lead an impressive lookout point over the falls of Rivière aux Rochers, known for its salmon. McCormick Island, lined with beaches and rocky highlands, is home to Café-théâtre Graffiti and a remarkable outdoor stage. All the islands now feature new bicycle paths and walking trails that provide a breathtaking vew of the St. Lawrence and other rivers. Within city limits, take the Waterfall Trail to discover natural attractions and surging river whirlpools. Visit the Port-Cartier—Sept-Iles wildlife reserve to discover the backcountry.

ATTRACTIONS

Café-théâtre Graffiti

418 766-3513 / Fax: 766-2162
cafegraffiti@globetrotter.net

On McCormick Island in the heart of town, the Café-théâtre Le Graffiti is well known for its excellent productions and intimate decor. This playhouse delivers a rich and varied program of theater enjoyment, putting on over forty shows a year. A member of the coast network of cinema clubs, it also shows repertory films in a warm, cabaret-style ambiance. In summer, visitors can sample regional cuisine, lounge at the bar, and explore a visual art gallery exhibiting works by local artists. Restaurant and bar.

Centre d'interprétation de l'histoire de Port-Cartier

418 766-4414 / 1-888-766-6944 / Fax: 766-4412
tourisme50parallele@globetrotter.net

Located in the basement of Église Sacré-Cœur, the center takes you on a trip through the past that will spark your imagination with its blend of history and legends told through the narratives of our founders. Learn about the 50 yerars of history of Port-Cartier and the town's important role in the growth and development of Côte-Nord. Tours for school groups. Reservations recommended for groups.

Parc de la rivière aux Rochers - Salmon Ladder

418 766-2777 / Fax: 766-2888
aprr@globetrotter.net

East of the bridge over Rivière aux Rochers and half a kilometer off Route 138 is the Salmon Interpretation Center. In addition to guided tours of the center and the spawning run trap system, visitors can admire the falls, watch anglers in action, go hiking or enjoy a picnic.

Port-Cartier—Sept-Îles Wildlife Reserve (Sépaq)

418 766-2524 / 1-800-665-6527 / Fax: 766-2921
www.sepaq.com

The Reserve offers a multitude of outdoor activities, both for fishing & hunting enthusiasts and those who simply wish to enjoy nature. This vast 6,423 km² area is accessible via Route 138 and has its main entrance in Port-Cartier. You'll be taken by the spectacular scenery, including majestic Lake Walker and MacDonald Falls, where a footbridge is located. Swim, mountain bike, canoe, hike on the trails, or enjoy a meal in one of the various picnic areas. Overnight visitors have the choice of cabins or serviced or unserviced campsites, mainly on lakes Walker and Arthur. Sport fishing enthusiasts can come for the day or for a longer stay. In fall, moose and small game hunting is available along with hare trapping.

Sept-Îles

When it merged with three other municipalities, Sept-Îles became one of the largest cities in Québec in area, covering 2,182 km². Its vast territory is sure to please nature lovers. Its maritime environment provides an opportunity to enjoy various water sports or simply admire the majestic scenery and superb sunsets. Surrounded by forests and awash in lakes and rivers, it's a veritable paradise for hunters and anglers. On the cultural scene, first-rate performances are on offer all year long, and the city's museums and historical and interpretation centers hark back to its rich past. Sept-Îles received a rating of 3 Fleurons from the Fleurons du Québec's horticultural beautification program for municipalities. To the west, the Gallix sector offers sweeping views of the ocean and a 14 km stretch of beach. Bird lovers will delight in their finds by the salty shore. A dozen kilometers further along Route 138, a turnoff takes you to Clarke City. Although it was a full-fledged Côte-Nord municipality for nearly half of the twentieth century, Clarke City merged with Sept-Îles in 1970. Today, the town celebrates its past with a historical route, interpretation center, old locomotive, and sculpture entitled L'enracinement built in 2000 in honor of the founders and builders. Downtown Sept-Îles, built on a vast circular bay, is a friendly place where the living is easy. Residents rub shoulders daily with members of the Montagnais First Nation, who live on the Uashat and Maliotenam reserves just outside the city. In the city's far east end, the Moisie sector boasts wide open spaces and the majesty of famous Rivière Moisie, teeming with salmon and prized by visitors and locals alike.

ATTRACTIONS

Archipel des Sept Îles

Tourisme Sept-Îles
418 962-1238 / 1-888-880-1238
Fax: 968-0022 / www.ville.sept-iles.qc.ca

Accessible from the marina in Parc du Vieux Qual, this park encompasses the seven magnificent islands in Sept-Îles Bay, each with its own history. By tour boat or by sea kayak, you can get a closedup look at a number of marine mammals or observe the razorbilled auks, black guillemots, murres and other seabirds that frequent Île du Corossol bird sanctuary and get a sense of the sheer size of the Port of Sept-Îles, one of the largest in Québec. Boat tour guides recont the history of this the people who have frequented this magnificent bay.

Centre d'interprétation de Clarke City

418 583-2223

The Interpretation Center tells the story of the Clarke brothers and the development of Clarke City.

Musée régional de la Côte-Nord (Museum)

418 968-2070 / Fax: 968-8323 / www.mrcn.qc.ca

The museum features the permanent exhibition "Terres de sens: le grand voyage" and two temporary exhibitions, Featured this summer are Côte-Nord artist Jean-Pierre Synnott and "La grande vague ou la mémoire de l'eau salée" a monumental work of Marc Lincourt. Whether you're tuorn between nature, industry, or culture, our guides will be happy to take you through our exhibits. The museum will help you discover the true character of Côte-Nord. Discover our local artists at the Ô Muses craft shop. Average length of visit: 1 hour. Reservations required.

Petit-Havre de Matamec

www.cagm.org

Located 35 km east of Sept-Îles, the interpretation trail is accessible year round. Along a 2 kilometer trail, you'll discover various ecosystems typical of Côte-Nord, including an old balsam fir stand, a salt marsh, and the shoreline. Conservation of the bassin that empties into Rivière Matamec and the Petit-Havre salt marsh, along with awareness-raising activities designed to protect this area that is so representative of north shore biodiversity, are maintained by Corporation Amory-Gallienne de Matamec. Average length of visit: 2 hours.

Ruisseau Bois-Joli Community Garden

418 968-4135 / jardinboisjoli@globetrotter.net

Winner of the prestigious Phoenix Environmental Award in 2003, the Ruisseau Bois-Joli community garden was created in 1984 in the Ferland sector 5 km west of Sept-Îles. Hundreds of lily bulbs donated by friends and neighbors inspired the cleanup of the Bois-Joli stream and the preservation of its rich ecosystem. The stream is the main focus of the site, which covers over two hectares divided into ten gardens with individual themes, including a grandmother's garden, a terraced garden, and many others. The Mer-Vents garden trail provides access to the sea, where a multitude of aquatic birds and sea mammals can be observed at the mouth of the stream. From sunup to sundown, May to October, you can explore close to 5 km of groomed trails. Guided tours and activities are frequently available during the summer months. For more information, call 418 968-4135 or consult the local newspaper. The gardens are a place of learning where the whole family is welcome!

LODGING

HÔTEL GOUVERNEUR SEPT-ÎLES

666, boul. Laure, Sept-Îles (Québec) G4R 1X9
Tel.: 418 962-7071 / 1-888-910-1111
Fax: 418 962-8338 / mlevesque@gouverneur.com
www.gouverneur.com

The hotel is located in the city centre of Sept-Îles, famous for its deep sea port and bird sanctuaries, a gateway to Labrador City and the famous Mingan Archipelago National Park. Recognized as the finest in the region, this property has 120 spacious rooms, (70 with 2 double beds) and suites, heated outdoor pool and terrace. Free wireless high-speed Internet access available.

Rivière-au-Tonnerre

The village owes its name to the roar of "Thunder River," as the local waterway has long been called. Perched on rocky shoreline, Rivière-au-Tonnerre is one of the most picturesque villages of Côte-Nord. It is known for its crab fishing and spectacular 33 meters high falls. It also where many local fishing boats are hauled up for winter.

ATTRACTIONS

Chute Manitou (Falls)

418 538-2732 / Fax: 538-3711
mrcminganie@globetrotter.net

This must-see attraction lies about 85 km east of Sept-Îles and 35 km from Rivière-au-Tonnerre. Follow the nature trails to a spectacular, 35 meter waterfall at the end of an interpretation trail. A tourist information center with a large parking lot and picnic tables make this an ideal place to stop.

Église de Rivière-au-Tonnerre (Church)

Built at the turn of the 20th century by over 300 volunteers and restored in the late seventies, the imposing wooden church is well worth a visit. Its archway—over eight meters high and decorated with over 60 images carved with pocketknives—is particularly noteworthy. Average length of visit: 20 minutes.

Longue-Pointe-de-Mingan

Founded in 1849 by Gaspé fishermen, Longue-Pointe owes its name to the point of sand that juts out into the Gulf of St. Lawrence. Vast, sandy beaches look out over the first islands of the Mingan archipelago, including Île aux Perroquets and Île à la Maison, renowned for their population of Atlantic puffins. There is also a sea promenade from which it is often possible to spy the whales and seals that frequent the area in large numbers.

ATTRACTIONS

Centre d'accueil et d'interprétation de Longue-Pointe-de-Mingan

418 949-2126 / 1-888-773-8888
www.parkscanada.gc.ca

A definite must, located right at the entrance to the Mingan Archipelago. Pick up information about the islands, maritime transportation services, interpretation activities, and camping (permits available). Staff are there to answer your questions and present films and talks. Come see "Islands in the Sea," our new virtual exhibition on the islands, where nature and culture meet.

Mingan Island Education Research Station and Interpretation Center (MICS)

418 949-2845 / www.rorqual.com

The Cetacean Study combines research and education, offering visitors the opportunity to discuver the marine mammals of the Gulf of St. Lawrence. Guided tours with biologists help adults dans children alike learn about the area and view life-size sculptures that help them recognize the differences in size, pigmentation, and anatomy among the various species. Painted murals, photos, ans audio room, and a video room familiarize visitors with whale behaviour observed on whalewatching tours and the sounds made by the various marine mammal species. In addition to your tour, you can follow Station researchers out on the water and enjoy a unique experience among the mighty giants in their natural habitat.

Havre-Saint-Pierre

Founded in 1857 by Magdelan Island fishermen, Havre-Saint-Pierre was for over half a century the seat of the vicariate apostolic of the St. Lawrence. Industry came in 1948 with the opening of a titanic iron ore mine 43 km north of town. In 1984, the Parks Department of Environment Canada consecrated its tourist vocation with the opening of the Mingan Archipelago National Park Reserve.

ATTRACTIONS

Centre d'accueil et d'interprétation de Havre-Saint-Pierre

418 538-3285 / 1-888-773-8888
www.parcscanada.gc.ca

Located at the Havre-Saint-Pierre marina, the visitors center provides information on the islands, maritime transportation services, and interpretation activities. Campers wishing to stay in the park can obtain a permit at the center. Nautical charts, topographical maps, and other promotional items are also available.

Maison de la Culture Roland-Jomphe

418 538-2512 / 538-2450 / Off-season 538-2717
Fax: 538-3439 / ccihstp@globetrotter.net

In an old general store near the tourist sector, visitors can explore the permanent exhibit entitled L'autre roman (the Other Tale) featuring a large historic fresco that tells the history of Havre-Saint-Pierre from 1857 to today. Interpretive activities and other events are held at night in July and August. The same facility houses a Tourism Québec–accredited tourist office. Open June 20 to September 9, 9 a.m. to 9 p.m. Average length of guided tour: 45 minutes. Average length of visit: 30 minutes.

Mingan Archipelago National Park Reserve of Canada

418 438-2385 / 1-888-773-8888
www.parkscanada.gc.ca

In 1984, in recognition of the Mingan archipelago's valuable heritage, notable fragility, and exceptional beauty, Canada incorporated the site into its vast

network of national parks. Made up of a string of islands and islets scattered several kilometers from the coast between Longue-Pointe-de-Mingan and Aguanish, the archipelago boasts breathtaking scenery. Spectacular cliffs, arches, and monoliths sculpted by the elements over the ages together with abundant and diverse flora and fauna are just some of the treasures that comprise this island paradise. Stop off at one of the islands in the Mingan Archipelago National Park Reserve for a hike, a picnic, or to go wilderness camping. Meet nature interpreters who reveal the secrets of this one-of-a-kind site being preserved for the enjoyment of future generations. You'll enjoy a special communion with nature in matchless surroundings. To get there, ask for the list of boating companies recognized by Parks Canada and make your choice—excursions, shuttle taxis, or sea kayaks. Contact the companies directly for information and reservations. Rates vary depending on the destination and type of service. Approximate length of cruise: 3½ hours.

Baie-Johan-Beetz

The village owes its name to a naturalist from Belgium who fell in love with the wildlife in the region and became one of the founders of the Québec Zoological Society. Wildlife is still abundant in the area, and the trout and salmon fishing is excellent. East of the village on islands just offshore are colonies of migrating aquatic birds. Camping, accommodation, outfitter, meals.

ATTRACTIONS

Maison Johan-Beetz

418 648-0557 / Fax: 624-0772
www.baiejohanbeetz.com

Johan Beetz, a painter and a sculptor, had a beautiful big home constructed that he decorated himself and that was classified a historic monument in 1979. Today it brings the story of this aristocrat and his village back to life.

Aguanish

Aguanish (small shelter in Montagnais), is very aptly named. The village is surrounded by numerous warm sandy beaches and the freshwater bay of Rivière Aguanish. This long river is popular with salmon fishers and visitors looking for scenic beauty. Hunting and fishing guides will lead you to the geological phenomenon known as "Trait de Scie." Île-Michon, located 3.5 km to the east on Route 138, offers a flurry of bays and little islands where hikers can shellfish or enjoy a picnic.

ATTRACTIONS

Canyon "Trait de scie" (Sawcut)

418 533-2151 off-season 533-2033

Experienced guides will lead you on a grand adventure along Rivière Aguanish to the "Trait de Scie Canyon" (the third waterfall along the river). Three short trails with wooden footpath around the falls. Family activity lasting 2 to 3 hours. This cruise travels over 3 km to give you a closeup look at nature and wildlife of the region. The association also oversees salmon fishing with its on site guide service.

Natashquan

A small village with a big name made famous by its native son and his legendary ballads, Natashquan has kept all the charm and poetry it had before the road came through. Enhance your travel enjoyment by picking up a CD audio road guide for the drive in. Natashquan, the land of poet and signer-songwriter Gilles Vigneault, was originally the land of the Innu, who today live side by side with the Acadians, making the village something of an "Innucadia". The two communities are linked by a long, sandy crescent beach, a lovely place to stroll in the salt air, enjoy the vast panorams, and even go for a swim in the almost-too-warm-to-be-true waters. A prime destination for anyone who enjoys music, storytelling, history, culture or just relaxing and enjoying peace and quiet in a spectacular outdoor setting!

TRAVEL INFORMATION

Corporation de développement patrimonial, culturel et touristique de Natashquan

24, chemin d'en haut, Natashquan (Québec)
G0G 2E0 / Tel.: 418 726-3060 / Fax: 418 726-6050
copacte@globetrotter.net
www.copactenatashquan.net

We are a touristic information center. We offer kayak equipment rentals and cultural visits. You can visit our old school museum and you can see a show in our Café-bistro L'Échourie.

ATTRACTIONS

Centre d'interprétation Le Bord du Cap

418 726-3233 / Fax: 726-3533
off season: 418 589-4357
http://pages.globetrotter.net/lebordducap

This replica of the old Natashquan general store presents photographs and objects illustrating the storekeeper's work in another day and age. It is also home to theme exhibits featuring photographs, objects, and audiovisual presentations on Natashquan and over 36 Natashquan history themes, including a work by Gilles Vigneault. An exhibition on the works of Gilles Vigneault looks at folk music, square and called dances, and more. Adjacent souvenir shop. Average length of visit: 45 minutes. Reservations recommended for groups. New: Reference documents are available in English on the exhibition on the village's dispensary service and movie theater. Open daily June 11 to August 31, 9 a.m. to 5 p.m. Admission: $3 per person for groups of 15 or more.

Exhibition at Natashquan's Old School

418 726-3060 / Tel. and fax: 726-3054
copacte@globetrotter.net

The Old School's feature exhibit presents the people of Natashquan who inspired the work of Gilles Vigneault as well as their legendary and colorful lives. The lively museum environment gives visitors a real sense of the rhythm and lyrics of the songs, which offer a different take on the life of the people and the beauty of the surroundings. Jean du Sud, Mademoiselle Émilie, Jack Monoloy, and other are invited to this celebration of Natashquan, the land of Gilles Vigneault. Average length of visit: 40 minutes.

Natashquan "Les Galets"

418 726-3060 / Fax: 726-3054
copacte@globetrotter.net

The picturesque fish sheds of "Les Galets" sit majestically on the peninsula, overlooking the sea. These heritage fishing buildings have resisted wind and storm, and are a veritable monument to the labor of fishermen. They are in the process of being officially recognized by the Québec government. Visitors can browse around and even respectfully enter these temples to fishing, where gear was once stored and outside of which cod—abundant on the shores of Natashquan at that time—was salted and dried before being loaded onto Jersey company boats and sold abroad.

Fermont

Fermont is a uniquely designed one-industry town revolving around iron mining. The main characteristic of this northern town is its extraordinary 1.3 km windbreak wall. In summer, take advantage of Fermont's fully-equipped waterside clubhouse; hike Daviault Mountain; learn more about the region's geology, flora, and fauna from interpretation panels; discover the splendor of the taiga on the Serverson Mountains; visit the Fermont Interpretation Center; and tour one of the largest open-pit mines in North America. Starting in mid-August, taste a dozen varieties of wild berries. Come marvel at the sheer size of the machinery at the Mont Wright Mine. In winter, discover wide open spaces on the Caribou Trail—400 km of groomed, marked snowmobile trails. Admire the Rivière George caribou herd, over 400,000 animals in their natural environment. Caribou hunting is also available if you like. And don't miss the magnificent northern lights visible more than 200 days of the year. The best times to observe this natural phenomenon are fall and winter, when the nights are much longer. A few kilometers from Fermont, Route 500 takes you to Labrador.

ATTRACTIONS

Centre d'interprétation de Fermont

418 287-5822 287-9439 / 1-888-211-2222
Fax: 287-5215 / www.caniapiscau.net

Located in the windbreak wall, the Center takes you right to the heart of Côte-Nord history and exploration with two exhibitions. Pierre de lune, pierre de neige, pierre de fer, sur les traces d'Albert P. Low et d'Henri de Puyjalon features a multitude of rocks and minerals from Côte-Nord and the Fermont region, as well as information on prospecting and mining. The second exhibition features photographs of the region taken by members of the Caniapiscau Photography Club.

Le Mur écran

The windbreak wall, the only one of its kind in North America, is a marvel of Nordic architecture. It stretches 1.3 km, protecting the town from the prevailing north winds. Known as "the Wall," Fermont's central structure includes 440 dwellings, community and municipal services, a school, and health and recreational facilities (arena, pool, curling, etc.). All linked by a temperature controlled indoor promenade.

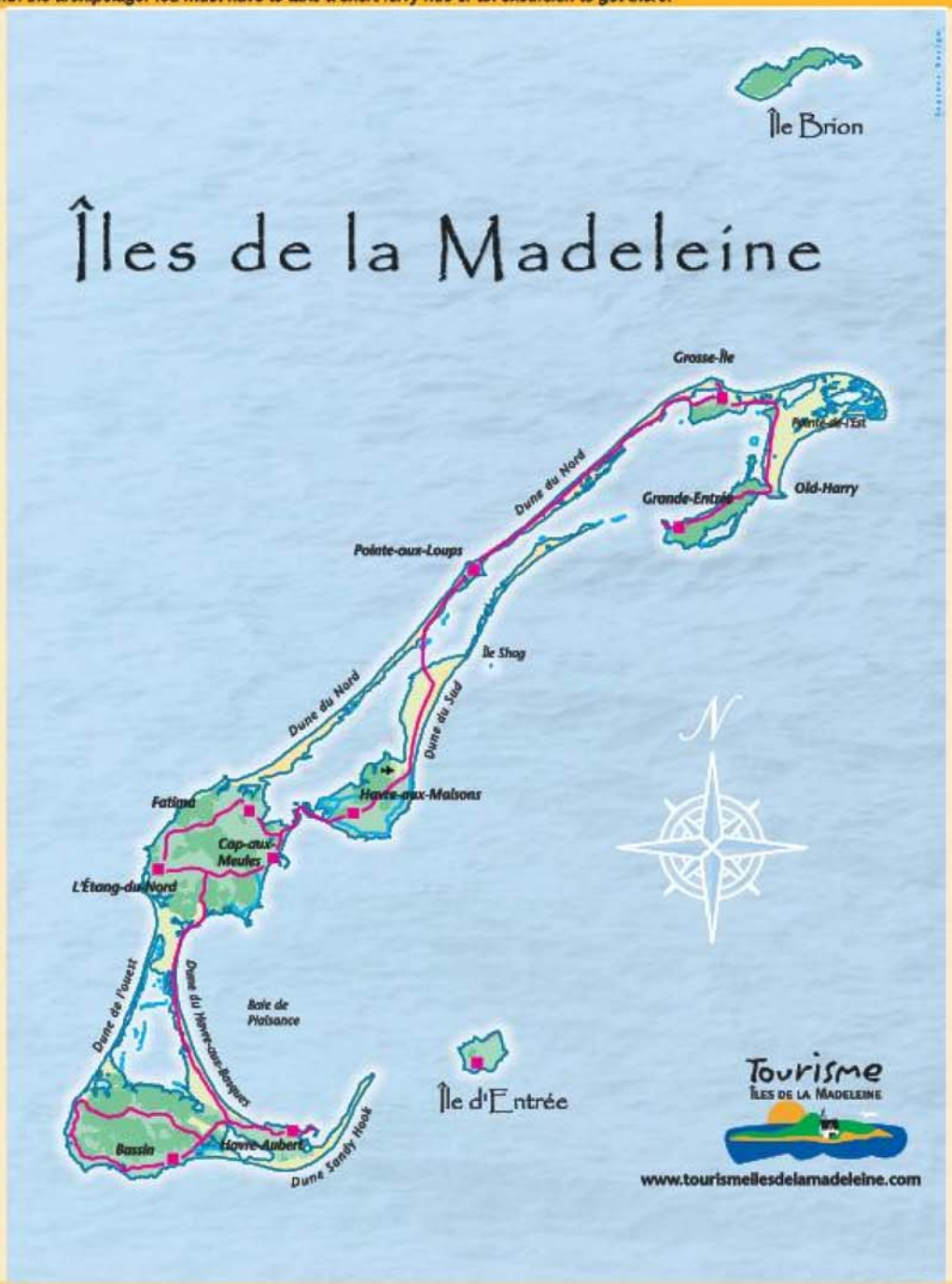
The Îles de la Madeleine are an archipelago lost in the middle of the Gulf of St-Lawrence, where the dunes seem to blend, break apart, and then stretch out from view, as though deposited there by the whims of the sea. It is a rich but fragile environment, perfect for outdoor and beach activities. You will be charmed by the Madelinots' natural sense of hospitality, the local gastronomy, the great nature and unique culture which lies in the Acadians and Québec influences. The islands are the perfect place for your dream vacations! You will be seduced by the traditional architecture of the small multicolour houses lined up on top of the hills or by the red of the cliffs as the sun goes down on them. A trip to the Islands is a complete change of scenery, an occasion to think anew, a time to forget time. It is a delightful Atlantic adventure… with a French flair!

Tourisme
Îles de la Madeleine

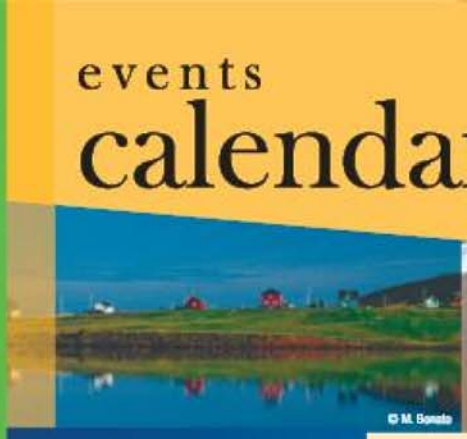
Tourisme Îles de la Madeleine
1 877 624-4437
info@tourismeilesdelamadeleine.com
www.tourismeilesdelamadeleine.com

Major cities

The archipelago is a dozen islands, of which seven are inhabited: Grande-Entrée ~ Grosse-Île ~ Pointe-aux-loups ~ Havre-aux-Maisons ~ Cap-aux-Meules ~ Havre-Aubert ~ Entry Island. The last one has no ground link with the archipelago. You must have to take a short ferry ride or an excursion to get there.



events calendar









2010

May

Lobster fishing season opening and the arrival of Lobster Nouveau!

May

Fondation Willie Déraspe
418 985-2833
www.mersurunplateau.ca

June

Fête aux saveurs de la mer
Taste of the Sea Festival

June 26, 27

Place du Marché à L'Étang-du-Nord
Le Bon Goût frais des Îles
418 986-6650
bgf.iles@lino.com
www.lebongoutfraisdesiles.com

July

Figurative Painting Symposium in L'Étang-du-Nord

July 26 to August 1st

Site La Côte
418 986-5085

August

Small boats construction contest

First Saturday in August

Corporation des Acadiens de l'Île de Havre-Aubert
418 937-2525

Festival Acadien

August 1 to 15

Corporation des Acadiens de l'Île de Havre-Aubert
418 937-2525

Sandcastle contest

Second Saturday in August

Corporation des Châteaux de Sable
418 986-6863
www.chateauxdesable.com
chateaux@iledelamadeleine.com

September

International Story Telling Festival

End of September

418 986-5261
cei@tlb.sympatico.ca
www.conteseniles.com

2011

February

Arrival of the Harp Seal herd
Château Madelinot hotel

End of February and beginning of March

418 986-3695 or 1-800-661-4537
www.hoteisilesdelamadeleine.com

must see

- **Artisans du Sable Sand Econamuseum**
  www.artisansdusable.com
- **Council for Anglophones Magdalen Islanders**
  www.ilesdelamadeleine.com/cami
- **Centre d'interprétation du phoque (C.I.P.)**
  www.loup-marin.com
- **Mes Îles, Mon Pays**
  www.mesilesmonpays.com
- **Musée de la Mer**
  www.tourismeilesdelamadeleine.com/museedelamer
- **Verrerie La Méduse**
  www.meduse.qc.ca
- **Le Site d'autrefois**
  www.tourismeilesdelamadeleine.com/sitedautrefois

A Sea of Inspiration, A Land of Creativity

As you make the rounds of the shops and art galleries included in the "Circuit arts visuels et métiers d'art" (The visual arts and handicrafts circuit), you'll discover an incomparable range and quality of works by the professional artists and craftspeople of the Îles des la Madeleine. Inspired by these landscapes of red sandstone cliffs, fine sand, lush green hillsides and dazzling light, they have created works out of glass, clay, sand, stone, wood and other materials. At the same time, you'll become acquainted with a creative outpouring that testifies powerfully to the Îles de la Madeleine' highly particular and original culture.

For further information about the Circuit arts visuels et métiers d'arts, please contact Arrimage, the Cultural Corporation of les Îles de la Madeleine at 418-986-3083 or info@arrimage-im.qc.ca





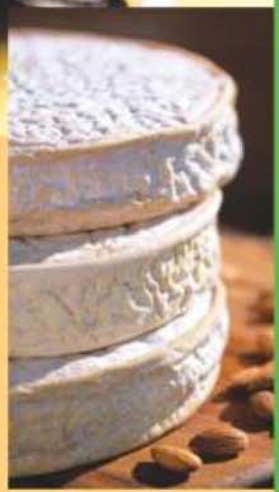
Photos © R.Arseneau

The Circuit des Saveurs (The circuit of flavours)

The Îles de la Madeleine also represent an opportunity to discover the culinary acumen of Îles de la Madeleine. Blessed with a renowned regional cuisine, the archipelago's renowned regional cuisine stands out on the basis of its fish and seafood, obviously, but also on account of its mouth-watering, locally produced specialty foods. Look for the label indicating "Le Bon Goût frais des Îles": it's your guarantee of freshness and authenticity. The Îles de la Madeleine's chefs and cooks expertly combine flavours and freshness to produce their original, exquisite-tasting recipes. To awaken your senses and please your taste buds, there's no surer route than to take the Circuit des Saveurs!

For further information about the Circuit des Saveurs, please contact Le Bon Goût frais des Îles de la Madeleine at 418-986-6650 or bgf.iles@lino.com.





TRAVEL INFORMATION

Le Québec maritime

84 Saint-Germain Est Rimouski, QC, G5L 8M1
Tel.: 418 724-7889 / Fax: 418 724-7278
www.quebecmaritime.ca

GETTING TO THE ISLANDS

FERRY

Groups planning on driving to the Îles de la Madeleine are required to take a ferry from Souris, Prince Edward Island, to Cap-aux-Meules. From the mainland of New Brunswick, take the Confederation Bridge (Toll bridge: 1-888-437-6565 for rates) from Cape Tormentine, New Brunswick, to Borden, P.E.I.. From Borden, take Highway 1 to Charlottetown, and then Highway 2 East to Souris where you will board the ferry, the M.V. Madeleine, for the five-hour crossing to the Îles de la Madeleine.

The ferry service is from April to the end of January. It is strongly recommended to make your ferry reservations if you are traveling in the months of July and August.

CRUISE

The ferry M.V. CTMA Vacancier leaves the port of Montréal on Friday afternoon and goes on to sail the complete length of the River until it reaches the port of Chandler in the Bay of Chaleurs, in the beautiful Gaspesia region. After a brief stopover at Chandler on Saturday evening, the ship goes on to Îles de la Madeleine where it arrives on Sunday morning. The ship stays at the Islands for 3 days, until Tuesday evening.

On the way back, the M.V. Vacancier leaves the Islands on Tuesday evening and arrives in Chandler Wednesday morning. After a 6-hour stopover, the ship sails to Québec City where it arrives on Thursday afternoon. The ship leaves the city on the evening and arrives in Montréal early Friday morning.

There is also a 15 passenger cargo ship that makes a weekly trip from Montréal.

For more information:

GROUPE CTMA

435, Chemin Avila-Arseneau, Cap-aux-Meules (Québec) G4T 1J3 / Tel.: 418 986-6600
1-888-986-3278 / Fax: 418 986-6198
leonard.arsenault@ctma.ca / www.ctma.ca

CTMA Group operates a one week cruise on the St-Lawrence between Montréal, Les Îles de la Madeleine, the Gaspésie Peninsula and Québec City, from June till October. Special Theme Cruises are available such as, Cycle and Cruise and Taste of the Island Packages. Congress at Sea is available in the off season. CTMA operates a year-round ferry service between P.E.I. and the Islands.

Souris (P.E.I.) Office

902 687-2181
Email: info@ctma.ca
Web site: www.ctma.ca

* For all information about schedule, departure and rates please visit the C.T.M.A. web site

PLANE

There are few companies which are flying to the archipelago either from Montréal or Québec. The Islands' airport is located on Havre-aux-Maisons Island. The duration of the trip varies from 2 to 4 hours depending on the number of stops on your flight and departure city. The two major companies are:

Air Canada Jazz

Toll free: 1-888-247-2262
www.aircanada.com

Pascan Aviation

Toll free: 1-888-313-8777
www.pascan.com

The Archipelago

The archipelago of the Îles de la Madeleine is made up of a dozen islands, seven of which represent the main pockets of the villages and citizens. The islands from north to south are as follows: Île de la Grande-Entrée, Grosse-Île, Pointe-aux-Loups, Havre-aux-Maisons, Cap-aux-Meules, Havre-Aubert and Entry Island. All the islands are linked together by dunes and Highway 199 (199 Road) except Entry Island. Further off coast lle Brion Island, a recognized ecological reserve, and Rocher-aux-Oiseaux, an elevated bird sanctuary.

Île de la Grande Entrée

The lobster capital of Québec where each season, more than 100 fishing boats unload more than half of the Islands' lobster catch at the port at Pointe de la Grande-Entrée. Grande-Entrée was the last of the islands to be inhabited and is made up of French speaking population who, for the most part, are either fishermen or work in the fishing plant. The beach and footpaths at Île Boudreau are wonderful getaway spots.

ATTRACTIONS

Auberge La Salicorne

377, 199 Road, Grande-Entrée
Tel.: 418 985-2833 / Fax: 418 985-2226
info@salicorne.ca / www.salicorne.ca

Auberge La Salicorne provides many outdoor activities; exploring natural environments, bird watching activities and guided walks in the East Point National Wildlife Reserve. This outdoor recreation centre offers packages which include lodging (hotel room or camping), meals, and activities. You can also rent water-sport and camping equipment. Open all year round.

Seal Interpretation Center

377, Road 199, Grande-Entrée
Tel.: 418 985-2833 / Fax: 418 985-2226
info@loup-marin.com / www.loup-marin.com

On the same site, the Seal Interpretation Center Through interactive exhibits, guided tours and films, visitors will discover the life of seals, their migrations, feeding patterns and historical significance to the Magdalen Islands. Open all year round, daily, 10 a.m.-6:30 p.m. Off-season by appointment only.

Grosse-Île

Grosse-Île and Grande-Entrée are joined naturally by Pointe de l'Est, a large dune and beach and wildlife reserve. The majority of the inhabitants of Grosse-Île are English speaking fishermen of Scottish descendant. The district includes the tiny off-coast islands of Brion and Rochers-aux-Oiseaux. Visitors to Grosse-Île will find themselves not that far away from those who discovered the island. Its wooded areas reach down to the sea while East-Cape and /Old Harry are as far away from the daily grind as you can get. The entrance to Grosse-Île is dominated by a salt mine, the third main industry on the Islands.

ATTRACTIONS

Council for Anglophone Magdalen Islanders (C.A.M.I.)

787, 199 road, Old Harry
Tel.: 418 985-2116 or 418 985-2298
Fax: 418 985-2113 / cami@magdalenislands.ca
www.ilesdelamadeleine.com/cami

An old one room school house that now serves as a mini-museum of the Islands' English-speaking community. On display are artefacts and old photographs. You can also, purchase locally handmade articles. Open year-round. During the summer months, daily, 8 a.m.-4 p.m.

La Maison du Potier

Sand Cove Rd., Old Harry / Tel.: 418 985-2507

Discover hand turned pottery and other original creations by Island artists. Admission is free. Open daily, 10 a.m.-9 p.m.

Pointe-de-l'Est National Wildlife Area

377, Road 199 / Tel.: 418 985-2833

Access this 684 hectares reserve by taking 199 Road between Grosse-Île and Grande-Entrée. Two trails, Les Marais salés and L'Échouerie allow you to discover this territory which represents an essential stopping point for many shorebirds and ducks on their yearly migrations. The piping plover and the horned grebe are two birds on the list of endangered species that make the reserve their home. The coastline of the wildlife area is made up of La Grande Échouerie Beach. Bring your binoculars and camera and you may spot some seals checking you out.

Île de la Pointe aux Loups

(See Havre-aux-Maisons)

The tiny island of Pointe-aux-Loups offers the natural contrasts of the beaches and sand dunes of Plage de la Dune du Nord (west) and Plage de Pointe-aux- Loups (east), and some lagoons and cliffs. This village of 50 houses or so, is a great place to buy fresh "coques," otherwise known as cockles or clams. The north side of islands is home to a fishing dock, while the south side has a small craft launching ramp.

ATTRACTIONS

La Maison du Héron

021 ch. Du Quai sud, Pointe-aux-Loups
Tel.: 418 969-4819
helene@la-maison-du-heron.com
www.la-maison-du-heron.com

It offers an exhibit of artefacts left by aboriginal peoples who frequented the Islands thousands of years ago. This collection also includes various fossils, walrus teeth and shells. Leather and seal fur objects and other creations are also part of the exhibition and on sale.

La Maison du Loup-Marin

22 chemin de l'École, Pointe-aux-Loups
Tel.: 418 969-9385 / oleblanc@ttb.sympatico.ca

Brand new sealskin boutique-workshop. Odette Leblanc has been a fashion designer for over 20 years, and a creator of fine leather and sealskin products for fifteen years. Visit the artist in her home workshop in Pointe-aux-Loups. Revisit some of your favorites and see the latest in her line of creations: coats, accessories and smaller items; something for eveyone. Let her tell you how it all got started; Open year-round. May to October, from 10 am to 6 pm. Off season, by appointment only.

Île du Havre aux Maisons

Île du Havre aux Maisons translates to House Harbour Island. It is one of the most striking islands because of its bare landscape, a result of the intense lumber trade during the past century. This smooth landscape has made the island the perfect location for the Islands airport. The large Havre-aux-Maisons Lagoon is an excellent hunting ground for Blue Mussels. The southern and eastern parts of the islands are dominated by worn red cliffs. The district is actually a collection of tiny communities including La Pointe, Pointe-Basse, Dune-du-Sud and Petite-Baie. La Pointe is located near the bridge to Cap-aux-Meules island and a home to a marina where you can board a glass bottom boat for a tour of the lagoon where you can see terns, gulls and herons. You can also shop for Blue Mussels and lobster. The port of Pointe-Basse is the home of a scattering of smokehouses, a reminder of earlier times when the smoking of herring was an important industry. Other beautiful must-see locales include the lighthouse of l'Échouerie, the cloudberries and blueberries of the Dune-du-Sud peat bog and the rest area at Dune-du-Sud with its cliff sheltered beach and caves that are accessible when the tide is low.

ATTRACTIONS

Fumoir d'Antan - Fish Production: Smoked Herring ECONOMUSEUM®

27 chemin du Quai, Havre-aux-Maisons
Tel.: 418 969-4907 / Fax: 418 969-4909
fume@fumoirdantan.com / www.fumoirdantan.com

In the exceptional decor of the curing shops, discover the origins of a traditional savoir-faire: smoking herring. Three generations of the Arseneau family have brought these smokehouses to life. Take the owner's visit and explore buildings that bear witness to the prosperous era of smoked herring on the islands. Personal accounts, demonstrations, photographs and objects recount how herring is processed and how this industry has evolved. Also, don't miss the remarkable sight of thousands of fish hung in preparation for smoking. Finally, chuckle over the contemporary works inspired by herring and drop by the boutique. In-house products and the fragrant odour of the premises is sure to tickle the noses of all gourmets.

Pied-de-Vent Cheese Factory

149, ch. Pointe-Basse, Havre-aux-Maisons.
Tel.: 418 969-9292 / piedvent@ttb.sympatico.ca
www.tourismeilesdelamadeleine.com/pied-de-vent

Stop to try sample its raw milk cheeses and learn how its products are created. This small company is one of the flowers of the agricultural revival on the Islands.

Verrerie La Méduse

638 route 199, Havre-aux-Maisons
Tel.: 418 969-4681 / info@meduse.qc.ca
www.meduse.qc.ca

Visit the glass blowers at work in the and observe the metamorphosis of silica into magnificent works of art.

Île de Cap aux Meules

It may be the second largest in size, but Île du Cap-aux-Meules is first in the Islands when it comes to population, business and commercial vitality. The Islands hospital, high school and power station are located on Île du Cap-aux-Meules, as are three of the Islands' larger districts: Cap-aux-Meules, Fatima and L'Étang-du-Nord.

Cap-aux-Meules

The phone number is: 418 986-2245 or
1-877-624-4437 / info@tourismeilesdelamadeleine
www.tourismeilesdelamadeleine.com

It is the first place you see when you arrive to the Islands' via ferry boat and unlike many of its neighbours, it is not a collection of smaller communities but a village with its own main street. The village marina is site for many boat excursions. Cap-aux-Meules is home to the Islands tourist information office at the intersection of Chemin du Débarcadère and Road 199.

ATTRACTIONS

Excursions en Mer

Tel.: 418 986-4745 / Fax: 418 986-9191
info@excursionsenmer.com
www.excursionsenmer.com

Three guided tours are offered daily. At 9 a.m., explore the seashore, the various rock formations and the sea birds that inhabit them. The 10:30 a.m. excursion is a trip to Entry Island, and at 3:30 p.m., fish for cod and mackerel. Nominal admission fee. Kiosk at the Cap-aux-Meules Marina.

M.V. Ivan-Quinn: Ferry to Entry Island.

Tel.: 418 986-3278 / info@ctma.ca

LODGING

CHATEAU MADELINOT

485, ch Principale, Cap-aux-Meules (Québec)
G4T 1E4 / Tel.: 418 986-3695 / 1-800-661-4537
Fax: 418 986-6437 / madelichatmad@lino.com
www.hotelsilesdelamadeleine.com

The Chateau Madelinto is ideally situated in the centre of the Islands right by the ocean, just a four minute walk from the village of Cap-aux-Meules. Every room is modern and comfortable, with full bath, a coulour television, cable, telephone and hair dryer.

SHOPPING

Boutique Art Tendance

715 chemin Principal, Cap-aux-Meules
Tel.: 418 986-5111
art.tendance@ilesdelamadeleine.ca
www.art-tendance.ca

Shop for a unique island craft made from alabaster accented with aluminum. There are also sculptures, paintings and jewelry. Monday to Friday, 9 a.m.- 9 p.m, Saturday and Sunday, Noon to 7 p.m.

L'étang-du-Nord

Located on the west coast of Île du Cap-aux-Meules, the fishing port community of L'Étang-du-Nord is a small part of the overall district that groups together several small hamlets. Around the fishing harbour of L'Étang-du-Nord, you will find attractive publics square including a striking fishing sculpture, and the local lighthouse away on Chemin du Phare. Touring the region, you will find Lavernière with its commercial sector and the Hydro-Québec Power Station. On Chemin de Gros-Cap, you will pass Baie de Plaisance and the fresh cooked lobster meals at Pêcheries Gros-Cap. The Islands' lone golf course is on Chemin Boisville.

ATTRACTIONS

Aérosport Carrefour d'Aventures

Tel.: 418 986-6677 or 1 866 986-6677
info@aerosport.ca / www.aerosport.ca

Experience outdoor activities such as power kite, kite surf, kite buggy or sea kayaking excursion. Daily activities for all weather.

Hydro-Québec Power Plant

1034 Chemin Lavernière, L'Étang-du-Nord
Tel.: 418 986-7276

With its location in the middle of the Gulf of St. Lawrence, the Magdalen Islands have become self-sufficient in their energy requirements. The hydro plant offers guided tours of the engines and auxiliary systems as you learn the complete cycle of diesel electricity. Hydro-Québec is currently looking at extending an underground 235 km cable from the mainland and has begun a project to utilize wind energy. Open mid-June - late-August, Monday-Friday, 9 a.m.-3:30 p.m. (the last tour).

Microbrewery À l'Abri de la Tempête

286, ch. Coulombe, Étang-du-Nord
Tel.: 418 986-5005 / info@alabridelatempete.com
www.alabridelatempete.com

First cottage brewery in Québec to malt locally grown cereals. Boutique, sampling room and guided tours.

Fatima

The neighbourhoods of Les Caps, Grand-Ruisseau, Cap-Vert and of course, Fatima make up this region that was formed in 1949. Taking up the northern side of Île du Cap-aux-Meules, persistent winds over the centuries have formed magnificent carved cliffs, especially at Belle-Anse. Bicycle and walking paths take you from the seaside to the hills of Butte du Vent where you can take in the entire Islands.

ATTRACTIONS

Vert et Mer, Expedition & Formation

Tel.: 418 986-3555
info@vertetmer.com / www.vertetmer.com

Professional guide for equipped kayakers who wish to safely discover the Îles de la Madeleine. Expedition logistics, shelter in yurts on Brion and Entry Island, with the possibility of primitive camping, meals included, seal colony observation, sea ornithology, Leave No Trace ethic, AEQ member.

Île du Havre Aubert

Visited by Samuel de Champlain in 1629, Île-du-Havre-Aubert is where much of the settling of the Magdalen Islands took place as seen by the older commercial and fishing buildings, as well as the discovery of American Indian sites. Some of the Islands' best restaurants, shops and cultural activities take place on Île-du-Havre-Aubert.

Entry Island

The only inhabited island not linked to the archipelago of the Magdalen Islands, Entry Island, is accessible via a regular daily ferry service from Cap-aux-Meules. Tour boats also, visit the island during the summer. Close to 200 English speaking inhabit this isolated island that features many footpaths for a great day-long hiking adventure including the highest point in the Islands, Big Hill at 174 meters. Bring a picnic or stop by the snack bar and bar/restaurant. If you are looking to stay the night, make reservations well in advance for the available room and board.

Havre-Aubert

Once the center of commercial activity on the Magdalen Islands, Havre-Aubert is one of the older and more traditional communities in the Islands. Havre-Aubert is one of the most popular tourist areas on the Islands. La Grave, designated as a historical site, is a traditional maritime community located on a thin stretch of pebble beach. La Grave is home to such attractions as the "Aquarium des Îles" and "Au Vieux Treuil" summer theatre. Visitors can walk along the promenade and discover the arts and crafts shops, cafes, restaurants and pub.

ATTRACTIONS

Aquarium des Îles

982, route 199, La Grave, Havre-Aubert
Tel.: 418 937-2277 / info@aquariumdesiles.ca
www.tourismeilesdelamadeleine.com/aquarium

Before your fishing and diving excursion, stop by the aquarium to explore the wide assortment of fish and aquatic life of the Gulf of St. Lawrence. Open Summertime (June to August) 10 a.m. – 6 p.m. and September 10 a.m. – 5 p.m.

Artisans du Sable - Sculpture: Sand ECONOMUSEUM®

907 Route 199, Havre-Aubert
Tel.: 418 937-2917 / info@artisansdusable.com
www.artisansdusable.com

What magical formula can make fine sand particles from the Magdalen Islands become as hard as rock? Let the joyful team from the Artisans du sable reveal all their secrets well, almost all! With bold imagination, they create a thousand and one original objects. From a block of sand to a finely carved castle, follow the steps in this fascinating metamorphosis. Become familiar with the laws of granular physics, discover sand - the source of life -, and above all, see sand from all over the world and its uses. Finally, defy the passage of time by bringing back a little sand from the Islands in your luggage, rather than in your shoes.

Centre Nautique de l'Istoriet

100 Chemin de l'Istoriet, Havre-Aubert
Tel.: 418 937-5266 or 1-888-937-8166
info@istoriet.com / www.istoriet.com

The best way to discover the shores, cliffs and lagoons of the Islands is by taking a guided kayak tour. Center Nautique also offers diving with the seals at Corps Mort and Île-Brion, sailing, windsurfing and bird watching. Nominal admission fee.

Mes Îles, Mon Pays

316 chemin d'En Haut, Havre-Aubert
Tel.: 418 937-2588 / info@mesilesmonpays.com
www.mesilesmonpays.com

This production recounts the history of the Islands, beginning in the year 100 to the arrival of Cartier, Doublet and the first families on the Magdalen Islands. Another play entitled "Le Ponchon" which narrates the famous incident of 1910 takes place in 2010.

Musée de la Mer

1023, route 199 Havre-Aubert
Tel.: 418 937-5711 / Fax: 418 937-2449
info@museedelamer-im.com
www.tourismeilesdelamadeleine.com/museedelamer

Get to know the history, people and culture of the Islands with film and video presentations. The exhibit "Man and the Sea" explores the evolution of fishing, transportation and navigation in the Gulf of St. Lawrence and its relationship to the Islands, including shipwrecks and other significant events.

Bassin

The neighbourhood of Bassin takes in such communities as L'Anse-à-la-Cabane, L'Étang-des-Caps, La Montagne and Portage-du-Cap. Roads such as Chemin du Bassin, Chemin de L'Étang des Caps and Chemin de la Montagne will take you around the Bassin district. On your travels stop at such sites as the lighthouse at L'Anse-à-la-Cabane, the beach at L'Étang-des-Caps and the fantastic architecture of the church and presbytery in Bassin.

ATTRACTIONS

Le Site d'Autrefois

3106 Chemin de la Montagne, Bassin
Tel: 418 937-5733
site.dautrefois@ilesdelamadeleine.ca
www.ilesdelamadeleine.com/autrefois

Fishing has, is and probably will always be the main lifestyle of Island residents. Come and see how things used to be in the life of a fisherman and family. Nominal admission fee. Open June 15 to August 31: 9 a.m. – 5 p.m. (last show at 4 p.m.), September: 10 a.m. – 4 p.m.

SHOPPING

Atelier d'Art La Baraque

489, ch. Du Bassin, Havre-Aubert
Tel.: 418 937-5678 / info@danielrenaud.ca
www.danielrenaud.ca

A wide collection of objects by professional artists including sculptures signed by Daniel and Sébastien Renaud, paintings, watercolors, stone and wood crafts and small souvenir items. From time to time there are visits to the workshop. Admission is free. Open daily, 10 a.m. – 6 p.m.

Discover our 100-kilometre long breathtaking fjord and admire the beautiful vastness of Lake Saint-Jean. Saguenay—Lac-Saint-Jean invites you to enjoy a leisurely holiday or an adventure getaway in the heart of the province. Home to four national parks and two wildlife reserves, it is THE place for nature and sports enthusiasts to discover and visit year-round. This year, the city of Saguenay has also been named the CULTURAL CAPITAL OF CANADA FOR 2010. Bask in the warmth and fun-loving spirit of the people while visiting the wide range of festivals, museums and events in the region. Don't miss the many great shows featuring the best talents of the province. With its fascinating history, exciting tourist attractions and wide array of comfortable accommodations, Saguenay—Lac-Saint-Jean offers so much to make your visit a memorable experience!

Major cities
Saguenay ~ Alma ~ Saint-Félicien.

Saguenay LacSaintJean.ca

Tourism Saguenay—Lac-Saint-Jean
Toll free (in North America):
1-877-253-8387
info@tourismesaglac.net
www.SaguenayLacSaintJean.ca



Saguenay LacSaintJean

Legend

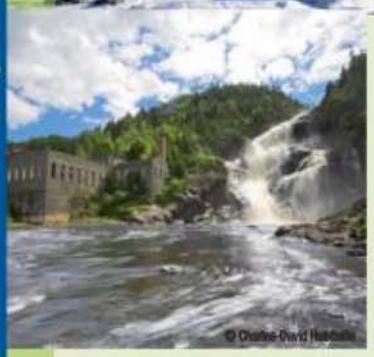
- Kilometres between markers (ex.: 68 km)
- Provincial highway
- Regional highway
- Secondary road
- The Fjord Route (scenic route)
- Railroad (station)
- The most beautiful villages in Québec Association
- La Route Verte
- Vélo route information booth
- La Vélo route des Bleuets
- Saguenay–St. Lawrence Marine Park
- Saguenay–St. Lawrence Marine Park information booth
- City of Saguenay

events calendar









2010

January

Saguenay, Capitale culturelle du Canada 2010 / Cultural Capital of Canada 2010
January to December
Saguenay
418-698-3000 ext. 5225
www.saguenaycapitaleculturelle.ca

June

Festival Saint-Honoré dans l'Vent Saint-Honoré Kite Festival
June 18th to 20th
Saint-Honoré Airport
418-590-1000
www.sthonoredansivent.com

July

Kayak en fête
July 1st and 2nd
Roberval
418-618-2457 / www.velosbleus.org

Exposition internationale de crèches International Nativity Scene Exhibit
July 3rd to August 29th & December 5th, 2010 to January 10th, 2011
Rivière-Éternité
418-272-2807 / 418-272-2414
www.creches.qc.ca

Festival des vins de Saguenay Saguenay Wine Festival
July 9th and 10th
Saguenay, borough of Chicoutimi
418-817-3131 / www.festivinsaguenay.ca

Festiranse
July 10th to 18th
Alma
418-662-4083 / 1-888-662-0314
www.festivalma.com

Grand rassemblement des Premières Nations / First Nations' Assembly
July 23rd to 25th
Mashteuiatsh
418-275-5386 ext 331
www.mashteuiatsh.ca

56e Traversée Internationale Du Lac Saint-Jean / 56th International Swim Marathon on Lake Saint-Jean
July 24th to August 1st
Roberval
418-275-2851 / www.traversee.qc.ca

8e Festival international des rythmes du monde / 8th International Rhythms of the World Festival
July 29th to August 8th
Saguenay, borough of Chicoutimi
418-545-1115
www.rythmesdumonde.com

August

Festival du Bleuet-50e anniversaire Blueberry Festival - 50th Anniversary
August 4th to 8th
Dolbeau-Mistassini
418-276-1241
www.festivaldubleuet.qc.ca

Festival du Cowboy
August 6th to 8th
Chambord
418-342-1223 / www.fdcc.jyvais.net

Fête des saveurs et trouvailles Regional Tastes and Treats Festival
August 13th to 15th
Saguenay, borough of Chicoutimi
418-817-0365
www.saveurettrouvailles.com

September

Sacré-Blues / Blues Festival
September 2nd to 5th
Alma
418-662-8332 / www.sdcalma.qc.ca

15e Festival forestier de Shipshaw 15th Shipshaw Forestry Festival
September 3rd to 5th
Saguenay, borough of Shipshaw
418-698-3000 ext 5652
www.festivalforestier.com

La Fête des moissons / Harvest Festival
September 4th and 5th, October 9th and 10th
Petit-Saguenay
418-272-2393 / www.petit-saguenay.com

Festival International des arts de la marionnette / International Marionnette Festival
September 14th to 19th
Saguenay, borough of Jonquière
418-695-4649 / 1-888-726-8467
www.manigansee.com

October

Saguenay en bouffe Saguenay Food Festival
October 14th to 24th
Saguenay
418-693-6745 / 1-800-463-6565
www.saguenayenbouffe.com

November

Festival Contes et Légendes de Dolbeau-Mistassini / Stories and Legends Festival
November
418-276-4175
www.legendesetcontes.com

Zoom photo festival International Photo Festival
November
Saguenay, borough of Chicoutimi
418-543-9997 / www.zoomsur.ca

December

La Maison du Père Noël Santa Claus's Home
December
Girardville
418-258-1111
www.lamaisonduperenoel.com

2011

January

Village sur glace / Village on Ice
January to March 2011
Roberval
418-275-0202, ext. 2213
www.villagesurglace.com

February

26e Saguenay en neige Saguenay Winter Festival
February 3rd to 13th
Saguenay
418-695-1769
www.jonquiereenneige.com

Festival des glaces de Saint-Gédéon Saint-Gédéon Ice Festival
February 11th to 21st
Saint-Gédéon
418-345-8001 ext 2226
www.ville.st-gedeon.qc.ca

Freestyle Attractions Kite Skiing Event
February 25th to March 6th
Saguenay, borough of La Baie
418-674-8368 / www.conceptair.com

April

15e Regard sur le court métrage au Saguenay / 15th Short Film Festival
April 13th to 17th
Alma, Saguenay, boroughs of Chicoutimi and Jonquière
418 698-5854 / www.caravane.tv

must see

- **Caverne Trou de la Fée**
  www.cavernetroudelafee.ca
- **Fjord du Saguenay Croisières du Fjord, Groupe Dufour**
  www.croisieresdufjord.com
  www.dufour.ca
- **Ecce Mundo 2 – Passionara**
  www.eccemundo.com
- **Saguenay-Lac-Saint-Jean's National parks / Parc national du Saguenay, des Monts-Valin, de la Pointe-Taillon and Saguenay-St. Lawrence Marine Park**
  www.sepaq.com
- **Site de la Nouvelle France**
  www.sitenouvellefrance.com
- **Véloroute des Bleuets**
  www.veloroute-bleuets.qc.ca
- **Village Historique de Val-Jalbert**
  www.valjalbert.com
- **Village sur glace de Roberval**
  www.villagesurglace.com
- **Zoo sauvage de Saint-Félicien**
  www.zoosauvage.org

tourist circuits

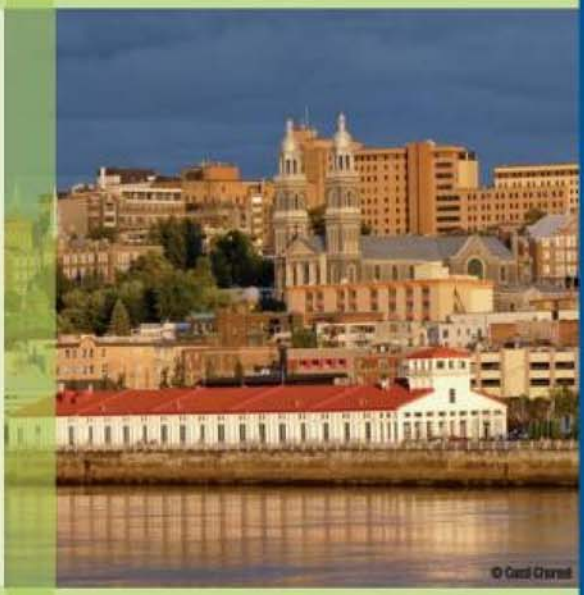
Tadoussac to Alma – Highway 172

The drive from Tadoussac towards Alma takes you along an incredibly scenic route that winds along parts of the north-western shore of the Saguenay Fjord and the Sainte-Marguerite River. Stop at the Baie Sainte-Marguerite entrance to Saguenay National Park for a visit to the beluga interpretive centre and lookout point. Spend an afternoon fly fishing for salmon in the Sainte-Marguerite River. An ice cream stop in Sainte-Rose-du-Nord is a must and it is also the departure point for a cruise on the fjord. The road between the City of Saguenay and Alma takes you through rolling hills, rich agricultural land and interesting little villages.



Petit-Saguenay to Saguenay – Highway 170

The beauty of the landscape from one picturesque village to the next will leave you breathless with awe. Stop along the way for incredible access to the fjord in Petit-Saguenay, L'Anse-Saint-Jean and La Baie by kayak, sailboat, cruise, and hiking trails. You'll find great souvenirs and crafts at the local artists' studios and a nationally recognized museum en route. The city of Saguenay is the largest urban centre in the region. Enjoy the many international calibre festivals, blockbuster shows and tourism attractions along the way.



Touring Around Lake Saint-Jean – Highway 169

Take to the road by bike, motorbike, or car and discover Lake Saint-Jean via route 169 or the "Véloroute des Bleuets" – a 256-kilometre long cycling path. As you travel along, let each village work its charms on you, enjoy the scent and sight of vast fields of blueberries along the roadside and take time out to bask in the sun on the lake's many warm sandy beaches. Attractions such as the Zoo sauvage de Saint-Félicien, the Village historique de Val-Jalbert near Chambord, and the exciting Caverne Trou de la Fée in Desbiens will keep you entertained for days.



TRAVEL INFORMATION

TOURISM SAGUENAY—LAC-SAINT-JEAN



Saguenay LacSaintJean.ca

412, Saguenay East, Suite 100
Chicoutimi, QC, G7H 7Y8
Direct line: 418-543-9778
Toll free: 1-877-253-8387
Web site: www.SaguenayLacSaintJean.ca

Discover a unique paradise just 2 ½ hours drive north-east of Québec City. The region is also accessible via regularly scheduled 1 hour flights from Montréal or by train. Whether you're looking for a thrilling adventure, a quick getaway, a cultural retreat, or just a lot of fun, Saguenay—Lac-Saint-Jean offers you so many options! Enjoy exciting tourist attractions, four national parks, museums, festivals, and outdoor adventure ideas to keep you entertained during your entire holiday. Our many fine hotels and dining establishments will make you want to stay longer. When visiting the Saguenay—Lac-Saint-Jean region, a warm, courteous and friendly welcome is assured! Tourism Saguenay—Lac-Saint-Jean's team of skilled and dynamic professionals will provide you with accurate and up-to-date information on what's new and what's not to be missed in the beautiful Saguenay—Lac-Saint-Jean region. Our sales representatives attend many major tradeshows all around North America and Europe. For more information about the region consult our website www.SaguenayLacSaintJean.ca, e-mail at info@tourismesaglac.net or call toll-free (in North America) 1-877-253-8387.

DESTINATION

PROMOTION SAGUENAY

295, rue Racine est, C.P. 1023, Chicoutimi (Québec) G7H 5G4.
Tel.: 418 698-3157, ext. 6007 / 1-800-463-6565
Fax: 418 698-3876
sophie.bouchard@promotionsaguenay.qc.ca
saguenay.ca

Promotion Saguenay support congress organization, symposium, and sportive events on the Saguenay territory. They offer guided tours and also answer all of your questions about the lodging, catering, agro-tourism, arts and culture, outdoor adventures, cruises, great live productions shows or any kind of activities that take place in Saguenay. Opening period: open year-round.

THE SAGUENAY FJORD ROUTE

www.routedufjord.com

You can explore the Saguenay Fjord by land or by sea. Come feast your eyes on the most beautiful landscapes as you visit the small villages along its shores, some of which have been hallmarked by the Most Beautiful Villages Association of Québec. Visit the two national parks and discover the exceptional natural environment of the Saguenay Fjord, where the Vallée de la Biodiversité (Biodiversity Valley) reveals all its secrets.

NORTH SHORE

Tadoussac

www.tadoussac.com

Tadoussac is where the colonization of North America first started, back in 1600. It is the first North American town to be named a member of "The Most Beautiful Bays in the World" Club. Enjoy a day walking along the beach, browsing through the many gift and craft shops, or watching the incredible sight of whales at play, either on board a whale-watching cruise or hiking at the sand dunes. Tadoussac is the ideal place for a vacation!

ACTIVITIES

Croisières AML

(ticket office) 177, des Pionniers, Tadoussac (Québec) G0T 2A0 / Toll Free: 1-800-563-4643 or 1-888-748-4857 / www.croisieresaml.com

Unforgettable whale-watching adventures await you on board the "Cavalier Royal" and the "Grand Fleuve" as you navigate the Saguenay Fjord with your guide team. Specially configured for whale observation, these boats allow you to fully appreciate the beauty of the marine environment. Excursions by zodiac are also available. Departures are from the Tadoussac Marina.

Groupe Dufour

22, quai Saint-André, Québec (Québec) G1K 9B7
Toll Free: 1-800-463-5250 / www.dufour.ca

From sensational cruise excursions to awe-inspiring whale-watching on a zodiac, Groupe Dufour will help you explore the unique marine environment around the mouth of the Saguenay River. Learn more about whales and other marine mammals on each cruise with the bilingual expert-naturalists on board. Departures are from the Tadoussac Marina.

Parc national du Saguenay Interpretive Centre

Parcs Québec Toll Free: 1-877-272-5229
Direct Line: 418 272-1509 / www.sepaq.com

La Maison des dunes (Tadoussac): Discover the beauty and the fun of "Les dunes", sand dunes formed in the path of melting glaciers thousands of years ago along the shores of the Saint Lawrence River; a great place for a picnic.

PARC MARIN DU SAGUENAY—SAINT-LAURENT

Parcs Canada 182, rue de l'Église, P.O. Box 220, Tadoussac (Québec) G0T 2A0 / Direct Line: 418 235-4703 / Toll Free: 1-800-463-6769
www.parcscanada.gc.ca

First Marine Park in Québec, the Parc marin du Saguenay-Saint-Laurent was created to protect and promote an exceptional marine environment. Covering an area of 1,245 km², the Saguenay–St. Lawrence Marine Park is an exclusively marine habitat designated as a protected area. Outdoor enthusiasts will enjoy the beautiful scenery and the many activities available, while history lovers will discover the secrets and sites of Amerindian culture and of the first Europeans in the region.

LODGING

Hôtel Tadoussac

165, Du-Bord-de-l'eau, Tadoussac (Québec) G0T 2A0 / Direct Line: 418 235-4421/ Toll Free: 1-800-561-0718 / www.hoteltadoussac.com

Hôtel Tadoussac, a historical landmark, offers sublime comfort in a stunning marine setting far from the hustle and bustle of modern life. Only steps away from the beach and the many amenities of Tadoussac, the Hôtel Tadoussac is a treat for the whole family.

Sacré-Coeur

www.municipalite.sacre-coeur.qc.ca

Discover the town of Sacré-Coeur while travelling on the Saguenay Fjord Route. Sacré-Coeur is the starting point for so many activities such as: sea kayaking, hiking, biking, fauna and flora observation and much more. All you need for an unforgettable vacation!

ACTIVITIES

Parc national du Saguenay

Parcs Québec / Toll Free: 1-877-272-5229
www.sepaq.com

Interpretive Centre: Le Béluga (Sacré-Cœur): Sacré-Coeur is the ideal place to observe and learn about the fascinating beluga whale.

Sainte-Rose-du-Nord

www.ste-rosedunord.qc.ca

Sainte-Rose-du-Nord is a proud member of The Association of the Most Beautiful Villages in the province of Québec. The village offers splendid vistas, a charming ambiance and a warm welcome. Tour the handicraft shops and studios, and the historic buildings of the village. For a panoramic view of the Saguenay Fjord, enjoy a walk on the "Sentier de la plate-forme", a hiking trail which will lead you to a breathtaking viewpoint.

ACTIVITIES

CROISIÈRES DU FJORD (LES)

C.P. 203, Chicoutimi (Québec) G7H 5B7 Tel.: 418 543-7630 / 1-800-363-7248 / Fax: 418 693-1701 / bpicard@croisieresdufjord.com or croisieresdufjord@videotron.ca www.croisieresdufjord.com

Croisière Marjolaine Inc. offers you its services, on the Saguenay Fjord, since more than 35 years. Pioneer of the cruises-excursions on the Sagueany, come with us, to live the Fjord from Tadoussac to Chicoutimi. Discover the escarpment that are surrounding the Saguenay river, learn more about it's history and enjoy the pure air. You'll be seduce...

POURVOIRIE CAP AU LESTE

551, Chemin du Cap à l'est, Ste-Rose du Nord (Québec) G0V 1T0 / Tel.: 418 675-2000 1-866-675-2007 / Fax: 418 675-1232 contact@capauleste.com

Comfort's true nature. Auberge Cap au Leste, perched on top of the breathtaking Saguenay Fjord, Auberge offers the perfect setting for a romantic getaway, a memorable vacation with family members, an exceptional culinary experience, or simply for those in search of a warm and comfortable place to stay. Open year-round. 45 private and fully-equipped room located in three log cabins.

Saint-Fulgence

www.ville.st-fulgence.qc.ca

The site of many breathtaking landscapes, Saint-Fulgence is the entryway to the Saguenay Fjord. Stop for a walk along the boardwalk from which birds of all kinds can be observed along the shores of the Saguenay River. Saint-Fulgence is the place where nature, wildlife observation, and adventure meet!

ACTIVITIES

Parc Aventures du Cap Jaseux

(Site address): Chemin de la Pointe-aux-Pins, Saint-Fulgence (Québec) G0V 1S0 / Direct line: 418 674-9114 / Toll Free: 1-888-674-9114 www.capjaseux.com

Live the unique experience of LAND-SEA-AIR! Located on the north shore of the Fjord, Parc Aventures du Cap Jaseux allows you to experience the rhythm of nature in total safety. Admire the magnificent Fjord either by: LAND: Via Ferrata, hiking and trekking / SEA: Sea kayaking, sailing / AIR: Adventure trail in the treetops. Several types of accommodations are available on site. Experience a night in a comfortable treehouse! Exciting adventure for the whole family!

Parc national des Monts-Valin

360, rang Saint-Louis, Saint-Fulgence (Québec) G0V 1S0 / Direct line: 418 674-1200 Toll Free: 1-800-665-6527 / www.sepaq.com

Come and discover the Parc national des Monts-Valin and its breathtaking panorama of beautiful mountains and rivers. Reaching an altitude of 980 meters, Monts-Valin presides majestically over the region. Throughout the year, the park is the perfect place for outdoor activities such as: hiking, trekking, fishing, canoeing, camping, cross-country skiing, snowshoeing, and lots more. Recently constructed fully-equipped chalets are also available for rent.

SOUTH SHORE

Petit-Saguenay

www.petit-saguenay.com

The village of Petit-Saguenay is nestled at the foot of the mountains on the shores of the tranquil Petit-Saguenay River. The town is best known for its charming environment, and its many fine inns and Bed & Breakfasts. Discover the true meaning to the word "WELCOME" during your visit. A wide variety of activities are offered throughout the seasons! Take the time to visit the municipal dock on the fjord – the view from the end of the pier is breathtaking.

L'anse-Saint-Jean

www.lanse-saint-jean.ca

L'Anse-Saint-Jean is a proud member of the "The Most Beautiful Villages in Québec Association". Nestled at the foot of the mountains, L'Anse-Saint-Jean is situated on the shores of a beautiful natural harbour on the Saguenay Fjord. Numerous activities are available for everyone: cruises, sea kayaking, horseback riding, canoe-camping, nature interpretation, hiking, salmon fishing, cycling and lots more!

ACTIVITIES

Croisières AML

(ticket office) 177, des Pionniers, Tadoussac (Québec) G0T 2A0 / Tel.: 418 692-2634 / Toll Free: 1-888-748-4857 / www.croisieresaml.com

Navigate the Saguenay Fjord with its steep escarpments and unspoiled natural landscapes on board the "Cavalier Royal". The views are spectacular and awe-inspiring. Departures are from L'Anse-Saint-Jean Marina.

CROISIÈRES DU FJORD (LES)

C.P. 203, Chicoutimi (Québec) G7H 5B7 Tel.: 418 543-7630 / 1-800-363-7248 / Fax: 418 693-1701 / bpicard@croisieresdufjord.com or croisieresdufjord@videotron.ca www.croisieresdufjord.com

Croisière Marjolaine Inc. offers you its services, on the Saguenay Fjord, since more than 35 years. Pioneer of the cruises-excursions on the Sagueany, come with us, to live the Fjord from Tadoussac to Chicoutimi. Discover the escarpment that are surrounding the Saguenay river, learn more about it's history and enjoy the pure air. You'll be seduce...

LODGING

Condos et chalets Les Gîtes du Fjord

354, Saint-Jean-Baptiste, L'Anse-Saint-Jean (Québec), G0V 1J0 / Tel.: 418 272-3430 / Toll free: 1-800-561-8060 / www.lesgitesdufjord.com

Sheltered in a cove on the Saguenay Fjord, in the heart of the quaint village of L'Anse-Saint-Jean, Les Gîtes du Fjord is a smokefree vacation resort in harmony with nature and the soul of the Saguenay fjord. Les Gîtes du Fjord offers you a choice location with a magnificent view, in a spectacular setting. Comfortable and tastefully decorated condos and chalets are fully equipped and offer activities for all seasons and occasions.

Maison de Vébron

56, de Vébron, L'Anse-Saint-Jean, G0V 1J0 Tel.: 418 272-3232 ext.1 / Toll free : 1 877-472-3232 www.maisondevebron.com

Maison de Vébron, which is classified as a small hotel, is a modern eighteen room establishment. The hotel is located at the foot of the Mont Édouard downhill ski centre, a few minutes away from the newly opened Nordic Baths in the Municipality of L'Anse-Saint-Jean. It is close to the grandiose Parc du Saguenay, the Saguenay-St.Lawrence Marine Park and the Fjord Route.

Rivière-Éternité

http://fjord-du-saguenay.qc.ca/riveternite/riviere-eternite.htm

Don't miss this stop along the Saguenay Fjord Route. Rivière-Éternité is located in one of the most spectacular sectors of the Fjord, with its high cliffs and Notre-Dame-du-Saguenay statue. The village is well known for its International Nativity Scene Exhibit.

ACTIVITIES

PARC NATIONAL DU SAGUENAY

91, Notre Dame, Rivière-Éternité (Québec) G0V 1P0 Tel.: 418 272-1556 / 1-800-665-6527 Fax: 418 272-3438 / parc.saguenay@sepaq.com www.parcsquebec.com

Saguenay National Park. The magnificent of the fjord landscapes are sure to make a lasting impression on you. You will discover the disproportionate scale of time if you experiment aquatic and discovery activites Belugas and whales watching from the shore and commented by a park warden. You can spend your entire vacation at one location or make several short stays to discover the park's many wonders.

Saint-Félix-d'Otis

www.st-felix-dotis.qc.ca

In 1990, this community and the surrounding area were used as the setting for the Canadian film "Black Robe" which recounted the lives of the first settlers in the region.

ACTIVITIES

Site de la Nouvelle-France

455, rue Principale, Saint-Félix-d'Otis (Québec) G0V 1M0 / Tel.: 418 544-8027 / 1-888-666-8027 Fax: 418 544-9122 / info@sitenouvellefrance.com www.sitenouvellefrance.com

The New France experience, a unique family outing in Saguenay—Lac-Saint-Jean! Take a tour through the realistic reconstructions of 17th century Québec City, meet with colourful historical characters, see archaeological digs, and enjoy a great meal at the restaurant on site. The Site de la Nouvelle-France is an open air museum on the beautiful shores of the Saguenay Fjord! Enjoy their daily equestrian show also.

Saguenay
(borough of LA BAIE)

www.ville.saguenay.qc.ca

Enjoy the wonderful waterfront park and take advantage of the many cultural sites, restaurants, craft shops, and nationally recognized museum. The picturesque Baie des Ha! Ha! is often called "the sea" by local residents because of its salt water. Thousands of summer visitors come to La Baie to see the show, "Les Aventures d'un Flo". With its spectacular costumes, amazing sets and hundreds of actors, this historical account of the region is a theatre event not to be missed.

ACTIVITIES

OKWARI AVENTURES

7400, chemin des Chutes, La Baie (Québec) G7B 3N8 Tel.: 418 697-5132 / Fax: 418 697-5136 info@okwariaventures.com www.okwariaventures.com

Okwari Adventures offers visitors an educational excursion in a natural environment in which flora and fauna abound. While promoting respect for the environment in a relaxed perspective that lends itself to discoveries, Okwari offers a colourful ecotourism experience focused on animals, plants, trees and much more.

SAVONNERIE OLIVIER

3291, boul. de la Grande-Baie Sud, La Baie (Québec) G7B 1G1 / Tel.: 418 544-8484 / 1-888-775-5550 Fax: 418 544-9233 / pierre@oliviersoaps.com www.oliviersoaps.com

Olivier Soapery is an international olive oil skin care company, producing some of the most sought-after luxurious, artistic, hand-made, cold-processed skin care products in the world.

LODGING

Auberge des 21

621, rue Mars, La Baie (Québec) G7B 4N1 Direct Line: 418 697-2121 / Toll Free: 1-800-363-7298 / www.aubergedes21.com

This unique Inn, located on the shores of the Baie des Ha!Ha!, features an exquisite regional cuisine prepared by chef-owner, Marcel Bouchard. With its chic décor, well-appointed rooms, outdoor pool, and health spa, you may never want to go home!

AUBERGE DES BATTURES

6295, boul. Grande Baie Sud, La Baie (Québec) G7B 3P6 / Tel.: 418 544-8234 / 1-800-668-8234 Fax: 418 544-4351 / battures@battures.ca www.battures.ca

Overlooking the Saguenay Fjord, L'Auberge des Battures, 4 star classified, provides you 32 rooms largely opened to the surrounding nature. Add to this a famous fine and creative cuisine and a warm reception. (2007 Grand Prix du Tourisme Award).

UPPER SAGUENAY

Connecting the Saguenay Fjord to Lake Saint-Jean, the Upper Saguenay is home to the region's largest city, Chicoutimi. This urban area is known for its numerous international calibre festivals.

Saguenay
(BOROUGH OF CHICOUTIMI)

www.ville.saguenay.qc.ca

Chicoutimi, the largest city in the region, is built on the northern and southern shores of the Saguenay River. During the summer, visitors can enjoy a scenic stroll along the boardwalk by the riverfront and shop at the market hall where fresh local produce and handicrafts are available. Throughout the year, the city offers a fine selection of shops, restaurants, and accommodations to suit every taste.

ACTIVITIES

CROISIÈRES DU FJORD (LES)

C.P. 203, Chicoutimi (Québec) G7H 5B7 Tel.: 418 543-7630 / 1-800-363-7248 / Fax: 418 693-1701 / bpicard@croisieresdufjord.com or croisieresdufjord@videotron.ca www.croisieresdufjord.com

Croisière Marjolaine Inc. offers you its services, on the Saguenay Fjord, since more than 35 years. Pioneer of the cruises-excursions on the Sagueany, come with us, to live the Fjord from Tadoussac to Chicoutimi. Discover the escarpment that are surrounding the Saguenay river, learn more about it's history and enjoy the pure air. You'll be seduce...

LODGING

CENTRE DE CONGRÈS ET HÔTEL LA SAGUENÉENNE

250, des Saguenéens, Chicoutimi (Québec) G7H 3A4 Tel.: 418 545-8326 / 1-800-461-8390 Fax: 418 545-6577 / info@lasagueneenne.com www.lasagueneenne.com

Located in Ville Saguenay, Chicoutimi district, a 3 minute walk to the shopping malls , we welcome you in a warm tropical atmosphere. 4 star hotel. Our 118 rooms are equipped with all teh conveniences. On-site: salt water pool, Restaurant "Le Tremblay", meeting rooms, exercise room and business centre. FREE high-speed wireless internet, local calls and parking.

Hôtel Chicoutimi

460, rue Racine Est, Chicoutimi (Québec) G7H 1T7 Tel.: 418 549-7111 / Fax: 418 549-0938 / Toll free: 1-800-463-7930 / www.hotelchicoutimi.qc.ca

The Hôtel Chicoutimi offers more than a comfortable room; it's a place to discover. With more than 109 years of history, the hotel is recognized for its ideal downtown location overlooking the Saguenay River and its exceptional cuisine. Completely renovated during the last few years, the Hôtel Chicoutimi has adopted a new policy of promoting environmental and regional artistic values. Each room features unique works of art by regional artists. Using environmentally friendly products and practices is also the hotel's number one priority. Enjoy the personalized and friendly touch of the staff at this wonderful boutique style hotel.

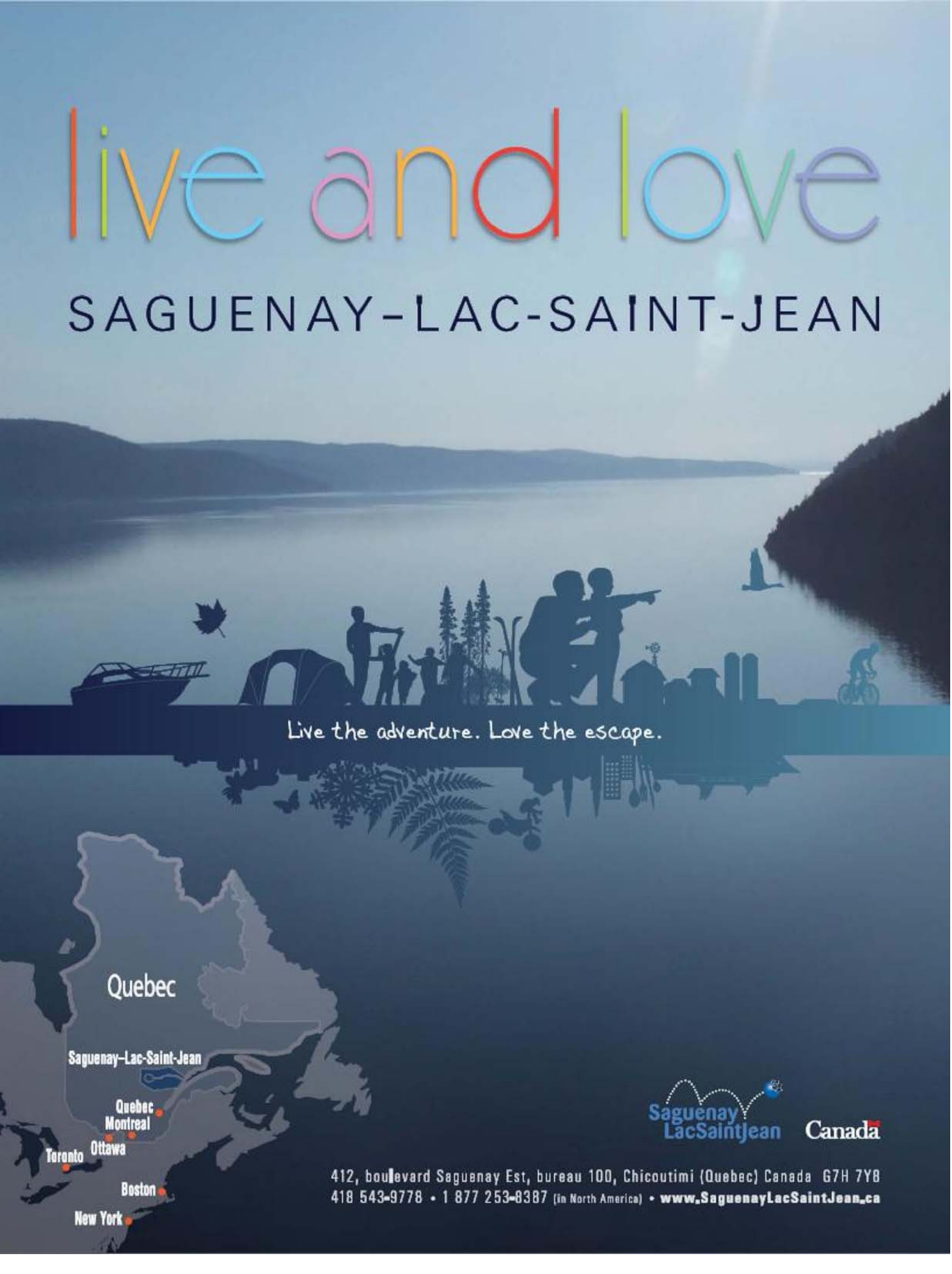
LE MONTAGNAIS, HOTEL AND CONFERENCE CENTRE



LE MONTAGNAIS
HÔTEL ET CENTRE DE CONGRÈS

1080, Talbot Blvd, Chicoutimi G7H 4B6 Tel: 418 543-1521 or 1-800-463-9160 Fax: 418 543-2149 reservation@lemontagnais.qc.ca www.lemontagnais.qc.ca

The largest four star hotel complex in North Eastern Québec bid you welcome. In Chicoutimi, near the shopping centers, our 307 rooms (8 suites) will give you all the comfort and the services you may desire. Our restaurant-bar, "Le Légendaire", our resto "La Cour du Chef" and our bar "L'Éclipse Night Club", will offer you even more along with an atmosphere and a good time you will not forget. Our news stand and playroom (pool table-pinball), "Baie Sur Mer" SPA health centre. Don't forget the inside and outside pools, saunas and whirlpool and a fitness room. Our tennis court and our playground are specially suited to entertain groups. Our convention rooms will accommodate from 2 to 2000 persons to suits all needs and all groups. Outdoor parking and local calls are free.


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418 543-9778 • 1 877 253-8387 (in North America) • www.SaguenayLacSaintJean.ca

Saguenay
(BOROUGH OF JONQUIÈRE)

www.ville.saguenay.qc.ca

Jonquière is just minutes from Chicoutimi on Highway 170. Jonquière is host to many great festivals throughout the year and offers fantastic and varied accommodations, restaurants, and shops. Take the time to explore the hiking and bike paths, parks and impressive attractions. You won't be disappointed.

ACTIVITIES

FESTIVAL INTERNATIONAL DES ARTS DE LA MARIONNETTE

3865, du Roi-Georges, C.P. 503, Jonquière (Québec) G7X 7W3 / Tel.: 418 695-4649 1-888-726-8467 / Fax: 418 695-2873 info@maniganses.com / www.maniganses.com

A major international event, this festival introduces theatre goers to the world of puppet. The quality of its indoor program and its outdoor activities make it a must-attend event, featuring acts from Québec and elsewhere. A prestigious cultural happening!

Pont d'aluminium (Aluminium Bridge)

The aluminium bridge is a one-of-a-kind structure that spans over the Saguenay River north of the city, near the Mont Fortin ski center. Measuring 150m by 10m and weighing 164 tons, the bridge weighs a third of an identical steel bridge. Because of its aluminium structure, it requires little or no maintenance and is recognized as an architectural wonder.

LODGING

HOLIDAY INN SAGUENAY - CENTRE DES CONGRÈS

2675, boul. du Royaume, Jonquière (Québec) G7S 5B8 / Tel.: 418 548-3124 / 1-800-363-3124 Fax: 418 548-1638 / jdeshaies@hisaguenay.com www.saguenay.holiday-inn.com

The Holiday Inn Saguenay - Convention centre offers 155 spacious rooms and suites, renovated in 2007, in the heart of the Saguenay Lac Saint-Jean, close to all major tourist attractions. Our property also offers 16 meeting rooms for groups of 10 to 1500 people, a full service restaurant and a sports bar. An exercise room, an exterior swimming pool and a shopping centre adjacent to the hotel are also available to our guests. Free Wireless high speed internet is available everywhere in the hotel.

Hôtellerie CEPAL Villégiature

3350, Saint-Dominique, P.O Box 963, Jonquière (Québec) G7X 7W8 / Direct Line: 418 547-5728 Toll Free: 1-800-361-5728 www.cepalaventure.com

L'Hôtellerie CEPAL Villégiature is a wonderful place to spend time as a couple, with friends, with family or as a group. Visitors will enjoy this enchanting oasis of tranquility along the shores of the Rivière aux sables for the quality of its accommodations and the fine cuisine of the country-style St-Cyriac Restaurant. Finish your day with a relaxing massage at the Health Spa Centre.

Saguenay
(BOROUGH OF LATERRIÈRE)

www.ville.saguenay.qc.ca

Just minutes down the road from Chicoutimi, Laterrière is a picturesque agricultural community. Several bed and breakfasts offer comfortable accommodations and many activities are offered during the year.

ACTIVITIES

Évasion Sport DR

2639, route 170, Laterrière (Québec), G7N 1A8 Direct Line: 418 678-2481 / Toll free: 1-866-678-2481 / www.evasion-sport.com

If you want to explore the region by snowmobile or ATV, this is the place to come. Evasion Sport DR is an outfitter that offers exceptional courteous service and complete rental equipment for your escape onto the many trails in the region.

Larouche

www.villedelarouche.qc.ca

Located between Jonquière and Alma on route 170, Larouche is a small rural village. It is a great place to stop for a meal or for a walk along their many forested trails.

ACTIVITIES

Centre international d'exposition de Larouche

660, rue Gauthier, Larouche (Québec) G0W 1Z0 Direct line: 418 547-8240 / www.centre-ciel.com

The Larouche International Exhibition Centre (called CIEL) is located in the municipality of Larouche's old parsonage, in the heart of the Saguenay—Lac-Saint-Jean region. The building, dating from the 19th century, has preserved its style yet boasts 4 modern exhibition rooms. Visitors will discover contemporary art and works of internationally known artists. They can also enjoy works of art from various era and sources pulled from the Centre's collection, evaluated at more than 23 million dollars.

AROUND LAKE SAINT-JEAN

The Lake Saint-Jean area is known for its wide-open agricultural fields and, of course, the lake. Lake Saint-Jean is 44 km long (27 miles) and 24 km (15 miles) wide, the opposite shores can only be seen on a clear day. Throughout the year, visitors can take advantage of the wide variety of activities, festivals, and tourist attractions available in the area.

Desbiens

www.ville.desbiens.qc.ca

The town of Desbiens is located on the shores of Lac Saint-Jean at the mouth of the Metabetchouane River. Visitors will discover a great combination of tourist activities and recreational possibilities available such as sport-fishing, canoeing, kayaking, camping and rafting.

ACTIVITIES

Caverne du Trou de la Fée

7th Avenue, P.O. Box 50, Desbiens (Québec) G0W 1N0 Direct Line: 418 346-1242 / Off Season: 418 346-5632 / www.cavernetroudelafee.ca

Caverne Trou de la Fée or "The Fairies' Cave" is located 5.5 km (3.5 miles) west on 7th Avenue in Desbiens. Visitors can enjoy an enlightening and educational guided tour of this awe-inspiring and unique granite cave. Descend 68 metres (228 ft.) down 101 steps and discover the surreal beauty of the narrow and rocky passages. Visitors can also take a leisurely stroll on the gravel walking trails past two breathtaking waterfalls and the ruins of a concrete river dam and power station built in 1921. The site is worth the visit both under and above ground!

Saint-Gédéon-de-Grandmont

www.ville.st-gedeon.qc.ca

Located on the shores of Lake Saint-Jean, Saint-Gédéon is renowned for its beautiful sandy beaches, campgrounds, and marinas. Year-round, it is worth the stop to visit.

Lac-Bouchette

www.sadclacstjeanouest.com/territoires.php#14

A recreational lumber town, Lac-Bouchette is surrounded by beautiful forests and a number of picturesque lakes. Vacationers will delight in the number of activities open to them. Throughout the year, visitors can find comfortable lodging and activities for all.

ACTIVITIES

ERMITAGE ST-ANTOINE and Hôtel de la Grotte

250, route de l'Ermitage, Lac-Bouchette (Québec) G0W 1V0 / Tel.: 418 348-6344 / 1-800-868-6344 Fax: 418 348-9463 / ermitage@st-antoine.org www.st-antoine.org

Dedicated to Saint Anthony and Our Lady of Lourdes, this pilgrimage centre run by the Franciscan Capuchins is a place for spiritual meditation and is recognized for its unconditional welcome. The monastery, chapels, hotel and museum are located along Lake Ouiatchouan in the midst of a 240-hectare forest laced with walking paths. If you're looking to simply relax, meditate or pray, this is the place for it, a place to take in at your own pace. The 3 star Hôtel de la Grotte has 60 rooms divided among three buildings, some with a view of the lake. The cafeteria style restaurant seats 270 and offers a daily choice of three menus. Religious travel packages are now available in the Saguenay—Lac-St-Jean area.

Chambord

www.munchambord.ca

Overlooking Lake Saint-Jean, this town offers a great variety of outdoor activities, festivals, restaurants and a beautiful golf course.

ACTIVITIES

VILLAGE HISTORIQUE DE VAL-JALBERT

95, rue St-Georges, Chambord (Québec) G0W 1G0
Tel.: 418 275-3132 / 1-888-675-3132
Fax: 418 275-5875 / valjalbert@valjalbert.com

One of the major touristic attractions in Saguenay - Lac-St-Jean, "Le Village historique de Val-Jalbert" is one unique site in Quebec and North America. A real modern village of beginning of the 20th century, Val-Jalbert is now a great live museum with them homes and old industrial convenience buildings, but too his fall, 21 meters more than Niagara Falls, his cable car with a view of Lac St-Jean, an his campgroud. Val-Jalbert it's also hotel rooms, cabins and restauration area, and a strategic position: to be at center of the touristic regional trail.

Roberval

www.ville.roberval.qc.ca

Considered the commercial center of the western portion of the Lac Saint-Jean region, Roberval is known for its great marina and waterfront area. For a cool dip in the summer, stop at the beach at Pointe Scott. Roberval is also known for its world class long-distance open-water swimming marathon "La Traversée internationale du Lac Saint-Jean" which takes place at the end of July. In the wintertime, visit the unique 'Village sur glace', a wonderful community site and skating oval built right on the frozen lake. Race fans can enjoy the Grand Prix Desjardins an international snowmobile race which takes place in Roberval in March.

ACTIVITIES

La Traversée international du Lac Saint-Jean

1130, boul. St-Joseph, Roberval (Québec) G8H 2L9
Direct Line: 418 275-2851 / www.traversee.qc.ca

The last week of July, the people of Roberval buzz with excitement in anticipation of their famous international swimming marathon. La Traversée, a 32 km swim across the lake, attracts the best open-water swimmers in the world. Visitors are invited to join the thousands of spectators of the event and enjoy the numerous cultural, family, and sporting activities that are held during the week.

Village sur glace de Roberval

851, boul. St-Joseph, Roberval (Québec) G8H 2L6
Tel.: 418 275-0202 (2213) / Fax: 418 275-5031
www.villagesurglace.com

The village, situated on the ice of Lake Saint-Jean on the shores of Roberval, is the perfect place to enjoy winter. Take a walk or skate on the 1 km path circling past 300 cleverly decorated little "houses" and meet the friendly locals. Enjoy the fresh air while sipping a hot chocolate after an afternoon of ice-skating or take part in a friendly game of hockey on one of the two outdoor rinks on the site. From January to March, it is a rendezvous on the lake to rediscover winter fun! For a unique experience, stay overnight in one of the fully heated and equipped prospectors tents right on the frozen lake!

Mashteuiatsh

www.sdei.ca

Mashteuiatsh, the only native community in the region, was founded in 1856, and offers amazing views of the Lake. Discover the rich cultural heritage of the Pekuakamiulnuatsh by visiting the Native Museum, by taking a guided tour of the community, or by taking excursions into Montagnais territory.

TRAVEL INFORMATION

Mashteuiatsh Tourism

1516 Ouiatchouan Road. Direct Line: 418 275-7200 (summer) / 418 275-5757 (winter)

Open from mid-June to Labour Day, daily.

ACTIVITIES

MUSÉE AMERINDIEN DE MASHTEUIATSH

1787, rue Amishk, Mashteuiatsh (Québec) G0W 2H0
Tel.: 418 275-4842 / 1-888-875-4842 / Fax: 418 275-7494 / mboily.museeilnu@cgocable.ca
www.museeilnu.ca

Built in 1977, on the shores of the Pekuakami, (Lake St John), the Native Museum has as its primary mission to safeguard its cultural heritage. Explore the unique history and culture of our First Nation, still very much alive. The museum offers its exhibitions, an interpretation site about the flora, animated cultural activities and a boutique that sells authentic arts and crafts.

Saint-Prime

www.saint-prime.ca

Agricultural and industrial town, Saint-Prime is internationally renowned for its outstanding cheddar cheese. The town also boasts a marina, bike and boat rental facilities, restaurants, campgrounds, and a golf club. While in Saint-Prime, take advantage of part of the Véloroute des bleuets for a leisurely bike ride. The Véloroute des bleuets is a 256 km cycling circuit around Lake Saint-Jean.

Saint-Félicien

www.ville.stfelicien.qc.ca

Located on the shores of the Ashuapmushuan, Mistassinni and Ticouapé Rivers, Saint-Félicien is a place of natural beauty, heritage, and culture. There are many choices of activities and attractions to visit and see. Enjoy a visit to the zoo or an evening of summer theatre. Year-long, Saint-Félicien is an exciting place to be.

ACTIVITIES

Centre d'Aventure Arbre en Arbre

500, Petit Rang, St-Félicien (Québec) G8K 2P8
Tel.: 418 679-5243 / Toll free: 1-866-900-5243
www.arbreenarbrestfelicien.com

Arbre-en-arbre (Treego) is a unique treetop adventure course filled with exciting challenges and fun. Try the new zip lines, hike along the nature trails, or go mountain-biking. A thrilling journey awaits you in the forest! Camping facilities and mountain bike rental are available on site.

ZOO SAUVAGE ST-FÉLICIEN

2230, boul. du Jardin, Saint-Félicien (Québec) G8K 2P8 / Tel.: 418 679-0543 / 1-800-667-5687
Fax: 418 679-3647 / ccbb@borealie.org
www.zoosauvage.com

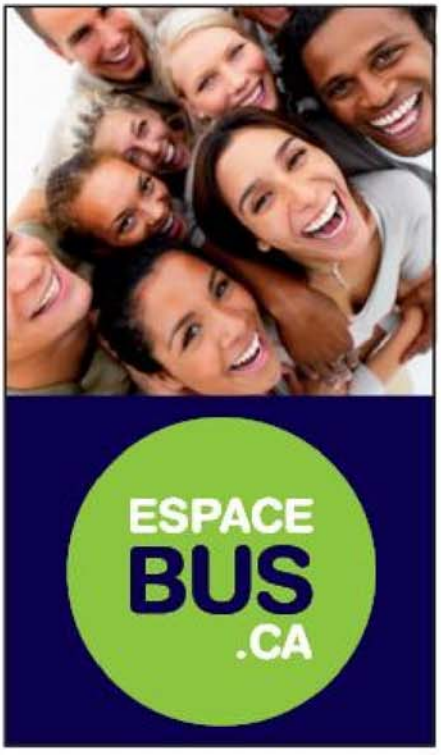
Live a fabulous day in a unique face to face with nature. More than 1 000 animals of the Borealie. When visiting the zoo by foot or aboard the train where humans are in cage, you will experience unforgettable memories. Also: two cinematographic projections. THE BOREALIE IS WAITING FOR YOU.

LODGING

HÔTEL DU JARDIN DE SAINT-FÉLICIEN INC.

1400, boul. Du Jardin, Saint-Félicien (Québec) G8K 2N8 / Tel.: 418 679-8422 / 1-800-463-4927
Fax: 418 679-4459 / contact@hoteldujardin.com
www.hoteldujardin.com

Hôtel du Jardin is your best choice before or after your next visit to the Wild Zoo of St-Félicien. Best accomodation, best dining room in Lake St-John.



Saint-Henri-De-Taillon

www.ville.st-henri-de-taillon.qc.ca

On the shores of Lake Saint-Jean, Saint-Henri-de-Taillon is known for the high quality of its public beaches and marina. The town is also the doorway to the Parc national de la Pointe-Taillon. Around the park area, you will find different types of accommodations, services and a pottery workshop.

ACTIVITIES

Parc national de la Pointe-Taillon

835, rang 3 Ouest, Saint-Henri-de-Taillon (Québec) G0W 2X0 / Direct Line: 418 347-5371 Toll Free: 1-800-665-6527 / www.sepaq.com

Parc national de la Pointe-Taillon offers exceptional access to Lake Saint-Jean and the Peribonka River. The park can be explored by bike or on foot, via a 45 km cycling network that follows the shores of the 92 km peninsula. During the summer, the warm water and sandy beaches are a great attraction for anyone looking to relax. For the more adventurous, stay overnight at one of the three basic-service campgrounds in the park. Ready-to-camp facilities and 'Huttopia' style tents are also available for rent. Campsites are only accessible by foot or by bike. Visit the web site for more information on the numerous services available.

NEARBY ACTIVITIE

FONDATION JARDIN SCULLION

1985 rang 7 ouest, L'Ascension (Québec) G0W 1Y0 Tel.: 418 347-3377 / 1-800-728-5546 Fax: 418 347-3378 / info@jardinscullion.com www.jardinscullion.com

Discover the prettiest landscaping in Saguenay-Lac-St-Jean. Regional winner of the Grands Prix du Tourisme Québécois, the fame of Jardin Scullion has extended far beyond regional boundaries. Here you'll find a mini-farm, children's games, as well as exceptional landscape arrangements.

Alma

www.ville.alma.qc.ca

Conveniently located within a short drive of all major activities in the Saguenay—Lac-Saint-Jean region, Alma has plenty to offer: boat cruises, summer theatre, museums, water-sports, cultural events, festivals, bike paths, agricultural and industrial tours, all can be found in Alma!

ACTIVITIES

VÉLOROUTE DES BLEUETS

1692, av. du Pont Nord, Alma (Québec) G8B 5G3 Direct Line: 418 668-4541 / Toll Free: 1-866-550-4541 www.veloroute-bleuets.qc.ca

The Véloroute des bleuets is a mostly paved bike path system that circles 256 km around Lake Saint-Jean. The path will take you through 15 different towns and cities, and through the Montagnais Native Community. Offering spectacular views of the lake and with many bed and breakfasts along the way, it is an exciting way to discover the region and the warm-hearted hospitality of the local people. Véloroute des Bleuets.

LODGING

HÔTEL UNIVERSEL D'ALMA

1000, boul. des Cascades, Alma (Québec) G8B 3G4 / Tel.: 418 668-5261 / 1-800-263-5261 Fax: 418 688-9161

Girardville

ACTIVITIE

DOMAINE DE LA RIVIÈRE MISTASSINI

2235, Rang St-Joseph Nord, Girardville (Québec) G0W 1R0 / Tel.: 418 258-3345 1-888-343-3345 / Fax: 418 258-1057 chalet@domainedelarivieremistassini.com www.domainedelarivieremistassini.com



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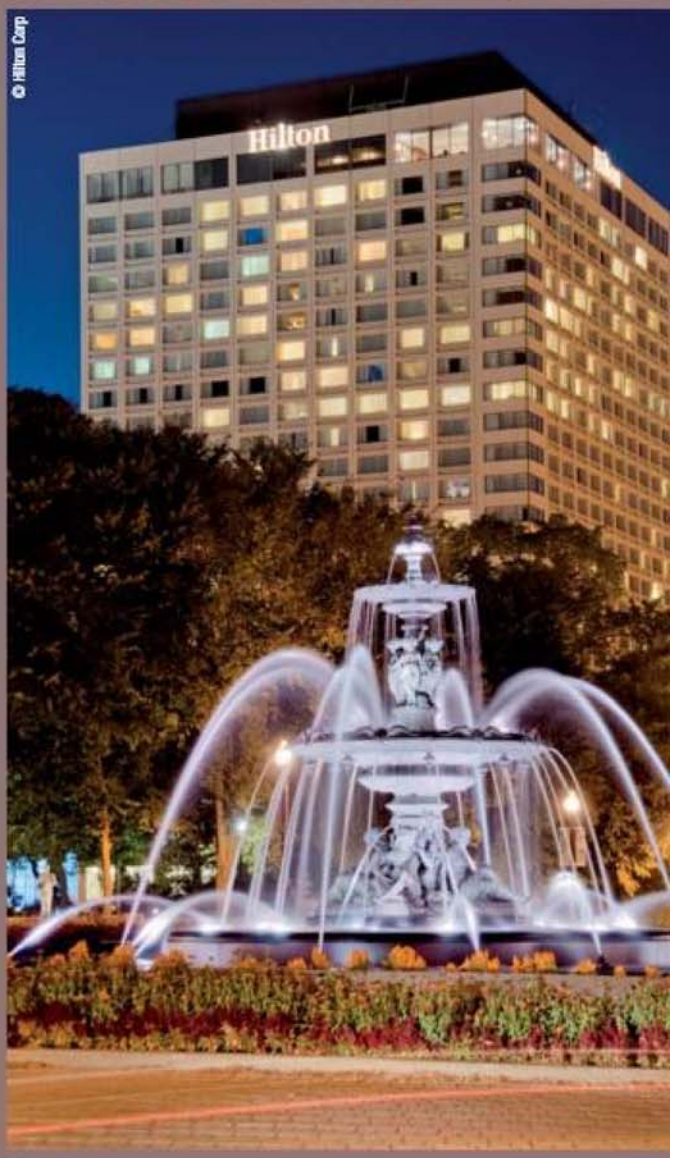


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