

2025-2026

ENGLISH
VERSION

MONTÉRÉGIE

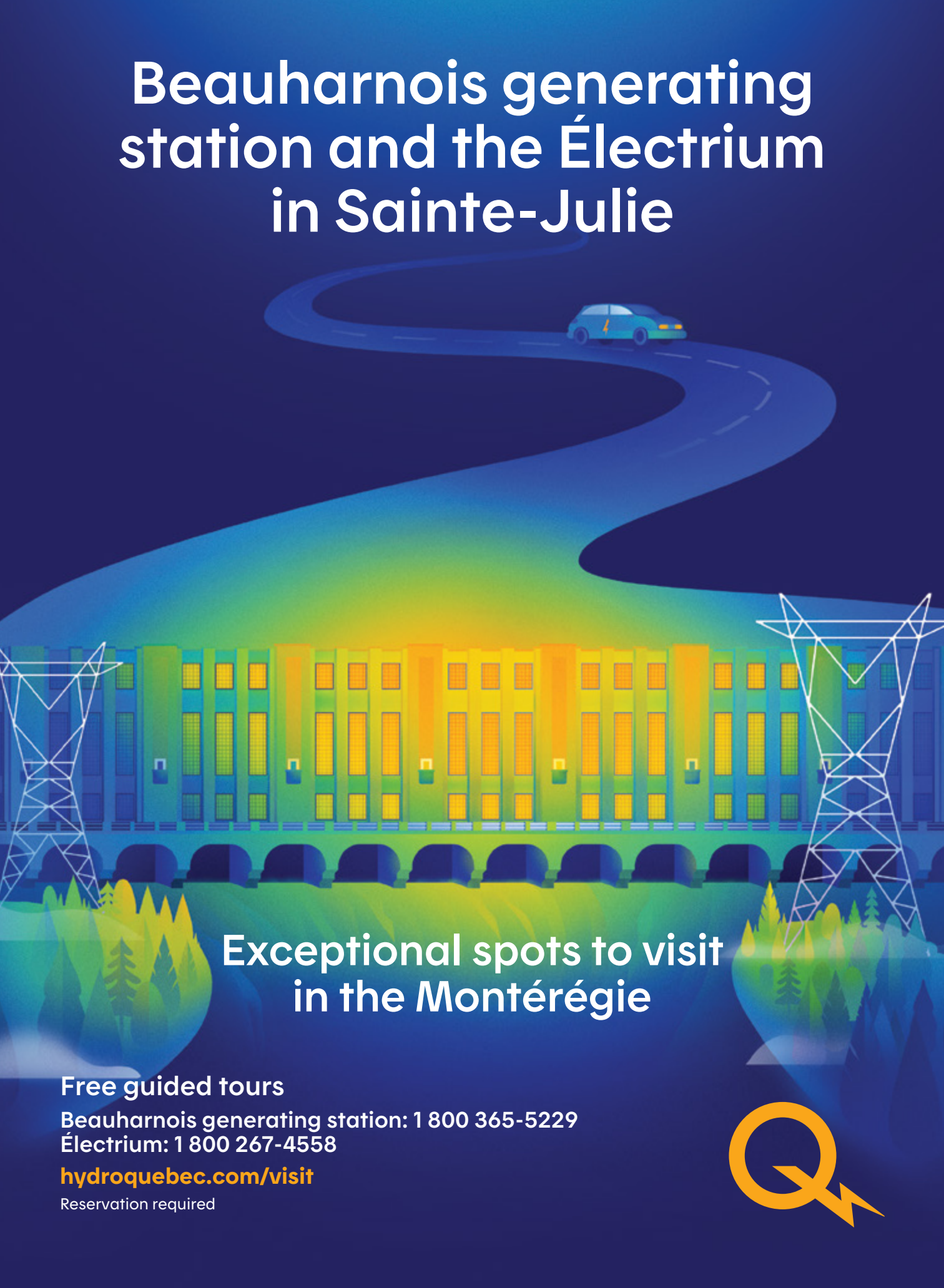
TOURISM MAGAZINE



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*ÉAQ_marielgoudreau

A snapshot of *the region*

What sets the Montréal-adjacent region of the Montérégie apart is the sheer variety of experiences it offers visitors, from the breathtaking countryside to the bustling towns and fine food.

Friendly and *bountiful*, you feel it in the warm *welcome* of its inhabitants, the quality of its local products and the wide-ranging activities. Whether for a gourmet getaway, a deep dive into culture or spending time in nature, the Montérégie invites you to cozily savour every moment. *Nearby*, it awaits you with open arms.

Welcome to our home!

We recognize living and working on inhabited territory whose rich history spans thousands of years. Today, the Kanien'kehá:ka and W8banaki Nations are the stewards of the lands and waters of this region we call the Montérégie, which stretches from Akwesasne to the west, Kahnawà:ke on the South Shore of the Saint Lawrence, and Odanak to the east.



Ferme La Fille du Roy

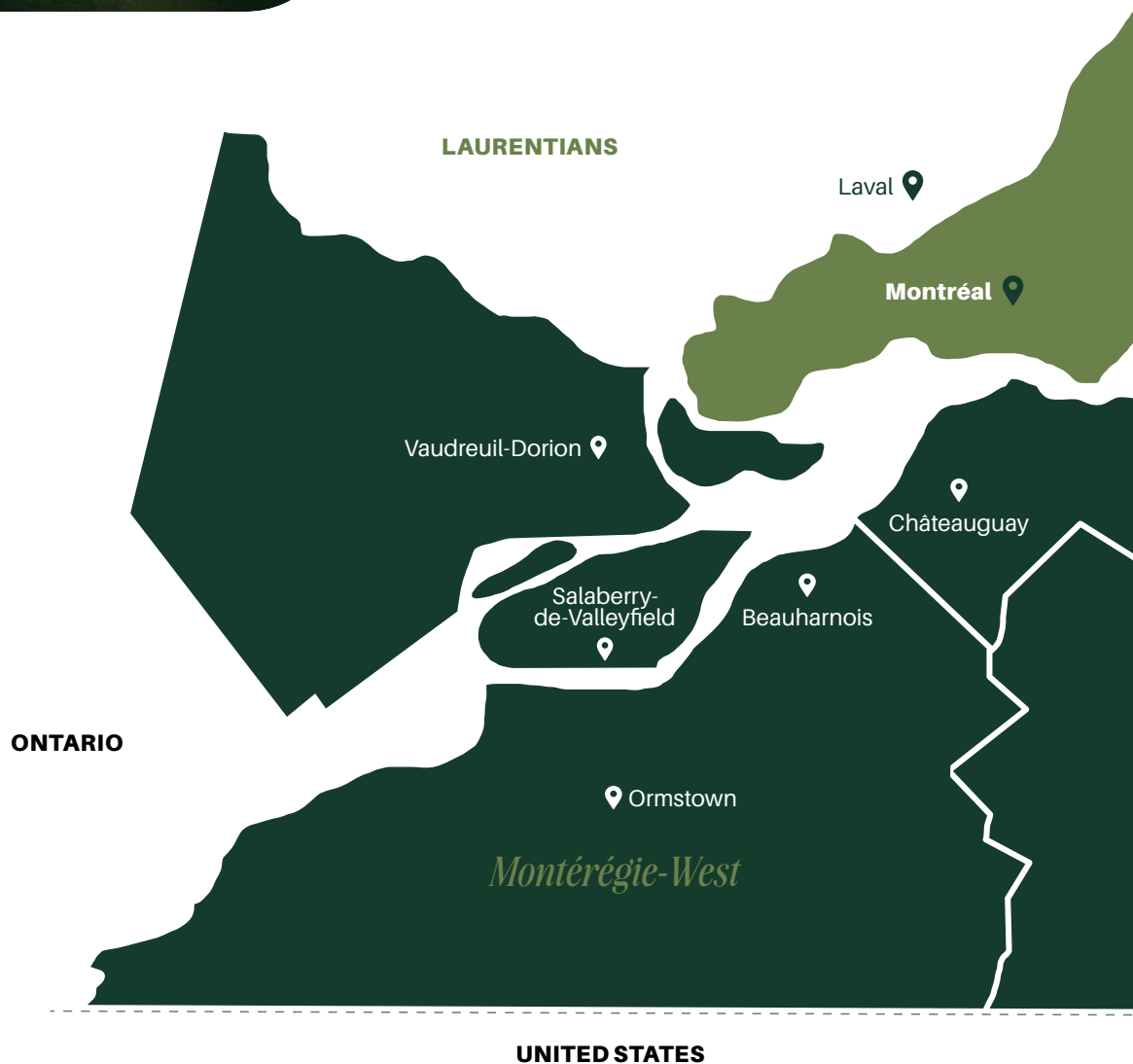


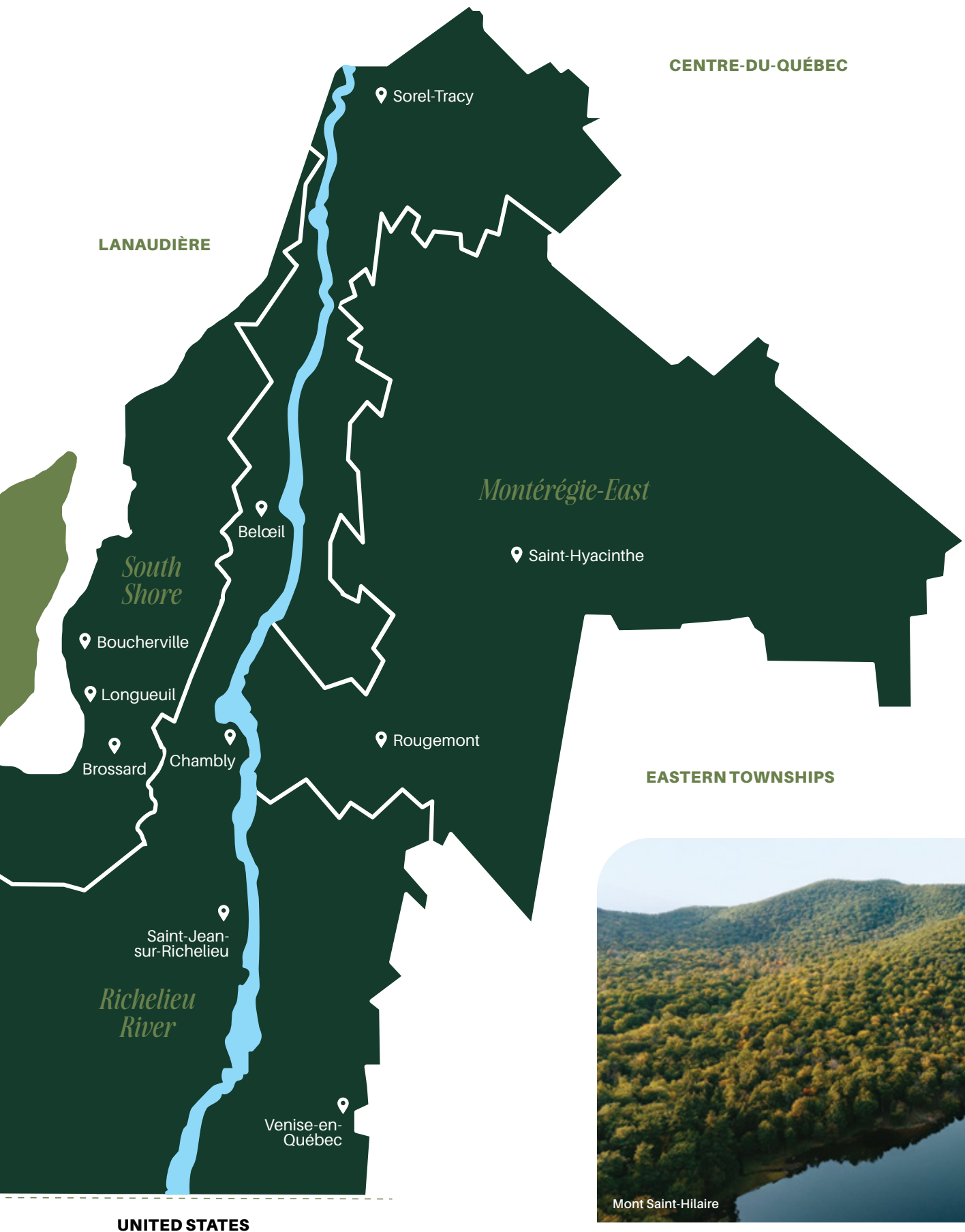
Map of the region



Parc national des Îles-de-Boucherville

11,000 km² of attractions and discoveries — that's what Montérégie has to offer! With such a vast playground, there's no need to travel far to find something worth exploring. A region rich in culture, heritage, local flavors, and outdoor experiences, every turn promises a new adventure.





A region for *all seasons*

Each new season in the *Montérégie* has its own charms and activities. From radiant *winters* to regenerative *springs*, the vitality of *summer* to the orangey hues of *autumn*, the transformations are year round and a feast for the eyes.



Marché de Noël et des traditions de Longueuil



Maison des peuples autochtones



Alpagas du Domaine Poissant

In winter, immerse yourself in the festiveness of the Christmas markets, go to the spas to reboot, take in the outdoor activities. Whether you're a skier, an ice skater or would simply rather sit down to a good cozy meal in one of the region's urban restaurants, winter here is enchanting in some many ways.



Sugar shacks

In spring, surrender to the feeling of renewal. Sugaring off season, blossoming orchards, budding fields and outdoor terraces signal the region's reawakening. This is also when the cycling network comes alive, making it the perfect time to dust off your bike.



La Route des Champs

In summer, life in the Montérégie heats up with water activities, picking berries, family outings, as well as farm and vineyard tours. The public markets and beaches are also open so you can eat up and cool down.



With every new season, the Montérégie gives you a reason to come back, always promising to deliver unforgettable memories.



In fall, flamboyant landscapes summon you to mountain hike, pick apples and appreciate the symphony of colours. Corn mazes, cider houses and seasonal celebrations like beer festivals round out this time of year picture-perfect for discoveries.



For more activity ideas →

Spotlighting *tourism businesses* from the Montérégie

November 2024 marked Tourisme Montérégie's inaugural *Gala Reconnaissance*, a unique event aimed at recognizing the businesses and personalities currently shaping the region's tourism industry, and their steadfast, dynamic and innovative contributions to its growth. The Gala, hosted at the EHM hotel school, marked the start of a new tradition celebrating the men and women who play a vital role in shaping *the future of tourism* in the Montérégie.

A total of *14 awards were presented* in various categories. Among them, the following three, in recognition of the recipients' outstanding work.

A REMARKABLE CAREER DESERVING OF RECOGNITION

The *Prix du Bâtitteur*, or builder award, salutes someone whose commitment has left a notable mark on the Montérégie's tourism industry. It recognizes not only business success but also the recipient's influence on the development and promotion of the regional heritage.

The winner, *Pierre Faucher*, is the founder of *Sucrerie de la Montagne*, located in Rigaud. This bona fide steward of Québec traditions has devoted his life to preserving and fostering the authentic sugar shack experience. His establishment, which has been declared a living heritage site, plunges visitors into a bygone era when the art of maple sugaring was at the core of rural



communities. Not your average entrepreneur, Pierre Faucher is also a fervent advocate of Québec's heritage. He embodies his ancestors' traditions, including the way they used to dress. His deep love of passing on their legacy cements his status as a great builder of the Montérégie tourism-scape.

PUBLIC'S CHOICE

While the other awards are attributed by a jury, the *Prix du Public* is voted on by the tourists who visit the Montérégie. It turns the spotlight on a business that distinguishes itself because of the quality of its hospitality, the originality of its offering and the loyalty of its patrons.



Sébastien Dion, General Manager

The tourists spoke and they picked *Ferme Guyon* as their favourite establishment. This educational farm located in Chambly is regarded as a showcase for local agriculture and an essential stop for terroir and nature enthusiasts. Here, young and old learn about the world of farming by interacting with livestock as well as the immersive butterfly garden, making it a perfect destination for families and curious minds. The nursery, with its array of plants and flowers, is also a big draw for visitors seeking quality products.

Ferme Guyon offers a unique experience, but it also plays an instrumental role in agrifood education, actively promoting the bounty of the Montérégie terroir and encouraging buying local. Its dedication to providing friendly and enriching experiences made it a natural as the public's choice.

COMMITMENT THAT MAKES THE REGION SHINE

One of the evening's other noteworthy accolades was the *Prix du Président* awarded to *Michel Jodoin* for his pioneering work in the world of Québec cider and his advocacy of agritourism. Thanks to his vision and knowhow, he not only elevated the Montérégie into a cidermaking hub, but also helped broaden local cider into a global brand, with products now available beyond Québec's borders.



Michel Jodoin and David Jodoin

Always something *new*

Over the past year, the Montérégie added even more *things to do* and see throughout the region. From foodie *getaways* and nature *immersions* to sporting activities, here are some *suggestions* worth keeping in mind!



INTERPRETATION CENTRE YOU'LL HAVE A HOOT VISITING

Chouette à voir!, serves as the public showcase of the UQROP provincial network for the rehabilitation of birds of prey, and it is now open year round thanks to its new interpretation centre. The facility houses a permanent exhibit and a revamped shop that make it possible for visitors to learn more about rehabilitating these birds. Outdoor trails are always in season, and in winter, you can explore them on snowshoes or snow scooters.

REFRESHING STEP INTO A WORLD OF GIANT PUPPETS

In July and August 2025, experience *La folle épopée de M. Paul*, a theatrical production featuring a retired former delivery man who brings his route memories to life through gripping tales. The show stars the giant puppets of *Théâtre de la Dame de Cœur* with projections, music, and visual effects in a fully immersive 360-degree experience. A magical moment to enjoy with the whole family!



LOCAL SURPRISE

Ferme du Mihouli is home to one of Québec's best kept secrets: locally grown kiwis! The farm began opening to the public last year, and the visitor experience is threefold: you adopt a kiwi tree, are invited to La Grande Tablée des récoltes Mihouli, and come back during the harvest season of late August to mid October to pick your kiwis.





© Canyon Escalade

BOULDERING

Canyon Escalade has raised the bar in climbing with the addition of a bouldering wall, a first in Québec. Stretching 100 feet, it features 30 different routes spanning numerous grades. Located behind the centre, the 1,600 sf area offers climbers a novel outdoor experience by elevating climbing in the region to a brand new dimension.

RAW BAR AT BAR LES COUSINS

Inside *Quartier DIX30's Escad Hotel*, *Bar Les Cousins* offers a warm and cozy vibe spotlighting raw cuisine. The menu features generous seafood platters, inventive tartares and flavourful oysters, all prepared right in front of you. An elaborate wine list and original cocktails complete the experience.



© Bar Les Cousins

Découvre

la vallée du Richelieu

Plaisirs gourmands, culture, histoire, nautisme et plein air...
Viens découvrir toute la richesse que la vallée du Richelieu
a à t'offrir lors de ta prochaine escapade !

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Tourisme Montérégie employees share their *must-sees and -dos!*

To work at *Tourisme Montérégie* is to immerse oneself in a universe of discovery for tourists. Our employees start exploring the region the moment they join the team, and all have fallen under the spell of myriad *exceptional* locations. Today, they share their personal *favourites* and the reasons why. These gems may become your favourites too – you never know!

Manoir D'Youville Châteauguay

"This manor nestled on Île Saint-Bernard has splendid views of the water and is perfect for a relaxing getaway. The sunsets are simply gorgeous."

— **Sandra, Project Manager**
Multifunctional Networks



Verger Charbonneau Mont-Saint-Grégoire

"This orchard's crêperie is pure delight! The atmosphere is friendly and they dish out succulent crêpes made with local products year round."

— **Marjorie, Destination Development Director**



La Belle de Coteau-du-Lac Coteau-du-Lac

"I love picking up flowers in August at *La Belle de Coteau-du-Lac*. I get to amble the colourful fields and assemble my own personal bouquet."

— **Alexandra, Stay Advisor**





Spa Franklin and its cottage

Spa Franklin and its cottage Franklin

"Couples will find this an incredible place for a winter getaway. The cottages are comfortable and well equipped, and the view of the stream is magnificent. Topping things off, the spa is only two minutes away. You can walk to it in your robe!"

— **Roxanne, Sustainable Tourism and Development Manager**

Terre à Boire Saint-Blaise-sur-Richelieu

"The beers are excellent, but best of all, they're made with ingredients grown on their farm. The place is amazing and the terrace is lovely. I love spending summer afternoons here with a pint of their Petite Gisèle table beer."

— **Rose-Line, Assistant Marketing Director**



© Terre à Boire



© Fromagerie Ruban Bleu

FG Chocolatiers, La Fille du Roy and Fromagerie Ruban Bleu Chambly, Sainte-Madeleine and Châteauguay

"I live for agritourism experiences, which is why I love *FG Chocolatiers* for their exquisite chocolates, *La Fille du Roy* for their local products and *Fromagerie Ruban Bleu* for their fine cheeses. Just try to leave empty handed!"

— **Marie-Claude, Member Services Coordinator**

Régates de Valleyfield Salaberry-de-Valleyfield

"The regattas are an adrenaline rush! Crowds going wild, spectacular races, access to the pits to see the hydroplanes up close, and at night, live shows that keep the party going. Never a dull moment!"

— **Audrey, Marketing Assistant**



© Régates de Valleyfield

Route du Richelieu

Discover this scenic route and let yourself be amazed by the stunning riverside landscapes of the Route du Richelieu.

Discover the
Route du Richelieu



MIRA BIKE RIDE

FRIDAY, AUGUST 15, 2025

Routes of 25, 50, 70
and 100 km
Sainte-Marie-Madeleine



mira

Always *welcome* in Kahnawà:ke!

Discover Kahnawà:ke's *culture* and *traditions* through authentic *cuisine* and lively *events*!

EVENTS NOT TO BE MISSED

Strawberry Food Fair

June 1-30, 2025

Throughout the month of June, local restaurants, cafés, and shops highlight strawberries in various forms, including the traditional strawberry juice sweetened with maple syrup. On June 15th, a special event will bring together artisans, music, games, and cultural activities.

Kahnawà:ke Pow-Wow – Echoes of a Proud Nation

July 12-13, 2025

Experience the energy of the Kahnawà:ke Pow-Wow on Kateri Island! Traditional regalia, drum rhythms, and dances from various indigenous nations create a vibrant atmosphere. An indigenous artisan market and traditional dishes are also featured during the event.

Corn Festival

August 23rd, 2025

Celebrating the cultural importance of corn, a key part of the Three Sisters (corn, beans, squash), this festival offers corn-based dishes, live music, and insights into indigenous traditions.

Plan your visit →



Kahnawà:ke Pow-Wow

MUST-SEE STOPS

Screaming Chef Cuisine

Diabo Road, Kahnawà:ke, QC J0L 1B0

Kahnawake Brewing Company

22, 138 road, Unit H, Kahnawà:ke, QC J0L 1B0

Kahnawà:ke Welcome Center

1 River Road, Kahnawà:ke, QC J0L 1B0

The staff on-site welcomes you and guides you to the community's must-see attractions. Feel free to ask them for recommendations on restaurants, shops, and accommodations.

Ryland Diome

Fusing flavours with indigenous traditions

Ryland Diome, chef-owner of the Kahnawà:ke eatery *Screaming Chef Cuisine*, is all about finding one's food identity. A *gastronomy* devotee, he channels his talent toward sharing and championing his *indigenous heritage*.



BY CHARLOTTE BASTIEN

OPENING HIS RESTAURANT

Diome's love of Asian food was so pervasive, his mother and grandmother urged him to study cuisine. After attending the prestigious Cordon Bleu Ottawa school, he went on to complement his classical French cuisine training by incorporating traditional indigenous ingredients into his recipes.

Diome launched *Screaming Chef Cuisine* in 2019, which he started as a catering service and then converted into a restaurant in 2024. The menu is a blend of popular dishes, like chicken wings and burgers, and traditional indigenous fare, e.g. cornbread, corn soup, wild-caught fish, moose, and stuffed mushrooms.

Working with the community is essential for Diome and the restaurant: he sources his fish and meat from local suppliers, and even had a bespoke spicy berry sauce concocted specifically for the restaurant. He also supports local entrepreneurs by featuring their products, including a craft lemonade created by a young girl from Kahnawà:ke.



Ryland Diome
© Cross the River Creative

PRESERVING MOHAWK CULTURE

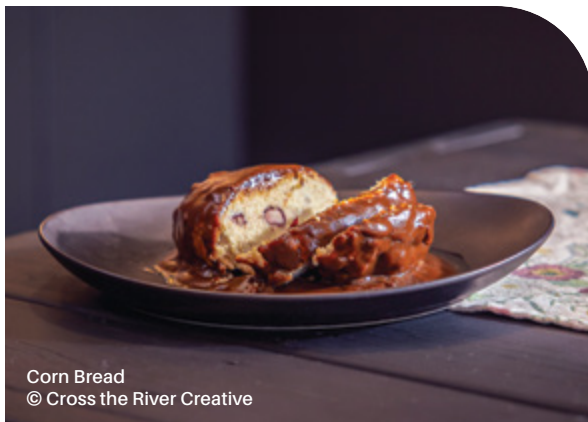
Diome is a member of the Kanien'kehá:ka (Mohawk) Nation of the League of Five Nations. For him, food is indispensable to the preservation and honouring of one's heritage. "The loss of our culinary traditions goes hand in hand with the loss of our language," he says.

Through his restaurant, he strives to bridge this loss by offering dishes infused with ancestral techniques and prioritizing indigenous ingredients such as sage, sumac,

maple syrup, corn, beans, and squash. These last three ingredients, known as the Three Sisters, have long been grown together using a companion planting method that reflects indigenous values of harmony, sustainability, and mutual support. Corn provides a natural structure for the beans to climb, the beans enrich the soil with nitrogen, and the squash spreads across the ground, preventing weeds from growing and helping retain moisture. More than just an agricultural technique, the Three Sisters embody the interconnectedness of community and the strength of collaborative work.

For him, preserving these traditions goes beyond gastronomy—it’s a way to pass down identity, heritage, and pride. This philosophy comes to life every day in his restaurant, where Ryland guides his team in learning indigenous cooking techniques, ensuring the continuity of these ancestral methods.

As Diome continues to familiarize himself with his community’s culinary traditions, he also shoulders the responsibility of advocating for them. He has made it his core priority to reconnect the community with an indigenous cuisine that remains largely unknown. His confidence in his mission and desire to explore new culinary points-of-view make him feel he has found his true calling.



Corn Bread
© Cross the River Creative



Ryland Diome
© Cross the River Creative

For Diome, Screaming Chef Cuisine is much more than a restaurant: it is a space where education and resilience thrive. He hopes his work inspires other members of the community to treasure their roots and proudly assert their identity, something visibly palpable in his restaurant’s logo, where a chef’s knife and a microphone intersect in perfect harmony. The symbolism is clear: it represents cooking while also having something to say. The food itself carries a message, reflecting the deeper meaning behind the dishes he creates, without forgetting his own message: “We are here, as we have always been, and are reclaiming what is ours.”

*“We are here, as we have
always been, and are
reclaiming what is ours.”*

— RYLAND DIOME

¹ Agriculture and Agri-Food Canada. (2023, October 5). The Three Sisters: Optimizing the value and food potential of an ancestral Indigenous crop system. Government of Canada.

verger charbonneau cidrerie

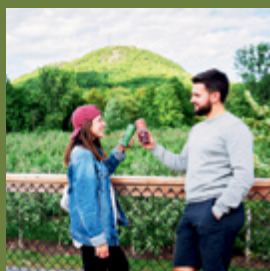
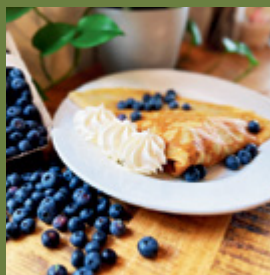
- 🍏 Apples available year-round
- 🍷 7 fruits picking activity
- 🍷 Cider house 🍰 Creperie
- 🛒 Store with home-made and local products
- 🥞 Homemade apple donuts
- 🥾 Hiking trails, farmhouse and playgrounds
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- 🍷 Maple taffy on snow
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- 🥾 Hiking trails, farmhouse and playgrounds

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The Montérégie, *a foodie destination*, season in, season out

This land of a thousand flavours stands apart for its *terroir* and the *passionate* people who grow, craft, and celebrate what they create. This *agritourism section* spotlights a broad diversity of foodie experiences where *quality, authenticity* and *abundance* come together.

In the Montérégie, variety is on the table year-round — from *maple-kissed springs* and *bountiful summers* to the *hearty flavours of fall and winter*. Market gardening farms, maple farms, dairy farms, vineyards, orchards, breweries and public markets continually brim with *local products* as the seasons change, so there's always something new to savour.

To discover the Montérégie is to meet the *farmers* who really know how to welcome visitors. Behind every bite and every sip, there are people who love sharing what they do and how they do it, and this adds to the region's richness. Some will even tell you about their *green practices*.

These pages are your gateway to the people shaping the agritourism scene in Montérégie — a region where local flavours stretch as far as the eye can see.



Vignoble Saint-Simon,
Courtesy of La Montérégie,
le Garde-Manger du Québec
© Daph&Nico

Restaurants serving up an *urban vibe*

The Montérégie is a *gastronomic hub* blending urban vibe with *sophisticated flavours*. Lively restaurants, world cuisines, chic bistros and friendly pubs – they all deliver a *unique experience* in tasteful settings and gourmet style.



Quartier DIX30 in Brossard

A vibrant lifestyle spot with everything in one location!

Day or night, this dynamic spot offers myriad experiences from shopping outings and wellness breaks to gourmet moments with friends or family. Eatery-wise, the menu is as varied as it is inspiring. If you like Asian food, *Siam* promises refined Thai cuisine in an elegant décor. Fans of a good pint will love *Le Balthazar*, a pub-style restaurant with an impressive selection of Québec beers to go with a cheerful menu. *Café du Théâtre* is a popular venue for tasty brunches, while Italian pizza enthusiasts can look to *Enoteca Monza Pizzeria Moderna* and their famous wood-fired pizzas.

Solar Uniquartier

Urban elegance in Brossard

This fast-growing neighbourhood embodies the very idea of "living environment." Dynamic, diverse, and near a REM rapid transit station, it's become a practical and lively meeting point linking the South Shore to Montréal. Its food scene reflects this, never failing to connect with discerning tastebuds. *IRU Izakaya* plunges visitors into the ambience of Japanese pubs with a variety of flavourful dishes meant to be shared. For bistronomic food with a Québec touch, *Chez Lionel* hits the spot for a gourmet experience with a side of friendly chic. Perfect for an evening with friends, the restaurant *Les Enfants Terribles* serves up hearty comforting cuisine in a trendy laidback atmosphere with a city view of the area.



Quartier Général Vieux-Belœil

For feeding the palate and the soul

A charming refuge for either getting together with friends and colleagues or being by yourself with your thoughts. The *QG* has everything you need for an enjoyable time: boardgames for the mind, art for the soul, and decadent homestyle sweets and pastries for the belly! And of course, their famous ice cream for hot days.



© Quartier Général
Vieux-Belœil



Sens Restaurant
© Hôtel Mortagne

Sens Restaurant

**Where tradition and innovation meet
in Boucherville**

This restaurant inside *Hôtel Mortagne* is where culinary creativity and friendly ambience live in perfect harmony. *Sens* and its refined cuisine take you on a global food journey that is nevertheless rooted in Québec's terroir. The result is a sense-awakening experience in an elegant setting that nourishes the explorer in all of us. Make the evening last by staying at the hotel overnight.

Satori Sushi

A Saint-Jean-sur-Richelieu classic since 2003

Satori Sushi is where you'll find authentic Japanese food with the freshest ingredients. Their ramen broth, which slow-cooks for 18 hours, and their sought-after sushi make it a go-to spot for lovers of Japanese fare. Captivating options include melt-in-your-mouth sashimi, exquisite tartare, or ordering Omakase-style and letting the Chef prepare you a tasting menu. The décor is clean and graceful, typically Japanese, adding to the promise of a gastronomic experience combining tradition and quality.



© Satori Sushi

Le Belvédère

Suspended in time in Sorel-Tracy

Boasting the region's nicest terrace, *Le Belvédère* delivers an outstanding view of the Saint Lawrence River. It's like being on a boat! Enjoy food grilled on lava rock while admiring sublime sunsets, summer or winter. Ideal for timeless moments.



© Le Belvédère

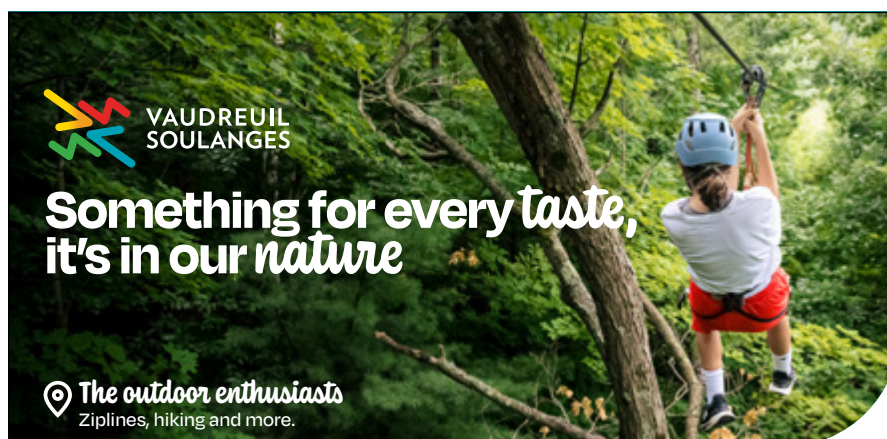


L'Espègle
© SDC centre-ville
Saint-Hyacinthe

L'Espègle

Refined hospitality in Saint-Hyacinthe

L'Espègle has a devoted staff, and what sets them apart is their impeccable personalized service. The menu is reinvented regularly with bold recipes showcasing fresh local products. It's perfect for dinner before a show at the *Juliette-Lassonde arts and culture centre*. A local gem!



**VAUDREUIL
SOULANGES**

Something for every taste,
it's in our nature

The outdoor enthusiasts
Ziplines, hiking and more.

© Valérie Provost



The chill champions

Festive parks, beaches,
waterfront terraces and more.

Bite into summer!
tourismevs.com



PROFILE

Cidrerie du Minot

A pioneering Québec cider house

Hemmingford-based *Cidrerie du Minot* isn't your average cider house. It epitomizes a legacy of cidermaking that dates back generations. *Founded in 1987* by Robert and Joëlle Demoy, the cider house is now operated by their children Audrenne and Alan, with the same spirit of excellence and innovation that spurred the parents.



TEXT AND PHOTOS BY ÉLISE BERNIER



FROM BRITTANY TO QUÉBEC

Cidrerie du Minot's backstory well predates its official founding in Québec. Robert Demoy, originally from Brittany, grew up in a world where cider was deeply entrenched as a way of life. In France, it was common for households like his own to make this alcoholic drink for personal consumption. Demoy, however, wanted to learn everything about producing alcohol and went on to study winemaking at Université de Bordeaux.

Shortly after immigrating to Québec in the 1980s, he set his mind on starting his own venture. First, he'd have to determine: "Will it be a winery or something else?" He quickly observed that Québec's climate was especially conducive to apple farming. Whereas the harsh winters would have made cultivating grapes challenging, apples just grew effortlessly. So Demoy decided on a cider house.



Audrenne and Alan Demoy

THE FIRST STEPS OF A LASTING HERITAGE

Demoy acquired land in the Montérégie that had some apple trees and a huge chiller. The cider house was gradually built around the section of the original building with the chiller, which is where the first ciders were produced before Demoy modernized and expanded the infrastructures. That section is now the tasting and display room, with all of the memories of the cider house's early days still intact.

Cidrerie du Minot's very first cider was the Crémant de pomme made from McIntosh apples, a classic, but of excellent quality. It quickly found its way on shelves, and in 1989, it became the first Québec cider to be carried by SAQ liquor stores. This recognition marked a turning point in the history of craft cider in Québec.

A PHILOSOPHY OF QUALITY AND INNOVATION

Cidrerie du Minot has always placed a high value on quality. "We strive to brand ourselves as the champagne Dom Pérignon of ciders," explains co-owner Alan. This quest for excellence can be found in every bottle the cider house produces, with special attention to the choice of apples, fermentation practices and the cider aging process.

The family orchard yields some twenty apple varieties, which facilitates experimenting with different blends. Alan's sister Audrenne double-majoring in biochemistry and winemaking at Université de Bordeaux. She's in charge of production. Her science background and her creativity allow her to innovate constantly by testing new combinations and new production techniques.

The Demoy family prides itself on running a mindful, climate-friendly business. “Respect is a fundamental value for us, whether it involves people, the environment, the fruit we farm. When we craft our cider, the apple is always the centrepiece. We wish to celebrate it, not denature it,” says Audrenne.

MUSÉE DU GRAND-PÈRE, A NEW ECONOMUSEUM TO DISCOVER

The Musée du Grand-Père recently opened in the building adjacent to the cider house. It pays tribute to the family legacy and the craftsmanship that have shaped the history of cider.

Open during peak season, the small museum houses some old equipment, including a vintage apple press that’s been in the Demoy family since the Brittany days. Although the press was never used in Québec, it speaks to the family’s deep ties to their roots and their passion for cider.

“Respect is a fundamental value for us, whether it involves people, the environment, the fruit we farm. When we craft our cider, the apple is always the centrepiece. We wish to celebrate it, not denature it.”

— AUDRENNE DEMOY



Tours are self-guided so visitors may go back in time and learn about traditional cidermaking methods. The museum is part of the ÉCONOMUSÉE network, an organization dedicated to promoting and sustaining traditional artisanal crafts and biofood knowhow.

Between the apples, the bottles, the Demoy family, and the community surrounding the cidery, a true story of passion and love for the terroir unfolds.

Exploring local *vineyards*

Wines from Montérégie, carefully grown and passionately crafted, embody the expertise of local winemakers. Visit these vineyards where every stop invites you to savour the moment... and every sip.



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Potager Mont-Rouge Halte Gourmande



MEET THE
PRODUCERS

Au Gré Des Champs
© Virginie Gosselin



© Ferme Les Petites Écores



A tasteful experience →



© L'Effet Boeuf

Visiting the 1555, Saint-Hyacinthe's iconic *public market*



1555 Marché public



BY ANNIE DUHAMEL OF @BLOGDEBOUFFE

That Saturday morning, we hit the road toward *downtown Saint-Hyacinthe*. Once we got there, we discovered a delightful street block lined with shops and with a *magnificent old brick and cornice building* as its centrepiece. This architectural gem is beyond charming and so typifies the whole of *Saint-Hyacinthe's 1555 Marché public*.

Recently renovated, the building brings new energy to the city and serves as a landmark for food lovers. Inside the main hall, seven year-round vendors are set up: a pastry shop, a bakery, a fishmonger, a butcher shop, a fruit seller and a cheese shop. We walked through the market's giant entrance and

SAINT-HYACINTHE & SA REGION

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LET THE PLEASURE GROW!

had fun questing after specialty products. The amazing quality of the offering was captivating: aged meats, fine deli foods, freshly baked breads, sweet-scented chocolates, fresh fish, local cheeses, and so much more! It's hard not to be tempted by all the products available... but the objective of the visit remains clear: to create a beautiful Mediterranean salad with beef striploin.

For the salad recipe, we began shopping for ingredients at *Boucherie George* with its salivating range of meat choices and displays of aged beef. We settled on New York striploin as our pièce de résistance.



La vieille fromagerie
© Annie Duhamel

At *La Vieille Fromagerie*, we lingered before countless wheels of cheese. They recommended a grillable cheese that looked perfect for the recipe we had in mind.

Next, *Les Jardins du Vieux Marché*, and their wide variety of marinades and jams, and nice assortment of fresh vegetables and fruit.

Here, we found most our ingredients, to my great delight. Our final stop was the *William J. Walter* sausage and deli shop. We went looking for olives, and could not resist also buying some delectable sandwiches for the road.

"What a joy to find all the ingredients in one place! Also, in the summer, 1555 Public Market comes alive with seasonal producers and a vibrant atmosphere."

— ANNIE DUHAMEL



Les jardins
du vieux marché
© Annie Duhamel

Mediterranean *Striploin* Salad



BY ANNIE DUHAMEL OF @BLOGDEBOUFFE
2-3 SERVINGS

Ingredients

- 400 g New York striploin (**Boucherie George**)
- 1 pack mixed olives (**William G. Walter**)
- 1 piece grilling cheese (**La vieille fromagerie**)
- 6 cherry tomatoes (**Les jardins du Vieux Marché**)
- 2 Lebanese cucumbers (**Les jardins du Vieux Marché**)
- 1 leaf lettuce (**Les jardins du Vieux Marché**)
- 1/3 cup pomegranate and save some seeds for the presentation (**Les jardins du Vieux Marché**)
- Juice of one Meyer lemon and set aside 1/4 teaspoon (**Les jardins du Vieux Marché**)
- 1 tablespoon marinated onions (**Les jardins du Vieux Marché**)
- 2 green onion stalks (**Les jardins du Vieux Marché**)
- Mint (**Les jardins du Vieux Marché**)
- Curly parsley (**Les jardins du Vieux Marché**)
- 1/4 cup pistachio
- 2 tablespoons olive oil
- 3 tablespoons water
- 1 teaspoon cashew butter
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground coriander
- 1/4 teaspoon za'atar spice
- Some microgreens
- Salt and pepper

Preparation

1. Dressing: Mix the following ingredients in a blender until rich and creamy: green onions, 4-5 mint leaves, handful of parsley, Meyer lemon juice, water, olive oil, cashew butter, cumin, coriander, salt and pepper. Set aside.
2. Salad: In a large bowl, mix these ingredients: Lebanese cucumber sliced in rounds, leaf lettuce coarsely chopped, cherry tomatoes quartered, marinated onions thinly sliced, pomegranate, some chopped mint leaves, handful of chopped parsley.



© Annie Duhamel

3. Meat: Salt the meat and let rest minimum 15 minutes. Preheat the barbecue to high heat, grill the meat 3-4 minutes per side and on the fat side too. Finish over indirect heat for about 6 minutes (or until desired doneness). Remove the meat from the grill, cover with aluminum foil and let sit about 10 minutes. Cut meat in thin slices.
4. Cheese: Coat the grilling cheese with the remaining Meyer lemon juice, then dust one side with the za'atar spice. Grill the entire piece of cheese on the barbecue over medium heat for 2-3 minutes per side. Let cool slightly and cut in wedges.

Presentation

Plate the salad. Cut the meat in thin slices and set in the middle of the salad. Top the meat with some pomegranate seeds and crushed pistachio to add some crunchiness. Lay the cheese over the salad. Add the microgreens. Serve with the dressing and olives.

PROFILE

Taverne de la Ferme, a restaurant that brings the community together

Taverne de la Ferme is situated in the heart of the Châteauguay farming valley. More than just a tavern, it has been a *pillar of the community* ever since it opened in 2017. Here, local residents and producers regularly converge in the spirit of rootedness, *collaboration* and *celebration*. A place of unpretentious charm, where walls echo with the warmth of shared moments, a deep connection to the land, and a passion for creative cuisine.



TEXT AND PHOTOS BY ÉLISE BERNIER

AN ECOSYSTEM BUILT ON STRONG, VALUED BONDS

The restaurant harbours the soul of all those who contribute to the community. Relationships are sincere and mutual – that’s the beauty of a small business. “We work with small farmers, real people, like Natalie at *Petits Fruits Saint-Louis* or Antoine of *Canard & Cie*, who create authentic products,” says the owner, Summer.

Sourcing locally has always been a core value. “You cannot operate in a silo. We exist because of farmers, clients, employees,” continues Summer, who sees herself more as a doting mother looking after her peeps than a battle-hardened entrepreneur.

A product’s flavour, texture, the cuisine, they all unquestionably matter, but so does the rich history, culture and bond behind them, the love and life in every dish.

THE MENU — DANCING WITH THE SEASONS AND THE LAND

The menu at *Taverne de la Ferme* changes with the seasons to constantly keep the restaurant in sync with local farmers. Chef Mathieu enjoys a unique bond with one of the market gardeners, a symbiotic collaboration that borders on the mystical. Together, they concoct dishes based on the ingredients that are available or arriving soon. "It's a little like the mystery boxes you see on television cooking shows: okay, so what's in season?"

Sometimes Mat will suggest the market gardener farm uncommon ingredients, grown specifically for the restaurant when possible. Other times, it's about adapting to the vagaries of nature: "This year's carrot harvest was poor, but we have melons in spades!" And just like that, the menu turns a new leaf based on availability.

"A big chain could not benefit from this proximity, this personalization, this teamwork we enjoy," proudly explains Summer.



The restaurant delights in preparing popular fare with substitute local ingredients. Burrata is all the rage now, yet Summer favours a locally-grown alternative. "We use goat cheese from *Ruban Bleu*, a Mercier cheese producer only 20 kilometres from here. It reflects our terroir much more faithfully than importing cheese from Italy. This pushes us to be creative and opens patrons' minds to discovering that we have remarkable products here!" The menu is a joint collaboration between the restaurant and its farmers, orchestrated by the chefs and enriched by patron feedback. It is a tight bond that gladdens everyone.

"My dream is for the Taverne to live on, to continue to be a pillar for the community."

— SUMMER, OWNER

THE FAMOUS TALE OF THE DUCK TARTARE

The birth of the duck tartare that's become one of the restaurant's legendary dishes was purely accidental. One day, Antoine of *Canard & Cie*, the restaurant's duck supplier, was dining with friends to celebrate an event. Chef Mathieu resolved to prepare something special, off-menu, i.e. the now famous duck tartare. So Antoine was the first to taste it and the verdict was unequivocal from the first bite: "You absolutely must add this to the menu," exclaimed Antoine, clearly overwhelmed by the new discovery.

The tartare appeared on the restaurant's menu as a special dish. The customers were blown away: "The best tartare ever." "It sets a new standard for tartares." The restaurant floated the idea of pulling it from the menu, but their customers implored tongue-in-cheek: "Please don't do this to us!" And that's how the duck tartare went from special dish to menu staple.



CELEBRATING LIFE

So many human interactions shape the soul of this restaurant year after year: marriage proposals, pregnancy announcements, celebrations of life, and more. "Some children have been coming here with their parents for eight years—we've watched them grow up. We see people celebrating, marking life's milestones with us. It really feels like we're part of the lives of those in the community."

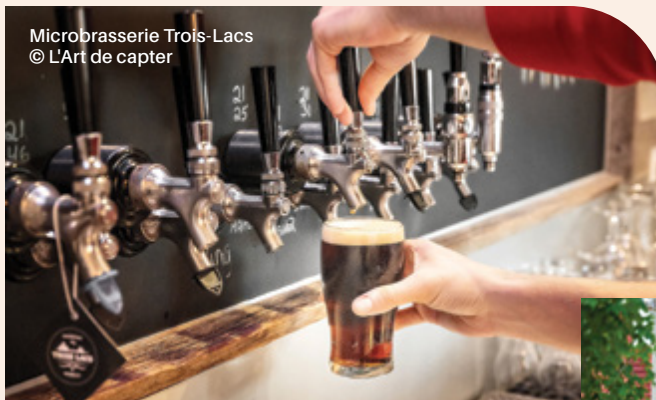
In a world where speed and technology dominate, the human touch makes all the difference. "We see what happens when things get too big and impersonal—they become cold," Summer explains.

She continues: "My dream is for the Taverne to live on, to continue to be a pillar for the community. To keep being a place where people feel safe, respected and valued. Especially considering our frantic lives, where it's become essential to connect with others, partake of a meal, seize the moment, and take pleasure in the simplicity of sharing in it."

Be sure to add Taverne de la Ferme to your itinerary when visiting the region next. This friendly restaurant will reconnect you to a sense of community and our Québec terroir.

Brewed in *Montréal*

The region's beers reflect the skills and creativity of passionate brewers. Take the time to enjoy these beverages, one glass at a time, in a warm and welcoming atmosphere.



Discover all microbreweries →



U-Pick Farm

Strawberries
Raspberries
Blueberries
Vegetables
Sunflowers
Apples
Pumpkins
Squash
Christmas trees



PROFILE

La Rabouillère

From farm to table to sweet dreams!

In *Saint-Valérien-de-Milton*, far from the daily chaos, you'll find *La Rabouillère* farm, home to *slow living*. Here, you'll interact with animals, eat country food, and sleep restfully surrounded by nature. Imagine time slowing down as you reconnect with the *joy and simplicity* of the moment.



BY CHARLOTTE BASTIEN

BUCOLIC SETTING, FASCINATING FARM

The bucolic effect of the farm kicks in as soon as you arrive. You naturally take a moment to slow down to live in the moment. From the flower gardens and vast green spaces to the trails lined with aromatic plants, every detail inspires relaxation.

There is a wide range of farm animals to amuse young and old. As you walk the grounds, you'll come across llamas, alpacas, donkeys and miniature horses, as well as goats, sheep and pigs free-roaming in their spacious pens. The barnyard is also a treat, brimming with different chicken breeds, rabbits with various fur types, and even majestic peacocks.

This educational farm champions good animal welfare by favouring raising practices that are respectful and mindful of the genetic diversity of the species.



COUNTRY FOOD WHERE THE TERROIR IS THE STAR

At *La Rabouillère* farm, you can expect countryside fare certified by Terroir et Saveurs du Québec, and should prepare for a quality, authentic gastronomic experience. You will dine in a centennial home with a welcoming décor and enjoy a generous meal inspired by the season and the farm's own crops.

Here, every dish tells a story, of a cuisine carefully crafted with local products and meat from animals raised onsite. The house specialties include lamb,



Berkshire pork, guinea fowl and rabbit, and they are paired with fresh vegetables and other signature gourmet sides.

A lovely time is at the core of the experience, with meals that stretch for hours and often include a tour of the livestock facilities and the gardens. Wine lovers will also appreciate the BYOB formula.

The shop sells meats from the farm that are great for grilling, as well as ready-cooked meals and deli meats prepared in-house, so you can bring some of the farm back home.



La Rabouillère
©Daphné Caron



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RUSTIC ACCOMMODATIONS COMPLETE THE EXPERIENCE

Guests who would like to enjoy the complete experience can choose from two comfortable lodging options: the House or the Loft. Whether for a romantic getaway, a family weekend, or because time flew and it's getting late, you'll find these accommodations in the middle of nature welcoming and peaceful.

Each unit comes with all the essential amenities: full kitchen, living room with TV, full bathroom, and let's not forget a private patio with a grill and fire pit. As a bonus, you'll even enjoy exclusive access to a heated inground pool.

If you want to eat in, you can order a breakfast basket filled with items from the farm or takeout meals prepared with locally sourced foods.



© Daphné Caron

A PLACE FOR TAKING THE TIME TO LIVE

At *La Rabouillère* farm, they've thought of everything to lure you into the slow life and appreciate the simple moments. Whether it's exploring the farm, sharing an unforgettable meal or enjoying an overnight stay in the heart of nature, each instant becomes a tender memory.

Owners Jérémie Pilon and Marie-Claude Bouchard are the most hospitable hosts, to really cap off the authentic feel of the place. They adore what they do, and they'll share that with you along with their love of the terroir to elevate your visit into a unique experience.

If you're looking for a place to relax, laze about, savour and reconnect with nature, the Rabouillère farm is simply perfect.



Marie-Claude Bouchard
and Jérémie Pilon, owners
©Daphné Caron

Your *wellness* and *retreat* destination

Just outside Montréal lies an oasis of peace that gifts you time and space to *exhale*. The Montérégie is a land of forests and rivers that foster relaxation and *rejuvenation*.

From *serene* spots snuggled in nature to vast open expanses for getaways, the region nurtures *slowing down* and reconnecting with the basics. Here, thermal baths, Swedish massages, meditating outdoors and quiet walks conspire to help you *relax* and find a lightness of being and sense of wellness.

Take a break from the day-to-day away from the hustle and bustle, restore *balance*, come bathe in the *tranquility* of views that stretch forever.

Discover places
to recharge →



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Treatments
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DISCOVER



Enjoying a *relaxing* break

Either in the countryside or at the heart of urban centres, Montérégie's spas offer a well-deserved escape. Baths, massages, saunas—everything is in place to help you recharge and enjoy some well-earned me time.



SKYSPA
© Zelata Kogan-Dave BNG



© Spa Franklin



Pür Détente et Spa
© Tourisme Région Sorel-Tracy



Spa Gallant
© Auberge des Gallant

Île Saint-Bernard

When history, the outdoors and good food come together

 BY MARILY LAROCHE

Île Saint-Bernard, located in Châteauguay, will charm you the moment you arrive with its historic buildings, picturesque scenery and bountiful nature. The vibe here is gentle and soothing, and there's so much open space you'll want to fill your lungs with fresh air every day. As you soak in the beauty of the island, you'll find that strolling along its trails with friends or family lead to happy moments, and ever so naturally, to living in the moment.

The heart of the island, known as the tertre of Île Saint-Bernard, was owned by the Grey Nuns for over two centuries before being acquired by the City of Châteauguay in 2011. Since then, it has become a municipal park and continues to stand as a cherished heritage site open to all.



The site features nearly a dozen buildings, many of them historic, which enrich the visitor experience. Among them are the *Manoir D'Youville*, a windmill, a stone manor, a barn, and a cemetery. Interpretive signs along the trail bring the island's rich past to life.

Adjacent to the tertre, the *Refuge faunique Marguerite-D'Youville* (wildlife sanctuary) occupies the largest portion of the island. This area was donated to the Government of Québec by the local community with the goal of preserving it forever while still keeping it accessible to the public. Named in honor of Marguerite D'Youville, the refuge is a true haven of biodiversity. The environmental organization *Héritage Saint-Bernard* is responsible for maintaining the tertre, as well as protecting and showcasing the island's diverse ecosystems.





Aubépine
© Dominic Gendron

for birders, the sanctuary enjoys a wide variety of birds you can hear chirping and singing as you walk the woods. It actually houses 252 species as of the latest count and is now widely considered a major birding site in Québec. A magical place for nature lovers looking for picture-perfect moments!

The plantlife here is equally remarkable, attracting ecology experts and curious visitors alike. Marshes, swamps and meadows contribute to the uniqueness of the sanctuary, where rare trees and other vegetation, like the cockspur hawthorn, have taken root.

THE RICHNESS OF THE REFUGE FAUNIQUE MARGUERITE-D'YOUVILLE

The *Refuge faunique Marguerite-D'Youville* covers 93% of Île Saint-Bernard. It encompasses a wealth of incomparable fauna and flora, which totally sets it apart from your typical outdoor spaces. Spanning 213 hectares, the sanctuary's range of biodiversity is such it was granted protection in perpetuity in 2010. As you slowly amble the well-groomed trails, you'll come across ecosystems and species that exist here quietly and call this home. You might spot an American mink, salamanders, a red fox, turtles, a muskrat or a white-tailed deer! A bona fide magnet

ACTIVITIES FOR EVERYONE, EVERY SEASON

The secret is out: Île Saint-Bernard is where you need to be for your next Montérégie getaway. Summer or winter, you'll love discovering this splendid island along the eight kilometres of groomed hiking trails open to everyone. While here, you'll come in contact with a variety of species, enjoy front-row access from the magnificent trails to the natural beauty all around you, and totally disconnect from the outside world. In autumn, the gorgeous colours will spellbind you and the changing scenery will fill you with calm and serenity. You'll find an



Escapade
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escapadebhs.ca

orchard planted hundreds of years ago by the Grey Nuns, which continues to be rigorously maintained and produces top grade apples. If you like apple picking and making apple preserves like jams and jellies, come pick your own fruit during harvest season and choose from 15 types of apples, all organic-certified.

Cap off your hike with a stop at *Café de l'île*, located inside the island's pavilion. This environmental coffee shop serves primarily vegetarian fare, local and in season, so it's perfect for enjoying a meal or snack surrounded by peace and quiet.

Finally, take the time to check out the island's intriguing windmill tower and its vintage architecture. Built over three centuries ago, it is the oldest mill of its kind on the south shore of the Saint Lawrence River between the US border and the Gaspé Peninsula. Although it is no longer in use, it still stands as a remarkable testament to the history of the island and its inhabitants.



Ile Saint-Bernard's windmill



Manoir D'Youville

EXTEND YOUR STAY ON THE ISLAND

If you wish to stay longer and really get to know the island, go ahead and book some accommodations at the 115-room *Manoir D'Youville*. The resort has numerous facilities and a spectacular view of the Châteauguay river and lake Saint-Louis, ideal for restoring your energy before the trip back home. Near Manoir D'Youville, you'll find *Bistro La Traite* and a diversified menu big on regional products and local flavours. Sip your drink on the sumptuous terrace facing the island's apple orchard and take in every minute of your stay.

A LITTLE HISTORY TO ACCOMPANY YOUR NEXT VISIT

If you wish to explore the region's history and religious heritage, *Les Sanctuaires du fleuve* will provide you with the perfect excursion. The activity takes you through seven historical and spiritual sites to immerse you in the surprising and unique cultural and architectural past of the Montérégie. You will start from Manoir D'Youville, the only resort on the itinerary, and then proceed along the majestic Saint Lawrence River to learn about the people, lives and customs of the period: heritage buildings, contemplative areas, museums and religious facilities are among the historical gems you'll visit. Fascinating discoveries, splendid sites and beautiful structures await you.

CYCLING TOURING

Discover the Montérégie *by bike*

The Montérégie is home to *Québec's longest cycling network*. Its bike paths, routes and loops stretch *1,000 kilometres*. Major bikeways link the network to many of the neighbouring regions. The Montérégie is rideable April through November thanks to a wide range of itineraries. Be sure to read our cycle tourism magazine, *Cap sur le vélo*!

DOWNSHIFT TO SLOW TOURING

Here, each ride encourages *taking the time* to admire your surroundings and savour every discovery. The Montérégie's bike paths are a *feast for the eyes* and for the *tastebuds*. They're well *worth the ride*, spring through fall!

Discover the cycling
network →



Parc régional des
Îles-de-Saint-Timothée

Renaud Blanchet's biking adventure

Is there any better way to spend a sunny day than bike touring the Montérégie? For influencer, epicurean and avid cyclist *Renaud Blanchet*, the region's bike paths are portals to tantalizing *local flavours* and *must-see* places. "I bike a lot to work out but also for fun. And it's perfect, because the Montérégie's bike paths are tailor-made for *cycle tourism*!"

MONTREAL TO CHAMBLY: A TREK FOR FOODIES AND HISTORY BUFFS

Leaving Montréal for Chambly, Renaud took the *Route verte* along the Champlain bridge. He obviously stopped to admire the arresting structure up close. Renaud then headed for Chambly via the *Riveraine* and *Montée du chemin de Chambly* bike routes.

A foodie stop, for starters. *Strom* Nordic Spa's restaurant, the *Nord Laboratoire culinaire*, did not serve Renaud your average meal. Instead, they plated a culinary experience with local products as its centrepieces. Meats from the region, homegrown cheeses, homemade bread and vegetables mingled in dishes packed with flavour. Renaud enjoyed his meal just as much as the pleasant atmosphere he experienced there.

Next to the restaurant, he made his way to the *Fort Chambly National Historic Site*. Standing over the Richelieu river, this 17th century fort was built to protect the colony against invasions. Renaud



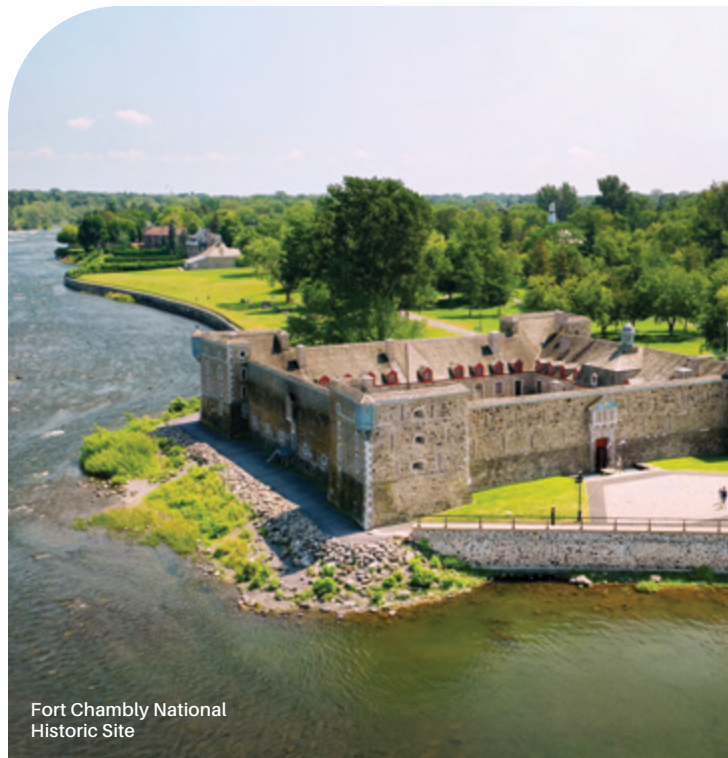
© Nord Laboratoire culinaire

found the architecture and its military pedigree very impressive. Who leaves the area without a sweet treat? Not Renaud, who swung by *FG Chocolatiers*, where he fell in love with their sea buckthorn mango ice cream. He also couldn't resist the delectable hazelnut praline chocolates he had with his coffee.



RIDING THE VALLÉE-DES-FORTS BIKEWAY

Renaud got on the *Chambly Canal bike path* before connecting with the *Vallée-des-Forts bikeway*, a 40 km ride stretching from Chambly to the US border. Along the way, Renaud dropped by *Terre à Boire*, a brewery farm in Saint-Blaise-sur-Richelieu. Here, beers and spirits are crafted with grains and berries grown onsite. The influencer was won over by the beers and spirits he tasted, but was also taken by the charm the place exuded, from the building made of reclaimed barnwood to the terrace overlooking the peaceful countryside.



CAPPING THE DAY OFF WITH SOME REST

Renaud enjoyed a well-deserved restful night at *La cache du Lac Champlain* in Venise-en-Québec, a *Bienvenue cyclistes!* certified cycling-friendly hotel. Located on the shores of Lake Champlain, this tranquil complex provided him with all the comforts he needed after a full day of riding. The soothing calm of the site, the nearby water and the quality of the facilities all contributed to an exceptionally relaxing stay.

Renaud's journey showcased the rich diversity of the Montérégie by bike—nature, food, and history, each revealing something remarkable with every pedal stroke.

[View his entire itinerary →](#)



Cap sur le vélo Your Cycle Touring Magazine

Plan your next getaway with *Cap sur le vélo*, a magazine featuring the best routes, practical tips, and must-stop locations along bike paths and cycling circuits.

Whether you dream of long rides or are looking for a family-friendly activity, this magazine will guide you through the region's most beautiful landscapes, all to be discovered by bike.

Get the latest edition of
Cap sur le vélo →



TOURISME
MONTÉRÉGIE

Fièrement Vélo! in the Montérégie

Fièrement Vélo! makes sure riders feel welcome and at home in the Montérégie. The initiative features participating restaurants, shops and attractions that are cycling-friendly and can provide services such as information about the region's bike networks, copies of the magazine *Cap sur le vélo*, kits containing a hand air pump and maintenance tools for minor repairs, and locks to secure your bike.

Discover all participating
businesses →



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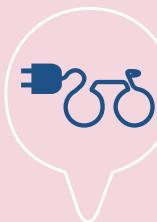
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OUTDOORS

So much nature *to explore*

From forest trails to waterways, the Montérégie is literally covered in *scenery* that catches the eye season in, season out. Come for the hiking, the beaches, kayaking, skiing or to power down. Every experience here reveals a unique side of the region.

Parks, mountains, lakes and rivers – all perfect settings for *contemplative* outings or activities away from the city. Between breathtaking views, interacting with the fauna, and sublime peace and quiet, you'll always be in touch with *nature*. All it takes is slipping on your hiking shoes or grabbing a paddle, and you're off *discovering* these vast open spaces, located only minutes from major urban centres by car!

Discover all places
to explore →



Gault Nature Reserve - McGill University

PARC NATUREL

DES RUISSEAUX

Nearly 5 kilometers
of hiking trails

47.28 hectares
of vast green spaces

Forest mostly made up of
red maples and aspen poplars

26 species of birds observed

Frogs, tree frogs, salamanders
and garter snakes



CHAMBLY

Exit

22

on Autoroute 10

ville.chambly.qc.ca

COME TAKE
A WALK!



Photo credit: Alexandre Charron

Step into nature

This region is ideal for discovering hiking. With well-marked trails, gentle inclines, and a diversity of landscapes, everything is in place for you to walk at your own pace and enjoy nature peacefully.



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nature centres →





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Sorel-Tracy

A place of land and water

Sorel-Tracy is bordered by the Saint Lawrence and Richelieu rivers, with Lac Saint-Pierre nearby, an ideal setting for *outdoor* enthusiasts and *water sports* lovers. The city and its surroundings offer vast natural spaces, a *rich heritage*, and over 380 years of history, making it a fascinating place to explore.

Statera – L'archipel fabuleux

You can't go to Sorel-Tracy and not visit *Statera – L'archipel fabuleux*, a fabulous tribute to the natural beauty of the Sorel group of islands. This harbourfront attraction operates guided boat excursions that meander through the islands of the *Lac Saint-Pierre biosphere reserve*, a UNESCO-recognized ecosystem. Statera also screens 360° films under its exterior dome and features an interactive virtual reality walkthrough experience.



Biophare

The *Biophare* is a must to understand the history and biodiversity of Sorel-Tracy. This museum hosts captivating exhibitions spotlighting the city's heritage and the fascinating ecosystem of the surrounding islands. Also, *Randonnée nature*, a three-hour boat excursion in the heart of the Lac Saint-Pierre archipelago, offers visitors an exclusive glimpse of the local wildlife and plantlife, and an opportunity to learn some surprising facts about the area.

Parc Regard-sur-le-Fleuve

This park next to the *Biophare* is the ideal quiet spot for picnicking, strolling, cycling, and admiring sunsets over the Saint Lawrence River. The lookout promises breathtaking views, while the rest areas vow pure relaxation. Conveniences include a boat launching ramp, a playground and a public chalet with washrooms.



Kayakalo

Kayakalo offers adventure seekers the perfect unique experience. Seasoned guides will accompany you on a 10 km kayak crossing of the Sorel group of islands. Over the course of four hours, you will see the archipelago up close and personal. You might even spot a great blue heron. Then there's kayaking at night for an even more unforgettable experience. Paddle under the stars in the quiet of night and enjoy the sunrise from the best seat in the house. Breakfast will await you back at the shore, to complete this one-of-a-kind adventure.



STAY IN SOREL-TRACY

Stay a little longer, if you like. Book a spa day or a restaurant table at *Hôtel de la Rive*. And July is when Sorel Tracy's port city hosts its annual *GIBFEST*: live music, dancing, 1 and 5 km races, family daytime activities including inflatable games, a ceramic painting workshop, a live show for kids, and much more!

La Sauvagine bike path

This 12 km fully-asphalted bike path stretches from Sorel-Tracy to Saint-Robert. You'll pedal through fields, woodlands and farmland, paving the way for a safe and serene ride in the middle of nature.



**Paddling peacefully
through the
majestic islands.**

**Dining in the heart
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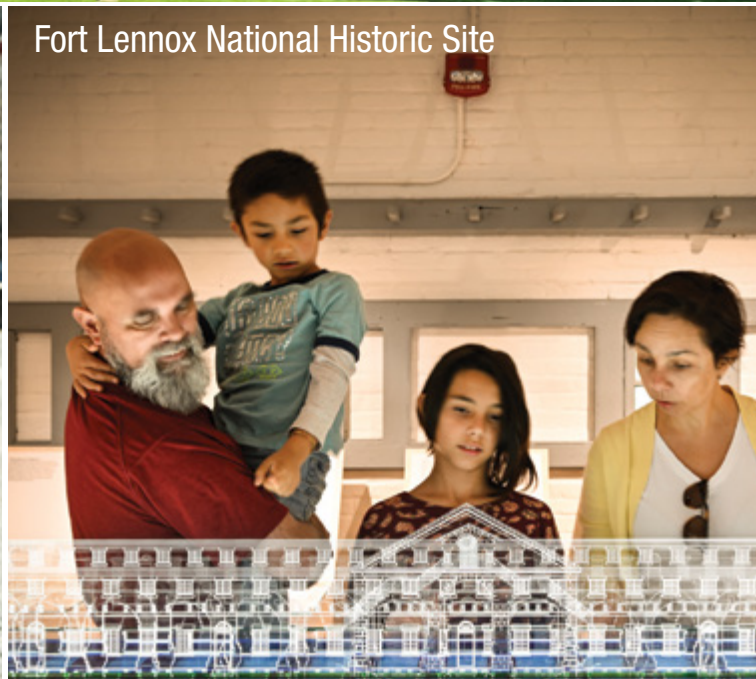
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Coteau-du-Lac National Historic Site



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Where to *golf*

The region teems with an amazing *range of golf courses* with *gorgeous views* and quality facilities for *all levels* of play. Here are a few *options worth considering* for your next outing.

Club de golf Saint-Jean Saint-Jean-sur-Richelieu

This century-old golf club, once private and members-only, is now open to all. It is impeccably maintained, making it a favourite with golfers. The picturesque view from its signature Hole 16 is outstanding: the Richelieu river on one side, a sand-trap-rimmed lake on the other.

Le Parcours du Cerf Longueuil

Deemed one of Québec's most reputable golf clubs, this 39-hole property is actually two golf courses: the 12-hole Actuel, and the Classique, which offers three nine-hole layouts. Golfers especially like the exceptional quality of the bentgrass surfaces, which are rare in Québec.

"What I like about golfing in the Montérégie is the array of courses, tailored to all levels. Whether you're looking at the Monteregian Hills in the distance or a lake nearby, the scenery is always magnificent!"

— FRANÇOIS, DEPUTY
EXECUTIVE DIRECTOR



Golf du Lac Champlain

Golf Domaine de Rouville Saint-Jean-Baptiste

Located near Mont Saint-Hilaire and Mont Rougemont, this club houses an 18-hole course as well as a par-3 nine-hole perfect for beginners. Some holes deliver a breathtaking view of Mont Saint-Hilaire, which really puts on a show in fall when the landscape is awash in colours. The practice facilities are definitely not an afterthought and include a lit driving range so you can hone your game even after dark.

Club de Golf Saint-Anicet Saint-Anicet

This golf club operates an 18-hole course in peaceful natural surroundings, right near the shores of lake Saint-François. Known for its friendly welcome, golfers find playing on this varied and well-maintained course an enjoyable experience.

Discover the golf courses →

Mountains in every season

Mont Saint-Bruno and *Mont Rigaud* can be explored year-round and provide the perfect setting to discover the *joys of the outdoors*. Whether skiing, snowshoeing, fat biking or mountain biking, there's a wide variety of *accessible activities* from winter through fall.



Ski Saint-Bruno
© Antoine Anctil



© Mont Rigaud
Ski et Vélo de montagne



Parc national du
Mont-Saint-Bruno



© Mont Rigaud
Ski et Vélo de montagne



© Sentiers de L'escapade

Weekend *getaway* ideas

Looking for ways to make the most of your *weekend*? Montérégie offers a wide range of experiences to enjoy during a short stay. To inspire you, check out our *weekend itineraries* designed to combine relaxation, adventure, and simple pleasures.

Whether you're craving nature, culture, local flavors, or a moment of well-being, these suggestions will guide you to *must-see* spots. All that's left is to choose the itinerary that suits you best and make the most of every second.

Potager Mont-Rouge Halte Gourmande,
© Prêts pour la route



Relaxing and exploring from *Hôtel MOCO*

Located in Salaberry-de-Valleyfield, *Hôtel MOCO* is the perfect starting point for getting to know the region. It is surrounded with abundant hidden gems, so there's something for all visitor types. Here are some *must-dos* and -sees to liven up your summer escapade.



BIKE ALONG PICTURESQUE TRAILS

Two exceptional bike trails intersect right where *Hôtel MOCO* sits: the *Beauharnois-Salaberry regional park bike path* and the *Soulanges bike path*. Both are picture-perfect for invigorating rides stretching over kilometres of countryside and along rivers. As it happens, the hotel is cycling-friendly and its *Bienvenue cyclistes!* certification guarantees riders enjoy the equipment and services they need. Consult our cycle tourism magazine *Cap sur le vélo* to plan your itinerary.



JOURNEY THROUGH CHOCOLATE AT MUSÉE DU CHOCOLAT DE LA PETITE GRANGE

Sweet lovers will find bliss inside the *chocolate museum of La Petite Grange*. In addition to learning about the history of this fabulous treat so many of us adore, you'll be able to taste freshly prepared baked goods and pastries, or indulge in one of their delicious sandwiches. A delight not to be missed!

STOP FOR A TASTING AT DISTILLERIE 3 LACS

This popular distillery includes a shop stocked with craft spirits bursting with local flavours. For a more immersive experience, there are guided tours with tastings (Saturdays only) for a captivating appreciation of these fine spirits crafted in-house.



A WATER ESCAPE AT THE VIEUX CANAL

Just a few steps from Hôtel MOCO, the *Old Canal* draws boaters and strollers alike with its docks, bars, and watercraft rentals. *Location Quatre Lacs* offers pontoons, kayaks, and paddleboards, a great way to enjoy the calm waters and get a closer look at the Baie Saint-François fountain!



Baie Saint-François fountain
© Guillaume St-Amand



MUSO -
Musée de Société
des Deux-Rives

DELVE INTO HISTORY AT THE MUSO

Culture devotees simply must visit the *Musée de société des Deux-Rives*, or *MUSO*. The permanent exhibition "The fabric of a city" will plunge you into the region's rich textile heritage. The museum also runs numerous temporary exhibitions.

CHILL UNDER THE SUN AT PARC RÉGIONAL DES ÎLES-DE-SAINT-TIMOTHÉE

There's nothing better than an afternoon at the beach to make the most of summer! This regional park is perfect for lounging in the sun, enjoying a dip in crystal-clear water or renting a watercraft. Be sure to book your tickets to guarantee admission to this peaceful oasis.



Parc régional des
Îles-de-Saint-Timothée



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Escape for the weekend this summer in *Saint-Jean-sur-Richelieu*

Visiting *Saint-Jean-sur-Richelieu* in summer is always a good idea! That's when this city, just 30 minutes from Montréal, truly shines, blending its *rich history* with a lively *festive spirit*. August is the perfect month for exploring this Québec destination, where imagination gets to soar under a sky dotted with *multicoloured balloons*. Also, this summer, the city is hosting a historical exhibition you'll want to experience!



Vieux-Saint-Jean
© NoMondayClub



Hot air balloons, Richelieu river

PARTY LIKE IT'S AN INTERNATIONAL HOT AIR BALLOON FESTIVAL

The International Balloon Festival attracts hundreds of hot air balloons of all shapes and hues that are a sight to see. You can even book your own hot air balloon ride, if you dare.

This dazzling festival also draws international music stars. It runs from August 8 to 17. The lineup of activities spans all age groups, there are dedicated areas where you can enjoy the festivities drink and snack in hand, and the concerts cover a wide range of genres. Sounds like the makings of an unforgettable time!



The International Balloon Festival
© Laurianne Gervais C.

RELIVE THE SIEGE OF 1775 IN THE EYE OF AN IMMERSIVE REENACTMENT

The weekend of August 15 to 17, Saint-Jean-sur-Richelieu will also be marking the 250th anniversary of the siege of 1775, an event that will be sure to captivate history and reenactment buffs as well as curious minded visitors.

For the occasion, the *Fort Saint-Jean Museum* will stage an immersive historical reenactment that will put visitors right in the heart of the American Revolutionary War era.

For four days, the museum grounds will be home to British and American encampments open to the public. Visitors will be in the thick of it as actors in period costumes perform military exercises and demonstrate some of the craftwork and culinary methods of yore.

Visitors will also have the opportunity to attend educational and interactive workshops, where they will learn about the military techniques of the day and even try their hand at simulating firing a musket.



© Audrey M.

If you're curious and passionate about history, this exhibition is your chance to meet likeminded enthusiasts who are helping revive this pivotal period from Canada's past.

While there, check out an exhibition on Fort Saint-Jean and the invasion of Canada running until 2026. A companion to the museum's historical reenactments, it is an invitation to time-travel through objects found during recent archeological digs, official records, battle maps and reconstructions of the fort's defenses.



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KEEP THE ADVENTURE ALIVE AT THE MUSEUM

For those interested in furthering their understanding of the region's rich military past, the *Fort Saint-Jean Museum* has a permanent exhibition timelining the history of the fort since its construction in 1666. Through artifact collections, archives and interactive shows, visitors learn about the many military conflicts and developments this strategic site has witnessed over the centuries.

As for fans of underwater archeology, this coming September and October will see work on a shipwreck dating back to the siege of 1775.

This project, being carried out jointly with the Maritime History and Underwater Archaeology Research Institute (MHUARI), will feature conferences and presentations for visitors on the latest archeological finds that are helping shed light on the past submerged in the Richelieu river.



A WEEKEND FOR LOOKING UP, AND BACK

Whether you enjoy history, aeronautics or simply getaways that step out of the ordinary, for one weekend in August, Saint-Jean-sur-Richelieu has it all, festivities and culture. Between the magic of hot air balloons and the drama of historical reenactments, regardless of whether you'll be looking up or back, you can look forward to an enriching experience and unforgettable summer memories.

Once in Saint-Jean-sur-Richelieu, take the time to explore *Vieux-Saint-Jean*. Amble the streets lined with quaint shops and terraces in search of restaurants and cafés brimming with local products. From artisanal pastries and great coffee to regional specialties, foodie locations abound and will delight any palate.

For a comfortable stay, the *Saint-Jean-sur-Richelieu Holiday Inn* houses modern, welcoming rooms and several amenities onsite. For something completely different, consider *Flotel* and their floating fully-equipped units on the Richelieu river. Immerse yourself in the experience, leave with lasting memories!



Where to sleep, your way



Hôtel Escad
Quartier DIX30

Stretching your visit in the region is an opportunity to *pace yourself* and fully enjoy where you are in the moment. From modern and comfortable lodgings to open-air accommodations, and options even more out-there, you'll find the *perfect spot* for your overnight stay or longer.

The Montérégie is home to a range of accommodations to match any *getaway*, whether for a night on the *town* or immersed in *nature*. A vast selection of places to sleep allows you to prolong your adventure so you can really turn up the rest and relaxation.

Legend



Urban accommodation



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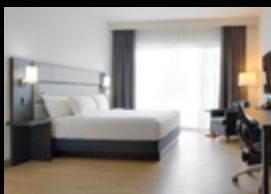
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Accommodations straddling *nature* and *urban* vibe

The Montréal region brims with *lodging options* that are both unique and diverse so you can thoroughly enjoy the region's many attractions. From the *beat and vibe of city life* to the *peace and quiet of the countryside*, you can count on finding accommodations matching what you're looking for. The following establishments will amaze you with their warmth and hospitality, where all the details come together for a delightful stay.



Hôtel Alt Quartier DIX30

Brossard

Staying at the *Alt Hotel Quartier DIX30*, located in the heart of Brossard's Quartier DIX30, means being in the thick of the city's bustling lifestyle. Owned by Groupe Germain, the hotel is surrounded by restaurants, coffee shops, bars and boutiques, which makes it a must if you love going out shopping and exploring. Hop inside SKYSPA right next door for some total relaxation and indoor steam baths, outdoor plunge pools, Finnish saunas and specialty treatments. Take in an evening show to cap off your perfect getaway!



Hôtel Alt Quartier DIX30



Château Vaudreuil



Château Vaudreuil

Vaudreuil-Dorion

Discover *Château Vaudreuil*, a luxury five-star hotel bordering the Lake of Two Mountains. Known for its lush settings and numerous green spaces, Château Vaudreuil abounds with things to do, whether you enjoy good food or unwinding in style. Come delight in the sprawling grounds and stunning views!



Hôtel de la Rive Sorel-Tracy

The total package awaits you at *Hôtel de la Rive*. For a perfect stay, pamper yourself at *O Spa Nordique*, then delight in the food and ambience of the trendy *Steakhouse & Bar*. There's no better way in the Montérégie to admire the breathtaking view of the Saint Lawrence River!



© Hôtel de la Rive



Hôtel Rive Gauche — Refuge Gourmand



Hôtel Rive Gauche — Refuge Gourmand Belœil

The contemporary design of *Hôtel Rive Gauche — Refuge Gourmand* fits the surrounding Richelieu river and Saint-Hilaire mountain like a glove. Enjoy outdoor activities nearby, followed by good food and good wine at *Le Coureur des Bois*, an exceptional restaurant with a world-renowned wine cellar.



La cache du Lac Champlain Venise-en-Québec

At *La cache du Lac Champlain*, you can look forward to an unforgettable time where gastronomy and relaxation go hand-in-hand. The *Noah Spa* will revitalize you, you'll enjoy exclusive access to the golf courses, and the *Greg Bistro* restaurant will serve you the most decadent meal. Both modern and naturally charming, this resort complex will further enchant you with a spellbinding view of magnificent Lake Champlain.



La cache du Lac Champlain



Le Mangeoir
Saint-Anicet

Le Mangeoir is where you stay for the charm and hospitality of a farm inn. These accommodations in a splendid pastoral setting are part of an agritourism farm experience that is totally unique. Book a table during your visit for a chance to enjoy country-style food made with ingredients from the farm.



Flotel
Multiple Destinations

Try *Flotel* and their one-of-a-kind floating accommodations for a memorable stay on water. Enjoy an array of nautical activities and shopping and dining nearby at any one of these Flotel locations in the Montérégie: Salaberry-de-Valleyfield, Saint-Jean-sur-Richelieu and Saint-Blaise-sur-Richelieu. Let the water rock you and experience a getaway that is totally out there!



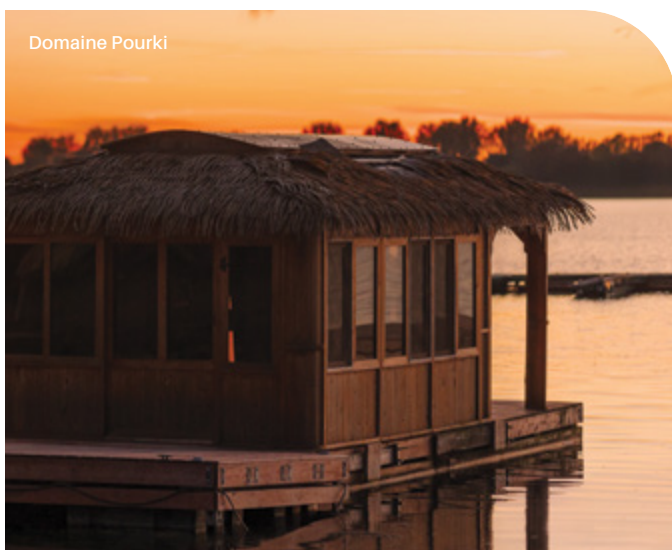
Auberge des Gallant
Sainte-Marthe

Auberge des Gallant is an oasis of comfort and relaxation nestled between Montréal and Ottawa. This unique inn is ideal for foodies who also love the outdoors and new discoveries, thanks to the inn's facilities and the myriad activities nearby. Auberge des Gallant promises visitors and guests a thoroughly authentic experience, including the refined cuisine of its restaurant, the *117*, where the flavours of the terroir and local products always shine.



Domaine Pourki
Sainte-Anne-de-Sabrevois

With its vast grounds and wide range of sport and water activities, *Domaine Pourki* is specifically designed to revivify you while you're here. Nestled along the Richelieu river in Sainte-Anne-de-Sabrevois, this resort centre delivers a countryside experience that you can either enjoy from floating Bora Bora-type huts or cozy cabins.



A *pocket guide* to Montréal campings

The Montréal, known for its varied landscapes and vast array of outdoor experiences, is home to a wide range of campsites for a *perfect nature getaway*. Whether camping for you means being active or *relaxing*, the region offers a treasure trove of options with topnotch facilities for *unforgettable trips* with family or friends.

Le Sablon Plage et Camping Saint-Polycarpe

This four-star beach and camping destination combines fun and relaxation, making it totally perfect for vacationing with family or friends. Rent a tent or a trailer on one of our 180 spots, then head over to the golden sandy beach for some volleyball. Thrills and memories guaranteed!



Camping à la Claire Fontaine Saint-Stanislas-de-Kostka

Picture yourself lakeside this summer along Lac Saint-François. Then imagine pleasant bike rides, spectacular sunsets, or playing a match on one of the tennis or bocce ball courts. On hot days, enjoy dips in the inground pool or at the beach conveniently located right on the campground.

Camping Domaine Florent Venise-en-Québec

Domaine Florent invites you to camp along the shores of Lake Champlain. A range of campgrounds abounds, ready to accommodate recreational vehicles, trailers and pop-up campers. Leave the beaten path behind and look forward to exciting activities like kitesurfing, mini-golfing, baseball, bocce-balling and the giant trampoline. Your holiday will be unforgettably amazing!



Camping les Cèdres Saint-Jean-sur-Richelieu

More than 700 spots for tents and trailers, a swimming pool, waterslides, basketball and pickleball courts, a beach and an open-air theatre, all combine at *Camping les Cèdres* to ensure you enjoy a wonderful Montérégie getaway. The campsite's sweeping grounds and proximity to numerous tourist attractions like the berry farm *Domaine des petits fruits* and the river cruises *Croisières d'Iberville* make Camping les Cèdres the complete package for campers of all ages!



© Camping Les Cèdres



© Camping de l'Île

Camping de l'Île Roxton Falls

Open year round, *Camping de l'Île* is popular with campers summer or winter. They come for the snowshoeing trails, the river rafting and canoeing, the ziplining, and to cap the day off in the spa section of the campground. You can book your pitch or rent a cottage or trailer. Either way, Camping de l'Île is lovely season in, season out.

Domaine international de Rouville Saint-Jean-Baptiste

Domaine international de Rouville equals family fun! Featuring indoor and open-air shows on the golf courses, an aquapark, and gorgeous beaches bordering two lakes, this resort estate bustles with activities for the whole family. Book your pitch and enjoy the most extraordinary holiday.

Check out the full
list of campsites →



© Domaine international de Rouville

Montréal online

Tourisme Montréal provides you with *several online tools* to help plan your stay in the region.

Website

To find more inspiration, visit our website and explore a wide range of ideas to enhance your next trip in Montréal with unique experiences!

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