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COVID-19 Notice: Welcome to the Côte-Nord! The information in this guide might have changed as the public health situation evolves. Be sure to check with the tourism business or visitor information centre in question before you arrive.

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Use the regional map printed on the fold-out portion of the guide to help you get around.





Website

Our website is a must-visit for anyone looking for tourism-related information on the *Côte-Nord*. Use the Itinerary tool to create your own North Shore discovery tour!

tourismecote-nord.com

Facebook

The best way to be in the loop about new *Côte-Nord* tourism developments and to share them is to follow us on Facebook. Stay on top of North Shore news year-round: contests, festivals, testimonials, fun facts and more!

@tourismecotenord

Instagram

Discover the *Côte-Nord* through pictures on our Instagram account, cotenordquebec, and tell us about your trip using #CôteNord and @cotenordqc. Seeing it through your eyes gives us and other visitors a new perspective on the region!

@cotenordquebec

YouTube

Subscribe to Tourisme *Côte-Nord*'s official YouTube channel for fascinating clips of stunning scenery, must-visit attractions, bustling towns and picturesque villages, whale-watching trips, the arts, fine dining, snowmobiling and hunting trips. New videos uploaded each season.

/tourismecotenord

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		Overview

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Route des Baleines (Whale Route)

18 **Regional Sectors**

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99 Around Natashquan 102 Around Basse-Côte-Nord

Profile of the Region





Côte-Nord Overview

The Côte-Nord (North Shore) is a vast area defined by its proximity to the majestic St. Lawrence River. Between the region's outer limits - Tadoussac and Blanc-Sablon - stretches 1,300 km of picturesque shoreline dotted with cities and villages, sandy beaches and towering cliffs, rocky headlands, mud flats, sandbanks, coves and bays. As you move inland, you come to a vast ecosystem known as the boreal forest. Northern cities like Fermont and Schefferville are located in this forest, hundreds of miles from other large centres. The wilderness is vast and untamed, the scenery spectacular. Visitors to the Côte-Nord will be struck by the friendly welcome they receive in villages and Indigenous communities, but they can also strike out on their own, to recharge their batteries in the peaceful silence of nature.

Côte-Nord: Nature, beyond measure

The *Côte-Nord* covers all of eastern Québec until the border with Labrador. Its western gateway, Tadoussac, is 220 km from Québec City and 475 km from Montreal. It can also be reached by Route 172 from Saguenay, by taking one of the many ferries leaving from Newfoundland, or from Trois-Pistoles, Rimouski or Matane on the south shore of the St. Lawrence. From Tadoussac to Kegaska, coastal towns and villages are linked by the legendary Route 138. Further east, the villages of the *Basse-Côte-Nord* (Lower North Shore) can be reached by sea in summer and by snowmobile in winter on the *Route Blanche* (White Trail). Blanc-Sablon, the last village before the Labrador border, has a small regional airport.



❷ ◎ M. Malherbe tourismecote-nord.com

Some history

The Innu and Naskapi Nations are descended from the first people who occupied this region, whose origins date back nearly 9,000 years. History buffs will be thrilled to learn that the North Shore has over 1,400 archaeological sites. It is also the first Québec region to be described in the 16th century by Jacques Cartier, the famous explorer from Saint-Malo who was sent by François I to establish the colony of New France.

The sea and its creatures: the whales

As you enter the Côte-Nord, the St. Lawrence River becomes the St. Lawrence Estuary and then the Gulf of St. Lawrence. Locals refer to it as la mer (the sea). Whatever you call it, it's a powerful, mesmerizing presence that moves in time with the Atlantic tides. This body of water is inhabited by 13 species of whale and 3 seal species that swim in the food-rich waters close to shore. These fascinating creatures can be observed either on a whale-watching cruise or from land. Insider tip: the Route des Baleines (Whale Trail) leads you to the very best land-based whale-watching spots.





Where the forest ends and the taiga begins

The Manicouagan Regional County Municipality (RCM) has a whopping 54,800 km² of terrain for visitors to discover,, including such noteworthy attractions as the Manicouagan-Uapishka World Biosphere Reserve, recognized by a UNESCO designation. The reserve encompasses the town of Baie-Comeau, the surrounding villages, and the entire backcountry of boreal forest, mountains, and taiga, and is one of the largest such reserves in the world. Another unique feature is the crater – one of the biggest on the planet – left by a meteorite that fell to earth over 214 million years ago.

The northern Caniapiscau region, where the famous caribou herds live in the trackless taiga, is a favourite destination for seasoned hunters, anglers, canoeists, and snowmobilers.

Major industries and bustling cities

To this day, the immense boreal forest, fast-flowing rivers and abundant natural resources are the backbone of the North Shore's key economic activities, such as hunting, fishing, logging, mining and producing hydroelectricity. The region's economy also relies on the presence of major industries, although it is currently diversifying into areas such as tourism. Visitors can tour the imposing hydroelectric dams – a testament to Québec's engineering genius – as well as some major industrial facilities and mining sites.

The North Shore's largest cities include Forestville, Baie-Comeau, Port-Cartier, Sept-Îles, Havre-Saint-Pierre and Fermont. These urban centres strike a balance between availability of services and proximity to nature, and have something for every taste: museums, parks, historic churches, interpretation centres, industrial tours and festivals.





Islands and stone giants

People come to the Minganie region to experience the life described in the songs of legendary Québécois singer-songwriter, Gilles Vigneault. The Rivière au Bouleau that runs through the municipality of Rivière-au-Tonnerre is the gateway to a region that is characterized by vast sandy beaches, islands and peaceful villages. The Mingan Archipelago National Park Reserve attracts visitors eager to take a boat or kayak tour and gaze upon its monoliths: the mysterious limestone formations scattered among the archipelago's islands that have been eroded by wind and sea.

L'île d'Anticosti is a favourite destination for hunters because of the Virginia (or white-tailed) deer that live there. However, the island also has impressive caves, canyons and waterfalls. From Port-Menier, the main road that bisects the island leads to outfitting camps and the remarkable plant and animal life that help make this island such a magical place. Québec's largest island is also world-famous for its outstanding fossils. It is now on Canada's Tentative List for World Heritage Sites; an important step in the island's bid to be recognized as a UNESCO World Heritage Site.

Create your own adventure!

The North Shore is a magnet for people who love adventure! Expedition 51° takes them on a 1,700-km road trip on Routes 389, 500 and 501, from Baie-Comeau, through Labrador City to Blanc-Sablon. The most determined can do it in 26 hours, but others can stretch it out to several days or even weeks.

In the alpine tundra, the 1,000-m (3,281-ft) peaks in the Groulx Mountains attract experienced hikers and wildlife observers looking for an independent adventure.

The rugged coastline and groups of islands are full of secret places for eager kayakers to discover. Pleasure

boaters can drop anchor in one of many quiet coves or peaceful marinas.

In winter, the many sledding trails and routes ensure a steady stream of snowmobilers to the North Shore, as well as dogsledding, skiing and snowshoeing enthusiasts.

Innu communities

The region is home to about 15 First Nations' Innu communities and one Naskapi community. Their celebrations, festivals and *maisons de la culture* (cultural centres) provide opportunities to gain a greater understanding and appreciation of their values, traditions, proximity to nature, and nomad spirit. Many communities offer lodging so visitors can stay in the community and learn more about the Indigenous way of life.

The Basse-Côte-Nord (Lower North Shore)

The Lower North Shore's fifteen or so colourful villages that dot the coast for 475 km can only be reached aboard a supply ship. Or you can wait until winter and take a snowmobile along the *Route Blanche*. In this part of the world, the breathtaking panoramas are only matched by the warmth and distinctive character of the local communities.

The North Shore is so vast that many other discoveries await. Like the fine dining scene, which local chefs and producers are constantly refining with new products, new regional flavours, surprising taste combinations, microbrewed beers and artisanal spirits.

You're bound to experience the wonderful sensation of feeling small in such a vast, untamed wilderness. But whether you're strolling along the shore of the St. Lawrence or wandering through the boreal forest, the North Shore always makes you feel at home, and ensures you'll always want to come back.

U E 10 °°



Tadoussac Bay and the Fjord

Tadoussac recalls the era of New France with a replica of the first fur trading post and the oldest wooden chapel in North America. Located at the confluence of the St. Lawrence River and the Saguenay Fjord, this village has always been a place where different peoples can come together. Come to the gateway to the *Côte-Nord* and admire its bay – one of the most beautiful in the world – endless beaches, towering cliffs, dunes and forests.

Find Out More p. 27

Whale Watching

Meet the gentle giants of the sea on the water, either in a Zodiac – where you're closer to the waves – or on a traditional cruise boat. Choose from a two-hour or half-day trip, with dedicated captains and natural history experts who can tell you about the different species and their habits. Or, follow the Route de Baleines (Whale Trail) to the best on-shore viewing spots.

Find Out More pp. 110 and 115



Dams

Drive north from Baie-Comeau on Route 389 and you'll come to two enormous hydroelectric dams:
Manic-2 and Manic-5. These impressive structures are a testament to Québec's engineering genius.
The Daniel-Johnson dam, or Manic-5, is the largest multiple-arch buttress dam in the world. In October 2019, to mark the dam's 50th anniversary, a monument symbolizing the collective memory was

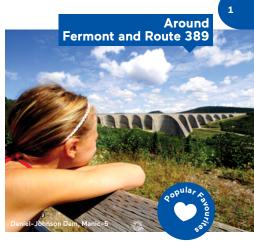
Find Out More pp. 64 to 65 and 97



Mingan Archipelago

For a few hours or a few days, slow down and live at a different pace. Gaze at the archipelago's monoliths, those mysterious limestone giants shaped by the wind and sea. Go island hopping and discover puffins and many other seabirds, minke whales and seals. There's a wealth of fascinating plant life and geological formations waiting to be discovered, as well as lighthouses and their storied past.

Find Out More p. 98



Sept-Îles Archipelago

You and your travel companions can become "islanders" and enjoy activities such as bird-watching, mushrooming and exploring the natural environment and ecosystems. On La Grande Basque Island, explore endless beaches and many trails. On La Grosse Boule Island, visit the Purmer Ocean Farm that raises mussels and scallops, grows seaweed, and offers boat trips, talks and a variety of tasting experiences.

Find Out More p. 81



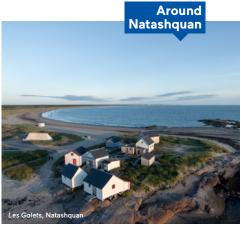


L'île d'Anticosti

Québec's biggest island is a fabulous vacation spot and a paradise for hunters and salmon fishers.

Travellers come to admire its beauty and discover its many treasures: thousands of white-tailed deer and foxes, many rare plant species, beaches, fossils, caves, canyons and waterfalls. An ecomuseum and several interpretive sites tell of its seafaring past and many legendary shipwrecks.

Find Out More p. 87



Natashquan

The village of Kegaska, 50 km east of Natashquan, is where Route 138 comes to an end. This is where your *Côte-Nord* trip concludes... and where your meeting with welcoming Innu and North Shore people begins. They are happy to share their living traditions, memories and ancestral know-how with you. In Natashquan, locals will tell you about village history, the life of famed Québec poet Gilles Vigneault, as well as local legends and stories.

Find Out More p. 99



A Côte-Nord road trip

Are you ready to go on a road trip, and discover vasts areas and fabulous roads, in stages? **The end of Route 138:** 844 km from Tadoussac to Kegaska (in Natashquan, souvenir end-of-the-road bumper sticker). **The 389 to Fermont:** 567 km, starting in Baie-Comeau (end-of-the-road souvenir bumper sticker in Fermont). **Expedition 51°, along Routes 389, 500, 510 and 138:** 1,780 km from Baie-Comeau to Vieux-Fort. **Île d'Anticosti:** 261 km from Port-Menier to Pointe-Sud (in roughly 6 hrs).

Find Out More pp. 15, 57, 60 to 63, 67, 87

The Lower North Shore and the MV Bella-Desgagnés

Because Route 138 ends at Kegaska, the villages of the Lower North Shore can only be accessed by the MV Bella Desgagnés that sails the route 10 months of the year. Experience life aboard a supply vessel that transports cargo and passengers and stops for a few hours in each village, with departures from Rimouski, Sept-Îles, Havre-Saint-Pierre and Natashquan: a unique travel option that combines comfort and adventure.

Find Out More pp. 102 and 123



Aurora borealis

Expedition 51°

Head north of the 51st parallel on a 1,700-km road trip that takes you all the way to Labrador and the Basse-Côte-Nord (Lower North Shore), through an unspoiled wilderness of lakes, forests and mountains. Routes 389, 500 and 501 will take you past unique Northern towns and through small Innu, francophone and anglophone communities. Stay at a hunting and fishing outfitter and gaze at the stars - perhaps even the Northern lights!

Find Out More pp.60 to 63

My Top Pick: The Gallix and Pointe-aux-Anglais beaches. With their miles of sand beaches, sea and endless sky, they're truly magnificent!

> Julie Bélanger from Port-Cartier







SHARE YOUR TOP PICKS AND WIN \$10,000 IN PRIZES!

✓ A TRIP TO L'ÎLE D'ANTICOSTI ✓ A TRIP TO UNAMEN SHIPU (LA ROMAINE)

TO PARTICIPATE, GO TO TourismeCote-Nord.com/RoadTrip







CIMM

108 rue de la Cale-Sèche Tadoussac

Find Out More p. 27



Sea excursions and observation

Find Out More pp. 155 to 123



Coastal National Parks

Find Out More p. 115



Cap-de-Bon-Désir

13 Chemin du Cap-de-Bon-Désir Les Bergeronnes

Find Out More p. 33

Route des Baleines (Whale Route)

A trip to the North Shore is a chance to experience the riches of the St. Lawrence: look for whales, discover an underwater world, stay on islands, and sample the freshest seafood you ever tasted. Whether you're roughing it or travelling in style, the St. Lawrence is worth exploring!

Days: 10 to 16

Total km:

795 (one way only)

Destinations: 18

For an overview of the route, see the regional map at the end of the guide (C-3).



Sea kayaking and paddleboarding

Find Out More pp. 125 to 128



Archéo Topo Centre

498 rue de la Mer Les Bergeronnes

Find Out More p. 32



Marine Environment Discovery Centre

41 rue des Pilotes

Find Out More pp. 35,129



Road guide CD, Sur la route de Natashquan

At Km 1088, Route 138 Rivière-au-Tonnerre

Find Out More p. 101



Parc Nature de Pointeaux-Outardes

Find Out More pp. 48 to 50



Anticosti National Park

Find Out More p. 88



The Glacier Garden

3 Ave Denonville Baie-Comeau

Find Out More pp. 52 to 53



MICS Interpretation Centre

625 rue du Centre Longue-Pointe-de-Mingan

Find Out More pp. 96, 121



Pointe-des-Monts Lighthouse

1830 Chemin du Vieux-Phare Baie-Trinité

Find Out More p. 56



Mingan Archipelago

Longue-Pointe-de-Mingan and Havre-Saint-Pierre

Find Out More pp. 98, 120 to 122, 128



Musée régional de la Côte-Nord

500 Blvd Laure Sept-Îles

Find Out More p. 84



Gilles Vigneault birthplace and the Old Schoolhouse

24 Chemin d'en Haut, Natashquan

Find Out More p. 101



Sept-Îles Archipelago

385 Ave Arnaud Sept-Îles

Find Out More p. 81



Relais Nordik, Lower North Shore

Boarding in Natashquan (4 days, 3 nights)

Find Out More pp. 123, 125





Les Escoumins

Our area is renowned for the legendary warmth of its people. Each year, numerous visitors come to discover the exceptional beauty of our natural heritage. Adventure seekers can go sea kayaking, take part in an excursion to observe marine mammals in their natural habitat or go scuba diving to explore the sea floor. Les Escoumins is a true fishing paradise and has everything you need to relax, including quality lodging, gourmet restaurants and a boardwalk along the river so you can enjoy the awe-inspiring scenery to the fullest.











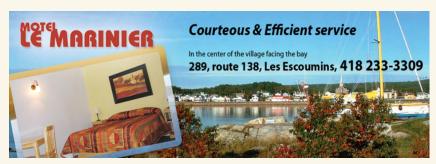


A delight for the senses!

2 rue Sirois, Les Escoumins QC, G0T 1K0 | administration.muni@escoumins.ca Information | 418-233-2663 (in season) | 418-233-2766 (off-season)

www.escoumins.ca





























Tadoussac, the western gateway to the region, can be reached by a free 10-minute ferry ride from Baie-Sainte-Catherine or by the Fjord Route (Route du Fjord, or Route 172) that runs from Saguenay through Sacré-Cœur. The Whale Route (Route des Baleines or Route 138) starts in Tadoussac and takes you on a 30-minute drive through Les Bergeronnes, Les Escoumins and the Innu community of Essipit. Local attractions include whale-watching excursions, interpretation centres and a heritage chapel. From Les Escoumins, a 1.5-hour ferry ride takes you to Trois-Pistoles on the south shore.







3 Scuba diving activities





25 Parks and outdoor sites



2 Ferries



Further east along the Whale Trail, the municipalities of Longue-Rive, Portneuf-sur-Mer, Forestville, and Colombier are surrounded by a rich habitat for wildlife. Salt marshes, sandbanks, and one-of-a-kind vegetation are sure to delight outdoor lovers as well as new and seasoned birders. A number of outfitter camps provide accommodation for hunters and anglers and, in summer, a ferry runs between Forestville and Rimouski.



Organized by sector, from west to east.

Tadoussac

Population 785 tadoussac.com - 6

A member of the Most Beautiful Villages of Québec association, Tadoussac is internationally renowned as a prime whalewatching location. The best way to visit this charming village is to stroll along its network of paths, admiring the scenery, heritage homes, and the occasional whale swimming close to shore. The surrounding dunes are home to over 80 species of birds and are one of the best birdwatching sites in North America. History buffs will get a thrill from the replica of the first New France fur trading post and the oldest wooden chapel in Canada.

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Aquilon Regional Market & Souvenir Shop

251 rue des Pionniers, Tadoussac 418-235-4380 - <u>lagalouine.com</u> Open: April 24 to Novembre 2.

This regional market and souvenir shop stocks a wide range of Québec gourmet products, including the line of Terroir Boréal foods made by our chef. Try them! You're sure to want to take a few typical North Shore products home with you. **Ad p. 22**

AML Boutique

≘(A)?

177 rue des Pionniers, Tadoussac 418-692-2634 or 1-888-748-4857 - <u>croisieresaml.com</u> Open: May to October.

This souvenir shop has something for everyone: jewellery, clothing, postcards, books and more.
Croisières AML cruise tickets can also be purchased here.

Aviation du Fjord Boutique

231 rue des Pionniers, Tadoussac 418-692-2634 or 1-888-748-4857 - <u>aviationdufjord.com</u> Open: July to October.

This souvenir shop has something for everyone: jewellery, clothing, postcards, books and more.
Croisières AML cruise tickets can also be purchased here.

CIMM (Marine Mammal Interpretation Centre) Boutique

108 rue de la Cale-Sèche, Tadoussac 418-235-4701 - gremm.org Open: May 10 to Novembre 1.

This gift shop is bursting with whale-related and sea-themed items: works of art, original T-shirts, local arts and crafts, stuffed animals and more, as well as the best whale identification guides in print. Gift shop profits are used to fund research on the St. Lawrence whales conducted by the Group for Research and Education on Marine Mammals (GREMM). Ad p. 21

La Malécite Boutique

195 rue des Pionniers, Tadoussac 418-235-1090 or 1-888-748-4857 - <u>croisieresaml.com</u> Open: May to October.

This boutique features an Aboriginal-themed décor and selection that includes souvenirs, arts and crafts, sculpture and clothing, with the goal of promoting Québec culture and helping visitors discover Aboriginal art. Croisières AML cruise tickets can also be purchased here.

≈6

Nima Boutique

231 rue des Pionniers, Tadoussac 418-235-4858 or 1-888-748-4857 <u>croisieresaml.com</u> Open: May to October.

This boutique is proud to offer original items by local artists and artisans, including clothing, jewellery, local arts and crafts, gift ideas, tableware and souvenirs.

Croisières AML cruise tickets can also be purchased here.

Marine Mammal Interpretation Centre - CIMM

108 rue de la Cale-Sèche, Tadoussac 418-235-4701 - gremm.org - **6 ○** Open: June 7 to June 20: 10 a.m. to 5 p.m.; June 21 to November 1: 9 a.m. to 6 p.m.

With the largest collection of whale skeletons in Canada, the Marine Mammal Interpretation Centre helps visitors learn more about these fascinating creatures. Explore their world through a sensory experience that includes sounds, games and exclusive film footage. Specialists in contact with researchers out at sea upload the latest whale news onto a giant screen. Your admission fee and gift shop purchases help support scientific whale research. Average time: 1 hour. Ad p. 21



Tadoussac Bay Club

197 rue des Pionniers, Tadoussac 418-235-4446, ext. 232 - world-bays.com

Located at the confluence of the Saguenay Fjord and the St. Lawrence River, the Tadoussac Bay of today is a place where history and culture come together in an outstanding natural setting. A member of the prestigious Most Beautiful Bays in the World Club, this charming village has stunning scenery and unforget-table memories in store for you.

Domaine des Dunes − Treetop Adventure Trails •

its.S

585 Chemin du Moulin-à-Baude, Tadoussac 418-235-4843 - <u>domainedesdunes.com</u> - **9** Open: Mid-June to late October.

Come and try out these thrilling treetop adventure trails, consisting of 23 cedar and rope structures suspended over a wood chip floor that's as soft as living moss. Learn fascinating details about the local wildlife and vegetation from the interpretation panels. Test your balance on the Spider Web, rappelling systems or the many rope bridges, and admire the breathtaking views. Pure pleasure for all ages, from 7 to 77! Closed in the event of rain. Ad p. 21.



Pointe de l'Islet Trail

(S) Too 64

100 rue du Bord-de-l'Eau, Tadoussac 108 rue de la Cale-Sèche - 1-866-235-4744

Directions: the loop trail starts at the Tadoussac pier or near the La Marée gift shop; bring along a picnic to eat on the rocks. This point of land is perfect for spotting marine mammal species because the seabed rises abruptly near Tadoussac, creating a funnel for the organisms on which they prey, and making it a veritable underwater feeding ground.



Le Jardin de la Grève | Garden

108 rue de la Cale-Sèche, Tadoussac 418-235-4701 - gremm.org - **€ 9** Open: Year-round.

Located next to the Marine Mammal Interpretation Centre (CIMM), this garden contains 50,000 perennials adapted to the North Shore's marine environment, and features five life-size sculptures of beluga whales. Free activities include a whale song workshop and meetings with CIMM naturalists. You might even spot belugas and minke whales from the rocks overlooking the Saguenay Fiord. Ad p. 21



Les Savons de l'atelier | Handmade soaps

706 Chemin du Moulin-à-Baude, Tadoussac 418-297-8116, 418-235-4949 belzileclaude@videotron.ca - • • Open: Year-round.

This artisanal workshop produces completely handmade, all-natural soaps made with Charlevoix goat's milk and vegetable oils. The blend of vitamins and minerals moisturizes and nourishes your skin. This original, exclusive range of high-quality handmade soaps will delight your senses with their natural fragrances and essential oils.

Tadoussac Bird Observatory (OOT)

(S) 🗺

750 Chemin du Moulin-à-Baude, Tadoussac 418-232-6249 or 1-877-637-1877 explosnature.ca/oot -

The OOT conducts its spring operations in Les Bergeronnes, and does its fall work in the dunes around Tadoussac. This area is considered the best place in Quebec to observe migrating day raptors. Visitors are encouraged to take a close look at these flying adult travellers and to attend banding activities offered daily from May to early June and from early September to late October.

Pourvoirie des Lacs à Jimmy | Black bear observation

9\$<u>1.</u>

(\$) *****.

62 Route 138, near Tadoussac 418-235-4814 or 1-888-868-6666 vacancesessipit.com - • Open: Mid-June to Mid-September.

You only have to travel 8 km from Tadoussac to see black bears in their natural habitat. Sit in an observation shelter and listen as your guide tells you about the behaviour and habits of these strong, smart and cunning creatures. Be sure to dress warmly! Reservations required; show up at the reception desk of the Lacs à Jimmy Outfitter Camp. Ad p. 248





Saguenay Fjord National Park Tadoussac Bay area

750 Chemin du Moulin-à-Baude, Tadoussac 418-272-1509 or 1-800-665-6527 - sepag.com - 😝 🚳



This area is renowned for its "dunes" - actually rock formations that geologists refer to as "marine terraces". Hiking trails lead to lookouts with lovely views of the river, the village and the forest. In September and October, in collaboration with the Observatoire d'oiseaux de Tadoussac (Bird Observatory), birdwatchers can help band birds and look for raptors. For information: explosnature.ca/oot.

Petite chapelle de Tadoussac | Chapel

⊚¥.s

Rue du Bord-de-l'Eau, Tadoussac 418-235-4324, 418-514-8438 chapelledetadoussac.com - 🙃 Open: May 30 to October 11.

The oldest wooden church in North America, this chapel was built in 1747. Originally called "the Indians' chapel", the first mass was celebrated here by the Jesuits on June 24, 1750. Many period religious objects are on display, and there is a new multimedia exhibit on missionary life in New France. In May and early June: open to groups by reservation; call 418-235-4446. ext 232





Poste de traite Chauvin | Trading post

ts.s®

157 rue du Bord-de-l'Eau. Tadoussac 418-235-4446, ext. 232

tadoussac.com - **G** - Open: June to October.

Be sure to visit this replica of the first outpost in New France, built in 1600 by Pierre Chauvin de Tonnetuit. The present-day building was built in 1942 by William H. Coverdale (then-owner of the Hotel Tadoussac) to display part of his collection of Indigenous artifacts. The trading post uses fun, interactive exhibitions to provide visitors with fascinating facts about the fur trade and the first contact between Europeans and the Innu

Sculptures G. Hovington Sculptures

438 rue du Bateau-Passeur (Route 138), Tadoussac 418-235-4304 - sculpturesghovington.com Open: Tours from May 1 to October 30. Gift shop: Year-round.

Visit Gaétan Hovington's studio-boutique and discover his fascinating wood sculptures. This Tadoussac native is renowned for his authentic regional works and lifelike representations of local animals and people.



Sacré-Cœur

Population 1,790

16 km from Tadoussac municipalite.sacre-coeur.qc.ca – •

Nestled between fjord and forest on the Saguenay Fjord, Sacré-Coeur has a wide variety of year-round activities: visiting an agritourism farm and an apiary, observing black bears, cycling and quadding, horseback riding, spending the night in a tree house, snowmobiling on Trans-Québec trails 3 and 93, dog-sledding, cross-country skiing, and enjoying sugar-shack treats. L'Anse-de-Roche Park has many spots for observing beluga whales from shore, and stunning views of sunsets over the water. The fjord can be explored by sea kayak or sailboat or while on a fishing cruise.

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Centre de vacances Ferme 5 Étoiles | Family vacation resort

465 Route 172 Nord, Sacré-Cœur → **G 3** 418-236-4551 or 1-877-236-4551 → <u>ferme5etoiles.com</u> Open: Year-round.

This family farm houses many animals, including moose and wolves, that visitors can see on guided or self-guided tours. Overlooking the Saguenay Fjord, the farm has many types of accommodation (rooms with or w/o kitchenette, apartments, on-site or on-shore cottages, various unusual accommodation options) and activities (sea kayaking, quadding, horseback riding and dog-sledding). In the morning, visitors can help care for the animals. Visit our sugar shack and enjoy our relaxation centre. Average time: 1 hr. Ad p. 20



Herbamiel | Honey farm (♯) ■

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228 Chemin de l'Anse-de-Roche, Sacré-Cœur 418-236-8226 - <u>herbamiel.ca</u> - **(†) (2)** Open: June 1 to October 11.

Located in Anse-de-Roche, Herbamiel is a honey farm that makes a wide variety of honey products. Tour the farm to discover how honey is produced and learn about its many health benefits. Also on site: a rest area, honey tastings and a shop selling raw honey, propolis, jam, honey soap, honey lip balm and candles. The *Fête du miel* (Honey Festival) is on September 11.

Baie-Sainte-Marguerite

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1121 Route 172 Nord, Sacré-Cœur 418-236-1162 or 1-800-665-6527 Open: May to October.

Directions: leaving Ferme 5 Étoiles on Route 172 Nord, look for the sign for the Saguenay Fjord National Park, on the opposite side from the Sainte-Marguerite River. The bay is well-known as a great place to spot belugas!

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Domaine de l'ours noir | Black bear observation

1895 Route 172 Nord, Sacré-Cœur 418-236-4551 or 1-877-236-4551 ours-noir.net Open: May 15 to October 25.

Come and observe black bears and other wildlife in their natural habitat with an experienced bilingual guide, only 10 minutes from Tadoussac. Before setting out, visitors watch a video explaining how the team reintroduces adult bears into the wild after rearing them from cubs. Bring insect repellent and appropriate clothing (long sleeves and pants). Average time: 2 hrs. Departure: at the end of the day. Ad p. 20

Wildlife Observation and Nature Tours

Club chasse et pêche de Tadoussac (Hunting and Fishing Club) 45 Route 138, Sacré-Cœur 418-235-4723 - <u>clubtadoussac.com</u> - **9** Open: Early July to mid-September.

On a 2.5-hour guided quad tour, you can observe beaver in their natural habitat, including their logging area. You will see wild animal tracks and learn to identify them. In the evening, around a camp fire, on the highest point of club-owned land, listen as your guide imitates a wolf cry. He or she recounts legends of these mysterious and wonderful creatures as the wolves howl in the distance. Thrills guaranteed!





© Club de chasse et pêche Tadoussac, G. Lapointe, M. Loiselle, QM – JP. Sylvestre

Saguenay Fjord National Park Baie Sainte-Marguerite area

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1121 Route 172 Nord, Sacré-Cœur 418-236-1162 or 1-800-665-6527 - <u>sepaq.com</u> - **ਿ ③** Open: May 21 to October 11.

The lookout – an ideal spot for whale watching – can be reached on foot or by bike (along a 3.2-km gently sloping path). The self-guided trail tells the story of the former village of Bay Mill and its sawmill. In the Beluga Discovery Centre, complete with shop and convenience store, visit the permanent exhibition to learn more about this marine mammal. Serviced and unserviced campsites, ready-to-camp units and shelters. See website for admission fees.





Les Bergeronnes

Population 640

23 km from Tadoussac bergeronnes.net -

This village is famous for whale-watching, either on the water or on land, sea kayaking, seashore discovery activities, and its campsites on the shores of the St. Lawrence. The interpretation centre is popular with archeology buffs, as it provides fascinating details of the North Shore's 9,000 year-old history. From the Bon-Désir headland, watch for birds and giant marine mammals, visit the interpretation centre and enjoy locally-sourced fine dining. The village puts on an annual Book Festival (Festi-Livre) a classical music festival and the famous Blue Whale Festival (Festival de la Baleine bleue).

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Scuba diving	p.129



Centre Archéo Topo | Interpretation centre

498 rue de la Mer, Les Bergeronnes 418-232-6286 or 1-866-839-6286

archeotopo.com - 1

(4)

Open: May to October.

This interpretation centre tells the 9,000-year old story of the North Shore, from the very first Indigenous people until the growth of its cities, towns and industries. The centre also features a fascinating exhibit on Québec wildlife by a world-renowned taxidermist. Other activities include guided tours, talks and workshops on making pottery and dreamcatchers. Also on site: a boutique with local arts and crafts and a bookstore specializing in books on anthropology.

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Cap-de-Bon-Désir Interpretation to the second and Observation Centre (Parks Canada) to the second t

13 Chemin du Cap-de-Bon-Désir, Les Bergeronnes 418-232-6751 or 1-888-773-8888 - • • parkscanada.gc.ca/saguenay

Open: Daily, June 19 to September 12; until October 11, Wednesday to Sunday.

The Centre's footpath takes visitors to a panoramic view of the Saguenay–St. Lawrence Marine Park, where you can sit on the rocks and watch the whales feeding just a few metres away, listen to them blow, and observe seals and seabirds. Bring a picnic, and learn about the amazing local fauna and flora through different interpretation activities. Other activities include whale watching from the shore, hiking and educational activities with interpretation. Ad p. 2



Explos-Nature | Vacation camp

302 rue de la Rivière, Les Bergeronnes - **6** 418-232-6249 or 1-877-637-1877 - <u>explosnature.ca</u>

All-inclusive 3- or 5-day family camps for the general public, and for children with ASD and ID and their families. Enjoy activities led by professional science popularizers: guided land and water excursions, whale watching, observing marine invertebrates, an automatical water in the professional science of t







Essipit Population 289

17 km from Les Bergeronnes innu-essipit.com –

The Innu community of Essipit ("river of shells" in the Innu language) is part of the Algonquin family within the First Nations, whose North Shore roots go back 9,000 years. The community and its businesses stress the value of sharing, as taught to them by their ancestors, particularly as regards natural resources. Accommodation options on the river's shore include cottages and high-quality condos, outfitter camps and campgrounds; visitors can enjoy whale-watching and sea kayaking trips. The souvenir store is filled with traditional crafts and local products.

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Innu Arts and Crafts

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46 rue de la Réserve, Essipit 418-233-2266 − <u>vacancesessipit.com</u> − **ਿ⊙** Open: Year-round.

Come browse our selection of authentic and original creations by local, Innu and visiting artisans – dream catchers, moccasins, paintings, prints, sculptures, weaving, jewellery and clothing. We also stock books of local tales and legends, traditional items made from moose antlers, bear teeth and porcupine quills, and regional specialty foods, like various flavours of jelly, jam, tea, herbal tea, and chicoutai butter. "Kuei" from Essipit!



Essipit Reservation and Information Centre

44 rue de la Réserve, Essipit 418-233-2266 or 1-888-868-6666 vacancesessipit.com - Open: Daily, year-round.

Planning your trip is now easy and fun! This centre offers professional assistance to visitors requesting information, rates and reservations for products associated with Essipit and its partners. "Kuei!" (Hello!) from Essipit! Ad p.248



Les Escoumins

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Population 1,845

17 km from Les Bergeronnes escoumins.ca -

This historic village provides opportunities for outdoor activities such as salmon fishing, whale-watching cruises and diving. Enjoy views of the river from the Sentier des Moulins, the boardwalk along the Bay, and at the La Croix headland. This village-relais offers a range of lodging and dining options, including fresh seafood at specialty restaurants. A ferry service takes visitors from Les Escoumins on the north shore of the St. Lawrence to Trois-Pistoles on the south shore. Ad p. 18

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Marine Environment Discovery Centre № ® \$ \$\ Price \ Price \

41 rue des Pilotes, Les Escoumins 418-233-4414 or 1-888-773-8888 parkscanada.gc.ca/saguenay - •

Open: Daily, June 19 to September 6; until October 11, Friday to Sunday.

Explore the amazing life forms in the Saguenay-St. Lawrence Marine Park, from starfish to giant marine mammals. Look out across the water and admire the whales that come and feed close to shore. Watch seals and seabirds and, below the surface, various underwater creatures that live in the St. Lawrence estuary. Activities: whale watching from shore, exhibitions, snorkeling and scuba diving, and other educational activities with interpretation. Ad p. 2







Longue-Rive

Population 966

26 km from Les Escoumins longuerive.ca

Enjoy some village history by viewing the remains of a 19th-century sawmill and a suspension bridge over the falls on the Rivière du Sault au Mouton. Visitors can follow the trail that starts at the village church and head down to the shore and the salt marshes, home to numerous bird species. Kitesurf lovers, head east past the interpretation centre to Pointe à Boisvert beach, which offers services such as toilets and hot-water showers for club members and kitesurfers.

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Aquaculture L'indigène, étang de pêche Longue-Rive | Fishing

520 Route 138, Longue-Rive - 418-587-3958 aquaculturelindigene@hotmail.com -

(A)

Come and fish (or learn how) at the Longue-Rive fish pond – a fun family activity. On site: equipment rental, ice and fish bags for sale. Stop by our small store for local products and smoked fish. Reservations required.

Centre d'interprétation des marais salés | &® Interpretation centre

741 Route 138, Longue-Rive - 418-231-1077

longuerive.ca/tourisme/activites-attraits -
Open: June 22 to September 9.

The 249-hectare Longue-Rive salt marshes are recognized as one of the best birdwatching sites on the north shore of the St. Lawrence. The interpretation centre itself and its elevated decks are the perfect spot for observing the many different bird species that come to the marshes. Interpretive panels and a short film explore the mysteries of these extensive wetlands.





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Portneuf-sur-Mer

Population 613

20 km from Longue-Rive portneuf-sur-mer.ca - **♀♀**

Several roads branch off from Route 138 to this coastal village: a road near the Esso station leads to Rue Principale, the main street leading to the bustling *Crabiers du nord* fish market. On the right are several charming B&Bs (*la Marée*, *la Maison Fleurie*, *la Nichée*) and a lovely church. Enjoy the parks and green spaces, tennis and basketball courts. The village holds a number of special events throughout the year: a winter carnival, the Illuminated Village, a Christmas tree lighting ceremony, and the legendary "Christmas trail."

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Pointe des Fortin and banc de Portneuf | \$\infty \textstyle \texts

Information: 391 rue Principale, Portneuf-sur-Mer 418-238-2642 – <u>portneuf-sur-mer.ca</u> Open: June to October.

The Pointe des Fortin beach, located at the end of the campground, is where the capelin come to roll in May. A set of stairs lead to a bird observatory – perfect for taking pictures – where 4 ready-to-camp yurts are set up. The several-kilometre-long Portneuf Sandbar is a natural hiking trail that has been designated an Important Bird Area (IBA) by BirdLife International and classified a high-value ecosystem. A paradise for bird lovers!

Forestville

Population 2,929

(A)

14 km from Portneuf-sur-Mer forestville.ca – ਿ ♀

See a fine sand beach that stretches for several

See a fine sand beach that stretches for several kilometres along the St. Lawrence, and the Baie-Verte area, that charmed Hollywood during the shooting of *The Truth About the Harry Quebert Affair*. The town welcomes visitors with a scenic boardwalk, campground and activities such as golfing, fishing, and hiking, or going on a ferry ride to Rimouski on the south shore aboard the CNM *Évolution*. The backcountry has a wide selection of controlled zones (known by the French acronym ZEC), as well as hunting and fishing camps. Ad p. 38

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La Petite anglicane Museum

\$<u>*</u>

2 - 2nd Rue, Forestville 418-587-6148 - <u>forestville.ca</u> Open: May 25 to October 3.

The museum features an exhibit on the history of Labrieville and the construction of the Bersimis 1 and 2 hydroelectric dams.







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Colombier

Population 674

27 km from Forestville municipalite.colombier.qc.ca - •

The easternmost town in the Haute-Côte-Nord (Upper North Shore), Colombier is well-known for its peatlands and beautiful, diverse natural surroundings. Explore the 2-km hiking trail and Anse à Norbert Beach. Nearby, the Hickey Marsh lookout will delight birdwatchers, while genealogy enthusiasts are sure to love the old church cemetery and memorial monument. Stop by the village to discover the warm welcome of its residents, sweets made at Confiserie Boréale and the fresh vegetables from Serre de Colombier greenhouses.

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Chapelle des Îlets-Jérémie | Chapel

Route 138, Colombier 418-565-3343 - <u>municipalite.colombier.qc.ca</u> Open: June to August.

The chapel at Îlets-Jérémie, on the shores of the St. Lawrence, is a pilgrimage site dedicated to St. Anne. Rebuilt in 1939 and modelled after Tadoussac's Petite chapelle, it has the original altar and cross dating back to the late 18th century. From July 17 to 26, St. Anne pilgrims celebrate the novena. During this period, Abbot Antonio Laflamme and his team of volunteers are on-site to lead prayers.





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Informations and reservations

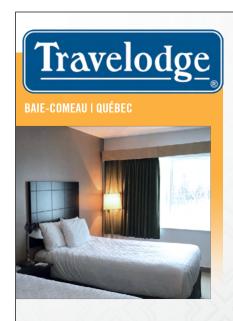
☑ infoparc@parcnature.com

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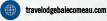
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4 rue Labrie, Pointe-aux-Outardes (Québec) G0H 1M0









Breakfast available 100 recently decorated rooms Coffee makers in room Free local calls Fitness room

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Safe outdoor parking for snowmobiles









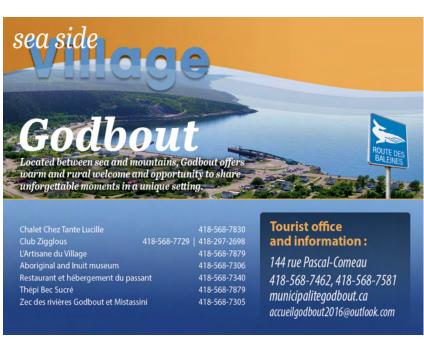
- » The only hotel in Baie-Comeau with a swimming pool
- » Single and double rooms and suites
- » All our rooms have fridges and microwaves
- » À la carte breakfast (\$)
- » Bar with VLTs
- » Quiet location, restaurants nearby

202 Boulevard La Salle, Baie-Comeau, G4Z 1S6 - 1 800 463-4986 - 418 296-4986













Some 30 minutes from Forestville, you'll come to the Indigenous Innu community of Pessamit; thereafter, it's the Manicouagan Peninsula, a paradise for wind and board sports enthusiasts. The Route des plages trail takes you to the beaches of Ragueneau, Chute-aux-Outardes, Pointe-aux-Outardes and Pointe-Lebel. Further east, dynamic Baie-Comeau – with its vibrant industrial, historic, and religious heritage – welcomes you. The Panorama Area, comprising the communities of Franquelin, Godbout and Baie-Trinité, invites visitors to relax and enjoy scenic vistas and unspoiled surroundings.



Organized by sector, from west to east.

Pessamit

Population 2,312

Ragueneau

♠??

Population 1,324

46 km from Colombier municipalite.ragueneau.gc.ca - 6

Gateway to the Manicouagan Peninsula, this village offers numerous excellent lookout points and family-friendly activities and services, such as: tent platforms, hiking trails, a mountain bike trail, birdwatching, rest areas along the river and camping with an outstanding view of the huge Outardes-2 reservoir. The shores of the Rivière aux Rosiers have been adapted for use by families and sports enthusiasts. From Ragueneau pier, visitors can enjoy a playground, a hiking trail with lookout, an archipelago inhabited by seabirds and harbour seals, not to mention the two impressive, life-size dinosaurs!

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lles de Ragueneau Archipelago

® **₩ ¥ .**

Information: 595 Route 138, Ragueneau 418-567-8912 - municipalite.ragueneau.gc.ca - 😯



This small archipelago made up of four islands and a dozen reefs is located at the western edge of the village within view of the pier. Several thousand birds and sea ducks nest on the islands, along with hundreds of harbour seals and grey seals. The pier, which is under the watchful eve of a mother dinosaur and her baby, is a lookout point, a place to relax, a RV stopover and a tent site.



Fascine Trail

FPSAME

Information: 595 Route 138, Ragueneau 418-567-8912 - municipalite.ragueneau.gc.ca - 6



The magnificent views along this trail allow visitors to experience the tranquility of nature and the ocean's ever-changing rhythms. Beginning at the Ragueneau pier, it extends along the archipelago; an important seabird nesting area where many different species arrive each year. From the lookout point you can also watch seals in their haul-outs. The site has shelters. picnic tables, benches and a children's playground.

Rivière aux Rosiers Trail

##\$≇

Information: 595 Route 138, Ragueneau 418-567-8912 - municipalite.ragueneau.gc.ca - 1 Open: Year-round.



Come and experience one of the best-loved trails in the entire region! Its short and long hikes offer challenge and enjoyment for beginners and experts alike, and to solo strollers as well as families. Discover the river's many waterfalls, natural lookouts, and the abundant plant and animal life in the surrounding forest. The parking lot is located under the Hydro-Québec power lines, off Chemin d'Auteuil, 4 km from Route 138.

Chute-aux-Outardes

Population 1,481

8 km from Ragueneau municipalitecao.ca - 6

This town in the Manicouagan Peninsula has a wide range of services, including accommodation, restaurants, a fish market, a pharmacy and a community health centre. Tourist attractions include parks and playgrounds, a golf course, hiking trails with great views of the Outardes River, and a rustic path that takes visitors by the former Outardes-1 hydroelectric power station. The village was founded in 1926 during the forestry boom and the construction of the region's first generating station.

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Pointe-aux-Outardes

Population 1,305

17 km from Chute-aux-Outardes pointe-aux-outardes.ca -

Renowned for its rural lifestyle and history, the village welcomes you for your next nature getaway. Its peninsula boasts more than 30 km of beaches and sandy flats. Cycling enthusiasts, come and discover the brand new bike path that winds through the countryside to Pointe-Lebel. Other amenities include: a B&B, an outdoor centre, kayaking, camping, clay baths, and shopping for local specialty products. The covered bridge is one of the oldest in Québec and the only one on the North Shore.

Events	
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Outdoor recreation locations

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Canada geese (also known as "honkers")

Parc Nature de Pointe-aux-Outardes | Nature park

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4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - parcnature.com - **4 3** Open: June 5 to October 12.

Come to a protected and biodiverse natural area that covers nine different ecosystems. Recharge your batteries as you reconnect with nature through authentic activities, from meeting an Innu elder to having a guided tour on local edible berries and medicinal plants. Nighttime is also a source of wonder in the park: gaze at the stars with a seasoned astronomer and spend the night in unusual

accommodation. See website for details. Ad p. 41



Parc Nature de Pointe-aux-Outardes | Explore the sand flats

\$**%**

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - <u>parcnature.com</u> - **9 3** Open: June 23 to August 16 at low tide.

Venturing out into the Pointe-aux-Outardes sand flats is like exploring the sea floor – without diving equipment! Four kilometres long at low tide, the sand flats allow you to visit the largest shellfish bed in Québec, see sea grass beds and a seal haul-out (resting area) and pick up mysterious items brought in by the tide. Be a trainee oceanographer and collect specimens to be identified in the laboratory. Try this typical coastal pastime with rubber boots, shovel and a bucket ... just like the locals!



Faire partie de la faune et de la flore - \$\frac{\frac{\pi}{2}}{2} \frac{\pi}{2} Parc Nature | Nature walk

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - parcnature.com - **1 3** Open: June 5 to October 12.

Trail loops of between 1 and 5 km bring visitors to 9 different ecosystems with dunes, beaches and tidal flats, boreal and red pine forests, alder, peat bogs, and the fourth largest salt marsh in Québec. Visitors can also observe many animal species, including seals, geese and wild ducks, partridge (grouse), hare, groundhogs (marmots) and foxes. The trails include a number of rest areas with interpretive panels where visitors can enjoy their surroundings and learn about nature.



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La tête dans les étoiles - Parc Nature | Stargazing activity

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - parcnature.com - Ga Open: July 24 to August 22.

Have you always dreamed of looking up ... way up? Here, when night comes, the universe and all its stars and planets are waiting for you. Using an 18-inch (45-cm) telescope and guided by an experienced astronomer, you will make breathtaking discoveries that are sure to change the way you see your place in the world. Average time: 2 hrs.

Parcours expérience Alice | Alice-in-Wonderland interactive activity

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - <u>parcnature.com</u> - **10** Open: June 13 to October 10.

Come on a 2-km Alice in Wonderland outdoor treasure hunt! A fairy-tale setting, a labyrinth, characters in period dress and riddles you can solve with your five senses. Perfect for North Shore history buffs and interactive activity geeks, this activity has 3 levels and is for players from 4 to 99 years old.

Vivre comme un oiseau - Parc Nature | \$5.3 ≥ Live like a bird

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - <u>parcnature.com</u> - **10 3** Open: June 5 to October 12.

Did you know that the Parc Nature is considered one of the top five birding sites in Québec? During migration season, over 255 species have been observed, so your binoculars are sure to get quite a workout! Take in the enchantment of the Jardin d'oiseaux (Bird Garden), where 300 permaculture plant species are housed in an original setting made from recycled materials. Tired? Try our unusual accommodation option and spend the night in a giant Bird's Nest.







Wabush au pays des Innus – Parc Nature | Cultural interpretation

4 rue Labrie, Pointe-aux-Outardes
418-567-4227 - parcnature.com - G
Open: June 6 to August 18. Reservations required until
October.

Let Wabush, an Innu Nation elder, introduce you to North Shore Aboriginal culture as it used to be practiced and still is today. Experience a time of genuine reflection and sharing with him while comfortably seated in his tipi. The meeting covers such time-honoured and authentic themes as: traditional activities; hunting, fishing and trapping excursions; cooking, legends and spirituality. Average time: 2 hrs. Reservations recommended. Can continue into October; reservations required. Ad p. 41



Ferécho Creations

132 rue de Baie-Saint-Ludger, Pointe-aux-Outardes 418-567-9843 or 418-297-6622 mariusblais@msn.com - • • Open: Year-round.

Marius Blais gives a second life to repurposed scrap metal and other unwanted objects by turning them into original and unique pieces that depict North Shore animals and local culture. The one-of-a-kind

pieces cause us to reflect, as this artist believes that art must promote environmental awareness. In a small but important way, owing a Ferécho piece creates an echo that is passed on, promotes awareness and helps preserve the planet for future generations.

Manicouagan Sea Minerals

35 Chemin Principal, Pointe-aux-Outardes
418-567-9620 - manicouaganseaminerals.com -
Open: Year-round, weekdays only.

AEM Lab Inc. harvests Manicouagan sea clay and uses it as the basis for a range of health and beauty products. Tour their facilities, and learn about the region's geological history and how clay products are made. In summer 2021, you can take a self-directed mud bath on Baie-Saint-Ludger beach; showers and toilets not available at this time. Meet us at the factory, at 35 Chemin Principal. Manicouagan Sea Minerals was formerly Argile eau mer.

Pointe-Lebel

Population 1,861

19 km from Chute-aux-Outardes pointe-lebel.com – •

This vacation spot at the junction of the St. Lawrence and Manicouagan rivers features a long sandy point where the tides sculpt immense sandbars. The 30-km-long beaches of fine, white sand are a perfect playground for families, ideal for long, peaceful walks on the beach and a paradise for wind sports enthusiasts, outdoor lovers and birdwatchers. Take the bike path that goes to Pointe-aux-Outardes. You can explore the area by bike or sea kayak, or just relax and enjoy the sights and sounds of nature.

Fruit and vegetables for sale

p. 139



Baie-Comeau

(A) (7) (2)

Population 21,082

20 km from Chute-aux-Outardes tourismebaiecomeau.com - (1990)

Located in the heart of the Manicouagan-Uapishka World Biosphere Reserve, Baie-Comeau is a bustling industrial town with spectacular views of the river and stunning natural surroundings that are accessible year-round. Take Route 389 from the town to the Jean-Lesage generating station and Daniel-Johnson dam (aka Manic-2 and Manic-5), the enormous hydroelectric structures that are a testament to Québec's engineering genius. The town itself has a vibrant cultural scene and sports community. A renowned annual painting event (Symposium) de peinture) kicks off a varied summer events season.

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Snowmobiling	p. 184
Skiing, downhill	p. 182



Attitude nordique plein air | Water sports \$@ 1.

41 Place La Salle, Baie-Comeau 418-445-6673 - <u>attitudenordi</u>gue.com - **G**

With the help of a professional guide, try your hand at different water sports: sea kayaking, paddleboarding, diving, rabaska (a BIG canoe!) against the stunning backdrop of Saint-Pancrace Bay, accompanied by the sound of nearby whales. The food for our sea kayak tour with sushi meal, rabaska excursion and "bovs" night out" is all locally sourced and prepared. Create a customized package for family or friends. Reservations required.

Baie-Comeau, D'aventure is s ® et de culture | Show

Centre des arts de Baie-Comeau 1660 rue de Bretagne, Baie-Comeau 1-866-525-2499 - <u>bcaventureetculture.com</u> - **(7)** Open: July 23 to August 14 (Wednesday to Saturday).

This spectacular show uses archives, first-person accounts and outstanding musical numbers to take you deep into Baie-Comeau history and bring the town's greatest moments of the past few decades to life. You won't want to miss this exciting cultural and creative experience!



St. Andrew and St. George's Anglican Church

34 Ave Carleton, Baie-Comeau 418-296-2833, 418-295-3431 baladodecouverte.com/circuits/702/poi/7615/eglisestandrew-et-st-george Open: July 1 to August 13.

Tucked away on Avenue Carleton, across from Parc des Pionniers, this Anglican church was the first church in the Baie-Comeau area. Built in 1937 the Tudor style, it has imposing oak trim and lovely stained-glass windows. The main window, created by Clara Fargo Thomas, is unique in that it depicts forest animals native to the North Shore. Average time: 30 minutes.

Église Sainte-Amélie | Church

36 Ave Marguette, Baie-Comeau 418-296-5528, 418-296-4158 corporationsteamelie.ca - 6 Open: June to September.

Located in the heart of Baie-Comeau's heritage district, St-Amélie's Church is a historic building built in the Dom Bellot style that features frescoes and stained-glass windows by renowned, Italian-born artist Guido Nincheri, known as "the Michelangelo of Montreal". Although the exterior of pink granite (mined locally) is eye-catching, the church's interior is its most striking feature. Ad p. 42



Le Marché aux trésors | Souvenir store

625 Blvd Laflèche, suite 203, Baie-Comeau 418-589-5378 - <u>lemarcheauxtresors.com</u> - **G**

Stop by our store to find many handcrafted items and local North Shore products.

Galerie d'art Claude Bonneau | Art Gallery

13 Place La Salle, Baie-Comeau 418-297-0627 - claudebonneau.com - 6 Open: Year-round.

This spacious art gallery does double duty as a museum and the space where Claude Bonneau and Elsa Boisioly create and display their work. Their warm. vivid paintings of still lifes, musicians, and elegant dancers, elegant dancers and North Shore scenes are displayed presented alongside historic artifacts. Come and discover the colourful world of these renowned nainters

Glacier Garden -Multimedia Experience

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3 Ave Denonville, Baie-Comeau 418-296-0182 - leiardindesglaciers.com Open: June 10 to August 22.



The Glacier Garden – Multimedia Experience is a one-of-a-kind virtual adventure that transports you back to the last ice age. Come, see and be amazed by the environmental impacts of climate change and the retreat of the Laurentian Ice Sheet. Extend your visit and tour the museum with an interpreter guide: 4 tours daily from 8 a.m. to 5 p.m. Reservations recommended in high season. See website for information and admission fees.





Glacier Garden -Nature Experience - Seashell Valle CI NCF

3 Ave Denonville, Baie-Comeau 418-296-0182 - leiardindesglaciers.com Open: June 11 to August 22.

COVID-19% ST.

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Discover a natural amphitheatre in the middle of the boreal forest, made from millions of seashells that have accumulated for millennia. The site takes you back over 8,000 years, to when the entire region lay submerged beneath a post-glacial sea. Visitors are invited to excavate and identify this remarkably pure and unusual geological site. 4 tours daily from 8 a.m. to 5 p.m. Reservations recommended in high season. See website for information and admission fees.





Lac Malfait Camping | Campground, beach and marina

1 Chemin de la Base de plein air Baie-Comeau. 418-297-0789, 418-297-6238 associationlacmalfait@hotmail.com - 🚯 Open: Daily, June 15 to September 3.

This family-friendly vacation resort has a wide variety of services and activities: serviced and unserviced campsites, many different kinds of water sports, a beach, a boat launch, and a marina.

L'Alternative | Exhibition space

27 Place La Salle, Baie-Comeau 418-296-8300 ville.baie-comeau.gc.ca/culture/lalternative Open: Year-round.

Located in Place La Salle, l'Alternative is a municipal building that houses a professional exhibition space. Each year, the city pursues its cultural mission by hosting a number of travelling exhibitions by both local and Québec artists. The building hopes its high-quality facilities will help the next generation of emerging artists practice art professionally and become recognized in their field.



L'histoire de la peinture canadienne | **Exhibition**

Pavillon Mance, 41 Ave Mance, Baie-Comeau 418-296-8302 - <u>legrandrappel.org</u> - **(f)** Open: Year-round, daily except Sundays.

Explore the history of Canadian painting in a fabulous, one-of-a-kind permanent exhibition entitled L'Art est un Miroir. The exhibition includes 80 paintings by multidisciplinary artist Jérémie Giles that were inspired by male and female artists from the past who have influenced the history of Canadian painting. Each painting is accompanied by a portrait and a bilingual biography of the subject.



Magasin de réemploi | Reuse Store Phase 2

800 rue Leonard-E.-Schlemm, Baie-Comeau 418-589-4557, ext. 32 and 225

regiemanicouagan.qc.ca - 6

Open: Year-round, except Sunday and Monday.

Care about the environment? Looking for unique creations that are sustainable and affordable? Our re-use store is unique in Québec. Come and shop for practical and aesthetic zero-waste products that are designed and made in our workshop and made by local artisans using recycled materials.

Maison de la Faune | Nature centre

3501 Blvd Laflèche, Baie-Comeau 418-589-2219 – micgor@globetrotter.net Open: June 18 to September 4.

Visit this display of stuffed animals, observe trout in their natural habitat, and see a reconstruction of a trout spawning bed. Then take a 45-minute tour of an interactive exhibition on North Coast wildlife and associated human activities. End your visit at the souvenir and craft shop, where local artisans sell their creations. Hike or cycle on paths that lead to the Baie-Comeau cycling trail and run along the Manicouagan River.

Manufacture de savon Borale | Soap factory

4 Place La Salle, Baie-Comeau 418-298-1888 - <u>borale.ca</u> - **9** Open: Year-round.

Learn about the steps involving in making and processing Borale extra-pure soap. The open laboratory allows visitors to appreciate the passion and skill of these craftspeople, who carry on the French soap-making tradition using essential oils sourced from the boreal forest. This all-natural, 100-percent biodegradable, premium quality product is suitable for all skin types.

Réserve naturelle du Boisé-de-la-Pointe-Saint-Gilles | Nature reserve

Entrance on rue Laval, Baie-Comeau 418-296-0262 - boisestgilles.ca - Open: Year-round.

This 175-hectare woodland includes urban, forest, marine, and lake ecosystems harbouring a diverse array of wildlife, including harbour seals and Barrow's goldeneyes. Its network of 15 hiking trails covers 11 km where you will find century-old trees, rest areas, wood sculptures and interpretation panels. Some trails lead to Champlain Beach. The pond, rose garden, and three rest areas offer the best views.

Société historique de la Côte-Nord | Historical society

2 Place La Salle, Baie-Comeau 418-296-8228 - <u>shcote-nord.org</u> - **9** Open: June 30 to September 4.

On your next visit to Baie-Comeau, stop in at the local historical society and learn about North Shore heritage, regional history and genealogy. You can also tour the exhibition, open from June 30 to September 4. For details, visit the website (in French only) or go to the Facebook page. Exhibit: Daily. Average time: 30 minutes.

Guided Tours of Baie-Comeau

418-296-8178 or 1-888-589-6497 tourismebaiecomeau.com/tour - **f**

Go on a guided tour of the city and listen as an experienced guide tells you about its history. In 1937, Colonel Robert McCormick founded a city around his paper mill, Quebec North Shore Paper, that produced the newsprint for the *Chicago Tribune*. The newspaper's Editor-in-Chief was a remarkable, inspiring man who left the city a great legacy.

Franquelin

Population 290

s¥.

31 km from Baie-Comeau municipalitefranguelin.ca - •

This former lumber town – named in honour of Jean-Baptiste-Louis Franquelin, hydrographer to Louis XIV – reconstructed an authentic old-time lumber town, which is now its main attraction. On-site amenities for visitors include accommodation, a restaurant, and a convenience store.



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Village forestier d'Antan de Franquelin | Old-fashioned lumber town

16 rue des Érables, Franquelin - 418-296-3203 <u>villageforestierdantanfranquelin.com</u> - **6** Open: June 12 to September 12.

Set in a charming coastal setting, this heritage site showcases the history of the brave North Shore lumberjacks and pioneers. Learn about their fascinating living and working conditions, tour typical log cabins filled with artifacts, and stroll around a fabulous natural area. Interpretation, guided tours, accommodation and activities (by reservation) all available. For details, visit the website (in French only) or go to our Facebook page.



Expérience du bûcheron | Lumberjack experience

16 rue des Érables, Franquelin 418-296-3203 – <u>villageforestierdantanfranquelin.com</u> – **①** Open: lune 26 to September 12.

Extend your stay in this stunning natural setting by reserving activities at the logging village: fishing lessons, guided hikes, planting a herb garden. Attend evening storytelling and fascinating talks. Packages include a guided tour of the village, lumberjack meal and accommodation in a ready-to-camp unit. Families welcome!



Godbout

Population 254

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s¥.

27 km from Franquelin mungodbout.ca

Godbout Bay is recognized as one of the 12 best onshore sites in the region for watching whales, seals, and seabirds. In the village, you'll find beaches, a fishing wharf with boat launch, a museum, scenic viewpoints with services and a salmon ladder on the Godbout River that runs through the village. Salmon fishing is now permitted on the river, and a ferry service links Godbout and Matane. For more information, head to the Visitor Information Centre located in the centre of town, at 144 rue Pascal-Comeau. Ad p. 45

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Snowmobile clubs	p. 185	
ZECs (Controlled zones)	p. 187	



Centre d'interprétation des oiseaux de proie | Bird interpretation centre

226 rue Pascal-Comeau, Godbout 418-568-7715 - <u>ciopgodbout.com</u> - **(1)** Open: June 19 to October 11.

Our centre's viewing aviaries are the ideal way to observe more than a dozen different species. The birds have injuries that prevent them from surviving in the wild so they can't be released. Check out the panels with interesting facts on the birds' biology, hunting techniques, and the importance of protecting their habitat. Location: 1 km from the ferry.

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Amerindian and Inuit Museum

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134 Chemin Pascal-Comeau, Godbout 418-568-7306, 418-545-7447 municipalitegodbout.ca/attraits-touristiques/musee/ Open: June to September.

The museum's private collection consists of many fascinating Aboriginal and Inuit works of art. In the former village post office, see how an old-fashioned bread oven works. If you're lucky, you can taste delicious freshly made bread! Get inspired by watching potters and painters at work in their studios. Admission by voluntary donation. Ad p. 45

Baie-Trinité

Population 389

37 km from Godbout baietrinite.com -

Retrace the saga of the St. Lawrence lighthouse keepers at the Pointe-des-Monts Lighthouse. Beaches and other river access points are ideal spots for observing whales and discovering shipwreck sites. The ZEC Trinité offers great Atlantic salmon and sea trout fishing as well as forest hunting. The restaurants in the village serve a variety of meals, while hotel, B&B, cottage, or campground accommodations lull visitors to sleep with the sound of the waves.

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Annie Durette Gallery and Restaurant

1937 Chemin du Vieux-Phare (Pointe-des-Monts), Baie-Trinité 450-753-9415 - pinturlute.com - 🔞 🕲 Open: June to September.

Just 13 km from Route 138, a warm welcome awaits you. Come and view painter Annie Durette's original, affecting artwork on display in a small restaurant with patio overlooking the sea, where you can enjoy fresh seafood and watch for whales. A great place to stop on your travels, and even spend the night! Rent a rustic cabin and let yourself be rocked to sleep by the sound of the waves.

Pointe-des-Monts Lighthouse

1830 Chemin du Vieux-Phare, Baie-Trinité 418-939-2400, 418-939-2454 <u>pharedepointedesmonts.com</u> Open: July 6 to Labour Day.

An 11.5-km road off Route 138 leads to the Pointedes-Monts lighthouse. This seven-storey historic monument, built in 1830, has seven floors featuring various maritime themes – lighthouse keepers, navigation and shipwrecks – that are explained by an audio guide. The exhibit also includes a short film on the lives of so-called "lightkeepers". From the balcony, enjoy views of the St. Lawrence and possibly whales. The former lighthouse keeper's house is now a charming B&B. Ad p. 45





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Jocelyn Blanchette

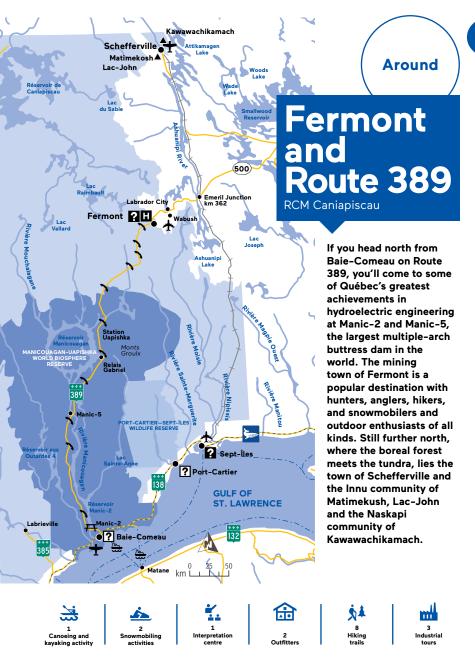
GUIDED TOURS OF THE
MINE AND DAMS
WALKING TRAILS











Expedition 51°



Head further north, beyond the 51st parallel, and experience the feeling of being in the midst of an immense wilderness. This expedition takes you as far as Labrador and the Basse-Côte-Nord (Lower North Shore). But, like any adventure, you have to prepare for it, especially if you go in winter.

Expedition 51°: Drive through spectacular natural spendour

This crescent-shaped trail is a favourite for those who love long road trips through immense stretches of unspoiled wilderness. Starting in Baie-Comeau on Route 389, the 1,700 km drive will take you at least 26 hours. It runs through Fermont, crosses Labrador from west to east on Routes 500 and 510 then continues down to the Lower North Shore. Once there, a scenic detour beckons: a 150-km trip along the Chicoutai* Scenic Route, from Blanc-Sablon to Vieux-Fort and



back, to view the majestic waterways of the Gulf of St. Lawrence. (*Chicoutais, or cloudberries, are small, flavourful, amber-coloured berries native to Québec's North Shore.)

See the Expedition 51° Guide at: https://tourismecote-nord.com/expedition51-en/



Once back at Blanc-Sablon, you and your vehicle could travel by ship back to your starting point of Baie-Comeau. The M/V Bella-Desgagnés brings supplies to the Lower North Shore's coastal villages. From the ship's deck, you can watch some 500 km of scenic coastline glide by in 25 hours; you can even get off at the ports of call and stroll through picturesque fishing villages that are only accessible by sea. All too soon, you'll be arriving in Kegaska, the first place where you can pick up Route 138 for a 650-km, 8-hour drive along the north shore of the St. Lawrence back to Baie-Comeau. The sailor's life is not for you? You can always take the ferry from Blanc-Sablon to Newfoundland.

Following this trail is like a Choose-Your-Own-Adventure trip; you can stay on it for a few days, the whole summer or throughout the winter. The trail passes through boreal forest to taiga; it winds in and out of charming towns and villages where you can discover the lifestyle and culture of the francophone, anglophone and Aboriginal populations, as well as the Métis and Inuit communities. There are lakes, rivers and mountains where you can hunt and fish, rough it in the wilderness, hike and kayak, and, at the end of the day, camp out under the northern lights. The curious can visit hydroelectric dams and open-pit mines. When winter comes, the North Shore is THE place to snowshoe and ski, or to go snowmobiling and dog sledding.

By road and by sea

Caution is required when driving this trail; while many sections are paved, some are only surfaced with gravel. The steep, narrow roads have tight turns and no shoulder, and become slippery in wet or icy conditions, so all-terrain vehicles and motorbikes are strongly recommended. While some adventurous types have driven this trail with 2-wheel drive, you are the best judge of your driving skills and your vehicle's capabilities. Whatever your mode of transportation,



Satellite phone rental available at the following locations: Wabush Hotel in Wabush; Height of Land Hotel in Churchill Falls; Hotel North Two and the Royal Inn and Suites in Happy Valley-Goose Bay; Alexis Hotel in Port Hope Simpson; Northern Light Inn in L'Anse-au-Clair.

be sure to plan your trip carefully: pack well and know where to stop for supplies.

Route 389

route389.com/en/home

Head north to reach the town of Fermont and its windbreak wall. Then cross the Groulx Mountains, part of the Manicouagan-Uapishka Biosphere Reserve, and skirt the edge of the Manicouagan Reservoir that lies within an impact crater formed by an ancient meteorite. Hikers will want to explore some of the many hiking trails that branch off from this road.



LOCAL ATTRACTIONS

- Manic-2 and Manic-5 hydroelectric dams and facilities (pp. 64 and 65).
- · Uapishka Station (p. 65).
- Gagnon, a former mining town, dismantled in 1984 (at km 390).
- · Mont-Wright mining complex (p. 66).



■ © M. Malherbe, M. Loiselle tourismecote-nord.com 61

Routes 500 and 510 or the Trans-Labrador Highway

tourismetnl.ca Ad p. 57

Note: stretches of the road between Happy Valley-Goose Bay and Red Bay were paved in 2018; the work continues.

To find out about driving conditions in Labrador, visit <u>roads.gov.nl.ca</u> or call 709-896-7888.

LOCAL ATTRACTIONS

- At the Gateway Labrador Visitor Information Centre, an exhibition displays artifacts from western Labrador and Labrador, illustrating 3,500 years of fur trade and mining history, and local culture.
- The world's largest underground hydroelectric power plant in Churchill Falls. To book a tour, call Nalcor Energy at 709-925-3335 or visit their website <u>nalcorenergy.com/nalcor-operations/</u> <u>churchill-falls/visit-churchill-falls/</u>.
- During World War II, the airport at Happy Valley-Goose Bay was used to refuel military aircraft on transatlantic flights. CFB Goose Bay is the largest military air base in northeastern North America and is a low-level flight training facility.
- Red Bay, which the 16th-century French settlers called Baie Rouge, was a Basque whaling station.
 This National Historic Site of Canada was named a UNESCO World Heritage site in 2013.
- The Scheffer Museum in Lourdes-de-Blanc-Sablon recounts the life of Msgr Scheffer, who was the first vicar apostolic of Schefferville-Labrador from 1946 to 1966. (p. 106).



Travelling by sea

Head west to complete the loop, and pick up Route 138 at Kegaska or Natashquan (depending on where you disembark).

From Blanc-Sablon to Kegaska (or Natashquan), the M/V Bella-Desgagnés that supplies the Lower North Shore stops at five different coastal villages. Stops last from 45 to 90 minutes, giving you ample time to stroll around: relaisnordik.com.

There is also a daily ferry service out of Blanc-Sablon to St. Barbe. Newfoundland and Labrador.

Route 138

Head west again to return to Baie-Comeau.

LOCAL ATTRACTIONS

Depending on where you are, refer to the relevant sections of the Guide (pp. 46 to 106).

Make the scenic Chicoutai Route part of your trip!

Before you take the boat from Blanc-Sablon, be sure to allow enough time to take the Chicoutai Route, a scenic, 150-km section of Route 138 that runs along the shores of the Gulf of St. Lawrence to Vieux-Fort and back. It's a unique opportunity to discover the region's scenery and hiking trails, the hospitality of the people who live "at the end of the world," and to sample the distinctive local cuisine. From early May to early July, you can watch icebergs drift by in the Strait of Belle Isle.

LOCAL ATTRACTIONS

- The Aqua Labadie farm specializes in marine farming scallops at their Salmon Bay facility. (p.139).
- The Whiteley Museum in Rivière-Saint-Paul, named in honour of the man who invented the cod trap (p.105).

Remember to gas up at these places: Baie-Comeau, Relais Manic-Outardes, Manic-5, Relais-Gabriel, Fermont, Labrador City, Churchills Falls, Happy Valley-Goose Bay and Port Hope Simpson.





Services on the road On Route 389

route389.com

Between Baie-Comeau and Fermont, you'll find gas, food and accommodation at kilometre 94 (Relais Manic-Outardes); 214 (Motel de l'Énergie); 316 (Relais Gabriel); 336 (Uapishka Station); and 565 (town of Fermont).

There is NO cell phone service; there are 9 emergency phones at regular intervals on the shoulder. In Fermont, only some carriers offer cell phone service.

On Routes 500 and 510 or the Trans-Labrador Highway (from Labrador City to Blanc-Sablon)

At Gateway Labrador, 35 km from Fermont, there is a visitor information centre that houses a store and exhibition hall. Be sure to stop by to get safety tips for your trip. Driving conditions in Labrador are available at <u>roads.gov.nl.ca</u> or by calling 709-896-7888.

You'll find restaurants and accommodation at these places: Wabush, Churchill Falls, Happy Valley-Goose Bay, Port Hope Simpson, Cartwright, Mary's Harbour and L'Anse-au-Clair.

The Expedition 51° loop in winter

In winter, the snowy and icy conditions mean Routes 389, 500 and 510 are passable, but only for experienced drivers in ATVs and off-road vehicles. The sometimes extreme conditions and low temperatures mean it is vital to plan your trip carefully: pack well and know where to stop for accommodation and supplies. There are many hiking and snowmobile trails branching off from these Routes and in the Groulx Mountains (motoneige-groulx.com). Note that snowmobiling is prohibited above 800 m altitude, and Route 138 is passable for all types of vehicles.

For more information

- · Relevant sections of the Guide (pp. 46 to 106).
- For customized packages and individual itineraries, contact Coste (a community-based travel agency) at 1-877-573-2678 or voyagescoste.ca.
- For information on the Trans-Labrador Highway and Labrador: 709-944-5399 or gatewaylabrador.ca.
- · Winter activities: pp. 176, 181, 185.





Organized by sector, from west to east.

Route 389: Manic Road

Visitors who travel along this legendary 600-km road between Baie-Comeau and Fermont will see the important role this sole Trans-Québec-Labrador link plays in the region's economy. It provides access to the natural resources on which the Côte-Nord's economy depends as well as to the hydroelectric generating stations operated by Hydro-Québec. Around Fermont, there's no doubt that you are in mining country. The forestry industry extracts raw materials from the forests along Route 389. In this part of the world, everything is larger-than-life: the landscapes, hydroelectric infrastructure, Groulx Mountains, the Uapishka Station, the Manicouagan reservoir and the Mont-Wright mine - and especially the famous Fermont hospitality!

Canoeing and kayaking	p. 127
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Outfitters	p. 192

Aventure Uapishka

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Km 365 Route 389, Camp Lagopède aventureuapishka.com -

The starting point for hikes in the Mont Groulx mountains and learning about woodland life. Professional adventure guide Guy Boudreau lives at the foot of these distinctively northern mountains. He provides visitors with a variety of services: shuttle between the two trailheads and rustic accommodation for self-guided hikers; dormitory option and prospector tent at base camp; in the mountains, tent and wood stove rental in winter. He organizes adventure trips, such as crossing the mountain range.



Expo Route 389 | Exhibition

₹(\$)

Km 211 Route 389 - 418-589-9293 or 1-800-760-2301 gaston.lavoie@motelenergie.com

The legendary Route 389, the only Québec highway that goes north of the 51st parallel, is a must-visit for nature lovers and adventure buffs. The exhibition on the dining room walls at Motel de l'Énergie in Manic-5 shows all the wonders that await you on Route 389, all the way to Fermont.



Jean-Lesage Generating Station – Manic-2

₺⊕®

Km 20 Route 389 Nord - ♠ ♥ 1-866-LAMANIC - hydroquebec.com/visitez
Open: June 7 to August 31.

If you drive just a few minutes from Baie-Comeau, you can tour an impressive generating station. Step inside one of the world's largest gravity dams and see what makes it tick. You'll see a 400-ton rotor spinning over your head and feel the immense power of the eight generating units. The Georges Dor building features an exhibition on the technology that revolutionized transportation worldwide. Average time: 1 hr. 30 min. Reservations required. **Ad back cover**



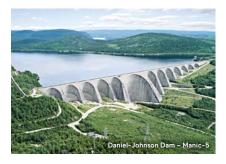
Daniel-Johnson Dam - Manic-5

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Km 214 Route 389 Nord - 😝 🖸

1-866-LAMANIC - <u>hydroquebec.com/visitez</u> Open: June 7 to August 31.

Located 2.5 hours from Baie-Comeau, Manic-5 is the world's highest multiple-arch buttress dam, with a unique design that testifies to Québec's engineering genius. Whether at the foot of the dam, on its crest, or inside, you're sure to be thrilled by what you see and learn. Also, check out the fascinating exhibition on the dam's construction. Average time: 2 hours. Reservations required. **Ad back cover**



Monts Groulx | Mountains

Km 335 and km 365 Route 389 - 581-444-1924, 418-409-6989 amisdesmontsgroulx.com -

From Route 389, the trail runs through thick spruce forest that gives way to taiga as you climb. From the summits, view the Manicouagan crater, a gigantic scar formed some 214 million years ago. The Grouk Mountains (Uapishka, in Innu) include some 30 peaks of over 3,300 ft (1,000 m). Every year, the Monts-Groulx not-for-profit organizes two volunteer cleanup operations (the Grande Corvée and Corvée Glaciale to maintain and promote the mountain range; bring you own tent.

Monts Groulx Aventure | Hiking trips

Km 211 Route 389, Manic-5 418-297-6703 - mereveil.com Open: June to September.

When viewed from a self-guided hike in the Groulx Mountains, the alpine scenery and geology of the 51st parallel are sure to impress. Maps and satellite phones can be rented on-site. Guided mountain hikes and kayak excursions are offered to groups of 8 or more. Reservations required. The hiking trailhead is located 90 minutes by car from the starting point. Wear sturdy shoes and dress appropriately.

Station Uapishka

Km 336 Route 389 418-296-8514 or 1-833-296-<u>8</u>51<u>4</u>

stationuapishka.com - **6**

At the foot of the Monts Groulx mountains and the Manicouagan reservoir, Uapishka Station opens the door to Nordic adventures for outdoor enthusiasts and those eager for unforgettable experiences. Popular summer activities include hiking and kayak and rabaska excursions. In winter, the mountains are covered in a powdery white blanket – a paradise for backcountry skiers, hikers and fatbikers. Meals and accommodation provided. Some activities require a guide.







Lac Daviault beach





Fermont

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Population 2,455

563 km from Baie-Comeau villedefermont.qc.ca

Fermont is a one-industry town that's wholly dependent on iron mining. The town's main feature is its 1.3-km windbreak wall, a unique structure that houses shops and apartments. The northern lights are a regular feature here. In March, enjoy the fun activities of the Taiga Carnival; in summer, swim across Daviault Lake or hike in the Daviault or Severson Mountains. You can also tour one of the largest open-pit mines in Canada, the Mont-Wright mine, and see dump trucks weighing between 240 and 400 tons. Ad p.58

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Quad clubs	p. 150
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Snowmobile clubs	p. 185

ArcelorMittal Mining Canada G.P. -Mont-Wright Industrial Complex

®

Located roughly 20 km from Fermont, the Mont-Wright Industrial Complex is operated by a world-renowned and safe producer of iron ore. The site consists of a 26-km² open-pit mine, huge maintenance workshops and a fleet of enormous mining equipment. Reservations required at the Fermont Visitor Information Centre. Visitors must abide by the dress code and safety guidelines.



@ @

Windbreak Wall

Fermont Visitor Information Centre 100 Le Carrefour, Fermont 418-287-5339 or 1-855-337-6668 – <u>caniapiscau.ca</u> Open: Year-round.

The only one of its kind in North America, the 1.3-km long windbreak wall is a marvel of northern architecture that protects the downtown core from the prevailing north winds. Known simply as The Wall, this is Fermont's downtown. It houses 344 apartment units, community and municipal services, a school, and healthcare and recreational facilities (an arena, pool and exhibition space), as well as a shopping centre, all linked by a temperature-controlled indoor promenade that's open 24/7. Ad p. 58

Schefferville

Population 157

573 km from Sept-Îles by train <u>ville-schefferville.ca</u>

Schefferville is an example of peaceful coexistence between indigenous and non-indigenous peoples and a place where the Innu community of Matimekush–Lac–John and the Naskapi community of Kawawachikamach come together. The approximately 1,300 inhabitants of this isolated, mid–Northern region near the 55th parallel are united by their willingness to help each other. On the outskirts of town, history has left its mark on the landscape, as mine sites blend with the taiga. The town can be accessed by plane from Montréal, Québec City, and Sept-Îles, and by train from Sept-Îles.



Mushuau-Nipi - An AUTHENTIC Aboriginal Experience

56th parallel, Schefferville 418-293-2548 - <u>mushuau-nipi.com</u> - **9** Open: September.

Come and have an AUTHENTIC Aboriginal experience in an outstanding setting! The ancestral site of Mushuau-nipi is located at the heart of the tundra on the migratory trail of the George River caribou herd (56th parallel). We offer you an extraordinary and memorable stay in Québec. Experience daily life in an Aboriginal encampment and learn about their traditional practices. See website for details.

Matimekosh

Population 618

Lac-John

Population 33

Kawawachikamach

Population 634









PORT-CARTIER



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SEPT-ÎLES ARCHIPELAGO

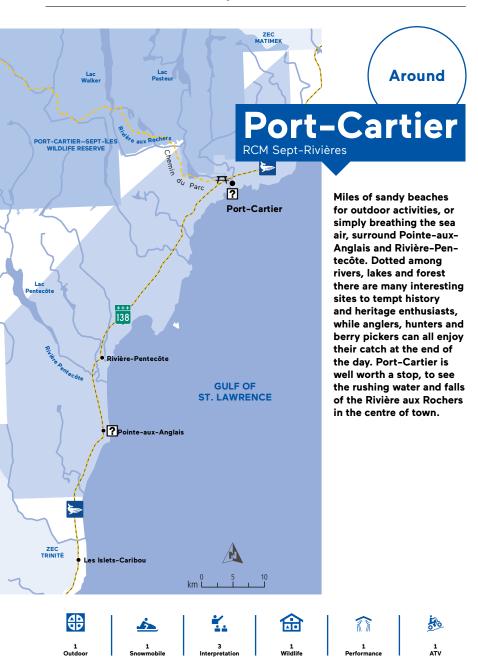


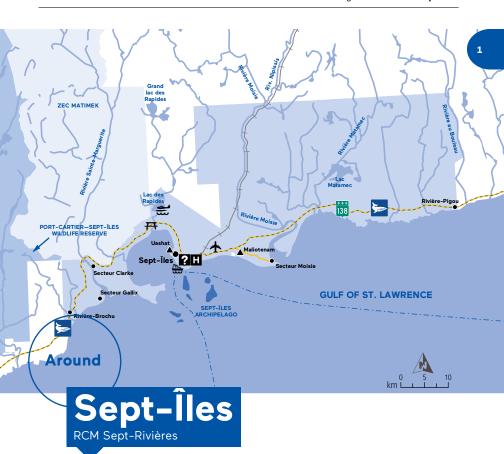




TOURISME **SEPT-ÎLES**

www.tourismeseptiles.ca





This vast area spans the Gallix, Clarke City, and Moisie districts, the city of Sept-Îles, and the Innu community of Uashat and Maliotenam (Mani-Utenam). The long unspoiled beaches, islands, rivers and salt marshes are a miniature paradise for people who love to camp, hunt and fish, hike or go out on the water. A museum and different interpretation centres tell the story of the Innu Nation and regional industrial development. For culture lovers, there are musical and theatre performances and local arts and crafts.

















Organized by sector, from west to east.

Pointe-aux-Anglais

Population see Port-Cartier

33 km from Baie-Trinité villeport-cartier.com – 😝

Bordered by an 11-km-long beach of fine sand, the village owes its name to an 18th-century shipwreck, which you can learn about at the Musée Louis-Langlois. Late May is the perfect time to fish for capelin, those small silver fish that spawn on North Shore beaches by the thousands. Local points of interest include a 100-year-old cemetery behind Saint-Paul church, and a hiking trail along the beach, with rest area nearby. The village store sells fishing and hunting licenses and equipment. Be sure to stop in for a delicious ice cream and other regional products.

Outdoor recreation locations

p. 158

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Musée Louis-Langlois | Museum

2088 rue Monseigneur-Labrie, Pointe-aux-Anglais 418-799-2212 or 1-888-766-6944

villeport-cartier.com - • Open: June to August.

This museum features an exhibit that tells the story of the 1711 shipwreck of a part of Admiral Hovenden Walker's English fleet off Île-aux-Oeufs. Visitors can admire the exhibit's many artifacts as well as a number of period objects, on display in the 1873 house that evokes the history of the Pointe-aux-Anglais and Rivière-Pentecôte villages. Guided tours available. You will also find a local tourist office, picnic grounds, and beach access.





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Rivière-Pentecôte

Population see Port-Cartier

12 km from Pointe-aux-Anglais villeport-cartier.com –

This bustling, late 19th-century logging town has become a peaceful haven. Watch for the signs on Route 138 so you don't miss the breathtaking panorama at the village entrance. Fish for sea trout off the historic pier or visit Saint-Patrice Church and the tiny chapel dedicated to St. Anne (variable hours). Nearby, a series of footpaths lead to a beach. Stop in at the Auberge du Nord-Côtier to view artwork by local artists and artisans and enjoy a good night's rest.

Outdoor recreation locations

p. 158





Port-Cartier

Population 6,574

38 km from Rivière-Pentecôte villeport-cartier.com –

As you cross the 50th parallel, stop in at Port-Cartier to enjoy the town's boardwalk and various amenities. Listen to the rushing waters of the Rivière aux Rochers and falls, and tour Taiga Park and the Salmon Interpretation Centre, which offer stunning views. Travel back in time at the regional historic interpretation centre or take in a show at the Graffiti Café-theatre. To get a sense of just how vast the backcountry really is, visit the Rochelois beach tidal flats, the Port-Cartier-Sept-lies Wildlife Reserve and Les Goélands Outdoor Centre. Ad p. 68

Bicycle touring	p. 148
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Quad clubs	p. 150
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Snowmobile clubs	p. 185
Specialty food shops and delis	p. 140





Centre d'histoire de Port-Cartier | Interpretation centre

45 Blvd du Portage-des-Mousses, Port-Cartier 418-766-4414, 418-766-0077 (in summer) villeport-cartier.com -

Open: June 14 to September 6.

The largest interpretation centre on the North Shore has created a fascinating comprehensive exhibit that covers the municipality's 100-year history, as well as the history of the mining towns of Fermont and Gagnon. Experienced guides help you relive the era of the region's large logging camps and mines, and teach you about everyday pioneer life. There's a new section of 28 period paintings. Average time: 1.5 hrs. Ad p. 69





Circuit patrimonial de Shelter Bay | Heritage trail

418-766-4414 or 1-888-766-6944 villeport-cartier.com - **6** Open: May to October.

(\$)*****.

You can walk, bike or drive the Shelter Bay Heritage Trail before or after visiting the town's History Interpretation Centre. The trail's information panels tell you about the places, people and events that have marked the history of Port-Cartier since its founding. Get the free trail map online or at the Visitor Information Centre.

Port-Cartier-Sept-Îles Wildlife Reserve (Sépaq)

64 Route 138, Port-Cartier 418-766-2524, 581 824-1008 or 1-800-665-6527 sepaq.com - •

Open: Walker Lake: June 1 to September 4.

The reserve is the perfect place for outdoor activities like canoeing, hiking and kayaking. Come discover lovely Walker Lake and the footbridge to picturesque MacDonald Falls. Sport anglers can come for the day or rent a campsite or cabin and spend a night or two. You can also fish for salmon in the Aux-Rochers and MacDonald Rivers. Walker Reception: 7 a.m. to 7 p.m. Ad p.69





Parc de la plage Rochelois | Beach park

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Rue des Rochelois, Port-Cartier 418-766-4414 or 1-888-766-6944 villeport-cartier.com -

This is a popular family destination with free parking and great views of the St. Lawrence River. The fine sand beach (unsupervised) stretches for almost a kilometre. Walk the flats at low tide and try spotting different species of marine life in the tidal pools. Then, read the interpretation panels on the wreck of the *Lady Era*, an iron-ore carrier that's visible offshore. There are municipal bike paths, a playground and picnic area nearby, and the beach is a great place for kitesurfing, kayaking and SUP.



Rivière aux Rochers | Park and salmon ladder

24 rue Luc-Mayrand, Port-Cartier 418-766-2777 - <u>riviereauxrochers.com</u> -Open: June to August.

East of the bridge over Rivière aux Rochers and half a kilometre off Route 138 is the salmon interpretation site. In addition to taking a guided tour of the interpretation centre and the salmon ladder and trap, visitors can admire the falls, watch anglers in action, go hiking, or enjoy a picnic.



Parc de la Taïga | Park

Chemin des Îles, Port-Cartier 418-766-4414 or 1-888-766-6944 villeport-cartier.com - • Open: Year-round.

This park features 2 kilometres of beginner-level walking trails on Patterson Island, in the centre of Port-Cartier. Discover the wonders of the boreal forest and an impressive waterfall on the Rivière aux Rochers that thunders just metres away from you. In season, you can admire the skill of the fly anglers fishing for salmon in the many pools along the trails. Parking available at park entrance.

Promenade du P'tit Quai | Boardwalk

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Ave Parent, Port-Cartier 418-766-4414 or 1-888-766-6944 - <u>villeport-cartier.com</u> - **①** Open: April to December.

This boardwalk runs along the Rivière aux Rochers to the mouth of the St. Lawrence and is the perfect spot from which to admire the town. Picnic spots and rest areas, a lookout, and a park for kids make it a great place to relax outdoors. Shopping, restaurants, tourist attractions and bicycle paths are all located conveniently nearby.





Gallix

Population see Sept-Îles

24 km from Port-Cartier ville.sept-iles.qc.ca - **f 9**

Gallix, which merged with Sept-Îles in 2003, abounds in peace and natural beauty. Birdwatchers can visit the salt marshes looking for different species, and nature lovers can enjoy the park and trail along the St. Lawrence River. From Souvenir Park on the Sainte-Marguerite River, follow the boardwalk to the beach and take in the breathtaking view and 14 kilometres of fine sand beach. In June, watch for the capelin spawning on the beach by the thousands!

Outdoor recreation locations	p. 160
Regional products	p. 138
Ski alpin	p. 182





Clarke

Population see Sept-Îles

35 km from Port-Cartier ville.sept-iles.qc.ca - **G © ⊚**

Formerly known as Clarke City – the first real North Shore town – this area is steeped in history. Learn about the town's industrial past and the Clarke brothers by visiting the Clarke City Interpretation Centre and by reading the interpretation panels dotting the historical trail that winds through town. Golf enthusiasts who play at the Sainte–Marguerite Club will enjoy an incomparable view of the Sainte–Marguerite and St. Lawrence rivers.

Golfing p. 145



Centre d'interprétation de Clarke City | Interpretation centre

160 rue du Moulin, secteur Clarke 418-583-2223 - <u>tourismeseptiles.ca</u> - **ਿ ©** Open: June to August.

Having recognized the region's enormous potential, in 1898 the Clarke brothers of Toronto set to work building a pulp mill. A few short years later, the mill site would become the first industrial town on the North Shore. The interpretation centre tells the story of Clarke City and the way of life of a bygone era.

Uashat

Population 1,652

Maliotenam

Population 1,502

80

Sept-Îles

★◉◘≒

Population 25,083

59 km from Port-Cartier ville.sept-iles.qc.ca - **f 9**

At 2,182 km², Sept-Îles is one of the largest cities in Québec in terms of area. Located mid-way between the forest and the sea, it's a dream destination for outdoor lovers, with magnificent beaches and many kilometres of hiking trails. For rainy days, museums and interpretation centres recount the rich history of Sept-Îles. From industrial tours to shows by local and regional artists, visitors are sure to appreciate the culture, excitement and hospitality Sept-Îles has to offer. Ad pp. 71,73

Aboriginal tourism	p. 180
Bicycle rental	p. 146
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Food markets	p. 140
Marinas and seaports	p. 113
Microbreweries and distilleries	p.136

Microbrasserie la Compagnie (*)

15 rue du Père-Divet, Sept-Îles 418-961-2337 – microlacompagnie.com

This microbrewery serves a wide range of artisanal beers brewed on site and inspired by the town's industrial history. Open: Year-round.

Outdoor recreation locations	p. 160
Performance venues	p. 177
Quad clubs	p. 150



Recreational equipment rental	p. 149
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Relaxation	p. 169
Shopping	p. 178
Snowmobile clubs	p. 185
Snowmobiling	p. 184
Specialty food shops and delis	p.140
ZECs (Controlled zones)	p. 187



Sept-Îles Archipelago

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From the marina in Historic Pier Park, you can see the seven islands in Sept-Îles Bay and their history. By tour boat or sea kayak, enjoy a close-up look at the marine mammals and birds that frequent Corossol Island. It's also a great way to get a sense of the sheer size of the Sept-Îles harbour, North America's leading iron ore port. Boat tour guides recount the history of the people who have lived and worked here. Ad p. 73



Atikuss Workshop and Gift Shop

136 Blvd des Montagnais, Sept-Îles (Uashat) 418-962-6377 – <u>atikuss.com</u> – **1** Open: Year-round.

The Atikuss initiative is a small hotel, a craft shop, studio space and an art gallery where you can view paintings, sculptures, authentic crafts and local products by Aboriginal and non-Aboriginal artists from the community and across Québec. Your visit will help you discover and learn about the culture, history and traditions of one of our First Peoples. **Ad below**



Ô Muses Boutique

Open: Year-round.

500 Blvd Laure, Sept-Îles 418-968-2070 - <u>mrcn.gc.ca</u>

Visitors and residents alike will find a wide selection of quality products at this boutique and book store, including works by North Shore artists and artisans, original creations, jewellery, greeting cards, books, cultural and historical information and regional specialty foods. Other services include: restrooms, free parking, partial access for people with limited mobility. See website for details. Ad p. 71

Lac des Rapides Outdoor Centre

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Follow the signs at the end of Blvd Vigneault, Sept-Îles 418-968-4011, 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca - 🕶 😉

Open: End of June to end of August; mid-December to end of April.

In summer, come and cool down with a refreshing dip at the supervised swimming area. Enjoy the beautiful scenery as you explore the network of hiking and cycling trails or take to the water with a rented canoe, kayak, pedal boat, or SUP. In winter, put on your skis or snowshoes for an outing into the nearby boreal forest along trails maintained by the Rapido Cross-country Ski Club.







(\$)

History and Heritage Trail -Sept-Îles tells its story!

1401 Blvd Laure Ouest – 415 Ave Arnaud, Sept-Îles 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca – 🕶

Use this trail to explore Sept-Iles by bike or on foot. Learn about the city's rich history from a guidebook or an audio guide.



Jardin du ruisseau Bois-Joli | Botanical garden

Ħ®Ħ‰┺

97 rue des Chanterelles, Sept-Îles (Ferland area) 418-960-5551 - <u>directeur.jcrbj@gmail.com</u> - **9** Open: Year-round.

This ever-expanding attraction – the northernmost botanical garden in Québec – was created in 1984 by local residents wanting to improve their quality of life. The garden boasts 14,000 ever-changing plant species, 5 kilometres of walking trails and 13 themed sections, including the all-new Boreal Japanese Garden. It's the perfect place to break up your trip, have a picnic, learn about North Shore plant and animal life or try some creative projects. Guided tours upon request.



Archipelago Interpretation Booth

Marina, 385 Ave Arnaud, Sept-Îles 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca - 🔞 🕲

Inside the marina building in Parc du Vieux-Quai a series of interpretation panels tell visitors about the archipelago's seven islands and their history. While there, be sure to take a peek at the *Hermel*, the boat in which Mylène Paquette did her solo row across the

20 rue Shimun, Sept-Îles 418-968-6237 - <u>vieuxposte.com</u> - **(P)** Open: June 25 to September 5.

The trading post covers the period from 1673 to 1842 and focusses on the everyday life of people living in a 19th-centry fur trading post. Guides help you imagine what the first encounters between Innu and Euro-Canadian cultures must have been like. An offshoot of the North Shore Regional Museum gift shop sells exclusive local products. Average time: 1 hr. 30 min.

Ad p.71

L'île La Grande Basque

© # & 1. 16 €

Tourisme Sept-Îles - **♠ ⑤** 418-962-1238 or 1-888-880-1238 - <u>tourismeseptiles.ca</u> Open: June 8 to August 31.

This island is ready to welcome outdoor lovers wanting to picnic, hike and stay the night in a full-service or primitive campsite. Whether you're seeking relaxation or adventure, La Grande Basque has something for you. Come admire its magnificent beaches, stride along its 12 km of groomed hiking trails and discover its varied plant and animal life. The island's guides will be happy to give you a crash course in the local geology, marine biology, birdwatching and mushroom-gathering. Ad p.73



Shaputuan | Innu Culture Museum

290 Blvd des Montagnais, Sept-Îles (Uashat) 418-962-4000 - <u>museeshaputuan.org</u> - **9** Open: Daily from June 20 to August 31; from September 1 to June 19, Monday to Friday

Shaputuan (the Big Gathering Tent) recounts the millennia-old history of a nomadic people in their ancestral homeland. The permanent exhibition, *Innu utassi* (Land of the Innu), follows the Innu through the seasons and their annual life cycle. This history and ethnology museum is also a gathering place where the Innu and other peoples can meet and mingle. Average time: 1 hr.

Musée régional de la Côte-Nord | Museum its

500 Blvd Laure, Sept-Îles 418-968-2070 - <u>mrcn.qc.ca</u> - **(f**) Open: Year-round.

This regional museum showcases and protects North Shore heritage and recounts the region's history through the intersection of art with ethnohistory, archaeology and the natural sciences. The permanent exhibition takes you back through time to discover the people who lived here over 8,000 years ago! Check out the original and exclusive local products on sale at the the Ô Muses gift shop. Average time: 1 hr. 30 min.

Ad p. 71



PANACHE art actuel | Contemporary art

410 Ave Évangéline, SS-12, Sept-Îles 418-961-2675 - panacheartactuel.com - 🕶 🕥

Through its initiatives promoting artistic independence, self-expression and interaction with the environment through visual media, PANACHE has become an integral part of North Shore culture. It supports art-related research, experimentation and creation, and also promotes *Côte-Nord* artists. PANACHE is an artist-run space that organizes exhibitions, residencies and interdisciplinary projects with the goal of energizing the arts scene at the local and provincial level and making it more professional.

Parc Aylmer-Whittom

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Route 138 Ouest, Sept-Îles (7 km from the Sept-Îles Visitor Information Centre) 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca -

sui de la constant de

This enchanting park is a local favourite where hikers can admire Conan Island, the western half of Sept-Îles Bay and many bird species from two observation towers.





Parc du Vieux-Quai | Historic Pier Park

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Ave Arnaud, Sept-Îles, 418-962-1238 tourismeseptiles.ca - (1)

A focal point for summer activities and a popular gathering place, this is the ideal spot to appreciate the splendour of the bay, watch anglers and iron-ore carriers, and admire the sunset from the 1-kilometre long wooden boardwalk. In summer, browse the covered kiosks with wares by local artisans, and watch artists perform under the vellow tent.



Moisie

Population see Sept-Îles

22 km from Sept-Îles ville.sept-iles.qc.ca - 🕈 🗸 🕝



Known worldwide for its snowmobile clubs, the Moisie district is a paradise for nature lovers. Four outfitters and a ZEC operate on the shores of the 410-km Moisie river; you'll also find a lovely beach off Route 138 (access near the Donald-Gallienne bridge), where you can enjoy beach volleyball and swimming.

Bicycle rental	p. 146
Canoeing and kayaking	p. 127
Outdoor recreation locations	p. 161
Salmon river	p. 187











At 222 km long, L'île d'Anticosti in the Gulf of St. Lawrence is the largest island in Québec. Located opposite Havre-Saint-Pierre on the mainland, it can only be reached by plane or boat, and is home to over 100,000 white-tailed deer, some 220 bird species, and abundant plant life. Its limestone geology, which is rich in fossils, has created some incredible landscapes. The island is popular for salmon fishing, deer hunting, and tourism.





Hiking trails





Port-Menier

+②

Population 199

municipalite-anticosti.org

The island's only remaining village. Port-Menier was founded in 1899 by French industrialist Henri Menier when he realized it made a better port than nearby Baie-Sainte-Claire. A handful of homes from this period still remain on Rue du Cap-Blanc, facing Baie Gamache. Be sure to take the heritage tour that goes to 13 different sites in the village and the surrounding area, including Baie-Sainte-Claire, Pointe-Ouest and Anse-aux-Fraises: a panel in the Visitor Information Centre displays a map of the tour, with the location of each site.

Food markets	p. 141
Crossing the St. Lawrence by ferry	p. 125
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Outfitters	p. 192





Baie-Sainte-Claire and Pointe-Ouest

Information at 7 Chemin des Forestiers, Port-Menier 418-535-0250 - municipalite-anticosti.org

In 1895, Mr. Menier built a village here. The lime kiln, rebuilt in 1985, is a designated historic monument. Towards Pointe-Quest, the wreck of the Calou, which ran aground in 1982, is a grim reminder of the coast's former reputation as the "Cemetery of the Gulf".

Écomusée d'Anticosti

(\$)*****.

1 rue des Olympiades, Port-Menier 418-535-0250, 418-535-0311 - municipalite-anticosti.org Open: June to September.

Now housed in the church, this museum helps visitors learn about the island's fascinating and unique history and ecology, and admire natural and man-made objects from the island's past. Average time: 45 minutes

Horizons Anticosti | Guided tours

(\$)

41 rue du Cap-Blanc, Port-Menier 418-800-7342 - horizonsanticosti.com

Organized tours of Île d'Anticosti, mostly as part of a package, including accommodation, meals, and tours led by a trained geographer.

Anticosti National Park

(\$)

25 Chemin des Forestiers, Port-Menier 418-535-0156 - sepag.com/anticosti - •

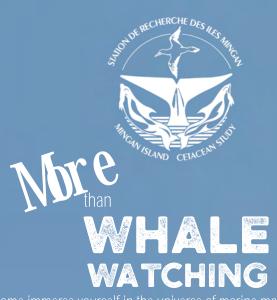
Imagine an island in the middle of the Gulf of St. Lawrence, with its unique features and unusual fauna bathed in the clear northern light. Imagine white-tailed deer nibbling at algae, salmon shimmering in pools, and seals sunning themselves on the rocks. Explore cliffs, canyons, waterfalls, and caves and believe that you're in a real place: Anticosti National Park.

Château Menier Site

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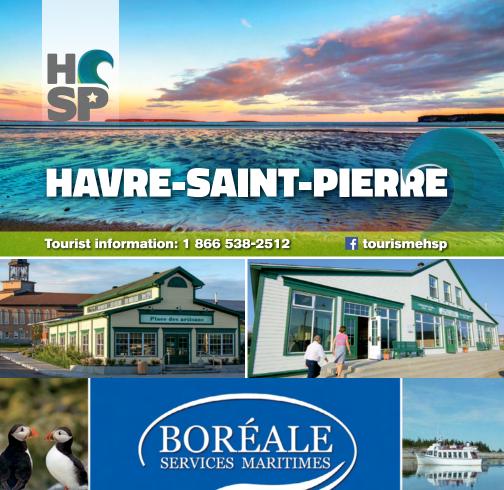
Information at 7 Chemin des Forestiers, Port-Menier 418-535-0250 - municipalite-anticosti.org

The construction of Château Menier began in 1899 and lasted five years. In 1953, the abandoned luxury villa was deliberately burned to the ground. The Château's foundations, uncovered in 1991, bear witness to the size of this impressive structure, the largest ever built on the island.





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The communities of Sheldrake, Magpie, and Rivière-Saint-Jean stretch along the shore around the Village-relais (service centre) of Rivière-au-Tonnerre. Considered one of the North Shore's most picturesque villages, it's a popular place to relax and unwind. Fishing, birding, and whale watching from land or on the water as well as the maritime link with Anticosti Island are the main draws of these coastal villages. You'll find a variety of accommodation, magnificent beaches, rocky trails that are perfect for quadding, local specialty products, and picturesque little churches well worth a detour.



1 Religious building



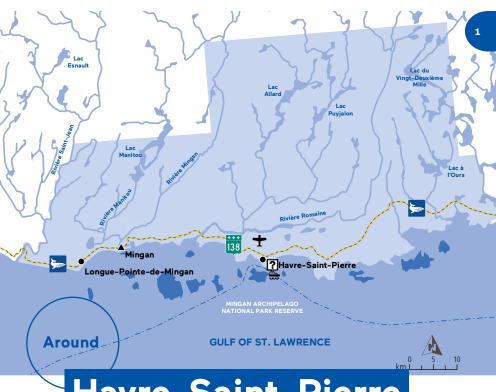
1 Boat



13
Outdoor recreation



1 Outfitter



Havre-Saint-Pierre

From Longue-Pointe-de-Mingan eastward to Havre-Saint-Pierre, many boat operators and visitor and interpretation centres provide information about maritime transportation services and things to do in the area. With its multitude of islands and islets stretching over 150 kilometres of coastline and its impressive limestone monoliths, the Mingan Archipelago National Park Reserve attracts many visitors to the region. The Innu community of Mingan (Ekuanitshit) invites you to discover a thousand-year-old culture through its art, handicrafts, and stunning coastal scenery.





Parks and

Organized by sector, from west to east.

Sheldrake

Population see Rivière-au-Tonnerre

111 km from Sept-Îles riviere-au-tonnerre.ca

The name Sheldrake comes from an old British word for the American merganser, formerly called a sawbill. Just before reaching Sheldrake - the first village in the Minganie region - a road leads to a small hydroelectric station and a hiking trail. In early June at low tide, the bridge over "Thunder River" (Rivièreau-Tonnerre) is a great clamming spot. Photographers and nature lovers will enjoy strolling on Sheldrake beach and listening to the sound of the waves.

Outdoor recreation locations

p. 163

Rivière-au-Tonnerre @PR

Population 264

11 km from Sheldrake riviere-au-tonnerre.ca - 6



The Village-relais (service centre) of Rivièreau-Tonnerre includes the community of Sheldrake, and other coastal villages typical of the Minganie region. Considered one of the North Shore's most picturesque spots, it's a popular place to relax and unwind. Fishing, birding, and whale watching from land or on the water as well as the maritime link with Anticosti Island are the main draws. You'll find a variety of accommodation, magnificent beaches, local specialty products, and picturesque little churches well worth a detour.

Regional products	p. 139
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Outdoor recreation locations p. 164

Manitou Falls

#‼\$#

Km 1088 Route 138, rivière Manitou, Rivière-au-Tonnerre 418-538-2732 (off season), 418-538-2333 (summer) manitou@mrc.minganie.org

Open: June 21 to September 18.

This must-see attraction lies about 85 km east of Sept-Îles and 35 km from Rivière-au-Tonnerre, Follow the trail to the 35-m waterfall at the end. The Visitor Information Centre (with a large parking lot and picnic tables) makes this an ideal place to stop. Average time to complete the trail: 45 minutes.

Rivière-au-Tonnerre Church

(\$)

529-465-2255 - riviere-au-tonnerre.ca Open: June 1 to September 22.

Built in the early 20th century by over 300 volunteers and restored in the late 1970s, this wooden church is the pride of the village. A noteworthy feature is the archway: over 8 m high and featuring about 60 shapes carved with a penknife. A free audio guide is available. Average time: 45 minutes.

Vovages Coste (Cooperative for a Sustainable Tourism Environment)

454 rue Jacques-Cartier, Rivière-au-Tonnerre 418-465-2002 or 1-877-573-2678 vovagescoste.ca -

Voyages Coste, a community-based cooperative focussed on sustainable tourism, is a brick-andmortar travel agency with a Québec travel agent licence. We offer tourist packages and products in the North Shore, mainly on L'île d'Anticosti, in the Minganie region and the Lower North Shore. Help local (French, English, and Innu) communities grow by encouraging fair, responsible, and sustainable tourism. Our wide range of services includes: flight and river cruise reservations, customized packages and individual products.



Magpie

Population see Rivière-Saint-Jean

22 km from Rivière-au-Tonnerre

To reach this village, you must leave Route 138 and take the road that passes through town. At the turn of the 20th century, Magpie was the largest cod fishing port in the region. Near the pier of the once-bustling harbour, a rest area leads to a rock formation forming a natural lookout and a great vantage point for whale watching. On the river is a 40-megawatt hydroelectric plant, built to replace a 2-megawatt facility constructed in 1958.

Outdoor recreation locations p. 164

Rivière-Saint-Jean

Population 211

13 km from Magpie

The village stretches along the western bank of the Saint-Jean River. Navigable for about 50 km and famous for its salmon pools and sea trout at the river's mouth, for several decades the river marked the border between Québec and Labrador. The sandbar that divides the river from the Gulf of St. Lawrence is an ideal spot for birdwatching. A sea shuttle serves Anticosti Island and the Mingan Island Archipelago; whale-watching cruises are also available.

Boat tours	p. 120
Outdoor recreation locations	p.165
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Longue-Pointede-Mingan

Population 428

17 km from Rivière-Saint-Jean longuepointedemingan.ca -

This village owes its name to the sandy point that juts out into the Gulf of St. Lawrence. The site was frequented by Gaspé fishermen, who founded a permanent settlement here in 1849. This peaceful yet bustling village is surrounded by spectacular scenery and abundant marine life. The friendly residents invite you to celebrate with them during the Paspayas Festival. Named after the original Gaspé settlers, this event takes place in the second week of July and welcomes visitors from near and far.

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Famille Loiselle Gift Shop and Ticket Office

207 rue de la Mer, Longue-Pointe-de-Mingan 418-949-2689 or 1-866-949-2307, ext. 2 tourisme-loiselle.com Open: May to September.

Take advantage of your stay at Minganie Campground to explore the surrounding area and pick up a fun souvenir or unusual gift. You could also sign up for a Mingan Islands cruise, register at our seaside campground or browse our selection of crafts and clothing at the campground store. **Ad below**



Mingan Island Cetacean Study (MICS) Interpretation Centre

625 rue du Centre, Longue-Pointe-de-Mingan 418-949-2845 - <u>rorqual.com</u> - **G** S S Open: June 15 to September 6; 4 visits daily.

The centre's twin focus on research and education makes it the perfect place to take a guided tour on the marine mammals in the Gulf of St. Lawrence. Learn about the research being done for the past 40 years by the team of biologists through life-sized whale sculptures, murals, and a video and acoustics room. Your admission fee helps further the centre's work and also helps protect these gentle giants. Average time: 1 hr. Ad p. 89

Corporation de l'île aux Perroquets

Reception: Centre John Collin 878 Chemin du Roi, Longue-Pointe-de-Mingan 418-949-0005 or 1-855-717-5657 ileauxperroquets.ca -

Open: Early June to late August.

Travel back in time and experience the life of a lighthouse keeper that was once regulated by flashing beacons. Stay for a night or two at this authentic, cozy and environmentally responsible inn, and get to know the island puffins. Day visitors can visit the exhibition in the former foghorn building, and learn about the lighthouse keepers who lived here for many decades with their families.



Mingan (Ekuanitshit) \

Population 542

10 km from Longue-Pointe-de-Mingan

The name Ekuanitshit refers to the Innu community's geographic location, surrounded by mountains and tides. The nearby Mingan River has a spot that's perfect for swimming or just relaxing. Artisans, artists, entrepreneurs, hunters and anglers make up this community where Innu-aimun is still spoken, and that combines traditional and modern practices. The church, decorated in the Innu spirit, is both charming and authentic. An exhibition at the Maison de la culture innue (House of Innu Culture) teaches visitors about this dynamic community.

Outdoor recreation locations

p. 165 p. 193

Outfitters



House of Innu Culture

\$1

34 rue Nashipetimit, Mingan 418-949-2067 - <u>maisoncultureinnue.com</u> - **9** Open: Year-round.

This is a place where the Ekuanitshit Innu culture is alive and well. The permanent exhibit gives fascinating facts about the Innu world of caribou hunting, salmon fishing and berry gathering. This is also a place where you will hear Innu-aimun spoken and chanted. Watch as skilled native craftspeople make authentic items that are for sale in the nearby gift shop. Ask about our packages, that include church admission and tasting of local products.

Havre-Saint-Pierre + @ =

Population 3,395

35 km from Mingan havresaintpierre.com - 6

Long known as a tourist destination thanks to the Mingan Archipelago National Park Reserve, the town offers a wide variety of interesting activities: learn about the community's history at the Maison de la culture Roland-Jomphe Cultural Centre or pick up a local souvenir at Place des artisans; try a cruise, a meal featuring local products, watch a show, or take a walk on the beach, where you might spot a whale! The city has earned three fleurons under the Fleurons du Québec program, established to encourage municipalities to beautify their gardens. Ad p. 90

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Centrale Romaine-1 | Generating station

1010 Promenade des Anciens, Havre-Saint-Pierre (Pélagie-Cormier Terminal) - 🕜 🚳 1-833-994-3648 - hvdroquebec.com/visitez Open: June 13 to August 19.

Head north-east of Havre-Saint-Pierre to the Romaine-1 generating station and tour three of its levels. Walk under a penstock (pipe that carries water to the turbine) and feel the power of water used to generate electricity. View exclusive photos of the 400-ton rotor being installed and find out how hydropower works. Walk along the top of the dam, view the station's reservoir and admire the stunning view of the valley, Reservations required. Ad p. 91



Maison de la culture Roland-Jomphe I № 🦘 🕮 🖫 🛣 Cultural centre

957 rue de la Berge, Havre-Saint-Pierre 418-538-2450, 418-538-2717 (off season) havresaintpierre.com

Open: June to September

In an historic general store near the old quarter, visitors can explore a permanent exhibit entitled L'Autre Roman / The Other Tale, which recounts the history of Havre-Saint-Pierre from 1857 to the present day. Activities with local flavour spice up summer nights in July and August. Average time: 30 min.



Place des artisans

& (\$)

997 Promenade des Anciens, Havre-Saint-Pierre 418-538-2787 - havresaintpierre.com - **1** Open: July 16 to August 22.

The town square is the perfect spot to find original creations handcrafted in our region! In summer, you might even get a chance to see the artists at work.





は多学に歴史が

Longue-Pointe-de-Mingan : 625 rue du Centre - 418-538-3331

Havre-Saint-Pierre (Pélagie-Cormier Terminal) 1010 Promenade des Anciens

418-538-3285 or 1-888-773-8888 parkscanada.gc.ca/mingan - **G** ♥ **©**Open: Beginning of June to end of September.

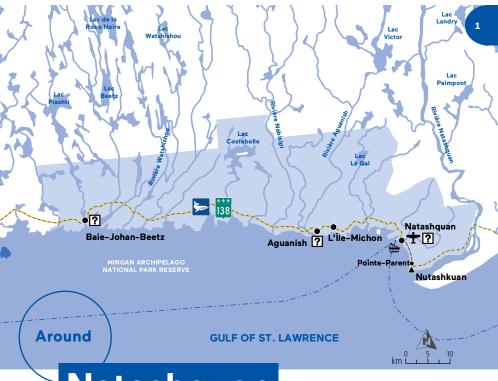
The archipelago encompasses roughly 20 islands stretching along the Mingan coast, and includes the largest concentration of erosion monoliths in Canada, a wide variety of plant and animal life, and two lighthouses. Several islands have lookouts, trails, and various accommodation options. For more information, find out about maritime transport services or to get a camping permit, visit one of the Visitor Centres or go to the website. Variable hours. Ad rabat











Natashquan RCM Minganie

One of the best-known villages in Québec, Natashquan gives visitors a taste of a vibrant and original regional culture. As in the neighbouring municipalities of Baie-Johan-Beetz, Aguanish and L'Île-Michon and the Innu community of Pointe-Parent (Nutashkuan), there are fine sand beaches, trails through the taiga, and magnificent wild rivers for visitors to enjoy. Since 2013, a bridge across the wide Natashquan River extends Route 138 and links the small fishing village of Kegaska to the rest of Québec.



Organized by sector, from west to east.

Baie-Johan-Beetz

Population 85

68 km from Havre-Saint-Pierre baiejohanbeetz.qc.ca -

Nestled deep in the taiga, this village is named after a Canadian naturalist of Belgian origin who lived here. A few minutes' walk along one of the many footpaths brings you outside the village, where you can still see traces of the 2013 fire. Visitors will enjoy observing the many types of rock, lush vegetation and abundant wildlife, and watching flocks of aquatic birds fly past on their annual migration. The locals invite you to share their peaceful haven and their many interesting activities.

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Aguanish and L'Île-Michon

Population 238

59 km from Baie-Johan-Beetz aguanish.org

This picturesque village welcomes visitors and wishes them an unforgettable vacation. Nature lovers can explore the miles of sandy beaches, fish for shellfish, and taste the sun-drenched wild berries. In addition to admiring the splendid scenery, visiting Aguanish means meeting friendly locals who live life at a more leisurely pace.

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Canyon "Trait de scie" | Sawcut Canyon

Experienced guides will lead you on a motorboat adventure along the Aguanish River to Trait de Scie Canyon (the third falls along the river), whose name means "sawcut" in English. Three trails with boardwalks lead past the falls. The association also administers salmon fishing and has an on-site guide. Average time: 2 – 3 hours. Reservations recommended.

Natashquan and Pointe-Parent

+⊕?

Population 270

⊕?

33 km from Aguanish natashquan.org

It's been made famous by the songs of singer-songwriter Gilles Vigneault, the Les Galets heritage buildings, and the residents' warm welcome, but the highlight of visiting this cultural destination is the annual Innucadie Storytelling Festival. At the visitor centre, you can return the road guide CD you rented in Manitou Falls or Havre-Saint-Pierre. On the beach, Café-Bistro de l'Échouerie is THE place for conversation and an occasional summer show. The village (connected to the provincial road network since 1996) has earned two fleurons under the Fleurons du Québec program that encourages municipalities to beautify their gardens.

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Centre d'interprétation le Bord du cap | Interpretation centre

32 Chemin d'en Haut, Natashquan 418-726-3233 - copactenatashguan.net Open: June to September.

This replica of the old Natashquan general store displays photographs and objects illustrating the storekeeper's job in times gone by. It also features exhibits with 39 different historical themes on the history of the village and the store, including photographs, objects, an audiovisual presentation, and a short biography of Gilles Vigneault, with some information in English. Average time: 45 min. Stop by the Visitor Information Centre first. Reservations recommended for groups.

Un gir de par ici Gallery and Boutique

24 rue des Galets, Natashquan 418-654-8791 - unairdeparici.com - 🚯 Open: June to August.

Come and browse the original creations of artists and artisans from near and far, full of the distinctive spirit of Natashquan and the North Shore. Stroll along Chemin des Galets and enjoy the town's distinctive sights and sounds as you shop for souvenirs: ceramics, photographs, watercolour and oil paintings, prints, sculptures, soaps, maps, books, CDs and T-shirts.

La vieille école I Old schoolhouse

Natashguan 418-726-3054 - copactenatashguan.net Open: June to September.

An unassuming wooden structure erected in 1913, today the old schoolhouse serves as a monument to the memory of all the schoolchildren of vestervear and a place of homage to local poet Gilles Vigneault. Visitors are introduced to the lively characters that people Vigneault's songs and get a fascinating glimpse into this famous singer-songwriter's work. Average time: 45 min. Stop by the Visitor Information Centre first. Group rates available.

Les galets de Natashquan | Heritage buildings

Allée des Galets, Natashquan 418-726-3054 - copactenatashquan.net Open: Year-round.

Les Galets, this village within a village, was designated as a cultural asset by the Québec government. The name refers to both the fishing sheds themselves, built 150 years ago, and the stone island upon which they stand, mute witness to a long-gone way of life. Their presence brings back fond memories of a time when people could earn a living from cod fishing in Natashquan.

Patrimoine familial de Gilles Vigneault | Birthplace

Allée des Galets

418-726-3054 - copactenatashquan.net - **1**

Welcome to Natashguan! Thanks to the efforts of two local organizations (Natashauan pour la sauvegarde de la Source and the Corporation de développement patrimonial, culturel et touristique de Natashquan), you can visit the birthplace of famed Ouébec singer-songwriter Gilles Vigneault and watch a film on his early life. For opening hours, visit the local Visitor Information Centre.

Sur la route de Natashquan (Road guide CD)

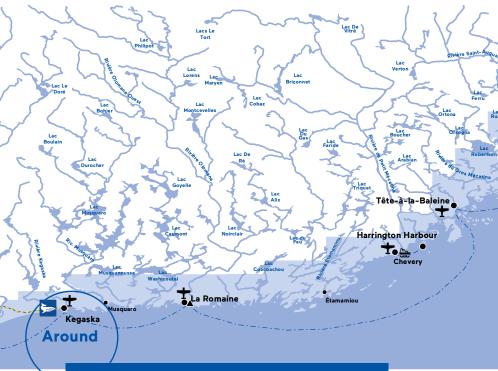
24 Chemin d'en Haut, Natashquan 418-726-3054 - copactenatashguan.net

Visitors planning to drive east through the Minganie region (starting 4.5 km east of Havre-Saint-Pierre) will want to rent the 2-CD box set or USB stick from the Visitor Information Centre in Minganie (Manitou Falls) or from the Pelagie-Cormier Terminal in Havre-Saint-Pierre. As you drive the 160-km route to Natashquan, listen to locals introduce their way of life and tell their stories. Road guide includes music, songs, anecdotes and suggested stops.

Nutashkuan

Population 858





Basse-Côte-Nord

RCM Le Golfe-du-Saint-Laurent

Between Kegaska and Blanc-Sablon, the Lower North Shore stretches along 375 kilometres of coastline, interspersed with bays, rivers and inlets. The colourful villages can be reached primarily by boat (operated by Relais Nordik), by airplane, by snowmobile on the Route Blanche, and by ferry from Newfoundland. The more adventurous take the long, isolated route known as Expedition 51° through the northern hinterland to Labrador. This vast region is populated by Innus, Francophones and Anglophones – descendants of Newfoundland families who settled on the North Shore at the end of the 19th century.

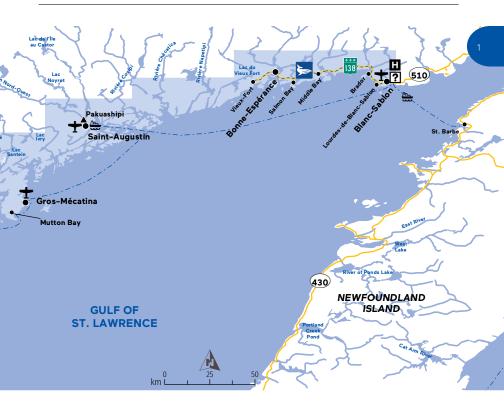












Organized by sector, from west to east.

Kegaska

Population 90

51 km from Natashquan - mcngsl@xplornet.com

Trails covered with crushed seashells and white sand immediately catch the visitors' eye. Village life centres on the commercial crab, lobster, and scallop fishery. You can now make the roughly 40-km trip east from Natashquan to Kegaska by road on Route 138. Ad p. 104

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La Romaine

Population 90

Access by boat mcngsl@xplornet.com

Francophones and Innu live together in this area, which has a population of close to 1,080, including the Indigenous inhabitants. East of La Romaine, the landscape changes as peat bogs give way to the rocky soil that signals the approach of the tundra.

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Unamen Shipu

Population 997

103

Tourisme Winipeukut Nature | Nature tourism

46 rue du Large, La Romaine 418-229-2218, ext. 103 - <u>winipeukut.ca</u> - **\$** Open: May to August.

Immerse yourself in the culture of the Innu community of Unamen Shipu (La Romaine). With your Innu host, learn about their way of life, watch artisans at work, explore the archipelago in a Zodiac, spend a night in an Innu tent on an island, go salmon or lobster fishing and taste traditional foods. Choose from 1- to 4-day or personalized packages. Access by boat from Kegaska.





Chevery

Population 248

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mcngsl@xplornet.com

Named in honour of Captain Jean-Baptiste Chevery, the village rests on a sandy tip of land accessible by boat from Harrington Harbour, by plane from Chevery Airport, as well as by the Route Blanche in winter. It's the administrative centre for the municipality of Côte-Nord-du-Golfe-du-Saint-Laurent. There is trout fishing on the Nétagamiou and La Croix Rivers near the village, and moose can be hunted in season. A 4-km hiking trail runs from the marina along the Nétagamiou River, which also has a beautiful waterfall.

Outdoor recreation locations

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Harrington Harbour

Population 253

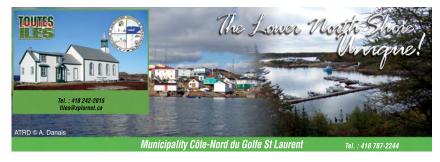
mcngsl@xplornet.com

With its sheltered port, sturdy white and pastel houses, wide boardwalks linking the buildings in place of roads, and bridges crossing gullies and coves, Harrington Harbour has a distinctive charm. In summer, watch for the bustle of activity down by the Seafood Coop on the pier – the centre of island life.

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Tête-à-la-Baleine

Population 150

mcngsl@xplornet.com

Tête-à-la-Baleine is named after a geological feature on one of the adjacent islands of the Toutes-Îles archipelago that looks like a whale's head. In winter, you can travel to Tête-à-la-Baleine via snowmobile on the Route Blanche, a wonderful opportunity to experience the distinctive charms of northern life.

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L'île Providence Chapel

Tête-à-la-Baleine 418-242-2015 - mecama@xplornet.ca Open: Year-round.

During the fishing season, Tête-à-la-Baleine families move to their summer village on île Providence. Although tapering off now, this seasonal migration was once essential for getting closer to the fishing grounds before the advent of motorized boats. The chapel, erected in 1895, is the oldest on the Lower North Shore. The rectory is now an inn featuring typical Québec cuisine. 2-hour guided tours of the island are offered every Saturday when the supply ship stops over.

Maison Jos Hébert | Historic home

Association de développement touristique de Tête-à-la-Baleine 152 rue de la Salle. Tête-à-la-Baleine 418-242-2176 - mecama@xplornet.ca Open: Year-round.

Located on La Passe Island, this historic home bears witness to the island culture and way of life. When the federal government began regular postal service to the Lower North Shore in 1879, Joseph Hébert (who had been living in the region since the age of 15) was the ideal man for the job! He made the journey from Blanc-Sablon to Pointe-aux-Esquimaux (today Havre-Saint-Pierre) at least twice each winter for the rest of his life - nearly 35 years!

Gros-Mécatina

Population 424

Saint-Augustin

Population 668

Bonne-Espérance

Population 659

info@bonneesperance.ca - 6



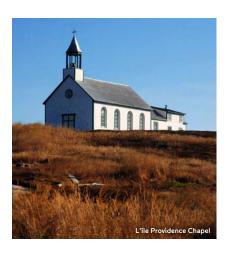
The Municipality of Bonne Esperance is comprised of three picturesque fishing villages - Middle Bay, Rivière-Saint-Paul and Vieux-Fort - located 55 km west of Blanc-Sablon along Route 138. While each village has spectacular views and breathtaking scenery, they are nevertheless unique. Middle Bay and Rivière-Saint-Paul have historic sites and restaurants and an unspoiled coastal setting, while Rivière-Saint-Paul offers hotel and B&B accommodation. Vieux-Fort has a B&B with meals and offers boat trips.

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Musée Whitelev I Museum

302 Blvd de Bonne-Espérance, Bonne-Espérance 418-379-2211. 418-379-2996 info@whitelevmuseum.com Open: Year-round.

Bonne-Espérance has close ties to the cod fishing industry. Named in honour of William Henry Whiteley, inventor of the cod trap, the museum uses interpretive panels and artifacts to illustrate the history and way of life of Lower North Shore residents. Visitors can browse the selection of handmade souvenirs in the gift shop, and sample top-notch local cuisine and a variety of beverages at the Cod Trap Café.



Brador

Population 70

56 km from Bonne-Espérance

Archeological digs near this village have uncovered thousands of objects associated with the large French trading post established by Augustin Le Gardeur de Courtemanche in the early 18th century. Much earlier, Brador Bay was a stop by European fishermen. An interpretation centre recounts the story of this enduring industry.

Lourdes-de-Blanc-Sablon

Population 703

8 km from Brador

The health centre and government offices make this village the administrative centre of this part of the Lower North Shore. The fishing sheds and boats on the rocky shore show that the natural seaport is still used by fisherfolk. On the headland overlooking the town stands a statue of Notre-Dame-de-Lourdes, draped in a rosary, that came all the way from France. In addition to this natural observation point, visitors should tour the environmental interpretation site with information on whales, puffins, and icebergs.

Musée Scheffer | Museum

Église Notre-Dame-de-Lourdes, Lourdes-de-Blanc-Sablon 418-461-2000, 418-461-3246 harveyburke@gmail.com - • Open: Year-round.

Housed in the church, this museum recalls the life of Msgr Scheffer, who was the first vicar apostolic of Schefferville-Labrador from 1946 to 1966. Come and visit the new permanent exhibition, featuring artifacts, photographs and a video that brings to life the history of the village and the region. Average time: 20 min.

Blanc-Sablon

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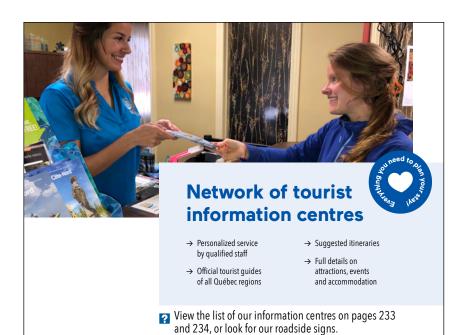
Population 320

4 km from Lourdes-de-Blanc-Sablon

Near the village, archaeological digs have revealed the presence of Europeans as early as the 16th century. A year-round ferry service links Blanc-Sablon to Newfoundland, with daily sailings to St. Barbe from April to January and service to Corner Brook from January to April. Two kilometres to the east is the 57th meridian, which marks the boundary between Québec and Labrador.

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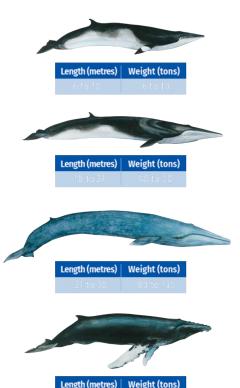
188 Outfitters



Travel by Experience

Routes des Baleines (Whale Route)

A trip to the North Shore is a larger-than-life experience! Follow the blue signs with the little white whale and discover the secrets of the Whale Route! Blue road signs signal points of interest to tourists and point you to natural attractions that hurried vacationers often miss. Some towns feature little-known access points to the coast, impressive observation sites, or interpretation facilities. So, get off the beaten track! You're sure to increase your chances of seeing the marine mammals that call our waters home.



Baleen whales

Minke whale

The minke whale can often be spotted near the shore along the Whale Route. Its blow is rarely visible, and its head and dorsal fin appear almost simultaneously. It often executes spectacular surface manoeuvres to catch its prey, displaying its pink underside.

Fin whale

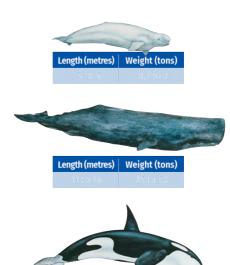
The second largest living animal on the planet, the fin whale is generally solitary or lives in small groups. It can be identified by its highly visible blow in the shape of a column, its grey back and sizeable dorsal fin. Some fin whales return every year to their summer feeding grounds in the St. Lawrence.

Blue whale

The St. Lawrence is one of the rare places in the world where the blue whale – the largest animal on the planet – can be observed close to the shore. You will recognize this giant from its explosive blow, blue-grey coloration and small dorsal fin set far back on its body.

Humpback whale

Despite its stocky body, the humpback whale swims gracefully, breaches often and shows its tail every time it dives. It spends the winter in the Caribbean Sea and returns each summer to feed in the nutrient-rich St. Lawrence.





Weight (tons)

Length (metres)



Toothed whales

Beluga whale

Typically an arctic dweller, the beluga whale also lives in the St. Lawrence. St. Lawrence belugas spend the summer in the mouth of the Saguenay. These fascinating and intensely curious whales have a complex social life and a wide vocal range. Although hunting stopped 30 years ago, the beluga population is still in decline

Sperm whale

Herman Melville's Moby Dick prefers very deep waters. The sperm whale's distinctive bushy blow is angled forward; it also slowly lifts its tail very high out of the water before beginning a deep dive that can last over half an hour. Sperm whales have been sighted regularly in the St. Lawrence Estuary since 1991.

Killer whale

The largest member of the dolphin family and the most fascinating of the whales, killer whales are rarely sighted in the St. Lawrence. Don't be fooled: minkes can easily be mistaken for killer whales, especially when they are feeding near the surface.

Harbour porpoise

The harbour porpoise is the smallest of the St. Lawrence cetaceans and is therefore harder to spot. But keep your eyes peeled, as there are over 20,000 of them! Often seen in small groups, their characteristic swimming style makes it look as though they are rolling on the surface of the water.

Atlantic white-sided dolphin

Curious and playful by nature, the Atlantic white-sided dolphin swims in pods and loves to surf in the wakes of passing boats. It is found in great numbers in the Gulf of St. Lawrence and occasionally visits the St. Lawrence Estuary.





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Live the St. Lawrence Ri

Being on or near the St. Lawrence is a guaranteed thrilling experience. The river and its many attractions and activities – stunning scenery, a marine park, over 1,000 km of shoreline and beaches, whale-watching, kayaking, sailing, cruises – are an essential part of the Québec identity.

Organized by sub-theme, from west to east.

Marinas and Seaports

Tadoussac

Tadoussac

Tadoussac Marina

100 rue du Bord-de-l'Eau, Tadoussac 418-235-4585 - marinatadoussac.com - **f**

Located on one of the most beautiful bays in the world, Tadoussac Marina offers a variety of services: a restaurant-bar with an indoor and outdoor deck, fuel pumps (gas and diesel; 8 a.m. to 7 p.m.), a municipal boat launch, laundry room and showers. It earned a three-anchor rating and a three "water drops" certification for reducing its environmental impact. During the summer period, several events are organized here.



Sacré-Cœur

L'Anse-de-Roche Yacht Club

346 chemin de l'Anse-de-Roche, Sacré-Cœur 418-236-4325, 418-236-9201 clement.dufour@sympatico.ca

Located at the L'Anse-de-Roche Pier, this association provides a variety of services for boaters, including parking, washrooms, a launch ramp for kayaks, sailboats and powerboats (up to 32 ft.), a 26-slip marina, and the Casta Fjord restaurant and bar.

Les Bergeronnes

Marina des Bergeronnes

498 rue de la Mer, Les Bergeronnes 418-232-1115, 418-232-6778 essipit@marinabergeronnes.com - Open: June 4 to October 11.

This is a peaceful and welcoming place to stop for a day or longer. Visitors are welcomed by an enthusiastic team, and have access to such modern facilities as: restrooms, showers, water, electricity, laundromat and a boat launch. There are about 20 pleasure boat slips available. For reservations, write to essipit@marinabergeronnes.com.



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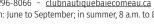
Baie-Comeau

Baie-Comeau

Club nautique Baie-Comeau

ik ⊋X

20 Ave Cartier, Baie-Comeau 418-296-8066 - clubnautiquebaiecomeau.ca - 🚺 Open: June to September; in summer, 8 a.m. to 8 p.m.



The Baie-Comeau Marina has 20 visitor slips. Its modern building has new pontoons, a restaurant and services such as: fuel (gas and diesel), electricity, WiFi, showers, laundromat and a concrete boat ramp. Saint-Pancrace Cove is a fjard – a rocky inlet with steep cliffs formed by retreating glaciers – fed by large and small waterfalls. It has room to dock 15 boats. See website for details

Sept-Îles

Sept-Îles

Port of Sept-Îles

1 guai Monseigneur-Blanche, Sept-Îles 418-968-1231 - portsi.com - 🔞 🕝

The port of Sept-Îles is one of North America's largest ore-handling ports. It has very deep water and a 10-km wide semi-circular bay. It also has fourteen docks, nine of which are owned by the port. Open year-round, nearly 30 million tons of cargo are handled here every year.

Havre-Saint-Pierre

Havre-Saint-Pierre

Havre-Saint-Pierre Port

1010 Promenade des Anciens, Havre-Saint-Pierre 418-538-1520 - porthsp.ca - **1**

Standing on a wharf at the port of Havre-Saint-Pierre, visitors have a unique opportunity to admire the islands in the Mingan Archipelago National Park Reserve and catch a glimpse of passing whales or seals. The port can accommodate ships, barges, cargo vessels and fishing boats as well as national and international cruise ships and liners.









WHEN YOU GO OUT TO SEA, THINK ABOUT MARINE MAMMALS!

KEEP YOUR DISTANCE!

The minimal distance between your vessel and whales varies according to location and whale species.

In the St. Lawrence Estuary and Saguenay River

 For threatened and endangered wh blue whales and right whales. 	nales such as beluga whales ,	/

• For all other species of whales, porpoises and dolphins.

Everywhere else in Quebec

For whales, dolphins or porpoises.	100 m
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If a calf accompanies a group or an adult.
When a whale is resting.

Within the Saguenay–St. Lawrence Marine Park, an additional regulation applies: marinepark.gc.ca/protect



DO NOT DISTURB

When watching marine mammals, whether whales or seals, it is **PROHIBITED** to:

- . Touch or feed them:
- · Swim or interact with them;
- Move them, lure them elsewhere or entice them to move;
- Separate them from their group or go between an adult and its calf;
- · Encircle them or trap them between a vessel and the shore or among several boats;



Approach them when they are resting.

The *Marine Mammal Regulations* protect whales and seals from human disturbance.

TO REPORT A E T

Poaching Alert

1-800-463-9057

Quebec Marine Mammal Emergency Response Network

1-877-722-5346





Marine Protected areas

Saguenay-St. Lawrence Marine Park 🏻 😹 🛰 🎏 🎏

418-235-4703 or 1-888-773-8888 parcmarin.qc.ca - **6**

Open: sea excursions: late April to late October. Coastal points of interest (river viewpoints, museums and hiking trails): May or June to October. Some are open year-round.

The Saguenay–St. Lawrence Marine Park is known as one of the best places in the world to see whales. They come for the abundant food found here that enables them to build up their energy reserves. The Marine Park was created to protect this rich ecosystem, from the seabed to the water surface. Regardless of the size of the vessel, captains must comply with certain regulations regarding marine mammals.

Regulations for observation activities at sea: A gift for the future!

The regulations for observation activities at sea were developed in partnership with excursion companies and are intended to minimize human disturbance of marine mammals. Certain factors can disturb the whales, such as a concentration of boats nearby, sudden approaches and abrupt changes of direction.

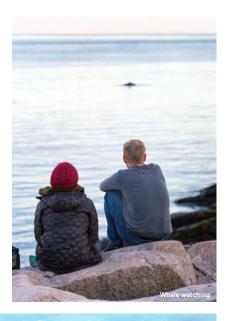
General Provisions

- A limited number of permits are issued to excursion companies. Permit holders must identify their boat with a Marine Park flag.
- Pleasure boaters, kayakers and excursion company permit holders must keep a certain distance from whales.
- The speed limit in the Marine Park is 25 knots (46 km/h). However, speeds must be reduced when marine mammals are present.

- Any collision with a marine mammal must be reported to Parks Canada park wardens by calling 1-866-508-9888.
- It is forbidden to fly over the Marine Park at an altitude of less than 2.000 feet (609.6 m).

Please note! Because the belugas and blue whales that live in the St. Lawrence are endangered, boats must keep a 400-m distance from them at all times. These amazing mammals can also be watched from shore.

Show your commitment to whale protection by watching the free online training video: https://boaters.navigatingwhales.ca/.





Sea Excursions

Tadoussac

Tadoussac

Croisières AML

177 rue des Pionniers, Tadoussac (Departure from Tadoussac Pier) 418-692-2634, 418-235-4642 or 1-800-563-4643 croisieresaml.com - 🕶 🕥

Ad p. 1

⊜s

St-Laurent VIP Lounge

Enjoy a distinctive whale-watching experience in the brand new AML Grand Fleuve St-Laurent VIP Lounge. Meet the giants of the sea in the comfort of a glassed-in area on the upper deck. The staff is happy to serve you on the outdoor deck or in one of the two VIP lounges, where you can enjoy snacks and drinks made with local products.





AML Grand Fleuve and AML Zéphyr – Luxury Option

Enjoy a luxurious experience aboard the sightseeing vessels AML Grand Fleuve (695-passenger capacity) and AML Zéphyr (300-passenger capacity). These cruises provide the unforgettable experience of an encounter with the whales in exceptional comfort aboard the best sightseeing boats in Canada. Our experienced bilingual naturalists share their knowledge and enthusiasm for the marine mammals that inhabit the St. Lawrence.



7odiacs

Join us for a breath-taking adventure aboard a 25- or 60-passenger Zodiac boat! Our specially designed vessels give passengers a 360-degree view that is ideally suited for whale watching. Your naturalist-captain takes you safely into this spectacular environment, providing opportunities for up-close encounters with the whales and giving you a new appreciation of the St. Lawrence plant and animal life. Guaranteed thrills! Children 6 years and older may come aboard; minimum height: 4'7" (140 cm). The children's admission fee is for children from 6 – 12.



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Tadoussac autrement Whale-watching tours

100 rue du Bord-de-l'Eau (Departures from the marina's commercial dock) 418-235-3333 - <u>tadoussacautrement.com</u> - • • Open: May 18 to October 31.

This family-owned business offers cruises in a closed 12-passenger Zodiac with sliding windows, so passengers can observe marine mammals in comfort. Our two experienced captains take you on a tour of the river and the fjord that their family has navigated for centuries. A great alternative to the offerings of more commercial tourist companies. Looking for a fishing package? Contact us by email. Departures depend on the tides. Reservations required.



Croisières Essipit

Get ready for a thrilling encounter with the majestic whales that travel through the deep, food-rich waters of the Laurentian Channel. See whales in complete safety and comfort aboard one of six 12- or 36-passenger Zodiacs, all piloted by experienced naturalist-captains. Don't miss out on this chance for an up-close encounter with the world's largest mammals. Average time: 2 hours. Reservations recommended. Ad p. 248









tourismecote-nord.com 117

Croisières Neptune

507 rue du Boisé, Les Bergeronnes 418-232-6716 or 1-877-763-7886 <u>croisieresneptune.ddns.net</u> Open: May to October.

Welcome aboard our safe and comfortable zodiacs equipped with retractable windows, and let our experienced captains take you to the best whalewatching spots. Free shuttle bus between the offices at Les Bergeronnes and Les Escoumins. Ticket sales, free parking and souvenir shop at both locations. Average length: 2 – 2.5 hours. Reservations recommended. See website for details. **Ad below**





Les Escoumins

Croisière Escoumins

37 rue des Pilotes, Les Escoumins 418-905-2340 or 1-866-225-3463 (1-866-baleine) croisierebaleine.ca - **GO**

Open: June to October.

Whale sightings guaranteed or your money refunded! Hop aboard one of our new, safer, family- and environmentally-friendly Zodiacs designed to make whale spotting a cinch! Les Escoumins is THE whale-watching destination in Québec. We use local boat captains and offer bilingual commentary by experienced naturalists, themed and VIP cruises, and charters. At the boarding area: secure free parking, picnic area and fast-food restaurants, restrooms, private dock and motorhome/RV stopover. Average length: 2 hours







Les Écumeurs du Saint-Laurent | Cruises

Open: June to October; 4 departures daily.

Whale-watching from our 12- and 24-passenger Zodiac-style boat ensures our customers get top-quality, personalized service. Cruises depart from the safe, scenic wharf at Les Escoumins, 30 minutes from Tadoussac and close to the main whale feeding grounds. Private parking with video surveillance. Average length: 2 hours. Satisfaction guaranteed or your money refunded.



Mériscope Marine Research Station

37 rue des Pilotes, Les Escoumins 581-323-1027. 418-989-9862 - meriscope.com - **①**

Dive into the whale's underwater world on a scientific cruise aboard an 8-passenger Zodiac in the company of enthusiastic marine biologists. Mériscope, a whale research organization dedicated to protecting the marine environment, takes you into the heart of blue whale and minke feeding grounds while trilingual guides share their knowledge. Talks and packages available upon request. Average length: 5 hours. Reservations required.



Baie-Comeau

Baie-Comeau et Godbout

Société des traversiers du Québec (ferry corporation)

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14 Route Maritime, Baie-Comeau 117 rue Pascal-Comeau, Godbout Admin: 1410 rue de Matane-sur-Mer, Matane 418-562-2500 or 1-877-562-6560 traversiers com -

traversiers.com - **G O** Open: daily, 9 a.m. to 5 p.m.

Discover the splendours of the majestic St. Lawrence River on a ferry trip between Matane and Baie-Comeau or Godbout. Follow us on Facebook and Twitter. Average length: 2 hrs 15 minutes. Book your trip online, or by calling 418-562-2500 or 1-877-562-6560. Ad inside back cover





Sept-Îles

Sept-Îles

Les Croisières du Capitaine

Boat launch on rue Maltais, Sept-Îles 418-968-2173, 418-962-0469
lescroisieresducapitaine.com

The goal of this company is to help passengers learn about the history of the Sept-Îles Archipelago and the diversity of local marine life. On board the company's inflatable boats, you can observe 30 local seabird species, such as razorbills and, if you're lucky, different species of whales, seals and dolphins. A shuttle service runs from the marina to Île La Grande Basque, where you can enjoy guided or self-guided hikes, camping and exploring tidal pools. Reservations recommended.



L'île La Grosse Boule Purmer Ocean Farm (3)

300 Île La Grosse Boule, Sept Îles Archipelago 418-960-4915, 418-962-9753 - ferme-purmer.com

Come and learn fascinating details about the underwater world by touring a farm in the water. Stay in one of our three 4- to 8-person yurts on the shores of Grosse Boule Island. Take a trip in an inflatable boat that includes commentary and tasting of products straight from the sea. Average length of interpretation activity: 2.5 hr. Reservations required.

Rivière-au-Tonnerre

Rivière-Saint-Jean

Croisières Anticosti, Croisières Minga MID-19

Rue du Quai, Rivière-Saint-Jean 418-538-0911 – <u>croisieresanticosti.com</u> Open: June to August

See Atlantic puffins, whales, and seals in the Mingan Archipelago. Discover Anticosti Island (the jewel of the St. Lawrence, home to thousands of white-tailed deer), Port-Menier, Baie-Sainte-Claire and hear tales of shipwrecks past. Take a minibus to see the Vauréal Falls. We offer 2- or 3-day packages. Renault Parisée is captain of the 34-foot (11-metre) Zodiac and Tessa Parisée is your guide.

Havre-Saint-Pierre

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Longue-Pointe-de-Mingan

Excursions du Phare | Lighthouse excursions \$

126 rue de la Mer, Longue-Pointe-de-Mingan 418-949-2302, 418-949-2509 or 1-877-949-2302 minganie.info • •

Be amazed at the varied plant and animal life of the Mingan Islands. Gaze at monoliths, fish for sea urchins (subsequently released) and see puffins, seals, and whales aboard a safe and comfortable 12-passenger boat, guided by Marius or one of his captains. Before every departure, there is a talk by the daughter of the lighthouse keeper. Departures at 8, 10 and 11:30 a.m. and 3 p.m.



Famille Loiselle Excursions

207 rue de la Mer, Longue-Pointe-de-Mingan (Departures: across from the church) 418-949-2689 or 1-866-949-2307 ext. 2 tourisme-loiselle.com

Let the Loiselle family take you to a world of unforgettable beauty – the Mingan Islands – aboard the 12-passenger Macareux and Perroquet. You'll learn about the region's abundant plant life, gaze at monoliths, observe puffins, whales and seals, and fish for sea urchins, with our experienced guide during the 3.5-hour excursion (with 2 stopovers). Packages include accommodation at the Minganie Campground. Reservations required. Ad p. 95



Mingan Island Cetacean Study (MICS) Research Station

625 rue du Centre, Longue-Pointe-de-Mingan 418-949-2845 - <u>rorqual.com</u> - **(†) (2) (9)** Open: Daily from July 3 to August 28.

The Mingan Island Cetacean Study (MICS) research station is a non-profit organization dedicated to studying the whales of the St. Lawrence. To raise awareness of these marine mammals, they offer one-week (or longer) on-site stays so people can take part in their research activities, on land and on the water. **Ad p. 89**





Havre-Saint-Pierre

Croisières du Capitaine Richard | Cruises

1010 Promenade des Anciens -Pélagie-Cormier Terminal, Havre-Saint-Pierre 418-538-3375 - <u>caloupechu@hotmail.com</u> - **①** Onen: June 10 to October 9

418-538-3375 − <u>caloupechu@hotmail.com</u> − Open: June 10 to October 9.

Capitaine Richard personally welcomes you aboard La Mariner V, and takes you on a trip around the islands

Capitaine Richard personally welcomes you aboard La Mariner V, and takes you on a trip around the islands of Mingan Archipelago National Park Reserve: the Fantôme (45 min), Niapiskau (1 hr) and Quarry Islands (3.5 hrs). The friendly 9-hour cruise for groups of 10 to 12 passengers includes commentary on the park and its history. Departure at 8:30 am, return at 5:30 pm.

Services Maritimes Boréale

47-passenger vessels Choose from a variety of cruises in the Mingan Archipelago, including 2 stopovers, aboard the *Perroquet de Mer* or *Calculot*. Interpretation by Parks Canada guides. Average length: 3.5 hours to 5 hrs 20 minutes. Open: Early June to late September, 1 to 3 departures daily. Packages available; reservations required.



Zodiac boats Excursions to observe Atlantic puffins in the eastern Mingan Archipelago, including a stop at the lighthouse on Petite Île au Marteau. Interpretation by Parks Canada guides. Average length: 4 hours. Open: Early June to late September; departures at 8 a.m. (time may vary at the start and end of the season). Reservations required.



Zodiac riverbus Get personalized access to the entire eastern and central part of the Mingan Archipelago. Ideal for independent hikes, camping, a family picnic or diving excursion. Open: Mid-June to mid-September. Departures: 9 a.m. and 1 p.m. (times may vary at the start and end of the season). Packages available.





Basse-Côte-Nord

Basse-Côte-Nord

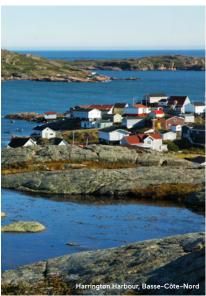
Relais Nordik

AC ★ S C X B E

17 Ave Lebrun, 1113 succ. A. Rimouski 418-723-8787 or 1-800-463-0680 - relaisnordik.com Open: April to January.

Experience life on board a cargo-passenger ship that serves Anticosti Island and the Lower North Shore. The MV Bella-Desgagnés offers one-way or return all-inclusive fares that include cabin and meals. This ultra-modern vessel provides guests with the comfort of private cabins (double or quadruple occupancy). spacious lounges and topnotch cuisine. Short stopovers made in ports of call. Reservations required.





Wind and Water Sports

Tadoussac

Tadoussac

L'Estuaire Sailing School

261 rue de l'Hôtel-de-Ville. Tadoussac 418-235-4474, 581-882-2611 - voilestuaire.com - •



Learn to sail and discover the magnificent Saguenay -St. Lawrence Marine Park through talks on local plant and animal life, oceanography, geology as well as Tadoussac's history and heritage. Whether you want an introductory session or an overnight package on board, we share our love for sailing with all comers. The Chelona, our Jeanneau Sun Odyssey 45.1, is a comfortable 4-cabin boat that sleeps 8 people. Departures from the marina.

Crossing the St. Lawrence by Ferry

Tadoussac

Tadoussac

Tadoussac - Baie-Sainte-Catherine Société des traversiers du Québec

E(S)

98 rue du Bateau-Passeur, Tadoussac 119 Route 138. Baie-Sainte-Catherine 1-877-787-7483 ext. 3 - traversiers.com

Pass through the gateway to the North Shore, admire the majestic Saguenay Fjord and the Saguenay - St. Lawrence Marine Park, Watch the water during the crossing, you might catch a glimpse of whales! Departures: every 20 minutes during the day (every 13 minutes in summer), every 40 minutes in the evening and every 60 minutes at night. Average length: 10 min.



Les Escoumins

Les Escoumins - Trois-Pistoles Compagnie de navigation des Basques

Rue du Traversier, Les Escoumins 11 rue du Parc, Trois-Pistoles 1-877-851-4677 - <u>traversiercnb.ca</u> - **•**





Forestville

Forestville

Rimouski – Forestville – CNM Évoló (COMD-19
192 1st Avenue, Forestville
1 Route du Quai, Rimouski
418-725-2725 or 1-800-973-2725 – traversier.com

This ferry service connects the North Shore to the Lower St. Lawrence. The CNM Évolution, the fastest ferry in the province, can carry up to 175 passengers and 30 vehicles and makes the Rimouski – Forestville crossing in 60 minutes. See website for schedule and rates. Reservations (by phone or online) required for vehicles.



Baie-Comeau

Baie-Comeau

14 Route Maritime, Baie-Comeau 117 rue Pascal-Comeau, Godbout Admin.: 1410 rue de Matane-sur-Mer, Matane 418-562-2500 or 1-877-562-6560 - <u>traversiers.com</u>

Taking the ferry between Matane and Baie-Comeau/ Godbout lets passengers discover the splendours of the majestic St. Lawrence River. Follow us on Facebook and Twitter. Average length: 2 hrs 15 mins. Book your trip online or by calling 418-562-2500 or 1-877-562-6560 daily from 9 a.m. to 5 p.m.

Ad inside back cover





Basse-Côte-Nord

Basse-Côte-Nord

Relais Nordik

AC ★ S C X B F

17 Ave Lebrun, 1113, succ. A, Rimouski 418-723-8787 or 1-800-463-0680 relaisnordik.com - Open: April to January.

Experience life aboard the MV Bella-Desgagnés, a cargo-passenger ship that serves Anticosti Island and the Lower North Shore. Discover stunning coastal scenery, isolated villages and welcoming locals as you enjoy modern amenities and cuisine featuring local gourmet products. Check out our packages. Boarding at Rimouski, Sept-Îles, Havre-Saint-Pierre and Blanc-Sablon. Reservations required.





Canoeing and kayaking

Neighbouring regions

Saguenay—Lac-Saint-Jean

Fjord en kayak | Kayaking tours

⊜\$

359 rue Saint-Jean-Baptiste, L'Anse-Saint-Jean 418-272-3024 or 1-866-725-2925 fjordenkayak.ca • **G** © Open: May 15 to October 10.

Rated a Signature Experience by Destination Canada, and a two-time gold medal winner at *Les Grands Prix du tourisme québécois* (Québec tourism awards), this company offers a variety of excursions: 2 hours (families with children aged 3 to 14); 3 hours, and up to 5-day trips in the Saguenay Fjord. We have fibreglass kayaks for small groups. Other services: sailing, cruises, bike rentals, recreational kayaks and paddle boards (SUP). Reservations recommended.



Tadoussac

Tadoussac

Mer et Monde Écotours

⊜\$

148 rue du Bord-de-l'Eau, on Tadoussac Beach 418-232-6779 or 1-866-637-6663 meretmonde.ca - 🔞 🕲 Open: June 19 to September 5.

Paddle in one of the world's 10 most beautiful bays and admire the sheer cliffs of the Saguenay Fjord. Our small groups (max. 8 people; children over 12 welcome) leave from Tadoussac beach and enjoy a safe, friendly and personalized experience. Average length: 3.5 hrs. Daily departures according to tides. Day trips and packages. Reservations required.

Ad p. C-2

tourismecote-nord.com

Sacré-Cœur

Ferme 5 Étoiles | Family Vacation Resort

465 Route 172, Sacré-Cœur 418-236-4833 or 1-877-236-4551 ferme5etoiles.com - ♠ ☺️ Open: Daily, May to October.

Paddle on the stunning Saguenay Fjord, admire its towering cliffs and watch for friendly belugas. Around Anse-de-Roche, nature lovers can enjoy half-day afternoon or sunset outings, while families can try an introductory trip on the calm morning or evening water. More adventurous types will love our excursion packages, accompanied by a certified guide. Reservations required. Ad p. 20



Les Bergeronnes

Les Kayaks du Paradis | Kayaking tours

4C chemin Émile-Boulianne, Les Bergeronnes 418-232-1027 - <u>campingparadismarin.com</u> - **9** Open: Daily, June to September.

These guided sea kayaking tours focus on safely practicing this wonderful sport and learning about the animals that inhabit the land, air and water, making you feel you could reach out and touch them! The 3-hour outing includes: instruction, an experienced interpretive guide and a double kayak. Easy access to the boat put-in. Reservations recommended. Contact us for rates. **Ad below**



Mer et Monde Écotours | Kayaking tours

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20 chemin Jalbert, Les Bergeronnes 418-232-6779 or 1-866-637-6663 meretmonde.ca - G S Open: May 22 to October 10.

Join a team of naturalist guides at Anse à la Cave, a popular marine mammal observation site, and learn how to explore the St. Lawrence by sea kayak. The company is known for its marine interpretation program, its focus on safety, its expertise and top-quality equipment. Accommodation options include primitive campsites, ready-to-camp units or shelters, all with a view of the St. Lawrence. Several packages available. Reservations recommended.

Ad p. C-2

Forestville

Portneuf-sur-Mer

Innergex énergie renouvelable | Canoe trip down the river

Rivière Portneuf, Portneuf-sur-Mer 581-323-1050 or 1-877-837-6565 - innergex.com Open: June 24 to September 15.

Try a canoe-camping adventure on the Portneuf River, complete with shuttle service and on-site canoe rental (although you may also use your own canoe). Outdoor-lovers can paddle up to 70 km upstream on one of Québec's most beautiful rivers and be amazed by the area's abundant plant and animal life. Come and experience true adventure!



Baie-Comeau

Baie-Comeau

Attitude Nordique Plein Air

41 Place La Salle. Baie-Comeau 418-445-6673 - <u>attitudenor</u>dique.com - **(?)**



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With the help of a professional guide, try your hand at different water sports: sea kayaking, paddleboarding, diving, rabaska (a BIG canoe!) against the stunning backdrop of Saint-Pancrace Bay, accompanied by the sound of nearby whales. The food for our sea kayak tour with sushi meal, rabaska excursion and "boys" night out" is all locally sourced and prepared. Create a customized package for family or friends. Reservations required.

Fermont and Route 389

Route 389

Monts Groulx Aventure - Kayaking

Km 211 Route 389, Manic-5 418-297-6703 - MerEveil.com - 1

Travel up the Manicouagan River in a sea kayak and view the Manic-5 dam's immense size from water level. Groups are accompanied by an experienced guide who provides fascinating details of local history. Accommodation and food services provided on site. Activities only for groups of 4 or more. Reservations required.

Sept-Îles Moisie

Camping Laurent-Val | Canoe and kayak river tours

1000 rue Fournier, Sept-Îles (Rivière Moisie) 418-927-2899 - <u>campinglaurentval</u>.com - **1** Open: June to September.

Stay at Laurent-Val Campground and discover the local plant and animal life and the beaches of the Moisie River. Come and enjoy a 10- or 17-km trip by canoe, kayak or SUP (stand up paddleboarding). Perfect for friends, families or couples.





Havre-Saint-Pierre

Longue-Pointe-de-Mingan

Noryak Aventures

Km 1201 Route 138: departure point between the Lechasseur and Malec Rivers. Havre-Saint-Pierre 418-949-2707 - noryak.ca - 😝 😉

Norvak Aventures specializes in whitewater adventures on untamed and spectacular waterways. If offers: 1- to 4-day sea kayak tours in the majestic Mingan Archipelago for beginners, experts and families; 5-day kayak and canoe trips down the famous Magpie River; and kayaking lessons (upon request). Customers can look forward to gourmet meals made with local ingredients, topnotch equipment and professional guides.





Paddleboarding

Havre-Saint-Pierre

⊜s

Havre-Saint-Pierre

Les vagues - Marine Adventure

1769 rue de l'Anse, Havre-Saint-Pierre 418-553-3849, 514-758-8388 - <u>lesvagues.ca</u> - **6** Open: June 15 to September 15.



Discover the sea and the local scenery from a new vantage point. This marine adventure company specializes in SUP (Stand Up Paddleboarding) and offers introductory courses and guided paddles along the coast and in the stunning Mingan Archipelago. Equipment rental available. Closed on stormy days.





\$8

Scuba Diving

You'll be amazed by the St. Lawrence River's beautiful and diverse marine wildlife and underwater landscapes. Only a few metres below the surface, this colourful world can be explored by beginner and expert alike.

Tadoussac

Les Bergeronnes

École de plongée Immersion Côte-Nord | Dive School

302 rue de la Rivière, Les Bergeronnes 418-232-6249 ext. 22 or 1-877-637-1877 explosnature.ca/plongee - 🏟

This dive school run by Explos-Nature offers high-quality courses, from introductory level to Divemaster, as well as specialty classes, where enthusiasts and curious first-timers can learn to dive at one of the most beautiful dive sites in North America, It also offers customized, all-inclusive diving trips.





Les Escoumins

Marine Environment Discovery Centre (Parks Canada)

41 rue des Pilotes. Les Escoumins 418-233-4414 or 1-888-773-8888 parkscanada.gc.ca/saguenay - 🖪 🛭

Open: Daily, June 19 to September 6.

Dive in the cold and salty waters of the Saguenay-St. Lawrence Marine Park, recognized as one of the most beautiful diving destinations in North America, where you'll discover an abundance of colourful plant and animal life. In collaboration with the Québec Underwater Diving Activities Federation, snorkeling and scuba diving are available for both beginner and advanced divers. On-site activities include: snorkeling and scuba diving with equipment rental, whale watching from the shore, and other discovery activities with interpretation. Ad p. 2

Complexe hôtelier Pelchat

445 Route 138. Les Escoumins 418-233-2401 or 1-888-225-3463 complexepelchat.com - 1 Open: Year-round.

This hotel complex provides guests with tank fills. a drying room and a rinse tank, Packages available. Compressor available, call 418-233-4025.

Havre-Saint-Pierre

Havre-Saint-Pierre

Services Maritimes Boréale

Pélagie-Cormier Terminal 1010 Promenade des Anciens, Havre-Saint-Pierre 418-538-2865 or 1-866-538-2865 - <u>sm</u>boreale.com - **G** Open: June to September.

This company offers everything you need to discover the wonders of the sea floor in a safe environment. The dive sites - located around the Mingan Archipelago (only accessible by boat) – are for all levels of ability and enable divers to discover the area's truly unique plant and animal life, and some of the most beautiful sites in Québec. Why not take the plunge? (See Cruises and Excursions, page 117.) Reservations required. Ad pp. 90, 122

tourismecote-nord.com 129 © M. Loiselle, É. Gagné

NORTH SHORE FLAVOURS AND THE COASTERS



PHILIPPE MOLLÉ
Food writer

Welcome to this vast region, that stretches all the way from Tadoussac to Blanc-Sablon! Perhaps you've come for the picturesque villages, the wide-open spaces, the delicious food or maybe you're simply curious. Whatever the reason, you're sure to fall in love with the distinctive flavours of this region, that the inhabitants call "Côte-Nord".

Take a break from your busy schedule. Whether you choose to stay in a BandB, a roadside inn, a luxury hotel or a campground, the North Shore is a place where life seems to slow down. And there's a gourmet experience for every taste and budget, offered by places where you will feel instantly at home, and where talented chefs prepare products sourced from the surrounding sea and forest.

Like you, I came and tasted the wares of vegetable and algae growers, honey and Labrador tea producers, and mushroom and wild berry pickers. The North Shore people are passionate about introducing visitors to the distinctive flavours of their corner of the world. In this section of the Guide, you'll find a wealth of information to help you choose



which of the region's many gourmet and agritourism experiences you want to enjoy.

During my visits here, I've learned about the Indigenous practices and way of life, met sea urchin harvesters in Havre-Saint-Pierre and Blanc-Sablon, and tasted the delicious herbal tea flavoured with chicoutai — these are memorable discoveries and experiences that you will want to have too! Or maybe you'd rather wander among the huge trees in the Northern "boreal" forest to pick your own tea leaves or berries. Everything in the North Shore is larger than life, including the fun you'll have satisfying all your senses.

I went to the Côte-Nord to discover it, and I have felt drawn to it ever since. Be warned, the same thing could happen to you! The North Shore is spectacular, captivating, unique! It is a place you could easily fall in love with – for life!







TASTE OF THE NORTH SHORE





le Goût de la CÔTE-NORD

TASTE OF THE NORTH SHORE



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Bonne Espérance (p. 139)

AOUA LABADIE



LA P'TITE COCHONNE (ARTISANAL BAKERY)

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DISTILLERIE PUYJALON (DISTILLERY)

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(*)

(*)

FERME MANICOUAGAN (FAMILY FARM)

Pointe-Lebel (p. 139)



CONFISERIE BORÉALE (CANDY FACTORY)

Colombier (p. 138)



DISTILLERIE VENT DU NORD (DISTILLERY)

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Sept-Îles (p. 138)

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FUMOIR LE GOYNISH (RESTAURANT AND SMOKEHOUSE)



HERBAMIEL (HONEY FARM) Sacré-Cœur (p. 137)



LA COMPAGNIE MICROBREWERY Sept-Îles (p. 136)





POISSONNERIE FORTIER AND FRÈRES (FISHMONGERS)

Sept-Îles (p. 134)



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POISSONNERIE SOUCY (FISHMONGERS) Sept-Îles (p. 135)



LA COQUELINE (ARTISANAL CHOCOLATE MAKER)

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TADOUSSAC MICROBREWERY

Tadoussac (p. 135)



PÊCHERIE MANICOUAGAN (FISHMONGERS)

Baie-Comeau, Les Escoumins (p. 134)



SERRE DE COLOMBIER (GREENHOUSES)

Colombier (p. 139)



TERROIR BORÉAL SAVEURS (*) **NATIVES (LOCAL GOURMET PRODUCTS)**

Tadoussac (p. 137)



LES SAVEURS BORÉALES (*)

(LOCAL GOURMET PRODUCTS)

Forestville (p. 137)

MAISON DE LA CHICOUTAI (CLOUDBERRY PRODUCTS)

Rivière-au-Tonnerre (p. 139)



POISSONNERIE BLANC-SABLON (FISHMONGERS)

Blanc-Sablon (p. 135)



TRÉSORS DES BOIS (LOCAL GOURMET PRODUCTS)

Sept-Îles (p. 138)

Local Flavours

and innovative

The Côte-Nord is finding increasingly bold and innovative ways to showcase the wild or farmed products it sources from the St. Lawrence or the famous boreal forest.



Businesses marked with the *Goût de la Côte-Nord* (Taste of the North Shore) logo sell authentic, eco-friendly products that express the region's wild beauty and untamed nature. legoutdelacotenord.ca -

Organized by sub-theme, from west to east.

Fish Markets

Tadoussac and Baie-Comeau

Les Escoumins and Baie-Comeau

Pêcherie Manicouagan

Les Escoumins:

152 rue Saint-Marcellin Ouest - 418-233-3122

Baie-Comeau:

334 Blvd La Salle - 418-296-4124 pecheriemanicouagan.com - 🕶 😉

These fishmongers and fishmonger-restaurants, and their skillfully prepared and beautifully presented meals, have become veritable North Shore institutions. The owners and staff are proud to be part of the Québec fine dining revolution by treating their customers to delicious, freshly caught local fish and seafood. Ad pp. 23, 43



Sept-Îles

Sept-Îles

Poissonnerie Fortier and Frères | Fishmongers (*)

1 rue du Père-Divet, Sept-Îles 418-962-9187 - <u>poissonneriefortier.ca</u> - **9** Open: Year-round.

The reputation of this Old Pier fish market extends far beyond the town's borders. Fresh or on-site processed and prepared fish is sold year-round. Specialties include whole hand-peeled shrimp, fresh crab in season, whelk, lobster and Minganie scallops, as well as an extensive range of take-out dishes, sushi and pickled fish.

Ad p. 72



Poissonnerie Soucy | Fishmongers

295 Ave Arnaud, Sept-Îles - 418-962-6322 crevettes7-iles@cgocable.ca - 6

At Soucy Fishmongers, clients will find a wide variety of seafood, including delicious snow crab and genuine Sept-Îles shrimp. Fresh and frozen fish and shellfish are also available

Basse-Côte-Nord

Blanc-Sablon

Poissonnerie Blanc-Sablon | Fishmongers

1183 Blvd Camille-Marcoux, Blanc-Sablon 418-461-3212 - poissonnerieblancsablon.com - •



Poissonnerie Blanc-Sablon has more than 800 customers, both locally and throughout the Labrador and Québec regions. Try our cod, salmon, halibut, scallop, shrimp, and lobster ordering service. In the coming years, we plan on offering more tertiary processed foods such as sushi and cod liver spreAd Our dynamic team is always looking for new ways to meet the needs of our customers.

Microbreweries and Distilleries

Recently founded North Shore microbreweries and distilleries keep on surprising locals and visitors alike with their top-notch, artisanal products featuring distinctive regional flavours. Tasting is believing!

Tadoussac

Tadoussac

Microbrasserie Tadoussac | Microbrewery (*)

≘¥⊤

145 rue du Bord-de-l'Eau, Tadoussac 418-980-4900 - microtadoussac.com - **(F) (D) (G)** Open: Year-round.

Come to Microbrasserie Tadoussac and try one of our 15 varieties of locally brewed beer in a friendly setting overlooking the bay. Relax on our patio and take in the enchanting view as you savour the results of Tadoussac's brewing expertise and dine on dishes prepared by local chef-artisans. We also have board games, a beer store and a wide range of products bearing the MT logo. Families with children welcome.

Baie-Comeau

Baie-Comeau

Distillerie Vent du Nord

110 Blvd Comeau, Baie-Comeau 418-290-5981 - distillerievdn@gmail.com -Open: Year-round.



Our small-scale distillery promotes innovation, craftsmanship and local products, and offers customers high-quality and distinctive spirits. Come visit us and and taste the region's flavours!

Microbrasserie St-Pancrace - L'Usine (‡)

110 Blvd Comeau, Baie-Comeau - 418-296-0099 stpancrace.com - 🙃 🗐 Open: Year-round.

Winner of two World Beer Awards, this microbrewery is known for its innovative and high-quality products. inspired by the many distinctive regional products, such as the several beers flavoured with North Shore berries. Take a factory tour to dive into our creative world and learn about what inspired each of our beers. You can also shop at our store, where you will find our local craft beers and many other beer-themed items.





Sept-Îles

Sept-Îles

Microbrasserie La Compagnie | Microbrewery

15 rue du Père-Divet, Sept-Îles 418-961-2337 - <u>microlacompagnie.com</u> - **f ♡ ②**

418-961-2337 - microlacompagnie.com - 💔 🖸 🗹 This is a place where you can hang out with friends,

This is a place where you can hang out with friends, catch up, soak up the relaxed vibe and enjoy a good beer. We have a range of on-site brewed craft beers that are inspired by the industrial history of Sept-Îles and the North Shore. Foodies take note: we also serve great snacks!



Havre-Saint-Pierre

Havre-Saint-Pierre

Distillerie Puyjalon | Distillery

1180 rue du Fer, Havre-Saint-Pierre 581-292-4954

distilleriepuyjalon.com - 🔞 😉 Open: Year-round.

Tour the first micro-distillery in the northern Gulf of St. Lawrence and buy a bottle of authentic North Shore spirits, made with distinctive local and regional flavours and ingredients, including aromatic herbs. Betchwan gin and Niapiskau vodka are sold at the SAQ (Société des alcools du Québec). Follow us on Facebook, where you can book a guided tasting tour.



Natashquan

Natashquan

₹®¥

Brasserie La Mouche | Microbrewery

blamouche.com - 😝 😉

The next time you're in town, look for our beers in the local stores or order it in one of the village restaurants. Try the Nabiss, the Mickey Finn and other seasonal beers, all made with different kinds of Indigenous yeast and other locally sourced ingredients. Follow us on Facebook.

Regional Products

Côte-Nord

Les Marchés Publics de la Côte-Nord | Public markets

Tadoussac: 180 rue de l'Église Sept-Îles: Ave Arnaud

Longue-Pointe-de-Mingan: 1566 Route de l'Aéroport

418-962-0469 ext. 110

tablebioalimentairecotenord.ca - 6

Meeting and talking with local producers will help you understand their devotion for this untamed land. Journey into a world of bold new flavours and aromas at the public markets in Tadoussac, Sept-Îles and Longue-Pointe-de-Mingan. Follow us on Facebook.



Tadoussac

Tadoussac

Terroir Boréal Saveurs Natives | Local gourmet products (*)

is ≎X⊕

251 rue des Pionniers, Tadoussac 418-235-4380 - terroirboreal.com - 🚯 Open: April 24 to November 2.



Martin Brisson, well-known Aboriginal head chef at La Galouïne Inn and Restaurant has developed an environmentally-friendly line of products from the boreal forest. The products, sold at the Inn and other points of sale, include aromatic herb blends, syrups, fruit and mushroom powders, herbal tea, preserves, spreads and local fleur de sel. They are also used in many of his restaurant's dishes. Ad p. 22



Sacré-Cœur

Herbamiel (♣) •

1.(\$)

228 chemin de l'Anse-de-Roche, Sacré-Cœur 418-236-8226 - <u>herbamiel.ca</u> - 🖪 🖸 🚳 Open: June 1 to October 11.

Come to our bee farm and taste our honey or try our natural beauty products. We process beekeeping products into jam, propolis, soap, candles and lip balm, available for purchase at the farm store. The Fête du miel (Honey Festival) is on September 11.



Les Bergeronnes

Boulangerie artisanale la « P'tite Cochonne » ("Li'l Pig" Artisanal Bakery)

482 rue de la Mer, Les Bergeronnes, toward the wharf (follow the directions to Essipit whale-watching cruises) 418-617-0384 - 🕜 🕝

boulangeriecochonne@outlook.com Open: June to mid-October.

This friendly artisanal bakery offers sourdough and poolish products made with stone-ground flour and baked in a traditional wood-burning outdoor oven. Breathe in the aroma while you sip an espresso in the sunshine and try to choose between crunchy baguettes, flat-bread, Québec brioches (caramel and salted butter, chocolate, orange-lemon), kouingamann, and the occasional surprise. On the piggy menu: Québec gourmet cheeses, organic sausages, pâtés and rillettes, organic coffee, juice, tea, tisanes and flowers. "We open when it's ready, close when the shelves are bare." To avoid disappointment, order ahead

Forestville

Longue-Rive

Maison du terroir et des arts de Longue-Rive | Cultural centre

314 Route 138, Longue-Rive 418-231-2020, 418-231-2344 developpement@longuerive.ca Open: Mid-June to mid-September.

This initiative brings together the creations of artists and artisans from the Côte-Nord region under one roof. Come and fill your basket with souvenirs and flavourful jams, local teas and spices.

Forestville

Les Saveurs Boréales I Local gourmet products (1)

(**S**)

12, 1st Rue, Forestville 418-587-4884 - lessaveursboreales.com - •



We specialize in harvesting edible forest products that are native to the North Shore: glasswort, Scottish lovage, Labrador tea, birch bark tea, fireweed flowers, lobster mushrooms, yellowfoot chanterelles, boletes, as well as spices: sweet gale, dune pepper and powdered pine. We provide a link between harvesters and buyers: wholesalers, grocery stores, restaurants and the general public.

Colombier

Confiserie Boréale | Candy factory (*)

569 rue Principale, Colombier 418-565-3364 or 1-888-530-3364 <u>lesdelicesdemichele.com</u> - **9 ○** Open: Year-round.

This processing facility produces chocolates and jams made with local berries. From the boutique, you can see the production area and watch the workers. Guides explain the manufacturing process for Les Délices de Michèle chocolate products. Be sure to pick up some local products made with native North Shore berries: cloudberries, lingonberries, sea buckthorn berries, honeyberries and crowberries, as well as the better-known blueberries, strawberries and red currants.

Baie-Comeau

Baie-Comeau

Confiserie La Mère Michèle | Candy store (3)

704 rue De Puyjalon, Baie-Comeau - **6** 418-589-2364 or 1-888-530-2364 - meremichele.ca

This candy store will delight your eyes and taste buds with local delicacies, fine chocolates, Asian and gourmet food, chocolate and cake accessories, fine china, and gift ideas galore. This is where Les Délices de Michèle creations see the light of day before being produced at the factory in Colombier.

Port-Cartier

Port-Cartier

Marché d'automne de Port-Cartier| Fall market ■

Port-Cartier - 418-766-3855 tourisme@villeport-cartier.com - Open: August 30 and September 6 (dates may vary).

Meet Port-Cartier's market gardeners and artisans at our friendly, local public market. Come for the fresh vegetables, many crafts, eco-friendly and local products, handmade pottery and other original items. The market takes place indoors at the Complexe récréatif et culturel, starting at 10:30 a.m.

Sept-Îles

Gallix

(\$)

Trésors des Bois

374 rue Thériault, Sept-Îles (Gallix area) 418-766-3350, 418-968-1776 - <u>tresorsdesbois.com</u>

Since 2007, Trésors des Bois has been collecting and processing Côte-Nord mushrooms, plants and berries in an eco-responsible and artisanal way. For a gourmet lunch or an amazing happy hour, put Trésors des Bois products on your plate! Visit our online store and our retails outlets to purchase dried mushrooms, jellies, jams, spices and herbal teas.

Sept-Îles

L'île La Grosse Boule – Ferme maricole Purmer (*) 🖭

300 Île la Grosse Boule, Sept Îles archipelago 418-960-4915, 418-962-9753 - <u>ferme-purmer.com</u> - **舒**

Stop at a farm in the middle of the sea, and be transported into the fascinating world of marine creatures, or try spending a night by the shore in one of our three yurt rentals, for groups of 2 to 8 people. Other activities include: dinghy tours with commentary and tasting of fresh products from the sea. Average length: 2.5 hrs. Reservations required.

Fumeur en Nord | Smokehouse

493A Ave Brochu, Sept-Îles 418-960-1350 - fumeurennord@gmail.com -

succeeded in duplicating our smoking skills!

This small Sept-Îles-based business is the North Shore's smoking specialist. It stocks many unusual, house-made smoked products as well as the largest selection of hot and BBQ sauces, spices, cocktail ingredients, Bubble Tea and many other Québec specialty products. Many have tried, but none have



Rivière-au-Tonnerre

Rivière-au-Tonnerre

Maison de la Chicoutai I Cloudberry products

6 rue de l'Église, Rivière-au-Tonnerre 418-465-2140 - chicoutai.ca - 🚯

The owner and their team are exclusively dedicated to promoting and marketing cloudberries, an orange fruit that grows wild in local peat bogs. Join our guided tours and discover the cloudberry in all its various forms: butter, jam, jelly, and even herbal tea! Other regional specialty products are also available.

Natashquan

Aguanish and L'Île-Michon

Fumoir Le Goynish | Restaurant and smokehouse

237 Route Jacques-Cartier, Aguanish 418-533-2357 - <u>aacn.ca/accueil.</u>html - **1** Open: June 15 to September 15.

This smokehouse specializes in smoked salmon and related products as well as regional dishes featuring smoked salmon, fish, and seafood, Eat-in and take-out service.

Natashquan

De baies et de sève | Local gourmet products (*)

35 rue du Pré, Natashquan 418-726-3141. 514-730-3936 debaiesetdeseve.ca - 🙃

We make a range of specialty products using locally sourced plants, seaweed and fruit from the Minganie region. Spice up your meals with subtle and unusual flavours that range from woody to floral, from citrus notes to the saltwater taste of the sea, Since 2015. we also offer a line of body care products based on selected ingredients from the sea and forest.

La Coqueline | Artisanal chocolate maker 📳 🗉

31 allée des Galets, Natashquan 418-538-6399 - theresecoquelin@gmail.com Open: Early June to mid-September.

This chocolate maker encourages you to explore its line of fine chocolates, as well as drinks, ice cream and candy made with locally sourced fruit and herbs. All products are individually handmade on site with great care and attention to detail.

Basse-Côte-Nord

Bonne-Espérance

Ferme de pétoncle Aqua Labadie | Scallop farm 🖲

Bonne-Espérance, on Route 138, 45 km Ouest of Blanc-Sablon and the Labrador Ferry 418-461-2434, 418-409-3333 (cell) aqualabadie@gmail.com - 6 Open: June to September.

The company specializes in marine farming scallops at their Salmon Bay facility in Bonne-Espérance. Choose from a 1- or 2-hour guided tour that takes place either on land or on sea. On the tour, you can observe scallops, learn how they are grown and try the freshest scallops you've ever tasted, accompanied by a glass of wine. Groups welcome: coach parking available

Fruit and **Vegetables for Sale**

Forestville

Colombier

Serre de Colombier | Greenhouses

524 rue Principale, Colombier 418-565-3343 - <u>serrecolombier.com</u> - **(f)** Open: Mid-June to mid-October.

Since 2016, this non-profit greenhouse has been selling many kinds of hot-house and permaculture vegetables such as cucumbers and tomatoes, and several kinds of berries: strawberries, raspberries as well as two tasty local varieties, honey berries and sea buckthorn berries.

Baie-Comeau

Pointe-Lebel

Ferme Manicouagan | Farm (1)

5.6

On rue Granier, about 1 km after the roundabout on Route 138; farm entrance is at the end of the road on the right, about 300 m after rue du Parc. 418-445-3552 or 418-297-0073

fermemanicouagan.com - (7) Open: Depending on the harvests.

The family has added many pick-your-own varieties to its lineup, with honeyberries, strawberries, raspberries, tomatoes, beans, fresh herbs, corn, fall squash and a variety of vegetables harvested when ripe. Farm produce is sold on-site. Open: Depending on the harvests. For updates and information, follow us on Facebook.

Speciality Food Shops and Delis

Port-Cartier

Port-Cartier

Renard bleu | Eco-friendly grocery store

4D Blvd des Îles, Port-Cartier 581-285-5846 - <u>monrenardbleu.com</u> - **9 a** Open: Year-round.

Learn a new way to go food shopping at the Blue Fox, a zero-waste bulk grocery store that sells a variety of eco-friendly and affordable groceries. We also offer support and training that focusses on the principles of ethical consumption. Our branches in Sept-Îles and Port-Cartier are stocked with fresh, local and unusual products.

Sept-Îles

Sept-Îles

Bonbonnerie Chapeau de Troll | Candy store

40 rue Monseigneur-Blanche, Sept-Îles 581-826-0594 - <u>chapeaudetroll.com</u>

This candy store carries a wide range of vintage, rare, bulk and other varieties of candy. It uses mostly wood cellulose and paper-based packaging to provide you with a range of eco-friendly choices. You can also bring your own glass, metal or hard plastic containers.

Marché MelLau | Food market

495 place du Commerce, Sept-Îles 418-960-0858 - marchemellau@cgocable.ca - **f**

This grocery store stocks gourmet products, hot, cold, and frozen take-out meals, and allergen-free food.



Grocery and Convenience Stores

Tadoussac

Essipit

Dépanneur VOISIN Essipit

44 rue de la Réserve, Essipit 418-233-2266, 418-233-2509 or 1-888-868-6666 vacancesessipit.com/services

A key player in the Innu community, this store is more like a general store than a convenience store as it offers a wide variety of services under one roof: gas, wine and liquor at the Société des Alcools du Québec (SAQ) outlet, grocery items, propane, coffee, ice, a candy display and gifts cards.

Baie-Comeau

Baie-Comeau

Provigo

300 Blvd La Salle, Baie-Comeau 418-296-6868 - smp8012d@provigo.ca

This grocery store prides itself on offering a variety of fresh products as well as fast and courteous service to meet all your needs. Stock up on food and beverages for your travels. The convenient catering service and prepared take-out meals have something for every taste.

Port-Cartier

Port-Cartier

IGA Port-Cartier Food Co-op

26 Blvd des Îles, Port-Cartier 418-766-0008 - iga.net - **•**

Ad p. 69

Sept-Îles

Sept-Îles

Dépanneur Esso Proxi Extra

5 rue Comeau, Sept-Îles - 418-962-5545 septile9@harnoisgroupepetrolier.com

We welcome customers 7 days a week until 11 p.m. You'll find coffee and a wide variety of sandwiches and pastries, made on-site. This is the perfect place to fill up, ask for directions or grab a bite to eat. Ask for the customer loyalty card and use it to collect points on gas and convenience store purchases.

L'Île-d'Anticosti

Port-Menier

L'île d'Anticosti Co-op

6 rue des Olympiades, Port-Menier 418-535-0129, 418-535-0173 cooperativeanticosti.com Open: Year-round.

Conveniently located in the centre of the village, this consumer cooperative (a member of the FCAQ or Fédération des coopératives d'alimentation du Québec) operates under the Métro-Richelieu banner and boasts an in-house bakery, meat counter and SAQ (liquor store) outlet. For your convenience, it also sells prepared food, propane, and fuel.

Natashquan

Baie-Johan-Beetz

Les Choix de Marguerite | Baie-Johan-Beetz Solidarity Co-op

15A rue du Nord, Baie-Johan-Beetz (access via Route 138)
418-539-0238 - coop@baiejohanbeetz.qc.ca -
Open: Year-round.

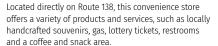
You're sure to receive a friendly welcome when you enter this bustling multi-service co-op.. It boasts a grocery store, service station, an SAQ outlet (for wine and liquor), a coffee area with WiFi, a post office, and an exclusive selection of gourmet products. Rain or shine, it's always nice to stop in for a snack at a table overlooking the Piashti River.

Basse-Côte-Nord

Kegaska

Dépanneur Quegasca | Convenience store

104 chemin Jacques-Cartier, Kegaska 418-726-3050 - guegasca1@globetrotter.net -



Sugar Shacks

Tadoussac

Sacré-Cœur

465 Route 172, Sacré-Cœur 418-236-4833 or 1-877-236-4551 ferme5etoiles.com - **G**

Learn about Québec's famous sugaring-off traditions: a hearty meal, maple taffy on the snow, a tractor-drawn sleigh ride to visit the farm animals, live music and shows on weekends. Our Sugar Shack Package includes overnight stay, breakfast and special activities. In winter, we serve homemade soup and light meals to groups and snowmobilers. Reservations required. Ad p. 20

Dairy Bars

Tadoussac

(A)

Tadoussac

Crèmerie Pause bonbons | Ice cream parlour ■

121 rue du Bord-de-l'Eau, Tadoussac 418-235-4865, 581-235-4479 franceboulianne71@hotmail.com - **9** Open: Daily in summer.

This ice cream parlour has a lovely patio overlooking the bay where customers can enjoy soft-serve, Sloche beverages, baguette, steamed hot dogs, croissants, drinks, sweets and prepared lunches. It's the perfect place to relax before or after a cruise, or stock up on supplies when heading to the beach.

Havre-Saint-Pierre

Longue-Pointe-de-Mingan

Bar laitier Chez Marina | Dairy bar

1045 chemin du Roi, Longue-Pointe-de-Mingan 418-949-2634 - <u>aniram-w@hotmail.com</u> - **G** Open: Late April to mid-September.

Our specialties include frozen desserts made with local flavours like cloudberries and lingonberries, as well as the more traditional blueberries, raspberries, and strawberries. Check out our selection of soft ice cream (75 flavours!), milkshakes, sundaes, Sloche beverages, candy and homemade jam. We've been serving visitors and the community for 28 years!

● T



NATASHQUAN MULE

Presented at Montréal en lumière

Presented by: TOURISME SEPT-ÎLES

DESCRIPTION

This version of the gin mule cocktail combines a distinctive North Shore gin with ginger syrup flavoured with wild cranberries and celery root. All ingredients are locally sourced.

FLAVOUR PROFILE

Refreshing, spicy and herbal

INGREDIENTS

145 ml Betchwan gin

15 ml ginger syrup flavoured with wild cranberries and celery root (see recipe, below)

15 ml lime juice

2 ml Sombre and Amer Arbor bitters

75 ml soda water

METHOD

Pour the gin, ginger syrup, lime juice and bitters into the glass.

Fill with ice cubes and mix with a bar spoon.

Add soda water and mix again.

Garnish with a slice of dry lime.

Non-alcoholic version:

Replace gin with equal parts maple water and blue honeysuckle juice.

GINGER SYRUP

Ginger syrup flavoured with wild cranberries and celery root:

Pour 1 I ginger syrup, 30 g dried cranberry powder and 30 g crushed celery root into an airtight container. Stir well, close lid tightly, and leave in a cool place for 24 hrs.

Strain mixture through a sieve and pour into a glass bottle. Makes 1 litre.

Source: Manuel Perrier, private consultant (previously Alambika)





SEPT-ÎLES SEAFOOD SOUP

Presented at Montréal en lumière

TOURISME SEPT-ÎLES

Presented by:

INGREDIENTS

1 leek, washed and finely chopped

500 g (2 cups) winter squash, diced

1 onion, chopped

1 small tin black beans, drained

50 g (1/4 de cup) frozen or canned corn kernels

2 garlic cloves, crushed

3 Tbsp shortening (Crisco or other brand)

100 g (3.5 oz) cod, diced

60 g (2 oz) shrimp, cooked

60 g (2 oz) raw scallops, muscle removed

60 g (2 oz) fresh (or **20 g dried**) forest mushrooms

60 g (2 oz) canned Arctic surfclams, minced

30 g (1 oz) dried seaweed

3 Labrador tea leaves

1/2 tsp boreal forest spices

2 litres water

1/2 litre homogenized (3.25% MF) milk

Salt to taste

METHOD

In a large soup pot, melt shortening and cook leeks and onion until soft. Make a bouquet garni by placing mushrooms, garlic and tea leaves in a piece of cheesecloth and tie it with kitchen string. Add corn, squash and cod pieces to the pot, then add enough water to fully cover. Bring to a boil then simmer on low heat for 30 minutes.

Add boreal spices, taste and adjust the seasoning. Add black beans and milk then simmer on low heat for another 10 minutes.

Add the scallops and remove the bouquet garni before serving.

Combine Arctic surfclams and cooked shrimp. Divide mixture among soup plates or bowls and pour soup over top.

Garnish with dried seaweed and serve. Makes 4 - 6 servings.

Great Outdoors

Being outdoors in every season is a fundamental way of life for North Shore people. Its expansive seascapes and untamed forests make the Côte-Nord an exciting playground for families and adventure-seekers alike.

\$≌

nental way of life for es and untamed forests d for families and adven-

Organized by sub-theme, from west to east.

Golfing

Tadoussac

Tadoussac

Tadoussac Golf Club

367 rue des Pionniers, Tadoussac 418-235-4306 - golftadoussac.ca - **9** Open: Mid-May to mid-October.

Course: 9 - Par: 32 - Length: 2,140

Details: an exciting technical challenge on one of Québec's oldest golf courses. Services: equipment rental, snack bar, conference facilities, pro shop and patio-bar. Different packages available. Tournaments welcome.

Forestville

Forestville

Le Méandre Golf Club

40 1st Avenue, Forestville 418-587-6363 - golflemeandre.com - **9** Open: Mid-May to mid-October.

Course: 9 - Par: 36 - Length: 3,235

Details: view of the St. Lawrence and Sault-aux-Cochons rivers. Design by golf course architect Darrell Huxham. Services: practice range, patio-bar with snack bar, specialized equipment and golf cart rentals. Different packages available. Reservations recommended. Check website for tournament dates.

Baie-Comeau

Chute-aux-Outardes

Chute-aux-Outardes Golf Club

18 rue du Golf, Chute-aux-Outardes 418-567-1333 Open: Mid-May to mid-October.

Course: 9 - Par: 36 - Length: 2 862

Details: wooded course with beautiful vistas. Services: bar and snack bar, equipment rental. Different packages available. Reservations recommended.

Baie-Comeau

Baie-Comeau Golf Club

1700 rue de Bretagne, Baie-Comeau 418-295-1819 - golfbaiecomeau.ca - **1** Open: Mid-May to mid-October.

Course: 18 - Par: 71 - Length: 6,456

Details: a wooded course with water hazards located right in the city. Services: patio-bar and restaurant, conference facilities, practice range, pro shop, equipment and golf cart rentals, pro golf lessons. Reservations recommended



Sept-Îles

Sept-Îles

Sainte-Marguerite Golf Club

19 rue Thom, Sept-Îles (Clarke area) 418-583-2844, 418-583-2488 golfste-marguerite.qc.ca - **\$** Open: Mid-May to mid-October.

Course: 18 - Par: 72 - Length: 6,476

Details: located 25 minutes Ouest of Sept-Îles with a view of the river. Services: golf school, pro shop, practice range, golf cart rentals, restaurant and bar. Different packages available. Reservations recommended.





Horseback Riding

Tadoussac

Sacré-Cœur

Le Soleil Le Vent Ranch

Treat yourself to spectacular views as you ride through vast stretches of open field, boreal forest with abundant wildlife, and mountains with spectacular views. The fall colours are truly glorious. Whether you're a beginner, intermediate, or expert rider, we guarantee a memorable experience. Average length: 1 to 2 hours. Several packages available. Reservations recommended.

Bicycle Rental

Tadoussac

Tadoussac

Vélo E-Go I Bike rental

197B rue des Pionniers, Tadoussac 514-622-1103 - <u>veloego.com</u> - **•**

We rent electric fatbikes and provide a number of routes so you can discover the area. Rent by the hour or sign up for one of our history-themed tours. Our workshop does repairs and tune-ups and our store sells Québec-made products.

Baie-Comeau

Baie-Comeau

Mon Vélo Bike Shop

838 rue Bossé, Baie-Comeau 418-293-9700 - gomonvelo.com - 🕶 😉

Come to this bike shop for its exceptional advice and service. It is staffed by dedicated experts who share your passion for the sport by selling new and used bicycles and doing any kind of repair on every brand of bike. Rent a fatbike for some outdoor winter fun, or to discover the region's beaches.

tourismecote-nord.com 145

Sept-Îles

Sept-Îles

50° Parallèle | Mobile fatbike rentals

31 rue des Bruyères, Sept-Îles 418-444-6856 - <u>50eparallele.com</u> - **6**



50° Parallel is primarily a mobile fatbike rental service. The company's main focus is travelling to key destinations on the 50th parallel, specifically around Sept-Îles, and renting fatbikes. Our mission is to makes locals and tourists alike fall in love with this accessible activity and regularly enjoy getting outdoors and exploring nature.

Tourisme Sept-Îles

1401 Blvd Laure Ouest, Sept-Îles 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca - 190

If you love ecotourism and are eager to drink in the beautiful scenery of Sept-Îles, you'll definitely want to take advantage of the bicycle rental service at Tourisme Sept-Îles. You'll find quality bicycles and all the gear you need, including helmets, locks, luggage carriers and child trailers. Whether you're heading east to discover downtown or west to appreciate the area's fabulous scenery, Tourisme Sept-Îles is ideally located to start your adventure!

Moisie

Camping Laurent-Val | Bike rental

1000 rue Fournier, Sept-Îles (Moisie sector) 418-927-2899 - <u>campinglaurentval.com</u> - **(f)** Open: June to September

Tour Sept-Îles and head out into the backcountry on a fatbike. The large wheels are ideally suited for travelling over different kinds of terrain, from forests to beaches, and for getting out into nature in warm and cold weather. We also rent eBikes.









Bicycle Touring

Baie-Comeau

Rating

Véloroute des Baleines Corporation

11 Ave du Parc, Baie-Comeau - 418-296-6423 - veloroute-des-baleines.ca -

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Mountain

Québec's renowned *Route Verte* cycling route now extends to the North Shore, running through Tadoussac and Sacré-Coeur all the way to Baie-Trinité. It goes for 300 km along the St. Lawrence, primarily on the shoulder of Route 138, past lakes, over mountains and through forests. Some sections leave Route 138 and head closer to the river, taking cyclists through picturesque villages. A few loops include a scenic ferry ride to the south shore. To plan your North Shore cycling trip, visit our website.

The Cycling the Whale Trails

The Cycling the Whale Trails: from Sacré-Cœur to Tadoussac and Baie-Trinité. More information on the official Côte-Nord Cycling Map and at <u>veloroute-des-baleines.ca</u>.



•: Easy ■: Intermediate •: Difficult	Tour	ing		bikir	ng		
Infrastructure P: Paved shoulder L: Bike lane S: Shared roadway B: Bike path							
Discipline BM: BMX XC: cross-country FAT: fatbike DJ: dirt jump	km)	cture		a	Length (km) / Fatbike		
Route	Length (km)	Infrastructure	Rating	Discipline	Length (Rating	Services and Activities
Tadoussac							
Whale Route	\$	P					
Sacré-Cœur to Tadoussac and Les Escoumins veloroute-des-baleines.ca	60	L S	•				? ≘ x
Birdwatching Route	\$	Р					
Les Escoumins to Forestville veloroute-des-baleines.ca	57	S B	•				? <u>~</u> X
Forestville	I	1	ı	1	1	ı	l
Nature and Adventure Route	\$	_					
Forestville to Pointe-aux-Outardes veloroute-des-baleines.ca	105	P S	•				? <u>~</u> X
Baie Verte	\$			XC.		•	
Forestville				DJ	15		₫<u>₼</u>₫

Bicycle

Rating •: Easy •: Intermediate •: Difficult	Bicy Tou			Mou bikir	ntain		
Infrastructure P: Paved shoulder L: Bike lane S: Shared roadway B: Bike path Discipline BM: BMX XC: cross-country FAT: fatbike DJ: dirt jump Route Baie-Comeau	Length (km)	Infrastructure	Rating	Discipline	Length (km) / Fatbike	Rating	Services and Activities
Manicouagan Peninsual Loop Pointe-aux-Outardes and Pointe-Lebel veloroute-des-baleines.ca	55	P L-S B	•				? <u>∩</u> X
Panorama Route Baie-Comeau to Baie-Trinité veloroute-des-baleines.ca	97	P S B	•				②⊊X
BMX Trail & Ragueneau				BM DJ	0,3	•	# † ₺
Rivière Amédée Trail Baie-Comeau				XC FAT	40	•	₹ <u>&</u> &
Municipal bike paths Baie-Comeau Port-Cartier	33	P L-S B	:				② ♠X
Girard à Vachon Trail & S Port-Cartier	8.4	В	•				
Municipal bike paths Port-Cartier Sept-Îles	18	B S	•				
Club Norcycle Trails Sept-Îles				XC DJ	16	•	⋞≜ &д§
Municipal bike paths Sept-Îles Havre-Saint-Pierre	48.1	В	•				#88
Municipal bike paths Havre-Saint-Pierre - info@havresiantpierre.com	9	В	•				? `` X

Recreational Equipment Rental

Sept-Îles

Sept-Îles

Aventures 138

1202 Blvd Laure, Sept-Îles 418-962-3031 or 1-866-962-3031 aventures138.com - Open: Year-round.

Aventures 138 is a trusted partner for motorhomes and RVs. It offers RV rentals (Keystone and ProLite) to all those who are eager to turn their dream of a getaway with loved ones into reality. Contact our team or come and meet us. We'll be happy to provide information on our rates and answer all your questions.



Motorcycle Touring

More and more tourists are discovering the Whale Route by motorcycle, an increasingly popular way to travel. They can travel along the shores of the St. Lawrence, past lakes, rivers and mountains and see hundreds of kilometres of beautiful scenery and have many beautiful experiences.

The Route des Baleines, or Whale Route (Route 138) runs first along the estuary and then the Gulf of St. Lawrence, offering breathtaking vistas along the way. With no shortage of lookouts and rest areas, you can enjoy the wide-open spaces to your heart's content. To the east, the road goes beyond Natashquan and takes you to Kegaska – the end of the road!

Most of the backcountry roads are paved, at least as far as the Manic-5 generating station at km 214.

For more information or to get your *Carnet Moto* motorcycle guide (in French only) with the most scenic routes in Québec, contact a regional tourism association. Visit motorcyclingquebec.com/en for information on all the packages and options available for your next trip.







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ATVs

Tadoussac

Sacré-Cœur

Ferme 5 Étoiles | Family vacation resort

465 Route 172 Nord, Sacré-Cœur 418-236-4551 or 1-877-236-4551 ferme5etoiles.com - 🕶 🚳

Set off on a guided tour of the region on a single or double quad bike with fabulous views of the Saguenay Fjord. Learn to ride a quad, explore the forest and mountains, and enjoy a safe, memorable experience. Our packages range from 1.5 hours to half- and full-day outings. Ad p. 20

Les Escoumins

Complexe hôtelier Pelchat

445 Route 138. Les Escoumins 418-233-2401 or 1-888-225-3463 complexepelchat.com

Guests staying at this snowmobile-friendly hotel have direct access to the Trans-Ouébec #50 federated trail and can organize their own routes. Packages and quad cleaning area available.

Quad Clubs

Côte-Nord

Association régional des clubs quads de la Côte-Nord (ARCQCN)

9 rue Plante. Port-Cartier 418-766-8036 - gaudreaultremi@hotmail.com faca.ac.ca

Forestville

Portneuf-sur-Mer

Club Quad Haute-Côte-Nord

418-238-2720 - 1

Baie-Comeau

Baie-Comeau

Club Manic Quad (VTT) inc.

418-295-8040 - 🚯

Fermont and Route 389

Fermont

Club VTT du Grand Nord

418-287-5559 - clubvttdugrandnord@hotmail.com - 😯



Port-Cartier

@s

Port-Cartier

Club Quad les Aventuriers des 7 Rivières

418-768-6623 - alco636@hotmail.com - 6



Sept-Îles

Sept-Îles Club QUAD (VTT) Les Nord-Côtiers

418-964-9424 - galsport@globetrotter.net - 6



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Plane Tours

Tadoussac

Les Escoumins

Totem Aviation

Escoumins Airfield

14 chemin du Lac-Saint-Onge, Les Escoumins 581-235-5235 - totemaviation.ca - 🔞 🕝

Open: March 1 to January 1.

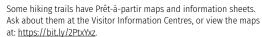
reservations, visit the website.

Just 25 minutes from Tadoussac, come and admire the wonders of nature from high in the air, including the beautiful vistas between the Saguenay Fiord and Les Escoumins. Watch marine traffic, see local boat captains boarding international boats, and try and spot different species of marine mammals, including

belugas - easily spotted due to their white colour. For



The Outdoor Recreation Discovery Trail takes you to land-based whale-watching spots, beaches and water sports areas, bird-watching areas, and hiking trails, all identified by the ECO Destination logo. For more information, go to any Visitor Information Centre (pp. 233, 234).





Outdoor Recreation Locations

Rating

•: Easy ■: Intermediate •: Difficult

Activities								
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities				

Services

Tadoussac

144043340						
Sand Dunes, Observatoire d'oiseaux de Tadoussac Bird Observatory						
Access: 750 chemin du Moulin-à-Baude Info: 418-232-6249 - <u>explosnature.ca/oot</u>		*	•		2	#
Tadoussac Village						
Info: 418-235-4744 - <u>tadoussac.com</u>						
Tadoussac Beach Trail Access: it runs along Rue du Bord-de-l'Eau through the village centre.			•	1	± ≜ @	?开 † β §∰%
Parc de nos Ancêtres Trail Access: west side of Hôtel Tadoussac				0.6		# f
Saguenay Fjord National Park Hiking Trails	;					
Info: 418-236-1162 or 1-800-665-6527 <u>parcsquebec.com</u> – Open: May to October	**				@	#⇔
Le Fjord Trail Access: Tadoussac Fish Farm				41.1		
La Coupe Trail Access: from the Sépaq parking lot, walk along rue de la Coupe-de-l'Islet				1.1		
Pointe-de-l'Islet Trail Access: Tadoussac Pier Open: Year-round				0.8		
L'Estuaire Trail Access: from the Maison des Dunes				0.8		

Rating

•: Easy ■: Intermediate •: Difficult

Activities									
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities					

Services

Sacré-Cœur

Sainte-Marguerite Bay Beach Access: 1121 Route 172 Nord Info: 418-236-1162 or 1-800-665-6527 <u>parcsquebec.com</u> - Open: May to October	**	*	•		9	# ® Å § :£ X
Ferme 5 étoiles Hiking Trails					٠ <u>.</u> .	
Access: 465 Route 172 Nord Info: 418-236-6297 or 1-877-236-4551 - <u>ferme5etoiles.com</u> Open: Year-round Ad p. 20		*			±± 12 21 21	# f &
Sainte Marguerite Valley Hiking Trails \$						
Access: 160 rue Principale Info: 418-236-4604 - <u>rivieresainte-marguerite.com</u> Open: June to September					®	? ****
Les Bergeronnes	,				,	
Bon-Désir Campground						ĦĂĜ
Access: 198 Route 138 Info: 418-232-6297 - Open: June to September		*			2	₽ \$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
Cap-de-Bon-Désir Interpretation \$ and Observation Centre (Parks Canada)						
Access: 13 chemin du Cap-de-Bon-Désir Info: 418-232-6751 or 1-888-773-8888 parcscanada.gc.ca/saguenay Open: June to October Ad p. 2	**	*		0.4	1.2	ĦĦĤ
Outdoor Centre Beach						
Access: in Les Bergeronnes, head towards the pier on rue de la Mer. Look for a sign on your left.			•		@	╈╅╬
Pointe à John, Archéo Topo Centre						
Access: 498 rue de la Mer Info: 418-232-6286 - Open: May to October		*			@	
Rivière des Grandes Bergeronnes						
Access: Route 138, look for a sign for Les Bergeronnes village; parking area on the shore. Info: 418-232-6326 - Open: May to November		*				
Le Morillon Club Multi-use Trail						
Access: chemin du Cap-de-Bon-Désir and rue des Pilotes Info: 505 rue du Boisé - 418-232-6595 - <u>bergeronnes.net</u> Open: Year-round				18	\$ -& 2	₽₽

Access: 391 rue Principale - Open: May to October

Access: 3 rue de la Marina - Open: June to November

Pointe des Fortin

Rating

•: Easy ■: Intermediate •: Difficult

Activities									
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities					
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Services

Les Escoumins

Village of Les Escoumins

Village of Les Escoumins						
Info: 154 Route 138 - 418-233-2766, 418-233-2663 - <u>escoumins.ca</u>						
Les Escoumins Bay Access: boardwalk in the village centre - Open: Year-round		¥.		1	9	#®▲ ≨₽₩
Quai du traversier (Ferry pier) Access: rue du Quai - Open: June to October	*	¥.			2	+- ₩
La promenade Hiking Trail Access: in the village centre Open: Year-round				5	9	# f
Marine Environment Discovery Centre (Parks Canada) \$						
Access: 41 rue des Pilotes Info: 418-233-4414 or 1-888-773-8888 <u>parcscanada.gc.ca/saguenay</u> - Open: June to October	*	*			1. %	###S
Longue-Rive	1	1	1	1	1	1
Lac des Cèdres					a	
Access: follow chemin du lac des Cèdres Info: 581-221-2013 - Open: June to October			•		28 235 255	À €
Sault-au-Mouton River Park						
Access: 331 rue Principale Info: 418-231-2020, 418-231-2344 Open: May to October		*	•	1	** **	# # *□
Crans rouges Hiking Trail						
Access: church parking lot Info: 418-231-2020, 418-231-2344 - Open: May to October			•	1	2	ਜ
Salt Marsh Hiking Trail						
Access: 741 Route 138 Info: 418-231-1077, 418-231-2344 - Open: June to September		*		1	2	# †
Portneuf-sur-Mer						
Village of Portneuf-sur-Mer						
Info: 418-238-2642, 581-323-1050 - portneuf-sur-mer.ca						
Sandbar Beach		X.		4.5	3	

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Rating

•: Easy ■: Intermediate •: Difficult

Activities									
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities					

Services

Forestville

Forestville						
Town of Forestville						
Info: 223 Route 138 Ouest						
418-587-4160 - <u>forestville.ca</u> Ad p. 38						
Baie-Verte				6.2	€ €	
Access: 190 1st Avenue			•	•	₩ T	₽Ħ▲ ░
Laval Island		¥.				
Access: Route 138			_			
Rivière Laval Hiking Trail						
Access: Route 138 - Info: 41 Route 138 Est				15	@	# #
418-587-4000 - zecforestville.reseauzec.com				■	==	77.11
Open: June to October			ļ			
Colombier		,	,	,	,	
Village of Colombier						
Info: 418-565-3343						
info@municipalite.colombier.qc.ca - municipalite.colombier.qc.ca						
Anse à Norbert Hiking Trail						
Access: turn right at the rest area after km 694			•	1.5	@	₽ ₩
on Route 138, turn left, then turn right on the first road and drive to the end				•		, , , , ,
and diffe to the ond.						
Hickey Marsh						
Access: after km 704 on Route 138, enter and turn right after the sign for Côte à Hickey.		¥.				71
Open: May to October.						
Îlets-Jérémie Observation Platform						
Access: 155 chemin des Îlets-Jérémie						
Open: May to November	"					
Colombier Harbour						
Access: by the rest area on Route 138		X.				
Info: 418-565-3343						



Rating

•: Easy ■: Intermediate •: Difficult

Whale-watching		
Birdwatching	Α	
Beaches	ctiv	
Hiking (km)	ities	
Other activities	•	

Services

Raguenea	u
Village of F	Ragueneau

Info: 595 Route 138 - 418-567-2345 municipalite.ragueneau.gc.ca

Ragueneau Archipelago

Ragueneau Pier

Rivière aux Rosiers

Access: on chemin D'Auteuil, 4 km from Route 138. Open: Year-round

La Fascine Hiking Trail Open: Year-round

Camping / Manic Outardes 2

Access: 1600 Rang 2, by way of chemin du Bassin.

Chute-aux-Outardes

La Centrale Heritage Hiking Trail

Access: Route 138, east side Info: 418-567-2144 - loisirs@municipalitecao.ca

Open: Year-round

Pointe-aux-Outardes

Baie-Saint-Ludger Rest Area

Open: June to October

Parc Nature de Pointe-aux-Outardes | Nature park

Access: 4 rue Labrie

Info: 418-567-4227 - parcnature.com

Open: June 23 to mid-October

St-Paul Campground and Beach

Access: 155 chemin Principal - Info: 418-567-4486

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Village of Pointe-aux-Outardes

Info: 595 Route 138 - 418-567-8912

Access: 152 rue de Baie-Saint-Ludger

Æ 🕮 **#** Open: June to October

Vieux quai (The old pier) Access: rue Labrie

Ad p. 41

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Outdoor Boorcotion		Α	ctiv	ities	3	
Outdoor Recreation Locations Rating •: Easy	Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities	
Pointe-Lebel	M	.i <u>B</u>	Be	皇	ਝ	Services
Village of Pointe-Lebel Info: 595 Route 138 - 418-567-2345						
Henri-Grenier Bay Access: take the small footpath across the road from 648 rue Granier.		¥.				
Pointe Paradis Beach Access: 1335 rue Granier, at the end of Route de Pointe-Lebel.		¥.	•		æ <u></u>	∓ *□×
Chouinard Beach Access: 72 rue Chouinard			•		±± ≜ @	சு⊛்∧் ≨X
Camping de la mer Hiking Trail \$ Access: 72 rue Chouinard - Info: 418-589-6576 campingdelamer.net - Open: May to October				5	9	₽₽
Baie-Comeau Carrefour maritime, marina and walking paths						
Access: follow the road leading to the Baie-Comeau–Matane ferry, then turn toward to marina (yacht club). Info: 20 Ave Cartier - 418-296-8066 - clubnautiquebaiecomeau.ca	*					
Saint-Pancrace Cove						
Access: on Route 138 East, the parking lot is on your right, roughly 1 km after Lac Potvin.	€					
Baie-Comeau						
Info: 418-296-8178 - tourismebaiecomeau.com						
Manicouagan Park Access: in Baie-Comeau, exit Route 138 onto Rue Normandie, then turn onto Blvd Manicouagan. Open: Year-round		¥		5	9	# ਜ
Champlain Beach Access: corner of Champlain and Laval streets.					2	Ŧ
Parc des pionniers Hiking Trail Access: 20 Ave Cartier – Open: Year-round			•	3.5	@	# # * * * * * * * * * *
Lac Malfait Access: 1 chemin de la Base de Plein Air Open: June to September			•			# £ * **

Rating

•: Easy ■: Intermediate •: Difficult

	Activities											
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities								

Services

Sentier des Embruns Hiking Trail						
Access: at the intersection of Amédée and Bossé streets or on Ave Arthur-ASchmon - Info: 418-295-2240 - Open: Year-round		1		8.3	#12	# #
Boisé-de-la-Pointe-Saint-Gilles Nature Reserve				40		
Access: on rue Laval - Info: <u>boisestgilles.ca</u> Open: June to September		*-		12	9 8	# #
Franquelin						
Sentier de la Croix Hiking Trail						
Access: by the old-fashioned lumber town (Village forestier d'antan) - Info: 418-296-3203 - <u>crivff@windowslive.com</u> Open: Year-round	₩.	*-		1.6	\$	# ਜ
Godbout	,			'	•	'
Baie de Godbout Beach						~ "
Access: on rue Pascal-Comeau Info: 418-568-7462	**	*	•		9	∄®▲ ≨X
Baie-Trinité			'	1		1
Pointe des Monts	\$					<u> </u>
Access: 1830 chemin du Vieux-Phare Info: 418-939-2400 - <u>pharedepointedesmonts.com</u>	**	*-	•		9 8	#®▲ ≋X
Les Islets-Caribou Beach						
Access: 15 Route 138 East, Les Islets-Caribou area. Info: 1-866-939-2002 - <u>info@campingcote-nord.ca</u> Open: May to September			•		®	#® Å £ %
Pointe à Poulin Beach					10	Ţ
Access: 2 rue Saint-Laurent			•		##	#▲
Charlotte Hiking Trail	\$					
Access: 1937 chemin du Vieux-Phare Info: 1-866-369-4083 - <u>pointe-des-monts.com</u> Open: June to September				1	®	∄ †ँँ

Outdoor Poorcotion		Α	ctiv	ities	;	
Outdoor Recreation Locations Rating •: Easy •: Intermediate •: Difficult	Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities	Services
Fermont	-					
Village of Fermont						
Info: 418-287-5339 or 1-855-FERMONT (337-6668) <u>caniapiscau.ca</u> - Open: Year-round Ad p. 58						
Mont Daviault Trail				4	≗ t	# #
Monts Severson Trail				40 •	\$	# f
Taiga Trail				4	\$ 2	# † ‡
Monts Groulx – Uapishka						
Access: Route 389, at km 335 and km 365 - Open: Year-round Info: 581-444-1924 - <u>amisdesmontsgroulx.com</u> 1-833-296-8514 - <u>stationuapishka.com</u>				55 ◆	®	# # Û
Lac Daviault Beach						
Access: 100 rue des Bâtisseurs Info: 418-287-5471, 418-287-5411 <u>caniapiscau.ca</u>			•		∄ 2	# ♣
Pointe-aux-Anglais					'	
Pointe-aux-Anglais Beach						
Access: the rest area at the exit of Route 138 heading east or the parking lot of the Louis-Langlois Musem, 2088 rue Monseigneur-Labrie. Info: 418-766-4414 or 1-888-766-6944 - villeport-cartier.com Open: May to November		*	•		9 8	Ħ
Rivière-Pentecôte	'					1
Rivière-Pentecôte Beaches						
Access: at the bottom of the hill on rue des Pionniers, opposite Anse à Raymond bay, or take the path behind the chapel overlooking the river mouth. Info: 418-766-4414 or 1-888-766-6944 - villeport-cartier.com Open: May to November		*	•		₩	ਜ
Sentier du Patrimoine de Rivière-Pentecôte Hiking Trail						
Access: 4373 rue des Pionniers Info: 418-799-1241 Open: May to October		*		1.5 •	9	Ħ

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Outdoor Recreation Locations

Rating

•: Easy ■: Intermediate •: Difficult

	Α	ctiv	ities	i
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities

Services

Port-Cartier

<u>com</u>						
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		¥.	•	1	₺ ₭	#\$
		¥.		2	₩####################################	ਜ
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Ad p. 69		¥.		10.5	⊕	∄Å ₽
	Ad p. 69		X- X-	¥- •	10.5	



Rating

•: Easy ■: Intermediate •: Difficult

	Activities										
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities							

Services

Sept-Îles

Tourisme Sept-Îles						
Info: 418-962-1238 or 1-888-880-1238 - <u>tourismeseptiles.ca</u>						
Lac des Rapides Outdoor Centre Access: through the industrial park located on the west side of Sept-îles Open: Year-round			•		\$	#§Û [™]
Mouth of the Rivière Brochu Access: turn off Route 138 onto rue de la Rivière, then right onto rue Bell Open: Year-round	₩.		•		®	# ਜ
Jardins de l'Anse Gardens Access: 1296 Blvd Laure Open: Year-round				2.4	®	#f *∰
Île du Corossol Access: at the Sept-Îles Marina, boat owners offer ferry services between May and October. Disembarking on the island is prohibited. – Open: Mid-June to early September		¥.			#	
Île La Grande Basque \$ Access: by sea kayak or on a cruise from the harbour near the Parc du Vieux-Quai. Open: Mid-June to early September		*-	•	12	M	# À
Sentiers de la nature Trails Access: go to the end of rue des Marguerites-Blanches, where it intersects with rue des Grands-Ducs. – Open: Year-round		1		3.5	\$	# ਜ



Rating

•: Easy ■: Intermediate •: Difficult

	Activities											
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities								

Services

Aylmer-Whittom Park Access: the park entrance is just off Route 138 in Sept-Îles, 400 m east of the bridge over the Rivière des Rapides. Open: Mid-May to mid-October		*		3.5	\$2	₽† [™]
Holliday Park Access: 44 rue Holliday - Open: Year-round				8	\$ <u>-</u> \$	***
Parc du Vieux-Quai (Historic pier park) Access: Ave Arnaud - Open: Year-round	%			1.5	®	#.
Rivière Moisie Beach Access: 10 rue Mercier (Moisie sector) Open: June to September			•	4.5	₩	###
Gallix Beach Access: rue Bell (Gallix sector) - Open: Year-round			•		2	Ŧ
Secteur des plages (Beach area) Access: rue de la Rive – Open: Year-round			•		4 2	***
Ruisseau Bois-Joli Garden Access: 99 rue des Chanterelles or 109 rue des Plaquebières Info: 418-960-5551 - directeur.jcrbj@gmail.com - Open: Mid-May to late October					1. 2	ਜ ਜੇ
Le Petit-Havre de Matamec Hiking Trail Access: Route 138, 6 km past the Moisie River, parking next to the road in winter Info: 418-962-1238 or 1-888-880-1238 matamec.org - Open: Year-round					\$ <u>-</u> \$	#
Gallix Resort \$ Access: 600 chemin du Club de ski (Gallix sector) Info: 418-766-7547, 418-766-5900 - skigallix.com Open: December to mid-April, by reservation.					* \$ \$\@	⊋ û ç



Activities Outdoor Recreation Locations Whale-watching Other activities Birdwatching Hiking (km) Rating Beaches •: Easy ■: Intermediate •: Difficult Services L'Île-d'Anticosti Île d'Anticosti (Island) Info: 418-535-0250 - municipalite-anticosti.org Ellis Bay and Lac St-Georges (Port-Menier) Access: in the village centre, on the pier on chemin ¥. Martin-7édé and rue des Menier Lac Plantain Access: from Port-Menier, drive 8 km west along chemin **∓**[™] ₩₩ de la Baie-Sainte-Claire then another 9 km along chemin du Lac Plantain. Sentier de l'ouest Hiking Trail Access: from chemin de la Baie-Sainte-Claire, 20 **₽**▲≘≅ <u>@</u> l'Anse-aux-Fraises or Pointe-Ouest Open: June to October Sentiers du village Hiking Trail 5 Access: in Port-Menier, loop with interpretive panels. **₽Å**₽******* <u>@</u> Open: June to October Lac Geneviève Outfitter Info: 418-535-0294 - anticostiplg.com Ad p. 86 Pointe-Nord Access: about 30 km east of Port-Menier, a well-marked **@** يي: ≘ secondary road leads to the point of land where the outfitter is located. - Open: Mid-June to August Mouth of the Rivière Bec-Scie Access: from Port-Menier, drive 26 km east on the Trans-Anticosti Highway, then 17 km on chemin de la rivière Bec-Scie until the sea. - Open: Mid-June to August Parc national d'Anticosti Ś and Sépaq Hiking Trails #¥₽¥ Info: 25 chemin des Forestiers - 418-535-0156 or 1-800-463-0863 sepaq.com/anticosti - Open: June to late August Ad p. 86 Kalimazoo Falls Access: drive 66 km east on the Trans-Anticosti Highway; turn <u>@</u> right before the river onto chemin de la Chute and go another 2 km; from the parking lot, walk 250 m to the falls. Galets de Baie-de-la-Tour Beach \$ Access: from Port-Menier, drive 177 km east ₩₩ # Å [™] on the Trans-Anticosti Highway; access via the parking lot or the campground.

Rating

•: Easy ■: Intermediate •: Difficult

Pointe-Carleton (point of land)

Sheldrake Beach

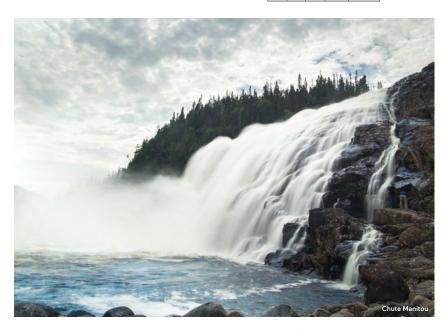
Access: located 115 km east of Port-Menier, in the Anticosti

Access: on Route 138, between the bridge and Sheldrake village.

	A	ctiv	ities	
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities

Services

Sépaq Park. Sheldrake Rivière au Bouleau Beach Access: on Route 138, at the mouth of the Rivière au Bouleau. Rivière Couture Beach Access: as you leave Sheldrake, take the first right after the bridge over the Rivière Couture. Info: 418-465-2255 - riviere-au-tonnerre.ca Open: June to September



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Outdoor Doorsetion	Activities					
Outdoor Recreation Locations Rating •: Easy •: Intermediate •: Difficult	Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities	Services
Rivière-au-Tonnerre		,				
Coste Lookout Access: exit Route 138 and take rue de l'Église, then rue de la Mer Info: 418-465-2002 or 1-877-573-2678	*					
Manitou Falls \$ Access: Route 138, Manitou River, 35 km before Rivière-au-Tonnerre Info: 418-538-2732 - manitou@mrc.minganie.org Open: June to September					9 #	₽ † °
Rivière-au-Tonnerre						
Info: 418-538-2732 - <u>riviere-au-tonnerre.ca</u> Open: June to September						
Grand Sault Falls Access: on rue de la Forêt				1	9	∓ ਜ
Petit Sault Falls Access: on rue de la Forêt				1	@	ਜ
Petites Sept Îles rest stop Access: Route 138, 2.2 km east of the Rivière Couture	*		•	3.4	@	ਜ
Sault Blanc Access: Route 138, 2.4 km east of the Rivière Tortue	€		•	2.1	N2	Ħ
Courbe-du-Sault Hydroelectric Power Station						
Access: between km 1,111 and 1,112, before you get to Sheldrake, take the dirt road on the left and continue for 6 km until the entrance Open: May to November				1		ਜ
Magpie						
Magpie						
Info: 418-949-2485						
Magpie Lookout Access: exit Route 138 and take rue des Anciens, then drive west on rue de la Rive to reach the harbour and the historic pier.	***					
Île à Ross Hiking Trail Access: parking lot at the east end of rue de la Rive. Open: Year-round				3		ਜ

Access: Magpie Power Station, turn left 400 metres after Rivière

Access: at the mouth of the river, just west of the Rivière-Saint-Jean, village, turn onto rue Saint-Jean. When you get to the cross,

Rating

•: Easy ■: Intermediate •: Difficult

Rivière Magpie Hiking Trail

Rivière-Saint-Jean Pointe à Robin

Magpie. - Open: May to September

a 300-m path leads to Pointe à Robin.
Info: 418-949-2435 - balbu@globetrotter.net

Rivière-Saint-Jean Hiking Trail

	Α	ctiv	ities	;	
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities	Services
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	1				
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magpiest-jean@globetrotter.net Longue-Pointe-de-Mingan

Info: 418-949-2464

Longue-Pointe-de-Mingan Backcountry Trail Access: exit Route 138 and turn left onto rue de l'aéroport.

Info: 418-949-2053 - Open: June to November Longue-Pointe-de-Mingan Boardwalk

Access: exit Route 138 and turn right onto rue des Îles, then right again onto rue de la Mer. - Info: 418-949-5845 Open: Year-round

Mingan (Ekuanitshit)

Mingan Beach Access: on Route 138, at the mouth of Rivière Mingan.

Mingan Pier

Access: at the western entrance to the village, exit Route 138 and take rue Nashipetimit to the Mingan Pier. Info: 418-949-2845



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Outdoor Provention	Activities					
Outdoor Recreation Locations	ing				es	
Rating •: Easy ■: Intermediate •: Difficult	Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities	Services
Havre-Saint-Pierre Havre-Saint-Pierre						
Info: 418-538-2512 - havresaintpierre.com Havre-Saint-Pierre Beach Access: exit Route 138 and turn first onto Boulevard de l'Escale, then onto Promenade des Anciens.	*		•		A	#€ X**
Havre-Saint-Pierre Peat Bogs Access: along Route 138, for dozens of km to the east and west of Havre-Saint-Pierre.		1				
Mingan Archipelago National Park Reserve s Access: take a boat from Longue-Pointe-de-Mingan or Havre-Saint-Pierre to access the island trails. Info: 418-538-3285 or 1-888-773-8888 - parkscanada.gc.ca/mingan Open: Mid-June to late September. Ad inside back cover		*	•		#\ 1.3 2	₽Å Ω ***
Cap Ferré Trail Access: head east on Route 138, turn right at km 1,232 onto a gravel road, keep right for approx. 5 km. Open: May to November Baie-Johan-Beetz						# ਜੰ
Baie-Johan-Beetz Info: 418-539-0125, 418-539-0243 baiejohanbeetz.qc.ca						
Quetachou Falls Access: head east on Route 138 at km 1,292.				1	M2	ਜ
Lac Salé at Baie-Johan-Beetz Access: take a 600-m dirt road 2 km east of the village.		¥.			<u>ix-</u> t ≗£	
Cap Feldspath Mine Hiking Trail Access: 5 km east of Baie-Johan-Beetz. Open: Year-round		*		2.5	@	# # Û
Aguanish						· ·
Aguanish Info: 250 Route Jacques-Cartier - 418-533-2228						
Côté Mer Beach Access: exit Route 138 and turn right on rue de la Dune. Open: Year-round			•	3	ૠ	#

Rating

•: Easy ■: Intermediate •: Difficult

Activities							
Whale-watching	Birdwatching	Beaches	Hiking (km)	Other activities			

Services

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Rivière Aguanish Beach Access: exit Route 138 at the mouth of the Rivière Aguanish, turn right onto rue du Site. – Open: Year-round			•	6	9	Ħ
Natashquan						
Natashquan						
Info: 418-726-3054 - copactenatashquan.net						
Le Pas du Portageur Hiking Trail Access: at the village pier, just 50 m from rue Robin, a trail goes to the Petite Rivière Natashquan. – Open: Year-round		Ł		15 •	\$ <u>-</u> \$ @	# ਜ
Beach from Natashquan to Pointe-Parent Access: on allée des Galets			•	8	A 2	# À ≨X
Beach from Pointe-Parent to Kegaska Open: May to December				37 •	9	# f
Kegaska						
Kegaska Beach						
Access: at the end of Route 138, it runs the length of the village.			•		\$€	- 1
Brion Hiking Trail				2	ه د	
Access: chemin Jacques-Cartier on île de Kegaska.		*		•	1. 2 €	 71
La Romaine	,	,				
Île Collard						
Access: from La Romaine pier Info: 418-787-2244 Open: Year-round						न
Chevery	,				,	
Chevery						
Info: 418-787-2244, 418-787-2332						
Bob Nunez Misty River Trail Open: Year-round				4	t	# f
Chevery Beach Open: Year-round			•		9	
Chevery Green Space Open: Year-round				1.5	t	# f

Outdoor Recreation	Activities Activities						
Locations Rating •: Easy •: Intermediate •: Difficult		Whale-watching	Birdwatching	səı	Hiking (km)	Other activities	
Harrington Harbour		Whale	Birdw	Beaches	Hiking	Other	Services
Margaret's Cave Hiking Trail							
Access: from the pier Info: 418-787-2244 Open: Year-round					2	t	∓ ਜ
Tête-à-la-Baleine							·
Tête-à-la-Baleine							
Info: 418-242-2015							
Massif du Grand Écart Trail Access: by boat Open: Year-round					320 m		# ਜ ੈ
Îles Pierrot Trail Access: by boat Open: In summer	\$				1		#
Île Providence Trail Access: by boat Open: In summer	\$				1		T
Morne André Trail Open: Year-round					2		# Ħ
Federal Wharf Trail Open: Year-round					2		# ਜ
Bonne Espérance					,		
Vieux-Fort (Old Fort) area							
Access: on Route 138, starting in Blanc-Sablon, for 75 km along the coast Info: 418-461-3961		1					
Blanc-Sablon	_						
Blanc-Sablon							
Info: 418-461-2707 - <u>mbsablon@globetrotter.net</u>							
Astragale Trail Access: in Blanc-Sablon					1.5 •	\$ <u>-</u> \$ @	ਸ ਜੇ ਹੈਂ
Pointe à la Barque Trail Access: in Brador - Open: May to November					25 •	9	Ħ

Health and Relaxation

Tadoussac

Tadoussac

Espace Bien-Être | Wellness centre

165 rue du Bord-de-l'Eau. Tadoussac 418-235-4421 or 1-800-561-0718 hoteltadoussac.com



Treat yourself to a relaxation session at Hotel Tadoussac's Wellness Centre, which offers customized massage therapy. Choose from among different types of massage or body care, including wraps, body scrubs and beauty care. We also offer different types of treatment for children. Time stops as our hands knead your troubles away. Reservations required.

Sacré-Cœur

Ferme 5 Étoiles | Family vacation resort

465 Route 172 Nord, Sacré-Cœur 418-236-4551 or 1-877-236-4551 ferme5etoiles.com - 😝 🕝 Open: Year-round.

On a fabulous site that offers lodging, meals, and four-season activities, discover a relaxation centre that showcases local fauna. This innovative concept gives you the opportunity to relax while observing nature and wildlife. The centre offers a reading/lounge corner, spa, sauna, and massage therapy (couples' massage available) and NeuroSpa. Reservations required. Ad p. 20

Baie-Comeau

Baie-Comeau

Salon d'esthétique Liane | Beauty salon

14 Ave Cabot, Baie-Comeau 418-296-3908 - salonliane.ca - 6

Come to this salon next to Le Manoir Hotel and pamper yourself in an enchanting setting that includes views of the majestic St. Lawrence! You'll always be treated to a warm welcome and spotless premises, and have a choice of massage therapy, body care, or standard beauty treatments. We use the Ella Baché line of professional products to guarantee our customers' satisfaction. See website for details of our Beauty packages.

Sept-Îles

Sept-Îles

Spa Renaissance

451 Ave Arnaud, Sept-Îles 418-968-0606 or 1-833-738-0606 sparenaissance.ca - 6 Open: Year-round; closed Sundays.

The professional staff members at Spa Renaissance offer client-centred care through a wide variety of

services, including: massage therapy, physiotherapy, lymphatic drainage, NeuroSpa massage, many different beauty treatments, hairstyling, balneotherapy (warm baths), yoga, rain massage and Indigenous healing treatments like the sweat lodge.





Vibrant Cities and Festivitie

Due to COVID-19, when this guide was printed, the dates and scheduling of festivals and cultural events were still not confirmed. Contact the organization and visit the event's website before you leave.

Organized by date.

Events

From April 21 to 24

38th Salon du livre | North Shore Book Fair

Sept-Îles

Sept-Îles Cegep 175 rue De La Vérendrye, Sept-Îles salondulivrecotenord.com - 60

This major book fair offers a varied lineup, with cultural programming that enables visitors to meet authors, get their books signed, attend seminars and round-table discussions and take part in many other exciting literary activities.

Mav

Tournoi Orange - Alouette | Volleyball tournament

Sept-Îles

Sept-Îles - 418-965-0977 tournoi-orange.com - 60

The biggest major recreational sports event in Québec offers several classes in the competitive, participation and mini volleyball categories. It draws about 405 teams (men, women, 6 on 6) from all backgrounds and is open to all. The public evening performances are also a must-see!



COVID-19



From June 25 to August 15

Escale musicale du Vieux-Quai I Musical performances

Sept-Îles

Parc du Vieux-Quai, Sept-Îles 418-962-2525 ext. 2950 - septiles.ca - 🚯

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Stop awhile and lend an ear to performances by local and international artists that take place here throughout the summer season. L'Escale musicale is also where the public market takes place, every Saturday starting July 18.



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From June 22 to 27

Baie-Comeau Painting Symposium

Baie-Comeau

Pavillon du Lac, 31 Ave Le Gardeur, Baie-Come 418-296-4158, 418-297-4101 sympobaiecomeau.ca - 6

Treat yourself to a cultural experience at Québec's most prestigious painting symposium, with over 30 artists and more than 300 paintings. From 10 a.m. to 9 p.m.: art exhibition, painting technique demonstrations, educational activities, and opportunities to talk with the artists.



From June 25 to July 4

Tadoussac Song Festival

Tadoussac

180 rue de l'Église, Tadoussac 418-235-4108 or 1-866-861-4108 chansontadoussac.com - 6000

This internationally renowned event turns the town of Tadoussac into a giant musical festival that features over 40 Québec artists in intimate venues and on more than a dozen stages. Available on site: shuttles, accommodation, catering.



June 26, July 24 and August 21

Moonlight Jazz Concerts

Tadoussac

Marine Environment Discovery Centre 41 rue des Pilotes. Les Escoumins 418-232-6653 - odysseeartistique.jimdofree.com -

Experience a magical outdoor concert on the shores of the majestic St. Lawrence, under the full moon, with whale sounds in the background. Three multi-sensory

musical adventures, presented by Odyssée Artistique.



From July 15 to 19

Festival intime de musique classique | Classical Music Festival

Tadoussac

52 rue Principale. Les Bergeronnes

418-232-6653 - odysseeartistique.iimdofree.com - 6

Come and hear intimate performances of classical pieces in Les Bergeronnes' century-old wooden church, renowned for its outstanding acoustics, and meet the performers. The event has something for everyone: advanced music workshops, discovery and art workshops, exhibitions, musical brunches, and a varied lineup of evening concerts.



July 25

Animation de la Promenade | Boardwalk entertainment

Tadoussac

Municipalité des Escoumins - 418-233-2766 - escoumins.ca

On this day, against the stunning backdrop of the bay, the Les Escoumins boardwalk thrills to the sound of music, mascots and a variety of artisans who set up booths to display their creations. In the evening, the event moves indoors for some hearty country cooking and musical performances.

From July 2 to 4

Fjord en fête de Sacré-Coeur | Family festival

Tadoussac

418-236-4621 - municipalite.sacre-coeur.qc.ca -

Bring the whole family to this welcoming event that features a variety of fun and festive activities for all ages, including a must-see themed competition and an evening show.

July

Festival Eau Grand Air de Baie-Comeau | Outdoor festival

Baie-Comeau

Parc des Pionniers, Baie-Comeau 418-296-8342 - <u>eaugrandair.com</u> - **(7**

The Festival in Parc des Pionniers features musical performances by well-known local artists and a wide variety of family-friendly activities. The location is one of the most scenic spots in Baie-Comeau.



From July 5 to 18

Vieux-Quai en fête | Festival

Sept-Îles

Sept-Îles - 418-968-1422, 418-964-3345 vieuxquaienfete.com -

This popular family festival features some 75 activities over four days, including shows, street entertainers, inflatable games and surprises galore!

From July 10 to September 5

Théâtre des Béloufilles | Theatre performance

Tadoussac

180 rue de l'Église, Tadoussac - 418-554-6550 theatredesbeloufilles.com - **G**

Légendes de Canapé is a comedy for all ages, featuring roughly a dozen skits about Québec culture, based on traditional tales, the history of New France and modern-day TV shows. This imaginative tale is a collective work that mixes the genres of comedy, monologues and call-and-response songs.

July

Baie-Comeau Marathon

Baie-Comeau

Parc des Pionniers, Baie-Comeau 418-297-5756 - <u>eaugrandair.com</u> - **f**

Discover Baie-Comeau and its surroundings at this marathon's third edition. Routes go through the historic district, downtown, the boreal forest and along the St. Lawrence River. Runners can choose

From 22 to 25 July

Family Festival

Havre-Saint-Pierre

1769 rue de l'Anse, Havre-Saint-Pierre 418-538-6994 - <u>festivaldelafamille.com</u> - **f**

This year marks the 22nd edition of the Havre-Saint-Pierre festival, a fun-filled annual event where the young and not-so-young can come and enjoy themselves by the sea. Everyone welcome!

between the 1, 2,5, 5, 10, 21,1 and 42,2 km routes.

July 24

Moonlight Jazz Concerts (See p. 171)

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COVID-19

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From July 23 to August 14

Baie-Comeau, D'aventure et de culture | ta®s Multimedia show

Baie-Comeau

Baie-Comeau Arts Centre
1660 rue de Bretagne, Baie-Comeau
1-866-525-2499 - bcaventureetculture.com -

This multimedia extravaganza uses archives, firstperson accounts and outstanding musical numbers to take you deep into Baie-Comeau history and bring the town's greatest moments of the past few decades to life. You won't want to miss this exciting cultural and artistic experience!



From August 20 to 22

Championnat québécois sur route et critérium Élites et PARA| Road bike race

Baie-Comeau

59 Place La Salle, Baie-Comeau 418-296-5959 - gestionspact.ca - 🚹 🛇

Be a part of this exciting province-wide road cycling competition, held on a safe route on the streets of Baie-Comeau. The event brings together over 200 Québec athletes in the junior, senior and master categories. Or come and watch: Québec's cycling elite puts on a great show!



© Créations Sabrina, Festi-GrÎles de la Côte-Nord Festival Innu Nikamu

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Innu Nikamu Festival

Sept-Îles

15 rue Innut, outdoor location, Maliotenam 418-927-2476 - innunikamu.ca -

The 36th edition of the biggest Indigenous traditional and contemporary music festival in eastern North America invites artists from different nations to take the festival stage. Come and meet members of the First Peoples and share in their heritage and culture!



From August 5 to 7

Côte-Nord Beer Festival

Baie-Comeau

Parc des Pionniers, Baie-Comeau 418-297-4101 - <u>festivalbierecotenord.com</u> - **9**

Baie-Comeau invites you to explore the fascinating world of beer during this event-filled weekend. Come and savour Québec's best craft brewery products and enjoy musical performances in a warm and lively atmosphere. See website for schedule.

From August 12 to 14

Le Festi-GrÎLes de la Côte-Nord | BBQ Cook-Off

Sept-Îles

1151 Ave De Quen, Sept-Îles (Uashat) 418-964-9877 - <u>festigrilescotenord.com</u> - **f**

This year, the Festi-Grîles de la Côte-Nord has a new venue: the Innu Uashat cultural site in Sept-Îles, located right on the shore, in buildings that were designed for BBQing and smoking. BBQ lovers will be thrilled, and fans of live music will want to check out the three evening shows. During your weekend visit, be sure to visit the town's restaurants, microbreweries, distilleries and stores!

From August 12 to 15

Festival du conte et de la légende de l'Innucadie | Storytelling festival

Natashquan

17 chemin d'en Haut, Natashquan 418-726-3213, 581-622-0449 - <u>innucadie.com</u> - **6**

Innucadie is a famous, imaginary homeland along the St. Lawrence that's a powerful symbol of unity, bringing the Innu and the Acadian people together to share their traditional skills. The Festival comes alive with the sound of words, songs and music. Discover the vibrant cultures of these two peoples.



From August 19 to 21

Festival Country des Nord-Côtiers COVID-19 COUNTRY music festival

Pointe-aux-Outardes

197 rue de Baie-Saint-Ludger, Pointe-aux-Outardes 418-295-5073, 418-567-7984 festivalcountrydesnord-cotiers.com -

Country music is great for bringing people together! This festival features performances by professional musicians, dance classes, horseback riding as well as organized games, contests, exhibits and more. Come and meet other country music fans during this fun weekend! Admission; different packages available.

From August 20 to 22

Sacré-Cœur Gymkhana

Tadoussac

21e

Sacré-Cœur - 418-236-4621 municipalite.sacre-coeur.gc.ca - **f**

This event features a horseback riding competition, an evening show and other festive events.

August 21

Moonlight Jazz Concerts (See p. 171)

COVID-19

CANCFI FD

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September

Grande Corvée des monts Groulx | Cleanup ®

Fermont and Route 389

10 chemin du lac Daigle, Fermont 581-444-1924 – <u>amisdesmontsgroulx.com</u> – **9**

The 21st edition of this annual gathering brings together volunteers who are committed to protecting and promoting these mountains. This communal effort, open to all, is a perfect opportunity to explore this beautiful wilderness and share the pleasures of the great outdoors.

From September 23 to 26

Côte-Nord Migratory Bird Festival

Tadoussac

750 chemin du Moulin-à-Baude, Tadoussac 418-232-6249 ext. 28 or 1-877-637-1877 <u>festivalmigrateurs.com</u> - •

Bird enthusiasts and experts gather in the fall to watch the annual migration. Activities on the dunes themselves or in nearby birding locations: excursions, cultural events and seminars by experts from the OOT (Observatoire d'oiseaux de Tadoussac). See website for details on the festival's 12th edition



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September

Envol d'automne - Parc Nature I Fall birdwatching event

Baie-Comeau

Parc Nature de Pointe-aux-Outardes 4 rue Labrie - 418-567-4227 parchature.com - 🔞 🕝

This event, held on the official site of the Côte-Nord Migratory Bird Festival, celebrates the park's biodiversity with a varied lineup of activities. Over 255 species of birds pass through the park against a backdrop of brightly coloured fall foliage; no wonder it was named one of the five best birdwatching sites. in Québec!

September 2 to 5

Les Escoumins Maritime Festival

Tadoussac

Marine Environment Discovery Centre 41 rue des Pilotes, Les Escoumins 418-233-2766 ext. 26 - 🚯 agentdeveloppement@escoumins.ca

An exciting lineup of activities enables festivalgoers to discover the unique underwater world of the Escoumins region, its varied marine life and astonishing treasures.

September 11

Rosaire-Roy Half Marathon

Port-Cartier

Complexe récréatif et culturel 21 rue des Cèdres. Port-Cartier 418-766-8098 or 418-766-3853 triathlondeportcartier.com/rosaire-roy - 6

This friendly sports competition brings together runners and walkers of all ages and all fitness levels for a variety of routes (from 500 m to 21 km) as well as a NEW ROUTE in 2020. First start at 10 a.m. Register online until August 31 and in person the morning of the event.



September 18

Béluga Ultra Trail

Tadoussac

418-487-5247 - <u>belugaultratrail.ca</u> - 😝 😉



This family event focuses on protecting the beluga, currently an endangered species, by gathering together all types of runners. Some trails run along the Sentier du Fiord in Saguenay Fiord National Park. and provide opportunities to see these "white whales". The event goes from Sacré-Cœur to Tadoussac.

November

Marché de Noël de Tadoussac I Christmas market

Tadoussac

Tadoussac - 6

Tadoussac

This market has over 20 exhibitors selling handcrafted jewellery, artisanal sweets, regional delicacies and more! Shop at this friendly little market to find unusual Holiday gifts and encourage local business.

November 13 and 14

Marché de Noël au Cœur du Fjord |

Christmas market

Sacré-Cœur - 418-236-4621 municipalite.sacre-coeur.qc.ca - 6

Meet the artisans and creators from the Upper North Shore, admire their creations and learn about their skills. Who knows, you might just find the perfect holiday gift for your loved ones!

Mid-November (exact dates to be confirmed)

Défilé de Noël de Port-Cartier

Port-Cartier

Port-Cartier - 418-766-4414 or 1-888-766-6944 villeport-cartier.com - 6

The themed floats, entertainment along the route, tree-lighting ceremonies, fireworks and festive ambiance of this Christmas parade are sure to make you feel like a kid again. And, tell your inner child that the REAL Santa has promised to be there!

December

Christmas Trail

Forestville

170 rue Principale, Portneuf-sur-Mer 418-238-2642 – portneuf-sur-mer.ca

Costumed volunteer actors take visitors along wooded trails and tell them magical tales about Christmas past. These surprising, colourful stories rekindle memories for those who know the village and first-time visitors will discover a fascinating new world!

From January 20 to 30 (2022)

Cinoche – International Baie-Comeau Film Festival

Baie-Comeau

Ciné-Centre, 600 Blvd Laflèche, Baie-Comeau 581-235-1980 - festivalcinoche.ca -

Films are screened in 4 theatres over 10 days. The varied programming lineup includes "Images on Ice", a series of outdoor screenings on a giant screen made of snow, and film talks with famous guests. In 2018, Cinoche celebrated its 30th anniversary.

January 2022 (exact dates to be confirmed)

Festival du film de Sept-Îles - Ciné 7 | Film festival

Sept-Îles

410 Ave Évangeline, Sept-Îles cine7.ca -

Despite the winter chill, Sept-Îles burns with a passion for cinema, as expressed in a varied lineup of films from around the world, as well as special events, meetings with actors and filmmakers, short films, talks, and more.



February 2022 (exact dates to be confirmed)

Boréal Loppet

Forestville

16A 5th Avenue Forestville 418-587-4491 ext. 6100 borealloppet.ca - **ਿ** ♥

This cross-country ski race for athletes and families has routes for all ages and all levels. A fatbike race has also been added. See website for details.

February 2022 (exact dates to be confirmed)

Festival des Hivernants | Winter Festival

Sept-Îles

The Fur Traders' Winter Festival honours those traders from a bygone era who stayed at the Historic Trading Post through the long, cold winter. This multi-generational festival brings together Indigenous and non-Indigenous people through original activities that focus on culture, the outdoors, snow and just generally enjoying winter.





Organized by sub-theme, from west to east.

Performance Venues

Baie-Comeau

Baie-Comeau

Baie-Comeau Arts Centre

1660 rue de Bretagne, Baie-Comeau 418-295-2000, 418-295-2500 <u>centredesartsbc.com</u> - **①** ③ Open: Year-round.

This major performing arts venue boasts two spaces: an 840-seat theatre for major shows by leading artists, and Espace Alcoa, a multi-purpose venue that can seat up to 400 people in cabaret-style seating, bleachers or seats. There's a branch of the Alice Lane Library and offices of local music and dance organizations. See website.

Port-Cartier

Port-Cartier

Café-théâtre Graffiti

50 chemin des Îles, Île McCormick, Port-Cartier 418-766-3513 - <u>legraffiti.ca</u> - **\$** Ticket office: 418-766-0101 or 1-866-766-0101 Open: Year-round; from June to August, Wednesday to Saturday.

With over forty shows a year, this intimate downtown venue is well-known for its varied lineup. The new Ciné-Graff schedule presents repertory films. Insummer, there is regional cuisine, a bar, and exhibits by local artists. Kitchen closes at 7 p.m. Ad p. 69

Sept-Îles

Sept-Îles

Salle Jean-Marc-Dion | Performance venue

546 Blvd Laure, Sept-Îles 418-962-0100 or 1-888-671-0101 <u>sallejmd.com</u> - **♠ ♥ ຜ**

Renowned for its friendly atmosphere and dedicated team, this venue offers standout programming in all the performing arts. A major venue for over 25 years, it showcases work by emerging as well as established artists.

Havre-Saint-Pierre

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Havre-Saint-Pierre

Salle de diffusion de la Shed-à-Morue | Screening centre

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951 rue de la Berge, Havre-Saint-Pierre 418-538-1836, 418-538-2717 havresaintpierre.com -

Conveniently located in the centre of the city's tourist and cultural attractions, this seaside entertainment venue presents film screenings and an exciting schedule of live events that include a carefully selected mix of dance, music and theatre that's bound to please! On summer evenings, check out the local talent at the Soirées Cayennes evenings. Find out what's on when you're next in town.



Natashquan

Natashquan

Échouerie Café-Bistro

55 allée des Galets, Natashquan Ticket office: 581-622-0350, 418-726-6005 comspecnatashquan@gmail.com Open: June to September.

Located on the Les Galets heritage site, this venue boasts a beachfront terrace with lovely ocean views and a nautical atmosphere where regional specialties and bistro-style dishes are served. This well-known, intimate space has just over 105 seats and doubles as a performance venue for local and visiting performers. On performance nights, the kitchen closes at 7 p.m.

Shopping

Baie-Comeau

Baie-Comeau

Centre Manicouagan | Shopping mall

600 Blvd Laflèche, Baie-Comeau 418-589-9651 - <u>centremanicouagan.com</u> - **G ©** Open: Daily, year-round.

This mall is the Côte-Nord's top shopping destination, with around 30 stores and services, including a Walmart, Maxi grocery store and restaurants. The mall provides a number of free services to make your shopping experience more pleasant and, above all, hassle-free: free WiFi, family parking, nursing room, stroller wheelchair and walker rental.

Galeries Baie-Comeau | Shopping mall

300 Blvd La Salle, Baie-Comeau 418-296-6461, 418-297-3735 galeriesbaiecomeau.com - Open: Daily, year-round.

Located in the town's Marquette sector, this mall has a bank, a grocery store, a drugstore, an SAQ outlet (liquor store) and many other local businesses and international chains

Sept-Îles

Sept-Îles

Brassard Buro

25 rue Napoléon, Sept-Îles 418-968-8119 or 1-877-968-8119 <u>brassardburo.com</u> - **G**

Open: Year-round; closed Saturdays and Sundays.

Stationery and office supplies, furniture, lighting, and home décor. Sale and repair.

Capelan

Sept-Îles - 418-960-5578 - <u>capelan.ca</u> - **6** Open: Year-round.

Capelan sells exclusive clothing, accessories and other North Shore-themed items through its online store. Artist Viviane Vallerand transforms various parts of the North Shore – such as the Monts Groulx, the Pointedes-Monts lighthouse, Route 138 and Place de Ville in Sept-Îles – into unique and colourful works of art. Proudly display your region or take home a souvenir of your visit to this immense region of sea and boreal forest.

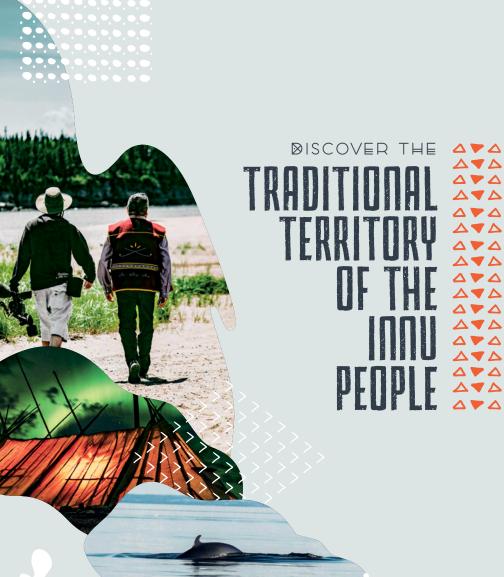
Galeries Montagnaises | Shopping mall

1005 Blvd Laure, Sept-Îles 418-962-4979 - galeriesmontagnaises.com - **f**

The Galeries Montagnaises mall, the largest Nativeowned shopping centre in Québec, belongs to the Uashat mak Mani-Utenam Band Council. It houses over forty stores and businesses, including retail giants Walmart and Maxi. The building is both a great place to meet and shop and a symbol of Innu pride.



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More than 135 authentic experiences are waiting for you everywhere in Quebec indigenous lands.

quebec aboriginal.com 1 877 698-7827



Culture and Living History

History and heritage are a key part of the towns and villages in the Côte-Nord region, where the first encounters between First Nations and European people took place. Touring dams and other industrial facilities enables visitors to appreciate the full extent of Québec's engineering genius.

Organized by sub-theme, from west to east.

Indigenous Tourism

Québec Aboriginal Tourism

50 Blvd Maurice-Bastien, #510, Wendake 418-843-5030 or 1-877-698-7827 tourismeautochtone.com - **ਿ ⑤ ⑤ ⑥** Open: Year-round.

From Essipit to Pakua Shipi, Québec Aboriginal Tourism invites you to experience the multiple facets of a rich and authentic culture that combines age-old traditions and contemporary ways. See what the Innu, and Québec's 10 other Aboriginal First Nations, have to offer throughout Aboriginal Québec: ethno-cultural tourism, arts and crafts, hunting and fishing, cruises, unusual accommodation, and much more. Ad p. 179



Sept-Îles

Sept-Îles

SDEUM | Economic development agency #\$

271 Blvd des Montagnais, Uashat (Sept-Îles) 418-962-5433 - <u>sdeum.ca</u> - **•** Open: June 22 to August 30.

This economic partner plays a leading role in developing the tourism potential of the Innu Takuaikan Uashat Mak Mani-Utenam and helping local, regional, national and international visitors learn about Innu culture. Its goal is to generate employment and economic benefits by helping developers and entrepreneurs implement their projects.



Tshakapesh Institute

1034 Ave Brochu, Uashat 418-968-4424 or 1-800-391-4424 - <u>tshakapesh.ca</u> - **①** Open: Year-round.

In pursuit of its mission to preserve the Innu heritage while remaining open to other cultures, the Tshakapesh Institute provides local Innu communities with quality services in the fields of language, culture and education, with the goal of helping all its clients grow.

Winter Fun

When winter comes, Côte-Nord residents head outside to go tobogganing, skiing (downhill and cross-country), and snowshoeing. Snowmobilers explore the forests, backcountry or the shores of the St. Lawrence on marked trails, and expert winter hikers summit the northern peaks.

Organized by sub-theme, from west to east.

Winter Activities

Tadoussac

Sacré-Cœur

Ferme 5 Étoiles Family Vacation Resort

465 Route 172 Nord, Sacré-Cœur 418-236-4833 or 1-877-236-4551 ferme5etoiles.com - 🕶 😉 Open: December to April.

This resort offers a wide variety of activities, all overlooking the majestic Saguenay Fjord: dogsledding, snowmobiling, ice fishing, helping care for the animals, a visit to the relaxation centre, or dogsledding excursions of different lengths, led by professional guides, where YOU get to drive the sled! Overnight trips (max. 24 hrs) include accommodation and meals. See website for details. Reservations required. Ad

p. 20



Hockey

Baie-Comeau

Baie-Comeau

Le Drakkar

70 rue Michel-Hémon, Baie-Comeau 418-296-8484 or 1-888-296-8484 le-drakkar.com - 🕶 🗨 Open: September to March.

The Côte-Nord is represented by the Baie-Comeau Drakkar hockey team, one of 18 teams in the QMJHL (Québec Major Junior Hockey League). A total of 34 games are played every year at Baie-Comeau's Henry-Leonard Centre. See website for information about activities and games.



Downhill Skiing

Ski Lifts:			
A: Chairlift	B : T-bar	C: Rope tow	D : Gondola

E: Magic carpet Trail Raiting:

•: Easy ■: Difficult •: Very difficult ••: Extreme

Ski Resort

- 1 m			
Baie	-L0	me	વકામ

Mont Ti-Basse Ski Centre

20 chemin du Mont-Tibasse, Baie-Comeau	
418-296-8310, 418-296-8309	
monttibasse.com - G	

Sept-Îles

Station Gallix | Resort

600 chemin du Club de ski. Sept-Îles (Gallix sector) 418-766-7547, 418-766-5900 - skigallix.com - 🕶 Open: Mid-December to mid-April.

22 (7)

Fotal number of trails (lit trails)

15

(9)

185 m

Mountain Facts

ertical Drop

182 m

Α

Rating

Trail

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В

₹#\$ EYXt and 2 snowparks

Services

₹ / S

€ X €

and 1 snowpark

Cross-country skiing

Sept-Îles

Sept-Îles

Sept-Îles Rapido Cross-Country Ski Club

480 chemin du Lac des Rapides, Sept-Îles 418-968-4011 - <u>clubrapido.ca</u> - **f** Open: Early November to late April.

Located on the shores of Lac des Rapides, the club has a vast network of snowshoe and cross-country ski trails, both classic and skate, with different levels for families and sports enthusiasts. The ski school gives lessons to kids from 6 to 16 and teaches them about the sport's many benefits. It also offers introductory and advanced cross-country ski lessons for adults, equipment rental, and has reduced rates for students and seniors





Dogsledding

Tadoussac

Sacré-Cœur

Ferme 5 Étoiles Family Vacation Resort

465 Route 172 Nord, Sacré-Cœur 418-236-4833 or 1-877-236-4551 ferme5etoiles.com - 🕶 🗃

Open: December to April.

Dogsledding is our specialty! Feel the thrill of driving your own team and getting to know your dogs. All excursions to the majestic Saguenay Fjord (2-hour, half-day, full day and 24-hour expeditions) are supervised by professional guides who love to share their passion for the sport. Overnight expeditions (maximum 24 hrs) include accommodation in yurts and delicious meals prepared by our head chef.

Ad p. 20

Snowmobiling

Association des motoneigistes du Nord | Snowmobilers association

104 Blvd Comeau, Baie-Comeau 418-295-5377, 418-296-9158 - <u>motoneige-groulx.com</u> Open: January to April.

This organization invites you to come on guided snowmobile tours in the Groulx Mountains and all around the North Shore. We have many trained guides ready to take you on all kinds of adventures. For details on the various trips, go to motoneige-groulx.com. Reservations required. For information, see page 99: Attitude nordique plein air | Outdoor adventures.

Tadoussac

Sacré-Cœur

Ferme 5 Étoiles Family Vacation Resort

465 Route 172 Nord, Sacré-Cœur 418-236-4833 or 1-877-236-4551 ferme5etoiles.com - ❸ ❷

Set off by snowmobile to discover the snowy landscape along the St. Lawrence River and around the Saguenay Fjord. Different excursions offered, ranging from 1.5 hours to half- and full-day. Protective, low-temperature clothing available on site. Snowmobile rental also available; experience required.







Les Escoumins

Complexe hôtelier Pelchat | Hotel

Guests staying at this snowmobile-friendly hotel have direct access to the Trans-Québec #3 federated trail and a network of trail loops (maintained by the hotel) leading to the Monts-Valin mountains, Longue-Rive and Portneuf-Sur-Mer. Trail map and snowmobile packages available.

Baie-Comeau

Baie-Comeau

Baie-Comeau Motosports

2633 Blvd Laflèche, Baie-Comeau 418-589-2012 - <u>bcmotosports.com</u> - **G**

We rent snowmobile and ATVs so our clients can enjoy riding high-performance machines specifically designed for local conditions. We specialize in motorized sports, with a focus on Yamaha, Polaris and Suzuki products. We sell parts, accessories, clothing, ATVs, snowmobiles, motorcycles, boats, motors, generators, and do repairs.

Fermont and Route 389

Fermont

Nord Expé

354 rue Auclair, Sainte-Brigitte-de-Laval 418-825-1772 - nordexpe.com - G G Open: Year-round.

We rent utility, mountain, and hybrid snowmobiles and organize off-trail snowmobiling expeditions and safaris. Our outings are led by experienced, professional guides and northern expedition experts, and transportation is by enclosed trailer. We offer regular trips led by accredited guides to the Groulx Mountains from: Baie-Comeau, Fermont, Happy Valley-Goose Bay (N.L.), Blanc-Sablon and Sept-Îles.



Sept-Îles

Sept-Îles

Atelier Laforge | Vendor and dealer

1167 Blvd Laure, Sept-Îles 418-962-6051 or 1-866-962-6051 atelierlaforge.com - Open: Year-round.

Atelier Laforge is a BRP and Honda dealer and a trusted RV vendor. We also rent Ski-Doos to anyone who dreams of adventure, either on a couples weekend or a trip along the *Route blanche* (White Trail). Call us or check out our website for rates and FAQs. Visit our store for our selection of protective, cold-weather clothing before you leave.



Sept-Îles Motosports

487 Ave Québec, Sept-Îles 418-968-4151 - <u>simotosports.com</u> - 😝 😉

We rent snowmobile and ATVs so our clients can enjoy riding high-performance machines specifically designed for local conditions. We specialize in motorized sports, with a focus on Yamaha, Polaris and Suzuki products. We sell parts, accessories, clothing, ATVs, snowmobiles, motorcycles, boats, motors, generators, and do repairs. We welcome all clients, and look forward to giving you the right advice!

Snowmobile Clubs

Côte-Nord

Côte-Nord Regional Association of Snowmobile Clubs (ARCMCN)

418-587-4664, 418-766-4095 - agaant@globetrotter.net

Tadoussac

Sacré-Cœur

Les Rôdeurs Club

418-236-9149, 418-236-1338 clublesrodeurs@hotmail.com - 6

Les Escoumins

Les Bouleaux blancs Sports Club

581-221-0731, 418-233-3200 - jim16@bell.net - 🚯

Forestville

Longue-Rive

Exploreurs Club

418-231-1112 - marcabouchard@hotmail.com - 😯

Portneuf-sur-Mer

Bouranne Club

418-238-2038, 418-238-5518 - <u>lisette.tr@videotron.ca</u>

Forestville

Nord-Neige Club

418-587-4664, 418-587-3151 - agaant@globetrotter.net - 🚯

Baie-Comeau

Ragueneau

Bolides Club

418-567-9384, 418-567-2818 bolidesragueneau@hotmail.ca - 🚯

Baie-Comeau

AMMI Club

418-294-2054 - <u>l.ammi@outlook.com</u> - **1**

Godbout

Zigglous Club

418-568-7729, 418-297-2598 b.kinn@hotmail.ca

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Baie-Trinité

Harfang du Nord Club

418-296-9785 - rousf@globetrotter.net - 🚺

Fermont and Route 389

Fermont

Les Lagopèdes Club

418-287-3383, 418-965-1176 - pwip083@hotmail.com - 🚯



Port-Cartier

Port-Cartier

Odanak Club

418-965-1550 - guy235ing@hotmail.com

Sept-Îles

Sept-Îles

Ook-Pik Club

418-965-6012 - bouboult@globetrotter.net - 🚯

Havre-Saint-Pierre

Longue-Pointe-de-Mingan

La Minganie Club

418-949-2808, 418-949-2474

Havre-Saint-Pierre

Le Blizzard Club

418-538-3940 - rasnadeau@rtccable.com - 6



Natashquan

Natashquan

G.P.I.N. I Trail conditions

418-563-7746 - gestionpisteinfoneige.com

Basse-Côte-Nord

Ministry of Transport

418-538-2866 - cotenord@mtg.gouv.gc.ca

Hunting and Fishing

Come and explore these vast hunting and fishing grounds teeming with abundant and varied wildlife. The outfitter camps and ZECs (controlled zones) located in forests, near rivers, beside lakes and on Anticosti Island have experienced guides that accompany experts and provide advice for beginners.

Organized by sub-theme, from west to east.

Hunting and Fishing Information

Québec Outfitters Federation

1-800-567-9009 - pourvoiries.com

Ministry of Forests, Wildlife and Parks

1-844-523-6738 - mffp.gouv.qc.ca

Sépaq (organization that manages provincially-owned outdoor centres)

1-800-665-6527 - sepaq.com

Hunting and Fishing Stores

Baie-Comeau

Baie-Comeau

Pronature Baie-Comeau

815 rue Parfondeval, Baie-Comeau 418-298-2755 - groupepronature.ca - **9** Open: Year-round.

Port-Cartier

Port-Cartier

Propac des 7 Rivières | Outdoor supplies

7 rue des Bouleaux, Port-Cartier 418-766-8018 - <u>propac7@cgocable.ca</u> Open: Year-round.

Hunters, anglers, and outdoor enthusiasts will find everything they need from our experienced salespeople, from hiking shoes and sleeping bags to hunting rifles and salmon lures.

Salmon Rivers

Saumon Québec

3137 rue Laberge, Québec 418-847-9191 or 1-888-847-9191 - <u>fqsa.ca</u> - **ਿ ©** Open: Year-round.

The North Shore is justly famous as a fishing destination. In the west, four rivers with amber-coloured water flow through deep mountain valleys. They are home to Atlantic salmon and brook (or sea) trout. The east has 27 rivers filled with salmon that are famous for their fighting spirit. Visitors to Anticosti Island are amazed by how clear the river water is on the island. Come and experience excellent fishing in in an untouched wilderness setting.

Tadoussac

Sacré-Cœur

Rivière Sainte-Marguerite Association (ARSM)

160 rue Principale Nord, Sacré-Cœur 418-236-4604 or 1-877-236-4604 rivieresainte-marguerite.com - Open: June to September.

If you want to tickle a salmon or sea trout in an untamed natural setting, you're in the right spot! Fly fishing in the Rivière-Sainte-Marguerite dates back to 1860. This narrow river is perfect for beginners because of its proximity to Route 172 and the over 100 well-marked pools that can be reached by wading. Accommodation: Cottages and campground. Services: Equipment rental, hiking trails, guide, and licenses sold on-site. Some areas do not require a reservation.

Sept-Îles

Moisie

Rivière Moisie Protection Association (APRM)

10 rue Mercier (Moisie sector), Sept-Îles 418-962-3737, 418-927-2021 (summer) rivieremoisie.com - **?**

The APRM is a non-profit organization dedicated to protecting the fauna and flora of the Moisie River and its tributaries. It operates and manages the first 23 km of the river, located 25 km east of Sept-Îles. Salmon fishing on the Moisie can only be done in motorboats. The Moisie River ZEC has two sectors not subject to access quotas. The Winthrop-Campbell sector is subject to access quotas and a membership card is required. Access rights are determined by a winter draw on the fourth Saturday of March; the second draw starts May 30, 48 hours prior to the fishing date.

Controlled Zones (ZECs)

Tadoussac

Les Escoumins

Rivière Escoumins ZEC

24 rue de la Rivière, Les Escoumins 418-233-3121 - <u>riviereescoumins.com</u> - **9** Open: Year-round.

Access: take Route 138. Accommodation: campground. Body of water: 1 river (66 pools). Fishing: Atlantic salmon, sea trout. Services: Guides and licenses.

Forestville

Longue-Rive

Iberville ZEC

3 rue de l'Église, Suite 4, Longue-Rive 418-231-2937 (office), 418-907-7119 (reception) zeciberville.reseauzec.com - **9** Open: Year-round.

Access: 5 km from Route 138. Accommodation: campgrounds. Bodies of water: 3 rivers (50 pools) and 239 lakes. Fishing: indigenous brook trout. Services: licenses sold.

Forestville

Forestville and Rivière Laval ZEC

41 Route 138 Est, Forestville
418-587-4000 or 1-888-587-0112
zecforestville.reseauzec.com
Open: Year-round.

Access: take Route 138. Accommodation: campgrounds and cabins. Bodies of water: 11 rivers (67 pools) and 935 lakes. Fishing: pike, indigenous brook trout, Atlantic salmon, sea trout, yellow perch, lake char. Hunting: hare, migratory birds, moose, bear and partridge. Services: licenses sold. 窗 18里基本

Baie-Comeau

Godbout

Rivières Godbout and Mistassini ZEC

117 Route 138, Godbout 418-568-7305 - <u>rivieregodbout.com</u> - **9** Open: June to September.

Access: via Highway 138. Accommodation: ready-tocamp tents and a rustic campsite. Body of water: river. Fishing: salmon in restricted and unrestricted areas. Services: fly fishing equipment rental. 🌋 🕹 🕒 🗓

Ad p. 45

Baie-Trinité

Baie-Trinité ZEC

1 rue de la Baie, Baie-Trinité 418-939-2242, 418-939-2243 - <u>sabt2010@live.ca</u> - **1** Open: Year-round.

Access: take Route 138. Accommodation: campground, cottages and a hotel. Body of water: river (pools) and lakes. Fishing: indigenous brook trout, Atlantic salmon and sea trout. Hunting: small and large game. Services: licenses sold. 中為 海道图

Sept-Îles

Sept-Îles

Matimek ZEC

Association de chasse et pêche septilienne, Sept-Îles 418-583-2677 - zecmatimek.reseauzec.com - Open: Year-round.

Access: on Route 138, at km 19 W. Accommodation: campground and cottages. Body of water: 10 rivers and 350 lakes. Fishing: pike and indigenous brook trout. Hunting: hare, migratory birds, partridge, bear and moose. Services: licenses sold. 北海軍乱奏會

Outfitters

Association des pourvoiries e la Côte-Nord | Outfitters' association

1251 rue des Rochers, Baie-Comeau 418-589-7273 - <u>pourvoiries-cotenord.com</u> - **9** Open: Year-round.

Our goal is to promote fishing, hunting and vacationing on the North Shore, where vast, virtually untouched areas guarantee a thrilling outdoor experience in the forest. Come and fish for salmon, trout and landlocked salmon, and hunt moose, bear, deer and partridge.

Tadoussac

Tadoussac

Club de chasse et pêche Tadoussac | 2* to 4* Hunting and fishing club

850464

418-235-4723 - <u>clubtadoussac.com</u> - **€** GPS: N 48.21437 W -69.68302, Lac Boulanger Open: Year-round.

Rights: exclusive over 25.7 km² (daily fishing). Access: take Route 138, 9 km past the Baie-Sainte-Catherine – Tadoussac Ferry. Accommodation: 10 cottages, 1 campground and 1 lodge (6 rooms). Body of water: lake. Fishing: brook trout, indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare, black bear and moose. Packages: Modified American Plan, European Plan and guide service.



Lacs à Jimmy Outfitter -Essipit Outfitters

850479

418-233-2266 or 1-888-868-6666 vacancesessipit.com - **??**

GPS : N 48.21712 W -69.67066, Lac à Jimmy Open: May to October.

Rights: exclusive over 24 km². Access: 7 km outside Tadoussac on Route 138. Accommodation: 8 cottages and 1 lodge (3 rooms). Body of water: lake. Fishing: brook trout, indigenous brook trout. Hunting: moose. Packages: European Plan and guide service. 允益된

Club Lac des Sables et Paradis – # 850478

3∗ to 4∗

3* to 4*

418-232-2020 - <u>clublacdessables.com</u> - GPS: N 48.30334 W -69.67626, Lac des Sables Open: May to October.

Rights: exclusive over 100 km². Access: from Les Bergeronnes, drive 4 km into the forest. Accommodation: 18 cottages. Body of water: lake. Fishing: brook trout, indigenous brook trout. Hunting: moose, black bear. Packages: American Plan, European Plan and guide service. マイ 過多変化

Sacré-Cœur

Lac des Baies Club inc.

3* to 4*

850483

418-665-6610 or 1 855 665-6610 <u>lacdesbaies.com</u> - **G** GPS: N 48.33045 W -69.79594, Lac des Baies Open: Year-round.

Rights: exclusive over 43.2 km² (daily fishing).

Access: take Route 172 to Sacré-Coeur (not far from Tadoussac), follow the logging road for 14 km until the outfitter. Accommodation: 16 cottages. Body of water: lake and river. Fishing: brook trout, indigenous brook trout. Hunting: ruffed grouse, snowshoe hare, black bear and moose. Packages: American Plan upon request, European Plan and guide service.

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Des Grands Ducs Outfitter

850474

418-514-8661 - pourvoiriedesgrandsducs.com - • GGS: N 48.29168 W -69.81286, Lac Caribou
Open: May to October.

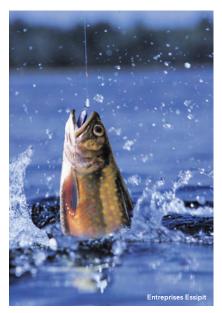
Rights: exclusive over 21.4 km² (daily fishing). Access: located on a logging road, 9.3 km from the village of Sacré-Coeur. Accommodation: 6 cottages. Body of water: lake. Fishing: brook trout, indigenous brook trout and arctic char. Hunting: ruffed grouse, snowshoe hare, black bear and moose. Packages: American Plan upon request, European Plan and guide service.

@Χ@広告会

Essipit

Club Claire – Essipit Outfitters 3* to 4*

Rights: exclusive over 81.5 km² (daily fishing). Access: follow Route 138 until Les Escoumins, then take the ZEC Nordique logging road for 41 km until the outfitter. Accommodation: 8 cottages. Body of water: lake and river. Fishing: indigenous brook trout. Hunting: moose. Package: European Plan. 甘口由品面



Domaine du Lac Bernier – Essipit Outfitters

850482

418-233-2266 or 1-888-868-6666 vacancesessipit.com - **6 ©**

GPS: N 48.47900 W -69.62677, Lac des Petits Escoumins Open: May to October.

Rights: exclusive over 32.7 km² (daily fishing). Access: follow Route 138 until Les Escoumins, then take the ZEC Nordique logging road for 25 km until the outfitter. Accommodation: 4 cottages. Body of water: lake. Fishing: indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare and moose. Package: European Plan. 本中法国检查



Domaine du Lac des Cœurs – Essipit Outfitters

2∗ to 4∗

850481

418-233-2266 or 1-888-868-6666 vacancesessipit.com - **6 9**

 $\mathsf{GPS}:\mathsf{N}\ 48.6797\ \mathsf{W}\ -69.96398,\mathsf{Lac}\ \mathsf{des}\ \mathsf{Cœurs}\ \mathsf{and}\ \mathsf{Lac}\ \mathsf{Gilles}\ \mathsf{Open}:\mathsf{May}\ \mathsf{to}\ \mathsf{October}.$

Rights: exclusive over 189 km². Access: follow Route 138 until Les Escoumins, then take the ZEC Nordique logging roAd The Lac des Cœurs site is 74 km from Les Escoumins; the Lac Gilles site is 80 km. Accommodation: 22 cottages and 6 camps. Body of water: lake and river. Fishing: indigenous brook trout. Hunting: moose. Package: European Plan.

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Domaine sportif du Lac Loup -**Essipit Outfitters**

2* to 4*

3*

3∗

3∗

850496

418-233-2266 or 1-888-868-6666 vacancesessipit.com - 69 GPS: N 48.66724 W -69.94016, Lac Loup Open: May to October.

Rights: exclusive over 54.7 km². Access: follow Route 138 until Les Escoumins, then take the ZEC Nordique logging road for 68 km until the outfitter. Accommodation: 9 cottages and 3 camps. Body of water: lake. Fishing: indigenous brook trout. Hunting: black bear and moose. Package: European Plan. 🗹 盎 🗟 🛭 🌬 🧟

Les Escoumins

Pourvoirie Chez Pelchat | Outfitter

850472

418-514-9903 or 1-888-394-2537 pourvoiriepelchat.com - •

GPS: N 48.49753 W -69.74486. Lac du Pont Flottant Open: May to September (winter by reservation).

Rights: exclusive over 7.89 km². Access: follow Route 138 until Les Escoumins, then take the ZEC Nordique logging road for 36 km until the outfitter. Accommodation: 5 cottages. Body of water: lake. Fishing: brook trout, indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare, black bear and moose.

La Truite Rouge Outfitter

850463

418-540-0992, in season: 418-820-2337 pourvoiriedelatruiterouge.com - 6 GPS: N 48.58881 W -69.83561. Lac Bezeau Open: May to October.

Rights: exclusive over 45.5 km2 (daily fishing). Access: just west of the Intermarché grocery store in Les Escoumins, turn off Route 138 and onto the logging road/ZEC Nordique road. After 55 km. look for signs for the outfitter and Lac Bezeau. Turn right and continue 2 km to the outfitter entrance. Accommodation: 8 cottages. Body of water: lake. Fishing: indigenous brook trout. Hunting: moose. Package: European Plan. S

Pourvoirie du Grand Lac du Nord

850363

418-233-3367. in season: 418-476-5030 or 1-800-253-3367 - pourvoirie.org

GPS: N 49.6668 W -69.59911, Lac Marot, Lac Florida Open: May to October.

Rights: exclusive over 100 km². Access: take Route 138 to Portneuf-sur-Mer, then the forest road for 48 km.

Accommodation: 9 cottages. Bodies of water: lake and river. Fishing: indigenous brook trout. Hunting: woodcock, ruffed grouse, black bear and moose. Package: European Plan. 후 # 책 🗓 🗟

Forestville

Longue-Rive

Pourvoirie Club Kergus | Outfitter 3+ to 4+ # 850491

418-231-2382, 418-907-2395 - kergus.ca GPS: N 48.59127 W -69.72278, Lac Kergus Open: May to October.

Rights: exclusive over 43.7 km². Access: follow Route 138 until Longue-Rive, then take the logging road for 49 km until the outfitter. Accommodation: 9 cottages and 1 lodge (8 rooms). Body of water: lake and river. Fishing: brook trout, indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare and moose. Packages: European Plan and Modified American Plan upon request. 字 # 年記法国X

Portneuf-sur-Mer

Pourvoirie des Bouleaux Blancs | Outfitter # 850429

418-587-6131 - bouleaublanc.com - 🚹 🚳 GPS: N 48.72958 W -69.23934. Lac Edmond and Lac Sauniat Open: May to October.

Rights: 130 km2 of private land. Access: 8 km before Forestville on Route 138, turn left onto a logging road and drive for 13 km. Accommodation: 4 cottages and 3 camps. Body of water: lake. Fishing: indigenous brook trout. Hunting: ruffed grouse, spruce grouse, black bear and moose. Packages: American Plan and European Plan. ≠≒®X

Forestville

Domaine du Canyon 2010 inc. | Outfitter

3∗ to 4∗

850453

418-665-1583 or 1-866-559-2214 - <u>domaineducanyon.com</u> GPS: N 49.06569 W -69.72592, Lac Atisocagamac -Open: May to October.

Rights: exclusive over 69.9 km². Access: follow Route 138 until Forestville, then take the logging road for 84 km until the outfitter. Accommodation: 9 cottages. Body of water: lake and river. Fishing: indigenous brook trout. Hunting: woodcock, ruffed grouse, black bear and moose. Package: European Plan.

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Le Domaine Orégnac inc. | Outfitter # 850446

418-907-2387 or 418-559-2398 - <u>domaineoregnac.com</u> - **①** GPS : N 49,1246 W -59,8712, Lac Mimo Open: May to October.

Rights: exclusive over 101.5 km² (daily fishing). Access: take Routes 138 and 385 north to Labrieville (signs for Bersimis 1). Accommodation: 4 cottages and 1 camp. Body of water: lake and river. Fishing: indigenous brook trout, lake trout. Hunting: woodcock, ruffed grouse, spruce grouse, snowshoe hare, black bear and moose. Package: European Plan. * 并会任选多图

Pourvoirie La Rocheuse | Outfitter 3★ to 4★ # 850470

418-587-4520 - <u>larocheuse.com</u> - **G**GPS: N 48.77870 W -69.58402, Lac Bourbeau
Open: May to October and December to March.

Rights: exclusive over 94.5 km² (daily fishing). Access: follow Route 138 until Forestville, then take a logging road for 60 or 75 km until the outfitter. Accommodation: 6 cottages. Body of water: lake and river. Fishing: indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare, black bear and moose. Package: European Plan.

313 44

Pourvoirie Le Chenail du Nord | 3* to 4* Outfitter

850492

418-871-1479 or 1-888-871-1479 <u>lechenaildunord.com</u> - **€** GPS: N 49.11991 W -69.78986, Lac de Travers Open: June to October.

Rights: exclusive over 69.3 km² (daily fishing). Access: follow Route 138 until Forestville, turn onto Rue Verreault Nord; drive 97 km on the ZEC road until the outfitter. Accommodation: 6 cottages. Body of water: lake, river and reservoir. Fishing: indigenous brook trout, pike, whitefish and lake trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare, black bear and moose. Packages: European Plan, American Plan upon request and guide service. ** **\sum *



Baie-Comeau

Baie-Comeau

Pourvoirie du Lac Cyprès | Outfitter 2* to 3* # 850484

Rights: exclusive over 53.5 km². Access: follow Route 138 until chemin de la Toulnustouc (paved); at approx. km 66 after the bridge over the Rivière Pistuacanis, turn right onto logging road RP3-230 and continue for another 24 km. Look for the mileage and outfitter signs. Accommodation: 2 cottages and 1 camp. Body of water: lake and river. Fishing: Atlantic salmon and indigenous brook trout. Hunting: ruffed grouse, black bear and moose. Package: European Plan and guide service.

After a day of fishing

Pourvoirie du Lac Dionne (2019) inc. | 2* to 3* Outfitter

850462

418-297-4048 or 1-877-956-3466 <u>pourvoiriedulacdionne.com</u> - **G** GPS: N 49.58153 W -67.88044, Lac Dionne Open: May to November.

Rights: exclusive over 52.2 km² (daily fishing). Access: drive 4 km east of Baie-Comeau on Route 138 then, after the bridge over the Rivière aux Anglais, turn left onto chemin de la Toulnustouc; at km 44, turn right and drive 8 km until the outfitter. Accommodation: 11 cottages. Body of water: lake. Fishing: indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare, black bear and moose. Package: European Plan.

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Pourvoirie Manicouagan Club Chambeaux inc. | Outfitter

850460

418-589-9511, 418-548-9511 or 1-800-463-7991 labrador-airsafari.com -

GPS: N 50,6578 W -68,8187, Lac Berte Nord Open: Year-round.

Fermont and Route 389

Route 389

Pourvoirie Panomaguy inc. | Outfitter # 850419

418-860-1612 or 418-862-7266 - panomaguy.com GPS: N 50.38289 W -68.89609, Lac Okaopéo Open: May to October.

Rights: non-exclusive. Access: follow Route 389 from Baie-Comeau; at km 179 take the logging road for 11 km until the outfitter. Accommodation: 8 cottages. Body of water: lake, river and reservoir. Fishing: landlocked salmon, lake trout, indigenous brook trout and pike. Hunting: ruffed grouse, spruce grouse and snowshoe hare. Open: Package: European Plan.



Relais Gabriel inc. | Outfitter

850433

3∗

418-589-8348 or 418-948-1304 <u>pourvoirierelaisgabriel.com</u> - **9**

GPS: N 51.32603 W -68.12242, Réservoir Manicouagan Open: Year-round.

Rights: non-exclusive (daily fishing). Access: follow Route 389 from Baie-Comeau; at km 316 follow the signs for Fermont, 100 km after Manic-5. Accommodation: 6 cottages, 2 camps and 1 lodge (6 rooms). Body of water: lake and reservoir. Fishing: native brook trout, landlocked salmon, lake trout, rainbow trout and pike. Packages: European Plan, American Plan and guide service. 令国感觉



Sept-Îles

Sept-Îles

Les Camps Trio Inc.

850473

418-350-0984 - <u>campstrio.com</u>

GPS: N 51.01073 W -66.1288, Lac Grand Mesnil Sud,

Rivière-Nipissis

Open: June to September.

Rights: non-exclusive. Access: Follow Route 138 to Sept-Îles, then take a seaplane to the outfitter. Accommodation: 1 cottage and 2 camps. Bodies of water: lake and river. Fishing: indigenous brook trout and lake trout. Package: European Plan.

2* à 3*

2*

L'Île-d'Anticosti

Port-Menier

Pourvoirie Lac Geneviève d'Anticosti | Outfitter

2* to 4*

850450

418-535-0294 or 1-800-463-1777 - <u>anticostiplg.com</u> - **①**GPS : N 49.85289 W -63.97845, Lac Geneviève
Open: June to December.

Rights: exclusive over 1,063.8 km² (daily fishing). Access: by plane or boat to Port-Menier, then by road to the outfitter. Accommodation: 11 cottages. Body of water: lake and river. Fishing: sea trout and indigenous brook trout. Hunting: ruffed grouse, spruce grouse, snowshoe hare and white-tailed deer. Packages: European Plan and American Plan. © 3 & Adp. 86

Safari Anticosti senc | Outfitter # 850451

3∗ to 5∗

418-225-9270 or 1-800-262-9496
<u>safarianticosti.com</u> - **G**GPS: N 4941850 W -62.24479, Rivière aux Saumons
Open: June to December.

Rights: exclusive over 2,000 km². Access: by plane right to the outfitter. Accommodation: 13 cottages, 4 camps and 3 lodges (20 rooms). Body of water: river. Fishing: Atlantic salmon and sea trout. Hunting: ruffed grouse, spruce grouse and white-tailed deer. Packages: European Plan, American Plan and guide service. **X**



Sépaq Anticosti | Outfitter # 850440

2* to 4*

Rights: exclusive. Access: by boat or plane to Port-Menier, then by road to the outfitter. Accommodation: 42 cottages, 3 lodges (30 rooms) and 1 lodge (8 rooms). Body of water: river. Fishing: sea trout, brook trout and Atlantic salmon. Hunting: ruffed grouse and white-tailed deer. Packages: European Plan, American Plan and guide service. **SIX Ad p. 86**

Rivière-au-Tonnerre

Rivière-Saint-Jean

Pourvoirie de la Haute-Saint-Jean | 3* to 4* Outfitter

850441

418-949-2457, 418-949-2255

hautesaintjean.com -
GPS: N 50.30109 W -64.31922, Rivière Saint-Jean
Open: June to August.

Rights: exclusive over 34.2 km². Access: on Route 138 at the mouth of the Rivière Saint-Jean; reception office at 300 rue Saint-Jean. Accommodation: 5 cottages. Body of water: river. Fishing: Atlantic salmon and sea trout. Packages: European Plan, American Plan and guide service.

[SIX]

Havre-Saint-Pierre

Mingan

Pourvoirie du Lac Allard et rivière Mingan inc. | Outfitter

850689

418-949-2132 or 1-800-463-4673

<u>ekuanitshit.com/pourvoirie-lac-allard-et-riviere-mingan</u> GPS: N 50.46632 W -63.59154, Lac Allard and Rivière Mingan Open: June to October.

Rights: non-exclusive (daily fishing). Access: follow Route 138 until Havre-Saint-Pierre, then take a seaplane to Lac Allard. Accommodation: 2 cottages and 1 lodge (4 rooms). Body of water: lake. Fishing: brook trout, indigenous brook trout and landlocked salmon. Hunting: black bear and moose. Packages: European Plan, American Plan and guide service.

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Natashquan

Baie-Johan-Beetz

La Corneille | Outfitter

850448

514-554-1534 or 1-866-850-6382

lacorneille.ca - 🖸 🕝

GPS: N 50.28398 W -62.89645, Rivière Corneille Open: June to September.

Rights: exclusive over 19 km2. Access: follow Route 138 until the outfitter, at km 1,279. Accommodation: 3 camps. Body of water: lake and river. Fishing: arctic char, landlocked salmon, Atlantic salmon and sea trout. Package: American Plan and guide service.

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Pourvoirie Baie Johan-Beetz | Outfitter # 850447

514-447-6300, 514-668-7337 <u>baiejohanbeetz.com</u> - **G** GPS: N 50.28925 W -62.80572 Open: June to October.

Rights: exclusive over 25.8 km². Access: follow Route 138 until Baie-Johan-Beetz. Accommodation: 1 lodge. Body of water: lake and river. Fishing: arctic char, indigenous brook trout, landlocked salmon, Atlantic salmon, sea trout. Packages: American Plan, European Plan and guide service. 零化表達金色

Aguanish and L'Île-Michon

Air Aventure Côte-Nord

850431

418-533-2316 - <u>aacn.ca</u> - **€** GPS: N 50.41257 W -62.32733, Lac Costebelle Open: May to September.

Rights: non-exclusive. Access: follow Route 138 until Aguanish at 235 rue Jacques-Cartier, then by seaplane from Natashquan to Lac Costebelle. Accommodation: 2 cottages and 1 lodge (4 rooms). Body of water: lake and river. Fishing: arctic char and indigenous brook trout. Hunting: ruffed grouse and moose. Packages: European Plan and American Plan.令金図X

Natashquan

Club Lac Victor | Outfitter

3∗ to 4∗

850455

5∗

514-447-6300 - <u>clublacvictor.com</u> GPS: N 50.60709 W -61.82494, Lac Victor Open: June to October.

Rights: exclusive over 251.5 km². Access: follow Route 138 until Natashquan, then by seaplane or portage until the outfitter. Accommodation: 5 cottages. Body of water: lake and river. Fishing: arctic char, landlocked salmon, lake trout, indigenous brook trout and pike. Hunting: duck, spruce grouse, black bear and moose. Packages: European Plan and American Plan.

Basse-Côte-Nord

Kegaska

Pourvoirie Musquanousse | Outfitter 2* to 3* # 850435

514-707-7773 - pourvoiriecotenord.com GPS: N 50.27201 W-61.03728, Musquanousse River Open: June to September.

Rights: exclusive over 281 km². Access: take Route 138 to Natashquan, then the floatplane to the outfitter. Accommodation: 1 inn (4 rooms) and 1 cottage. Bodies of water: lake and river. Fishing: brook trout, indigenous brook trout, landlocked salmon, Atlantic salmon and sea trout. Packages: American Plan and guide service.

La Romaine

Société en commandite du Lac Musquaro | Limited partnership

850468

3*

819-623-6212 - <u>musquaro.com</u> - **G**GPS: N 50.62489 W -61.11248, Lac Musquaro
Open: June to August.

Rights: exclusive over 252 km2. Access: by seaplane from Natashquan. Accommodation: 3 cottages. Body of water: lake and river. Fishing: arctic char, indigenous brook trout and landlocked salmon. Package: American Plan and guide service. *X

4∗





196 → Accommodation

196 Hotels

204 Bed & Breakfasts

206 Cottages, Condos,

Housekeeping Units

208 Resorts

209 Youth Hostels

Other Classified Establishments

212 Campgrounds

216 Non-traditional

Accommodation

220 → Places to Eat

Accommodation and Places to Eat

Accommodation

The Côte-Nord offers visitors a wide variety of different accommodation options, including some unusual types, located in villages, in the forest, and along the coast. Tourisme Québec's rigorous classification program ensures that all these places offer high levels of comfort, service and safety.

Price range:

\$: Under \$75 \$ \$: \$75-\$100 \$ \$ \$: \$101-\$150

\$\$\$\$: \$151-\$200 **\$\$\$\$:** Over \$200

Organized by type of accommodation, from west to east.

Hotels

Tadoussac

Hôtel Le Béluga **●**

064046

191 rue des Pionniers, Tadoussac 418-235-4784 - <u>le-beluga.qc.ca</u>

29 units - **\$\$** - **X**奈□

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Hôtel Sous la Croix

152725

3 rue Sous-la-Croix, Tadoussac 418-235-2022 or 1-866-247-2022 sous-la-croix-ca.book.direct

19 units - **\$\$\$** - **♠AC** ■□ 🕮

Hôtel Tadoussac

040854

165 rue du Bord-de-l'Eau, Tadoussac 418-235-4421 or 1-800-561-0718 hoteltadoussac.com - •

149 units - **\$\$\$\$ - X**核零多角工**企**需



La Galouïne Auberge & Restaurant ■ # 083930

251 rue des Pionniers, Tadoussac 418-235-4380 - <u>lagalouine.com</u> - **9**

12 units - **\$\$\$** - **X** 🖘 🗚 🖫

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Motel Chantmartin

024791

414 rue du Bateau-Passeur, Tadoussac 418-235-4733 or 1-800-731-4733

chantmartin.com - 6

24 units - \$\$ - X ⊕ Ac. ♣ இ

Motel de l'Anse-à-l'Eau ■

031614

173 rue des Pionniers, Tadoussac 418-235-4313 - motellansealeau.com - **1**

20 units - \$\$\$ - x≈----

Hôtel-Motel Restaurant Coronet

057326

401 Route 172 Nord, Sacré-Cœur 418-236-9444 or 1-800-550-3123 - hmcoronet.com

17 units - \$\$ - X♠★□▲

Ad p.20

Auberge la Rosepierre

106164

66 rue Principale, Les Bergeronnes 418-232-6543 - rosepierre.com - **(f)**

10 units - \$\$\$ - X 좋◎



Complexe hôtelier Pelchat

057282

445 Route 138. Les Escoumins 418-233-2401 or 1-888-225-3463 complexepelchat.com - 6



Motel Le Marinier

022330

289 Route 138, Les Escoumins 418-233-3309

12 units - **\$\$\$** - **₹■**□**2**

Ad p.19

Forestville

Motel de la rivière Sault-au-Mouton # 085842

333 rue Principale, Longue-Rive 418-231-2214 or 1-877-231-2214 aubergesaultaumouton.com



Econolodge

041543

5 Route 138 Est. Forestville - 418-587-2278 or 1-877-677-2278 econolodgeforestville.com

55 units - **\$\$\$** - **X**♠☐▲

Ad p.23

Hôtel Le Manoir

040924

8 Ave Cabot, Baie-Comeau 418-296-3391 or 1-866-629-4656 - manoirbc.com

60 units - \$\$\$ - X ≈ AC (A) ⊕ □ 🚣 🖽 ⊚

Ad p.50





Motel 4 Saisons

104156

157 Route 138 Quest, Forestville 418-587-6666 - motel4saisons.com - •

25 units - \$ - X ♠ ★ AC ■ □

Hôtel Travelodge Baie-Comeau

001024

285 Blvd La Salle, Baie-Comeau. 418-296-9686 or 1-800-563-9686 travelodgebaiecomeau.com

100 units - **\$\$** - **X**♠AC**★**■□▲

Ad p.42





Baie-Comeau

Motel La Relance

046141

126 rue Vallilée, Chute-aux-Outardes 418-567-8557 - motelrelancecao@hotmail.com

20 units - \$\$ - ₺ ₹ AC ■ □ 🚣

Hôtel-Motel Hauterive

040456

1145 rue Nouvel. Baie-Comeau 418-589-2041 or 1-800-463-2041 hotelhauterive.com, hotelsduplateau.com

37 units - \$\$\$ - X ⊋AC■□▲

Ad p.199

Hôtel Comfort Inn Baie-Comeau

026331

745 Blvd Laflèche, Baie-Comeau 418-589-8252 or 1-800-465-6116 baiecomeaucomfortinn.com - 6

60 units - \$\$\$\$ - Xi& nac + 1 @ ■ □ Ad p.201

Hôtel-Motel La Caravelle

042044

202 Blvd La Salle, Baie-Comeau 418-296-4986 or 1-800-463-4986 hotelcaravelle.ca - 6

72 units - \$ \$ - ¥ ≈ AC → □ □ €

Le Boréal

001525

1060 Blvd Laflèche, Baie-Comeau 418-589-7835 or 1-866-589-7835 leborealmotel.com, hotelsduplateau.com

39 units - \$\$\$ - ஒவு ்க

Ad at right

Le Grand Hôtel

045791

48 Place La Salle, Baie-Comeau 418-297-6994 or 1-888-838-8880 - <u>legrandhotel.ca</u>

48 units - \$\$\$ - X ♠AC ◎ - ■□

Ad p.44



Motel Manic 2000

041742

2791 Blvd Laflèche, Baie-Comeau 418-589-3751 or 1-800-905-3751 - <u>motelmanic2000.com</u> 34 units - **\$ \$ \$** - **? A L ≜**





Hôtel Place Saint-Laurent

221498

4 rue Saint-Laurent, Baie-Trinité
418-939-2148 - hotelstlaurent@globetrotter.net
6 units - \$ - ♀□▲

Fermont and Route 389

Motel de l'Énergie "Manicouagan V"

007103

Km 211 Route 389 (next to Manic-5) 418-584-2301 or 1-800-760-2301 motelenergie@hotmail.com - **∮**

43 units - **\$\$\$** - **X**♠ **★**AC■□

Ad p.58



Hôtel Fermont

062613

299 Le Carrefour, Fermont 418-287-5451 - <u>hotel-fermont.ca</u>

58 units - **\$\$\$** - **≈**<u>▲</u>**⊕**

Ad p.58

Port-Cartier

Le Q'artier des Îles

061342

30 rue Élie-Rochefort, Port-Cartier 418-766-3444 - <u>LeQartier@gmail.com</u> - **f**

80 units - \$\$\$ - ♠ ★ AC ■ □ ▲

Sept-Îles

Château Arnaud

259490

403 Ave Arnaud, Sept-Îles 418-960-5511 or 1-855-960-5511

chateauarnaud.com - 6

80 units - \$\$\$ - X nac I - □ - □ - □ - □







Hôtel Comfort Inn Sept-Îles

025852

854 Blvd Laure, Sept-Îles 418-968-6005 or 1-800-465-6116 septilescomfortinn.com -

60 units - \$\$\$ - X h ? ★ AC @ ■ □ Ad p.201

Hôtel Le Voyageur

004476

1415 Blvd Laure, Sept-Îles 418-962-2228 or 1-866-962-2228 - hotellevoyageur.com

23 units - **\$\$** - **X** ≈ AC ◎ **-** ■□▲ **2** Ad p.72

Hôtel Les Mouettes

066021

842 Blvd Laure, Sept-Îles 418-962-9427 or 1-877-962-9427 - <u>hotellesmouettes.com</u>

43 units - \$\$\$ - X♠★■□▲



Hôtel Mingan

055764

665 Blvd Laure, Sept-Îles 418-968-2121 or 1-800-223-5720 hotel-mingan.com -

48 units - \$\$ - ╤⊀★□



Hôtel Quality Inn Sept-Îles

285272

1009 Blvd Laure, Sept-Îles 418-960-5600 or 1-844-900-5600 - **6** choicehotels.ca/fr/quality-inn-sept-iles-hotel-cna46

61 units - \$\$\$ - X ≈ AC ■ □ <u>▲</u> ■ Ad p.202



Hôtel Sept-Îles

040482

451 Ave Arnaud, Sept-Îles 418-962-2581-or 1-800-463-1753 - <u>hotelseptiles.ca</u> 78 units - **\$ \$ \$ - X ? AC — D © 2**

Hôtels Gouverneur Sept-Îles

048031

666 Blvd Laure, Sept-Îles 418-962-7071 or 1-888-910-1111 <u>sept-iles.gouverneur.com</u> - **G ©**

Ad p.203

120 units - \$\$\$ - Xik ❤ ★ AC @ □ & ...



Rivière-au-Tonnerre

L'Escale LAM-AIR

021361

454 rue Jacques-Cartier, Rivière-au-Tonnerre 418-465-2030 or 1-877-573-2678 informations@lescalelamair.com -

12 units - **\$\$** - **X** 🖘 🖸 🏖 🕮

Havre-Saint-Pierre

Motel Maisonnettes des Îles

113735

126 rue de la Mer, Longue-Pointe-de-Mingan 418-949-2302 or 1-877-949-2302 - minganie.info -

9 units - 🖘 🗖 🖀 📽



Auberge Boréale 🖲

1288 rue Boréale, Havre-Saint-Pierre 418-538-3912 – <u>aubergeboreale.com</u> – **(f**

10 units - 💲 - 亭≠

Hôtel Motel du Havre

041860

970 Blvd de l'Escale, Havre-Saint-Pierre 418-538-2800 or 1-888-797-2800 - <u>hotelduhavre.ca</u> 70 units - **\$ \$ - X ? AC ! △**

Motel de l'Archipel

095981

805 Blvd de l'Escale, Havre-Saint-Pierre 418-538-3900 or 1-800-463-3906 motelarchipel.ca

24 units - \$\$ - X ♥ ◎ ■□▲



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1009 boul. Laure, Sept-Îles (Québec)

1 844 900-5600

Motel du Vieux Townside

222505

873 Blvd de l'Escale, Havre-Saint-Pierre 418-553-7387

townside@hotmail.com

11 units - \$ - ₹- ■□▲

Natashquan

Le Port d'Attache

098475

70 rue du Pré, Natashquan 418-726-3569 or 1-877-726-3569 aubergeleportdattache.ca

8 units - \$ - X♀★-□▲畿墨

Basse-Côte-Nord

Auberge Motel Quatre Saisons

103390

2 rue Beaudoin, Blanc-Sablon 418-461-2024 or 1-866-472-4766 4seasons@blancsablon.com -

8 units - \$\$\$ - Xኞ★▲இ



Ad below





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Bed & Breakfasts

Tadoussac

Gîte du Moulin Baude

294428

381 rue des Pionniers, Tadoussac 418-514-8278 - gitemoulinbaude@gmail.com - 6

4 units - \$\$ - *후7

Chez Lucie

222335

2 rue Dion, Les Escoumins 418-233-3055 - gitechezlucie.com

3 units - \$\$ - X - 🗲 🗷 🕾

Gîte du Fleuve

222048

13 rue des Anémones, Les Escoumins 418-233-3616 or 1-877-763-7886 - legitedufleuve.com

3 units - **\$\$\$** - **X**ኞ<u>▲</u>Β∰

La Maison de la vieille côte

096526

118 rue Saint-Marcellin Ouest, Les Escoumins 418-233-4419 - melisrouss@hotmail.com

4 units - \$\$ - X € ≠ (8



Forestville

Baie du Soleil Couchant

218223

26 chemin du Barrage, Longue-Rive 418-231-2238 gitebaiedusoleilcouchant.godaddysites.com - 🚯

4 units - **\$\$** - **X**ኞ៎♣®®



Gîte Bon matin

210195

412 Route 138, Longue-Rive 418-587-0204 - lynehovington@hotmail.com

4 units - **\$\$** - **X**╤≢▲®

Baie-Comeau

Gîte La Mère Michèle

120164

920 Blvd Ioliet, Baie-Comeau -418-589-2364 or 1-888-530-2364 - meremichele.ca

5 units - \$ - X ₹ ≠ ®

Thépi Bec Sucré

275730

166 rue Pascal-Comeau, Godbout 418-568-7879 - <u>lartisaneduvillage.com</u> - **1**

3 units - \$\$ - X 🗢 🗓 🎎 🚣 🗓 🕮



L'auberge de la Maison du Gardien 🖲

084125

1830 chemin du Vieux-Phare, Baie-Trinité 418-939-2400, 418-939-2454 baie.trinite.phare@gmail.com

4 units - \$\$\$ - X & @

Ad p.45

L'Île-d'Anticosti

Gîte du Copaco

272705

3 rue du Copaco, Port-Menier 418-535-0315 - giteducopaco@gmail.com

5 units - X € 🚣 🖪

Havre-Saint-Pierre

Gîte La Chicoutée

084416

198 rue de la Mer, Longue-Pointe-de-Mingan 418-949-0030 - chicoutee.com

5 units - \$\$ - X ? ♣ ▲ 🗓 🕮

Gîte Chez Françoise

184321

1122 rue Boréale, Havre-Saint-Pierre 418-538-3778 - gitechezfrancoise.ca

3 units - \$\$ - 🦘 ≠BX

Gîte Dupuis

129404

1126 rue du Duvet. Havre-Saint-Pierre - 418-538-2082

3 units - \$ - X क़≠®

Natashquan

Gîte Chez Marie

234323

131 chemin d'en Haut, Natashquan 418-726-3331 – <u>bouche.as@globetrotter.net</u>

3 units - \$ - X ⊕ ≠ <u>★</u> 🗓 🕮

Basse-Côte-Nord

Jean's Boarding House

133991

Harrington Harbour - 418-795-3354 jeansboardinghouse@globetrotter.net

3 units - \$\$ - X < ≠Ac & @ @

Séduction

269754

54 rue Harbour, Harrington Harbour - 418-795-3339 grandmachantalcox@hotmail.com -

4 units - **\$\$\$** - **X**亭⊄▲®璺



Le Gîte d'Émilie

208876

Tête-à-la-Baleine, acces by 1279 Route 138 418-242-2045

4 units - \$ - X ⊕ ≠ <u>♣</u> ®



Cottages, Condos, **Housekeeping Units**

Tadoussac

Chalets Domaine des Dunes

100693

585 chemin du Moulin-à-Baude, Tadoussac -418-235-4843 - domainedesdunes.com

10 units - \$\$\$ - ₹◎■♣

Ad p.21



Hébergement du Bateau

120105

246 rue des Forgerons, Tadoussac 1-866-212-4427, 418-235-4427 - lebateau.com

2 units - 🦘 🛣

La Maison Molson-Beattie # 276150

145 rue du Bateau-Passeur, Tadoussac 514-393-1417 - hcg-chg.org/fr

1 unit - \$\$\$\$ - ₹ ≠ ■ 2

Le Chalet de la Montagne # 238232

1 rue Therrien, Tadoussac 418-214-0009 - nicolasflorence@hotmail.ca

1 unit - \$\$\$\$ - Ħ≠■®

Tadoushack

296157

179 rue des Pionniers, Tadoussac 418-235-1218 - julibrisson@hotmail.com

1unit - 🖘 🗖

Bardsville

269920

Km 47 Route 172. Sacré-Cœur 418-236-4604 - rivieresainte-marguerite.com - 6

6 units - \$\$ - 🔳 🕿

La Ferme-5-Étoiles / Vacation Resort # 220146

465 Route 172 Nord, Sacré-Cœur - 😝 🚳 418-236-4551 or 1-877-236-4551 - ferme5etoiles.com

7 units - \$\$\$\$ - ਜ਼†@෴்Ж Ad p.20

Chalet du club de chasse et pêche Tadoussac | Cottages

45 Route 138, Sacré-Cœur 418-235-4723 - clubtadoussac.com - •

16 units - \$\$\$ - 🖘 🖫 🗻 🗻 🕮



MontFiord

303833

136 chemin de l'Anse-Creuse, Sacré-Cœur 514-207-5060 - chaletsfjordsaguenay.com - 6

2 units - **\$\$\$\$** - ≈**-** ■ 🛋 🛣

Motel la Croisière

103460

1087 Route 138, Les Bergeronnes 418-232-6247 - studiomotellacroisiere.com

13 units - **\$\$\$** - 🖘 🖫

Chalets de l'Anse à Jos and Anse à Yves ■ *** # 091593

46 rue de la Réserve, Essipit 418-233-2266 or 1-888-868-6666 vacancesessipit.com - 60

Chalets Shipek

185275

46 rue de la Réserve, Essipit 418-233-2266 or 1-888-868-6666 vacancesessipit.com - **♀ ♀**

7 units - **\$\$\$** - 🦘 **★**■🏖

Ad p.248

Condos hôtel Natakam vue sur mer

181156

46 rue de la Réserve, Essipit 418-233-2266 or 1-888-868-6666 vacancesessipit.com - **♀ ♀**

32 units - **\$\$\$\$** - ₺������

Ad p.248



Les Chalets au bord de la mer

131552

25 rue des Pilotes, Les Escoumins 418-233-2213 - <u>routedesbaleines.net</u>

3 units - \$\$\$ - ॄ ■ 💒 🕿



Forestville

Le Sahara du fleuve

290570

14 rue Percé, Longue-Rive 418-297-9662, 418-231-2598 lesaharadufleuve@hotmail.com

1 unit - 🖘 🕳 🎎 💥

Baie-Comeau

Entre Mer et Montagne

299241

13 rue des Cèdres, Franquelin 418-295-8112, 418-293-2564 entremeretmontagne2019@hotmail.com -

1 unit - 🎓 🗮 🚓 🛷

Chalet chez tante Lucille

135015

230 rue Pascal-Comeau, Godbout - 418-568-7830

1 unit - \$ \$ - ★≠■畿豊 Ad p.45

Chalets de la Baie 🖲

093074

1 rue de la Baie, Baie-Trinité 418-939-2242 - <u>sabt.ca</u>

10 units - \$\$\$ - ★■急黨

Port-Cartier

La Maison des Pionniers

22165

1unit - \$\$\$ - ★■急黨

Refuge la petite ourse

302099

5397 rue Moreau, Port-Cartier (Rivière-Pentecôte) 418-768-6966 - refugelapetiteourse.com

1 unit - \$\$\$ - ♠★இ

Hébergement Réserve faunique Port-Cartier-Sept-Îles ■

083484

Route Jacques-Cartier, Port-Cartier (Lac Walker) 418-766-2524 or 1-800-665-6527 sepaq.com/portcartierseptiles -

12 units - 🏖

Ad p.69

Sept-Îles

Domaine santé nature des Sept-Rivières

222141

500 Route du Club-de-Ski-de-Gallix, Sept-Îles 418-766-2425 - <u>domainesantenature.com</u> - **f**

5 units - **\$\$\$\$** - **ஔ**<u>▲</u>❖

Rivière-au-Tonnerre

Vacances Minganie

103740

392 rue Jacques-Cartier, Rivière-au-Tonnerre 514-231-1919, 418-465-2147 clubvacancesminganie.com - •

4 units - \$\$\$ - Ģ■ஆ்்≾்இ

Havre-Saint-Pierre

Condos de la Mer

156822

140 rue de la Mer, Longue-Pointe-de-Mingan 514-210-6127 - <u>tourisme-loiselle.com</u>

2 units - \$\$\$ - 🧇 ■ 🕸 🖺

Ad p.95

Studio La Chicoutée

276861

198 rue de la Mer, Longue-Pointe-de-Mingan 418-949-0030 - <u>chicoutee.com</u>

1 unit - \$\$\$\$ - Xॄङ्बाౖ

Chalet Minganie

274422

2000 Route 138 Est, Havre-Saint-Pierre chaletsminganie.ca

3 units - \$\$\$ - ╤≠■≌

Natashquan

Résidence Un air de par ici

218665

24 allée des Galets, Natashquan 418-692-5078 - <u>unairdeparici.com</u> - **①**

2 units - \$\$\$ - ॄ ■ 🚓 🕿

Basse-Côte-Nord

Innuberge

300762

13 rue D, Unamen-Shipu, La Romaine 418-229-1300 - innuberge.ca

4 units - \$\$\$\$ - ஔ**௵**▲

Resorts

Tadoussac

Centre de vacances Ferme 5 Étoiles

079984

465 Route 172 Nord, Sacré-Cœur - **1 a** 418-236-4551 or 1-877-236-4551 - <u>ferme5etoiles.com</u>

58 units - **X∻≓⊜**፲෴‱ౖ

Ad p.20 ***

Maison de la Mer d'Explos-Nature

055915

302 rue de la Rivière, Les Bergeronnes 418-232-6249 or 1-877-637-1877 - <u>explosnature.ca</u> - **1** 132 units - **X**奈雲

Havre-Saint-Pierre

Auberge de l'île aux Perroquets **●**

282015

Reception: Centre John Collin 878 chemin du Roi, Longue-Pointe-de-Mingan 418-949-0005 - ileauxperroquets.ca -

8 units - X 🏖



Youth Hostels

Tadoussac

La Maison Majorique

086026

158 rue du Bateau-Passeur, Tadoussac 418-235-4372 - ajtadou.com -

104 units - \$ - እዜ 🖘 🧲 🚣

Fermont and Route 389

Monts Groulx Aventure ■

279694

Km 211 Route 389 - 418-584-2301 or 1-800-760-2301 motelenergie.com -

40 units - **\$\$** - **X**ኞ៎



Port-Cartier

Auberge du Nord-Côtier

263502

4373 rue des Pionniers, Port-Cartier (Rivière-Pentecôte) 418-799-1241 – aubergenordcotier.com – •

4 units - \$\$ - X♠★★இ

Sept-Îles

Auberge internationale Le Tangon

075493

555 Ave Cartier, Sept-Îles 418-962-8180 - aubergeletangon.com -

29 units - **\$** - **奈**€

L'Île-d'Anticosti

Auberge de la Pointe-Ouest

133350

Chemin de la Baie-Sainte-Claire, near Port-Menier 418-535-0250 - tourisme@île-anticosti.org - fort-Menier

10 units - \$ - ≠€ * • \$

Other Classified Establishments

Tadoussac

Auberge chez Caro

116616

166 rue Principale Nord, Sacré-Cœur 418-236-9371 - <u>aubergechezcaro.com</u>

12 units - \$ - X 奈 🗆 🚣

Le Goéland

084136

261 rue de l'Hôtel-de-Ville, Tadoussac 418-235-4474 - <u>gitedugœland@gmail.com</u> - **f**

410-255-4474 - giteuugœianu@ginait.com

5 units - **\$\$\$** - **X**<?\#

Motel Le Béluga

144874

++++

191 rue des Pionniers, Tadoussac 418-235-4784 - le-beluga.gc.ca

10 units - **\$\$** - **X** ♠ **AC** □



Petit Hôtel La Passe-Pierre

104856

242 rue de l'Hôtel-de-Ville, Tadoussac 418-235-4380 - lagalouine.com -

7 units - \$\$\$ - X - □



Auberge Le Campagnard

181786

180 rue Principale Nord, Sacré-Cœur - **1** 418-236-1227 - <u>aubergelecampagnard@videotron.ca</u>

8 units - \$ - 🤝





Auberge Mon coin de Pays

294976

**

45 rue Principale, Sacré-Cœur 418-236-4445 - moncoindepays.com - **f**

8 units - \$\$\$ - X ≈ AC □ 🚣

Le Domaine de nos Ancêtres

192242

1895 Route 172 Sud, Sacré-Cœur 418-236-4833 or 1-877-236-4551 <u>info@ferme5etoiles.com</u>

6 units - \$\$ - x≈

Ad p.20

La Maison de l'Engoulevent

297752

122 rue Principale, Les Bergeronnes 418-514-3663 - <u>maisonengoulevent@outlook.com</u>

2 units - \$\$\$ - 寥■□**-** 🚣

Forestville

Domaine du Lac-des-Cèdres

160274

4 chemin du Lac-des-Cèdres, Longue-Rive 581-623-0772 - <u>kathy.b.gagnon@hotmail.com</u>

5 units - \$\$ - ₹ACX # & # 🚣

Baie-Comeau

Camp St-Paul Gîte plein air

175980

155 chemin Principal, Pointe-aux-Outardes 418-567-4486 or 1-866-233-4486 - <u>campstpaul.com</u>

5 units - \$ - X ? ★ ###

Restaurant du Passant

223025

100 rue Monseigneur-Labrie, Godbout 418-568-7340

3 units - \$ - X ⊋Ac□♣#

Ad p.45

Fermont and Route 389

Le Relais Manic-Outardes inc.

271876

Km 94 Route 389 (towards Manic-5) 418-294-2294 - relaismanicoutardes@gmail.com

7 units - \$\$ - X?

Station Uapishka S.E.N.C.

227323

Km 336 Route 389

418-296-8514 - stationuapishka.com - 60

30 units - ★念金金





Sept-Îles

Hôtel Boutique Atikuss

245151

136 Blvd des Montagnais, Sept-Îles (Uashat)

418-962-6377 - <u>atikuss.com</u> - **? 3**

Ad p.82



Rivière-au-Tonnerre

Complexe locatif à tribord

173670

450 Route Jacques-Cartier, Rivière-au-Tonnerre 418-961-3354, 418-465-2144 - rinatremblay01@gmail.com

9 units - **\$\$\$** - ॄ**■□▲**&

Havre-Saint-Pierre

Motel Le Poséïdon

074200

860 chemin du Roi, Longue-Pointe-de-Mingan 418-949-0080 - marie-pier.renaud@poseidonmdmp.com

9 units - \$\$ - ₹▲

Auberge chez Aline

187552

1259 rue Boréale, Havre-Saint-Pierre - 418-538-3181

6 units - **\$** - 亭**≠**□

Auberge Niapiskau 2

237473

1126 rue Boréale, Havre-Saint-Pierre 418-538-2800 - <u>hotelduhavre.ca/auberge-niapiskau.html</u>

3 units - \$ - ₹

Natashquan

Hébergement de la Chute

088793

233 Route Jacques-Cartier, Aguanish

418-533-2357 - aacn@hotmail.fr

4 units - \$ - 奈□▲இ

Auberge La Cache

050584

183 chemin d'en Haut, Natashquan 418-726-3347, 418-563-7746 - <u>aubergelacache.com</u>

17 units - \$\$\$\$ - 🦘 🛳 🕮

Basse-Côte-Nord

Auberge de l'Archipel

217490

260 Ave de l'Église, Tête-à-la-Baleine 418-242-2917 - martinorr04@hotmail.com

7 units - **\$\$\$** - **%**奈<u>▲</u>

Campgrounds

Charlevoix Region

Camping du Fjord

205376

604 Route de la Grande-Alliance, Baie-Sainte-Catherine 418-237-4230 - <u>campingdufjord.com</u> - **6** Open: June 18 to September 7.

55 sites - ⊖ 50% - \$29-\$43 - ₹#\$% ₽\$

Tadoussac

Camping Tadoussac

201110

428 rue du Bateau-Passeur, Tadoussac 418-235-4501 or 1-855-708-4501 vacancesessipit.com Open: May 29 to September 28.

193 sites / 8 ready-to-camp

Ad p.248





Camping Domaine des Dunes

206780

585 chemin du Moulin-à-Baude, Tadoussac 418-235-4843 - <u>domainedesdunes.com</u> - **9** Open: May 1 to October 31.

47 sites / 6 ready-to-camp

⊕ 50% - \$31-\$41 - ╤★ఄఄఄఄఄఄఄఄఄఄఄఄఄఄఄఄఄఄఄ

Ad p.21



Le Bleuvet Campground – Saguenay Fjord National Park

206990

1121 Route 172 Nord, Sacré-Cœur 1-800-665-6527 - parcsquebec.com Open: June 4 to October 10.

60 sites / 9 ready-to-camp

⊕ 60% - \$30-\$44 - ♠®∅**§**∰



Camping Bon-Désir

201084

198 Route 138, Les Bergeronnes 418-232-6297 or 1-877-632-6297 campingbondesir.com Open: May 15 to October 12.

195 sites / 4 ready-to-camp

● 14% - \$29-\$47 - 奈★命樂園學樂

Camping Mer et Monde Écotours

213684

20 chemin lalbert. Les Bergeronnes 418-232-6779 or 1-866-637-6663 meretmonde.ca - 😝 😉 Open: May 21 to October 11.

45 sites / 3 ready-to-camp and 8 rustic shelters

→ 10% - \$39-\$41 - ★命@⑤@②

\$18-\$40 - 🖘 🛣

Camping Paradis-marin

206430

4 chemin Émile-Boulianne, Les Bergeronnes 418-232-6237 - campingparadismarin.com - • Open: May 15 to October 10.

160 sites / 2 ready-to-camp

● 5% - \$40-\$50 - ★愈躁‰園學樂

Ad p.126

Camping Le Tipi

201176

46 rue de la Réserve, Essipit 418-233-2266 or 1-888-868-6666 vacancesessipit.com - • Open: May 16 to September 7.

50 sites / 1 ready-to-camp

● 40% - \$32-\$42 - ╤★ŵ♥¾໘ы果 Ad p.248

Forestville

Domaine du Lac-des-Cèdres

213850

4 chemin du Lac-des-Cèdres, Longue-Rive 581-623-0772

kathv.b.gagnon@hotmail.com -Open: June 1 to September 15.

43 sites / 1 ready-to-camp \$25-\$40 - 令世學獎人因果

Camping Portneuf-sur-Mer

222497

3 chemin de la Marina, Portneuf-sur-Mer 581-221-0437, 418-238-1056 camping.portneuf-sur-mer.ca - 6 Open: May 16 to September 20.

95 sites / 4 ready-to-camp

Camping de la Baie-Verte

222858

**

Ad p.C-2

172 1st Avenue, Forestville 418-587-6561 - forestville.ca/tourisme Open: May 20 to September 20.

39 sites / 2 ready-to-camp



Baie-Comeau

Camping Camp Saint-Paul

222533

155 chemin Principal, Pointe-aux-Outardes 418-567-4486 or 1-866-233-4486

campstpaul.com

Open: May 15 to September 15.

25 sites - ⊖ 50% - \$35-\$45 - ₹###@##

Camping Parc de la rive

201854

197A rue de Baie-Saint-Ludger, Pointe-aux-Outardes 418-567-4021, 418-378-4727 michellavoie2010@hotmail.com Open: June 1 to September 7.

208 sites - ⊖ 50% - \$24-\$36 - ₹#\$ \$\$ ₽\$





Camping Parc Nature de Pointe-aux-Outardes

627484

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - <u>parcnature.com</u> Open: Year-round.

17 sites / 5 ready-to-camp \$25-\$30 - @育園靈

Ad p.41



Camping de la Mer

201095

72 rue Chouinard, Pointe-Lebel 418-589-6576 - <u>campingdelamer.net</u> Open: May 14 to September 19.

Camping Boréal

627066

300 Route 138, Baie-Comeau
418-296-6949 - camping-boreal.com -
Open: May 21 to September 26.

201 sites / 1 ready-to-camp

⊕ 35% - \$30-\$48 - ╤★☞點點

Camping Lac Malfait

627544

Lac La Chesnaye, Baie-Comeau associationlacmalfait@hotmail.com -
Open: June 14 to September 2.

31 sites - \$10-\$25 - இ₽

Camping de la Baie

204971

2 rue Saint-Laurent, Baie-Trinité 418-939-2010, 418-939-2242 - <u>sabt.ca</u> Open: June 1 to September 30.

40 sites - ⊖ 50% - \$35-\$35 - ★@¾%\\$

Camping Domaine Ensoleillé 2000

206544

15 Route 138 Est, Baie-Trinité 418-939-2002 or 1-866-939-2002 - <u>domaineensoleille.com</u> Open: May 21 to September 19.

65 sites - ⊖ 15% - \$26-\$42 - ❤️★☆樂園果業



Camping du Gîte du Phare de Pointe-des-Monts **®**

218934

1937 chemin du Vieux-Phare, Pointe-des-Monts 418-939-2332 or 1-866-369-4083 pointe-des-monts.com

Open: June 15 to September 15.

7 units - \$25-\$25 - ★��

Fermont and Route 389

Camping Manic 2

201806

Km 23 Route 389, Baie-Comeau 418-296-2810 - campingmanic2@globetrotter.net Open: June 1 to September 30.

83 sites - ⊖ 50% - \$30-\$43 - ★@¾%₽

Relais Manic-Outardes

Km 94 Route 389, Rivière-aux-Outardes 418-294-2294 - relaismanicoutardes@gmail.com

15 sites - ඉ

Association Loisir Plein Air de Fermont # 627397

300 rue des Lagopèdes, Fermont 581-444-1172 - <u>alpaf@hotmail.ca</u> - **(9)** Open: June 15 to September 15.

108 sites - \$10-\$40 - ★★@����

Port-Cartier

Camping Lac Walker Réserve faunique de Sept-Îles-Port-Cartier

201666

64 Route 138, Port-Cartier (Lac Walker) 581-824-1008 - <u>sepaq.com/rf/spc</u> Open: June 5 to September 5.

50 sites / 2 ready-to-camp

→ 30% - \$28-\$39 - ★〒ダダ国界業

Ad p.69

Camping municipal Le Paradis

205063

Blvd du Portage-des-Mousses, Port-Cartier 418-766-7137 - • Open: May 24 to October 3.

45 sites - ⊖ 40% - \$25-\$37 - 🖘 🛣

Sept-Îles

Camping île Grande Basque

627013

29 île La Grande Basque, Sept-Îles (Boat access) 418-962-1238 or 1-888-880-1238

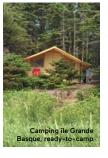
tourismeseptiles.ca - **f o** Open: June 12 to September 4.

19 sites / 1 ready-to-camp

⊕ 80% - \$16-\$16 - 📇 🖫 🕸

Ad p.73





Camping site pour véhicule de camping | RV campground

206651

1401 Blvd Laure Ouest, Sept-Îles 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca - 🔞 🖾 Open: May 19 to October 11.

20 sites / 2 ready-to-camp \$30-\$30 - ❤★����ౖౖౖౖౖౖౖౖౖౖౖౖ

Ad p.73

Camping Laurent-Val

205030

1000 rue Fournier, Sept-Îles (Moisie sector) 418-927-2899 - <u>campinglaurentval.com</u> - **9** Open: May 15 to September 13.

150 sites - ⊖ 20% - \$29-\$45 - ★★節樂學

Camping zec de la rivière-Moisie

205026

10 rue Mercier, Sept-Îles (Moisie sector) - • 448-927-2021 (in summer), 418-962-3737 - rivieremoisie.com
Open: May 14 to September 5.

133 sites / 2 ready-to-camp

● 30% - \$26-\$45 - ★愈躁學黨

L'Île-d'Anticosti

Camping du château

627449

2 chemin du Château, Port-Menier 418-535-0250 - <u>municipalite-anticosti.org</u> Open: June 1 to September 15.

5 sites - ⊖ 80% - \$25-\$25 - ≠®△§≘

Havre-Saint-Pierre

Camping de la Minganie

205015

109 rue de la Mer, Longue-Pointe-de-Mingan 418-949-2307 or 1-866-949-2307 - <u>tourisme-loiselle.com</u> Open: May 15 to September 30.

101 sites / 16 ready-to-camp

⊕ 25% - \$21-\$30 - 會★愈樂人⑤果靈 Ad p.95

Camping de la plage

206264

126 rue de la Mer, Longue-Pointe-de-Mingan 418-949-2302 or 1-877-949-2302 - <u>minganie.info</u> - **③** Open: May 1 to October 31.

10 sites / 2 ready-to-camp \$20-\$25 - ❤️★⑤☑點點



Mingan Archipelago National Park Reserve

206102

1010 Promenade des Anciens, Havre-Saint-Pierre (access to camping on the archipelago islands is by boat) 418-538-3285 or 1-888-773-8888 parkscanada.gc.ca/mingan → ♠ ♠ Open: June 14 to September 30.

45 sites / 9 ready-to-camp

\$25-\$25 - ♠️⑤⑤⑥∰ Ad inside back cover



Camping municipal de Havre-Saint-Pierre * # 200966

1730 rue Boréale, Havre-Saint-Pierre 418-538-2415 - <u>havresaintpierre.com</u> Open: June 1 to September 12.

86 sites - ⊖ 30% - \$23-\$29 - @ 🕫 🕿 🕿

Natashquan

Camping Relais des Cayes

206113

101 Route Jacques-Cartier, Aguanish 418-533-2002 - •

Open: June 1 to October 11.
32 sites / 1 ready-to-camp

Camping municipal Chemin Faisant # 207104

Route 138 Est, Natashquan 418-726-3697 - <u>natashquan.org</u> Open: June 15 to September 14.

42 sites - ⊖ 50% - \$27-\$37 - ★® 🔎 ಿ

Non-traditional Accommodation

Tadoussac

Alfred le voisin d'Oscar | Glamping

627497

306 rang Saint-Joseph, Sacré-Cœur 418-571-0533 - <u>alfredoscar.com</u> Open: Year-round.

This property's four high-end yurts combine proximity to nature with fabulous views of the fjord! Each 4-person yurt comes with a dry toilet, shower and kitchenette, and is just a few minutes' walk from the parking area. The Saguenay Fjord National Park and Casta Fjord restaurant (3 km) are nearby. Guests can go hiking, backcountry skiing and snowshoeing right on the property. Rates: from \$180.

<u>- \$#\$B±&`₩`</u>

Camping Domaine des Dunes

206780

585 chemin du Moulin-à-Baude, Tadoussac 418-235-4843 - <u>domainedesdunes.com</u> - **9** Open: May 1 to October 31.

Our secluded, ready-to-camp, 4-person tents and 2-person wooden tipi have lovely river views and are the perfect choice for spending one or more nights in the forest. The tents have 2 double beds and a kitchenette (bedding not included); the tipi has 1 double bed and a kitchenette (kitchenware and bedding included). The starting point for the 2-km treetop adventure trail is located nearby. Rates: \$149/night for a tent or tipi.

≑**⊄**⊛ἡ∔**≘** Ad p.21



POD cabins and Ready-to-camp Camping Tadoussac

201110

Come and experience luxury camping with family or friends in a natural setting: our comfortable, fully-equipped, well-designed, innovative camping options have heating, lighting, double beds (bedding included) and kitchenettes; outdoors, there's a picnic table, fire pit and patio chairs; toilets, showers and services are located nearby. Treat yourself to the "POD cabin" experience!



Ad p.248



Canopée Lit

627521

303 chemin de l'Anse-de-Roche, Sacré-Cœur 418-236-9544 - <u>canopee-lit.com</u> Open: Year-round.

Fourteen cabins on 26-ft stilts offer great views of the fjord and surrounding treetops. Choose between 4 glass-roofed cabins, four 4-season cabins and 6 "bubbles" (transparent, round rooms). Cabins have private bathroom and shower, kitchenette, patio, linens and towels, and are no more than 10 minutes' walk from the reception area. Breakfast is delivered to your door every morning. On-site interpretation trail. Rates: from \$160 to \$240.

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Ferme 5 Étoiles | Family Vacation Resort

Looking to spice up your vacation with some out-ofthe-ordinary accommodation? Our yurts overlooking the fjord, ready-to-camp units and Canadian log cabins are made for you! These comfortable, fullyequipped accommodation options in a beautiful, natural setting make it easy to take advantage of the many outdoor activities nearby.

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Ad p.20

Saguenay Fjord National Park (Baie Sainte-Marguerite sector)

206990

1121 Route 172 Nord, Sacré-Cœur 418-236-1162 or 1-800-665-6527 parc.saguenay@sepaq.com Open: May 21 to October 11.

Staying in a shelter, primitive campsite or lean-to just off a hiking trail is a great way to connect with nature. Or, why not try one of our ready-to-camp tents that deliver all the fun of camping with none of the hassle? Beds, tableware, kitchenware and heating are included. Reservations required.

<u>~@√1.5~</u>





Mer et Monde Écotours Ready-to-camp tents & Rustic cabins

213684

20 chemin lalbert. Les Bergeronnes 418-232-6779 or 1-866-637-6663 meretmonde.ca - 60 Open: May 21 to October 11.

With stunning views of the St. Lawrence River or just a few feet away from the water and its resident whales. our rustic accommodation and ready-to-camp options provide an easy route to outdoor fun. The large windows and front porch allow you to enjoy the sea air and magnificent views in comfort. Each cabin and tent has two bedrooms and a kitchen: kitchen utensils and bedding included. Reservations required.

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Ad p.C-2

Ad p.41

Baie-Comeau

Les Nichoirs d'oiseaux géants -Parc Nature | Giant birdhouses

627484

4 rue Labrie, Pointe-aux-Outardes 418-567-4227 - parcnature.com - **6** Open: June 5 to October 12.

These five cozy treetop cottages, built to resemble giant "birdhouses", are creatively furnished to reflect the different bird species that live in the park. Book the one that most resembles your personality; are you an elegant great gray owl or more like the lively swallow? There's a private dry toilet and water faucet nearby, and comfort station with showers just 300 m away.

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Hébergement du bûcheron | Rustic accommodation

16 rue des Érables, Franquelin 418-296-3203

villageforestierdantanfranguelin.com - 6 Open: June 5 to October 10.

Sleep like a log in this magnificent natural, historic setting on the shore. Listen as it tells you stories of the brave North Shore pioneers. Sleep in one of our cozy ready-to-camp prospector tents, complete with on-site fire pits, showers, roofed pavilion. Trail access, evening storytelling. Upon request: fishing lessons, guided hikes, planting a herb garden. Lumberjack meal (with accommodation only). Packages available: reservations required.

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L'Artisane du Village & Thépi Bec Sucré | Indigenous accommodation

166 rue Pascal-Comeau, Godbout 418-568-7879 - lartisaneduvillage.com - 🚺 Open: May 1 to October 15.

Close to the ferry terminal, spend a night in a comfortable, well-equipped tipi and use the opportunity to get better acquainted with Aboriginal culture. Relax around a fire and enjoy a meal or sandwich made primarily of fish or seafood and prepared with care.

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Ad p.45

Ready-to-camp Zec Godbout

117 Route 138. Godbout 418-568-7305 - rivieregodbout.com Open: June to September.

Stay in an exceptional, all-inclusive campsite on the shores of the Godbout River, 5 km from Route 138. where you can fall in love with nature and fall asleep to the sound of the falls. The ready-to-camp tents have two rooms with beds, an eat-in kitchen, covered porch, picnic table and BBQ. Reservations recommended. 🎞 🕻 🖫 🎎



Sept-Îles

Ferme maricole Purmer - Yurts (*)

Île La Grosse Boule, Sept Îles Archipelago, Sept-Îles 418-960-4915 - <u>ferme-purmer.com</u> - **6** Open: June to September.

Stay on an island, in one of our three 4- to 8-person yurts. Come and learn fascinating details about the underwater world by touring a farm that grows mussels, scallops and seaweed. Take a trip in an inflatable boat that includes commentary and tasting of products straight from the sea. Reservations required.

<u>- 1.52.34</u> \$

Havre-Saint-Pierre

Ôasis – Mingan Archipelago National Park Reserve

206102

1010 Promenade des Anciens, Havre-Saint-Pierre 418-538-3285 - 1-877-737-3783 parkscanada.gc.ca/mingan - 🕶 🕥 🚱

Open: June to September.

Couples and families, enjoy a getaway in this unusual water drop-shaped accommodation that has a bench bed and a mezzanine hammock. Spend the night in the tree canopy admiring the stars. Rates: Õasis: \$122.64; fire permit: \$8.80; reservation fee: \$11 online or \$13.50 by phone, plus park access fee. Kitchenware rental extra. Reservations recommended.

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Ad inside back cover



oTENTik Tents - Mingan Archipelago National Park Reserve

206102

Havre-Saint-Pierre Welcome and Interpretation Centre 1010 Promenade des Anciens, Havre-Saint-Pierre (Pélagie-Cormier Terminal)

418-538-3285 or 1-888-773-8888

parkscanada.gc.ca/mingan - († 🖸 🔞

Open: June to September.

Stay in an oTENTik tent on Quarry Island and admire the island's stunning scenery and sunsets, abundant plant and animal life and the stars at night, then fall asleep to the sound of the waves. The 6-person, furnished oTENTik units (a cross between a tent and a rustic cabin) have lighting and heating. Rates: tent: \$122.64; fire permit: \$8.80; park access fee, reservation fee and kitchenware rental extra. Reservations recommended: 1-877-737-3783 or reservation.pc.gc.ca.

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Ad inside back cover





Places to eat

Côte-Nord cuisine is constantly innovating with flavours and products from the St. Lawrence River and the boreal forest. Our creative chefs find new ways to prepare fish, seafood and game as well as plants, mushrooms, herbs and wild berries that can only be found locally.

Price range Under \$15 \$15-\$30 \$31-\$50 Breakfast Lunch

Supper

Organized by sector, from west to east.

Tadoussac

Tadoussac

À l'emportée Coop | Artisanal bakery

164B rue Morin, Tadoussac 418-235-4752 - alemportee.com - **6**

\$ - 1.2.3 - T

Specialties: quality bread and pastries hand-made with local ingredients, take-out dishes sold in ecofriendly packaging and home-made products sold in our store. Come and browse, you're sure to find something yummy for your next picnic!



Bohème Café Bistrot

239 rue des pionniers, Tadoussac 418-235-1180 - <u>lecafeboheme.com</u> - **G**

\$\$ - 1.2.3 - ₹₹T

This friendly café located in the former general store is a place where culture, creativity and innovation come together. Locals and visitors alike love the relaxed yet lively ambiance and the top-notch cuisine featuring both regional and exotic ingredients.

Chez Mathilde

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227 rue des Pionniers, Tadoussac 418-235-4443. 581-235-2455 chezmathildebistro.com - (9)

\$\$\$\$ - 2,3 - ₹₹⊤

Started by a couple who are passionate about their craft. Chez Mathilde has become a must-visit Côte-Nord destination. This Tadoussac fine dining mecca is known for the imaginative dishes created by chef-owner Jean-Sébastien Sicard, and for the dining room's warm ambiance, with sultry piano-bass duets. Tasting menus for pescatarians and vegetarians, made with top quality local North Shore products.

Hôtel Tadoussac, Le Coverdale

165 rue du Bord-de-l'Eau, Tadoussac 418-235-4421 or 1-800-561-0718 hoteltadoussac.com - 6

\$\$ - 1.2.3 - ₺ኞቾ●

Ad p.22

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Specialties: local seafood, fish and meat dishes on the regular menu. The dining room's elegant wood panelling, murals, and pieces from the Coverdale collection bear witness to a rich history.

Hôtel Tadoussac, Le William

165 rue du Bord-de-l'Eau Tadoussac 418-235-4421 or 1-800-561-0718 hoteltadoussac.com - 6



\$\$\$ - 3 - ₺╤Ұ⊕

Specialties: gourmet dishes made with local and regional ingredients, a range of fresh seafood and an outstanding duck leg confit. Experience fine dining in an intimate atmosphere with abundant natural light, stunning views of the St. Lawrence River and one of the most beautiful bays in the world. Awarded an AAA/CAA 4-diamond rating.

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La Galouïne Auberge & Restaurant

251 rue des Pionniers, Tadoussac 418-235-4380 - <u>lagalouine.com</u> - **•**

\$\$\$ - 1,2,3 - i₺♠₹♦ Ad p.22

Terroir Boréal specialties: seafood, game, grilled meat, pasta, pizza. Chef/owner Martin Brisson uses local ingredients for the delicious table d'hôte, regular and take-out menu. Try the smoked marinated salmon and duck plate, local cheeses and microbrewery beers. House specialties: the Montagnais *croûtiers* and the La Galouïne platter. Reservations recommended.



Le Chantmartin

412 rue du Bateau-Passeur, Tadoussac 418-235-4733 or 1-800-731-4733 chantmartin.com -

\$\$ - 1.2.3 - ¥

Specialties: the seafood pizza alone is worth a visit. Open year-round, this restaurant offers a wide selection of dishes, including grilled meat, pizza, seafood, sandwiches, pasta, fondue, fast food, and daily specials. Table d'hôte and children's menus also available.



Restaurant Le Bateau

246 rue des Forgerons, Tadoussac 418-235-4427 or 1-866-212-4427 lebateau.com -

\$\$ - 2,3 - ₹₹

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Specialties: an all-you-can-eat buffet of well-known, traditional Québécois dishes like tourtière (French-Canadian meat pie), mussels cooked in beer, and the famous local sweet vinegar pie. Come enjoy fabulous views of the village, the fjord and the river as you sample a Québec beer and listen to local musicians.

Resto L'Auberge du lac

191 rue des Pionniers, Tadoussac 418-235-4784 – <u>le-beluga.qc.ca</u>

\$\$ - 1,2,3 - ৳৻৽ৢৠ⊤

Ad p.197

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Specialties: AAA-certified Angus steak, fresh salmon fillet, beggars' purse stuffed with cod, seafood and vegetables. Enjoy dishes from the regular and table d'hôte menu, and a wide selection of wine and locally brewed beer, in the dining room or on the patio.



Café l'Abri Côtier

171 rue du Bord de l'eau, Tadoussac 581-327-1001 - <u>cafelabricotier.com</u> - **G**

\$\$ - 2,3 - ₹Т

Café l'Abri Côtier is a new spot in the very centre of Tadoussac where people can come to socialize and relax. The café serves simple, healthy, tasty food to eat in or take out: coffee, pastries, soups, salads, soups and sandwiches, smoothies and other treats! We use mainly organic and/or Quebec-sourced products in our recipes.

Sacré-Cœur

Le Coronet

401 Route 172 Nord, Sacré-Cœur 418-236-9444 or 1-800-550-3123 hmcoronet.com

\$\$ - 1,2,3 - ¥

Ad p.20

Located inside the Hotel-Motel Coronet complex, this restaurant's large dining room welcomes patrons with a relaxed and friendly atmosphere. On the menu: grilled and roasted meat, seafood, sandwiches, pasta, pizza and daily specials.

Les Bergeronnes

La Rosepierre

66 rue Principale, Les Bergeronnes 418-232-6543 - <u>rosepierre.com</u> -

\$\$ - 1,3 - ₹₹

Located in the heart of the village, the regular and table d'hôte menu at this inn and restaurant feature Canadian and European cuisine, all made in-house, including regional specialties that showcase fresh local ingredients. Come and enjoy our generous continental buffet breakfast. Wheelchair accessible; reservations required.

Les Escoumins

Kiboikoi Café-Bar

\$ - 1,2,3 - ₹₹⊤

Specialties: homemade local and regional products. We proudly serve organic fair trade coffee and chocolate, soup, salad and sandwiches, pastries and offer a catering service. We have a children's area, art exhibitions and shows for on-site entertainment, as well as board games and books for quieter pleasures.

Le Krill Cuisine Terre et Mer | Surf & Turf

287 Route 138, Les Escoumins 418-233-2121 - <u>lekrill.ca</u> - **f ©**

\$\$ - 3 - ₹₹Т

In a warm atmosphere, this restaurant serves gourmet dishes inspired by the salty air and the robust nature of the North Shore in which local flavors are highlighted. Slate dishes are added daily to the regular menu posted on lekrill.ca. These follow the seasons and the inspiration of the chef and his team.

Restaurant Le Bouleau

454 Route 138, Les Escoumins 418-233-3330 - restaurantlebouleau.com - **f**

\$\$ - 1,2,3 - ₹₹

Ad p.19

This friendly seafood restaurant has a view of the St. Lawrence, so you may spot whales as you dine on excellent seafood, grilled meat, pizza, pasta, and more, from the regular, table d'hôte or daily specials menu.



Restaurant Le Petit Régal

\$\$ - 1,2,3 - ₹₹T

Ad p.19

Choose from among many delicious dishes, such as fish, seafood, grilled meat, spare ribs, pizza, homemade fries and other à la carte options. The dining room and patio have excellent views of Les Escoumins Bay.



Restaurant Pêcherie Manicouagan

152 rue Saint-Marcellin Ouest, Les Escoumins 418-233-3122 - <u>fruitsdemeretpoissons.com</u>

Ad p.23

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Specialties: freshly caught local fish and seafood, including; snow crab, shrimp, lobster, scallops, halibut, turbot, whelks, and Arctic surf clams – also sold/served in our delicious chowder. Eat in at our fishmonger-restaurant, with great views of the river, or take out. A Philippe Mollé 2020 Top Pick.



Forestville

Portneuf-sur-Mer

Cantine chez Braz

3 Route 138, Portneuf-sur-Mer 581-623-1051 - <u>lapatateatoto@gmail.com</u> - **①**

This chip truck offers patrons a top-notch menu featuring local and regional flavours, ingredients sourced from Montréal, Québec and Charlevoix, a gazebo-style eating area, and excellent washrooms. As for the name, you'll have to visit to find out why we chose it.

La Capitainerie de la Marina

1 chemin de la Marina, Portneuf-sur-Mer 581-221-0419 – <u>portneuf-sur-mer.ca</u>

\$\$ - 1,2,3

Specialties: North Coast products, regional flavours and seasonal seafood. Bring your family, friends, or that special someone to sample its refined cuisine and delicious menu in a friendly ambiance. Enjoy fabulous view of the St. Lawrence and the mouth of the Rivière Portneuf as you dine.

Forestville

Le Danube bleu

5 Route 138 Est, Forestville 418-587-2278 or 1-877-677-2278 econolodgeforestville.com -

\$\$ - 1,2,3 - ₹₹

Ad p.23

Specialties: all-you-can-eat lunch buffet and daily lunch specials. The continental menu includes dishes such as grilled meat, pizza, hamburgers, pasta and sandwiches. Breakfast is served weekdays from 5 a.m. and weekends starting at 6 a.m.

Resto-Pub Le Chianti

5 Route 138 Est, Forestville 418-587-2278 or 1-877-677-2278 econolodgeforestville.com - •

\$\$ - 3 - ╤₹

Ad p.23

Specialties: bistro menu, single malt scotches, a selection of 40 wines and a variety of beers on tap, including Rickard's and Heineken. Come relax in friendly surroundings that include a central bar, a temperature-controlled glass wine cellar, and big-screen TVs broadcasting sports events.

Baie-Comeau

Baie-Comeau

La Cache d'Amélie

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37 Ave Marquette, Baie-Comeau 418-296-3722 - <u>lynn.harvey@cgocable.ca</u> - •

\$\$\$ - 3 - ≅₹

Specialties: distinctive regional fine dining on the regular and table d'hôte menu. It also has an extensive wine list, with many private imports, and a large selection of spirits as well as private rooms for holding business or small group meetings. Reservations recommended

La P'tite Grenouille

888 rue De Puyjalon, Baie-Comeau 247 Ave Brochu, Sept-Îles Baie-Comeau: 418-589-8898 - Sept-Îles: 418-968-2328 <u>laptitegrenouille.ca</u> -

You'll love walking into this chic bar, choosing a drink from the beer and spirits menu (all at great prices), ordering something from the snacks menu, and listening to the funky live tunes. Come for theme night or hold a private party. A cool place to hang out with friends and meet new people.

Le Bistro La Marée Haute (*)

8 Ave Cabot, Baie-Comeau 418-296-3391 or 1-800-463-8567 bistro.cool - 6

\$\$\$ - 1,2,3 - ₹€T

Ad p.50

Specialties: homemade pâté, smoked meat and seafood. The innovative gourmet dishes feature local ingredients (from the Manicouagan Farm) and fresh seafood. The bistro has a regular and table d'hôte menu, room service, a large selection of wines, beer and spirits. It has great views of the bay and the St. Lawrence River.



Microbrasserie St-Pancrace - Le Pub (3)

55 Place La Salle, Baie-Comeau 418-296-0099 - stpancrace.com - 😝 😉



\$\$ - 3 - ₺ኞ₹⊺

Located in the heart of downtown, our pub offers a warm and friendly atmosphere and a menu featuring local products, craft beers and Quebec spirits. Check out the special events and activities on our Facebook calendar.



Le Manoir du Café

5 Place La Salle. Baie-Comeau 418-294-6652 - <u>manoirducafe.com</u> - 😯 😉

\$\$ - 1,2,3 - ৳ৢৠ⊤

Specialties: a wide selection of high-quality teas and coffees served and sold. Also on the menu: a variety of breakfast options, signature and vegetarian dishes and delicious daily specials.

Pizza Rovale

2674 Blvd Laflèche, Baie-Comeau 418-589-3838 - pizzaroyale@globetrotter.net -



\$\$ - 2.3 - ₹₹

This friendly fast-food restaurant opened in 1970 and still has the original wood-panelled dining room. The menu includes pizza, pasta, Chinese food. seafood, and more. We serve and deliver from 11 a.m. to midnight on weekdays and until 5 a.m. Friday and Saturday. Popular with teams during sports tournaments.



Resto Bar Le Blues

48 Place La Salle, Baie-Comeau 418-296-2212, 418-297-6994 <u>legrandhotel.ca</u> - 😯

\$\$\$ - 1,2,3 - 18\$T

Ad p.44

Specialties: regional seafood, grilled meat, pasta and burgers. We offer many daily happy hour specials and a themed dinner menu. The wood-panelled dining room has a billiard table and a large-screen TV. There's also a heated outdoor patio.

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Resto Bistro Pêcherie Manicouagan

334 Blvd La Salle, Baie-Comeau 418-589-8800 - pecheriemanicouagan.com - 1

\$\$ - 2,3 - ₹T Ad p.43

Treat yourself to a meal at this new fishmongerrestaurant that showcases the region's delicious. high-quality seafood: crab, shrimp, lobster and fresh fish. We have a wide variety of fish and seafood for sale, as well as prepared dishes you can eat on site.

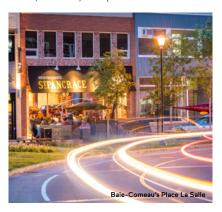


Resto-bar Les Trois Barils

200 Blvd La Salle, Baie-Comeau 418-296-3681, 418-378-7129 restaurant3barils.com/fr - 6

\$\$\$ - 2,3 - ₹₹⊤

Specialties: seafood, grilled meat and pizzas on the regular or daily lunch menu or the evening table d'hôte. We also has an extensive wine list with many grand cru wines, private imports and microbrews. Guests have their choice of 3 separate areas: a guiet section, a solarium, and a patio-bar,



Toujours Mikes Baie-Comeau | Restaurant

304 Blvd La Salle, Baie-Comeau 418-296-8080 mikes.baiecomeau@gmail.com - 60

\$\$ - 1,2,3 - ₹₹

This local restaurant has a tasty lineup of subs. pizzas and pasta dishes, as well as hearty breakfasts, meat-lover specials and delicious breakfast pizzas. The friendly staff responds to your every need, including food allergies and intolerances.

Saint-James au bar de l'eau

20 Ave Cartier, Baie-Comeau 418-296-0045, 418-445-1514

le-saint-james@hotmail.com - 6 \$\$ - 1,2,3 - ₺₹

Lounge on the terrace, with magnificent views of the St. Lawrence (and possible a whale), and peruse the regular or table d'hôte menu featuring pasta, pizza, salads, sandwiches and grilled meat, Enjoy delicious seafood, fish and fresh crab in season and a bottle

Restaurant du passant

100 rue Monseigneur-Labrie, Godbout 418-568-7340, 418-568-7447 marcellelabrie@hotmail.com

\$\$ - 1.2.3 Ad p.45

Specialties: breakfast, Canadian cuisine. This seafood restaurant with a nautical décor is located near the Matane-Godbout ferry terminal and serves a variety of tasty dishes. The dining room has a view of the St. Lawrence, and patrons enjoy strolling along the heach after their meal. Onsite accommodation. available

Sandwicherie Thépi Bec Sucré

166 rue Pascal-Comeau, Godbout 418-568-7879 - lartisaneduvillage.com

\$ - 1.2.3 - **?**⊺ Ad p.45

Specialities: fresh fish and seafood. Located near the Godbout ferry dock, this sandwich shop service tasty treats to locals and visitors alike, including its new homemade sushi. Come and taste the authentic flavours of the sea, you're sure to love them all!

Baie-Trinité

Restaurant Domaine ensoleillé

15 Route 138, Les Islets-Caribou, Baie-Trinité 418-296-4813 or 1-866-939-2002 domaineensoleille.com

Specialties: seafood (seafood roll and fresh crab), grilled meat, pasta, pizza, traditional dishes and local specialties served on Sunday. There's a daily menu, take-out options and breakfast on Saturday and Sunday.

Fermont and Route 389

Restaurant Repos du passant

Km 23 Route 389, Baie-Comeau 418-296-2810 - <u>campingmanic2@globetrotter.net</u>

This fast-food restaurant is located near the Manic-2 dam. It serves daily specials, grilled meat, sandwiches, and more.

Le Relais Manic-Outardes

Km 94 Route 389, Baie-Comeau 418-294-2294 - relaismanicoutardes@gmail.com - •

At this way-station for tourists and workers, located halfway between Baie-Comeau and Manic-5, you'll find a cafeteria, convenience store, gas station, accommodation in private rooms, workers' camp, campground with full-service RV sites, and a snowmobile rest stop for off-roading. (We recommend sledders hire a guide.)



Motel de l'Énergie

Km 211 Route 389, Baie-Comeau 418-589-9293 or 1-800-760-2301 motelenergie.com -

Ad p.58

At the foot of the Manic-5 dam, on the famous *Route du Nord* (Northern Route) is where motorcycle riders gather. Come and share your adventure with them over a Uapishka microbrew and a hearty meal. We have a gas station, restaurant, licensed convenience store and souvenir shop. Reservations required for groups.



Relais Gabriel Restaurant

Km 316 Route 389 6117, Baie-Comeau 418-589-8348, 418-948-1304 pourvoirierelaisgabriel.com -

At the foot of the Monts Groulx mountains, near the Manicouagan reservoir and only one hour from the Manic-5 hydroelectric dam, this restaurant has many daily specials. Be sure to take advantage of our 24-hour gas station and convenience store (5 a.m. to 9 p.m.) with a selection of handy items for travellers.

Pub le Réphil

299 Le Carrefour, Unit 99, Fermont 418-287-3311 - publerephil@gmail.com - •

\$\$ - 3

Come to this happening pub for its friendly ambiance and cozy, rustic décor. Let our dynamic team help you choose from a huge selection of microbrewery beers and cocktails and an extensive tapas menu.

Port-Cartier

Port-Cartier

Café-Théâtre Graffiti

418-766-0101 or 1-866-766-0101 - legraffit 2/15EK



\$\$ - 3 - ETT

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COVID-19

Known for its great shows and intimate décor, Graffiti Café-Theatre is located in an enchanting setting in the heart of Port-Cartier. In summer, come and enjoy a drink and a meal while you watch the show.

Chez VérOH

48 Ave Parent, Port-Cartier 418-766-1393, 418-960-6675 lebelveronique@hotmail.fr - \$



Enjoy a treat on the patio of our family-friendly restaurant near the boardwalk and playground, From the dairy bar: sundaes, soft and hard ice cream, milkshakes, Sloche, coffee, candy and Belgian chocolate. From the chip truck: home-made fries. burgers, hot dogs, poutine, onion rings, paninis, submarines and hot dog sandwiches.

Le Pub Saint-Bernard

15 rue des Pins. Port-Cartier 418-766-1204, le-pub-saint-bernard.business.site -

Regulars or newcomers: our warm welcome makes you feel instantly at home. We carefully source all our ingredients to guarantee a top-notch meal, and our team works hard to go above and beyond, so that you always leave wanting to return.

Sept-Îles

Sept-Îles

Café Chez Sophie

495 Ave Brochu, Sept-Îles 418-968-1616 - <u>cafechezsophie.ca</u> - **1**

Our specialties are pasta, salads and gourmet pizzas. We also have a many choices of appetizers and a wide range of wines by the glass and many specialty beers and microbrews. Customers must be 18 years or older.

Edgar Café Bar

490 Ave Arnaud, Sept-Îles 418-968-6789 - edgarcafebar.com - 6

Located in downtown Sept-Îles since 2007, this café-bar has a huge selection of Quebec and North-Shore beers, an extensive wine and spirits list, and the best local cheeses and other gourmet products. Enjoy the view over the bay while you eat. Check out our store at edgarcafebar.com.

Gino Pizza

831 Blvd Laure, Sept-Îles 418-962-1010, 418-968-1010 pizzagino.ca - 🙃

Founded over 35 years ago, Gino's is best known for its pizza, but it also serves 25 different flavours of poutine and 27 kinds of hearty subs, plus homemade fries, pasta, and sandwiches. Counter service and fast deliverv.



Les Terrasses du Capitaine

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295 Ave Arnaud, Sept-Îles 418-961-2535 - crevettes7-iles@cgocable.ca - 1

Specialties: seafood roll, mussels, and many other mouth-watering seafood dishes. Located near the harbour, this restaurant is one of the region's most popular summer hang-outs. Come try our fish and seafood in a friendly and casual atmosphere. Reservations recommended.

Restaurant bar Chez Omer

372 Ave Brochu, Sept-Îles 418-962-7777

restobarchezomer@globetrotter.net - 60



\$\$\$ - 2,3 - ₺₹₹

Specialties: distinctive dishes prepared using different kinds of seafood: mussels, locally caught crab, lobster, halibut and cod. Regulars appreciate the fresh. high-quality ingredients, top-notch wine list and friendly ambiance.

Restaurant de l'Hôtel Sept-Îles

451 Ave Arnaud, Sept-Îles 418-962-2581 or 1-800-463-1753 hotelseptiles.ca - 6

\$\$\$ - 1,2,3 - ¥

This restaurant has the best view in town! Choose items from the extensive breakfast menu and enjoy the self-serve toast bar. On weekdays, the regular menu includes a salad and bread bar. In summer, we offer theme nights and the freshest of seafood. Join us Friday or Saturday for all-you-can-eat fondue.

Restaurant Le Bavard et L'Ivrogne (3)

14 rue du Père-Divet, Sept-Îles 418-962-4011 - 🚯

\$\$\$ - 3 - ₹¥T

Specialties: shared plates of regional and international cuisine skilfully prepared with seasonal ingredients. The goal of this fine dining bistro is to help patrons discover (or rediscover) the wide range of distinctive local flavours in a cheerful, relaxed ambiance. C'mon by and give us a try!



Restaurant L'Oriental du Nord

1006 Blvd Laure, Sept-Îles 418-968-6080 - <u>orientaldunord.ca</u> - **(7**

\$\$ - 2,3 - ₹₹

Specialties: Cantonese chow mein, General Tao chicken and Canadian cuisine: surf'n turf, grilled meat, filet mignon, seafood, pizza and pasta. Open since June 2014, this family-style restaurant overlooking Sept-Îles Bay has a varied and affordable menu and takeout service. The friendly and efficient staff provide a warm welcome.



Restaurant Pasta

665 Blvd Laure, Sept-Îles 418-968-2121 or 1-800-223-5720 hotel-mingan.com/restaurant

\$\$\$ - 1,2,3 - ₹₹

Specialties: pasta and traditional Italian dishes. Restaurant Pasta is known for its fine European and Italian cuisine and its impressive wine list.



Rôtisserie St-Hubert

1005 Blvd Laure, Sept-Îles 418-968-9191 - <u>st-hubert.com</u> - **6**

\$\$ - 2,3 - ₹₹

Try our legendary roast chicken or mouth-watering grilled dishes. We offer Lunch & Go meals for those in a hurry, plus table d'hôte and children's menus, all available in the dining room, at the bar as well as at the take-out counter and for delivery.

Snack-Bar Chez Mimi

144 rue des Plaquebières, Sept-Îles 418-962-6464 - 🕶 😉

\$\$ - 2,3 - ₹Т

Specialties: crab poutine, Angus beef burger, cloudberry ice cream sundae. Mimi's Snack Bar is now open year-round. We have 20 seats and serve delicious, fun food

Havre-Saint-Pierre

Longue-Pointe-de-Mingan

Cantine Chez Nat

1045 chemin du Roi, Longue-Pointe-de-Mingan 418-949-2634 - aniram-w@hotmail.com - **f**

\$ - 2,3 - т

Specialties: simple but tasty food, like crab or shrimp roll and crab club. Feel like trying Nat's special poutine or her super pizza? Come and try our delicious fries, we've been serving them for 23 years. We're happy to serve you and hope that we see you again!



Havre-Saint-Pierre

Restaurant Chez Julie

1023 rue de la Dulcinée, Havre-Saint-Pierre 418-538-3070, 418-538-4350 theoganas@hotmail.com - •

\$\$\$ - 3 - ₹₹

Specialties: generous seafood platter, fresh halibut or cod. Come to our well-known restaurant and choose from our extensive menu. Since 1977, we have been serving typical North Shore dishes like seafood pizza, cloudberry pie and the *Chalutier*, our famous seafood platter.



Restaurant La Promenade

1197 Promenade des Anciens, Havre-Saint-Pierre 418-538-2637

\$\$\$ - 1,2,3 - ₺₹

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Specialties: seafood roll, cod and seafood. Fans of Canadian cuisine, fish, and seafood will love La Promenade! Enjoy the ocean view as you sample our delicious lobster club sandwich. Breakfast, lunch, and dinner are served in a casual atmosphere

Natashquan

Aguanish

Cantine chez Kathy S.E.N.C.

122 Route Jacques-Cartier, Aguanish 418-533-2111

\$ - 1,2,3 - T

Painted in bright Acadian colours and run by a collective, this canteen serves generous portions of delicious homemade food. Come try our tasty fries, pan-fried sausages and poutines. Breakfast served on weekends only. At Kathy's Canteen, you'll eat well!

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Fumoir Le Goynish

237 Route Jacques-Cartier, Aguanish 418-533-2316 - <u>aacn.ca</u> -

\$\$ - 2,3 - ¥

Stop in at our friendly, welcoming smokehouse and restaurant to pick up local products like marinated or smoked salmon. Or stay for a mouth-watering meal in our comfortable dining room, featuring regional dishes made using local ingredients such as fish, seafood, or (of course!) our delicious smoked salmon.

Natashquan

Auberge La Cache Restaurant

183 chemin d'en Haut, Natashquan 418-726-3347 or 1-888-726-3347

\$\$\$ - 1,3

The friendly staff at this cozy Inn take pride in offering the guests a comfortable stay. Your relaxation and well-being is our top priority! A continental breakfast with some unique local flavours is included in the room rate and served to guests only.

Café-Bistro l'Échouerie

55 allée des Galets, Natashquan 418-726-6005 - <u>copactenatashquan.net</u> - **f** •

\$\$ - 2,3 - ₹T

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Specialties: seasonal cuisine featuring market fresh local ingredients. Boasting a beachfront terrace and lovely waterfront views, and only steps away from the Les Galets souvenir stores, this popular venue has a friendly, laid-back atmosphere and an extensive, revamped menu with many regional dishes and local flavours.

Le goût du large

9 rue du Pré, Natashquan 418-726-3333 - <u>legoutdularge@hotmail.com</u> - **(†)**

\$\$ - 2,3 - ₹₹

Specialties: homemade poutine. Located on the banks of the Petite Rivière Natashquan, this restaurant has something for every taste: seafood and fish platters, pizza, burgers, an astonishing variety of poutines, and a selection of beer and wine to accompany your meal.





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General Information

Useful Information

Québec-wide Tourist Information

Phone: 1-877-BONJOUR (266-5687) Email: info@bonjourquebec.com Online: bonjourquebec.com Social media: #bonjourquebec

- /tourismequebec
 /tourismequebec
- /TourismeQuebec@BonjourQuebec
- /tourismequebec

Brick and mortar:

Centre Infotouriste in Montréal, Québec, Rigaud, Rivière-Beaudette and Degelis: permanent visitor information centres that provide a range of tourist services and products.

The Ministère du Tourisme du Québec is proud to support the province's tourism businesses, both large and small. The Ministry's website, bonjourquebec.com, presents valuable information for tourists and residents alike on attractions throughout Québec.

Plan your next trip to Québec at bonjourquebec.com.

Tourisme Québec 🌬 🔯

Tourist Information on the Côte-Nord

Tourisme Côte-Nord

312 Ave Brochu, Sept-Îles (Québec) G4R 2W6 10 Ave Roméo-Vézina, Baie-Comeau (Québec) G4Z 2W2

1-888-463-0808

tourismecote-nord.com info@cotenordgc.com

- f /tourismecotenord
- /cotenordgc





Official visitor information centres are identified by the ② pictogram on road signs and in tourist brochures.

Tourist Information on the Côte-Nord



Permanent Centres

Bureau d'information touristique de Fermont

100 Le Carrefour, Fermont 418-287-5339 or 1-855-337-6668 <u>caniapiscau.ca</u> –

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Bureau d'information touristique de Sept-Îles

1401 Blvd Laure Ouest, Sept-Îles 418-962-1238 or 1-888-880-1238 tourismeseptiles.ca - (©

Ad pp.71,73

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Seasonal Centres Tadoussac

197 rue des Pionniers, Tadoussac 418-235-4744 or 1-866-235-4744 <u>tadoussac.com</u>

Les Bergeronnes

505 rue du Boisé, Les Bergeronnes 418-232-6595, 418-232-6326, 418-232-1434 bergeronnes.net

Les Escoumins

154 Route 138, Les Escoumins 418-233-2663, 418-233-2766 escoumins.ca

Ad p.18

法令开圈

Longue-Rive

331 rue Principale, Longue-Rive 418-231-2020, 418-231-2344 <u>longuerive.ca</u>

Portneuf-sur-Mer

391 rue Principale, Portneuf-sur-Mer 581-323-1050, 418-238-2642 portneuf-sur-mer.ca

Tourist Information Centres

Forestville 14 (金) 223 Route 138 Ouest, Forestville 418-587-4160, 418-587-2285 ext. 1109 ville.forestville.ca/tourisme Ad p.38 法令曲 Ragueneau 595 Route 138, Ragueneau 418-567-8912 - tourismemanicouagan@gmail.com Baie-Comeau 法章 20 Ave Cartier, Baie-Comeau 418-296-8178 or 1-888-589-6497 tourismebaiecomeau.com Godbout 144 rue Pascal-Comeau, Godbout 418 293-5506 municipalites-du-quebec.ca/godbout/ Ad p.45 Port-Cartier (Pointe-aux-Anglais) 2088 rue Monseigneur-Labrie, Pointe-aux-Anglais 418-799-2212 or 1-888-766-6944 villeport-cartier.com - (f) Ad p.68 **Port-Cartier** څ 64 Route 138. Port-Cartier 418-766-4414 or 1-888-766-6944 villeport-cartier.com - (f) Ad p.68 L'Île-d'Anticosti (Port-Menier) <u>څ</u> 7 chemin des Forestiers. Port-Menier 418-535-0250, 418-535-0311 municipalite-anticosti.org Rivière-au-Tonnerre (Minganie) Km 1088 Route 138 (Rivière Manitou), Rivière-au-Tonnerre 418-538-2333, 418-538-2732 (off-season) manitou@mrc.minganie.org **Havre-Saint-Pierre** is. Pélagie-Cormier Terminal 1010 Promenade des Anciens. Havre-Saint-Pierre 418-538-2512 or 1-866-538-2512 havresaintpierre.com Ad p.90

Baie-Johan-Beetz

16 rue Tanguay, Baie-Johan-Beetz 418-539-0243 – <u>baiejohanbeetz.gc.ca</u>

Aguanish

250 Route Jacques-Cartier, Aguanish 418-533-2228, 418-533-2323 - <u>aguanish.org</u> **(a)**

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Natashquan

24 chemin d'en Haut, Natashquan 418-726-3054 – copactenatashquan.net

Blanc-Sablon

2 Ave Jacques-Cartier, Blanc-Sablon 418-461-3961, 418-461-3450 tourismblancsablon@hotmail.com

Transportation



Air Travel

Baie-Comeau Airport

210 Route de l'Aéroport, Pointe-Lebel 418-589-8285, 418-589-9177, 418-589-9133 mrcmanicouagan.gc.ca

Located in Pointe-Lebel, only 10 minutes from Baie-Comeau, this airport serves several airlines that will fly you to the North Shore, including Air Liaison and Pascan Aviation.

Air Liaison

607, 6th Ave de l'Aéroport, International Airport Jean-Lesage, Québec City 1-888-589-8972 – airliaison.ca

Ad p.70

This Québec-City based airline operates scheduled flights to North Shore cities and villages: Baie-Comeau, Sept-Îles, Havre-Saint-Pierre, Port-Menier (Anticosti Island) and Natashquan, and to villages on the Lower North Shore between La Romaine and Blanc-Sablon. Connecting flights from Québec City to Rouyn-Noranda or Gatineau also available. To book, visit our website.



PAL Airlines

1000 Blvd Laure Est, Sept-Îles 418-962-1222, 418-960-6489 (cell) palairlines.ca - **★ 9**

PAL Airlines is a leading provider of reliable airline service to over 27 destinations in Eastern Canada, offering daily flights to cities like Montréal, Québec City and Sept-Îles, and to several destinations in Newfoundland and Labrador. Free in-flight amenities include meals, drinks, snacks, hot towel service and magazines.



Buses

Intercar

5675 rue des Tournelles, Québec 418-962-9736, 418-627-9108 or 1-888-861-4592 – <u>intercar.ca</u> Open: Daily, 9 a.m. to 9 p.m.

Bus service between Québec City and Havre-Saint-Pierre via all major towns. Bus charters leaving from the North Shore. The Sept-Îles Terminal is located at 27 rue Comeau.



Car Rental

Location Discount

1-844-562-2886 <u>discountquebec.com</u>

Baie-Comeau: 625 Blvd Laflèche, # 200 418-294-6147

Sept-Îles: 194 rue Napoléon 418-968-3269

Fermont: 451 Le Carrefour 418-287 5088

Havre-Saint-Pierre: 1224 Blvd des Acadiens 418-538-4701

Natashquan: 165 chemin d'en Haut 581-622-0057

A leader in vehicle rentals, Discount offers its users a wide range of vehicles: specialized trucks and trucks of all sizes, prestige vehicles, minibuses, electric cars SUVs and RVs. Discount's Québec network of over 165 locations is proud to meet the needs of industries on Québec's North Shore and passengers arriving at Sept-îles and Baie-Comeau airports.

Transportation



Drive-home Service

Tz Baie-Comeau

This organization serves the area between Ragueneau and Franquelin and provides a drive-home service to impaired drivers. If you are passing through the area and need our services, get in touch!



Ferries

Tadoussac – **M**® Baie-Sainte-Catherine Société des traversiers du Québec

98 rue du Bateau-Passeur, Tadoussac 119 Route 138, Baie-Sainte-Catherine 1-877-787-7483 ext. 3 traversiers.com

Les Escoumins – Trois-Pistoles Compagnie de navigation des Basques

Rue du Traversier, Les Escoumins 11 rue du Parc, Trois-Pistoles 1-877-851-4677 – <u>traversiercnb.ca</u>

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Rimouski – For CLOSED

192 1st Avenue, For Astronomy

1 Route du Quai, Rimo 1588

1-800-973-2725 – traversier.com

Matane - Baie-Comeau - \$
Godbout
Société des traversiers
du Québec

14 Route Maritime, Baie-Comeau 117 rue Pascal-Comeau, Godbout Admin.: 1410 rue de Matane-sur-Mer, Matane 418-562-2500 or 1-877-562-6560 <u>traversiers.com</u> Ad rabat

Relais Nordik

17 Ave Lebrun, succ. A, Rimouski 418-723-8787 or 1-800-463-0680 relaisnordik.com Harrington Harbour – Chevery Société des traversiers du Québec 418-787-0100 – traversiers.com

Pakuashipi – Saint-Augustin Société des traversiers du Québec 418-787-0100 – <u>traversiers.com</u>

Health

Accessibility



Hospitals

CMSSS des Escoumins

4 rue de l'Hôpital, Les Escoumins 418-233-2931

CMSSS de Forestville

2-7th rue, Forestville 418-587-2212

Hôpital Le Royer

635 Blvd Jolliet, Baie-Comeau 418-589-3701

CMSSS de Fermont

1 rue de l'Aquilon, Fermont 418-287-5461

CMSSS de Port-Cartier

3 rue de Shelter Bay, Port-Cartier 418-766-2572

Hôpital de Sept-Îles

45 rue du Père-Divet, Sept-Îles 418-962-9761

CMSSS de la Minganie

1035 Promenade des Anciens, Havre-Saint-Pierre 418-538-2212

CMSSS de la Basse-Côte-Nord

1070 Blvd Docteur-Camille-Marcoux, Blanc-Sablon 418-461-2144



Québec for All: Accessibility for People with Disabilities

514-252-3104 QuebecForAll.com

Kéroul assesses the accessibility of different businesses based on a set of criteria recognized by Tourisme Québec. Its platform Québec for All offers a wide range of cultural and tourist information for visitors with reduced mobility.



The accessible rating means that the establishment meets all the accessibility criteria and offers a satisfactory visitor experience for the majority of people with reduced mobility.



The partially accessible rating means that the establishment meets the main accessibility criteria but has some missing elements that could affect the experience of some people with reduced mobility.





Tourist and Leisure Companion Sticker

1-833-693-2253 - carteloisir.ca

Companions of disabled individuals with this sticker are admitted free of charge to participating tourism, cultural and recreational attractions.

Services

Travel Agencies

Voyages Tour Monde Vasco Sept-Îles

700 Blvd Laure, Ste 150, Sept-Îles 418-968-1350 or 1-800-463-4123 tourmonde@cgocable.ca -

Tourism Organizations and Corporations

Croisières Baie-Comeau 20 Ave Cartier, Baie-Comeau

418-296-8360 croisieresbaie-comeau.ca - •

Organisme de bassins

Organisme de bassins versants Manicouagan (OBVM) 57 Place La Salle, Baie-Comeau

418-298-0742 - <u>obvm.org</u>

Destination Sept-Îles Nakauinanu

1 Quai Monseigneur-Blanche, Sept-Îles 418-961-1228 - ♀ ☑ destinationsept-iles.com

Groupe ETNA

454 Route Jacques-Cartier Rivière-au-Tonnerre 418-965-0373 groupe.etna@gmail.com

Corporation de développement patrimonial, culturel et touristique de Natashquan (COPACTE)

24 chemin d'en Haut, Natashquan 418-726-3054 <u>copactenatashquan.net</u> -

Association de développement touristique de Tête-à-la-Baleine

152 rue de la Salle, Tête-à-la-Baleine Côte-Nord-du-Golfe-du-Saint-Laurent 418-242-2015 or 1-888-242-2015 attb@xplornet.ca

Corporation de développement touristique et culturel de Canton-de-Brest

2 Ave Jacques-Cartier, Blanc-Sablon 418-461-3450, 418-461-3961

Associations

İΈ

Association forestière Côte-Nord

537 Blvd Blanche, Suite C-117, Baie-Comeau 418-589-5707 ext. 181 afcn.oc.ca – 😚

Chambre de commerce et d'industrie de Manicouagan

810 rue Bossé, Ste 102 Baie-Comeau 418-296-2010 – <u>ccmanic.gc.ca</u> – **©**

Loisir et Sport Côte-Nord

203-337 Blvd La Salle, Baie-Comeau 418-296-5774 or 1-888-330-8757 <u>urlscn.qc.ca</u>

Chambre de commerce de Port-Cartier

4C Blvd des Îles, Port-Cartier 418-766-3110 ccportcartier.ca -

Chambre de commerce de Sept-Îles

700 Blvd Laure, Ste 237, Sept-Îles 418-968-3488 ccseptiles.com -

Local Media Companies

Radio Essipit Haute-Côte-Nord inc. CHME Rock ma vie, FM 94,9 et 99,7

34 rue de la Réserve, Essipit 418-233-2700 or 1-800-661-2701 chme949.com

Les Éditions Nordiques -Les hebdos de la Côte-Nord

770 rue de Bretagne, Baie-Comeau 418-589-9990 – <u>lenord-cotier.com</u>, <u>lemanic.ca</u> – •

NousTV

418-296-9505, 418-962-3508 nous.tv –

Baie-Comeau: 323 Blvd La Salle Sept-Îles: 410 Ave Évangéline

TVA Est-du-Québec

418-296-8087, 418-297-5408, 418-968-6011 - <u>qub.ca/tvaplus</u>

Baie-Comeau: 337 Blvd La Salle **Sept-Îles:** 410 Ave Évangéline

ICI Radio-Canada

350 rue Smith, Ste 30, Sept-Îles 418-968-0720 or 1-800-463-1731 ici.radio-canada.ca/cote-nord cbsi@radio-canada.ca -

Service Businesses and Organizations

Caisse populaire Desjardins du Saguenay-Saint-Laurent 1-877-233-3444 desjardins.com - •

Tadoussac:

187 rue du Bord-de-l'Eau

Sacré-Cœur:

70 rue Principale Nord

Les Bergeronnes:

515 rue du Boisé

Les Escoumins: 11 rue Sirois

MRC La Haute-Côte-Nord

26 rue de la Rivière, Les Escoumins 1-866-228-0223 - mrchcn.qc.ca



SADC de la Haute-Côte-Nord 459 Route 138. Ste 200. Les Escoumins 418-233-3495, 1-888-747-0707

sadchcn.com

Caisse populaire Desjardins de Baie-Comeau

267 Blvd LaSalle 418-296-3339 or 1-800-607-3339 desjardins.com - (f)

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Caisse populaire Desiardins de Hauterive

418-589-3734 or 1-866-589-3734 desjardins.com/caissehauterive

Chute-aux-Outardes:

117 rue Vallilée

Baie-Comeau: 990 Blvd Laflèche

Cégep de Baie-Comeau

537 Blvd Blanche, Baie-Comeau 418-589-5707 or 1-800-463-2030 cegepbc.ca - 🔞 🖾

Culture Côte-Nord

Édifice Micheline Simard, 22 Place La Salle, Baie-Comeau 418-296-1450 or 1-866-295-6744 culturecotenord.com

DJAZZ Studio de design graphique

432 Ave Arthur-A.-Schmon Baie-Comeau - 418-297-6494 (by appointment only) djazz.ca - 😝 😉

Go Média Pub

761 Place Drapeau, Baie-Comeau 418-297-2578 gomediaAdcom - (f)

ImageXpert

878 rue Bossé, Baie-Comeau 418-295-2674 - imagexpert.ca



Innovation et développement Manicouagan

1910 Ave Charles-Normand. Baie-Comeau 418-295-2593 - idmanic.ca

MRC de Manicouagan

768 rue Bossé. Baie-Comeau 418-589-9594 mrcmanicouagan.gc.ca

Réserve mondiale de la biosphère de Manicouagan -Uapishka (RMBMU)

31 Ave Marquette, Baie-Comeau 418-296-1517 - rmbmu.com



SADC Manicouagan

810 rue Bossé. Baie-Comeau 418-295-7232 – sadcmanic.ca –

Voltige Communication

876 rue Bossé, Baie-Comeau 418-589-2389 - voltige.ca

MRC de Caniapiscau

100. Le Carrefour, Fermont 418-287-5339, 1-855-337-6668 <u>caniapiscau.ca</u> – 🚯

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Développement économique Port-Cartier

24 Blvd des Îles, Port-Cartier 418-766-8383 cde.port-cartier@globetrotter.net

Centre des Congrès de Sept-Îles

513 Ave Brochu, Sept-Îles 418-968-4515 dv.ccsi@live.ca - 🗭

Desiardins Entreprises -Centre de services Sept-Îles

598 Blvd Laure, Sept-Îles 418-962-1414 or 1-877-650-1414 desjardins.com

Développement économique Sept-Îles

700 Blvd Laure, Ste 231, Sept-Îles 418-962-7677 - <u>deseptiles.com</u> - **f**



Imprimerie B&E Coralis communication visuelle

325 Ave Brochu, Sept-Îles 418-962-9616 or 1-866-962-9616 imprimeriebe.com

Mallette SENCRL

737 Blvd Laure, Sept-Îles 418-962-3154 - mallette.ca - 🕩



SADC de la Côte-Nord

456 Ave Arnaud. Ste 205. Sept-Îles 418-962-7233 or 1-877-962-7233 sadccote-nord.org

Gabrielle Darveau stratège marketing

2-1406 rue Boréale Havre-Saint-Pierre 418-538-4672 - gabrielledarveau.com

MRC de Minganie

1303 rue de la Digue. Havre-Saint-Pierre - 418-538-2732 info@mrc.minganie.org

MRC Le Golfe-du-Saint-Laurent

29 chemin d'Aylmer Sound, Suite 400, Chevery 418-787-2020 or 1-844-887-2020 mrcgsl.ca

Imprimerie SOLISCO

120 10e Rue, Scott 418-387-8908 or 1-800-463-4188 solisco.com

Travelling in Québec

Bars, Casinos and Purchasing Alcohol

You must be at least 18 years old to enter bars, pubs, nightclubs and casinos, as well as to purchase or consume alcohol (be prepared to produce ID if asked). Wines and spirits are sold through the Société des alcools du Québec (SAQ), the provincial liquor board. Beer is available at grocery and convenience stores, which also stock a limited selection of wines.

Currency Exchange

There are numerous exchange offices in Québec's main urban centres. Airports also offer exchange services. Some businesses accept American money, but tend to offer a less competitive rate than the exchange offices.

Driving in Québec

Since Canada uses the metric system, speed limits and distances are posted in kilometres per hour (km/h) and gasoline is sold by the litre (l).

It is illegal to transport or use radar detectors in Québec.

Cell Phones

Use of a cell phone is prohibited while driving.

Drugs

The Highway Safety Code introduced a zero-tolerance principle when it comes to drugs and driving by prohibiting anyone from driving a vehicle if there is a detectable presence of cannabis or any other drug in that person's saliva. Offenders are subject to an immediate 90-day suspension of their driver's licence.

According to the law, you must be at least 21 years old to purchase or consume cannabis (be prepared to produce ID if asked). The Code also includes other measures, such as the prohibition from consuming drugs (cannabis or any other drug) in a road vehicle, on an off-road vehicle or on a bicycle.

Winter Tires

From December 1 to March 15, all taxis and passenger vehicles registered in Québec must be equipped with winter tires. This requirement also applies to rental passenger vehicles in Québec.

Road Conditions

For information on road conditions or other aspects of trip-planning, call 511 or 1-888-355-0511, or visit quebec511.info.

Tourist Routes

The official tourist routes are clearly marked with blue signs. They are designed to highlight the attractions of the regions through which they pass, and to enable visitors to discover the extent of Québec's natural and cultural treasures. quebecoriginal.com/tourist-routes.

Tourist Signage

In Québec, tourist regions and directions to services, attractions and activities are indicated by blue road signs. For more information, visit panneaubleu.com and quebec.ca/transports/signalisation/signalisation-touristique (in French only).

Village-relais Accredited Services

If you feel like taking a break or require assistance while on the road, look for the *Village-relais* signs. These point to villages that, together with local businesses, offer a range of accredited services and a safe and pleasant place to stop. <u>villages-relais</u>. gc.ca.

Voltage

In Québec, the standard voltage is 110 volts/60 cycles, as it is throughout North America. Since the outlets cannot accommodate European plugs, you will need to bring or buy an adaptor.

Making a Comment or Conveying Dissatisfaction

If you wish to comment on or are dissatisfied with the tourism services you received in Québec, please contact:

Alliance de l'industrie touristique du Québec

1-877-686-8358, option 7

commentaire@alliancetouristique.com

Canadian Currency

The legal currency in Québec is the Canadian dollar (CAD), which is divided into 100 cents. Bank notes are available in denominations of 5, 10, 20, 50 and 100 dollars, and coins in denominations of 5, 10 and 25 cents as well as 1 and 2 dollars. Bank cards and major credit cards are also accepted almost everywhere.

Tipping

Tipping is customary in restaurants, bars and taxis. The amount, which is not included in the bill, is generally equivalent to 15% of the total bill before taxes. For quick tip calculations, Québecers normally add up both taxes. Tipping bellhops or porters is at your discretion (generally, \$1 per bag).

Taxes

Québec has two taxes: the 5% federal goods and services tax (GST), and the 9.975% Québec sales tax (QST). An accommodation tax of 3.5% of the room price per night also applies in our region.

Canadian Coast Guard

Marine Distress

1-800-463-4393

Boating Safety Infoline

1-800-267-6687

S.O.S. Poaching

Reporting poachers

1-800-463-2191

Société de protection des forêts contre le feu (SOPFEU)

To report a fire

1-800-463-3389

Emergencies

Emergency

911, 310-4141 or *4141 (from a cell phone)

Info-Santé (medical advice)

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Québec Poison Control Centre

1-800-463-5060

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Maps and Pictograms

Legend of Pictograms

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- ** Accommodation certification
- AEQ-certified (Aventure écotourisme Québec)
- AC Air conditioning
- Authentic First Nations experience
- Authentic Inuit experience
- **&** Beach
- Beach supervised swimming
- Bienvenue cyclistes! certified
- Birdwatching
- **s** Boat launch
- **æ** Boat trip
- **A** Camping
- Canoe camping
- **Æ** Canoeing
- ≠ Cash only
- © Comfort station
- ₩ Convenience store
- ♠^S Cottage rental
- ★ Cross-country skiing
- ♠ Cycling
- **m**[⊿]Dogsled ride
- Downhill skiing

- Electric vehicle charging station
- ✓ Electricity: 15 amps
- 30A Electricity: 30 amps
- ^{50A} Electricity: 50 amps
- **S** Equipment rental
- **™** Falls
- **⊕** Ferry
- **I** Fireplace
- Fishing
- S Free admission
- Free WiFi
- **7** Golfing
- -¼∔ Hiking
- # Horseback riding
- H Hospital
- 7 Hunting
- L Ice fishing
- Indigenous content
- a Indoor pool
- ☐ Indoor spa
- ★ International airport
- ★ Interpretation
- ₩ Kayaking
- Kitchenette
- Le Goût de la Côte-Nord (Taste of the North Shore)
- Y Licenced restaurant

- Local cuisine and specialty
- Marine wildlife viewing
- Microwave
- Mini fridge
- Mountain biking
- 📤 Outdoor pool
- \$ Paid admission
- T Patio
- Performance venue
- ? Permanent visitor information centre
- **Pet-friendly**
- Gvm
- Pick-your-own
- # Picnic area
- X Places to eat
- **B** Private bathroom
- № Pull-through
- 🔑 Pump-out station
- Quadding
- Rating pending
- 🌲 Recreational harbour
- T Regional airport
- Route verte bicycle trail
- Scuba diving
- Seasonal operation

- Seasonal visitor information centre
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- > Skating
- Snow tubing
- **▲** Snowmobiling
- Snowshoeing
- Spa
- Tents only
- Toilet and sinks
- Willage-relais accredited
 ■
 Village-relais
 Vill
- **₩** Water access
- Waterfront view
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- Whirlpool tub

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Route 138

Distances in kilometres.





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Havre-Saint-Pierre 50

Aguanish 58 127 173

Distances in kilometres.



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Gag						gnon	51	70	172	292	364	386	
					Fire	Lake	94	145	164	265	385	457	479
				Fer	mont	86	181	230	250	351	471	543	565
		М	ont-W	right	19	67	161	212	231	332	452	524	546
	Lab	rador	City	54	35	121	203	266	285	386	506	578	600
	Wa	bush	7	61	42	128	210	273	292	393	513	585	607
hill	Falls	245	245	299	280	366	448	511	530	631	751	823	845
ay	289	532	533	587	568	654	736	799	818	919	1039	1111	1133
05	670	914	915	969	950	1036	1118	1181	1200	1301	1421	1493	1515
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17	882	1126	1126	1180	1161	1247	1329	1392	1411	1512	1632	1704	1726
25	890	1134	1135	1189	1170	1256	1338	1401	1420	1521	1641	1713	1735
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67	932	1176	1177	1231	1212	1298	1380	1443	1462	1563	1683	1755	1777
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Happy Valley - Goose B Port Hope Simpson 40 Red Bay 138 L'Anse-au-Clair 77 213 61 Blanc-Sablon 9 Lourdes-de-Blanc-Sablon 7 Baie de Brador 10 Middle Bay 25 35 Vieux-Fort 11 33 58 68 75 84 161 296 700 965 1209 1210 1264 1245 1331 1413 1476 1495 1596 1716 1788 1810

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Relais Manic-Outardes 72 94

Mont Groulx 19 121 240 313 335

Manic-5 120 192 Relais Gabriel 101 221 294 315

Ssipit offers more than SWHALES

IT ALSO OFFERS



CONDO-HOTELS WITH RIVER VIEWS



BEAR WATCHING



SEA KAYAKING



Map of Québec Tourism Regions



01	Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
02	Gaspésie	gaspesieiloveyou.com
03	Bas-Saint-Laurent	bassaintlaurent.ca
04	Québec	quebec-cite.com
05	Charlevoix	charlevoixtourism.com
06	Chaudière-Appalaches	chaudiereappalaches.com
07	Mauricie	mauricietourism.com
08	Cantons-de-l'Est	easterntownships.org
09	Montérégie	tourisme-monteregie.qc.ca
10	Lanaudière	lanaudiere.ca
11	Laurentides	laurentians.com
12	Montréal	mtl.org
13	Outaouais	tourismeoutaouais.com
14	Abitibi-Témiscamingue	abitibi-temiscamingue-tourism.org
15	Saguenay–Lac-Saint-Jean	tourisme.saguenay.ca
16-17	Côte-Nord	tourismecote-nord.com
18	Baie-James	escapelikeneverbefore.com
19	Laval	tourismelaval.com
20	Centre-du-Québec	tourismecentreduquebec.com
21	Nunavik	nunavik-tourism.com
22	Eeyou Istchee	escapelikeneverbefore.com

Map to access the Region



Côte-Nord Regional Map



Legend Area name Neighbouring region(s) Ferry Village Region Aboriginal Park or reserve community Body of water or river Village-relais World Biosphere **Permanent Visitor** Reserve ? LABRADOR Centre Specific marine area Seasonal Visitor ? Sector border Centre Main road Main airport Railway Secondary airport Kaishika Route des Baleines (Whale Route) 500 510 Port Hope Simpson Rivière du Potit Mécatin Pakuashipi Saint-Augustin Basse-Côte-Nord 🛨 Gros-Mécatina avre-Saint-Pierre Tête-à-la-Baleine Natashquan Harrington Harbour NEWFOUNDLAND (430) **GULF OF ST. LAWRENCE** L'Île-d'Anticosti

EXPLORE FROM SHORE TO SHORE



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The Olympic Stadium's tower could fit within the dam's main arch!



So much to discover! Free tours of:

- Daniel-Johnson dam
- Manic-5 generating station
- Jean-Lesage generating station (Manic-2)

Manic: 1866 526-2642

www.hydroquebec.com/visit

