

OFFICIAL TOURIST GUIDE 2020 - 2021

Bas-Saint-Laurent

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Bas Saint Laurent

bassaintlaurent.ca

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

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BSL On the Web

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

Web Site

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

bassaintlaurent.ca

Instagram

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

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Facebook

Join the community of Tourisme Bas-Saint-Laurent's Facebook page to find out all about upcoming events, activities not to be missed, contests and promotions in progress, as well as hidden treasures to discover. That's for sure, a place to share your favorites, comments, etc. We love to read you and interact with you!

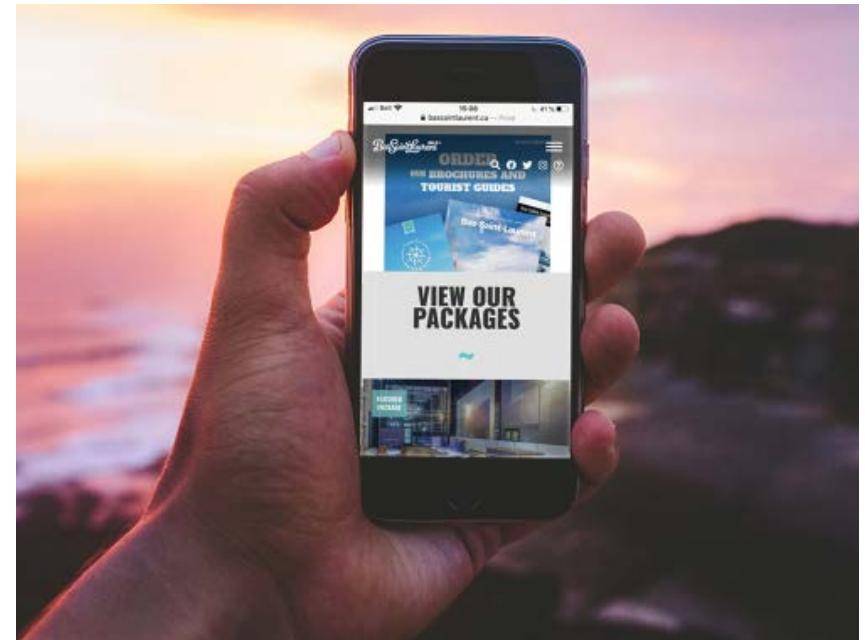
[@tourismebassaintlaurent](https://www.facebook.com/tourismebassaintlaurent)

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

YouTube

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

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



Your unforgettable experiences



quebecoriginal.com

Votre gouvernement

Québec





© Tourisme Bas-Saint-Laurent/Mathieu Dupuis

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99 → **Bas-Saint-Laurent Overview**

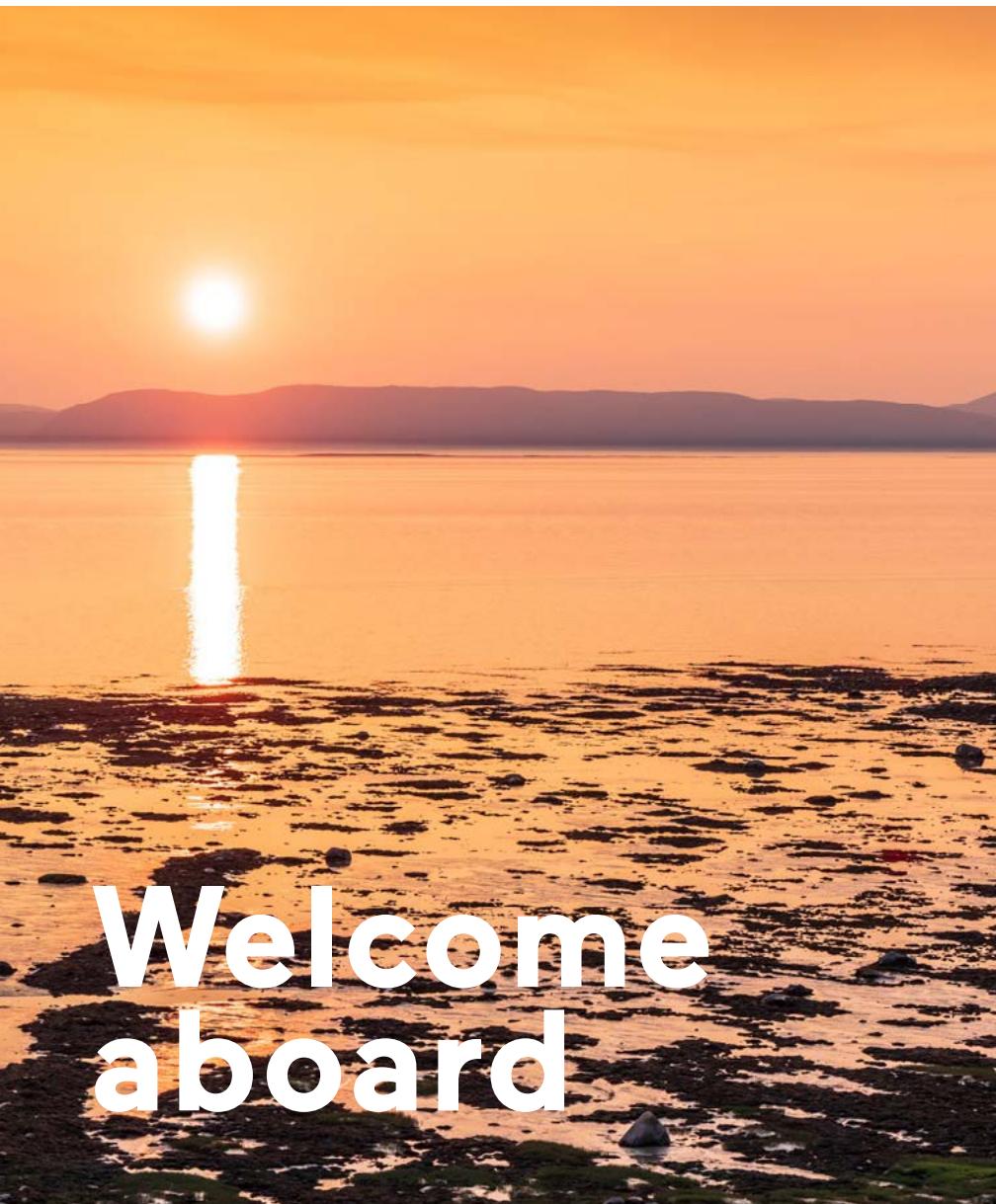
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Profile of the Region



Welcome aboard

The Bas-Saint-Laurent – the World Good Life Reserve! Enjoy your visit!

Discover Bas-Saint-Laurent

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



All this Beauty...

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

Inland from...

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

From there ...

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



The entire region

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

Must-See Attractions 10

Parc national du Bic



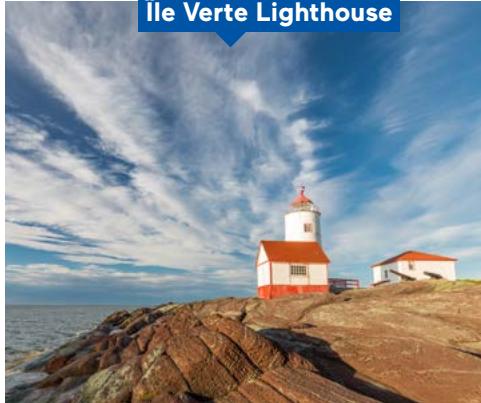
Our National Parks

Outdoor enthusiasts will love Parc national du Bic, a coastal park with strikingly beautiful landscapes; Parc national du Lac-Témiscouata, steeped with evidence of 1,000 years of occupation by aboriginal peoples; and the Saguenay–St. Lawrence Marine Park, a national marine conservation area covering 1,245 square kilometres.

Fun Facts : Texte descriptif, maximum 15 mots / 85 caractères. Et puis ullamcorper lectus et posuere.

Find Out More

Île Verte Lighthouse



The Islands

The St. Lawrence is studded with a string of islands, several of which are easy to get to in summer including Île Verte, Île aux Basques, Île Saint-Barnabé, Île aux Lièvres and the Pot à l'Eau-de-Vie archipelago. Whether for hiking, camping, bird watching or a relaxing stay, these islands offer a true change of scene.

The Lighthouses

The region has the oldest and first lighthouse of the St. Lawrence dating from 1809. To learn more about these sentinels of the sea, intimately linked to the history of Quebec, visit the Pointe-au-Père lighthouse or those of Green Island and the archipelago du Pot à l'Eau-de-Vie, where you can even spend the night there.



Pointe-au-Père Lighthouse

Agri-tourism

Get it for free At BSL - gourmet edition, food magazine and on gourmet tourism in Bas-Saint-Laurent and go to meet all that animates the regional terroir. Products of the sea and the land, public markets, artisans, restaurateurs, in short, pure pleasures for the eyes and taste buds

As a bonus: Look for the identified products the Saveurs du Bas-Saint-Laurent logo; a brand image for local products

Find Out More

Cycling along the Seaway



Cycling

The Route des Navigateurs (route 132) is particularly popular with cycling enthusiasts for its landscapes and coastal villages. Ideal for families, the region also has the Petit-Témis Interprovincial Linear Park connecting 134 km of Rivière-du-Loup to Edmundston in New Brunswick.

As a bonus: A bike card offering six circuits is available.

Motorcycle Touring

This tourist guide offers motorcycle routes of the Bas-Saint-Laurent and the Gaspé Peninsula. A large circuit and several loops are presented as well as the promise to make you cross the most beautiful roads in Eastern Quebec and see magnificent maritime and forest landscapes.

As a bonus: Search for the pictogram "Welcome motorcyclists" for a welcome with open arms.

Find Out More p.99



Colorfull Houses at Ste-Luce sur Mer

Snowmobiling

The region attracts its share of snowmobilers from all over Quebec, from other Canadian provinces, from the United States and even from Europe. It is true that the beauty of the landscapes between the sea and mountains, maintenance of 1,800 kilometers trails and the services offered there for many.

As a bonus: A snowmobile card is available.

Find Out More



Yoga in front on the Pélerin Islands

Heritage Landscapes

The beauty and diversity of the landscapes and villages of the Bas-Saint-Laurent are signature attractions of the region. The Charte des paysages du Bas-Saint-Laurent was adopted in 2014 to help guide efforts to protect and develop the region's landscapes.

Sunsets

Going beyond our borders for ages, the fame of the Bas-Saint-Laurent sunsets continue to fascinate tourists and locals alike in all seasons. The spectacle of the painting sun the sky of a thousand colors hiding behind the mountains on the north bank of the river is unique to the world, say experts.



Rivière-du-Loup Sunsets



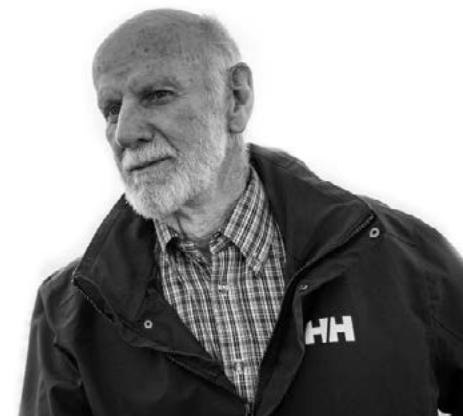
The Whales

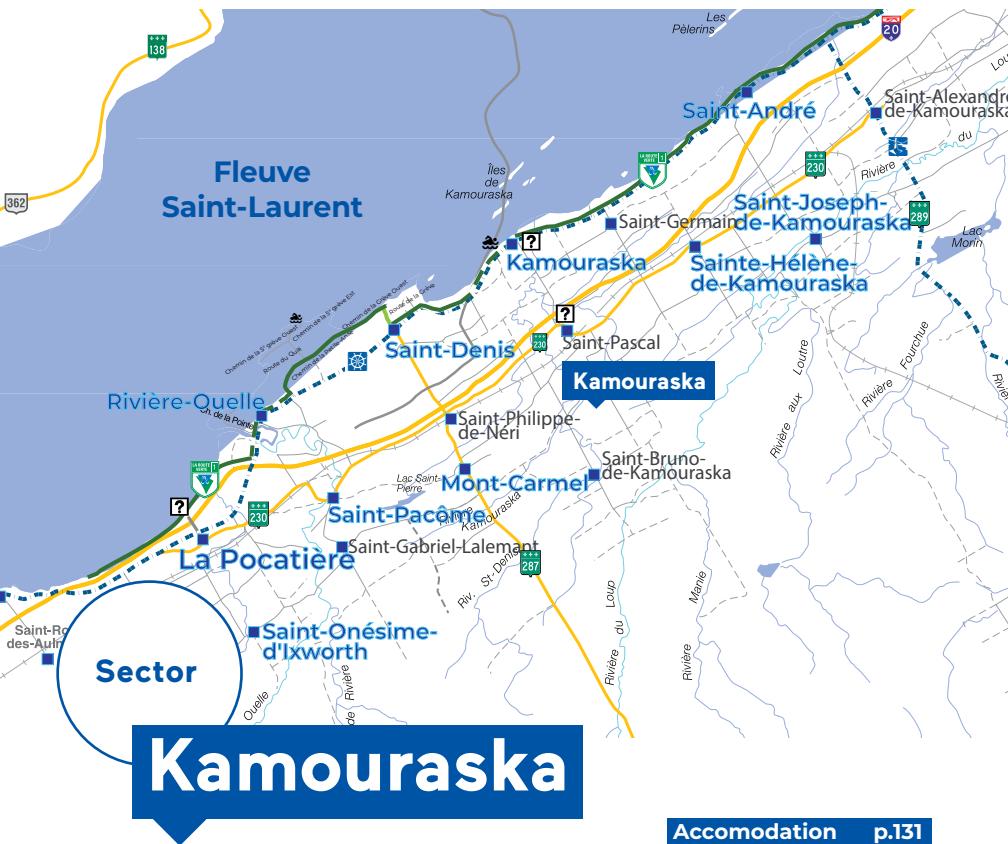
The waters of St. Lawrence at the mouth of the Saguenay fjord are home to several species of these impressive marine mammals. From Rivière-du-Loup, head out on a cruise to see fin whales, minke whales, humpback whales and belugas, always with the greatest respect for ethical whale-watching standards.

Find Out More

Pioneer of ecotourism in Quebec, he makes the region shine here and abroad, for over 30 years, thanks to the protection and sustainable development of the islands of Bas-Saint-Laurent.

**Jean Bédard
Duvetnor Society**





Kamouraska

tourismekamouraska.com

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

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La Pocatière

4 098 inhabitants

lapocatiere.ca

The gateway to the Bas-Saint-Laurent tourism region, La Pocatière offers visitors plenty to see and do, along with all the services of a larger city. Stop in at the regional tourist office for information so you won't miss a thing. Enjoy nature by visiting the flower garden, strolling 5 kilometres of footpaths on the college mount (elev. 122 metres) or taking a bike ride on the Route Verte along the shores of the St. Lawrence. Try local products on farms, in producers' shops or in area restaurants. Join in special events for the whole family like the Halloween festivities. Admire the architecture of the Collège de Sainte-Anne-de-la-Pocatière, the historic building complex that stands above downtown, including its Romanesque college chapel. Immerse yourself in history at the Centre d'archives de la Côte-du-Sud (archive centre) and the Musée québécois de l'agriculture et de l'alimentation (food and agriculture museum).

Rivière-Ouelle

974 inhabitants

riviereouelle.ca

In this municipality on the banks of the St. Lawrence and the Rivière Ouelle, you can explore the beauty of a charming village and its heritage buildings in various ways. Paddle down the meandering river or even on the St. Lawrence, take a bike ride on the trail network, stroll through the heart of the village, walk on the beaches, or head out on the country roads. Visit the parks, the church with its venerable votive painting, and the coastal eel-fishing sites. Go bird-watching or

pick berries, explore the ancestral lands, pause at the wayside crosses, experience the area's rich history on the Fil Rouge tour, camp on the shores of the St. Lawrence and admire the sun setting over its broad waters. A stop at the tourist information office at the junction of Route 132 and Chemin de la Pointe is the best way to ensure a great visit to our area!

Kamouraska

608 inhabitants

kamouraska.ca

An active member of the Association des plus beaux villages du Québec and Fleurons du Québec, this picturesque municipality is a thriving tourist destination with lots to offer visitors including exceptional architectural heritage, must-see sunsets, and beautiful country landscapes. This is a proud community where a vibrant and innovative farming sector works hand in hand with a tourism industry committed to offering distinctive and tasty experiences to visitors and residents alike. Come enjoy all Kamouraska's cultural and natural attractions, whether for a few hours or a few days: a beach on the St. Lawrence for watersports and relaxation, rest areas, bike paths, hiking trails, restaurants, lodging, crafts, art galleries, the regional museum, the Centre d'art de Kamouraska and the tourist information office. Characters in period costume and special activities will take you back to 19th century Kamouraska!





Saint-André



682 inhabitants

standredekamouraska.ca

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

Saint-Pacôme

1552 inhabitants

st-pacome.ca

The smallest municipality in Kamouraska, Saint-Pacôme's amazingly varied landscape has played a key role in the development of high-quality sports facilities. Situated in the foothills between the high country and the coastal lowlands, Saint-Pacôme nestles on the banks of the Rivière Ouelle as it meanders through the town's famously spectacular countryside. In addition to offering extraordinary views from the Belvédère de la Croix at the top of the hill on Côte Norbert, Saint-Pacôme is the capital of the detective novel and a member of the Association des plus beaux villages du Québec. The people, the homes and the streets of Saint-Pacôme all have stories to tell – a history as rich as the region from which it springs. To learn all about it, follow the Fil Rouge tour and take the heritage tour.

Mont-Carmel

1175 inhabitants

mont-carmel.ca

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

the village from west to east, the Rivière du Loup has several sections offering easy paddling for canoeists, families and vacationers. At the centre of the municipality stands an exceptional group of beautifully preserved religious heritage buildings, including the church with its iconic bell tower; the presbytery, now converted into a vacation rental; the old ice house; and one of Québec's few remaining tithe barns. The site is complete with a picnic and rest area for visitors and residents to enjoy. In Saint-Joseph-de-Kamouraska, discover the perfect blend of youthful energy and built heritage, great adventure and quiet contemplation.

Saint-Pascal

3 443 inhabitants



villesaintpascal.com

With more than 150 businesses, industries and organizations, Saint-Pascal is a notable socioeconomic hub for the region. A family-friendly town, it offers urban services as well as beautiful green spaces and recreational areas to the delight of one and all. Visitors can explore its history, architecture and natural surroundings at a variety of sites and attractions. Discover the many outdoor attractions. Head up Montagne à Coton to learn the legend of the hermit priest and take in the views of the city, the river and the surrounding land from the scenic lookout at the summit. Head over to the Parc des Sept-Chutes for a great time admiring the falls and hiking the trails. There is plenty of culture as well! Visit the church, take part in summer events and enjoy the heritage buildings.

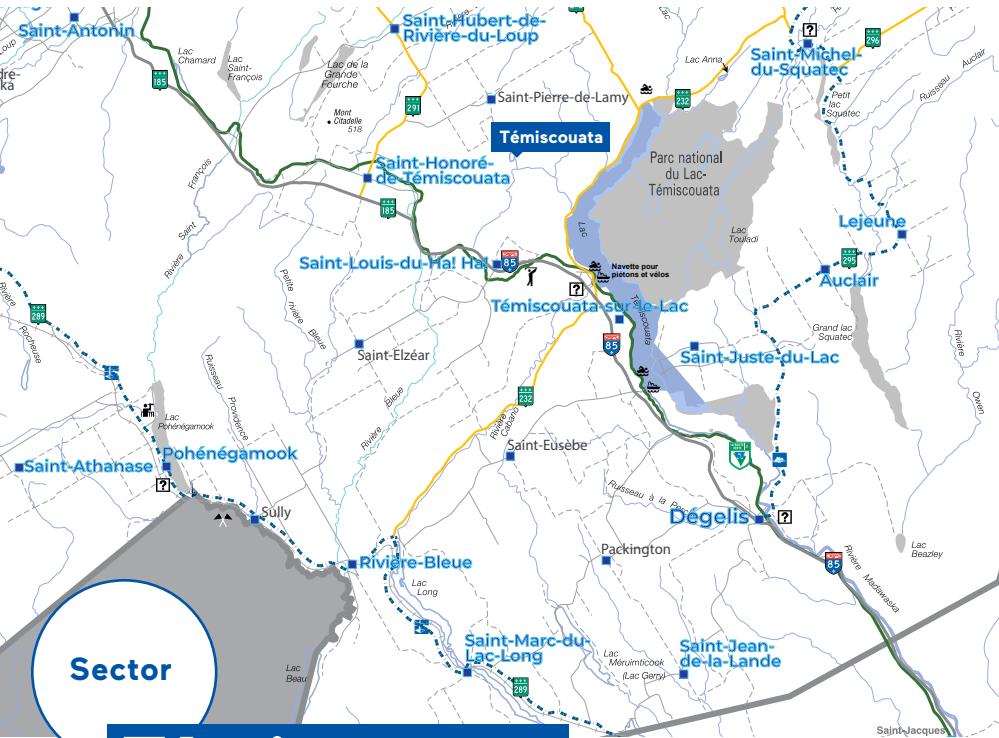
Saint-Joseph-de-Kamouraska

437 inhabitants

stjosephkam.ca

With the youngest population in the region, Saint-Joseph-de-Kamouraska is a dynamic and welcoming haven surrounded by nature. As is typical in the Haut-Pays, the village is situated in a wooded valley dotted with farms and home to a large sawmill. Crossing





Sector

Témiscouata

tourismetemiscouata.qc.ca

Témiscouata is known for its outstanding natural scenery. Its 900 lakes and rivers, as well as the profusion of sugar maples – the second largest maple-syrup-producing region in Québec – offer new delights with each changing season. Visitors can explore two driving tours: the Route des Frontières and the Route des Monts Notre-Dame. The Parc national Lac-Témiscouata can be reached variously by car, boat shuttle or ferry, depending on which municipality you start from. There are so many attractions to see: arts, performance and historical venues, resorts, beaches, golf courses, bike paths and more. Top quality local products, talented artists and artisans, not to mention its charming inns... There's lots to love in Témiscouata.

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▼ Classified in Order of Location

Saint-Athanase

304 inhabitants

saint-athanase.com

The many attractions in Saint-Athanase showcase the beauty of nature. Mont Thompson and the falls at Chute à l'Original, located in the beautiful maple woods of the Rivière Noire Valley, can be reached partway by car, partway on foot. From the center of the municipalit, take the dirt road to the parking area and the hike in 3 kilometres to reach the falls. Six kilometres further on, you'll find a 6 kilometres multiuser trail (quad, mountain bike, hiking) leading to Mont Thompson, at 630 metres on the highest peaks in Témiscouata, where you can enjoy the stunning views from the lookout and rest area with picnic tables. Lac aux Canard can be reached with a loop trail nearly 4 kilometres long and open year round starting from the lakehead of Lac Boucanéon Route de Picard. Head out on snowshoes or cross-country skis in wintee or on foot after snow melts, to enjoy the trail with its information panels about the area's fauna and flora leading to rest and picnic near the lake.

Pohénégamook

2 549 inhabitants

pohenegamook.net

Situated in the southern part of the Bas-Saint-Laurent, Pohénégamook is close to both the New Brunswick and the United States borders. With its lake of the same name and a warm microclimate, Pohénégamook is a popular holiday destination. There is no shortage of attractions in this municipality where there is something for everyone. For sports enthusiasts, there are hiking trails, a golf course and plenty of activities at the outdoor recreation centre. With the family, enjoy the beach, the safe swimming area, the parks, the Jardin céleste (celestial-themed garden) and a visit to the U.S. border area. Fans of culture and history will love the Circuit Culture et patrimoine, a separate heritage tour and the tour of the wayside crosses. Many events are held throughout the year. Snowmobilers and quadders will enjoy the trails and the nearby restaurants and accommodations.





beautiful natural setting with many small lakes and rivers, a nature hike, hiking trails, mountain bike trails, and several tours highlighting the area's history and architectural heritage. Hunting and fishing enthusiasts are also invited to explore this bountiful land.

Saint-Jean-de-la-Lande

241 inhabitants

saintjeandelalande.ca

Stretching between Dégelis and the New Brunswick border, between the Route des Frontières (Route 289) and Highway 85, Saint-Jean-de-la-Lande is where the word “nature” takes on its full meaning. There are two large lakes, Baker and Méruimticook, locally known as “Lac Jerry.” Lac Méruimticook has a boat ramp. The bike path around the lake offers numerous scenic stops. The municipality is also home to the Romain-Caron bridge, the last covered bridge in Témiscouata, built in 1940 in the Town style. The Jardin céleste (celestial-themed garden) next to the bridge showcases the earth – its hemispheres, continents, days and seasons. Member of the Circuit Culture et patrimoine of the Route des Frontières.

Rivière-Bleue

1 254 inhabitants

riviere-bleue.ca

The municipality of Rivière-Bleue has so many stories to tell. Its strategic location at the intersection of the borders of Québec, New Brunswick and the United States made it the scene of many illegal activities during Prohibition. But Rivière-Bleue isn't shy about its dark secrets from the 1920s as well as railroad history, which played a major role in the development of the region. The Festival du Bootlegger celebrates the stories of the Prohibition era. Visitors will also enjoy the



Saint-Honoré-de-Témiscouata

751 inhabitants

sainthonoredetemiscouata.ca

Situated between the Parc du Mont-Citadelle and the wind-turbine-studded Montagne Blanche, Saint-Honoré-de-Témiscouata is a paradise for outdoors enthusiasts and hunters. Its geographical location creates great snow conditions in winter. Visitors can traverse the municipality on the Petit Témis Interprovincial Linear Park or the four-season quad trails, taking a break at the Parc du Mont-Citadelle for a good meal or a stay in the cabins, yurts or campground. Snowmobile enthusiasts will have fun exploring the mountains. Route 185 provides easy access from larger cities. Over the years, several parks (Jardin céleste, outdoor murals and the Parc du 150e) and thematic decorations have added to the community's quality of life. There are also many businesses and services, including a well-stocked grocery store.

Saint-Louis-du-Ha! Ha!

1 263 inhabitants

saintlouisduhaha.com

This municipality's unusual name always provokes questions. Although there are various explanations for its origin, one thing is certain: all are tied to Lac Témis-



couata. Popular belief has it that when explorers saw the lake from high on the hills, they exclaimed: “Ha! Look at that lake!” Others say that weary travellers on the portage trail uttered cries of surprise and joy when they could finally use their canoes after a long trek on foot. In the language of the Hescuewaska Indians, “Ha Ha!” means something unexpected, like the first view of the lake. Finally, in French, “haha” is an archaic term for a dead end, cul-de-sac or unexpected obstacle. This possible origin also makes sense, as travellers coming north from the Bay of Fundy could no longer use their canoes after Saint-Louis. There's something for the whole family: the Aster observatory, outdoor recreation centre, the Petit Témis bicycle path, a golf course, campground and Jardin céleste (celestial-themed garden).

Témiscouata-sur-le-Lac

4 887 inhabitants

temiscouatasurlac.ca

The town of Témiscouata-sur-le-Lac is known for its beautiful scenery and many attractions. Lac Témiscouata is considered one of the 10 most beautiful lakes in Québec according to L'Actualité magazine, offering plenty to do along its 42-kilometre length. Relax at the two municipal beaches, visit the marinas or go fishing. Take the ferry or the boat shuttle for pedestrians and cyclists to the Parc national du Lac-Témiscouata on the far side. Head out on the Petit Témis bike path along the shore. Enjoy regional cuisine made with local



Dégelis

2902 inhabitants

ville.degelis.qc.ca

Located at the confluence of Rivière Madawaska and Lac Témiscouata, Dégelis takes its name from a distinctive phenomenon: the “dégelis,” an old French term meaning that the water remains ice-free. Every winter, a stretch of almost 15 kilometres of Rivière Madawaska does not freeze. The open water allows several duck species to overwinter here. Located on New Brunswick’s doorstep, Dégelis offers access to the Petit Témis interprovincial bike trail as well as to the Grands-Pins campground in the Parc national du Lac-Témiscouata and the Bas-Saint-Laurent section of the National Hiking Trail. Enjoy the pedestrian and bike path over the dam on Lac Témiscouata, the municipal campground, the sunset views from the beach, the marina, the descent of the Rivière Madawaska, the Jardin céleste Polaris (celestial-themed garden), the quad and snowmobile trails, and the vast hunting and fishing areas of ZEC Owen (controlled harvesting zone).

Saint-Juste-du-Lac

585 inhabitants

saintjustedulac.com

Situated on the shores of Lac Témiscouata, Saint-Juste-du-Lac is on the Route des Monts Notre-Dame and a gateway to the Parc national du Lac-Témiscouata. Many valleys and streams criss-cross the hilly terrain of this peaceful community, adding to its great potential for

tourism, agriculture and industry. The municipality is linked to the town of Témiscouata-sur-le-Lac by a ferry in summer and an ice bridge in winter. Quad and snowmobile enthusiasts will enjoy the trail network. Hikers can explore a section of the National Hiking Trail or make a stopover here if they are hiking the whole trail. And everyone can relax and admire the sunsets over the lake. In addition, there are several celestial-themed gardens in the Circuit des Jardins célestes. Summer and winter events provide fun for the whole family.

Auclair

468 inhabitants

municipaliteauclair.ca

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

Lejeune

270 inhabitants

municipalitelejeune.com

Perched high in the mountains along the Route des Monts Notre-Dame, Lejeune charms visitors throughout the seasons with its varied colours and landscapes. Several rivers cross through the municipality and several lakes dot the land. In the heart of the village, visit a garden inspired by the Northern Lights, a member of the Circuit des Jardins célestes (celestial-themed garden tour). At the lakeside rest stop on Grand Lac Squatec, visitors can stroll a footpath leading to several picnic spots and marked with wildlife interpretation panels. You can also pick up regional products here, including maple products and other sweets. Lejeune invites all nature lovers to enjoy the area’s hunting and fishing or to head out on the water. Music lovers will enjoy the traditional music festival. Explore the area on the many quad and snowmobile trails.

Saint-Michel-du-Squatec

1081 inhabitants

squatec.qc.ca

Located along the Route des Monts Notre-Dame, Saint-Michel-du-Squatec is also the main gateway to the Parc national du Lac-Témiscouata. Literally in the heart of the mountains, the municipality is surrounded by a large network of lakes and rivers. No matter the season, outdoor enthusiasts and nature lovers will enjoy fishing, hiking on the National Hiking Trail, canoe or kayak outings from the campground, cross-country skiing and snowshoeing on well maintained trails, or snowmobiling and quadding, all in beautiful scenery with fantastic views. Visitors and residents can enjoy their favourite sports in a safe setting at the tennis, softball, soccer and skating facilities in the village. The local economy is built on wood-products manufacturing, agriculture, maple sugaring, tourism and various shops.



Your vacation destination!

Tourist information center
 418 854.9406 | tourisme@temiscouatasurlelac.ca
temiscouatasurlelac.ca

Auberge Marie Blanc
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Témiscouata-sur-le-Lac
 418-899-6747
aubergemarieblanc.com

Château Fraser Hôtel



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 1.866.841.3015
chateaufraser.com

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Témiscouata

WHAT JOY !

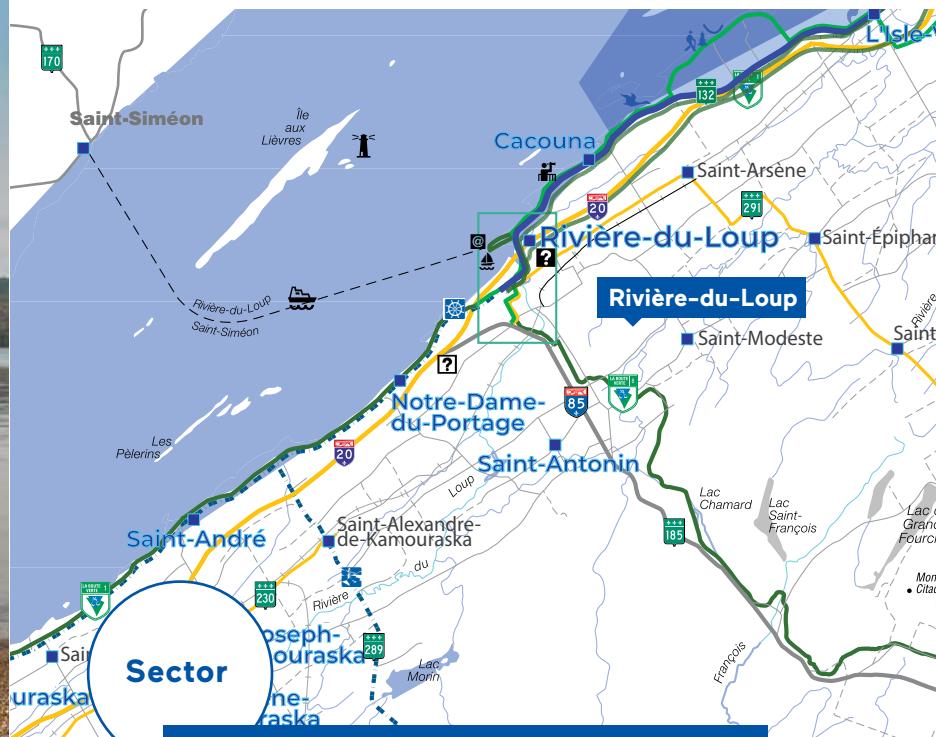


© Marie-Josée Dubé

Interprovincial
Cycle Path
Le Petit Témis
Lake Témiscouata
National Park
Pohénégamook
Beach

1 877 303-6725

tourismetemiscouata.qc.ca



Rivière-du-Loup

Accommodation p.131
Places to Eat p.163

tourismerviereduloup.ca

A blend of urban and rural, of land and sea – that’s the Rivière-du-Loup region in a nutshell! From this hub of maritime and road transportation par excellence, in mere minutes you can be exploring an island, watching the world’s largest whales, or on your way to the north shore of the St. Lawrence. The area is also home to several health spas and Nordic spas, a saltwater pool on the shores of the St. Lawrence, the trailhead of the Petit Témis bike trail, a rich cultural life and many unique events. Between jaunts to explore the area, you’ll enjoy high quality accommodations and restaurants that meet your exacting standards. In short, here in Rivière-du-Loup, you’ll live the real life... and a real vacation.

- 22 Live the St. Lawrence River
- 22 Vibrant Cities and Festivities
- 11 Road Trips
- 45 Vibrant Cities and Festivities
- 14 Hunting and Fishing
- 14 Great Outdoors
- 13 Local Flavor
- 12 Winter Fun

▼ Classified in Order of Location

Notre-Dame-du-Portage

1139 inhabitants

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

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



Rivière-du-Loup

19 974 inhabitants

villerdl.ca

Rivière-du-Loup has retained all the charm of its rich heritage, from the early days of the seigneurie and the arrival of English-speaking visitors. The city is spread over three tiers. From the shores of the St. Lawrence, you can go on whale-watching excursions, head out to the islands or take the ferry to the North Shore. The Parc de la Pointe offers direct access to the St. Lawrence, footpaths, a bike path, picnic areas, playgrounds and the Station exploratoire with exhibits on the river. In the heart of the city, enjoy the shops with local products and explore the parks. Take a stroll through Vieux Rivière-du-Loup to admire its traditional architecture. Culture and the arts are everywhere here: visit the museums, attend local events, and learn the secrets of skilled artisans. For those who love sports and the outdoors, Rivière-du-Loup is the starting point of the Petit Témis bike trail. The city can also be reached via snowmobile and quad trails. *[ad. p. 99]*



Cacouna

1 825 inhabitants

cacouna.ca

Come discover Cacouna's rich natural, historical and cultural heritage. This lovely community is a member of Association des plus beaux villages du Québec. Take the time to admire the centuries-old buildings and beautiful old homes. Cyclists, enjoy the views of the St. Lawrence from the Estuaire section of the Route Verte bike path. Cacouna is also an invitation to discover the flora and fauna of the majestic coastal scenery. On foot, by bike or by kayak, enjoy the attractions of the Kiskotuk coastal park. Take the heritage tours, Les Randonnées du Passé, using the free mobile apps and the interpretation panels. In August, join the village and the Maliseet First Nation to celebrate Deux Nations, Une Fête (history festival and pow-wow). Play a round on the local golf course, try local products and pick up a few unique souvenirs.

Notre-Dame-des-Sept-Douleurs

36 inhabitants

ileverte-tourisme.com

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



L'Isle-Verte

1288 inhabitants

municipalite.lisle-verte.qc.ca

Tradition and vitality come together in L'Isle-Verte! Formerly a major regional business centre, the village, together with its namesake island, has become a tourist destination with a rich history and a wide range of attractions. The municipal rest stop at the Parc de la Rivière Verte is the starting point for the heritage tour of the church, the Girard house, the old spinning mill and two classified national historic sites: the old circuit courthouse and the Louis-Bertrand house. Include the footbridge over the river and the Escale d'Élise riverside park in your tour. Be sure to visit the local artists and artisans, the well-known fish market and the trails in the Baie de L'Isle-Verte National Wildlife Area. L'Isle-Verte is a great place for winter sports, including ice fishing from mid-December to mid-February. Ferry. Restaurants and accommodations.



Saint-Antonin

4 211 inhabitants

municipalite.saint-antonin.qc.ca

A few kilometres south of Rivière-du-Loup, the municipality of Saint-Antonin charms visitors with its vast green spaces. Nature lovers delight in the many hiking and horseback riding trails as well as the waterfalls, rivers and lakes. Cyclists can head out on the Petit Témis bike path starting from any of several parking areas. In winter, enjoy cross-country skiing, snowshoeing, quadding and snowmobiling on great trails. The Place Berger hosts a wide variety of shows and events throughout the season, with something for everyone. A dynamic and entrepreneurial crossroads, Saint-Antonin offers a complete range of services, including several types of accommodations.

Saint-Hubert-de-Rivière-du-Loup

1335 inhabitants

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

Home to an abundance of lakes – including Lac de la Grande Fourche, Lac Saint-Hubert and Lac Saint-François – Saint-Hubert-de-Rivière-du-Loup is located at the crossroads of the MRCs of Rivière-du-Loup, Basques and Témiscouata. Rich in history and heritage (church, lakes, old mills, and more) and within 30 minutes of many of the region's top attractions, the municipality is a wonderful hub for tourists. A great area for water sports – including sailing, kayaking and fishing – it is also traversed by the Petit Témis bike path. Fall brings hunting and quadding in colourful scenery and winter makes way for snowmobiling, snowshoeing and ice sports at the village arena.

Saint-Cyprien

1064 inhabitants

municipalite.saint-cyprien.qc.ca

A socially and economically vibrant community, Saint-Cyprien is home to many companies that have built solid reputations in the industrial, maple, forestry, farming and service sectors. The Complexe Louis-San-terre and AMT ice rink provide hockey, curling, soccer and tennis facilities. The intergenerational park offers



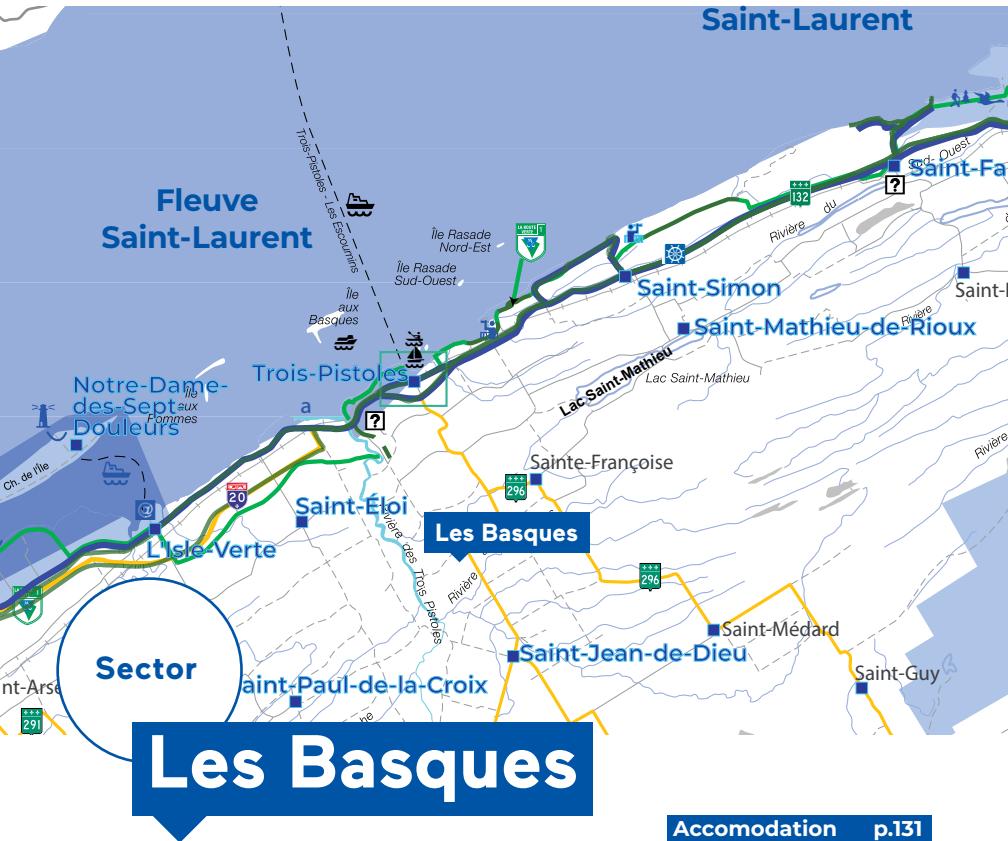
playgrounds and relaxation for the family. The Éco-Site has a campground, beach, access to Lac Témiscouata for watersports enthusiasts, and more. The area's many activities include strolling through the Jardin Céleste (celestial-themed garden), rock-climbing, hiking on the National Hiking Trail or the Route des Passants, cycling on the Petit Témis bike trail, quadding, ice fishing, cross-country skiing, snowmobiling, snowshoeing and much more.

Saint-Paul-de-la-Croix

315 inhabitants

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

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



Les Basques

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Places to Eat p.163

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-  45 Vibrant Cities and Festivities
-  14 Hunting and Fishing
-  14 Great Outdoors
-  13 Local Flavor
-  12 Winter Fun

tourismelesbasques.com

This region is named in honor of the Basque whale fishermen who frequented the area from the 16th century. Here, festivals and traditions follow one another and put forward oral traditions, music and songs. The religious heritage is also incredibly rich. The church of Trois-Pistoles alone is worth a visit. Craftsmen and gallery-shops mark your route while local products decorate the public market and the good tables of the region. You can experience the Basques in many ways, by boat, kayak, bicycle, on an island, on a pedestrian path ... You choose, and everywhere, striking views and friendly people accompany you. The tourist information office in Trois-Pistoles offers you a virtual trip, a unique experience in Quebec.

▼ Classified in Order of Location

Saint-Éloi

386 inhabitants

municipalite-st-eloi.com

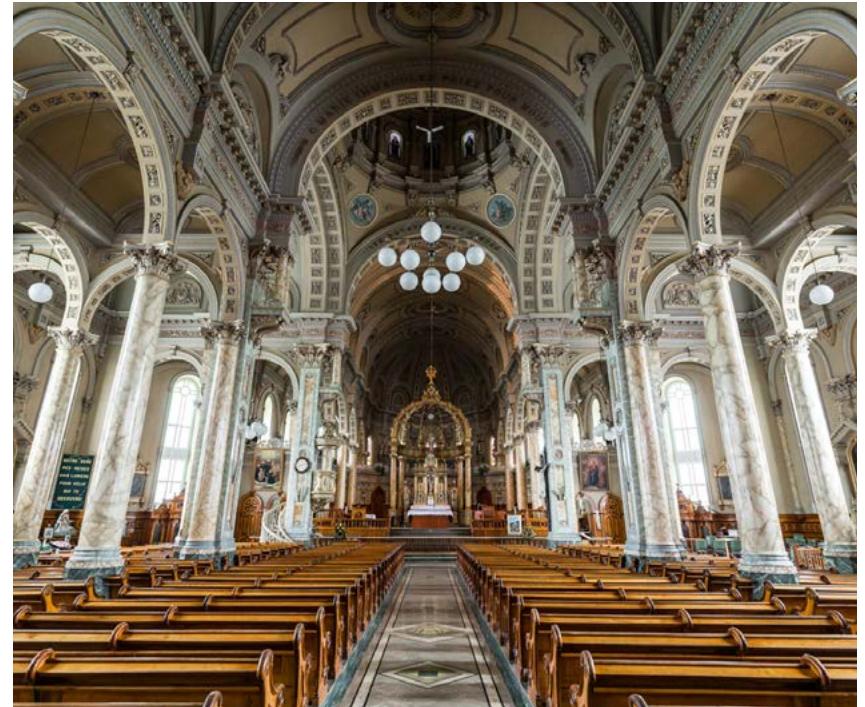
Located inland from the St. Lawrence, Saint-Éloi offers a panorama of the river and the mountains of Charlevoix spanning nearly 200 kilometres. Surrounded by rich farmland, the municipality is midway between Trois-Pistoles and Rivière-du-Loup. The village is the birthplace of Adélaïde Godbout, Prime Minister of Québec (1936 and 1939–1944), and Ernest Lapointe, Canadian Minister of Justice (1921–1924), and the ancestral homes of these two renowned native sons still stand. An inviting park near the church is the perfect spot for fun and relaxation. Visitors can see the work of local artists and artisans and pick up something beautiful to remember their trip. Cyclists will enjoy the scenery on the suggested bike routes and hikers can stretch their legs on the National Hiking Trail. Snowmobile and quad trails also criss-cross the municipality

Trois-Pistoles

3211 inhabitants

ville-trois-pistoles.ca

The town of Trois-Pistoles is a great place to stop during your vacation. Various types of accommodations and restaurants provide travellers with an abundance of choice, and there is no shortage of fun things to do: sea kayak excursions, outings on the Île aux Basques, visits to artisan's studios and art galleries, tours of heritage buildings including the remarkable church, shopping for local products, and much more. Nature lovers can head out on the National Hiking Trail or the Route Verte bike path. The eastern section leading toward Saint-Simon offers extraordinary views over the St. Lawrence. The dock is the perfect place to watch sunsets over the water and the neighbouring marina adds to the charm of the maritime scenery.





Saint-Simon-de-Rimouski

429 inhabitants

st-simon.qc.ca

The parish of Saint-Simon-de-Rimouski was founded in 1828. In the centre of the village, turn north from Route 132 onto Route de la Grève to reach Saint-Simon-sur-Mer and the municipal rest area on the shores of the St. Lawrence. It's a great spot for admiring sunsets. Hikers and cyclists can head out on the Route Verte trail and take a break at the Beaulieu overlook, perched between land and sky, where the view over the St. Lawrence is utterly spectacular. In the village, discover Parc Croc-Nature and the shops. Shop for works by local artisans, sample regional products and pick some up at the Marché du Bon voisinage (farmers' market) from mid-July to early September. Don't miss the Festival des couleurs et des saveurs in the fall, and be sure to visit the remarkable church dating back to 1831, the oldest in the Rimouski diocese.

Saint-Mathieu-de-Rieux

659 inhabitants

st-mathieu-de-rioux.ca

Though hidden in the shelter of its namesake mountain, Saint-Mathieu-de-Rieux has nothing to hide! From the Festival du Riverain to cultural and sports events, the local joie-de-vivre is clear to see throughout the year. Between lakes and mountains, in the land of four seasons, there is always something to see and do. Come enjoy watersports on the lake, relax on the beaches, play some golf, go camping, take a bike ride or visit local artists and artisans. Take in the views from the overlook on the 5e Rang or enjoy a good cup of coffee on the terrace of a local café. Looking for adventure? Go hunting or fishing, head out on the snowmobile and quad trails, take to the slopes on the ski hill, or join a torch-lit snowshoe hike. Saint-Mathieu-de-Rieux: always a new experience!

Saint-Jean-de-Dieu

1 618 inhabitants

saintjeandedieu.ca

A rural community where farming is a big part of the economy, Saint-Jean-de-Dieu bucolic landscapes are an invitation to wander the country roads and enjoy the great outdoors. At the entrance to the village, a castle built of 27,927 aluminum cans houses the tourist information office and a boutique with artisanal products. Admission is free. The castle is flanked by frescos 8 metres high by 24 metres long. Saint-Jean-de-Dieu offers visitors various restaurants and accommodations, including a campground offering free Internet access to campers. Check the website for events for the whole family, including La Grande Virée.

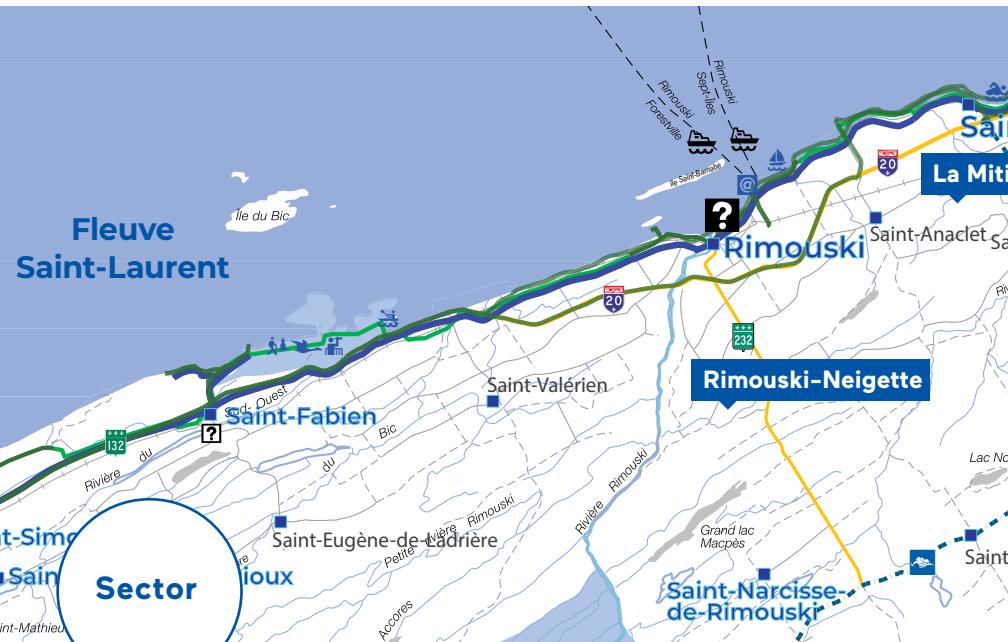
Saint-Clément

468 inhabitants

st-clement.ca

Comfortably ensconced on a plateau, the municipality of Saint-Clément is a typical rural community surrounded by fields, forests, streams and rugged terrain. It is a thriving country town filled with gardens visitors can admire as they stroll the streets. Hiking enthusiasts will enjoy the 17-kilometre Sénéscoupe section of the National Hiking Trail. Long-distance hikers can find accommodations and restaurants in Saint-Clément. A campground and a log shelter are available at the Parc des 50 ans et plus. Make reservations to tour the 100-year-old village church. In July, bring the whole family to take part in the fun at the Festival du Bœuf.





Rimouski-Neigette

tourismerimouski.com

Oriented decisively towards the sea, this region is home to a coastal national park, the oceanographic capital of Québec (Rimouski), a historic site commemorating the sinking of the Empress of Ireland in 1914, and even a submarine. The lighthouse, islands and sea excursions unveil the mysteries of the majestic river that sets the tempo of life in the Bas-Saint-Laurent. The inland high country – whose history has long been shaped by settlers, loggers and trappers – offers a wealth of lakes and forests, canyons and thematic footpaths. Mark your calendars for one of the many festivals held throughout the season and, in the evening, discover the best restaurants in the area. That sea side air feels so good! Take advantage of two ferry services to visit our neighbours on the North Shore. [ad p. 94]

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Local Flavor |
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45
Vibrant Cities
and Festivities | 
12
Winter Fun |

▼ Classified in Order of Location

Saint-Fabien

1625 inhabitants

saintfabien.net

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

Rimouski

49 383 inhabitants

ville.rimouski.qc.ca

Rimouski is the oceanographic capital of Québec. Its territory includes the districts of Le Bic to the west, Pointe-au-Père to the east, and Sainte-Blandine to the south. Approaching from the west, visitors are greeted by the rugged landscape of the Parc national du Bic. You can take the turn-off to Rue Sainte-Cécile-du-Bic to reach the heart of Le Bic. Downtown Rimouski opens out onto the St. Lawrence, where Île Saint-Barnabé dominates the panorama. The Promenade de la Mer is the ideal spot to enjoy this magnificent landscape. You then cross the district of Rimouski-Est with its marina, followed by Pointe-au-Père, where the famous Onondaga submarine takes pride of place at the Site historique maritime de la Pointe-au-Père. Rimouski offers something for everyone: heritage tours, museums, art galleries, parks, interpretation centres, farmers' market, theatre, special events, golf courses, bike paths (Route Verte) linking Rimouski to Sainte-Luce, and much more.





Saint-Narcisse-de-Rimouski

990 inhabitants

saintnarcisse.net

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

Rimouski!
First Stop!

INFORMATION TOURISTIQUE RIMOUSKI

— OPEN ALL THE YEAR —

FREE parking for tourists

Accessible for all tourists living more than 200 km from Rimouski. Available at the tourist information office in Rimouski.

Display this permit on your rearview mirror and you won't have any charges!

Ville de Rimouski
Bienvenue!
Veuillez afficher ce permis sur votre rétroviseur dans vos véhicules aux déplacements.

Information: _____
Municipalité: _____
Autorisé par: _____
Date de validité: _____
Matricule: _____

Rimouski!

That sea side air feels so good!

PARC NATIONAL DU BIC | EXCURSION ÎLE ST-BARNABÉ

JARDINS DE MÉTIS | MAISON LAMONTAGNE

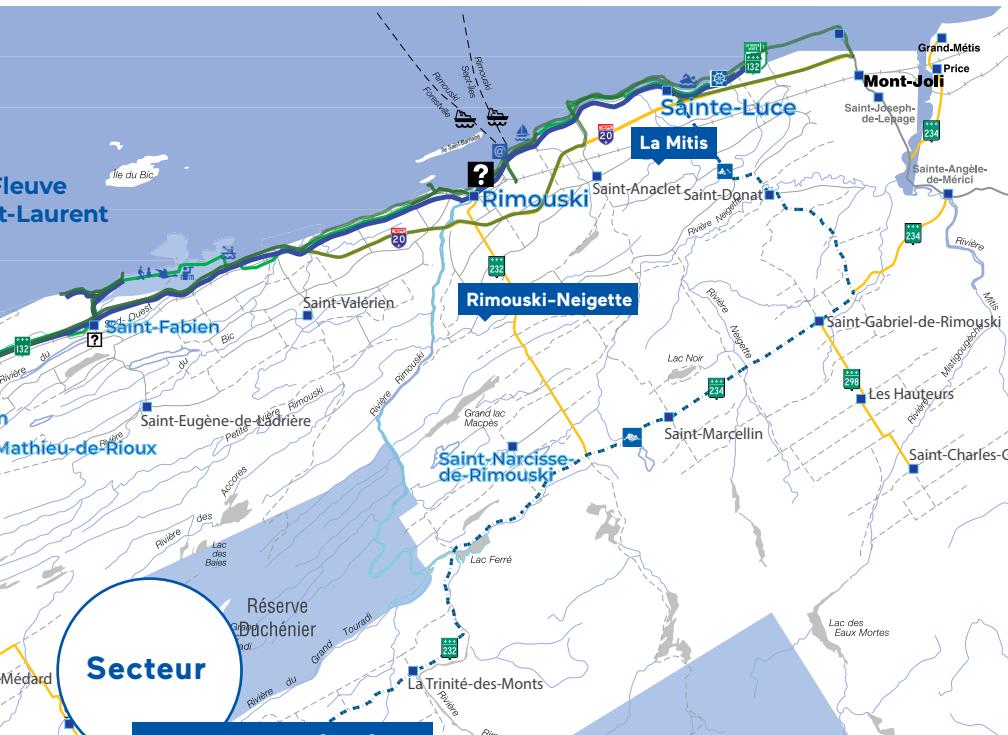
SITE HISTORIQUE MARITIME DE LA POINTE-AU-PÈRE

CANYON DES PORTES DE L'ENFER | THÉÂTRE DU BIC

MUSÉE RÉGIONAL DE RIMOUSKI



tourismerimouski.com



La Mitis

vacanceslamitis.com

The Bas-Saint-Laurent tourist region includes only part of the MRC de La Mitis, with the remainder lying in the Gaspésie region. Without a doubt, Sainte-Luce and the Promenade de l'Anse-aux-Coques are favourite gathering spots for many travellers in search of beaches, swimming, lively restaurants, cozy inns and quaint shops. As soon as you arrive, you'll notice a truly relaxing, casual atmosphere and feel instantly on vacation. Round out your visit with events, treetop adventure trails, hiking, a rustic log inn, and the largest ski hill in the Bas-Saint-Laurent – with skiing and snowboarding in winter and mountain biking in summer. Because in La Mitis, it's the best of both worlds. Since 2016, new signs have guided visitors along the Route des Monts Notre-Dame, stretching between Dégelis and Sainte-Luce. Enjoy this great new driving tour!

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Sainte-Luce

2 812 habitants

sainteluca.ca

Founded in 1829, this charming seaside village is famous for its 2.5-kilometre beach. In addition to enjoying the fresh sea breeze, visitors can watch or take part in the sand sculpture competition and monumental sculpture symposium held each summer. Use the two observation scopes at the Place de l'Empress of Ireland to admire the St. Lawrence or to spot the buoy marking the Empress, the ocean liner that sank just offshore. Take the time to explore Sainte-Luce, with its gracious old homes, a wide choice of accommodations and restaurants, as well as all the activities and amenities you would expect in a resort area. The town's friendly, welcoming ambience is warmed by the glow of the spectacular sunsets.





Bas-Saint-Laurent and Gaspésie by Motorcycle

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

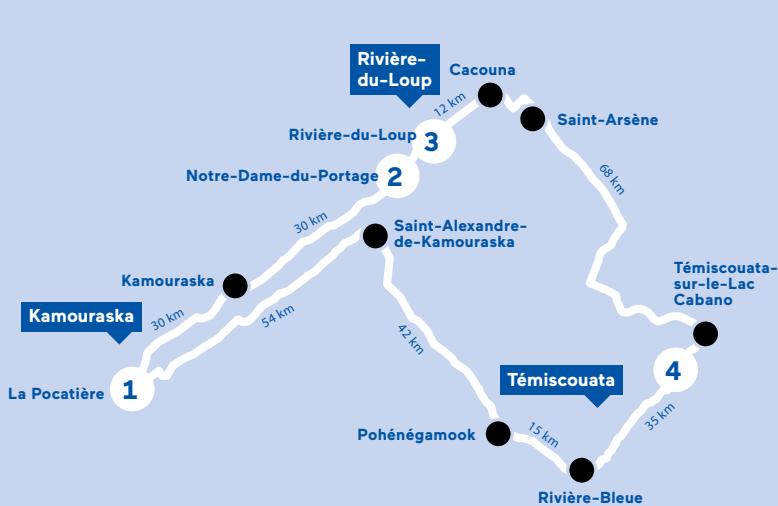
motobal.ca



Grand Tour of Bas-Saint-Laurent and Gaspésie

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

1 398 km loop ride



Kamouraska and Highlands Tour

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

300 km loop ride



Motorcycle friendly



1

La Pocatière

Find Out More p.13



3

Rivière-du-Loup

Find Out More p.25



2

Notre-Dame-du-Portage

Find Out More p.26



4

Témiscouata

Find Out More p.16



Between Sea and Mountains Tour

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

338 km loop ride



Motorcycle friendly



1

Le Bic

Find Out More p.56



2

Rimouski, Pointe-au-Père

Find Out More p.34



3

Sainte-Luce

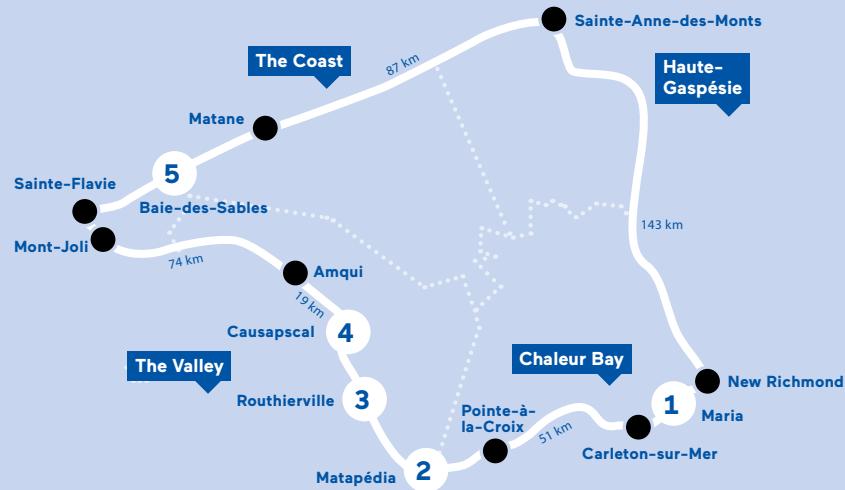
Find Out More p.39



4

Route des Monts Notre-Dame

Find Out More p.16



Small Western Tour

555 km loop ride

Motorcycle friendly

Riding along the coastline, you will be impressed by the wind turbines in Cap-Chat and the Chic-Choc Mountains in the interior. Next, you will head south on Route 299, which follows several rivers into the heart of the forest and breathtaking scenery! Ride all the way to splendid Chaleur Bay and then meander through the Matapédia Valley.



1 Maria



2 Matapédia



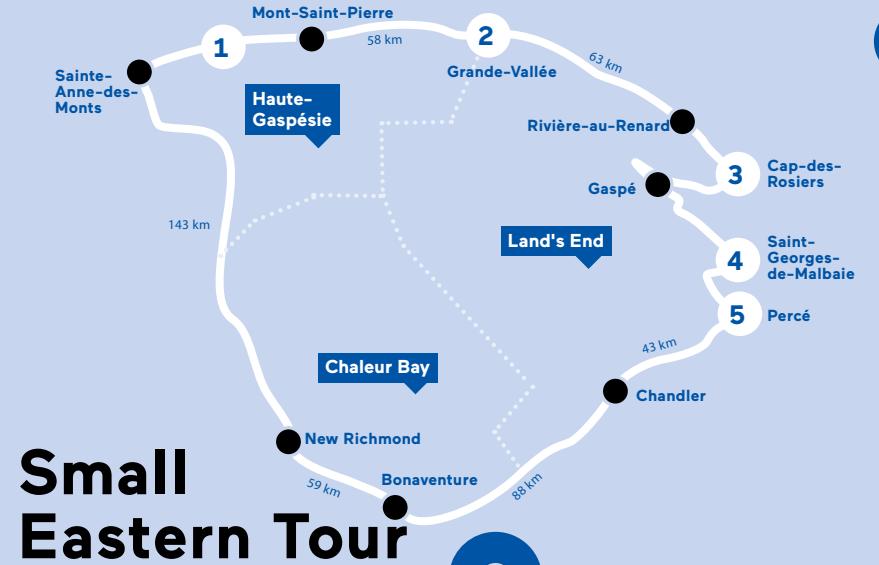
3 Routhierville



4 Causapschal



5 Baie-des-Sables



Small Eastern Tour

574 km loop ride

Motorcycle friendly

Long curves, cliffs and the ever-present St. Lawrence... this is what awaits you in Haute-Gaspésie! Lighthouses and roadside rest areas will punctuate your ride towards spectacular Land's End, which features dizzying descents and endless curves. Don't miss any of these must-see attractions: Gaspé, Percé, legendary Percé Rock, Chaleur Bay and the majestic Chic-Choc Mountains!



1 La Martre



2 Grande-Vallée



3 Cap-des-Rosiers



4 Saint-Georges-de-Malbaie



5 Percé, Pic de l'Aurore and Côte Surprise



n°1 in Canada



WHALE WATCHING CRUISE RIVIÈRE-DU-LOUP



\$74.99

Set sail and admire the giants of the sea! Departures at 9:30 AM and 1:30 PM from the Rivière-du-Loup Marina.

IN THE HEART OF THE BEST OBSERVATION SITE IN THE WORLD!



Price per person+ taxes.
Prices and schedules subject to change without notice.



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croisieresaml.com

1 888 825.1981

2

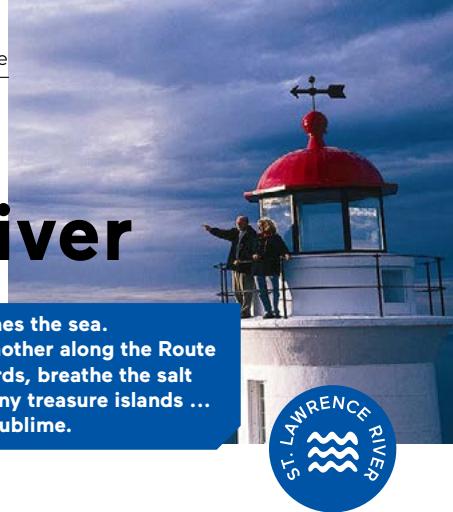
49 → Live the St. Lawrence River

- 50 Interpretation Centres
- 50 Health Centres
- 52 Cruises ans Sea Excursions
- 54 Maritime Museum
- 55 Whales Observation
- 55 Wildlife Observation
- 56 Costal Parks
- 59 Beaches and Swimming

Live the St. Lawrence River

Live the St. Lawrence River

It is in Bas-Saint-Laurent that the river becomes the sea. Here, coastal towns and villages follow one another along the Route des Navigateurs. Explore mammals and seabirds, breathe the salt air, learn the local maritime history, sail to many treasure islands ... and open wide your eyes, the landscapes are sublime.



▼ Classified in Order of Location

Interpretation centres

Kamouraska

Kamouraska

Site d'interprétation de l'anguille de Kamouraska

205, avenue Morel
418 492-3935

Open: early June to mid-October.

The owner of this family business has been fishing for eels for over 50 years. She will teach you everything about this traditional Kamouraska job: techniques of yesterday and today, traps, nets, etc. No pets allowed.

Health centres

Kamouraska

Kamouraska

Centre de santé La Grand Voile

168, avenue Morel
418 492-2539 - 1 855 492-2539 - lagrandvoile.ca

Open: May 1 to November 2.

Health center, intimate and warm, located in the village of Kamouraska. The river at your feet. Moments of relaxation in the solarium or in our private lounges. Several types of massage with or without oil, adapted to your needs, are offered by experienced hands. Diversified treatment card inspired from here and abroad; wraps, exfoliators and baths. Signature treatments: from head to toe. Access to the river.



Rivière-du-Loup

Notre-Dame-du-Portage

Centre de santé de l'Auberge du Portage

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

Open: April 17 to November 8.

A health and resort center beautifully located on the banks of the St. Lawrence River, the Auberge du Portage will charm you with its elegance characteristic of the Victorian style of the beginning of the century. Its health center offers more than 50 different treatments to pamper you. Several services available including the heated saltwater outdoor pool, outdoor spa, Finnish sauna, hammam and several relaxation areas. Local cuisine and health.

Rivière-du-Loup

Centre de santé La Relaxation - Auberge de la Pointe

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

Along the St. Lawrence River, find accommodation, restaurant with wood fireplace and lobster tank, panoramic café / bar-terrace and summer theater. For the most deserved relaxation, the center offers you what you dream of: diversified massages, modern body treatments, aesthetic treatments from head to toe, thermo-massage bath, indoor pool, Finnish sauna, whirlpool, bikes, fitness and fitness room. relaxation.

Centre de santé L'Estuaire 2010 Hôtel Levesque

418 868-1468 - 1 800 463-1236 - hotellevesque.com

Open: year round.

Modern health center integrated into a hotel complex. Decor and atmosphere promoting relaxation. Body care: algae, clay, essential oils, chocolate, mud wrap. Massage therapy: Swedish, Californian, sports, therapeutic, in tandem, lymphatic drainage, endermology, hot stones and pressotherapy. Facial, microdermabrasion, pedicure, manicure, regular hair removal and IPL, eyelash application, electrolysis, makeup. Nordic spa, Finnish sauna (dry). Hammam (steam sauna) and cold and hot waterfalls. Packages with or without accommodation.

Centre de santé UniverSpa - Hôtel Universel

311, boulevard de l'Hôte-de-Ville Ouest
418 862-9520 - 1 800 265-0072 - hotelluniverselrdl.com

Open: year round.

Located in the Hotel Universel, the health center offers a full range of treatments: massages, lymphatic drainage, body and facial treatments, beauty treatments, etc. The urban open-air Nordic spa is adjacent to the health center and includes two hot pools, cold waterfall, wet sauna, dry sauna, multi-jet shower, rest room.



Cruises and sea excursions

Kamouraska

Kamouraska Zodiac Adventure



Quai de Kamouraska
418 863-3132 – zodiacaventure.com

Open: mid-May to mid-October.

From the municipal wharf, aboard a Zodiac with a capacity of ten passengers, discover the striking landscapes of the St. Lawrence River and the Kamouraska Islands while observing marine mammals and colonies of birds. Stock up on lasting memories. No pets allowed.

Saint-André

Société d'écologie de la batture du Kamouraska – SEBKA



Saint-André G0L 2H0
418 493-9984 – sebka.ca

Open: May 15 to October 15.

Campsite located on a monadnock overlooking the St. Lawrence. Discover the winged fauna as well as the flora submerged according to the tides. Hiking trails, lookouts, Blue Route, Green Route, welcome cyclists! Guided sea kayak excursions around the archipelago of Kamouraska islands. Climbing course offered in an unusual environment on the cliffs of Saint-André (pass required). No pets allowed.

Rivière-du-Loup

Rivière-du-Loup

Société Duvetnor



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

Open: June to September.

Range of ecotourism products in the bird sanctuaries of the Pot à l'Eau-de-Vie archipelago and Île aux Lièvres. Overnight at the lighthouse, stay in chalets or at the Auberge du Lièvre, wilderness camping. Daily commented cruises with or without disembarkation, observation of sea birds, visit of historic places, hiking on a network of more than 45 kilometers with interpretation kiosk and catering (Île aux Lièvres). Mandatory reservation. No pets allowed.

Les Basques

Trois-Pistoles

Coop. Kayak de mer des Îles Trois-Pistoles



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

Open: June to September, two outings per day: 10 a.m. and sunset.

Hike or excursion Sunset in a sea kayak in a landscape of sky, sea and islands. Marine environment suitable for beginners and family. The Coop des Kayak de Mer des Îles is a member of Aventure Écotourisme Québec. Reservation required by phone or website. Access at the end of the Trois-Pistoles quay. Pets on leash accepted.

Excursion au Parc naturel et historique de l'île aux Basques



Marina de Trois-Pistoles
418 851-1202 – provancher.org

Open: June 9 to September.

Occupied by the Amerindians 2,000 years ago, frequented by Basque fishermen from 1584, the island has been the property of the Société Provancher since 1929. 5 km offshore, this historic site (16th century Basque ovens) of national importance is also a refuge for migratory birds and a place of excursion (guided tour compulsory) with multiple attractions with the possibility of renting rustic chalets for short stays. Two kilometers of trails. No pets allowed.

Rimouski-Neigette

Rimouski (district Le Bic)

Aventures Archipel



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

Open: mi-mai à la fin septembre.

Guided sea kayak excursions in the Bic National Park. Guides are level II and III accredited by the Quebec Federation of Canoes and Kayaks of Quebec (FQCK). Breathe in the salt air, browse the bays and inlets, discover the capes, the islands and the mountains, observe the fauna (seals, eiders, etc.).

Reservation recommended. Out of season, outings by reservation only.

Rimouski

Bella Desgagnés – Relais Nordik

17, avenue Lebrun
418 723-8787 - 1 800 463-0680 - relaisnordik.com

Discover this most easterly region of Quebec with incomparable landscapes from Rimouski to Blanc-Sablon, passing by the mythical Anticosti Island, aboard the ship Bella Desgagnés (Relais Nordik), a cargo-passenger comfortably fitted out for you welcome during this 7 day expedition. Go on an adventure in these eleven coastal towns and villages often inaccessible by land and discover unusual activities when you touch land. Open your eyes and take out your camera, because the flora and fauna will have something to dazzle you: iceberg in the cold season, whales, dolphins and birds of all kinds during your stopovers in the hot season. of this out of the ordinary adventure!

Excursion Île Saint-Barnabé



Marina de Rimouski
418 723-2280, poste 3 en saison - ilestbarnabe.com

Open: June 19 to August 31.

Explore the 20 kilometers of hiking trails accessible to all. Observe bird colonies, seals and flora; browse the beaches in search of living treasures or crazy gold (pyrite). Picnic areas. Interpretation of the history of the island. Breathtaking view of the city of Rimouski. Safe crossing lasting ten minutes. Ten rustic campsites. Average duration: 3 hours. No pets allowed.



Maritime Museums

Rimouski-Neigette

Rimouski

Phare de Pointe-au-Père, lieu historique national du Canada

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

Open: June 8 to October 14.

Climb the 128 steps of one of the tallest lighthouses in Canada. Discover different themes, including the role that the station has played in the history of navigation and the different sound signal systems that allowed navigators to know their position in bad weather. All fire, all lighthouse exhibition highlighting the lighthouses of the St. Lawrence via photographs, models and artefacts. Trail with interpretive panels presenting the history of the station. No pets allowed.



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



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

Upon entering the ship, you will discover the daily life of the 70 crew members who lived confined in this 90-meter black steel juggernaut, the first submarine open to the public in Canada! You will be able to examine the complex mechanics of the huge engines, the control room with its sonars and the torpedo room. Two audio-guided circuits are

offered (French-English-Mandarin-Spanish): the "Discovery" visit (recommended for families) simulates a sea trip off Rimouski, while the "Technical" visit (recommended for adults and museophiles) explains in detail the various systems of the ship and their functions. Do you want to immerse yourself even more? Try the activity "Night on board" during an evening and an unusual night aboard the Onondaga! The participants will be greeted by the captain of arms who will play them the role of submariners apprenticed through numerous immersive tests. The activity is offered in French only and open to reservations for groups (10 people and +).



Whales Observation

Rivière-du-Loup

Croisières AML



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

Open: June to September.

Take advantage of the only starting point on the south shore of the St. Lawrence to access the best whale watching site in the world: the Saguenay-Saint-Laurent marine park! Aboard the AML Levant, fill up with fresh air and meet whales, seals and other marine mammals! You will be won over by the beauty of the coastline dotted with islands and ancestral lighthouses.



Wildlife Observation

Rivière-du-Loup

Cacouna

Site ornithologique du marais de Gros-Cacouna



200, chemin de la Rivière-des-Vases
418 867-8882 poste 201 - parckiskotuk.com/parc

Gros-Cacouna marsh ornithological site: site of the Canadian Wildlife Service of Environment Canada where you can observe a multitude of aquatic birds such as ducks, rails, herons and a diverse fauna and flora. It is not uncommon to meet there, in addition to birds, foxes and even white-tailed deer. Easy to intermediate level hiking trails and observation facilities are available to visitors.



Coastal Parks

Rivière-du-Loup

Cacouna

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

bs #

200, chemin de la Rivière-des-Vases
418 867-8882 poste 201 - parckiskotuk.com/parc

L'Isle-Verte Bay National Wildlife Area: site of the Canadian Wildlife Service of Environment Canada. The Maison Girard interpretation center (certified by Kéroul) presents a permanent exhibition on the peat bogs, waterfowl, flora and habitats of the reserve. Near the river, hiking trails are provided with interpretive signs. Guided tours and duck banding packages upon reservation (\$).

Parc côtier Kiskotuk

s #

200, chemin de la Rivière-des-Vases
418 867-8882 poste 201 - parckiskotuk.com/parc

The park has more than 25 kilometers of landscapes where the St. Lawrence River, mountains, marshes and islands are presented. The territory is divided into seven discovery sectors distributed in Cacouna, L'Isle-Verte and Notre-Dame-des-Sept-Douleurs. Guided activities, hiking trails, cycle loops, wilderness camping and rustic chalets are available. The geodiversity of landscapes, the biodiversity of the places, the ornithological richness and the indigenous culture are the main attractions of this regional park.

Rimouski-Neigette

Rimouski (district Le Bic)

Parc national du Bic 🏠 📞 📍 🏠 📞 📍

3382, route 132 Rimouski
418 736-5035 – 1 800 665-6527- sepaq.com/pg/bic

Open: year round.

The park proudly displays caps, bays, coves, islands and mountains, emblems of its fame. Thousands of seabirds nest there; rare plants flourish there; seals bask there. Summer: 25 km of hiking trails and 15 km of cycle paths, sea kayaking, bicycle rental, guided hikes. Winter: snowshoeing, Nordic skiing, cross-country skiing, fatbike and hiking. Accommodation, picnic areas, tea room and catering. Pets not allowed, dogs allowed in certain areas of the park, ask for information.

Observation de la nature au parc national du Bic

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Open: late June to early September.

A Wildlife observation activities: In season, a naturalist park warden awaits you on the ground with information, telescopes and binoculars to allow you to observe fascinating species up close. From late May to early July, the park is home to hundreds of seabirds that feed and shelter there, including the common eider. From early July to early October, gray and harbor seals bask in the park's coves. The places of observation vary according to the species and the tides. Observation and interpretation of nature: the park is recognized for the observation of seals and shelters a population of approximately 200 harbor seals. Very cheerful, these annual residents of the estuary like to rest on the boulders present in the coves and bays of the park.



You can easily observe them from the coast. A naturalist guide is on site with binoculars and telescopes to help you discover them.

Activités familiales au parc national du Bic

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L'odyssée d'Elliot

Join Elliot, a young boy from Bic who is curious about nature, on his fascinating odyssey to discover the estuary. Go back in time, thanks to his father's famous DeLorean, meet explorers, pilots and fishermen who will tell you about the river. Then, dive into the waters to discover the unexpected diversity of underwater life.

Arché-O-joute

You are invited to discover the fascinating world of archeology. This activity in the form of a game will allow you to carry out excavations, like real archaeologists and to find artifacts that tell the story of the first occupants of the Bic territory.

Le littoral sous la loupe

The whole family is invited on the beach of Anse à Wilson to discover the coast and its intriguing organisms, capable of living half their lives submerged by the sea and the other half in the open air ... On site, a naturalist park warden awaits you to allow you to become true apprenticeship researchers of the sea! With his help, you will make impressive discoveries. Who are they? How do they live? Please bring shoes to walk in the mud.

Soirées découvertes

Come to our Discovery and Visitors Center - Ferme Rioux for exciting and varied presentations offered by our team as well as by special guests.

Parc marin du Saguenay-Saint-Laurent

Tadoussac
1 888 773-8888 - parcmarin.qc.ca

Open: June to September or October.

Le parc marin du Saguenay-Saint-Laurent protects an exceptional marine region where more than 1,600 species live. Explore it by hiking on the coast, cruising, visiting lighthouses and museums. Take part in activities at the Saint-Laurent Exploratory Station. Watch birds and seals on Île aux Basques, Île aux Lièvres or Baie de L'Isle-Verte. Hear the story of the Île Verte lighthouses and the Pot à l'Eau-de-Vie.





Pointe-au-Père Lighthouse National Historic Site

Get close to history

Climb to the top of one of Canada's tallest lighthouses to discover the St. Lawrence from a different angle!

pc.gc.ca



Beaches and swimming

Rivière-Ouelle

Place du Quai



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

The wharf sector at Pointe-aux-Orignaux offers a unique view of the river and the mountainous terrain of Charlevoix. Formerly, the site was a Mecca for the timber trade, which was transported by rail to the wharf and then loaded onto the schooners. The place is ideal for taking a breath of fresh air, bird watching, picnicking or lounging on the beach.

Rivière-du-Loup

Notre-Dame-du-Portage

Piscine municipale

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

Come swim and rediscover the pleasant feeling of wading in the river! Heated seawater pool with a view of the St. Lawrence, this attraction is a must in the region. On site, romper for toddlers, sun loungers, parasols and a park with swings and play structures. Consult the municipality's summer program to find out about the various activities that are organized there.

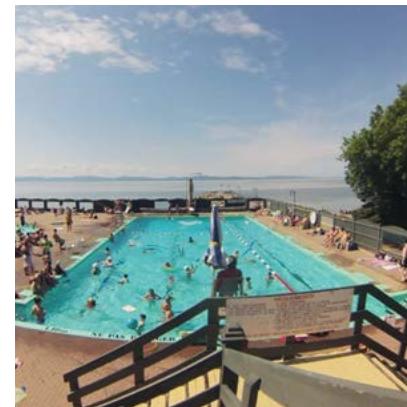
La Mitis

Sainte-Luce

Promenade et plage de l'Anse-aux-Coques

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

In the heart of the tourist attractions of Sainte-Luce, the Anse-aux-Coques promenade offers a different panorama every day, often surprising depending on the tide times. Our walk runs along the beach and allows a moment of relaxation while enjoying the salt air. There is a service chalet, an illuminated pedestrian walkway, benches, picnic tables and more than twenty wood carvings on the theme of the sea. In addition, several shops and restaurants.



Territory family

2



Highest footbridge in Quebec 63 meters

Grand Sault Falls 20 meters

Oniria Forest multimedia experience

Labyrinth of hell

Descent into hell 300 steps

Evening activity for the family

Canyon des portes de l'enfer



canyonportesenfer.qc.ca
418 735-6063
1280, chemin Duchénier, Saint-Narcisse-de-Rimouski, QC

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Great Outdoors

Great Outdoors

A rich, unspoiled and diverse nature, this is the playground offered by the Bas-Saint-Laurent! Activities in lakes and rivers abound and hiking trails are accessible throughout the territory. Take the opportunity to recharge your batteries in a national park or even ride your bike with your family in complete safety.



▼ Classified in Order of Location.

Outdoor Activities

Témiscouata

Saint-Honoré

Parc du Mont-Citadelle



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

Open: year round.

Among the highest peaks of Témiscouata, Mont Citadelle offers a breathtaking view of the Saint-Laurent river and the Charlevoix mountains. The Parc du Mont-Citadelle offers many activities and attractions (\$) for the family as well as accommodation in a chalet, yurt and camp-site. On site, catering, bar, laundry, private room.



Swimming and Beaches

Kamouraska

Mont-Carmel

Plage du Lac de l'Est



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

Open: June 20 to August 25.

Natural sandy beach of 700 meters, located on the shores of Lake East, 13 kilometers long at the border of the United States. On site: supervised swimming area, aquatic mini slide for children, beach volleyball, rental of nautical equipment, fishing tournaments, catering, licensed convenience store, picnic area with barbecue



cooking area, music, entertainment, animal leash area and camping.

Témiscouata

Pohénégamook

Plage municipale de Pohénégamook



50, chemin de la Tête du Lac
418 863-7722 - pohenegamook.net

Open: mid-June to the end of August.

Discover one of the most beautiful freshwater beaches in Quebec. Available services: giant nautical inflatable game, self-service camping, canteen, convenience store, supervised swimming area, nautical equipment rental, volleyball courts, children's play modules, cooking area with giant barbecue, etc. No pets allowed.

Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Plages municipales de Témiscouata-sur-le-Lac



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

Open: late June to mid-August.

Enjoy our beaches in an environment natural on the banks of Lake Témiscouata, long of 42 kilometers. Activities: swimming, volleyball aquatic, windsurfing, boating. Nearby: catering services, accommodation and camping, playgrounds and cycle path. No pets allowed.

Rivière-du-Loup

Saint-Cyprien

Éco-site de la tête du lac Témiscouata

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

Open: June 20 to September 8.

Take advantage of the exceptional and natural environment of the Eco-site to relax on the 600-meter long sandy beach, to bathe or go kayaking. To enhance your stay, rustic camping sites have been set up near the lake. Nautical equipment rental. Swimming without supervision. Dogs on a leash accepted.

Les Basques

Saint-Mathieu-de-Rioux

Plage et amusements camping KOA Bas-Saint-Laurent



Saint-Mathieu-de-Rioux
418 738-2034 - 1 800 562-2482 - koabasstlaurent.com

Open: June 8 to September 15.

Ideal place to spend a day: sandy beach, magnificent lake, marina, kayak, pedal boat and paddle board rental. Amusement park: large heated swimming pool with slide, paddling pool, water games, spa, giant trampoline, playground, minigolf, pétanque, pebbles, BMX track, entertainment and activities. Ample parking, dairy bar, boutique, restaurant, campsite, cabin accommodation. Daily packages for beach only or for the whole. Low cost cruises. Summer camps.



Summer Camps

Kamouraska

Saint-Alexandre

Camp musical Saint-Alexandre

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

In Bas-Saint-Laurent, in the rest of the province and even internationally, the St-Alexandre Music Camp stands out as a dynamic cultural organization. For several years, he has been able to obtain recognition from his peers in the cultural, community, entrepreneurial and tourist sectors.



Témiscouata-sur-le-Lac, secteur Cabano

Fort Ingall

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

Live in Fort Ingall and live a unique experience while sleeping in a soldiers' dormitory furnished as it was at the time. The dormitory has 24 bunk beds, some with mattresses, others with mattresses. We offer some modern conveniences such as toilets, showers, a kitchenette, a dining room and a laundry room. Bedding is available for rental. The dormitory is ideal for receiving school groups, scout groups, cadet corps, outdoor clubs, etc.

Rivière-du-Loup

Saint-Modeste

Camp Richelieu Vive la Joie

26, route de la Station
418 862-5919 - 1 877 862-5919 - campvivelajoie.com

We are pleased to invite you to come and experience an unforgettable stay at Camp Richelieu Vive la Joie. We invite you to browse our website to find out about our various services offered, including vacation camps, group rentals, nature classes and many more!



Canoe and Kayak

Kamouraska

Saint-Joseph-de-Kamouraska

Zone aventure

354, rang 5 Ouest
418 551-0806 - zoneaventure.com

From Saint-Joseph-de-Kamouraska, practice canoeing and kayaking on the Rivière du Loup. The duration of the hikes, guided or not, varies from one to eight hours depending on the period. Ideal for family activities or with friends. Bar service, terrace, picnic areas, volleyball court and possibility of swimming on the premises.

Cycle tourism (bicycle)

Kamouraska

Rivière-Ouelle

Réseau de pistes cyclables

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

The Rivière-Ouelle cycling network totals 41 kilometers of paved roads made up of loops and low profile round trips. Discover the landscapes of the municipality through the cultivated fields, the meanders of the Ouelle river and the beaches of the coast. For a detailed map, go to the information stop at the junction of route 132 and chemin de la Pointe. Clear signage is available for cyclists throughout the network.





Témiscouata

Dégelis

Parc linéaire interprovincial Petit Témis / section Sud

Dégelis
418 853-3593 - caltrm.com

Open: mid-May to mid-October.

Cycle track of 134 kilometers along the shores of Lake Témiscouata and the Madawaska River for more or less 43 kilometers. Le Petit Témis is ideal for hikes with family or friends. Using the route of an old railway line, it is easily accessible from the municipalities served, with a drop of barely 4%. Rolling surface: rock dust or asphalt. All along the route: parking, stops and other services (water, toilets, etc.) Map of the park available.

Rivière-du-Loup

Rivière-du-Loup

Parc linéaire interprovincial du Petit Témis / section nord

191, rue Fraserville, Rivière-du-Loup
418 868-1869 - petit-temis.ca

134-kilometer cycle path built on the route of an old railway line accessible to all municipalities along the trail. Enjoy several natural attractions: rivers, lakes and marshes, watching herons, beavers and deer ravages. The Denis-Longchamps café in Saint-Modeste offers light meals or a lunch box. Rustic campsites for hire near the runway. Map available free of charge in the Bas-Saint-Laurent reception areas. Coffee hours: June 24 to Labor Day.

Horseback Riding

Les Basques

Saint-Éloi

Centre équestre Saint-Éloi

164, 3e Rang Ouest, Saint-Éloi, G0L 2V0
418 551-5400 - pcesteloi.com

Open: year round.

The Saint-Éloi Equestrian Center welcomes you in a pleasant and safe environment. Come and discover the equestrian world. Riding lessons from 5 years old, horse riding from 10 years old. Services available by reservation only. Average duration: 1:30 to 3 hours.

La Mitis

Sainte-Luce

Club de randonnée équestre Les Aventuriers équins

145-A, route du Fleuve Ouest, Sainte-Luce, G0K 1P0
418 725-8712 - lesaventuriersequins.com

Golfing

Kamouraska

Saint-Pacôme

Club de golf de Saint-Pacôme

40, rue de la Pruchière, Saint-Pacôme, G0L 3X0
418 852-2395 - 1 855 852-2390 - golfstpacome.com

Number of holes : 18 – Par : 71
Lenght (yards) : 6150 – Services : ☎ 🇩🇪 🇫🇷 🇨🇦



Témiscouata

Saint-Louis-du-Ha! Ha!

Club de golf de la Vallée du Témis

65, chemin du Golf
418 854-0539 en saison - 1 855 354-0539 - clubgolftemis.com

Number of holes : 18 – Par : 72
Lenght (yards) : 6205 – Services : 🇩🇪 🇫🇷

Rivière-du-Loup

Notre-Dame-du-Portage

Club de golf de Rivière-du-Loup

132, Route de la Montagne
418 862-7745 - clubdegolfderiviereduloup.com

Number of holes : 18 – Par : 72
Lenght (yards) : 6220 – Services : 🇩🇪 🇫🇷

Rimouski-Neigette

Rimouski (district Le Bic)

Club de golf de Bic

150, route du Golf-du-Bic
418 736-5744 - clubdegolfbic.com

Number of holes : 18 – Par : 72
Lenght (yards) : 6514 – Services : 🇩🇪

Rimouski

Club de golf L'Empress

365, rue du Golf
418 725-4653 - golftlempress.ca

Number of holes : 18 – Par : 72
Lenght (yards) : 6754 – Services : 🇩🇪 🇫🇷

Club de golf Les Saules

285, montée des Saules
418 723-1929 - golfdessaules.com

Number of holes : 18 – Par : 72
Lenght (yards) : 6100 – Services : 🇩🇪 🇫🇷

Club de golf Val-Neigette de Rimouski

3, rue du Verglas
418 735-2222 - 1-877-735-2299 - valneigette.ca

Number of holes : 18 – Par : 72
Lenght (yards) : 6100 – Services : 🇩🇪 🇫🇷

Recreational Equipment Rental

Rimouski-Neigette

Rimouski

Rikiki Campers

205, rue Saint-Jean-Baptiste Est
581-246-3066 - rikiki.ca

Rikiki Campers is a friendly motorhome rental company for travelers who want to go on an adventure without breaking the bank! Our joyful vehicles are fitted out to meet all your travel needs without any superfluity. The Rikiki van can be transformed into night or day mode. During the day, you will have access to a bench and a table. For the night, the interior is easily transformed into a double bed. In your Rikiki van, you will find everything you need to cook, eat and clean everything.



Parks

Témiscouata

Saint-Michel-du-Squatec

Parc National du Lac-Témiscouata



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

Open: June 21 to September 2.

Harmonious marriage of water and forest, in the heart of unspoiled nature and 10,000 years of history, the park is suitable for outdoor enthusiasts and families looking for relaxation. Travel 35 kilometers of trails through the most striking and best protected elements of the territory. Discover the majestic Témiscouata lake or the richness of the Touladi lakes. It's your family destination this summer! Dogs accepted in certain areas.

Activities for everyone: stories and legends, excursions, evening chats and family activities await you. Come meet the park archaeologist and have the chance to participate in real archaeological excavations. Go on a rabaska adventure on the Touladi lakes with our naturalists to discover the richness of the territory and learn more about the culture of the First Nations.

A paradise for cyclists: the asphalt road network, shared with curves and reliefs, is ideal for cycling enthusiasts (27 km). The multifunctional trail runs along the shores of Lake Témiscouata for 7 kilometers. By bike from one shore to the other, the nautical shuttle L'Épinoche and

the ferry Le Corégone allow you to pedal on a 24-kilometer circuit around Lake Témiscouata.

Anse à William: near a sandy shore of Lake Témiscouata, the Discovery and Visitors Center offers all the amenities. Animated activities, boat rental and hiking to the exceptional forest ecosystem of the Fourneau mountain. L'Anse à William offers a 5.5 kilometer cycle path and provides easy access to the 134 kilometers of Petit Témis. One day will not be enough to discover everything. Dogs accepted in certain places. Open: May 17 to October 14.

Grands-Pins: just 10 kilometers from Highway 85, this unmissable nature oasis and stopover brings together a small ready-to-camp village on the edge of a pebble bank. Walking path with breathtaking views of Lake Témiscouata, playground, boat rental and community hall for corporate or school groups. The Petit Témis cycle path is located 4 kilometers from this sector. Animals refused. Open: June 14 to September 16.

Grand Lac Touladi: where time stands still ... This enchanting site designed especially for the family brings together a multitude of amenities. Playground for toddlers, fun activities for the family, boat rental, mosquito net shelter and picnic area and community fire. Also, the Sentier des Curieux de nature, the first of its kind in the Sépaq network, is a 0.7-kilometer route filled with physical challenges and discoveries that lead young people to discover the nature and the great history of the park. No pets allowed. Open: June 21 to September 9.

Rimouski-Neigette

Saint-Narcisse de Rimouski

Canyon des Portes de l'Enfer



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

Open: May 16 to mid-October.

The canyon stretches between walls reaching 90 meters. Take the hiking trails, totaling 20 kilometers, 8 km canicross trail, admire the Grand Sault waterfall, the highest bridge in Quebec (63 m) and experience the descent into Hell. Unique in Bas-Saint-Laurent, night activities: legend, soundtracks, lighting effects and lighted fall. Explore the Doors of Oniria, labyrinth, geocaching and geocaching. Snack, wild camping.

La Mitis

Saint-Donat

Parc du Mont-Comi



300, chemin du Plateau
418 739-4858 - 1 866 739-4859 - mont-comi.ca

Open: year round.

In summer, the park offers mountain biking and hiking. The chairlift is open on Sundays from 11 a.m. to 4 p.m. for cyclists and hikers. The National Trail is accessible free of charge at all times. From mid-September to mid-October, the Belles Fins de Semaines d'Automne welcome you on Saturdays and Sundays for a chairlift ride and for mountain biking. Animals on a leash accepted on the hiking trails.



Saint-Gabriel-de-Rimouski

La forêt de Maître Corbeau



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

Open: year round. October to May: by reservation, groups of six or more.

Air courses of increasing difficulty, spread over six levels, under the supervision of experienced guides. A course with six zip lines and night park by reservation. Other activities: paddle boarding, kayaking, canoeing, walking trails, swimming. Pets on leash accepted. Winter: aerial trails, snowshoeing, snowmobiling off-piste guided on private territory. Accommodation and catering by reservation.

Hiking

Kamouraska

Mont-Carmel

Sentier culturel de Mont-Carmel



54, rue Bois-Francis
418 498-2050 - mont-carmel.ca

Open: year round.

Connecting the heart of the village to Lake Saint-Pierre, the trail pays tribute to artists with its cultural stops over 4 kilometers. The Place de la peinture is a kiosk to let the imagination run wild. The Place de la Musique illustrates the many musical talents of Mont-Carmel. Poetry Square is a true place of meditation with its library and the support to which visitors can hang their own poetic works. Pets on leash accepted.



Saint-Pacôme

Belvédère de la croix

®

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

The belvédère de la croix is unique and recognized. A stopover will allow you to appreciate the signature landscape of our region, while visiting its photographic exhibition renewed each year. With its breathtaking view of Kamouraska and Harlevoix, its reputation is well established. It also won the 2016 Provincial Planning Award awarded by Les Arts et la Ville, for a municipality of less than 20,000 inhabitants.

Saint-Pascal

Parc des Sept-Chutes

®

Route Centrale
418 492-2318 - villesaintpascal.com

Open: May 15 to October 15.

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



Montagne à Coton

®

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

Open: May 15 to October 15.

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

Témiscouata

Pohénégamook

Les Sentiers des 3 Frontières

®

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

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

Les Basque

Trois-Pistoles

Sentier national au Bas-Saint-Laurent

®

Trois-Pistoles à Dégelis
418 714-2599 - sentiernationalbsl.com

Three sections are accessible free of charge. The one from Trois-Pistoles à Dégelis, with a distance of 144 kilometers, offers shelters by reservation. On the way, you cross Lac-Témiscouata National Park and fees are required for this park. The section Chemin du Roy, from Trois-Pistoles to Saint-Simon, has a distance of 31 kilometers with unique views of the river. The Chute-Neigette / Mont-Comi section, over a distance of almost 15 kilometers, is located at Mont-Comi Park.

Quad

Rivière-du-Loup

Saint-Cyprien

Association Quad du Bas-Saint-Laurent

418 867-1630

The territory extends from La Pocatière to La Matanie and includes Témiscouata and La Matapédia valley. The ten clubs, through the precious involvement of their volunteers, develop, maintain, mark and secure the trails, including 134 kilometers exclusively in winter, 625 kilometers for all four seasons and 2,051 kilometers in summer. Criss-cross the Bas-Saint-Laurent region to discover breathtaking views and have access to food, catering and accommodation points directly from the trails.

Go to the Market



2

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Local Flavours

Marché public de la Grande-Anse • La Pocatière
Saturdays, from July 4 to September 19

Marché public Lafontaine • Rivière-du-Loup
Saturdays, from June 20 to October 3

Marché gourmand Desjardins du Témiscouata • Dégelis
Sundays, from July 5 to September 13

Marché public des Basques • Trois-Pistoles
Sundays, from June 21 to October 25

Marché public de Rimouski • Rimouski
Sundays, from May 30 to October 31

Marché public de Saint-Luce • Sainte-Luce
Sundays, from June 21 to September 13

Marché public de la Mitis • Sainte-Flavie
Saturdays, from June 6 to October 3

Marché public matapédien • Amqui
Thursdays, from July 11 to
September 19 – 4 to 7 p.m.

Marché public de la Matanie • Matane
Saturdays of July, August, September

*To know the full schedule
and opening hours of the markets,
visit the website www.ampq.ca*



Agriculture, Pêcheries
et Alimentation
Québec 

Local Flavors

Bas-Saint-Laurent had the first agricultural school in Canada (1859) and today, the Musée québécois of agriculture and food as well as several research and development centers on the subject. The craftsmanship that shapes the universe has long been of the Laurentian food industry is recognized. It's up to you to discover these good and gourmet addresses.



▼ Classified by Sub-themes and Order of Locations

Affiliations

Saveurs du Bas-Saint-Laurent

348, Boulevard Arthur-Buies O., Rimouski G5L 5C7
418 724-9068 - saveursbls.com

Network of members working in the agri-food sector, has the mission of facilitating the marketing of agri-food products in the region, on the one hand by the promotion of a prestige brand and, on the other hand, by adapted services which respect the specific reality of each of the member companies.

Alcoholic beverages

Kamouraska

Saint-Alexandre-de-Kamouraska

Vignoble Amouraska



568, rang St-Charles Ouest, G0L 2G0
418 863-4496 - amouraska.com

Open: year-round, Boutique and tasting.

The warm hospitality at Vignoble Amouraska will make you feel right at home. Owner-operators Kathy and Serge



invite you to discover the “terroir” of Kamouraska from another perspective. Enjoy sampling (\$) an impressive variety of alcoholic beverages and wines made from various fruits grown on their land with passion. For the full experience, take the time to enjoy your drinks accompanied by local specialty products in the bistro/boutique.

Auclair

Le Domaine Acer



145, route du Vieux Moulin Auclair G0L 1A0
418 899-2825 - domaineacer.com

Shop and tastings: year round.
Guided tour (\$): late March to October 7.
Open: year round.

From 1990, Vallier Robert developed a unique know-how! It ferments maple sap in alcoholic drinks, acers, available in white, sparkling, aperitif and digestive. A first and an inspiring story told during an informative guided tour! From the aging cellars of the acers to the sugar shack, we tell you about production methods, the art of fermentation, the complex flavors of maple, its virtues and possible combinations in the kitchen.



Hydromellerie Saint-Paul-de-Croix



62, rue Principale, G0L 3Z0
418 898-2545 - hydromellerie.com

Open: early April to December.

In addition to a shop filled with honeybee products - honey, mead, pollen, candles, candy and other products made on the premises - the meadery in Saint-Paul-de-Croix is an interpretation site devoted to honey and beekeeping, featuring hives and photographs, a gallery with photos of Québec's diverse regions, and a café. Guided tours. Tours available by appointment year-round.



Acers, fine products and organic maple syrups, are offered for tasting in the shop. By the way, why not bring your picnic and enjoy the Domaine Acer longer? Domaine Acer is the unsuspected world of maple, a case of raw wood that showcases refined products under resolutely contemporary lighting. ECONOMUSÉE® member.

Rivière-du-Loup

Saint-Arsène

Distillerie Fils du Roy



37, rue de l'église, Saint-Arsène G0L 2K0
418 816-8555 - 418 816-8555 - filsduroy.com

Open: June 24 to Labour Day, Wednesday through Saturday.

This family-run distillery uses a traditional method to make spirits. The open-flame copper stills impart a refined taste to each product. Come discover the passion through our company's history. Afternoon tours of the distillery and gardens; on-site interpretation and tastings.

Saint-Paul-de-la-Croix



Local Food

Kamouraska

Kamouraska

Le jardin du bedeau



60, avenue Morel, G0L 1M0
418 492-9926 lejardindubedeau@videotron.ca

Open: March 30 to December 31.
Closed on December 25 and 26.

Gourmet grocery and village store. Large selection of local cheeses and microbrewery beers. Products from Kamouraska and beyond, many of which are organic: charcuteries, dry sausages, terrines, pork, lamb, beef, chevon (kid meat), flours, breads, honey, chocolate, cookies, juice, cold-pressed edible oils, flavoured salts and oils, unpasteurized vinegars, homemade dressings, prepared dishes, preserves, coffee, tea and herbal teas. Cooked products.

▼ Classified by Sub-themes and Order of Locations

Kamouraska

Magasin général de Kamouraska



98, avenue Morel, G0L 1M0
418 492-2882 - magasin-general.ca

Open: May 15 to late October.

Overlooking the St. Lawrence from Avenue Morel, this restored ancestral home takes us back to the 1930s, a time when the general store was a local gathering place. Today, it's an invitation to indulge, its counters overflowing with gourmet products, cheeses, charcuteries, craft beers, sandwiches and other tasty treats, as well as souvenirs and gifts. Bargain corner. Sample local products and enjoy the riverside terrace.

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Amarante, épicerie écologique



763-A, rue Commerciale Nord G0L 1E0
418 938-1110 - amarante.org

Open: year round.

Under one roof, discover an environmentally-friendly grocery store and café space, all in a welcoming ambience. Bring your own containers to stock up on bulk products, or treat yourself to our tasty menu and healthy snacks to enjoy in the café or take away. Open: year round.

Rivière-du-Loup

Rivière-du-Loup

Terroirs d'ici et d'ailleurs



424, rue Lafontaine G5R 3B7
418 867-4499 - terroirs.ca

Open: year round.

Gourmet food shop with a selection of Québec-made and imported cheeses, quality charcuteries (pâtés, terrines and cold cuts), and wide variety of specialty products from Québec and Europe. You'll also find your favourite craft



beers from Québec's microbreweries. Fresh, home-style sandwiches made to order in the shop. No pets allowed.

Les Basques

Trois-Pistoles

Au Bord du Vrac

121 Rue Notre Dame Est
581 645-8740 - smeunier_29@hotmail.com

Open: year round.

Rimouski-Neigette

Rimouski (district Le Bic)

Les Halles Saint-Germain



115, Saint-Germain Ouest, G5L 4B6
418 721-3878

Open: year round.

At this unique indoor market, the shopkeepers offer personal service and expert advice. Explore the vast array of shops and products: bakery, butcher shop, dairy bar, beer and wine store, coffee shop, chocolate shop, confectionery, gourmet food store, cheese shop, fruit and vegetable stand, maple products, charcuteries, pastries, prepared dishes, smoked meats, sausages, tea room and florist. Enjoy your purchases in the indoor food court or on the outdoor terraces. No pets allowed.

Bakeries

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Boulangerie Tentations gourmandes



755A, rue Commerciale Nord, G0L 1E0
418 854-7246 - boulangerie08@hotmail.ca

Open: year round.

Artisanal bakery offering hand-formed, hearth-baked breads, baked fresh daily: old-fashioned home-baked loaves; sourdough, spelt and multigrain breads; raisin, nut and chocolate breads; baguettes. Also coffee, chocolate éclairs, brownies, napoleons, baklava, brioche, Danish, cookies, chocolaines, croissants, pies. Homemade dishes: spaghetti sauce, cretons (traditional pork spread) and sandwiches. Combo box lunch for picnics, bike trips, hikes or visits to the national park. Outdoor terrace.

Rivière-du-Loup

Boulangerie Artisanale Au Pain Gamin



288-290, rue Lafontaine G5R 3A8
418 862-0650 - paingamin.ca
Open: year round, closed Sundays.

Open to the bakehouse, the storefront of Au Pain Gamin traditional bakery fills up with fresh handcrafted baked goods every day. Using only quality ingredients and the best whole grain and refined flours from Québec, Au Pain Gamin offers a wide selection of sourdough and oldstyle breads, pizzas, French focaccia, real butter pastries, cupcakes, cookies and sweets. Italian coffee, organic fair-trade coffees and teas, and light meals

Saint-Simon



Saint-Simon Bagel

319, route 132 G0L 4C0
418 738-2580 - saintsimonbagel.com

Kiosk open: April to late October.

Fresh bagel vending machine open year round. This artisanal bakery makes dairy-, egg- and preservative-free Montreal-style bagels in many flavours: sesame seed, poppy seed, plain, cinnamon and raisin, multigrain, chocolate, tomato and herbs, and pesto and black olives bagels. European-style soft pretzels. Blueberry or maple syrup bagels in season.

Rimouski-Neigette

Rimouski (district Le Bic)

Boulangerie Folles farines

113, rue de Sainte-Cécile-du-Bic G0L 1B0
418 736-8180 - follesfarines.com

Open: year round

Located in the Bic sector, this small artisanal bakery produces a variety of hearth-baked sourdough breads shaped by hand. You can also pick up butter croissants, almond or hazelnut-and-dark-chocolate Danishes, muffins and many other delights, including gourmet pizzas. The shop also offers gift items from nearby and around the world. Espresso machine and lovely terrace. No pets allowed.

Rimouski

Les Baguettes en l'air

105, rue St-Pierre G5L 1T6
418 723-7246 - vaillancourtserge@yahoo.ca

Open: year round, closed the last three weeks of July.

This artisanal bakery makes European-style hearth-baked breads using traditional sourdough, yeast and poolish (sponge) leavening methods. Watch the bakers at work in the open kitchen as they use exclusively certified organic flour and grain to make a wide variety of products, including French baguettes, whole wheat bread, fougasse, country-style bread, nut bread, pure butter pastries, croissants, Danishes, brioches and apple turnovers. No pets allowed.

▼ Classified by Sub-themes and Order of Locations



Rimouski

Pâtisseries & Gourmandises d'Olivier



102, rue Saint-Germain Est G5L 1A6
418 727-6564 - info@patisseriesdolivier.com

Open: year round.

Discover the brightly coloured macarons for which the bakery is known, as well as fancy bakery creations in the French tradition. Yield to the temptation of fresh-baked breads and pulled pastries. Try the ice cream and homemade berry sorbets. An entire section is devoted to melt-in-your-mouth ganachefilled chocolates, moulded chocolate candies, and pulled- or blown-sugar creations. The chef reveals his tips and tricks in gourmet cooking classes, upon request. Open: year round.

Delicatessen and meats

Kamouraska

La Pocatière

Boucherie Rossignol

703, 4e Avenue, GOR 1Z0
418 856-1163 - boucherierossignol.ca

Open: year round.

Founded in 1989, Boucherie Rossignol is an artisanal butcher shop known for its top-quality products. It is the only butcher shop in the region with a meat cellar



stocked with dry-aged steaks. Many artisanal products, including charcuterie, beef jerky, pâtés, cretons (traditional pork spreads), hams and over 30 kinds of sausages. The on-site craft smokehouse yields several smoked meats, including the shop's renowned hams. A wide variety of regional cheeses is also available. Unmatched personalized service!

Chocolate and Delicacies

Kamouraska

Saint-Pascal

Bar Laitier Aux Délices De Roy

204, Route 230 Ouest G0L 3Y0
418 492-2985 - distributionbderoy@videotron.ca

Open: May to October.

Enjoy luscious soft-serve ice cream and tasty homemade products at this dairy bar on an enchanting site with views of the beautiful falls on the Rivière Kamouraska. With seating for over 20 guests inside and 50 outside, it's a great place for a refreshing break.

Kamouraska

Chocolaterie La Fée Gourmande

65, avenue Morel G0L 1M0
418-492-3030 - lafeegourmande.ca

Open: year round.

The aromas of flowers, spices and fruit welcome you to this artisanal chocolate shop where gourmet chocolates, caramels, ice creams, sorbets, marshmallows and spreads are made on site. Make reservations to take the one-hour guided tour, see the facilities and learn how these sweet treats are made.



Rivière-du-Loup

Cacouna

Les Glaces Ali Baba

1600, rue du Patrimoine, sortie 521 G0L 1G0
418 862-1976 - jeanmarcdube2@hotmail.com

Open: April to October.

Just off exit 521 from Highway 20, Ali-Baba offers authentic ice cream treats to share, the results of two generations of expertise in pleasing your palate. Les Glaces Ali-Baba will add the perfect finishing touch to your meal and delight your sweet tooth with quality ice creams and sorbets in new flavours and novel combinations, developed and produced using



traditional methods and the highest quality ingredients. Covered outdoor terrace. No pets allowed.

Rimouski-Neigette

Rimouski

Aux Bienfaits, chocolaterie et pâtisserie

1, de l'Évêché Ouest G5L 4H4
418 723-3311 - auxbienfaits.com

Open: year round.

In a converted historic 1906 house, this chocolate and pastry shop makes desserts and pastries for individual customers at the shop, as well as for restaurants and institutions. Wide assortment of chocolates, candies, chocolate bars and gift boxes. Wedding cakes in a variety of flavours. Local products from Saveurs du Bas-Saint-Laurent for sale. Catering service from Saint-Fabien to Sayabec. Function rooms available. Open: year round.

Rimouski (district Le Bic)

Croqu'Érable

12, rue des Potagers G0L 1B0
418 736-4028 - croquerable.com

Open: June 23 to September 15.

The Croqu'Érable artisanal chocolate shop makes oldfashioned maple fondant that is then used in a wide array of maple or maple- and berry-chocolates, cordial cups, chocolate bars, and exclusive personalized chocolate creations for conferences or corporate gifts. Distinctive packaging for special events. Tours available.



▼ Classified by Sub-themes and Order of Locations



Sugars Shack and maple products

Kamouraska

Saint-Pascal

Érablière Nathalie Lemieux



957, 4e Rang Est G0L 3Y0
418 493-2873 - erablierenathalielemieux.com

Open: year round.

In an enchanting setting, this sugar bush reveals the secrets of the maple and its tasty products in any season. Offering a festive ambience for magical moments with family and friends, delicious meals, unlimited maple taffy and fondant, a variety of products, private function room, hiking trails and guided tours, it's an ideal destination for a memorable - and sweet - spring! Come meet Nathalie and Samuel!

Les Basques

Sainte-Rita

Douceur d'ici - L'Érablière



37, 4e Rang G0L 4G0
418 493-2873 - info@douceurdici.com

Open: year round.

Sugar bush: at the Douceur d'ici sugar bush, learn all about maple sugaring, how our ancestors first discovered maple syrup, how harvesting and processing methods have changed through the years, and today's modern production methods. In the boutique, you'll find a full range of distinctive maple products, including vinaigrettes, mustards, caramels and more. Free tastings on site.



Homemade Cheese

Kamouraska

La Pocatière

Fromagerie Le Mouton blanc

176, route 230 Ouest G0R 1Z0
418 856-6627 - lemoutonblanc.ca

Open: year round.

The healthy goodness of sheep's milk cheese, with its mild, rich and slightly sweet taste, has been known since ancient times, and yet Le Mouton blanc is the only cheesemaker of its kind in the Bas-Saint-Laurent. The distinctive flavour of their fine cheeses, produced on the farm from raw sheep's milk, derives from the rich pastures of Kamouraska's unique microclimate. The shop offers over 40 artisanal cheeses, charcuteries, meats and gourmet products from the Bas-Saint-Laurent. No pets allowed.

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Fromagerie Le Détour

120, rue Commerciale Nord G0L 1X0
418 899-7000 - fromageriededetour.com

Open: year round.

This artisanal cheesemaker produces fine cheeses made from the milk of sheep, goats and cows. Several of the products have received awards at provincial, national and international competitions. Regional products also offered. Ice cream available in summer. No pets allowed.

Open: year round.



Les Basques

Trois-Pistoles

Fromagerie des Basques



69, route 132 Ouest G0L 4K0
418 851-2189 - 1 888 951-2189
fromageriedesbasques.ca

Open: year round.

This artisanal cheese shop offers a variety of ripened and aged cheeses, as well as fresh cheese curds and blocks, all made from 100% pure cow's milk pasteurized on site. Cheese tasting every day. Group tours are available by reservation and include an audio-visual presentation and cheese tasting. On site: bakery and pastry shop, home-style products, dairy bar, regional products section and gift counter. Picnic area and take-out products. Parking for cars and buses. Open: year round.



Microbreweries

Kamouraska

Rivière-Ouelle

La Baleine endiablée



229 route 132 G0L 2C0
418 371-0758 - baleineendiablee.com

Our objectives for brewing products are quite simple, we want to respect classic beer styles on the one hand and follow trends and innovate on the other. Ideally, each customer will be able to rediscover the styles they already know how to appreciate in beer and dare to try new things and develop their tastes. We want to revisit the way of tasting beer.

La Pocatière

Microbrasserie Ras L'Bock

134, rue du parc de l'innovation G0R 1Z0
418 371-0998 - raslbock.com

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



▼ Classified by Sub-themes and Order of Locations



Kamouraska

Saint-André

Tête d'Allumette Microbrasserie



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

Open: year round.

A creative microbrewery housed in an ancestral home nestled in the magnificent Kamouraska landscape, Tête d'Allumette offers exceptional beers prepared from local crops and brewed on wood fires. Enjoy spectacular views of the St. Lawrence and the Charlevoix mountains from the terrace and tasting room. Try our microbrewery beers and homemade appetizers. Visit our Facebook page to stay informed about new items and special events.



Témiscouata

Pohénégamook

Microbrasserie Le Secret des Dieux



1252, chemin Guérette G0L 1J0
418-859-3438 - <https://lesecretdesdieux.com/>

Open: year round.

Superbly installed in a former presbytery, this microbrewery is aptly named for the "secret of the gods". The brewhouse and English-style pub offer guests a great combination of micro beers and an outstanding menu, all in an enchanting setting in Pohénégamook. Open: year round; check the website for hours.

Rivière-du-Loup

Rivière-du-Loup

Microbrasserie Aux Fous Brassant



Rivière-du-Loup G5R 3A8
418 605-1644 - auxfousbrassant.com

Open: year round.

A visit to this microbrewery is a unique opportunity to discover the wonderful world of brewing, beermaking ingredients and the various stages of production. In a friendly pub atmosphere, come taste up to twelve craft beers brewed on site using organic ingredients grown in



Trois-Pistoles

Le Caveau des Trois-Pistoles microbrasserie



Trois-Pistoles G0L 4K0
418 851-4440 - caveau3pistoles.com

You reach the Caveau via tiny Rue Pelletier, in the heart of the Trois-Pistoles. The Caveau team brews inspired craft beers, including their famous potato season and rye stout. These audacious flavours raise spirits into the higher realms of friendship, solidarity and fraternity. Open: year round.

Rimouski-Neigette

Rimouski

Brasserie artisanale Le Bien, le Malt



141, avenue Belzile G5L 3E5
418 723-1339 - lebienlemalt.com

Open: year round.

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

Québec. Visit the brew house (by reservation only) and enjoy the summer terrace, shows and screenings, appetizers, other alcoholic beverages, coffee and soft drinks.

Station Houblon

314, rue Lafontaine G5R 3B1
418 605-0557 - dogfishx@gmail.com

Open: year round. Closed on Monday.

Boutique spécialisée en bières de microbrasseries avec service-conseil ainsi que tout pour compléter vos dégustations brassicoles ; sans oublier notre fabuleux chocolat Daniel. Station Houblon, pour l'amour de la bière et ses saveurs !



▼ Classified by Sub-themes and Order of Locations

Seafood Products

Kamouraska

Kamouraska

Pêcheries Ouellet

38A, avenue Morel G0L 1M0
418 492-1872 - lespecheriesouellet.com

Open: May to October

The Ouellet family has been involved in the fishing industry for over a century. Combining traditional methods with the latest technologies, they have developed many distinctive products. With its own traditional smokehouse, the shop offers fine seafood for both retail and wholesale. Smoked products: sturgeon, eel, salmon, scallops, shrimps, mussels and trout. Specialties also include fish pâtés (merrines) and a variety of pickled products. By appointment only during the off-season. No pets allowed. .

Kamouraska

Kamouraska

Poissonnerie Lauzier



57, avenue Morel G0L 1M0
418 492-7988 - poissonnerielauzier.com

Open: mid-March to late December.

Over 20 years of tradition and passion continue at this fish market and seafood bistro. Poissonnerie Lauzier offers a variety of products from the sea, including fish, seafood, smoked products and delicious prepared



dishes. Next door, Le Bistro serves up a menu of fish and seafood as well as selections without fish. Poissonnerie Lauzier is a fish market, bistro and craft smokehouse all in one - and a popular stop in the region! No pets allowed.

L'Isle-Verte

Marché des 3 fumoirs

47, Seigneur-Côté G0L 1K0
418 898-2046
poissonneriemarchetroisfumoirs.com

Open: March 20 to January 3.

Marché des 3 fumoirs 418 898-2046 • facebook.com/Marché-des-3-Fumoirs-473662916171007 Fish smoked on site. The shop features smoked specialties (herring, perch and mackerel fillets, shrimp, trout, herring roe, eel, sturgeon, salmon and more) and pickled seafood (turbot, whelks, mussels, and more). Fresh fish and seafood, dried cod and homemade products, salted herbs, capers and more are also available. No pets allowed. .

Les Basques

Trois-Pistoles

Poissonnerie Verseau II

146, route 132 Ouest G0L 4K0
418 851-1516

Open: year round.

This fish market and seafood processor is a certified supplier for all events. Its own boats bring in snow crab, whelks and deep-water species such as halibut, turbot, sole and Atlantic sturgeon. Offers a wide range of fresh fish and seafood, as well as pickled, smoked and home-made products. No pets allowed.



Earth products

Kamouraska

La Pocatière

Ferme Cybèle



506, Avenue de la Grande Anse G0R 1Z0
418 856-4515 - 1-855-856-3627 - fermecybele.com

Open: early April to mid-October.

This family farm specializes in strawberries, raspberries and vegetables. Sale of fresh produce grown on site or on other local farms. Dairy bar with fresh strawberry specialties. Homemade pies prepared on the farm always available. A picnic area near the bike path welcomes visitors. Seasonal pick-your-own produce. Leashed pets allowed.

Saint-André

Le Jardin des Pèlerins



190, route 132 Est G0L 2H0
418 493-1063 - jardindespelerins.com

Open: year round.

This certified organic market garden overlooks the Pèlerins archipelago. The farm offers tomatoes, seasonal vegetables, herbs, blueberries, apples and specialties prepared on site: seasoned salts (Sel du Pèlerin, Chantel, Méga-Picse), apple juice and Gourde du Pèlerin (energy drink). Call ahead to pick your own blueberries and apples. Self-guided tour/discovery trail, the "BIOCÉQUOI," open July to September. Sales kiosk open June to October; by appointment in winter. Leashed pets allowed.

Témiscouata

Lejeune

Viv-Herbes, herboristerie artisanale



35, rang 2 G0L 1S0
418 855-2731 - vivherbes.com

Open: July 15 to August 30.

Off season, by appointment only.

Magnificent gardens with a profusion of medicinal and aromatic plants and a country boutique filled with more than 75 different natural preparations made from plants grown and processed on site. High-quality original products have been our priority since 1996. Health and body care products as well as edible treats and herbal teas. Free access to the gardens possible, including a mini-tour of the dehydrators (\$). Flavours, aromas, colours and a warm welcome await!

Les Basques

Sainte-Rita

Douceur d'ici – Jardin de Camerise

37, 4e Rang G0L 4G0
418 963-5186 - douceurdici.com

Open: year round.

Honeyberry patch: discover the beautiful honeyberry. Come visit during the harvest period - usually from late June to the third week of July - and learn more about these delicious berries, also known as haskaps. We've planted over 1,500 bushes in our orchard since 2007. Outside the harvest period, honeyberry products are available in the boutique at the sugar bush, where you can also learn more about this hardy berry.





**87 → Vibrant Cities
and Festivities**

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Vibrant Cities and Festivities

Vibrant Cities

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

▼ Classified by date

Events

March 30 – April 5

Carrousel international du film de Rimouski

133, rue Julien-Réhel, bureau 204, Rimouski
418 722-0103 - carrousel.qc.ca
The oldest children's film festival in North America, the Carrousel offers a colourful program for kids and adults every year.

Summer Season 2020

Concerts du Camp musical Saint-Alexandre

📶 📶 📶 📶
267, rang Saint-Gérard Est, Saint-Alexandre
418 495-2898 - campmusical.com
Every Thursday at 7:30 pm, the camp hosts high quality free public concerts by various musical groups. Check the schedule for all events. No pets allowed. All our events are voluntary!



May 11 – 17

Le Tremplin, festival de la chanson et de l'humour de Dégelis

367, rue Principale, Dégelis
418 853-3233 - 1 877 334-3547, poste 203
festivalletremplin.com
Le Tremplin is to discover new young singers, songwriters and comedians through a competition and public shows. The registration period is from December to mid-February. Auditions are held in Dégelis in March. The event is hosted by a professional performer. The public is invited to see these up-and-coming performers on stage at Place Desjardins during seven shows that also feature professional singers and comedians. Magical and unforgettable performances. Don't miss this entertaining event!

Mid-May to mid-June

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

Rimouski
418 723-4323 - roseq.qc.ca
All summer The entertainment producers of the ROSEQ present concerts and shows in small venues that bring the public and performers together.

June 18 – 20

BIÈRE FEST Rimouski

Parc Beauséjour, Rimouski
418 862-7358 - bierefest.com
Festive gathering to mark the beginning of the summer season. Taste delectable beers made by craft brewers and savour superb local products. Entertainment. Free access to the site

June 19 – 21

Festival Country Saint-Antoine

418 868-1777 - festivalcountryst-antonin.com
Attracting more than 30,000 visitors, the country festival in Saint-Antoine is part of the Canada Cup rodeo series, with over 200 cowboys competing each year. Presented at Place Berger in Saint-Antoine, this will be the 13rd edition.

July 1 – 5

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

Trois-Pistoles
418 963-2576 poste 4 - Festival.saintjeandedieu.ca
Sports and cultural activities, various shows under the marquee, inflatable games, provincial 4x4 pull, car rally, parade, camping nearby. Animals refused.

July 5 – August 16

Dimanches champêtres des Chapais

2, route 132, Saint-Denis
418 498-2353 - maisonchapais.com
Performers from near and far come together every Sunday for concerts in a variety of styles: French chanson, jazz, poetry, classical, popular songs, baroque and more. Free admission.

July 10 – 12

Festival de la Fenaison

Saint-Narcisse de Rimouski
418 735-2638 - festivaldelafenaison.com
Parade; shows in the festival tent; modified-tractor, farm-tractor, and 4 X 4-truck pulls; dance; entertainment for kids. Modest admission fee.



July 15 – August 12

Les Rendez-vous de l'Anse

Sainte-Luce
418 739-4317 - sainteluce.ca
The Municipality of Sainte-Luce offers a program of shows on the enchanting promenade site. The musical evenings rub shoulders with magnificent sunsets. Shows offered free every Wednesday evening.

July 16-19

Symposium de peinture du Kamouraska

111, rue Bérubé, Kamouraska
514 953-2195 - symposiumdukamouraska.com

At several sites in Kamouraska, Saint-Denis and Saint-Germain, painters gather to create works inspired by the "Doux Pays" (the sweet country). Admission is free. Many activities throughout the week.



July 24 – 26

Festival du Bootlegger



Place centrale, Rivière-Bleue
418 893-5559 - festivalbootlegger.com
12th edition. Discover Rivière-Bleue's dark past at this festival featuring beer tastings, open-air shows, oldstyle photography booth, a general store, and much more. Free access to the site.

July 31 – August 2

Festival Le Riverain

Saint-Mathieu-de-Rioux
418 738-2515 Festival - st-mathieu-de-rioux.ca
Event to raise awareness about environmental issues affecting Lac Saint-Mathieu. Family entertainment, educational talks and evening shows.

August 15

Festi-SUP de Sainte-Luce



(remis au lendemain en cas de pluie)
1, rue Langlois, Sainte-Luce
418 739-4317 - sainteluce.ca
The stand up paddle event takes place at the Municipality beach. The festival celebrates this nautical sliding



sport where the practitioner, propelling himself with the help of a paddle, stands on a board. Several activities are offered to visitors, including shows, yoga sessions and demonstrations and SUP races. Unique event in the region. Join us!

August 15 – 26

Festival International Eurochestreries au Kamouraska



267, rang Saint-Gérard Est, Saint-Alexandre
418 495-2898 - campmusical.com
International Eurochestreries Festival in Kamouraska. Come and meet orchestras from around the world throughout the Kamouraska territory. The Musical Camp prepares you for just an international event. More than 8 events in a few days. From August 15 to 20 in Kamouraska and visiting in Charlevoix and Quebec until August 25.

August 6 – 9

Les Grandes Fêtes TELUS

Parc Beauséjour, Rimouski
418 556-3535 - 1 877 886-4375 - lesgrandesfetes.com
Les Grandes Fêtes TELUS A must-see musical event with concerts for all tastes and ages featuring internationally renowned and up-and-coming performers, all at a very affordable price.

August 8 – 9

Festival Deux Nations, Une fête

Cacouna
418 867-1781 - cacouna.ca
A great meet-up of two cultures, combining the Maliseet of Viger First Nation's Route des Sauvages gathering with Cacouna's Festival historique.

August 8 – 16

Concerts aux îles du Bic



Rimouski (district Le Bic)
418 736-0036 - bicmusique.com
The chamber music festival brings together ephemeral formations of experienced musicians

or the next generation for unique concerts. For his 19th edition, find your roots! Famous or unpublished works are presented in heritage places steeped in history or on the banks of the St. Lawrence River. The only chamber music festival in eastern Quebec, it has won numerous Opus awards. Paid concerts and free family activities.

August 14 – 16

La Feste médiévale de Saint-Marcellin



418 798-8127 - festemedievale.com
Celebrate all the spectacle of medieval times, with sword fighting, fire eaters, exhibits, shows, banquet, mass, bonfire, shooting range, fun activities for kids, and more.

August 20 – 23

Slam ton Festival



Saint-Fabien
418 869-1216 - vieuxtheatre.org
A festival where the Slam unfolds far beyond competitive games, in a most poetic environment. The Old Theater of Saint-Fabien opens its doors, this summer, to an event where the words proclaimed with rhythms and convictions will occupy the streets, the forecourt of the church as well as in many other mythical and inspiring places in the village of Saint-Fabien!



August 21 – 23

Festival Le Jeune Archet

331, Rang du Lac. C. P. 25, Lejeune
418 855-1060 Sylvie Cadôret
municipalitelejeune.com
Traditional music festival bringing together musicians, storytellers, artisans, dancers and local food producers. Farmer's market, shows, brunch, workshops, talks, entertainment.

September 3 – 6

Festi Jazz International de Rimouski



Centre-ville, Rimouski
418 724-7844 - festijazzrimouski.com
Enjoy the Festi Jazz experience in the most maritime downtown in Québec: 60 shows by established performers and rising stars!

September 11 – 14

Festival des champignons

Bistro Côté Est, 76, avenue Morel, Kamouraska
mycotourismekamouraska.com
A showcase for mushroom gastronomy in Québec, this festival introduces visitors to the mushrooms of the Bas-Saint-Laurent. Activities in the woods, cooking demos by chefs, talks, contests, banquet and more!





September 17 - 19

BIERE FEST Rivière-du-Loup 📍 📶 \$

Parc Blais, rue Lafontaine, Rivière-du-Loup
418 862-7358 - bierfest.com

Large festive gathering to mark the end of the summer season. Try a wide array of excellent craft beers and snack on the savoury creations of our food exhibitors. Entertainment on site. Free access to the site in the heart of Vieux Rivière-du-Loup.

October 3 - 11

Le festival le Rendez-vous des Grandes Gueules 📍 \$

Trois-Pistoles
418 857-3248 - compagnonspatrimoine.com
his festival of stories and tall tales has been a mustsee fall event for 23 years. For a few days, Trois-Pistoles is host to a multitude of fun and fascinating activities, spiced with imagination and accents from the four corners of the French-speaking world. Free and paid activities.

October 28 - 31

L'Halloween à La Pocatière 📍 📶 📶 \$

412, 9e rue boulevard Desrochers
418 856-3394 - lapocatiere.ca
Giant labyrinth, street entertainers, haunted houses, fireworks; La Pocatière is definitely the place to be for Halloween!

November 5 - 8

Noël Chez nous à Rivière-du-Loup 📍 📶 📶

418 714-6635 - noelcheznous.com
Festive event celebrating the magic of Christmas with a host of activities: Christmas parade, Christmas market, fireworks, Christmas cruise, shows for the young and young-at-heart, workshops, family meals, brunch and entertainment.



12. Our top priorities are to provide you with a fun, clean and safe environment.

Rimouski-Neigette

Rimouski

Coopérative d'escalade Riki Bloc 📍 \$

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

Open: year round.

Located in downtown Rimouski, Riki Bloc is a climbing center suitable for all ages and levels! Children, adults, families and groups are welcome to try or practice this sport whether they are beginners or experienced. Rental equipment available on site. Rather want to go play outside? Riki Bloc also offers supervised outings on the region's magnificent cliffs and ice waterfalls. No experience required, climbing equipment included.

Activities

Rivière-du-Loup

Coco Latté 📍

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

Open: year round.

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

Centre d'amusement Loup-phoque 📍

80, boul. Cartier
418 867-1830 - 1 800 867-1832 - motelcartier.com

Open : year round.

Loup-phoque is an indoor family fun center that offers a wide variety of games for girls and boys under the age of



Circus

Kamouraska

Saint-Germain

Cirque de la Pointe-Sèche

94, route 132
581 801-0036 - cirquedelapointeseche.com

The Cirque de la Pointe-Sèche is a venue for shows combining various disciplines in the circus arts, dance, theatre and music. Hosting one show each year, the circus has spectacular facilities in a magical setting showcasing Kamouraska's stunning rockfaces. Spectators will spend a delightful evening immersed in the creative world of the circus at this majestic natural site.



Shopping

Rivière-du-Loup

Rivière-du-Loup

Boutique africaine chez Papa Noël

201, rue Lafontaine
418 943-6635

Open : year round.

At Papa Noël Sow's shop, every object, every product is here to speak to you. They speak of the cultures of Africa, its music, its flavours and its builders while you enjoy a sip of tea or hibiscus juice offered when you enter this bit of Africa in Rivière-du-Loup. It's all yours to explore and discover from the moment you come in the door. Open: year round.

Centre commercial de Rivière-du-Loup

298 Boulevard Armand-Thériault
418 862-7848 - centrecommerciardl.ca

Open : year round.

Noël au château

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

Open: June 1 to December 30.

Come discover all the magic of Christmas at Noël au château, a 5,000-square-foot Christmas boutique. Discover items imported from many countries. Don't miss the Christmas lights at night. Easy parking for buses. Hours vary with the seasons.

Urban Parks

Rivière-du-Loup

Rivière-du-Loup

Parc des Chutes de Rivière-du-Loup

Rue de la Chute
418 867-6700 - villerd.ca

Open : year round.

Admire the 33-metre waterfall from the 2 footbridges suspended above the Rivière du Loup. Historic hydroelectric power plant. Picnic areas. Monumental public art sculptures. Hiking trails offering 5 trails covering close to 10 kilometres, leading through various ecosystems including a landscaped garden, a marsh and a heritage orchard filled with many old varieties of fruit trees. Adjacent to the Parc de la Croix, the perfect spot for viewing the city, the St. Lawrence and the sunset.

Rimouski-Neigette

Rimouski

Parc Beauséjour

400, boul. de la Rivière
418 724-3167 - ville.rimouski.qc.ca

Open : year round

On the east bank of Rivière Rimouski, this urban park features monumental public sculptures by artist Roger Langevin. It's a great venue for cultural events as well as sports and outdoor activities. Each season brings new activities, from shows, concerts, cycling and hiking in summer, to cross-country skiing, ice skating, skating trails and sledding in winter. Picnic concerts Sundays at noon during the summer. Leashed pets allowed.

Shows and Theatres

Kamouraska

Saint-Pacôme

Le Théâtre de la Bacaisse

224, boulevard Bégin
418 852-1377

The Bacaisse Theater travels through history by creating playful shows, combining both burlesque and drama, in a physical or even acrobatic approach. Years, events, cinematographic and artistic trends, and great characters become the starting point for our creations.

Rivière-du-Loup

Rivière-du-Loup

Théâtre d'été de l'Auberge de la Pointe

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

Open : July and August.

The theater, with a capacity of 100 seats, offers summer plays full of humor and twists and turns. You can also take advantage of dinner theater packages and many other packages with or without accommodation.

Les Basques

Trois-Pistoles

La Forge à Bérubé

363, rue Vézina
418 857-3248 - compagnonspatrimoine.com

Open : year round

In 1997, the Trois-Pistoles forge became the improbable location of the first storytelling festival in the region while the blacksmith Bérubé was still working there. Without losing its heritage character, the spirit of the place or the various tools, the Forge à Bérubé has since been transformed into a veritable performance hall. In addition to the festival and storytelling evenings, it hosts musical shows, film screenings, improvisation, slam evenings, etc.

Rimouski-Neigette

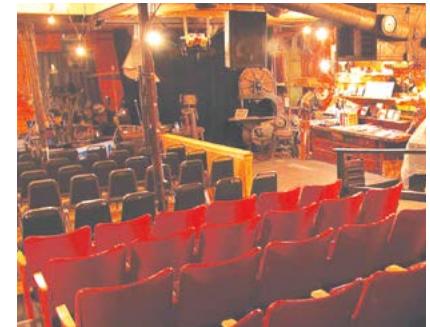
Saint-Fabien

Le Vieux Théâtre de Saint-Fabien

112, 1ère Rue, C. P. 100
418 869-1216 - vieuxtheatre.org

Open : year round

Exciting shows, daring programming, this architectural gem seduces by its human dimension, its Italian configuration and its finish in Douglas fir. Member of ROSEQ and winner of several national awards, the Vieux Théâtre is an incubator of special moments in the company of contemporary artists. The foyer of the room will transport you to the heart of the era of the song box where Saint-Fabien was a figurehead by presenting the greatest Quebec artists.



Rimouski (district Le Bic)

Théâtre du Bic / Théâtre des gens d'en bas

50, route du Golf-du-Bic
418 736-4141 - theatredubic.com

The Théâtre les gens d'en bas offers, in July and August at the Théâtre du Bic and a few other times during the year, high-quality productions, Quebec creations or pieces from the world repertoire. From September to May, the Théâtre du Bic, intimate room with 196 seats, hosts creative theater and contemporary dance, productions on tour among the best in Quebec and elsewhere. Dinner-theater packages are available in summer.

Guided Tours

Rivière-du-Loup

Notre-Dame-du-Portage

Aviation MH

600, chemin Fraserville
418 867-5001 - aviationmh.com

Schedule : by phone and on the website.

Located at Rivière-du-Loup airport, Aviation MH invites you to come and discover Bas-Saint-Laurent. Take a city tour to contemplate the landscape and the islands from the air. Do you want to take orders? Experience the Pilot flight for a day. For thrill seekers, acrobatics flight accompanied by our aerobatic specialist. Fill up on adrenaline with barrels, curls, spins, rollovers and other tricks. Gift voucher available.



Ville de
Rivière-du-Loup

Rivière-du-Loup

Happiness is on the horizon

EMBARQUEMONLOUP.COM
→ Découvrez nos incontournables!

1 888 825-1981

The Fraser Seigneurial Manor



Guided tours

The Fraserville Project
in the middle of the Old Rivière-du-Loup
manoirfraser.com

Bas-St-Laurent Museum



Regional History

Contemporary art
mbsl.qc.ca



Cultural programming : toutculturerdl.ca

2

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Culture and Living History

Culture and Living History

Bas-Saint-Laurent is nothing more or less than an open-air museum. You will find enough to satisfy your thirst for knowledge of the Bas-Laurentian environment.

▼ Sorted by sub-themes in order of meeting.

Crafts Shops

Kamouraska

Kamouraska

Écho de la mer

139, avenue Morel
418 308-3011 - echodelamer@live.ca

Let yourself be lulled by the echo of the sea. The jeweler-sculptor Josée Poulin welcomes you to her cottage and art shop "Echo de la mer"! Located two hours from Quebec City in the center of the beautiful village of Kamouraska on the edge of the Saint-Laurent river!

Le Fil bleu

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

Open: April to January.

In the heart of the village of Kamouraska, located in the former presbytery, the Le fil bleu craft boutique invites you to discover the region through the know-how of the



craftsmen of Bas-Saint-Laurent. Talent and creativity are there. There are almost 100 artists working in different artistic sectors: textile arts, ceramics, cabinetmaking, glass, jewelry, leather, sculpture, metal, etc.

Quai des Bulles

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

Open: year round.

This artisanal soap factory offers a wide variety of soaps based on rice bran oil as well as a full range of body products made from quality natural or organic ingredients. Manufacturing workshop accessible to visitors. No pets allowed.



Saint-Alexandre-de-Kamouraska

Ferme Fibres et compagnie - Les Alpagas d'Aldo

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

Open: summer, Wednesday to Sunday; fall, Thursday to Saturday; by reservation at other times.

Discover the secrets of alpacas and their luxurious fiber during a visit to the farm (\$). In season, take advantage of your visit to pick camemise or buy forest mushrooms. The store offers skeins of wool and a wide range of alpaca fiber products. Warmth, softness and comfort will be within your reach!

Les petits bonheurs de Marguerite

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

Open: year round.

Les petits bonheurs de Marguerite is a themed flower and gift shop and includes a jewelry department. Located in the heart of the village of Saint-Alexandre-de-Kamouraska in a century-old house, you will appreciate the warm atmosphere. On site, take advantage of your visit to taste a delicious pastry, coffee, tea, etc. In season, stop to refresh yourself with a little treat from the dairy bar.

Saint-André

Maison culturelle Armand-Vaillancourt

143, rue Principale
418 493-2408

This old school, taken over by the Fondation Armand-Vaillancourt's mission is to promote arts, cultural and tourist life.

Cacouna

Boutique d'art autochtone « Matuweskewin »

217, de la Grève,
418 860 2393 - malecites.ca

Open: June 24 to Labor Day.

The Matuweskewin art-boutique workshop welcomes and offers the know-how and traditions of the artists and Maliseet and First Nations artisans who offer unique and original pieces. Located on the current reserve of the Maliseet community of Cacouna, the Denis-Launière house is the last vestige of the Maliseet presence in Bas-Saint-Laurent. Built in the 1890s, it is today the center of Maliseet interpretation. Matuweskewin is a Maliseet-Pasamaquoddy word which means "Porcupine hunter".



L'Isle-Verte

L'Algue d'Or

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

Open: year round.

Inspired by the algae, the sea and the landscapes of the region, the poet and craftswoman Cynthia Calusic makes original papers and bindings in an ancestral home. At the boutique, seaweed and poetry permeate each object (stationery, art books and paintings). Discover a museum dedicated to Blanche Lamontagne, the first Quebec poet and literary history of L'Isle-Verte. Also find the artists and craftsmen who make the originality of the village.





La mousse de mer – Savonnerie artisanale

66, rue Saint-Jean-Baptiste
18 898-3313 - lamoussedemer.com/

Open: mid-May to the end of September, December and by appointment at other times.

The soaps are handmade from natural ingredients, often organic, when possible local and without any palm oil. You will find local soap, those with goat milk, local beer, seaweed, vegan or fragrance-free. The variety of body and bath products will also surprise and charm you! Lots of small balms, soy candles, perfumes, butters or creams, bath salts or truffles ...

Saint-Simon

Les Créations Mojo Boutique Champêtre   

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

Open: year round.

In a beautiful country and friendly environment, discover this gift shop offering original works of art, interior decoration as well as articles for the garden. In this shop, country decorations are in the spotlight. The perfect place to make great finds, Mojo Creations "Creative people, exclusive products".



La Mitis

Sainte-Luce

Créations Manon Lortie 

151, route du Fleuve Est
418 739-4274 - creationsmanonlortie.com

Open: year round.

Manon Lortie, hat maker, make-up artist, designer and feutrière, achieves herself in the creation of unique pieces. His hats, recognized as small sculptures, are created under the inspiration of the moment, resulting from a symbiosis between movement and matter. Straw, felt, jute and Merino wool felted hands come alive under the artist's fingers. A simple swiveling of the hat and, as if by magic, a new creation emerges. Door open or appointment 418 739-4274.

Sacred Building and Spirituality

Kamouraska

Saint-André

Église de Saint-André

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

Open: June 24 to Labor Day.

This church, whose construction began in 1805, has not undergone any major transformation since its construction over 200 years ago. Oldest Catholic place of worship in Bas-Saint-Laurent, classified as a historic monument. The church shelters in particular five works of art classified cultural goods. Member of the Culture and Heritage circuit of the Route des Frontières. No pets allowed.

Rimouski-Neigette

Rimouski

La maison de mon Père

547, rue Saint-Germain Est,
418 727-8587 - 1 844 788-7373 - monpere.org

Open: year round.

La maison de mon Père is a place of welcome, exchange and healing. Through its various services and activities, the organization values compassion, respect, excellence, integrity and cooperation. On site, you will find a restaurant, a bookstore-boutique as well as several spaces to simply relax, chat, unwind or work. Come and discover the new vocation of the old Saint-Yves church..

La Mitis

Sainte-Luce

Église de Sainte-Luce  

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

Listed historic monument, this church was built in 1840 in the heart of the village on a point of Anse aux Coques. Its main features are the stained glass windows which combine biblical scenes and historical facts, works by renowned artists like Plamondon and Jobin, its organ Casavant opus 938 of 1922 with 15 stops and 17 rows, and the cemetery bordered by the sea. A visit guided via the application: <http://baladodecouverte.com/circuits/514/site-historique-de-leglise-et-du-quai-sainte-luce-sur-mer>.



Les Basques

Trois-Pistoles

Église Notre-Dame-des-Neiges de Trois-Pistoles 

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

Open: June 24 to Labor Day.

This impressive church (1882-1887) is part of the composite style characteristic of 19th century buildings. Summer concerts, exhibitions. In addition to the regular schedule, the church is accessible during Culture Days and Thanksgiving, except during liturgical celebrations. Audio guides for the visit of the church and the new heritage circuit told by Mathieu Barrette, pistol storyteller. Out of season, prior reservation for a guided tour.

Art Galleries

Kamouraska

Kamouraska

Atelier et galerie d'art Michel LeRoux  

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

Open: June 20 to Labor Day.

The painter Michel LeRoux opens the doors of his studio-gallery and presents his works, all inspired by Kamouraska, during the summer season. Discover the creations of his companion who creates a poetic marriage between art binding and driftwood. Let yourself be charmed by the naive and dapper animal sculptures of Roger Dumont.



Art Galleries

Kamouraska

Kamouraska

Centre d'art de Kamouraska

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

Open: April to October.

Exhibition center set up in a former courthouse dating from 1888. A place of dissemination of the visual arts and crafts, the institution offers a series of exhibitions, cultural events, conferences and workshops. Occasional activities throughout the year.

Champagne et Paradis, galerie d'art

83, avenue Morel
418 492-9090 - champagneparadis.com

Open: year round.

In a contemporary setting, the art gallery presents 12 emerging and professional artists from Quebec, the United States and the Netherlands. The company offers a framing service made of wood by a Kamouraska craftsman, a boutique space presenting the collections of 15 Quebec artisans, a modern accommodation unit with a view of the river and a bicycle rental service.

Saint-André

Galerie-Boutique de la Maison Verte

67, rue Principale
418 714-7161 - audreymainguyphotographie.com/galerie-art-maison-verte-kamouraska/

Open: mid-June to mid-September.

The Galerie de la Maison Verte is a decorative art gallery located in Saint-André in the Quartier des Artisans. This exhibition space highlights photographs of landscapes of the Bas-Saint-Laurent region and river ambiances. You will also discover guest artists in love with our region. Our opening hours are variable and you can visit us by appointment.



Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Auberge du Chemin Faisant

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

Open: June 1 to September 15.

Art gallery established in the Auberge du Chemin Faisant. In the restaurant of the inn, enjoy the works of various Quebec painters, in the form of original paintings or reproductions on canvas or fine paper. Out of season, the gallery is accessible by appointment. No pets allowed.

Rivière-du-Loup

Rivière-du-Loup

Art Académie - galerie d'art

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

Open: year round, except Wednesday and Sunday.

Art gallery, gift shop, original works by artists from the region. Stained glass, drawing, fusion painting, glass mosaic and decorative furniture. Permanent exhibition, signed JOM, by artist Joane Michaud.

Les Basques

Trois-Pistoles

Les Amis de l'art de la Maison du Notaire

168, Notre-Dame Est
418 851-1656 - maisondunotaire.ca

Open: June 1 to Labor Day.

Galleries and art shop in a heritage place where around sixty artists exhibit and sell their works. The house, which dates from 1842, was inhabited by Joseph Hervé Rousseau, notary, and his family. This was acquired by



the Friends of Art in 1972. In addition to the boutique and galleries, we offer guided tours (\$) relating the life of the notary. Reduced price for groups.

Gardens

Kamouraska

La Pocatière

Jardin floral de La Pocatière

230, route 230 Ouest
418 856-1110, poste 1147

jardinfloraldelapocatiere.com

Open: early May to late October.

Public garden located on the southern flank of a monadnock, a type of rock formation characteristic of the region, where there are more than 500 horticultural varieties. The multiple levels offer horticultural collections, thematic gardens, ponds, waterfalls and picnic areas. Lookouts and rest pavilions provide panoramic views of the two



hectares. Voluntary contribution (suggested price \$ 5 / person). Guided tour by reservation (\$ 10 / pers.), group of six or more.

Saint-Pascal

Jardin des Générations

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

Located in the heart of Saint-Pascal, the Garden of Generations is a garden of flowers, fruits and vegetables maintained entirely by volunteers, managed by the environment committee of Saint-Pascal, Ville en santé. This is divided into three sections: composting demonstration, flowering section and vegetable section. There is a small path to circulate through the garden, information posters and a rest area.





Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Jardins célestes du Témiscouta



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

Le circuit des Jardins célestes offers you 20 horticultural projects on the theme of astronomy. The history, the name or the topography inspired the gardeners in the choice of the elements represented. You will discover poetic gardens, viewpoint gardens, open gardens, gardens with sculptures. The botanical garden of New Brunswick adds achievement unique in North America, the Chronos Garden, site of interpretation of space and time.



Museums

Kamouraska

La Pocatière

Musée québécois de l'agriculture et de l'alimentation

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

Open: May to January.

Located near the site of the first school of permanent agriculture in Canada, the Museum presents permanent exhibitions on life in the past as well as temporary exhibitions on agriculture and food. The Museum promotes the dissemination of knowledge and practices related to agriculture and food. Group rates available. Open off-season by reservation.



Kamouraska

Musée régional de Kamouraska



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

Open: May 1 to October 31.

Built in 1851, the convent houses a museum of history and ethnology. The lordship, the resort, the schooners, the fishing will have no more secrets for you. Outdoor enthusiast? Our village tours and hiking excursions to the islands in the company of a geologist are for you. New exhibition Woman with lace and femininity and her wedding dresses! Check the website and Facebook page for the calendar of events and all the details.

Témiscouata

Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Musée du Témiscouta

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

Open: June 24 to Labor Day.

The Témiscouata Museum presents its permanent exhibition "Rooted". From forest camps in the 1940s to the social uprising of the forest people in the 1970s, the exhibition addresses the cultural and social aspect of the forest industry in Témiscouata and Greater Madawaska. Through testimonies and archive videos, the story is presented through the eyes and the voices of those who lived it. Guided tour. Bas-Saint-Laurent Heritage Prize for the « Enracinés » exhibition.



Saint-Louis-du-Ha! Ha!

Aster, organisme d'interprétation scientifique

170, chemin Jacques-Pelletier
418 854-2172 - 1-877-775-2172 - asterbsl.ca

Open: June 22 to September 13
Wednesday to Saturday, 4 p.m. to midnight.

Nature lovers can take a trip back in time and space by visiting the "Cap sur les étoiles" exhibition. A telescope and the largest sunglasses available to the general public allow you to watch the Sun, the Moon, planets and other stars. Bilingual animation, audioguide, interactive visit and suitable for all.

Pohénégamook

Musée Elvis Pohénégamook, sculpture



517, rue St-Augustin
418 894-3241

Open: year round. On reservation only.

The owner Sylvain (Elvis) Lavoie is a skilled craftsman, cabinetmaker and sculptor. With this museum, he offers an exhibition of his works which are also for sale. For an original stay, the upper floor can be rented with all possible comfort in unique bedroom furniture. The museum can also be rented for events. Guided tour (\$) by the owner who will charm you with his charisma and his fascinating stories.

Rivière-du-Loup

Rivière-du-Loup

Musée du Bas-Saint-Laurent \$

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

Open: year round.

The Musée du Bas-Saint-Laurent is a gateway to the history of the region as well as to the world of Quebec visual art. Not to be missed: our summer exhibition in contemporary art as well as the Publiqu'art Desjardins circuit, some forty monumental sculptures displayed across the city of Rivière-du-Loup.



Les Basques

Trois-Pistoles

Musée Saint-Laurent \$

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

Open: June 24 to Labor Day.

The most important museum of its kind in the Lévis / Gaspé axis. Vintage cars, including a 1933 Packard unique in America, farm equipment and various antiques. Several automobiles from the collection, one of the largest in the province, were used in filming television series and movies. No pets allowed.

Rimouski-Neigette

Rimouski

Musée régional de Rimouski 📶 📶 📶

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

Open: year round.

Housed within the walls of the first stone church in eastern Quebec, the Museum presents exhibitions in



contemporary art, history and science. Entertainment, shop, documentation center and room rental. Average duration: 45 minutes. No pets allowed.

Site historique maritime de la Pointe-au-Père
Musée Empress of Ireland 📶 📶 📶

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

Live the story of the liner Empress of Ireland, whose sinking in 1914 remains the greatest Canadian maritime tragedy. From the depths of the wreck to life on board, you will discover in reverse the tragic fate of this transatlantic boat which sank in the St. Lawrence River in 14 minutes! Over 200 artifacts, interactive videos and testimonies as well as a multisensory projection will immerse you in his last trip. A forgotten page in history to discover!

Esprit-Saint

Centre de mise en valeur des Opérations Dignité \$

3, rue des Érables
418 779-2016 - operationdignite.com

Open: late June to early September Wednesday to Sunday, 11 a.m. to 5 p.m. Out of season: by reservation

Become aware of this movement that marked the history of rurality in Quebec in the 1970s. A multimedia show transports you to the heart of Operations Dignity. Share the courage of the pioneers, experience the pride of a people and learn the stakes always rural areas. Average duration: 2 hours.



Historical Sites

Kamouraska

Rivière-Ouelle

École Delisle

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

Open: late June to late August.

Come and relive memories of a bygone era in the historic setting of a traditional high school that also served as a filming location for the Cormoran television series. Rare vestige which marked the childhood of several generations, the Delisle school, the "little pink school", has many stories to tell: period decor (1931-1965), old desks, textbooks and various related objects in everyday schools in a row. Group visit possible by reservation.

Saint-Denis

Maison Chapais \$

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

Open: May 15 to October 15.

Built in 1833, this house belonged to Jean-Charles Chapais (1811-1885), one of the Fathers of Confederation, then to his son Thomas (1858-1946), a historian. Live a unique experience in this amazing 19th century bourgeois residence. Stroll through the forgotten gardens; attend the Sunday shows and special workshops; visit the store.

Berceau de Kamouraska 1692-1791

Route 132 Est
418 492-9783 - kamouraska.ca/histoire/le-berceau

Information: Kamouraska Regional Museum.

Memorial park established on the site of the first civil and religious center of Kamouraska and Bas-Saint-Laurent, 2 kilometers east of the village, east of Rivière-Ouelle (1709-1791). Discover a souvenir chapel, plaques commemorating the Michaud, Levasseur, Malenfant, Kirouac, Raymond dit Phocas, Roy dit Desjardins, Dionne, Albert and Thériault families, the location of the second church, the presbytery, the first cemetery of Kamouraska and the monument to the memory of the pioneers with more of 220 surnames.



Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Fort Ingall



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

Open: June 24 to Labor Day.

Faithful reconstruction of a British fortification erected in 1839 during a border conflict between the United States and Canada. Fort Ingall has eight buildings surrounded by a wooden palisade. The permanent exhibition presents the life of soldiers and the geopolitical context of the time. Souvenir shop, group accommodation in dormitory. No pets allowed.

Rivière-Bleue

Place de La Vieille Gare



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

Open: mid-June to Thanksgiving, except Sunday and Monday am.

A heritage building erected in 1913, this CN station is the only witness to the regional railway past. On site: museum, interpretation center, old photos, art, crafts, local products, Wi-Fi café. Also: La Petite Gare Aubut and its multimedia exhibition Les Chemins de fer du Témiscouata. Also, A drop of history, interpretation panels on bootlegging. New: Mon village circuit and its train to do with mono headphones or smart phone. Guided tour.

Rivière-du-Loup



Notre-Dame-du-Portage

École de l'Anse



234, route du Fleuve - notredameduportage.org

Open: June 24 to Labor Day.

Renovated old school of centennial rank by a group of volunteers. Recipient of the Prize Heritage for its restoration, this authentic school offers a moment of relaxation, of history and culture with a guide. Photos and videos bear witness to the vitality of Notre-Dame-du-Portage, a major vacation spot for more than a century. Playgrounds, access to the river, picnic tables and pétanque games. Exhibition " The summer holidays ".

Rivière-du-Loup

Manoir seigneurial Fraser



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

Open: June 21 to September 15.

Built in 1830, this elegant stately residence lets you discover the history of the Fraser family during the 19th century. Find out how the Fraser Lords were able to build a picturesque and well-organized city by taking the

guided tour "Discovering Vieux Rivière-du-Loup and its churches" which includes: a visit to the heritage district of Vieux Rivière-du-Loup , a guided tour of the Manor, St. Bartholomew Church and Saint-Patrice Church. Allow 1 hour 30 minutes.

L'Isle-Verte

Cour de circuit de L'Isle Verte



199, rue Saint-Jean-Baptiste
418 898-3687 - courdecircuit.ca

Open: May to November.

Built in 1859 and completely restored, this courthouse recalls the period when L'Isle-Verte was the capital of the county of Témiscouata and the seat of a circuit court. Three times a year, a judge came to hear civil law cases. Classified as a historic monument, recognized as a national historic site, it is today a cultural space teeming with music, storytelling and theater shows. Guided tours available from June 24 to Labor Day.

Rimouski-Neigette

Rimouski, district de Rimouski

Site historique de la maison Lamontagne

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

Open: June 15 to October 11.

Built in 1744, the Lamontagne house is the oldest studded half-timbered residence open to the public in eastern Quebec. Almost three hundred years old, it was built for Marie-Agnès Lepage, granddaughter of the first lord residing in Rimouski. Animated tours, exhibitions on the lifestyle of New France and a shop selling regional products. On site, exhibition on the evolution of domestic architecture in Quebec, oven bake bread on Friday afternoon and musical shows on Sunday.



Cultural Tours

Kamouraska

La Pocatière

Parcours Fil Rouge

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

The routes offer you: 1. 24 memory smugglers circuits that take you to Kamouraska on the trail of your ancestors. Get the self-guided genealogical circuits on passeurs-dememoire.com and visit them in situ using your smart device; 2. 4 Fil Rouge circuits allowing you to discover what surrounds you and telling the place and the history of those who lived there. Download the BaladoDécouverte app to fully experience it.

Témiscouata

Pohénégamook

Circuit culture et patrimoine de la route des Frontières

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

Among the essentials of culture and heritage, find the Church of Saint-André, the cemetery in Saint-Alexandre-de-Kamouraska, the Parc de la Frontière and its international bridge in Pohénégamook, the Place de La Vieille Gare de Rivière -Bleue and its exhibitions as well as the Romain-Caron covered bridge in Saint-Jean-de-la-Lande. The lively Transcontinental circuit invites you to contemplate the four ornate slate sculptures. Twelve historic interpretation panels also guide your route.

Circuit patrimonial – Nos croix et leurs origines

50, chemin de la Tête du Lac
418 863-7722 - pohenegamook.net

The heritage committees of the municipalities of Pohenégamook, Rivière-Bleue and Saint-Athanase have developed a circuit of the last 24 road crosses existing on the territory of the Transcontinental. Explanatory leaflets explaining the history of these cross roads, as well as the road and GPS coordinates of the sites, are available from the municipalities of the Transcontinental and from the tourist information office in Pohenégamook. Also, lecterns present on the sites allow you to discover in words and images the history of each of the crosses.

Rivière-du-Loup

Rivière-du-Loup

RDL en 3 actes

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

Rivière-du-Loup in 3 acts brings together all the organizations and actors of the cultural milieu in order to offer you a single window for summer programming. Rivière-du-Loup unveils itself in its finest form with a program aimed at making you discover its rich built heritage and its cultural vitality.

Cacouna

Circuit Les randonnées du passé

415, rue Saint-Georges
418 867-1781 - cacouna.ca

Immerse yourself in the cultural and historical roots with these physical circuits and podcasting. Meet the first inhabitants, explore the coast and the localities, discover the built heritage, witness to the time when Cacouna was a famous seaside resort and set off "in the footsteps of Nelligan" through his poetry and the places he has frequented. In summer, guided tour available at the church of Saint-Georges-de-Cacouna, classified A for its architecture and conservation.

Notre-Dame-des-Sept-Douleurs

Circuit touristique de l'île Verte

418 559-5128 - ileverte-tourisme.com

Open: June 24 to early September.

Circuit revealing the aspects of life in the maritime environment, the heritage and the daily life of the islanders at the Michaud School; studying and observing a collection osteological at the Skeleton Museum; the story of the first lighthouse on the St. Lawrence on the lighthouse site that you can climb.

Rimouski-Neigette

Rimouski

Les circuits interactifs Histoires et Horizons

23, rue de l'Évêché Ouest, bureau 200

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

Rimouski-Neigette's interactive Histories and Horizons circuits allow you to discover our history and our magnificent landscapes. By crisscrossing the territory, you have access to a multitude of information, photos and videos. An interactive map guides you by GPS along your route. Download the three circuits for free via the BaladoDiscovery application.

Circuits Rimouski

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

Open: 25 juin au 30 août.

From the "Couvent des Soeurs du Saint-Rosaire" to the Rimouski river, passing by Maison Gauvreau, discover the architecture, heritage and history of Rimouski. Created by the Rimouskoise Heritage Society, six circuits totaling 46 thematic panels, with additional content available online, provide information on the transformation of the urban landscape. In the summer season, join our guide, from Thursday to Sunday at 10 a.m. or 1:30 p.m. for a free tour of the city center.

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CHAUDIÈRE APPALACHES
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525, route de la Seigneurie, Saint-Roch-des-Aulnaies [Qc] G0R 4E0
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Road Trips

Road Trips

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



Route des Navigateurs

routedesnavigateurs.ca

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

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

The St. Lawrence River has so much to offer!



Route des Frontières

routedesfrontieres.com

Over its 95 kilometers, on the Route 289, the Route des Frontières leads you from Saint-André to Saint-Jean-de-la-Lande. Crossing the border with New Brunswick, the Route continues to Edmundston. It owes this name to its contiguity at the borders of Quebec, New Brunswick and the state of Maine in the United States. The territory is strewn with symbols illustrating this political geography: customs posts, border posts and international bridge, in addition to the natural border formed by the Saint-François river. A true interpretation circuit of culture and heritage, the Route des Frontières invites you to come and experience its history in the open air.

Morris pillars, sculptural installations and panels with historic overtones dot the municipalities you pass through. By consulting them, you will discover plots of bygone times that gradually come together to draw a life-size portrait of the region's past. From the Rivière des Caps to Saint-André at the Saint-Jean-de-la-Lande covered bridge via the Canada-US border, the Transcontinental railway and the advent of bootlegging, you relive the migratory movement of the colonists who forged the Transcontinental.

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

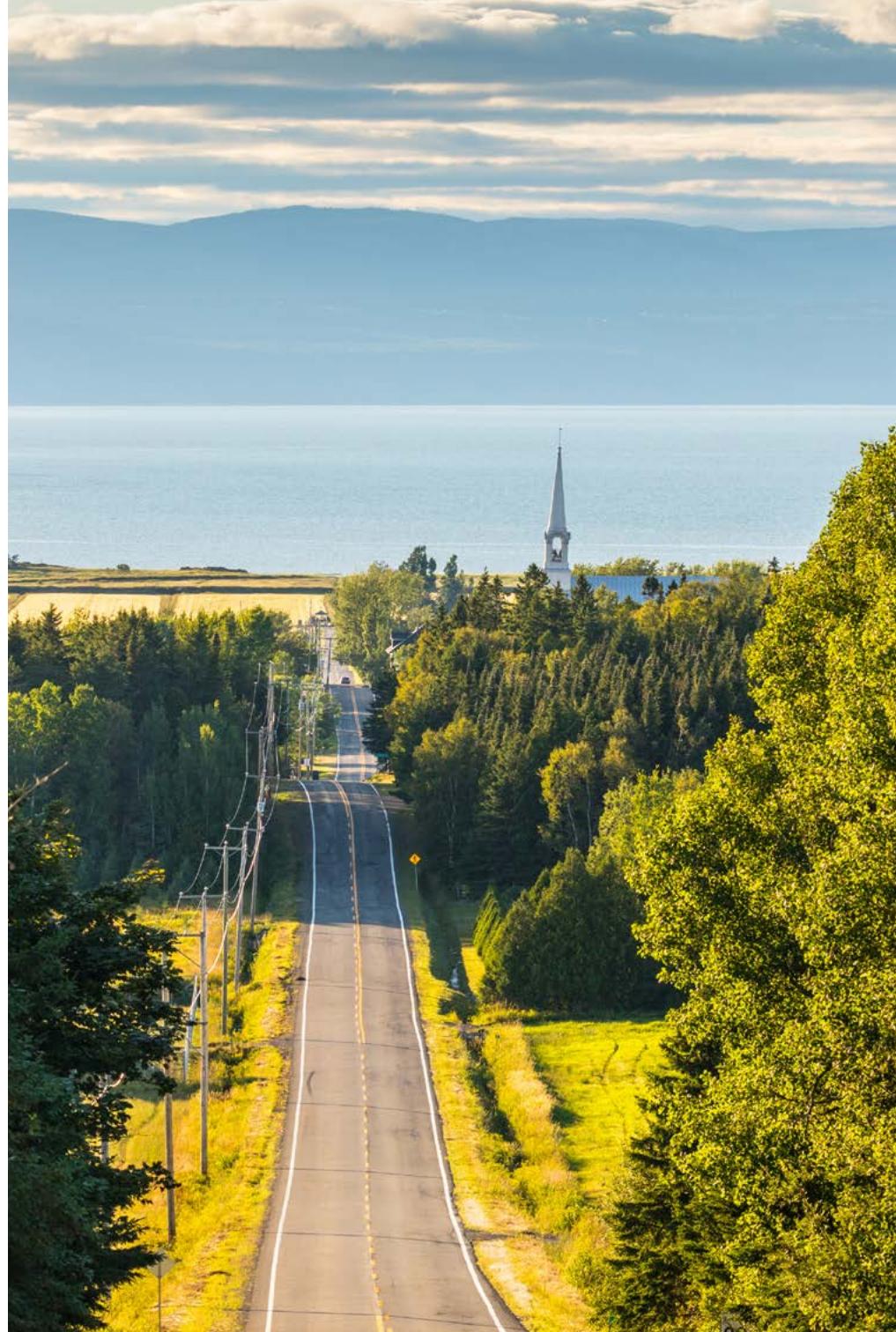
Route des Monts- Notre-Dame

montsnotredame.com

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

The route crosses the Notre-Dame mountains, this chain over 200 million years old mountain range that houses the famous waterway used by Native Americans to circulate between the Saint-Laurent and Saint-Jean rivers. The Notre-Dame mountains route offers striking landscapes dotted with lakes and rivers that border fields and pastures. From the sandy shores of Sainte-Luce to the famous Témiscouata lake in Dégelis, the 186-kilometer route immerses you in soothing nature through two wildlife reserves, two zecs, Lac Témiscouata national park, the Canyon des Portes de l'Enfer,

Mont-Comi Park and the Domaine Valga ancestral forest park. From the sea to the land, follow in the footsteps of the pioneers of the 1930s to meet the communities that took root in this forest territory that they refused to leave during the most important popular movement in rural Quebec, "Les Opérations Dignité". The Route des Monts Notre-Dame tells of collective entrepreneurship, maple syrup production and innovative forest management. Discover, from the producers of The Route des Monts Notre-Dame, unique products and all the flavor of authenticity and innovation.



Territory Wildlife



2

119 → Hunting and Fishing

- 120 Fishing
- 120 Outfitters
- 122 Wildlife reserves
- 123 Zec

Hunting and Fishing

Hunting | Moose, deer, small game hunting

Fishing | Brook trout

Outdoor activities

Four seasons lodging

**Réserve faunique
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reserveduchenier.com
418 735-5222
1500, chemin Duchénier, Saint-Narcisse-de-Rimouski, QC



Hunting and Fishing

Tease the fish gently until you are able to catch it with your hook, surprise the animal with your best hunting technique, this is what awaits you in Bas-Saint-Laurent, a favorite area for practicing your favorite sport. Our many hunting and fishing areas will satisfy the most demanding.



Fishing

Témiscouata

Saint-Eusèbe

Étang de pêche Lac-du-Repos



492, Lac-du-Repos
418 899-6238 – lacdurepos.com

Open: year round.

Sport fishing in calm nature on a lake about 1 km in diameter. A lake where true amateurs can hope to bring back a trophy of several pounds or a few catches for the meal. The lake is repopulated periodically with speckled trout. Rowboat available, reservation for daily fishing, guided tour of fish farming facilities, evisceration service on site. In the winter season, enjoy ice fishing by renting a chalet! A most enjoyable experience! Winner in the tourism category at the 2016 Company Gala. Rental of boats and chalets. Exit 29, highway 85, go to the main road by turning right at the first stop sign and left at the next stop sign. Arrived on the Church road, which becomes in Saint-Eusèbe the Main road, the fishing pond is located on the left about 9 kilometers.

Témiscouata-sur-le-Lac, secteur Cabano

Excursions de pêche lac Témiscouata

33, chemin Patrick-Bérubé
418 854-2854 – 1 877 906-3692
pechelactemiscouata.com

Beginners or experienced fishing enthusiasts, this experience is for you! We offer you a brown trout and speckled trout fishing excursion on the magnificent Lake Témiscouata which covers 42 km. The captain awaits

you on a luxurious pontoon fully equipped for fishing. "Downrigger", sonar and all the amenities for an unforgettable day! Departures can be done from 4 locations: the Pomerleau marina, the Cabano marina, the Notre-Dame-du-Lac marina and the Lac-Témiscouata national park. You can confirm everything when you book.

Outfitters

Association des pourvoires de Bas-Saint-Laurent/Gaspésie

3137, rue Laberge, Québec (Québec) G1X 4B5
418 750-8978 – seigneurielacmetis.qc.ca

Kamouraska

Mont-Carmel

Pourvoirie La Baronnie de Kamouraska



1, Lac des 5 milles
514 668-7337 – lacvictor.com

Open: early May to mid-November

5 units – \$ \$ – X ☑ B 🐾 🐟 🍷

This magnificent territory is nestled in the heart of the Appalachians, near Lac de l'Est, 2 kilometers from the Maine border, 20 kilometers from Highway 20 East, between La Pocatière and Rivière-du-Loup. The main site is located at an altitude of more than 550 meters, surrounded by small mountains which shelter a biological refuge. It covers an accessible area of 656.2 km² of which 65.2 km² has exclusive fishing, hunting and trapping rights. Its watershed consists of 5 main lakes. Mountainous reliefs of the Appalachians, beautiful centuries-old hardwood and coniferous forests, young forests and pyres rich in food. It is a territory renowned

Rimouski-Neigette

Rimouski

Pourvoirie Le Chasseur



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

Open: mid-May to early November.

14 rooms, 7 chalets – \$ \$ – X ☑ B 🐾

Fishing is offered on four head lakes. There are native and stocked trout. Accessible and plentiful fishing! The river winding through our territory for 15 km is narrow, winding and wild. The Kedgwick River offers salmon fishing, as well as native speckled trout fishing. In addition to the ten identified pits, you will discover a multitude of inter-pits and habitats ideal for speckled trout. Come explore this wild river and let nature amaze you! For fishing enthusiasts, we offer 2 types of accommodation. The outfitter is an exceptional moose hunting area. The density of moose is constantly increasing. We estimate the population, by aerial inventories and harvest monitoring, at more than 30 moose per 10 km². The Pourvoirie Le Chasseur has developed a good expertise in bow and crossbow hunting for bears, as well as rifle. This animal is respected and considered to be an integral part of the ecosystem of our region. A dog handler is at your service to find your bear after the shot.

as much for the moose, the black bear and the winged fauna (partridges and migrators) as for short and long stays in spring and summer in the middle of nature where everyone can live an experience of immersion at the option of his passions.

Saint-Alexandre-de-Kamouraska

Pourvoirie des Trois Lacs



Lac Lapointe
418 668-7337 – pourvoiriedestroislacs.com
☑ B 🐾 🍷

Lake and river fishing, native and seeded brook trout, on Lac Lapointe (23 ha) and lac de la Couronne (10 ha). We have hunting zones available in the Kamouraska, Rivière-du-Loup and Témiscouata sectors. Several packages are available, the choice is yours! With moose, bear, small game, rifle, bow, crossbow. Mushroom discovery activity in the forest with guide (workshop / picking / tasting).



Rimouski-Neigette

Saint-Charles-Garnier

Pourvoirie de la Seigneurie du Lac Métis ★★

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

8 units – \$\$\$ – X @ B A

For fishing enthusiasts, gray trout is undoubtedly the king of the great Métis Lake. Brook trout, commonly known as speckled trout, are found both in Lac Métis and in several lakes and rivers scattered throughout the territory. For lovers of salmon fishing, the Métis River offers the opportunity to tease this great king of our rivers thanks to a quota pit also present on the territory of the outfitter. The moose is without question the flagship species of the Outfitter from the Seigneurie du Lac Métis. Currently, the density is greater than 23 moose per 10 km², reaching even up to 30 moose per 10 km² in certain sectors of the territory. We can also meet the white-tailed deer as well as the black bear. For the amateur of hunting small game, the main species encountered are the ruffed grouse, the snowshoe hare, the Canada grouse and the American woodcock.

Wildlife reserves

Rimouski-Neigette

Saint-Narcisse de Rimouski

Réserve faunique de Rimouski (SÉPAQ) A B A

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

Open: May to November.

The territory of the Rimouski wildlife reserve is renowned for the richness and diversity of its wildlife habitats. Many landscaped sites allow the discovery of moose, white-tailed deer and beaver. Birds, including raptors, are easy to observe. It is the ideal place to train your next generation! Besides, a grassy fishing site is specially arranged for children. You will live an unforgettable adventure in the Bas-Saint-Laurent region. Whether for a fishing, hunting or vacation stay in a chalet or campsite, families return enchanted! Hiking, nature observation and picnic area. Fishing:



RÉSERVE FAUNIQUE DE RIMOUSKI

FAMILY FISHING PACKAGE

ACCOMMODATIONS
FISHING ACCESS FEE
ROWBOAT | EXPERT TIPS

Starting at
469\$* /Family
/3 nights
in a cabin

* Taxes not included. 2 adults and children under 18. Certain conditions apply.

sepaq.com/peche
1 800 665-6527

Photo: Emilie David

Sépaq



trout, lake trout. Hunting: small game, moose, deer, bear, groundhog, hare, partridge. Reservation required for accommodation, 10 rustic campsites, 28 chalets, boat and engine rental, propane. Animals refused.

offered: Hunting (moose, bear, small game, white-tailed deer); brook trout fishing; 4 season accommodation; Hiking; backcountry skiing; canoe and kayak rentals; observation of nature and fauna. Several packages upon reservation. Permits are available on site.

Réserve faunique Duchénier A B A

1500, chemin Duchénier
418 735-5222 – 1 866 535-5222
reserve Duchénier.com
Open: year round.

Located 30 minutes from Rimouski, in the beautiful region of Bas-Saint-Laurent, the Duchénier wildlife reserve, managed by an NPO, will delight lovers of hunting, fishing and the outdoors with its abundant wildlife resources. Come and discover this easily accessible territory of 273 km² comprising the highest concentration of bodies of water with high wildlife and fishery potential on the south shore of the St. Lawrence and one of the most significant ravages of white-tailed deer in eastern Quebec. A dream destination for all outdoor enthusiasts and easily accessible, the territory offers a multitude of activities to its users. Activities

Zec

ZEC Bas-Saint-Laurent A B A

Route de la Réserve
418 723-5766 – zecbsl.com
Open: year round.

1,017 square kilometers of territory with 110 lakes. Fishing: brook trout, lake trout. River fishing with trails. Winter fishing on certain water bodies. Hunting: moose, bear, white-tailed deer and small game. Minichalet rental available by reservation. Furnished and rustic campsites, hiking trails, boat rentals, several kilometers of forest paths for quad rides. Wildlife observation and gathering of wild berries. Without reservation. Registration required in all seasons.

**Hôtel
L'EMPRESS**



SNOWMOBILE PACKAGE

Starting from \$99/adult (breakfast and dinner included)

- A cozy night in a renovated standard room
- An inviting breakfast at *The Cage* restaurant
 - Savory dinner at *The Cage* restaurant

Located right next to a gas station

Large parking lot included in the price of the room

Direct access to multiple snowmobile and Quad trails

360, montée Industrielle-et-Commerciale, Rimouski
418 723-6944 | 1 866 305-6944 | hotellempress.com

2

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Winter Fun

Winter Fun

The World Good Life Reserve has a lot to offer in winter. Fill your lungs with fresh air on the many hiking, cross-country skiing, fatbike or snowshoe trails in the area. Explore 1,800 kilometers of snowmobile trails in the forest or by the sea. Hit the snowy slopes of the three regional ski centers. There is something for everyone and a change of scenery is guaranteed.



Snowmobiling

FCMQ – Fédération des clubs de motoneigistes du Québec

101-1027 boul. des Entreprises
Terrebonne QC J6Y 1V2
514 252-3076 – 1 844 253-4343 – fcmq.qc.ca

Kamouraska

Saint-Bruno-de-Kamouraska

Club de motoneige Les belles pistes du Rocher blanc

C.P. 3208
418 492-7421 – fcmq.qc.ca/fr/clubs/listedesclubs

Saint-Onésime d'Ixworth

Club Hiboux du Kamouraska

21, route du Collège
418 856-4522 – motoneiges.ca/club/hiboux

Large chalet for snowmobilers offering a catering and gas service. Credit and bank cards accepted. Sale of permits. Access by trails 5 and 35.

Saint-Cyprien

Club de motoneige Les 4 Sentiers

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

Rivière-du-Loup

Saint-Modeste

Club de motoneige Les Aventuriers

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

Restaurant, bar, information, gas, long-term parking, access rights for Quebec and New Brunswick.

Rimouski-Neigette

Rimouski

Mini Mécanik Sports Inc.

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

Snowmobile and clothing rentals. Daily and weekend rates, or tailored to your needs. Guide upon request. Reservations suggested. Direct access to trails or delivery to your departure point or hotel. On-site repair service. Accessory and clothing sales. BRP dealer.

Ice Fishing

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Excursion de pêche blanche lac Témiscouata



33, chemin Patrick-Bérubé
418 854-2854 – 1 877 906-3692
pechelactemiscouata.com

Live a unique ice fishing experience. Fishing shanty rental with guide for the day or according to the package.



Ski school certified by the Canadian Ski Instructors' Alliance. Private ski patrol and first aid service.

Sports de glisse

Témiscouata

Biencourt

Club de ski Mont Biencourt



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

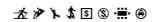
Schedule: available and complete on the website.

Two ski lifts and 13 slopes for alpine skiing and snowboarding enthusiasts, as well as a tubing hill with lift. Restaurant, bar, function room rental, ski and snowboard rentals, accessory sales.

Rivière-du-Loup

Notre-Dame-du-Portage

Chalet des Loisirs



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

In an enchanting setting, the sports centre is the best place to enjoy a multitude of services! In winter, enjoy the snowshoeing and cross-country ski trails, one of the area's largest ice rinks, and the snow tubing hill! On-site rentals of cross-country skis for adults and children. In summer, explore our hiking trails with outlooks over the St. Lawrence! The function room offers magnificent views and all the amenities for family or group activities!





Les Basques

Saint-Mathieu-de-Rioux

Parc du Mont-Saint-Mathieu

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

Open: year round.

This outdoor recreation area and resort is also a four-season convention facility offering dining in a 300-seat function hall for any type of event. Winter activities: skiing and snowboarding on groomed or natural snow, woods trails, snow park, quad chairlift with loading conveyor, free bunny slope, snow tubing with moving carpet lift, ski school, snowmobile trail and 10 kilometres of marked snowshoeing trails.

Rimouski-Neigette

Rimouski (district Le Bic)

Le parc national du Bic en hiver 🇨🇦 🇸🇰 🇨🇦 🇸🇰 🇨🇦 🇸🇰

3382, route 132
418 736-5035 – 1 800 665-6527 – sepaq.com/pq/bic/

Open: December to March.

Enjoy 35 kilometres of snowshoeing trails, 20 kilometres of ungroomed backcountry ski trails, 13 kilometres of fatbike trails, 8 kilometres of groomed

cross-country ski trails (mechanically groomed Friday through Sunday) and 2.6 kilometres of hiking trails on hard-packed snow (mechanically groomed Thursday through Monday). Three trailside shelters. Spend the night in a yurt or cabin, or try winter camping. Organized “Les joues rouges” (red cheeks) activities. Services: equipment rental, Boutique Nature gift shop and convenience store.

La Mitis

Saint-Luce

Sentier de ski Sainte-Luce 🇨🇦 🇸🇰 🇨🇦 🇸🇰

1, rue Langlois
418 739-4317 – sainteluce.ca

The cross-country ski and snowshoe trail is ideal for enjoying the outdoors near the municipality. No elevation is present on the ground. A small chalet located on the trail is available for users to warm up. The course allows pleasant walks in the forest. A great outdoor activity accessible to all. Cross-country skiing and snowshoeing allowed. Length: 8 km. Difficulty level: Easy, 240 Rang 2 West.

Saint-Donat

Parc du Mont-Comi – Station multiglisse



300, chemin du Plateau
418 739-4858 – 1 866 739-4859 – mont-comi.ca

Open: Wednesday to Sunday.

Located 30 km south of Rimouski, take advantage of the abundance of natural snow and quality skiing conditions. The station offers 30 tracks on 3 slopes, 2 snow parks, 6 undergrowth, one extreme piste of 30 degrees, cross-country skiing and snowshoeing trails, and snowmobile relay. Ski free at all times on the school slopes! Services: ski school, rental, cafeteria, bar and accommodation at the foot of the slopes available year-round.

Other Activity

La Mitis

Saint-Gabriel-de-Rimouski

Domaine Valga – La forêt de Maître Corbeau



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

Ninety-four games with increasing difficulty levels, spread over 5,500 feet under the supervision of experienced guides. New one kilometer trail with six zip lines and night park by reservation.



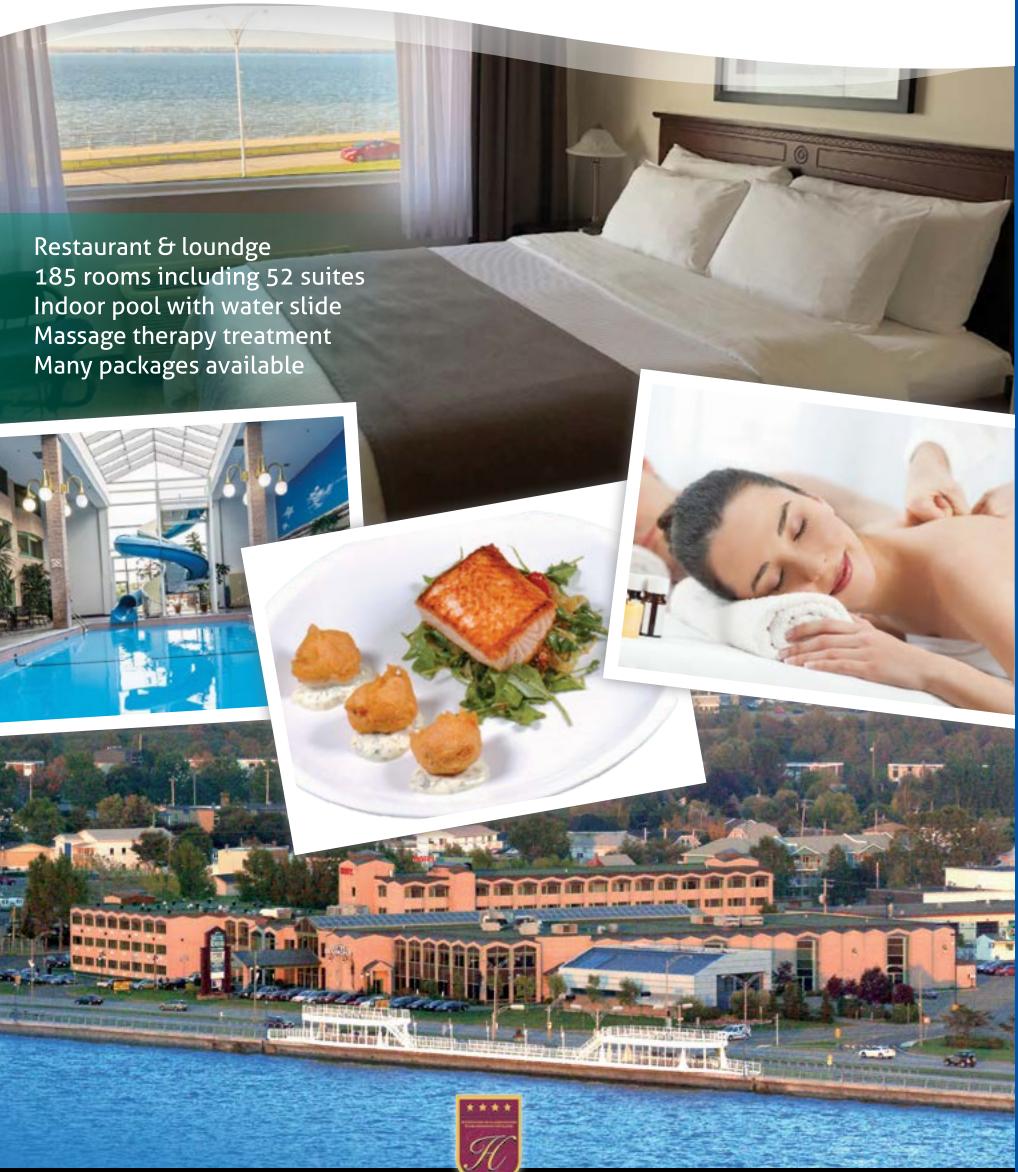


Accommodation

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*Facing the river...
close to everything!*



Restaurant & lounge
185 rooms including 52 suites
Indoor pool with water slide
Massage therapy treatment
Many packages available



225, BOUL. RENÉ-LEPAGE E., RIMOUSKI • 418 725-5000 • 1 800 463-0755

hotelrimouski.com

Accommodation

From the luxury inn to the family hotel, from the rustic campsite to the chalet, not forgetting the youth hostel, the Bas-Saint-Laurent offers all the desired accommodation options. With family, friends, alone or in love, you will surely find what suits you. Take a look to see!

▼ Classified by types of accommodation by meeting order



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

Hotels and Motels

Kamouraska

La Pocatière

Auberge Cap Martin et motels

93, route 132 Ouest
 418 856-4450 - 1 866 995-6922 - capmartin.ca
 52 units - \$\$ - AC, Wi-Fi, TV, X, B, U

Motel Le Martinet

120, route 230 Ouest
 418 856-3904 - lemartinet.ca
 20 units - \$\$ - AC, Wi-Fi, TV, X, U

Motel Le Pocatois

235, route 132
 418 856-1688 - 1 877 856-1688 - lepocatois.com
 21 units - \$\$ - Wi-Fi, AC, TV, X, U

Kamouraska

Auberge du Manoir de Rose

68, avenue Morel
 418 308-7506 - aubergemrose.ca
 15 units - \$\$\$ - Wi-Fi, AC, TV, X, B, U

Motel Cap Blanc

300, avenue Morel
 418 492-2919 - motelcapblanc.com
 11 units - \$\$\$ - Wi-Fi, AC, TV, X, B, U

Motel des Mariniers

36A, avenue Morel
 418 492-1651 - moteldesmariniers.ca
 18 units - \$\$ - Wi-Fi, AC, TV, U

Saint-Alexandre-de-Kamouraska

Auberge St-Alexandre

995, route 289
 418 495-1153 - 1 888 495-1153
aubergest-alexandre.com
 21 units - \$\$ - AC, Wi-Fi, TV, X, U

Saint-Pascal

Hôtel-Motel de la Montagne

169, rue Varin
 418 492-3134 - 1 888 449-3134
hotelmoteldelamontagne.ca
 20 units - \$\$ - AC, Wi-Fi, TV, X, U

Motel Saint-Pascal

335, avenue de l'Amitié
 418 492-3522
 19 units - \$\$ - Wi-Fi, TV, X

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Auberge du Chemin Faisant

12, rue du Vieux-Chemin,
 418 854-9342 - 1 877 954-9342 - cheminfaisant.qc.ca
 6 units - \$\$\$ - AC, X

Econolodge

164, boulevard Phil-Latulippe
 418 854-6565 - econologecabano.ca
 25 units - \$\$ - Wi-Fi, AC, TV, X, U

Hôtel Château Fraser

1, rue du Quai,
 418 854-3015 - 1 866 841-3015 - chateaufraser.com
 14 units - \$\$ - AC, Wi-Fi, TV, X, U

Motel Camping Caldwell

49, route 232 Est
 418 854-3195 - 1 866 854-3195 - motel-campingcaldwell.com
 9 units - \$\$ - Wi-Fi, TV, X, U

Motel Royal

19, rue Saint-Louis
 418 854-2307 - 1 888 854-2307 - motelroyal.net
 28 units - \$\$ - AC, Wi-Fi, TV, X, U

Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Auberge La Dolce Vita

2428, rue Commerciale Sud
 418 899-0333 - 1 877 799-0333
aubergeladolcevita.ca
 8 units - \$\$ - AC, Wi-Fi, TV, X, U

Auberge Marie Blanc

2629, rue Commerciale Sud
 418 899-6747 - aubergemarieblanc.com
 13 units - \$\$ - AC, Wi-Fi, TV, X, U

L'Exception Auberge Café Resto

2505, rue Commerciale Sud
 418 940-0520 - aubergelexception.com
 5 units - \$\$ - AC, Wi-Fi, TV, X, B, U

L'Intrigue - Bistro et hébergement

668, rue Bélanger
 418 899-6545 - lintrigue.ca
 14 units - \$\$ - AC, TV, X

Pohénégamook

Auberge Forteresse de la Rive

1194, rue Principale
 418 859-2884 - 1 877 661-1700 - villadesfrontieres.com
 17 units - \$\$ - AC, Wi-Fi, TV, X, U, B, U

Dégelis

Hôtel 1212

612, avenue Principale
 418 853-1212 - 1 800 267-2334 - le1212.com
 48 units - \$\$ - AC, Wi-Fi, TV, X, U, B, U

Motel Claude

1077, avenue de l'Accueil
 418 853-3117 - 1 800 363-3914 - motelclaud.com
 28 units - \$\$ - AC, Wi-Fi, TV, X, U

Rivière-du-Loup

Notre-Dame-du-Portage

Auberge du Portage - Centre de villégiature et de santé

671, route du Fleuve
 418 862-3601 - 1 877 862-3601
aubergeduportage.qc.ca
 46 units - \$\$\$ - AC, Wi-Fi, TV, X, U, B, U

Auberge sur mer

363, route du Fleuve
 418 862-0642 - 1 888 622-0642 - aubergesurmer.ca
 56 units - \$\$\$ - Wi-Fi, TV, X, U, B, U

Rivière-du-Loup

Auberge Amérilyls

165, rue Fraser, Rivière-du-Loup
 418 867-2881 - aubergeamerilyls.ca
 14 units - \$ - AC, Wi-Fi, TV, X, U, B, U

Auberge de la Pointe

10, boulevard Cartier
 418 862-3514 - 1 800 463-1222
aubergedelapointe.com
 117 units - \$\$\$ - AC, Wi-Fi, TV, X, U, B, U

Rimouski

Hôtel Le St-Germain ★★★

126, rue de Vimy
418 724-9000 - 1 855 724-3090 - hotellstgermain.com
18 units - \$ \$ - 📶 AC 🚰 🚿 🚰 🚿

Hôtel L'Empress ★★★

360, montée Industrielle-et-Commerciale
418 723-6944 - 1 866 305-6944 - hotellmpress.com
62 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚰 🚿 🚿

Hôtel Rimouski et Centre des congrès ★★★★★

225, boulevard René-Lepage Est
418 725-5000 - 1 800 463-0755 - hotelrimouski.com
185 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚰 🚿 🚿 🚿

Motel Au Soleil Couchant ★★

945, boulevard Sainte-Anne
418 723-2930 - motelausoleilcouchant.com
12 units - \$ \$ - 📶 AC 🚰 🚿

Motel Bienvenue ★★

1057, rue du Phare
418 724-4338 - motelbienvenue.com
17 units - \$ \$ - 📶 AC 🚰 🚿

Motel Colonial ★★

438, boulevard Saint-Germain
418 723-8960 - 1 800 463-1274 - motelcolonial.com
29 units - \$ \$ - 📶 AC 🚰 🚿

Motel de la Mer 📷 ★★

1327, boulevard Sainte-Anne
418 723-9440 - 1 877 523-9440 - moteldelamer.com
45 units - \$ \$ - 📶 AC 🚰 🚿 🚿 🚿

Motel de l'Anse 📷 ★★

1105, boulevard Saint-Germain Ouest
418 721-0322 - campingrimouski.com
10 units - \$ \$ - 📶 AC 🚰 🚿

Motel de la Pointe 📷 ★

1575, rue du Phare
418 723-8243 - 1 877 808-0518 - placelermieux.com
15 units - \$ \$ - 📶 AC 🚰 🚿

**Motel Lyse** ★★

543, boulevard Saint-Germain
418 723-1040 - motellyse.business.site
17 units - \$ - 📶 AC 🚰 🚿

Saint-Fabien

Restomotel Bon Voyage ★★

8, route 132 Ouest, Saint-Fabien
418 869-2313 - 1 800 825-2313 - restomotelbonvoyage.com
8 units - \$ - 📶 AC 🚰 🚿 🚿 🚿

Motel Bic ★★

3260, route 132
418 736-4439 - moteldubic.ca
12 units - \$ - 📶 AC 🚰 🚿 🚿

Sainte-Luce

Auberge de l'Eider 📷 ★★

90, route du Fleuve Est
418 739-3535 - 1 844 739-3535 - auberge-eider.com
20 units - \$ \$ - 📶 AC 🚰 🚿

Saint-Gabriel-de-Rimouski

Auberge Domaine Valga ★★

300, chemin des Écorchis
418 739-4200 - domainevalga.com
9 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚿

Gîtes

Kamouraska

Saint-Pacôme

Auberge Comme au premier jour ★★★★★

224, boulevard Bégin
418 852-1377 - aubergecommeaupremierjour.com
5 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚿

Kamouraska

Auberge Foin de mer ★★★★★

85, avenue Leblanc,
418 492-7081 - aubergefoindemer.com
4 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚿

Auberge La Grand Voile 📷 ★★★★★

168, avenue Morel
418 492-2539 - 1 855 492-2539 - lagrandvoile.ca
5 units - \$ \$ \$ - 📶 AC 🚰 🚿

Villa Ward 📷 ★★★★★

125, avenue Morel
418 492-7072 - villathomasward@bellnet.ca
5 units - \$ \$ \$ \$ - 📶 AC 🚰 🚿

Saint-André

Auberge des Aboiteaux 📷 ★★★★★

280, route 132 Ouest,
418 493-2495 - aubergedesaboiteaux.com
6 units - \$ \$ \$ - 📶 AC 🚰 🚿

Auberge le 112 ★★★

112, rue Principale
418 363-0511 - aubergele112.com
10 units - \$ \$ - 📶 AC 🚰 🚿 🚿

Sainte-Hélène-de-Kamouraska

Gîte des P'tites madames ★★★

513, route de l'Église Nord
418 492-3971 - ptitesmadames.com
4 units - \$ \$ - 📶 AC 🚰 🚿

Témiscouata

Témiscouata-sur-le-Lac

Gîte Ancêtre ★★★★★

72, rue du Vieux-Chemin
418 938-1913 - giteancetre.com
4 units - \$ \$ \$ - 📶 AC 🚰 🚿

Rivière-du-Loup

Cacouna

La Veilleuse ★★★

1073, rue du Patrimoine
418 862-8353 - gitelaveilleuse.com
4 units - \$ \$ - 📶 AC 🚰 🚿

L'Isle-Verte

La Grande Ourse ★★★

6, rue du Verger
418 898-2763 - gitelagrandeourse.com
5 units - \$ \$ - 📶 AC 🚰 🚿

Rivière-du-Loup

Le Gîte Les Rochers 📷 ★★★

336, rue Fraser
418 551-8046 - lesrochers.ca
5 units - \$ \$ \$ - 📶 AC 🚰 🚿 🚿

Saint-Éloi

Aux Chants des oiseaux ★★★

434, rue Principale Est
581 648-8644 - auxchantsdesoiseaux.net
3 units - \$ \$ - 📶 AC 🚰 🚿

Saint-Simon

Chez Choinière 📷 ★★

127, route 132,
418 738-2245 - gitescanada.com/chezchoiniere
5 units - \$ \$ - 📶 AC 🚰 🚿

Trois-Pistoles

La Rose des vents ★★★★★

80, 2e Rang Ouest
418 851-4926 - 1 844 593-4926 - gitelarosedesvents.com
5 units - \$ \$ \$ - 📶 AC 🚰 🚿

Rimouski-Neigette

Rimouski

Gîte l'Onondaga ***

1084, rue du Parc
418 722-0068 - 1 866 722-0068 - giteonondaga.ca
4 units - \$\$\$ - 📶 🚰 🚿 🛁

Le Gîte Victoria ☑ ***

77, rue Saint-Pierre
418 723-4483 - gitevictoria.com
4 units - \$\$\$ - 📶 🚰 🚿 🛁

La Mitis

Sainte-Luce

Gîte du village ***

53, rue Saint-Alphonse
418 739-3224 - 1 866 539-3224
gitesauquebec.com/3778
3 units - \$\$\$ - 📶 AC 🚰 🚿 🛁

Le Moulin banal du Ruisseau à la Loutre ☑ ****

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

Cottages, condos, housekeeping units

Kamouraska

Saint-André

Auberge des Aboiteaux 📍

280, route 132 Ouest
418 493-2495 - aubergedesaboiteaux.com
1 unit - 16 personnes - \$\$\$\$ - 📶 🚰 🚿 🛁

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Chalet Laroche ****

100, rue de l'Anse
418 580-3351 - rspchalets.com/chalets-a-louer/bas-saint-laurent/temiscouata-sur-le-lac-secteur-cabano/chalet-laroche/
1 unit - Unit capacity: 10 - \$\$\$\$ - 📶 AC 🚰 🚿 🛁



Hébergement Témilac ***

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

Saint-Eusèbe

Étang de pêche Lac-du-Repos **

492, Lac-du-Repos
418 899-6238 - lacadurepos.com
6 units - \$\$\$\$ - AC 📶 🚰 🚿 🛁

Pohénégamook

Pohénégamook sur le lac maisons de campagne et condotels 📍

1723, chemin Guérette
418 859-2405 - 1 800 463-1364 - pohenegamook.com
13 units - \$\$\$\$ - 📶 AC 🚰 🚿 🛁

Saint-Honoré-de-Témiscouata

Parc du Mont-Citadelle - chalets ***

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

Saint-Michel-du-Squatec

Camping et chalets de Squatec **

1, rue Richard-Pelletier
418 855-2340 - squatec.qc.ca
12 units - \$ - AC 📶 🚰 🚿 🛁
Unit capacity: 4

Rivière-du-Loup

Notre-Dame-des-Sept-Douleurs

Le Bout d'en Haut ***

7808, chemin de l'Île
418 837-9768 - leboutdenhaut.com
1 unit - \$\$\$\$ - 📶 🚰 🚿 🛁

Les Basques

Trois-Pistoles

La Marbella - Lofts et studios **

96, rue Notre-Dame Ouest
418 851-4704 - 1 866 851-7839 - lamarbella.ca
8 units - \$\$\$\$ - 📶 🚰 🚿 🛁

Saint-Mathieu-de-Rioux

Domaine du Lac Saint-Mathieu **

Camping KOA Bas-Saint-Laurent
109, chemin du Lac Sud
418 738-2034 - 1 800 562-2482 - koabasstlaurent.com
4 units - \$\$\$\$ - AC 📶 🚰 🚿 🛁

Les Habitations BCK **

2, rue du Boisé,
418 738-2771 - leshabitationsbck.com
6 units - \$\$\$\$ - AC 📶 🚰 🚿 🛁

Rimouski-Neigette

Rimouski

Au Refuge du Vieux Loup de Mer ***

3250, route 132
418 750-5915 - vieuxloupdemer.com
13 units - \$\$\$\$ - 📶 🚰 🚿 🛁

Chalets Anse au Sable ☑ **

1100, boulevard Saint-Germain, Rimouski
418 724-5110 - chaletsanseausable.com
6 units - \$\$\$ - 📶 🚰 🚿 🛁

Domaine Floravie - Maison L'Ancestral ☑ **

100, route Santerre
418 736-4000 - 1 855 736-5755 - domainefloravie.com
1 unit - \$\$\$\$ - 📶 🚰 🚿 🛁

Domaine Floravie - Le Pensoir ☑ **

100, route Santerre
418 736-4000 - 1 855 736-5755 - domainefloravie.com
1 unit - \$\$\$\$ - 📶 🚰 🚿 🛁

Les Cabines du Phare ☑ *

1426, boulevard Sainte-Anne
418 723-0059 - cabinesduphare.com
10 units - \$\$\$\$ - 📶 🚰 🚿 🛁
Unit capacity: 4

Rimouski, district Le Bic

Les résidences de tourisme du parc national du Bic *

3382, route 132
418 736-5035 - 1 800 665-6527 - sepaq.com/pg/bic/
10 units - \$\$\$\$ - 📶 🚰 🚿 🛁

Saint-Narcisse-de-Rimouski

Réserve faunique Rimouski (Sépaq) ☑ **

112, route de la Réserve-de-Rimouski
418 735-2226 - 1 800 665-6527 - sepaq.com/rimouski
28 units - \$\$\$ - 📶 🚰 🚿 🛁
Unit capacity: 8

Chalets Réserve faunique Duchénier ☑ **

1500, chemin Duchénier
418 735-5222 - 1 866 535-5222 - reserveduchenier.com
2 units - \$\$\$ - 📶 🚰 🚿 🛁

La Mitis

Saint-Donat

Chalets parc du Mont-Comi *

300, chemin du Plateau,
418 739-4858 - 1 866 739-4859 - mont-comi.ca
7 units - \$\$\$\$ - 📶 🚰 🚿 🛁

Sainte-Luce

Domaine de la plage ☑ *

37, route du Fleuve Est,
418 739-4638 - 1 866 739-4632
becfn@globetrotter.net
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Le Navigateur Villégiature  ******

15, rue des Villas
418 739-6944 - 1 866 779-6944
navigateurvillégiature.com
30 units - \$\$\$ -    
Unit capacity: 4

Motel Au Bec Fin  *****

107, route du Fleuve Est
418 739-4362 - 1 877 739-4362 - becfin@globetrotter.net
12 units - \$\$ -    

Saint-Gabriel-de-Rimouski

Chalets Domaine Valga *******

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

Summer Camps

Kamouraska

Saint-Alexandre-de-Kamouraska

Camp musical de Saint-Alexandre ********

267, rang Saint-Gérard Est
418 495-2898 - campmusical.com
93 units    

Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Le Fort Ingall *******

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

Rivière-du-Loup

Saint-Modeste

Camp Richelieu Vive la Joie **0** *******

26, route de la Station,
418 862-5919 - 1 877 862-5919 - campvivelajodie.com
112 units    

Youth Hostels

Auberge internationale de Rivière-du-Loup ********

46, rue de l'Hôtel-de-Ville
418 862-7566 - 1 866 461-8585 - aubergedrld.ca
40 units - \$ -    

Rimouski-Neigette

Espace Globetrotter ******

133, rue Léonard Est
418 725-4600 - 1 888 725-4603
espace-globetrotter.com

10 units - \$ - 

Student Residences

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La Pocatière

Résidences du Cégep de La Pocatière  *******

140, 4e Avenue
418 856-3828 - cegeplapocatiere.qc.ca
31 units - \$ -    

Rivière-du-Loup

Cégep de Rivière-du-Loup  *******

325, rue Saint-Pierre
418 862-6903, poste 2251 - cegeprdl.ca/residence
40 units - \$ -    

Rimouski-Neigette

Résidence Cégep Rimouski  *******

320, rue Saint-Louis
418 723-4636 - 1 800 463-0617 - cegep-rimouski.qc.ca
180 units - \$ -    

Campgrounds and Ready-to-camp

Kamouraska

Mont-Carmel

Camping du Lac de l'Est ********

201, rue des Chênes
418 498-2318 - campingdulacdelest.ca
151 sites  40% 41-43 \$      

Rivière-Ouelle

Camping Rivière-Ouelle ********

176, chemin de La Pointe
418 856-1484 - 1 888 856-1484
campingriviereouelle.com
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313, rang du Nord
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 60% 30 \$      

Saint-André

Camping de la batture *****

273, route 132 Ouest
418 493-9984 - sebka.ca
100 sites  35% 22 \$   

Saint-Germain

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418 492-9191 - leracoincafecamping@gmail.com
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Témiscouata

Témiscouata-sur-le-Lac, secteur Cabano

Camping Cabano Inc. ********

1155, chemin du Golf,
418 854-9133 - 1 855 854-9133 - campingcabano.com
150 sites  50% 35-40 \$      

Camping motel Caldwell ******

49, route 232 Est
418 854-3195 - motel-campingcaldwell.com
58 sites  40% 35-35 \$      

Camping Témilac ********

33, rue de la Plage
418 854-7660 - chaletscampingtemilac.com
137 sites  10% 30-43 \$      

Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Marina Témiscouata-sur-le-Lac *******

2513, rue Commerciale Sud
418 899-6820 - 1 866 899-6820 - campingmarina.ca
135 sites  40% 25-40 \$      
pub. p.99

Saint-Louis-du-Ha! Ha!

Camping du Lac Dôle *******

50D, rang Beauséjour
418 854-3563 - laccdoie.com
82 sites  30-40 \$      



Non-traditional accommodation

Kamouraska

Rivière-Ouelle

La Baleine endiablée - Auberge conviviale

229, route 132
418 371-0758 - baleineendiablee.com
63 units - \$ - 📶 - 🚰 - 🚽 - 🛏 - 🚿 - 🚲

Kamouraska

Pavillon du Foin de mer

85, avenue Leblanc
418 492-7081 - aubergefoindemer.com
4 units - \$ \$ \$ \$ - 📶 - 🚰 - 🚽 - 🛏 - 🚿

Témiscouata

Rivière-Bleue

Érablière A. Dumais

437, rue Saint-Joseph Nord
418 893-2121 - erablieredumais@gmail.com
6 units - \$ - 📶 - 🚰 - 🚽 - 🛏 - 🚿 - 🚲

Rivière-du-Loup

Rivière-du-Loup

Auberge du Lièvre et chalets

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

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3 units - \$ \$ \$ \$ \$ - 📶 - 🚰 - 🚽 - 🛏 - 🚿

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Rimouski-Neigette

Rimouski

Domaine Floravie - cabines

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

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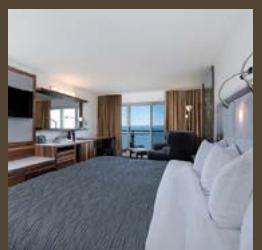


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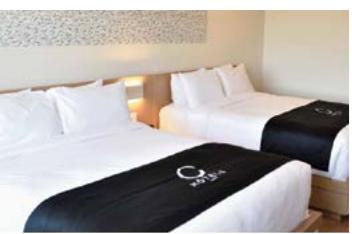
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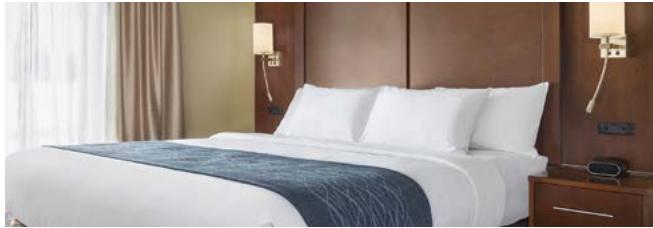


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418 724-2500

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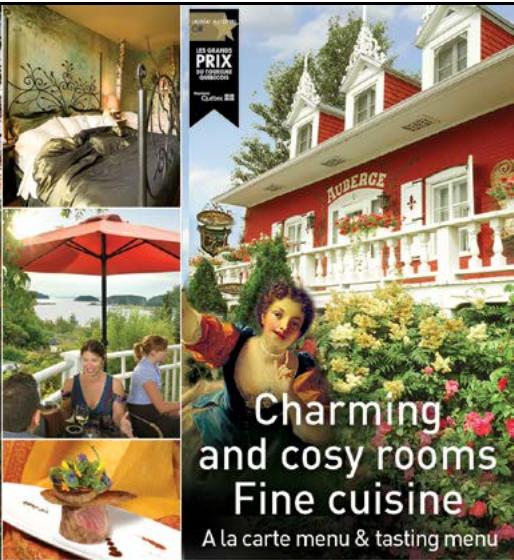




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3

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3

163 → Places to Eat

164 Bistros et cafes

169 Restaurants and dining rooms

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▼ Classified by types of catering and in order of meeting



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Bistros et cafes

Kamouraska

La Pocatière

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Kamouraska

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 418 492-2882 - magasin-general.ca
 \$\$\$ - 2,3 - ☎️🍷🍴

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

Poissonnerie Lauzier, bistro de la mer

57, avenue Morel
 418 492-7988 - poissonnerielauzier.com
 \$\$\$ - 2,3 - ☎️🍷

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



Saint-Germain

Le Racoin, Café, Camping

100, route 132 Est
 418 492-919
 \$\$\$ - 1,2,3 - ☎️🍷🍴

Café, campsite between river and mountain, offering lunch, daily specials, fresh juice and smoothies. The products are homemade and local, to consume on the spot or take away. Live a different moment by taking advantage of one of our 15 wilderness camping sites or a good meal.





Saint-Alexandre

Les petits bonheurs de Marguerite

693, route 289

418 495-1111 - bonheursdemarguerite.com

\$ - 1,2,3 - ☎️📶📺📺

Bistro cafe with dairy bar, Italian coffee, panini and desserts. Taste the Lactancia soft cream, raspberry sorbets and a choice of 12 Belgian dips. A terrace is provided for tasting outside and the indoor dining room offers seasonal decor.

Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

L'Exception Café et bistro L'Exception

2505, rue Commerciale Sud

418 940-0520 - aubergelexception.com

\$\$\$ - 2,3 - ☎️📶📺📺

L'Exception Café Resto, for a friendly and warm atmosphere. Magnificent view of Lake Témiscouata from the terrace. Excellent and simple food reminiscent of the house. All dishes are gluten-free, nut-free, sesame-free, peanut-free and lactose-free, but not tasteless! Open to the general public.

L'Intrigue – Bistro et hébergement

668, rue Bélanger

418 899-6545 - lintrigue.ca

\$\$\$ - 1,2,3 - ☎️📶📺📺

Come and relax by tasting one of the dishes from our bistro menu. We are so proud of our region that we have incorporated a host of Témiscouata products into our dishes. Take the opportunity to taste one of our many microbrewery beers. In addition, you will find affordable accommodation units within our establishment. Dining room, private room, bar, video lottery.



Rivière-du-Loup

Rivière-du-Loup

Auberge de la Pointe

10, boulevard Cartier

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

\$\$\$ - 3 - ☎️📶📺📺

Café-bar-terrasse Le Mirador: Panoramic 40-seat "lounge" and 55-seat terrace with fireplace connected to the 6,000-square-foot PANORAMA terrace, overlooking the river, with outdoor lounges and fireplaces. Cocktail menu, wines by the glass, draft and local beers. Starters made from local products from the Laurentian region: fine cheeses, smoked salmon, nachos, tapas.

Bistro L'Intercolonial

407, rue Lafontaine

418 862-3321 - interbistrogrill.com

\$\$\$ - 2,3 - 📺📺

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

Boulangerie Artisanale Au Pain Gamin

288-290, rue Lafontaine

418 862-0650 - paingamin.ca

\$ - 1,2 - 📺

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



Hôtel Levesque

171, rue Fraser

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

\$\$\$ - 2,3 - ☎️📶📺📺

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

Hôtel Universel et Centre de congrès

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

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

\$\$\$ - 2,3 - ☎️📶📺📺

Bistro-bar Le Rialto: Italian food. Table d'hôte for lunch and dinner. **Specialties**: fresh fish, seafood, grilled meats, pasta, pizza, veal cutlets.

Resto-Pub l'Estaminet

299, rue Lafontaine

418 867-4517 - restopubestaminet.com

\$\$\$ - 2,3 - ☎️📶📺📺

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

Rôtisserie St-Hubert

80, boulevard Cartier

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

\$\$\$ - 2,3 - ☎️📶📺📺

Resto-bar St-Hubert: Table d'hôte menu.

Specialties: grilled chicken, ribs, steak, salads. Large selection of beers on tap.





Rimouski-Neigette

Rimouski

Auberge de la Vieille Maison

35, rue Saint-Germain Est
418 723-6010 - complexelavieilleforge.com
\$ \$ - 2,3 - Y T

Le Bistrot de la Forge : burgers, grilled meats, "Le Forge-ron" pulled pork sandwiches, fish'n chips. Come relax with friends and enjoy a wide variety of beers and privately imported wines. You will be charmed by its warm decor and attentive staff.

Bistro La Réserve

150, avenue de la Cathédrale
418 730-6525 - bistrolareserve.com
\$ \$ \$ - 2,3 - Y T

La Réserve offers a slate menu that is designed according to the seasons. Quality products are the priority and Bas-Saint-Laurent is in the spotlight on your plate, whether

by sea or by land. Taste charcuterie, blood sausage, fresh fish, tasty meats, local cheeses, etc. Closed Sunday and Monday.

La Brûlerie d'Ici

91, rue Saint-Germain Ouest
418 723-3424 - bruleriedici.com
\$ \$ - 1, 2,3 - Y T

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

La maison de mon Père

547, rue Saint-Germain Est
418 727-8587 - 1 844 788-7373 - monpere.org
\$ - 1, 2 - Y T

Le restaurant Y'a de la joie ! With its friendly and relaxed atmosphere in the heart of the old Saint-Yves church offers daily lunches, complete and varied dinners as well as various snacks. On the menu: comforting cuisine 100% homemade, affordable prices and friendly service. For a different experience in a unique place ...

Restaurant Central Café - Coop de solidarité

31, de l'Évêché Ouest
418 722-4011 - centralcaferimouski.com
\$ - 2,3 - Y T

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

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



Restaurants and dining rooms

Kamouraska

La Pocatière

Auberge Cap Martin et motels

93, route 132 Ouest
418 856-4450 - 1 866 995-6922 - capmartin.ca
\$ \$ - 1,2 - Y T

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

Saint-Pacôme

Auberge Comme au Premier Jour

224, boulevard Bégin
418 852-1377 - aubergecommeaupremierjour.com
\$ \$ \$ - 1,2 - Y T

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

Saint-Pascal

Motel de la Montagne

169, rue Varin
418 492-3134 - 1 888 449-3134
hotelmoteldelamontagne.ca
\$ \$ \$ - 1,2 - Y T

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

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

Témiscouata-sur-le-Lac, secteur Cabano

Auberge du Chemin Faisant

12, rue du Vieux-Chemin
418 854-9342 - 1 877 954-9342 - cheminfaisant.qc.ca
\$ \$ \$ \$ - 1,3 - Y T

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



Témiscouata-sur-le-Lac, secteur Notre-Dame-du-Lac

Auberge La Dolce Vita

2428, rue Commerciales Sud
418 899-0333 - 1 877 799-0333 - aubergeladolcevita.ca
\$\$\$ - 1,3 - ☎️🍷🍴

This Auberge will make you discover a gourmet cuisine with refinement and which will make you travel through dishes made with local products.

Dégelis

Hôtel 1212

612, avenue Principale
418 853-1212 - 1 800 267-2334 - le1212.com
\$\$\$ - 1,2,3 - ☎️🍷

At Hotel 1212, we sleep well and eat well!

Rivière-du-Loup

Notre-Dame-du-Portage

Auberge du Portage

671, route du Fleuve
418 862-3601 - 1 877 862-3601 - aubergeduportage.qc.ca
\$\$\$ - 1,2,3 - ☎️🍷🍴

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



Auberge sur Mer

363, route du Fleuve
418 862-0642 - 1 888 622-0642 - aubergesurmer.ca
\$\$\$ - 1,2,3 - ☎️🍷🍴

Our table is renowned for the delicacy of its dishes and the quality of the food we choose with care. Our lovely dining room with multiple windows overlooks the vastness of the St. Lawrence River and its incomparable sunsets. A landscape with exclusive charms, as only the Bas-Saint-Laurent region can offer!

Rivière-du-Loup

Auberge de la Pointe

10, boulevard Cartier
418 862-3514 - 1 800 462-1222 - aubergedelapointe.com
\$\$\$ - 1,3 - ☎️🍷🍴

L'Espadon: modern, warm and comfortable decor with central wood fireplace. Bas-Laurentian cuisine. Lobster tank, fruit feast seafood for two, filet mignon and filet veal, fresh salmon, duck leg confit, rack of lamb and varied dessert table. Children's menu.

Hôtel Levesque

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

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



Hôtel Universel et Centre de congrès

311, boulevard de l'Hôte-de-Ville Ouest
418 862-9520 - 1 800 265-0072 - hoteluniverselrdl.com
\$\$\$ - 1,2,3 - ☎️🍷🍴

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

Specialties: seafood and prime rib of beef.

La Porte Arrière

356, rue Lafontaine 418 862-6262
\$\$\$ - 1,2,3 - ☎️🍷

Unique concept restaurant with an open kitchen, located in the heart of downtown Rivière-du-Loup offering different services: midday menu during the week, evening meal, chef service at home, dining room with 50 seats. **Specialties:** natural wine and private import and local products.

Le Loft – Tartares et cocktails

403, rue Lafontaine
418 862-1101 - le403.com
\$\$\$ - 3 - ☎️🍷🍴

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

Le Saint-Patrice resto

169, rue Fraser
418 862-9895 - lesaintpatrice.ca
\$\$\$ - 2,3 - ☎️🍷🍴



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

Restaurant Au Boucaneux

210, rue Mackay
418 867-4733 - leboucaneux.com
\$\$\$ - 3 - 🍷

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

Rôtisserie St-Hubert

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

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

Symposium Resto Boutique

364, rue Lafontaine
418-860-4825 - symposiumresto.com
\$\$\$ - 2,3 - ☎️🍷🍴

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



L'Isle-Verte

Motel Le Barillet

75, rue Seigneur-Côté
418 898-2421 - restobarmotelbarillet.com
\$ \$ - 1,2,3 - ❏ ☎ ☹ ♣

Canadian, Italian and Chinese cuisine. Buffet, table d'hôte and children's menus, take out food.



Les Basques

Trois-Pistoles

Restaurant La belle Excuse ❏
138, rue Notre-Dame Ouest 418 857-3000
\$ \$ - 1,2,3 - ☹

Seasonal restaurant offering new flavors and an original presentation. Fine regional cuisine, local products, edible flowers picked in the back garden. Unique Sunday brunch. A la carte menu available as well as for children and vegetarians.

Restaurant Le Biarritz

89, Notre-Dame Ouest
418 851-4705 été - lebiarritz.ca
\$ \$ - 1,2,3 - ❏

Restaurant bring your own wine with terrace. Varied cuisine offering fish, seafood, meal salads, pasta and kebabs. Table d'hôte formula, affordable menu and relaxed atmosphere.

Rimouski-Neigette

Rimouski, district du Bic

Auberge du Mange Grenouille
148, rue Sainte-Cécile-du-Bic
418 736-5656 - aubergedumangegrenouille.qc.ca
\$ \$ \$ - 2,3 - ☎ ☹

In this place from another time, the experience is

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

Les Affamés du Bic

138, Sainte-Cécile-du-Bic
418 736-1442 - lesaffamesdubic.com
\$ \$ - 2,3 - ☹

Family cooking, accessible and affordable. Popular dishes, local and seasonal products prepared in an original and inventive way. From poutine to foie gras, including meal salads and fresh fish. À la carte menus, table d'hôte and slate suggestions.

Rimouski

Auberge de la Vieille Maison

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

La Maison du Spaghetti: tasteful Italian creative cuisine with pasta, pizza, cutlets, seafood and an excellent wine list. Lunch menus, children, table d'hôte, à la carte, snacks. At the heart of Rimouski's activity, you will appreciate good food, hospitality and a warm welcome from the locals.

Hôtel Rimouski et Centre des congrès

225, boul. René-Lepage Est
418 725-5000 - 1 800 463-0755 - hotelrimouski.com
\$ \$ \$ - 1,2,3 - ❏ ☎ ☹ ♣

La Seigneurie: restaurant overlooking the river offering grilled meats, seafood and cuisine highlighting regional products. A wide range of prices, a sophisticated wine list and attentive service are just a few of the assets appreciated by its customers. Number of seats available: 140.

La Cage - Brasserie sportive Rimouski

360, montée Industrielle et Commerciale
418 723-0121 - cage.ca/rimouski-lacite
\$ \$ - 1,2,3 - ❏ ☹
Sporty atmosphere. Grills, salads, chicken and ribs.

Le Crêpe Chignon

140, avenue de la Cathédrale,
418 724-0400 - crepechignonrimouski.com
\$ \$ - 1,2,3 - ❏ ☎ ☹
Simple and comfortable place thanks to its meals personalized and its openness to the world. The pancakes are generous and tasty. Come and discover traditional breakfasts, nachos, muffins, espresso coffees and microbrewery beers. Possible alternatives to various allergies or intolerances.



Les Affamés de Rimouski

200, avenue de la Cathédrale
418 730-7767 - lesaffamesderimouski.com
\$ \$ - 2,3 - ☹

The Hungry will satisfy large appetites as well as fine palates. From poutine to chanterelles bicoises, passing by the foie gras and the famous Ferme Fournier burger, find popular dishes and other compounds of the best products from the moment. Family and friendly atmosphere, affordable!

Motel et Resto de la mer

1327, boulevard Sainte-Anne
418 723-9440 - 1 877 523-9440 - moteldelamer.com
\$ - 2,3 - ❏ ☎ ☹

Resto de la mer: fast and courteous restaurant service in a pleasant atmosphere with magnificent views of the St. Lawrence. **Specialties**: poutines, including that with seafood, burgers, rolls and sandwich clubs, including those with shrimp, crab or lobster, fried clams, homemade fish'n chips and pizza.

Restaurant Rétro 50

38, rue Saint-Germain est
418 723-4858 - restaurantretro50.ca
\$ \$ - 1,2,3 - ☹

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



Photo : Mélanie Doré

Welcoming you with **Pride!**

In all the tourist information offices across the Bas-Saint-Laurent, we are

P

passionate

r

respectful

i

informative and competent

d

devoted and

e

excited about offering you great personalized service!



WORLD GOOD LIFE RESERVE

Permanent tourist information locations

- Rivière-du-Loup
- Rimouski

Seasonal tourist information locations*

- La Pocatière
- Kamouraska
- Saint-Pascal
- Notre-Dame-du-Portage
- Trois-Pistoles
- Saint-Fabien
- Pohénégamook
- Témiscouata-sur-le-Lac

* Usually from mid-June to Labour Day

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General Informations

Useful information

Tourist information for all regions

Phone : 1 877 BONJOUR (266-5687)

Email : info@quebecoriginal.com

Online : QuebecOriginal.com

Social media : #QuebecOriginal

 /tourismequebec
  /TourismeQuebec
 /tourismequebec
  @quebecoriginal
 /tourismequebec

Brick and mortar :

Centre Infotouriste in Montréal, Québec, Rigaud, Rivière-Beaudette or Dégelis (permanent visitor information centres that provide a range of tourist services and products)

le développement des entreprises touristiques d'ici. Avec son site QuebecOriginal.com, il vise à renseigner les voyageurs sur l'ensemble de l'offre touristique québécoise.

Découvrez le Québec et planifiez vos vacances sur QuebecOriginal.com.

Tourisme Québec 

Tourist information for Bas-Saint-Laurent

Phone : 1 800 563-5268 - 418 867-3015

Email : info@bassaintlaurent.ca

Online : bassaintlaurent.ca

Social media : #tourismebassaintlaurent

 @bassaintlaurent
  /TourismeQuebec
 @tourismeBSL
  @bassaintlaurent
 @bassaintlaurent

TOURISME
Bas-Saint-Laurent

Official visitor information centres

 Office du tourisme et des congrès de Rivière-du-Loup 

189, boulevard de l'Hôtel-de-Ville, Rivière-du-Loup
418 862-1981 / 1 888 825-1981
tourismeriviereduloup.ca

Tourisme Rimouski 
50, rue Saint-Germain Ouest, Rimouski
418 723-2322 / 800 746-6875
tourismerimouski.com


Official visitor information centres are identified by the  pictogram on road signs and in tourist brochures.



Tourist Information Stand(s) unstaffed

Tourist Information Stand de Saint-Michel-du-Squatec

1, rue Richard-Pelletier, Saint-Michel-du-Squatec
squatec.qc.ca

Seasonal Centres

The service is generally offered every day from mid-June to Labor Day.

Bureau d'accueil de Kamouraska

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

Bureau d'accueil de Notre-Dame-du-Portage

Halte routière, autoroute 20, Notre-Dame-du-Portage
418 862-3559 - tourismeriviereduloup.ca

Bureau d'accueil de Pohénégamook

1309, rue Principale, Pohénégamook
418 863-7722 - pohenegamook.net

Bureau d'accueil Saint-Fabien

33, route 132, Saint-Fabien
418 869-3333 - parcdubico.com

Bureau d'information touristique de Saint-Pascal

215, avenue Rochette, Saint-Pascal
418 492-7753 - villesaintpascal.com

Bureau d'information touristique de Témiscouata-sur-le-Lac

7B, boulevard Industriel, Témiscouata-sur-le-Lac
418 854-9406 - temiscouatasurlelac.ca

Bureau d'information touristique de Trois-Pistoles

51, route 132, Trois-Pistoles
418 851-3698 - tourismelesbasques.com

Maison régionale du Bas-Saint-Laurent

10, route du Quai, La Pocatière
418 856-5040 - 1 888 856-5040
tourismekamouraska.com



Transportations



Airports

Rivière-du-Loup Airport

418 867-5001

Rimouski Airport

418 724-3177

Regional Airport of Mont-Joli

418 775-3347

aerportmontjoli.com

Fuelling station, flight information kiosk, cooperative taxi, car rental. Air links to the North Shore, Wabush, Bonaventure, Magdalen Islands, Montréal and Québec City. Shuttle to hotels in Mont-Joli and Sainte-Flavie.



Marinas

Club de Yacht Cabano

418 854-3887

Club nautique de Rivière-du-Loup

418 862-1138

Marina de Rimouski Est

418 723-0202

Marina du Bic, parc national du Bic

418 736-5035

Marina du Centre de Plein Air de Notre-Dame-du-Lac

418 899-6820

Marina Sous-Bois De l'Anse

418 899-6468

Marina Ville Dégelis Inc.

418 853-3834



Ferries

Témiscouata-sur-le-Lac/ Saint-Juste-du-Lac

418 940-1001

traversedutemiscouata.com

The MV Corégone welcomes all types of vehicles and passengers on foot, accommodating 20 vehicles and 49 passengers. Crossing time: 15 minutes. No reservations required, but reservations are recommended for buses. Open : June 15 to September 15; departs on the hour from Notre-Dame-du-Lac sector and on the half-hour from Saint-Juste-du-Lac.

Rivière-du-Loup/ Saint-Siméon

418 862-9545 - 418 862-5094

traverserdl.com

A unique décor awaits passengers aboard the MV Trans-Saint-Laurent. Capacity: 100 vehicles, 400 passengers. Services: restaurant (May to October), lunch counter, local products, bar, elevator. Crossing time: 65 minutes. No reservations required, except buses. Open : 2 to 4 departures/ day, April to January.

Notre-Dame-des-Sept-Douleurs/L'Isle-Verte

Société des traversiers du Québec

418 898-2843 traversiers.com

Hop aboard the MV Peter-Fraser and head out to explore the beautiful, peaceful countryside of Île Verte. Cars, cyclists and passengers on foot all welcome. Crossings are scheduled according to the tides. Crossing time : under 30 minutes. Reservations recommended

for vehicles. Open: end of April to November or December, as ice conditions permit.

Trois-Pistoles/ Les Escoumins

1 877 851-4677 - 418 851-4676

traversiercnb.ca

Crossing time: 90 minutes. Reservations are required and can be made online or by phone. Open : Mid-May to mid-October, 2 or 3 departures/ day, according to the tides.

Rimouski/Forestville

1 800 973-2725 - 418 725-2725

traversier.com

The CNM Évolution links the Bas-Saint-Laurent and the Côte-Nord. Accommodating 175 passengers and 30 vehicles, this ferry is the fastest in Québec, crossing from Rimouski to Forestville in just 60 minutes. Reservations required for vehicles.

Open : May to September.



Bus

Orléans Express

1 833 449-6444 Sans frais

The main bus operator in Quebec, which offers daily departures, serves a territory that extends from Montreal to Gaspé and includes Trois-Rivières, Quebec, Bas-Saint-Laurent and Center-du-Québec.

Health



Hospitals

Hôpital Notre-Dame de Fatima

1201, 6e Avenue Pilote,

La Pocatière

418 856-7000

Hôpital de Notre-Dame-du-Lac

58, rue de l'Église,

Témiscouata-sur-le-Lac

418 899-6751

Centre hospitalier régional du Grand-Portage

75, rue Saint-Henri,

Rivière-du-Loup

418 868-1000

Centre hospitalier de Trois-Pistoles

550, rue Notre-Dame Est,

Trois-Pistoles

418 851-3301

Centre hospitalier régional de Rimouski

95, rue de l'Évêché Ouest,

Rimouski

418 725-0544

Services



Caisse populaire Desjardins de Rivière-du-Loup

315, boulevard Armand-Thériault,

Rivière-du-Loup, 418

862-7255 - 1 800 551-2500



Gas Station

Station-service Shell

995, route 289, Saint-Alexandre-de-Kamouraska

418 495-1153 • 1 888 495-1153

aubergest-alexandre.com

Convenience store, gasoline, diesel, oil, air pump, sanitary services, telephone.

Schedule: All year,

7 a.m. to midnight or more.

Station-service Gaz bar Saint-Patrice

256, rue Fraser, Rivière-du-Loup

418 867-4966 • 418 867-7070

bleupelican.com.

Convenience store, gasoline, diesel, propane, car wash, fireworks, beers. Blue Pelican rental (24/7): automobile, canions, equipment, minibus.

Schedule: All year,

6 a.m. to midnight.

Accessibility



Québec for All : Accessibility for People with Disabilities

514 252-3104

www.QuebecForAll.com

Kéroul assesses the accessibility of different businesses based on a set of criteria recognized by Tourisme Québec. It's platform Québec for All offers a wide range of cultural and tourist information for visitors with reduced mobility.

The accessible rating means that the establishment meets all the accessibility criteria and offers a satisfactory visitor experience for the majority of people with reduced mobility.

The partially accessible rating means that the establishment meets the main accessibility criteria but has some missing elements that could affect the experience of some people with reduced mobility.



Tourist and Leisure Companion Sticker

vatl.org

Companions of disabled individuals with this sticker are admitted free of charge to participating tourism, cultural and recreational attractions.



traverse ferry

Rivière-du-Loup
Saint-Siméon



Unique surroundings A 1st class crossing

Observation decks, restaurant (May 14 to October 17), lunch counter, local products, bar, children's play room, souvenir shop, elevator.

Cars, trucks, bicycles, motorcycles, VRs, buses.



Round-trip excursions for pedestrians \$25

418 862-5094
traverserdl.com



Traverse
Rivière-du-Loup/St-Siméon



@traverserdl
#traverserdl

Operating from April 9 to January 2

The shortest crossing between the two shores!



418 725-2725 1 800 973-2725 Reservation online at www.traversier.com

BELLA DESGAGNÉS PROVISIONING EXPLORING



A UNIQUE TRIP AWAITS YOU ABOARD THE BELLA DESGAGNÉS

Relais Nordik invites you to live an experience out of the ordinary where the supply of Anticosti Island and the Lower North Shore will be at the heart of the adventure.

From April to January, board in Rimouski for a round trip of 7 nights to Blanc-Sablon.

relainordik.com • 1 800 463-0680



In the St. Lawrence Estuary, regulatory measures apply to boaters.
If you see beluga whales or blue whales:



MOVE AWAY AND KEEP
A DISTANCE OF 400 METRES
between your vessel and
those whales at risk.



MAINTAIN A CONSTANT SPEED
between 5 and 10 knots,
if possible.



IN THE MARINE PARK, DO NOT
STOP if you are less than half
a nautical mile (926 m) from
the beluga whales.

For other whales, dolphins or porpoises, keep a distance of 200 metres.

Marine Mammal Regulations:
www.qc.dfo-mpo.gc.ca

Marine Activities in the Saguenay–
St. Lawrence Marine Park Regulations:
marinepark.qc.ca/protect

Navigating Whale Habitat
· Free online training:
navigatingwhales.ca

Travelling in Québec

Bars, Casinos and Purchasing Alcohol

You must be at least 18 years old to enter bars, pubs, nightclubs and casinos, as well as to purchase or consume alcohol (be prepared to produce ID if asked). Wines and spirits are sold through the Société des alcools du Québec (SAQ), the provincial liquor board. Beer is available at grocery and convenience stores, which also stock a limited selection of wines.

Cell phones

Use of a cell phone is prohibited while driving.

Coast Gard

1 888 463-4393

Comment or Conveying Dissatisfaction

If you wish to comment on or are dissatisfied with the tourism services you received in Québec, please contact :

Alliance de l'industrie touristique du Québec

1 877 686-8358, option 7

commentaire@allianceturistique.com

Currency Exchange

There are numerous exchange offices in Québec's main urban centres. Airports also offer exchange services. Some businesses accept American money, but tend to offer a less competitive rate than the exchange offices.

Driving in Québec

Since Canada uses the metric system, speed limits and distances are posted in kilometres per hour (km/h) and gasoline is sold by the litre (l). It is illegal to transport or use radar detectors in Québec.

Drugs and Driving

This Act introduces a zero-tolerance principle when it comes to drugs and driving by prohibiting anyone from driving a vehicle if there is a detectable presence of cannabis or any other drug in that person's saliva. Offenders are subject to an immediate 90-day suspension of their driver's licence. The new legislation also includes other measures, such as the prohibition from consuming drugs (cannabis or any other drug) in a road vehicle, on an off-road vehicle or on a bicycle.

Road conditions

For information on road conditions or other aspects of trip-planning, call 511 ou 1 888 355-0511 ou visitez quebec511.info.

Taxes

Québec has two taxes : the 5% federal goods and services tax (GST), and the 9.975% Québec sales tax (QST). An accommodation tax of 3.5% of the room price per night also applies in our region.

Tides

1 877 775-0790, faites le 1

Tipping

Tipping is customary in restaurants, bars and taxis. The amount, which is not included in the bill, is generally equivalent to 15% of the total bill before taxes. For quick tip calculations, Québécois normally add up both taxes. Tipping bellhops or porters is at your discretion (generally, \$1 per bag).

Tourist route

The official tourist routes are clearly marked with blue signs. They are designed to highlight the attractions of the regions through which they pass, and to enable visitors to discover the extent of Québec's natural and cultural treasures. quebecoriginal.com/tourist-routes.

Tourist signage

In Québec, tourist regions and directions to services, attractions and activities are indicated by blue road signs. For more information, visit panneaubleu.com and tourisme.gouv.qc.ca/signalisation (in French only).

Village-relais accredited services

If you feel like taking a break or require assistance while on the road, look for the Village-relais signs. These point to villages that, together with local businesses, offer a range of accredited services and a safe and pleasant place to stop. villages-relais.qc.ca.

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This tourist guide was published by Tourisme Bas-Saint-Laurent in collaboration with its partners.

Only the members of the regional tourism association are included in this guide. The information in this guide was up to date as of winter 2020, and is subject to change without notice.

Emergencies

Emergency

911, 310-4141 ou *4141 (d'un cellulaire)

Info-Santé (Medical advice)

811

Québec Poison Control Centre

1 800 463-5060

Voltage

In Québec, the standard voltage is 110 volts/60 cycles, as it is throughout North America. Since the outlets cannot accommodate European plugs, you will need to bring or buy an adaptor.

Winter tires

From December 1st to March 15, all taxis and passenger vehicles registered in Québec must be equipped with winter tires. This requirement also applies to rental passenger vehicles in Québec.

Tourisme Bas-Saint-Laurent is not responsible for any unintentional omissions or errors. The next edition will be published in spring 2021.

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TOURISME
Bas-Saint-Laurent



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© Mathieu Dupuis



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[Map of Québec Tourism Region](#)

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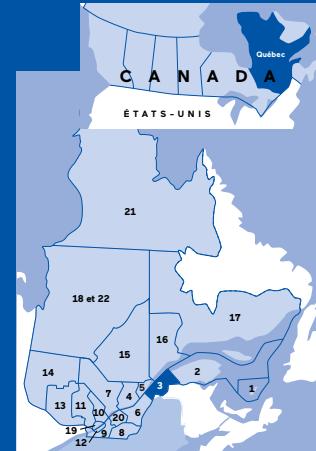
[Regional Map](#)

Maps and Pictograms

Legend of Pictograms

- ☉ % of shady sites
- ⚡ 30 amp electricity
- ⚡ 50 amp electricity
- AC Air conditioning
- 🏠 Approved Cyclists Welcome
- 🏠 Architecture, heritage building
- 🏖 Beach
- 🏠 Belvedere
- 🚤 Boating
- 🚤 Boat Launch
- 🏠 BWOB
- ⛺ Camping
- 💵 Cash only
- 🌿 Certified Ecotourism Adventure
- ★ Classification of Accomodations exepnting Gites
- ★ Classification of Gites
- 🔌 Charging station
- 🧗 Climbing
- 🚻 Complete Sanitary Bloc
- 🏠 Cottage Rental
- 🚰 Covered Bridge
- 🎿 Cross-country skiing
- 🚲 Cycling
- 🎿 Direct admission
- 🎿 Downhill skiing
- ⚡ Electricity
- 🧰 Equipement Rental
- 🏞 Falls
- 🚢 Ferry
- 🌿 First Nation Content
- 🎿 Fishing
- 🆓 Free admission
- 📶 Free wireless Internet access
- 🏠 Fitness Room
- 🏠 Full accessibility
- 🏠 Golf
- 🧗 Hiking
- 🐎 Horseback riding
- 🏠 Hospital
- 🔪 Hunting
- 🔌 Ice Fishing
- 🏠 Indoor Swimming Pool
- 🍴 Licenced restaurant
- 🍳 Kitchenette
- 🚰 Laundry room
- 🏠 Lighthouse
- ⚓ Marina
- 🐬 Marine Mammals Observation
- 🏠 Meeting Room
- 🧊 Mini fridge
- 🏠 Microwave
- 🎿 Mountain Biking
- 🦅 Ornithology
- 🏠 Outdoor Swimming Pool
- 💰 Paid admission
- ♿ Partial accessibility
- 🏠 Permanent Tourist Information Centre
- 🐾 Pets accepted
- 🏠 Picnic Area
- ✂ Places to Eat
- 🧶 Playground
- 🚽 Private Bathroom
- 🚰 Pump-out station
- 🏠 Quad
- ✈ Regional Airport
- 🏠 Relaxation center
- 🧺 Shared bathroom
- 🍳 Shared kitchen
- 🏠 Seasonal Operation
- 🎿 Skating
- 🚧 Route des Frontières
- 🏠 Route des Monts-Notre-Dame
- 🗺 Route des Navigateurs
- 🚧 Route verte
- ? Seasonal Tourist Information Centre
- 🏠 Spa
- 👤 Support
- ⏳ Rating-Pending
- 🏠 Reat Area
- 🚰 Snowmobile
- 👢 Snowshoeing
- 🍷 Tasting
- 🎾 Tennis
- ⛺ Tent Only
- 🏠 Tourist Information Stand
- 🏠 Unusual Accommodation
- 🏠 Village-relais accredited services
- 🌊 Water Access
- ⛷ Waxing Station
- 🏠 Wildlife Observation

Québec Tourist Regions



01	Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
02	Gaspésie	tourisme-gaspesie.com
03	Bas-Saint-Laurent	bassaintlaurent.ca
04	Québec	quebec-cite.com
05	Charlevoix	tourisme-charlevoix.com
06	Chaudière-Appalaches	chaudiereappalaches.com
07	Mauricie	tourismemauricie.com
08	Cantons-de-l'Est	cantonsdelest.com
09	Montréal	tourisme-montreal.com
10	Lanaudière	lanaudiere.ca
11	Laurentides	laurentides.com
12	Montréal	mtl.org
13	Outaouais	tourismooutaouais.com
14	Abitibi-Témiscamingue	tourisme-abitibi-temiscamingue.org
15	Saguenay-Lac-Saint-Jean	tourisme.saguenay.ca
16	Côte-Nord Manicouagan	tourismecote-nord.com
17	Côte-Nord Duplessis	tourismecote-nord.com
18	Baie-James	decrochezcommejamais.com
19	Laval	tourismelaval.com
20	Centre-du-Québec	tourismecentreduquebec.com
21	Nunavik	nunavik-tourism.com
22	Eeyou Istchee	decrochezcommejamais.com

6

Getting there



Regional Map of Bas-Saint-Laurent

Legend

Name of the Sector

- Territory outside the border
- Region
- Park and reserve
- Water, lake and river
- Particular marine sector
- Sector limit
- Highway
- Route Verte
- Tourist route
- Ferry
- Lighthouse
- Town and Village
- Relay village
- Tourist Information Centre
- Airport

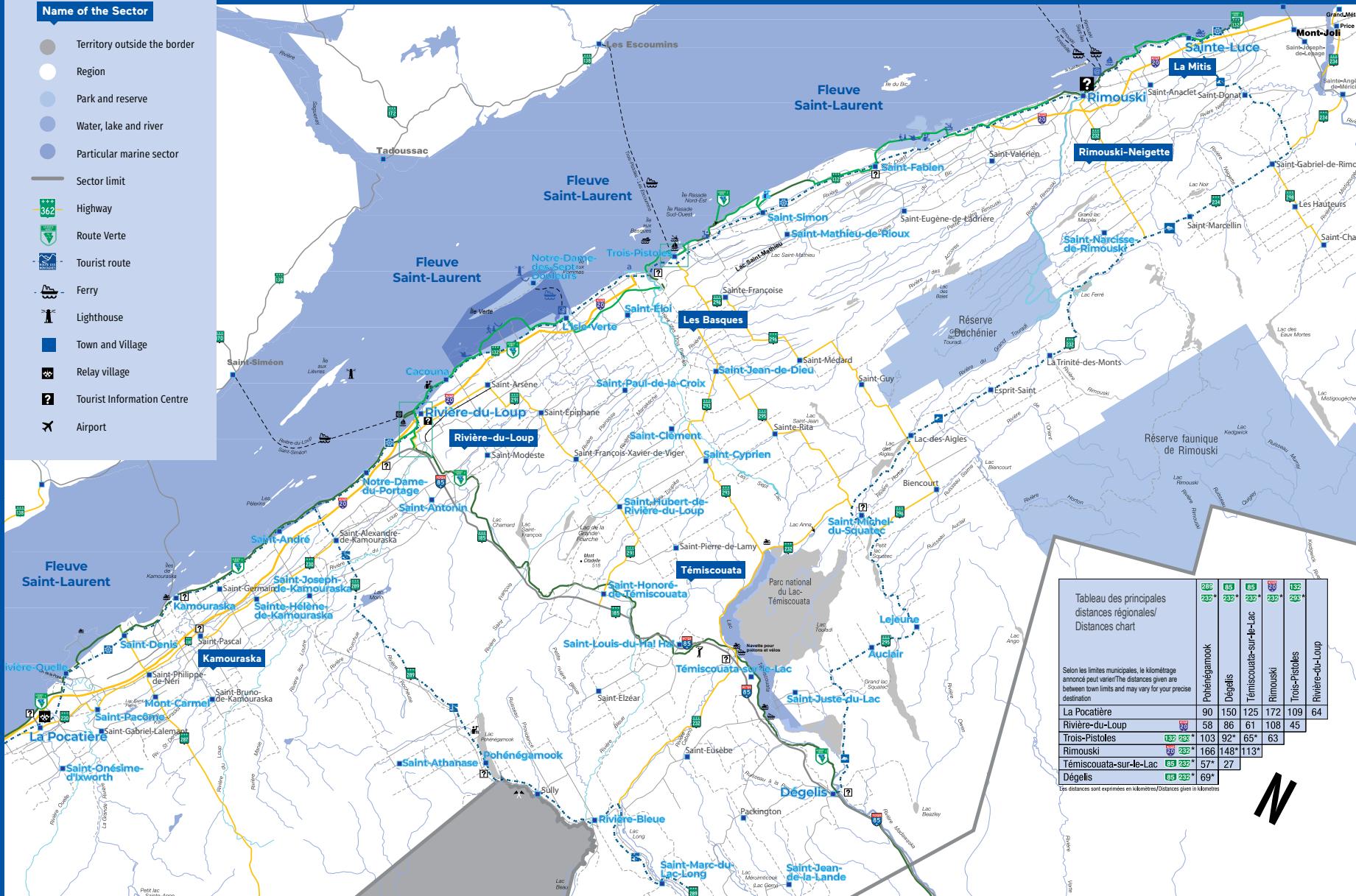


Tableau des principales distances régionales / Distances chart

Selon les limites municipales, le kilométrage annoncé peut varier / The distances given are between town limits and may vary for your precise destination

	Pohénégamook	Dégelis	Témiscouata-sur-le-Lac	Rimouski	Trois-Pistoles	Rivière-du-Loup
La Pocatière	90	150	125	172	109	64
Rivière-du-Loup	58	86	61	108	45	
Trois-Pistoles	102	92*	65*	63		
Rimouski	166	148*	113*			
Témiscouata-sur-le-Lac	69	32*	27			
Dégelis	63	32*	69*			

Les distances sont exprimées en kilomètres / Distances given in kilometers



FOLLOW

a guide

FOLLOW
FOLLOW

Plan your stay at marinepark.qc.ca

VISIT
museums
and islands

PHOTO: STUDIO DU RUSSEAU / SMO

PHOTO: PARC BAS-SAINT-LAURENT

DISCOVER wildlife
DISCOVER
DISCOVER

DISCOVER THE TRUE NATURE OF BAS-SAINT-LAURENT

Parc national du Lac-Témiscouata

10 000 years of history in the heart of pristine nature.



Details p. 68

Parc national du Bic

A unique park shaped by the sea.



Details p. 56

A family experience

Free!

Access and equipment loan for visitors up to 17 years of age.



Photo credit: Mathieu Dupuis



Empress of Ireland Museum



Submarine

ONONDAGA
Pointe-au-Père



Lighthouse Station



Parcs
Canada

Parks
Canada

**Pointe-au-Père Lighthouse
National Historic Site**