



**Le Québec
maritime Media
Kit**

**QUÉBEC
BY THE
SEA**

Bas-Saint-Laurent

Gaspésie

Côte-Nord

Îles de la Madeleine

www.quebecmaritime.ca/en/media

COVID-19 – Please contact our team if you have any questions about our destination, since some of the information published in this document may change without notice. Please find out about current health measures and government recommendations before planning a stay.

Explore the maritime regions of Québec

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Presentation

Located in Eastern Québec, the **maritime regions of Québec** are the easternmost tourist regions in the province. United by the sea and a common maritime tradition, these regions are **Bas-Saint-Laurent, Gaspésie, Côte-Nord** and the **Îles de la Madeleine**.

A vast territory bordered by **3000 kilometres (1900 miles) of coastline**, which alternates between wide fine-sand beaches and small, rocky bays or impressive cliffs, the **maritime regions of Québec** have a long tradition that has been shaped by the ever-present sea. This tradition is expressed in the lighthouses that dot the coast, diverse and abundant wildlife, colourful houses, gatherings on the wharves and especially the *joie de vivre* of the residents.



Le Québec maritime inc. is a **tourism promotion organization** that targets **markets outside the province of Québec**. It was founded in 1997 by representatives of **five tourism regions** who wanted to promote the regions of Bas-Saint-Laurent, Gaspésie, Côte-Nord (Manicouagan and Duplessis) and the Îles de la Madeleine to these markets.

All our marketing activities are made possible thanks to the financial support and involvement of our **partners**: Canada Economic Development, SÉPAQ, Parks Canada and the Société des traversiers du Québec. Le Québec maritime is also affiliated with about 200 local tourism companies and organizations that offer goods and services to visitors from our target markets.

Le Québec maritime offers personalized media tours organized in collaboration with its affiliated tourism companies and organizations, its partners and the Alliance de l'industrie touristique du Québec.



Did You Know That...?

- ♦ The tallest lighthouse in Canada is in **Cap-des-Rosiers** and is 34 metres (112 feet) high?
- ♦ Jacques Cartier called the **Lower North Shore** “land of many isles” because this area’s islands were too numerous to name individually?
- ♦ **Lake Pohénégamook** is said to hide a monster named Ponik?
- ♦ In the **Îles de la Madeleine**, lingonberries are also known as sand cranberries?
- ♦ The **Manicouagan impact crater** is the fifth largest in the world and can be seen from space?
- ♦ Legendary **Percé Rock** had three arches in Jacques Cartier’s time?
- ♦ The award-winning movie *Seducing Dr. Lewis* (2003) was shot in **Harrington Harbour** on the Lower North Shore?
- ♦ The **Île Verte Lighthouse**, built in 1809, is the oldest lighthouse on the St. Lawrence?
- ♦ *Pied-de-Vent*, a delicious cheese from the **Îles de la Madeleine**, literally means “foot of the wind” (and is what Islanders call a ray of sun appearing through the clouds since they believe this indicates the next day will be windy)?
- ♦ The **International Appalachian Trail** in Québec (IAT-QC), which is 650 km (400 mi.) long, is the first long-distance hiking route to receive the *Grande Randonnée* designation in North America (GR®A1)?
- ♦ Part of the Côte-Nord region was designated a **World Biosphere Reserve** by UNESCO on September 18, 2007?
- ♦ Adult **northern gannets** have a wingspan of 1.8 metres (6 feet)?
- ♦ Henri Menier, the man who introduced white-tailed deer to **Anticosti Island**, was a chocolate baron?
- ♦ Twenty-two Acadian families settled on the **Îles de la Madeleine** between 1762 to 1765 to hunt sea cows for their oil (which is how the Islands were first colonized)?
- ♦ **Chic-Choc** means “impenetrable barrier” in the Mi’gmaq language?
- ♦ The **Mingan Archipelago** is the best place in Québec to observe **Atlantic puffins**?
- ♦ The **sinking of the Empress of Ireland**, in 1914, off Sainte-Luce, was the deadliest maritime disaster in Canadian history?
- ♦ The **Manic-5 dam** is 214 metres (702 feet) high, 1314 metres (4311 feet) wide and composed of 13 arches and 14 buttresses, making it the largest multiple-arch-and-buttress dam in the world?
- ♦ The **cultural mosaic** found in the maritime regions of Québec includes Indigenous peoples as well as the descendants of the French, English, Scots, Irish and Acadians who settled here after the arrival of Jacques Cartier in 1534?
- ♦ The **Percé UNESCO Global Geopark**, the first in Québec and the third in Canada, showcases 23 geosites spanning 500 million years?
- ♦ The **sunsets** in Bas-Saint-Laurent are renowned for being some of the most beautiful in the world?
- ♦ Grande-Entrée, in the Îles de la Madeleine, has been designated **Québec’s Lobster Capital**, since its harbour is packed with over 100 lobster boats?
- ♦ You can learn about the **Innu presence** in Côte-Nord from Wabush, an Indigenous Elder, at Parc Nature de Pointe-aux-Outardes?



The St. Lawrence

The majestic St. Lawrence is at the heart of all of our regions while also giving each its own unique characteristics. Thus, our regions feature spectacular coastal scenery as well as beaches and shorelines. In addition, our seafood is a main attraction, from which local chefs create numerous unforgettable dishes. Throughout history, the St. Lawrence has had a profound influence on the lives of the people who live along its shores. Today, the importance of this seaway is worth (re)discovering through interpretation sites, heritage buildings, activities and events.

Experience the St. Lawrence

Many islands dot the St. Lawrence off the coasts of the maritime regions of Québec. In the middle of the Gulf of St. Lawrence, the **Îles de la Madeleine archipelago**, surrounded by red cliffs and golden-sand beaches, is an idyllic seaside setting for a perfect vacation, while the unique shapes of the limestone monoliths in the **Mingan Archipelago** in Côte-Nord fascinate visitors. In Gaspésie, visitors can enjoy a boat excursion to **Bonaventure Island** to see an impressive northern gannet colony. The **Sept Îles Archipelago**, in Côte-Nord, offers a wide range of maritime activities as does **Saint-Barnabé Island** in Bas-Saint-Laurent. If you want to stay on an island, you can opt for wild **Anticosti Island** in Côte-Nord or **Île du Pot à l'Eau-de-Vie** (Brandy Pot Island) in Bas-Saint-Laurent (where you can stay in a lighthouse) or the neighbouring **Île aux Lièvres** (Hare Island), both of which are managed by **Société Duvetnor**.

www.quebecmaritime.ca/GoToIDM
www.quebecmaritime.ca/en/paramingan
www.quebecmaritime.ca/en/parcperce
www.quebecmaritime.ca/en/archipel7iles

www.quebecmaritime.ca/en/excursionsbarnabe
www.quebecmaritime.ca/en/parcanticosti
www.quebecmaritime.ca/en/duvetnor

The St. Lawrence also offers the opportunity to enjoy many water sports, including **sea kayaking** and **scuba diving**, two options that will give you the opportunity to observe marine mammals. For an adrenaline rush, try **wind sports** in the Îles de la Madeleine, such as **kite buggying** and **kitesurfing**, both of which are offered by Aérosport. If you are looking for something more unusual, go **snorkelling with Atlantic salmon** with Nature Aventure or **canyoning down a river** with Griffon Aventure in Gaspésie or go **caving in a wetsuit** with La Salicorne in the Îles de la Madeleine.

www.quebecmaritime.ca/seekayaking
www.quebecmaritime.ca/diving
www.quebecmaritime.ca/en/aerosport

www.quebecmaritime.ca/en/natureaventure
www.quebecmaritime.ca/en/griffonaventure
www.quebecmaritime.ca/en/salicorne

Do you have sea legs? If so, enjoy cruising on the water aboard a sightseeing boat or Zodiac and observe up to 13 species of whales during a **whale-watching excursion** in Côte-Nord, Bas-Saint-Laurent or Gaspésie. **Cruises on the St. Lawrence** are another way to discover our regions: board the MV *Bella Desgagnés* to explore **Côte-Nord** or enjoy a theme cruise on the CTMA *Vacancier* (art and culture, cycling, flavours, etc.) for a foretaste of what awaits you in the **Îles de la Madeleine**. In the Chaleur Bay area in Gaspésie, head out to sea with **Excursions L'Ormilou** to participate in hauling lobster traps or go sports fishing for striped bass with **Pêche Sportive Baie-des-Chaleurs**. To get from one shore of the St. Lawrence to the other, board one of the **ferries** in our regions and discover Québec by the Sea!

See also [Wildlife](#)
www.quebecmaritime.ca/whalewatching
www.quebecmaritime.ca/en/relaisnordik
www.quebecmaritime.ca/en/ctma

www.quebecmaritime.ca/en/lomirlou
www.quebecmaritime.ca/en/pechesportive
www.quebecmaritime.ca/transportation

The St. Lawrence is more than a waterway, it also represents a **unique maritime heritage**. Set off to discover over 40 sentinels of the sea along the **Lighthouse Trail**, which is dotted with colourful houses and old fishing buildings that bear witness to the link between humans and the St. Lawrence. Various **museums** also focus on our maritime heritage. Visit a submarine and lighthouse and immerse yourself in the history of the shipwreck of the *Empress of Ireland* at the Pointe-au-Père Maritime Historic Site in Bas-Saint-Laurent. Learn more about **marine life in the St. Lawrence** at Exploramer in Gaspésie and about the marine mammals that live in these waters at the Marine Mammal Interpretation Centre (CIMM) in Côte-Nord. Humans have also left their mark on the landscape. In Côte-Nord, visit the Manic-2 and Manic-5 hydroelectric plants—Manic-5 is the largest multiple-arch-and-buttress dam in the world! You can also visit the Romaine-1 hydroelectric dam in Havre-Saint-Pierre. In Gaspésie, enjoy a magical seaside night walk with Nova Lumina, offered at Parc du Bourg de Pabos.

www.quebecmaritime.ca/en/empres
www.quebecmaritime.ca/en/exploramer
www.quebecmaritime.ca/en/cimm

www.quebecmaritime.ca/en/barrages
www.quebecmaritime.ca/en/laromaine
www.quebecmaritime.ca/en/bourgpabos

Relive the history of the St. Lawrence and our regions by visiting **museums, historic sites and heritage buildings**. In Gaspésie, the Percé UNESCO Global Geopark explains the geological formation of the tip of the Gaspé Peninsula. You can then find out more about the **first species on earth** at Parc national de Miguasha and learn about the **first people** to inhabit this region at the Micmac Interpretation Centre of Gespeg. The Centre Archéo Topo, in Côte-Nord, will introduce you to the fascinating world of archaeology and **9000 years of human history** in this region, while the Battle of the Restigouche National Historic Site, in Gaspésie, tells the story of the last naval battle between the French and the English, which sealed the fate of New France in **1760**. The Banc-de-Pêche-de-Paspébiac Historic Site recounts the history of two Jersey Island companies that fished for cod in Gaspésie in the **18th and 19th centuries**, while the Birthplace of Canada commemorates the arrival of Jacques Cartier in 1534 in a reconstitution of the village of Gaspé in **1900**. At the Reford Gardens, you can learn more about the daily lives of the Reford family and their staff during the first half of the **20th century**. To immerse yourself in the **history of the English-speaking community in the Îles de la Madeleine**, visit the Entry Island Museum, the Veterans Museum and the Little Red School House.

www.quebecmaritime.ca/en/geoparc
www.quebecmaritime.ca/en/parcmiguasha
www.quebecmaritime.ca/en/sitegespeg
www.quebecmaritime.ca/en/archeotopo
www.quebecmaritime.ca/en/batailleristigouche
www.quebecmaritime.ca/en/bancpaspebiac

www.quebecmaritime.ca/en/berceaucanada
www.quebecmaritime.ca/en/jardinsmetis
www.quebecmaritime.ca/en/museeileentree
www.quebecmaritime.ca/en/museeveterans
www.quebecmaritime.ca/en/ecolerouge

Seen from above, the St. Lawrence is truly breathtaking. Whether from the **top of Mt. Saint-Pierre** during a guided tour with Carrefour Aventure, from a **helicopter above Percé and the surrounding area** with Hélico Horizon Gaspésie or from a **rock face in the Kamouraska area** while climbing in the SEBKA riverside park, the sight of the St. Lawrence from above will wow you!

www.quebecmaritime.ca/en/carrefouraventure
www.quebecmaritime.ca/en/helicohorizon

www.quebecmaritime.ca/en/sebka

Meet local **artists and artisans** who are passionate about the St. Lawrence and who are inspired by it to create their visual art. Discover their works of art by following the art tours offered in our regions.

<https://www.quebecmaritime.ca/arts>

Travel souvenir ideas

From Bas-Laurent, take home maple products from **Domaine Acer** or chocolates from **La Fée Gourmande**. From Gaspésie, why not opt for delicious homemade products from the **Reford Gardens** or **Ferme Bourdages Tradition** or an upcycled fur accessory from **La Ruelle**. From Côte-Nord, you can take home boreal products from **La Galouine Inn and Restaurant** or soap from the **Borale** soap factory. From the Îles de la Madeleine, take home sand art from **Atelier Côtier** or something more ephemeral (and edible!) from **Gourmande de Nature**.

www.quebecmaritime.ca/en/acer
www.quebecmaritime.ca/en/feegourmande
www.quebecmaritime.ca/en/jardinsmetis
www.quebecmaritime.ca/en/fermebourdages
www.quebecmaritime.ca/en/lagalouine

www.quebecmaritime.ca/en/laruelle
www.quebecmaritime.ca/en/borale
www.quebecmaritime.ca/en/ateliercotier
www.quebecmaritime.ca/en/gourmande



The Great Outdoors: Our National Parks

Whether mountainous, coastal or marine, our 10 **national parks** offer quality services and facilities, which ensures that your visit will be a pleasant one. The national parks in the maritime regions of Québec can be explored through a variety of exciting interpretation sites, as well as through activities such as **hiking, cycling, sea kayaking** and **sea excursions**. In addition, many parks offer a variety of lodging options in the form of campgrounds, cabins, huts or hotels.

Created by the power of glaciers

Located in Bas-Saint-Laurent in the Témiscouata area, **Parc national du Lac-Témiscouata** is the latest addition to Québec's national park network. The park gives visitors the opportunity to discover a representative sample of the main natural region on the south shore of the St. Lawrence: the Notre-Dame Mountains. Surrounding Lake Témiscouata, the largest and most majestic lake in the region, the park showcases exceptional natural attractions, including several archaeological sites.

www.quebecmaritime.ca/en/parctemiscouata

A landscape shaped by the sea

Parc national du Bic proudly showcases the capes, bays, coves, islands and mountains that have helped make this park so popular. Easily accessible, this exceptional coastal park is home to a wide variety of plants and animals, including common eiders, harbour seals and grey seals as well as several species of rare plants.

www.quebecmaritime.ca/en/parcbic

A sea of mountains

Located in the heart of the Gaspé Peninsula, **Parc national de la Gaspésie** protects exceptional natural resources. Several of the Appalachian mountain peaks found in the park exceed 1000 metres (3300 feet) in altitude. Visitors can reach the alpine tundra and observe the only caribou herd south of the St. Lawrence. The views are amazing, and the Lac-aux-Américains glacial cirque is one of the most beautiful east of the Rockies. Come and soak up the splendours of the Chic-Choc and McGerrigle mountains!

www.quebecmaritime.ca/en/parcgaspesie

Land's End

Located at the easternmost tip of the Gaspé Peninsula, **Forillon National Park** marks the end of the long Appalachian mountain chain. The Grande-Grave heritage site presents the rich cultural history of fishers and merchants who lived in Forillon at the turn of the 20th century. A visit to the Hyman & Sons store and Anse-Blanchette will take you back in time to relive this era.

www.quebecmaritime.ca/en/parcforillon

An island and a rock

History, wildlife and geology are all writ large in **Parc national de l'Île-Bonaventure-et-du-Rocher-Percé**. Sculpted over time by the wind and the sea, majestic Percé Rock will take your breath away. On Bonaventure Island, a unique and amazing sight awaits you: 250,000 birds nest here, including over 110,000 northern gannets. A visit to the Le Boutillier House will take you back in time to the world of 19th-century fishing, while the park's hiking trails reveal a coniferous forest that shelters lichen, moss and mushrooms.

www.quebecmaritime.ca/en/parcperce

History written in stone

Parc national de Miguasha is a fossil site located in the Gaspésie region. Miguasha was designated a UNESCO World Heritage Site in December 1999. The park protects a fossil-rich cliff renowned worldwide for its unusually well-preserved and abundant fish and plant fossils. Miguasha fossils, which bear witness to a living environment that dates from 380 million years ago, have helped explain one of the most important stages in the evolution of life on earth. Take a guided tour of the cliff to find your own fossils!

www.quebecmaritime.ca/en/parcmiguasha

An awe-inspiring fjord

Parc national du Fjord-du-Saguenay is a major attraction in Eastern North America that bears witness to the receding icebergs that shaped the park's dramatic landscapes and mysterious fjord. The park borders the Saguenay–St. Lawrence Marine Park for over 100 km (60 mi.) in a succession of bays, coves and breathtaking cliffs. The Baie-Sainte-Marguerite sector is a must-see: the bay is frequently visited by belugas, which can be observed from a lookout.

www.quebecmaritime.ca/en/parcsaguenay

Québec's first marine conservation area

The mission of the **Saguenay–St. Lawrence Marine Park** is to protect and showcase parts of the St. Lawrence Estuary and Saguenay Fjord. This territory provides rich feeding grounds for many species of marine mammals. Visit the park's many interpretation sites and enjoy a whale-watching excursion.

www.quebecmaritime.ca/en/parcmarin

A mysterious island

Surrounded by a vast expanse of sea, wild and enchanting Anticosti Island offers spectacular natural beauty: white cliffs, breathtaking canyons and caves that hold a thousand and one secrets. **Parc national d'Anticosti** is a natural gem that will charm visitors with easily observable wildlife, unusual plants and mysterious trails. The island is also home to over 115,000 white-tailed deer, 24 salmon rivers and seal haul-outs.

www.quebecmaritime.ca/en/parcanticosti

An archipelago sculpted by the tides

As you glide across the water, discover the intricate islands of the **Mingan Archipelago National Park Reserve**, where colours and shapes blend to create an exceptional landscape. Silent witnesses to the passage of time, the sea-sculpted limestone monoliths in this park are unique locations where large colonies of birds, including the famous Atlantic puffin, have found refuge. Be sure not to miss the delightful variety of plants covering the ground, including many rare species.

www.quebecmaritime.ca/en/parcmingan



Road Trips

The many roads that wind through the maritime regions of Québec offer **panoramic views** of the surrounding sea, mountain and forest scenery. They form loops or networks that seem to have been designed for the enjoyment of travellers in search of adventure. In addition, **four ferries** link the north and south shores of the St. Lawrence, increasing your travel options and adding a unique maritime flavour to your trip. And this is not to mention our cruises on the St. Lawrence!

The Bas-Saint-Laurent – Gaspésie Tour

The Bas-Saint-Laurent – Gaspésie Tour is a **legendary scenic drive** that loops around the huge Gaspé Peninsula. Enjoy **contrasting landscapes** and **fresh sea air** all along this itinerary, which begins in the region of Bas-Saint-Laurent. Follow Route 132 from the Kamouraska area to Gaspé, travelling past famous Percé Rock along a stunning seaside road.

www.quebecmaritime.ca/BasSaintLaurentGaspesieTour



The Whale Route

Côte-Nord borders the St. Lawrence for 1250 km (775 mi.), from Tadoussac to Blanc-Sablon. The coastline of this region has been designated the Whale Route, since 13 different species of whales, including the **blue whale**, can be found in the waters of the Estuary and Gulf of St. Lawrence, very close to the shore. From several locations, you can participate in **sea excursions** (by sightseeing boat, Zodiac or even sea kayak) to see these fascinating animals. Whales can also be observed from the shore in several places. The Whale Route will take you across a **land of extremes**, where distances, **rivers, forests** and even the hearts of the residents are larger than life. The itinerary described here is meant to be a round trip; however, if you prefer, you can take a ferry to the south shore of the St. Lawrence on your return journey.

www.quebecmaritime.ca/whale



Îles de la Madeleine

For a **complete change of pace and scenery**, nothing beats the Îles de la Madeleine. Whether you visit to **enjoy the water and wind** or to explore the **rich culture** of an island people surrounded by the sea, you will leave with wonderful memories and only one thought in mind: to come back for another visit! Each of the archipelago's seven inhabited islands has its own features and attractions. Since Route 199, the main road crossing the Îles de la Madeleine, is only about 85 km (55 mi.) long, it makes sense to explore each island in turn. We recommend you choose a home base and take day trips from there to discover the whole region. There are various ways of getting to and around the archipelago. What means of transportation you opt for will depend on the length of your stay, your interests and the order in which you want to discover the secrets of each of these islands.

www.quebecmaritime.ca/idmroadtrip



St. Lawrence Road Trips

In the maritime regions of Québec, **ferries** serve as extensions of the road network. In addition to allowing you to visit both shores of the St. Lawrence without needing to retrace your steps, they are a novel way to travel and offer **unique perspectives** on the surrounding scenery and marine mammals. Four ferries link the north and south shores of the St. Lawrence in Eastern Québec. These sea routes increase your travel options. Depending on how much time you have, you can choose from the Escapade, Getaway, Discovery or Explorer itinerary. Keep your eyes peeled and you may spot whales or other marine mammals in the majestic St. Lawrence River.

Note: All these routes can be explored in either direction, clockwise or counterclockwise.

www.quebecmaritime.ca/StLawrenceRoadTrips



There are many other ways to discover the hidden treasures, captivating themes and interesting people in the maritime regions of Québec. Our suggested itineraries, which you can follow as is or adapt to your needs, are divided by region, theme and means of transportation. Here are a few examples of the types of road trip itineraries available on our website (www.quebecmaritime.ca/roadtrips):

- ◆ The Lighthouse Trail
- ◆ The National Park Tour
- ◆ The Beer Route
- ◆ Motorcycle rides
- ◆ Snowmobile rides
- ◆ Bird-watching itineraries



Wildlife

Come and observe up to **13 species of whales in the St. Lawrence**, including friendly belugas and blue whales, the largest animals on earth. Whether you opt for a whale-watching cruise in the comfort of a 500-passenger sightseeing boat or an adventure in a reliable Zodiac or sea kayak, you are guaranteed an exciting sea experience. In some places you can even observe whales from the shore! Experienced guides will introduce you to these impressive marine mammals. Follow the blow of the whales all along the coast of Côte-Nord and to the tip of Gaspésie via Bas-Saint-Laurent.

Marine mammals

The **Saguenay–St. Lawrence Marine Park** offers visitors the opportunity to explore, understand and appreciate the marine environment found in the Saguenay Fjord and the St. Lawrence Estuary. Visit the park's interpretation sites and enjoy a whale-watching excursion, during which you may observe a humpback whale, among others.

A visit to the **Marine Mammal Interpretation Centre (CIMM)** in Tadoussac is an excellent introduction to whales in their natural habitat. Learn more about the whale species of the St. Lawrence through the exhibition, which includes the skeleton of a 13-metre (40-foot) sperm whale. You can also admire the five sculptures of beluga whales in the centre's garden. For an even more immersive experience, learn how to sing like the whales!

If you want to see whales from dry land, visit the **Cap-de-Bon-Désir Interpretation and Observation Centre** in Les Bergeronnes. Enthusiastic guides will tell you all about the whales and answer your questions. Pack a picnic so you can enjoy eating along the water's edge. Family activities are also available on site, including "Ocean Encounters," an activity during which you can touch animals that live on the seabed, and "Navigating the St. Lawrence," a game in which visitors become apprentice pilots and must steer their ships from the Gulf of St. Lawrence to the Great Lakes.

The **Marine Environment Discovery Centre** in Les Escoumins offers family activities every day, including the "St. Lawrence Live," during which you can take control of an underwater mission in the Saguenay–St. Lawrence Marine Park. Communicate directly with divers as they explore marine life in the St. Lawrence.

www.quebecmaritime.ca/en/parcmarin
www.quebecmaritime.ca/en/cimm

www.quebecmaritime.ca/en/capbondesir
www.quebecmaritime.ca/en/milieumarin

An exciting adventure await you in the Saguenay–St. Lawrence Marine Park during a sea excursion with **Croisières AML** (departing from Tadoussac or Rivière-du-Loup) or **Essipit Cruises** (departing from Les Bergeronnes). Choose your own excursion (by Zodiac or sightseeing boat) and head out to sea with a naturalist guide! You can also go on a guided sea kayaking excursion (lasting anywhere from a few hours to a whole day) with an expert who will tell you about marine mammals with **Fjord en Kayak, Mer et Monde Écotours, Paradis Marin** or the **Ferme 5 Étoiles holiday resort**. Keep your eyes peeled and listen for the blows of the whales!

www.quebecmaritime.ca/en/aml

www.quebecmaritime.ca/en/croisieresessipit

www.quebecmaritime.ca/en/fjordenkayak

www.quebecmaritime.ca/en/mermonde

www.quebecmaritime.ca/en/paradismarin

www.quebecmaritime.ca/en/ferme5etoiles

During a hike in **Forillon National Park** or a sea excursion with **Croisières Baie de Gaspé**, you may spot up to six species of whales in the waters of Gaspé Bay, including blue whales, fin whales, humpbacks and minke whales. You can also opt for a sea kayaking excursion or Zodiac safari with **Cap Aventure**. During all of these activities, you will be accompanied by professional naturalist guides, who will be happy to answer all your questions about the marine environment in Forillon National Park.

See also [The Great Outdoors: Our National Parks](#)

www.quebecmaritime.ca/en/parcforillon

www.quebecmaritime.ca/en/croisieresgaspe

www.quebecmaritime.ca/en/capaventure

In addition to marine mammals, numerous other **small and large land mammals** can be observed in the maritime regions of Québec.

Caribou, moose and deer

Three members of the deer family can be observed in the maritime regions of Québec: **woodland caribou**, **moose** and **white-tailed deer**. **Parc national de la Gaspésie** is home to the only caribou herd south of the St. Lawrence. Gaspésie also boasts the highest moose density in Québec (33 animals per 10 km² or 4 sq. mi.); the **Réserve faunique de Matane** now offers a guided fall safari during which you can observe these animals and other wildlife in their natural habitat. White-tailed deer are found in most of our national parks, and over 115,000 of them live on **Anticosti Island** in Côte-Nord.

See also [The Great Outdoors: Our National Parks](#)

www.quebecmaritime.ca/en/reservematane

www.quebecmaritime.ca/en/aubergedemontagne

www.quebecmaritime.ca/en/parcanticosti

Black bears

You may spot **black bears** when hiking in **Forillon National Park** or during guided observation activities offered in the **Réserve faunique de Matane** and by the **Ferme 5 Étoiles holiday resort**.

See also [The Great Outdoors: Our National Parks](#)

www.quebecmaritime.ca/en/parcforillon

www.quebecmaritime.ca/en/reservematane

www.quebecmaritime.ca/en/ferme5etoiles

Wildlife observation centres

Do you want to see several wildlife species in one location? **Bioparc de la Gaspésie** presents many species that are indigenous to our regions (caribou, moose, mountain lions, black bears, etc.) in reconstructed natural environments, while the **Ferme 5 Étoiles holiday resort** in Côte-Nord invites you to participate in morning chores to care for the animals in its refuge (including moose, bison, deer and wolves). For a more unusual experience, go snorkelling with Atlantic salmon with **Nature Aventure** in Gaspésie. You can also discover the many marine species that inhabit the waters of the St. Lawrence in the touch pools at **Exploramer**, also in Gaspésie.

www.quebecmaritime.ca/en/bioparc

www.quebecmaritime.ca/en/ferme5etoiles

www.quebecmaritime.ca/en/natureaventure

www.quebecmaritime.ca/en/exploramer

Bird watching

The maritime regions of Québec are home to **hundreds of species of birds**, which you can observe in their natural habitats. Birding sites are found throughout our regions in national parks and other types of protected areas, as well as in our forests and near bodies of water. Many interpretive activities for ornithology enthusiasts are also offered. Don't forget your camera and your binoculars!

www.quebecmaritime.ca/birding

In **Parc national de l'Île-Bonaventure-et-du-Rocher-Percé**, in Gaspésie, visit the world's most accessible northern gannet colony (110,000 birds). About 255 different species of birds have been identified in **Parc Nature de Pointe-aux-Outardes**, in Côte-Nord, some of which you can see in the bird garden. Razorbills, black guillemots and common murres are only some of the seabirds you can spot in the **Sept Îles Archipelago**, also in Côte-Nord. East of Sept-Îles, you can visit the **Mingan Archipelago National Park Reserve** where you can observe the famous Atlantic puffins with their colourful beaks. During a stay with **Société Duvetnor** on Île du Pot à l'Eau-de-Vie (Brandy Pot Island) or Île aux Lièvres (Hare Island), you can discover a seabird sanctuary that protects common eiders and other birds.

See also [The Great Outdoors: Our National Parks](#)
www.quebecmaritime.ca/en/parcperce
www.quebecmaritime.ca/en/parcoutardes

www.quebecmaritime.ca/en/archipel7iles
www.quebecmaritime.ca/en/parcingan
www.quebecmaritime.ca/en/duvetnor

A stay in the maritime regions of Québec will allow you to see these animals without disturbing their natural habitats in sites that are suitable for wildlife observation—an experience you won't soon forget!



Local Flavours

The maritime regions of Québec are a land to smell, taste and savour. From one region to the next, local fishers, food producers and artisans unite their efforts to ensure visitors enjoy distinctive and exceptional gourmet food experiences. Here are a few must-try products, mouth-watering dishes, people to meet and foodie locations to visit in the maritime regions of Québec.

Bas-Saint-Laurent

Saveurs du Bas-Saint-Laurent association

Bas-Saint-Laurent is home to the majestic St. Lawrence River as well as vast tracts of farmland. Fertile and rich in history, this region will delight you with its many country inns and restaurants, gourmet products and small cafés. The Saveurs du Bas-Saint-Laurent association invites you to meet its members, an experience you are sure to enjoy.

www.saveursbsl.com (in French only)
c.f. [Regional Ambassadors](#)



Maple alcoholic beverages from Domaine Acer



You will not want to miss visiting Domaine Acer, a maple economuseum in Auclair. Take a guided tour to learn more about how maple sap is transformed into alcoholic beverages and sample their products. This is also your opportunity to meet people who are passionate about the process as you visit the sugar shack and cellars. You will be charmed by the site, its history and the exquisite taste of the fine maple products made by Robert Vallier and Nathalie Decaigny.

www.quebecmaritime.ca/en/acer

Treats from Pâtisseries & Gourmandises d'Olivier

Be sure to stop here if you have a sweet tooth! Olivier Duplessy offers a range of products, from macaroons and French pastries to artisanal chocolates. He also makes several flavours of ice cream and sorbet, as well as savoury items you can eat on site or take out. Discover French tradition with a local twist!

www.quebecmaritime.ca/en/pgo





La Fée Gourmande chocolates

If you have a sweet tooth, you will want to visit the La Fée Gourmande chocolate factory in Kamouraska, where you can try mouth-watering products made with pure cocoa butter by a master chocolatier. They also makes several types of caramels, including salted caramels, caramel spreads and chocolate-covered caramels. To learn more about the chocolate-making process, request a guided tour of the factory.

www.quebecmaritime.ca/en/feegourmande

Gaspésie



Gaspésie Gourmande association

In Gaspésie, you will explore a spectacular peninsula that offers products from the land, sea and forest, and fall under the spell of this region's scenery, people and culinary heritage. The Gaspésie Gourmande association, which promotes regional gastronomy, offers the Fine Food Tour to help you discover gourmet products from all five sectors of the region. While Gaspésie is widely known for its lobster, if you're a seafood enthusiast, you will also want to try northern shrimp (Matane shrimp), which is available throughout the region. These small crustaceans are delicious in cocktails, on pasta or in a ceviche. The best time of year to savour them is in the spring, when they are available fresh. Serve them whole (cooked) with a glass of white wine—you will be surprised by how many you can eat! You can also awaken your taste buds with the delicious strawberry treats from Ferme Bourdages Tradition or the mouth-watering chocolates from Auberge Beauséjour.

www.gaspesiegourmande.com/en

www.quebecmaritime.ca/en/aubergebeausejour

www.quebecmaritime.ca/en/fermebourdages

Traditional smoked salmon

Gaspésians have long mastered the art of smoking salmon. In fact, there are several specialized smokehouses in the region, including Atkins et Frères, Fumoir de Monsieur Émile and Fumoir Cascapédia. Smoked salmon is available either cold- or hot-smoked, flavoured or plain, in fillets or sliced—each with a distinctive flavour. The Atkins et Frères shop, located in the beautiful village of Saint-Maxime-du-Mont-Louis, offers a wide range of products, which you can enjoy on the nearby municipal beach.



Flavours of the sea at La Maison du Pêcheur

The maritime atmosphere at La Maison du Pêcheur, a restaurant located a stone's throw from the Percé wharf, has influenced the cuisine of young Chef Christophe Lebreux Mamelonet, who innovates with local ingredients from the land and sea to create tasty dishes, such as his famous cream of Percé sea urchins with saffron.

www.quebecmaritime.ca/en/maisondupêcheur

Smarter Seafood fish and seafood

Keep an eye out for the Smarter Seafood (blue fork) logo in the restaurants and fish markets of Québec to discover all the rich flavours of the St. Lawrence. Smarter Seafood is an accreditation program that encourages consumers to eat relatively unknown and sustainably harvested species, which allows fishers to vary their catches and reduces overfishing.

Sculpin, green sea urchin, Stimpson's surf clams, sea lettuce... there is something for everyone!

www.quebecmaritime.ca/en/exploramer



Sugaring-off at La Tablee d'Antan

Maple syrup is in just about everything at Auberge Ma Cabane en Gaspésie! From baked beans to pancakes, enjoy delicious dishes to share and soak up the friendly atmosphere as you savour a tasty microbrew from Gaspésie. There is more than enough to go around!

www.quebecmaritime.ca/en/cabaneengaspesie

Côte-Nord

La Nature aux Mille Délices gourmet trail

Côte-Nord offers nearly 1250 km (775 mi.) of coastal driving and larger-than-life scenery. Fresh seafood is found throughout this region, which is bathed in the cold waters of the St. Lawrence Estuary. Forest products from this region are also featured on many gourmet menus throughout Québec. Explore the *La Nature aux Mille Délices* gourmet trail where you will encounter exceptional local food producers and restaurants.

www.circuit-gourmand.ca (in French only)



Stimpson's surf clams

Though found in abundance in the waters of Côte-Nord, Stimpson's surf clams are relatively unknown in Québec since much of the harvest is exported to Asia. In addition, the fishery only began around the time of the cod moratorium, which also explains why this mollusc is still a largely undiscovered delicacy. With a subtle flavour reminiscent of lobster and scallops, Stimpson's surf clams are often used in sushi and are also good in chowders or gratin recipes. Don't miss the opportunity to savour this unique seafood!

Cloudberries

Cloudberries are a local delicacy in Côte-Nord. Resembling raspberries, these orangey-yellow fruit have a distinctive tart flavour and are rich in antioxidants. They can be made into herbal tea, jam or butter (which is delicious cooked with scallops from Minganie). Several local chefs feature this berry on their menus. Visit the Maison de la Chicoutai (Cloudberry House) in Rivière-au-Tonnerre, where owner Bruno Duguay will introduce you to all things cloudberry!





Terroir Boréal products

La Galouine Inn and Restaurant offers its homemade Terroir Boréal products: onion confit, jams, berry syrups, powdered wild mushrooms, infusions and dried herbs. Discover these products made by Algonquin chef Martin Brisson and savour the unique flavours of Côte-Nord at home.

www.quebecmaritime.ca/en/lagalouine

Îles de la Madeleine

Le Bon Goût Frais des Îles de la Madeleine association

Because they live on a small archipelago, local food producers and artisans in the Îles de la Madeleine work together to showcase regional products throughout the region. Members of the association *Le Bon Goût Frais des Îles de la Madeleine* (A Fresh Taste of the Islands), which promotes food products made on the archipelago from local ingredients, include gourmet restaurants and events such as La Folle Virée Gourmande.

www.lebongoutfraisdesiles.com (in French only)

Island lobster

Renowned for its subtle and exquisite flavour, lobster can be eaten in a variety of ways: in a club sandwich, made into a soup or tossed in a salad... However, the best way to savour this delicious crustacean is the traditional one: in the shell, with flavoured butter!



Bouillabaisse at La Table des Roy and Gourmande de Nature products

At La Table des Roy, Chef Johanne Vigneau offers typical and innovative island cuisine with surprising twists and an international touch. She makes a magnificent Bouillabaisse of Marseille, a seafood dish brimming with cod, halibut, rockfish, razor clams, scallops, mussels, clams and lobster in a saffron-flavoured bouillon. This is your chance to taste almost all that the sea has to offer in a single dish! Johanne also opened the Gourmande de Nature boutique where you can buy local gourmet products and take cooking classes.

www.quebecmaritime.ca/en/tabledesroy

www.quebecmaritime.ca/en/gourmande

À l'Abri de la Tempête craft beers

Located in a former fish factory, the À l'Abri de la Tempête microbrewery is committed to using local ingredients as much as possible. As a result, they flavour their beers with island flowers, algae or fresh herbs. Corps Mort, a particularly distinctive beer, is brewed using barley that was smoked at the Fumoir d'Antan, a local herring smokehouse. Learn about the beer-making process during a guided tour and sample their craft beers.

www.quebecmaritime.ca/en/alabridelatempete



Obviously, this is only a taste of the many culinary delights that await you in the maritime regions of Québec! For more information about where to enjoy regional specialties in our regions, please visit our website:

www.quebecmaritime.ca/flavours



Unusual Accommodations

Are you looking for a unique experience? Why not try out the various unusual accommodations offered in the maritime regions of Québec, including a trapper's camp, teepees, a log inn and ecolodges on stilts. Spend a night on a boat and let yourself be rocked to sleep by the waves of the St. Lawrence. Become a lighthouse keeper or submariner for a night. In the winter, sleep in a treetop cabin or yurt!

The maritime regions of Québec offer a wide range of lodging options for your comfort and convenience. You are sure to find something that will make your dream vacation come true!

Bas-Saint-Laurent

Société Duvetnor offers 3 attractive rooms furnished in the spirit of the 19th century in the Pot à l'Eau-de-Vie Lighthouse. This is your opportunity to stand watch like the lightkeepers of old at the gateway to the continent.

www.quebecmaritime.ca/en/duvetnor

Discover the sandy coves and multicoloured rocks of Île Verte (Green Island) and enjoy old-time charm in one of the 9 rooms of the **Maison du Phare de l'Île Verte**. This island is home to Québec's first lighthouse, built in 1809.

www.quebecmaritime.ca/en/phareileverte

Enjoy a stay in an EXP or Echo cabin in **Parc national du Bic** at any time of year! You can also commune with nature in comfort while spending the night in a glamping tent or yurt.

www.quebecmaritime.ca/en/parcbic

Au Refuge Vieux Loup de Mer offers chalets nestled in the recesses of a cliff overlooking the St. Lawrence. Each restored wooden chalet maintains the character, warmth and charm of a traditional Québec dwelling.

www.quebecmaritime.ca/en/refugeloupdemer

Domaine Floravie offers "tiny house"-style eco-cottages that are mobile to reduce their environmental impact. In the summer, they are located along the St. Lawrence, while in the fall, they are moved inland to protect them from the tides.

www.quebecmaritime.ca/en/floravie

Enjoy an experience that is unique in Canada: spend the night aboard the Onondaga submarine at the **Pointe-au-Père Maritime Historic Site** to fully immerse yourself in the fascinating and little-known world of the submariners. Note that the night activity is only offered in French.

www.quebecmaritime.ca/en/empress

Domaine Valga offers you the opportunity to stay in one of 9 rooms in Eastern Québec's largest log inn. Three fully equipped log cabins with views of the lake are also available and can accommodate up to 11 people.

www.quebecmaritime.ca/en/domainevalga

Gaspésie

The **Auberge de montagne des Chic-Chocs** is located in a breathtaking natural environment. Enjoy a memorable stay in this quiet 18-room mountain lodge where you will receive personalized service. Reservations are required, and a minimum 2-night stay is recommended.

www.quebecmaritime.ca/en/aubergedemontagne

Enjoy a comfortable glamping experience surrounded by nature in a “ready-to-camp” tent or Étoile unit in **Parc national de la Gaspésie**. You can also stay in a cabin or hut in the park or at the **Gîte du Mont-Albert** hotel.

www.quebecmaritime.ca/en/parcgaspesie

www.quebecmaritime.ca/en/montalbert

For a truly maritime experience with **Griffon Aventure**, stay in the Le Griffon crab boat, which has been converted into a rustic cabin. Soak up the panoramic view of the St. Lawrence from the front porch as well as the authentic Gaspesian charm of this cabin that incorporates elements made of recycled materials such as wood from old barns and driftwood.

www.quebecmaritime.ca/en/griffonaventure

Forillon National Park offers various types of glamping: oTENTik tents, a micrOcube and Ôasis units. A unique blend of homey comfort and outdoor adventure, glamping allows visitors to enjoy the fun of camping with all the comforts of a bed and a “ready-to-camp” unit that is already set up for you.

www.quebecmaritime.ca/en/parcforillon

Cap Aventure invites you to spend the night in a POD glamping unit, a cross between camping and staying in a cabin. Enjoy sleeping in a double bed while communing with nature!

www.quebecmaritime.ca/en/capaventure

Stay with **Cime Aventures** near the Bonaventure River, one of the clearest in North America. To really commune with nature, opt for a night in an ecolodge on stilts tucked in the trees.

www.quebecmaritime.ca/en/cime

Côte-Nord

At the **Ferme 5 Étoiles holiday resort**, enjoy a memorable night in a yurt, listening to the wolves howl at the moon. From your front porch, admire the magnificent scenery surrounding the Saguenay Fjord. You can also enjoy an unforgettable stay in a trapper's camp (log cabin).

www.quebecmaritime.ca/en/ferme5etoiles

Located in the heart of the boreal forest, **Canopée Lit** offers one-of-a-kind experiences in treetop cabins and bubbles. Each cabin is equipped with a bathroom with hot water, dry toilet, kitchen nook and sunny patio. The cabins with a glass dome over the bed and the bubbles, which are completely transparent, give you the opportunity to watch the stars while snuggling under the covers!

www.quebecmaritime.ca/en/canopeelit

Along the banks of the St. Lawrence Estuary, admire the natural beauty of the area from your campsite or the front porch of your glamping unit at **Mer et Monde Écotours**. Enjoy being woken up by the powerful blows of the whales that will swim right by your dream location!

www.quebecmaritime.ca/en/mermonde

Come and admire the sunsets over the St. Lawrence Estuary and the beautiful starry sky while spending a memorable night in a comfortable giant birdhouse! **Parc Nature de Pointe-aux-Outardes** offers a glamping adventure unlike anything you have ever experienced!

www.quebecmaritime.ca/en/parcoutardes

Stay in one of two former lightkeeper's houses at the **Pourvoirie Lac Geneviève d'Anticosti**, an outfitter on Anticosti Island.

www.quebecmaritime.ca/en/genevieve

The oTENTik tents and Ôasis units available in the **Mingan Archipelago National Park Reserve** offer you the opportunity to enjoy hassle-free glamping, a unique blend of homey comfort and outdoor adventure.

www.quebecmaritime.ca/en/parcingan

Relais Nordik offers a coastal marine service aboard the *Bella Desgagnés* supply ship, which travels to a dozen ports in Côte-Nord where merchandise and equipment are unloaded. The weekly trip includes a stop in Anticosti Island.

www.quebecmaritime.ca/en/relaisnordik

Îles de la Madeleine

From June to September 2022, **CTMA Cruises** offers 15 cruises between Montréal and the Îles de la Madeleine for about 450 passengers in cabins aboard the *CTMA Vacancier*. Departures from Montréal are on Fridays. On the way, discover the beauty of the St. Lawrence as the ship sails by Québec City, Tadoussac and the Gaspésie coast to arrive in the Îles de la Madeleine on Sunday morning. Guided tours will introduce you to the wonders of the archipelago during a three-day stopover. On the return journey, you can visit Gaspé during a stop in Gaspésie on Wednesday. The ship arrives in Montréal early on Friday morning.

www.quebecmaritime.ca/en/ctma

Parc de Gros-Cap is located at the tip of the Gros-Cap Peninsula in a dream maritime environment. Enjoy a stay in a rustic cabin that is designed to resemble the two-storey fishing huts of old (called *salines*). For the duration of the fishing season, the fishermen would live upstairs while the fish cured on the ground floor.

www.quebecmaritime.ca/en/groscap

Located on a hill, **Auberge La Salicorne** offers you a panoramic view of the sea. Stay in a fully equipped bubble tent and enjoy this beautiful site and the many unique activities on offer.

www.quebecmaritime.ca/en/salicorne

For more information about where to stay in our regions, please visit our website:

www.quebecmaritime.ca/lodging



Winter Activities

Covered in a thick blanket of snow, our regions offer stunning views of breathtaking winter scenery such as the Appalachian Mountains, Percé Rock, the Saguenay Fjord and the immense St. Lawrence, to name just a few.

A snowmobile paradise

From mid-January to late March, the maritime regions of Québec are a true paradise for snowmobilers. From the coast to the heart of the forest, 6000 km (3700 mi.) of world-class trails let you explore a territory that is sometimes only accessible in the winter. Well marked and constantly groomed, the snowy trails will take you from town to village and offer many panoramic views along the way.

www.quebecmaritime.ca/snowmobiling

Bas-Saint-Laurent

Getaway in a yurt or cabin at Parc national du Bic

Parc national du Bic proudly showcases the capes, bays, coves, islands and mountains that have helped make this park so popular. In the winter, outdoor enthusiasts can enjoy snowshoeing and fatbiking in the park, while those in search of an unusual getaway can spend the night in a fully equipped yurt or cabin.

www.quebecmaritime.ca/en/parcbic

A log inn in a snowy setting

Domaine Valga is a four-season resort located in the heart of a unique old-growth sugar maple and yellow birch stand. Surrounded by typical Québec winter scenery, enjoy snowmobiling, snowshoeing, cross-country skiing or treetop trekking. In the evening, savour home-cooked meals featuring regional flavours in the log inn with your hosts, Chantal and Éric, who will welcome you like family.

www.quebecmaritime.ca/en/domainevalga

Gaspésie

A chic destination chock-full of adventure!

Perched 615 metres (2000 feet) above sea level in the Réserve faunique de Matane, the Auberge de montagne des Chic-Chocs offers you an unforgettable experience. During the winter, a stay in this mountain lodge means exceptional snowfall early and late in the season (over 7 metres / 23 feet in all), breathtaking scenery and exciting outdoor activities such as snowshoeing and backcountry skiing in a magical and pristine setting... a unique experience in Eastern Canada! Your natural playground is 60 km² (23 sq. mi.) of mountains with, as a bonus, two peaks over 1000 metres (3300 feet) high! Reservations are required.

www.quebecmaritime.ca/en/aubergedemontagne

Powder and adrenaline

Chic-Chac offers snow lovers a wide variety of outdoor activities in the Chic-Choc Mountains: backcountry skiing (skinning, catskiing), downhill skiing on exceptional powder snow and snowmobiling on groomed trails or off trail (including guided snowmobile excursions). Heliskiing is also available upon reservation.

www.quebecmaritime.ca/en/chicchac

A snowy mountain setting

Parc national de la Gaspésie is home to the highest peaks of the Appalachians in Québec, arctic-alpine flora and spectacular scenery on every side. Blessed with some of the best snow conditions in Québec, this park offers winter activities such as snowshoeing, skiing and snowboarding. Cross-country ski trails are marked and mechanically groomed, while there are no set trails or ski-lifts for backcountry skiing, snowboarding or telemark skiing. Once the sun sets, what could be better than an excellent meal and a good night's rest at the renowned Gîte du Mont-Albert hotel! For true snow enthusiasts or less experienced outdoor lovers who want to try a new winter adventure, the Mountain School operated by Ski Chic-Chocs will offer you the very best tools to answer the call of the peaks.

www.quebecmaritime.ca/en/parcgaspesie

www.quebecmaritime.ca/en/skichicchocs

www.quebecmaritime.ca/en/montalbert

Côte-Nord

Relive the fur trapping era

The Ferme 5 Étoiles holiday resort welcomes you to a family farm where you can encounter both domestic and wild animals including moose, wolves, bison and rabbits. Nestled in a vast natural setting along the majestic Saguenay Fjord, this farm offers a variety of lodging options and four-season activities. In the winter, drive your own dogsled team and experience what it was like to be a fur trapper for a few hours or overnight. You can also go snowmobiling, explore the area on snowshoes or try ice fishing! In the spring, visit the sugar shack and sample delicious maple products.

www.quebecmaritime.ca/en/ferme5etoiles

Discover the Saguenay Fjord in winter

In the winter, Parc national du Fjord-du-Saguenay becomes a well-guarded secret among outdoor lovers. Visit the park to enjoy snowshoeing and backcountry skiing and to soak up stunning views.

www.quebecmaritime.ca/en/parcsaguenay

A winter wonderland for visitors of all ages

To give young and old alike the opportunity to experience the joys of winter, Attitude Nordique offers guided winter hiking, snowshoeing, backcountry skiing, fatbiking and ice climbing in an adventure park.

www.quebecmaritime.ca/en/attitudenordique

Innu winter experience

For an unforgettable immersion in nature at the heart of the Uapishka (Groulx) Mountains, go on a snowshoeing excursion to explore the ancestral territory of the Innu with Uapishka Station. Complete the experience with a traditional Innu meal and a stay in a *shaputuan*, a large tent traditionally used as a gathering place by the Innu.

www.quebecmaritime.ca/en/stationuapishka

Îles de la Madeleine

Seal watching

Every winter in late February and early March, tens of thousands of harp seals make their way to the ice surrounding the Îles de la Madeleine to give birth to their pups. From the air, this is a truly impressive sight! The females and their newborns, known as whitecoats, are scattered on the ice where the mothers dig holes in the surface to catch fish for their young. For three weeks, Château Madelinot offers seal-watching packages that give you the opportunity to observe these animals in their natural habitat without disturbing them.

www.quebecmaritime.ca/en/madelinot

Regional Ambassadors

We are pleased to introduce you to some of the proud ambassadors of our regions!

Bas-Saint-Laurent

Perle Morency and Kim Côté, [Côté Est](#)



Partners Perle Morency and Kim Côté have worked hard to fulfill their dream and open a literary café-bistro in the former presbytery in Kamouraska. Côté Est is the perfect place to sample dishes that will remind you of your grandmother's cooking while also featuring innovative combinations of regional ingredients. Perle has lived in Kamouraska since 1990. She has a university degree in literature and has worked on an educational farm as well as at Niemand, a family-run bakery where she acquired business management skills. Kim has always worked in restaurants. He has a degree in wildlife conservation and has been a farmer. He is a self-taught chef who combines ingredients in new ways to offer an ever-evolving bistro menu. He wants his menu to tell a story, his and Perle's story as well as that of their ancestors and of generations

to come. In order to showcase local products, Perle and Kim offer a creative market cuisine using the freshest seasonal ingredients. Come to Kamouraska to breathe in the sea air; explore forests, fields and mudflats; and savour tasty meals at the Côté Est bistro!

Hugues Massey and Liette Fortin [Auberge du Chemin Faisant](#)



Originally from the Îles de la Madeleine, Hugues Massey and his wife, Liette Fortin, a sommelier, own Auberge du Chemin Faisant in Témiscouata-sur-le-Lac in the Bas-Saint-Laurent region. After studying hotel management in Québec City, Hugues spent 15 years working in the capital city, notably as a restaurant manager. He considers himself a culinary designer and creator rather than a chef. Over the years, his inn has won many Québec Tourism Awards. While his guests are savouring his creative and innovative cuisine, they can also enjoy his piano solos. President of the Bas-Saint-Laurent regional tourism association and vice-president of Saveurs du Bas-Saint-Laurent, Hugues Massey is a proud ambassador for his region.

Gaspésie

Guillaume Molaison, [Chic-Chac](#)

Originally from Douglstown, Guillaume Molaison is an adventurer at heart. After spending a year in the Young Volunteers program run by Emploi-Québec, during which he cycled across Canada, he decided to settle in the Chic-Choc Mountains. The potential of this area and his love for the region inspired him to create a business that combines friendly hospitality with his passion for the outdoors. Chic-Chac is a skiing business and youth hostel located in Murdochville, which has a strong winter recreational tourism potential and is also strategically located in the middle of the Gaspé Peninsula. Guillaume is also very



involved in his community and participates in the development of this region by actively promoting the Chic-Chocs as an outdoor playground.

Serge Boulanger and Marie-Josée Dugas, [La Ruelle](#)



Serge and Marie-Josée upcycle materials. In 2013, they opened a workshop and boutique in a century-old home overlooking Chaleur Bay; more recently, in 2018, they turned a stable and part of their house into three tourist apartments. The decor, both chic and rustic, showcases upcycled materials and the works of local artists and artisans. A fur artisan for over 40 years, Serge draws inspiration from salvaged materials to create items of clothing and accessories. He can be seen at work in his workshop and boutique, where he shares his passion by introducing visitors to the history of fur in Québec and the various steps involved in creating an article made with fur.

Alexander Reford, [Reford Gardens](#)

Elsie Reford's great-grandson, Alexander Reford, has been the director of the Reford Gardens since 1995 and oversees their conservation and development. Trained as a historian at Oxford University and the University of Toronto, he has written many articles and books on the history of Canada. He chairs the Association des Jardins du Québec (Québec Garden Association) and is the co-founder of the International Garden Festival, which takes place every year at the Reford Gardens.



Côte-Nord

Cindy Nadeau, [Relais Nordik](#)



Originally from Lac Baker, New Brunswick, Cindy Nadeau has always preferred living near water. After working on cruise ships, it was therefore natural for her to cast off on the St. Lawrence! As Director of Business Development and Customer Experience at Relais Nordik, Cindy uses her infectious humour to make sure each passenger has a memorable onboard experience; she also looks forward to working with the friendly crew each spring. She raves about the magnificent landscapes you can see from the St. Lawrence every time she boards the *MV Bella Desgagnés*. She particularly adores the remote villages on the Lower North Shore, which

charm visitors with their blend of French, English and Innu influences. Her favourite is the village of Harrington Harbour, which features wooden boardwalks and quaint little houses. According to her, the scenic beauty of the St. Lawrence on this trip is something to behold!

Patrice Corbeil, [Marine Mammal Interpretation Centre \(CIMM\)](#)

Patrice Corbeil works for the Group for Research and Education on Marine Mammals (GREMM) at the confluence of the Saguenay Fjord and the St. Lawrence Estuary. One of the GREMM's achievements was the opening of the Marine Mammal Interpretation Centre (CIMM) in Tadoussac, in 1991. A visit to this centre is a must and the perfect complement to a whale-watching excursion. Today, Patrice is the education director and vice-president of the GREMM and director of the CIMM. He decided to settle in Tadoussac—one of the best places in the world to observe marine mammals—to cofound the GREMM. Patrice is a true naturalist with a deep appreciation for birds, fish and whales. He is also passionate about doing outreach on behalf of these animals. He believes in teamwork and is an eternal optimist.



Îles de la Madeleine

Stéphane Gaudet, [CTMA Cruises](#)



Stéphane Gaudet was born in the Îles de la Madeleine. After finishing high school, he left the Islands, as many local youth do, to study in Montréal. At the age of 20, he got a job as a waiter on the *CTMA Voyageur*, which provides freight and ferry services between Matane and the Îles de la Madeleine. His job description was broad: he welcomed guests onboard, served meals and provided entertainment in the evening by playing his guitar. After several years of experience and further studies, Stéphane was promoted to the position of purser aboard the *CTMA Vacancier*, a cruise ship that runs between Montréal and the Islands in the summer. He is still as enthusiastic as ever about being on the water and interacting with guests—and also still plays his guitar, much to the delight of all! A proud ambassador for the Islands, Stéphane Gaudet is happy to introduce visitors from all over the world to the archipelago. According to him, “As we say here, time doesn’t belong to a clock, it belongs to you! The Islands may be small, but they are a world unto themselves.”

Damien Déraspe, [Autobus Les Sillons](#)

Damien Déraspe is a proud Islander who is pleased to have the opportunity to introduce visitors to some of the treasures of the Îles de la Madeleine. He shares his passion for the Islands through his colourful stories, which he tells with a lilting Acadian accent. Over the years, *Autobus Les Sillons* has become renowned for its dynamic and professional team, which was awarded a gold Québec Tourism Award in the “Tourism Services” category in 2010.



Pauline-Gervaise Grégoire and Martin Fiset, [Atelier Côtier](#)



Inspired by the wind, local scenery and design in general, Pauline-Gervaise Grégoire and Martin Fiset have found a way to balance work and play: using local sand and other materials, they create sand sculptures that capture the atmosphere of the Islands. Originally from the Îles de la Madeleine, Pauline-Gervaise left the archipelago to complete a bachelor's degree in communications and a certificate in tourism management before returning to run the family business started by her parents in the early 1980s. Today, she is the executive director, and her eyes light up when she talks about new projects. She loves challenges and always being on the go! Martin Fiset trained as a graphic and industrial designer. The wind brought him to the Islands where he settled several years ago. A painter as well as the artistic director of Atelier Côtier, he is responsible for the company's image and for dreaming up new ideas!

Festivities

Winter



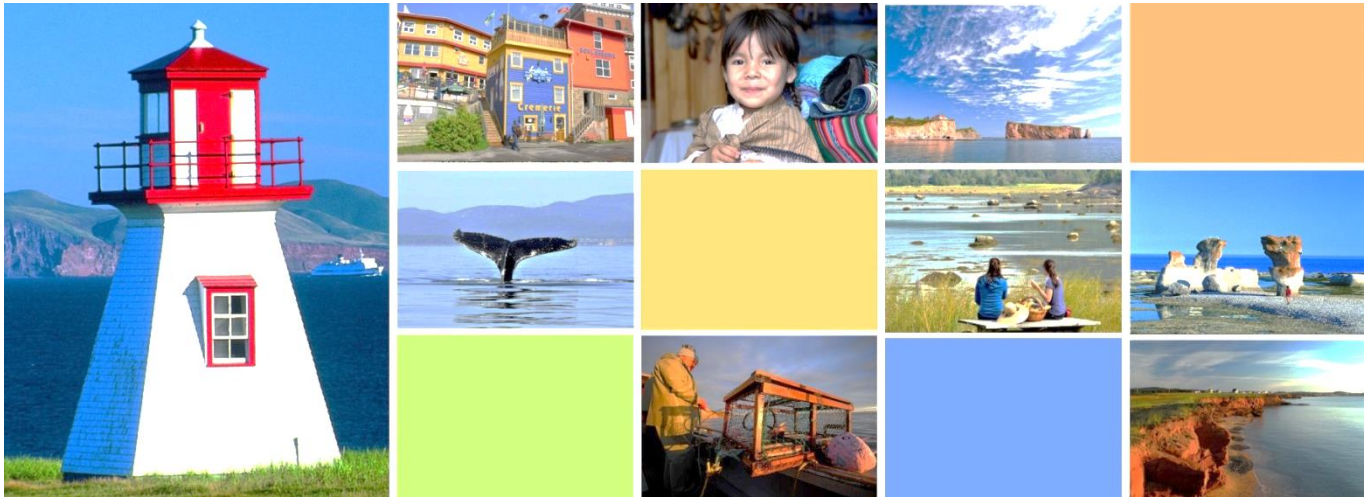
Summer



Fall



Consult the calendar of events



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We look forward to welcoming you in the maritime regions of Québec!

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