

PRESS KIT

# Beautiful by Nature !

*Bas-Saint-Laurent*

*Gaspésie*

*Côte-Nord - Manicouagan*

*Côte-Nord - Duplessis*

*Îles de la Madeleine*

[www.quebecmaritime.ca](http://www.quebecmaritime.ca)

©Pietro Canali

## Explore Québec maritime...

<b>PRESENTATION</b>	<b>3</b>
<b>DID YOU KNOW THAT...</b>	<b>4</b>
<b>NATIONAL PARKS</b>	<b>5</b>
<b>WILDLIFE OBSERVATION</b>	<b>7</b>
<b>WINTER ACTIVITIES</b>	<b>8</b>
<b>LODGING</b>	<b>10</b>
<b>GASTRONOMY</b>	<b>14</b>
<b>REGIONAL AMBASSADORS</b>	<b>17</b>
<b>EVENTS</b>	<b>20</b>
<b>STORY IDEAS</b>	<b>24</b>
<b>QUÉBEC MARITIME PHOTO LIBRARY</b>	<b>28</b>
<b>CONTACT AND SOCIAL MEDIA</b>	<b>29</b>

## Presentation

Located in Eastern Québec, *Québec maritime* is made up of the easternmost tourist regions in the province, which are united by the sea and a common tradition. These regions are **Bas-Saint-Laurent**, **Gaspésie**, **Côte-Nord** (**Manicouagan** and **Duplessis**) 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, *Québec maritime* has 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, colourfully painted houses, gatherings on the quays and especially the joie de vivre of local residents.



There are places you have to see, feel and experience...

Québec maritime is one of them!

## Did You Know That...

- The tallest lighthouse in Canada is in Cap-des-Rosiers and is 34 metres (112 feet) high?
- Jacques Cartier named the Lower North Shore “the land of many isles” because this region’s islands were too numerous to name individually?
- Lake Pohénégamook is said to hide a monster named Ponik?
- 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 is the oldest lighthouse on the St. Lawrence?
- *Pied-de-Vent*, which is the name of a delicious cheese from the Îles de la Madeleine, literally means *foot of the wind*? This is what Islanders call a ray of sun appearing through the clouds since they believe this indicates the next day will be windy.
- In 2007, part of the Manicouagan region was designated a World Biosphere Reserve by UNESCO?
- 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 maker?
- Twenty two Acadian families originally settled on the Îles de la Madeleine between 1762 and 1765 to hunt sea cows for their oil? This is how the Islands were first colonized.
- Chic-Choc means “impenetrable barrier” in the Mikmag language?
- The Mingan Archipelago is the best place in Québec to observe the famous Atlantic puffin?
- The sinking of the *Empress of Ireland*, in 1914, off Sainte-Luce was the deadliest maritime disaster in Canadian history?
- The dam is 214 m tall, is 1 314 m long, and composed of 14 buttresses and 13 arches which makes Manic-5 the largest dam of its type in the world.



## National Parks

Whether mountainous, coastal or marine, our ten national parks and five wildlife reserves offer services and facilities that are recognized for their quality, which ensures that your visit will be a pleasant one. The national parks of the maritime regions of Québec can be explored through a variety of exciting interpretation sites, as well as through hiking, cycling, sea kayaking, sea excursions and more. In addition, most parks offer a variety of lodging options in the form of campgrounds, cottages, huts or hotels.

### **Bic National Park: A landscape shaped by the sea**

Bic National Park proudly showcases the capes, bays, coves, islands and mountains that have contributed to its popularity. 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. Winter is a great time of year to explore the park's stunning scenery. Several kilometres of marked and mechanically maintained trails allow snowshoers and backcountry skiers to see another facet of this park at their own pace.

[www.quebecmaritime.ca/parcbic](http://www.quebecmaritime.ca/parcbic)

### **Lac-Témiscouata National Park: A new park to discover**

Located in Bas-Saint-Laurent in the Témiscouata region, Lac-Témiscouata National Park is the latest addition to Québec's national park network. The park will give visitors the opportunity to discover a representative sample of the largest 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 will showcase exceptional natural attractions, including several archeological sites.

[www.quebecmaritime.ca/parctemiscouata](http://www.quebecmaritime.ca/parctemiscouata)

### **Gaspésie National Park: A sea of mountains**

Located in the heart of the Gaspé Peninsula, between the St. Lawrence River and Chaleur Bay, Gaspésie National Park contains a diversity of natural resources. Several of the mountain peaks exceed 1000 metres (3300 feet), which means visitors can reach the alpine tundra and observe the only caribou herd south of the St. Lawrence. The views are amazing; the Lac-aux-Américains glacial cirque is one of the most beautiful east of the Rockies. The highest peaks of the Appalachians in Québec are in Gaspésie National Park, which is also home to a large moose population, arctic-alpine flora and spectacular scenery on every side. Come and soak in the splendors of the Chic-Choc and McGerrigle mountains.

[www.quebecmaritime.ca/parcgaspesie](http://www.quebecmaritime.ca/parcgaspesie)

### **Forillon National Park of Canada: Land's End**

Located at the easternmost point of the Gaspé Peninsula, Forillon National Park of Canada marks the end of the long Appalachian mountain chain. Its many features that are typical of the region include an undulating topography, plant and animal life specific to the boreal forest and alpine tundra, as well as breeding areas for marine birds and mammals. The Grande-Grave Heritage Site presents the rich cultural history of fishers and merchants who lived in Forillon at the turn of the 20<sup>th</sup> century. A visit to the Hyman & Sons store and L'Anse-Blanchette will take you back in time to relive this era.

[www.quebecmaritime.ca/parcforillon](http://www.quebecmaritime.ca/parcforillon)

### **Bonaventure Island and Percé Rock National Park: Beautiful by nature**

History, wildlife and geology are all writ large in Bonaventure Island and Percé Rock National Park. Sculpted over time by the wind and sea, majestic Percé Rock will take your breath away. On Bonaventure Island, a unique and amazing sight awaits you: 200,000 birds nest here, including over 120,000 northern gannets. A visit to the Le Boutillier House will take you back in time to the world of 19<sup>th</sup>-century fishing, while the park's hiking trails reveal a coniferous forest that shelters lichen, moss and mushrooms.

[www.quebecmaritime.ca/parperce](http://www.quebecmaritime.ca/parperce)

### **Miguasha National Park: History written in stone**

Miguasha National Park is a fossil site located in the Gaspésie region. The park protects a fossil-rich cliff that is unique in terms of the diversity, abundance and exceptional preservation of fossil fish and plants known throughout the world. Miguasha fossils, which bear witness to a living environment that dates from 380 million years ago, have allowed for the understanding of 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! Miguasha was designated a UNESCO World Heritage Site in 1999.

[www.quebecmaritime.ca/parcmiguasha](http://www.quebecmaritime.ca/parcmiguasha)

### **Saguenay Fjord National Park: An awe-inspiring fjord**

Saguenay Fjord National Park is a major attraction in Eastern North America that bears witness to the receding icebergs that shaped its stunning landscapes and mysterious fjord. It adjoins the Saguenay–St. Lawrence Marine Park for over 100 kilometres (60 miles) in a succession of bays, coves and breathtaking cliffs. The park offers a variety of activities: hiking, sea kayaking, cruises on the fjord, backcountry skiing and snowshoeing, ice fishing, interpretive activities with naturalists and theatrical presentations. Its winter scenery is truly spectacular!

[www.quebecmaritime.ca/parcsaguenay](http://www.quebecmaritime.ca/parcsaguenay)

### **Saguenay–St. Lawrence Marine Park: Québec's first marine conservation area**

The mission of the Saguenay–St. Lawrence Marine Park is to protect and showcase part of the St. Lawrence Estuary and Saguenay Fjord. The park includes a representative segment of the northern half of the St. Lawrence Estuary as well as two thirds of the Saguenay Fjord. This territory provides rich feeding grounds for many marine mammal species. Visit the park's many interpretation sites and enjoy whale-watching excursions to discover, understand and appreciate this marine environment.

[www.quebecmaritime.ca/parcmarin](http://www.quebecmaritime.ca/parcmarin)

### **Anticosti National Park: A natural gem on 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. Ecotourism enthusiasts will be delighted to discover the park's many attractions. Anticosti National Park is a natural gem that will charm visitors with easily observable wildlife, unusual plants and mysterious trails. The island is also home to over 165,000 white-tailed deer, 24 salmon rivers and seal haul-outs.

[www.quebecmaritime.ca/parcanticosti](http://www.quebecmaritime.ca/parcanticosti)

### **Mingan Archipelago National Park Reserve of Canada: Sculpted by the tides**

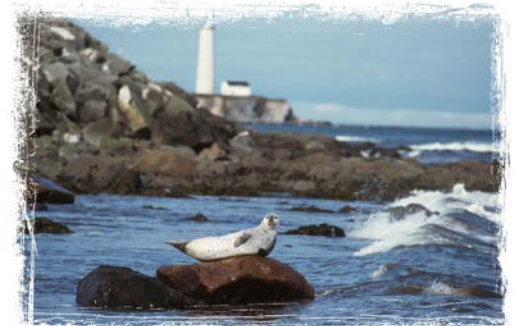
As you glide across the water, discover the intricate islands of the Mingan Archipelago National Park Reserve of Canada, where colours and shapes blend to create an exceptional landscape. Silent witnesses to the passage of time, the sea-sculpted limestone monoliths in this park are unique locations where 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. To help you discover the rich natural heritage of the archipelago, various activities are offered on the islands as well as at reception and interpretation centres: interpretive activities, talks, camping, picnicking, kayaking and more.

[www.quebecmaritime.ca/parcmingan](http://www.quebecmaritime.ca/parcmingan)

## Wildlife Observation

Whether you opt for a whale-watching cruise in the comfort of a 500-passenger boat or an adventure in a reliable Zodiac or sea kayak, you are guaranteed an exciting sea experience in *Québec maritime*. Come and observe up to 13 species of whales in the St. Lawrence, including friendly belugas and blue whales, the largest animals to have ever lived on earth. In some places you can even watch them 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 to the tip of Gaspésie via Bas-Saint-Laurent.

In addition to marine mammals, numerous other animal species can be observed in *Québec maritime*. For example, this region is home to the only herd of caribou south of the St. Lawrence, an impressive concentration of moose, black bears and the largest northern gannet colony in the world as well as many other bird species. During your visit, take advantage of our superb wildlife observation sites to admire these animals in their natural habitats.



Fun guaranteed!



## Winter Activities

### **Baby seal watching**

Every winter, 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 so they can catch fish to feed their young. During the first three weeks of March, eco-friendly excursions will take you to the ice to observe the seals in their natural habitat.

[www.quebecmaritime.ca/madelinot](http://www.quebecmaritime.ca/madelinot)

### **Snowmobiling**

From mid-January to late March, *Québec maritime* is a true paradise for snowmobilers. From the coast to the heart of the forest, 6000 kilometres (3700 miles) of world-class trails let you explore a territory that is, in some places, 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/motoneige](http://www.quebecmaritime.ca/motoneige)

### **Yurt stays at Bic National Park**

Bic National Park proudly showcases its capes, bays, coves, islands and mountains, which have contributed to its popularity. Winter enthusiasts can enjoy snowshoeing in the park while those in search of an unusual getaway can spend the night in a fully equipped yurt.

[www.quebecmaritime.ca/parcbic](http://www.quebecmaritime.ca/parcbic)

### **A Chic Destination Chock-Full of Adventure**

Perched 615 metres (2000 feet) above sea level in the Matane Wildlife Reserve, the Chic-Chocs Mountain Lodge offers you an unforgettable experience. At the heart of an immense wilderness territory, stay in this cosy 18-room lodge where the innkeeper-chef and his team will do everything to ensure your comfort, pleasure and tranquility. During the winter, a stay at the Chic-Chocs Mountain Lodge means exceptional snowfall (over 8 m / 26 ft), breathtaking scenery and outdoor activities such as snowshoeing and alpine touring in a magical setting... a unique experience in Eastern Canada! Your natural playground is 60 km<sup>2</sup> (23 sq. mi.) of mountains with, as a bonus, two peaks over 1000 metres (3300 feet) high!

[www.quebecmaritime.ca/aubergedemontagne](http://www.quebecmaritime.ca/aubergedemontagne)



### **Nature getaways at Pohénégamook Santé Plein Air**

Whether you are interested in snowmobiling, skiing, snowboarding, snowshoeing, dogsledding, ski sailing, building an igloo or ice fishing, Pohénégamook Santé Plein Air has something for everyone! This four-season resort is the perfect place to get away from it all and enjoy winter activities with family or friends. Lodging options include country homes and condo hotels. As a bonus, observe white-tailed deer that come here to feed in the winter and take advantage of the various body treatments offered at the nature spa.

[www.quebecmaritime.ca/santepleinair](http://www.quebecmaritime.ca/santepleinair)

### **Domaine Valga**

Located in the heart of a unique old-growth sugar maple and yellow birch stand, Domaine Valga is a log inn and four-season resort in Bas-Saint-Laurent. Surrounded by typical Québec scenery, go snowmobiling, dogsledding, snowshoeing or cross-country skiing. Don't miss the opportunity to try out the treetop adventure park. In the evening, savour home-cooked meals featuring regional specialties with your hosts, Chantal and Éric, who will welcome you like family.

[www.quebecmaritime.ca/domainevalga](http://www.quebecmaritime.ca/domainevalga)

### **Relive the fur trapping era**

Located in Côte-Nord near Tadoussac, the Ferme 5 Étoiles welcomes you to a family farm where you can encounter both domestic and wild animals (including moose, wolves, buffalo, horses 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, experience what it was like to be a fur trapper for a few hours or overnight: drive your own dogsled team and spend the night in an igloo on caribou pelts! In the spring, visit the sugar shack and sample our delicious maple products.

[www.quebecmaritime.ca/ferme5etoiles](http://www.quebecmaritime.ca/ferme5etoiles)

### **A snowy mountain setting**

Gaspésie National Park is home to the highest peaks of the Appalachians in Québec, the only caribou herd south of the St. Lawrence, a large moose population, 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 snowboarding, telemark skiing and alpine touring. 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.

[www.quebecmaritime.ca/parcgaspesie](http://www.quebecmaritime.ca/parcgaspesie) [www.quebecmaritime.ca/montalbert](http://www.quebecmaritime.ca/montalbert)





## Lodging

Are you looking for a unique experience? Why not try out the various unusual accommodations offered in *Québec maritime*, including trapper's camps, teepees, log inns and eco-lodges (built on wooden pilings). 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 an igloo or yurt!

*Québec maritime* offers 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!

### **POHÉNÉGAMOOK SANTÉ PLEIN AIR**

Pohénégamook | Bas-Saint-Laurent

Pohénégamook Santé Plein Air is a four-season resort centre ideal for family getaways and relaxation. Stay in an exceptional natural setting on the banks of Lake Pohénégamook in an inn, cottage, cabin, campsite, country home or condo hotel, which combines comfort and luxury.

[www.quebecmaritime.ca/santepleinair](http://www.quebecmaritime.ca/santepleinair)

### **SOCIÉTÉ DUVETNOR**

Rivière-du-Loup | Bas-Saint-Laurent

Société Duvetnor offers three attractive rooms furnished in the spirit of the 19<sup>th</sup> century in the Pot à l'Eau-de-Vie Lighthouse. This is your opportunity to stand watch at the gateway to the continent as did the lighthouse keepers of old.

[www.quebecmaritime.ca/duvetnor](http://www.quebecmaritime.ca/duvetnor)

### **LES MAISONS DU PHARE DE L'ÎLE VERTE (B&B)**

Île Verte | Bas-Saint-Laurent

Discover the sandy coves and multicoloured rocks of Île Verte (Green Island), home to Québec's first lighthouse, which was built in 1809. Enjoy old-time charm in one of the nine rooms of this island B&B, in either the lighthouse keeper's house or the assistant lighthouse keeper's house.

[www.quebecmaritime.ca/phareileverte](http://www.quebecmaritime.ca/phareileverte)

### **BIC NATIONAL PARK**

Rimouski | Bas-Saint-Laurent

For an unforgettable experience, take advantage of several packages that include all the equipment required. Stay in a yurt or combine comfort and nature, spend a night in a Huttopia tent in the Rioux campground.

[www.quebecmaritime.ca/parcbic](http://www.quebecmaritime.ca/parcbic)

### **POINTE-AU-PÈRE MARITIME HISTORIC SITE**

Rimouski | Bas-Saint-Laurent

Visit Canada's only submarine open to the public at the Pointe-au-Père Maritime Historic Site. Board the *Onondaga* and find out about the daily lives of the 60 men who lived for months at a time in this 90-metre (300-foot) long submarine. Examine the *Onondaga's* complex mechanics and the technology used for underwater detection. The 45-minute audio-guide commentary simulates going out to sea off Rimouski. Spend a night aboard the *Onondaga* to fully immerse yourself in the fascinating and little-known world of the submariners. Note that night activities are offered in French only.

[www.quebecmaritime.ca/empres](http://www.quebecmaritime.ca/empres)

### **DOMAINE VALGA**

Saint-Gabriel-de-Rimouski | Bas-Saint-Laurent

Domaine Valga offers you the opportunity to stay in one of six rooms in Eastern Québec's largest log inn. Two fully furnished cottages accommodating up to ten people each are also at your disposal and offer views of the lake.

[www.quebecmaritime.ca/domainevalga](http://www.quebecmaritime.ca/domainevalga)

### **CHIC-CHOCS MOUNTAIN LODGE**

Shuttle pick-up in Cap-Chat | Gaspésie

The Chic-Chocs Mountain Lodge offers an enchanting decor in a stunning natural environment. The personalized welcome and the tranquility of the lodge will contribute to your memorable stay. Reservations are required.

[www.quebecmaritime.ca/aubergedemontage](http://www.quebecmaritime.ca/aubergedemontage)

### **GASPÉSIE NATIONAL PARK**

Sainte-Anne-des-Monts | Gaspésie

Take advantage of our "ready-to-camp" formula and enjoy a comfortable stay in nature! You have two options: a traditional tent-trailer or a Huttopia tent. You can also stay in the park in a cottage or hut or at the Gîte du Mont-Albert hotel.

[www.quebecmaritime.ca/parcgaspesie](http://www.quebecmaritime.ca/parcgaspesie)

### **FORILLON NATIONAL PARK**

Gaspé | Gaspésie

Forillon National Park offers 10 "ready-to-camp" oTENTik tents. A unique blend of homey comfort and a taste of outdoor adventure, oTENTik tents allow visitors to enjoy camping with the comfort of a bed and a campsite already set up and ready to go. Each unit is furnished with three beds and can accommodate up to six people. A cross between a tent and a rustic cabin, this type of accommodation is the perfect way for families, friends and couples of all ages to discover the joys of hassle-free camping.

[www.quebecmaritime.ca/parcforillon](http://www.quebecmaritime.ca/parcforillon)

### **CHALETS DU BOUT DU MONDE**

Gaspé | Gaspésie

Located on the waterfront, 10 kilometres (6 miles) from the centre of Gaspé, the Chalets du Bout du Monde cottages offer comfortable accommodations. You will feel at home in Gaspésie while you visit the region's many attractions at your own pace.

[www.quebecmaritime.ca/chaletsbm](http://www.quebecmaritime.ca/chaletsbm)

### **PORT-DANIEL WILDLIFE RESERVE**

Port-Daniel | Gaspésie

The Port-Daniel Wildlife Reserve provides outdoor enthusiasts with cabins, rustic shelters and campsites so they can get the most out of their nature getaway. The fully equipped cabins offer direct access to the lake, which ensures autonomy, privacy and tranquility.

[www.quebecmaritime.ca/reserveportdaniel](http://www.quebecmaritime.ca/reserveportdaniel)

### **FERME 5 ÉTOILES FAMILY VACATION SITE**

Sacré-Cœur | Côte-Nord – Manicouagan

Spend a night in a yurt, the traditional dwelling of Mongolian nomads. From the patio, admire the magnificent scenery surrounding the Saguenay Fjord. You can also enjoy an unforgettable stay in a teepee, trapper's camp or igloo on warm caribou pelts (in winter only).

[www.quebecmaritime.ca/ferme5etoiles](http://www.quebecmaritime.ca/ferme5etoiles)

### **CANOPEE LIT**

Sacré-Coeur | Côte-Nord – Manicouagan

Located in the heart of the boreal forest of Sacré-Coeur, Canopée Lit offers a one-of-a-kind experience in treetop cabins. Each cabin is unique and all are equipped with a bathroom with hot water, dry toilet, kitchen nook and sunny patio. The newest cabins have a glass dome over the bed, so you can watch the stars while snuggling under the covers! Breakfast is left at your door every morning, and you can also take advantage of picnic baskets or dinners delivered to you.

[www.quebecmaritime.ca/canopeelit](http://www.quebecmaritime.ca/canopeelit)

### **PARADIS MARIN**

Les Bergeronnes | Côte-Nord – Manicouagan

Would you like to wake up to the sounds of the whales? At Paradis Marin, outdoor enthusiasts can enjoy a truly unforgettable experience in one of our three teepees.

[www.quebecmaritime.ca/paradismarin](http://www.quebecmaritime.ca/paradismarin)

### **RELAIS NORDIK**

Rimouski – Blanc-Sablon on the Lower North Shore

Relais Nordik offers a coastal marine service aboard a new supply ship, the *Bella Desgagnés*, that travels to a dozen remote ports where merchandise and equipment are unloaded. The weekly trip includes a stopover in Anticosti Island.

[www.quebecmaritime.ca/relaisnordik](http://www.quebecmaritime.ca/relaisnordik)

## CTMA GROUP

Montréal – Gaspésie – Îles de la Madeleine

The CTMA Group offers 15 weekly cruises for 450 passengers in cabins between Montréal and the Îles de la Madeleine. 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 way back, on Wednesday, you can visit Percé during a stop in Gaspésie, while on Thursday the ship stops in Québec City to let you explore the Old City. The ship arrives in Montréal early on Friday morning.

[www.quebecmaritime.ca/ctma](http://www.quebecmaritime.ca/ctma)





## Gastronomy

*Québec maritime* is 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. A truly inexhaustible source of inspiration, the sea determines the main flavours of *Québec maritime's* regional cuisine. A feast featuring crustaceans and other seafood awaits you. From the famous Gaspésie or island lobster to northern shrimp, mussels and snow crab, not to mention eel, sturgeon, mackerel and Atlantic catfish as well as scallops and other shellfish from Côte-Nord, each region has its own delicacies that it happily shares with visitors. Discover fresh and smoked products—Bas-Saint-Laurent is home to several renowned smokehouses. Or let yourself be tempted by a *pot-en-pot* (seafood pot pie) from the Îles de la Madeleine.

### **From the sea to the land**

In addition to seafood delicacies, *Québec maritime* offers other increasingly popular high-quality local products such as farmed red deer, seaweed-fed lamb from Gaspésie and emu terrine made from locally raised animals. These appetizing maritime offerings are complemented by unique fruits and vegetables including cranberries, lingonberries and cloudberry (also known as bakeapples), which look like golden raspberries and grow in the peat bogs of Côte-Nord.



### **An abundance of choice**

Numerous shops and boutiques offer a mouth-watering assortment of products made by the artisans and restaurants of *Québec maritime*. For example, visit the Gospel Chapel in Bonaventure, a boutique selling jams and homemade ketchup made by Conserverie de la Baie, fish from the Cascapédia Smokehouse, the famous salted herbs from the Coop de Solidarité du Rocher-Percé as well as mushrooms and mushroom products from Les Fraîcheurs de la Vallée. In Sainte-Anne-des-Monts, stop in the Exploramers shop for local products such as emu terrine from Bonaventure and John Forest's honey from Maria in the

Chaleur Bay region.

In the hotels, inns and restaurants along your route, our chefs will creatively outdo themselves to offer you a new gourmet experience every time. We have developed a fine regional cuisine that highlights our local products, and each region of *Québec maritime* can boast of typical products that are featured by our chefs.

Bas-Saint-Laurent produces high-quality lamb that is served in the best restaurants of the province. In Auclair, the owners of Domaine Acer, a maple economuseum, make alcoholic beverages from fermented maple sap that you can enjoy either as aperitifs or as after-dinner drinks.

In Gaspésie, gourmets can feast on fresh seafood and appetizing regional products. Snow crab, lobster, fresh and smoked fish, molluscs and crustaceans are on the menu alongside excellent game meat, microbrewed beers and maple products of all kinds. A trip to Gaspésie is truly an opportunity to savour the full range of flavours of this environment of sea, mountains, rivers and forests.

Unique wild berries such as cloudberry and lingonberries grow in Côte-Nord. They are made into jellies, jams and liqueurs filled with the fresh flavours of nature's bounty. Scallops cooked in cloudberry liqueur? Why not!

In the Îles de la Madeleine, the most highly prized delicacy after lobster is without a doubt Pied-de-Vent, a raw milk cheese with a flavour of the Islands. And if you want to try something a little different, how about grilled seal meat with a local À l'abri de la tempête beer brewed from local barley?

*Québec maritime* is a destination offering gourmet food experiences to be savoured in the best of company. **For a great selection of gourmet products, be sure to include a stop at one or all of the following attractions during your next trip to *Québec maritime*.**



#### Domaine Acer

Gathered drop by drop over the space of a few weeks, then evaporated and concentrated, maple sap is transformed into maple syrup, a unique natural food product from Québec. In all seasons, Domaine Acer, a maple economuseum in Auclair in the Témiscouata region, acts as a showcase for innovative maple products. Specializing in the production of maple-based alcoholic beverages, Domaine Acer was awarded two gold medals at the Coupe des Nations (a regional wine and spirits competition) in 2011.

[www.quebecmaritime.ca/acer](http://www.quebecmaritime.ca/acer)

#### Ferme Bourdages Tradition

Ferme Bourdages Tradition is a family business that has been farming the same land for seven generations. Going from subsistence to dairy to beef farming and finally to vegetable and fruit production, Ferme Bourdages Tradition has become one of the largest farms in Gaspésie over the years. It is currently the largest producer of strawberries and sweet corn in the region. To learn more about how strawberry wines and liqueurs are made, tour the fermentation cellar as well as the magnificent wine cellar, which has been decorated by local artisans. You can also visit the impressive strawberry fields, which overlook the sea, and pick your own strawberries and raspberries (in season).

[www.quebecmaritime.ca/fermebourdages](http://www.quebecmaritime.ca/fermebourdages)



À l'Abri de la Tempête is the first Québec microbrewery to malt locally grown grains. Its beer is brewed from barley buffeted by the wind and sea air of the Islands. Because of where it grows, this grain has a unique salty taste similar to that of the barley used to make Islay malt whiskies in Scotland.

[www.quebecmaritime.ca/alabridelatempete](http://www.quebecmaritime.ca/alabridelatempete)

For more information about lodging and fine restaurants in *Québec maritime*, visit our website.

[www.quebecmaritime.ca/lodging](http://www.quebecmaritime.ca/lodging) / [www.quebecmaritime.ca/restaurants](http://www.quebecmaritime.ca/restaurants)



## Regional Ambassadors

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



**Côte-Nord - Duplessis**  
**Lise Babin (Tourisme Sept-Îles)**

Born in Sept-Îles, Lise Babin has always loved nature and the seaside in her native town. For the past 32 years, she has worked in a local English high school. Elected to municipal council in 1997, she focused on the issue of tourism for the five and a half years she was in office. Since then, she has remained active in the tourism sector and has been president of Tourisme Sept-Îles since 2009. Babin is someone who likes to get things right, and she is known to her colleagues as a loyal, generous and devoted person. One of her proudest achievements was the creation of a municipal campground. There are many things about Sept-Îles that she loves, including Grande Basque Island, the miles of beach and fresh shrimp from the fish market. Above all, she appreciates the diversity of the Sept-Îles community, which is made up of people who are great ambassadors for their region throughout the world.



**Îles de la Madeleine**  
**Sophie Bourgeois (Verrerie La Méduse)**

Sophie Bourgeois is a native of the Îles de la Madeleine, who left the Islands for several years to study ceramics at Limoilou College in Québec City; she then trained at the Nova Scotia College of Art and Design in Halifax. Once she had completed her studies, she returned to the Îles de la Madeleine to share her knowledge and perfect her art. An accomplished glass artisan, she has been working at Verrerie La Méduse since 1997. During the summer months, much to the delight of visitors, it is possible to observe Bourgeois and other glassblowers at work, as they create unique objects of art. The boutique at this art glassworks is an excellent place to buy decorative or utilitarian objects as souvenirs of a stay in the Islands.



**Îles de la Madeleine**  
**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.

**Bas-Saint-Laurent**  
**Carole Faucher (Auberge du Mange Grenouille)**

Carole Faucher is a passionate epicure, who decided to move to Bas-Saint-Laurent after falling under the spell of this region. She went into the hotel and restaurant business when she fell in love with the former general store in Le Bic, which was built in 1843 and had been abandoned. She thus became the co-owner, with Jean Rossignol, of Auberge du Mange-Genouille in 1990. In over 20 years, the inn has garnered several Québec Tourism Awards (*Grands prix du Tourisme québécois*). From the start of their adventure, Faucher and Rossignol created a warm atmosphere and a theatrical decor in the inn—and since then, they have never stopped innovating. Their refined menu features many ingredients sourced from local producers. Faucher is committed to sharing her corner of paradise with visitors. An actor by training, she lights up a room with her presence.



**Bas-Saint-Laurent**  
**Hugues Massey (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 Cabano in the Bas-Saint-Laurent region. For the last three years, they have won regional Québec Tourism Awards (*Grands Prix du tourisme québécois*) in the “Tourism Development – Restaurant Sector” category. After studying hotel management in Québec City, Massey worked there for 15 years, notably as a restaurant manager. Massey considers himself a culinary designer or creator rather than a chef. 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**  
**Blandine Poirier (Pointe-à-la-Renommée Historic Site)**

Blandine Poirier has been active in her community for over 50 years. Along with Marie-Anne Côté and Priscillia Poirier, she founded the L’Anse-à-Valleau local development committee in 1992. The mission of this committee was to return the Pointe-à-la-Renommée Lighthouse to its initial site after 20 years of exile in the Old Port of Québec. The lighthouse now stands on the site of North America’s first maritime radio station, installed by Marconi in 1904. With boldness, ambition and a natural talent for teamwork, Poirier has been involved in a number of successful projects, including a winter carnival, leisure committee, sports festival and more. In 2011, Poirier was awarded a Lieutenant Governor’s Seniors Medal in recognition of her outstanding



community involvement. That same year, the creation of Canada’s maritime telegraphy service was recognized as a National Historic Event by the Historic Sites and Monuments Board of Canada.

**Côte-Nord – Duplessis**  
**Gilles Vigneault (poet and singer-songwriter)**

Gilles Vigneault is a poet and singer-songwriter from Natashquan, Côte-Nord. He has written over 40 books and is a living legend in French-speaking America. His tales have also been published and recorded. After studying to become a French teacher, Vigneault began writing songs for other artists in the 1950s. In the 1960s, he started singing his own songs and went on to enjoy great success. His first songs have since become classics in Québec. Indeed, *Gens du Pays* is considered the unofficial anthem of the province.



## Events



**INTERNATIONAL GARDEN FESTIVAL - 15th edition**  
**GRAND-MÉTIS, GASPÉSIE | June 28 to September 27, 2014**

Every year, the International Garden Festival features innovative contemporary gardens created by world-renowned artists and architects. Inaugurated in 2000, the International Garden Festival takes place every summer at the Reford Gardens, which were recognized in 1995 as a national historic site by the Historic Sites and Monuments Board of Canada.  
[www.refordgardens.com](http://www.refordgardens.com)

**PETITE-VALLÉE SONG FESTIVAL - 32st edition**  
**PETITE-VALLÉE, GASPÉSIE | June 27 to July 5, 2014**

The Petite-Vallée Song Festival focuses on the next generation of francophone singers and songwriters while featuring renowned and up-and-coming performers. Over time, this song festival has emerged as the benchmark for francophone music and become an integral part of Québec's music culture. This festival is a true celebration of song in a maritime environment!  
[www.quebecmaritime.ca/chanson](http://www.quebecmaritime.ca/chanson)

**TDLG ON WHEELS**  
**GASPÉ, GASPÉSIE | July 5 to 12, 2014**

The Grande Traversée de la Gaspésie on Wheels is a loop tour of the Gaspé Peninsula, with participants cycling an average of 90 to 100 km (55 to 65 mi.) a day. Running alongside the coast, the scenic Gaspésie Tour offers myriad charms: cliffs and beaches, quiet country villages, local artisan products, wind, sun, waves and sea spray, coast and mountains... Gear up for the ride of a lifetime!  
[www.tdlg.qc.ca](http://www.tdlg.qc.ca)

**TOUR DE LA RELÈVE INTERNATIONALE**  
**RIMOUSKI, BAS-SAINT-LAURENT | July 9 to 13, 2014**

The Tour de la Relève Internationale de Rimouski is a stage race for cyclists in the male and female Cadet category (age 15 to 16) and in the female Junior category (age 17 to 18). The goal of this event is to prepare these athletes to compete at an international level. It will also allow them to experience a race similar to the Tour de France but concentrated into four days.  
[www.tourdelareleve.ca](http://www.tourdelareleve.ca)

LES GRANDES FÊTES DU ST-LAURENT  
RIMOUSKI, BAS-SAINT-LAURENT | **July 23 to 27, 2014**

From July 23 to 27, 2014, the Grandes Fêtes du St-Laurent festival will feature concerts for all tastes and ages on the stage in Parc Beauséjour. The official schedule will be available in the spring.  
[www.lesgrandesfetes.com/en](http://www.lesgrandesfetes.com/en)

"CONCERTS AUX ÎLES DU BIC" CHAMBER MUSIC FESTIVAL  
RIMOUSKI, BAS-SAINT-LAURENT | **August 2 to 10, 2014**

Combining innovation with tradition, the "Concerts aux Îles du Bic" Chamber Music Festival offers a repertory of chamber music interpreted with originality by invited artists in both indoor and outdoor venues. Featuring a multimedia special event, a gala concert and a cabaret, this annual music festival takes place in a warm and intimate setting. This is an event you won't want to miss!  
[www.quebecmaritime.ca/concertsiles](http://www.quebecmaritime.ca/concertsiles)

FESTIVAL MUSIQUE DU BOUT DU MONDE  
GASPÉ, GASPÉSIE | **August 7 to 10, 2014**

The Festival Musique du Bout du Monde (FMBM) is a unique annual world music festival. For four days, come to Land's End at the tip of the Gaspé Peninsula and enjoy an extensive program featuring over 200 artists, including activities for the whole family and lively evening shows. This high-quality music festival celebrates cultural diversity and will introduce you to unique and unusual artists from around the world.  
[www.musiqueduboutdumonde.com](http://www.musiqueduboutdumonde.com)

WORLD ACADIAN CONGRESS  
TÉMISCOUATA, BAS-SAINT-LAURENT (New Brunswick, Maine, Québec) | **August 8 to 24, 2014**

The 5th edition of the World Acadian Congress will take place from August 8 to 24, 2014, in various locations in northwestern New Brunswick, Aroostook County in Maine and the Témiscouata region of Québec. The World Acadian Congress is a celebration of Acadian culture held every five years since 1994. It unites the Acadian diaspora from all over the world during nearly three weeks of family gatherings, talks and shows.  
[www.cma2014.com](http://www.cma2014.com)

INNUCADIE STORIES AND LEGENDS FESTIVAL  
NATASHQUAN, CÔTE-NORD - DUPLESSIS | **August 13 to 17, 2014**

In late summer, the InnuCADIE Stories and Legends Festival provides visitors with an opportunity to listen to regional and visiting storytellers. This important cultural event focuses on traditional storytelling and features local and renowned Québécois storytellers as well as Innu storytellers who share their mythic legends.  
[www.quebecmaritime.ca/natashquan](http://www.quebecmaritime.ca/natashquan)

FOLK ART SCULPTURES FESTIVAL  
ST-ULRIC, GASPÉSIE | **August 15 to 17, 2014**

The 2nd edition of the Folk Art Sculptures Festival will take place from August 15 to 17, 2014, in Saint-Ulric. This general public event has three main goals: to introduce the public to folk art sculpture, to showcase Québec folk art sculptors, to encourage new talent in this field. [www.quebecmaritime.ca/artpopulaire](http://www.quebecmaritime.ca/artpopulaire)

RIMOUSKI FESTI JAZZ INTERNATIONAL  
RIMOUSKI, BAS-SAINT-LAURENT | **August 28 to 31, 2014**

Set on a picturesque waterfront, the Rimouski Festi Jazz International invites you to enjoy four days of jazz and world music. Join the celebration: activities and jazzy fun await you!  
[www.quebecmaritime.ca/festijazz](http://www.quebecmaritime.ca/festijazz)

TDLG ON FOOT  
GASPÉ, GASPÉSIE | **September 27 to October 4, 2014**

Following the example of the TDLG cross-country skiing and cycling events, the time has come for a TDLG for hikers! The first edition of the TDLG on Foot will take place from September 27 to October 4, 2014. Hiking enthusiasts will have the opportunity to trek in the mountains and along the sea. This is your chance to discover a sea of mountains in the majestic Chic-Chocs and watch whales from the shore in a stunningly colourful and picturesque environment. [www.tdlg.qc.ca](http://www.tdlg.qc.ca)

FESTIVAL LA VIRÉE  
CARLETON, GASPÉSIE | **October 10 to 12, 2014**

In a warm atmosphere between sea and mountains, Festival La Virée offers a series of shows by storytellers, musicians and traditional dancers, as well as a public market featuring local food products and handicrafts from Gaspésie. For those who wish to feel the pulse of Québécois, Gaspesian and Acadian culture, Festival La Virée in Carleton is the place to be! [www.quebecmaritime.ca/laviree](http://www.quebecmaritime.ca/laviree)

NOËL CHEZ NOUS À RIVIÈRE-DU-LOUP  
RIVIÈRE-DU-LOUP, BAS-SAINT-LAURENT | **November 5 to 9, 2014**

Every year, Rivière-du-Loup celebrates the arrival of Santa Claus and the start of the holiday season. Activities include a Santa Claus parade, musical fireworks, a Christmas Eve feast, a holiday brunch, Christmas cruises on the river, sleigh rides, holiday movies, a Christmas fair, a Christmas show, a children's breakfast, outdoor Christmas decoration contests and miniature villages. Let yourself be carried away by the magic of Christmas! [www.quebecmaritime.ca/noelcheznous](http://www.quebecmaritime.ca/noelcheznous)

TDLG ON SKIS  
GASPÉ, GASPÉSIE | **February 22 to March 1st, 2014**

The Grande Traversée de la Gaspésie on Skis is an annual event for cross-country skiers. This cordial and friendly cross-country ski trek features unique trajectories on miles of trails that are marked, groomed and supervised by a great team of snowmobilers: a perfect opportunity to explore some of the most beautiful corners of the Gaspésie region during an entire week. This is not a competition—it is strictly forbidden to finish early! [www.tdlg.qc.ca](http://www.tdlg.qc.ca)

BABY SEAL WATCHING ON THE ICE  
ÎLES DE LA MADELEINE | **February 26 to March 12, 2014**

Every year in 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. Explore the archipelago in winter and enjoy a unique experience observing baby seals (whitecoats) on the ice. Château Madelinot offers packages including lodging, meals, guided tours of the Islands and a helicopter excursion to see the seals. [www.hotelsiledelamadeleine.com](http://www.hotelsiledelamadeleine.com)

BORÉAL LOPPET  
FORESTVILLE, CÔTE-NORD - MANICOUAGAN | **March 1 and 2, 2014**

The annual Boréal Loppet is the longest cross-country ski race held in Québec. The 2014 edition will take place on March 1 and 2 in Forestville. Elite skiers race on a challenging 60-km (100-mi.) course. Less experienced skiers have the opportunity to race on a 27-km (17-mi.) course, while skiers of all ages can join in the fun by participating in the 7-km (4-mi.) and 14-km (9-mi.) races. Family activities are also offered on site and elsewhere in Forestville. [www.boreallopep.ca](http://www.boreallopep.ca)

MID-LENT CELEBRATIONS

FATIMA, ÎLES DE LA MADELEINE & NATASHQUAN, DUPLESSIS | **March 2014**

For three days during mid-Lent, strange characters dressed up in masks and costumes roam the streets and knock on people's doors in the villages of Fatima (Îles de la Madeleine) and Natashquan (Côte-Nord – Duplessis). Sometimes noisy and sometimes comical, they are always mysterious. None of them is a stranger, so it is up to the villagers to identify their visitors despite their disguises and their muteness. The slightest familiar gesture can give them away. All through the night, these strange visitors eat, drink and make merry with their hosts before moving on to the next house. Come and experience a fun and unique Acadian tradition that persists in only three places in the province, two of which are in the maritime regions of Québec.

COMING IN 2014!

COMMEMORATION OF THE SINKING OF THE EMPRESS OF IRELAND

POINTE-AU-PÈRE MARITIME HISTORIC SITE, POINTE-AU-PÈRE, BAS-SAINT-LAURENT | **2014**

In 2014, the Pointe-au-Père Maritime Historic Site will mark the 100th anniversary of the sinking of the *Empress of Ireland*. To prepare for this historic moment, a new multifunctional space is being built for exhibits and shows. Activities to mark the 100th anniversary are planned for the week of May 29 and for the whole summer.

[www.empress2014.ca](http://www.empress2014.ca)

## Story Ideas

### ADVENTURE SPORTS

Enjoy the snow at the many ski resorts located throughout our regions. Test your mettle on or off trail, on groomed or ungroomed trails, during short or long excursions. You can also rent ski and snowboarding equipment in several locations. For cross-country skiing, backcountry skiing, snowboarding or telemark skiing, nothing beats the snow conditions in the Chic-Choc Mountains. Lace up your boots, click into your skis or jump onto your snowboard and enjoy the snow!

[www.quebecmaritime.ca/parcgaspesie](http://www.quebecmaritime.ca/parcgaspesie)

Aérosport is Canada's first kite school, with over ten years of experience. Take advantage of the exceptional wind conditions on the Îles de la Madeleine to enjoy this unique sport. In the summer, power kiting and buggying lessons are also available.

[www.quebecmaritime.ca/aerosport](http://www.quebecmaritime.ca/aerosport)

### WILDLIFE OBSERVATION

#### Moose, caribou and deer

One of the highlights of any visit to the Matane Wildlife Reserve is wildlife sightings. Mud flats allow visitors to observe moose in their natural habitat. The Étang-à-la-Truite Interpretation Centre is a must-see for those wishing to learn more about this impressive animal.

[www.quebecmaritime.ca/reservematane](http://www.quebecmaritime.ca/reservematane)

Covering an area of about 800 km<sup>2</sup> (310 sq. mi.), Gaspésie National Park is home to the highest peaks of the Appalachians in Québec, the only caribou herd south of the St. Lawrence, a large moose population, arctic-alpine flora and spectacular scenery on every side!

[www.quebecmaritime.ca/parcgaspesie](http://www.quebecmaritime.ca/parcgaspesie)

Enjoy the comforts of the Chics-Chocs Mountain Lodge while participating in your favourite outdoor activities at the heart of the Appalachians. Located in an immense wilderness territory far from everyday routine, this lodge give you the opportunity to enjoy a unique adventure in an extraordinary setting. Accessible only by shuttle, the Lodge offers many activities for nature and outdoor lovers including moose and caribou observation, hiking and mountain biking. Your playground is 60 km<sup>2</sup> (23 sq. mi.) of mountains with, as a bonus, two peaks over 1000 metres (3300 feet) high!

[www.quebecmaritime.ca/aubergedemontagne](http://www.quebecmaritime.ca/aubergedemontagne)

Anchored in the middle of the Gulf of St. Lawrence, Anticosti Island is a natural gem, home to over 165,000 white-tailed deer but nearly uninhabited by humans. Anticosti was purchased in 1895 by the rich French chocolate maker, Henri Menier, who introduced foxes, beavers, moose and white-tailed deer to the island. Today, Anticosti is a paradise for hunters, salmon anglers and nature lovers, who can explore deep canyons, clear rivers, caves, falls and fossils in Anticosti National Park.

[www.quebecmaritime.ca/parcanticosti](http://www.quebecmaritime.ca/parcanticosti)



## Marine mammals

The Whale Route takes you to a land of giants and introduces you to the wonders of the sea. It can even lead you off the beaten track, where few people have the opportunity to go. Home to 13 species of whales, the St. Lawrence is renowned as one of the best spots in the world to observe marine mammals. Come and discover the fascinating world of whales at a centre where the slogan “Learn while having fun” takes on its true meaning. The Marine Mammal Observation Centre (CIMM) in Tadoussac offers visitors a host of activities: Become a research scientist for a day, listen to the underwater sounds of the Saguenay River, admire spectacular images and reproductions of whales, and more. A visit to the CIMM is an excellent introduction to whales and the perfect complement to a whale-watching cruise.

[www.quebecmaritime.ca/cimm](http://www.quebecmaritime.ca/cimm)

[www.quebecmaritime.ca/observationdesbaleines](http://www.quebecmaritime.ca/observationdesbaleines)

Along the Whale Route, you will explore the tourism regions of Côte-Nord – Manicouagan and Côte-Nord – Duplessis. You can participate in whale-watching excursions in a sightseeing boat, Zodiac or sea kayak departing from several locations to observe these fascinating mammals, which can also be admired from the shore.

Take advantage of strategic departure points on the south shore of the St. Lawrence and enjoy exciting whale and seal sightings. Board the *Cavalier des Mers* in Rivière-du-Loup with Croisières AML and admire the beauty of the rugged coast with its islands and heritage lighthouses.

[www.quebecmaritime.ca/aml](http://www.quebecmaritime.ca/aml)

In Côte-Nord – Manicouagan, opt for one of the following cruise companies: Croisières Dufour or Croisières AML (for whale-watching excursions departing from Tadoussac), or Essipit Cruises (for departures from Les Escoumins).

[www.quebecmaritime.ca/croisieresdufour](http://www.quebecmaritime.ca/croisieresdufour)

[www.quebecmaritime.ca/aml](http://www.quebecmaritime.ca/aml)

[www.quebecmaritime.ca/croisieresessipit](http://www.quebecmaritime.ca/croisieresessipit)

Climb aboard the *Narval III* and experience an unforgettable whale-watching cruise with Croisières Baie de Gaspé. Up to seven species of whales can be observed in the waters of Gaspé Bay and the Gulf of St. Lawrence, including fin whales, humpbacks and minke whales. Forillon is also an exceptional site for observing blue whales, the largest animals on the planet.

[www.quebecmaritime.ca/croisieresgaspe](http://www.quebecmaritime.ca/croisieresgaspe)

## Bird watching

In Bas-Saint-Laurent, the Pot à l'Eau-de-Vie Archipelago (also known as the Brandy Pot Islands) is a sanctuary for several large colonies of seabirds, including common eiders, which take full advantage of the tranquility of this area and the rich waters of the St. Lawrence.

[www.quebecmaritime.ca/duvetnor](http://www.quebecmaritime.ca/duvetnor)

In the enchanting setting of Bonaventure Island and Percé Rock National Park, Bonaventure Island is home to some 122,000 northern gannets, the largest and most accessible colony of these birds in the world.

[www.quebecmaritime.ca/parcperce](http://www.quebecmaritime.ca/parcperce)

In Côte-Nord, the islands and islets in the Mingan Archipelago National Park of Canada provide shelter for colonies of seabirds, including the famous Atlantic puffin.

[www.quebecmaritime.ca/parcmingan](http://www.quebecmaritime.ca/parcmingan)

## GET A TASTE OF QUÉBEC MARITIME

### National parks

*Québec maritime* is home to ten national parks. Each of these parks is unique, protecting and showcasing specific elements of our natural and cultural heritage, and each represents a different way of accessing *Québec maritime's* nature, culture and history. These parks are gateways to an immense territory just waiting to be discovered!

### Sea kayaking

In *Québec maritime*, you can sea kayak almost anywhere along both shores of the St. Lawrence as well as along the coasts of the Îles de la Madeleine and Anticosti Island. Kayak rentals, training and guide services are available in various locations. Whether you are a novice or experienced kayaker, you can enjoy excursions lasting from several hours to several days. Keep your eyes peeled: you never know when you will encounter whales or seals!

[www.quebecmaritime.ca/seekayaking](http://www.quebecmaritime.ca/seekayaking)

### International Appalachian Trail (IAT)

The unique International Appalachian Trail (IAT) runs across the region of Gaspésie for 644 kilometres (400 miles), including segments in Gaspésie National Park and Forillon National Park of Canada. Accessible to hikers of all levels, the IAT was created as a result of collaborative efforts between the provinces of Québec and New Brunswick and the state of Maine, which worked together to promote and protect the stunning landscapes along this trail. The IAT links Mt. Katahdin in the state of Maine to Cap Gaspé in Forillon National Park of Canada.

[www.quebecmaritime.ca/sia](http://www.quebecmaritime.ca/sia)

### Smarter Seafood

Look for the Smarter Seafood logo in the restaurants and fish markets of Gaspésie and give your taste buds the opportunity to savour all that the rich waters of the St. Lawrence have to offer. Smarter Seafood is an accreditation program that encourages seafood lovers to diversify their fish and seafood consumption in order to reduce the overfishing of certain species. Kelp, sea urchin, seal meat, mackerel... there is something for everyone, from the pickiest to the most adventurous eaters.

[www.quebecmaritime.ca/exploramer](http://www.quebecmaritime.ca/exploramer)

### Charming inns and excellent restaurants

Auberge du Chemin Faisant, in the Bas-Saint-Laurent region, offers guests the unique atmosphere of a historic home combining the luxurious beauty of the 1950s with refined comfort and modern amenities. Originally from the Îles de la Madeleine, host and owner Hugues Massey will introduce you to fine cuisine that integrates local products with the latest trends in world gastronomy. The inn's six rooms are absolutely charming and provide the perfect setting for a dream getaway in a stylish and romantic decor.

[www.quebecmaritime.ca/cheminfaisant](http://www.quebecmaritime.ca/cheminfaisant)

Enjoy a stay at Auberge du Mange Grenouille, a former general store in the Bas-Saint-Laurent region. The intimacy of a small inn along with personalized service, a warm atmosphere and a theatrical decor combine to make this an exceptional and unique place for experienced travellers to stay. The menu offers an unforgettable culinary experience for gourmet diners in search of regional products from the land and sea.

[www.quebecmaritime.ca/mangegrenouille](http://www.quebecmaritime.ca/mangegrenouille)

Near a lighthouse and a fishing pier offering beautiful sunset views, Auberge Havre-sur-Mer is a friendly inn on the Îles de la Madeleine. Enjoy cosy rooms and gourmet breakfasts featuring the sights, smells and flavours of the Islands. Auberge Havre-sur-Mer combines the privacy of a hotel with the personal touch of a bed and breakfast.

[www.quebecmaritime.ca/havresurmer](http://www.quebecmaritime.ca/havresurmer)

Located in the heart of the village of Tadoussac, La Galouine Inn and Restaurant offers hearty meals featuring local ingredients from the land and sea. Enjoy the bistro menu on the patio: try grilled meat, seafood or game accompanied by a glass of tasty draft beer. Relax in the comfort of a room decorated with care and take advantage of the fresh air by walking down to the bay and listening to the waves. You might even hear the blow of a whale!

[www.quebecmaritime.ca/lagalouine](http://www.quebecmaritime.ca/lagalouine)

Built around 1860 in Gaspé, the William Wakeham House is a major part of our architectural heritage. To the delight of visitors, the chefs prepare market cuisine featuring fresh seafood and local ingredients. From the appetizers to the desserts, savour these gourmet dishes in the dining room or on the patio, which offers a stunning view over Gaspé Bay.

[www.quebecmaritime.ca/maisonwakeham](http://www.quebecmaritime.ca/maisonwakeham)

## SUMMER FUN

### Cycling

As soon as you can smell the sea air, abandon the highway and begin your adventure on routes 132 and 138, which are world renowned for their wow-provoking scenery. Cycle your way through towns and villages nestled in the mountains or overlooking the sea. Then, when the St. Lawrence widens into the gulf, try some ferry-hopping to explore both coasts. Cycling is a great way to immerse yourself in the beauty of *Québec maritime's* scenery. Whether you only want to travel for a short distance or are planning an excursion of several hours or days, *Québec maritime* has the trails to suit your needs.

[www.quebecmaritime.ca/cycling](http://www.quebecmaritime.ca/cycling)

#### *Bas-Saint-Laurent: A favourite cycling destination*

Bike enthusiasts are in for a treat in Bas-Saint-Laurent with the Route Verte cycling trail, Bic National Park and the Petit Témis Interprovincial Linear Park. The Petit Témis bike trail gives you access to a variety of activities from simply enjoying the fresh air to exploring the charming villages along the trail. Made up of 134 kilometres (83 miles) of gravel paths reserved strictly for cyclists and pedestrians, this park is located on a decommissioned railway. The south section of the trail has rest areas every 2 kilometres (1.2 miles).

[www.bassaintlaurent.ca](http://www.bassaintlaurent.ca)

#### *Gaspésie: Picture-perfect landscapes*

A long peninsula bathed in the waters of the Estuary and Gulf of St. Lawrence, Gaspésie charms visitors with its contrasting landscapes ranging from undulating countryside to mountains overlooking the sea. In fishing and farming villages and small, dynamic towns built at the mouths of rivers, humans have carved out a place for themselves while preserving the natural world around them. The main road, Route 132, which forms a loop of about 900 kilometres (560 miles), is a unique and world-renowned scenic drive.

[www.tourisme-gaspesie.com](http://www.tourisme-gaspesie.com)

#### *Côte-Nord – Manicouagan: Cycling and whales*

The Véloroute des Baleines cycling trail runs along the Côte-Nord coast over a distance of 230 kilometres (140 miles) past mountains, lakes and forests, from Tadoussac–Sacré-Coeur to the entrance to the Maritime Adventure Park in the Jardin des Glaciers (Garden of the Glaciers) just east of Baie-Comeau. You may be lucky enough to spot whales as you cycle—keep your eyes and ears peeled!

[www.tourismemanicouagan.com](http://www.tourismemanicouagan.com)

#### *Côte-Nord – Duplessis: Memorable moments*

Bike enthusiasts can cycle along the coast or off-trail while admiring spectacular views of the region. Along the road, stop at the various lookouts and observation sites to take in the view. Whether you are a serious or casual cyclist, you will enjoy memorable moments in Duplessis.

[www.tourismeduplessis.com](http://www.tourismeduplessis.com)

#### *Îles de la Madeleine: Cycle to the rhythm of the tides*

Located in the middle of the Gulf of St. Lawrence at the easternmost edge of *Québec maritime*, the Îles de la Madeleine are a spectacular archipelago of green hills, red cliffs and long white-sand beaches. The Islands are an exotic cycling destination where the word *vacation* takes on its full meaning.

[www.tourismeilesdelamadeleine.com/velo](http://www.tourismeilesdelamadeleine.com/velo)



## Québec maritime Photo Library



The Québec maritime Photo Library provides you with hundreds of online photos, available when you need them.



Register now for this free service!



[www.photosquebecmaritime.ca](http://www.photosquebecmaritime.ca)

## Contact and Social Media

Le Québec maritime also offers personalized press tours organized in collaboration with its affiliated organizations, its partners and Tourisme Québec.

Please feel free to contact me for more information. I will be happy to help you plan your stay with us.

We look forward to welcoming you in *Québec maritime*!

Suzie Loiselle, Media Relations Officer  
[suzie.loiselle@quebecmaritime.ca](mailto:suzie.loiselle@quebecmaritime.ca)  
[www.linkedin.com/in/suzieloiselle](https://www.linkedin.com/in/suzieloiselle)



### Follow us on social media!

[www.quebecmaritime.ca/blogue](http://www.quebecmaritime.ca/blogue)

[www.facebook.com/quebecmaritime](https://www.facebook.com/quebecmaritime)



[www.twitter.com/quebecmaritime](https://www.twitter.com/quebecmaritime)



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

