

PRESS KIT

Beautiful by Nature !

Bas-Saint-Laurent

Gaspésie

Côte-Nord

Îles de la Madeleine

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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** 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, built in 1809, 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.

Parc national du Lac-Témiscouata: A new park to discover

Located in Bas-Saint-Laurent in the Témiscouata region, Parc national du Lac-Témiscouata 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

Parc national du Bic: A landscape shaped by the sea

Parc national du Bic 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

Parc national de la Gaspésie: A sea of mountains

Located in the heart of the Gaspé Peninsula, between the St. Lawrence River and Chaleur Bay, Parc national de la Gaspésie 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 Parc national de la Gaspésie, which is also home to a large moose population, arctic-alpine flora and spectacular scenery on every side. Come and soak in the splendours of the Chic-Choc and McGerrigle mountains.

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 20th 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

Parc national de l'Île-Bonaventure-et-du-Rocher-Percé: Beautiful by nature

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 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 116,000 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/parcperce

Parc national de Miguasha: History written in stone

Parc national de Miguasha 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

Parc national du Fjord-du-Saguenay: 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 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

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

Parc national d'Anticosti: 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. 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 166,000 white-tailed deer, 24 salmon rivers and seal haul-outs.

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

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 most accessible 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

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

Yurt stays at Parc national du Bic

Parc national du Bic 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

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. 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 Auberge de montagne des Chic-Chocs 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 km² (23 sq. mi.) of mountains with, as a bonus, two peaks over 1000 metres (3300 feet) high!

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! 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

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

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

Unusual accommodations in the middle of the forest

Located in the heart of the boreal forest of Sacré-Coeur, Canopée Lit offers a one-of-a-kind experience in treetop cabins.

www.quebecmaritime.ca/canopeelit

A snowy mountain setting

Parc national de la Gaspésie 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.

www.quebecmaritime.ca/parcgaspesie www.quebecmaritime.ca/montalbert

Powder and adrenaline

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

www.quebecmaritime.ca/chicchac



unusual Lodging

Are you looking for a unique experience? Why not try out the various unusual accommodations offered in maritime regions of Québec, 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, treetop cabin or yurt!

Maritime regions of Québec 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!

Société Duvetnor

Rivière-du-Loup, Bas-Saint-Laurent

Société Duvetnor offers three 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 at the gateway to the continent as did the lighthouse keepers of old.

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

Parc national du Bic

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

Domaine Floravie

Rimouski, Bas-Saint-Laurent

Domaine Floravie offers cottages mobile to minimize their environmental impact. During the summer, they are located along the water with stunning views of the St. Lawrence; in the fall, some are moved inland to protect them from the weather.

www.quebecmaritime.ca/floravie

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

Domaine Valga

Saint-Gabriel-de-Rimouski, Bas-Saint-Laurent

Domaine Valga offers you the opportunity to stay in one of nine 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

Auberge de montagne des Chic-Chocs

Shuttle pick-up in Cap-Chat, Gaspésie

The Auberge de montagne des Chic-Chocs 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

Parc national de la 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.

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

Ferme 5 Étoiles holiday resort

Sacré-Cœur, Côte-Nord

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

Canopée Lit

Sacré-Coeur, Côte-Nord

Located in the heart of the boreal forest of Sacré-Coeur, Canopée Lit offers a one-of-a-kind experience in treetop cabins and bubbles. 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!

www.quebecmaritime.ca/canopeelit

Mer et Monde Écotours

Les Bergeronnes, Côte-Nord

From your campsite on a tent platform located directly on the banks of the St. Lawrence Estuary, you can admire the natural beauty of this area. Enjoy being woken up by the powerful blows of the whales that will swim right by your dream camping spot!

www.quebecmaritime.ca/mermonde

Parc Nature de Pointe-aux-Outardes

Pointe-aux-Outardes, Côte-Nord

Come and admire the sunsets on the St. Lawrence Estuary and the beautiful starry sky while spending a memorable night in a comfortable giant birdhouse: a glamping adventure unlike anything you have ever experienced!

www.quebecmaritime.ca/parcoutardes

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

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

Parc de Gros-Cap

Cap-aux-Meules, Îles de la Madeleine

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 was cured on the ground floor.

www.quebecmaritime.ca/groscap

Auberge La Salicorne

Grande-Entrée, Îles de la Madeleine

Located on a hill, 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 it has to offer.

www.quebecmaritime.ca/salicorne



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.

Here are a few must-try products, mouth-watering dishes, people to meet and sites to visit, which I'll introduce you to via four regional food associations that promote the culinary heritage of maritime regions of Québec.

Îles de la Madeleine

Le Bon Goût Frais des Îles de la Madeleine

Let's begin on the Îles de la Madeleine. Because they live on a small archipelago, local food producers and artisans, who strongly believe in preserving their culinary heritage, work together to showcase regional products throughout the Islands. 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, offer a wide range of mouth-watering, authentic products; the association also organizes several gourmet events every year. Here are some of the things you'll want to try during your visit.

www.lebongoutfraisdesiles.com/en



Island lobster

Renowned for its subtle and exquisite taste, lobster can be eaten in a variety of ways: layered into 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 delicacies from Gourmande de nature

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 bouillon. This is your chance to taste almost all that the sea has to offer in a single dish! Johanne also recently opened the Gourmande de Nature boutique where you can take cooking classes.

www.quebecmaritime.ca/tabledesroy

www.quebecmaritime.ca/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 herring smokehouse. You can tour the microbrewery with a guide, who will introduce you to the beer-making process and give you samples to try.

www.quebecmaritime.ca/alabridelatempete



Gaspésie

Gaspésie Gourmande

Our next stop is Gaspésie, to explore a spectacular peninsula that offers products from the land, sea and forest. You will 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 also known for its lobster, if you're a seafood fan, you'll definitely want to try northern shrimp (also known as 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 have them is in the spring, when they're available fresh. Serve them whole (cooked) with a good white wine—you'll be surprised by how many you can eat!

www.gaspesiegourmande.com/en

Traditional smoked salmon

Gaspesians have long mastered the art of smoking salmon. In fact, there are several specialized smokehouses in the region, including Atkins et Frères and Fumoir Cascapédia. Smoked salmon is available 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.

Reford Gardens edible flowers at Estevan Lodge

Pierre-Olivier Ferry, executive chef at the Estevan Lodge restaurant, is renowned for his talent and innovation. He draws inspiration for his dishes from plants found in the Reford Gardens, which he picks every morning. A proud ambassador for the Smarter Seafood program, he believes in cooking in a responsible way by encouraging sustainable farming and fishing practices. No matter what you order from the restaurant's menu, you can be sure your food will be fresh and original—not to mention a feast for the senses!

www.quebecmaritime.ca/jardinsmetis

Strawberries from Ferme Bourdages Tradition

If you're in the Chaleur Bay region, you must visit Ferme Bourdages Tradition, a magnificent strawberry farm. First and foremost, you will be charmed by the warmth of the people who work there, including the two owners, brothers Pierre and Jean-François Bourdages. If you get a chance to meet them (and you must!), they will be happy to tell you the history of the farm, which has been in their family for seven generations. You can also visit the strawberry fields, the fermentation cellar (where they make unique strawberry wines and liqueurs) and the gift shop. Be sure to sample their delicious products, which will be offered with a smile!

www.quebecmaritime.ca/fermebourdages

Côte-Nord

La Nature aux Mille Délices gourmet trail

In Côte-Nord, the regions of Manicouagan and Duplessis offer nearly 1300 kilometres (800 miles) of seaside driving and larger-than-life scenery. Fresh seafood is found throughout these regions since they are bathed in the cold waters of the St. Lawrence Estuary. Forest products are also featured on many gourmet menus in Québec. Explore the *La Nature aux Mille Délices* gourmet trail where you'll encounter exceptional local food producers and restaurants. Here are a few you won't want to miss.

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 little known 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 mollusk is still relatively unknown. With a sweet delicate flavour similar to that 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 yellow berries have a distinctive tart flavour and are rich in antioxidants. They can be made into coulis, jellies, jams or butter (which is delicious cooked with scallops from Minganie). Several 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!

Bas-Saint-Laurent

Saveurs du Bas-Saint-Laurent

The last stop on our food tour is Bas-Saint-Laurent, which offers both the majestic St. Lawrence River and agricultural lands that stretch as far as the eye can see. Fertile and rich in history, this region will delight you with its many country-style 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. Here are a few products you will want to try.

www.saveursbsl.com (in French only)

Sweet treats at Pâtisserie et Gourmandises d'Olivier

Satisfy your sweet tooth by visiting Pâtisserie et Gourmandises d'Olivier, a French-style pastry shop with a local twist where you can savour macaroons, French pastries, cakes, chocolates and more. Try their superb homemade ice creams and sorbets, including sheep's milk ice cream and a sorbet made with berries from the Kamouraska region.

www.quebecmaritime.ca/pgo

Maple alcoholic beverages from Domaine Acer

You'll also 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 are sure to be charmed by the site, its history and the exquisite taste of its fine maple products.

www.quebecmaritime.ca/acer



Fée Gourmande chocolates

If you're a chocoholic, you'll want to visit the Fée Gourmande chocolate factory in Kamouraska, where you can try mouth-watering products made with pure cocoa butter by a master chocolatier. The factory also makes several types of caramels, including one with a touch of salt, a spread and various chocolate-covered caramels. To learn more about the chocolate-making process, request a guided tour of the factory. True chocolate lovers will want to spend the night in the master chocolatier's heritage home.

www.quebecmaritime.ca/feegourmande

Obviously, this is only a taste of the culinary delights that await you in the maritime regions of Québec.

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

www.quebecmaritime.ca/lodging / www.quebecmaritime.ca/restaurants

Regional Ambassadors

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

Gaspésie

Sylvain and Line Arsenault, [Excursions L'Omirlou](#)

Brought together by their love of the sea, Sylvain and Line Arsenault, originally from the Chaleur Bay area, have combined passion and hard work to make the most of the salt water that runs through their veins. Sylvain Arsenault has been a fisherman for the past 26 years. Every year in May, Captain Arsenault sets 235 lobster traps off the coast of Bonaventure. For the next 10 weeks, he will head out at about 4 a.m. every morning to tend to his traps: hauling them up, collecting his catch and then baiting and resetting them. For her part, Line Arsenault collects starfish and other incidental catches, which she uses to create maritime art. Come and meet this couple and get your fill of sea air as you participate in a sea excursion with Sylvain and then visit Line's art studio. Their project was inspired by chatting with the tourists who met Sylvain's boat at the Bonaventure wharf to ask him questions about being a lobster fisherman. Today, their son Louis-Philippe is also involved in the family business.



Côte-Nord

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.

Côte-Nord

Dereck Blouin, [Ferme 5 Étoiles holiday resort](#)

Originally from Québec City, Dereck Blouin has a diploma in Protection and Development of Wildlife Habitats. In search of wide open spaces and unique scenery, he decided to settle in Sacré-Coeur. Since his arrival at the Ferme 5 Étoiles holiday resort, Dereck has taken on many tasks, from animal care to site maintenance; he has also worked as a snowmobile guide. For the last few years, he has been in charge of the dog kennel, where he selects and trains dogs for the winter dogsledding season. He has known these dogs since they were puppies. Whether they are animals rescued by the holiday resort or dogs that have been trained since they were young, Dereck has developed a close relationship with them. He loved introducing the region and rescue dogs to guests as well as sharing his passion for nature and wildlife, including bears, moose and wolves.





Bas-Saint-Laurent

Jean-Philippe Champagne, [La Fée Gourmande](#)

Born in Montréal, Jean-Philippe Champagne fell in love with the Bas-Saint-Laurent region when he first visited Kamouraska in 2004. He was instantly charmed by the area's residents, scenery, rich built heritage and local products as well as the creativity of its artisans. The La Fée Gourmande chocolate factory and shop was one of his favourite places. In 2010, when he heard that the owner was shutting down the factory because she was retiring, he and his partner offered to buy it. As a result, they moved to Kamouraska and became the proud owners of La Fée Gourmande. Combining traditional chocolate recipes with new products developed in collaboration with local producers, Jean-Philippe is pleased to contribute to the development of the Kamouraska area.

Îles de la Madeleine

Stéphane Gaudet, [CTMA](#)

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 study, 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 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."



Côte-Nord

Marie-Sophie Giroux and Patrice Corbeil, [Marine Mammal Interpretation Centre \(CIMM\)](#)



Marie-Sophie Giroux and Patrice Corbeil both work for the Group for Research and Education on Marine Mammals (GREMM) at the confluence of the Saguenay Fjord and the St. Lawrence River. One of the GREMM's achievements was the opening of the Marine Mammal Interpretation Centre (CIMM) in Tadoussac, 25 years ago. A visit to this centre is a must and the perfect complement to a whale-watching excursion. Marie-Sophie Giroux has been working for



the GREMM for 10 years. After studying marine biology and environmental consulting at university, she decided to make her home in Tadoussac to work for the CIMM, where she is the chief naturalist. She also works on projects such as the Whale Portraits (available in French only) and updates the GREMM website. Curious by nature, she enjoys sharing her passion for large marine animals and is always pleased to meet and talk to visitors at the CIMM. Patrice Corbeil is executive director 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, as well as for outreach on their behalf. He believes in teamwork and is an eternal optimist.

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.

Îles de la Madeleine

Pauline-Gervaise Grégoire and Martin Fiset, [Artisans du Sable / Sand Economuseum](#)

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 sand from the Îles de la Madeleine and other materials, they create sand sculptures that capture the atmosphere of the Islands. Originally from the Îles de la Madeleine, Pauline-Gervaise Grégoire 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 for the boutique. She loves challenges and always being on the go! Martin Fiset is trained as a graphic and industrial designer. The wind brought him to the Islands where he settled several years ago. He is the artistic director of the Artisans du Sable ECONOMUSEUM® as well as a painter. He is therefore responsible for the company's image and for dreaming up new ideas.



Bas-Saint-Laurent

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 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

Guillaume Molaison, [Chic-Chac](#)

Originally from Douglastown, 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 draws on his family values and 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.



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

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

TADOUSSAC SONG FESTIVAL

TADOUSSAC, CÔTE-NORD | **June 9 to 12, 2016**



The biggest of Québec's small festivals transforms the entire village into an enormous, weekend-long music festival, with thousands of music-lovers arriving in town from near and far. Almost forty different artists from Europe, Québec and other provinces, perform on one of the festival's 12 stages. Visitors will love the intimate atmosphere and the chance to rub shoulders with the artists. Amenities for festival-goers include campsites and shuttle services.

www.quebecmaritime.ca/chansontadoussac

PETITE-VALLÉE SONG FESTIVAL – 33rd edition

PETITE-VALLÉE, GASPÉSIE | **June 30 to July 9, 2016**



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

INTERNATIONAL GARDEN FESTIVAL – 16th edition

GRAND-MÉTIS, GASPÉSIE | **June 24 to October 1st, 2016**



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

TOUR DE LA RELÈVE INTERNATIONALE

RIMOUSKI, BAS-SAINT-LAURENT | **July 6 to 10, 2016**



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

LES GRANDES FÊTES TÉLUS

RIMOUSKI, BAS-SAINT-LAURENT | **July 20 to 24, 2016**



From July 20 to 24, 2016, the Grandes Fêtes Télus 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

FESTIVAL MUSIQUE DU BOUT DU MONDE

GASPÉ, GASPÉSIE | **August 10 to 14, 2016**



The Festival Musique du Bout du Monde (FMBM) is a unique annual world music festival. For five 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

INNUCADIE STORIES AND LEGENDS FESTIVAL

NATASHQUAN, CÔTE-NORD | **August 11 to 14, 2016**



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

"CONCERTS AUX ÎLES DU BIC" CHAMBER MUSIC FESTIVAL

RIMOUSKI, BAS-SAINT-LAURENT | **August 6 to 14, 2016**



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

RIMOUSKI FESTI JAZZ INTERNATIONAL 30th edition
RIMOUSKI, BAS-SAINT-LAURENT | **August 31 to September 4, 2016**



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

TDLG ON FOOT
GASPÉ, GASPÉSIE | **September 24 to October 1st, 2016**



The second edition of the TDLG on Foot will take place from September 24 to October 1st, 2016. 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

FESTIVAL LA VIRÉE
CARLETON, GASPÉSIE | **October 7 to 9, 2016**



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

GASPÉSIE INTERNATIONAL RAID

CARLETON-SUR-MER, GASPÉSIE | **September 8 to 11, 2016**



Are you wild enough? The Gaspésie International Raid is a multisport competition taking place in the Carleton-sur-Mer area. Teams from a dozen countries participate in this thrilling four-day adventure.

www.raidinternationalgaspesie.com

NOËL CHEZ NOUS À RIVIÈRE-DU-LOUP

RIVIÈRE-DU-LOUP, BAS-SAINT-LAURENT | **November 2 to 6, 2016**



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

BORÉAL LOPPET

FORESTVILLE, CÔTE-NORD | **February 2017**



The annual Boréal Loppet is the longest cross-country ski race held in Québec. The 2017 edition will take place 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.borealloppet.ca

TDLG ON SKIS

GASPÉ, GASPÉSIE | **February 2017**



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

BABY SEAL WATCHING ON THE ICE

ÎLES DE LA MADELEINE | **End of February until beginning of March, 2017**



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.hotelsilesdelamadeleine.com



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

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

Moose, caribou and deer

One of the highlights of any visit to the Réserve faunique de Matane 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

Covering an area of about 800 km² (310 sq. mi.), Parc national de la Gaspésie 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

Enjoy the comforts of the Auberge de montagne des Chics-Chocs 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 km² (23 sq. mi.) of mountains with, as a bonus, two peaks over 1000 metres (3300 feet) high!

www.quebecmaritime.ca/aubergedemontagne

Anchored in the middle of the Gulf of St. Lawrence, Anticosti Island is a natural gem, home to over 166,000 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 Parc national d'Anticosti.

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.

www.quebecmaritime.ca/whalewatching

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

Along the Whale Route, you will explore the tourism regions of Côte-Nord (Manicouagan and 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.

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

www.quebecmaritime.ca/aml

www.quebecmaritime.ca/croisieresessipit

Take advantage of strategic departure points on the south shore of the St. Lawrence and enjoy exciting whale and seal sightings. Board 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

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

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

In the enchanting setting of Parc national de l'Île-Bonaventure-et-du-Rocher-Percé, Bonaventure Island is home to some 116,000 northern gannets, the most accessible colony of these birds in the world.

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

Smarter Seafood

Look for the Smarter Seafood logo in the restaurants and fish markets of the province 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, Stimpson surf clam, sea lettuce... there is something for everyone, from the pickiest to the most adventurous eaters.

www.quebecmaritime.ca/exploramer

Get a taste of Québec maritime

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

www.quebecmaritime.ca/restaurants

Summer fun in 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 maritime regions of Québec's nature, culture and history. These parks are gateways to an immense territory just waiting to be discovered!

www.quebecmaritime.ca/parks

Sea kayaking

In maritime regions of Québec, 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/seakayaking

International Appalachian Trail (IAT)

The unique International Appalachian Trail (IAT) runs across the region of Gaspésie for 650 kilometres (400 miles), including segments in Parc national de la Gaspésie and Forillon National Park. In 2015, the French Hiking Federation (FFRP) recognized the Québec segment of this trail as the first long-distance hiking route (GRA1) in North America. The purpose of this certification is to ensure the quality and sustainability of the trails to which it is granted, in accordance with specific criteria.

www.quebecmaritime.ca/sia

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, maritime regions of Québec has the trails to suit your needs.

www.quebecmaritime.ca/cycling



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!

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 maritime regions of Québec!

Suzie Loiselle, Media Relations Officer

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