

Experience Quebec at its most authentic

Nature & the Great Outdoors

Kabania

www.kabania.ca

Kabania is an ecotourism lodging site located in the heart of **Ouareau Forest Regional Park**. Bordered by the River Dufresne, its **9 cabins, built on 9-foot stilts**, make you feel you're up in the treetops! Campers have access to a common pavilion with relaxation areas (terrace, hammock, library) and utilities (toilets, showers and kitchen) where you can mingle with other site visitors. Enjoy various outdoor activities in the Regional Park, directly accessible from the Kabania site.



Chez Roger L'Ermite

www.chezrogerlermite.ca

The ideal place to enjoy the beauty and attractions of an incomparable environment. With their rustic charm, our residences and campground facilities offer the perfect getaway for those who love special places. Chez Roger l'Ermite welcomes guests to stay in the first **Arbogites™**. Perched on a rocky promontory, one Arbogîte is a 4-season lodging built with recycled wood. Another, inspired by treehouses and camping, is a small (2 m x 6 m) hideaway built on cedar logs, nestling in a mature forest with no electricity or running water. We also offer another refuge with **many windows more than 2 m tall**.

Canoeing and kayaking

www.canotvolant.ca

www.ekmf.ca

www.exnq.ca

www.nerrivikaventures.com

With its 10,000 lakes and rivers, Lanaudière invites you to take to the water! Our region has many companies offering tours, excursions and packages so you can explore all these watery paradises. Whether you go by canoe or kayak, you'll be right in the heart of the wilderness in all its beauty. Unleash the explorer in you!





Mont Tremblant National Park

www.Sepaq.com/PQ/MOT

In summer and winter, Mont Tremblant National Park welcomes everyone who loves the great outdoors and a mountainous environment. Come explore the Park's lakes and river by canoe or kayak, and stay in a yurt or at a great camp site.

Outfitter lodges

www.lanaudiere.ca

Lanaudière has a large concentration of outfitters in the northern part of the region. As well, the municipality of St-Zénon is known as "brook trout paradise." Our outfitters offer comfortable accommodation and some even serve very good cuisine. Also, try ice fishing in winter.

Snowmobiling

www.paysdelamotoneige.ca

What makes Lanaudière *the* finest destination for snowmobiling?

- an endless variety of touring routes over a 2,300 km trail network
- outstanding trail conditions, with frequent grooming
- quality services available directly on the trails (lodging, food, equipment rentals and repairs)

New this year: Lanaudière and Mauricie regions offer a joint snowmobile map.



Agritourism

Country Roads

www.cheminsdecampagne.ca

Take one of our recommended Country Roads (*Les Chemins de campagne*) tours, and really get a taste of Lanaudière! You'll truly experience the countryside of the region and the local specialties. Through Lanaudière's most beautiful landscapes, our 6 tours introduce you to many unique products and to our dedicated farmers and producers.



Bonsaï Gros-Bec

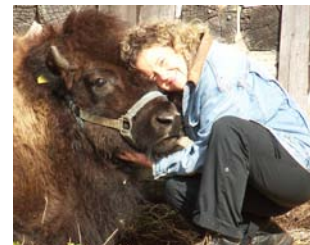
www.bonsaigrosbec.com

Picturesque greenhouses filled with bonsais, a zen garden on a rocky promontory with mountain views... it's well worth a visit to Bonsaï Gros-Bec. Both educational and beautiful, this unique site has everything to enhance the visitor experience. Also, interpretation centre and exhibition on the art of Japanese bonsai and Chinese penjing. Owner Robert Smith is considered *the* bonsai expert in Canada, as determined by the World Bonsai Friendship Federation.

La Terre des bisons

www.terredesbisons.com

Discover these impressive (and so endearing!) animals through the care and love that owner Josée Toupin has for them. La Terre des bisons is a farm offering interpretation, meat and other products directly to consumers. Come visit our farm and produce stand with onsite butcher's, and take the opportunity to stock up on our 100% natural products, including grilled meat, sausages, pâtés, tourtière, etc. Unguided tours with stop at the stand, or guided tours with wine tasting.



Bergerie des Neiges

www.bergeriedesneiges.com

Enter the world of Desneiges Pepin, lawyer turned shepherdess! Proud and authentic breeders of lambs since 1985, we process at the farm our 100% lamb meat and deli products: cuts, sausages, merguez, terrines and more. Visit the sheepfold.

History and Culture

Abbaye Val Notre-Dame

www.abbayevalnotredame.ca

In 2009, after 127 years, the monks of Oka left their monastery to set up in Saint-Jean-de-Matha, at the Abbey Val Notre-Dame. The new abbey, built on extensive grounds at the foot of La Montagne Coupée, impresses with the bold architecture of its church, open at all times. The abbey's design has earned architect Pierre Thibault much praise.

While the monastery is not open to tours, the church is accessible every day from 4:00 am to 8:00 pm. Stop here and attend prayers with the monks, reflect, rest or simply admire the scene. **The shop** has a wide range of products made on site.

Musée d'art de Joliette

www.museejoliette.org

The largest regional art museum in Quebec, the Musée d'Art de Joliette presents an outstanding panorama from the 14th century to the present day, from the art of antiquity to contemporary Quebec, Canadian and international art. Open year-round, the Museum also offers a varied program of temporary exhibitions and wide choice of cultural and educational activities for audiences of all ages. Major collection of religious art.

Festival de Lanaudière

www.lanaudiere.org

The largest festival of music in the Canada offers each year a series of concerts presented in the open air, at the Joliette Amphitheatre. Symphonic and choral music, chamber music, and soloists of international renown, all presented in a natural bowl that can accommodate up to 8,000 people, with phenomenal acoustics.



Historic Site of Île-des-Moulins

www.iledesmoulins.qc.ca

Located in the heart of Vieux-Terrebonne, the Île-des-Moulins invites you to enjoy an exciting cultural and historical experience. Classified an historic site in 1973, it is one of the largest 19th century pre-industrial complexes anywhere. Five restored buildings today still bear witness to the site's former vitality. Enjoy the splendour of the scene with guided tours, exhibitions, cultural activities and talks.

Le Chemin du Roy

www.lecheminduroy.com

The Chemin du Roy (King's Road) is a recognized and signposted tourist route showcasing the rich heritage and history of New France through three tourist regions of the province: Quebec City, Mauricie and Lanaudière. The Chemin du Roy is an invitation to admire the beautiful scenery along the banks of the St. Lawrence River and discover all the riches of our region: picturesque villages, churches and chapels, museums, historic houses, arts and crafts, gardens and tourist services.

Manawan

www.tourismemanawan.com

The Manawan reserve, aboriginal community of the Atikamekw nation, was created in 1906. It offers visitors fair and sustainable tourism with authentic learning experiences, adventure and cultural exchanges in an outstanding natural setting. The Manawan community is located 89 km northwest of Saint-Michel-des-Saints.

Visitors can stay for 2 nights and 3 days at the traditional site of Lake Kempt. Accompanied by a native guide, take a boat ride to the "Matakan" site in a vast natural environment. Immerse yourself in the Amerindian culture and discover their way of life, culture and traditions. Listen to legends at the fireside and spend the night in a teepee.

Relaxation

La Source bains nordiques

www.lasourcespa.com

La Source is a spa based on a "green" philosophy, nestled between a rock wall and a hill, in the heart of a vast forest. Carved out of the cliff, the site offers a contemporary ecological setting with the bonus of stunning views.

Enjoy steam baths, saunas, nordic waterfalls and massage therapy, as well as the "black room," a unique sensory experience in Canada.



Lodging

Auberge du Lac Taureau and Condos

www.lactaureau.com

The Auberge is a 4-star log cabin-style inn with 150 rooms located in a forest setting beside a majestic lake in Lac Taureau Regional Park. It offers high-quality accommodation and a unique experience: relaxation, health treatments, outdoor activities, gastronomy, comfort and warmth. Depending on the season, our guests may be individuals, couples or families, groups and corporate, national and international. The Auberge also offers accommodation in luxury condos, including our "Royal" and "Presidential" units.



Inns, cottages and outfitters in the heart of nature

www.montagnecoupee.com

www.pourvoirietrudeau.com

www.domainebazinet.com

www.beauxchalets.com

www.kanamouche.com

Enjoy accommodation in the peace and quiet of Lanaudière's lovely scenery. Cozy and rustic, often in forest settings, our inns, cottages and outfitters' lodges offer a total change of scene and authentic charm. Spas, body care, gourmet meals prepared with local products, outdoor activities... all this awaits you in Lanaudière! Summer and winter, the great outdoors will satisfy your need to get away. Add to this our endless starry skies and a good fire, and the picture is to complete.



Comfortable B&Bs (gîtes)

www.auxquatrematins.ca

www.lechevalbleu.com

www.auberge-lanaudiere.com

www.gitedulactaureau.com

For a warm and personalized welcome, visit the *gîtes* of Lanaudière. You'll love the rustic atmosphere and cozy comfort. The owners will be happy to help you discover the wonders of nature and local gastronomy. All around, lovely landscapes paint a picture of the real, authentic Quebec.

Other Lanaudière experiences not to be missed

Cycle touring of Berthier Islands

www.poleberthier.com

Cycling enthusiasts, discover the unique treasures of the Berthier Islands: the lovely countryside and the villages of Saint-Ignace, Île-Dupas, Saint-Barthélemy, Maskinongé, Saint-Cuthbert, Sainte-Geneviève-de-Berthier and Berthierville. In all, some 80 kilometres to explore. Also, take the ferry boat connecting Île-Dupas to Saint-Barthélemy.

Seven regional parks

www.lanaudiere.ca

Explore the majestic wilderness areas of Lanaudière and enjoy your favourite outdoor activities: hiking, canoeing, kayaking, snowshoeing, cross-country skiing, etc. An unfolding panorama of valleys, rivers, streams and waterfalls awaits you in the vastness of these great parks.



Kinadapt

www.kinadapt.com

Let our pack of Alaskan huskies accompany you through mountains, valleys and woodlands, and bring you close to nature. Canicross, introductory courses in dog sledding and skijoring, sports training and eco-hiking all year round.

Arbraska forest adventures

www.arbraska.com

With more than 120 games in the trees, Arbraska Rawdon offers a world of activities such as ziplines, walkways, climbing nets and immense Tarzan ropes, as well as two thrilling extreme routes. Also, experience rock climbing on the Via Ferrata: 4 unique and safe rock walls. And we now offer something new in North America: the Escalarbre, a climbing activity that takes you to the top of the trees.



Domaine de l'Île Ronde

www.domainedelileronde.com

Come learn all about the art of viticulture and how we make our famous wines. We'll bring you across to our island by boat from Saint-Sulpice for a guided tour of the facilities.

Skating on L'Assomption River

www.festiglance.ca

Come and discover the longest river skating track in Quebec! Nine kilometres of great skating in the most enchanting setting! Ten points of access, free of charge, every day, when conditions permit.

Le Rituel Health Centre

www.centrelerituel.com

A health centre offering accommodation in an igloo with all the equipment necessary for your comfort. Package includes access to the complete site (sauna, spas, river, indoor and outdoor relaxation areas) one night in an igloo and breakfast.



Read **Lanaudière** magazine online: <http://www.yqbmedia.com/PageFlip/Lanaudiere>

If you have any questions, feel free to contact me.
Good day!

Andréanne Beaulieu

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