



SAGUENAY-LAC-SAINT-JEAN BIKE EXPERIENCE

A diversified circuit and personalized experiences... for everyone!

Traveling along the *Véloroute des Bleuets* and the *Véloroute du Fjord du Saguenay*, the trails are divided into sections. Each of these sections connects municipalities between themselves, and are classified according to the category they are aiming at. We have established five different categories of clientele.

FAMILY/RECREATIONAL

The experience intended for family and recreational cyclists is composed of **cycling trails** and **designated roadway sections with little to no elevation gain**. Identified in green.

TOURING CYCLIST

The experience intended for touring cyclists offers sections with **paved shoulders** with a minimal three-foot width (one meter) and hills with **little change in elevation** (moderate elevation gain). Identified in yellow.

PERFORMANCE CYCLIST

The experience is intended for performance cyclists and allows the cyclist to undertake the circuit's most challenging sections. One can expect **paved shoulders** and hills with risk of **high changes in elevation**. Identified in red.

MOUNTAIN BIKE

The experience aiming at mountain bike users proposes seven different centers where you can find more than **160 km** of trails, with varying levels of difficulties.

FATBIKE

The experience aiming at fatbike users proposes **80 km** of trails maintained and marked for a secure experience in surroundings catered for debutants as well as experienced bikers.

When a section of the circuit is composed of one or more different roadway surfaces (bicycle trail, paved shoulder or designated shared roadway), it will be identified by the color implying the closest proximity to automobile traffic.

LAND AND MARINE SHUTTLES

MARINE SHUTTLES

Two majestic waterways characterize the Saguenay-Lac-Saint-Jean region: the Saguenay Fjord, the only inhabited fjord in North America, and Lac Saint-Jean, a true inland sea. In our region, water and cycling go hand in hand. Several marine shuttle options are conveniently available along the length of the course.

Alma

- Le Maligneau bike crossing (Centre de villégiature Dam-en-Terre)
- *La Tournée* boat

Péribonka

- Marine shuttle (between Péribonka and Pointe Taillon)

Shipshaw

- Traverse Jonquière-Shipshaw

Fjord du Saguenay

- The Fjord Marine Shuttle

ADDITIONAL INFORMATION FOR THE MARINE SHUTTLES **Véloroutes des Bleuets**, page 19. **Véloroute du Fjord du Saguenay**, page 24.

LUGGAGE TRANSPORTATION

Opt for the luggage transportation service to complete your ultimate vacation experience! Cycle at your leisure and collect your personal belongings at the end of the day. Find out more about the available options.

Véloroute des Bleuets luggage transportation shuttle

Luggage transportation from one accommodation to the next; details on page 20.

Équinox Aventure Cycling travel agency

Personalized luggage transportation; details on pages 20 et 24.

The Fjord Marine Shuttle

Depending on the ships' schedule, no reservations required; details on page 25.

PASSENGER TRANSPORTATION

Équinox Aventure has a valid bus transportation licence, which enables them to meet your every travelling need along the circuit.

Équinox Aventure Cycling travel agency

Transportation for cyclists with their bicycle, towing available for group cyclists; detail on page 18.





FAMILY/RECREATIONAL EXPERIENCE

| MAP | ITINERARY | KM | MIL |
|-----|---|------|------|
| 1A | Sainte-Monique to Saint-Henri-de-Taillon | 25 | 15.5 |
| 1B | Parc national de la Pointe-Taillon | 21 | 13 |
| 3B | City of Alma cycling network | 13,5 | 8 |
| 3C | Alma Dam-en-Terre to Maison du Vélo by Maligneau | 4 | 2.5 |
| 4 | Saint-Gédéon to Métabetchouan-Lac-à-la-Croix | 11,5 | 7 |
| 5 | Métabetchouan-Lac-à-la-Croix to Desbiens | 7 | 4.5 |
| 9 | Mashteuiatsh to Saint-Prime | 9,5 | 5 |
| 10 | Saint-Prime to Saint-Félicien | 12 | 7.5 |
| 11B | Zoo sauvage de Saint-Félicien | 8 | 5 |
| 19A | Saguenay (Jonquière) to Saguenay (Chicoutimi) | 27 | 17 |
| 19B | Saguenay (Jonquière) to Saguenay (Shipshaw) | 6 | 3.5 |
| 21 | Saguenay (La Baie) / Cruise wharf to Musée du Fjord | 5 | 3 |

TOURING CYCLIST EXPERIENCE

| MAP | ITINERARY | KM | MIL |
|-----|---|----|------|
| 2 | Saint-Henri-de-Taillon to Alma | 24 | 15 |
| 3A | Alma to Saint-Gédéon | 26 | 16 |
| 6 | Desbiens to Chambord | 9 | 5.5 |
| 7 | Chambord to Roberval | 19 | 12 |
| 8 | Roberval to Mashteuiatsh | 6 | 3.5 |
| 11A | Saint-Félicien to Normandin | 26 | 16 |
| 12 | Normandin to Albanel | 9 | 5.5 |
| 13A | Albanel to Dolbeau-Mistassini | 22 | 13.5 |
| 13B | Albanel to Girardville cycling network | 45 | 28 |
| 14 | Dolbeau-Mistassini to Sainte-Jeanne-d'Arc | 20 | 12.5 |

TOURING CYCLIST EXPERIENCE

| MAP | ITINERARY | KM | MIL |
|-----|---|------|-----|
| 15 | Sainte-Jeanne-d'Arc to Péribonka | 12,5 | 8 |
| 16 | Péribonka to Sainte-Monique | 16 | 10 |
| 18 | Saguenay (Lac-Kénogami) to Saguenay (Jonquière) | 24 | 15 |
| 20 | Saguenay (Chicoutimi) to Saguenay (La Baie) | 22,5 | 14 |
| 23B | L'Anse-Saint-Jean wharf | 8,5 | 5,5 |
| 24B | Petit-Saguenay wharf | 4,5 | 3 |
| 28A | Sacré-Coeur to Sainte-Rose-du-Nord | 65 | 40 |
| 28B | Baie Sainte-Marguerite | 3 | 2 |
| 30 | Saint-Fulgence to Saguenay (Chicoutimi) | 15 | 9,5 |

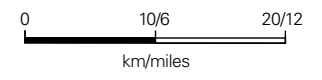
PERFORMANCE CYCLIST EXPERIENCE

| MAP | ITINERARY | KM | MIL |
|-----|--|------|------|
| 17 | Métabetchouan-Lac-à-la-Croix to Hébertville | 31,5 | 19,5 |
| 22A | Saguenay (La Baie) to Rivière-Éternité | 40 | 25 |
| 22B | Parc national du Fjord-du-Saguenay (Baie Éternité) | 8 | 5 |
| 23A | Rivière-Éternité to L'Anse-Saint-Jean | 15 | 9,5 |
| 23C | Anse-de-Tabatière | 7 | 4,5 |
| 23D | Mont-Édouard | 5,5 | 3,5 |
| 24A | L'Anse-Saint-Jean to Petit-Saguenay | 14 | 8,5 |
| 24C | Anse-Saint-Étienne | 13 | 8 |
| 25 | Petit-Saguenay to Saint-Siméon | 55 | 34 |
| 26 | Saint-Siméon to Tadoussac | 40 | 25 |
| 27A | Tadoussac à Sacré-Coeur | 23 | 14,5 |
| 27B | Anse-de-Roche | 5 | 3 |
| 29 | Sainte-Rose-du-Nord to Saint-Fulgence | 29 | 18 |



LEGEND

- Yellow pin: Departure/Arrival
- Green line: Family/Recreational experience
- Orange line: Touring cyclist experience
- Red line: Performance cyclist experience
- Ship icon: Marine shuttle
- Train icon: Train station
- Question mark icon: Tourist information - Maison du vélo
- Mountain bike icon: Mountain bike center
- Fatbike icon: Fatbike center
- Green square: Parcs Québec (National park)
- Blue square: Saguenay-St. Lawrence Marine park





bikeexperience.ca



Véloroute des Bleuets

1692, avenue du Pont Nord
Alma (Québec) G8B 5G3
418.668.4541 / 1.866.550.4541
info@veloroutedesbleuets.com



**Véloroute du Fjord du Saguenay -
a division of Promotion Saguenay**

295, rue Racine Est
Saguenay (Chicoutimi District)
(Québec) G7H 5B7
418.698.3167 / 1.800.463.6565
tourisme@saguenay.ca



Photos credits: Tourisme Alma Lac-Saint-Jean, Zoo sauvage de St-Félicien, Martin Gaudreault, Charles-David Robitaille, Sophie Lavoie, NathB photographe, Fabrice Tremblay, Paul Cimon, JM Décoste photographe, Laurent Silvani, Gilles Morneau and Rocket Lavoie.

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WELCOME TO SAGUENAY-LAC-SAINT-JEAN

A territory three times the size of Belgium, the Saguenay-Lac-Saint-Jean region is renowned for being an exceptionally rich and diverse cycling destination. Fabulous experiences for cyclists of all levels and expectations guaranteed.

A unique North-American destination with its colossal fjord, vast inland sea, nature that's larger than life and an urban pulse that binds them together, Saguenay-Lac-Saint-Jean offers radically different natural environments, wide open spaces and human environments all within the same region.

Surrounding Lac Saint-Jean's vast agricultural plain, with its breathtaking landscapes and horizons that ignite with the setting sun... From the shore to the sky where the mountainous cliffs tower high above the Saguenay Fjord... Countryside hamlets along the route to the City of Saguenay and other villages which remain to be explored, often rustic, always accessible... Travelling cyclists will find the perfect challenge to tickle their fancy, no matter if it's for athletic trials, a vacation balanced with adventure and relaxation, stimulating natural environments or family adventures for the virtual photo album and fond memories that will last a lifetime.

This practical guide is a reliable and comprehensive tool that will lead you through the different cycling circuits that are yours to discover in Saguenay-Lac-Saint-Jean. You can find the route to suit your needs in terms of length as well as level of difficulty, with step by step routes clearly identified.

Yves Ouellet
Travel columnist



OVERVIEW OF THE GUIDE

The general map at the beginning of this guide shows an overall view of the Saguenay–Lac-Saint-Jean Bike Experience cycling circuit, which includes the *Véloroute des Bleuets*, the associate networks and the *Véloroute du Fjord du Saguenay*. You'll find 32 detailed maps within the pages of this guide.



- The maps numbered from **1 to 17** include the **Véloroute des Bleuets** region and the associate cycling networks.



- The maps numbered from **18 to 30** include the **Véloroute du Fjord du Saguenay**.
- Mountain bike and *Fatbike* maps. On Map **31** circuits in **Lac-Saint-Jean** and on Map **32** circuits in **Saguenay**.
- You can find **itinerary proposals** on pages 27 and 28.
- **A digital version of this guide is available on the website bikeexperience.ca**



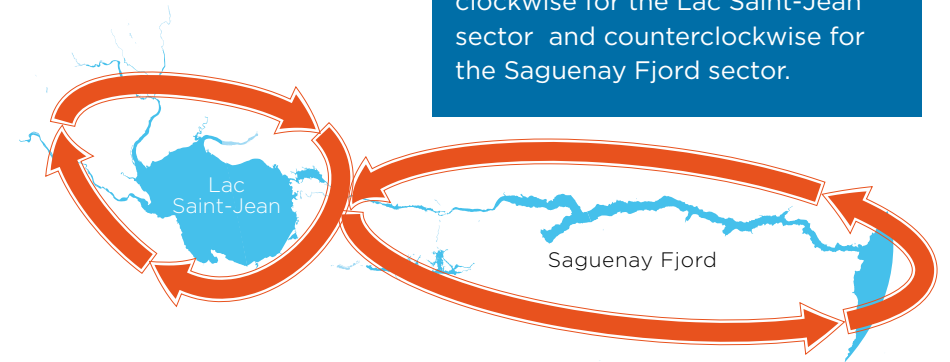
You can find and access the detailed maps of the *Véloroute des Bleuets* and the overall map of the *Véloroute du Fjord* on the **mobile app Ondago**.

WE PUBLISH THIS GUIDE EVERY TWO YEARS

Updates are available via our website. To order a copy of the guide, visit bikeexperience.ca

Ce guide est disponible également en français.

WHERE TO BEGIN?



There's no "official" starting point when travelling this circuit. The maps in the guide are listed clockwise for the Lac Saint-Jean sector and counterclockwise for the Saguenay Fjord sector.

LEGEND OF SYMBOLS



Departure/Arrival

Categories :



Family/Recreational



Touring cyclist



Performance cyclist



Mountain bike



Fatbike



Véloroute des Bleuets



Véloroute du Fjord du Saguenay

Associated bicycle networks:



Ville d'Alma



Horst de Kénoami



Au fil des rivières



Bienvenue cyclistes!
Accommodations



Suggested activities



Maison du vélo



Mileposts



Bicycle rest area



Covered bridge



Shelter



Marine shuttle



Cruise



Monitored and paid parking



Parking permitted



Tourist information



Repairs/lease/
vendor



Drinking water sources



Places to eat



Scenic viewpoint



Roadside rest area



Beach



Hiking



Mountain biking
centre



Salmon river



Ferry

| | ALMA | SAINT-GÉDÉON | MÉTABETCHOUAN-LAC-À-LA-CROIX | DESBIENS | CHAMBORD | ROBERVAL | MASHEUIATSH | SAINT-PRIME | SAINT-FÉLICIEN | NORMANDIN | ALBANEL | DOLBEAU-MISTASSINI | SAINTE-JEANNE-D'ARC | PÉRIBONKA | SAINTE-MONIQUE | SAINT-HENRI-DE-TAILLON |
|------------------------------|------|--------------|------------------------------|----------|----------|----------|-------------|-------------|----------------|-----------|---------|--------------------|---------------------|-----------|----------------|------------------------|
| ALMA | | 21 | 33 | 38 | 49 | 63 | 74 | 83 | 99 | 125 | 134 | 156 | 176 | 189 | 205 | 230 |
| SAINT-GÉDÉON | 235 | | 12 | 17 | 33 | 47 | 58 | 67 | 83 | 109 | 118 | 140 | 160 | 173 | 189 | 214 |
| MÉTABETCHOUAN-LAC-À-LA-CROIX | 223 | 244 | | 5 | 16 | 30 | 41 | 50 | 66 | 92 | 101 | 123 | 143 | 156 | 172 | 197 |
| DESBIENS | 218 | 239 | 251 | | 11 | 25 | 36 | 45 | 61 | 87 | 96 | 118 | 138 | 151 | 167 | 192 |
| CHAMBORD | 207 | 228 | 204 | 245 | | 14 | 25 | 34 | 50 | 76 | 85 | 107 | 127 | 140 | 156 | 181 |
| ROBERVAL | 193 | 214 | 226 | 231 | 242 | | 11 | 20 | 36 | 62 | 71 | 93 | 113 | 126 | 142 | 167 |
| MASHEUIATSH | 182 | 203 | 215 | 220 | 231 | 245 | | 9 | 25 | 51 | 60 | 82 | 102 | 115 | 131 | 156 |
| SAINT-PRIME | 173 | 194 | 206 | 211 | 222 | 236 | 247 | | 16 | 42 | 51 | 73 | 93 | 106 | 122 | 146 |
| SAINT-FÉLICIEN | 157 | 178 | 190 | 195 | 206 | 220 | 231 | 240 | | 27 | 36 | 57 | 77 | 90 | 106 | 131 |
| NORMANDIN | 131 | 152 | 164 | 169 | 180 | 194 | 205 | 214 | 131 | | 9 | 30 | 51 | 64 | 80 | 104 |
| ALBANEL | 122 | 143 | 155 | 160 | 171 | 185 | 196 | 205 | 221 | 247 | | 21 | 42 | 55 | 71 | 95 |
| DOLBEAU-MISTASSINI | 100 | 121 | 133 | 138 | 149 | 163 | 174 | 184 | 199 | 226 | 235 | | 20 | 33 | 49 | 74 |
| SAINTE-JEANNE-D'ARC | 80 | 101 | 113 | 118 | 129 | 143 | 154 | 163 | 179 | 205 | 214 | 236 | | 13 | 29 | 54 |
| PÉRIBONKA | 67 | 88 | 100 | 105 | 116 | 130 | 141 | 150 | 166 | 193 | 202 | 223 | 243 | | 16 | 41 |
| SAINTE-MONIQUE | 51 | 72 | 84 | 89 | 100 | 114 | 125 | 134 | 150 | 176 | 185 | 207 | 227 | 240 | | 25 |
| SAINT-HENRI-DE-TAILLON | 26 | 47 | 59 | 64 | 76 | 90 | 101 | 110 | 125 | 152 | 161 | 182 | 202 | 215 | 231 | |

DISTANCE TABLE IN KILOMETERS

Cycling network:

Ville d'Alma: 13.5 km, see map 3 | Au fil des rivières: 45 km, see map 13 | Kénogami's Horst: 31.5 km, see map 17.

PLEASE NOTE DISTANCES ARE COMPILED FROM DEPARTURE AND ARRIVAL POINTS ASSOCIATED WITH EACH IDENTIFIED MUNICIPALITIES ON THE MAP.

| | LAC-KÉNOGAMI | SAGUENAY JONQUIÈRE DISTRICT | SAGUENAY CHICOUTIMI DISTRICT | SAGUENAY LA BAIE DISTRICT | SAINT-FÉLIX-D'OTIS | RIVIÈRE-ÉTERNITÉ | L'ANSE-SAINT-JEAN | PETIT-SAGUENAY | SAINT-SIMÉON | BAIE-SAINT-CATHERINE | TADOUSSAC | SACRÉ-CŒUR | SAINTE-ROSE-DU-NORD | SAINT-FULGENCE | SAGUENAY SHIPSHAW SECTOR |
|------------------------------|--------------|-----------------------------|------------------------------|---------------------------|--------------------|------------------|-------------------|----------------|--------------|----------------------|-----------|------------|---------------------|----------------|--------------------------|
| LAC-KÉNOGAMI | | 24 | 51 | 74 | 100 | 119 | 134 | 148 | 203 | 236 | 243 | 266 | 331 | 360 | 44 |
| SAGUENAY JONQUIÈRE DISTRICT | 24 | | 27 | 50 | 71 | 95 | 110 | 124 | 179 | 213 | 219 | 242 | 307 | 336 | 6 |
| SAGUENAY CHICOUTIMI DISTRICT | 51 | 27 | | 23 | 44 | 63 | 78 | 102 | 157 | 190 | 196 | 213 | 278 | 307 | 19 |
| SAGUENAY LA BAIE DISTRICT | 366 | 328 | 301 | | 21 | 40 | 55 | 69 | 124 | 157 | 163 | 186 | 251 | 280 | 42 |
| SAINT-FÉLIX-D'OTIS | 340 | 302 | 275 | 298 | | 19 | 34 | 48 | 103 | 136 | 142 | 165 | 230 | 259 | 68 |
| RIVIÈRE-ÉTERNITÉ | 321 | 283 | 256 | 279 | 305 | | 15 | 29 | 84 | 117 | 123 | 146 | 211 | 240 | 87 |
| L'ANSE-SAINT-JEAN | 306 | 268 | 241 | 264 | 290 | 309 | | 14 | 69 | 102 | 108 | 131 | 196 | 225 | 102 |
| PETIT-SAGUENAY | 292 | 254 | 227 | 250 | 276 | 295 | 310 | | 55 | 88 | 94 | 117 | 182 | 211 | 116 |
| SAINT-SIMÉON | 237 | 199 | 172 | 195 | 221 | 240 | 255 | 269 | | 33 | 39 | 62 | 127 | 156 | 171 |
| BAIE-SAINT-CATHERINE | 204 | 166 | 139 | 162 | 188 | 207 | 222 | 236 | 291 | | 6 | 29 | 94 | 123 | 204 |
| TADOUSSAC | 197 | 159 | 132 | 155 | 181 | 200 | 215 | 229 | 284 | 317 | | 23 | 88 | 117 | 211 |
| SACRÉ-CŒUR | 174 | 136 | 109 | 132 | 158 | 177 | 192 | 206 | 261 | 294 | 301 | | 65 | 164 | 234 |
| SAINTE-ROSE-DU-NORD | 109 | 71 | 44 | 67 | 93 | 112 | 127 | 141 | 196 | 229 | 236 | 259 | | 29 | 299 |
| SAINT-FULGENCE | 80 | 42 | 15 | 38 | 64 | 83 | 98 | 112 | 167 | 200 | 207 | 230 | 295 | | 328 |
| SAGUENAY SHIPSHAW SECTOR | 44 | 24 | 51 | 375 | 349 | 330 | 315 | 301 | 260 | 227 | 220 | 197 | 132 | 103 | |

DISTANCE TABLE IN KILOMETERS

ASSOCIATED BICYCLE NETWORKS



Horst de Kénogami
Associated network

This 72 km bicycle circuit links Lac-Saint-Jean and the Saguenay river.

Starting in Métabetchouan-Lac-à-la-Croix, through Hébertville (31.5 km), Kenogami's horst ends on the shore of the Saguenay river in the district of Jonquières (40.5 km). From there, a marine shuttle will take you to the Shipshaw sector. Part of the *Route verte*.



Ville d'Alma's
Associated network

This 13.5 km network affiliated to the Véloroute des Bleuets will take you around the city center and through a rich patrimonial neighborhood soaked in history.



"Au fil des rivières"
Associated network

This 45 km network affiliated to the Véloroute des Bleuets takes you full circle on crushed stone paths through Northern forests and blueberry fields to the magnificent waterfalls of Albanel and Girardville.

Please consult bikeexperience.ca and our FAQ pages for more information. For more route propositions, see p. 27 and 28.

EXCURSIONS

JUNE (3 days)

AUTOUR DES JEUNES DESJARDINS
418.487.3524 | autourdesjeunesdesjardins.com



JUNE (3 days)

GRAND DÉFI PIERRE LAVOIE - 1 000 KM EVENT
450.641.6669 | legdpl.com



JUNE (3 days)

HYDRO-QUÉBEC EXCURSION
418.668.8430 | toursaglac@bell.net



AUGUST (3 days)

THE COLS DU FJORD CIRCUIT
418.549.7111 | colsdulfjord.org



AUGUST (3 days)

TOUR SOLIDAIRE
418.668.5211 | toursolidaire.ca



SEPTEMBER (1 day)

CHALLENGE CYCLISTE DES BLEUETS DESJARDINS
418.276.1317 | challengecyclistesdesbleuets.com



CYCLABLE PATHS

All bicycle networks are paved, with the exception of the Parc national de la Pointe-Taillon and the associate network *Au Fil des Rivières* (crushed stones).

Bicycle Trail



Paved surface, maintained and reserved exclusively for the *Véloroute* travellers. It's independent of the roadways.

Paved Shoulder



Widening from 1.5 to 1.7 meters located on both sides of the traffic lane.

Designated shared roadway



Itinerary on a street or highway with little traffic flow, officially recognized as a bicycle lane, without lanes, reserved for cyclists and signs posted for motorists indicating the presence of cyclists.



When a section of the circuit is composed of one or more different roadway surfaces (bicycle trail, paved shoulder or designated shared roadway), it will be identified by the color implying the closest proximity to automobile traffic.



ROUTE VERTE

A marked cycling network linking the most beautiful regions in Québec, which includes trails (paved or crushed stone), designated shared roadways and paved shoulders.
routeverte.com

VERTICAL GAIN

The vertical gain is the combined total of all ascents, which is to say, the difference in altitude between the highest and the lowest point on either side. Measurements are listed in meters.

WARNING FOR MAPS

19B, 22A, 22B, 23A, 23B, 23C, 23D, 24A, 24B, 24C, 25, 27B, 28A

AND THE ASSOCIATE NETWORK "AU FIL DES RIVIÈRES":

These sections do not meet the *Bike path maintenance standards* published by the *Ministère des Transports du Québec* (MTQ). We're working to standardize these trails, in association with the MTQ and *Vélo Québec*. We recommend these sections for their tourist and athletic attractions.

GENERAL INFORMATION

ACCESSIBILITY

Access to the circuit is free of charge. The bike circuit is open to everyone in good physical health and no medical opinion contrary to this effect. For people with reduced mobility, please visit the Kéroul website: larouteaccessible.com

PARKING

Authorized and free parking is available near the circuit and in each municipality (see information on maps 1 to 30). Reservations are not required for parking and there are no time limits. The designated parking areas are clearly marked for motorists.



HIKERS

All services offered to cyclists are also available for hikers. Welcome to all hikers!



BIENVENUE CYCLISTES! ACCOMMODATIONS

Along the entire circuit, you'll find *Bienvenue Cyclistes!* (welcome cyclists) certified accommodations. Synonymous with hospitality and services tailored to the needs of cyclists, certified establishments meet the criteria required by *Vélo Québec*. *Bienvenue Cyclistes!* certified establishments and regional tourist association members as of December 15, 2017 are listed in this guide.

For the most current list: routeverte.com/bienvenuecyclistes

To plan your stay in Saguenay-Lac-Saint-Jean, please consult saguenaylacsaintjean.ca.



MOUNTAIN BIKE AND FATBIKE

Experience Vélo du Saguenay-Lac-Saint-Jean now proudly extends to a year round season to everyone's happiness.

Mountain bike and *fatbike* lovers alike will be catered for with two new circuits which you can find at the end of this guide. Mountain bike centers united to make these trails more accessible for all mountain bikers and fatbikers throughout the year. More the 200 km of trails to mountain bike and some 80 km of trails to practice *fatbike*.

Consult the detailed maps and built your own circuit linking the Saguenay river and Lac-Saint-Jean. There are many different circuits conceived either for endurance, cross-country or downhill. All accessible for beginners or advanced cyclists alike.



Come and immerse yourself in the Saguenay-Lac-Saint-Jean bike experience!



PACKAGES

The all-inclusive Saguenay-Lac-Saint-Jean experience is possible and easy. Our partners offer a variety of options.

■ ÉQUINOX AVENTURE, CYCLING TRAVEL AGENCY

Centre de villégiature Dam-en-Terre
1385, chemin de la Marina, Alma (Québec) G8B 5W1
418.668.7381 / 1.888.668.7381
equinoxaventure.ca | info@equinoxaventure.ca

- Self-guided packages including accommodations, breakfast, luggage transportation, preliminary meetings and support if required.
- DEVINCI performance bike rentals.
- Package deals with bike-activity combos and custom packages are available.
- Self-guided or all-inclusive packages for groups or individuals.
- Luggage transportation service.
- Travel agent in Adventure tourism licence #900006.
- Member of Aventure Écotourisme Québec.

Service available from the beginning of June to the end of October

Cost according to the selected package, group rates available starting with 8 participants. *Reservation required at least 48 hours in advance, ideally a week in advance for extended and custom stays.*

■ L'AGENCE PAR GROUPE VOYAGES QUÉBEC

1080, boul. Sacré-Cœur, Saint-Félicien (Québec) G8K 1R2
1.800.679.8242
gvq.ca | st-felicien@gvq.ca

- Custom packages.
- Touring cyclist / Hiking.
- Véloroute des Bleuets / Sentier Notre-Dame Kapatakan.
- Luggage transportation service.
- Guided tour with vehicle (by request).
- Sightseeing tours.
- Accommodations.

■ GENDRONTOURS

1465 boulevard Mgr-Langlois, Salaberry-de-Valleyfield (Québec) J6S 1C2
1.800.561.8747 / 514.866.8747
info@voyagesgendron.com
velo.voyagesgendron.com

- Group packages.
- Accommodation.
- Bus-bicycle services.

SAFETY

- Wearing a properly fitted helmet is strongly recommended.
- Use your whistle if you encounter large animals.
- **Dial 911 in case of emergency** and indicate the location of the accident by identifying the closest milepost.



CODE OF CONDUCT

- Drive on the extreme right side of the trail and pass on the left side.
- Drive in a single file when travelling in a group.
- Drive carefully and at a reasonable speed.
- Children under 12 must be accompanied by an adult.
- Stay clear of the traffic lane during stops.
- Use a passenger seat when transporting another person.
- Abide by the indications on the signs along the circuit.
- Debar from your bicycle and walk across dams (Rio Tinto).
- Respect the wildlife and plant life you discover along the way.



PRACTICE YOUR SPORT with confidence and peace of mind



You hear a lot about the benefits of exercise. It's never too late to begin practicing a sport to maintain your ideal body weight, stay healthy, and develop good self-esteem.

Stop by one of your local Famiprix stores in the Saguenay Lac St.-Jean region to pick up your guide.

Psst! SEVERAL PSST PROGRAMS ARE CURRENTLY AVAILABLE!
Plan to stay in shape today

PROHIBITED ACTIONS

- Driving while under the influence of drugs or alcohol.
- Driving with domestic or farm animals.
- Disposing of waste other than in public waste containers.
- Driving with earphones on.
- Performing actions that may damage the equipment.
- Climbing on buildings or furniture.
- Sales and soliciting.
- Holding a large-scale demonstration without prior consent.
- Installing commercial signage.



MANUFACTURER'S GUIDELINES

To ensure that you enjoy your cycling excursion to the fullest, start the season by visiting your local dealer for a tune-up.

Check the tire pressure and wear before each ride. The recommended pressure is always indicated on the wheel's sidewall.

ALWAYS BRING WITH YOU:

- A replacement tire tube.
- tire iron, pump.
- hex keys.

devinci DEVINCI, PROUD MANUFACTURER OF BICYCLES AND PASSION IN SAGUENAY-LAC-SAINT-JEAN SINCE 1987.

THE LAKE, ITS BEACHES AND BLUEBERRIES

FUN that stretches for kilometers on end!

The *Véloroute des Bleuets* circuit encircles Lac Saint-Jean for 256 kilometers, crosses 15 municipalities and the Montagnais community of Mashteuiatsh. The *Parc national de la Pointe-Taillon* and picturesque municipalities located along the country roads can be reached from this loop. It connects many points of interest, overlooking Lac Saint-Jean's tributary rivers, besides a connection to Saguenay through an associate network. The circuit offers multiple occasions for dining, camping, hotel and bed & breakfast stays.

Lac Saint-Jean is so immense that the opposite banks are only visible when the skies are exceptionally clear. With a surface area of over 1000 sq km and besides being the largest inhabited lake in the province, it's classified among the 10 largest lakes in Québec. Lac Saint-Jean offers a multitude of monumental landscapes due to the banks that stretch along 210 km. A genuine seaside resort, Lac Saint-Jean invites you to swim in its warm waters and relax in the sun on the luxurious sandy beaches.



OUR MEDIA AMBASSADORS

YVAN MARTINEAU

*Bike commentator - Salut Bonjour TVA
Outdoors and tourism commentator - Cogeco 98,5 FM
Animator - WebVelo.tv*



AUDREY LEMIEUX

*Member of the National Olympic team at the Rio Games
Analyst at RDS*

Yvan Martineau: Hello everyone, lovers and future visitors to the Véloroute des Bleuets! I hereby want to welcome Audrey Lemieux, who is joining me as a Media Ambassador for this circuit, considered by the National Geographic as one of the ten most beautiful ones worldwide!

Audrey Lemieux: Hello everybody! I'm happy to join the team and become an ambassador myself, which was a no-brainer really, being a native of Lac Saint-Jean and still profoundly attached to it. Having traveled all over the world for my competitions, I always come back to my roots thinking that the Véloroute des Bleuets is one of the most beautiful places I've ever seen!

Yvan Martineau: Indeed, the sights being highlighted by the Véloroute des Bleuets are simply splendid. I've often praised the exceptional warmth of the citizens, be it shopkeepers, hostel managers or volunteering ambassadors cycling the route making sure we are experiencing a unique adventure.

Audrey Lemieux: I would gladly add the majestic landscapes along the Véloroute des Bleuets with stunning scenery, along the bicycle path and the safe designated pavement along the banks of this magnificent lake, altogether contributing to pleasant and memorable holidays!

Yvan Martineau: Every year I cycle with the Hydro-Quebec tour and you wouldn't believe the reactions of newcomers to the tour when they see those kilometers of sandy beaches, the many bridges across rivers, crossing the Grande Décharge aboard the ferry "Le Maligneau" and the sheer strength of the mighty rivers in Alma or Dolbeau-Mistassini.

Audrey Lemieux: I would also recommend to slow your speed down while cycling in order to appreciate the numerous opportunities offered by the Véloroute des Bleuets in terms of local goodies. An hedonistic experience to be had through the many breweries, cheese makers and bakeries.

Yvan Martineau: And that is without mentioning the chocolate makers and ice cream counters!

Audrey Lemieux and Yvan Martineau: We can't wait to see you again on the Véloroute des Bleuets or meet you during your first stay here! We suggest you should download the **mobile app Ondago** to help you with all available services and general information.

Have a wonderful cycling season everyone!



THE AMBASSADORS

The ambassadors' presence on the circuit are a unique plus to our organization. These some 65 volunteers have very specific functions, ensuring the overall satisfaction of every user of the véloroute des bleuets. They travel the circuit every day between May 15 and October 15 to ensure that you receive a warm welcome, stay informed and stay safe.

Their main duties include:

- To inform and guide you on the circuit and the numerous services available.
- They are qualified to provide first-aid services.

- They always have a mobile phone, and carry around tools for basic mechanical repairs.
- To promote and reinforce the code of conduct to adopt.
- They also are certified in cardio-pulmonary resuscitation (CPR).
- They proudly represent the Véloroute des Bleuets by wearing their red jerseys and vests, and the plate in front of their bike bearing the ambassadors' logo.

Do not hesitate to reach out to them; they'll be happy to help during your excursion!



MAISONS DU VÉLO



There are four Maisons du Vélo (cycling visitor information centres) to welcome you to the region and provide more information on the available services. They're open everyday from June 24 to September 1. For all schedules, please consult veloroutedesbleuets.com. You'll find Véloroute des Bleuets inspired attire for the entire family. We welcome all visitors!

- **Maison du vélo d'Alma (km 49)**
Business Office
(Open year-round)
1692, avenue du Pont Nord
Alma (Québec) G8B 5G3
418.668.4541 / 1.866.550.4541
veloroutedesbleuets.com
info@veloroutedesbleuets.com

- **Maison du vélo de Roberval (km 121)**
At the Roberval Marina entrance
854, rue Arthur
Roberval (Québec) G8H 2M7
418.765.0115
- **Maison du vélo de Dolbeau-Mistassini (km 207)**
Close to the visitor information centre
256, boul. des Pères
Dolbeau-Mistassini (Québec) G8L 5K6
418.276.7646
- **Maison du vélo d'Hébertville**
Located close to the Church
251, rue Turgeon
Hébertville (Québec) G8N 1S2
418.344.4884
heberttourisme@gmail.com



ACCESS TO LAC-SAINT-JEAN BEACHES

Large open spaces...a huge lake, memorable cycling and unbeatable sunsets!

Alma

- Centre de villégiature Dam-en-Terre
- Centre Plein air Les Amicaux
- Camping Colonie Notre-Dame

Saint-Gédéon

- Camping municipal de Saint-Gédéon
- Plage de l'Auberge des Îles
- Plage Saint-Joseph

Métabetchouan-Lac-à-La-Croix

- Centre récréotouristique Le Rigolet
- Camping Villa des Sables

Chambord

- Camping Plage Blanchet
- Camping historique Val-Jalbert

Roberval

- Plage municipale de la pointe Scott

Mashteuiatsh

- Plage Robertson

Saint-Prime

- Plage municipale de Saint-Prime

Dolbeau-Mistassini


- Plage municipale de Dolbeau-Mistassini
- Parc de la Pointe-des-Pères
- Vauvert-sur-le-lac-Saint-Jean


Péribonka


- Camping de la Pointe-Chevrette (Parc national de la Pointe-Taillon)

Saint-Henri-de-Taillon


- Parc national de la Pointe-Taillon
- Camping Plage Belley
- Plage Les Amicaux

 **BICYCLE REST AREAS**
There are 35 free bicycle rest areas along the course that are identified by this symbol. Easy to find because of the mileposts, the sites offer picnic tables, trash bins and bike racks.

 **MILEPOSTS**
Mileposts are markers for calculating your route and finding your location on the map. They begin and end in Sainte-Monique-de-Honfleur.

 **PARC NATIONAL DE LA POINTE-TAILLON CYCLING NETWORK**
A 45 km marked network on a crushed stone surface maintained and reserved for park visitors (\$). 15 km are part of the Véloroute des Bleuets and more than 14 km of beaches are accessible with your bike. Activities: kayak, canoe, pedal boat, paddleboard, swimming, cycling, hiking. Wharf for marine shuttle (between Péribonka and *Parc national de la Pointe-Taillon*). Camping “*Bienvenue cyclistes!*”: sleep right on the shore of the Lac-Saint-Jean and enjoy a unique wildlife observation site. Maintained by the managers of Parcs Québec. 418.347.5371 / 1.800.665.6527 sepaq.com

 **TOUR'S CONDITIONS**
To stay up-to-date on the routes' conditions consult veloroutedesbleuets.com

 The Véloroute des Bleuets is a member of Association des Réseaux Cyclables du Québec.

 **MONITORED AND PAID PARKING**

Monitored parking areas are available for added peace of mind and reassurance.

- Centre de villégiature Dam-en-Terre in Alma. 418.668.3016 / 1.888.289.3016 damenterre.qc.ca
- Parc national de la Pointe-Taillon 418.347.5371 / sepaq.com

 **PASSENGER TRANSPORTATION**

Équinox Aventure have a bus transportation licence. This company can meet your needs by organizing your travels across the Saguenay-Lac-Saint-Jean region, no matter if you're travelling solo in a group. We can take care of everything starting from when you arrive at the airport (Saguenay-Bagotville Airport YBG, Québec Airport YQB), until your final departure.

Reservation required at least 24 hours in advance.

- Province of Québec transportation licence #4-C-000089-001A.
- Transportation for cyclists with their bicycle, towing available for group cyclists.

Équinox Aventure, Agence de voyages vélo
Centre de villégiature Dam-en-Terre
1385, chemin de la Marina
Alma (Québec) G8B 5W1
418.668.7381 / 1.888.668.7381
equinoxaventure.ca
info@equinoxaventure.ca

 **MARINE SHUTTLE SERVICES**


Le Maligneau, Alma
Accessible via the Dam-en-Terre Resort and Avenue du Pont Nord, close to *Odyssée des Bâtisseurs*. Crossing the Rivière Grande Décharge takes about five minutes and is free of charge for all cyclists.* No reservation required.

May 26 to September 2
Operating 7 days a week
9 a.m. to noon, from 12:30 p.m. to 6 p.m.

September 3 to 30
Monday to Thursday from 11 a.m. to 2 p.m. Friday to Sunday from 10 a.m. to noon, from 12:30 p.m. to 4 p.m.

 **CRUISE ON LAC SAINT-JEAN**

Bateau La Tournée, Alma
The *Centre de Villégiature Dam-en-Terre* (a resort also accessible from Île Maligne via Le Maligneau bicycle crossing) offers passage on the boat, La Tournée, to Roberval on specific Sundays during the summer. A one-way cruise between Alma and Roberval takes 2.5 hours. Cyclists are welcome on board for travelling by boat and returning via the *Véloroute des Bleuets*. Bicycles can be transported on board free of charge.
More information:
418.668.3016 / 1.888.289.3016
damenterre.qc.ca

 **MARINE SHUTTLE (BETWEEN PÉRIBONKA AND POINTE TAILLON)**

Le Péribonka connects Péribonka to Pointe Chevette of the *Parc national de la Pointe-Taillon* from Mid-June to the end of September. The 2.5 km crossing takes about 10 minutes. Departures from Péribonka occur once per hour, and Pointe Chevette every half hour, from 10 a.m. to 5:30 p.m.*
Capacity: 12 passengers and 12 bicycles.

Current rates, one-way only (subject to change without notice).
Adults \$8, children (0-17 years) \$4.75, family package rate \$16.
A trail permit for the Parc national de la Point-Taillon is required: adults \$8.50, youth (0-17) free.

Attention campers: the shuttle also offers a return trip toward Île Bouliane
Adults \$20, children (0-17 years) \$10,75, family package rate \$40**

For information during the operated season please contact the shuttle's captain directly at 418-720-8215.

* *Subject to Lac Saint-Jean's climatic conditions and water level.*

** *For a return trip ticket to Île Bouliane, the rates may vary according to the weight and equipment.*

Information:
1.888.374.2967 / 418.374.2967 #103
peribonka.ca



LUGGAGE TRANSPORTATION

Simplify your cycling vacation planning. Some companies offer a luggage transportation service along the circuit and associate networks. Contact them directly for a personalized offer based on your itinerary.

■ Luggage transportation Véloroute des Bleuets

For information concerning the luggage shuttle services of the Véloroute des Bleuets, please call 418.668.4541 or consult our website veloroutedesbleuets.com.

These services must be booked in advance. Contact them directly for a personalized offer based on your itinerary.

■ L'Agence par Groupe Voyages Québec

1080, boul. Sacré-Cœur, Saint-Félicien (Québec) G8K 1R2
1.800.679.8242 / 418.679.8242
saglac.gvq.ca | st-felicien@gvq.ca

Luggage shuttle upon reservations only.

■ Équinox Aventure, Cycling travel agency

Regular season: 418.480.7226

Off season:

418.668.7381 / 1.888.668.7381

equinoxaventure.ca

info@equinoxaventure.ca

Starting point:

Centre de villégiature Dam-en-Terre
1385, chemin de la Marina, Alma

There are other possible starting points all around the lake, but you'll have to check with the accommodation owners of your choice to make sure long-term parking is available.

Reservation and advanced payment required.

- Delivery to all accommodation types.
- Personalized luggage transportation service.
- Bilingual service.
- Online reservations.
- Luggage drop off from 8 a.m. to 9:30 a.m.

Schedule:

May 15 to June 20, by reservation.

June 21 to September 15, 7 days a week, with or without reservation.

September 16 to October 20, with reservation.

Fixed price per day, per bag according to size.

The *Véloroute du Fjord du Saguenay* is a 435 kilometer-long cycling circuit that skirts along the Saguenay River. Meandering along the fjord's twin banks, the course will introduce you to breathtaking landscapes. You'll also travel along the *Route du Fjord* marked tourist route. Running alongside some of the most charming hamlets and villages in Quebec, ripe with authenticity, with a variety of tourist attractions that are bound to please you.

Cycling along this unique path will have you discovering the majestic Saguenay Fjord, the only inhabited fjord in North America. Acknowledged internationally by the Michelin

Guide and National Geographic, you'll discover it best travelling from shore to shore with the Fjord Marine Shuttle and from there be in a better position to measure its vastness: 100 kilometer-long, one of the longest in the world!

While on this circuit, it'll not only be the kilometers running by but also unforgettable experiences, be it the magnificent landscapes, hospitality, numerous encounters and some of the finest tables. All these charms will help soothe the important physical challenge you'll meet in this valley formed by a glacier thousands of years ago, making it a most unforgettable experience.

The Kingdom of Saguenay invites you to discover sections south of Lac Saint-Jean to the Estuary of the St. Lawrence, criss-crossing the Saguenay Fjord along both shores. The *Véloroute du Fjord du Saguenay* stretches between hamlets and villages, crosses through the City of Saguenay's urban areas, besides the phenomenally picturesque rural sectors that connect the *Véloroute des Bleuets* with the mountainous landscapes of the Saguenay Fjord and the Laurentian mountain range.

The Saguenay triathlete, Pierre Lavoie, who revealed the fjord circuit's incredible potential for athletes in search of a truly unique experience. Loved and revered across Québec, thousands of youth and adults who adopt his examples and advocate health through physical activity, Pierre Lavoie still travels this circuit as part of his training. It's his personal playground! He devoted himself to the recognition of this exceptional cycling destination, managing to have paved shoulders landscaped along most of the trail.

"This circuit makes it possible to admire the 14 surrounding villages that are spectacular and ripe with authenticity, besides an exclusive glimpse of the boreal forest at its best. It then presents a challenging elevation gain for cyclists who love mountains similar to those in Europe. The tour around the fjord compares to the ascent of Mont Blanc! It's without a doubt, throughout Québec, the course that most closely resembles European preferences in terms of both difficulty and length. In addition, it also connects the neighbouring regions," stated Pierre Lavoie to the sum of his convictions.

The *Véloroute du Fjord du Saguenay* also allows for a choice of desired sections by using the maritime shuttle, servicing the communities of Tadoussac to La Baie and transcending visitors to the core of this dazzling natural wonder, the Saguenay Fjord.

The sections connecting the fjord and the lake have portions that are accessible to everyone: recreational cyclists (family), touring cyclists and performance cyclists. Your perfect adventure is waiting to be explored!

TOURIST INFORMATION

[VÉLOROUTE DU FJORD DU SAGUENAY]



PERMANENT OFFICES

Promotion Saguenay operates four offices in the City of Saguenay open year-round. Welcome!

■ **Tourist Office (Downtown)**

295, rue Racine Est
Chicoutimi District
(Québec) G7H 5B7
418.698.3167 #6040 /
1.800.463.6565

■ **Saguenay Congress and Tourist Center**

2555, boul. Talbot
Chicoutimi District
(Québec) G7H 5B1
418.698.3167 #6080 /
1.800.463.6565

■ **Cruise Pavilion and Tourist Office**

900, rue Mars
La Baie District
(Québec) G7B 3N7
418.698.3167 #6070 /
1.800.463.6565

■ **Tourist Office**

3919, boul. Harvey
Jonquière District
(Québec) G7X 0L4
418.698.3167 #6021 /
1.800.463.6565

SEASONAL OFFICES

During the summer, seasonal offices are open from Saint-Jean-Baptiste (June) to Thanksgiving (October).

■ **Petit-Saguenay**

61-A, rue Dumas
Petit-Saguenay
(Québec) G0V 1N0
418.272.3219

■ **Sainte-Rose-du-Nord**

213, rue du Quai
Sainte-Rose-du-Nord
(Québec) G0V 1T0
418.675.2346

■ **Tadoussac Tourist Center**

197, rue des Pionniers
Tadoussac
(Québec) G0T 2A0
418.235.4744 /
1.866.235.4744

THE AMBASSADORS

These volunteers proudly wear an ambassador jersey. They travel the circuit to ensure that you receive a warm welcome, stay informed and stay safe. They have training relative to bicycle mechanics, besides being certified in cardiopulmonary resuscitation (CPR). They're always happy to help during your excursion!



Pierre Lavoie
Saguenay Triathlete
Founder of the *Grand Défi Pierre Lavoie*

tourisme.saguenay.ca



**MARINE
SHUTTLES**

Navettes maritimes du Fjord

Travel with your bicycle between the Saguenay Fjord's villages and cities with the Fjord's Marine Shuttle operated by Croisières du Fjord. Similar to a taxiboat, the shuttle is ideal for seeing the fjord's interior sections and avoiding steep roads along the Véloroute du Fjord du Saguenay. Luggage transportation is also available.

Operating period from June 30 to September 3, 7 days a week.

Wharf of boarding:

La Baie, Saint-Fulgence (*Parc aventures Cap Jaseux*), Sainte-Rose-du-Nord, Rivière-Éternité (*parc national du Fjord-du-Saguenay*), L'Anse-Saint-Jean and Tadoussac.

Schedules and information:
418.543.7630 / 1.800.363.7248
navettesdufjord.saguenay.ca

Jonquière to Shipshaw ferry

Shuttle service for cyclists and pedestrians enabling passage across Rivière Saguenay between Jonquière and Shipshaw. Pontoon boat crossing, duration of about 10 minutes. Capacity: 12 passengers and 12 bicycles

Operating from Wednesday to Sunday, May 15 to September 15

Continuous service from 9 a.m. to 6 p.m.

- Departure from Jonquière Every hour, on the half hour
 - Departure from Shipshaw Every hour, on the hour
 - Last departure: 5:30 p.m.
- Rates: Free

Information: Shipshaw Marina
418.695.3635

facebook.com/marina.shipshaw



**LUGGAGE
TRANSPORTATION**

Use the services below for the ultimate cycling vacation experience!

**Équinox Aventure,
Cycling Travel Agency**

Personalized luggage transportation

Cycle the fjord and have your luggage waiting when you return at the accommodations of your choice. Complete and personalized luggage transportation service available from the first of June to the end of October. Rates based on your route and pieces of luggage to carry. Can be combined with the marine shuttles.

Starting point:

Alma

Équinox Aventure, Dam-en-Terre Visitor Information Complex.

Saguenay districts of:

• **Jonquière**

Jonquière Tourist Office

• **Chicoutimi**

Saguenay Convention and Visitor Centre

• **La Baie**

Cruise Pavilion

Tadoussac

Boutique *Les Découvertes du Fjord*

Reservation required at least 24 hours in advance.
418.668.7381 / 1.888.668.7381

equinoxaventure.ca

info@equinoxaventure.ca



**LUGGAGE
TRANSPORTATION
WITH THE FJORD
MARINE SHUTTLE**

Use the Fjord Marine Shuttles to transport your luggage from wharf to wharf while pedalling along the trails. Simply arrive at the boarding platform one hour prior to the shuttle's scheduled departure time.

Operating period from June 30 to September 3, 7 days a week.
418.543.7630 / 1.800.363.7248

navettesdufjord.saguenay.ca



**PASSENGER
TRANSPORTATION**

Équinox Aventure can meet your needs no matter if you're travelling solo or with a group (See page 18).



**PUBLIC
TRANSPORTATION**

Intercar - Intercity bus

If you arrived in the region by bus: Intercar will transport your bicycle free of charge. intercar.ca

STS - City bus

The *Société de Transport du Saguenay* offers a Vélobus (bicycle-bus) service.

sts.saguenay.ca

**ADDITIONAL RELEVANT
INFORMATION**



The Route du Fjord

A marked scenic trail found along the *Véloroute du Fjord du Saguenay circuit*.



**Parc national du
Fjord-du-Saguenay**

Enjoy one of the park's many 100% natural rest areas:

- Many scenic viewpoints accessible by bicycle.
 - Activities: cruises, kayaking, zodiac, sailing, hiking, Via ferrata.
 - Marine Shuttles boarding platform (**Rivière-Éternité sector**).
 - *Bienvenue Cyclistes!* certified campsites along the fjord's edge and a unique whale watching site (**Baie Sainte-Marguerite sector**).
- 418.272.1566 / 1.800.665.6527
parcsquebec.com

| | MAP # | ITINERARY | KM | MIL |
|-----------------------|---------------------------------------|---|------|------|
| FAMILY / RECREATIONAL | 1 | Sainte-Monique to Saint-Henri-de-Taillon | 25 | 15.5 |
| | 1 | Parc national de la Pointe-Taillon | 21 | 13 |
| | 3 | City of Alma cycling network | 13,5 | 8 |
| | 3 | Marine shuttle Le Maligneau | 4 | 2.5 |
| | 4 | Saint-Gédéon to Métabetchouan-Lac-à-La Croix | 11,5 | 7 |
| | 5 | Métabetchouan-Lac-à-La Croix to Desbiens | 7 | 4.5 |
| | 9 | Mashteuiatsh to Saint-Prime | 9,5 | 5 |
| | 10 | Saint-Prime to Saint-Félicien | 12 | 7.5 |
| | 11 | Zoo sauvage de Saint-Félicien | 8 | 5 |
| | 19 | Saguenay (Jonquière) to Saguenay (Chicoutimi) | 27 | 17 |
| TOURING CYCLIST | 19 | Saguenay (Jonquière) to Saguenay (Shipshaw) | 6 | 3.5 |
| | 21 | Saguenay (La Baie) / Cruise wharf to Musée du Fjord | 5 | 3 |
| | 2 | Saint-Henri-de-Taillon to Alma | 24 | 15 |
| | 3 | Alma to Saint-Gédéon | 26 | 16 |
| | 6 | Desbiens to Chambord | 9 | 5.5 |
| | 7 | Chambord to Roberval | 19 | 12 |
| | 8 | Roberval to Mashteuiatsh | 6 | 3.5 |
| | 11 | Saint-Félicien to Normandin | 26 | 16 |
| | 12 | Normandin to Albanel | 9 | 5.5 |
| | 13 | Albanel to Dolbeau-Mistassini | 22 | 13.5 |
| PERFORMANCE CYCLIST | 13 | Au fil des rivières cycling network | 45 | 28 |
| | 14 | Dolbeau-Mistassini to Sainte-Jeanne-d'Arc | 20 | 12.5 |
| | 15 | Sainte-Jeanne-d'Arc to Péribonka | 12,5 | 8 |
| | 16 | Péribonka to Sainte-Monique | 16 | 10 |
| | 18 | Saguenay (Lac-Kénogami) to Saguenay (Jonquière) | 24 | 15 |
| | 20 | Saguenay (Chicoutimi) to Saguenay (La Baie) | 22,5 | 14 |
| | 23 | L'Anse-Saint-Jean wharf | 8,5 | 5.5 |
| | 24 | Petit-Saguenay wharf | 4,5 | 3 |
| | 28 | Baie Sainte-Marguerite | 3 | 2 |
| | 28 | Sacré-Cœur to Sainte-Rose-du-Nord | 65 | 40 |
| | 30 | Saint-Fulgence to Saguenay (Chicoutimi) | 15 | 9.5 |
| | 17 | Métabetchouan-Lac-à-La Croix to Hébertville | 31,5 | 19.5 |
| | 22 | Saguenay (La Baie) to Rivière-Éternité | 40 | 25 |
| | 22 | Parc national du Fjord-du-Saguenay (Baie-Éternité) | 8 | 5 |
| | 23 | Rivière-Éternité to L'Anse-Saint-Jean | 15 | 9.5 |
| | 23 | Anse-de-Tabatière | 7 | 4.5 |
| | 23 | Mont-Édouard | 5,5 | 3.5 |
| | 24 | L'Anse-Saint-Jean to Petit-Saguenay | 14 | 8.5 |
| | 24 | Anse Saint-Étienne | 13 | 8 |
| | 25 | Petit-Saguenay to Saint-Siméon | 55 | 34 |
| 26 | Saint-Siméon to Tadoussac | 40 | 25 | |
| 27 | Tadoussac to Sacré-Cœur | 23 | 14.5 | |
| 27 | Anse-de-Roche | 5 | 3 | |
| 29 | Sainte-Rose-du-Nord to Saint-Fulgence | 29 | 18 | |

ITINERARY PROPOSALS

[VÉLOROUTE DES BLEUETS]

Lac-Saint-Jean Tour (7 days) 230 km

This itinerary will introduce you to Lac Saint-Jean along the *Véloroute des Bleuets* at a family friendly pace. You'll travel about 30 kilometers per day, enabling you to cycle and have time to appreciate the various tourist attractions and enjoy the region's.

Lac-Saint-Jean Tour (5 days) 256 km

This itinerary offers the chance to cycle the *Véloroute des Bleuets* for 256 kilometers and is perfect for touring cyclists. Cycle 50 km per day around Lac Saint-Jean while enjoying the many regional attractions throughout the day.

Lac-Saint-Jean Tour (3 days) 256 km

This itinerary suggestion enables you to cycle the *Véloroute des Bleuets'* 256 kilometers in a performance cyclist setting. You'll complete the tour of Lac Saint-Jean in 3 days.

[VÉLOROUTE DU FJORD DU SAGUENAY]

Saguenay, company town (1 day) 10 km

This family friendly outing combines cycling and attractions. Pedal along the *Baie des Ha! Ha!* and discover the majestic marine environment. Learn more about the Saguenay Fjord by visiting the *Musée du Fjord*.

Saguenay, company town (1 day) 63 km

From the Saguenay River to Lac Kénogami, this circuit is infused with historic character! Throughout the course, you'll see facilities reminiscent of the wood and aluminum industries' impact on the region. Starting at the *Pulperie*, you'll see the Rio Tinto works in Arvida, the worker's neighbourhoods in a period setting from the last century, the *Produits Forestiers Resolu* plant and the hydro dam in Jonquière, which you'll cross over. The arrival point is the *Chalet des retraités Price*.

The Fjord tour (3 days) 330 km

Starting in Chicoutimi, a unique course in Québec, comparable to the ascent of Mont Blanc! 330 kilometers over a hilly course with over 3,500 meters of elevation gain is waiting just for you.

Please consult the website for more information on these proposals at bikeexperience.ca.



ITINERARY PROPOSALS



The Véloroute des Bleuets and the Véloroute du Fjord du Saguenay (7 days)

397 km

You can now access the Véloroutes Saguenay-Lac-Saint-Jean by *train*

This tour proposal offers the opportunity to get to our cycling route, **by railroad**, and experience a 7 days adventure that will take you from the Véloroute des Bleuets to the Véloroute du Fjord du Saguenay. Discover the area and its well-known landmarks on your bike and also by boarding some of our marine shuttles.

There is a cantine on-board, a luggage car, and spectacular scenery along the way.

Fares - starting at \$59.

For more information, visit our website at: **viarail.ca**.

VIA RAIL CAN TAKE YOU AT THE
HEART OF THE ADVENTURE.



VIA Rail Canada

DON'T FORGET TO BOOK
YOUR **LUGGAGE SHUTTLE**
BEFORE LEAVING; DETAILS
PP 20, 24 AND 25.



Whether you are alone
or with friends and family,
your **holidays will be
memorable** with the
Véloroute des Bleuets.



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA

1 AUBERGE ET CAMPING ÎLE DU REPOS
418.347.5649

SAINT-HENRI-DE-TAILLON

2 PARC NATIONAL DE LA POINTE-TAILLON
418.347.5371 / 1.800.665.6527

3 GITE LA VILLA VICTORIENNE
418.347.5959

4 CAMPING BELLEY
418.347.3612

5 AUBERGE LA LOCANDA DU PASSANT
581.230.1781

SAINTE-MONIQUE

6 GÎTE LE PETIT HÔTEL
418.347.1433 / 1.866.347.1433

7 CAMPING POINTE-TAILLON
SAINTE-MONIQUE LAC-SAINT-JEAN
418.347.3124 / 1.877.347.3124

25
km

SAINTE-MONIQUE TO SAINT-HENRI-DE-TAILLON (1A)

Parc national de la Pointe-Taillon (1B)



map

1

BE IN HARMONY
WITH YOUR TRUE NATURE.
OUTSIDE.

PARC NATIONAL
DE LA POINTE-TAILLON

THE LAC SAINT-JEAN,
BEACHES, ISLANDS AND BIKE

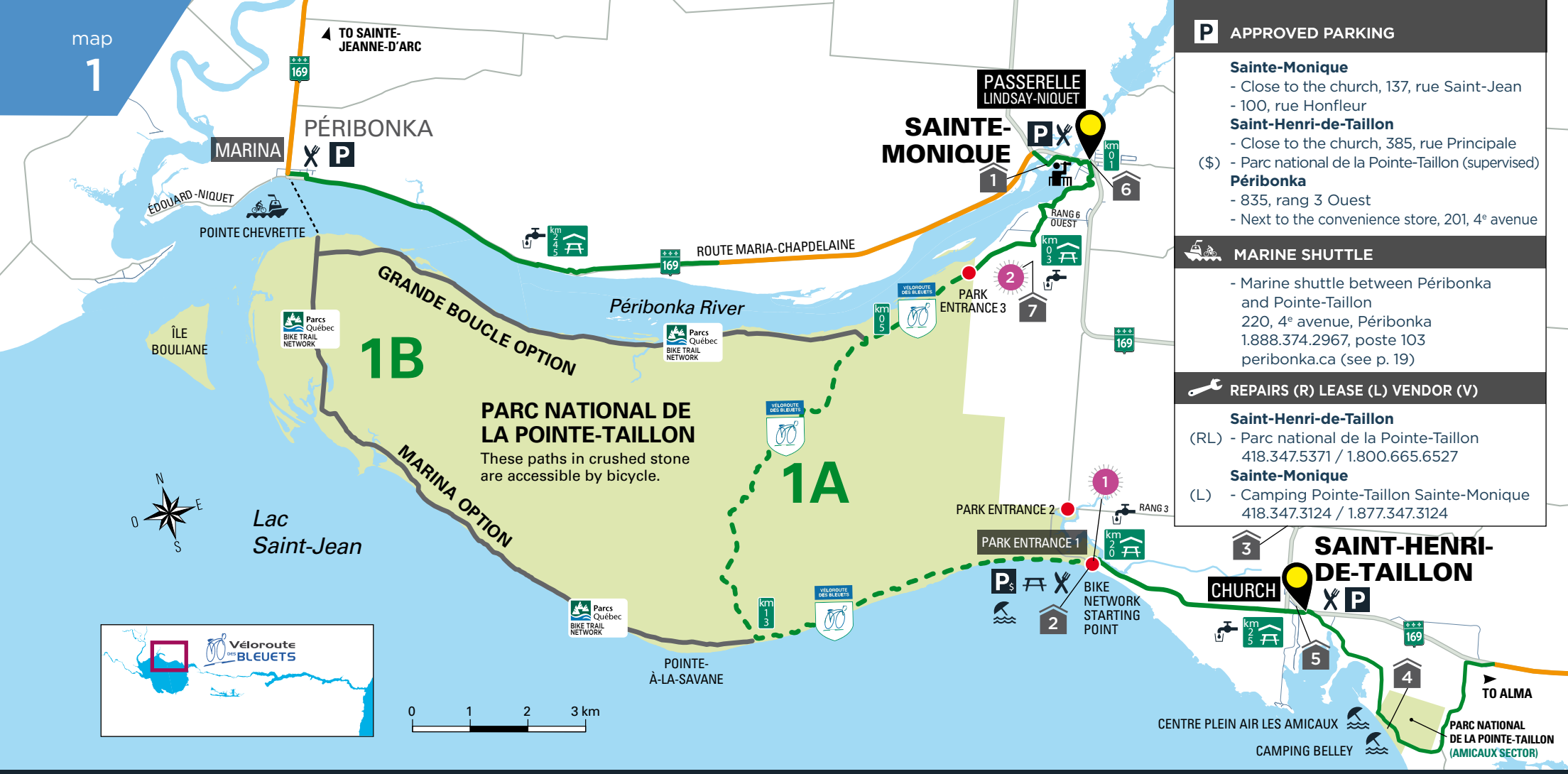
AN UNFORGETTABLE STOP ON
THE VÉLOROUTE DES BLEUETS!

SWIMMING | CYCLING | CAMPING

Photo: Francis Doucet

sepaq.com | 1 800 665-6527

RÉSEAU Sépaq



P APPROVED PARKING

Sainte-Monique
- Close to the church, 137, rue Saint-Jean
- 100, rue Honfleur

Saint-Henri-de-Taillon
- Close to the church, 385, rue Principale
(\$)
- Parc national de la Pointe-Taillon (supervised)

Péribonka
- 835, rang 3 Ouest
- Next to the convenience store, 201, 4^e avenue

MARINE SHUTTLE

- Marine shuttle between Péribonka and Pointe-Taillon
220, 4^e avenue, Péribonka
1.888.374.2967, poste 103
peribonka.ca (see p. 19)

REPAIRS (R) LEASE (L) VENDOR (V)

Saint-Henri-de-Taillon
(RL) - Parc national de la Pointe-Taillon
418.347.5371 / 1.800.665.6527

Sainte-Monique
(L) - Camping Pointe-Taillon Sainte-Monique
418.347.3124 / 1.877.347.3124

MAP 1A > 25 km

SAINTE-MONIQUE TO SAINT-HENRI-DE-TAILLON

Departure: Passerelle Lindsay-Niquet (footbridge)
98-110, rue de la Fabrique Sainte-Monique

Arrival: Church, rue de la Marina Saint-Henri-de-Taillon

Vertical gain: 110 m

MAP 1B

Parc national de la Pointe-Taillon

Marina option > 21 km
This section allows you to get to the Marina in Péribonka when leaving from the National Park's Main entrance and taking you to *Pointe Chevette*.

Loop option > 48 km
The whole park including sections from the *Véloroute des Bleuets*.

Note: There is an access fee for these options, not refundable.

(\$) Entry fees to the park's bike trail network

The park offers a 45 km bike trail network.
Access fee compulsory:
Adult \$8,50
Free under 17 years old.

If you cycle exclusively along the Véloroute des Bleuets section, between Sainte-Monique and Saint-Henri-de-Taillon **1A**, you'll reach the exit in under two hours.

THE PARK, A MUST-SEE
Discover a variety of unmissable activities from the joys of camping in the ready-to-camp installations to the 14 km of sandy beaches you can access on your bike, contributing to making your stay a memorable one.

Parc national de la Pointe-Taillon (informations, services, visitor's guide and detailed map)
418.347.5371 / 1.800.665.6527
sepaq.com

Camping Pointe-Taillon Sainte-Monique
418.347.3124 / 1.877.347.3124
campingpointetaillon.com

WHAT TO SEE & DO!

- 1 PARC NATIONAL DE LA POINTE-TAILLON** (beach, kayaking, pedal boats, hiking, canoeing, wildlife observation, camping, etc.)
- 2 CAMPING POINTE-TAILLON SAINTE-MONIQUE** (hiking trails, 7 km from the Parc de la Pointe-Taillon (Sépaq), RV campground, cottages, fishing pond, volleyball, etc.)

Mix up **cycling,**
camping, and
a cruise aboard

La Tournée to discover
the lake in all its
magnificent glory.



24
km

SAINT-HENRI-DE-TAILLON TO ALMA



map
2



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-HENRI-DE-TAILLON

- 1 PARC NATIONAL DE LA
POINTE-TAILLON
418.347.5371 / 1.800.665.6527
- 2 GITE LA VILLA VICTORienne
418.347.5959
- 3 CAMPING BELLEY
418.347.3612
- 4 AUBERGE LA LOCANDA DU PASSANT
581.230.1781

ALMA

- 5 CENTRE DE VILLÉGIATURE
DAM-EN-TERRÉ
(CAMPING, CHALETS ET CONDOS)
418.668.3016 / 1.888.289.3016
- 6 CAMPING COLONIE NOTRE-DAME
418.662.9113
- 7 CHALET LES BERGES
418.693.6059

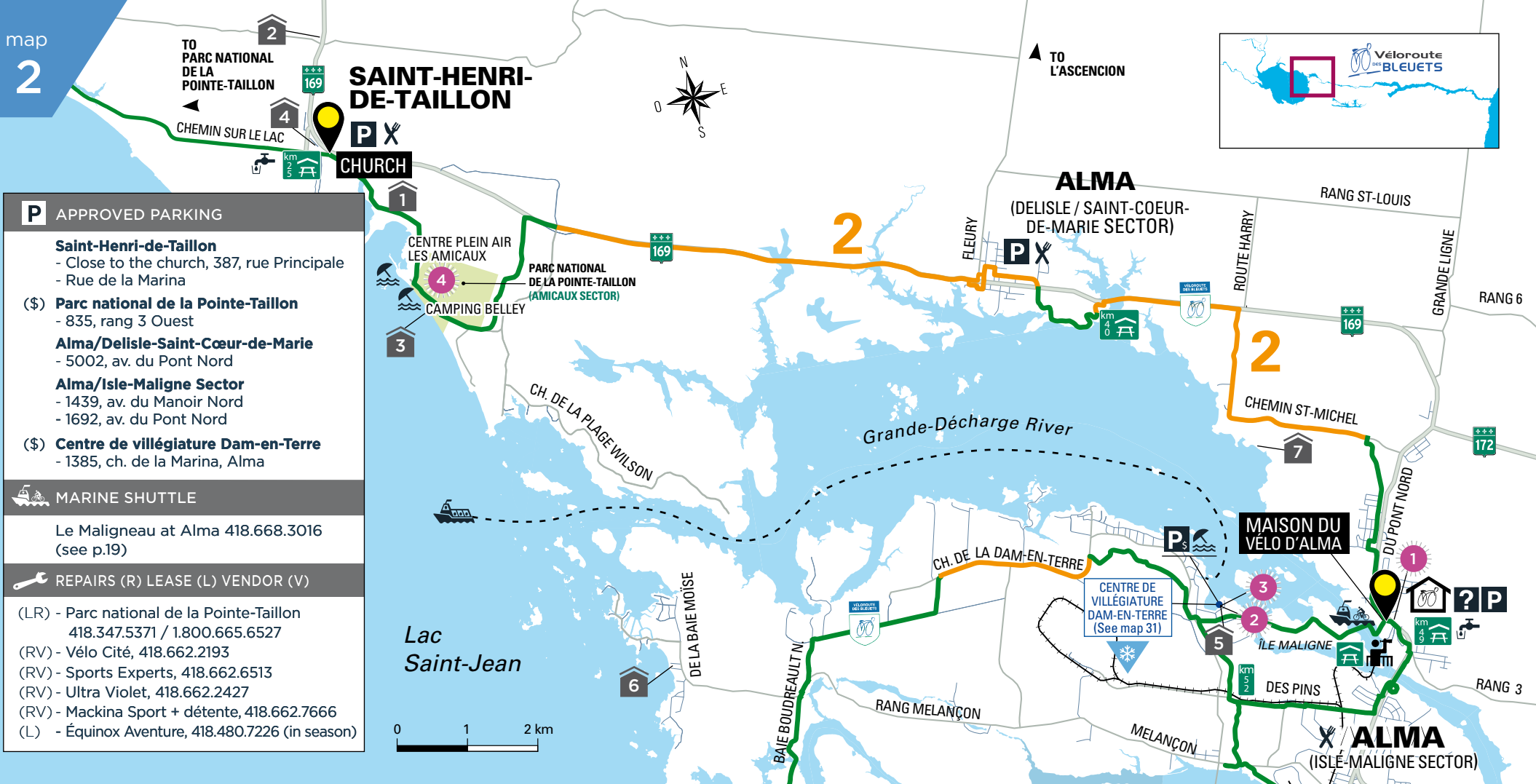
SEE MAP 3 FOR ADDITIONAL
ACCOMMODATIONS FOR THE CITY
OF ALMA CYCLING NETWORK

ALMA

The best place to get started on
VÉLOROUTE DES BLEUETS

CITY OF HOSPITALITY
RESTAURANT - LODGING - GIFT SHOP

VILLE D'ALMA Tourisme Alma Lac-Saint-Jean | 1 877 668-3611 | tourismealma.com



P APPROVED PARKING

Saint-Henri-de-Tailon
- Close to the church, 387, rue Principale
- Rue de la Marina

(S) Parc national de la Pointe-Taillon
- 835, rang 3 Ouest

Alma/Delisle-Saint-Coeur-de-Marie
- 5002, av. du Pont Nord

Alma/Isle-Maligne Sector
- 1439, av. du Manoir Nord
- 1692, av. du Pont Nord

(S) Centre de villégiature Dam-en-Terre
- 1385, ch. de la Marina, Alma

MARINE SHUTTLE

Le Maligneau at Alma 418.668.3016
(see p.19)

REPAIRS (R) LEASE (L) VENDOR (V)

(LR) - Parc national de la Pointe-Taillon
418.347.5371 / 1.800.665.6527

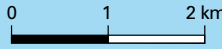
(RV) - Vélo Cité, 418.662.2193

(RV) - Sports Experts, 418.662.6513

(RV) - Ultra Violet, 418.662.2427

(RV) - Mackina Sport + détente, 418.662.7666

(L) - Équinox Aventure, 418.480.7226 (in season)

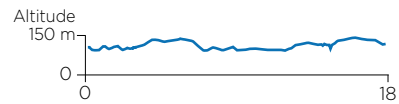


MAP 2 ▶ 24 km
SAINT-HENRI-DE-TAILLON TO ALMA

Departure: Church, rue de la Marina
Saint-Henri-de-Tailon

Arrival: Maison du Vélo d'Alma
1692, av. du Pont Nord, Alma

Vertical gain: 225 m



Maison du vélo d'Alma (km 49)
Business office
(open year-round)
1692, av. du Pont Nord, Alma
418.668.4541 / 1.866.550.4541
veloroutedesbleuets.com

Tourist Information
Tourisme Alma Lac-Saint-Jean
1682, av. du Pont Nord, Alma
418.668.3611 / 1.877.668.3611
tourismealma.com

CRUISE ON THE LAC SAINT-JEAN
La Tournée boat
Centre de villégiature Dam-en-Terre
1385, ch. de la Marina, Alma
418.668.3016 / 1.888.289.3016
damenterre.qc.ca

- WHAT TO SEE & DO!**
- 1 L'ODYSSÉE DES BÂTISSEURS
 - 2 CENTRE DE VILLÉGIATURE DAM-EN-TERRE (cruises, summer theatre, swimming, kayaking, minigolf)
 - 3 ÉQUINOX AVENTURE (see kayaking, bike rental, luggage transportation, package, etc.)
 - 4 PARC NATIONAL DE LA POINTE-TAILLON (Amicaux sector)

The hospitality of its inhabitants and **renewing with nature** are bound to exceed your wildest expectations.



26
km

ALMA TO SAINT-GÉDÉON (3A)
City of Alma Associated network (3B)
Le Maligneau Marine shuttle (3C)



map
3



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

ALMA

- 1 CENTRE DE VILLÉGIATURE DAM-EN-TERRE (CAMPING, CHALETS ET CONDOS) 418.668.3016 / 1.888.289.3016
- 2 LA MAISON DU MATELOT 418.662.0348
- 3 NOTRE HÔTEL 418.668.3222 / 1.877.917.3222
- 4 HÔTEL UNIVERSEL ALMA 418.668.5261 / 1.800.263.5261
- 5 ALMATOIT GÎTE 418.668.4125 / 1.888.668.4125

- 6 CAMPING COLONIE NOTRE-DAME 418.662.9113
- 7 AUBERGE-BISTRO ROSE & BASILIC 418.669.1818
- 8 HÔTEL-MÔTEL LES CASCADES 418.662.6547 / 1.800.265.6547

SAINT-GÉDÉON

- 9 AUBERGE DES ÎLES 418.345.2589 / 1.800.680.2589
- 10 COIFFURE ET HÉBERGEMENT L'UNIK 418.345.8720 / 418.590.5692

Starting Point

of choice for cycling adventures
in Alma, Saguenay-Lac-Saint-Jean

Accommodations (camping and tourist homes) | Bike rentals | Excursion planning





Luggage transportation | Bike-Boat cruises to Roberval | Long-term parking



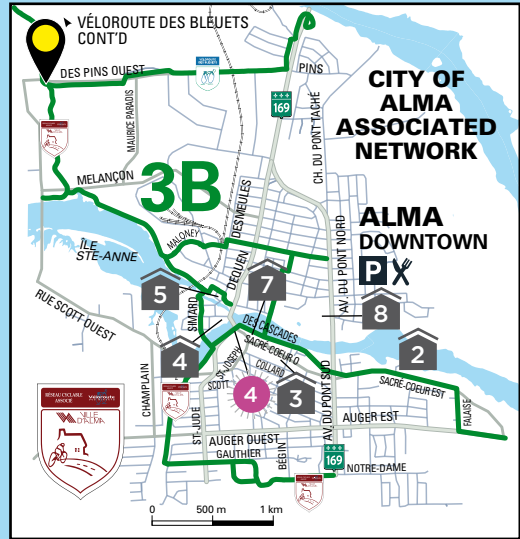
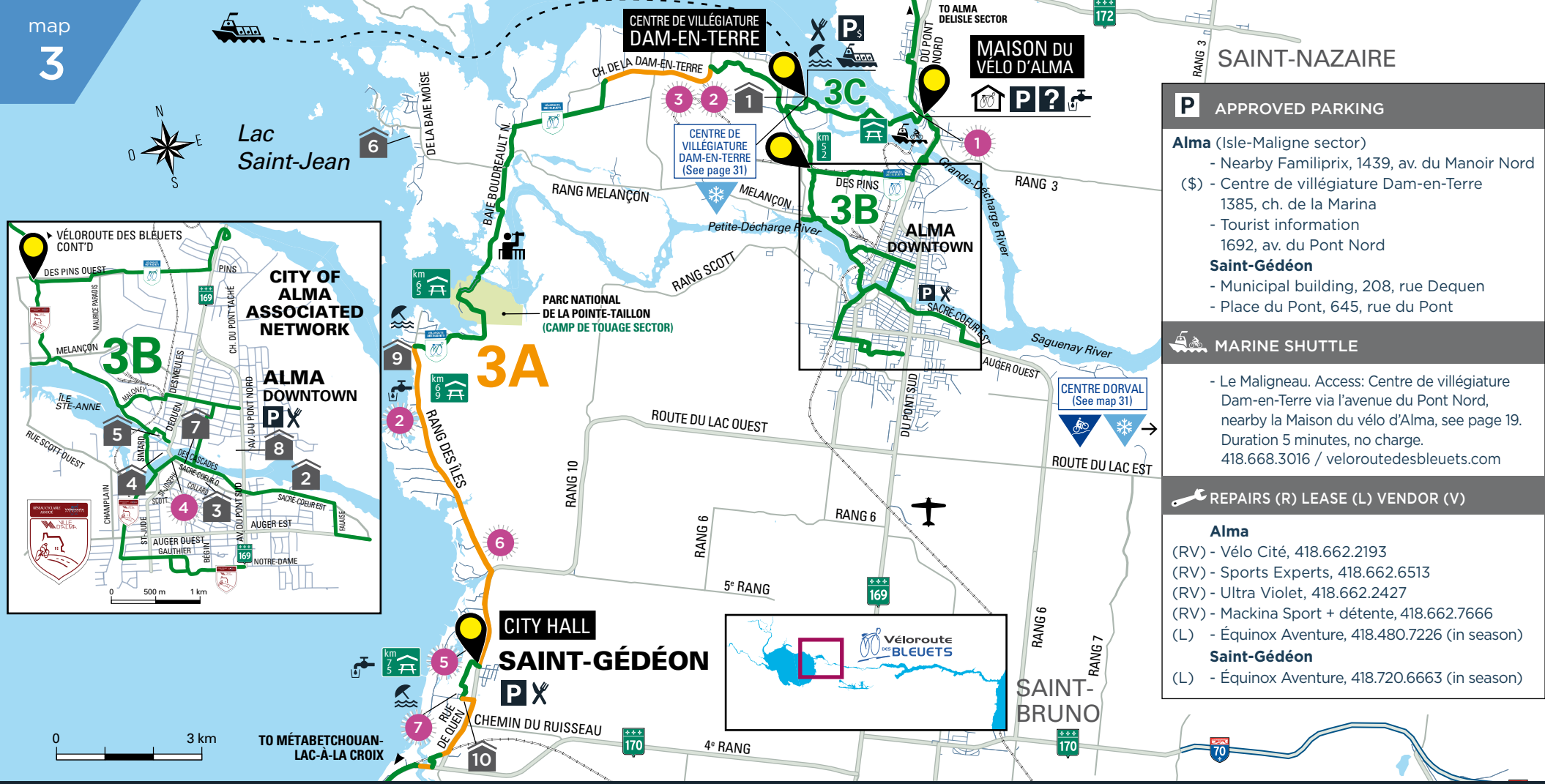
1 888 289-3016



Dam-en-terre
CENTRE DE VILLÉGIATURE



damenterre.qc.ca



P APPROVED PARKING

Alma (Isle-Maligne sector)

- Nearby Familiprix, 1439, av. du Manoir Nord
- ($\$$) - Centre de villégiature Dam-en-Terre, 1385, ch. de la Marina
- Tourist information, 1692, av. du Pont Nord

Saint-Gédéon

- Municipal building, 208, rue Dequen
- Place du Pont, 645, rue du Pont

MARINE SHUTTLE

- Le Maligneau. Access: Centre de villégiature Dam-en-Terre via l'avenue du Pont Nord, nearby la Maison du vélo d'Alma, see page 19. Duration 5 minutes, no charge. 418.668.3016 / veloroutedesbleuets.com

REPAIRS (R) LEASE (L) VENDOR (V)

Alma

- (RV) - Vélo Cité, 418.662.2193
- (RV) - Sports Experts, 418.662.6513
- (RV) - Ultra Violet, 418.662.2427
- (RV) - Mackina Sport + détente, 418.662.7666
- (L) - Équinox Aventure, 418.480.7226 (in season)

Saint-Gédéon

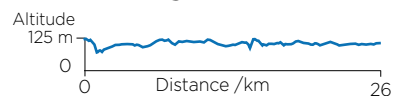
- (L) - Équinox Aventure, 418.720.6663 (in season)

MAP 3A ▶ 26 km
ALMA TO SAINT-GÉDÉON

Departure: Maison du Vélo d'Alma
1692, av. du Pont nord, Alma
Option 1 : with the marine shuttle **3C** (see schedule, p. 19)
Option 2: via rue des Pins

Arrival: City Hall
204, rue de Quen, Saint-Gédéon

Vertical gain: 207 m



MAP 3B ▶ 13.5 km
CITY OF ALMA ASSOCIATED NETWORK

Departure:
rue des Pins West
Alma (km 52)

Arrival: Alma downtown

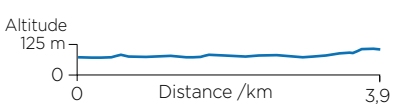


MAP 3C ▶ 4 km
MALIGNEAU MARINE SHUTTLE

Departure: Centre de villégiature Dam-en-Terre
1385, ch. de la Dam-en-Terre
Alma

Arrival: Maison du Vélo d'Alma
1692, av. du Pont Nord, Alma

Vertical gain: 72 m



- Maison du vélo d'Alma (km 49)**
Business office (open year-round)
1692, av. du Pont Nord, Alma
418.668.4541 / 1.866.550.4541
veloroutedesbleuets.com
- Tourist information**
Tourisme Alma Lac-Saint-Jean
1682, av. du Pont Nord, Alma
418.668.3611 / 1.877.668.3611
tourismealma.com
- CRUISE ON THE LAC SAINT-JEAN**
La Tournée boat
Centre de villégiature Dam-en-Terre
1385, ch. de la Marina, Alma
418.668.3016 / 1.888.289.3016
damenterre.qc.ca

- WHAT TO SEE & DO!**
- 1 L'ODYSSÉE DES BÂTISSEURS
 - 2 ÉQUINOX AVENTURE (2 address)
 - 3 CENTRE DE VILLÉGIATURE DAM-EN-TERRE
 - 4 MICROBRASSERIE LE LION BLEU
 - 5 LE PETIT MARAIS (observation tower, fauna and flora interpretation)
 - 6 FROMAGERIE MÉDARD
 - 7 MICROBRASSERIE DU LAC ST-JEAN

Lac-Saint-Jean, with its **1000 cubic meters** of fresh water, its islands and golden beaches is ideal for all watersports'activities.



12
km

SAINT-GÉDÉON TO
MÉTABETCHOUAN-LAC-À-LA-CROIX



map
4



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-GÉDÉON

1 COIFFURE ET HÉBERGEMENT
L'UNIK
418.345.8720 / 418.590.5692

2 AUBERGE DES ÎLES
418.345.2589 / 1.800.680.2589

MÉTABETCHOUAN- LAC-À-LA-CROIX

3 HÉBERGEMENT SÉMINAIRE
MARIE-REINE DU CLERGÉ
418.349.2816 / 1.877.349.2811

4 APPARTEMENTS DU VIEIL ÉDIFICE
418.719.3220

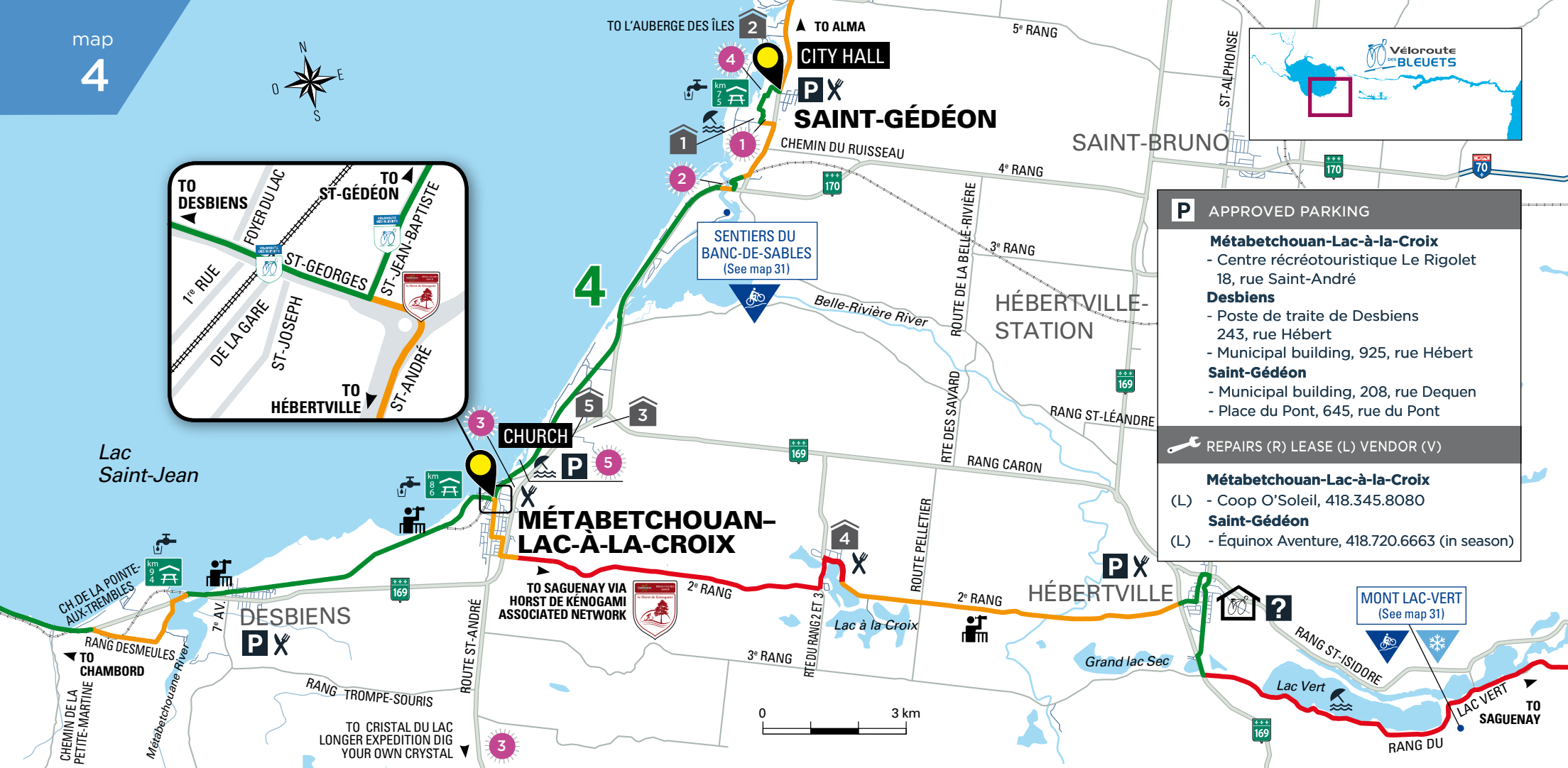
5 MOTEL LE ROND-POINT
418.349.3413

Hôtel Universel
Centre des congrès • Alma
1 800 263-5261 • hoteluniversel.com

ROOMS COMPLETELY RENOVATED

**IDEAL GEOGRAPHICAL
LOCATION IN THE
SAGUENAY-LAC-SAINT-JEAN**

NEW
ASK FOR **BICYCLE RACK** AT THE FRONT DESK



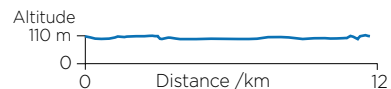
MAP 4 ▶ 12 km

SAINT-GÉDÉON TO MÉTABETCHOUAN-LAC-À-LA-CROIX

Departure : Hôtel de ville, 204, rue De Quen Saint-Gédéon

Arrival: Church, 76-78, rue Saint-André Métabetchouan-Lac-à-la-Croix

Vertical gain: 39 m



Destination Lac-Saint-Jean PANORAMAS

Le Camp musical de Métabetchouan-Lac-à-la-Croix with its observation tower and outdoor terrasse for an exceptional view over Lac-Saint-Jean.



Tourist information

Tourisme Alma Lac-Saint-Jean
1682, av. du Pont Nord, Alma
418.668.3611 / 1.877.668.3611
tourismealma.com



WHAT TO SEE & DO!

- 1 MICROBRASSERIE DU LAC ST-JEAN
- 2 COOPÉRATIVE O'SOLEIL (kitesurfing, kayaking, canoeing)
- 3 CRISTAL DU LAC (activities, interpretation center, boutique, express prospection)
- 4 PETIT MARAIS (fauna and flora interpretation, observation deck, etc.)
- 5 RIGOLET (beach and sunsets)

Challenging and
surpassing yourself
amidst breathtaking
scenery.



7
km

MÉTABETCHOUAN-LAC-À-LA-CROIX
TO DESBIENS



map
5



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

MÉTABETCHOUAN-LAC-À-LA-CROIX

- 1 HÉBERGEMENT SÉMINAIRE
MARIE-REINE DU CLERGÉ
418.349.2816 / 1.877.349.2811
- 2 APPARTEMENTS DU VIEIL ÉDIFICE
418.719.3220
- 3 MOTEL LE ROND-POINT
418.349.3413

GO AND EXPLORE!

Package tour including *Bienvenue cyclistes!*^{MD} accommodations,
luggage transport service and assistance when needed.



Guided and
self-guided tour



Bike
rental



Shuttle
service



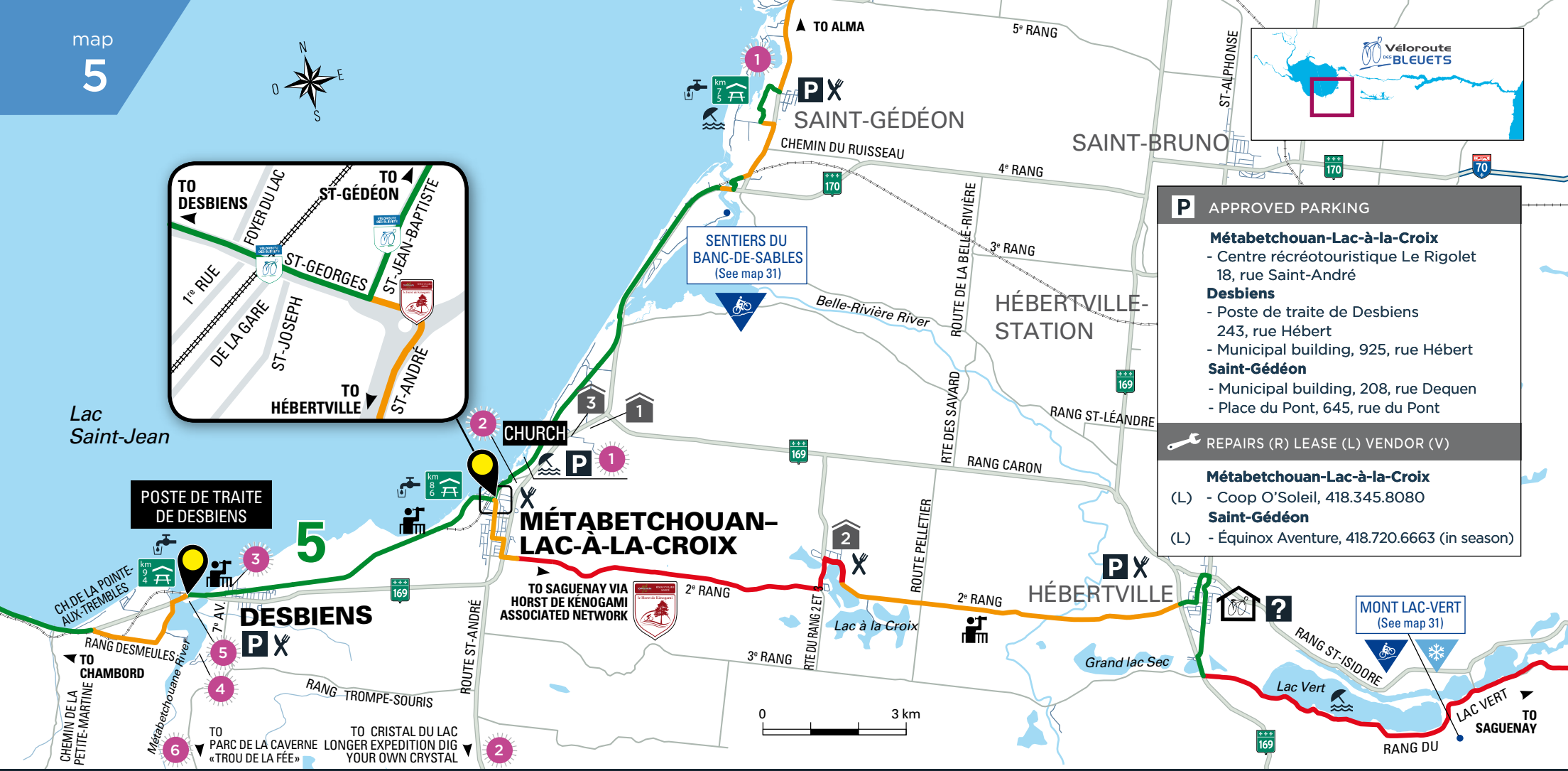
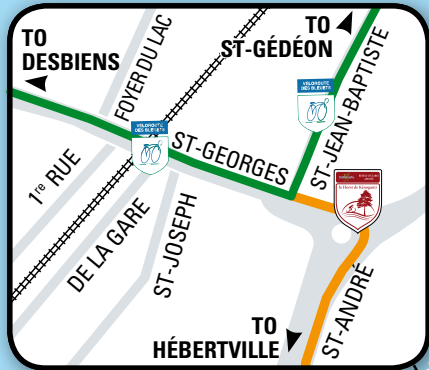
Luggage
transport service



equinoxaventure.ca | 1 888 668-7381

Adventure travel
agency

Photo: Véloroute des Bleuets



P APPROVED PARKING

Métabetchouan-Lac-à-la-Croix
- Centre récréotouristique Le Rigolet
18, rue Saint-André

Desbiens
- Poste de traite de Desbiens
243, rue Hébert
- Municipal building, 925, rue Hébert

Saint-Gédéon
- Municipal building, 208, rue Dequen
- Place du Pont, 645, rue du Pont

REPAIRS (R) LEASE (L) VENDOR (V)

Métabetchouan-Lac-à-la-Croix
(L) - Coop O'Soleil, 418.345.8080

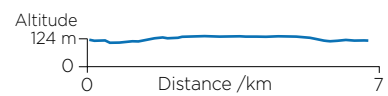
Saint-Gédéon
(L) - Équinox Aventure, 418.720.6663 (in season)

MAP 5 ▶ 7 km
MÉTABETCHOUAN-LAC-À-LA-CROIX TO DESBIENS

Departure: Church, 76-78, rue Saint André
Métabetchouan-Lac-à-la-Croix

Arrival: Poste de traite de Desbiens
243, rue Hébert, Desbiens

Vertical gain: 41 m



PANORAMAS - Destination Lac-Saint-Jean

A panoramic view over Lac-Saint-Jean in Desbiens, right on the cyclable path.

- WHAT TO SEE & DO!**
- 1 RIGOLET** (beach and sunsets)
 - 2 CRISTAL DU LAC** (activities, interpretation center, boutique, express prospection)
 - 3 POSTE DE TRAITE DE DESBIENS**
 - 4 GLAMPING PARC DE LA RIVIÈRE MÉTABETCHOUANE** (rafting, hiking trails, fishing)
 - 5 H2O EXPÉDITION** (rafting, canoeing, hydrospeed and paddle board)
 - 6 PARC DE LA CAVERNE « TROU DE LA FÉE »** (natural cave, pedestrian trails, zip-lines)

Charming small villages where to pause and take some quality time.



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHAMBORD

- 1 CHALETS ET SPA LAC SAINT-JEAN
418.342.1111 / 1.877.342.7933
- 2 VILLAGE HISTORIQUE DE VAL-JALBERT
(MINI-CHALETS, CAMPING)
418.275.3132 / 1.888.675.3132
- 3 CAMPING BLANCHET
418.346.5436



9 km

DESBIENS TO CHAMBORD



map
6

LIVE THE Val-Jalbert EXPERIENCE

AUTHENTIC COMPANY TOWN OF THE 1920'S

ON YOUR WAY BY THE VÉLOROUTE DES BLEUETS!

95, St-Georges St, Chambord, Qc G0W1G0 1888 675-3132 valjalbert.com

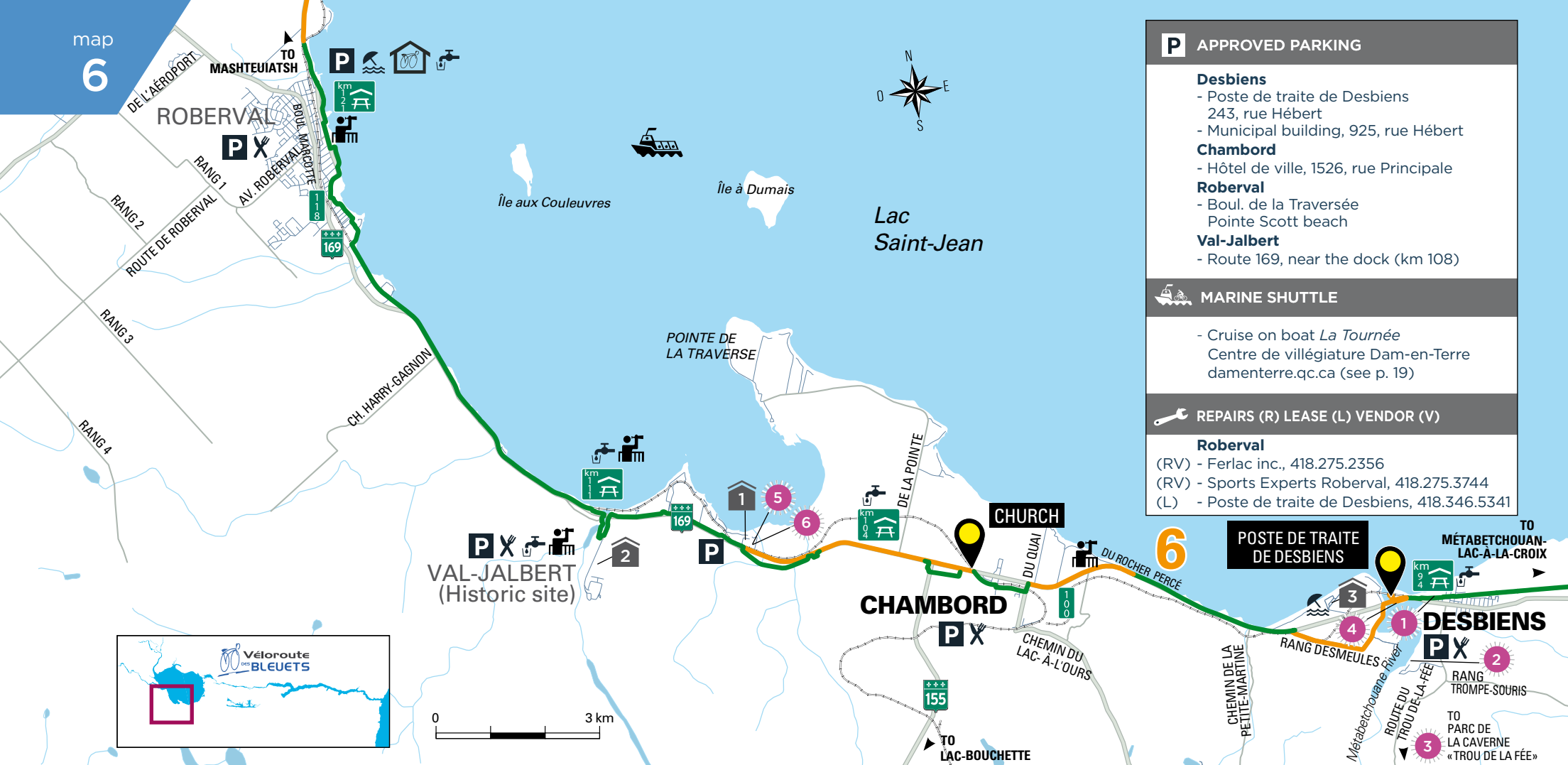
CAMPING de l'année

CAMPING de l'année 2017

CAMPGROUND

ACCOMMODATION

RESTAURANT



P APPROVED PARKING

Desbiens

- Poste de traite de Desbiens
243, rue Hébert
- Municipal building, 925, rue Hébert

Chambord

- Hôtel de ville, 1526, rue Principale

Roberval

- Boul. de la Traversée
- Pointe Scott beach

Val-Jalbert

- Route 169, near the dock (km 108)

MARINE SHUTTLE

- Croise on boat *La Tournée*
- Centre de villégiature Dam-en-Terre
damenterre.qc.ca (see p. 19)

REPAIRS (R) LEASE (L) VENDOR (V)

Roberval

- (RV) - Ferlac inc., 418.275.2356
- (RV) - Sports Experts Roberval, 418.275.3744
- (L) - Poste de traite de Desbiens, 418.346.5341

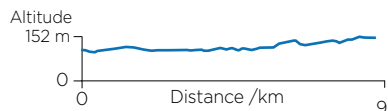


MAP 6 ▶ 9 km
DESBIENS TO CHAMBORD

Departure: Poste de traite de Desbiens
243, rue Hébert, Desbiens

Arrival: Church, 36, boul. de la Montagne
Chambord

Vertical gain: 115 m



Destination Lac-Saint-Jean PANORAMAS

The immensity of the interior sea in full spleen
from Chambord's viewpoint.

WHAT TO SEE & DO!

- 1 POSTE DE TRAITÉ DE DESBIENS
- 2 GLAMPING PARC DE LA RIVIÈRE MÉTABETCHOUANE (rafting, hiking trails, fishing)
- 3 PARC DE LA CAVERNE « TROU DE LA FÉE » (natural cave, hiking trails, zip-lines)
- 4 H2O EXPÉDITION (rafting, canoeing, hydrospeed and paddle board)
- 5 CHALETS ET SPA LAC-SAINT-JEAN
- 6 CENTRE NAUTIQUE LAC-SAINT-JEAN (flyboard, seedoo, boats, pedalo, kayaking)

From one yacht club to another along impressive views over the majestic Lac Saint-Jean.



19
km

CHAMBORD TO ROBERVAL



map
7



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHAMBORD

- 1** CHALETS ET SPA LAC SAINT-JEAN
418.342.1111 / 1.877.342.7933
- 2** VILLAGE HISTORIQUE DE VAL-JALBERT
(MINI-CHALETS, CAMPING)
418.275.3132 / 1.888.675.3132
- 3** CAMPING BLANCHET
418.346.5436

ROBERVAL

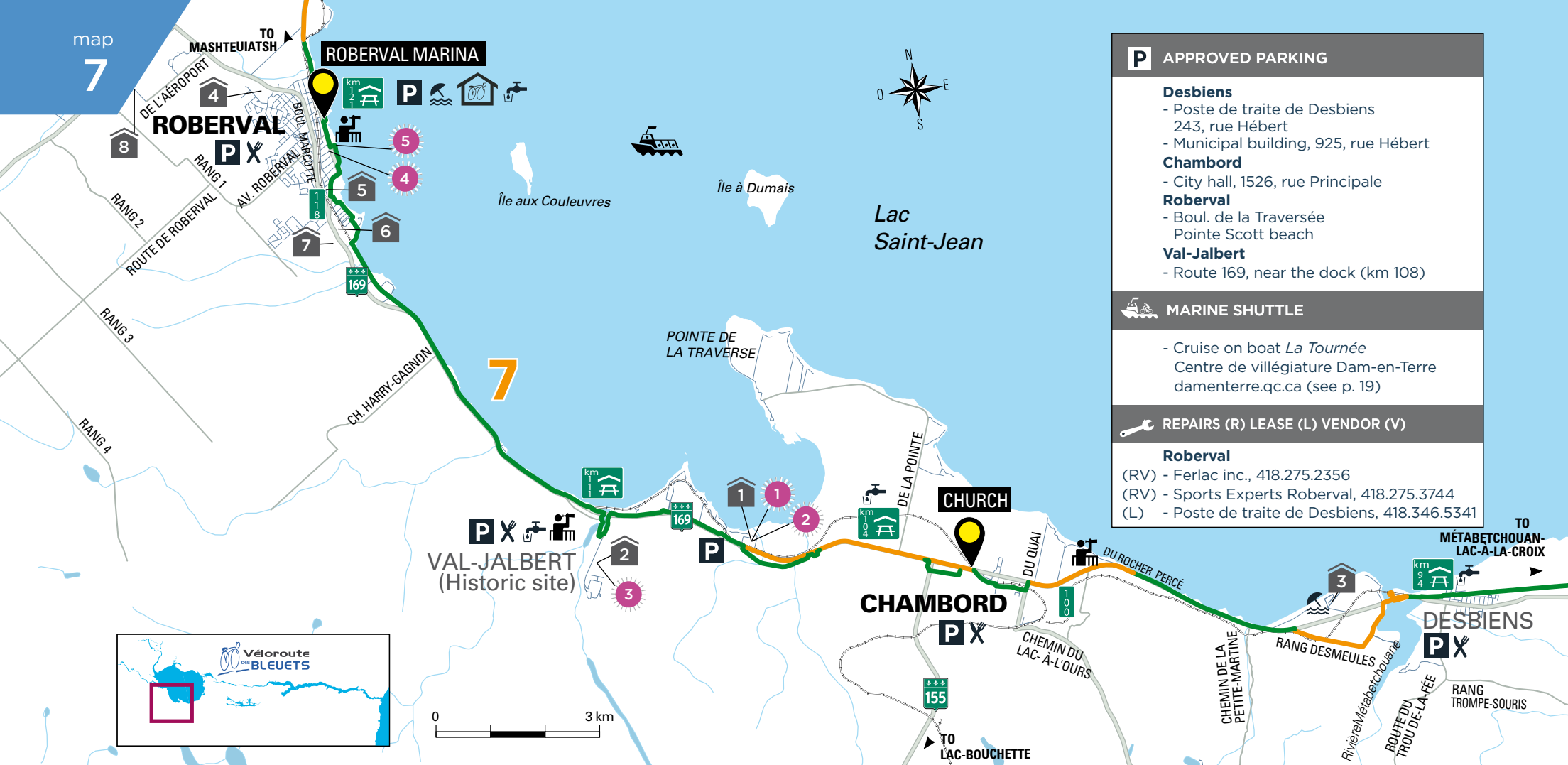
- 4** HÔTEL CHÂTEAU ROBERVAL
418.275.7511 / 1.800.661.7611
- 5** GÎTE LA BRISE DU LAC
418.275.0656
- 6** MOTEL ROBERVAL
418.275.3957 / 1.877.990.9903
- 7** HÔTEL MANOIR ROBERVAL
418.275.7422 / 1.800.567.0777
- 8** CAMPING ET CHALETS
MONT-PLAISANT
418.275.0910



WELCOME ABOARD... WITH YOUR BIKE!

On board the Montréal–Jonquière train, with its large windows, take the time to marvel at the beauty of Quebec's landscapes in the comfort of the train. You will find yourself in the middle of nature, often far from the road, along rivers and around lakes. Plus, for a small fee you can bring your bike with you—just register it at a VIA counter and travel hassle-free. Let yourself be tempted by the adventure.

™ Trademark owned by VIA Rail Canada Inc.



P APPROVED PARKING

Desbiens
 - Poste de traite de Desbiens
 243, rue Hébert
 - Municipal building, 925, rue Hébert

Chambord
 - City hall, 1526, rue Principale

Roberval
 - Boul. de la Traversée
 Pointe Scott beach

Val-Jalbert
 - Route 169, near the dock (km 108)

MARINE SHUTTLE

- Cruise on boat *La Tournée*
 Centre de villégiature Dam-en-Terre
 damenterre.qc.ca (see p. 19)

REPAIRS (R) LEASE (L) VENDOR (V)

Roberval
 (RV) - Ferlac inc., 418.275.2356
 (RV) - Sports Experts Roberval, 418.275.3744
 (L) - Poste de traite de Desbiens, 418.346.5341

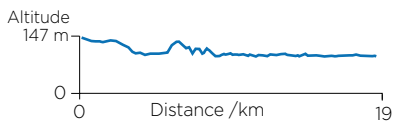


MAP 7 ▶ 19 km
CHAMBORD TO ROBERVAL

Departure: Church, 36, boul. de la Montagne Chambord

Arrival: Marina, 898, rue Arthur Roberval

Vertical gain: 95 m



Destination Lac-Saint-Jean PANORAMAS

Patrimonial circuits with architectural treasures (on foot or bike).

Maison du vélo de Roberval (km 121)
 At the Marina's entrance in Roberval
 854, rue Arthur, Roberval
 418.765.0115

[?] Did you know that...
 the waterfalls in Val-Jalbert are 20 meters higher than the ones in Niagara Falls! There are 5 outstanding lookout points, one of which equipped with a glass floor.

- WHAT TO SEE & DO!**
- CHALET ET SPA LAC-SAINT-JEAN (nordic spa, health center, accommodations, restaurant)
 - VILLAGE HISTORIQUE DE VAL-JALBERT
 - BOULANGERIE PERRON DE ROBERVAL ÉCONOMUSÉE
 - JARDIN DES URSULINES (small museum films, animation, wood bread oven)

A multitude of experiences and activities awaits you here (festivals, shows, museums, cheesemakers, chocolate makers, breweries, restaurants...).



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

MASHTEUIATSH

1 CAMPING PLAGE ROBERTSON
418.275.1375

ROBERVAL

2 HÔTEL CHÂTEAU ROBERVAL
418.275.7511 / 1.800.661.7611

3 GÎTE LA BRISE DU LAC
418.275.0656

4 MOTEL ROBERVAL
418.275.3957 / 1.877.990.9903

5 HÔTEL MANOIR ROBERVAL
418.275.7422 / 1.800.567.0777

6 CAMPING ET CHALETS
MONT-PLAISANT
418.275.0910

6
km

ROBERVAL TO MASHTEUIATSH



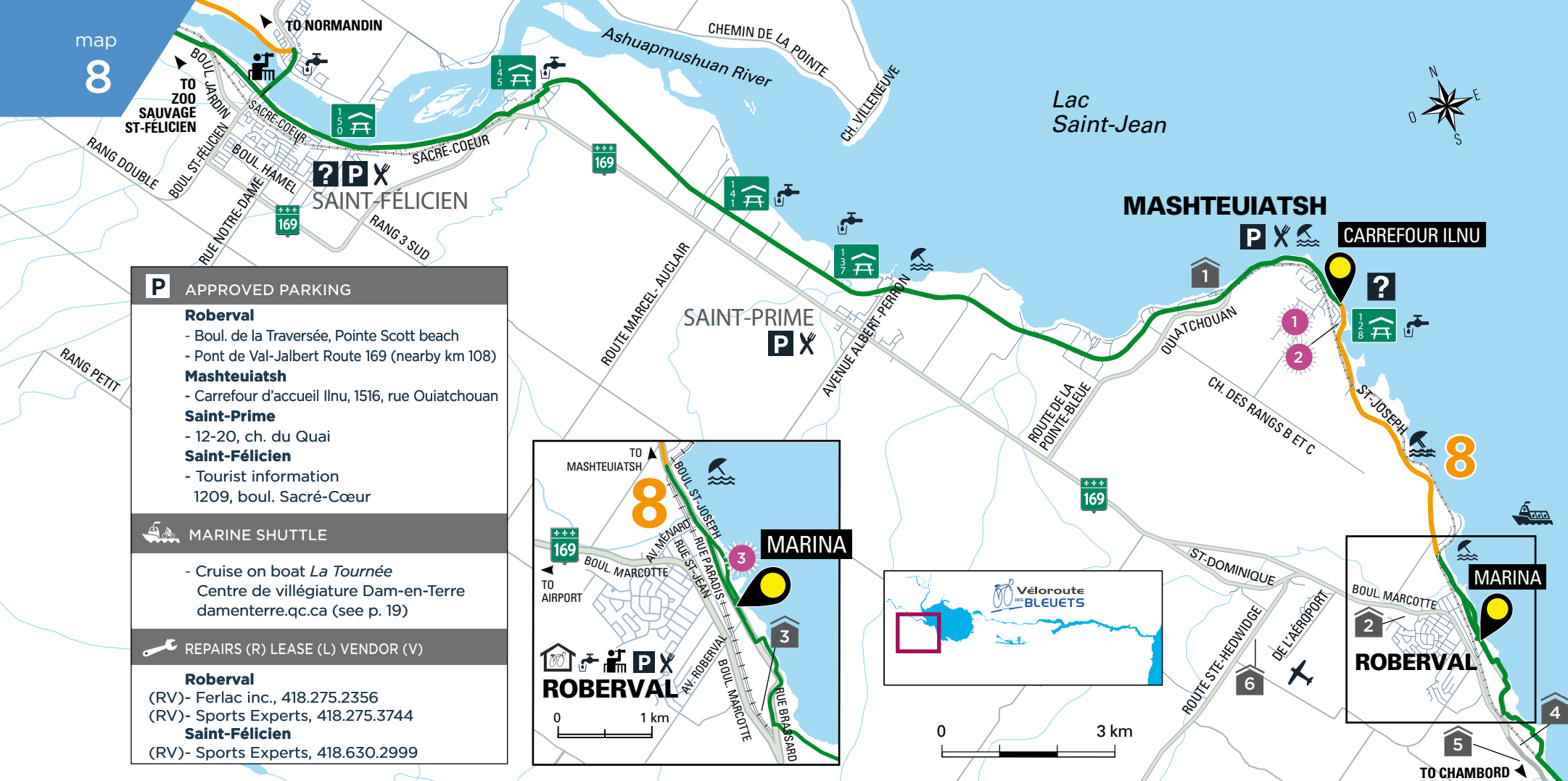
map
8

Tourisme Mashteuiatsh
LAC-SAINT-JEAN

FAITES CONNAISSANCE AVEC LES
PEKUAKAMIULNUATSH
APPRENEZ L'HISTOIRE
ET VIVEZ LA CULTURE DE CE
PEUPLE MILLÉNAIRE

MEET THE
PEKUAKAMIULNUATSH
LEARN THE HISTORY AND EXPERIENCE
THE CULTURE OF THIS
MILLENNIAL PEOPLE

Kuei.ca
1 888 222-7422



P APPROVED PARKING

Roberval

- Boul. de la Traversée, Pointe Scott beach
- Pont de Val-Jalbert Route 169 (nearby km 108)

Mashteuiatsh

- Carrefour d'accueil Ilnu, 1516, rue Ouiatchouan

Saint-Prime

- 12-20, ch. du Quai

Saint-Félicien

- Tourist information
- 1209, boul. Sacré-Cœur

MARINE SHUTTLE

- Cruise on boat *La Tournée*
- Centre de villégiature Dam-en-Terre
- damenterre.qc.ca (see p. 19)

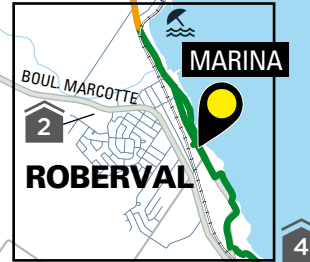
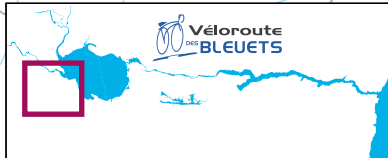
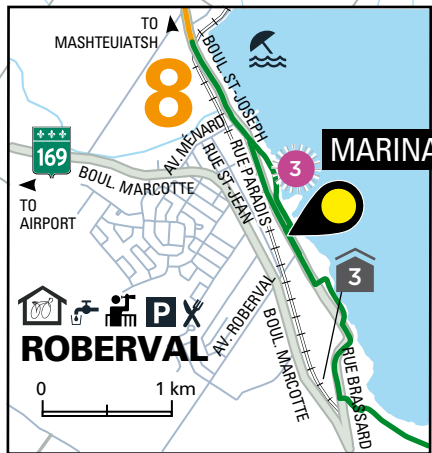
REPAIRS (R) LEASE (L) VENDOR (V)

Roberval

- (RV)- Ferlac inc., 418.275.2356
- (RV)- Sports Experts, 418.275.3744

Saint-Félicien

- (RV)- Sports Experts, 418.630.2999

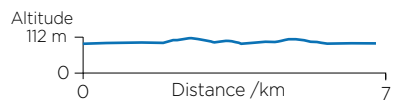


MAP 8 ▶ 6 km
ROBERVAL TO MASHTTEUIATSH

Departure: Marina, 898, rue Arthur Roberval

Arrival: Carrefour Ilnu, 1516, rue Ouiatchouan Mashteuiatsh

Vertical gain: 51 m



Destination Lac-Saint-Jean PANORAMAS

Teepees standing tall and proud overlooking the lake.

Patrimonial circuit in the Ilnu's footpaths. For the whole circuit, download the free app "BaladoDiscovery" (available in French only) for Android and iPhone/iPad.

Tourisme Mashteuiatsh
1516, rue Ouiatchouan, Mashteuiatsh
Toll free: 1.888.222.7922

WHAT TO SEE & DO!

- MUSÉE AMÉRINDIEN DE MASHTTEUIATSH**
- UASHASSIHTSH - SITE DE TRANSMISSION CULTURELLE ILNU** (presentations, exhibitions, artistic activities)
- CENTRE DE VILLÉGIATURE DAM-EN-TERRÉ** (Roberval-Alma cruise)

Sunshine, fine sand and a refreshing dip in the lake is all it takes for a **perfect sunset experience!**



9.5 km

MASHTEUATSH TO SAINT-PRIME



map
9



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

MASHTEUATSH

1 CAMPING PLAGÉ ROBERTSON
418.275.1375

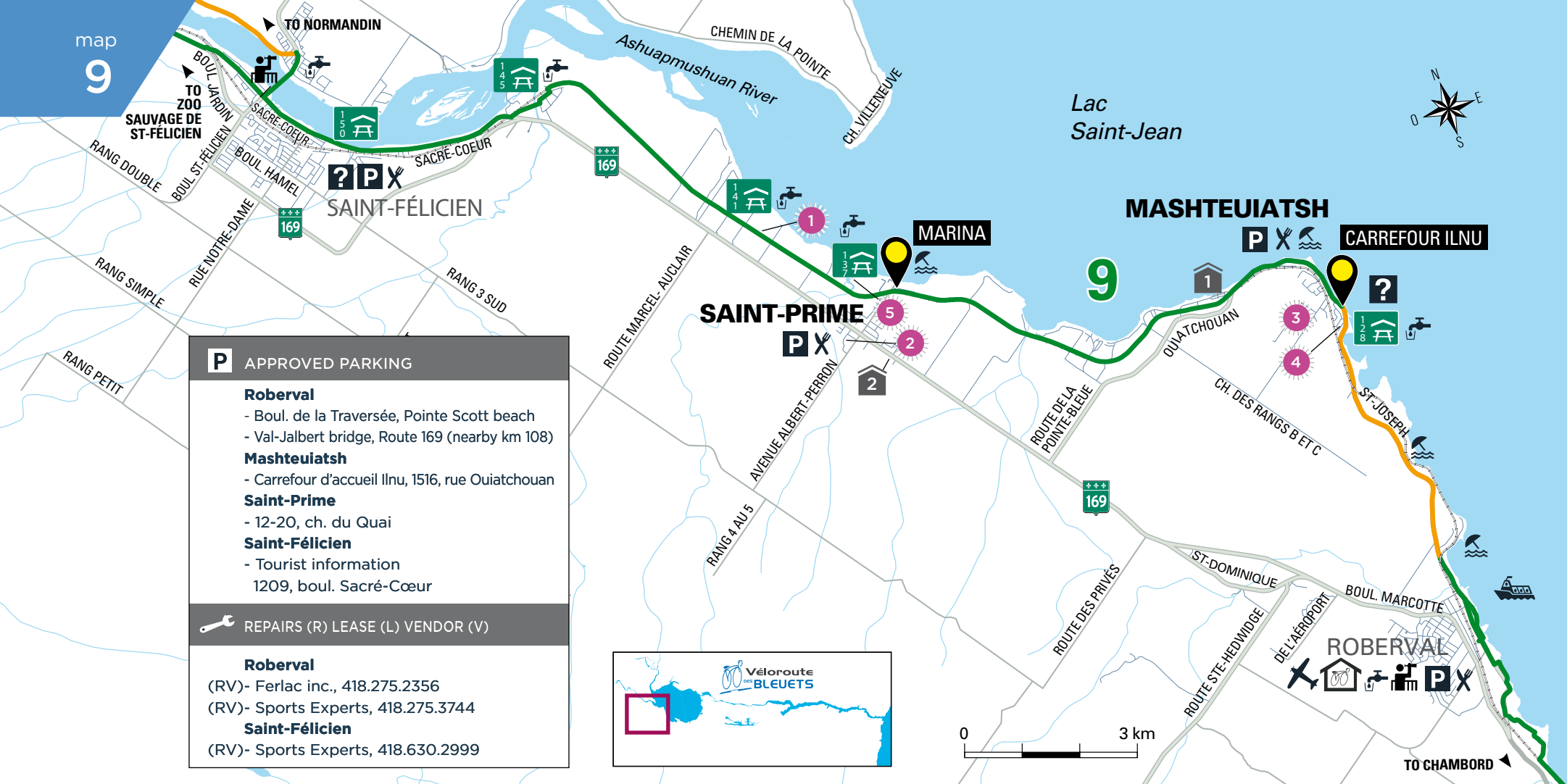
SAINT-PRIME

2 MOTEL JULIE
418.251.9040 / 1.877.251.9040

Only 5 km
from the Zoo sauvage of St-Félicien

HÔTEL DU JARDIN
hoteldujardin.com
1 800 463.4927

Photo : Véloroute des Bicquets



P APPROVED PARKING

Roberval
 - Boul. de la Traversée, Pointe Scott beach
 - Val-Jalbert bridge, Route 169 (nearby km 108)

Mashteuiatsh
 - Carrefour d'accueil Ilnu, 1516, rue Ouiatchouan

Saint-Prime
 - 12-20, ch. du Quai

Saint-Félicien
 - Tourist information
 1209, boul. Sacré-Cœur

REPAIRS (R) LEASE (L) VENDOR (V)

Roberval
 (RV)- Ferlac inc., 418.275.2356
 (RV)- Sports Experts, 418.275.3744

Saint-Félicien
 (RV)- Sports Experts, 418.630.2999

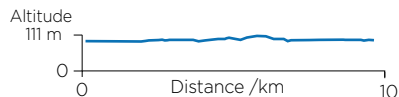


MAP 9 ▶ 9.5 km
MASHTEUATSH TO SAINT-PRIME

Departure: Carrefour Ilnu
 1516, rue Ouiatchouan, Mashteuiatsh

Arrival: Marina, 12-20, ch. du Quai
 Saint-Prime

Vertical gain: 27 m



Destination Lac-Saint-Jean PANORAMAS

The Club de Golf Domaine Lac-Saint-Jean (18 holes with an exceptional view over the lake).

Tourisme Mashteuiatsh

1516, rue Ouiatchouan, Mashteuiatsh
 Toll free: 1.888.222.7922



WHAT TO SEE & DO!

- 1 FERME NELSON PARADIS (organic agricultural)
- 2 MUSÉE DU FROMAGE CHEDDAR (workshops, tasting, exhibitions)
- 3 MUSÉE AMÉRINDIEN DE MASHTEUATSH
- 4 UASHASSIHTSH -SITE DE TRANSMISSION CULTURELLE ILNU (presentations, exhibitions, artistic activities)
- 5 CAMPING ET MARINA DE SAINT-PRIME

Cycle on the Véloroute
des Bleuets once and
you'll only want to
**come back
every year!**



12
km

SAINT-PRIME TO SAINT-FÉLICIEN



map
10



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-PRIME

1 MOTEL JULIE
418.251.9040 / 1.877.251.9040

SAINT-FÉLICIEN

2 AUBERGE 4 SAISONS
418.679.0694 / 1.866.679.0694

3 LA MAISON BANVILLE GÎTE
ET CAFÉ-BISTRO
418.613.0888

4 AUBERGE DES BERGES
418.679.3346 / 1.877.679.3346

5 HÔTEL DE LA BORÉALIE
418.613.3332 / 1.855.613.3332

6 HÔTEL DU JARDIN
418.679.8422 / 1.800.463.4927

7 À FLEUR D'EAU
418.679.0784

Saint-Félicien

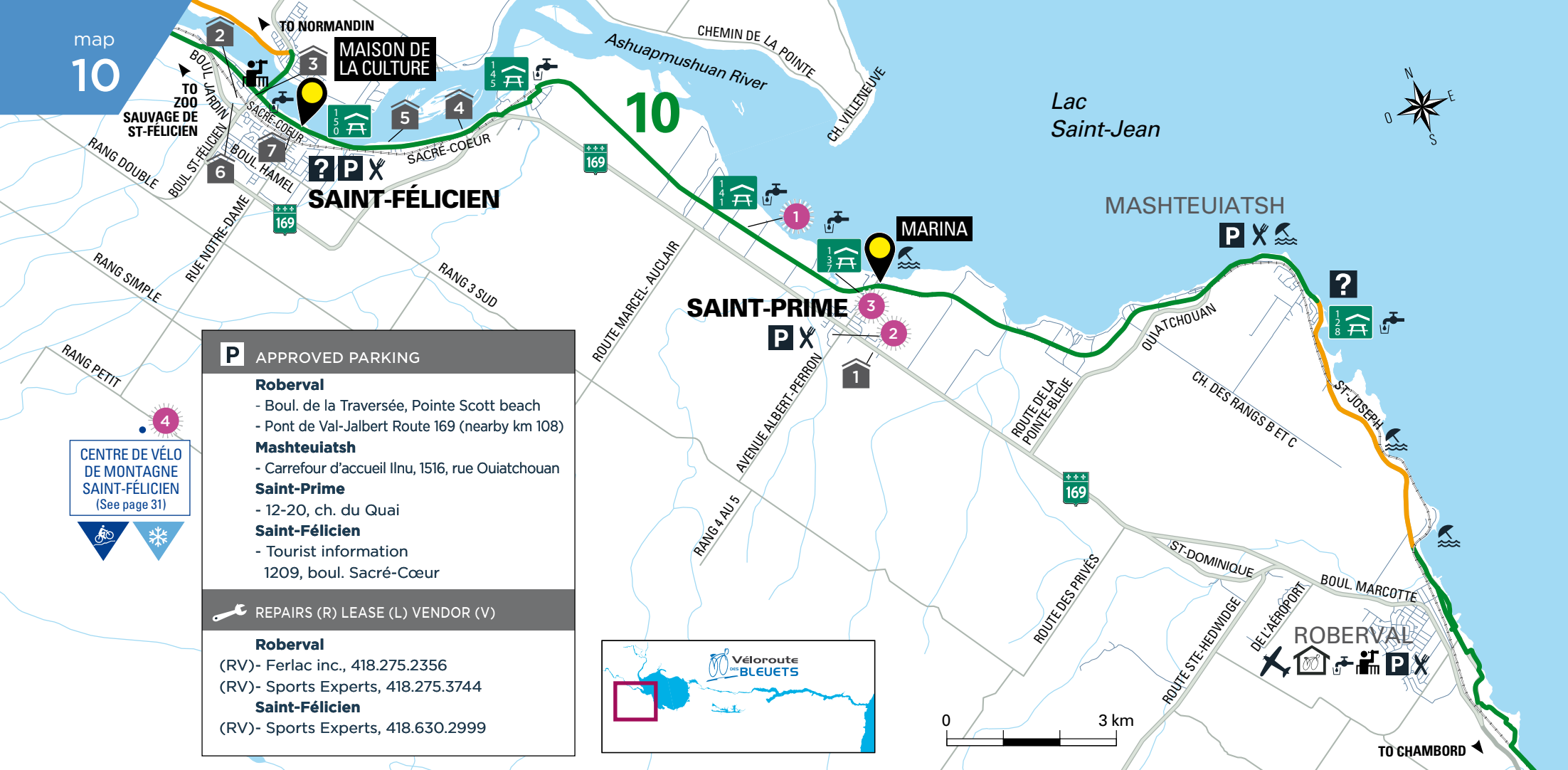


A MUST-VISIT TOURIST

Crossroads

418 679-9888/1 877 525-9888
ville.stfelicien.qc.ca





P APPROVED PARKING

Roberval

- Boul. de la Traversée, Pointe Scott beach
- Pont de Val-Jalbert Route 169 (nearby km 108)

Mashteuatsh

- Carrefour d'accueil Ilnu, 1516, rue Ouatichouan

Saint-Prime

- 12-20, ch. du Quai

Saint-Félicien

- Tourist information
1209, boul. Sacré-Cœur

REPAIRS (R) LEASE (L) VENDOR (V)

Roberval

- (RV)- Ferlac inc., 418.275.2356
- (RV)- Sports Experts, 418.275.3744

Saint-Félicien

- (RV)- Sports Experts, 418.630.2999

CENTRE DE VÉLO DE MONTAGNE SAINT-FÉLICIEN
(See page 31)



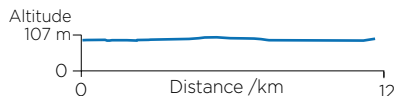
MAP 10 ▶ 12 km

SAINT-PRIME TO SAINT-FÉLICIEN

Departure: Marina, 12-20, ch. du Quai Saint-Prime

Arrival: Maison de la culture 1058, boul. Sacré-Coeur, Saint-Félicien

Vertical gain: 45 m



Destination Lac-Saint-Jean PANORAMAS

Parc des Chutes-à-Michel

Do some hydrospeed or a family rafting expedition on the Ashuapmushuan rapids, or rent some nautical equipment (Québec Raft Expédition en rivières).



Tourist information of Saint-Félicien

1209, boul. Sacré-Coeur Ouest
418.679.9888



WHAT TO SEE & DO!

- 1 FERME NELSON PARADIS (organic agricultural)
- 2 MUSÉE DU FROMAGE CHEDDAR (workshops, tasting, exhibitions, etc.)
- 3 CAMPING ET MARINA DE SAINT-PRIME
- 4 CENTRE DE VÉLO DE MONTAGNE DE SAINT-FÉLICIEN (zip-lines and obstacle course)
- 5 ZOO SAUVAGE DE SAINT-FÉLICIEN (nature trail park, gift shop, cinema, water play area)
- 6 FROMAGERIE FERME DES CHUTES

You'll feel free and exhilarated surrounded by these vast **coloured fields** and their delightful smells!



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-FÉLICIEN

- 1 AUBERGE 4 SAISONS
418.679.0694 / 1.866.679.0694
- 2 LA MAISON BANVILLE GÎTE ET CAFÉ-BISTRO
418.613.0888
- 3 HÔTEL DU JARDIN
418.679.8422 / 1.800.463.4927
- 4 CAMPING SAINT-FÉLICIEN
418.679.1719 / 1.866.679.1719

NORMANDIN

- 5 LES GÎTES MAKADAN
418.274.2867
- 6 SITE TOURISTIQUE CHUTE-À-L'OURS
(ÉTABLISSEMENT HÔTELIER, CAMPING,
RÉSIDENCE DE TOURISME)
418.274.3411, poste 3220
- 7 CHAMBRES MB NORMANDIN
418.274.4828

SEE MAP 10 FOR ADDITIONAL ACCOMMODATIONS IN SAINT-FÉLICIEN

34
km

SAINT-FÉLICIEN TO NORMANDIN (11A)
Zoo sauvage de Saint-Félicien (11B)



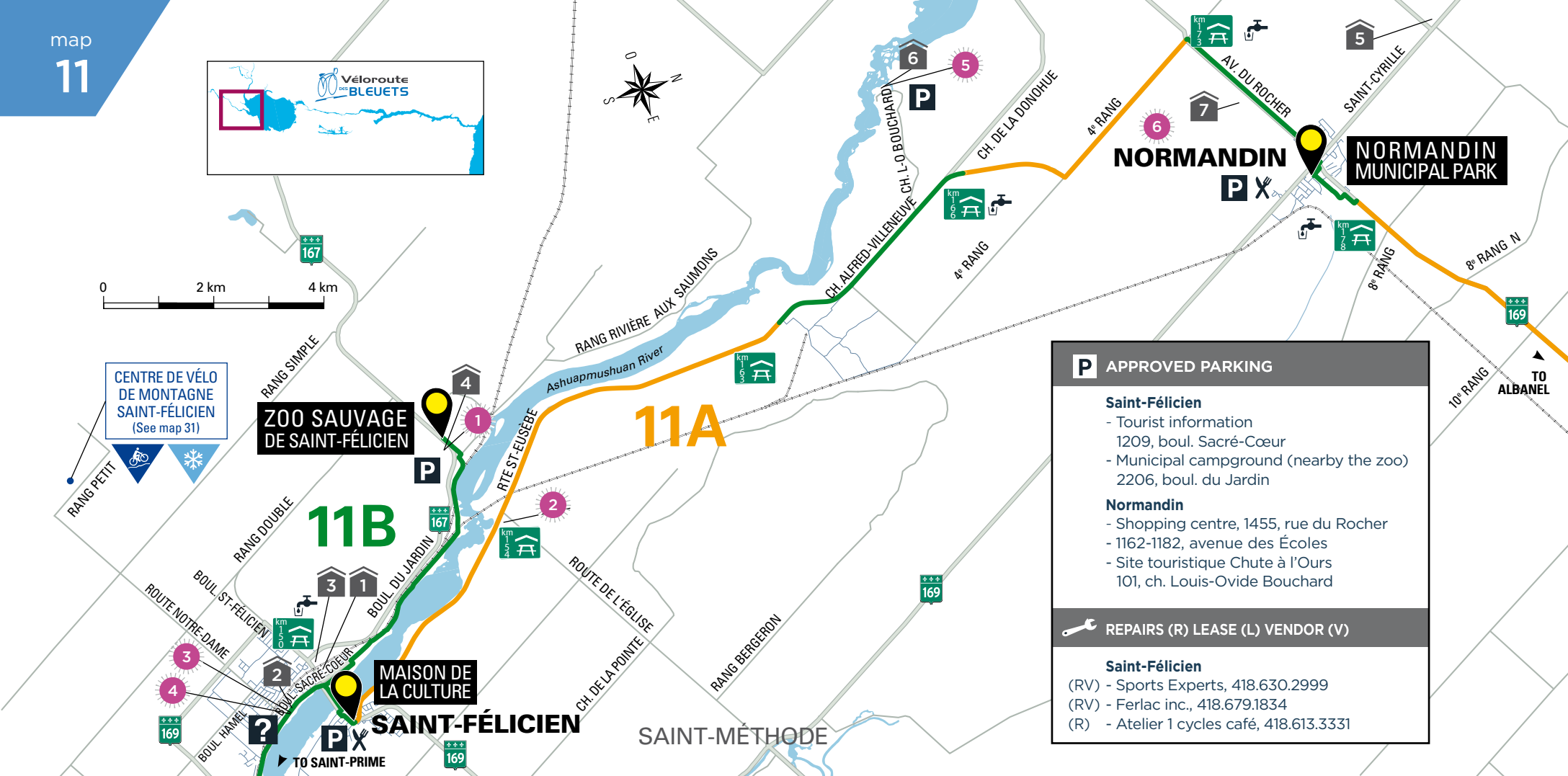
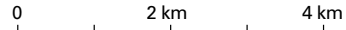
map
11

RIDING TO THE ZOO IS
naturally amazing!

ZOO SAUVAGE
de St-Félicien

zoosauvage.org

Québec
FIER PARTENAIRE



CENTRE DE VÉLO DE MONTAGNE SAINT-FÉLICIEN
(See map 31)

ZOO SAUVAGE DE SAINT-FÉLICIEN

MAISON DE LA CULTURE

NORMANDIN

NORMANDIN MUNICIPAL PARK

P APPROVED PARKING

Saint-Félicien

- Tourist information
1209, boul. Sacré-Coeur
- Municipal campground (nearby the zoo)
2206, boul. du Jardin

Normandin

- Shopping centre, 1455, rue du Rocher
- 1162-1182, avenue des Écoles
- Site touristique Chute à l'Ours
101, ch. Louis-Ovide Bouchard

REPAIRS (R) LEASE (L) VENDOR (V)

Saint-Félicien

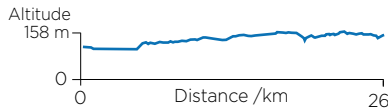
- (RV) - Sports Experts, 418.630.2999
- (RV) - Ferlac inc., 418.679.1834
- (R) - Atelier 1 cycles café, 418.613.3331

MAP 11A ▶ 26 km
SAINT-FÉLICIEN TO NORMANDIN

Departure: Maison de la culture
1058, boul. Sacré-Coeur
Saint-Félicien

Arrival: Municipal Park
1162-1182, av. des Écoles
Normandin

Vertical gain: 187 m

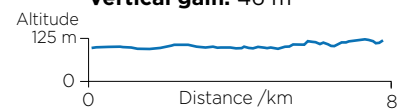


MAP 11B ▶ 8 km
SAINT-FÉLICIEN TO ZOO SAUVAGE DE SAINT-FÉLICIEN

Departure: Maison de la culture
1058, boul. Sacré-Coeur
Saint-Félicien

Arrival: Zoo sauvage de Saint-Félicien
2230, boul. du Jardin
Saint-Félicien

Vertical gain: 46 m



St-Félicien's Zoo is said to be one of the 10 most beautiful zoos in the world. 75 species and a unique train ride on the Nature Trail Park, as well as its multimedia « Anima Lumina» to be experienced at night, this is sure to please the whole family.

? Tourist information of Saint-Félicien
1209, boul. Sacré-Coeur Ouest
418.679.9888

- WHAT TO SEE & DO!**
- ZOO SAUVAGE** (nature trail park, boutiques, cinema, spray park)
 - FROMAGERIE FERME DES CHUTES** (tasting, observation)
 - MICROBRASSERIE LA CHOUAPE**
 - PARC SACRÉ-COEUR** (water, sound and light show)
 - SITE TOURISTIQUE CHUTE-À-L'OURS** (hiking, fishing, etc.)
 - BERGERIE DU NORD** (artisanal soap)

Lac-St-Jean's
unique blueberry
trademark now
yours to enjoy!

9
km

NORMANDIN TO ALBANEL



map
12



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

NORMANDIN

1 LES GÎTES MAKADAN
418.274.2867

2 CHAMBRES MB NORMANDIN
418.274.4828

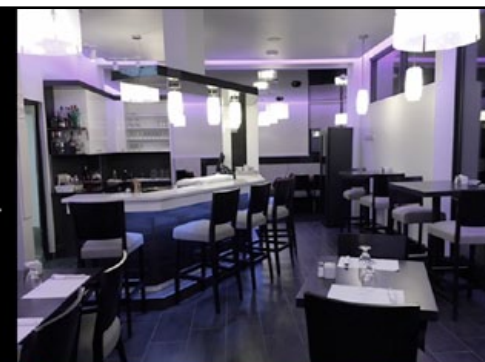
ALBANEL

3 CAMPING MUNICIPAL D'ALBANEL
418.279.5250, poste 3150

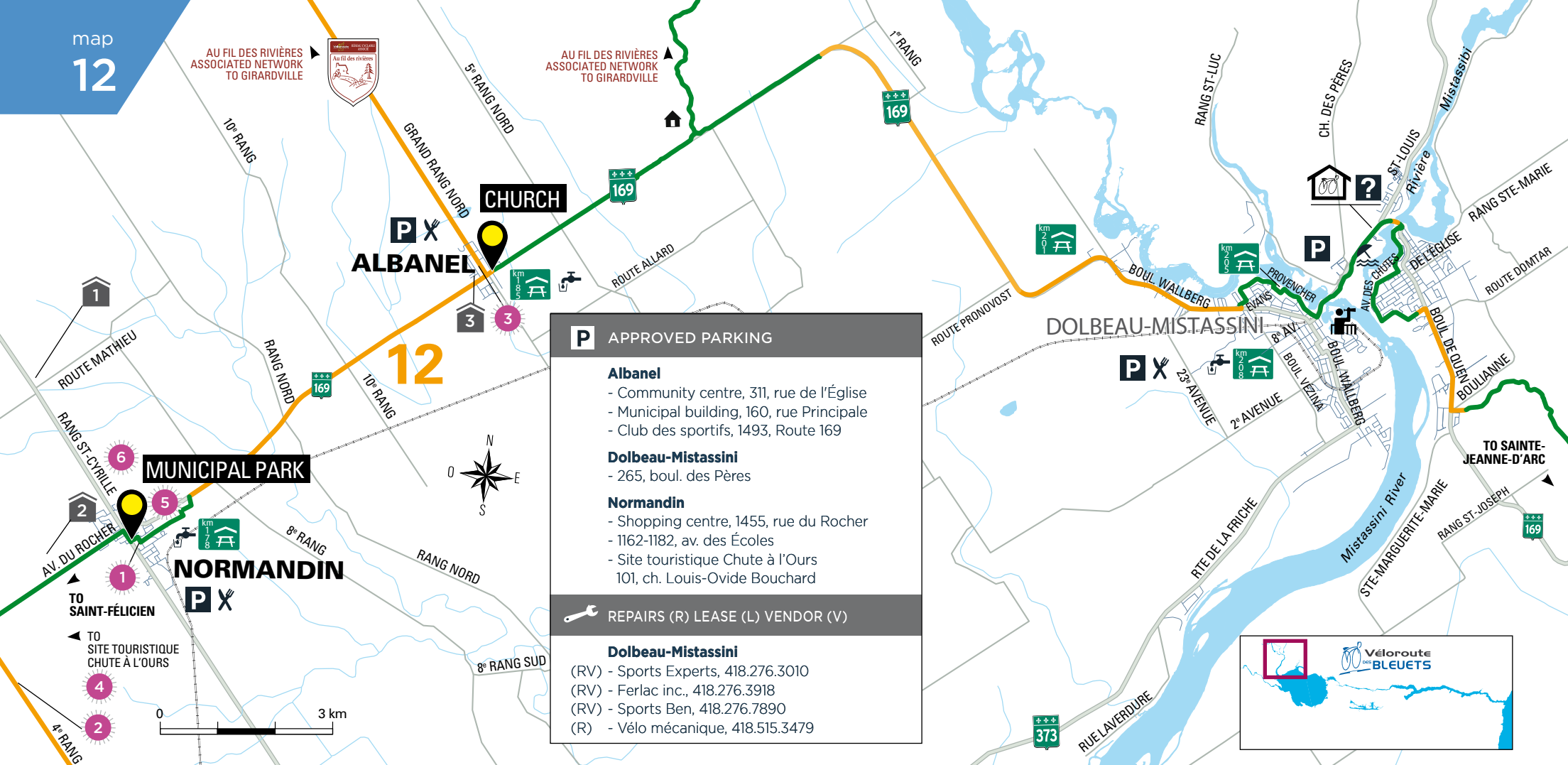


Motel Chute des Pères

Direct access to the Véloroute



46, Panoramique blvd. Dolbeau-Mistassini (Qc) G8L 5G9 | 418 276-1492 | chutedesperes.com



P APPROVED PARKING

Albanel

- Community centre, 311, rue de l'Église
- Municipal building, 160, rue Principale
- Club des sportifs, 1493, Route 169

Dolbeau-Mistassini

- 265, boul. des Pères

Normandin

- Shopping centre, 1455, rue du Rocher
- 1162-1182, av. des Écoles
- Site touristique Chute à l'Ours
- 101, ch. Louis-Ovide Bouchard

REPAIRS (R) LEASE (L) VENDOR (V)

Dolbeau-Mistassini

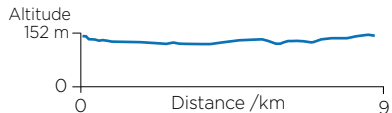
- (RV) - Sports Experts, 418.276.3010
- (RV) - Ferlac inc., 418.276.3918
- (RV) - Sports Ben, 418.276.7890
- (R) - Vélo mécanique, 418.515.3479

MAP 12 ▶ 9 km
NORMANDIN TO ALBANDEL

Departure: Municipal park
1162-1182, av. des Écoles
Normandin

Arrival: Church, 153, rue Principale
Albanel

Vertical gain: 45 m



Destination Lac-Saint-Jean PANORAMAS
Blueberry fields forever.

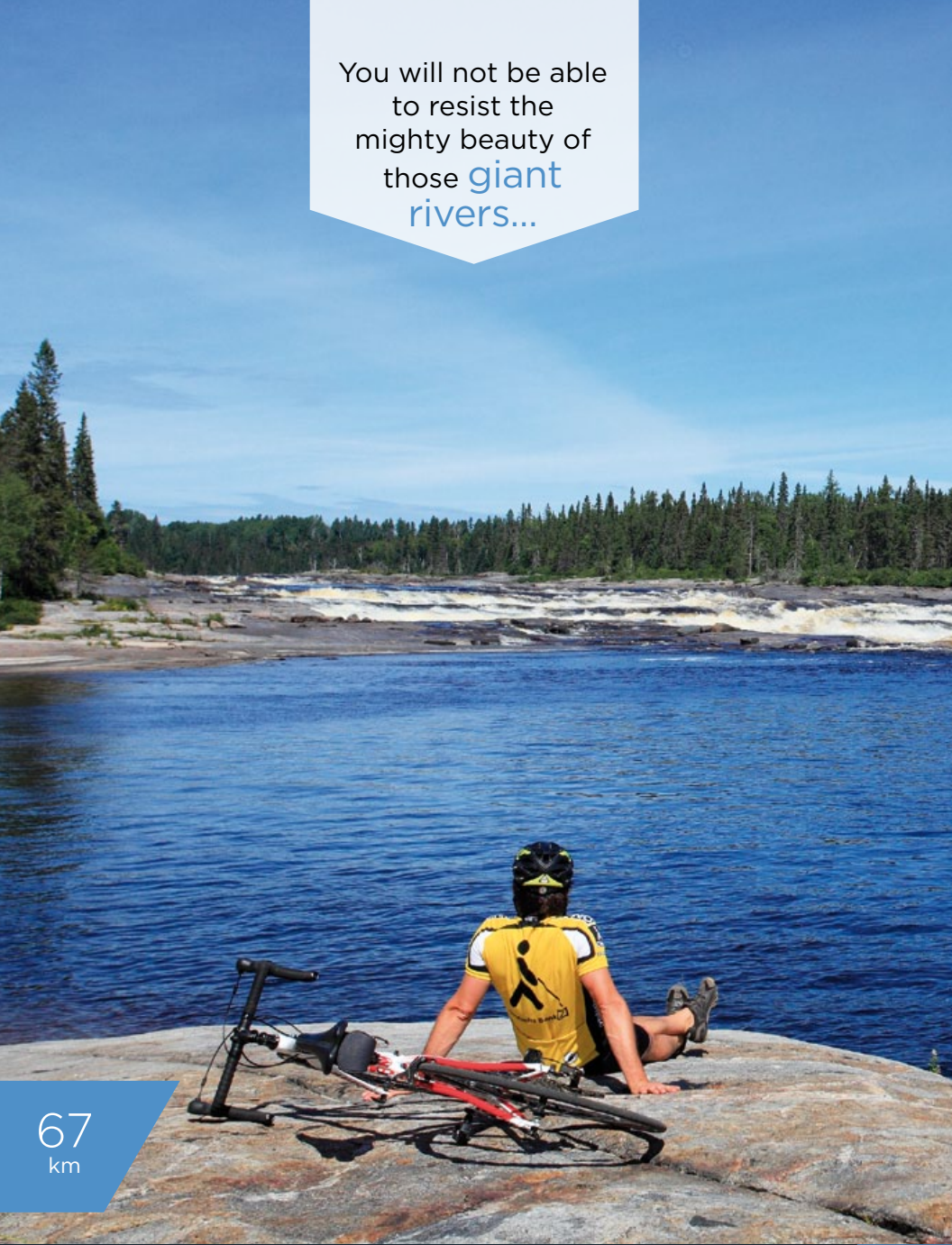
Blueberries have many healthy desirable properties. Being the main producer of these little gems, the Saguenay-Lac-Saint-Jean area invites you to explore its blueberry fields and come handpick your own wild blueberries.

You can also get some of the delicious byproducts such as chocolates or jams.

WHAT TO SEE & DO!

- 1 BILODEAU FURRIER-BOOTMAKER AND TAXIDERMY ECONOMUSEUM
- 2 LA BERGERIE DU NORD (artisanal soap)
- 3 ÉCONOMUSÉE DE LA CONFITURIÈRE: WILD BLUEBERRY
- 4 SITE TOURISTIQUE CHUTE À L'OURS DE NORMANDIN (hiking trails accommodations, summer theater, etc.)
- 5 HISTORICAL PARC DU CENTENAIRE LOCATED DOWNTOWN.
- 6 FROMAGERIE LA NORMANDINOISE

You will not be able to resist the mighty beauty of those **giant rivers...**



67 km

ALBANEL TO DOLBEAU-MISTASSINI (13A)
Albanel-Girardville Associated network (13B)



map
13



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

ALBANEL

- 1 CAMPING MUNICIPAL D'ALBANEL
418.279.5250, poste 3150

GIRARDVILLE

- 5 CHALET ET LOFT -
FERME FORESTIÈRE OUASIEMSCA
418.258.1120

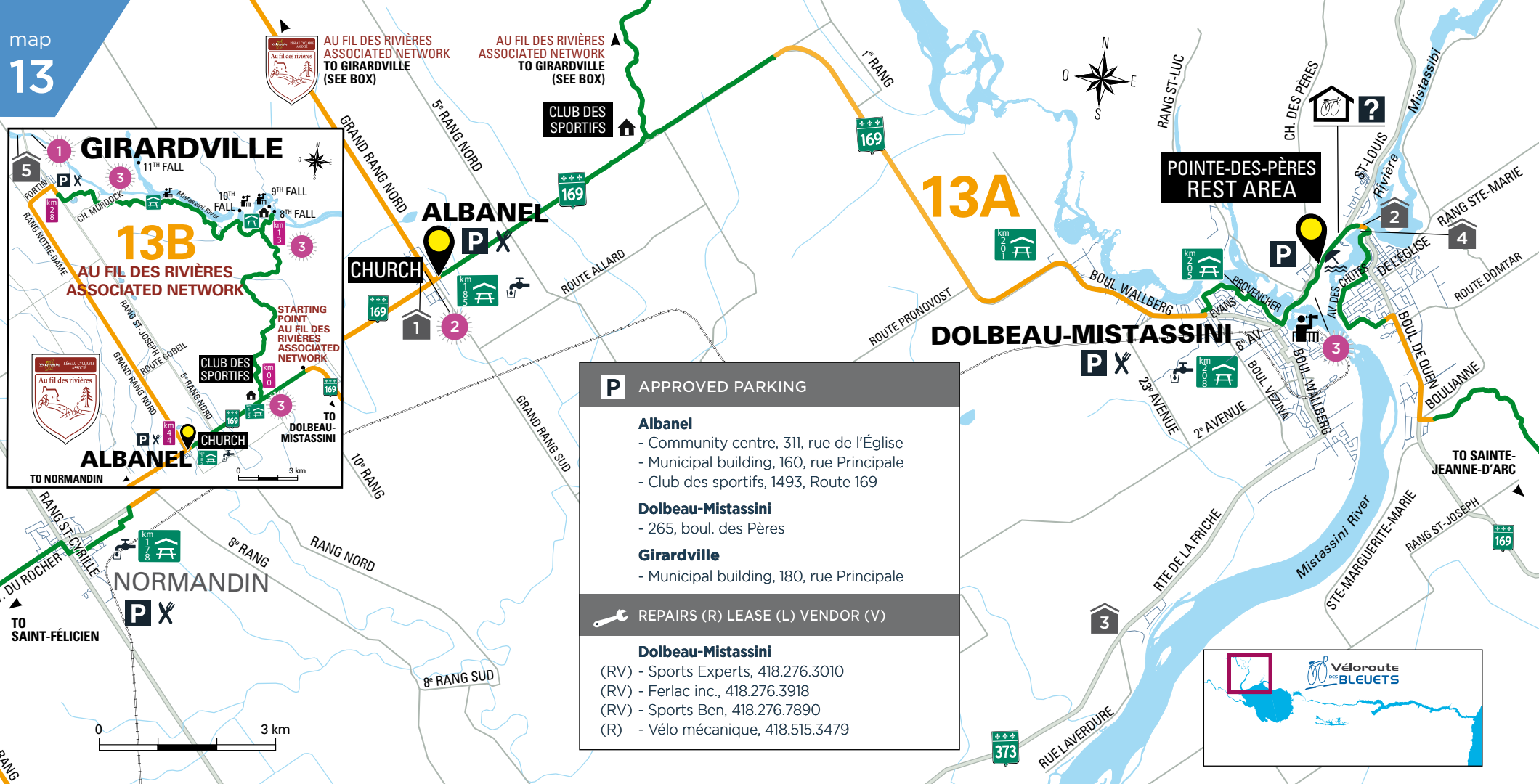
DOLBEAU-MISTASSINI

- 2 CAMPING DES CHUTES
418.276.5675
- 3 GÎTE 40 LAVERDURE
418.276.2136 / 418.671.3804
- 4 MOTEL CHUTE DES PÈRES
418.276.1492



ville.dolbeau-mistassini.qc.ca





P APPROVED PARKING

Albanel

- Community centre, 311, rue de l'Église
- Municipal building, 160, rue Principale
- Club des sportifs, 1493, Route 169

Dolbeau-Mistassini

- 265, boul. des Pères

Girardville

- Municipal building, 180, rue Principale

REPAIRS (R) LEASE (L) VENDOR (V)

Dolbeau-Mistassini

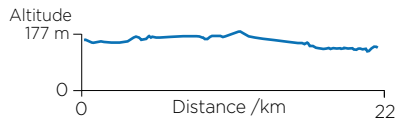
- (RV) - Sports Experts, 418.276.3010
- (RV) - Ferlac inc., 418.276.3918
- (RV) - Sports Ben, 418.276.7890
- (R) - Vélo mécanique, 418.515.3479

MAP 13A ▶ 22 km
ALBANEL TO DOLBEAU-MISTASSINI

Departure: Church, 153, rue Principale Albanel

Arrival: Pointe-des-Pères Rest area 40, boul. des Pères Dolbeau-Mistassini

Vertical gain: 107 m

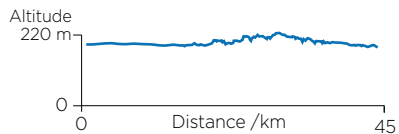


MAP 13B ▶ 45 km
AU FIL DES RIVIÈRES ASSOCIATED NETWORK ALBANEL TO GIRARDVILLE

Departure: Club des sportifs 1495, route 169, Albanel

Arrival: Church, 153, rue Principale Albanel

Vertical gain: 204 m



This route in crushed stone from **0** to **2** will lead you through plains and into the boreal forest. Take your time and admire the falls of the Mistassini River or savour the gigantic fresh blueberries towards the end of July.

3 The *Parc régional des Grandes Rivières* encompasses and protects 14 separate areas over 100 km² in the RCM Maria-Chapdelaine. Seven rivers crisscross throughout the land (Mistassini, Mistassibi, Péribonka, Ashuapmushuan, Ouasiemsca, Micosas, Aux Rats).

WHAT TO SEE & DO!

- 1 AVENTURAI D/PARC MAHIKAN** (wolves and bears observation, trails, canoeing-kayaking)
- 2 ÉCONOMUSÉE DE LA CONFITURIÈRE : BLEUET SAUVAGE** (specialization of wild blueberry, visit, boutique)
- 3 PARC RÉGIONAL DES GRANDES RIVIÈRES** (hiking trails, observation tower, fauna and flora interpretation)

Give yourself some time to take advantage of the many **tourist attractions** close by.



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

DOLBEAU-MISTASSINI

1 MOTEL CHUTE DES PÈRES
418.276.1492

2 CAMPING DES CHUTES
418.276.5675

3 GÎTE 40 LAVERDURE
418.276.2136 / 418.671.3804

20
km

DOLBEAU-MISTASSINI TO SAINTE-JEANNE-D'ARC

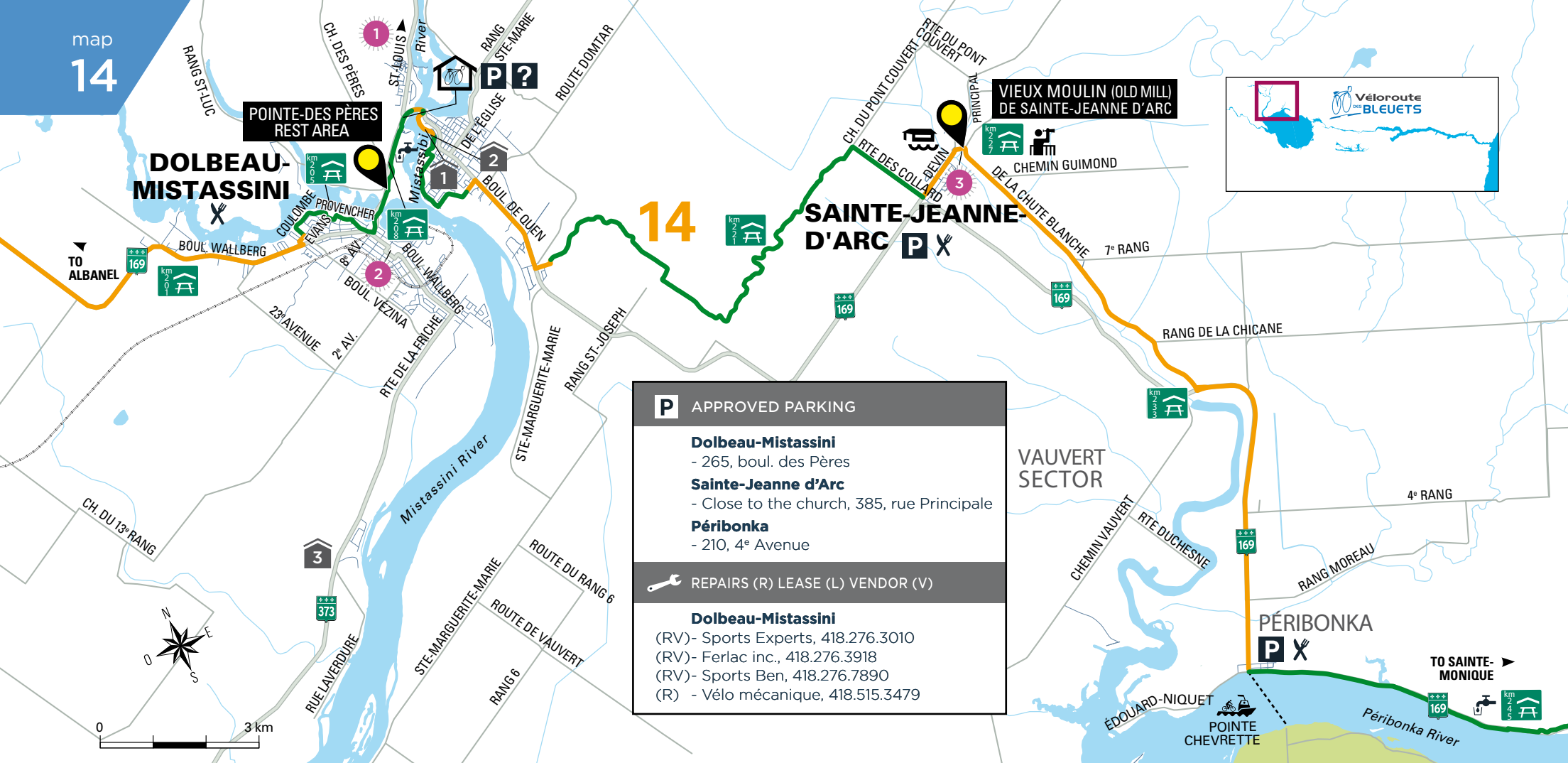


map
14

• Pub
• Brewery
• Shop

Microbrasserie
LE COUREUR DES BOIS

1551, boul. Wallberg, Dolbeau-Mistassini (Qc) G8L 1H5
T. : 418 979-1197

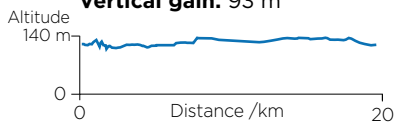


MAP 14 ▶ 20 km
**DOLBEAU-MISTASSINI TO
SAINTE-JEANNE D'ARC**

Departure: Pointe-des-Pères Rest area
40, boul. des Pères, Dolbeau-Mistassini

Arrival: Vieux-Moulin
504, ch. de la Chute Blanche
Sainte-Jeanne-d'Arc

Vertical gain: 93 m



At the heart of the Dolbeau-Mistassini city stands the hundred year old Sainte-Lucie church and the pioneer Antoine Laprise's house, built in 1890.

Our region offers a multitude of festivals and other events. Call 1.800.668.3611 to find out which one is on now.

Maison du vélo Dolbeau-Mistassini (km 207)

265, boul. des Pères
Dolbeau-Mistassini
veloroutedesbleuets.com

Tourist information

265, boul. des Pères
Dolbeau-Mistassini
418.276.7646 / 1.866.276.7646

**WHAT TO
SEE & DO!**

1 CHOCOLATERIE DES PÈRES TRAPPISTES (boutique, thematic circuit, monastery)

2 MICROBRASSERIE COUREUR DES BOIS (tasting, show, bar)

3 VIEUX MOULIN (historical site)

Kilometers of magnificent beaches accessible with your bike.



12.5 km

SAINTE-JEANNE-D'ARC TO PÉRIBONKA



map
15



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA

1 CAMPING MUNICIPAL DE PÉRIBONKA
418.374.2967 / 1.877.374.2967

2 AUBERGE ET CAMPING ÎLE DU REPOS
418.347.5649

PÉRIBONKA
Beautiful!

PÉRIBONKA.ca

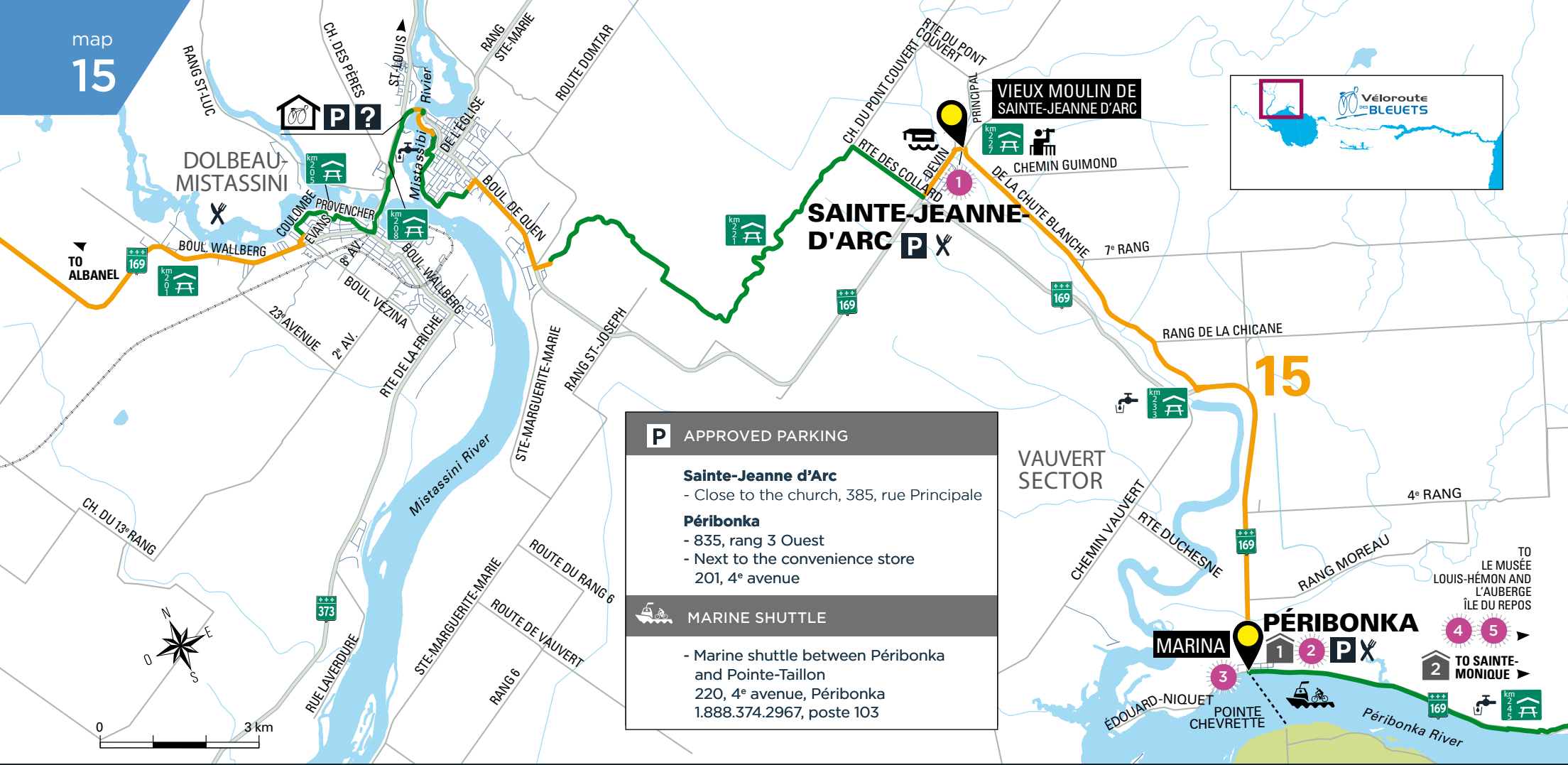
LOUIS-HÉMON MUSEUM

CYCLING ROUTE

WATER TAXI

CAMPGROUND

Tourisme PÉRIBONKA



P APPROVED PARKING

Sainte-Jeanne d'Arc
- Close to the church, 385, rue Principale

Péribonka
- 835, rang 3 Ouest
- Next to the convenience store
201, 4^e avenue

MARINE SHUTTLE

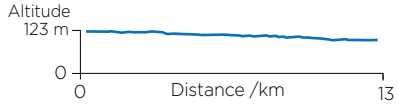
- Marine shuttle between Péribonka and Pointe-Taillon
220, 4^e avenue, Péribonka
1.888.374.2967, poste 103

MAP 15 ▶ 12,5 km
SAINTE-JEANNE D'ARC TO PÉRIBONKA

Departure: Vieux-Moulin (old mill)
504, ch. de la Chute Blanche
Sainte-Jeanne-d'Arc

Arrival: Marina, 220, 4^e Avenue
Péribonka

Vertical gain: 72 m



Destination Lac-Saint-Jean PANORAMAS

In Sainte-Jeanne d'Arc, don't miss the 27 meters covered bridge over the black river (rivière noire) set in a nice hilly surrounding.

Built in 1902, the old mill was central in developing the village and its economy.

WHAT TO SEE & DO!

- 1 **VIEUX MOULIN** (historical site)
- 2 **CAMPING MUNICIPAL DE PÉRIBONKA** (hiking trails, mini-putt, kayak rentals, yurt, etc.)
- 3 **NAVETTE MARITIME** (marine shuttle, Péribonka to parc national de la Pointe-Taillon)
- 4 **MUSÉE LOUIS-HÉMON** (exhibitions, guided tours, patrimonial houses, pick-your-own blueberries)
- 5 **AUBERGE ÎLE DU REPOS** (shows, volleyball, fishing, hiking trails, paddle board, etc.)

Nature, sports
and culture
all in one.



16
km

PÉRIBONKA TO SAINTE-MONIQUE



map
16



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA

1 CAMPING MUNICIPAL
DE PÉRIBONKA
418.374.2967 / 1.877.374.2967

2 AUBERGE ET CAMPING
ÎLE DU REPOS
418.347.5649

SAINTE-MONIQUE

3 GÎTE LE PETIT HÔTEL
418.347.1433 / 1.866.347.1433

4 CAMPING POINTE-TAILLON
SAINTE-MONIQUE LAC-SAINT-JEAN
418.347.3124 / 1.877.347.3124

Visit around the Lake

WITH DESTINATION LAC-SAINT-JEAN



42 km
of beach



256 km
of Veloroute



Inu
Traditions



Amazing
Family Experiences



lacsaintjean.com





P APPROVED PARKING

Sainte-Monique
 - Close to the church, 137, rue Saint-Jean
 - 100, rue Honfleur

Saint-Henri-de-Taillon
 - Close to the church, 385, rue Principale
 (\$) - Parc national de la Pointe-Taillon (supervised)

PÉRIBONKA
 - 835, rang 3 Ouest
 - Next to the convenience store, 201, 4^e avenue

MARINE SHUTTLE

- Marine shuttle between PÉRIBONKA and Pointe-Taillon
 220, 4^e avenue, PÉRIBONKA
 1.888.374.2967, poste 103
 peribonka.ca (see p. 19)

REPAIRS (R) LEASE (L) VENDOR (V)

Saint-Henri-de-Taillon
 (RL) - Parc national de la Pointe-Taillon
 418.347.5371 / 1.800.665.6527

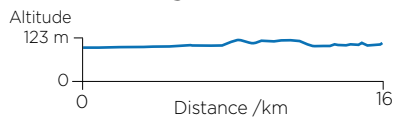
Sainte-Monique
 (L) - Camping Pointe-Taillon Sainte-Monique
 418.347.3124 / 1.877.347.3124

MAP 16 ▶ 16 km
PÉRIBONKA TO SAINTE-MONIQUE

Departure: Marina, 220, 4^e avenue PÉRIBONKA

Arrival: Passerelle Lindsay-Niquet (footbridge)
 98-110, rue de la Fabrique Sainte-Monique

Vertical gain: 77 m



Marina de PÉRIBONKA:

The Marina in PÉRIBONKA is the starting point of the reknown Traversée Internationale du Lac-Saint-Jean during the festival "À l'Eau PÉRIBONKA".

WHAT TO SEE & DO!

- 1 MUSÉE LOUIS-HÉMON** (exhibitions, guided tours, patrimonial houses, pick-your-own blueberries)
- 2 CAMPING POINTE-TAILLON SAINTE-MONIQUE**
- 3 AUBERGE ÎLE DU REPOS** (shows, volleyball, fishing, hiking trails, paddle board, etc.)
- 4 NAVETTE MARITIME** (Marine shuttle Pointe-Chevrette to île Bouliane)
- 5 PARC NATIONAL DE LA POINTE-TAILLON**

More information at bikeexperience.ca

Extend your pleasures
into starry nights
around a **campfire**
by the lake .



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

MÉTABETCHOUAN- LAC-À-LA-CROIX

1 HÉBERGEMENT SÉMINAIRE
MARIE-REINE-DU-CLERGÉ
418.349.2816 / 1.877.349.2811

2 APPARTEMENTS DU VIEIL ÉDIFICE
418.719.3220

3 MOTEL LE ROND-POINT
418.349.3413

HÉBERTVILLE

4 AUBERGE PRESBYTÈRE
MONT-LAC-VERT
418.344.1548 / 1.800.818.1548

5 CAMPING MUNICIPAL
D'HÉBERTVILLE
418.344.1205

THE ONLY HOTEL LOCATED ON THE SHORE OF SAINT-JEAN LAKE

32 spacious rooms with **private balconies** | **Terrace Restaurant** with lake view
Private beach | **Outdoor Jacuzzis** | **Many activities** on site: kayaking, paddle boarding
Services signed by Hotel Chicoutimi



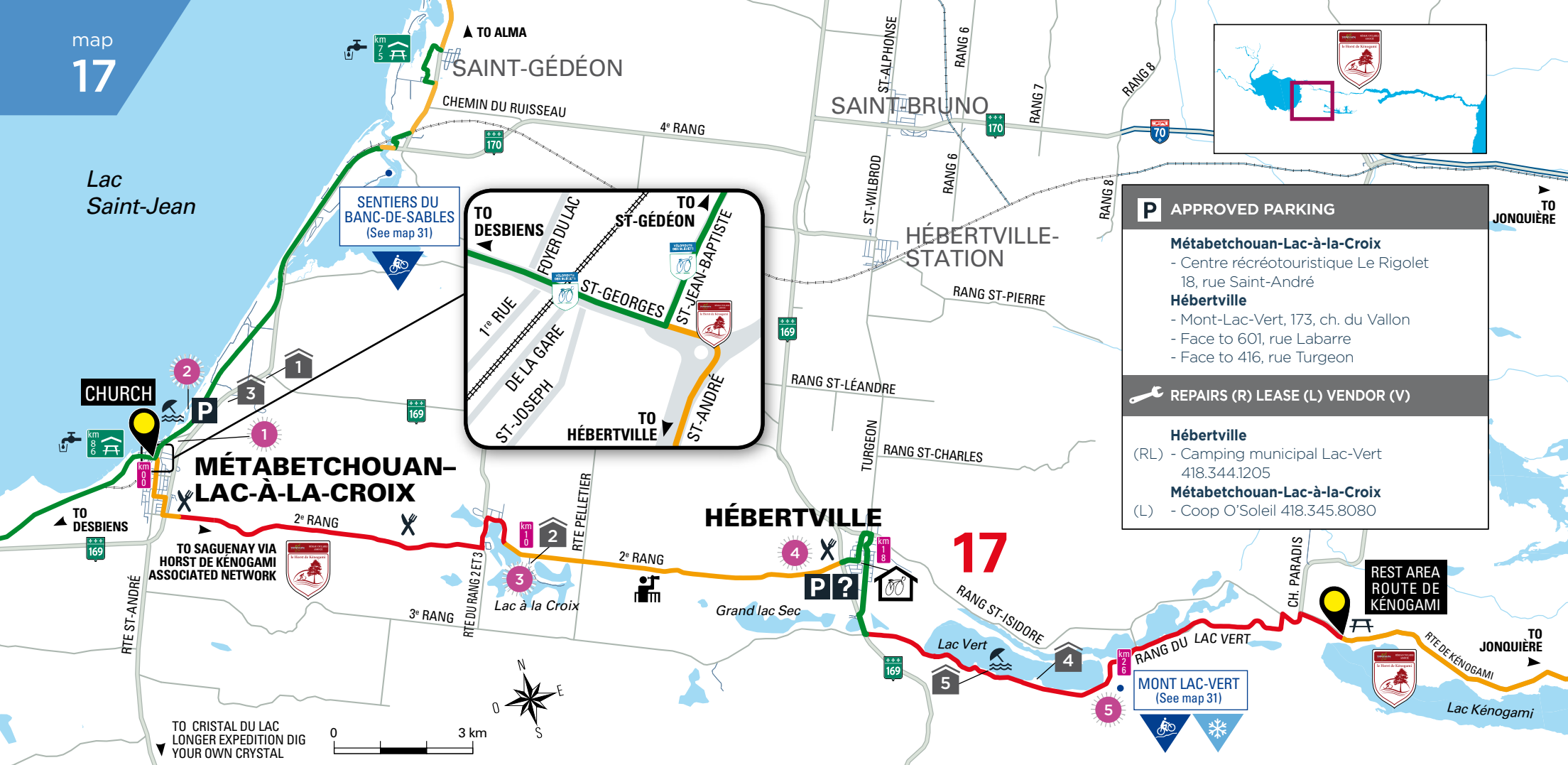
250 Rang des îles, Saint-Gédéon (QC) G0W 2P0 | 1-800-680-2589

aubergedesiles.com  

MÉTABETCHOUAN-LAC-À-LA-CROIX
TO HÉBERTVILLE (HORST DE KÉNOGAMI
ASSOCIATED NETWORK)



map
17



P APPROVED PARKING

Métabetchouan-Lac-à-la-Croix
- Centre récréotouristique Le Rigolet
18, rue Saint-André

Hébertville
- Mont-Lac-Vert, 173, ch. du Vallon
- Face to 601, rue Labarre
- Face to 416, rue Turgeon

REPAIRS (R) LEASE (L) VENDOR (V)

Hébertville
(RL) - Camping municipal Lac-Vert
418.344.1205

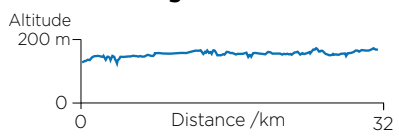
Métabetchouan-Lac-à-la-Croix
(L) - Coop O'Soleil 418.345.8080

MAP 17 ▶ 31.5 km
MÉTABETCHOUAN-LAC-À-LA-CROIX TO HÉBERTVILLE
(HORST DE KÉNOGAMI ASSOCIATED NETWORK)

Departure: Church, 76-78, rue Saint-André
Métabetchouan-Lac-à-la-Croix

Arrival: Rest area *Route de Kénogami*
4021-4281, route de Kénogami, Saguenay (Jonquière)

Vertical gain: 404 m



But what is the Horst de Kénogami?

The Horst is a mountain range marking a natural frontier between the sub-regions of Saguenay and Lac-Saint-Jean. Located north of the Kénogami lake, between Saguenay (Jonquière) and Saint-Bruno, the Horst has the irregular reliefs of the Laurentian mountains and can reach an altitude of 180 meters. This cyclable network offers users a 72 km long link between Lac-Saint-Jean and Saguenay.

Maison du vélo d'Hébertville
Nearby the church
251, rue Turgeon
Hébertville
418.344.4884

- WHAT TO SEE & DO!**
- 1 CRISTAL DU LAC**
(activities, interpretation center, boutique, express prospection)
 - 2 RIGOLET**
(beach and sunsets)
 - 3 ARBORETUM DE LA PRESQU'ÎLE CROFT**
(original regional forest)
 - 4 CIRCUIT PATRIMONIAL D'HÉBERTVILLE** (historical circuit)
 - 5 MONT LAC-VERT** (hiking, bike mountain, fatbike, ski)

From Lac Kénogami, to its natural source, the Rivière aux Sable, by way of the **Route des bâtisseurs.**



24
km

SAGUENAY (LAC-KÉNOGAMI)
TO SAGUENAY (JONQUIÈRE)



map
18



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

JONQUIÈRE



CAMPING JONQUIÈRE
418.542.0176



CENTRE TOURISTIQUE DU LAC-KÉNOGAMI
418.344.1142 / 1.800.665.6527

❖ **Exhibitions:**

Works on paper offers you the path of the forest worker

From faith to history traces the history of the chapel

A picture, a memory history through snapshots

A paper story industrial artifact

Heritage tour:

Browse the area of Kenogami to discover its history and identity.

CENTRE
D'HISTOIRE

Sir William Price



INFORMATIONS: 1994 Price, Jonquière | Ph: 418-695-7278

CENTRE D'HISTOIRE

ARVIDA

❖ **Exhibitor:**

Arvida, City of Aluminium offers you a 3D virtual tour, a podcast walking tour and an educational program you can find on: www.centrehistoirearvida.ca

❖ **Heritage tour:**

Through the streets of Arvida, we offer a heritage itinerary accompanied by a guide.



P APPROVED PARKING

Long term
 - Camping Jonquière
 3553, ch. du Quai, Saguenay (Jonquière)

Short term
 - Lac-Kénogami point of service
 3000, ch. de l'Église, Lac-Kénogami
 - Chalet des retraités Price
 3405, Rue du Barrage, Saguenay (Jonquière)

REPAIRS (R) LEASE (L) VENDOR (V)

Jonquière
 (L) - Centre touristique du Lac-Kénogami
 418.344.1142

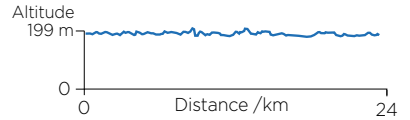
MAP 18 ▶ 24 km

SAGUENAY (LAC-KÉNOGAMI) TO SAGUENAY (JONQUIÈRE)

Departure: Rest area Route de Kénogami
 4021-4281, route de Kénogami
 Sguenay (Jonquière)

Arrival: Chalet des retraités Price
 3405, rue du Barrage, Saguenay (Jonquière)

Vertical gain: 224 m



? Tourist Office
 3919, boul. Harvey, Jonquière
 418.698.3167 poste 6021 /
 1.800.463.6565

WHAT TO SEE & DO!

- 1 CHAPELLE SAINT-CYRIAC
- 2 CAMPING JONQUIÈRE (swimming, wake park)
- 3 CENTRE TOURISTIQUE DU LAC-KÉNOGAMI (hiking trails open to bikes)
- 4 PARC DE LA RIVIÈRE-AUX-SABLES (aluminum footbridge, picnic, playground, local market)

The *Parc de la Rivière-aux-Sables* and Jonquière's downtown core, **an ideal outing with family and friends!**



33
km

SAGUENAY (JONQUIÈRE / CHICOUTIMI / SHIPSHAW)
Saguenay (Jonquière) to Saguenay (Chicoutimi) (19A)
Saguenay (Jonquière) to Saguenay (Shipshaw) (19B)



map
19



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

JONQUIÈRE

- 1 CAMPING JONQUIÈRE
418.542.0176
- 2 AUBERGE LE ST-GEORGES
418.547.6668

CHICOUTIMI

- 3 MOTEL PANORAMIQUE
418.549.7102 / 1.800.463.9164
- 4 AUBERGE CENTRE-VILLE
418.543.0253
- 5 HÔTEL CHICOUTIMI
418.549.7111 / 1.800.463.7930

*The only one motel
on the Saguenay
shores*



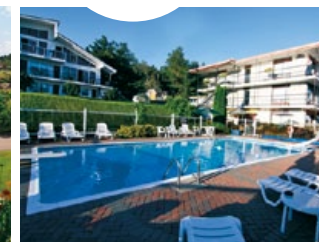
- 52 modern rooms
- heated outdoor pool
- BBQ and picnic tables
- 2 km from downtown
- packages available
- magnificent view of the Saguenay River

MOTEL PANORAMIQUE

Chicoutimi



1303, boul. Saguenay Ouest, **Chicoutimi** G7J 1A1
418 549-7102 / 1 800 463-9164
panoramique@motelpanoramique.com
www.motelpanoramique.com



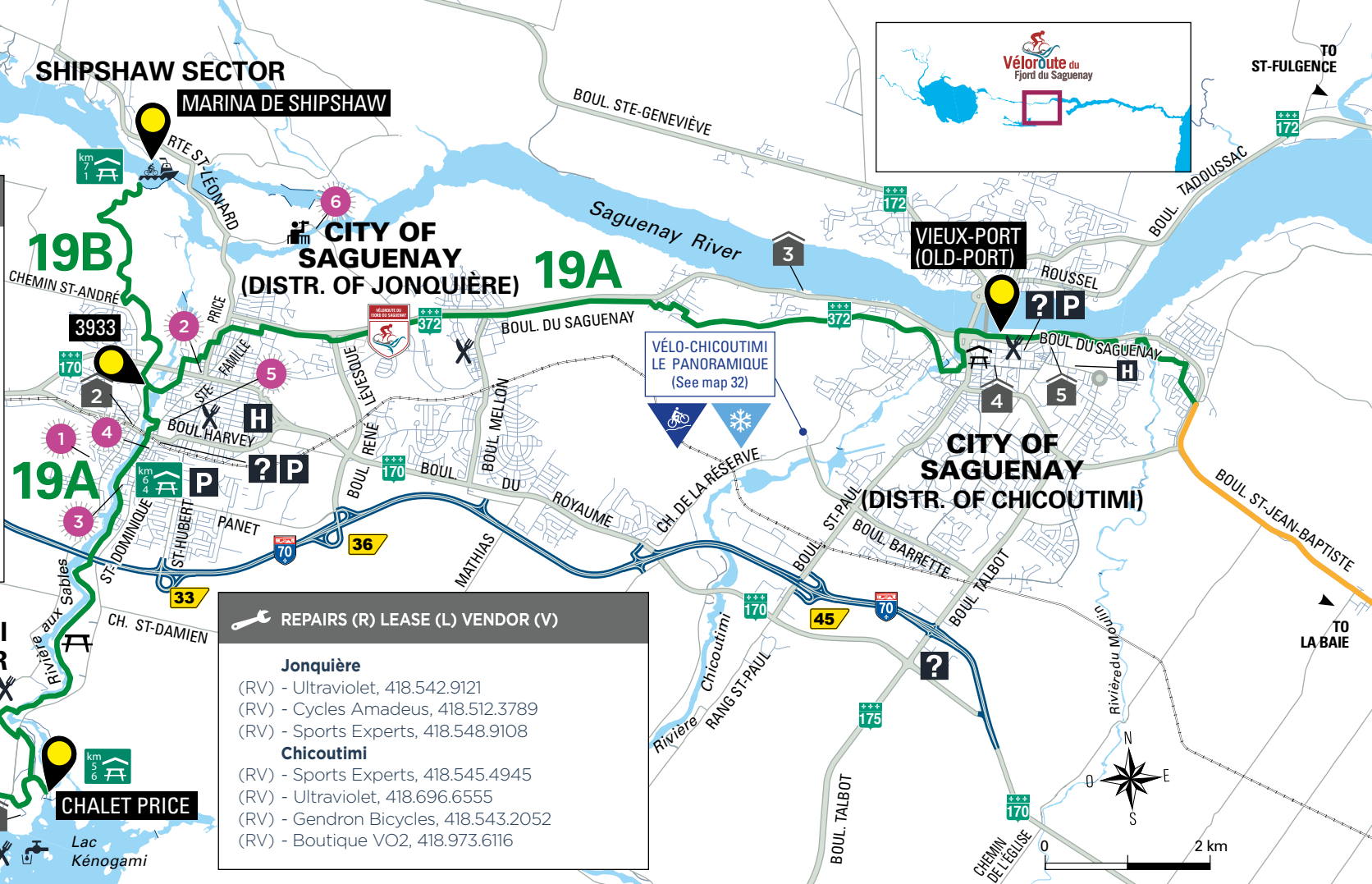
P APPROVED PARKING

Long term

- Camping Jonquière
3553, ch. du Quai, Jonquière
- Zone Portuaire (Old-Port)
49, rue Lafontaine, Chicoutimi

Short term

- Chalet des retraités Price
3405, rue du Barrage, Saguenay (Jonquière)
- Cépál L'Auberge nature
3350, rue Saint-Dominique, Jonquière
- Aluminium footbridge
2445, rue St-Jean-Baptiste, Jonquière
- Parc de la Rivière-aux-Sables
2230, rue de la Rivière-aux-Sables
- 4010, ch. Saint-André, Jonquière

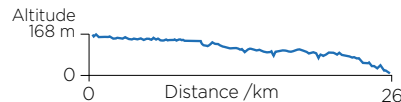


MAP 19A ▶ 27 km
**SAGUENAY (JONQUIÈRE)
TO SAGUENAY (CHICOUTIMI)**

Departure: Chalet des retraités Price
3405, rue du Barrage, Jonquière

Arrival: Vieux-Port (Old-Port)
Chicoutimi

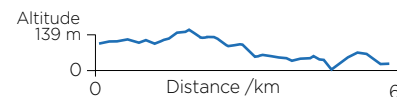
Vertical gain : 174 m



MAP 19B ▶ 6 km
**SAGUENAY (JONQUIÈRE)
TO SHIPSHAW**

Departure: 3933, rue St-Damase
Jonquière

Arrival: Marina de Shipshaw
3861, ch. de la Péninsule



Shuttle Jonquière-Shipshaw
(free) 418.695.3635

Tourist Office
3919, boul. Harvey, Jonquière
418.698.3167 poste 6021 / 1.800.463.6565

Tourist Information (downtown)
295, rue Racine Est, Chicoutimi
418.698.3167 poste 6040 / 1.800.463.6565

Saguenay Congress and Tourist Center
2555, boul. Talbot, Chicoutimi
418.698.3167 poste 6080 / 1.800.463.6565

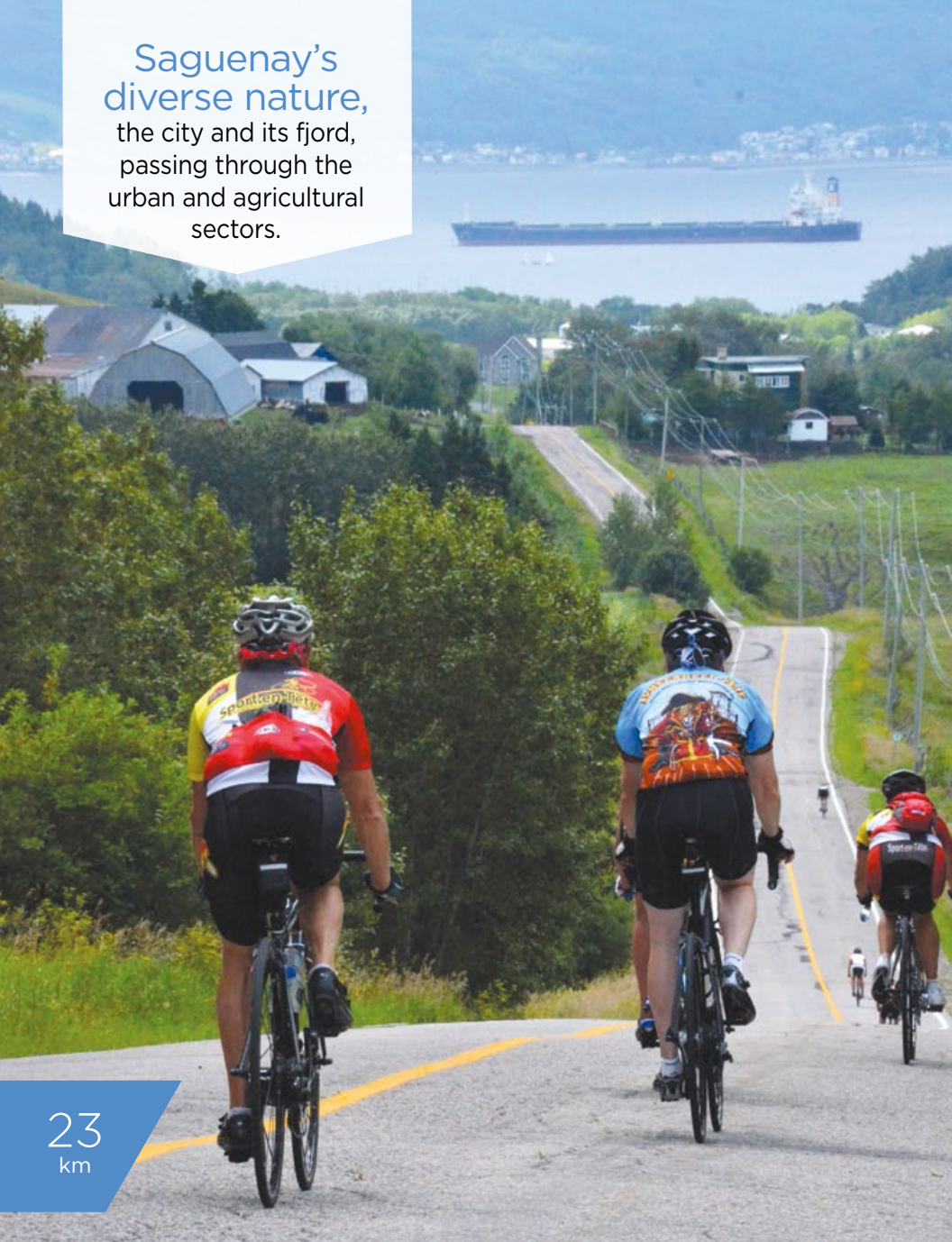
WHAT TO SEE & DO!

- 1 CNE CENTRE NATIONAL D'EXPOSITION MONT-JACOB (museum & park)
- 2 CENTRE D'HISTOIRE SIR-WILLIAM-PRICE
- 3 PARC DE LA RIVIÈRE-AUX-SABLES (aluminum footbridge, picnic, playground, local market)
- 4 MICROBRASSERIE LA VOIE MALTÉE (microbrewery)
- 5 MICROBRASSERIE HOPERA (microbrewery)
- 6 PONT D'ALUMINIUM

CHICOUTIMI ATTRACTIONS SEE MAP 20

More information at bikeexperience.ca

Saguenay's diverse nature, the city and its fjord, passing through the urban and agricultural sectors.



23 km

SAGUENAY (CHICOUTIMI) TO SAGUENAY (LA BAIE)



map
20



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHICOUTIMI

1 HÔTEL CHICOUTIMI
418.549.7111 / 1.800.463.7930

2 AUBERGE CENTRE-VILLE
418.543.0253

SEE MAP 19 FOR ADDITIONAL ACCOMMODATIONS IN CHICOUTIMI

LA BAIE

3 AUBERGE DES 21
418.697.2121 / 1.800.363.7298

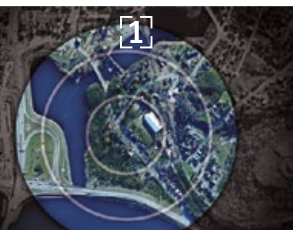
4 AUBERGE DES BATTURES
418.544.8234 / 1.800.668.8234

5 CAMPING AU JARDIN DE MON PÈRE
418.544.6486 / 1.877.544.6486

LA PULPERIE
DE CHICOUTIMI
REGIONAL MUSEUM
AND HISTORICAL SITE

3
permanent
EXHIBITS

more than
a Museum...
a Site, a Park!



Chekstimi

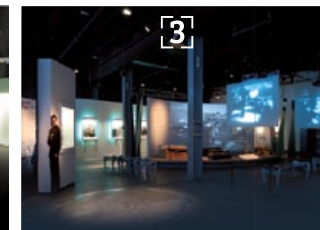
UNTIL WATER IS DEEP
INTERACTIVE, HISTORICAL
AND ARCHAEOLOGICAL EXHIBIT!

GET IMMERSED IN THE FASCINATING
HISTORY OF THE CHICOUTIMI
TRADING POST!



far from naive!

This interactive exhibit traces the
career of painter Arthur Villeneuve
and looks back on several events
in his life.

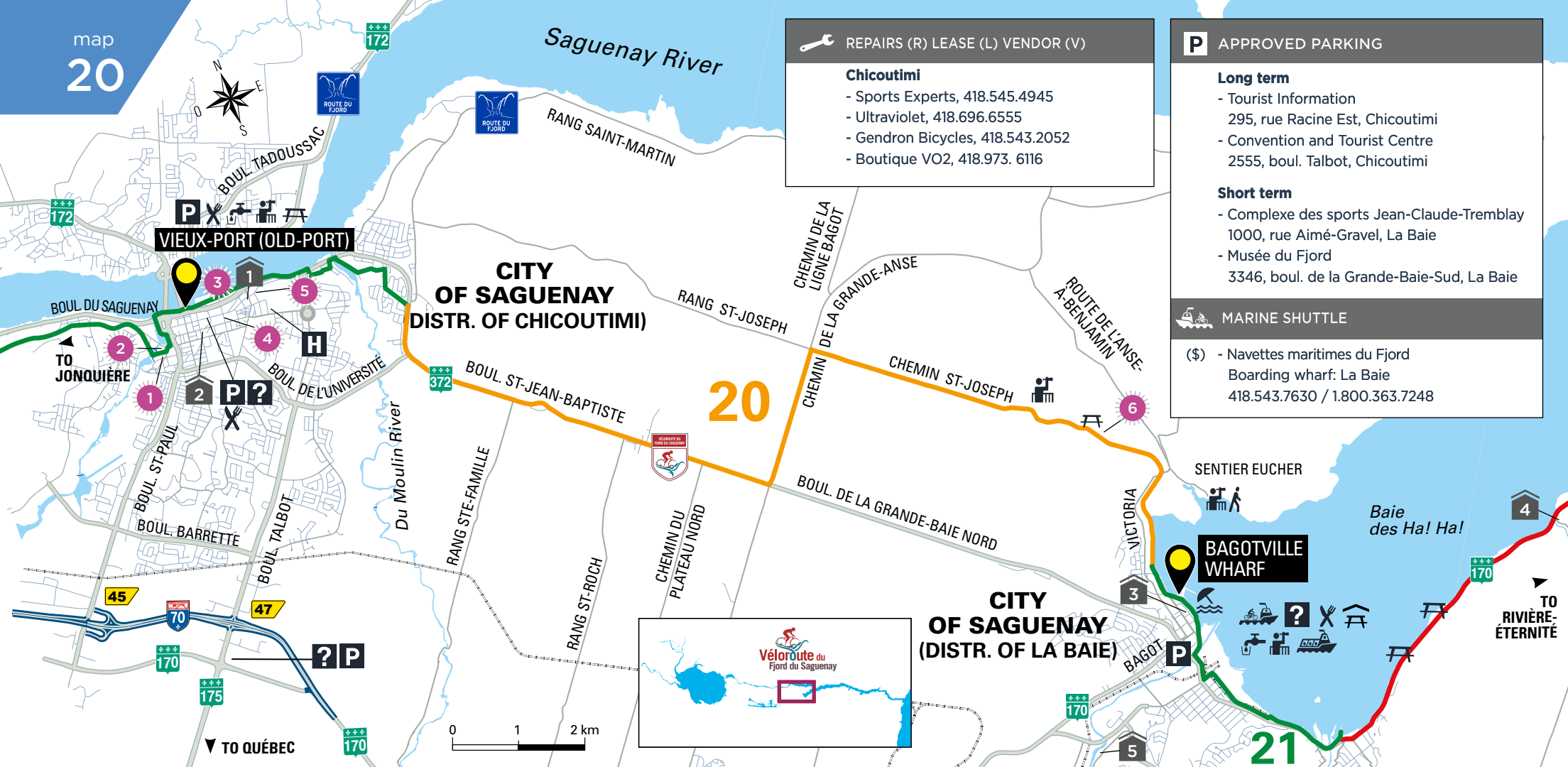


SHOULDERS TO THE WHEEL

See the entirely remodelled exhibit
and rediscover the era of the
Compagnie de pulpe de Chicoutimi
at the beginning of the last century,
thanks to multimedia and interactivity.

OPEN
YEAR ROUND

300, Dubuc Street, Saguenay (Chicoutimi district)
418 698.3100 | 1.877.998.3100 | www.pulperie.com



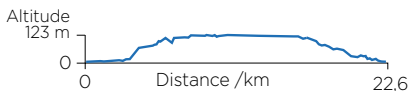
MAP 20 ▶ 23 km

**SAGUENAY (CHICOUTIMI)
TO SAGUENAY (LA BAIE)**

Departure: Vieux-Port (Old-Port)
Chicoutimi

Arrival: Bagotville wharf
900, rue Mars, La Baie

Vertical gain: 199 m



Tourist Information (downtown)

295, rue Racine Est, Chicoutimi
418.698.3167 # 6040 / 1.800.463.6565

Saguenay Congress and Tourist Center

2555, boulevard Talbot, Chicoutimi
418.698.3167 # 6080 / 1.800.463.6565

Cruise Pavilion and Tourist Office

900, rue Mars, La Baie
418.698.3167 # 6070 / 1.800.463.6565



WHAT TO SEE & DO!

- 1 LA PULPERIE - MUSÉE RÉGIONAL
- 2 PARC DU BASSIN ET LA PETITE MAISON BLANCHE
- 3 ZONE PORTUAIRE (OLD PORT) (local market, picnic, playground)
- 4 BONS DÉLICES CRÈMERIE-CHOCO LATERIE (ice cream and chocolate)
- 5 MICROBRASSERIE LA TOUR À BIÈRES (microbrewery)
- 6 FROMAGERIE BOIVIN (cheese maker)

LA BAIE ATTRACTIONS SEE MAP 21

The Port Village, a unique area to savour regional flavours and enjoy
the view of the Baie des Ha! Ha!



5
km

SAGUENAY (LA BAIE)
Bagotville Wharf to Musée du Fjord



map
21



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

LA BAIE



AUBERGE DES 21
418.697.2121 / 1.800.363.7298

SEE MAP 20 FOR ADDITIONAL
ACCOMMODATIONS IN LA BAIE

RE-CYCLE YOUR ENERGIES
WITH A MUSEUM BREAK



EXPLORE

MUSÉE
DU
FJORD

3346, boul. Grande-Baie Sud,
La Baie
418-697-5077
1-866 697-5077

P APPROVED PARKING

Long term
- Auberge des Battures
6295, boul. de Grande-Baie Sud, La Baie

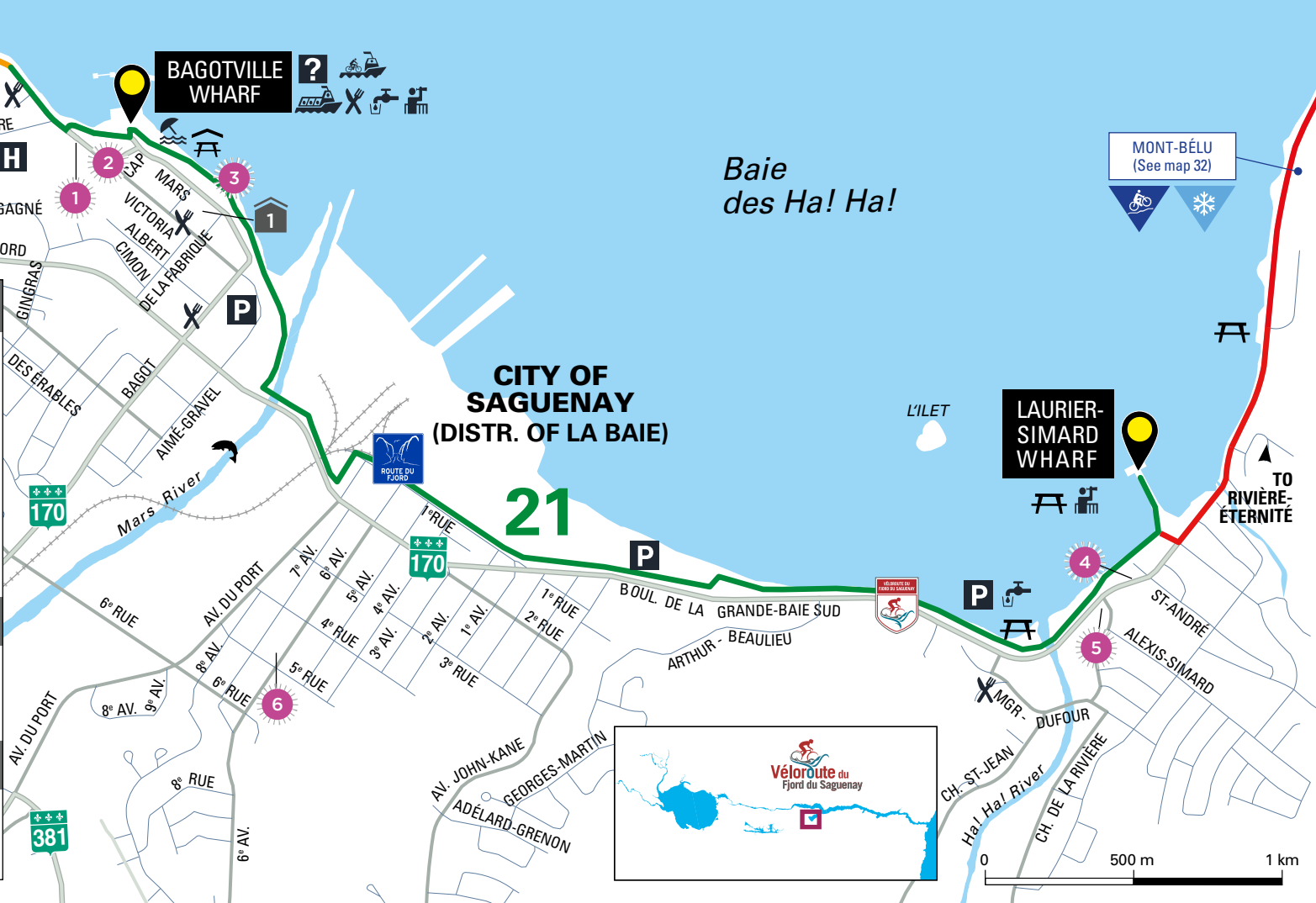
Short term
- Complexe des Sports Jean-Claude Tremblay
1000, rue Aimé-Gravel, La Baie
- Pétroles RL
1162, boul. de la Grande-Baie-Sud, La Baie
- Musée du Fjord
3346, boul. de la Grande-Baie-Sud, La Baie

MARINE SHUTTLE

(\$)
- Navettes maritimes du Fjord
Boarding wharf: La Baie
418.543.7630 / 1.800.363.7248

REPAIRS (R) LEASE (L) VENDOR (V)

La Baie
(RV) - Sports Experts, 418.544.0877
(RV) - Sport Cycle Expert Inc., 418.544.4141



MAP 21 ▶ 5 km
SAGUENAY (LA BAIE)
BAGOTVILLE WHARF TO MUSÉE DU FJORD

Departure: Bagotville Wharf
900, rue Mars, La Baie

Arrival: Laurier-Simard Wharf
Rue Saint-Pascal, La Baie

Vertical gain: 25 m



Cruise Pavilion and Tourist Office
900, rue Mars, La Baie
418.698.3167 poste 6070 / 1.800.463-6565

Saguenay, International Port of call
The Saguenay port of call is visited by the majority of the major cruise lines worldwide. Through the exceptional reception offered to visitors, the city won the prestigious “Best Port Welcome” Award on four separate occasions.
cruises.saguenay.ca

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

WHAT TO SEE & DO!

- 1 O'GELATO & CACAO
- 2 VILLAGE PORTUAIRE (downtown, agora, Saguenay letters sculpture)
- 3 PARC MARS (picnic, playground)
- 4 MUSÉE DU FJORD ET PYRAMIDE DES HA! HA!
- 5 PYRAMIDE DES HA! HA! ET TOUVERRE, LE SOUFFLEUR DE VERRE
- 6 Great show « LA FABULEUSE HISTOIRE D'UN ROYAUME » (Palais municipal theatre)

The Route du fjord:
experience the pleasure of
pedalling down one of the
longest fjords in the world.

48
km

SAGUENAY (LA BAIE) TO RIVIÈRE ÉTERNITÉ (22A)
Parc national du Fjord-du-Saguenay Baie-Éternité (22B)



map
22



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

LA BAIE

1 AU FIL DES SAISONS
418.697.1000 / 1.888.697.1004

2 AUBERGE DES 21
418.697.2121 / 1.800.363.7298

3 AUBERGE DES BATTURES
418.544.8234 / 1.800.668.8234

RIVIÈRE-ÉTERNITÉ

4 AUBERGE DU PRESBYTÈRE
DE RIVIÈRE-ÉTERNITÉ
418.608.8890

BE FAR FROM
YOUR DAILY LIFE.
OUTSIDE.

PARC NATIONAL DU FJORD-DU-SAGUENAY
BAIE-ÉTERNITÉ SECTOR

A destination not to be missed...
VIA FERRATA | KAYAK | ZODIAC | CRUISES |
HIKING TRAIL | CAMPING

Photo: Boran Richard

sepaq.com | 1 800 665-6527

RÉSEAU Sépaq



P APPROVED PARKING

Long term

- Auberge des Battures
6295, boul. de la Grande-Baie Sud, La Baie

Short term

- Musée du Fjord
3346, boul. de la Grande-Baie-Sud, La Baie
- Église Rivière-Éternité
408, rue Principale, Rivière-Éternité

REPAIRS (R) LEASE (L) VENDOR (V)

La Baie

- (RV) - Sports Experts, 418.544.0877
- (RV) - Sport Cycle Expert Inc., 418.544.4141

MARINE SHUTTLE

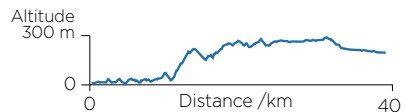
(**\$**) - Navettes maritimes du Fjord
Boarding Wharf: La Baie, Rivière-Éternité
(Parc national du Fjord-du-Saguenay)
418.543.7630 / 1.800.363.7248

MAP 22A ▶ 40 km
SAGUENAY (LA BAIE) TO RIVIÈRE-ÉTERNITÉ

Departure: Laurier-Simard Wharf
Rue Saint-Pascal, La Baie

Arrival: Rivière-Éternité Church
408, rue Principale, Rte 170, Rivière-Éternité

Vertical gain: 737 m

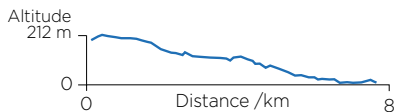


MAP 22B ▶ 8 km
PARC NATIONAL TO FJORD-DU-SAGUENAY

Departure: Rivière-Éternité Church
408, rue Principale, Rte 170, Rivière-Éternité

Arrival: Baie-Éternité, SÉPAQ
Discovery and Visitors Center
91, rue Notre-Dame, Rivière-Éternité

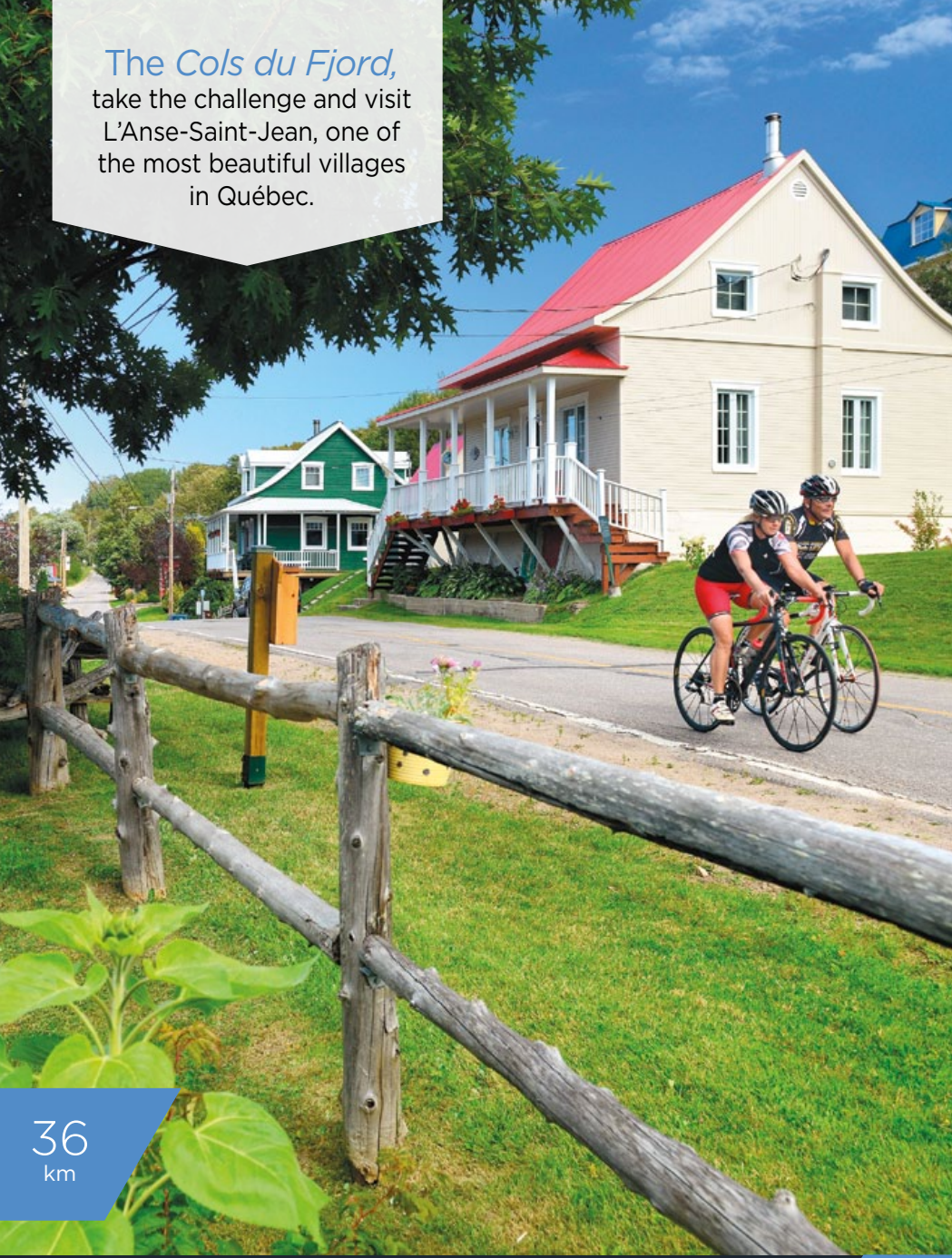
Vertical gain: 249 m



- ? Cruise Pavilion and Tourist Office**
900, rue Mars, La Baie
418.698.3167 poste 6070 / 1.800.463-6565
- Parc national du Fjord-du-Saguenay**
Entry fees (\$).
sepaq.com
- 234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

- WHAT TO SEE & DO!**
- MUSÉE DU FJORD AND PYRAMID OF HA! HA!
 - NEW-FRANCE SITE
 - NATIVITY SCENE EXHIBIT (parc municipal des artistes)
 - PARC NATIONAL DU FJORD-DU-SAGUENAY (sea kayak, zodiac, sailing, cruises, via ferrata, hiking)
 - SAGUENAY-ST. LAWRENCE MARINE PARK

The *Cols du Fjord*,
take the challenge and visit
L'Anse-Saint-Jean, one of
the most beautiful villages
in Québec.



36
km

RIVIÈRE-ÉTERNITÉ TO L'ANSE SAINT-JEAN (23A)

L'Anse-Saint-Jean Wharf (23B)

Anse-de-Tabatière (23C)

Mont-Édouard (23D)



map
23



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

RIVIÈRE-ÉTERNITÉ

1 AUBERGE DU PRESBYTÈRE DE RIVIÈRE-ÉTERNITÉ
418.608.8890

L'ANSE-SAINT-JEAN

2 CHALETS SUR LE FJORD
418.272.3430 / 1.800.561.8060

3 AUBERGE MAISON DE VÉBRON
418.272.3232

4 LA MAISON DU FJORD
514.586.9437

Come for a look... *stay for a visit!*



lanse-saint-jean.ca





P APPROVED PARKING

Long term

- Municipal Parking
3, rue du Couvent, L'Anse-Saint-Jean
- Chalets sur le Fjord (with accommodation)
354, rue Saint-Jean-Baptiste, L'Anse-Saint-Jean
- Auberge Maison de Vébron (with accommodation)
56, rue de Vébron, L'Anse-Saint-Jean

Short term

- Church Rivière-Éternité
408, rue Principale, Rivière-Éternité

REPAIRS (R) LEASE (L) VENDOR (V)

L'Anse-Saint-Jean

(L) - Fjord en Kayak, 418.272.3024

MARINE SHUTTLE

(\$) - Navettes maritimes du Fjord
Boarding wharf: Rivière-Éternité (Parc national du Fjord-du-Saguenay) and L'Anse-Saint-Jean
418.543.7630 / 1.800.363.7248

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

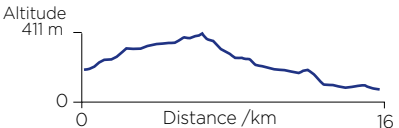


MAP 23A ▶ 15 km
RIVIÈRE-ÉTERNITÉ TO L'ANSE-SAINT-JEAN

Departure: Church Rivière-Éternité
408, rue Principale, Rivière-Éternité

Arrival: Intersection Rte 170/village
143, route 170, L'Anse-Saint-Jean

Vertical gain: 221 m

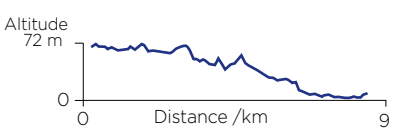


MAP 23B ▶ 9 km
L'ANSE-SAINT-JEAN WHARF

Departure: Intersection Rte 170/village
143, route 170, L'Anse-Saint-Jean

Arrival: Wharf, 359, rue du Quai
L'Anse-Saint-Jean

Vertical gain: 121 m

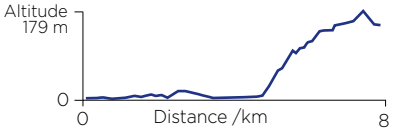


MAP 23C ▶ 7 km
ANSE-DE-TABATIÈRE

Departure: Wharf, 359, rue du Quai
L'Anse-Saint-Jean

Arrival: Anse-de-Tabatière, SÉPAQ
ch. de l'Anse, L'Anse-Saint-Jean

Vertical gain: 193 m



MAP 23D ▶ 5,5 km
MONT-ÉDOUARD

Departure: Rte 170/village
L'Anse-Saint-Jean

Arrival: Maison Vébron/Mt-Édouard
56, rue de Vébron
L'Anse-Saint-Jean

Parc national du Fjord-du-Saguenay
Entry fees (\$).
sepaq.com



- WHAT TO SEE & DO!**
- 1 L'ANSE-DE-TABATIÈRE (PARC NATIONAL DU FJORD-DU-SAGUENAY)
 - 2 FJORD EN KAYAK
 - 3 COVERED BRIDGE L'ANSE-SAINT-JEAN
 - 4 KAO CHOCOLAT
 - 5 PÂTISSERIE LOUISE
 - 6 SPAS NORDIQUES ÉDOUARD-LES-BAINS

Two must-see points of interest to experience the **Saguenay Fjord** to its fullest, the wharf in Petit-Saguenay and l'Anse Saint-Étienne.



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

L'ANSE-SAINT-JEAN

1 CHALETS SUR LE FJORD
418.272.3430 / 1.800.561.8060

2 LA MAISON DU FJORD
514.586.9437

32
km

L'ANSE SAINT-JEAN TO PETIT-SAGUENAY (24A)

Petit-Saguenay Wharf (24B)

Anse Saint-Étienne (24C)



map
24

Navettes
maritimes du
FJORD
UNE DIVISION DE PROMOTION SAGUENAY

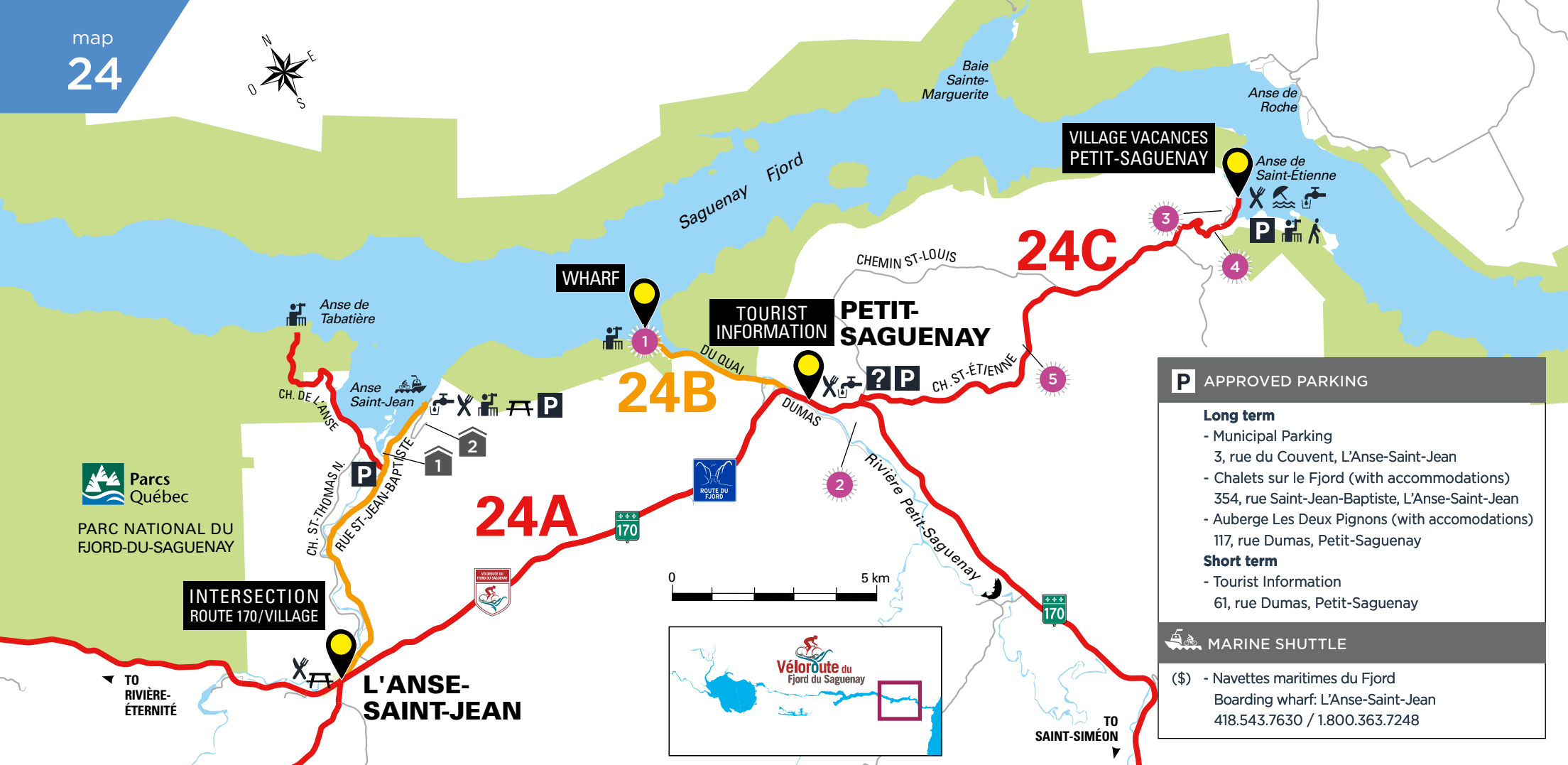
The fjord
Like you've **NEVER** seen it before...

Travel & discover
by cruise or shuttle

Luggage and bicycle
shuttle service

1 800 363-7248
fjordshuttles.saguenay.ca

Promotion
Saguenay



P APPROVED PARKING

Long term

- Municipal Parking
3, rue du Couvent, L'Anse-Saint-Jean
- Chalets sur le Fjord (with accommodations)
354, rue Saint-Jean-Baptiste, L'Anse-Saint-Jean
- Auberge Les Deux Pignons (with accommodations)
117, rue Dumas, Petit-Saguenay

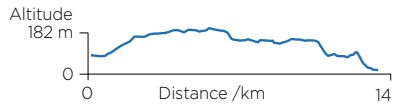
Short term

- Tourist Information
61, rue Dumas, Petit-Saguenay

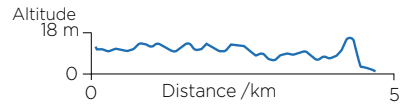
MARINE SHUTTLE

(\$) - Navettes maritimes du Fjord
Boarding wharf: L'Anse-Saint-Jean
418.543.7630 / 1.800.363.7248

MAP 24A ▶ 14 km
L'ANSE SAINT-JEAN TO PETIT-SAGUENAY
Departure: Intersection Rte 170/village
143, route 170, L'Anse-Saint-Jean
Arrival: Tourist information
61, rue Dumas, Petit-Saguenay
Vertical gain: 161 m



MAP 24B ▶ 5 km
PETIT-SAGUENAY WHARF
Departure: Tourist information
61, rue Dumas, Petit-Saguenay
Arrival: Wharf, 99, rue du Quai
Petit-Saguenay
Vertical gain 16 m



MAP 24C ▶ 13 km
ANSE SAINT-ÉTIENNE
Departure: Tourist information
61, rue Dumas, Petit-Saguenay
Arrival: Village Vacances
Petit-Saguenay
99, ch. Saint-Étienne
Petit-Saguenay

? Tourist Information
Seasonal office (next to Caisse
Desjardins)
61-A, rue Dumas, Petit-Saguenay
418.272.3219

234 km marked route that
will take you on both shores
of the Saguenay Fjord, and
through some beautiful
villages.

- WHAT TO SEE & DO!**
- 1 Petit-Saguenay Wharf
 - 2 SITE DE LA RIVIÈRE PETIT-SAGUENAY (canoeing, salmon fishing)
 - 3 VILLAGE VACANCES PETIT-SAGUENAY (sea kayaking, hiking, etc.)
 - 4 FERME LES CERFS ROUGES (game farm)
 - 5 BLEUETIÈRE SAGUENOISE (blueberry farm)

Magnificent views and
from high above
glimpses of the
**Palissades
de Charlevoix.**



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-SIMÉON

1 CAMPING FALAISE-SUR-MER
418.638.3838

2 PALISSADE DE CHARLEVOIX
418.647.4330

**55
km**

PETIT-SAGUENAY TO SAINT-SIMÉON



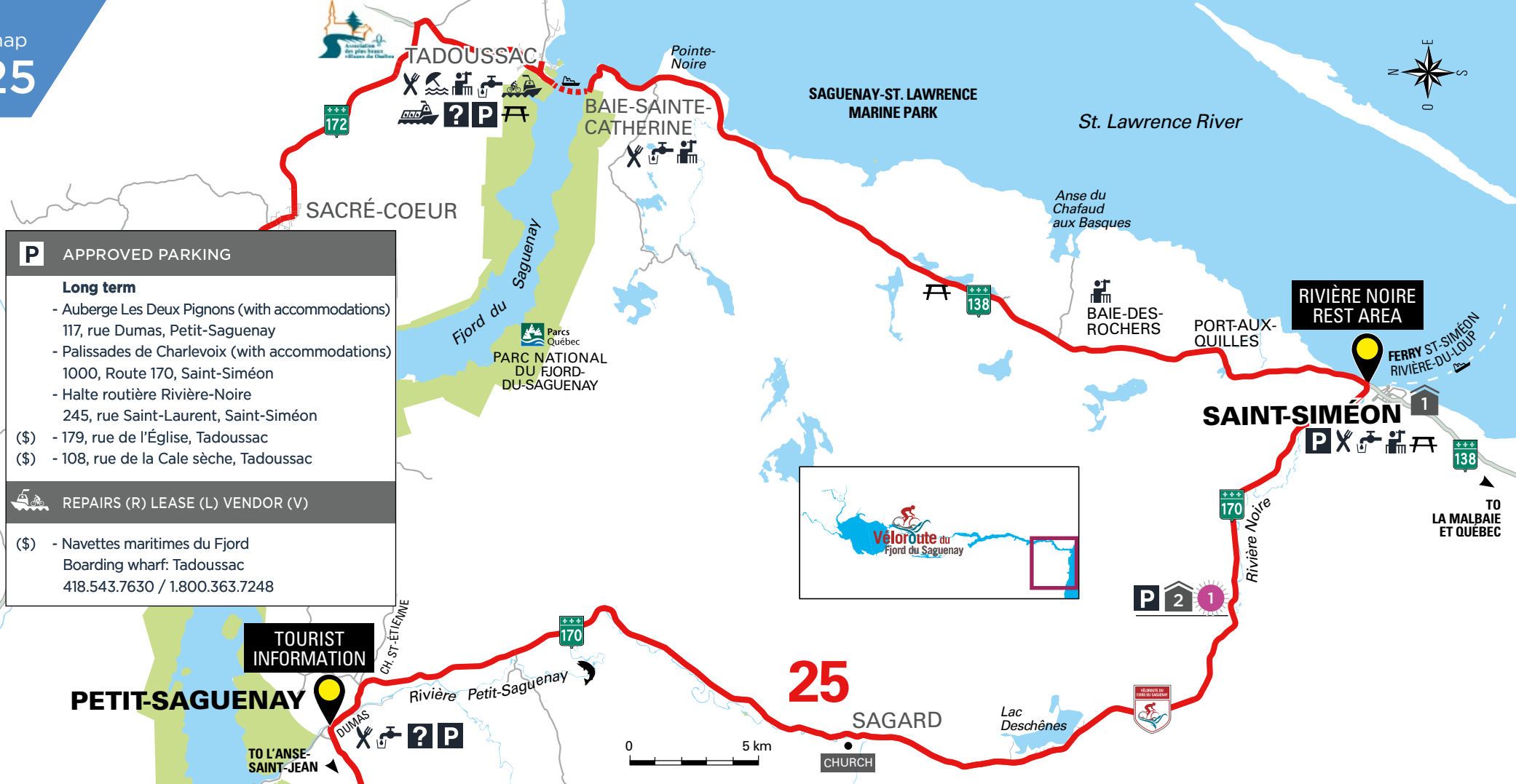
map
25

VÉLOROUTE DU FJORD DU SAGUENAY
Véloroute du Fjord du Saguenay
UNE DIVISION DE PROMOTION SAGUENAY

LES COLS DU FJORD
VÉLOS, MONTAGNE & NATURE

THE COLS DU FJORD EXCURSION
The perfect event to discover the **Véloroute du Fjord du Saguenay!**

Dates and registration : www.colsdufjord.org



P APPROVED PARKING

Long term

- Auberge Les Deux Pignons (with accommodations)
117, rue Dumas, Petit-Saguenay
- Palissades de Charlevoix (with accommodations)
1000, Route 170, Saint-Siméon
- Halte routière Rivière-Noire
245, rue Saint-Laurent, Saint-Siméon

(\$)

- 179, rue de l'Église, Tadoussac
- 108, rue de la Cale sèche, Tadoussac

REPAIRS (R) LEASE (L) VENDOR (V)

(\$)

- Navettes maritimes du Fjord
Boarding wharf: Tadoussac
418.543.7630 / 1.800.363.7248

TOURIST INFORMATION

PETIT-SAGUENAY

TO L'ANSE-SAINT-JEAN

25

SAGARD

CHURCH

RIVIÈRE NOIRE REST AREA

SAINT-SIMÉON

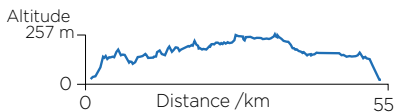
TO LA MALBAIE ET QUÉBEC

MAP 25 ▶ 55 km
PETIT-SAGUENAY TO SAINT-SIMÉON

Departure: Tourist information
61, rue Dumas, Petit-Saguenay

Arrival: Rivière Noire rest area
245, rue St-Laurent, Saint-Siméon

Vertical gain: 635 m



? **Tourist information**
Seasonal office (next to Caisse Desjardins)
61-A, rue Dumas, Petit-Saguenay
418.272.3219

Tadoussac Tourist Centre
197, rue des Pionniers, Tadoussac
418.235.4744

Boutique Les découvertes du fjord (seasonal shop)
Fjord Marine Shuttles' ticket office
171, rue du Bord-de-l'eau, Tadoussac
418.235.1334

Tadoussac-Baie-Sainte-Catherine Ferry Free, 24 / 7

WHAT TO SEE & DO!

1 PALISSADES DE CHARLEVOIX

Discover the best **whale watching** destinations in the world from the heart of the Saguenay–St. Lawrence Marine Park.



40 km

SAINT-SIMÉON TO TADOUSSAC



map
26



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-SIMÉON

1 CAMPING FALAISE-SUR-MER
418.638.3838

TADOUSSAC

3 HÔTEL TADOUSSAC
418.235.4421 / 1.800.561.0718

BAIE-SAINTE-CATHERINE

2 CAMPING ET RANCH DU FJORD
418.237.4230

BOUTIQUE
LES DÉCOUVERTES DU FJORD

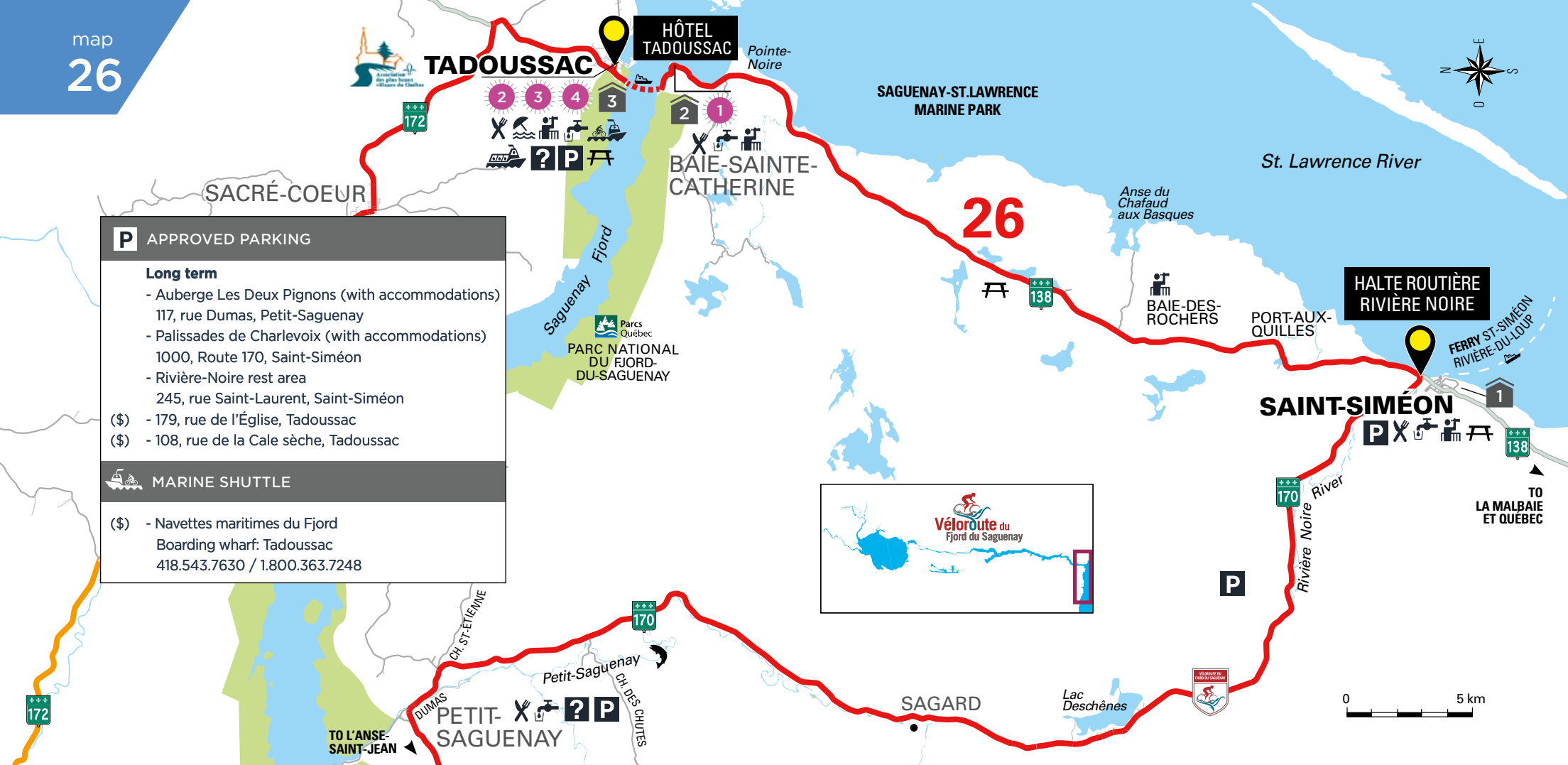
Philippe Bouchard

LOCAL PRODUCTS

CRAFTS

JEWELRY

FJORD MARINE SHUTTLES' TICKET OFFICE
171, RUE DU BORD DE L'EAU, TADOUSSAC | 418.235.1334



P APPROVED PARKING

Long term

- Auberge Les Deux Pignons (with accommodations)
117, rue Dumas, Petit-Saguenay
- Palissades de Charlevoix (with accommodations)
1000, Route 170, Saint-Siméon
- Rivière-Noire rest area
245, rue Saint-Laurent, Saint-Siméon
- (\$) - 179, rue de l'Église, Tadoussac
- (\$) - 108, rue de la Cale sèche, Tadoussac

MARINE SHUTTLE

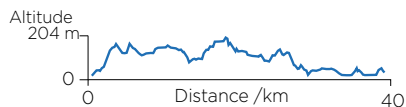
- (\$) - Navettes maritimes du Fjord
Boarding wharf: Tadoussac
418.543.7630 / 1.800.363.7248

MAP 26 ▶ 40 km
SAINT-SIMÉON TO TADOUSSAC

Departure: Rivière Noire rest area
245, rue St-Laurent, Saint-Siméon

Arrival: Hôtel Tadoussac
165, rue du Bord-de-l'eau, Tadoussac

Vertical gain: 660 m



Information touristique
Seasonal office (next to Caisse Desjardins)
61-A, rue Dumas, Petit-Saguenay
418.272.3219

Tadoussac Tourist Centre
197, rue des Pionniers, Tadoussac
418.235.4744

Boutique Les découvertes du fjord (seasonal shop)
Fjord Marine Shuttles' ticket office
171, rue du Bord-de-l'eau, Tadoussac
418.235.1334

Tadoussac-Baie-Sainte-Catherine Ferry
Free, 24 / 7

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

WHAT TO SEE & DO!

- 1 POINTE-NOIRE INTERPRETATION & OBSERVATION CENTRE
- 2 WHALE WATCHING AND FJORD CRUISES
- 3 MARINE MAMMAL INTERPRETATION CENTRE (CIMM)
- 4 PARC NATIONAL DU FJORD-DU-SAGUENAY

Did you know that the Baie Sainte-Marguerite is the official designated area for belugas whale watching?



29,5
km

TADOUSSAC TO SACRÉ-COEUR (27A)
Anse-de-Roche (27B)



map
27



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

TADOUSSAC

1 HÔTEL TADOUSSAC
418.235.4421 / 1.800.561.0718

SACRÉ-CŒUR

2 PARC NATIONAL FJORD-DU-SAGUENAY -
SECTEUR BAIE-SAINTÉ-MARGUERITE (CAMPING)
418.272.1556 / 1.800.665.6527

3 CENTRE DE VACANCES FERME 5 ÉTOILES
(CENTRE DE VACANCES ET CAMPING)
418.236.4833 / 1.877.236.4551



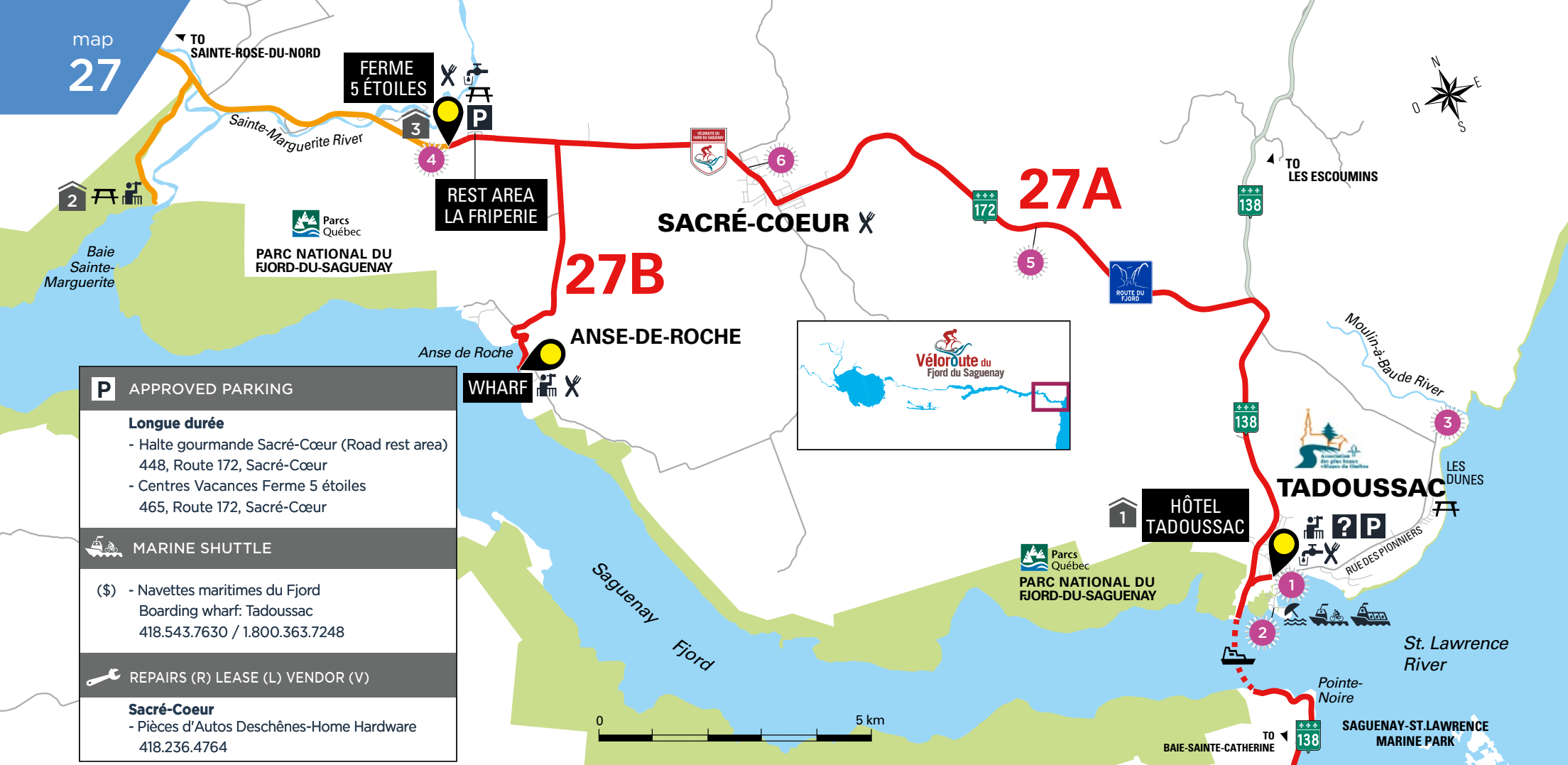
BE RELAXED WITH FAMILY. OUTSIDE.

**PARC NATIONAL
DU FJORD-DU-SAGUENAY
BAIE-SAINTÉ-MARGUERITE SECTOR**
Accessible for everyone...
LOCATION DE VÉLO | BÉLUGA
WATCHING | ZODIAC | CRUISES |
CAMPING | READY-TO-CAMP |
HIKING TRAIL

Photo: Marc Loiseau

sepaq.com | 1 800 665-6527





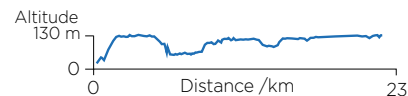
| |
|---|
| P APPROVED PARKING |
| Longue durée |
| - Halte gourmande Sacré-Cœur (Road rest area) 448, Route 172, Sacré-Cœur |
| - Centres Vacances Ferme 5 étoiles 465, Route 172, Sacré-Cœur |
| MARINE SHUTTLE |
| (\$) |
| - Navettes maritimes du Fjord Boarding wharf: Tadoussac 418.543.7630 / 1.800.363.7248 |
| REPAIRS (R) LEASE (L) VENDOR (V) |
| Sacré-Coeur |
| - Pièces d'Autos Deschênes-Home Hardware 418.236.4764 |

MAP 27A ▶ 23 km
TADOUSSAC TO SACRÉ-CŒUR

Departure: Hôtel Tadoussac
165, rue du Bord-de-l'eau
Tadoussac

Arrival: Ferme 5 Étoiles
465, route 172, Sacré-Coeur

Vertical gain: 241 m



MAP 27B ▶ 6,5 km
ANSE-DE-ROCHE

Departure: Rest area La Frèrie
448, Route 172

Arrival: Anse de Roche Wharf
340, ch. de l'Anse-Creuse
Sacré-Coeur

- Tadoussac Tourist Centre**
197, rue des Pionniers, Tadoussac
418.235.4744
- Boutique Les découvertes du fjord** (seasonal shop)
Fjord Marine Shuttles' ticket office
171, rue du Bord-de-l'eau, Tadoussac
418.235.1334
- Parc national du Fjord-du-Saguenay**
Entry fees (\$).
sepaq.com

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

- WHAT TO SEE & DO!**
- 1 WHALE WATCHING AND FJORD CRUISES
 - 2 MARINE MAMMAL INTERPRETATION CENTRE (CIMM)
 - 3 PARC NATIONAL DU FJORD-DU-SAGUENAY/SAGUENAY-ST. LAWRENCE MARINE PARK
 - 4 FERME 5 ÉTOILES
 - 5 DOMAINE DE NOS ANCÊTRES (bear observation centre)
 - 6 ASSOCIATION DE LA RIVIÈRE-SAINTE-MARGUERITE (salmon fishing)

Sainte-Rose-du-Nord,
the **pearl of the fjord**,
is renowned for its
magnificent landscapes:
don't miss out it!



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SACRÉ-CŒUR



PARC NATIONAL FJORD-DU-SAGUENAY -
SECTEUR BAIE-SAINTÉ-MARGUERITE (CAMPING)
418.272.1556 / 1.800.665.6527



CENTRE DE VACANCES FERME 5 ÉTOILES
(CENTRE DE VACANCES ET CAMPING)
418.236.4833 / 1.877.236.4551

68
km

SACRÉ-CŒUR TO SAINTE-ROSE-DU-NORD (28A)
Baie-Sainte-Marguerite (28B)



map
28

..... *Discover the*
ROUTE DU FJORD (FJORD ROUTE)
by CAR, by BICYCLE and even ON FOOT!

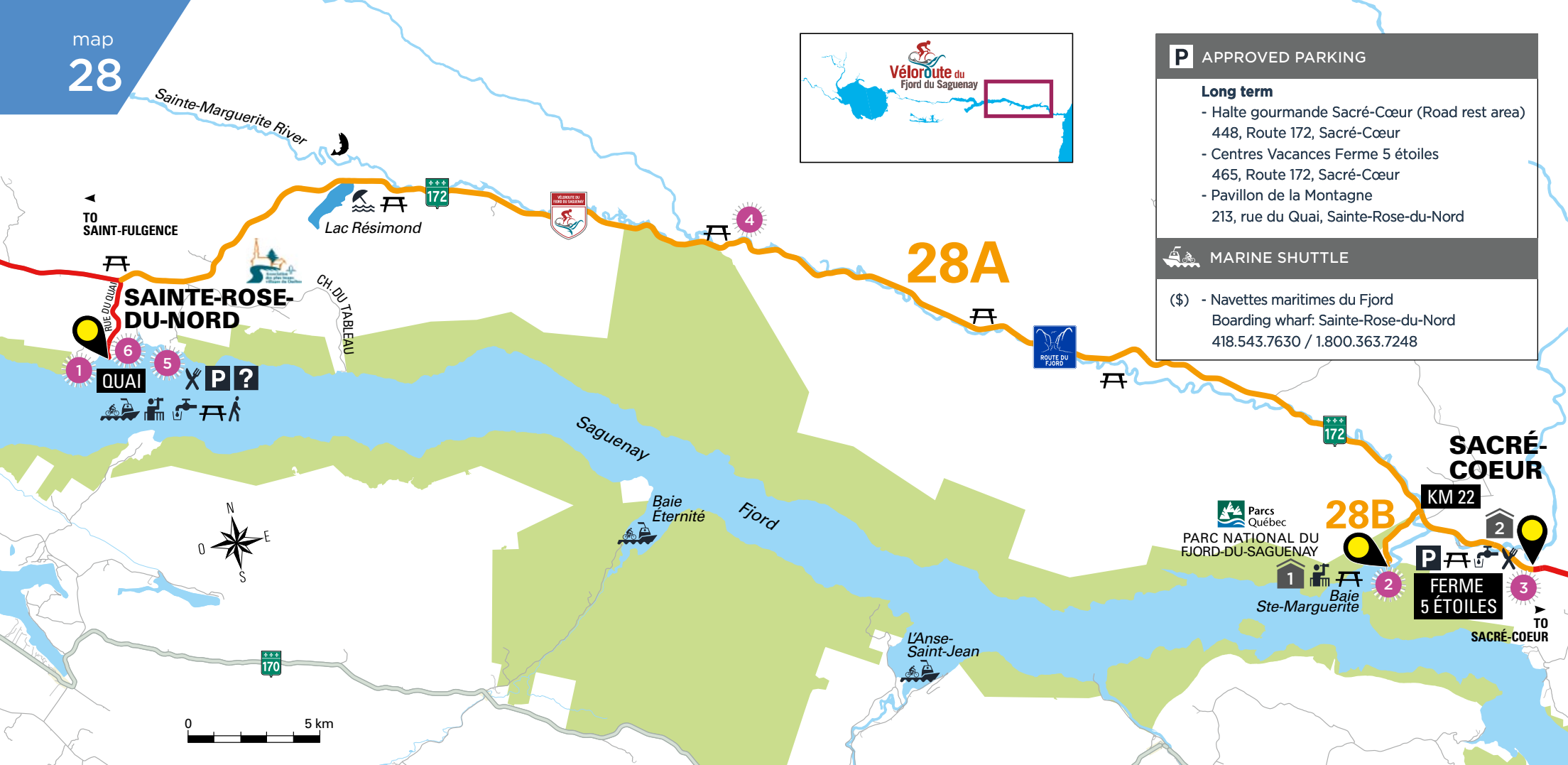


SAGUENAY



Laurent Silvani

TOURISME.SAGUENAY.CA



P APPROVED PARKING

Long term

- Halte gourmande Sacré-Coeur (Road rest area) 448, Route 172, Sacré-Coeur
- Centres Vacances Ferme 5 étoiles 465, Route 172, Sacré-Coeur
- Pavillon de la Montagne 213, rue du Quai, Sainte-Rose-du-Nord

MARINE SHUTTLE

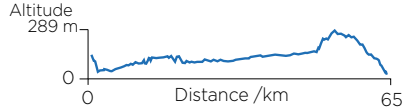
(\$) - Navettes maritimes du Fjord
Boarding wharf: Sainte-Rose-du-Nord
418.543.7630 / 1.800.363.7248

MAP 28A ▶ 65 km
SACRÉ-CŒUR TO SAINTE-ROSE-DU-NORD

Departure: Ferme 5 Étoiles
465, route 172, Sacré-Coeur

Arrival: Wharf
100, rue du Quai, Sainte-Rose-du-Nord

Vertical gain: 577 m



MAP 28B ▶ 3 km
BAIE-SAINTE-MARGUERITE

Departure: KM22, Route 172
Sacré-Coeur

Arrival: Baie Sainte-Marguerite
SÉPAQ (Centre de découverte et de services) Sacré-Coeur

? **Tourist Information**
213, rue du Quai
Sainte-Rose-du-Nord
418.675.2346

SHUTTLE **Shuttle for passengers**
Ferme 5 étoiles
465, route 172, Sacré-Coeur
418.236.4833 / 1.877.236.4551

PN **Parc national du Fjord-du-Saguenay**
Entry fees (\$).
sepaq.com

MS 234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

- WHAT TO SEE & DO!**
- 1 CROISIÈRES DU FJORD
 - 2 PARC NATIONAL DU FJORD-DU-SAGUENAY
 - 3 FERME 5 ÉTOILES
 - 4 ASSOCIATION DE LA RIVIÈRE-SAINTE-MARGUERITE (salmon fishing)
 - 5 SENTIER DE LA PLATE-FORME ET LE SENTIER DU QUAI (hiking trails)
 - 6 MUSÉE DE LA NATURE

The sandspit in Saint-Fulgence divides the fjord and river.



29 km

SAINTE-ROSE-DU-NORD TO SAINT-FULGENCE



map 29



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-FULGENCE



PARC AVENTURES CAP-JASEUX
418.674.9114

Photo Boran Richard

Photo Charles-David Robitaille

New!
Can be Accessed via
Navettes maritimes du FJORD

1-888 674-9114 | capjaseux.com

Desjardins
Caisse de la Côte-Nord
du Saguenay

Promotions
Saguenay

Saint-Fulgence
du Fjord et du Rivage

Gigantic
Saguenay - Côte-Nord



P APPROVED PARKING

Long term
- Pavillon de la Montagne
213, rue du Quai, Sainte-Rose-du-Nord

MARINE SHUTTLE

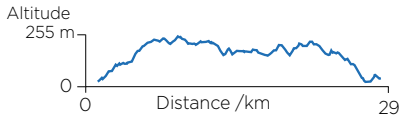
(\$)
- Navettes maritimes du Fjord
Boarding wharf: Sainte-Rose-du-Nord
418.543.7630 / 1.800.363.7248

MAP 29 ▶ 29 km
**SAINTE-ROSE-DU-NORD
À TO SAINT-FULGENCE**

Departure: Sainte-Rose-du-Nord Wharf
100, rue du Quai, Sainte-Rose-du-Nord

Arrival: Intersection Route 172/rue du Saguenay
Saint-Fulgence

Vertical gain: 613 m



? **Tourist Information**
213, rue du Quai, Sainte-Rose-du-Nord
418.675.2346

? 234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

WHAT TO SEE & DO!

- 1 **PARC AVENTURES CAP-JASEUX** (sea kayaking, aerial rope course, via ferrata, hiking, accommodations)
- 2 **LA VIEILLE FERME**
- 3 **BOULANGERIE DE L'ANSE** (bakery)
- 4 **LA MAISON COUPÉE EN DEUX** (outdoor theatre)
- 5 **CIBRO** (Centre d'interprétation des battures et de réhabilitation des oiseaux)
- 6 **THE SANDSPIT**

From Saint-Fulgence to
downtown Chicoutimi
in Saguenay, across Pont
Sainte-Anne.



15
km

SAINT-FULGENCE TO SAGUENAY (CHICOUTIMI)



map
30



BIENVENUE CYCLISTES!

ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHICOUTIMI

- 1 AUBERGE CENTRE-VILLE
418.543.0253
- 2 HÔTEL CHICOUTIMI
418.549.7111 / 1.800.463.7930
- 3 MOTEL PANORAMIQUE
418.549.7102 / 1.800.463.9164



CYCLISTS, STOP BY TO SEE US IN
THE CITY... AND BY THE LAKE!

Stay the night from **\$60** / pers.
Breakfast included

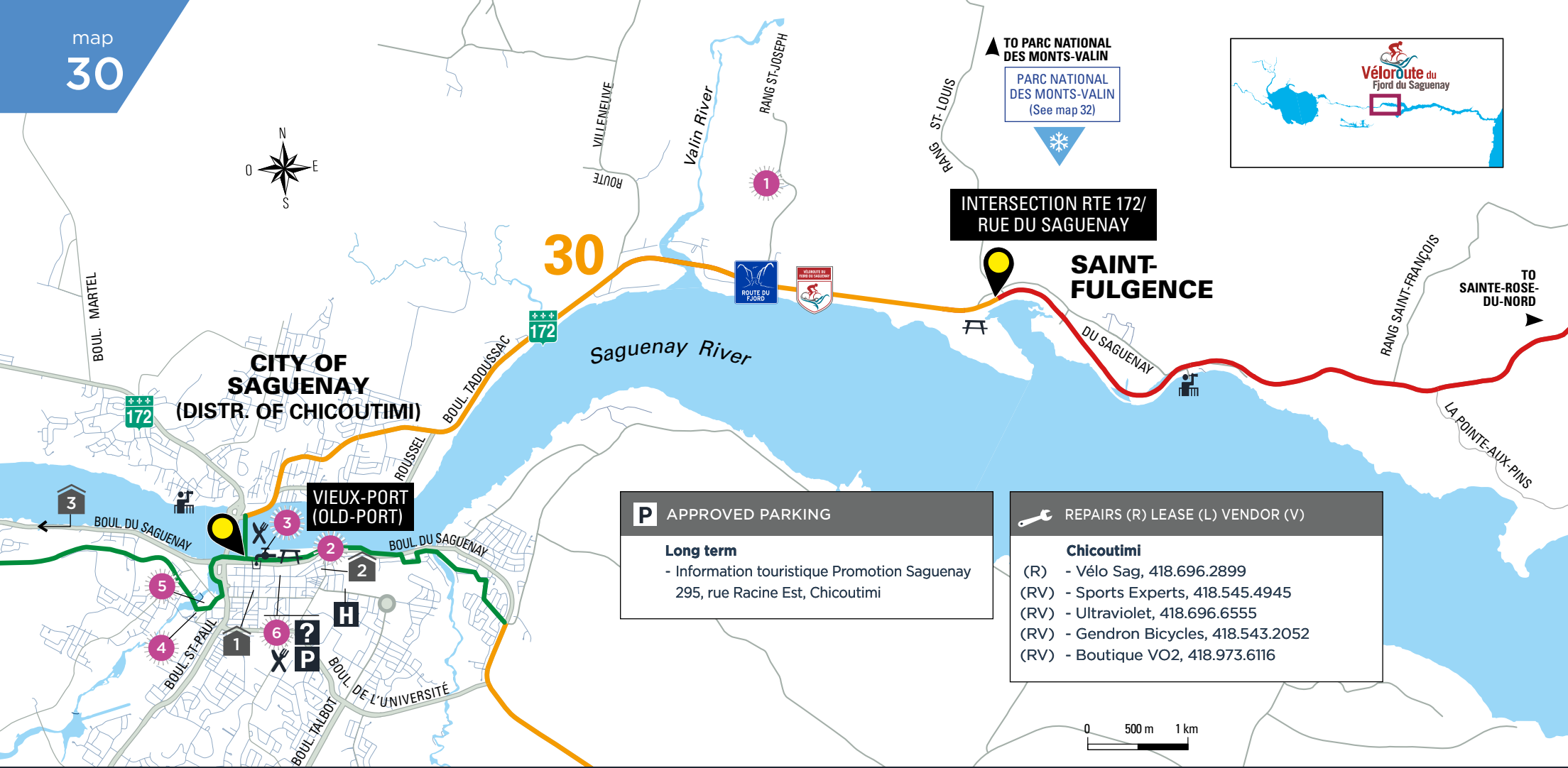
HÔTEL
CHICOUTIMI
★ ★ ★ ★

460 Racine Est, Saguenay
1-800-463-7930 | hotelchicoutimi.qc.ca

AUBERGE
DES ÎLES
HOTEL-CONDOS

250 Rang des îles, Saint-Gédéon
1-800-680-2589 | aubergedesiles.com





TO PARC NATIONAL
DES MONTS-VALIN
PARC NATIONAL
DES MONTS-VALIN
(See map 32)

INTERSECTION RTE 172/
RUE DU SAGUENAY

SAINT-
FULGENCE

CITY OF
SAGUENAY
(DISTR. OF CHICOUTIMI)

VIEUX-PORT
(OLD-PORT)

P APPROVED PARKING

Long term

- Information touristique Promotion Saguenay
295, rue Racine Est, Chicoutimi

REPAIRS (R) LEASE (L) VENDOR (V)

Chicoutimi

- (R) - Vélo Sag, 418.696.2899
- (RV) - Sports Experts, 418.545.4945
- (RV) - Ultraviolet, 418.696.6555
- (RV) - Gendron Bicycles, 418.543.2052
- (RV) - Boutique VO2, 418.973.6116

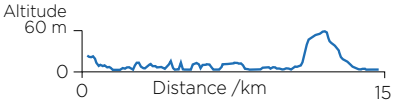


MAP 30 ▶ 15 km
**SAINT-FULGENCE
TO SAGUENAY (CHICOUTIMI)**

Departure: Intersection Route 172/
rue du Saguenay
Saint-Fulgence

Arrival: Vieux-Port (Old-Port)
Chicoutimi

Vertical gain: 73 m



? Tourist Information (downtown)
295, rue Racine Est, Chicoutimi
418.698.3167 poste 6040
1.800.463.6565

**WHAT TO
SEE & DO!**

- 1** CHEVRIER DU NORD
(goat farm and
Economuseum)
- 2** CROISIÈRES DU FJORD
- 3** OLD PORT AND LOCAL
MARKET
- 4** LA PULPERIE/MUSÉE RÉGIONAL
- 5** PARC DU BASSIN AND LA PETITE
MAISON BLANCHE (museum)
- 6** CHICOUTIMI DOWNTOWN

Stimulating and
a wonderful feeling
of freedom!



106 km
52 km



MOUNTAIN BIKE AND *FATBIKE*
IN LAC-SAINT-JEAN



map
31

FATBIKE AND MOUNTAIN BIKE CENTERS

These centers in Saguenay-Lac-Saint-Jean catering for mountain bikers as well as fatbike lovers have rallied to offer two maps to help you prepare your circuit. All this so you can have a unique experience, whether you are on a mountain bike or *fatbike*.

| | |
|---------------|-----------|
| DOWNHILL | ENDURANCE |
| CROSS-COUNTRY | FATBIKE |

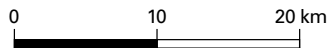
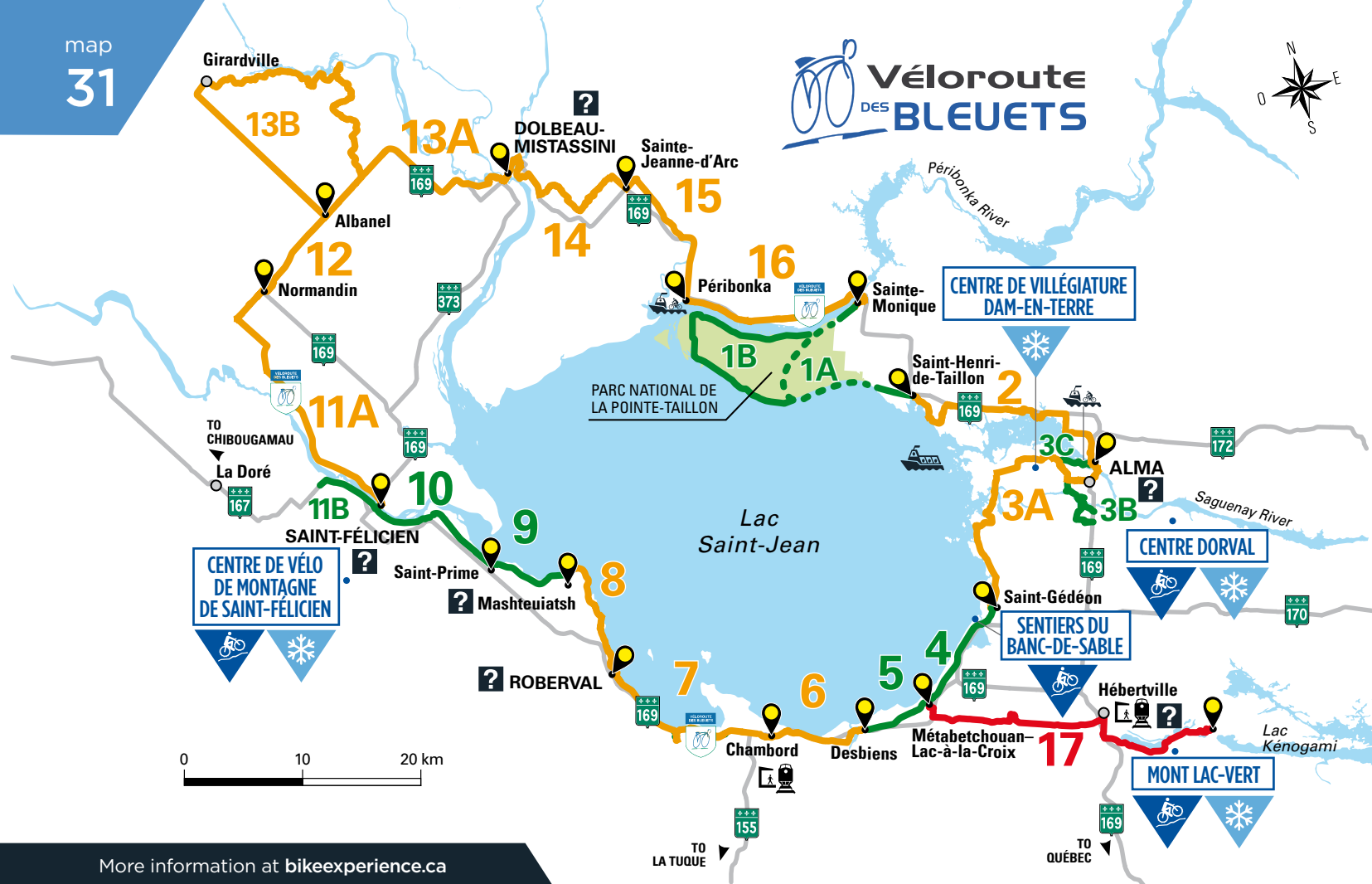
You can now have a four season
bikeexperience!

LIVE THE
**MOUNTAIN
BIKING
EXPERIENCE**
SURROUNDING
LAC-SAINT-JEAN

**200 KM
OF TRAILS**

Saguenay-Lac-Saint-Jean
**THE MOUNTAIN BIKING
DESTINATION OF CHOICE!**

bikeexperience.ca



LEGEND

- Mountain bike centers
- Fatbike centers
- Tourist information-Maison du Vélo
- Visitor's center
- Parking (permitted or paid)
- Washrooms
- Drinking water
- Picnic area
- Camping with or without services
- Restaurant nearby
- Wash-your-bike facilities
- Bike renting
- Daily fee
- Seasonal tickets
- ONDAGO Ondago app

More information at bikeexperience.ca

CENTRE DE VÉLO DE MONTAGNE DE SAINT-FÉLICIEN

500, Petit Rang, Saint-Félicien
418.307.8013
velostfelicien.com
info@velostfelicien.com

60 km

20 km

MONT LAC-VERT

173, ch. du Vallon, Hébertville
418.344.4000, poste 29
montlacvert.qc.ca
inf@montlacvert.qc.ca

25 km

17 km

CENTRE DORVAL

3795, route du Lac Est, Alma
418.662.5835
skidefonddorval.com

12 km

10 km

SENTIERS DU BANC-DE-SABLE

3^e chemin, Route 170
Métabetchouan-Lac-à-la-Croix
ville.metabetchouan.qc.ca
courrier@ville.metabetchouan.qc.ca

9 km

Please note the colors used to illustrate this map correspond to the conventional cyclable network Véloroute des Bleuets (for both hybrid and traditional road bikes). And that the numbers refer to preceding maps. To know levels of difficulties for mountain bike and fatbike network, consult the associated centers' websites.

CENTRE DE VILLÉGIATURE DAM-EN-TERRE

1385, ch. de la Marina, Alma
418.668.3016 / 1.888.289.3016
damenterre.qc.ca
info@damenterre.qc.ca

5 km

From **one challenge**
to another!



58 km



32 km



MOUNTAIN BIKE AND *FATBIKE*
IN SAGUENAY



map
32

Photos: Sépaa - Marc Loiselle

LIVE THE **FATBIKE** WINTER EXPERIENCE

IN SAGUENAY-
LAC-SAINT-JEAN

80 KM
OF TRAILS



Saguenay-Lac-Saint-Jean
THE FATBIKE DESTINATION OF CHOICE!
THE FATBIKE DESTINATION OF CHOICE!

bikeexperience.ca

LIVE THE **MOUNTAIN** BIKING EXPERIENCE

SURROUNDING THE
SAGUENAY FJORD

CROSS-COUNTRY
DOWNHILL
ENDURO
7 SITES



Saguenay-Lac-Saint-Jean
**THE MOUNTAIN BIKING
DESTINATION OF CHOICE!**

bikeexperience.ca



Véloroute du Fjord du Saguenay

UNE DIVISION DE PROMOTION SAGUENAY



LEGEND

- Mountain bike centers
- Fatbike centers
- Tourist information- Maison du Vélo
- Visitor's center
- Parking (permitted or paid)
- Washrooms
- Drinking water
- Picnic area
- Camping with or without services
- Restaurant nearby
- Wash-your-bike facilities
- Bike renting
- Daily fee
- Seasonal tickets
- Ondago app

More information at bikeexperience.ca

VÉLO-CHICOUTIMI LE PANORAMIQUE
140, ch. de la Réserve
Saguenay (Chicoutimi District)
418.698.3167
velochicoutimi.qc.ca

40 km

P 20 km

PARC NATIONAL DES MONTS-VALIN
360, rang St-Louis
Saint-Fulgence
418.674-1200
sepaq.com
parc.monts-valin@sepaq.com

12 km

MONT-BÉLU
4855, boul. de la Grande-Baie Sud
Saguenay (La Baie District)
418.697.5090
montbelu.com
montbelu@royaume.com

10 km

SENTIERS DES VINGT-ET-UN
67, rue Dallaire
L'Anse-Saint-Jean
581.235.5773
sentiersdes21.com
sentier21@gmail.com

8 km

Please note the colors used to illustrate this map correspond to the conventional cyclable network Véloroute des Bleuets (for both hybrid and traditional road bikes). And that the numbers refer to preceding maps. To know levels of difficulties for mountain bike and fatbike network, consult the associated centers' websites.

Get dressed with our
Prestige
collection



-  Available in our
"Maisons du vélo"
-  **Online store**
veloroutedesbleuets.com

**SAG
LUE
NAY**³

Safe trip!





**Desjardins is proud
to be associated with
the development
of cycling circuits
in Saguenay-
Lac-Saint-Jean**

Communities are built
on dreams and the people
who make them happen.

desjardins.com



Desjardins