

*The
St. Lawrence,*

INTERNATIONAL
CRUISES

NATURALLY!



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Québec 

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18 DESTINATIONS ON THE ST. LAWRENCE 17 to 20

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ST. LAWRENCE INTERNATIONAL CRUISES GUIDE



THE ST. LAWRENCE, NATURALLY!

WHY?

- One wonderful river !
- Two universal languages !
- Three great cultures !
- 18 exceptional destinations !

The Québec government, through its Secrétariat à la mise en valeur du Saint-Laurent, is happy to make available this brochure on the main international cruise destinations in Québec. The 18 destinations were selected on the basis of their accessibility and of the interest of the regions to tourists.

This brochure is primarily intended for cruise ship operators and the people who decide on the tourist destinations where the ships will call.

The purpose of the brochure is to present as concisely and completely as possible the major points of interest offered by the St. Lawrence River and its shores.

The Secrétariat à la mise en valeur du Saint-Laurent will be happy to receive comments and suggestions from users.

To cruise ship operators, may your choice of ports of call be rewarding !

To travel wholesalers and agents, may this brochure steer your future decisions in favour of the St. Lawrence !

To devotees of tourism and trips on and along the St. Lawrence, may this provide enjoyable and fruitful reading !

HUGUES MORRISSETTE

Director General, Secrétariat à la mise en valeur du Saint-Laurent
 March 1999



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THE ST. LAWRENCE RIVER

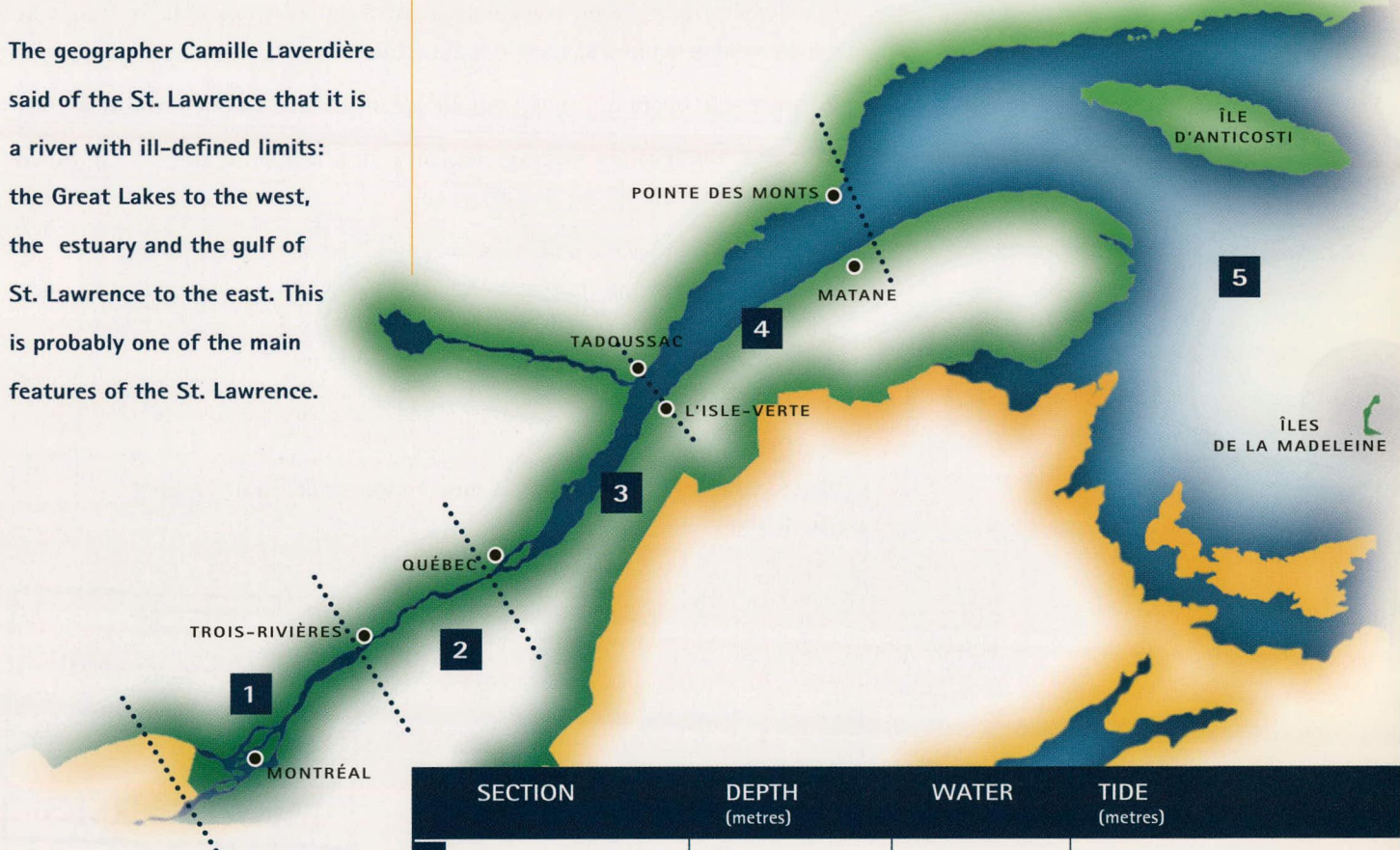
Originally referred to as the "Big river of Hochelaga" by Jacques Cartier in 1535, and as the "River of Canada" by Jean Alfonse in 1544, the St. Lawrence was given its present name in 1604, by Samuel de Champlain, founder of Québec City.

Songwriter Robert Charlebois sings of the St. Lawrence, calling it "almost sea, almost Atlantic".

The geographer Camille Laverdière said of the St. Lawrence that it is a river with ill-defined limits: the Great Lakes to the west, the estuary and the gulf of St. Lawrence to the east. This is probably one of the main features of the St. Lawrence.

Depending on the person or expert who is asked the question, the St. Lawrence is defined:

1. in its minimal and extreme version, as flowing from Lake Ontario to the Lachine Rapids (275 kilometres);
2. in its intermediate version, as flowing from Lake Ontario to Lac Saint-Pierre (375 kilometres), the limit of the zone influenced by the tides;
3. in a variant of its intermediate version, as flowing from Lake Ontario to the tip of Île d'Orléans, that is, to the salt water limit (550 kilometres);
4. in its systemic version, as flowing from Duluth (Minnesota) to Cabot Strait (access to the Atlantic Ocean) via the Great Lakes (Superior, Huron,



	SECTION	DEPTH (metres)	WATER	TIDE (metres)
1	River	10 to 12	Fresh	No tides
2	Upper estuary	10 to 12	Fresh	Negligible tides
3	Middle estuary	100 to 300	Brackish	Substantial tides (4 to 6 metre
4	Lower estuary	100 to 300	Salted	Substantial tides (4 to 6 metre
5	Gulf	Over 300	Salted	Substantial tides (4 to 6 metre

Erie and Ontario) to the estuary and Gulf of St. Lawrence in the east (3700 kilometres). In this case, it should be referred to as the St. Lawrence/Great Lakes System rather than the St. Lawrence River as such.

Depending on needs, criteria and perspectives, each of these definitions is acceptable.

Navigation from Montréal to the Atlantic Ocean is open all year long. Upriver from Montréal, the St. Lawrence Seaway (15 locks) and the Great Lakes are accessible from mid-March to the end of December.

The St. Lawrence River ports offer draughts of 18 metres at Sept-Îles, 16 metres at Québec City, 11 metres at Montréal and 8 metres upstream from Montréal.

The average flow of the St. Lawrence River is 13,000 cubic metres/second (or six times that of the Rhine and twice that of the Danube).

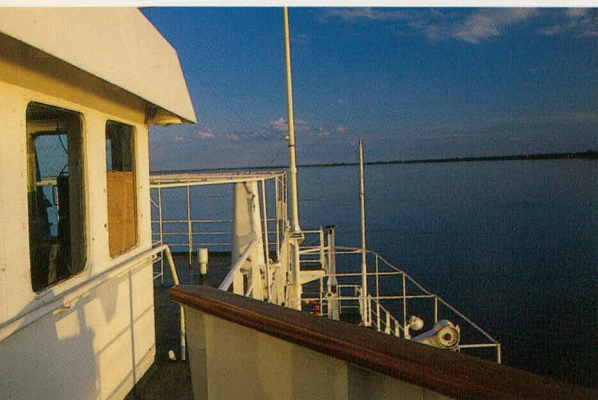
The tides are felt as far up as Lac Saint-Pierre and can reach heights of nearly six metres in the vicinity of Québec City.

CANADA AND QUÉBEC

The St. Lawrence River is one of the longest rivers in Canada, second only to the Mackenzie. The province of Québec, through which most of the St. Lawrence flows, corresponds to about 16% of all of Canada's territory (9,975,000 Km²) and represents about 25% of the country's total population (30,000,000 inhabitants).

Québec (1.6 million Km²) is slightly larger than Alaska and represents nearly three times the territory of France.

The St. Lawrence region can be characterized by the presence of two major world languages, French and English, and three major cultural groups, the French, the English and the Amerindians.



75° W

LOCATION OF THE MAI ON THE ST

50° N



45° N

ONTARIO

ST. LAWRENCE
SEAWAY
(see p. 31)

VALLEYFIELD
(see p. 31)

SOREL AND THE ISLANDS
(see p. 27)

TROIS-RIVIÈRES
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SOREL
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MONTREAL
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USA

VERMONT

NEW HAMPSHIRE

75° W

SAGUENAY
(see p. 28)

PORT-SAGUENAY
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POINTE-AU-PIC
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CHARLEVOIX
(see p. 7)

QUÉBEC
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MONTM
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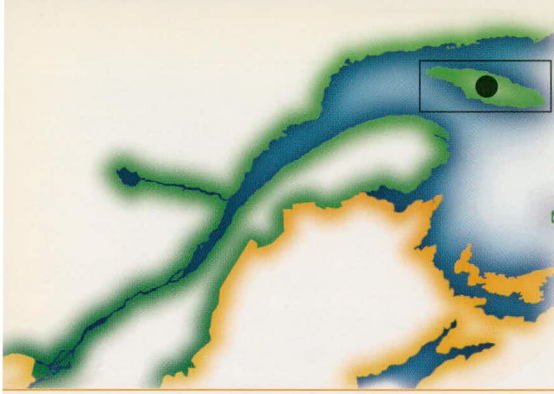
CRUISE DESTINATIONS LAWRENCE



TABLE OF DISTANCES
BETWEEN PORTS IN QUÉBEC

	Baie-Comeau	Blanc-Sablon	Cap-aux-Meules	Chandler	Gaspé	Havre-Saint-Pierre	Matane	Montréal	Percé	Pointe-au-Pic	Port-Menier	Port-Saguenay	Québec	Rimouski	Rivière-du-Loup	Sept-Îles	Sorel	Trois-Rivières	Valleyfield
Valleyfield	371	840	669	600	548	563	376	37	548	245	524	341	176	332	269	465	79	108	0
Trois-Rivières	263	732	598	492	440	455	268	71	440	137	416	234	68	224	168	357	31	0	
Sorel	294	763	629	523	471	486	299	40	471	168	447	266	99	255	194	388	0		
Sept-Îles	94	375	289	211	157	98	89	428	157	220	85	244	289	133	195	0			
Rivière-du-Loup	109	546	356	353	274	281	113	232	274	28	246	78	84	63	0				
Rimouski	55	508	287	290	238	231	44	295	238	87	193	112	156	0					
Québec	195	664	530	424	372	387	200	139	372	69	348	166	0						
Port-Saguenay	158	627	456	348	327	350	162	304	327	92	308	0							
Port-Menier	152	330	200	107	83	60	147	487	79	293	0								
Pointe-au-Pic	126	595	424	355	303	318	131	208	303	0									
Percé	191	331	140	28	25	128	194	511	0										
Montréal	334	803	632	563	511	526	339	0											
Matane	32	464	243	224	172	187	0												
Havre-Saint-Pierre	192	277	218	188	143	0													
Gaspé	177	357	160	52	0														
Chandler	229	374	163	0															
Cap-aux-Meules	291	312	0																
Blanc-Sablon	469	0																	
Baie-Comeau	0																		

(nautical miles)
1 nautical mile : 1.9 km



ANTICOSTI¹

Anticosti Island,
225 kilometres in length, extends
over three degrees of longitude.
Its area (8,200 Km²) is 40%



greater than that of the Canadian
province of Prince Edward Island
and is equivalent to that of
Corsica. Yet it has a population of
under 300 people!

The island is covered with a large
evergreen forest and its hundreds of
rivers abound in salmon and trout.

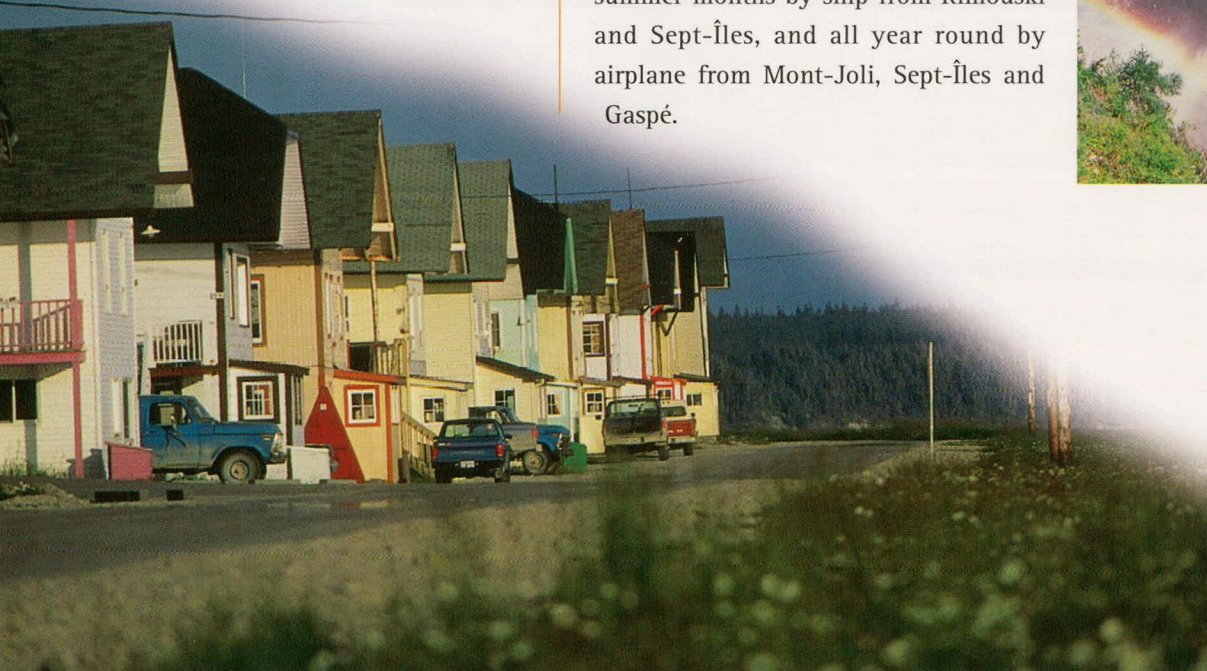
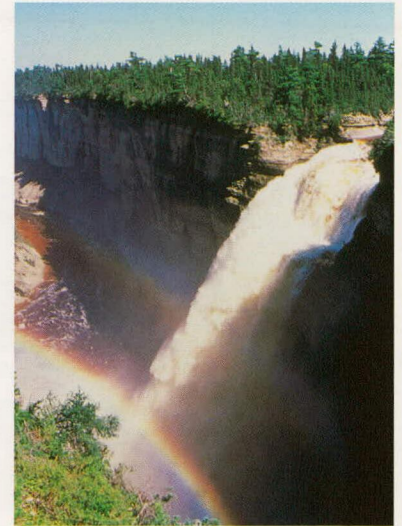
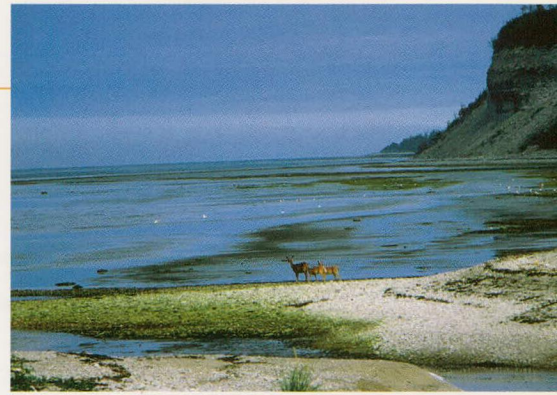
Its name, "*Anticosti*", comes either
from a distortion of an Indian word
meaning "place of the bear hunt",
or, more likely, from a Spanish
Basque expression "*anti-costa*", meaning "before the coast".



French chocolate manufacturer Henri Menier purchased the island
in 1895 for the sum of \$125,000. He introduced the white-
tailed deer, whose proliferation has made Anticosti Island a
paradise both for hunters and for wilderness lovers. There
are over 120,000 white-tailed deer on the island, more
than 400 for each inhabitant! A paradise indeed!

The island offers sites of great natural beauty like the
Vauréal Falls, the salmon-
rich Jupiter River, the Chicotte Canyon
and others. The Gulf of St. Lawrence
encircling the Island of Anticosti is a
great source of natural wealth: lobsters,
crabs, shrimps, deep-water fish, etc. Its
waters are also home to a large variety
of mammals.

Port Menier is accessible during the
summer months by ship from Rimouski
and Sept-Îles, and all year round by
airplane from Mont-Joli, Sept-Îles and
Gaspé.



¹ Also see Lower North Shore (page 10) and Mingan (Archipelago) and Havre-Saint-Pierre (page 12).

CHARLEVOIX¹



The magnificent Charlevoix region can be reached directly by boat, from the dock at Pointe-au-Pic (La Malbaie), or, more easily, from the Port of Québec. Route 138, Saint-Irénée Airport and, especially, the Québec City airport provide easy access to the region.

The region's summits are home to animal and plant species characteristic of Arctic zones (caribou, lichen, etc.).

Charlevoix's hotels and restaurants have a well established reputation. The region boasts some of Québec's finest cuisine. The Manoir Richelieu and its Casino attract a local and international clientele.



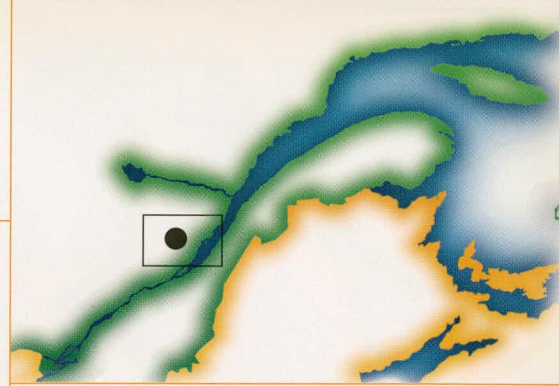
The region's many art galleries exhibit works not only by local artists, but by Canadian, American and European artists as well.

Le Domaine Forget, located in Saint-Irénée, is both a centre to train musicians and a concert hall hosting internationally known performers.

The St. Lawrence is already salty as it enters the region and tides over 5 metres high give it ocean-like features.

Marine mammals such as belugas, humpback whales, seals and porpoises can be observed.

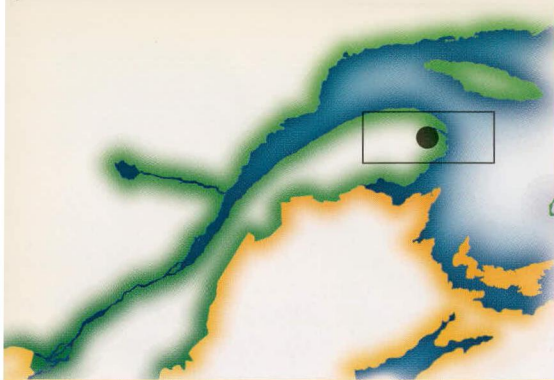
The Charlevoix region was designated as a world biosphere reserve by UNESCO in 1989. The adjacent regions (Québec City to the west and Tadoussac-Saguenay and Manicouagan to the east and north), together with Charlevoix, make up a relatively homogeneous geographical unit, with similar Precambrian geological components and two great rivers, the St. Lawrence and the Saguenay, that dictate the rhythm of human activity.



This superb region is particularly beautiful from mid-September to mid-October, when the trees are resplendent in their autumn colours. Charlevoix's landscapes are magnificent all year round.

The old mountains, some of which reach 1,000 metres high, and the Charlevoix back country (Grand-Fonds, Hautes-Gorges and Grands-Jardins Park) are spectacular sites, visited by lovers of the outdoors and hiking enthusiasts.

¹ Also see Tadoussac, the Saguenay and Manicouagan, page 28.



GASPÉ-FORILLON¹



A region full
of history and
rich landscapes,
Gaspé is the
cradle of Canada.

Jacques Cartier, a navigator from
St. Malo, planted a cross there in
July 1534. "Gaspé" means "end,
extremity" in the Micmac lan-
guage and "shelter, place of
refuge" in Basque.

This pretty little town of
17,000 inhabitants hugs the Bay
of Gaspé at the confluence of the
York, Dartmouth and Saint-Jean
Rivers, famous for the quality and
quantity of their Atlantic salmon.

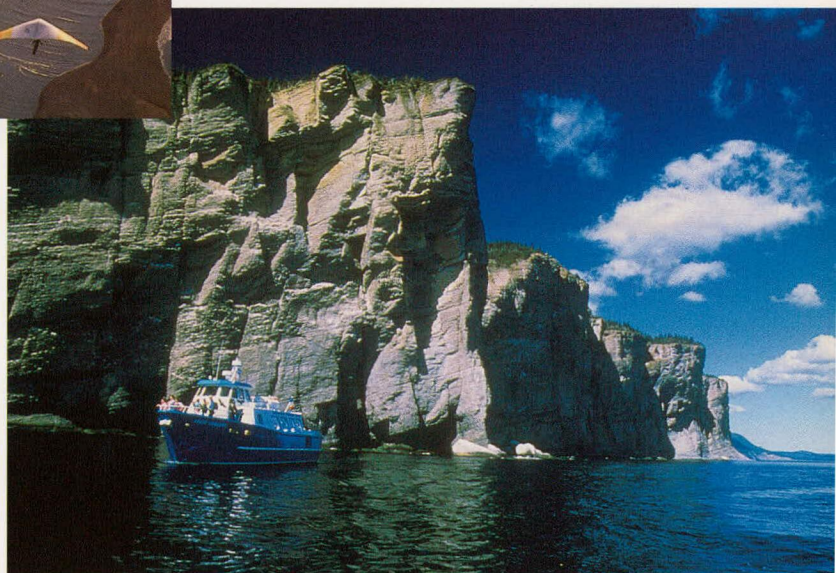


Gaspé is the administrative capital of the Gaspé Peninsula. Its airport (with regular flights from Montréal, Québec City, Mont-Joli and the Îles de la Madeleine), its railway station (regular passenger trains from Montréal, Québec City, Rimouski and Halifax), its port and Route 132 provide easy access to Gaspé and its region all year round.

The Musée de la Gaspésie and the Micmac historical village portray the key moments in the region's history. The only wooden cathedral in North America can be found in Gaspé.



Gaspé is also the gateway to two major
Québec tourist regions: Percé (see page 21)
and Forillon National Park.



FORILLON

Located north and east of Gaspé, this superb park of 245 square kilometres is a recent creation (1970). Its beautiful limestone cliffs rise vertically for 200 metres, calling to mind the cliffs of Dover in Great Britain or Étretat and Cap Fréhel in France.

However, the wildlife (black bear, beaver, moose, porcupine, seals and whales) and the plant life (spruce, fir, poplar and cedar) recall Forillon Park's northern and American location.

The succession of capes (Des-Rosiers, Bon Ami and Gaspé) offers dramatic views and great natural beauty. These sites are even more impressive when viewed from the sea.

The park is open all year round and is easy to reach by Route 132 and Route 197. The interpretation centre (open from the beginning of June to mid-October) provides information on Forillon Park and the region.

¹ Also see Percé, page 21.

ÎLES DE LA MADELEINE

The Îles de la Madeleine have a rich and well documented history. Basque and Breton fishermen began visiting the islands in the 15th century to fish and hunt marine mammals such as seals and whales. Initially named "Les Araynes" by Jacques Cartier and then "La Magdeleine" by Samuel de Champlain (1632), the archipelago finally acquired its current name of Îles de la Madeleine, or the Magdalen Islands, in 1663.



This little 75-kilometre-long paradise is spread over the twelve islands of a relatively isolated and windy archipelago. It includes 350 kilometres of superb beaches. The islands offer a wide variety of outdoor activities (hiking, fishing, swimming) and seafood of outstanding quality!

The impressive red sandstone formations are one of the archipelago's typical features.



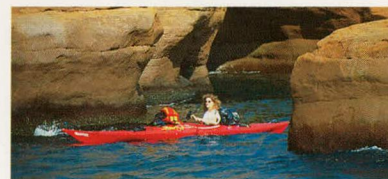
The beautiful little churches in Fatima and Bassin, are open to visitors.

At the beginning of the summer season, the abundant flowering of clover and wildflowers creates a scene of rare beauty.

During the summer, the sand castle competition, a major tourist draw, stimulates the creativity of both young and old.

The waters along the shores of the Îles de la Madeleine are temperate and among the warmest north of Virginia.

The Îles de la Madeleine can be reached by plane from Montréal, Québec City and Gaspé; or by boat from Prince Edward Island and Montréal. A highway (Route 199) links the main islands over a total distance of 87 kilometres.

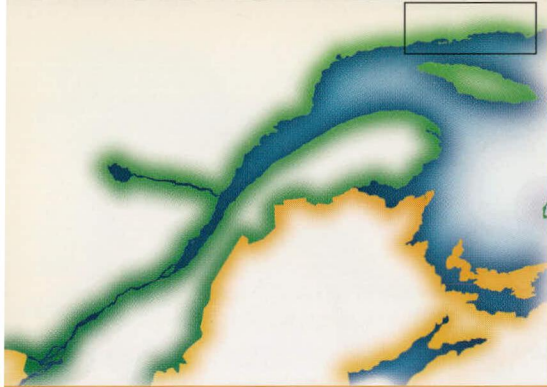


One of the world's most beautiful and best kept secrets, the Îles de la Madeleine resemble a fragile hook of sand, beaches, cliffs, lagoons and green hills deposited in the vast Gulf of St. Lawrence.

The archipelago has about 15,000 inhabitants. A large proportion of the islanders are of Acadian origin.

The islands were not permanently settled until 1755.

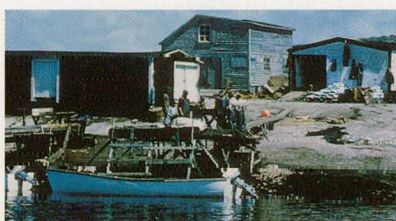




LOWER NORTH SHORE¹

From the Strait of Belle-Isle to Natashquan, this superb region possesses virtually all the characteristics of the Québec subarctic: scattered villages, fishing-based economy, a harsh climate, a population of Amerindian, French and English origin.

The summer commercial shipping route gives vessels from Europe and cruise ships access to the St. Lawrence River through the Strait of Belle-Isle.



The Labrador Current regularly carries icebergs into the region's clean, cold waters. The region's pure sea-air is a tonic and stimulant greatly appreciated by visitors.



Many different landscapes, harsh yet harmonious, can be seen along this magnificent coast. Great rivers empty into the Gulf of St. Lawrence, such as the Natashquan, the Petit-Mécatina and the Saint-Augustin.

The region's waters are regularly visited in great numbers by large marine mammals such as whales and seals. These waters are also famed for their scallops, crabs, lobsters, salmon and cod. Deep, narrow channels known as "rigolets" are also characteristic of the region.

The villages of Baie-Johan-Beetz, Natashquan, Harrington Harbour, Saint-Augustin and Blanc Sablon are spectacular. The village of Harrington Harbour is particularly picturesque: its wooden sidewalks hugging the cliffs also serve as streets. These sidewalks thread their way almost at random between brightly coloured houses, or span coves, brooks and escarpments.

Most homes inhabited by people of European stock resemble those in the Channel Islands (Jersey, Guernsey), Labrador or Newfoundland. Recent archaeological digs provide evidence of a human presence dating back over 7,000 years.



The Lower North Shore is mainly accessible by airplane from Montréal, Québec City and Sept-Îles. During the summer and fall, the region is serviced regularly by boat from Rimouski and Sept-Îles. It is also possible to take a ferry from Blanc-Sablon to Sainte-Barbe to get to Newfoundland.

It should be noted that the region is accessible by car only at its two extremities: Natashquan in the west and Blanc-Sablon by way of Newfoundland in the east. It is currently impossible (in 1999) to travel between these two communities by car.



¹ Also see Anticosti (page 6), Mingan (Archipelago) and Havre-Saint-Pierre (page 12).

MATANE AND THE CHICS-CHOCS MOUNTAINS¹

A pretty town of 13,000 inhabitants, Matane is easy to reach by car on Route 132, by ferry from the North Shore of the St. Lawrence (Baie-Comeau or Godbout: about two and a half hours) and by plane from Mont-Joli, Québec City or Montréal.



By 1506, sailors and fishermen from Saint-Malo, Dieppe, Honfleur, Rouen and La Rochelle were already visiting the Gaspé coast. In 1543, on his third voyage “in” Canada, Jacques Cartier gave a detailed and enthusiastic description of the harbour of Matane.

In 1603, Champlain in turn reported the qualities of Matane: “This place is fairly pleasant and there is a great salmon and trout fishery from which boats could be loaded”.

He also noted that “this country is full of pine, fir, birch, cedar and great quantities of peas, wild parsley... and cod, great quantities of mackerel and other fishes”.

The summer migration of salmon in the Matane River can be observed from the middle of town. Sports fishing for salmon in an urban area is a novel activity.

The name Matane means “beaver pond” in Micmac and “flotsam” in Algonquin.




A true gateway to the Gaspé region, the immediate area of Matane offers several tourist attractions: the beautiful Jardins de Métis (flower beds, rock gardens, rhododendron garden, etc.) and especially the Chics-Chocs mountains including Mont Jacques-Cartier, 1268 metres high, and Mont Logan, 1135 metres high. These mountains are the highest points in inhabited Québec and the only places in Québec where caribou, white-tailed deer and moose cohabit.

This grand and somewhat austere region guarantees total satisfaction to lovers of wide open spaces.



¹ Also see Rimouski and the Îles du Bic, page 24.



MINGAN (Archipelago) AND HAVRE-SAINT-PIERRE¹

A national park since 1984, the Mingan Archipelago consists of 900 islands and islets and extends over 80 kilometres from east to west.

The archipelago is reached mainly from Havre-Saint-Pierre.

Karst formations are well developed, making the Mingan Archipelago the biggest concentration of monoliths in Canada.

This unique environment is home to over 450 species of vascular plants and over 200 species of birds. The Atlantic puffin, a member of the penguin family, is one of the birds most representative of the short Mingan summer.



Dominated by the spellbinding Mingan Archipelago, this region of Eastern Québec has a very jagged shoreline, rich in history.

The region's capital, Havre-Saint-Pierre, can be reached by car on Route 138 from Sept-Îles and Québec City, and by boat from Rimouski and Sept-Îles.

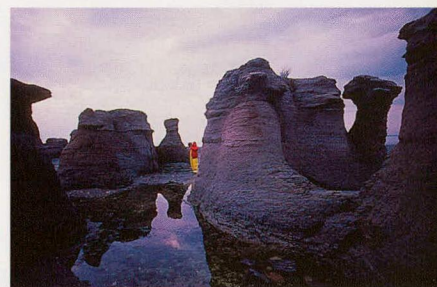
Many marine mammals are also seen here, such as fin whales, dolphins, porpoises and seals.

Mingan: this little fishing village derives its name from a word of Basque origin meaning "tongue of earth". Since the French Regime, it has been a trading and fishing post.

HAVRE SAINT-PIERRE

A village of 3,500 inhabitants, Havre-Saint-Pierre for many years was accessible only by sea and by air. Its tidy white houses are characteristic of this part of the Gulf of St. Lawrence.

Major nearby deposits of ilmenite fuel the activity of the industrial port of Havre-Saint-Pierre.



¹ Also see Anticosti (page 6) and Lower North Shore (page 10)

MONTMAGNY AND THE GROSSE ÎLE PARK



Grosse-Île dominates the Île-aux-Grues archipelago from the middle of the St. Lawrence River. In the 19th century, the massive influx of immigrants to the Port of Québec forced the authorities to establish a quarantine station. A terrible cholera and typhus epidemic resulted in the death of thousands of unfortunate newcomers, many of them Irish, who had come to America to flee the famine. Having crossed the Atlantic under often very distressing conditions, many never reached their destination. Grosse-Île would be their final resting place. At the turn of the century, Grosse-Île gradually acquired its current appearance. A modern and efficient disinfection system facilitated the work of medical personnel, and hotels offered

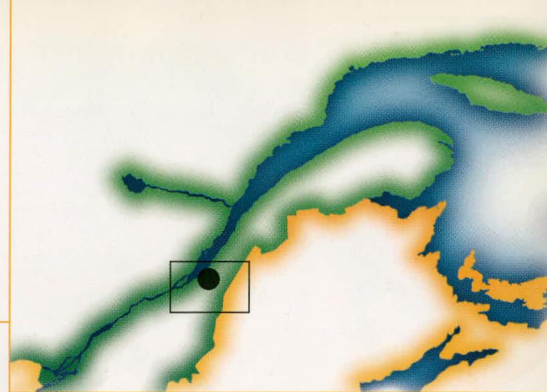
substantially better shelter to newcomers. The services on Grosse-Île were comparable to those of Ellis Island in New-York.

A visit to this important historic site begins with the disinfection building, open to the public since 1997. Visitors discover the impressive original equipment used in disinfecting immigrants and their personal belongings. A new exhibition will help visitors understand the quarantine



station's history. After a stop at the information centre, a trip to the hotel sector, on foot and by trailer train, takes them through the village and the

hospital sector, which includes dozens of historic buildings.



The pretty little town of Montmagny (12,000 inhabitants) is less than one hour from Québec City on Autoroute 20 or Route 132. It can also be reached from the Port of Québec or the Québec City airport.




The Montmagny region is an important

feeding ground for snow geese migrating between the Southeastern United States and northern Baffin Island.

It is also one of the main departure points for excursions to Grosse-Île and the Irish Memorial.



MONTRÉAL

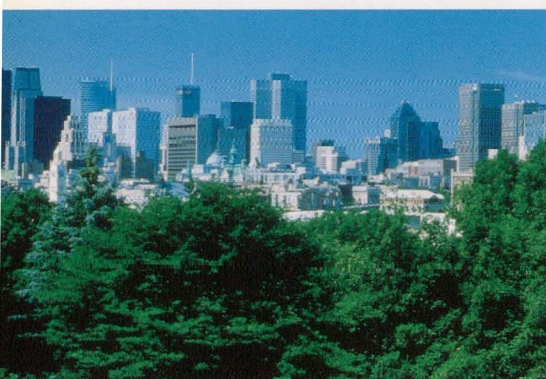


A historic city with a European flavour, a flourishing and modern metropolis, Montréal is one of the oldest cities in North America. Thousands of years of Amerindian history and a European heritage

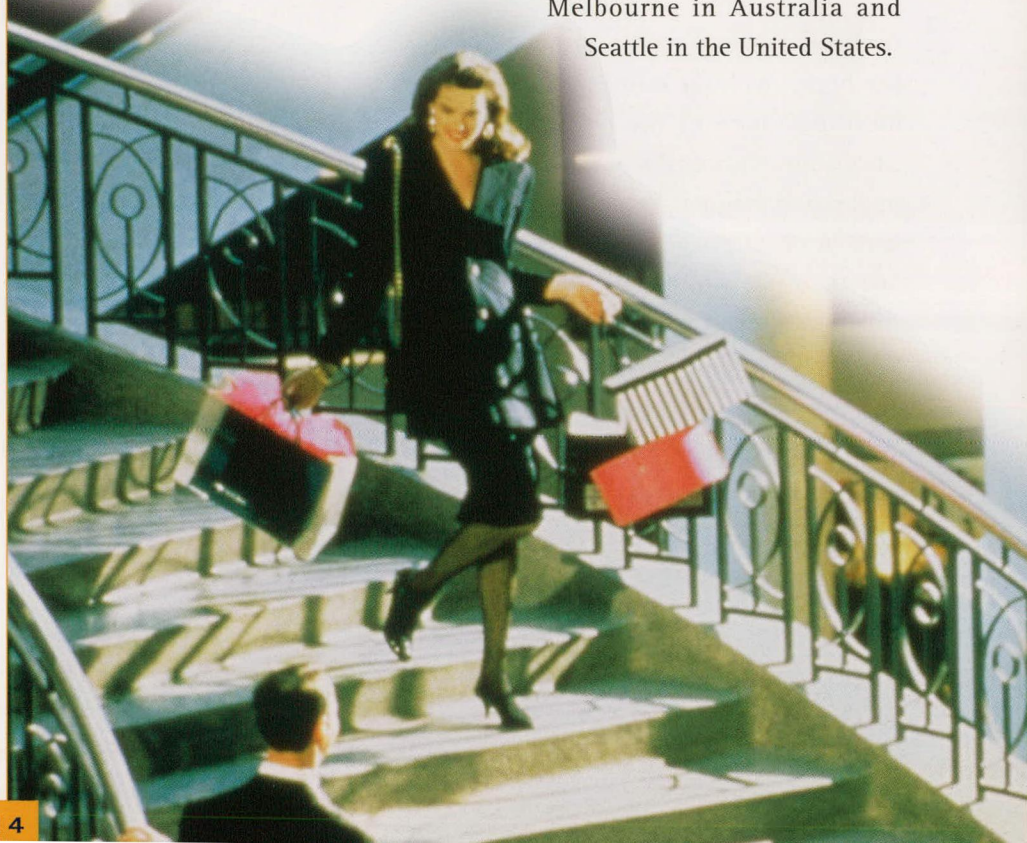


In 1535, the French explorer Jacques Cartier sailed up the St. Lawrence River and set foot for the first time on the island that would become Montréal. Founded a century later by Paul de Chomedey de Maisonneuve, Montréal is the world's second biggest French-speaking city. But this is not its only heritage. The English language is also spoken, bequeathed by the British since the 18th century and partly responsible for the city's commercial vitality.

Montréal's inhabitants enjoy entertainment. The streets are like theatres filled with performers and spectators, a parade of high quality festivals and cultural events presented all year long. Numerous international sporting events attract fans from around the world. It should also be noted that Montréal is one of the gastronomic capitals of the world. The city is a veritable oasis for every type of palate. Over 4,000 cafés, bistros and restaurants from 75 different countries offer gourmets and gourmands alike a wide array of refined, exotic or just plain delicious foods, at almost any time of day or night, to suit every budget. Montréal well deserves its ranking among the world's top three cities for best quality of life, along with Melbourne in Australia and Seattle in the United States.



dating back over 350 years have forged the unique character of Montréal, a city rising from the middle of the magnificent St. Lawrence River, a crossroads of eras and cultures. The Greater Montréal region is home to over 3,000,000 people.





ATTRACTIONS AND SITES

Major events have projected Montréal onto the international stage and left it with a unique heritage. Think of Expo 67, Man and His World; the 1976 Summer Olympics; the Floralties in 1980 and the 350th Anniversary celebrations in 1992. On each occasion, Montréal obtained several new attractions and museums.

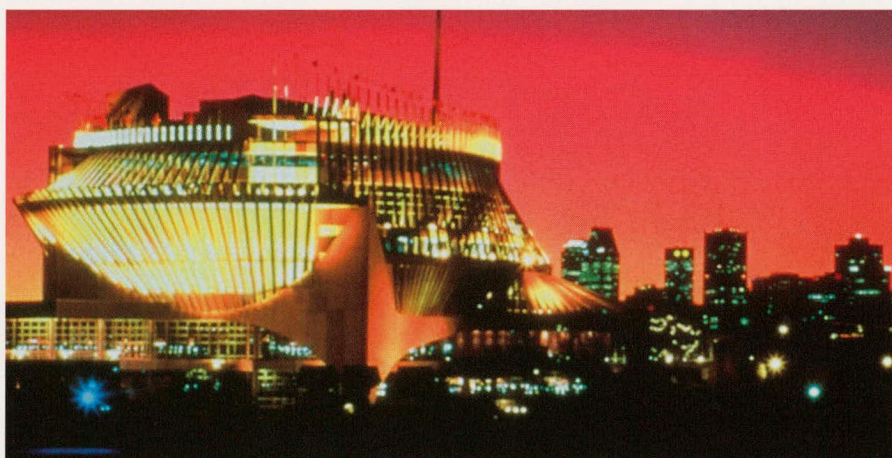
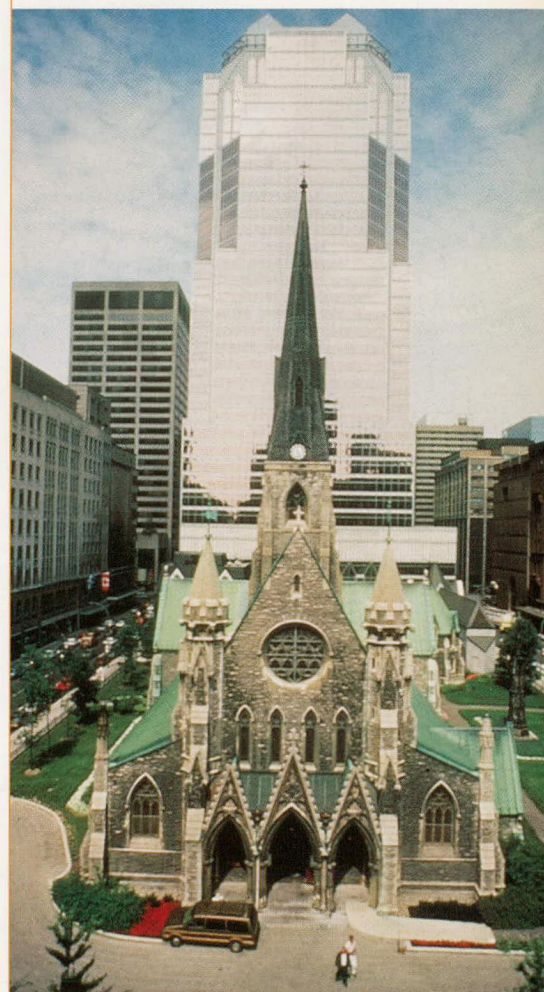
THE OLD PORT

Every year, thousands of cruise ship passengers disembark at the Iberville Maritime Terminal to visit one of the main attractions offered by cruises on the majestic St. Lawrence River.

OLD MONTRÉAL

Cobblestoned streets and a string of romantic cafés and handicraft boutiques is one aspect of Old Montréal. Visitors can also see the remnants of the first colony of Ville-Marie, as well as major artifacts from archaeological digs, at the Pointe-à-Callière archaeology and history museum.

In 1829, construction of the Notre-Dame Basilica, a neogothic masterpiece, symbolized the development of the Montréal community. The basilica's interior pays homage to Québec artistic talent with its decor of carved wood adorned with gold leaf.



PARC DES ÎLES

Located in the middle of the St. Lawrence River, Parc des Îles is a recreational paradise, developed on the site of Expo 67. It also boasts the Biosphère, a water interpretation centre, the Gilles Villeneuve racetrack where the Canadian Grand Prix is held, the La Ronde amusement park and the spectacular Montréal Casino.

ACCESS TO MONTRÉAL

Well connected to the major North American road and super-highway systems, Montréal is also easy to reach by train (from New York, Toronto, Ottawa, Halifax and Québec City), by boat (twelve months a year) and by air through its major international airports, Dorval and Mirabel.

PROFESSIONAL SPORTS

Montréal hosts a multitude of sporting events all year round. It is the home of the Expos baseball team, the Montréal Canadiens hockey team, the Alouettes football team and the soccer-playing Impact. It is the site of the Canadian Grand Prix on Île Notre-Dame, prestigious World Cup tennis, and motocross races.



OLYMPIC PARK

Host of the 1976 Olympic Games, the impressive Olympic Stadium is topped by the Tour de Montréal, the highest leaning tower in the world. Nearby is the new Biodôme where four ecosystems have been realistically recreated. A short walking distance from the Biodôme are the splendid Botanical Gardens (75 hectares) and the Insectarium, which lets visitors discover the fascinating world of insects.

MOUNT ROYAL PARK

Mount Royal Park, covering 200 hectares, is an oasis of peace and greenery and a magnet for outdoor enthusiasts in the middle of the modern metropolis. It is also the site of St. Joseph's Oratory which attracts thousands of the faithful on pilgrimage each year.

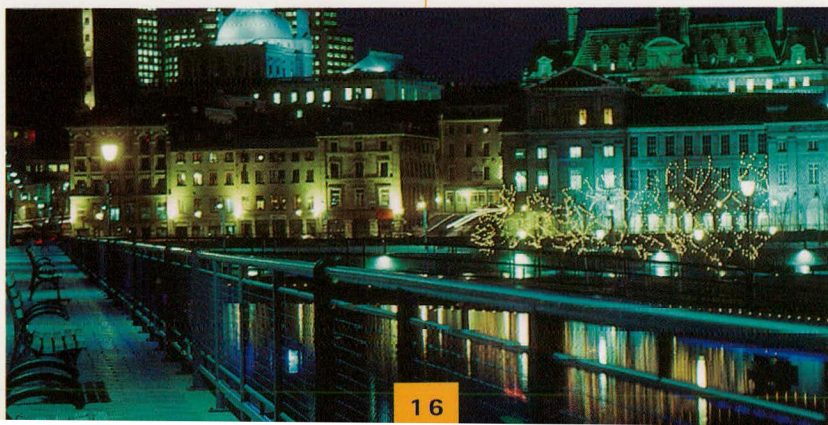
A FASCINATING CULTURAL SCENE

In Montréal there is something for everyone: concerts, operas, movies, theatre (in French and in English), ballet and dance performances, the great names of the international stage. Montréal

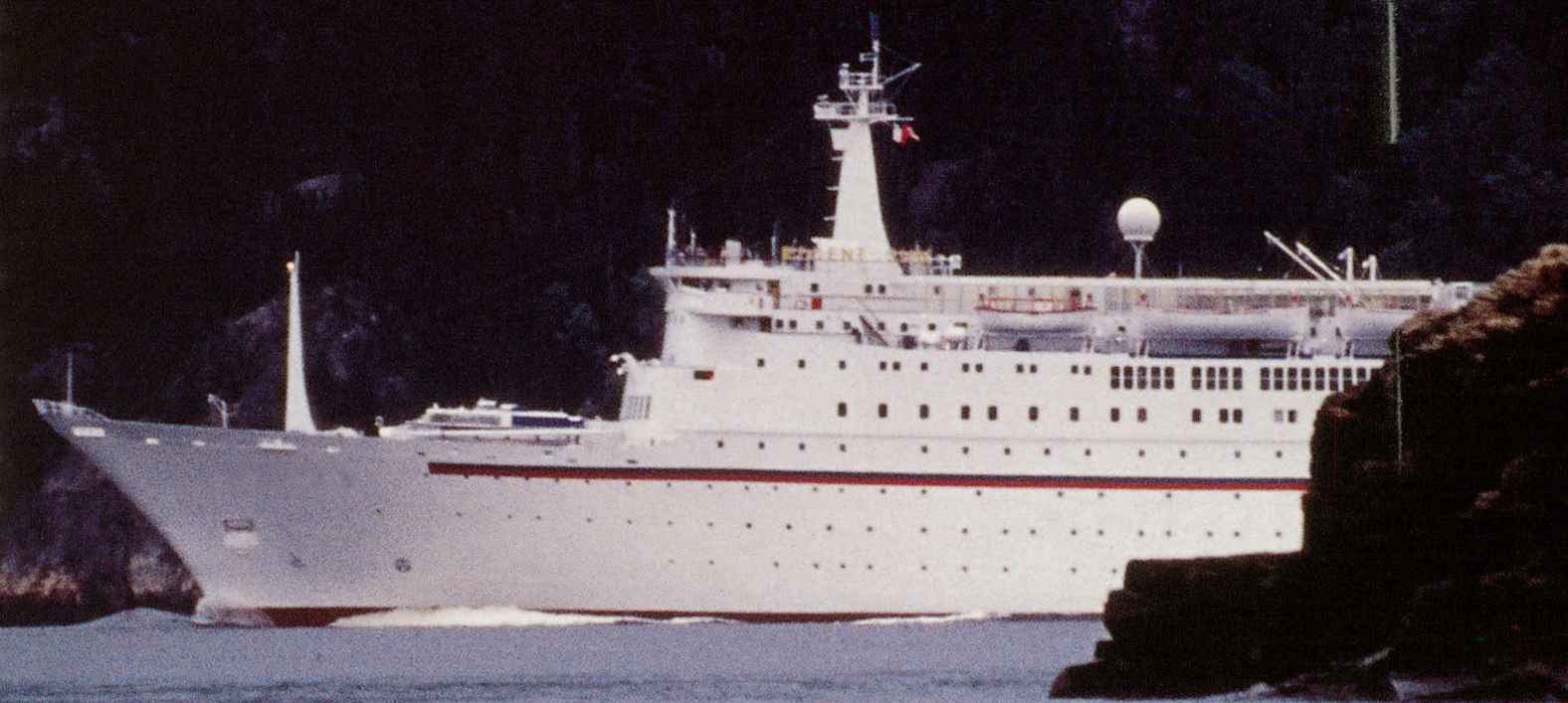


is often labelled a city of festivals. Indeed, from May to October, festivals follow each other in rapid succession: the International Jazz Festival, the Just for Laughs Festival, the International Fireworks Festival, the World Film Festival and Les FrancoFolies de Montréal, to name only a few.

Museums are an integral part of Montréal's cultural landscape. There are the Museum of Fine Arts, recently expanded, the Canadian Centre for Architecture, renowned worldwide for its unique collection and its buildings that marry the old with the new, the McCord Museum of Canadian History and the Stewart Museum, both renovated at great expense, the Musée d'art contemporain, the Pointe-à-Callière archaeology and history museum, which tells the story of the founding of Montréal and of remnants dating back over 1,000 years, the Musée des arts décoratifs, dedicated to design and handicrafts, the Musée Juste pour rire, a comedy museum, and the Dow Planetarium.



18 DESTINATIONS ON THE ST. LAWRENCE



REGION	TOURISM BUREAU ¹	PORT	PORT ACCESS	PORT AUTHORITY	SERVICES AVAILABLE
1. Anticosti p. 6	Association touristique de Duplessis ⁵ 312, avenue Brochu Sept-Îles QC G4R 2W6 CANADA Tél.: (418) 962-0808 Téléc.: (418) 962-6518	Port Menier Lat. 49° 50'N Long. 64°20'W	April to January	Transports Québec, Direction de la Côte-Nord 1175, boul. de l'Escale, C.P. 128 Havre-Saint-Pierre, Qc, G0G 1P0, CANADA Tél.: (418) 538-2866 Fax: (418) 538-3486	Potable water, pilotage optional and available
2. Charlevoix p. 7	Association touristique de Charlevoix 630, boul. de Comporté, C.P. 275 La Malbaie QC G5A 1T8 CANADA Tél.: (418) 665-4454 Téléc.: (418) 665-3811	Pointe-au-Pic Lat. 47°37'N Long. 70°08'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, compulsory pilotage, supplies, sanitary services
3. Gaspé-Forillon p. 8	Association touristique de la Gaspésie ⁵ 357, route de la Mer, Saint-Flavie QC G0J 2L0 CANADA Tél.: (418) 775-2223 Téléc.: (418) 775-2234	Gaspé Lat. 48°50'N Long. 64°26'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, pilotage optional and available, supplies, sanitary services
4. Îles de la Madeleine p. 9	Association touristique des îles de la Madeleine ⁵ 128, ch. Débarcadère, C.P. 1028, Cap-aux-Meules Îles-de-la-Madeleine QC G0B 1B0 CANADA Tél.: (418) 986-2245 Téléc.: (418) 986-2327	Cap-aux-Meules Lat. 47°23'N Long. 61°51'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, towing, sanitary services, pilotage optional and available
5. Lower North Shore p.10	Association touristique de Duplessis ⁵ 312, avenue Brochu Sept-Îles QC G4R 2W6 CANADA Tél.: (418) 962-0808 Téléc.: (418) 962-6518	Blanc-Sablon Lat. 51°25'N Long. 57°09'W	May to January	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, supplies, minor repairs, fuel, pilotage optional and available
6. Matane and the Chics-Chocs Mountains p. 11	Bureau régional d'information touristique de Matane ⁵ 968, av. du Phare Ouest Matane QC G4W 3P5 CANADA Tél.: (418) 562-1065 Téléc.: (418) 562-8406	Matane Lat. 48°52'N Long. 67°35'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, repairs, supplies, pilotage optional and available, services
7. Mingan Archipelago and (Havre Saint-Pierre) p. 12	Association touristique de Duplessis ⁵ 312, avenue Brochu Sept-Îles QC G4R 2W6 CANADA Tél.: (418) 962-0808 Téléc.: (418) 962-6518	Havre-Saint-Pierre Lat. 50°14'N Long. 63°36'W	May to January	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, fuel, supplies, pilotage optional and available
8. Montmagny and Grosse Île Park p. 13	Association touristique de Chaudière-Appalaches 800, autoroute Jean-Lesage Saint-Nicolas QC G7A 1C9 CANADA Tél.: (418) 831-4411 Téléc.: (418) 831-8442	Québec City Lat. 46°49'N Long. 71°12'W	Year-round access	Port of Québec Corporation 150, Dalhousie, Québec, Qc, G1K 7P7, CANADA Tél.: (418) 648-4956 Fax: (418) 648-4160	All services available, except compulsory pilotage
9. Montréal p. 14-15-16	Office des congrès et du tourisme du Grand Montréal ⁶ 1555, rue Peel, bureau 600, Montréal QC H3A 3L8 CANADA Tél.: (514) 844-5400 Téléc.: (514) 844-5757	Montréal Lat. 45°30'N Long. 73°34'W	Year-round access	Port of Montréal Cité du Havre, aile no 1 Montréal, Qc, H3C 3R5, CANADA Tél.: (514) 283-7042 Fax: (514) 283-7019	All services available, except compulsory pilotage
10. Percé-Chandler p. 21	Association touristique de la Gaspésie ⁵ 357, route de la Mer Saint-Flavie QC G0J 2L0 CANADA Tél.: (418) 775-2223 Téléc.: (418) 775-2234 Association touristique de la Gaspésie ⁵ 357, route de la Mer, Saint-Flavie QC G0J 2L0 CANADA Tél.: (418) 775-2223 Téléc.: (418) 775-2234	Percé Lat. 48°20'N Long. 64°13'W Chandler Lat. 48°20'N Long. 64°40'W	Anchors stations only Year-round access	Small Craft Harbours, Fisheries and Oceans ⁷ 104, rue Dalhousie, Québec, Qc, G1K 7Y7, CANADA Tél.: (418) 649-6572 Fax: (418) 648-4470 Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Shuttle available to the pilotage optional and available Potable water, supplies, minor repairs, towing, sanitary services, pilotage available
11. Québec City p. 22-23	Office du tourisme et des congrès de la Communauté urbaine de Québec ⁶ , 399, rue Saint-Joseph, Est 2 ^e étage Québec QC G1K 8E2 CANADA Tél.: (418) 522-3511 Téléc.: (418) 529-3121	Québec City Lat. 46°49'N Long. 71°12'W	Year-round access	Port of Québec Corporation 150, Dalhousie, Québec, Qc, G1K 7P7, CANADA Tél.: (418) 648-4956 Fax: (418) 648-4160	All services available, except pilotage
12. Rimouki and the Îles du Bic p. 24	Office du tourisme et des congrès de Rimouski ⁵ 50, rue Saint-Germain Ouest Rimouski QC G5L 4B5 CANADA Tél.: (418) 723-2322 Téléc.: (418) 724-2321	Rimouski Est Lat. 48°29'N Long. 68°31'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, supplies, fuel, pilotage optional and available
13. Rivière-du-Loup p. 25	Association touristique du Bas-Saint-Laurent ⁵ 148, rue Fraser Rivière-du-Loup QC G5R 1C8 CANADA Tél.: (418) 867-1272 Téléc.: (418) 775-3245	Gros-Cacouana Lat. 47°55'N Long. 69°30'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, supplies, fuel, compulsory pilotage
14. Sept-Îles (and Port-Cartier) p. 26	Association touristique de Duplessis ⁵ 312, avenue Brochu Sept-Îles QC G4R 2W6 CANADA Tél.: (418) 962-0808 Téléc.: (418) 962-6518	Sept-Îles Lat. 50°11'N Long. 66°23'W	Year-round access	Port of Sept-Îles 1, Quai Mgr Blanche Sept-Îles, Qc, G4R 5P3, CANADA Tél.: (418) 968-1231 Fax: (418) 962-4445	Potable water, minor repairs, fuel, compulsory pilotage
15. Sorel and the Islands p. 27	Association touristique de la Montérégie 989, rue Pierre-Dupuy Longueuil QC J4K 1A1 CANADA Tél.: (450) 674-5555 Téléc.: (450) 463-2876	Sorel Lat. 46°03'N Long. 73°07'W	Year-round access	Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, fuel, towing, sanitary services, supplies, compulsory pilotage
16. Tadoussac, Saguenay (Marine Park) and Manicouagan p. 28-29	Association touristique du Saguenay-Lac-Saint-Jean 198, rue Racine Est, bureau 210 Chicoutimi QC G7H 1R9 CANADA Tél.: (418) 543-9778 Téléc.: (418) 543-1805 Association touristique de Manicouagan ⁵ 847, rue de Puyjalon, C.P. 2366 Baie-Comeau QC G5C 2T1 CANADA Tél.: (418) 589-5319 Téléc.: (418) 589-9546	Port Saguenay (Grande-Anse) Lat. 48°25'N Long. 70°50'W Baie-Comeau Lat. 49°14'N Long. 68°70'W	Year-round access Year-round access	Port Saguenay 6600, chemin de la Grande Anse La Baie, Qc, G7B 3N9, CANADA Tél.: (418) 697-0245 Fax: (418) 697-0243 Transport Canada, Harbours and Ports Gare maritime Champlain, 901, Cap-Diamant, 4 ^e floor, Québec, Qc, G1K 4 K1, CANADA Tél.: (418) 648-4101 Fax: (418) 648-7980	Potable water, minor repairs, pilotage optional and available Potable water, minor repairs, supplies, fuel, pilotage optional and available
17. Trois-Rivières p. 30	Office de tourisme et des congrès de Trois-Rivières 1457, rue Notre-Dame Trois-Rivières QC G9A 4X4 CANADA Tél.: (819) 375-1122 Téléc.: (819) 375-0022	Trois-Rivières Lat. 46°21'N Long. 72°33'W	Year-round access	Port of Trois-Rivières 1545, rue du Fleuve, suite 300 Trois-Rivières, Qc, G9A 5K3, CANADA Tél.: (819) 378-3939 Fax: (819) 378-2487	Potable water, minor repairs, supplies, fuel, towing, sanitary services, compulsory pilotage
18. Valleyfield and the St. Lawrence Seaway* p. 31-32	Association touristique de la Montérégie 989, rue Pierre-Dupuy Longueuil QC J4K 1A1 CANADA Tél.: (450) 674-5555 Téléc.: (450) 463-2876	Valleyfield Lat. 45°14'N Long. 74°06'W	Mid-March to End of December	Valleyfield Harbour Corporation 950, boul. Cadieux, suite 100 Valleyfield, Qc, J6T 6L4, CANADA Tél.: (450) 373-4021 Fax: (450) 373-4026	Potable water, minor repairs, supplies, fuel, towing, sanitary services, compulsory pilotage

THE ST. LAWRENCE

TABLE	TECHNICAL PORT DATA					AIRPORTS AND HOSPITAL	
	NUMBER OF QUAYS	QUAY NUMBER	LENGTH OF QUAYS	DRAUGHTS ²	VERTICAL CLEARANCE ³	DISTANCES ⁴	TELEPHONE
	1	No. 1	210,0m	5,8m	Unlimited	Port-Menier Hospital Port-Menier Airport	7 km (418) 535-0176 9 km (418) 535-0327
fuel,	1	No. 1	120,0m	7,9m	Unlimited	Malbaie Hospital Québec City Airport Air Alliance Inter-Canadien	6 km (418) 665-1700 135 km (418) 640-2600 (418) 692-0770 (418) 692-1031
le, fuel,	2	No. 1 No. 2 (Also see Percé-Chandler)	180,0m 175,0m	10,0m 8,0m	Unlimited	Gaspé Hospital Gaspé Airport Air Alliance Inter-Canadien	5 km (418) 368-3301 8 km 1-800-361-8620 1-800-665-1177
utage	3	No. 1 No. 2 No. 3	82,0m 36,0m 36,2m	5,5m 4,0m 4,0m	Unlimited	Hôpital de l'Archipel Îles-de-la-Madeleine Airport Air Alliance Inter-Canadien	0,5 km (418) 986-2121 11 km (418) 969-2888 (418) 969-2771
le	2	No. 1 No. 2	70,0m 60,0m	6,0m 7,0m	Unlimited	Basse-Côte Nord Hospital Blanc-Sablon Airport	5 km (418) 461-2144 10 km (418) 461-2662 1-800-463-0910
es, fuel, le, sanitary	3	No. 1 No. 2 No. 3	186,0m 92,0m 134,0m	10,0m 4,9m 4,0m	Unlimited	Matane Hospital Mont-Joli Airport Air Alliance Inter-Canadien	5 km (418) 562-3135 64 km (418) 775-3347 1-800-361-8620 1-800-665-1177
le	2	No. 1 No. 2	93,0m 46,0m	7,5m 7,5m	Unlimited	Mingan Hospital Sept-Îles Airport	0,5 km (418) 538-2212 212 km (418) 962-8211
			(See Québec City)			Montmagny Hospital Québec City Airport Air Canada Inter-Canadien	(418) 248-0630 80 km (418) 640-2600 (418) 692-0770 (418) 692-1031
	4	No. 3 and No. 5 No. 4 and No. 6	360,8m 372,1m	11,0m 11,0m	50,0m Lavolette Bridge	St-Luc Hospital Montréal Airports (Dorval) Air Canada Inter-Canadien	2,5 km (514) 281-2121 22 km (514)-633-3105 (514) 393-3333 (514) 847-2211
quay, le					Unlimited	Chandler Hospital Gaspé Airport Air Alliance Inter-Canadien	50 km (418) 689-2261 76 km 1-800-361-8620 1-800-665-1177
			Anchors stations only				
ional and	1	No. 1 (Also see Gaspé-Forillon)	150,0m	9,0m	Unlimited	Chandler Hospital Gaspé Airport Air Alliance Inter-Canadien	2 km (418) 689-2261 110 km 1-800-361-8620 1-800-665-1177
mpulsory	4	No. 21 No. 22 No. 93-94-95 No. 96-97	325,0m 206,0m 294,0m 208,0m	10,7m 11,7m 9,5m 9,5m	52,0m Cables off Île d'Orléans	Hôtel-Dieu de Québec Québec City Airport Air Canada Inter-Canadien	1 km (418) 691-5151 15 km (418) 640-2600 (418) 692-0770 (418) 692-1031
al and	5	No. 1 No. 2 No. 3 No. 4 No. 5	213,0m 184,0m 130,0m 150,0m 150,0m	7,3m 7,3m 7,3m 7,3m 7,3m	Unlimited	Rimouski Hospital Mont-Joli Airport Air Alliance Inter-Canadien	4 km (418) 724-8574 25 km (418) 775-3347 1-800-361-8620 1-800-665-1177
utage	2	No. 1 No. 2	141,0m 141,0m	10,2m 10,2m	Unlimited	Grand-Portage Hospital Québec City Airport Air Canada Inter-Canadien	20 km (418) 868-1000 262 km (418) 640-2600 (418) 692-0770 (418) 692-1031
supplies,	2	No. 4 No. 7	244,0m 183,0m	8,0m 7,6m	Unlimited	Sept-Îles Hospital Sept-Îles Airport	2,5 km (418) 962-9761 9,5 km (418) 962-8211
	4	No. 5 No. 6 No. 16 No. 17	190,0m 107,0m 110,0m 244,0m	9,1m 9,0m 5,0m 5,0m	50,0m Lavolette Bridge	Sorel Hospital Montréal Airports (Dorval) Air Canada Inter-Canadien	3 km (450) 746-5555 100 km (514) 633-3105 (514) 393-3333 (514) 847-2211
towing, e	1	No. 1	286,0m	13,8m	50,0m Cables off Île St-Louis	La Baie Hospital Bagotville Airport Air Alliance Inter-Canadien	5 km (418) 544-3381 20 km (418) 677-2321 (418) 677-3424 (418) 677-2631
al and	4	No. 1 No. 2 No. 3 No. 4	155,0m 155,0m 135,0m 220,0m	9,0m 8,5m 8,5m 9,5m	Unlimited	Baie Comeau Hospital Baie Comeau (Pointe Lebel) Airport Air Alliance Inter-Canadien	5 km (418) 589-3701 29 km 1 800 361-8620 1 800 665-1177
	3	No. 3 No. 10 No. 11	220,0m 251,0m 229,0m	9,0m 10,5m 10,5m	46,0m Québec Bridge	Trois-Rivières Hospital Montréal Airports (Dorval) Air Canada Inter-Canadien	2 km (819) 379-8112 150 km (514) 633-3105 (514) 393-3333 (514) 847-2211
	2	North Quay South Quay	481,6m 274,3m	8,2m 8,2m	35,5 m ⁸	Suroît (Valleyfield) Hospital Montréal Airports (Dorval) Air Canada Inter-Canadien	5 km (450) 371-9920 50 km (514) 633-3105 (514) 393-3333 (514) 847-2211

FOOTNOTES

1. You may contact:

Infotourisme Québec
Montréal area (local call):
(514) 873-2015
From elsewhere in Québec, the other
provinces and territories of
Canada and the United States:
1 800 363-7777
2. Navigators must consult the marine charts. Most of the destinations in this guide are subject to significant tides.
3. Vertical clearance refers to the lowest obstacles between the ocean and the ports in question, at high tide. At Québec City, the tide can reach 6 metres. Always check with the Canadian Coast Guard at (418) 648-4427.
4. Distances are calculated from the main quay.
5. You may contact:

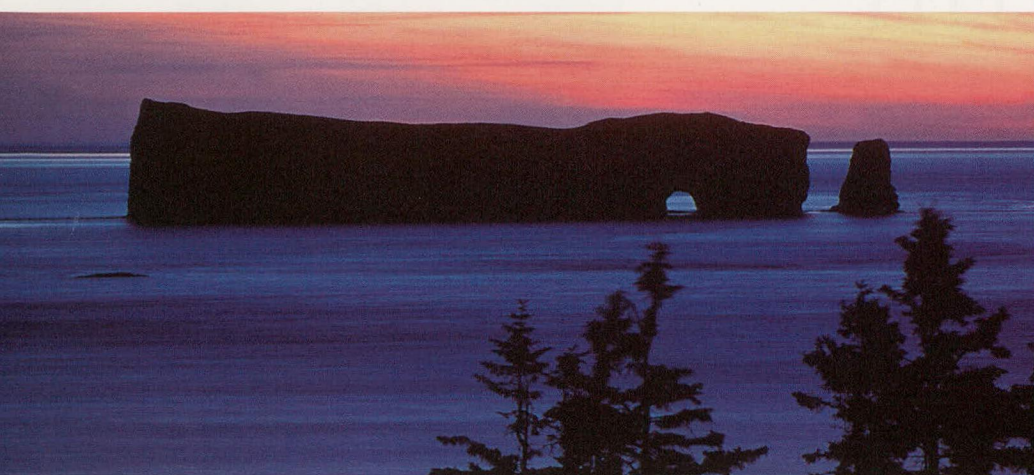
Le Québec maritime
84, rue Saint-Germain Est, bureau 205
C.P. 935
Rimouski (Québec)
G5L 7E1 CANADA
Tel.: (418) 724-7889
Fax: (418) 724-7278
6. You may contact:

The President
Comité des croisières internationales
du Saint-Laurent
Société du port de Québec
150, rue Dalhousie
C.P. 2268
Québec (Québec)
G1K 7P7 CANADA
Tel.: (418) 648-4956
Fax: (418) 648-4160
7. You may contact:

The Harbour Master
Percé Port Administration Inc.
C.P. 324
Percé (Québec)
G0C 2L0 CANADA
Tel.: (418) 782-5027
Fax: (418) 782-2937
8. For the St. Lawrence Seaway, contact:

The St. Lawrence Seaway
Management Corporation
202 Pitt Street
Cornwall, Ontario
K6J 3P7 CANADA
Tel.: (613) 932-5170
Fax: (613) 932-5037

PERCÉ¹



Its rock, “pierced” by marine erosion, continues to fascinate with its beauty and relative isolation. It is 475 metres long, 88 metres high and 90 metres wide. The archway is the last of the four that existed before 1845.



Captivating landscapes can be seen along Route 132 (from Chandler and Gaspé). Lookouts give superb views of the rock and Île Bonaventure.

Île Bonaventure is a park with magnificent hiking trails. There are stations from which to observe the 50,000 northern gannets that nest on the 88-metre cliffs. Visitors can also see puffins, gulls, cormorants and guillemots, among other species.

The region’s waters are remarkable for their rich marine life (whales, seals, lobsters, crabs, etc.).

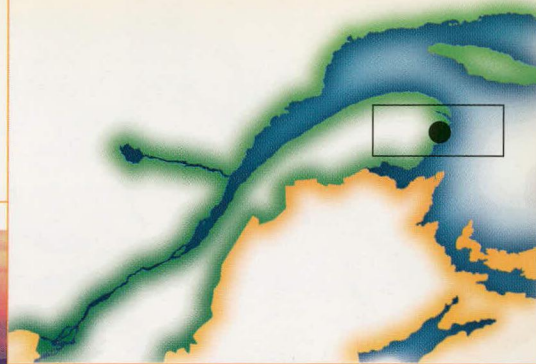
This region is well equipped with world-class hotels and restaurants.



Easy to reach all year round, Percé is located on Route 132, 750 km north-east of Québec City. A growing number of cruise ships visit the Baie de Percé. They can also berth at the deep-water docks of Gaspé (75 km) or Chandler (41 km).

Percé can be reached by train from Montréal, Québec City, Rimouski and Halifax.

Regular daily flights from Montréal, Québec City and Mont-Joli land at Gaspé Airport.



Everyone praises the beauties of Percé and its region. The little town of Percé (5,000 inhabitants) has succeeded in preserving its picturesque and unique flavour.



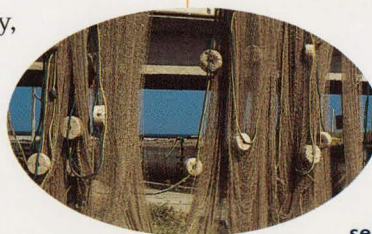
Percé obtains the highest ratings in the world’s

best tourist guides.

Percé symbolizes the harmony between land and

sea. Few places in

North America so thoroughly fascinate the imagination.



¹ Also see Gaspé-Forillon, page 8.



QUÉBEC CITY

Québec is the most outstanding historic city in Canada. The only walled city north of Mexico, Québec was declared a world heritage site by UNESCO in 1985.



The cradle of French civilization in America, Québec was founded in 1608 by Samuel de Champlain. Even before the city's founding, the incomparable strategic site constituted by the natural "narrows" of the St. Lawrence was already an important rendez-vous and trading point for the Amerindian population.

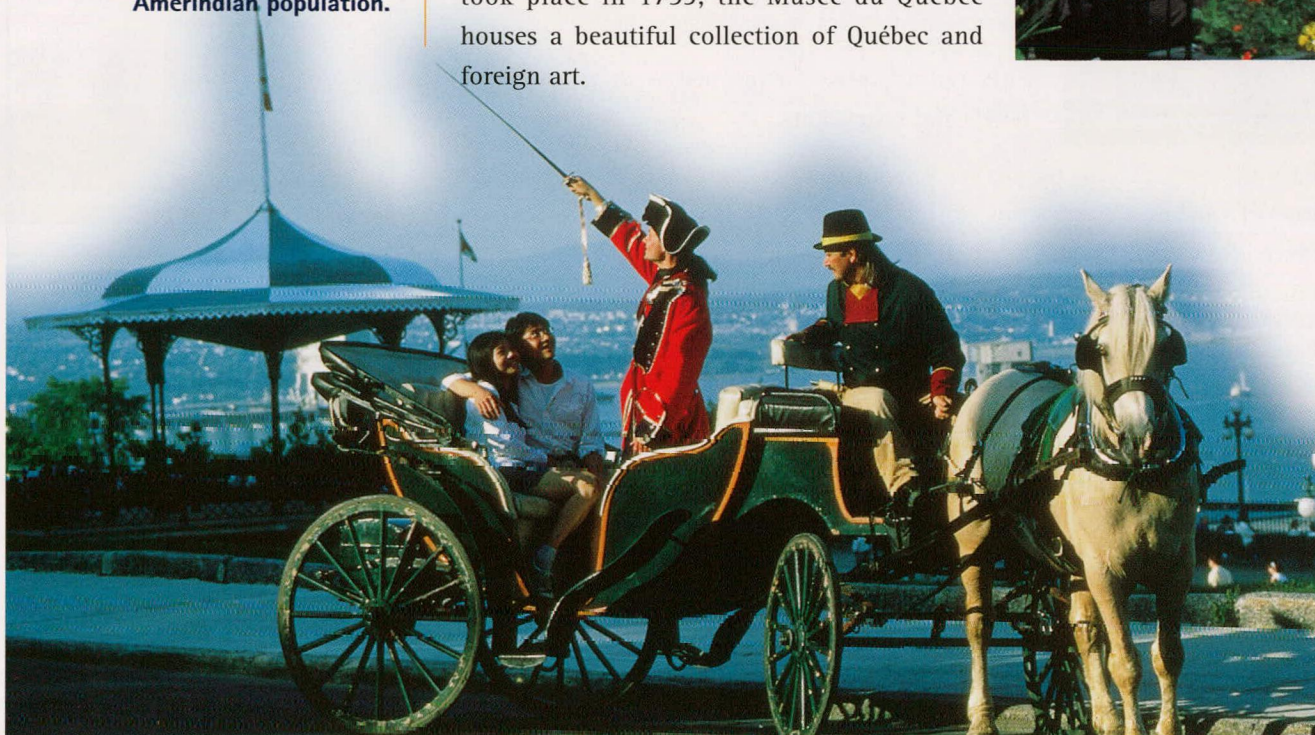
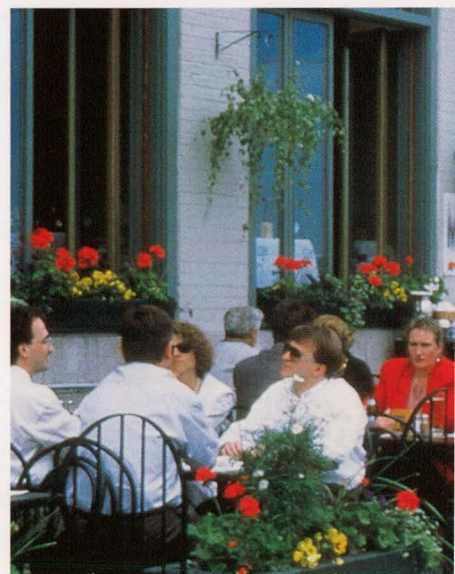
Québec contains many houses dating back to the 17th and 18th centuries, on streets that recall the towns and villages of Normandy and Brittany.

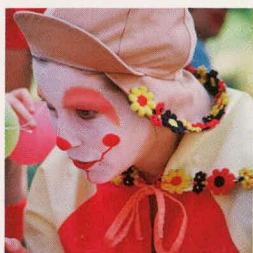
The Citadel and the walls surrounding Old Québec are the most complete set of fortifications in North America today.

The old streets of Québec, its sidewalk cafés and its many great restaurants make the city a choice tourist destination.

Most of Old Québec's tourist attractions are located a few minutes' walk from the cruise ship disembarkation point. The superb Musée de la Civilisation, for example, is less than 100 metres from the shores of the St. Lawrence. A stroll on the Terrasse Dufferin, a visit to the Château Frontenac and a short cruise on the ferry between Québec City and Lévis are a must for anyone stopping in Québec City.

On the Plains of Abraham, where a decisive battle between the English and the French took place in 1759, the Musée du Québec houses a beautiful collection of Québec and foreign art.





In the immediate region, Montmorency Falls (83 metres high, or 30 metres higher than Niagara Falls), the “côte de Beaupré”, the Catholic sanctuary of Sainte-

Anne-de-Beaupré and magnificent Ile d'Orléans are easy to reach for anyone who wants to enjoy a pleasant excursion.

Lovers of rafting and the great outdoors can also reach the beautiful glacial valley of the Jacques-Cartier River in the Portneuf region within minutes.



Québec city has a large zoo and an innovative aquarium.

For shoppers, the Québec City region offers an outstanding choice of stores and upscale boutiques.

The summer months are enlivened by a series of cultural events that makes a visit to Québec well worthwhile: Festival d'été, Les Grands Feux de Loto Québec, Les Fêtes de la Nouvelle-France, Les Nuits internationales de jazz et de blues and Le rassemblement d'artisans Plein Art.

The Québec City region can be reached by car on

Autoroutes 20, 40 and 73 as well as highways

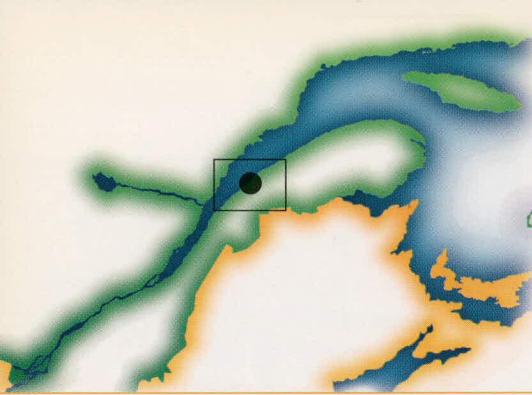
132, 138 and 175, by train from Montréal, Gaspé and

Halifax, or by air on the many regular flights serv-

ing Jean-Lesage Airport.

The Port of Québec, one of the biggest in Canada, welcomes a growing number of cruise ships.





RIMOUSKI AND THE ÎLES DU BIC¹

The linchpin between the two major tourist regions of the Lower St. Lawrence and the Gaspé, Rimouski (with a population of about 35,000) is linked by the Québec and Canadian highway



systems (Autoroute 20 and Route 132) to Montréal, Gaspé and Halifax. The airports of Rimouski, Mont-Joli and Québec City, and the ports of Rimouski, Matane and Québec, as well as passenger trains from Montréal, Québec City, Gaspé and Halifax, provide easy access to the region's capital. A rapid ferry service also provides access to and from Forestville on the North Shore.

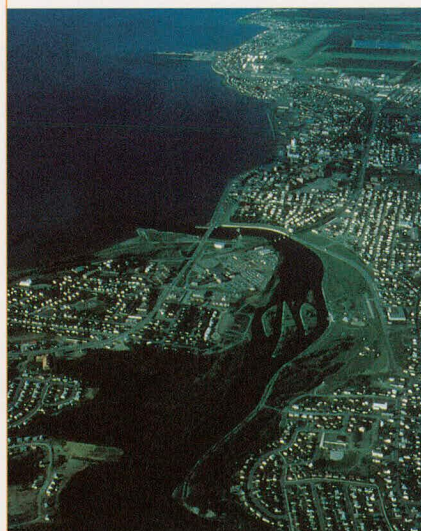


The settlement of Rimouski, a name which means "land of the moose" in the Micmac language, dates back to the late 18th century.

The city has a university and several training and research centres specializing in marine sciences and trades. The Portes de l'Enfer Canyon, which translates as the gates of hell, can be reached by the beautiful Rimouski River, which flows through the heart of the city.

The "Musée de la mer" marine museum and the national historic site of Pointe-au-Père Lighthouse recall the tragic shipwreck of the Empress of Ireland in 1914, among other events.

Rimouski is located not far from Les Jardins de Métis and the Parc du Bic.



ÎLES DU BIC

A few kilometres west of Rimouski, the Parc du Bic offers a pleasing mix of reefs, strands, connecting bars, points and salt marshes. The French geographer Raoul Blanchard wrote of "pretty nooks and crannies and graceful indentations".

In the 33-square-kilometre park, visitors can observe large marine mammals, such as the fin whale, the lesser rorqual, the beluga and, sometimes, blue whales and dolphins.

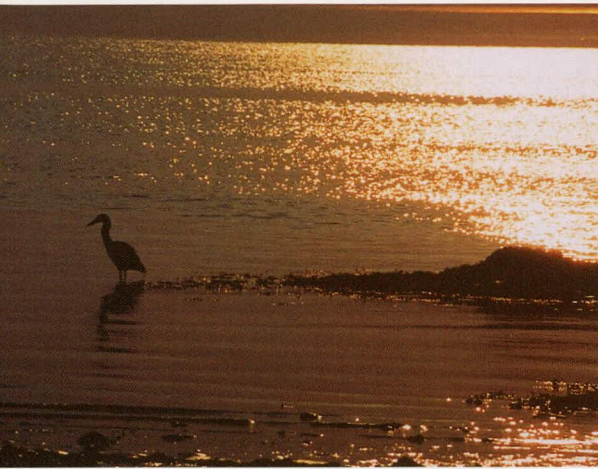
Birdwatchers will be delighted to observe eider ducks, killdeer, merlins, herons, and so on.

Cyclists and hikers will find paths and trails of excellent quality on the islands of Bic.



¹ Also see Matane, and the Chics-Chocs Mountains, (page 11). and Rivière-du-Loup, (page 25).

RIVIÈRE-DU-LOUP¹



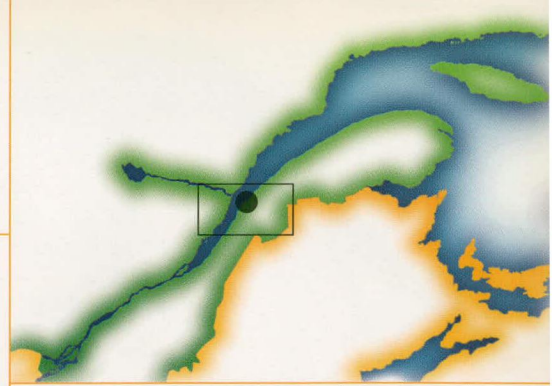
The town of Rivière-du-Loup (population of 15,000) is very well located on Autoroute 20 and Routes 132 and 185. It can also be reached from the North Shore (Saint-Siméon) by ferry from April to January. Trains travel to Rivière-du-Loup from Montréal, Lévis, Gaspé and Halifax.

The docks of Gros-Cacouna (12 kilometres to the northeast)

and Rivière-du-Loup can accommodate ocean liners.

The region features harmonious landscapes (sea, plain and hills) particularly appreciated at the end of September and the beginning of October. Île Verte, facing the heights of the Saguenay, and Cacouna (land of the porcupine) are havens of rest and tranquility.

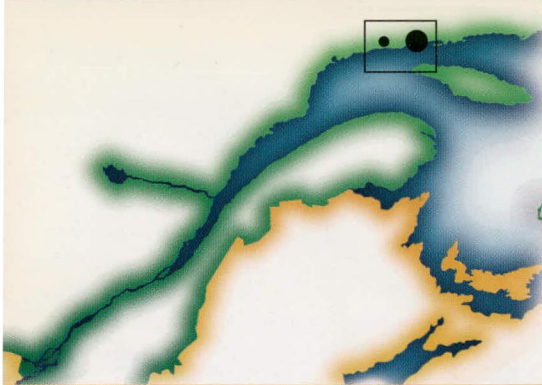
Rivière-du-Loup is also the site of eight lovely falls over a distance of 1.5 km (a 90-metre drop). This regional centre is the gateway to the interesting hinterland of the Appalachians (the peaceful villages of Notre-Dame-du-Lac, Cabano and Estcourt) and the magnificent lakes, Témiscouata and Pohénégamook. The area is also rich in game and well stocked for sports fishing.



National Geographic Magazine has written that some of the world's most beautiful sunsets are found in the Rivière-du-Loup region. The region was prized as a vacation area by Canadian prime ministers Sir John A. Macdonald, in the 19th century, and Louis Saint-Laurent, in the 20th century.



¹ Also see Rimouski and the îles du Bic, page 24.



SEPT-ÎLES AND PORT-CARTIER¹

Sept-Îles' superb natural harbour has been described by one renowned scientist as "the finest natural harbour of the northern hemisphere".



Two young towns, located 50 kilometres from each other, both born of the iron industry and the sea, Sept-Îles (population 28,000) and Port-Cartier (population 8,000) live mainly off their vast hinterland and its mineral, forest and hydroelectric resources.



The seafront supports major port activity and a fishing industry (shrimp, crab and lobster). The large bulk ports of Sept-Îles (iron and alumina) and Port-Cartier (iron, grain and forest products) regularly rank 2nd and 3rd among Canada's major ports, after Vancouver.

Even though the landscapes, wildlife and plant life of the region are reminiscent of the great northern spaces, these two towns are at the same latitude as London and Brussels.

SEPT-ÎLES

The capital of the North Shore is located about 650 kilometres northeast of Québec City and can easily be reached by car on Route 138. During the summer period, Sept-Îles is linked to Rimouski, Anticosti Island and the Lower North Shore by boat. Several daily flights also link the town (as well as Port-Cartier) to Montréal, Québec City, Rimouski and the Lower North Shore.

In 1535, French explorer Jacques Cartier noted the presence of several round islands at the entrance to the immense Baie de Sept-Îles. In 1651, Father Jean Dequen founded a first mission there.

The "tour of the islands" enables visitors to admire a wilderness populated with thousands of birds and large marine mammals.

Sept-Îles is also the railhead for Schefferville (about 11 hours by train), in the Québec tundra.



PORT-CARTIER

Access is just as easy as it is to Sept-Îles. Located on the superb Aux Rochers and Dominique rivers and falls, this town has remarkably pure air.

¹ Also see Anticosti (page 6), Mingan (Archipelago) and Havre-Saint-Pierre (page 12).

SOREL AND THE ISLANDS

THE SOREL ISLANDS

A veritable labyrinth in the heart of the St. Lawrence, the captivating landscapes of the Sorel islands fascinate navigators.

In 1603, Samuel de Champlain, en route to what would become the city of Montréal, declared: "And this country is even better than any other I have seen..."

This string of 103 islands and islets, linked by over 100,000 channels, at the confluence of the Yamaska, Richelieu and St. Lawrence Rivers, still entrances visitors with its original charm.

This country, between land and sea, where the rare houses are built on piles to escape the devastating spring floods, is not visited... It is discovered! It is somewhat reminiscent of the Mississippi bayous.

The fish here are lake perch or catfish and are caught with "varvos" (circular nets attached to a pole). They are among the ingredients of the famous Sorel islands dish known as "gibelotte".

Although its economy today is mainly geared to commercial shipping, the town of Sorel retains the nostalgic memory of its white cruise ships. These steamships enchanted their rich Montréal clientele from the late 1920s to 1965.

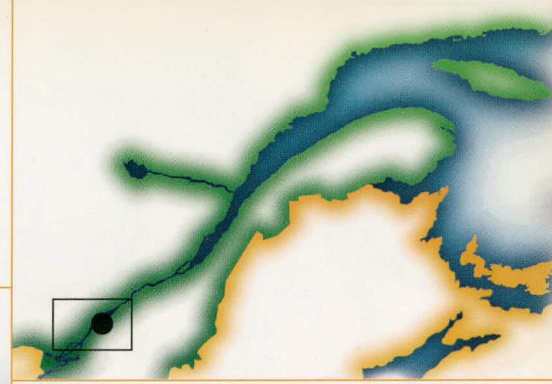
Farther upstream, on the way to Montréal, is the little town of Verchères, which owes its name to the heroine Madeleine de Verchères. In the 17th century, the young Madeleine, only 14 years of age, along with a small band of villagers, resisted four days of repeated Iroquois attacks.

THE BOUCHERVILLE ISLANDS

Far less numerous than the Sorel islands, the Boucherville islands are just as fascinating.

At the beginning of the century, a group of land developers decided to transform Île Grosbois into a vast recreational facility, King Edward Park, with a racetrack, a roller coaster and rides. It was reached by boat, to the delight of Montrealers. Around 1910, the pioneers of Canadian aviation also took off

from the Île Grosbois racetrack, and the Boucherville islands would be slated as a landing field for dirigibles until the south shore town of Saint-Hubert obtained preference.

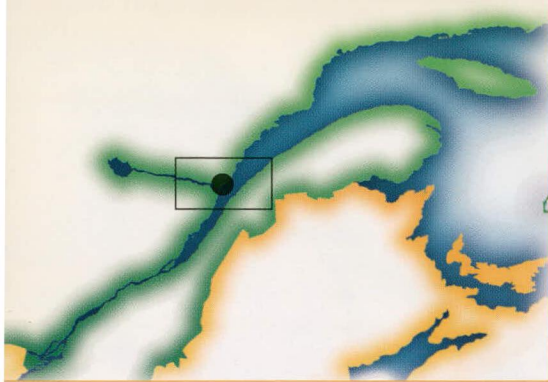


Sorel (population of about 25,000) is located at the historical confluence of the Richelieu and St. Lawrence rivers. The town is the centre of a superb region which includes the Richelieu delta, the Sorel islands and the Boucherville islands.



Sorel can be reached by car on Autoroute 30, and highways 132 and 133; by ferry from Berthierville, by boat on the St. Lawrence River, and by plane from Montréal International Airport.





TADOUSSAC THE SAGUENAY AND MANICOUAGAN¹



Proudly encamped at the
confluence of two great rivers,
the Saguenay and the
St. Lawrence, Tadoussac has
always been a place for meetings
and trade.

The waters of the mighty
Saguenay, initially fresh and then
briny, mingle with the salt water
of the St. Lawrence estuary.

The meeting of the last cold waters of the Labrador Current with the warmer waters of the St. Lawrence and the Saguenay fosters the growth, in the vicinity of Tadoussac, of abundant food for large marine mammals, such as blue whales, common whales, small humpback whales, minke whales and belugas.

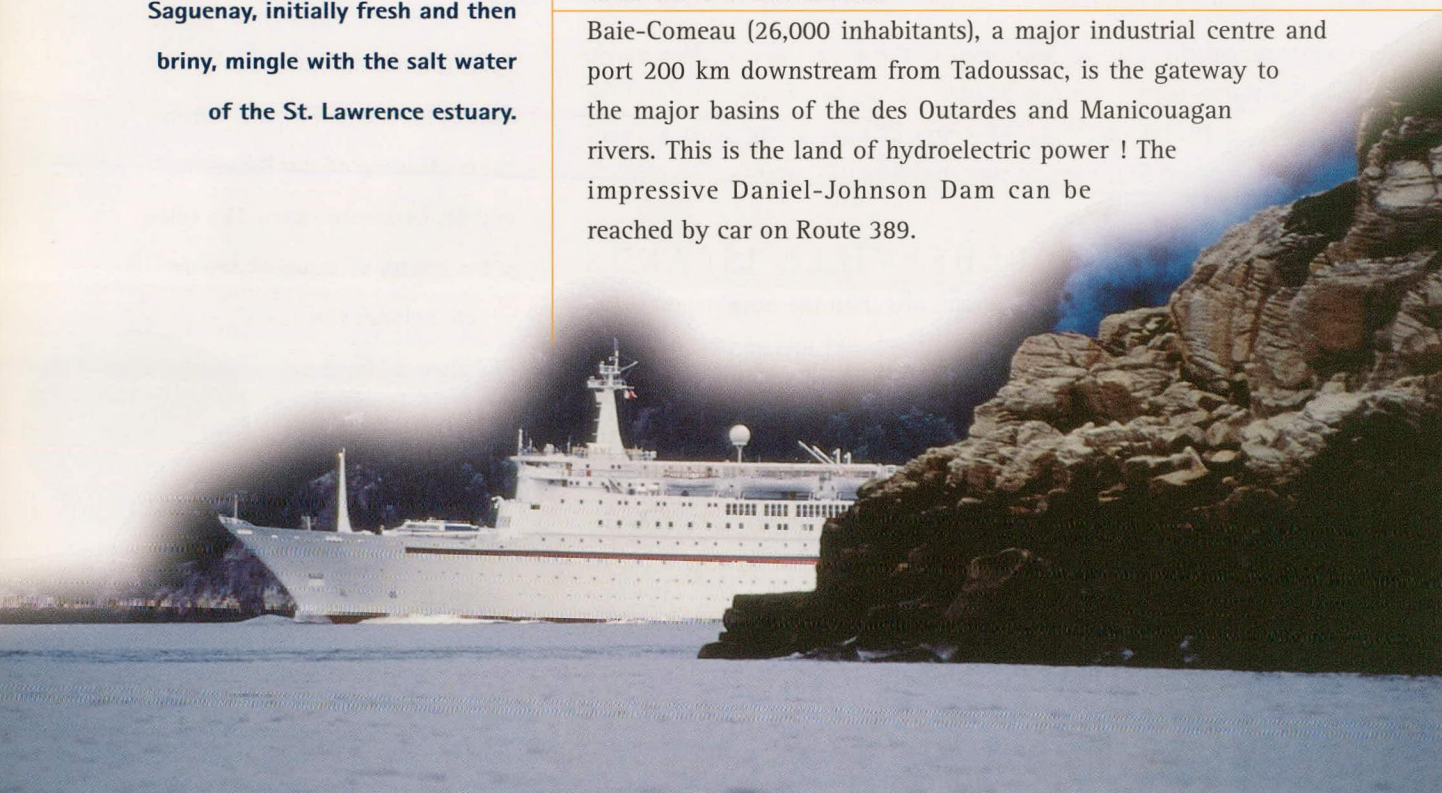
Whale-watching excursions are organized from Tadoussac, Baie-Sainte-Catherine, Grandes-Bergeronnes, Les Escoumins and Baie Comeau. Various other excursions on the Saguenay are also organized throughout the summer season and in early autumn.

Tadoussac (population 1,000) is a resort community located 225 kilometres northeast of Québec City. This small village can be reached by car on Route 138 (from Charlevoix, Québec City and Sept-Îles), and Route 172 (from Chicoutimi). Access by cruise ship is possible from the docks of Grande-Anse, Pointe-au-Pic and Québec City. The airports of Bagotville (La Baie), Baie-Comeau and Québec City offer regular flights to the major destinations. A ferry also crosses the St. Lawrence from Matane or the South Shore.



MANICOUAGAN

Baie-Comeau (26,000 inhabitants), a major industrial centre and port 200 km downstream from Tadoussac, is the gateway to the major basins of the des Outardes and Manicouagan rivers. This is the land of hydroelectric power ! The impressive Daniel-Johnson Dam can be reached by car on Route 389.



¹ Also see Charlevoix, page 7.



About 100 km west of Tadoussac, another industrial town, La Baie (population 21,000) is part of a vast area that could be called the "aluminium valley of the world".

THE SAGUENAY (MARINE PARK)

The Saguenay River and its superb fjord (one of the longest in the world) is the natural outlet of a former great ice-dammed lake, Lac Saint-Jean, and extends over 155 kilometres. In its upper reaches, it hurls itself over a

90 metre drop (near Jonquière and Chicoutimi).

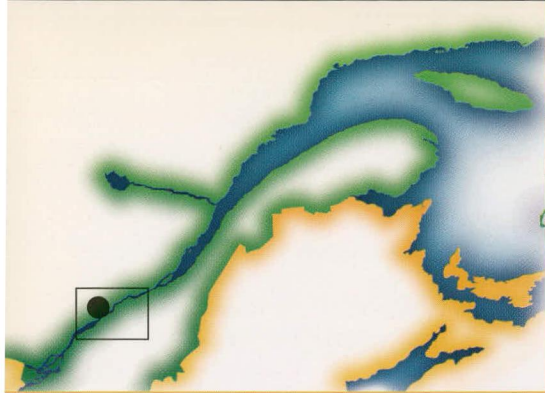
Then, at Saint-Fulgence, the Saguenay River enters the narrow, deep glacial corridor of a fjord about 100 kilometres long and averaging 250 metres in depth. This is the world's most southern fjord, with cliffs rising more than 450 metres above the water level.

Noticeable tides affect the Saguenay as far up as Chicoutimi.

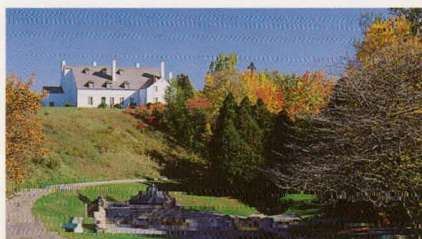
From Québec City, the western Saguenay can be reached by car on Route 175 (200 km north of Québec).

Hiking and outdoors enthusiasts will be admirably served throughout the region.





TROIS-RIVIÈRES¹



The city of Trois-Rivières (50,000 inhabitants), founded in 1634 by le Sieur de Lavolette, is located in the centre of the



province of Québec at a strategic point on the St. Lawrence (the confluence of the Saint-Maurice River and the outlet of Lac Saint-Pierre).

Trois-Rivières is located midway between Québec City and Montréal and can be reached easily by car on autoroutes 40 (Félix-Leclerc), 55 (Transquébécoise), 30 (de l'Acier) and 20 (Jean-Lesage). Highways 138, 132, 155 and 157 make it possible to reach the capital of the Mauricie region from any direction.

The airports in Québec City and Montréal provide scheduled flights to the Mauricie.

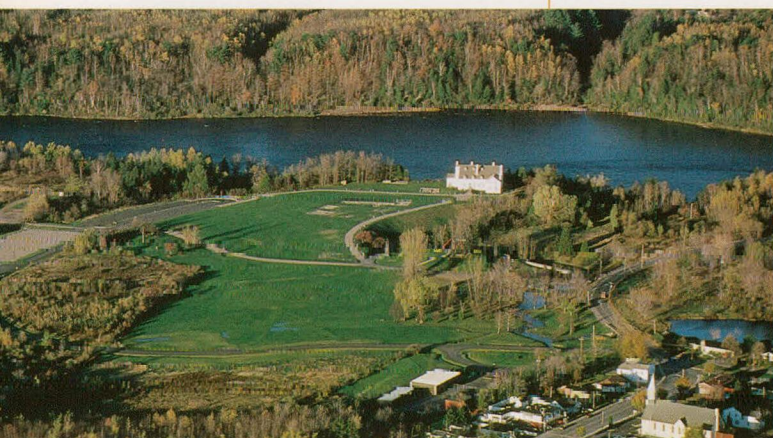
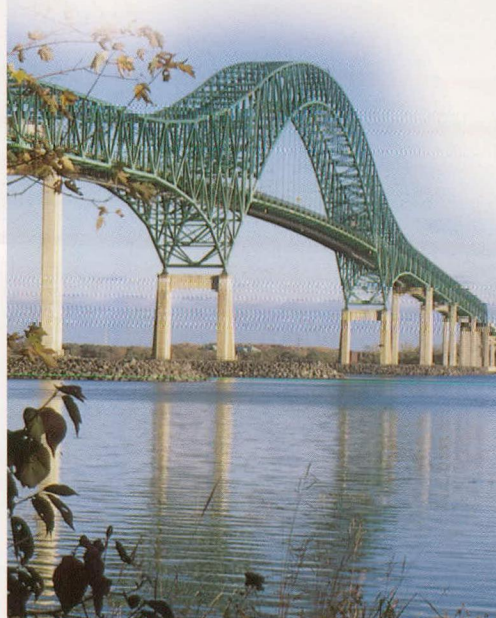
The ports of Trois-Rivières and Bécancour (on the South Shore) can accommodate ships drawing up to 11 metres.

Trois-Rivières was originally an important fur trading post. Its industrial activity began in 1730 with the Saint-Maurice ironworks, the first industry to exploit the iron ore of the mines located north of Trois-Rivières. For 150 years, the ironworks adapted to the colony's needs, producing various military and domestic objects. The site of the Saint-Maurice ironworks has become a National Historic Site of the Parks Canada network.

The superb historic district of Trois-Rivières, bounded by the port park and the downtown core, is the site of the Ursuline Convent and its chapel, St. James Church and the Manoir de Tonnancour, among other buildings.

Le Festival international de la poésie brings together writers from many countries every year. Characterized by its Promenade de la poésie, Trois-Rivières is punctuated with signs reproducing excerpts from poems that sing of love, friendship and tenderness. The international canoe race in September is a major attraction.

In the large neighbouring town of Cap-de-la-Madeleine (population 35,000), an impressive pilgrimage site, devoted to the veneration of Notre-Dame-du-Rosalre, draws many worshippers during the summer, especially in August, for the novena in preparation for the feast day of the Blessed Virgin



¹ Also see Sorel and the Islands, page 27



VALLEYFIELD AND THE ST. LAWRENCE SEAWAY

The proximity of this region to the borders of Ontario and especially to New York State makes it an important commercial crossroads.

Cultural exchanges are also enriched by the neighbouring Mohawk reserves: Kahnawake and Akwesasne.

The Coteau-du-Lac National Historic Site has been a strategic route for 6,000 years!

The War of 1812 between England and the United States and the fruitless attempt by the Americans to invade Montréal are evoked by the Battle of Châteauguay National Historic Site.



Valleyfield is the first port city giving access to the Great Lakes and North America's heartland.



Water is at the heart of this pretty town of 30,000 inhabitants. Its regattas are among the biggest in the world.

The Valleyfield and Soulanges Canals and, more recently, the Beauharnois Canal have long been essential links between the ocean and the Great Lakes.

Completed in 1959 and opened in the presence of Queen Elizabeth II and President Dwight Eisenhower, the St. Lawrence Seaway is one of man's greatest achievements. It compares advantageously with the major engineering projects of the Suez and Panama Canals.

THE ST. LAWRENCE SEAWAY

The fifteen locks (13 Canadian and 2 American) give ocean-going ships of over 25,000 tonnes direct access from the Atlantic Ocean to the heart of North America (Duluth, Minnesota is 3,700 kilometres from the Atlantic Ocean and 200 metres above sea level).



These facilities link one of the world's most dynamic economies (about 60 million inhabitants) with major international markets, by ship, from the end of March to the end of December.

Locks over 225 metres long can be visited near Valleyfield (Beauharnois, 2 locks) and Montréal (Côte-Sainte-Catherine and Saint-Lambert).



The Great Lakes constitute the Earth's main reservoirs of fresh water, containing about 20% of the planet's supply.

The Niagara Escarpment is climbed by means of the Welland Canal's eight locks, among the most spectacular in the world.

Every year, about 40,000,000 tonnes of goods and over 4,000 pleasure boats pass through this series of locks.

The entire region can easily be reached through Montréal's airports, or by car, on the excellent highway system (autoroutes 20 and 30 and highways 132, 138 and 201) or by train with Via Rail or Amtrak.



ADDITIONAL INFORMATION

HOLIDAYS

New Year's Day	January 1
Good Friday	Friday preceding Easter
Easter Monday	Monday following Easter
Dollard or Victoria Day	Monday preceding May 25
St. Jean Baptiste Day	June 24
Canada Day	July 1
Labour Day	1st Monday in September
Thanksgiving Day	2nd Monday in October
Christmas Day	December 25
Boxing Day	December 26

Local time - Québec is on Eastern Standard time, except for the Îles de la Madeleine which are on Atlantic time. From the first Sunday in April until the last Sunday in October, Québec changes to daylight saving time.

Business hours - Banks are generally open between 10:00 a.m. and 4:00 p.m. from Monday to Friday. An enormous network of automatic teller machines permits withdrawals 24 hours a day, 7 days a week. Most businesses are open from 9:30 a.m. to 5:30 p.m. from Monday to Wednesday, as well as Saturday and Sunday; on Thursday and Friday, they are open from 9:30 a.m. to 9:00 p.m.

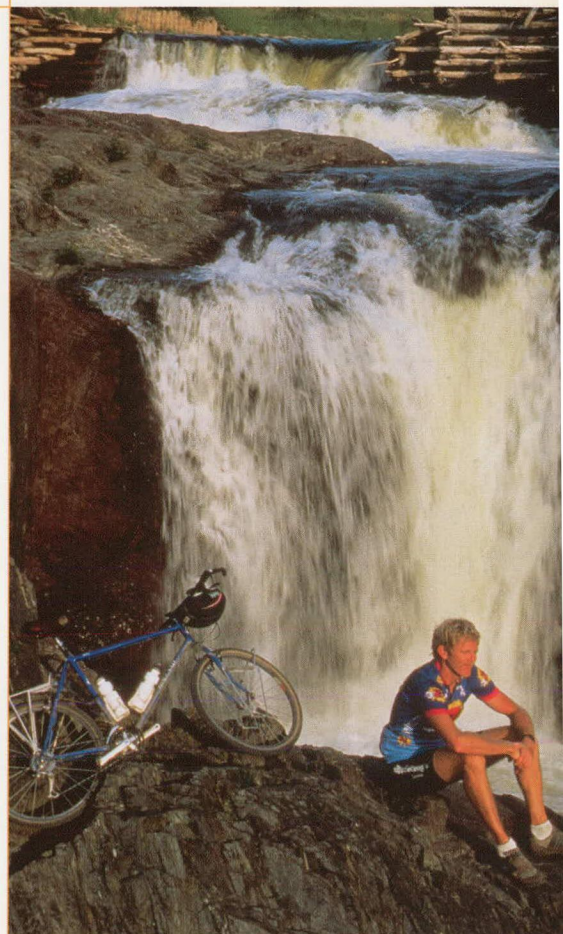
Currency - The Canadian dollar is the legal currency. It is divided into 100 cents. The most common denominations are 5, 10, 20, 50 and 100 dollar bills; the coins are in units of 1, 5, 10 and 25 cents, as well as 1 dollar and 2 dollars. Visa, MasterCard and American Express are widely accepted credit cards. Most businessplaces accept travellers' cheques; where this is not the case, travellers' cheques may be redeemed at an exchange office or in a bank.

Alcoholic beverages - The minimum legal age for buying alcoholic beverages in Québec is 18 years. Alcoholic beverages and hard liquor are sold in "Société des alcools du Québec" stores. Grocery stores sell alcoholic beverages such as cider, beer and wine.

Taxes and tips - The federal tax on products and services is 7%. In addition, Québec levies a 7.5% provincial tax on the sale of services and consumer goods. It is customary to leave an additional 10% to 15% of the bill as a tip.

Medical and emergency services - Before leaving home, ensure that your medical insurance will cover any medical and hospital fees that may be incurred during your travels. In addition, it is advisable to fill all drug prescriptions in your home country. Dial 911 (in most urban areas) or 0 in emergency situations (police, fire, doctor).

Consulates - A number of countries have consulates in Montréal and Québec City.



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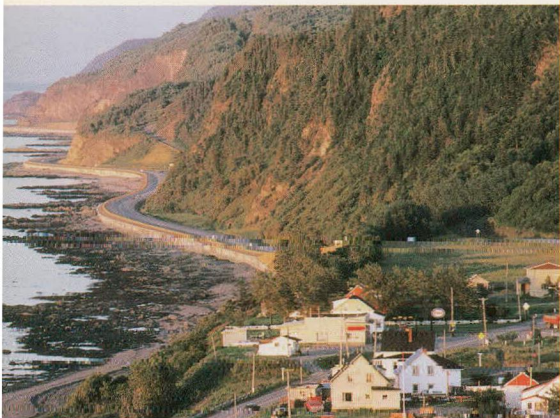
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- Office du tourisme et des congrès de la Communauté urbaine de Québec
- Office du tourisme et des congrès de Rimouski
- Office du tourisme du Suroît Inc.
- Parks Canada

SOURCES OF INFORMATION

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- *Harbours and Ports*, Canadian Coast Guard, July 1991, 42 p.
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- Les guides touristiques du Québec, 1997.
- *Noms et lieux du Québec*, Publications du Québec, may 1996, 925 p.
- Tourisme Québec, Gouvernement du Québec.

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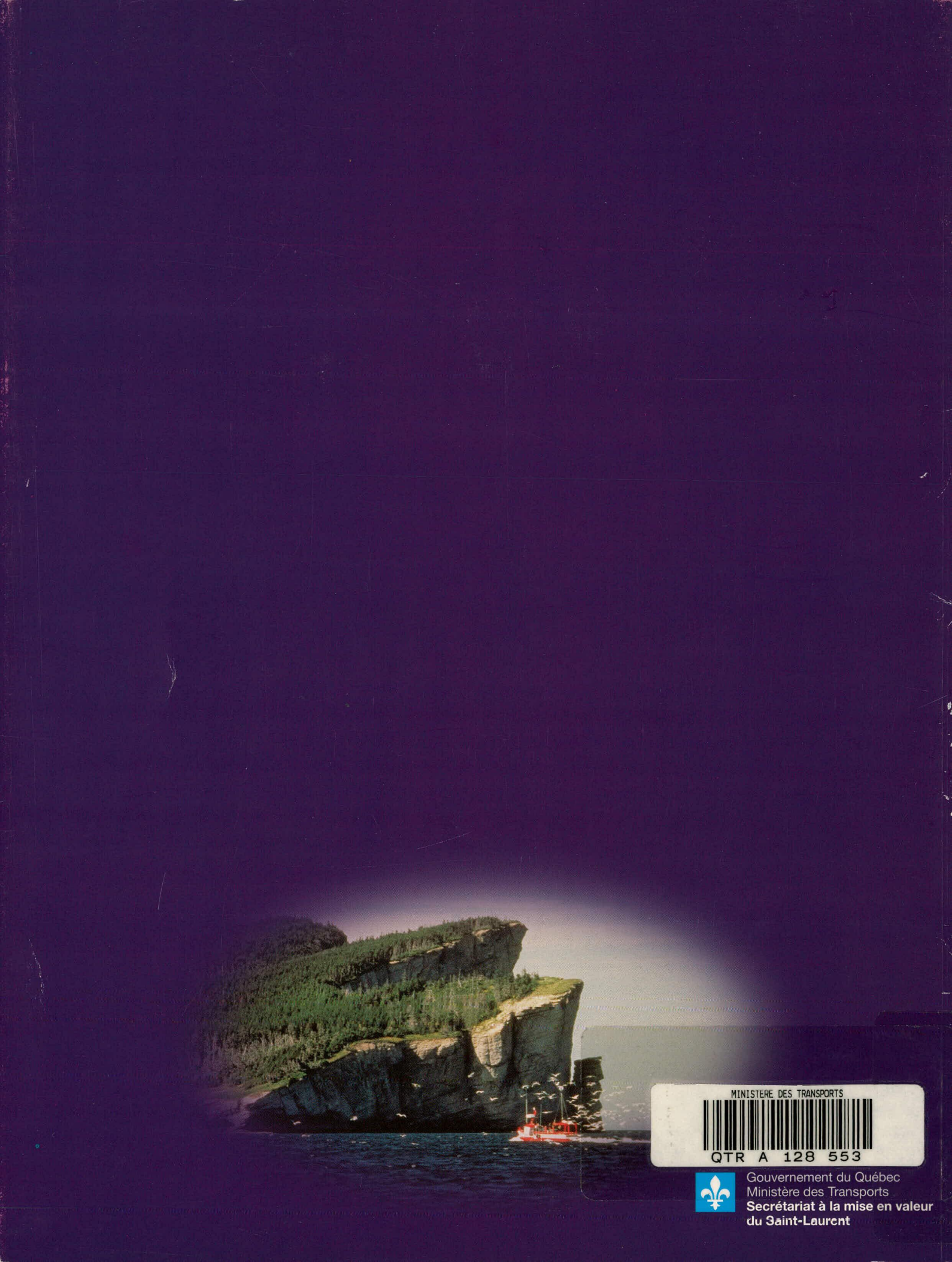
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Ministère des Transports
Secrétariat à la mise en valeur
du Saint-Laurent