

QUEBEC FOR EXPLORERS

DISCOVER THE TREASURES OF THE WEST



Follow the footsteps of our early and current explorers to discover the western part of *la Belle Province*.

Photo credit: Myriam Baril-Tessier

LAURENTIANS

ABITIBI-TÉMISCAMINGUE

OUTAOUAIS

Quebec for explorers

Discover Quebec for explorers, a land of rich heritage and breathtaking landscapes. This territory, which includes the Laurentians, the Abitibi-Témiscamingue and the Outaouais regions, invites nature, culture and adventure enthusiasts to follow in the footsteps of the great pioneers who shaped the history of Quebec and Canada. Enjoy memorable experiences in majestic national parks, picturesque villages, pristine lakes and explore the rich traditions of the First Nations.

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Photo credit: Charlotte B.-Domingue

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THE EXPLORERS' ROUTE

Follow The Explorers' Route, a fascinating 1,500 km route through majestic forests, peaceful lakes and enchanting villages. This route captures the very spirit of Quebec for explorers, offering unforgettable adventures, historic discoveries and enriching encounters with the timeless traditions of the First Nations.



Laurentians

MAJESTIC MOUNTAINS AND AUTHENTIC GETAWAYS

A fascinating region, both for its history and its wide-open spaces, the Laurentians has always been a coveted territory. With its ever-changing scenery, it unveils itself gradually, captivating even the most urban of visitors with its peaceful lakes and vast forests. Spanning 22,000 square kilometers of pure bliss just north of Montreal, the Laurentians offer a wealth of diverse ecosystems, allowing you to tailor the experience to your individual preferences.

The region takes its name from the chain of mountains that stretches across the northern part of the Canadian Shield, following a path parallel to the St. Lawrence River. Each season, nature carries travelers into a magical world, so they rediscover the Laurentians again and again, a true promise of pleasure. Find your own secret spot where you'll keep coming back for more... We are awaiting you!

Photo credit:
SÉPAQ Mont-Tremblant



ABITIBI-TÉMISCAMINGUE

OUTAOUAIS

Abitibi-Témiscamingue

WILDERNESS AND RICH INDIGENOUS HERITAGE

Abitibi-Témiscamingue is the gateway to the North, where the vast boreal forest begins, stretching endlessly with 22,000 lakes and rivers. It is a sanctuary nestled within a vast expanse of greenery, just far enough to feel disconnected from the hustle and bustle of the big cities, to feel alive in a peaceful and generous nature.

It's also a singular culture marked by the Anicinabek First Nation, a rich history, eclectic festivals and works of art that dot the land.

Above all, Abitibi-Témiscamingue is about its people - warm, proud, and eager to share their land with visitors. It's Quebec's best-hidden treasure!

Photo credit:
Stephan Savard



Outaouais

PERFECT BALANCE BETWEEN NATURE AND URBAN LIFE

The Outaouais, a region where nature intertwines with urban life, delights visitors with its many experiences and warm hospitality. Nestled along the border with Ontario and just steps from Canada's capital, Ottawa, the Outaouais offers a perfect blend of natural beauty and cultural vibrancy, an ideal setting for relaxation and discovery. Its rich history is reflected in its picturesque towns and villages, while its proximity to the Ottawa River and the boreal forest invites you to discover unspoiled natural spaces. The Outaouais is a region where everyone can enjoy a unique and memorable experience.

Photo credit:
Myriam Baril-Tessier



History

Understanding the history of a place allows you to fully appreciate its uniqueness. We invite you to look beyond the region's tourist attractions to better understand who we are and what we have to offer.

FIRST NATIONS

First Nations, notably the Anicinapek (Anishinabeg) and Kanien'kehá:ka (Mohawks), were essential partners in the fur trade. Europeans learned survival, trapping and hide-tanning techniques from these people, already established in western Quebec. Nomadic, the Anicinapek moved seasonally between their hunting territories and gathering places.

The Anicinapek formed alliances with the French, facilitating exploration and trade along the Ottawa River. Their knowledge of the territory was fundamental for the coureur des bois, who used traditional First Nations' water routes for the fur trade.

17-19th Century

THE FUR TRADE

The fur trade marked western Quebec with the exploitation of beavers. The Coureurs des bois, often of French origin, learned First Nations techniques and established trading posts along the Ottawa River, a major route until the end of the 19th Century.

19-20th Century

THE FORESTRY

Following Napoleon's blockage in the 19th Century, England turned to its colonies for timber. Entrepreneurs such as Philemon Wright founded towns around the logging industry, which stretched from the Laurentians to Abitibi-Témiscamingue, fostering the growth of the sawmill and pulp and paper industries, and of trades such as log driving.

19-20th Century

THE COLONIZATION

Colonization began in the Outaouais region under the British rule, driven by the demand for timber. In the Laurentians, Father Antoine Labelle promoted the settlement of colonists to counter emigration. In Abitibi, the construction of the railroad facilitated the establishment of farming communities and fostered economic growth.

1920's-1930's

THE GOLD RUSH

The discovery of gold at Osisko Lake in 1921 sparked a mining rush, stimulating the growth of towns such as Rouyn, Noranda and Val-d'Or, in the Abitibi-Témiscamingue. Thousands of workers and adventurers quickly settled in the region, transforming its social and economic landscape.

1918-1927

LA PROHIBITION

Because of its proximity to Ontario, the Outaouais region was at the heart of activities related to Prohibition. Hull, nicknamed "Little Chicago", became a hub for illegal alcohol sales, leading to corruption and crime. Today, Hull is a district of Gatineau and a major administrative and cultural center.

Did you know?

Trapping

is deeply connected to Canada's history. Carl Le Trappeur has been interested in wildlife since childhood and chose to make it a profession. He takes great pleasure in guiding you into the woods and reveal his secrets.

The word Outaouais means

“to buy and sell”

evoking a past of flourishing trade along the Ottawa River.

The Eska water is naturally filtered by

six eskers

on the Amos-Harricana territory and has been recognized as one of the purest waters in the world.

Obadjiwan–Fort Témiscamingue National Historic Site is recognized today as one of the most important French-Canadian

fur trading posts,

having played a key role for nearly two centuries.

Gatineau's bike paths network spans over

300 km,

one of the most extensive in Quebec, making it easy to get around by bike all year round!

Mont Tremblant: its name comes from the

Algonquins,

who called it “Manitonga Soutana”, meaning “mountain of trembling spirits” inspired by local legends of spirits that would dwell there.

Did you know?

The Route des Belles-Histoires in the Laurentians is a tourist itinerary retracing

150 years

of local history through a variety of cultural stops.

Fairmont Le Château Montebello is the

world's largest log building,

a testament to the region's forestry past.

Parc national d'Opémican in Abitibi-Témiscamingue preserves the remains of an ancient

logging camp,

witnessing the region's forestry past.

You can observe

bald eagles,

at Kiamika Regional Park.

Nordik Spa Village Chelsea is

the largest spa in North America,




featuring a saltwater pool nestled in the rock.

Rich in indigenous heritage, Abitibi and Témiscamingue are two words from the Algonquin language. They mean "where the waters part" and "deep waters", underscoring the importance of

water

in the territory.

THE EXPERIENCES

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 

Parks and wildlife reserves

Dive into adventure in the heart of our parks and reserves. Be dazzled by the richness of their fauna, flora and larger-than-life landscapes!



PARC NATIONAL DU MONT-TREMBLANT

Established in 1895, Parc national du Mont-Tremblant spans over 1,510 km², making it Quebec's first national park, the third in Canada, and the sixth in North America. Recognized internationally, it stands among the world's most iconic protected areas, alongside Yellowstone, Yosemite, and Sequoia. Open year-round, the park offers an exceptional natural playground in every season.

[SEPAQ.COM/TREMBLANT](https://sepaq.com/tremblant)

Photo credit: SÉPAQ



PARC NATIONAL D'OKA

The Parc national d'Oka boasts a rich historical and natural heritage. The Calvaire, with its four oratories and three chapels, is a unique complex of historic buildings in America. In Grande Baie and Rivière aux Serpents, land and water come together to give birth to ecological jewels: wetlands. In winter and summer alike, the top of the Oka Calvaire trail provides an exceptional view of Lac des Deux-Montagnes and the Adirondacks. Simply soothing and magnificent...

[SEPAQ.COM/PQ/OKA](https://sepaq.com/pq/oka)

Photo credit: SÉPAQ



MONTAGNE DU DIABLE REGIONAL PARK

This regional park is home to Mont Sir-Wilfred, the second highest mountain in the Laurentians after Mont-Tremblant. There are over 80 km of hiking trails. The park is packed with attractions, including the famous 55-metre Windigo Fall and breathtaking panoramic views.

[PARCMONTAGNEDUDIABLE.COM](https://parcmontagnedudiable.com)

Photo credit: Montagne du Diable Regional Park

THE EXPERIENCES PARKS AND WILDLIFE RESERVES

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●

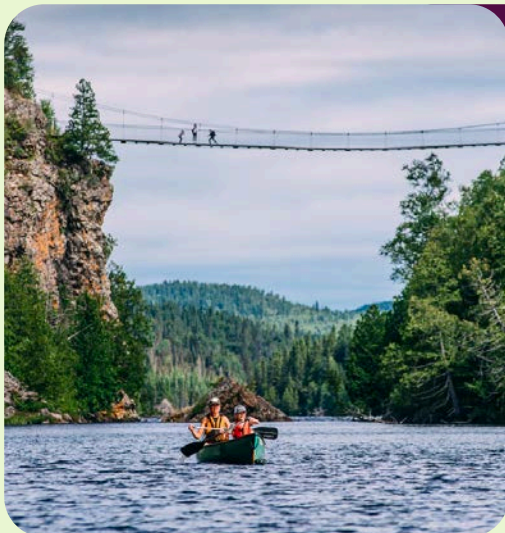


KIAMIKA REGIONAL PARK

The Kiamika Regional Park is a vast territory of 184 sq.km composed of 40 islands and islets bordered by golden sandy shores. In the heart of the park, there is a biodiversity reserve with trees over 200 years old. It's the perfect place for camping, canoe-camping, hiking, fishing, kayaking and paddleboarding.

RESERVOIRKIAMIKA.ORG/EN

Photo credit: Laurentians Tourism



PARC NATIONAL D'AIGUEBELLE

A true natural jewel of the Abitibi-Témiscamingue region, Parc national d'Aiguebelle is home to a variety of geological phenomenon with evocative names: giant's kettle, pillow lava. A 22-metre-high suspended walkway offers a thrilling crossing over a gigantic fault. Come and observe the traces left by the passage of icebergs and rocks 2.7 billion years old. Don't be surprised if you come across moose, as this territory is home to the largest concentration of this species of deer in the Abitibi region. Plus, take advantage of the many available accommodations: campgrounds, wilderness cabins and ready-to-camp campsites throughout the seasons.

SEPAQ.COM/PQ/AIG

Photo credit: Christian Leduc



PARC NATIONAL D'OPÉMICAN

Bordered on either side by Lac Témiscamingue and Lac Kipawa, Parc national d'Opémican covers an area of 252 sq.km. A paradise for nautical activities, canoe-camping and hiking, this unique place to be discovered is characterized by the dominant presence of tall white and red pines, this park has elements essential to the composition of a remarkable landscape and a total escape into nature. Benefit from some sixty campsites and a small ready-to-camp village.

SEPAQ.COM/PQ/OPE

Photo credit: Alija Bos

THE EXPERIENCES PARKS AND WILDLIFE RESERVES

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OUTAOUAIS ●



RÉSERVE FAUNIQUE LA VÉRENDRYE

The Réserve faunique La Vérendrye is a true natural jewel straddling the Abitibi-Témiscamingue and Outaouais regions. Its many bodies of water make it a paradise for canoe-campers and anglers. In addition, vacationers seeking relaxation will find what they're looking for at Le Domaine, while campers will be delighted by the hundreds of campsites and the many well-equipped cabins to enjoy the incredible peace and quiet of a stay on the reserve.

[SEPAQ.COM/RF/LVY](https://sepaq.com/rf/lvy)

Photo credit: Réserve faunique La Vérendrye



PARC NATIONAL DE PLAISANCE

Located in the heart of the Ottawa River, Parc national de Plaisance is a favorite spot for outdoor enthusiasts. Over 260 species of birds can be observed year-round. The park offers a wide range of activities, including hiking trails, 40 km of bike paths, animated activities and canoe/kayak courses. Vacation rentals, ready-to-camp units and over a hundred campsites are available to extend your nature experience.

[SEPAQ.COM/PQ/PLA](https://sepaq.com/pq/pla)

Photo credit: Camille Labonté



GATINEAU PARK

Known as the green lung of the Outaouais, Gatineau Park extends over 361 sq.km of hills and forests. Its rich biodiversity and proximity to the city makes it a destination for outdoor enthusiasts, to engage in recreational activities in respect with the environment, such as hiking, biking, canoeing and cross-country skiing. Must-sees include Mackenzie King Estate, Champlain lookout and Philippe Lake. The Gatineau Park is managed and protected by the National Capital Commission.

[NCC-CCN.GC.CA/PLACES/GATINEAU-PARK](https://ncc-ccn.gc.ca/places/gatineau-park)

Photo credit:
With Axie

THE EXPERIENCES

LAURENTIANS
ABITIBI-TÉMISCAMINGUE
OUTAOUAIS

The great outdoors

Come and conquer the great outdoors! Whether you're hiking, kayaking or biking, there are a thousand ways to explore the territory. But they all offer the same satisfaction: an outdoor adventure like no other.

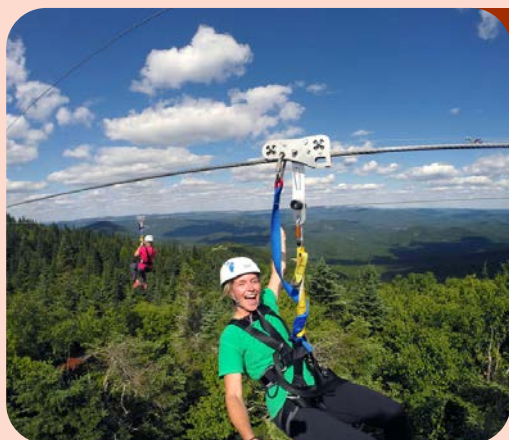


TREETOP WALK LAURENTIDES

Stroll amidst the treetops, explore the mysteries of the Laurentian plant and animal species, make your way across a net 40 metres above ground, in complete safety, soak in the breathtaking Laurentian scenery for as far as the eye can see: That's what the Treetop walk Laurentides is all about!

[TREETOP-WALKS.COM](https://www.treetop-walks.com)

Photo credit:
Daniel Desmarais



ZIPTREK ECOTOURS TREMBLANT

Ziptrek Tremblant is home to a spectacular 5 zipline course that zips you from the summit of Mont Tremblant back to the village (express course also available). With spectacular panoramic views and trail walking along the way, it's easy to see why this is ranked the number one outdoor activity in the Tremblant Resort.

[TREMBLANT.CA/ZIPTREK](https://www.tremblant.ca/ziptrek)

Photo credit:
Tourisme Laurentides



COOP DE L'ARRIÈRE-PAYS

The Coop de l'Arrière-Pays brings together and stimulates local forces around adventure-nature development, giving you the chance to leisurely discover the diversity of the Témiscamingue region with ease. The Coop has a vast inventory of outdoor equipment available to visitors and they offer various activities such as guided or self-guided adventures on their territory. Come and discover nature through unique and responsible experiences, in complete safety.

[COOPARRIEREPAYS.CA](https://www.cooparrierepays.ca)

Photo credit: Hugo Lacroix

THE EXPERIENCES THE GREAT OUTDOORS

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



FORÊT RÉCRÉATIVE

Located just a few minutes from downtown Val-d'Or, the site of Forêt récréative offers 50 sq.km of fun, relaxation and thrills. Explore its trails on foot, bike, mountain bike or rollerblade. Equipment rental is available on site.

FORETRECREATIVE.COM

Photo credit: Christian Leduc

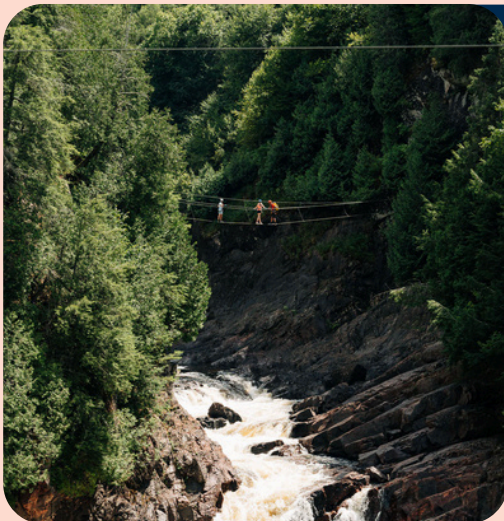


PARC NATURE ÉCO-ODYSSÉE

Enjoy a unique experience at Parc Nature Éco-Odyssée in Wakefield. Just 30 minutes from Gatineau-Ottawa, discover the beaver's habitat while exploring a magnificent water maze, including over 60 intersections spread over more than 4 km. Explore the maze aboard a canoe, pedal-boat, kayak or paddleboard. Enjoy a daytime adventure, take a sunset outing or discover the labyrinth by the light of a full moon or during the Perseid season.

ECO-ODYSSEE.CA

Photo credit: What's up Claire



PARC DES CHUTES COULONGE

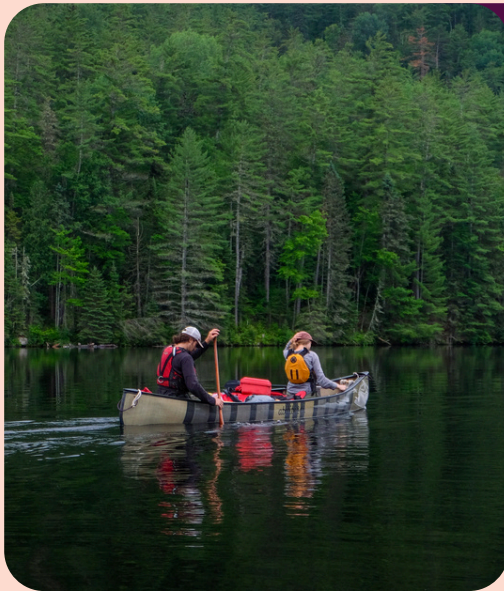
Adventure awaits you with the obstacle courses: the perfect introduction to thrills and spills, in the heart of a century-old white pines forest! Experience unforgettable moments on their giant zip lines overlooking the canyon. Try the via ferrata, a unique adventure that combines climbing and hiking over 600 metres along the rock face of the tumultuous Coulonge River. Accessible to beginners and experts alike, this experience plunges you into the heart of nature while pushing back your limits. Experience a real step back in time as you discover the history of the Coulonge River loggers on a self-guided hike. Stop in front of the interpretive panels and an exhibition on the tools and methods of the time.

CHUTESCOULONGE.CA

Photo credit: Alex & MJ

THE EXPERIENCES THE GREAT OUTDOORS

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



EXODE BÂTISSEURS D'AVENTURES

Through tailor-made expeditions guided by the founder, Exode Bâtitseur d'aventures will let you explore the unknown territories of Abitibi-Témiscamingue with experiences made for every type of adventurer. With the idea that the forest and lakes are accessible to everyone, Exode will give you the thrill of a lifetime, but at the same time you'll learn to become one with nature and tame its calm. Each expedition meets the most rigorous safety, sustainability and quality criteria in the Quebec adventure tourism industry. Camping, canoeing, dining in the forest: everything is here to provide experiences in harmony with the region's immense territory.

[EXODE.CA](https://exode.ca)

Photo credit:
Courtesy of Exode Bâtitseurs d'aventures

D-TOUR TREMBLANT



[DTOURTREMBLANT.COM](https://dtourtremblant.com)

Public domain photo

NEW WORLD RAFTING



[NEWWORLD.CA](https://newworld.ca)

Photo credit: Nouveau Monde Rafting

PARC-AVENTURE JOANNÈS



[PARCAVENTUREJOANNES.COM](https://parcaventurejoannes.com)

Photo credit: Google Voyage Mathieu Dupuis

ARBRASKA LAFLECHE



[ARBRASKA.COM/EN/PARKS/LAFLECHE](https://arbraska.com/en/parks/lafleche)

Photo credit: Myriam Baril-Tessier

CAMP FORTUNE



[CAMPFORTUNE.COM](https://campfortune.com)

Photo credit: Camp Fortune




INTERZIP



[INTERZIP.CA](https://interzip.ca)

Photo credit: Alex & MJ

THE EXPERIENCES

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 

Wildlife observation

Our wilderness offers you an exceptional opportunity to observe bears, moose and a wide variety of birds, right in their natural habitat. An unforgettable experience.



REFUGE PAGEAU

The Pageau family story spans over 30 years and reflects their incredible relationship with wildlife and is told on a woodland trail. The Refuge takes in orphaned, sick or injured wild animals to care for them and, when possible, release them back into the wild. You'll be able to admire moose, bears, wolves, white-tailed deer, raccoons, birds of prey and many other animals staying here on a short or long-term basis. At the end of the tour, in an immersive experience signed Moment Factory, visit the lair of the man who talked to the wolves and discover your role in maintaining the fragile balance between humans and nature.

[REFUGEPAGEAU.CA](https://www.refugepageau.ca)

Photo credit: Marie-Frédérique Frigon



PARC OMEGA

Since 1991, Parc Omega, located in the Outaouais region, has been offering a unique formula in Quebec, allowing you to discover numerous species of wild animals living in their natural habitat, throughout the seasons. In addition to a dozen-km drive, the park offers a wide range of activities. Take a stroll along the footpaths, dine at the OmegaBon restaurant and spend the night in one of the sixty unique accommodations available on site. A visit to the park is an immersion in the heart of Quebec's nature, culture and history.

[PARCOMEGA.CA](https://www.parcomega.ca)

Photo credit: Richère David

THE EXPERIENCES

LAURENTIANS
ABITIBI-TÉMISCAMINGUE
OUTAOUAIS

Gourmet experiences

Savour the delights of our terroir. Discover our artisan cheeses and microbrewery beers, or enjoy our restaurants, all celebrating the region's culinary wealth.



LABONTÉ DE LA POMME - ORCHARD & CIDER HOUSE

Labonté de la pomme is a magnificent orchard and cider house in the middle of the countryside, overlooking the Oka Valley, where you can disconnect to better reconnect. They also have an apple shack, their own version of the sugar shack tradition, a summer bistro and picnics in the orchard.

LABONTEDELAPOMME.CA

Photo credit: Laurentians Tourism



MAISON DE SOMA

Maison de Soma is a seasonal restaurant nestled in the heart of a diversified farm, where creativity is rooted in the richness of the land. Its cuisine is based on ingredients grown and picked on the farm. Discover the world of Maison de Soma through its evening table, lunches and processed products.

MAISONDESOMA.COM

Photo credit: Maison de Soma



MIELLERIE DE LA GRANDE OURSE

Miellerie de la Grande Ourse is a responsible beekeeping agri-food business that transforms the honey from their hives in a way that is both respectful of nature and innovative. The honey distillery offers handcrafted alcohols such as mead and various spirits, along with other gourmet treats from the nectar. Store, distillery tour and agritourism tours in the form of beekeeping safaris and field refreshment stops, everything you need for a modern country experience.

MIELGRANDEOURSE.COM

Photo credit: Miellerie de la Grande Ourse

THE EXPERIENCES GOURMET

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



L'ÉDEN ROUGE

L'Éden Rouge presents their vision of the food world in a creative and gastronomic way. This family-run business offers a unique "from the farmer's fork to your fork" experience, with a country-style table that evolves with the harvest. Market garden and sericulture production, agrobusiness processing, farm visits, boutique and country-style dining: these many aspects of the business are all part of the agritourism concept, with a varied and tasty offering.

LEDENROUGE.COM

Photo credit: Hugo Lacroix



LA TRAPPE À FROMAGE

La Trappe à fromage specializes in artisanal cheese-making, from its famous fresh cheese curds made daily to its house-made cheddars and fine cheeses. The boutique also features a wide selection of local gourmet products. Visitors will find over 350 cheeses from around the world, craft beers, baked goods, deli meats, fine groceries, and sweet treats.

TRAPPEAFROMAGE.COM

Photo credit: La Trappe à fromage



HALTE GOURMANDE - COURGES & CIE

Discover the world of Courges & cie, an agritourism farm in Gatineau. Now an Economuseum, the company grows and processes several varieties of fruit and vegetables on 310 acres. Take advantage of your stop at the farm to pick your own, enjoy an excellent wood-fired pizza, a squash poutine, a seasonal soup and much more. Don't forget to stop by their gourmet store to stock up on prepared meals!

COURGESCIE.COM

Photo credit: Myriam Baril-Tessier

THE EXPERIENCES GOURMET

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



CHOCOMOTIVE

ChocoMotive is an artisan chocolate factory that uses authentic know-how in its production. The establishment also serves as an interpretation center for the chocolate-making profession, opening its workshop to the public. ChocoMotive presents a traditional range of pralines and seasonal moldings made from certified organic and fair-trade chocolate. The company favors local and First Nations products and is a proud member of the ÉCONOMUSÉE Network Society. A tour of the workshop is available on demand for groups of 12 or more.

CHOCOMOTIVE.CA

Photo credit: Myriam Baril-Tessier



MICROBRASSERIE LE PROSPECTEUR

Craft beers brewed on site and bistro-pub-style cuisine featuring many regional products. A General Store is attached to the brewery, where you can purchase beers to go and promotional items. What's more, the Tasting Room allows you to sample all the products and tour the brewery's production facility.

MICROLEPROSPECTEUR.CA

Photo credit: Philippe Lord






SHAWBRIDGE - MICROBREWERY AND DELICATESSEN

Shawbridge Microbrewery is renowned for its home-brewed beers and great food. On the menu: a backyard vegetable garden for fresh ingredients year-round, wood-fired pizzas, shareable dishes, mouth-watering tapas and much more! A unique gourmet microbrewery with a "bon vivant" atmosphere.

SHAWBRIDGE.CA

Photo credit:
Shawbridge Microbrewery

THE EXPERIENCES

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 

History and heritage

The many facets of our vibrant heritage are also worth exploring. Visit our historic sites, museums and murals, then listen to our local legends telling the rich history of our regions.



THE LAURENTIAN SKI MUSEUM

The museum offers exhibitions and a variety of educational and cultural experiences. It holds a collection of over 7,500 artifacts and 20 private archives. The permanent exhibition “The History of Skiing in the Laurentians: Living in winter, with winter and for winter” takes visitors on a journey back in time to better understand the influence of skiing on the Laurentian landscape.

SKIMUSEUM.COM

Photo credit: Laurentian Ski Museum



CITÉ DE L'OR

Discover the two historical sites that made Val-d'Or the Cité de l'Or in Abitibi-Témiscamingue. The old Lamarque Mine's main buildings has become an interpretation center. Become a miner for a day and enjoy a unique experience on a tour 91 meters underground. The underground experience is complemented by a visit of the surface buildings, including the Assay laboratory, where you will learn all about ore processing. Finally, the “Gold in our veins” exhibit will recount the history of this mine.

CITEDELOR.COM

Photo credit: Christian Leduc






MAGASIN GÉNÉRAL DUMULON

The Magasin Général Dumulon Historic Site is the oldest business in Rouyn-Noranda, built by Jos Dumulon and his family in 1924. A visit will take you back in time to the pioneering days. Learn more about the development of the region, the town, and some of the leading personalities, on a comprehensive guided tour. You can also buy regional food, hand-made products and souvenirs.

MAISON-DUMULON.CA

Photo credit: Hugo Lacroix

THE EXPERIENCES HISTORY AND HERITAGE

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 



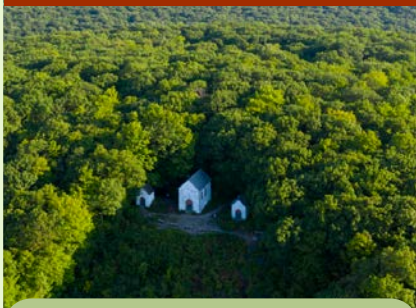
CANADIAN MUSEUM OF HISTORY

Located on the banks of the Ottawa River, in a grandiose building designed by Aboriginal architect Douglas Cardinal, the Canadian Museum of History is one of Canada's most popular museums. Explore the country's incredible cultural wealth, including the world's largest collection of totem poles. Each visit is an inspiring immersion in the stories and traditions that forged the country's identity.

[HISTORYMUSEUM.CA](https://historymuseum.ca)

Photo credit:
Sébastien Lavallée

HIKING AT OKA CALVAIRE



[SEPAQ.COM/PQ/OKA](https://sepaq.com/pq/oka)

Photo credit: Laurentians Tourism

MOULIN LÉGARÉ



[VIEUXSAINTEUSTACHE.COM](https://vieuxsainteustache.com)

Photo credit: Laurentians Tourism

RANG 2 D'AUTHIER SCHOOL MUSEUM



[ECOLEDURANG2.CA](https://ecoledurang2.ca)

Photo credit: Christian Leduc

HISTORICAL SITE OF T.E. DRAPER – CHANTIER GÉDÉON



[TEDRAPER.CA](https://tedraper.ca)

Photo credit: Christian Leduc

MACKENZIE-KING ESTATE



[NCC-CCN.GC.CA](https://ncc-ccn.gc.ca)

Photo credit: Myriam Baril-Tessier

MANOIR PAPINEAU NATIONAL HISTORIC SITE



[PARKS.CANADA.CA/MANOIRPAPINEAU](https://parks.canada.ca/manoirpapineau)

Photo credit: Myriam Baril-Tessier

THE EXPERIENCES

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●

Indigenous traditions

Meet the Anishinabe and native culture. Take part in traditional ceremonies, savor their cuisine and explore their crafts and history through authentic and enriching encounters.



KINA8AT - ENSEMBLE

Discover the traditions, crafts and know-how of First Nations peoples through an immersive workshop amid the forest, during which you'll make a talking stick to use with your loved ones. The experience begins with a traditional sage welcome in the prospector's tent, followed by an explanation of the various components of the talking stick. At the end of the activity, you'll be invited to taste a traditional bannik by the fire.

KINA8AT.CA/EN

Photo credit: Kina8at



OBADJIWAN-FORT-TÉMISCAMINGUE NATIONAL HISTORIC SITE

A trading post, an enchanted forest, a beach bordering a 110-km lake, 6,000 years of native's presence, two centuries of fur trading rivalry - that's the Obadjiwan-Fort-Témiscamingue National Historic Site!

PARKS.CANADA.CA/OBADJIWAN-TEMISCAMINGUE

Photo credit: Louis Jalbert



ANISIPI A WATER-DISCOVERY ROUTE

Driven by a desire to reveal the abundance and uniqueness of this natural wealth, Amos-Harricana, in collaboration with Moment Factory, has created a universe dedicated in promoting awareness and education of people on the many benefits of water, the respect expected for this fragile resource, and its significance and importance for humans, fauna and flora. Three different experiences are available: The Refuge (Refuge Pageau in Amos), The Tee-pee (in Pikogan) and The Well (municipal well in Amos).

ANISIPI.COM

Photo credit: Moment Factory

THE EXPERIENCES INDIGENOUS TRADITIONS

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



POW WOW TRAIL & EVENTS

Several major First Nations cultural festivals are held in the Abitibi-Témiscamingue communities. Pow Wows consists in celebrations featuring sacred ceremonies, demonstrations of traditional dances, sometimes competitions, and often ancestral songs and drums.

[INDIGENOUSEQUEBC.COM](https://indigenousequebec.com)

Photo credit: Marie-Frédérique Frigon



SKY DREAMER STUDIO - FRANK POLSON

Frank Polson is a multidisciplinary artist from the Long Point First Nation community in Témiscamingue. His work is sold around the world and exhibited throughout Canada. For the past 25 years, he has been painting in the Woodland style, a style he developed so that his modern touch would respect tradition. Visit his studio to meet this inspiring artist and learn more about Aboriginal art.

[ABITIBI-TEMISCAMINGUE.ORG](https://abitibi-temiscamingue.org)

Photo credit:
Frank Polson






KÎSISAM PÂTISSERIE

Kîsisam means "she who bakes with fire" and embodies the very essence of native pastry-making. Each sweet delight is crafted by Neu Uasstessiu Nipish "the woman of the four colors of autumn" with a rich culinary heritage, where traditional flavors blend with a modern touch. It's a unique taste experience that celebrates authentic culture and craftsmanship. A single visit reveals the art of Aboriginal storytelling in every bite in the heart of Saint-André-Avellin.

[KISISAM.COM](https://kisisam.com)

Photo credit: Camille Labonté

THE EXPERIENCES

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 

Unique accommodations

Personalize your experience by opting for a rustic cabin, followed by an elegant historic manor house, a modern loft or a luxurious forest retreat. These exceptional accommodations all combine comfort, charm, authentic immersion and enchanting landscapes.



Cert. 627778

HÔTEL UNIQ

Experience glamping in the Laurentians at Domaine Saint-Bernard, a magical place with 1,500 acres of pristine nature classified as a community ecotourism park. Enjoy the benefits of nature in a ready-to-camp tent, thanks to the many outdoor activities available on site, or simply enjoy the beauty of the area and unwind.

HOTEL-UNIQ.COM/EN

Photo credit:
Jean-Marc Perrault



Cert. 627873

FAROUCHE TREMBLANT

Located just minutes away from Mont-Tremblant National Park and nestled in the Diable River Valley, the Farouche agritourism site offers a unique concept combining a Nordic farm, a café-bar, four-season eco-cabins and an outdoor base camp.

FAROUCHE.CA

Photo credit: Farouche



Cert. 627787

STATION BORÉALE

Station Boréale is a unique lodging concept offering luxury, eco-friendly retreats where you can reconnect with nature and yourself. Located in the heart of the Siscoe Golf Club, 10 minutes from Val-d'Or, Station Boréale features eight domes combining luxurious comfort with breathtaking views of the surrounding nature and Lac De Montigny. Accommodating two to four people comfortably, the domes are fully equipped and built for Quebec's northern climate. Summer and winter alike, you can enjoy your favorite activities on the shores, including kayaking, paddleboarding, snowshoeing, canoeing, cross-country skiing, fishing and much more.

STATIONBOREALE.COM

Photo credit: Geneviève Lagrois

THE EXPERIENCES UNIQUE ACCOMMODATIONS

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



Cert. 152843

LA BANNIK

Located near Fort Témiscamingue, on the shores of Lake Témiscamingue near Ville-Marie, *La Bannik* will surely please you. Whether you stay in one of their many luxurious cottages with spa or sauna, or in one of their modern rooms with a direct view of the picturesque Lake Témiscamingue and its magnificent sunsets, *La Bannik* is the perfect place to stay.

BANNIK.CA

Photo credit: Hugo Lacroix



Cert. 308026

CHALETS PRUNELLA

Enjoy a stay in a comfortable, minimalist cabin nestled in 75 acres of forest with lake access. If you're looking for a high-end experience, it would be hard to find better! With their private locations, A-frame architecture and stunning interior design, Chalets Prunella has everything you need for a stay that lives up to your expectations. Enjoy a getaway under a blanket of stars.

CHALETSPRUNELLA.COM

Photo credit: Alex & MJ



Cert. 528485




FAIRMONT LE CHÂTEAU MONTEBELLO

Located halfway between Montreal and Ottawa, Fairmont Le Château Montebello is the world's largest log castle. This architectural masterpiece boasts over 200 rooms, and its cuisine, featuring local products, is sure to satisfy even the most discerning palate. Combining rustic charm with luxurious comfort, the establishment is distinguished by the many activities available on site. In all seasons, discover the magnificent countryside through over 40 activities and spa treatments.

FAIRMONT.COM/MONTEBELLO

Photo credit: Camille Labonté

THE EXPERIENCES UNIQUE ACCOMMODATIONS

LAURENTIANS 
ABITIBI-TÉMISCAMINGUE 
OUTAOUAIS 



Cert. 850013

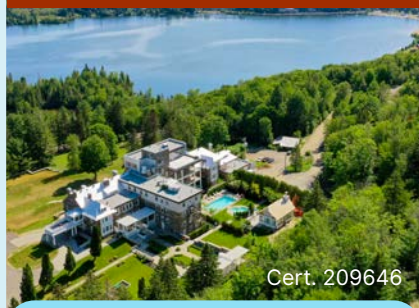
AVENTURES KIAMIKA

Aventures Kiamika offers a variety of lodging options to suit all your needs and preferences. Whether you're looking for a cozy cottage, an authentic camping experience or an eco-friendly mini home, we've got you covered. Explore our selection of accommodations and find the perfect one for an unforgettable vacation in nature.

AVENTURESKIAMIKA.COM

Photo credit: Tourisme Laurentides

STONEHAVEN LE MANOIR

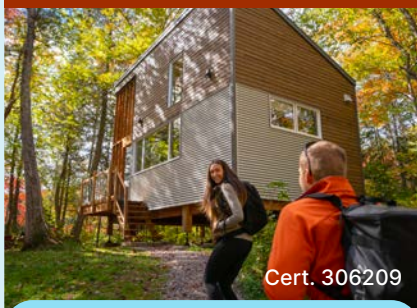


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STONEHAVENLEMANOIR.COM

Photo credit: Laurentians Tourism

MONTAGNE DU DIABLE REGIONAL PARK

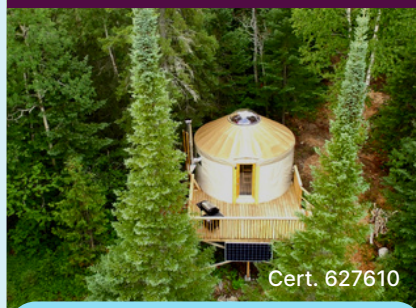


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PARCMONTAGNEDUDIABLE.COM

Photo credit: Laurentians Tourism

LES RACINES DU P'TIT ISIDORE



Cert. 627610

ABITIBI-TEMISCAMINGUE.ORG

Photo credit: Martin Lord

CAMPING LE POSTE

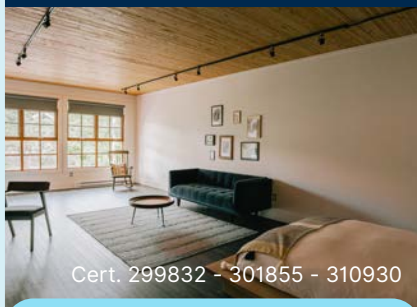


Cert. 627583

LEPOSTE.CA

Photo credit: Camille Labonté

LOFTS DU VILLAGE



Cert. 299832 - 301855 - 310930

LOFTS-DU-VILLAGE.CA

Photo credit: Myriam Baril-Tessier

UNIQUE ACCOMMODATIONS AT PARC OMEGA



Cert. 627542

PARCOMEGA.CA

Photo credit: Parc Omega

THE EXPERIENCES

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●

Tourist routes

Tour the picturesque countryside along thematic routes, lined with gourmet stops and heritage sites that bear witness to the region's natural and cultural wealth.



CHEMIN DU TERROIR

The "Chemin du Terroir des Laurentides", inaugurated on October 1st, 2010, is a marked trail of over 226 km criss-crossing a rural territory of a thousand treasures. Le terroir des Laurentides: is the agrotourism in the spotlight, but also our culture, our heritage and our history, presented for you in a setting conducive to the finest scenarios for romantic, family, educational and always very gourmet getaways. The Laurentians region presents the Basses-Laurentides and Argenteuil through a route to explore all year-round.

CHEMINDUTERROIR.COM



ROUTE DES BELLES-HISTOIRES

Its history sets forth the development of forestry, agriculture and tourism. From Saint-Jérôme to Mont-Laurier, over 284 km along Route 117 and "Le P'tit Train du Nord" linear park, you will follow one of the region's colonization routes. A few loops will lead you to other historic sites.

ROUTEDESBELLESHISTOIRES.COM



CHEMINS D'EAU

With the Chemins d'eau Route, immerse yourself in the history of those who settled along these shores, and discover the natural and cultural heritage of the Outaouais. Your journey begins on Route 148, which runs parallel to the Ottawa River, from the Petite Nation and the city of Gatineau to the Pontiac. Halfway along, follow the Gatineau River northward to the Collines-de-l'Outaouais territory, with its picturesque villages. Look for the roadside markers to learn more about the historic and cultural sites along the route.

TOURISMEOUTAOUAIS.COM/LESCHEMINSDEAU

Festivals and annual events

Live the energy of local festivals and events! Enjoy cultural celebrations, musical performances, gastronomic fairs and family activities, immersing yourself in the region's vibrant tradition and creativity.



TREMBLANT INTERNATIONAL BLUES FESTIVAL

Some 100 free concerts in an enchanting setting in Tremblant's pedestrian village. Enjoy music featuring emerging and renowned artists, street blues, interactive workshops and family activities.

Photo credit: Tremblant

BLUESTREMBLANT.CA



FESTIVAL DE MUSIQUE ÉMERGENTE

The FME features over 80 artists and groups from the national and international alternative scene. With intimate, festive concerts, musical experiences enhanced by spectacular urban scenography and a host of surprises outside the program, the festival welcomes over 200 professionals from the national and international music industry every year, with the aim of taking Canadian music on the road.

Photo credit: Christian Leduc

FMEAT.ORG



FESTIVAL DE MONTGOLFIÈRES DE GATINEAU

The FMG is the biggest summer event in the Outaouais region. Renowned for its colorful hot-air balloon flights, diverse artistic program and surprising activities for the whole family! The festival takes place in late August or early September.

Photo credit: Festival de montgolfières de Gatineau

MONTGOLFIERESGATINEAU.COM

THE EXPERIENCES

FESTIVALS AND ANNUAL EVENTS

LAURENTIANS ●
ABITIBI-TÉMISCAMINGUE ●
OUTAOUAIS ●



GRANDS FEUX DU CASINO LAC-LEAMY

From late July to early August, the Canadian Museum of History in Gatineau will be transformed into a magical venue featuring breathtaking pyromusical shows. Every Wednesday and Saturday, live an unforgettable experience where all your senses will be ignited. Explore the multiple offerings of local cuisine and come and contemplate immersive, magical digital art.

FEUX.QC.CA

Photo credit: Les Grands Feux du Casino Lac-Leamy

FESTIVAL DE LA GALETTE DE SAINT-EUSTACHE



FESTIVALDELAGALETTE.COM

Photo credit: Patrimoine culturel Vieux Saint-Eustache

MARCHÉ DE VAL-DAVID



MARCHESDICI.ORG

Photo credit: Tourisme Laurentides

FESTIVAL DES GUITARES DU MONDE



FGMAT.COM

Photo credit: Hugo Lacroix

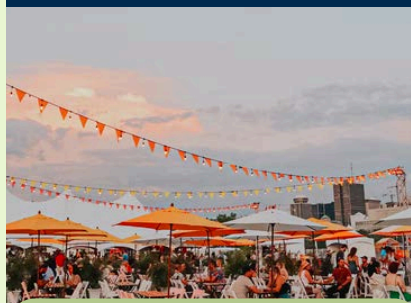
FOIRE GOURMANDE DE L'ABITIBI-TÉMISCAMINGUE ET DU NORD-EST ONTARIEN



FOIREGOURMANDE.CA

Photo credit: gracieuseté Foire gourmande

FESTIBIÈRE DE GATINEAU



FESTIBIERE.CA

Photo credit: Camille Labonté

FESTIVAL D'HUMOUR DE GATINEAU



HUMOURGATINEAU.COM

Photo credit: Camille Labonté

Ambassadors

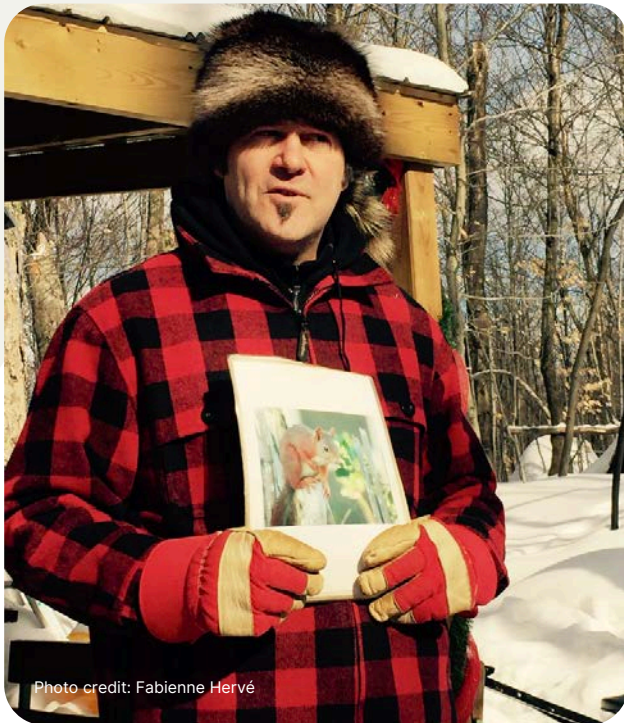


Photo credit: Fabienne Hervé

CARL BLONDIN

Carl Blondin is a true nature enthusiast. Fascinated by wild animals since childhood, he has been trapping for over twenty years. What began as a hobby has evolved into a profession. After a serious work-related accident in 1997, he realized the frailty of life and devoted himself fully to what he loves.

Since then, he has enjoyed explaining his work as a trapper and promoting his field of expertise. Much in demand by European tourists, he organizes trapping and observation excursions and gives lectures in schools. Carl is also available to capture pests and other nuisance animals, and is actively involved in wildlife population control, a mission he cherishes.

[READ THE INTERVIEW](#)



Photo credit: Bodart Studio

DOMINIQUE RANKIN

Grandfather T8aminik (the Algonquin name for Dominique) was born in the Abitibi forests and grew up in a family that had preserved the nomadic lifestyle of its ancestors. Designated at the age of 7 as the future heir chief, he underwent a long apprenticeship with elders and guides, including William Commanda, to become a medicine man and spiritual leader. In 2006, he was recognized as an elder by his peers. His real name is Kapiteotak ("the one who can be heard crying from afar"), and he now devotes himself to the role of teacher and spiritual leader to which he was destined.

A survivor of the terrible residential school era, he gives a moving account of forgiveness and reconciliation in "On nous appelait les Sauvages", written with Marie-Josée Tardif. A member of the Order of Canada and Chevalier de l'Ordre national du Québec, he works to promote First Nations culture worldwide. With Marie-Josée Tardif, he also founded the Kina8at organization and the Dominique Rankin Foundation.

[READ THE INTERVIEW](#)

Ambassadors



Photo credit: Refuge Pageau

FÉLIX OFFROY

Félix is now General Manager of Refuge Pageau. Supported by a small, close-knit team of passionate and committed individuals, every year hundreds of wild animals are cared for in the refuge's facilities. There is no doubt that the Refuge Pageau is the most ethical place in Quebec to observe local wildlife, except in the wild.

All the animals on site are there first and foremost for their own needs; no star residents kept for public enjoyment, no bargaining with the lives that pass through the hands of the team. While it also serves as a place of education and wonder for visitors, on which most of the organization's funding relies, it is first and foremost a bulwark for the well-being of wild animals and the safeguarding of biodiversity.



Crédit photo : Myriam Baril-Lessard

MANUELA TEIXEIRA

Born and raised in an immigrant family in Vieux-Hull, Gatineau, the family values instilled in Manuela from an early age undoubtedly contribute to Square Old Chelsea's success and visitor happiness index.

So, thought is put into every detail. In the look. In the created atmosphere. Everything has been thought through, and it shows! The vision of development also involves living together. "The important thing is not just to develop, but to have places that will be loved, where both tourists and residents feel good," Manuela explains.

[READ THE INTERVIEW](#)

Ambassadeurs



Photo credit: Parcs Canada

KARL CHEVRIER

Karl Chevrier is a contemporary artist and accomplished traditional craftsman from the Anichinabe community of Timiskaming First Nation. His practice, as he describes it, involves “building birchbark canoes and everything that goes with it”. Combining tradition and innovation in works with a strong message, Karl renews his commitment to the subjects that are closest to his heart: identity, environmental protection, mutual aid... Karl is a true soul and proud of his colors. His deepest wish is that his work, his artworks and his teachings, may serve as a beacon for those who are also following the path of healing.

In addition to offering conferences and workshops promoting self-empowerment, Karl opens the door of his studio to all those seeking to learn: “I can only plant a seed; it will be up to them to take care of it and make it blossom.”



Photo credit: Myriam Baril-Tessier

VÉRONIQUE RIVEST

Véronique Rivest, owner-sommelier of Soif Bar à vin, is one of the most respected sommeliers on the national and international scene. She became the first woman in history to reach the podium when she achieved 2nd place at the World's Best Sommelier Competition, in March 2013 in Tokyo.

The driven force behind Soif Bar à vin is pleasure: the pleasure of discovering new wines, tasting, exploring, learning and sharing. And always in a warm, friendly and relaxed atmosphere.

“Soif is my big baby! It's like a child in terms of attention and the love it generates!” In addition to running her establishment, Véronique continues to travel the world offering training, sitting on juries and hosting events.

[READ THE INTERVIEW](#)

The Explorers' route in the Media

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- **PERCEPTIVE TRAVEL**
FINDING STORIES ON THE EXPLORER'S ROUTE OF NORTHERN QUEBEC
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- **BACKPACKERS.COM**
QUEBEC'S EXPLORERS' ROUTE: AN ADVENTUROUS CANADIAN ROAD TRIP
- **ADAC REISEMAGAZIN (IN GERMAN)**
GOLDRAUSCHEN UND WOLFSRUFE

Toolbox

TOURIST ROUTES

- [CHEMIN DU TERROIR](#)
- [ROUTE DES BELLES-HISTOIRES](#)
- [CHEMINS D'EAU](#)

REGIONAL GUIDES

- [LAURENTIANS TOURISM](#)
- [ABITIBI-TÉMISCAMINGUE TOURISM](#)
- [OUTAOUAIS TOURISM](#)

BIKE MAPS

- [LAURENTIANS BIKE MAP](#)
- [LE P'TIT TRAIN DU NORD](#)
- [OUTAOUAIS BIKE MAP](#)

Media Library

LAURENTIANS



Photo credit: Laurentians Tourism

ABITIBI-TÉMISCAMINGUE



Photo credit: PretsPourLaGo

OUTAOUAIS



Photo credit: Myriam Baril-Tessier

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DISCOVER THE TREASURES OF THE WEST

quebecforexplorers.ca

Photo credit: Christian Leduc