SAGUENAY-LAC-SAINT-JEAN BIKE EXPERIENCE

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

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

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

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

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

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

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

When a section of the circuit is composed of one or more different roadway surfaces (bicycle trail, paved shoulder or designated shared roadway), it will be identified by the color implying the closest proximity to automobile traffic.
Véloroute des Bleuets
1692, avenue du Pont Nord
Alma (Québec) G8B 5G3
418.668.4541 / 1.866.550.4541
info@veloroutedesbleuets.com

Véloroute du Fjord du Saguenay—
a division of Promotion Saguenay
295, rue Racine Est
Saguenay (Chicoutimi District)
(Québec) G7H 5B7
418.698.3167 / 1.800.463.6565
tourisme@saguenay.ca

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

Graphic design, infographics and cartography: Imag’in Création graphique.

Cover: Valérie Larouche, Graphic Designer.
Welcome To Saguenay–Lac-Saint-Jean

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

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

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

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

Yves Ouellet
Travel columnist
OVERVIEW OF THE GUIDE

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

- The maps numbered from 1 to 17 include the Véloroute des Bleuets region and the associate cycling networks.
- The maps numbered from 18 to 30 include the Véloroute du Fjord du Saguenay.
- Mountain bike and Fatbike maps. On Map 31 circuits in Lac-Saint-Jean and on Map 32 circuits in Saguenay.
- You can find itinerary proposals on pages 27 and 28.
- A digital version of this guide is available on the website bikeexperience.ca

WHERE TO BEGIN?

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

LEGEND OF SYMBOLS

**Categories:**
- Departure/Arrival
- Associated bicycle networks:
  - Ville d’Alma
  - Horst de Kénogami
  - Au fil des rivières
- Suggested activities
- Accommodations
- Places to eat
- Scenic viewpoint
- Roadside rest area
- Beach
- Hiking
- Mountain biking center
- Salmon river
- Ferry
- Repairs/lease/vendor
- Drinking water sources
- Tourist information
- Monitored and paid parking
- Parking permitted
- Cruise
- Marine shuttle
- Shelter
- Covered bridge
- Bike rest area
- Covered bridge
- Bicycle rest area
- Mileposts
- Maison du vélo
- Bienvenue cyclistes/accommodations
- Turning point
- Performance cyclist
- Family/recreational
- Touring cyclist
- Mountain bike
- Fatbike
- Véloroute des Bleuets
- Véloroute du Fjord du Saguenay

WE PUBLISH THIS GUIDE EVERY TWO YEARS

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

Ce guide est disponible également en français.
**VÉLOrOute du FJOrd du SAGueNAy**

**VÉLOrOute deS BLeuetS**

Clockwise          CoUNTeRclockwise

**COuNterCLOCKwISe**

**Ville d'alma:**

Cycling network:

**ASSOCIATED BICYCLE NETWORKS**

**Horst de Kénogami**

Associated network

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

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

**Ville d’Alma’s**

Associated network

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

**“Au fil des rivières”**

Associated network

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

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

**EXCURSIONS**

**JUNE (3 days)**

AUTOUR DES JEUNES DESJARDINS
418.487.3524 | autourdjesjardinsdesjardins.com

**JUNE (3 days)**

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

**JUNE (3 days)**

HYDRO-QUÉBEC EXCURSION
418.668.8430 | toursaglac@bell.net

**AUGUST (3 days)**

THE COLS DU FJORD CIRCUIT
418.549.7111 | coldsfjord.org

**AUGUST (3 days)**

TOUR SOLIDAIRE
418.668.5211 | toursolidaire.ca

**SEPTEMBER (1 day)**

CHALLENGE CYCLISTE DES BLEUETS DESJARDINS
418.276.1317 | challengcyclistesbleuetsdesjardins.com
GENERAL INFORMATION

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

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

BIENVENUE CYCLISTE!
ACCOMMODATIONS
Along the entire circuit, you’ll find Bienvenue Cyclistes! (welcome cyclists) certified accommodations. Synonymous with hospitality and services tailored to the needs of cyclists, certified establishments meet the criteria required by Vélo Québec. Bienvenue Cyclistes! certified establishments and regional tourist association members as of December 15, 2017 are listed in this guide. For the most current list: routeverte.com/bienvenuedcyclistes

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

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

CYCLABLE PATHS

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

Bicycle Trail
Paved surface, maintained and reserved exclusively for the Véloroute travellers. It’s independent of the roadways.

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

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

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

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

WARNING FOR MAPS
AND THE ASSOCIATE NETWORK “AU FIL DES RIVIERES”: These sections do not meet the Bike path maintenance standards published by the Ministère des Transports du Québec (MTQ). We’re working to standardize these trails, in association with the MTQ and Vélo Québec. We recommend these sections for their tourist and athletic attractions.

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

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

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

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

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

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

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

PACKAGES

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

- **ÉQUINOX AVENTURE, CYCLING TRAVEL AGENCY**
  Centre de villégiature Dam-en-Terre
  1385, chemin de la Marina, Alma (Québec) G8B 5W1
  418.668.7381 / 1.888.668.7381
  equinoxaventure.ca | info@equinoxaventure.ca
  - Self-guided packages including accommodations, breakfast, luggage transportation, preliminary meetings and support if required.
  - DEVINCI performance bike rentals.
  - Package deals with bike-activity combos and custom packages are available.
  - Self-guided or all-inclusive packages for groups or individuals.
  - Luggage transportation service.
  - Travel agent in Adventure tourism licence #900006.
  - Member of Aventure Écotourisme Québec.

Service available from the beginning of June to the end of October
Cost according to the selected package, group rates available starting with 8 participants. Reservation required at least 48 hours in advance, ideally a week in advance for extended and custom stays.

- **L’AGENCE PAR GROUPE VOYAGES QUÉBEC**
  1080, boul. Sacré-Cœur, Saint-Félicien (Québec) G8K 1R2
  1.800.679.8242
  gvq.ca | st-felicien@gvq.ca
  - Custom packages.
  - Touring cyclist / Hiking.
  - Véloroute des Bleuets / Sentier Notre-Dame Kapatakan.
  - Luggage transportation service.
  - Guided tour with vehicle (by request).
  - Sightseeing tours.
  - Accommodations.

- **GENDRONTOURS**
  1465 boulevard Mgr-Langlois, Salaberry-de-Valleyfield (Québec) J6S 1C2
  1.800.561.8747 / 514.866.8747
  info@voyagesgendron.com
  velo.voyagesgendron.com
  - Group packages.
  - Accommodation.
  - Bus-bicycle services.
SAFETY

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

CODE OF CONDUCT

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

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

PRACTICE YOUR SPORT with confidence and peace of mind

You can practice your sport with confidence and peace of mind by:

- Staying within the legal speed limits.
- Wearing appropriate clothing for the weather.
- Carrying a whistle and a whistle if you encounter large animals.
- Debarking from your bicycle and walking across dams (Rio Tinto).
- Staying clear of the traffic lane during stops.

ALWAYS BRING WITH YOU:
- A replacement tire tube.
- Tire iron, pump.
- Hex keys.

PROHIBITED ACTIONS

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

MANUFACTURER’S GUIDELINES

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

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

THE LAKE, ITS BEACHES AND BLUEBERRIES

FUN that stretches for kilometers on end!

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

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

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

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

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

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

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

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

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

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

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

Their main duties include:

- To inform and guide you on the circuit and the numerous services available.
- They are qualified to provide first-aid services.
- They proudly represent the Véloroute des Bleuets by wearing their red jerseys and vests, and the plate in front of their bike bearing the ambassadors’ logo.
- They always have a mobile phone, and carry around tools for basic mechanical repairs.
- To promote and reinforce the code of conduct to adopt.
- They also are certified in cardio-pulmonary resuscitation (CPR).

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

There are four Maisons du Vélo (cycling visitor information centres) to welcome you to the region and provide more information on the available services. They’re open everyday from June 24 to September 1. For all schedules, please consult veloroutedesbleuets.com

**MAISONS DU VÉLO**

- **Maison du vélo de Roberval (km 121)**
  At the Roberval Marina entrance
  854, rue Arthur
  Roberval (Québec) G8H 2M7
  418.276.7646

- **Maison du vélo de Dolbeau-Mistassini (km 207)**
  Close to the visitor information centre
  256, boul. des Pères
  Dolbeau-Mistassini (Québec) G8L 5K6
  418.276.7646

- **Maison du vélo d’Hébertville**
  Located close to the Church
  251, rue Turgeon
  Hébertville (Québec) G8N 1S2
  418.344.4884

heberttourisme@gmail.com

**ACCESS TO LAC-SAINT-JEAN BEACHES**

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

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

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

- **Métabetchouan–Lac-à-La-Croix**
  - Centre récréotouristique Le Rigolet
  - Camping Villa des Sables

- **Chambord**
  - Camping Plage Blanchet
  - Camping historique Val-Jalbert

- **Roberval**
  - Plage municipale de la pointe Scott

Mashteuatsch
  - Plage Robertson

Saint-Prime
  - Plage municipale de Saint-Prime

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

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

Saint-Henri-de-Taillon
  - Parc national de la Pointe-Taillon
  - Camping Plage Belley
  - Plage Les Amicaux
BICYCLE REST AREAS
There are 35 free bicycle rest areas along the course that are identified by this symbol. Easy to find because of the mileposts, the sites offer picnic tables, trash bins and bike racks.

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

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

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

SPECIFIC INFORMATION

MONITORED AND PAID PARKING
Monitored parking areas are available for added peace of mind and reassurance.
- Centre de villégiature Dam-en-Terre in Alma. 418.668.3016 / 1.888.289.3016 damenterre.qc.ca
- Parc national de la Pointe-Taillon 418.347.5371 / sepaq.com

PASSENGER TRANSPORTATION
Équinox Aventure have a bus transportation licence. This company can meet your needs by organizing your travels across the Saguenay-Lac-Saint-Jean region, no matter if you’re travelling solo in a group. We can take care of everything starting from when you arrive at the airport (Saguenay-Bagotville Airport YBG, Québec Airport YQB), until your final departure.
Reservation required at least 24 hours in advance.
- Province of Québec transportation licence #4-C-000089-001A.
- Transportation for cyclists with their bicycle, towing available for group cyclists.
Équinox Aventure, Agence de voyages vélo Centre de villégiature Dam-en-Terre 1385, chemin de la Marina Alma (Québec) G8B 5W1 418.668.7381 / 1.888.668.7381 equinoxaventure.ca info@equinoxaventure.ca

MARINE SHUTTLES

MARINE SHUTTLE SERVICES
Le Maligneau, Alma
Accessible via the Dam-en-Terre Resort and Avenue du Pont Nord, close to Odyssee des Bâtisseurs. Crossing the Rivière Grande Décharge takes about five minutes and is free of charge for all cyclists.* No reservation required.
May 26 to September 2
Operating 7 days a week 9 a.m. to noon, from 12:30 p.m. to 6 p.m.
September 3 to 30
Monday to Thursday from 11 a.m. to 2 p.m. Friday to Sunday from 10 a.m. to noon, from 12:30 p.m. to 4 p.m.

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

Le Péribonka connects Péribonka to Pointe Chevrette of the Parc national de la Pointe-Taillon from Mid-June to the end of September. The 2.5 km crossing takes about 10 minutes. Departures from Péribonka occur once per hour, and Pointe Chevrette every half hour, from 10 a.m. to 5:30 p.m.* Capacity: 12 passengers and 12 bicycles.
Current rates, one-way only
(subject to change without notice).
Adults $8.50, youth (0-17) free.

Attention campers: the shuttle also offers a return trip toward Île Bouliane
Adults $20, children (0-17 years) $10.75, family package rate $40**
For information during the operated season please contact the shuttle’s captain directly at 418-720-8215.
* Subject to Lac Saint-Jean’s climatic conditions and water level.
** For a return trip ticket to Île Bouliane, the rates may vary according to the weight and equipment.
Information: 1.888.374.2967 / 418.374.2967 #103 peribonka.ca
LUGGAGE TRANSPORTATION

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

- **Equinox Aventure, Cycling travel agency**
  - Regular season: 418.480.7226
  - Off season: 418.668.7381 / 1.888.668.7381
  - [equinoxaventure.ca](http://equinoxaventure.ca)
  - [info@equinoxaventure.ca](mailto:info@equinoxaventure.ca)

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

- **L’agence par Groupe Voyages Québec**
  - 1080, boul. Sacré-Cœur, Saint-Félicien (Québec) G8K 1R2
  - 1.800.679.8242 / 418.679.8242
  - [saglac.gvq.ca](http://saglac.gvq.ca) / st-felicien@gvq.ca

  Luggage shuttle upon reservations only.

**THE FJORD, ITS CAPES AND TIDES**

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

Cycling along this unique path will have you discovering the majestic Saguenay Fjord, the only inhabited fjord in North America. Acknowledged internationally by the Michelin Guide and National Geographic, you’ll discover it best travelling from shore to shore with the Fjord Marine Shuttle and from there be in a better position to measure its vastness: 100 kilometer-long, one of the longest in the world!

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

**Schedule:**
- May 15 to June 20, by reservation.
- June 21 to September 15, 7 days a week, with or without reservation.
- September 16 to October 20, with reservation.
- Fixed price per day, per bag according to size.
The Kingdom of Saguenay invites you to discover sections south of Lac Saint-Jean to the Estuary of the St. Lawrence, criss-crossing the Saguenay Fjord along both shores. The Véloroute du Fjord du Saguenay stretches between hamlets and villages, crosses through the City of Saguenay’s urban areas, besides the phenomenally picturesque rural sectors that connect the Véloroute des Bleuets with the mountainous landscapes of the Saguenay Fjord and the Laurentian mountain range.

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

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

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

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

**DISCOVER THE VÉLOROUTE DU FJORD DU SAGUENAY**

**TOURIST INFORMATION**

**PERMANENT OFFICES**

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

- **Tourist Office (Downtown)**
  295, rue Racine Est
  Chicoutimi District (Québec) G7H 5B7
  418.698.3167 #6040 /
  1.800.463.6565

- **Saguenay Congress and Tourist Center**
  2555, boul. Talbot
  Chicoutimi District (Québec) G7H 5B1
  418.698.3167 #6080 /
  1.800.463.6565

- **Cruise Pavilion and Tourist Office**
  900, rue Mars
  La Baie District (Québec) G7B 3N7
  418.698.3167 #6070 /
  1.800.463.6565

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

**SEASONAL OFFICES**

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

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

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

- **Tadoussac Tourist Center**
  197, rue des Pionniers
  Tadoussac (Québec) G0T 2A0
  418.235.4744 / 1.866.235.4744

**THE AMBASSADORS**

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

**tourisme.saguenay.ca**

**Pierre Lavoie**

Saguenay Triathlete

Founder of the Grand Défi Pierre Lavoie
**TRANSPORTATION SERVICE**

**MARINE SHUTTLES**

**Navettes maritimes du Fjord**

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

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

**Wharf of boarding:**


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

**Jonquière to Shipshaw ferry**

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

**Operating from Wednesday to Sunday, May 15 to September 15**

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

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

Rates: Free

Information: Shipshaw Marina 418.695.3635 facebook.com/marina.shipshaw

**LUGGAGE TRANSPORTATION**

Use the services below for the ultimate cycling vacation experience!

**Équinox Aventure, Cycling Travel Agency**

Personalized luggage transportation

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

**Starting point:**

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

**Saguenay districts of:**

- **Jonquière**
  - Jonquière Tourist Office
- **Chicoutimi**
  - Saguenay Convention and Visitor Centre
- **La Baie**
  - Cruise Pavilion
- **Tadoussac**
  - Boutique Les Découvertes du Fjord

**Reservation required at least 24 hours in advance. 418.668.7381 / 1.888.668.7381 equinoxaventure.ca info@equinoxaventure.ca**

**PASSENGER TRANSPORTATION**

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

**PUBLIC TRANSPORTATION**

**Intercar - Intercity bus**

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

**STS - City bus**

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

**ADDITIONAL RELEVANT INFORMATION**

**The Route of the Fjord**

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

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

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

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

418.272.1566 / 1.800.665.6527 parcsquebec.com
### Family Recreational Map

<table>
<thead>
<tr>
<th>MAP #</th>
<th>ITINERARY</th>
<th>KM</th>
<th>MIL</th>
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<tbody>
<tr>
<td>1</td>
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<td>25</td>
<td>15.5</td>
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<tr>
<td>1</td>
<td>Parc national de la Pointe-Taillon</td>
<td>21</td>
<td>13</td>
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<td>3</td>
<td>City of Alma cycling network</td>
<td>13.5</td>
<td>8</td>
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<tr>
<td>3</td>
<td>Marine shuttle Le Maligneau</td>
<td>4</td>
<td>2.5</td>
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<tr>
<td>4</td>
<td>Saint-Gédéon to Métisbecchuan-Lac-à-La Croix</td>
<td>11.5</td>
<td>7</td>
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<tr>
<td>5</td>
<td>Métisbecchuan-Lac-à-La Croix to Desbiens</td>
<td>7</td>
<td>4.5</td>
</tr>
<tr>
<td>9</td>
<td>Mashteuiatsh to Saint-Prime</td>
<td>9.5</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>Saint-Prime to Saint-Félicien</td>
<td>12</td>
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</tr>
<tr>
<td>11</td>
<td>Zoo sauvage de Saint-Félicien</td>
<td>8</td>
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</tr>
<tr>
<td>19</td>
<td>Saguenay (Jonquière) to Saguenay (Chicoutimi)</td>
<td>27</td>
<td>17</td>
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<tr>
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<td>Saguenay (Jonquière) to Saguenay (Shipshaw)</td>
<td>6</td>
<td>3.5</td>
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<tr>
<td>21</td>
<td>Saguenay (La Baie) / Cruise wharf to Musée du Fjord</td>
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### Touring Cyclist

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<td>3</td>
<td>Alma to Saint-Gédéon</td>
<td>26</td>
<td>16</td>
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<td>6</td>
<td>Desbiens to Chambord</td>
<td>9</td>
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<tr>
<td>7</td>
<td>Chambord to Roberval</td>
<td>19</td>
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<td>8</td>
<td>Roberval to Mashteuiatsh</td>
<td>6</td>
<td>3.5</td>
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<tr>
<td>11</td>
<td>Saint-Félicien to Normandin</td>
<td>26</td>
<td>16</td>
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<tr>
<td>12</td>
<td>Normandin to Albanel</td>
<td>9</td>
<td>5.5</td>
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<tr>
<td>13</td>
<td>Albanel to Dolbeau-Mistassini</td>
<td>22</td>
<td>13.5</td>
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<td>Au fil des rivières cycling network</td>
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<td>14</td>
<td>Dolbeau-Mistassini to Saint-Jeanne-d'Arc</td>
<td>20</td>
<td>12.5</td>
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<tr>
<td>15</td>
<td>Saint-Jeanne-d'Arc to Péribonka</td>
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<td>16</td>
<td>Péribonka to Saint-Monique</td>
<td>16</td>
<td>10</td>
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<tr>
<td>18</td>
<td>Saguenay (Lac-Kénogami) to Saguenay (Jonquière)</td>
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<td>15</td>
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<tr>
<td>20</td>
<td>Saguenay (Chicoutimi) to Saguenay (La Baie)</td>
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<td>14</td>
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<tr>
<td>23</td>
<td>L'Anse-Saint-Jean wharf</td>
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<td>5.5</td>
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<tr>
<td>24</td>
<td>Petit-Saguenay wharf</td>
<td>4.5</td>
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<tr>
<td>28</td>
<td>Baie Sainte-Marguerite</td>
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<td>Sacré-Cœur to Sainte-Rose-du-Nord</td>
<td>65</td>
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<tr>
<td>30</td>
<td>Saint-Fulgence to Saguenay (Chicoutimi)</td>
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### Performance Cyclist

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<td>Métisbecchuan-Lac-à-La Croix to Hébertville</td>
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<td>22</td>
<td>Saguenay (La Baie) to Rivière-Éternité</td>
<td>40</td>
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<td>Parc national du Fjord-du-Saguenay (Baie-Éternité)</td>
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<tr>
<td>24</td>
<td>Rivière-Éternité to L'Anse-Saint-Jean</td>
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<td>Anse-de-Tabatière</td>
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<td>23</td>
<td>Mont-Édouard</td>
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<td>3.3</td>
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<tr>
<td>24</td>
<td>L'Anse-Saint-Jean to Petit-Saguenay</td>
<td>14</td>
<td>8.5</td>
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<tr>
<td>24</td>
<td>Anse Saint-Étienne</td>
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<td>8</td>
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<tr>
<td>25</td>
<td>Petit-Saguenay to Saint-Siméon</td>
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<tr>
<td>26</td>
<td>Saint-Siméon to Tadoussac</td>
<td>40</td>
<td>25</td>
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<tr>
<td>27</td>
<td>Tadoussac to Sacré-Cœur</td>
<td>23</td>
<td>14.5</td>
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<tr>
<td>27</td>
<td>Anse-de-Roche</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>29</td>
<td>Sainte-Rose-du-Nord to Saint-Fulgence</td>
<td>29</td>
<td>18</td>
</tr>
</tbody>
</table>

### Itinerary Proposals

#### Lac-Saint-Jean Tour (7 days)

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

#### Lac-Saint-Jean Tour (5 days)

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

#### Lac-Saint-Jean Tour (3 days)

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

#### Saguenay, company town (1 day)

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

#### The Fjord tour (3 days)

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

Please consult the website for more information on these proposals at bikeexperience.ca.
You can now access the Véloroutes Saguenay–Lac-Saint-Jean by train

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

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

**Fares - starting at $59.**
For more information, visit our website at: viarail.ca.

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

DON'T FORGET TO BOOK YOUR LUGGAGE SHUTTLE BEFORE LEAVING; DETAILS PP 20, 24 AND 25.
Whether you are alone or with friends and family, your holidays will be memorable with the Véloroute des Bleuets.

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA
1  AUBERGE ET CAMPING ÎLE DU REPOS
   418.347.5649

SAINT-HENRI-DE-TAILLON
2  PARC NATIONAL DE LA POINTE-TAILLON
   418.347.5371 / 1.800.665.6527
3  GÎTE LA VILLA VICTORIENNE
   418.347.5959
4  CAMPING BELLEY
   418.347.3612
5  AUBERGE LA LOCANDA DU PASSANT
   581.230.1781

SAINTE-MONIQUE
6  GÎTE LE PETIT HÔTEL
   418.347.1433 / 1.866.347.1433
7  CAMPING POINTE-TAILLON
   SAINTE-MONIQUE LAC-SAINT-JEAN
   418.347.3124 / 1.877.347.3124

25 km

BE IN HARMONY WITH YOUR TRUE NATURE.
OUTSIDE.

THE LAC SAINT-JEAN,
BEACHES, ISLANDS AND BIKE
AN UNFORGETTABLE STOP ON
THE VÉLOROUTE DES BLEUETS!
SWIMMING | CYCLING | CAMPING

sepq.com | 1 800 665-6527
Parc national de la Pointe-Taillon

MAP 1A • 25 km
SAINTE-MONIQUE TO SAINT-HENRI-DE-TAILLON

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

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

Vertical gain: 110 m

Parc national de la Pointe-Taillon
($$) Entry fees to the park’s bike trail network

The park offers a 45 km bike trail network.
Access fee compulsory:
Adult $8.50
Free under 17 years old.

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

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

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

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

WHAT TO SEE & DO!
1 PARC NATIONAL DE LA POINTE-TAILLON
(beach, kayaking, pedal boats, hiking, canoeing, wildlife observation, camping, etc.)

2 CAMPING POINTE-TAILLON SAINTE-MONIQUE (hiking trails, 7 km from the Parc de la Pointe-Taillon (Sépaq), RV campground, cottages, fishing pond, volleyball, etc.)
Mix up cycling, camping, and a cruise aboard La Tournée to discover the lake in all its magnificent glory.

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-HENRI-DE-TAILLON
1. PARC NATIONAL DE LA POINTE-TAILLON
   418.347.5371 / 1.800.665.6527
2. GÎTE LA VILLA VICTORIENNE
   418.347.5959
3. CAMPING BELLEY
   418.347.3612
4. AUBERGE LA LOCANDA DU PASSANT
   581.230.1781

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

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

ALMA
The best place to get started on VÉLOROUTE DES BLEUETS

CITY OF HOSPITALITY
RESTAURANT - LODGING - GIFT SHOP
Tourisme Alma Lac-Saint-Jean | 1 877 668-3611 | tourismealma.com
MAP 2  •  24 km
SAINT-HENRI-DE-TAILLON TO ALMA

Departure: Church, rue de la Marina Saint-Henri-de-Taillon
Arrival: Maison du Vélo d’Alma 1692, av. du Pont Nord, Alma
Vertical gain: 225 m

WHAT TO SEE & DO!

1 L’ODYSSÉE DES BATISSEURS
2 CENTRE DE VILLAGERAT DAM-EN-TERRE
   (cruises, summer theatre, swimming, kayaking, minigolf)
3 ÉQUINOX AVENTURE
   (see kayaking, bike rental, luggage transportation, package, etc.)
4 PARC NATIONAL DE LA POINTE-TAILLON (Amicaux sector)

More information at bikeexperience.ca
The hospitality of its inhabitants and renewing with nature are bound to exceed your wildest expectations.

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

**ALMA**

1. CENTRE DE VILLAGIATURE DAM-EN-TERRE
   (CAMPING, CHALETS ET CONDOS)
   418.668.3016 / 1.888.289.3016

2. LA MAISON DU MATELOT
   418.662.0348

3. NOTRE HÔTEL
   418.668.3222 / 1.877.917.3222

4. HÔTEL UNIVERSAL ALMA
   418.668.5261 / 1.800.263.5261

5. ALMATOIT GÎTE
   418.668.4125 / 1.888.668.4125

**SAINT-GÉDÉON**

6. CAMPING COLONIE NOTRE-DAME
   418.662.9113

7. AUBERGE-BISTRO ROSE & BASILIC
   418.669.1818

8. HÔTEL-MÔTEL LES CASCADES
   418.662.6547 / 1.800.265.6547

9. AUBERGE DES ÎLES
   418.345.2589 / 1.800.680.2589

10. COIFFURE ET HÉBERGEMENT L’unik
    418.345.8720 / 418.590.5692

---

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

- Accommodations (camping and tourist homes)
- Bike rentals
- Excursion planning
- Luggage transportation
- Bike-Boat cruises to Roberval
- Long-term parking

**ALMA TO SAINT-GÉDÉON (3A)**
City of Alma Associated network (3B)
Le Maligneau Marine shuttle (3C)
ROUTE DU LAC OUEST
ROUTE DU LAC EST
RANG 10
DU PONT SUD
RANG SCOTT
RANG MELANÇON
RANG 3
DES PINS
RANGE DES ÎLE
S
RUE
DE QUEN
AGER OUEST
1er RANG
DE LA BÂIE
MOÏSE
SAINT-NAZAIRE
km
SACRÉ-COEUR EST
km
Petite-Décharge River
Grande-Décharge River
Saguenay River
CHEMIN DU RUISSEAU
RANG 6
SAINT-BRUNO
HÉBERTVILLE-STATION
SAINT-GÉDÉON
RANG 6
RANG 7
RANG 8
SAINT-WILBROD
RANG ST-PIERRE
3 km
3 km
3A
3B
3C
CENTRE DE VILLÉGIATURE
DAM-EN-TERRE
CH. DE LA
BAIE BOUDREAULT N.
3B
3B
APPROVED PARKING
Alma (Isle-Maligne sector)
- Nearby Familiprix, 1439, av. du Manoir Nord
($) - Centre de villégiature Dam-en-Terre
1385, ch. de la Marina
- Tourist information
1692, av. du Pont Nord
Saint-Gédéon
- Municipal building, 208, rue Dequen
- Place du Pont, 645, rue du Pont
MARINE SHUTTLE
Duration 5 minutes, no charge.
418.668.3016 / veloroutedesbleuets.com
REPAIRS (R) LEASE (L) VENDOR (V)
Alma
(RV) - Vélo Cité, 418.662.2193
(RV) - Sports Experts, 418.662.6513
(RV) - Ultra Violet, 418.662.2427
(RV) - Mackina Sport + détente, 418.662.7666
(L) - Équinox Aventure, 418.480.7226 (in season)
Saint-Gédéon
(L) - Équinox Aventure, 418.720.6663 (in season)
WHAT TO SEE & DO!
1 L’ODYSSEE DES BÂTisseURS
2 ÉQUINOX AVENURE
3 CENTRE DE VILLÉGIATURE DAM-EN-TERRRE
4 MICROBRASSERIE LE LION BLEU
5 LE PETIT MARAIS (observation tower, fauna and flora interpretation)
6 FROMAGERIE MÉDARD
7 MICROBRASSERIE DU LAC ST-JEAN
More information at bikeexperience.ca
Map 3
MAP 3A • 26 km
ALMA TO SAINT-GÉDÉON
Departure: Maison du Vélo d’Alma 1692, av. du Pont nord, Alma
Option 1: with the marine shuttle 3C (see schedule, p. 19)
Option 2: via rue des Pins
Arrival: City Hall 204, rue de quen, Saint-Gédéon
Vertical gain: 207 m

MAP 3B • 13.5 km
CITY OF ALMA ASSOCIATED NETWORK
Departure: Maison du Vélo d’Alma (km 52)
Arrival: City Hall 204, rue de quen, Saint-Gédéon
Vertical gain: 207 m

MAP 3C • 4 km
MALIGNEAU MARINE SHUTTLE
Departure: Centre de villégiature Dam-en-Terre 1385, ch. de la Dam-en-Terre
Alma
Arrival: Maison du Vélo d’Alma 1692, av. du Pont Nord, Alma
Vertical gain: 72 m

Maison du vélo d’Alma (km 49)
Business office (open year-round)
1692, av. du Pont Nord, Alma
418.668.4541 / 1.866.550.4541
Considered one of the best bike routes in the world.
alt:141
Lac-Saint-Jean, with its 1000 cubic meters of fresh water, its islands and golden beaches is ideal for all watersports' activities.
**Map 4 • 12 km**

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

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

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

**Vertical gain:** 39 m

---

**Destination Lac-Saint-Jean**

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

---

**Tourist information**

Tourisme Alma Lac-Saint-Jean

1682, av. du Pont Nord, Alma

418.668.3611 / 1.877.668.3611
tourismealma.com

---

**WHAT TO SEE & DO!**

1. **MICROBRASSERIE DU LAC ST-JEAN**

2. **COOPÉRATIVE O’SOLEIL** (kitesurfing, kayaking, canoeing)

3. **CRISTAL DU LAC** (activities, interpretation center, boutique, express prospection)

4. **PETIT MARAIS** (fauna and flora interpretation, observation deck, etc.)

5. **RIGOLET** (beach and sunsets)

---

More information at bikeexperience.ca
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

MÉTABETCHOUAN-LAC-À-LA-CROIX

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

2. APPARTEMENTS DU VIEIL ÉDIFICE
   418.719.3220

3. MOTEL LE ROND-POINT
   418.349.3413

Package tour including Bienvenue cyclistes™ accommodations, luggage transport service and assistance when needed.

Challenging and surpassing yourself amidst breathtaking scenery.

GO AND EXPLORE!

7 km

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

* **Departure:** Church, 76-78, rue Saint-André, Métabetchouan-Lac-à-la-Croix
* **Arrival:** Poste de traite de Desbiens, 243, rue Hébert, Desbiens

* **Vertical gain:** 41 m

**Altitude 124 m**

**Distance /km**

---

**WHAT TO SEE & DO!**

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

More information at bikeexperience.ca
Charming small villages where to pause and take some quality time.

BIENVENUE CYCLISTES!
ACCRÉDITÉS ACCOMMODATIONS FOR THIS SECTOR

CHAMBORD

1. CHALETS ET SPA LAC SAINT-JEAN
   418.342.1111 / 1.877.342.7933

2. VILLAGE HISTORIQUE DE VAL-JALBERT
   (MINI-CHALET, CAMPING)
   418.275.3132 / 1.888.675.3132

3. CAMPING BLANCHET
   418.346.5436

DESBIENS TO CHAMBORD 9 km

LIVE THE Val-Jalbert Experience

ON YOUR WAY BY THE VÉLORoute DES BLEUETS !
### MAP 6 • 9 km

**DESTBIENS TO CHAMBORD**

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

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

**Vertical gain:** 115 m

---

**Destination Lac-Saint-Jean PANORAMAS**

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

---

**WHAT TO SEE & DO!**

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

More information at bikeexperience.ca
From one yacht club to another along impressive views over the majestic Lac Saint-Jean.

<table>
<thead>
<tr>
<th>CHAMBORD</th>
<th>ROBERVAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. CHALETS ET SPA LAC SAINT-JEAN</td>
<td>4. HÔTEL CHÂTEAU ROBERVAL</td>
</tr>
<tr>
<td>418.342.1111 / 1.877.342.7933</td>
<td>418.275.7511 / 1.800.661.7611</td>
</tr>
<tr>
<td>2. VILLAGE HISTORIQUE DE VAL-JALBERT (MINI-CHALETS, CAMPING)</td>
<td>5. GÎTE LA BRISE DU LAC</td>
</tr>
<tr>
<td>418.275.3132 / 1.888.675.3132</td>
<td>418.275.0656</td>
</tr>
<tr>
<td>3. CAMPING BLANCHET</td>
<td>6. MOTEL ROBERVAL</td>
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<tr>
<td>418.346.5436</td>
<td>418.275.3957 / 1.877.990.9903</td>
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<td></td>
<td>7. HÔTEL MANOIR ROBERVAL</td>
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<td>418.275.7422 / 1.800.567.0777</td>
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<tr>
<td></td>
<td>8. CAMPING ET CHALETS MONT-PLAISANT</td>
</tr>
<tr>
<td></td>
<td>418.275.0910</td>
</tr>
</tbody>
</table>

WELCOME ABOARD... WITH YOUR BIKE!

On board the Montréal–Jonquière train, with its large windows, take the time to marvel at the beauty of Quebec's landscapes in the comfort of the train. You will find yourself in the middle of nature, often far from the road, along rivers and around lakes. Plus, for a small fee you can bring your bike with you—just register it at a VIA counter and travel hassle-free. Let yourself be tempted by the adventure.
MAP 7 • 19 km

CHAMBORD TO ROBERVAL

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

**Arrival:** Marina, 898, rue Arthur Roberval

**Vertical gain:** 95 m

DESTINATION LAC-SAINTE-JEAN

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

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

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

See & do!

1 CHALETS ET SPA LAC-SAINTE-JEAN (nordic spa, health center, accommodations, restaurant)
2 VAL-JALBERT (Historic site)
3 VILLAGE HISTORIQUE DE VAL-JALBERT
4 BOULANGERIE PERRON DE ROBERVAL ÉCONOMUSÉE
5 JARDIN DES OURSLINES (small museum, films, animation, wood bread oven)

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

**BIENVENUE CYCLISTES!**

**ACCREDITED ACCOMMODATIONS FOR THIS SECTOR**

**MAShteuiatsh**
1. CAMPING PLAGE ROBERTSON
   - 418.275.1375

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

Tourisme Mashteuiatsh
Lac Saint-Jean

FAITES CONNAISSANCE AVEC LES PEKUAKAMIULNUATSH
APRÈS HISTOIRE ET VIVEZ LA CULTURE DE CE PEUPLE MILLENAIRE

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

**ROBERVAL TO MASHTETUIATSH**

6 km

map 8
Destination Lac-Saint-Jean

Panoramas

Teepees standing tall and proud overlooking the lake.

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

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

MAP 8 • 6 km

Roberval to Mashteuiatsh
Departure: Marina, 898, rue Arthur Roberval
Arrival: Carrefour Ilnu, 1516, rue Ouatchouan Mashteuiatsh
Vertical gain: 51 m

More information at bikeexperience.ca
Sunshine, fine sand and a refreshing dip in the lake is all it takes for a perfect sunset experience!
MAP 9 • 9.5 km
MASTHEUIATSH TO SAINT-PRIME

Departure: Carrefour lnu
1516, rue Ouiatchouan, Mashteuiatsh

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

Vertical gain: 27 m

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

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

WHAT TO SEE & DO!
1 FERME NELSON PARADIS (organic agricultural)
2 MUSÉE DU FROMAGE CHEDDAR (workshops, tasting, exhibitions)
3 MUSÉE AMERINDIEN DE MASTHEUIATSH
4 UASHASSHTSH – SITE DE TRANSMISSION CULTURELLE ILNU
(presentations, exhibitions, artistic activities)
5 CAMPING ET MARINA DE SAINT-PRIME

More information at bikeexperience.ca
Cycle on the Véloroute des Bleuets once and you’ll only want to come back every year!
Do some hydrospeed or a family rafting expedition on the Ashuapmushuan rapids, or rent some nautical equipment (Québec Raft Expédition en rivières).

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

WHAT TO SEE & DO!

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

More information at bikeexperience.ca
You’ll feel free and exhilarated surrounded by these vast coloured fields and their delightful smells!
St-Félicien’s Zoo is said to be one of the 10 most beautiful zoos in the world. 75 species and a unique train ride on the Nature Trail Park, as well as its multimedia « Animalumina» to be experienced at night, this is sure to please the whole family. 

Tourist information of Saint-Félicien
1209, boul. Sacré-Cœur Ouest
418.679.9888
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

NORMANDIN
1 LES GÎTES MAKADAN
   418.274.2867
2 CHAMBRES MB NORMANDIN
   418.274.4828

ALBANEL
3 CAMPING MUNICIPAL D’ALBANEL
   418.279.5250, poste 3150

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

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

Blueberry fields forever.

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

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

Blueberry fields forever.
You will not be able to resist the mighty beauty of those giant rivers…

<table>
<thead>
<tr>
<th>ALBANEL</th>
<th>GIRARDVILLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CAMPING MUNICIPAL D’ALBANEL</td>
<td>5 CHALET ET LOFT – FERME FORESTIÈRE QUASIESCA</td>
</tr>
<tr>
<td>418.279.5250, poste 3150</td>
<td>418.258.1120</td>
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<tr>
<td>CAMPING DES CHUTES</td>
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<td>418.276.5675</td>
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<td>GÎTE 40 LAVERDURE</td>
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<td>418.276.2136 / 418.671.3804</td>
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<tr>
<td>MOTEL CHUTE DES PÈRES</td>
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<tr>
<td>418.276.1492</td>
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</tbody>
</table>
Now that you’re back from your bike ride, you can continue exploring through Albanel.

Albanel - Community centre, 311, rue de l’Église
Club des sportifs, 1493, Route 169
Parc municipal, 180, rue Principale
Club des sportifs, 1493, Route 169
Municipal building, 180, rue Principale
Municipal building, 160, rue Principale
Community centre, 311, rue de l’Église
Pointe-des-Pères Rest Area

Dolbeau-Mistassini - 265, boul. des Pères
Club des sportifs, 1493, Route 169
Municipal building, 160, rue Principale
Community centre, 311, rue de l’Église
Albanel - Municipal building, 180, rue Principale

Girardville - Municipal building, 160, rue Principale
Community centre, 311, rue de l’Église
Albanel - Approved Parking

This route in crushed stone from 1 to 1 will lead you through plains and into the boreal forest. Take your time and admire the falls of the Mistassini River or savour the gigantic fresh blueberries towards the end of July.

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

WHAT TO SEE & DO!
1 AVENTURAID/ PARC MAHIKAN (wolves and bears observation, trails, canoeing-kayaking)
2 ÉCONOMÉE DE LA CONFITURIÈRE : BLEUET SAUVAGE (specialization of wild blueberry, visit, boutique)
3 PARC RÉGIONAL DES GRANDES RIVIÈRES (hiking trails, observation tower, fauna and flora interpretation)

More information at bikeexperience.ca
Give yourself some time to take advantage of the many tourist attractions close by.
At the heart of the Dolbeau-Mistassini city stands the hundred year old Sainte-Lucie church and the pioneer Antoine Laprise’s house, built in 1890.

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

**See & do!**

1. **Chocolaterie de Sères Trappistes** (boutique, thematic circuit, monastery)
2. **Microbrasserie Coureur des Bois** (tasting, show, bar)
3. **Vieux Moulin** (historical site)

**What to see & do!**

**Maison du vélo Dolbeau-Mistassini (km 207)**
265, boul. des Pères
Dolbeau-Mistassini
veloroutedesbleuets.com

**Tourist information**
265, boul. des Pères
Dolbeau-Mistassini
418.276.7646 / 1.866.276.7646
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA

1. CAMPING MUNICIPAL DE PÉRIBONKA
   418.374.2967 / 1.877.374.2967

2. Auberge et camping Île du Repos
   418.347.5649

Kilometers of magnificent beaches accessible with your bike.

Sainte-Jeanne-d'Arc to Péribonka
12.5 km
**MAP 15 • 12.5 km**

**SAINTE-JEANNE D’ARC TO PÉRIBONKA**

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

**Arrival:** Marina, 220, 4e avenue
Péribonka

**Vertical gain:** 72 m

**Destination Lac-Saint-Jean PANORAMAS**

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

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

**APPROVED PARKING**

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

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

**MARINE SHUTTLE**

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

More information at bikeexperience.ca
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

PÉRIBONKA
1. CAMPING MUNICIPAL DE PÉRIBONKA
   418.374.2967 / 1.877.374.2967
2. AUBERGE ET CAMPING ÎLE DU REPOS
   418.347.5649

SAINTE-MONIQUE
3. GÎTE LE PETIT HÔTEL
   418.347.1433 / 1.866.347.1433
4. CAMPING POINTE-TAILLON
   SAINTE-MONIQUE LAC-SAINT-JEAN
   418.347.3124 / 1.877.347.3124

Visit around the Lake
WITH DESTINATION LAC-SAINT-JEAN

Nature, sports and culture all in one.
Marina de Péribonka: The Marina in Péribonka is the starting point of the renowned Traversée Internationale du Lac-Saint-Jean during the festival "À l’Eau Péribonka".

Marina de Péribonka
- Departure: Marina, 220, 4e avenue Péribonka
- Arrival: Passerelle Lindsay-Niquet (footbridge)
- 98-110, rue de la Fabrique Sainte-Monique
- Vertical gain: 77 m

What to See & Do!
1. Musée Louis-Hémont (exhibitions, guided tours, patrimonial houses, pick-your-own blueberries)
2. Camping Pointe-Taillon Sainte-Monique
3. Auberge Île du Repos (shows, volleyball, fishing, hiking trails, paddle board, etc.)
4. Navette Maritime (Marine shuttle Pointe-Chevrette to Île Bouliane)
5. Parc National de la Pointe-Taillon (Amicaux Sector)
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

**MÉTABETCHOUAN-LAC-À-LA-CROIX**

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

2. **APPARTEMENTS DU VIEIL ÉDIFICE**
   418.719.3220

3. **MOTEL LE ROND-POINT**
   418.349.3413

**HÉBERTVILLE**

4. **AUBERGE PRESBYTÈRE MONT-LAC-VERT**
   418.344.1548 / 1.800.818.1548

5. **CAMPING MUNICIPAL D’HÉBERTVILLE**
   418.344.1205

---

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

---

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

32 spacious rooms with **private balconies** | **Terrace Restaurant** with lake view

- Private beach
- Outdoor jacuzzis
- Many activities on site: kayaking, paddle boarding

Services signed by Hotel Chicoutimi

---

250 Rang des Îles, Saint-Gédéon (QC) G0W 2P0 | 1-800-680-2589
aubergedesiles.com
MAP 17 • 31.5 km
MÉTABETCHOUAN–LAC-À-LA-CROIX TO HÉBERTVILLE
(see map 31)

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

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

Vertical gain: 404 m

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

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

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

More information at bikeexperience.ca
From Lac Kénogami, to its natural source, the Rivière aux Sable, by way of the Route des bâtisseurs.

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

JONQUIÈRE

1. CAMPING JONQUIÈRE
   418.542.0176

2. CENTRE TOURISTIQUE DU LAC-KÉNOGAMI
   418.344.1142 / 1.800.665.6527

Exhibitions:
* Works on paper offers you the path of the forest worker
* From faith to history traces the history of the chapel
* A picture, a memory history through snapshots
* A paper story industrial artifact

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

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

CENTRE D'HISTOIRE

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

Heritage tour:
Through the streets of Arvida, we offer a heritage itinerary accompanied by a guide.
**MAP 18 • 24 km**

**SAGUENAY (LAC-KÉNOGAMI) TO SAGUENAY (JONQUIÈRE)**

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

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

**Vertical gain:** 224 m

**Altitude**

**Distance /km**

---

**WHAT TO SEE & DO!**

1. **Chapelle Saint-Cyriac**
2. **Camping Jonquière**
   (swimming, wake park)
3. **Centre Touristique du Lac-Kénogami**
   (hiking trails open to bikes)
4. **Parc de la Rivière-aux-Sables**
   (aluminum footbridge, picnic, playground, local market)

More information at [bikeexperience.ca](https://bikeexperience.ca)
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

**JONQUIÈRE**

1. CAMPING JONQUIÈRE
   418.542.0176

2. Auberge Le St-Georges
   418.547.6668

**CHICOUTIMI**

3. Motel Panoramique
   418.549.7102 / 1.800.463.9164

4. Auberge Centre-Ville
   418.543.0253

5. Hôtel Chicoutimi
   418.549.7111 / 1.800.463.7930

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

**SAGUENAY (JONQUIÈRE / CHICOUTIMI / SHIPEWAW)**

Saguenay (Jonquière) to Saguenay (Chicoutimi) (19A)
Saguenay (Jonquière) to Saguenay (Shipshaw) (19B)

33 km

The only one motel on the Saguenay shores

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

1303, boul. Saguenay Ouest, Chicoutimi G7J 1A1
418 549-7102 / 1 800 463-9164
panoramique@motelpanoramique.com
www.motelpanoramique.com
Saguenay’s diverse nature, the city and its fjord, passing through the urban and agricultural sectors.

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHICOUTIMI

1. HÔTEL CHICOUTIMI
   418.549.7111 / 1.800.463.7930

2. AUBERGE CENTRE-VILLE
   418.543.0253

SEE MAP 19 FOR ADDITIONAL ACCOMMODATIONS IN CHICOUTIMI

LA BAIE

3. AUBERGE DES 21
   418.697.2121 / 1.800.363.7298

4. AUBERGE DES BATTURES
   418.544.8234 / 1.800.668.8234

5. CAMPING AU JARDIN DE MON PÈRE
   418.544.6486 / 1.877.544.6486

LA PULPERIE DE CHICOUTIMI
REGIONAL MUSEUM AND HISTORICAL SITE

3 permanent EXHIBITS

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

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

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

SAGUENAY (CHICOUTIMI) TO SAGUENAY (LA BAIE)

23 km
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

LA BAIE
AUBERGE DES 21
418.697.2121 / 1.800.363.7298

SEE MAP 20 FOR ADDITIONAL ACCOMMODATIONS IN LA BAIE

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

5 km

SAGUENAY (LA BAIE)
Bagotville Wharf to Musée du Fjord

RE-CYCLE YOUR ENERGIES WITH A MUSEUM BREAK
EXPOSITIONS - AQUARIUM - EXCURSIONS - MULTIMEDIA

EXPLORE

MUSÉE DU FJORD
3346, boul. Grande-Baie Sud,
La Baie
418-697-5077
1-866 697-5077
Cruise Pavilion and Tourist Office
900, rue Mars, La Baie
418.698.3167 poste 6070 / 1.800.463-6565

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

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

**LA BAIE**
1. Au Fil des Saisons
   - 418.697.1000 / 1.888.697.1004
2. Auberge des 21
   - 418.697.2121 / 1.800.363.7298
3. Auberge des Battures
   - 418.544.8234 / 1.800.668.8234

**RIVIÈRE-ÉTERNITÉ**
4. Auberge du Presbytère de Rivière-Éternité
   - 418.608.8890

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

SAGUENAY (LA BAIE) TO RIVIÈRE ÉTERNITÉ (22A)
Parc national du Fjord-du-Saguenay Baie-Éternité (22B)
WHAT TO SEE & DO!

1 MUSÉE DU FJORD AND PYRAMID OF HA! HA!
2 NEW-FRANCE SITE
3 NATIVITY SCENE EXHIBIT (parc municipal des artistes)
4 PARC NATIONAL DU FJORD-DU-SAGUENAY (sea kayak, zodiac, sailing, cruises, via ferrata, hiking)
5 SAGUENAY-ST. LAWRENCE MARINE PARK

Cruise Pavilion and Tourist Office
900, rue Mars, La Baie
418.698.3167 poste 6070 / 1.800.463-6565
Parc national du Fjord-du-Saguenay
Entry fees ($). sepaq.com

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.
The Cols du Fjord, take the challenge and visit L'Anse-Saint-Jean, one of the most beautiful villages in Québec.
MAP 23A • 15 km
RIVIERÉ-ÉTERNITÉ TO L’ANSE-SAINT-JEAN
Departure: Church Rivière-Éternité
408, rue Principale, Rivière-Éternité
Arrival: Intersection Rte 170/village
143, route 170, L’Anse-Saint-Jean
Vertical gain: 221 m

MAP 23B • 9 km
L’ANSE-SAINT-JEAN WHARF
Departure: Church Rivière-Éternité
408, rue Principale, Rivière-Éternité
Arrival: Intersection Rte 170/village
143, route 170, L’Anse-Saint-Jean
Vertical gain: 121 m

MAP 23C • 7 km
ANSE-DE-TABATIÈRE
Departure: Wharf, 359, rue du Quai
L’Anse-Saint-Jean
Arrival: Anse-de-Tabatière, SéPAQ
ch. de l’Anse, L’Anse-Saint-Jean
Vertical gain: 193 m

MAP 23D • 5.5 km
MONT-ÉDOUARD
Departure: Rte 170/village
L’Anse-Saint-Jean
Arrival: Maison Vébron/Mt-Édouard
56, rue de Vébron
L’Anse-Saint-Jean
Parc national du Fjord-du-Saguenay
Entry fees ($): sepaq.com

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

More information at bikeexperience.ca
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

L’ANSE-SAINT-JEAN

CHALETS SUR LE FJORD
418.272.3430 / 1.800.561.8060

LA MAISON DU FJORD
514.586.9437

Two must-see points of interest to experience the Saguenay Fjord to its fullest, the wharf in Petit-Saguenay and l’Anse Saint-Étienne.
**MAP 24A** • 14 km
L'ANSE SAINT-JEAN TO PETIT-SAGUENAY
Departure: Intersection Rte 170/Village
143, route 170, L'Anse-Saint-Jean
Arrival: Tourist information
61, rue Dumas, Petit-Saguenay
Vertical gain: 161 m

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

**MAP 24C** • 13 km
ANSE SAINT-ÉTIENNE
Departure: Tourist information
61, rue Dumas, Petit-Saguenay
Arrival: Village Vacances
Petit-Saguenay
99, ch. Saint-Étienne
Petit-Saguenay
Vertical gain: 16 m

**WHAT TO SEE & DO!**

1. Petit-Saguenay Wharf
2. Site de la Rivière Petit-Saguenay (canoeing, salmon fishing)
3. Village Vacances Petit-Saguenay (sea kayaking, hiking, etc.)
4. Ferme Les Cerfs Rouges (game farm)
5. Bleuetière Saguenoise (blueberry farm)

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

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

See & Do!
1. Petit-Saguenay Wharf
2. Site de la Rivière Petit-Saguenay (canoeing, salmon fishing)
3. Village Vacances Petit-Saguenay (sea kayaking, hiking, etc.)
4. Ferme Les Cerfs Rouges (game farm)
5. Bleuetière Saguenoise (blueberry farm)

More information at bikeexperience.ca
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

SAINT-SIMÉON

1 CAMPING FALAISE-SUR-MER
   418.638.3838

2 PALISSADE DE CHARLEVOIX
   418.647.4330

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

PETIT-SAGUENAY TO SAINT-SIMÉON

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

Dates and registration: www.colsdufjord.org
Discover the best whale watching destinations in the world from the heart of the Saguenay-St. Lawrence Marine Park.
**Map 26 • 40 km**

**SAINT-SIMÉON TO TADOUSSAC**

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

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

**Vertical gain:** 660 m

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**Information touristique**

**St-Siméon**  
Seasonal office (next to Caisse Desjardins)  
61-A, rue Dumas, Petit-Saguenay  
418.272.3219

**Tadoussac Tourist Centre**  
197, rue des Pionniers, Tadoussac  
418.235.4744

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

**St-Étienne-Ch. des Chutes**  
26 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.

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**SUCCES**

**Biking & Hiking Trails**

**TADOUSSAC**

**SAGUENAY-ST.LAWRENCE MARINE PARK**

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**HÔTEL TADOUSSAC**

**APPROVED PARKING**

- Auberge Les Deux Pignons (with accommodations)  
117, rue Dumas, Petit-Saguenay

- Palissades de Charlevoix (with accommodations)  
1000, Route 170, Saint-Siméon

- Rivière-Noire rest area  
245, rue Saint-Laurent, Saint-Siméon

- 179, rue de l'Église, Tadoussac

- 108, rue de la Calèse sèche, Tadoussac

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**MARINE SHUTTLE**

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

---

**WHAT TO SEE & DO!**

1 **POINTE-NOIRE INTERPRETATION & OBSERVATION CENTRE**

2 **WHALE WATCHING AND FJORD CRUISES**

3 **MARINE MAMMAL INTERPRETATION CENTRE (CIMM)**

4 **PARC NATIONAL DU FJORD-DU-SAGUENAY**

More information at bikeexperience.ca
Did you know that the Baie Sainte-Marguerite is the official designated area for belugas whale watching?

BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

TADOUSSAC
HÔTEL TADOUSSAC
418.235.4421 / 1.800.561.0718

SACRÉ-CŒUR
PARC NATIONAL FJORD-DU-SAGUENAY - SECTEUR BAIE-SAINTE-MARGUERITE (CAMPING)
418.272.1556 / 1.800.665.6527

29,5 km

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

BE RELAXED WITH FAMILY OUTSIDE.
PARC NATIONAL DU FJORD-DU-SAGUENAY
BAIE-SAINTE-MARGUERITE SECTOR
Accessible for everyone...
LOCATION DE VÉLO | BÉLUGA WATCHING | ZODIAC CRUISES | CAMPING | READY-TO-CAMP | HIKING TRAIL

sepq.com | 1 800 665-6527
MAP 27A - 23 km
TADOUSSAC TO SACRÉ-CŒUR
Departure: Hôtel Tadoussac
165, rue du Bord-de-l’eau
Tadoussac
Arrival: Fermé 5 Étoiles
465, route 172, Sacré-Cœur
Vertical gain: 241 m

MAP 27B - 6.5 km
ANSE-DE-ROCHE
Departure: Rest area La Friterie
448, Route 172
Arrival: Anse de Roche Wharf
340, ch. de l’Anse-Creusse
Sacré-Cœur

Tadoussac Tourist Centre
197, rue des Pionniers, Tadoussac
418.235.4744

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

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

234 km marked route that will take you on both shores of the Saguenay Fjord, and through some beautiful villages.
BIENVENUE CYCLISTES!
ACCRREDITED ACCOMMODATIONS FOR THIS SECTOR

SACRÉ-CŒUR
PARC NATIONAL FJORD-DU-SAGUENAY -
SECTEUR BAIE-SAINTE-MARGUERITE (CAMPING)
418.272.1556 / 1.800.665.6527
CENTRE DE VACANCES FERME 5 ÉTOILES
(CENTRE DE VACANCES ET CAMPING)
418.236.4833 / 1.877.236.4551

Sainte-Rose-du-Nord, the pearl of the fjord, is renowned for its magnificent landscapes: don’t miss out it!
MAP 28A  •  65 km

SACRÉ-CŒUR TO SAINTE-ROSE-DU-NORD

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

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

Vertical gain: 577 m

MAP 28B  •  3 km

BAIE-SAINTE-MARGUERITE

Departure: KM22, Route 172
Sacré-Cœur

Arrival: Baie Sainte-Marguerite
SEPAQ (Centre de découverte et de services) Sacré-Cœur

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

Shuttle for passengers
Ferme 5 étoiles
465, route 172, Sacré-Cœur
418.236.4833 / 1.877.236.4551

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

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

WHAT TO SEE & DO!

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

More information at bikeexperience.ca
The sandspit in Saint-Fulgence divides the fjord and river.

SAINT-FULGENCE

PARC AVENTURES CAP-JASEUX
418.674.9114

SAINTE-ROSE-DU-NORD TO SAINT-FULGENCE

29 km
**MAP 29 • 29 km**

**SAINTE-ROSE-DU-NORD À TO SAINT-FULGENCE**

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

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

**Vertical gain:** 613 m

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

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

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**APPROVED PARKING**

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

**MARINE SHUTTLE**

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

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**WHAT TO SEE & DO!**

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

More information at bikeexperience.ca
BIENVENUE CYCLISTES!
ACCREDITED ACCOMMODATIONS FOR THIS SECTOR

CHICOUTIMI

1. Auberge Centre-Ville
   418.543.0253

2. Hôtel Chicoutimi
   418.549.7111 / 1.800.463.7930

3. Motel Panoramique
   418.549.7102 / 1.800.463.9164

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

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

Stay the night from $60 / pers. Breakfast included
MAP 30 • 15 km
SAINT-FULGENCE TO SAGUENAY (CHICOUTIMI)

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

Arrival: Vieux-Port (Old-Port)
Chicoutimi

Vertical gain: 73 m

Distance /km
0 5 10 15

Altitude
60 m

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

WHAT TO SEE & DO!

1 CHEVRIER DU NORD (goat farm and Economuseum)
2 CROISIERES DU FJORD
3 OLD PORT AND LOCAL MARKET
4 LA PULPERIE/MUSEE REGIONAL
5 PARC DU BASSEIN AND LA PETITE MAISON BLANCHE (museum)
6 CHICOUTIMI DOWNTOWN

More information at bikeexperience.ca
FATBIKE AND MOUNTAIN BIKE CENTERS

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

You can now have a four season bike experience!

LIVE THE MOUNTAIN BIKING EXPERIENCE
SURROUNDING LAC-SAINT-JEAN

200 KM OF TRAILS

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

bikeexperience.ca
Please note the colors used to illustrate this map correspond to the conventional cyclable network Véloroute des Bleuets (for both hybrid and traditional road bikes). And that the numbers refer to preceding maps.

To know levels of difficulties for mountain bike and fatbike network, consult the associated centers’ websites.

More information at bikeexperience.ca
From one challenge to another!

MOUNTAIN BIKE AND FATBIKE IN SAGUENAY

58 km
32 km

LIVE THE FATBIKE WINTER EXPERIENCE IN SAGUENAY-LAC-SAINT-JEAN
80 KM OF TRAILS

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

bikeexperience.ca

LIVE THE MOUNTAIN BIKING EXPERIENCE SURROUNDING THE SAGUENAY FJORD
CROSS-COUNTRY DOWNHILL ENDURO

7 SITES

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

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

**Prestige**

*collection*

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“Maisons du vélo”

Online store

velocitydesbleuets.com

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*Saguenay*

Safe trip!
Desjardins is proud to be associated with the development of cycling circuits in Saguenay-Lac-Saint-Jean.

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

desjardins.com