

A bikeway with over 434 miles
of exciting experiences for everyone!



bikeexperience.ca

SAGUENAY-LAC-SAINT-JEAN BIKE EXPERIENCE

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

Travelling 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. Six different categories of clientele have been established:



FAMILY/RECREATIONAL

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

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



PERFORMANCE CYCLING

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

Experience aiming at mountain bike users. Proposes several different centres where you can find more than **300 km** of trails, with varying levels of difficulty.



FATBIKE

Experience aiming at fatbike users. Proposes **140 km** of trails maintained and marked for a secure experience in surroundings catered to beginners as well as experienced bikers.



GRAVEL

Itinerary suitable for gravel and off-road bikes. This **unpaved surface** is made up of compacted gravel and allows cyclists to ride on roads with less traffic, with a more natural surface than asphalt.

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 colour implying the closest proximity to automobile traffic.



MARINE AND LAND SHUTTLE



MARINE SHUTTLE

Two majestic and unique bodies of water characterize the Saguenay-Lac-Saint-Jean region: the Saguenay Fjord and Lake Saint-Jean. Combine your bike and boat experience thanks to the marine shuttles. Enjoy the breathtaking scenery at these unique locations.

Details on page 14 and 15



LAND SHUTTLE

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

Details on page 16 and 17



INTERACTIVE MAPS

Download the Ondago mobile app to access geolocated maps.



ONDAGO



Download on the
App Store



GET IT ON
Google Play



LEGEND

- Family-Recreational experience
- Touring cyclist experience
- Performance Cycling experience
- Gravel experience

- Departure/Arrival
- Marine shuttle
- Train station
- ? Tourist information-Maison du vélo (Bike Information)
- Vélovoûte/Electric charging station

- ▲ Mountain bike centre
- ▼ Fatbike centre
- Parcs nationaux SÉPAQ (National parks)
- Saguenay-St. Lawrence Marine Park



← **Véloroute
des BLEUETS** →



**Véloroute du
Fjord du Saguenay**
A DIVISION OF PROMOTION SAQUENAY

0 10/6 20/12
km/miles



FAMILY/RECREATIONAL EXPERIENCE

SECTION	ITINERARY	KM	MIL
1A	Sainte-Monique to Saint-Henri-de-Taillon	25	15.5
1B	Parc national de la Pointe-Taillon	21	13
3B	City of Alma cycling network	14,5	9
3C	Alma Dam-en-Terre to Maison du vélo by Maligneau	4	2.5
4	Saint-Gédéon to Métabetchouan-Lac-à-la-Croix	11,5	7
5	Métabetchouan-Lac-à-la-Croix to Desbiens	7	4.5
9	Mashteuiatsh to Saint-Prime	9,5	5
10	Saint-Prime to Saint-Félicien	12	7.5
11B	City of Saint-Félicien cycling network	7,6	4.35
13B	Au fil des rivières cycling network	15	9.3
19A	Saguenay (Jonquière) to Saguenay (Chicoutimi)	27	17
19B	Saguenay (Jonquière) to Saguenay (Shipshaw)	6	3.5
21	Saguenay (La Baie) / Cruise wharf to Musée du Fjord	5	3



GRAVEL EXPERIENCE

SECTION	ITINERARY	KM	MIL
R2	Roberval - Sainte-Hedwidge - Saint-Prime	32,5	20
R3	Pérignonka - Saint-Augustin	21	13



TOURING CYCLIST EXPERIENCE

SECTION	ITINERARY	KM	MIL
2	Saint-Henri-de-Taillon to Alma	24	15
3A	Alma to Saint-Gédéon	26	16
6	Desbiens to Chambord	9	5.5
7	Chambord to Roberval	19	12
8	Roberval to Mashteuiatsh	6	3.5
11A	Saint-Félicien to Normandin	26	16
12	Normandin to Albanel	9	5.5
13	Albanel to Dolbeau-Mistassini	22	13.5
14	Dolbeau-Mistassini to Sainte-Jeanne-d'Arc	20	12.5
15	Sainte-Jeanne-d'Arc to Pérignonka	12,5	8
16	Pérignonka to Sainte-Monique	16	10
18	Saguenay (Lac-Kénogami) to Saguenay (Jonquière)	24	15
20	Saguenay (Chicoutimi) to Saguenay (La Baie)	22,5	14
23B	L'Anse-Saint-Jean wharf	8,5	5.5
24B	Petit-Saguenay wharf	4,5	3
27A	Sacré-Cœur to Sainte-Rose-du-Nord	65	40
27B	Baie Sainte-Marguerite	3	2
29	Saint-Fulgence to Saguenay (Chicoutimi)	15	9.5



PERFORMANCE CYCLING EXPERIENCE

SECTION	ITINERARY	KM	MIL
17	Horst of Kénogami cycling network	31,5	19.5
22A	Saguenay (La Baie) to Rivière-Éternité	40	25
22B	Parc national du Fjord-du-Saguenay (Baie Éternité)	8	5
23A	Rivière-Éternité to L'Anse-Saint-Jean	15	9.5
23C	Anse-de-Tabatière	7	4.5
23D	Mont-Édouard	5,5	3.5
24A	L'Anse-Saint-Jean to Petit-Saguenay	14	8.5
24C	Anse Saint-Étienne	13	8
25A	Petit-Saguenay to Saint-Siméon	55	34
25B	Saint-Siméon to Tadoussac	40	25
26A	Tadoussac to Sacré-Cœur	23	14.5
26B	Anse-de-Roche	5	3
28	Sainte-Rose-du-Nord to Saint-Fulgence	29	18
R1	Alma - L'Ascension-de-Notre-Seigneur Labrecque - Saint-Nazaire	50	31



Safe trip!



Véloroute des Bleuets
418.668.4541 / 1.866.550.4541
info@veloroutedesbleuets.com



**Véloroute du Fjord du Saguenay -
a division of Promotion Saguenay**
418.698.3167 / 1.800.463.6565
tourisme@saguenay.ca



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Credit : Canopée

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



Credit : Tzara Maud

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 42 detailed maps within the pages of this guide.



- Maps numbered from **1 to 17** include the **Véloroute des Bleuets** region and the associate cycling networks.
- Maps numbered from **R1 à R3** include the rural areas of **Les Rangs du Lac-Saint-Jean**.
- Maps numbered from **18 to 29** include the **Véloroute du Fjord du Saguenay**.
- Maps numbered from **30 to 38** show the mountain bike and fatbike centres in Saguenay-Lac-Saint-Jean.



A digital version of this guide is available on the website bikeexperience.ca



ONDA GO

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

WE PUBLISH THIS GUIDE EVERY TWO YEARS

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

Ce guide est disponible également en français.

LEGEND OF SYMBOLS



Experience for :

- Family/
Recreational
- Touring cyclist
- Performance cyclist
- Mountain bike
- Fatbike
- Gravel



Véloroute
des Bleuets



Véloroute
du Fjord
du Saguenay



Rangs du
Lac-Saint-Jean

Associated bicycle
networks :



City of Alma



City of
Saint-Félicien



Horst de
Kénogami



Au fil des
Rivières



Suggested
activities



Maison
du vélo



Mileposts



Bicycle rest area



Vélovoûte/electric
charging stations



Shelter



Marine shuttle



Cruise



Monitored and
paid parking



Parking permitted



Tourist information



Repairs/lease/
vendor



Drinking water sources



Places to eat



Scenic viewpoint



Roadside rest area



Sheltered roadside
rest area



Beach



Beach (paid)



Hiking



Mountain biking
centre



Salmon river



Ferry

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: keroul.qc.ca



PARKING

Authorized free parking is available near the circuit and in each municipality. You can park without reservation or time limit, with the exception of short-term parking. These parking lots can easily be found if you look for the signs.

In the short-term parking lots, you can park your car for free for the day.

In the long-term parking lots, you can park your car for free for an indefinite period.



MONITORED AND PAID PARKING

For those looking for peace of mind, there are paid parking lots with guards available. Consult the maps to locate them.

It should be noted that only cars are authorized in these parking lots. Recreational vehicles, trailers, pop-up trailers or fifth wheels are not permitted. Campgrounds equipped to accommodate these types of vehicles are available all along the circuit.



HIKERS

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



GENERAL INFORMATION



VÉLOVOÛTES AND ELECTRIC CHARGING STATIONS

Charging stations are available and free of charge for electrically assisted bicycles.

The Vélovoûtes are located around the Véloroute des Bleuets. These are secure parking lots (own padlock required) with electric charging stations as well as compartments for storing bike accessories.



[VÉLOROUTE DES BLEUETS]



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.



TOUR CONDITIONS

To stay up-to-date on the routes' conditions, consult veloroutedesbleuets.com



BICYCLE PATHS

All bicycle networks are paved, with the exception of the Parc national de la Pointe-Taillon (crushed stones) and some sections of the Rangs du Lac-Saint-Jean (gravel).

Bicycle Trail

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



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 colour implying the closest proximity to automobile traffic.

WARNING FOR SECTIONS •

19B, 21, 22A, 22B, 23A, 23B, 23C, 23D, 24A, 24B, 24C, 25A, 26B, 27B

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.



Paved Shoulder

Widening from 1.5 to 1.7 metres 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.



Gravel pavement

Itinerary suitable for gravel and off-road bikes. This unpaved surface is made up of compacted gravel and allows cyclists to ride on roads with less traffic, with a more natural surface than asphalt.

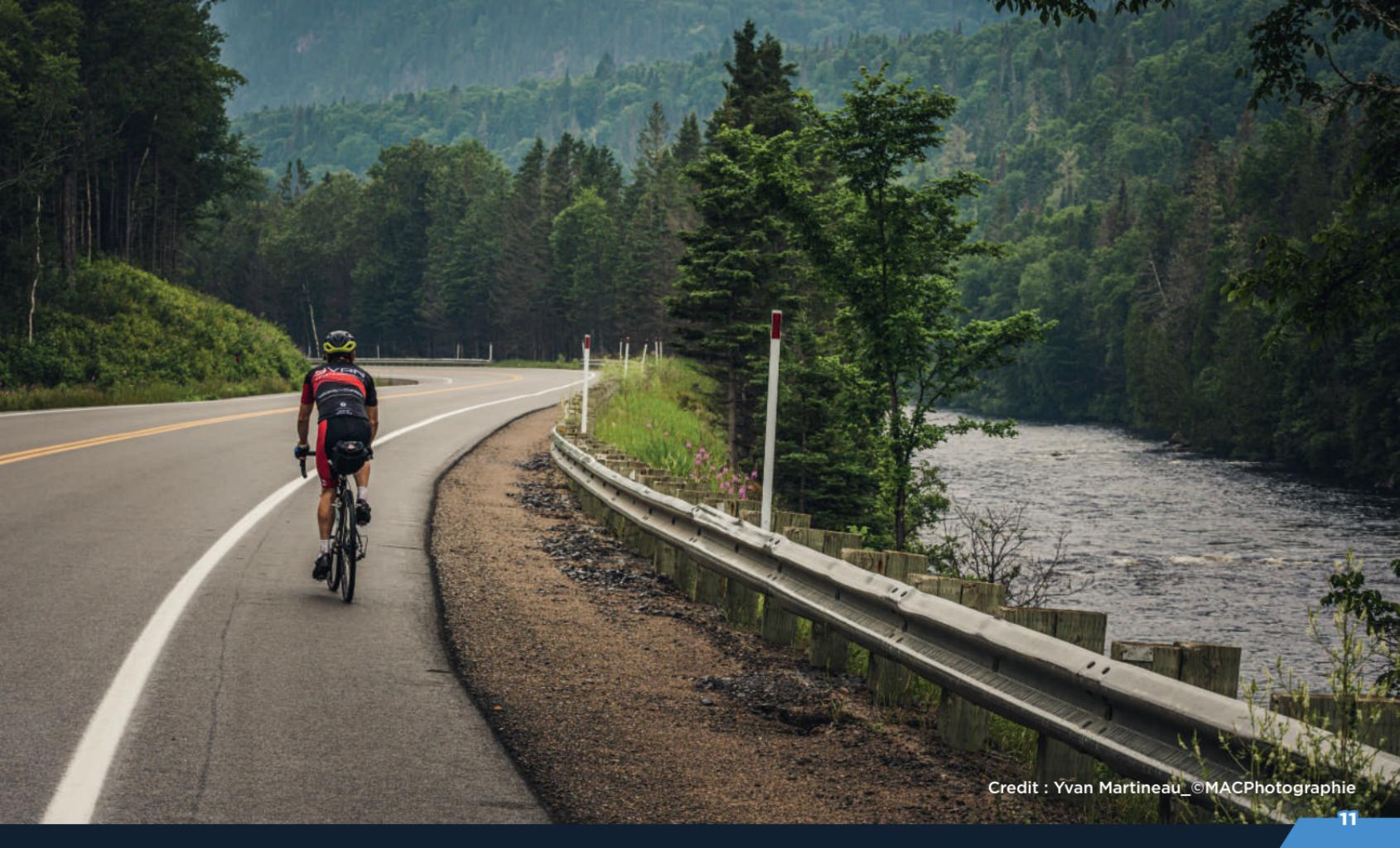


ROUTE VERTE

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.



Credit : Yvan Martineau_©MACPhotographie



Credits : Tzara Maud

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ACCESS TO LAC-SAINT-JEAN BEACHES

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

Alma

- Centre de villégiature Dam-en-Terre
- Camping Colonie Notre-Dame (\$)

Saint-Gédéon

- Camping municipal de Saint-Gédéon (\$)

Métabetchouan- Lac-à-La-Croix

- Centre récréotouristique Le Rigolet
- Camping Villa des Sables

Chambord

- Camping Plage Blanchet (\$)
- Plage municipale Chambord

Roberval

- Plage municipale de la Pointe-Scott

Mashteuiatsh

- Camping Plage Robertson

Saint-Prime

- Plage municipale de Saint-Prime

Dolbeau-Mistassini

- Plage municipale de Dolbeau-Mistassini
- Camping Vauvert-sur-le-lac-Saint-Jean

Saint-Henri-de-Taillon

- Camping parc national de la Pointe-Taillon (\$)
- Camping et plage Belley (\$)



1044643



MARINE SHUTTLE

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



LE MALIGNEAU, ALMA

Accessible via the Dam-en-Terre Resort and via the avenue du Pont Nord, near the Maison du vélo d'Alma (cycling visitor centre), the crossing of the Grande Décharge River takes five minutes. Free for all cyclists. No reservation required.

tourismealmalsj.com

MARINE SHUTTLE

(BETWEEN PÉRIBONKA AND LA POINTE-TAILLON) (\$)

“La Péribonka” connects Péribonka to Pointe Chevrette in 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 are available from Péribonka or parc national de la Pointe-Taillon (Pointe Chevrette). It is compulsory to have purchased access rights to the parc national de la Pointe-Taillon. No reservation required.

peribonka.ca



FJORD MARINE SHUTTLE (\$)

The Fjord Marine Shuttle is accessible from different municipalities around the fjord. They offer the possibility of travelling from town to town with your bike. They are ideal for discovering the fjord from within and avoiding the steep sections of the Véloroute du Fjord du Saguenay.

Boarding docks:

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

1.800.363.7248

navettesdufjord.com

TRAVERSE JONQUIÈRE-SHIPSHAW

Shuttle service for cyclists and pedestrians crossing
the Saguenay River between Jonquière and Shipshaw.
The pontoon crossing lasts 10 minutes.

ville.saguenay.ca





Credit : Tzara Maud

LAND SHUTTLE

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.



VÉLOROUTE DES BLEUETS LUGGAGE TRANSPORT SERVICE

Luggage transport service, from the Maison du vélo d'Alma, offered from one Véloroute des Bleuets partner accommodation to another. Book the service directly online.

418.668.4541
veloroutedesbleuets.com



LUGGAGE TRANSPORT WITH THE FJORD MARINE SHUTTLE

Use the Fjord Marine Shuttle to transport your luggage from one dock to another while you pedal away.

1.800.363.7248
navettesdufjord.com

LUGGAGE TRANSPORT WITH SAGUENAY AVENTURES

Luggage transport service for the city of Saguenay and both shores of the fjord.

1.833.261.9909
info@saguenayaventures.com



PASSENGER TRANSPORT



PERSONAL SHUTTLE SERVICE

Taxi Stéphane Lavoie offers passenger transport adapted for cyclists. These taxis will take you to a service or repair shop, or make various trips with your bike in tow.

418.679.5500



TRANSPORTATION WITH INTERCAR

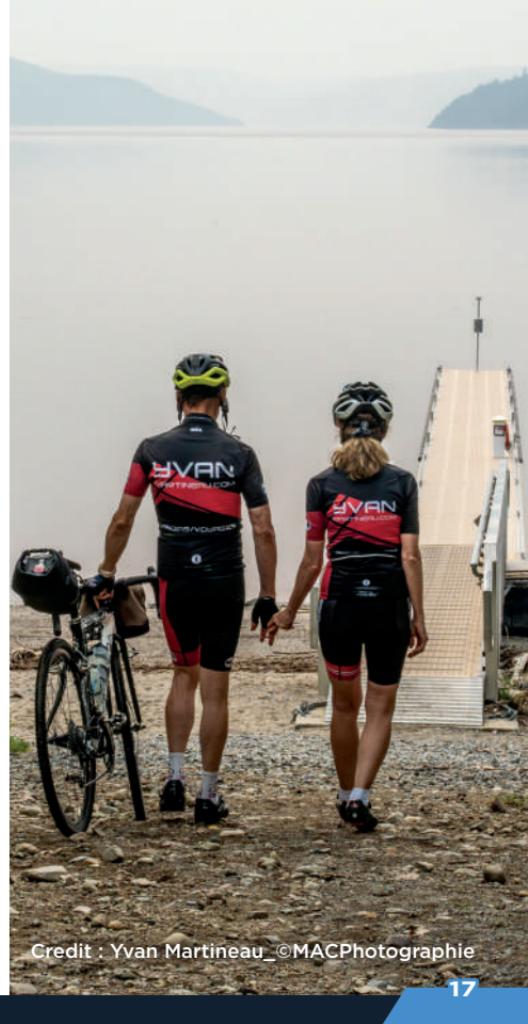
An intercity bus service can take you from one municipality to another with your bike.

1.800.806.2167
intercar.ca

PUBLIC TRANSPORT IN THE CITY OF SAGUENAY

The Société de Transport du Saguenay offers a transportation network on its territory.

418.545.3683
sts.saguenay.ca



Credit : Yvan Martineau_©MACPhotographie

PARC NATIONAL DE LA POINTE-TAILLON CYCLING NETWORK

Pointe-Taillon sector

Located in Saint-Henri-de-Taillon, this 45-km network is marked on a crushed stone surface, which was designed for park visitors (\$). There is a 15-km stretch that is part of the Véloroute des Bleuets and more than 14 km of beach that is accessible by bike. Several activities are offered: kayaking, canoeing, pedal boating, paddle surfing, swimming, biking, and hiking. The boarding dock for the marine shuttle (between Pérignonka and Pointe-Taillon) is also accessible here. Discover the "Bienvenue cyclistes!" campsite on the edge of the fjord, a unique beluga whale-watching site (Baie Sainte-Marguerite sector).

Camp-de-Touage-Les-îles Sector

The Véloroute des Bleuets crosses the extension of the parc national de la Pointe-Taillon, located in Saint-Gédéon; Camp-de-Touage-les-îles. 2.1 km of paved cycling paths to discover in this park, which also has a "Bienvenue cyclistes" campsite.

418.347.5371 / 1.800.665.6527

sepaq.com

PARC NATIONAL DU FJORD-DU-SAGUENAY

Located in Saguenay, this park offers a 100% nature stop with several viewpoints accessible by bike. Several activities are offered, including cruises, kayaking, zodiac boating, sailing, hiking and via ferrata. Reach the boarding dock for the marine shuttles via the Rivière-Éternité sector. Discover the "Bienvenue cyclistes!" campsite on the edge of the fjord, a unique beluga whale-watching site (Baie Sainte-Marguerite sector).

418.272.1509 / 1.800.665.6527

parcsquebec.com

SAGUENAY-ST. LAWRENCE MARINE PARK

The Saguenay-St. Lawrence Marine Park is a protected marine area to an exceptional biodiversity from microscopic algae to the gigantic blue whale. One of the best places in the world to watch the whales. Between the cliffs of the Saguenay Fjord and the overlooking St. Lawrence estuary. Enjoy the landscapes of the marine park!

418.272.1509 / 1.800.665.6527

parcmarin.qc.ca



Credit : Tzara Maud



Credit : Tzara Maud

ASSOCIATED BICYCLE NETWORKS



City of Alma associated network

This 18.5-km network affiliated with the Véloroute des Bleuets will take you around the city centre and through a rich patrimonial neighborhood soaked in history. The addition of 1.3 km now makes it possible to reach the park from one shore to the other.



City of Saint-Félicien associated network

This network, combined with the 7.6 km Véloroute des Bleuets, will give you easier access to downtown and to services in the area.



Au Fil des Rivières associated network

An associated network in the heart of the Parc régional des Grandes-Rivières du lac Saint Jean! Starting from the Association des sportifs d'Albanel, enjoy a 15 km fully paved bike path. Plan the way back, as this is a linear trail.



Horst of 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), the Horst de Kénogami 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*.

MAISONS DU VÉLO & TOURIST INFORMATION OFFICES



MAISONS DU VÉLO

Around the Véloroute des Bleuets

There are four Maisons du Vélo (**cycling visitor information centres**) to welcome you and provide information on the available services. They are open all summer long.

Consult veloroutedesbleuets.com to locate them on the circuit and find out their opening hours.

- Maison du vélo d'Alma (km 49)
Business Office (open year-round)
- Maison du vélo de Roberval (km 121)
- Maison du vélo de Dolbeau-Mistassini (km 207)
- Maison du vélo d'Hébertville (Horst de Kénogami)



TOURIST INFORMATION OFFICES

The Saguenay-Lac-Saint-Jean tourist information offices offer a warm welcome, tourist information, as well as tools adapted to your needs in all seasons! The staff will advise you on itineraries and talk to you about attractions, accommodation and restaurants, depending on what you're looking for.

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



Crédit : Tzara Maud

PACKAGES

The all-inclusive Saguenay-Lac-Saint-Jean experience is possible and easy.

These partners offer a variety of options.

- EKILIB - SUR LA ROUTE

Located in Montreal, this travel agency specializes in cycling packages and offers customized or group tours for all types of cyclists.

514.395.4395 / 1.888.599.0999

ekilib.com

info@ekilib.com

- L'AGENCE PAR GROUPE VOYAGES QUÉBEC

Located in Saint-Félicien, this travel agency specializes in group tours and offers various cycling packages around the majestic Lac Saint-Jean.

1.800.679.8242

gvq.ca

st-felicien@gvq.ca

- ÉQUINOX AVENTURE

Located in Alma, this four-season travel agency specializes in outdoor and adventure packages. A multitude of tours are offered to cycling enthusiasts!

418.668.7381 / 1.888.668.7381

equinoxaventure.ca

info@equinoxaventure.ca

- VOYAGES GENDRON

Located in Montreal, this travel agency offers a turnkey itinerary, combining cycling and tourist attractions around Lac Saint-Jean.

1.800.561.8747

voyagesgendron.com/velo

info@voyagesgendron.com

Check out the **bikeexperience.ca** website to find out about the packages offered.



Credit : JM Decoste

THE AMBASSADORS



The ambassadors' presence on the circuit is an asset to the organization.

They proudly represent Véloroute des Bleuets and can be identified by their red sweaters and the plate in front of their bike bearing the ambassadors' logo.



Their main duties include:

- To inform and guide you on the circuit and the numerous services available.
- They are qualified to provide first aid services.
- They always have a mobile phone, and carry around tools for basic mechanical repairs.
- To promote and reinforce the code of conduct to adopt.
- They also are certified in cardiopulmonary resuscitation (CPR).

LES PATROUILLEURS À VÉLO SAGUENAY (SAGUENAY BIKE PATROLLERS)



The Patrouilleurs à vélo Saguenay all have training in safety and basic bike mechanics. They cover the entire territory of the city of Saguenay, including the Horst de Kénogami. They patrol to help bikers and ensure that the trails are well maintained. Whether you're looking for activities or a good restaurant to recharge your batteries, they'll be happy to let you in on the region's well-kept secrets.

facebook.com/patrouilleursvelosaguenay



Credit : JM Decoste



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 rightmost side of the trail and bypass on the left side.
- Drive in a single lane 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 signs indications along the circuit.
- Make sure to get off your bike to ride on the dams (Rio Tinto)
- Respect wildlife and plant life you discover along the way.



Roberval

La plus belle fenêtre sur le lac



roberval.ca

Dive into the
captivating history of
Lac-Saint-Jean and discover
the vibrant culture of the

LAC PEOPLE

EXHIBITIONS

FAMILY ACTIVITIES

OUTDOOR DISCOVERY PATH

360° IMMERSIVE EXPERIENCE
IN A FORMER WATER TOWER



L'ODYSSEE
DES BÂTISSEURS

1671, avenue du Pont Nord, Alma
1 866 668-2606
odysseedesbatisseurs.com

The Perfect Break

Inspiring view with a beach
on Lake Saint-Jean



**The ideal environment
to relax after your bike ride!**

Kitchenettes, pool, spa,
water games, private beach,
gym, restaurant
And much more!

aubergedesiles.com · 418 549-7111

CITQ : 029971 & 297655


Saint-Gédéon
Directly located
on the Véloroute
des Bleuets



**Auberge
des îles**

Urban Vibe

In the heart of downtown
Saguenay and its attractions



**The perfect destination
for trendy restaurants,
boutiques, and festivals**

Hybrid rooms with integrated
kitchenettes and ultimate comfort
signature mattresses

hotelchicoutimi.qc.ca · 418 549-7111

CITQ : 040095



**Hôtel
Chicoutimi**

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.



FIT AND HEALTHY

A body that moves is a healthy body.

It is therefore never too late to start being physically active to maintain an ideal weight throughout your life.



Stop by one of your local Familiprix stores in the Saguenay–Lac-Saint-Jean region to pick up your guide.

Several other PSST! programs are also available!

ELECTRIC SCOOTERS, GYROSCOPIC VEHICLES AND OTHER MOTORIZED TRANSPORTATION EQUIPMENT

Whether you're on a bike, electric scooter, electric unicycle and other similar means of transport, there are certain rules to observe.

Did you know that electric scooters, electric unicycles and similar means of transport are allowed on public roads? To travel legally, however, you need to respect certain rules.

- Helmet
- 25 km/h speed limit
- 500 W maximum power
- Maximum weight 36 kg (including battery)
- Brake on each wheel
- Handbrake mandatory if machine has handlebars
- Wheel(s) with a minimum diameter of 190 mm
- Front and rear lights
- Front, rear and side reflectors

4 PIECES OF SOUND ADVICE

1 GETTING TO KNOW YOUR ELECTRIC ASSIST BICYCLE (EAB)

Learn to control it well, as it can reach higher speeds than a conventional bike. It's also heavier, so you need to adapt your handling accordingly.

2 MAKE YOUR PRESENCE KNOWN

Make sure you're visible, day and night, with the right lighting. Signal your intended turns and use a bell if you show up suddenly.

3 ADAPT YOUR SPEED TO THE SITUATION

Watch out for the unexpected, such as slippery areas (gravel or wet leaves), hills, edges or other road users (cyclists and pedestrians). Take your surroundings into account, anticipate distances and slow down if necessary.

4 FIND OUT ABOUT CURRENT REGULATIONS

Comply with road safety regulations and speed limits in the area where you are driving. Most cycling networks have legislated 20 km/h.

Electric scooters, gyroscopic vehicles

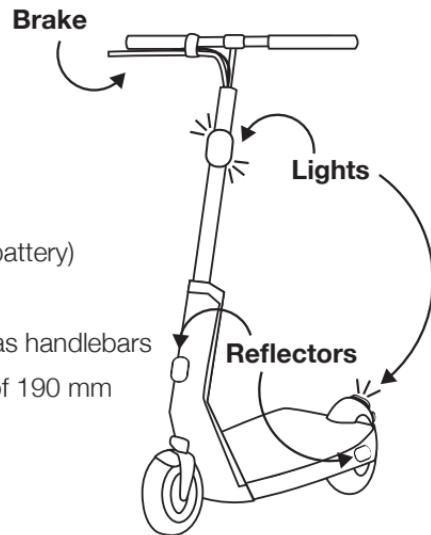
and other motorized transport devices.

I'm on board for road safety!



Mandatory

- ✓ **Helmet**
- ✓ **Maximum speed** 25 km/h
- ✓ **500 W** maximum power
- ✓ **Maximum weight** 36 kg (including battery)
- ✓ **Brake** on each wheel
- ✓ **Handbrake** mandatory if machine has handlebars
- ✓ **Wheel(s)** with a minimum diameter of 190 mm
- ✓ **Front and rear** lights
- ✓ **Front, rear and side** reflectors



Ongoing pilot project
for more details,
consult :

Québec.ca/trottinettesélectriques



Votre
gouvernement

Québec



Saguenay LacSaintJean



Graphic design.....

Trium Médias

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Arianne Pedneault

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PARC
OCTOPUS
JEUX AQUATIQUES HÉBERGEMENT • MARINA

DIRECT ACCESS
TO THE VELOROUTE

- ACCOMMODATION IN ROOM OR MINI-CABIN
- SPA AREA
- WATER ACTIVITIES, PLAY AREA, AND MARINA ON SITE

255, RUE DU QUAI, DESBIENS
581 221-2487
PARCOCTOPUS.COM



1042746

Rest area
with amenities

(hammock and
picnic tables)

Charging
station
with cables



Repair
station



Potable water
refill station



Délices
DU LAC-SAINT-JEAN

287 rue de l'Église
ALBANEL, QC
info@delicesdulac.com
www.delicesdulac.com

1044686

DISTANCE TABLE

 CLOCKWISE

 COUNTERCLOCKWISE



Parc national de la Pointe-Taillon : 48 km

Cycling networks :

City of Alma : 14.4 km

(rue des Pins Ouest towards the city center)

City of Saint-Félicien : 7.6 km

Horst de Kénogami : 31.5 km

(Métabetchouan-Lac-à-la-Croix to Hébertville)

Au fil des Rivières : 15 km

(Albanel to 9th chute)

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

COUNTERCLOCKWISE



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

DISTANCE TABLE IN KILOMETRES

DISTANCE TABLE

CLOCKWISE

COUNTERCLOCKWISE



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

DISTANCE TABLE IN KILOMETRES



maps 1-17

The Véloroute des Bleuets is a loop route that circles Lac Saint-Jean for 256 kilometres, crossing 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.

THE LAKE, ITS BEACHES AND BLUEBERRIES

Fun that stretches for kilometres on end!

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 km² and being the largest inhabited lake in the province, it is 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.



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



Credit : Tzara Maud

LEGEND OF SYMBOLS



Departure/
Arrival

Experience for :



Family/
Recreational



Touring cyclist



Performance
cyclist



Mountain
bike



Fatbike



Gravel



Véloroute
des Bleuets



Véloroute
du Fjord
du Saguenay



Rangs du
Lac-Saint-Jean



City of Alma



City of
Saint-Félicien



Horst de
Kénogami



Au fil des
Rivières



Suggested
activities



Maison
du vélo



Mileposts



Bicycle rest area



Vélovoûte/electric
charging stations



Shelter



Marine shuttle



Cruise



Monitored and
paid parking



Parking permitted



Tourist information



Repairs/lease/
vendor



Drinking water sources



Places to eat



Scenic viewpoint



Roadside rest area



Sheltered roadside
rest area



Beach



Beach (paid)



Hiking



Mountain biking
centre



Salmon river



Ferry



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

Parc national de la Pointe-Taillon (1B)

Discover what to see and do on the next page



map
1



WHAT TO SEE & DO

► More information at bikeexperience.ca

1

CAMPING POINTE-TAILLON

(located 3 km from parc de la Pointe-Taillon, camping, accommodation, bike rental and heated swimming pool)

2

PARC NATIONAL DE LA POINTE-TAILLON

(beach, kayak, pedal boat, hiking, canoeing, wildlife observation, camping)



MARINE SHUTTLE

- MARINE SHUTTLE
(POINTE-CHEVRETTE TO PÉRIBONKA) (\$)
See page 14 for details



SECTION 1A

- 25 km 
- Vertical gain : 110 m



Parc National de la Pointe-Taillon  Sépaq



SECTION 1B

- Marina option ► 21 km
- Loop option ► 48 km

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



THE LAC SAINT-JEAN, islands, beaches and biking!

3 sectors crossed by the Véloroute des Bleus



Bienvenue cyclistes!

à Lac Saint-Jean

1045028



sepaq.com
1 800 665-6527

 **Sépaq**
Parc national
de la Pointe-Taillon

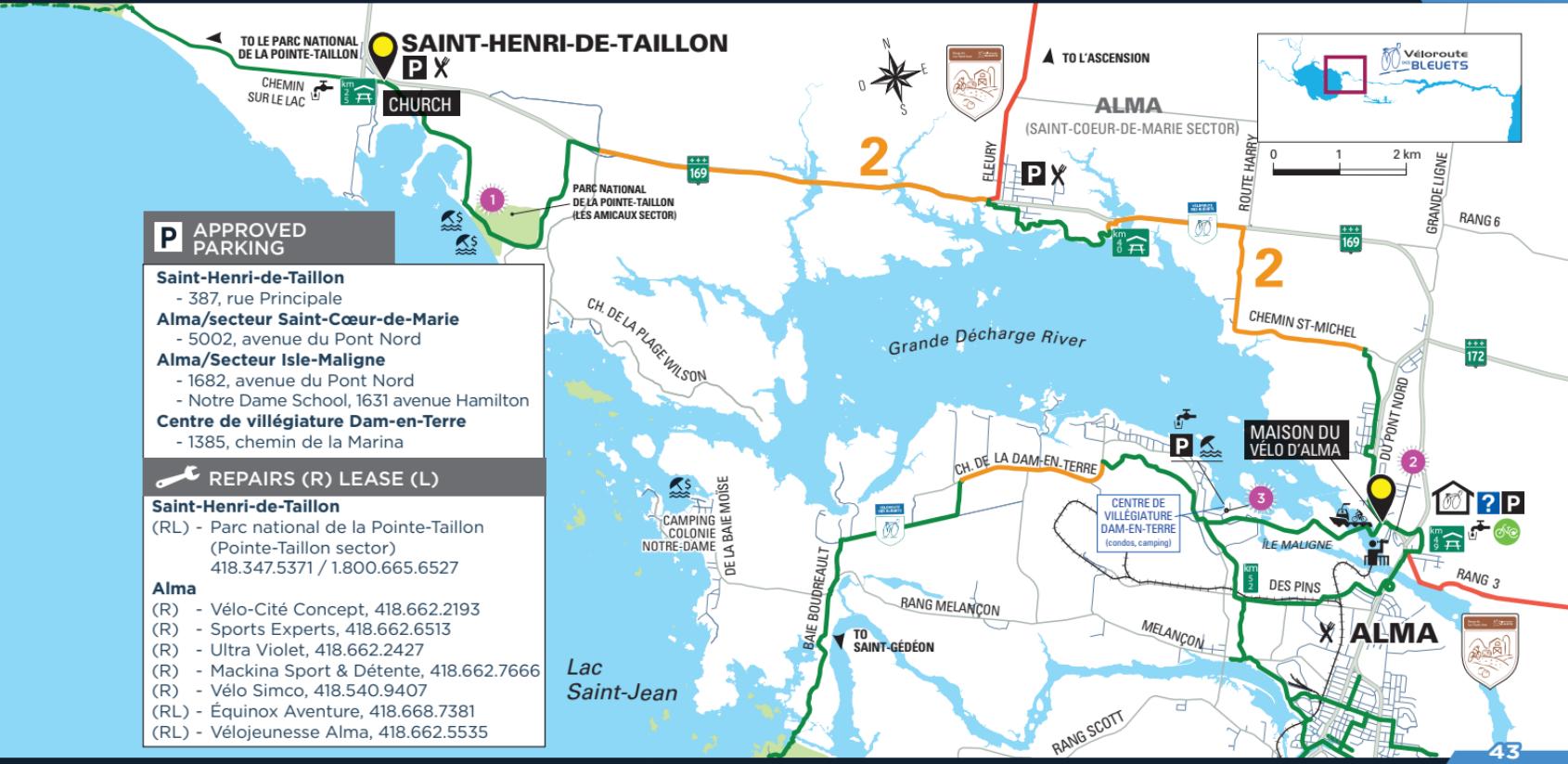


SAINT-HENRI-DE-TAILLON TO ALMA

Discover what to see and do on the next page



map
2



WHAT TO SEE & DO

► More information at bikeexperience.ca

1

PARC NATIONAL DE LA POINTE-TAILLON / LES AMICAUX SECTOR

(unsupervised beach, ready-to-camp sites and cabins)

2

L'ODYSSÉE DES BÂTISSEURS (museum)

3

CENTRE DE VILLÉGIATURE DAM-EN-TERRE

(summer theatre, beach, pool, mini-golf, restaurant)



MARINE SHUTTLE

► LE MALIGNEAU (FOR CYCLISTS)

See page 14 for details



SECTION 2 ▶ 24 km

Vertical gain : 225 m



**TOURISME
ALMA LAC-SAINT-JEAN**

*Alma,
your starting point for
the **Véloroute
des Bleuets!***

• Accommodations with *Bienvenue cyclistes!* certification

• Downtown accessible by the cycling path

• Network charging stations for electric bikes

• Luggage shuttles

• Marine shuttle

tourismealmalsj.com



ALMA TO SAINT-GÉDÉON (3A)

City of Alma Associated network (3B)

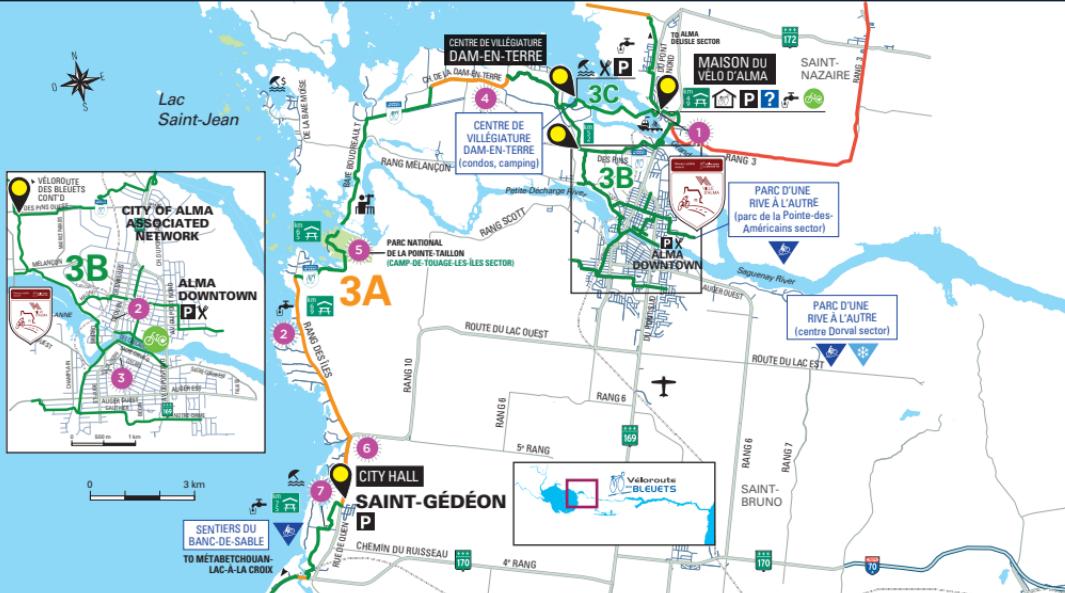


Le Maligneau Marine shuttle (3C)

Discover what to see and do on the next page



map
3



APPROVED PARKING

Alma/Secteur Isle-Maligne

- Tourist information office
1682, avenue du Pont Nord

Alma

- Centre de villégiature Dam-en-Terre
1385, chemin de la Marina
- 400, rue Saint-Sacrement Ouest
- Parking garage
(entrance via boulevard des Cascades)
- 900, boulevard des Cascades
- 605, boulevard St-Luc Ouest
- Notre Dame School,
1631 avenue Hamilton

Saint-Gédéon

- Municipal building, 208, rue de Quen
- 123, rue de la Plage



REPAIRS (R) LEASE (L)

Alma

- (R) - Vélo-Cité Concept, 418.662.2193
- (R) - Sports Experts, 418.662.6513
- (R) - Ultra Violet, 418.662.2427
- (R) - Mackina Sport & Détente,
418.662.7666
- (R) - Vélo Simco, 418.540.9407
- (RL) - Équinox Aventure, 418.668.7381
- (RL) - Vélojeunesse Alma, 418.662.5535

WHAT TO SEE & DO

► More information at bikeexperience.ca

1 L'ODYSSÉE DES BÂTISSEURS (museum)

2 ÉQUINOX AVENTURE

(2 service points: Alma, bike rental and customized packages / Saint-Gédéon, water equipment rental)

3 MICROBRASSERIE LE LION BLEU

(pub, bistro, craft brewery)

4 CENTRE DE VILLÉGIATURE DAM-EN-TERRÉ

(summer theatre, swimming, mini-golf)

5 PARC NATIONAL DE LA POINTE-TAILLON /
CAMP-DE-TOUAGE-LES-ÎLES SECTOR

(camping and shuttles to visit the islands)

6 FROMAGERIE & BOULANGERIE MÉDARD

(bakery and cheese factory)

7 MICROBRASSERIE DU LAC-SAINT-JEAN

(pub, bistro, craft brewery)



MARINE SHUTTLE

► **LE MALIGNEAU (FOR CYCLISTS)**

See page 14 for details



Dam-en-terre
CENTRE DE VILLÉGIATURE

Your bike accommodation in Alma!

**Directly on section #3 of the circuit,
enjoy a variety of *Bienvenue cyclistes!*
accommodations and services on site:**

- Camping, condo or Coolbox
- Marine shuttle
- Charging station for electric bikes
- Beach, pool and water play
- Summer theater



damenterre.qc.ca

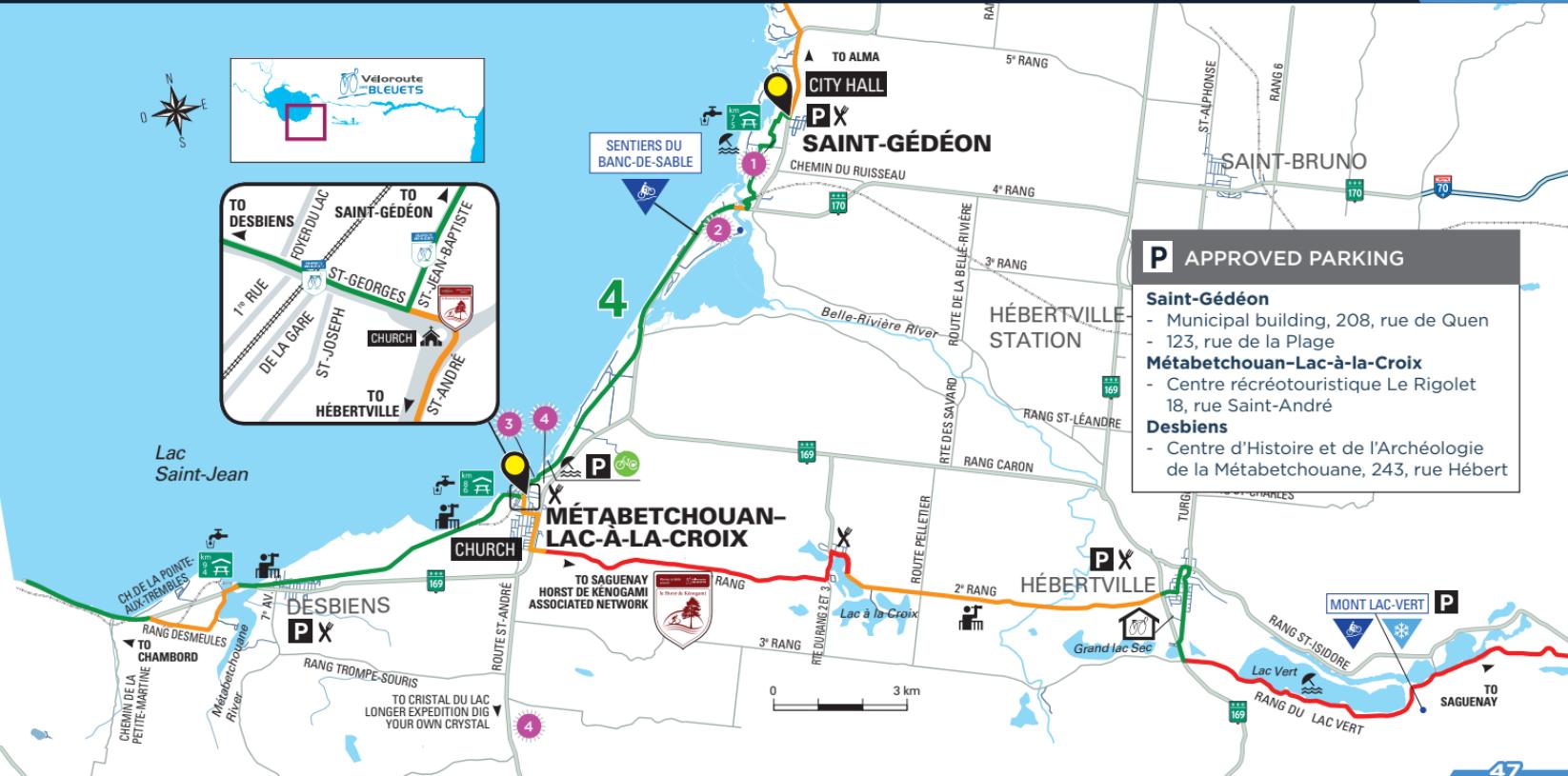


SAINT-GÉDÉON TO MÉTABETCHOUAN-LAC-À-LA-CROIX

Discover what to see and do on the next page



map
4



WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1 **MICROBRASSERIE DU LAC-SAINT-JEAN**
(pub, bistro, craft brewery)
- 2 **VILLAGE RÉCRÉOTOURISTIQUE L'OASIS**
(water equipment rental,
access to mountain bike trails, hiking)
- 3 **PLAGE LE RIGOLET** (beach)
- 4 **CRISTAL DU LAC**
(mineral discovery activities for families,
Economuseum, interpretation centre, shop and mine)

SECTION 4 ▶ 12 km

Vertical gain : 39 m



Hôtel Universel

Centre des congrès • Alma

A cyclist wearing a white jersey and helmet is sitting on a black wooden bench, looking out over a large body of water under a clear blue sky. A red bicycle is leaning against the bench next to them. A vertical photo ID '1043762' is on the right edge of the image.

BIKE RACK AVAILABLE IN THE ROOM

Three small images are shown side-by-side: a large outdoor swimming pool with lounge chairs; a restaurant interior with wooden tables and chairs; and a guest room with two beds and red headboards.

1000, boul. des Cascades
Alma (Québec) G8B 3G4
1 800 263-5261
hoteluniversel.com

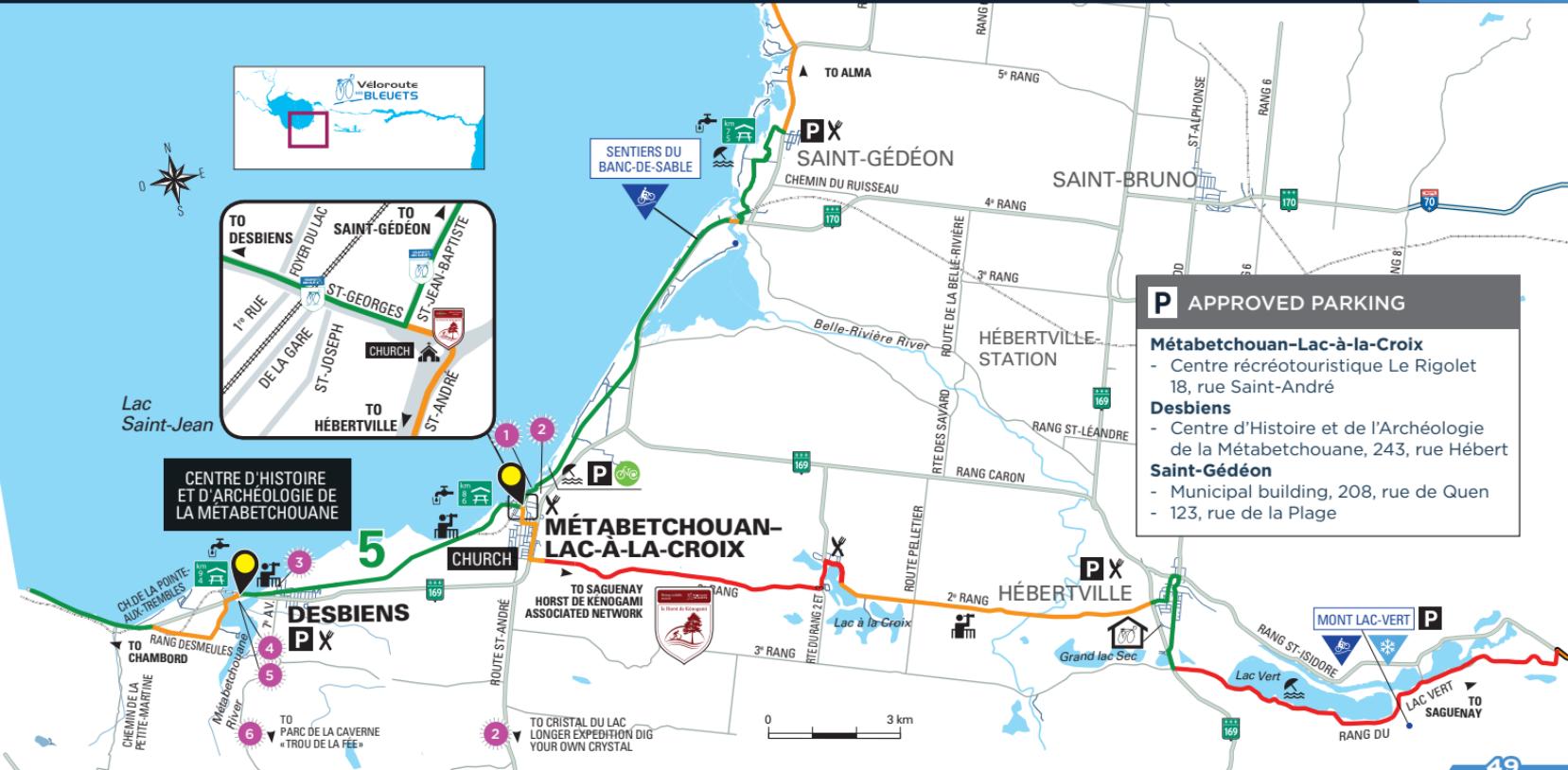


MÉTABETCHOUAN-LAC-À-LA-CROIX TO DESBIENS

Discover
what to see
and do on
the next page



map
5



WHAT TO SEE & DO

► More information at bikeexperience.ca

1

PLAGE LE RIGOLET (beach)

2

CRISTAL DU LAC

(mineral discovery activities for families, Economuseum, interpretation center, shop and mine)

3

**CENTRE D'HISTOIRE ET DE L'ARCHÉOLOGIE
DE LA MÉTABETCHOUANE (CHAM)**

(interpretation center)

4

PARC OCTOPUS

(accommodation in rooms or camping, water activities, rest area, snacks and refreshments)

5

H₂O EXPÉDITION

(rafting, canyoning, paddle surfing, river boarding)

6

PARC DE LA CAVERNE TROU DE LA FÉE

(natural cave, hiking trails, zip lines)



SECTION 5 ▶ 7 km

Vertical gain : 41 m



A resourcing stop...

Discover the lodge and its gardens.
A rare calm, resourcing place.

- Your bike is secured in a dedicated locked garage.
- Baggage drop point
- Fully equipped shared kitchen to prepare meals and store food.
- Grocery Store across the street
- Amazing gardens to rest and relax.

1042737

980, HÉBERT, DESBIENS
581 817-1299 MAISONZACHARIE.COM



DESBiens TO CHAMBORD

Discover
what to see
and do on
the next page



map
6



P APPROVED PARKING

Desbiens

- Centre d'Histoire et de l'Archéologie de la Métabetchouane, 243, rue Hébert

Chambord

- Municipal building, 1526, rue Principale

Roberval

- Plage de la Pointe Scott, 819, boulevard de la Traversée
- Place de la Traversée, avenue du Quai

REPAIRS (R) LEASE (L)

Roberval

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

CENTRE D'HISTOIRE ET D'ARCHÉOLOGIE
DE LA MÉTABETCHOUANE

WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1 CENTRE D'HISTOIRE ET DE L'ARCHÉOLOGIE DE LA MÉTABETCHOUANE (CHAM)**
(interpretation centre)
- 2 PARC OCTOPUS**
(accommodation in rooms or camping, water activities, rest area, snacks and refreshments)
- 3 H₂O EXPÉDITION**
(rafting, canyoning, paddle surfing, river boarding)
- 4 PARC DE LA CAVERNE TROU DE LA FÉE**
(natural cave, hiking trails, zip lines)
- 5 CHALETS ET SPA LAC-SAINT-JEAN**
(nordic spa, health centre, accommodation and restaurant services)
- 6 MAISON DU BLEUET**
(blueberry and chocolate products)
- 7 VILLAGE HISTORIQUE DE VAL-JALBERT**
(authentic "company town" of the 1920s)

 **SECTION 6** ▶ 9 km
Vertical gain : 115 m



Live
**an authentic
historical experience**

Val-Jalbert
The historical village

ACCOMMODATION,
CAMPING AND CABINS ANIMATION AND
IMMERSIVE SHOW FINE DINING
AND SHOP HISTORICAL
BUILDINGS

valjalbert.com  

1044641

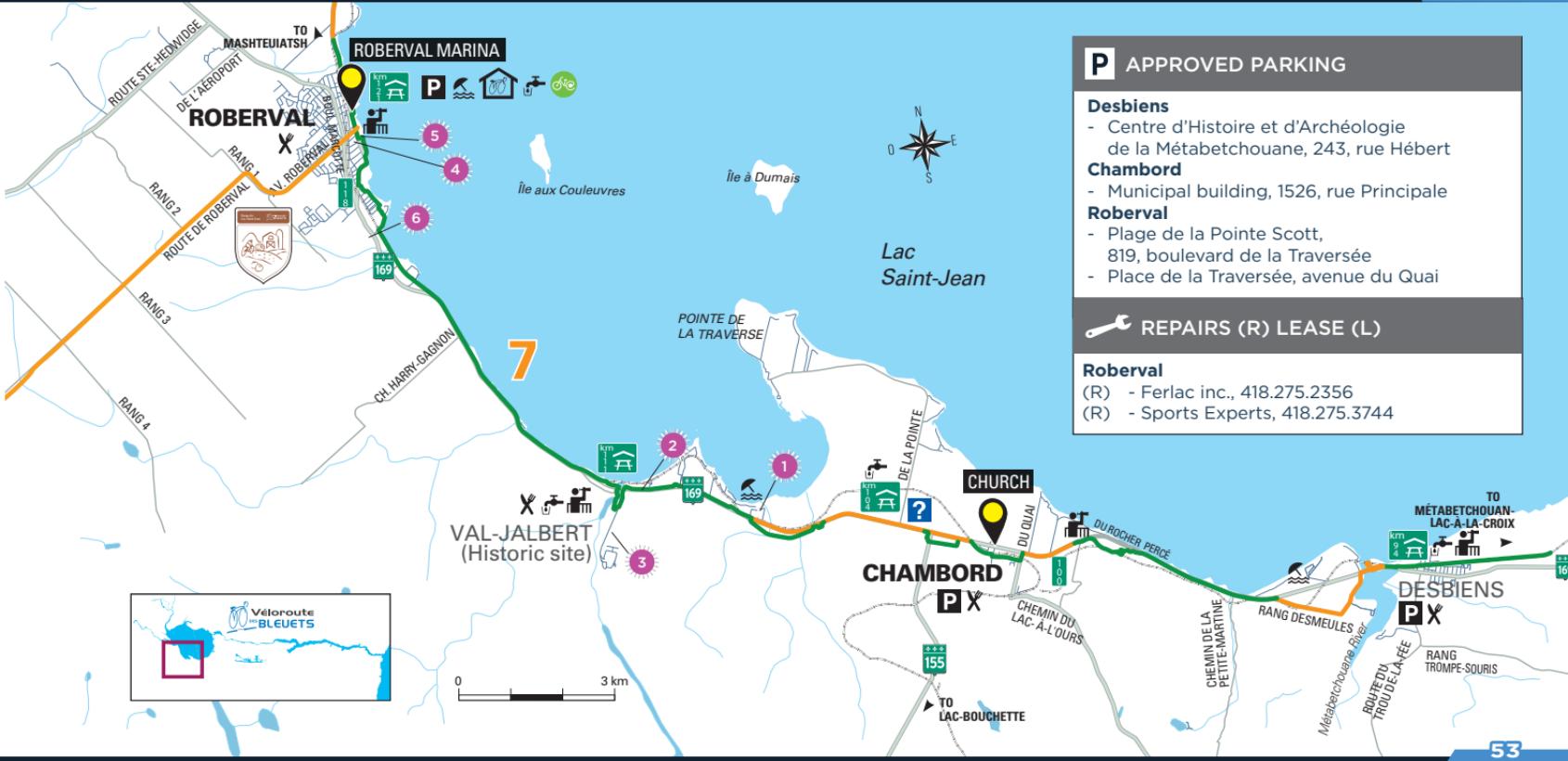


CHAMBORD TO ROBERVAL

Discover
what to see
and do on
the next page



map
7



WHAT TO SEE & DO

› More information at bikeexperience.ca

1

CHALETS ET SPA LAC-SAINT-JEAN

(nordic spa, health centre, accommodation and restaurant services)

2

MAISON DU BLEUET

(blueberry and chocolate products)

3

VILLAGE HISTORIQUE DE VAL-JALBERT

(authentic "company town" of the 1920s)

4

BOULANGERIE PERRON

DE ROBERVAL ÉCONOMUSÉE
(bread-making Economuseum)

5

JARDIN DES URSULINES

(small museum, screenings, entertainment, artisanal bread oven)

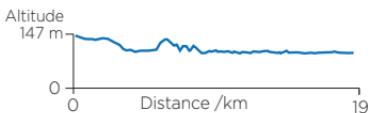
6

BEEMER (craft brewery)



SECTION 7 ▶ 19 km

Vertical gain : 95 m



HISTORICAL VILLAGE OF

Val-Jalbert



TINY HOUSE WITH VIEW ON THE LAC SAINT-JEAN
COTTAGES / HOTEL ROOMS / CAMPGROUND



95, RUE SAINT-GEORGES, CHAMBORD (QUÉBEC) G0W 1G0

VALJALBERT.COM

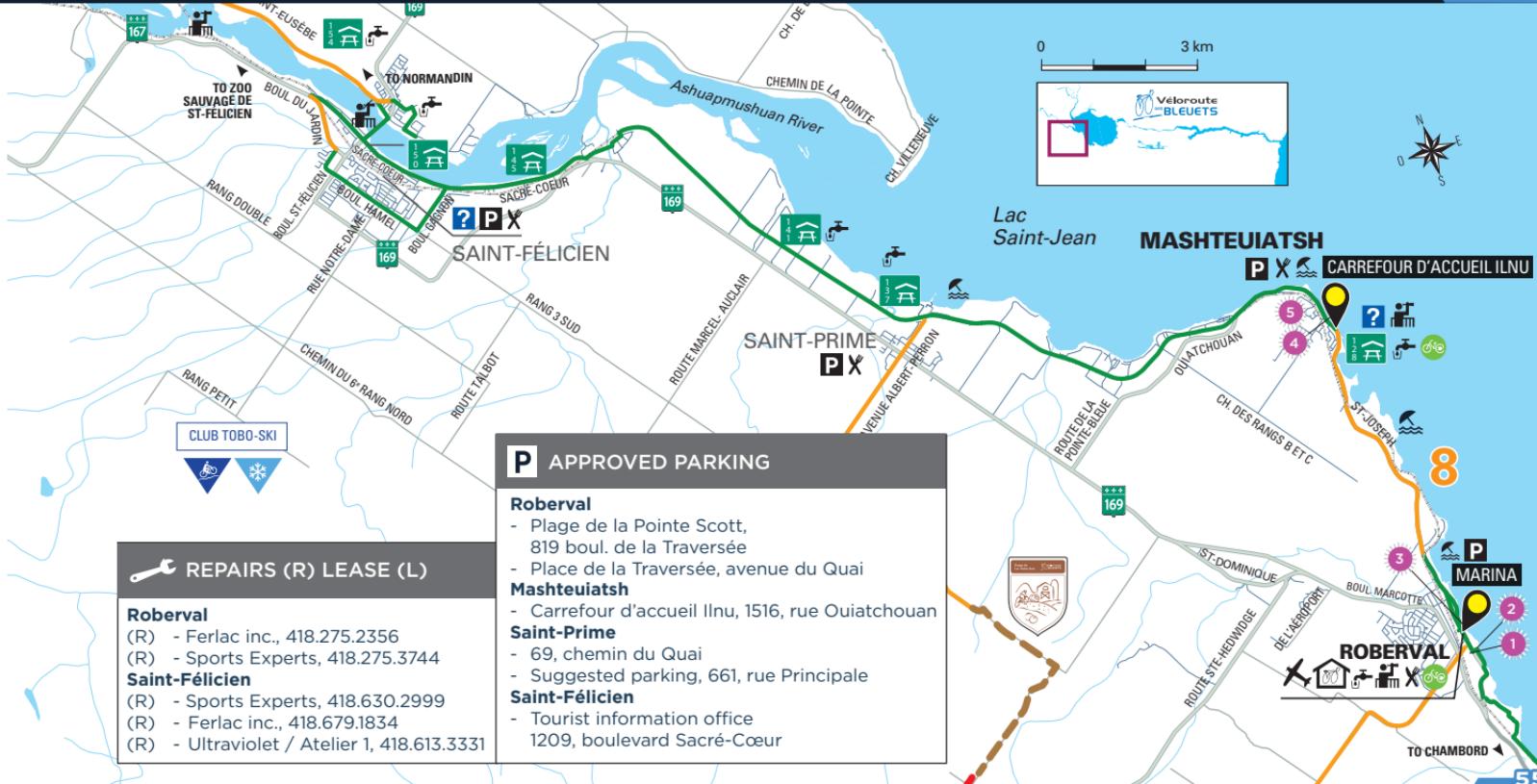


ROBERVAL TO MASHTUIATSH

Discover
what to see
and do on
the next page



map
8



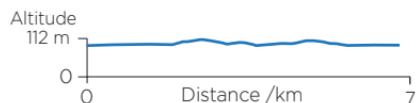
WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1 BOULANGERIE PERRON DE ROBERVAL ÉCONOMUSÉE
(bread-making Economuseum)
- 2 JARDIN DES URSULINES
(small museum, screenings, entertainment,
artisanal bread oven)
- 3 AVENTURE LAC SAINT-JEAN (cruise and fishing)
- 4 CARREFOUR D'ACCUEIL ILNU
(museum, workshop, shop, heritage circuit,
park, beach)
- 5 MUSÉE AMÉRINDIEN DE MASHTUIATSH (museum)

SECTION 8 ▶ 6 km

Vertical gain : 51 m



TOURISME
Mashtuiatsh

TOURISMEMASHTUIATSH.COM

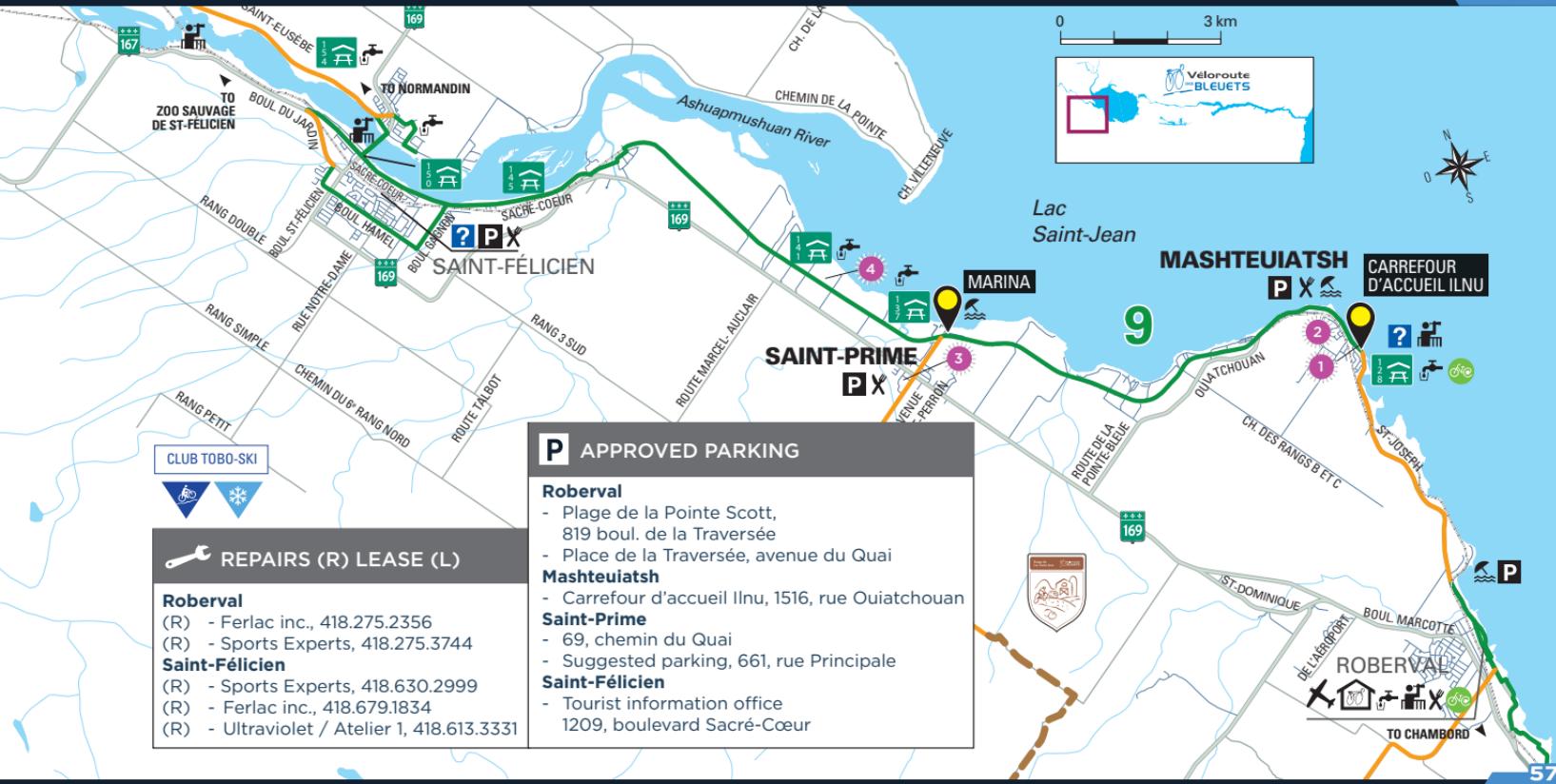


MASHTEUIATSH TO SAINT-PRIME

Discover what to see and do on the next page



map
9



WHAT TO SEE & DO

More information at bikeexperience.ca

1

CARREFOUR D'ACCUEIL ILNU

(museum, workshop, shop, heritage circuit, table numérique, park, beach)

2

MUSÉE AMÉRINDIEN DE MASHTEUIATSH (museum)

3

MUSÉE DE LA VIEILLE FROMAGERIE PERRON

(manufacturing workshops, tasting, exhibit)

4

FERME NELSON PARADIS

(sale and pick-your-own strawberries and raspberries)



SECTION 9 ▶ 9,5 km

Vertical gain : 27 m



Only 5 km from the Zoo sauvage of Saint-Félicien

HÔTEL DU JARDIN HOTEL

Bienvenue cyclistes!

1042739

Le Baumier RESTAURANT

AMBASSADEUR ZONE BORÉALE ALIMENTS DU QUÉBEC AU MENU

Hoteldujardin.com 1800 463-4927 #CITO 026810



SAINT-PRIME TO SAINT-FÉLICIEN

Discover
what to see
and do on
the next page



map
10



WHAT TO SEE & DO

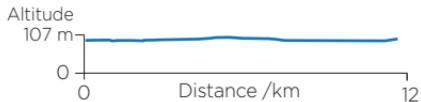
› More information at bikeexperience.ca

- 1 **MUSÉE DE LA VIEILLE FROMAGERIE PERRON**
(manufacturing workshops, tasting, exhibit)
- 2 **FERME NELSON PARADIS**
(sale and pick-your-own strawberries and raspberries)
- 3 **MAISON DU BLEUET**
(blueberry and chocolate products, ice cream)
- 4 **BRASSERIE LA CHOUAPE**
(pub, bistro, craft brewery)
- 5 **ZOO SAUVAGE DE SAINT-FÉLICIEN**
(nature trail park, shops, cinema, water games)



SECTION 10 ▶ 12 km

Vertical gain : 45 m





SAINT-FÉLICIEN TO NORMANDIN (11A)

APPROVED PARKING

City of Saint-Félicien Associated network (11B)

Discover what to see and do on the next page



map
11

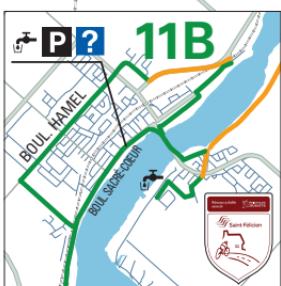
P APPROVED PARKING

Saint-Félicien

- Tourist information office
1209, boulevard Sacré-Cœur

Normandin

- Shopping mall, 1455, rue du Rocher
- Site touristique Chute à l'Ours,
101, chemin Louis-Ovide Bouchard (\$)



11B



WHAT TO SEE & DO

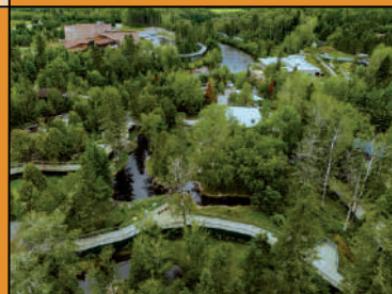
› More information at bikeexperience.ca

- 1 CENTRE DE LOISIRS BELLE-VUE**
(Saint-Félicien marina)
- 2 MAISON DU BLEUET**
(blueberry and chocolate products, ice cream)
- 3 BRASSERIE LA CHOUAPE** (pub, bistro, craft brewery)
- 4 ZOO SAUVAGE DE SAINT-FÉLICIEN**
(nature trail park, shops, cinema, water games)
- 5 BOUCHARD ARTISAN BIO**
(cheese dairy, tasting, observation window)
- 6 SITE TOURISTIQUE CHUTE À L'OURS**
(heated swimming pool, restaurant, hiking trails, sports fields, camping and chalets)
- 7 LA BERGERIE DU NORD** (artisanal soap shop)
- 8 FROMAGERIE LA NORMANDINOISE** (cheese factory)
- 9 L'UNIVERS DE BILODEAU CANADA** (museum)



Discover a zoo focused on animal **welfare** and visitor **experience**

A **must-see** in Saguenay-Lac St-Jean!



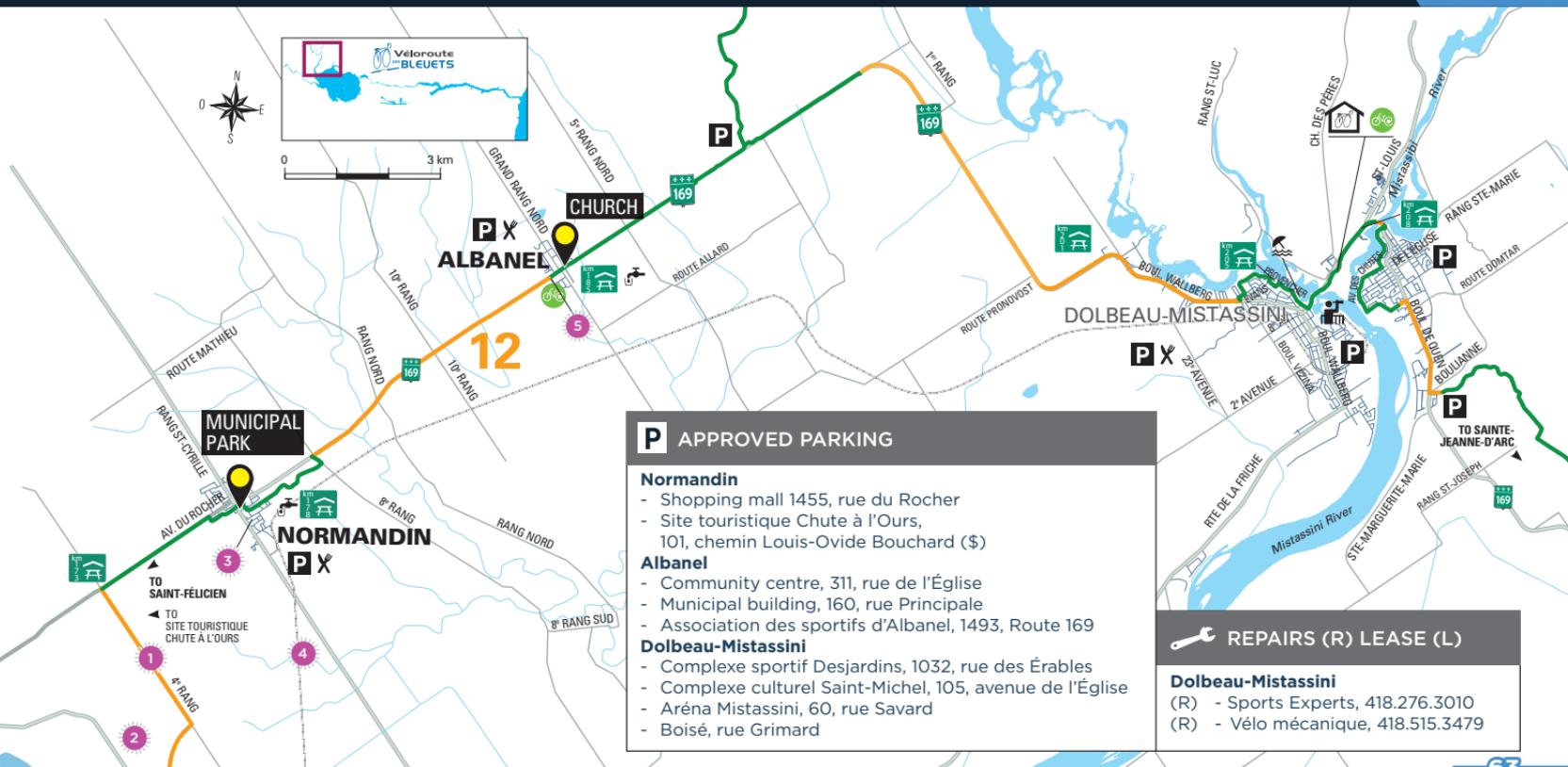


NORMANDIN TO ALBANEL

Discover what to see and do on the next page



map
12



WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1** LA BERGERIE DU NORD (artisanal soap shop)
- 2** SITE TOURISTIQUE CHUTE À L'OURS (heated swimming pool, restaurant, hiking trails, sports fields, camping and chalets)
- 3** L'UNIVERS DE BILODEAU CANADA (museum)
- 4** FROMAGERIE LA NORMANDINOISE (cheese factory)
- 5** DÉLICES DU LAC-SAINT-JEAN (wild blueberry Economuseum, shop, tasting)

SECTION 12 ▶ 9 km

Vertical gain : 45 m



MOTEL

Chute des Pères

Direct access to the Véloroute!



Enjoy a unique experience!

A stunning combination of comfort, nature, authenticity and delicious local flavors awaits you.

418 276-1492 | www.hotelier.qc.ca
46, boul. Panoramique, Dolbeau-Mistassini (QC)
CITQ : 039874

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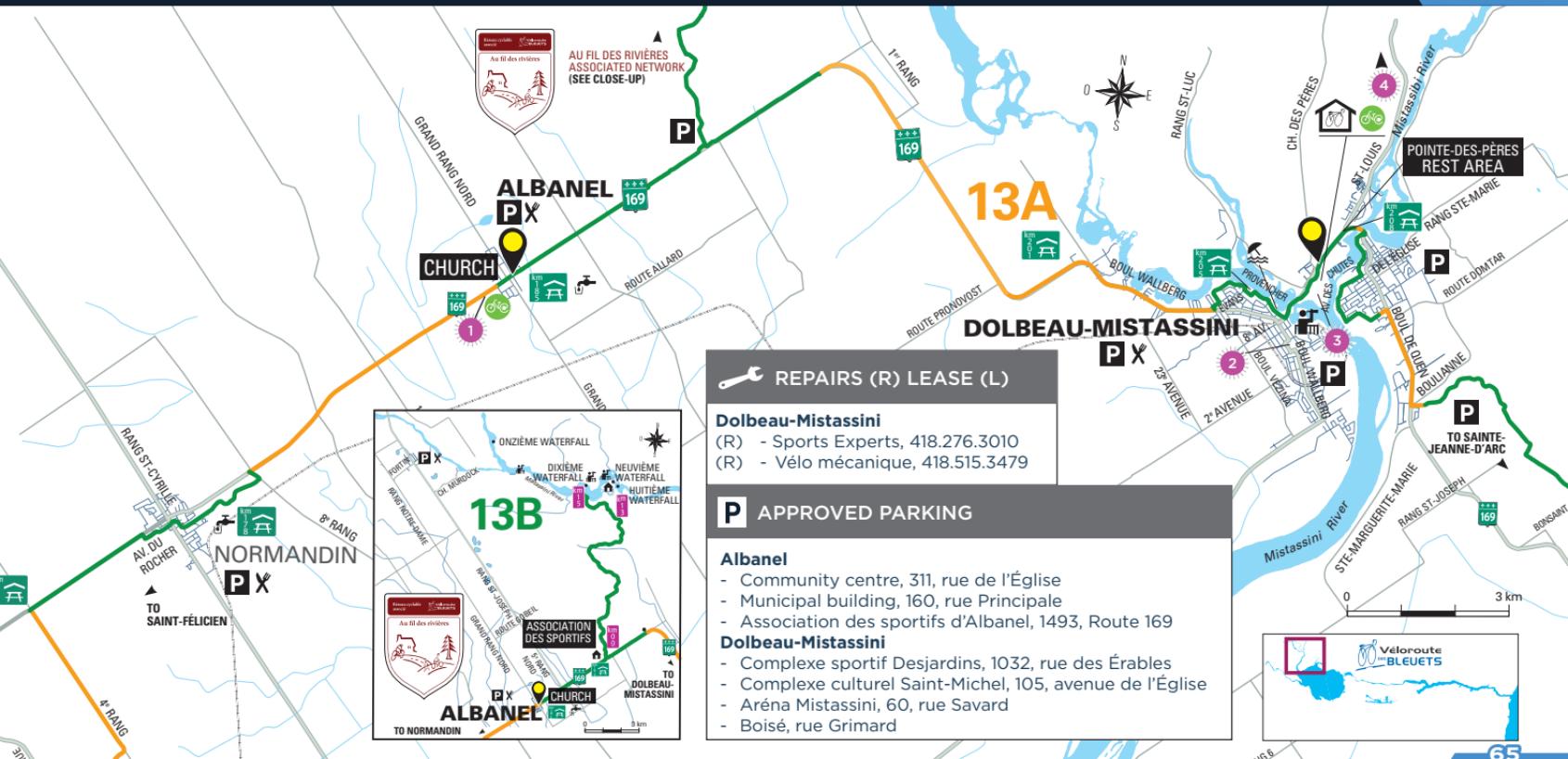
ALBANEL TO DOLBEAU-MISTASSINI (13A)

Au fil des Rivières Associated network (13B)

Discover what to see and do on the next page



map
13



WHAT TO SEE & DO

› More information at bikeexperience.ca

1

DÉLICES DU LAC-SAINT-JEAN

(wild blueberry Economuseum, shop, tasting)

2

MICROBRASSERIE LE COURREUR DES BOIS

(pub, bistro, craft brewery)

3

PARC RÉGIONAL DES GRANDES-RIVIÈRES

(hiking, observation tower,
wildlife interpretation centre)

4

CHOCOLATERIE DES PÈRES DE MISTASSINI

(shop, themed discovery tour, monastery)

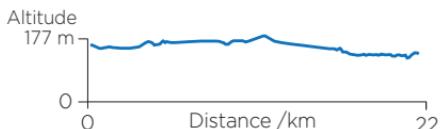


SECTION 13

► 22 km

Vertical

gain : 107 m

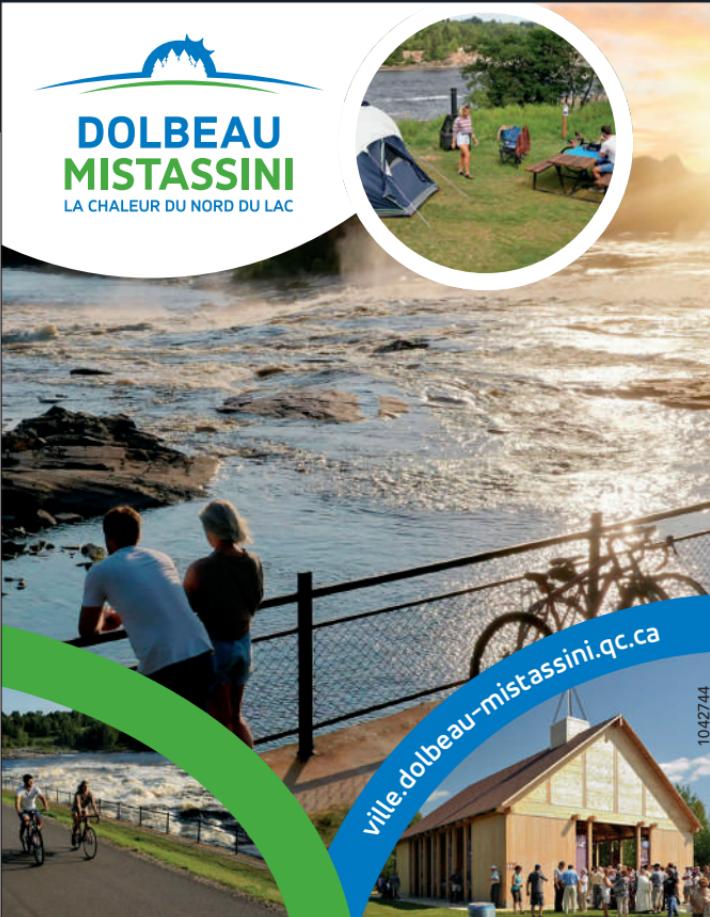
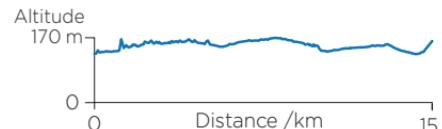


SECTION 13B

► 15 km

Vertical

gain : 31 m



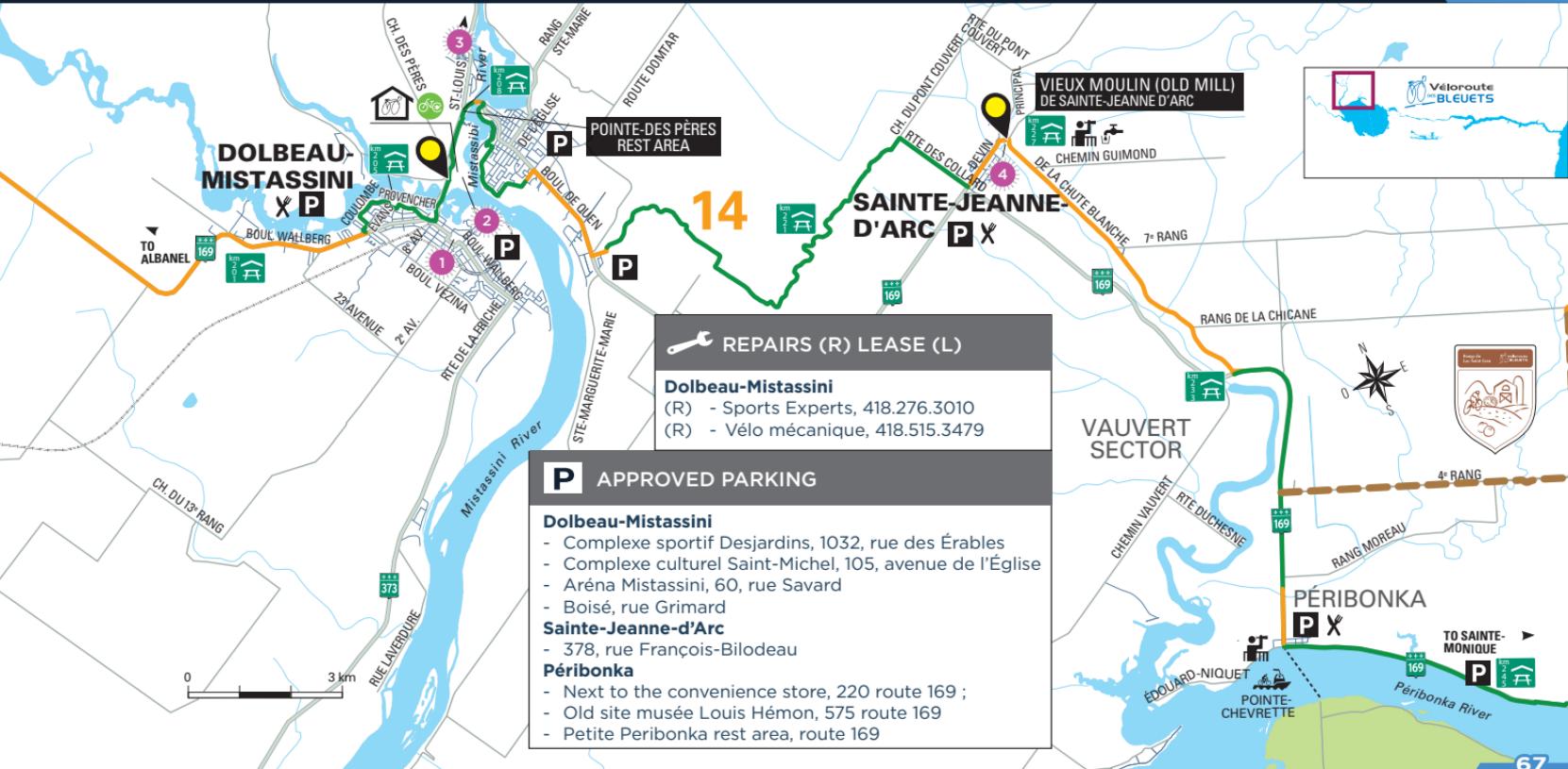


DOLBEAU-MISTASSINI TO SAINTE-JEANNE-D'ARC

Discover
what to see
and do on
the next page



map
14



WHAT TO SEE & DO

› More information at bikeexperience.ca

1 MICROBRASSERIE LE COUREUR DES BOIS

(pub, bistro, craft brewery)

2 PARC RÉGIONAL DES GRANDES-RIVIÈRES

(hiking, observation tower, wildlife interpretation centre)

3 CHOCOLATERIE DES PÈRES DE MISTASSINI

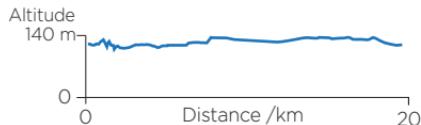
(shop, themed discovery tour, monastery)

4 VIEUX MOULIN

(historical site)

SECTION 14 ▶ 20 km

Vertical gain : 93 m



**MICROBRASSERIE
LE COUREUR DES BOIS**

USINE & BOUTIQUE
427, route de la Friche
Dolbeau-Mistassini
Lac-Saint-Jean QC
G8L 0E6
581 586-3668

BISTRO
1551, boul. Wallberg
Dolbeau-Mistassini
Lac-Saint-Jean QC
G8L 1H5
418 978-1197

www.microlecoureurdesbois.com

AMBASSADEUR
ZONE BORÉALE

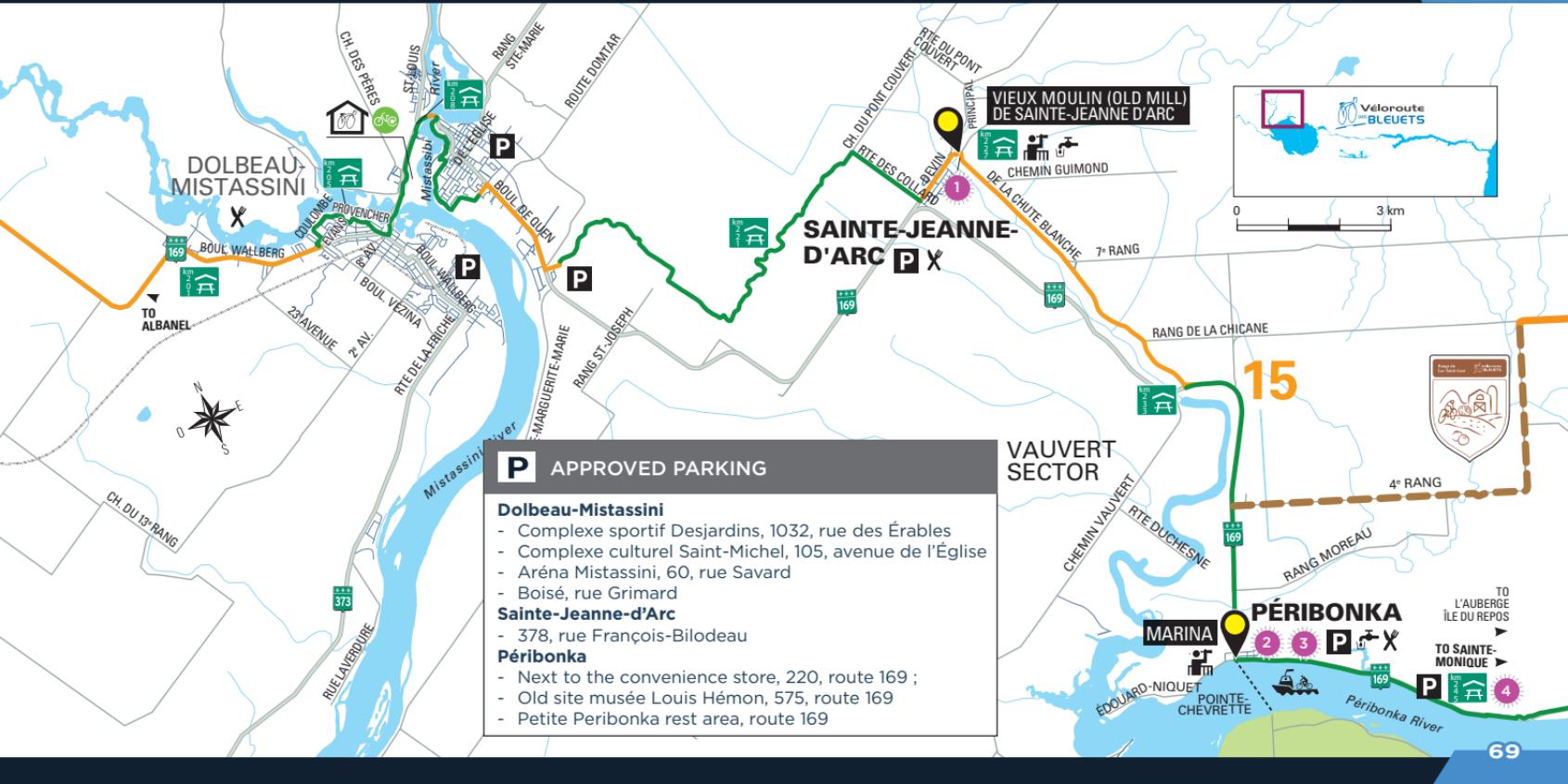


SAINTE-JEANNE-D'ARC TO PÉRIBONKA

Discover what to see and do on the next page



map
15



P APPROVED PARKING

Dolbeau-Mistassini

- Complexe sportif Desjardins, 1032, rue des Érables
- Complexe culturel Saint-Michel, 105, avenue de l'Église
- Aréna Mistassini, 60, rue Savard
- Boisé, rue Grimard

Sainte-Jeanne-d'Arc

- 378, rue François-Bilodeau

Pérignonka

- Next to the convenience store, 220, route 169
- Old site musée Louis Hémon, 575, route 169
- Petite Pérignonka rest area, route 169

WHAT TO SEE & DO

► More information at bikeexperience.ca

- 1 VIEUX MOULIN
(historical site)
- 2 CAMPING MUNICIPAL DE PÉRIBONKA
(swimming pool, water games, mini-golf, walking trails)
- 3 MUSÉE LOUIS HÉMON
(exhibits, café, terrace)
- 4 ÎLE DU REPOS
(shows, fishing, hiking, camping, paddle boarding)



MARINE SHUTTLE

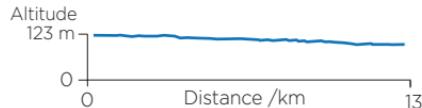
- MARINE SHUTTLE
(POINTE-CHEVRETTE TO PÉRIBONKA) (\$)

See page 14 for details



SECTION 15 ▶ 12,5 km

Vertical gain : 72 m



DIRECT ACCESS TO THE VÉLOROUTE
DES BLEUETS AND LAC SAINT-JEAN

Péribonkaaah!

CAMPING
ICE CREAM STORE
WATER SHUTTLE
MARINA
BISTR'EAU PUB PÉRIBONKA

1044645



Tourisme Péribonka

www.peribonka.ca





PÉRIBONKA TO SAINTE-MONIQUE

Discover what to see and do on the next page



map
16



P APPROVED PARKING

Péribonka

- Next to the convenience store, 220, route 169
- Old site musée Louis Hémon, 575, route 169
- Petite Péribonka rest area, route 169

Sainte-Monique

- Community centre, 125, rue de la Fabrique

Saint-Henri-de-Tailleur

- Near the church, 387, rue principale

R REPAIRS (R) LEASE (L)

Saint-Henri-de-Tailleur

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

Sainte-Monique

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

SAINTE-MONIQUE

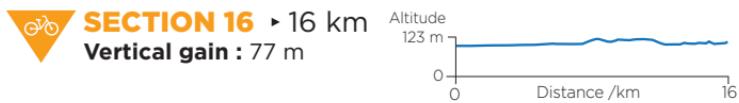
X P BIKE NETWORK STARTING POINT

WHAT TO SEE & DO

► More information at bikeexperience.ca

- 1 **MUSÉE LOUIS HÉMON**
(exhibitions, café, terrace)
- 2 **ÎLE DU REPOS**
(shows, fishing, hiking, camping, paddle boarding)
- 3 **CAMPING POINTE-TAILLON**
(located 3 km from parc de la Pointe-Taillon,
camping, accommodation, bike rental
and heated swimming pool)
- 4 **PARC NATIONAL DE LA POINTE-TAILLON**
(beach, kayaking, pedal boating, hiking, canoeing,
wildlife observation, camping)

 **MARINE SHUTTLE**
► **MARINE SHUTTLE**
(POINTE-CHEVRETTE TO PÉRIBONKA) (\$)
See page 14 for details

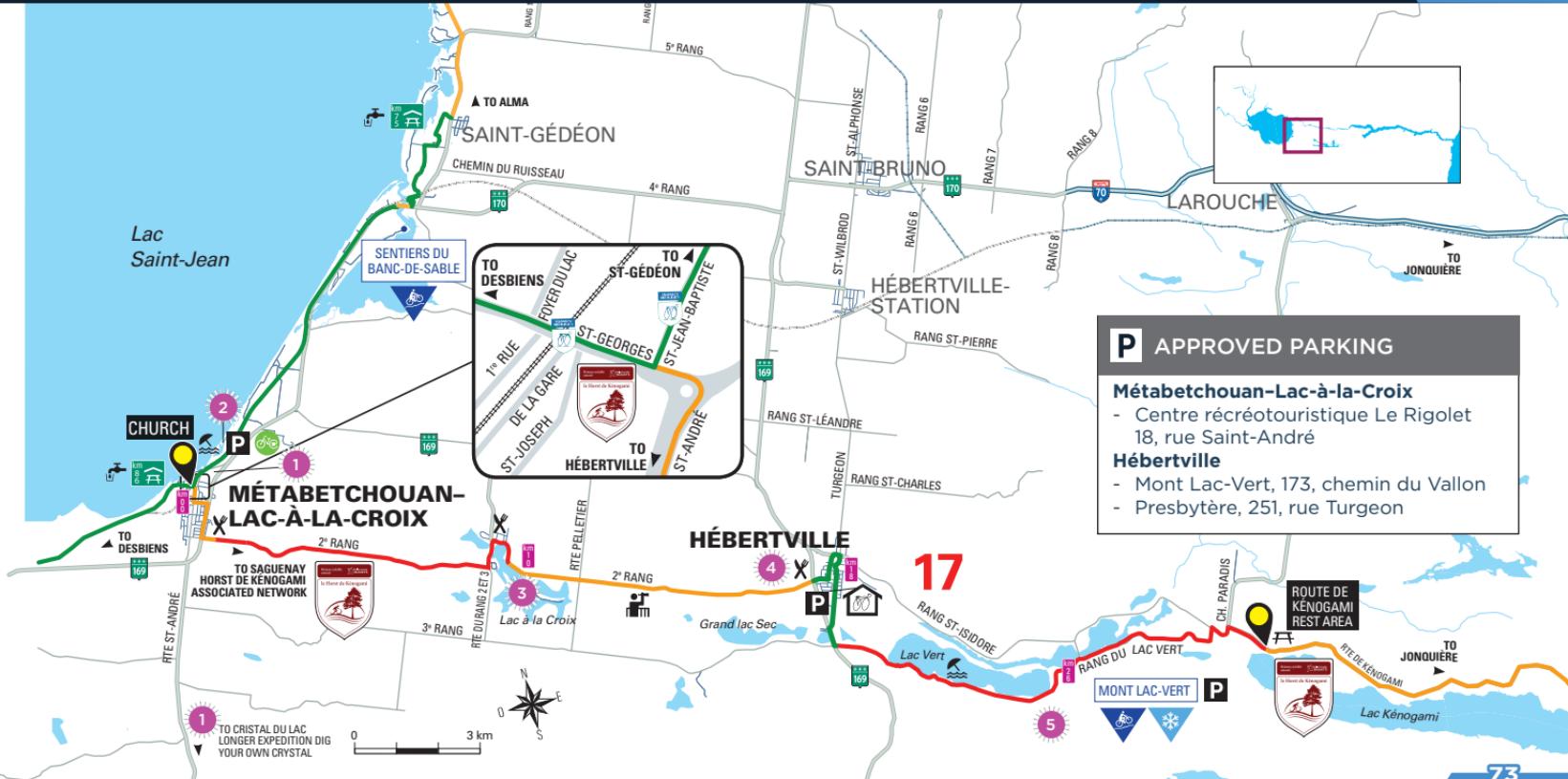




MÉTABETCHOUAN-LAC-À-LA-CROIX TO HÉBERTVILLE (HORST DE KÉNOGAMI)

Discover
what to see
and do on
the next page

map
17



WHAT TO SEE & DO

› More information at bikeexperience.ca

1

CRISTAL DU LAC

(mineral discovery activities for families, interpretation centre, shop and mine)

2

PLAGE LE RIGOLET (beach)

3

ARBORETUM DE LA PRESQU'ÎLE CROFT

(original forest)

4

CIRCUIT PATRIMONIAL D'HÉBERTVILLE

(historical)

5

MONT LAC-VERT

(hiking, mountain biking, fat biking, skiing)



SECTION 17 ▶ 31,5 km

Vertical gain : 404 m



Altitude

200 m

0

Distance /km

32

**MICROBRASSERIE
DU LAC
SAINT-JEAN**

120, DE LA PLAGE, ST-GÉDÉON
QUÉBEC, 418-345-8758

A MUST-VISIT AT LAC
SAINT-JEAN
**A YEAR-ROUND
BOUTIQUE AND
SUMMER BISTRO**

THE LARGEST
TERRACE AT
LAC SAINT-JEAN!

OUR CLASSIC

15 MILLE
LA TRICIDI
VELUETTE
VITE-CAP
LA FEU
BLONDE DU LAC
ST-JEAN



Credit : Tzara Maud



Credit : Tzara Maud



Credit : Tzara Maud



THE RANGS DU LAC

maps R1-R3

Three new cycling routes, known as the Rangs du Lac, have been added to the Véloroute des Bleuets cycle route. These routes allow neighbouring municipalities to join the main loop, linking their rural landscapes to our network.

Hop on your bike and let yourself be charmed by the authenticity of these country roads, winding through picturesque villages and breathtaking landscapes. With each pedal stroke, you'll discover the tranquility of the

Discover the Rangs du Lac -
new cycling routes around the
Véloroute des Bleuets

country roads and the beauty of the panoramas of Lac Saint Jean.

Whether you're a gravel bike enthusiast or simply curious about new horizons, Rangs du Lac promises a unique immersion in an unspoiled environment, without the stress of traffic. With the support of local municipalities, these routes highlight a region that, for over 20 years, has been dedicated to the development of cycle tourism and to welcoming cycling enthusiasts.



Credit : Tzara Maud

LEGEND OF SYMBOLS



Departure/
Arrival

Experience for :



Family/
Recreational



Touring cyclist



Performance
cyclist



Mountain
bike



Fatbike



Gravel



Véloroute
des Bleuets



Véloroute
du Fjord
du Saguenay



Rangs du
Lac-Saint-Jean



City of Alma



City of
Saint-Félicien



Horst de
Kénogami



Au fil des
Rivières



Suggested
activities



Maison
du vélo



Mileposts



Bicycle rest area



Vélovoûte/electric
charging stations



Shelter



Marine shuttle



Cruise



Monitored and
paid parking



Parking permitted



Tourist information



Repairs/lease/
vendor



Drinking water sources



Places to eat



Scenic viewpoint



Roadside rest area
Sheltered roadside
rest area



Beach



Beach (paid)



Hiking



Mountain biking
centre



Salmon river



Ferry



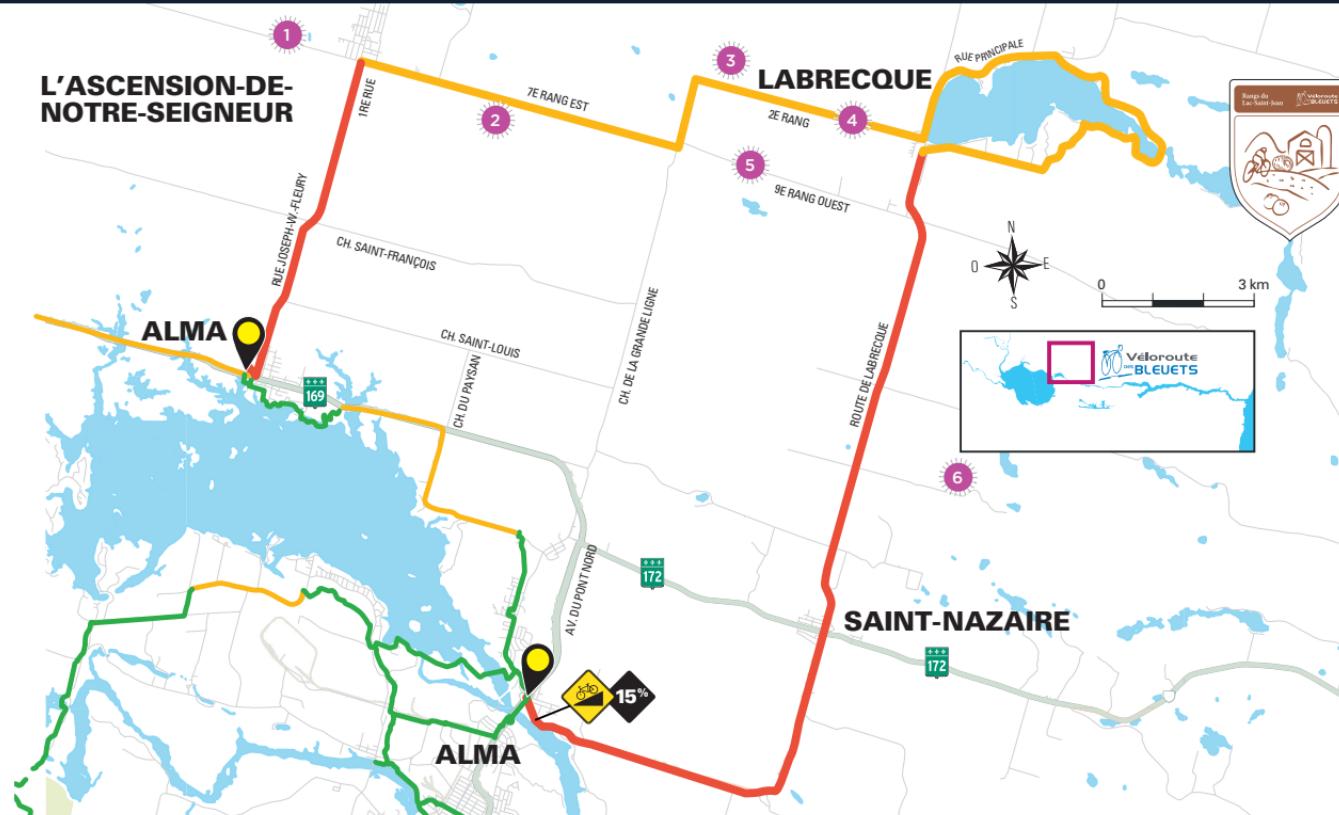
RANG DU LAC - ITINERARY #1

ALMA - L'ASCENSION-DE-NOTRE-SEIGNEUR - LABRECQUE - SAINT-NAZAIRE

Discover
what to see
and do on
the next page



map
R1



WHAT TO SEE & DO

› More information at bikeexperience.ca

L'ASCENSION-DE-NOTRE SEIGNEUR

- 1 JARDIN SCULLION (Gardens and horticulture)
- 2 LES ENTREPRISES FORTIN-TREMBLAY & FILS INC.
(pick-your-own blueberries)

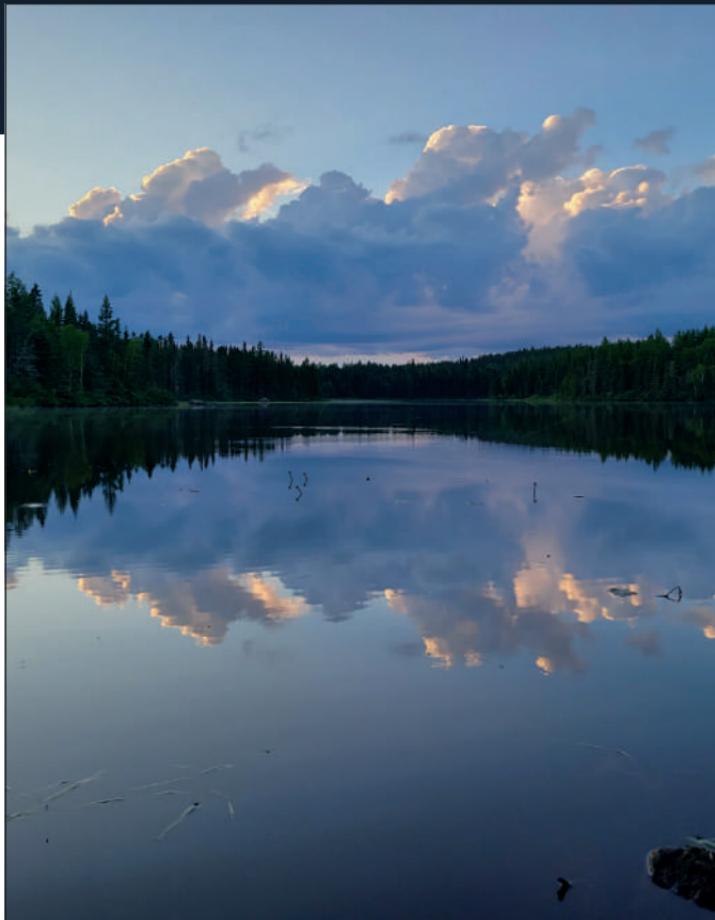
LABRECQUE

- 3 COMPLEXE TOURISTIQUE DU BLEUET
- 4 CAMERISES MISTOUK ÉCONOMUSÉE
DE LA CAMERISE (haskap berry Economuseum)
- 5 LA FERME VÉGÉTALE

SAINT-NAZaire

- 6 À L'ORÉE DES CHAMPS
(restaurant, farm, lamb Economuseum)

 **SECTION R1** ▶ 49,8 km
Vertical gain : 362 m





RANG DU LAC - ITINERARY #2

ROBERVAL - SAINTE-HEDWIDGE - SAINT-PRIME

Discover
what to see
and do on
the next page



map
R2



WHAT TO SEE & DO

› More information at bikeexperience.ca

ROBERVAL

- 1 LE MARAÎCHER DU 1^{er} RANG
(horticulture, pick-your-own fruit and vegetables)
- 2 AVENTURE PLUME BLANCHE
(discovering Indigenous life)

SAINTE-HEDWIGE

- 3 LES ALPAGAS DU LAC
- 4 ARTISANAT AUTOCHTONE (museum, tasting, shop)
- 5 BLEUETIÈRE DES PRIVÉ
(farm, pick-your-own, accommodation)

SAINT-PRIME

- 6 MUSÉE DE LA VIEILLE FROMAGERIE PERRON

 SECTION R2 ▶ 32,5 km

Vertical gain : 411 m

Altitude
300m





**Musée de la
VIEILLE FROMAGERIE
Perron**

Take a delicious
and historic break at
the Old Perron Cheese
Factory Museum

Dear cyclists, whether you're
seasoned pros or casual Sunday
riders, let your bikes take a break
and step back in time! Located in
the heart of the charming village
of Saint-Prime, the Old Perron
Cheese Factory is the perfect spot
for an enriching stop.



To book:
museevieillefromagerie.ca

148, avenue Albert-Perron,
Saint-Prime • 418 251-4922 

1045005



RANG DU LAC - ITINERARY #3

PÉRIBONKA - SAINT-AUGUSTIN

Discover
what to see
and do on
the next page



map
R3



WHAT TO SEE & DO

› More information at bikeexperience.ca

SAINT-AUGUSTIN

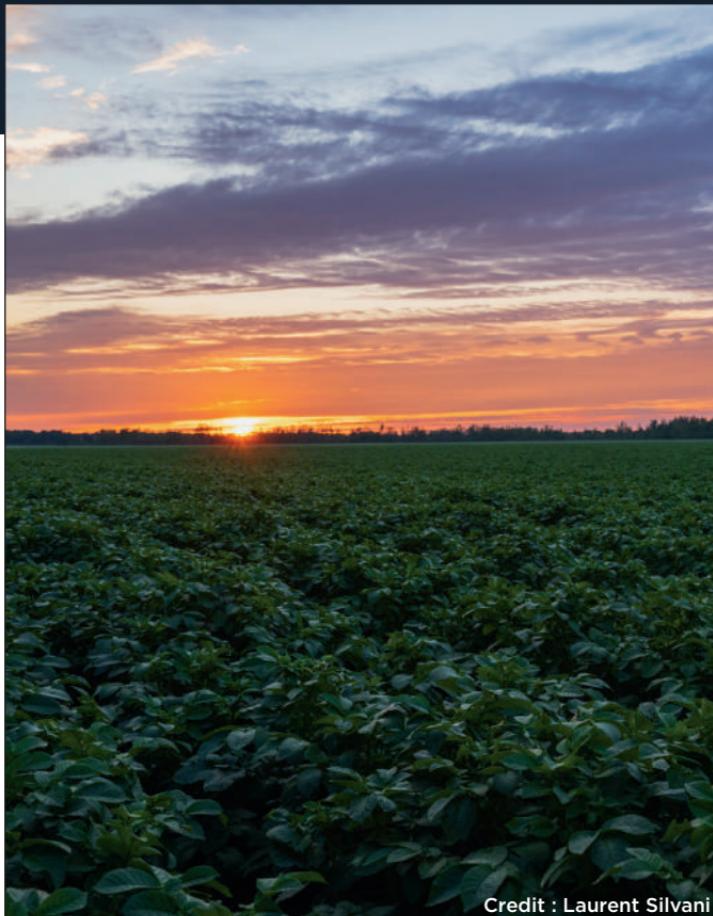
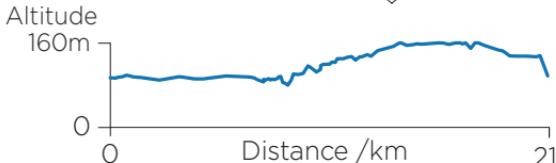
1 LE POTAGER DE VALÉRIE

2 LA FERME DAN NATURE

(pick-your-own, vegetable kiosk)



SECTION R3 ▶ 21,4 km
Vertical gain : 103 m



Credit : Laurent Silvani



Credit : Tzara Maud



maps 18-29

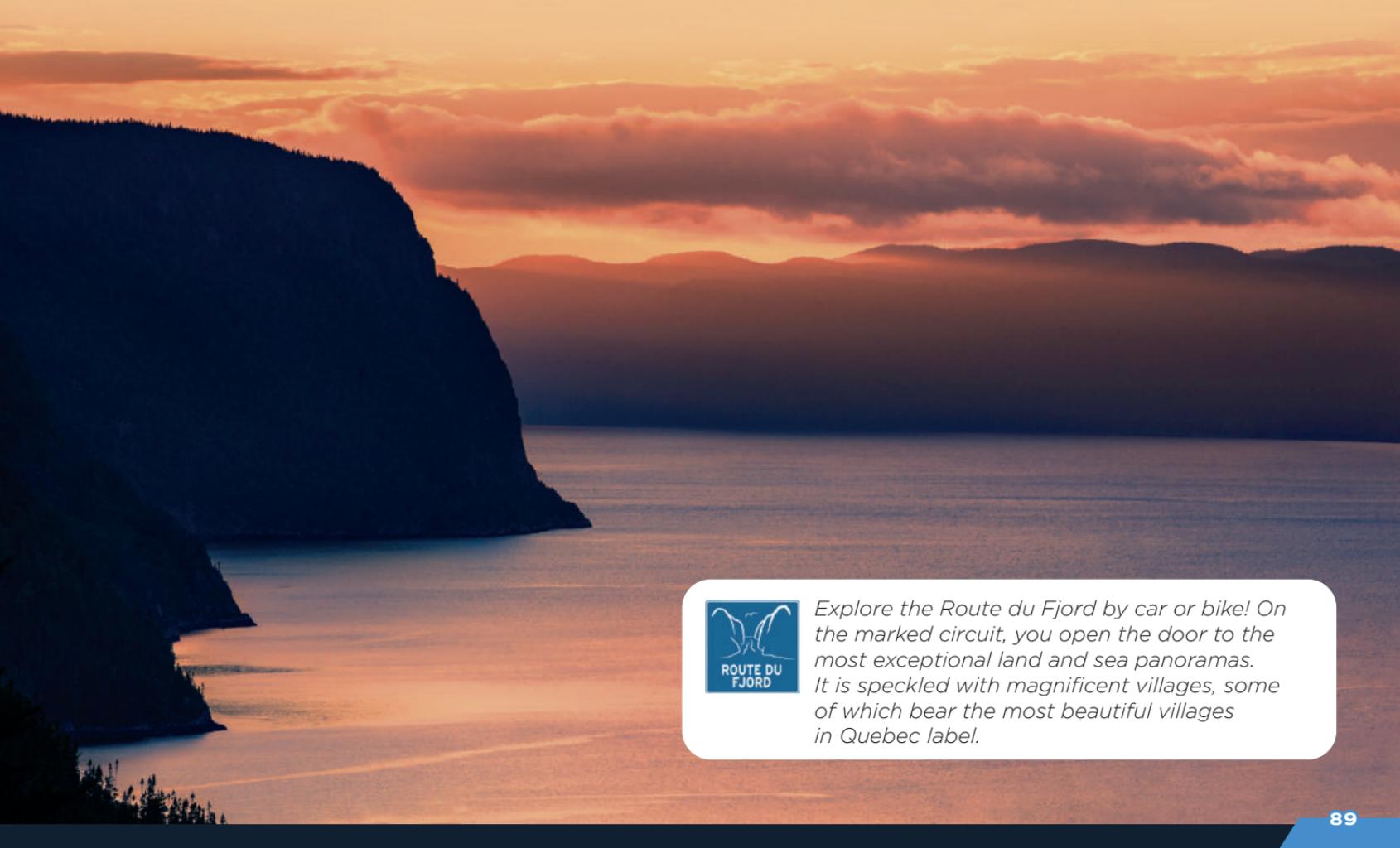
The Véloroute du Fjord du Saguenay is a 435 kilometer long cycling circuit that skirts the Saguenay River. Meandering along the fjord's twin banks, the course will feature breathtaking landscapes. You'll also travel along the *Route du Fjord* marked tourist route. Running alongside some of the most charming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

Cycling along this unique path will lead you to discover the majestic Saguenay Fjord, the only inhabited fjord in North America. Recognized internationally by the Michelin Guide and National Geographic, you'll discover

THE FJORD, ITS CAPES AND ITS IMMENSITY

it best travelling from bank to bank with the Fjord Marine Shuttle and from there be in a better position to measure its vastness: 105 kilometre-long, one of the longest in the world!

While on this circuit, you'll not only see the kilometres passing 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 significant physical challenge you'll experience in this valley formed by a glacier thousands of years ago, making it a most unforgettable adventure.



Explore the Route du Fjord by car or bike! On the marked circuit, you open the door to the most exceptional land and sea panoramas. It is speckled with magnificent villages, some of which bear the most beautiful villages in Quebec label.

LEGEND OF SYMBOLS



Departure/
Arrival

Experience for :



Family/
Recreational



Touring cyclist



Performance
cyclist



Mountain
bike



Fatbike



Gravel



Véloroute
du Fjord
du Saguenay



Associated bicycle
network :



Horst de
Kénogami



Suggested
activities



Maison
du vélo



Mileposts



Bicycle rest area



Vélovoûte/electric
charging stations



Shelter



Marine shuttle



Cruise



Monitored and
paid parking



Parking permitted



Tourist information



Repairs/lease/
vendor



Drinking water sources



Places to eat



Scenic viewpoint



Roadside rest area
Sheltered roadside
rest area



Beach



Beach (paid)



Hiking



Mountain biking
centre



Salmon river



Ferry



LAC-KÉNOGAMI TO JONQUIÈRE

Discover what to see and do on the next page



map
18

**REPAIRS (R)
LEASE (L)**

Lac-Kénogami
(R) - Centre touristique du Lac-Kénogami
418.344.1142

P APPROVED PARKING

LONG TERM - Jonquière
- Camping Jonquière, 3553, ch. du Quai

SHORT TERM - Lac-Kénogami
- Point de services Lac-Kénogami 3000, ch. de l'Église

SHORT TERM - Jonquière
- Chalet des retraités Price, 3405, Rue du Barrage



WHAT TO SEE & DO

› More information at bikeexperience.ca

1 CENTRE TOURISTIQUE DU LAC-KÉNOGAMI

(campground, hiking and biking trail)

2 CHAPELLE SAINT-CYRIAC (chapel)

3 CAMPING JONQUIÈRE

(campground, swimming)

4 CENTRE PLEIN AIR LE NORVÉGIEN

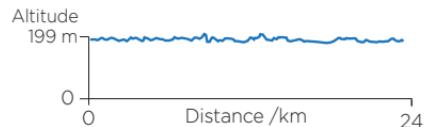
(outdoor centre)

5 PARC DE LA RIVIÈRE-AUX-SABLES

(city public park, aluminum footbridge, picnic, games)

SECTION 18 ▶ 24 km

Vertical gain : 224 m



Credit : JMDecoste



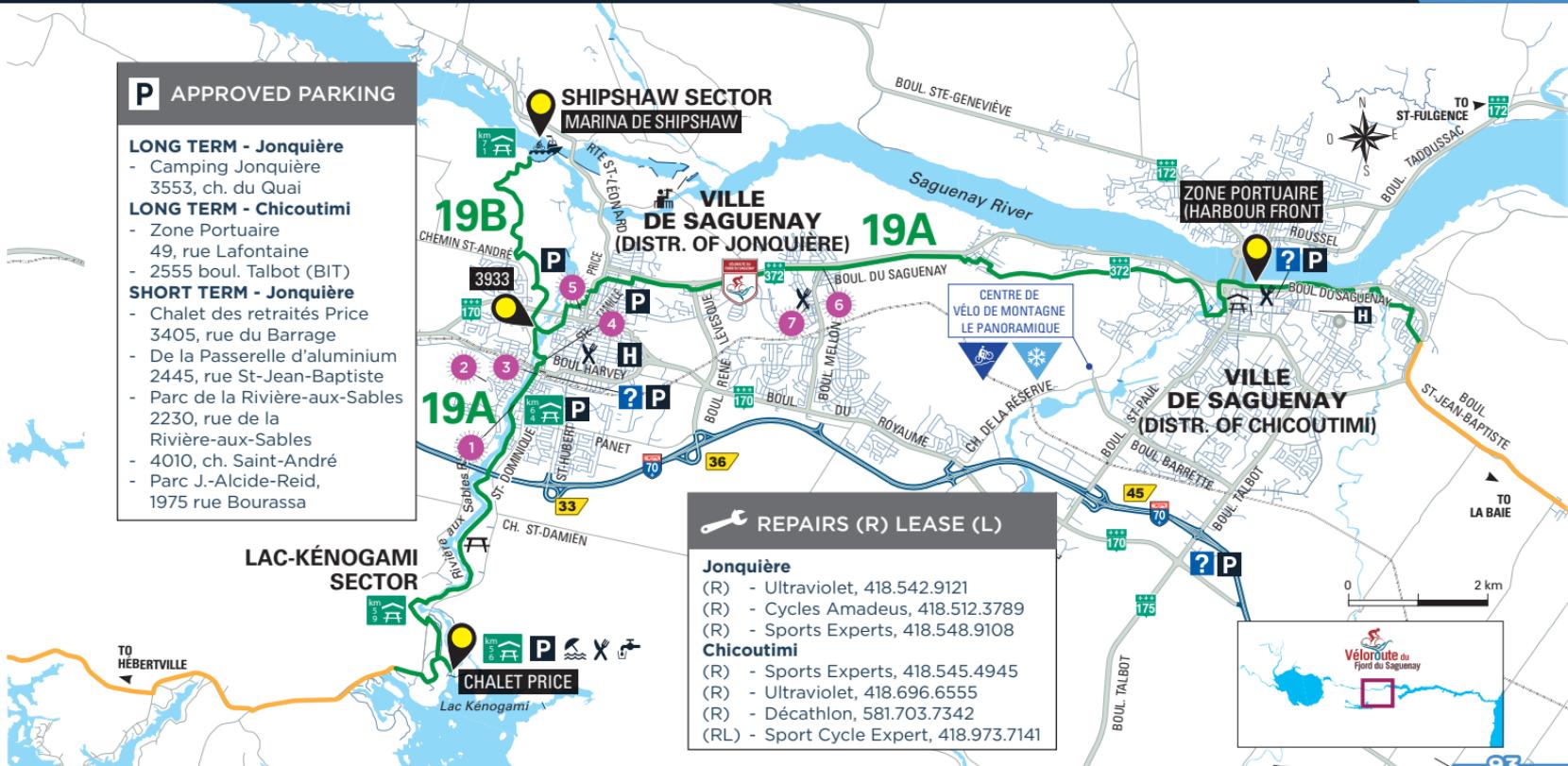
JONQUIÈRE TO CHICOUTIMI (19A)

Jonquière to Shipshaw (19B)

Discover what to see and do on the next page



**map
19**



WHAT TO SEE & DO

► More information at bikeexperience.ca

1 PARC DE LA RIVIÈRE-AUX-SABLES

(city public park, aluminum footbridge, picnic, games)

2 CENTRE NATIONAL D'EXPOSITION/ MONT-JACOB (exhibition centre)

3 MICROBRASSERIE LA VOIE MALTÉE (microbrewery)

4 MICROBRASSERIE HOPERA (microbrewery)

5 CENTRE D'HISTOIRE SIR-WILLIAM-PRICE (interpretation centre)

6 CENTRE D'HISTOIRE D'ARVIDA (interpretation centre)

7 CARRÉ DAVIS (downtown square restaurants, shops)

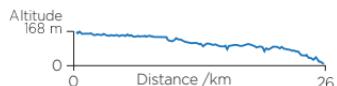


MARINE SHUTTLE

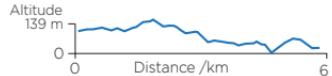
► TRAVERSE JONQUIÈRE-SHIPSHAW (FREE)

See page 15 for details

SECTION 19A ► 27 km Vertical gain : 174 m



SECTION 19B ► 6 km Vertical gain : 44 m



Cozy
Room



Pool / Spa /
Sauna



24-hour Sports
Center



Boston Pizza
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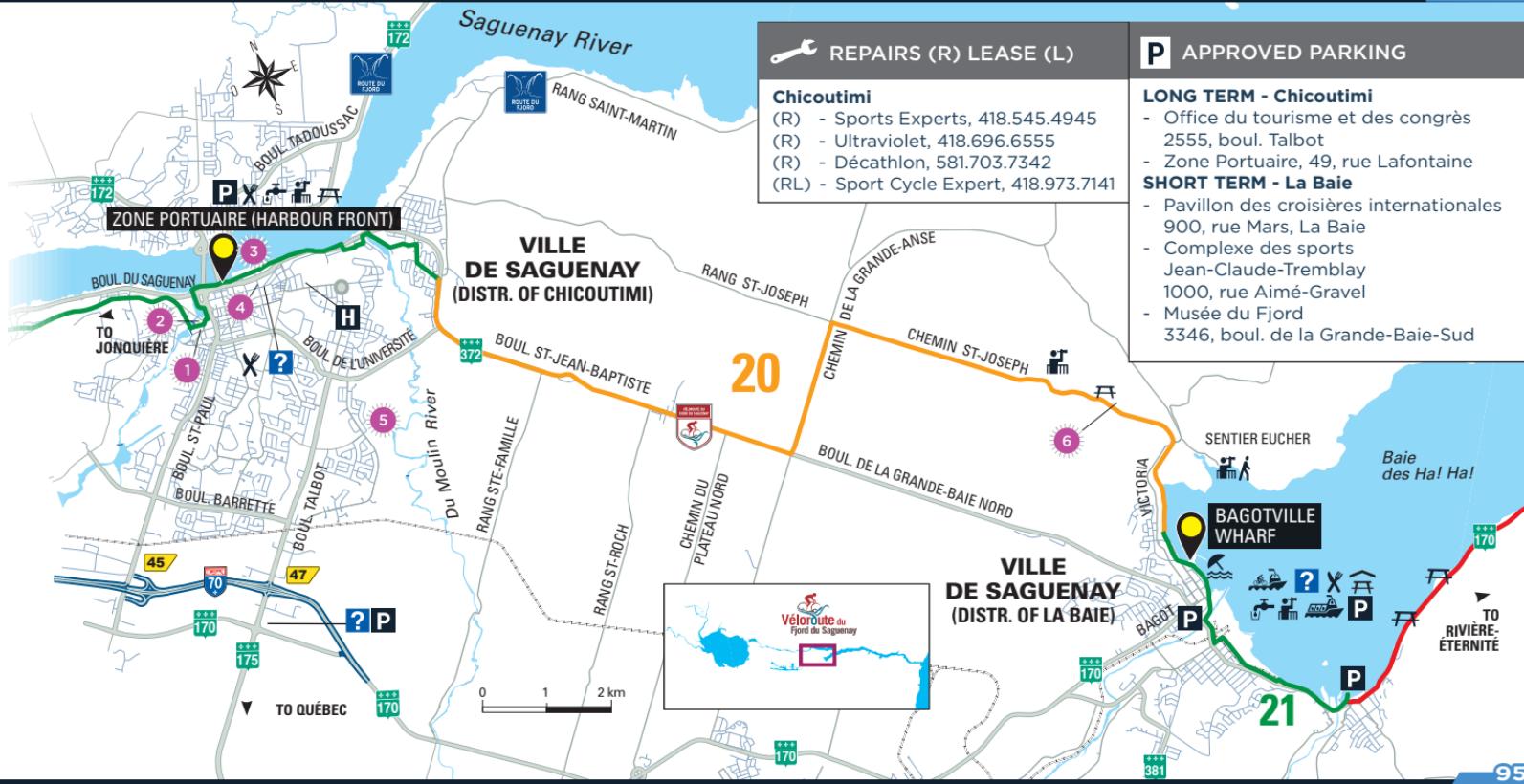


CHICOUTIMI TO LA BAIE

Discover
what to see
and do on
the next page



map
20



WHAT TO SEE & DO

► More information at bikeexperience.ca

1

LA PULPERIE - MUSÉE RÉGIONAL (museum)

2 **PARC DU BASSIN, LA PETITE MAISON BLANCHE ET LA COMMÈRE MAGASIN GÉNÉRAL**
(city park and museum)

3 **ZONE PORTUAIRE**
(harbour front, picnic, games, boardwalk)

4 **BONS DÉLICES CRÈMERIE-CHOCOLATERIE**
(fine chocolate shop)

5 **PARC DE LA RIVIÈRE-DU-MOULIN**
(4-seasons urban park)

6 **FROMAGERIE BOIVIN** (Cheese dairy)



MARINE SHUTTLE

► **NAVETTES MARITIMES DU FJORD (\$)**
BOARDING DOCKS : LA BAIE

See page 15 for details



SECTION 20 ▶ 23 km

Vertical gain : 199 m



LA FABULEUSE
HISTOIRE D'UN ROYAUME

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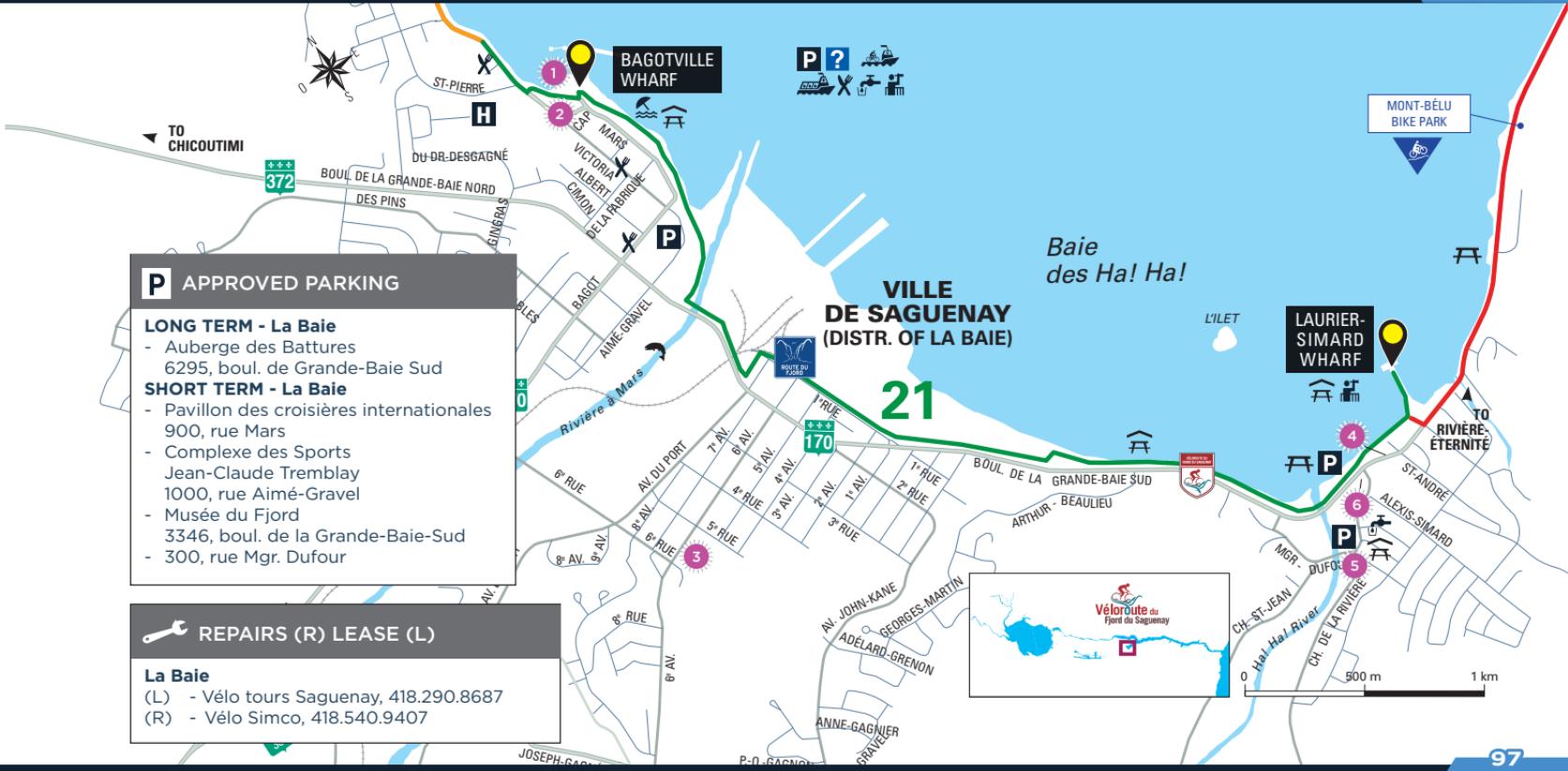
LA BAIE

Bagotville Wharf to Musée du Fjord

Discover
what to see
and do on
the next page



map
21



REPAIRS (R) LEASE (L)

La Baie

- (L) - Vélo tours Saguenay, 418.290.8687
- (R) - Vélo Simco, 418.540.9407

WHAT TO SEE & DO

► More information at bikeexperience.ca

- 1 NAVETTES MARITIMES DU FJORD (fjord shuttles)
- 2 VILLAGE PORTUAIRE (cruise village, Mars park, restaurant, Agora, sculpture Saguenay)
- 3 LA FABULEUSE HISTOIRE D'UN ROYAUME (huge multimedia show - Théâtre du Palais municipal)
- 4 MUSÉE DU FJORD (museum)
- 5 PYRAMIDE DES HA! HA!
- 6 VERRERIE TOUVERRE - ÉCONOMUSÉE DU SOUFFLAGE DE VERRE ET DE LA TAILLE DE PIERRES FINES (blown glass workshop)



MARINE SHUTTLE

- NAVETTES MARITIMES DU FJORD (\$)
BOARDING DOCKS : LA BAIE
See page 15 for details



SECTION 21 ▶ 5 km
Vertical gain : 25 m



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1043764



LA BAIE TO RIVIÈRE-ÉTERNITÉ (22A)

Parc national du Fjord-du-Saguenay Baie Éternité (22B)

Discover what to see and do on the next page



map
22



WHAT TO SEE & DO

› More information at bikeexperience.ca

1

MUSÉE DU FJORD (museum)

2

SITE DE LA NOUVELLE-FRANCE (interpretation centre)

3

PARC MUNICIPAL DES ARTISTES (city park)

4

PARC NATIONAL DU FJORD-DU-SAGUENAY

(national park and campground, sea kayaking, zodiac, sailing, cruise, via ferrata, hiking)



MARINE SHUTTLE

▶

NAVETTES MARITIMES DU FJORD (\$)

BOARDING DOCKS : LA BAIE

AND RIVIÈRE-ÉTERNITÉ

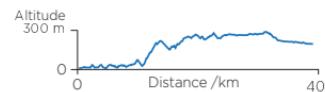
(PARC NATIONAL DU FJORD-DU-SAGUENAY)

See page 15 for details



SECTION 22A ▶ 40 km

Vertical gain : 737 m



SECTION 22B ▶ 8 km

Vertical gain : 249 m



Credit : Canopée



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

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

L'Anse-de-Tabatière (23C)

Mont-Édouard (23D)

Discover what to see and do on the next page



map
23

P APPROVED PARKING

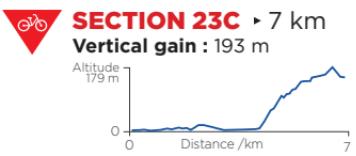
SHORT TERM - Rivière-Éternité
- Behind primary school, 404, rue Principale

SHORT TERM - L'Anse-Saint-Jean
- Club nautique 355, rue Saint-Jean-Baptiste (\$)

LONG TERM - L'Anse-Saint-Jean
- Municipal parking, 3, rue du Couvent
- Auberge Maison de Vébron (avec hébergement) 56, rue de Vébron
- Club nautique 355, rue Saint-Jean-Baptiste (\$)

**REPAIRS (R)
LEASE (L)**

L'Anse-Saint-Jean
(RL) - Vélofjord 418.272.1222
(RL) - Boutique Hors-Circuits 418.272.2927 #204



WHAT TO SEE & DO

► More information at bikeexperience.ca

1 PONT COUVERT DE L'ANSE-SAINT-JEAN

(covered wood bridge)

2 L'ANSE-DE-TABATIÈRE

(Saguenay Fjord national park)

3 KAO CHOCOLAT (fine chocolate shop)

4 FJORD EN KAYAK (sea kayaking excursion)

5 NAVETTES MARITIMES DU FJORD (fjord shuttles)

6 SECTEUR DU QUAI (pier, restaurants and shops)

7 SAGUENAY AVENTURE

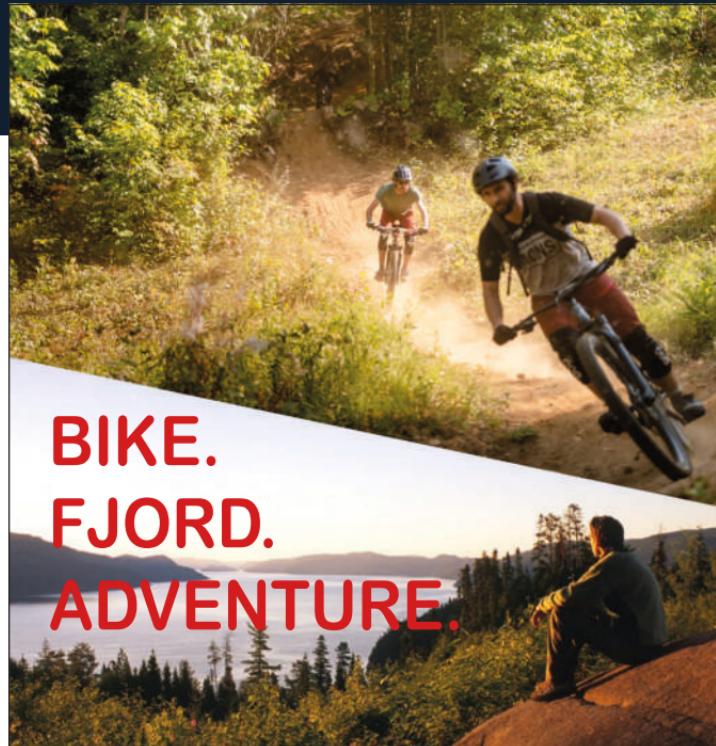
(fjord and whales watching cruises)



MARINE SHUTTLE

- **NAVETTES MARITIMES DU FJORD (\$)**
BOARDING DOCKS : RIVIÈRE-ÉTERNITÉ
(PARC NATIONAL DU FJORD-DU-SAGUENAY)
AND L'ANSE-SAINT-JEAN

See page 15 for details



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 L'ANSE-SAINT-JEAN

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



Petit-Saguenay Wharf (24B)

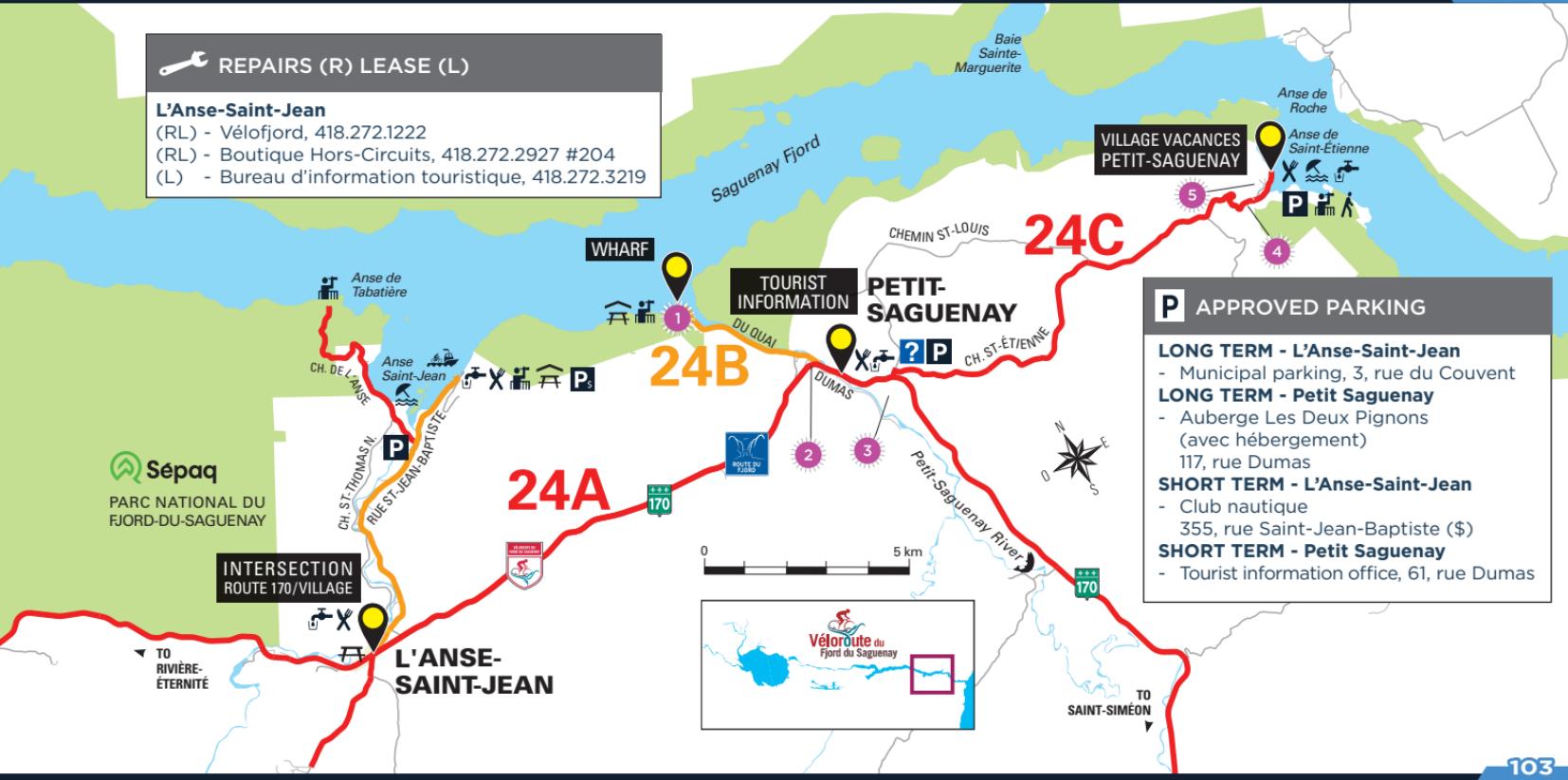


L'Anse-Saint-Étienne (24C)

Discover what to see and do on the next page



map
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WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1 QUAI DE PETIT-SAGUENAY (pier)
- 2 MINUIT MOINS CINQ (eco friendly shop)
- 3 SITE DE LA RIVIÈRE PETIT-SAGUENAY
(salmon fishing, cottages and campground
canoeing, fishing)
- 4 FERME LES CERFS ROUGES (red deer farm)
- 5 VILLAGES VACANCES PETIT-SAGUENAY
(family vacation centre, sea kayaking, hiking, etc.)



MARINE SHUTTLE

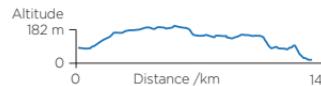
- NAVETTES MARITIMES DU FJORD (\$)
BOARDING DOCKS : L'ANSE-SAINT-JEAN

See page 15 for details



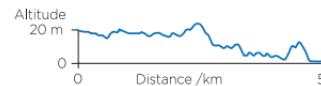
SECTION 24A ▶ 14 km

Vertical gain : 161 m



SECTION 24B ▶ 5 km

Vertical gain : 16 m



SECTION 24C ▶ 13 km

Vertical gain : 165 m



Credit : Canopée

PETIT-SAGUENAY TO TADOUSSAC

Discover what to see and do on the next page



map
25



Petit-Saguenay to Saint-Siméon (25A)



Saint-Siméon to Tadoussac (25B)

P APPROVED PARKING

LONG TERM

Petit Saguenay

- Auberge Les Deux Pignons (with lodging)
117, rue Dumas

LONG TERM Saint-Siméon

- Palissades de Charlevoix (with lodging)
1000, Route 170
- Rivière-Noire rest area
245, rue Saint-Laurent

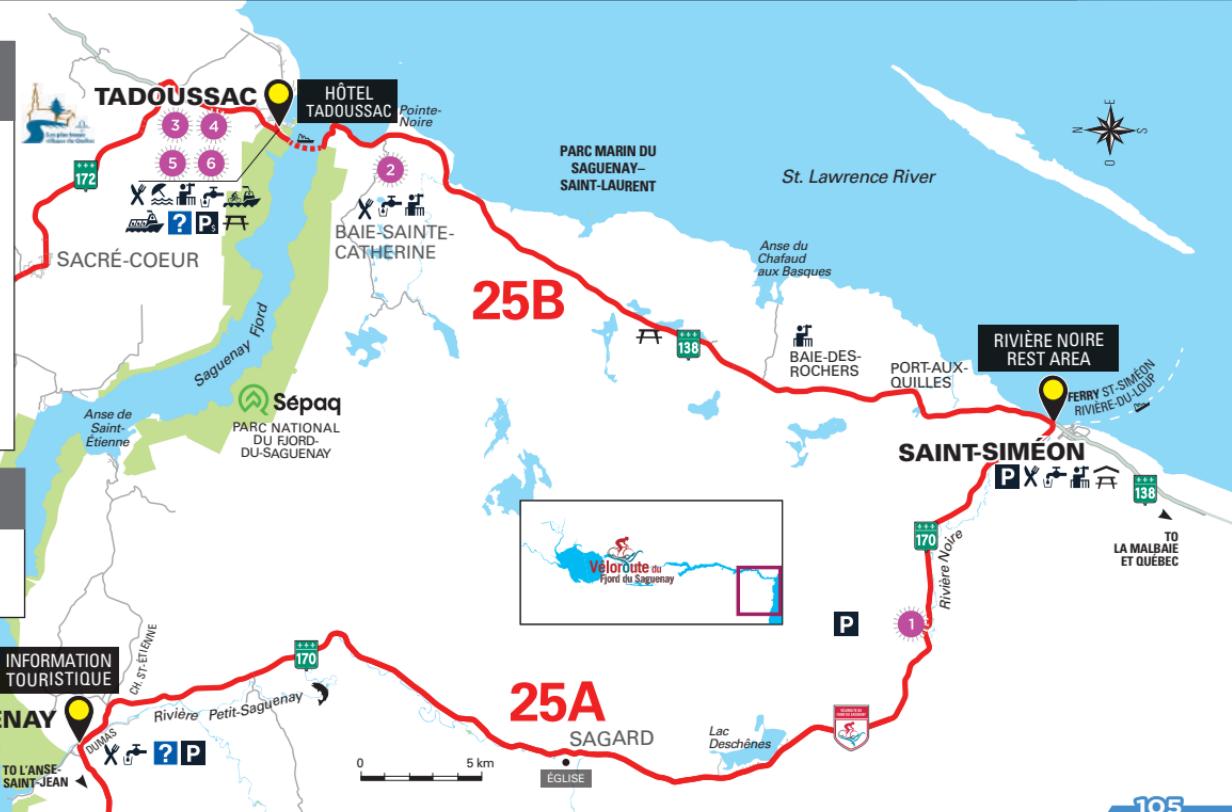
LONG TERM Tadoussac

- 179, rue de l'Église (\$)
- 108, rue de la Cale sèche (\$)

REPAIRS (R) LEASE (L)

Petit Saguenay

- (L) - Tourist information office, 418.272.3219



WHAT TO SEE & DO

› More information at bikeexperience.ca

- 1 PALISSADES DE CHARLEVOIX (mountain outdoor centre)
- 2 CENTRE D'INTERPRÉTATION ET D'OBSERVATION DE POINTE-NOIRE (interpretation centre)
- 3 CROISIÈRES AUX BALEINES (whales watching cruises)
- 4 NAVETTES MARITIMES DU FJORD (fjord shuttles)
- 5 CENTRE D'INTERPRÉTATION DES MAMMIFÈRES MARINS
(Marine mammals interpretation centre)
- 6 PARC NATIONAL DU FJORD-DU-SAGUENAY
(national park, Baie de Tadoussac)



MARINE SHUTTLE

- NAVETTES MARITIMES DU FJORD (\$)
BOARDING DOCKS : TADOUSSAC

See page 15 for details

SECTION 25A ▶ 55 km

Vertical gain : 635 m



SECTION 25B ▶ 40 km

Vertical gain : 660 m



Credit : Paul Cimon

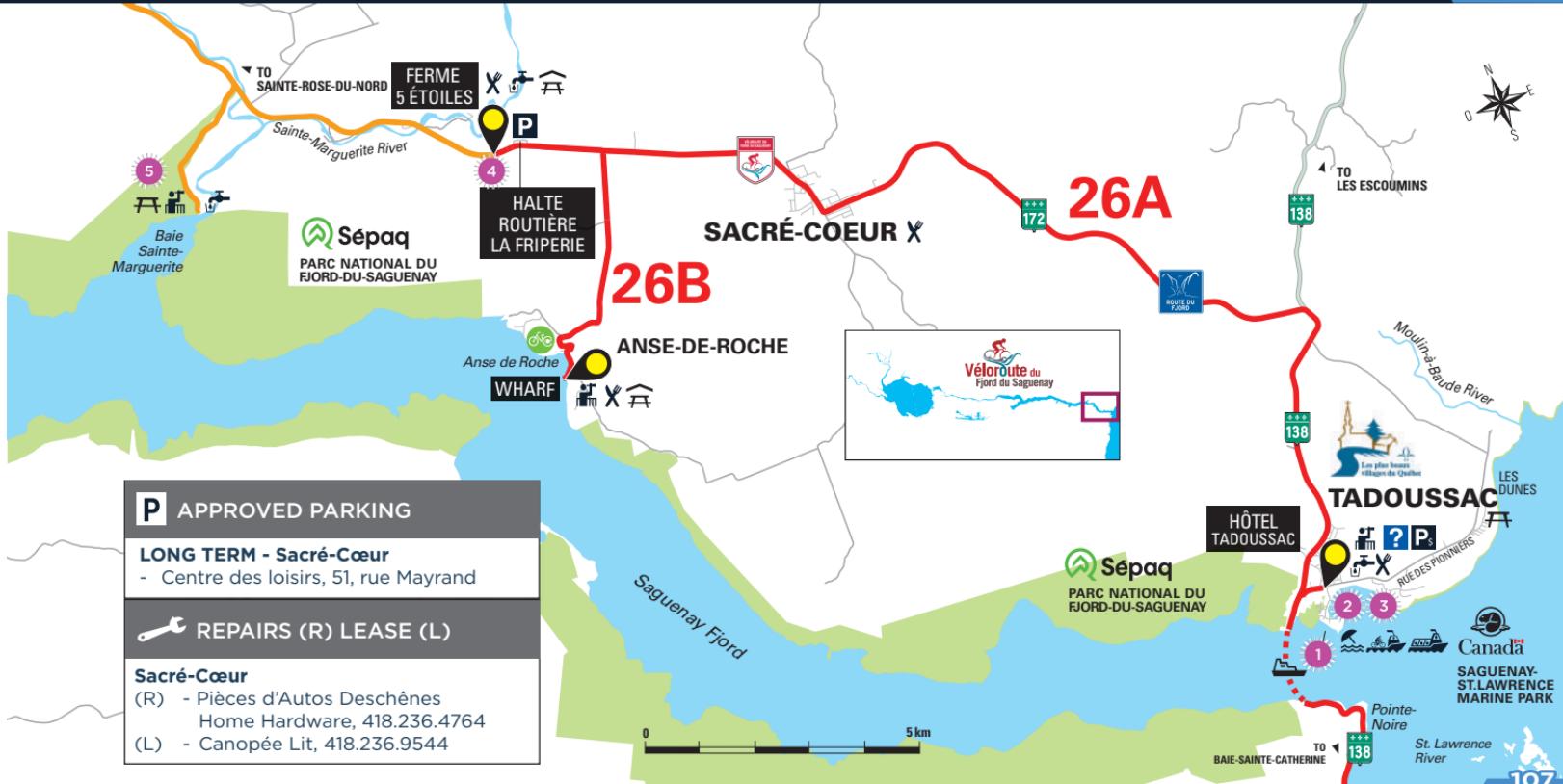


TADOUSSAC TO SACRÉ-CŒUR (26A) L'Anse-de-Roche (26B)

Discover
what to see
and do on
the next page



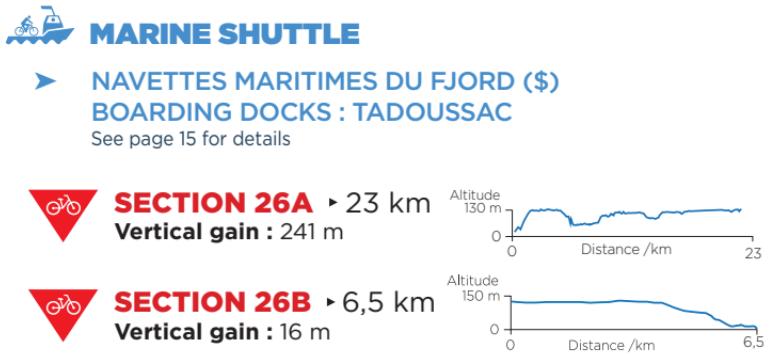
map
26



WHAT TO SEE & DO

► More information at bikeexperience.ca

- 1 CENTRE D'INTERPRÉTATION DES MAMMIFÈRES MARINS (marine mammals interpretation centre)
- 2 NAVETTES MARITIMES DU FJORD (fjord shuttles)
- 3 CROISIÈRES AUX BALEINES (whales watching cruises)
- 4 CENTRE DE VACANCES FERME 5 ÉTOILES (multi activities and accommodation centre)
- 5 PARC NATIONAL DU FJORD-DU-SAGUENAY (national park, Baie-Sainte-Marguerite)



SACRÉ-CŒUR, EVERYTHING IS TO BE DISCOVERED!

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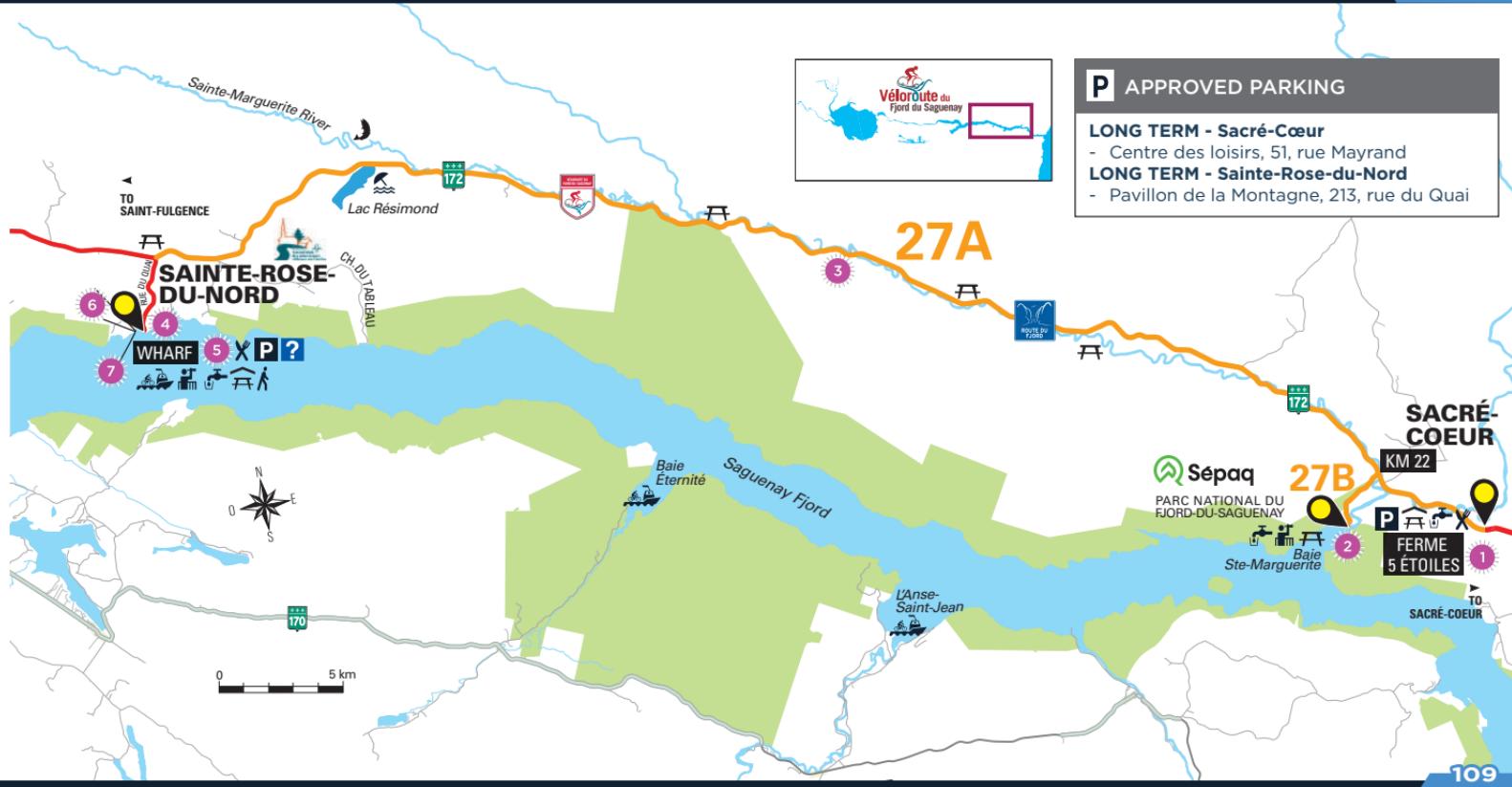


SACRÉ-CŒUR TO SAINTE-ROSE-DU-NORD (27A) Baie-Sainte-Marguerite (27B)

Discover
what to see
and do on
the next page



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27



WHAT TO SEE & DO

► More information at bikeexperience.ca

1 CENTRE DE VACANCES FERME 5 ÉTOILES
(multi activities and accommodation centre)

2 PARC NATIONAL FJORD-DU-SAGUENAY
(national park, Baie-Sainte-Marguerite)

3 DOMAIN DE BARDSVILLE (salmon fishing and cottages)

4 MUSÉE DE LA NATURE (museum)

5 QUAI DE SAINTE-ROSE-DU-NORD
(Restaurants, shops)

6 AVENTURE ROSE-DES-VENTS
(youth hostel and activities centre)

7 NAVETTES MARITIMES DU FJORD (fjord shuttles)

 **MARINE SHUTTLE**
► NAVETTES MARITIMES DU FJORD (\$)
BOARDING DOCKS : SAINTE-ROSE-DU-NORD
See page 15 for details

 **SECTION 27A** ▶ 65 km
Vertical gain : 577 m

 **SECTION 27B** ▶ 3 km
Vertical gain : 6 m



Parc national du Fjord-du-Saguenay



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SAINTE-ROSE-DU-NORD TO SAINT-FULGENCE

Discover
what to see
and do on
the next page



map
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WHAT TO SEE & DO

► More information at bikeexperience.ca

- 1 NAVETTES MARITIMES DU FJORD (fjord shuttles)
- 2 LA VIEILLE FERME (boreal farmer's market)
- 3 PARC AVENTURES CAP-JASEUX (campground and outdoor activities centre, sea kayaking, treetop circuit, via ferrata, hiking, fjord shuttles)
- 4 SENTIERS DU MARAIS (coastal spit)
- 5 LE REFUGE FAUNIQUE DES BATTURES-DE-SAINT-FULGENCE (wildlife refuge)
- 6 CHEZ ROGER BOULANGERIE (bakery)



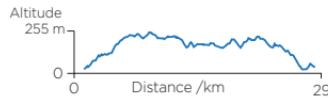
MARINE SHUTTLE

- NAVETTES MARITIMES DU FJORD (\$)
BOARDING DOCKS : SAINTE-ROSE-DU-NORD
AND PARC AVENTURE CAP JASEUX

See page 15 for details



SECTION 28 ▶ 29 km
Vertical gain : 613 m



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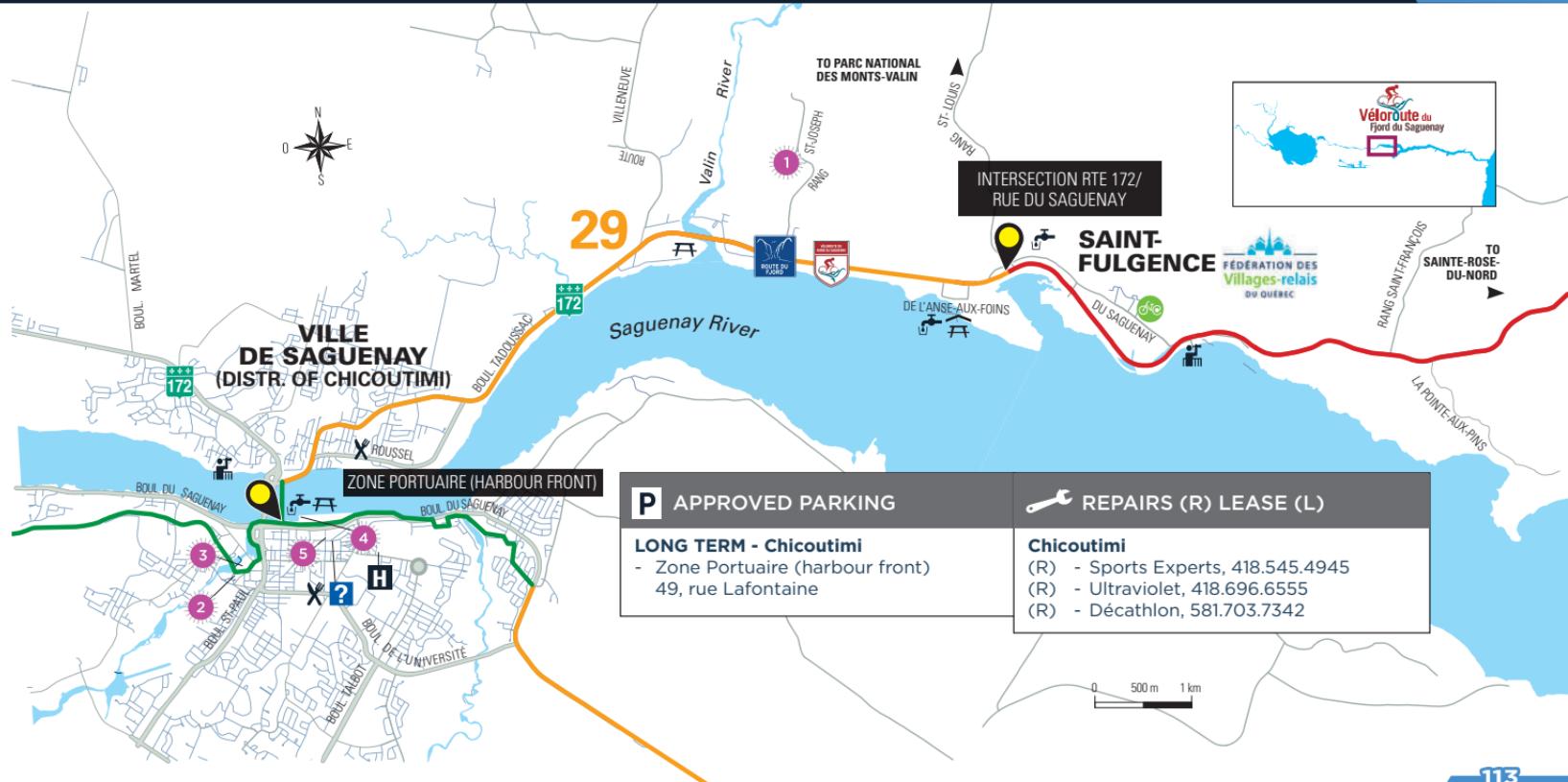


SAINT-FULGENCE TO CHICOUTIMI

Discover
what to see
and do on
the next page



map
29



WHAT TO SEE & DO

► More information at bikeexperience.ca

1 LE CHEVRIER DU NORD

(mohair Economuseum)

2 LA PULPERIE - MUSÉE RÉGIONAL (museum)

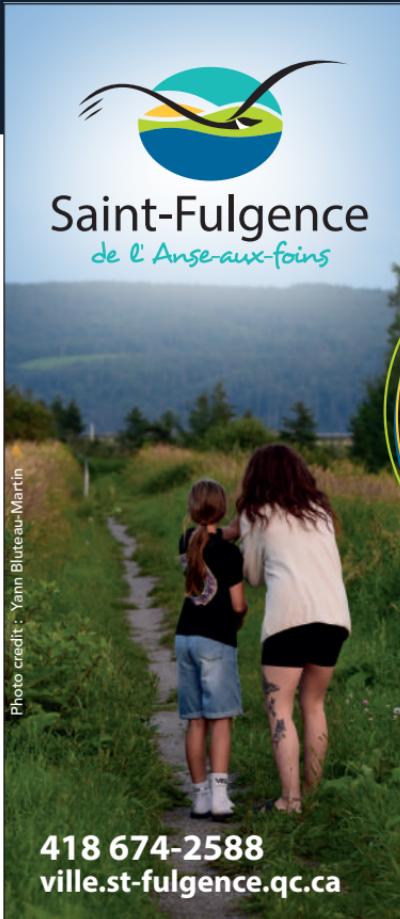
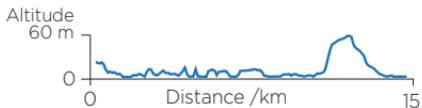
3 PARC DU BASSIN, LA PETITE MAISON BLANCHE ET LA COMMÈRE MAGASIN GÉNÉRAL (city park and museum)

4 ZONE PORTUAIRE (harbour front, picnic, games, boardwalk)

5 CENTRE-VILLE DE CHICOUTIMI (downtown, restaurants, shops)

SECTION 29 ▶ 15 km

Dénivelé positif : 73 m



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Credit : Canopée

MOUNTAIN BIKE AND FATBIKE

*The Saguenay-Lac-Saint-Jean
Bike experience in all
four seasons!*

maps **30-38**

For mountain bikers, there are more than 300 kilometres of trails to discover, with close to 150 kilometres of trails for fatbiking. A diverse experience with downhill, enduro, and cross-country trails, as well as more accessible trails for the whole family. A diversified offer that can suit both beginner and advanced cyclists.

Consult the detailed maps to create your own itinerary in the Saguenay-Lac-Saint-Jean region.



LEGEND OF SYMBOLS

-  Mountain bike centres
-  Fatbike centres
-  Visitor centre
-  Parking (permitted or paid)
-  Washrooms
-  Drinking water
-  Picnic area
-  Camping with or without services
-  Restaurant nearby
-  Wash-your-bike facilities
-  Bike renting
-  Lift according to schedule
-  Daily fee
-  Seasonal tickets
-  Mobile app



Credit : Devinci_Promotion Saguenay

PARC D'UNE RIVE À L'AUTRE

(Parc de la Pointe-des-Américains sector)



MOUNTAIN BIKE
CENTRE

5 km

DISCIPLINE : Cross-country

TRAIL RATING : Intermediate, difficult

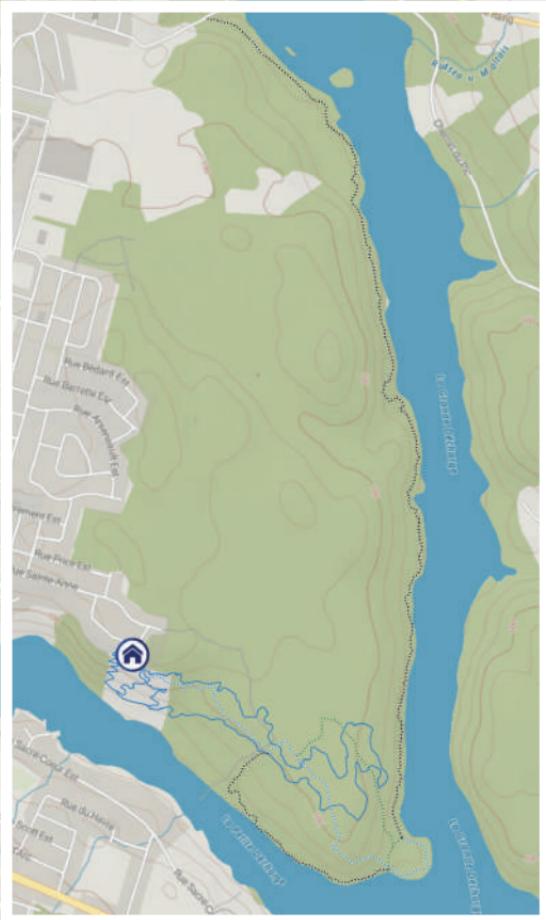


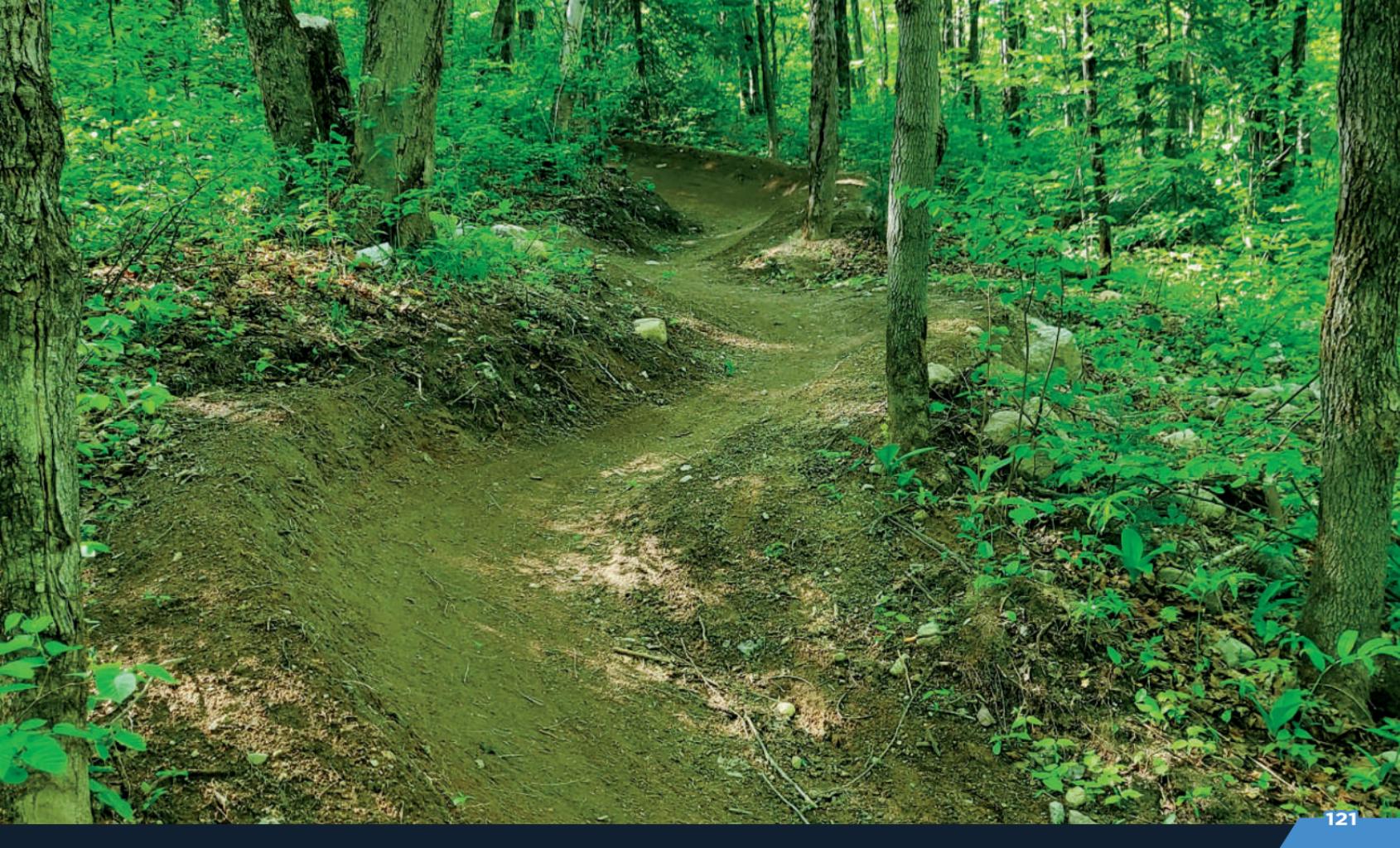
Rue Belvédère, Alma G8B 5X9

418.662.6550

facebook.com/parc.unerivealautre

info@urala.ca





PARC D'UNE RIVE À L'AUTRE

(centre Dorval sector)



MOUNTAIN BIKE
CENTRE

22 km



FATBIKE CENTRE

25 km

DISCIPLINE : Cross-country

TRAIL RATING : Easy, intermediate, difficult



3795, route du Lac Est, Alma G8B 5V2

418.662.6550

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info@urala.ca





Credit : Charles-David Robitaille

SENTIERS DU BANC-DE-SABLE



MOUNTAIN BIKE
CENTRE

19 km

DISCIPLINE : Cross-country

TRAIL RATING : Easy, intermediate

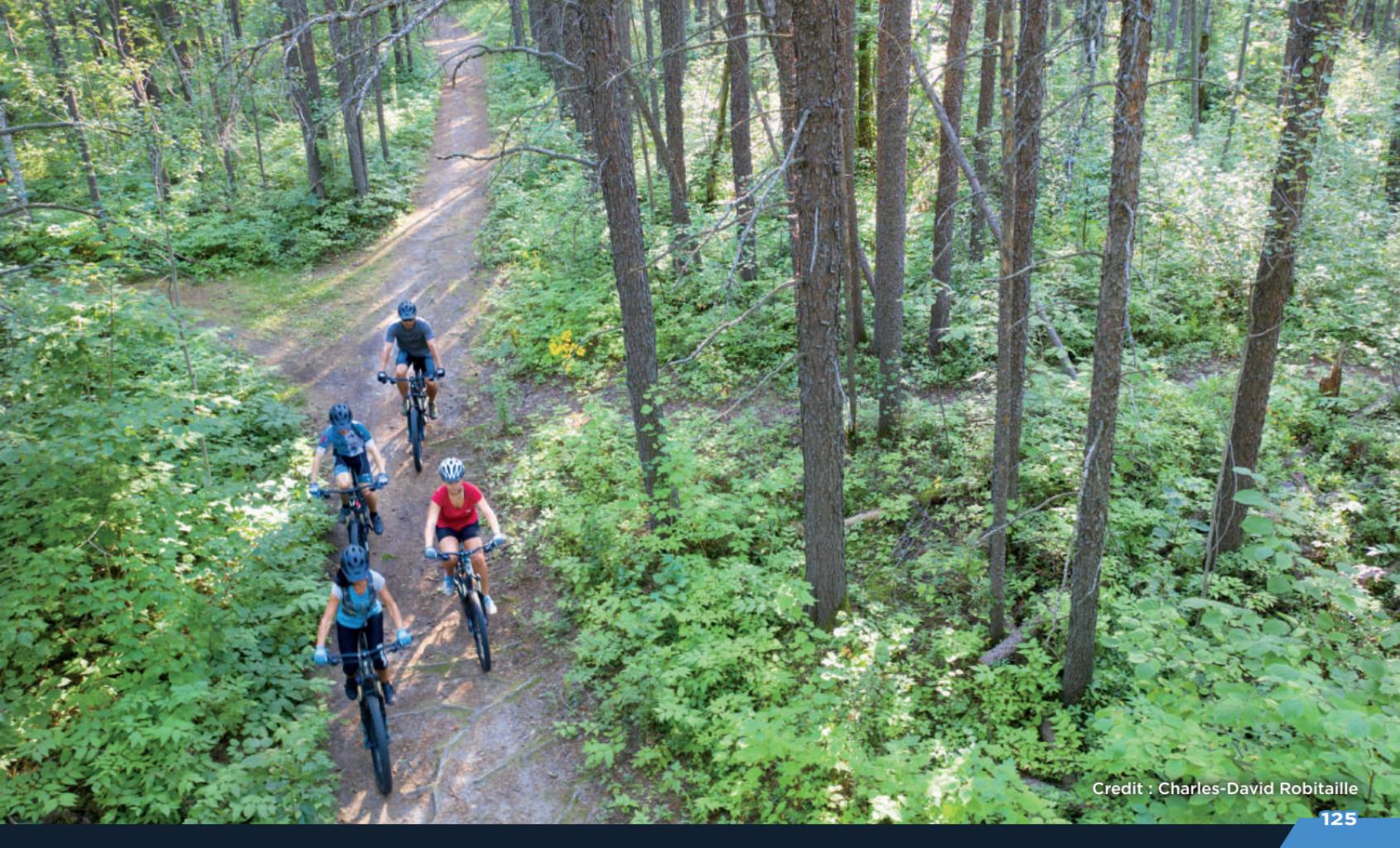


921 route-170,
Métabetchouan-Lac-à-la-Croix, QC G8G 2K8

418.349.2060

ville.metabetchouan.qc.ca/index/velo_de_montagne





Credit : Charles-David Robitaille

TOBO-SKI



MOUNTAIN BIKE
CENTRE

71 km



FATBIKE CENTRE

23 km

DISCIPLINE : Cross-country, enduro, jumps, bike park, dirt jump, trail

TRAIL RATING : Easy, intermediate, difficult



500, Petit Rang, Saint-Félicien G8K 2P8

418.307.8013

toboski.ca

tobo@ville.stfelicien.qc.ca





MONT LAC-VERT



MOUNTAIN BIKE
CENTRE

33 km



FATBIKE
CENTRE

25 km

DISCIPLINE : Cross-country, enduro

TRAIL RATING : Easy, intermediate, difficult



173, chemin du Vallon, Hébertville G8N 1M5

418.344.4000

montlacvert.qc.ca

info@montlacvert.qc.ca





CENTRE PLEIN AIR LE NORVÉGIEN



MOUNTAIN
BIKE
CENTRE

33 km



FATBIKE
CENTRE

28 km

DISCIPLINE : Cross-country, freeride, jumps

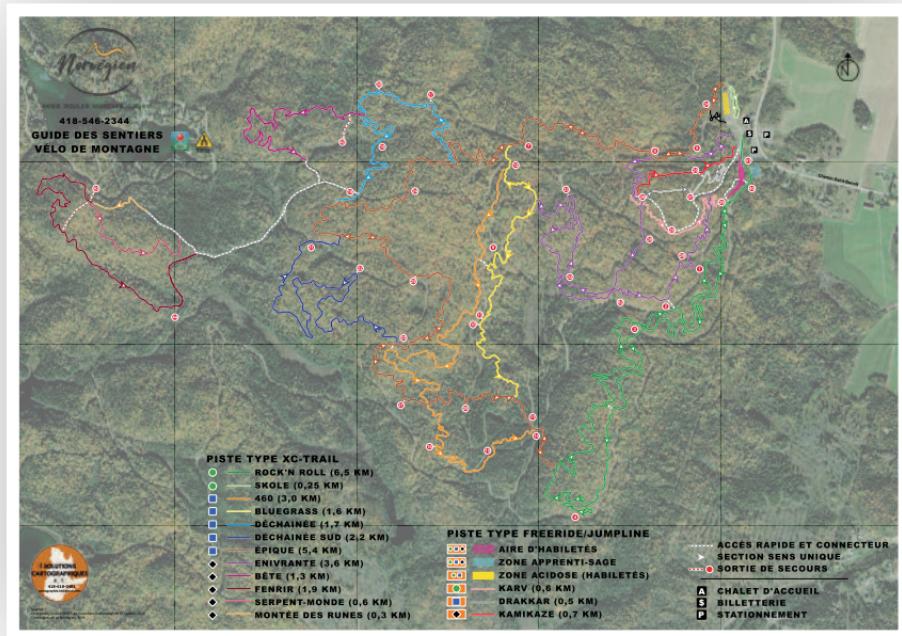
TRAIL RATING : Easy, intermediate, difficult,
very difficult



4885, chemin Saint-Benoît, Jonquière G7X 7V5

418.546.2344

lenorvegien.ca





Credit : Félix Larouche-Tremblay

CENTRE DE VÉLO DE MONTAGNE LE PANORAMIQUE

MOUNTAIN BIKE
CENTRE

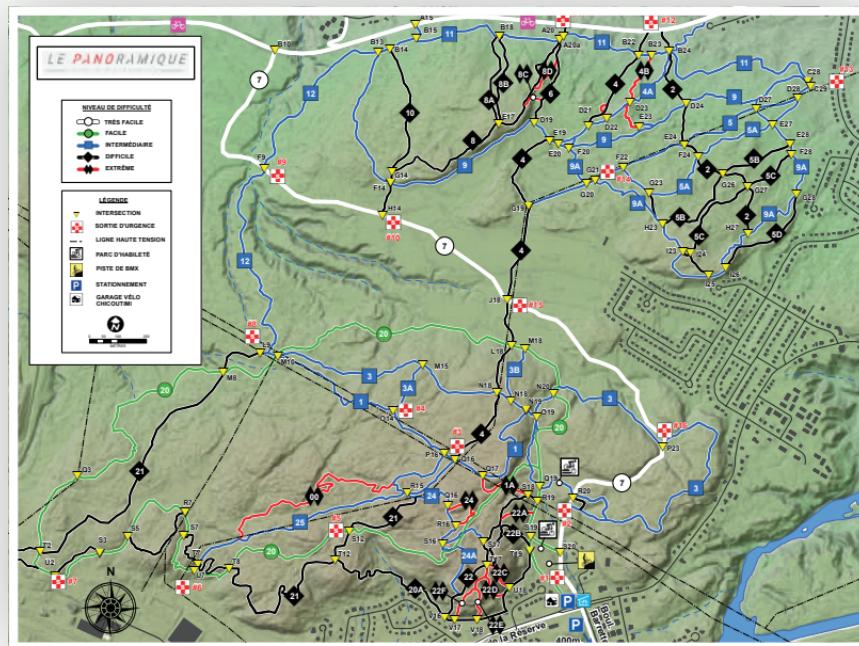
41 km

FATBIKE
CENTRE

25 km

DISCIPLINE : Cross-country, jumps,
bike park, dirt jump**TRAIL RATING :** Easy, intermediate, difficult,
very difficult

1412, chemin de la Réserve, Chicoutimi G7J 0B4

velosaguenay.ca



MONT-BÉLU BIKE PARK



MOUNTAIN
BIKE
CENTRE

17 km

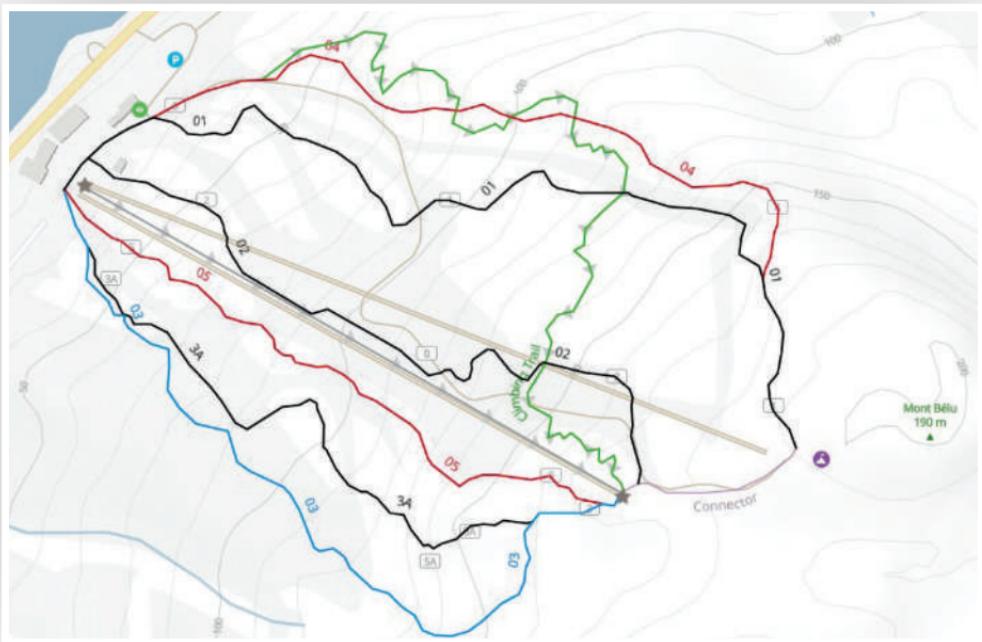
DISCIPLINE : Downhill / Freeride,
enduro

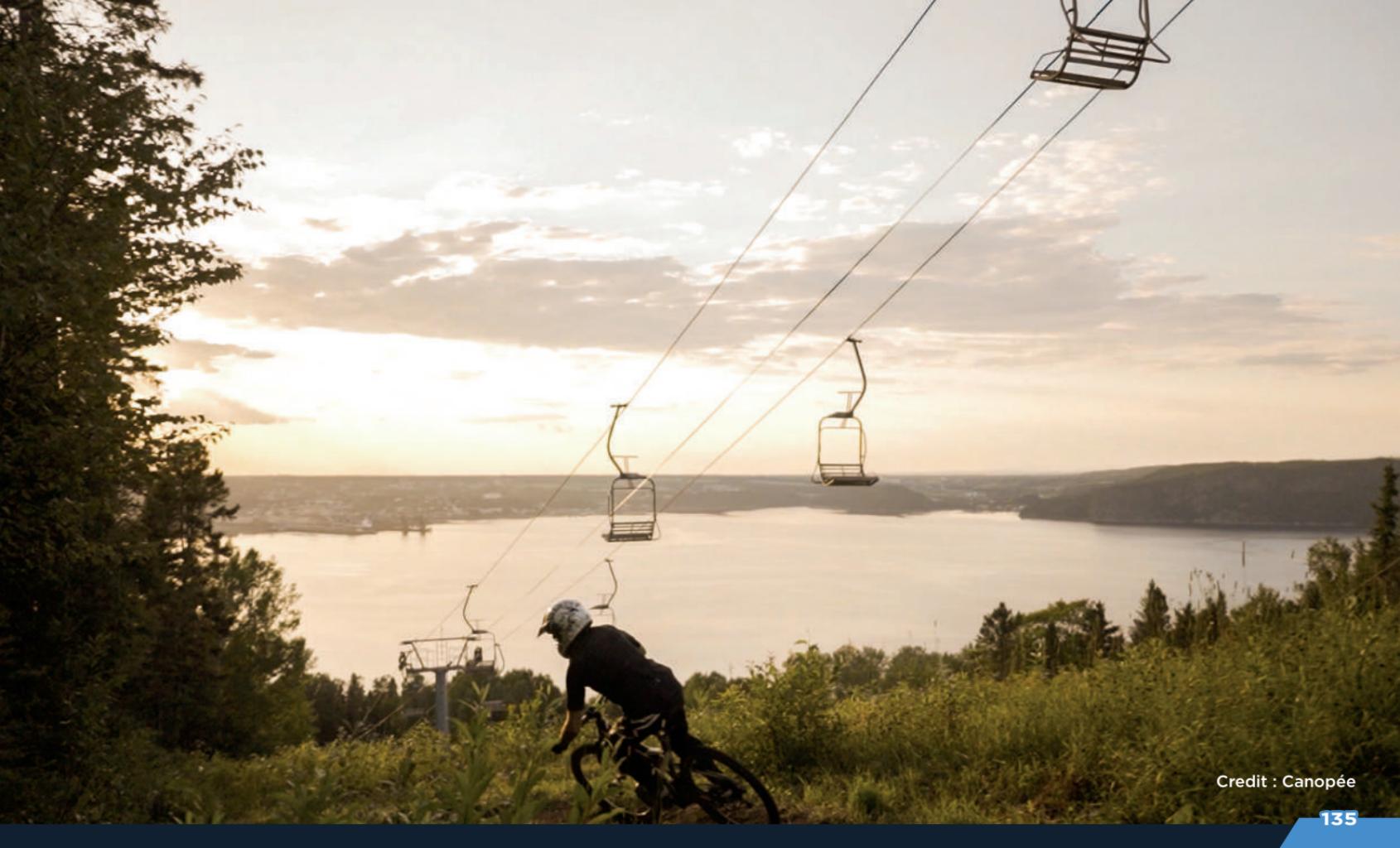
TRAIL RATING : Easy, intermediate,
difficult, very difficult



4855, boul. de la Grande-Baie Sud,
La Baie G7B 3P6

418.550.8996
418.697.5090
velosaguenay.ca





Credit : Canopée

map
38

MONT ÉDOUARD



MOUNTAIN BIKE
CENTRE

21 km



FATBIKE
CENTRE

10 km

PRATIQUE : Enduro, cross-country

DIFFICULTÉ : Easy, intermediate, difficult



67, rue Dallaire,
L'Anse-Saint-Jean G0V 1J0

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REPAIR (R) LEASE (L)

(RL) Hors Circuits, 418.272.2927 #204



Vélo de montagne

S21 Ascension vélo Piste 2.8 km

1 Guacamole Piste 0.8 km

2 Tortillas Piste 1.3 km

3 Piñata Piste 1.8 km

4 Eldorado Piste 1.0 km

5 Genèse Piste 1.6 km

6 Vallon Piste 0.5 km

7 Phoenix Piste 1.4 km

R Sentier de retour Sentier 1.0 km

Phoenix (Sentier de jonction) urgence

Légende

- Facile (green circle)
- Intermédiaire (blue square)
- Intermédiaire Flowy (light blue square)
- Intermédiaire Tech (dark blue square)
- Difficile (black diamond)
- Extrême (black double diamond)
- Chalet principal (orange circle)

CARTE DES SENTIERS DE FATBIKE

Fatbike

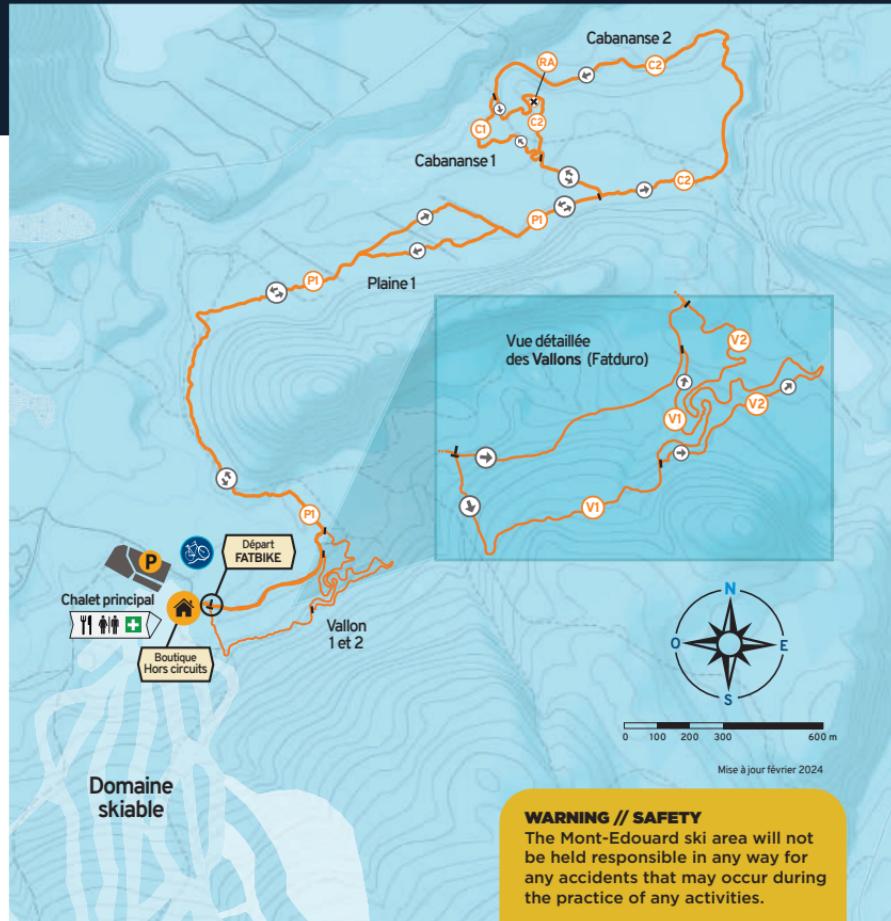
- P1** Plateau (P1)
2.5 km (aller)
- C1** Cabanane 1
0.5 km
- C2** Cabanane 2
2.2 km
- RA** Rose-Aimée Jumps
0.4 km

Fatduro

- V1** Vallon 1
0.8 km
- V2** Vallon 2
0.9 km

Légende

- Orange** Fatbike
Circuit de 11 km
- Vert** Facile
- bleu** Intermédiaire
- gris** Sens d'utilisation



WARNING // SAFETY

The Mont-Edouard ski area will not be held responsible in any way for any accidents that may occur during the practice of any activities.





Credit : Guylain Doyle

Norvégien

**CENTRE PLEIN AIR
LE NORVÉGIEN**

SKIING, BIKING,
HIKING, RUNNING

26 KM OF MOUNTAIN BIKING TRAILS

15 KM OF FATBIKING TRAILS

RENTAL SERVICE

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1043766

A promotional poster for Centre Plein Air Le Norvégien. It features a photograph of a biker in an orange long-sleeved shirt performing a wheelie on a wooden ramp. The poster includes text about mountain biking and fat biking trails, a rental service, and online reservations. It also shows a QR code and the website LENORVEGIEN.CA. The word "Norvégien" is written in a stylized font with a mountain graphic. A small number 1043766 is on the right edge. The bottom right corner shows a fat bike in the snow.



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