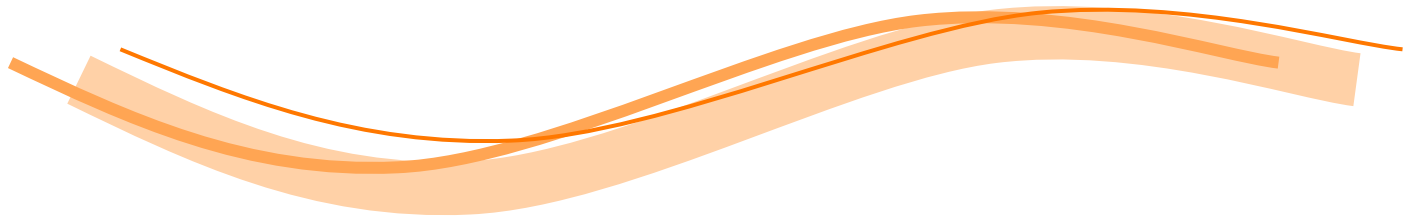




EEYOU ISTCHEE BAIE ST JAMES





EYOO ISTCHEE BAIE ST JAMES	Eeyou Istchee Baie-James provokes wonder. Its immense lakes, wild rivers, Northern Lights, seemingly endless forest, and wealth of wildlife are truly humbling. Discover covered bridges, witnesses of the past. Meet artisans and listen to native legends. Enjoy the many activities which take place here: fishing, camping, hiking or four-wheeling on trails, canoeing, kayaking, biking, climbing, rafting, canoeing and kayaking. Hunting is the featured activity in autumn while in winter, the scenic snowmobile, cross country skiing and snowshoeing trails unveil new facets of the vast blank spaces of the Eeyou Istchee Baie James region.
Location	The Eeyou Istchee Baie James region, encompasses over 350,000 km ² between the 49th and 55th parallels, covering about 600 km from east to west and about 600 km from south to north. In total, it represents one fifth of the province of Quebec. For comparison, the entire country of Germany covers 357 000 km ² . Located roughly 800 kms north of Montreal, the region is bordered to the west by Ontario and James Bay, to the south by Abitibi-Temiscamingue and to the east by Saguenay–Lac-St-Jean regions. Finally, to the North by the Nunavik region.
Geography	This is a pristine yet accessible wilderness of lakes, rivers and Boreal forests. Eeyou-Istchee Baie-James is home to some of the largest freshwater bodies in Quebec, truly inland seas. In fact, Mistassini Lake, formed by the passage of glaciers, is the largest natural freshwater lake in the province with a surface of 2,115 km ² . For their part, the La Grande Complex reservoirs represent the largest man-made bodies of water in Canada.
Name	The name means “Land of the People” in the Cree language.
Population	Just 1,303 people live in this vast region!
Language	English, Cree, Inuit.
Currency	Canadian dollar.
Government	On July 24, 2012, the Quebec government signed an accord with the Cree that would result in the abolition of Baie-James and the creation of a regional government known as Eeyou Istchee James Bay Territory.
Documentation	None required for Canadian citizens.
Time zone	Eastern Standard Time

CLIMATE	
General climate	Very cold winters quickly give way to warm and mostly sunny summers and short, crisp fall weather.
Today’s weather	25C and sunny June 16, 2016
Best time to visit	This is a four season destination, with winter being great for snowmobilers, fall for the colours and summer for just about everything

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	else! You should note that the Eastern James Bay Cree communities are closed to visitors in the months of May and September which are traditional harvesting months.
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GETTING AROUND	
Getting There - Air	<p>AirCreebec is an airline created and run by Crees, it connects the whole Eeyou Istchee Baie-James region and beyond.</p> <p>Flights are available from Montreal, Timmins, Val D'Or, Radisson, Chibougamau/Chapais (Mistissini, Waswanipi, Ouje-Bougoumou), Whapmagoostui, Chisasibi, Wemindji, Eastmain, Waskaganish and Nemaska.</p> <p>Website: http://www.aircreebec.ca/en/sites/AirCreebec3/main.aspx</p>
Getting There - Road	<p>Three main roads provide access to the Eeyou Istchee Baie-James region:</p> <p>Route 167, to the east (when arriving from the Saguenay-Lac-Saint-Jean region) allows visitors to access the Chibougamau and Chapais areas, as well as the cree communities of Mistissini and Ouje-Bougoumou. The route 167 connects with the route du Nord and the cree community of Nemaska.</p> <p>Route 113 (when arriving from the Abitibi-Témiscamingue region) allows visitors to access the Lebel-sur-Quévillon area as well as the Waswanipi cree community. It continues north-east to connect with the route 167.</p> <p>Route 109, to the west (when arriving from the Abitibi-Témiscamingue region), is the gateway to the Matagami area as well as the Villebois and Valcanton localities via route 111. Route 109 turns into the route de la Baie-James that heads north to the villages of Radisson and Chisasibi, it also joins the gravel roads that lead to the coastal communities of Waskaganish, Eastmain and Wemindji.</p> <p>In full, the primary roads to and within Baie-James are: Route 109 - provincial highway to Matagami Route 113 - provincial highway from Val-d'Or to Chibougamau Route 393 - regional highway to Val-Paradis James Bay Road - road from Matagami to Radisson North Road Trans-Taiga Road - access road to hydro-electric stations of the James Bay Project</p>

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Cities	<p>There are no cities here, but there are four towns: Chapais Chibougamau Lebel-sur-Quevillon Matagami. There are also three Localities and two Hamlets: Radisson Valcanton-Villebois Desmaraisville Miquelon. And there are nine Cree communities: Chisasibi Eastmain Mistissini Nemaska Ouje-Bougoumou Waswanipi Waskaganish Wemindji and Whapmagoostui.</p>
Distances	<p>The region is roughly 600 kms east/west and 600 kms north/south.</p>
Buses	<p>Here are the bus connections for the region: Autobus Messier, Chibougamau: 418-748-2120 Chibougamau Terminal 501, 4e Rue, Chibougamau: 418-748-2842 Chapais Terminal, 123, boul. Springer, Chapais: 418-745-2778 Lebel-sur-Quévillon Terminal, 113, Principale Sud, Lebel-sur-Quévillon: 819-755-3518 Matagami Terminal, 99, boul. Matagami, Matagami: 819-739-2501 Quebec City Train and Bus Terminal, 320, Abraham-Martin, Quebec City: 418-525-3000 Montreal Bus Station, 505, de Maisonneuve Est, Montreal: 514 842-2281</p>
ACCOMMODATION TYPES	<p>There is a wide range of accommodation types in the region – from simple motels to full service hotels and lodges. You can find a list by following this link: http://www.escapelikeneverbefore.com/accomodations</p>
UNIQUES Surprising	<p>The huge hydroelectric projects are amazing. Located between James Bay to the west and Labrador to the east, the waters flow from the Laurentian Plateau of the Canadian Shield. The project covers an area of the size of the State of New York and is one of the largest hydroelectric systems in the world.</p>

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History

The Crees of Eeyou Istchee (Land of the People) live along the rivers and lakes surrounding the southeastern extremity of James Bay. Their traditional way of life is based on hunting, fishing and trapping.

Defining themselves as a nation of hunters – Ndoohenou – the Crees followed the seasons and animal migrations.

As for small game, a two-month period of goose hunting in the spring and fall helped keep the cupboards full then, and still does today. During Goose Break, one of the major traditional activities observed by the Crees, the whole family returns to a nomadic lifestyle for a period of two weeks.

In the summer, fishing is in full swing in the coastal bays and river estuaries. At the end of the season comes the long-awaited time for picking berries, small fruits and other plants; the Crees use them not only as food but also as ingredients in medicine and dyes.

The first encounters with Europeans, dating back to the beginning of the 17th century, revolved around the fur trade, which lasted nearly 300 years. With the passing years, the Crees considerably changed their lifestyle. To meet the demands of the fur trade, they gradually set aside big game hunting and their nomadic way of life, and trapping became a major activity. The trading post sites became the location of today's Cree communities.

Though some Crees still make a living from trapping and other traditional activities such as hunting and fishing, modern life has considerably changed the behaviour of hunters and trappers. With longer distances to cover, they now travel by snowmobile or all-terrain vehicle, depending on the season. In fact, the significant transformation of the landscape first caused by mining and logging activities, and all the more, by the construction of huge hydro-electric facilities and roads since the beginning of the 1970s, has significantly affected day-to-day life and transportation for the Crees.

Since the James Bay and Northern Quebec Agreement was signed in 1975, the Crees have moved into the 20th century at the speed of light. A proud people, they are working to revitalize their traditions and language, while providing community members with the benefits of modern life, especially in the areas of health, education, economics and housing. Provisions of the Agreement give the Crees exclusive or shared access, depending on the case, to territories they previously occupied alone, where they can practice traditional hunting, fishing and

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trapping activities.

Cree culture is vibrant, rich and unique. The inhabitants of the 9 communities of the region invite you to discover it by sharing their way of life: authentic cuisine, distinctive crafts, fabulous tales and traditional activities in harmony and respect for nature.

The fabulous adventure of the first Europeans to come to America mingles with the history of the early occupants of this huge territory. Their exploration of the new continent was fuelled by the search for a new route to Asia and, in 1610, Sir Henry Hudson discovered the bay that bears his name. In 1631, Thomas James published the map of Hudson Bay showing once and for all that it was not the Northwest Passage, the fabled sea route to the Orient. However, people rapidly realized that the region was full of animals whose furs were among the most sought-after in the world.

During that period, Pierre-Esprit Radisson and Médard Chouart, Sieur des Groseilliers, developed the fur trade in New France. They first managed to interest the English and, in May 1670, King Charles granted a royal charter to the Hudson's Bay Company, which is still in operation today!

Preferring exploration to trade, in 1674, they left the company and returned once more to France to create the North West Company, a direct competitor of the Hudson's Bay Company. The struggle for control of the fur trade continued until 1713, when the signature of the Treaty of Utrecht ended hostilities between the French and the English. The fur market gradually declined; only Natives now practice trapping. As for the last trappers, they became prospectors!

In fact, interest in the area was revived by the riches found in the bedrock of the James Bay territory. Road construction and railway development after World War II made it possible for the mining industry to flourish. A dozen mines went into operation in the 1950s, leading to the founding of the towns of Chapais, Chibougamau and, a little later, Matagami. The infrastructure set up by the mining industry opened the way to another natural resource: the boreal forest. Spruce is used to produce excellent wood framing and its pulp enhances the strength of certain types of paper. Therefore, the 1960s became the logging years; here as well as elsewhere in Québec, many companies were established and their needs increased constantly.

At the beginning of the 1970s, nearly all the rivers near major urban

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	<p>centres had been harnessed for hydro-electricity. With the rising demand for power, it became urgent to develop new projects. In 1971, the Quebec Government announced a mega-project: the harnessing of the rivers in the James Bay territory. Therefore, in 1972, Hydro-Québec began construction of the La Grande complex, including the largest underground powerhouse in the world, La Grande-2. It has since been renamed Robert-Bourassa in honour of the proponent of the project and former premier.</p> <p>In all, eight generating stations, producing more than half of Quebec's hydro-electric power, went up during the two construction phases. Three highways totalling more than 1,700 km were built, the James Bay road (Matagami-Radisson), the Transtaiga road (Radisson-Caniapiscau) and the Northern Road (Chibougamau-Radisson). Quebec's most ambitious public project to date created thousands of jobs !</p>
<p>Recommended Reading</p>	<p>You can order very informative brochures on the region online here: http://www.escapelikeneverbefore.com/order-publications or call 1855-288-5468 to order this information.</p>
<p>Must Sees</p>	<p>Aanischaaoukamikw Cree Cultural Institute Aanischaaoukamikw is a museum, archives centre, library, teaching centre, and cultural centre, and a virtual hub designed for interactivity. It is also a public space of learning, experience and celebration of the Cree culture. Aanischaaoukamikw Cree cultural institute, 205 Opemiska Meskino Ouje-Bougoumou Tel: 418 745-2444 http://www.creeculturalinstitute.ca</p>

<p>SPORTS ACTIVITIES</p>	
<p>Fishing</p>	<p>This a destination where fishermen proudly boast their impressive catches! Indeed, the diverse fauna of the region makes it a preferred destination for anglers of all kinds. The hydrographic system has a multitude of lakes and rivers of all sizes including, among others, the majestic lakes Mistassini and Albanel where many prized fishes are captured every season. The most coveted species for anglers are walleye, northern pike, brook trout and lake trout.</p> <p>For a stay and a truly memorable fishing adventure, there are local outfitters. With quality accommodation on the edge of the most majestic lakes and rivers teeming with fish and experienced fishing guides, you have the perfect combination for the fishing trip of your life!</p> <p>You can find a list of outfitters here: http://www.escapelikeneverbefore.com/outfitters</p>

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Hunting	<p>Hunting is also a very popular activity in Eeyou Istchee Baie-James. Large and small game, waterfowl, and migrating birds - alone or as part of a group, hunt your prey of choice. As for the caribou hunt, it is truly the thrill-seeking hunter's ultimate experience.</p> <p>To hunt in the Eeyou Istchee Baie-James region, visitors must respect the laws governing hunting on the James Bay and New-Quebec territories. The James Bay and Northern Quebec Agreement, ratified in 1975, stipulates privileged land tenure rights on the territory. Consequently, land categories I and II are strictly reserved for First Nations use. You must obtain proper authorization from the governing band council for any hunting.</p> <p>Quebec's Natural Resources and Wildlife Ministry releases numerous publications, including Winter Caribou Hunting in Quebec which list the rules and regulations to be followed in addition to advices on safety. They also include various maps indicating hunting zones.</p>
Hiking	<p>With vast expanses to explore and hundreds of kilometres of trails, you will never cease to be amazed in this region.</p> <p>Here is a selection of hiking opportunities: http://www.escapelikeneverbefore.com/hiking</p>
Cycling	<p>The roads of the region, though often excellent for cycling, are also very long and very remote in places, so plan your trip accordingly.</p>
Motorbiking	<p>These roads were built for motorcyclists! The local tourism team have even put together some sample itineraries for you: http://www.escapelikeneverbefore.com/app_assets/docs/publications/3/Carnet_Moto_4Edition.pdf</p>
Wintersports	<p>There are opportunities for snowshoeing, cross country skiing and snowmobiling in many parts of the region. There are also local clubs to help guide you.</p>

CULTURE	<p>The Crees of Eeyou Istchee (Land of the People) live along the rivers and lakes surrounding the southeastern extremity of James Bay. Their traditional way of life is based on hunting, fishing and trapping. Defining themselves as a nation of hunters – Ndoohenou – the Crees followed the seasons and animal migrations.</p> <p>As for small game, a two-month period of goose hunting in the spring and fall helped keep the cupboards full then, and still does today. During Goose Break, one of the major traditional activities observed by the Crees, the whole family returns to a nomadic lifestyle for a period of two weeks.</p> <p>In the summer, fishing is in full swing in the coastal bays and river estuaries. At the end of the season comes the long-awaited time for picking berries, small fruits and other plants; the Crees use them not only as food but also as ingredients in medicine and dyes.</p> <p>The first encounters with Europeans, dating back to the beginning of the</p>
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	<p>17th century, revolved around the fur trade, which lasted nearly 300 years. With the passing years, the Crees considerably changed their lifestyle. To meet the demands of the fur trade, they gradually set aside big game hunting and their nomadic way of life, and trapping became a major activity. The trading post sites became the location of today's Cree communities.</p> <p>Though some Crees still make a living from trapping and other traditional activities such as hunting and fishing, modern life has considerably changed the behaviour of hunters and trappers. With longer distances to cover, they now travel by snowmobile or all-terrain vehicle, depending on the season. In fact, the significant transformation of the landscape first caused by mining and logging activities, and all the more by the construction of huge hydro-electric facilities and roads since the beginning of the 1970s, has significantly affected day-to-day life and transportation for the Crees.</p> <p>Since the James Bay and Northern Quebec Agreement was signed in 1975, the Crees have moved into the modern world at the speed of light. A proud people, they are working to revitalize their traditions and language, while providing community members with the benefits of modern life, especially in the areas of health, education, economics and housing. Provisions of the Agreement give the Crees exclusive or shared access, to territories they previously occupied alone, where they can practice traditional hunting, fishing and trapping activities.</p>
<p>Arts</p>	<p>Les Arts En Nord 255, rue La Framboise, Chibougamau Tel: 418 748-4682 This small group of artists and artisans practice the following arts: lute-making, painting (watercolour, acrylic, and oil on rock, fabric, wood, glass, and other media), jewel-making (Swarovski crystals, moose and caribou antlers, pearls, precious and semi-precious stones, flintstone), carving (minerals, flintstone), sculpture (moose and caribou antlers and other materials), recovery and transformation of wood furniture, photography (animals, landscapes, community, and tourism), drawing (pencil and dry pastel), production of murals and decors, production of bows and arrows, origami, crafts, creation of costumes, making of cards and alteration of objects, music (piano, flute, recorder, keyboard, singing, writing (novels, stories, poetry), and theatre.</p>
<p>Museums</p>	<p>Aanischaaukamikw Cree Cultural Institute Aanischaaukamikw is a museum, archives centre, library, teaching centre, and cultural centre, and a virtual hub designed for interactivity. It is also a public space of learning, experience and celebration of the Cree culture. Aanischaaukamikw Cree cultural institute, 205 Opemiska Meskino Ouje-Bougoumou Tel: 418 745-2444 http://www.creeculturalinstitute.ca</p>

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Festivals	<p>Aboriginal Day, Chibougamau June 18, 2016 The day begins with the First Steps Ceremony; games, talent shows, and arts and crafts. A feast is held, and everyone is invited. info@eenoukamikw.ca 418 748-7667</p> <p>James Bay Walleye Fishing Festival, Chapais June 23 to July 2 Quebec's largest fishing tournament with nearly \$150 000 in prizes and giveaways. Open to amateurs and professionals. All shows are free. http://www.festivaldudore.com/ 8778462020</p> <p>Semaine des Grandes retrouvailles, Lebel-Sur-Quévillon June 26 to 30, 2016 50th anniversary Mass, 50th anniversary monster bingo, mini-stars, open houses, food fair, sidewalk sale, municipalities' week, Mayor's golf tournament, and more. www.lebel-sur-quevillon.com 819 755-4826 poste 2243</p>
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ATTRACTIONS	
Eco-Tourism	<p>Nuuhchimi Wiinuu, 74 Opataca Meskino, Ouje-Bougoumou Tel: 418 770-4144 http://creeculturetours.ca/ A new eco-tourism site opened. It consists of a chalet, a sanitary bloc, and multiple traditional and authentic Cree houses that feature comfort and opportunities for discovery. In winter, snowshoeing, ice-fishing, traditional crafts, and trapping are the main activities along with Cree culinary arts. Summer activities include canoeing, hiking, and water-based activities.</p>
Nature	<p>Two types of vegetation fashion the landscape of the region. The forest, almost impenetrable, is sprinkled with groves, hardwoods and a wide variety of bushes and is brimming with edible plants and wild berries. A little further north, the undergrowth thins out, the hardwoods gradually disappear and the spruces become smaller in sizes and numbers; the boreal forest gives way to the taiga. The cladonie or caribou moss grows very slowly and it takes several years to form large green fronds that line the shallow soils and acidic region.</p> <p>Despite its calm appearance, the forest is home to at least forty species of mammals, including wolves, lynx, foxes, bears and moose. In the sky, sheltered beneath the twigs, perched on branches or paddling on the waters, birds make their presence felt and their calls heard. Ducks, snow geese, snowy owls, eagles, falcons, ptarmigans, Canada geese, and loons figure among the bird life of the region.</p> <p>The abundance of its aquatic fauna is increasingly recognized and the diversity as well as the enormous size of certain specimens makes the</p>

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	<p>region a real paradise for fishing enthusiasts. Anglers travel a long way to try their luck fishing for walleye, lake trout, brook trout, pike and other species in the crystal-clear waters of the territory.</p>
<p>Parks</p>	<p>Obalski Park, Chibougamau More than 30 km of trails. Overlapping and Non-Overlapping. Easy to Intermediate levels. Open year round. Free admission. Access: From the municipal beach or the Mont Chalco outdoor center. Whether you are on a bike, on snowshoes, on cross country skis or on foot, you will enjoy the beauty of the boreal forest in any season. Discover the secrets of the flora and wildlife on the many interpretative panels lining the trails. You can bring along your fishing rod and cast out on one of the many small piers. Certain trails lead to the area devastated by the June 2005 forest fire and others lead to hilltops offering unparalleled views of the city. The trails feature belvederes, fishing wharfs, rest and picnic areas, beaches and chalets. Ski and snowshoe rental service is also available. Tel: 418 748-444</p>

<p>FOR MORE INFO</p>	<p>Website: http://www.escapelikeneverbefore.com Facebook: https://www.facebook.com/eeyouistcheebaieames Twitter: https://twitter.com/tourisme_eibj YouTube: https://www.youtube.com/channel/UCBOC6U0DYx7PxVsoJOhOxAg</p>
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<p>CURRENT DEALS</p>	<p>Getaway Package Normally, travel in Canada's North is very expensive, but for listeners to the Travel Show there is currently a very special package deal being offered. This starts with flights from Montreal with Air Creebec. Also included are transfers from the airport at Chibougamau to get you from Ouje-Bougoumou. Ouje – Bougoumou is where you spend your first night. The second night is rather different as this is spent in traditional lodgings at a Cree Culture Camp. And there are cultural activities included as well, giving a unique opportunity to meet with and learn about the Cree people. Meals are also included too. The total price for all this is \$1,271 per person including flights from Montreal, transfers, accommodation, meals and cultural activities. To find out more and to book the weekend getaway package - call Roch at 1-888-268-2682 extension 4223. He's there personally Monday through Friday 9am – 4pm waiting to talk to you. And don't forget to mention the Chris Robinson Travel Show to benefit from this amazing price!</p>
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