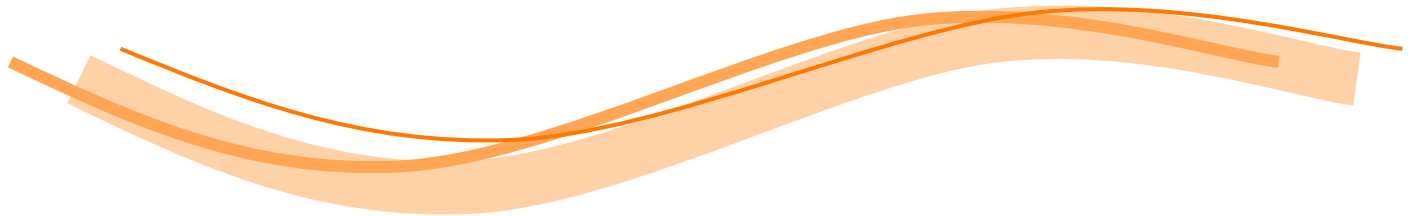




**BAS-SAIN-T-LAURENT**





<b>BAS-SAINT-LAURENT</b>	<p>This week on the Travel Show the beautiful Bas-Saint-Laurent Region of Quebec. Just 2 hours drive from Quebec City, the region is bounded by the mighty Saint Lawrence river on one side and the border with Maine and New Brunswick on the other.</p> <p>Bas-Saint-Laurent was one of Quebec's earliest resort destinations and remains popular today thanks to its fine restaurants, comfortable accommodations, panoramic landscapes, relaxing spas, outdoor activities and... peace and tranquility.</p> <p>Bas-Saint-Laurent residents are kind, hospitable people who will make your stay as pleasant as possible, going out of their way to serve you in French and English.</p>
<b>Location</b>	<p>The Bas-Saint-Laurent (Lower Saint-Lawrence) region is located along the south shore of the lower Saint Lawrence River in Quebec. Its location makes it easily accessible by road, sea or air. Travellers can arrive by highway 185 or 132, autoroute 20, the Montreal-Halifax rail line, one of a number of ferries using regional port facilities or at one of the region's airports.</p>
<b>Geography</b>	<p>The Bas-Saint-Laurent region covers an area that stretches 320 kilometers along the coast and varies in width from 50 to 100 kilometers, representing an area of 22,404 km<sup>2</sup>. This is more than half of the area of Switzerland (41,288 km<sup>2</sup>) but only 1.7% of that of the province of Quebec! The varied topography offers glimpses of the majestic Saint Lawrence, the massive Appalachians and a network of rivers and streams that eventually spill into the St. Lawrence estuary and the Baie des Chaleurs.</p>
<b>Name</b>	<p>The region which stretches along the Saint Lawrence Estuary has been called the Bas-Saint-Laurent since the end of the 19th century and in English translates to "Lower Saint Lawrence"</p>
<b>Population</b>	<p>The region has a little over 200,000 inhabitants</p>
<b>Language</b>	<p>French, but many people speak and understand English</p>
<b>Currency</b>	<p>Canadian Dollar</p>
<b>Documentation</b>	<p>None needed for Canadians</p>
<b>Time zone</b>	<p>EST</p>
<b>Health</b>	<p>No problems here – just lots of good, healthy sea and mountain air!</p>
<b>Safety tips</b>	<p>Again, no problems: just don't get carried away with all the soft adventure options available in the region.</p>

<b>CLIMATE</b>	
<b>General climate</b>	<p>Québec maritime (of which Bas-Saint-Laurent is a part) benefits from a temperate maritime climate with four distinct seasons: spring, summer, fall and winter. Each season dramatically transforms the landscape and</p>

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	<p>has a profound impact on residents' way of life.</p> <p>The hottest months of the year are in the summer, in July, August and September, when temperatures fluctuate between 20 °C and 28 °C, sometimes reaching as high as 35 °C. Summer officially begins at the summer solstice on June 21 or 22.</p> <p>The coldest months of the year are January and February, with average temperatures fluctuating between -6 °C and -19 °C. Winter officially begins at the winter solstice on December 21 or 22, although it usually snows before this date.</p> <p>The weather has a profound effect on life in Québec maritime. Strongly influenced by the Estuary and Gulf of St. Lawrence, temperatures are often cooler in the summer and milder in the winter than they are in the southwest of the province. In addition, there is often a significant difference between the air temperature at sea versus the temperature on land, along the coast versus in the interior, and at low altitudes versus high altitudes. In other words, make sure you pack a good windbreaker for outdoor activities!</p>
<b>Today's weather</b>	12C and sunny (23 May 2009)
<b>Best time to visit</b>	<p>Every season has something special to offer visitors. In the spring, take advantage of the high waters to go white-water rafting. This is also the best season for feasting on fresh crab and lobster, observing migratory birds and welcoming back marine mammals.</p> <p>A multitude of activities abound in the summer:</p> <ul style="list-style-type: none"> <li>visiting national parks</li> <li>whale watching</li> <li>outdoor activities</li> <li>sea fun</li> <li>wildlife observation</li> <li>discovering culture and heritage</li> <li>participating in various events</li> </ul> <p>Once fall arrives, you will be enchanted by the striking colours of the leaves. This is the ideal season for trekking. And don't forget to breathe in the crisp, fresh fall air!</p> <p>In the winter, snowmobile along 100's kilometres of trails and ski in the mountains</p>

<b>GETTING THERE</b>	
<b>Drive time</b>	Rimouski is around 6.5 hours drive time from Montreal
<b>Cities</b>	<p>There are 8 Regional County Municipalities (RCM's). Here they are with their populations:</p> <p><b>Kamouraska - 22,905</b></p> <p><b>La Matapédia - 20,140</b></p> <p><b>La Mitis - 19,572</b></p> <p><b>Les Basques - 9,868</b></p>

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	<p><b>Matane - 22,772</b>  <b>Rimouski-Neigette - 52,928</b>  <b>Rivière-du-Loup - 32,218</b>  <b>Témiscouata - 22,675</b></p> <p><b>Rimouski</b> is the largest city in the region and it has a rich cultural life. Each year, it hosts a jazz festival (Festi Jazz International de Rimouski) and a film festival for children (Carrousel international du film de Rimouski). One of the town's main tourist attractions is the Musée de la mer (Museum of the Sea), which features an exhibit on the RMS Empress of Ireland disaster and the Pointe-au-Père lighthouse. The museum commemorates the most fatal shipwreck after the Titanic tragedy in the 20th century.</p> <p>In November, the town is the host of the yearly Salon du Livre de Rimouski (Rimouski Book Show), the oldest event of the kind in the province of Quebec. It was created in 1964 by a group of women with a passion for literature, who wished to make literature more accessible to young readers. Every year, more than 125 authors from the region and its surroundings participate in the event, and over 300 Quebec Publishers distribute about 75 stands among themselves. Supported by Canada Heritage, the Canada Council of the Arts, the Society of development of the cultural companies of Quebec and the city of Rimouski, the event attracts more than 8000 visitors per year.</p>
<p><b>Distances</b></p>	<p>Riviere-du-Loup to Rimouski: 108km  Riviere-du-Loup to the New Brunswick border: 100km  Quebec to Riviere-du-Loup: 190km</p>
<p><b>Ferries</b></p>	<p>Between April and October, the CNM Evolution, a ferry service, operates across the Saint Lawrence River between Rimouski and Forestville, Quebec. This ferry is the fastest in the province of Quebec, crossing the river in only 55 minutes.</p> <p>Rivière-du-Loup - Saint-Siméon Ferry: The M/V Trans Saint-Laurent invites you to cross the St. Lawrence in the Bas-Saint-Laurent region at Rivière-du-Loup. This 65-minute crossing is a pleasant way to enjoy the sea air.</p> <p>Numerous day trips and cruises will introduce you to the islands punctuating the coastline and the whales that frequent the Saguenay—St. Lawrence Marine Park. See the seabird colonies that cluster on Île Saint-Barnabé across from Rimouski, or admire the picturesquely named Îles du Pot-à-l'Eau-de-Vie (“brandy pot islands”) near Rivière-du-Loup. A stop at Île aux Basques, which faces Trois-Pistoles, will reveal traces of the 16th-century fishermen who once made their living there. Île Verte, the only inhabited island in the region,</p>

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	is ideally explored by bike or by foot. There you can stop and admire the frolicking sea mammals from the foot of the St. Lawrence's oldest lighthouse (1809). One of the loveliest spots on the river's southern shores, Parc national du Bic harbours seals and seabirds within an astounding mosaic of islets, capes and cliffs.
<b>Trains</b>	<b>Via Rail</b> offers 3 departures a week from Montréal and Québec City towards Bas-Saint-Laurent and Gaspésie. They offer economy class and sleeping cars, as well as access to the dome car, bar and dining room.
<b>Car Rental</b>	National car rental has a large selection of vehicles to choose from, available in 7 municipalities of Québec maritime, including cars, minibuses and trucks.
<b>Buses</b>	You can also travel around Québec maritime by motor coach. This mode of transportation gives you the freedom to observe the landscape without worrying about where you are going.

<b>ACCOMMODATION TYPES</b>	<p><b>HOTEL ESTABLISHMENTS</b> Hotels, motels or inns, your options are endless!</p> <p><b>BED AND BREAKFASTS</b> Stay with welcoming people and get a taste of Québec maritime culture-breakfast included!</p> <p><b>CAMPGROUNDS</b> Rustic, semi-serviced or serviced, for tents or RVs, near a lake or overlooking the sea-commune with nature at any of Québec maritime's campgrounds.</p> <p><b>RESORTS</b> Find everything you need under one roof: accommodations, restaurant or kitchenette, organized activities and recreational equipment.</p> <p><b>FURNISHED COTTAGES AND APARTMENTS</b> Whether you are travelling as a family, with a group of friends or planning a romantic getaway, enjoy a stay in one of these furnished units, where you will find all the amenities you need for a worry-free vacation.</p> <p><b>LIGHTHOUSES</b> Step back in time and relive the bygone era of the lighthouse keepers. Spend an enchanting night in one of these sentinels of the sea or in the lighthouse keeper's home.</p> <p><b>UNUSUAL ACCOMMODATIONS</b> Tepees, eco-lodges, mountain huts or igloos-enjoy a stay in unusual accommodations for a complete change of pace!</p>
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<b>TARGET GROUPS</b>	
<b>Kids</b>	<b>Parc Beauséjour</b> 400, boul. de la Rivière, Rimouski (2 km Southwest of Tourist

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	<p>Information Centre.)          Located beside the Rimouski River this park has a pavilion with services. Outdoor equipment rental : canoe, pedal-boat, kick sled, skates, inner-tubes, cross-country ski. For more details on the many activities of this park, contact the Tourist Information Center. Free Tel: 418 724-3167</p>
<b>Teens</b>	<p><b>Forêt de maître Corbeau, parc sentiers aériens</b>          300, Chemin des Écorchis, Saint-Gabriel-de-Rimouski          With 74 games of increasing levels of difficulty totaling over 3,300 feet of aerial courses, this treetop adventure is suited to players of all ages. A one-of-kind experience under the supervision of experienced guides. Allow at least 3 hours          Tel: 418 739-4000  <a href="http://www.domainevalga.com">http://www.domainevalga.com</a></p> <p><b>Canyon des Portes de l'Enfer</b>          1280, chemin Duchénier, via route 232 Saint-Narcisse-de-Rimouski          35 km South of Rimouski.          In the "Gates of Hell" canyon, enjoy one of the most grandiose views from the highest footbridge in Quebec. Simply breathtaking!          Adults : \$8.50, families: \$21          Tel. : 418 735-6063  <a href="http://www.canyonportesenfer.qc.ca">http://www.canyonportesenfer.qc.ca</a></p>
<b>Romance</b>	<p>What could be more romantic than staying in a lighthouse on the St Lawrence and watching the sunrise above the early morning mists?</p>
<b>Genealogy</b>	<p>The best place to start your research is:          Centre de recherche en généalogie de la Société de généalogie et d'archives de Rimouski (SGAR)          110, rue de l'Évêché Est, Rimouski          Tel. : 418-724-3242  <a href="http://www.sgar.org">http://www.sgar.org</a></p>
<b>Seniors</b>	<p>The fall is a magical time of year in the region and one perfectly suited for seniors looking for a more relaxed pace of exploring</p>
<b>UNIQUES</b>	<p><b>Pointe-au-Père maritime historic site</b>  <b>Attractions</b>          A tourist attraction unique in Canada: a tour of the <b>Onondaga submarine!</b> Board the submarine and find out about the lives of the 60 men who lived for months at a time in this 90-m (300-ft.) submarine. Examine the complex mechanics of the submarine and the technology used for underwater detection. The audio-guide commentary will plunge you into this fascinating and little-known world.</p> <p><b>The Empress of Ireland Pavilion</b> presents the history of the Empress</p>

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	<p>of Ireland passenger ship, from its construction in 1906 to its tragic sinking on May 29, 1914, which killed 1012 people. Visit the historic site and learn all there is to know about this magnificent ship. Discover a large collection of objects from the wreck, period photos, interactive terminals and eyewitness accounts. Relive the emotion of that tragic night during a 3D multimedia show that recreates the ship's last voyage.</p> <p><b>The Pointe-au-Père Lighthouse</b> played a central role in the history of navigation on the St. Lawrence River. Erected in 1909, this lighthouse is the third to be built on this site and is one of the tallest in Canada at 108 feet high. A guided tour will take you to the top, where you can admire the fabulous view.</p> <p><b>The lighthouse keeper's house</b> is home to several exhibits that explain the role of Pointe-au-Père in Canadian maritime history. On the second floor, see how the first aqualung dives were made to explore the wreck in 1914. Admire extraordinary underwater images. The gift shop, on the first floor, features a wide range of products. Admission is free.</p> <p><b>The foghorn shed</b> presents the evolution of aural aids to navigation that replaced the light from the lighthouse when weather conditions made it impossible for mariners to see.</p> <p>This site is open from late June to early September, the engineer's house is home to a snack bar that serves healthy bites to eat as well a great coffee. Times: Early June to August: 9:00 a.m. to 6:00 p.m. September to mid-October: 9:00 a.m. to 5:00 p.m. <a href="http://www.shmp.qc.ca">www.shmp.qc.ca</a></p>
<p><b>Surprising</b></p>	<p>This area contains many interesting historic buildings as well as several of the most beautiful villages in Québec including Cacouna, Kamouraska, Notre-Dame-du-Portage and Saint-Pacôme, to name only those recognized by the Association of the Most Beautiful Villages of Québec. In addition, many of the houses in the region possess a distinctive architectural feature: <b>the Kamouraska roof</b>. In a design borrowed from the shipyards, the arched gutter overhangs of these buildings are reminiscent of the wooden hulls of schooners of yore.</p>
<p><b>History</b></p>	<p>The region was first visited by First nations peoples travelling through to the Bay of Fundy area. Then came the first Europeans: Basque fishermen who hunted whales off Trois-Pistoles. Rimouski was founded by Sir René Lepage de Ste-Claire in 1696. Originally from Ouanne in the Burgundy region, he exchanged property he owned on the Île d'Orléans with Augustin Rouer de la Cardonnière for the Seigneurie of Rimouski, which extended along the St. Lawrence River from the Hâtée River at Le Bic to the Métis River. De la Cardonnière had been the owner of Rimouski since 1688, but had never lived there. René Lepage</p>

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	<p>moved his family to Rimouski, where it held the seigneurie until 1780 when it was gradually sold to the Quebec City businessman Joseph Drapeau. The Lamontagne's house of Rimouski was built in 1750 per Marie-Agnès Lepage, grand-daughter of the Lord René Lepage, it carries now the surname of the family which resided at it in 1844. It is one of the oldest half-timbered houses in Quebec. Today, a boulevard, park and monument at the western entrance of the Rimouski bear the name of the Sir René Lepage de Ste-Claire.</p> <p>In the early 19<sup>th</sup> century, the region became a fashionable summer resort area for the wealthy from Quebec and from the US.</p> <p>On May 6, 1950, Rimouski suffered a terrible fire in which 319 houses burned to the ground. This event is known as La nuit rouge (French for Red Night). The fire originated in the Price Brothers Company yard on the left shore of the Rimouski River and quickly crossed the river and spread throughout the city pushed by strong winds, destroying half of the city. No one died in the blaze. Legend has it that a priest sprinkled holy water around the city's cathedral and that the fire would not cross the line.</p>
<b>Books</b>	Ulysses Guide to Quebec: Fabulous Quebec
<b>Must Sees</b>	<p><b>The Lighthouse Trail</b></p> <p>Covering the length of the St. Lawrence on both shores, the Lighthouse Trail is even more fascinating in the Bas-Saint-Laurent this year because the Île Verte light, the oldest on the St. Lawrence, is celebrating its 200th birthday and the Point-au-Père light, the second tallest in Canada, will blow out 100 candles. The trail also includes the lighthouses on Brandy Pot Island and Biquette Island.</p>

<b>SPORTS ACTIVITIES</b>	
<b>Golf</b>	<p>There are many golfing opportunities in this region:</p> <p>Cacouna: Club de golf centenaire de Cacouna          Le Bic: Club de golf de Bic and Club de golf de la rivière Hâtée          Saint-Louis-du-Ha! Ha!: Club de golf de la vallée du Témis          Notre-Dame-du-Portage: Club de golf de Rivière-du-Loup          Saint-Pacôme: Club de golf de Saint-Pacôme          Saint-Mathieu: Club de golf des Appalaches          Rimouski: Club de golf des Saules, Club de golf L'Empress and Club de golf Val-Neigette de Rimouski</p>
<b>Fishing</b>	<p>Fishing opportunities abound in this region. For fresh water fishing, try <b>Etang de Peche Lac du Repos</b> near Saint-Eusebe, tel: 418-899-6238</p>
<b>Horse riding</b>	<p><b>Ranch CR</b>          131, 1er Rang Ouest, Saint-Fabien. Tél : 418 869-3884          This ranch offers trail rides of one or two hours, a half or a full day, adapted to all ages. Initiation to horseback riding in a paddock. Half-day packages with trotting or cantering for more experienced riders. Many</p>

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	<p>other rides and excursions offered ; sleep in the tepee beside a lake or ride along the shore at Saint-Fabien-sur-mer. Horseback riding adapted for people with limited mobility: a mobile lift system and adapted saddles.</p> <p><a href="http://www.ranchcr.qc.ca">http://www.ranchcr.qc.ca</a></p>
<b>Hiking</b>	<p><b>Canyon des Portes de l'Enfer</b> ("hell's gate" canyon) is located 35 km south of downtown Rimouski. Starting at the 20 m (65 ft.) high Grand Sault Falls, the canyon stretches over more than 5 km between sheer narrow cliffs reaching heights of up to 90 m (295 ft.). A network of 14 km of hiking trails provides access to breathtaking views as well as the highest suspended bridge in the province of Québec, which is 63 m (207 ft.) high and 99 m (325 ft.) long. Test your mettle with the Descente aux Enfers ("descent into hell"), a 300-step staircase that takes you down to the level of the Rimouski River. Some 13 km of mountain bike trails with bike rentals available on site. Learn more about the history of timber driving at a site that pays tribute to the timber drivers of old. Explore the habitat of the beaver and its hidden treasures.</p> <p><a href="http://www.canyonportesinfer.qc.ca">www.canyonportesinfer.qc.ca</a></p> <p>Located offshore from the city of Rimouski, <b>Saint-Barnabé Island</b> provides you with the opportunity to experience a soft adventure in an enchanting setting. Once inhabited by the hermit Toussaint Cartier, this legendary island offers 20 km of hiking trails as well as being a migration spot for some 72 species of birds. Harbour seals and moose can also be observed on the island. Relax in this quiet environment and admire an exceptional view of Rimouski.</p>
<b>Cycling</b>	<p>Cyclists will appreciate the <b>Parc linéaire Petit Témis</b> (130 km), which follows the former rail line between Rivière-du-Loup and Edmundston. The path hugs magnificent Lac Témiscouata and, in Dégelis, joins up with the Sentier national, a hiking trail that connects with Trois-Pistoles.</p>
<b>Kayaking</b>	<p>A kayak excursion on the St. Lawrence with Kayak Archipel du Bic is simply magical. You will observe, with all the respect the occasion calls for, marine and bird life typical of the region. This experience at sunset will stay etched in your memory forever.</p> <p>Period: From mid-May to Thanksgiving</p>
<b>Diving</b>	<p>The Institut maritime du Québec in Rimouski is the larger maritime training center in Canada. Discover ship navigation simulators and machine rooms, the planetarium and the professional divers' training center (one-of-a-kind in North America) with its emergency evacuation simulator for submarine crews.</p>

<b>CULTURE</b>	
<b>Arts</b>	<p><b>Théâtre du Bic</b>, 50, route du Golf, Le Bic Tél. : 418 736-4141 16 km West of Rimouski. This summer the company presents "Moins 2"</p>

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	<p>a french only representation.  <a href="http://www.theatredubic.com">http://www.theatredubic.com</a></p>
<b>Music</b>	<p><b>Festi Jazz International de Rimouski</b> is a jazz festival taking place each year in Rimouski, Quebec. Despite the relatively small size of the city and its distance from big centers, it is a successful cultural event that is now up to its 22nd edition. Over the years, some famous names of jazz performed at the festival with among them Dizzy Gillespie and Stéphane Grappelli.</p>
<b>Films</b>	<p><b>Carrousel international du film de Rimouski</b> is a children's film festival taking place each year in Rimouski. The jury is composed of children from various countries.</p>
<b>Museums</b>	<p><b>Musée régional de Rimouski</b>  35, rue Saint-Germain Ouest, Rimouski  Facing the Tourist Information Center. This museum is located in one of the first Churches of Eastern Quebec. The Museum presents exhibitions on contemporary art, history and sciences.  Schedule and pricing: From June 15 to September 1, Wednesday through Friday from 9: 30 am to 8 pm, from Saturday to Tuesday from 9:30 am to 6 pm. The rest of the year, Wednesday through Sunday from 12 am to 5 pm and Thursdays from 12 am to 9 pm.  Adults, \$ 4; Family, \$ 10; Student and seniors, \$ 3; Children aged of 5 and under are free.  <a href="http://www.museerimouski.qc.ca">http://www.museerimouski.qc.ca</a></p> <p><b>Musée des Soeurs du Saint-Rosaire</b>  300 allée du Rosaire, porte : sud-est Tel.: 418 723-2705  The Museum presents the history and mission of the Congregation. The exhibits, artifacts and pedagogical activities also highlight many cultural and social aspects. Free  <a href="http://www.soeursdusaintrosaire.org">http://www.soeursdusaintrosaire.org</a></p>
<b>Festivals</b>	<p><b>Concerts aux Îles du Bic" Chamber Music Festival</b>  The "Concerts aux Îles du Bic" Chamber Music Festival celebrates its eighth season this summer in August 2009.  Enjoy a full summer concert series in the company of the honorary patron, François Dompierre. From Messiaen to Beethoven and from Mozart to Prokofiev, impassioned musicians will interpret a program of chamber music with clarinet.  A multimedia special event, concerts, a gala concert and a cabaret—any and all occasions are good to experience the warm and intimate atmosphere of this annual event. Nature lovers can also attend the public rehearsals of a young quartet in residence at Bic National Park, or participate in the musical family picnic also in Bic National Park. Full program details are available at <a href="http://www.bicmusique.com">www.bicmusique.com</a></p>

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<b>ATTRACTIONS</b>	
<b>Beaches</b>	<p>There are beaches strung out all along the St Lawrence coastline...So take your pick! These beaches are in the Ministère du Développement durable, de l'Environnement et des Parcs swimming water quality program and have qualified lifeguards:</p> <ul style="list-style-type: none"> <li>- <b>Cabano</b> municipal beach</li> <li>- <b>Notre-Dame-du-Lac</b> municipal beach</li> <li>- <b>Pohenegamook</b> municipal beach (fresh-water beach)</li> </ul>
<b>Wildlife</b>	<p><b>Whale watching</b> is available from Rivière-du-Loup:</p> <p><b>Société Duvetnor</b>  A cluster of untouched islands faces the town of Rivière-du-Loup and is part of the Saguenay-St. Lawrence Marine Park. Under the protection of Société Duvetnor, these islands provide shelter for colonies of marine birds and seals and are an excellent location for watching belugas. Two of the islands are open to the public: Pot à l'Eau-de-Vie (Brandy Pot) Island, with its completely restored historic lighthouse, and Lièvres Island.  Société Duvetnor offers several types of sea excursions aboard comfortable and safe boats. An interpreter guide will provide commentary on the species observed, be they belugas, seals or birds. Take advantage of the excursion to Lièvres Island to roam its hiking trails, which are as charming as the island itself. Lièvres Island offers over 45 km of trails in a protected, unspoiled habitat. You can also opt to spend one or several nights on the island at Auberge du Lièvre.  Opening Dates are from June 12 to September 19  <a href="http://www.duvenor.com">www.duvenor.com</a></p> <p><b>Croisières AML</b>  Whale-watching cruises and cruises in the Saguenay Fjord with bilingual interpretation. Up to 13 different species of marine mammals may be spotted. Heated, safe and comfortable boat, entirely glassed-in. Large observation deck. Zodiac excursions also offered.  <a href="http://www.croisieresaml.com">www.croisieresaml.com</a></p>
<b>Parks</b>	<p><b>Parc national du Bic</b>  Located in the St. Lawrence River Estuary, Parc national du Bic proudly showcases its capes, bays, coves, islands, and mountains, which have contributed to its celebrity. Think of the sounds and smells of the sea or the sensation of the ocean breeze, and imagine a breathtaking sunset considered to be one of the world's finest. The park's atmosphere is one of peace and tranquility. Thousands of seabirds, including the common eider, come to nest in the park, and rare plants bloom on its rocky capes. Seals delight visitors as they bask in the sun near the shore. The ocean, wooded areas and meadows await you on the banks of the St.</p>

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	<p>Lawrence Estuary. 3382, route 132 Ouest, Le Bic G0L 1B0 Toll-free:1 800 665-6527 <a href="http://www.parcisquebec.com">www.parcisquebec.com</a></p>
<b>Gardens</b>	<p><b>Jardin de la Petite École, Notre-Dame-du-Lac</b> Awarded the national prize for commercial landscaping. One of the most beautiful private gardens in Quebec according to many gardening magazines and critics. Discover water gardens, an impressive collection of plants, slate walks. Rest areas and Témiscouata Lake views. Open: June 15 to Labour Day, from 10 am to 6 pm <a href="http://www.jardindelapetiteecole.com">www.jardindelapetiteecole.com</a></p> <p><b>La Fleur des Sables, La Pocatière</b> Take the road toward Saint-Onésime and discover a production and demonstration garden with more than 400 varieties of perennial flowers. A world of colour spread over an acre of land. Your visit is free with the purchase of perennials or cut flowers. Open: May 15 to late August, from Wednesday to Saturday from 9 am to 5 pm 445, chemin des Sables, La Pocatière G0R 1Z0 Tel.:418 856-4995 <a href="mailto:www.fsables@aei.ca">www.fsables@aei.ca</a></p>
<b>Historic Sites</b>	<p><b>Le site historique de la Maison Lamontagne</b> 707, boul. du Rivage (route touristique 132) Visit the oldest house east of Quebec city, a half-timbered construction built around 1744. Discover its history, exceptional architectural style and different exhibits on domestic architecture and the life of 18th century peasants. Free outdoor concerts on Sunday, picnic areas, and gardens further allow visitors to appreciate the historic site. Marie-Agnès and Basile, the first owners, await you for a tour guide! New 2009: new permanent exhibit and outside bread oven! Open from June 20 to September 7, 2009. From 9 to 6, Monday to Sunday. Septembre 10 to October 12 2009: Thursday to Sunday. Adult: \$4; Seniors: \$3; Children over 12 years: \$2; Children 12 and under: free. <a href="http://www.maisonlamontagne.com">http://www.maisonlamontagne.com</a></p>

<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<p>There are craft shops and art galleries sprinkled all along the Route de Navigateurs, plus some scrumptious farm shops too. The Official Tourist Guide for Bas-Saint-Laurent has a comprehensive listing and is well worth sending for.</p>
<b>Spa</b>	<p><b>Centre de santé L'Énergie du fleuve</b> Health spa located in a hotel complex, close to the Promenade on the shores of the St. Lawrence. Invigorating and soothing treatments provided by professional therapists. Massage therapy with a choice of many techniques, balneotherapy (underwater massage in a therapeutic bath), body care (exfoliation, wrapping and cellulite treatments) and</p>

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	<p>beauty treatments (facial or back, foot and hand care, makeup and depilation).</p> <p>225, boul. René-Lepage Est, Rimouski G5L 1P2</p> <p>Toll-free: 1 800 463-0755</p> <p><a href="http://www.hotelrimouski.com">www.hotelrimouski.com</a></p>
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<b>CUISINE</b>	
<b>Food</b>	This area is also noted for its fine food: high-quality lamb as well as artisan cheeses, breads and chocolates, not to mention the maple products made at the <b>Domaine Acer economuseum</b> .
<b>Wine</b>	<b>Vin Artisanal Le Pacomois</b> in Saint-Pacome is a small-scale producer of craft wines made from raspberries, blueberries and strawberries. There is a free tasting and guided tour from May to October, tel: 418-852-2159
<b>Restaurants</b>	In Rimouski, <b>Le Crepe Chignon</b> is highly recommended among the many restaurants in the city. <b>Auberge du Mange Grenouille</b> in Le Bic features gourmet regional cuisine and local specialty products, including fresh fish, game and lamb. Tel 418-736-5656

<b>MORE INFO</b>	
<b>Brochures</b>	<p><b>Tourisme Bas-Saint-Laurent</b></p> <p>Address: 148, rue Fraser, 2e étage, Rivière-du-Loup QC G5R 1C8</p> <p>Toll free: 1 800 563-5268</p> <p>Email: <a href="mailto:info@bassaintlaurent.ca">info@bassaintlaurent.ca</a></p>
<b>Website</b>	<a href="http://www.tourismebas-st-laurent.com/en">http://www.tourismebas-st-laurent.com/en</a>

<b>HOTEL PRIZE PARTNER</b>	<p><b>Pohénégamook Santé Plein Air</b></p> <p>Address :1723 chemin Guérette RR 1Pohénégamook, QC G0L 1J0</p> <p>Tel: (800) 463-1364</p> <p>Website: <a href="http://www.pohenegamook.com">www.pohenegamook.com</a></p> <p>Regional winner of a Grand Prix du tourisme québécois (Québec tourism award) 2004</p>
<b>Location</b>	<p>This 4-season resort centre is located in an exceptional natural setting on the banks of Lake Pohénégamook close to the Maine border and is ideal for rest and relaxation and outdoor getaways for families, couples or groups.</p> <p>From exit 488 off Highway 20, take Route 289 towards Saint-Alexandre. Pohénégamook is 45 km away. Drive through Saint-Éleuthère towards Escourt. After the bridge, turn left after the church and drive a further 4 km to the resort centre.</p>
<b>Facilities</b>	<p>Wheelchair accessible</p> <p>Bar</p> <p>Convenience store</p>

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	<p>Childcare          Laundromat          Bicycle rental          Boat rental          Cross-country ski rental          Panoramic lookout          Reception/meeting/conference room          Lounge Sauna Spa Free outdoor parking          Boutique in hotel          Indoor swimming pool Games room          Outdoor equipment          Outdoor fireplace</p>
<b>Accommodation</b>	<p>Various accommodation options are available: inns, cottages, cabins, campsites, country homes and condohotels, which combine comfort and luxury. Here's the full range:</p> <ul style="list-style-type: none"> <li>1 inn with 22 rooms</li> <li>1 inn with 7 rooms</li> <li>2 cottages with 4 bedrooms and kitchen</li> <li>1 cottage with 6 bedrooms and kitchen</li> <li>4 large cottages with 6 bedrooms</li> <li>20 cabins with kitchenette</li> <li>3 country homes</li> <li>8 fully equipped luxury condotels</li> </ul>
<b>Activities</b>	<p><b>Summer activities</b> include lake and river canoeing, kayaking, sailing, climbing, hiking, nature interpretation, archery, cycling and regional history.</p> <p><b>Winter activities</b> include downhill skiing, snowshoeing, tubing, ski sailing, ice fishing, Scandinavian sauna, and white-tailed deer observation. Dog-sledding and snowmobile tours are offered for an additional fee.</p> <p>At the health spa, you have access to the pool, sauna and whirlpool. Many body treatments are also available from a multi-disciplinary team of professionals.</p> <p>playground Fire pit Ice rink Playing area with sports equipment</p> <p><b>Onsite activities</b>          Climbing Interpretation Snowmobile trails Wildlife observation Fishing          Ice fishing Bike path Beach Activity programs Quad (ATV) trails          Dog-sledding Hiking trails Canoeing Row-boating Kayaking          Pedal boating Windsurfing Sailing Scandinavian sauna, indoor and outdoor archery, river canoeing, ski sailing, ice skating, tubing</p>

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