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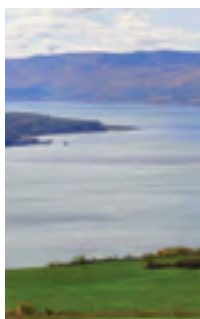


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AT THE HEART OF QUÉBEC IDENTITY



When you visit Québec city and its surrounding regions, you are in a way visiting the birthplace of the Québécois nation. After having explored the coasts of the Saint-Lawrence River, it is here that the French explorer Samuel de Champlain established his most durable settlement, which would become the new nation's capital. His wish was to establish an alliance with the First Nations people who originally occupied the territory, offering protection in exchange for the right to establish a French colony. Furthermore, Champlain's dream was to form a mixed-blood nation on the territory, a dream that was ultimately only partially achieved, but still helped to ensure peace with the First Nations population.

Some have suggested that this interbreeding might have contributed to the open-mindedness of the Québec people towards sexual diversity, as the First Nations were unaware of homophobia before Christianization and respected "two-spirit" individuals. This of course outraged the French missionaries charged with converting them. Frequent interaction between the First Nations and the French settlers (as when fur trading for

example) transformed the culture of the European colonists, who gradually learned the basics of survival in this new environment. Bi-cultural marriages also helped enforce this alliance. An example of this can be found no further than in my own family, which was one of Québec's founding families, as my ancestor Mathurin Gagnon gave one of his daughters in marriage to a Métis man, himself the grandson of an Algonquin chief. As a result, the first Canadians (as they were then called) developed early on a distinct culture in which many habits and customs appropriated from the First Nations people helped define the newly developing nation. Maple syrup, for example, is at the heart of local cuisine and the Chaudières-Appalaches region remains the primary region of production in the world. Other examples include snowshoeing, tobogganing, hockey, and other very popular winter activities. And let's not forget summer corn roasts as well.

But the colony would eventually and permanently transform the territory by establishing villages, and later cities and agricultural development. In and around Québec city, you can discover these early towns neighbouring some of the First Nation villages like Wendake and Odanak. Along the Beaupré coast or on Ile d'Orléans, you will tread the lands of the first great Québec families, who progressively spread throughout the entire territory.

It's also in this nation's capital that the first legislative measures (1977) would initiate the fight

against homophobia in Québec as well as in Canada. It will be 40 years ago this year that our National Assembly became the first legislative assembly in the Americas, and the second in the world, to admonish discrimination based of sexual orientation. 15 years ago, and to this day, it remains the only legislative assembly in the world to have unanimously adopted an Act instituting civil unions and establishing new rules of filiation authorizing homosexual parenting. This was as far as Québec could go before the Federal Government's redefinition of marriage in 2005.

Culturally, Québec city and its surrounding regions gave us many gay and lesbian artists who have had an important impact on the cultural world of this nation. Robert Lepage, of course, has been inextricably linked to this city for more than 30 years. Then there is novelist Marie-Claire Blais, born in Limoilou, who is among the first to have written about the underground lesbian scene of the 70's. And let's not forget Portneuf native Luc Plamondon, who created the character Ziggy for his rock opera Starmania, introducing a gay character in a Québécois song for the very first time. This is a celebratory year for the famous songwriter, who will turn 75 years old. The Cirque du Soleil will pay tribute to him with the show Stone in the city of Trois-Rivières. This is a great opportunity to visit or re-visit this newly revitalized city, the second oldest in Québec.

André Gagnon



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TWO SPIRITED HISTORY

Homophobia came to Québec and to the larger part of North America the moment the first European colonizers set foot on the continent at the end of the 15th century. As Christians, they were convinced that sex should only be between a man and a woman, for reproductive purposes. As they repressed any homosexual behavior amongst themselves, these colonizers extended this repression to the First Nations people, whose sexual mores were much more open.

For the majority of the North American First Nations People,

sexuality was seen as a gift from the gods, to be used with complete freedom. As such, they saw nothing wrong with talking about sex in front of their children, or with children's sexual exploration, provided all parties were consenting. Nor was sexuality confined to adult marital relations, and as such, men could have several wives, or could marry men who had taken on the role of a woman, i.e. the berdaches or two-spirited ones.

The berdache phenomenon is a particular social tradition in which a man decides of his own free will to adopt the role of a woman. The inverse phenomenon existed as

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well, but was not included in the same term, and is unfortunately less well documented. Whether they were male-born or female-born, two-spirited people were held in high esteem because they were seen as holding both feminine and masculine spirits, which made them spiritually more powerful. The use of the term “two-spirited” is now extensively used amongst the First Nations Peoples since berdache was seen as having a European origin. Two-spirited people were also discouraged from marrying so that they could devote their lives to shamanism. The annual celebration for the two-spirited shaman would involve having all their partners dance for them.

The adoption of the opposite sex's role came with a change in clothing from the time of puberty. As such, there was no stigma against transvestitism,

since it was seen as a perfectly acceptable personal choice. The only restrictive criterion in these societies was that a person had to choose a masculine or feminine identity and stick to it. Nonetheless, it meant that fundamentally one's sex at birth did not determine one's future gender role.

Over time, and centuries of Judaeo-Christian repression, two-spirited people in the formal sense disappeared, but luckily the tradition has not been forgotten. Hence, you have the title of the first gay maga- zine published in Québec by the ADGQ, l'Association pour la défense des droits des gaies du Québec: Le Berdache was so named as a reminder that homophobia had not always been the norm in this country, even long before the decriminalization of homosexuality in 1969.



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DISCOVERING WENDAKE

Today, the First Nations communities are reaffirming their openness to sexual diversity. 15 kilometers away from Québec City, on the Huron-Wyandot people's territory in Wendake, the **Hôtel-musée des Premières Nations** allows you to discover their culture, spanning thousands of years. Built in the style of traditional long houses, this establishment houses 55 rooms and suites, as well as a museum, a restaurant and a boutique.

The hotel is an architecturally remarkable building. Its contemporary interior design showcases noble materials such as stone, leather and wood. Beautiful thematic gardens and walking trails circle the building, creating a unique atmosphere. The Huron-Wendat museum ensures the conservation of this

nation's heritage.

At the **restaurant La Traite**, chef Martin Gagné offers fine cuisine using typical northern produce from hunting, fishing and local vegetation. The boutique sells works by First Nations craftsmen and artists. This hotel and also the **La Huronnière inn**, serve as good posts from which to discover Wendake and its surrounding area, offering many different activities to choose from.

On the Wendake territory, the Site Traditionnel Huron is a unique opportunity to discover the history, culture, cuisine, dances and lifestyles of the Huron people. When visiting this recreated village, you will be transported by the stories and mysteries of the Huron people then and now.

ACCOMMODATION

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ATTRACTIONS

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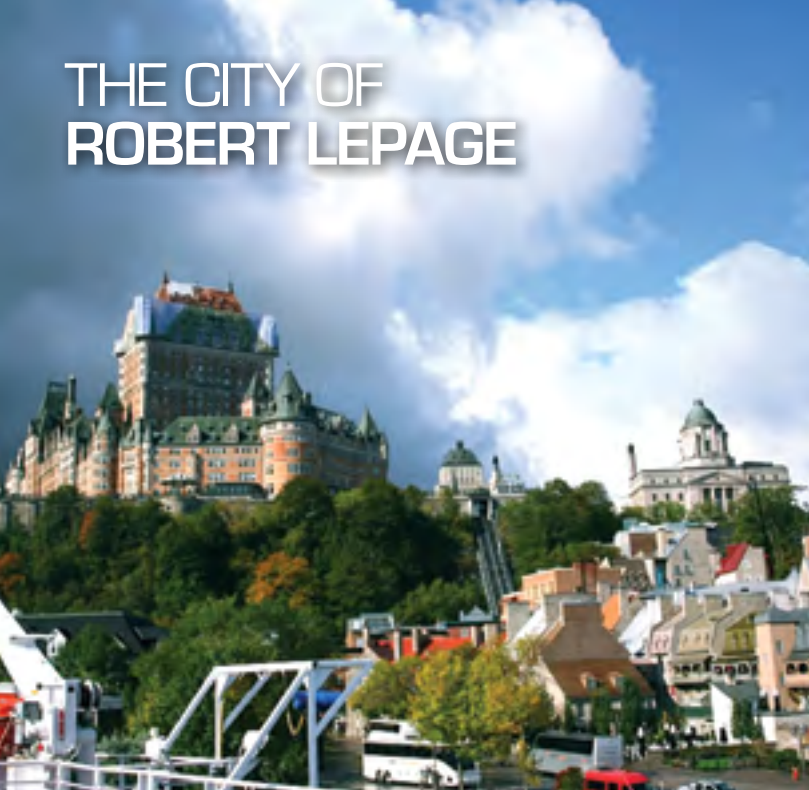



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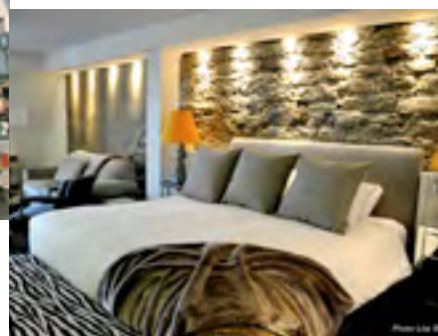
THE CITY OF ROBERT LEPAGE



Québec City, the national capital of Québec, is truly the birthplace of Québec identity. Established in 1608, it is one of the most ancient colonial towns in North America. New France started as a trade post and quickly grew to populate the surrounding areas and from there on the Côte de Beaupré, then to Île d'Orléans before spreading to the whole Saint Lawrence River Valley.

This ancient city, reminiscent of the Northwest of France from which came its first settlers, is recognised

as a UNESCO world heritage centre. Nestled between the Cap Diamant and the banks of the wide river estuary, this European-style city easily charms its visitors. For its 400e anniversary, one of the city's most renowned and celebrated artists, Robert Lepage, offered the city the now world famous Moulin à images, a spectacular multimedia show, projected publicly during the summer on the industrial landscape of the Bassin Louise silos, recounting the history of the site and the city.



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ROBERT LEPAGE

It is in Québec City, his hometown, that multidisciplinary artist Lepage decided to found his creation centre, Ex-Machina, which can be found in the historic Old Port district, two steps away from Place Royale.

In 1975, at age 17, Lepage entered the Conservatoire d'art dramatique de Québec. In 1985, he created La trilogie des dragons, a piece about Québec City's former Chinese district which used to stand along Saint-Vallier Street in the lower town. This particular production brought him international fame.

After serving as artistic director for Ottawa's National Arts Center, Lepage made inroads in the film industry with Le confessionnal, a film about the quest for identity of a bisexual man, in which Québec City is prominently featured.

For his next film, La Face cachée de la lune, Lepage plays two brothers, a gay man and a university student who has lost his drive. Set in his home town, the story follows their attempt to overcome their mother's death.

In 2004, Robert Lepage took centre stage once again, directing KÅ for the Cirque du Soleil. Guy Laliberté, founder of Cirque du Soleil, saw Lepage's potential to take art direction to a new level. His most recent creation, LipSynch, a

6 hour panorama which focuses on language, was presented in March 2010 in Montréal.

or the occasion of Québec City's 400th anniversary in 2008, one of their preeminent artists, Robert Lepage, created a spectacular outdoor light and sound installation called Le Moulin à images. The history of the city and the industrial site of the Bassin Louise silos was projected onto the silos, drawing crowds from all over the country.

In July 2012, his production of The Tempest (music by Thomas Adès, after the Shakespeare play) will be presented by the Opéra de Québec before going on to play at New York's Metropolitan Opera. His newest multimedia presentation, Fragmentation, is on display at the Montréal Museum of Fine Arts through August, 2012.

In 2015, Robert Lepage was back on stage with 887: an intimate solo spectacle that mesmerized audiences in both Toronto and New York City. Beginning with his childhood growing up in 1960s Québec City, Lepage plunges us into the depths of his past, distilling his most intimate recollections into a multi-layered story that reveals the historical and social reality that shaped his identity. A magical foray into the world of memory by a storyteller at the top of his game.



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A GASTRONOMIC CAPITAL

Both a capital as well as a sought-after tourist destination, Québec is a city offering a wide variety of fine dining establishments. Among the dozens of restaurants in the very popular Old Québec neighborhood, one can find the finest tables and most prestigious chefs in the city. Much importance is given to local produce and the menus are widely inspired by French cuisine. This great culinary tradition is largely the result of the efforts of the late Serge Bruyère, who was a precursor of new cuisine in Québec, updating French traditions as early as the 1970s.

From fast-food to haute cuisine, there are upwards of 2500 restaurants in the greater Québec city area, representing a ratio of 350 restaurants for every inhabitant, which is 3 times more than in New York! There are endless choices for every visitor. Beyond the Old Québec neighborhood, other areas such as Grande Allée, Cartier and René-Lévesque Streets near the National Assembly are positively crawling with great restaurants,

many of which offer lively terraces in the summertime.

Many gay-friendly cafés and bistros can be discovered (or rediscovered) on Saint-Jean Street in the heart of the Faubourg Saint-Jean-Baptiste. The Nouvo Saint-Roch has also more recently emerged as a sought-after destination. The Saint-Roch and Saint-Sauveur neighborhoods offer many restaurants featuring a diverse selection of food from around the world. The more affluent Sillery neighborhood also offers excellent restaurants, among them those housed by Université Laval as well as many hotels and shopping malls along Laurier Boulevard.

Although Québec proudly displays its French character and traditions, and probably as a result of having always been a capital focused on tourism for over a century, no regional specialties are really associated with the city. That being said, Québec's gastronomic trademark is associated with the best that French cuisine can offer and local produce of exceptional culinary quality.



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SERGE BRUYÈRE AND THE NEW CUISINE

A native of Lyon in France, Serge Bruyère fell in love with the city of Québec from his very first visit in 1976. He immigrated to its province during the Montréal Olympic Games, working at the Queen Elizabeth Hotel before moving to Québec city. Prior to leaving his native country, he had undergone his training in the kitchens of l'Auberge du Tunnel in Auvergne with Paul Bocuse and the Troisgrands brothers. He first worked at the Hilton before becoming executive chef at the Éperlan restaurant. One year later, he founded the Marie-Clarisse restaurant near the Breakneck Stairs (*l'Escalier Casse-cou*) with another partner. In 1980, he undertook a new adventure at the Maison Livernois on Saint-Jean Street, this time on his own: Serge Bruyère's restaurant À La Table was created. He was among the very first chefs to work closely with local craftsmen in order to obtain high quality products for his menu.

Serge Bruyère died prematurely in 1994 at the age of 33. His heritage is considered enormous: he introduced an updated version of *haute cuisine*, laying the foundations of a gastronomy concerned with great quality and based on a relationship of proximity with his suppliers. Throughout the 14 years of existence of À La Table, Bruyère devoted time and energy in training dozens of competent chefs like Daniel Vézina, Jean Soulard and Marie-



Chantale Lepage, who to this day remain inspired by his culinary philosophy.

His passion for gastronomy as well as his devotion to the recognition of the trade were immense. He knew how to transmit his enthusiasm and the importance of working with precision, and also to respect clients and producers. Bruyère is one of only two Québec chefs to be included in the *Larousse gastronomique lexicon*, and was the first to introduce new cuisine to the city.

He was a humble, sympathetic and respected chef. His passion for quality produce and his unflinching technique and hard work, along with the sharing of his knowledge were of utmost importance to him. The *Fondation Serge Bruyère*, which is dedicated to the encouragement of Québec's new culinary talent, serves to perpetuate his legacy.






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ON THE TRACKS OF THE FOUNDERS

Walking in the streets of Vieux-Québec is like following in the steps of the pioneers who gave birth to this nation. Founded by **Samuel de Champlain** as a trading post in 1608, the colony first developed around l'Habitation de Québec before expanding into the first streets traced around the **Place Royale** in the heart of the Vieux-Port. Restored in the early 1970s, this historical district brings us back in time to the capital of New France at the end of the 17th century. This was the era of Louis XIV, a bust of whom adorns the area. As I myself am a descendant of

Mathurin Gagnon, who was one of the first merchants of Québec and whose home and retail store were located at the current site of the Sault-au-Matelot park (or Parc de l'Unesco), walking on the cobblestones of these historic sites is like reconnecting with the history of our roots in this country. A few steps away, Place Royale is the main site of the annual **Fêtes de la Nouvelle-France**, recreating the French colonial era of its original inhabitants.

In the Vieux-Port, one must absolutely visit the **Musée de la Civilisation**. The neighborhood is home to many gay-friendly



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establishments, among them the restaurant Marie-Clarisse, which was opened at the foot of the Casse-Cou staircase by renowned chef Serge Bruyère.

Heading up to Haute-ville, one can admire the elements of fortification which have made Québec unique, for it is the only still-fortified city in North America. It is the neighborhood commonly referred to as **Vieux-Québec**. Built at the end of the 19th century near the Citadelle fort, the hotel **Château Frontenac** rises above Place Royal on one side of the Terrasse Dufferin. The latter is a splendid walkway offering a spectacular view of the area and is perfect for romantic strolls. One can easily understand why

the founders of Québec chose this strategic spot to establish the colony, which would become the capital of New France, then Lower Canada and finally, Québec.

The gay lifestyle took root fairly early in Vieux-Québec. The **Sauna-hôtel Hippocampe** on Mac Mahon Street, the oldest gay establishment still operating in the province (where some might recognize the interiors used for Robert Lepage's film **Le Confessionnal**), has been open for over four decades. The owner, **Yvon Pépin**, had previously tended bar in many Vieux-Québec clubs, in a time when homosexual life was still mostly underground.

André Gagnon



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OLD CITY'S FINEST RESTAURANTS

Old Québec is the most popular tourist destination in Québec and features many of the greatest restaurants in the city. In the tradition of Serge Bruyère, many fine chefs in Québec are found in Québec city. Let us mention Jean-Luc Boulay (**Le Saint-Amour** and **Chez Boulay**), Arnaud Marchand (**Chez Boulay**), Daniel Vézina (Laurie Raphaël) and Louis Pacquelin (Panache) among others. Jean-Luc Boulay and Arnaud Marchand from Chez Boulay offer the experience of nordik French cuisine while highlighting typical local products. It is located on the ground floor of the elegant Manoir Victoria, on Saint-Jean Street. Close by, Mr. Boulay also presides over the kitchen activities at **Saint-Amour**, a prominent figure of Québec's gastronomic scene. Moreover, Saint Amour appears in Trip

Québec City is believed to be one of the last cities in North America where you can find establishments offering the traditional au guéridon French table side service. At **Continental** restaurant, the

Advisors' top 10 fine dining restaurants and it is not unusual to spot a celebrity seated there.

Situated in an old 18th century warehouse in Vieux-Québec and part of the **Auberge Saint-Antoine**, the restaurant Panache offers the refined menu of chef Louis Pacquelin. While there, you can discover the artefacts showcased on the walls of the building, recalling the rich history of the French colony.

Tourists will also appreciate **Les Anciens Canadiens**, a restaurant established in a heritage building, where you can discover or rediscover some of the classics of traditional Québec cuisine. Near Château Frontenac, the Continental is renowned for its flambés. Close by, Le Parmesan offers delicious classics Italian cuisine classics.

waiters are dressed in impeccable white coats, preparing flambés, authentic Caesar salad and delightful Saint-Honoré cake right next to you, a feast for both your eyes and palate. Nearby, **Le Parmesan** is a tourist attraction

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* Quote from video "Anthony Bourdain rediscovers old-world dining in Canada" published on Youtube by CNN, April 30, 2013.



in itself with its collection of bottles in all shapes and sizes and its beautiful fireplaces. Owners Luigi and Cesare have created a unique atmosphere, one in which they offer their guests fine Italian and French cuisine. Only a few minutes from the Château Frontenac, **Café de Paris** offers classics of French and continental cuisine.

Filled with charm, history and tasty delights, **Café Buade**, located just a block away from the Château, is the oldest restaurant in Québec City and has been a tradition of excellence since 1919. It offers burgers, pasta, fish and grilled meats, and let's not forget their famous prime rib. Nearby, **Pub D'Orsay** is also a Québec classic. They offer the best value-for-money menu in town, with grilled dishes, seafood platters, mussels, pasta and salads.

On Saint-Jean Street, **Tournebroche** is a gourmet bistro that uses organic products, preferably bought locally. Rotisserie specialities are on the menu,

a simple cuisine with refined flavours.

If you enjoy dining in lively settings, come to the **Frères de la Côte** restaurant. Food preparations are simple, often tinged with Mediterranean flavours, and the menu changes every day. Their tenderloin horse meat remains a classic.

In the Old Port, on Sault-au-Matlot Street, Hotel Le Priors' restaurant **Toast** has a warm and trendy décor with a large indoor garden and a covered terrace heated during the colder months. The cuisine is inspired by different flavours from around the globe and the chef develops the daily menu based on his finds at the market.

Further along Sault-au-matlot Street, **L'Échaudé** has been the cornerstone of fine dining in the Old Port for 30 years. The relaxed ambiance, attentive staff and first-rate wine list complement the restaurant's savoury bistro cuisine. On the corner of Saint-Paul Street, the





www.brigantin.com




Le Brigantin is located in the heart of the Québec's Old Port. A brigantine is a small, flexible, fast and efficient vessel used for hunting and exploration. The name is associated with the story of the city and evokes well the character of this small restaurant, warm, friendly and where professional staff welcomes you.






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Café Buade

31 Rue De Buade,
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Located in the heart of the plen-old quebec 5 minutes walk from the Château Frontenac, Café Buade invites you to experience Québec culture.

Café Saint-Malo

75, rue Saint Paul,
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Chez Boulay Bistro Boréal

1110, rue Saint-Jean,
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The restaurant places a value on the boreal region, especially the produce from the vast wilderness of northern Canada.

Le Brigantin

97, rue du Sault-Au-Matelot,
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Les Frères de la Côte

1129, Rue Saint-Jean,
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RESTAURANTS

Le Continental

26, rue St-Louis,
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Le Continental's experienced staff is available to provide service at your very table. Thus, from a scrumptious Caesar salad prepared under your eyes to a Chateaubriand or even an orange duckling carved before you in accordance with your wishes.

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65, rue de Buade,
Vieux-Québec, G1R 4A2

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Restaurant Parmesan

38, rue Saint-Louis,
Québec, G1R3Z1

The owners, Luigi and Cesare, invite you to enjoy a memorable dining experience, you will discover the authentic Italian cuisine, especially the Parma cuisine. Luigi is not happy to import Italian products so he manufactures several himself. Cesare, the genius behind this «success story», complete it all with a wine list.

Restaurant SSS

71, rue Saint-Paul,
Québec, G1K 3V8

The restaurant offers 2 ambiances. Enter through the lounge section, with its high tables and chairs and the music a beat higher. The restaurant section offers another decor and more cosy atmosphere with its working fireplace where time is of no importance to savour a great meal.

Restaurant Toast!

17, rue du Sault au Matelot,
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190, Rue Saint-Jean,
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www.restaurantparmesan.com

418.692.1991

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418.692.1334

www.restauranttoast.com

418.692.5524

www.tournebroche.com



SHOPPING

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ATTRACTIONS

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418.694.2001
www.mcq.org


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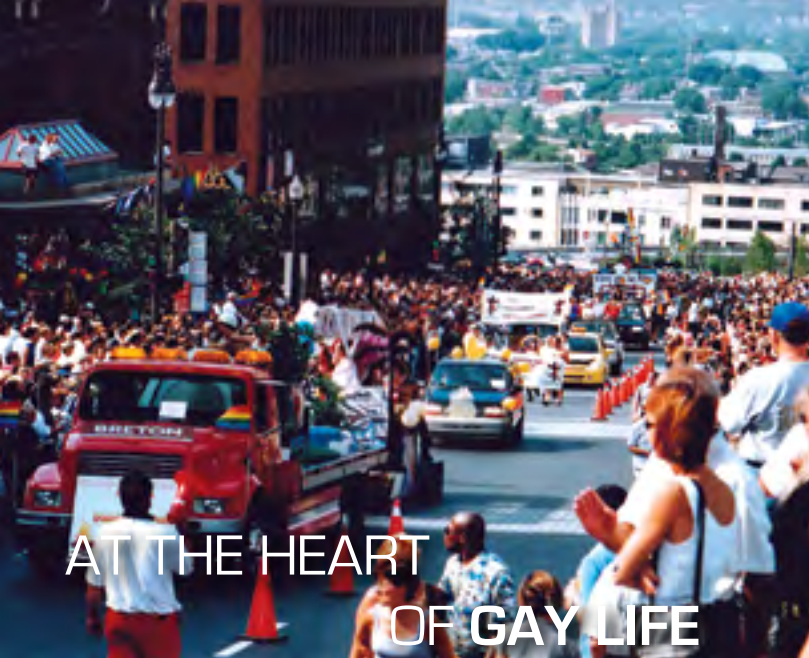
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Faubourg St-Jean Baptiste is on of the oldest neighborhoods in Québec, and is the heart of gay village. This faubourg was built around St-Jean Street, which leads into Old Québec. It is not strictly speaking a gay village, but this is where you'll find the highest concentration of LGBTQ individuals since the decriminalization of homosexuality. The communities' presence is somewhat less visible than a decade ago, a time when five gay bars, a sex shop and a sauna were open for business. The neighborhood nonetheless remains the key spot for gay life with Le Drague on Saint-Augustin Street, an unmissable complex featuring a cabaret, a pub, a fetish area, a disco and a terrace in the summertime. Le Drague has been popular for decades for the quality of its Drag shows. At the other end of

Saint-Jean Street you will find Sauna 225, ForHom club and the Galerie DomaHom which together form another staple of the faubourg.

North of St-Jean Street, D'aiguillon Street has long been considered the axis of male prostitution in Québec. The neighborhood features many types of gay-friendly stores and establishments, and many gay people are employed there. During Labor Day weekend in early September, the area hosts the Fête Arc-en-ciel (Rainbow Party), the main LGBTQ event in the capital, with sidewalk sales, terraces and live shows along Saint-Jean and Saint-Augustin Streets.

Other shows are also presented at Place d'Youville in front of the Porte Saint-Jean.



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418.525.7371

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IN AND AROUND PARLIAMENT HILL

Haute-Ville has always been the seat of military, governmental and religious power in the city of Québec. From the French colonial era's **Château Saint-Louis** to the **Hôtel du Parlement**, which houses the National Assembly, authorities have continually elected residence in Haute-Ville ever since the development of the city's trading post. It was the meeting place of the high society that developed around Hôtel du Parlement. You should definitely visit the **National Assembly headquarters** where all adopted laws that furthered the rights of the LGBTQ community since 1977 have established Québec as one of the world's most advanced nations in regard to these issues. In four decades, beginning with the abolishment of discrimination on the bases of sexual orientation in 1977, and later, in June 2002, with the adoption of the Act instituting civil unions and establishing new rules of filiation (extending

adoption rights to gay and lesbian couples), Québec became one of the few nations to have adopted these legislative changes without much resistance.

Close by to the National Assembly is the Observatoire de la Capitale, offering a unique point of view (as well as the highest one) in Québec City, atop the Marie-Guyart building's 31 stories. After your visit of the National Assembly, you might want to explore **Grande Allée Street** with its restaurants, terraces, hotels, pubs and clubs, including the **Dagobert**, a straight club which is nevertheless cherished by many gay people. A bourgeois street in former times, you will undoubtedly appreciate Grande-Allée's charms. From here we go to the **Musée national des Beaux-Arts du Québec** located on the Plains of Abraham, an historic park where the fate of French America was forever sealed in 1759. Many of the world's greatest musical talents



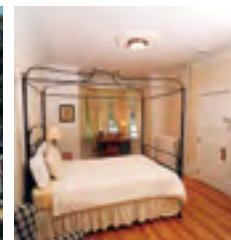
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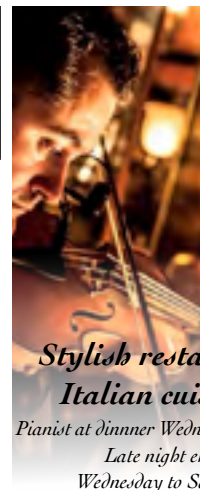


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have presented outdoor shows here. It has also been for many decades a very popular cruising spot for gays, although the scene is somewhat tamer now than it was in the past. When leaving the park,

it is quite enjoyable to stroll along Cartier Street in the Montcalm neighborhood with its lovely boutiques, restaurants and cafés.

ACCOMMODATION

Le Grande-Allée Hôtel et Suites

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www.hotelsvieuxquebec.com/en/hotel/hotel-grande-allee/

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418.523.1220
www.relaischarlesalexandre.com

Located in an earlier twentieth-century building, the Relais Charles-Alexandre has been thoughtfully decorated to provide elegant, cheerful surroundings. Many specialized magazines have reviewed the Relais Charles-Alexandre regarding its interior decoration.

ATTRACTIONS

Grand Théâtre de Québec

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Whether you are in Haute-Ville, in the faubourg Saint-Jean-Baptiste or in the Montcalm neighborhoods, Québec city's trendiest restaurants are found along the popular Saint-Jean Street and especially on Grande Allée, which is adjacent to parliament hill. Beyond Place d'Youville, the restaurant **Veaux d'Or**, on Saint-Jean Street in Vieux-Québec, has been offering its tasty Italian cuisine for decades. It is a favorite of Le Drague bar regulars, on the corner of Saint-Augustin Street. At the other end of Saint-Jean Street, hamburger fans will relish **Chez Victor**, a restaurant that has multiplied across the city. As Saint-Jean becomes Chemin Ste-Foy further down, La Girolle offers delightful French cuisine.

Those who prefer the capital's bigger nightclubs will want to

discover **Savini** restaurant on Grande Allée. In the summertime, you will appreciate its fine Italian cuisine and excellent selection of wines, all while enjoying the lively spirit of this charming avenue. A few steps away, **l'Atelier** offers a great selection of tartare and cocktails and tends to its patrons on its lovely terrace in the summertime.

Close to the Grand Théâtre, the 47e Parallèle on St-Amable Street features gastronomic cuisine and also has a terrace. This is an ideal place to dine before or after a show. On René-Lévesque, **La Trattoria La Scala and La Piccola** offer fine Italian cuisine as well as a wine bar. On the weekends, a pianist performs live to complement your meal.

SAVINI
resto-bar\vinothèque



418-647-4747
680 Grande-allée Est
savini.ca

RESTAURANTS & GASTRONOMY

47e Parallèle

333, rue St-Amable,
Québec, G1R5G2

With its open-plan kitchen and its urban and modern look, the restaurant offers you an always moving "cuisine" with our Chef and his squad supported by a careful waiters staff.

418.692.4747

www.le47.com

L'Atelier

624, Grande Allée Est,
Québec, G1R2K5

Located on Grande-Allée in the heart of Québec City, L'Atelier greets you in an industrial decor that is both «chic & laid back». Set on five levels, the restaurant provides a breathtaking 40 foot high view.

418.522.2225

www.bistrolatelier.com

La Girolle

1384, Chemin Ste-Foy,
Québec, G1S 2N6

Located in the Saint-Sacrement neighborhood in Quebec City, La Girolle is a restaurant where the French-inspired cuisine is always surprising and innovative. The warm atmosphere, the refurbished decor, the attentive service and the constantly growing menu have charmed the residents of the old capital.

418.527.4141

www.lagirolle.ca

Le Cosmos - Restaurant

575, Grande Allée Est,
Canada, G1R 2K5

A varied menu, eclectic design and an exhilarating atmosphere. This is what awaits you during your visit to the Cosmos: a true journey in the heart of a universe of flavor! We are waiting for you for late breakfasts, affordable lunches and other festive dinners!

418.640.0606

www.lecosmos.com

Restaurant Savini

680, Grande Allée Est,
Québec, G1R2K5

The indisputable charm of Savini is? Its cuisine, deliciously Italian... both refined and comforting. To discover in a lively and contemporary environment that includes a magnificent terrace that will awaken all your senses.

418.647.4747

www.savini.ca

Restaurant Trattoria

La Scala & La Piccola

31, René-Lévesque Ouest,
Québec, G1R2A3

Restaurant with a warm, quiet and an intimate setting. A quality table that will satisfy you.

418.525.4545

www.restolascala.ca



47^e PARALLÈLE
RESTAURANT - TRAITEUR
DEPUIS 1996

The 47th Parallel, is the perfect place for a good meal before a show.

Whether for an evening with friends before a comedy show or a romantic meal before a performance of the Orchestre symphonique de Québec, our courteous and professional team will take you around the world in a gourmet way so that your evening starts in the most complete and enjoyable way!

418-692-4747
www.le47.com

333, rue St-Amable, Québec

HAROLD RHÉAUME, CHOREOGRAPHER

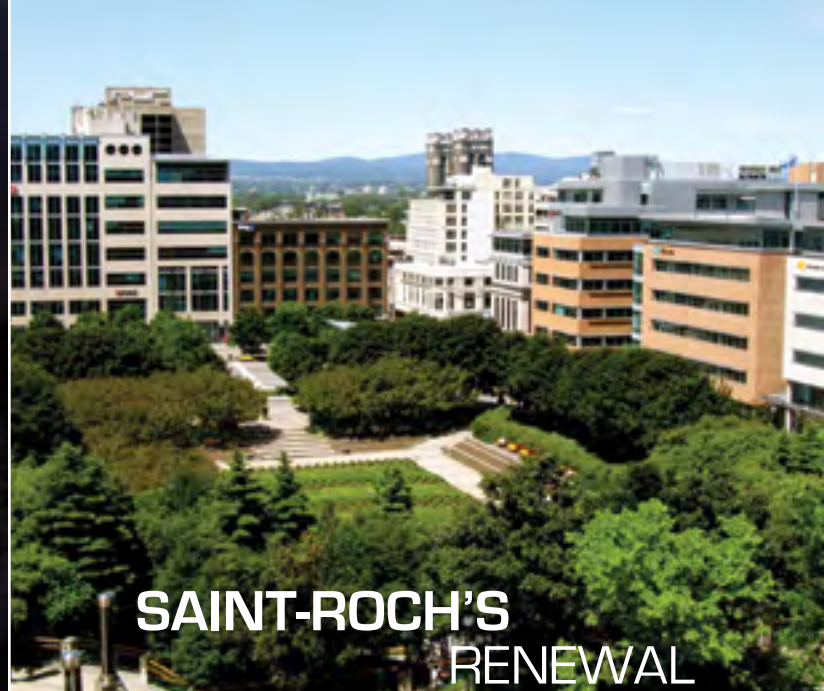
A graduate of l'École de danse du Québec in 1989, Harold Rhéaume first worked with Danse Partout (Québec) before joining the ranks of the prestigious Dance Lab Group in Ottawa. Under the guidance of Peter Boneham, he began exploring the fundamentals of dance performance and choreographic creation. He settled in Montréal in 1993 and rapidly gained recognition. In 1997, La Presse newspaper said that «... when he dances, Harold Rhéaume radiates such intensity that he seems larger than life, ...he is among those who dance to say things and move you.» Like Robert Lepage, Rhéaume returned to Québec city, founding his company *Le fils d'Adrien danse* (his father's name) in Saint-Roch, which was at the time transforming into a culturally vibrant neighborhood.

With his humanism as well as his interest in clarity of intent, Harold Rhéaume distinguishes himself from other formal and conceptual trends. His pieces are inventive and refined without ever being pretentious. Inspired by day to day life, Rhéaume works from instinct and spontaneity and has a wide spectrum of influences including musicals, theater, painting, modern architecture, jazz and contemporary music. He also distinguishes himself in having his

dancers be part of the creative process. Their personalities and personal experiences, and even their limits, are of much importance in shaping the shows.

Openly homosexual, the choreographer responds with humor when a journalist asks him if all contemporary dancers are gay : «That is greatly exaggerated. I'd say 90%!»

In addition to the choreographic work with his own company, Harold Rhéaume has worked with Cirque du Soleil and contributed to theater, cinema and opera. He is a teacher of physical expression at the Conservatoire d'art dramatique de Québec, as well as choreographic creation at l'École de danse de Québec and l'École de danse contemporaine de Montréal.



SAINT-ROCH'S RENEWAL

Located in Québec's lower town, west of the Vieux-Port, you will come upon Nouvo Saint-Roch, home to many cultural venues and artists' studios, and quite popular with gay women and men. Like the Saint-Jean-Baptiste faubourg, the presence of the community is less visible than it was a dozen years ago, when this locality featured three gay bars and a sauna. Nevertheless, the revitalization of Saint-Joseph Street, with its trendy restaurants and bars and its growing cultural vocation featuring the Théâtre la Bordée, the Méduse complex, and festivals such as Mois Multi, Manif d'art and the Carrefour

international de théâtre, has made it an increasingly attractive neighborhood. Many prominent artists work in Nouvo Saint-Roch, such as gay choreographer Harold Rhéaume, who established his contemporary dance company *Le fils d'Adrien danse* here.

On Saint-Joseph Street you can discover small boutiques and larger stores that you won't find anywhere else in Québec. Here you can browse for hours and make beautiful or delicious discoveries as you come upon fine food shops, bakeries, decoration boutiques and a tea room. It's

also impossible to ignore Benjo, the most amazing toy store in the whole province, where everyone will fall right back into childhood. There are games and toys for all. Close by is the Boulevard Charest, which was once Québec's main commercial street before the arrival of shopping malls in the suburbs. It is now home to many important cultural institutions such as the Faculté des arts de

l'Université Laval, as well as the headquarters of the Université du Québec. The city created the Place de l'Université, a charming square which is sometimes used for outdoor live productions. Behind it, the Jardins Saint-Roch and their waterfalls can easily make you forget you are actually in downtown Québec.

ACCOMMODATION

Couette & Café à la Québécoise

305, rue Dorchester,
Québec, G1K 5Z9

Located in the heart of downtown Quebec, after a great tour day, come visit us and relax in a calm atmosphere.

418.529.2013
www.cetqcq.com

ATTRACTIONS

L'Accès

363, de la Couronne-bureau 202
Québec, G1K 5Z9

Environment for young gays, lesbians, bisexual (them) or questioning themselves and friends aged 14 to 25 years. This is an open environment where young people can share their experiences. L'Access offers various informative activities.

Méduse

541 rue Saint-Vallier E,
Québec, G1K 9G6

Méduse is a cooperative of artistic, cultural and community-based producers and disseminators founded in 1993. With its artist residency activities and foreign exchange projects, it is a major contributor to the national and international exposure of the province of Québec.

Théâtre La Bordée

315, rue St-Joseph Est,
Québec, G1K 3B3

La Bordée is the only theater producer to own its venue in Quebec City. Each season, and for nearly forty years, the public has the pleasure of witnessing the immense talent of a hundred artists from Quebec City.

SEXY

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264, rue de la Couronne, Québec, G1K 6C8

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418.521.6686
www.backboy.qc.ca



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CULINARY DISCOVERIES IN NOUVO SAINT-ROCH

Feeling a little hungry before or after shopping or seeing a show? Check out Saint-Joseph Street for great dining spots. Try **Le Cercle** for its menu based on local products and its eclectic ambiance while enjoying some live cultural events. Or you might prefer a place like the dynamic **Clocher Penché** bistro, where it's always a pleasure to discover the artful propositions composed of products provided by local suppliers. At brunch time, try their unique dishes such as the chicory pie or scrambled eggs with smoked mackerel. This classic place attracts many famished patrons for lunch hour, and in the evening the table d'hôte is very much a unifying effort, offering lovingly concocted dishes. A sure bet!

Next to **L'Impérial**, District Saint-Joseph is quite unique, at once a restaurant, bar and concert venue. Chef Sébastien Laframboise elaborates a menu based on bourbon, the starring

liquor at District Saint-Joseph. Grilled and marinated meats and fish, as well as plates for two are on offer.

Near Saint-Joseph Street, **La Korrigane** creates beers brewed in small quantities at a time, following artisanal methods. With its beers and pub-style food, **La Korrigane** highlights the local and regional agricultural businesses, especially small-scale producers.

After 19 years of existence, **Les Salons d'Edgar** has become a reference in Québec City. In the image of the neighbourhood, the place attracts colourful denizens: artists, students and workers come together, enjoying the lively ambiance. You might even spot playwright and director Robert Lepage. With its quality service and urban atmosphere, the place is well liked for many different reasons: the food, bar, happy hours, pool hall, group parties and lively evenings.



Further along Saint-Joseph, **Les Sales Gosses** offers intricate, flavourful dishes inspired by France and Italy. The restaurant is located in a long and narrow space where a black and white décor is surely a deliberate choice in order to enhance the beauty of the dishes. Patrons will appreciate the sparse aspect of this dining space, with its large booth and bar which allows the clientele the option of having a meal on the go or sticking around for a nice evening with friends.

Fans of craft beer will definitely want to quench their thirst at micro-brewery **La Barberie**, which has become a must in the neighbourhood. Come discover their daily new creations in an inviting and relaxed atmosphere with the brewing machines in view. Named one of the most beautiful in the city, the terrace is an island of greenery in the summertime.



RESTAURANTS & GASTRONOMY

District Saint-Joseph

240, Rue Saint-Joseph Est,
Ville de Québec, G1K 3A9

Food, drinks and shows, District Saint-Joseph offers market cuisine, classic cocktails and a variety of musical performances. The District is the perfect place to eat, drink and discover!

418.717.0240
www.districtstjoseph.ca

Korrigane Brasserie artisanale

380, Rue Dorchester,
Ville de Québec, G1K 6A7

Artistic microbrewery serving burgers, organic meat dishes and home-made beers.

418.614.0932
www.korrigane.ca/fr

La Barberie

310, Rue Saint-Roch,
Ville de Québec, G1K 6S2

All stages of the production process are hand-made, including bottling, which takes place since 2002. The cooperative is rapidly expanding. Profits reinvested in facilities and equipment as well as in the team's specialization are not long in coming.

418.522.4373
www.labarberie.com

Le Cercle Lab vivant

226 1/2, St-Joseph Est,
Québec, G1K 3A9

The Cercle restaurant offers a unique experience to live the spirit of the Saint-Roch district, dynamic and innovative sector of the Capital. Urban youth, citizens and business people come together at lunchtime in a festive atmosphere to experience a culinary experience beyond our borders.

418.948.8648
www.le-cercle.ca

Le Clocher Penché

203, Rue Saint-Joseph Est,
Québec, G1K 3B1

We are continually working to offer a table that reflects the human qualities inspired by our artisans suppliers: rigor, simplicity, generosity and love of the profession. The desire to convey with exquisite cuisine and unpretentious values that we hold dear defines the unique experience of Le Clocher Penché.

418.640.0597
www.clocherpenche.ca

Les Salons D'Edgar

263, Rue Saint-Vallier E,
Ville de Québec, G1K 3P4

After 18 years of existence, Les Salons d'Edgar have become a reference in Québec City. Located in the St-Roch district, the clientele reflects the activities of the sector.

418.523.7811
www.lesalonsdedgar.com

Les Sales Gosses

620, Saint-Joseph est,
Québec, G1K 3B9

The restaurant Les Sales Gosses offers a tasty and cuisine, influenced by France and Italy. It is located in a place where black and the white are real accessories that contribute to enhance the experience.

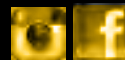
418.522.5501
www.lessalesgosses.ca



LE CLOCHER PENCHÉ
BISTROT



www.clocherpenche.ca
203, St-Joseph Est, Québec





MARIE CLAIRE BLAIS FROM LIMOILLOU TO KEY WEST

Born in the working-class neighbourhood of Limoilou in Québec City, Marie-Claire Blais is one of the most famous Québec writers. A novelist, poet and playwright, she has been a prominent figure of Québec literature for more than 45 years. Although she had to drop out of school to make a living at age 17, she eventually attended Université Laval, where she met Jeanne Lapointe and Father Georges Lévesque who both encouraged her to write, leading to her first published novel *La Belle Bête* (eng. *Mad Shadows*) in 1959 at just 20 years of age.

She has since written over 20 novels, several plays, collections of poetry and short fiction, as well as newspaper articles. Her books have been translated into numerous languages, including English and Chinese. With the support of eminent American critic Edmund Wilson, Blais won two Guggenheim Fellowships.

In 1963, Blais moved to the United States, initially living in Cambridge, Massachusetts. There she met her partner, American artist Mary Meigs, and later relocated to Wellfleet on Cape Cod. During her time in the United States she wrote *Une saison dans la vie d'Emmanuel*, for which she won the Médicis Prize in France, and from there her career quickly advanced. In 1975,

after two years living in Brittany, she and her partner moved back to Québec. For about twenty years, she divided her time between Montréal and the Eastern Townships in Québec, and Key West in Florida.

Social commentary is the focal point of much of Blais' writing, with intermixed elements of good and evil in settings part real, and part fantasy. Her work leans toward the tragic, within a hostile society of vice and violence. The strength of Blais' writing ability is rewarding to the reader despite the darker aspects of her themes. Openly lesbian for decades, she never identified as a lesbian writer, though her 1990 novel *Les Nuits de l'underground* is set in Montréal's lesbian scene.

In 1972 she became a Companion of the Order of Canada and has since received an impressive amount of awards and recognitions, including honoris causa PhDs and honours from Québec, Canada and Europe.

Her books *La Belle Bête* (1959), *Une Saison dans la vie d'Emmanuel* (1965) and *Le Sourd dans la ville* (1979) were all adapted into feature films.

Canadian film director Karim Hussain's 2006 adaptation of *La Belle Bête* won him the Director's Award at the Boston Underground Film Festival.

José Luis Torres



LIMOILLOU, THE NEW TRENDY NEIGHBOURHOOD

East of the Saint-Charles river and next to Saint-Roch, Limoilou was, throughout the 20th century, the most working-class neighbourhood of Québec city. The American-style urban planning with checkered streets and avenues and rows of triplex apartment buildings is in notable contrast to both the old city, which was built before the arrival of the automobile, and the newer suburbs surrounding it. With its tree-lined avenues typical of 20th century city life and the huge, inexpensive apartments, it has long attracted many students enrolled at the Limoilou cégep, one of the most important colleges in the region. More recently, young professionals have developed an appreciation for the more verdant

and expansive qualities of this neighbourhood compared to Vieux-Québec and its environs, with an urban, North American feel to it.

The area takes its name from the French seigneurie of Jacques-Cartier, who was the first explorer to set foot on its soil. Today, it is one of the trendiest neighbourhoods of Québec, thus attracting many gays and lesbians early on. The reinvigoration of Limoilou is particularly noticeable along 3rd avenue in the heart of Vieux-Limoilou, where many restaurants and pubs have set up shop. The new nearby Centre Vidéotron performance hall has also largely contributed to this revitalization.



IGLOO

Safia Nolin

Les nuages s'écroulent sur ma tête

La mer avale mes pieds

Le vent comme un sale traître

S'amuse à me faire plier

Et tout bonnement, je perds la carte

Sans jamais vraiment retrouver

ma place.

J'erre comme un fantôme amnésique

Dans les maudites rues de Limoilou

Sous le regard du hibou de plastique

En basse-ville y'a mon Igloo.

Sans voir ni entendre personne

J'parle qu'avec moi-même

Et la nuit j'abandonne le débat

Et j'essaie de me taire.

J'ai pris connaissance de la fonte

Que tout le monde y trouve

son compte.

J'erre comme un fantôme amnésique

Dans les maudites rues de Limoilou

Sous le regard du hibou de plastique

En basse-ville, y'a mon Igloo.

J'ai jamais eu besoin

Mais toute seule, y fait froid

Mon ombre, tu peux revenir

Je promets de ne plus te fuir.

J'erre comme un fantôme amnésique

Dans les maudites rues de Limoilou

Sous le regard du hibou de plastique

En basse-ville, y'a mon Igloo.

J'habite un quartier statique

Sur une maudite rue de Limoilou

Je vais brûler l'hibou de plastique

Et faire une rivière de mon Igloo.



SAFIA NOLIN'S LIMOILOU

Born in Québec City in 1992, **Safia Nolin** has generated much enthusiasm within Québec's musical scene. Born to an Algerian father and Québec mother, this atypical singer showed particular interest for music at a very young age: at only 2, she began improvising unplugged concerts with her small plastic guitar for neighbours that would gather around the swimming pool of her apartment building. Raised by her mother, she dropped out of high school at the age of 15.

At 17, eager to accomplish her dream of becoming a musician, **Safia** taught herself to play guitar with a second-hand instrument given to her by her brother. At 18, she came out as a lesbian to her mother. Today, Safia rejects labels and maintains that she could love either a woman or man, but that there are more chances in her finding love with a woman.

In 2012, she wrote her first original composition, *Igloo*, inspired by the neighbourhood of Limoilou where she lived. It is her mother who encouraged

her to enter the international Granby Song Festival. With this composition, Safia won the **SOCAN** first prize award. Her debut album, titled *Limoilou*, was released in September 2015 via Bonsound. With its 13 folk-infused songs, the album received huge critical acclaim and many awards and nominations: the Félix award for revelation of the year and three nominations at the ADISQ 2016 awards' ceremony (Folk music album of the year, Album of the year – Critic's choice and female performer of the year), a nomination on the long list of the 2016 Polaris Music prize, a 2016 Félix-Leclerc song award and the 2016 **SOCAN** revelation.

In November 2016, in the midst of some harsh criticism and controversy regarding her attire at the ADISQ 2016 ceremony (which she faced with aplomb), Safia launched a surprise album titled *Reprises Vol. 1*. Before starting to write her second album of original songs, she wished to pay tribute to Québécois singers and songwriters by reinterpreting eight classics from the Québec repertoire, with all the raw sensitivity that she is known for.



FINE DINING IN LIMOILLOU

Among the gay-friendly establishments of Limoilou, the restaurants **La Planque** and **Cendrillon** are two key locations on 3rd avenue. **La Planque** is set up as a sort of shelter from the storm, featuring four distinct atmospheres: the basement hideout is intimate and perfect for meetings, the bar section for a more casual ambiance, the kitchen area is great for those who want to be at the centre of the action, and the mezzanine, which is intimate while still allowing a view of the kitchen and bar. Its neighbour, **Le Cendrillon**, is a friendly restaurant with an unpretentious and eclectic décor. It aimed to

revive a cult neighbourhood location of the same name from the 50's. Local products are carefully selected from nearby establishments and are at the heart of their menu, composed of homemade-style dishes, Québec cheeses, an oyster bar and wood charcoal-grilled meats.

The nearby **Fun en Bouche** is Limoilou's "green" restaurant. In an urban and minimalist décor, this eco-friendly spot specializes in breakfasts, with eggs Benedict, omelettes, crêpes, bread puddings and Viennese pastries. They also serve light meals like paninis, ciabatta or bagel sandwiches and quiches.

Quality food, good wine, tasty beer and music that makes us smile. Our greatest wish? Share it all with you, because after all, it's when La Planque is filled that it really comes to life



www.laplanquerestaurant.com
418 914-8780

SUNDAY-MONDAY | CLOSED
TUESDAY TO FRIDAY | MIDDAY 11H30
EVENING 05H30PM
SATURDAY | EVENING 05H30PM

1027 3e Ave, Québec City, Québec G1L 2X3



Cinderella proposes an accessible, but distinctive, cuisine. Classic cocktails, a dozen beer lines and a wine list that suggests. That is a restaurant to discover, but especially to adopt

www.lecendrillonrestaurant.com
418 914-9838

MONDAY | CLOSED
TUESDAY TO SUNDAY
4PM TO MIDNIGHT

1039 3e Ave, Québec City, Québec G1L 2X3

On Chemin de la Canardière in the eastern part of the neighbourhood, the pizzeria **Le Maizerets** is a must. The place has been operating as a pizzeria for more than 50 years, and for

the past 30 years the current restaurant has specialized in thin-crust pizzas - some say the best you can find west of Rome.

ACCOMMODATION

Auberge Amérik

1720, Chemin de la Canardière,
Ville de Québec, G1J 2E3

Discover the charm of a centuries-old original Inn, proud yet modest... Here, we are building memories that will last!

418.704.1233

www.aubergeamerik.com

RESTAURANTS & GASTRONOMY

Kawa Café - Resto

1720, Chemin de la Canardière,
Ville de Québec, G1J 2E3

Restaurant in the Hostel Amerik where you can have lunch and dinner at a special rate.

418.704.1233

www.aubergeamerik.com

La Planque Restaurant

1027, 3e Ave,
Québec, G1L 2X3

The restaurant Les Sales Gosses offers a tasty and cuisine, influenced by France and Italy. It is located in a place where black and the white are real accessories that contribute to enhance the experience.

418.914.8780

www.laplanquerestaurant.com

Le Cendrillon - Le Resto

1039, 3e avenue,
Québec, G1L 2X3

The real hideout, in fact, is located underground: in our basement is provided a soundproof room that allows you to hide you, bluntly. Whether it's for business meetings or for more personal evening, our safe house will offer you all the privacy you desire.

418.914.9838

www.lecendrillonrestaurant.com

Le Maizerets

2006, Chemin de la Canardière,
Ville de Québec, G1J 2E7

Thin pizzas that have made the Maizerets famous for 30 years. Chef-owner Sébastien Leblond invites you to come and experience his pizzas with the finest ingredients. See you soon!

418.661.3764

www.maizerets.com

ATTRACTIONS

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250 Wilfrid-Hamel boulevard
Québec, G1L 5A7

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CLASSY HAUTE-VILLE

Sillery, Sainte-Foy and Cap-Rouge have the reputation of being the more affluent neighborhoods of the capital. This borough is home of the main campus of Université Laval, the oldest francophone higher education establishment in America, where the first LGBTQ organization in the capital, the Groupe gai de l'Université Laval, first appeared.

Whether arriving in Québec from the south shore using the highway or the Chemin du Roy, or coming in from the international airport, one inevitably crosses this district before accessing downtown Québec. There are also many hotels in the vicinity of the bridges, especially along Laurier Boulevard. This might be the more practical choices for those coming into

the city by car, as the old narrow streets of Old Québec where obviously conceived for horse-drawn carriages and pedestrians, not cars. Shoppers will appreciate the proximity of the shopping malls also found on Laurier Boulevard.

Coming over the bridges from this district, you should visit the **Promenade Samuel-De-Champlain** park along the river, which was inaugurated in 2008 for the 400th anniversary of the city. Whether arriving by foot, bike or car, the promenade offers a spectacular view of the city and leads right into historic Old Québec. This is a great way to connect with a natural environment in the heart of the city.

Sillery is certainly the most affluent neighborhood of the

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T. 418.877.7788

Galeries de la Capitale, 5100, Boulevard
des Galeries, Québec, Qc, G2K 2M1
T. 418.353.3333

Sherbrooke, 1, rue Belvédère Sud
Sherbrooke, Qc, J1H 0G8
T. 819.575.2222



capital. Its trendiest street, Maguire Avenue, is an area especially appreciated by our community, offering quaint boutiques, with good restaurants and nice terraces. It also features one of the most remarkable parks in the city, Spencer Wood, which became a showcase for horticulture in North America through the efforts of its owner, Henry Atkinson. For nearly 20 years, the governor-generals of United Canada lived on the property, which was purchased by the Québec government in 1870 and served as the residence of Québec lieutenant-governors until 1966. A major fire eventually destroyed the main residence. Visit the gorgeous park by the Saint Lawrence River, the beautiful gardens and relics of the site's long history.

Villa Bagatelle, with its distinctive irregular forms and ornamentations, was built in the

picturesque English architectural style of the 19th century. The cultural centre hosts temporary art and history exhibitions. The Villa is also renowned for its garden where you can admire many native plants and a range of underbrush species.

Also noteworthy is the **Aquarium du Québec**, with its gardens and outdoor tanks, and a main building featuring many exhibition spaces. The venue includes nearly 10 000 specimens representing 300 species of mammals, indigenous and exotic fish, invertebrates, amphibians and reptiles. Watch marine mammals, such as polar bears, walrus and several seal species, frolic in the outdoor park. Many animals from the Pacific Ocean swim in our huge 350 000-litre tank. The area overlooks the Saint Lawrence River from atop a cliff, an excellent way of discovering these faraway regions.



Bistango
Cuisine des Antilles

www.lebistango.com



(418) 658-8780





***Inventive and audacious cuisine,
a large wine list***

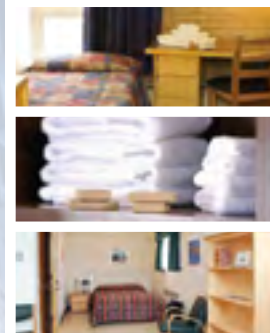
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WHERE TO EAT?

There are many good restaurants in the neighbourhood of Sainte-Foy-Sillery-Cap-Rouge around Laurier Boulevard in the vicinity of many hotels and commercial centres.

On Germain-des-Prés Avenue near Laurier, the restaurant **Bistango** is a definitive institution in the area. Inspired by the charm of French bistros, it proposes an inventive, audacious cuisine and a wide selection of wines in a quiet and warm atmosphere.

For a more electrifying ambiance, the vast and friendly **Cosmos du boulevard Laurier**, one of four other such establishments in the area, offers the same diversified menu in a Zen décor and casual atmosphere, on the level of the most beautiful restaurant/lounges. Its circular bar is perfect to meet

and chat, and the soft lighting and inviting fireplace combine for a warm atmosphere.

On Maguire in the Sillery part of the neighbourhood, the restaurant **Le Rameau d'olivier** has been offering for the past 20 years the scents and flavours of the Mediterranean under the Algerian sky. The unique décor creates a homely ambiance and in the summer, the magnificent vine-covered terrace will carry you away to the shores of the Mediterranean.

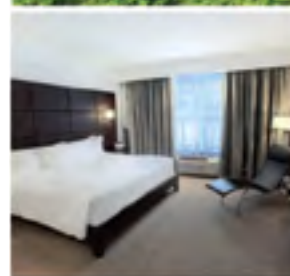
Conveniently located a few steps away from the two main access roads from the west into Québec City, highways 40 and 540, the restaurant **Tuscanos** has been serving much appreciated Italian food like pizza and pasta for the past 15 years.



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RESTAURANTS

Bistango

1200, Avenue de Germain-des-Prés,
Ville de Québec, G1V 3M7

Modern and elegant bistro offering typical French dishes, such as tartare steak, wine and beer.

Le Cosmos - Restaurant

2813, boulevard Laurier,
Québec, G1V 2L9

A varied menu, eclectic design and an exhilarating atmosphere. This is what awaits you during your visit to the Cosmos: a true journey in the heart of a universe of flavor! We are waiting for you for late breakfasts.

Le Rameau d'Olivier

1282, Av. Maguire
Sillery, G1S 1L5

Between a Greek salad nicoise and a « kemia » of Rameau, between a Chorba soup or Tchaktouka and a tomato and cumin squid, between a royal couscous or tajine. Linda and Habil redouble ingenuity to offer the most varied dishes.

Restaurant Tuscanos

1445, Av. Jules-Verne,
Québec, G2G 2R8

The reputation of this restaurant has been built around fast, courteous and personalized service which has made Tuscanos one of the top rated restaurants in the Outaouais region.

ATTRACTIONS

Aquarium du Québec

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In the summertime, beach enthusiasts will not want to miss visiting the **Baie de Beauport**. It has been a popular cruising area for years, offering enchanting scenery on the Saint-Lawrence coastline. Every summer, visitors can practice volleyball, soccer, canoeing, kayaking and sailing, or just relax on the beach and have a swim. **Baie de Beauport** is located only five minutes away from downtown Québec.

At the far edge of the old port and Nouvo Saint-Roch, **Gare du Palais** serves as Via Rail's terminal and links Montréal to Québec City. Built in 1915 by the Canadian Pacific Railway, the two-story châteauesque

station is similar in design to the Château Frontenac. This magnificent railway station has been designated as a heritage site.

18km from downtown Québec in the Ste-Foy-Sillery-Cap Rouge district, **Jean-Lesage International Airport** is the world's gateway into the capital and the eastern and northern regions of the province. It is the second most important airport in the province after Pierre-Elliott Trudeau in Montréal. Close by, the Grand Time Hotel's two charming establishments offer travellers some well-deserved rest.

Chocolat Chaud B&B

9060, rue Drolet, Québec
418 622-8575 ♦ www.chocolatchaudbb.com

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www.giteconfort.com
info@giteconfort.com

ACCOMMODATION

Auberge Chocolat Chaud

9060, rue Drolet,
Québec, G2K 1J5

Comfortable and cozy hostel, convivial atmosphere and colorful breakfasts.

418.622.8575

Gîte Confort

30, rue Audubon,
Québec, G2M 1A3

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418.849.0613 / 1 855.849.0613

www.giteconfort.com

Grand Times Hotel

5100, boulevard des Galeries
Québec, G2K 2M1

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418.353.3333

www.grandtimeshotel.com

Grand Times Aéroport de Quebec

6515, Boulevard Wilfrid-Hamel,
Québec, G2E 5W3

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www.grandtimeshotel.com

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RESTAURANTS

Cosmos Lebourgneuf

5700, Boulevard des Galeries,
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418.628.2013

www.lecosmos.com

Restaurant Pur Sang

830, Boul. du Lac,
Québec, G2M0C9

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www.restaurantpursang.com

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DISCOVERING NEW FRANCE

ALONG THE CHEMIN DU ROY

On the north coast of the St-Lawrence River, between Montréal and Québec, the Chemin du Roy is Canada's first paved road. Work initially began around 1731 and it was inaugurated 280 kilometers later, in 1731. It linked the three main cities of what was then Nouvelle-France, as well the villages surrounding them. The Chemin du Roy obviously improved the travels and transportations of the inhabitants, thus enhancing trade and mail, further developing the area.

The **Chemin du Roy** is now a well-known and modernized scenic route. Most of the old Chemin du Roy is now known as Route 138, passing through three of Québec's main tourist destinations: Québec City, Mauricie and Lanaudière.

The journey begins in Portneuf in the region of Québec, where you will come across some of the most beautiful villages of the province, such as Neuville, Cap-Santé, Deschambault and Grondines.



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*Julie Vachon
CHOCOLATS*



In Mauricie, along its longest stretch, le **Chemin du Roy** will let you discover quaint little villages along the river, from Champlain to Sainte-Anne-de-la-Pérade. Further along, you will find yourself in the heart of Old Trois-Rivières, with its lively streets and harbour-front park; quite a contrast from the more idyllic landscapes of Maskinongé in the West.

Through Lanaudière, the scenic **Chemin du Roy** returns to the St-Lawrence coast from

Berthierville to Repentigny and thus to the streets of the Montréal suburbs.

The charm and attractions of le **Chemin du Roy** can more spectacularly be discovered if travelling by bicycle rather than by car or motorcycle. Virtually all of the **Chemin du Roy** is certified as a Route Verte (Green Road), offering numerous bike paths.

ACCOMMODATION

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ACCOMMODATION

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www.manoirdulacseptiles.com

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RESTAURANTS

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243, Chemin du Roy,
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www.julievachonchocolats.com

Manoir du Lac Sept-Îles

3679, chemin du Lac-Saint-Îles,
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The reputation of the Manor's table has far exceeded the limits of the County. The golden book testifies, the praise is unanimous. The originality and constancy of the quality are ensured by the chef Guillaume Bouquet.

418.337.8893

www.manoirdulacseptiles.com

Resto Bar Chez Moi

241, Chemin du Roy,
Deschambault, G0A 1S0

In a serene and relaxed setting, in the heart of the beautiful village of Deschambault, your host and chef Jean Philippe offers you a menu with the colors of Provence and Mediterranean countries.

418.286.6691

www.restaurantchezmoi.net

ATTRACTIONS

Culture et Patrimoine Deschambault-Grondines

117, Rue Saint Joseph,
Deschambault, G0A 1S0

The activities promoted by Culture and Patrimoine Deschambault-Grondines are numerous and varied. We take care of the management of two heritage interpretation centers: the Moulin de La Chevrotière and the Old Presbytery of Deschambault.

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RIVERS AND VALLEYS

A North of Québec City, the spectacular region of Jacques-Cartier was one of the first holiday destinations for Québec residents. It was originally populated in the 19th century by the British Isles settlers who were attracted to its rich forests before being replaced by francophone inhabitants. Richer bourgeois families then began building cottages along the Saint-Joseph and Beauport lakes, effectively turning the area into a sought-after vacation spot. In the 1930s, winter tourism gained popularity, and cross-country skiing became very popular with Americans.

Sprawling across 8500 square kilometers, the region is lush with valleys and mountains, a range of lakes and rivers, and a rich array of wildlife and luxuriant flora. In Jacques-Cartier Park (named after the river that

crosses it), visitors are offered a wide variety of activities, notably a safari. An ecological center at Station Touristique Duchesnay offers thematic educational activities. Managed for the past 30 years by the University of Laval, the Montmorency forest features scenery rich with characteristic white birches. This national park features one of the most beautiful ecological reserves in America: the Réserve faunique des Laurentides.

Fans of formal military wear will be quick to notice the Valcartier base, which has been in operation for the past 100 years. In the summer months, waterslide enthusiasts will want to visit the vast waterpark at Village Vacances Valcartier. Winter lovers will enjoy the very popular ski resorts of Lac-Beauport and Stoneham.



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1825, boul. Valcartier
Saint-Gabriel-de-Valcartier, G0A 4S0

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www.lestgab.com

This former mill at twenty minutes from Québec welcomes you in the beautiful région of Jacques-Cartier. Surrounded by bell towers of four churches, it is the ideal starting point in any season for a perfect getaway.

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THE FERTILE LAND OF NEW FRANCE

Located northeast of Québec City, Côte de Beaupré is the oldest agricultural land in the province. Québec's rugged terrain being somewhat unsuited for agriculture, the first inhabitants recruited by Champlain turned, after the British occupation ended in 1632, to the more hospitable region of Côte de Beaupré to ensure the future of the settlement. Thus, most of the ancestral homes in these towns have housed Québec's great colonial families, who took root there around the years 1635-1636.

To explore this region of remembrance, you must exit Route 138 and reach Royale Avenue in the heights that overlook the St-Lawrence River. Along this avenue (known as Route de la Nouvelle-France), you will travel across beautiful towns such as Boischatel and Château-Richer, and observe a spectacular view of l'Île d'Orléans. The region offers a vast natural and man-made heritage that is closely connected to the history of Québec. It has

many vegetable farms and agro-touristic businesses yielding local produce like wines and game such as geese and ducks, to name a few.

A visit to Côte de Beaupré should begin with a stop at the **Montmorency falls**, among the highest in Québec at 83 meters. The likewise impressively high **Mount Sainte-Anne** in Beaupré reaches 803 meters. It has hosted many World Cups and is renowned for the quality of its ski slopes. Skiers and snowboarders of all levels are welcome. Mount Sainte-Anne is also a year-round sports resort offering cross-country skiing, mountain biking, hiking and delta gliding.

The national wildlife reserve of **Cap-Tourmente** offers 20 kilometers of hiking paths. 306 species of birds have been identified there, including the Greater Snow Geese. The reserve offers exceptional natural beauty and the opportunity to safely observe the wonders of the wild.



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THE LAND OF THE GREAT FAMILIES OF QUÉBEC

Côte de Beaupré is among the first lands conceded to the settlers recruited by Champlain and his successors, founding Nouvelle-France. The clearing and development of the area goes back to the 1630s where, previously, Québec had been but a trading post founded in 1608 by Champlain.

Of course, the great families of Québec are descendants of those paternal ancestors that started developing the area. Through maps and archives, you can find the specific locations of those settlements, and those original families can today not only be found all over the province of

Québec, but also across North America. Boivin, Boucher, Caron, Gagné, Gagnon, Giguère, Gravel, Guimont, Mercier, Lessard, Paré, Pelletier, Poisson, Poulin, Pouliot, Provost, Simard, Tremblay, Trottier – all founding families of this region. These names are among the most common throughout Québec.

Château-Richer is where my own paternal ancestor, the eldest of three brothers, lived in 1640. Mathurin Gagnon, along with his brothers Jean and Pierre, became one of Québec's leading pioneers. Together, they built the Château-Richer on Côte de Beaupré and became prosperous entrepreneurs. They also erected a large building

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Yves Tessier

near the Communauté des Habitants merchandise store which faces what is now 38 St-Pierre Street in Old Québec. The building served three purposes: as a home, a store and a warehouse. A memorial plaque reminds us of their contribution not only to the development of the settlement, but also the expansion of its population, as they are the ancestors of approximately 60 000 individuals carrying the name Gagnon today, the second most common name in Québec after Tremblay.

The Centre d'interprétation de la Côte-de-Beaupré features a permanent exhibition chronicling this history. Many artefacts are on display, presenting the territory according to its various towns and

villages. Images of the gorgeous landscapes of the area as well as the architecture (the many ancestral houses and churches, the root cellars, etc.) are both highlights. You can also learn about the craftsmanship of the artisans and workers of the period, and admire some artworks depicting the area and created by renowned artists. Lastly, you should not miss a wonderful short film depicting the four seasons on the Côte.

André Gagnon

CONDO & MOTEL DES BERGES



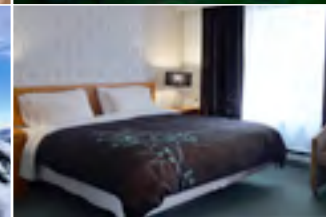
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Louise & Kevin



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Québec, G0A 3C0



ACCOMMODATION

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10947, boulevard Sainte-Anne
Beaupré (Qc) G0A 1E0

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Since the 1960s, route 138, which was built along the banks and river flats of Côte-de-Beaupré, has unfortunately caused visitors to avoid the ancestral Royale Avenue which passes through and connects the villages of the Côte. The rich history and charm of the area can only truly be admired by using this bike-friendly road, which takes us back to the beginnings of the French colony. Along the way, epicureans should visit a few go-to establishments. In L'Ange Gardien, stop at the **Domaine de l'Ange Gardien** to discover their vineyard and orchards. Just 20

minutes from downtown Québec, it has been offering its clientele high quality products since 2007. From the fields where the winemaker works thoroughly to produce optimum quality fruit, down to the cellar where the wines are carefully elaborated, the Domaine is committed to offering you the best of the Québec terroir. Moving along into the historic Château Richer village, you shouldn't pass on a visit to the **Auberge Baker**, where Québec and European cuisines are honored. In 1935, Alvin A. Baker turned a 19th century house into a splendid inn. Here you will find all the

charm of country inns and enjoy classic dishes from Québécois and French cuisine, with buffet or table d'hôte options and accompanied by a refined wine list.

Returning to route 138 towards Beaupré or Charlevoix, make sure to stop at the **Café-épicerie Les Trois Beccs**, a grocery store and fine food cafeteria. The warm ambiance is perfect for sampling excellent local products while

enjoy a nice coffee, tea or hot chocolate. In the summertime, a large terrace offers a pleasant view of l'île d'Orléans and the river. For bike lovers, combine nature, culture and sport as you enjoy a ride along the 55 km of the Marie-Hélène-Prémont bike path. In European fashion, you will pass through the first agricultural establishments of New France on one of the oldest roads in the country.

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MYTHICAL ÎLE D'ORLÉANS

L'île d'Orléans is an exceptional region renowned for its rich heritage. Its inhabitants are very conscientious of the important national patrimony they have inherited. They are well aware and respectful of its symbolic charge, as are other Quebecers. Locals have chosen to preserve and highlight its distinction as French America's "land of remembrance".

On this beautiful island, all of human activity is represented: political and territorial issues, social and familial situations, as well as art and culture. The tour guides working at the five

historical sites of l'Île d'Orléans have exhaustive knowledge of its heritage. They are a wonderful addition to the historical itinerary offered on the island. You will discover the lifestyles of the islanders in the time of seigneurial systems. You may also learn about one of the great francophone poets. All in all, this is a fascinating educational activity.

Key circuit stops

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last house from that period that has remained completely intact. A 30 minute guided tour will discuss the issues of food, architecture, lifestyle, work and family. You will learn about the patterns of the settlers' lives in that time period and the everyday hard work that was necessary in order to meet their needs as well as the needs of the ruler.

The **Manoir Mauvide-Genest** (1734) is a Louis XV-style residence which was owned by a surgeon turned Seigneur, and has been restored and furnished with exacting precision. Costumed tour guides, educational activities and conferences complete the visit.

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ÎLE D'ORLÉANS' GASTRONOMY



Île d'Orléans is one of the oldest farmlands in the Québec City area and it has preserved this tradition, one that is deep-rooted in the history of these island communities.

To discover the local gastronomy, **Les Ancêtres** restaurant and inn, located near the bridge to the mainland, offers traditional dishes and fine country cuisine. The glass-enclosed dining room and gorgeous terrace of this 300-year-old former home affords a scenic view of the bridge, the Laurentian Mountains and the Montmorency Falls. You will also most definitely enjoy the romantic sunsets.

Further east, on Chemin Royal in the village of Ste-Famille, **Au Poste de traite** inn and restaurant stands out for the old-world charm of its interior décor and authentic dishes, with a terrace offering a beautiful view of the river. At the vineyard Le Vignoble du Mitan,

you can sip a glass of white, rosé, red, fortified, ice or late harvest wine while admiring the gorgeous view of the St. Lawrence River and Laurentian Forest from the terrace.

Also in Ste-Famille, **La Roulotte du Coin** at **Ferme d'Oc** is a trendy snack bar specializing in duck meat and other products from Île d'Orléans, a perfect stop if you are visiting this island. French fries cooked in duck fat, hotdogs, hamburgers, poutine topped with liver pâté, pan-fried or poached liver pâté and fried ducks' feet are all on the menu.

At the east end of the island in the village of Saint-François, the candy shop **Confiserie de la vieille École** brings you back to olden times. It is located in a 19th century schoolhouse tucked away behind the church, selling handmade chocolate, confections and fudge. The schoolhouse itself, a designated historical monument,

www.confiserievieilleecole.com

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dates back to 1830 and is one of the oldest buildings of its kind in North America.

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CHARLEVOIX

A black and white portrait of Yves Desgagnés, a man with dark hair, smiling. The background is dark.

YVES DESGAGNÉS

MULTI-TALENTED ARTIST

Julie Artacho

Yves Desgagnés is one of the well-known artists from Charlevoix to be honored by the Charlevoix museum in La Malbaie. Through the years, the actor, writer and stage/screen director has become one of the most prolific artists in Québec's cultural world.

Celebrated by the public, Desgagnés has had lead roles in many television series, notably "L'Héritage", "Montréal PQ", "Les Machos" and "Le bleu du ciel". He has appeared on the big screen in more than a dozen features, among them "Les années de rêves" by Jean-Claude Labrecque, "L'Homme renversé" by Yves Dion and "Les Invasions barbares" by Denys Arcand.

Having directed more than 60 plays during his impressive

career, he has left an indelible mark in the world of theater with his daring approach to works by Shakespeare, Molière, Tchekhov, Arthur Miller and Gorki. He has also brought to the stage some 30 plays by Québec artists such as Michel Marc Bouchard, René Gingras and Michelle Allen, as well as directing his own works "Le Nombriil du monde", "Je ne t'aime pas" and "Les Nouilles", written with Louise Roy. In addition, he has directed two feature films: "Idole instantanée" and "Roméo et Juliette".

In 2013-2014, Yves Desgagnés acted as Public Communications Advisor to then Member of Parliament Pauline Marois, the first woman to have been elected Prime Minister of Québec.



In Charlevoix, sea and mountain combine to produce majestic scenery.

There are many capes on the coast between Baie-Saint-Paul, La Malbaie and Tadoussac, and quaint little towns peacefully nestled at the base of mountains. Fertile fields and backcountry heights unfurl as visitors drive through. Charlevoix is an ideal vacation area, offering year-round quality resorts and hotels and a variety of original outdoor and cultural activities, such as the **Festival international du Domaine Forget**.

Charlevoix owes its hilly, rugged topography to a meteor crash that took place there some 350 million years ago, in a spot now known as Les Éboulements. A major portion of this area was designated a

biosphere reserve by Unesco in 1988.

In this carefully preserved area, the Hautes-Gorges-de-la-Rivière-Malbaie national park with its deep valleys cutting through huge mountains features some of the most impressive heights east of the Rockies. In the **Grands-Jardins** national park, you will be amazed by the lichen-carpeted underbrush and exceptional northern vegetation. Lovers of the outdoors will be seduced by this stretch of taiga and tundra where caribou is often spotted.

The **Sentier des Caps** and the **Traversée de Charlevoix** hold great discoveries for fans of hiking, cross-country skiing and snowshoe trekking. Others might prefer



admiring the splendors of the coast aboard Charlevoix's **Massif** train which travels 140 km between river and mountain.

Winter lovers can enjoy their favorite sport and more breathtaking scenery at the renowned **Massif** ski resort, featuring some of the highest slopes this side of the Canadian Rocky Mountains. The **Mont Grand Fonds** is also very popular. Whale watching is possible at the

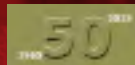
Baie-Saint-Paul enjoys an enviable reputation in regard to painting as well as arts and crafts. For more than a century, rich and enlightening artworks have been produced here, inspired by the beauty of the area and

Saguenay-Saint-Laurent marine park.

Let yourself be blown away by totally different outdoor landscapes in the bay of **Cap-aux-Oies**. The beach has pools of shallow salt-water quickly warmed by the sun. The beach also has a discreet nudist section that no one complains about, as it is known that people have practiced nudism there for at least the past 20 years.

the traditions associated with it. The presence of great painters, such as Clarence Gagnon, the Group of Seven, René Richard and many others has shaped Baie-St-Paul into an artistic sanctuary where collectors and art lovers come to admire

GALERIE ART & STYLE

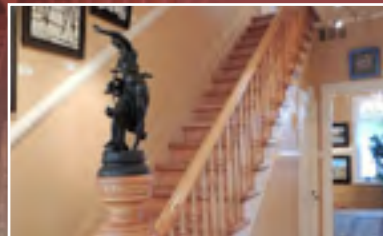
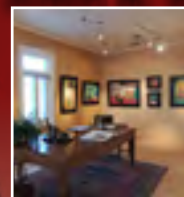


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Jimmy Perron - Canard noir

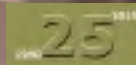
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Louis Hughes - l'accueil



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CANADA G3Z 1M6





CONTEMPORARY ART

and acquire artworks. Today, among the permanent staples at the base of the rich cultural life of Baie-St-Paul are the dynamic artistic institutions of the **Carrefour culturel Paul-Médéric** and the **Musée d'art contemporain de Baie-Saint-Paul**, the latter being an object of great pride for this little town, which also features the historic home of painter René Richard and the largest concentration of art galleries of varied pictorial vocations across Québec.

The museum is located downtown, in the heart of a cultural district notable for its many art galleries and monuments dedicated to the

artists who have contributed to its prominence. The museum was built in place of Le Laurentien, a movie theater that also held other cultural activities. During the post-war period, it became a venue for local and touring theater productions. The building eventually became dilapidated beyond repair.

The Corporation du Centre d'Art initiated a public fundraising campaign in the 80's in order to give the city an exhibition space of international scope. **The Musée d'art contemporain de Baie-Saint-Paul** was inaugurated in 1992 with the

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support of various levels of government. Designed by First-prize winner for Québec architecture Pierre Thibault, the museum is a work of art in itself. Its elegant exterior facade echoes classical proportions, presenting artfully modulated rhythms. The church facing the building is interestingly reflected by large glass panels. Inside, the visitor is quickly impressed by the vastness of its spaces.

In addition to the museum, downtown Baie-Saint-Paul has around 20 art galleries along Saint-Jean-Baptiste and Ambroise-Fafard Streets. The galleries L'Harmattan and Art & Style have been here for more than 50 years, showing the artwork of numerous Québec painters, and even some by quite illustrious artists from Québec and elsewhere in Canada.



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www.galerieguylainefournier.com

It is truly a pleasure.....the sensation that we feel when we finally find that piece of art which is fascinating. It is also what we feel when we see your eyes shine as you gaze at that magic painting or long sought after sculpture. As well, it is what our artists feel when they entrust their works of art to us.

Galerie L'Harmattan

82, Rue Saint-Jean-Baptiste,
Baie-Saint-Paul, G3Z 1M6

418.435.2970
www.lharmattan.com

Welcome to this place dedicated to contemporary artists, though some of them go to figurative or abstract, they all share a passion for creation. Located in Charlevoix since 1990, over 40 painters and sculptors are displayed at the gallery not to mention the artists who have marked the 50's and 60's with the Automatists and Platiciens mouvement.

Musée d'art contemporain de Baie-St-Paul

23, rue Ambroise-Fafard
Baie-Saint-Paul G3Z 2J2

418.435.3681
www.macbsp.com

The Musée d'art contemporain de Baie-Saint-Paul (MACBSP) is the only museum in eastern Québec that is entirely devoted to contemporary art. The museum is located in downtown Baie-Saint-Paul, in the heart of the cultural quarter which is renowned for its numerous art galleries and the monuments dedicated to the artists who have made it famous.



www.cap-aux-corbeaux.com





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62 Rue du Nordet, Baie-Saint-Paul, G3Z 3C1



418-435-6955

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ACCOMMODATION

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Auberge La Muse

39, Rue St-Jean-Baptiste,
Baie St-Paul, G3Z 1N3

418.435.6839
www.lamuse.com

You will fall in love with this charming Victorian centenary, very well located in the heart of Baie-Saint- Paul in Charlevoix tourist region, close to shops, art galleries and museums.

Auberge L'estampilles

24, Chemin du Cap-aux-Corbeaux
Nord, Baie-Saint-Paul, G3Z 1A7

418.435.2533
www.lestampilles.com

An enjoyable stay wouldn't be complete without good food. Make the most of your stay and appreciate dinner in the setting of our restaurant. Regis offers a menu with local produces with a personal twist.

Camping du Gouffre

439, Chemin Saint Laurent,
Baie-Saint-Paul, G3Z 3B6

418.435.2143 / 1.866.435.2143
www.campingunion.com/fr/baie-saint-paul-gouffre

Camping du Gouffre is a family-focused business dedicated to providing its customers with an unforgettable experience. It's guaranteed! Come see us!

Gîte Les Petits Brasseurs

36, Rue Saint Joseph
Baie-Saint-Paul, G3Z 1H

418.760.8023
www.lespetitsbrasseurs.ca

Set in a century-old house, This Inn welcomes you in a setting paying tribute to the biggest specialty of our native country: the Belgians beers.

Hôtel Baie-Saint-Paul

8, chemin du Golf,
Baie-Saint-Paul, G3Z 1X6

418.435.3683
www.hotelbaiestpaul.com

Treat yourself to comfort and relaxation in friendly Hôtel Baie-Saint-Paul. Hôtel Baie-Saint-Paul is located at the gateway to the city and offers 62 fully renovated rooms.

Gîte Terreciel

113, rue Ste-Anne,
Baie-St-Paul, G3Z 1N9

418.435.0149
www.terreciel.ca/gite

Discover a century old home on the edge of the rivière du gouffre. Best known for it's breakfasts, with fresh homemade breads, local cheeses and more. The Gîte TerreCiel is just a few steps from the beach, restaurants, art galleries and museums.

Gîte la Bougie Verte

68, rang Saint-François,
Saint-Urbain-de-Charlevoix, G0A4K0

418.639.2286
www.gitelabougieverte.com

At the Parc des Grands Jardins's door and a couple of minutes away from the national Parc des Hautes-Gorges, La BouGie Verte Bed and Breakfast is perfectly located to enter into the nature's beauties of Charlevoix.

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www.moutonnoirresto.com

CULINARY ART

In Baie-Saint-Paul, you will discover some fine tables in a culturally rich town. Strolling along amid the art galleries in the heart of Baie-St-Paul, there are numerous restaurants to choose from, many of which have terraces open in the summertime.

The **Mouton Noir** on St-Jean-Baptiste Street is unmissable. Through the decades, this former general store and then music venue became a classic restaurant of Baie-St-Paul. Chef Thierry Ferré concocts French-inspired bistro cuisine enhanced by local produce from the Québec terroir. Simple, no frills flavour and freshness will delight your taste buds. The restaurant's interior has kept the cozy old wood décor. During the summer days, their shaded terrace facing the Gouffre River is very popular with patrons.

Still on Saint-Jean-Baptiste, **Chez Bouquet eco-friendly bistro** located inside the **Auberge La Muse inn**, is not to be missed. Charlevoix produce is prominently featured on the menu, such as kid and Galloway steer. All specialties come from local farming and fishing, and the two dozen suppliers are identified on the restaurant's menu under all dishes. Try the tartares, grills and fish, the bistro classics or the salads. As a bonus, the environmental concern is not just limited to what's in your plate but also extends to the smallest details.

Not far away, the Saint-Pub de la **MicroBrasserie Charlevoix** also offers simple, quality cuisine featuring regional products, as well as their own home-brewed beer. Enjoy the casual, unpretentious ambiance while sampling beer-

Mouton Noir

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Reservations: 418 240-3030





tourisme-charlevoix.com

marinated smoked meat, smoked chicken, mussels and grills, or you can chose something from their table d'hôte. The MicroBrasserie Charlevoix started brewing here in 1998 and continue producing many different types of delicious natural beers for everyone's taste.

Also close by, **Fraicheur et Saveur** is perfect for the child in all of us. Shop for candy and treats in a fun retro setting, or have an ice-cream cone or cotton candy just like at the fair.

Outside of town, epicureans should visit the **Maison d'Affinage Maurice Dufour** on Mgr de Laval Blvd. This is where they prepare the famous Migneron de Charlevoix. Surface-ripened for 50 days, this semi-soft cheese is

made with whole milk produced by a cow herd in the Vallée de Baie-Saint-Paul. The aroma of this smooth and uniform ivory-colored cheese has delicate notes of cream and yogurt. On the palate, it may evoke butter and hazelnuts. The Migneron de Charlevoix is often used in kitchens to make sauces, fillings and casseroles, and it goes very well with mead liquor.

Le Domaine de la Vallée du Bras on the St-Antoine produces the apéritif wine Omerto, which is made from tomatoes and is unique in the world. It is made from an old family recipe created in Belgium and kept secret for four generations. Omerto is another great reason to visit Baie St-Paul.

FINE CUISINE BISTRO THE BEST ADDRESS in Charlevoix !



Smoked meat marinated in beer. Smoked chicken, mussels, grills and table d'hôte.



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RESTAURANTS & GASTRONOMY

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418.435.2533
www.lestampilles.com

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Café Charlevoix brulerie artisanale

20, rue Sainte-Anne,
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418.760.8872
www.cafecharlevoix.ca

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418.435.6839
www.lamuse.com

The Charlevoix's first Éco-bistro - Chez BOUQUET is more than just an address serving wonderful plate. Fresh and trans fats free, our health-wise menu is mainly composed of local ingredients, and with a contemporary, upbeat decor, it is definitely a restaurant of its time.

Fraicheurs et Saveurs

64, Rue Saint Jean Baptiste,
Baie-Saint-Paul, G3Z 1M4

418.435.7772

For the sweet tooth who want a refined product. Sweets and ice creams are kid's favorite and also grown ups.

Maison D'Affinage Maurice Dufour

1339, boul. Mgr-De Laval,
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418.435.5692
www.famillemigneron.com

Come visit the place where the famous Migneron cheeses family were born. You can stop at the sales counter, personally taste the full range of products or learn more about the art of pairing wine and cheese.

Mouton Noir

43, rue Sainte-Anne,
Baie-Saint-Paul, G3Z 1N9

418.240.3030
www.moutonnoirresto.com

Once received by Emmanuelle's team, a native of the region, the Chef Thierry Ferré will offer a bistro cuisine, fresh and tasty, sublimating regional products.

Omerto

328, Rang St-Antoine Nord,
Baie St-Paul, G3Z 2C3

418.435.6872
www.domainevb.ca

Omerto, is the very first aperitif tomato wine in the world. Developed through a jealously garded family recipe in Belgium over four generations ago, Omerto is now produced in Baie St-Paul, Québec. Only the recipe has been kept secret, not the taste.

Restaurant et MicroBrasserie le Saint-Pub

2, rue Racine,
Baie-Saint-Paul, G3Z 2P8

418.240.2332
www.saint-pub.com

This establishment offers fine bistro cuisine inspired to taste without moderation, accompanied by a selection of beer brewed on site - in moderation this time!



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la Muse

Chez Bouquet éco-bistro

A la santé du Monde!

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Auberge La Muse

Chez Bouquet éco bistro

39 St-Jean-Baptiste
1-800-841-6839

Séjournes au coeur de Baie-Saint-Paul

Un festin de saveurs matin midi soir



E last of Baie-Saint-Paul, **Les Éboulements** boasts exquisitely beautiful landscapes with a breathtaking view of the St-Lawrence River and l'Isle-aux-Coudres facing it. Jagged land if there ever was any, Les Éboulements was named after a 1663 earthquake that caused major landslides from mountain plateaux down to the river. Saint-Joseph-de-la-Rive is now located there, and it is also the municipality that stands where a meteor crashed 360 million years ago, leaving a clearly visible crater encompassing the peripheral area which is now identified as the Charlevoix astrobleme. Les Éboulements is also historically interesting as it

features the seigneurial manor of Les Éboulements, built at the end of the 18th century.

Perched on a hilltop, the Éboulements belvedere looks out onto **Saint-Joseph-de-la-Rive** and its docks, where the ferry crosses over to **l'Isle-aux-Coudres**. Descending into town, you will witness spectacular views of mountains, river, boats and the island. At the bottom of the hill, Saint-Joseph-de-la-Rive extends between mountain and river, and the harmonious architecture confers undeniable charm. You are quickly seduced by the flow of tides, the smell of the river and the rhythms of the natural surroundings.





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You will never forget this stay...*












320, ch. des Bains, Saint-Irénée, Québec
www.domainedufleuve.com • 418-452-3213



Saint-Joseph-de-la-Rive with its many accommodations and restaurants is the perfect spot to settle and visit the Charlevoix region. It has been an important tourist destination since the beginning of the 20th century and visitors very much appreciate the care and attention of its hosts.

Tucked in a small bay, **Cap-aux-Oies** boasts different but equally dazzling scenery. The beach has pools of shallow salt-water quickly warmed by the sun. It has a nudist section that can be noticed from the parking lot, but no one ever complains. Nudism has been practiced there for at least the past 20 years.

Right before you arrive at La

Malbaie, **Saint-Irénée** is also characterized by its beautiful beach, probably one of the loveliest in the region. The town's architectural scheme is unusual in its mix of modest housing and upscale villas originally built by the more affluent French Canadian vacationers.

The **Festival international de musique** takes place at the **Domaine Forget**, the former property of Member of Parliament Rodolphe Forget. Every summer, more than 30 concerts are presented at the Salle François-Bernier, a space with superb acoustics specially conceived for live music.

ACCOMMODATION

Domaine du fleuve

320, Ch. des Bains,
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Le domaine du Fleuve invites you to stay in one of its 5 apartments - condos with panoramic views of the St. Lawrence River, it can accommodate up to 6 people comfortably.

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418.452.8180

www.manoirhortensia.com

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Le Sablon is a unique group of cottages nestled between the St. Lawrence River and the Domaine Forget in St. Irénée known as one of the most beautiful villages in Quebec.

450.754.1551 / 1 888.754.1551

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www.aubergebeausejour.com

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LEGENDARY ISLE-AUX-COUDRES

Explored by Jacques Cartier during his second voyage to North America in 1535, l'Isle-aux-Coudres owes its name to the many hazelnut trees the explorer discovered across the estuary, named « coudres » in old French.

Before the first settlers arrived, this island facing Baie-Saint-Paul was mainly used as a halting area, as well as a cemetery for navigators wanting to bury those who died during their long journeys at sea.

The first families began settling on l'Isle-aux-Coudres around 1720. Subsisting off agriculture and fishing, they had to use every means possible to ensure their survival. Subsequently and for that reason they learned to navigate the river year-round. In the 20th century the inhabitants developed trading, which diversified their economy. Moreover, the beauty of the island led to a significant growth in tourism.

Although it is detached from the mainland, the island managed to maintain the maritime and agricultural traditions of Charlevoix. To this day, the hospitality of the so-called "Marsouins" has not waned – vacationers are always delighted by their warm welcome. "Marsouins" is the friendly nickname given to the inhabitants, which comes from their practice of fishing marsouins (belugas).

A ferry from Saint-Joseph-de-la-Rive reaches l'Isle-aux-Coudres in about 15 minutes. There are three towns on the island: Saint-Bernard, Saint-Louis and La Baleine. A 26 km road encircles the island and makes for excellent cycling. Offering numerous views of the St-Lawrence River and the neighboring coastline, the road is punctuated by signboards offering information regarding the natural and cultural aspects of the island.



L'Isle-aux-Coudres has a lot to offer: exciting and original events, accommodations that will surely meet your needs, and a multitude of cultural, agricultural and outdoor activities. This vacation destination is a sure bet.

An island to discover

L'Isle-aux-Coudres has a captivating maritime history. In 2010, the **Parc Jacques-Cartier** was inaugurated as part of the 475th anniversary of the passage of Jacques Cartier. A relaxing harbour on the west side of the docks, featuring a sculpture of Cartier by Charlevoix artist Martin Brisson, is a perfect spot for ship watching. There is also a cross identifying the French cemetery where navigators paid tribute to their dead.

Built in 1973, the museum

Les voitures d'eau introduces the visitor to the St-Lawrence River's maritime history. You can embark on one of the last authentic schooners of the river, the Mont-Saint-Louis, and discover its many secrets.

Tercentennial tradition lives on at the **Moulins de l'Isle-aux-Coudres**, with its admirably restored water and wind mills (1825 and 1836 respectively). You can visit the miller's house and attend a demonstration of wheat and buckwheat being ground into flour. Guided and self-guided tours are available. A newly built center offers educational workshops, a permanent exhibition of the works of Alfred Desgagnés, and a space in which to view films and other visual documents and records.

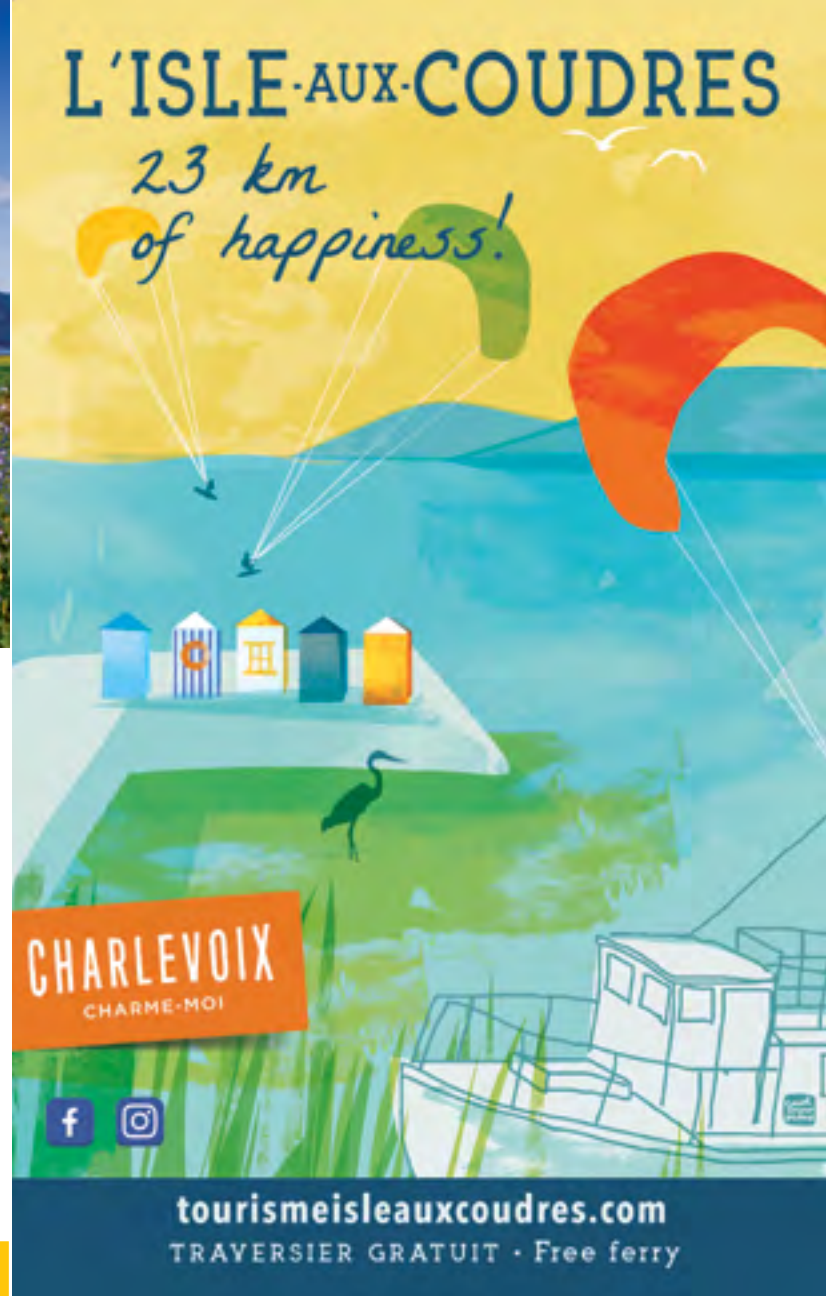


On the other side of the island, **the Pedneault orchards and cider house** continues a tradition that goes back to the French colonial era when the cultivation of apples allowed the production of cider, the country's first alcoholic beverage. Louis Hébert, considered New-France's first settler, most likely planted the first apple tree in Québec around the year 1617. An important number of French settlers came from Normandy, bringing their skills at cultivating apple-cider. Vast orchards soon developed around Québec city and other regions.

In 1918, thanks to government grants, the Pedneault family planted the first 300 apple trees on its ancestral land of l'Isle-aux-Coudres. A century later, many

steps and successes have dotted the history of the family business, which has since continued expanding. 1999 marked the story of the company in a more significant way with the additions of a wine cellar and vinegar and cider factory, enabling the business to develop and market new products such as vinegars, mistelles (liquor wines) as well as cider and cider by-products. In 2007 they proudly won many prizes at the *Festival de la gastronomie de Québec*.

Many hotels and B&Bs can be found on L'Isle-aux-Coudres. There is something for everyone looking to escape everyday stress and discover Charlevoix's rich traditions along the way.



ACCOMMODATION

Auberge La Fascine

1064, Chemin des Coudriers,
Saint-Bernard-sur-Mer, G0A 3J0

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418.438.1010

www.aubergelafascine.com

Chalets du bout d'en bas

2969, Chemin des Coudriers,
La Baleine, G0A 2A0

Featuring a view of the Saint-Lawrence River and the surrounding mountains, Les Chalets du bout d'en bas offers fully furnished chalets in Isle-aux-Coudres (Coudres Island). A beach area is accessible on site.

418.438.2192

www.chaletsduboutdenbas.com

Hôtel Cap-aux-Pierres

444, Chemin de la Baleine
Isle-aux-Coudres, G0A 2A0

The Hôtel Cap-aux-Pierres is equipped with exterior and indoor pools, enormous gardens and a number of sports and recreational facilities. Perfect for any family or romantic outing.

418.438.2711

www.hotelcapauxpierres.com

Hôtel du Capitaine

3031, Ch. des Coudriers
Isle-aux-Coudres, G0A 2A0

You will be delighted by everything the inn has to offer : a swim in the salt water pool in the morning, the tide cycle, the passing ships, the birds, the sunrises, the long walks on the river bank at dusk...

418.438.2242 / 1.888.520.2242

www.hotelducapitaine.com

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1933, Ch. des Coudriers,
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418.438.2208

www.hotelmotelvoituresdeau.com

La Roche Pleureuse

2901, Ch. des Coudriers,
Isle-aux-Coudres, G0A2A0

The welcoming atmosphere and personalized service, the soothing sea breeze, the luxuriant gardens, the exquisite pleasures of the table, the historic walls, all to make your visit memorable. Built in 1930, 87 rooms, the hotel takes its name after a legend. Part of the island patrimony, the decoration brings back the memory of our ancestors' customs and habits.

418.438.2734

www.rochepleureuse.com



THE GASTRONOMIC HERITAGE OF L'ISLE-AUX-COUDRES

While visiting the island, don't miss out on the chance to discover the fine ciders and liquor wines of the Vergers et **Cidrerie Pedneault**, a century-old family enterprise. In 1918, thanks to government grants, the **Pedneault** family planted the first 300 apple trees on its ancestral land on **l'Isle-aux-Coudres**. Through the years, many steps and successes have dotted the history of the family business, which has since continued expanding. 1999 marked the history of the company in a more significant way with the addition of a wine cellar as well as a vinegar and cider factory, enabling the business to develop and market new products such as vinegars, mistelles (liquor wines), ciders and cider by-products. In 2007, they proudly won many prizes at the Festival de la

gastronomie de Québec. You can find their products for sale in many Charlevoix establishments, as well as at the SAQ liquor stores.

A stop at the **Boulangerie Bouchard** is also a must. For the past 70 years, it has been praised for its breads, pâtés croches, delicious danishes and other delights like its Tarte Grand-mère and sugar pies. The bakery also proposes artisan breads and a wide range of homemade products: pâtés and tourtières (meat pies), confits, ketchups, rillettes and cretons, sandwiches, pizzas buns, pies and pastries, vegetarian products, local cheeses and various regional products.

Continuing an age-old tradition, the inns are often where you can find the best food, as at **La Roche Pleureuse**. Built in 1930, the establishment takes its name



A stopover at our bakery is a journey where all the senses are "put to the test"! Taste our wide variety of fresh products of the day! Breads, brioches, tarts, eighth-cake pies, rillettes, confits, salads, fougasses, fine pizzas, Pies of sisters, quiches and vegetarian dishes.

Open
7 to 7

418-438-2454



1648, chemin des Coudriers, Isle-aux-Coudres, Qc, G0A 1X0
www.boulangeriebouchard.com
boulangeriebouchard@isleauxcoudres.com



La Maison au Nord de l'Isle

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that happiness lives!
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www.chaletsalouer.com



from a peculiar source, which with time has become something of a legend - La Roche Pleureuse is an integral part of the Island's heritage. Its gastronomic menu will fulfill everyone's expectations. In the summer, the terrace offers a swooping view of the St. Lawrence River.

A member of the Charlevoix Taste Trail, **La Marée Haute** restaurant in Hôtel Cap-aux-pierres offers bistro cuisine that is rich with local ingredients. For breakfast, enjoy their sumptuous full American buffet. For lunch or happy hour, the terrace and bar La Lucarne let's you enjoy a light meal while taking in a tremendous view of the St. Lawrence River.

At Hôtel-motel **Les Voitures d'eau**, restaurant La Marinière also offers Québec and international

cuisine starring regional products. At Hôtel du Capitaine, **La Boustifaille** restaurant specializes in seafood, grilled meats, special pancakes, traditional Maritime recipes and a health menu focusing on regional products.

A great new addition to the scene is Auberge **La Fascine**. This inn hosts an intimate cultural bistro where you can eat and have a drink while seeing a show, often inviting major Québec artists during summer. The food is simple and healthy, offering original dishes composed of local products. You can also choose from their vegetarian or gluten-free menu, and they also have a children's menu. Immerse yourself in Québec culture with shows on Fridays and Saturdays, presented all summer long.



Charlotte!

ATELIER-BOUTIQUE ET SA PETITE PLACE D'ART

Isle aux Coudres

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Pascal Perron, textile artisan with ecological fiber, takes inspiration from her island and shares with you her collection of clothing, jewelry, accessories, decorative objects and stationery! Filled with happiness, she also shares her favorites, fine local products, pottery, weaving, soap, books, and other creations of the region!

www.ateliercharlotte.com | blog: www.ateliercharlotte.blogspot.com | boutique en ligne: www.ateliercharlotte.org.com

RESTAURANTS & GASTRONOMIY

Alimentation Boudreault Bonichoix

3337, Chemin des Coudriers,
Isle aux Coudres, G0A 3J0

418.438.2366
www.bonichoix.com

To offer you an unrivalled shopping experience, your grocers always strive to provide you with a variety of quality products and in-store service that can't be beat. Marché Bonichoix - we know food!

Boulangerie Bouchard

1648, Chemin des Coudriers,
Isle-aux-Coudres, G0A 3J0

418.348.2454
www.boulangeriebouchard.com

To takeout or to enjoy on the terrace overlooking the river, We offer products directly from furnaces such fresh bread, buns, croissants, muffins and more.

Cidrierie Pedneault

3384, Chemin des Coudriers,
Isle-aux-Coudres, G0A 3J0

418.348.2454
www.vergerspedneault.com

For almost 100 years we have been harvesting apples of all varieties. An idea has matured: ciders, creams and other products were born. This places is a must see, it allows you to make your reservation for cider products and sparkling beverages

La Roche Pleureuse

2901, Ch. des Coudriers,
Isle-aux-Coudres, G0A2A0

418.438.2734
www.rochepleureuse.com

The welcoming atmosphere and personalized service, the soothing sea breeze, the luxuriant gardens, the exquisite pleasures of the table, the historic walls, all to make your visit memorable. Built in 1930, 87 rooms, the hotel takes its name after a legend. Part of the island patrimony, the decoration brings back the memory of our ancestors' customs and habits.

Restaurant Chez Ti-Coq

31, Chemin de la Traverse,
Isle aux Coudres, G0A 3J0

418.438.2944

Excellent quality Québec's food. There is a menu of the day, snacks, pizzas, pâté, fave bean soup, smelt and more! Eat in or take out.

TOURIST INFO

Tourisme L'Isle aux Coudres (SETIAC)

1024, Chemins des Coudriers,
Isle-aux-Coudres, G0A 3J0

418.760.1066
1.866.438.2930
www.tourismeisleauxcoudres.com

Isle-aux-Coudres, Charlevoix is a tranquil island on the St. Lawrence River where the scenery just begs to be admired. Islanders or 'Marsouins' are very friendly, and their proverbial hospitality makes Isle-aux-Coudres the ideal family destination - return visitors gladly bask in our warm island welcome.

SHOPPING

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1292, Chemin des Coudriers,
Isle aux Coudres, G0A 3J0

418.438.2321
www.ateliercharlotte.com

Charlotte! is a clothing & home accessory line by artisan-stylist Pascale Perron. Add to that Garnotte, a jewellery & accessory collection made of new and recycled materials (leather, fur, fabric, wood, glass, etc.). La Petite Place d'art presents the works of artists Jimmy Perron & Julie Miville, as well as pieces by sculptor Martin Brisson.



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www.rochepleureuse.com - info@rochepleureuse.com



BIRTHPLACE OF

GETAWAYS

Home of the Charlevoix casino, La Malbaie city is the top tourist destination in the region. Since the 19th century, Charlevoix's principal city and its Pointe-au-Pic area in particular has been a popular vacation spot which was originally visited by the Canadian and American bourgeoisies. Located along the river banks, Pointe-au-Pic is the province's first getaway area. The main district is located at the mouth of the Malbaie River, but the city extends over a vast area along the St-Lawrence River.

The Manoir Richelieu stands on a clifftop overlooking the river. Its construction began at the end of the 19th century and is today La Malbaie's best-known building, quite possibly the

most recognizable of the whole Charlevoix region. The casino is located right next to it. There are numerous inns and restaurants in La Malbaie, as well as a winter sports resort (*Station de sports d'hiver du Mont Grand-Fonds à Rivière-Malbaie*) and the Hautes-Gorges national park.

Another great vacation spot is the picturesque town of Cap-à-l'Aigle, with a marina often used for sailors of the St-Lawrence River.

Science enthusiasts will not want to miss a chance to learn about the Charlevoix crater inside of which La Malbaie was built. The 56 km crater is the result of a meteor measuring 2 km in diameter that crashed there 350 million years ago.

L'Auberge des falaises

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GASTRONOMY
RELAXATION

Overlooking the St-Lawrence river, our inn offers comfortable rooms, with a river view and most with a sitting area, fireplace, whirlpool bath, and private balcony. Combined with our renowned cuisine, pool, and panoramic restaurant, your stay will be a feast for both the eyes and palate!

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Toll free: 1.800.386.3333

WWW.AUBERGEDESFALEISES.COM

www.auberge3canards.com

115, Côte Bellevue
La Malbaie (Pointe-au-Pic)
G5A 1Y2
Tel.: 418.665.3761
Toll free : 1.800.461.3761



THE GREAT INNS OF LA MALBAIE

Charlevoix perpetuates the centuries-old tradition of lodging and dining establishments, a tradition alive and well especially in La Malbaie. Overlooking the cliffs of Pointe-au-Pic, the **Auberge des Falaises** offers a unique rustic setting, located in the heart of the region's tourist attractions. Renowned for its gastronomic cuisine, the inn proposes a refined and innovative menu based on exclusive Charlevoix products. A feast for the eyes and palate.

Along the banks of the Saint-Lawrence River, the **Hôtel Auberge des Trois Canards** has 49 rooms with views of the river. It is located within 5 minutes of the Casino de Charlevoix and close

to other major tourist attractions. It offers a celebrated gourmet cuisine prepared with many local products, and features outdoor seating with breathtaking views of the area.

The **Auberge des Peupliers** has been a member of the Route des Saveurs guide since 2015 and quite the culinary experience: each of the dishes let you discover the richness of the Charlevoix heritage. From lamb to cheeses to locally brewed beers, you will definitely be amazed by the eye-popping string of flavours and colours. The inn's à la carte menu offers much variety and is sure to rouse your appetite and thrill your taste buds.

185, boul. de Comporté
La Malbaie G5A 2Y3

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ACCOMMODATION

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Auberge des Peupliers

381, St-Raphael,
La Malbaie, G5A2N8

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Auberge des Falaises

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This Canadian property offers a full-service spa and rooms with private balconies. The bed and breakfast overlooks the Saint Lawrence River and within a 5-minute drive of the Murray Bay Golf club.

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www.aubergedesfalaises.com

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Our family business, located on the shores of the St. Lawrence River, offers country cottages to rent all year-round. More precisely, we are located in the Cap-à-l'Aigle sector, within the municipality of La Malbaie, in the beautiful county of Charlevoix.

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www.domainefraisair.com

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La Malbaie, G5A 2W9

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418.665.4120

www.harrops.com

Hôtel-Motel Castel de la Mer

1125, Rue Richelieu,
La Malbaie, G5A 2X8

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418.665.7482

www.casteldelamer.com

Hôtel le Petit Manoir du Casino

525, Chemin des Falaises,
La Malbaie, G5A 2V5

The Hotel Le Petit Manoir du Casino is a gem in the Charlevoix region. Within the hotel, you will find more than 65 rooms, two indoor spas, a heated pool and a restaurant. The staff will give you a great welcome and will be pleased to answer all of your questions.

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www.petitmanoirducasino.ca

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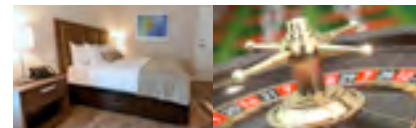
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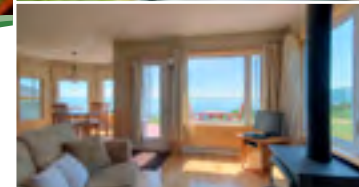


*Small gem nestled in the beautiful Charlevoix region with over 65 rooms,
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RESTAURANTS

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Auberge des Peupliers

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La Malbaie, G5A2N8

Situated in the charming town of Cap-à-l'Aigle, moments from the beautiful St. Lawrence River, this cozy hotel offers friendly service, comfortable accommodations and is only moments from the area's top attractions.

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Auberge des 3 canards

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Le Manoir Charlevoix - Hôtel & Restaurant

1030, chemin du Golf,
La Malbaie, G5A 1H1

The Manoir Charlevoix is a historic hotel located on one of the most beautiful promontories of La Malbaie. Built in the nineteenth century, the hotel is part of the jewels of Charlevoix.

418.665.4413
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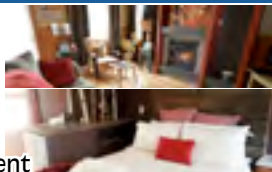
Motel et Restaurant Le Mirage

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G0T 1X0

(418) 955-9779
www.giteauxtournesols.com



Micheline Barriault

TOWARDS SAGUENAY

To the east of La Malbaie, we move along towards Saguenay. The twisty roads from Cap à l'Aigle to Baie-St-Catherine along the St-Lawrence River offer some of the most spectacular views of the region. It is not difficult to see why the French explorers decided to establish the first colonies here. In fact, it was in Baie-St-Catherine at the Pointe aux Alouettes specifically that in 1603 Samuel de Champlain, on behalf of King Henry IV, concluded a treaty with the chiefs of the neighboring First Nations people, allowing the French to populate the area in exchange for military protection. This alliance was the first New World treaty and it allowed the settlements of New France and

North America. The Saguenay-Saint-Laurent marine park is a protected conservation area and internationally recognized for the quality of its marine mammal observation. In Saint-Siméon, a ferry connects Charlevoix to Bas-Saint-Laurent via Rivière-du-Loup. Near the docks in the heart of this charming town, you will find some of the most beautiful sand beaches of the region. From Saint-Siméon, route 170 runs inland towards Saguenay. Along the way, Sagard harbours an inaccessible gem for us common mortals: the Domaine Laforest, a vast Italian Renaissance-style mansion that stands right in the middle of the Charlevoix forest and belongs to the billionaire Desmarais family.

ACCOMMODATION

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Rose Quesselle
The burlesque queen

Rose Quesselle, better known as Roseburlesque, presides as the queen of the burlesque in Québec, was born in Chaudière-Québec, (near the village of) 1980 and performed during the glory days of the 1980s.

WHERE GAYS AND LESBIANS MEET

Before you decide make the image from you and looking for Québec from Québec website, the website currently has a lot of sites in the neighborhood, especially in the center. In the past, many people called it "Bordeaux-Québec" because it was a very active gay and lesbian hub, and many communities (managed by G-L-B).

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HOMAS CULINARY RENEWAL





MICHEL LOUVAIN

FOREVER CROONER

Famous Québec crooner Michel Louvain (real name Michel Poulin) was born and raised in the Chaudière-Appalaches region, specifically in Thetaplus. His career began in 1956 when he would occasionally replace his brother who was a singer in a band. Later he tried his luck in Québec and Montréal cabarets, where he eventually won a prize in an amateur competition. In 1958, at the Chez Gérard cabaret in Québec City, he was offered the chance to sing his song "Buenas Noches mi Amor" during the Gala des Splendeurs in front of 20 000 people; immediate success and media frenzy ensued across the province. Louvain was at the top of the charts in the early sixties with the romantic ballads "La Ville Pleure", "Louise", "Sylvie", "Lison", "Auprès de ton Coeur", "Buenas Noches mi Amor", "Pourquoi donc as-tu brisé mon Coeur" and especially "La Dame en Bleu", a

famous hit which stuck with him for many decades. He hosted a TV variety show that garnered him the title Monsieur Radio-Télévision during the Gala des artistes in 1965. Michel Louvain maintained his popularity as a singer and television personality, and was given his own daily show "De bonne humeur" which aired on the TVA channel from 1986 to 1992. In 2014 he received a tribute award at the Gala Adisq for his contributions to popular culture. Although Louvain has always remained discreet about his romantic life, his legendary charm no doubt won the hearts of gay men as much as those of women. His friend, TV and radio personality Francine Grimaldi, confided that she had shared in his heartaches and pain the same way she would have with another girl.

Tours Martello © Guillaume Colfiaux

On the SOUTH SHORE

In the south shore of the St. Lawrence, the only gay-oriented camp Lawrence from Québec City, the ground in the Capital area. The camp- Chaudière-Appalaches region is ground is easily accessed via Highway.

like a transitional space between the river valley and the salty sea waters that start at the almost mythic Ile d'Orléans. This riverside country is dotted with centuries-old houses, many of which are still standing since the era of New France, in the 18th Century. As such, you're not some of the country's most beautiful villages in clusters along the 200 km of river shore, making it like one giant garden facing the Capital. The Chaudière River, which is half the namesake of the region, slices through the Beauce district and empties into the St Lawrence at Lévis. On its southern border, near the State of Maine, the peaks of the Appalachian Mountains create stunning reliefs in Thetford, Lotbinière, Etchemins, Bellechasse and the Côte-du-Sud (southern slope) area. It's a natural playground, with bicycle trails lining the fertile valley, and a mecca for bird-watching, as well as maple sugar shacks, come March.

Upriver from Québec City, lies the Lotbinière district, where seigneurial estates and mansions have long characterized the countryside, which remains bucolic, with beautifully preserved architectural remnants of bygone eras. Lotbinière and Saint-Antoine-de-Tilly are two hamlets that literally belong to an association of Québec's most beautiful villages. The

renowned Domaine Joly-De Lotbinière is a gigantic horticultural park, maintained since the 19th century by the Lotbinière dynasty. Known as one of North America's most stunning gardens, the site is a natural attraction without parallel.

Further south, the legendary region of the Beauce is one of Québec's proudest and most independent, with more than a few business in its stable. We might attribute the existence of two gay bars in Saint-Georges-de-Beauce to this region's entrepreneurial spirit. In spite of their proximity to Québec, this town's gay scene would be envious of other towns its size. Further east, for those who appreciate wood carvings, making a stop by Saint-Jean-Port-Joli, renowned for its woodworking, is a must.

Isle Aux Grues is a stunning set of islands in the St Lawrence, and is part of Grosse-Ile National Park. For much of the last century and before, Grosse-Ile was a quarantine station for immigration into Canada (much like Ellis Island, in New York), and nowadays guides reenact historic figures from the island's past. Hundreds of thousands of immigrants came to Canada via Grosse-Ile in the 19th century, with records of over 6,000 deaths, many of which were Famine Irish. The massive influx of Irish immigrants in this era explains why so many Québécois have Irish last names, even though they may not speak a word of English!

LÉVIS ACROSS THE RIVER



Located on the other side of Québec City on the southern shore of the Saint-Lawrence, with over 137,000 inhabitants, the City of Lévis is the largest agglomeration in the Chaudière-Appalaches region. You can get there from Québec City by crossing either the Pierre-Laporte or Québec Bridge, or by taking the ferry that links the Old Port of Québec to Old-Lévis. It is worth crossing the river to get to Lévis, if only for the stunning views of the national capital.

In the past, Lévis has proven to be of strategic importance in the defense of Canada. After having sieged Québec City from Lévis in 1759, the British understood the strategic importance of its location at the mouth of the Saint-Lawrence River. They built three forts to protect it from 1865-1872, one of which, the "Fort Number-One", is still around

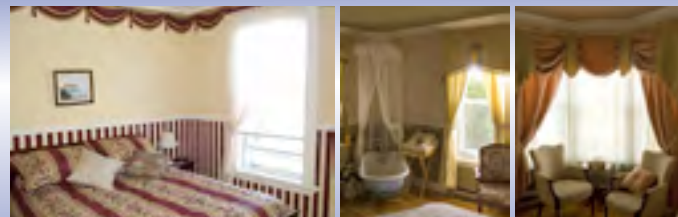
today. Pentagon-shaped, it is the last remaining of the many forts that were built to protect Québec City from a possible American invasion.

Well-known for its naval shipyards, Lévis is also the home of Québec's largest financial institution, Desjardins. You can visit the Maison Alphonse-Desjardins in Old-Lévis, where the founder of this powerful cooperative institution lived and where he started his first credit union. While walking the streets of this historic neighbourhood, one captures the feel of a small prosperous village of the Québec countryside.

Just outside the city, you will not want to miss the magnificent waterfalls at the Parc des Chutes-de-la-Chaudière, very popular amongst the local gay community.

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ACCOMMODATION

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WHERE TO EAT IN LÉVIS?

The rapid development of Lévis has resulted in the emergence of many fine restaurants. As the little towns on the south shore of Québec have progressively united to create the new city of Lévis, which is now Chaudière-Appalaches' largest one, it has garnered quite a reputation on the culinary circuit of the national capital region.

This change is especially noticeable in Vieux-Lévis between the river crossing pier and Bégin Street, where you'll find numerous good tables, many of which have terraces despite the narrow streets of this historical neighbourhood.

Closer to the bridge in Vieux-St-Romuald, **Au grain de folie Faim Bistro** is truly a favorite. Located on Chemin du fleuve,

with a tiny street terrace offering a nice view of the river, this is an unpretentious little bistro with a weekly menu reflecting new arrivals and seasonal products, and where everything is lovingly prepared by chef Claudine Hasty. You should most definitely try the black blood pudding and excellent traditional desserts. A sommelier is on hand for good imported wine suggestions.

In new Lévis, between the boulevards Président-Kennedy and Alphonse-Desjardins near the Centre du congrès, you'll find the classic restaurant **Cosmos** and its wild décor. A diversified house menu is offered in a flamboyant dining area where thousands of glass bubbles meet intimate white alcoves, a hushed lounging area and a Louis XVI-

style VIP room. In the evenings from Thursday to Saturday, the place turns into a nightclub with a DJ and dance floor.

Just a stone's throw away, go

RESTAURANTS & GASTRONOMY

Au Grain De Folie Faim Bistro

2286, ch du Fleuve,
Saint-Romuald, G6W 1Y1

Family bistro on the edge of the St. Lawrence River in Saint-Romuald in Lévis. Chef Claudine Hasty and her brother Émile welcome you to their establishment since February 2015. Gourmet seasonal dishes and wines of private imports selected by the sommelier Aurélien Merluzeau are proposed to you.

Cosmos Restaurant

5700, J.-B. Michaud,
Centre des congrès, Lévis, G6V 0B2

A varied menu, eclectic design and an exhilarating atmosphere. This is what awaits you during your visit to the Cosmos: a true journey in the heart of a universe of flavor! We are waiting for you for late breakfasts, affordable lunches and other festive dinners!

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975, Ch. Vire-Crêpes,
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Claudine, her younger brother Émile and their master sommelier Aurélien welcome you with an amazing selection of private wines and homemade cocktails

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THE LOTBINIÈRE SEIGNEURIE

Located fifty kilometers from Québec City, Lotbinière features traditional, centuries old architecture with seigniorial mansions. Along with Saint-Antoine-de-Tilly, it is included in the Most Beautiful Villages of Québec network. Between Lotbinière and Sainte-Croix, the Domaine Joly-De Lotbinière is a vast, romantic garden that was landscaped in the 19th century by the Lotbinière seigniorial family. It was designated an historic Canadian site and monument in 2003. It features eleven old buildings with both historic and contemporary landscaping designs. Recognized as one of the most beautiful gardens in North America, this exceptional site is an unmissable tourist attraction and a

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418.886.25852
www.carrefourdetilly.com

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Domaine Joly-De Lotbinière

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Domaine Joly-De Lotbinière is a place of choice for all lovers of heritage, gardens, culture, photography and relaxation.

haven of peace and beauty. The Domaine features eleven thematic gardens with a variety of more than 2300 plants and flowers.

25 kilometers from Québec, the 300 year old village of Saint-Antoine-de-Tilly has retained all of its charm and allure. With its historic church, Calvary, wayside crosses, ancestral mansions and authentic wood houses, the town of Saint-Antoine-de-Tilly well deserves its status as one of the most beautiful in Québec. The lower part of the village, named Les Fonds de Saint-Antoine, consists of villas and chalets along the St-Lawrence River. The fluvial marshes are a great spot for strolling and ship watching.

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LEGENDARY BEAUCE

South of the cities of Québec and Lévis, Beauce is a legendary rural region in the very heart of Chaudière-Appalaches, with major communities built along the Chaudière River like Saint-Georges, Sainte-Marie, Beauceville and Saint-Joseph-de-Beauce.

The first record of the name goes back to 1739. «Nouvelle Beauce» designated the seigneuries granted earlier along the Chaudière River. The name «Beauce» was chosen by the seigneurs to develop the potential for colonization, as the name recalls the French Beauce, a region renowned for its wheat production.

Historically, Beaucerons citizens have also been known under the nickname of «Jarrets noirs» (Black Hocks). Travelling to Québec City could take up to one week, and

because of the hilly roads and their conditions, they would often have to push their farm carts. They would get their legs dirty and arrive at their destination with their hocks black. Black hocks actually referred to the hocks of their horses being black when they got to Québec City, due to the abundance of peaty bogs, or wetlands, encountered along their journey. The horses' legs would sink up to their hocks and become covered in the mucky stuff and so blackened.

Exclusively agricultural for two centuries, Beauce's economy slowly diversified in the first half of the 20th century through forestry, wood processing, and the leather and textile industries. In 1951, the industrial production value became, for the first time, superior to agriculture, likely due to important local entrepreneurship. Today's economy relies especially

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on small and medium enterprises in the industries of furniture, food, clothing, printing and metalworking. This entrepreneur culture has fuelled Beaucerons' independent spirit.

The region was the last rural area of Québec to sustain its own gay bars until they unfortunately closed a few years ago. Today, the Mens' Guesthouse in Saint-Honoré de Shenley is the only gay-oriented business in the area, a place where you can enjoy the pleasures of being naked and appreciating nature.

Close to Beauce's main city of Saint-Georges, **Taylor Manor** is an avant-garde, 1917 Arts & Crafts style heritage manor, and now operates as an inn where hosts James and Paul will introduce you to the lifestyle of the family of English Seigneur Thomas Taylor, who built the manor and was the last Seigneur of the 7,000 acre feudal estate of Cumberland Mills. Taylor Manor is located in a picturesque

setting overlooking Cumberland Creek and surrounded by woods. In addition to breakfast and a weekly Sunday brunch, Taylor Manor offers fine dining throughout the week, by reservation only.

Located in Scott, just 20 minutes from the Québec bridges via the Beauce highway, **La Cache à Maxime** hosts a lodging complex with 45 rooms and 2 suites. Located in an outstanding site with numerous natural attractions including a vineyard, wooded area, trails and lake, it is an oasis of calm, combining an urban lifestyle with an exceptional natural environment, just minutes away from the city. Also on the site, visitors can relax at Noah's Spa and escape into its tropical atmosphere.

East of Beauce, the town of Lac-Etchemin knows how to charm its visitors. The 5 km long Lake Etchemin is the major attraction with its beach and the Mont Original Ski Resort.


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ACCOMMODATION

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THE BELLECHASSE WINE ROUTE

South of Québec City, in the heart of the Chaudière-Appalaches region, you are invited to discover the Route des vins de Bellechasse where a wide variety of ciders, wines and fruit spirits are developed.

Le Domaine Bel-Chas in Saint-Charles-de-Bellechasse is entirely dedicated to viticulture with 15 different types of grape. The production area and the boutique are located next to the bicentennial house. Guided tours are available and visitors can picnic and taste some wines on their shaded outdoor terrace.

Also located in Saint-Charles-de-Bellechasse is **Le Ricaneux**, the oldest producer of wines and fruit spirits in Québec. Their products include Ricaneux apéritif, Rosé mousseux, Portageur and Crème de Framboise. This second generation family-run business lays between the St-Lawrence River and the Appalachian Mountains, which has beautiful scenery and an ideal climate for berry cultivation.

Le Ricaneux offers a wide range of activities for visitors, including guided or open tours, product sampling, a boutique, a picnic area and a cycling stop.

Located in the magnificent valley of the Etchemin River in St-Henri-Lévis, **Verger et Vignoble Casa Breton** operates a vineyard, an orchard and a blueberry field. Casa Breton transforms its agricultural production into different products such as ciders, wines, juice, fine vinegars and fruit butters. In season, you can come for apple and berry picking, or visit the domaine and sample some products. You can also purchase many interesting goods at the boutique. Inside the barn there are two great spaces with a view of the river. You can make reservations for different types of events such as receptions, reunions or dining. Casa Breton offers a menu inspired by the quality and savoir-faire of the Bellechasse producers and suppliers.



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www.casabreton.com

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418.882.2929
www.casabreton.com

Located in the beautiful Etchemin River valley, In Saint-Henri, we operate a vineyard, an orchard and blueberry fields. Our production is processed in our own facilities to make ciders, wines, juices, fine vinegars and fruit butters. In season, you can pick your own apples and blueberries, anytime you visit the area, come to taste the farm products.

Domaine Bel-Chas

7119, rang de l'Héritière Est,
Saint-Charles-de-Bellechasse, G0R2T0

418.887.1311
www.domainbel-chas.com

The domain is entirely dedicated to cultivate grape vines. In season different wines are offered. The production site and the shop area are located a few meters from the bicentennial residence. The covered terrace invites you to taste our wine to accompany your picnic.

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www.microbrasserieдебellechasse.ca

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Le Ricaneux

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FROM THE RIVER INTO THE SEA

Côte-du-Sud is located only 35 minutes east of Québec's bridges. The region, which spreads like a garden at the bottom of the Appalachian Mountains, invites you to visit and discover the most beautiful villages in the province. After the development of Côte de Beauport and Côte de Lauzon (facing Québec City), Côte du Sud became one of the most populated areas of New France at the end of the 17th century.

Both a maritime and agricultural region, it reveals multiple aspects of the nature and culture of Québec. You should begin your visit with a stop at the sailing capital of the area Berthier-sur-Mer, where river meets estuary.

Here, the visitor can hang around and relax at the dock, the Havre de Berthier-sur-Mer marina or at the beach and admire the extraordinary surroundings. In the Archipel de l'Isle Aux Grues, you will want to visit the Parc national de Grosse-Ile, where actors bring to life characters of a time when Grosse-Ile was a quarantine station of the port of Québec and the main point of arrival for immigrants coming into Canada. Hundreds of thousands of immigrants passed through here in the 19th century (of which more than 6000 have died there), including a number of Irish citizens. This explains why you can meet many Québécois people with Irish surnames who don't speak a word of English!



MONTMAGNY

THE ELEGANT SNOW GOOSE

Montmagny is the main town on the South Coast, enjoying a very favourable geographical location. It spreads along the majestic St-Lawrence River right at the junction between salt and fresh water. This explains the large diversity of shorebirds. Add to this the proximity of the archipelago of **l'Isle-aux-Grues** with much access to the river and its flats and you have an ideal combination for bird watching. Here you can closely observe the large snow geese, Montmagny's designated bird. During their spring and autumn migrations, they stop to relax and regain their strength on the river flats and in the crop fields. In October, Montmagny hosts the **Festival de l'Oie blanche (Snow Goose Festival)**, when the birds fly off to the south. It attracts many hunting enthusiasts, who may also bring back other game such as duck and Canada goose. Those of you who prefer fishing will want to jump at the opportunity to catch the huge Atlantic sturgeon off the coast of town. At

the mouth of the river, the inland waterway facility is a magnificent area where a free ferry ride will bring you to **L'Isle-aux-Grues**. Three esplanades (Pointe-aux-Oies, la promenade du Bassin and Jardin des Souches) are also excellent spots from which to observe our feathered friends in their natural habitat.

The town was established in the oldest seigneurie of the South Coast and it was relinquished early on during the French colonization. For over a century, it was the home of the famous Bélanger stove factory, before being sold to an American company in 2004. Vieux-Montmagny, with its cafés, restaurants and terraces has an undoubtedly European feel. A few kilometers from Montmagny, **Berthier-sur-Mer** has been a much sought-after vacation area since the early 20th century. It is a first-rate sailing spot, and the docks, marina and beach offer spectacular views of the islands and the Mont-Saint-Anne across the river.

Berthier-sur-Mer



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SCULPTURE AND CULTURE

Saint-Jean-Port-Joli is a popular tourist town in Côte-du-Sud. It takes its name from the Port-Joli seigneurie which was established here in 1677. If Baie-Saint-Paul in Charlevoix is the capital of contemporary art in the region, then Saint-Jean-Port-Joli is the capital of wood sculpture. You will be charmed by the marina, the art studios and galleries, as well as the restaurants, hotels, inns and B&Bs. Like in many other Côte du Sud towns between Rivière-Ouelle and Beaumont, virtually all of the houses were burned down during the Conquest of 1760 by the Fraser Highlanders regiment on the orders of British General James Wolfe. However, the village gradually came back to life and today features many architectural gems. Visit the

magnificent church built in 1779, which is now classified an historic monument. Its coffered vaulted ceiling with its 4500 rosette motifs is very impressive. The various religious objects are all works by local artists.

You should also visit the Musée des Anciens Canadiens. It is the most important wood sculpture museum in North America. It retraces the history of sculpture and other crafts in Saint-Jean-Port-Joli and describes how this town became the capital of arts and crafts in Québec. You will be amazed by the different sculptures, some of which are life-size, like those of René Lévesque, Pierre Elliot Trudeau, Félix Leclerc and even Harry Potter!

D'un océan à l'autre

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The Musée de la mémoire vivante presents many exhibitions and offers activities based on memories: through perceptions and observations, anecdotes and life stories. This modern participatory museum is located in the old seigniorial manor of Saint-Jean-Port-Joli, where once lived Philippe Aubert de Gaspé, the famous author of the books "Les anciens Canadiens" and "Mémoires". At the park Sculpture en Jardin, bronze and stone sculptures are featured in a floral garden along the river banks. In the evening, the garden is light up to spectacular effect.

Next stop: Épopée de la moto. This is the first museum in Canada entirely dedicated to the history of motorcycle vehicles.

You will be able to admire the great collection of the Gagnon brothers, as well as a permanent exhibition on the history and evolution of motorcycles throughout the world. Technical data sheets and personal testimonies of past owners offer much information about many different vehicles.

Every year, St-Jean-Port-Joli hosts major cultural events, beginning in June with the Internationale de la sculpture de Saint-Jean-Port-Joli, a big event entirely devoted to wood sculpture and where the public can watch artists work on the premises. During ten days, the village invites professional sculptors from Québec, Canada and elsewhere who come to share their knowledge and

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experience. Most of the works that are created during the event will stay in Saint-Jean-Port-Joli and be added to a collection that includes previous' years

La Fête des chants de marins

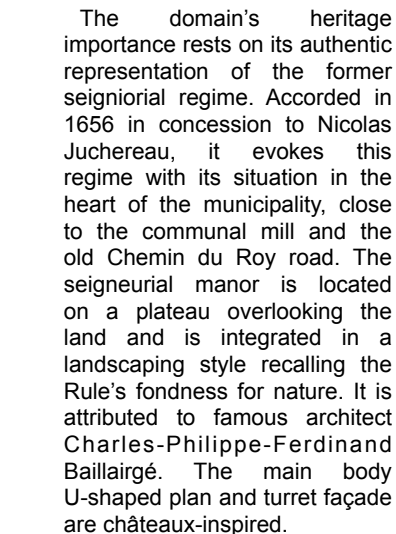
This event celebrates the different aspects of maritime culture and history, and the legends and songs of the sea. It also proposes a gastronomic menu based on the products of the sea as well as workshops, literary contests, sailboat racing, an outdoor port market, film

East of **St-Jean-Port-Joli** on the limits of the **Chaudière-Appalaches region**, you should definitely visit the seigneurial manor of Aulnaies in Saint-Roch-

works, enriching the permanent outdoor exhibitions. The gallery is open to the public at the Parc des Trois-Bérêts along the Saint-Lawrence's shoreline.

screenings and exhibitions. The festivities await all lovers of the sea with a tidal wave of different activities: traditional dances, local and foreign songs, conferences, food sampling, storytelling, live shows for children and more. Four days of enchantment to look forward to.

des-aulnaies. Refurbished in the mid-19th century, the wood-built, Regency-style building is set in a vast landscaped lot of 6.9 hectares. It was later classified an historical monument.



also classified an historical monument, is a water powered mill designed for flour grinding. The stone-built 1842 industrial building is located at the junction of the Seigneurie road and Route 132, in the heart of the village. In the 1980's, the mill was developed as an interpretation centre and is a precious witness to the seigneurial regime. It still operates as an organic, artisanal flour mill using its bucket wheel, and has a café on site for visitors who are passing through.



Musée
des sculptures
des Anciens Canadiens

(418) 598-3392
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www.museedesancienscanadiens.com

ACCOMMODATION

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ATTRACTIONS & SERVICES

Fête de St-Jean-Port-Joli

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SAVOURING LOCAL FLAVOURS

While visiting Côte du Sud, don't miss a chance to stop in Vieux-Montmagny. The area is full of charm and features many fine eateries, and the café-bistro Au coin du monde is most certainly one of them. Located in the heart of this historical district, its superb terrace and garden are quite inviting in the summer. Just a stone's throw away, the new **Maison Rousseau** has revived an historical inn, also featuring a beautiful terrace in a garden. The kitchen privileges products of the region, preparing casual French bistro-style dishes such as steak and chips, hamburgers, etc... but also seafood, cold cut and cheese platters, as well as a variety of tapas. Relocated across the street, **Antoine Bistro Gourmand** will delight you with its fine cuisine. On Saint-

Jean-Baptiste Street at bistro **L'Olivier**, the fish and seafood dishes are much appreciated. In the summertime, its terrace set in a garden offers a view of the beautiful neighbouring building of Maison Amable Bélanger.

In Berthier-sur-mer, the restaurant **De la Plage** features a magnificent vista of the St. Lawrence and the beach of Berthier-sur-mer, one of the loveliest along the River. Located a few km from Montmagny in L'Islet-sur-Mer, which is one of the most beautiful towns in the province, the bistro **La Salicorne** offers gastronomic cuisine and is a great spot to visit while vacationing in the area. You will enjoy inventive dishes created using local products such as seafood, fish, duck and quail, and a selection of privately imported

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wines. Enhance your experience while dining on their terrace with a view of the river.

Located in the heart of the village in a heritage home with a beautiful garden, the inn **Auberge La Marguerite**, also in L'Islet, offers hearty breakfasts served in their sunny dining area. In the evening, the owner and chef proposes a table d'hôte of fine, 5-service French cuisine where local products are the stars.

Here are a few suggestions for breaking bread in St-Jean-Port-Joli. For home-roasted coffee and good teas accompanying a continental breakfast or an excellent dessert, look no further than the **Café Bonté Divine**, a place of unique flavours where you can relax before setting out to the riverside or visiting the local craftsmen. **La Libellule** is a friendly, bring-your-own-wine restaurant that has been offering homemade cuisine for more

than 30 years. Its secret is in the comforting soups, freshly baked breads, the many vegetarian dishes, pita sandwiches and pizzas, all made with the freshest ingredients and sprinkled with creativity and joy.

For a more substantial meal, you should visit **La Coureuse des Grèves** in the heart of St-Jean-Port-Joli. The restaurant operates inside a superb and completely restored ancestral home. With its seasonal à la carte menu and spacious heated terrace, there is no better place to have a good time while pairing good wines with constantly reinvented dishes of local flavours. The chef harmonizes his delicious and colourful cuisine with the rhythms of the seasons. To enjoy the flavours of local beers, go to **Microbrasserie Ras L'Bock** located upstairs from Café OK, facing the marina. This new micro-brewery based in Saint-Jean-Port-Joli is a cool place with some spectacular sunsets over the river.



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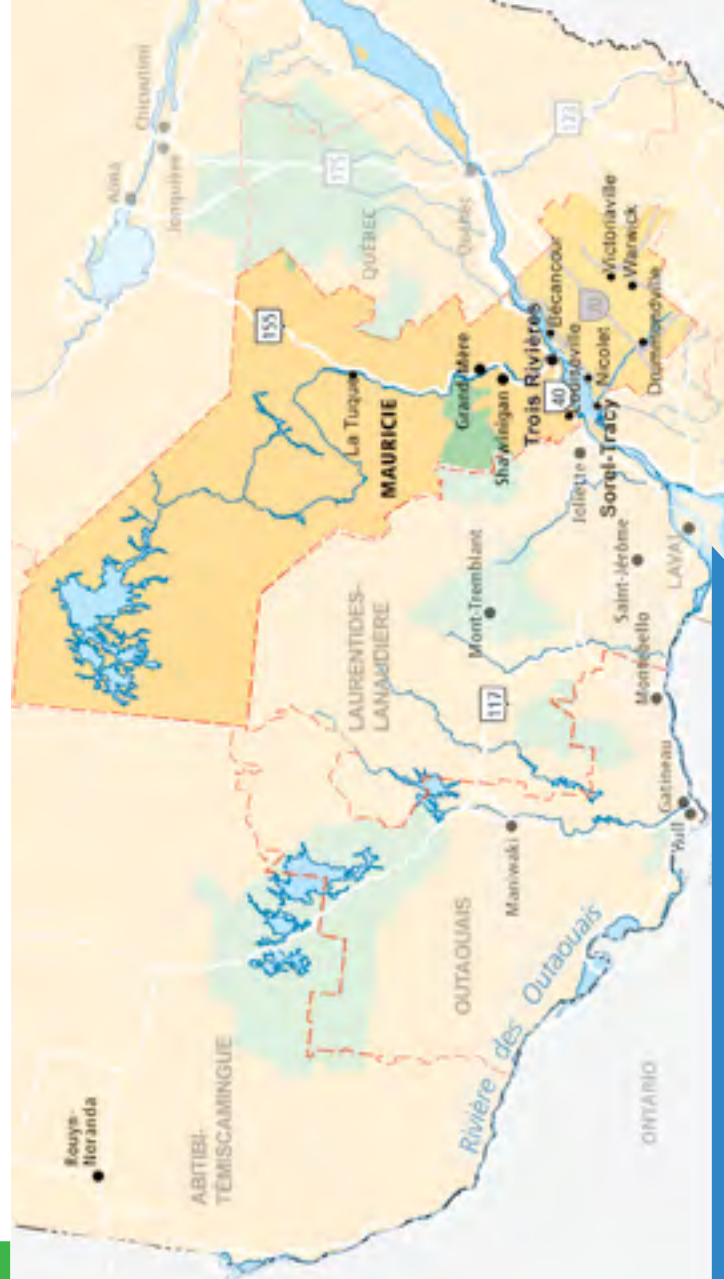
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LUC PLAMONDON

“DES MOTS QUI SONNENT”

Luc Plamondon, best known for his work on the musicals *Starmania* and *Notre-Dame de Paris*, was born and raised in Saint-Raymond, Québec. Who knows if the roads of Portneuf might have inspired his first hit in 1970, “Les chemins d’été” (better known to the public as “Dans ma Camaro”), written with André Gagnon and performed by Steve Fiset?

Following this, in 1972, he began closely working with four female singers: Emmanuelle, Monique Leyrac, Renée Claude and gay icon Diane Dufresne, for whom he wrote her greatest hits. One among the few great French-language lyricists, he has also written songs for many other artists from Québec as well as Europe, including Julien Clerc, Nicole Croisille, Françoise Hardy, Johnny Hallyday, Richard Cocciante, Claude Dubois, Nicole Martin, Robert Charlebois, Pierre Bertrand, Fabienne Thibeault, Nanette Workman, Martine St-Clair, Diane Tell, Éric Lapointe, Ginette Reno, Julie Arel, Donald Lautrec, Petula Clark, Murray Head, Catherine Lara, Garou, Julie Zenatti, Daniel Balavoine, Barbara, France Castel, Bruno

Pelletier and Marie Denise Pelletier.

In 1976, Plamondon began collaborating with composer Michel Berger on the rock opera *Starmania*. The show opened in Paris in 1979 before being presented in Montréal in 1980. It is worth noting that *Starmania* featured Ziggy, an audacious song in a time when homosexuality was still a taboo subject on both sides of the Atlantic.

In 1992, at the height of the AIDS epidemic, Plamondon wrote the song *L’Amour Existe Encore*, a heartfelt anthem about resilience in the face of the epidemic. This song, as well as Ziggy, were later reprised by Celine Dion, instantly turning her into a gay icon.

Following the death of Plamondon’s first music teacher Augustine Plamondon, he acquired the building where he attended his first piano lessons as a child and offered it to the town of Saint-Raymond. This memorial site was opened to the public in 2016.



TROIS-RIVIÈRES THE CITY OF LAVIOLETTE

For centuries, the area now known as Trois-Rivières was frequented by Algonquins and Abenakis as a summer stopping place. French explorer Jacques Cartier described the site while on his second journey to the New World in 1535. The name Trois-Rivières (three rivers), however, was given only in 1599, and first appeared on maps of the area in 1601. It is due in fact to an optical illusion: it refers to the three channels that the Saint-Maurice River forms at its mouth with the St. Lawrence River in elapsing between two islands, those of Potherie and Saint-Quentin.

As soon as 1603, Samuel de Champlain recommended establishing a permanent settlement in the area, which was finally done on July 4, 1634 by the Sieur de Laviolette. The city was the second to be founded in New France (after Québec City, before Montréal) and – thanks to its strategic location – played an important role in the colony and in the fur trade. The settlement became the seat of a regional government in 1665.

Trois-Rivières is Canada’s oldest industrial city, with its first foundry established in 1738. The forge produced iron and cast for 150 years, and

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is now a national historical site to visit. Trois-Rivières continued to grow in stature under the British rule, and with the development of the lumber industry along the Saint-Maurice valley, it was known as the pulp and paper industry capital of the world from the late 1920s until the early 1960s. Despite the decline of that industry, you can often smell the odour of pulp and paper when walking through the city.

Located halfway between Montréal and Québec, the Mauricie region is the second oldest area of European settlement in New France. From the 1970's until the first years of this century, Trois-Rivières had a gay nightlife with a few gay and lesbian bars, but it has since declined due to the fierce competition of the gay scenes in Montréal and Québec just an hour away by

car. Today, Trois-Rivières' gay scene is reduced to **Cabaret Tapis Rouge** in Cap-de-la-Madeleine.

Despite the 1908 fire that destroyed the greater part of the city and the majority of its original buildings - many of which dated back to the French colonial period - you can still discover the many charms of Old Trois-Rivières when strolling along Des Ursulines Street. The **Ursulines Monastery** and the **Manoir de Niverville**, which is now a museum, are amongst the city's oldest buildings. The whole area has been revamped in 2009 for the 375th anniversary of the city.

But Trois-Rivières isn't purely of historical interest: there are also the bustling bars, cafés and clubs on des Forges and Royale streets downtown, just next to the old city where

restaurant and bar terraces spill out onto the street. From there, at the very beginning of Des Forges Street, you can access the Old Port where a lot of events take place right by the giant river.

A vibrant cultural scene

A university town since 1969, Trois-Rivières has developed over the last few decades a burgeoning cultural scene. Perched at the confluence of the St. Lawrence and Saint-Maurice rivers, the **Amphithéâtre Cogeco**, built on the site of a former paper mill, has largely contributed in stimulating this cultural life. Under its bright red roof, it plays host every summer to the biggest local, national and international productions. The **Cirque du Soleil** and the **Festival Trois-Rivières en blues**, as well as musicals and prominent artists, delight

audiences from near and far. With the river at its doorstep and the mild summer breezes setting the mood, it's the perfect venue for open-air performances. And when autumn rolls in, the doors are closed to create an ultra-chic cabaret scene. This summer, the Amphithéâtre Cogeco presents **Cirque du Soleil's Stone** musical, a tribute to Québec's most famous songwriter **Luc Plamondon**, who notably wrote some of the biggest French hits for Céline Dion during her early career, including *Ziggy* and *L'amour existe encore* (Love still exists), which propelled the international star as a gay icon.

Downtown, the **Musée québécois de culture populaire** is an entertaining pop culture museum designed to please everyone, with themed interactive exhibitions that allow you to discover the

culture of Québec.

Housed in a former factory, **Boréalis** is dedicated to the pulp and paper industry that propelled the economic growth of Trois-Rivières. Visitors are treated to a complete overview of pulp and paper. The Saint-Maurice River, the region's forests, the loggers and log drives, and the life of factory workers are all on display inside a mill dating back to 1920. The architecture, still intact, bears witness to the rich history of the site, as do the underground vaults.

In early summer, the **FestiVoix** presents numerous singer-songwriters for an array of outdoor shows, a nine-day celebration of music. In June, the Festival international DansEncore brings together more than 150 artists from

Canada, the U.S. and Europe, who tear up the stages of the downtown venues in a relaxed atmosphere, with a variety of performances and some legendary parties.

The highlight of the cultural year by far is the famed **Festival international de poésie** held in October, a magnet for gay and lesbian literary souls who gather to hear poets from around the world read and share their work. Thousands of poems adorn Parc Champlain, while poets from five continents converge in the downtown area. Widely recognized as the poetry capital of Québec, Trois-Rivières displays throughout the year hundreds of poems, in French as well as a range of other languages, on different walls around the city.

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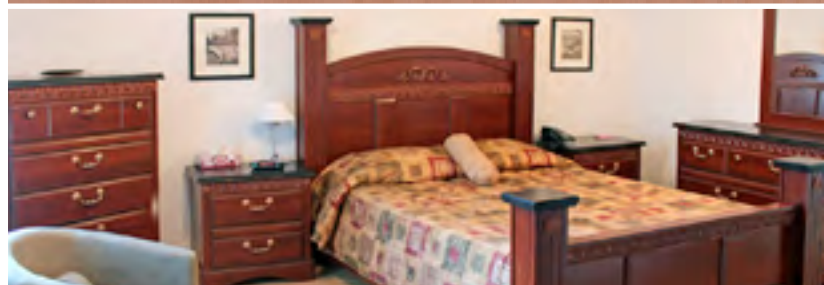
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WHERE TO DINE

IN TROIS-RIVIÈRES?

The best tables in Trois-Rivières are without a doubt found on Forges Street near Royale Avenue in the heart of downtown Trois-Rivières. Visitors will appreciate the urban vibe which comes alive in the summer with many popular bars and terraces.

At the top of our list of recommended gay-friendly spots is the restaurant **Aqua** and its unique décor, offering a bistro-style lunch menu, a full menu in the evening and hearty breakfasts from Friday to Sunday. Pasta, burgers, quality grills, seafood and more, chef and owner Stéphane proposes audacious dishes that will surely blow you away.

A few steps away, the restaurant **Le Grill** offers a combination of dishes inspired by the chef's travels around the world. Entirely renovated in 2015 for its tenth anniversary, the contemporary décor is cozy and charming. The menu offers a selection of juicy and tender steaks, slowly-cooked rib roasts, and fresh fish and seafood.

A variety of grilled meats, tartares, salads and hamburgers are some of the other featured dishes, and let's not forget an exceptional wine selection to go with them!

Amidst slate walls, Edison bulbs, natural wood and imaginatively salvaged materials, you'll be captivated by the chic ambiance of newly opened restaurant **Le Pot – Papilles et Cocktails**. Here, the expert knowledge of mixology translates into unique and flavourful cocktails, perfect pairings with a menu composed of delicious local products. The sun-drenched terrace is also hard to resist.

Les Soeurs Grises, like its Montréal sister, is a microbrewery and bistro offering comfort food and unique, delicious craft beers. The place loves reinventing urban cuisine and providing a casual, friendly atmosphere for its clients to enjoy. Try one of the smoked classics, such as the pulled pork, beef jerky and pork ribs. You'll be glad you did!



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Outside of the downtown area on Récollets Boulevard, the restaurant **Éléphant**, opened three years ago, has already greatly impressed visitors with delicious Indian cuisine showcasing local products. In a minimalist but cozy décor with friendly staff, start off the evening with a lassi, a refreshing traditional Indian beverage.

At the café **Les Mauvais Perdants** on the north side of Des Forges Boulevard, curious newcomers and die-hard fanatics are invited to come share in the

festive atmosphere and join in the board games while enjoying a drink or meal. **Les mauvais perdants** (poor losers) is an entertaining café that focuses on spreading goodwill and fun via board games. It's an unpretentious and welcoming venue for people of all ages and sexual orientations.

On the south shore in Bécancour, the dining room at **The Godefroy** inn proposes first-class culinary discoveries. This restaurant offers well-balanced and delectable dishes, taking pride in using trendy, local produce chosen from nearby farms. Lastly, in the town of Nicolet, Hôtel Monfort's dining room **Ô Réfectoire** is set in a former refectory and offers an exceptional culinary experience. The menu allows you to discover local products typical of Nicolet and the general Centre of Québec region. The hotel is committed to using locally grown produce as much as possible.

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FROM
SHAWINIGAN
TO GYPSIES

SERGE
DENONCOURT

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A native of Shawinigan, Serge Denoncourt is one of the most prolific actors and directors in Québec, having brought to the stage more than 120 plays. He founded the company Théâtre de l'Opsis in 1984, and from 1994 to 1997 he assumed the role of Artistic Director at the Théâtre du trident in Québec City. Interestingly, his path diverged from his initial plans of studying medicine. He was accepted at the National Theater School of Canada in Montréal before entering the theater programme at Collège Lionel-Groulx.

Denoncourt has not only directed classic plays by Molière, Tennessee Williams and Chekhov to name a few, but also the great works of our own Québec playwrights such as Michel Tremblay and Michel Marc Bouchard. In addition to his work with l'Opsis and Trident, he has directed productions for notable theaters in Montréal, including Denise-Pelletier, Quat'Sous and Nouveau Monde. His has also been capable of displaying his range as an artist, from working in opera to variety shows. He has

directed an Arturo Brachetti show and developed the artistic and visual concept of two world tours by European Eros Ramazzotti. He has also tried his hand at contemporary circus with Cirque du Soleil's "Criss Angel Believe" in Las Vegas, which he conceived and directed. Denoncourt has won four Masques awards in Montréal and a Molière award in Paris in 2000.

In the summer of 2011, he collaborated with So You Think You Can Dance winner Nicolas Archambault to create the show "GRUBB The Musical", starring young gypsies from Belgrade. The production was developed in order to bring support to the youngsters through educational and artistic projects. It was presented a year later at the Montréal International Jazz Festival. In 2015, he became better known to the general public as one of the judges on the TV show Les Dieux de la Danse presented on the Radio-Canada channel.



Cité de l'Énergie
© Yvan Cossette, Picasa

ENERGY & INDUSTRY!

Another attraction not to miss: the Forges-du-Saint-Maurice. Located about 20 minutes from downtown Trois-Rivières, this historic site commemorates Canada's first iron industry, which was in operation since the 18th century. The many well preserved archaeological remains let you travel back in time to the birth and evolution of the country's earliest forges.

In Shawinigan, the first destination we suggest is la Cité de l'énergie, a science-and-technology complex

based around the theme of energy. You can check out the hydroelectric plants, interactive exhibits, multimedia presentations and fascinating scientific demos. It's the ultimate place to discover the marvels of electricity, pulp & paper, aluminum and electrochemical technologies. Experts show you experiments on magnetic levitation and hydrogen power. Take a moment to climb to the second highest observation tower in Québec to enjoy the spectacular view.



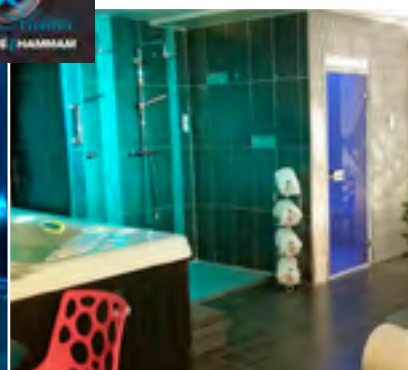
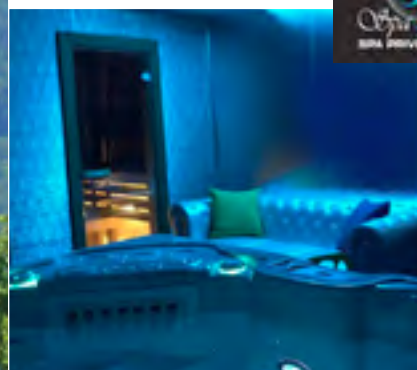
The Cité de l'énergie presents an exhibition entitled Museum of Prime Minister Jean Chrétien: Canada in the World, displaying the numerous gifts Chrétien received from all over the world during his time in office. The "kid from Shawinigan" first defended the heterosexual nature of marriage in the early 2000s before later initiating the process that lead to the recognition of equal rights for all after the Supreme Court's decision to invalidate that definition in 2003.

Following the municipal mergers of 2001, the new city of Shawinigan now includes the old city of Grand-mère as well as many quaint little villages. You should definitely visit the

charming village of **Sainte-Flore** de Grand-mère, featuring many inns, restaurants and cafés. Sainte-Flore has been hosting the **Rendez-vous des peintres** event every month of August since the year 2003, showcasing the beauty of this picturesque village. There are many gay-friendly establishments here as well. You should also stop in the lovely village of Saint-Jean-des-Piles, near the Mauricie national park. The view of the majestic Pointe-à-la-Mine cape projecting into the St-Maurice River is just breathtaking. For fans of the outdoors, the Mauricie national park located just outside Shawinigan is the perfect place to kick back and relax, surrounded by the

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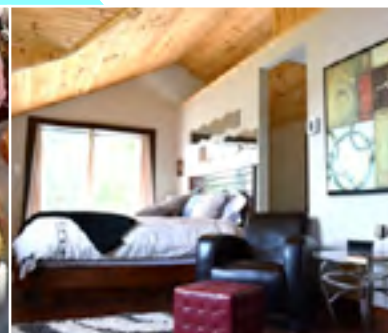
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forest and mountains. There are many activities here from which to choose, such as canoeing, camping, hiking, swimming, and, in the winter, cross-country skiing. Although the region has developed a gay and lesbian community through the decades, establishments

specifically targeting the community have dwindled in favor of the big cities of Montréal and Québec, both just 1 ½ hours away. Still, there are many gay-friendly spots in downtown Trois-Rivières and Shawinigan.

ACCOMMODATION

Auberge aux Goglus

1404 Rue Principale,
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Restaurant offering fine cuisine at St-Jean-des-Piles, just minutes from the majestic Mauricie National Park. Innovative cuisine, neat atmosphere, friendly and intimate, a gourmet address to the finest palaces.

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www.auberge-st-mathieu-du-lac.com

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4200, 65 e Av.,
Ste-Flore-de-Grand-Mère,
Shawinigan, G9T 0C9

Domaine Ste-Flore is located on a wide private woodland at the center of the beautiful Mauricie region. At the heart of the site, you'll find the magnificent lake Chrétien. The site is a peaceful place where serenity goes along with outdoor activities.

819.601.8692

www.domainesteflore.com

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www.gitedelabaie.com

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660, ch. St Marc,
St-Mathieu-du-Parc, G0X 1N0

At only ten minutes from the National Park of Mauricie, there you will find peace and comfort, surrounded by mountains, forests and about sixty lakes.

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www.gitechambrechaletstmathieuduparc.com

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WHERE TO EAT IN SHAWINIGAN?

In downtown Shawinigan, the trendy place to be is at **Le Radoteux**. This resto-lounge is characterized by its exceptional design where a combination of different materials transports us into another world. Le Radoteux also distinguishes itself by offering four separate ambiances: a hip "Lounge" area that is perfect for happy hours; a pleasant and discreet "Corpo" reunion room for professional meetings; the "Foyer" where couples can enjoy a cozy and romantic evening; and the "Fresque" space where groups gather for an unforgettable time. In the summer, their urban-chic terrace seats 70 people and has a view onto the Place du marché, where free shows are

occasionally presented.

In the heart of the picturesque town of Saint-Jean-des-Piles and only a few steps away from the majestic Parc National de la Mauricie Shawinigan City, the inn **l'Auberge Aux Goglus** offers one of the finest tables in the region. Bring your own wine and treat yourself to an excellent and innovative seasonal menu while enjoying the warm and intimate ambiance. The finer palates will delight in dishes informed by seasonal produce and inspired by the gastronomic passions of your hosts. With its diverse cuisine and intoxicating aromas, foodies will come away more than pleased.

In the charming village of

LE
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The Resto-Lounge the Radoteux is distinguished by its exceptional design where the excellent combination of materials transports us into another universe. The quality of our unmatched dishes and our passionate and attentive staff will guide you on your gastronomic journey.

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(819) 537-4545



Auberge et Restaurant



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fresh cuisine at 5Km from the
Mauricie National Parc*

www.aubergeauxgoglus.com

1404 chemin de St-Jean-des-Piles,
Shawinigan GoX 2Vo

(819) 538-3070

Ste-Flore-de-Grand-mère, you should go to **Zélé** restaurant. This small bistro style restaurant features French-inspired cuisine made with seasonal local produce. You will like their Wednesdays at \$17, which includes a glass of beer. For bigger budgets, try their Guinea Pig Thursdays, where you will have the chance to test a

gourmet meal for \$25, including a glass of wine.

Nearby, **Ent'2 Tranches** offers fresh pastries and breads and menus for breakfast, lunch and dinner. You can find there also a wide variety of draft beers, many coming from Mauricie area.

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Le Radoteux

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The Resto-Lounge the Radoteux is distinguished by its exceptional design where the excellent combination of materials transports us into another universe. The quality of our unmatched dishes and our passionate and attentive staff will guide you on your gastronomic journey.

819.537.4545

www.leradoteux.com

Restaurant Zélé

3230 50e Av,
Grand-Mère, G9T 1A3

Zélé, a must-see new little bistro-style restaurant with a unique flair of French-inspired cuisine made up of local and seasonal products!

819.729.0466

ATTRACTIONS

Cité de l'énergie

1000, av. Melville,
Shawinigan, G9N 6T9

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Ste-Flore-de-Grand-Mère



ent2tranches.com

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Domaine Ste-Flore is located on the shores of the beautiful Lac Chrétien on a large natural and private site in the heart of the Mauricie region

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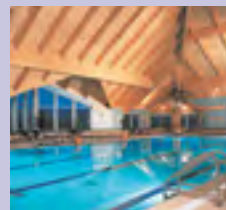
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The Inn at Lac à l'Eau Claire :
The source of relaxation itself



AT THE HEART OF NATURE

West of Mauricie in the Lanaudière region, the village of Saint-Alexis-des-Monts nestles comfortably in the forests among the mountains, rivers and lakes. The village has preserved all of its country charm. The surrounding wilderness is calming and breathtakingly beautiful. Pure bliss.

This very popular village was built around a lake where both summer and winter fishing are practiced. Every summer, Saint-Alexis hosts the **Festival de la Truite Mouchetée**,

which celebrates the speckled trout. It is the entrance into the **Mastigouche wildlife reserve** adjacent to the Mauricie national park.

Located in the vicinity of the region's large urban centres, the réserve faunique Mastigouche features rich natural environments that are easily accessible through a well-maintained road network. It is a relaxing and ideal vacation destination. Besides the traditional activities of fishing and hunting, hiking and canoe-camping are other ways of discovering the area. The

Get-away Package:

- One night accommodation
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- Buffet breakfast
- Bottle of sparkling wine in your room
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www.lacaleauclaire.com

Lac-Saint-Bernard camping ground is especially nice.

Located in the heart of the forest on the outskirts of the Mastigouche wildlife reserve, the **Hôtel Sacacomie** overlooks a majestic lake with a shoreline of more than 40 km. In this enchanting setting

where nature reigns supreme, the house on the lake blends in perfectly, with its unique and rustic log-cabin structure.

ACCOMMODATION

Auberge du Lac à l'Eau Claire

2050, chemin du Lac à l'Eau Claire,
Saint-Alexis-des-Monts, J0K 1V0

In addition to 23 standard and deluxe rooms, the Inn building also houses the reception desk, a relaxation area, the dining room, the bar, and a few meeting rooms, not to mention a game room, and a room in which fishing or snowmobiling gear can be stored.

Hôtel Sacacomie

4000, chemin Yvon-Plante,
Saint-Alexis-des-Monts, J0K 1V0

Situated between Montreal and Québec city, hotel Sacacomie is a gateway to nature. Located in the heart of the forest near the Mastigouche wildlife sanctuary, the hotel overlooks the majestic Sacacomie Lake.

Sépaq Mastigouche

830, rue Sainte-Anne,
Saint-Alexis-des-Monts, J0K 1V0

Réserve faunique Mastigouche ideal for a holiday with his traditional hunting and fishing also offers hiking and canoe camping.

ATTRACTIONS

Parc National de la Mauricie

Saint-Mathieu-du-Parc,
QC, G0X 1N0

La Mauricie National Park offers several recreational activities. Sport fishing, hiking, cycling, canoeing, kayaking, swimming, interpretation trails, cross-country skiing, snowshoeing, camping, both summer and winter.

Réserve Faunique Mastigouche

830, rue Sainte-Anne, Case postale 1760
Saint-Alexis-des-Monts, Québec, J0K 1V0

Close to the major centers and shared between the Lanaudière and Mauricie regions, the Mastigouche Wildlife Reserve presents a rich natural environment that is accessed thanks to a well-maintained road network.

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www.lacaleauclair.com

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www.sacacomie.com

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www.sepaq.com/rf/mas

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Photo: Steve Deschênes

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RÉSEAU **Sépaq** 



CENTRE-DU-QUÉBEC



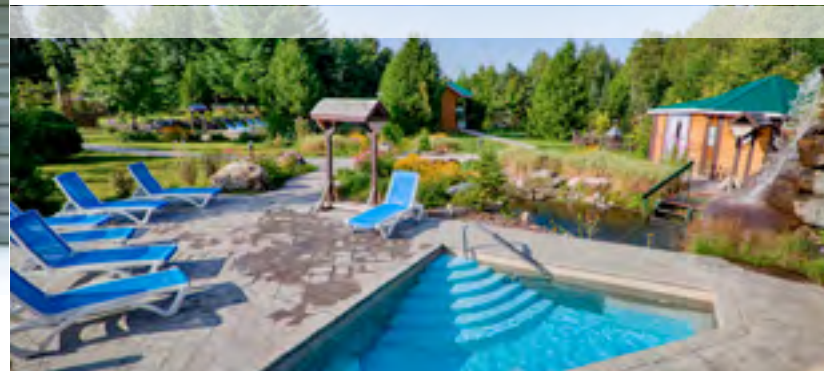
THE HEART OF QUÉBEC

South of the Saint-Lawrence River, the Centre-du-Québec region well deserves its name as it is adjacent to all of the most populated regions of the province: Montréal and Montérégie, the Eastern Townships, Mauricie, as well as Québec City and the greater area of the National Capital. From the lands around Saint-Pierre lake (the largest body of fresh water from the Saint-Lawrence), to the buttress of the Appalachian Mountains, this is the former territory of the Native American Abenaki tribe, who were allies of the French during the colonial era. You can discover their culture and history in Odanak and Wolinak.

Centre-du-Québec has been a largely agricultural region since the European settlement. In addition, thanks to its privileged geographical situation, it developed a dynamic industrial life which is concentrated in the three main urban centres of the area: Bécancour across from Trois-Rivières, the main city and administrative capital of Drummondville, and Victoriaville, a modern city that still

retains the charm of provincial towns. The region is crossed by two highways, the trans-québécois route 55 which links Sherbrooke to Trois-Rivières, and the Trans Canada Highway, which links Québec to Montréal. Needless to say there is ample access for visitors who wish to discover the many tourist attractions. It is also the birthplace of poutine, the legendary Québécois fast-food dish made of French fries covered with gravy and cheese curds. The city of Warwick, which is just outside Victoriaville and well known for its cheese production, has forever argued with Drummondville about where the dish originated first. Being so centrally located in the province, these two cities have also been points of interest for the gay community, albeit periodically. Nowadays, the community almost exclusively favors the cities of Montréal and Québec, and all that remains of the gay lifestyle in the region is the nudist camping ground of St-François-du-Lac, near Lac St-Pierre.

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FROM BÉCANCOUR TO LAC SAINT-PIERRE

On the south coast of the St-Lawrence River, the town of **Bécancour** is part of the greater Trois-Rivières area. Connected to the administrative capital of the neighboring Mauricie region by the Laviolette bridge, Bécancour features quite possibly the most attractive hotel accommodation of the metropolitan region: l'Auberge Godefroy. A few kilometers away, towards Lac Saint-Pierre on route 132, the town of **Nicolet** features the Hôtel Montfort, another sought-after establishment. Nicolet is a bird sanctuary and is very popular with visitors who want to admire the wildlife. The Lac St-Pierre area is one of the major components of the Saint-Lawrence ecosystem. Its exceptional environment holds priceless treasures. The silver maple, which is increasingly rare in the province, is the dominant tree here and this region also features the most important flood plain in the province. In the springtime, the water submerges more than 7000 ha of

natural prairies, shrubs and riparian forests, and 4000 ha of cultivated land. 800 000 birds pass through the area during their spring migration.

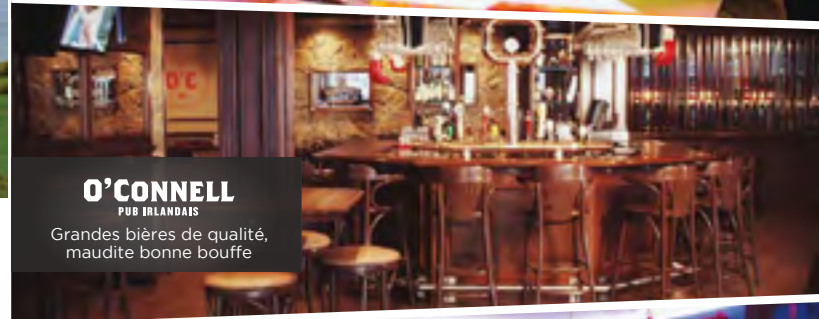
The UNESCO-recognized **Réserve de la biosphère du Lac Saint-Pierre** has a total surface area of 480 square kilometers. It has the largest heron colony in North America with more than 1300 identified nests, as well as being the first spring staging area for the greater snow goose on the St-Lawrence River. The village of **Baie-du-Febvre** is a privileged site for observing snow geese in the springtime.

For those who would rather observe the natural beauty of men, the **Domaine Émeraude** in Saint-François-du-Lac is a nudist resort for gay men who wish to practice nudism in verdant and charming scenery. The main site offers a variety of social activities while the large island is a great spot for peace and privacy.



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Portrait de Peter Flinsch

CLAUDE BIBEAU

A UNIQUE ARTIST

Born in Drummondville in 1954, Claude Bibeau began a career as an artist which spanned more than 2 decades. In 1973, he aroused interest as a founder of the Mouvement Bonbon, along with painter Colin Chabot. Many labels were applied to his work - from hyperrealism to naïve art to surrealism - but above all his paintings revealed a unique artistic outlook with an incisive and original vision of society. Graced with a mastery of colour and exceptional skills at drawing, Bibeau left in his wake a body of work both rich and mature, but unfortunately unfinished. Two of his major paintings, "Figure de tragédie" and "Sébastien", can be found in the permanent collection of the Musée national des beaux-arts du Québec.

Bibeau explored themes found in naïve art through landscapes, still lifes and portraits, and was

also influenced by Pop Art, using psychedelic, hyperreal and surreal imagery. He was one of the rare representatives of that movement in Québec. His work was presented in France, Mexico and Canada, and most of it belongs to private collections in Europe and North America. Sadly, he was diagnosed with HIV in the early 90's and his health began deteriorating after 1996. He travelled to Europe with his lover of 17 years, Uwe von Harpe, but when the latter suddenly died in 1997 and Bibeau's own health worsened, he was forced to abandon painting. On July 30, 1999, after months of fighting the disease, he passed away surrounded by his closest friends.

You can discover the work of this unique artist by visiting the Espace Claude Bibeau on the web site www.galeriecb.com, which is managed by Christian Bédard.



DRUMMONDVILLE 200

With a population of 75 000, Drummondville is the main city in the region. It is crossed by two highways (the trans-québécois route 55 and the Trans-Canada Highway) and is a popular stop for travellers between Montréal and Québec. It was founded as a garrison town on the Saint-François River after the battle of 1812-1814 between Great Britain and the emerging United States. Drummondville owes its name to illustrious British General Drummond. Great Britain wished to station demobilized soldiers and ensure a vigilant presence along one of the main access roads to the centre of Québec in order to prevent a possible U.S. invasion.

Drummondville only really started to develop and thrive after the 1920 construction of the hydroelectric power plant of Chute Hemmings, which encouraged industrialization. The economy has diversified since then, thanks in large part to the city's key

geographical situation in the heart of Québec. History buffs will surely want to stop at the Village québécois d'antan to learn about the way of life of rural Québec in the 19th century. Located in an enchanting setting near the banks of the Saint-François River, this typical 19th century village will bring you back to the years between 1810 and 1930. It features 70 buildings, 22 authentic old houses and no less than 18 museums dedicated to traditional trades.

In the summer, enthusiasts of traditional cultures come together for the Mondial des cultures, a folk festival that takes place in early July in Drummondville's Woodyatt park - a yearly event that began more than 30 years ago. During the 11 days of festivities, dozens of renowned artists and folk ensembles from around the world participate in this event, which in the last few years has counted more than 200 000 visitors per edition. The Mondial des Cultures is an essential cultural event in Québec, with more than



450 artistic and interactive activities, and 400 international artists. There are around 15 represented countries every year, sharing their culture with the public through their music, dance and song. Craftsmen, restaurateurs and suppliers of both local and international exclusive goods complement this trip around the world.

In August, the city which claims to be the birthplace of poutine, the 50 year old Québec specialty of French fries covered in gravy and cheese curds, hosts the Festival de la poutine. In the heart of Drummondville, Lindsay Street offers numerous restaurants and terraces, some of the best in the city. Lastly, treat yourself to a stay at the restaurant and inn À la bonne vôtre for its many charms and delicious cuisine.

ACCOMMODATION

À la bonne vôtre

207, rue Lindsay,
Drummondville, J2C 1N8

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www.alabonnevotre.ca

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261, rang de la Grande-Terre,
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450.568.3634
www.domaine-emmaude.com

Hôtel Montfort Nicolet

1141, rue Saint-Jean-Baptiste,
Nicolet, J3T 1W4

Montfort Nicolet Hotel offers 83 finely decorated rooms that are suitable for all needs. From \$115 per night in a double room including breakfast, you are invited to enjoy an outstanding getaway in Nicolet.

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Serge Boucher
© Jocelyn Michel

SERGE BOUCHER

FROM *MOTEL*
HÉLÈNE
TO *APPARENCES*

Playwright Serge Boucher is a native of Victoriaville in Centre-du-Québec. Like fellow playwright Michel-Marc Bouchard, he focuses more on the realities of Québec outside the large urban centres of Montréal and Québec City. He is an important dramatist whose first play, *Nature Morte*, was brought to the stage by playwright Michel Tremblay, who was then trying his hand at directing. This first effort won Boucher the Gratien Gélinas prize and sparked interest in his writing among the theatre's artistic community. His notoriety quickly came with his second play, *Motel Hélène*, the story of Johanne, who is caught between her brutal lover and the homosexual corner store clerk, while trying to find meaning to her existence. The author incorporates sexual diversity in a positive manner, notably with the recurring character of François.

Boucher has also written for the small screen. The series *Aveux*, set in La Tuque in the Mauricie region, was presented on the Radio-Canada channel and received considerable acclaim. His mysterious mini-series *Apparences* was also a hit with TV audiences and critics.

Boucher doesn't shy away from tackling many difficult themes both directly and peripherally, such as pedophilia and transsexualism, and putting at the centre of his stories bisexual or otherwise sexually complicated or troubled characters with great skill and sensibility. In the play *Avec Norm*, he dealt with the realities of poverty, the capacity for empathy, and the powerlessness and/or impotence of some of our society's institutions.

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In the heart of Bois-Francs' vast plains of maple and other hardwood trees, Victoriaville is the main regional county municipality of Arthabaska. The city is the cradle of sustainable durability in Québec, where important environmental concerns such as recycling, hybrid municipal vehicles and tree planting projects first emerged. This charming town of 45 000 inhabitants was the birthplace of playwright **Serge Boucher** and, more notoriously, of the first francophone Prime Minister of Canada, **Sir Wilfrid Laurier**, whose home was transformed into a museum.

In the month of May, epicureans will want to go to the **Festival des Fromages Fins de Victoriaville**, an unmissable event for all cheese lovers who wish to discover new and delicious local products. For music fans, the **Festival International de Musique Actuelle**, also held in May, presents concerts by internationally renowned musicians. It also features art exhibitions and sonic installations. The festival is a kind of research lab for contemporary, jazz, rock and electro-acoustic music, and it aims to be the most important event of its kind in North

America. In July, the city vibrates to blues music during the **Festival de blues de Victoriaville**. Night owls will want to continue the party at the clubs and restaurants of downtown's **Complexe Évasion**, whose promoters had given the city its first gay bar a few years ago.

Not far from the city, the **parc du Mont Arthabaska** offers a great observation post with a belvedere overlooking the entire region. The park is very popular with bird lovers and mountain bike enthusiasts, and it also has a picnic area and hiking paths. In the winter, there are trails for cross-country skiing and snowshoe trekking, as well as snow slides. 12 kilometers from Victoriaville, the small town of **Warwick**, which is well known for its dairy and processed-food industry, appears to be the birthplace of the popular fast-food dish poutine. Warwick is the self-proclaimed **capital of fine cheeses in Québec**. On the outskirts of Warwick, you must visit the **Fromagerie du Presbytère** and discover their very fine cheeses. Lastly, who says cheese says wine so stop by the **Côtes de Gavet** vineyard to sample some of the region's finest wines.

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IN POUTINE COUNTRY

Poutine is a Québec fast-food dish that is rapidly gaining popularity across the world. Although there is some controversy surrounding its invention, the recipe of French fries with gravy and melted cheese did indeed originate in Centre-du-Québec (Central Québec), which might explain how it spread throughout the province in just a few decades. The most common story is that it came from a restaurant previously called “Le lutin qui rit” in Warwick, a town that is renowned for its cheese. Legend has it that in 1957, a client named Eddie Lainesse was ordering takeout and asked owner Fernand Lachance to put his French fries and cheese in the same paper bag, to which the owner replied “That’ll make for a heck of a poutine”, a Québec French expression meaning a strange mix.

The restaurant “Le Roy Julep” in Drummondville also insists it invented the dish and even

registered a trademark claiming so. Indeed, the restaurant’s owner, Jean-Paul Roy, was the first to serve poutine the way we know it today: fries covered with cheese curds and hot gravy. Thus, he commercialised it but did not invent it per se. The name poutine seems to have come from the pairing of the English word “pudding” and the nickname of the cook that popularized it, “Ti-Pout”. According to M. Roy, he added poutine to his menu after three customers regularly requested that he prepare it for them.

One thing that is certain is that poutine is celebrated each year in August in the city of Drummondville, during the popular Festival de la poutine. In certain neighboring regions of Chaudière-Appalaches, the dish is called a “mixte”. There is an Acadian version of the dish, using grated cheese instead of cheese curds.



MORE THAN JUST POUTINE

Although the region can claim to have invented poutine, and rightly so, it certainly has more to offer in the world of gastronomy. Incurable fans of poutine who will gather at the Festival de la poutine in Drummondville in late August should take the opportunity to catch a live show by the very gay-friendly musical band Les Trois Accords, who released their latest album *La joie d’être gai* (the joys of being gay) in 2015. Attendees will want to go relish a poutine at **Le Roy Julep**, the specific place that claims to be the inventor of the fast-food dish. A wide and stunning selection of the best poutines in the world is on the menu.

If you are looking for fine cuisine of local flavours, you should visit the

bistro **À la bonne vôtre** on Lindsay Street in Drummondville. Every day, the chef concocts and rethinks his menu, taking into account available products from local suppliers. His exquisite cuisine as well as the intimate and rustic décor of this inn will stimulate your taste buds and pleasure centres.

In Warwick, which also claims to be the town where poutine first appeared, you can choose from an excellent selection of them at **Lampron Highland Grill**. This bring-your-own-wine restaurant, located in a magnificent ancestral building in the heart of Warwick, offers a wide variety of this national dish, but first and foremost, it offers a menu where Highland beef is brought to the fore.

A few steps away, the **Côtes du Gavet** vineyard welcomes you to its enchanting site on a lush hillside. You can chat about wine and wine-making with the devoted grape producers while sampling their white, rosé, red and Porto-style wines in the sampling room. You can also bring a picnic and enjoy it on their charming covered terrace, offering you a stunning view of the vineyard and the surrounding landscape. You'll find Vignoble Les Côtes du Gavet along the Ballade gourmande des Bois-Francis (road to gourmet delights).

When in Victoriaville, stop at **Complexe Évasion** for a diversified pub-style menu comprised, not

surprisingly, of poutine, but also grilled meats, salads, pizza, tartare and breakfast.

To discover products from the region, you must drop by the boutique **Crystalina**. Besides their homemade chocolate, you'll find other delicious products such as fresh pasta, sauces, ice cream and sorbets, and let's not forget their home-cooked dishes. Crystalina is also a retail outlet for local producers, with exotic meats, pâtés, jams and maple products.

RESTAURANTS & GASTRONOMY

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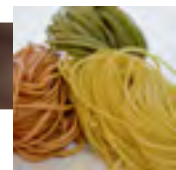


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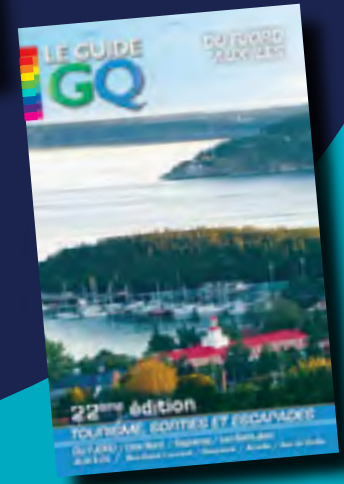
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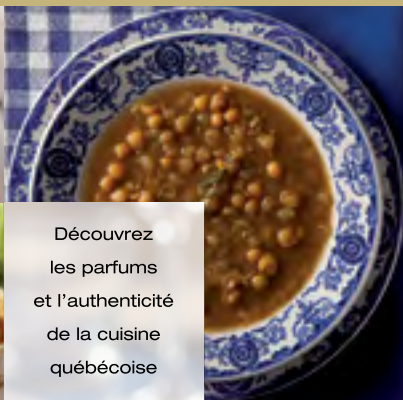
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