



QUEBEC

CYCLING QUEBEC'S LAC SAINT-JEAN REGION BY BIKE 7-DAYS

This cycling adventure is in one of Canada's most culturally rich provinces, Quebec. In 7 days we cycle 256 km / 160 mi through a variety of landscapes from the peaceful island of Île d'Orléans known for its farms, orchards and vineyards to the Saguenay fjord region of Lac Saint-Jean with its rugged mountains, boreal forest and lakes. We'll have slow food experiences tasting and discovering some of the local products from blueberries and cheese, to microbrewery beers and ice cream! We'll also learn about the economic importance and energy source that water has on Quebec as a province.

Day 1

QUEBEC CITY

ARRIVAL

Make your way to Quebec City today, or come in a day or more earlier to explore this culturally rich city located alongside the St. Lawrence River. The city has a fortified core and winding cobblestone streets filled with outdoor cafes. Quebec City definitely has a European flair. Late afternoon there will be a group meeting with your guide who will welcome you over a cocktail and give an orientation of what the upcoming week entails.

Meals: None

Accommodation: Hotel in Quebec City

Day 2

ÎLE D'ORLÉANS - ALMA

BIKING

After breakfast we drive 30 minute to Île d'Orléans, the starting point of our ride. Here we'll get sized for our bikes and have a safety briefing before setting off on a peaceful ride around the Island. At the end of the ride we'll head to a microbrewery for a well deserved local beer. The final stretch is a 3 hour drive to our hotel in the small town of Alma. There will be time for a shower and a rest before meeting for a group dinner.

Distance: 67 km / 41 mi

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Alma



Day 3

ALMA - DOLBEAU-MISTASSINI

BIKING

This morning we'll start with a short drive to Pointe-Taillon National Park. Here we'll get on our bikes and spend the day riding on dirt and paved paths inside the beautiful protected park. If we're lucky, we may even spot a moose in the wilderness. We'll definitely make time to stop on the beach for a refreshing dip in the lake. Riding on a series of country roads and cycle paths that are lined with blueberry fields, we'll make it to the village of Sainte-Jeanne d'Arc where we can visit the old mill. There is just a little bit of riding left today before we get to our hotel for the night in Dolbeau-Mistassini. We highly suggest ending the ride at the city's microbrewery for an ice cold local beer. The evening is on your own.

Distance: 55 km / 34 mi

Meals: Breakfast, Lunch

Accommodation: Hotel in Dolbeau-Mistassini

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com



Day 4

DOLBEAU-MISTASSINI - SAINT-FÉLICIEN BIKING

Today is another great day of biking on quiet roads, past fertile fields of vegetables and into a Boreal forest. We'll stop for a quick visit in Delices, a family-owned business that specializes in producing jams and other products made from wild blueberries. A little further on we'll stop in Normandin for lunch and have a chance to see the cheese factory. At the end of the ride we'll drive to Saint-Félicien, where we'll spend the night. Dinner is on your own tonight, and there are some good options to choose from including the town's microbrewery.

Distance: 60 km / 37 mi

Meals: Breakfast, Lunch

Accommodation: Hotel in Saint-Félicien

Day 5

SAINT-FÉLICIEN - VAL JALBERT BIKING

We'll discover Lac Saint-Jean today biking through the city to the Saint-Prime Marina where it's possible to go for a swim. We continue riding to The Uashassihstsh, Innu Cultural Transmission site for a chance to hear stories and learn about the First Nations communities. We'll have a break in Roberval and then it is the final stretch to the ghost village of Val-Jalbert where we'll overnight. Dinner tonight is a group gourmet dinner at the old mill.

Distance: 40 km / 25 mi

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Val-Jalbert

Day 6

VAL JALBERT - QUEBEC CITY BIKING

Our final day of biking is very scenic and we'll be rewarded with many beautiful views of the lake. There is another opportunity to go for a swim on Rigolet Beach before pedaling alongside the Saguenay River to Alma! Our final night is back in beautiful Québec City where we'll have a farewell dinner and celebrate our successful week of riding the beautiful Saguenay Fjord region.

Distance: 60 km / 37 mi

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Quebec City

Day 7

QUEBEC CITY

DEPARTURE

After breakfast make your way to the Québec Airport for your way back home.

Meals: Breakfast



TRIP INCLUSIONS

Trip Includes

All accommodation, meals as indicated (B-breakfast, L-lunch, D-dinner), land transportation, equipment, and English-speaking guides.

Not Included

International or domestic airfare, gratuities, meals not included, airport transfers and items of a personal nature.

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