

MATAPÉDIA VALLEY

The Matapédia Valley is one of the 5 natural regions of the Gaspé Peninsula. It is not bordered by the Atlantic Ocean, but has many other assets such as mountains that are part of the Appalachian chain, vast forests, and lakes and rivers teeming with salmon. You will also find magnificent ancestral homes, churches, historic sites and covered bridges. The valley was settled by indigenous people more than 2500 years ago. Today, there remains only a community of a few thousand people of Aboriginal descent, grouped in isolated reserves. The name Matapédia means “place where the rivers meet” in Mi’kmaq. It is the perfect destination for anyone seeking contact with nature in its purest form.

WHAT TO DO

BATTLE OF THE RESTIGOUCHE NATIONAL HISTORIC SITE

Take a trip back in time, or more precisely, to **1760** when **France** and **England** were fighting for possession of North American territory. At **Battle of the Restigouche National Historic Site** it is possible to relive the last **naval battle** between the two great European powers. For over 200 years, the wreck of the **Machault**, a **26-gun military sailing vessel** charged with protecting French merchant ships from the British, has remained under water. It is one of only three 18th century French frigates discovered to date in the world. Open from mid-June to mid-September, every day from 9 a.m. to 5 p.m. **40, BOULEVARD PERRON OUEST, POINTE-À-LA-CROIX 418-788-5676 WWW.PC.GC.CA/FR/LHN-NHS/QC/RISTIGOUCHE**

SNORKELING WITH THE SALMON ★

Here is an original way to **observe salmon**: visit them in their natural habitat with a **mask and snorkel!** This unique experience lets you dive and swim among these fascinating fish. You will visit **pools** at the base of waterfalls on different rivers and **small rapids**. Plan on a full day. Departing from **Adam Park**. **Nature Adventure** also offers several other excursions, such as **canoeing or kayaking down the river** with or without a guide, **stand-up paddling on the river** and many options for **hiking** on the Appalachian Trail. Visit their website for more details about the different packages available from late June to late August. Every day from 8 a.m. to 6 p.m. Reservations are necessary.

20, RUE DE L'ÉGLISE,
ST-ALEXIS-DE-MATAPÉDIA
418-865-3554
WWW.MATAPEDIAAVENTURE.COM

CHUTES À PICOT WATERFALL

Distance (round-trip): 2 km
Time: 45 minutes
Level: Easy

A short, easy 2 km hike (round-trip) with no significant inclines leads to Chutes à Picot, with a height of about 10 metres. The trail begins in the forest and then follows a stream until it reaches the falls. It is well maintained and includes a footbridge and a series of wooden stairs. Tables and small benches are also provided. It's a nice spot to take a break, have a picnic, or even go for a dip at the base of the falls. In St-André-de-Restigouche, turn onto 4^e Rang from Rue Principale. A road sign indicates the path to the falls. Route du 4^e Rang, St-André-de-Restigouche **ROUTE DU 4^E RANG, ST-ANDRÉ-DE-RESTIGOUCHE**

CHUTE À PHILOMÈNE WATERFALL

At a height of **33 metres**, **Chute à Philomène** waterfall is another natural attraction in the Matapédia area. **Two trails** let you admire it from every angle. A **picnic area** is provided, as well as a **suspended platform** overlooking the falls! The site offers several information and nature interpretation signs and is accessible at all times. You can also make a short stop in the **village of Saint-Alexandre-des-Lacs**. **RANG ST-LOUIS, ST-ALEXANDRE-DES-LACS WWW.LAMATAPEDIA.CA/CHUTE-PHILOMENE**



SALMON FISHERMEN

© wiki-Dealic-commonswiki

PARC RÉGIONAL SEIGNEURIE DU LAC MATAPÉDIA REGIONAL PARK

Parc régional de la Seigneurie du Lac Matapédia is relatively unknown to tourists, although it is home to a **lovely network of hiking trails** offering **stunning views of Matapédia Lake and the valley**. The 7 hikes are all of an easy to intermediate level. The **Trois-Soeurs** and **Les Crêtes** loops are

the most popular. There are also several **mountain bike trails**, as well as **lovely sandy beaches**. Guides provide plant and animal interpretation activities during tourist season. The site has benches and picnic tables. **ROUTE SOUCY, AMQUI 418-629-2053 WWW.LAMATAPEDIA.CA/PARC-REGIONAL-DE-LA-SEIGNEURIE-DU-LAC-MATAPEDIA**

WHERE TO EAT

RESTAURANT AUBERGE LA COULÉE DOUCE (\$-\$-\$)

This former Brothers' residence, located at the confluence of the Matapédia and Causapsal rivers, is home to Auberge la Coulée Douce since 1984. The restaurant serves excellent regional cuisine featuring local and regional products. The house specialty is the Atlantic salmon. In fact, you may see salmon fishermen in the salmon pools where

the two rivers meet. The dining room, complete with piano, offers breakfast, lunch and dinner in a warm and welcoming family atmosphere. The patio is open during the summer. Open every day from 7 a.m. to 9 p.m. **21, RUE BOUDREAU, CAUSAPSCAL 418-756-5270 WWW.LACOULEEDOUCHE.COM/GASTRONOMIE.PHP**

*** Hours may vary ***