



# LANAUDIÈRE

Located almost on Montreal's doorstep, Lanaudière is an outdoor paradise boasting vast tracts of unspoiled wilderness, 10,000 lakes and rivers, waterfalls, wide plains, mountains and numerous beaches. The region also has a rich heritage just waiting to be discovered, and offers a wide array of tasty local products and specialties to be sampled in charming country settings.

HIKING IN LANAUDIÈRE

## WHAT TO DO

### DORWIN FALLS PARK

Parc des chutes Dorwin is an **enchanting site** and a favourite with tourists and locals alike! It's the perfect spot to **stretch your legs along a short hiking trail**, enjoy a picnic lunch or simply **admire the magnificent 60-foot waterfall** from one of the lookout points. Caution: **Do not attempt to get close to the river**, as the rocks are extremely slippery and dangerous, and the water is fast! Open every day from 10 a.m. to 8 p.m. from mid-June to early September. In low season (mid-May to mid-June and early September until Thanksgiving, the 2<sup>nd</sup> Monday in October). You can enter the site for a small fee.  
**3102, 1<sup>RE</sup> AVENUE, ROUTE 337, RAWDON**  
**WWW.PARCSREGIONAUX.ORG/ PARCS-REGIONAUX/PARCS/ PARC-DES-CHUTES-DORWIN/**

### LA TERRE DES BISONS

The Terre des Bisons adventure began in 1992, when Josée Toupin and Alain Demontigny purchased a farm on this magnificent 400-acre site. A few years later, they began raising **American Bison** (buffalo) and today they have a large herd. They also began raising elk in 2012. You can observe the animals in their natural environment along a **1.2 km interpretation trail with information boards**. Be sure to say hello to Buffy, a friendly tame bison who enjoys interacting with visitors, and pay a visit to the shop to sample some of the fresh products made on-site, including their famous Tartin. New at Terre des Bisons: the **Centre Grands Gibiers du Québec**, an interpretive centre on the evolution and farming of large game animals throughout history, from prehistory to the present. The centre features

stuffed animals, an exhibition hall with re-enactments, an interpretation room and numerous artefacts. Guided tours with a ride, interpretation and tasting are also available on Saturdays and Sundays.  
**6855, CHEMIN PARKINSON, RAWDON**  
**450-834-6718**  
**TERREDES BISONS.COM**

### LA SOURCE BAINS NORDIQUES

Come experience relaxation in harmony with nature at La Source Bains Nordiques, a true haven for the balance of body and mind. Envision a day when you alternate between **the benefits of warmth, with steam baths, dry sauna, and outdoor whirlpools**, and the invigorating **freshness of the cold, through Nordic waterfalls**, Nordic baths, or even the magic of the snow. An experience that promotes the stimulation of cardiac functions, blood circulation, toxin elimination, and provides an **unparalleled sense of well-being**. You can extend the pleasure by indulging in massage therapy or dining at La Source Bistro, which offers local and diverse cuisine throughout the day, just as you like it.  
**4200 FOREST ST HILL, RAWDON**  
**450-834-7727**  
**LASOURCESPA.COM**



DORWIN FALLS PARK

© Tourisme Lanaudière



AMERICAN BISONS

© AdobeStock, Cloudtail





FALLS SEASON IN LANAUDIÈRE

© iStock-805287912, Lily Marchette

## WHERE TO EAT

### LES DÉLICES DE ROSA (\$-\$\$\$) AND LES DÉLICES DE ROSA - GRILL (\$-\$\$)

These two restaurants are owned by the Fuoco family, an Italian family that emigrated to Quebec. The adventure began in 2002 with their restaurant **Les Délices de Rosa** (Rosa is the mother's name!),

in Saint-Lin-Laurentides, specializing in gourmet breakfasts. Almost everything they serve is prepared in-house.

Their second restaurant, **Les Délices de Rosa - Grill** is in Saint-Calixte and specializes in typical Italian fare, carefully

crafted using fresh quality ingredients. The pasta and pizzas are all homemade, and even the mozzarella di Bufala comes from their own farm!

**1 LES DÉLICES DE ROSA :**  
286, CÔTE JEANNE, ROUTE 158,  
ST-LIN-LAURENTIDES  
450-439-2067 / CHEZROSA.CA

**2 LES DÉLICES DE ROSA - GRILL :**  
6262, PRINCIPALE, ST-CALIXTE  
450-303-3000 / CHEZROSA.CA

\*\*\*Hours may vary\*\*



