



BAS-ST-LAURENT



The lovely Bas-St-Laurent region boasts a rich architectural and historical heritage and is home to some of the most beautiful villages in Quebec, including Cacouna, Kamouraska, Notre-Dame-du-Portage and Saint-Pacôme, all of which are recognized by the Most Beautiful Villages of Québec Association. According to National Geographic, Kamouraska also has the **second most beautiful sunsets in the world** after Hawaii. A perfect destination for a family trip.

SUNSET ON KAMOURASKA

WHAT TO DO

WATCH THE SUNSET ★★★

Taking in a **sunset on the banks of the St. Lawrence River** should be at the top of your list of things to do in the Bas-Saint-Laurent region. It is said that the best sunsets can be seen between Cacouna and Kamouraska. If you are staying in the area, just kick off your shoes, sink your feet in the sand and savour this magical moment, brought to you by Mother Nature herself.

ROUTE DES NAVIGATEURS ★★

Since the days of Jacques Cartier, sailors from the world over have travelled the St. Lawrence River and its estuary. The Route des Navigateurs bears witness to the history of this great waterway and the settlement of its shores. You will go through a string of quiet villages whose Victorian riverfront homes recall the turn-of-the-century resort era. The section of Route 132 **between La Pocatière and Kamouraska is especially scenic** and showcases the beauty of the St. Lawrence River.

KAMOURASKA ★

Kamouraska is one of the most typical villages in Bas St-Laurent and a member of the Most Beautiful Villages of Québec network. In days gone by, Kamouraska was one of Quebec's most popular holiday destinations because of its superb scenery, its rich architectural heritage and its proximity to the river. Visit the eel interpretation centre,

the Site d'Interprétation de l'Anguille, to learn all about Kamouraska's traditional eel fishing trade. You can even sample some smoked eel!

SENTIER LES ÉCOLIERS

Distance (round-trip): 3-km loop

Time (round-trip): 1.5 to 2 hrs.

Level: Difficult

Elevation gain: 180 m

Les Écoliers is the **longest trail**

on Amphithéâtre Mountain. The trail climbs quite steeply through a mixed forest to a lookout offering a first **view of the river, farmland and tidal flats.** There is a second lookout at the top. The sweeping views of the mountains and the river are well worth the effort! There is a small entry fee to the site.

Open from mid-May to mid-October.

SEBKA.CA



KAMOURASKA VILLAGE

© Québec maritime, Maurice Pire - Enviro Foto



A WALK AT SUNSET

© Authentik Canada, Simon Lemay

FESTIVALS

Carrefour mondial de l'accordéon

Dates: early September
The Carrefour is a charming musical rendez-vous in Montmagny that explores the versatility of the accordion while highlighting its important

place in our collective musical heritage. Each edition celebrates a diversity of musical styles, with activities for everyone: outdoor concerts, conferences, exhibits, children's activities, a museum and evening dances.

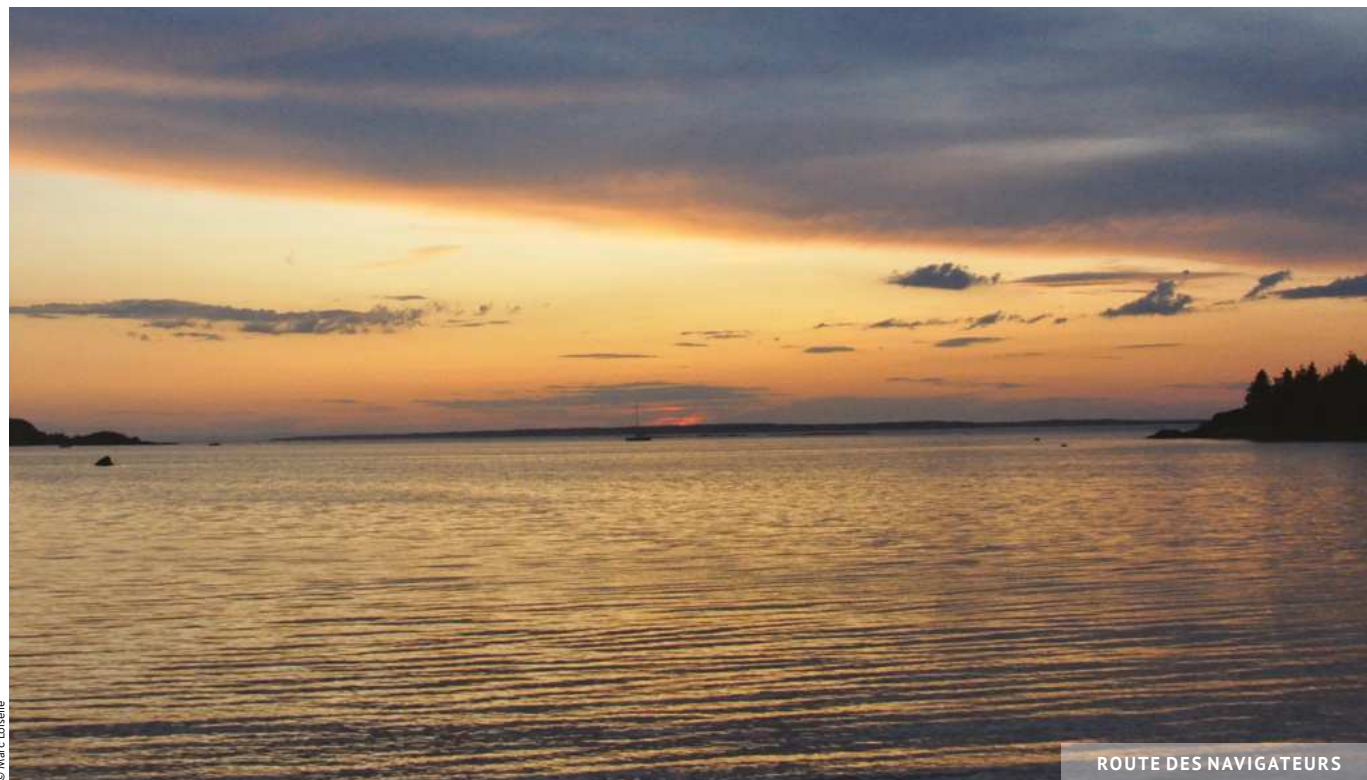
ACCORDEONMONTMAGNY.COM

Festival de l'Oie Blanche

Dates: early October
Montmagny, the snow goose capital, invites visitors to celebrate the arrival of 600,000 snow geese in the region. Bird watching, sampling and interpretation, theme-based

days (folklore, family), meals with goose recipes and various competitions make this a fun festival for the whole family.

FESTIVALDELOIE.QC.CA



ROUTE DES NAVIGATEURS

WHERE TO EAT

1 TÊTE D'ALLUMETTE (\$)

Ideally located in a magnificent period house overlooking the river, this microbrewery is worth a detour for its artisanal beer, brewed over a wood fire. The menu features snacks such as pepper-smoked mackerel, homemade pogos, sausages, cheese curds, accompanied by plenty of nuts and olives.

TETEDALLUMETTE.COM

2 BISTRO CÔTÉ EST (\$\$)

Buvette is a warm place, indoor, where you can have comfort food prepared with fresh quality ingredients. The menu includes lamb, guinea fowl, eel, charcuteries, sturgeon, local artisanal cheeses and other Québec specialties. Open without reservation. **Cantina**, with its magnificent patio overlooking the river and the Kamouraska islands, is a perfect place to eat outside.

WWW.COTE-EST.CA

3 AUBERGE SUR MER (\$\$\$)

The restaurant at Auberge sur Mer, on the shores of the majestic St. Lawrence River, offers fine regional cuisine created using the best regional ingredients and specialties. It will be a meal you won't forget! Reservations are highly recommended.

AUBERGESURMER.CA

4 CAFÉ KWE (\$\$)

Café Kwe is a local company, rooted in the community of Pohénégamook, in the heart of the Bas-Saint-Laurent region. Every cup of coffee served here tells a story of passion and authenticity. From the rigorous selection of beans to the meticulous preparation, every step of the manufacturing process is meticulously cared for to deliver an exceptional caffeinated experience.

KWECAFE.COM



Microbrewery

\$ Inexpensive \$\$ Moderate \$\$\$ Upscale \$\$\$\$ Fine dining

