

2025

ENGLISH  
VERSION

CAP SUR LE

# VÉLO

CYCLE TOURING MAGAZINE



TOURISME

MONTÉRÉGIE

**Come ride our magnificent riverside route and discover a world of beauty and wonder.**



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### On-road bike circuits

































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## Map key

You will find these symbols on each map.

- |   |  |   |                     |   |                              |
|---|--|---|---------------------|---|------------------------------|
|  | Paved path                             |  | Camping             |  | Route planning app           |
|  | Unpaved trail                          |  | Drinking water      |  | La Route verte               |
|  | Paved road                             |  | Rest area           |  | Trans Canada Trail           |
|  | Planned route                          |  | Sheltered rest area |  | Lake Champlain Bikeways      |
|  | Ungroomed segment                      |  | Accommodations      |  | Great Lakes Waterfront Trail |
|  | Local network                          |  | Birding             |   |                              |
|  | Sentier Oka-Mont-Saint-Hilaire         |  | Repairs             |   |                              |
|  | Footbridge or bridge                   |  | Restaurant          |   |                              |
|  | Tourist information centre             |  | Parking             |   |                              |
|  | Subway station                         |  | Pay parking         |   |                              |
|  | REM light rail transit station         |  | Restrooms           |   |                              |
|  | River shuttle                          |  | Mountain biking     |   |                              |
|  | Bienvenue cyclistes!<br>accommodations |  | Fat biking          |   |                              |
|   |  |  | Panoramic view      |   |                              |

## Stay connected to the Montérégie

Sign up for our cycling newsletter and let us be your guide to exploring the Montérégie. Get the latest on paths and routes, local and foodie discoveries, getaway ideas and exclusivities. Everything you need to enhance your cycling adventures.

*French version only*



# Biking across the Montérégie: An exceptional experience

Home to Quebec's longest bike network stretching over 1,000 kilometres, the Montérégie is a unique corner of the world that draws riders of all levels, from beginners to diehards, because of the diversity of its itineraries. The region is packed with circuits that interlink and routes often away from motor traffic.

So much to discover along the shores of the Saint Lawrence and Richelieu rivers. There are orchards and fields to be explored, and foodie stops along the way for savouring the region's living heritage. Riders can easily access the Montérégie bike network from many of the neighbouring regions, including Montreal and the Eastern Townships, and connect with major bikeways like La Route Verte and the Trans Canada Trail. The sheer availability of bike paths and a cycling season that runs from April to November make the Montérégie a natural for touring differently. Come make time to explore, holiday sustainably, shrink your carbon footprint.

**BIKE NETWORK STRETCHING OVER 1,000 KILOMETRES**

**LONGEST NETWORK IN ALL OF QUEBEC**

**ACCESSIBLE FROM MANY NEIGHBOURING REGIONS**

**CONNECTED TO MAJOR BIKEWAYS**

**RIDEABLE APRIL THROUGH NOVEMBER**

Every riding itinerary is an opportunity to enter the world of slow tourism and to practice green tourism. The slower pace fosters a fuller appreciation of the landscape so you discover more. The bike paths will steer you off the beaten paths, toward agritourist enterprises where local flavours and craftsmanship make each stop an enriching experience.

This is cyclist-friendly country with services that include Bienvenue cyclistes! certified accommodations, river shuttles, bike rentals, repair shops and secure bike parking areas. From short getaways to longer stays, the Montérégie is the complete package thanks to infrastructures specifically tailored to facilitate bike touring while you take in nature's riches and the regional culture.



La Montérégie

## Tourisme Montérégie staff picks



Below, Tourisme Montérégie employees share the bike paths they recommend for an authentic experience. Discover these staff favourites, that may become yours too!

**Charlotte**  
Communications Marketing  
Coordinator

### SOULANGES BIKE PATH

The Soulanges bike path is my favourite by far. I especially love the historic stone buildings and the ruins of the old locks that bring out the region's rich heritage. Sometimes, I'll even spot beavers in the canal.



**Marie-Eve**  
Digital Marketing Coordinator

### CHAMBLY CANAL BIKE PATH

This is my go-to bike path, especially since I can take it directly from my house. I adore the river views, the locks and the passing boats. Once in Chambly's lively downtown, I'll hang out and visit the charming shops.

**Marjorie**  
Destination Development Director

### BEAUHARNOIS-SALABERRY REGIONAL PARK

I never tire of this regional park. What I appreciate most are the lookouts that give me a closeup view of the ships and shorebirds! The bike route is lined with so many points of interest, like the Beauharnois power plant, and the landscape keeps changing along the way for a beautiful variety.



## Mont Rigaud: The mountain biking destination

Mont Rigaud, located in western Montérégie, is known for its mountain biking. Nestled in the heart of an ancient forest, the resort operates a wide range of well-groomed trails built for riders of all levels.

### A web of groundbreaking trails

Mont Rigaud's Enduro trails combine sporty uphill and technical downhill. Each trail features over 50 wooden structures, sharp turns and strategically-integrated obstacles spanning a range of challenges and thrilling experiences.

A bike park with 21 modules adapted for different levels gives riders a place to practice safely and improve their skills. Also, as of summer 2025, chairlifts will be equipped with bike hooks, an upgrade that will change the face of downhill mountain biking.



### A mountain for all bikers

Mont Rigaud is suitable for beginner and seasoned mountain bikers alike. The **Familiale** and **Seigneurie** trails are designed to introduce cyclists to the sport. Whereas the **Anaconda**, **José-Le-Diable** and **Yakima** are more technical trails devised by a professional mountain biker for more challenging runs. Finally, the **Couloir** trail delivers a technical and stimulating downhill descent tailor-made for thrill seekers.

### Biking in the middle of nature

Well-groomed trails, a natural setting, modern facilities – just some of the reasons why Mont Rigaud is so popular with mountain bikers, whether it's to rise to a challenge or immerse themselves in nature.

## Reinventing the wheels: From innovation to fun to touring

Cycling has evolved well beyond a simple means of transportation. It keeps reinventing itself to deliver unique experiences year round. Electric bikes, fat bikes and all-season multi-person bikes are trending like never before, and the Montérégie is going the extra mile to make it possible to cycle differently.

### Electric bikes: Pairing performance with simplicity

Electrically powered bicycles are revolutionizing cycling by making riding more accessible, even for the inexperienced. These e-bikes allow you to cover longer distances and overcome inclines without having to overstrain, so you can save your energy for admiring the gorgeous surroundings. They foster sustainable mobility, and what's more, they transform every outing into an enjoyable experience, from quiet rides to sporty adventures.

### Fat bikes: A must for snow-covered trails

With their oversized tires designed for snowy surfaces, fat bikes make it possible to get around in winter. They allow us to remain active while enjoying the winter outdoors. The Montérégie has several locations, like **Mont Rigaud** and the **Îles-de-Boucherville** and **Mont-Saint-Bruno** national parks, that rent fat bikes and operate fat biking trails stretching several kilometres.

### Multi-person bikes: An immersive collective experience

Montérégie-based **ReKcrea** rents Ballado multi-person bicycles that can seat two to eight people. They operate year round and their routes are tailored to match the season. Summers are for calmly exploring the nature all around you, while winters are for riding the lit trails of the **RécréoParc** recreation park in Sainte-Catherine. Perfect for outings with friends or family and for couples, multi-person biking is a great way to seize every moment any season.

Whether the goal is exploring, trying something new or doing something relaxing, cycling allows for getting to know the Montérégie from a different perspective and savour every corner of it. From cycling solo to group riding, e-biking to fat biking, so many ways to enjoy the activity, any time of year.



## Safe travels through living heritage

The Montérégie's bike paths invite you to discover the region safely and serenely. Most are either built over old railway lines or along corridors specially earmarked for cyclists. All run primarily away from motor traffic. This is a vast network that promises a calm cycling experience, and the relatively flat terrain renders it suitable for cyclists of all levels.

The itineraries take you through numerous cities and tourist hubs, and across nearby fields and forests, to showcase all of the Montérégie's natural and cultural wealth. Numerous observation points along the way allow you to behold myriad landscapes and appreciate the region's beauty.



Verger du Flanc Nord - Orchard and Cider House

Ride routes that will immerse you in the stories of Quebec and lead you to old buildings with a rich history. Roll along bike paths that fuse heritage, nature and tranquility into an enriching, relaxing getaway made for discovering the region at your own pace. Whether you're enjoying a family outing, an excursion with friends, or some quiet time in nature, you'll uncover something new about the Montérégie at every turn.



La Riveraine

# Jonathan B. Roy's excellent bike adventure in western Montérégie

BY JONATHAN B. ROY

Jonathan B. Roy is an adventurer and author who's cycled the world, amassing nearly 40,000 km in 40 countries. His books, *Histoires à dormir dehors*, capture the essence of bike travel and meeting locals. Jonathan is now touring western Montérégie, and he chronicles here his tales of exploration and discovery with his usual globetrotting flair.

The Montérégie and its vast bike network are treasures everyone needs to discover, especially out west, around Salaberry-de-Valleyfield and Vaudreuil-Soulanges. I spent three days there exploring the region's landscape and rich history.

## An industrial past

In Salaberry-de-Valleyfield, I entered the MUSO museum and stepped inside the fascinating history of the Montreal Cotton Company (MOCO). This massive spinning mill ran from 1874 to World War II. It employed thousands of workers and marked the labour movement in Quebec. Today, its industrial heritage lives on in **Hôtel MOCO**, an elegant cyclist- and kayaker-friendly hotel.

## The Soulanges bike path

Day One on the saddle began on the Soulanges bike path, a gem of a paved trail that stretches 35 km along a historic canal dating back to 1899. You get on it at Coteau-du-Lac and it takes you through varied countryside weaving history with nature.

I rode by Petit Pouvoir, an old redbrick power plant that looks like a castle, before stopping in Les Cèdres for a nice meal and to visit the **Bourg des Cèdres** vineyard. Surrounded by vines and a spectacular view, it's a great place to wind down while unearthing local flavours. I then headed for **Village des Écluses**, a must-see estate located where lake Saint-Louis begins. This history-laden site known for its beach, watersports (e.g. kayaking, e-surfing), and good food, is also the perfect spot to enjoy live music and a festive atmosphere. It was so charming, it made leaving hard!



## The Beauharnois-Salaberry regional park bike path, and a famous power plant

The following day, I crossed the bridge over the Beauharnois canal for a one-of-a-kind experience. My morning started with a tour of the **Beauharnois power plant**. This impressive 926-metre Art Deco facility has been generating hydroelectricity since 1932. The free tour by Hydro-Québec takes you into the belly of the dam, where you can observe a turbine in action, which was both fascinating and deafening.

Next was the bike path that threads through the **Beauharnois-Salaberry regional park**, 72 km of asphalted heaven for cyclists, walkers and skaters. I picked an out-and-back trip along the 26 km that run south of the canal. You ride through woods, along the water, and the rest stops are tailor-made for the views. Panels on the history of the region line the path, while observation decks with free tower viewers allow you to watch the cargo ships sailing the Saint Lawrence Seaway. Colourful murals add an artistic touch to this experience steeped in nature and the past.



## Soulanges bike path

The Soulanges bike path extends for 35 kilometres alongside the Soulanges canal and next to lake Saint-François, making for remarkable views of the water and the surrounding landscape. Riders love this route because it's peaceful, near nature, a mix of wooded areas and open fields, and because of the many attractions along the way just waiting to be discovered.

You can stop at the **Pain & Cie** bakery for some delicious viennoiseries, homestyle food and good coffee. If you enjoy wine tastings, the **Bourg des Cèdres** vineyard sits near the path, with their many award-winning Coupe des Nations gold medal wines.



Village des Écluses

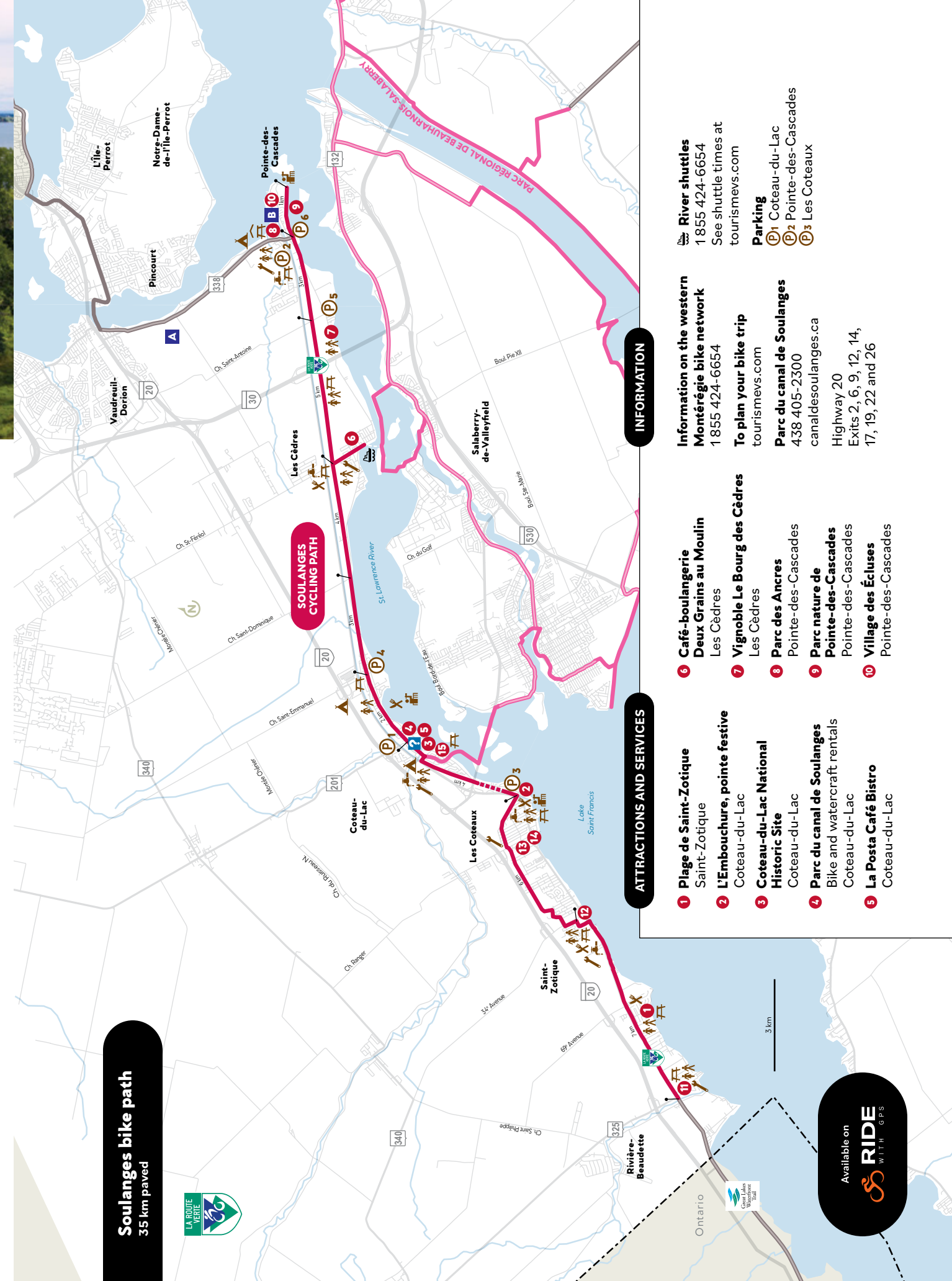


Coteau-du-Lac National Historic Site

Admission to the **Coteau-du-Lac Natural Historic Site** is free, and it's the perfect spot for a picnic break and a chance to explore the captivating history of Canada's first fortified lock canal. In the Soulanges canal park in Coteau-du-Lac, you can now rent bicycles from a kiosk conveniently set up right off the road. Finally, at the easternmost end of the path, you'll find the **Village des Écluses** estate in Pointe-des-Cascades, and its restaurants, beach, watercraft rentals and ready-to-camp accommodations to help stretch your adventure.

### Accommodations

- A** **Motel Martin's Inn Le Marigot**  
Vaudreuil-Dorion (CITQ 522664)
- B** **Village des Écluses**  
Pointe-des-Cascades (CITQ 199603)





Halte de la Gare

## Parc régional de Beauharnois-Salaberry and its web of trails

One of the jewels in the crown of the Montérégie, this regional park gives “change of scenery” a whole new meaning. The bike path here is generously shaded and the smartly configured rest stops provide magnificent vantage points from which to view the water and the passing ships. Practical and safe, cyclists in need of information or assistance can turn to staff patrolling the grounds. Between the peaceful riverbanks and the open air activities, there’s just something for everyone!

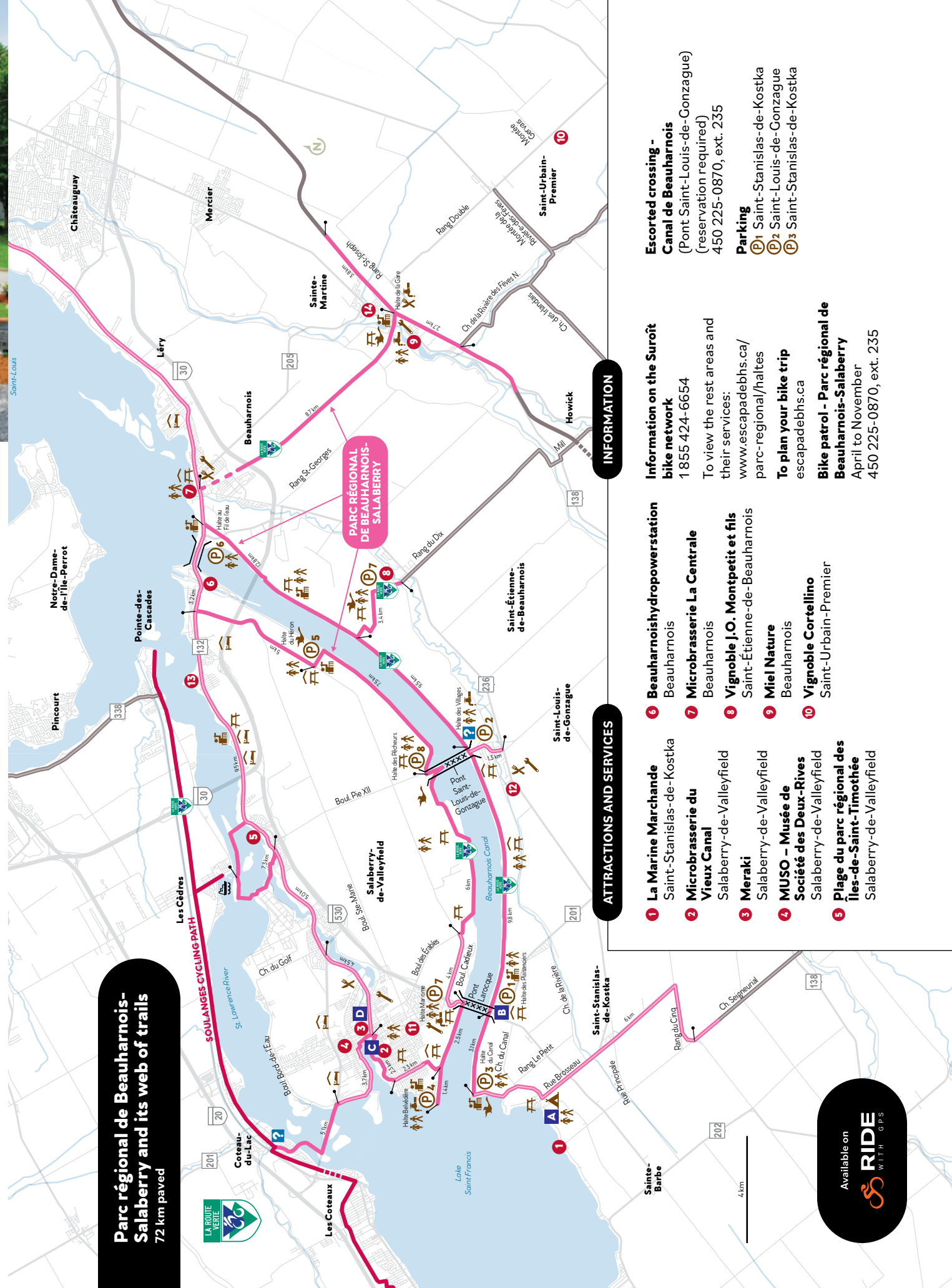
In summer, stop by Miel Nature in Beauharnois and enter the fascinating world of honeybees. Learn about these super pollinators, then taste some honey-based treats at the giftshop. Also, visit the monumental Beauharnois hydropower generating station, one of the biggest in the world, and get to know its history, discover its 36 turbines, and see its artifacts and archived photos exhibit.

In Salaberry-de-Valleyfield, try La Petite Grange’s new chocolate museum. Admission to the interactive games and visual activities is free, or for a fee, they offer a Behind-the-Curtain Experience with video presentations and chocolate tastings. You can also grab a bite at La Petite Grange’s sandwich, bakery and pastry shop, or order to-go for a picnic.

For accommodations near the downtown area, the Bienvenue cycliste! certified Hôtel MOCO, formerly the site of the Montreal Cotton Company mill (1901), blends industrial design with modern comforts, including a secure storage area for bicycles.

### Accommodations

- A Camping À la Claire Fontaine**  
Saint-Stanislas-de-Kostka (CITQ 198446)
- B Halte des Plaisanciers (RV camping)**  
Saint-Stanislas-de-Kostka (CITQ 627585)
- C Flotel**  
Salaberry-de-Valleyfield (CITQ 297833)
- D Hôtel MOCO (multisport storage)**  
Salaberry-de-Valleyfield (CITQ 514021)



**Parc régional de Beauharnois-Salaberry and its web of trails**  
72 km paved

### INFORMATION

**Information on the Suroît bike network**  
1 855 424-6654  
To view the rest areas and their services:  
[www.escapadebhs.ca/parc-regional/haltes](http://www.escapadebhs.ca/parc-regional/haltes)  
**To plan your bike trip**  
[escapadebhs.ca](http://escapadebhs.ca)  
**Bike patrol - Parc régional de Beauharnois-Salaberry**  
April to November  
450 225-0870, ext. 235

### ATTRACTIONS AND SERVICES

- 1 La Marine Marchande**  
Saint-Stanislas-de-Kostka
- 2 Microbrasserie du Vieux Canal**  
Salaberry-de-Valleyfield
- 3 Meraki**  
Salaberry-de-Valleyfield
- 4 MUSO – Musée de Société des Deux-Rives**  
Salaberry-de-Valleyfield
- 5 Plage du parc régional des Îles-de-Saint-Timothée**  
Salaberry-de-Valleyfield
- 6 Beauharnois hydropower station**  
Beauharnois
- 7 Microbrasserie La Centrale**  
Beauharnois
- 8 Vignoble J.O. Montpetit et fils**  
Saint-Étienne-de-Beauharnois
- 9 Miel Nature**  
Beauharnois
- 10 Vignoble Cortellino**  
Saint-Urbain-Premier

**Escorted crossing - Canal de Beauharnois**  
(Pont Saint-Louis-de-Gonzague) (reservation required)  
450 225-0870, ext. 235  
**Parking**  
P1 Saint-Stanislas-de-Kostka  
P2 Saint-Louis-de-Gonzague  
P3 Saint-Stanislas-de-Kostka





# Parc national des Îles-de-Boucherville

This national park, a member of the Sépaq network, has 21 kilometres of bike paths that cover three separate islands. They take you through waterways, wetland and woodland teeming with wildlife, like white-tailed deer. This nature destination is easily reachable by river shuttle from Boucherville or Montreal.

On Île Sainte-Marguerite, a visitors centre rents bikes, and kayaks too to cap off your trek. Île de la Commune has an observation tower for breathtaking views of the Saint Lawrence River and nearby islands.

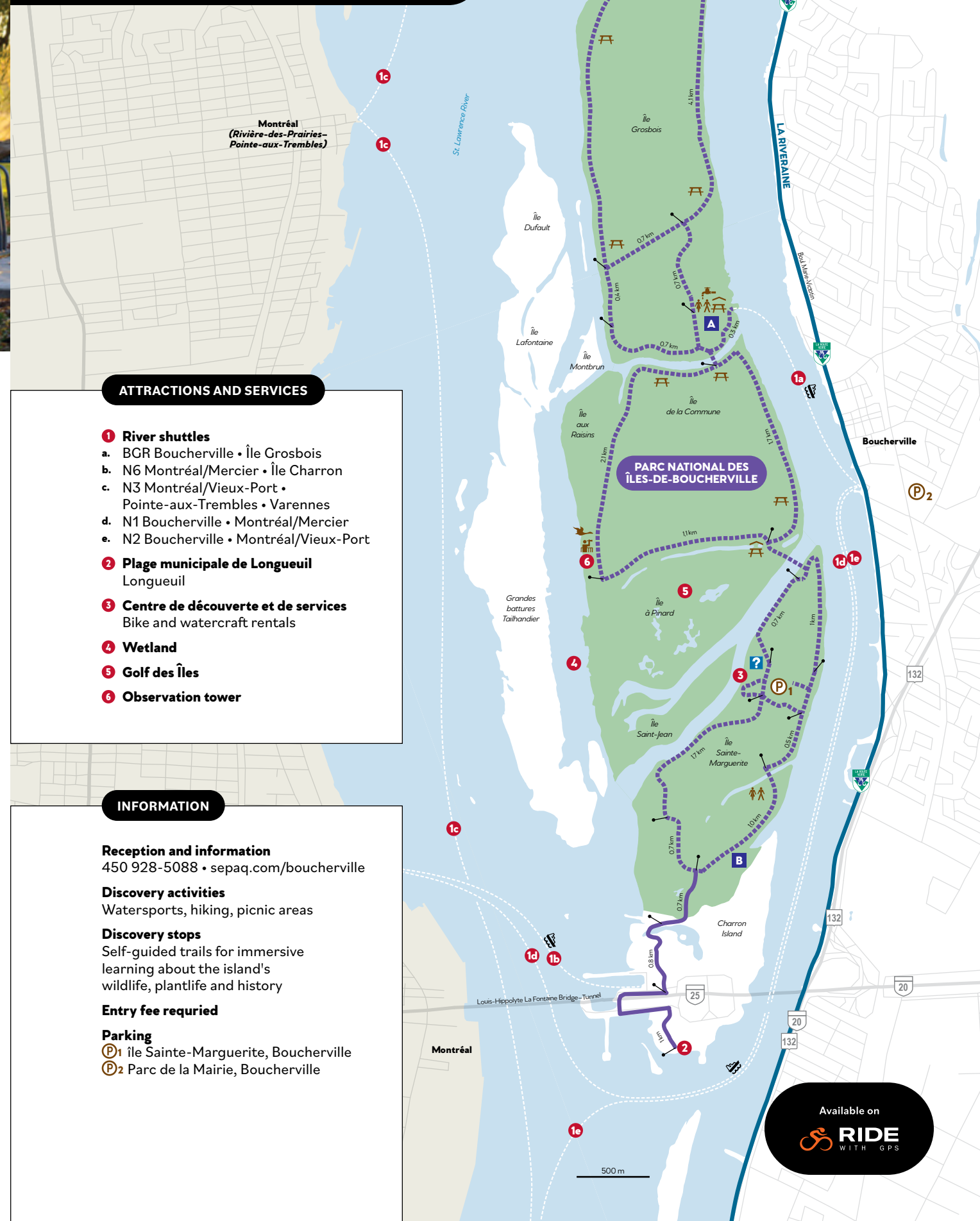


On Île Grosbois, **Camping Grosbois** offers overnight stays, including ready-to-camp accommodations, as well as onsite activities like a park, water games and a self-guided trail so you can learn more about the islands' ecosystems.

### Accommodations

- A Camping Grosbois (Sépaq)**  
Île Sainte-Marguerite, Boucherville (CITQ 207060)
- B Molson RV area**  
Île Charron, Boucherville (CITQ 207060)

## Parc national des Îles-de-Boucherville 21 km unpaved



### ATTRACTIONS AND SERVICES

- 1 River shuttles**
  - a. BGR Boucherville • Île Grosbois
  - b. N6 Montréal/Mercier • Île Charron
  - c. N3 Montréal/Vieux-Port • Pointe-aux-Trembles • Varennes
  - d. N1 Boucherville • Montréal/Mercier
  - e. N2 Boucherville • Montréal/Vieux-Port
- 2 Plage municipale de Longueuil**  
Longueuil
- 3 Centre de découverte et de services**  
Bike and watercraft rentals
- 4 Wetland**
- 5 Golf des Îles**
- 6 Observation tower**

### INFORMATION

- Reception and information**  
450 928-5088 • [sepaq.com/boucherville](http://sepaq.com/boucherville)
- Discovery activities**  
Watersports, hiking, picnic areas
- Discovery stops**  
Self-guided trails for immersive learning about the island's wildlife, plantlife and history
- Entry fee required**
- Parking**  
**P1** Île Sainte-Marguerite, Boucherville  
**P2** Parc de la Mairie, Boucherville





## Sentier du Paysan

This rural path, which translates into “farmer’s way,” tracks a railway right-of-way and runs along farms, market garden fields and wooded areas. It is peaceful and quiet, perfect for people looking to get away from the hustle and bustle.

The area also has family attractions, like **Parc Safari** for a memorable experience with the kids, or **Ferme du Mihouli**, a u-pick kiwi farm where you can also adopt and name a kiwi tree!



Parc Safari

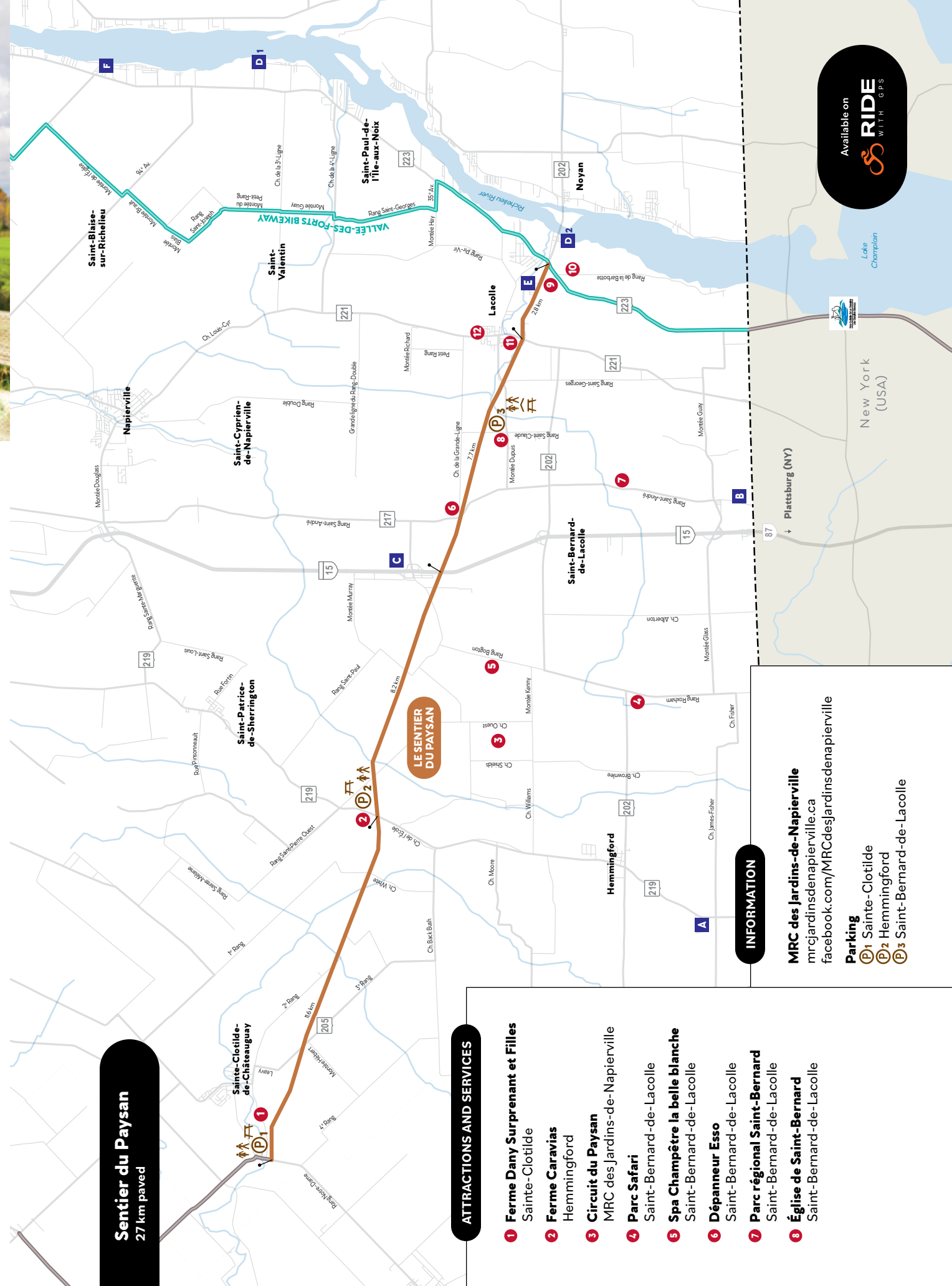


Aloberge

Complete your getaway with an overnight stay at an **Aloberge** in Saint-Paul-de-l'Île-aux-Noix or Lacolle. Their ready-to-camp accommodations on water will help rock you to sleep while you enjoy a panoramic view of the Richelieu river. If your schedule permits, explore **Circuit du Paysan**, a 194-kilometre crossing of the Montérégie through countryside, orchards and vineyards lined with agritourism experiences and local flavours you will treasure.

### Accommodations

- A Camping Domaine le Dauphinois**  
Hemmingford (CITQ 221981)
- B Le Repère de la frontière**  
Saint-Bernard-de-Lacolle (CITQ 627770)
- C Camping du Lac Cristal**  
Saint-Bernard-de-Lacolle (CITQ 200395)
- D Aloberge**  
1: Saint-Paul-de-l'Île-aux-Noix (CITQ 627700)  
2: Lacolle (Marina Rose-des-Vents) (CITQ 627700)



**Sentier du Paysan**  
27 km paved

### ATTRACTIONS AND SERVICES

- 1 Ferme Dany Surprenant et Filles**  
Sainte-Clotilde
- 2 Ferme Caravias**  
Hemmingford
- 3 Circuit du Paysan**  
MRC des Jardins-de-Napierville
- 4 Parc Safari**  
Saint-Bernard-de-Lacolle
- 5 Spa Champêtre la belle blanche**  
Saint-Bernard-de-Lacolle
- 6 Dépanneur Esso**  
Saint-Bernard-de-Lacolle
- 7 Parc régional Saint-Bernard**  
Saint-Bernard-de-Lacolle
- 8 Église de Saint-Bernard**  
Saint-Bernard-de-Lacolle

### INFORMATION

**MRC des Jardins-de-Napierville**  
mrcjardinsdenapierville.ca  
facebook.com/MRCdesJardinsdenapierville

**Parking**  
 P1 Sainte-Clotilde  
 P2 Hemmingford  
 P3 Saint-Bernard-de-Lacolle



New York (USA)

Plattsburg (NY)

Lake Champlain



# La Riveraine and Montée du chemin de Chambly

La Riveraine is a must if you enjoy both natural landscapes and cityscapes. Easily accessible by bridge and river shuttle, it follows the Saint Lawrence River and delivers a unique view of Montreal and its surroundings, not to mention numerous historical stops along the way.

The bike path begins in Varennes, where you could try a local Chardonnay or Pinot Noir at **Vignoble Domaine du Fleuve**, a vineyard not far from the road.

In Boucherville, there are heritage properties you can visit and the home of **Louis-Hippolyte-La Fontaine**, which features a permanent exhibition on the history of the house and the famous family that lived there.



Domaine du Fleuve



As you ride toward Longueuil, you'll come to a point with a stunning view of Montreal and some of its iconic landmarks: the Biosphere, Olympic Stadium, La Ronde and the Casino. Farther along, in the heart of La Prairie, you'll journey through 5,000 years of history at the **ArchéoMusée Roussillon RS** archeology museum. Finally, just outside La Prairie, the open spaces of the **RécréoParc** recreation park in Sainte-Catherine will await you for some rest surrounded by picnic areas and river lookouts.

### Accommodations

- A Hotel WelcomINNS Boucherville**  
Boucherville (CITQ 507216)
- B Holiday Inn Montréal-Longueuil**  
Longueuil (CITQ 564104)
- C Escad Hotel Quartier DIX30**  
Brossard (CITQ 297223)
- D RécréoParc urban camping**  
Sainte-Catherine (CITQ 627514)

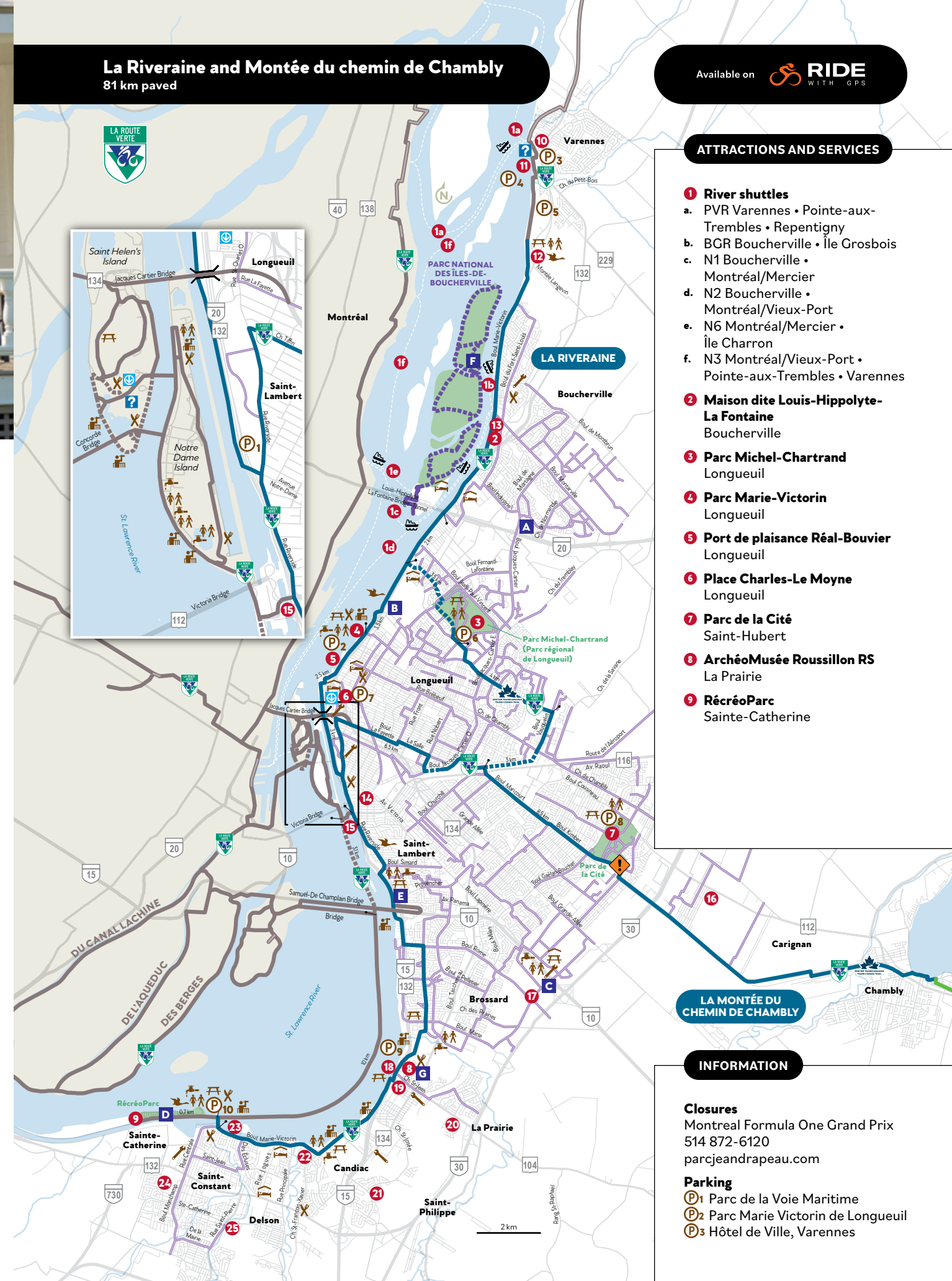
## La Riveraine and Montée du chemin de Chambly

81 km paved

Available on RIDE WITH GPS

### ATTRACTIONS AND SERVICES

- 1 River shuttles**
  - a. PVR Varennes • Pointe-aux-Trembles • Repentigny
  - b. BGR Boucherville • Île Grosbois
  - c. N1 Boucherville • Montréal/Mercier
  - d. N2 Boucherville • Montréal/Vieux-Port
  - e. N6 Montréal/Mercier • Île Charron
  - f. N3 Montréal/Vieux-Port • Pointe-aux-Trembles • Varennes
- 2 Maison dite Louis-Hippolyte-La Fontaine**  
Boucherville
- 3 Parc Michel-Chartrand**  
Longueuil
- 4 Parc Marie-Victorin**  
Longueuil
- 5 Port de plaisance Réal-Bouvier**  
Longueuil
- 6 Place Charles-Le Moyne**  
Longueuil
- 7 Parc de la Cité**  
Saint-Hubert
- 8 ArchéoMusée Roussillon RS**  
La Prairie
- 9 RécréoParc**  
Sainte-Catherine



### LA MONTÉE DU CHEMIN DE CHAMBLY

### INFORMATION

**Closures**  
Montreal Formula One Grand Prix  
514 872-6120  
parcjeandrapeau.com

**Parking**  
P1 Parc de la Voie Maritime  
P2 Parc Marie Victorin de Longueuil  
P3 Hôtel de Ville, Varennes



Chambly Canal National Historic Site

## Chambly Canal path

The Chambly Canal path can't be beat for history, scenery and calm. This historic site, which runs between Chambly and Vieux-Saint-Jean along the Richelieu river and its locks, is a natural for watching pleasure boaters sail by, and for birding. Among the many species, the cormorants on Île Sainte-Thérèse are a regular fixture. The locks here are still operated manually, and the experience feels like a bygone era.

In Chambly, more time travel awaits when you visit the grounds of **Fort Chambly**, a national historic site built in 1711, for a day in the life of the soldiers of New France told through presentations for the whole family. For a refreshing break, stop in at **Bedondaine et Bedons Ronds**, a brew pub reputed for its craft beers and beer museum.



Eau Villa

When you get hungry, pick up a viennoiserie, a sandwich or a takeout meal from **Garde-manger de François**, and picnic by the basin. Cap off your day with a stroll on the lively streets of **Vieux-Saint-Jean**. Stretch your stay by booking an overnight at **Eau Villa** in Chambly or the **Flotel** on the **marina Le Nautique** in Saint-Jean-sur-Richelieu. Both operate floating accommodations: Eau Villa offers cabins on the Chambly basin, and Flotel, rooms on the Richelieu river.

### Accommodations

- A Eau Villa Chambly**  
Chambly (CITQ 316210)
- B Quality Inn**  
Saint-Jean-sur-Richelieu (CITQ 514662)
- C Hôtel St-Jean-sur-Richelieu**  
Saint-Jean-sur-Richelieu (CITQ 568606)
- D Camping Les Cèdres**  
Saint-Jean-Sur-Richelieu (CITQ 200104)



Fort Chambly National Historic Site

### Chambly Canal path

20 km in total incl. 6 km paved and 14 km unpaved

#### ATTRACTIONS AND SERVICES

- 1 **Centre nautique Gervais-Désourdy – Bateau Le Chambly I**  
Chambly
- 2 **Promenade Samuel-De Champlain**  
Chambly
- 3 **Place de la Seigneurie**  
Chambly
- 4 **Locks**
  - a. No. 1, 2 and 3
  - b. No. 9
- 5 **Place des Barges**  
Chambly
- 6 **Pôle culturel de Chambly**  
Chambly
- 7 **Marché de Chambly**  
Parc des Ateliers, Chambly
- 8 **Fort Chambly National Historic Site, Parks Canada**  
Chambly

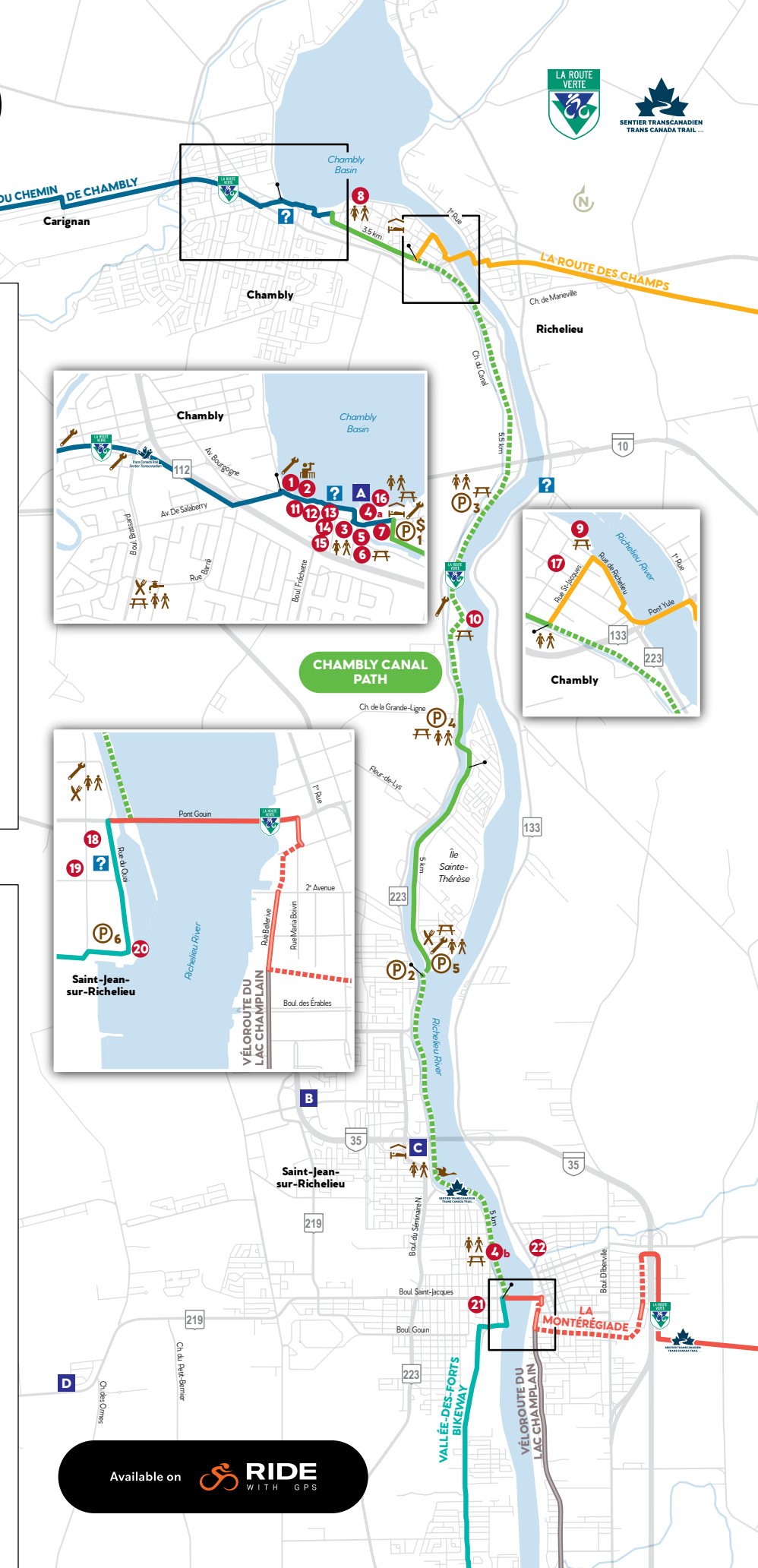
#### INFORMATION

**Chambly Canal National Historic Site**  
1888 773-8888  
infocanalqc@pc.gc.ca  
parcscanada.gc.ca/canalchambly

**Bureau d'information touristique de Saint-Jean-sur-Richelieu**  
130, rue du Quai,  
Saint-Jean-sur-Richelieu  
450 542-9090 / 1 888 781-9999

**Bureau d'accueil touristique de Chambly**  
Tourism info and audio guide rentals  
1691, avenue Bourgogne, Chambly  
450 658-0321  
ville.chambly.qc.ca

**Parking**  
P1 Parc des Ateliers, Chambly  
P2 Pont 10, Saint-Jean-sur-Richelieu  
P3 Halte du Pont 7, Carignan





# La Route des Champs

Local food lovers will love this bike path that snakes through splendid fields year round. From nurseries and orchards to woodland and farmland, it's like riding across a painting that changes with the seasons. The apple trees blossoming in spring, the bountiful harvest of market garden crops in summer, the vibrantly colourful Rougemont and Yamaska mountains in fall. And as of 2024, eight additional kilometres stretching over an abandoned railway between Marieville and Richelieu, bordered by panels celebrating the region's heritage and history.

From Richelieu toward Granby, the Route des Champs takes you near the region's vineyards and cider houses. In Rougemont, you'll find the **Coteau Rougemont** vineyard and cider house, as well as **Cidrerie Michel Jodoin**, a trailblazer in the Quebec cider world.



*Coteau Saint-Paul vineyard and cider house  
© DAPH&NICO, Courtesy of  
La Montérégie, le Garde-Manger  
du Québec*

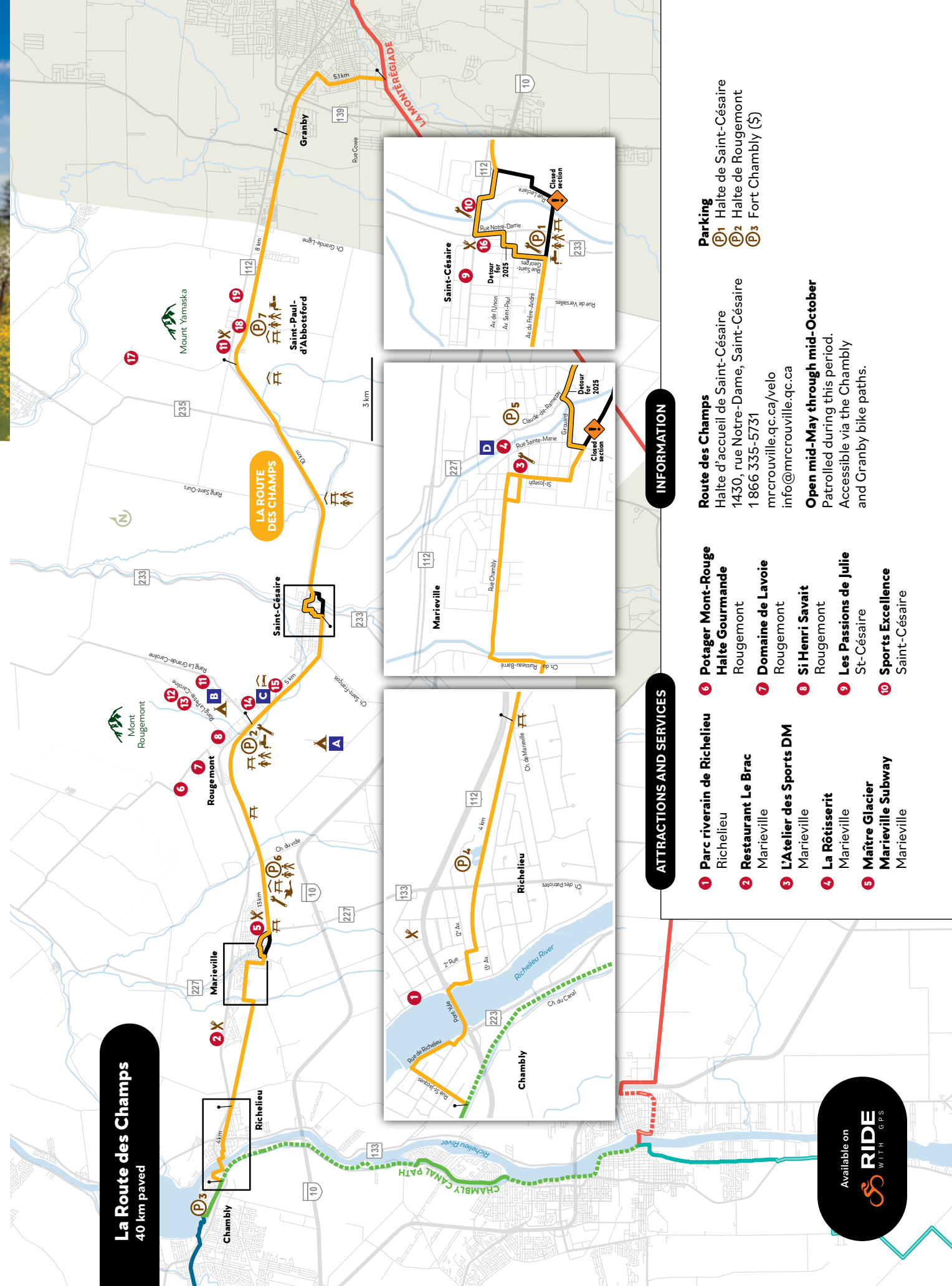
Point your bike toward Saint-Césaire and stop in at **Les Passions de Julie's** shop of treats, before enjoying a meal at the **Mille Notre-Dame** restaurant. Take a break in Saint-Paul-d'Abbotsford by visiting two vineyards. The **Coteau Saint-Paul** vineyard and cider house rolls out an enchanting view of the Yamaska mountain to pair with your wine tasting or picnic. And at **Les Artisans du Terroir**, you'll meet the Guertin Family and their selection of whites, rosés, reds and apéritifs.

## Accommodations

- A Camping Domaine du Rêve**  
Sainte-Angèle-de-Monnoir (CITQ 199485)
- B Camping terrasse Rougemont**  
Rougemont (CITQ 200152)
- C Auberge Le Fruit Défendu**  
Rougemont (CITQ 111786)
- D Manoir Ramezay**  
Marieville (CITQ 211094)



*Auberge Le Fruit Défendu*



**La Route des Champs**  
40 km paved

### INFORMATION

**Route des Champs**  
Halte d'accueil de Saint-Césaire  
1430, rue Notre-Dame, Saint-Césaire  
1 866 335-5731  
mrcrouville.qc.ca/velo  
info@mrcrouville.qc.ca

**Open mid-May through mid-October**  
Patrolled during this period.  
Accessible via the Chamblay and Granby bike paths.

### ATTRACTIONS AND SERVICES

- 1 Parc riverain de Richelieu**  
Richelieu
- 2 Restaurant Le Brac**  
Marieville
- 3 L'Atelier des Sports DM**  
Marieville
- 4 La Rôtisserie**  
Marieville
- 5 Maître Glacier**  
Marieville Subway
- 6 Potager Mont-Rouge Halte Gourmande**  
Rougemont
- 7 Domaine de Lavoie**  
Rougemont
- 8 Si Henri Savait**  
Rougemont
- 9 Les Passions de Julie**  
St-Césaire
- 10 Sports Excellence**  
Saint-Césaire

**Parking**  
P1 Halte de Saint-Césaire  
P2 Halte de Rougemont  
P3 Fort Chambly (\$)





## La Montérégiade

La Montérégiade connects Saint-Jean-sur-Richelieu and Granby, and meanders through fields and wooded areas. If you're lucky, you'll be stopping for cows crossing the bike path to the next field. A French-language podcast is available that tells the story of the train stations that line the now-abandoned railway. Titled *Circuit d'un cheminot à vélo*, it is supported by 10 panels along the way with QR codes you can scan for enriching videos that reveal a little more at every stop.



Lagabière

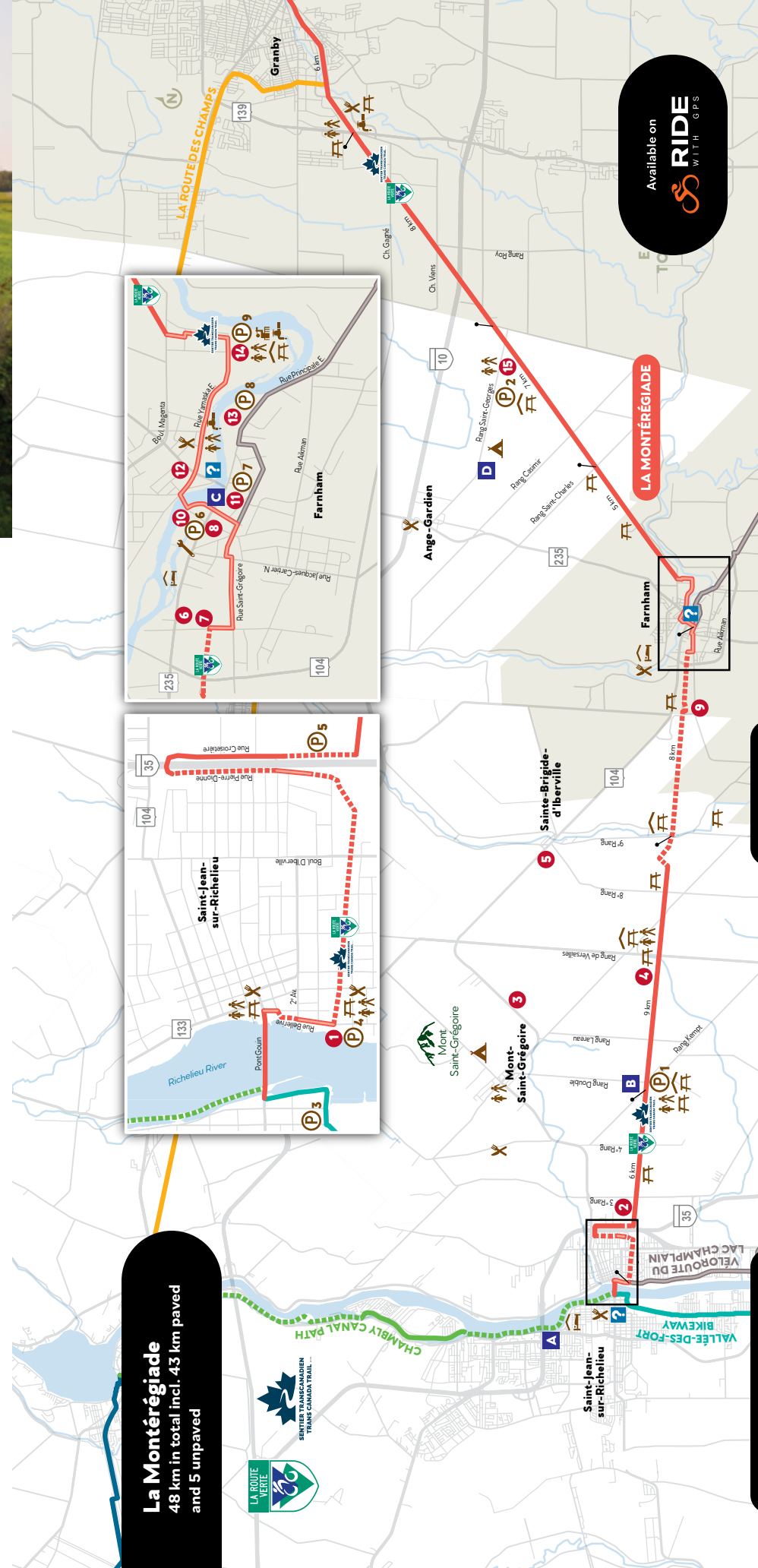


Vieux-Saint-Jean

You must absolutely visit **Vieux-Saint-Jean** and its restaurants and terraces, friendly cafés and shops, e.g. the **Lagabière** brew pub, the **Treize Chocolats** chocolate factory and the **Armelle Café**. If you enjoy edible flowers, be sure to stop in at **Feuilles & Fleurs gourmandes** in Mont-Saint-Grégoire and amble by the plants in season. In Sainte-Brigide-d'Iberville, try some outstanding Swiss sausages and other crafts meats at the **Saucisson Vaudois** deli and butcher shop.

### Accommodations

- A Hôtel St-Jean-sur-Richelieu**  
Saint-Jean-sur-Richelieu (CITQ 568606)
- B Gîte du Colibri**  
Mont-Saint-Grégoire (CITQ 258650)
- C Vieux-Old Farnham Condotel**  
Farnham (CITQ 294635)
- D Camping Mon repos**  
Ange-Gardien (CITQ 199614)



### ATTRactions AND SERVICES

- 1 Parc Pierre-Le Moyné-D'Iberville**  
Saint-Jean-sur-Richelieu
- 2 Microbrasserie Lagabière**  
Saint-Jean-sur-Richelieu
- 3 Fleurs et feuilles gourmandes**  
Mont-Saint-Grégoire
- 4 Halte Versailles**  
Mont-Saint-Grégoire

### INFORMATION

- 5 Saucisson Vaudois**  
Sainte-Brigide-d'Iberville
- 6 Fromagerie des Cantons**  
Farnham
- 7 Microbrasserie Farnham Ale & Lager**  
Farnham
- 8 Dimension Sport**  
Farnham
- 9 Parachute Montréal Rive-Sud**  
Farnham
- 10 Place Publique Conrad-Blain**  
Farnham

- Comité Pro-Piste**  
comitepropiste@hotmail.ca
- Hôtel-de-Ville de Farnham**  
450 293-3178
- Getting there**  
Hwy. 35, Centre-ville, Saint-Jean-sur-Richelieu  
Hwy. 10, Exit 55 (Route 235),  
Exit 74 (boul. Pierre-Laporte)
- Parking**  
P1 Halte Kempt, Mont-Saint-Grégoire  
P2 Halte Saint-Georges, Ange-Gardien  
P3 Vieux-Saint-Jean



© MRC de La Haute-Yamaska

# RÉSEAU VÉLO YAMASKA

This bike network delivers a nature-size ride. Formerly the Estriade network, RÉSEAU VÉLO YAMASKA links the Montérégie and the Eastern Townships via the Route des Champs and Montérégiade bike paths. A web of interconnected trails, it takes you through generously shaded wooded areas with many stops along the way, including the towns of Granby, Bromont, Shefford and Waterloo.

In Granby, the path runs through Artria and its 60+ monumental outdoor sculptures created by international artists. Granby's downtown is also worth visiting. Stop at **Café de la Brûlerie** for a bite and a breathtaking view of the Yamaska river, or at the **Maison Boire** restaurant for some environmental cuisine.



Artria  
© RÉSEAU VÉLO YAMASKA

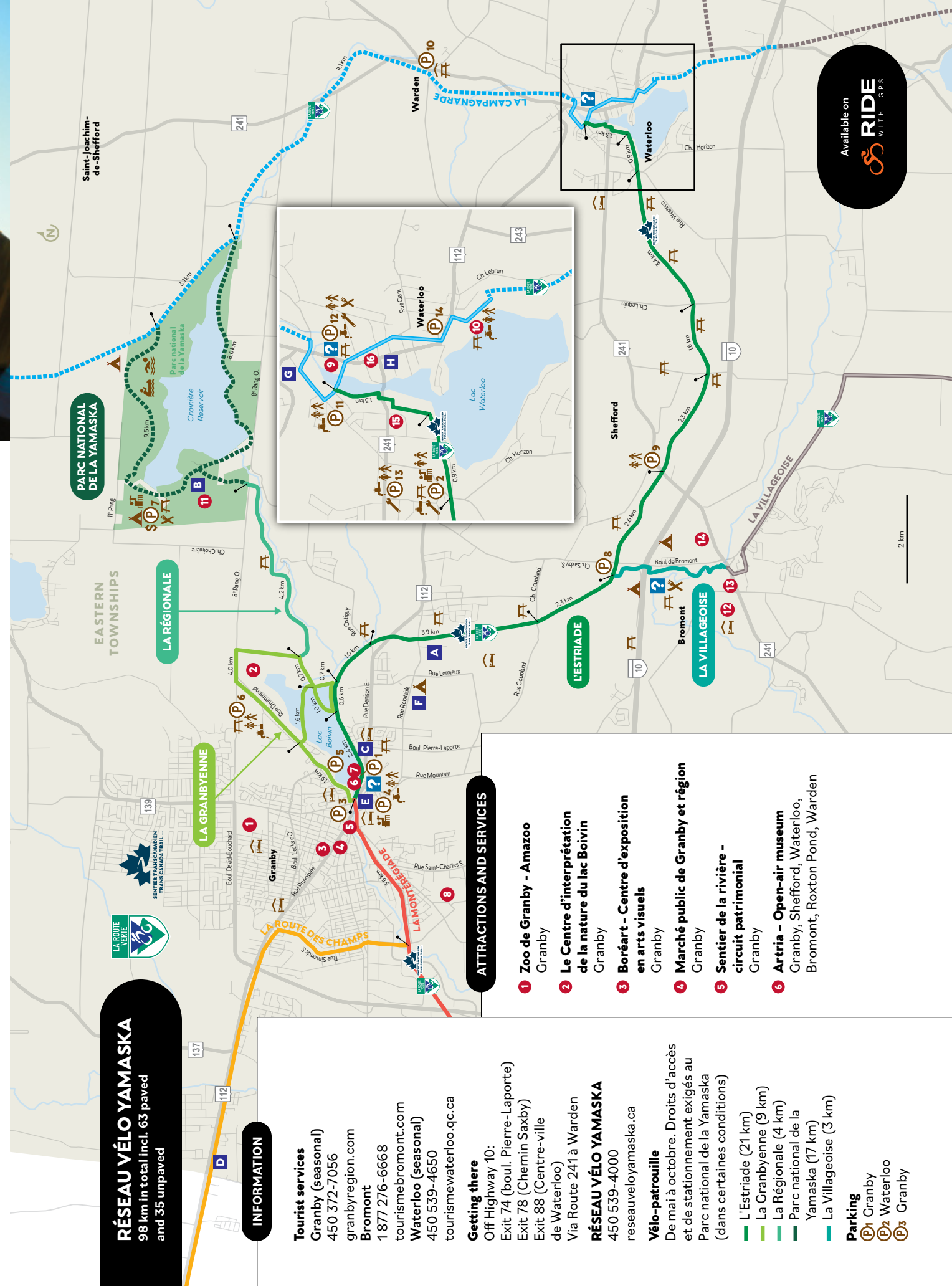


Centre d'interprétation de la nature du lac Boivin  
© MRC de La Haute-Yamaska

The beauty of lake Boivin and its interpretive centre inspire rest in a peaceful setting. Also, a detour onto the Villageoise bike path leads to the **Bromont National Cycling Centre**, home to the only Olympic-level indoor velodrome in Canada. Take some time to explore Bromont and its main street, and be sure to visit the **Yamaska national park** for a breather in the heart of nature.

## Accommodations

- A** **GŕTEMPS couette et café (B&B)**  
Granby (CITQ 282096)
- B** **Camping du parc national de la Yamaska (SEPAQ)**  
Roxton Pond (CITQ 206986)
- C** **St-Christophe Hôtel Boutique & Spa**  
Granby (CITQ 64584)
- D** **Camping Aztec**  
Granby (CITQ 199415)



**RÉSEAU VÉLO YAMASKA**  
98 km in total incl. 63 paved  
and 35 unpaved

### INFORMATION

**Tourist services**  
Granby (seasonal)  
450 372-7056  
granbyregion.com  
Bromont  
1 877 276-6668  
tourismebromont.com  
Waterloo (seasonal)  
450 539-4650  
tourismewaterloo.qc.ca

**Getting there**  
Off Highway 10:  
Exit 74 (boul. Pierre-Laporte)  
Exit 78 (Chemin Saxby)  
Exit 88 (Centre-ville  
de Waterloo)  
Via Route 241 à Warden

**RÉSEAU VÉLO YAMASKA**  
450 539-4000  
reseauveloyamaska.ca

**Vélo-patrouille**  
De mai à octobre. Droits d'accès  
et de stationnement exigés au  
Parc national de la Yamaska  
(dans certaines conditions)  
L'Estriade (21 km)  
La Granbyenne (9 km)  
La Régionale (4 km)  
Parc national de la  
Yamaska (17 km)  
La Villageoise (3 km)

**Parking**  
P1 Granby  
P2 Waterloo  
P3 Granby

### ATTRACTIONS AND SERVICES

- 1 Zoo de Granby - Amazoo**  
Granby
- 2 Le Centre d'interprétation  
de la nature du lac Boivin**  
Granby
- 3 Boréart - Centre d'exposition  
en arts visuels**  
Granby
- 4 Marché public de Granby et région**  
Granby
- 5 Sentier de la rivière -  
circuit patrimonial**  
Granby
- 6 Artria - Open-air museum**  
Granby, Shefford, Waterloo,  
Bromont, Roxton Pond, Warden

Available on  
**RIDE**  
WITH GPS

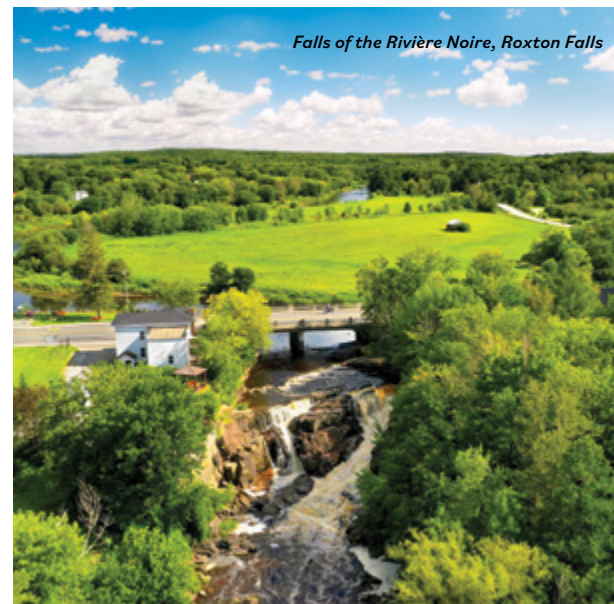


## La Campagnarde

Aptly named La Campagnarde, French for “country dweller,” because it spans the Montérégie, Eastern Townships and Centre-du-Québec regions, this bike path alternates between wooded areas and green meadows.

You begin in **Acton Vale** where a 19th century railway station stands as a testament to the first international line connecting Montreal to Portland, Maine. Today, the station functions as an exhibition centre for visitors who wish to learn more about the town’s railway history. Also, for e-bikers passing through, Acton Vale now has a charging station for electric bicycles.

Acton Vale station



Falls of the Rivière Noire, Roxton Falls

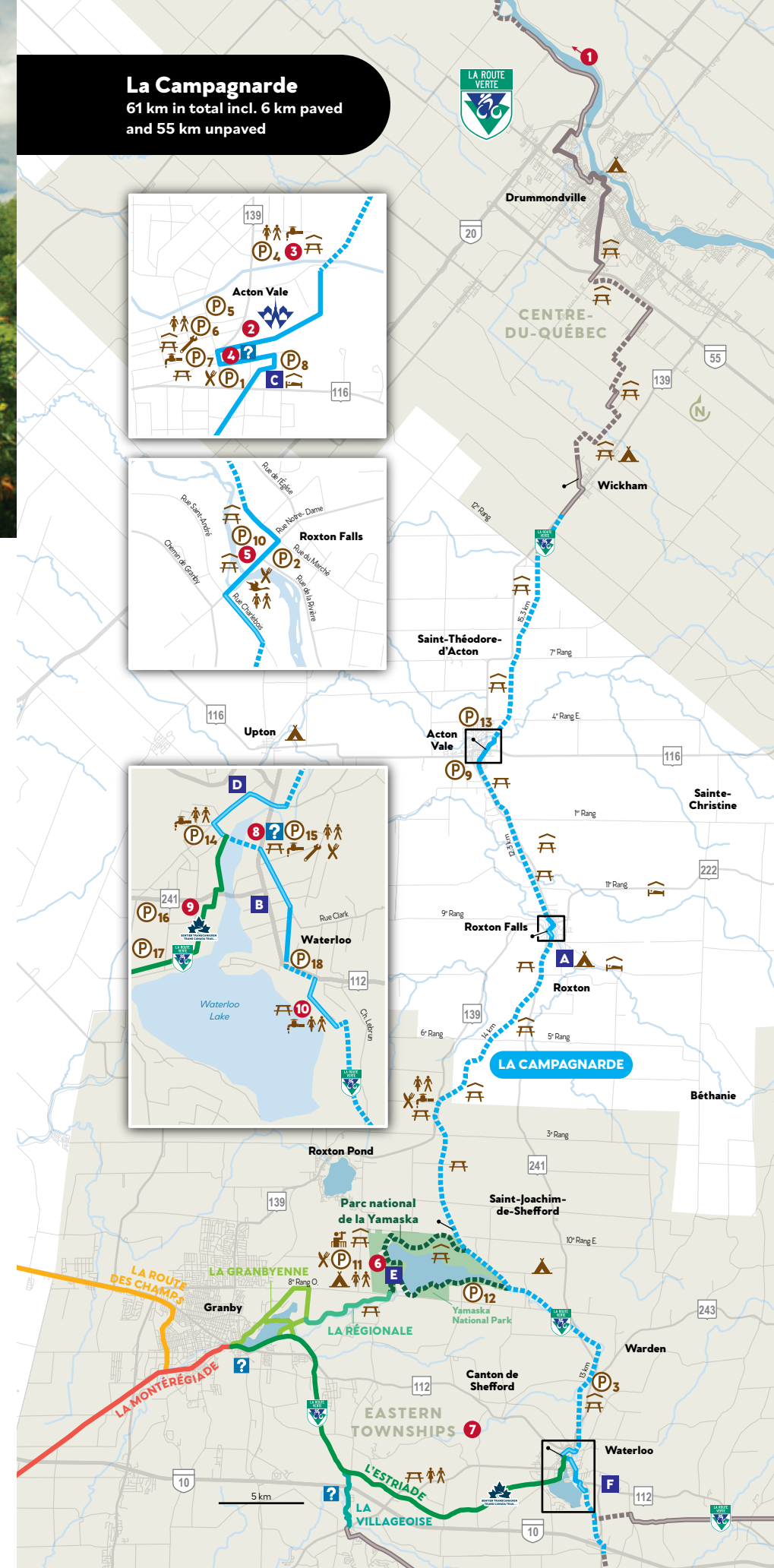
Toward Roxton Falls, **Parc Larivière** invites you to come admire the waterfalls, before stopping at **Au Gîte des Oies**, just off the path, to stock up on quality duck products.

### Accommodations

- A Camping de l'Île**  
Roxton Falls (CITQ 200130)
- B Au loup, Bed & Boutique**  
Waterloo (CITQ 190341)
- C Motel Valois YL inc**  
Acton Vale (CITQ 113853)
- D L'Alcôve des Céramistes**  
Waterloo (CITQ 221460)

### La Campagnarde

61 km in total incl. 6 km paved and 55 km unpaved



Available on RIDE WITH GPS

### ATTRACTIONS AND SERVICES

- 1 Extéria - Terrain d'aventures**  
Drummondville
- 2 Village-relais – Acton Vale**  
Services, shops, activities and events
- 3 Parc Donald-Martin**  
Acton Vale
- 4 Acton Vale Railway Station**  
Acton Vale
- 5 Parc Larivière**  
Roxton Falls
- 6 Parc national de la Yamaska**  
Roxton Pond
- 7 Parc Écologique Jean-Paul Forand**  
Canton de Shefford
- 8 Waterloo Cœur villageois**  
Waterloo
- 9 Paved BMX track**  
Waterloo
- 10 Plage municipale du lac Waterloo**  
Location d'embarcations nautiques, jeux d'eau

### INFORMATION

**Bureau d'accueil touristique de la région d'Acton** P1  
980, rue Boulay, Acton Vale  
450 546-7642  
ccracton@cooptel.qc.ca  
mrcacton.ca/vivre-et-decouvrir

**Bureau d'accueil touristique de Waterloo** P15  
5491, rue Foster, Waterloo  
450 539-4650  
tourisme@ville.waterloo.qc.ca  
tourismewaterloo.qc.ca

**Office du tourisme de Drummondville**  
819 477-5529 / 1 877 235-9569  
tourisme-drummond.com  
info@tourisme-drummond.com

**Patrol during summer season**  
Entry and parking fees required at Parc national de Yamaska (in certain conditions).

**Parking**  
 P1 Bureau d'accueil touristique, Acton Vale  
 P2 Hôtel de Ville, Roxton Falls  
 P3 Relais McLaughlin, Warden



# La Sauvagine

La Sauvagine is a fully-paved bike path stretching 12 kilometres between Sorel-Tracy and Saint-Robert. It cuts through fields, woodland and farmland. Along La Route Verte, it connects with the Centre-du-Québec region, or if the Lanaudière region is your next destination, it'll take you to the Sorel-Tracy - Saint-Ignace-de-Loyola ferry crossing. L'Effet Bœuf borders the path, stocked with products sourced directly from their farm. Grab a prepared meal and enjoy it in the picnic area furnished with benches and tables.

In Sorel-Tracy, combine cycling with visiting Statera - L'archipel fabuleux, a harbourfront gateway to guided cruises through Sorel's 103 islands, immersive film screenings and interactive walkthrough experiences.



Statera - L'archipel fabuleux



Biophare © Marc Ross

Steps away, the Biophare plunges visitors into the region's history through exhibitions and boat excursions on lake Saint-Pierre. Right next door, Regard-sur-le-Fleuve offers opportunities for contemplative strolls in the park or relaxing at the urban beach. Some ideas to cap things off: dining at restaurant Le Belvédère, followed by an overnight stay at Hôtel de la Rive, or some well-deserved pampering at O Spa Nordique.

## Accommodations

- A** **Maison des Gouverneurs (Halte VR)**  
Sorel-Tracy (CITQ 200465)
- B** **Hôtel de la Rive**  
Sorel-Tracy (CITQ 541391)
- C** **Camping Chenal-du-Moine**  
Sainte-Anne-de-Sorel (CITQ 200465)

La Sauvagine  
12 km paved

## ATTRACTIONS AND SERVICES

- 1** **Parc Maisouna**  
Sorel-Tracy
- 2** **Maison des gouverneurs**  
Sorel-Tracy
- 3** **Statera**  
Sorel-Tracy
- 4** **Biophare**  
Sorel-Tracy
- 5** **Parc Regard-sur-le-fleuve**  
Sorel-Tracy
- 6** **Steakhouse & Bar / O Spa Nordique - Hôtel de la Rive**  
Sorel-Tracy
- 7** **Chalfoux, bar laitier & boutique**  
Sorel-Tracy
- 8** **L'Effet Bœuf**  
Saint-Robert
- 9** **Maison du Marais**  
Sorel-Tracy
- 10** **St-Pierre Sport**  
Sorel-Tracy

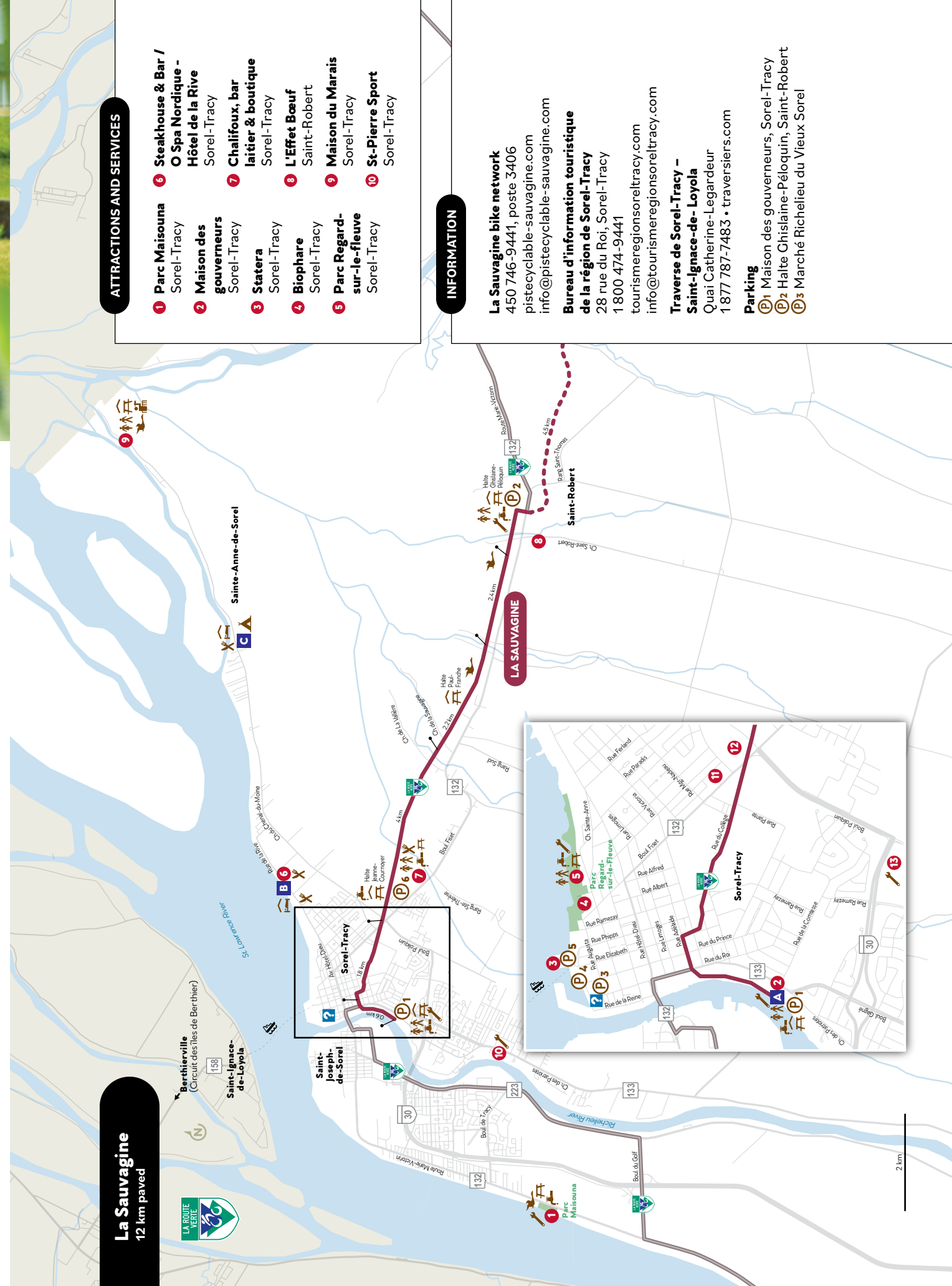
## INFORMATION

**La Sauvagine bike network**  
450 746-9441, poste 3406  
pistecyclable-sauvagine.com  
info@pistecyclable-sauvagine.com

**Bureau d'information touristique de la région de Sorel-Tracy**  
28 rue du Roi, Sorel-Tracy  
1 800 474-9441  
tourismeregionsoreltracy.com  
info@tourismeregionsoreltracy.com

**Traverse de Sorel-Tracy - Saint-Ignace-de-Loyola**  
Quai Catherine-Legardeur  
1 877 787-7483 • traverstiers.com

**Parking**  
 P1 Maison des gouverneurs, Sorel-Tracy  
 P2 Halte Ghislaine-Péloquin, Saint-Robert  
 P3 Marché Richelieu du Vieux Sorel



## On-road bike circuits for all levels

The Montérégie has on-road bike circuits curated for all types of cyclists. Whether for a workout or an unhurried ride, each itinerary promises a unique experience, tailored to your level. You'll discover honest-to-goodness countryside where farm fields, charming towns and green hills exist side-by-side in picturesque harmony.

Seasoned cyclists will be in their element on technical and stimulating routes, whereas visitors interested in exploring bicycle touring can opt for more accessible rides. Whatever you choose, the region's circuits will make sure you fully savour the natural richness of the Montérégie.



Downtown Saint-Hyacinthe

Before hitting the road, be sure to factor in elevation gains and distances when ascertaining the route that's best for you. Plan outings tailored to your needs and discover why the Montérégie is where riders come to push themselves forward or leave the day-to-day behind!



Vallée-des-Forts bikeway

## Beer stops for a well-earned break

Microbrewers abound around the Montérégie's bike network, and they're very cyclist-friendly. Use these stops to try some local beer and toast the amazing bike outing you're on.



Livingstone Brewing

### Délires et Délices



CHAMBLY

The Délires et Délices brew pub near the Chambly Canal bike path invites you to trade in your saddle for a seat at a table with one of their beers or their original beer sangria. Stick around for some live music or comedy in the evening.

### Lagabière



SAINT-JEAN-SUR-RICHELIEU

Two ways to enjoy a Lagabière beer: at their lively brew pub in Old Saint-Jean, off the Vallée-des-Forts bikeway and Chambly Canal bike bath, or at their taproom in Iberville, off the Montérégiade bike path, where they craft 20 different beers onsite.

### Microbrasserie du Vieux Canal



SALABERRY-DE-VALLEYFIELD

At this brew pub, located near the Beauharnois-Salaberry regional park bike path, they're passionate about beer, they draw inspiration from the sea, and they combine the two to serve up a selection of 16 beers brewed onsite, plus cocktails and food-truck-style fare that make this spot a worthwhile stop. In summer, sipping their unique beers from their rooftop terrace overlooking the lake Saint-François canal is a lovely treat.

### Terre à Boire



SAINT-BLAISE-SUR-RICHELIEU

Only 600 metres from the Vallée-des-Forts bikeway, Terre à Boire offers organic beers and spirits crafted with ingredients sourced from their own farm. The site's peaceful countryside setting is a delightful extra reason to visit.

### Bedondaine et Bedons Ronds



CHAMBLY

Experiencing Bedondaine et Bedons Ronds, located near the Chambly basin and Chambly Canal path, is both about the history and the making of beer. Visit their one-of-a-kind beer museum while sipping one of their 19 craft beers.


### Livingstone Brewing



FRANKLIN

Tucked away atop Covey Hill and sitting just off the Covey Hill bike route, this brewery farm produces craft beer with ingredients grown locally. Housed in a centennial barn, Livingstone Brewing invites you to stop in and enjoy a rustic, authentic spell in the enchanting regional county of Haut-Saint-Laurent.

### Legend

 On-road bike circuit

 Bike path



## Vallée-des-Forts bikeway

The Vallée-des-Forts bikeway runs along agricultural farmland and offers views of the American mountains. The tranquility is unparalleled, making for a serene ride. The route cuts through some villages, including **Saint-Valentin**, the capital of love.

For a nice outing, head for Île aux Noix and visit the grounds of the **Fort Lennox National Historic Site** encircled by the Richelieu river. Strictly accessible by boat, the island immerses you in its captivating past. A guide shares fascinating stories about the soldiers and their families who inhabited the island.

In Saint-Blaise-sur-Richelieu, **Bika Farm & Cuisine** serves tasting menus inspired by Turkish food. Here, each dish tells the story of the terroir and the seasons. Be sure to book a table for the complete experience.



Fort Lennox National Historic Site



Terre à Boire

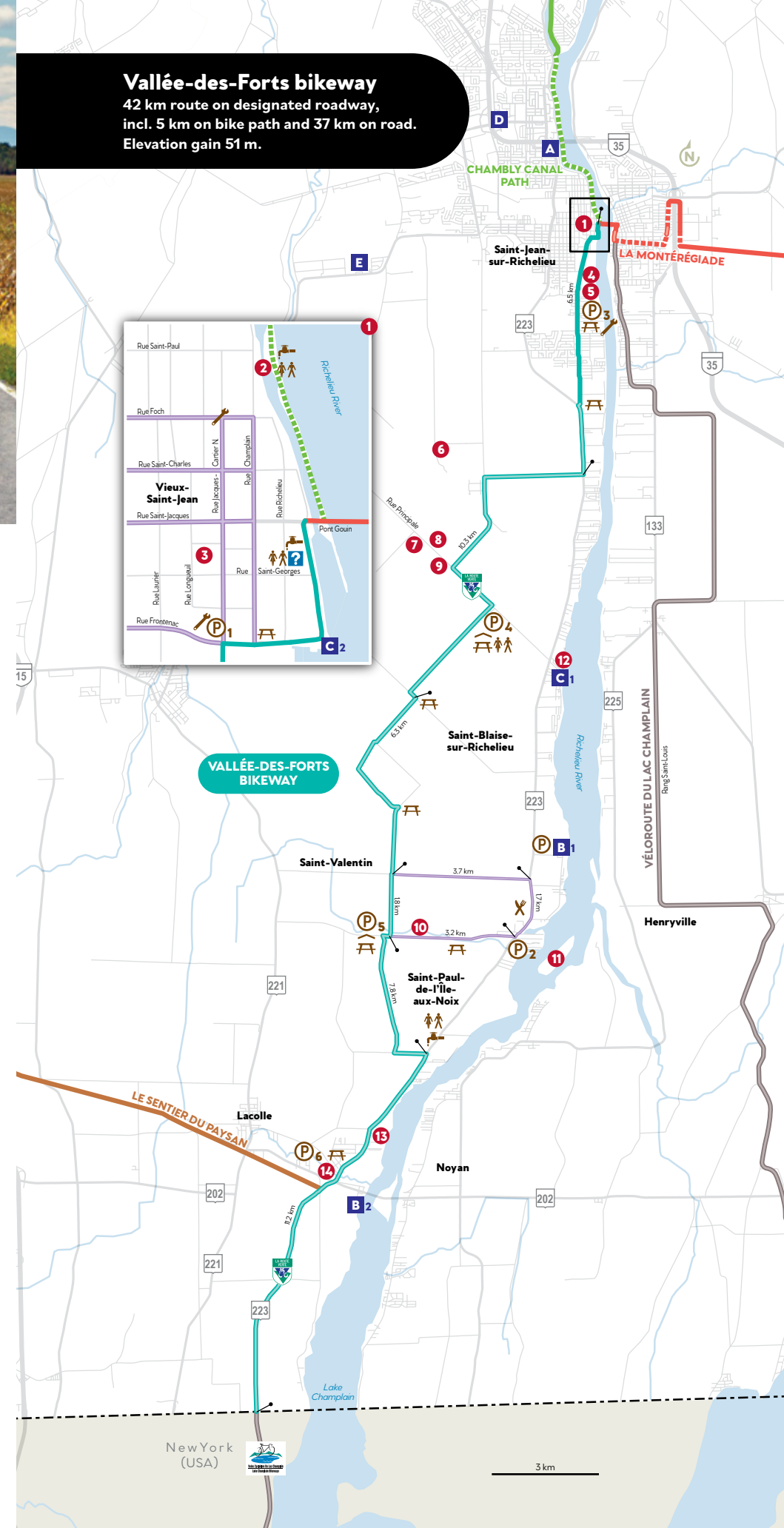
Keep the tasting theme going with a stop at the **Terre à Boire** brewery farm to try some craft beers, then visit the **Domaine Amalgames** vineyard to taste the freshness of the terroir in their wines. After a long day, treat yourself to an overnight at **Flotel**, in a floating room on the Richelieu river. In summer, experience a typical Saint-Valentin tradition and go berry picking at **Les Fraises Louis Hébert**, or in fall, apple picking at **Au Petit Verger**.

### Accommodations

- A Hôtel St-Jean-sur-Richelieu**  
Saint-Jean-sur-Richelieu (CITQ 568606)
- B Aloberge**  
1: Saint-Paul-de-l'Île-aux-Noix (CITQ 627700)  
2: Lacolle (Marina Rose-des-Vents) (CITQ 627700)
- C Flotel**  
1: Saint-Blaise-sur-Richelieu (CITQ 297833)  
2: Saint-Jean-sur-Richelieu (CITQ 309996)

### Vallée-des-Forts bikeway

42 km route on designated roadway, incl. 5 km on bike path and 37 km on road. Elevation gain 51 m.



Available on **RIDE WITH GPS**

### ATTRACTIONS AND SERVICES

- 1 Vieux-Saint-Jean**  
Saint-Jean-sur-Richelieu
- 2 Parc des Éclusiers**  
Saint-Jean-sur-Richelieu
- 3 Musée du Haut-Richelieu**  
Saint-Jean-sur-Richelieu
- 4 Musée du Fort Saint-Jean**  
Saint-Jean-sur-Richelieu
- 5 Centre-de-plein-air-Ronald-Beaugard**  
Saint-Jean-sur-Richelieu
- 6 Au Petit Verger**  
Saint-Jean-sur-Richelieu
- 7 Terre à boire – Ferme Brassicole & Distillerie**  
Saint-Blaise-sur-Richelieu
- 8 Domaine Amalgames**  
Saint-Blaise-sur-Richelieu
- 9 Place et musée Feller**  
Saint-Blaise-sur-Richelieu
- 10 Les Fraises Louis Hébert**  
Saint-Valentin

### INFORMATION

**Tourisme Haut-Richelieu**  
130, rue du Quai,  
Saint-Jean-sur-Richelieu  
450 542-9090 • 1 888 781-9999

**Bureau d'accueil touristique- Accueil du LHN Fort-Lennox**  
1, 61<sup>e</sup> Avenue,  
Saint-Paul-de-l'Île-aux-Noix  
450 291-5700

### Parking

- P1** Vieux-Saint-Jean - free parking sections P16 and P17, 31, rue Frontenac, Saint-Jean-sur-Richelieu (700 m from the tourism information centre)
- P2** Bureau d'accueil touristique Accueil du LHN du Fort-Lennox, Saint-Paul-de-l'Île-aux-Noix
- P3** Centre de Plein air Ronald-Beaugard, St-Jean-sur-Richelieu



Route du Richelieu

Old Belœil

Les deux boucles du Richelieu

FOR SEASONED CYCLISTS AS RIDERS MUST SHARE LANE WITH VEHICULAR TRAFFIC

This circuit of two out-and-back routes around the Richelieu river takes riders on a tour of a unique heritage portion of the region. It links together some of Quebec's quaintest towns, including Saint-Antoine-sur-Richelieu and Saint-Denis-sur-Richelieu. For a spell on **Route du Richelieu**, you'll come across places alive with pleasure boaters and green riverbanks. Seize the moment to stretch your legs in Old Belœil with its cafés and restaurants. Go to **Quartier général** for a coffee, **Brasseurs du Moulin** for a craft beer, or **Bleu Moutarde** for a fine meal. Have fun discovering so many experiences that capture the vibe of Old Belœil.



Strøm Nordic Spa Mont-Saint-Hilaire © Bianca Des Jardins

Continue exploring by heading for Mont-Saint-Hilaire and **La Maison des peuples autochtones**, a museum-like centre where you'll hear traditional chants and learn about indigenous cuisine.

Finally, **Strøm Nordic Spa Mont-Saint-Hilaire**, located in the heart of the Gault nature reserve, will immerse you in total relaxation. For accommodations, there are hotels, inns and campsites in the area.

Accommodations

- A La Belle aux Berges**  
Saint-Denis-sur-Richelieu (CITQ 154954)
- B Camping Terrasse St-Marc**  
Saint-Marc-sur-Richelieu (CITQ 201692)
- C Auberge Handfield**  
Saint-Marc-sur-Richelieu (CITQ 503204)
- D Hôtel Rive Gauche - Refuge Gourmand**  
Belœil (CITQ 545145)

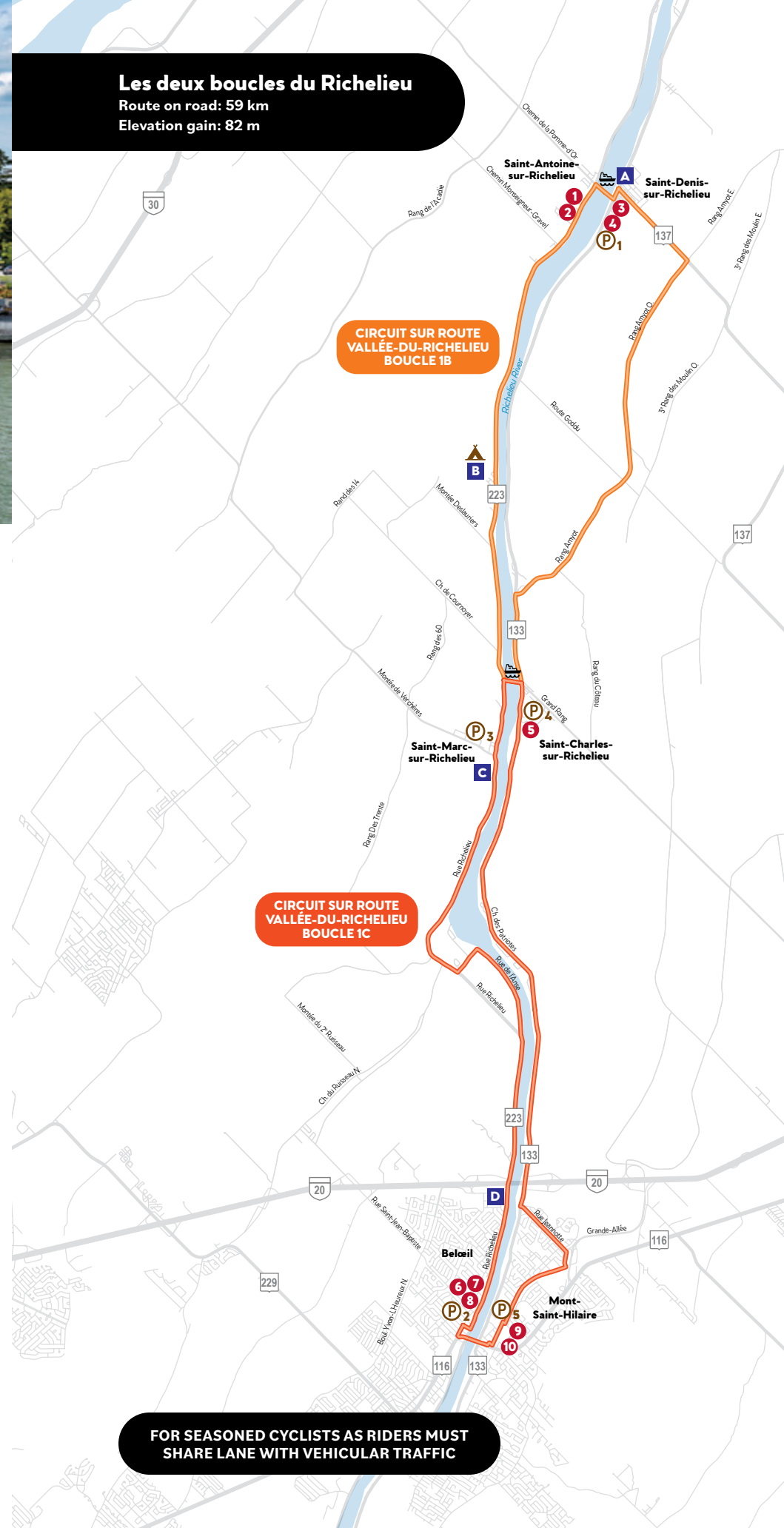


La Maison des peuples autochtones

Les deux boucles du Richelieu

Route on road: 59 km  
Elevation gain: 82 m

Available on **RIDE WITH GPS**



CIRCUIT SUR ROUTE VALLÉE-DU-RICHELIEU BOUCLE 1B

CIRCUIT SUR ROUTE VALLÉE-DU-RICHELIEU BOUCLE 1C

ATTRACTIONS AND SERVICES

- 1 L'Antoinette**  
Saint-Antoine-sur-Richelieu
- 2 Maison de la Culture Eulalie Durocher**  
Saint-Antoine-sur-Richelieu
- 3 Chez Nelson Café Bistro**  
Saint-Denis-sur-Richelieu
- 4 Maison nationale des Patriotes**  
Saint-Denis-sur-Richelieu
- 5 Église de Saint-Charles-sur-Richelieu**  
Saint-Charles-sur-Richelieu
- 6 Quartier Général du Vieux-Belœil**  
Belœil
- 7 Brasseurs du Moulin**  
Belœil
- 8 Blanc pur café**  
Belœil
- 9 Musée des beaux-arts de Mont-Saint-Hilaire**  
Mont-Saint-Hilaire
- 10 Pain dans les voiles**  
Mont-Saint-Hilaire

INFORMATION

**Tourisme Vallée-du-Richelieu**  
tourismevalleedurichelieu.ca

**Parking**  
**P1** Église Saint-Denis, St-Denis-sur-Richelieu  
**P2** Parking publics de Belœil, Vieux-Belœil  
**P3** Église Saint-Marc, Saint-Marc-sur-Richelieu

**Out-and-back loops**  
 1B (25 km)  
 1C (34 km)

FOR SEASONED CYCLISTS AS RIDERS MUST SHARE LANE WITH VEHICULAR TRAFFIC



# Vallons de la Yamaska

This circuit borders the Yamaska river and winds through agricultural patches of the Maskoutains regional county. Along the way, you'll find local treasures like the delicious strawberries and refreshing slush of *Ferme Gadbois* in Saint-Barnabé-Sud.

Saint-Hyacinthe's **1555 Marché public** is a charming public market that opened in 1830. It houses cheese shops and bakeries, among other local merchants. You can also visit the city's downtown boutiques, cafés and restaurants, including the *La Vie, La Vie* vegan café.



*Chouette à voir!*

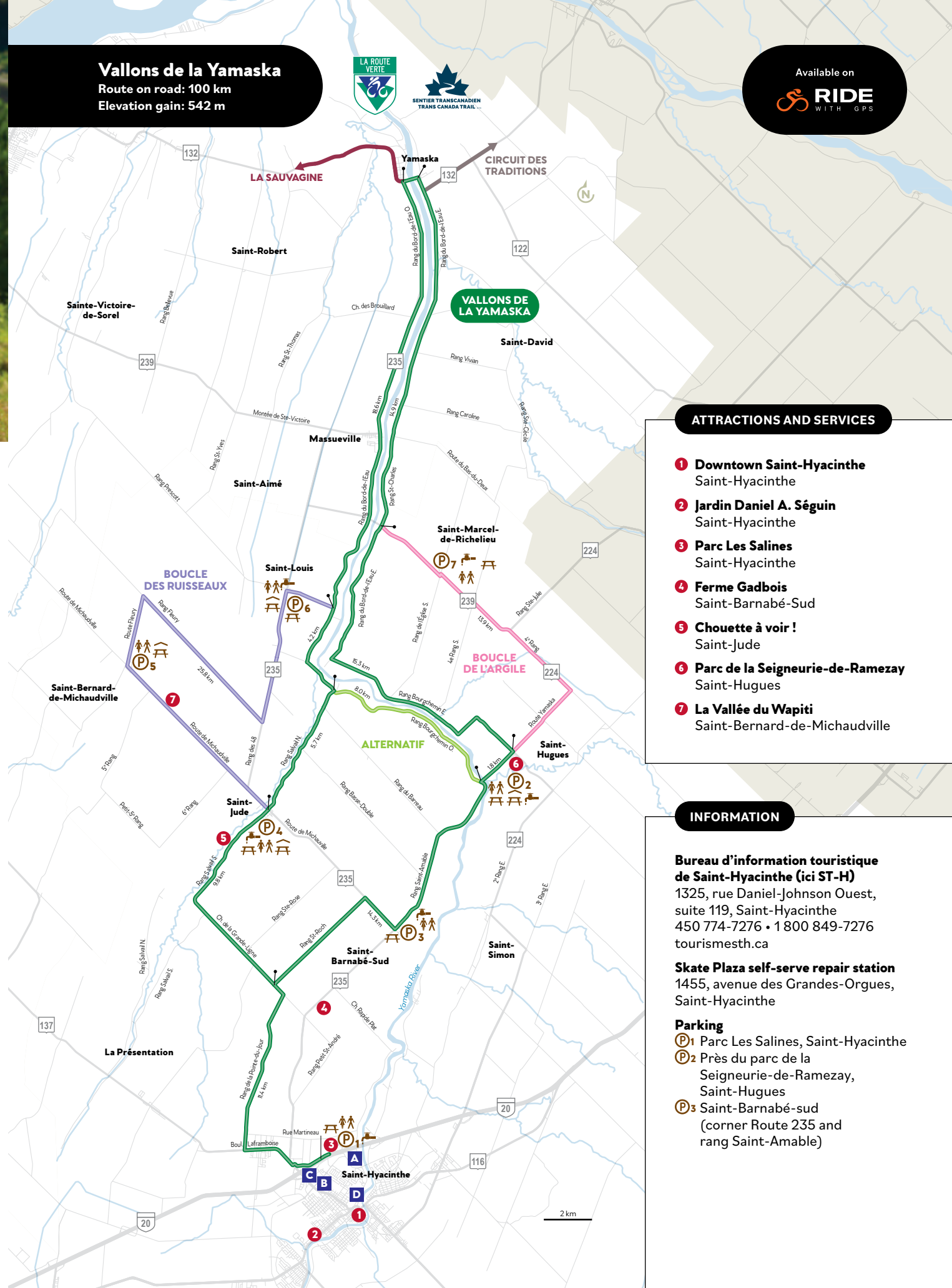
Not too far away, **Jardin Daniel A. Séguin** invites you to enter its 4.5 hectares of themed gardens and amble in nature and among the flowers. In Saint-Jude, **Chouette à voir!**, a centre for rehabilitating and raising awareness about Quebec's birds of prey, allows you to admire these birds up close and learn about their essential role in the ecosystem.

### Accommodations

- A** **Holiday Inn Express & Suites Saint-Hyacinthe**  
Saint-Hyacinthe (CITQ 223047)
- B** **Sheraton Saint-Hyacinthe Hotel**  
Saint-Hyacinthe (CITQ 297757)
- C** **Hôtel Le Dauphin Saint-Hyacinthe**  
Saint-Hyacinthe (CITQ 556231)
- D** **Villa Casavant**  
Saint-Hyacinthe (CITQ 298083)



*La Vie, La Vie, vegan café*



### ATTRACTIONS AND SERVICES

- 1** **Downtown Saint-Hyacinthe**  
Saint-Hyacinthe
- 2** **Jardin Daniel A. Séguin**  
Saint-Hyacinthe
- 3** **Parc Les Salines**  
Saint-Hyacinthe
- 4** **Ferme Gadbois**  
Saint-Barnabé-Sud
- 5** **Chouette à voir!**  
Saint-Jude
- 6** **Parc de la Seigneurie-de-Ramezay**  
Saint-Hugues
- 7** **La Vallée du Wapiti**  
Saint-Bernard-de-Michaudville

### INFORMATION

**Bureau d'information touristique de Saint-Hyacinthe (ici ST-H)**  
1325, rue Daniel-Johnson Ouest, suite 119, Saint-Hyacinthe  
450 774-7276 • 1 800 849-7276  
tourismesth.ca

**Skate Plaza self-serve repair station**  
1455, avenue des Grandes-Organes, Saint-Hyacinthe

**Parking**  
**P1** Parc Les Salines, Saint-Hyacinthe  
**P2** Près du parc de la Seigneurie-de-Ramezay, Saint-Hugues  
**P3** Saint-Barnabé-sud (corner Route 235 and rang Saint-Amable)

## You, your bike, nature and local flavours. For days...

Welcome to routes made for bike touring adventurers who really want to get to know the Montérégie. Mostly along La Route Verte, these itineraries span towns and villages, hug riverbanks at times, cut through wooded areas, then open onto orchards or fields and their seasonal bounties.

They are a perfect opportunity to practice slow touring by taking the time to admire the landscape and explore local flavours. Which is why they include agritourism legs that celebrate the terroir's richness: trying local wines, delighting in farm-fresh products, and meeting local producers.



Planning your stops and your accommodations will help you make the most of the experience. There are many options to choose from to fully enjoy your trip. The Montérégie's bike touring routes pave the way for you to explore the beauty of the region and its local flavours in equal parts, and discover something new every day.



# Jacques Sennéchaël's Montérégie bike trip

PAR CHARLOTTE BASTIEN

An account of Jacques Sennéchaël's five-day crossing of the Montérégie along his handpicked bike paths and circuits, including the Centre-Est out-and-back route. A slow touring journey that enabled the Vélo Mag editor to savour everything he saw and everyone he met.

## Day 1: From Saint-Jean-sur-Richelieu to Rougemont

The trip begins in Saint-Jean-sur-Richelieu toward Chambly on the bike path of the Chambly Canal National Historic Site. The liveliness of the Chambly marina and locks reminds him of European harbourfronts. Next is the mountain road up Mont-Saint-Hilaire. He stops at **La Maison des peuples autochtones**, where he brushes up on some indigenous traditions. Finally, the Route de Champs bike path takes Jacques to Rougemont and a quiet night's rest at **Auberge Le Fruit Défendu**.



## Day 2: Hello, local flavours

The second day is all about exploring Rougemont's surrounding areas along Petite Caroline, a road lined with local producers.

FIND HIS FAVOURITE PICKS ON PAGE 47!

## Day 3: From Rougemont to Granby, and back

From Rougemont to Granby on Route des Champs, and while heading back to Saint-Jean-sur-Richelieu via the Montérégiade bike path, our magazine editor cuts through a colourful patchwork of orchards, fields and woodland. The ride is like a tribute to the diversity of the region's landscape.

## Day 4: History meets idyllic along the Vallée-des-Forts bikeway

On the fourth day, Jacques rides the Vallée-des-Forts bikeway, where he comes across the **Terre à Boire** brewery farm in Saint-Blaise-sur-Richelieu. He stops in for a local beer. Some kilometres later, another stop, this time in serene and idyllic Saint-Valentin. Next: the **Fort Lennox National Historic Site** in Saint-Paul-de-l'Île-aux-Noix and its fascinating past, before returning to Saint-Jean-sur-Richelieu.

## Day 5: Picturesque villages and a soft landing

To cap off his trip, Jacques travels to the Richelieu Valley to visit the charming village of Saint-Denis-sur-Richelieu and the **Maison nationale des Patriotes** museum. He spends his final night in Beloeil, with a gastronomic meal and comfortable stay at **Hôtel Rive Gauche - Refuge Gourmand**.



# Boucle Centre-Est

Boucle Centre-Est is bike touring for savouring the moment with every pedal stroke. This out-and-back route is strictly on mostly-flat bike paths and winds through tourist hotspots like Chambly, Saint-Jean-sur-Richelieu and Granby. Easy-going, it's for everyone: families, couples and seasoned riders looking for good sightseeing and good food.

The route is more than a simple itinerary, it also doubles as a starting point for exploring other touring options in the region, like the YAMASKA bike network, Montée du chemin de Chambly or the Vallée-des-Forts bikeway. The Montérégie brims with beautiful scenery, culturally enriching opportunities and foodie treasure-troves! Many of these stops are along the way but have no roadside signs, so be sure to map them in before saddling up.



## Plan your trip!



**Luggage transfer and bike rental service**  
Details: [voyageravelo.com](http://voyageravelo.com)



**Turnkey packages**  
Accommodations and luggage transfer  
Details: [veloquebecvoyages.com](http://veloquebecvoyages.com)

## SUGGESTED ITINERARIES

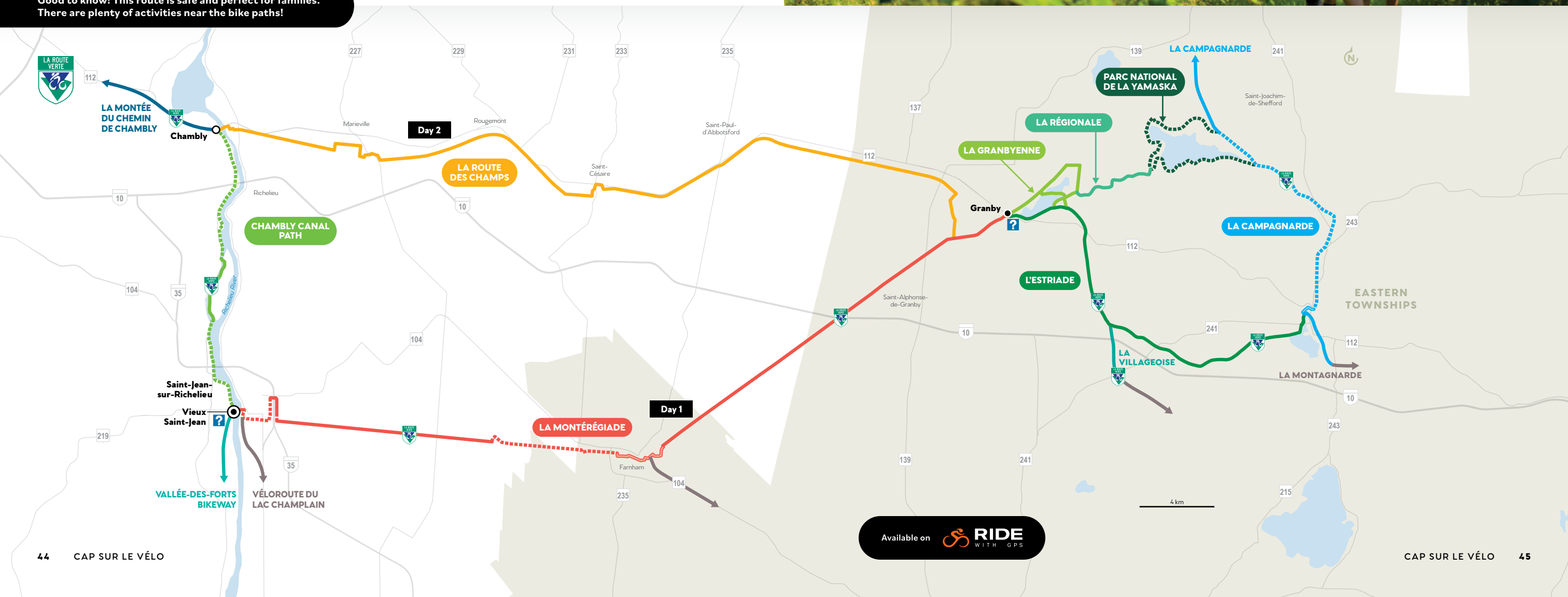
- Day 1:** Saint-Jean-sur-Richelieu to Granby
- Day 2:** Granby, Chambly and Saint-Jean-sur-Richelieu
- 3- or 5-day options on our website**

## SUGGESTED DEPARTURE POINTS

- 📍 **Vieux Saint-Jean**  
Saint-Jean-sur-Richelieu
- 📍 **Granby**

**Boucle Centre-Est**  
Itinerary: 125 km and up  
Small elevation gain: 246 m and up

**Good to know!** This route is safe and perfect for families. There are plenty of activities near the bike paths!



Available on RIDE WITH GPS



# Jacques Sennéchael's foodie picks

While biking across the Montérégie, Jacques Sennéchael discovered the region is more than a sightseeing paradise, it's also a land of flavours and getting to know the locals. Every orchard, vineyard and microbrewery he visited was its own experience. For Jacques, these stops triggered the start of conversations that imparted the genuineness, passion and backstories of local producers. Here are some that left a lasting impression.

## A foodie destination worth savouring

The Montérégie is a dream destination for epicures and avid cycle tourists. Here, every pedal stroke plates an invitation to discover unique flavours and make indulging your inner foodie part of the trip.

For a truly enriching experience, visit a chocolate factory, vineyard or local food shop. Every stop is an opportunity to immerse yourself in the craftsmanship that typifies the region.

We put together this section to feature local producers located near bike routes. You won't find some of these names on signs by the road, so we're hoping these suggestions will ensure you don't miss out on anything. Add practical services like luggage transfers and friendly accommodations, and you've got the makings of a plan that will foster slowing your pace so you can thoroughly enjoy the region's treasures.

### In the following pages, you'll find:

- **Favourite picks** from Vélo Mag editor Jacques Sennéchael, who met several local producers.
- **A shortlist of foodie destinations** located near bike routes, lovingly curated by our team.
- **Useful tips** on planning an itinerary and tapping into bike travel services.

Take the time to savour the Montérégie and ride the excitement of discovering an adventure at every turn!



Terre à Boire

## Cidrerie Michel Jodoin ROUGEMONT

Jacques found Michel Jodoin's passion captivating. Jodoin is an icon in the Quebec cider world, and visiting his cider house is a must for anyone interested in the history of Quebec cider and learning how it's produced.

**What he loved:** The ice cider tasting, it felt like drinking in all the richness of the local terroir.



Cidrerie Michel Jodoin



Vignoble Les Murmures

## Terre à Boire SAINT-BLAISE-SUR-RICHELIEU

This brewery farm, just off the Vallée-des-Forts bikeway, is one-of-a-kind. Everything, from farming the grains to brewing the beer, happens onsite. The result is a truly local flavour.

**The special touch:** Pizza nights, during which visitors get to try the beers over wood-fired pizza.



Terre à Boire

## Vignoble Les Murmures SAINT-JEAN-BAPTISTE

This vineyard is a rare gem. Jacques liked the simplicity of the place and the friendly conversations with the owners, who talked freely about the craft of winemaking.

**His favourite moment:** The outdoor tasting experience, surrounded by the vines and overlooking the hills.

# Our favourite roadside foodie stops



Riding the Montérégie's bike paths is also about encountering foodie stops that enrich the experience. Below, members of our Tourisme Montérégie team share their favourite spots located just off the paths: perfect pit stops for discovering some of the region's treats.



Village des Écluses



Deux grains au Moulin

**Charlotte**  
Communications Marketing Coordinator

## DEUX GRAINS AU MOULIN & VILLAGE DES ÉCLUSES

From Coteau-du-Lac toward Pointe-des-Cascades along the **Soulanges bike path**, I always stop in at the **Deux grains au Moulin** coffee shop and bakery. They're situated in an ancestral home in Les Cèdres, and their chocolatinnes and lattes are irresistible. **Village des Écluses**, where the bike path ends, is where I like to recover after a ride. I often go there for a delicious taco, a good beer and the live music.

**Marjorie**  
Destination Development Director

## MICROBRASSERIE DU VIEUX CANAL & VIGNOLE J.O. MONTPETIT

The **Beauharnois-Salaberry regional park** brims with interesting stop options, but these two are always top-of-mind after a day of riding: **Microbrasserie du Vieux-Canal** and **Vignoble J.O. Montpetit**. The brew pub is a great spot for sipping an IPA, chilling and enjoying the view from the terrace. As for the vineyard, I go for their rosé. The sweeping rows of vines and the peaceful setting make it a special place.



Vignoble J.O. Montpetit

**Marie-Eve**  
Digital Marketing Coordinator

## DÉLIRES ET DÉLICES & FG CHOCOLATIERS

On my rides along the **Chambly Canal bike path**, I always stop in Vieux Chambly for a spell. **Délires et Délices** is one of my regular spots. I enjoy sitting on the terrace, local beer in hand, savouring the place's vibe. I am constantly surprised by their creativity, especially when they come out with something new, like their tomato beer. Nearby, **FG Chocolatiers** is my go-to for a creamy ice cream, inventive gelato or fruity sorbet. They're all so delightful, and I love trying the flavours in season, especially on hot summer days.



Délires et Délices



FG Chocolatiers



L'Effet Boeuf

**Marie-Claude**  
Member Services Coordinator

## CHALIFOUX BAR LAITIER BOUTIQUE & L'EFFET BŒUF

Whenever I'm on the **Sauvagine bike path**, I drop by **Chalifoux Bar Laitier Boutique** for an ice cream. This dairy bar is a treat and welcoming, so a nice spot for a break. You'll find it right after the tunnel-like tree-covered segment of the path. If I know I have time, I pack a cooler in the car and ride from the carpark to **L'Effet Boeuf** and back. It's only a few minutes, and it gives me a chance to stock up on some of their top-grade meat products I'll be able to enjoy later.

## Plan your trip

The Montérégie is full of options that allow you to stretch your trip and experience an unforgettable getaway. Whether you're looking for comfort or something different, you'll find accommodations and services throughout the region that meet your needs.

So you don't miss anything, map in your stops before hitting the road, as many attractions and merchants may not always be indicated on the itineraries. Advance planning will ensure you discover hidden treasures and fully enjoy your outing.

For a turnkey experience, **Vélo Québec Voyages** offers full cycling tour and vacation packages. For specific conveniences like luggage transfer and bike rental services, **Voyager à vélo** provides practical solutions that are customizable so you can entertain various itineraries, such as **La Grande Boucle**, **La Boucle Centre-Est** or **La Véloroute Gourmande**.

**Bienvenue cyclistes!** certified accommodations are cyclist-friendly and cater specifically to bike tourists. Here, you'll find basic bicycle maintenance tools, useful information and secure storage areas for your bikes. As for the campsites, you're guaranteed a spot even without booking, and sheltered facilities provide a place to rest or eat in peaceful surroundings.



### Some Montérégie Bienvenue cyclistes! certified establishments:

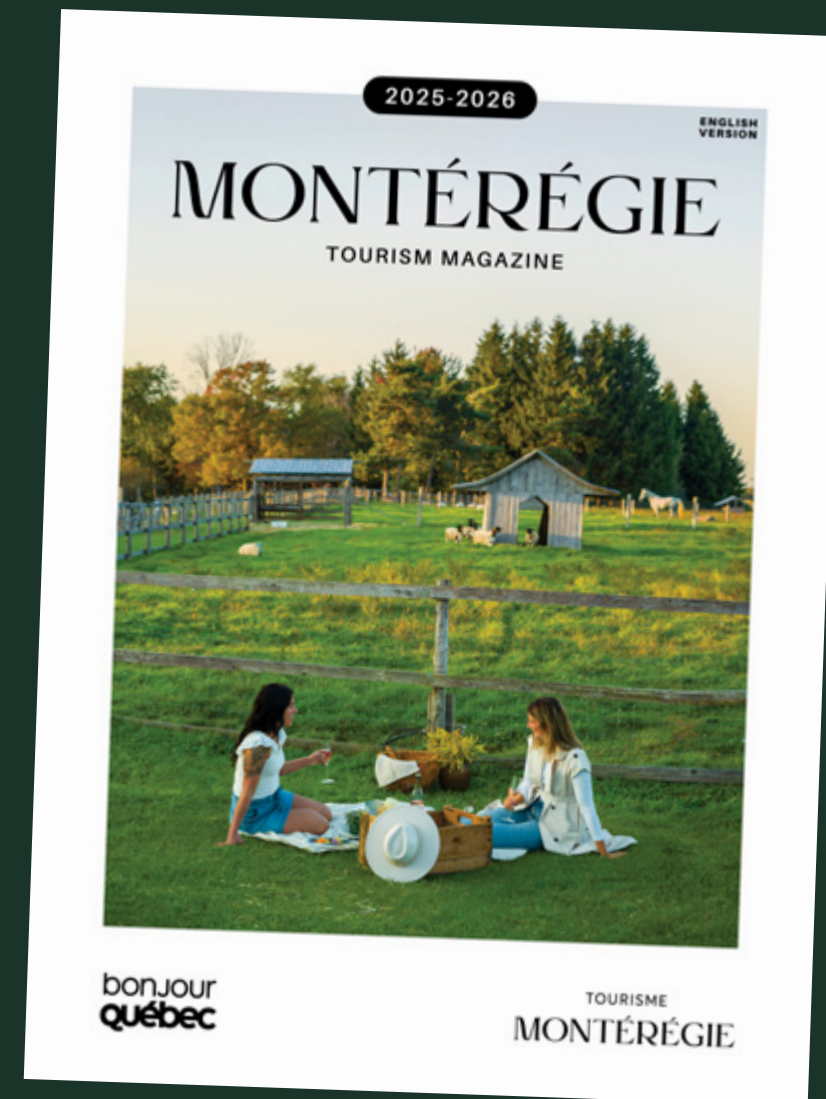
- **Hôtel MOCO:** an old cotton mill converted into a modern hotel with a secure bike storage warehouse.
- **Auberge Le Fruit Défendu:** a charming B&B on ancestral land, with a pool and a shed for your bikes.
- **Domaine Pourki:** original accommodations like Bora-Bora-type huts or floating cabins.
- **Parc national des Îles-de-Boucherville:** national park campsite accessible by bike and with free carts for towing your bags.
- **Auberge des Gallant:** combining nature and gastronomy, this inn is ideal for cyclists and explorers.

With these options tailored to your needs, the Montérégie has your cycling adventure covered for comfort, discovery and fun. Use them to unearth the hidden treasures of this beautiful region, where a new surprise awaits at every turn.



## Get the latest issue of the Montérégie tourism magazine. It's free!

Out May 2025. Order your print copy or read the digital version.



## May is Bike Month!

Celebrate the return of warm weather with Vélo Québec's Bike Month Challenge. Download the Geovelo app, join the Montérégie community, rack up your kilometres and help the region shine as you ride!



