

BETTER BY

BIKE

CYCLE TOURING MAGAZINE



New bike path:
Pré ferré - La véloroute
de Roussillon RS

Base camp: Make
the most of multiple
day rides

Jonathan B. Roy gets to
know the South Shore,
and its local ambassadors

Bike touring tested
and approved by
Guillaume Lavoie



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↑ CHAMBLY CANAL PATH, © NOMONDAYCLUB

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↑ LA ROUTE DES CHAMPS, © JEANNE RONDEAU-DUCHARME



↑ LA RIVERAINE

On-road bike circuits



































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Map key

You will find these symbols on each map.

-  Paved path
-  Unpaved trail
-  Paved road
-  Planned route
-  Inaccessible section
-  Local network
-  Sentier Oka-Mont-Saint-Hilaire path
-  Footbridge or bridge
-  Closures and roadwork
-  Tourist information centre
-  Metro station
-  REM stations
-  River shuttle
-  Camping
-  Drinking water
-  Rest area
-  Sheltered rest area
-  Accommodations
-  Birding
-  Repairs
-  Restaurant
-  Parking
-  Pay parking
-  Restrooms
-  Mountain biking
-  Fat biking
-  Panoramic view
-  Bienvenue cyclistes! accommodations
-  Fièremment Vélo!
-  Route planning app
-  La Route verte
-  Trans Canada Trail
-  Lake Champlain Bikeways
-  Great Lakes Waterfront Trail



LA ROUTE DES CHAMPS ↑

Come pedal *the Montérégie*

The Montérégie bike network stretches over 1,000 kilometres, making it the longest in all of Québec. You can link with it from Montréal, the Eastern Townships and the Centre-du-Québec region. The Montérégie also connects with numerous major signed routes, e.g. La Route Verte, the Trans Canada Trail, Great Lakes Waterfront Trail and Lake Champlain Bikeways. The cycling season here starts earlier than in many other regions in Québec and runs from April to November, so riders have a huge window within which to fully enjoy the vast network and its many itineraries.

Along the way, you'll find a complete gamut of services dotting this bike-friendly region, including Bienvenue cyclistes! accommodations, river shuttles, luggage transfers, bicycle rentals, secure equipment storage facilities and repair stations.

You will come across foodie, cultural and heritage stops, ride along farmland, riverbanks and through towns whose local products and views are irresistibly worth savouring and admiring. And you will value the numerous riding segments physically separated from motor traffic, the safe routes, and the circuits tailored to all levels – for beginner to seasoned cyclists – that make the Montérégie a go-to biking destination for pedalling at your own pace and based on your adventure style.

Your *favourite* Montérégie cycling spots

Every cyclist has their heart set on a favourite bike path, one they recommend unhesitatingly. Tourisme Montérégie asked the region's frequent cyclists to share theirs along with suggestions for a fully authentic experience. Whether for hours or for days, cycling in the Montérégie is part of our nature!

"I have a real soft spot for Parc régional Beauharnois-Salaberry and its web of trails. The scenery is outstanding and the stop areas complete with signs are smartly conceived. I suggest leaving from the Beauharnois hydropower generating station - it's like being seaside!"

— Ignazio Di Caro, Beauharnois



↑ PARC RÉGIONAL DE BEAUHARNOIS-SALABERRY, © JONATHAN B. ROY



↑ LA MONTÉRÉGIADÉ

"The La Montérégiade bike path, between Saint-Jean-sur-Richelieu and Farnham, is our family's go-to. It is a magnificent ride, flat, virtually all paved, and dotted with numerous shaded stopping points for snack breaks. It is also lined with restaurants, microbreweries and free parking with amenities for cyclists."

— Patrick Dufresne, Chambly

"I like many of the Montérégie's bike paths because you can ride for hours on stretches that aren't very busy. On *La Route des Champs*, I recommend the segment from Saint-Césaire to Chambly. Once there, you can rest, picnic or sit on a terrace. The Montérégie is truly perfect for cyclists of various levels, and you can plan multiple-day trips to enjoy the numerous attractions, restaurants and accommodations."

— Claude Plante, Le cycliste du dimanche

↓ LA ROUTE DES CHAMPS



Ride *over 600 km* worth of bike paths

The Montérégie, whose bike paths cover more than 600 km, enjoys one of Québec's most extensive and accessible cycling networks. Mostly built over old railway tracks or along corridors away from motor traffic, these paths run on relatively flat terrain, rendering them ideal for cyclists of all levels. Interlinked and connected to Québec's major bike routes, they make it possible to cycle the region safely and seamlessly.

Riding these paths, you'll discover a mosaic of landscapes: country fields and farms, idyllic rivers, historical neighbourhoods and lively towns. The range of foodie, cultural and heritage stops will enrich every outing and urge you to explore even more with every pedal stroke!



Jonathan B. Roy's excellent bike adventure on the South Shore

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*, throw light on bike travel and the encounters that shape him. After touring western Montréal, Jonathan saddled up with his usual globetrotting flair for a three-day bike trek exploring the South Shore. He was accompanied by his cameraman, Yanouk.



↑ L'URBAIN ACCOMMODATION AT THE RÉCRÉOPARC, © RÉCRÉOPARC



↑ EXPORAIL, THE CANADIAN RAILWAY MUSEUM, © YANOUK PAQUETTE-LABONTÉ



↑ UNDER THE SAMUEL-DE CHAMPLAIN BRIDGE, LA RIVERAINE, © YANOUK PAQUETTE-LABONTÉ

La Rivieraine: Hidden treasures and the best view of Montréal

La Rivieraine is a bike path that links many South Shore municipalities. It runs along parks, quiet districts, and provides amazing views of Montréal. It also leads to a variety of cultural and foodie stops, and camping options too.

DAY 1 Base camp at the RécréoParc

First, I set up basecamp at the RécréoParc in Sainte-Catherine, where Yanouk and I would stay overnight in one of their four ready-to-camps. Open year-round, this vast green recreation park skirts the Lachine rapids and has a beach, boat ramp and trails stretching for kilometres.

After renting a Ballado – a huge quadricycle – from REKCREA, I made for one of the trails together with Mario and Sandra-Michèle from *Voyager à Vélo*, who, afterwards, went on to pick up my car and drop it off at my final destination so it would be waiting for me at the end of my bike trip. Their vehicle transfer service saved me the trouble of going back to my starting point.

Same day, my cameraman and I headed for Exporail, the Canadian Railway Museum, barely 6 km south, in Saint-Constant. Their collection totals nearly 200 vehicles from all eras, station replicas, a rail-bike, and even a miniature railway ride (for children and children at heart) through the forest. Railfans could easily spend the whole day here.



↑ LA RIVERAINE, © YANOUC PAQUETTE-LABONTÉ

DAY 2 La Riveraine

We mounted our bikes and rode east along the river. After a coffee stop at L’Apostrophe, the La Riveraine bike path took us to the ArchéoMusée Roussillon for a trip down local history via almost 300,000 artifacts. This fun and interactive archeology museum is a treat for adults as well as kids. The archeological-dig-inspired sandbox is an especially big hit. Right next door, at the Société d’histoire de La Prairie-de-la-Magdeleine, we stepped inside a crypt holding the tombs of over 300 parishioners, vestiges of a time when being buried under a church symbolized being closer to Heaven.

Back on the bike path, we rode along the Seaway while watching the cargo ships, and under the Samuel-De Champlain Bridge before reaching Saint-Lambert, where we stopped for well-deserved tapas at the Mexican restaurant El Gordo. We filled our bellies, then resumed riding, pointing our wheels toward the Longueuil marina to admire the view, after which we biked to the Boucherville pier and ferried to Parc national des Îles-de-Boucherville.

Parc national des Îles-de-Boucherville: Bliss right next door

There is a group of islands in the middle of the Saint Lawrence River, between Montréal and Boucherville, that is virtually unknown. A national park comprising six of the islands was constituted in 1984 as a protected wetland area. Today, the Sépaq offers golfing, kayaking, biking and cross-country skiing in this rich wildlife setting.

You can commute to Parc national des Îles-de-Boucherville by car, public transit or Navark shuttle. We chose to pedal on, so we rode the La Riveraine bike path until the Yvon-Julien municipal pier in Boucherville, where my cameraman and I rolled our bikes onto the small ferry. The crossing took seven minutes.



↑ PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE, © YANOUC PAQUETTE-LABONTÉ

The short ferry ride did not prepare me for the change in scenery. It felt like vacation camp. The Sépaq's rustic camp contrasted with the shades of green and the touches of red from the watercraft and Adirondack chairs facing the water. The leaves rustled from the wind, the birds chirped - the islands are home to over 260 species - and even the staff seemed happy to be here.

Later, it was story-hour around the campfire. The tales and legends were narrated by Xavier with an actor's vigour. The children were captivated, and I too laughed more than once!

The premises enjoy numerous camping options, but we opted for a thick canvas ready-to-camp that included everything, except the bedding.

DAY 3 Bike explorers

Next day, while drinking generous amounts of coffee, we were joined by Mathieu, our jovial guide, who would be accompanying us on our cycling discoveries. He explained that the islands have 21 km of multiuse paths of compacted gravel. The network is free of elevation gains and riders can ride from island to island over water, marshland and wooded areas.

From our campsite on Île Grosbois, we started with the longhouse, rebuilt on an Iroquois archeological site. We then made for Île de la Commune, where a small bridge overlooks a floating deck kayakers use to observe the wildlife.



↑ LA RIVERAINE, © JONATHAN B. ROY



↑ PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE, © JONATHAN B. ROY

The scenery unspooled quickly: marshes, undergrowth, intervals with clear sight lines to the river. Other than the crackling of our wheels, it was sheer calm, and you almost forgot the city, even if some Montréal buildings appeared in the distance on occasion. We finally reached the Tower, one of the discovery stops. Up the spiral stairs to one of the best spots for admiring the migratory birds.

At the end of the day, we headed for our car in the park's parking lot, where Mario from *Voyager à vélo* dropped it off on Day One of our trip. It was great to not have to go back to our starting point!

Not only for cyclists

This 8 km² national park has neither canyons nor wild rivers, but its proximity to the city and its direct access by bike render it a superb nearby getaway spot you can visit and revisit season after season. The activities and scenery change month to month, and there are bike and watercraft rentals onsite to facilitate the experience.

The trails are easy, accessible, and populated with hikers, joggers, families... but also white-tailed deer, groundhogs, beavers and herons. You quickly get why Sépaq staff love working here!

Accommodations

- A Motel Martin's Inn Le Marigot**
Vaudreuil-Dorion
(CITQ 522664)
- B Village des Écluses**
Pointe-des-Cascades
(CITQ 199603)
- C Holiday Inn Express & Suites Vaudreuil-Dorion**
Vaudreuil-Dorion
(CITQ 286646)
- D Château Vaudreuil**
Vaudreuil-Dorion
(CITQ 506402)

Attractions and Services

- 1 Plage de Saint-Zotique**
Saint-Zotique
- 2 L'Embouchure, pointe festive**
Coteau-du-Lac
- 3 Coteau-du-Lac National Historic Site**
Coteau-du-Lac
- 4 Parc du canal de Soulanges rental centre**
(bikes and watercraft)
Coteau-du-Lac
- 5 La Posta Café Bistro**
Coteau-du-Lac
- 6 Café-boulangerie Deux Grains au Moulin**
Les Cèdres
- 7 Vignoble Le Bourg des Cèdres** 
Les Cèdres
- 8 Parc des Ancres**
Pointe-des-Cascades
- 9 Parc nature de Pointe-des-Cascades**
Pointe-des-Cascades
- 10 Village des Écluses**
Pointe-des-Cascades



PARC RÉGIONAL DU CANAL DE SOULANGES ↑

Soulanges bike path

The Soulanges bike path is 35 km of paved riding along the canal it is named after and lake Saint-François. A peaceful mix of open fields, wooded areas and beaches.

It is populated with a bike and watercraft rental facility, foodie stops and a heritage site. On the easternmost tip, Pointe-des-Cascades offers lounging areas, restaurant options and ready-to-camp accommodations. Plus, live evening concerts on weekends. The path stays open in winter for fat biking.



↑ COTEAU-DU-LAC NATIONAL HISTORIC SITE

↓ VILLAGE DES ÉCLUSES



Soulanges bike path

35 km paved



Information

Information on the western Montréal bike network

To plan your bike trip
1 855 424-6654 • tourismevs.com

Parc du canal de Soulanges

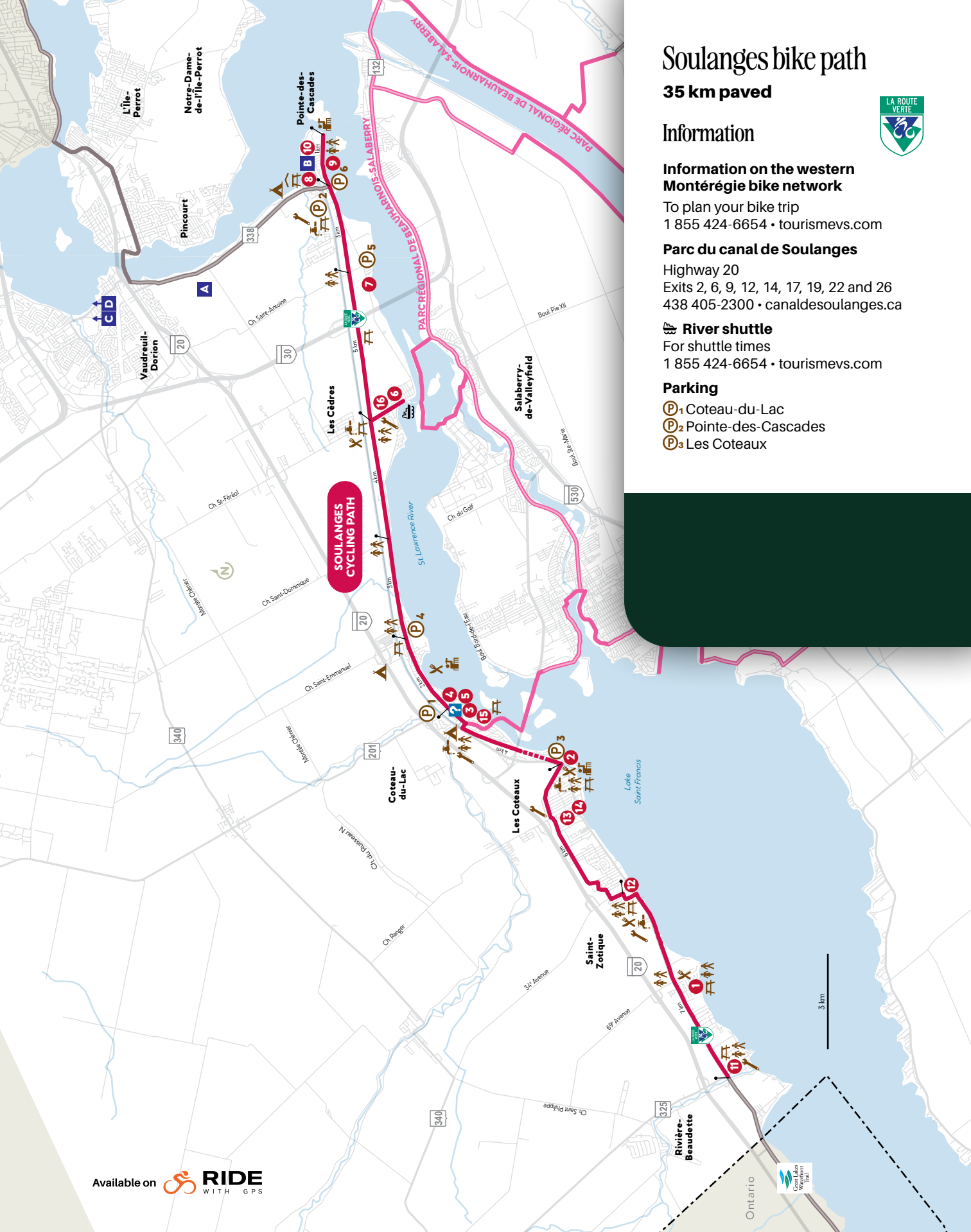
Highway 20
Exits 2, 6, 9, 12, 14, 17, 19, 22 and 26
438 405-2300 • canaldesoulanges.ca

River shuttle

For shuttle times
1 855 424-6654 • tourismevs.com

Parking

- P1 Coteau-du-Lac
- P2 Pointe-des-Cascades
- P3 Les Coteaux



Available on **RIDE**
WITH GPS



Accommodations

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



Attractions and Services

- 1 La Marine Marchande**
Saint-Stanislas-de-Kostka
- 2 Microbrasserie du Vieux Canal**
Salaberry-de-Valleyfield
- 3 Meraki Cuisine Méditerranéenne (inside Hôtel MOCO)**
Salaberry-de-Valleyfield
- 4 Canard et Cie** 
Saint-Louis-de-Gonzague
- 5 Pointe-du-Buisson, Musée québécois d'archéologie** 
Beauharnois
- 6 Beauharnois hydropower station**
Beauharnois
- 7 Vignoble J.O. Montpetit et fils**
Saint-Étienne-de-Beauharnois
- 8 Microbrasserie La Centrale**
Beauharnois
- 9 Kylou & Lylou**
Beauharnois
- 10 Vignoble Cortellino**
Saint-Urbain-Premier

HALTE DES VOYAGEURS, PARC RÉGIONAL BEAUHARNOIS-SALABERRY © ZÉRO HUIT ↑

Parc régional de Beauharnois-Salaberry and its web of trails

The paved 72 km Parc régional de Beauharnois-Salaberry bike path follows the canal along the countryside and riverbanks, providing shaded rest stops for observing passing ships or stretching your legs by the water.

Staff patrol the length of the path for your safety, to provide information or assistance if needed. To round out your ride, a beach, a museum, a hydroelectric generating station, restaurants, vineyards, farms and lodging, including a Bienvenue cyclistes! certified hotel, can be found around the route.



↑ PARC RÉGIONAL DE BEAUHARNOIS-SALABERRY / BEAUHARNOIS HYDROPOWER GENERATING STATION, © MRC DE BEAUHARNOIS-SALABERRY

↓ HÔTEL MOCO



Parc régional de Beauharnois-Salaberry and its web of trails

72 km paved



Information

Information on the western Montérégie bike network

1 855 424-6654

To learn about the various stops and their services :
www.escapadebhs.ca/parc-regional/haltes

To plan your bike trip

escapadebhs.ca • 450 544-7455

Bike patrol - Parc régional de Beauharnois-Salaberry

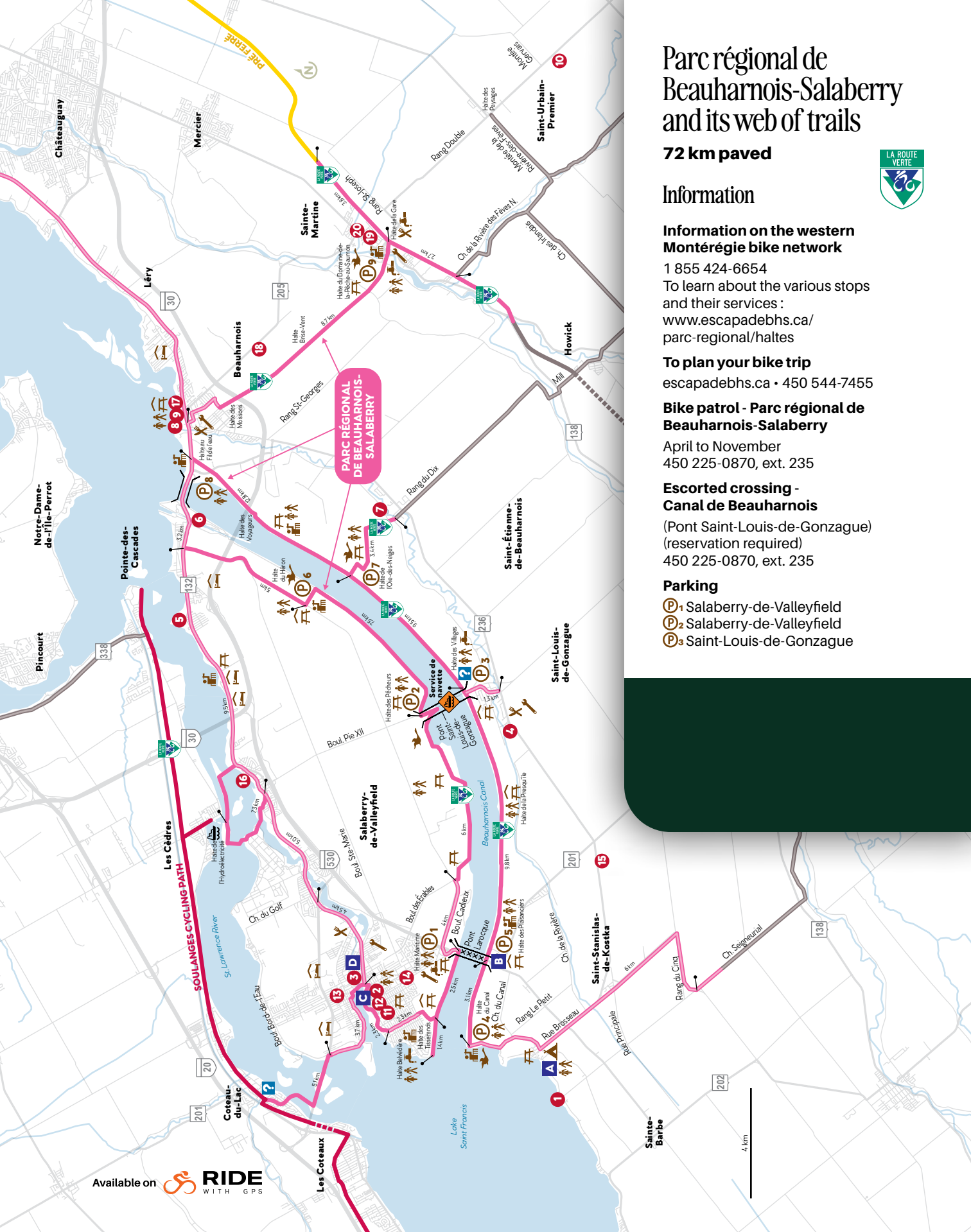
April to November
 450 225-0870, ext. 235

Escorted crossing - Canal de Beauharnois

(Pont Saint-Louis-de-Gonzague)
 (reservation required)
 450 225-0870, ext. 235

Parking

- Salaberry-de-Valleyfield
- Salaberry-de-Valleyfield
- Saint-Louis-de-Gonzague



Available on RIDE WITH GPS

NEW
BIKE
PATH

Accommodations

- A Camping Le Domaine du Bel-Âge**
Mercier (CITQ 200841)
- B Manoir D'Youville**
Châteauguay (CITQ 162256)
- C RécréoParc urban camping**
Sainte-Catherine (CITQ 627514)



↑ RÉCRÉOPARC

Attractions and Services

- 1 Café Ruban Bleu**
Mercier
- 2 Restaurant Grégoire et fils**
Mercier
- 3 Bleuetière Sainte-Marguerite**
Mercier
- 4 Gueulart artist centre**
Saint-Isidore
- 5 Domaine Labranche**
Saint-Isidore
- 6 Les Serres Benoit et Bloom — Ferme florale**
Saint-Constant
- 7 O' marché d'ici**
Saint-Isidore
- 8 Exporail: The Canadian Railway Museum**
Saint-Constant



PRÉ FERRÉ - LA VÉLOROUTE DE ROUSSILLON RS ↑

Pré ferré La véloroute de Roussillon RS

Inaugurated in summer 2025, this new 18 km fully paved bike path runs along a decommissioned railway track. Flat and safe, it snakes across rural scenery where open fields and natural settings are picture-perfect for shifting to a slower gear.

Three interpretive stations, inspired by air, water and earth, add a cultural touch to the ride by showcasing the region's agricultural heritage. You can lengthen your excursion by connecting with the Parc régional Beauharnois-Salaberry bike path and its network of trails.



↑ HALTE SAINTE-MARGUERITE, MERCIER

↓ HALTE BOYER, SAINT-ISIDORE



Pré ferré La véloroute de Roussillon RS

18 km paved



Information

Rest areas and interpretive stations

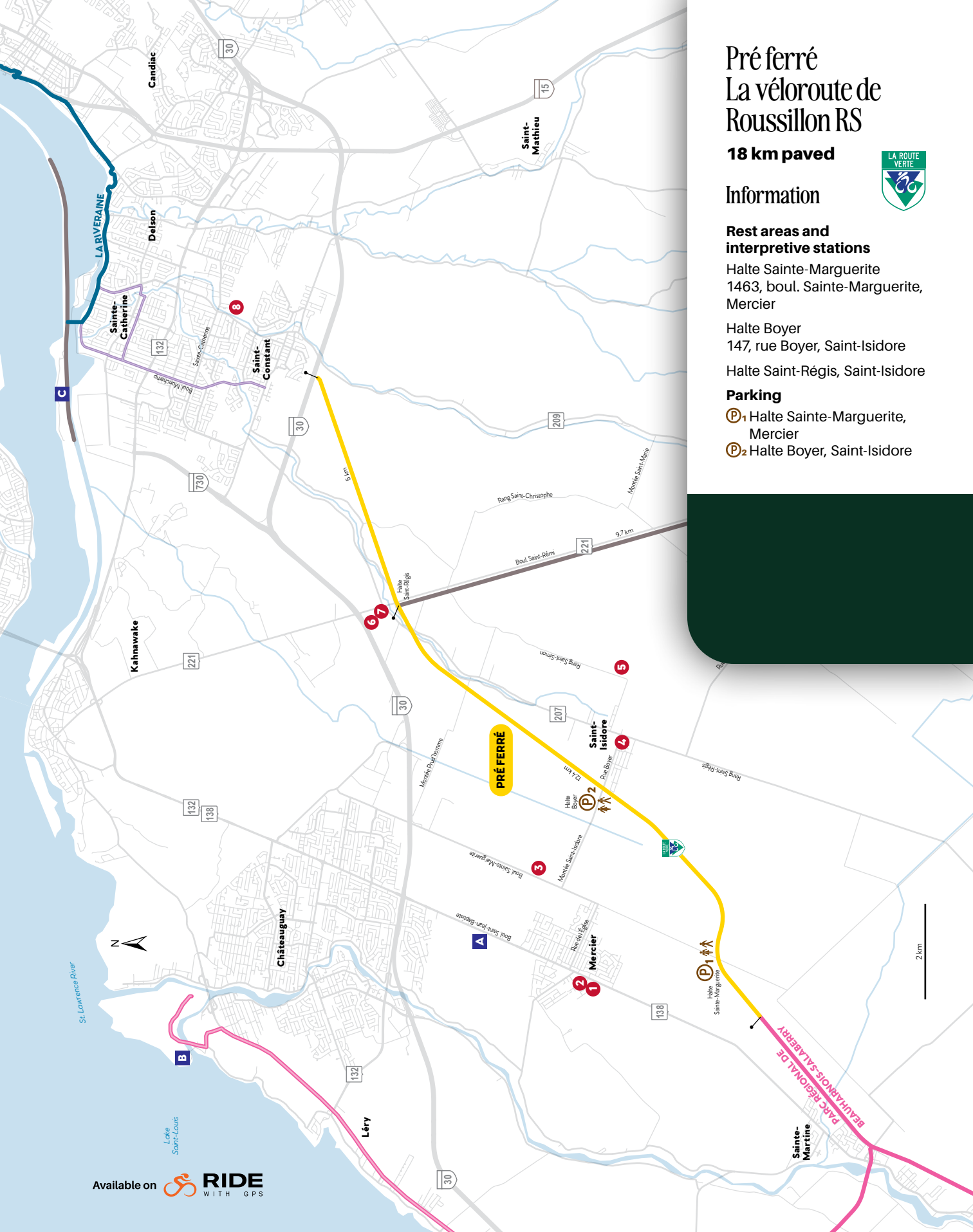
Halte Sainte-Marguerite
1463, boul. Sainte-Marguerite,
Mercier

Halte Boyer
147, rue Boyer, Saint-Isidore

Halte Saint-Régis, Saint-Isidore

Parking

- P1** Halte Sainte-Marguerite,
Mercier
- P2** Halte Boyer, Saint-Isidore



Available on RIDE
WITH GPS



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)

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
- 9 Cantine chez Lolo**
Lacolle
- 10 Ferme du Mihouli** 
Lacolle

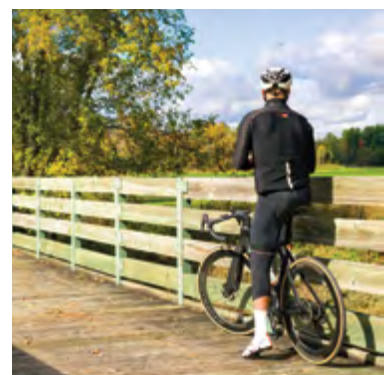
SENTIER DU PAYSAN BIKE PATH ↑

Sentier du Paysan

Built on an old railway right-of-way, the Sentier du Paysan, or “farmer’s way,” is the perfect gateway to a countryside getaway – nothing but farms, market garden fields and wooded areas far from the hustle and bustle. For those wishing to lengthen their ride, the bike path also connects with the Vallée-des-Forts bikeway that leads to Saint-Jean-sur-Richelieu.

Activities for the whole family abound in the area: a u-pick berry farm, outdoor playgrounds, and even a safari park for before or after your bike outing. Also, the bike path is located near a culinary route, the **Circuit du Paysan**, a 200 km drive that will add to your adventure with agritourism stops, wine and cider tastings, and opportunities to meet local producers. A quintessentially rustic and rural experience.

↓ PARC SAFARI



↑ SENTIER DU PAYSAN BIKE PATH

Sentier du Paysan

27 km paved

Information

MRC des Jardins-de-Napierville

mrcjardinsdenapierville.ca

facebook.com/MRCdesJardinsdenapierville

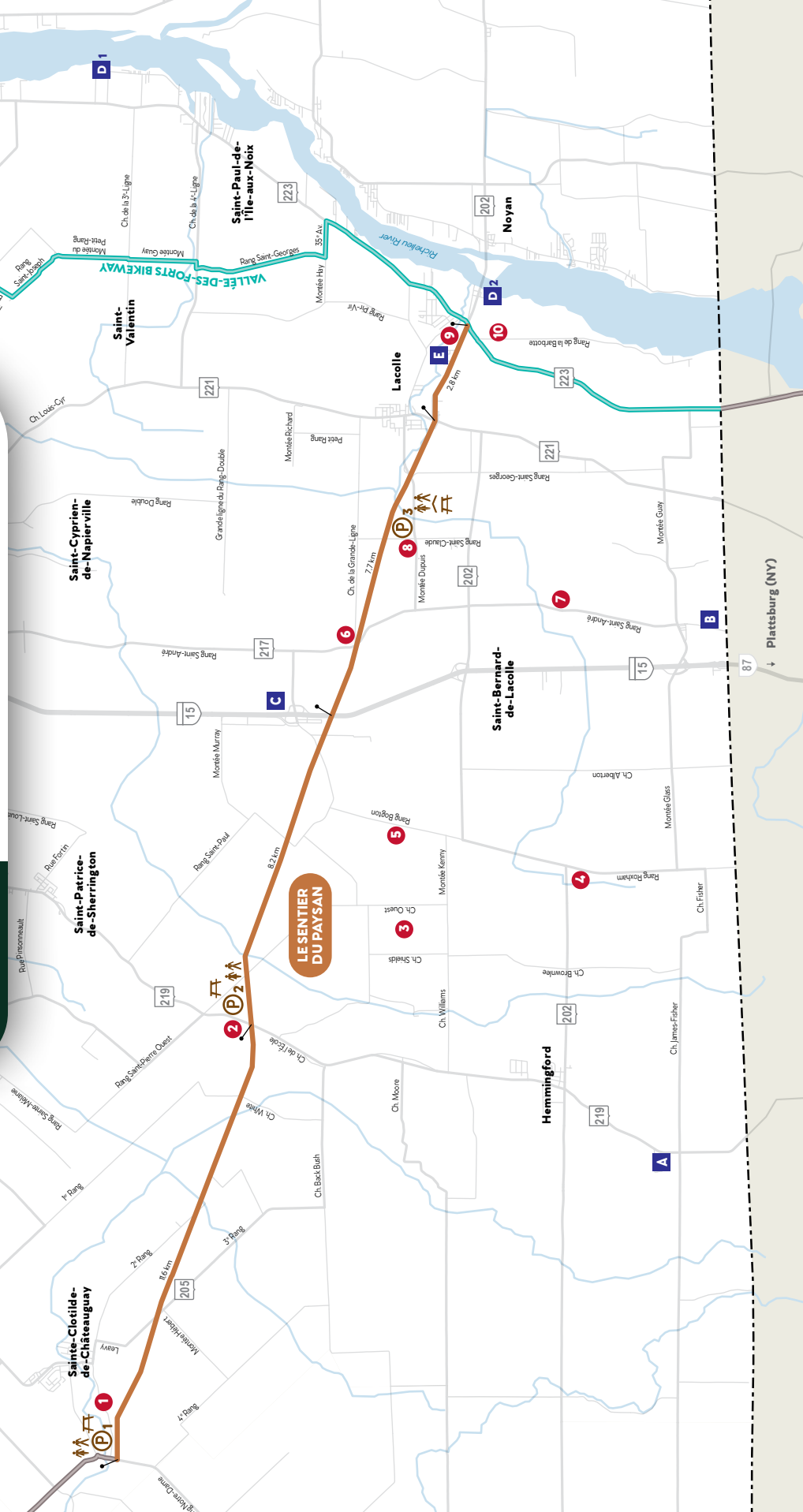
MRCdesJardinsdenapierville

Parking

P1 Sainte-Clotilde

P2 Township of Hemmingford

P3 Saint-Bernard-de-Lacolle



Available on  **RIDE**
WITH GPS



Accommodations

A Camping Grobois (Sépaq)

Île Sainte-Marguerite,
Boucherville (CITQ 207060)



B Espace VR Molson (RV area)

Île Charron, Boucherville
(CITQ 207060)



↑ PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE

Attractions and Services

1 River shuttle

- a. BGR Boucherville | Île Grosbois
- b. MMC Montréal/Mercier | Île Charron
- c. PVP Pointe-aux-Trembles -
Montréal/Old Port
- d. MMB Boucherville |
Montréal/Mercier
- e. BCH Boucherville |
Montréal/Old Port

2 Plage municipale de Longueuil

3 Centre de découverte et de services

Location de vélos et
d'embarcations nautiques

4 Wetland

5 Golf des îles

6 Observation tower

PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE ↑

Parc national des Îles-de-Boucherville

This island park located only minutes from Montréal and part of the Sépaq network holds over 20 km of bike paths that cut through protected wetland, waterways and woodland teeming with deer.

Off Highway 20 by car and reachable by river shuttle from either the South Shore or Montréal, the Îles-de-Boucherville national park is perfect for those impromptu bike outings. Once there, bike and watercraft rentals make it possible to explore the canals and take in the breathtaking views from the observation towers. And if you wish to stay longer, campsites and ready-to-camp accommodations are available for overnights.

↓ PARC NATIONAL DES
ÎLES-DE-BOUCHERVILLE



↑ PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE

Parc national des Îles-de-Boucherville

21 km unpaved

Information

Reception and information

55, île Sainte-Marguerite, Boucherville
450 928-5088
sepaq.com/boucherville

Discovery activities

Watersports, hiking, picnic areas

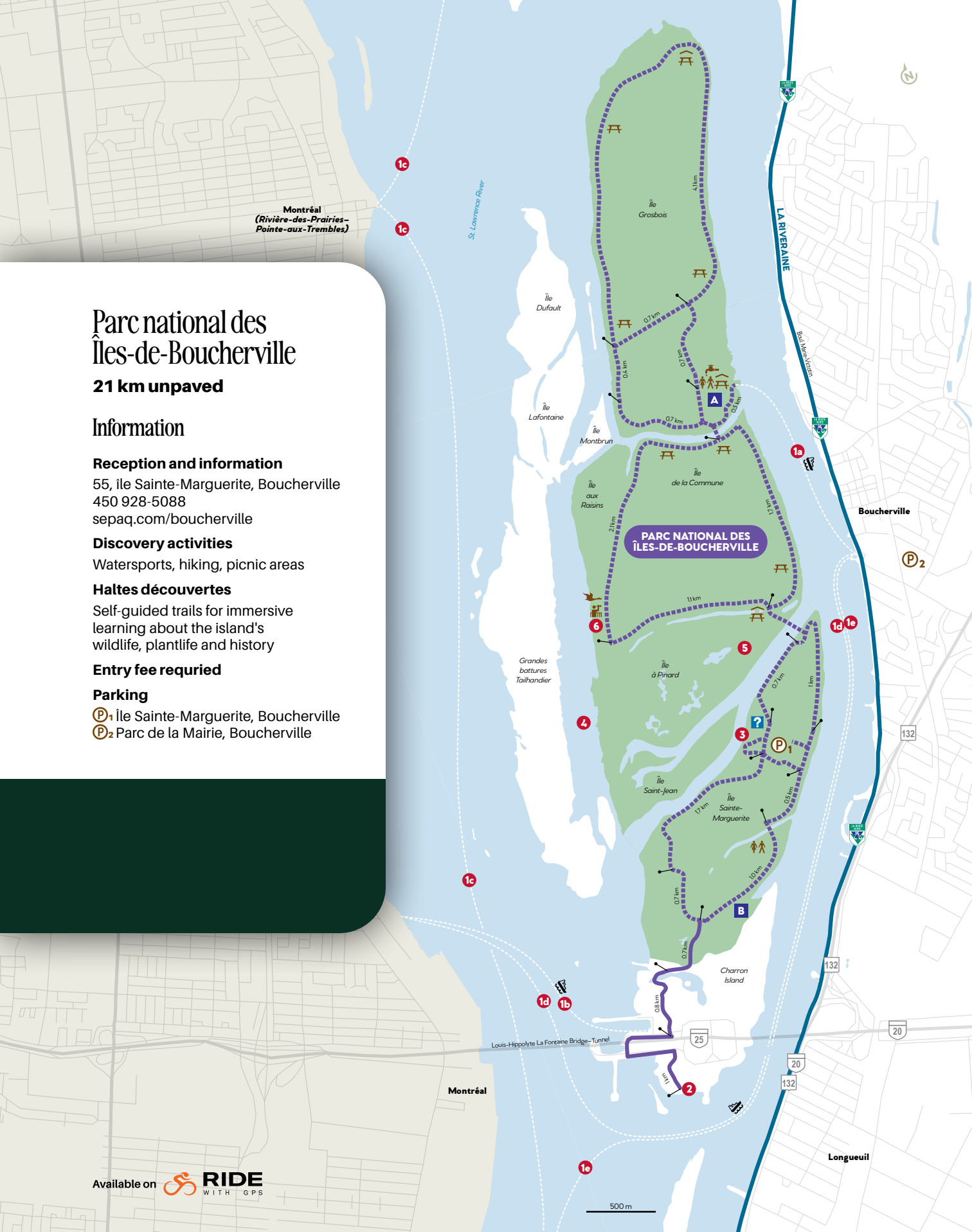
Haltes découvertes

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



Available on  **RIDE**
WITH GPS

Accommodations

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

Attractions and Services

- 1 River shuttle**
 - a. PVR Pointe-aux-Trembles | Varennes | Repentigny
 - b. BGR Boucherville | Île Grosbois
 - c. N1 Boucherville | Montréal/Mercier
 - d. N2 Boucherville | Montréal\Old Port
 - e. N6 Montréal/Mercier | Île Charron
 - f. N3 Varennes | Pointe-aux-Trembles | Montréal\Old Port
 - g. N4 Longueuil | Parc Jean-Drapeau | Montréal\Old Port
- 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 Parc St. Mark**
Longueuil
- 7 Parc de la Cité**
Longueuil (Saint-Hubert)
- 8 ArchéoMusée Roussillon RS** 
La Prairie
- 9 RécréoParc**
Sainte-Catherine
- 10 Basilique Sainte-Anne**
Varennes



LA RIVERAINE ET LA MONTÉE DU CHEMIN DE CHAMBLY ↑

La Riveraine and Montée du chemin de Chambly

La Riveraine hugs the Saint Lawrence River from Saint-Constant to Varennes. Picture riding through naturescapes and cityscapes interspersed with riverside parks, as well as views of Montréal and cultural and heritage landmarks totally worth stopping for.

Directly accessible from the South Shore, and linkable from Montréal via the Jacques Cartier and Samuel De Champlain bridges or by river shuttle, the bike path winds through old neighbourhoods that invite you to walk historical streets and explore local shops. There are numerous lodging options bordering the route for an overnight stay.

↓ MAISON DITE LOUIS-HIPPOLYTE-LA FONTAINE



↑ VIGNOBLE DOMAINE DU FLEUVE

La Riveraine and Montée du chemin de Chambly

81 km total

75,6 km paved
5,4 km unpaved



Information

Closures

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

Parking

- P**₁ Parc de la Voie Maritime
- P**₂ Parc Marie Victorin
de Longueuil
- P**₃ Hôtel de Ville, Varennes



**LA MONTÉE DU
CHEMIN DE CHAMBLY**

Available on **RIDE**
WITH GPS

Accommodations

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



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, Parks Canada**
 - a. No. 1, 2 et 3
 - b. No. 9
- 5 Place des Barges, Parks Canada**
Chambly
- 6 Pôle culturel de Chambly**
Chambly
- 7 Marché de Chambly**
Parc des Ateliers (Parks Canada)
Chambly
- 8 Fort Chambly National Historic Site, Parks Canada** 
Chambly
- 9 Parc des Rapides**
Picnic areas
Chambly
- 10 Fryer Island, Parks Canada**
Fauna and flora observation
Chambly



CHAMBLY CANAL PATH ↑

Chambly Canal path

The Chambly Canal bike path tracks the Richelieu river and offers an opportunity to discover the local history and nature. You'll pedal among locks, peaceful riverbanks and forested segments with views of pleasure boaters and myriad species of birds.

There are stops along the way for enjoying the green spaces, learning about the legacy of New France or indulging in good food. Downtown Chambly or Old Saint-Jean and their charming shops are a great way to cap the day. FYI, Saint-Jean-sur-Richelieu is an excellent spot from which to basecamp on a bike trip, with two hotels, including one that is **Bienvenue cyclistes!**, floating accommodations bordering the Richelieu river, and a campsite.

↓ CHAMBLY JETTY



↑ LOCK NO. 9, PARKS CANADA

Chambly Canal path

20 km total

6 km paved
14 km unpaved



Information

Chambly Canal National Historic Site

514 283-6054 or
1 888 773-8888
infocanalqc@pc.gc.ca
parcs.canada.gc.ca/
canalchambly

Bureau d'information touristique de Saint-Jean-sur-Richelieu

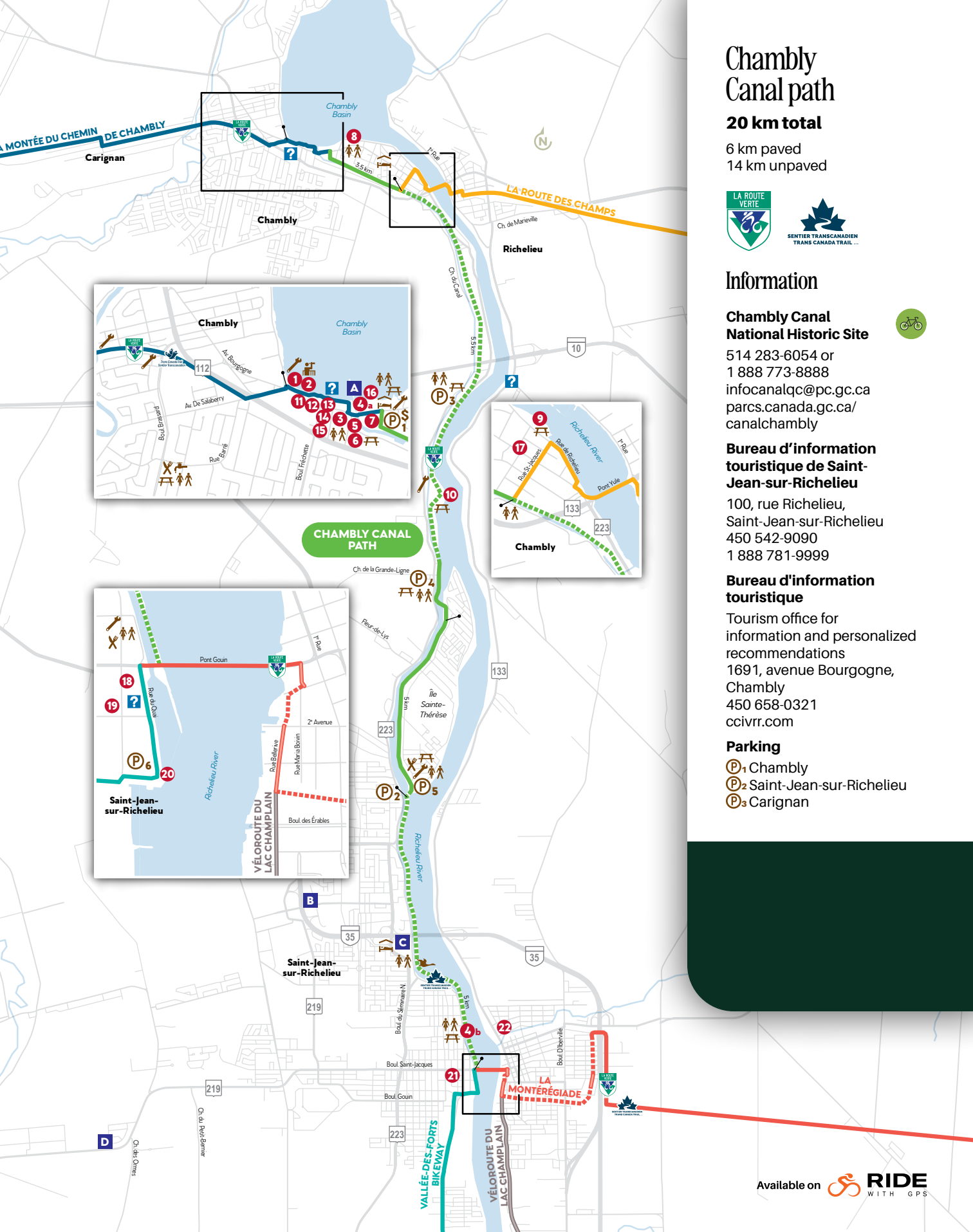
100, rue Richelieu,
Saint-Jean-sur-Richelieu
450 542-9090
1 888 781-9999

Bureau d'information touristique

Tourism office for
information and personalized
recommendations
1691, avenue Bourgogne,
Chambly
450 658-0321
ccvrr.com

Parking

- P1 Chambly
- P2 Saint-Jean-sur-Richelieu
- P3 Carignan



Available on RIDE WITH GPS



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)



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 / Subway**
Marieville
- 6 Potager Mont-Rouge Halte Gourmande**
Rougemont
- 7 Domaine de Lavoie Vignoble & Cidrerie**
Rougemont 
- 8 Si Henri Savait Restaurant**
Rougemont
- 9 Cidrerie Michel Jodoin**
Rougemont 
- 10 Sports Excellence**
Saint-Césaire

LA ROUTE DES CHAMPS BIKE PATH ↑

La Route des Champs

Forty kilometres of paved riding await you along La Route des Champs, a path that weaves through farm fields that change with seasons: apple blossoms in spring, market garden crops in summer, and vibrant hues blanketing the Rougemont and Yamaska mountains in fall.

Toward Rougemont, the route stretches past numerous agritourism businesses worth the short detour. You'll be able to savour local products or take a break at the foot of the mountain. An inn just off the path and two campgrounds a little farther allow you to lengthen your stay.

↓ VIGNOBLE ET CIDRERIE COTEAU ROUGEMONT



↑ APPLE TREES IN BLOOM, ROUGEMONT

La Route des Champs

40 km paved

Information

La Route des Champs

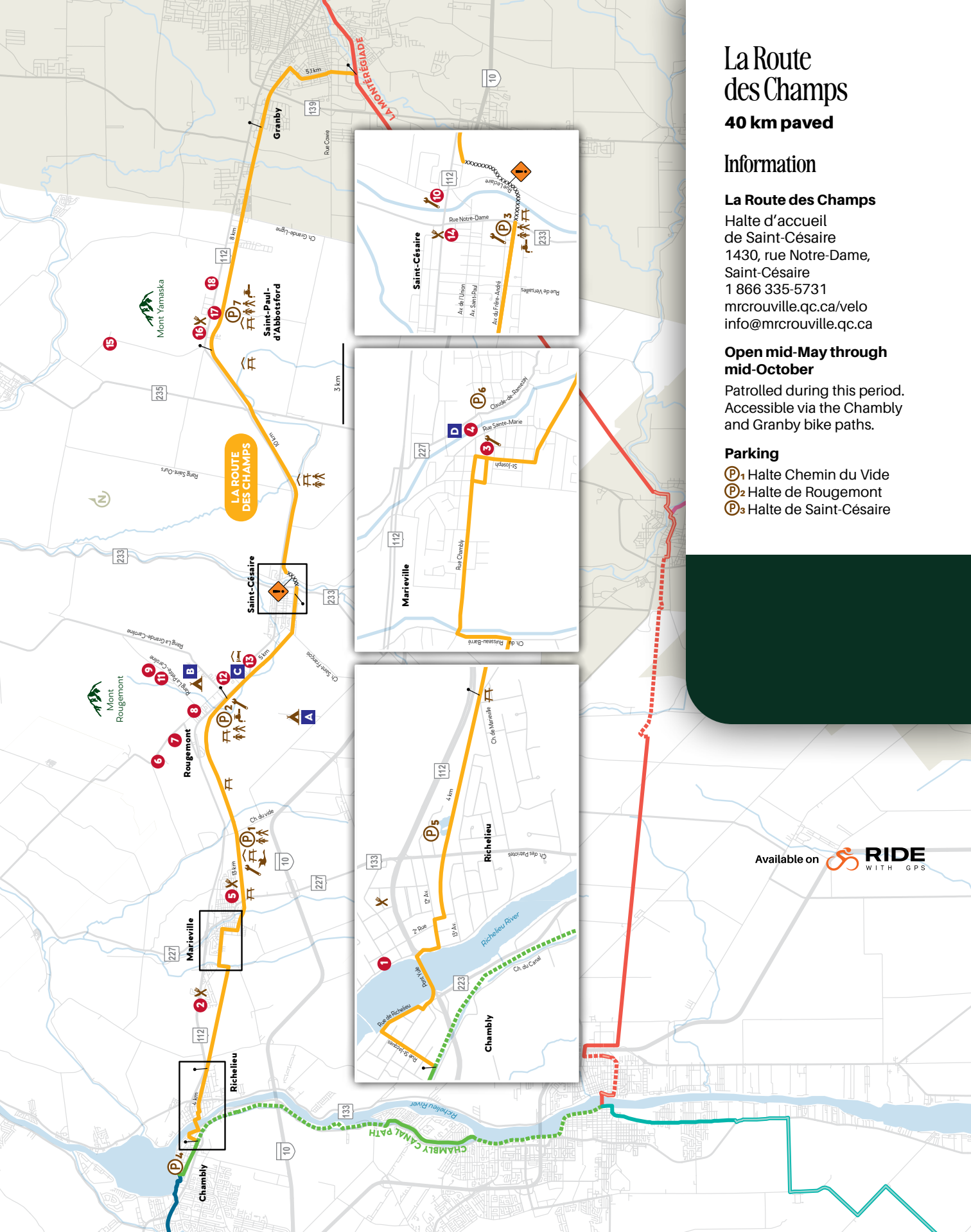
Halte d'accueil de Saint-Césaire
1430, rue Notre-Dame,
Saint-Césaire
1 866 335-5731
mrcrouville.qc.ca/velo
info@mrcrouville.qc.ca

Open mid-May through mid-October

Patrolled during this period.
Accessible via the Chambly and Granby bike paths.

Parking

- Halte Chemin du Vide
- Halte de Rougemont
- Halte de Saint-Césaire



Available on RIDE WITH GPS



Accommodations

- A Holiday Inn**
Saint-Jean-sur-Richelieu
Saint-Jean-sur-Richelieu
(CITQ 568606) 
- B Gite 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 Moynes-D'Iberville**
Saint-Jean-sur-Richelieu
- 2 Microbrasserie Lagabière**
Saint-Jean-sur-Richelieu
- 3 Halte Versailles**
Mont-Saint-Grégoire
- 4 Saucisson Vaudois**
Sainte-Brigide-d'Iberville
- 5 Parachute Montréal Rive-Sud**
Farnham
- 6 Fromagerie des Cantons**
Farnham
- 7 Microbrasserie Farnham
Ale & Lager**
Farnham
- 8 Dimension Sport**
Farnham
- 10 Place Publique Conrad-Blain**
Farnham
- 10 Marché public de Farnham**
Farnham

LA MONTRÉGIADE BIKE PATH ↑

La Montérégiade

Spanning 48 km, 43 km of which paved, La Montérégiade connects Saint-Jean-sur-Richelieu and Granby along farmland and woodland. Possibly stopping for cows crossing the road is among the many pleasant surprises in store for you.

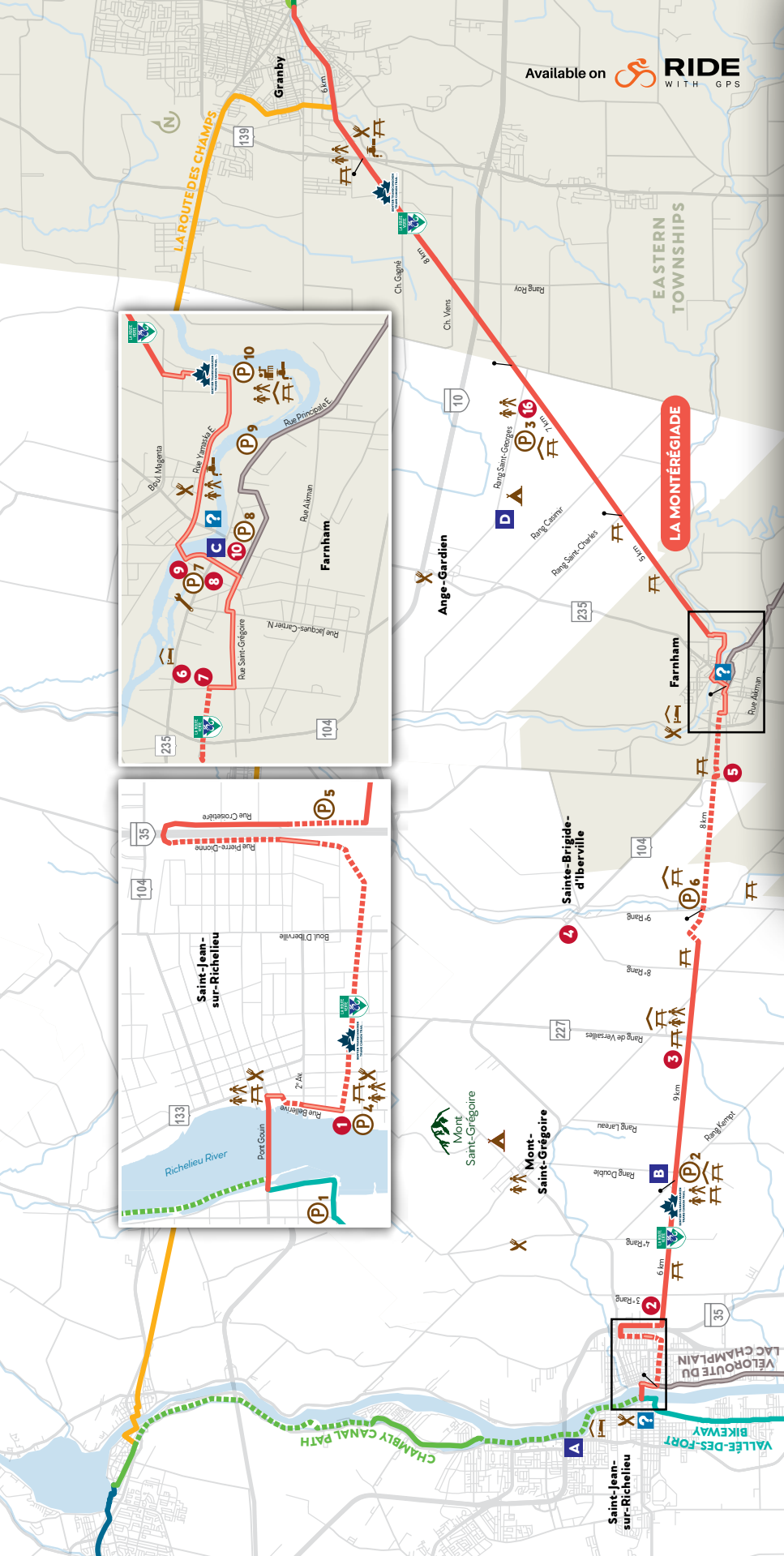
The path is lined with 10 QR code panels you can scan to play a French-language podcast titled *Circuit d'un cheminot à vélo*, which tells of the area's rail history. Alternatively, restaurants, cafés, local shops, and agritourism businesses offer several places to stop at either end of the trail. Accommodations near the path – hotel, B&B, condotel and campsite – make the experience complete.



↑ OLD SAINT-JEAN

↓ LAGABIÈRE





Available on  **RIDE**
WITH GPS

La Montérégie

48 km total

43 km paved

5 km non paved



Information

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 Vieux-Saint-Jean
-  P₂ Halte Kempt, Mont-Saint-Grégoire
-  P₃ Halte Saint-Georges, Ange-Gardien




CIRCUIT D'UN CHEMINOT à Vélo



TOUR GUIDÉ GRATUIT



LA SAUVAGINE BIKE PATH ↑

Accommodations

A **Maison des Gouverneurs (Halte VR)**

Sorel-Tracy (CITQ 200465)

B **Hôtel de la Rive Steakhouse & Bar - O Spa Nordique**

Sorel-Tracy (CITQ 541391)



C **Camping Chenal-du-Moine**

Sainte-Anne-de-Sorel (CITQ 200465)

Attractions and Services

1 **Parc Maisouna**

Sorel-Tracy

2 **St-Pierre Sport**

Sorel-Tracy

3 **Maison des gouverneurs**

Museum, Sorel-Tracy

4 **Statera**

Interactif walkthroughs, guided boat tours and screenings, Sorel-Tracy

5 **Biophare**

Museum, Sorel-Tracy

6 **Parc Regard-sur-le-fleuve**

Sorel-Tracy

7 **Steakhouse & Bar / O Spa Nordique - Hôtel de la Rive**

Sorel-Tracy

8 **Chalifoux, bar laitier & boutique**

Sorel-Tracy

9 **L'Effet Bœuf**

Bike stop, Saint-Robert

10 **Maison du Marais**

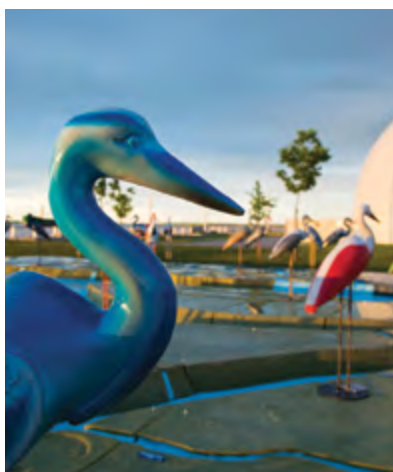
Watercraft excursions and other activities, Sorel-Tracy

La Sauvagine

Fully paved and stretching 12 km, La Sauvagine meanders through farmland and woodland to deliver a ride under lots of shade in the heart of the Sorel countryside.

The bike path also links with the Centre-du-Québec region and connects with the Lanaudière region by ferry. In Sorel-Tracy, you'll enjoy boat excursions, exhibitions on the local environment, immersive film screenings and picturesque riverside strolls. Accommodations are a short distance from the bike path and within driving range. A riverfront hotel, campgrounds and options for RVers allow visitors to prolong their stay.

↓ STATERA - L'ARCHIPEL FABULEUX



↑ CANAL-DE-SAINT-OURS (SOREL-TRACY) OTENTIK ACCOMMODATION



tourismeregionsoreltracy.com

La Sauvagine

12 km paved

Information

La Sauvagine bike network

450 746-9441, ext. 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 • traversiers.com

Parking

- Ⓟ₁ Maison des gouverneurs, Sorel-Tracy
- Ⓟ₂ Halte Ghislaine-Péloquin, Saint-Robert
- Ⓟ₃ Marché Richelieu du Vieux-Sorel





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)

Attractions and Services

- 1 Extéria - Terrain d'aventures**
Drummondville
- 2 Village-relais - Acton Vale**
Services, shops, activities and eventss
- 3 Parc Donald-Martin**
Acton Vale
- 4 La Gare d'Acton Vale**
Acton Vale
- 5 Parc Larivière**
Roxton Falls
- 6 Parc national de la Yamaska**
Roxton Pond 
- 7 Parc Écologique Jean-Paul Forand**
Shefford Township
- 8 Waterloo Cœur villageois**
Waterloo
- 9 Piste à rouleaux**
Waterloo
- 10 Plage municipale du lac Waterloo** 
Beach, watercraft rentals, water games

LA CAMPAGNARDE BIKE PATH ↑

La Campagnarde

La Campagnarde, aptly named as it runs through the countryside, spans woodland, farmland and small valleys, connecting the Montérégie to the Eastern Townships and the Centre-du-Québec region.

In Acton Vale, a rich rail heritage comes alive in the form of a well-preserved old railway station on a line that once connected Montréal to the American East Coast. The area also has a charging station for e-bikes. Nature takes centre stage as you head for Roxton Falls, with waterfalls, foodie stops and green spaces. Toward Waterloo, the route passes a Sépaq park, offering a nice place to take in the scenery before continuing your way.

↓ AU GÎTE DES OIES



↑ ACTON VALE RAILWAY STATION

La Campagnarde

61 km total

6 km paved
55 km unpaved



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

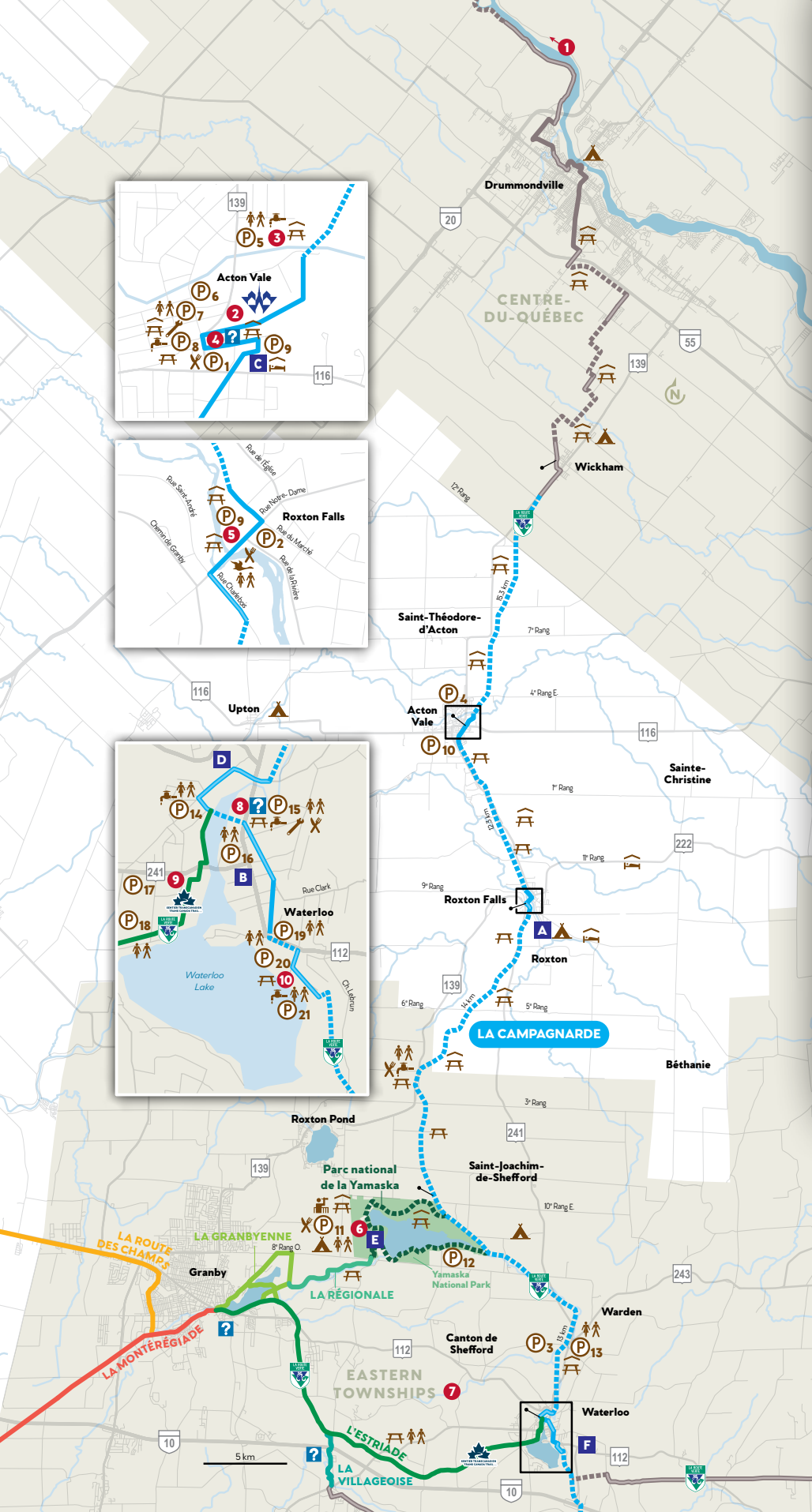
Office du tourisme de Drummondville

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 Railway Station
- P₂ Hôtel de Ville, Roxton Falls
- P₃ Relais McLaughlin, Warden



Available on  **RIDE**
WITH GPS



Accommodations

A Camping du parc national de la Yamaska (SEPAQ)
Roxton Pond (CITQ 206986)



B St-Christophe Hôtel Boutique & Spa
Granby (CITQ 64584)


C Camping Vélo Bromont
Bromont (CITQ 207351)

D Sô Lodges
Shefford (CITQ 302722)

Attractions and Services

1 Parc national de la Yamaska
Roxton Pond

2 Le Centre d'interprétation de la nature du lac Boivin
Granby

3 Zoo de Granby - Amazoo 
Granby

4 Boréart - Centre d'exposition en arts visuels
Granby


5 Marché public de Granby et région
Open Saturdays, May to November
Granby

6 Artria - Open-air museum

7 Tournée des haltes gourmandes
Suggested starting point:
Tourism office, Granby

8 Centre national de cyclisme de Bromont
Activities and events, Bromont

9 Waterloo Cœur villageois
Shops, activities and events:
local market, Waterloo

10 Plage municipale du lac Waterloo 
Watercraft rentals,
Waterloo

© RÉSEAU VÉLO YAMASKA ↑

RÉSEAU VÉLO YAMASKA

Mainly located in the Eastern Townships, the RÉSEAU VÉLO YAMASKA is a web of interconnected bike paths, including two that lead directly to the Montérégie: La Route des Champs and La Montérégiade. Covering 98 km, the network alternates between wooded areas, shaded sections, waterways and numerous charming towns.

Noteworthy discoveries include some 60 monumental sculptures, the area's coffee shops and foodie stops, and a short bike ride to the only Olympic-level indoor velodrome in Canada. The network also links with two vast natural spaces, one known for its biodiversity and for birding, the other for its vast lake and its trails. For accommodations, you will find a range of options in the neighbouring towns.

↓ ARTRIA, © RÉSEAU VÉLO YAMASKA



↑ © RÉSEAU VÉLO YAMASKA

RÉSEAU VÉLO YAMASKA

100 km total

60 km paved
40 km non paved



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

Hwy. 10:
Exit 74
(boul. Pierre-Laporte)
Exit 78 (Chemin Saxby)
Exit 88 (Centre-ville de Waterloo)
Warden, Route 241

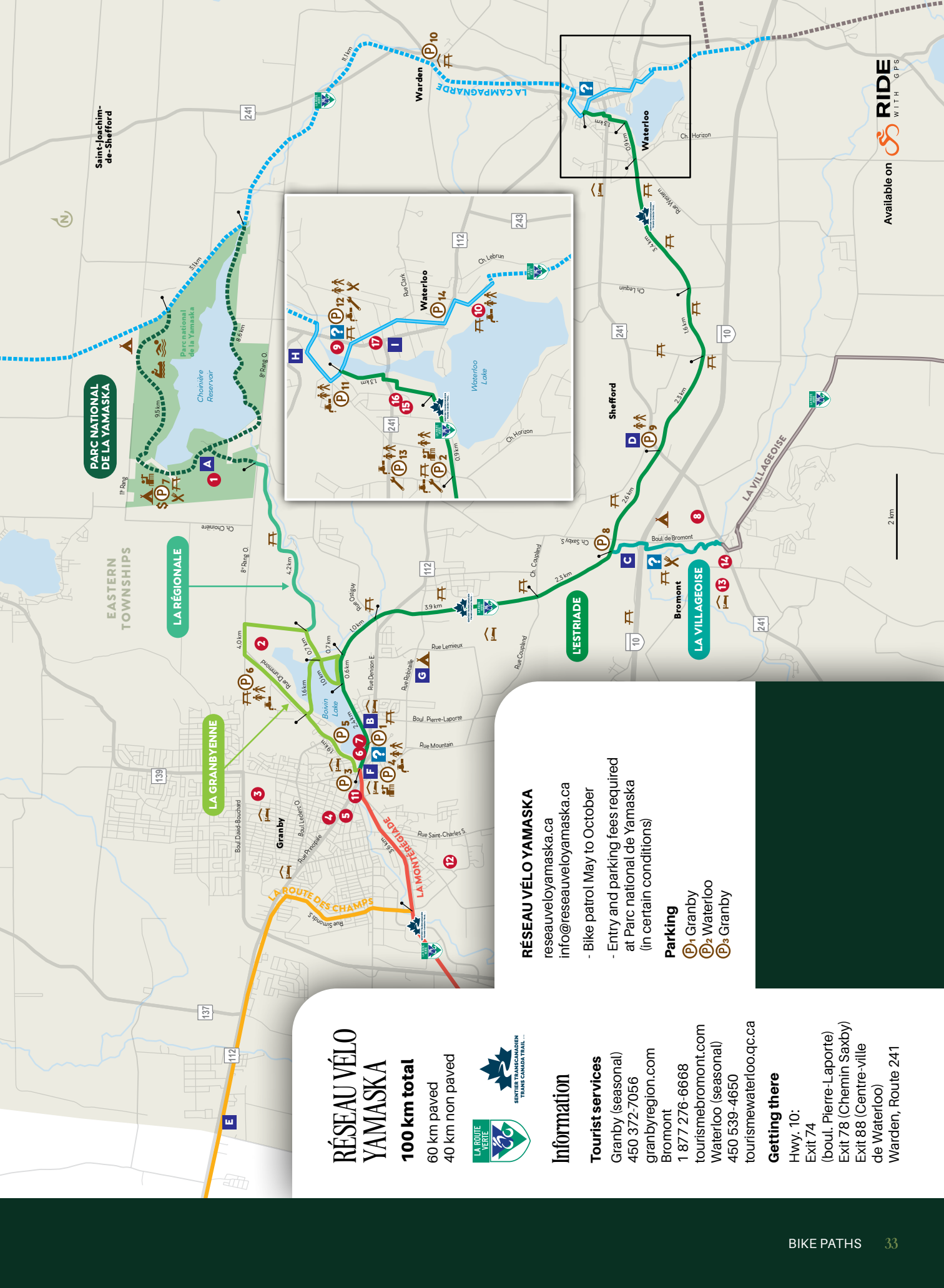
RÉSEAU VÉLO YAMASKA

reseauveloyamaska.ca
info@reseauveloyamaska.ca

- Bike patrol May to October
- Entry and parking fees required at Parc national de Yamaska (in certain conditions)

Parking

- P₁ Granby
- P₂ Waterloo
- P₃ Granby



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chambly.ca



CHAMBLY

Alexandre Charron

RÉSEAU VÉLO YAMASKA



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5th edition

SEPTEMBER 12, 2026

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tourismeVS.com/en/bike

On-road bike circuits made for exploring the Montérégie

The region's on-road bike circuits offer options for all levels, from seasoned cyclists used to more technical routes to those seeking easier rides as an entry point to bike touring. Each circuit has its own profile: distance, elevation gain, route type and effort level. Be sure to factor these in before hitting the road, in order to ascertain which itinerary is best tailored to your experience and goals.

These one-day circuits span country routes as well as open roads where picturesque towns, rural landscapes and green hills unfurl as you ride. You'll encounter myriad possibilities along the way: coffee shops, small museums, spectacular views or foodie destinations only a few pedal strokes away. Take the time to stop and uncover the Montérégie's treasures!



Ride some *history*

BY MAUDE ALIE

The Montérégie's ON-ROAD BIKE CIRCUITS offer a front-row seat to the historical and cultural sites that forged the region's identity. Two of them, the circular route Les deux boucles du Richelieu and the Vallée-des-Forts bikeway, cut across the heart of the territory. They're like open-air museums. Below are some heritage stops we hope you'll add to your next outing - short detours from the itinerary that go far toward enriching the experience.



↑ MAISON NATIONALE DES PATRIOTES

Les deux boucles du Richelieu: Go with the flow

This 59 km circuit of out-and-backs borders the Richelieu river and brings you directly to the Montérégie's quaintest villages. It includes riding by several animal-themed sculptures that tell the history of the valley's wildlife. These sculptures form part of the bestiary that runs along the Richelieu tourism route.

In Saint-Denis-sur-Richelieu, the **Maison nationale des Patriotes** is just off the circuit's itinerary. Its exhibits and cultural activities plunge you right into the heart of the patriot movement of 1837-1838.

A little farther, the **Saint-Charles-sur-Richelieu church** is a testament to the major role religion played in the region's development, from its 19th century design to shaping the community's identity.

As for the **Musée des beaux-arts de Mont-Saint-Hilaire**, it is a treasure trove of Québec visual art. The museum's exhibitions inspired by the works of Paul-Émile Borduas, Ozias Leduc and Jordi Bonet, three seminal Québec artists, provide a unique perspective on the province's heritage.

The Vallée-des-Forts bikeway: A foray into military history

In the Haut-Richelieu, the **Vallée-des-Forts bikeway** twists and turns through archetypal Québec farmland for roughly 50 km. Once in Saint-Jean-sur-Richelieu, the **Musée du Haut-Richelieu** unveils a comprehensive portrait of the region's past, including an impressive collection of ceramic art and artefacts.

Minutes away, the **Fort-Saint-Jean Museum** covers 350 years of military history. As you amble through the **Royal Military College Saint-Jean**, the strategic value of this portion of the river becomes abundantly clear.

For that finishing touch, jaunt to Saint-Paul-de-l'Île-aux-Noix and the **Fort Lennox National Historic Site**. Start with a ferry ride across the river, then enjoy a guided tour of the fort's grounds for some fascinating history.



↑ FORT LENNOX NATIONAL HISTORIC SITE, © BERNARD BRAULT

Two circuits, a thousand stories

In the Montérégie, every ride is an opportunity to connect with our surroundings. Incorporating a few intentional stops in your itinerary will definitely add a whole new dimension to your adventure. In the end, often the best thing about getting on a bike is what we discover once off it.



Accommodations

- A Quality Inn, Saint-Jean-sur-Richelieu**
Saint-Jean-sur-Richelieu
(CITQ 514662)
- B Holiday Inn, centre de congrès Saint-Jean-sur-Richelieu**
Saint-Jean-sur-Richelieu
(CITQ 568606) 
- C Camping Les Cèdres**
Saint-Jean-sur-Richelieu
(CITQ 200104) 
- D Aloberge**
1: Saint-Paul-de-l'Île-aux-Noix
(CITQ 627700)
2: Lacolle (Marina Rose-des-Vents)
(CITQ 627700)

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 Terre à boire - Ferme Brassicole & Distillerie**
Saint-Blaise-sur-Richelieu 
- 6 Domaine Amalgames**
Saint-Blaise-sur-Richelieu
- 7 Marina Le St-Tropez**
Saint-Blaise-sur-Richelieu
- 8 Fort Lennox National Historic Site**
Saint-Paul-de-l'Île-aux-Noix
- 9 Blockhaus**
Saint-Paul-de-l'Île-aux-Noix
- 10 Ferme du Mihouli**
Lacolle 

VALLÉE-DES-FORTS BIKEWAY ↑

The Vallée-des-Forts Bikeway

For sweeping farm fields and views of the Adirondacks, point your wheel toward the Vallée-des-Forts bikeway. This on-road bike circuits runs through land with a rich military and cultural past.

In Saint-Jean-sur-Richelieu, museums allow you to explore the history of the region and that of the Royal Military College as well. Then head for Saint-Paul-de-l'Île-aux-Noix to visit a neighbouring island home to a historic Parks Canada fort reachable solely by boat. Along the circuit in Saint-Blaise-sur-Richelieu, you'll also find a brewery farm and a vineyard just off the road. Pop in for a tall glass of hospitality! Cap your day with a relaxing overnight in a floating room on the Richelieu river.

↓ TERRE À BOIRE



↑ © ALOBERGE

Vallée-des-Forts Bikeway

42 km route on designated roadway:
49 km paved

5 km on bike path
44 km on road
Elevation gain 51 m



Information

Tourisme Haut-Richelieu

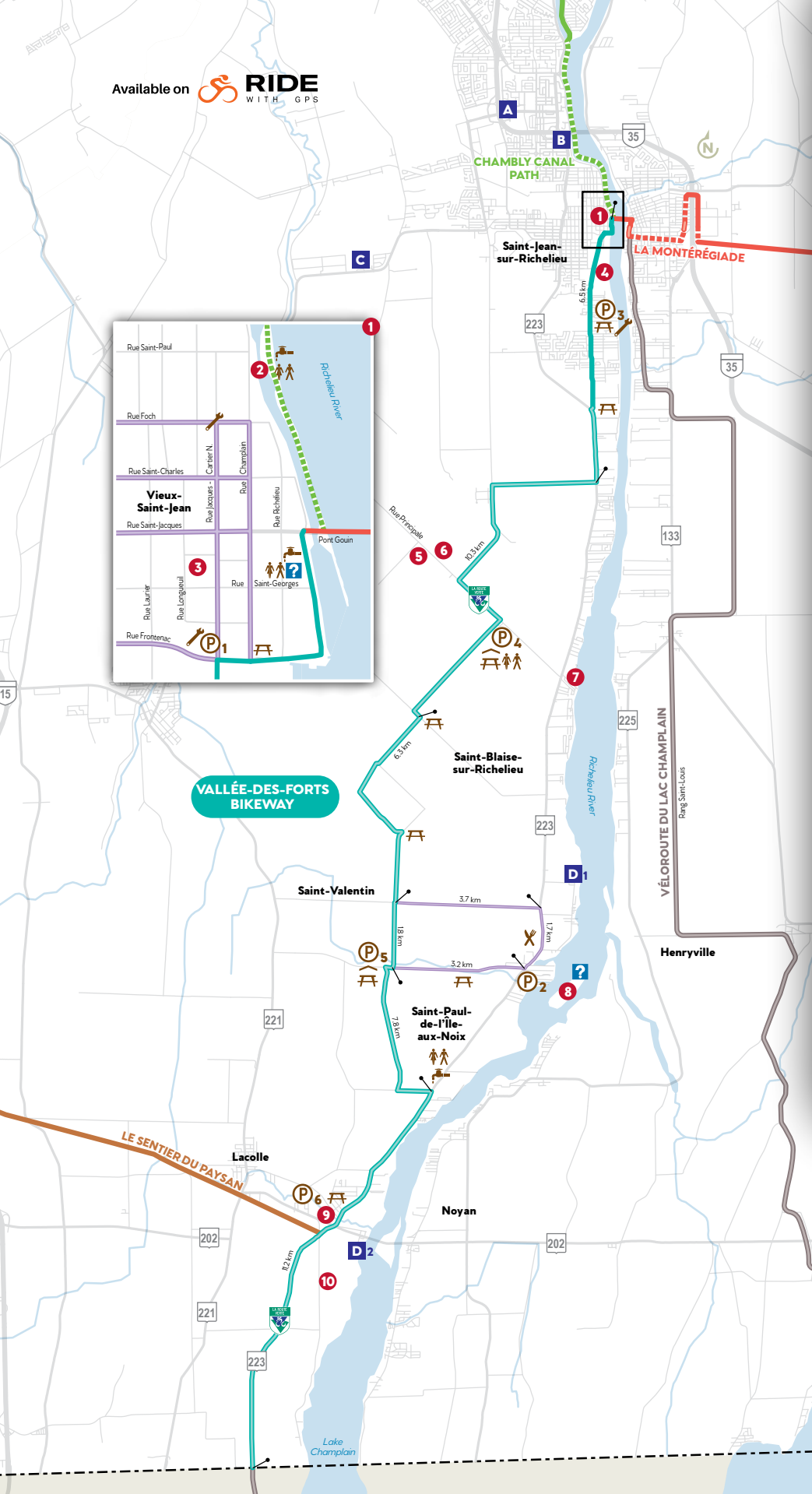
100, rue Richelieu,
Saint-Jean-sur-Richelieu
450 542-9090 • 1 888 781-9999

Bureau d'accueil touristique- Accueil du LHN Fort-Lennox

1, 61^e 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-Beaugerard, St-Jean-sur-Richelieu



**VALLÉE-DES-FORTS
BIKEWAY**

FOR SEASONED CYCLISTS AS RIDERS MUST SHARE LANE WITH VEHICULAR TRAFFIC



 Route du Richelieu

OLD BELCÉIL ↑

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**
Belc el (CITQ 545145) 

Attractions and Services

- 1 L'Antoinette**
Saint-Antoine-sur-Richelieu
- 2 Maison de la culture Eulalie-Durocher**
Saint-Antoine-sur-Richelieu
- 3 Chez Nelson Caf e Bistro**
Saint-Denis-sur-Richelieu
- 4 Maison nationale des Patriotes**
Saint-Denis-sur-Richelieu
- 5  glise de Saint-Charles-sur-Richelieu**
Saint-Charles-sur-Richelieu
- 6 Quartier G n ral du Vieux Belc el** 
Belc el
- 7 Canons! Vins et cuisine gourmande**
Belc el
- 8 Blanc Pur Caf e**
Belc el
- 9 Mus e des beaux-arts de Mont-Saint-Hilaire**
Mont-Saint-Hilaire
- 10 Le Pain dans les Voiles**
Mont-Saint-Hilaire

Les deux boucles du Richelieu

This circuit of out-and-backs skirts the Richelieu river along historical lands steeped in heritage. You'll cross numerous towns, among Qu bec's and the Richelieu valley's most treasured, inviting you to stop for a cultural interlude and good food.

Watching pleasure boaters cruise the river against the backdrop of Mont Saint-Hilaire is among the many gems these town settings have to offer. Vehicular traffic is heavier on certain segments, making this circuit especially suitable for seasoned cyclists.

↓ MUS E DES BEAUX-ARTS DE MONT-SAINT-HILAIRE,
  PATRICK DESLADES



↑   QUARTIER G N RAL
DU VIEUX BELC EL

Les deux boucles du Richelieu

Route on road: 59 km
Elevation gain: 82 m

Information

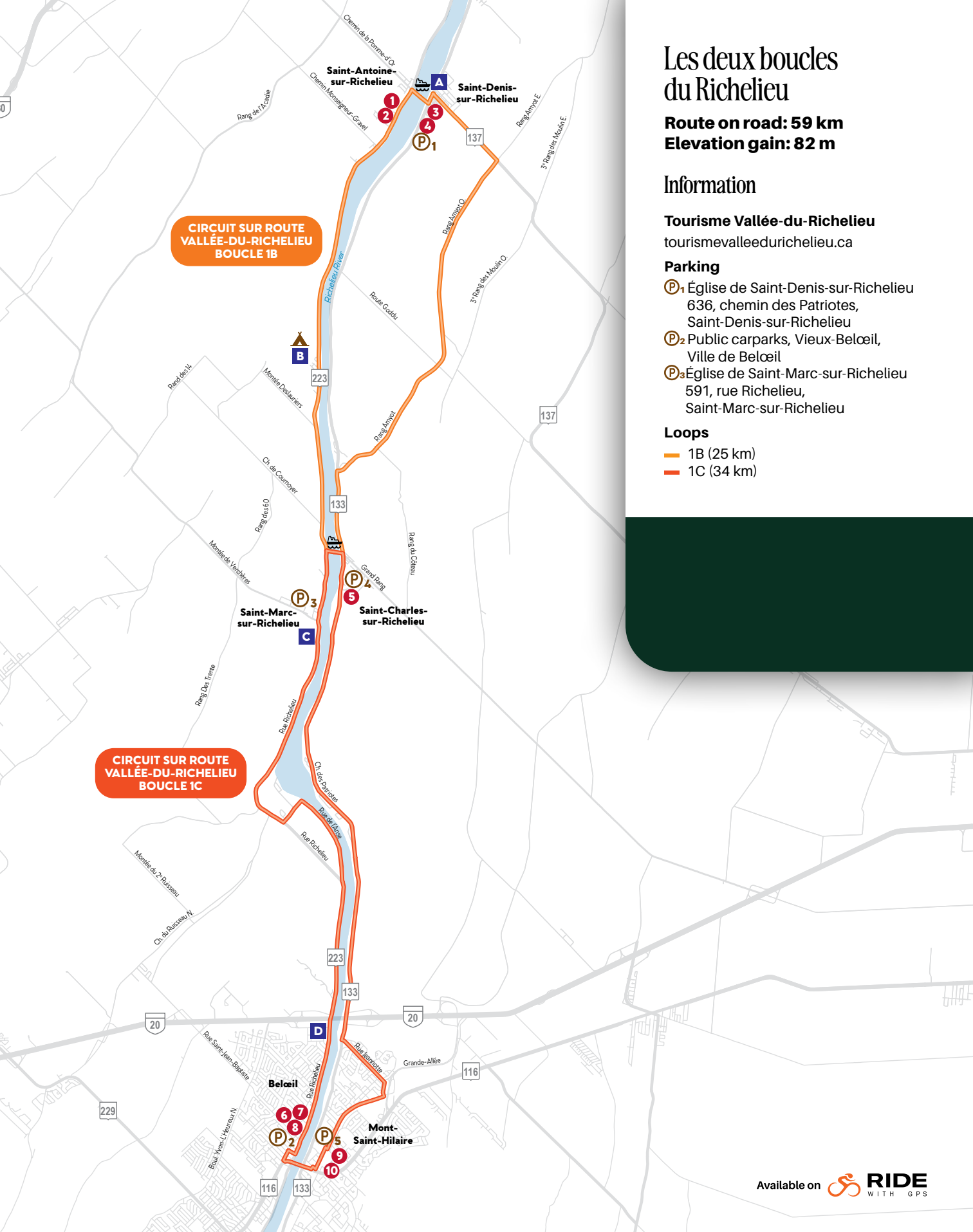
Tourisme Vallée-du-Richelieu
tourismevalleedurichelieu.ca

Parking

- P1** Église de Saint-Denis-sur-Richelieu
636, chemin des Patriotes,
Saint-Denis-sur-Richelieu
- P2** Public car parks, Vieux-Belœil,
Ville de Belœil
- P3** Église de Saint-Marc-sur-Richelieu
591, rue Richelieu,
Saint-Marc-sur-Richelieu

Loops

- 1B (25 km)
- 1C (34 km)



Available on  **RIDE**
WITH GPS



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)



Attractions and Services

- 1** **Downtown Saint-Hyacinthe**
Saint-Hyacinthe
- 2** **1555 Marché public**
Saint-Hyacinthe
- 3** **Jardin Daniel A. Séguin**
Saint-Hyacinthe
- 4** **Parc Les Salines**
Saint-Hyacinthe
- 5** **Ferme Gadbois**
Saint-Barnabé-Sud
- 6** **Chouette à voir!**
Saint-Jude
- 7** **Parc de la Seigneurie-de-Ramezay**
Saint-Hugues
- 8** **Interra - Expérience immersive**
Saint-Hyacinthe



VALLONS DE LA YAMASKA ↑

Vallons de la Yamaska Circuit

This 100 km on-road circuit borders the Yamaska river and runs through rural-scapes typical of the Maskoutains region.

You'll start in park Les Salines in Saint-Hyacinthe and weave your way to farmlands, then Saint-Jude, where you'll want to stop at a birds-of-prey sanctuary to learn more about certain protected species. Downtown Saint-Hyacinthe is picture-perfect for some après-biking shopping and dining: public market, good restaurants and local shops. A short 10-minute detour from downtown will lead you to a botanical garden.



↑ DOWNTOWN SAINT-HYACINTHE

↓ ALBERT CAFÉ



Vallons de la Yamaska Circuit

Route on road: 100 km
Elevation gain: 542 m

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

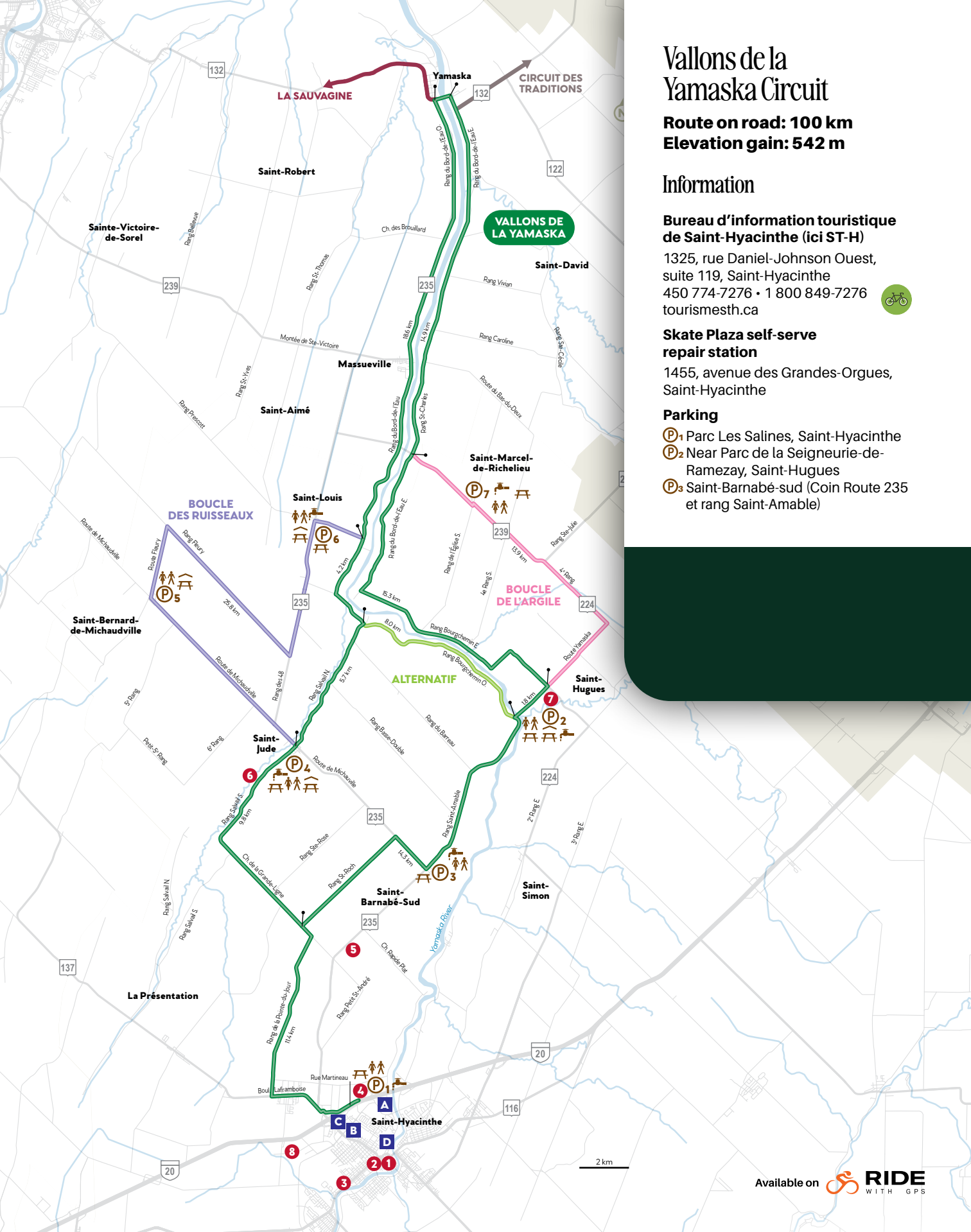


Skate Plaza self-serve repair station

1455, avenue des Grandes-Orgues, Saint-Hyacinthe

Parking

- P1** Parc Les Salines, Saint-Hyacinthe
- P2** Near Parc de la Seigneurie-de-Ramezay, Saint-Hugues
- P3** Saint-Barnabé-sud (Coin Route 235 et rang Saint-Amable)



Available on RIDE WITH GPS

Bike touring routes: For pedalling the Montérégie over several days

Bike touring routes are tailor-made for riders seeking multiple-day trips. Because they combine numerous interlinked bike paths, they make it possible to really get to know the Montérégie, and also easily connect with neighbouring regions, like Centre-du-Québec and the Eastern Townships. Booking several overnights will allow you to cover all of the legs at a comfortable pace, whether you're touring as a family or travelling with friends. The various nearby lodging options facilitate planning an itinerary stretching several days.

During countryside legs, the routes mostly run along La Route Verte, through villages, hugging riverbanks at times, cutting through wooded areas, opening onto orchards, vineyards or fields that change with seasons. On more urban legs, coffee shops, cultural stops, agritourism businesses and small museums naturally dot the itinerary and enrich the experience. It's by practicing slow tourism, by taking the time to stop, savour, observe and meet people, that the Montérégie fully reveals all of its splendour!



Véloroute Gourmande: Pedal, Stop, Savour

BY MAUDE ALIE

The **Véloroute Gourmande** food trail is 235 km of pure bliss linking Montréal and Sherbrooke by way of La Route Verte and the Trans Canada Trail. In the Montérégie, your entry point is the Montréal to Saint-Jean-sur-Richelieu leg leading to **Montée du chemin de Chambly** and the **Chambly Canal bike path**, then onto **La Montérégiade**, toward Granby. The food trail also threads through the **Boucle Centre-Est** bike route for a while.



↑ CAFÉ MJET CIE

You start by logging some kilometres for good measure, then soon realize you're also on a culinary tour, not simply pedalling from Point A to Point B. Detours are part of the experience, for stopping and literally savouring time, and chatting with local producers. Restaurants, microbreweries, orchards, cider houses, vineyards, coffee shops, pastry shops, dairy bars and bakeries naturally blend into the route.

From Montréal to Saint-Jean-sur-Richelieu

This segment of the **Véloroute Gourmande**, which stretches along **Montée du chemin de Chambly** and the **Chambly Canal bike path**, is especially suited for stopping on the fly. In Saint-Lambert, the Mexican eatery **El Gordo** serves homestyle fare at affordable prices. Southward, in Chambly, numerous establishments are well worth pulling up to, like the artisanal chocolate maker **FG Chocolatiers**, the craft beer pub **Bedondaine & Bedons Ronds**, and the epicurean **Nord Laboratoire Culinaire**, the menu epicentre for all **Strøm Nordic Spa Nord** restaurants across Québec.



↑ © NORD LABORATOIRE CULINAIRE

Upon arriving in Old Saint-Jean, popping in at the **Buvette Laganière** microbrewery fits seamlessly into your ride. It's perfect for enjoying a local pint and a meal prepared with locally-farmed products. Nearby, chocolates, ice creams and sorbets made onsite await you at the chocolate shop **Treize Chocolats**. Your sweet tooth will thank you.

From Saint-Jean-sur-Richelieu to Granby

Once on **La Montérégiade**, on the other side of the Richelieu River, you'll come across the **Laganière brew pub** and taproom. It's a great excuse for a planned or unscheduled stop. Whether you're riding solo, as a couple or with friends, this is an unpretentious spot brimming with Hawaiian flair.

A getaway where time is always on the menu

Slow touring the **Véloroute Gourmande** food trail means the freedom to map out your itinerary or decide on the spur of the moment. In Saint-Jean-sur-Richelieu, you can even choose to stay overnight and really get to enjoy the culinary stops and the town's charm before heading for Granby.

Whether you're a planner or a spontaneous rider, you are definitely in for some delectable finds to be savoured over and over again!



Suggested itineraries

Option 1

Day 1 : Longueuil or Brossard to Saint-Jean-sur Richelieu (Chambly Canal path)

Day 2 : Saint-Jean-sur Richelieu to Granby (La Montérégiade)

Day 3 : Granby to Acton Vale (La Campagnarde)

Day 4 : Acton Vale to Drummondville (Circuit des Traditions trail)

Day 5 : Drummondville to Sorel-Tracy (Circuit des Traditions trail and La Sauvagine)

Day 6 : Sorel-Tracy to Longueuil or Brossard (La Riveraine)

Option 2

Day 1 : Longueuil or Brossard to Granby (La Route des Champs)

Day 2 : Granby to Acton Vale (La Campagnarde)

Day 3 : Acton Vale to Drummondville (Circuit des Traditions trail)

Day 4 : Drummondville to Sorel-Tracy (Circuit des Traditions trail and La Sauvagine)

Day 5 : Sorel-Tracy to Longueuil or Brossard (La Riveraine)

Suggested departure points

- **Parc national des îles-de-Boucherville, Boucherville**
Entry fees apply
- **Old Saint-Jean**
Saint-Jean-sur-Richelieu
- **Quartier DIX30, Brossard**
(dedicated spots)

LA MONTÉRÉGIADÉ BIKE PATH ↑

La Grande Boucle

La Grande Boucle is a 340 km out-and-back consisting mostly of bike paths, with some on-road segments. It links together five of the Montérégie's nicest rides, all of which are along La Route Verte. Over several days, you will travel across a natural quilt of countryside, quiet riverbanks and agritourism areas that speak to the region's richness.

Tailored for adventure-loving cyclists, this touring route is doable in five to six days, depending on your riding pace. Luggage transfer services are available to simplify your trip. Be sure to map in your stops in advance since some places do not have signs along the road advertising their location.

↓ LA ROUTE DES CHAMPS BIKE PATH



↑ MAISON DES GOUVERNEURS

La Grande Boucle

Itinerary: between 300 and 340 km

Moderate elevation gain: between 800 and 900 m, 2/3 on bike paths and 1/3 on roads



Plan your trip!

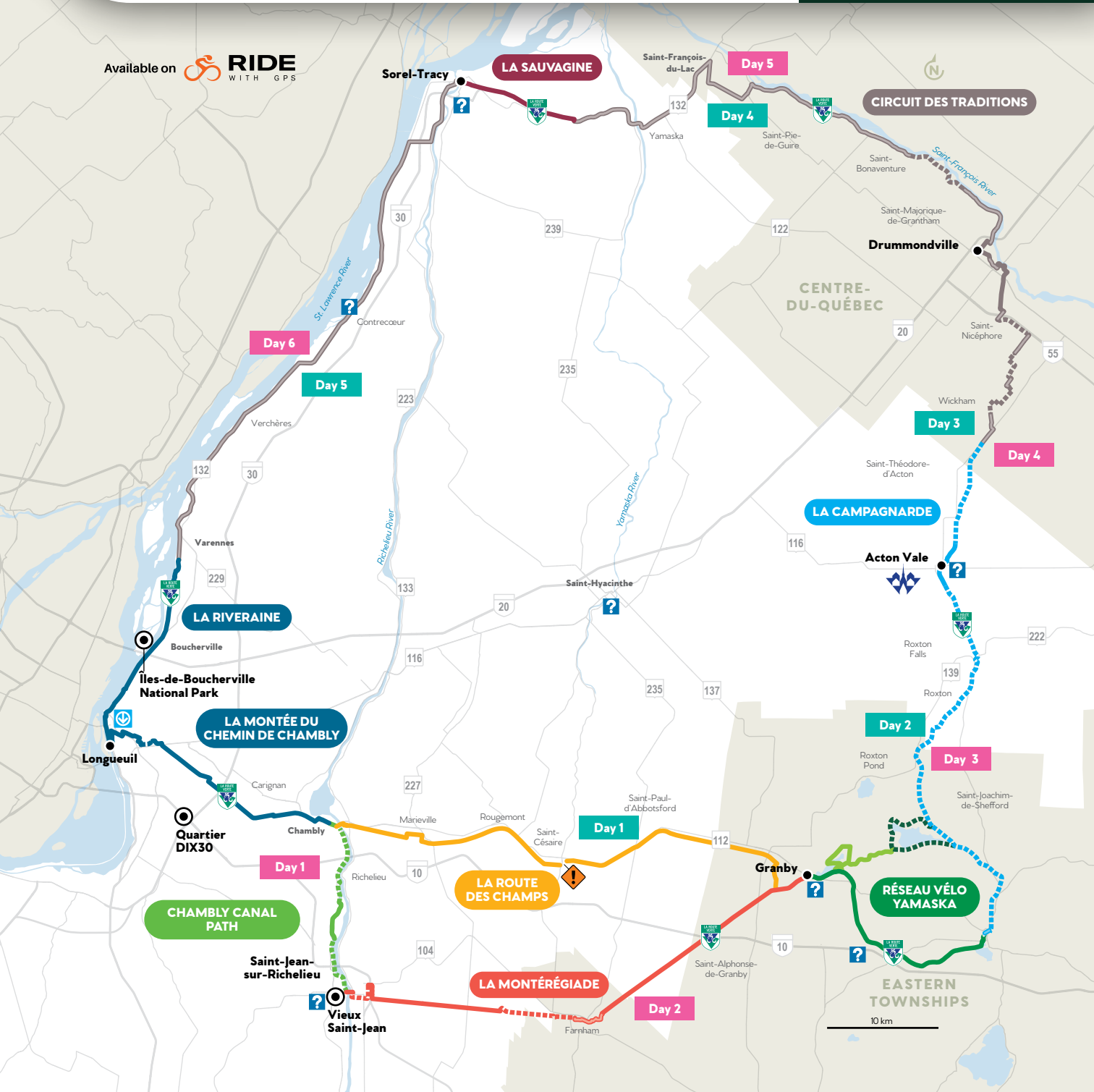


Luggage transfer and bike rental service
Details: voyageravelo.com



Turnkey packages
Accommodations and luggage transfer
Details: veloquebecvoyages.com

Available on  **RIDE**
WITH GPS



THIS LOOP IS SAFE AND PERFECT FOR FAMILIES

Suggested itineraries

Day 1 : Saint-Jean-sur-Richelieu to Granby

Day 2 : Granby, Chambly and Saint-Jean-sur-Richelieu

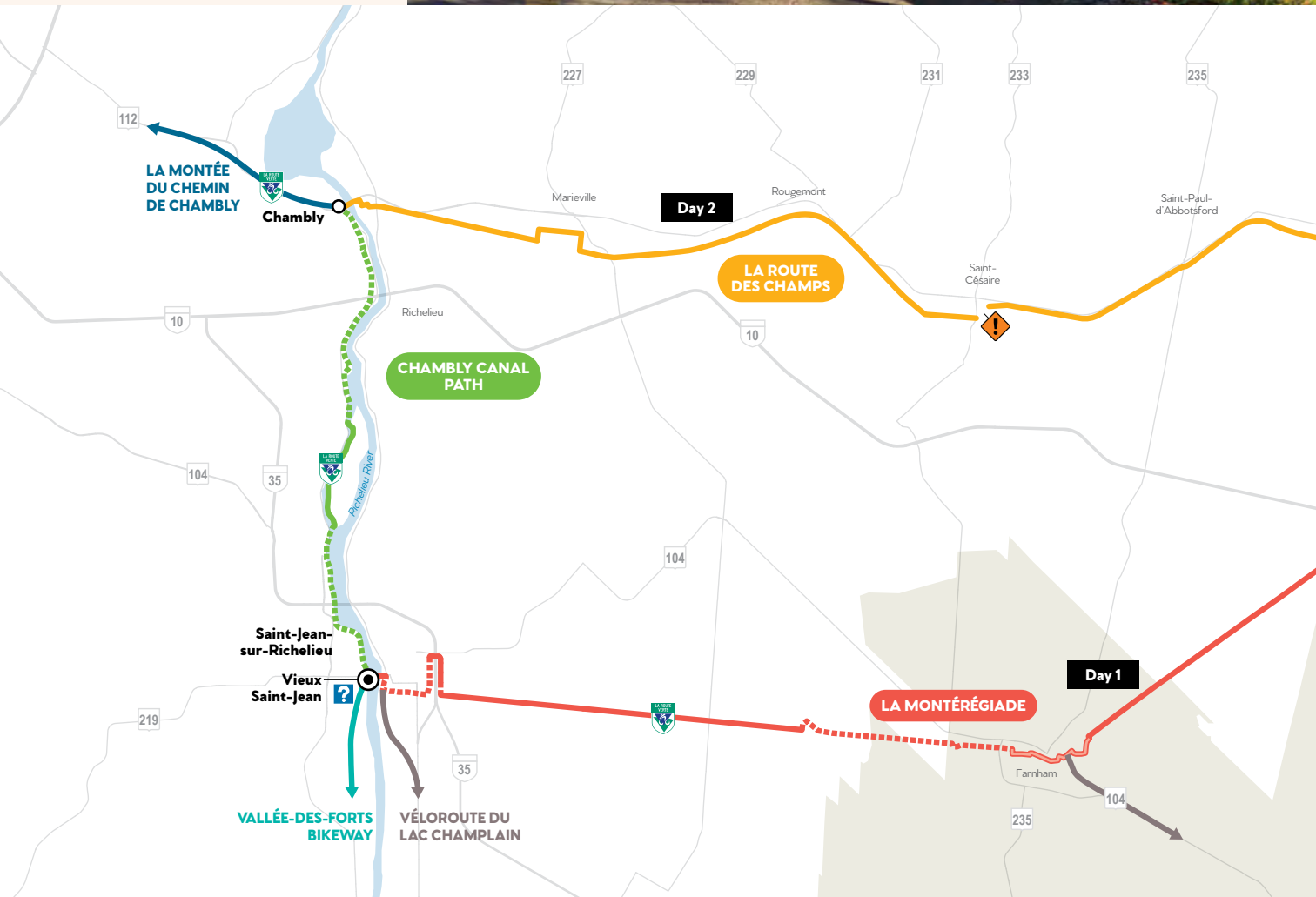
3- or 5-day options on our website

Suggested departure points

- 📍 **Old Saint-Jean**
Saint-Jean-sur-Richelieu
- 📍 **Granby**
- 📍 **Quartier DIX30, Brossard**
(dedicated spots)



LA MONTÉRÉGIADÉ BIKE PATH



Boucle cyclable Centre-Est

The Boucle Centre-Est route strictly runs on bike paths and is mostly flat, making it one of the safest in the region and understandably ideal for families and cyclists who prefer more relaxing rides. This out-and-back connects Chambly, Saint-Jean-sur-Richelieu and Granby, three hotspots where you'll find myriad activities right off the paths: parks, cultural venues, coffee shops, quaint shops and lively places. It is also a gateway to the Eastern Townships via the RÉSEAU VÉLO YAMASKA bike network and a link to exploring on-road touring options along the Vallée-des-Forts bikeway.

Saint-Jean-sur-Richelieu or Granby are good starting points. Plan for at least two overnights, or more if you wish. Various types of accommodations along the route allow for extending your trip and visiting more tourist attractions at your leisure and pace.

Boucle Centre-Est

Itinerary: 125 km and up
Small elevation gain: 246 m and up



Plan your trip!



Luggage transfer and bike rental service

Details: voyageravelo.com



Turnkey packages

Accommodations and luggage transfer
Details: veloquebecvoyages.com



Available on RIDE WITH GPS

Explore *the Montérégie* by bike

The Montérégie is a natural fit for bike tourism, thanks to itineraries that invite you to slow down and explore the land differently. Here, cycling becomes a gateway to basking in the region's towns and countryside, whose multiple facets unfurl with every passing kilometre.

A range of cyclist-friendly services help tailor your rides to your needs: **Bienvenue cyclistes!** accommodations, options that are reinventing how we bike tour, strategically-located basecamps, and infrastructures that simplify multiple-day trips. Also, a corner of the region is hosting a major cycling event in September 2026. Rest assured it is one for the calendar!

The Montérégie is slow tourism country, where rides can be spread over several days in order to fully luxuriate in the sumptuous foodie, cultural or historical finds that will dot your every outing. It is a way to savour the region's richness all the way, at your pace.



VALLONS DE LA YAMASKA CIRCUIT

The *Montréal* according to a *bikenomics* expert

BY CHARLOTTE BASTIEN

Public policy expert Guillaume Lavoie is a thought leader when it comes to bikenomics, the branch of knowledge concerned with the benefits of cycling as an economic driver. For him, cycling is less about sport than about a means of access to places. For his first bike tour, he wanted a route that is safe, continuous and accessible for travel with his ten-year-old son. He'd often heard the Montréal region is home to "Québec's best dedicated cycling infrastructure." He wanted to live it firsthand.

The Montréal to Saint-Jean-sur-Richelieu leg proved an experience way beyond your average ride. For starters, he was struck by how the paths link seamlessly, forming an uninterrupted network you can bike for long stretches without ever intersecting road traffic. "For cyclists who fear sharing segments with motorists, this is a huge boon," he said. The Montréal region becomes a flowing thoroughfare where safety isn't an issue but a given.

Lavoie was equally impressed with the infrastructures designed to truly enrich the cyclists' experience. For instance, he thought the spiral overpass in Longueuil perched above the shunting yard a bold urban move for admiring the view of Montréal. Such revelations would manifest themselves repeatedly and differently along the way, especially on the Chamby Canal bike path, which he described as an interlude of sheer calm. Nature everywhere, wide path, peaceful atmosphere; where breathing almost feels therapeutic, and being outdoors feels effortless and stress-free. Same on Île Sainte-Thérèse, farther along and accessible via this same path, where half the road is reserved for cyclists and runners, a tribute to municipal leadership that emphasizes slowness, comfort and safety.

↓ CHAMBY CANAL



↑ GUILLAUME LAVOIE

The trip also took an unexpected cultural and historical turn: the Fort Chambly National Historical Site, the exhibits at the Musée du Haut-Richelieu, tracing the region's manufacturing and rail past, and a mural they discovered in Old Saint-Jean deeply enriched their bike tour. "Cycling," explained Lavoie, "makes it possible to experience places differently: eyeing a coffee shop or spotting a storefront display, the scents, the views, or admiring a piece of urban art from up close — all details that elude us when travelling by car."

The hotel stay at the Holiday Inn Saint-Jean-sur-Richelieu was especially valued for their cyclist-friendly welcome. The staff immediately discerned their needs and suggested a secure indoor room for storing their two bicycles overnight. This attentive touch and the peace of mind that comes with accommodations that are *Bienvenue cyclistes!* convinced Lavoie that the Montréal region is a perfect destination for one's first bike tourism experience, whether with family, car-free or for beginners. He's already planning next year's trip, which will include the Boucle Centre-Est out-and-back route and the Véloroute gourmande food trail.

"The Chamby Canal path allows you to completely disconnect. I honestly believe it should be included in mental health initiatives."

— Guillaume Lavoie interview

*Saint-Jean-sur-Richelieu: A base camp from which to launch countless **bike outings***

BY MAUDE ALIE

The town of Saint-Jean-sur-Richelieu is the perfect location for a pied-à-terre from which to enjoy some of the finest cycling excursions. The **Bienvvenue cyclistes!** Holiday Inn Saint-Jean-sur-Richelieu puts you merely pedal strokes from numerous bike paths and on road bike circuits. Check in and ride out! Between outings, treat yourself to some Thai food at the Siam restaurant inside the hotel proper, or bike seven minutes to Old Saint-Jean, a lively area known for its terraces, cafés, shops and outdoor shows.

Let the Montérégie wow you!

Whether you ride for fun or fitness, Saint-Jean-sur-Richelieu is an excellent base from which to travel the Montérégie at your pace. Routes are accessible and varied – just right for day trips that take you away.

Out-and-back - Mont-Saint-Hilaire & Rougemont 67 to 107 km

This itinerary runs through orchards and vineyards. It also runs by art shops and historical sites. Along the way, you'll explore Mont-Saint-Hilaire's rich artistic heritage: **Maison Paul-Émile-Borduas**, **Domaine Ozias-Leduc**, and the **Musée des beaux-arts**. For a cider-tasting break, you'll find a range of local ciders at the renowned **Cidrerie Michel Jodoin**. If planning to bike and mountain hike, be sure to buy your ticket in advance for the **Gault Nature Reserve**.



↑ GAULT NATURE RESERVE, MONT-SAINT-HILAIRE

↓ OLD SAINT-JEAN



Out-and-back - Horizon en relief • 44 km

This out-and-back along **La Montérégiade** and the Saint-Grégoire mountain triggers the urge to slow down and admire the view. The **CIME ecological interpretive centre** is a great stop for a post-ride hike. If a quieter activity is more your speed, consider enjoying a pint at the **Lagabière brew pub** or a coffee in an orchard setting at **Verger Charbonneau**.

Out-and-back - L'Acadie • 38 km

This bucolic route leads to the heart of Upper Richelieu and showcases the area's agritourism businesses, including organic winemaker **Le Mas des Patriotes**, the **Domaine Amalgames** vineyard and the **Terre à Boire** brewery farm. The **Site patrimonial L'Acadie**, with its church built in 1801, presbytery and calvary, pulls back the curtain on an important part of Acadian history.



↑ FG CHOCOLATIERS

Vallée-des-Forts Bikeway • 100 km roundtrip

This route combines the serene countryside of Haut-Richelieu with traces of its military past. Pedalling hard until the US border is one way to go, but the better option is stopping at the **Musée du Haut-Richelieu** for some art and culture, riding along the Richelieu River to a river shuttle that ferries you to the **Fort Lennox National Historic Site** in Saint-Paul-de-l'Île-aux-Noix, then taking out your smartphone for a 360° immersive reenactment of a defining War of 1812 battle that took place at the **Rivière-Lacolle blockhouse**.



↑ TERRE À BOIRE

Bike path - Chambly Canal • 40 km roundtrip

La Route Verte 1, which borders the Richelieu River, leads to the heart of Chambly. Not far from the **Fort Chambly National Historic Site**, the downtown core is one delectable experience after another, including **FG Chocolatiers**, **Bedondaine & Bedons Ronds**, **Bistro Bonté Divine**, **La boulangerie du Vieux-Chambly**, **La Cochonne Rit**, **Délires et Délices** and **Nord Laboratoire culinaire**. Meanwhile, the various attractions are for slowly savouring the moments: the **Pôle culturel de Chambly** cultural centre, the **Gervais-Désourdy** watersports centre, the **Samuel-De Champlain** boardwalk, plus the parks lining the basin.

La Route des Champs • 80 km roundtrip

This bike path really showcases the Montérégie's terroir. It alternates between nurseries, orchards, woodland and farmland, unveiling scenery that revels in seasonal transformations. The whole ride is lined with panels on the history of the region told through the lens of the electric streetcar so emblematic of the time. Once on **La Petite Caroline**, in Rougemont, you eventually reach vineyard and cider house country, like **Vignoble et cidrerie Coteau Rougemont**, or **Domaine Inselberg** if you take **Rang de la Montagne**. In Saint-Paul-d'Abbotsford, the **Coteau Saint-Paul** vineyard and cider house as well as the winery **Les Artisans du terroir** offer unobstructed views of the Yamaska mountain and the opportunity to try some local wines.

Tourers like you complete the Montérégie!

Whether for short out-and-backs or one-day trips, **Saint-Jean-sur-Richelieu** is centrally situated for exploring accessible routes and discovering foodie stops along with show-stopping views. Better still, the length and pace of your ride are exclusively your choice.

Also, in June 2026, the **Royal Military College Saint-Jean** will host the **1000 KM Pure Industriel**, a major cycling event on the **Grand défi Pierre Lavoie** calendar. Another good reason to bike tour in the heart of the Montérégie, where possibilities are as vast as the region's territory!

Don't miss the *cycling event* of the year

BY CHARLOTTE BASTIEN

The sports world is travelling to Québec this year for the biggest sporting event in the province since the Montréal 1976 Summer Olympics. From September 20 to 27, 2026, the planet's elite female and male riders will be competing at the **UCI Road World Championships Montréal 2026**. The event will hub in Montréal, but the Montérégie will also be given the opportunity to shine and experience world-class cycling as portions of the Women's and Men's Elite Road Races run through the region. Over several days, athletes, teams, media and spectators in the thousands will descend on Montréal and its surrounding areas to watch spectacular races and riders vie for the iconic rainbow jersey.

The Montérégie: An integral part of the racecourse

The Women's and Men's Elite Road Races for the UCI Road World Championships Montréal 2026 will cut across several Montérégie municipalities. Each will lend its own personality and history to the racecourse. Quartier DIX30 in Brossard will play a central role as it hosts the start line for the Women's and Men's Elite Road Races, before the riders pass through the commercial lifestyle centre again on their way to Montréal and the finish line. Quartier DIX30 is readily accessible by public transit or car. The REM light rail train stops there, RTL, EXO and Limocar buses service the centre, and highways 10 and 30 border it. Its many shops, restaurants, entertainment options and nearby accommodations make Quartier DIX30 a practical spot from which to experience the event and see the athletes up close. Competitions can easily be combined with great food, shopping, or cultural outings before or after the races.



UCI ROAD WORLD CHAMPIONSHIPS 2026, © SIMON LAROCHE ↑



↑ MAGDELEINE VALLIÈRES CROWNED 2025 WORLD ROAD RACE CHAMPION IN KIGALI

The racecourse will also cover towns and areas known for their rich heritage and picturesque scenery, including Chambly, Saint-Jean-sur-Richelieu and Mont-Saint-Hilaire. The historical sites, rivers, fields, farms and villages will lend a remarkable backdrop to the competition. Some municipalities are even planning activities to coincide with the races - yet more reasons to stay longer and really get to know the region.



↑ SAINT-HYACINTHE

Things to do in Quartier DIX30

Attending the UCI Road World Championships Montréal 2026 presents an opportunity to discover the Montérégie beyond bike racing. In and around Quartier DIX30, the location brims with all things conducive to making a day out of your visit: trendy eateries like the Japanese bistro IRU IZAKAYA, Thai restaurant Siam, raw bar Les Cousins or gourmet wine bar Canons!; comfortable hotels including the Escad Hotel Quartier DIX30, ALT Hotel Quartier DIX30, Courtyard Marriott Brossard, Best Western Hotel Brossard or Comfort Inn South, perfect options for overnighting for as little or as much as you want; myriad shops within walking distance, as well as bars, show venues and even a movie theatre for your evening pleasure.

Extending your stay in the area

Outside of race days and times, consider visiting towns not too far from Quartier DIX30. They're easy destinations for packing in a little more of the region. In Mont-Saint-Hilaire, about 35 minutes from Brossard, you can hike at the Gault Nature Reserve (reservation required), unwind at the Mont-Saint-Hilaire Strøm Nordic Spa, wine taste at Domaine Vineterra, and lodge at Hôtel Rive Gauche. Merely 20 minutes away, Old Chambly with its 18th century fort and old-world canal locks is a popular spot if you love history. Foodies should absolutely check out downtown Saint-Hyacinthe, which crackles with Epicurean energy and is 40 minutes from Quartier DIX30. Overnighting is possible at the Sheraton Saint-Hyacinthe.

Nature getaways more your thing? Try the Îles-de-Boucherville national park for some kayaking, canoeing, biking or hiking, and stay at Hôtel Mortagne, 20 minutes from Brossard. For good food, relaxing or exploring the region, there are myriad ways to colour how you experience the Montérégie without venturing too far from Quartier DIX30.

By the way, why not seize the moment to explore the region by bike? Bike paths along the South Shore, like La Riveraine, as well as the Chambly Canal or La Montérégiade bike path meander scenery, towns and river shores typical of the Montérégie.



↑ © QUARTIER DIX30

A little prepping goes a long way

Here are a few tips to help you fully enjoy the UCI Road World Championships Montréal 2026:

- Book your accommodations today, especially if planning to stay near the racecourse;
- Commute by public transit or bike to avoid traffic jams, or use the shuttles to be dispatched for the event;
- Stake out in advance where you plan to watch the race to prevent getting lost or inadvertently going to the wrong place;
- Arrive early to secure a spot where large crowds of onlookers are expected.

Our team goes e-biking

BY CHARLOTTE BASTIEN

It's Wednesday afternoon, the sun is shining, the sky is blue, and the Tourisme Montérégie team is gearing up for a fun ride: e-biking to **Domaine du Fleuve** winery to taste some local wines. Not your typical coworker activity, but we love the idea!

We agree to meet at the Longueuil marina, where we're greeted by the owners of **Vélo Évasion**, who rent us around 20 electric bikes for our outing. Prior to departing, we're quickly briefed on starting the e-bikes, adjusting the power levels, shifting gears and riding correctly. Nothing complicated, but important information meant to help us e-bike comfortably and confidently. We check if our helmets are fitted securely and if anyone has questions, then ride out slowly, single file, onto the **La Riveraine** bike path, toward Boucherville.



↑ INSTRUCTIONS BEFORE THE TEAM'S DEPARTURE

The opening minutes are a mix of excitement and mild jitters. At first, we're startled by the power e-bikes pack - we immediately realize they can go faster than we imagined. Before long, any apprehensions are behind us. In a few pedal strokes, e-biking becomes intuitive, fluid and enjoyable. We find a comfortable pace and follow each other. We're even accompanied by a guide all the way to our destination.

La Riveraine features magnificent views of the Saint Lawrence River, which the path borders for a sizeable stretch. Sometimes, the line of sight is totally unobstructed, and in the distance, we spot cargo ships slowly gliding on the water. This piques our imagination: where are they headed, where are they from, what are they transporting?



THE TOURISME MONTÉRÉGIE TEAM GATHERED BEFORE DEPARTURE ↑

As we near Old Boucherville, the landscape becomes more residential. We initially roll by nice contemporary homes, then older homes with a vintage look. The narrow streets, the ancestral stone houses and the abundant vegetation recall the area's old-world charm. Cafés, shops and green spaces line the bike path. Every pedal stroke reveals more of Old Boucherville's heritage.

The peace and quiet is what we enjoy most. We encounter a few cyclists and walkers, but it's mostly just us for the better part of the ride, relaxed, no deadlines, no emails, no meetings.



↑ LA RIVERAINE

We enter the final segment before the vineyard, certainly one of the most arresting so far. The trees and shrubs pinch the road into a narrow pass, we cross a small bridge over the river, and just like that, we're in a different world. Hard to believe city life is still nearby.

We're here, at **Domaine du Fleuve**. An entrance specially outfitted for cyclists allows us to access the vineyard from the bike path. The owner, Louis Thomas, greets us warmly and directs us to where we can stow our bikes securely. We feel utterly welcome!

The first thing that catches our eye is the terrace: spacious, inviting, generously sunlit, but also partly shaded for visitors seeking respite from the heat. We settle in while remarking it feels like midsummer, even though we're in early May.



↑ LA RIVERAINE, PARC DE LA FRAYÈRE

The tasting begins with a white Riesling, followed by a rosé, *La Croisée des Chemins*. Two crisp, perfect afternoon wines, which we pair with a crudités and charcuterie board. The conversation is lively, the laughter is effortless; we lounge surrounded by sun umbrellas and take the time to bond away from the office. We unplug, we reboot. We even forget this is a weekday!

After this well-deserved break, we mount our bikes for our return trip to Longueuil, feeling even more cheerful than at the ride's outset, and very grateful for having spent a wonderful spring afternoon outdoors. Mostly, we head back happy to have shared the experience with coworkers, without mentioning work. One thing's for sure: this outing will be etched in our minds a long time.



↑ LA RIVERAINE

Bike touring *reinvented*

BY CHARLOTTE BASTIEN

The practice of bike touring takes on many forms in the Montérégie, so individual cyclists may explore the region their way, at their level and pace, essentially, how they choose to. Whether the objective is travelling long distances, challenging yourself or simply sightseeing, options abound. Take experiencing the region in a new direction, no matter the season.

Mountain biking for all rider levels

If you want to try mountain biking, Mont Rigaud - Ski et vélo de montagne is a great place to start. The ski and mountain biking resort operates well-groomed trails built for beginner and seasoned riders alike.

A bike park with over 20 modules gives you a place to practice safely and improve your technique. A chairlift equipped with bike hooks will have you back atop the trails in no time. Families and first-timers will especially love the Familiale and Seigneurie trails, whereas more experienced mountain bikers used to more challenging runs can choose from the José-le-diable and Yakima trails, or the brand new Rigolo trail.



LA RIVERAINE ↑



↑ MONT RIGAUD, © GABRIELLE BERNARD PHOTOGRAPHE

Mont Rigaud offers beginner group lessons for children and adults, plus private lessons for perfecting specific techniques. These help you learn the basics, develop at your pace, gain confidence and get the most out of the trails, regardless of your level.

E-biking: Cycling for everyone

Electric bicycles make riding more accessible, even if you're inexperienced, and allow you to cover longer distances and overcome inclines without having to overstrain. E-bike rentals are available in the region, including through Voyager à vélo, to facilitate taking up the activity for day rides or longer trips.

**DON'T MISS READING ABOUT THE
TOURISME MONTRÉGIE TEAM'S E-BIKE
EXPERIENCE ON PAGES 56 AND 57!**

Fat biking: Even in winter

Wheels keep on turning in the Montérégie, even in winter. Fat bikes with oversized tires make it possible to ride snow-covered trails and icy surfaces all season round, so therefore bike year round.

Locations that rent fat bikes and operate fat biking trails include the Mont-Saint-Bruno (Sépaq) and Îles-de-Boucherville (Sépaq) national parks, the RécréoParc recreation park in Sainte-Catherine, and the Pointe-des-Cascades nature park. If you already own a fat bike, additional options span the fat biking trails at the Mont Rigaud ski and mountain biking resort, the Sentiers de L'escapade trail park in Rigaud, and the Soulanges as well as Parc régional de Beauharnois-Salaberry bike paths.



↑ © REKCREA



↑ PARC NATIONAL DU MONT-SAINT-BRUNO

Multi-person biking: An immersive experience year-round

For rides that really stretch the concept of cycling, REKCREA rents Ballado multi-person bicycles at the RécréoParc in Sainte-Catherine. They're delightful and diverting, and perfect for co-riding with friends or family, in both summer and winter. These all-season tandem bikes that can seat two to eight people transform outings into group activities. In summertime, there's a trail where you can play spot the hidden animal statues. In winter, try some immersive riding on a specially-groomed lit iced trail.



© REKCREA ↑

Bike to these *foodie stops*

BY MAUDE CARRIER

The Montérégie is your ticket to biking in the heart of a generously fertile territory curated by people who love the land and know how to bring out its local flavours. The experience combines the fresh outdoors with epicurean delights while you go through vineyards, brew pubs, markets, chocolate shops and lovely countryside spots. Below is a shortlist of foodie musts that transform rides into gourmet outings.



VIGNOLE LE BOURG DES CÈDRES, © PRÊTS POUR LA ROUTE ↑

If planning to bike tour western Montérégie, be sure to stop at these locations!

Vignoble Le Bourg des Cèdres, Soulanges bike path

This artisanal vineyard off the Soulanges bike path is an invitation to discover craft wines. You'll taste wines produced with care in the company of people who enjoy sharing their love of winemaking. Guided tours may be booked for a backstage pass to wine production or taking part in the grape harvest in season.

La Petite Grange, Parc régional de Beauharnois-Salaberry

La Petite Grange is a small detour off the bike path, but absolutely worth it! This bakery, pastry and homestyle food shop nestled in a regional park houses artisanal breads, chocolates and meals. Grab a delicious sandwich to go or eat it onsite, then check out their chocolate museum.

Miel Nature, Parc régional de Beauharnois-Salaberry

Keep on the bike path and you'll eventually come across Miel Nature and the fascinating world of bees. You'll find an array of honeys, honey-based products and treats to take home. Book a guided tour to learn about these little-known super pollinators and the meticulous work they perform.

Ride along the banks on both sides of the Richelieu river, delectably lined with foodie stops from Sorel-Tracy to the US border.

Quartier Général du Vieux Beloeil, Les deux boucles du Richelieu circuit

This circuit of two on-road out-and-backs leads directly to the centre of charming Old Beloeil and Quartier Général, a dreamy lively spot for a coffee, snack, meal, refreshing lemonade or ice cream (or a little of everything all at once).

L'Effet Bœuf, La Sauvagine bike path

Just steps from the path, in Saint-Robert, toward Sorel-Tracy, this gourmet butcher shop sells top-grade meats and prepared meals. While there, tour the indoor and outdoor facilities and discover the ins and outs of cattle production.



↑ © QUARTIER GÉNÉRAL DU VIEUX BELŒIL



↑ FG CHOCOLATIERS

FG Chocolatiers, Chambly Canal bike path

FG Chocolatiers, along the Chambly Canal, is where the love of cocoa can be tasted myriad ways. Chocolate pralines, bars and bites, all deliciously crafted to refuel you for several more kilometres. This artisanal shop also makes its own ice cream, for cooling off indulgently well on a nice summer day.

Bedondaine et Bedons Ronds brew pub, Chambly Canal bike path

A few pedal strokes up the path, just metres from the previous stop, this brew pub known for its beers and single malt Scotch is also home to a bona fide museum featuring 38,000 items on the local history of malting. Cheers to that!

↓ BEDONDAINE & BEDONS ROUNDS



If riding out to Acton, Saint-Hyacinthe or Rouville, in the heart of fertile farmland, these foodie stops promise an enriching experience.

Au Gite des Oies, La Campagnarde bike path

This family inn's menu of fine duck products includes terrines, rillettes and confits. Stop in to taste this unique local specialty for yourself. The welcome is friendly and the packaged items are perfect for taking home.



↑ AU GITE DES OIES

Cidrierie Michel Jodoin, La Route des Champs bike path

A little off the path, via Rang de la Petite-Caroline, you'll find one of Québec's most reputable cider houses. Cidrierie Michel Jodoin produces an impressive collection of sparkling, still, rosé and barrel-aged ciders.

Downtown Saint-Hyacinthe, Vallons de la Yamaska circuit

In downtown Saint-Hyacinthe, slightly eastbound, an entirely separate on-road circuit hosts a multitude of foodie stops. These include 1555 Marché public, one of Québec's most dynamic public markets. Fruits, vegetables, cheeses, breads, meats and coffees spearhead a wide range of fine food items. Steps from the market, local products form the centrepiece of Restaurant L'Espègle's refined creative cuisine. The more intimate Millésime is a great spot for capping off your day with some tapas and wine. Or for an after-dinner beer, head to Bil Pub.

Cyclist services

BY CHARLOTTE BASTIEN

Bike touring the Montérégie also means being supported by an ecosystem of services specifically tailored for riders. From **Fièremment Vélo!** cyclist-friendly businesses to rental options and turnkey packages, it's everything you need for peace of mind so you can focus on what matters: enjoying exploring the region by bike.

Fièremment Vélo! businesses

Montérégie businesses that proudly display the **Fièremment Vélo!** logo go the extra mile for cyclists, and the quality of the special attention they provide includes services such as information on bike routes, a repair kit equipped with tools and a manual air pump, and water bottle refills when possible. These ambassadors committed to bike travel span restaurants, shops and tourist attractions that double as practical stops so you can ride feeling at ease.

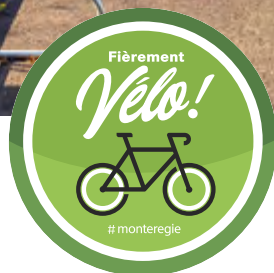


↑ © L'ÉTAPE VÉLO CAFÉ

SOME FIÈREMMENT VÉLO! BUSINESSES YOU SHOULD KNOW ABOUT:

L'Étape Vélo Café, Saint-Bruno-de-Montarville

This one-stop café, store and repair shop is a friendly meeting place for cycling enthusiasts.



↑ VALLÉE-DES-FORTS BIKEWAY

Ferme du Mihouli, Lacolle

This agritourist destination is all about the shared experience of kiwi farming. Visitors can adopt a kiwi tree, help with the harvest and take part in events revolving around agriculture and community, such as field-to-fork country-style group dining. Overnighting on-site is also possible.

Maison dite Louis-Hippolyte-La Fontaine, Boucherville

Classified a historic monument, this 1766 home retraces the history of its famous occupant, Louis-Hippolyte La Fontaine, through a permanent exhibition as well as temporary exhibits.

Boulangerie du Vieux-Chambly, Chambly

This bakery is a popular stop for foodies. Pop in for artisanal breads, croissants, danishes, as well as sandwiches and meals made on-site and to go.

Microbrasserie Trois-Lacs, Vaudreuil-Dorion

This craft brew pub's casual vibe makes it perfect for a post-ride break. The beers are brewed on-site, and the atmosphere is friendly and homey.

Rent a bike and ride toward adventure

Eager to cycle the region but aren't equipped for it? No problem! A Montréal rental outfit can set you up with a hybrid or electric bike.

From mid-May to mid-October, **Voyager à vélo** offers a complete bike rental service, including all the essentials required for riding with peace of mind: helmets, bags, locks, repair kit, and a charger per e-bike. This turnkey formula is especially convenient for one-day trips, as well as for multiple-day excursions.

Alternatively, **Vélo Évasion** rents e-powered bicycles in summer.



↑ PARC LES SALINES - SAINT-HYACINTHE

Turnkey experiences for worry-free riding

The Montréal region has myriad turnkey solutions for bike tourers looking to keep planning to a minimum. Operators that specialize in bike travel can organize or assist with your trip, so you can focus solely on enjoying the experience.

Voyager à vélo

Offers à la carte services that significantly simplify bike touring: secure luggage transfers, shuttles to your starting point and back, driving your vehicle to your final destination, and bike rentals. These services are especially practical for tailoring your itinerary to your pace.

Vélo Québec Voyages

Provides full bike touring and vacation packages designed by and for cycling enthusiasts. They generally cover the itinerary, accommodations, luggage transfers, and as needed, bike rentals. Among the suggested packages, three turnkey two to three night getaways in the Vaudreuil-Soulanges area, along river shores, canals and mountains between Châteauguay, Sainte-Marthe and Oka. These packages are perfect for either beginner or intermediate riders.



© VOYAGER À VÉLO ↑

Bienvenue cyclistes!:

Accommodations tailored to bike tourers

BY CHARLOTTE BASTIEN

Distance isn't the only measure of a good bike trip. The hours spent in between rides also count. The Montérégie's **Bienvenue cyclistes!** accommodations always reserve a special welcome for cyclists looking to set down their bags and holiday at their own pace.



HÔTEL MOCO ↑

These hotels, inns, B&Bs and campsites are bound by a pledge to ease the bike travel experience before, during and after rides, and their bike-friendly certification recognizes that they provide services that meet the day-to-day needs of holidaying cyclists: access to drinking water and washrooms, a first aid kit, a tire pump and tools for minor repairs, secure bike parking facilities, and an outlet for charging electric bicycles. These establishments also provide clear and accurate information about the region's bike network, which really simplifies planning the next stages of your trip.

Here are some **Bienvenue cyclistes!** options in the Montérégie:

Holiday Inn Saint-Jean-sur-Richelieu

Located near the Richelieu river and about 20 minutes from Montreal, the **Holiday Inn Saint-Jean-sur-Richelieu** is a practical hotel from which to basecamp if you're planning a multiple-day trip.

Hôtel MOCO

This old cotton mill repurposed into a hotel offers cyclists a secure storage location for bicycles, numerous comfortable and modern rooms, and is a great starting point from which to explore the web of trails along the **Parc régional de Beauharnois-Salaberry** bike path.

Le Mangeoir

The experience at this farm inn nestled in the Saint-Anicet countryside is cozy and calming. **Le Mangeoir**, which houses only four rooms, prides itself on personal touches, a warm ambiance, and a natural setting that fosters relaxation and offers a perfect view for sunsets.



↑ © HOLIDAY INN SAINT-JEAN-SUR-RICHELIEU

Camping Domaine du Rêve

A full-service campground situated near La Route des Champs bike path, **Camping Domaine du Rêve** offers campers and visitors passing through a pool, beach, picnic areas and numerous group activities.

Camping Terrasse Rougemont

Tucked against the foot of the Rougemont mountain and only minutes from La Route des Champs bike path, this campsite offers tent spot rentals as well as trailer rentals (based on availability). The variety of activities makes it a unique destination: minigolf, swimming pool, kayaking, pedal-boating, pickleball, pétanque, yoga, dance classes and a restaurant.



↑ © LE MANGEOIR



↑ PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE

Auberge Handfield & Spa

This country inn and spa bordering the Richelieu river combines lodging, relaxation and nature. Its 29 rooms, spa, marina, maple farm and well-groomed gardens make it a welcome reason for extending a trip.

Parc national des Îles-de-Boucherville

Located a few kilometres from Montréal, this national park is popular with cyclists because of its bike path smack in the heart of nature. The islands deliver myriad views, riverside trails and interpretive experiences related to wildlife, plantlife and Indigenous history. There are spots for pitching tents as well as ready-to-camps you can book, perfect for overnighting in this green haven.



The Bienvenue cyclistes! logo is a sign you'll enjoy bike-friendly accommodations throughout your trip.

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