

Gourmet Montérégie

A full panorama

Stretching over 11,000 km² and nestled along rivers and foothills, Montérégie unfurls like a vast quilt rich in culture, history, open air, and local flavours. Come savour every kilometre of a fertile region where flavour begins and experiences and discoveries never end.

Gourmet by nature

Home to 7,000+ agribusinesses, Montérégie irrefutably lives up to its reputation as “the food pantry of Quebec.” Vineyards, cider houses, maple farms, market garden farms, honeyberry and sea buckthorn fields, etc. This is where the destination is enjoying the fruits of artisans who welcome with open arms the opportunity to share their love of the land. From u-picking apples and pumpkins to visiting public markets to stock up on fresh crops, from farm-to-table dining to gastronomic eateries, local freshness is always on the menu.

Land of culture

Beyond agriculture, the region also has a rich culture. Relive the past by seeing one-of-a-kind historical sites. Explore the Indigenous and religious heritage that has shaped Montérégie. The arts and entertainment are equally plentiful: lively festivals, captivating museums, and show venues combine for a cultural vibe sure to satisfy all appetites for new experiences.

Outdoor playground

After nourishing the palate, mind, and spirit, take to the exceptional playground that is Montérégie to energize the body. Go kayaking in the Sorel islands, riding on the region’s 600 km bike path network, hiking on the Rigaud and Saint-Bruno mountains, or hot-air-ballooning over the Richelieu River. Whatever the sport or outdoor activity, the view is always breathtaking. Make time for some well-deserved rest too, by booking a spa day or perhaps even an overnight at a floating hotel.

Attractions

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| A. BERRY FARMS | I. FORT CHAMBLY NATIONAL HISTORIC SITE |
| B. QUARTIER DIX30 LIFESTYLE CENTRE | J. ORCHARDS |
| C. PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE | K. FARM-TO-TABLE DINING |
| D. SOREL ISLANDS | L. VINEYARDS |
| E. RESTAURANTS AND HOSPITALITY | M. BREW PUBS |
| F. MARKET GARDEN FARMS | N. INTERNATIONAL DE MONTGOLFIÈRES SAINT-JEAN-SUR-RICHELIEU |
| G. BIKE PATHS | O. FORT LENNOX NATIONAL HISTORIC SITE |
| H. EXPORAIL: THE CANADIAN RAILWAY MUSEUM | P. MAPLE FARMS |

