



ONTARIO & QUEBEC
**GUIDE TO
HI HOSTELS
2009-10**

La Tuque



petit futé

LA TUQUE



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Attention all forest and lake lovers! La Tuque is away from the big cities but very close to nature. There couldn't be a better base for exploring the Mauricie region. Highly recommended.

47°N 72°W
Population :
12 000 inhabitants
0,5 people per km²

The Saint-Maurice river is one of the area's many jewels. It meanders through kilometres of beautiful forests and can be appreciated by canoe or kayak or – on a lazier day – by driving down scenic route 155! In the summer, sports enthusiasts have an embarrassment of choices: mountain biking, rock-climbing, and hiking venues abound in the Haut-Saint-Maurice region. Winter options include skiing and sledding, among many others.

HI-LA TUQUE AUBERGE LA RÉSIDENCE

352, Brown | 819-523-9267

www.hihostels.ca/latuque | latuque@hihostels.ca

Open year-round.

Ever slept in a teepee in the middle of town? That's the type of rare experience we suggest you try at the La Tuque hostel! First Nations-themed activities are also organized. The hostel offers full amenities and very welcoming staff.



Getting there by public transportation

By bus: The station is near the hostel. A hostel staff member can pick you up.

En train : La Tuque is on the Montreal-Senneterre line. The hostel is a 10-minute walk from the station, where a hostel staff member can pick you up.

Rates: *Shared rooms:* From \$20. | *Private rooms:* From \$20 per person (double room), \$30 per person (single room). | *Teepee package:* \$60 (includes accommodation, breakfast, and dinner).

Number of beds: 49

On-site services: Kitchen, campfire, tourist information.

ACTIVITIES

PETITE BOSTONNAIS RIVER FALLS PARK

Route 155 | 819-523-5930

Open May to end of October. Free admission.

The park is easily navigated by foot, thanks to the well-marked "trapper's circuit" trails. Before or after your hike, take a peek in the fur trade interpretation centre, where the fur trade and the first contacts between the American Indians and the colonizers are explained.

MOUNTAIN BIKING

Haut-Saint-Maurice area

Maps are available in sporting goods stores and at the tourist information centre (315 Saint-Joseph, La Tuque). 90 km of bike trails will delight bikers of every description, whatever their endurance level!

KAYAK EXPEDITIONS

284, Rang Sud Est, La Tuque | 819-523-7681 | www.eauquai.com

Brothers Michel and Alain rent canoes and kayaks for outings on the Croche or Bostonnais rivers (shuttle service).