



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

# Rivière-du-Loup



  
**petit futé**

# RIVIÈRE-DU-LOUP



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Breathtaking landscapes, friendly locals and stunningly beautiful sunsets: it's all yours to enjoy in Rivière-du-Loup!

Many visitors from Montreal or Quebec City make a special stop at Rivière-du-Loup, one of the main cities of the Bas-St-Laurent region, on their way to Gaspé – and it's not hard to see why! Bic National Park, with its many islands rising up from the St. Lawrence River like shining emeralds, is a magical spot. In summer, it's a joy to explore the park by bicycle or kayak, while the cross-country skiing is wonderful in winter. The surrounding area abounds with gastronomical craftsmen who whisk up true delights with local produce, game and seafood. Make sure to sample the smoked fish and salted herbs.

The city of Rivière-du-Loup enjoys a beautiful natural background, settled on the slopes of Mont Notre-Dame facing the Laurentian mountains. It is generally accepted that the city is named after the river that runs through it. However, some historians believe the name came from an old French ship called Le Loup ("The Wolf"), which was forced to spend the winter in the river's estuary in 1659.

**47°N 69°W**

**Population :**

**25 000 inhabitants**

**60 people per km<sup>2</sup>**

## HI-RIVIERE- DU-LOUP AUBERGE INTERNATIONALE DE RIVIÈRE-DU-LOUP

46, Hôtel-de-Ville | 418-862-7566

www.hihostels.ca/riviereduloup | riviereduloup@hihostels.ca

Open April 1 to December 20. Off-season: open weekends only. Open weekdays for larger groups (by reservation).



This hostel is situated in a gorgeous heritage house that has been entirely renovated. A member of Aventure-Écotourisme Quebec, the hostel promotes “green” activities and guided tours will show off the region’s charms: eco-discovery of the St. Lawrence shores by bicycle, exploration of Île Verte, hikes in Bic Park and along the Trans Canada trail, sea bird and sea mammal watching, the list goes on.

### Getting there via public transportation

**By bus:** During high season, there’s a free shuttle from the bus station, so contact the hostel to arrange a pick-up. Otherwise, it’s a 1 km walk (25 minutes): Make a left on Cartier. Keep going straight and go up St-Jacques hill all the way to the top. Then take du Domaine Street and follow it to the end. Turn right on Hôtel-de-Ville.

**By train:** All trains arrive at night, so inform the hostel of your late arrival time. You can take a cab (\$5) from the train station, or walk toward the bottom of Lafontaine Street, and then make a right on Hôtel-de-Ville.

**Rates (include breakfast):** **Shared rooms:** From \$21 for members, \$25 for non-members. | **Private rooms:** From \$52 for members, \$56 for non-members. | **Family room:** From \$71 for members, \$75 for non-members.

**Number of beds:** 65 beds in the summer, 35 in the winter (48 beds reserved for groups at all times). Three camp sites.

**On-site services:** The hostel staff prepare delicious meals (starter, main course and dessert for just \$9, June 15 to September 15). Other features and services: kitchen, Internet, living room with a piano and reading corner, terrace, campfire pit, bike storage and repair corner, bike rentals (\$6 for 3 hours, \$15 for the day), three camp sites, activities and excursions, educational programs for groups, various packages available, tennis courts and skating rink nearby.

**Amenities for families:** Crib, booster seat and children’s corner.

# ACTIVITIES

## AML CRUISES

Boarding at the Rivière-du-Loup Marina

418-867-5241 / 1 800-563-4643 | [www.croisieresaml.com](http://www.croisieresaml.com)

*June to October: Departures 9:30 am and 1:30 pm. Duration: 3 1/2 hours. Adults: \$59; students and seniors: \$54.*

A guided tour takes you on a 25 km excursion down the St. Lawrence River. It's a unique opportunity to spot sea mammals and birds in their natural habitat, against a beautiful backdrop of lighthouses and islands!

## STATION EXPLORATOIRE DU SAINT-LAURENT

Chalet de la Côte-des-Bains in Parc de la Pointe

418-867-8796 (juin à octobre) / 418-867-8882, poste 206 (novembre à mai)  
[www.romm.ca](http://www.romm.ca)

*Open daily mid-June to mid-October: 9 am to 6 pm. Adults: \$5.*

Biologists with the Bas-Saint-Laurent Marine Mammals Ecowatch Network helped to create the Station's permanent exhibition, which reveals the many secrets of marine biodiversity. Onsite attractions and amenities: collection of animal skeletons, experimental lab for kids, observation station, nature study activities, souvenir shop, terraces and picnic area.

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## Surrounding area

### BIC NATIONAL PARK

Route 132 | 418-736-5035 | [www.sepaq.com/pq/bic/fr/](http://www.sepaq.com/pq/bic/fr/)

*Open all year round. Adults: \$3.50.*

Located in the St. Lawrence River estuary, Bic National Park proudly showcases the region's capes, bays, coves, islands and mountains. Pic Champlain (named by Champlain in 1603) is the park's highest summit. Depending on the time of year, you can explore the park on foot or with a bike, a kayak or skis.

### SEBKA

273 Route 132 West, Saint-André-de-Kamouraska | 418-493-9984 | [www.sebka.ca](http://www.sebka.ca)

*Open May to October. Rates vary according to activity.*

The SEBKA is a riverside park that provides access to the river and the salty marshes commonly called the "Battures." Many activities offered on-site: sea kayaking, rock climbing, hiking, guided tours and interpretation.



## DINING AND ENTERTAINMENT

### LES JARDINS DE LOTUS

334, Lafontaine | 418-868-1333 | [www.jardinsdelotus.com](http://www.jardinsdelotus.com)

*Tues–Sun: Opens at 5 pm. Thurs & Fri: Also open for lunch from 11 am to 2 pm. Terrace.*

A great destination for those who enjoy Cambodian, Vietnamese and Thai cooking. The dishes are more than fairly priced.

### RESTO PUB L'ESTAMINET

299, Lafontaine | 418-867-4517 | [www.restopubestaminet.com](http://www.restopubestaminet.com)

*Mon–Wed: 7 am to midnight. Thurs & Fri: 7 am to 1 am.*

*Saturday: 8 am to 1 am. Sunday: 8 am to midnight.*

A cute little place whose appetizing menu features flavors from around the world. In the beer department, there are 150 options to choose from. Explore the list during their “4 to 7” happy hour, and sample the delicious all-you-can-eat mussels. Gigantic breakfasts are also served daily: weekdays until 11 am, weekends until 3 pm.

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## Surrounding area

### MICROBRASSERIE BREUGHEL

68, route 132, St-Germain de Kamouraska | 418-492-3693 | [www.breughel.com](http://www.breughel.com)

*June to September: Mon–Sun, 10 am to 7 pm. May, September and October: Wed–Mon, 1 pm to 5 pm. During off-season, brewery and tasting room tours available by appointment.*

A microbrewery blessed with a splendid terrace, offering a selection of top-quality beers.