



Canada- The Blueberry Cycle Route (2025)

6 Days/ 5 Nights

Individual Self-Guided



The Véloroute des Bleuets is a 256 km/159 mile paved cycling circuit around Saint-Jean Lake, approximately 2 hours north of Quebec City. The well-established route offers a gentle ride through farmland, forest, small towns, lovely beaches and many small tourist attractions. Relatively short days of cycling allow you to truly discover the region with its warm hospitality and to indulge in the route's namesake - blueberries. Throughout the area, blueberries grow wild and are farmed from the end of July to the beginning of September each year. In season, you'll find them sold by the basket and throughout the year you will find them featured in menus and local products such as pastries, syrups, jams, chocolates and even combined with local game meat for a real local delicacy. Also along the route are fantastic microbreweries (microbrasseries), cheese shops and plenty of opportunities to sample Quebec's most famous dish - poutine. The lake itself drains east into the Saguenay River fjord which in turn drains into the mighty St. Lawrence River. The entire tourist region is known as 'Saguenay-Lac-St-Jean'.

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TICO Ontario Registration No: 50022848



Day by Day

Day 1 Arrive Alma

Please make your way to the joining hotel in Alma and enjoy its convenient location in the centre of town, near restaurants, shops, and the waterfront. Located on the southeast shore of Lac St Jean (pronunciation is closer to 'John' than 'Jean') where the lake flows into the Saguenay River, Alma was formed in 1962. Alma was formed as an important industrial center due to the construction of a hydro-electric dam on the Grande-Décharge River, a paper mill, and an aluminum smelting plant, during the 1920s and 1930s. All of these are still active today. Meals: Nil

Day 2 Transfer Alma to Saint-Henri-de-Taillon, ride to Ste. Monique (Option A: 40.5km/25.2miles Option B: 42.2km/26.2miles Option C: 25.5km/15.8miles)

This morning, you will make your way to the bicycle shop where you will pick up your bikes, make adjustments, and have a briefing by going over the maps. This is a good chance to ask any last-minute questions before receiving a transfer to Saint-Henri-de-Taillon. From here you will cycle past the village church, along forest-lined roads and bike paths through the beautiful Pointe-Taillon National Park which has its own trail system and beautiful beaches. There are three route options through the park; Option A – Take the extended route through the park until you reach Pointe-Chevrette. From there take the ferry crossing into Peribonka then continue alongside the Peribonka River to Sainte-Monique. Passage on the ferry is not guaranteed due to availability and other external factors. Option B – Take the extended route through the park past Pointe-Chevrette and continue all the way to Sainte-Monique. Option C – Take the shortest route through the park and continue all the way to Sainte-Monique. Please note that no refund is offered for skipping the extra shuttle to Saint-Henri-de-Taillon and choosing to cycle from the bike shop directly. This adds an extra 32km/20miles to the three optional routes listed above. Before reaching Saint-Henri-de-Taillon, cycling from the bike shop includes an additional section with a crossing by a hydro-electric station and a ferry crossing but is not recommended. Overnight Sainte-Monique on the Peribonka River. Meals: B

Day 3 Ste. Monique to Dolbeau (47km/29miles)

After a delicious breakfast, the first half of your bike route is mainly along the edge of the Peribonka River until it veers north, away from the waterway and into the heart of the countryside. Although most widely known for its blueberry production, there are approximately 1000 farms in the Saguenay-Lac-St-Jean region, growing everything from potatoes and green vegetables, to canola and fruit. Dairy and beef are the two main animal products to come from the region, with agrotourism and 'microfromageries' (cheese makers) contributing to the local culture. Overnight in Dolbeau-Mistassini, next to the pretty Mistassibi River. Meals: B



Day 4 Dolbeau to Saint-Félicien (60km/37.3miles or 100km/62miles)

After breakfast at your accommodation, rejoin the bike route for the longest day of the tour through quaint stretches of peaceful farmland, alternating between the paved shoulder of route 169, and paved bicycle paths. There is an option to add another 44km/27miles to your route today on the partner network called 'Au Fils Des Rivières' which takes you along a stone dust trail from the plains to the boreal forest, past a series of waterfalls, and along the Mistassini River where blueberries are ripe for the tasting. Paved backroads take you back to the main route at Albanel. From here, you continue through the town of Normandin, then along the Ashuapmushuan River to Saint-Félicien and your return to the shores of Lac-St.-Jean. The town of Saint-Félicien was founded in 1864 when the first settlers arrived from Charlevoix and Chicoutimi, drawn by its location where ecologically-rich land met with the lake and the confluence of multiple rivers. Today, the town is best known as the centre for conservation of boreal biodiversity, but also enjoys a rich tourism industry with restaurants serving 100% local, organic produce, and a microbrewery where you can sample local beers. Meals: B

Day 5 Saint-Félicien to Chambord (45km/28miles)

Enjoy another delicious breakfast before a beautiful day along the shore of the lake. The south side of the lake certainly offers the most detours and local attractions, so today's distance is short. It allows you to explore as much or as little as you desire. Highlights today include the town of Saint Prime and its 'fromagerie' (cheese shop and museum), the First Nations reserve of Mashteuiatsh with its interesting Amerindian Museum, and the historic village of Val-Jalbert, an authentic 'company town' of the 1920's. You could easily spend hours exploring the grounds with its charming original buildings, including an incredibly well-preserved schoolhouse, a restored general store, and an old mill situated at the base of a waterfall higher than Niagara Falls. Take the cable car to the top of the falls, or hike there via its canyon trails. Overnight in Chambord. Meals: B

Day 6 Chambord to Alma, where tour ends (53km/33miles)

Hop back on your bicycle after breakfast and head out on your way to complete your grand circuit! This section offers more incredible lake views and runs almost completely along rolling, smooth, and twisting bicycle paths. The terrain and the views make for a very enjoyable ride. In the town of Desbiens, you have the choice to turn 'off route' to the Parc de la Caverne Trou de la Fée, where you can enter an underground cave system and enjoy above-ground trails, waterfalls, and the ruins of a hydroelectric plant. Detour 15km/9.3 miles out and back along a paved, hilly back road. Highlights along the route include the gorgeous beaches at Métabetchouan and Saint-Gédéon (and the latter's microbrewery), and the quiet, designated roads and paths leading you back to your starting point across from the beach at Dam en Terre, just outside of Alma. The tour ends at the bicycle shop, but we are happy to arrange transfers to your next destination and/or add additional nights for you in Alma. Meals: B



Accommodations

A combination of 3 star motels and B&B's

Included

- 5 nights in 3-star accommodation at double occupancy
- 5 breakfasts
- Hybrid bicycle rental including helmet, bike bag, and lock
- 1 basic repair kit per 2 cyclists
- Daily luggage transfer
- Navigation APP inclusive of detailed route notes and points of interest (available offline while cycling)
- Transfers as indicated in the itinerary
- Emergency Hotline

Not Included

- Optional electric-assist bicycle upgrade (extra cost, limited quantities)
- Guide (this is a self-guided tour)
- Lunch and Dinner (suggestions are provided)
- Additional gear rental is available at an extra cost. Please inquire.
- Entrance fees
- Transfers at end of tour (available at an extra cost)
- Personal expenses such as laundry and phone calls
- Airfare and visas
- Travel insurance
- Applicable taxes

This is a partner tour.

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