

# Canada (West)

Leisure, Sports

🌐 Country : Canada 📅 September 2012

## The most beautiful pictures



Here is a travel mixing tourism and sport. The plan was to join the Sport Azur team for a week of cycling around Montreal. Once there, the visit of Quebec continued to the end of the world in Gaspésie and even beyond. Without omitting the Niagara waterfalls and the magnificent national parks

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## Introduction

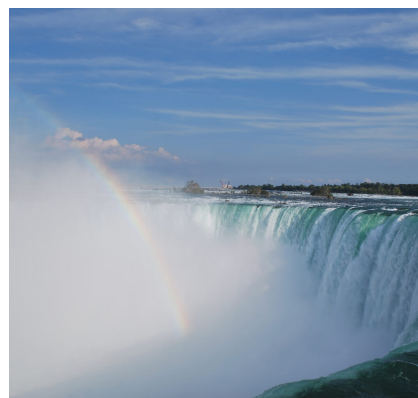
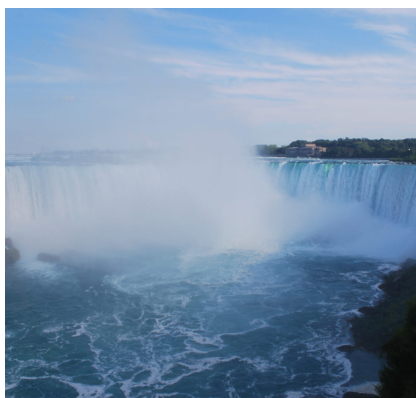
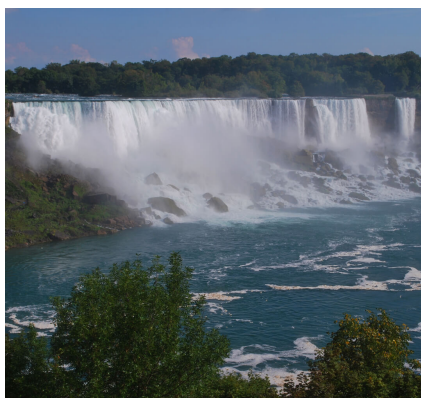
This travel took place in three stages. It began in Toronto, as a focal point to visit **Niagara Falls** and **Algonquin Provincial Park** (to the north), before heading to the capital city **Ottawa** and then **Montreal**. In Quebec, another adventure was about to begin, a weeklong bike ride in stages between Quebec City

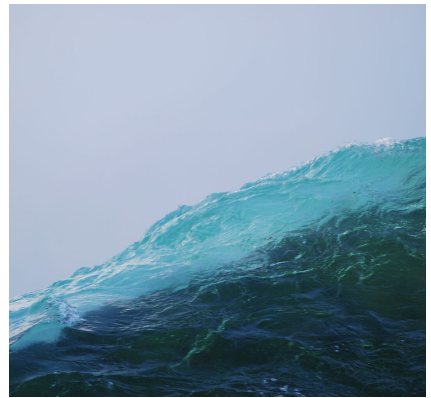
and Montreal with the [Sport Azur](#) team. Following that, the car took over to visit the French-speaking province to the far ends of **Gaspésie** and beyond.

## Niagara Waterfalls

Niagara Falls shares the border between Canada and the United States. They are located **130km from Toronto**, skirting Lake Ontario to the city of the same name. While the falls are beautiful and attract tens of thousands of tourists each year, the city of Niagara Falls is a sort of mini Disneyland, and that's a shame.

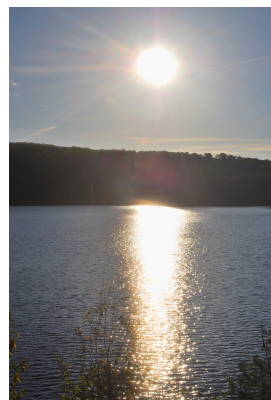
**They are over 50m high**



*Niagara Waterfalls*

## Algonquin Provincial Park

About **300km** up the road from Toronto to the north is the Algonquin Nature Reserve, a protected area and home to many wildlife species such as moose, beaver and bear. It is also a canoeist's sporting paradise.

*Lakes in Algonquin Park*

## Ottawa

Ottawa is the capital of Canada. It is in this small city of **less than a million people** that the Canadian parliament is located. The fountain in front of the parliament is particularly original, a kind of Olympic cauldron immersed in water.





*Ottawa, Canada's capital*



*Fountain in front of the Ottawa Parliament*

## Bike Week

As stated at the beginning of this post, the second part included a week of cycling on the roads between Quebec City and Montreal. The rendez-vous was at a beautiful hotel located on the **Wendake** Indian Reserve, just above **Quebec City**.





*On the roads between Montreal and Quebec City*

## Montmorency Waterfalls

A nice excursion to take from Quebec City, the Montmorency Waterfalls, **located 12km** west. The site can be visited thanks to a staircase and a suspension bridge. Beware, it's sport! You have to like climbing the steps.





*Waterfalls of Montmorency*



## Lake St. Charles

For kayaking enthusiasts, and since there's more to life than just biking, a little trip to **Lake St. Charles** is highly recommended. It's one of the most peaceful places, right in the middle of nature, just a short drive from Quebec City.

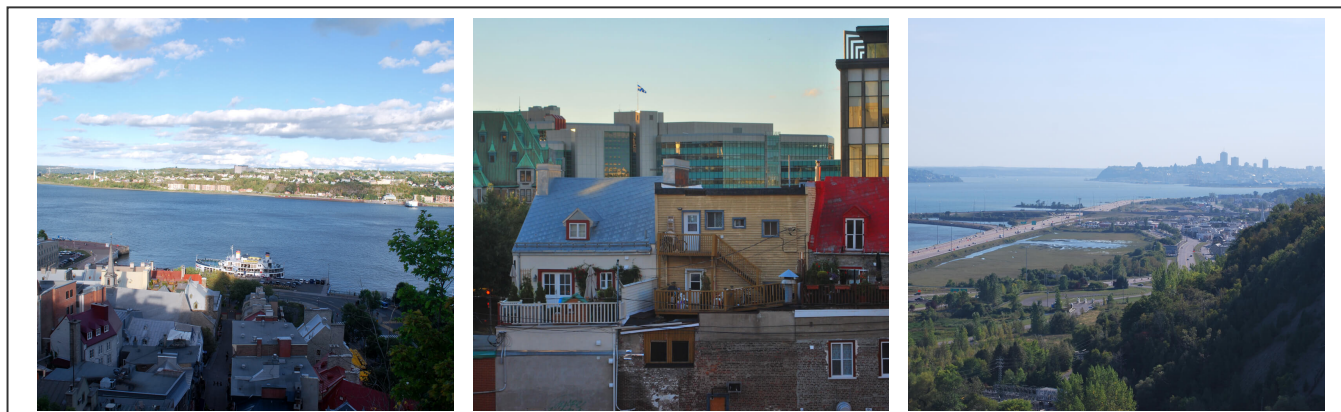


*Canoe trip on Lake St-Charles*

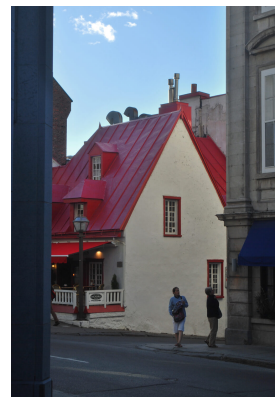
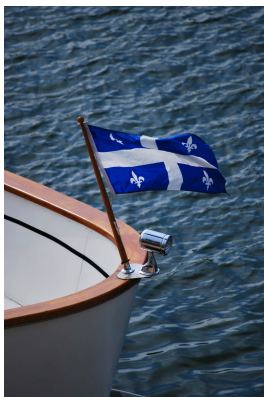
## Quebec City

The capital of French-speaking Canada is built on a hill with the famous Chateau Frontenac at its peak.

**A little more than half a million people live there (in 2012)** It is one of the oldest cities in North America.



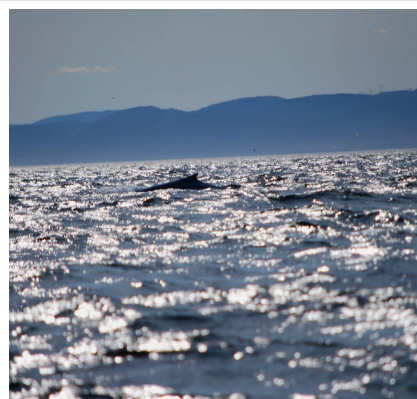




*Streets, roofs and view of Quebec City*

## Tadoussac

A little further from Quebec City, **about 200km** away, is Tadoussac, at the confluence of the Saguenay River. Tadoussac is a well-known place for tourists to take sea excursions to see **the St. Laurent whales** up close. Even if they are shy and can only be seen from time to time.

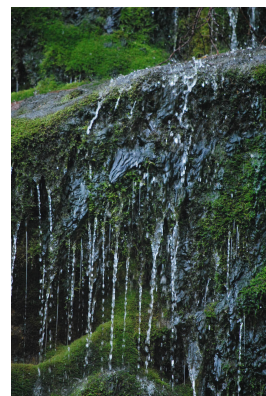
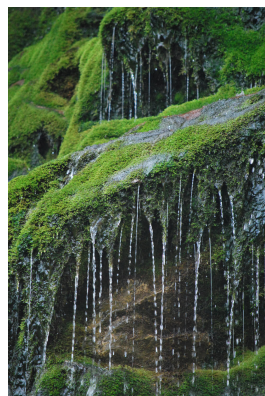
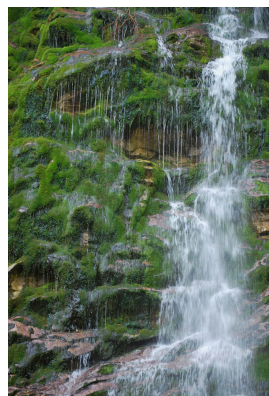
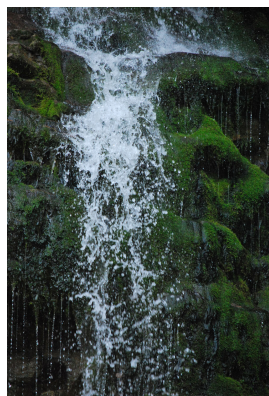


Whale hunting

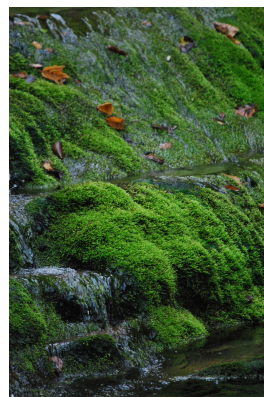
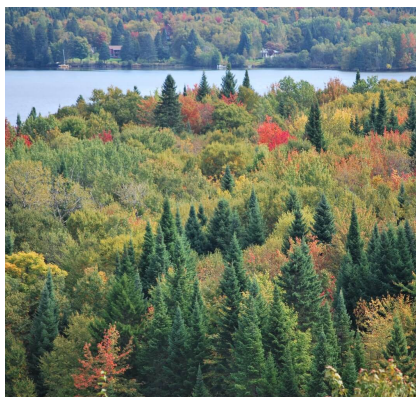
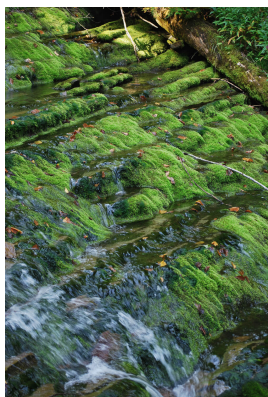
## Gaspé Peninsula

After the bike, the road continued to Gaspé Peninsula, at the very end of Quebec. A journey split in two parts, the first part to **Sainte-Anne des Monts**. There, the road separates as it enters the land, then crosses the entire peninsula to emerge on the other side, at **New Richmond**. From this side, it runs along the ocean to **Percé**.

The drive across the peninsula offers plenty of opportunities to stop the car and admire nature, even walk around a bit and stumble upon some beautiful waterfalls, as below.



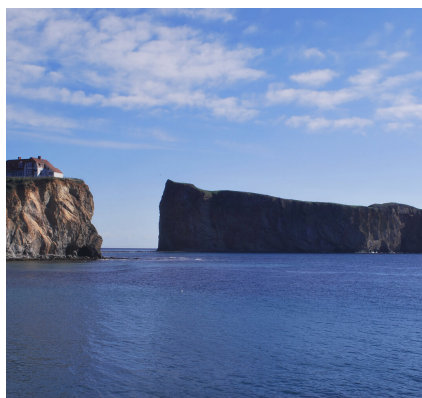




*Gaspésie, its beautiful nature and waterfalls*

## Percé

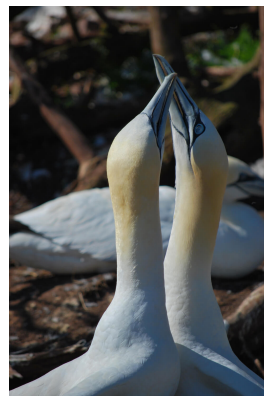
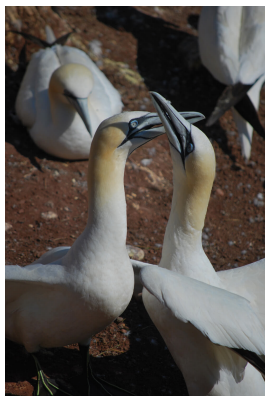
Percé is located on the easternmost tip of the Gaspé Peninsula. You have to reserve your place on a boat to admire the hole in the rocks. The place is very touristy, but really beautiful.





*The pierced rock of Percé at the end of the world*

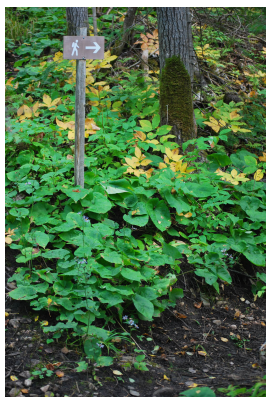
Another attraction in Percé is the famous gannet rock, a sort of cross between a pelican and a wild goose. The noise is unbearable, but the scenes of romance where Mr. and Mrs. are cooing with happiness are truly magical.



*The gannets*

## St. Catherine's Bay

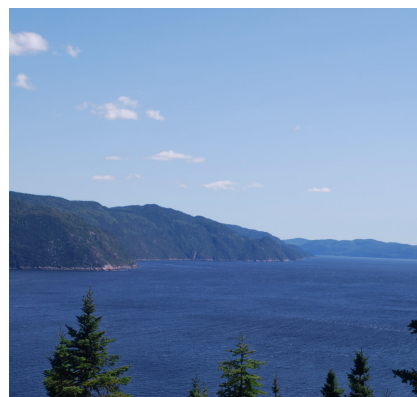
The return trip from Gaspésie will be by coastal road to the port of **Matane**, in order to cross the **St. Laurent**, then by ferry to **Godbout**. Near Tadoussac, the bay of **Ste-Catherine** offers several hiking trails to admire the estuary of the Saguenay.



*The hiking trails of Ste-Catherine's bay*

## Saguenay and Lake St. Jean

On the way back to Montreal, at Tadoussac, it is possible to turn north to Saguenay and Lac St-Jean. It is a very popular place for hikers. The blue of the lake is breathtaking. The air is also much cooler.



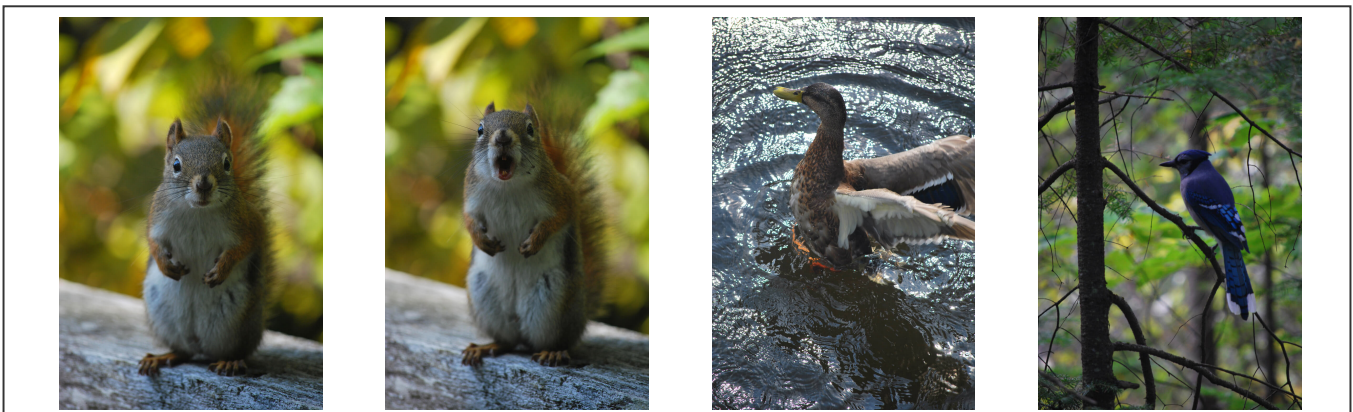




*Saguenay and Lake St. Jean*

## The Laurentian Nature Reserve

Continuing on from Lake St. Jean, we cross **The Laurentian Nature Reserve**. There, there are many hiking trails to spend hours becoming one with nature and wildlife.



*Wildlife of the Laurentian Nature Reserve*

## Montreal

The last two days of this trip will be spent in Montreal. The best view of the city is from the top of Mount Royal. We sharpen the calves for a last small effort before closing the suitcase direction Switzerland.





*Montreal and Mount Royal Park*