

MANICOUAGAN



GUIDE 6

THE FOUR SEASONS AND THE WEATHER

Manicouagan is one of those spaces that stands naturally apart from the rest. Those unspoiled lands where opportunities abound. Those Côte-Nord regions where the warmth of the people, as much as the beauty of the landscape, takes your breath away.

Here, the feeling of immensity is intertwined with a true culture of proximity. In Manicouagan, dynamism and enthusiasm go hand in hand with the philosophy of living in the present and making the most of every moment.

Choosing to live in Manicouagan means contributing to the bright future of the territory, all while making your own dreams come true.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find a wealth of practical information on the resources and services available.

WELCOME HOME!

FIRST EDITION, JANUARY 2025

Please do not hesitate to write to us at info@mrcmanicouagan.qc.ca to let us know about any changes that may have occurred since the writing of this guide.

LAND ACKNOWLEDGMENT

The Manicouagan municipalities are located on Nitassinan, the traditional unceded territory of the Innu people. In a spirit of friendship and solidarity, the municipalities acknowledge and honour the First Nations for the important contributions they made and continue to make to this territory.

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UNDERSTANDING THE SEASONS AND THE WEATHER

The soft greens of spring, the sunrises over the river in the summer, the multicoloured forests of autumn, and the magical snow-covered trails in the winter—every season shines the spotlight on Manicouagan’s rich beauty.

Like everywhere else in Québec, Manicouagan has four very distinct seasons: spring, summer, autumn, and winter. Temperatures vary substantially throughout the year. To enjoy the four seasons fully, knowing how to adapt is key!



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Agence Caribou Côte-Nord



GOOD TO KNOW

Baie-Comeau is among the five cities in the province with the most hours of sunshine per year.

SPRING: MARCH, APRIL AND MAY

Temperatures rise and the snow gradually melts. Ice on lakes and rivers starts to break up. Sugaring off time is here: the maple sap is flowing and the production of maple syrup—an important part of Québec’s culinary identity—is in full swing. While there are no maple trees in Manicouagan, local stores still carry a wide range of maple products.

Starting in April, fresh seafood and fish steal the spotlight. Locals celebrate the arrival of spring with crab and Nordic shrimp. Families and friends get together for crab dinners. It truly is a time to feast! Line-ups form at the fishmonger. Join in on the fun and try the fresh, seasonal shellfish, fish, and other seafood: crab, lobster, Nordic shrimp, oysters, mussels, scallops, seaweed, turbot, halibut, trout, salmon, smoked salmon, and more.

SUMMER: JUNE, JULY AND AUGUST

The days are longer and hotter. School is out for summer, large outdoor events liven up the streets, and the terraces are open for business. Summer is also the perfect time to enjoy all Manicouagan's outdoor facilities and activities:

- Parks and beaches;
- Outdoor pools and lakes for swimming;
- Bicycle paths;
- Soccer, baseball, and football fields and tennis, basketball, and pickleball courts;
- Skate park;
- The CEGEP's pump track;
- Hiking and mountain biking trails;
- Fishing;
- Rock climbing
- Kayaking and paddle boating.


Summer is the ideal season for hiking. There are numerous trails that suit all types of hikers (novice to expert).



For more information on the hiking trails near Baie-Comeau
www.sentiersdelacote.ca/manicouagan

Warm summer evenings are perfect for a stroll or a picnic on the beach. There are also many outdoor shows and events as everyone wants to soak up as much of the nice weather as they can.

Locals often meet up at the farmers' market to buy fresh produce and chat. Here you can find products grown, made, and produced with care right here in Manicouagan by passionate farmers and growers.



"The Québec summer is like no other summer, as it is a summer that has known winter."
- Dany Laferrière



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**AUTUMN:
SEPTEMBER, OCTOBER
AND NOVEMBER**

The leaves on the trees turn yellow, orange, and red. The multicoloured forests put on a spectacular show that, year after year, never ceases to impress. School is back in session. And the days get shorter and the temperatures cooler.

It is also berry season and common northern crops such as blueberries, lingonberries, wild mushrooms, wild cranberries, and black crowberries are plentiful. It is the perfect opportunity to stock up on vitamins for the cold months ahead.

In Manicouagan, autumn is hunting season. Here, you can hunt for moose and small game in autumn and for black bear in spring.



**GOOD
TO KNOW**

To hunt you must have a valid hunting licence and a firearm possession and acquisition licence card.



For more information, visit:
[www.tourismebaiecomeau.com/
chasse-et-peche](http://www.tourismebaiecomeau.com/chasse-et-peche)

**WINTER:
DECEMBER, JANUARY AND FEBRUARY**

These are the coldest months of the year. Snow covers the ground and winter activities take pride of place: skating, tobogganing, skiing, snowshoeing, and others.

While the region may be called “Côte-Nord,” our winters are not harsher than those in other regions such as Gaspésie, Abitibi, or Saguenay–Lac-Saint-Jean.

At the end of December and beginning of January schools close for the end-of-year holidays. In March, schools close for a week of spring break, which is the equivalent of France’s Easter break. This is a tradition that gives students time off from their studies.



© Créations Sabrina

"My country is not a country, it is winter."
- Gilles Vigneault

Refrain from the famous song by poet and Côte-Nord native.

YOUR FIRST WINTER

To get through your first Manicouagan winter, you obviously need to dress properly to fully enjoy the season and reduce your risk of getting sick.

The proximity to nature means there are ample opportunities to play winter sports. There is the Mont Ti-Basse ski resort with its inner tube slides as well as several cross-country ski clubs. Snowshoeing and snowmobiling trails are plentiful. There is never a dull moment.

In addition to the cold temperatures, you also need to be wary of the wind. And Québec winters bring lots of snow and its variants: sleet, freezing rain, blowing snow, etc.

THE WEATHER

Temperatures are calculated in degrees Celsius (°C). In the summer, they can reach 30 °C (86 °F). When you factor in the humidex, which is the level of humidity in the air, it can easily feel like over 35 °C (95 °F). In winter, temperatures can dip to -30 °C (-22 °F). When you factor in the wind chill, that can feel like -40 °C (-40 °F).

The coldest months are usually January and February and December is the month that sees the most snow. Around the freezing point (0 °C or 32 °F), the snow gets wet and is perfect for snowman building. Blizzards produce high winds that can kick up snow so beware as visibility is then greatly reduced.

WEATHER FORECASTS

Quebecers frequently check the weather to plan how to dress, their commute, and activities. Weather reports are updated regularly, often every hour.

You can find them:

- 1 On television (during the news and on specialized channels such as the Weather Net;
- 2 On the radio;
- 3 On the Internet

Environment Canada : www.weather.gc.ca

The Weather Network :
www.theweathernetwork.com/en

Downloadable mobile applications that send winter storm alerts.

DECODING WEATHER REPORTS

High: refers to the maximum temperature for that day (usually reached during the day).

Low: refers to the minimum temperature for that day (usually reached during the night).

Chance of precipitation:

Refers to the probability of rain or snow in a region.

- **30%:** very localized and short rain or snow showers;
- **40%:** scattered showers;
- **70%:** showers that affect a broader area and last longer;
- **Over 70%:** showers that affect a broader area and last longer.

Humidity: refers to the level of humidity in the air. When it is very humid, you feel the cold more in the winter and the heat in the summer.

Wind speed: often expressed with two numbers: average wind speed and gust speed.

Rainfall quantity: refers to the total amount of rain that has fallen to the ground and measured in millimetres.

Snowfall quantity: refers to the total amount of snow that has fallen to the ground and measured in millimetres.

Lever et coucher du soleil: indique l'heure à laquelle le soleil franchit l'horizon le matin et le soir. Les jours sont plus longs en été et plus courts en hiver.

Air quality index: measures the level of pollutants in the air in a region. The number is accompanied with a rating: good, acceptable, or poor.

UV index: measure the intensity of ultraviolet (UV) rays and the associated health risks (sunburn, skin cancer, etc.). The number is accompanied with a rating: low, moderate, high, very high, extreme. Snow, sand, and water reflect UV rays and increase your exposure risk. It is thus important to protect yourself from the sun (hat, sunscreen, long sleeves, reduced exposure between 11 a.m. and 2 p.m.).

PROTECTING YOURSELF FROM BITING INSECTS

It is important to protect yourself from biting insects, especially if you are going into the forest. Insect bites can cause itching and irritation.

Insect repellents, also known as mosquito repellents, can help protect you from mosquito bites.



SCHOOL AND CHILDCARE SERVICE CLOSURES DURING STORMS

In case of a snowstorm, freezing rain, or severe weather, schools—elementary and secondary—CEGEPs, and childcare services may close.

Closures are announced on CFER TV (TVA's regional network) and on local radio stations (FM 97.1 and CBSI Radio-Canada).



PRACTICAL INFORMATION

The Centre de services scolaire de l'Estuaire also shares this information on its website through the homepage's alert banner.

www.cssestuaire.gouv.qc.ca

The schools' Facebook pages are also a good way to find information quickly.

PROTECT YOUR LITTLE ONES

As babies are less active, their bodies generate less heat. This puts them at greater risk of frostbite. Be sure to dress baby warmly; this includes covering the head, hands, and feet. In very cold weather, wrap them in a blanket in their stroller or sled. When baby is warmly dressed than they too can enjoy the beautiful winter days.

DRESSING FOR THE COLD

In Québec, it is cold from November to April. December, January, and February are the coldest months with temperatures below -10 °C (14 °F) and even dipping to -30 °C (-22 °F).

There is no such thing as bad weather, only bad clothing! To stay warm, avoid frostbite, and enjoy winter, you should dress in warm, water- and wind -proof clothing. Do not go out with wet hair when it is cold outside. Hair should be fully dry before going out and you should always cover your head. You should also avoid overheating your house. Keeping temperatures at around 20° C to 21 °C (68 °F to 69 °F) is recommended.

If you are sensitive to the cold, dress more warmly. Sports and outdoor stores carry insulated clothing, which can help you cope with the cold and wind.



GOOD TO KNOW

The greater the capacity of insulated clothing to trap air, the more it will keep you warm on cold days. If you participate in outdoor activities for longer periods, plan to bring a change of clothes such as socks, gloves or mittens, and a hat so you can swap out wet items.

Every year, Manicouagan Interculturelle hosts a workshop for immigrants on winter clothing and seasonal illnesses. Check with the organization for all the details



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LAYERING TO STAY WARM

A good way to protect yourself from the cold is to dress in layers. This means layering warm, comfortable pieces of clothing that you can remove or put on as needed.

1

The base layer

Used to wick away perspiration. Made from merino wool, polyester, or other synthetic fibres for example. Avoid cotton, as it absorbs sweat and holds moisture close to the skin, causing it to freeze quickly.

2

The middle layer

Used to retain heat. It can be made from polyester, fleece, down, etc. and be removed if temperatures rise.

3

The outer layer

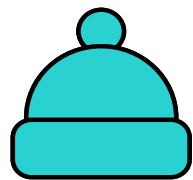
Protects against the cold, water, and wind. It must also allow moisture to escape. A good example is Gore-Tex®.

ADAPTING TO THE ACTIVITY

When walking around town or attending an event, it is best to dress as warmly as possible. Down-filled garments and ski pants provide the best protection against the cold. For sporting activities, thin, waterproof clothing is preferable.

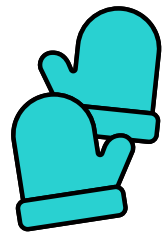
- When you get hot, you sweat and sweat freezes. Taking off your boots when you get to your destination is strongly recommended. It is also common for people to pack dry spare items, such as socks, gloves and mittens, and a tuque to replace wet clothes.
- Cotton is a textile to be avoided, as it absorbs moisture and takes a long time to dry.
- Avoid alcohol. It only provides a temporary warming effect, and its effects can mask a drop in body temperature.
- You can also buy heated insoles that last for several hours on a single charge or hand and toe warmers, which are small plastic pouches that give off heat and can be easily slipped into mittens or boots (Hot Pads, Hot Shots).
- Beware of frostbite, which mainly affects the hands, ears, and feet! Signs to look out for: red, cold skin, white patches, and numbness.
- When it is cold, hot food and beverages are obviously better to warm up the body. When you travel, pack a thermos filled with a warm drink to keep you warm

THE RIGHT CLOTHES



TUQUE OR HAT

A warm tuque or hat to cover the head and ears.



MITTENS

Lined and waterproof mittens. As the fingers are in the same compartment, mittens are warmer than gloves. More than one pair is recommended.



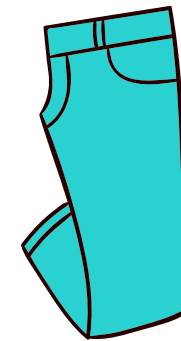
NECK WARMER OR SCARF

A neck warmer or scarf blocks cold air and prevents heat loss.



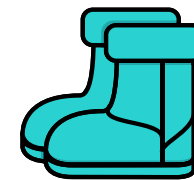
SOCKS

Wool socks or thermal socks keep feet warm in cold weather. Indoors, lighter shoes and socks are preferable.



SNOW PANTS

Lined, waterproof pants that keep your legs warm and comfortable when you are out and about. For children, the two pieces (pants and jacket) are often sold together. This is called a "snowsuit."



BOOTS

Warm, lined, waterproof boots that rise above the ankles to protect them from cold air. Knee-high boots are also a good choice for walking in deep snow.



COAT

A well-insulated coat with waterproof and windproof lining. In very cold weather, the hood keeps the neck warm and protects the face from the snow.



UNDERWEAR

Thermal underwear, also known as a "base layer" keeps the body warm. They are great for outdoor activities. Opt for synthetic breathable fibres (e.g., polyester, polypropylene) or merino wool as they wick moisture away from the body.



GOOD TO KNOW

Quebecers sometimes use the English word "suit" to describe a snowsuit in French (suit de neige).

BOOTS

A few tips for boots:

- The sole should be thick enough to protect the soles of your feet from the cold ground.
- The sole should also have pronounced ridges or studs so you do not slip on icy patches.
- If your boots are slippery, you can add removable cleats or crampons, which you can buy in sports stores or big-box stores.
- Your boots should be big enough to wiggle your toes. If they fit too tightly, your feet are likely to get cold.
- You can add thermal insoles to your boots to make them warmer. These can be purchased in shoe stores.
- Do not forget to change your footwear indoors (at work, in training, etc.). If you spend the day in your boots, your feet will be damp and freeze when you go back outside.
- Let your boots dry out well in the evening. We recommend boots with removable felts for faster, optimal drying.

WHERE TO BUY WINTER GEAR?

Most clothing stores in the area carry winter clothing. You can also buy used (second hand) clothing in good condition at reduced prices.

Here are two second-hand stores in Baie-Comeau:

Dépannage de l'Anse
850 de Puyjalon Street
418-589-7881

Le marché de Claire
8 Radisson Avenue
(in the basement of the Saint-Nom-de-Marie Church)
418-296-5578

For sports equipment, the Promo Ski sale is a great way to buy equipment at a lower cost. The sale takes place every November, with proceeds going to the Canadian Ski Patrol, which keeps skiers and riders safe on the slopes of Mont Ti-Basse.



TO HELP YOU IN YOUR SEARCH

Keywords:

Manteau d'extérieur (winter coat), accessoires hiver (winter accessories), isolant (insulated clothing), softshell.



THE EVERYDAY EFFECTS OF THE SNOW AND COLD

Respiratory tract infections are common in Québec, especially in winter. They cause nasal congestion, coughing, and sore throats. The flu, on the other hand, is accompanied by a high fever and usually leaves you bedridden. Frequent hand-washing is the best way to prevent these illnesses. If symptoms persist longer than a week, consult a doctor.



When in doubt, you can call Info-Santé by dialling **8-1-1** or get information through this link www.publications.msss.gouv.qc.ca.pdf

THE EVERYDAY EFFECTS OF THE SNOW AND COLD

If you rent, your landlord is responsible for clearing snow from parking lots and entrances.

If you own, you must clear snow and ice from the entrance to your home:

- To ensure the safety of occupants and visitors;
- To keep emergency exits clear in the event of an emergency.

CLEARING EMERGENCY EXITS

You should get:

- A shovel or snow blower to remove snow from steps, entrances, and balconies (do not throw snow into the street, but rather onto an unused area of your property).
- Salt, sand, or a mixture of both to spread on the steps and entrance to your home. Salt melts ice and sand prevents slipping.
- You can also hire a snow removal company to clear your driveway or parking spot. Talk to your neighbours about snow removal companies in your area.

ROAD CONDITIONS

The weather affects road conditions, especially in winter, so check the weather forecasts to plan your trips. If conditions are too difficult (snowstorms, freezing rain, severe storms, etc.), it is safer not to take to the road, or adapt your driving and give yourself more time to get to your destination.

You can also use the [Québec 511 service](#) to safely plan your trips.

YOUR CAR IN THE WINTER

You should take certain precautions if you drive in the winter. Consult the [Getting Around in Manicouagan Guide](#) for more details.



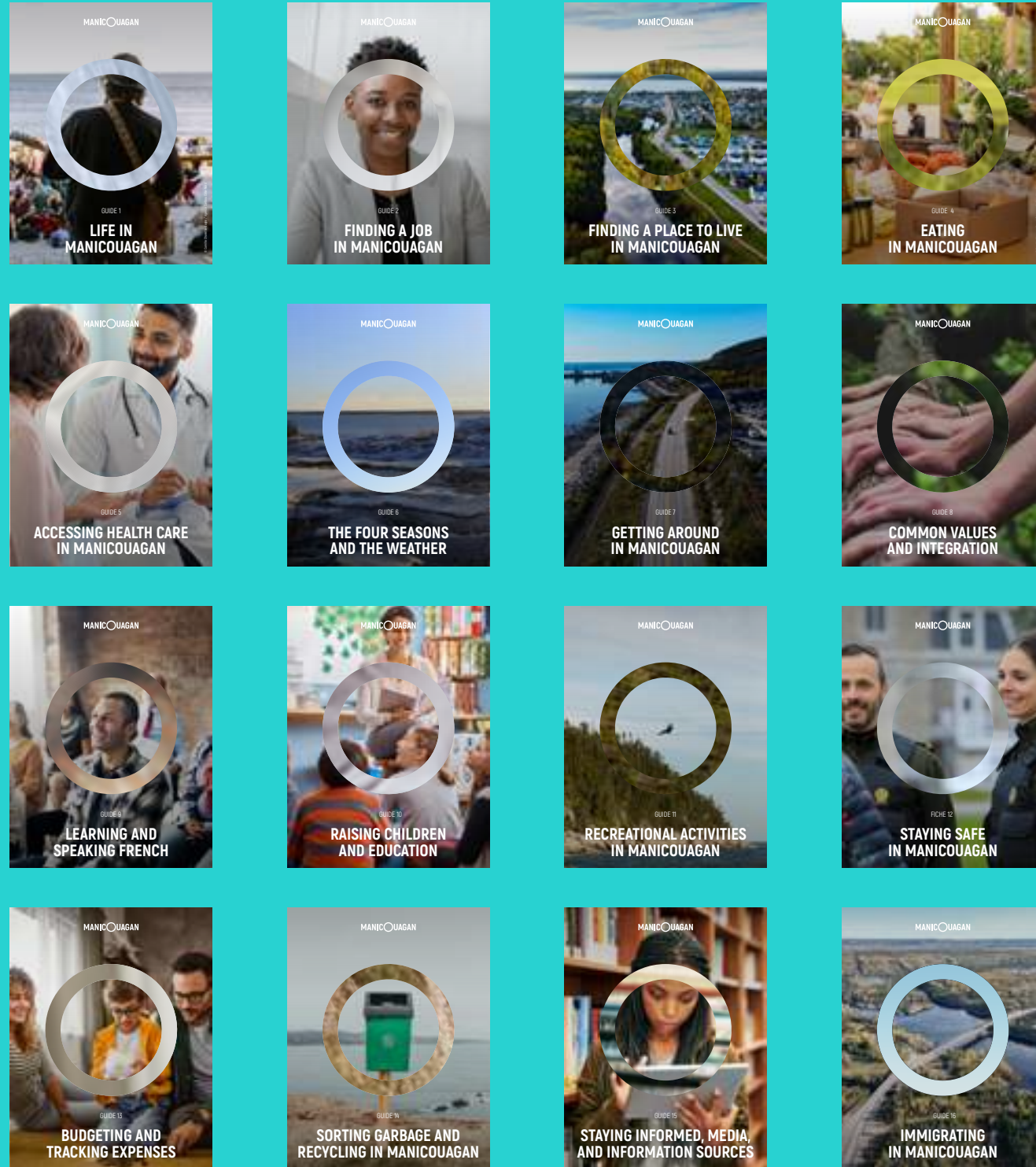
STREET CLEARING

In winter, the city is responsible for clearing snow from streets and sidewalks. To allow trucks to remove snow, **it is forbidden to park your car in the street from November 1 to April 1**. If you park in the street, you may get a ticket and your vehicle could be towed.

When the city plows clear the streets, they usually create a snow berm or windrow. This is a ridge of snow between the street and your driveway/parking lot that is cast aside by the plow. Normally, if you hire a snow removal company, it will remove the berm.

However, if your car is still in the driveway/parking lot, the company will only remove the berm. It is therefore best to move your car out of the driveway/parking lot so that the plow can clear the entire driveway or lot.

CONSULT THE OTHER GUIDES



THANK YOU TO OUR PARTNERS

The success of this project is a testament of the strength of our collaborative partnership. The Manicouagan RCM would like to thank all its partners and collaborators for their trust and their vital contributions to the project.

WORKING COMMITTEE

An initiative of



With the collaboration of



FINANCIAL PARTNERS



This project is carried out as part of the sectoral agreement that aims to attract new residents and encourage long-term settlement in the Côte-Nord and with the financial support of the following partners: Caniapiscou RCM, Golfe-du-Saint-Laurent RCM, Haute-Côte-Nord RCM, Manicouagan RCM, Minganie RCM, Sept-Rivières RCM, le ministère des Affaires municipales et de l'Habitation, and the Société du Plan Nord.

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