

MANICOUAGAN



GUIDE 11

RECREATIONAL ACTIVITIES IN MANICOUAGAN

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!

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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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RECREATIONAL ACTIVITIES IN MANICOUAGAN

Whether you like nature, sports, or social and cultural activities, there is always something to do in Manicouagan.

Enjoy!



OUTDOOR ACTIVITIES

MONT TI-BASSE SKI CENTRE

Located just 15 minutes from downtown Baie-Comeau, Mont Ti-Basse has 16 runs, including 5 glades and one slalom course, and 3 ski lifts. It also has 2 inner tube slides and 15 kilometres of snowshoe trails. The ski school offers both private and group lessons. The centre also has a restaurant, cafeteria, bar, ski shop, and offers equipment rentals. Several competitions and family activities are organized throughout the season.

www.monttibasse.com

GOLF COURSE

Golf Baie-Comeau

An 18-hole course located in an enchanting setting in the heart of the city, crossed by the Amédée River and dotted with small lakes. 1700 de Bretagne Street
418-295-1818

www.golfbaiecomeau.ca

PARKS

Des Pionniers Park

Bicycle path along the river, play area, petanque court, and picnic area. .

**Access by Cabot Avenue
or Cartier Avenue.**

Manicouagan Park

A 3-kilometre trail along the Manicouagan River.

**Access by Hélène Boulevard
or René-Bélanger Boulevard.**

Pointe-aux-Outardes Nature Park

With its 8 different ecosystems, this park brings together local flora and fauna. Here you can see over 200 migratory bird species.

www.parcnature.com

Park Directory

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/plein-air/parcs

Contact your municipality to find out more about its local parks.

BICYCLE PATHS

Discover Manicouagan's bicycle paths at

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/plein-air/pistes-cyclables or www.veloroute-des-baleines.ca/cartes-et-circuits

ICE SKATING RINKS

With many indoor and outdoor ice skating rinks, there is always an opportunity for open skating, figure skating, speed skating, or to play hockey. Some indoor rinks offer adult skate trainers so you can learn to ice skate safely.

Directory of indoor and outdoor ice rinks

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/programmation-glaces-et-patinoires

Contact your municipality to find a skating rink near you.

HIKING, CROSS-COUNTRY SKIING, AND SNOWSHOEING

Sentiers de la rivière Amédée

www.sentiersriviereamedee.ca

Boisé de la Pointe St-Gilles

www.boisestgilles.ca

Sentier des Embruns

www.medias.baliseqc.ca/upload/cartes/LR1339_01.pdf

Club de ski de fond Norfond

www.norfond.ca

Discover other trails in Manicouagan

www.sentiersdelacote.ca/manicouagan

WATER SPORTS AND ACTIVITIES

Attitude Nordique

Sea kayaking, Tyrolean traverse course, stand-up paddle boarding, suspension bridges, and more.

www.attitudenordique.com

Expédition Pirsuq

Sea excursions, scuba diving, fishing, and more.

www.expeditions-pirsuq.com

Club nautique de Baie-Comeau

Sailing, kayaking, and sea excursions..

www.clubnautiquebaiecomeau.ca

Quai de Baie-Comeau

Quay from which you can view whales and fish. .

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/plein-air/marina-et-carrefour-maritime



INDOOR ACTIVITIES

LIBRARY

If you live in Baie-Comeau, you can sign up for a free Alice-Lane library card.

There are numerous services offered:

- Lending of books (print or digital), movies, games, and documents
- Lending of summer and winter sports and recreational equipment
- Photocopying and printing
- Computer stations and wireless network
- Seedling exchange
- Café area
- Various conferences and activities for all ages

Alice-Lane Library

6 Radisson Avenue, Baie-Comeau

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/culture/bibliotheque-alice-lane

Point of Service

Centre des arts de Baie-Comeau

1660 de Bretagne Street, Baie-Comeau

ARTS CENTRE

The Centre des arts de Baie-Comeau showcases the biggest talent from here and abroad. It boasts two high-quality venues: the 840-seat Théâtre, which presents the best shows featuring local and international artists; the Espace Alcoa, which can be configured in various ways, and can welcome 240 to 500 spectators depending on the format (cabaret, seated, or standing). The centre is also home to the point of service for the Alice-Lane Library and to local music and dance organizations.

Centre des arts de Baie-Comeau

1660 de Bretagne Street, Baie-Comeau
418-295-2000

www.centredesartsbc.com

MOVIE THEATRES

Baie-Comeau has four movie theatres. Classic films are screened every month. And every Sunday, there is a screening of an original language film.

MUNICIPAL POOLS

There are two indoor and two outdoor pools in Baie-Comeau. Residents of all ages can enjoy open swim periods, swimming lessons, and various aquatic activities.

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/natation-et-bains-libres



OTHER ACTIVITIES

Manicouagan is home to various arts, theatre, dance, music, and improvisation organizations. Moreover, regular festivals and events contribute to and define the cultural landscape.

As for sports, there is something for every taste. Sports and recreational activities are great ways to meet people and integrate.

Ask your municipality for more information on the activities taking place.

Cultural organizations

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/culture

Sports and outdoor organizations

<https://www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports/associations-ligues-et-clubs/>

Municipal sports and recreational activities

www.ville.baie-comeau.qc.ca/culture-loisirs-et-plein-air/loisirs-sports

Calendar of events

www.ville.baie-comeau.qc.ca/actualites-et-evenements/evenements

Cannot find what you are looking for? Talk about it with the people around you. The municipalities and development organizations could help you to get a new project off the ground.

COMMUNITY ORGANIZATIONS

Community organizations in Manicouagan contribute to the development, well-being, and enjoyment of our community. Several of these organizations offer affordable, sometimes even free, activities to residents.

Visit the Facebook pages of these community organizations to learn about the activities offered.

Here is a non-exhaustive list of organizations that offer services to break isolation or a programming of activities.

Association des handicapés adultes de la Côte-Nord

Organization for people aged 21 and older with a disability offering a post-school alternative to those unable to enter the job market.

418-589-2393

Carrefour familial de Chute-aux-Outardes

A place for families to socialize and participate in activities and workshops.

418-567-8920

Carrefour jeunesse de Manicouagan

Youth organization offering intervention, job search, and social integration services, outreach work, and emergency housing to youth aged 15 to 35.

www.cjemanic.com

418-589-8589



Centre communautaire pour les aînés de Ragueneau inc.

Senior community centre offering activities to maintain autonomy and break isolation.

581-643-1300

Centre d'action bénévole de la MRC

Community support organization that promotes and develops volunteerism, recruits and trains volunteers, and alleviates loneliness, isolation, and poverty.

www.cabmrcmanic.com

418-294-1445

Centre d'amitié autochtone de Manicouagan

Indigenous friendship centre that acts as a gathering place to improve the quality of life of Indigenous populations and foster closer ties between people.

418-294-9088

Centre de jour vers l'âge sénior

Day centre offering activities for older adults who have lost their autonomy but still live at home.

418-589-7423

Cercle des fermières

Preservation and transmission of cultural and artisanal heritage.

www.cfq.qc.ca

Fédération de l'âge d'or du Québec (FADOQ)

Activities for older adults that aim to break isolation and help them stay active.

www.fadoq.ca/reseau/clubs-fadoq

Maison des familles et Centre de ressources périnatales de Baie-Comeau

Support for the development and collective well-being of local families.

www.mdfbc.org

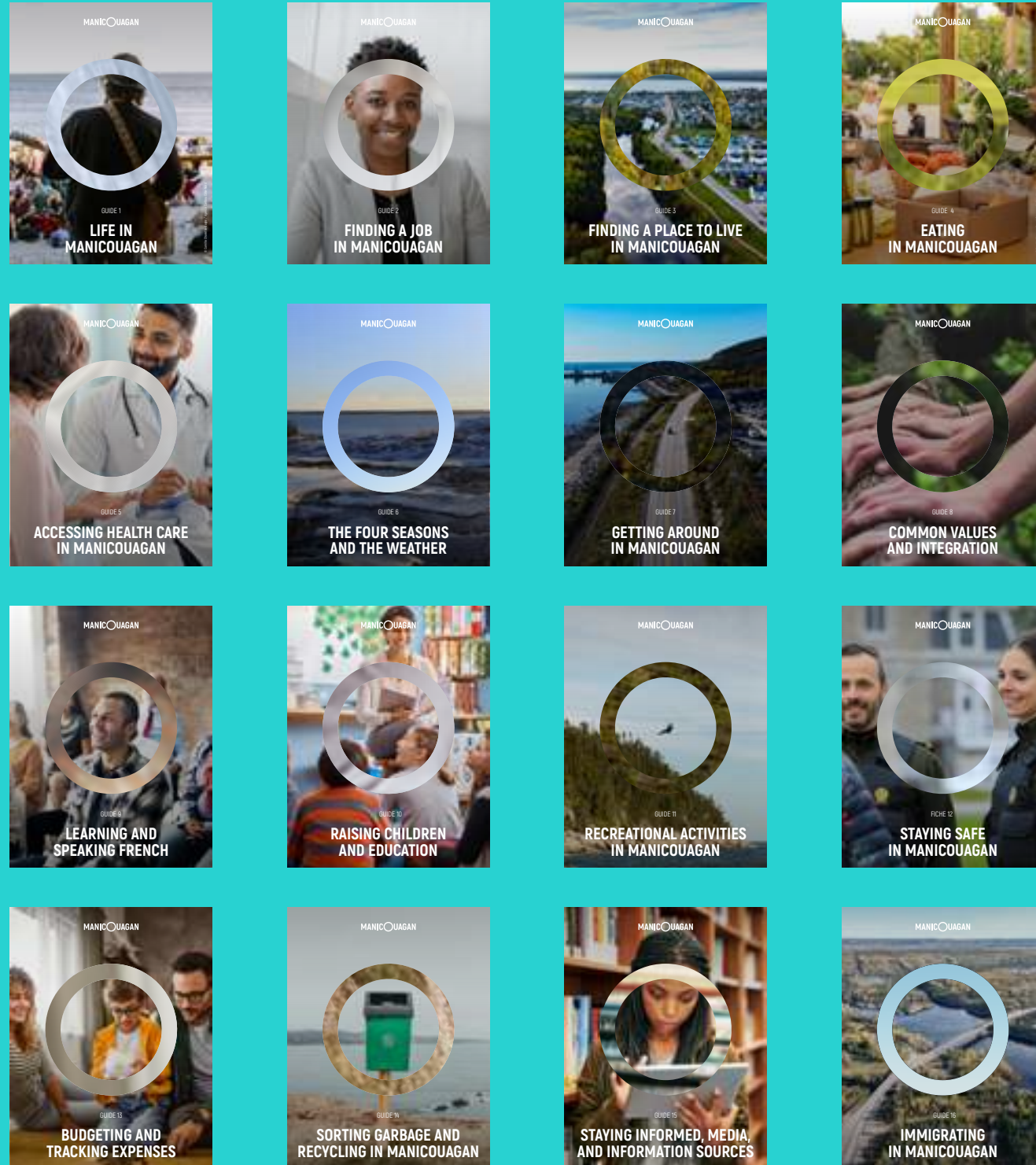
418 589-2117

GETTING INVOLVED

At the heart of every community, there are committed people who come up with ideas, work together, and find solutions. By getting involved in your community, you can break isolation, develop new skills, and leave a positive mark. You can get involved in various ways:

- Stay informed on what is going on;
- Participate in public consultations;
- Vote or run for office;
- Debate and advocate;
- Work for a social or environmental cause;
- Work in a community organization;
- Volunteer;
- Adopt civic behaviours (buy local, neighbourhood clean-ups, community garden);
- Support and donate.

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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