

MANICOUAGAN



GUIDE 1

# LIFE 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 achieving self-accomplishment.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find plenty 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](mailto: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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# WELCOME TO MANICOUAGAN!

Manicouagan is known for the warm welcome its citizens give newcomers, facilitating their integration. People say hello and smile when they cross paths. It is easy to get involved in the community and build a network. And while the winters are slightly longer, the warmth of the people and the numerous activities make it a truly magical season.

With its mighty rivers, hundreds of kilometres of beaches, and the boreal forest that stretches as far as the eye can see, the beauty of the landscape is beyond compare. The huge territory along the St. Lawrence River is ideal for enjoying the wide open spaces, making Manicouagan a paradise for nature lovers.



As the central city, Baie-Comeau is home to many businesses and services. The surrounding communities also offer leisure services and often have a general store to meet daily needs.



© Camille Charette-Gagné / Agence Caribou Côte-Nord

Families can enjoy many sports and outdoor activities as well as cultural events. The area's elementary and high schools provide stimulating learning environments, tailoring activities to students' interests. The Cégep de Baie-Comeau offers a wide range of post-secondary study programs and individuals can now enroll in certain university courses at the University of Québec at Rimouski's permanent satellite campus.

**Manicouagan is a region full of opportunity with an exceptional quality of life: real estate is affordable, traffic is non-existent, and nature is right at your doorstep.**

## A BIT OF HISTORY

Archaeological research on the shores of the Manicouagan and Amédée river estuaries has revealed that human presence in the Côte-Nord region dates back several millennia, to 7,500 BCE. It is even believed that Vikings were here at the beginning of the first millennium.

In the 17th century, a trading post was established at Manicouagan Lake. In 1898, logging began near the Manicouagan River, but the village was abandoned in 1907 after abnormally high spring floods, fires, and a forest fire caused extensive damage and loss.

In 1911, Colonel Robert Rutherford McCormick became president of the Chicago Tribune. To reduce production costs, he wanted to build his own newsprint mill. In 1923, he obtained a lease on the forests east of the Manicouagan River. It would take him 14 years to complete his project.

## THE CITY OF BAIE-COMEAU WAS OFFICIALLY INCORPORATED IN 1937

The history of the area is closely tied to the abundance of natural resources throughout the territory. Forests, powerful waterways, and mineral wealth attracted companies and workers from Quebec and abroad in the mid-20th century. Today, the Côte-Nord economy continues to rely heavily on large-scale industry, although economic diversification is growing.

# MANICOUAGAN IN A NUTSHELL



Manicouagan is part of the second-largest administrative region in Quebec. The Manicouagan RCM is made up of 8 municipalities:

1. Ragueneau
2. Chute-aux-Outardes
3. Pointe-aux-Outardes
4. Pointe-Lebel
5. Baie-Comeau
6. Franquelin
7. Godbout
8. Baie-Trinité

The Innu community of Pessamit shares its territory with the Manicouagan RCM, but is not legally part of it. In fact, the name Manicouagan is derived from the Innu word Manikuakan, which means "that which is used for drinking."

## WHAT IS A RCM?

The abbreviation RCM (MRC in French) stands for "regional county municipality." An RCM is a group of municipalities that share the same territory. It is both a political and administrative entity.

RCMs are created to organize and develop the territory of the municipalities they group together in a coherent manner and in compliance with the law. They act a bit like a cooperative of services intended for the municipalities and their citizens.

The unorganized territory of the Rivière-aux-Outardes occupies 95% of Manicouagan and features an abundance of lakes and rivers and a wide diversity of flora and fauna. As this is forest land, logging and natural resource exploitation are the main industries.

It is also home to the **Manicouagan-Uapishka Biosphere Region** (MUBR) and research station, which was set up on the banks of the Manicouagan Reservoir. The reservoir and René-Levasseur Island in its centre—the second-largest island in Quebec after Anticosti Island—are often referred to as "L'Œil du Québec" (the eye of Québec). They were formed over 200 million years ago by the impact of a meteorite and are one of the world's largest craters.

## THE SHAPE OF THE MANICOUAGAN IMPACT CRATER WAS REVEALED WHEN THE RESERVOIR WAS FLOODED FOR THE COMMISSIONING OF THE MANIC-5 POWER STATION.

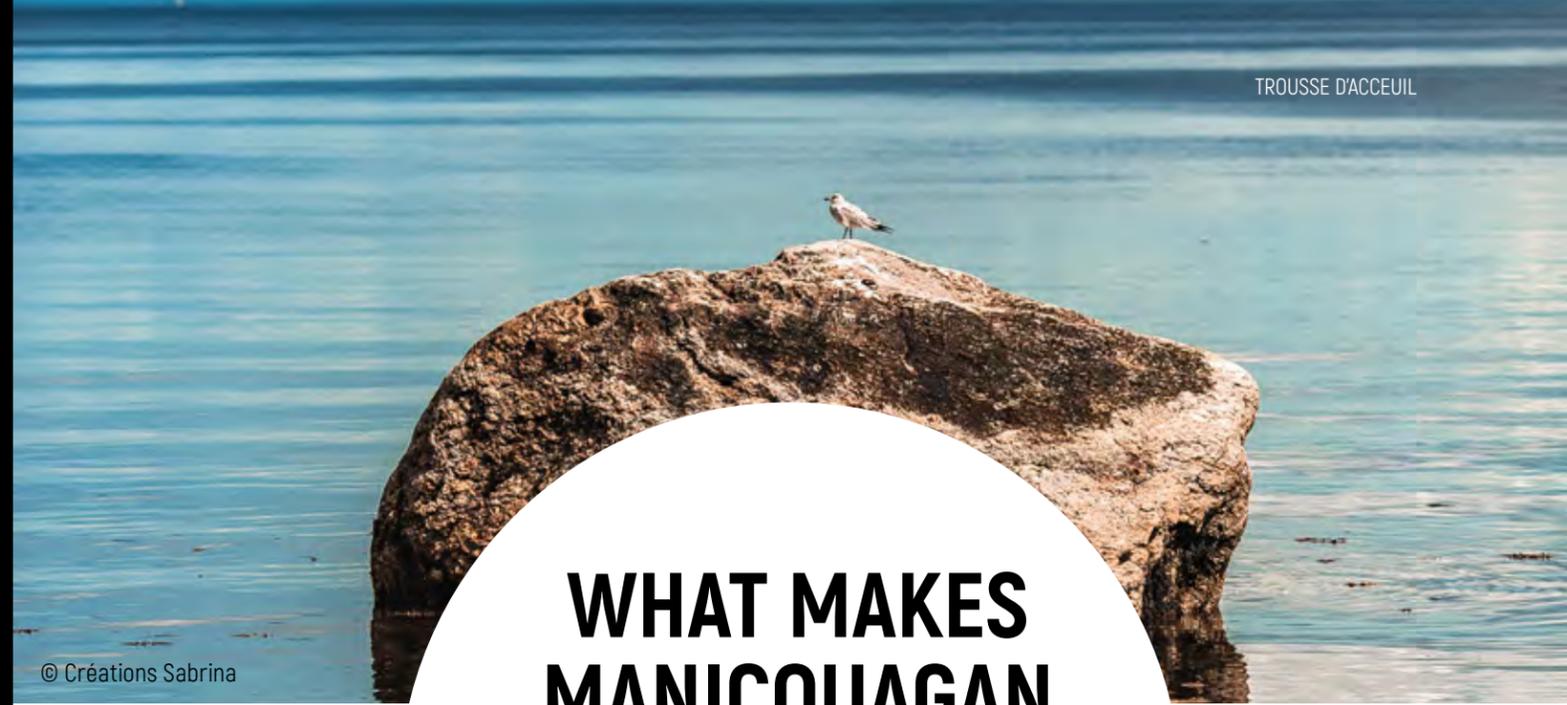
### DID YOU KNOW?

In 1982, the adoption of Bill 37 led to the forced merger of the cities of Baie-Comeau (known today as the Marquette sector) and Hauterive (known today as the Mingan sector) under the shared banner of Baie-Comeau.



# A FEW STATISTICS

- **RCM POPULATION**  
CLOSE TO 30,000
- **LANGUAGES SPOKEN**  
FRENCH, INNU-AIMUN, AND ENGLISH
- **RCM SURFACE AREA**  
39,741 KM<sup>2</sup>
- **ELECTORAL RIDINGS**  
PROVINCIAL: RENÉ-LÉVESQUE  
FEDERAL: FORMERLY MANICOUAGAN  
now Côte-Nord–  
Kawawachikamach–Nitassinan
- **ECONOMIC ACTIVITIES**  
METALLURGY, HYDROELECTRICITY, MINING, LOGGING,  
CONSTRUCTION, TOURISM, AND BIO-FOOD



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## WHAT MAKES MANICOUAGAN UNIQUE

- The St. Lawrence River and its shoreline, the fine sandy beaches, and the abundance of clay, enough for mud baths in some areas
- Accessible lakes and rivers, many of which flow right through the towns
- The boreal forest and its many treasures: berries, game, wild mushrooms, and edible and medicinal plants
- L'Œil du Québec (the eye of Québec)
- The hydroelectric power production and the Daniel-Johnson Dam, the largest multiple-arch-buttress dam in the world
- The proud, warm, and welcoming people
- The year-round active lifestyle focused on sports and outdoor activities
- The slower pace of life offering peace of mind
- The proximity of services so you can spend more time doing what you like
- Business opportunities, development prospects, and the spirit of mutual support that drives the business community

# JOB PROSPECTS

The Manicouagan region has excellent job prospects.

The highest demand is in the following sectors:

- Administration and civil service
- Education
- Aluminum production and processing
- Electricity production, transportation, and distribution
- Natural resources
- Health and social services
- Sales and retail



## ENTREPRENEURSHIP

Some organizations can help you start or buy a business:

- Innovation et Développement Manicouagan
- Société d'aide au développement de la collectivité (SADC) Manicouagan
- Chambre de commerce et d'industrie de Manicouagan
- Société du Plan Nord
- Synergie 138
- Coopérative de développement régional du Québec (CDRQ)
- Centre de transfert d'entreprises du Québec (CTEQ)
- Forum jeunesse Côte-Nord and Pôle d'économie sociale Côte-Nord
- Service du développement économique de la Ville de Baie-Comeau

## THE BIGGEST EMPLOYERS





## TO LEARN MORE

MANICOUAGAN, TERRE DE VISIONNAIRES

[www.manicouagan.ca](http://www.manicouagan.ca)

TOURISME BAIE-COMEAU

[www.tourismebaiecomeau.com](http://www.tourismebaiecomeau.com)

TOURISME CÔTE-NORD

[www.tourismecote-nord.com/fr/la-cote-nord/nos-villes-et-villages/la-manicouagan](http://www.tourismecote-nord.com/fr/la-cote-nord/nos-villes-et-villages/la-manicouagan)

## AVAILABLE SERVICES

Manicouagan has all the services you need: education, health, transportation, employment, among others. Numerous organizations are on hand to support you and help you thrive.



EDUCATION



CHILDCARE



HEALTH



EMPLOYMENT



INTEGRATION



TRANSPORTATION

### SCHOOLS

**Centre de services scolaire de l'Estuaire**  
418-589-0806  
[www.cssestuaire.gouv.qc.ca](http://www.cssestuaire.gouv.qc.ca)

**Eastern Shores School Board**  
418-752-2247  
[www.essb.qc.ca](http://www.essb.qc.ca)

### POST-SECONDARY EDUCATION

**Cégep de Baie-Comeau**  
418-589-5707  
1-800 463-2030  
[www.cegepbc.ca](http://www.cegepbc.ca)

**University of Québec at Rimouski satellite campus**  
418-723-1986, ext. 1086  
1-800-511-3382, ext. 1086  
[www.formationcontinue-uqar.ca/cote-nord](http://www.formationcontinue-uqar.ca/cote-nord)

### VOCATIONAL SCHOOLS

**Centre de formation professionnelle de l'Estuaire**  
418-589-0867, poste 2600  
1-800-463-2238  
[www.cfpestuaire.ca](http://www.cfpestuaire.ca)

**Adult Education**  
Centre d'éducation des adultes de l'Estuaire  
418-589-0867, ext. 307  
1-800-463-2238  
[www.ceaestuaire.com](http://www.ceaestuaire.com)

### CHILDCARE

**Access portal**  
[www.laplace0-5.com](http://www.laplace0-5.com)

**Community drop-in daycares and childcare centres (CPE)**  
[www.tourismecote-nord.com/en/live-in-cote-nord/reside/mrc-de-manicouagan/find-a-daycare-center](http://www.tourismecote-nord.com/en/live-in-cote-nord/reside/mrc-de-manicouagan/find-a-daycare-center)

### HEALTH SERVICES

**Le Royer Hospital**  
635 Joliet Blvd, Baie-Comeau  
418-589-3701

**CLSC Lionel-Charest**  
340 rue Clément-Lavoie, Baie-Comeau  
418-296-2572

**For more information on health services**  
<https://www.quebec.ca/en/health/health-system-and-services>

### EMPLOYMENT SERVICES

**Émersion**  
418 296-6388  
[www.emersion.qc.ca](http://www.emersion.qc.ca)

**Carrefour jeunesse Manicouagan**  
418-589-8589  
[www.cjemanic.com](http://www.cjemanic.com)

**Place aux jeunes Manicouagan**  
418-589-8589, ext. 224  
[www.placeauxjeunes.qc.ca/regions/cote-nord/manicouagan](http://www.placeauxjeunes.qc.ca/regions/cote-nord/manicouagan)

 EMPLOYMENT SERVICES

**SEMO Côte-Nord**  
418-589-9034  
[www.semocn.qc.ca](http://www.semocn.qc.ca)

**Services Québec Offices of Baie-Comeau**  
418-589-3719 / 1-800-463-8542  
[www.quebec.ca/bureaux-servicesquebec](http://www.quebec.ca/bureaux-servicesquebec)

**Service Canada**  
1-800-622-6232  
<https://www.canada.ca/en/services/jobs/opportunities.html>

 SETTLEMENT AND INTEGRATION SERVICES

**Programme Manicouagan Interculturelle**  
Immigrants of all ages  
418-296-6388  
[www.emersion.qc.ca/je-suis-un-immigrant](http://www.emersion.qc.ca/je-suis-un-immigrant)

**North Shore Community Association (NSCA)**  
English-speaking newcomers  
418-296-1545  
[www.quebecnorthshore.org](http://www.quebecnorthshore.org)

**Centre d'éducation des adultes de l'Estuaire**  
418-589-0867, ext. 3074 / 1 800 463-2238  
[www.ceaestuaire.com/formation/francisation](http://www.ceaestuaire.com/formation/francisation)

**Maison Alpha ABC Côte-Nord**  
418-294-2400  
[www.abccotenord.com](http://www.abccotenord.com)

 URBAN TRANSPORTATION

418-589-1516  
[www.ville.baie-comeau.qc.ca/services/services-essentiels/transport](http://www.ville.baie-comeau.qc.ca/services/services-essentiels/transport)

 FERRY (BOAT)

**Matane-Baie-Comeau-Godbout Ferry**  
[www.traversiers.com/en/home](http://www.traversiers.com/en/home)

 INTERCITY TRANSPORT: INTERCAR

Intercar provides bus services between Baie-Comeau, Sept-Îles and Québec City. For travel to or from Montréal, Orléans Express provides bus services.  
<https://intercar.ca/en>

 BAIE-COMEAU AIRPORT

[www.mrcmanicouagan.qc.ca/aeroport-de-baie-comeau.html](http://www.mrcmanicouagan.qc.ca/aeroport-de-baie-comeau.html)





# MAIN EMERGENCY SERVICES

EMERGENCY, FIRE, AMBULANCE, POLICE  
**9-1-1**

#### Info-Santé

**811 - Option 1** to speak to a nurse about any physical health issue and get help and advice.

#### Info-Social

**811 - Option 2** to get mental health assistance, resources, or advice.

#### Primary care access point

**811 - Option 3** to get a non-urgent medical consultation with a doctor.

#### Sûreté du Québec (police) for Manicouagan RCM

418-589-3788 or 418-310-4141

\*4141 (mobile telephone)

## INFORMATION

### Time Zone

Manicouagan is in the UTC-05:00 time zone. Each year, on the second Sunday in March, Québec adjusts its clock, springing forward by one hour to Eastern Daylight Time (EDT). On the first Sunday in November, Québec adjusts the clocks again, falling back by one hour to Eastern Standard Time (EST).

### Electric Current

In Québec, the standard current is 100 volts, 60 cycles. An adapter is required for electric appliances designed for a different type of current, such as the 220-volt appliances used in Europe.

## DISCOVER THE MUNICIPALITIES

### Manicouagan RCM

Here you can find relevant information on the territory, municipalities, the Manicouagan RCM municipal council, and more.

[www.mrcmanicouagan.qc.ca](http://www.mrcmanicouagan.qc.ca)

### Municipality of Ragueneau

[www.municipalite.ragueneau.qc.ca](http://www.municipalite.ragueneau.qc.ca)

### Municipality of Ragueneau

[www.municipalitecao.ca](http://www.municipalitecao.ca)

### Municipality of Pointe-aux-Outardes

[www.pointe-aux-outardes.ca](http://www.pointe-aux-outardes.ca)

### Municipality of Pointe-Lebel

[www.pointe-lebel.com](http://www.pointe-lebel.com)

### City of Baie-Comeau

[www.ville.baie-comeau.qc.ca](http://www.ville.baie-comeau.qc.ca)

### Municipality of Franquelin

[www.municipalites-du-quebec.ca/franquelin](http://www.municipalites-du-quebec.ca/franquelin)

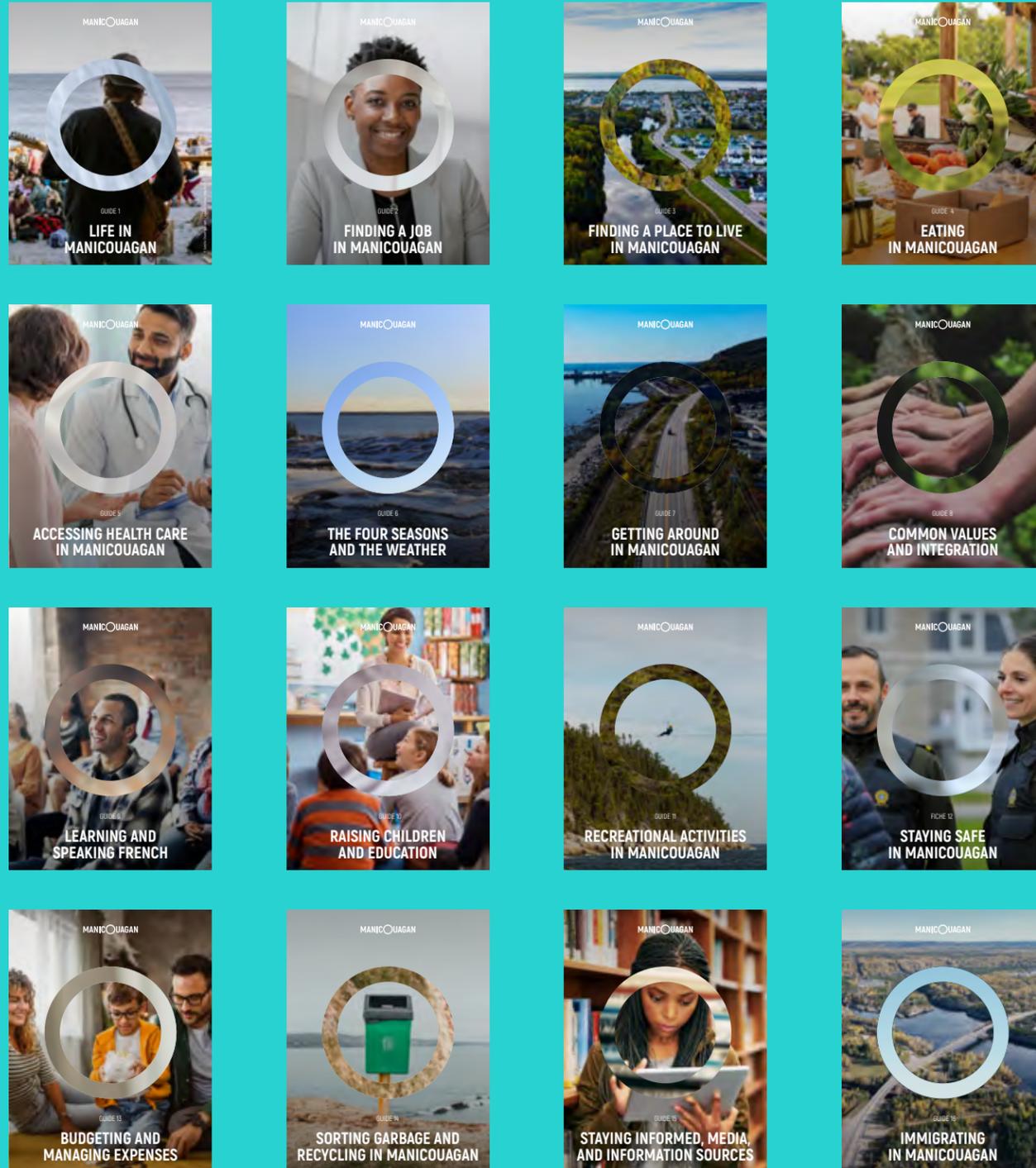
### Municipality of Godbout

[www.municipalites-du-quebec.ca/godbout](http://www.municipalites-du-quebec.ca/godbout)

### Municipality of Baie-Trinité

[www.baie-trinite.quebec](http://www.baie-trinite.quebec)

# 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: Caniapiscau 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.

MANICOUAGAN