

# TERROIR ET SAVEURS DU QUÉBEC

*Travel guide*  
Designed by L'escale Voyage

# THE GATEWAY TO CULINARY TOURISM

Terroir et Saveurs du Québec captures Quebec's gastronomic legacy as the esteemed Association de l'Agrotourisme et du Tourisme Gourmand du Québec, founded in 1975.

With an unwavering dedication to showcasing Quebec's terroir, Terroir et Saveurs du Québec represents a diverse array of businesses across the province that honours the savoir-faire of its agricultural producers.

From food producers to skilled artisans, each entity within this community shares a common goal: to spotlight the beauty of Quebec's regions and establish it as a globally renowned gourmet destination. Through agritourism, bio-food activities, and immersive culinary experiences, Terroir et Saveurs du Québec warmly invites visitors to explore the depth of Quebec's culinary heritage, offering a taste of the province's unique flavours and an opportunity to appreciate the craftsmanship of its artisans while taking in the beauty of the landscape.







# WHAT IS CULINARY TOURISM?

*It is the discovery of a territory by tourists or visitors through agritourism activities and distinctive culinary experiences.*

Culinary tourism highlights the expertise of agricultural producers and artisans, allowing visitors to discover regional products and dishes unique to the Quebec territory, through the hospitality and information provided by their host.





# OVERVIEW

*Introducing a travel guide dedicated to the beautiful province of Quebec.*

From the eastern riches and diverse landscapes of Gaspésie to the scenic drive to Rimouski with views of Bas-Saint-Laurent, Quebec's beauty is undeniably a place to discover. We've explored and experienced, but most importantly, savored the diverse offerings of Quebec's terroir. From beekeepers producing delicious honey to the incredible variety of wines from local wineries, Quebec showcases a wealth of products. This guide presents a range of experiences suitable for families, couples, or solo travelers across the province. While our recommendations are carefully curated, this region boasts numerous hidden gems worth exploring. Today, we aim to showcase Quebec—a land we admire and love—by celebrating and creating a space for everyone involved in culinary tourism, from farmers to chefs, and all who appreciate tasting and celebrating this versatile and unique region.



# TERROIR...WHAT IS IT?

Terroir, a French term, describes how unique environmental factors such as soil, climate, and local farming practices, affect the taste and quality of agricultural products such as wine, fruits, and vegetables. It highlights how a region's geography and climate impart distinctive flavors and characteristics, making each harvest a true reflection of its place of origin.

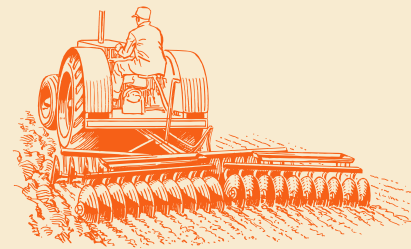






# DEFINE AGRITOURISM

Agritourism creates connections between the tourist and the farmer, as well as between the tourist and the territory in its cultural and environmental essence. It immerses the visitor in an agro-experience, but more importantly, it reveals stories, faces, landscapes, customs, and ways of life. The tourist consumes a product filled with meaning and importance within the territory they are invited to explore and taste.





# DEFINE L'OENOTOURISME

*Luh-uh-no-too-rees-muh*

L'œnotourisme" is the French term for "wine tourism." It refers to travel and tourism activities that revolve around the appreciation and experience of wine, including visiting vineyards and wineries, participating in wine tastings, grape harvests and learning about wine production and culture.





# FAMILY ACTIVITIES



# HERITAGE DISCOVERIES

*Imagine getting up close with farm animals, learning about the vital role of bees, enjoying the simple joy of picking ripe fruits during self-picking experiences or discovering the process of making cheese curds used in the famous poutine.*

Exploring Quebec through family activities and firsthand experiences is the best way to see the province's beauty while discovering its rich heritage. These authentic interactions foster a genuine appreciation for the cultural richness found in local traditions. Quebec promises a diverse range of engaging experiences, inviting you to discover its unique charm with every passing season.



## *Quinn Farm | Montérégie*

At Quinn Farm, families can enjoy a variety of activities, including U-Pick fruit and vegetable harvesting, tasting freshly picked products, and taking horse-drawn carriage rides. Kids will love visiting the mini-farm with pigs, sheep, goats, chickens, rabbits, cows, and horses, as well as playing in the playground with slides, tire pyramids, and a mini-maze.

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

## *Fraisière Lauzon et Fils | Laurentides*

At Fraisière Lauzon et Fils, families can engage in educational activities, pick their own strawberries, blueberries, and pumpkins, and visit the mini-farm to meet Bella the draft horse and various other animals, with picnic areas available for a relaxing family outing.

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

## *Verger Champêtre | Cantons-De-L'Est*

Verger Champêtre is a fantastic place for families to spend time together. Visitors can enjoy picking their own fruit and tasting delicious treats. The site also features a mini-farm with llamas, deer, goats, rabbits, chickens, quails, peacocks, pheasants, and more.

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

## *Fromagerie La Station | Cantons-De-L'Est*

Fromagerie La Station, nestled in Quebec's picturesque Canton de l'Est, is renowned for its artisanal cheeses crafted with locally sourced milk. Visitors can enjoy product tastings, explore the Économusée, and tour the farm and facilities, offering a comprehensive experience of traditional cheese-making in a scenic setting.

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

## *Miellerie Lune de Miel | Cantons-De-L'Est*

At Miellerie Lune de Miel, families with young children can enjoy an educational tour featuring a fun cartoon about Abbie the Bee, a walk to observe bees in a glass-fronted hive, and an immersive experience in the Giant Hive. The tour also includes a visit to the honey extraction room, honey tasting, and access to a picnic area with games and small animals.

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

## *Marineau Farm | Laval*

Marineau is an unforgettable urban farm offering a variety of activities, from strawberry picking in summer to pumpkin picking in the fall. Enjoy picnic areas, a farm-themed playground, and cool down with artisanal ice cream made from farm-fresh fruits.

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







# LOCAL RESTAURANTS



# FLAVOURS OF QUEBEC

*Picture yourself enjoying a gourmet dinner prepared by a renowned chef one night, and discovering a charming local restaurant where a passionate young chef transforms simple ingredients into extraordinary dishes the next.*

Quebec's culinary scene offers a delightful blend of experiences, including restaurants featured on Canada's Best 100 Restaurants list and hidden gems led by young, creative chefs who will come by the table to greet their guests when possible. These experiences, whether in upscale settings or cozy, unpretentious spots, share a common dedication to honouring the guests and commitment to using local ingredients. Exploring Quebec's restaurants means embarking on a gastronomic adventure where every meal, regardless of the venue, promises to impress with its taste, creativity, and authenticity.



## *Brut* | *Lanaudière*

Dedicated to showcasing local producers, BRUT. sources ingredients within a maximum radius of 1000 km. This commitment results in frequent menu changes, reflecting the seasons and the freshest arrivals.

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

## *Le Moulin de St-Laurent* | *Québec*

Discover the charm of this historic restaurant, nestled directly on the banks of the Saint Lawrence River. Le Moulin de St-Laurent is a delightful seasonal restaurant offering exquisite local cuisine within its inviting stone walls, just 20 minutes from Old Quebec.

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

## *Les Fougères* | *Outaouais*

Located on the edge of Chelsea, Quebec, Les Fougères offers a serene country oasis just 15 minutes from downtown Ottawa-Gatineau. Overlooking expansive gardens and woodlands, this award-winning restaurant features seasonal, farm-driven dishes, a gourmet food store, and a gallery, providing a nourishing and soul-healing experience before you even begin your meal.

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

## *Côte Est* | *Bas-Saint-Laurent*

Côte Est, with its Buvette and summer canteen, offers a creative culinary experience showcasing iconic products from eastern Quebec, featuring local meats, vegetables, fish, and seafood from the St. Lawrence, all crafted with the expertise of local artisans.

[www.cote-est.ca](http://www.cote-est.ca)

## *Microbrasserie Le Presbytère* | *Mauricie*

Located in Mauricie, in the historic former rectory of the village of St-Stanislas, the Microbrasserie Le Presbytère offers a unique experience. You can enjoy both exceptional culinary delights and beers crafted from regional ingredients in a setting rich with history.

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

## *Le Coureur des Bois* | *Montérégie*

Led by Chef Jean-Sébastien Giguère, Le Coureur des Bois offers a seasonal menu showcasing vibrant terroir products. This award-winning Bistro Gourmand also features two rooms dedicated to sensory analysis and offers a unique six-course Chef's Table experience, immersing guests in the creativity and daring of the Chef with local Quebec products.

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



# FARM TO TABLE





# A TASTE OF QUÉBEC

*For those passionate about "farm to table," Terroir et Saveurs du Québec offers exceptional gastronomic experiences.*

Discover the richness of Quebec, a land with unique diversity, and celebrate Quebec's terroir in all its splendor. Experience the authenticity of seasonal harvests by actively participating in their collection, while meeting local producers. Enjoy meals crafted with fresh ingredients directly from the farms you visit. This is an authentic journey and a tribute to our producers, true artisans whose local expertise enhances Quebec's culinary culture through exceptional products.

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*Capsicum annuum*

PIMENT  
ELETTE



## *Espace Old Mill* | *Cantons-de-l'Est*

Espace Old Mill is a farm-to-table restaurant, offering a unique dining experience. The menu showcases the finest local ingredients from the Brome-Missisquoi region, featuring vegetables grown on their own farm and products sourced from local artisan farmers.

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

## *La Ferme et Cuisine Bika* | *Montérégie*

La Ferme et Cuisine Bika provides an experience that highlights a sustainable lifestyle and seasonal cuisine, with dishes inspired by fresh produce from their garden. Celebrated as the Best Farm-to-Table restaurant by enRoute magazine in 2021 and listed at number 64 on Canada's Top 100 Restaurants, Bika offers Aegean coast-inspired dishes from June to October.

[www.bika.farm](http://www.bika.farm)

## *Les Cogagnes* | *Cantons-de-l'Est*

Les Cocagnes, a collective and diversified ecological farm, invites you to another season of "Table Champêtre" farm-to-table events. From June to September, every Saturday and Sunday evening, enjoy a five-course menu crafted by guest chefs, featuring farm-grown produce and local organic products, paired with local wines, ciders, and beers

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

## *Restaurant Les Mal-Aimés* | *Cantons-de-l'Est*

Les Mal-Aimés, a gastronomic restaurant nestled in the heart of the farm and the starred reserve, offers an exotic experience with dishes featuring on-site grown fruits and vegetables, and the finest local products prepared over a wood fire, guests can enjoy different multi-courses menu. The cuisine boldly highlights fresh ingredients, including often overlooked "mal-aimés" vegetables, unveiling unique flavours that will captivate gourmet enthusiasts.

[www.mal-aimés.ca](http://www.mal-aimés.ca)

## *Le Mangeoir* | *Montérégie*

Begin your evening at Le Mangeoir with a farm tour led by co-owner Marie, who shares the story of the restaurant's beginnings and evolution. Then, savor a multi-course discovery menu crafted by Chef Guillaume, featuring meats from their own livestock and vegetables from nearby organic gardens, all served in a warm, friendly atmosphere.

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

## *Maison de Soma* | *Laurentides*

Maison de Soma is a seasonal restaurant set in the heart of a diverse farm in the Laurentians. It draws inspiration from the abundant local landscape. The menu features dishes crafted from the farm's own produce and ingredients foraged from its extensive 240-hectare property.

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







# WINERIES



# VINEYARD VOYAGES

*Picture yourself surrounded by rows of lush vines, savouring the experience of wine tastings, exploring wine caves, and taking in the gorgeous views and landscapes.*

Quebec's wineries invite you to discover the enchantment of vineyards across the province. These activities highlight Quebec's burgeoning status in viticulture, as dedicated winemakers artfully produce distinctive wines that embody the region's terroir. Whether you're a wine aficionado or simply curious about the winemaking process, Quebec's wineries offer an opportunity to delve into the essence of its thriving wine culture.



## *Amouraska* | *Bas-Saint-Laurent*

A unique agro-tourism experience with responsibly and ecologically produced wines and fruit creams. Enjoy regional flavours in our agro-industrial style bistro, sunny terrace, or new glass roof, savouring local cheeses, cold meats, and specialty cocktails while taking in the beauty of the countryside.

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

## *Domaine Bresee* | *Cantons-de-l'Est*

Nestled at the foot of Monts Sutton, this scenic location invites you to immerse yourself in stunning natural scenery, enjoy peaceful picnics by a serene pond, and sample a variety of wines that are carefully produced and processed on-site with a strong emphasis on eco-responsibility.

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

## *Vergers de Velours* | *Saguenay-Lac-Saint-Jean*

Les Vergers de Velours is a unique company in its field, distinguished by its locally sourced fruit spirits. The alcoholic beverages are created from fruits grown, harvested, and processed at the facilities in St-Henri de Taillon.

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

## *Vignoble Isle de Bacchus* | *Québec*

Founded in 1982 in Saint-Pierre on Île d'Orléans, Isle de Bacchus vineyard has been a pioneer in Quebec's wine industry. Spanning 11 hectares on the island, the vineyard specializes in grape varieties that thrive in Quebec's climate. With over 30 years of experience, Isle de Bacchus is known for producing high-quality wines appreciated for their regional character.

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

## *L'Orpailleur Vineyards* | *Cantons-De-L'Est*

A must-visit for wine tourism in Quebec, the Vignoble de l'Orpailleur has welcomed visitors since 1982 to explore the art of winemaking in a northern climate. Discover the Économusée du vigneron, participate in lively activities, taste our wines, dine at Le Tire-Bouchon restaurant, and stroll through the picturesque fields, all while experiencing the passion and craftsmanship that have defined this winery for over 40 years in the heart of Dunham's Brome-Missisquoi wine route.

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

## *Vignoble La Grande Allée* | *Montréal*

Situated in the Montréal region, La Grande-Allée is more than just a typical winery to visit. It promotes the professional integration of Montréal residents with physical and intellectual limitations, guided by the owners' values of passion, openness, humanity, and sharing.

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



A scenic outdoor setting at sunset. In the foreground, a wooden picnic table with two benches is set on a grassy field. On the table, there are three wine glasses and one water glass. A large, black and white striped patio umbrella stands behind the table. In the background, a wooden building with a corrugated metal roof is visible on the right. The sky is filled with soft, golden light from the setting sun, and a line of trees is silhouetted against the horizon.

DRINK LOCAL



# DRINKING QUÉBEC

*Throughout the year, Quebec showcases its impressive savoir-faire in spirits and wines.*

From expansive vineyards producing exquisite wines to vibrant microbreweries crafting distinctive brews, Quebec stands out as a destination for connoisseurs of fine beverages. Explore the province's wineries and breweries, where you'll discover unique and remarkable flavours created by passionate artisans, each sip offering a journey through their dedication and creativity.



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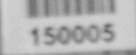
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## *Microbrasserie St-Panrace | Côte-Nord*

The St-Panrace Microbrewery drew its inspiration from the history of alcohol smuggling in 1932, in St-Panrace Bay, thus creating a unique connection between each beer and a legend of the North Shore. It's a place to share an authentic experience conducive to gatherings, discovery, and cultural life.

[www.microbrasserie.stpanrace.com](http://www.microbrasserie.stpanrace.com)

## *Cidrerie du Minot | Montérégie*

Enjoy a short getaway to take the Cider Route that will lead you to Cidrerie du Minot. There, you can taste and compare the variety of flavors and aromas of our products. From Brittany to Quebec, cider has been flowing in the life and veins of the Demoy family for nearly 150 years.

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

## *Cidrerie Michel Jodoin | Montérégie*

The Michel Jodoin Cidery has built a strong reputation since 1988 under the guidance of Michel Jodoin, a master cider maker who crafts high-quality ciders in an outstanding establishment. Located at the foot of Mont Rougemont, the cidery welcomes thousands of tourists year-round eager to discover Quebecois cider.

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

## *Miellerie King | Centre-Du-Québec*

Miellerie King - distillery & hydromelery's passionate beekeepers offer you quality products crafted with love using their pure unpasteurized honey, brimming with flavours. Miellerie King is one of the few distilleries that produces its alcohol entirely in-house, from hive to bottle, using honey sourced from its own hives, and the majority of the botanicals are locally harvested. This is 100% local alcohol! Their honeys are fermented into meads and distilled right in their still.

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

## *Cassis Monna & Filles | Québec*

Cassis Monna & filles blends passion and innovation for over 20 years now. Situated at the entrance of Île d'Orléans, they cultivate blackcurrants and craft quality products from this small fruit. Visitors to the estate are invited to taste the products and enjoy a gourmet break on the beautiful terrace, which showcases countless ways to prepare blackcurrants.

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

## *Distillerie Grand Dérangement | Lanaudière*

First micro-distillery in Lanaudière, Distillerie Grand Dérangement aims to create unforgettable experiences with exceptional organic spirits. Our ÉCONOMUSÉE® will also uncover the history behind the name Grand Dérangement, from the Acadian Expulsion of 1755 to their return to Quebec soil, particularly in Saint-Jacques.

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





A wide-angle photograph of a rural landscape during sunset. The sky is filled with soft, golden light breaking through grey clouds. In the foreground, a green field is enclosed by a wire fence. Several alpacas are grazing in the field. To the right, there is a wooden barn and two red picnic tables. The background features rolling green hills and a line of trees under the twilight sky.

STAY LOCAL



# QUAINT STAYS

*Imagine waking up to the sound of nature, surrounded by the rustic charm of a quaint gîte nestled in Quebec's picturesque countryside.*

From cozy bed and breakfasts tucked away in historic villages to charming retreats enveloped by verdant forests, Quebec offers a myriad of unique stays. These accommodations provide a peaceful escape and an authentic taste of Quebecois hospitality. During your stay, you can immerse yourself in different experiences such as strolling through fields, participating in harvests, and enjoying farm-to-table dinners. Whether you're seeking a romantic getaway for two or a family-friendly retreat, you'll discover hidden gems across the province where you can experience the warmth of local culture, ensuring your stay in Quebec is truly unforgettable.



# RECOMMENDATIONS

## *Le Mangeoir* | *Montérégie*

Nestled in the heart of Montérégie's countryside, Le Mangeoir offers enchanting accommodations and spectacular sunsets as a charming farm bed & breakfast. With cozy rooms, a pool, a billiard room, and expansive fields, it provides a perfect retreat, where each stay includes a terroir-inspired breakfast. Enjoy a meal at their Table Champêtre, with a menu that is 85% self-sufficient and features farm-raised meats and fresh produce, and don't forget to bring your own wine to savor alongside your meal while chatting with the friendly owners.

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

## *La Rabouillère* | *Montérégie*

La Rabouillère, located in Montérégie, offers a unique farm-to-table experience with on-site accommodations, making it one of the few farms in Quebec to do so. Whether it's a romantic escape, a family farm vacation, or an extended evening after a delightful meal, their cozy units—La Maison and Le Loft—provide comfortable stays with complete amenities and access to a heated pool. Enjoy seasonal menus at their Table Champêtre, featuring dishes made almost entirely from the farm's own produce, for a truly immersive agrotourism experience.

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

## *Ambrosia Farm* | *Charlevoix*

A small artisanal farm specializing in pasture-raised Barbary ducks, raised without force-feeding. The products highlight the exclusive flavors of the Charlevoix region. Additionally, guests can enjoy farmstay accommodations amidst the stunning landscapes of the Charlevoix countryside.

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

## *Chez Gertrude* | *Charlevoix*

A beautiful farmstay in the heart of Charlevoix, set in a peaceful and charming century-old house. The property also features a delightful restaurant celebrating Quebec's terroir in all its splendor.

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

## *Auberge des Glacis* | *Chaudière-Appalaches*

L'Auberge des Glacis, a hidden treasure nestled in a vast estate between the river and the mountains, is a historic gem of the Côte-du-Sud. This former seigneurial mill, dating back to 1841, features stone walls that tell a story of the region's history, and offers a warm dining experience with unique gourmet flavours crafted from local products.

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





# TERROIR ET SAVEURS DU QUÉBEC

The gateway to culinary tourism in Quebec

Please note that all photos are owned by [L'escale Voyage](#)