

## SAGUENAY LAC-SAINT-JEAN





LocationSaguenay Lac-Saint-Jean is located Québec city, and 1 hour northwest of Lac-Saint-Jean is also accessible vi Abitibi-Témiscamingue, Mauricie, QGeographyIn Saguenay—Lac-Saint-Jean, there	of Charlevoix region. Saguenay a other regions such as uébec, Charlevoix and Côte-Nord.
Geography In Saguenay—Lac-Saint-Jean, there	e are two different sceneries: the
was formed during the fourth and la shaped the landscape and cut a val is now the Saguenay Fjord. It is esti reaching as high as 300 m, were on Himalayas. The Lake Saint-Jean shores are qui	he cliffs of Saguenay Fjord. The fjord st ice age. The weight of the ice ley into the land, thus forming what imated that the escarpments, today nee as impressive and high as the ite flat and made up of extremely ronment for the entire family. A large are made up of sand deposits left the most beautiful beaches in the t of the lake, at Parc National de la 4 km. Reserves / Lake Saint-Jean is
NameSaguenay Lac-Saint-Jean takes its "Saguenay" in Montagnais means "v is named in honour of the Priest, Je discover the lake in 1647. In the region, you will find many name languages and from religious refere	where the water exits" and the lake an de Quen, the first white man to nes taking origins from native
PopulationThe Saguenay Lac-Saint-Jean region than 274,000 in 2006, 65 % of which 35% lived in the Lac-Saint-Jean are	on had a population of slightly more h lived in the Saguenay area, while
Language Most of the resident of Saguenay La	
Currency Canadian Dollar	·
<b>Tipping</b> 10-15 %	
Government Québec is North American by its ge language and civil code and British	•
<b>Documentation</b> None required for Canadian citizens	
Time zone EST	
Health Remember out of province health in	isurance
Safety tips Normal precautions	

CLIMATE	
General climate	Saguenay Lac-Saint-Jean enjoy four very distinct seasons. During
	summer, temperature rise up to more than 20 $^{\circ}$ C and in winter can goes



	down to -20℃
Today's weather	16 degrees Centigrade with sunny breaks (31 May 2008)
Best time to visit	Saguenay Lac-Saint-Jean is truly a four season destination with different sceneries of each of them.
GETTING THERE	
Flying time	From Toronto : 2 hours18 mins (connection in Montréal) From Montréal : 1 hour 8 mins
Cities	Saguenay : 2002 saw the merger of the three largest municipalities in the Saguenay region: Jonquière, Chicoutimi, and La Baie, along with four of their smaller neighbours, Laterrière, Shipshaw, Lac Kénogami, and Canton Tremblay. The new agglomeration is now called Saguenay, the sixth largest city in the province and the first city in Saguenay Lac-Saint-Jean with more than 146, 000 inhabitants.There are cultural festivals, marinas, museums, congress centres, great shows and great accessibility to 3 nationals parks.
	<b>Alma :</b> Situated in the middle of the region, Alma is the second city in importance in the region with 30, 000 inhabitants. There is agricultural tourism, cycling paths, industrial visits and cruises on the lake
	<b>Mashteuiatsh</b> : Situated between Roberval and Saint-Félicien, Mashteuiatsh is the only Innu community in Saguenay Lac-Saint-Jean. The native village is on the shore of the Lake and has a lot of history to share. Meet the 2, 000 natives that lives there and see the Amerindian museum. The are guided tours and camping near the lake.
Distances	From Toronto : 1 100 km From Montréal : 464 km From Québec City : 211 km From Val d'Or : 752 km From Chibougameau : 363 km
Ferries	There is a ferry between Tadoussac and Baie-Sainte-Catherine that gives the opportunity to visit both shores of the fjord if you do a round-trip. There are also ferries in Charlevoix and Manicouagan region that connect with the south shore of the St.Lawrence River.
Trains	With VIA Rail, you can travel from Montréal to Chambord or Jonquière and it is free to bring your bicycle with you on the train.
Oox Domtal	

Car RentalAll major companies are representedBusesYou can get to most of the cities in Saguenay Lac-Saint-Jean with<br/>Intercar and Orléan Express that also provide service from Québec,<br/>Chibougameau-Val d'Or and Montréal. They have special fares for



	students and seniors
ACCOMMODATION	There are more than 345 hotels, tourism residences and B&B's where
TYPES	you can stay all around the region.
TARGET GROUPS	
Kids	Saint-Félicien: The Zoo sauvage de Saint-Félicien gives you the opportunity to share the intimate space of nearly 1,000 animals in their wide-open natural environment. Animals from the northern part of the globe, farm and Asia. There is also a water playground for kids. Chambord :
	With your kids, visit the mill and the abandoned and restored houses, the typical convent, and the general store. Lodge in the old general store or bring your camping equipment; there is also a pool on the campground.
	All around the lake Saint-Jean : You will find more than 45 km of sandy beaches all around the lake. Beaches shelve gently into the water, so it is safe for families with young kids. Petit-Saguenay : The Village Vacances of Petit-Saguenay offer family vacations provide
Teens	<ul> <li>a range of activities such as pool, beach, hiking, and trampoline</li> <li>Saint-Félix-d'Otis : <ul> <li>The Site de la Nouvelle-France recreates 17th century life in Québec</li> <li>City. Situated nearby the fjord, you can access the site by cruise and take time to see the horse show.</li> </ul> </li> <li>Saint-Henri-de-Taillon: <ul> <li>At the parc national de la Pointe-Taillon you have access to kayak, sailboat, camping, cycle path, interpretation center, beach and nature.</li> <li>All around the Lake : <ul> <li>The Véloroute des Bleuets bicycle path presents more than 250 km of trails around the lake. You can rent bicycle and there are shuttles for luggage.</li> </ul> </li> </ul></li></ul>
Romance	<b>L'Anse-Saint-Jean</b> The village of L'Anse-Saint-Jean is unique, and looks like no others. On the south shore of the fjord and at the bottom of Mont Édouard, you will find friendly persons, outdoor activities and a little special ambiance that prompts a romantic mood.
Honeymoons & Weddings	Sainte-Rose-du-Nord : Auberge Cap au Leste provides a romantic atmosphere with a beautiful view on the fjord from the top of the cliffs. Lac-Bouchette : You can celebrate your wedding at the Ermitage du Lac-Bouchette,



	inside the church or outside on the site. To ensure the peace of the moment, there is no phone and television in the room of the hotel here
Seniors	Saguenay : In the city of Saguenay you can find activities for every taste: cruises, great show, museums, theatre, hiking, golf, shopping centres and much more

UNIQUES	
Surprising	<ul> <li>People from all around the Québec call the Saguenay Lac-Saint-Jean inhabitants "The Blueberries". This little fruit can be found almost everywhere, and a legend tells that they can made blueberry pie with just three of them</li> <li>Saguenay Fjord is the only navigable fjord in North America. The cliffs of the fjord were once as tall as the Himalayas.</li> <li>During the Traversée Internationalle du Lac-Saint-Jean, there are chairs and tables as far as the eye can see, as 10,000 people invade the streets and devour "tourtière", the regional dish.</li> </ul>
History	<ul> <li>Native people were living in the area of Saguenay Lac-Saint-Jean for centuries, living of fishing, hunting and picking.</li> <li>1627: Cardinal Richelieu created the Compagnie des Cent-Associés with its hundred or so members committed to populate New France. The Company's mission was to develop and explore the lands of New France and make the best of its resources.</li> <li>1647: the huge lake west of the Saguenay River was referred to as "Pekuakami" by the local people. The "shallow or flat lake" had long protected them from invasion by other nations. When Father Jean de Quen, a white missionary, decided to follow the Saguenay to its source, he found Pekuakami. That is why Pekuakami has acquired a second, more usual name in honour of Jean de Quen: Lake Saint-Jean 1670: Prince Rupert of England formed the "Company is now known as "The Bay"</li> <li>1842: the Hudson Bay Company saw the need to open up its territories to forestry in order to answer the lumber needs in England to harvest and use these natural resources. Along with the Société des 21 (21 settlers from the Charlevoix region), they bought out the Hudson Bay Company's stumpage fees</li> <li>1938: June 11<sup>th</sup> the Saguenay region adopted a flag. Chicoutimi seemed to be destined to a bright future, some saying it would become the Chicago of the Northeast. The first to adopt a flag, Saguenay Lac-Saint-Jean is still today the only region in Québec with its own banner.</li> </ul>



	<ul> <li>1870: Over a distance of more than 160 km and an area of 3,900 km2 (nearly one million acres), a fire that started in a section of felled trees in Saint-Félicien set the Saguenay Lac-Saint-Jean region ablaze. The wind was particularly strong on May 19; it propagated a destructive force "faster than a racing horse".</li> <li>1996: Between July 19 and 21, more than 260 mm of rain fell (1 cm of water every 2 hours for 50 hours). The effect was that reservoirs and dykes overflowed parts of towns, and some entire villages were flooded. Fifty municipalities were affected, from Lake Kenogami to L'Anse-Saint-Jean</li> </ul>
Books	Maria Chapdelaine told the story of a young woman in a village of Lake Saint-Jean which has been translated into more than 15 languages.
1000 Places to see before you die	A sunset or a sunrise while sitting on a beach around Lake Saint-Jean.
Must Sees	The Festival des Rythmes du Monde takes places in the streets of Chicoutimi and you can see shows from all around the word in music, drums and dance.

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SPORTS ACTIVITIES	Winter :
	Dogsledding / ice fishing / ice skating / skiing / Snowmobiling /
	snow-tubing / snowshoeing / Scandinavian style spas /
	Spring, summer and Autumn:
	Mountain bike (XC-DH) / hiking / sailing / canoeing / kayaking / climbing
Golf	There are four different golf courses offering different levels of skill and
	all with wonderful scenery.
Fishing	Everywhere in this region you can find outfitters where you can fish. In
-	the wildlife reserves and the national parks it is also possible to fish.
	The region has a lot to offer to amateur and expert salmon fishing
	enthusiasts alike, with magnificent rivers for fly-fishing. Find out about
	introductory packages for salmon fishing including equipment and
	guide. It is also possible to fish for sea trout in the Saint-Jean and
	Sainte-Marguerite rivers.
Horse riding	Available in few places in the region, offering different terrains.
Hiking	You'll find over than 460km of trails accessible to hikers. In the plains, in
_	the mountains, for an hour or over 5 days, this region has what you
	need. Also, a trail linking Lac-Bouchette to Rivière-Éternité (200 km)
	will be accessible soon.
Cycling	There are more than 670km of cycling paths - especially the Véloroute
	des Bleuets making the tour of Lake Saint-Jean (flat) and the Route
	Verte with different degrees of abilities and connections to the rest of
	Québec province. Both routes has activities and lodging nearby.
Diving	Boutique Acces Plongee
5	2885, boul. du Royaume, Jonquière G7X 7V3
	Tel: 418 699-1000 Website: www.plongee.qc.ca



CULTURE	
Arts	Musical shows, theatre, dance and art galleries are accessible to everyone. Visit <u>www.sorties.ca</u> to know what you can do tonight.
Music	Many local festivals are related to music and musical contests. The Festival des Rythmes du Monde, Jonquière en Musique, Festival Jazz et Blues Héritage and Sacré-Blues are the main ones.
Films	The beauty of the region can be seen in the 1991 film <b>Black Robe</b> , directed by Bruce Beresford.
	The Regard sur le court métrage au Saguenay is the largest international short film festival in Québec. More then 100 films of 40 minutes or less are shown over 5 days.
Museums	<ul> <li>Historical Village of Val-Jalbert         Take a little trip to Chambord in the Lac-Saint-Jean region and as if by magic, you will suddenly be swept into heart of the 1920s in the mono-industrial town of Val-Jalbert. From the convent to the post office, from the gossips at the general store and the pulp mill, take a glimpse at the daily lives of working class families of the era. You will live through their confusion when the announcement came that their village was closing in 1927. From high up in the cable car, you will be overcome with emotion before the power of the Chute Ouiatchouan. In the silence of the campground at night or in one of the site's rooms, you'll wonder if the marvellous waterfall that fuelled the mill, now keeps the old village alive     </li> <li>The Métabetchouane history and archaeology centre tells the story of human contact on the Métabetchouane River, from the First-Nation era until today. The archaeological aspect reveals the latest finds on the prehistoric site. Over and above a re-creation of the 1840 trading post, the exhibition relates the important role of the coureurs de bois and Hudson Bay Company clerks. An exhibit of fossils and trilobites gathered over the years make up l'Héritage de Jean-Charles Larouche collection. The temporary exhibit Trait d'union features works by Hélène Fortin, Diane Martin, Diane Rousseau, and Medeleine Turbide. The four artists, motivated by novelty and passionate creative talent, use mixed techniques to create their tableaus. Located at the mouth of the river and Pekuakami (Saint-Jean) Lake, the site also features a powder magazine classed historic monument and a memorial to Jean de Quen, first white missionary in the Lac-Saint-Jean area, as well as a chapel, reminder of the presence of different religious communities. Guided tours depending on availability (bilingual)</li></ul>
Festivals	Festival western de Dolbeau-Mistassini : Theme village, rodeo, professional show, gymkhana, country music. 100% country for five days!



Traversée Internationale du lac Saint-Jean : The town of Roberval invites you to attend this popular and sports event : dinner in the streets (km's of tables and 10,000 guests!) entertainment and fireworks. Festival des Rythmes du Monde : The largest multi-ethnic event in Québec featuring more than 750 artists, musicians and dancers from the four corners of the world. Free music, dance and percussion shows
in downtown Chicoutimi. <b>ManiganSes, Festival international des arts de la marionette</b> : Biannual celebration. This new edition of ManiganSes has a Meditarranean flavour. National and international program : indoor presentation, exhibition, films, outdoor training and entertainment. Discoveries, virtuosity and fun for everyone. <b>Chicoutimi en bouffe :</b> International gourmet event during which
<ul> <li>several restaurants transform their décors, menus, costumes music and atmosphere. Savour typical fare and enjoy the customs of different countries.</li> <li>Village sur glace de Roberval : Walk or skate through this wonderful village on ice made up of 350 miniature houses located on frozen Lake Saint-Jean. Many activities for one and all and prospectors tent rental.</li> </ul>

ATTRACTIONS	
Beaches	You will find more than 45 km of sandy beaches all around Lake Saint-Jean. Gently shelving, those beaches are perfect for families. Even if the lake is pretty huge (32km X 45km), the fresh water can rise up to 23 °C. Many marinas offer different activities on the lake.
Wildlife	In Saguenay Lac-Saint-Jean the wildlife is everywhere. In <b>Saint-Félicien</b> , you can observe animals living free in a recreated environment and it is humans that are in a "cage" (in fact, it is a little train with grills on to protect you from the animals). Also, at <b>Okwari Aventure</b> , the black bears can be observed in their natural habitat from the "miradors" made especially for the visitors. On the eastern part of the fjord, there is a group of beluga whales and the Marine Park has an interpretation center about them. A ittle further on, in Tadoussac, the blue whale and the humpback whale are part of the scenery; you can watch them from the shore or on a cruise.
Parks	Société des établissements de plein air du Québec (SEPAQ) is a government agency mandated to operate some fifty recreational facilities and territories throughout Québec. Its mission is to mange, operate and develop these natural sites in conjunction with local partners, with a view to protect, conserve, ensure profitability and foster sustainable development. Usually, each region in Quebec province has 1 or 2 national parks, but Saguenay Lac-Saint-Jean is a special region with 4 national parks, each of them offering a different environment and activities.



<b></b>	
	<b>The Pointe-Taillon National Park</b> is situated on the north shore of the Lake Saint-Jean. There is a beach of 14km long and the fresh water there can rise up to 21 to 23 °C in summer. Activities: swimming, sailboating, kayaking, interpretation center, bicycling on the Véloroute (45km of trails).
	<ul> <li>Mont-Valin National Park, 20 minutes north of Chicoutimi district (city of Saguenay) offers hiking in mountains all year long. From 1hour or more, the trails have different levels of difficulty. This is where we can find the highest mountain of the region, Mont Valin, at 980 meters. Activities: kayaking, canoeing, hiking, wildlife observation, snowshoeing, cross-country skiing, interpretation center.</li> <li>Saguenay National Park covers both shores of the fjord from La Baie district (city of Saguenay) to Tadoussac. Activities: kayaking, canoeing, sail-boating, beluga whale observation, hiking (many level difficulties), wildlife observation, snowshoeing, cross-country skiing, interpretation center.</li> <li>Saguenay—Saint-Lawrence Marine Park covers all the water of the fjord and a part of the Saint-Lawrence River. Its mission is to protect all</li> </ul>
Gardens	the life in those waters. There are two main gardens in Saguenay Lac-Saint-Jean : "Les Grands
	Jardins de Normandin" and "Jardin Scullion". Les Grands Jardins de Normandin : are situated north-east of Lake Saint-Jean, and are renowned for the European atmosphere and spectacular arrangements. After visiting the decorative vegetable garden (one of a kind in Québec and North America) made up of Canadian heritage fruits and vegetables, step into the history of gardening, an entertaining sensory experience which will take you from the Middle Ages into the East. Favourite meeting place of local producers during public market, Les Grands Jardins de Normandins has also a restaurant featuring vegetable garden products. Jardin Scullion: Renowned artist and landscaper Brian Scullion created a true "Garden of Eden" on a 40-hectare farm where out-of-ordinary vegetation from the four corners of the world is nicely adapted to the climatic conditions of the Saguenay Lac-Saint-Jean region. This family-oriented site with its mini-farm, playground and picnic areas has been described by professional gardeners as one of the most beautiful gardens in Quebec. Jardin Scullion greenhouse, adjacent to the garden, also offers you a chance to acquire rare and unusual plants.



OTHER ACTIVITIES	
Shopping	Look out for regionally made arts and crafts. Here's one recommended place to try: Boutique Metiers D'Art au Courant D'Art 194, rue Price Ouest (Maison du commerce) Chicoutimi Phone : 418 543-5941 Website : <u>www.ccr-sl.qc.ca</u> Specialties: Accessories, jewellery, wood, postcards, leather, furniture, pottery, sculpture, wood sculpture, souvenirs, tableaus, weaving, shaped glass, knitting.
Markets	Most of the small communities in the region have their local market where you can discover good food and new flavours created by artisan cheese makers, chocolate makers, and microbreweries.
Nightlife	Ecco Mundo Université du Québec à Chicoutimi, 555, boulevard de l'Université Toll free : 1 800 563-4101 Website : www.eccemundo.com Ecce Mundo is the largest musical review ever presented in Quebec. After two hours of pure entertainment, the 40 professional artists (dancers, singers, and acrobats) will have made more than 700 costume changes, with state-of-the-art lighting to liven up the scene. Dinner-and-show (evenings) and brunch-and-show (Sundays) packages are available.

CUISINE	
Food	Try to find a place where you can eat some Tourtière (a sort of meat pie.) The <b>tourtière</b> in Saguenay-Lac-St-Jean is a different meal that in other regions of Québec. Saguenay-Lac-St-Jean is known for its blueberries. Make sure you try a blueberry pie or some chocolate covered blueberries (available in August only) from Les pères trappistes.
Breweries	Pub la Tour a Bieres:         517, rue Racine Est, Saguenay G7H 1T8         Phone : 418 545-7272         Web site : www.latourabieres.com         View of the Saguenay River, outdoor terrace, live music, pub-style         menu, sales. 15-minute guided tour upon reservation         La Voie Maltee Jonquiere
	2509, rue Saint-Dominique Saguenay G7X 6K1 Toll free : 1 866 542-4373 Web site : <u>www.lavoiemaltee.com</u> Winner of several international awards. Homemade beers, alcohol, wine, restaurant, foods prepared with beer



Restaurants	Auberge des Battures6295, boulevard de la Grande Baie Sud, La Baie G7B 3P6Toll free : 1 800 668-8234Web site : www.battures.caSet in a location without compare, facing the Saguenay Fjord, the 4-starAuberge des Battures has a wide range of rooms to offer and theirgourmet dining won an award at the Grands Prix du tourisme régional2007.
	Gastronomy, French, game, regional, fine cuisine, local foods. <b>Restaurant Margot</b> 567, boulevard du Royaume, Larouche G0W 1Z0 Phone : 418 547-7007 An excellent local bar-restaurant with 100 seats. Gastronomy, game, French, regional (on Sunday), seafood, vegetarian.

MORE INFO	
Brochures	Phone 1-877-253-8387 for more information
Website	Check out <u>www.saguenaylacsaintjean.net</u> for a great resource on vacationing in this region

HOTEL PRIZE	Hôtel le Jardin de Saint-Félicien
PARTNER	1400 Boul.du Jardin, Saint-Félicien, Québec G8K 2N8
	Tel: (418) 679-8422
	Fax:(418) 679-4459
	Toll free:1-800-463-4927
	contact@hoteldujardin.com
Location	In the heart of Saint-Félicien, known for its hospitality and welcome, the
	Hôtel du Jardin combines the comfort of a grand hotel with the warmth
	of a cozy inn.
Facilities	Saltwater indoor pool, spa, fitness room and massage centre
Accommodation	There are 85 spacious rooms designed to extend your comfort in a
	delightful setting. All rooms have high-speed wireless internet access.
	For a more sumptuous stay, the Hotel du Jardin has 10 luxury suites
	with a large bed and a whirlpool bath for 2 people.
Activities	Close by: Le Zoo sauvage de St-Félicien; Le Moulin des Pionniers de
	La Doré; Les Grands Jardins de Normandin; Le Village historique de
	Val-Jalbert; Le Musée du Cheddar de St-Prime; Le Musée amérindien
	de Mashteuiatsh
Restaurants	L'Oasis dining room is lavishly decorated with culinary delights and
	tasty flavours along with local and regional products awaiting you. A
	special menu for children is also available.



CAMPING PRIZE	Huttopia Ready to Camp Vacations – Luxurious camping in Parc de la Pointe Taillon
What is it?	Ready-to-Camp at its best in 13 of Quebec's national parks. The new ready-to-camp Huttopia tent formula has been added to the tent trailer formula, which was very popular in Québec's national parks last summer. Thirteen national parks offer a total of 99 ready-to-camp sites with 62 Huttopia tents and 37 tent trailers. The Huttopia tents, available starting June 20, 2008, are equipped to offer you a comfortable stay in the heart of nature. They have a 4 metre by 7 metre wooden platform, canvas walls and roof, two bedrooms separated by a curtain, and a living room fully furnished with camping style furniture. They are heated and lighted. Even patio chairs are included! A unique experience in the heart of exceptional protected territories.
Huttopia	The stay includes: A campsite and a 5-person Huttopia tent (max. 4 adults). Electric or gas heating. Electric lighting or lighting equipment (liquid paraffin candles). A 2-burner campstove under an awning outdoors (so no cooking smells inside the tent!), small fridge, dishes, everything you need to make meals, picnic table, 2 garden chairs, etc. Access to washroom facilities (showers and toilets).
The Huttopia History	<ul> <li>Beginning on June 20th, 60 Huttopia tents will be available in Québec's network of national parks. This new ready-to-camp facility, designed by the French firm Huttopia, the European leader in the camping-nature field, will be offered on an exclusive basis in thirteen parks managed by Sépaq.</li> <li>The partnership agreement between Sépaq and Huttopia is based on mutual respect for nature. This convergence of values, combined with a common vision of tourism, made the two partners natural allies. Indeed, the mission of Parcs Québec – "Protect and Discover" - is very much in line with Huttopia's business philosophy.</li> </ul>
	In accordance with the Parks Act, Sépaq has been working for almost ten years now on developing exceptional sites such as the Saguenay fjord or representative elements of Québec's natural regions. These protected territories must remain accessible to visitors for the practice of educational and outdoor activities. However, Sépaq makes sure that all developments promoting the discovery of these sites respect sensitive areas of the territory or have a minimal impact on the environment. For its part, Huttopia has always shown a concern for erecting its tents
	on sites with a view to ensuring a harmonious co-existence of nature and comfort. The Huttopia tent, with all the comfort it offers, will help



prolong the tourism season in our national parks.
Before being transplanted here, the European tent manufactured by Huttopia was adapted to the natural constraints and to the specificities of Québec's climate: addition of a rigid door, fly screens and a heating unit. With these modifications, it has become the Huttopia tent, while continuing to offer all the benefits of the handy combination of canvas and wood.
While the canvas is imported directly from France, the wooden floor and structures are manufactured by CONTACT signature, a Gaspésie-based company. These elements are made from white cedar that is produced locally according to a sustainable development approach. Contact - COopérative de Nature et de Tourisme d'Aventure Connectée à la Terre - is a solidarity cooperative created by several members of the same village in the Gaspésie region. Through tangible actions, CONTACT aims to develop responsible behaviours in the sustainable development field. Huttopia decided to become a member of this cooperative to promote the exchange of experiences between France and Québec.

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