This one-of-a-kind guidebook is an invitation to discover a panoply of spiritual and sacred places in every region of Québec. Its 15 inspirational tours and magnificent photos reveal an exceptionally rich heritage unequalled anywhere else in North America.

The Guide to Spiritual and Religious Journeys in Québec will delight pilgrims whose journeys are prompted by their faith as well as those drawn by art, architecture, and history. The tours offer unique spiritual experiences while exploring countless sacred places: shrines, basilicas, museums, churches, cemeteries, ways of the cross, and temples of a variety of faiths. You’ll also meet remarkable individuals and communities, and enjoy contemplation and reflection while communing with nature.
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Acknowledgments

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Siham Jamaa

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Preface

Through 15 inspiring journeys, this guide explores the many faces of spirituality and religion in Québec. Shrines, basilicas, museums, churches, cemeteries, ways of the Cross and temples of numerous denominations will reveal their secrets to you. As well as these well-known religious institutions, you’ll discover several unique, important secular sites that have their own deep spiritual nature. You’ll encounter noteworthy communities and individuals, and have a chance to contemplate and reflect while communing with nature.

The hectic pace of modern life and the stress that comes with it are causing more and more people to travel in search of emotional balance. Spiritual and religious tourism is part of this trend, proposing destinations where travellers can reflect and recharge.

Naturally, this is far from an exhaustive list of the profusion of religious sites in Québec, but it aims to guide the visitor towards inspiring, uncommon and authentic experiences. Each of Québec’s five national shrines—Saint Joseph’s Oratory of Mount Royal, the Saint-Anne-de-Beaupré Shrine, the Ermitage Saint-Antoine de Lac-Bouchette, the Our Lady of the Cape Shrine and the Notre-Dame de Québec Basilica-Cathedral—occupies an important place in the book. These venerable sites, acknowledged worldwide for their rich heritage and their vocation as pilgrimage destinations, are the jewels of Québec’s spiritual, historic and architectural heritage and deserve to be explored step by step and in great detail.

The other journeys in this guide will lead you to all four corners of Québec. Just as France has its châteaux, so Québec has its churches! These tours shine a light on the many artistic masterpieces found in these religious and spiritual sites, many of them set amid Québec’s breathtaking natural beauty. Treasuries of ancestral skill and craftsmanship, they are magnificently ornamented with sculptures, stained glass, woodwork, paintings, gold and silverware, embroidery and musical instruments—marvels that bear witness to the creativity and ingenuity of Québec artists and artisans over the centuries.
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>A lake in the Eastern Townships.
© iStockphoto.com/DaveMacbeth
About the author

Siham Jamaa defines herself as a trendspotter. Following an MBA in International Tourism that propelled her into the world of travel, she worked with the Réseau de Veille en Tourisme at the Université du Québec à Montréal (UQAM), studying the many groundbreaking innovations that are constantly rejuvenating this industry. Although her main focus these days is the entertainment industry, she has long been interested in religious and spiritual matters, writing and presenting on the subject. She is particularly interested in the concept of the religious and spiritual journey, an experience charged with meaning that can help those seeking self-improvement to reach their full potential. She is proud to help visitors understand the emblematic sites, symbols and figures of Québec through this type of journey.
Religious Rivalry in Historic and Downtown Montréal

This tour begins at the threshold of Québec’s metropolis, in the historic area of Old Montréal. The "Montréalistes" (first Montrealers) arrived in 1642 and construction of the first places of worship followed. We will be visiting those that have contributed the most to the cultural, social, economic and religious development of the colony of Ville-Marie, as Montréal was then known, and the city it would grow into. Under the auspices of religious communities that have long competed to build the most prestigious place of worship, these Catholic and Anglican churches ensured the endurance of their faiths.

Notre-Dame-de-Bon-Secours Chapel

Make your way to the Notre-Dame-de-Bon-Secours Chapel, where the Marguerite Bourgeoys Museum is located. The chapel, also home to an archaeological site, is among the city’s oldest and most prestigious places of worship. It tells the story of those who braved the treacherous Atlantic ocean waters to settle in Montréal.

The current chapel was built over a first small wooden building constructed in 1657 by Marguerite Bourgeoys, a woman who marked the history of the city. Courageous and persuasive, she succeeded in convincing the colonists to dedicate themselves to building a pilgrimage chapel outside the settlement. The wooden chapel was then rebuilt in stone in 1675. It became Montréal’s first stone chapel.

The chapel unfortunately burned down in 1754, leaving behind only a small wooden statue given to Marguerite Bourgeoys during one of her
Old Montréal as seen from the Notre-Dame-de-Bon-Secours Chapel.

© iStockphoto.com/Barbara Vaillancourt
voyages. In 1771, a new chapel was built on the same site. It has undergone several changes over the course of its existence.

On the chancel end, facing the river, a huge statue of the Virgin Mary can be seen on the roof atop the chapel’s dome. Its open arms welcome ships docked at port and wish a safe journey to those departing. Surrounded by angels, the statue is also called *Star of the Sea* (*L’Étoile de la Mer*) because of its star-spangled halo.

Because of its proximity to the port, the chapel often received newcomer families and was a favourite place of prayer for sailors. It was nicknamed the Sailors’ Church. The interior will surprise you: ship replicas and the votive offerings of sailors who survived rough journeys at sea hang from the vault. These tokens dedicated to Our Lady of Good Help paint a picture of Montréal as it once was.

Two cameo paintings by Ozias Leduc can be found on the back wall of the chapel. One is of Paul de Chomedey, Sieur de Maisonneuve, and the other depicts Marguerite Bourgeoys. Between 1886 and 1891, painter and decorator Édouard Meloche decorated the chapel’s ceiling with a canvas illustrating the life of the Virgin Mary. Delphis-Adolphe Beaulieu then redecorated the chapel from 1908 to 1910. Using the marouflage technique, he covered the works of his predecessor with decorated panels so that he could add new canvases by Ozias Leduc. In a fortunate accident in 1994, one of Beaulieu’s paintings became detached and revealed the original frescoes by Meloche that had been believed lost forever. They were polished and restored, and are once again on display in the chapel.

The chapel also houses the tomb of Saint Marguerite Bourgeoys, canonized by Pope John Paul II in 1982. Her remains rest in the left altar of the chapel, below the statuette of Our Lady of Good Help.

This is also the final resting place of Jeanne Le Ber, goddaughter of Paul de Chomedey, Sieur de Maisonneuve. Nicknamed “the recluse of Montréal,” she chose solitude over a worldly life. Jeanne Le Ber helped fund the chapel in exchange for a small dwelling adjacent to it, where she settled in 1695. Her remains were interred in the left wall of the chapel’s nave.

The small wooden statuette of the Virgin Mary, which was found intact after the fire of 1754, can also be found here. Its miraculous survival made it the object of great reverence.

Under the choir loft is a painting given in 1849 by Mgr. Bourget, then bishop of Montréal. It marks the end of the typhus epidemic that struck the city in 1847 with the arrival of immigrants in fever ships.

This small church was also the cradle of the English-speaking Catholic community. Many Catholic Irish and Scottish families worshipped here before the construction of Saint Patrick’s Basilica, the first Catholic parish of Montréal’s English-speaking community.
Marguerite Bourgeoys

Marguerite Bourgeoys was born in 1620 in Troyes, France. At the age of 20, a mystical experience during a church procession changed her life. It led her to renounce worldly affairs and devote herself to God. At first, she tried to join a contemplative religious community, without success. Afterwards, she joined a group of lay sisters associated with the cloistered Congrégation de Notre-Dame of Troyes, who worked with the town’s less fortunate. She devoted herself to running this association and working as a teacher of poor children.

In 1653, she made the perilous journey across the Atlantic at the request of Governor Paul de Chomedey, Sieur de Maisonneuve, who was seeking a teacher for the colony. She became a major figure in the affairs of the settlement and was also responsible for preparing the filles du roi for their new role. Devoting herself to childhood education, she opened Montréal’s first free public school in 1658.

Later on, she began making difficult journeys to France to recruit companions with the aim of founding a religious community. Together, they formed the nucleus of a community of uncloistered women known as the Congrégation de Notre-Dame. The community was not officially recognized until 1698, two years prior to the death of its founder.

Summoned to help create a new society, Marguerite Bourgeoys took on the important role of education for the colony’s future. The congregation’s goal was to give children a practical education while teaching them the fundamental precepts of the Christian faith.
Religious Rivalry in Historic and Downtown Montréal

The archaeological site, housing some of the city’s oldest vestiges including the foundations of the first chapel, can be accessed from the crypt.

As for the museum, it recounts the odyssey of Marguerite Bourgeoys and is a testament to the achievements of this remarkable woman.

Before continuing on with the tour, note that the shop next door to the museum sells books and religious objects, as well as decorative ship models similar to the offerings in the Sailors’ Church.

Now make your way to Notre-Dame Basilica of Montréal, facing Place d’Armes.

**Notre-Dame Basilica of Montréal**

Before you is one of the most beautiful Gothic Revival-inspired religious wonders in America. Its historic, aesthetic and pastoral value make it a special place in Québec. A treasure trove of sacred art, Notre-Dame Basilica of Montréal plays a fundamental role in developing and preserving the city’s Catholic religious heritage.

Its history, which is interwoven with the city’s own, began with the construction of a modest wooden chapel dedicated to Our Lady. This chapel was initially served by the Jesuits, until Montréal’s first Sulpician Fathers arrived in 1657.

The latter would play a determining role in the history of the city, run by seigneurs from 1663 until 1854 when the seigneurial system was abolished. During the seigneurial period, it supported the emancipation of the city’s social, cultural, economic and religious life. The Vieux Séminaire de Saint-Sulpice, adjacent to Notre-Dame Basilica, serves as the residence of the Sulpician Fathers to this day. Erected in 1685, it is Montréal’s oldest building.

When the Sulpician Fathers took over the parish from the Jesuits, they quickly saw the need for a new church. It was constructed between 1672 and 1683 in the Baroque style, adjacent to the Hôtel-Dieu, the city’s first hospital. Over time, this place of worship was repeatedly modified.

Mount Royal’s Notre-Dame-des-Neiges Cemetery (see p. 37), owned by the Notre-Dame parish and operated by the Sulpician Fathers, is closely affiliated with Notre-Dame Basilica. It is Canada’s largest cemetery and the third-largest in North America.
Religious Rivalry in Historic and Downtown Montréal

and enlarged to keep up with the growing population. But by the early 19th century, the church had grown so cramped that a new church was clearly necessary. The basilica was the answer to that challenge.

Though constrained by the chosen location, the Sulpician Fathers wanted to construct a Catholic church larger than any other place of worship in America. They also wanted it to be built in a new style. This is what makes Notre-Dame Basilica an important legacy for future generations.

While it is often visited for its architectural and artistic beauty, the basilica remains focused on its religious mission of teaching the doctrine of salvation through Christ. It is one of the most popular pilgrimage sites in Québec.

The basilica was built between 1824 and 1829, based on the design of Irish Protestant architect James O'Donnell. He opted for the Gothic Revival style, a first in Canada. Little known at the time, this European approach consisted of pairing Gothic and classical elements. Before his death in 1830, O'Donnell converted to Catholicism so that he could be buried beneath the basilica. The location of his grave is indicated by a marble plaque.

Notre-Dame Basilica is reminiscent of the Gothic cathedrals of the Middle Ages. Its twin towers and spire emphasize its vertical lines. In 1841, the west tower, which holds the famous bell known as “Jean-Baptiste,” was nicknamed “La Persévérance,” and in 1843, the east tower, with its carillon of 10 bells, was christened “La Tempérance.”

The basilica’s facade reflects the Romantic phase of the early Gothic Revival movement, which is characterized by the coexistence of classic and medieval styles. While the windows and spire give it a Gothic appearance, the symmetry and repetitive pattern of its rectangular elements are more classical. The facade is enhanced with three statues: the Virgin Mary, Saint John the Baptist, patron saint of Québec, and Saint Joseph, patron saint of Canada. You will also notice the letters A and M, commonly used by the Sulpician Fathers and referring to the motto Auspice Maria (“Under the protection of Mary”).
To enter the church, use the doors on either side of the steeple. The church’s well-proportioned interior is a fine balance between ornament and sobriety. It features a rectangular nave with three vessels and a projecting choir. Corinthian columns give it an elaborate neoclassical look. The main altarpiece is also framed by pilasters, unifying and harmonizing the different sections of the church.

It houses several valuable paintings, including its main masterpiece The Death of Saint Joseph. This canvas takes pride of place on the altarpiece and is a touching and dramatic depiction of Saint Joseph on his deathbed. With Mary and Jesus by his side, the patron of a happy death prepares to be received by an angel.

Numerous paintings including those of the false vault are dedicated to Jesus. The church’s only two stained glass windows are found on the choir level. One represents Our Lady of the Assumption, patron saint of the Acadians, and the other, Christ the King, patron of the diocese of Gaspé.

Near the presbytery, you will notice a statuary monument dedicated to the memory of Abbot Joseph-Mathurin Bourg, first resident missionary of Carleton in 1773. This first Acadian priest was also respon-
Now make your way to the Oratoire Notre-Dame-du-Mont-Saint-Joseph, a Catholic pilgrimage site perched on the 555-metre Mont Saint-Joseph.

Oratoire Notre-Dame-du-Mont-Saint-Joseph

The indigenous Mi’kmaq would traditionally gather each year on Mont Saint-Joseph, their sacred mountain, to worship the Sun.

Nowadays, Mont Saint-Joseph is known as a long-standing place of Christian devotion. The first Catholic pilgrimage took place here in 1868, when Mother Marie-Anne Marcelle Mallet placed a statue of the Sacred Heart on the mountaintop. In 1878, the Société Saint-Jean-Baptiste de Carleton planted a seven-metre cross. The pilgrimage site became more and more popular and the parish of Carleton decided, in 1925, to add a new statue, this time of the city’s patron saint, Saint Joseph. In 1935, a chapel was built. Dedicated to the veneration of Saint Joseph, it became the Oratoire Notre-Dame-du-Mont-Saint-Joseph in 1954 on the occasion of the Marian Year. Today, both the Virgin Mary and Saint Joseph are honoured.

The building was enlarged in 1965. Its exterior is very simple. The roof is covered with blue sheet metal that makes it visible from the village, and a statue of Mary set in a metal cross takes centre stage.

The chapel’s architectural style is said to be Breton. Its raised nave is accessible by way of a small staircase. The chapel’s choir is remarkable. A magnificent mosaic honouring Mary, Queen of the World adorns the walls with various shades of blue, a colour traditionally associated with the Virgin. A golden statue of Saint Joseph stands on the right, with the Infant Jesus on his left arm and a fleur-de-lis in his right hand.

The altar candles are of many different colours: red, amber, green, blue, purple, violet, turquoise and pink, each one corresponding to a particular prayer. A sheet with a colour code is posted on the walls near the candleholders. There
are kneelers facing the choir for those who wish to pray at the feet of Mary or Joseph.

Other distinctive features of the chapel include the texture of its exterior limestone rock walls and the brilliant colours of its stained glass, such as the facade windows dedicated to Mary the Mediatrix and Redeemer.

The chapel also houses a shop selling religious objects and souvenirs, as well as creations by local artists. An exhibit space has been set up in the left wing.

Outside are a belvedere and a walkway offering spectacular views of the Gaspésie coastline and the Baie des Chaleurs region. A magnificent panorama of mountains, fields and bodies of water will unfold before your eyes. When the sky is clear, you can even make out the coast of New Brunswick.

To better understand the local historic and geographic heritage, refer to the different interpretive panels dotting the site.

The belvedere also provides access to a picnic area and mountain hiking trails. A wind farm is located nearby as well.

To wrap up your time in Gaspésie, we suggest continuing on Route 132, which crosses the Matapedia Valley.

Matapedia Valley

A fisherman’s paradise, the Matapedia Valley abounds with lakes and rivers, and Route 132
is one of the most picturesque routes in Québec. The views of plateaus, forests and bodies of water will leave you with a sense of calm and fulfilment. To enjoy the scenery to the fullest, take the time to stretch your legs at one of the belvederes or observation points along the way.

At the entrance to the town of Sayabec, you can stop briefly at the cemetery located off the highway. Beautifully landscaped, with the splendid Lake Matapedia in the background, this burial site boasts a magnificent, brightly shining calvary. The bronze way of the Cross surrounded by tuff rocks dates back to 1929. A small, stone-clad Gothic Revival chapel completes this scene of simple beauty.

——— Practical Information ———

Église Notre-Dame-de-Bonsecours
15 Rue des Pionniers Est, L’Islet-sur-Mer, 418-247-5103
Opening hours:
+ End June to beg Sep daily 9:30am to 4:30pm; Sep, Sun only.

Église Saint-André
128 Rue Principale, Saint-André (Kamouraska), 418-493-2152
Opening hours:
+ End June to beg Sep daily 9:30am to 4:30pm; Sep, Sat-Sun.

Auberge du Portage

Le Cénacle

Église Notre-Dame-des-Neiges
Opening hours:
+ Daily 9am to 5pm.
Fees:
+ $5

Parc National du Bic

Reford Gardens (Jardins de Métis)
200 Route 132, Grand-Métis, 418-775-2222, www.refordgardens.com
Opening hours:
+ May to Jun 8:30am to 5pm; July to Aug 8:30am to 6pm; Sep 8:30am to 5pm.
Fees:
+ Adults $18, free for children ages 13 and under.

Sanctuaire Notre-Dame-des-Douleurs
765 Boulevard Pointe-Navarre, Gaspé, 418-368-2133
Opening hours:
+ Church open daily 8am to 7pm; Chapelle du Souvenir open 24 hours daily.
Most churches visited in this itinerary are only open for visits during the summer, between Saint-Jean-Baptiste Day (June 24) and the week before Labour Day (first Monday of September).

Cathédrale du Christ-Roi
20 Rue de la Cathédrale, Gaspé, 418-368-5541
Opening hours:
- Mon-Sat 6:30am to 4pm, Sun from 11am for Sunday Mass.

Jacques Cartier’s Cross
Site Historique de la Pointe O’Hara, 179 Montée Wakeham, Gaspé

Forillon National Park
Fees:
- Adults $7.80, seniors $6.80, children $3.90 (includes admission to the Grande-Grave heritage site)

Église Saint-Michel
57 Rue de l’Église, Percé, 418-782-2062

Saint Paul’s Anglican Church
63 Rue des Failles, Percé

Église Saint-Joseph
764 Boulevard Perron, Carleton-sur-Mer, 418-364-3972
Opening hours:
- Daily 8:30am to 4pm.

Oratoire Notre-Dame-du-Mont-Saint-Joseph
Opening hours:
- End Jun to end Aug, daily 8am to 6pm; end Aug to mid-October, daily 9am to 5pm.
Fees:
- Adults $6.50, seniors and students $5.50.

Sayabec Cemetery
At the entrance of the town of Sayabec.
Even More Discoveries

A Few Other Places Worth Mentioning

Besides the tours presented in this guide, Québec has numerous places of worship and other spiritual places. Here are a few you can discover as you travel through the various regions of Québec.

**Abitibi-Témiscamingue**

**Cathédrale Sainte-Thérèse-d’Avila**  
11 Boulevard Monseigneur-Dudemaine, Amos, 819-732-2110  
Built in 1922 from a design by architect Aristide Beaugrand-Champagne, this place of worship is housed in a circular structure topped with a large, unusual dome. The interior is decorated with Italian marble, beautiful mosaics and French stained glass windows.

**Eastern Townships**

**AstroLab**  
189 Route du Parc, Notre-Dame-des-Bois, 819-888-2941,  
www.astrolab-parc-national-mont-mégantic.org  
Lift up your eyes to the heavens at this interpretive centre focusing on astronomy, in the Parc National du Mont-Mégantic.

**Centre Tara**  
184 10e Rang, Bonsecours, 450-535-6360,  
www.centretara.com  
A centre for wellness, spiritual healing and personal development.

**Chaudière-Appalaches**

**Centre d’Interprétation du Patrimoine Religieux (Église Saint-Alphonse)**  
34 Rue Notre-Dame Ouest, Thetford Mines, 418-335-9141  
A permanent exhibition of hundreds of religious objects and liturgical garments displayed in themed showcases in the lofts of the Église Saint-Alphonse.
Église Saint-Georges
1890 1re Avenue, Saint-Georges
Construction of this attractive church overlooking the Rivière Chaudière began in 1900. In front of the church stands an imposing statue titled Saint Georges Terrassant le Dragon (St. George Slaying the Dragon), the original of which is exhibited at the Musée National des Beaux-Arts du Québec in Québec City.

Église Saint-Jean-Baptiste
2 Avenue De Gaspé Ouest, Saint-Jean-Port-Joli
A charming church built between 1779 and 1781, recognizable by its bright red roof topped by two steeples, placed in an unusual way for Québec: one in the front, the other in the back at the beginning of the apse. The church has a remarkable interior made of carved, gilded wood, which may have played a role in the popularity of this art form in Saint-Jean-Port-Joli.

Îles de la Madeleine (Magdalen Islands)

Église Saint-Pierre de La Vernière
1329 Chemin de La Vernière, L’Étang-du-Nord
Nicknamed “the cathedral of the islands,” this splendid church, built between 1872 and 1881, is one of the largest wooden churches in North America.

Lanaudière

Manawan church and cemetery (Manawan Native reserve)
Discover this First Nations community.

The Laurentians

Cathédrale de Saint-Jérôme
355 Place du Curé-Labelle, Saint-Jérôme, 450-432-9741
A vast neoclassical–style edifice reflecting Saint-Jérôme’s prestigious status as the “headquarters” of the colonization of the Laurentians.

Tam Bao Son Buddhist Monastery
690 Chemin de la Rivière-Rouge, Harrington, 819-687-2183 or 514-733-3841, www.tambaoson.com
Vietnamese Buddhist monastery.

Saint-Monastère-Vierge-Marie-la-Consolatrice
827 Chemin de la Carrière, Brownsburg-Chatham, 450-533-4313
Greek orthodox monastery.
Sivananda Ashram Yoga Camp
673 8e Avenue, Val-Morin, 819-322-3226, www.sivananda.org
Meditation, yoga, Ayurvedic treatment clinic, walking trails.

Mauricie

Church of Notre-Dame-de-la-Présentation National Historic Site
825 2e Avenue, Shawinigan-Sud, 819-536-3652, www.oziasleducenmauricie.com
This charming church houses the final great work by Ozias Leduc, one of Québec’s most significant painters of religious art.

Montérégie

Sanctuaire Notre-Dame-de-Lourdes de Rigaud
Open-air pilgrimage site, spiritual accompaniment, gift shop, picnic area. Daily Eucharist.

Montréal

International Buddhist Progress Society of Montréal
3831 Rue Jean-Talon Est, Montréal, 514-721-2882
Buddhist temple.

Église du Gesù
1202 Rue De Bleury, Montréal, 514-866-2305, www.legesu.com
This church was originally designed as the chapel for the Collège Sainte-Marie, which was founded by the Jesuits in 1848 at Mgr. Ignace Bourget’s invitation. The trompe-l’œil decor inside was executed by artist Damien Müller, and the large paintings were commissioned from the Gagliardi brothers of Rome.

Church of Saint Michael and Saint Anthony
5580 Rue Saint-Urbain, Montréal, 514-277-3300
Initially built for the area’s Irish community, this Catholic Byzantine-inspired church now serves as a place of worship for the neighbourhood’s large Polish population.

Église Santa Cruz
60 Rue Rachel Ouest, Montréal, 514-844-1011
A church for the Portuguese community that organizes torchlight processions in honour of Our Lady of Fatima, on the 12 and 13 of May and October. The celebrations start with a Mass, followed by a recitation of the Rosary and the torchlight procession, during which the statue of Our Lady of Fatima circulates among the pilgrims surrounding the church.

Église de la Visitation-de-la-Bienheureuse-Vierge-Marie
1847 Boulevard Gouin Est, Montréal, 514-388-4050
Built between 1749 and 1752, Montréal’s oldest Catholic church is also the only French Regime-
era church still standing on the island of Montréal.

**Maison Saint-Gabriel**
2146 Place Dublin, Montréal, 514-935-8136, www.maisonsaint-gabriel.qc.ca
Now surrounded by the city, this farmhouse and nearby barn were built between 1662 and 1698 and offer precious evidence of what daily life was like in New France. Marguerite Bourgeoys purchased the property in 1668 as a residence for the Dames de la Congrégation de Notre-Dame, a religious community she founded in 1653. It now displays of 17th- and 18th-century objects belonging to the order.

**Outaouais**

**Centre Birla**
Retreat centre, Ayurvedic treatment clinic, palm reading and Vedic astrology. It also has a Montréal office (351 Victoria Avenue, Westmount, 514-488-2292).

**Église Saint-François-de-Sales**
799 Rue Jacques-Cartier, Gatineau Gothic revival church built in 1886, with a beautiful interior in gilded wood.

**Québec City Region**

**Église Saint-Joachim**
164 Rue de l’Église, Saint-Joachim, 418-827-4020
Constructed in stages between 1770 and 1779, this church is unremarkable on the outside, but its interior is a masterpiece of religious art in Québec.

**Église Saint-Charles-Borromée**
7990 1re Avenue, Charlesbourg, 418-623-1847
Influenced by the Palladian movement, architect and sculptor Thomas Baillairgé revolutionized the art of building in rural Québec. Construction of the church began in 1828 and was uninterrupted. The original design has remained intact since. The magnificent interior decor by Baillairgé was done in 1833.
Pilgrimage Routes

Québec has its own pilgrimage routes. Whether they host individual journeys along walking trails and routes, annual, organized events or even group outings, they all offer the opportunity to embark on a different way of approaching spirituality.

Paths, Routes and Events

**Chemin des Navigateurs**
418-724-2831, www.chemindesnavigateurs.org
A 400-km trek over a 21-day period from Pointe-au-Père (Rimouski), in the Bas-Saint-Laurent region, to Sainte-Anne-de-Beaupré. In June, four pilgrims depart each day from the Sanctuaire Sainte-Anne-de-la-Pointe-au-Père.

**Chemin des Sanctuaires**
418-663-4011, ext. 8, www.chemindessanctuaires.org
A 375-km walk spread over 18 days, from Montréal to Sainte-Anne-de-Beaupré. Several departures in June each year, since 1999.

**Chemin des Outaouais**
819-777-6023, www.chemindesoutaouais.ca
Annual walk covering 240km in 12 stages (12 days) between Notre-Dame Cathedral Basilica in Ottawa and Saint Joseph’s Oratory of Mount Royal. From May 25 to June 18 each year, a group of six people departs from the cathedral each day.

**Pèlerinage Terre et Mer, Gaspésie – Les Îles**
418-368-6490, http://diocesegaspe.org
Annual spiritual walk in which as many as 175 people may take part.

**Route des Belles-Histoires**
www.laurentides.com/fr/belleshistoires
Official Québec tourism route for exploring the Laurentians, from Saint-Jérôme to Mont-Laurier, along Route 117 and the Le P’tit Train du Nord linear park. The itinerary for this route provides the opportunity to learn more about how the region was colonized and the influence of Curé Antoine Labelle, who was designated a historic figure by the Québec government in 2016.
Sentier Notre-Dame Kapatakan
418-348-6344,
www.sentienotredamekapatakan.org
This 215-km walking trail links the Ermitage Saint-Antoine de Lac-Bouchette to the statue of Notre-Dame du Saguenay. Nicknamed the “little Compostela of Saguenay–Lac-Saint-Jean” (see also p. 222).

Saint Lawrence River Shrines Trail
450-651-8104,
www.sanctuairesdufleuve.com
Cultural and spiritual route connecting five shrines on the South Shore of Montréal: the Saint Kateri Tekakwitha Shrine (Kahnawake); the Co-Cathedral of Saint-Antoine-de-Padoue (Longueuil); the Marie-Rose Centre (Longueuil), whose mission is to spread the life and work of Marie-Rose Durocher, cofounder of the Sisters of the Holy Names of Jesus and Mary; the Église Sainte-Famille (Boucherville), which houses a high altar restored in 2015 and considered to be one of the sculptural masterpieces of Québec’s past; and the Sanctuary of Sainte-Marguerite-d’Youville, which is part of the Basilique Sainte-Anne in Varennes.

Tour Organizers

Bottes et Vélo
50 Rue Principale, Saint-Michel-de-Bellechasse, 418-208-5367,
http://bottesetvelo.com
Company dedicated to the promotion of pilgrimage in North America and to helping pilgrims deepen their experience. Accompanied trips, weekend retreats, pilgrim weekends, pilgrim workshops (weekly meetings) and breakfast seminars.

Voyages Inter-Missions
300 Rue Léo-Pariseau, Suite 2205, Montréal, 514-288-6077,
www.voyagesintermissions.com
Organizer of pilgrimages and spiritual and cultural tours around the world. Also offers tour circuits in Québec in association with Bottes et Vélo (see above): pilgrimage hike to the Ermitage Saint-Antoine de Lac-Bouchette, personal and spiritual development hike in Gaspésie and pilgrimage walk in the footsteps of Brother André, departing from Saint Joseph’s Oratory of Mount Royal.

Spiritours
1030 Rue Beaubien Est, Suite 400, Montréal, 514-374-7965,
www.spiritours.com
Tour operator specializing in organizing journeys for personal and spiritual development, across the globe as well as in Québec: stays at the Ermitage Saint-Antoine de Lac-Bouchette, tours of the Charlevoix region and the important spiritual sites of Gaspésie.
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The Saint-Benoît Chapel at the Abbaye de Saint-Benoît-du-Lac.
This one-of-a-kind guidebook is an invitation to discover a panoply of spiritual and sacred places in every region of Québec. Its 15 inspirational tours and magnificent photos reveal an exceptionally rich heritage unequalled anywhere else in North America.

The Guide to Spiritual and Religious Journeys in Québec will delight pilgrims whose journeys are prompted by their faith as well as those drawn by art, architecture, and history. The tours offer unique spiritual experiences while exploring countless sacred places: shrines, basilicas, museums, churches, cemeteries, ways of the cross, and temples of a variety of faiths. You’ll also meet remarkable individuals and communities, and enjoy contemplation and reflection while communing with nature.