

Make-A-Wish®  
RÊVES D'ENFANTS

**RIDE FOR WISHES**  
**ROULEZ POUR DES VŒUX**



**WHERE TO RIDE IN QUEBEC**

# QUEBEC

## Region : Bas-Saint-Laurent

### Véloroute des Baleines

**Location:** Baie-Comeau, Quebec

**Type of path:** Bike path

**Length:** 230 km

**Website:**

<https://www.veloroute-des-baleines.ca/>



Image source: <https://www.veloroute-des-baleines.ca/>

### Réseau cyclable de la ville de Rimouski

**Location:** Rimouski, Quebec

**Type of path:** Bike path

**Length:** 60 km

**Website:**

<https://rimouski.ca/loisirs-culture/sports-et-plein-air/pistes-cyclable-et-sentiers>



Image source: <https://vifamagazine.ca/bouger/quoi-faire/5-activites-gratuites-a-faire-en-famille-a-rimouski/>



## Region : Laurentians

### Parc du corridor aérobique

**Location:** Morin-Heights, Quebec

**Type of path:** Hybrid or Mountain Bike

**Length:** 58 km

**Website:**

<https://corridoraerobique.ca/en/summer-activities/what-to-do/>



Image source: <https://corridoraerobique.ca/en/summer-activities/what-to-do/>

### Le P'tit Train du Nord

**Location:** Mont-Laurier, Labelle, Mont-Tremblant, Sainte-Agathe-des-monts, sainte-adele, st-jerome, blainville, bois-des-fillion

**Type of path:** Bike path

**Length:** 200 km

**Website:**

<https://ptittraindunord.com/en/>



Image source: <https://www.sierraclub.org/sierra/green-life/biking-p-tit-train-du-nord-trail>





## La Villageoise-de-Mont-Tremblant

**Location:** Mont-Tremblant, Quebec

**Type of path:** Bike path

**Length:** 11.6 km

**Website:**

<https://www.villedemont-tremblant.qc.ca/en/recreation/recreational-and-sports-activities/cycling-paths/la-villageoise-de-mont-tremblant>



Image source: <https://www.mont-tremblant.ca/en/what-to-do/summer/road-biking-and-cycling-trails>

## Region : Mauricie

### Mauricycle

**Location:** La Tuque, Quebec

**Type of path:** Mountain or Bike path

**Length:** 80 km of mountain-biking trails  
(including 15 km of singletracks)

30 km for cycling

**Website:**

<https://tourismehautemauricie.com/fiche/sentiers-velo-de-montagne-et-club-mauricycle>



Image source: <https://tourismehautemauricie.com/fiche/sentiers-velo-de-montagne-et-club-mauricycle>



## Region : Montérégie

### Le Sentier du Paysan

**Location:** : Lacolle, Quebec

**Type of path:** Bike path

**Length:** 26 km

**Website:**

<https://www.bonjourquebec.com/fr-fr/fiche/quoi-faire/sports-et-nature/pistes-et-sentiers/le-sentier-du-paysan-352305546>



Image source: <https://www.bonjourquebec.com/fr-fr/fiche/quoi-faire/sports-et-nature/pistes-et-sentiers/le-sentier-du-paysan-352305546>

## Region : Eastern Townships

### Sentier nature Tomifobia

**Location:** Ayer's Cliff, Quebec

**Type of path:** Bike path

**Length:** 19 km

**Website:**

<https://www.easterntownships.org/things-to-do/569/le-sentier-nature-tomifobia>



Image source: <https://www.easterntownships.org/things-to-do/569/le-sentier-nature-tomifobia>



## Route des vins

**Location:** : Lac Brome, Quebec

**Type of path:** Bike path

**Length:** 4 circuits (total 238 KM)

**Website:**

<https://www.laroutedesvins.ca/circuits-a-velo/>



Image source: <https://www.laroutedesvins.ca/wp-content/uploads/2016/05/Boucle-gourmande-1.jpg>

## Region: Montreal

### Montreal Bike Paths

**Location:** Montreal, Quebec

**Type of path:** Urban bike path

**Length:** 500+ km

**Website:**

<https://www.mtlblog.com/en-ca/things-to-do/montreal/20-bike-paths-that-will-make-you-fall-in-love-with-montreal>



Image source: [https://www.mtlblog.com/u/2019/07/17/bf80e88d9ad2e5947bf869d180eb7875.jpg\\_1200x630.jpg](https://www.mtlblog.com/u/2019/07/17/bf80e88d9ad2e5947bf869d180eb7875.jpg_1200x630.jpg)





## Region: Ouataouais

### Véloroute des Draveurs

**Location:** Low to Messines, Quebec

**Type of path:** Bike path

**Length:** 70 km

**Website:**

<http://tourismevalleedelagatineau.com/index.php/en/>



Image source: <http://tourismevalleedelagatineau.com/index.php/en/>

### Vélo Mont St-Marie

**Location:** Lac-Sainte-Marie, Quebec

**Type of path:** Mountain Bike Path

**Length:** 30 km

**Website:**

<http://tourismevalleedelagatineau.com/index.php/en/cycling-hiking/cycling/velo-msm>



Image source: <http://tourismevalleedelagatineau.com/index.php/en/cycling-hiking/cycling/velo-msm>

### PPJ Cycloparc

**Location:** Pontiac, Quebec

**Type of path:** Bike Path

**Length:** 92 km

**Website:**

<https://www.cycloparcppj.org/>



Image source: <https://www.cycloparcppj.org/>



## Region: Quebec

### Cycloroute de Bellechasse (Québec centrale )

**Location:** Saint-Lazare-de-Bellechasse,  
Quebec

**Type of path:** Bike path

**Length:** 74 km

**Website:**

[https://  
bellechasse.chaudiereappalaches.com/fr/  
voyage-quebec/bellechasse/saint-lazare-de-  
bellechasse/la-cycloroute-de-bellechasse/  
piste-cyclable/](https://bellechasse.chaudiereappalaches.com/fr/voyage-quebec/bellechasse/saint-lazare-de-bellechasse/la-cycloroute-de-bellechasse/piste-cyclable/)



Image source: [https://  
bellechasse.chaudiereappalaches.com/fr/voyage-quebec/  
bellechasse/saint-lazare-de-bellechasse/la-cycloroute-de-  
bellechasse/piste-cyclable/](https://bellechasse.chaudiereappalaches.com/fr/voyage-quebec/bellechasse/saint-lazare-de-bellechasse/la-cycloroute-de-bellechasse/piste-cyclable/)

### Route Verte

**Location:** 18 tourist regions

**Type of path:** Bike path & Urban bike path

**Length:** 5,300 km

**Website:**

<http://www.routeverte.com>



Image source: <http://www.routeverte.com>





## SuperG Trail

**Location:** Lac Beauport, Quebec

**Type of path:** Mountain Bike

**Length:** 1.15 KM – 130 meter elevation

**Website:**

<http://www.sentiersdumoulin.com/>



Image source: <http://www.sentiersdumoulin.com/>

## Le Grand Eggen

**Location:** Saint-Raymond, Quebec

**Type of path:** Mountain Bike and Ebike Trails

**Length:** 30 km

**Website:**

<https://www.valleebrasdunord.com/plan-your-stay-mountain-bike.html#straymond>



Image source: <https://www.valleebrasdunord.com/plan-your-stay-mountain-bike.html#straymond>



## Region : Saguenay–Lac-Saint-Jean

### Au Fil des Rivières

**Location:** Girardville, Quebec

**Type of path:** Bike path

**Length:** 45 km

**Website:**

<https://www.bonjourquebec.com/fr-fr/fiche/quoi-faire/sports-et-nature/pistes-et-sentiers/au-fil-des-rivieres-193205012>



Image source: <https://www.bonjourquebec.com/fr-fr/fiche/quoi-faire/sports-et-nature/pistes-et-sentiers/au-fil-des-rivieres-193205012>

### Véloroute des Bleuets

**Location:** Alma, Quebec

**Type of path:** Bike Path, Mountain Bike Path, e-bike Path

**Length:** 243+ km

**Website:**

<https://veloroutedesbleuets.com>



Image source: <https://veloroutedesbleuets.com>

