

Le Chemin des Sanctuaires

2026 Edition

Walking from Montreal to Sainte-Anne-de-Beaupré

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(Machine Translated by Google) *Last updated February 25, 2026*

⚠ *The masculine gender is used without discrimination and solely for the purpose of simplifying the text.*

Cover photo: Marthe, Isabelle, Sylvie, and Aïdée arrived at their destination on July 2, 2025, with smiles on their faces.

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Preface

To walk…

… for the challenge of taking thousands of steps, one after the other!

… to make myself natural!

… to give myself the gift of reconnecting with what motivates me, what sustains me!

… to share parts of the journey with others!

… to see my face reflected in my steps!

… to reduce my carbon footprint!

… to pay for an active holiday!

… to be alive!

… to be hand in hand with freedom!

… to walk. Just to walk!

And the list could go on and on…

Each and every one of us carries within us the answer to initiate such a process.

Discover *"Portrait du Chemin"*, this 3:49 minute production invites you to follow Sarah on "her" Chemin des Sanctuaires and takes you to the heart of an exceptional journey, where walking becomes a true encounter with oneself, with others and with the beauty of Quebec.



The Way of the Sanctuaries

It's 365 kilometers over 18 days of walking, starting from Montreal and going all the way to Sainte-Anne-de-Beaupré.

Here is what we propose:

- An organization established for over 25 years offering you a rich and unique walking experience in a setting that combines safety and freedom.
- You have the option to choose between a full route: Montreal – Sainte-Anne-de-Beaupré / 365 kilometers – 18 days or one of two half routes: Montreal – Cap-de-la-Madeleine / 180 kilometers – 9 days or Cap-de-la-Madeleine – Sainte-Anne-de-Beaupré / 180 kilometers – 9 days.
  A 9-day itinerary: it can be done during your two weeks of vacation!
- All accommodations along the entire Way of the Sanctuaries: either in private residences, community centers, religious communities, guesthouses.
- You have complete autonomy in organizing your meals. Occasionally, meals (dinner and/or lunch) may be provided in the accommodations.
- The joy of experiencing the Camino de Santiago in Quebec. Or, the opportunity to familiarize yourself with it for a possible pilgrimage experience in Europe.
- Unforgettable encounters await: fellow walkers, people you meet along the way, and those who offer a place to catch your breath at one of the designated rest stops. Finally, you'll find dedicated and devoted hosts, some of whom have been providing their services for many years and take excellent care of their walkers. You'll experience this firsthand on the Way of the Sanctuaries.
- Technical visual aids (paper or application/phone) and constant signage will help you stay on the right track to your destination.
- The St. Lawrence River. We grow fond of this majestic giant. When we move away from it a little, it is only to find it again, at the turn of a landscape, unfailingly powerful, undeniably magical.
- An all-inclusive experience: the song of little birds, gravel* in the boots, the beneficial shade of the trees, the wind in our faces, the wind at our backs, flowers with colors that have no name, lots of sun, a little rain, tons of smiles, well-deserved rest, renewed energy.
- A defining life experience. It makes you wonder why you didn't experience it sooner. Or perhaps, why not do it again sometime…

This is what we propose.

And more. So much more!

** garnotte: (Quebec) (Familiar) A collection of small pebbles covering a road, a piece of land, a driveway, etc.; large gravel.*

Some comments gathered from walkers (2025)

- *The organization is really great, we are extremely grateful to the entire organization and we had an amazing experience.*
- *The route was very well marked. I was pleasantly surprised. Navigating was easy with the GPX files.*
- *The choice of accommodations is really excellent. The people are welcoming, and the places are clean. I loved being welcomed by hosts into their homes. It's truly an extraordinary experience to sleep and eat with people from Quebec!*
- *My walking companions were all wonderfully attentive to each of us, providing help, support and empathy for everyone.*
- *I wanted to end my 12 years of uninterrupted walking with a beautiful path, and what an exceptional path I have traveled!*

A bit of history

Once upon a time…

From April to July 1995, when the European Camino de Santiago routes were virtually unknown in Quebec, a 47-year-old police officer, Denis Leblanc, recently retired from the Sûreté du Québec (Quebec Provincial Police), walked 1,800 km on the Camino de Santiago, between Paris (France) and Fisterra (Spain). Along the way, he conceived of a Camino-style route between Montreal and Quebec City… which materialized in 1998 as the Chemin des Sanctuaires (Path of the Sanctuaries). Over the years, the path has grown longer, more organized, and transformed to better meet the needs of walkers.

Since then, more than 2,000 walkers have walked the Way of the Sanctuaries.

Today, several "paths" meet the growing demand from Quebec walkers, and this is true in most regions of Quebec.



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Map of daily distances

Montreal to Cap-de-la-Madeleine **Approximately 184 km**

Steps	From	To	Km
1	Saint Joseph's Oratory	Longueuil	21.0
2	Longueuil	Varennes	15.0
3	Varennes	Verchères	14.0
4	Verchères	Saint-Ours	26.0
5	Saint-Ours	Saint-Aimé	24.0
6	Saint-Aimé	Pierreville	26.0
7	Pierreville	Febvre Bay	15.0
8	Febvre Bay	Nicolet	19.0
9	Nicolet	Cap-de-la-Madeleine	24.0



Cap-de-la-Madeleine to Sainte-Anne-de-Beaupré **Approximately 181 km**

Steps	From	To	Km
10	Cap-de-la-Madeleine	Batiscan	26.0
11	Batiscan	Sainte-Anne-de-la-Pérade	18.0
12	Sainte-Anne-de-la-Pérade	Deschambault	25.0
13	Deschambault	Donnacona	21.0
14	Donnacona	Neuville	14.0
15	Neuville	Saint-Augustin-de-Desmaures	17.0
16	Saint-Augustin-de-Desmaures	Quebec	21.0
17	Quebec	The Guardian Angel	20.0
18	The Guardian Angel	Sainte-Anne-de-Beaupré	18.0

Departure from Montreal

Meet at **8:45 a.m.** at the Saint-Joseph Oratory, **next** to the La Sainte-Fringale Cafeteria, **Level 3** where a member of the Way of the Sanctuaries will meet you and give you the safety tag to attach to your backpack as well as the walker's logbook.

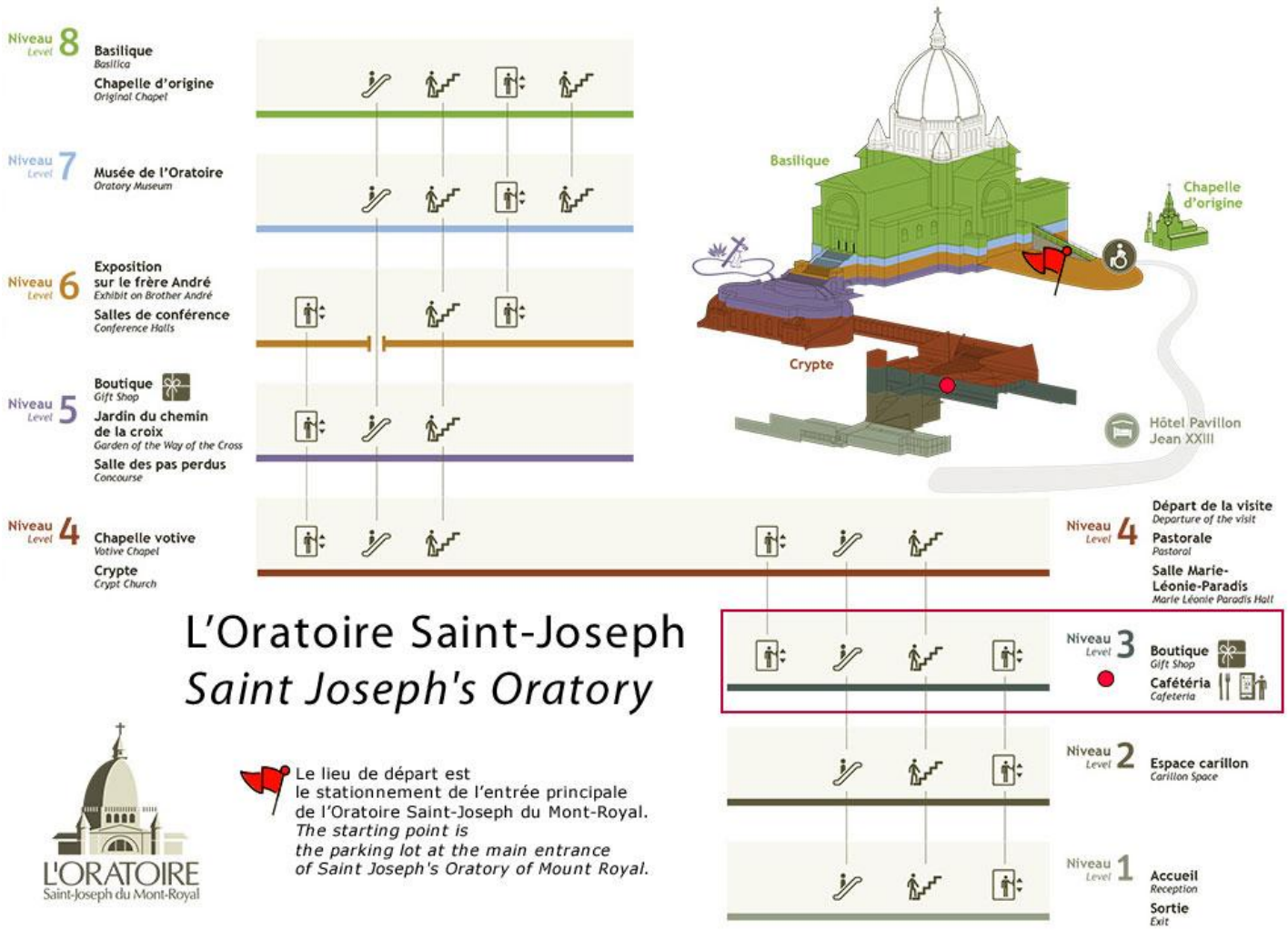
They will then lead you to the Information and Blessing Office for those who wish to have their booklet stamped. The office is open Monday to Friday from 9:00 am to 5:15 pm and Saturday and Sunday from 9:00 am to 6:00 pm. It is located on **Level 4,** near the votive chapel.

If you wish to attend Mass, please see the Mass schedule. Ideally, do so before the meeting, as there is a Mass at 7:30 a.m. in English. English at 7:30 a.m.).

★·✶◇ ✧◇✶·✶⚜ ⚜ ⚜✶·✶◇✧◇✶· ★

Cafeteria La Sainte-Fringale, **Level 3** , 3800 Queen Mary Road, Montreal
https://maps.app.goo.gl/fs3q79hLsvvGZuoP6

The starting point is the parking lot at the main entrance of Saint Joseph's Oratory.



Oratory of Mount Royal

The exterior architecture of the basilica is in the Italian Renaissance style, but its interior is decidedly avant-garde. Begun in 1924 according to the plans of the architects Dalbé Viau and Alphonse Venne, it was still open to the sky at the time of Brother André's death on January 6, 1937.

That same year, the French Benedictine monk Dom Paul Bellot undertook the exterior finishing work in collaboration with Montreal architect Lucien Parent. The interior was completed in 1966 according to the plans of Canadian architect Gérard Notebaert. This monumental project was made possible by the efforts of thousands of workers.

The interest of the Saint Joseph's Oratory of Mount Royal site lies in the diversity of architectural styles of its places of worship. The first chapel, built of wood, dates back to 1904. The project for a basilica with a crypt dates back to 1914, but was not completed until the late 1960s.

It was therefore over several decades and thanks to the talent of a few generations of architects that this monumental complex was able to be created. More recent additions have highlighted the nobility of the materials chosen by the artisans of yesteryear.



Saint Joseph's Oratory of Mount Royal

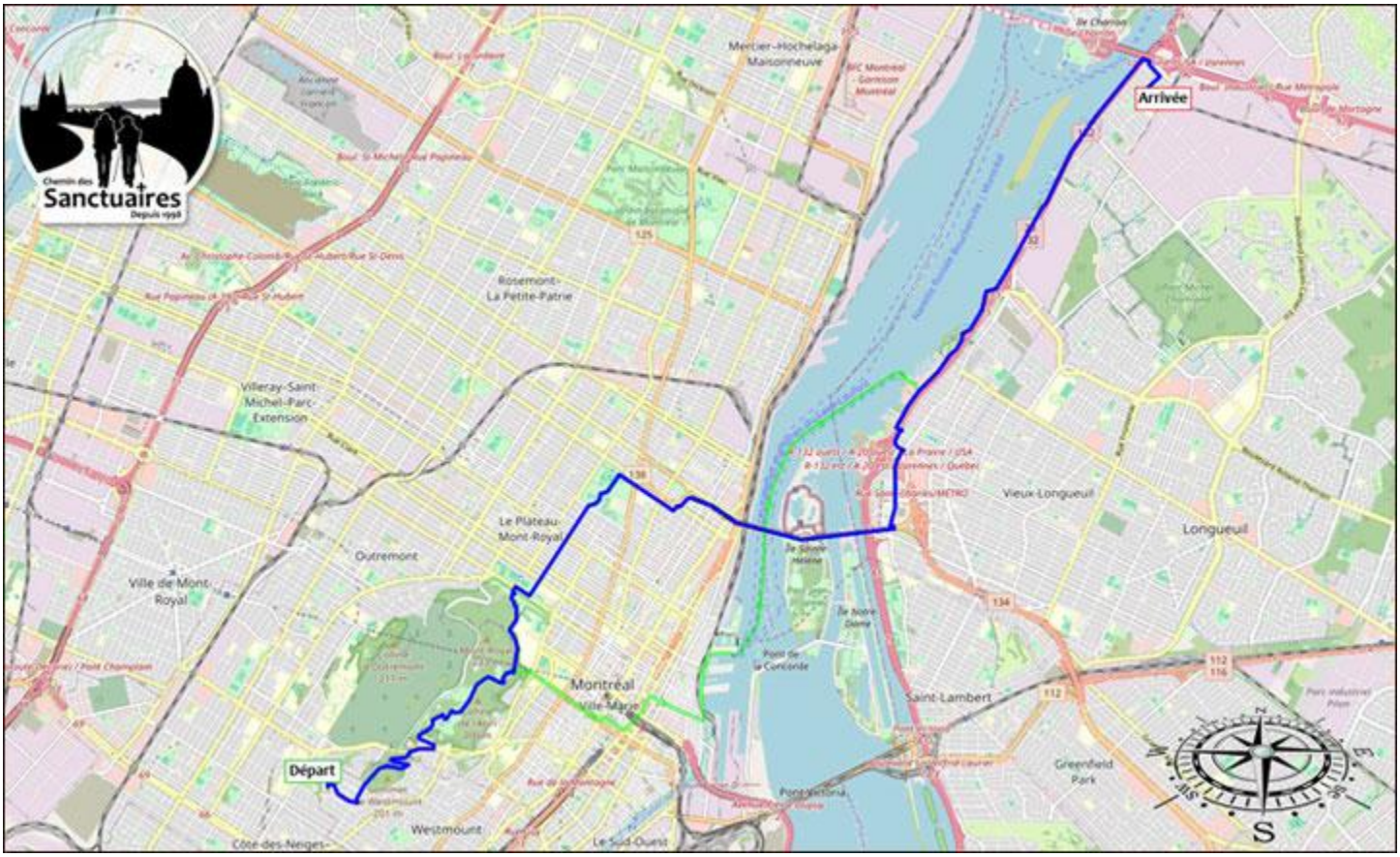
Entering the site of Saint Joseph's Oratory is to enter architectural, artistic and heritage worlds illustrating a happy combination of influences and styles.

Since 2018, major redevelopment work has been carried out to provide the Oratory with a new reception pavilion with a shop and restaurant, reconfigure its gardens, renovate its museum and convert the dome of its basilica into an observation center.

Stage 1 21 km From Saint Joseph's Oratory of Mount Royal to Longueuil

Finally, the big day!

You've let yourself be tempted by this crazy adventure. Maybe to take some time for yourself and put the world on pause. Or perhaps to get in shape. Or maybe to push your limits. Meeting people, why not? Whatever the reason, you're here!



After weeks of preparation, after walking miles and miles to be in peak condition, here you are! You know every street around your home by heart, you can spot every crack in the sidewalks and pavement you've walked hundreds of times. You practically know your neighbors' habits… You've walked. Morning. Afternoon. Evening. In the sun. In the snow, in the rain—not too much, though. With no wind. Without your backpack. Then with it. Empty. Full.

Saint Joseph's Oratory appears to you this morning like a mirage, so eagerly have you been awaiting this moment, with butterflies in your stomach. On the Oratory's esplanade, you'll take a quick look at the panorama before you: the Laurentian Mountains may be strutting their stuff, but you'll have only one thought: to walk. Finally!

It's quite reassuring to start from the Oratory, as it's one of the highest points in Montreal. Since today's route includes crossing the St. Lawrence River (at sea level), the hike will be mostly downhill!



Saint Joseph's Oratory of Mount Royal © André Charron

Shortly after setting off, your steps will lead you to the lush green Mount Royal Park, teeming with joggers, cyclists, hikers, and strollers! At the Mount Royal Chalet, two must-sees await: the restrooms and the magnificent panoramic view of Montreal from the Kondiaronk Lookout (named after a 17th-century Wendat chief). Your eyes will be wide with wonder, stretching from the St. Lawrence River to the American Appalachians!



The Jacques Cartier Bridge and the St. Lawrence River. Archive photo © Pixup Dronestag

Afterwards, you will be able to choose your route..

You have three options:

1. The river shuttle in the Old Port, which will take you a short walk from downtown Longueuil, is more romantic.
2. The metro between Montreal and Longueuil is more urban.
3. The Jacques-Cartier Bridge, which will take you to Longueuil, is more…daring. Not recommended if you suffer from vertigo and/or are sensitive to road vibrations caused by heavy trucks!

But you have a choice!



River shuttle on the St. Lawrence © navettesfluviales.com

You have now arrived in Longueuil. You can stop at a patio in its charming downtown to sip a coffee or a beer, depending on your preference. Why not grab a bite and relax?

Afterwards, you will walk hand in hand with the cycle path that runs along the river and will lead you to the first accommodation of your trip.

Yes, already!

Stage 2 15 km From Longueuil to Varennes

For this second step, we will demonstrate that we take meticulous care of our walking clientele.

Perhaps your first day of walking on the Way was difficult, perhaps you found that your backpack was gaining weight every 100 meters, perhaps your feet are sore this morning.

Believe us, we're sensitive to your feelings and the state of your legs and feet. Therefore, we're offering you, free of charge, a shorter 14.5-kilometer route on a bike path. No more vertigo on the Jacques-Cartier Bridge! And as a bonus? A breathtaking view of the majestic St. Lawrence River. What more could you ask for! We're convinced that the drivers you pass will be green with envy. Too bad for them!



Not to mention that you'll be passing through the enchanting part of the city of Boucherville, named after its founder Pierre Boucher, who was, in turn, a soldier, interpreter, linguist, writer, judge, governor of Trois-Rivières, civil and criminal lieutenant, pioneer, defender, and the first urban planner. In short, you'll agree, a man of many talents. Quite a few indeed.

The city's restaurants and riverside rest stops will allow you to take a few breaks, since today there's no rush. Absolutely nothing.

You will continue your walk across fields, still on a cycle path leaving, to some extent, the edge of the river.

Before you even feel tired, Varennes will come into view. You'll quickly reach the Sainte-Marguerite-d'Youville Shrine where you can spend the night. This is the second good reason why the Way of the Sanctuaries is called that.



The parc de la Frayère, where everything is designed for taking a break © City of Boucherville



Varennes, the St. Lawrence River and the Sainte-Marguerite-D'Youville Shrine © City of Varennes

The Sainte-Marguerite-D'Youville Shrine

This is the final resting place of the renowned Marguerite d'Youville, founder of the Grey Nuns and Canada's first saint. The Sainte-Marguerite-D'Youville Shrine is located on the very site where Marie-Marguerite Dufrost de Lajemmerais was born. The construction of this chapel, an initiative of Bishop Gérard-Marie Coderre (1904-1993), contributed to the spiritual influence of Saint Marguerite d'Youville. Opened in 1961, the shrine was managed and run by the Grey Nuns until 2003.

The building was erected according to the plans of André Ritchot. This architect designed several places of worship that stand out in the landscape with their clean lines, borrowed from modern architecture. Transformed into an exhibition center in 2010, the chapel retains its mission of highlighting the life and work of Saint Marguerite d'Youville. The interior has been redesigned, and some pieces of furniture have been reused. The sanctuary now houses a permanent exhibition.

The cultural function is no longer there, but the place still serves as a lodging for pilgrims making the journey of the Sanctuaries, from the Saint-Joseph oratory to the basilica of Sainte-Anne-de-Beaupré.

The stained-glass window by Claude Bettinger (1942-1998) was unveiled in 1985. This artist from Saint-Ignace-de-Loyola is famous for his sculptures and stained glass, which notably adorn two Montreal metro stations. Here, in a vibrant stained-glass window divided into eight panels, he illustrates key elements of the saint's life. The first three panels depict Marguerite's life in Varennes: her loves, her return home to help her family, and her baptism. In the center, Bettinger portrays Marguerite d'Youville holding a crucifix to her heart and extending her other hand toward the poor. The four panels on the right illustrate the nun's work in Montreal: her welcoming of a blind woman, the women who joined her, her leadership of the General Hospital, and the worldwide renown of her work.

To learn more, visit https://sanctuaireyouville.ca



© sanctuairesdufleuve.com

The stained-glass windows inside the sanctuary are not only magnificent. They are… romantic.
To learn more, visit https://www.sanctuairesdufleuve.com/sanctuaire-sainte-marguerite-dyouville/



The Sainte-Marguerite-D'Youville Shrine and the rectory



The Sainte-Marguerite d'Youville Shrine © sanctuairesdufleuve.com

Stage 3 14 km From Varennes to Verchères

Almost reluctantly, you will leave the small town of Varennes and its charming homes on Sainte-Anne Street. But the journey has only just begun, and you will have the opportunity to discover other irresistible beauties of Quebec.

Shortly after your departure from the Sanctuary, and as on your first day, you will be able to choose from 3 options to determine which route you will take.



Blue: Regular route, green: Baronnie option, orange: Picardy option

1. Regular route: 13 kilometers via Route 132. Only 13 kilometers? Yes, there's a catch. The distance is minimal (the shortest on the entire route), but you'll have to cross the Varennes industrial park on a three-quarter-width gravel shoulder alongside heavy truck traffic. Okay. That being said, you can still consider this option if: 1. You enjoyed crossing the Jacques-Cartier Bridge. 2. You're walking the Varennes-Verchères leg on a Sunday morning… with typical Sunday morning traffic. But, once you've overcome this challenge and after a few kilometers of restored tranquility, Verchères and its Madeleine church will welcome you with open arms.

2. Baronnie Option: 15 kilometers via Chemin de la Baronnie. You'll skip option 1 because you enjoy life and figure that, deep down, an extra 2 kilometers isn't the end of the world. Gradually, the suburban bungalows will give way to vast cultivated fields. As if by magic, Chemin de la Baronnie will become Rang des Terres Noires, and then Montée Calixa-Lavallée will lead you to the charming little town of Verchères.

3. Picardy Option: 18 kilometers along the Rang de la Picardie. Feeling up to the challenge and ready for a hike? The Rang de la Picardie awaits the sound of your walking sticks and your shadow lengthening on the path. In any case, you'll eventually join the route of Option 2 with its Chemin de la Baronnie, Rang des Terres Noires, and Montée Calixa-Lavallée.

   Regarding Calixa You probably know that Lavallée composed the melody of "O Canada" and that he was born on December 28, 1842, in Verchères. You know that much. But did you know that his given name was Callixte? You can tell all your friends that you learned it from the Guide to the Way of the Shrines.



Verchères ©Ricardo Ruiz Photography

Stage 4 26 km From Verchères to Saint-Ours

When you leave Verchères and glance back over your shoulder, you'll probably see Madeleine waving and wishing you the best of luck on your journey. Legend has it that at just 14 years old, she defended the Verchères fort, sheltering about ten families, for eight days… Well. Why not.



Today, the reality of the Camino will catch up with you with a challenging 25-kilometer day. But, as our cousins would say, no worries, since the last two stages have served as training and you'll be more than ready to tackle these kilometers with determination.

Especially since the route will follow several rows of roads through agricultural areas. So, fields as far as the eye can see, leaving the sky to take up all the space.

Along the way, you'll often encounter farm animals: dogs, cats, horses, pigs, chickens, donkeys, goats, turkeys, sheep, and cows. Regarding the cows, don't be offended if they stare at you for a long time. Poor things, their vision requires a long focusing time for distant, stationary objects. And since you'll be moving around…

Along today's route, you'll find numerous opportunities to stop and rest. People will have made available a bench, chairs, a table, or a gazebo. These are men and women who care about the success of your project and who will often take the time to welcome you and chat. People with hearts as big as the backpack you're carrying! Take the time to stop and appreciate their dedication. Yes, you might arrive 30 or 35 minutes later at the next accommodation, but you'll leave the rest stop filled with such generosity and with a touch of happiness in your eyes.



Rang du Ruisseau Laprade (Laprade Stream Range)

Today's stage will end with a cruise on the Richelieu River between Saint-Roch-de-Richelieu and Saint-Ours. But hold on! Don't rush to get your Gravol, because the cruise will only last 3 minutes (0.3 km). Not even enough time for a slight bout of nausea.

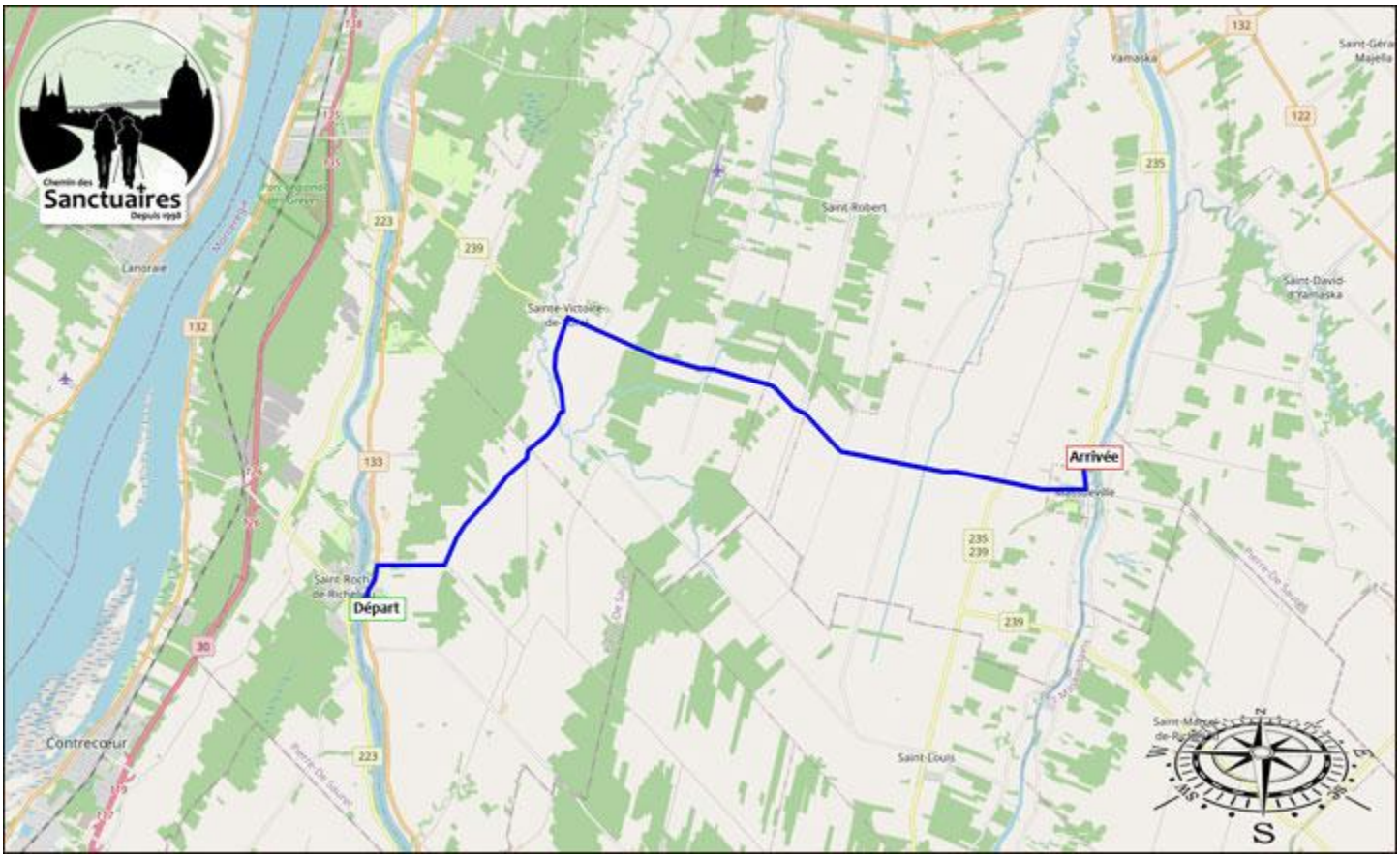
You will still be blessed by heaven because upon exiting the ferry, you will be only a few steps from your accommodation.



Traverse Saint Roch de Richelieu & Saint Ours

Stage 5 24 km From Saint-Ours to Saint-Aimé

After being pampered upon arrival at the accommodation yesterday and having a good night's sleep, you will be in great shape for the 24 kilometers that await you today.



Each step you take on the journey to Saint-Aimé will gradually take you further and further from the St. Lawrence River. But don't worry: we know how much you love this giant, and you'll be back by the river in the coming days.

Today, the route will take you along quiet country roads with cultivated fields stretching as far as the eye can see. Land that feeds Quebec.

After four days of hiking, a routine will have gradually settled in: wake up, freshen up, then get ready to leave. You'll now know where to put everything in your backpack so you can easily access it along the way, if needed. Then, you'll have a bite to give your body the energy it needs to meet the demands of the trail: a banana, some chocolate, a few nuts with dried fruit, maybe an orange. Nothing too heavy. Absolutely not.

Then, you put your backpack on your shoulders. Immediate reaction from your legs: "Not again this morning! Didn't you tell me we were going on vacation? No, that's not working anymore!" Okay. Ignore them. Let them have their say. Sooner or later, they'll realize you're no longer listening and that you're determined to reach your goal.



Mailbox (Mailbox) © Pierre Turcotte

Halfway to Saint-Aimé , you'll pass through the charming village of Sainte-Victoire-de-Sorel. It's like a gentle pat on the back. Take the opportunity to stop for a short break; just outside the village, on your left, you'll find Armand-Péloquin Park (named after the mayor of the municipality from 1969 to 1983).



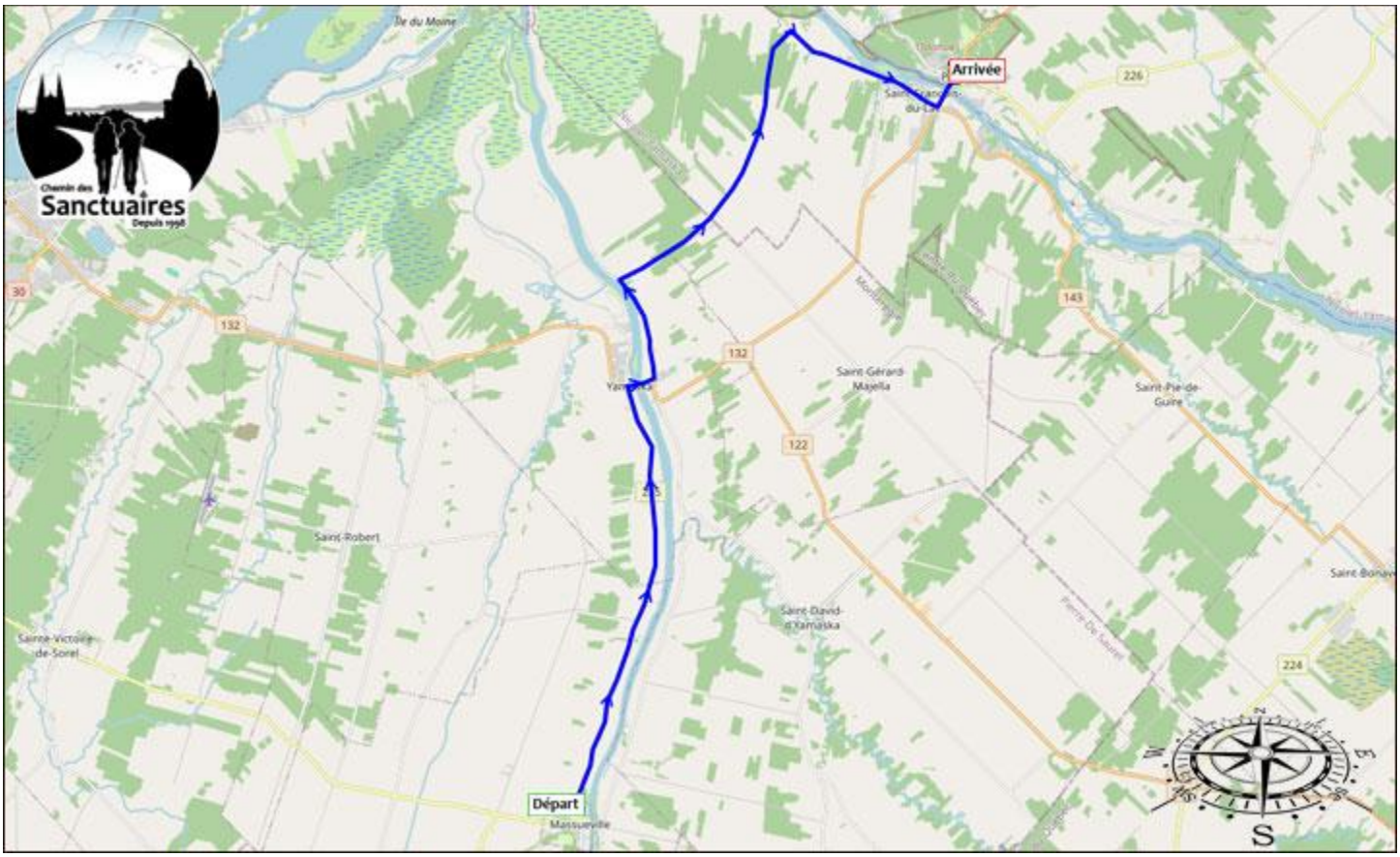
Walkers © Marie-André Richard

Leaving Ste-Victoire-de-Sorel, route 239 will take you directly to Saint-Aimé , passing a cheese factory, to enhance your walk.

There you are!

Stage 6 26 km From Saint-Aimé to Pierreville

For much of today's route, you'll be in the company of a waterway, and this time, that privilege will be granted to the Yamaska River, an Indigenous name meaning "where there are rushes." And you'll see for yourself that this river truly lives up to its name.



More often than not, you'll only encounter local traffic in this idyllic setting: fields, farms, flowers, birdsong, and the Yamaska playing hide-and-seek. You'll forget the weight of your backpack. Holidays!

Halfway through, the small town of Yamaska; this will give you the opportunity to fill up on everything that will be empty and empty out everything that will be full.

After crossing the bridge, the river will continue to play elbow to elbow with you, but it will eventually give up as you take a small road that will be perpendicular to it.

The Bois-de-Maska road is a well-kept secret of the Camino, but we still wanted to share it with you. A few kilometers after leaving the Yamaska River and passing by the fields, you'll subtly, gently, see the trees cover the road, enveloping you in their branches and drawing you into their enchanted forest. It feels as if the sky has momentarily disappeared and the road is closing its shutters before you. No doubt about it now: here's another good reason why you embarked on this Camino. And yes, you can tell your friends about it!

To gently bring you back down to earth, you'll join the Grande-Terre road at the very end of the Bois-de-la-Maska road. Then, gradually, the rural municipality of Saint-François-du-Lac will lead you to your final destination today, Pierreville (which, in fact, isn't a city, but a municipality. But you'll agree that the name Pierremunicipalité isn't exactly a sonorous name). Add to the list of waterways on your Chemin des Sanctuaires (Path of the Sanctuaries): the Saint-François River, between Saint-François-du-Lac and Pierreville, which you'll cross via the David-Laperrière Bridge (1868-1932, general merchant and boat builder from Pierreville).



The Yamaska River © Marie-André Richard



The Rang du Bois-de-Maska © Marie-André Richard

Stage 7 15 km From Pierreville to Baie-du-Febvre



As you leave Pierreville, you will pass through the Abenaki community of Odanak (meaning "at the village." Originally, this location bore the charming name of Arsikantegouk , "river at the empty cabin"). To avoid the somewhat heavy traffic on Route 132, you will be invited to find the soothing calm of Rang Sainte-Anne, Route de la Grande Ligne, Chemin Brûlé, and Rang Saint-Joseph.



The soothing calm of the small rows © Marie-André Richard

A rest area with chairs and a gazebo will give you a chance to catch your breath a few hundred meters after walking the Chemin du Pays Brûlé (Burnt Country Path). The meaning of the path's name may seem obvious, but the Toponymy Commission cannot determine its origin or meaning.



From the company to the rest stop © Marie-André Richard

Since your departure, and with the exception of the section on the Island of Montreal, you will surely have noticed that the Chemin des Sanctuaires route is on a particularly flat terrain. A welcome exception awaits you at the very end of today's journey, as the final destination will be at the bottom of a slope.

On your left, you will also find a small municipal park with a gazebo (again!).

Stage 8 19 km From Baie-du-Febvre to Nicolet

The tiny municipality of Baie-du-Febvre owes its renown to being a stopover point for snow geese (waterfowl) migrating to Baffin Island in northern Quebec. This site is recognized as a UNESCO Biosphere Reserve. Every year, from March to May, nearly 500,000 snow geese migrate to their nesting grounds, a long journey of approximately 5,000 km.



Snow geese at Baie-du-Febvre © André Falardeau

Today, a very reasonable 19-kilometer route awaits you, during which you can make as many stops as you like. And since you enjoyed the Chemin du Pays Brûlé yesterday, you'll continue along the same path today.



The reassuring calm of the rural landscape © Marie-André Richard

You will rediscover the reassuring calm of the rural landscape in which you have been traveling for the past few days. The scenery remains unchanged, even though the Chemin du Pays Brûlé becomes Rang Saint-Alexis, except perhaps to better introduce you to the town of Nicolet and its river of the same name, of course.



The town, founded in 1672, takes its name from Jean Nicolet or Nicollet de Belleborne , a close friend of Samuel de Champlain with whom he set sail from Normandy for the great adventure of New France. Later, Nicollet explored the Great Lakes region as far as Wisconsin. He tragically died in the St. Lawrence River near Sillery. Sad.

After a well-deserved rest at your accommodation and once your legs have recovered, the small town of Nicolet offers a visit to the *Museum of World Cultures* and its *Manu Factum shop*. In addition to the permanent exhibition, the museum presents various temporary exhibitions; during your visit, consult their website for full details.

Stage 9 24 km From Nicolet to Cap-de-la-Madeleine (in 2 parts)

Today marks the final leg of the Montreal – Cap-de-la-Madeleine halfway journey. It's a very special day, as it will be divided into three parts:

1. Nicolet to the Laviolette Bridge
2. Crossing the Laviolette Bridge to Trois-Rivières by taxi
3. From Trois-Rivières to Cap-de-la-Madeleine.



Shortly after setting off this morning, you'll reach the banks of the Nicolet River and pass through the outskirts of Nicolet. To your left, directly opposite the Montfort Hotel, you'll find the Josaphat-Duhaime rest stop (run by a Nicolet arborist and nurseryman), providing access to the river. It's a lovely spot where you can enjoy the last bites of your breakfast, tie your shoelaces, catch your breath, or simply admire the breathtaking scenery.

The beautiful riverside homes will follow one another and, shortly after leaving the Nicolet River, you will come across the Anse-du-Port Ecomaritime Park, a privileged site for observing regional fauna and flora, equipped with a footbridge to facilitate access.

Here you are on the River Road. If the road is named that, it must be a sign that… well yes, after a few knowing glances, the St. Lawrence will eventually embrace your gaze.

Later, the luxurious homes will play leapfrog with the renovated and winterized cottages, each vying for access to the river. As you approach Highway 55 and the Laviolette Bridge, which will take you to Trois-Rivières, the noisy and intrusive hustle and bustle of civilization will catch up with you.

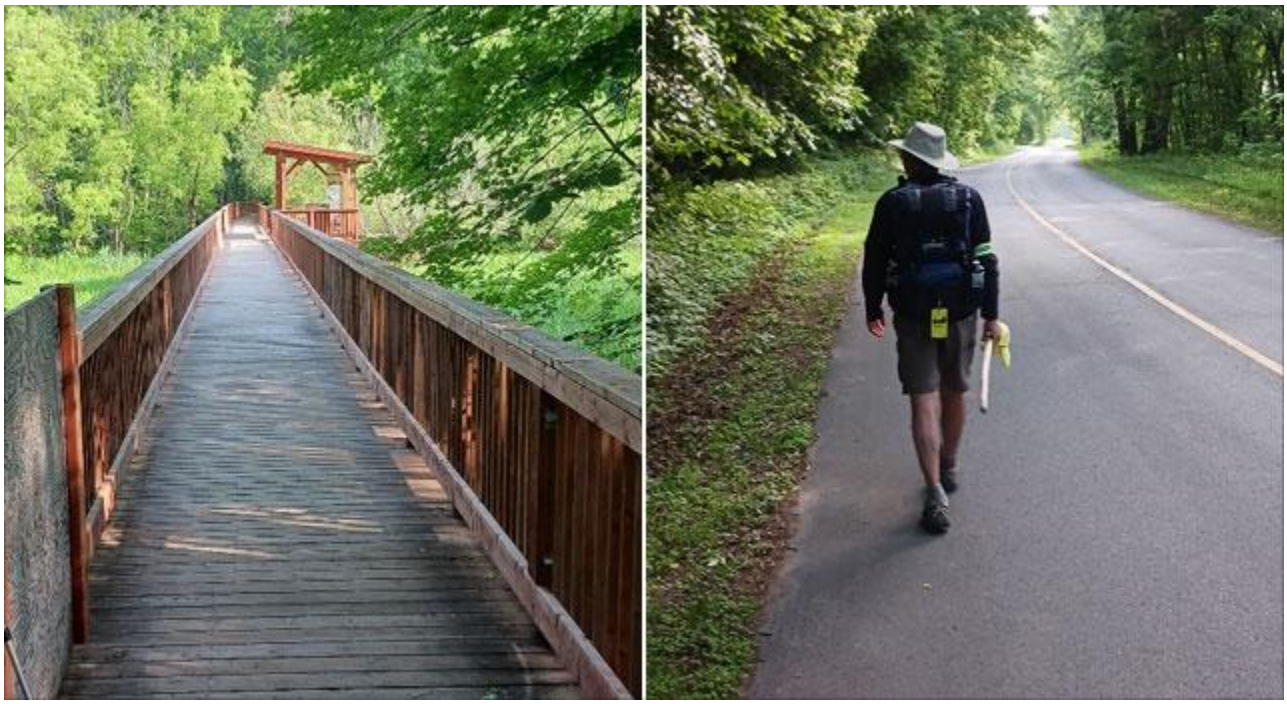
But bear in mind that this will only be a transitional step: a taxi (for a fee) will take you to the other side of the bridge, to the center of the city of Trois-Rivières.

No, no bridge to cross on foot this time, and no vertigo-inducing knee-jerk reactions. Especially since the Laviolette Bridge (Trois-Rivières) (106.6 meters – 349 feet) reaches a little closer to the sky than the Jacques-Cartier Bridge (Montreal) (104 meters – 341 feet). Even if, in a moment of daring, you wanted to cross the Laviolette Bridge on foot, you couldn't, as there's no sidewalk on the bridge. We're truly sorry.



The Laviolette Bridge © Andéanne Lemire, Radio Canada

After more than a week of walking, it's perfectly normal to feel a little strange getting into a vehicle (taxi) and watching the scenery whiz by while your legs remain still. Don't worry, it will only last a short time: 7 kilometers, about ten minutes. Your legs won't mind.



On the River Path ©Pierre Turcotte

You've arrived in Trois-Rivières. The second French-speaking city founded in North America (1634), it boasts an impressive historical heritage reflected in the decor and architecture of its downtown. There's a wealth of things to discover: the Ursuline Museum, the Old Prison, the Pop! Museum, and many other opportunities. Take your time: yes, you'll be on vacation!

'll barely have time to stroll through the charming streets of Trois-Rivières before you find yourself on the path that runs alongside the river, offering breathtaking views. You'll share the path with joggers, cyclists, and strollers, just like... just like in Mount Royal Park in Montreal. It will seem like only yesterday... and yet, like an eternity ago. So much ground covered! So many steps!



Trois-Rivières © City of Trois-Rivières

Time passes through the hole in the hour hand. (Jules Renard)

You will only have a few kilometers of walking left after crossing the bridge between Trois-Rivières and Cap-de-la-Madeleine.

You'll be sweating with happiness when you arrive at the accommodation!

Notre-Dame-du-Cap Shrine

Here, some pilgrims arrive at their destination, others continue on their way, and some begin their pilgrimage on the Way of the Sanctuaries to Sainte-Anne-de-Beaupré.

The Notre-Dame-du-Cap Shrine is the 2nd largest Marian shrine dedicated to the Virgin Mary in North America, the first being Our Lady of Guadalupe in Mexico.

Standing on the banks of the St. Lawrence River, it welcomes more than 500,000 pilgrims and visitors from all over the world each year. A large, modern basilica was inaugurated in 1964, inside which there is a Casavant organ composed of 5,425 pipes, one of the largest in the country, as well as magnificent, unique stained-glass windows, the work of Dutch master glassmaker Jean Tillemans.

Near the basilica stands the "Little Sanctuary," the historic chapel erected in 1714 and considered the oldest church in Canada preserved in its entirety. With its magnificent gardens crisscrossed by pedestrian walkways overlooking the river, the Notre-Dame-du-Cap Sanctuary is a verdant and peaceful oasis.



Notre-Dame-du-Cap Shrine ©tourismexpress.com

History of the Sanctuary

The history of the Notre-Dame-du-Cap Shrine has been marked by two miracles, one in 1879 and the other in 1888. Here are the accounts of these miracles, as well as some important dates in our history.

The ice bridge

In 1873, the population of Cap-de-la-Madeleine was approximately 1,300. The small parish church could no longer accommodate the growing number of devout parishioners. The need for a larger church became apparent. However, the people were poor, and the sandy soil of Cap-de-la-Madeleine lacked stone. For reasons of economy, the plan was to demolish the old church (the present-day Petit Sanctuaire) and use its stones in the construction of the new one.

To read more, see https://www.sanctuaire-ndc.ca/en/about_us/historical-summary/

Stage 10 2.6 km From Cap-de-la-Madeleine to Batiscan

Today, you will have the pleasure and privilege of walking on a portion of the Chemin du Roy.

The Chemin du Roy (King's Road) is the twin of the St. Lawrence River, the first carriage road in New France. At the very beginning of the 18th century, no road link existed between Montreal and Quebec City. In 1707, the decision was made to remedy this deficiency. Construction began in 1731 and was completed in 1737: 280 kilometers of road, 7.4 meters wide, crossing 37 seigneuries. A gigantic undertaking! At the time, it was the longest road built north of the Rio Grande. The first highway in North America!



Accessible year-round, the Montreal-Quebec City route could be completed in two days at a gallop. Up to twenty-nine rest stops were established to meet the needs of travelers.

Among these: Berthier, Trois-Rivières (stop for the night) and Deschambault, where, it seems, the succulent pork with potatoes and vegetables at the Auberge des Quatre pattes was worth a stop.

The Chemin du Roy is a bit like our Silk Road, our Via Romana, our Way of St. James, our Route 66.

It has been a long time since the carriages, coaches and winter wagons of our ancestors frequented the Chemin du Roy, but, if, while walking, you pay a little attention, you will be able to feel the energy of the builders of our country which emanates from this historic territory and perhaps also hear the step of the horses which have blended into the landscape.

The St. Lawrence River will accompany your walk today, a delightful companion indeed. Furthermore, several rest stops have been placed along the route to your destination, including the charmingly named Halte de la Pointe-au-vent.



The village of Champlain © plusbeauxvillages.ca

In the village of Champlain, you can stop at the wharf or walk a few more kilometers to reach the Antoine-Desrosiers rest area. From there, you can leisurely contemplate the river with all its shades of blue, wondering where the sky begins and ends; its cargo ships that come to unload their cargoes in Montreal or in a port located on the Great Lakes; imagine its mysterious secrets buried in its depths; and, also, its invitations to us to leave us there, just to be there.



The Batiscan countryside © Bertrand Dubuis

Your walk will soon be over. Time to leave the river and head inland for a few kilometers. Yes, it will be a beautiful day.

Stage 11 18 km From Batiscan to Sainte-Anne-de-la-Pérade

The river is a bit like a companion, a life partner. It's in its absence that we miss its presence the most. But have no fear, it will return.



After your brief foray into the surrounding countryside, here again is the river, at the end of this long row, stamping its feet and pawing the ground impatiently.



The village of Batiscan © plusbeauxvillages.ca

Throughout this stage, along the route 138, you will enjoy a vast panorama of this majestic river which will accompany you to the village of Batiscan.

Batiscan, a peaceful village on the riverbank where time seems to stand still. A tranquil serenity reigns here, warming your heart . The most beautiful part of the village consists of a cluster of houses situated on one side of the main road, forming a harmonious row facing the river.

Sit for a few moments on the benches near the quay to watch a boat go by. A small moment that will remain etched in the memory of your Camino.



Watching a boat go by © Pierre Turcotte

After leaving the village and crossing the Batiscan River bridge, you will quickly find yourself back in the quiet of country roads, all the way to the entrance of Sainte-Anne-de-la-Pérade.

During the winter season, the municipality of Sainte-Anne-de-la-Pérade is a prime tourist destination for ice fishing in the channels, from December to March. Each year, more than 100,000 tourists come to enjoy ice fishing on the Sainte-Anne River in one of the 500 cabins designed specifically for this activity.

Fishing was already practiced there over 1,000 years ago by Indigenous communities; in the 17th century, the first settlers even referred to it as "winter fish." However, it wasn't until 1938 that fishing for small fish in the channels regained popularity among the local population. Over the years, its reputation has become international.

Once you have crossed the Sainte-Anne river bridge, you will be facing the Sainte-Anne-de-la-Pérade church and you will only have a few dozen meters left to cross before arriving at your accommodation for the night.

Stage 12 25 km From Sainte-Anne-de-la-Pérade to Deschambault

Don't be intimidated by the number of kilometers to walk today. It may seem daunting, but you'll be ready. Your backpack will be properly adjusted on your shoulders and hips; your boots will feel like an extension of your feet; you'll have taken good care of any minor aches and pains, and all that will be history; your body will be well-trained and ready to devour those kilometers.



All the more so because, even today, you'll be pampered. Another time, you'll leave the riverbank, but it will continue to follow you faithfully not too far to your right. A few orchards will grace your path; it's a shame it's not the season. But, if the region charms you, you can always return in September. Afterward, you'll leave the Mauricie tourist region, which will give way to the Quebec City region. Samuel will be getting closer!

On the agenda today: the municipality of Deschambault-Grondines, two entities that were brought together during the wave of mergers in Quebec in 2002. You will have the opportunity to cross paths with them both although they are 10 kilometers apart.

A few kilometers before Grondines, the established route will veer west to continue along Chemin du Faubourg in a more intimate and peaceful setting. Lining the street, you will be charmed by the houses with their typical Quebec architecture and their balconies.

And then, this little street, seemingly untouched by time, with all its greenery: how could one not sigh with contentment while walking along it? Just before reaching the church, you might be tempted to take a detour to the Grondines quay and, about a hundred meters away, its old mill. If you're interested, simply follow the Quay Road… of course!



Beautiful ancestral home © Bertrand Dubuis

Beyond the church in Grondines, the imposing ancestral homes will continue to exert their charm. The Sir Lomer Gouin Road (named after Quebec Premier, 1905-1920) will eventually lead you back to the Chemin du Roy (King's Road), with the St. Lawrence River in your sights. Along the way, you will pass the magnificent Chevrotière Mill, a historic watermill, a listed heritage site built in 1802.



The Chevrotière mill © Bertrand Dubuis

And, as the houses draw ever closer, as if welcoming you with open arms, Deschambault, your destination,

will appear on the horizon. In Deschambault, you will find the Old Rectory (1816), which you can visit and which overlooks the river from the top of Cap Lauzon.



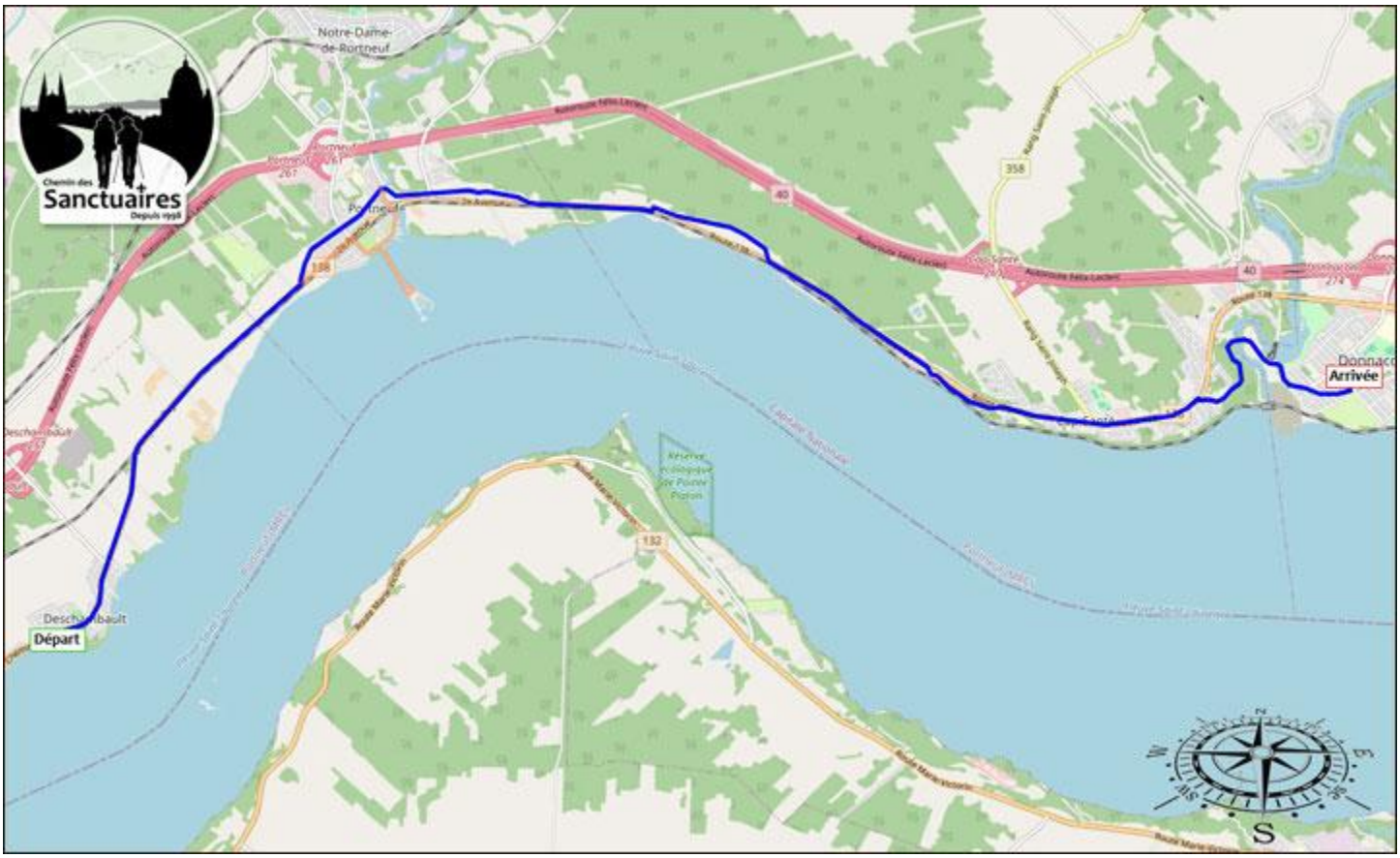
The village of Deschambault © plusbeauxvillages.ca

Just a short walk away, you'll find a landscaped park with a shaded gazebo and picnic tables. The view of the St. Lawrence River and the South Shore completes the picture. Restaurants, a general store, a bakery, a chocolate shop (yes, you can afford it, considering the number of kilometers you'll be walking every day!), and other shops and services will also be available.

The table will be set. All that will be missing is you!

Stage 13 21 km From Deschambault to Donnacona

While the images of the charm of Grondines and Deschambault have taken their way into your memories, you will feel this invigorating energy that will animate you and motivate you to continue the Way.



Just before entering the municipality of Portneuf, the route will leave Route 138 to take 1st Avenue, a village road where only the local population travels.



Old Road © plusbeauxvillages.ca

The seigneury of Port Neuf was one of the first established in New France in 1636. You can also observe the manor of the successor of the first seigneur which is still present along the route of the Chemin du Roy (1st Avenue), alongside residences built in the Victorian style.

There will be no shortage of places to take a break in Portneuf: a stop at the entrance to the wharf, a marina at the very end of the Quay Road, the Ornithological Observatory and a small municipal rest stop at the corner of Chemin Neuf Street.

Once your legs have caught their breath, you'll continue along the Chemin du Roy. Eventually, on your right, the Vieux Chemin, truly charming, will lead you straight to the center of the small town of Cap-Santé. From there, you can reach the wharf by taking the Côte du Quai, which descends towards the river. But, as you well know, what goes down must come up. And the Côte du Quai is a hill with a capital C. We recommend you think twice before venturing down it.



Church Square in Cap-Santé © plusbeauxvillages.ca

Toponymy specialists in Quebec offer several hypotheses regarding the origin of the name Cap-Santé. Could it be that soldiers regained their health and were cured of a mysterious illness upon landing there? Or perhaps the site had a reputation for healing those who stayed there? Or that travelers who crossed this perilous section of the Chemin du Roy (King's Road) gained salvation? Or, perhaps, could it be the Cape of the Path, "path" meaning a crossroad?

In short, once you've explored the city, we suggest you share your own theory about the origin of its name with the municipal authorities. Your opinion will surely be worth considering, since, in any case, they don't agree.

While you ponder the question, and without even realizing it, your steps will have led you to Donnacona via Notre-Dame Street, which, for your information, is downhill, and no, you won't have to go back up it… today. Once you've crossed the Jacques-Cartier River bridge and passed the Donnacona dam, you'll be delighted to arrive at your destination.

Stage 14 14 km From Donnacona to Neuville

Walking the Way of the Sanctuaries, you will quickly realize that encounters are a very important aspect of your journey. And, as a result, you will meet an impressive variety of humankind. Curious people, whom you will meet unexpectedly, will call out to you and ask about your destination, of course, but also the reason for your hike, the weight of your backpack, where you are sleeping, the composition of your diet, the identity of your religious sect ;) and, often: "Can I give you a lift somewhere?"

Enough to reconcile you with the planet and its inhabitants.

But when you tell them that you walk 20 kilometers a day, that you go to Sainte-Anne-de-Beaupré and that you lead a spartan lifestyle, be warned: you will detect a lot of incredulity in their eyes, as if to say: "No, I didn't hear that right. It's not possible." Well, yes, that's how it is.

You will also meet a group of dedicated, welcoming people who often offer you a part of their home, going to great lengths to make your stay as comfortable as possible; these are the people who will host you for the night. They have been doing this for 1 year, 5 years, and sometimes for over 20 years. You will be privileged!

Like a gift from life.



Is the walker different? © Bertrand Dubuis

This morning, fate will present you with a 14-kilometer walk. A little less than the previous days, but still quite an achievement. Every day since your departure, you'll be taking on the challenge of covering an impressive number of steps, accompanied by your trusty backpack, which will be your constant companion. You'll deserve a medal!



You will leave Donnacona, whose name, unanimously recognized, originates from Donnacona (which means "leader of peace"). Iroquoian chief of Stadacona (Quebec) until May 1536, exiled by Jacques Cartier with two sons and died in France in 1539. Via Notre-Dame Street, you will cross the residential section of the city to finally reach Route 138.

Farm landscapes will reclaim their place with silos, barns, and other outbuildings. From time to time, roadside stands will offer seasonal produce. Then, on your right, you'll take the charming, suburban Rue Vauquelin, which gently descends towards Neuville (named after Nicolas Dupont de Neuville, 1632-1716). In Neuville, on Rue des Érables, the Sainte-Anne Chapel and the Old Convent are heritage buildings. The Old Convent is now used for cultural and artistic purposes.

Just a few hundred more meters to walk.

Your cottage will be waiting for you.

Stage 15 17 km From Neuville to Saint-Augustin-de-Desmaures

Your journey today will largely take place on small rural roads parallel to Route 138, all the way to your destination of Saint-Augustin-de-Desmaures. A truly enjoyable drive awaits, offering scenic views to savor.

You will continue your journey along Maple Street, which has the distinction of being located on the mountainside and occasionally offering panoramic views of the St. Lawrence River.

Then, it will be the Chemin du Roy's turn to capture your footsteps. A peaceful and tranquil path lined with properties featuring stone walls and pole fences; and, to top it all off, a temporary speed limit of 30 kilometers per hour for motorists. Something close to bliss.



Speed temporarily limited to 30 kilometers per hour © Marie-André Richard

On this stretch of road, you can enjoy lighter traffic, allowing you to appreciate everything around you and simply be present in the moment. Like a gift. After all, isn't a present a gift?

Gradually, the houses of the town of Saint-Augustin-de-Desmaures (name chosen to honor Charles Augustin de Saffray, sieur de Mésy, governor of New France from 1663 to 1665) will be built before your eyes.

Since the route will pass south of the town of Saint-Augustin-de-Desmaures and no place to resupply will be provided on the Way, an alternative route will be offered (Raquette road on the left) which will take you to the center of the town to various services that can meet your needs.



As you travel along the King's Way, the Hauts-Fonds Park rest stop will arrive just in time for a well-deserved break. Just enough time to update your personal information and take your time, and you'll be ready to hit the road again. And since the King isn't always concerned with the well-being of his subjects, his path will lead you a little further towards a slope that is, shall we say, quite...

Okay. You'll see! Assuming one's role as a valet-walker means accepting the King's whims.

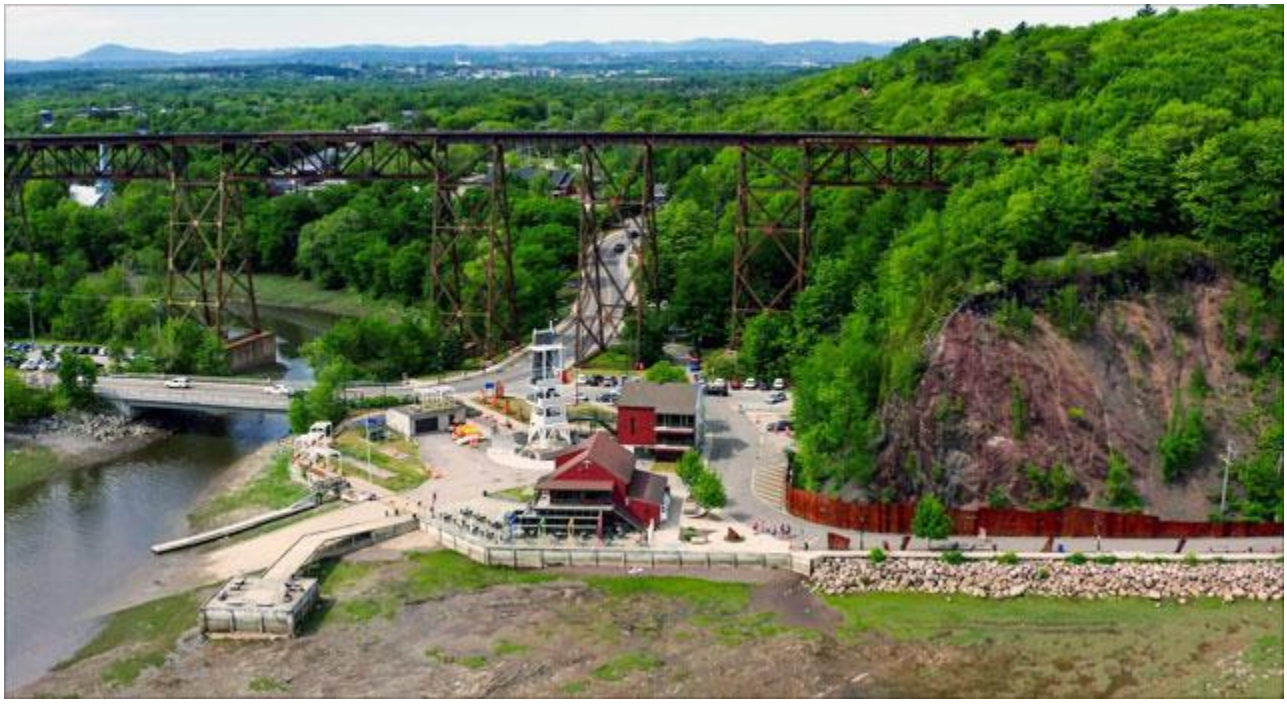
Your journey will continue along the aptly named Chemin de la Butte, lined with beautiful properties, some of which are truly breathtaking estates. Briefly, you will travel along the verdant Chemin du Lac before reaching your accommodation after passing through an upscale neighborhood in the town of Saint-Augustin-de-Desmaures.

Tomorrow: destination Quebec!

Stage 16 21 km From Saint-Augustin-de-Desmaures to Quebec City

Just the thought of walking the streets of the National Capital with your backpack today will invigorate you. Even your boots will be eager to pick up the pace. What's more, two walks will be offered along the way to enhance your day.

Your walk will barely have begun when you'll quickly feel the breeze of Saint-Augustin on your neck. Then, you'll descend briskly towards Cap-Rouge. Is it really necessary to explain the origin of this town's name? No, of course not. But, just in case. The name Cap-Rouge comes from the presence of a promontory of reddish, schist-like rocks on the cliffs west of Jacques-Cartier Beach Park. Obvious.



The Tracel and the Cap-Rouge Nautical Park © Mike Sickini

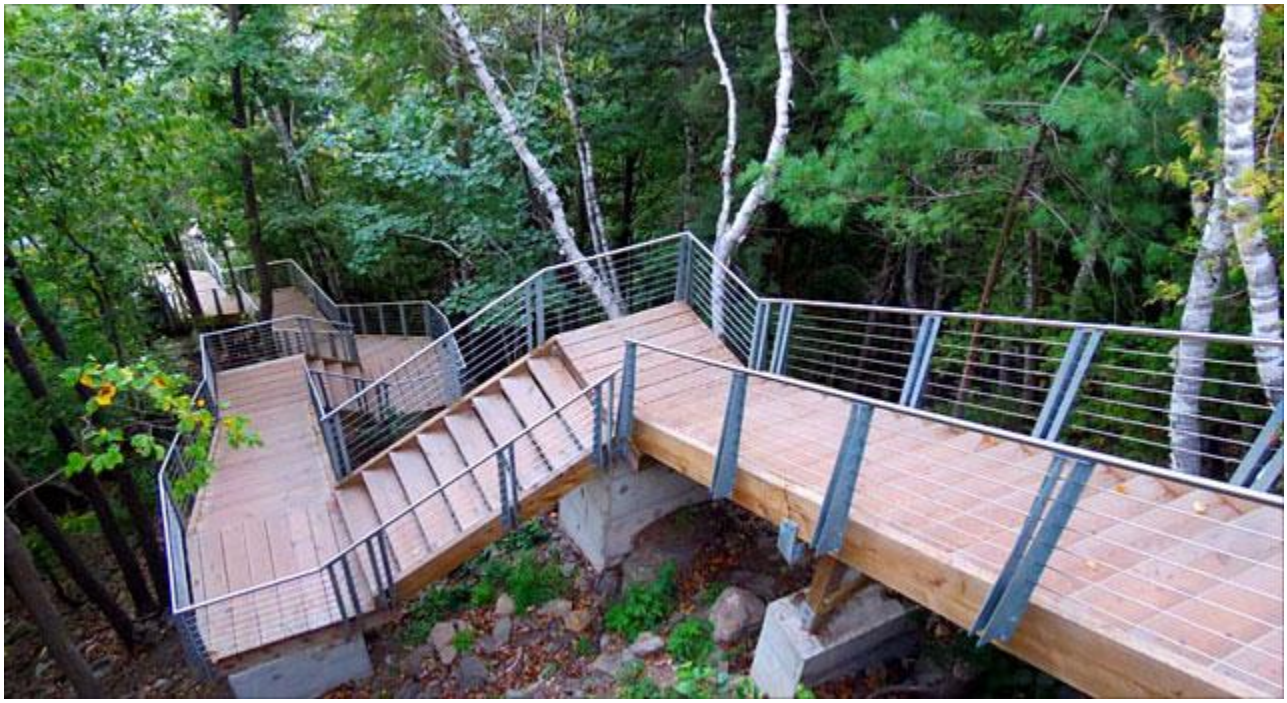
After passing on your left the Cap-Rouge Tracel (a metal railway viaduct measuring 1016 meters long and 52 meters high, built from 1906 to 1910 and completed in 1913) and crossing the bridge overlooking the Cap-Rouge River, you will enter the Jacques-Cartier Beach Road with its magnificent promenade that takes over the river to better offer it to you.

At the end of the trail, at the Chemin du Pavillon rest area, you'll have two options: either climb the slope back towards town to continue the trail, or continue along the Sentier des Grèves, with its 7 staircases and 561 steps (5 up and 2 down). Take some time to think about it. Just listen to your body. And above all, remember that this is YOUR trail.

Continuing along the Sentier des Grèves (Beach Trail), you'll come across Gagnon Beach. And where there's a beach, there's an opportunity to give your feet a well-deserved reward by dipping them in the cool water. They 'll thank you. So much.



The last staircase you climb will take you to the Belvédère des Ponts from where you can contemplate the St. Lawrence River, most likely one or two ships, perhaps some sailboats or schooners, but certainly the Pierre-Laporte Bridge with, in the background, the Quebec Bridge.



The stairs of the Sentier des Grèves © Michel Corboz

Once you've finished the Sentier des Grèves and climbed all those stairs, the expression "to take a walk" will never have the same connotation for you again. Guaranteed.



Go down the last two flights of stairs to reach the Samuel de Champlain Promenade © Michel Corboz

After passing under the two bridges, you will take the Samuel-de-Champlain Promenade and can catch your breath at the Quai des Cageux, to prepare yourself for the final stretch before arriving at your destination.

On the Samuel-de-Champlain Promenade, cyclists, walkers, joggers, and strollers with babies will, of course, share their enthusiasm with you. You can then let yourself be carried along by this energetic momentum to Rue de l'Anse au Foulon and cross the bike path that climbs to the right of Côte Gilmour to reach Avenue George VI . Out of respect and consideration for you, walkers, the steepness of the incline will not be disclosed here.
Here you are.

The Plains of Abraham, the Château Frontenac, Place Royale, Place d'Youville, the shops of the old town, the many museums, the multitude of restaurants, the picturesque charm of Quebec City's streets, and much more: all this just for you.

A very nice end to the day ahead!

Stage 17 20 km From Quebec City to L'Ange-Gardien

Walking through a city like Quebec City in the early morning hours is a unique experience. Truckers deliver their cargo, drivers seem to be on autopilot, and passersby are preoccupied with the worries awaiting them at work. Backpack on, you'll pass them, somewhat disconnected from this world, since taking one step after another will have been your reality for several days already. A feeling of freedom will fill you.

This morning again, Quebec City will unveil some of its most beautiful treasures: the fortifications; the magnificent view of the river, Lévis and Île d'Orléans from the Dufferin Terrace; the lower town with its Place Royale, its Notre-Dame-des-Victoires church (1688, rebuilt in 1763) and its fresco of the Quebecers (1999).

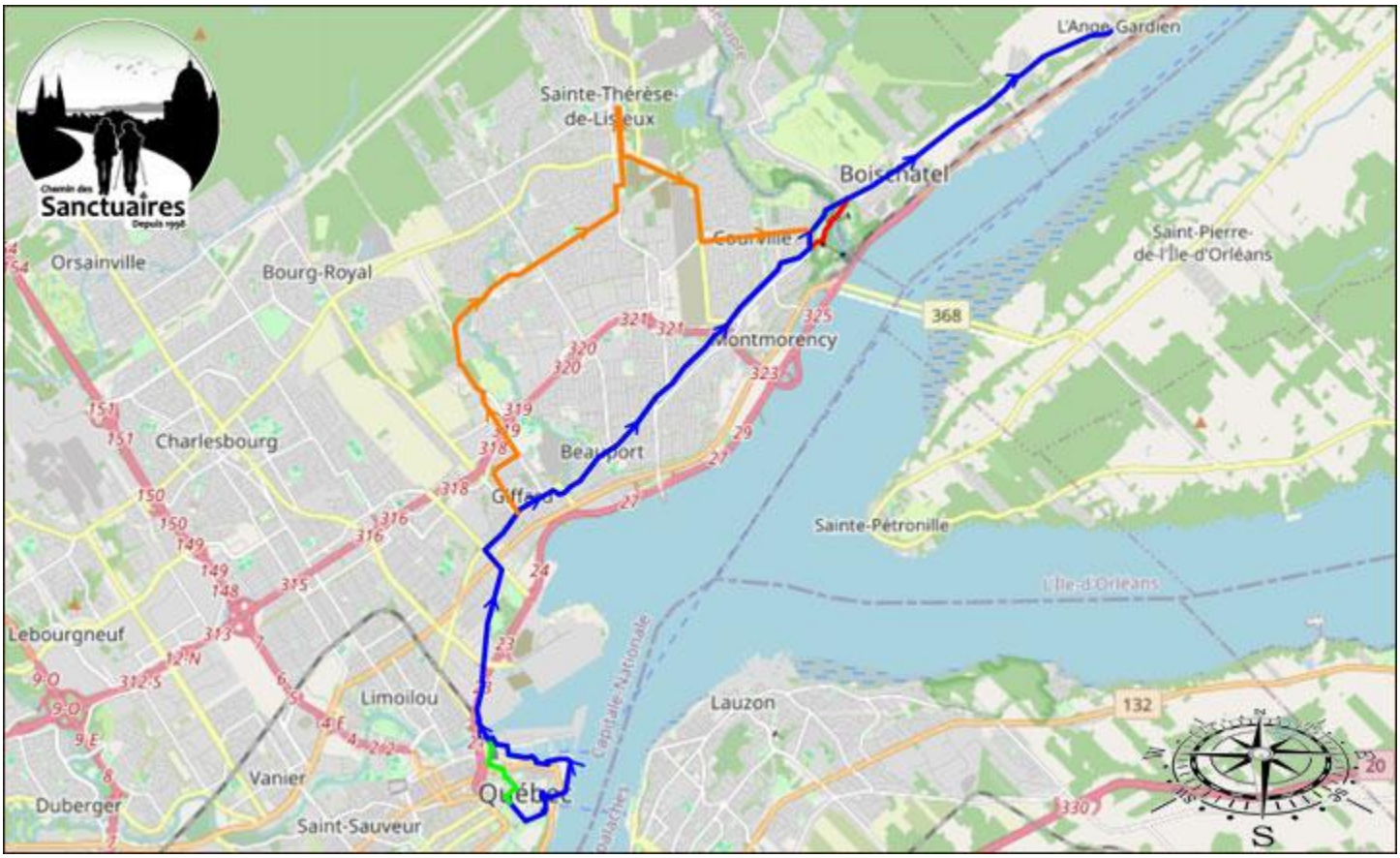


The Dufferin Terrace, the Château Frontenac and the port © iStockPhoto

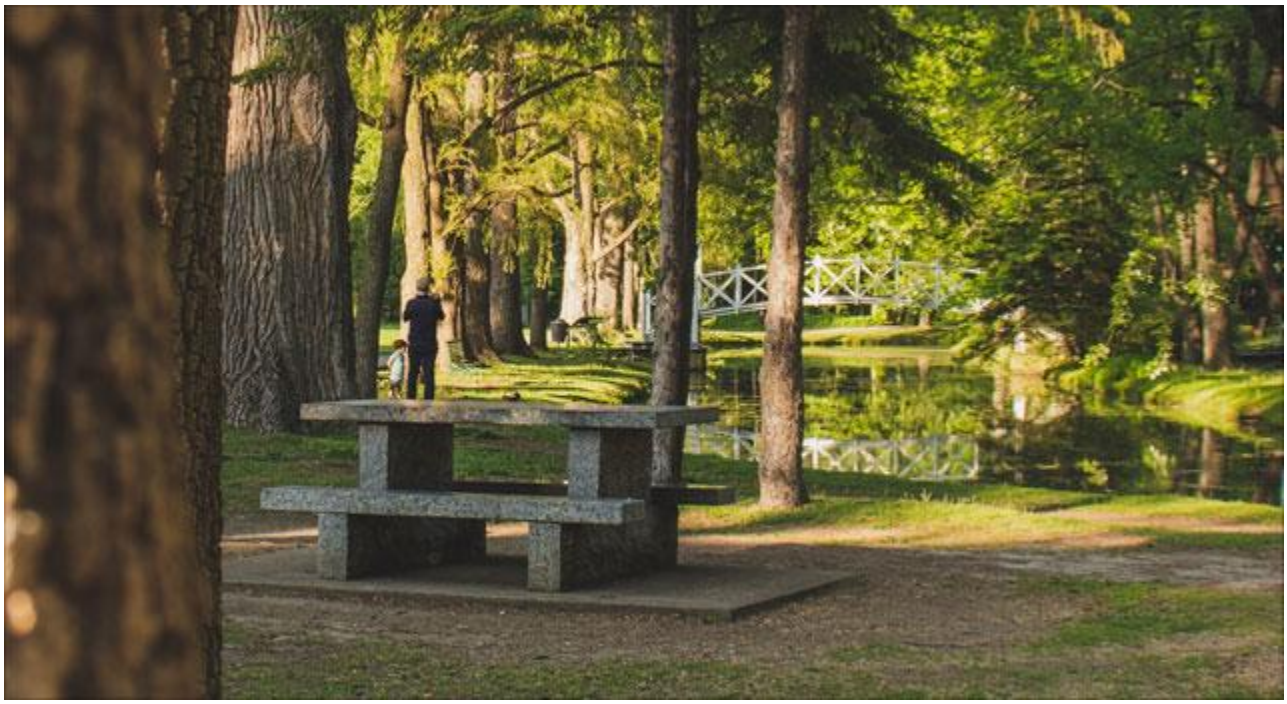


Notre-Dame-des-Victoires Church and the Quebecois Fresco © Jassy-50

The Corridor du Littoral bike path will accompany you today to safely exit Quebec City.



The enchanting Domaine de Maizerets , located next to the cycle path, offers an opportunity for you to relax a little. A short morning break, why not?



A break at Domaine de Maizerets © passepartout.com

Subsequently, two alternatives will be available to you:

1. The regular route involves continuing along Royal Avenue (12 kilometers)
2. The Sanctuary option will take you to the Sanctuary of Saint Thérèse of Lisieux, a little to the north, away from the city (18 kilometers)

Okay. Since you've committed to walking the Way of the Shrines, you might as well take advantage of every opportunity to visit a Shrine, even if it requires a little extra effort on your part. The pilgrim in you will appreciate it.

Once your visit is complete, you will return to the Avenue Royale where you will find a multitude of shops offering a wide range of services.

Today, you will pass through the Beauport heritage site; what is now a suburb of Quebec City was, in the 18th and 19th centuries, a string of small villages spread along the Chemin du Roy (King's Road), including the former municipalities of Giffard, Beauport, Villeneuve, and Courville. Occupying the Beauport shoreline, this site offers a truly remarkable panorama of the St. Lawrence River. It comprises more than 650 buildings constructed between the 18th and 20th centuries, in addition to two listed historical monuments: the Girardin House (built between 1784 and 1819 - 600 Avenue Royale - Art Museum with a permanent exhibition on Francophone American history) and the Tessier-Dit-Laplante House (1867 - 2328 Avenue Royale).

Just before Montmorency Falls Park, you will have two options to continue your journey. You can either maintain your momentum and take the left turn to stay on Avenue Royale, or continue straight ahead along Chemin du Manoir, which will lead you to the footbridge over Montmorency Falls access fee applies.



The suspension bridge over Montmorency Falls © Expedia

This second option should be systematically ruled out if you suffer from acrophobia (fear of heights) and if the mere thought of walking on a narrow wooden floor overlooking 83-meter drops gives you cold sweats and dizziness.

But, just as yesterday when you faced the 561 steps of the Sentier des Grèves staircase, you can reflect on it. You simply have to listen to what your body tells you. Above all, you mustn't forget that this is YOUR path.

Once you've overcome this hurdle, or ordeal, depending on your perspective, you'll return to the peaceful and safe path of Avenue Royale in the municipality of Boischatel. You'll notice that, little by little, subtly, the space between the houses will widen. They'll no longer be so close together. It's almost as if the countryside is inviting itself into its urban neighbor.

The Chemin des Sanctuaires could just as easily have been named Chemin du Saint-Laurent, so much does the river never tire of being by your side from the moment you leave Cap-de-la-Madeleine. Like a faithful walking companion.

Your Guardian Angel will welcome and shelter you tonight. Comforting. Enough to sleep peacefully.



The Guardian Angel welcomes you

Last night on the Way since tomorrow it will be the arrival in Sainte-Anne-de-Beaupré.

And, perhaps, a sweet mixture of finally and already will accompany you.

The Shrine of Saint Thérèse of the Child Jesus

The first church in Quebec built in the Dom Bellot architectural style, opened for worship in 1937, the Sainte-Thérèse de l'Enfant-Jésus Sanctuary is the only one dedicated to Saint Thérèse in Canada.

An unmissable place to visit for its religious and tourist interest due to its construction in brick and fieldstone from Beauport, its parabolic arches, the simplicity and brightness of its interior, the sanctuary is also the only one in the country to possess a permanent fixed reliquary containing a fragment of bone from the knee of Saint Thérèse.

In 1987, the statue of Saint Thérèse, carved in linden wood by Ronald Rondo of Beauport, was placed on a podium at the center of a wall arch reminiscent of the Carmelite monastery. The sunlight streaming in illuminates the saint, allowing us to appreciate her full splendor. An arrangement of wall paintings recounts the major events in Thérèse's life, from her birth to her death. The display is further enhanced by photographs of the saint and several biographical notes.

Recognized as a sanctuary in 2005 by the Archbishop of Quebec, Cardinal Marc Ouellet, the church hosted the large reliquary of Saint Thérèse in 2001 and 2008. It still attracts the faithful today, especially during the novena to Saint Thérèse in September.

A cross from the mother church of Beauport, which burned down in 1916, stands in the parking lot, near the rectory. The granite of the commemorative plaque is a fragment of the sanctuary's first altar.

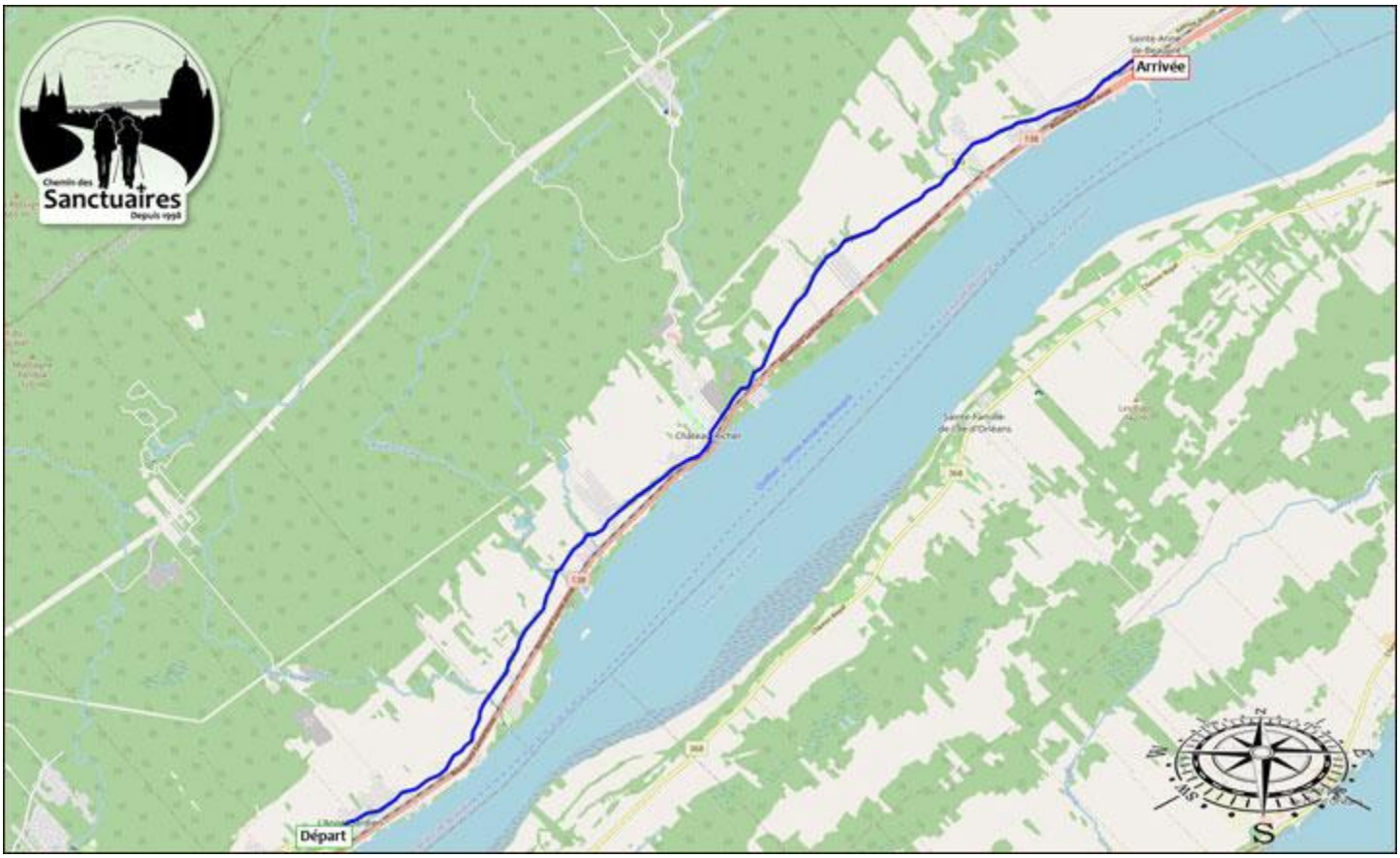
The Sanctuary is open from June 20th. Walkers who wish to visit it before this date can contact Marie-Claude Côté at the secretariat at 418-663-4011 ext. 2 (open Monday to Wednesday from 9:30 a.m. to 12 p.m. and from 1:30 p.m. to 4 p.m.) or write to fondation@petitetherese.org .
To learn more, visit https://petitetherese.org



Diocesan Shrine of Saint Thérèse of the Child Jesus

Stage 18 18 km From L'Ange-Gardien to Sainte-Anne-de-Beaupré

You will be pampered today for your last day of walking on the Way of the Sanctuaries.



The Avenue Royale leading to Sainte-Anne-de-Beaupré will be dotted with many attractions: Norman houses, low and with pronounced roofs, Quebec-style or mansard-roofed, chapels, wayside crosses, vestiges of another century… You will also find many bread ovens, vegetable cellars, some dating back more than 300 years.



Chapel and vegetable cellar © Bertrand Dubuis

In the region, the Chemin du Roy was renamed Avenue Royale and, more recently, Route de la Nouvelle-France. Avenue Royale is a gem for history buffs and architecture enthusiasts, as it is one of the oldest thoroughfares in North America.

Keep a close eye on the signs lining the roadside, identifying the tenants for each plot of land: you might recognize, who knows, one or more generations of your ancestors who toiled on the lands of a lord of the time. Along this path, perhaps you'll even set foot in the very same place where they once trod.

Until you reach your destination, the Côte de Beaupré will unfold its treasures of beauty before your eyes. A priceless treasure.



The Côte de Beaupré unfolds its treasures of beauty before your eyes © Pierre Turcotte

And why not one last little treat before you reach your destination? Like a picture stuck in your homework book. At Chez Marie's artisanal bakery, you'll find doughnuts, brioches, turnovers, and maple butter. What's more, the bakery is housed in a stone building dating back to 1652. If only for the pleasure of stepping inside.

Signs that Sainte-Anne-de-Beaupré is approaching: the Avenue Royale becomes narrower and narrower, houses multiply, and sidewalks appear as if by miracle.

Then, as the buildings lean slightly around a curve in the street, the two spires of the basilica will appear on the horizon, with the sky as a backdrop.

You won't be there yet, but it will be just as good.

You will then regain the energy that drove you when you started and that will allow you to cover the remaining hundred meters.

Once you have taken the last steps, standing there in front of the basilica, you can take a moment to pause and realize the full extent of the challenge you have just completed.

And to send you, from you, a message filled with love and gratitude.

And let's not forget, a heartfelt thank you to Life.



Smiles that speak volumes about the journey traveled

The Basilica of Sainte-Anne-de-Beaupré

Built in the Neo-Romanesque style and in the shape of a cross, the basilica is approximately 100 meters high, from the floor to the tips of the bell towers. It is nearly 60 meters wide at the crossing of the transepts and 50 meters wide at the facade. The building stretches for a length of approximately 100 meters.

The tympanum, the bas-relief on the façade, depicts Saint Anne in all her glory. At her feet and on either side, a long frieze recounts important moments in the history of this devotion, which represents a significant part of Quebec society. Just above, the pilgrim's angel watches over the thousands of faithful who come to visit Saint Anne each year. Finally, above, the twelve apostles frame the large rose window.

Finally, several statues decorate the facade: Mary, Joseph, Joachim, John the Baptist, Bishop François de Laval and Mary of the Incarnation, all masterpieces by the Quebec sculptor Émile Brunet.

The main doors of the basilica, covered with hand-repoussé copper and created by the artist Albert Gilles, present several scenes from the life of Jesus.

On the pinnacle, between the two bell towers, we find the statue of Saint Anne, which was saved from the destruction of the first basilica during the fire of 1922.

To learn more, visit https://sanctuairesainteanne.org



The interior of the Basilica © Marie-André Richard



The Basilica of Sainte-Anne-de-Beaupré, arrival point of the Way of the Shrines © Marie-André Richard

Return from Saint-Anne-de-Beaupré to Quebec City, Montreal and Trois-Rivières

Several options are available for the return trip to Quebec City and then on to Montreal or elsewhere.

If you leave Sainte-Anne-de-Beaupré earlier using the river shuttle or a taxi, you have the option of taking the train from Quebec City to Montreal.

Taxi:
Call a taxi in the area . Another way to travel to Quebec City.

Train from Quebec City to Montreal.
Departures at 12:32 PM, 2:57 PM, or 5:41 PM from Gare du Palais. Tickets from $43.
https://tinyurl.com/3nbfn84h

Intercar bus service from Sainte-Anne-de-Beaupré to Quebec City and Montreal.
Purchase your ticket online and notify them one hour in advance by calling 1-800-806-2167 that you will be at the bus stop located at 9687 Sainte-Anne Blvd. (a 10-minute walk from the Basilica to the Irving bus stop). Departures are at 6:10 p.m. daily.
Sainte-Anne-de-Beaupré to Montreal: Sainte-Anne-de-Beaupré 6:00 p.m. Transfer - Quebec City (Sainte-Foy) 6:35 p.m. to 7:00 p.m. - Montreal (downtown) 9:30 p.m. The fare is $77.05.
Sainte-Anne-de-Beaupré to Quebec City: Sainte-Anne-de-Beaupré 6:10 p.m. - Quebec City (downtown) 6:40 p.m. A ticket costs $9.35 https://intercar.ca/fr

Orléans Express buses run from Quebec City to Montreal or Trois-Rivières.
Departure is from the Gare du Palais bus terminal, 320 Abraham-Martin Street. (418) 525-3000.
Several departures daily . Ticket to Montreal: $67.70, Ticket to Trois-Rivières: $42.30.
If you already have your ticket, please arrive 15 minutes before departure.
https://www.orleansexpress.com/en/ticket-sales/
Please note that tickets are sold on a first-come, first-served basis, and the bus may be full at the time of departure. https://www.orleansexpress.com/en/

PLUMobile - FREE IN 2026.
The stop is located to the left of the Sanctuary, just past the shops on Avenue Royale .
Arrival at the Beauport terminus, from where you take the RTC bus towards Gare du Palais .

PLUMobile - Bus Québec Desjardins : MONDAY TO FRIDAY
STA 1304 Royale Ave / Sanctuaire Street. Departures at 6:51 a.m. and 6:31 p.m. Arrive 10 minutes early.

PLUMobile – Reserved for the Coast : MONDAY TO FRIDAY
Royale Ave / Sanctuaire Street. Departures at 6:00 a.m., 8:35 a.m., and 9:30 a.m. Arrive 10 minutes early.

It is important to always make your reservation (see routes and schedules) before 3:00 p.m. the day before your departure. Any reservation for Monday morning must be made by 3:00 p.m. the preceding Friday. You can also book directly by email at info@plumobile.ca , by phone at 418-827-8484, or toll-free at 1-866-824-1433. https://plumobile.ca/

Guidelines

Every person who walks the Way of the Shrines commits to:

- **Telephone according to the specifications indicated in the guide to confirm arrival at the next accommodation.**
- Follow the steps outlined from the confirmed departure date.
- Bring **water and food** for the journey each day. Always dispose of your rubbish in the bins.
- Respect the **rules and safety advice for pedestrians** and walk facing traffic.
- Carry your backpack throughout the journey as there is no luggage transport service.
- Support the businesses whose bathrooms you use.
- Get your walking log stamped at each accommodation location.
- **Notify a member of the Chemin des Sanctuaires committee as soon as possible if you abandon your walk along the way by calling 581 781-5880, or by email at info@chemindessanctuaires.org .**
- **No smoking** in the accommodation areas.

Relationship with reception facilities

- Respect the **rules established** by the accommodation, and in particular the arrival and departure times. Leave the premises in the same condition as they were upon your arrival.
- Respect the peace and quiet of other walkers, those in charge of the premises, and other residents.
- Be courteous. Step aside when tending to your feet or changing clothes.
- You are responsible for washing your personal belongings; a fee may be charged by the accommodation manager for the laundry service.
- Telephone calls and long-distance calls are at your own expense.
- If you use the services of a person to transport your belongings, the Way does not assume responsibility for the accommodation or parking of that person's vehicle.



Emergency and general information

Notice regarding liability and damages.

As a long-distance walker, you are aware that the practice of long-distance walking carries certain risks that can represent potential threats.

The Path of the Sanctuaries disclaims all responsibility for any illness, accident, loss or theft of equipment or any injury of any kind that a person may suffer during activities or on the premises of accommodation.

By participating in either of the walking activities, you waive all claims and release the organization Chemin des Sanctuaires, its board of directors, its representatives and volunteers, as well as the landowners from all liability in case of accident and any damage of any kind during the entire duration of the trip, without exception or reservation.

In case of emergency

If you experience any difficulties during the walk, such as heat exhaustion, low blood sugar, or a fall, do not hesitate to ask for help and call 911.

Contact us in case of emergency

Please notify a member of the Chemin des Sanctuaires committee by calling 581-781-5880, or by email at info@chemindessanctuaires.org .

Costs: registration, insurance and accommodation

Your registration fee consists of an $80 registration fee (non-refundable) and mandatory individual accident and rescue insurance provided by Rando Québec at a cost of $10. *(If you are already a Rando Québec member at the time of registration, this $10 will be refunded).*

Accommodation costs during your trip vary from one provider to another, but the average cost is approximately $30 per night.
Once your registration is complete, you will receive a confirmation email containing various information, including a link to pay the required amount for accommodations. This amount must be **paid by April 15th** to validate your registration.

- **2026** | Full route, Montreal – Sainte-Anne-de-Beaupré, **18 days: $641**
- **2026** | Half-trip 1, Montreal – Cap-de-la-Madeleine, **9 days: $250**
- **2026** | Half-Ride 2, Cap-de-la-Madeleine – Saint-Anne-de-Beaupré, **9 days: $391**

This amount does not include accommodation at:

- *Montreal and Sainte-Anne-de-Beaupré for the entire route.*
- *Montreal and Cap-de-la-Madeleine for half of route 1.*
- *Sainte-Anne-de-Beaupré for half-course 2.*

Refund Policy:
The $80 registration fee is non-refundable. If you are already a Rando Québec member at the time of registration, you will receive a refund of $10.

Accommodation costs will be reimbursed until May 1st ONLY upon presentation of a medical certificate OR if you find someone to take your place. Reimbursement will be processed within a maximum of 3 weeks. **From May 2nd onwards, no refunds will be issued for any reason whatsoever.**

Equipment

Traveling light should be one of the first concerns.
The mistake many people make is wanting to bring too much gear. When packing your backpack, traveling light should be a top priority (**no more than 10% of your body weight**; a maximum of 15 pounds or 7 kg for women and 20 pounds or 9 kg for men). One to two weeks before departure, practice with your backpack. Weigh it and remove anything unnecessary; there's always too much.

The most important thing is choosing merino wool socks (avoid cotton) and hiking boots. You should wear your boots regularly for at least six months beforehand to break them in properly (or "break them in," in hiker's terms) and avoid any discomfort.

Full list of equipment to download on https://www.chemindessanctuaires.org/equipement.php?lang=en-US

Organize your backpack

Organization and accessibility are essential when packing a backpack. Here are some helpful tips to make it easier.



1. **The top and external pockets.**
   It is on the top of the bag, in the upper pocket, that you will place rain gear, caps, windbreakers.

2. **Back pocket and side pockets:**
   These will hold all the small items needed on a daily basis such as utensils, a penknife, glasses, sunscreen, energy bars, a fleece jacket, a camera, etc.

3. **Along your back,**
   the heaviest items should be packed lower than your shoulders and as close to your back as possible. This includes your first-aid kit (on top for easy access), clothing, toiletries, hydration bladder in its compartment, and less essential items. The goal is to position the pack's center of gravity as close as possible to the middle of your back to minimize leverage and effort. Clothing can also be used to secure heavier items along your back.

4. **The bottom of the bag**
   is the ideal place for your bedding: sleeping bag, hostel sheet, and pillowcase. If your bag has direct access from the bottom, you can also put one or two light items of clothing there that you might need during the day.

Video from the " La Tienda Center " on how to fold, pack , and arrange equipment in your backpack: https://youtu.be/8rXy8rKxRRI

Accommodation

Almost everyone agrees on this: accommodation is the key to success for long-distance walking.

In Europe, people engaged in long-distance walking benefit, among other things, from well-established networks of inexpensive dormitory-style accommodation with minimal services, such as gîtes d'étape in France or albergues de peregrinos in Spain; this type of accommodation is still very rare in Quebec.

In Quebec, with its vast, sparsely populated territory, finding accommodations within daily walking distance is a real challenge in many regions. And for route organizers, it's a constant headache, especially since in some food deserts, accommodations also serve as a source of supplies.

Source: Rando Québec: Long-distance hiking in Quebec . Current situation and development prospects

Our hosting providers

We are very grateful to all the people who agree to host the walkers during their journey.

The Way of the Sanctuaries handles accommodation bookings with private individuals, in community centers, church basements, youth hostels, religious communities and others.

As much as possible, our route captures the spirit of the pilgrim hostels on the Camino de Santiago by offering, at the end of each stage, accommodation at a reasonable cost and with minimal comfort, including toilets and showers most of the time.

Beds, cots, or air mattresses are provided at all accommodations. Hikers should bring their own sleeping bag and pillowcase, as bedding is not usually provided. Please note that internet access is not always available.



The pilgrim's booklet and the safety tag

The pilgrim's notebook

It's a kind of passport that you can have stamped and/or signed by the host at each accommodation. It grants access to the lodgings and serves as proof of completion, allowing you to receive, at the end of your journey, the certificate awarded to you for having walked the Way of the Sanctuaries.

This journal is much more than a simple administrative document. It is the story of a journey, written mile by mile by the participants themselves. Each stamp or signature is an indelible mark of their passage and proof of their determination. Ultimately, the journal becomes a personal treasure, reminding each person of the moments of joy, challenge, and transformation experienced on the Way of the Sanctuaries.



The safety tag on the backpack and the pilgrim's logbook

The safety tag

You can attach it to your backpack. This fluorescent yellow reflective safety tag is highly visible during the day, at night, and in bad weather. Made with a bright, durable reflective sheet laminated onto a plastic backing, you can write your contact information on the back.

You will receive both of them upon your departure from Montreal or Cap-de-la-Madeleine.

Walking guide, book of the Way and interactive maps of the stages

We provide interactive maps for each stage of the Shrine Trail, accessible online. In addition to showing the route, they include icons indicating the locations of water, restrooms, grocery stores, restaurants, and more. Clicking on these icons will display a more detailed description.

These maps can be enlarged (zoomed in) to see details and viewed directly on your cell phone or tablet.



Advantages of an interactive map

Using an interactive map on your cell phone allows you to follow the route of your journey and to locate yourself easily without needing to refer to the guide since your position, indicated by an arrow or a point, shows you in real time your progress all along the route and ensures that you do not stray from the route.

Use interactive maps

Even before you leave, you can use the maps to check daily routes, locate grocery stores to stock up on supplies, find rest stops to relieve a pressing need ;) or take a break.

Track your progress on the ground

When you are on the way, if you wish to display your position on the map, you will simply need to activate the location service on your phone to allow access to your location.

The geolocation service will then show you the remaining elevation gain or distance and will warn you if you stray from the planned route, so you won't get lost. You can use the real-time map and see your position along the way.

The walking guide and the book of the Camino are two essential works.

The Walking Guide contains contact information for accommodations and nearby services, in addition to a detailed description of each stage. The Shrine Way book presents the route and everything you need to know to prepare for it, including practical advice on equipment, clothing, and safety. These two free publications are essential complements to the interactive maps.

Acknowledgments

The annual update of this guide would not be possible without the assistance and support of many people. The Way of the Sanctuaries wishes to thank all those who, in one way or another, participate in this long-distance walking project, who offer a warm welcome and hospitality, their smiles, and who help and support its promotion and development to ensure its sustainability.

To all : you may have ideas for improving the appearance, presentation, or content of this work. Since all human endeavors can be improved, the authors thank you in advance for your feedback. Please send any suggestions or errors by email to the following address: info@cheminsdessanctuaires.org . You will be doing a service to future pilgrims who will follow in your footsteps.

We also take this opportunity to warmly thank those who, upon returning from their Camino, were kind enough to point out additions or information that had not reached us, and, if it happens, the rare places where the welcome was not up to standard.

This request also extends to establishments omitted from this publication, whose presence near the Way of the Sanctuaries would entitle them to be included in these pages. An error is always possible, despite our annual verification of information to ensure no one is left out. We ask their forgiveness and kindly request that they contact us to be included in a future edition.

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