



ROUTES TO CHOOSE FROM

The coloured strips denote a climb.
 The climbs are at least 500 m long on a gradient of 3% or more.
 🚲 paved road 🚲 gravel road 🚲 paved bike path

CYCLO-CROSS AND GRAVEL BIKE CYCLING ROUTE

LES 100 À B7

20 km • 44 km • Expert 🚲 🚲 🚲
 Experience part of Cycliste Lyne Desrosiers' training circuit.
 Attractions: Incredible views, steep but short climbs, very beautiful in spring time.

Loop	Start elevation	Max elevation	Gain
64 km	121 m	342 m	664 m

CROSS-BORDER CYCLING ROUTES

LA FRELISH-CARMI

49 km • Easy 🚲 🚲 🚲
 Attractions: Swimming in Lake Carmi, views of the Green Mountains. Don't forget your passport!

Loop	Start elevation	Max elevation	Gain
49 km	105 m	200 m	442 m

ROAD AND HYBRID CYCLING ROUTES

BOUCLE DU BERKSHIRE

57 km • Intermediate 🚲 🚲 🚲
 Attractions: Views, scenic roads, village of Montgomery. Don't forget your passport!

Loop	Start elevation	Max elevation	Gain
57 km	178 m	344 m	556 m

TOURIST INFORMATION OFFICES

PERMANENT

- Bromont:** 15, boulevard de Bromont 450 534-2006 / 1 877 276-6668 tourismebromont.com
- Sutton:** 24-A, rue Principale Sud 450 538-9455 / 1 800 565-8455 tourismsutton.ca
- Frelighsburg:** 1 Place de l'Église de St-Ignace-de-Stanbridge (CST) 301 110 1 800 416 0866 www.euro-spa.com

SEASONAL

- Cowansville:** 225, rue Principale 450 264-4058 tourismecowansville.qc.ca
- Dunham:** 373, rue Principale 450 295-2273 ville.dunham.qc.ca
- Frelighsburg:** 1 Place de l'Église de St-Ignace-de-Stanbridge (CST) 301 110 1 800 416 0866 www.euro-spa.com
- Lac-Brome:** 696, rue LaSalle 450 245-1221 tourismelacbrome.com

CAFÉ DE VILLAGE

The Cafés de village are friendly and welcoming meeting places. The cafés are in the downtown core of Bedford, Bromont, Cowansville, Frelighsburg, Lac-Brome and Sutton.

BIKE SHOPS & REPAIRS

Bedford: Velo Evénement Sports Excellence 797, route 208 Ouest 450 263-7028 www.veloevent.com 🚲 🚲 🚲 🚲 🚲 🚲

Bromont: Velo 89, boulevard de Bromont 450 534-2102 🚲 🚲 🚲 🚲 🚲 🚲

Cowansville: Velo Velo 1150, chemin Knowlton 450 266-5822 🚲 🚲 🚲 🚲 🚲 🚲

Farnham: Dimension Sport 200, rue Principale Est 450 295-6888

Frelighsburg: Cycle-Alignement 65, rue Principale 450 638-5467 🚲 🚲 🚲 🚲 🚲 🚲

Lac-Brome: Vélo Vélo 1107, chemin Knowlton 450 266-5822 🚲 🚲 🚲 🚲 🚲 🚲

TAXI VELO

No reservation required. Call and a taxi will come to pick you up within the hour. Maximum 3 cycles and their bikes. 1 877 960-VELO (8354) 🚲 🚲 🚲 🚲 🚲 🚲

BIENVENUE CYCLISTE!

This certification is synonymous with accommodations and services adapted to the needs of cyclists. Check the participating locations on the tourismebrome-missisquoi.ca

ONLINE GPS AND CYCLING ROUTES

View, download and share the cycling routes on Map My Ride and Ride with GPS.

CROSSING THE CANADA AND UNITED STATES BORDER

Travel tips: Have proper identification (passport, driver's license, etc.). If you travel in a group of 25 cyclists and more, call the border crossing in advance to advise. Find out the customs and border allowances for passengers during your stay. For more details: Canada Border Services Agency cbsa.gc.ca US Customs and Border Protection cbp.gov

SAINT-ARMAND

With each pedal stroke, discover our...
 Artistic and artistic circuits
 Municipalité Saint-André, QC, CA
 Stay in one of our bed & breakfasts

VILLE DE BEDFORD

A town in the country!
 Repair and bike shop
 Bike repair / Fine parking
 Restaurants and terraces
 Visit and discover the town center
 Heritage self-guided tour

VILLE DE FARNHAM

Located at the entrance to the Wine Route, Farnham offers landscapes, local products, activities, heritage and culture for you to discover!
 Make a savory stop at our public market, La Station Gourmande on Saturdays from 8 am to 1 pm June to October, 313, rue de l'Hotel-de-Ville
 For more information: www.ville.farnham.qc.ca [facebook.com/villedefarnham](https://www.facebook.com/villedefarnham)

Relive History

VISIT THE MISSISQUI MUSEUM'S 3 HISTORIC SITES IN THE PICTURESQUE VILLAGES OF STANBRIDGE EAST AND WEST.
 At your service for more than 20 years!
 • Over night stay with breakfast included
 • Spa packages, body care treatments and much more.
 • Historic Museum's dining room
 • A safe place to store your bicycles.
 • Corporate events, groups and welcome, up to 200 people.
 488, de l'Église, Saint-Ignace-de-Stanbridge (CST) 301 110 1 800 416 0866 www.euro-spa.com

Lac-Brome nature & adventure

Road cycling • Beach and nautical activities • Trails • Golf
 Horseback riding • Cabromony • Vineyard • Duck and local specialties • Museum • Bilingual Theater • Cultural events
BIKE REST STOP
 • Tourist Information Office
 • 450 242-0824
 • 450 242-8886
 • Douglas Beach
 • 313, Avenue Rd.
 • Lion's Park
 • 13, Centre Rd.
CERTIFIED ACCOMMODATION
 Hôtel et Suites Lac-Brome • 450 242-0824 hoteleslacs.com
 Auberge Knowlton • 450 242-8886 aubergethotele.com
 Auberge Joli Vert • 450 245-4272 aubergethotele.com
BIKE RENTAL & REPAIR SHOP
 Vélo Vélo • 450 266-5822 www.veloevent.com
TOURISMELACBROME.COM
 Vélo Vélo • 450 266-5822
 Tourist Information Office
 89, LaSalle Rd.

INSIDE AND OUT EVERY DAY!

That's it, the beautiful 80 km, 5200 ft of climbing - 5 mountain pass ride around Jay Peak from Sutton Quebec. It's the cycling testpiece of the East. An amazing road ride. Victims never ending steep and steeper hills. In a lifetime by every cyclist in the east!
 www.cyclingfunmontreal.blogspot.ca
 • Oh Canada! Such a sweet relief to be on your newly paved road, with prominent signs reminding cars to respect the bicycle traffic, a huge shoulder lane, and gentle rolling hills into Sutton.
 1 800 565 8455
 TOURISMESUTTON.CA

The Essence of the Wine Route

It's a joy to ride in Brome-Missisquoi!

All roads lead here.

COWANSVILLE

LANTERNE ROUGE

FREEWHEELING IN STYLE!
 FOLLOW US ON www.villedunham.qc.ca [facebook.com/villedunham](https://www.facebook.com/villedunham)

IBIKE

MONTREAL 2127, rue Rachel Est 438 380-5811
 COWANSVILLE 1130, rue du Sud 450 955-1777

DOYENNE DES VIGNES

Desjardins is pleased to offer bicycle lovers scenic views and a taste of local art and food. Enjoy your ride on the Brome-Missisquoi Trail!

LES VIGNOBLES DE DUNHAM

www.vignoblesdedunham.com

NOTES

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LA FRELISH-CARMI

MUSÉE DU CHOCOLAT DE LA CONFISERIE BROMONT

Homemade chocolate, restaurant, breakfast, lunch, nice terrace, cakes and homemade ice cream.
 Open 7 days Monday to Friday 8:30 am to 6 pm
 Weekends 8 am to 5:30 pm
 675, Shefford street, Bromont (in front of the church)
 450 534-3893
lemuseuchocolatdelacofieriebromont.com

LA ROUTE DES VINS

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 SAVOR YOUR ESCAPE

BROMONT BIKE DESTINATION

DOWNHILL • ENDURO • BMX TRACK
 FAT BIKE • CYCLING ROUTE • VELODROME
 100 km of trails and cycle lane • La Route verte • Bike Rental
 Mountain bike school & camp • Tri-Velo • Time ups & repairs
 Wine Route • Centre National de Cyclisme • Lot of events
 Hôtel Château Bromont 450 534-3433 • 888 276-6668 chateaubromont.com ★★★★★
 Le St-Martin Hôtel & Suites 450 534-0044 • 866 355-0044 lestmartinbromont.com ★★★★★
 Auberge Bromont 450 534-3888 • 877 534-3888 chateaubromont.com ★★★★★
 Auberge Spa Le Madrigal 450 534-3888 • 877 534-3888 lemadrigal.ca ★★★★★
 Mikara B&B 450 919-0729 • 855 919-0729 mikarasabb.com ★★★★★
 Camping K&A Granby Bromont 450 534-2404 • 800 542-8818 koa.com ★★★★★
 Centre National de Cyclisme de Bromont 450 534-3333 centrenationalbromont.com ★★★★★
 VISIT US! TOURISMEBROMONT.COM • 1 877 BROMONT

PARTAGEONS LA ROUTE BE COURTEOUS

Roulez en file simple maximum 15 cyclistes
 Roulez dans le sens de la circulation
 Roulez à l'extrême droite de la chaussée
 Soyez visible en tout temps
 Stay visible or call attention

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