



Annie-Claude Roberge

VIE EN MONTAGNE

PAR/BY MOUNTAIN LIFE

This summer, we will face the aquatic element with delight. Let's kayak in Nunavik, swim in the heart of the stormy Gulf of St. Lawrence, and canoe the wild rivers of Canada. Our contributors' words and photos will deluge you with inspiration and quench your thirst in the middle of the summer heatwave. Enjoy the refreshment!

| UPFRONT |

GRAVEL: THE PLEASURE OF SUFFERING

A father on an electric bike and his daughter on a gravel bike took part in the first long-distance bikepacking event in Quebec last summer. It was a test of endurance, autonomy and pure adventure for this duo thirsty for kilometres and rock dust.

| FOOD & DRINK |

COFFEE RIDES

Get together with cycling friends around a coffee, a cappuccino or a macchiato before getting in the saddle and cutting through the asphalt or the dust. This is the philosophy of the coffee rides, epicurean and sporty outings that allow you to discover small cafes full of charm in the four corners of the province.



Alain Denis



Expedition AKOR



Bastien Michau

| PORTRAIT |

HÉLÈNE PHILION: KAYAK TATTOOED ON HER HEART

Athlete, businesswoman, marketing expert and now business coach, Hélène Philion has dedicated her life and career to the outdoors. Today, she explores Nunavik by sea kayak in order to rediscover ancestral maritime routes and transmit her passion for water to the Inuit communities of the far north.

| FEATURE |

BRAVING THE ELEMENTS ON CANADA'S SIDEROADS

Five adventurers challenge their bodies and knowledge for the purpose of science in a north-south crossing of Canada—a journey by ski, canoe and bicycle never before attempted.

| INSPIRATION |

MOUNTAIN BIKING: IN THE HEART OF THE ACTION

We present an inspiring photo essay on the trails of four mountain biking hotspots in the Quebec City region. Spectacular drops, mind-blowing jumps and stunning berms will put you in the heart of the action.