# T R A V E L + T V

### SATURDAY, APRIL 1, 2023 MONTREAL GAZETTE C5

### HOTEL INTEL

# Eastern Townships, Montérégie combine cycling with fine cuisine



#### ROCHELLE LASH

The new Véloroute Gourmande is a tourism trail that syncs cycling with fine cuisine and other attractions throughout the Eastern Townships and Montéregie.

Loaded with charm, history and agri-delights, the wheel-friendly pathway touches on a whopping 120 eateries, cultural attractions and 80 lodgings of different styles, sizes and price points. You can choose from microbreweries, wineries, cideries, bakeries, ice cream parlours and eateries from homespun to epicurean. And you can bed down in a B&B, chalet or hotel.

The Véloroute starts in Montreal, circles Jean-Drapeau Park and heads to the South Shore, passing through Chambly and St-Jean-sur-Richelieu in the region of Montérégie. It winds up in Sherbrooke, in the Eastern Townships, for a total of 235 kilometres.

That's a lot to take in, but you can plan to do only segments of the circuit and outline an itinerary of a few days at veloroutegourmande.com.

Many hardy travellers carry all their gear in backpacks, but if that's too rough, you can call the cycling gurus at Voyager à vélo.

## IF YOU GO

Vélouroute Gourmande: veloroutegourmande.com, easterntownships.org; tourisme-monteregie.qc.ca. Transportation/equipment: 418-571-1011, voyageravelo. com: shuttle, bike rentals, itinerary.

They can customize trips and also transport people and luggage from inn to inn. They'll even drive your car to your last stop.

Here are some lodging and dining highlights of the new Véloroute Gourmande.

**Montérégie**: If your first segment is Montreal to Chambly (about 30 km), you can cruise along the Chambly Canal and make a sightseeing stop at the Fort Chambly National Historic Site (reopening in May). You'll be rewarded at Café MJ with a pick-me-up lunch of smoothies, sandwiches, brownies and fancy coffees. Nearby, the Garde-Manger de François has an express counter with the fixings for the perfect picnic.

It's another 20 km to a first sleepover in St-Jean-sur-Richelieu. A top recommendation is the fairly new Quality Hotel Centre de Congrès. It doesn't have a lot of country charm, but it does have conveniences and an indoor pool.

Nearby attractions include Galerie d'art du Vieux St-Jean; Musée du Haut Richelieu, which



The new Véloroute Gourmande winds through Montérégie and the Eastern Townships from Montreal to Sherbrooke with stops at inns, dining spots and local attractions. *DAPHNÉ CARON* 

looks at 300 years of settlement; Tite Frette, a boutique selling microbrews and local food products, and Autour de la table, a café-boutique with gifts and home decor items.

For food and drink in St-Jeansur-Richelieu, two appealing spots are Glen Morgan's Irish Pub or the affiliated Bistro La Morgane, which has wide-ranging choices, including exotic Asian octopus dumplings and homegrown Quebec duck confit.

**Eastern Townships**: If your destination is the Townships, you can tackle the 87 kilometres from Montreal to Bromont or drive to Bromont and set off from there to Farnham, Granby and Waterloo.

Auberge Nuits de St-Georges, a pleasant B&B on Bromont's main street, is so bike friendly that the owners will permit guests to leave their cars for few days so they can explore the Véloroute. The inn has a new annex with a fireplace lounge and sauna, and the garden will bloom soon. Breakfast is organic.

Bromont is a town with everything – sports, art, shops,

wellness and lots of food and drink. Confiserie Bromont is a must-stop for sweets and for lunch or dinner. Other favourites include Restaurant Le Gourmet, Bistro Le 633 and Restaurant les 4 Canards.

In North Hatley, the darling Auberge La Chocolatière has 12 air-conditioned rooms, some with views of Lake Massawippi. A counter displays all the chocolates you can imagine, which are great energy boosters for cycling or beautiful gifts to take home.

The Bistro de l'auberge la chocolatière has a huge beverage menu of smoothies, coffee, tea, beer, cider wine and cocktails and a very generous happy hour that runs from 11 a.m. to 7 p.m. Breakfast might be chocolate-banana crepes or eggs Benedict with a fruit bowl topped with ganache, and lunch does updates on grilled cheese, burgers and fish 'n' chips.

North Hatley's attractions are almost all within walking or cycling distance of the centre of town — boutiques, golf, beach, canoeing/kayaking, the public market and outdoor concerts. You surely have worked up an appetite and you might consider a splurge at the ne plus ultra of Townships gastronomy. The Relais & Châteaux, Manoir Hovey, is arguably Quebec's top country hotel.

The historic Tap Room has such signature dishes as beef bourguignon and Abenaki poutine and the more formal Le Hatley serves delicacies like truffle risotto, shellfish velouté as well as duck, lamb, fish and beef.

Manoir Hovey's guest rooms and suites are divine, and for extra pampering, a new spa pavilion will open in June with massages, hot tubs, a sauna, a steam bath and a passageway connecting to the refurbished outdoor pool.

In Sherbrooke, at the top of my list are a sleepover at the Grand Times Hotel, a visit to the Marché de la Gare and a meal at the very refined, very French-Quebec restaurant Auguste. Les Vraies Richesses, a bakery and café, can pack a feastto-go of salads, charcuterie and pastries.

rochelle@rochellelash.com

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SE  180  -  201  conc ** Kigi & Nate (*22) Charlie Rowe.  c Manipulations en prison (*23) Tricia Black, Celina Sinden.  c **** Le grand part (*20) Damian Lewis, Toni Collette.    SHOW  616  40  -  105  600 C ** The Fate of the Furious ('17, Act) Dwayne Johnson, Vin Diesel.  C *** Fast & Furious  Presents: Hobbs & Shaw ('19) Jason Statham, Dwayne Johnson, Vin Diesel.    SUE  27  -  99  600 C ** Collateral Beauty (16) Will Smith.  SWV & Xscape: The Queens of R&B (N)  The Neighborhood  Man With a Pia  Man With a Pia    SNE  408  38  184  600 NHL Hockey Philadelphia Flyers at Pittsburgh Penguins (N)  NHL's Best  Plays of the Month  Blue Jays in 30  Sportsnet Central  SportSportsnet Central  SportSportsnet Central	RDS	123 33 33 25 6:00 Hockey LNH Sénateurs d'Ottawa c. Blue Jackets de Columbus (N) Sur la ligne / 50 Formule 1 Grand Prix d'Australie													
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STARZI  304  55  -  216  640 C ★★ Valerian and the City of a Thousand Planets ('17) Dane De Haan.  Power Book II: Ghost  Party Down  35 C ★★ Red 2 ('17)    TCM  292  -  -  219  6x0 C ★★ Larceny, Inc. ('42)  C ★★★ The Public Enerry ('31) Jean Harlow, James Cagney.  :45 Jack L. Warner: The Last Mogul  :45 Jack L. Warner: The Last Mogul    TLC  521  27  39  91  6x0 90 Day Fiancé: The Other Way  90 Day Fiancé: The Other Way (N)  Seeking Brother Husband (N)    TLN  700  -  250  Cook Like an Italian Gino's Italian Gino's Italian Ottolenghi's Mediterranen Feast C Forever Young ('16, Corn) Luisa Ranieri, Surina Ferilli.  Young Justice    TONE  85  49  5  7  CLEGO DC Super Herces: Justice League: Attack of the Leg	SNE	406	38						NHL's Best	Plays of the Month	Blue Jays in 30	Sportsnet Central	Sportsnet Central		
TCM  29  -  219  6:00 C ** Larceny, Inc. (*42)  C *** The Public Enerry (*31) Jean Harlow, James Cagney.  4:5 Jack L. Warner: The Last Mogul    TLC  521  27  39  9  6:00 90 Day Fiancé: The Other Way (N)  Seeking Brother Husband (N)    TLN  700  -  250  Cook Like an Italian  Gino's Italian  Ottolenghi's Mediterranean Feast  C Forever Young (16, Com) Luisa Ranieri, Sabrina Ferilli.    TOONE  85  49  57  C LEGO DC Super H=res: Justice League: Attack of the Leg	STARZ1	304	55	- 1	216	6:40 C <b>** Valerian and</b>	the City of a Thousa	nd Planets ('17) Dane	DeHaan.	Power Book II: Ghos	t	Party Down	:35 C <b>** Red 2</b> ('13)		
TLC  521  27  39  91  6:00 90 Day Fiancé: T+v Other Way  90 Day Fiancé: The Other Way(N)  Seeking Brother Husband (N)    TLN  700  ·  ·  250  Cook Like an Italian  Gino's Italian  Ottolenghi's Mediterranean Feast  C Forever Young (16, Com) Luisa Ranieri, Sabrina Ferilli.  Justice League  Young Justice    TOONE  85  49  ·  57  C LEGO DC Super Herves: Justice League: Attack of the Leg  46 Cupcake  Batman: Animated  Superman: The  Justice League  Young Justice    TOONF  87  45  34  53  Teen/:15 Teen  Teen/:45 Teen  American Dad!  Family Guy  Les Simpson  La Ligue des  C Suicide squad: le prix de l'enfer ('    TSN2  401  ·  187  MLB Baseball Philadelphia Phillies at Texas Rargers (N)  ZO23 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)    TV5  145  15  15  29  La vie secrète des charsons  Les petits meurtres d'Agatha Christie  55 Quelle époque! (N)  Baseball MLB    TVA  193  ·  23  50 Dans le ring  C ** Bobby Jones: coup de génie ('04, Dra) Claire Forlani, Jim Caviezel. (P)  B		292	-					1		1		-			
TLN  700  -  250  Cook Like an Italian  Gino's Italian  Ottolenghi's Mediterranean Feast  C Forever Young ('16, Com) Luisa Ranieri, Sabrina Ferilli.    TOONE  85  49  -  57  CLEGO DC Super Herces: Justice League: Attack of the Leg  45 Cupcake  Batman: Animated  Superman: The  Justice League  Young Justice    TOONE  87  45  34  53  Teen/:45 Teen  Teen/:45 Teen  American Dad!  Family Guy  Les Simpson  La Ligue des  C Suicide squad: le prix de l'enfer ('    TSN2  401  -  187  MLB Baseball Philade/phiae/Philes at Texas Rangers (N)  2023 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)  SportsCentre (N)    TSN5  404  28  28  190  6:00 NHL Hockey Ottaar Senators at Columbus Blue Jackets (N)  2023 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)    TV5  145  15  15  29  La vie secrète des -barsons  Les petits meurtres d'Agatha Christie  :55  Quelle époque! (N)  55    TVA  193  -  23  5:00 Dans le ring  C ** Bobby Jones: c-up de génie ('04, Dra) Claire Forlani, Jim Caviezel. (P)		521	27										usband (N)		
TOONE  85  49  57  C LEGO DC Super H=res: Justice League: Attack of the Leg  46 Cupcake  Batman: Animated  Superman: The  Justice League  Young Justice    TOONF  87  45  34  53  Teen/45 Teen  Teen/45 Teen  American Dad!  Family Guy  Les Simpson  La Ligue des  C Suicide squad: le p:tx de l'enfer (*    TSN2  401  -  187  MLB Baseball Phila/=IPHIB/A Texas Rargers (N)  MLS Soccer Charlott FC at Toronto FC    TSN5  404  28  29  600 NHL Hockey Ottaw Senators at Columbus Blue Jackets (N)  2023 World Men's Curling Championship Noway vs. Canada (N)  SportsCentre (N)    TV5  145  15  29  La vie secrète des charlot  Les petits meurtres d'Agatha Christie  .55 Quelle époque! (N)  .55 Quelle époque! (N)    TVA  193  -  23  500 Dans le ring  C ** Bobby Jones: curl de génie ('04, Dra) Claire Forlani, Jim Carlot Indigenous  The Divided Brain  Grey Roads    TV0  22  -  71  Lady Sapiens  .55 Ontario  Bettany Hughes'  Ontario / Indigenous  The Divided Brain  Grey Roads    VISN  65  -  159  <						-	-	-	-	C Forever Young ('16	, Com) Luisa Ranieri, S	-			
TOONF  87  45  34  53  Teen/:15 Teen  Teen/:45 Teen  American Dad!  Family Guy  Les Simpson  La Ligue des  C Suicide squad: le prix de l'enfer ('    TSN2  401  -  187  MLB Baseball Philadelphia Phillies at Texas Ragers (N)  MLS Soccer Charlotte FC at Toronto FC    TSN5  404  28  28  190  6:00 NHL Hockey Ottawa Senators at Columbus Blue Jackets (N)  2023 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)    TV5  145  15  29  La vie secrète des chansons  Les petits meurtres d'Agatha Christie  55 Quelle époque! (N)    TVAS  193  -  23  5:00 Dans le ring  C ** Bobby Jones: cup de génie ('04, Dra) Claire Forlani, Jim Cavizel. (P)  Baseball MLB    TVO  22  -  7.1  Lady Sapiens  :5:0 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads    VISN  65  -  7.1  Lady Sapiens  :5:0 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads    VISN  65  -  7.2  Jim Cantelon Today  Ankerberg  David Jeremiah <td></td> <td></td> <td></td> <td>1</td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td>1</td> <td>Young Justice</td>				1				-				1	Young Justice		
TSN2  401  -  187  MLB Baseball Philadelphia Phillies at Texas Rayers (N)  MLS Soccer Charlotte FC at Toronto FC    TSN5  404  28  28  190  6:00 NHL Hockey Ottawa Senators at Columbus Blue Jackets (N)  2023 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)    TV5  145  15  15  29  La vie secrète des chansons  Les petits meurtres d'Agatha Christie  :55 Quelle époque! (N)    TVAS  193  -  23  :00 Dans le ring  C ** Bobby Jones: coup de génie ('04, Dra) Claire Forlani, Jim Caviezel. (P)  Baseball MLB    TVO  22  -  -  71  Lady Sapiens  :55 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads    VISN  65  -  -  159  Jim Cantelon Today  Ankerberg  David Jeremiah  Amazing Facts  Prop. Conn  Word for Today (N)  Joel Osteen  Peter Youngreg    WGN  295  -  223  The Rookie  SEAL Team  SEAL Team  CBS News Boston New on TV38 (N)    YTV  25  -  60  C * * Hotel Transylvania ('12, Ani)  C ** Hotel Transylvania ('12, Ani)							_	_	-		-	-	-		
TSN5  404  28  28  19  6:00 NHL Hockey Ottawe Senators at Columbus Blue Jackets (N)  2023 World Men's Curling Championship Norway vs. Canada (N)  SportsCentre (N)    TV5  145  15  29  La vie secrète des chansons  Les petits meurtres d'Agatha Christie  :55 Quelle époque! (N)  :55 Quelle époque! (N)    TVAS  193  -  23  5:00 Dans le ring  C ** Bobby Jones: curp de génie ('04, Dra) Claire Forlani, Jim CavizeI. (P)  Baseball MLB    TVO  22  -  71  Lady Sapiens  :55 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads    VISN  65  -  71  Lady Sapiens  :55 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads  Peter Youngree    WGN  295  -  159  Jim Cantelon Today  Ankerberg  David Jeremiah  Amazing Facts  Prop. Conn  Worl for Today (N)  Joel Osteen  Peter Youngree    WGN  295  -  159  Jim Cantelon Today  Ankerberg  SEAL Team  SEAL Team  East Man Standing  Last Man Standing  KGN Weekend News thine (N) <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>• • • • • • • • • • • • • • • • • • •</td><td></td><td></td><td></td></t<>										• • • • • • • • • • • • • • • • • • •					
TV5  145  15  15  29  La vie secrète des crète des crè								-	2023 World Men's Cu	urling Championship	Norway vs. Canada (N)				
TVAS  193  -  23  5:00 Dans le ring  C ★★ Bobby Jones: c w de génie ('04, Dra) Claire Forlani, Jim Caviezel. (P)  Baseball MLB    TVO  22  -  71  Lady Sapiens  ::::::::::::::::::::::::::::::::::::											•				
TVO  22  3  4  7.1  Lady Sapiens  :55 Ontario  Bettany Hughes'  Ontario/ Indigenous  The Divided Brain  Grey Roads    VISN  65  -  159  Jim Cantelon Today  Ankerberg  David Jeremiah  Amazing Facts  Prop. Conn  Word for Today (N)  Joel Osteen  Peter Youngree    WGN  295  -  222  Open the Bible  Young Sheldon  Young Sheldon  Last Man Standing  Last Man Standing  WGN Weekend News at Nine (N)    WSBK  296  -  223  The Rookie  SEAL Team  SEAL Team  C** Hotel Transylvania ('12, Ani)  C** Hotel Transylvania ('12, Ani)  The Hardy Boys					-		-			viezel. (P)					
VISN  65  -  159  Jim Cantelon Today  Ankerberg  David Jeremiah  Amazing Facts  Prop. Conn  Word for Today (N)  Joel Osteen  Peter Young Set    WGN  295  -  -  222  Open the Bible  Young Sheldon  Last Man Standing  Last Man Standing  WGN Weekend News at Nine (N)    WSBK  296  -  -  223  The Rookie  SEAL Team  SEAL Team  CBS News Boston Nov on TV38 (N)    YTV  25  -  65  6:00 C ** Hotel Transylvania ('12, Ani)  C ** Hotel Transylvania ('12, Ani)  The Hardy Boys			-				_								
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WSBK  296  -  223  The Rookie  SEAL Team  SEAL Team  CBS News Boston Now on TV38 (N)    YTV  25  -  65  600 C ** Hotel Transylvania ('12, Ani)  C ** Hotel Transylvania ('12, Ani)  The Hardy Boys						-	AIRCIDEIS		-		2 · · · ·				
YTV  25  -  65  6:00 C ** Hotel Transylvania ('12, Ani)  C ** Hotel Transylvania ('12, Ani)  The Hardy Boys						•		-	i sung sheruun		Last man standing				
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V Volt Av West Mantréalt E Vidéotron East Mantréalt V Vidéotron Electron III a	117	20	•	•	00			-	. ,	Apptróal: \/\/idéature III:		The fidius boys			