

# Spirituality and traditions



Photograph: Parc national du Saguenay, Charles-David Robitaille

*T*he people of Saguenay–Lac-Saint-Jean invite you to explore the most impressive and sacred treasures of their Realm. From Lake Saint-Jean to the Saguenay Fjord, ancestral traditions, spiritual heritage, original patrimonial buildings and an assortment of inspired artistic masterpieces can be explored and experienced against a grandiose natural background.

*T*he Saguenay–Lac-Saint-Jean is a source of unparalleled spiritual and religious wonders. Your visit to the region will leave you touched, fascinated and inspired.



Saint-Antoine Ermitage



Saguenay Fjord



Sacré-Cœur Church and presbytery

## Thematic itineraries

- Artwork, stained-glass windows and ancestral statuary
- Cathedral, churches and chapels
- Cemeteries dating back to the first days of the colony
- Contemplative walks, hikes, excursions
- International Nativity Scenes Exhibition
- Monasteries and abbeys
- Museums and religious sites
- National parks
- Pilgrimages and meditative sites
- Traditions and spirituality of the First Nations

## Some absolute musts

LAKE SAINT-JEAN	<ul style="list-style-type: none"> <li>• Saint-Antoine Ermitage, Lac-Bouchette</li> <li>• Val-Jalbert Historical Village, Chambord</li> <li>• Native Museum and Kateri Tekakwitha Church, Mashteuiatsh</li> <li>• Cistercian Abbey and Trappist Fathers' Chocolate Factory, Dolbeau-Mistassini</li> <li>• Notre-Dame de l'Assomption Church, Hébertville</li> </ul>
CITY OF SAGUENAY	<ul style="list-style-type: none"> <li>• Saint-Dominique and Sainte-Thérèse-de-l'Enfant-Jésus churches</li> <li>• Sacré-Cœur Church and presbytery</li> <li>• Sainte-Anne cross and scenic lookout</li> <li>• Servantes du Très Saint-Sacrement Sisters' chapel and stained-glass windows</li> <li>• Saint-François-Xavier Cathedral and cemetery</li> <li>• Notre-Dame-du-Bon-Conseil Sisters' Historical Center</li> <li>• Saint-Alexis Church, Grande-Baie</li> </ul>
FJORD ROUTE	<ul style="list-style-type: none"> <li>• Reconstituted 17th century chapel Site de la Nouvelle-France, Saint-Félix-d'Otis</li> <li>• International Nativity Scenes Exhibition, Rivière-Éternité</li> <li>• Hike to Notre-Dame-du-Saguenay statue, parc national du Saguenay, Rivière-Éternité</li> <li>• Saint-Jean-Baptiste Church and cemetery, L'Anse-Saint-Jean</li> </ul>

[www.saguenaylacsaintjean.net](http://www.saguenaylacsaintjean.net)



Lac-Bouchette



Nativity Scenes Rivière-Éternité  
Picture: Julie Bouffrane

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