
AVOILE SUR LE
BAS ST-
LAURENT

SAILING THE
LOWER SAINT-
LAWRENCE





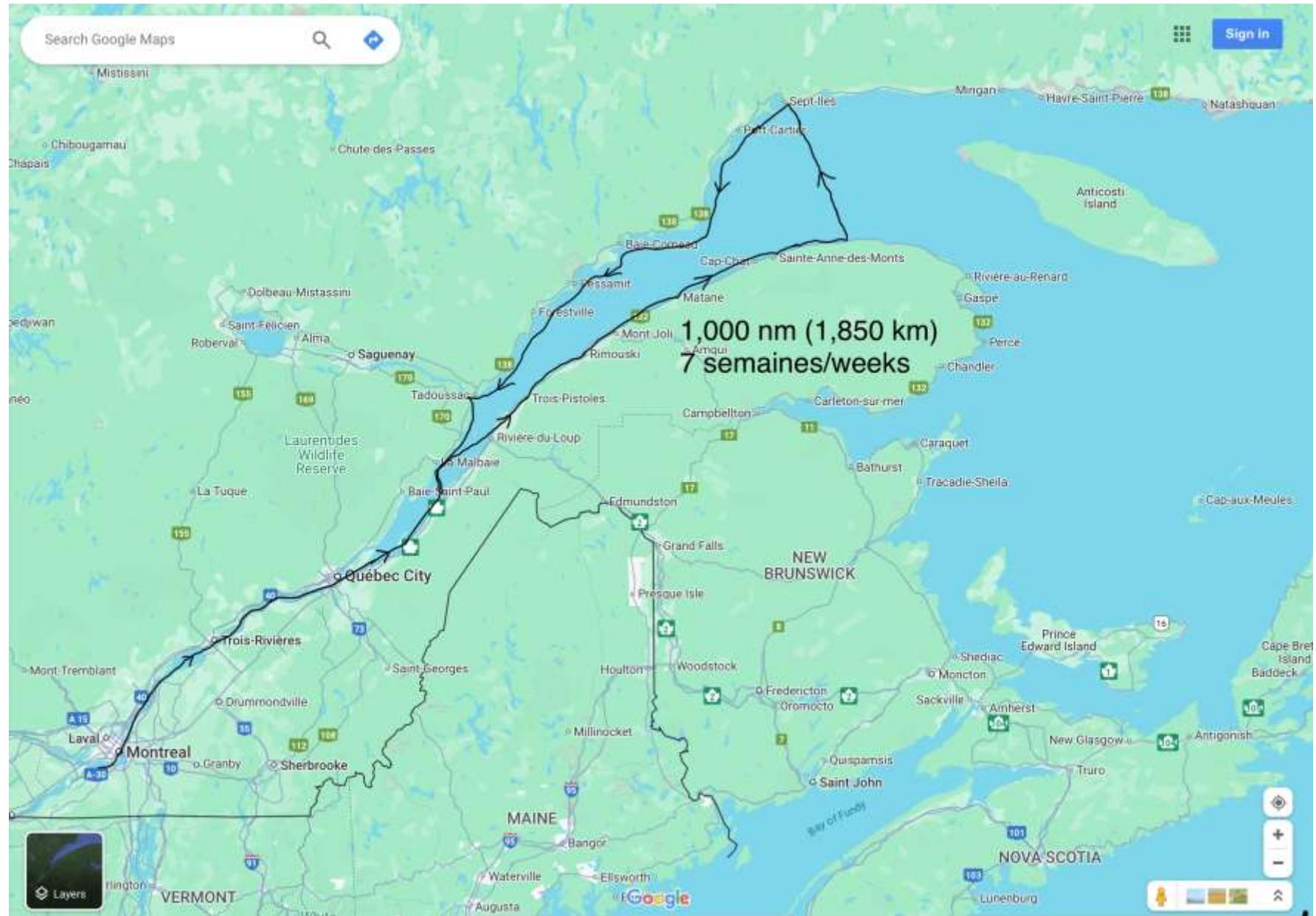
Côte de la Gaspesie

WHY GO EAST ??

- Fewer locks, far easier logistics for going solo
- Wildlife (different whales, porpoises, seals, birds)
- Navigational challenges (tides, tidal currents, fog)
- Spectacular sailing, scenery and anchorages
- Very welcoming & interesting people on every trip
- Cold, quiet, sparsely populated, no party boats...
- Abundance of seafood and smoked fish
- Generally free ice (beyond Quebec)

1,000 NM LOOP

- 2024
- 50 days
- 48 days solo
- 20nm/day on avg
- 25% days of “rest”
- Avoid tight schedules!!





Drop-off in Longueuil

FEWER LOCKS
/ EASIER
LOGISTICS
FOR SOLO
SAILING

CÔTE SAINTE-CATHERINE
SAINT-LAMBERT



Ile du Pot à l'eau de vie (Brandy Pot)



Percé



Cap au Saumon

SPECTACULAR SPOTS

GOING A LITTLE FURTHER... MINGAN ARCHIPELAGO



Ile Niapiskau



Ile Quarry

CÔTE NORD



Grand Caoui



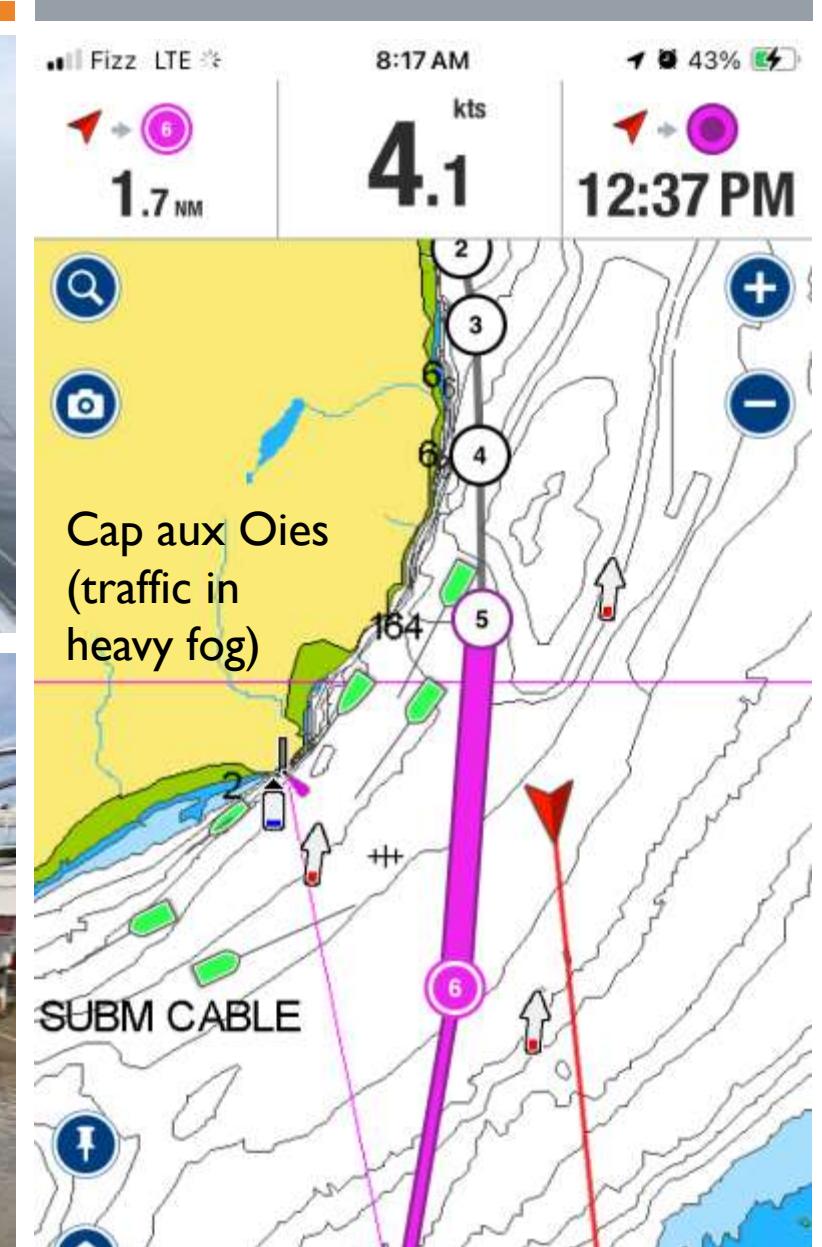
Anse à Robitaille



Baie St-Pancrace

- More rugged, sparser population
- Deeper & colder waters
- Labrador current east of Pte-des-Monts
- Abundance of whales and porpoises
- Spottier cellular coverage

NAVIGATION





LA FAUNE DU SAINT-LAURENT





Rivière-au-Renard



Tadoussac



Saint-Jean-Port-Joli

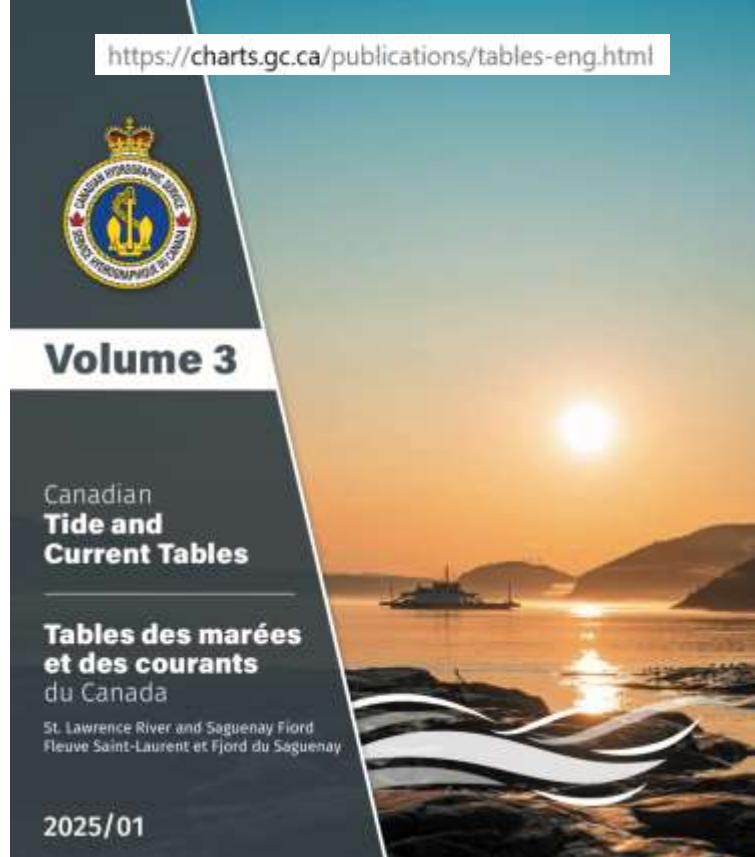
FAVORITE STOPS



A voile au long de la Côte Nord

MOST OF ALL...
GREAT SAILING !

SOME USEFUL RESOURCES



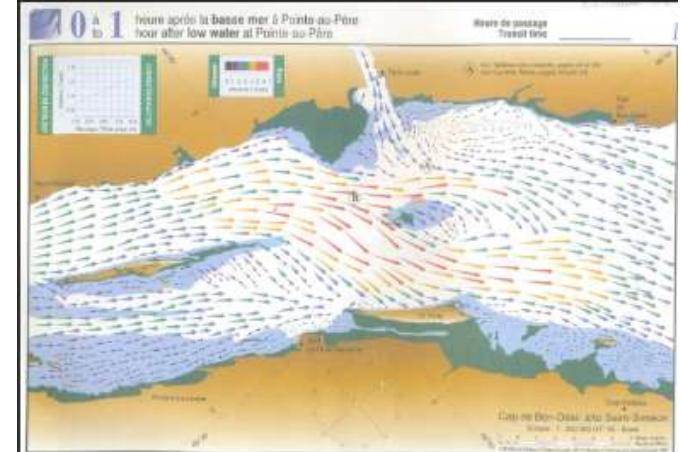
LAUZON EST (UTC-5H)					2025					TIME-TABLES									
July-Juillet					August-Août					September-Septembre									
Day	Date	Minutes	Hour	Seconds	Day	Date	Minutes	Hour	Seconds	Day	Date	Minutes	Hour	Seconds	Day	Date	Minutes	Hour	Seconds
I	05/21	8.6	16	0503	8.6	1	1821	8.6	16	0531	8.4	1	1725	8.6	16	0642	8.8		
TU	05/22	8.7	17	0514	8.7	2	1231	8.7	17	0539	8.5	2	1244	8.5	17	0940	8.5		
TU	05/23	8.5	WE	1754	8.5	FE	1821	8.5	WE	1827	8.8	THU	1837	8.7	TU	1449	8.5		
MA	05/24	8.2	ME	2227	8.6	WE	2308	4.2	SA	0041	4.7	LI	0100	5.0	WE	0000	8.8		
2	05/25	8.7	17	0554	8.6	2	0711	8.7	17	0559	8.5	2	0930	8.8	17	0712	8.8		
WE	05/26	8.5	WE	1814	8.8	THU	1818	8.8	WE	1803	8.8	WE	1821	8.2	WE	1618	8.8		
ME	05/27	8.7	WE	2314	4.7	WE	2345	4.7	WE	2345	4.7	WE	2345	4.7	WE	2345	4.7		
3	05/28	8.7	18	0554	8.5	3	0804	4.2	18	0506	4.5	3	2115	4.8	18	0527	4.8		
WE	05/29	8.9	WE	1845	4.3	WE	1857	8.7	WE	1801	8.8	WE	1851	4.7	WE	1413	8.4		
THU	05/30	8.7	WE	2306	8.4	WE	2319	4.7	WE	2319	4.7	WE	2306	8.4	WE	2306	8.4		
WE	05/31	8.5	WE	0000	8.2	WE	0012	8.2	WE	0012	8.2	WE	0012	8.2	WE	0000	8.2		
FR	06/01	8.7	WE	0514	4.8	WE	0526	4.8	WE	0526	4.8	WE	0526	4.8	WE	0526	4.8		
WE	06/02	8.7	WE	0508	8.7	WE	0520	4.8	WE	0520	4.8	WE	0520	4.8	WE	0520	4.8		
THU	06/03	8.7	WE	0508	8.7	WE	0520	4.8	WE	0520	4.8	WE	0520	4.8	WE	0520	4.8		
5	06/04	8.0	20	0523	4.8	5	0506	4.2	20	0536	4.9	5	0421	4.5	20	0500	8.4		
WE	06/05	8.7	WE	1819	8.4	WE	1809	3.9	WE	1819	8.8	WE	1830	3.8	WE	1546	8.3		
SA	06/06	8.6	WE	1409	3.9	WE	1409	3.9	WE	1409	3.9	WE	1409	3.9	WE	1409	3.9		
SA	06/07	8.8	WE	2300	8.5	WE	2424	8.8	WE	2300	8.5	WE	2300	8.5	WE	2300	8.5		
6	06/08	8.8	21	0527	9.8	6	0615	4.5	21	0546	8.8	6	0506	8.8	21	0504	8.3		
WE	06/09	8.8	WE	1524	4.8	WE	1531	2.3	WE	1521	4.8	WE	1521	4.8	WE	1521	4.8		
WE	06/10	8.8	WE	2312	8.8	WE	2311	4.8	WE	2311	4.8	WE	2311	4.8	WE	2311	4.8		
7	06/11	8.6	22	0514	8.8	7	0447	4.8	22	0511	8.4	7	0404	8.8	22	0119	8.3		
WE	06/12	8.8	WE	1336	8.8	WE	1336	8.8	WE	1336	8.8	WE	1336	8.8	WE	1336	8.8		
THU	06/13	8.7	WE	1339	8.8	WE	1339	8.8	WE	1339	8.8	WE	1339	8.8	WE	1339	8.8		
WE	06/14	8.8	WE	2318	8.8	WE	2318	8.8	WE	2318	8.8	WE	2318	8.8	WE	2318	8.8		
8	06/15	8.7	23	0514	8.5	8	0611	6.6	23	0511	8.3	8	0624	8.8	23	0117	8.3		
WE	06/16	8.8	WE	1339	8.3	WE	1339	8.3	WE	1339	8.3	WE	1339	8.3	WE	1339	8.3		
WE	06/17	8.8	WE	1424	4.8	WE	1424	4.8	WE	1424	4.8	WE	1424	4.8	WE	1424	4.8		
WE	06/18	8.8	WE	2309	8.3	WE	2309	8.3	WE	2309	8.3	WE	2309	8.3	WE	2309	8.3		
9	06/19	8.2	24	0518	8.4	9	0609	6.4	24	0524	8.3	9	0221	8.2	24	0231	9.2		
WE	06/20	8.8	WE	0518	8.8	WE	0509	4.2	WE	0521	8.2	WE	0520	8.2	WE	0520	8.2		
WE	06/21	8.8	WE	1312	4.2	WE	1345	4.4	WE	1312	4.2	WE	1312	4.2	WE	1312	4.2		
WE	06/22	8.8	WE	1409	4.4	WE	1409	4.4	WE	1409	4.4	WE	1409	4.4	WE	1409	4.4		
10	06/23	8.8	25	0519	8.8	10	0511	8.3	25	0526	8.7	10	0506	8.8	25	0114	8.3		
WE	06/24	8.8	WE	0518	8.4	WE	0509	5.4	WE	0524	5.2	WE	0529	8.3	WE	0500	8.8		
WE	06/25	8.8	WE	1345	8.6	WE	1423	8.3	WE	1345	8.6	WE	1351	8.2	WE	1318	8.4		
WE	06/26	8.8	WE	1417	8.7	WE	1417	8.7	WE	1417	8.7	WE	1454	6.4	WE	1412	8.8		
11	06/27	8.5	26	0506	8.3	11	0526	8.3	26	0517	8.3	11	0351	8.2	26	0154	8.4		
WE	06/28	8.8	WE	0518	8.8	WE	0526	8.3	WE	0526	8.3	WE	0526	8.3	WE	0526	8.3		
WE	06/29	8.8	WE	1340	8.5	WE	1318	8.3	WE	1340	8.5	WE	1357	8.3	WE	1347	8.8		
WE	06/30	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
12	06/30	8.8	27	0516	8.8	12	0523	8.2	12	0515	8.1	12	0433	8.2	12	0424	9.8		
WE	07/01	8.5	WE	0516	8.4	WE	0506	8.4	WE	0524	5.2	WE	0556	8.3	WE	0500	8.8		
WE	07/02	8.6	WE	1345	8.3	WE	1352	8.3	WE	1352	8.3	WE	1352	8.3	WE	1318	8.4		
WE	07/03	8.8	WE	1417	8.4	WE	1417	8.4	WE	1417	8.4	WE	1454	6.4	WE	1400	8.8		
13	07/04	8.8	28	0514	8.3	13	0546	8.2	28	0524	8.2	13	0523	8.2	28	0137	8.8		
WE	07/05	8.8	WE	0522	8.2	WE	0518	8.2	WE	0522	8.2	WE	0522	8.2	WE	0522	8.2		
WE	07/06	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3		
WE	07/07	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
14	07/08	8.8	29	0513	8.8	14	0511	8.3	29	0545	8.8	14	0418	8.8	29	0517	8.7		
WE	07/09	8.8	WE	0506	8.3	WE	0506	8.3	WE	0506	8.3	WE	0506	8.3	WE	0506	8.3		
WE	07/10	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3		
WE	07/11	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
15	07/12	8.8	30	0514	8.4	15	0539	8.3	15	0523	8.6	15	0221	8.2	15	0422	9.8		
WE	07/13	8.8	WE	0514	8.4	WE	0511	4.4	WE	0521	8.2	WE	0521	8.2	WE	0521	8.2		
WE	07/14	8.8	WE	1345	8.3	WE	1352	8.3	WE	1352	8.3	WE	1352	8.3	WE	1352	8.3		
WE	07/15	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
16	07/16	8.8	31	0516	8.8	16	0511	8.3	31	0621	8.7	16	0418	8.8	31	0447	8.4		
WE	07/17	8.8	WE	0516	8.8	WE	0506	8.3	WE	0524	5.2	WE	0556	8.3	WE	0500	8.8		
WE	07/18	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3		
WE	07/19	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
17	07/20	8.8	32	0514	8.8	17	0511	8.3	32	0546	8.8	17	0418	8.8	32	0447	8.4		
WE	07/21	8.8	WE	0514	8.8	WE	0511	8.3	WE	0524	5.2	WE	0556	8.3	WE	0500	8.8		
WE	07/22	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3		
WE	07/23	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
18	07/24	8.8	33	0516	8.8	18	0511	8.3	33	0621	8.7	18	0418	8.8	33	0447	8.4		
WE	07/25	8.8	WE	0516	8.8	WE	0511	8.3	WE	0524	5.2	WE	0556	8.3	WE	0500	8.8		
WE	07/26	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3		
WE	07/27	8.8	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5	WE	1416	4.5		
19	07/28	8.8	34	0516	8.8	19	0511	8.3	19	0621	8.7	19	0418	8.8	19	0447	8.4		
WE	07/29	8.8	WE	0516	8.8	WE	0511	8.3	WE	0524	5.2	WE	0556	8.3	WE	0500	8.8		
WE	07/30	8.8	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	WE	1345	8.3	</td	

Note: $EDT = EST + I$

LOCK RESERVATIONS:

www.greatlakes-seaway.com/en/recreational-boating/lockage-booking/

Atlas des Courants



THANK YOU !

Benoit Fleury
(514) 802-7465
benfleury@outlook.com

YouTube videos of past 4 trips:
(search for “Benoit Fleury Bayfield”)

2 Good Old Boat articles
(PDFs available if interested)

“Sentir le vent” video
(www.christianfleury.com)
Documentaires

